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FEBRUARY 2021



FLAIZ WORLD... CHAGRIN VALLEY

Cover photo by Dan Patchin

 Best Version Media

Welcome NEIGHBORS



Happy February! Hopefully as winter is in full swing, you are staying warm and safe, and also having some fun outside. As I look out my window at the snow, or take a hike bundled up from head to toe, I think about the fact that spring will be here in a few short months. So, hang on and enjoy the winter. Warmer, more hopeful days are on the way.

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The dining room table is the hub. Ella doles out some artistic Valentines, and the boys find a reason to spar.

FLAIZ WORLD... CHAGRIN VALLEY

By Amy Sonia Richards, Content Coordinator | Photos by Dan Patchin

Jim and Laura Flaiz moved into their current home about nine years ago. It is a mile and a half from their first home, a home that had a dent in the exterior that Jim made as a child. “I hit the house behind us with a golf ball when I was a kid, and that ended up being our dent,” he says with a chuckle.

Jim and Laura were both born in the Cleveland area. Jim was raised in South Russell, attending Notre Dame Cathedral Latin. Laura was raised in University Heights, moving to Beachwood just before starting at Beachwood High.

Their history together started in high school through friends. Ironically, Jim and Laura were both out

of town at the time. Laura explains, “A bunch of Beachwood girls that I was friends with met a bunch of Notre Dame Cathedral Latin boys that Jim was friends with at Denny’s one night. I was in Israel, and Jim was in Canada. When we got back, we met through these friends. It was my senior year in high school and his first year in college at Kent State.”

“Our groups spent a lot of time together,” she continues. “Homecoming came around, and all of my friends were asking his friends to go. My mom suggested that I ask Jim, so I did, but he said no.” Jim chimes in apologetically, “I just didn’t want to go to the dance, and I was busy working at Tanglewood.” But he changed his mind, a decision that changed their lives. “He ended up calling me

back and saying that he would go,” Laura recalls. She adds, “We went as friends.” Jim says, “The Indians were playing the Braves in the 1995 World Series that night, so we went to Nighttown. The guys sat facing the tv, with the girls across the table.”

“Things changed the next day when we all went to Patterson’s Fruit Farm. We ended up holding hands,” Laura remembers.

The next fall, Laura headed to OSU for freshman year. Jim was also headed to Ohio State. “Three of my friends from home were at OSU, and one of them needed a roommate, so I decided to transfer. I became his roommate in Nosker House.”

Laura also lived in Nosker House, thanks to intervention from her mom. “My parents checked out the dorm that I was assigned to, and it was old and awful, so my mom called and had them move me to a different dorm. It happened to be Nosker. I was on the fourth floor, and Jim was on the third,” Laura says.

“We dated all through college, except I do remember breaking up with him one night at a party. Even then, though, Jim walked me home,” she adds. It was meant to be.

While at Ohio State, Jim majored in political science, which eventually led him toward his current position as Geauga County Prosecutor. “I had never planned on being a lawyer. While at OSU, I needed a job, so one of my profs helped get me a job as a page in the state senate. Then some of my coworkers did a mock law school class. I went, and I loved it, so I applied to law school.” Jim graduated from Cleveland Marshall College of Law in 2002 and went to work for a small law firm in Chardon.

Eventually, the firm broke up, and Jim and three other lawyers started their own firm, Carrabine and Reardon. “I did almost all litigation, but I got involved in being a guardian ad litem for abused and neglected children. Those were my favorite cases,” Jim says.

Jim also became a member of the South Russell Village Council, serving for seven years. During that time, Dave Joyce was the Geauga County Prosecutor. When Joyce decided to run to fill Steve LaTourette’s spot in Congress in 2012, Jim was asked to run to fill the vacancy of Geauga County Prosecutor.



Laura and Ella take a hot chocolate break using OSU mugs.

