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ACTIVE LIVING

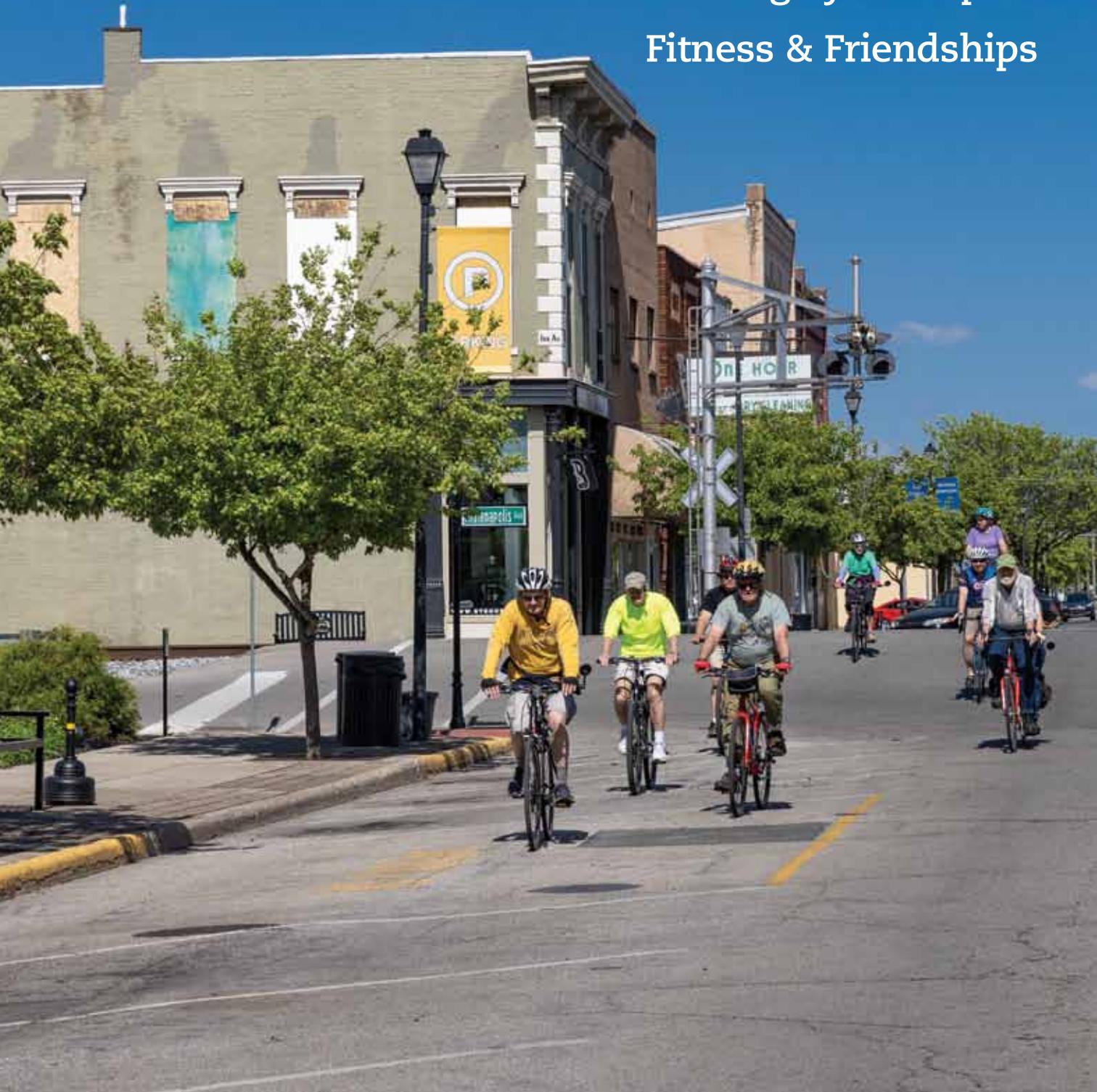
SUMMER 2022

INSIDE:

Going the Distance

Leading by Example

Fitness & Friendships



5 FUN WAYS TO KEEP KIDS BUSY AFTER SCHOOL

STORY AND PHOTO BY STATEPOINT

While television and video games are classic after school staples, there are better, more fun ways to keep kids busy in the afternoons. Here are five fun ideas to try:

1. Bike rides: Cycling is beneficial to strength, cardiovascular health and mental wellness. It's also a great opportunity for kids to gain a bit of independence and explore the world around them, and there is no better season than spring to encourage them to get off the couch and out for a ride.

2. Music making: Kids don't need to be enrolled in a formal music program at school to experience the joys of making music. With a portable keyboard like those in the Casiotone series, which offer learning and composition tools that grow with a musician's skills, kids can use their afternoons to self-direct their musical education. Every model is under 10 pounds and features a battery-powered option, making them the perfect size and design for teens and tweens who want to start a band.

3. Giving back: Children are never too young to learn the importance of giving back to their community. From offering a helping hand at an animal sanctuary to visiting seniors residing in an assisted living facility, there are many volunteer opportunities perfect for kids.



