

VLOGGING ❄️ FAKE IDS ❄️ HOLIDAY GIFT GUIDE

# YOUR TEEN™

yourteenmag.com

for parents



Glee's  
Dot-Marie  
Jones

## Holidays with Family

### 5 Ways to Make it Merry!

When You're  
Caught In the Act  
(Yes, That Act)

Stressed!?! How  
Mindfulness Helps

Introducing the  
Digital Busy  
Signal



VOL. 8 ISSUE 2  
NOV.-DEC. 2015 \$3.95

# A Hero's Journey begins here.



wilderness canoe trips with  
**Heart & Meaning**

**S**ince 1971 NWL has provided authentic wilderness and rites of passage experiences for youth ages 10 to 17. Our summer programs are designed to engage and empower young people at a given stage in adolescent development. Within the context of a fun and challenging canoe trip, we use proven techniques in community building, group process, Native philosophies and storytelling to create a pathway through adolescence. For over 40 years we have worked to build a strong, thoughtful community of elders, staff, participants, parents and alumni. Together we have created opportunities for young people to connect with the land, each other and their own unique spirit.

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

**Enroll by Jan. 1<sup>st</sup> 2016 and receive a FREE ash paddle for your adventure!**

**NORTHWATERS & Langskib** [www.northwaters.com](http://www.northwaters.com)  
866.458.9974

# CONTENTS



p. 30

Photo: Beth Segal

## FEATURE:

- 30 Holidays with Family**  
5 Ways to Make it Merry
- 33 Holiday Fights**  
How to Hit Reset
- 36 Teen Speak:**  
My Mom Can't Read My Mind

p. 52



## UP FRONT:

- 8 Bulletin Board**  
Where Do You Sit?
- 12 In a Minute**  
Vlogging, Fake IDs, and Geode Candy Cupcakes
- 14 Move Out Skills**  
Phone Calls (Remember Those?)
- 15 In the Spotlight**  
Interview with author Dr. Daniel Siegel
- 16 Book Review**  
*The Tortilla Curtain* by T. C. Boyle
- 18 Perspectives**  
Divorce & Blended Families



p. 13

*Holiday Gift Guide!*  
p. 22



## DEPARTMENTS:

- 38 Crossroads**  
Cutting
- 41 Ask the Doctor**  
Plastic Surgery
- 45 Mind-Body-Spirit**  
How to Handle Stress
- 49 College Corner**  
Dual Enrollment: The Best Kept College Secret?
- 51 Tween Talk**  
When You Don't Like Your Tween
- 52 Hot Topics**  
*Glee's* Dot-Marie Jones
- 54 Tech Talk**  
Digital Busy Signals
- 56 Small Stuff**  
Getting Caught in the Act
- 58 Snapshot**  
"I'm Pregnant"
- 60 All About Me**

COVER PHOTO: BETH SEGAL

# YOUR TEEN<sup>™</sup> for parents



**PUBLISHER &  
CHIEF REVENUE OFFICER**  
**Stephanie Silverman**

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



## Ursuline is ranked the most affordable private college in Ohio

— US Department of Education College Scorecard

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**

### EDITORIAL

**EDITORIAL MANAGER**  
**Diana Simeon**

**COPY EDITOR**  
**Laura Putre**

**EDITORIAL ASSISTANT**  
**Ahava Sunshine**

**PROOFREADER**  
**Jessica Semel**

**SALES**  
**Lisa Golovan,  
Shari Silk**

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

**PHOTOGRAPHER**  
**Beth Segal**

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

**IT SPECIALIST**  
**Hunter Chisolm**

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

### THIS ISSUE

**CONTRIBUTING WRITERS**

**Audrey Mann Cronin, Estelle Erasmus,  
Lisa A. Flam, Heidi (Goldstein) Friedman,  
Mindy Gallagher, Dr. George Glass,  
Nya Hardaway, Rebecca Meiser, Jane  
Parent, Kate Pocock, K. L. Romo, Aidan  
Rosen, Erin Bishop Rosen, Nora Spadoni,  
Hannah Steiss, Dr. Matthew Rouse,  
Jennifer Cronin Thomas**

### ADVISORY BOARD

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



[facebook.com/YourTeen](https://www.facebook.com/YourTeen)



@YourTeenMag

Your Teen, Vol 8, Issue 2, November-December 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

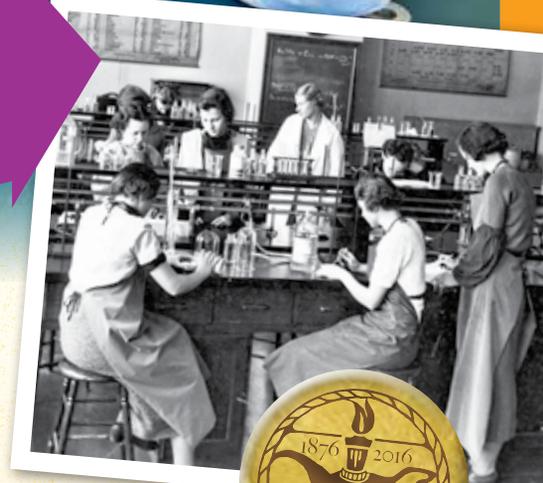
Contact Stephanie Silverman at 216-337-1374  
Your Teen Media  
P.O. Box 21083, S. Euclid, Ohio 44121

# For 140 Years Hathaway Brown has been EDUCATING & EMPOWERING GIRLS



LEARN  
LIFE

for



As the oldest continuously operating school for girls in Ohio, HB is a proud pioneer in the classroom and beyond. With innovative curricular offerings delivered by caring and knowledgeable faculty members, the school gives students access to unparalleled opportunities and immersive experiences that allow them to achieve their utmost potential. *Visit [www.hb.edu](http://www.hb.edu) to learn more, or call 216.320.8767 to schedule your personal tour.*

## HathawayBrown

WE LEARN NOT FOR SCHOOL, BUT FOR LIFE

HB offers financial aid & transportation.



Shaker Heights, Ohio Girls K-12 Co-ed Early Childhood

# EDITOR'S LETTER

**A**s I was reading through this issue's articles on the holidays, I kept trying to come up with a story of my own to share. Nothing jumped to mind as a "remember when that happened" kind of story.

So I asked my kids.

I need to come up with my editor's letter and I am stuck. The topic is holidays and teens. Did we have any disasters (other than socks for Hanukah)? I have lovely memories that are either revisionism or hard to brag about. Send me a private message or email with any awful stories. Love you and thanks.

Here was the response.

JB

Jacob Borison

Poached pairs

HB

Hannah Borison

POACHED PAIRS

Of our 25 years and counting of holidays as a family, all my kids remembered were the poached pears (not "pairs," Hannah and Jacob...) Let me catch you up. Years ago, in an effort to end a holiday meal with a lighter dessert, I decided to make poached pears

I warned everyone several times, "We are having poached pears for dessert."

When I brought out the beautiful—and, I hoped, delicious—poached pears, my father-in-law, who has a sweet tooth, said, "Really? Poached pears?"

Taken aback, I replied, "But I told you." To which everyone said, "We didn't think you were serious."

That's it. The infamous poached pear story. Apparently, food transgressions are taken very seriously in my family.

My own holiday struggles go beyond the dreaded poached pears, however. My dream of the holidays tends to include a kitchen full of laughter, music, and plenty of help—without complaining!—from my husband and children. My reality is different. I often feel like a servant toiling away in the kitchen, while everyone else is having a lovely time watching a movie, doing a puzzle, or playing a game.

You might be thinking "spoiled" right now. Maybe. But as I reflect, I think "poor parenting." I never established a chore system in my house. When I do ask for help, I often nag or whine. I don't set clear expectations for how my family will divide the workload. I just simmer, and sometimes boil over, as I cook the meal and clean up the kitchen.

Still, I am learning. On a recent holiday, I decided to try a chore wheel. It was magic. Everyone, including the guests, was assigned a job. And everyone checked the wheel to see what they were responsible for. It worked!

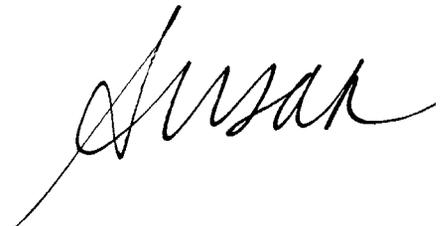
So, I'm going to make a chore wheel for Thanksgiving and the holiday after that too. And in return, here's my promise to my family and guests: no poached pears for dessert.

I hope that after you read the feature (page 30), you will try some of Kate Pocock's suggestions to fill your holiday with more joy. And when the inevitable tension occurs, try some of the tips from "How to Reset?" on page 33.

As always, there is so much more to learn when it comes to raising our teenagers. I laughed out loud while reading Mindy Gallagher's Tales from the Front Lines (page 9), was touched by the raw honesty in the stories about divorce (page 18), and inspired by Dr. Adan's tips to reduce stress (page 45).

And as we enter the holiday season, I will try to pay heed to Tip #5 on page 34—Gratitude, starting with you, our readers. Couldn't be more grateful.

Enjoy the read.





**S U C C E E D**

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

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

***Bowling Green State University. It's All About ***



***APPLY TODAY  
FOR FALL 2016***

**BGSU**<sup>®</sup>  
[www.bgsu.edu](http://www.bgsu.edu)



# MORE FAMILIES SAY THEY SHOULD'VE CALLED SOONER...

For 37 years, Hospice of the Western Reserve has relieved suffering for thousands across Northern Ohio. It's our mission to offer compassion in the moments you need us the most. We're here to help:

- Care for those with a serious illness
- Enhance quality of life
- Manage pain and symptoms
- Provide peace of mind
- Support caregivers and families

We're proud to be a part of the community, and honored to provide the comfort you need. Choose the hospice dedicated to Northern Ohio. **Learn how we can help at [hospicewr.org](http://hospicewr.org).**



800.707.8922 | [hospicewr.org](http://hospicewr.org)

## FEATURED CONTRIBUTORS



### DR. FRANCOISE ADAN

We're excited to debut a new column this issue, Mind-Body-Spirit, and we're grateful to Dr. Francoise Adan — who serves as medical director of University Hospital's Connor Integrative Health Network — for taking time to chat with us about stress ... and how we (and our teenagers) can use mindfulness to better manage it. Turn to page 45 to read how.



### DR. MATTHEW ROUSE

Sometimes teenagers seem to go out of their way to be mean — and, as a parent, that can stir up negative feelings. So, we asked Dr. Matthew Rouse to write about it. Dr. Rouse is a clinical psychologist at New York City's Child Mind Institute. We hope you'll love his article (page 51) as much as we did.



### DR. GEORGE GLASS

We've got a terrific Perspectives series on Divorce & Blended Families this issue (page 18), including helpful tips from Dr. George Glass about how couples can successfully blend their families. Dr. Glass is the author of *Successfully Blending Families: Helping Parents and Kids* and has been in his own blended family for more than 30 years.



### DR. DANIEL SIEGEL

We've been reading a lot about adolescent brain development lately, but Dr. Daniel Siegel takes it a step further by helping parents — and teenagers — put that research into action in their own lives. Flip to page 15 to read our interview with the author of *Brainstorm: The Power and Purpose of the Teenage Brain*.



### KATE POCOCK

We're thrilled to have Canadian writer Kate Pocock back in our pages this issue with her wonderful "Holidays with the Family" feature (page 30). Kate's got teenagers of her own and has spent much of her career as a travel writer, including for Fodor's and National Geographic.

# CIA grad's creative career never feels like work.



## Trisha Barkman

CIA Class of 2006  
Photography major  
Producer,  
Peter Yang Pictures  
and independent films

**Creativity matters to Trisha Barkman.** Trisha credits CIA with honing her creative skills, which she uses in her work in New York producing photo shoots for magazines including *Rolling Stone*, *GQ*, *Esquire*, *Newsweek* and *Fortune*. She also produces independent films, including *Journey to Planet X*, which premiered at the prestigious Tribeca Film Festival.

See Trisha at work at [cia.edu/trisha](http://cia.edu/trisha)

- 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

## ONLINE AT YOURTEENMAG.COM

➔ Interested in buying a book you've read about in *Your Teen*? We've got a complete list on our website at [bit.ly/buy-a-book](http://bit.ly/buy-a-book). And, speaking of books, we've got a growing list of books for teenagers recommended by *Your Teen* reviewers at [bit.ly/recommend-a-book](http://bit.ly/recommend-a-book).

➔ Calling all Cleveland-area middle school parents! Have we got a great event planned for you this October. Find out how to keep calm and parent on through the middle school years at **Tweens and the New Rules of Parenting**. Details at [yourteenmag.com/middle-school-event](http://yourteenmag.com/middle-school-event).



## #ParentHack

### Hi Honey? Got Homework?

Here's a scenario. Your teenager comes home from school. Within minutes, you're squabbling. Sound familiar? Unfortunately, it may have to do with what you're saying.

"Many teenagers are upset by the fact that when they come home from school, the first thing their parents do is ask about homework or cleaning their room or doing the dishes and so on. They then feel that this is all the relationship is about," explains Cleveland-area psychologist Dr. Trysa Shulman.

Instead, says Shulman, take the time to connect with your teenager before getting down to after-school business. "That first time you interact with your teenager is a really sensitive time and can be used just to connect," she explains. "How are you doing? How was your day? Tell them about your day. Just check in and be present with each other. Have a snack. Let them unwind. And connect for however long it takes to actually connect."

Then, and only then, go ahead and talk about homework or tonight's piano lesson or next week's exam or whatever else, says Shulman, noting that those conversations will be easier if you've allowed for this process.





Tweens and the New Rules of Parenting



October 28, 2015

University School Lower School  
20701 Brantley Road  
Shaker Heights, Ohio 44122

Parent Expo: 6:30p.m.,  
Program: 7:00p.m.

➔ Got questions? We'll get you an answer. Our **Ask the Expert** service is free and anonymous. Visit us at [bit.ly/YTAskUs](http://bit.ly/YTAskUs) to get started.

LOVE FROM OUR FANS...

Follow us on Twitter @YourTeenMag



Risa Sugarman Uvlin ...someone I work with started talking about the magazine and how much she loves it and literally reads it cover to cover!



Vincent O'Keefe @VincentAOKeefe

I highly recommend @Yourteenmag.com for parents of teens (&tweens!) Lots of useful tips.



Helen Chibnik @helensgoodideas

Absolutely the best parenting publication @Yourteenmag.com

# Tales from the Front Lines

**D**o you ever get a gut feeling that says, “Go check it out?” I don’t get it very often, but on a Friday night a couple years ago, I was glad I did.

My 16-year-old son asked if he could go over to his then girlfriend’s house for the evening. Not an unusual request and after being assured that her parents (whom I know and trust) would be home, the answer was, “Sure, have fun.”

My husband was on a business trip, so I looked forward to having the house/TV/remote all to myself.



About an hour later, in my pajamas, with a bowl of ice cream in one hand and the remote in the other, I headed for the couch. Out of the blue, I remembered that the parents of one of my son’s friends were out of town for the weekend. “Hmmm. No they wouldn’t go there. Right? Also, I have never felt the need to check up on my kids, so why now?”

Who knows why, but I decided to drive to that friend’s house. As I drove in my PJs and flip flops, I remember thinking, “This is really stupid.” But I figured I’d at least feel relieved when I saw that no one was there. So instead I worried that I’d get in an accident and that my son would

never trust me again and my husband would think I totally overreacted.

As I got closer to the house, I had a pit in my stomach. “Ugh. What will I do? How will I feel if I do see my son’s car?” And, damn, there it was parked with several others outside the house. No parents home. My heart sank. And anger took over the pit in my stomach.

I usually don’t think quickly but this time, for whatever reason, I did. I called my husband who was halfway across the country and told him my plan.

He said, “Go for it,” and I did.

Text to my son: “I can’t find my wallet, hoping I left it in the car—can you go check?”

Son: “You want me to check now?”

Me: “Yeah.”

Son: “Ok, hold on a sec.”

And out he came—was there a spring in his step? Was he thinking, This is great. Mom thinks I am such a good son, answering right away, doing as she asks—and all the time, here we are at this fun party, no one knows we are here, without parents having a ... “MOM?!?!” And there I was in the moonlight, arms folded, PJs on, waiting. The party was over.

—Mindy Gallagher

## Do you really want to know?



**76% of teens** ages 13 to 17 use social media everyday. 64% say they have made new friends through social media. 83% say social media helps them feel more connected.

PEW RESEARCH CENTER



Average hours per night spent on homework in high school — **3.11**. Percent of students whose parents check that homework is done **64.6**.

STATISTICBRAIN.COM



Odds of a high school football player making it to the NFL: **1 in 6,000**. Odds of a high school baseball player making it to the MLB: **1 in 4,000**. Odds of a high school basketball player making it to the NBA: **1 in 10,000**.

STATISTICBRAIN.COM

# Where Do You Sit?

We tend to worry about where our teenagers will sit in the lunchroom—and they do too, especially in middle school and early high school. But the good news: for most teenagers, it works out. And, experts say, by around 10th grade, most teenagers have found their people. Phew. This issue, we asked for your stories about the lunchroom.