At the time, Laura was working as a speech-language pathologist for Kenston Schools, where she has now worked for 18 years. Jim and Laura had just bought their second house, and things were very busy. “It was pretty crazy,” Jim recalls. “It happened really fast. They put me on the ballot in August, and I ran in November. I had to run a county-wide campaign.” Laura adds, “We had no idea what we were getting into. Jim would go to campaign events, and, while he was there, I would bring boxes to the new house.”

At the same time, she was involved heavily in the campaign. “Laura was a great help running the campaign,” Jim recalls.

As Prosecutor, Jim oversees an office of 25 employees, presents cases to the grand jury, handles felony cases, oversees all juvenile matters from traffic tickets to murder, and represents Job and Family Services, all government entities and officials, and the school districts. Although the Civil Division has been working remotely during Covid, the Criminal Division and Jim have been in the office every day.

Laura and the kids – Zach (12), Danny (9), and Ella (4) – have been both in person at school and working remotely during Covid. As speech-language pathologist for Kenston High School, Laura needed a private space at home to work with students to provide speech and language therapy, as well as conduct social skills groups. “We spent the whole weekend after Thanksgiving turning our guest room into an office for her,” Jim says.

During their free time, the Flaiz family keeps busy swimming at the lake near their home or hiking in the woods. “Living in a lake community during the pandemic has kept our family grounded. The kids have been able to have safe socialization and haven’t been isolated,” Laura explains.

They also love to travel and spend time at the Chagrin Valley Rec Center. In addition, Jim coaches basketball; Laura takes spin and weight training classes; Zach swims on two swim teams and plays the baritone in the school band; Danny swims and plays soccer and basketball at Gurney; and Ella likes



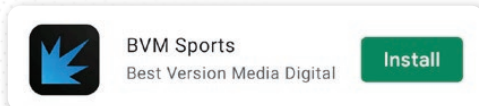
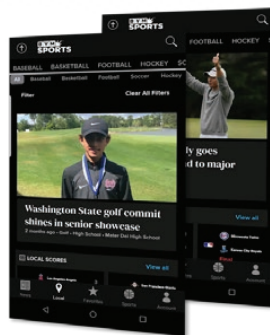
to paint, “set up restaurants,” and “put on shows” for her brothers and enjoys soccer and basketball. “Jim does a lot with the Chagrin Valley Jaycees, so in normal years Blossom Time is also a big weekend for our family,” Laura says.

Covid has affected a lot of the activities that they participate in for now, but they love making their home in the Chagrin Valley and taking advantage of all that it has to offer.

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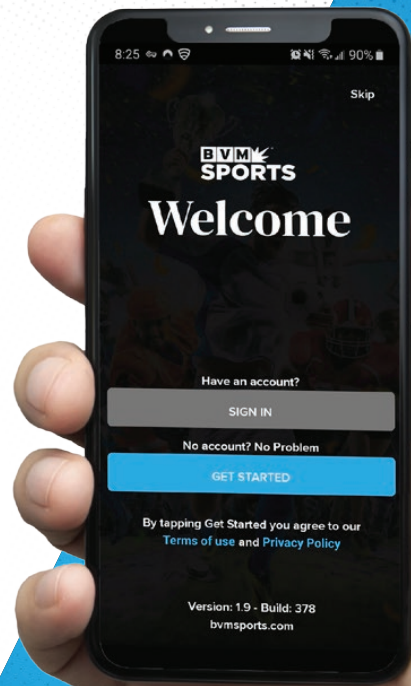
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WHAT YOU SHOULD KNOW ABOUT THE COVID VACCINE FOR SENIORS

By Doug Wilbur, Owner of Cherished Companions

Recent news of a breakthrough in COVID-19 vaccine research has rippled through news outlets and social media, offering a glimpse of hope for those most at risk. Several companies have been working toward fast-tracking a vaccine to combat the virus, and Pfizer recently announced an efficacy rate of more than 90%. Now that the vaccine has been approved, it's being made available to those most at risk first.

