



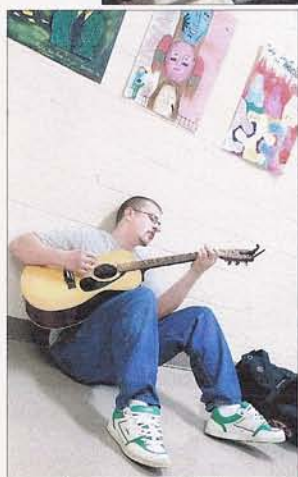
LIVING

SUNDAY, MARCH 26, 2006

SECTION E

Creativity

IN A CLASS ALL BY ITSELF



Professional artists help students find artistic expression not only on the stage and in art studios — but in their everyday lives.

BY MARIE ROSSITER
Special to the Sun Journal

Visual and performing arts will take center stage — in math, English and other academic classes — at Leavitt Area High School in Turner the week of March 27.

Fifteen local, professional poets, musicians, dancers and other artists will work with students during the school's 7th annual Arts Gala Week.

A performing juggler may lead a math class focusing on patterns. Dancers may perform to a poem recited in an English class.

And in the meantime, students are creating their own pieces of sculpture, two-dimensional art, installations and pottery — as well as creating music and writing poetry.

Everyone's creative efforts will culminate in a gala Thursday, March 30, when attendees can hear the school's jazz band play, watch a one-act play, watch and/or participate in a coffeehouse-style poetry slam/music jam and view works of art.

There will also be a pottery throw down, with participants sitting in front of a pottery wheel with 10 pounds of clay and only 10 minutes to create a work of art.

Each year, the school's art department uses a Partners in Arts and Learning grant to invite artists into classrooms to not only share insights into the beauty of the arts, but also to show how the arts play a role in students' daily lives.

"Students get to see real, working artists," said Jonathan Mess, a member of Leavitt's fine arts faculty. "They benefit by seeing what it takes to be an artist — the skill, the talent and even the business aspects of it all. Art is more than just working in a studio, and that's one thing our students get out of it. It's also great for teachers to see how the arts can be integrated into their specialties as well."

The students' energy is evident

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PHOTOS BY DARYN SLOVER
Staff Photographer

CLOCKWISE:
■ Bob Trujillo, an 18-year-old senior, works on a ceramic-and-ink figurine.

■ Luke Griffin, center, gets a hand hanging his artwork in a school hallway from Leavitt Area High School art teacher Jonathan Mess, left, and Jon Knight. Griffin, a 17-year-old junior, didn't take an art class until this year and is now considering a career in the arts. Designing airplanes is at the top of his list, he said.

■ Irish Savage, 16, plays his acoustic guitar in the art wing of Leavitt Area High School in Turner. The junior had study hall this particular period. So, he said, "I figured I would come down and jam." Savage will perform original songs in the school coffeehouse at the Arts Gala March 30.

■ Chad Perry, an 18-year-old senior, created this charcoal artwork.

LIVING



RIGHT ON KEY: Morgan Seeley created a unique way to welcome visitors to her art exhibit. The 17-year-old senior, an advanced art student, arranged computer keys to read "Welcome to Morgan's Exhibit."

Class

CONTINUED FROM PAGE E1

In their preparation and work for the event—and she keeps Mike Mielon, owner of the Odd-fellow Theater in Buckfield and repatriate-in-residence during Arts Gala Week, coming back.

"Kids are so adventurous. They want to try everything and this is perfect because it lets the kids try something new for a day or two," said Mielon. "For some of them, a 20-year veteran of the variety stage who has performed across the United States and in Europe."

"My goal is to have the students up and moving for the entire 90-minute period. I try to tailor my scene work to a group setting so it is less threatening," he said.

"For me, the draw of the Arts Gala week is the opportunity to work with younger folks," Mielon said. "For some of them, this will be their first venture into formalized theater. Many have seen it, but never had any kind of formal theater training. My perspective is that even if I bring in one student out of a hundred into the world of the arts, then I'm making a difference."

"All students in our department are required to participate in Gala Week on some level," said fine arts teacher Wendy Schlotterbeck, one of the people responsible for organizing the original Arts Gala.



WHERE ART THOU? Freshman Katie Picard, left, and sophomore Heather Labbe look for their portfolios at the beginning of their Art 1 class at Levitt Area High School. It was the first day of preparation for the school's 7th annual Arts Gala and life inside the art room was a bit chaotic.

"Most of them will create pieces to display and they are responsible for every aspect of their show, from the actual artwork to creating the environment in which the work will be presented," she explained.

