

Kim & Jason

live life with less stress and more fun | issue #5

ROCK ON!

THE MUSIC ISSUE

MIX TAPE LOVE
THROW A ROCKIN KARAOKE PARTY
10 WAYS TO ESCAPE
ADULTHOOD WITH MUSIC

Kim & Jason represents the crazy idea that there is more to life than the hectic busyness, cynical melancholy and overwhelming stress that is typical of most modern lives. Adultitis tricks us into missing out on the best parts of life and causes us to take ourselves WAY too seriously.

We believe that life is meant to be lived to the fullest, that our lives should be bursting with big dreams, oodles of passion, and an enthusiastic playfulness. We believe in curiosity, delighting in the little things, and a faith that knows things always work out for the best. We believe that a life that embraces a childlike spirit is a life that is less stressful and way more fun.



Before it was an idea, Kim & Jason started out as a simple love story. Jason Kotecki first drew his lovable characters for his girlfriend Kim sometime before the turn of the century.

The couple shared a kindred childlike spirit, and Jason used the drawings, which represented the couple as children, on many homemade (aka cheap) gifts designed to win her heart.



Luckily for him, this downright sappy play helped him to not only win her heart, but also her hand in marriage. The characters took on lives of their own and in 2000, the real Kim and Jason decided to build a company to share the comic strip and its inspiring message. It has been a wild ride ever since.

So thanks for reading, and remember, it's never too late to have a second childhood. One where a giggle is never far away, good things are just around the corner, and a grand new adventure awaits! May Kim & Jason remind you of that joyful, magical, indomitable spirit that still exists within you, giving you permission to let that spirit come out to play.

Need a Speaker?

refreshingdynamicauthenticwonderfullyfunny

If you need a speaker for your next function and want something a little out of the ordinary, Jason Kotecki is for you. He's funny, engaging, and inspiring. The author and cartoonist shares hilarious anecdotes, witty observations, and real world tips that will both entertain and inspire attendees from all walks of life to break free from the stresses of life and become happier, healthier, and more productive.

In this age of visual learners, Jason combines a multimedia presentation with live cartooning to illustrate his life-changing concepts. He has spoken to a variety of businesses, churches, and associations, and will happily customize the talk to the special needs of any audience.

Jason's schedule fills up fast, so don't hesitate to contact us to learn more about bringing him to speak to your organization. Visit www.KimandJason.com/speaking

"Two thumbs up!
It was genuine,
personable, down-
to-earth, and very
well-received!"

– Craig Robida,
Exchange Center
for the Prevention
of Child Abuse



in this issue...

A world without music would be a world overrun with Adultitis. This issue is jam-packed with stories, tips, and ideas on how music can soothe your soul, fire you up, energize your life and escape adulthood like nothing else!

ask kim & jason 4

What music has most influenced them?

cool stuff 5

Online Mix Tapes, Customized Radio, and more!

champion 6

Meet Ethan Elkind, musician

cover story 7

Marching to a Different Beat by Jason Kotecki

an interview with 10

Bob McGrath from Sesame Street

time capsule 14

For the Love of the Mix Tape by Jenna Regis

escape 16

Escape Plan: Strong Museum of Play by Kim Kotecki

feel good 18

Studio Zumba Rocks Dayton by Elizabeth Weizman

workplace 20

The Other Side of the Radio with Fletcher Keyes

you & improved 22

Kids, Rock & Roll and FUN! by Joe Heuer

create & do 24

How to Throw a Rockin' Karaoke Party by Lorraine Yii

back to basics 26

10 Ways Music Can Help You Escape by Kim & Jason

my childhood 28

Musical Memories by Tiamo De Vettori

funny bone 29

Thank You Rick Astley by Doug Kotecki

lemonade stand 30

Cool stuff for the young at heart

club k&J profile 31

A childlike look at some of this issue's contributors...



jenna regis



elizabeth weizman



fletcher keyes



joe heuer
cute baby pic, huh?



kim kotecki



doug kotecki



tiamo de vettori

what music has most influenced you?

kim says...

If you would've asked me this a few years ago, I would have confidently said Raffi, Jim Gill, and Greg & Steve. Spending your days with kindergartners can really sway your opinions.

I have always been influenced by singer-songwriters of all sorts. I mean, isn't it illegal to not like the Beatles, Bruce Springsteen, and Paul Simon?

Some of my favorite songwriters include Andrew Peterson, Andrew Osenga, and Phil Joel. Their music speaks to me... lyrically as well as melodically.

Then there are the bands and artists whose music has been woven into the fabric of my life's soundtrack; bands like U2, Alice in Chains, The Dave Matthews Band, Coldplay, The Fray, Jars of Clay, Death Cab for Cutie, and Tom Petty. When I hear one of their songs, I am reminded of a certain time and place in my life. Their tunes are always around: on my iPod during my daily walks, in the car on road trips, even in the background as I'm making dinner.

Loving live music, I hold close the memories of songs performed at concerts from artists like Rich Mullins, Michael W. Smith, as well as Toad the Wet Sprocket and Switchfoot.

Music is definitely a part of my day-to-day. It helps me relax, to keep an even keel, and to maintain a healthy perspective on life.

jason says...

Although I am about as musically talented as an unconscious Elvis impersonator, music is a huge part of my life.

I can think of four ways music has influenced me. First, I love listening to music while I'm creating art. It gets me going, makes the time fly by, and transports me to a different world. Listening to music while immersed in a painting is one of the most relaxing things I do. Jars of Clay, Toad the Wet Sprocket, U2, Switchfoot, and Coldplay make up a pretty good soundtrack for creating art.

Music also picks me up when I'm down and out. I have a special playlist on my iPod filled with encouraging songs that remind me that God is watching out for me and things always work out for the best. It's one of the best antididepressants I know of.

Kim and I love going to live shows. We don't do as many as when we were in college, but some of the performers I saw back in the day, people like Michael W. Smith, really made an impact on me. They were the catalyst that made me want to make a difference by using my talents to entertain and inspire people, especially as an artist and professional speaker.

And speaking of speaking, music serves a major role in my pre-show routine. As part of my prayer before I speak, an iPod playlist filled with songs that fire me up reminds me that my show is not about me, but rather the people who need to hear the message. I can't imagine how boring life would be without music.

Did you know...?

The CD was developed by Philips and Sony in 1980.

Themes from movies *Unforgiven*, *A Perfect World*, *The Bridges of Madison County*, and *Absolute Power* were all written by Clint Eastwood.

The last name of the only guy without a beard in ZZ Top is "Beard."

The harmonica is the world's best-selling music instrument.

It was at a concert in Minneapolis in 1954 that Al Dvorin first closed Elvis's concerts with: "Ladies and Gentleman, Elvis has left the building. Thank you and good night."

In August 1983, Peter Stewart of Birmingham, UK set a world record by disco dancing for 408 hours.

The longest song to reach number one on the Billboard charts on LP was "I'd Do Anything For Love (But I Won't Do That)" by **Meatloaf**, the shortest: "Stay" by Maurice Williams & the Zodiacs.



Ethan Elkind is not only this month's Champion

(see page 6), but he is also the person responsible for "Coyote Sleeps," the theme song that begins each and every one of Kim & Jason's Escape Adulthood podcasts. The song, which harkens back to Ethan's own childhood, can be found on his second album, "Tales from California." It's a musical statement about his love for the state and its history. You can check it out at www.ethanelkind.com.

"Music expresses that which cannot be put into words and that which cannot remain silent."

-Victor Hugo



Mix tapes may be old school, but www.mixwit.com offers a fresh twist on a classic art form. With its simple interface, you can choose a list of your favorite songs, personalize it by uploading a picture or artwork, and share it on your blog, profile, or personal web site. We still miss the tangible nature of the real thing, but this is still a cool way to share music.

Has this ever happened to you: you're driving down the road and your radio dial stops on a station playing your favorite song. You sing along, and as you contemplate programming this station into your permanent stable, you're treated

to a follow-up song by a band you can't stand! Wouldn't it be cool if there was a radio station that only played songs you liked? Check out Pandora.com for your own personal mix of tunes. Based on the Music Genome Project, which is the most comprehensive analysis of music ever undertaken, Pandora asks you for some of your favorite artists and songs, analyzes the musical stylings of your selections, and then almost magically serves up a continuous playlist of awesome songs. It's the best radio station on the planet, customized just for you!





champion

Ethan Elkind

age 31

Musician

San Francisco, CA

Hometown San Francisco, CA

My Biggest Dream My personal biggest dream would be to play a concert of my music at the Oakland Coliseum, the home of my favorite baseball team, the Oakland A's.