News of a vaccine is encouraging, but there are still many unanswered questions to be considered. When will the vaccine be available to the general population? Who will be vaccinated after healthcare workers? Will seniors be eligible for the vaccine and, if so, should they get it?

STEPS TOWARD A SAFE COVID VACCINE FOR SENIORS

The good news is that a vaccine has been approved and distribution has begun. That's lightning speed in the world of vaccine development, and it means we could begin taking vital steps toward herd immunity relatively soon. However, not everyone will be able to get the vaccine right away. Availability will depend on several factors, including how quickly it can be manufactured, how many doses can be ready for distribution, and whether there are any unforeseen delays.

Pfizer, Moderna, and other companies working on a viable vaccine are distributing doses to high-risk people first. That would likely include seniors and those with compromised immune systems.

CVS, for example, is planning to partner with nursing homes and long-term care facilities to administer free vaccines onsite for residents and staff members. The U.S. Department of Health and Human Services hopes to have enough vaccine doses ready for all seniors, first responders, healthcare professionals, and other high-risk individuals as early as possible.

SHOULD SENIORS GET THE VACCINE?

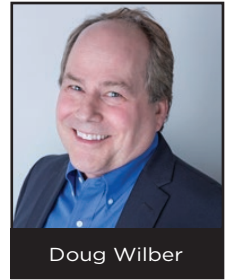
Vaccine safety is the million-dollar question across the board. For seniors and their families who may already be at high risk, however, it carries even greater weight. Here are two things to consider as you decide whether the COVID vaccine is right for your loved one:

• Safety Testing -

Questions of safety mostly revolve around potential side effects such as fever and fatigue. In the Pfizer trials, researchers initially conducted several small clinical trials specifically targeted towards identifying any safety concerns before proceeding with the large-scale trial. Further trials have been very large and safety has been an important focus of the research. None of the trials have reported any serious side effects associated with the vaccine. At this point in the research, the risks of contracting COVID-19 seem to far outweigh the risks of getting the vaccine, especially for high-risk groups including the elderly.

• Consult with Your Doctor -

It is important for seniors to follow the advice of their doctor concerning the vaccine. As is the case with any medication or vaccine, there may be individuals who are at higher risk of side effects due to health conditions, illness, or interactions with other medicines. Before making your decision about whether or not the vaccine is right for your family, talk to your doctor. He or she can answer any questions you may have and make recommendations specific to the health condition and needs of your loved one.



Doug Wilbur



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CLEVELAND FIELD KITCHEN

By Halle Snavelly, photographs by Halle Snavelly



Halle Snavelly

Chef Kelli Hanley Potts' passion for food was evident from an early age. At one of her popup NOMAD dinners a couple years ago, her Mom told me that she threw her first dinner party in 8th grade. Now, as the owner of Cleveland Field Kitchen, a boutique catering and event company based in the Chagrin Falls area, Kelli has the opportunity to share her passion with the whole community.

Cleveland Field Kitchen is built around Kelli's love for seasonal foods from local farms, slow living, and gathering together around a delicious meal. Whether she is catering a wedding, hosting a virtual cooking workshop, or preparing a meal for an intimate dinner party, every last detail is thoughtfully planned and uniquely designed.

"I had big plans for 2020, but we've adapted. It's been tough, but it's also been great. We haven't had as many catering events, but we've been more involved in the community through the Geauga Fresh Farmers Market and our Wednesday Night Dinner Shift. It's really great to be doing more work close to home."

Kelli launched the Wednesday Night Dinner Shift in January. For those looking for a night off from weeknight home cooking, these seasonal, locally-inspired family-style meals are available for pickup every Wednesday from 3-5pm at their Chagrin Falls commissary kitchen on Chillicothe Rd.

Despite the pandemic, Kelli is making her catering business work. They continue to do micro-weddings, drop-off catering and other events, as well as a few virtual workshops. But like most of us, she's hoping for business to pick up during the spring and summer months.

Kelli might be a chef, but she loves having a quick and easy recipe on hand. Below is one of her favorite salad recipes that she always keeps in her fridge for a quick snack or an easy lunch.



