

SUMMER • TURN OFF THE LIGHTS! • #WHOFARTED?

# YOUR TEEN™ for parents

INSIDE:  
Interview  
with  
*Black-ish's*  
Yara Shahidi

## REBELLION!

(Why You Shouldn't Worry)

Where is *Desperate Housewives'*

JAMES DENTON?

4  
Simple Rules  
for Social Media

VOL. 7 ISSUE 4  
MARCH/APRIL 2015 \$ 3.95



SPONSORED BY



An Honest Look at  
HOMELESSNESS

Should I Call the  
Mean Girl's  
Mom?

It's Time  
to Talk About  
PORNOGRAPHY

[yourteenmag.com](http://yourteenmag.com)

SEE FOR YOURSELF THE WRA DIFFERENCE



Western Reserve Academy

# OPEN HOUSE

APRIL 12 AT 1PM

Our students are immersed in a tight-knit community of peers, faculty, advisors and parents, all of who are dedicated to their individual needs and success.

REGISTER TO ATTEND

Visit [wra.net/openhouse](http://wra.net/openhouse) or call the Admission Office at 330.650.9717

[wra.net/openhouse](http://wra.net/openhouse)

Hudson, OH | Boarding•Day | Grades 9-12



**WRA**

# CONTENTS

p. 11



## 30 Rebellion

Why you shouldn't worry

**35** Amy Speidel shares tips for handling the heat of the (rebellious) moment.

**38** Teen Speak: Hey parents, chill

**p. 30**



## UP FRONT:

### 7 Bulletin Board

Readers share their prom stories

### 9 Stats

Do you really want to know?

### 10 Product Picks

Kid-tested and parent-approved

### 12 In a Minute

Texting your teen's friends

Farting

Steak Oreganata recipe from *Patsy's Italian Family Cookbook*

### 14 Move Out Skills

Cooking

### 16 Tech Talk

4 simple rules for social media

### 18 In the Spotlight

Yara Shahidi from the new hit show *Black-ish*

### 20 Book Review

*Brave New World* by Aldous Huxley

### 22 Perspectives

An honest look at homelessness



## ON THE COVER

### REBELLION!

Is it time to shift the way we think about this stage of our teenager's lives? Page 30.

COVER PHOTO: BETH SEGAL

## DEPARTMENTS:

### 40 Crossroads

Porn gives the wrong idea about sex

### 45 Ask the Doctor

An orthodontist weighs in on braces

### 49 College Corner

Ideas for a well-spent summer

### 51 Tween Talk

Should I call the mean girl's mom?

### 54 Hot Topics

Where is *Desperate Housewives'* James Denton?

### 57 Small Stuff

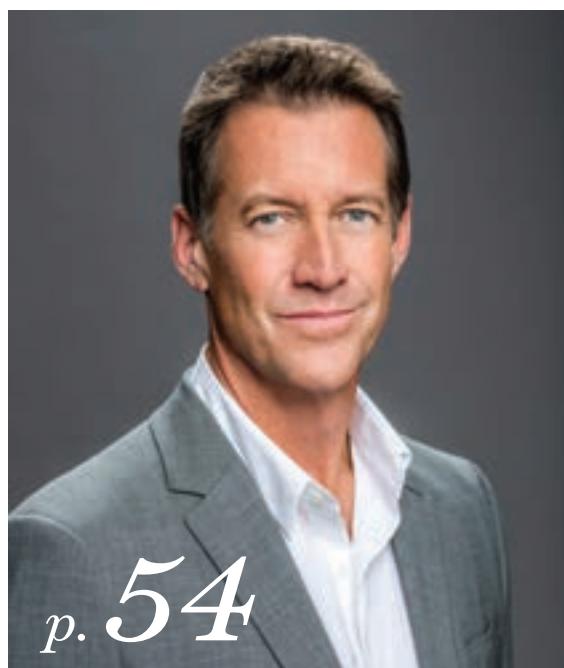
Turn off the lights!

### 59 Snapshot

Letters from dad

### 60 All About Me

I'll miss you. I'll miss you not.



**p. 54**

**DO SOMETHING**

**GET MOVING**

**BE CONFIDENT**

**RISK NEW THINGS**

**STICK WITH IT**

**THEN BE READY FOR**

**BIG SURPRISES**



An Ursuline education is an affordable investment that pays dividends in your future. Nearby Cleveland provides over half of the student body with real-world experience. Last year, 100% of first-year students received aid and new alums were employed at a rate three times higher than the national average. Focusing on holistic education, Ursuline College empowers women to lead and change the world.

# Ursuline

ursuline.edu **VALUES • VOICE • VISION**

March-April 2015 Volume 7, Issue 4

# YOUR Teen<sup>TM</sup>

for parents



PUBLISHER &  
CHIEF REVENUE OFFICER  
**Stephanie Silverman**

PUBLISHER &  
EDITOR-IN-CHIEF  
**Susan R. Borison**

## EDITORIAL

EDITORIAL MANAGER  
**Diana Simeon**

COPY EDITOR  
**Beth Troy**

EDITORIAL ASSISTANT  
**Ahuva Sunshine**

**SALES**  
Alison Bunch, Lisa Golovan,  
Shari Silk

**CREATIVE**  
CREATIVE DIRECTOR  
**Meredith Pangrace**

PHOTOGRAPHER  
**Beth Segal**

**WEB CONTENT**  
WEB CONTENT EDITOR  
**Mindy Gallagher**

SEO ADVISOR  
**Mike Murray**

IT SPECIALIST  
**Hunter Chisolm**

**CIRCULATION**  
CIRCULATION SPECIALIST  
**Eca Taylor**

**THIS ISSUE**  
CONTRIBUTING WRITERS

Rebecca Borison, Kevine Gilmore,  
Randye Hoder, Lexi Hubbel,  
Michelle Icard, Isabella Jaffery,  
Karen McHenry, Jane Parent,  
Matt Peterson, Laura Putre,  
Nathaniel A. Turner, Samantha Zabel

## ADVISORY BOARD

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

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

**Lauren Rich Fine**  
Executive Search  
Consultant at Howard  
& O'Brien Associates.

**Chris Seper**  
Founder, MedCity  
Media and Publisher,  
MedCityNews.com.

**Marcia Hales**  
Business Manager with  
One Wish, LLC.

**Amy Speidel**  
Certified Parent Coach  
at Senders Parenting  
Center.

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

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

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

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

**Steven Wexberg, MD**  
Staff Pediatrician,  
Cleveland Clinic  
Foundation.

**Lucene Wisniewski,  
PhD, FAED**  
Clinical Director and  
co-founder of the  
Cleveland Center for  
Eating Disorders.

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

**Lee Zapis**  
President of Zapis  
Capital Group.

More content online at [yourteenmag.com](http://yourteenmag.com)



[@YourTeenMag](https://www.facebook.com/YourTeenMag)

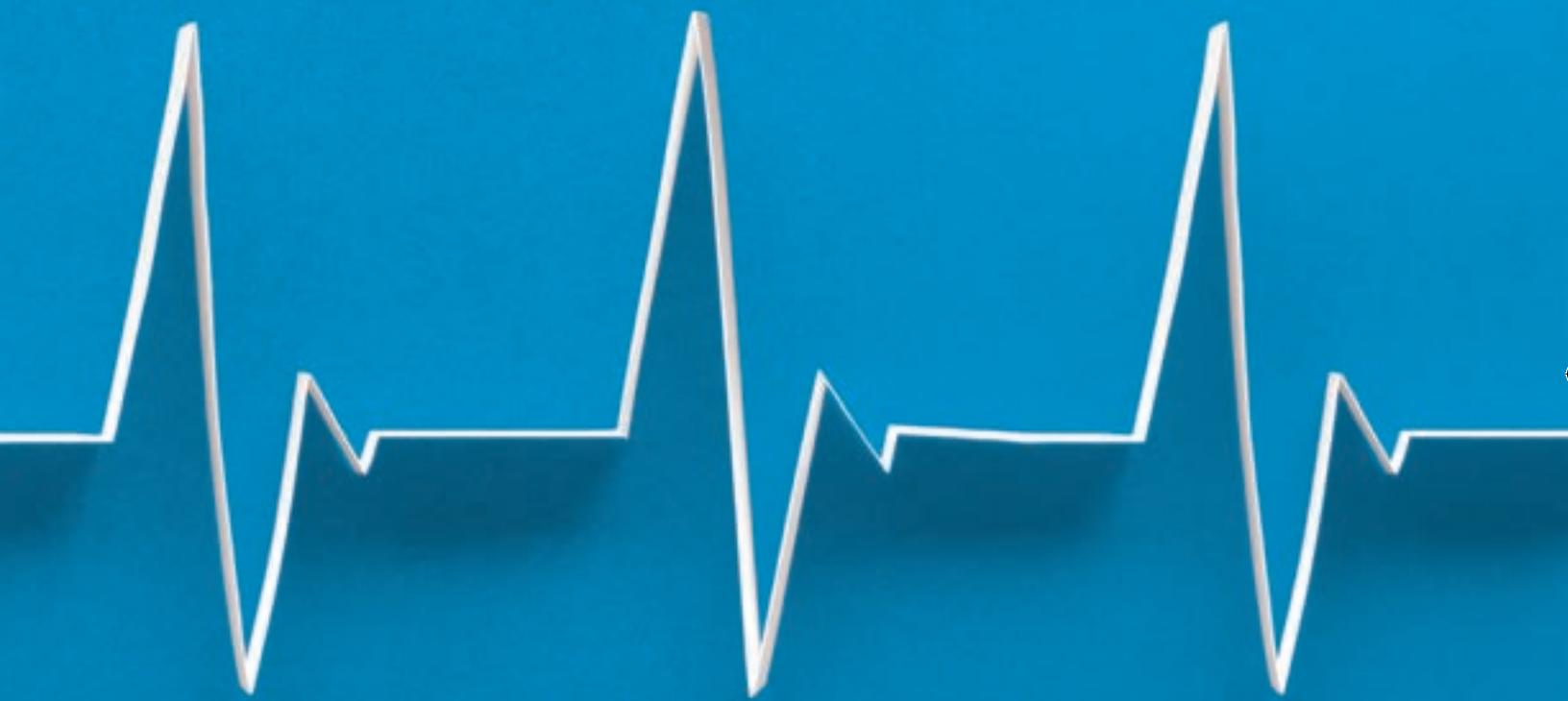
Your Teen, Vol 7, Issue 4, March-April 2015 is a publication of Your Teen, Inc., a bi-monthly publication, \$3.95. Bellefaire JCB, 22001 Fairmount Blvd., Shaker Heights, Ohio 44118.

©2015 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

# Northeast Ohio's #1 heart care for your child.



Same-day  
appointments  
**216.444.KIDS**  
[clevelandclinicchildrens.org](http://clevelandclinicchildrens.org)



**Cleveland Clinic**  
**Children's**

# EDITOR'S LETTER

I walked into my kitchen and my 16-year-old daughter was on her way out.

"Where are you going?"

"I'm going to the movies."

"It's 10 p.m. You can't go."

"I'm going."

"First of all, the question is, 'Can I go?' Second of all, there is a city curfew."

"I don't care. I'm going."

With each response, my blood pressure rose and my heart pounded. She dug her heels in. I dug my heels in. And as she moved to leave the house, I wrestled her to the ground for the keys. I usually get a laugh with that line, and then I clarify that I actually wrestled her to the ground.

I was beyond furious; I did not know how to handle the overt defiance. My children had always had what seemed like a typical amount of disagreement and conflict, but I didn't see much rebellion. Everyone kind of followed the rules. As they got older—most noticeably, when they hit high school—I saw the power shifting, but it had been subtle.

Until this happened.

I felt unhinged and needed help. I called Amy Speidel, a wise and practical parenting expert, to set up an appointment. After listening to my rant about my insolent, irreverent kid, she said, "Let's talk about how you will handle this when it happens again."

AGAIN. AGAIN. This was going to happen again?

Amy told me that my daughter's behavior was developmentally appropriate—she was supposed to individuate and test the boundaries. Amy also said that it was great that my daughter would be able to stand up for herself in a relationship that wasn't working.

That last comment really made me feel awful. I hadn't considered any positive aspect to her audacity. Yet outside of our relationship, I would never want to diminish my daughter's assertiveness.

My job was to learn a new response that offered my daughter options and consequences, an alternative to the empty threat that she would never, ever drive again.

After talking with Amy, I realized that I was the one who needed help. Most of what Amy suggested is in the Q&A on page 35.

Honestly, I did resent that the onus was on me. I wanted permission to rant and lose control and punish. But I listened to Amy; I tried her language. And it has really worked. When I keep my cool and have an "Amy" response (which can really test my self-control), I feel much better about the interaction and the outcome. I believe that Amy changed my relationship with my daughter. And I am forever grateful. I hope that after you read her advice and Randye Hoder's feature, you will have a similar experience.



Congratulations to Beth Woodside, winner of the Charles Schwab \$1,000 college scholarship presented at Hathaway Brown School at The College Event.

This issue is full of wisdom: advice about Internet porn, a dad who saw the beauty of letter writing, tips to solving the universal tension around turning the lights off.

We are honored to introduce you to some wonderful people who have experienced homelessness. When you meet them (on page 22), you will better understand that the parent lottery goes a long way toward determining the paths our lives will take. Maybe hearing their stories will inspire you to make a difference.

Thanks to our sponsor, Hathaway Brown School, the 4th Annual College Event in Cleveland was a tremendous success. We look forward to the upcoming BlackRock College Event in Columbus, Ohio, on April 22.

We'd love your feedback—[editor@yourteenmag.com](mailto:editor@yourteenmag.com).

Enjoy the read.

# ADHD and Learning Issues don't have to limit their potential.



For over a decade, the Brain Balance Program® has helped kids overcome their academic, social and behavioral challenges by addressing the root cause, not just treating the symptoms. We integrate cognitive, sensory motor and nutritional training into a unique and effective program that helps your child reach their full social and academic potential.

- ADHD
- Social Issues
- Learning Disabilities
- Behavioral Issues
- Asperger's
- Processing Disorder

---

**CALL 330.617.4550**

**LEARN MORE** [www.brainbalancecanton.com](http://www.brainbalancecanton.com)  
**EMAIL** [canton@brainbalancecenters.com](mailto:canton@brainbalancecenters.com)



**Brain Balance®**  
ACHIEVEMENT CENTERS

©2013 Brain Balance Centers

**VISIT** 4207 Hills and Dales Road N.W.  
Canton, OH 44708



## FEATURED CONTRIBUTORS



### Randye Hoder

Rebellion. Defiance. Belligerence. Disobedience. Whatever we call it, it's not easy to deal with. This issue, Los Angeles-based writer Randye Hoder comes to the rescue with her superb feature on rebellion (page 30). You can catch more of Hoder's work in *Time*, *The New York Times* and elsewhere.