4. Math fun: Outside the classroom, mathematics can be all fun and zero pressure. Be sure to offer kids tools that will allow them to uncover, on their own terms, the way mathematical concepts work. The basic, scientific and graphing calculators available from Casio are all intuitive and easy to use. Some of the advanced models even offer Python programming, a great feature for budding coders.

5. Dinnertime: Knowing how to put together a meal is an invaluable life skill, and one that many kids leave home without having achieved. Have your child regularly help you out with dinner, giving them age-appropriate tasks to complete. It's not only a great way to spend some quality time together during the busy week, but they will also begin to pick up the fundamentals of cooking.

With a little creativity, your child's afternoons can be a time for them to get active, build new skills and try new hobbies.

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PUBLISHER
Bud Hunt
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EDITORIAL

EDITOR AND SENIOR GRAPHIC DESIGNER
Keely Spitler

COPY EDITOR
Lyndsey Wolfe

CONTRIBUTORS

Tony Vasquez, Barney Quick,
Jordan Richart

ADVERTISING

ADVERTISING DIRECTOR
Tracie Lane

ACCOUNT EXECUTIVES

Sally Lawson, Michelle Stephens

ADVERTISING INQUIRIES
812-523-7062

ADVERTISING ART DIRECTOR

Amanda Waltz

ADVERTISING DESIGN

Mar Carson, Ashley Curry,
Julie Daiker, Kassi Hattabaugh,
Jodi Huffman, Josh Meyer,
Robert Wilson

COMMENTS

Have something you would
like to see in Active Living?
Send your ideas to kspitler@aimmediaindiana.com.

MAILING ADDRESS

P.O. Box 447
Seymour, IN 472074

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ON THE COVER

Jackson County Bicycle Club
May 2022 | Photo by Tony Vasquez

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#27. Trip to the beach

Summer break means more time for fun this summer. Most are free or inexpensive, but all are fun. Here's a mix of 30 fun, relaxing, and educational things to do with the kids in Jackson County this summer!

1. A trip the library

Jackson County Public Library and Brownstown Public Library each offer up some great programming for summer! The most popular – and educational – is the summer reading programs. Learn more at myjclibrary.org and brownstownpl.org.

2. See the Freeman Army Airfield Museum

Take some time for history and education with a trip to the **Freeman Army Airfield Museum**. The museum is free to enter, but you can make a donation, and is open from 10 a.m. to 1 p.m. every Saturday. They're also available by appointment by calling 812-271-1821. For more information, log onto freemanarmyairfieldmuseum.org.

3. Volunteer

Volunteering is a great activity to help the community and spend some time this summer. We'd suggest contacting **Emily Engelking** at **Jackson County United Way** at emily@jacsy.org or 812-522-5450. Kids can help collect school supplies for Jackson County United Way's Rock'n Ready Program or one of the agencies Jackson County United Way! Just talk to Emily about your children's interests and she can line you and the whole family up! Rock'n Ready provides free, basic school supplies for children in grades K-12 in Jackson County schools.

4. Fishing

Fishing is a wonderful family activity and perfect for the kids! It's also easy to do in Jackson County because of the ample opportunities. Fish at **Jackson-Washington State Forest** in Brownstown, **Muscatatuck National Wildlife Refuge** in Seymour, or **Starve Hollow State Recreation Area** in Vallonia for spots that are kid friendly to fish. A fishing license is only required for those 17 and older.

5. Tiemeyer's Farm Market fun

Tiemeyer's Farm Market is loaded with all kinds of unique experiences for kids! Let them try their hand at gem mining with the Sandy Hill's Mining Company where they'll find gemstones and more. There's also miniature golf, farm animals and more. Stay for lunch or dinner and browse

through the market for tasty finds! Visit their Facebook page or log onto tiemeyers.com for more information.

6. Nature walk

Get outside and use some of that energy up! You can take a relaxing nature walk and enjoy some time together in the outdoors. Check out **Jackson-Washington State Forest**, **Muscatatuck National Wildlife Refuge**, or **Starve Hollow State Recreation Area**! There's also plenty of city and town parks in each community in Jackson County.

7. Art at SICA

Balance out your summer with some time for art! The **Southern Indiana Center for the Arts** hosts Art Club from 2 to 7 p.m. Wednesday through Friday each week! Have the kids bring what they're working on and get some tips!

8. A trip to the Brownstown Speedway

Watch the drivers go fast around this popular dirt track! Races are scheduled on Saturday evenings and there are a few mid-week races on the schedule, too. Visit the brownstowns Speedway.com for tickets and schedule information.

9. Ice cream & treats

There's no better treat in the summer time than some ice cream! Be sure to make time for a trip to **Kovener's Korner**, **Dairy Queen**, **Orange Leaf** or **Sno Biz**. Don't forget a sweet treat at **Linzy B's Bakery**, **1852 Café**, **Frosted by Macy**, and **Kay's Kafe**!

10. A trip to Racin' Mason Pizza & Fun Zone

Racin' Mason Pizza & Fun Zone has a kinds of fun for kids this summer! Be sure to turn the kids loose to burn off energy with the bounce houses, go karts, bumper cars, laser tag, blacklight golf, games, pizza, and prizes! Visit racinmasonfunzone.com for more information.