## TEEN ANSWERS

I sit with my friends, otherwise known as the 'Game of Thrones' nerds. It's basically all we talk about.

*Ethan, Chicago, IL*

I'm a cheerleader, so I sit with everyone on the cheer squad. It's fun, and we all have the same interests.

*Gabby, Philadelphia, PA*

I guess my friends are the 'popular' girls. We all love fashion and makeup and stuff, so that's the topic of our conversations most of the time.

*Jamie, Denver, CO*

I definitely sit with a progressive group of people. We're all really liberal, and a lot of us are major feminists.

*Juliette, Boston, MA*

I sit with all of the athletes. Mostly the girls on my soccer team. It's nice because we always have something to talk about, and it's comforting to know that I have my soccer team no matter what.

*Sydney, Beachwood, OH*

I sit with my fellow saxophone section. A lot of people call us the 'band geeks,' but I don't really care. They're my best friends.

*Greg, Houston, TX*

I love musicals and theater, so I sit with all of my theater friends. It gets a little bit crazy sometimes, but it's so much fun.

*Sawyer, Westchester, NY*

Freshman year I sat by the trash can, and by the entrance to the senior commons (where a lot of loud noise emerged), but I had friends to enjoy my lunch with every day.

*Brooke, Solon, OH*

## PARENT ANSWERS

I was a butterfly. I went from table to table, but mostly I sat with all of my close girlfriends. That's just how it was when I was in high school.

*Sarah, New York, NY*

My table was the horseback riding girls. We all loved horses, and it was often our topic of conversation. I was very shy and introverted, so it was nice to have a comfortable group who shared my same interests.

*Liz, Atlanta, GA*

I sat with the student council group. I was the president of my senior class, so I kind of had a big head when I was in high school. We were always discussing the latest problem with our school and how we could possibly fix it. It's sort of funny to think about now.

*Larry, Naples, FL*

I sat with the dancers. We were all really into ballet, and at the time we were convinced that we would all be in some professional company when we were older. That never happened.

*Christina, Bloomington, IN*

I only sat with a few girls, and they were my best friends. I wasn't very outgoing in high school, and we were kind of known as the quiet girls. They were—and still are—like my sisters, so I really didn't need anyone else at the time.

*Jessica, Shaker Heights, OH*

I do not remember much about elementary or middle school. In high school, in about sophomore year, I started sitting with the jocks and cheerleaders (i.e. the "cool kids"). This was somewhat unusual for a nerd like me, but I was happy to live in both worlds.

*Gary, Darien, CT*

We ate in the hall, not the lunchroom, and I was with a group of my close friends, not the cool crowd.

*Caryn, Easton, MA*

I sat at a small round table with close friends. Not in the middle of everything, but where you could hear yourself talk.

*Jodi, Coral Springs, FL*

Grow closer to God through Wilderness Courses designed for every level of adventure in the southern Rockies & rugged terrain of Texas. Experience true life-change as you overcome challenges each day, then sleep under the stars & wake up to landscapes proclaiming His glory.



# WILDERNESS PROGRAM OUTDOOR ADVENTURES

## GAP YEAR

Join us for nine months of adventure focused on Christian discipleship. Live and serve in community, study the Bible, explore creation and build a solid foundation for your faith.

## WILDERNESS PROFESSIONAL SEMESTER

Gain the certifications and experience you need for pursuing a career in the outdoor industry. While you're at it, get college credit for your semester in the great outdoors!

## WILDERNESS ADVENTURES

Learn skills in adventure photography, rock climbing, backpacking, risk management in the mountains and more.

register online at:

[glorieta.org/wilderness](http://glorieta.org/wilderness)



## So, Your Teen's Got a Fake ID?

**H**omecoming. Prom. SATs. High school has many rites of passage, some legitimate and some more secretive, like getting a fake ID. Not surprisingly, teenagers who obtain a fake ID are more likely to drink—and drink more—than peers who don't have a fake ID, according to a 2013 study in the journal *Alcoholism*.

Unfortunately for parents, today's technology makes it fairly easy to get a fake ID.

"You just need a scanner, printer, and the ability to laminate," says Yolanda Evans, MD, MPH, a pediatrician specializing in adolescents at Seattle Children's Hospital. Kids usually pay a fellow student supplier around \$25 to \$50 for a three-pack.

So what should you do if you suspect (or find out) your teenager has a fake ID?

**Safety first:** Tell your teen, "I want to keep you safe. So I don't want you getting a fake ID and drinking or smoking pot," says Evans. While sharing our expectations with our teens won't necessarily stop them from making poor choices, it may at least prompt them to think twice beforehand.

**They're illegal:** Explain to your teen that using a fake ID can land her in legal trouble for using fraudulent identification (and that's on top of any legal trouble for attempting to buy alcohol or marijuana as a minor).

**Enforce consequences:** Once your teen understands your

rules, enlist his help by setting consequences. If you catch your teen breaking the rules, says Evans, you must follow through with the consequence, which might include taking away the fake ID.

—Estelle Erasmus



Photos: Beth Segal

## Vlogging 101

**H**ave you noticed your teenager spending a lot of time on YouTube? There's a good chance he or she could be watching a favorite vlog.

Vlogs—or video blogs—are very popular with teenagers. Take Bethany Mota ([youtube.com/Macbarbie07](http://youtube.com/Macbarbie07)). Her vlog has almost 10 million followers, many of whom tune in regularly to watch the California teenager's advice on everything from quick-and-easy hairstyles to what to pack for lunch. Then there's PewDiePie with more than 30 million subscribers, making it the most followed YouTube vlog.

Want to see what it's all about? We watched a lot of vlogs (A. Lot. Of. Vlogs.) and picked three top YouTubers to get you started.

### PewDiePie

[youtube.com/PewDiePie](http://youtube.com/PewDiePie)

Parents, prepare to be perplexed by why anyone would watch PewDiePie. But for some reason, this 25-year-old from

Sweden regularly gets millions of fans to watch him do relatively mundane things like play video games.

### Natalie Tran

[youtube.com/communitychannel](http://youtube.com/communitychannel)

This Australian vlogger boasts almost two million followers, who tune in to watch her hilarious takes on everyday life, like her musings on bad hair days or serving sizes.

### Ryan Higa

[youtube.com/nigahiga](http://youtube.com/nigahiga)

This charming 25-year-old Hawaiian started vlogging while in high school. Let's just say his vlogs feature lots of teenage boy-type goofiness.

**Warning:** Some vlogs are edgy — and can include material teenagers are dealing with that we parents don't always like to think about, like, say, sex. Forewarned is forearmed, right?

## RECIPE

# Geode Candy Cupcakes

Geek is cool—and now it's also delicious, thanks to Rosanna Pansino, creator and host of *The Nerdy Nummies*, the Internet's most popular baking show. These scrumptious, quirky cupcakes are from her brand-new *The Nerdy Nummies Cookbook*, which is chock full of "sweet treats for the geek in all of us."

### INGREDIENTS:

White fondant  
Chocolate fondant  
3 cups sugar  
1 cup water  
Purple liquid food coloring  
White cake batter  
1 tub (16 ounces) buttercream frosting  
Assorted colors of hard candies (Jolly Ranchers)  
Purple sanding sugar

### DIRECTIONS:

1. To make a geode, roll out the white and chocolate fondant into 1/8-inch-thick rounds about 5 inches across, making the chocolate one a little bit bigger. Repeat this for a second geode (you can make more geodes if you like, as you will have leftover fondant and sugar syrup).
2. For each geode, line a small bowl with several layers of aluminum foil, crumpling the foil unevenly on the inside to make a unique rock-shaped shell.



3. Cover the aluminum foil with the chocolate fondant. Lay the white fondant on top of the chocolate.
4. In a medium saucepan, combine the sugar and water. Whisk constantly over low heat until all the sugar is dissolved. Add 4 drops of purple food coloring. Whisk until the color is completely blended, and remove from the heat.
5. Spoon the purple syrup into the fondant cups until almost full.
6. Completely cover your geodes with aluminum foil and let sit for at least 12 hours, giving the sugar time to crystalize.
7. Take your geodes out of the foil enclosure. Over a bowl, puncture the center of the purple sugar with a sharp knife. Allow the liquid to drop out into the bowl and then carefully scrape out the excess sugar.
8. Prop the geodes, crystal side down, over a bowl for at least 2 hours to let the excess liquid drip out and the sugar crystals to dry. You can place them on top of lollipop sticks for this step.
9. Once the sugar in the center of the geodes is dry, trim off the excess fondant around the edges with a knife.
10. Preheat the oven to 350°F. Line 24 cups of 2 muffin tins with brown paper liners. (Or bake in batches with 1 muffin tin).
11. Prepare the white cake batter. Fill each muffin cup two-thirds full with batter.
12. Bake until a wooden pic inserted in the center of the cupcake comes out clean, 18 to 20 minutes.
13. Let the cupcakes cool completely before decorating.

### Decorate!

1. Frost the cupcakes with buttercream frosting.
2. Place the hard candies in plastic bags, dividing them by color. Use a hammer or rolling pin to crush the candies so you have large and small pieces.
3. Set aside 4 of the cupcakes. Over the remaining cupcakes, sprinkle the smaller pieces of hard candy all over the tops. Place the larger pieces of the hard candies in the center of the cupcakes to make crystal formations.
4. Dip the 4 reserved cupcakes in the purple sanding sugar. Carefully cut the geodes in half and place one in the center of each cupcake.



# MOVE-OUT SKILLS 101: PHONE CALLS (Remember Those?)

Teenagers spend a lot of time using their phones—but not actually talking on the phone.

As a result, many have seriously atrophied phone manners. Yet sometimes only a phone call will do. If your teenager's phone skills are rusty, here are some etiquette tips to share.

- **Before you make an important call, think through exactly what you plan to say.** Sometimes it helps to write out a script or a list of talking points so you don't forget anything. Anticipate the other person's responses, and have specific questions.
- **Always identify yourself at the beginning of a call.** "Hello, this is

Amy Johnson." Don't make them guess who's calling.

- **State the name of the person you are calling.** "Hi, this is John Smith. May I please speak with Ms. Jane Porter?"
- **Ask if this is a convenient time to talk.** Or email first to set up a mutually agreeable time for a phone conversation.
- **Speak clearly and slowly.** If you don't understand something, avoid saying, "What?" and instead say, "I'm sorry, could you repeat that?"
- **Smile.** Even through the phone, they will hear the pleasant, positive tone in your voice.
- **Be an attentive listener.** Show the

other person respect by giving him or her your full attention. Don't try to talk to other people, watch TV, eat, or drink while talking. If you must interrupt the conversation, say, "Please excuse me for a moment. I'll be right back."

- **Be prepared for your call to go to voicemail.** If it does, plan for your message to be as specific as possible. "Hello, this is John calling about my shift tomorrow. My phone number is ..." State the subject of your call. Always leave your return telephone number as part of your message. Spell out your name.
- **Don't just hang up.** Finish your call with "Thank you," or "Goodbye."



# Join us

Open House Sunday, November 15, 2 p.m.

Our students work with dedicated faculty, interact with experts in the field, and study in world class institutions. At MHS, they have the chance to flourish as individuals.

Students leave MHS prepared not just for study and work, but prepared for life.

Providing day and boarding students in grades 9-12 with

- Experiential learning
- Engagement with University Circle partner institutions
- Small student-teacher ratio

 **MONTESSORI HIGH SCHOOL**  
AT UNIVERSITY CIRCLE

11025 Magnolia Drive | www.montessorihighschool.org  
Cleveland, Ohio 44106 | (216) 421-3033





## Cloudy with a Chance of Brainstorms

Several recent books have helped parents understand what's going on with their teenager's brains. But *Brainstorm: The Power and Purpose of the Teenage Brain* takes it a step further by helping parents—and teenagers—use the science to improve their overall experience of adolescence. This issue, *Your Teen* talked with Daniel J. Siegel, MD, a clinical professor of psychiatry at UCLA School of Medicine, about his *New York Times* bestseller.

### What was your inspiration for this book?

There were several. As a father of two kids now in their 20s, I wanted to understand what happened to them in adolescence. As a clinician, an educator, and a scientist, I was intrigued by new discoveries in the science of brain development that have been made in the past five to ten years. These discoveries directly contradicted some of the popular beliefs, myths, and false statements about adolescence, like teens have “raging hormones” or are “lazy” or “out of control”—negative stereotypes which are really destructive not only to adolescents themselves, but to parents and teachers as well. I reviewed the books out there on the subject of adolescent brain development and found that none of them were written about teens for teens, and that most were, in fact, quite derogatory towards teens.

### So your goal is to help teens, as well as adults, understand the changes the teen brain is undergoing?

Yes, this book is very accessible and intended to help teens make sense of their lives. For me, it's exciting to provide teens with new information that really clarifies the truth about brain remodeling going on in those adolescent

years, and what they can do about it. It's incredibly gratifying to be able to offer research-inspired exercises and techniques that can actually help teens integrate their brains, and support and encourage healthy brain development and growth.

### How have recent discoveries in brain development changed how we understand the teen brain?

Discoveries from brain imaging studies reveal surprising changes in the structure and function of the brain during adolescence. Old theories of the brain viewed the brain's master control center—the prefrontal cortex, at the forward part of the frontal lobe—as simply not mature until the end of adolescence, and that the “immaturity” of the brain explained “immature” teenage behavior. This is not quite consistent with what research is showing us, which is that adolescence is an important, necessary phase and that the restructuring changes that occur in the adolescent brain are vitally important developmental changes that enable new abilities to emerge. Many of the brain's changes during adolescence involve increasing the levels of integration between the different parts and functions of the brain.

### What do you mean when you say “integration”?

When we speak of integration, we refer to a system which has differentiated parts that become linked and then function as a whole, which is greater than the sum of its parts. Integration—where the various different functions and parts work together—is really the basis of well-being. Emerging research shows us that the general purpose of adolescent brain development is growth toward integration.

### What are some of the changes that happen in the teen brain?

During adolescence, remodeling occurs where the brain prunes away a number of its basic cells, its neurons and their connections, and its synapses, and then increases linkage among the remaining parts. Those remaining parts become quicker, more coordinated, and more effective. The result of this architectural restructuring in the brain is the emergence of the adolescent mind, which is wonderfully creative, adaptive, and vibrant. Adolescence is really the golden age for innovation and creating new ways of doing things.

### What should parents take away from these discoveries about the teen brain?

The adolescent brain is a construction zone, and the changes in the brain in this period create the “essence” of adolescence: creativity, innovation, the capacity for abstract thinking, and the drive for experimentation. Sometimes as adults, we see the adolescent drive towards experimentation only as a negative, as a problem, a sign of teens being “crazy” or immature. But the science of brain development shows us that this innate adolescent drive for innovation and the creation of new ways of doing things is natural and healthy. If we reject or push back against these natural changes, the result can shut down communication and become destructive. Hopefully, if both adolescents and adults can appreciate these important years of innovation and transition as assets rather than liabilities, then adults will be able to help adolescents navigate this period and reach their full potential. ■

# The Tortilla Curtain by T. Coraghessan Boyle

## PARENT REVIEW

By **Erin Bishop Rosen**

**T**he *Tortilla Curtain* looks at the plight of Mexican immigrants who cross the border in search of the American dream. First stop, Southern California. Candido and his pregnant wife, America, end up living in a makeshift camp in Topanga Canyon just below a lovely gated community where another couple, liberal nature writer Delaney and his successful realtor wife, Kyra, reside. Their paths cross in a horrific way, and real issues of racism, immigration, and social status are explored. The book becomes about tragic errors of judgment and misunderstanding. The story unfolds through the alternating voices of Candido and Delaney, each struggling with their own demons.

The events that kick off this modern-day tragedy begin with Candido being hit by a passing car. The driver is Delaney, who is more worried about the damage done to his car than Candido's health. Candido flees the scene, worried he will be caught and questioned. His injuries prevent him from work-

ing, so America must venture out and seek employment. Her foray into seedy illegal worker practices opens her up to a world of harassment and abuse, causing Candido great distress and regret about bringing America across the border.

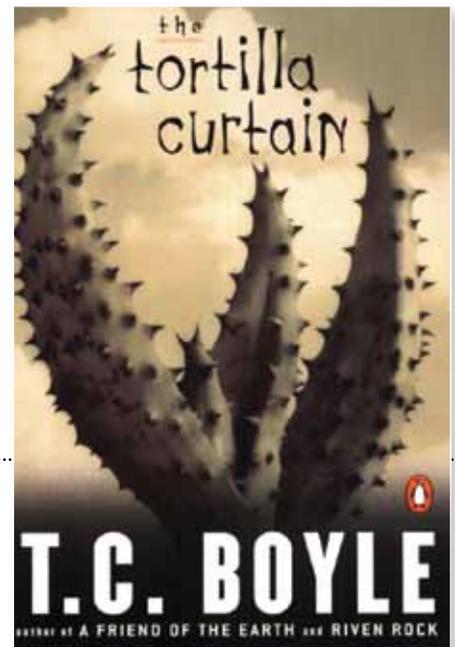
Candido and America's story is juxtaposed with the story of Delaney and his family just up the ravine in their prosperous community. Their biggest concern is about the plans that are underway to build an enormous wall to keep out the coyotes from their backyards as well as the suspected "illegal aliens," who they blame for robbing their homes.