### Amy Speidel

Sometimes, just changing the way we talk to our teenagers can make all the difference. This issue, we asked for Speidel's help with how to handle rebellion—and she delivered. Turn to our Q&A with the Cleveland-based parenting expert on page 35.



### James Denton

Have you been wondering where *People Magazine's Sexiest Man Alive* (2004) has been since starring in the hit show *Desperate Housewives*? He's in Minneapolis, raising two kids with his wife, Erin. You'll find our Q&A with the actor on page 54.



### Yara Shahidi

Americans are having a love affair with ABC's new hit show *Black-ish*. So, we were delighted when we got the opportunity to talk with the show's 14-year-old star, Yara Shahidi. Turn to page 18 to get started.



### Michelle Icard

Ugh. What's worse than hearing that another adolescent has been mean to yours? This issue, Michelle Icard, the author of *Middle School Makeover*, shares her own "mean girl" story—and offers helpful ideas for how to handle ours.

## ONLINE AT YOURTEENMAG.COM

### WHAT'S TRENDING

► Didn't make it to this year's College Event? Not to worry. Just click on over to [yourteenmag.com/video-and-podcasts](http://yourteenmag.com/video-and-podcasts)/ where you can watch any (or all) of the evening's speakers. You'll learn about admissions, financial aid, and lots more.

► Many of our readers were touched by our series, "Cancer in the Family," by the Miozzi family of Solon, Ohio. Says Mary Ellen: "I cried until I literally couldn't breathe . . . It was wonderful, beautiful, and real." It's now online at [yourteenmag.com/cancer-in-the-family](http://yourteenmag.com/cancer-in-the-family).

► What's for dinner? Visit [yourteenmag.com/category/recipes](http://yourteenmag.com/category/recipes) for some quick, easy, and delicious ideas from authors like Jenny Rosenstrach (*Dinner: The Playbook*), Laurie David (*The Family Cooks*), and Michael Ruhlman (*Egg*).

**KEEP UP** with the latest from Your Teen on our social media channels. We're on Facebook (Your Teen), Twitter (@YourTeenMag) and Google+ (+YourTeenMag).

**SIGN UP** for our free email newsletter and get valuable advice and interesting parenting stories delivered directly to your inbox. [YourTeenMag.com/sign-up](http://YourTeenMag.com/sign-up)

### TWEETS

Follow us  
@YourTeenMag



 Melissa Vines @meetthevines  
@YourTeenMag I'm glad I found you! Anything helps when you're raising your first teenager!

 Mrs. Murphy @2016Terriers  
Parents, myself included, please read this at the start of each school year K-12. @  
YourTeenMag [www.yourteenmag.com/2015/college-admissions](http://www.yourteenmag.com/2015/college-admissions)

# Readers share their prom stories

## TEEN ANSWERS

My best prom was with my boyfriend. When you have an amazing date, it doesn't really matter how the night unfolds. My night definitely didn't have a perfect start, but at the end of the night, looking into someone's eyes who you love to spend time with trumps everything.

*Maddie, New York, NY*

I went with a gay friend as my date, so there was no drama at all and we could just focus on having fun, whereas some of my other friends didn't like their dates and didn't have as good of a night.

*Alexandra, Ithaca, NY*

My most vivid memory of prom was when I saw what I thought was another guy dancing with my date, and I almost started a fight with him. But then I realized that it was a totally different girl wearing the same dress as my date.

*Christian, Columbus, OH*

I don't remember much from the actual prom, but I had so much fun getting ready with my friends: taking a ton of photos, hanging out at after-prom, and then having a last-hurrah sleepover before the madness of graduation began.

*Emma, Cleveland, OH*

My friend asked me to prom in October. By June I was dating his

best friend, so I effectively went to prom with two guys. It was awkward; I danced equally with both of them. But I spent most of my time in the bathroom trying to fix my dress that had ripped as soon as I entered the club.

*AJ, New York, NY*

We were at an after prom party, and someone's parents had called the cops. Everyone at the party fled, and then our car broke down. My other friend hid in the woods for a few hours. But everything turned out okay in the end.

*Lisa, Rochester, NY*

My best friend took a boy named Bart to prom. At the after prom, he drank too much and proceeded to vomit all over himself. Not only was my friend devastated, but everyone continued to call him "Barf" instead of Bart for the rest of high school.

*Jamie, New York, NY*

I was driving around, and I knew that my friend was going to ask me to prom. He asked me to meet him at a park, and I saw "Prom" was written out on a tennis court in candles. I was so nervous that we had disturbed someone else's prom proposal that I didn't even realize it was for me.

*Jessica, Boston, MA*



## PARENT ANSWERS

I'll never forget my drive to prom. The rented limo had a decanter with red wine. (Drinking age was 18.) Just as we made a toast, the driver hit a bump. I ended up with red wine all over my beige taffeta prom dress. My boyfriend immediately dumped the entire ice bucket on me, which surprisingly washed out the wine.

*Mindy, Jericho, NY*

I have no "good" prom story as I found them very overrated. The upside is I was able to help my daughter set realistic expectations and avoid disappointment.

*Karen, Sudbury, MA*

Since I never went to my prom, I would secretly watch the high school prom on our cable news over and over. I didn't even know the students. My husband caught me watching once, so I had to confess.

*Suzanne, Scituate, MA*

Each year of high school I went to prom with a different senior boy, so I wore the same dress. Why not? It was so pretty and I loved it. When I told my three teenage daughters the story, they were horrified!

*Nancy, Lincolnshire, IL*

At my daughter's prom, the wait staff chose the queen, king, and court. They didn't know who was popular—they picked solely based on who was enjoying themselves during the event.

*Carol, Fairfield, CT*

My junior year of high school, I went to my first prom. That was a night of many firsts: First kiss, first time in a limo, first prom, first time staying out past curfew. It was magical and memorable. My parents, on the other hand, were a nervous wreck.

*Alexis, Cincinnati, OH*

I went to prom with my softball coach's son, who I had a HUGE crush on. The worst part though was that his mom had to ask him to go with me because I didn't have a date.

*Tu Tu, Rockville, MD*

My date borrowed his uncle's Porsche for the prom—so cool, so fun—until he backed into a rock (stone sober by the way). A small dent, but you would have thought he totaled the car. He pouted the rest of night. I had more fun with my girlfriends than my date.

*Karen, Natick, MA*



# LAKE ERIE

COLLEGE



## JOIN THE TRADITION

Lake Erie College offers 32 undergraduate programs including:

- Biology (Pre-Med Concentration)
- Entrepreneurship
- Integrated Media, Digital Art & Technology
- Pre-Law
- Chemistry
- Equine Studies
- Marketing
- Sport Management

**Apply Now!**

**lec.edu**  
1.855.GO.STORM



*Military Friendly  
Yellow Ribbon School*

391 W. Washington Street, Painesville, OH 44077

# Do You Really Want to Know?

Our round-up of the latest factoids about raising teenagers and more.

**58%** of high-school students in a recent survey say their social networking pages are "fair game" for college admissions officers.

**35%** said that if an admissions officer viewed their social media, it would help their chance of being accepted.

KAPLAN



**51**

% of teenagers say their parents know all their passwords.

AVG.COM



**43**% of parents of children ages 12 to 17 say hard work is the most important value to teach teenagers, while 59% say responsibility is the most important.

PEW RESEARCH CENTER

**83**% of teenagers say that their best school memories revolve around friends.

STAGE OF LIFE



**SURPRISE!**  
**88%** OF LAUNDRY IS DONE BY MOMS.

On average, that's  
**330** loads of laundry per year per household.

HAPPY WORKER



# Product Picks

Kid-tested and parent-approved, *Your Teen* recommends:



## **Yantouch Lifestyle Bluetooth Speaker**

A portable speaker that lets you hear, see, and feel the music.

Create your own light show that syncs to the beat of your music. Great for outdoor parties or camping.

"I hooked it up to my phone, and the sound was impressive," says Ryan Gallagher, son of *Your Teen's* Mindy Gallagher. "And it had a remote control, which was really cool!" [Yantouch.com](http://Yantouch.com)



## **NewerTech LED Lamp**

This sleek, flexible neck LED desk lamp has a modern aluminum design, uses only 3.6 watts of power, doesn't emit any heat, and stays cool to the touch. It produces light similar to natural daylight, great for any dorm room, apartment or bedroom. "This lamp is small and compact, yet bright," says *Your Teen's* Alison Bunch. "Love the sleek modern shape and the one tap to turn it on and off—easy and fast." [NewerTech.com](http://NewerTech.com)



## **Rice n Simple**

Got a microwave

and 40

seconds? You're

ready for a

delicious, healthy

meal. These

microwaveable single

servings of brown or white

rice with subtle flavorings

are "quick and easy, enough for

one meal, and leave no pots or pans

to wash," says Meredith Pangrace, *Your*

*Teen's* creative director. "I love to make

stir fry or stew for dinner and these are the

perfect size. And with leftovers, no more dry,

crunchy, day-old rice." [Ricensimple.com](http://Ricensimple.com)



## **May Designs Notebooks and Calendars**

We love our gadgets, but sometimes old-fashioned paper does it best ... and prettiest. If this describes you, then check out May Designs' collection of calendars and notebooks. "I love mine," says *Your Teen's* Mindy Gallagher. "I prefer writing in a notebook, over typing notes in my phone. And it's so pretty. My phone is not pretty." [Maydesigns.com](http://Maydesigns.com)

## **PongCanō: The Game of Sacrifice**

PongCanō is a fast-paced game with one simple goal: bounce the ball into the PongCanō volcano. Players must control their nerves and laughter until the ball lands safely in the bottom of the volcano.

For ages 8 and up. *Your Teen's* Susan Borison is hooked! "This game is just a little addictive. My son and I had a lot of fun playing this."

[Roosterfin.com](http://Roosterfin.com)



## Wordologies Coffee Mugs

Chunky and substantial, these hand-crafted mugs feature the Wordologies message of your choosing. "This mug made the most perfect and heartfelt gift to a dear friend," says *Your Teen's* Alison Bunch.

"The mug is beautifully made and displays an inspiring saying—a perfect quote to start everyday."

[Wordologies.com](http://Wordologies.com)



## Whoosh! Screen Shine

Dirty screens and phones are gross! Whoosh! cleans the screens of all your gadgets and repels dust, smudges, and fingerprints, leaving them clean and hygienic. Eca Taylor's friend Trish Dietzen says, "Wow! This is by far the best screen cleaner I've ever tried. Not only did it work really well on my electronic screens, but it was amazing on my glasses. I didn't have to clean them all day."

[Whooshscreenshine.com](http://Whooshscreenshine.com)



## Vegan Faux-leather Quinn Handbag

Looking for a stylish, non-leather bag?

You'll have room for everything you need in this boxy tote made from vegan faux leather, with lots of compartments, even a removable change purse with room for credit cards. *Your Teen's* Mindy Gallagher says, "This purse would be great for traveling and for throwing in an extra scarf, mittens, or a small jacket for my son's football games."

[JordanaPaige.com](http://JordanaPaige.com)

## Goldie CableKeeps

Tangled cords. Lost chargers. Sound like your house? Goldie CableKeeps comes to the rescue with a fun, colorful, and practical way to keep your cords and chargers organized (and together). "They work. They're adorable. And there's enough colors for everyone to have their own. Perfect!" says *Your Teen's* Stephanie Silverman.

[Nicebydesign.com](http://Nicebydesign.com)



## The Polaroid Cube

"It's tiny and completely adorable," says Susan Borison about the Polaroid CUBE lifestyle action camera. It's water resistant, shockproof, mountable, and built to handle just about anything. Features 6MP images, 124° wide angle lens, and built-in battery that records up to 90 minutes. [Polaroidcube.com](http://Polaroidcube.com)

## Tutem Masks

Yes, yes we know that few teenagers would ever be caught wearing this in public. But for parents, these masks are a stylish way to avoid getting sick while commuting, traveling (think airplanes), or when our teenagers are coughing all over us. Cover your mouth!

[Tutemasks.com](http://Tutemasks.com)





Photo: Beth Segal

## What's so funny about farting?

If you're living with adolescents—and, let's face it, especially boys—then you've likely noticed that farting is really funny. Like hilariously so.

But why?

Well, there's the sound. Farts really do come in a variety of them. And while we all pass gas—up to 20 times a day on average—it's not exactly socially acceptable. So, when it happens in public, it's comedy to a 12 year old.

Finally, as anyone who's grown up with brothers can attest, farting is a show-stopper in the near-constant

wrangling between some siblings. "I've seen my boys literally sit on each other's faces and fart," recalls one mom (and, yes, she was laughing).

Let's not let girls off the hook, though. Sisters aren't above using gas to annoy their siblings either. "Oh yeah," adds another mom. "My girls like to walk into each other's room, fart, and run out laughing."

Still, beyond the humor, is farting ever cause for concern?

"Passing gas can be an adventure sport for tweens and teens," agrees Dr. Ellen Rome, a pediatrician with

the Cleveland Clinic. "Especially if encouraged."

That said, adds Rome, it's not a harbinger of any serious problems. But an overabundance of gas from your teenager can signal an allergy. "If it seems excessive, ask a pediatrician about it. Your teenager may be lactose or fructose intolerant."

If that's the case, there are simple ways to clear the air. "Take Lactaid before consuming dairy products," suggests Dr. Rome. "And Smarties—yes, the candies—work for fructose intolerance"—D.S.



## Parents: Think Twice Before Texting Your Teen's Friends

If you have an adolescent son or daughter, then you're texting. It's almost the only way to communicate with a teenager these days. In a world with dying phone batteries and spotty cellular service, however, sometimes you need another

way to contact your teenager. Out of desperation, you may have even resorted to texting your teenager's friend.

But should you? Did you worry about the friend (or worse, the friend's parents) thinking you were creepy or inappropriate? What boundaries should parents have when they text their teenager's friends?

A good rule of thumb is to observe "the golden rule," says family physician and author Dr. Deborah Gilboa. That is, would you want your child to text one of your friends to say what you are about to say?

A quick text asking for a ride home from practice for your son? Completely appropriate. Something friendly, teasing, or social, however, may make your teen uncomfortable or embarrassed.

"Kids should have different boundaries with adults than adults do with each other," says Dr. Gilboa. A social friendship between an adult and teen may "cause more trouble than benefit." If you're concerned about one of your teenager's friends and want to communicate with her, make sure it "is coming from a place of caring or mentorship, not hanging out and fun," which could be confusing. If your teenager has friends that you enjoy and admire, wait a few years until they're adults when it's much simpler and more appropriate to be friends with them.

When in doubt about a text, run it by your teen before you hit send.

—Jane Parent



## RECIPE

# Steak Oreganata

There's nothing wrong with plain steak. But, why not try an Italian take on sirloin with Steak Oreganata. "Oreganata" is Italian for "flavored with oregano," says chef Sal Scognamillo, who's new cookbook, *Patsy's Italian Family Cookbook*, features dishes from New York City's famed Patsy's Italian Restaurant, which his grandfather, Patsy, opened in 1944.