My dream for the world at large is that we all live in sustainable and walkable communities like Harrison Ford attempted to create in *The Mosquito Coast* (except without the bad ending in that movie).


My Inspiration A great song. I can't be more specific here because there are so many of them and what I'm listening to depends on the moment. But any song that makes me want to dance (like "Billie Jean"), cry ("Tony" by Patty Griffin) or get hyper ("Sledgehammer" by Peter Gabriel) works for me. Also, my wife Jessica always inspires me with her serenity and optimism. And a good political speech will stay with me for a long time.

My Favorite Thing About Being a Musician Being able to sit down any time I need to and express myself through an instrument – even if

it's just noodling around on a guitar. It can be a great emotional release and a way to turn a mood or feeling into something somewhat tangible. I also like that I can entertain people at parties by grabbing a guitar and playing people's favorite songs.

When I Was a Kid, I... was convinced that I could affect the outcome of a baseball game by my behavior. For example, I would listen to A's games on the radio in my room, and when my team batted, if I swung a baseball bat just right, I could make my team come through with a hit. It worked close to one-third of the time. And it also worked for pitching if I made throwing motions just right.

One Way I Stay Childlike Is... I watch Will Ferrell movies and repeat all my favorite lines at key moments during the day – particularly his exchange with Jack Black in "Anchorman."

What I Know So Far is that there is more to this world than I will ever know, so at least I will never run out of things to learn. 

<http://www.ethanelkind.com>

Marching To a Different Beat


by Jason Kotecki



Elvis Presley. The Beatles. The Beach Boys. Johnny Cash. U2. Aerosmith.

Timeless. Legendary. Unique.

All of these great acts have been inducted in the Rock and Roll Hall of Fame. Each has a distinctive sound; if you hear one of their songs on the radio – even one you’ve never heard before – you can instantly recognize the artist.



Unsurprisingly, many musicians have been influenced by these great performers. Some pattern their own stylings after the various elements that brought these legends their great success. And some even wear the same clothes and sing the same songs (ever seen an Elvis impersonator or enjoy a Beatles tribute band?).

Makes sense, doesn't it? If someone gains a certain level of success at something, it seems logical to examine the things that contributed to the success and use them as a road map to similar fame and fortune.

Except it doesn't work.

No one ever made it into the Rock and Roll Hall of Fame because they looked and sounded just like The Beach Boys or Johnny Cash. There's only one Aerosmith. No one can out "Elvis" Elvis. And the ones who try may be quite good, but always come up short of the real thing.

Hopefully, this all strikes you as pretty logical. But what perplexes me is how hard we work at being the next U2 instead of being the best ME. Our schools are set up to get everyone on the same page, know the same stuff, and think the same way. Look at standardized tests, like the ACT for example. High school students are tested on a pre-determined pool of information. The ones who prove to know the highest percentage of this information are accepted into the best schools and are expected to achieve the greatest level of success in life.

And what about society? When someone is said to "march to the beat of a different drummer," it is not usually meant to be a compliment. We're all "supposed" to fall in line, and when someone doesn't follow protocol, well, he or she is just plain "weird."

Call me weird, but I believe we're ALL supposed to march to the beat of a different drummer!

Every single one of us has a different set of skills, talents, and personality traits. This happened on purpose; God designed us that way. Does it really make sense that we should all be marching in the same direction?

I would argue that this subconscious programming is what contributes to much of the unhappiness we experience in our daily lives. We are habitually comparing ourselves to the people around us, making sure that we

measure up. If your neighbor just bought a more expensive car than the one you drive, you can't help but wonder if you might have picked the wrong company to work for. If a mom in your kid's play group consistently throws the most remarkable birthday parties for her children, you may wonder if your mothering skills are sub-par. You watch TV and wonder if you're as attractive or well-dressed or thin or funny or smart as the person on the screen with the bright smile and carefree lifestyle.

A friend of mine once told me, "A life of compare leads to a life of despair." Those words continue to ring true to me time and time again. It's quite human to look at someone else and allow our own deficiencies to stare us down. But when you take into account that each and every one of us is designed to be different from anyone else who ever lived (a bit mind-blowing, isn't it?), then it really doesn't make sense to play the compare game at all.

Although skilled in the arts, any shred of musical talent skipped me altogether, so I cannot claim that I ever tried to fashion myself into the next Paul McCartney. But in my journey as an entrepreneur, I have very often fallen into the compare trap, and tried to clone parts of myself into a reasonable facsimile of a peer I deemed to be "more successful" than me.

Now perhaps I should have said this at the outset, but I think it is very useful to learn from the people who have gone before us. Examining the greats in your field – whether your field is business or sports, music or motherhood – to find techniques that can help bring out the best in yourself is an important key to self-improvement. The danger comes when we try and force ourselves into a mold that doesn't fit our own unique gifts and personality.

I have tons of people I look up to and can freely admit that I've asked my fair share of "if only's."

If only I could draw and write as well as Bill Watterson.

If only I could be as brilliant of a promoter as P.T. Barnum.

If only I could speak as fluently as Zig Ziglar.

If only I could be as visionary as Walt Disney.



“No one can be
as good at being
you as YOU.”

It's easy to drown in the “if onlys” and come to the conclusion that it might be wiser to quit before I even begin. But then I pause to consider: Maybe Bill Watterson wishes he could be a better speaker. Maybe P.T. Barnum wished he could draw. And I'm sure Walt Disney would've loved to have access to the technology that I take for granted every day.

Nobody on Earth can do it all. But each individual's unique mix of passion and talent adds up to create something truly one-of-a-kind. Sometimes I have to remind myself that I wasn't created to be Bill Watterson or Walt Disney, I was created to be me.

Here's the neat thing: No one can be as good at being me as ME.

I guess you could say (I know my mom would) that I am unreplicable.

And so are you.


I belong to the National Speaker's Association. One of the highlights for me is the annual national conventions

– multi-day binges of head-spinning information and mind-changing ideas. To say that it's easy to come away overwhelmed is an understatement of epic proportions. I have found that the best approach is to pick what fits and lose the rest. I have seen too many rookie speakers adjust and adapt their style and business model based on advice from presenters to such an extent that they completely lose track of their own singular voice. If this trend persists, they are doomed to becoming nothing more than a second-rate Elvis.

So here's the point: You want to be really successful? Obscenely happy?

Just be you.

Quit the compare game. Lose the “if onlys.” Learn from others, but never lose track of what makes you YOU. Don't settle for being a second-rate somebody else. Be the best you possible and success is sure to follow.

March to your own beat, and someday, you may just find yourself in a hall of fame. 



an interview with BOB McGRATH

Kim & Jason: Can you share with us the influence your family had on you in regards to the direction you chose throughout your career?

Bob McGrath: I think the wonderful thing is that I had two brothers and two sisters and my parents were very encouraging and allowed us to follow whatever path we decided to do. There wasn't a lot of money to go around, but there was never any comment about having to pay for voice lessons and piano lessons and all that kind of thing. We had a great support. I probably didn't have any idea at that time that I was going to end up in this profession.

I would say my first experience was my mom playing the piano – we inherited an old upright piano from my

grandmother and she was playing. I went in and sang along with her one day and by the time my dad came in from the field, I had learned my first song, which I think was “In The Good Ole Summer Time” and I sang for him at lunch time during his field break. That was my very first performance. My dad was totally tone deaf but he was very encouraging of my singing.

K&J: We are wondering how you went from having no TV in your home – which was fairly common in those days – to working on one of the most popular children's shows of all time?

Bob: Actually, not only did I not have a TV growing up, but we didn't have electricity, not until I was six years old. We did have radio and that was a great source of en-

an interview with...

tainment, from Jack Benny to Captain Midnight and the Green Hornet. Those radio shows really required a lot of imagination.

I guess maybe not having a television was a positive experience that has kind of helped develop my imagination. When everything isn't put right in front of your eyes, you really do have to use your imagination. I have always felt that one of the most valuable skills that you can help teach a child is to use his imagination.