11. Take in some live music

Jackson County is full of live music events! In addition to weekly shows at places like **Harmony Park**, **Poplar Street Restaurant**, **Brewskies Downtown** and more, you can catch free summer concert series with **Seymour City Jam**: July 21, August 18, September 15; **Brownstown Ewing Main Street**: July 16, August 6; and **Friday Night Live at SICA**: July 1, August 5, and September 2 and 9.

12. Trip to the pool

Jackson County has two excellent public pools in Brownstown and Seymour. **Brownstown Pool** is open from noon to 6 p.m. daily from May 28 through July 31. **Shields Park Pool** in Seymour is open noon to 5 p.m. daily from May 28 to August 6. Both offer swim lessons, so call 812-522-6420 for Seymour and 812-358-3536 for Brownstown.

13. Visit the Jackson County Visitor Center

You're welcome to come see us at the **Jackson County Visitor Center**! We're open from 8 a.m. to 4 p.m. Monday through Friday. Come check out our display of Jackson County, get some brochures to plan some fun, learn about how you can find out about what's happening in Jackson County, and see our gift shop! Visit jacksoncountyin.com for more information.

14. Stop by Magic of Books Bookstore

You've signed the little ones up for the summer reading program and now you need material to read! Check out the **Magic of Books Bookstore** in downtown Seymour. It's not just for the kids though, as they have genres that will appeal to the whole family!

15. Visit playgrounds

Each community in Jackson County has wonderful parks with great playground equipment. You'll find something for your kids' interests at each, so be sure to check a list of parks for the city of Seymour, and visit the parks in Brownstown, Crothersville, Medora, and Sparksville. Seymour even offers the Youth Kickball League beginning July 5. Call 812-522-6420 for information.

16. Murals

Art is a great summer activity and Jackson County has opportunities to see murals. Stop by the **John Mellencamp Mural** in Seymour, visit the other two murals in the downtown. Plus, check out artwork in Vallonia and Crothersville to see if you can spark an interest in art in your little one!

17. Car shows

Jackson County has many car shows throughout the summer, and the kids will love seeing them! There's **Tom Gray Cops and Kids Memorial Car Show** on August 23, and **Follow the Son** from noon to 3 p.m. August 24 and **Scoop the Loop** on August 24.

18. Skyline Drive

This is a great treat for summer! Take the kids to **Skyline Drive** for some spectacular views of nature, farmland and more. Skyline Drive is accessible off of State Road 250 from South County Road 100E in Brownstown. There's even a shelter house and picnic area, so you can make it a fun afternoon!

19. The Castle Games

Take the kids to see what's new at **The Castle Games** in downtown Seymour! They have some of the most popular games like Pokémon, Magic the Gathering, Warhammer, and so much more! They even have game nights where you can put your gaming to the test and connect with others!

20. Jackson County Fair

The **Jackson County Fair** is scheduled for July 24-30 at the Jackson County Fairgrounds in Brownstown. Your favorite things will be there this year like the midway rides and games, entertainment, animal shows, animal barns, vendors, food, treats and so much more! Don't miss out on what is sure to be the highlight of the summer! Log onto jacksoncountyfair.org for more information.

21. Covered bridges

Jackson County is home to two covered bridges, the **Medora Covered Bridge** and the **Shieldstown Covered Bridge**. The Medora Covered Bridge is the longest historic covered bridge in the United States. Let your children take a step back in time and see how travel was done! There's a place for picnicking at the Medora Covered Bridge, so be sure to enjoy that space while you're there.

22. Catch a movie

There's sure to be a rainy day this summer, but don't let it get the family bummed! Take a trip to **Regal Seymour** to catch a movie. They even offer discounts through the week for children. Click here for a list of shows and times. If the weather is nice, check out the **Jackson County Chamber's Stardust Movie Series** where they show movies outside for free! Just bring your chairs and blankets. Visit jacksoncochamber.com for the event schedule.

23. Bike ride

Riding a bike is a great summer activity and did you know there's a local group that rides every Wednesday? That's right! **The Jackson County Bicycle Club** rides together at 6 p.m. each Wednesday (weather depending) from Central Christian Church, and increases its mileage each week. These rides are easy riding, and riding with a group is much safer than riding alone.

24. Farmers markets

A trip to the farmers market is always a great summer treat! You get fresh produce and can learn where food comes from! Check out the **Seymour Area Farmers Market**, **Hackman Family Farm Market** in Vallonia, **Stuckwish Farm Market** in Vallonia, **Tiemeyer's Farm Market** in Vallonia, **VanAntwerp's Farm Market** in Seymour and all the roadside stands we offer!

25. Camping

The kids will love camping this summer, and it can be an inexpensive and fun thing to do as a family. Jackson County offers camping at **Starve Hollow State Recreation Area** in Vallonia and camping at **Jackson-Washington State Forest** in Brownstown. Make reservation at camp.in.gov.