Makes 2 to 4 servings

### INGREDIENTS:

Two 12- to 14-ounce sirloin steaks, cut 1 inch thick

Olive oil, for coating and drizzling

1 teaspoon salt

½ teaspoon freshly ground black pepper

¾ cup Seasoned Bread Crumbs

Chopped fresh flat-leaf parsley, for garnish

### DIRECTIONS:

1. Let the steaks stand at room temperature for 30 minutes. Brush both sides with the oil and season with the salt and pepper.

2. Position a broiler rack 6 inches from the heat source and preheat well. Lightly oil the broiler rack.

Broil the steaks until the tops of the steaks are nicely browned, about 5 minutes. Turn the steaks and broil to brown the opposite sides, and until the steaks feel slightly resilient when pressed, 4 to 5 minutes more for medium-rare. Transfer to a carving board and let stand for 3 to 5 minutes.

3. Using a sharp knife, cut the steaks across the grain on a slight diagonal into ½-inch-thick slices. Push the slices of each steak back together to resemble the original cut. Return to the broiler rack. Top each steak with an equal layer of bread crumbs and lightly drizzle with olive oil.

4. Return the steaks to the broiler and broil until the topping has browned, 1 to 2 minutes. Transfer the slices to dinner plates and serve.



## MOVE-OUT SKILLS 101: COOKING

**A**t some point, your young adult may have an apartment at college or during the summer. While many before them have survived on pizza and fast food, cooking at home is cheaper, healthier, and tastes better. Before he leaves home, show your teenager a few cooking basics:

### NAVIGATE THE GROCERY STORE.

Your teenager should learn how to pick fresh produce, compare prices, and read labels.

### COOK A FEW SIMPLE MEALS.

It doesn't have to be fancy. If your teenager can boil water, she can

make pasta, which opens up a world of options. Eggs—scrambled, fried, omelets—are cheap and full of protein. Grilled cheese. Chicken and rice stir-fry. Loaded baked potato. Bagged salad with added meat or other veggies.

### HOW TO HANDLE RAW MEAT.

Share basic rules of safe meat handling: Never put cooked meat back on a tray that held raw meat. Wash utensils that have touched raw meat before reuse. And use hot water or disinfectant to wash cutting boards and counters to cut down on the risk of food poisoning, E. coli, or salmonella.



### WHEN IN DOUBT, THROW IT OUT.

Remind your teenager to pay attention to expiration dates. No one likes wasting money, but the last thing you want is to get sick from eating expired food. A simple guideline: If you left it out on the counter and it smells funny or looks weird, throw it out.

### CLEAN UP.

Everyone your teenager lives with—ever—will appreciate this.

SPONSORED CONTENT

# melissa



sweet melissa -  
rocky river

19337 detroit road  
rocky river, ohio 44116  
440.333.6357  
melissa-rriver.com

sweet melissa -  
the heights

20630 john carroll blvd  
university heights, ohio 44118  
216.331.3555  
melissa-univhts.com

cafe melissa -  
avon lake

32950 walker road  
avon lake, ohio 44012  
440.961.0072  
cafemelissa.com

## Roasted Vegetable Chili

What better way to beat winter's chill than a delicious bowl of chili?

Makes 8-10 bowls

### INGREDIENTS:

2 teaspoon olive oil (and more for roasting)  
1 zucchini  
1 yellow squash  
1 red onion  
1 red pepper  
1 yellow pepper  
1 poblano pepper  
1 small butternut squash  
6 cloves garlic, chopped  
1 can (15 oz.) dark kidney beans  
1 can (15 oz.) garbanzo beans  
1 can (15 oz.) black beans  
1 can (32 oz.) fire roasted tomatoes  
1/4 cup dark chili powder

1 tablespoon kosher salt

1/4 teaspoon fresh ground pepper

### DIRECTIONS:

- Peel and dice butternut squash into  $\frac{3}{4}$  inch cubes
- Dice onion, squash, zucchini and peppers into  $\frac{3}{4}$  inch cubes
- Toss vegetables in olive oil and bake in 375 degree oven for 30 minutes
- Add oil and garlic to a stock pot and lightly saute
- Add roasted vegetables and remaining ingredients (do not drain beans)
- Simmer for 30 minutes



# ChangeFOREVER. Now.

Inspiring Christ-like change through adventure, relationships and truth.

## FAMILY CAMP

### Summer - Couples and Families

Fathers and sons, couples and families strengthen bonds through unforgettable outdoor adventures in mountainous terrain. Top-notch food, inspiring speakers and adventurous activities combine for the perfect getaway.

## WILDERNESS COURSES

### Year Round - Ages Junior High through Adult

Experience real adventure—the kind that defines you. Seek God honestly in His Word and creation at the base of the Rocky Mountains and grow deeper relationships through courses for every level of adventure.

#### PROGRAMS FOR

**ALL AGES. *all year.***

GROUP CAMP | DAY CAMP | FAMILY CAMP | SUMMER CAMP  
FUGE | WILDERNESS | RETREATS | EVENTS | GAP YEAR | SCHOOLS

# 4 Simple Rules for Social Media

By Rebecca Borison

**T**he day your adolescent forays into the world of social media can be a scary one. No surprise now that there's no way for you to control everything your adolescent sees or posts.

For some parents, this can lead to a sort of "techno-panic."

"We've been led to believe that there's some 50-year-old man hiding behind a My Little Pony avatar waiting to abduct them," explains social media expert Jennifer Posner Lehner. "That hype doesn't match the reality."

Fact? Most adolescents use social media safely. Here are four social-media rules to help assuage your worries.

**1. Channel Grandma.** Social media platforms are very public and somewhat permanent. Help your adolescent understand this with the "Grandma Rule."

"If you wouldn't feel good with your grandma seeing what you're about to do, then don't do it," says Dr. Lisa Damour, a clinical psychologist and director of Laurel School's Center for Research on Girls.

**2. Learn New Tricks.** Instead of balk-

ing at your adolescent's (many) selfies, ask for her help in creating your own Snapchat, Twitter, or Instagram accounts.

"What's a hashtag? Who should I follow?" These questions create a meaningful engagement, not just policing," Lehner says. "And what they don't teach us, we need to teach ourselves. We need to get in there."

**3. Recruit eyes and ears.** Hopefully, your adolescent will be willing to "friend" or "follow" you on social media. Or, you can find a stand-in—like a friend or relative—with whom your adolescent is willing to connect on social media. This individual can keep a quiet eye on your adolescent, with the understanding that if they see something fishy, they will inform you. Note: Be upfront about this with your adolescent. Snooping mostly backfires.

**4. Set rules.** Though your adolescent may balk, it's your right to set rules for social media (or any technology for that matter). Start with a conversation. "It's helpful to sit down as a family and

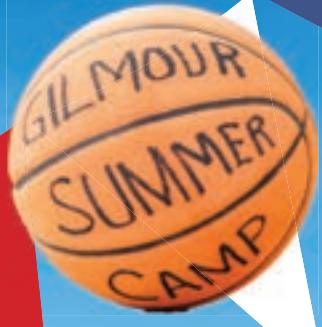
decide what you're trying to protect," Damour says. "You might talk about sleep. You might talk about protecting social skills and their development. Or study skills or safety."

"If you decide that protecting sleep is a priority, then your rules flow from that," Damour explains. "Your rules might be, 'The phone goes in my room before you go to sleep' or 'You shut down the technology an hour before you go to sleep.'"

It may be tempting for you to try to monitor your adolescent's every social-media move. But remember when you were an adolescent? When you hung out with your friends at the mall or gabbed on the phone? Chances are you didn't want your parent overhearing those conversations.

"Teenagers are so busy these days that sometimes the only way they can get together is online," Damour notes. "We need to be respectful that they deserve and need some time together, but they need to behave in a way we can feel good about." ■





## Join us for a Summer of Fun at Gilmour!

Day Camp • Swimming • Soccer • Basketball •  
Digital Music • Movie Making • Cooking •  
Outdoor Adventure • Hockey ... and more!

June 8 - August 14

**Open to Boys & Girls up to Age 14**

## Summer Camp

World class facilities. First class fun.

**Online Registration**

[www.gilmour.org/  
summercamp](http://www.gilmour.org/summercamp)

# GILMOUR ACADEMY



An independent, coed, Catholic school in the Holy Cross tradition • PreK - Grade 12 • 34001 Cedar Road • Gates Mills, Ohio  
(440) 684-2733



# Yara Shahidi

## from the New Hit Show *Black-ish*

Amid the drama of Hollywood, 14-year-old Yara Shahidi manages to stay grounded and lead a responsible and thoughtful life. Shahidi plays Zoey Johnson on the new TV show *Black-ish*, but when she's not on the screen, she's busy participating on her school's debate team or listening to Lauryn Hill. *Your Teen* spoke with Shahidi to learn how she succeeds at maintaining normalcy while being a teen celebrity.

**Have you ever thought of doing anything besides acting?**

I have wanted to be a historian for the longest time, but I keep changing my other desired professions. Last year I wanted to be a CIA agent or part of the FBI, but that ended up changing after I stopped watching so many detective shows.

I was in a movie called *Salt*, and after watching that whole movie I was like "Oh my gosh, oh my goodness, I want to be in the CIA, I need to be in the CIA!" Right now I am exploring my options. History is always something I have loved, specifically African American, world, and Islamic history. I am also interested in public relations and advertising, particularly to combat gender stereotypes in the media.

**How do you keep up with school while acting?**

Whenever I am shooting, I am in school on set. When there are media days or I am not shooting, I go to a school in LA. I think it's a blessing and curse. My [off-set] teachers are super flexible; the only thing is they are new to the idea of students basically being

gone all year and dropping in for a few hours every few months. But they are very supportive.

#### **How do you manage to stay grounded while going through this untraditional childhood?**

It's easy to get caught up in the "I just auditioned for this," and "I am auditioning for this!" atmosphere in Hollywood, so it's nice to be at a school where nobody really cares. Not in a mean way, like, "I don't care about the fact that you are doing a show," but to my friends I am not Zoey from *Black-ish* or the girl that acts. I am Yara that they have known since 2nd grade. My friends are interested in what I do, but their main concern is just having a good time and being in a relationship with another human being.

#### **Do you feel like an outsider with your friends?**

There are definitely some moments where I am like "Oh, they get to participate in this or that," but I think it's a small price to pay to be on a TV show.

#### **You are so poised. Have you ever had any media training?**

Thank you. I haven't really done media training, I have been instructed on topics to avoid such as spewing out political randomness. I am on my school's speech and debate teams; it comes naturally for me. My parents tell me I'm an old soul.

#### **Do your parents have any restrictions when it comes to social media?**

For the most part they trust me. On so-

cial media they help me with my posts, making sure my followers know what's going on in my life. They will say, "Hey, there are a lot of things going on that you just did; you should let people know." Without them I wouldn't be posting as much; I'm the kind of kid who would post once a month.

#### **Are there any teen trends that seem foreign to you?**

When it comes to clothing, I am on the more conservative side of things. I am not a crop top kind of person, so long-sleeved crop tops kind of bother my soul. I don't mind anyone else wearing what they want to wear—it's a form of self expression, and I understand that. But I don't get the point of wearing a long-sleeved crop top. If you're cold, why wear long sleeves and have your stomach showing? It's counterintuitive.

#### **You went to Oxford this summer. Tell us about your experience there.**

The program I did is called Oxbridge, and it allows students to spend summers at different universities. I spent the month of July there taking two history classes. At first I was concerned that it was just going to be a ton of work, but the program really gives you a lot of time to explore. I was doing summer projects for my actual school and writing essays at Oxford; it was definitely a busy summer.

#### **Did you know anyone else in the program beforehand?**

No, I didn't, and at first it was like "Oh my goodness, what am I going to do?"

What if I don't meet people? What if I am all by myself?" It was a little nerve-wracking, but I enjoyed not going with anybody because it really opened me up to everybody. I was no longer like, "I have to stay with this person and I have to do this and I have to do that." It let me meet a lot of new and great people.

#### **What's your favorite book?**

*The Catcher in the Rye*. I think it is something that I can relate to. I don't think I am as crazy as Holden Caulfield, but he's a teenager who's kind of the same age as I am going through this developmental phase trying to hold onto certain virtues and wishing that everything could stay the same, feeling like it's all corrupted and then realizing that he doesn't have to corrupt himself. He doesn't have to become who everyone else is.

#### **What was on your wish list for the holidays this year?**

A record player. Last year it was a typewriter; the year before that was a pocket watch; and I think the year before that was some fountain pen. Once someone asked me if I liked the band 1975, but I didn't hear that part and I thought they meant the year 1975. I went on a whole rant about how I am more of a 1995 kind of person and why I like 1995 better than 1975. She just looked at me like I was crazy and was like, "Yara, honestly." ■

—Interview by S.B.

# Brave New World by Aldous Huxley

This classic 1930s dystopian novel still resonates, say our reviewers.

## ADULT REVIEW

By **Matt Peterson**

**P**ublished in 1932, Aldous Huxley's futuristic, anti-industrial dystopia, *Brave New World*, offers a blithe picture of a bleak possibility. The novel is set in an era called After Ford (A.F.) and by 632 A.F., global civilization has solved over-population, geo-political violence, unemployment, class conflict, and social malaise—all within the pillars of Community, Identity, and Stability.

To us, perhaps, it sounds like the citizens of the World State have it all. Until we count the cost.

For the people of "Our Ford," the best way to "have it all" is not, actually, to have it all, but to change the terms, to constrain and redefine the goal. Fordians live by a narrower bandwidth, free from the chasms of life, but also alien to its heights. They exchange happiness for pleasure and quality for

quantity. As readers, we can't shake the notion that Huxley's future gains stability at the cost of what truly gives us life: purpose, love, and belonging.

At the start of each school year, to reclaim my educational footing (as much for myself as for my students), I take to the chalkboard and define what fiction is: "an imaginative response to a social reality."

By implication, all serious fiction is prophecy—a call to the masses and to the human heart to reconcile what we are becoming with all that we should become. Huxley's dystopia is not about the future. It's no cautionary tale, but an indictment of the principles we live

by. Huxley's readers are shocked, not by how shallow his future is, but by how similar it is to their own.

No spoiler alert here: I don't know the end of our story. We are, as Rainer Maria Rilke said, living our way into the answers. We read on to learn the fate of Lenina Crowne, Bernard Marx, Helmholtz Watson, and John Savage. And we read to learn to author a fate different from theirs—a fate far richer, even if refined by the crucible of an uncertain world.

*Matt Peterson is the English Department Chair and Dean of Academics at Western Reserve Academy.*



## TEEN REVIEW

By **Lexi Hubbel**

**B**rave New World is a stunningly current novel that presents social critique through a dystopian world. The conversations prompted by this novel are no less relevant today than when the book was first published 83 years ago.

