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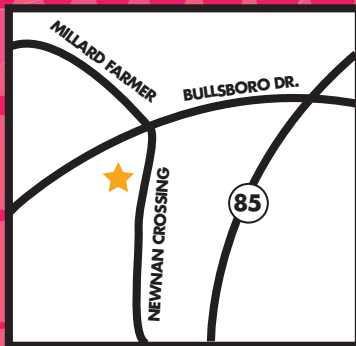
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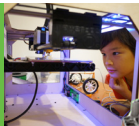
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Parenting Teens Without the Blow Horn

Many parents feel overwhelmed by the task of raising their teenagers. Their loving child seems to have been replaced by a moody, disinterested and withdrawn teenager, who is more difficult than parents might have realized. Teenagers are less interested in being a part of family as they struggle to identify themselves outside of it. Frustrated parents pull out all the tools just shy of blow horns to parent to their teen, but there are things to remember to possibly make the process easier.

Teenagers seem to know exactly which buttons to push to get the best reaction from you, their parents. By that age, they know how you work and how to set you off. Despite this, you must always remain their loving parents. This doesn't mean you bow to their every whim in an

attempt to placate them and restore peace to the household. It means maintaining boundaries and consequences for their actions. Though they look more like adults as time goes on, they are still adolescents and need to be guided by a loving, and firm, hand. With teenagers, what used to seem black and white becomes a spectrum of grey. Their behavior has become erratic and you feel like yours has too. Mood swings are just part of this for teenagers, something you must not emulate. Resist the impulse to just react to your teen; you need to stay consistent as a parent. While everything around them seems to be changing, they need some stability in their lives, and that stability should be you.

Your teenager will be going through a lot of personal changes. Most teenagers like to

try on different personas, new fashions and even new friends. They are especially sensitive to criticism during these times, so it is important to be supportive and accepting. However, if something seems amiss with your teen, trust your instincts. If you don't like their new friends or if their behaviors have swerved down a negative path, be prepared to step in. But most teenagers' experiments in self-discovery are harmless. Be supportive during this time of change and they will be more inclined to trust you and let you in.

As a parent, you need to be the most trustworthy part of your teenager's life. Though your teen won't always turn to you, knowing that they can and that you'll always be there offers them a safety net should they need one. Stay the same loving parent of their childhood. Be accepting, supportive and, above all, consistent. They might not thank you now, but someday they will when you've both made it through the confusing and painful teenage years.



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Parenting Mobile Teens

A study from the Pew Research Center revealed that 88% of teens use the Internet on a daily basis, 56% get online several times a day, and 24% of the teens studied are “constantly” on the Internet. The same study also revealed that most of the 13 to 17-year-olds spend much of their time on social media sites such as Facebook, Instagram, and Snapchat. What is worse is that less than 12% spend time on knowledge related or e-learning platforms. Finally, 76% of the teens use smartphones to stay connected, hence the term “mobile teens”.

In other words, the usual complaint of parents that their

children don't pay attention to food at the dinner table or during other occasions isn't entirely wrong. Humans are social beings who've been programmed by evolution to interact with about 150 people at most (refer to Dunbar's number). However, when most of those 150 individuals exist on a virtual platform, the stability of offline relationships takes a hit. Parents are usually the first victims of this phenomena.

So, what can parents do to tackle this situation where they can't connect with their kids on a human level, while their kids connect to the outside world on a virtual one? The answer?

Whatever it takes. That phrase typically has a negative connotation to it, but in this case, necessity overrides any misgivings the phrase might project.

Firstly, approach Internet usage at home as you might approach video game usage. This is because the Internet is addictive. It's called Internet Addiction Disorder. It is a problem not just for teens, but for many adults as well. If you want your kids to lower their usage, learn to lower your Internet usage as well. Remember that you can't try to be authoritative with a teenager if you haven't shown self-control yourself. Lead by example, not by force. Also, reducing usage is a more practical goal than completely abstaining from Internet usage.

Next, maintain a vigil on whether there is an addiction developing in your child. There are apps that can help you do that as well, such as the ones that can help you limit Internet usage at certain times. Internet addiction is easily curable if detected early. In their paper titled, "Internet Addiction: A brief summary of research and practice", researchers stated that early intervention was the most effective way to curb this addiction.