Participating in his fourth Arts Gala, senior Wil Sveinam said he looks forward to the event each year.

"It gives me a chance to go around and see what others are working on and find out what

they're doing. There's also a lot of pride to it. It's amazing to be able to show the art I've worked on all year and have others look at it, ask questions and appreciate it," he said.

"There is something for everyone," said Mess, who will emcee the gala March 30. "We try to make sure that when the community comes here, that they just wander around and experience as many aspects of the arts as possible."

Go and do

WHAT: Levitt Area High School's Arts Gala

WHEN: 6 p.m., Thursday, March 30

WHERE: the high school in Tlumer

ADMITTANCE: free to the general public

How to survive baby's first year: It takes two

By Hundreds of Heads

Raising an infant? Here's some advice on sharing the load from the book "How to Survive Your Baby's First Year" (Hundreds of Heads Books, \$12.95), straight from people who've done it.

"At first, my wife got irritated with me when I would have her take the kids every time I needed to get something done. She pointed out that she didn't have that luxury during the week when I was at work, and I should learn to deal with kids and life simultaneously. So, I've had to become more proficient at multitasking — a kid on the lap while at the computer, feeding the kids while talking on the phone."

—J.R., Chicago, Ill., parent of two boys, 1 and 2, and one girl, 1

"When it was just our first child, I did more of my share of

housekeeping than I had normally done. (Of course, this would mean I had done something to begin with, so anything at that point was an improvement.) But housework was only half of what I needed to do to be helpful. You also have to make sure you're there emotionally, with as much understanding as you can give."

—David E. Liss, Pennington, N.J., father of two daughters, 4 and 1

"When our children were born, I had a job that required irregularly long hours. But when I finally did get home, I made it a point to plunge in. Sure, I was tired. But what about my wife, who had coped all day? I'd help with the baths, feedings, diaper changing, story time. I'd take care of them on my days off so my wife could get out by herself. It made a huge difference in my wife being able to survive the rigors of motherhood, and in my ap-

preciation of her skills and talents in dealing with it all."

—Douglas S. Looney, Boulder, Colorado, father of one son, 37, and one daughter, 34

"When I got home from work, the first thing I did was pick up my boy to give my wife a break. When I did this on a regular basis, she stopped nagging me about petty little things. It's a

very worthwhile exchange."

—Robert Harris, Los Angeles, Calif., father of one daughter, 26, and one son, 17

"Since I did childcare while working from home on weekdays, my husband had full childcare responsibility (except for nursing, of course!) when he came home from work at night, and on weekends. Plus, he made dinner when he got home from work. When he told a female acquaintance about our arrangement, she said, "But you've been working all day! You need to rest!" His reply: "So has she — at two jobs!" Wonderful man!"

—Katharine O'Moore-Klopp, East Setauket, N.Y., mother of one daughter, 21, and two sons, 9 and 2

To share your advice or get more information, go online to www.hundredsofheads.com.

things that make you happy.

The 3-by-5 rule: No problem is so big it can't be cut down to smaller, digestible problems. Jonathan says 3-by-5 cards can help you organize your thoughts and deal with them better. The problem-size you define during introspection can be defined on the card. Write down the things you want to overcome or an inventory of your assets. If there is a habit you want to break, list spending too much money, keep a card in your wallet that asks: "Do I need this?"

Bel announced that it had bought the Liberty Bell from the federal government so it could be renamed the "Faco Liberty Bell." Hundreds of outraged citizens called the National Historic Park in Philadelphia to express their anger. And in 1998, Burger King published a full-page ad in USA Today announcing the introduction of a menu item — a Left-Handed Whopper, usually eaten with your left hand. The comments rotated 180 degrees. Thousands of customers went to BK to request the new sandwich.

Emotional eating is a tough habit for some to break

By LINDA H. LAMB
Knight Ridder Newspapers

"Stop crying, and I'll give you a cookie."

Perhaps the powerful connection between food and feelings can start just that simply. When we're children, sometimes a cookie is all it takes. Our psychic scaffolding is not that complicated when it comes to food.

So we get used to these connections, to the ways food makes us feel better. They're as sweet as a birthday cupcake, as simple as dipping an Oreo in milk.

Indulge in emotional eating as an adult, however, and things are sure to pile on calories, guilt and pounds. And it is hard to break the habit of using food as a coping mechanism, said Stephanie Greene, a therapist who works with obesity patients.

"We all eat emotionally, especially during the holidays," said Greene, who has not had bypass surgery herself. "We're eating the anxiety, we're eating the stress, we're eating the loneliness. We're eating all the feelings."