Huxley fabricates a world centered on the pillars of "Community, Identity, and Stability," one that has chosen to "shift the emphasis from truth and beauty to comfort and happiness." This society achieves comfort and happiness through pre-birth conditioning of its members: you have a predestined role, and in that role you are happy, desiring

nothing greater. When you slip away from happiness, you drink a soothing beverage called soma "to calm your anger, to reconcile your enemies, to make you patient and long-suffering." Rather than bothering with the complexities and instability caused by families and marital relationships, in this society "everyone belongs to everyone else." You have no mother, no spouse, no god to rely on. Instead you rely on the system, the soma, the conditioning.

Then a man called "the Savage," raised by his mother with beliefs founded in God, disrupts the system, exposing this carefully planned world to life

dictated by passion. For the Fordians, this is an entirely unfamiliar concept. The Savage is familiar with the highs and lows that accompany the intense feelings of passion and bring about the instability this world works to control.

*Brave New World* prompts readers to reconsider their own values, and how through these values they find meaning—whether they choose the path of happiness, or truth, or perhaps a combination of the two.

*Lexi Hubbel is a senior at Western Reserve Academy in Hudson, Ohio.*



HathawayBrown

make  
it your  
own



Fun Friends Athletics  
Unique Academics Performing Arts  
Experiences Camps

***Choose your own adventure this summer***

Hathaway Brown offers a wide array of summer programming for boys and girls ages 3 – 18. With athletic, special interest, and academic offerings, there are plenty of ways you can create your own one-of-a-kind experience.

Learning has never been more fun.

We have flexible scheduling!  
Check us out online. It's not too early to customize your summer plans today.

**HB.edu/summer**



Perspectives reflects the full tapestry of our society: from parents, teens and professionals.



## CONTRIBUTORS

Parent's Point



ANONYMOUS

Adult's Point



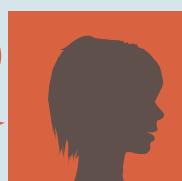
KEVINEE GILMORE

Teen 1's Point



ANONYMOUS

Teen 2's Point



ANONYMOUS

Professional



KAREN MCHENRY  
LISW-S, LCDC

## An Honest Look at Homelessness

### Parent

By Anonymous

Shameful. Degrading. Humiliating. That's what it feels like to be homeless. If you haven't been through it, you might have a hard time understanding the internal struggle homeless people go through, the emotional beat-down we give ourselves over the choices, both avoidable and inevitable, that led to our spiraling downfall.

I was young when I became homeless, but I thought I knew everything. I was living with my boyfriend, and I was wrapped up in a fantasy world, blinded by the warning signs of a controlling relationship. At age 19, I became pregnant. As much as well-meaning adults try to advise them, teenagers are never truly prepared for the struggle that it is to be a parent.

After our daughter was born, her father and I decided I would stay at home and take care of her for the first few months while he worked. The problem soon became that since he was the sole source of income, he alone controlled every aspect of how we spent money. He frequently reminded me how much I relied on him. He often told me that I lived in "his" house. Whenever he was







"I vividly remember waiting with the social worker for someone to take me to my new home, the first of 13 placements."

angry, his first reaction would simply be to tell me to get out.

I ignored him for a while, but things quickly escalated, and soon he would tell me to get out even when he wasn't angry. I was torn; I didn't want to stay in an unhealthy environment with my daughter where I wasn't wanted—where we weren't wanted—but I had nowhere to go, and he knew this. However much he wanted me to leave, he knew I couldn't, and he would taunt me, telling me I had no friends, no family, no one but him.

As he slowly tore me apart, I tried to rebuild myself, strengthening my resolve to leave even though I knew I had nowhere to go. One day, I just left. I packed up as much as I could manage, mostly my daughter's things. We went from friend's house to friend's house, sometimes even staying with a friend of a friend who was essentially a stranger as a last resort.

It was a rough time. I was living a life I knew wasn't supposed to be mine, but through it all I kept going, never letting the weight of the situation crush me.

Being homeless and a mother did nothing but amplify the shame and humiliation I felt. No parent is prepared to look into her child's face and summon words to try to explain this terrifying situation. No parent who has spent years magically kissing away the pain from owwies and boo-boos is prepared for the day her child cries from a pain that cannot be soothed. Dealing with the reality of my child being homeless was the greatest challenge and heartbreak I faced. Losing my home and most of my belongings wasn't as hard, because I could replace things.

At times when I could barely hold it together from the burden of it all, I

remembered that my child was going through the same confusing time that I myself felt barely strong enough to pull through. That is how I knew that I must make it through. The question then became: How do we move forward and heal?

It was two years before we made it out, before I had an income steady and sufficient enough to support myself and my daughter and move into our own home. It was the first place I lived in completely on my own, and I was so proud. We made it. I had come out of it hardened a bit, yes, but stronger, more resilient. I learned from my mistakes and realized that sometimes, hard times happen to the best of us.

## Adult

By Kevinee Gilmore

What's the first thing that comes to mind when you think of homelessness? A down-and-out middle-aged person asking for change to buy liquor or drugs? Well, there is another less-visible population—teenagers in the foster care system. My name is Kevinee Gilmore, and I was one of them.

Often, I am asked how it happened, where my support systems were, and where did I stay?

At age 12, I tried to commit suicide. I was an abused child. My stepfather physically abused me, and my mother had mental health issues. In order to get more money from Social Security, my mom insisted I tell people that I was hearing voices. I was admitted into mental health hospitals and given anti-psychotic medication.

I was devastated when I woke up from my suicide attempt, and I ran away. After several more runs and criminal charges for unruly behavior, I was placed in a detention center. My grandmother wanted to take me, but kids weren't allowed in her senior citizen housing and she was ill. The Cuyahoga County Department of Children and Family Services (CCDCFS) took me into emergency custody and placed me in a foster home.

I vividly remember waiting with the social worker for someone to take me to my new home, the first of 13 placements. I attended five different high schools and only passed the ninth grade proficiency test in the 12th grade. I hardly had any friends because each time I got a little comfortable in a foster home, I got kicked out. I hated my life. I never got a chance to be a kid.

But I graduated from high school, and in the foster care world, a high school diploma is like a Ph.D.

On my 18th birthday, I was taken to court for legal emancipation. But then I learned that my foster care mother was kicking me out because she would no longer be receiving any money for me. I was 18, a high-school graduate, homeless and scared.

My social worker suggested college, not to acquire more education, but to "use the dorm as an apartment." No one had mentioned college to me before. But if they had, I wouldn't have believed I was smart enough.

I applied and was accepted and told to take any loan they would give me. No one mentioned scholarships or financial aid grants. Once on campus, I began to make friends, and I am glad I did because otherwise I would have had nowhere to go during breaks and holidays.

# Donate Today



for the *Environment*,  
for *People*.



Planet Aid®

Locate your nearest bin at [planetaid.org](http://planetaid.org)

I grabbed my two little sisters and climbed into the dumpster with them. I held them while they fell asleep in my arms and waited for my mother to return.

Then the school informed me that I would one day have to pay back all my loans. I felt set up. I had a place to live, but was taking on a lot of debt. I left college, bought a car with my refund check, and began working.

I got a third floor apartment that I could hardly afford while working two jobs. I had no independent living skills and was afraid of living alone. I moved in with a family member who said I could live with her for free, attend community college, and help her with her son. I was ecstatic.

It was too good to be true. While I was living at my relative's home, her boyfriend tried to force intimacy with me. When I told her, she kicked me out. I was hurt, scared, and homeless in the dead of winter.

I had nowhere to go. All I had was my rundown car. My brother, who was also in foster care, was sneaking me into his placement for a while. I would go in at night and leave in the morning. When his social workers became aware of this, they threatened to take his placement away. Then I began living out of my car, taking showers where I could, and sleeping here and there at friends' houses.

I felt like a burden everywhere I went. I was so hopeless and scared. Then my car was broken into. That was a breaking point—my entire life was in that car. I remember feeling like "Why me? Does God hate me?" I worked at a nursing home and could eat there, but that shortly ended because I was fired for being late to work. That was another low point—with nowhere to go and nowhere to eat, I began to call shelters.

All of the shelters asked my age, whether I had a kid, and whether I had experienced domestic violence. I was so desperate I even contacted my

biological mom, informing her that I was sleeping in my car. Her response was she "didn't give a f\*\*k." I learned the game quickly; the next shelter I called, I said that I was pregnant. The women there were nice. I was grateful for having a place to sleep. But I was eventually kicked out of the shelter for curfew reasons and returned to the same cycle.

My journey definitely taught me survival skills and gave me resilience. Things began to improve after I met Senine Cook, a CCDCFS independent living worker and the person who most helped me get out of the cycle of homelessness.

Now I'm a college graduate, as well as a mother. When I encounter homeless people, I try not to judge them. I wonder whether our challenges are the same, whether they have parents, and whether their homelessness is just a result of no one truly taking the time to help.

I hope my story encourages you to wonder the same. I was homeless. I was somebody's baby out there with no real direction, just prayer and faith.

*Kevinee Gilmore has a B.A. in social work from Cleveland State University and is now pursuing a master's degree in special education. She's a substitute teacher and is also rehabbing abandoned homes in Cleveland for youth aging out of foster care.*

### Teen 1

By Anonymous

I woke up with my mom and dad yelling and fighting once again. We were living in a motel room. The fight ended with my mom pushing my dad to-

ward the door and yelling "Get the hell out!" and my dad walking out and taking the car.

Soon after, the bitter motel manager, who always reeked of cigarette smoke, knocked on the door. My mom looked out the window, wishing it wasn't him. She had not paid for the past week we'd been staying there. She looked at me, then glanced at my two little sisters who were on the bed watching cartoons, and whispered, "Shit."

Slowly, she opened the door and stood quietly, waiting for the manager to speak. After a long second of staring angrily at the floor, he finally looked up and said, "Christine, I need you out by noon today, or I will be forced to call the cops and have you escorted out." Before my mom had a chance to respond, he was headed back to the check-in desk.

My mom slammed the door shut, made her way over all the junk that was spread out along the floor, grabbed the phone and started dialing. I knew it was going to be a long day, so I laid my sisters down for a nap, then started to clean up and put everything in our bags before we had to head out again.

My mom was yelling on the phone, saying that someone owed her and she needed a place to stay for a bit just until she found a job. As I looked away, she slammed the phone down and asked if everything was packed. "No," I responded. "Hurry up then!" she yelled.

My sisters were still lying down as my mom walked out of the room, heading down the stairs. I grabbed them, carrying the one-year-old and holding the two-year-old's hand, with two bags slung over my shoulder. We made it downstairs, where my mom was screaming because my dad took the car.

I sat down next to my sisters on the curb, waiting for my mom to calm down.

We sat there for several hours. My mom finally started talking, ordering us to get up. We walked to an alley near the motel. It was pitch black outside, so we sat by a smelly dumpster. My two little sisters started to say they were hungry and tired, so I dressed them in the two jackets that were in the bag that I packed our stuff in. They soon fell asleep, curled up by my legs.

My mother asked if I was OK, and I said yes. She said to wait there—she'd be right back. I asked where she was going, and she told me not to worry about it, that she'd be back soon.

A man walked by, glanced over at us, and spit near the dumpster. Freezing and scared, I grabbed my two little sisters and climbed into the dumpster with

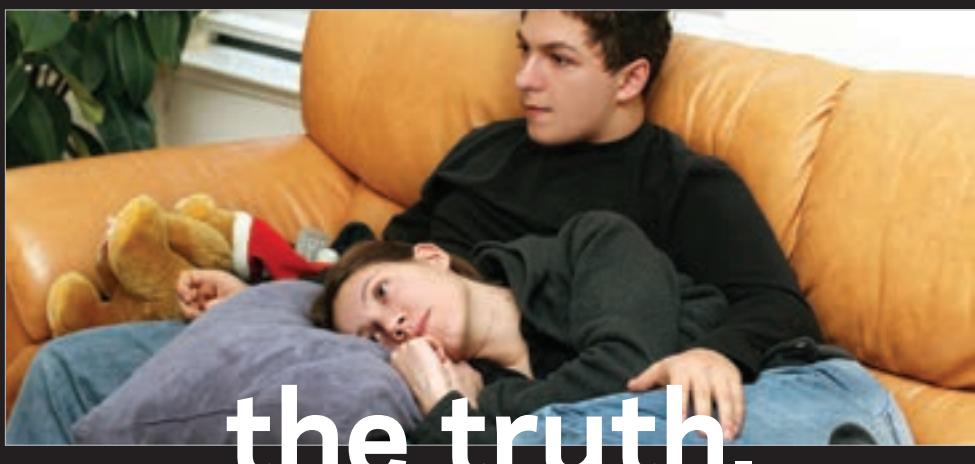
them. I held them while they fell asleep in my arms and waited for my mother to return.

My mom came back in the morning with three 7-Eleven hot dogs and a big soda. She asked why we were in the dumpster. I told her I was scared. She told me I was never allowed to be scared and that I was never to speak about sleeping in a dumpster.

For the next two hours, my two little sisters played around the dumpsters while I looked at a book full of dinosaur pictures. Then my mother grabbed all of our stuff, and we started walking again. We stopped at the freeway entrance and asked for money from people. A homeless man looked at us and gave us his sign that read "desperate for help! anything will be appreciated." We sat there all day as just a couple of peo-

ple gave us food from McDonald's and some change. We finally went back to the dumpster and repeated the same thing for three days.

The fourth day, my mother returned a little later than usual. She ordered us to get up as if we were in a hurry or something and excitedly said we were going home. We all looked at her, confused. We never had a home. We had "sleepovers" as my mom liked to call them. We made our way to these apartments where my dad was standing waiting for us, and he picked up my little sisters and asked me how was sleeping at my mom's friend's. I glanced at my mom, then back at my dad, responding, "Fun." He walked us in the apartment and showed us our room. I was so confused, but learned to never question my parents, so I took it without any questioning.



Are they **dating**? Or is he **afraid to go home**?

Over 46% of homeless teens escape a home where they suffer physical abuse. Many are rejected by their families because of their sexual orientation. Do you know the real story about the teens hanging out at your house? You can be a trusted adult. Have the conversation. We can help you unfold the truth and provide support and options for the teen.

Call Us 24/7. 216-570-8010



[www.bellefairejcb.org](http://www.bellefairejcb.org)

 **Bellefaire JCB**  
Homeless & Missing Youth Program

Later, I was placed in foster care and adopted. My adoptive mom put me into a group home when I was 15. It was because I reported her abuse on me. I was going to be homeless on my 18th birthday. Knowing what that was like, I fought that outcome and won financial support until age 21. I now live with the founder of The Teen Project, a program that provides free room and board and college funding for kids aging out of foster care. I am working on my education and job skills so I never have to fear homelessness again.