As for *Sesame Street* – how did I get from there to here? I first heard about it from a college friend. I bumped into him in front of Carnegie Hall and he had just come off the Kangaroo Show and I was just coming off a touring of Japan for three years. When he asked if I would be interested in auditioning for a new children's show, I said, "No. Not in the least." It shows you how much I knew even then.

But then when I saw some of the early test pilots going on for animation and film from this guy called Jim Henson, whom I had never heard of, I realized that this was going to be a really important show, and then I worked as hard as I possibly could. I passed the five pilot shows. Three out of the four of us survived those. They were based a lot on the reaction of five-year-old kids watching the show on closed UHF channels around the country. I've been eternally grateful to those five-year-olds ever since because that is really how I got my job.

K&J: What would be something that most *Sesame Street* fans would be surprised to know about you or even about the show itself?

Bob: In terms of the show, I think one of the things they are always surprised about is that there were almost two years of really intensive research before the first show was ever aired in 1969. Now, 39 years and some 4,000 shows later, there is that same dedication to researching every element in the show.

People are also surprised to learn that we have a worldwide audience. The English version is in over 120 English speaking countries and over 20 co-productions in foreign languages from Bangladesh to China and South America. There are a lot of humorous things. Like in

France, it is *Rue Sesame* and Cookie Monster is "Le Macaron." It is kind of fun to hear.

I was once chased around Paris by a group from France. In the early years, they used to dub us in whatever language before they were up and running their own production. So the group all started speaking fluent French to me. It was funny because they thought I was fluent. This has happened in several languages. People start talking to me in that language, just assuming that I knew how to speak it, but it is all dubbed in.

K&J: Your resume is quite extensive. So far you've toured Japan, you've sang with Mitch Miller, you've sat across the desk from Johnny Carson, and worked with Jim Henson. Looking back on things, what would you say are some of your highlights?

Bob: There are a whole lot of them including a little five-year-old child meeting me after a concert and saying, "I loved your concert, Bob." I said, "Thank you." Then she kind of pulled me down and whispered in my ears and said, "But you know something?" I said, "What's that?" She said, "Up close you don't look too good." That was always kind of a nice leveling. I've had dozens and dozens of those little tidbits.

One day, I walked out of my house just as I had closed the show saying, "Sesame Street has been brought to you today by so and so." I finished and I turned off the set and I walked out the front door, at which point a little boy two doors down was coming down the sidewalk on his scooter. He was about five, and he practically came to a screeching halt in front of our house and he said, "Boy, are you fast!" He assumed that I had managed to get from Sesame Street to Francis Street in a millisecond. It was like a time warp for him, I guess.

I think also about some of the reaction that kids have had over the years. Like one of our favorite stories that came in a letter from a mom early on. This has to do with kids discovering things and how wonderful it is to help kids learn to discover. She came running into the room early one morning screaming, "Mommy, Mommy! My pillow!" She said she and her husband sat bolt upright and said, "What is it?" She said, "My pillow! It's a rectangle!" She had just discovered for the first time in



her life that her pillow was a rectangle. It is wonderful to think that the show has brought some of that sort of discovery into kids' lives. It is always great when parents or teachers can do that sort of thing.

Also, I was thinking back and just remembering some of the wonderful moments taping songs like "Sesame Street" and "The People in Your Neighborhood," which kind of became my signature song, and especially doing almost every occupation imaginable with Frank Oz and Jim Henson. They had a great sense of humor and they were just absolutely incredible to work with and to watch them work.

We always prerecorded the track and just before I had to sing, "Oh the baker is the one who makes" or whatever it might be, they would always throw in a gag line, a bad pun. And they'd change it up, through three or four takes, they always managed to come up with a different punch line each time, attempting to crack me up just moments before I had to start singing. At the time it was nerve wracking because you are taping the thing live and you don't want to blow it, but it was fun.

K&J: Since we are talking about the different Muppets and characters, do you have a favorite Sesame Street character?

Bob: It is sometimes hard to separate the person from the character. You become very good friends. Carol Spinney and I have been very close friends for a long time and he, of course, does both Big Bird and Oscar the Grouch. I really enjoy Carol with Big Bird and Oscar because of our personal relationship and the hundreds of pieces we did together. Oscar and myself were really the odd couple and I got suckered into every one of his cheap tricks that he came up with. I never ever learned, no matter how many times I got suckered in with his magic spoon...which eventually got things going too fast and splattered chocolate pudding all over my whole face.

I also just absolutely love Grover, especially as the waiter with Mr. Blue, the blue guy. And waitresses all over the country – I'll go in to a restaurant and they will say, "Tell Grover we know exactly how he feels. I had a customer like that last night in one of my booths."

K&J: What important life lessons do you think you've learned from the kids that you have worked with over the years on *Sesame Street* and in your performances?

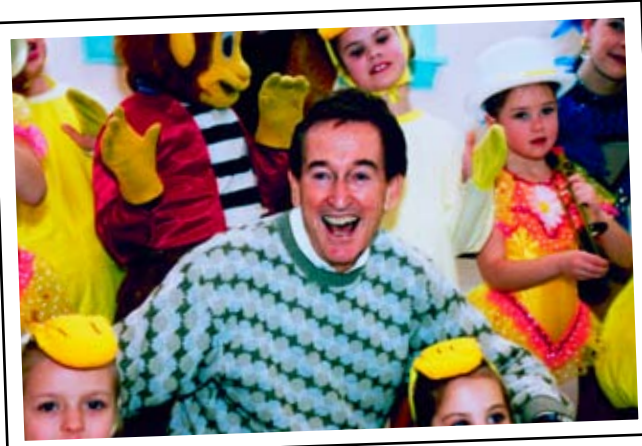
Bob: In general, I guess if we could all be a bit more child-like – that doesn't mean being childish – we would probably live a happier and more productive and fruitful life.

Many kids have a wonderful innate sense of discovery. If that has been nourished in their early years and they are open minded, it helps them to be open to all kinds of new and wonderful ideas. I think if you can help a child develop a great imagination and a sense of self-esteem, that is probably the best gift you can give a child because if you feel good about yourself, whether you are 5 or 50 or 98, you are going to start the day on a different tack than you would if you didn't feel good about yourself. I think that is terrific.

K&J: What was the point that you realized that *Sesame Street* had become a pretty big deal? Was there a moment for you that you were like, "Wow! This is really something."


Bob: I think maybe for several of us, the first summer we were off and not taping, we toured many major inner city areas, including Watts and Jacksonville in Chicago. I remember the one out in Watts, there were the four original cast members and Big Bird and Oscar. We went out and there must have been – I was sitting on the lawn in the big park – like 3,000 kids or so. It was like a little mini Woodstock.

When Big Bird appeared, half of the kids had already bought their Big Bird doll and it was like a Rolling Stone concert. They were all thrusting their birds up over the tops of their heads and screaming and everything. That was pretty exciting. We had a feeling we were really on the right track when we saw the action for the first time live from the kids.



None of us had any idea that we were going to be on the air for 39 years – we are now preparing for our 40th season – and to be all around the world in 20 different foreign languages. That is nothing anyone could have ever anticipated. It is pretty rewarding to see what the show has done.

K&J: What would you say to someone who has big dreams, maybe they are in a place where they want to be something greater, or do something else? What would you say to them if they have these big aspirations but they don't quite know how to get there?

Bob: In my case, I guess I would say being absolutely as well prepared as you possibly can. That is kind of an open, broad statement, but looking back, all of the performing I did at a very early age was helpful. Certainly all of my formal training at the University of Michigan and getting undergraduate and graduate degrees at the Manhattan School of Music, those were all long preparation years. While no one has ever asked me for a degree or to show my degree papers, all of that was very important. I don't think you can short change the amount of work that goes into preparing for a career. I guess the bottom line is that you really have to be tremendously passionate about what you want to do and extremely dedicated and be willing to work as hard as you can. 



Bob McGrath just celebrated his 39th year on *Sesame Street*, bridging two generations of viewers as one of the original hosts. He is also an award-winning recording artist, concert performer, and successful author, writing both children's books and music curriculum. Bob has performed thousands of family pops educational and holiday concerts for audiences who are now bringing their children or Sesame Seeds to see and hear their friend, Bob. <http://www.bobmcgrath.com>

for the Love of the



"The mix tape is a form of American folk art: predigested cultural artifacts combined with homespun technology and magic marker turn the mix tape into a message in a bottle. I am no mere consumer of pop culture, it says, but also a producer of it. Mix tapes mark the moment of consumer culture in which listeners attained control over what they heard, in what order and at what cost."

