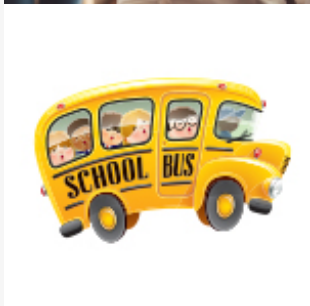


# THE COMMUNITY CONSCIENCE



## The Great Cell Phone Debate

**Raising kids can be a challenging endeavor.** When Heather and I were married in 2013, Heather agreed to take on not only a husband but two boys, Andrew, 12, and Chandler, 11. The boys are now 16 and 17 years old and face growing up in a world very different than the one Heather and I knew when we were teenagers. We are far from ... [CONTINUE READING](#)



## 3 Ways to Mentally Prepare Your Kids for the School Year

It may not feel like it yet, but summer is coming to a close, and summer break is ending along with it. Soon, the kids will be back to early morning breakfasts before the school bus arrives and late night study sessions. Thankfully, there are some steps your family can take during these closing weeks of summer to ensure your kids ... [CONTINUE READING](#)



## How to Achieve a More Restful Night's Sleep

A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all want to feel rested. So, what can you do to improve ... [CONTINUE READING](#)