*This story comes to Your Teen by way of The Teen Project, a not-for-profit that helps teenagers who have aged out of foster care. Learn more at [theteenproject.com](http://theteenproject.com) or follow founder Lauri Burns on Twitter @theteenproject.*

## Teen 2

By Anonymous

No one wants to think about children being homeless. No one wants to picture innocent faces and associate them with horrific reality. Sweet, syrupy fantasy is easier to swallow than hard, bitter reality. But homeless kids do exist; I exist.

Since I was young, my mother has struggled with addiction. Even though the addiction was her demon, every choice and consequence that came from that addiction directly affected me, including the many times we were homeless. We stayed with family members at first, until my mother burned those bridges. Then we stayed with friends, who were few and far between. But stay-

ing in shelters was by far the hardest. It's not easy to be a child and be homeless. You worry what friends will think—if they would look at you differently if they knew—so you keep it hidden, buried away so no one knows. The problem with burying things and not acknowledging them, I came to find, is that they grow unnoticed inside of you until they become so great they have nowhere to go but out.

Being homeless made me not only ashamed but angry—angry at my mother, angry at myself, angry at the world—and I lashed out in every way I knew how. This monster that was homelessness ate away at me until I no longer cared about anyone or anything, until I became hardened to life and the things that happened to me.

Developing self-reliant, innovative leaders  
with strong moral character.

AOA...where students learn to think creatively.



Call Today to Schedule a Tour!



Andrews Osborne  
A C A D E M Y

Andrews Osborne Academy is a co-educational, independent, college preparatory day (grades pre-kindergarten through 12th) and boarding (7-12) school. Our lower, middle, and upper school students learn and thrive in a multicultural environment. Our 300-acre campus is truly a global village with some of the best and brightest students from down the street, across America, and around the world.

38588 Mentor Avenue  
Willoughby, OH 44094  
440-942-3600

[www.andrewsosborne.org](http://www.andrewsosborne.org)



What I didn't realize then was that I should not have been angry or ashamed, and what I realize now is that I am not less than others just because I was homeless.

To be honest, now that I'm older and on my own, being homeless is still something I struggle with. I still go from house to house and shelter to shelter. While I hope that things will change, at times I am hopeless, stuck in the mindset that things will remain the same.

I wish people would realize that being homeless isn't a disease you catch. It's also not a choice; you don't wake up one morning and decide, "I think I want to be homeless starting today."

I was and still am a good person; I was and still am an intelligent young man, despite everything that I have been through, everything I am going through.

## Professional

By Karen McHenry LISW-S, LCDC

Almost every day, I talk with or meet with teens who are homeless and reaching out for help. They have sadness in their eyes and fear in their voices. They are not criminals; they are the victims of homelessness.

No story is the same. One teen may have parents who lost their home because of unemployment or illness. Another may have a caregiver who struggles with addiction. These teens may feel sad, ashamed, and anxious about their family stress.

Youth homelessness is a more serious issue than most people know. Last year, our homeless and missing youth program served 4,000 Cleveland-area teens, families, and community members.

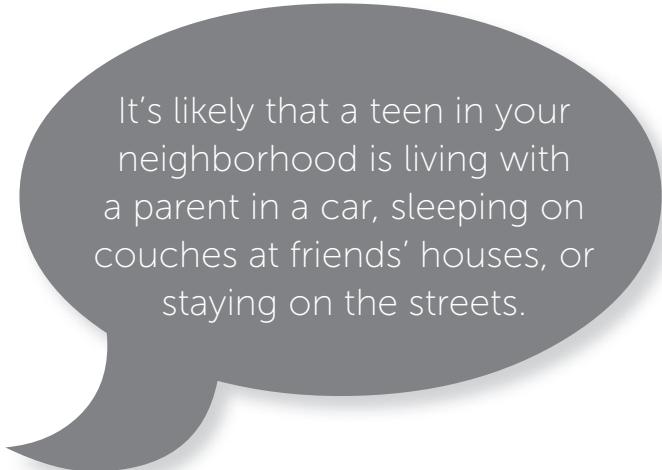
Teen homelessness is not confined to the inner city. It's likely that a teen in your neighborhood is living with a parent in a car, sleeping on couch-

es at friends' houses, or staying on the streets. Homeless youth look different than homeless adults and are virtually invisible to most people. They don't necessarily look dirty—their clothes aren't always tattered and worn. You will see them in school, at the library, in coffee shops, or other teen-friendly locations, or even in your own home. They may be your child's friends.

Why does a teen become homeless? According to the National Runaway Safeline, more than 50 percent of homeless youth report that their parents told them to leave, or knew of their plans to leave and did nothing to stop them. Forty-six percent of homeless youth escaped a home where they suffered physical abuse. Many have been rejected by their families because of their sexual orientation.

When a homeless teen tells me his or her personal story, I always hear pain, shame, sadness, and stress. Many homeless youth have developed a powerful ability to survive. Young people who leave home often find themselves scared, confused, lonely, hungry, and cash-strapped. They may have substance abuse and/or mental health issues. As a result, they easily fall victim to drug and alcohol abuse or dealing, physical and sexual abuse, violence, and/or suicide.

Homeless teens often suffer from se-



It's likely that a teen in your neighborhood is living with a parent in a car, sleeping on couches at friends' houses, or staying on the streets.

vere anxiety and depression, poor health and nutrition, and low self-esteem. Some teens will overcome this and use the experience to motivate themselves, and others will struggle for years.

Runaway and homeless youth are particularly at risk for engaging in survival sex, which means trading sex for money, a place to stay, even food. One in three youth who have been gone from home for two weeks or longer are at serious risk of being trafficked for sex.

One of the most important things you can do to protect your own teen is to create an environment in which he or she feels comfortable talking with you. Open communication is key. Ask about friends and classmates. Know where they go when they leave the house. Show your teen's friends that you are a trusted adult and can help if needed. If you believe a teen you know is in trouble, you can call 211 to be connected with services in your community.

*Karen McHenry is the homeless and missing youth program manager at Cleveland-based Bellefaire JCB, a national Safe Place partner. She is the recipient of the Childcare Worker of the Year Award, and the National Direct Service Worker Merit Award from Child Welfare League of America. In Cuyahoga County, call the Homeless and Missing Youth 24/7 Hotline at (216) 570-8010.*



# REBELLION!

## (Why You Shouldn't Worry)

BY RANDYE HODER | PHOTOS BY BETH SEGAL

The image is deeply embedded in pop culture—from movies (think Jim Stark in *Rebel Without a Cause*) to music (“You’ve got your mother in a whirl,” David Bowie wails in *Rebel, Rebel*) to literature (“The foul-mouthed teenage rebel dropout became required reading,” as one critic says of Holden Caulfield from *The Catcher in the Rye*).

There’s just one problem with this ubiquitous take on adolescent agitation: It’s wrong.

“Most teens don’t rebel,” says Nancy Darling, Ph.D., a professor of psychology at Oberlin College and one of a growing number of experts who say the notion of “teenage rebellion” is invalid. “They disagree, which is not the same thing.”

Introduced by Sigmund Freud at the turn of the 20th century, the

idea of teenage rebellion was later popularized by G. Stanley Hall in his two-volume tome *Adolescence*, considered the bible on the subject through the 1970s.

Today, however, most scholars see teenagers’ tendency to challenge their parents—about everything from curfew to politics to religion to what to wear out on a Saturday night—as a natural part of growing up.

“It would be like saying your husband is ‘rebelling’ when he disagrees with you,” says Laurence Steinberg, Ph.D., a Temple University psychologist and author of more than a dozen books on adolescence, most recently the *Age of Opportunity*. “Parents become accustomed to little kids not questioning them, so when their kids get to an age where it’s natural for them to

question, they see it as defiance.”

None of this is to say that dealing with a teenager who is constantly being contrarian is easy. Having someone in your house who rolls his eyes at your every utterance, slams her bedroom door when you tell her to clean her room, or stomps off when you set bedtimes or curfews can be extremely stressful.

But the distinction between actual rebellion and what most adolescents do—which is to push back in a normal, healthy way—is crucial. Indeed, with this difference in mind, here are three ways that parents can help make the teen years a little smoother for everyone.

### 1. COMPROMISE WHERE IT MAKES SENSE.

It is important to understand that the major battles between teens and

# REBELLION!

their parents are usually about control.

A typical example is when your kid has a messy bedroom. Mom and dad can't get past the dust and dirt, piles of clothing, and grimy dishes. All they want is for things to be cleaned up—and now. Meanwhile, the kid says, "It's my room. If you don't like it, I'll close the door."

The key to solving this kind of argument is not to give your teen an ultimatum: "Clean your room or you can't go out this weekend." Instead, Steinberg suggests that parents find a way to reach a reasonable compromise—to acknowledge your teen's point of view while asserting your parental right to have a clean home.

"Brainstorm with your kid to figure out

a way you can both be happy," Steinberg says.

In my own house, we've reached just such a compromise. My 17-year-old is required to pick up the mess in his room once a week so it can be cleaned. The rest of the week, I let him have his space. (I just try not to look.)

One way to find a middle ground is to test things on a pilot basis. Says Darling: "If there is an area where they want more freedom and you are uncomfortable, you can say, 'Let's try it—if it works out great. If not, we'll step back.'"

## 2. DON'T SWEAT THE SMALL STUFF.

On big issues—abiding by curfew, attending school, never drinking and driving—parents have an obligation to be firm. And research shows that most teens are



***The key to solving this kind of argument is not to give your teen an ultimatum.***

more than comfortable with that.

"In our studies we find that kids actually complain that parents don't set rules—not that they do," Darling says. "They may not like the rules, they may not agree with you, but they believe in your right to set them and they want those boundaries. It lets them know that you care, and it gives them something to rub up against."

At the same time, parents shouldn't be rigid on things that don't matter as much, if at all.

"These are areas where you could make a case that the kid should have a say," Darling explains. "Like what music they listen to, who their friends are, who they date, what they wear, and what they do in their free time."

Steinberg agrees. "On most of the big issues, teens and parents usually see eye to eye," he says. "It's the little things that they get hung up on."

### 3. COMMUNICATE EARLY AND OFTEN.

One way to lower the temperature in your house is to keep the lines of communication open. This is important no matter what age your child is. And if you are not in the habit of talking with your kids, it's never too late to start.

That said, the earlier the better.

"Don't wait until they are 13 or in trouble," says Amy Bobrow Gross, Ph.D., a New York psychologist whose private practice focuses on children and teens. "You want them to feel comfortable talking to you well before they become teenagers."

This isn't always easy—especially if you have a tendency to argue. That's why it's best to walk away in the heat of the moment, Gross says, and then come back when everyone is calmer so you can have a more productive dialogue.

If you want to talk to your teen about

a particularly touchy topic, Gross advises, try sitting down with him and watching a TV show or a video that hits on the subject. That way, the conversation will feel less personal; the lens will remain on the larger issue, not on your child per se.

Another tip: sometimes the best time to chat is in the car, on a hike, or before bed when the lights are out—all occasions when you're not looking your kid right in the eye. "Avoiding eye contact can take some of the pressure off," Gross notes.

Finally, don't lose sight of the fact that communicating with your teen is a two-way street. Keep your ears—and your mind—open. "A healthy argument is a good time for you to really listen and consider what your kid is saying," Darling counsels. "It may be a good time to reconsider some of your rules."

Of course, there are still situations in



The advertisement features a large, ornate brick building with a tall tower, likely the main campus of Notre Dame College. Three smaller, overlapping photographs are overlaid on the bottom left: one shows two students in lab coats working in a laboratory; another shows students playing soccer on a field; and the third shows a student smiling while working on a laptop in a classroom setting.

## 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 STEMM 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

[NotreDameCollege](#)

[NotreDameOhio](#)

Call today for information  
or an appointment.

Toll-free: 877.NDC.OHIO, ext. 5355 or e-mail [admissions@ndc.edu](mailto:admissions@ndc.edu)



NOTRE DAME  
COLLEGE

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

[NotreDameCollege.edu](http://NotreDameCollege.edu)

# REBELLION!

***Don't lose sight of the fact that communicating with your teen is a two-way street. Keep your ears—and your mind—open.***

which teenagers act out in ways that are not normal or healthy. As a parent, you must be alert to the red flags.

Experts agree, for instance, that if your child is arguing with you about absolutely everything—"You can't force me to go to school," "You have no right to tell me not to drink"—it's a cause for concern.

"In families where teenagers are being oppositional just for the sake of being oppositional, there is usually something wrong," Steinberg says. "There are usually deeper problems in the family's relationships."

The same is true if your adolescent

is lying to you, abusing drugs, or withdrawing completely. "If they are having unsafe sex, if they are drinking too much, if they are in trouble, you need to step in and get them to stop," Darling says. "That is your job as a parent."

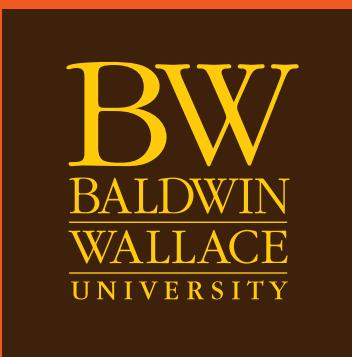
But remember, this kind of behavior is more often the exception. In most families, a certain amount of pushback from your teenager is to be expected—even embraced. "They are just becoming more independent and autonomous," Darling says. "They are doing what they are supposed to do."

Just don't call it rebellion. ■



At Baldwin Wallace University,

We have one goal: *yours*.



275 Eastland Road

Berea, Ohio 44017

[www.bw.edu](http://www.bw.edu)

Exceptional academic programs,  
a vibrant campus community,  
an emphasis on applied learning,  
and a four-year graduation guarantee  
will put you on a path to success.

Baldwin Wallace University does not discriminate on the basis of race, creed, age, disability, national origin, gender or sexual orientation in the administration of any policies or programs.

## ADVICE FROM AN EXPERT



Being confronted by a defiant teenager can be...well, we're just going to come right out and say it: really (*really*) aggravating! So, we decided to ask parenting expert Amy Speidel—known as the “child whisperer” around *Your Teen’s* office—for her advice.

### **It can be frustrating when a teenager pushes back, especially in a way that feels really rude.**

Sure, and all parents deal with it. You’re driving home from your teenager’s soccer game, and you want to talk about the game, but your teenager bursts out with, “Please can we just stop talking about the game!” Her behavior is rude, and so now the conversation escalates into how disrespectful she’s being to her parents, who went out of their way to go to the game and so on. But, we all know lectures never go well. Your lecture won’t get through your teen’s belligerence.

### **So what’s a better way?**

Try, “That might not have been the best way to express that you would like some quiet. Perhaps we can work on how you say that differently the next time, but right now, let’s just be quiet.” We have to trust that when we’ve done enough groundwork with our teens, we can back off and let the remorse kick in. In other words, when your teenager is belligerent, you should be quiet so that they can hear their own belligerence.