Matias Viegner

It often started as a way to capture music off the radio, countless hours spent with an ear tuned to the DJs voice letting us know the song was “coming up next,” finger poised to release the pause button and free the tape to record, hopefully sans too much talking over the intro chords.

Many of us have a box of tapes stashed amongst the memorabilia of our lives. Each can be viewed as a time capsule filled with moments generated by not only the songs themselves, but also by the one who created the mixes. When was the last time you pulled out that box and enjoyed the scrapbook of memories?

With roots in the bootleg 8-tracks from the 60's and a cousin to the public party mixes by DJs in the 70's, the mix tape has become a symbol in musical pop culture's recent past. Called “the most widely practiced American art form,” by essayist Geoffrey O'Brien, the personal mix tape still captures the imagination of music lovers.

Top Five Mix Tape Purposes

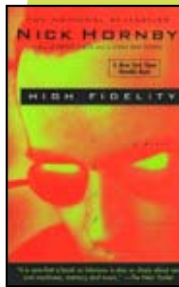
- 1) Get the date.
- 2) Road trip tunes.
- 3) Party soundtrack.
- 4) Celebrate a milestone.
- 5) Favorite artist greatest hits.

Whether designed to convey a single feeling for one person or meant to be a soundtrack for the myriad of emotions through one's own milestones, the mix tape engages a creator as much – if not more – than the outside listener for which it is intended.

The mix tape was an opportunity to become a record producer and create the perfect album. It takes strategic planning to put the songs in the proper order and timing not only for flow but also for timing with the limited space of each side of a mix tape. Different from today's digital media where CD's can be burned in minutes and playlists for mp3 players can be created by keyword search, the mix tape took time and patience.

It was that time that made the mix tape special. Time – so precious in our “hurry up” world – that meant “I made this for you.” Time that when taken to build something gives a feeling of reward to the maker.

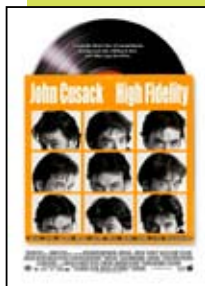
Perhaps it's worth taking that time again to put our music mixing muscles to work. What would the perfect mix tape sound like to you? How would you build A and B sides for that special someone in your life? Here's the challenge: dust off your double deck boom box and dig up a blank tape from the back of your closet and get mixing. Can't get the technology? At least make the time to really think about what songs you'd choose and write it out, mix tape style: A and B side columns. ✍️



High Fidelity: The Novel

Written in 1995, Nick Hornby's narrative is a great read for someone interested in a humorous look at the place mix tapes have in the world.

“It has been said often enough that baby boomers are a television generation, but the very funny novel *High Fidelity* reminds us that in a way they are the record-album generation as well. The book is in one sense a love story, both sweet and interesting; most entertaining, though, are the hilarious arguments over arcane matters of pop music.” – from Amazon.com editorial review



High Fidelity: The Movie

The 2000 movie of the same name, also written by Nick Hornby and starring John Cusack, is a fun film filled with great dialogue and of course good music.

“The book and film have similar plots, though the setting, originally London, is moved to Chicago in the film. Cusack

plays Rob Gordon, a record store owner in his 30s whose girlfriend Laura (Iben Hjejle) has just left him before the start of the film. This breakup leads Rob to recall his five most memorable breakups and to wonder what happened to his girlfriends and why they left him.” (Source: Wikipedia)



Jenna Regis is a pop culture junkie and The Kim & Jason Lemonade Stand's Chief Sales Servant. When she's not packing orders and delivering world-class customer service, Jenna's busy blogging about cool stuff for the young at heart. You can read it here:

www.kimandjason.com/jennasblog

escape

ESCAPE PLAN:

Strong Museum of Play

by Kim Kotecki

What do you get when you marry history and children's museums? A hands-on mecca for the young (and young-at-heart) serving as the only museum in the world devoted to play. From the country fair-style carousel to the life-sized Operation game, the opportunities to fight Adulthood are everywhere. Here are 5 ways to Escape Adulthood at the Strong Museum of Play in Rochester, New York. www.strongmuseum.org

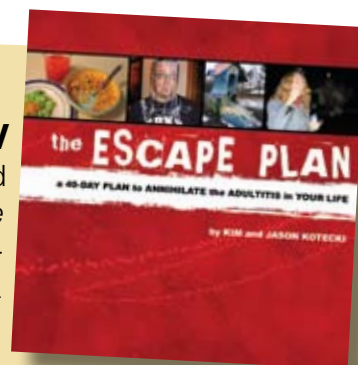
1. Trek Back to Your Toybox

Strong Museum proudly houses the National Toy Hall of Fame. To date, 38 toys have been inducted, with a new one added annually. This nostalgic gallery of whimsy will sweep you back to the days when play was your work, and you spent most of your time on the floor, engrossed in new worlds and imaginative journeys. Classic toys have earned their mark in history like the Etch-A-Sketch, the Erector Set, Frisbee, and Silly Putty.

Escape Plan TV

originally stemmed from *The Escape Plan* that we created in 2006 as a way to challenge us to think and act in a more childlike way.

It's a 40-day program designed to help you annihilate the Adulthood in your life. The challenges are so much fun that we decided to take them on the road and *Escape Plan TV* was born. We're sharing real-world tips and techniques from places all over the world to help you rid yourself of Adulthood by escaping adulthood, creating a life that is less stressful and more fun.





The toy that consistently invites the most creativity, though, is the cardboard box. It has faithfully served childhood in the form of forts, caves, spaceships – you name it! You can't resist sending Slinky down a wooden staircase, swinging your hips in a hula hoop, and playing a game of oversized Checkers. This historical toybox helps you appreciate just how much play has impacted American culture. Find your favorite and recall the simplicity of days gone by.

2. Tour a Timeless Neighborhood

Would you tell me how to get to Sesame Street? Sitting on the famous 123 Sesame Street stoop will definitely whisk you back to childhood. The museum has a mock set that feels so authentic, you'll swear you're going to turn around to find Bob and Luis walking towards you, or maybe Snuffy. Looking up, there's Big Bird peeking out of his window. Walk around the corner and find yourself sitting in front of a green screen, experimenting with technology that allows you to see yourself on TV with your favorite Muppets. Your tour through this timeless street will fix a smile on your face that will not soon retire.

3. Befriend a Magnificent Monarch


It's hard to feel stressed about life when you are surrounded by hundreds of beautiful butterflies. The Dancing Wings Butterfly Garden is an indoor exhibit, which serves as home to about 800 bright and colorful free-flying tropical and native butterflies. The lush foliage and rainforest environment have a paved path that guides visitors by a beautiful waterfall, magnificent plant life, and an awesome chrysalis case featuring hundreds of emerging butterflies of all varieties and sizes. A guide assists by handing butterflies to guests who would like to hold one of these gentle insects. (Of course, we were

in line with all of the kids.) It's fun to see the gathering of children eagerly awaiting their chance for a beautiful butterfly to grace their tiny fingers. Wait your turn and you will soon experience the giddy excitement of a five-year-old, with a real butterfly on your hand.

4. Exercise Your Merry Muscles

If you want to get truly serious about play, then you need to visit the Field of Play exhibit. To say that this hands-on laboratory for exploring play is inviting and interactive would be a grand understatement. Kids of all sizes participate in stations that illustrate the six major elements of play (Anticipation, Surprise, Pleasure, Understanding, Strength, and Poise). I dare you to try to stand up straight (while keeping a straight face) in the slanted house. Kids can't stop themselves from rolling down the living room floor. Get motivated to finally start that diet in the exaggerated perspective room. Set your iPod to Pink Floyd as you stroll through a huge kaleidoscope and make and view your own patterns. You can even "drive" a drag racer, climb a rock wall, and unwind in a Jellyfish Jungle. Uncover your most hidden childlike traits in this playground for curiosity.