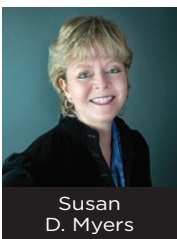
Kelli Hanley Potts



SHAVED CAULIFLOWER AND CHICKPEA SALAD

- 1/2 head cauliflower, shaved
- 2 cups finely chopped Laciato kale
- 1 15.5 ounce can of chickpeas
- 3/4 cup finely chopped herbs, such as dill, parsley, tarragon, chives
- 1/2 cup chopped Castelvetrano olives
- 1/2 cup toasted and chopped almonds
- 1/4 cup crumbled feta
- juice of 1-2 whole lemons
- 2-3 tablespoons extra virgin olive oil
- salt and pepper

Combine all ingredients except lemon juice, olive oil, and salt and pepper in one bowl. In another bowl, add lemon juice and olive oil, and combine. Then, slowly add the salad ingredients to the bowl with the oil and lemon juice. Combine until all ingredients are dressed. Taste. Add salt and pepper to taste. Add more lemon and oil to taste if needed. Chill and serve. Marinates well in the refrigerator and can last 2-3 days.



Susan D. Myers

SUSAN'S PAIRINGS

By Susan D. Myers, Publisher, *The Wine Buzz Magazine*

SHAVED CAULIFLOWER & CHICKPEA SALAD

The briny olives, salty feta, and tart lemon juice call for a wine with a touch of sweetness, balanced richness, and bright acidity. An Italian Pinot Grigio, off-dry Riesling, or Chenin Blanc would be delicious with this crunchy, creative salad!

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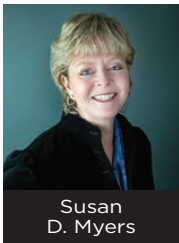
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Susan D. Myers

CELLAR NOTES

By Susan D. Myers, Publisher,
The Wine Buzz Magazine

LET'S HEAR IT FOR FORTIFIED FEBRUARY!

This month my mind and taste buds are dreaming about the smooth, lush, delicious category of fortified wine. This is a complex category, and I am only scratching the surface, so have fun doing some digging after reading this column.

Producers of fortified wines commonly blend wine from a variety of grapes, and often from different vintages. During fermentation, the wines we'll explore are fortified with a distilled neutral grape spirit, which is essentially a brandy. The sweetness of the fortified wine is determined by the time at which the distilled spirit is added. As a wine ferments, yeast breaks down natural sugar and converts it to alcohol. The longer the wine is allowed to ferment before being fortified, the dryer the wine. The length of time that the wine spends in a barrel or cask is often reflected in the price. Longer aging...higher price. Consider decanting or aerating fortified wines with more barrel aging.

HERE ARE MY TOP THREE:

Madeira: On the mesmerizing Madeira Islands of Portugal, this wine is produced using a special heating process known as estufagem. This process is very technical and tightly controlled by a regulatory organization on the island. Madeira ranges from dry, that can be served as an aperitif, to sweet for dessert.

Port: Port is generally thought of as a sweet, rich dessert wine, but other styles include Tawny Port, Ruby Port, and even White Port. The grapes used to produce Port are grown in the Douro Valley region of Portugal.

Sherry: Sherry hails from the Southwest region of Spain and, as with other fortified wines, can range from dry to sweet. The slightly briny and toasty, nutty flavor tends to come from the fact that the winemaker introduces oxygen to the wine during the production process. Dry styles include Fino and Manzanilla, Amontillado, Palo Cortado, and Oloroso. Sweeter styles include Pedro Ximenez and Moscatel.

Vermouth is another fave of mine (and not just because I love Martinis!). The variety of infused Vermouth is mind-boggling. If you love cocktails, enjoy exploring ways to use the artisan Vermouths on the shelves these days.

Be well. Stay safe. Be creative!