### **That doesn’t sound easy.**

No, but think about it this way. Whatever is going on with your teenager in that

moment, he’s not managing well. He’s feeling trapped, exposed, or vulnerable in some way, and if you can balance yourself enough to wish them well, you won’t judge them quite so harshly.

### **So, let’s move beyond rudeness to outright defiance. What then?**

Oftentimes, teenagers are defiant because as parents we haven’t proactively communicated our expectations for a particular situation. As children gain skills, they believe that they should be able to use those skills the same way adults do. For example, your teenager will think, “When I get my driver’s license, I will have unlimited access to the car,” or “I can watch Netflix whenever I want, just like my parents.” Defiance often arises when the story that your teenager has rehearsed in his head—which he may have rehearsed over and over again—differs from the one that you’ve rehearsed in your head.

### **And so we need to be clear about expectations?**

Yes, and proactively discuss the parameters. If it’s a family car, then your teen-

ager should understand that he doesn’t pick up the keys without asking, “May I?”

### **So, you give your teenager parameters in advance—say, no phones during homework—but she defies you. What now?**

You really can’t physically make a teenager do anything, so you say, “Here are your options: you can do this, get it done, and then you’re free to

go. Or, you can leave it and feel the consequences as they fall. I won’t save you from them. You will have to deal with them.”

### **Often, we get emotional and blurt out a consequence that we’d really rather not enforce. How can we best approach naming consequences?**

We should give consequences from our executive space to our teenager’s executive space.



# REBELLION!

**What you need to say from your executive space is: "Look, you have the power here. You need to just get it done."**

Threats come from our emotional space, and they're a threat because you don't really want to have to enforce them and your teenager probably knows that. Say, your consequence is, "If you choose not to get that done, then you are not going to be able to go on the overnight trip." That's when you are either going to get pushback if they believe you—or they will say "fine" because they don't believe you. What you need to say from your executive space is: "Look, you have the power here. You need to just get it done." They are going to be angry, but if you are calm about it, they will start to manage themselves.

**Do we need to come up with a consequence right then and there?**

No, you don't need to come up with it at that moment. But, you do have to follow through if your teenager doesn't abide by your expectations. You can also rely on the natural consequences: "Since you didn't take the time to complete the assignment, you're on your own with this one." Then, let the consequence from school take its effect.

### Can you give more scenarios?

Say your teenager took off, when she was supposed to take her sister somewhere. You could say, "You no longer have the rights to the car in the way that we thought you were going to. You will no longer be able to get yourself from here to there, and you are going to have to find another way to do it." If your

teenager is reckless with his stuff—and loses something, say a phone charger—then you say, "You are going to have to wait until you can afford another phone charger. You don't get to just take another charger from the house."

### Do you have any final thoughts?

It's helpful to remember the purpose of consequences. It's not about making your teenager miserable. It's about, "I want you to be successful in this. You may not feel like this is right, but everything in me wants you to make the wisest choice." ■

*To read more of our interview with Speidel, including how boys are different than girls when it comes to defiance, visit us on the web at [bit.ly/comspeidel](http://bit.ly/comspeidel)*



## LAKE RIDGE ACADEMY

*The West Side's Premier K-12 College Preparatory School*

**OPEN HOUSE**  
Sunday, April 19  
Presentation Starts at 1 pm

**RSVP 440-327-1175 ext. 9104 or  
at [www.lakeridgeacademy.org](http://www.lakeridgeacademy.org)**

- 8:1 student to teacher ratio
- STEAM curriculum for all students K-12
- College counseling begins in ninth grade
- Significant financial aid and merit scholarships available
- Transportation and after school program available



### What School Should Be

37501 Center Ridge Road  
North Ridgeville, OH 44039  
[www.lakeridgeacademy.org](http://www.lakeridgeacademy.org)



# A Growth Mindset Raises Grades and Productivity

## SAY Parent Book Discussion Analyzes this New Psychology of Success

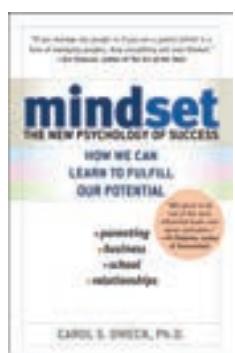
### Join Us. Facilitated Parent Discussions

Please join SAY Parent Committee in a discussion on *Mindset: The New Psychology of Success* by Stanford University Psychologist Carol S. Dweck, Ph.D., a leading researcher in the fields of motivation, personality, social psychology, and developmental psychology. *Mindset* explains why it's not just our abilities and talent that bring us success – but whether we approach them with a fixed or growth mindset.

#### Intelligence Can Be Developed

With the right mindset, we can motivate our kids and help them to raise their grades, and reach our own goals – personal and professional. SAY social workers will delve into several issues raised in the book including why bright children stop working and what to do about it, and how praise can harm if not used well.

#### Free Book Discussions



**April 8, 2015**

7p – 8:30p  
*Shaker Library Bertram Woods Branch*

**April 15, 2015**

11a – 12:30p  
*Bellefaire JCB*

**April 29, 2015**

7p – 8:30p  
*Orange Library*

### WHAT CAN I SAY TO MYSELF?

#### INSTEAD OF...

-I'M NOT GOOD AT THIS

-I'M AWESOME AT THIS

-I GIVE UP!

-THIS IS TOO HARD

-I CAN'T MAKE THIS ANY BETTER

-I CAN'T DO MATH

-I MADE A MISTAKE

-I'LL NEVER BE AS SMART AS HER

-IT'S GOOD ENOUGH

#### TRY THINKING...

-WHAT AM I MISSING?

-I'M ON THE RIGHT TRACK

-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED

-THIS MAY TAKE SOME TIME AND EFFORT

-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING

-I'M GOING TO TRAIN MY BRAIN IN MATH

-MISTAKES HELP ME IMPROVE

-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT

-IS THIS REALLY MY BEST WORK?



#### For information or to RSVP:

Nancy Schaumburg, LISW-S, SAY Coalition Coordinator  
(216) 320-8469 • [schaumburgn@bellefairejcb.org](mailto:schaumburgn@bellefairejcb.org)

[www.e-say.org](http://www.e-say.org)





## 2 Locations Near You

**GEauga CAMPUS**  
14111 Claridon Troy Road, Burton  
440-834-4187

**REGIONAL ACADEMIC CENTER**  
2745 Creekside Drive, Twinsburg  
330-888-6400



For 50 years the Geauga Campus in Burton has been providing a high-quality university education for students in the region.

Along with the new Regional Academic Center in Twinsburg, your best choice for career preparation is one of the Kent State University locations. You receive a university experience in a safe and supportive environment with quality professors teaching in a small classroom setting.

## YOUR PATH TO SUCCESS BEGINS HERE!

### Program Offerings:

Business Management - BBA & AAB  
Nursing - BSN & ADN  
Middle Childhood Education  
Computer Technology  
English  
Psychology  
Pre-Med, Pre-Vet, Pre-Pharmacy  
Insurance Studies and more...

### Contact Us

[www.geauga.kent.edu](http://www.geauga.kent.edu)  
[geaugaadmissions@kent.edu](mailto:geaugaadmissions@kent.edu)

**TEEN SPEAK** BY ISABELLA JAFFERY

## Hey Parents, Chill

Teenage rebellion. We all recognize the signs: eye rolling, deep sighs, staying out late, maybe even dying our hair. Oh no, you've got an angst teen in the house! Although lately it seems as if there is a rebellious teen in every single movie that fits all of these stereotypes, rebelling isn't just a cliché. Many teens feel that they need to rebel in order to distance themselves from their parents.

Rebellion honestly doesn't just have to be staying out late, doing drugs, and having sex. We like to rebel against our parents' values. If a parent is obviously okay with their teenager having sex in high school, then that kid might swear off sex

ing. We want independence, and it can be hard to obtain, even with a driver's license and a job. This is why we're pushed to rebel.

Obviously, most parents would not like their teens to be out late, drinking and doing drugs, skipping school, or any of the other "typical" rebellious things that some of us do in our teens. But I believe a healthy amount of rebellion is completely normal and can even help us figure out who we are. No matter how great a parent you may be, you shouldn't want a carbon copy of yourself. Rebellions helps open our world to things that we wouldn't have experienced had we not tried to get a little distance from the things our parents believe they know best.

***It doesn't matter if you're the "cool parent"—in fact, sometimes this can be even more embarrassing.***

until marriage. If a parent wasn't the valedictorian in high school and sees no reason for their teenager to be, that teenager might push himself to be the valedictorian simply as a way to distance himself from his parent. We might even rebel in a simple way, like refusing to do our homework before we watch television.

Basically, when we're in our teenage years, most of us don't want to be like our parents. It doesn't matter if you're the "cool parent"—in fact, sometimes this can be even more embarrass-

So, parents, although teen rebellion is painted as a pretty terrible thing in the media lately, please be willing to believe it can help your teen too. It can be a learning experience. We're trying something out to see if it works for us, kind of like trying out for the track team or a school play. A lot of it is nothing to worry about and, quite honestly, you should expect it from your teen.

*Isabella Jaffery is a sophomore in high school.*



118 years of **knowing girls.**

Families choose Laurel not just because we have over a century of experience educating girls, but also because of our outstanding faculty, two incredible campuses and our nationally-recognized Center for Research on Girls. It means we have a unique understanding of girls – how they learn, think and feel.

Come visit us. We are the private school that knows girls best.

**LAUREL**

Dream. Dare. Do.

Girls Kindergarten–Grade 12  
and Coed Pre-Primary

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

216.464.0946

**LYMAN CAMPUS**

One Lyman Circle,  
Shaker Heights, Ohio

**BUTLER CAMPUS**

7420 Fairmount Road,  
Russell Township, Ohio

---

### Middle School Preview

Wednesday, April 8, 8:45–11:00 am

RSVP to 216.464.0946 or [Admissions@LaurelSchool.org](mailto:Admissions@LaurelSchool.org)

*Laurel is home to the Center for Research on Girls.*

# BROADWAY! SUMMER CAMP★

with Rodgers + Hammerstein's Cinderella

JULY 27-31

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 *Cinderella!*



Inspiring performance.

216-348-7909 • [playhousesquare.org/community](http://playhousesquare.org/community)

# Porn Gives Teens the Wrong Idea About Sex

By Laura Putre

**A** generation ago, accessing pornography required effort. Unless an older sibling had a stash, or a parent subscribed to an X-rated cable channel, teens had to actually leave the house and often craft elaborate plans to be able to view it. Now a veritable buffet of porn is as close as the nearest Internet-connected device—and its ubiquity has affected teen attitudes toward sexuality, body image, violence, and treatment of women.

“It’s well understood among teens that free online pornography is the primary source of sexual education for teen boys,” says Dr. Wes Crenshaw, a Lawrence, Kansas-based family psychologist who is co-writing a book on parenting teens in the Internet age. “I always say that learning sex from porn is like learning about animals from watching Road Runner and Wile E. Coyote.”

For parents who feel uncomfortable just explaining the birds and the bees, starting a conversation about online por-

nography might seem like an insurmountable challenge. But given the prevalence of the material, professionals who counsel adolescents say such conversations are vital.

“You should assume with 100 percent certainty that your kids will be exposed to explicit content,” explains Crenshaw. “Get involved in that conversation early on.”

Start by stressing that real-life intimate relationships have little to do with what’s being portrayed online. Says Crenshaw: “Most Internet pornography is a cartoon of human sexuality.”



## Singer suggest that parents actually view some of the sites that their teenagers are visiting so they know what issues to address.

And if you've already discovered your teenager viewing Internet porn?

Stay calm and don't be confrontational, advises Jonathan Singer, Ph.D., LCSW, an assistant professor at Temple University and National Association of Social Workers expert who specializes in counseling children and teens.

"Most kids who look at porn on the Internet are not going to become porn addicts," Singer says. "You can say, 'I saw somebody was looking at porn on the computer, and it wasn't me, and there are only two of us in the house. There are a lot of things I'd like to discuss with you about porn. I'm not mad; you're not in trouble. I

just want to find out what's going on."

Singer suggests that parents actually view some of the sites that their teenagers are visiting so they know what issues to address. Don't speak in abstractions. That might mean saying, "Penises are not typically 8 to 12 inches long. Most people don't like being slapped and tied up and forced to give blow jobs to a dozen guys," Singer explains. "Debunk the myth," Singer says. "Be very clear and honest."

Parents can also consider adding a porn filter to their home network. While it's not a panacea, it does make clear that you don't approve of viewing pornography, explains Darby Fox, a child

and adolescent family therapist in New Canaan, Connecticut. Making it harder to access might just discourage a teen from viewing it altogether.

"A huge percentage of teen pornography is viewed in the home," says Fox. "A little bit at school, a little bit at other places."

Above all, parents should take seriously their role in teaching their teens to self regulate so they grow up to be healthy, independent adults.

"When your teenagers leave home to go live in a dorm or get their own place, and they're able to say, 'I could look at porn but I'm not going to,' then you have won as a parent," Singer says. ■



**YOUR TEEN**  
for parents

ARE YOU  
LOOKING  
FOR MORE  
**ADVICE &  
INSIGHTS**  
ABOUT  
**PARENTING?**

Sign up for our weekly newsletter • [yourteenmag.com/sign-up/](http://yourteenmag.com/sign-up/)



## From art school to transforming concepts.

### **Wesley Burt**

CIA Class of 2004  
Drawing major  
Senior Concept Artist  
Massive Black

**Creativity matters to Wes Burt.** Wesley turned his passion for drawing into an amazing career. As a concept artist at Massive Black, Wesley has developed characters for all of the Transformer films. He also creates characters, environments, and storyboards for video games. In his spare time he exhibits his breathtaking artwork in San Francisco galleries.

See Wes at work at [cia.edu/burt](http://cia.edu/burt)

- Bachelor of Fine Arts degree
- World-class faculty
- Real-world experience
- 9:1 student to faculty ratio
- University Circle: Cultural hub
- Studio space for each student
- Successful alumni network

For more information, visit [cia.edu](http://cia.edu)

Since 1882

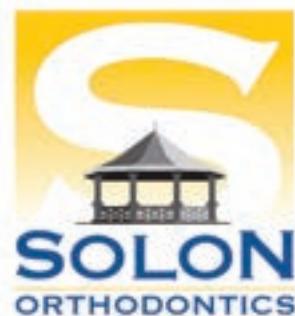
**CIA**

# 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](http://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**



# Orthodontist Weighs in on Braces

Does your teen need braces? What should parents know about orthodontic treatment, and when is it time to see an orthodontist? We posed these questions to Dr. Philip D. Bomeli, DDS, MS of Solon Orthodontics in Solon, Ohio. In this Q&A, Dr. Bomeli gives some advice about braces that might surprise you.

## When is it time for a teen to see an orthodontist?

The American Association of Orthodontists recommends that a child see an orthodontist by the age of seven. That might seem young, but by that age, most children have "mixed dentition"—a mix of baby and permanent teeth. We can generally see at that early point if things are going to go awry, like permanent teeth not coming in properly and other crowding and spacing issues. If nothing else, an early consult establishes a good

baseline. Most orthodontists won't charge for this initial consultation.