5. Memory Lane Revisited

Experience a real time machine, as real as they get, at the Time Lab exhibit. Your mind will be jam-packed with memories as you look back on American trends in fashion, food, music and more. See old sports memorabilia, gadgets, movie clips, and toys. Jason and I had a blast showing each other the props from each of our childhoods. "Did you ever see that movie?" "Do you remember that song?" Questions and laughter fill the room as everyone recalls fads that died hard and classics that will live forever. This trip down memory lane will reignite a childlike delight. 

feel good

ZUMBA

Studio ZUMBA Rocks Dayton and Beyond

by Elizabeth Weizman

In a little shopping plaza just across the Dayton, Ohio International Airport, Studio Zumba's colorful, vibrant, Miami-urban chic atmosphere comes to life seven days a week in their Latin-inspired fitness classes. ZUMBA, an easy-to-follow and addictive dance fitness exercise has caught on like wildfire in Dayton and across the Midwest.

Zumba began about nine years ago in Miami, Florida, and was brought back to Dayton by Doug and Joan

salsa...soca...cumbia...merengue...reggaeton...bachata...belly dance...rock-n-roll...friendship...community...dance...health...excitement...energy...FUN



feel good

Jones, owners of Studio Zumba. Found on an infomercial, Joan and her husband Doug traveled to Miami in 2003 to become instructors at a national Zumba certification. The Joneses came back home to Dayton as the very first Zumba instructors in Ohio and began teaching at their local YMCA. A class of five to ten very quickly grew to well over 100. With the passion of the Latin music and culture, the couple decided to open their own studio, specializing in Zumba...the first Studio Zumba in the world. They were also chosen as Zumba Education Specialists to train and certify others interested in teaching the popular group fitness and, to date, have certified almost 1,000 new instructors.

Music and Movement For Everyone, Child or Not

Offering over thirty classes a week with over a dozen instructors, Studio Zumba attracts hundreds of students each week from Dayton and seven surrounding counties. Why is this form of group exercise so popular after so many years and continues to grow? The Joneses are convinced it's the music. They say the Latin music is intoxicating and one cannot sit still. Everyone loves to dance, or would like to learn, even without admitting it. "We're trying to give people that outlet and still get an amazing, heart-pumping workout," said Joan. It is also described as the only exercise to really forget your worries for an hour, a true stress reliever.

Not only is the music so different for the average person in Ohio, but the simple steps make even new participants feel success. "We are so proud of our ability to have so many different age groups and varied fitness levels in the same class. What other form of group exercise can say that?" said Doug Jones. He says that their students range from the person who has never exercised to the conditioned athlete and includes ages 3 up to 90 years old!

Studio Zumba's popularity has increased the size of their space as the Joneses have continued to add on since their opening just over a year ago. The Studio now has two separate group workout spaces and the newest addition, Localicious, an all natural fruit and vegetable juice bar. "We're trying to offer the whole package here so people can get their cardio and heart health, eat clean, and also be educated about how to exercise correctly," said Joan Jones.




While daily classes keep Studio Zumba alive throughout the week, special events and certifications also abound. Cocktails and Cumbia, a popular girl's night, Kids Zumba parties, and Latin dances and nutrition education fill in the months. The Studio-hosted certifications attract people from around the country and world to come to Ohio to learn to teach Zumba and bring it back to their hometowns.

Dance Away your Worries

The Joneses see how many physical changes can take place noticing all the students who have lost, 20, 30, 75, even 100-200 pounds, but they both agree the emotional benefits outweigh the physical when it comes to Zumba.

"People are actually changing their work schedules around for Zumba, bringing their spouses, neighbors, sisters, and co-workers with them to work out," said Joan Jones. She says it really is a form of exercise that just makes people happy. "People always say, 'I need my Zumba!' and it's true...it changes your life, your self-esteem, your relationships."

Having no prior experience owning a business, Doug and Joan Jones didn't realize the incredible effect their studio would have on others. They only wanted to offer the best in experienced and quality instructors, sound, floor, lighting, and aesthetics. In truth, they have followed through on their slogan...Look, Live, Feel Better. 



Elizabeth Weizman is a wife and mom of three children and lives on a small farm in Ohio. She's a middle school English teacher and loves to exercise, garden, and be outside almost anytime. She comes from a big Italian family that loves to laugh and have fun together.



((the other side of the



Music is a big part of everyone's life. For many of us, it's part of an important morning routine, as we drive to work accompanied by our favorite DJs who start us off on the right foot by making us laugh and playing our favorite songs. But what of the DJ on the other side of the radio? We had a chance to catch up with Fletcher Keyes of 94.9 WOLX in Madison, Wisconsin and get his perspective of life behind the mic.

How did you get into the radio business?

First radio show was on the 10 watt mono FM station we had at my high school in Chicago. Our signal barely

made it to my house, two miles away. Then college radio at WRPN in Ripon, Wisconsin. Then my BIG break – hosting *The Gospel Hour* and *The Trading Post* shows on WCWC AM 1600!

What is your favorite thing about being a morning DJ?

Favorite thing has got to be that I get paid real money to have fun! The more fun I have, the more they pay me – it's crazy! Although the downside to all this is that when I have a down day (and don't we all, now and again?), I have to pay them...

What's your least favorite thing?

The sludge that comes out of our coffee machine.

Who is your favorite artist or band?

Too hard! Why do you ask all these hard questions? You

said this would be fun...easier to say I love 60's/70's rock, reggae, be-bop jazz, plus some contemporary music too.

What is your favorite song, and why?

The theme from *The Beverly Hillbillies*, because every time my daughter Lucy asks me to tell her a story, I start by saying, "OK, I'm gonna tell you a little story... about a man named Jed..." and then we break into song to finish it, just like we were living our lives inside a musical.

What is something most people would be surprised to know about being a morning DJ?

That many of us are socially inept people. Put us in a room with people and many of us mumble and bumble like social incompetents. But put us in a windowless room with a microphone and invisible listeners, and we magically manage it all...

Lots of people "escape adulthood" by listening to the radio while at work (and on their way to work). Knowing that, how does that impact how you prepare for your show?

It is the main driving force for the creative part of what we do. Despite the fact that we don't have pictures to go with our audio like TV and even computers, we have the power of the mind to help us create far richer images than any Hollywood studio could produce. "Theater of the Mind" is the concept that guides us in topics we discuss and features that we create.

What importance do you think music can play in a workplace?

Well, I guess that depends on the workplace. At a record shop, it probably would be good for sales. In the library, it probably would cause problems...

Clearly, cartoonists and radio DJs are not normally called upon to cure cancer or achieve world peace. But you have a platform nevertheless. What are some ways you feel your

job has enabled you to make a difference to others?

We have many opportunities to participate in, organize, and help promote many fundraising and community help events. I love being involved and helping with all that, but the most satisfying thing to me is when a listener tells me that I'm like one of their family, because I'm with them at home, on their commute in the morning, even (cover your eyes) in the shower with some of them.


What would you say to people who might dismiss what you do as silly or fluff or even – gasp! – childish?

I have not been dismissed for that yet. But if I were dismissed for being childish, I guess I would say...well, "I'm rubber and you're glue, what ever you say bounces off of me and sticks to you!" So there.

What has been the most rewarding part about having a morning show on the radio?

See "favorite thing" above

When you were a kid, what did you want to be when you grew up?

I loved watching the Adventures of Jacques Cousteau and fancied myself becoming a Marine Biologist. Doesn't that sound rich? Then I found out that graduate school and lots of studying and homework would probably be required to make that happen. So at some point, I thought that the goofs I heard on the radio at night seemed to be a lot more like me than Jacques Cousteau was, and the rest is history. 



Fletcher Keyes is the host of Fletch in the Morning on 94.9 WOLX in Madison, Wisconsin. He's on the air from 5:30 am - 10:00 am every weekday. He grew up in Chicago, which is still home to many friends and family, but he says that "Madison is as close as I want to come to living in heaven without being dead." <http://wolx.com>



you & improved

Kids, Rock & Roll and FUN!

by Joe Heuer

Some of my all-time favorite rock & roll songs have to do with children and having fun. The truth is that much of what I know about having fun I learned from rock & roll and children.

“Teach your parents well.” –Graham Nash

Everyone remembers the title of the song about teaching our children well, but this part of the song often gets lost. Our children are our best teachers, but only if we are paying attention. And you don’t need to be a parent to learn from children. Just watch them play.

Children teach us the immense benefits of laughter, play and joy. Actually, they teach us what we already know at some level. As children we all knew these things. Sadly, most adults seem to have forgotten them. Among the many things my kids have taught me (or reminded me of) are:

1. The value of a smile, a hug and unconditional love.
2. Laugh more.
3. Don’t worry. It serves no useful purpose.
4. Stop sweating the small stuff.
5. Lighten up. They often remind me of this when I’m acting like a typical grownup. In other words, when I’m visibly stressed out.