26. Jackson County Bison Tour

Have you seen Bison statues in Jackson County? Those were part of a celebration of **Indiana and Jackson County's bicentennial in 2016**. There are seven total throughout the county and we have a brochure here at the visitor center you can pick up to find out where they're at! The bison feature artwork from local artists that depict life and history in Jackson County. Visit jacksoncountyin.com/tours to download a brochure or stop by the visitor center.

27. Trip to the beach

Wait, the beach? In Jackson County? Yes! Spend some time at the swimming area in **Starve Hollow State Recreation Area** where they have a sandy beach. It's all sorts of fun and is an inexpensive way to enjoy some time in the sand. The kids will love it and you'll love the relaxing views and atmosphere. You don't have to stay the night at Starve Hollow to enjoy it, either, so you can just make a fun afternoon out of it!

28. A trip to the Jackson County History Center

The **Jackson County History Center** in Brownstown is stocked full of amazing history in all the communities of Brownstown. The campus also includes a genealogy library that is really interesting. The campus also features a display of circus cars, war-era items, old cabins and buildings and so much more! Take the kids for an educational day to learn more about their home. The center is open 9 a.m. to 4 p.m. Mondays and Thursdays, so check it out.

29. Fort Vallonia

A trip to see **Fort Vallonia** will be one that is educational and super fun! The fort protected 90 families in the early 1800s when tensions between settlers and native Americans escalated. The fort was ordered by Indiana territory Governor William Henry Harrison (who later became president) to protect those families. The fort came down around 1821, but a replica was built in the late 1960s and is there for you to explore.

30. Hoosier Scale Fly In

Be sure to check out the **Southern Indiana Flying Eagles' Hoosier Scale Fly In**, which is scheduled for August 4-6 at the Freeman Municipal Airport. Times are 10 a.m. to 4 p.m. August 4 and 5, and 10 a.m. to noon August 6. These remote-controlled model airplanes are so much fun to watch! The pilots are super nice, too, so they would be willing to answer any questions your kids have!

#11. Take in some live music





Local cycling club offers outings with friends.

GOING THE Distance

STORY BY BARNEY QUICK | PHOTOS BY TONY VASQUEZ

There is an organization that has found the sweet-spot combination of informality, consistent convening, bonding and accommodation of both the experienced and newcomers. It's the Jackson County Bicycle Club, and it's in full swing as the warm-weather season unfolds.

The club's main activity is its Wednesday evening rides. The members go year-round, unless there's agreement that the weather is too inclement. They used to convene at Seymour High School to start out. This year, they've been gathering in the parking lot of Central Christian Church.

The basic system with regard to miles is that newcomers ride for two and a half miles, with arrangements made to pick them up. Long-timers continue to ride for an agreed-upon distance. Newcomers add a

half-mile to the ride each week.

The club often goes on rides on Sundays as well. According to Vicki Otto, who, with her husband Steve, has been involved since 2008, those are nearly as well-attended as the Wednesday rides.

Occasionally, there are Saturday rides, which might go to 20 miles. These sometimes take riders into the hills of western Jackson County, to destinations such as Cortland or Brownstown. There is also an annual ride to Bedford.

Groups within the club have made out-of-state forays, to well-known routes in the bicycling world such as the Rail Trail in Miami, Ohio.

There's not much structure to the club. There are no officers or dues. It was founded by current Seymour mayor Matt Nicholson when he was the proprietor of



Vicki and Steve Otto

the B2 Bikes & Boards shop.

The Ottos, along with Kevin Greene, are the current co-leaders.

Many members have found a camaraderie that adds much to their lives.

Gary Fuqua, who comes across the county line from the Walesboro area to ride, says, "I love the fellowship, going out to dinner together after our rides."

He'd been part of a group that played cards regularly at the Jackson County Library, and a woman in that group was also part of the bicycle club. He was recently widowed and his new circle of friends quickly became a source of fulfillment.

There's a wide variety of bicycle types among the members.

One sees rather simple designs, such as Electra Townies and Schwinn's, and some fairly sophisticated bikes.

Tom Melton, whose modesty belies the fact that he has some considerable credentials as a rider, says, when asked what his obviously built-for-lightness Fuji is made of, "I guess it's aluminum."

He and his wife have made two biking trips to Europe.

Denny and Debbie Frey ride pedal-assist Trek electric bikes.

"I turn mine off unless there are hills," says Denny.

One Wednesday evening in May, the club had six new riders, as well as several long-timers. Nearly everybody rode longer than expected. The group had agreed on Rockford Ridge as a dinner destination at the end of the route, making for a four-mile ride. Several members then rode back to the church.

"If I'd told them we'd be riding eight miles, they'd probably have taken a pass," says Vicki Otto.

The following week, the group undertook a Ride of Silence. Accident survivors were given special recognition, and the pace of the ride was deliberately slow. The event was sponsored by the club, as well as the city of Seymour, Burkholder's Funeral Home and Trinity United Methodist Church.

The club is one of those organizations in which people get to know the milestones of each other's lives and foster ties that extend beyond the specific activity that has brought them together.

"It's definitely a bicycle family," says Vicki Otto. "We look after each other.