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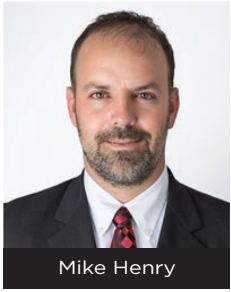
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Mike Henry

FIVE REASONS TO SELL BEFORE THE SELLING SEASON PICKS UP

By Mike Henry, Lead REALTOR® and President, HG Agents - EXP Realty

A common thought in real estate is never list your home in the winter offseason. Perpetuated by industry experts, agents, and repeat sellers alike, this saying encourages many would-be sellers to wait until the spring peak to list their homes. However, studies show that homes listed in the winter offseason not only sell faster than those in the spring, but sellers also net more above their asking price at this time.¹ Don't wait until spring to sell. If you've been thinking of selling your home, here are five compelling reasons to list now.

1. Take advantage of low inventory. Since most sellers are waiting until spring to list, local inventory falls during the offseason. However, there are still motivated buyers who are ready to move now and don't want to wait that long to purchase a home. According to the National Association of Realtors, 55 percent of all buyers purchased their home at the time they did because "it was just the right time."² Eager buyers will flock to your home. You may not need to try as hard to make your home stand out in the sea of other similar homes. With less competition, more buyers, some of whom may have otherwise overlooked your home if you listed during the peak, will express an interest to buy. While you'll likely have fewer showings in the offseason, buyers who do visit will be more serious about writing an offer. Your home could thus sell faster than it would have during the peak season.

2. Set a higher listing price. Homes sold during the offseason sell at a higher price, on average, than those sold during the spring and summer peak. There are many reasons for this. First, motivated buyers are willing to pay closer to the asking price for a home. Second, homes are more likely to be priced right and reflect the economics of not only the local market, but the neighborhood as well. Often, homes listed during the peak may be priced to compete with other homes in the area and neighborhood. Sellers may be pressured to sell for less than the list price in order to encourage buyers to choose their home out of the others on the market.

3. You'll receive more attention. Additionally, if you'd like to hire a tradesperson to handle routine maintenance or undertake a minor home renovation before you list, you may be able to take advantage of flexible scheduling and cheaper rates. Many of these professionals experience a winter offseason as well and will be able to focus their time and attention on you and your project.

4. Easier to maintain curb appeal. Curb appeal is intended to attract the buyers who are just driving by as well as those who saw your home online and wanted to see it in-person. It sets the stage for what interested buyers can

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expect when they step foot in the home during a showing or open house. If you list your home during the peak of the selling season, you may exhaust your time your energy maintaining curb appeal. You'll likely spend most of your free time mowing the lawn, weeding, trimming shrubs and hedges, planting flowers in pots and in flowerbeds, pulling spent blooms, and watering it all to ensure it looks lush and healthy on a daily basis. After all, a lush landscape will attract potential buyers and set your home apart from other similar homes in the area.

The offseason eliminates the pressure to maintain a picture-perfect front landscape. Since most grass, shrubs, and plants go dormant at this time of year, you'll have less to maintain. If you live in an area that experiences a traditional winter, your landscape will be covered with snow. Even if you live in a milder climate, you may not have to mow as often, if at all. It's still important to ensure your exterior appears well-tended, so make sure your walkway and front porch remains free of snow, ice and debris.

5. Tap into the life changes of buyers. Many buyers receive employee raises and bonuses at the end of the year. If they've been saving to buy a home, this extra money may allow them to reach their goal for a down payment and put them on the path to becoming a homeowner. Additionally, companies often hire new employees and relocate current ones during the first quarter of the year, creating a strong demand for housing. If you live in an area that's home to a large company or has a strong corporate presence, this may be the perfect time to list.