As the story progresses, the residents become more vigilant about protecting themselves. Delaney initially expresses concern that the residents are "locking themselves up in their fancy homes," but through a series of events, his view becomes increasingly aggressive against anyone who crosses the border illegally. As the book comes to a stunning conclusion, there are no answers to the questions raised about these social is-

sues—just more questions.

*The Tortilla Curtain* is a well-written journey of two very disparate couples. It makes the reader look at the subject of immigration in the United States in a way they may not have thought of before. I think this is an excellent read for high-school-age kids because it lends itself to interesting discussions.

*Erin Bishop Rosen is a television writer, entrepreneur, and mom.*



## TEEN REVIEW

By **Aidan Rosen**

**T**he *Tortilla Curtain* is a book that talks about a seemingly never-ending battle between Mexican immigrants and a wealthy couple. Candido Rinco and his pregnant wife, America, fled Mexico to live in a hut in Topanga Creek. Delaney Mossbacher and his wife, Kyra, live in a gated community up Topanga Road. These two couples show sides of themselves—and of how they live—that you would have never imagined. Their paths intertwine throughout the book, with the immigrants just trying to make it and the wealthy just trying to keep the immigrants away. The wealthy couple expresses racism towards all Mexican immigrants throughout the book, especially in the end when ... well you're going to have to read it to find out.

The first place where the couples' paths intertwine is on Topanga Road, when a car strikes Candido. The driver, of course, is Delaney. He is very worried that he dented his car, and in fact has no thoughts about whom or what he hit. After he realizes he hit Candido, he gives Candido \$20 and flees the scene. Candido accepts the offering and leaves because he worries the police will question him and find out that he is an illegal immigrant. Candido is injured very badly and unable to work, so his wife is forced to work.

Through America's experiences, readers are introduced to the awful way illegal workers are treated, especially the women.

While all of Candido and America's hardships are going on, Delaney and Kyra's biggest concern is that the wall around their neighborhood won't be high enough to keep the coyotes out. But that's just an excuse—the real reason they want to raise a massive wall is so that

the Mexicans cannot enter and "steal" their belongings. The coyotes were just a scapegoat to hide the community's racist viewpoint.

I currently live in an area with lots of Latinos, and I observe and hear many racist acts and comments. I feel that this book really shines a light on racism and how it can affect people. It makes you ask yourself tough questions about the choices you make in your life everyday that could impact other people and it encourages you to examine your own feelings and prejudices.

*Aidan Rosen is a sophomore at Palisades High School, club soccer player, and surfer.*



Helping students who learn **differently** find their voice – in the classroom, on the stage and on the court.



See if Lawrence School is the right fit for your family at an **Open House** this winter.



Upper School (Grades 7-12):  
**January 21 from 6-8 p.m.**

Lower School (Grades K-6):  
**January 20 from 9-11 a.m.**

Register online at [www.lawrenceschool.org/openhouse](http://www.lawrenceschool.org/openhouse) or call the Admissions Office at **440.526.0717** for more information.

■ Small, highly-structured classes ■ Personalized instruction ■ Multi-sensory learning ■ Assistive technology

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

## CONTRIBUTORS

Parent 1's Point



Heidi (Goldstein) Friedman

Parent 2's Point



Jennifer Cronin Thomas

Teen 1's Point



Hannah Steiss

Teen 2's Point



Nya Hardaway

Professional



Dr. George Glass

# Divorce & Blended Families

## Parent 1

By Heidi (Goldstein) Friedman

I am pretty sure that nobody, if they had a choice, would choose to parent two kids alone, or to co-parent with an ex-husband or ex-wife. But sometimes life doesn't turn out as planned.

I was divorced when my oldest was 5 and my youngest 3. When I look at them now, almost 16 and almost 13, I marvel at our relationship (picture super-close when they are not yelling at me and demanding things). But it was not without its trials and tribulations.

Here are my top 5 pieces of unsolicited advice on raising kids through these challenges:

**1. Never say a bad thing about your ex.** I do not care what the awful story is that led to the end. It is critical to allow your kids to reach their own conclusions about both parents. Trust me—they figure it out. Even if the ex is bad-mouthing you, be the good guy and remind the kids that both parents love them no matter what.

**2. Recognize that you cannot control what you cannot control.** Yes, I am a textbook control freak. I was the mom who labeled each toy bin before my kids could even read. And yes, when the Legos got mixed with the Thomas the Train pieces, watch out! But after the divorce, I learned that when the kids were with their dad, I could not control what happened there. My rules would not be his rules (god bless those divorced par-

ents who work together so the rules are consistent), but that did not matter. I only had control over my time with my kids, and that remained my focus.

**3. You alone—not your kids—are dating.** I do not believe the kids should be part of the post divorce dating experience—even teens. I admittedly had my fair share of online and offline dating and fix-ups. I can proudly say, though, in my nine years of post-divorce single life, I only introduced my kids to one guy, and he is now my husband.

**4. Find a divorce posse.** I felt like I was wearing the equivalent of the scarlet letter at the beginning of the process. It helped to find friends who were in similar positions. My son, especially, voiced how good he felt when he met other friends whose parents were also divorced.

**5. Take care of yourself.** Things can be a bit hectic in any house with teens, but a single, working parent household can be the epitome of chaos and anxiety. Make sure to take time out to regain your sanity. Wine and yoga are a good start (but probably not at the same time!)

The good news is that as your kids grow up, each new era brings new challenges, but the basic rules seem to stay the same. For me, advice points 3 and 5 led me to eventually introduce the most wonderful stepfather (with two teens of his own) into our lives. Now I can start



Photo: Beth Segal

compiling my top pieces of unsolicited advice on how to be a successful stepmom with double the number of teens!

*Heidi (Goldstein) Friedman is a partner at the law firm of Thompson Hine. She is also a mom and stepmom.*

## Parent 2

By Jennifer Cronin Thomas

Our children were 4 and 1 ½ when their dad and I got divorced. Though we have been divorced for over 13 years now, people have confided to me over the years that they were shocked to find that my ex and I were “exes” because there were no obvious signs that we were no longer married. We both always attend parent-teacher conferences, musical performances, sporting events, and any other child-focused activities—and do these things with no outward animosity toward one another. This behavior isn’t indicative of the nature of our split; it means we made a decision to put our kids first and our feelings last when it comes to social interaction.

We established a typical shared parenting agreement that stipulates various things about schedules and holidays, but we try our best to make schedules work to suit everyone. With family both in and out of town and two sets of step-families to include, it is imperative that we work to-

gether to coordinate time with all of those people. Despite our best efforts, extended family can often feel shortchanged, and the kids can feel overscheduled.

Although there are countless ways to organize time between our homes, we felt that living within the same neighborhood afforded us the opportunity to actually “share” our time more than most divorced parents. The kids generally spend after-school time at my house, with Monday and Wednesday evenings at their dad’s and Tuesday and Thursday nights at mine. On weekends, they are with him Friday night and Saturday until 5:00 pm, then with me from Saturday evening to Monday morning before school.

Quite honestly, this arrangement came about for two positive—though selfish—reasons. One, I could not stand to be away from them for an entire weekend, so every other weekend was not going to work. Two, their father was against the “Dinner with Dad” on Wednesdays that so many divorced dads are limited to, so we created our own schedule to see how it would go. We’ve kept it for 13 years.

When the kids were younger, we managed things for them and this worked pretty seamlessly. As they grew up, it became more challenging as the management shifted from us to them. Keeping track of clothes and homework and electronics and all of the other necessities of teenage life became significantly more difficult when it was the teenagers who were in charge.

As the kids evolved from younger children into tweens and teens, the emotional situations they faced also evolved from those I could “fix” for them into ones I try to “facilitate” for them. Trying to work through adolescent issues with them while only seeing them part of the time is challenging because I want to be there for everything—good, bad, and ugly. I feel like their dad and I parent our children separately much in the same way we would have parented them together, but doing that in two different locations makes it feel rather lopsided at times. It’s a division of labor of sorts, but the result is often unintentionally different parenting in different places. Although that can be frustrating at times as the parent and confusing at times for the children, we are usually able to come together for the big stuff. The bottom line is that our kids feel the love from us both, which I know is the most important part.

*Jennifer Cronin Thomas is a teacher, who’s lived in the Cleveland area for almost 30 years. Originally from St. Louis, Missouri, she’s been divorced for 13 years.*

## Teen 1

By Hannah Steiss

A term that gets used a lot when discussing children whose parents are

divorced is the condescending “broken home.” Broken means defective or not right, so I guess that’s pretty much what I thought life would be like after my parents got divorced.

For my first four years of life, I had a two-parent, single-household family and assumed that was “normal.” I thought I needed that setup to be happy and considered normal, and it took a long time for me to finally realize that I could be happy and considered normal after my parents split up.

When my dad moved out, it was very hard on us. I saw my dad a lot, but it wasn’t the same as having him live with us. I had to split my toys, my clothes, and my time between the two places—one place that I had always known as home and one place my dad called home. I would often stay up late at night crying in my mom’s bed, asking her why they couldn’t work things out. What was wrong with them (with us) that they couldn’t fix? I couldn’t understand it, and I didn’t like it at all.

Eventually I got more used to the back and forth, but then came the dating—theirs, not mine. Dealing with the fact that my parents weren’t going to get back together was one thing; watching them get involved with someone else was quite another. At first I was uncomfortable with them dating because it felt so weird to think they were each looking for someone to replace the other. This was a very tough thing for me to comprehend, and the next few years were eventful, to say the least.

Actually, something I began to realize as I got a little older was that having “individual” time with each of my parents really strengthened my bond with them. I enjoy special traditions and quirky things with my mom, and I share other unique things with my dad. That’s something you don’t always get

*Having  
“individual” time  
with each of my  
parents really  
strengthened my  
bond with them.*

in a single-household family. I could finally see, after a long time of struggling with it, that there were some real benefits to the way my family was set up.

Once my mom and dad each ended up getting remarried, things changed again, but mostly in a good way. I had to share them with another person, but I also gained two more families. I had twice the grandparents, aunts, uncles, and cousins, and twice the love.

After all the years I’ve spent adapting to my new and different situations, I’ve come to realize that my life probably would not have been as amazing as it has been if my parents had stayed married. I have had so many interesting experiences and formed many important relationships with people, including my step-parents and grandparents. My parents’ divorce opened my eyes to a lot of things I don’t think I would’ve realized otherwise, teaching me not to judge and shaping me into a really open-minded person. I also learned that not all relationships can or should be salvaged and sometimes you just have to let go. I went from thinking my life was over because of the divorce to realizing my life was just transforming into something differently wonderful.

*Hannah Steiss is a senior in high school.*

## Teen 2

By Nya Hardaway

When I was eight years old, I witnessed my parents relationship devolve into constant tension. Each argument between them was agonizing, and a constant deafening silence filled my mind as my parents became increasingly more hostile. Being a child, I couldn’t understand why my parents were no longer going to be married or living under the same roof. Once our house was divided, my happiness dwindled and my consistency was shattered.

Years passed, yet I never became comfortable with my parents living in two separate homes. Because I spent the majority of my time at my mother’s house, I formed a routine and became at peace with my environment. On the other hand, going to my father’s house every other weekend took me out of my element and comfort zone. I wanted to stay where I was familiar with everything, where all my belongings were situated, where I didn’t have to pack a bag to stay over night; unfortunately, that’s not how divorce works.

I started to become angry and aggressive. Over time, I became a bully. I often insulted and made fun of my peers and younger brother. In school, I called my classmates harsh names and made fun of things and situations that my peers were sensitive about, like deaths in the family or hardships at home. At home I would physically assault my brother at random. I was unpredictable. Seemingly little occurrences or altercations between my brother and me turned into violent duels and endless battles that only one of my parents could end. Being a pre-teen, I was at an awkward age with feelings that I couldn’t channel or express in positive ways.

Becoming an adolescent was tough enough with all the foreign feelings and new responsibilities I acquired—on top

## *Listen to your children, even if you don't agree, or don't want to hear what they say.*

of the new challenge of accepting my parents' second marriages. I didn't want my parents to be with anyone else; however, I was mature enough to want the best for the both of them and for them to be happy.

Yet my consistency was again destroyed with the addition of these new authority figures. I hated the idea of someone to whom I owed no respect or obedience being allowed to tell me what to do in my own home. This created a tension between my parents and me, especially in my mother's household. I have always been independent and rebellious, and my step-parents could instantly fuel a fire in me with just one word or action.

Luckily, my parents started to value my opinion, and I was no longer forced to be shipped back and forth between houses like a package. I made my own schedule and decisions, yet it was stressful not being able to see and spend time with my dad more conveniently and consistently.

The fact that I always chose to stay with my mom and never my dad made me feel guilty and frustrated. However, now that I'm an older teenager and more able to rely on myself, I am starting to come to terms with my parents' divorce and am better able to handle my feelings and make the most out of the time I spend with my family.

Even though my parents' divorce has been one of the toughest things I've experienced emotionally, I believe it has made me stronger.

*Nya Hardaway is a senior in high school.*

### Professional

By Dr. George Glass

We live in an era in which almost 50 percent of first marriages fail, and one half

of all children do not grow up with both biological parents in the same household. The statistics for failure in second marriages are even higher, yet many of us continue to take the plunge again and again, often hoping that our children will be just as excited about the prospect of a new start as we are.

In reality, no matter what they tell you, they aren't. It is a change, even for kids with an absent or abusive parent—and no one likes change.

Starting over is scary for everyone, no matter how wonderful your new spouse and stepchildren may be. Your children see it as the end of their special relationship with you, as you bring an outsider into the household. There's a good chance they may also have little faith in your new relationship, having already seen their world fall apart by divorce once before. What assurance do they have that it will not happen again this time around?

I've witnessed this not only in my 40 years of practicing psychiatry, but also as a parent who's been in a second marriage for three decades.

Together, my wife and I have come up with some guidelines that I hope will help couples going through this process. No matter what you do, problems will arise—and if you do not deal with them, the same ones will continue to come up, even 30 years later.

1. Listen to your children, even if you don't agree, or don't want to hear what they say. It's important for them to feel that they have not been lost in the shuffle.

2. The blending process should be measured in months and years, not days and weeks. Don't expect that just because you are happy or want it to work, kids will always buy in when you want them to.

3. Look for little signs of change and improvement, not big leaps. Don't expect that everyone will immediately fall into line, or call each other Dad, Mom, son, or daughter.

4. Be inclusive when at all possible. Just because you don't like your ex or your ex in-laws doesn't mean your kids don't—or shouldn't. Also, if a child doesn't want to be involved—or is negative about your new situation—at least try to include them, even if they say they don't want to be.

5. Let the biological parent discipline or say the critical things to their own children. If you don't like something your new spouse's child is doing, tell the spouse, and let your spouse tell the child. Otherwise, the child will give you the "You're not my parent" routine, and your new spouse may end up having to take the child's side.

6. Never forget that you are supposed to be the adult, even when kids try to pull you out of role. This means don't say hurtful things that will be remembered long after you forgot them.

7. Try to learn from your mistakes and your overreactions to situations. If you don't, the same situation will just keep coming up until you figure out how to manage things differently.

Blending a family is not an easy process, but when it works—and it takes a lot of work on everyone's part—it can be well worth the effort.

*Dr. George S. Glass is a psychiatrist with almost 30 years of experience helping families deal with the consequences of divorce. He is the co-author of *Successfully Blending Families: Helping Parents and Kids Navigate the Challenges so Everyone Ends up Happy*.*





# HOLIDAY GIFT GUIDE

We've made a list—and checked it twice—of our favorite holiday gifts for your teenager or anyone else on your list.

## STOCKING STUFFERS

Practical, playful, and sure to please

### WORLD'S SOFTEST SOCKS

What's a holiday without a pair of socks, right? And we're loving the socks we tried out from World's Softest. They are really soft ... and beyond comfortable. Plus, they come in colors and styles for every taste. 'Nuff said. [worldssoftest.com](http://worldssoftest.com).