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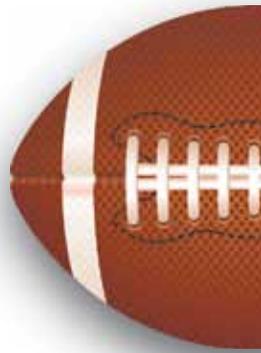
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Infant Vaccines - Know the Facts

- Birth-0 Months** → HEP B
-At hospital
- 2 Months** → HEP B, DTap, Hib, IPV, PCV, Rotavirus
-Not earlier than 8 weeks
- 4 Months** → Dtap, Hib, IPV, PCV, Rotavirus
-2 month intervals from previous dose
- 6 Months** → HEP B, DTap, Hib, IPV, PCV, Rotavirus
-2 month intervals from previous dose
- 12 Months** → MMR, Varicella, PCV
-Must be 12 months old
- 15 Months** → HEP A, DTap, Hib
-6 months intervals from previous dose
- 21 Months** → HEP A
-6 month from previous dose



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Back to School Vaccines Know the Facts

BACK TO SCHOOL

In addition to all vaccines previously received before 4 years old the following vaccines are required, unless listed as recommended, by schools in Indiana.

If your child is behind at the time of their appointment additional vaccines may be required.

Kindergarten Vaccines

- Anytime after 4 years old

5th Dtap, 4th Polio, 2nd Varicella, 2nd MMR

6th Grade Vaccines

- Anytime after 11 years old

Tdap vaccine, Meningococcal Vaccine. Human Papillomavirus is recommended for Youth after age 11 years old. 2 dose series

12th Grade Vaccines

- Anytime after 16 years old

MCV 4- Meningococcal Vaccine Booster
MenB (meningococcal) recommended. 2 dose series

To schedule an appointment today for your child, call your health care provider or the Jackson County Health Department at 812-522-6667



ntyhealth.org
22-6667



LEADING BY Example

Boys and Girls Club of Seymour helps kids get active, make healthy choices

STORY BY JORDAN RICHART | SUBMITTED PHOTOS

With summer break here, making sure children remain active and in the routine of a healthy lifestyle is a priority for many.

Now that the daily routine does not involve school, parents may be looking for a trusted place to help keep the summer mostly healthy.

“I would say outside of the school, we would be one of — if not the largest — providers of healthy lifestyle programming in our community,” Ryon Wheeler, executive director of the Boys and Girls Club of Seymour, said. The club operates locations in Seymour, Brownstown and Jennings County.

Wheeler said healthy programming is one of the three priority outcomes for children who spend time at the club. He said the focus is not only on sports activities like many may think, but also programming in healthy habits.

“We do cooking classes for teens,” Wheeler offered as an example. “We created a local program called FIT365. Much like our Indiana Kids educational program, this is a program that is all about personal growth.”

The Presidential Fitness program as well as the United Way Play 60 initiative is utilized in the program.

Kids take a pre-test and post-test and the club tracks how much they play after school. Activity can be as simple as throwing a ball with a friend for sports development.

Body movement is the only thing that is tracked. Wheeler said the organization does not use body mass index measurements because of their unreliability in kids and some of the negativity associated with it.

“Additionally we have youth sports leagues of baseball, basketball and football,” he said. We run teen basketball and volleyball leagues. We even have a teen gaga ball tournament coming up.”

There are other healthy curriculum programs the club offers including Healthy Habits, Triple Play, and other Boys & Girls Club of America programs that are updated as new information is sent to the club.

The club also took a major step toward healthy lifestyles a few years ago when it worked with the local health group Healthy Jackson County to eliminate soda and junk food from vending machines and replaced them with better options.



“I think what separates the club as a leader is we always tell our staff that kids don’t care how much you know until they know how much you care.”

RYON WHEELER

“While it costs us quite a bit of money each day and month that we haven’t had them, we know kids are making better choices,” he said.

Wheeler said the staff takes it upon themselves to make sure the kids hear the message of a healthy lifestyle from them because of the roles they play in the children’s lives.

“I think what separates the club as a leader is we always tell our staff that kids don’t care how much you know until they know how much you care,” he said, adding a child is less likely to retain information if it’s simply read to them in a classroom format. “They will retain that information because Colton or Bailey invited them into a program they run, and the kids come because they look up to those staff. After the programming the informal conversations are what reinforce those positive programs for the kids and most of the time they don’t even know they are learning.”

It’s those relationships that Wheeler said he knows has made a difference and can continue to make a difference in the lives of those they serve.

“When you see a kid stop stuffing pop in their backpack from home and start bringing their water bottle because the staff does and filling it up at the bottle filler, you know you are doing positive things for the youth of our community,” he said.

ACTIVE LIVING:

Kids Health



PRESENTED BY:



SCHNECK
PEDIATRICS

HEALTH

Promoting Health for Children and Adolescents

Establishing healthy behaviors to prevent chronic disease is easier and more effective during childhood and adolescence than trying to change unhealthy behaviors during adulthood. CDC's National Center for Chronic Disease Prevention and Health Promotion works with parents, early care and education (ECE) facilities, schools, health systems, and communities to keep children healthy.