Once you establish a vigilance system, set ground rules for certain times of the day and for certain events. For example, ensure that mobile usage is banned at the dinner table, and at other family gatherings. Also, ensure that Wi-Fi goes offline after 8 pm or a time you find suitable.

A more subtle way to reduce usage is to encourage outdoor activities like camping, hiking, and sports. The average media usage of a teen in the US is 9 hours and much of that time is spent on the Internet (as reported by Common Sense Media). This is almost the entire time that teens spend awake outside of school. So, any outdoors activity that will help bring that number down would be a good start.

Next, incentivize non-usage. Kids will generally come up with requirements that need to be fulfilled. So, don't give your kids credit cards, give them debit cards instead. Maintain a low balance so that every time they need to buy something, they'd need to negotiate. Not only does this ensure that they only come to you with genuine requests, but it also ensures that you can negotiate multiple "one-time"

Internet usage deals with them. Encourage them and become involved in helping anytime they talk about doing something academic, artistic, or outdoorsy.

Finally, talk to your kids. Instead of lecturing them, listen and discuss. While teens are known to become defensive when confronted at home, they're generally at ease in other settings. So, ask them if they'd like to join you for a smoothie or coffee near their school or after practice. Let them know that if their friends want to join in, that would be fine too. This often puts them at ease, because not only do they get to be in a fun and

comfortable setting, they're also less defensive.

In the end, be determined to help in anyway you can. Existing research is scary at times for a parent, but the way to handle it is not to tell your kids about statistical data. Instead, handle it by re-establishing a human connection with your mobile teen. Set the rules, encourage outdoor activities, and be friendly but remain a parent, so that your kid can develop into a multi-faceted adult.



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5 Benefits Your Teen Will Get from a Summer Job

by beconrad

As the warm days of summer approach, the teenager in your home is probably counting down to the end of school and making plans for the long vacation to come. If those plans do not include a summer job, you might want to nudge your son or daughter in that direction. Whether they work at McDonald's, go door to door mowing lawns and build websites, your teen can derive a lifetime of benefits from a summer job.

Here are just a few of the benefits of summer employment for teens.

#1 -- Learning Life Lessons
Your teen will be entering the workforce sooner or later anyway. The earlier he or she learns important life lessons the better. A summer job is

the perfect venue for learning valuable life lessons and developing positive work skills.

From the importance of showing up on time and being reliable to the value of hard work, the lessons your teen learns this summer can last a lifetime. Odds are your teen worker will also make a few mistakes along the way – and learn from them. Making mistakes now, when the stakes are much lower, is excellent preparation for the real world.

#2 -- Building Skills for the Future

Employers want skilled workers, people who understand the demands of the modern workplace and are ready to meet them. A summer job, not matter what the actual duties, can teach

those lessons and build those skills.

You may not think that flipping burgers or serving snacks at the ballpark will yield valuable skills, but that is not the case. Those jobs require people skills and the ability to interact with coworkers, bosses and the public – all skills that traditional employers are looking for.

#3 -- Creating a Work History

When your teen graduates from high school, employers will be looking for experience and a work history. Even the most menial summer job can provide that work history and boost that first resume.

Waiting until after high school or college to build a work history can be a big mistake. A few summer jobs along the way can demonstrate responsibility and give would-be employers the comfort level they need to hire the graduate.

#4 – Building Self-Confidence

Parents constantly worry about the self-esteem and mental well being of their children. A summer job is a great way to build self-confidence. Your teen may think that certain tasks and job duties are beyond them, but they will quickly learn that they can do it and do it well.

The self-confidence the teen learns through summer employment can carry on through their lifetime and serve them well during their career. Retail and fast food jobs can be particularly good at building self-confidence. Dealing with the public can be difficult, but those public-facing tasks can really build self-confidence over time.

#5 – Improving Time Management Skills

If your teen plans to go on to college, time management skills will be critical for success. Holding down a summer job and working around other activities is a great way to learn time management skills.

The time management skills teens learn through their summer jobs will serve them well throughout their scholastic careers. They may be more focused in the classroom, get better grades and be more confident in their abilities.