### PHONE SOAP POLISH

If your teenager is like ours, we're guessing her phone has been places you really don't want to think about. At all. That's why we adore the new Phone Soap Polish. Just rub it on and kiss all that bacteria goodbye. Well, maybe don't kiss it ... oh, you know what we mean. What's more, it will also make your phone sparkle. "This is perfect for a germ freak like me," says Ahuva Sunshine. "Plus, it's so small you can easily carry it around with you." [phonesoap.com](http://phonesoap.com)

### CHALK INK

Write on a chalk board. Write on windows. Write on mirrors, water bottles, anything. With chalk ink you can write on any non-porous surface and the ink stays on. Use a glass cleaner — like Windex — to wipe off. "I loved this to add spunk to everyday items," says *Your Teen* intern Brooke Siegler. [chalkink.com](http://chalkink.com)



### HAND-SEWN LEATHER BOWL

If you think the words "leather" and "bowl" don't belong in the same sentence, think again, says *Your Teen's* Diana Simeon. "These bowls are funky and functional," she says. "Right up my alley." Made from American cowhide, the bowls are hand cut, dyed, and sewn. Great for organizing everything from jewelry to paper clips. [fourrobins.com](http://fourrobins.com)



### DISRUPTUS

We love to play games during the holidays. And here's a perfect one: Disruptus, new this year from the folks at Funnybone Toys. "It's a blast," says Madeline Taylor. "It forced my family to think outside of the box. It's also a perfect game for a party." [funnyboneproducts.com](http://funnyboneproducts.com)



### PELICAN 1810 LED KEYCHAIN FLASHLIGHT

No more fumbling to get the keys in the lock in the dark. This flashlight is small enough to fit (unobtrusively) on a keychain, but powerful enough to be useful when you need it. "It emitted a lot of light," says *Your Teen's* Ahuva Sunshine. "It's perfect for a college student, who'll inevitably be walking back from the library at 2 a.m." [pelican.com](http://pelican.com)



❄ Shop these products online at [bit.ly/YT-2015-gifts](http://bit.ly/YT-2015-gifts)



## GEEK CHIC

Because we all love gadgets



### TIVOLI BLUETOOTH CLOCK RADIO

Enjoy your favorite music in style with the lovely — and functional — Bluetooth-enabled radio. “Tivoli radios are a favorite of designers because of their minimalist, compact designs that deliver a big sound,” says *Your Teen* art director, Meredith Pangrace. “The rechargeable battery has a long life so you can take it with you anywhere and play music all day wirelessly. It also works with its own app that streams some fun radio stations like “TikiBar Radio” and “24/7 Polka Heaven.”

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

### CARD NINJA

For the generation that is never without a phone, the Card Ninja is the perfect way to carry money, a driver's license, credit cards, or many of the other items typically found in a wallet. Just stick to the back of a phone and, voila, your teenager is ready to go. Available in six colors. “I never had to do any searching. Everything I needed was right there attached to something I always have with me,” says teenager Morgan Tucker. [cardninja.com](http://cardninja.com)



### ALTEC THE JACKET H2O WATER-PROOF BLUETOOTH SPEAKER

Rub a dub, dub, you can put this speaker in the tub...er, shower. It's cute, a mere 6 inches wide, provides awesome sound, and connects wirelessly to any Bluetooth-enabled device. What's not to love? “Even when the speaker was on the shower floor in running water, the sound quality was really good,” says senior Charlie Parent. “It was like showering with headphones on.” [alteclansing.com](http://alteclansing.com)



### STAR WARS-THEMED HEADPHONES

Unless you've been living in outer space — and maybe even then — you're probably aware that there's a brand new *Star Wars* movie (*Episode VII: The Force Awakens*) coming out this December. These headphones are a must-have for your favorite *Star Wars* fan. Choose from R2-D2, Chewbacca, Tie Fighter or Darth Vader (shown here). “They brought out my inner Jedi warrior,” gushes Ahuva Sunshine. “And transported me to a galaxy far, far away.”

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



### DYSON HOT & COOL AIR MULTIPLIER

Do your teenagers run hot and cold? As in, one likes it warm and the other not so much. Then the Dyson AM09 Hot & Cool is worth checking out. A space heater in the winter; a high velocity fan in the summer. It's also got that Dyson thing we all love — as in, sleek, well-made, and super functional. “It's amazing” says Jacob Borison. “My sister and I can never agree on the temperature, so now I can heat or cool my room to my exact preference.” [dyson.com](http://dyson.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)



❄️ Shop these products online at [bit.ly/YT-2015-gifts](http://bit.ly/YT-2015-gifts)



## SHAVE TECH USB RECHARGEABLE TRAVEL SHAVER FOR MEN

Your Teen's Susan Borison's husband, Dan, is a big fan. "The ShaveTech USB rechargeable shaver gave me a remarkably close, smooth, and (honestly) excellent shave. At about the size of a deck of playing cards, it can easily be thrown into a travel bag, and the USB charger eliminates the need for annoying converters when going abroad. [shavetech.com](http://shavetech.com)



## NEWERTECH KITCHEN KIT

If you're a fan of using your iPad in the kitchen, then the NewerTech Kitchen Kit is for you. Simply mount your device on the Kitchen Kit's NuStand and use the NuScribe stylus to navigate to your favorite online recipes—even if your hands are covered in batter or spaghetti sauce or whatever you're whipping up! A heavy base with rubberized feet keeps the NuStand in place. Simply wipe with a damp cloth to clean. "It's solid, easy to assemble, and allows me to view recipes with ease," says *Your Teen* friend Jane Joseph. "A great product." [bit.ly/yt-kitchen-kit](http://bit.ly/yt-kitchen-kit)



# We Treat People, Not Just Smiles.

## We also offer orthodontic treatment for 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



# SWEET TREATS AND MORE

Sweeten up your holiday



## NOOSA YOGHURT

Add some "delish" to your holiday brunch with our — and soon to be your — favorite yogurt. It's from the Colorado-based Noosa and it's creamy, wonderful, mouth watering, healthy...excuse us while we head to the grocery store. We're especially loving new flavors, pumpkin and (for a limited time) cranberry apple. [noosayoghurt.com](http://noosayoghurt.com)

## PASCHA CHOCOLATE

This is the simplest, purest, and most delicious chocolate, without any of the additives or ingredients that might trigger allergic reactions. They offer a variety of chocolate bars and chips that can be incorporated into all those family favorite creations and indulged in without worry. "It's delicious," says Susan Borison's vegan friend, Karen Weiss. [paschachocolate.com](http://paschachocolate.com)



## COCO-ROONS

On the lookout for wholesome snacks for your teenager? *Your Teen's* Shari Silk recommends Wonderfully Raw's Coco-Roons. "They're delicious and come in a bunch of flavors." Plus, they're organic, dairy and gluten free, and flavored with maple syrup (not refined sugar). Healthy and delicious. Sweet. [mycocoroons.com](http://mycocoroons.com)



## MARLO'S BAKESHOP BISCUOTTI

The holidays aren't complete without a batch or two — or five — of biscotti. Our friend Celine Weiss makes the best Biscotti, so we asked her to give Marlo's Bakeshop Biscotti a try. Success! "What can I say, but these were delicious," says Weiss. "My daughter and I especially loved the pumpkin flavor." [marlosbakeshop.com](http://marlosbakeshop.com)



## PISTACHIO CHEWY BITES SNACKS

An all-natural, individually wrapped snack that is both delicious and provides the nutritional fuel for someone on the go. Nutrient-rich pistachios combined with moist antioxidant cranberries supply the energy and nutrients you need in one bite-sized snack. As a bonus they are vegan, Kosher, gluten & GMO free. "These are SO good!" says Jessica Semel. "I would absolutely recommend them!" [pistachiochewybites.com](http://pistachiochewybites.com)



❄️ Shop these products online at [bit.ly/YT-2015-gifts](http://bit.ly/YT-2015-gifts)

# Go for Peace of Mind. Higher SAT & ACT Scores!

guaranteed\*

## Need help preparing for college?

- SAT & ACT tutoring
- Private & small group instruction
- Classroom & online courses

**The  
Princeton  
Review**



Use promocode **YOURTEEN200** to save \$200  
on SAT & ACT Ultimate courses!

**800-2Review • PrincetonReview.com**

\*Visit [princetonreview.com/guarantee](http://princetonreview.com/guarantee) for details. Test names are the trademarks of their respective owners, who are not affiliated with The Princeton Review. The Princeton Review is not affiliated with Princeton University.

**HAWKEN**  
SCHOOL 

Coed Preschool – Grade 12

RSVP  
today!

### LOWER & MIDDLE SCHOOL PARENT VISIT

Preschool–Grade 8  
Thurs., Nov. 12 at 8:45 am  
Lyndhurst Campus

### EARLY CHILDHOOD PARENT VISIT

Preschool, Prekindergarten &  
Kindergarten  
Thurs., Dec. 10 at 8:45 am  
Lyndhurst Campus

RSVP: 440-423-2950  
or visit [hawken.edu](http://hawken.edu)

# Learning spaces and curriculum designed to ignite curiosity and inspire passion.

**Stirn Hall**  
Opening Fall 2016





# THE BEST OF ALL THE REST

A few more staff favorites



## KRYPTONICS SKATEBOARD

Perfect for your favorite Skater Girl or Boy. Won't break the bank (it's available at Walmart and Target for under \$50), plus it comes in all kinds of patterns and colors. "It's a great board," says one 9th grade boy *Your Teen* asked to try it. "Just remember to loosen the bolt on the trucks so you can turn and steer." Gotcha. [kryptonics.com](http://kryptonics.com)



## NEW BALANCE FRESH FOAM

Fun and functional, New Balance's new Fresh Foam Collection will keep you going at the gym, on the pavement, or on the trail. "Really comfortable," says *Your Teen's* Diana Simeon, who recently hit the road for a run in a pair. "And so many fun colors to pick from. I like a neutral running shoe and so these were perfect."



## TOASTOWER

This has got dorm room written all over it. For the space-challenged, toaster-oven loving teenager in your life, say hello to the Toasttower. At less than 10 inches wide, it can fit into small spaces...but it still packs a wallop with its 12-liter capacity. Fit four pieces of toast or two big pizza slices. It broils, bakes, and toasts. [digitaltec.com](http://digitaltec.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 removeable 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)



## JUST LIVE YOGA PANTS

These yoga pants don't just look (and feel) great—thanks to the company's proprietary YOLON material—they also give back, literally. That's because Just Live donates 10 percent of its profits to charity. "They fit perfectly," says *Your Teen's* Brooke Siegler. "And there is a color or pattern for everyone." [justlive.com](http://justlive.com)



## T-FAL ACTIFRY LOW-FAT HEALTHY MULTI-COOKER

With this 2.2 pound capacity electric low-fat multi-cooker, you can cook a variety of full meals easily and quickly using little to no oil for meats, seafood, risotto, vegetables, and many other dishes. "I am obsessed with the T-Fal Actifry," says Susan Borison. "Very little oil and every vegetable tasted almost fried but completely delicious. At the end, I had mushrooms, onions, cauliflower, green beans, squash, sweet potatoes—and only one dishwasher-safe pan." [tfa.com](http://tfa.com)



 Shop these products online at [bit.ly/YT-2015-gifts](http://bit.ly/YT-2015-gifts)

# INFORM CONNECT MOTIVATE TAKE ACTION

THE CITY CLUB OF CLEVELAND PRESENTS



**Ta-Nehisi Coates,**  
Author of *Between the World and Me*  
in conversation with Dan Moulthrop, City Club CEO  
Monday, November 2 - 7PM  
Cleveland State University  
Waetjen Auditorium

**Tickets:**

Preferred seating (includes signed book)	\$55
GA (members/non-members)	\$20/\$40
Student (with valid ID)	\$8

Tickets at [cityclub.org](http://cityclub.org)

FRIDAY, OCTOBER 23 — NOON

**Will College Pay Off?**

Peter Cappelli, Ph.D., Director, Center for Human Resources at the  
Wharton School of the University of Pennsylvania

FRIDAY, OCTOBER 23 — NOON

**The Power of Second Language Learning**

Christine L. Schulze, J.D., VP Concordia Language Villages,  
Concordia College



THE CITY CLUB OF CLEVELAND

[www.cityclub.org](http://www.cityclub.org) | 216-621-0082

Tickets: \$20 members/ \$35 non-members



@TheCityClub



/CityClubofCleveland



/CityClubofCleveland



# Holidays with Family

## 5 Ways to Make it Merry!

BY KATE POCOCK

Teens make for challenging holidays. They don't wake up when you want them to, can be very particular about their food choices—19-ingredient Vegan Tofu Mock Turkey, anyone?—and at times can be barely polite with relatives. And their holiday wish lists get more expensive every year. Yet, with a little bit of planning, this holiday season could be one to remember—for peace and joy, rather than “Madness at the Mall!” Here's how to have a fun, festive time with teenagers in the house.

PHOTO BY BETH SEGAL



## 1. Planning Makes Perfect (Almost)

Teens want to be respected, and they can sometimes actually have good ideas. Well ahead of the season, sit down and ask for their thoughts on activities, presents, food, and outings they might enjoy. Then mark these special days on the calendar for all to see. “Asking your teens gives them a sense of their importance, and shows them that parents value their contributions,” says clinical psychologist Dr. Robin Alter, author of *Anxiety and the Gift of Imagination: A New Model for Helping Parents and Children Manage Anxiety*.

Parents might even share budget considerations and discuss how much money can be spent. Perhaps they would prefer a gift of Time (with a capital ‘T,’ no distractions) with parents or grandparents instead of presents? This is also a good time, too, to talk about expectations. Teens certainly don’t have to spend whole evenings playing card games with the aunts, but they might be expected to help with holiday dinners, perhaps even contribute a recipe or dish of their choosing. “I did this with my own teenage stepdaughter,” says Alter. “She came up with the menus, and she was much more interested in eating the food.”



## 2. Traditions, Traditions

As Tevye sang in the musical *Fiddler on the Roof*, traditions come from the Mama and the Papa. But that doesn’t mean you have to stick with the tried and true. Perhaps it’s time for some new ones (see sidebar) that acknowledge a teen’s individuality and interests. When family therapist Sharon Earle-Meadows’ kids became teens, Earle-Meadows started an annual Christmas Eve family fondue party. Each teen created a sauce. The whole family would light candles, sit on the floor by the fireplace, and dip treats into the bubbling oil.

“You have to let go of the notions of that storybook holiday and celebrate in a way that keeps teens engaged and acknowledges their individuality,” says Earle-Meadows, who counsels many parents at this time of year. “With teens you have to think about traditions as being building blocks for the future.” Her “teens” are grown up with kids of their own now, and they still look forward to their annual fondue feast by the fire.

### 3. The Friends Factor

For most teens, being connected to friends is vastly important. “It’s what gets them out of bed in the mornings and gets them off to school,” says Alter. At the same time, parents should specify in clear terms what days teens need to be available, and specify days that are open for friends or other activities. “Know that there will be conflicts in terms of time. Something will come up, they really need to go to this party,” adds Alter. “So it’s important to be firm and flexible at the same time.”

It’s also important to set limits on cell phones and gadgets. “You can’t take them away,” concludes Alter. “It’s like taking away a limb. But perhaps during special family dinners, they are ‘out of the room, out of sight, and out of mind.’ Parents’ phones too!”



### 4. Attitude

Remind teens that the holiday season is not only about getting but also giving. Single mom Tracy Ford wanted her daughter, Lauren, to know and care about those less fortunate. So each year, during her daughter’s teen years, they would shop with her babysitting money to buy a present for a girl the same age, and donate it through the Salvation Army. “It could be a book she had loved, a jigsaw puzzle, or pretty earrings,” says Ford. “And I believe this contributed to her very generous personality today.”

The Perrin-Michel family started a new tradition last year with 11-year-old Alex and 15-year-old Sophia. “We decided now that they were older, it was time to give back,” says mom Deneen. So they spent Christmas morning baking cookies, wrapping them in cellophane, and adding a pair of warm socks to the gift. After church service, the whole family walked through the city’s mission district, distributing the packages to homeless citizens and shelter residents who were out and about.

“It was a good lesson too,” says their mom. “My older daughter asked many questions such as, ‘What did these people do to deserve this situation? How did they end up here?’ We had some excellent discussions.” The family is planning to do it again.

“It really made our Christmas,” says Deneen. “This new tradition was so much better than the kids sitting on their iPads all morning.”

## Holiday Fight?

### How to Hit Reset

Sometimes the holidays are the perfect storm. Travel, stress, the pressure to have a “perfect” holiday, and all that family togetherness can lead to fights with your teenager. After a fight, how can you reboot your holiday?

“Everyone wants their holidays together to be perfect, and not to ruin your family time together,” says Dr. Kristen Wynns, a psychologist with Wynns Family Psychology in Raleigh, North Carolina.

While parents may not want to spoil dinner at Grandma’s house by making a scene, it’s not a good idea to simply sweep bad behavior under the rug.

After a fight, have a “cooling off” period where the parent and teen take some time apart, in separate rooms if possible, Wynns advises. “You both will be more productive and less emotional when those physiological responses to a fight have dissipated.”

“I usually recommend more immediate consequences for unacceptable behavior,” notes Wynns, “but it’s okay for parents to consider whether that would disrupt the flow of the family’s enjoyment of their holiday.”

You might pre-empt some fights by talking together as a family before the holiday begins. Revisit your family’s ground rules and expectations. “Decide which small things you’re going to overlook with the goal of everyone getting along, but also your non-negotiables that are unacceptable,” explains Wynns.

—Jane Parent



# Teen-Pleasing Traditions

**T**raditions are important because they “re-affirm the personal connections that we have and protect us from the terrible, difficult life circumstances that we may encounter,” says Dr. James Wellborn, psychologist and author of *Raising Teens in the 21st Century*. “So it’s really worth thinking about the kind of traditions that you want to create for your family.”

Here are some tested traditions that you might want to add to your holiday celebrations:

## 1. Crafty thinking:

“I bought wool and knitting needles for our annual Chanukah celebration,” says one mom. “Grandmas were casting on stitches for grandkids. It was quite wonderful. And my nieces started a knitting group as a result of that evening.”