21.2% OF ADOLESCENTS aged 12 to 19 have obesity.



2 IN 5 STUDENTS has a chronic health condition.



23.6% OF HIGH SCHOOL STUDENTS use at least one tobacco product.

Reducing Obesity Risk in ECE Facilities

Childhood obesity is a serious national problem. In the United States, over 12% of children aged 2 to 5 years have obesity. Children's health behaviors are shaped by many settings, including their home, ECE facilities, schools, and communities.

ECE settings—which include day care, preschool and pre-K facilities, and care provided in homes—are ideal places to encourage good nutrition and physical activity for early obesity prevention. CDC's Division of Nutrition, Physical Activity, and Obesity funds recipients who work to improve the quality of ECE programs across state and local levels—for example, through standards and licensing, technical assistance networks, and training requirements for providers.

Improving Healthy Food Options in School

The percentage of obesity is over 20% for children aged 6 to 11 and over 21% for adolescents aged 12 to 19. Children who have obesity are at higher risk of having obesity as adults. School is an ideal setting for children to learn and practice healthy eating.

Most US children attend school for 6 to 7 hours a day and consume as much as half of their daily calories at school. CDC Healthy Schools in the Division of Population Health recommends that schools create an environment that helps students make healthy choices about foods and beverages.



Some examples of CDC-recommended actions to improve nutrition in schools are:

- Promote access to and participation in school breakfast and lunch.
- Ensure that all foods and drinks sold or served outside of school meal programs are nutritious and appealing.
- Offer healthy foods and drinks at school celebrations and events. Use only nonfood items as rewards.
- Provide more access to drinking water.
- Promote healthy foods and drinks—for example, by pricing them lower than less healthy items.
- Teach nutrition in health education classes, throughout the school day, and in after-school programs—for example, through school gardens and farm-to-school activities.
- Provide students enough time (at least 20 minutes) once they are seated to enjoy their meal.

CDC funds state departments of education to increase the number of students who consume nutritious foods and drinks.

Improving School Physical Education and Physical Activity Opportunities in School

About one-fourth of adolescents get the recommended 60 minutes a day of physical activity. CDC Healthy Schools recommends that schools offer students multiple ways to be physically active, which will help them build healthy habits for a lifetime.

Schools are encouraged to:

- Offer physical education to increase students' knowledge, skills, and confidence to be physically active. Physical education can also help improve academic outcomes, like grades and standardized test scores, and classroom behavior.
- Offer recess at all grade levels to encourage students to be physically active and engaged with their peers in activities of their choice.
- Integrate physical activity into classroom instruction.
- Promote before- and after-school opportunities to be physically active, through walking or biking programs, physical activity clubs, intramural programs, and competitive sports.
- Provide equal opportunities for students with disabilities to be physically active.

CDC funds state departments of education to increase the number of students who participate in daily physical education and physical activity.



HEALTH

Promoting Health for Children and Adolescents

Preventing Tobacco Use Among Young People

Nearly 9 in 10 adults who smoke cigarettes in the United States first tried a cigarette before age 18. Every day, about 1,600 young people under 18 try their first cigarette, and nearly 200 end up smoking cigarettes daily. About 7 of every 100 middle school students and about 24 of every 100 high school students report current use of some type of tobacco product.

Any tobacco use among young people—whether smoked, smokeless, or electronic—is unsafe because nicotine is addictive and can harm the developing brain. Nicotine exposure during adolescence affects learning, memory, and attention and primes the brain for addiction.

CDC's Office on Smoking and Health is at the forefront of the nation's efforts to reduce deaths and prevent chronic diseases that result from commercial* tobacco use. CDC's activities include:

Monitoring youth tobacco use through the National Youth Tobacco Survey, which focuses on use, beliefs, and knowledge about tobacco among middle and high school students.

Funding 50 states and the District of Columbia, 8 US territories and freely associated states, 26 tribes, 8 national networks, and several other partners to support their efforts to prevent youth tobacco use and reduce tobacco-related disease and death.

Helping parents, educators, health care providers, and other youth influencers understand and talk to young people about the risks of tobacco products by developing easy-to-understand materials.

* When CDC references tobacco on this web page, we are referring to the use of commercial tobacco and not the sacred and traditional use of tobacco by some American Indian communities.

Helping Children and Adolescents Manage Chronic Conditions

About 2 in 5 US students aged 6 to 17 has a chronic health condition such as asthma, diabetes, or epilepsy. Managing students' chronic health conditions can be a challenge for school personnel. A coordinated effort that involves family members, community groups, social service agencies, and medical providers working with teachers, school nurses, and staff is crucial.

The health care needs of children with chronic health conditions can be complex and continuous and include both daily management and potential emergencies. Ensuring that students have the health services they need to manage their chronic conditions while at school is important in helping them stay healthy and ready to learn.

CDC funds state education agencies to improve the delivery of health services in schools and increase the number of students who can effectively manage their chronic health conditions.

Supporting Social and Emotional Learning

Social and emotional learning can help children and adolescents develop the skills they need to recognize and manage emotions, set and achieve positive goals, appreciate the perspectives of others, establish and maintain positive relationships, and make responsible decisions. A positive social and emotional climate at school enables students to develop these skills.