SOURCES: 1. Time, October 30, 2015 2. National Association of REALTORS, 2016 Profile of Home Buyers and Sellers 3. Forbes, August, 27, 2013

NATURE HEALS: GET OUTDOORS TO STAY HEALTHY AND SANE

By David Randall, President of WaterHigh



David Randall

Over the past 10 months of a COVID-dominated life, millions of Americans have been trading daily lockdown for a dose of Mother Nature. No, it's not a groundbreaking notion that more natural interaction provides immediate and tangible psychological and physiological benefits. However, it is noteworthy that these times have reminded so many of the positive

medicinal effects of unplugging and “rebooting” for a good walk in the muck.

Lisa M. Carlson, president of the American Public Health Association, shared a recent study finding that people are significantly more likely to report good health and well-being if they spend 120 minutes a week in nature. “People need to stay connected to each other AND to nature. These troubled times in particular are a key opportunity to embrace nature — while practicing physical distancing,” she adds.

According to a recent University of Vermont study, people who ranged from stuck-at-home to stressed in essential worker jobs reported significant increases in outdoor activity during COVID-19. People also experienced a shift in why they value nature. During the pandemic, respondents said in nature they cherished a greater sense of mental health and wellbeing (59%), exercise (29%), appreciating nature’s beauty (29%), sense of identity (23%), and spirituality (22%).

Wallace J. Nichols, PhD and author of Blue Mind with over 10 years of scientific research explains, “Chronic stress and anxiety cause or intensify a range of physical and mental afflictions, including depression, ulcers, heart disease, and more. Being on, in, and near water can be among the most cost-effective and powerful ways of reducing stress and anxiety.” Here, we can look forward to water exposure this summer. As for the next few months—and a lack of access to ‘vitamin sea’—a daily dose of vitamin D can do wonders even in our ceaseless Ohio overcast. Northeast Ohioans are truly blessed by a vast array of local trails: from the Metroparks’ Emerald Necklace to the beautiful Geauga Park System. We’ve turned to puzzles, politics, sour dough, and even sour mash; but perhaps the best practice the new norm has reminded us is that we can’t function at a high level without being replenished by nature.

As the pandemic rages on—with light at the end of the tunnel—(those of us who can) celebrate and embrace that “light” by spending some of each day outside. Your dogs will thank you for it too.



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GURNEY ELEMENTARY SCHOOL STAFF VOLUNTEERS AT THE GREATER CLEVELAND FOOD BANK

Submitted by Chagrin Falls Schools



Several members of the Gurney Elementary School staff donated their time to help pack approximately 15,000 pounds of nonperishable food items at the Greater Cleveland Food Bank.

“Every year, school counselor Dale Tschappat organizes at least one service activity for staff to do if they are interested and available,” said Gurney principal Rachel Jones. “This one was a lot of work but also a lot of fun! In the past we’ve also done Adopt-a-Beach clean up days through the Alliance for the Great Lakes. Volunteering and doing service activities as a staff not only helps our community, it enhances our camaraderie and morale.”



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KENSTON DISTINGUISHED HALL OF FAME

Submitted by Kenston Schools

The Kenston Distinguished Hall of Fame was created in 2017 and saw its first class inducted in 2019. The Hall of Fame serves as a reminder of the greatness that individuals can achieve in life both during and after their time at Kenston. With an emphasis on "Lifetime Achievement," induction into the Hall of Fame is far more than just athletic or academic accomplishments, but rather a recognition of individuals who have given selflessly to Kenston, Bainbridge/Auburn communities and service to others.

Currently, the Kenston Alumni Association is seeking outstanding individuals for induction into the 2021 Distinguished Hall of Fame. These people will be graduates or staff members of Auburn, Bainbridge, or Kenston Schools who have achieved success in their careers and have made significant contributions in their fields as well as to society.

To be eligible, nominees must have graduated in the Class of 2011 or before or retired/resigned from the district by June 1, 2011 or before, and not currently be employed by the Kenston Schools. Please visit www.kenstonlocal.org to nominate a deserving individual and for more information. The deadline for nominations is February 26, 2021.

The Alumni Association looks forward to recognizing 2021 inductees during homecoming; due to COVID, there were no inductees in 2020.