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Registration available online and by walk-up. For times and locations, go to www.lazers.soccer.

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Skill Development Camps for field players and goalkeepers born from 1999 through 2010. Specific times by age group available on the website.

Field Player Camps:

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Summer Session 2: July 24th-27th & July 29th. Deadline: Thursday, July 20th.

Summer Session 3: August 14th-17th & 19th. Deadline: Thursday, August 10th.

Goalkeeper Camp: July 17th – 20th. Deadline: Friday, July 14th



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TOTO



July 15

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June Events

Summer Sunset Music Series

Enjoy sweet sounds of Summer with live music from a variety of bands throughout the Summer, on Robin Lake Beach. Stop by the Beach Pavilion and Beach Bar for great food and drinks all night long.

6/3/17 Brandon Holden
6/10/17 Aces and 8's
6/17/17 Wicked Dixie
6/24/17 River Dan

Admission for day and overnight guests as well as Annual Passholders, and up to five guests in the same vehicle, is free. Other than Special Events dates (shown with **), after 5 p.m. admission is only \$10 per person. Bring a chair or blanket to enjoy the show.

Peachtree City Farmer's Market

Wednesday & Saturdays 9 PM - 1 PM

Visit the Peachtree City Farmer's Market at the Aberdeen Village Shopping Center on Wednesday and Saturdays from 9:00 - 1:00. We have more than 40 farmers and artisans that come out each week offering the freshest produce, homemade breads, jams, jellies, local honey, grass fed meats, goat cheese and so much more. Aberdeen Village Shopping Center (in front of Partners Pizza), Peachtree City.

404-401-4636 or

www.ptcfarmersmarket.org

Summer NewnaNIGHTS!

Join us for Summer NewnaNights

Main Street Newnan is proud to announce that we will be hosting a weekly summer event series in Downtown Newnan during the months of June and July (6/22/17- 7/13/17). The Summer NewnaNights will take place on Thursdays from 6:00pm- 8:00pm, and will feature family friendly music and entertainment! Each event will take place on South Court Square, where streets will be closed and used to stage entertainment and host crowds. South Court Square will also be filled with various festivities, games, rides, and vendor booths/ sponsor booths. Downtown businesses will stay open late during the Summer NewnaNIGHTS, and feature.

www.mainstreetnewnan.com

Robin Hood at Serenbe Playhouse A New Adaptation by Rachel Teagle

June 2 – August 13

No tale could be more suited for REBELLION than that of Robin Hood, the story of a renegade knight who abandons his life of comfort for that of an outlaw. But Robin Hood's defection is not in the name of recklessness — he's a man of the people who steals from the rich and gives to the poor. Alongside his band of Merry Men, our hero also chases romance with the lovely Maid Marian. In this new adaptation by Serenbe collaborator Rachel Teagle and under the direction of Broadway's Paul McGill, characters will fly through Serenbe's magnificent forest on a zip line, redistributing wealth as they go!

10496 Serenbe Lane, Chattahoochee Hills

www.serenbeplayhouse.com

JOHN MICHAEL MONTGOMERY Southern Ground Amphitheater

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Summer Track Classic Series

Wednesday evenings on June 7, 14, 21, 28.

Join us for this traditional favorite – a low-key, all-fun event at Riley Field adjacent to PTC Elementary School. Registration starts at 6 PM with the first event at 6:30. As always, we need volunteers each week. This is a great way to get in your three volunteer requirements for the 1000 Mile Jacket!!

www.ptcrc.com

Summer Wined-up in Downtown Newnan

June 9 5 PM – 9 PM

The Summer Wined-Up is our downtown wine-tasting event, and takes place each year during the month of June. Individual tastings occur at a different downtown business, where guests should expect to perform a "wine walk" that moves through over 25 host locations.

www.mainstreetnewnan.com

Balloons Over Fayette

June 11 3 PM – 10 PM

Festival includes kidz zone, live entertainment, and food vendors (outside food or drink prohibited). Balloons will be inflated at 5:00 p.m. (weather dependent)

Balloon glow – 9:00 p.m. (weather dependent)

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www.fayettecountyga.gov

16th Annual TASTE OF FAYETTE

(Please note that date has changed from May 21 due to inclement weather to June 11)

Sunday, June 11 - Noon - 4:00 p.m.