CDC supports school policies and practices for social and emotional learning and creating a positive social and emotional climate to improve students' overall health and academic achievement.

Promoting the Use of Dental Sealants

Dental sealants are protective coatings applied to the chewing surfaces of the back teeth, where most cavities start. Although use of sealants has increased, this effective intervention remains underused. Less than half of children aged 6 to 11 have dental sealants. The use of dental sealants also varies among racial and ethnic groups, as does the prevalence of treated and untreated cavities. Children from lower-income households are twice as likely to have untreated cavities as those from higher-income households. They are also less likely to have dental sealants.

School sealant programs provide dental sealants at no charge to children who are less likely to receive private dental care. These programs provide sealants to students at school using mobile dental equipment. Providing these services at school is especially effective at reaching children at risk of developing cavities.

Programs funded by CDC's Division of Oral Health focus on schools that serve children at high risk of cavities. CDC provides guidance to state and community programs to help them plan, set up, and evaluate school sealant programs and to complement services provided by private dentists. An online data collection tool called SEALS allows programs to evaluate the cost-effectiveness of their efforts.

Promoting Better Sleep

Sleep is increasingly recognized as a component of good health. Children who don't get enough sleep are at increased risk for obesity, type 2 diabetes, attention and behavior problems, poor mental health, and injuries. Children aged 6 to 12 need 9 to 12 hours of sleep a night. Teens aged 13 to 18 need 8 to 10 hours of sleep a night.

CDC works to increase parents' awareness about their children's need for good sleep and how they can help their children get enough—for example, by setting the same bed and wake-up times each day, including on the weekends, and by modeling good sleep behaviors.

www.cdc.gov/chronicdisease/resources/publications/factsheets/children-health.htm



(StatePoint) Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings.

“While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs,” says Gerald E. Harmon, M.D., president of the American Medical Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. **Get screened:** Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you’re due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. **Don’t wait:** An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don’t wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. **Consider telehealth:** If you’re uncomfortable or unable to go in person to your physician’s practice, check on telehealth options, which have greatly increased over the past two years.

4. **Visit your pediatrician:** During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious diseases. If your child is due for a check-up, schedule one immediately.

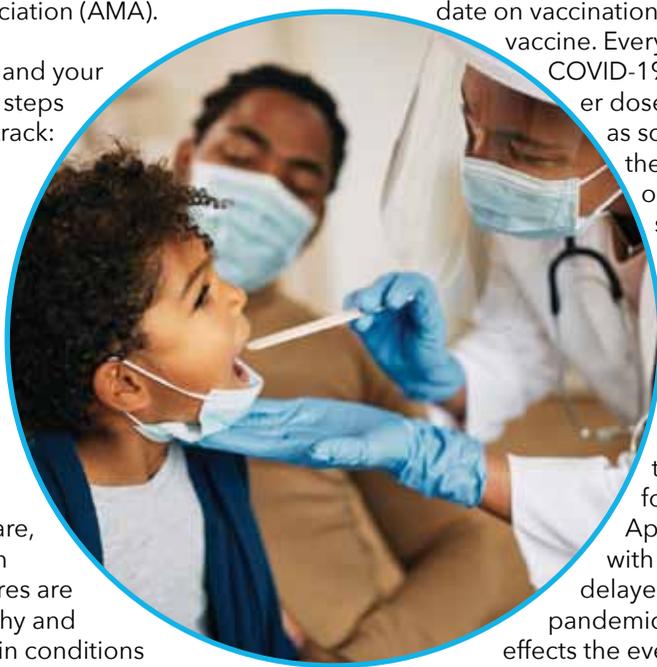
5. **Get vaccinated:** Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who’s eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](https://www.getvaccineanswers.org).

6. **Don’t neglect mental health:** While mental health screenings via digital health tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it’s especially important to prioritize this aspect of your health now.

For more resources, visit [ama-assn.org](https://www.ama-assn.org).

“We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic,” says Dr. Harmon.

PHOTO SOURCE: (c) Drazen Zigic / iStock via Getty Images Plus



Fitness & Friendships

Get moving and grooving at Body Rock Dance, Health & Fitness Studio

STORY BY JORDAN RICHART | PHOTO BY TONY VASQUEZ

If you're looking for a fun way to get or stay active this summer, a fairly new option with a familiar face just might be what you need to remain motivated through the warmer months.

Katrina Hardwick, owner of Body Rock Dance, Health & Fitness Studio in Seymour, recently celebrated the first anniversary in her new studio, 2021 N. Ewing St.

While the studio is fairly new, Hardwick is not new to the local fitness scene, having taught group fitness here since 2009.

She started by teaching Zumba classes, but then created her Body Rock classes in 2015.

The fun and inclusive workouts have become popular since then, and the best part of the studio is that a membership is not required. Those who wish to attend pay per class and can save money the more they attend.

The studio features Hardwick and three other instructors.

"All of our classes offer people the opportunity to focus on themselves mentally and physically by moving their bodies with a group of fun and like-minded people," she said. "There is no pressure to be perfect, and we believe all bodies are worthy and deserve to be celebrated and loved."