## 2. Change the menu:

One family decided to spend less time in the kitchen by canceling their annual turkey and making hamburgers with toppings instead. On Christmas Day, when teens had time and inclination, they helped to plan, cook, and serve dinner.

## 3. Puzzling fun:

Every year, my family’s grandma would break open a 1,000- to 2,000-piece jigsaw puzzle. As grandkids helped to navigate the pieces into place, they would talk and discuss the past year and what was

on tap for the next. (Even after grandma passed away, the grown-up grandkids each chose a puzzle that would call up memories of these special times.)

## 4. Widening the circle:

Open up family time to friends and outsiders, especially those who don’t celebrate your particular holiday. Our own family loved to invite our teens’ friends who were Jewish or Muslim to share Christmas traditions. Guests enjoyed stirring wishes into the pudding batter, decorating place cards for the table, and playing board games. As Dr. Alter says, “Everyone is a little bit happier, and on a little bit better behavior. And it’s a nice way of sharing family pride.”

## 5. Getting creative:

One family exchanges traditionally funny gifts with each other, each one decorated with a hand-written poem. “It’s a whole evening,” says their mom. “We eat, we drink, we laugh and have so much fun.” The verse is supposed to give a clue to the inexpensive gift inside. One example: a beeping key locator for a teen who is constantly misplacing his keys with a humorous poem about the habit to match. “It’s great for teens who don’t have a lot of money because it’s not how much they spend,” adds the mom, “but rather the thought behind the gift and how clever the poem is.”

—Kate Pocock



## 5. Gratitude

In the end, the holiday season is about celebrating with those we love, and saying thanks for what we have. But how can you foster gratitude during those teen years? “It’s easy to lose sight during the holidays, especially with all the running around, the planning, and the getting of everything,” says Dr. James G. Wellborn, a clinical psychologist and author of *Raising Teens in the 21st Century: A Practical Guide to Effective Parenting*.

One of the best ways to teach gratitude is to model gratitude. “Look for opportunities when your teen is wandering around, or when you are driving with them in the car,” says Wellborn. “Then act as if you suddenly thought of something positive and mention it out loud. You might say something like, ‘I’m really amazed at what we have and how great our life is these days.’” And if your teen does something around the house—even something you’ve asked them to do—acknowledge that by saying, “Thank you, I really appreciate that.”

Wellborn is also an aficionado of that old chestnut, the thank you note. “This habit requires your teenager to go through the process of identifying and appreciating what is worthy of acknowledgement,” he says. Another family activity in the same vein: ask your family to write a list of five non-material things each of you appreciates — a person, experience, or even a place — then share them out loud. It turns out that being grateful gives back to parents — and teenagers — too. “Teens who practice gratitude have a more positive attitude toward school—and their parents,” says Wellborn. “And they offer more help and emotional support to others more often.” And that’s a holiday gift for everyone involved in the celebrations.



WHAT DO YOU CONSIDER LETHAL?

# Impact Teen Drivers Safe Driving Workshop

Join us for an engaging, complimentary program for parents and teens presented by **Impact Teen Drivers**.

## PARENT-TEEN SAFE DRIVING WORKSHOP

Thursday, November 5, 2015 | 7:00 p.m.

The Wuliger Building on Bellefaire JCB's Campus  
22001 Fairmount Boulevard | Shaker Heights, OH 44118

### Discussions Include

- » How to keep your teen safe on the road
- » Teen safe driving strategies for the whole family — whether a driver or passenger
- » July 1, 2015 Changes to Graduated Driver Licensing (GDL) teen driving laws

## Did You Know?

» Teens need 50 hours of supervised driving experience with an adult in order to obtain an Ohio driver's license. Ten of these hours must be at night.

Yet, a manicurist must complete 200 hours to be licensed in Ohio.

» Teen drivers are at the highest risk. The crash rate per mile driven for 16 year olds is 4X that of adult drivers.

» Having passengers is a serious distraction for teen drivers. Carrying three or more passengers quadruples the risk of a crash for 16 and 17 year olds compared to driving alone.



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

## For Information or To RSVP Contact:

Nancy Schaumburg, LISW-S  
SAY Coalition Coordinator

216-320-8469  
schaumburng@bellefairejcb.org

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





## TEEN SPEAK

## My Mom Can't Read My Mind

by Nora Spadoni

Last Christmas, I had pegged my mom for a mind reader. I was really just trying to preserve the Christmas spirit—where you don't know what's beneath the wrapping paper (and you still like to pretend Santa is real, a little bit). Plenty of my friends pick out their presents ahead of time and know exactly what will be waiting under the tree. Isn't that the complete opposite of what Christmas is all about?

I figured that if I gave my mom very explicit instructions on the exact types of gifts I wanted, she would buy gifts that were still a surprise but that were perfect in every way. I didn't want a crew-neck sweater, only a V-neck. I wanted jeans that were perfectly tailored to my legs, and I wanted my mom to somehow be able to pick those out (try them on me while I was sleeping,

maybe?). I wanted a skirt that hit sixteen thirty-fourths of the way down my thigh. I wanted historical fiction novels—heaven forbid science fiction.

I made a list. I even added photographs I found on the Internet. And then I waited for Christmas morning.

I guess I believed my mom should know me well enough to buy exactly what I would buy for myself and have these gifts flawlessly wrapped and arranged on Christmas morning. She would channel June Cleaver from *Leave it to Beaver* because I knew June would buy me the perfect sweater. In my heart of hearts, I probably was aware that reading minds was a tall order—a power only possessed by 1950s housewives—but I somehow believed my mom could pull this off.

You can probably guess the rest of the story. Christmas morning, supposedly

joyful, soon turned slightly nightmarish. The first horribly wrong sweater wasn't too upsetting. "The rest will be perfect!" I told myself. But it soon became clear that my mom had raided Cher Horowitz's closet in picking out my gifts (you know, the main character in *Clueless*, which came out in 1995).

I was disappointed, and I couldn't hide it. How could my mom blow it so completely? Did she not know me at all? We both felt badly.

I don't want to bash my mother and, in hindsight, I know she really tried with the sweaters and jeans and such. Realistically, they never could have been exactly what I wanted. So this year, I'm giving up. My mom and I plan to get everything at the mall before Christmas morning. Sigh.

*Nora Spadoni is a junior in high school.*

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 SIDES OF CLEVELAND

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



## Plan Your College Teen's Vaccinations Today!

Speak with a Giant Eagle Pharmacist today about immunizations for college-bound teens at Giant Eagle.



### We have the immunizations students need.

Typical vaccinations include:

- ▶ Hepatitis A & B
- ▶ HPV (Human Papillomavirus)
- ▶ Meningitis
- ▶ Others available as needed

**NO APPOINTMENT NECESSARY!**

Visit [www.GiantEagle.com/Pharmacy/Immunizations](http://www.GiantEagle.com/Pharmacy/Immunizations) to learn more about in-store vaccination services.



# MAKE YOUR STORY

*Begin your journey at University School and define the leadership role you will play in shaping the future.*

### JOIN US FOR OUR PARENT OPEN HOUSE EVENTS

Tuesday, November 3 (Grades K-8) & Thursday, November 5 (Grades 9-12)

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



UNIVERSITY SCHOOL  
*For boys, grades K-12.*

# CUTTING

## When Emotional Pain Becomes Physical Through Self-Injury

By Lisa A. Flam

**R**achael had long been bullied at school over her emo friends and alternative appearance, but one day in eighth grade, a cruel confrontation with a boy led her to lock herself in the bathroom and cut her wrist with a razor.

She wasn't trying to end her life; she was seeking relief from feelings of sadness, loneliness, and fear.

"It felt like a release of all this tension in my head, and even if it was just blood, it felt like I was getting rid of all of these voices that were telling me what was wrong with me," Rachael says.

Eventually, Rachael began cutting every day.

"It made me feel lighter and like the weight of the world wasn't just on me," she recalls. Rachael kept cutting through part of tenth grade but as a 16-year-old junior is now doing better. "It was almost like a high, but it wasn't hurting anybody else, and it wasn't illegal, so it was better than what most kids did."

Cutting is a common form of what experts call non-suicidal self-injury. It involves using

a sharp implement—such as a knife, a razor, a safety pin—to cut the skin as a way to relieve or cope with emotional pain; the goal is not suicide.

"Kids who cut are trying to feel better emotionally," says Janis Whitlock, director of the Cornell Research Program on Self-Injury and Recovery. "They're trying to make physical what they feel inside."

Though children as young as seven or eight have been known to cut, the behavior is more typical in children ages 12 to 17 and young adults, says Whitlock. The average age that adolescents start cutting is 15.

There's actually a biological reason to explain why cutting may provide some relief to teenagers like Rachael. When the body is injured, its natural defense is to release pain-fighting endorphins.



“They get the endorphin rush, and by doing that, it actually reduces the psychological pain,” says Denise Ben-Porath, a psychology professor at John Carroll University who has treated teens who cut.

The pain itself also plays a role for teenagers who may be feeling emotionally numb. “Cutting is a way to remind themselves that they’re real,” notes Whitlock.

It’s hard to know exactly how many teenagers cut. Research suggests an estimated 20 to 25 percent of American middle and high school-age kids have self-injured at least once, Whitlock says, and an estimated 10 to 12 percent of kids in that age range hurt themselves regularly.

### **HOW DO YOU KNOW IF YOUR CHILD IS CUTTING?**

Kids often cut parallel lines or sometimes words or symbols into their arms, legs, or stomach. They often cut in private and hide their wounds, feeling shameful.

Signs that kids may be cutting in-

clude wearing wristbands, donning long sleeves or pants when it’s unseasonably warm, and hiding implements in their bedrooms. Rachael covered her cuts with bracelets when it was hot.

### **HOW CAN YOU HELP PREVENT YOUR CHILD FROM SELF-INJURING?**

To prevent teens from self-injuring, Whitlock suggests parents serve as role models for dealing with the difficult emotions in healthy, honest ways. Ben-Porath also recommends talking to kids about cutting just like you would about sex and drugs, so they’re familiar with the practice before they encounter it.

### **WHAT SHOULD YOU DO IF YOUR CHILD IS CUTTING?**

If you discover that your child is cutting, it can be terrifying, but it’s important to stay calm. Ben-Porath suggests you say something like, “This is what I’ve noticed on your arms. I understand when

people do this, they’re in a lot of pain. I want to help you.”

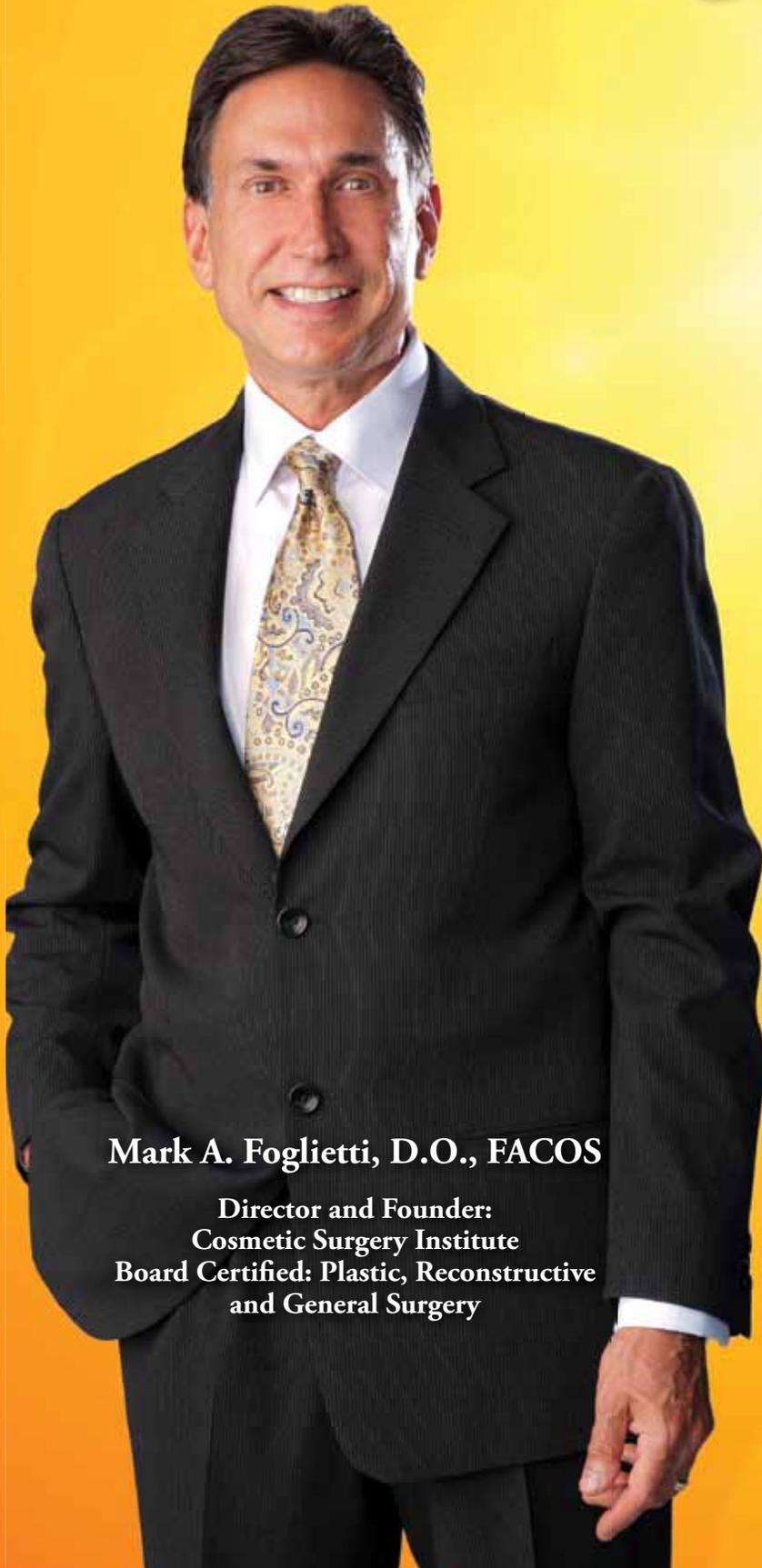
Though some parents dismiss cutting as a cry for attention, it should not be ignored. For teenagers who have moved past an experimentation stage, cutting can become habitual and addictive, and it usually does not get better without treatment, says Ben-Porath.

A common, effective treatment is dialectical behavior therapy, a form of talk therapy that aims to replace cutting with healthy coping skills.

Parents should also understand that while cutting is considered a non-suicidal form of self-injury, people who cut are nevertheless at a greater risk for suicide, according to experts. Rachael became suicidal, told her father, and was hospitalized for a week in the fall of tenth grade. She, too, says parents should seek outside help for their teenagers.

“It’s a hard time in their life,” Rachael says, “but they just need someone to help them realize it’s not as bad as it seems.” ■

# A Premier Cosmetic Surgery Practice



**Mark A. Foglietti, D.O., FACOS**

Director and Founder:  
Cosmetic Surgery Institute  
Board Certified: Plastic, Reconstructive  
and General Surgery

FACE/NECK LIFT

•

BROW LIFT

•

BREAST LIFT/ENLARGEMENT

•

BREAST REDUCTION  
OR RECONSTRUCTION

•

LIPOSUCTION  
(TUMESCENT, ULTRASONIC)

•

TUMMY TUCKS

•

NASAL SURGERY

•

LASER SURGERY

•

SKIN-CARE PROGRAM

•

BOTOX COSMETIC  
JUVEDERM XC



## COSMETIC SURGERY INSTITUTE

22901 MILLCREEK BLVD., SUITE 145  
BEACHWOOD, OH • (216) 292-6800

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

**THE EXPERIENCE YOU TRUST  
AND THE SKILL YOU DESERVE.**

BROUGHT TO YOU BY

**Dr. Foglietti**  
Cosmetic Surgery Institute



Mark Foglietti, D.O., FACOS, FAACS, is a plastic and reconstructive surgeon who has been in practice for over 30 years. He is a clinical professor of plastic surgery at Ohio University-HCOM, and Director of the Plastic Surgery Residency Program at South Pointe Hospital in Cleveland, Ohio.

## ASK THE DOCTOR

# Plastic Surgery

Last year, more than 60,000 U.S. teenagers between the ages of 13 and 19 underwent plastic surgery. But what are the best practices when it comes to plastic surgery for teenagers? *Your Teen* asked Dr. Mark Foglietti, a plastic and reconstructive surgeon, for advice on when to consider plastic surgery.

### What are some common procedures for teens?

Breast reduction surgery is a very common procedure. The ideal candidate for this type of procedure is a 17-year-old girl who is completely developed. Some girls may be developed fully at age 16, and if the symptomology is significant enough, that age may be acceptable.

### What are the symptoms?

The symptoms we look for are significant neck and back pain, bra strap grooves in the shoulders, specially sized supportive bras, rashes under the breasts, physical therapy for posture problems, and a medical history of the use of pain medications. When we see a girl with these symptoms, breast reduction surgery can be medically appropriate. Insurers will generally dictate the amount of breast tissue that they will require to approve a breast reduction as medically necessary—usually between 300-500 grams of breast tissue.