## What is the benefit of early intervention?

Really, it's about solving small problems earlier so that you can avoid bigger problems down the road. Crowding and limited space cause many orthodontic problems, and we can make the environment better as your child's permanent teeth come in. It might mean treatment as limited as an expander or a few braces in the first phase, but early intervention

makes subsequent treatment easier, faster, and less expensive in the long term.

## Who usually wants the braces—the parent or the patient?

With younger patients, it's the parents who have concerns, but as the child gets older, it's usually the patient. Either their friends have braces, or they've started to realize there's something they don't like about the way they look. Fixing those issues with braces can positively impact self-esteem.



*"Be proactive rather than reactive. It's much better to identify problems earlier than later. Even six months can make a big difference."*

**What are the big concerns that teen patients have?**

Most teens don't love the idea of getting braces, but they're willing to do it. They really want to know about how long they'll have braces, food restrictions, and discomfort. The average treatment time is between 18-24 months, with a 6-month window on either end depending on how quickly things move. The length of treatment varies depending on how compli-

ant they are in wearing rubber bands and retainers. I don't really think it's effective to be stern or lecture them, but it really helps if I explain how it works so that they can understand why they need to do what I ask of them.

**Are there cosmetic options for teens?**

There are a number of different options for teens who don't want the standard metal brackets, like

Invisalign or clear ceramic braces.

**What's the most challenging set of teeth you ever treated?**

We had a young man who had all four of his canine teeth come in sideways. I've seen kids with extra teeth that completely block their front permanent teeth. We see kids with impacted teeth that can't descend properly. From a treatment perspective, it's very chal-

lenging and time consuming, but really rewarding to solve those problems and see how grateful and happy the patients are with the results.

**What's one piece of advice would you give parents?**

Be proactive rather than reactive. It's much better to identify problems earlier than later. Even six months can make a big difference.

*—Interview by Jane Parent*



## SUMMER OF ADVENTURE

JUNE 15 - JULY 31  
PRE-K CAMP • DAY CAMPS  
SPORTS • ACADEMICS

 UNIVERSITY  
SCHOOL

Register at [www.us.edu](http://www.us.edu)



## A Career in Nursing is Just Right for Some Teens

Is your teenager interested in a career in nursing, but not interested in spending the next four years in college? Then a one-year practical nursing program may be right for your teenager.

After completing a one-year practical nursing curriculum, graduates receive a certificate. With this certificate, graduates are eligible to sit for state boards. Once licensed by the state, they become a Licensed Practical Nurse (LPN), explains Wendy J. Staffilino, director of operations for the Independence, Ohio-based Central School of Practical Nursing (CSPN).

"In today's world where expectations run high, we can't forget that a four-year college may not be what every teen desires," she adds.

Licensed practical nurses, or LPNs, typically work in extended-care facilities, home-based settings, or outpatient clinics. Salaries range from \$35,000 to \$50,000 a year. They work closely with RNs and offer a high level of skill.

With tuition just under \$16,000 for the year, CSPN—which is private and non-profit—offers an affordable way to enter the nursing profession. Financial aid is also available.

What's more, after just five weeks, students begin working in a hands-on, clinical setting.

"Our students spend two days a week in the classroom and two days a week in a clinical setting," Staffilino says. "It's a rigorous, accelerated program."

For former CSPN student, Kelly Armbrecht, that meant there were no surprises when she began nursing on a skilled-care unit shortly after graduation.

"Many of the nurses were surprised to learn I'd only been working for three months," Armbrecht says. "I thank Central and its wonderful staff for that. I love my new career."

For more information on the Central School of Practical Nursing, including how to apply, visit the school's website at [cspnnohio.org](http://cspnnohio.org).



INDULGE WITH  
A FREE WAX

© 2014 EWC. Prices may vary by region.

REVEALING  
BEAUTIFUL SKIN™  
**EUROPEAN  
WAX  
CENTER®**

[europeanwax](#)  
[waxcenter.com](#)

**WOODMERE - BEACHWOOD / 216 464 4355**  
27129 Chagrin Boulevard / Woodmere, OH 44122



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 U***



**#1** PUBLIC UNIVERSITY  
IN NORTHERN OHIO

—U.S. NEWS AND WORLD REPORT

**BGSU**  
[www.bgsu.edu](http://www.bgsu.edu)



SPONSORED BY



# Ideas for a Well-spent Summer

By Diana Simeon

**S**ummer's just a couple months away, and chances are your teenager is planning to take it easy. And he should...but not too much. That's because summer is the perfect time for your teenager to pursue those non-academic activities that many colleges like to see in their applicants.

Not every college cares, of course. But selective colleges will be looking to see whether your teenager used time outside the classroom productively.

The good news: there is no right or wrong activity. And you don't need to spend a lot of money.

"Colleges are not looking for fancy or expensive programs," says Mandee Heller Adler, founder of Hollywood, Florida-based International College Consultants. "They are looking for activities where teenagers can explore their interests."

That could be improving a skill—like a sport or instrument—volunteering, taking a class, or even digging into a particular subject area.

"Maybe your teenager says, 'I'm interested in anthropology, but I don't know very much about it. I'm going to spend my summer exploring anthro-

pology,'" explains Heller Adler. "So they take a class online or at a local college. To me that's very compelling."

It can also be working a part- or full-time summer job. That's Heller Adler's favorite option.

Indeed, admissions staffers routinely say they like applicants who have paid work experience (and most applications ask for it specifically).

"Working is a great enhancement for anybody," says Cecilia A. Castellano, director of admissions for Bowling Green State University. "It builds character in a different way than going to school."

But, Castellano adds, there is no checklist for the "perfect" summer in terms of giving your teenager an edge in the admissions process.

"It's not that you have to do X, Y, and Z over the summer," she explains. "I have a high school senior who didn't have a lot of opportunity for volunteering during the academic year, so she went on mission trips during the summer. But that's not right for everybody. You have to look at it holistically. You want to do things you enjoy that are going to round out your experience." ■



And teenagers, not parents, should decide what those things are. "The trick is for teenagers to be authentic, and that's the hard part for parents to understand," explains Heller Adler. "You don't get brownie points for doing science versus doing English."

In fact, pushing your teenager into a summer activity just to impress a college can backfire, as it will not come across as authentic no matter how hard your teenager tries to make it seem so.

"If your teenager prefers English, then finding cool opportunities in English will make him happy," notes Heller Adler. And those kinds of teenagers are able to write passionately—and authentically—about their experiences in their applications.

Last, be sure to build some downtime into your teenager's summer—and not just to allow her to recharge for the coming academic year.

"These are the last few summers before your teenager goes to college," says Heller Adler. "Why not carve out some time to be together as a family and have experiences you might never have again." ■



- Tech Kids



- Performing Arts



- Music including the
- Tri-C JazzFest Camp



- Sports



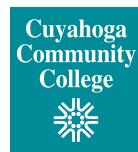
- Youth Safety  
and Leadership

# Join us for Camp Fun at Tri-C!

**June-August  
2015**

- Grades K - 12
- Half-day, full-day and overnight camps available

For schedule and registration  
information please visit  
[www.tri-c.edu/summercamps](http://www.tri-c.edu/summercamps)



14-1592

Does your daughter have a story  
every girl needs to hear?

**MissHeard**  
magazine

Now accepting submissions!



Written for real girls by real girls age 12-17  
Empower your daughter and encourage her creativity  
by giving her a space to publish her work!

[submissions@misheardmagazine.com](mailto:submissions@misheardmagazine.com)

[www.misheardmagzaine.com](http://www.misheardmagzaine.com)

# Should I Call the Mean Girl's Mom?

By Michelle Icard

Years ago, my kids and I were spending a summer afternoon at our neighborhood pool. You can probably picture this familiar scene: children laughing and running, lifeguards blowing whistles, clusters of parents chatting—and me desperately trying to read a few pages of a book between breaking crises ranging from “I’m starving! Can I buy an Airhead?” to “I need you to watch me make every letter of the alphabet when I dive. Make sure you’re watching every one!”

I just wanted to read my book.

My nine-year-old daughter interrupted one more time to tell me she was bored. “I don’t have anyone to play with,” she said.

“Play with Anna,” I said. “Or Amelia. They’re right there.”

“They don’t want to play with me,” she explained. Not broody, just matter-of-fact.

These girls had played together before. I’d had Anna over at our house plenty of times. Recently.

“Amelia is chasing me around and telling everyone I’m the devil. There’s no one here to play with now.”

I instantly closed my book, sat up, and scanned the pool for Amelia and Anna, finding them cuddled together in one towel on a single chair. Filled with shock that these girls I knew and liked could be so mean, I did what I



had never done before. I walked directly over to them. I asked just Anna to come with me a few steps away. Was Amelia telling everyone that my girl was the devil and not to play with her?

I fully expected her answer to be no. She nodded.

Well. There it was. A terrible truth. What to do with it?

Nearby sat Amelia's mom, a woman I didn't know well but thought I liked, chatting with a friend. In that moment, I wanted her to know how horribly her daughter was behaving. I wanted her to make my daughter's pain go away. I wanted her to no longer be allowed to sit there so happily while my daughter and I left the pool.

None of these feelings had any hope of making my daughter feel better.

Most of all, I wanted my daughter to have someone kind to play with at the pool.

I imagined what I thought this mom's reaction might be: She would be embarrassed, would vow to talk with her daughter,

would be extra sweet to my daughter the next few times we saw her, would force her daughter to apologize (mortifying mine in the process or forcing my daughter to acquiesce and accept), would hear her daughter's side of the story with growing acceptance, would label me over-protective—or my daughter over-sensitive—and would then forget about the entire incident. It was an outcome I didn't like at all.

I decided to sit with my feelings in search of a better resolution. For a few days, I stewed, battling with myself over the right amount to intervene. Should I call the other mom? Is it too late? I already felt some guilt for even marginally involving Anna.

I recalled a former teacher's guidance on "tattling." If you're trying to get someone else in trouble, you're tattling. If you're trying to keep someone out of trouble, you're telling. I wasn't trying to help Amelia and frankly, wasn't in a position to help her. Perhaps I could have convinced myself that telling her mom would teach her right from wrong, but the reality is that a girl like Amelia

isn't going to change because her mom catches her. She will only get craftier.

My discovery of Amelia's character was the terrible truth, but here's the wonderful truth. I didn't need Amelia or her mom to make my daughter feel better. I didn't even need the truth from Anna, and if I had it to do over again, I'd have left her out of it. Instead of looking to outsiders to validate my daughter, we talked through things she could do herself to feel better. As she listed all the things that would help—from inviting other friends to join us at the pool to telling Amelia with confidence to stop talking about her—she emerged from this incident with the knowledge that she could handle herself when other people are mean. In the long run, teaching this kind of self-care is much more effective than tattling. ■

*Michelle Icard is the author of *Middle School Makeover: Improving The Way You and Your Child Experience The Middle School Years*. Learn more about Michelle's work at her website [MichelleintheMiddle.com](http://MichelleintheMiddle.com)*

**CIFF39** MARCH 18–29, 2015  
TOWER CITY CINEMAS [clevelandfilm.org](http://clevelandfilm.org)  
**THE HOME FOR INSPIRATION**  
**CLEVELAND INTERNATIONAL FILM FESTIVAL**  
PRESENTED BY DOLLAR BANK

RIDE RTA TO TOWER CITY

cuyahoga arts & culture

**REGISTRATION NOW LIVE VISIT [WWW.EFFECTIVELA.ORG](http://WWW.EFFECTIVELA.ORG)**

# CAMP LEAD™



SIGN UP NOW AT  
[WWW.EFFECTIVELA.ORG](http://WWW.EFFECTIVELA.ORG)  
DON'T MISS OUT!

**5-8th Graders  
Many locations & dates  
REGISTRATION NOW LIVE**

A summer camp experience  
that will rock their world!

**ELA's fun, engaging &  
interactive CAMP LEAD**  
provides intensive  
self-leadership and life skills  
training. For more information  
call 216-292-8875.

Check out our website for High  
School Summer Programs  
**[WWW.EFFECTIVELA.ORG](http://WWW.EFFECTIVELA.ORG)**



ELA • La Place Plaza, 2101 Richmond Rd., Floor 2 - Suite 1, Beachwood, Ohio 44122

## Meet a Great Addition to an Already Great Team!



### Welcome Dr. Shira Tor

Weiss Orthodontics is pleased to welcome Dr. Shira Tor to our orthodontic team.

With both Dr. Weiss and Dr. Tor on staff we can offer additional days of the world-class care you have grown accustomed to and deserve.

Visit our website to meet Dr. Tor and learn her story.

- Orthodontic Specialist
- 31 Years Experience
- Premier Invisalign® Provider
- Treating Both Children & Adults



[www.weissortho.net](http://www.weissortho.net)



Orange Village: 216.292.6340

Middleburg Heights: 440.885.1980



## Where is *Desperate Housewives'* **James Denton?**

If you're a fan of Hallmark's *The Good Witch*, then we've got a treat for you. James Denton, who joins the series this season, talks with *Your Teen* about acting, raising adolescents, and picking roles after *Desperate Housewives*.

### **Were you into acting as a teenager?**

When I was growing up, I was kind of a jock—a basketball player. And then I realized that I wasn't that great, and I wasn't going to make any money as an athlete. So I did sales for six years and stumbled into acting after college when a friend suggested I join a community theater.

### **How does it feel to play the parent of a teenager?**

It's funny. You kind of avoid playing parents for as

long as you can; once you start playing a dad, then you're playing a dad for the rest of your life. My television son, Nick, is a teenager: 15 and always bucking authority. We're in a tough stage in our relationship. That's not the case with my children, who are polite and kind and just a lot of fun.

#### You're raising your children in Minneapolis. Why?

My wife is from Minneapolis, and all her family is there. We decided being with family would be better for our kids, and it really has been. They are growing up with cousins and grandparents.

#### What's it like commuting back and forth to Canada for filming?

I go home every weekend, which makes this doable. I couldn't come up here for four months and not go home every weekend. That's not the way we want to raise our children. I want to be around as much as I can.

#### Do your children (ages 9 and 11) enjoy acting?

My son loves it. He's really talented. My wife has a master's from New York University in acting. She's a much better actor than I am. She's a singer, and my son inherited that. He's got a fantastic voice. He is shy, so we sort of forced him to audition for a musical in middle school. He was the new kid in school, and we thought it might put him on the map. It did, and he loves it. I don't know if my daughter will get the bug or not. She also has a great voice, but she doesn't know it yet.

#### Will you let your son act professionally?

We'll have to see what he wants as he gets older, but we certainly won't encourage any kind of professional acting until he's an adult.