The studio offers Body Rock, which is cardio driven dance that incorporates kickboxing, high intensity interval train-

ing, core and ab work, and weights.

There also is a Body Rock Lite that features the same elements but is slower with lower impact and focuses on functional fitness of balance, agility and flexibility. It is geared for seniors or people who aren't able to modify more intense classes.

Hardwick offers Cardio KickBox, which is a cardio-driven, high intensity class that combines all types of upper body exercises, such as punches and combinations, with lower body exercises, such as kicks with jumping jacks, squats and more.

The studio also offers two types of yoga — Slow Flow and Heated Vinyasa flow, Barre-burn and Sculpt, Power Hour bootcamp and other various dance workshops.

In addition to the classes, there is support and accountability that goes along with it. There is encouragement for trying and understanding that not every move has to be perfect and that the goal is to be healthier.

Kids also are welcoming and there will be kids classes coming this summer. Hardwick also plans to start offering chair-based exercises for those with limited mobility, more dance fitness and even water aerobics.

"There is no pressure to be perfect, and we believe all bodies are worthy and deserve to be celebrated and loved," she said, adding the studio does not encour-



Katrina Hardwick leads a class at Body Rock Dance, Health & Fitness Studio

age weight loss-focused goals, but building on stronger bodies. "Singular weight loss goals usually lead to short term habits. We want to help people commit to their health for the long haul."

And if you're looking for a group that becomes close, this could be the studio for you. Hardwick said she struggles to refer to them as clients because they have become close friends. So much that many in the class go out for group dinners, concerts and other social activities.

There also isn't a class that goes by without some jokes and laughter going on throughout.

"The gift they give to me is impossible to express," she said. "I am so blessed to get to live my dreams in the community I grew up in and dearly love."

Hardwick said dance and fitness is something that is part of her. The studio was born out of necessity when Hardwick lost her job at Schneck Medical Center in the middle of the ongoing COVID-19 pandemic. So she started offering classes outside, but wasn't sure if it would work since she is a single mother. But people have continued to support the studio.

"I absolutely, 1 million percent was born to teach dance and fitness," she said. "I love giving the gift of dance and being able to be a part of helping others grow in confidence, strength and help them achieve goals related to overall improvement of mental and physical health."

TIPS FOR ENJOYING THE SUNNY SEASON SAFELY

STORY BY STATEPOINT | PHOTOS ADOBE STOCK

As the days grow long and the weather warms, you're likely spending more time outdoors. Whether you're taking a brisk walk around the neighborhood or competing in a triathlon, keep these five sunny season tips in mind:



1. Replenish fluids: It's easy to become dehydrated when you're active. Replenish your fluids by drinking plenty of water and healthy beverages and by consuming water-rich foods like fresh fruits and vegetables. Because sweat contains electrolytes, you'll also want to add foods that contain sodium, potassium, magnesium and calcium to your diet.



2. Protect skin: Sun exposure can contribute to the production of free radicals. More free radicals in the body means more damage can accumulate over time, and this DNA damage can cause gene mutations that can lead to skin cancer. This is why a multi-layered approach to skin protection is vital.

In addition to recommending daily use of topical broad-spectrum SPF, a 2020 survey found that 87% of U.S. dermatologists recommend that their patients take a daily dose of Heliocare Daily Use Antioxidant Formula as a simple way to help protect the skin. This natural, dietary supplement contains 240 milligrams of a powerful antioxidant formula derived from the extract of *Polypodium leucotomos* (PLE). *Polypodium leucotomos* is a tropical fern native to Central and South America that has been used for centuries as a remedy for skin-related conditions.

"Adding a daily supplement like Heliocare to your routine is a simple precaution you can take to help your body protect itself from the damaging effects of free radicals," says New York-based dermatologist, Rachel Nazarian, MD.

For more information, visit heliocare.com.



3. Protect your feet: Wearing properly-fitting, sports-specific footwear can help you avoid overuse injuries such as plantar fasciitis and tendonitis. Over time and mileage, athletic shoes lose their ability to absorb shock and will need to be replaced to help keep the muscles and joints in your feet and ankles protected. Headed for a swim? Always wear pool shoes or flip flops in the locker room to prevent athlete's foot and skin infections.



4. Protect your vision: UV light is harmful to eye health and can put you at greater risk for a number of conditions that impact vision. Wearing sunglasses with UV protection is a good idea. A hat with a brim or cap with a visor can offer eyes additional shade with the bonus of protecting your scalp and face too. At the pool, keep chlorine and other disinfecting chemicals out of your eyes by always using goggles. Some pairs even offer UV protection.



5. Ward off bugs: There's nothing more calming than connecting with nature, that is until biting and stinging bugs find their way to you. When going for walks in the woods, wear long sleeves and use an EPA-approved insect repellent. When you get home, do a quick inspection for ticks. You can also make your yard a safer, more comfortable place to spend time by using a citronella candle or tiki torch to ward off mosquitoes.

Warm sunny weather is ideal for fun, active days spent outdoors. Just be sure to take precautions to stay healthy and safe.