Located at Stonewall Village in downtown Fayetteville

Don't miss this popular event showcasing Fayette's finest restaurants! Sample up a taste from 50 cents to \$3.00 while enjoying live entertainment on the stage. Learn about other local businesses and enjoy our Kids Corner with face painting, rides and much more! Call 770-719-4173 for more information

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LEGOs at Peachtree City Library

Jun 11 2 PM - 4 PM

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Peachtree City Public Library

201 Willowbend Rd. Peachtree City

770-631-2520

June Events

Movie Mondays: Pete's Dragon

June 12th 6pm (Movie Starts 8:55)
SUMMER 2017

Join The Avenue Peachtree City on select Mondays for fun and movies under the stars! Fun begins at 6 pm, movies begin at sundown. Bounce House, Face Painting, Popcorn & Giveaways
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Shakespeare 4 Kids at Carnegie Library

Jun 15 10 AM - 11 AM

Shakespeare 4 Kids presents Shrew!

Carnegie Library

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Call 770-683-1347 to reserve your space.

Cooking with Chef Carlin (Ages 10-15) May 19 & Peachtree City Library

June 16

Participants will learn simple cooking skills while preparing macaroni and cheese. We'll make macaroni and cheese then build it to personal specifications using a variety of toppings. Participants will grate cheese for macaroni, dice tomatoes, dice green onions, shred chicken, chop fresh herbs, crumble bacon, and blanch broccoli florets. Chef Carlin Breinig is a Certified Personal Chef and a member of the International Association of Culinary Professionals. Chef Carlin is a teaching chef at the Cook's Warehouse in Atlanta as well as a product specialist for KitchenAid. She has presented several cooking classes and demonstrations at libraries throughout the state of Georgia. Program should last approximately 1 1/2 to 2 hours.

Register: www.eventbrite.com/o/peachtree-city-library-7869023261

Anti-Bullying Summit

June 21-22

The 7th National Anti-Bullying Summit will be hosted by Auburn University and will include topics such as cyberbullying intervention, anti-bullying programs, research, restorative justice approaches, resources, and school climate. The summit provides an excellent opportunity to share information and network with educators, mental health professionals, counselors, and school safety officers who are involved in bullying intervention.

Wyndham Peachtree Hotel & Conference Center

2443 GA Highway 54, Peachtree City

www.auburn.edu/outreach/opce/antibullying

Screen on the Square in Newnan

Movie: Sing

June 23 5 PM - 10 PM

Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything to preserve it. Rated PG

www.mainstreetnewnan.com

Paul Anka Celebrating 60 Years of Hits-His Way

June 24 8 PM Gates open at 7 PM

THE FRED Amphitheater

201 McIntosh Trail

Peachtree City

www.amphitheater.org

Fayette MarketPlace

June 24 10 AM - 2 PM

Fayette MarketPlace is held once a month in Downtown Fayetteville (See Calendar of Events) on the Courthouse Lawn from June - September. Fayetteville Main Street welcomes everyone to browse through a variety of vendors showcasing their homemade and homegrown products. For more information call Main Street 770-719-4173.

www.fayetteville-ga.gov

Movie Mondays: The Secret Life of Pets

June 26th 6pm (Movie Starts 8:55)

SUMMER 2017

Join The Avenue Peachtree City on select Mondays for fun and movies under the stars! Fun begins at 6 pm, movies begin at sundown. Bounce House, Face Painting, Popcorn & Giveaways

www.enjoysenoia.com

Southeastern Reptile Rescue

At Newnan Carnegie Library

June 27 10 AM

1 Lagrange St, Newnan, GA 30263

(770) 683-1347

newnancarnegie.com

Beauty and the Beast at The Legacy Theatre

July 7 - Aug 6

Step into the enchanted world of Broadway's modern classic, Disney's Beauty and the Beast, based on the Academy Award-winning animated feature film! The stage version includes all your favorite songs, along with some new ones. This "tale as old as time" will delight the whole family!

1175 Senoia Rd, Tyrone, GA 30290

(404) 895-1473

www.thelegacytheatre.org

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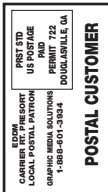
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