#### What's worked for you as a parent?

My wife and I never, ever contradict each other. We always form a united front no matter what, and then we work it out later. When you start contradicting each other in front of the kids, there's no coming back. They can see the weakness. They know they can play you against each other. I also pick my battles. I rarely raise my voice, so when I do, it gets their attention. I think that helps. I try really, really hard not to fight the petty battles. When you feel like it's important, make sure they hear you. That comes from my dad. My dad almost never yelled. So, when he did, it was effective.

#### Are there other areas in which you find yourself emulating your parents?

We're certainly trying to use the stuff that we think was good, but in the 60s and 70s, there was a distance between parents and kids. Even our mothers, who were very loving, still had sort of a distance. You don't want to be your kid's best friend, but showing them some vulnerability gains their trust. You have to be able to tell them you love them. My dad never told me he loved me. Never. My mom didn't until we were grown and out of the house. We don't hesitate at our house to tell each other how we feel.

#### A lot of parents grapple with technology. What works for you?

We're pretty hard lined on video games. No games at all. I know that's tough, but they play them at their friends' houses. It can really take over, and instead of trying to block out time for it, we said, "We're not going to do video games at home, but you can play them at your friends' houses."

#### How about cell phones?

There's one phone that they share at the house. If they're going to a ball-game, or a sleepover, they can take it with them and call us. We're starting to leave them at home alone during the day, now that they're 9 and 11. We want to make sure they have a phone there. We don't have a landline. We're going as slowly as we can with the technology, which is hard. It's a great time to raise kids, but technology can make it tough in some ways. So, we're trying to transition as slowly as we can.

#### Your recent roles are so different than *Desperate Housewives*.

Yes, it's fun to do work that my kids can actually watch. I did a great movie called, *Girl's Best Friend*, about a girl and a dog. My daughter just loved that movie. I loved the people involved with it, and I thought, "You know what? It's a pretty fun choice." Recently, for whatever reason, I have done a lot of faith-based, family-oriented films, and it has been a lot of fun. My kids are loving it. ■

—Interview by Susan Borison & Kaitlin Coyle

**When cancer touches the family, we are here to help!**



Providing FREE programs and services for children, teens and families touched by cancer.

**216-595-9546**

[www.touchedbycancer.org](http://www.touchedbycancer.org)



**"The MALTZ MUSEUM is truly amazing...and very important for future generations."**

— VISITOR K. JELLIS, MELBOURNE, AUSTRALIA

Exploring identity.

Celebrating culture.

Creating connection.

- **Stop the Hate® Award Ceremony**  
April 30, 6pm @ Gartner Auditorium

- **Chasing Dreams:  
Baseball & Becoming American**  
April 12 – September 9, 2015

- **Violins of Hope**  
September 29, 2015 – January 3, 2016



2929 Richmond Road, Beachwood, OH  
[@maltzmuseum | maltzmuseum.org](http://maltzmuseum.org)



## NEWLY EXPANDED MEMORY CARE RESIDENCE! OPENING SOON!



### *The Willensky Residence, A Montefiore Assisted Living Memory Care Community,*

on our Beachwood campus, offers exceptional care for individuals with dementia in a loving and safe environment. Our programming provides the stability of a routine while maximizing individuality. Specially-trained staff are on-site 24 hours a day.

#### **Some of our distinctive amenities**

Assistance with bathing, grooming and dressing • Private entrance and parking  
Housekeeping, laundry and linen change • Private bathrooms with showers  
Activities to engage the mind, body and spirit • Community outings  
Innovative "life stations" centered on careers, hobbies, interests and familiar daily activities

*We help make this stage of life  
gentler and easier for residents and their families.*

**New rooms filling up fast. Call today to schedule a tour.**



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

One David N. Myers Parkway  
Beachwood, OH 44122

To learn more, contact Kristen Morelli, memory care program manager, at **216.910.2323** or e-mail [kmorelli@montefiorecare.org](mailto:kmorelli@montefiorecare.org).



## Turn Off the Lights!

It's such a simple request, but no one can remember to do it. How can we get teens on board with this bright idea?

By Samantha Zabell

No matter how many times you remind your teenager, your house continues to light up like a glow stick, with every switch left on. To you, it's intuitive: When you leave a room, you turn off the light. To your teenager, not so much.

Meanwhile, what if it's actually sort of your fault?

"It's always been a safety point for children," says Sharon Silver, parent educator and founder of Proactive Parenting. "They had night lights when they were little, and we turned off the lights for them when they were toddlers. Light brings warmth, and connection, and safety."

That sounds about right to Isaac Cadesky. "I like to

have a lot of light, especially when it's dark out," says the teenager. "That's why I always forget."

But while it's adorable to think of your fully-grown, sometimes argumentative teenager as secretly still afraid of the dark, your electric bill makes it less so.

How can we get teenagers to hear us, when nagging (surprise!) doesn't do the trick?

Since teens crave responsibility, Silver suggests setting up a family meeting to take a look at the electric bill. Even if they can't quite grasp the cost, they understand the respect you're showing by sharing such a "grown up" concept with them. "You crack the door just a little bit and share with them the adult world," says Silver.

For 19-year-old Rhode Island native Julia Soscia, turning off lights was "actually the biggest deal" to her dad, and she had to run up her driveway many times to turn them off. Does that scene sound familiar? If that's your teen, rest easy.

"One day, he showed us our electric bill, and it was absurd," she remembers. "Now, at school, I always turn the lights off when I leave our dorm room. It's become my pet peeve."

Parents do their kids a disservice when they think kids won't understand that things like electricity costs real money," says Denise Schipani, mom of two and author of *Mean Moms Rule*. "They should know that

money isn't magic, that we work hard to earn it."

If you're ready to make a change in your household, consider a point system: Every time the light is left on, your teenager gains a point. Once he hits five points, he loses time from his curfew or some other privilege he enjoys.

And it can work for other things too, like never closing the garage door or leaving laundry in the washing machine or forgetting dishes in the sink or ... whatever habit you'd like to put a stop to.

"Be prepared for a major upheaval," says Silver. "Their reaction tells you it made an impact, and then habits will start to change." ■

## TEEN VOLUNTEERS: Enriching Lives



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

(440) 892-1001 • [youthchallengesports.com](http://youthchallengesports.com)

PROGRAMS ON BOTH THE EAST AND WEST SIDE OF CLEVELAND

**East Side:** 19910 Malvern Road, Shaker Heights

**West Side:** 800 Sharon Drive, Westlake



# MONTESORRI HIGH SCHOOL

- AT UNIVERSITY CIRCLE -



## WINTER '15 OPEN HOUSE DATES

SUNDAY, APRIL 12TH @ 2:00 PM

**CALL AND RSVP TODAY!**

ONLINE AT [MONTESORIHIGHSCHOOL.ORG](http://MONTESORIHIGHSCHOOL.ORG)

11025 MAGNOLIA DRIVE    T: 216.421.3033  
CLEVELAND, OH 44106    F: 216.421.1874

CHOOSE TO  
**CONNECT**  
TO YOUR  
**FUTURE**



**LCCC is a smart investment in your future.**

“An LCCC instructor urged me to take the courses that helped lay the foundation for everything – for college, transferring to Bowling Green and my career in television news. Thanks to great instructors at LCCC, I’m living my dream.”

*-Tiffany Tarpley, WKYC News reporter, LCCC alum, Lorain native*

**lccc** is your college  
For your life and your future.

Learn how you can take college classes for free as early as ninth grade. Visit [www.lorainccc.edu/cep](http://www.lorainccc.edu/cep).

 **Lorain County Community College**



# Letters from Dad

By Nathaniel A. Turner

**O**ne afternoon in 1998, my two-year-old son, Naeem, accompanied me to the mailbox. As I collected the mail, Naeem uttered words that would change our lives forever: "Daddy, where is my mail?"

Giving little immediate consideration to the power of that question, I simply replied, "Naeem, I can promise you, I don't even want my mail." Self-employed after finishing two graduate programs, I found walking to the mailbox to be generally depressing. Yet regardless of my disposition, my son (who is not one to give up), persisted in his "Where is my mail?" line of questioning.

That day, I experienced the power of a persistent child. Persistence is said to wear down resistance. Persistence also wears down fathers.

That same evening, I went to the neighborhood Target. My son wanted mail, so I

was going to make sure that he received mail. I bought enough cards to send intermittently for several days. Although I selected a variety of cards, none of them really expressed my feelings for him. So rather than just signing the cards, "Love, Dad," I took the time and embraced the opportunity to write something personal to him.

I told him how proud I was of him. I expressed how blessed I was to be his father. I shared with him the enormous relevance and value he brought to my life. Writing to him made me take notice that my life had and would forever be changed by his presence.

Pondering what to write and then watching the words appear on the cards highlighted the enormous responsibility I owed him. It was my duty to make sure he reached his full potential.

Over the years, the letters to my son have not changed very much. The formula for

writing him has been consistent. I profess my absolute undying love for him. I share some nugget of wisdom. I search for words that will increase his vocabulary. I encourage him to improve each day, and I challenge him to continue dreaming of ways that he can impact the world.

While the formula is not much different, the letters have transformed both of us. In situations where I was not able to communicate with him effectively because of anger, frustration, joy, or excitement, the letters provided a medium for efficient communication. Writing provided

a chance to contemplate what I wanted to say without the miscommunication that facial expressions and voice inflection can cause. Writing to my son made me excruciatingly aware of the power of words and their ability to elevate or damage the spirit of a child.

Not only is my son's spirit alive, but he also knows and appreciates the power of words. He assured me of this while taking an academic sabbatical to play soccer in Brazil. He confessed that he often re-read the letters. He contends that the letters made being away from home manageable, kept him focused on his aspirations, provided a greater appreciation for his upbringing, and spurred him to write a journal.

What began as a father-son walk to the mailbox has morphed into lasting and cherished memories. ■

*Nathaniel A. Turner, J.D. holds degrees in Accounting, Theology, History, and Law. He currently works in the financial services industry, but his most important job has always been fatherhood.*

*Nathaniel and his son, Naeem, live in Indianapolis, IN. Some of Turner's letters have been published in the book Raising Supaman.*

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

# I'll Miss Him, I'll Miss Him Not

By Stephanie Schaeffer Silverman

For years, I have been nagging my baseball-loving husband to attend Indians Fantasy Camp. It's a week of baseball coached by a major leaguer, featuring daily doubleheaders, playing with the pros, video highlights of each day, a locker filled with personalized jerseys—the list goes on. It's the man cave, on turf.

That fantasy finally happened last week. It wasn't for chumps. "You have to be ready to play," my husband said. The month before, I watched the items coming to the house—new baseball bat, new glove, new cleats. There were practices, workouts, emails (OMG—the daily emails). The real fantasy was getting to be "the player" again instead of the coach. "Coaching is great, but it's not playing," he clarified. I was so excited for him to have this experience—he's a great guy, and he deserves it.

And that's when it hit me.

Seven nights of Fantasy Camp meant seven nights of the bed. All. To. Myself.

Pinch me.

"I feel like it's a long time to be away," he said as we drove to the airport.

"Honey, it's going to be GREAT. You can actually disengage from work, get out of your head, and just enjoy." I saw all of my books on my nightstand actually getting read.



"Yeah, I know—it just puts a lot on you with the kids, work, etc."

"Honey, it's FINE," I said, playing my usual role of supportive wife. Truth be told, I pictured having both of the pillows and adjusting the thermostat to my liking. Dreamy.

"Yeah, I guess."

I smiled at him and grabbed his hand. He smiled back. I smiled because that meant no snoring for a week (besides mine, but that doesn't keep me awake). Why is he smiling?

\*\*\*\*

The first text:

*Check out my locker* (with a pic).

I wanted to text back:

*I read all of my books.*

The second text:

*I pitched a whole game, got a triple, and walked.*

I wanted to text back:

*Check out my eyes—no bags* (with pic of course).

The third text:

*I am really sore and really tired, but having a ball.*

I wanted to text back:

*I'm not either of those things.*

That's when I realized they really should be marketing this camp to the wives. It might be the ultimate two-for-one.

I couldn't help but think of *Fantasy Island*, that late 1970s TV show. I and millions of others [as old as me] watched as week after week Mr. Rourke fulfilled the fantasies of random people: "My dear guests, I am Mr. Rourke, your host. Welcome to Fantasy Island." (Did he sound like The Count from *Sesame Street*, or have I misremembered that?) Sometimes even couples shared a fantasy. Really—what couple SHARES a fantasy? I remember thinking: "What marriage could survive that?"

Through their fantasies, Mr. Rourke tried to teach his guests critical life lessons, but he often hinted that the fantasy wouldn't turn out quite how they envisioned.

Not this time, Mr. Rourke. Shared fantasies really do come true. ■

**Imagine** your Preschooler studying butterflies in Hawken's eco-garden. **Imagine** your 4th grade daughter consulting with one of Cleveland's top archeologists on a real life dig at Hawken's Gries Center in University Circle. **Imagine** your 7th grader navigating high speed train schedules on a trip to Japan. **Imagine** your 11th grade son collaborating and creating business solutions with local entrepreneurs. **Imagine** your 12th grader accepted to a distinguished college of their choice. Now, stop imagining. It's real world learning. It's Hawken.

# Get Ready

The best way to get to know Hawken is to spend time on our campuses.

**UPPER SCHOOL  
OPEN HOUSE**

Grades 9-12  
Sun., Mar. 1 at 1:00 pm  
Gates Mills

**LOWER & MIDDLE SCHOOL  
PARENT VISIT**

Grades Preschool -8  
Thurs., Mar. 5 at 8:45 am  
Lyndhurst

**UPPER SCHOOL  
MORNING VISIT**

Grades 9-12  
Wed., Apr. 8 at 8:30 am  
Gates Mills

**LOWER & MIDDLE SCHOOL  
OPEN HOUSE**

Grades Preschool -8  
Sun., Apr. 12 at 1:00 pm  
Lyndhurst

440.423.2950 (Grades PS - 8)



440.423.2955 (Grades 9-12)



100 Years of Inspiring  
Character and Intellect  
Coed Preschool-12

Bellefaire JCB  
22001 Fairmount Blvd.  
Shaker Heights, Ohio 44118

NON-PROFIT ORG  
US POSTAGE  
PAID  
CLEVELAND, OH  
PERMIT NO. 355



HELPING YOUR SON UNLOCK HIS POTENTIAL

# WE DEVELOP THE **TOTAL** YOUNG MAN

Academically | Socially | Emotionally

*Providing key opportunities for your son to reinvent himself to be happier, more self aware and productive.*

**Apply Today FOR THE 2015 SUMMER ACADEMY**  
Use this five-week opportunity to earn credits, strengthen a subject area or improve a particular grade.

**Explore OUR BOARDING AND DAY SCHOOL OPTIONS**  
Schedule your visit today.

**WWW.GRANDRIVER.ORG**  
**ADMISSIONS@GRANDRIVER.ORG**  
**440.275.2811**  
3042 COLLEGE STREET | AUSTINBURG, OHIO 44010