And finally, this gem from my daughter Alex at age 7, “I have a Pez dispenser and a canteen full of water. I’m ready to face the world.” Sheer profundity!

I know I have learned far more about having fun from my amazing daughters than I can express. For that, I am eternally and tremendously grateful. Whoever said children should be seen and not heard was a freakin’ idiot. Listen to the children, as they possess wisdom beyond their years.

“The kids are alright.” –The Who

The kids are more than alright. They are utterly amazing! Small children are free and happy and real. They are uninhibited, joy-seeking little missiles. They openly express their creativity and curiosity with unbridled enthusiasm.

Kids ask better questions, play more, have more fun and learn more quickly than adults. Perhaps the coolest thing about them is they do everything without worrying about what people are going to think. That's an important lesson adults would do well to heed. What would happen if you integrated these life-affirming childlike qualities into your daily activities without the slightest concern for how you would be perceived? Most likely you would be living your wildest dreams. At the very least, you would be having a whole helluva lot more fun!

Additionally, kids are people to be nice to since they are the ones who will choose our nursing homes.

The Who proclaimed The Kids Are Alright, but they are much more than alright. They're brilliant. At least until they become teenagers. Then all bets are off.

"I may be totally wrong, but I'm a dancin' fool." —Frank Zappa

I live this principle wholeheartedly. I love to dance, but not in the traditional sense of the word (much to the chagrin of my wife). When the music touches my soul I can't help but dance with reckless abandon, the way we do at a Dead show. I don't care where I am or who is watching, so it's not uncommon to see me boogie my way through an airport with my iPod cranking. It makes me feel good, so I do it. And when I feel good, I attract more cool stuff into my life.

We're not on this planet long enough to worry about what anyone else thinks. When I see people laughing I simply smile at them. I love to make people laugh. Whether they are laughing at me or laughing with me makes me no nevermind...Laughter is good, even if it's just because you think I'm a dancin' fool.

"Life is a carnival." —The Band

Life truly is a carnival, at least from my perspective. Carnivals are fun. We enjoy ourselves at carnivals, perhaps even reveling in the festive atmosphere.

Before you lambaste this idea as namby-pamby Pollyanna crap, answer this question: What do you think life is? Is life work? Is it boring or tedious? Or is life indeed a carnival? Our perspective on life is a choice. Which choice do you prefer?

As an added benefit, carnival food may not be particularly healthy, but it is pretty tasty in that wonderfully greasy kind of way. My personal favorite is the deep-fried Snickers bar.

"Girls just wanna have fun." —Cyndi Lauper


Speaking for the other half of the species, boys just wanna have fun, too! Fun is what we all want, whether we consciously admit it or not. My goal is to find the fun in all my activities. One of my daily mantras is IF YOU ALWAYS DO FUN THINGS THERE WILL ALWAYS BE PLENTY OF FUN THINGS TO DO!

We all knew this intuitively as little children, but it is contrary to what most of us learned as we grew up. Then we went out into the workforce and found it staffed by the terminally adult. Yuck! The best antidote to terminal adulthood is fun, so we have to find a way to bring it into all our activities, including work.

We all know the workplace is dysfunctional under the best of circumstances, so why not just admit it and use it to our advantage? We need to put the fun back in dysfunctional!

Fun is contagious and it will always draw a crowd. Additionally, we tend to be significantly more productive when we are having fun. Work, like the rest of our lives, is meant to be enjoyed and not merely endured. So lighten up and have some fun! And if you're not careful, it may just attract more fun into your life.

If fun is not a priority on your daily agenda, then you are an idiot. If you think this is harsh, remember what The Eagles said and "Get over it!" Life is way too freakin' short to live any other way.

So have fun and rock on! 



Joe Heuer is the Rock and Roll Guru. This article is excerpted from his next book, which is titled *Everything I Know I Learned from Rock and Roll: Timeless Wisdom from Aerosmith through ZZ Top*. To learn more please visit www.rockandrollguru.com. If you would like

Joe to deliver a humorous presentation for your organization, call 414-247-0936.

HOW TO THROW A ROCKIN' KARAOKE PARTY

by Lorraine Yli



Do you remember the days when a party of family and friends would mean a sing-along session around the piano or a guitar? Technology has much to blame for taking these precious moments away from us. Nowadays our parties are plagued by the drone of the television and the Playstation, all turned on for the purpose of entertaining our guests.

Do something different and throw a Karaoke Party. You could use a normal DVD player that has a Karaoke function, or a Karaoke machine or even a Playstation - equipment that you probably already have in your house. What better way than to use technology to reclaim your lost memories!

We may have the equipment, but what can we do to hold a memorable Karaoke Party?

1. CHOOSE YOUR GUESTS

Participation is the key to a memorable Karaoke Party. Make sure you invite those who are not shy to participate and love to put on a show. Not only will they sing, they will also encourage others to get up and do the same thing. Also there's nothing worse than having the microphone continually used by only one member of the party. So when choosing your guests, make sure you have a good combination of singers who will not take their singing too seriously.

2. THEME AND MUSIC

Now that you have chosen your guests, you must determine your selection of music. To simplify you can select a theme for the party. Be it a theme according to the genre of the music or the era. You can even get your guests to dress the part. If you are really organized, you

can ask your guests to suggest a few songs which you can then have for the day. Don't forget to include one or two upbeat pieces, these really bring up the mood.

3. DRINKS

All singers need to replenish the fluids in their body. Make your choice of drinks unique. You could serve beverages like honey and lemon which would soothe the parched and 'stressed' throat of your singers. Importantly, don't forget to have an endless supply of spring water with ice.

4. FOOD

Finger food should be adequate for a Karaoke Party. Nothing too sticky, too spicy or too dry for the throat. You wouldn't want your microphone to get too dirty or your singers' throat to get too scratchy. Something to fuel your singers like sandwiches, mini quiche and something to soothe the throat like dried fruits. Don't forget to supply your singers with utensils – they can use their forks as warm-up microphones.

Lastly, keep in mind that you are the host. While you should have fun and sing along, you must remember that you are the grease for

a smooth party. If you are too busy with the food and drinks, get someone you know to 'emcee' the event. This person should be prepared to encourage others to sing and to do the technical side of the event.

Now you have the ideas, go out and have a party. 

TOP 10 KARAOKE SONGS

- 1 I Will Survive, Gloria Gaynor
- 2 I Got You Babe, Sonny & Cher
- 3 Sweet Caroline, Neil Diamond
- 4 YMCA, Village People
- 5 Total Eclipse of the Heart, Bonnie Tyler
- 6 Don't Stop Believing, Journey
- 7 Friends in Low Places, Garth Brooks
- 8 Summer Nights, Olivia Newton-John and John Travolta
- 9 Love Shack, B-52's
- 10 Stairway to Heaven, Led Zeppelin



Lorraine Yii is a stay at home mum to two adorable girls. She loves travelling with her young family and her very understanding and supportive husband.

10 Ways Music Can Help



Road Trip Revelations

Spend time connecting with your family and friends on road trips by taking turns sharing your favorite songs on the journey. Each person gets to explain why their chosen song means something to them. You can learn a lot about someone by the songs they enjoy. Keep an open mind and you may find yourselves expanding your musical horizons!

Saturday Night Songs

Invite your amigos over for some loco fun with your karaoke machine. This is a great way to let loose after a long week and to just laugh with friends. It's hard to take yourselves too seriously when you're attempting to hit notes that your dog can't even hear, while arm 'n arm with your best friends.

Make a Time Machine

A neat way to go back in time is to create a playlist or CD (or mix tape, if you're old school!) of songs that remind you of childhood. They could be songs you sang in kindergarten, the music your dad played on holidays, or the chart-toppers when you were ten. Then you can relive the days of old at a moment's notice – just push “play.”

Musical Mornings

Start your day by doing the Twist, Macarena, or Locomotion before you even dry off from the shower. Keep a radio or iPod in the bathroom and enjoy tunes while you brush your teeth. Not only will it send you out the door smiling, it'll put a hop in your step that will get your coworkers wondering how many cups of coffee you've managed to squeeze in before 8 a.m.