### How do you evaluate whether breast reduction is appropriate?

It really varies from patient to patient. We look at each patient's symptomology. We don't make any evaluations based upon cup size because there is such a wide discrepancy in sizing among bra retailers. There can also be BMI

(body mass index) considerations when a patient is considering breast reduction. If a patient is 5'3" and 250 pounds, then her BMI is going to be a significant factor in the amount of breast tissue she has. In those circumstances, we ask a patient to lose weight first. As a physician, you want them to be healthy

first and foremost, but there can also be significant healing and wound complications if BMI is excessive.

### What about cosmetic breast procedures?

Patients must be at least 18 and have parental consent, but waiting until 21 is preferable. Cosmetic surgery can



have psychological benefits. For example, a girl may have breast ptosis—sagging or drooping breasts—that may be hereditary, but can make her extremely self-conscious. Also, a young woman who has lost a considerable amount of weight may feel unhappy about her breasts. On the other side, sometimes we see girls who are absolutely flat-chested with no breast tissue whatsoever, and they are extremely self-conscious. We evaluate each patient individually.

**Are there cosmetic procedures for boys?**

We also see young men with gynecomastia, the development of breast tissue. It is fairly common for boys age 12 to 14 to have some fatty breast tissue, but most will grow out of it as they mature. Although there are frequently obesity-related issues with this condition,

occasionally we see a 17-year-old young man who is active and athletic and still has a B cup. He is subject to ridicule and psychological abuse which can be devastating, so in those cases, reduction procedures may be appropriate.

**What about nose jobs?**

For rhinoplasty, we want the teenager to be fully grown so girls must be at least 17 and boys 18. Even if we reduce a bump, the nose can change shape if a teenager continues to grow.

**Do you ever say no?**

Yes. On occasion, the parent wants the procedure but the child doesn't. Then I am reluctant to operate. We also filter out those patients who are obsessive about details. A girl who brings in a photo of an actress and says, "I want her nose" is not a good candidate. I also don't do computer

imaging because it leads to unrealistic expectations. Instead, I show patients before and after photos of my own patients so they have a realistic idea of what to expect.

**Isn't some body dissatisfaction normal at this age?**

As physicians, part of our training is learning to evaluate the patient. I determine if the patient is focused on just one issue, or lots of different issues. A teen who requests multiple procedures is a red flag. If we have concerns, then we will ask whether they are seeing a therapist or taking anti-anxiety or anti-depressant medications. In those cases, we may ask the therapist for clearance before operating. If I have any concerns about a patient's psychological well-being, I will not operate. ■

—Interview by Jane Parent



**cspn**  
Central School of  
Practical Nursing



*Educating  
nurses  
since 1937...*

TESTING BEGINS IN DECEMBER  
FOR APRIL ENROLLMENT

PRIVATE.  
PRACTICAL.  
PROVEN.

[cspnohio.org](http://cspnohio.org)  
tel: 216.901.4400

**Central School of Practical Nursing**

4700 Rockside Road, Summit 1, Suite 250, Independence, OH

For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at: <http://tinyurl.com/cspn-disclosure-statement>



When struggling with an eating disorder, it can be hard to think about anything else.

The Emily Program offers a variety of proven programs tailored to both male and female teenagers and their families. Our experienced and compassionate staff offers individualized and evidence-based therapies to treat eating disorders like anorexia, bulimia, and binge eating. Trust your instincts. If you think your son or daughter has food or body issues, make the call.



**The Emily Program**

Real help for eating disorders

*formerly Cleveland Center for Eating Disorders*

**Real help for teens with eating disorders • (216) 765-0500 • [emilyprogram.com](http://emilyprogram.com)**

Located in Beachwood, Ohio with days and times that fit your schedule.



## Check Out Notre Dame College ... where *every* student is our most important student

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

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

 NotreDameCollege

 NotreDameOhio



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

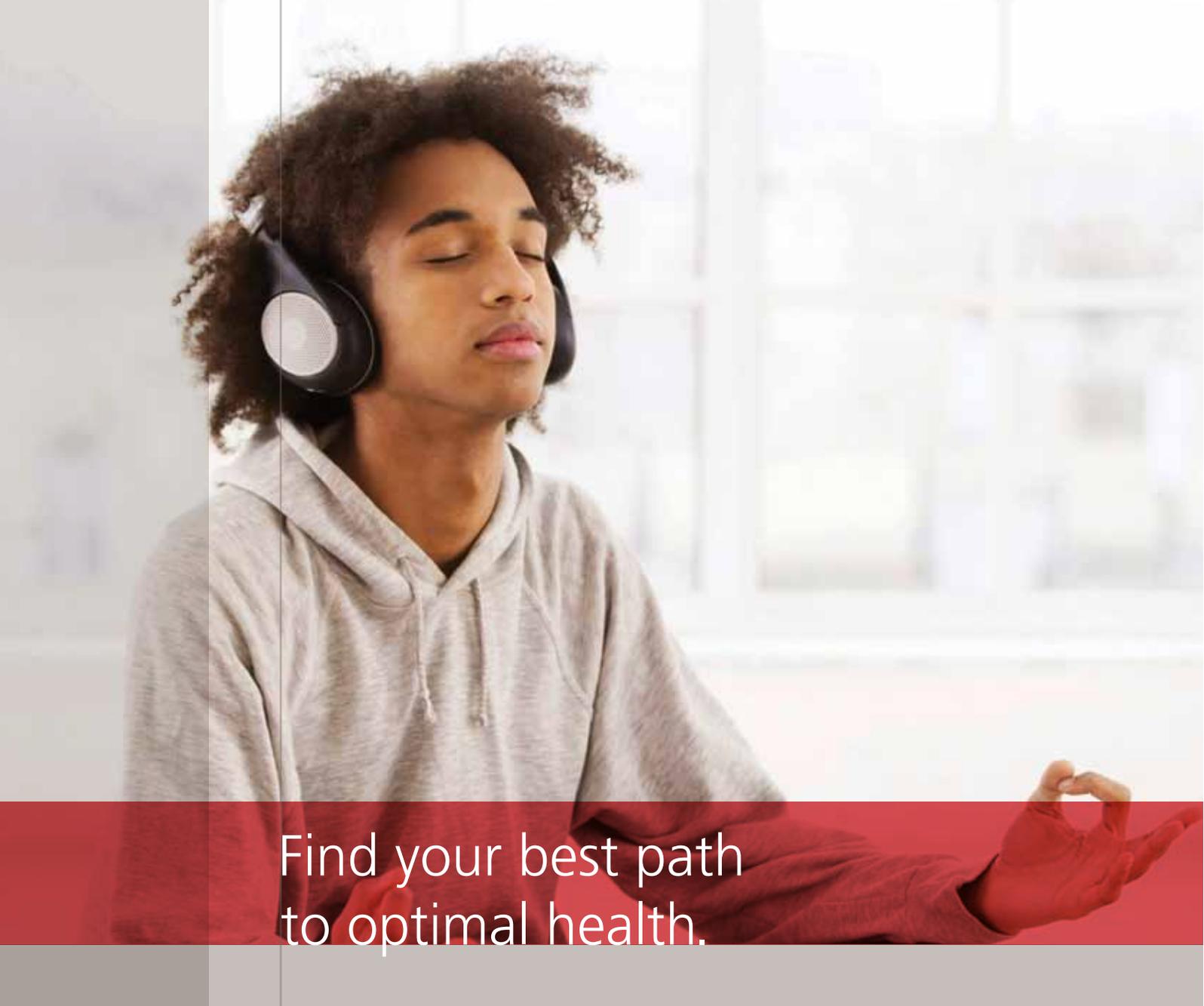
Toll-free: 877.NDC.OHIO, ext. 5355 or e-mail [admissions@ndc.edu](mailto:admissions@ndc.edu)



**NOTRE DAME**  
COLLEGE

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

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



Find your best path  
to optimal health.

At University Hospitals Connor Integrative Health Network, our physicians and providers focus on the unique physical, emotional and psychological needs of each patient. We connect patients with preventive and healing therapies to help them achieve their best possible health.



**University Hospitals**  
Connor Integrative Health Network

216-285-4070 | [UHConnorIntegrativeHealth.org](http://UHConnorIntegrativeHealth.org)

Headquartered at Emery 25E  
25001 Emery Road, Building 25E, Suite 100  
Warrensville Heights, Ohio 44128

BROUGHT TO YOU BY



Dr. Francoise Adan is a psychiatrist at University Hospitals, where she also serves as medical director for Connor Integrative Health Network, and an assistant professor at Case Western University Medical School.

# How to Handle STRESS

Stress is one of the few ailments that afflicts everyone, regardless of age. And it can be especially intense during the high-pressure high school years. This issue, we caught up with psychiatrist Francoise Adan to find out why stress is harmful and how we can help our teenagers (and ourselves) manage it.

## Why has stress become such a hot topic these days?

Everybody is talking about stress and, from a clinical perspective, organizations such as the World Health Organization are calling stress the new epidemic of the 21st century. Here's why. Stress causes inflammation, and inflammation is harmful to our health. We used to talk about cholesterol. Now we talk about inflammation. Reducing inflammation is good for our health, but stress does the opposite—it increases inflammation. Unmanaged stress also worsens any other physical issues you may be dealing with, as well as your performance at school or work.

## What is stress?

Stress is a physical reaction that prepares us for a fight-or-flight response. We want this reaction in an emergency, but we do not want it for trivial things—like mixing up an appointment time, running behind on a dead-

line, or stressing about your teenagers' meltdown. That kind of stress is not only a complete waste of time; it is actually harmful to our physical health.

## Can there be good stress?

Absolutely. And it's been shown that low levels of stress can actually help us to be more productive and perform better. I actually love stress. I

work hard, I thrive on deadlines, and I embrace this kind of stress. Most of the time it increases my level of focus, but I've learned how to train myself not to enter the zone of flight or fight. So I'm able to use stress in positive ways.

## How can we begin to manage stress?

It starts with awareness. When you are stressed, you

are not really present. You are thinking about the past, the future. You're all over the place and you are probably multitasking. So, to start, you need to be aware of that. Then you need to make a decision to try to be present. The technique I use, which is easy, is using my senses. What does this moment look like, taste like, sound like, smell like, feel like? You can use your senses



to try to be in the present.

For example, say you wake up in the middle of night. Here I am awake at 4:00 a.m. I might say, “Well, might as well get going. Get some e-mail done. Get ahead in my day.” But then I think, “Wait, I am going to be tired. I am meeting with my boss tonight. I am going to make a fool of myself. I need to go back to sleep.”

Then I start worrying about my job—and then how am I ever going to fall asleep? I am so alert.

In this scenario, I recommend you use your senses to anchor yourself in the present. In my case, I feel the comforter on my body. I feel the pillows around my neck. I see my curtains. I hear sounds outside.

You will go back to sleep. Why? Because it’s so boring. And you didn’t allow yourself to get hijacked by a runaway train of thoughts.

**How else can we ward off stress?**

Another technique is to use a breathing exercise in which you breathe in for four seconds, then exhale for six. This helps you create a place where you are focused on your breath, rather than those obsessive thoughts. But the key is not to get discouraged, because you are going to get distracted dozens of times by your thoughts.

The brain is supposed to stop, but that doesn’t mean you have to jump on that train. You are thinking, planning, judging, and then you return to the present, over and over and over again.

It takes time to learn how to do this. It’s like learning how to ride a bicycle or play tennis, or even walk. It takes practice and the more you do it, the better you get.

**A lot of teenagers get stressed around tests—can you recommend any techniques specifically for them?**

Teach your teenager the breathing technique I mentioned and how to use their senses to be present. Make sure they are well-fed and well-rested, and then—and this is so important—let’s make sure we give our teenagers down time with no goals whatsoever. A balanced life is about making sure you have some love (family, a pet, friends), some work (volunteer, hobby, career, school), and some time to play. And we all really need to have all three of them.

**Is there a way to remove stress from our lives altogether?**

Not really. And this is where resilience comes in. Life is not about not experiencing

stress; it’s about our ability to bounce back. So even if your teenager gets derailed—got a bad grade, experienced a breakup, lost a game—it’s about how quickly they bounce back. That’s really the key to life.

**What’s the best way to teach these skills?**

Often parents ask, “How can I help my kids?” I always say, “Do things for you.” Do things for you because that is what your teenagers are going to do, too. If you are a perfectionist, guess what your teenager is going to be?

When you are stressed, you need to let them see you manage that stress. So it’s not what is going to work for them, but what works for you. Your teenagers are going to pick up on the techniques you model. ■

# Donate for the Environment, for People.



**Planet Aid**  
For the Environment, For People

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





**BE CHALLENGED.  
BE KNOWN.  
BE A ROYAL.**



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

- 8:1 student to teacher ratio
- A globally focused college preparatory curriculum with over 30 AP and honors classes
- Award-winning performing and fine arts programs
- Significant financial aid and merit scholarships available
- Transportation and after school programs available

**OPENING IN 2016!**

New K-12 science and engineering building to support our STEAM curriculum



**OPEN HOUSE**

Sunday, October 18  
Presentation Starts at 1 pm

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

37501 Center Ridge Road • North Ridgeville, OH 44039 • 440.327.1175 • [www.lakeridgeacademy.org](http://www.lakeridgeacademy.org)



# Wishing You a Picture Perfect Holiday Season!



**Happy Holidays from Weiss Orthodontics!** We're now offering a holiday special with a FREE Invisalign scan and 10% off treatment.

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

*\* Call for details. Offer good through Dec 31, 2015. Certain restrictions apply.*

Dr. Ira Weiss



Dr. Shira Tor  
Diplomate, American Board  
of Orthodontics



[www.weissortho.net](http://www.weissortho.net) ..... Orange Village 216.292.6340 Middleburg Hts. 440.885.1980



# Regional Campus *Advantage*

Kent State University has one of the largest regional campus systems in the nation. Small class sizes, affordable tuition and one-on-one advising are just a few of the reasons why more than 15,000 students attend Kent State's Regional Campuses. Kent State University Geauga Campus in Burton and the Regional Academic Center in Twinsburg offer a wide range of Associate and Bachelor degrees to help you reach your career goals. Both convenient locations offer access to a world-class education.

To learn more about the opportunities waiting for you, give us a call at 440-834-4187 (Burton) or 330-888-6400 (Twinsburg)!

---

  
KENT STATE  
UNIVERSITY  
GEAUGA and  
REGIONAL ACADEMIC CENTER

BROUGHT TO YOU BY



# Why Dual Enrollment May Be Your State's Best Kept College Secret

By Diana Simeon

**D**id you know there's a way to earn college credit in high school, besides taking advanced placement classes? It's called dual enrollment and, these days, more than 40 states offer these programs.

Dual enrollment lets high school students take classes, usually for free, at participating public universities. The classes count toward a student's high school graduation requirements, but they also count toward a bachelor's or associate's degree at participating in-state public institutions. For example, in Ohio, students taking classes through the state's College Credit Plus (CCP) program can earn credits that transfer to any public institution in the state.

Sounds awesome, right? In general, there's a lot to like about dual enrollment. Still, it's important that parents understand the ins and outs of these programs, so we've rounded up what you need to know:

**1. It saves tuition dollars.** Dual enrollment saves you money because your student gets to take college-level classes for free. Say your student takes a foreign language class through a dual

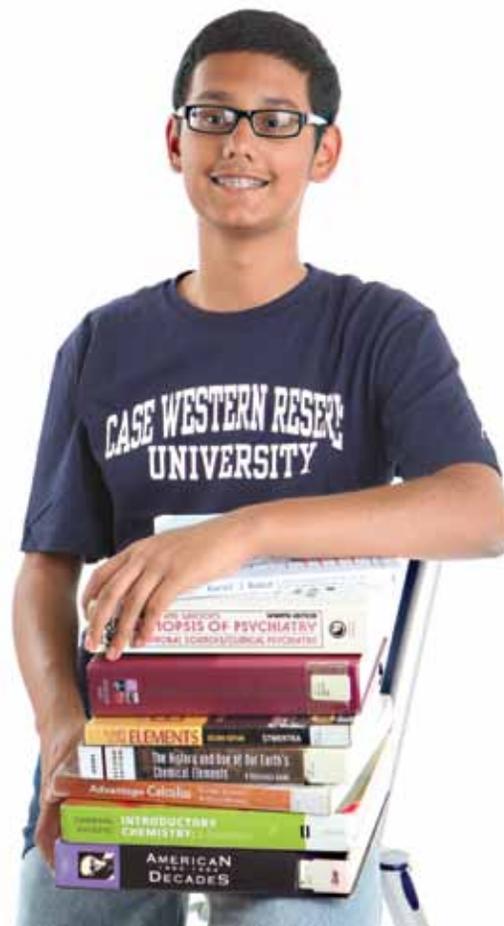
enrollment program. When she goes to college, she takes those credits with her. That's a class you will not have to pay for, unless your student is not planning to attend an in-state public institution (See #2). "Assuming the college will accept credits, you can really save yourself some money," says Mande Heller, founder of the Florida-based International College Counselors. "My sister graduated from college in two years because she did all the dual enrollment classes."