That's a diet on which Danielle Shull, 26, of Columbia became more than 100 pounds overweight.

You might picture "emotional eating" as a guy who scarf a whole pizza after his girlfriend dumps him, or a woman who sadly sits in front of a Lifetime movie spooning from a pint of Haagen-Dazs ice cream.

But like most people who become obese, Shull said she came to regard food as a fix for all sorts of different, but not sadness. "In my family we celebrate everything with food," she said. "Everything revolves around food."

That meant huge feasts on holidays, food-centered birthday parties and big spreads on Sundays — "everything fried and fattening," she said.

"As I got older, whenever boredom or loneliness would set in, I would head for one of those comfort foods," said Shull, who eventually had gastric-bypass surgery.

Frank Chesno has counseled

Tips to help control when, what you eat

■ There's always a bit of time between the moment you decide to eat something and the moment you actually put it in your mouth. Use that time to ask yourself this question: "What am I really hungry for?"

■ Try to deal honestly with the answer to that question, especially if the food you crave is a high-calorie, low-nutrient diet buster. Could it be that you're not really hungry, but rather anxious, stressed out, lonely, bored or in the mood to celebrate?

■ Try an alternative to eating as a better way to deal with your feelings. Examples: If you're celebrating or rewarding yourself, enjoy a movie or buy yourself something new to wear. If you're lonely, call a friend. If you're stressed, take a brisk walk to work off steam.

■ To get a handle on your emotional eating patterns, use a little notebook to write down everything you eat. Include details such as when you eat, how quickly you finish and what you feel at the time.

■ Some foods might be such powerful triggers for overeating you shouldn't keep them

in the house. Identify other triggers — such as TV commercials — and avoid them.

■ Remember that exercise is a great way to elevate your mood, if you tend to eat when you're down.

■ When you do give in to a craving, pay attention to portion size. For example, go get a scoop of ice cream at Baskin-Robbins, rather than buying a full gallon of ice cream at the grocery store.

■ Occasional splurges won't ruin you. Don't beat yourself up over them. Say, "OK, I had that Twix bar, but now it's back to eating sensibly."

■ Get enough sleep. You'll tend to eat mindlessly when you're fatigued.

■ Eat a healthy, balanced diet and don't go too long between meals and snacks. You're more likely to make bad food choices when you feel you're starving.

■ Parents, don't make your kids clean their plates, let them stop when they're satisfied. And find other ways to reward and motivate them, including hugs and praise when deserved.

How to get your glass from half empty to half full

By JENEE OSTERHELDT
Knight Ridder Newspapers

The first step in any fresh start begins with attitude.

Whether you want to be more organized or to be a better employee, it all starts with outlook. A positive attitude not only makes goals easier to accomplish, but it's also the source of happiness.

Happiness starts with one's self, say Jack Jonathan and Sheelagh G. Manheim, authors of "Yes, You Can ... Find More Meaning in Your Life."

And when you have a posi-

tive attitude, it affects the people close to you, Jonathan says. Here are a few ways to improve your attitude.

■ **Smile:** Try to look for the beauty around you. Do you return smiles? Jonathan says it's important to make sure both are healthy and cared for because it affects how you feel.

■ **Mind and body:** With a healthy body comes a healthy mind, Jonathan says. It's important to make sure both are healthy and cared for because it affects how you feel.

■ **Be inspired:** Take time to enjoy something beautiful,

whether it's the sunrise, the sunset or birds in flight. Jonathan and Manheim say that taking a small mental recess will divert your attention from stress factors. More attention paid to problems can make them seem bigger.

■ **Introspection:** Gain a better understanding of yourself by asking yourself questions. How does your body feel? What is bothering you? What do you feel good about? List these things and think about how to change what needs to be changed and how to continue doing the

things that make you happy.

■ **The 3-by-5 rule:** No problem is so big it can't be cut down to smaller, digestible problems. Jonathan says 3-by-5 cards can help you organize your thoughts and deal with them better. The problem-size you define during introspection can be defined on the card. Write down the things you want to overcome or an inventory of your assets. If there is a habit you want to break, list spending too much money, keep a card in your wallet that asks: "Do I need this?"

Kidding

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soon would land at Montgomery Field, a small airport in a residential area.

Thousands of commuters immediately headed to the landing site, which caused huge traffic jams that lasted for almost an hour. Police had to be called in to clear the traffic and tell people with cameras, camcorders and folding chairs to go home.

Corporate types like to have a little fun, too. In 1996, Taco