Take Music Lessons

Studies show that one way to stay young is to keep your brain active. Contrary to the old saying, you *can* teach an “old dog” new tricks! The big obstacle for us grown-ups is that we get frustrated if we can't master the thing right away. How silly is that? It's never too late to pick up an instrument and these days, technology can be your friend. There are tons of books, software and on-line tools that can help you learn the piano, the guitar, or even the harmonica!

by Kim & Jason Kotecki

You Escape Adulthood



Kick It Up a Notch

Set the mood for a relaxing dinner on a weeknight, during a busy week, by lighting some candles and putting on some jazz or classical music. Breathe deeper and live in the moment, enjoying the dinner conversation. You'll feel like you're at your favorite restaurant, even if the meal is mac 'n cheese. Dinnertime tends to be less stressed with a little music to encourage a more peaceful setting.

Singing In The Rain

When it comes to vocal stylings, maybe you're more dying cow than Diana Ross. But with an audience of one, who cares? If you're not the type to sing in the shower, we challenge you to try. Tomorrow morning as you lather up, get on your inner Elvis. You'll be surprised how good you feel.



Experience It Live

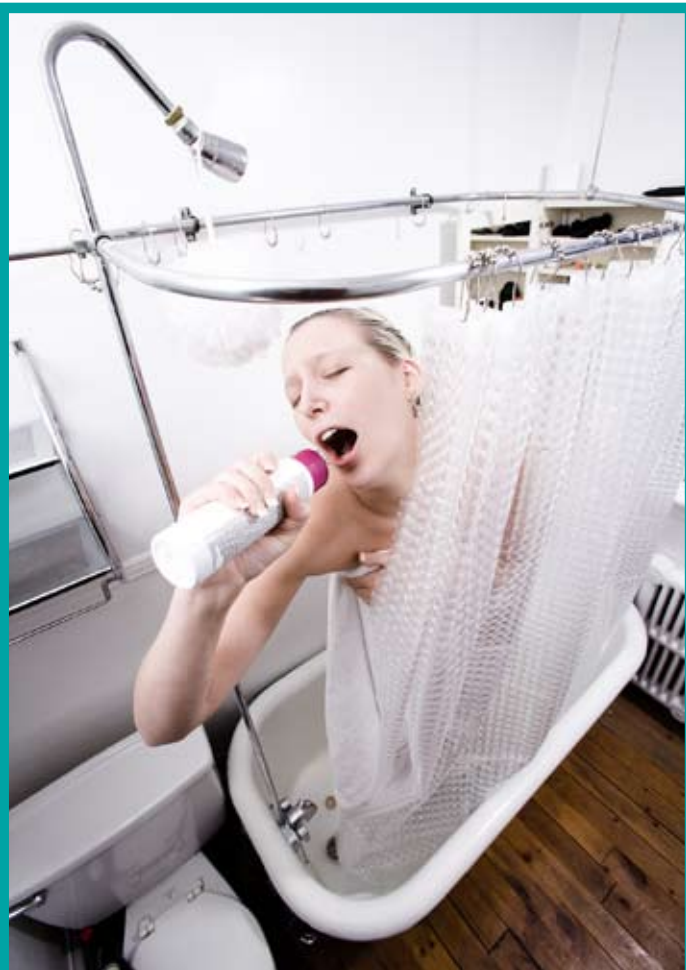
A great way to break out of the day to day is by attending a live performance. Be it a pounding rock concert, a nostalgic sing-along with dueling pianos, or the soothing sounds of a symphony orchestra, experiencing music live will serve as an excellent escape and melt your stress away.

Upgrade Your Alarm Clock

Who decided that the best way to wake up is to an annoying buzzing sound? No wonder so many people wake up on the wrong side of bed – they've been violently jarred out of a peaceful sleep by an alarm clock with no tact! Go out and buy an alarm clock that plays CDs or plugs into your mp3 player. After all, how much better would the day begin when you're waking up to your favorite song?

Band of Brothers (and Sisters)

You don't need seventy-six trombones to lead the big parade. You can create your own band with homemade instruments from around the house. Let each member of your family pick his/her own unconventional music makers, like cat toys with bells, pots for drums, tissue box guitars, and kazooos. Have a musical parade around the house or let your wild side shine in a living room concert.



Musical Memories

by Tiamo De Vettori

Growing up as a child, I have to admit that sports was my greatest escape. Yet music is what has had the biggest impact on who I have become in my adult years. This is because music gave me a sense of creativity, uniqueness, self-expression, imagination, and even empowerment.

Where did the empowerment come from? I first started singing solo and playing the flute at 8-years-old as an opening act for my father, an international opera singer. I learned about vulnerability and what it felt like to stand in front of an audience of a few thousand people with a spotlight shining down on me. This was fear that I never felt before, but after my first performance, I'll never forget the sense of accomplishment that I experienced on the other end of the spectrum. In time, I felt like I could get on stage and stand before a crowd in complete confidence and awareness. This is something that I got to experience as a child that some adults may never encounter in their lifetimes. Because of this, that same confidence transcended into many group situations today, including public speaking, leading groups, and of course, performing.

I started singing in choir at age 6, playing classical piano at age 7, and taking on the flute in marching and performance band at 9; what I cherish the most about music from my childhood is plain and simple—rhythm. Before I learned any scales, notes, or chords, I absolutely loved to dance! In fact, every Christmas and Thanksgiving, my family would gather around as I would dance my legs off to Michael Jackson with sweat completely pouring down my face for what seemed like all night. It was like the music would take me over!

Growing up, I remember feeling like music seemed to provide something that so many other things in life couldn't. When I heard music, performed it, sang to it, or danced to it, I felt totally free to be me. This expression of life is something that later helped me come to a greater self-realization that music is a way to share with

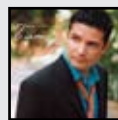


the world how we feel in a way that goes beyond the limitation of just words.

As much as I loved music as a child, I slowly began to move away from performing because I was less stimulated by re-creating other people's works of art. Even at a young age, my own original songs would start to crystallize, but it seemed that my music teachers and mentors all wanted me to "stick to the script" because writing music was for adults, not for kids. So I focused more on sports and by the time I was 15, musical performance had faded from my desires. But then...

Seven years later, I bought an acoustic guitar, and now that I was an adult, the itch and ability for writing music that was suppressed found its way back to me. It was like the creativity flowed and could never stop. So, over 75 original songs later, how did my childhood influence who I am today as a Singer/Songwriter? I remember that much of my childhood was about wanting to announce to the world who I was, but in public settings this was deemed inappropriate, rude, and disrespectful. This never made any sense to me as I always felt that self-expression was what was real, pure, and natural.

Now that I'm a big kid, I express myself in whatever way I want to, and music has always been the most honest way in doing just that. Music is a multi-dimensional experience. Yet for me to come to this point of understanding, I had to remember what the innocence of childhood was like and how, as a real world adult, I can always be an imaginative kid at heart. ✍️



Tiamo was named L.A. Music Award's "Male Singer/Songwriter of the Year." Listen to his music at www.tiamomusic.com

Thank You, Rick Astley

by Doug Kotecki

Music is powerful stuff. It can instantly catapult you back to childhood, sometimes with a single note. If only we could get those melodies to age as well as our memories...

Journey back through the mental film reels of your life and you'll no doubt come across a few poorly played notes in otherwise beautiful sepia-toned memories.

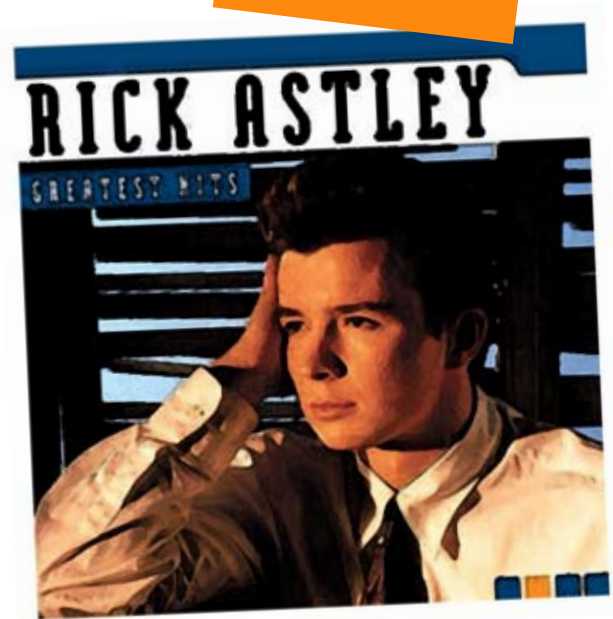
Let's cut to the chase.