**2. It's a win-win for students going to in-state public institutions, but there's no guarantee for everyone else.** In most states, public institutions are required to take credits earned through dual enrollment. However, private colleges are not required to take these credits nor are out-of-state public institutions. That means your student may still have to take—and you will still have to pay for—that foreign language class she took via dual enrollment, if your student attends a private or out-of-state institution. That said, some institutions may still accept the credits if a student can show evidence that

a class met the institution's own criteria. "That's why I always tell students to save their syllabi," says Debra Lamm, academic advisor and College Credit Plus coordinator at Kent State University in Ohio.

**3. Grades also transfer.** Yes, your student gets the credit. But she also gets the grade. Low grades in dual enrollment classes can impact your student's college grade point average (which can be harmful if your student wants to apply to graduate school, especially in a competitive area like medicine).

**4. It can lighten the load.** In addition to cutting your student's tuition, earning college credit in high school can also take some pressure off of your student when he arrives on campus. Credits earned via dual enrollment are classes your student won't have to take in college, which can free up time to study, work, or pursue internships. "You can take the bare minimum that is required to be on financial aid, instead of what some students do, which is take 18 credits a semester," notes Lamm.



## AP or Dual Enrollment?

Students who plan to attend selective private or out-of-state institutions can still take advantage of dual enrollment programs like College Credit Plus, but they need to tread somewhat carefully. A general rule of thumb for these students is that it's better to take the AP-or-equivalent class offered at your high school than to take a dual-enrollment class, which could be perceived as taking an easier academic route.

"If you want to apply to Harvard, and you want to replace all your core classes with dual enrollment, you're not fooling anybody," notes Mandee Heller, founder of International College Counselors. "That can be a big red flag."

Still, for students who plan to continue at an in-state public university — even the most selective in their own state — dual enrollment can be a better bet than AP because the credits are guaranteed to transfer. "In order to get college credit for an AP class, the student must get a particular score on the AP test," points out Debra Lamm, College Credit Plus coordinator at Kent State University. "Typically they have to score a 3, 4, or 5, depending on the institution. But with College Credit Plus, it's a college class and they will get the credit."

**5. It can help you explore an interest or even a major.** "For example, you're a student who is really interested in music and there's a cool music class at the community college," says Heller. "Or you want to take Arabic, which your high school doesn't offer." Dual enrollment allows you to pursue those subjects. Meanwhile, dual enrollment is also a way to explore particular majors for free, while still in high school. Switching a major while already in college—which studies show happens for the majority of students—costs time and money. "Students can explore when not so much is at stake," explains Lamm.

**6. It can be more challenging.** Not all high schools are equally rigorous, and then some students are just ahead of their peers. Dual enrollment enables students who have taken what their high school offers in a particular subject to continue in that subject at the college level. "Say you are at the end of what your high school has to offer in math," says Lamm. "It makes sense to come take advantage of what a college has to offer."

Parents should take the time to read up on the rules of their state's dual enrollment program ahead of time. For example, in Ohio, students must let a high school know by April 1 that they intend to enroll in College Credit Plus. Participating Ohio institutions typically require a certain minimum score on the ACT or SAT to qualify. Students cannot be in remediation status at their high school. Other states have their own criteria. ■

**BW**  
BALDWIN  
WALLACE  
UNIVERSITY

# ASPIRE + ACHIEVE

At Baldwin Wallace, you'll experience personal and professional growth in a supportive community that challenges and inspires you to succeed.

Berea, Ohio 44017  
[www.bw.edu](http://www.bw.edu)

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.

## When You Just Don't Like Your Tween

By Dr. Matthew Rouse



Recently, a controversy erupted over a blog where a mother posted photos of herself giving the middle finger to her sleeping infant. On one side of the fracas were parents who thought the photos were hilarious and validated their own struggles with parenting. They felt that the photos cut through the predominant, sometimes bullying, perfectionist ethos in many online parenting forums by revealing a more balanced view of the realities of raising children. On the other side were parents who argued that children, especially infants, are innocents and deserve the best of us at all times.

I like this example because it captures an essential challenge that all parents face at one time or another: how to navigate the very human, very real negative emotions that dealing with kids brings up, while also providing those kids with a consistent, supportive, and encouraging environment.

This internal conflict is especially salient for parents of teens. At times, teens

can seem so determined to make us angry—so mean, so manipulative—that we may have a strong temptation to put them in their place by responding with an equally mean quip, or by letting them see our rage, or at least by giving them the middle finger behind their backs. After all, one good turn deserves another, right? The answer is yes and no, but mostly no.

It's healthy to tell teens how you feel when they say something cruel or defy you in front of their friends to look cool; doing so helps teens learn the ways their actions affect others and teaches them that it's OK to talk about difficult emotions. However, it's important to have these conversations while calm. By demonstrating your anger, you run the risk of shutting down the teen so much so that the message is lost. Also, an angry reaction could potentially increase the teen's bad behavior in the future if your explosiveness somehow feels rewarding to the teen. It could also teach that this is an appropriate way

to handle anger.

So does this mean that as long as your teen can't see your anger, it's okay to give the finger or think to yourself, "That little (expletive)"? The issue here is that, by thinking these thoughts or performing the gesture, you may be subtly altering the way you think about your teen. While it probably isn't a big deal to indulge in these responses occasionally—after all, humor is a great way of coping with frustration—repeatedly thinking about your child in a negative way could have an impact on your parenting. It may be harder to find empathy for the teen when it's needed, or it may make it easier for you to attribute certain behaviors to willfulness, when the teen is likely doing their best. Not to mention the possibility of your teen accidentally getting a peek at one of those intended-to-be-hidden middle fingers...

So how can a parent control responses that feel automatic? The first way is to remember what you've taught your child about handling anger and fol-

low suit. Strategies like walking away, counting to 10, and taking deep breaths work just as well in the kitchen as they do on the playground. Try to remind yourself that you're teaching your teen how to deal with strong emotions through your own actions.

The second way can be a little more challenging because it involves recognizing and changing thoughts. When you're in a calm mood, generate some "coping thoughts" you can draw on to balance out the negative thoughts about your child. This could mean things like, "She must be really hurting to say these things," or, "I've kept my cool in far worse situations—I can do it now." Write these thoughts down on a notecard or in your phone, and read them from time to time. Preparation and practice will make it more likely that you'll be able to access the thoughts when you need them. ■

*Matthew Rouse, PhD, MSW, is a clinical psychologist with the Child Mind Institute in New York City.*



## Glee's Dot-Marie Jones

Do you have one of those teenagers who's watched *Glee* all the way through about five times? We sure do, so we were thrilled when we got the opportunity to interview actor Dot-Marie Jones — who played Coach Shannon Beiste on the show — her spouse, Bridgett, and their 15-year-old daughter, Savannah.

### What has it been like blending your two families?

**Dot:** It's been amazing. I went from having two cats and an apartment to having two cats, two pigs, three daughters, a wife, and a house.

Our oldest is now in college and she's a dean's list kid. She's doing fantastic. Savannah is with us full time, and she's 15 and probably the funniest kid I've met in my life. We also have a 12-year-old.

### What's worked for you as you've parented your teens?

**Bridgett:** All children are different. You can't parent one the way you parent the other. My oldest has always been very independent. Savannah, who I call my

mini-me, is more like I was as a teenager. We try to keep an open conversation in our home. About everything. We don't sit down and say, "Here's what happens when someone offers you alcohol or drugs." We're having a constant conversation.

**Dot:** What I love is that Red—I call Savannah Red and she calls me Curls — asks questions. She's not afraid to ask questions about anything.

### Dot, you'll be speaking at a high school in southern Illinois later this month. Tell us about that.

**Dot:** One of my first friends in Los Angeles recently moved back to Southern Illinois where she's from. She

asked if I would come speak to the kids about bullying. *Glee* has opened up a lot of avenues to talk to people, whether it's about bullying or domestic violence. It's amazing that I get to do it, but also unfortunate that I have to do it.

### You've had such an interesting career. Actor, a champion shot-putter, and a world-champion arm wrestler. What's it like?

**Dot:** I always used to get picked on because I was so big. I went from 5'6" to 6'1" in the 8th grade. I grew like seven inches in six months. In fact, I grew so fast that I fractured my back. When I was doing the show *Lizzy Maguire*, I'd go around and speak to kids and I'd

say, “You know what, I was given this body for a reason. We all are. And it’s up to us to figure out what to do with it.” People can say what they want, but if it wasn’t for how I was built, I wouldn’t have won 15 arm wrestling championships. I would not have gone to the Olympic trials in 1988 and 1992 for shot put. And I certainly would not have been Coach Beiste.

#### You must have many teenagers come up to you to talk about *Glee*.

**Dot:** Yes, but not just kids. Recently, a 90-year-old usher at a baseball game came up to me and told me he loved what I was doing. I’ve had grandparents tell me they watch it with their grandkids. I’m very proud to be a part of the show. It’s made such a difference.

#### Where’d you grow up?

**Dot:** Hilmar, California. Now it’s about 5,000 people, but when I grew up it was 1,500 people. You’d drive to the grocery store and leave your keys in the car. I

got bullied by the kids who thought they were cool.

It can be hard for teenagers growing up in small towns, when they stand out because they are different in some way.

**Bridgett:** Well, take Savannah. We’re from small-town Georgia. And now we’re living in Los Angeles, and she has seen a different world. I love that. We have all kinds of friends. Our friends are very diverse, and I’m glad her world has been opened up to that.

#### Savannah, what do you like about where you’re growing up?

**Savannah:** I love it. I’m taking theater classes, which weren’t offered at my old school in Georgia. I get to do plays and my moms are really supportive of that.

#### Bridgett, you sent a beautiful tweet the other day: “That feeling of the wind being knocked out of you. Yeah, I’ve got that.” What was that referring to?

**Bridgett:** That was about my oldest daughter, who is going to Amsterdam.

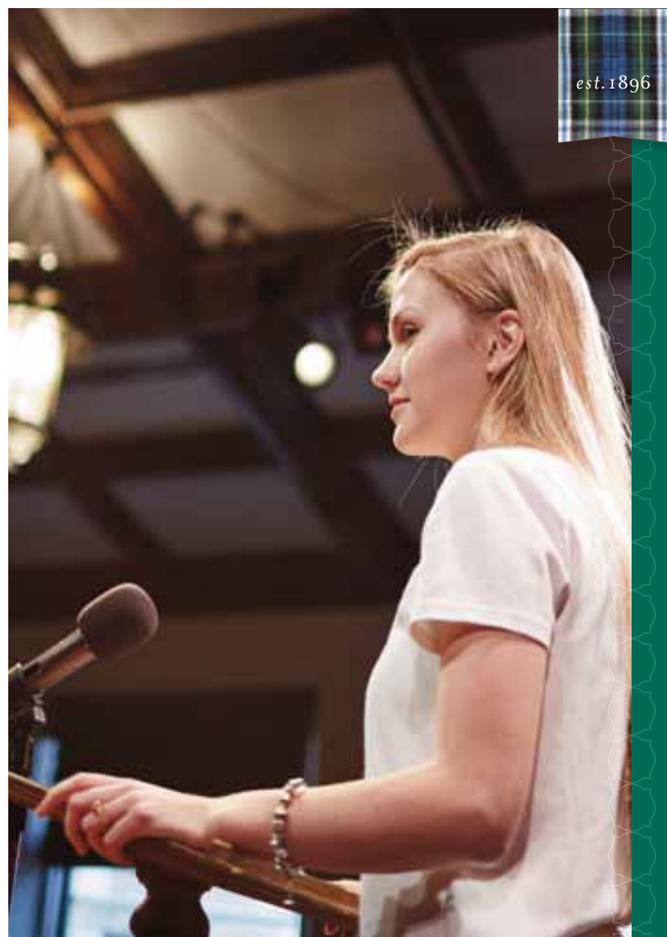
I’m so proud of her, but at the same time, I’m sad because she doesn’t need me. Well, she’ll always need me, but she doesn’t need me, need me right now, if you know what I mean. She’s the kind of child who makes her decision and then she tells you her decision. I’m happy she’s independent, but it’s so far away. You just worry as a parent.

#### I have to ask about the pigs.

**Savannah:** I would look at pictures of those little bitty pigs—like the tea-cups—online. I always thought they were so cute. For years, I thought they were cute and so one day I said, “Hey Curls, can I get a pig?” And a day later, I had a pig.

**Bridgett:** They’re adorable, but it’s like having a toddler all over again.

—Interview by Diana Simeon



## Laurel girls today. Leaders tomorrow.

At Laurel, girls are leaders in the classroom, on the field and on the stage. Through a demanding academic curriculum informed by our Center for Research on Girls, our unparalleled public-speaking coursework and our beyond-the-classroom experiences, girls at Laurel lead everyday. In fact, the majority of our college-age alumnae say they were better prepared for leadership and public-speaking opportunities than their college peers.

**Come visit us to see how Laurel girls lead.**

# LAUREL

Dream. Dare. Do.

Girls Kindergarten–Grade 12  
and Coed Pre-Primary

**LaurelSchool.org**  
216.464.0946

**LYMAN CAMPUS**  
One Lyman Circle,  
Shaker Heights, Ohio

**BUTLER CAMPUS**  
7420 Fairmount Road,  
Russell Township, Ohio

**All-School Open House**  
Sunday, October 25  
1:00–3:00 pm

**Middle School Preview**  
Thursday, November 19  
8:45–11:00 am

Call 216.464.0946 to schedule a tour or visit [LaurelSchool.org](http://LaurelSchool.org)

# Digital Busy Signals

Remember when you solved your problems without calling your mom? Yeah, our teenagers can do that too.

By Audrey Mann Cronin

**Y**our middle-schooler sends you a frantic text saying that she forgot her math homework. She thinks it's somewhere in her room. She begs you ("PLZ!") to bring it to school immediately, as she has math next period!

Ugh. What to do?

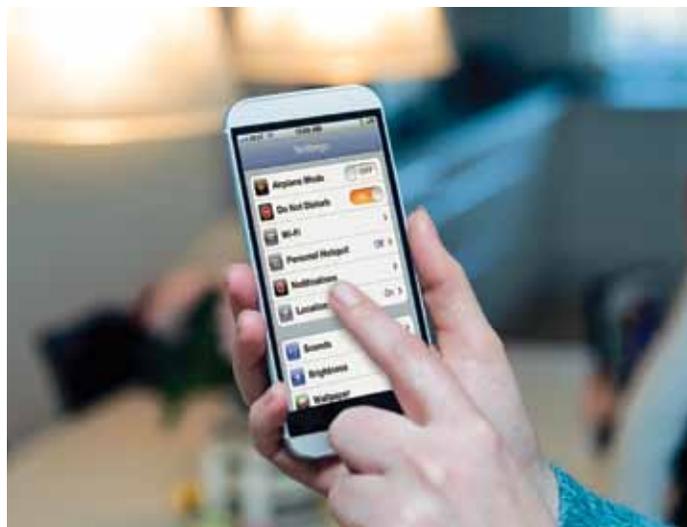
We all love hearing from our adolescents. And, knowing that they have text-enabled phones alleviates anxiety for everyone. But unless it's time-sensitive or a real emergency, do we need to return their texts instantly? Perhaps we don't have to drop everything for their every whim and immediate satisfaction and can occasionally give them the virtual busy signal.

Remember the good old days of corded phones and busy signals? If we needed to reach our parents, we could, but it took some effort and we often had to wait it out. Today, however, technology tethers us to our teenagers 24/7, offering instant gratification to questions big and small. The problem, though, is it arguably holds us back from giving our teenagers the opportunities they need to act autonomously.

So, how can we help build those muscles of resilience and decision-making? And, should we hold back on texting them instantly with our advice?

"It is not only important but necessary," says psychologist Dr. Barbara Greenberg, co-author of *Teenage as a Second Language*. "Children learn as much from their mistakes as from their successes. Texting parents for advice as a default is generally not a self-esteem booster."

So what is a parent to do when they get a sprinkling—or an avalanche—of texts from their kids every day?



For starters, don't initiate texts during the school day, unless necessary, recommends Greenberg. "Your kids need time away from you both digitally and physically in order to develop a sense of autonomy, healthy separation, and a chance to solve problems on their own."

Second, if you receive a text, measure the urgency before you respond. If the text isn't an emergency, give it a little time. Five minutes at first, and a little longer each time.

It's hard to let go, but phone settings can ease the transition. Turn off "notifications" for a few hours, or use the automated responses many smartphones offer and respond with, "Sorry, I can't talk right now," or, "Can I call you later?"

Give teenagers a window to figure out how to handle the situation without your input. See how they do, and use mistakes as teachable moments. As in the days of collect calls when our parents decided whether they were "willing to accept the charges," we can also be in control of how accessible we are.

