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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Motivating Factor

By Joyce C. Lock

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Growing up in an environment where non-church attendance isn't an option, much of one's beliefs may be based upon other's faith (wherein one either leans upon the faith of another or they were not considered mature enough to make those choices). Their daily schedule is generally more structured, also.

Young adults are familiar with struggles of being finally 'on their own'; free to sleep whenever they feel like it (as long as they make it to work). Suddenly, choices and consequences become theirs.

They begin deciding what they believe, the life style they will choose, the importance of regular church attendance, and many more things. Likely, before they get it all figured out, children come along.

Whether late night socials or babies stealing one's sleep, they can often relate to the 'pitch it out the window', Sunday morning, alarm clock ... finding that, though they desire to do good, evil is present. Still believing in God, they're left feeling guilty whenever they fail to measure up or miss a church service.

What helped me most, during those early years, was a statement I remembered from childhood, "How can you say you love your children if you don't care about their souls?"

It's a motivating factor to make sure one's children have every opportunity possible to learn about God. And though we may still occasionally dread the alarm clock, in time, one's faith becomes their own. Then, there's no place we'd rather be than in God's house.

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesharing/>. Joyce's writings encourage us in our relationship with God and each other.

Cleveland Schools Aim For Healthy Students And Teachers

By Stacy Andell

The Motivating Movement Through Marathonning Challenge

Eighty-three students and teachers from seven Cleveland Schools are participating in a program designed to increase health and self-confidence. The eleven week Motivating Movement Through Marathonning Challenge is a joint program between Cleveland Schools and the Cleveland YMCA. The Motivating Movement Through Marathonning Challenge was created out of the Cleveland Department of Public Health's nationally-funded Steps to a Healthier Cleveland program and promotes exercising particularly running and walking for in youth and continued throughout life. This program is a response to the troubling national statistics about health and obesity in the nation's schools. The students participating in the Motivating Movement Through Marathonning Challenge engaged in a series of conditioning exercises and running and walking a cumulative 26.2 miles which is equal in distance to the annual Cleveland/Rite Aid Marathon. One group of students from Denison School has formed an all girl-team. Other Cleveland Schools involved in the Motivating Movement Through Marathonning Challenge are Sunbeam School, Emile B. deSauze School, Orchard School, Buckeye-Woodland School, Tremont School and Willow School. Each student received help and assistants from YMCA mentors and trainers which included a free four-month membership to the YMCA branch in their area. All the participants engaged in exercises that equaled 2.5 miles per week. A special celebration was held at the 10-mile mark in preparation for last month's 29th annual Rite Aid Marathon and 10K events, which attracted nearly 8,000 runners. The students from Cleveland Schools participating in the Motivating Movement Through Marathonning Challenge received several surprises which included a pre-race pep talk given by four-time Boston Marathon winner Bill Rodgers, a pair of Asic's running shoes donated by the Second Sole in Mayfield Heights, T-shirts and an official Rite Aid Marathon medal.

The Prestigious Governor's Gold Award

Several teachers and staff members at the Daniel E. Morgan School, a member of the Cleveland Schools, have been given the prestigious Governor's Gold Award. They received this award as part of the Healthy Ohioans physical education initiative. The Daniel E. Morgan School has received particularly high scores in the areas of promoting healthy choices, physical education practices, nutrition education, and tobacco education. Teachers and other representatives from the Daniel E. Morgan School will receive the Governor's Gold Award at an award ceremony and luncheon honoring the school in August.

Teachers Make Pact to Fight Being Overweight

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A group of dedicated teachers at Cleveland School's Emile B. deSauze School have decided to work towards losing weight. Over an eight-week period seventeen teachers challenged each other to a weight loss competition. As a motivation, each teacher contributed to a weekly pot. The teachers were judged and led by the school's physical education teacher. Under the PE teachers guidance the group lost a combined one hundred eleven pounds. As an honor to their dedication and competition the American Heart Association treated the teacher's group to a healthy breakfast and gave each teacher a "Go Red for Women" wrist bands.

Stacy Andell is a staff writer for Schools K-12, providing free, in-depth reports on all U.S. public and private K-12 schools. Stacy has a nose for research and writes stimulating news and views on school issues. For more on Cleveland schools visit



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