A panel of Kenston High School students, alumni, staff and administrators will select inductees for the Hall of Fame. Selections are based on information received from friends/families and an application completed by the individuals themselves.



2018 HALL OF FAME INDUCTEES:

John Althans, Alan Hrabak, Linda Henry representing Chip Henry, Lt. Col. Kevin Lombardo, and Justin Herdman



2019 HALL OF FAME INDUCTEES:

Dr. Robert A. Lee, Dr. Alan Gurd, Bill O'Neil, Bill Berger, and Lt. Col. Andy Rule



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FEBRUARY 2021 CALENDAR OF EVENTS

Open Daily THE WILDS

Time: 10am-4pm

Location:

14000 International Road, Cumberland, OH 43732
The Wilds is home to rare and endangered species living in open-range habitats.

Adventures include tours through the park, ziplining, horseback riding, fishing, and more.

All tours can be booked online at

TheWilds.org.

Any Tuesday, Thursday or Saturday PRESIDENTIAL LIBRARY AND MUSEUM AT SPIEGEL GROVE

Time: 9am-5pm

Location: Spiegel Grove, Fremont, OH 43420
Come tour the mansion, library, and museum of Rutherford B. Hayes and Lucy Webb Hayes.

Admission to the grounds and to the library is free.

Tours of the home and museum are available all year. If you would like to tour both buildings, plan about three hours for your visit.

www.rbhayes.org

February 15-28 TURNING 15 ON THE ROAD TO FREEDOM

Time: On Demand

Location: Virtual Event

This is an inspiring true story of Lynda Blackmon Lowery, the

youngest person to walk all the way from Selma to Montgomery, Alabama, on the Voting Rights March in 1965. Jailed nine times before her 15th birthday, Lynda and her friends and neighbors fought alongside Dr. Martin Luther King, Jr. to secure the right to vote for African Americans. Content might not be appropriate for children under ten. Recommended for grades 5-12.

www.playhousesquare.org/events

February 18 LES DELICES

Time: 7:30-9:30pm

Location: Virtual Event

A fun and exuberant program featuring virtuoso Mélisande Corriveau in works by Marin Marais, Jean-Féry Rebel, and others. Join Les Delices as they explore the dramatic potential and emotional resonance of long-forgotten music. Watch the premiere and join us afterward for a live Q&A with the artists. Your ticket gives you access through March 1.

www.lesdelices.org

February 26 ARMCHAIR TOUR OF NATIONAL PARKS

Time: 2-3pm

Location: Virtual Event

Our national parks are celebrated for their beauty, but they also commemorate great writers, artists, and architects. Join us and learn about American arts and culture! geaugalibrary.libcal.com/event/7431622

February 27 FULL MOON HIKE: THE FROST MOON

Time: 7-8pm

Location: Observatory Park
10610 Clay St, Montville, OH 44064
Take a naturalist-led hike to spot signs of nocturnal wildlife and learn some Native American winter legends. Weather permitting, observe the rising full moon using park telescopes. You can also bring binoculars to view the moon. Registration required.

www.geaugaparkdistrict.org

ROCKY G LOVES BEING OUTDOORS!

By Donna Weyburne Koch

Rocky G loves being outdoors. He even likes to sleep outdoors in the colder months! If you have the inclination to sleep outdoors like he does, you can camp in numerous sites in the Geauga Parks. The parks that have campsites are Big Creek Park, Chickagami Park, Headwaters Park, and The West Woods. The Tree House in Big Creek Park allows for a more cozy option - having bunks and four walls to keep you a little warmer. Visit www.geaugaparkdistrict.org for more information.





BEAUTY IN THE TIME OF COVID; A TRENDSETTER'S GUIDE TO 2021

By Alicia Vilics, Owner of AliCat's Hair Studio



Alicia Vilics

Going to hair shows is one of my favorite things to do – it's a great place to learn about the latest trends in my industry. But just like the rest of the world, my industry has been a little bit different this last year. That doesn't mean beauty trends are quarantined or

in a holding pattern while we navigate this bumpy part of the COVID ride. And while I haven't been able to attend hair shows recently, I still follow and learn from my peers on social media and through zoom classes. I keep seeing these top three trends all geared around making a masked face a little more -- dare I say -- beautiful.

