

## Valley Doings

### Society to hold open house

Solon Historical Society will hold its monthly open house from 2 to 5 p.m. Sunday. The museum will be open for viewing of artifacts. It is located at the corner of SOM Center (Route 91) and Bainbridge roads in Solon.

On April 23 at 7:30 p.m. the historical society will present Jon Thompson. He is the great-great grandson of Alfred Weedon, who was a private in the 26th Ohio Volunteer Infantry.

Among his small collection of Civil War artifacts, he prizes most the 75 letters his ancestor wrote to his wife Eliza during the war. His presentation allows the audience to hold and read the actual letters.

Bring in homemade cookies to share after the presentation. It is a free community service program. Beverages are provided. The museum will also be open for viewing.

### Bird songs are music

On Saturday, the Cleveland Natural Science Club will host a program titled "The Music of Birdsong: Sorting out the Singers in the Chorus". Learning bird songs can feel a little overwhelming, especially in spring when it seems that

everyone is singing at once.

Lisa Rainsong, music theory faculty member of the Cleveland Institute of Music, will help sort out the singers and their songs through an approach that can be applied to many of the birds heard. Ms. Rainsong holds a doctorate degree in musical arts in composition from the institute.

A professional soprano as well as a teacher and composer, she sings with both Apollo's Fire and Quire Cleveland. She earned a naturalist certificate from the Cleveland Museum of Natural History and now teaches bird song classes. Bird song is music, and the techniques used in ear training and music appreciation classes can provide valuable tools for identification of avian musicians and their repertoire.

The program is at 7:30 p.m. at Look About Lodge, 37374 Miles Road in Bentleyville. For further information, call 440-247-4005 or 440-247-0151.

### ReStore marks Earth Day

Geauga County Habitat for Humanity ReStore celebrates Earth Day Friday and Saturday.

The ReStore has diverted over 700 tons from landfills since opening in 2010.

The ReStore is celebrating Earth Day with a 20 percent off storewide sale Friday and Saturday. To further recycling efforts, Geauga Community Recycling will be on hand to accept electronics and computers for certified recycling. Televisions cannot be accepted.

The ReStore is open 9 a.m. to 6 p.m. Fridays and 9 a.m. to 4 p.m. Saturdays. It is located at 12180 Kinsman Road in Newbury.

The revenue generated from the ReStore helps hard-working families in Geauga County realize their dream of home ownership. For more information, call 440-564-7475 or visit the website at [habitatgeauga.org](http://habitatgeauga.org).

### Health screenings are vital

Health screenings are a valuable tool used to identify potential health issues and promote wellness. Too often these screenings are misunderstood.

Chagrin Falls branch of the Cuyahoga County Public Library will host an informative presentation from 2 to 3 p.m. Wednesday about health screenings. In addition, a representative will share other services that are available through the Cuyahoga County Board of Health. Various health screenings for adults will be offered. Registration is

requested for this free event by calling the library at 440-247-3556.

### Training classes start

Geauga Humane Society's Rescue Village will partner with All About Dogs of Auburn to offer discounted puppy training classes. The first class will begin at 11 a.m. Saturday.

Training is critical to great communication, teaching good manners and establishing a relationship that is the foundation for lifelong enjoyment. Classes are taught using positive-reinforcement training methods.

Puppy Preschool is a class to start owners and their puppies (8 weeks to 5 months old) off on the right paw. Owners will learn how to teach their dog basic manners, how to walk nicely on a leash and how to greet people politely. For the first class, puppies should be left at home.

Sessions last seven weeks and registration is required. The cost is \$120, but if the dog is adopted from Rescue Village, owners will receive a \$20 coupon. The coupon is given at time of adoption or can be found online at [geauga.humane.org/animals/training.html](http://geauga.humane.org/animals/training.html).

To sign up or for more information, call All About Dogs at 440-708-1364.

## Times Health Source

# The permanent wave — yes it is in style!

Permanent waves have a bit of a bad rap, but they have not gone out of style. Hair has come a long way since the "big" hair fad of the '80s. The new permanent waves are nothing like the tight curls of decades past. If your hair is straight, fine, limp and/or flat, a permanent wave can give you the texture and lift which boosts the overall volume of the hair to make it much easier to create today's fashionable hairstyles. For those who want the "undone" or "beach wave" look regularly would be better off getting a permanent wave as opposed to using curling irons every day. Irons apply more direct heat,

and daily use of them would produce more damage over time. Perms also help hide the effects of thinning hair and can help control curly hair for those who choose not to go the straightening route.

#### A few quick facts About Permanent Waves

Perhaps you have been getting your hair permed for some time now or you have been thinking about perming your hair. Understanding a few things about permanent waving will help you appreciate what makes a good perm.

Human hair is an extremely strong and versatile fiber. With an experienced stylist, a

perm may take 2 ½ to 3 hours depending on the length, texture & density of the hair. In order to get a really good perm, the hair stylist needs to evaluate the hair and determine the type of solution to be used and be very particular about the sectioning & wrapping of the perm. The size of the rods will determine how curly or wavy your hair will be (not the processing time). Proper care and regular maintenance can keep stylish waves lasting for months!

Permanent waves are timeless. The idea of standing and taking 20 minutes or more to blow-dry and style your hair in the morn-

ing can definitely be minimized. The rewards of an easy-to-care-for style are great and having a permanent wave can make a world of difference between looking uninteresting or looking fashionably beautiful!

Denise Zingale Travis is an award winning and internationally published hairdresser and owner of D'MAZ Lifestyle Salon in Woodmere, Ohio. She specializes in haircutting, styling, permanent waving and color.

For more information on Denise & her studio, please visit: [www.dmazsalon.com](http://www.dmazsalon.com).

# Shape-up strategies for a fit, healthy body this summer

Be honest! Have you gotten off track with your New Year's resolutions? Do you still have a little work to do getting your body ready to bare some skin this summer season (*think bathing suits and shorts-yikes!*)?

Yep, the long days of summer fun are nearing, but fortunately there's still plenty of time for your summer shape-up. Here are six tips to get you ready:

**1. Hire a personal trainer!** You are busy and you need someone to hold you accountable for your workouts!

**2. Get out your summer clothes NOW,** try them on, and take a good hard look in the

mirror. This simple act will help you focus, take control, and get motivated to set up an action plan with your personal trainer TODAY.

**3. Be realistic.** If you want to lose some weight for summer, aim for a maximum of 1 to 2 pounds a week. This way you will not be losing any of your hard-earned metabolism-boosting muscle mass along with the fat.

**4. No fad diets required!** Get your body beach-ready, living by the mantra eat healthy, eat light, and eat often. Practice this approach with the support of your personal trainer and you'll be getting fit for summer

the healthy way.

**5. Make strength-training sessions a priority in your life.** There is no better prescription for minimizing the jiggle and maximizing the shapely muscle tone than getting in strength training sessions a minimum of three times per week.

**6. Remember, there is no quick fix or magic bullet** for achieving your health and fitness goals. The best recipe for success is a three-pronged approach:

- Strength-train a minimum of three times a week.
- Get in at least 30 minutes of cardio

(preferably right after a strength-training session!)

- Eat healthy, eat light, and eat often.

Follow these tips with the support of Fitness Together and we'll warranty our work! A Fitness Together trainer will develop a program designed to meet your specific goals. We're right down in the Village and just won the Chagrin Valley Chamber Business of the Year Award for 2012, so give us a call or stop in to get started with a free 360 degree initial fitness assessment!

Let Fitness Together help you make this "summer of '13" your best yet!