Why in the world has Rick Astley's "Never Gonna Give You Up" been woven into the tapestry of my life? It shouldn't have happened...It did.

In hindsight, the song shouldn't be the soundtrack to anything. How in the world did it manage to wrap itself permanently around the developmental years of my life? Why is it forever linked to my first crush, and what did I do to win this fuzzy lottery?

Who am I kidding? It made the perfect song for a boy's first crush. It had all of the elements: It was extremely popular (at the time), it was sung by a hobbit-like man (I could identify with), it conveyed my sentiments exactly (in poetry I couldn't dream of writing), and it could be recorded off the radio and passed along to the 6th grade love of my life (in order to continue avoiding verbal communication). It was meant to be.

I used to spend hours swinging at the park belting that song out at the top of my lungs thinking to myself, "If she only knew how I felt about her." I wish I had thought about the ears of anyone within a 5 mile radius of the park. What a nerd.




Allison and I never dated. And I'm okay with that. I'm even okay with the fact that Rick Astley is part of my life's soundtrack.

You see every time that song comes on the radio I smile. I remember what it was like being in 6th grade. I remember being infatuated. I remember not having a care in the world.

It didn't matter that I couldn't drive, that my love and I weren't communicating, or that I could have been destroying perfectly good auditory lobes.

That song reminds me to stay passionate and forget what twenty years from now will bring. Live for today.

Sit back and remember the less than stellar songs that make up the soundtrack to your life and smile. 

We're happy to pledge 3% of all merchandise sales to charities that help meet the needs and improve the lives of children all over the world. We want to help kids growing up today to have wonderful childhoods to look back on tomorrow.

Kim & Jason®
Lemonade Stand

www.KimandJason.com/shop

Hit all of the sweet notes of life with these cool gifts for the young at heart from The Lemonade Stand.

Cassette Tote Bag

Musical memory lane features the mix tape as it's soundtrack. This retro bag has both A & B sides plus a handle that looks like some of the tape has unspooled.



Record Partyware

Whether you're serving a tray of veggies or you simply want to keep those water rings off your coffee table, this partyware made of real vinyl lp's will get your gathering grooving.



Teamwork Print

This bright colorful piece of Kim & Jason artwork will blend harmoniously with any office decor. "Harmony is achieved by working together."



Shower Mic

This fun sponge foam microphone is a great gift for the maestro of the master bath.



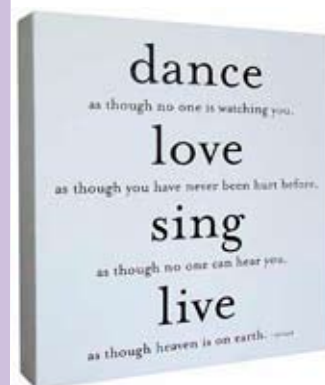
Ticket Stub Diary

Got a box of concert tear offs from the past 20 years? Planning a cross country tour with your favorite band? Are you a singing sensation yourself? This three ring binder is perfect for organizing your ticket stubs.



Dance Love Sing Live Canvas

"Dance as though no one is watching you. Love as though you have never been hurt before. Sing as though no one can hear you. Live as though heaven is on earth." - Souza



club k&J profile

Chris Hinton

"It's hard to take yourself too seriously when you're playing with things meant for a 6-month-old, and you realize she's been asleep for half an hour while you carried on playing."



My Biggest Dream To go on a 'round-the-world trip and visit places I've only seen on TV, and meet up with some of the great people I've come into contact with through the internet.

My Inspiration Is Jesus, who holds the highest influence in my life. And my parents brought me up to believe I could be whatever I wanted to be and taught me to enjoy being myself.

When I Was a Kid, I... thought I would try riding down the stairs in a cardboard box, but I didn't count on how steep they were. Before I knew it, I had shot down them and hit the front door!

One Way I Stay Childlike is... Having a baby daughter means I get to play with loads of great toys, which keeps me childlike.

What I Know So Far is... that relationships take effort, and that if I want to enjoy deep friendships I need to take the time to cultivate them.

My Favorite Thing About "Kim & Jason" is... the podcasts! I love being able to hear Kim and Jason's energy, and I love the breadth of thought that comes from the guests.

Join Club K&J! only \$4.⁹⁵/month!



You see life as a great adventure. You still get excited about the little things. And you know the power of a good chocolate chip cookie.

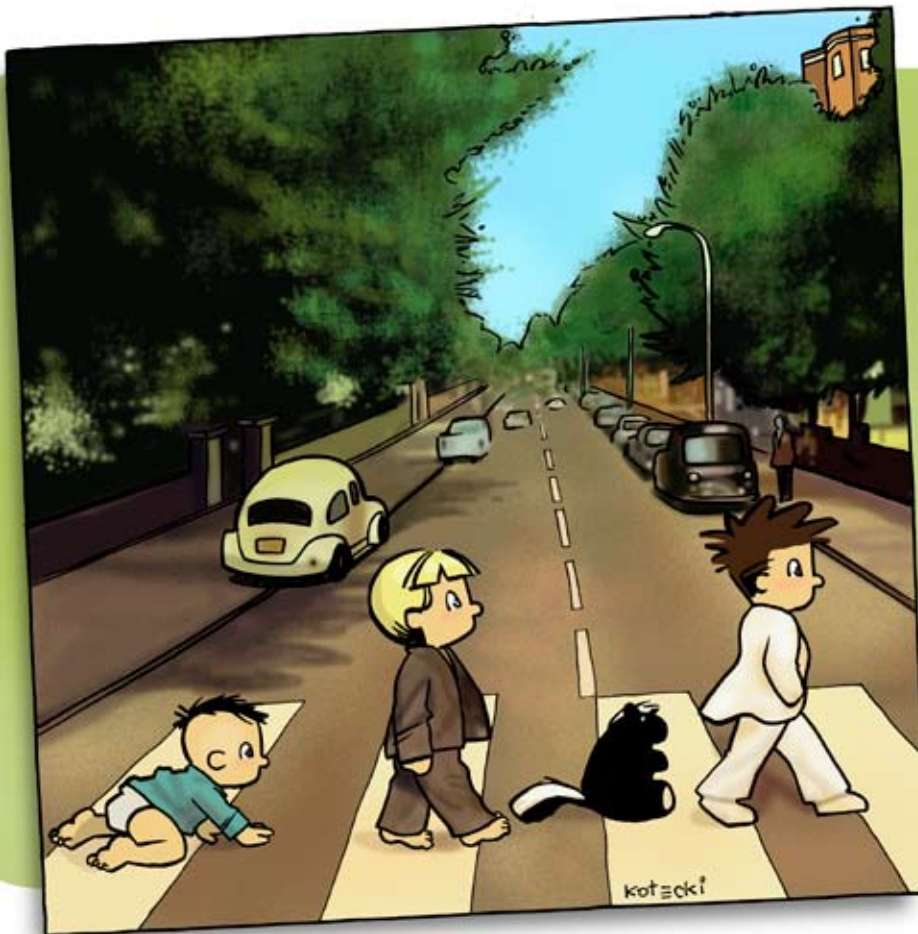
People tend to wish you'd take things a little bit more seriously. You wish they'd lighten up and crack a smile once in a while. It's not that you're irresponsible, you just don't need the stress of the fast-paced rat race to find real happiness.

If this sounds a lot like you (or the person you'd like to become, for that matter), welcome home. We saved a space for you as a member of Club K&J. Belong to a playful group of folks who are interested in living life with less stress and more fun.

>Join Today! Learn more at KimandJason.com/clubkj

Check out the dizzying array of good things and exclusive benefits Club K&J has to offer...

- An awesome 25% discount on all Kim & Jason Lemonade Stand orders (including shipping!).
- Exclusive access to Kim & Jason TV, Kim & Jason Radio and other members-only content like articles and eBooks.
- 4 annual tree-friendly digital issues of Kim & Jason magazine!
- The opportunity to read *Monsters*, the newest Kim & Jason project, as it unfolds.
- Opportunities to join other Club K&J members in participating in our regularly scheduled Kim & Jason Escape Events.
- Entry into the monthly Supremely Wonderful & Exciting Loot Lottery, where we give away things like gourmet jelly beans and movie tickets!



Kim & Jason COVERS

The Beatles
"Abbey Road"
1969

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