The eyes have it. One direction for 2021 is leaning towards the accentuation of the eyes and eyebrows. Because we are required to wear masks for now, the focus is to make the eyes pop while lips and facial contouring take a backseat. Bold and bright eyeshadow colors are making a comeback, much like the eye makeup we saw in the 1980s. Get out your most fun palates, because orange and yellow eyeshadows, along with cat's eye eyeliner, will be the next trend for makeup.

It's curtains for you (in a good way!). Following along with the focus on the upper part of the face and head is a trend that was popular in the 1960s--curtain bangs. These are long, fringe-like bangs typically parted down the middle. They frame the eyes and cheekbones and beautifully frame the face. Longer and wisper than normal bangs, curtain bangs give a very relaxed look and are a great way to flatter almost any face shape.

Show me the money. Another hair trend is called the "money piece"--a term used to describe a thick, dramatic, and bold chunk of hair color that is lighter around the face and darker or more natural on the rest of the hair. In fact, hair color trends are leaning more toward chunkier pieces throughout. Think a more modern approach to the stripey highlights that were very popular in the 1990s. We're also seeing more balayage and ombre treatments.

As you can see, the beauty trends of 2021 are reflective of what is happening in the world today. Beauty has always been an industry that is constantly revolving, adapting, and moving in step with the world around us. That's one thing the pandemic hasn't changed.

Alicia has been a hair stylist for over 20 years working behind the chair and also as an educator for multiple beauty brands.

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TAKE A BREATH

By Donna Weyburne Koch, Yoga and Movement Meditation Teacher

There you are in the middle of traffic, the coffee has spilled all over the console, you are running late, you realize that you left your cell phone at home and that you have forgotten to eat any breakfast. Your heart starts to beat and you find yourself in such a state! The hurrying and the worry has you turned inside out. What should you do? Go home and crawl under the covers and just focus on tomorrow? No, nope, that's not it. Focus on your breath! What? How could something so accessible and seemingly simple change things so profoundly you ask? Well, by controlling your breath you can influence your state of mind. Deep slow breaths activate your parasympathetic nervous system, and that slows your heart rate and blood pressure, paving the way for anger and agitation to dissolve and for you to keep your wits as you maneuver through the spill and the forgetfulness.

We generally breath without thinking, and those breaths are shallow. The more efficient way is by enlisting your diaphragm - inhaling into the bottom of the lungs and inflating the belly. It takes a little mindfulness - try it! Place your hands on your abdomen and inhale into the very bottom of your lungs - much like you are being filled up. (Perhaps imagine you are a glass of water and are being poured into. Fill from the bottom up to the collarbones.) The rhythm of the breath has different outcomes in your body. A longer inhale will bring energy, a longer exhale will dispel energy allowing you to relax.

HERE ARE A COUPLE TO TRY:

To calm yourself, focus on the exhale to "let it go." Start with a mindful diaphragmatic breath to fill up your lungs and then create a super long exhale through the mouth and empty your lungs completely. Three of these should do the trick and bring some calm.

To find energy when you are in an afternoon slump, the "breath of fire" should come in handy. To practice: breath in and out through your nose, inhale passively and exhale powerfully and rapidly, forcefully contracting your abdominal muscles as this is the main focus of this technique. (Not for pregnant folks or those who have vertigo, high blood pressure, or arrhythmias.) Try this for 30 seconds (go for as long as ten minutes as you gain experience). By all means, stop if you feel dizzy.

To balance your state of mind, the coherence breath can help you stay calm. Try this: Inhale through your nose for a count of 6, then exhale to the same count. Try to do 5 cycles within one minute. It might feel as though it isn't enough air, but stay with it - it's better than going home and crawling under the covers!



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