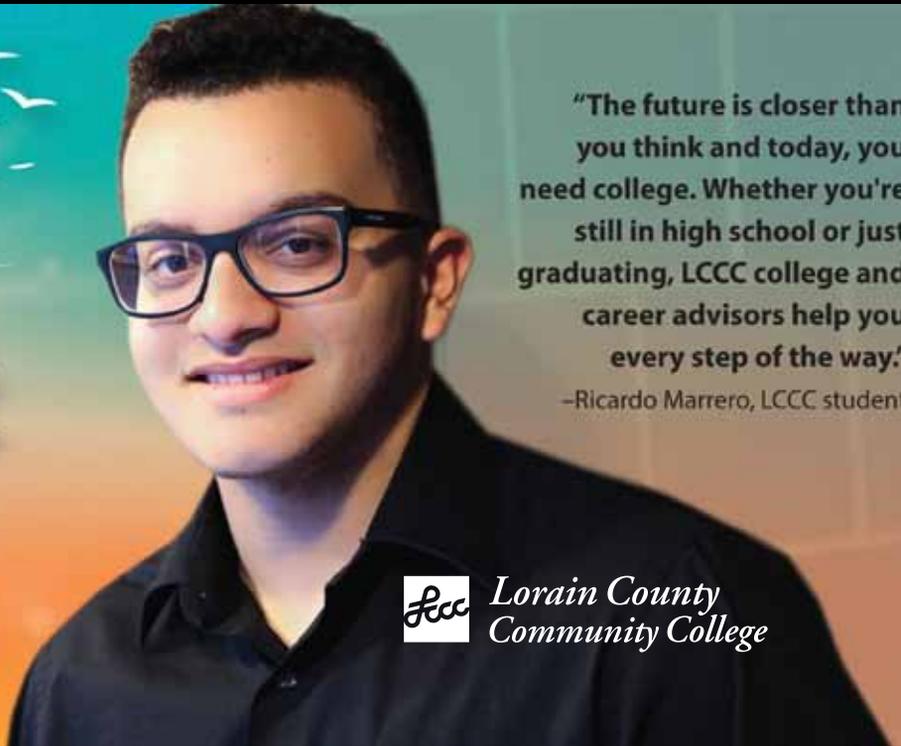
"This generation risks relying too much on their parents," says Doris Mann, a former middle school teacher who happens to be my own mother. "The ability to make decisions puts a child on the road to maturity—to becoming a responsible, confident adult. It's about trusting instincts and having faith in yourself."

Then she shared a favorite quote from author Denis Waitley: "The greatest gifts you can give your children are the roots of responsibility and the wings of independence." ■

*Audrey Mann Cronin is founder of Our Digital Daughters. Follow her on Twitter @MannCronin.*

**Your Best Value in Higher Education.**

Real  
EDUCATION  
for your  
FUTURE  
ENROLL NOW



"The future is closer than you think and today, you need college. Whether you're still in high school or just graduating, LCCC college and career advisors help you every step of the way."

—Ricardo Marrero, LCCC student

 *Lorain County  
Community College*

**www.lorainccc.edu • (800) 995-5222**



**ROCK ENROLL  
THEN ROCK AND ROLL!**

**PLAY IN A BAND, BUILD CONFIDENCE, HAVE FUN**

**SCHOOL  
of ROCK  
CLEVELAND**

**HIGHLAND HEIGHTS | 440-684-7625**

**ROCKY RIVER | 440-333-7625**

**STRONGSVILLE | 440-572-7655**

**VOCALS, GUITAR,  
BASS, DRUMS, KEYS  
SCHOOLOFFROCK.COM**

# Why is Daddy Naked?

How to recover from—and deal with—your kids walking in on you in an intimate moment.

By Rebecca Meiser

**L**aura Cohen (not her real name) clearly remembers the first time her daughter caught her in an intimate moment with her husband. The two were lying together in bed when she heard tiny footsteps at the door, then saw the blond head of her then 6-year-old daughter peeking in the room.

“Why is daddy naked?” her daughter asked curiously.

“Because it’s hot outside,” Laura said, doing her best to rearrange the sheets around her and her husband. “Go to bed.”

Luckily, Laura’s daughter found this explanation entirely reasonable, but Laura dreads the thought of this same situation occurring with her teenage kids. Which is why, since that night, she makes sure to triple check the bedroom locks.

For couples who want to keep having sex in the 18 interim years before their kids go off to college, this is a good practice to get into. “At the very top of the list of things that inhibit sexual desire is a fear of getting caught by the kids,” says Wes Crenshaw, a Lawrence, Kansas-based family and child psychologist who holds certificates in both sex therapy and sex education. “The best thing to do to prevent this type of situation from happening is to sit your children down from an early age and talk about privacy and boundaries. It is not inap-

propriate to expect your kids to knock on your door—and get permission—before entering.”

It is also good for children to understand that parents need alone time together.

But you can’t plan for everything. And sometimes even the best-laid romantic plans of parents go astray—like when a teen unexpectedly comes home early from a sleepover, to see his parents entwined, half naked on the couch.

Though your first response as a parent to this situation might be to spew out a slew of half-baked explanations—“We were practicing a new form of yoga!”—the best thing to do in this type of situation, Crenshaw says, is to “pause, listen, understand, and stay sex positive.”

“I advise parents to take a deep breath, acknowledge the discomfort, then take their best shot. Tell your teen that sex is a great part of you and your husband’s relationship, that you enjoy each other’s company, and that you hope that one day he, too, will have this sort of emotional and physical relationship with a partner,” Crenshaw says.

(This response works, too, if a teen walks in on a divorced parent and a date.)

The most important thing is to stay calm, and to not yell at your child. “The more we treat sex like it’s an illicit, dirty

thing, the more it will drive kids toward perverse acts later,” Crenshaw says.

It’s okay, though, to ask for privacy—and to suggest that you talk again in the morning, says Crenshaw.

Just don’t expect that your teen will want to rehash all the details of the night over coffee and eggs. “Your kid may have difficulty tolerating the conversation. Just as it’s embarrassing for you, it’s also embarrassing for your kid,” says Kristin Carothers, a clinical psychologist at The Child Mind Institute in New York. “A lot of teens will want to try and get the scene out of their minds as quickly as possible.”

Pushing them to talk about their feelings, then, generally will not go well. Carothers advises saying something like, “I wanted to check in with you, and see if you were okay. I know last night might have been weird for you, but if you don’t want to talk about it, I understand.”

The good news, says Carothers, is that these sort of unplanned-for incidents don’t tend to have long-lasting effects on your teens.

“There may be some discomfort and embarrassment for a while, but once everyone establishes that what happened was a natural part of life, things will move forward,” she says. “Your kids will be OK.” ■





# AOA...where students learn to think *creatively*



Andrews Osborne  
ACADEMY

- Co-ed
- College Preparatory
- Grades Pre-K – 12
- Full & Half Day Kindergarten
- Before and After Care
- Small Class Sizes

## OPEN HOUSE

Sunday, October 25  
Sunday, February 21  
1 to 3 pm

38588 Mentor Ave. | Willoughby, OH 44094  
440-942-3600 | [www.andrewsosborne.org](http://www.andrewsosborne.org)

### No need for alarm with 'round- the-clock care.



Once you visit  
The Weils, we know  
you're going to like  
what you see. Once  
you move in – you're  
going to love your  
new home!

Schedule a tour today.  
Call **440.996.0504**.

## The Weils

A Montefiore Senior Community

Assisted Living • Memory Care • Rehabilitation Pavilion  
Long-Term Care • Outpatient Therapy

*A place that feels like home.*

16695 Chillicothe Road (Rt. 306), Chagrin Falls, OH 44023  
Just north of E. Washington Street

440.543.4221 | [asimon@theweils.org](mailto:asimon@theweils.org)  
[theweils.org](http://theweils.org)

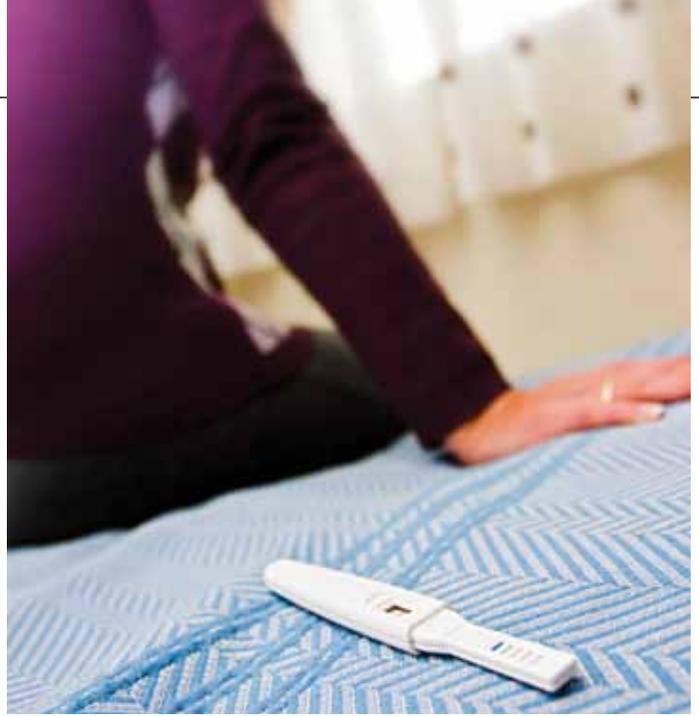
96.5% TOP RATING  
RESIDENT SATISFACTION  
Ohio Department of  
Aging



PLANTSCAPING  
BLOOMS

216.367.1200

[WWW.PLANTSCAPING.COM](http://WWW.PLANTSCAPING.COM)



# "I'm Pregnant."

By K. L. Romo

"I'm pregnant." The two words parents of teenage girls are petrified of hearing. The two words that make your mind travel in a thousand different directions, considering everything they will mean to your daughter's life. To your lives.

For parents who haven't been on the receiving end of those words before, they might just seem like the end of the world. Is your daughter's life over before it's even really begun? How will she finish high school? How will she go to college? How will she live a normal teenage life?

I know what it's like—I've been there.

My daughter Amy was like a lot of other teenage girls—full of confusion, anger, and rebellion. We'd gone through multiple struggles with her: Amy declaring that she wanted to die, wanting to date a boy in a gang and wearing all green in the process, wearing black make-up in her Goth phase, and wearing heavy make-up in her Spanish-accented Chicana phase. We'd gotten through it all, not unscathed, but through it.

But how were we going to get through this? This wasn't a phase that would just pass.

This was real.

Amy was already four months along when I found out from my best friend. It hurt to realize Amy didn't feel close enough to tell me herself. And I was terrified to tell Amy's father, Drew—to speak the words that I knew would change his life forever. All of our lives. As many fathers would be, he was livid.

"She can't stay here! She's not a good example for her sisters and brother. She has to move out. Now!"

I was devastated. How could my almost-normal life spiral into such devastation in only 12 hours? I already felt like I'd lost my little girl, and now my husband too? What had I done to deserve this?

Nothing, I later realized.

Eventually Drew came to his senses. We were all in this together, and we would decide how to handle it together.

As Catholics, none of us believed in abortion, and I'm eternally grateful that we didn't have to consider that option. Maybe Drew and I could raise the child as our own. But what about adoption? Perhaps some other loving couple could have their dream fulfilled.

But Amy wouldn't hear of it. She and her boyfriend, Pablo, would keep the baby.

So now what?

"You have to quit school and get a job," we told her. This was our sincere belief. Her education wasn't the most important thing in her life anymore; it was the baby, and she would have to provide for it.

But Amy also wouldn't consider dropping out of school and, in hindsight, I have to give her credit for her courage—attending school as a pregnant teen, regardless of what others thought of her.

As the months passed, our family grew more comfortable with our situation; we were excited about the upcoming birth. Although at 36, I was way too young to be a grandmother, I tried to welcome my new role with grace—even with three teenagers and a 2-year-old of my own.

And then, two days after Amy's 17th birthday, she realized she hadn't felt the baby move in quite a while. I was sure everything was fine—after all, sometimes babies moved as if they were competitive gymnasts, and sometimes they were still. The doctor sent us to the hospi-

tal, just to be sure.

The hospital staff wasted no time in conducting their exam. The nurse couldn't find a heartbeat, so a young resident wheeled in the largest, most powerful sonogram I'd ever seen. But there was no sign of life—he only found a tiny heart that was no longer beating.

We quickly realized that there was, in fact, something that replaced teen pregnancy as the most difficult thing our family had been through—the death of a child.

The baby was gone. My young daughter's first glimpse of motherhood was the grief of heartbreaking loss.

The tragedy of her baby's death brought our family closer. My daughter needed me in a way she never had before, to help her get through the suffering of losing a child. She needed all of us, even the sister she could never seem to get along with. And the baby's death taught us the most important lesson we would ever learn: As long as everyone is alive, we can deal with anything. ■

*Writer K.L. Romo is the imperfect parent of five imperfect kids. Visit her at [www.klromo.com](http://www.klromo.com).*

# Tweens and the New Rules of Parenting



**October 28, 2015**

**University School Shaker Campus**

20701 Brantley Road  
Shaker Heights, Ohio 44122

**Parent Expo: 6:30p.m.,**

**Program: 7:00p.m.**

**Entrance Fee: \$10/family.**

*Fee waived for families of sponsoring schools  
(listed at bottom).*

## The tween years can be tough.

And many parents, perhaps remembering their own experiences, just want to put their heads down and hope it's over soon. However, kids can thrive, if parents change up how they approach these years.

Join us to learn the reasons why our tweens behave the way they do and what we can do to improve the outcome.

### Panel of Experts:



**Deborah Paris, Ph.D.,**

is a child psychoanalyst and psychotherapist, has worked with schools and families for over 30 years.



**Sara Stephenson**

is the Director of Enrollment Management at University School, and has been head of a K-8 school, a middle school director, and a middle school science teacher.



**Ellen Rome, M.D., M.P.H.**

serves as Head of the Center for Adolescent Medicine at Cleveland Clinic Children's Hospital.



**Todd Meany, Moderator**

is an anchor on Fox 8 Cleveland.

**Register now at: [yourteenmag.com/middle-school-event](http://yourteenmag.com/middle-school-event)**

SCHOOL SPONSORS:



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

# Buh-Bye Laundry

By Stephanie Schaeffer Silverman

If I had to sum up my life with kids, I think it would be divided into two categories: laundry and chauffeuring.

Years ago, one of my neighbors whose kids were a bit older would say she was “making circles” around the neighborhood for two hours each day. I didn’t understand what she meant.

Ah, the good ‘ol days.

The years are a blur of piles of laundry in the mudroom, and me stumbling over them on my many trips to the garage for the next “circle.” Three kids, six sports—you do the math.

That was my vicious cycle, literally and figuratively, until about a month ago, when the new washing machine suddenly stopped working.

Yep, one month. If you have kids, you may be wondering what this could possibly look like.

Before you feel bad for me, before you wonder how I have survived this, let me set the record straight.

Best. Month. Of. My. Life.



No more running the washing machine daily. No more “Let me put this on for 10 minutes and now it is dirty” items in the basket. No more laundry piles in the mudroom for me to trip over as I run back to the third practice of the afternoon. Laundry has become a weekend-only activity, done at my neighbor’s house. When the weekend’s over, buh-bye laundry, see you next weekend.

Who has been keeping this approach a secret and why? How was this not in the mom’s manual for keeping your sanity while raising kids?

My friend has titled her as-yet-to-be-written autobiography, *My Life in Laundry: The Drowsy Chaperone*. Sad but true. I am here to say that we moms need to stick together and get together a new book list. Bring. It. On.

Here are a few prospective titles, and their respective genres, that I’d eagerly snap up:

Gender Studies: *Manhandling the Laundry, A Woman’s Viewpoint*

Self Help: *Laundry: Back Off; You Don’t Own Me*

Social Philosophy: *If You Like Laundry Twice as Much As I Do, You Still Don’t Like It*

Business: *Who Moved My Laundry Basket?*

Graphic Novel: *L for Laundry*

Religion and Spirituality: *What Would Jesus Say [About My Laundry]?*

Memoir: *Eat. Pray. Launder.*

Romance: *The Fault in Our Laundry*

Who wouldn’t devour these titles, eagerly searching for a solution?

We can do this. We can reinvent the laundry on our own terms. Not every (wo)man for himself—but a collective effort to own it. A movement, like a wave making its way through a baseball stadium. A baseball stadium that has its laundry done only on weekends.

Next on my list—a non-working dishwasher. Anyone know how to break one? Message me, now. ■

maltz museum of jewish heritage

# STOP THE HATE<sup>®</sup>

youthspeakout

Opportunities to make positive change in the world present themselves every day. *Youth Speak Out* celebrates Northeast Ohio students who seize those opportunities and commit to making a difference. By reflecting on a real-life situation and detailing ways to create a more accepting, inclusive community, this next generation of leaders **can win big**.

## \$100,000

in scholarships, awards and anti-bias education grants is available to 6-12th graders in Ashtabula, Cuyahoga, Geauga, Lake, Lorain, Mahoning, Medina, Portage, Stark, Summit, Trumbull and Wayne counties.

- **Grades 6-10**  
ESSAYS DUE DEC. 4, 2015, 11:59pm
- **Grades 11 & 12**  
ESSAYS DUE JAN. 22, 2016, 11:59pm

## ENTER NOW!

Complete rules & inspiration can be found at [maltzmuseum.org/stop-the-hate](http://maltzmuseum.org/stop-the-hate)



Generously supported by:  Cleveland Clinic



