



VILLAGE OF LEWISTON RECREATION

Summer Friday Family Fun Night Series

Fun for the Whole Family!

Friday, July 10 5:30-7:30 PM	Petting Farm & Ice Cream with a Cop Lewiston Police Benevolence Association
Friday, July 17 5:30-7:30 PM	Foam Dance Party
Friday, July 24 6:00-7:00 PM	Nickel City Reptiles & Animals
Friday, July 31 6:00-7:00 PM	Buffalo Museum Presentation Local Megafauna - Creatures lived in Western New York long ago
Friday, August 7 5:30-7:30 PM	Fun Putt Mini Golf
Friday, August 14 5:30-7:30 PM	Superhero & Kids Characters on the Playground

LOCATION: Toohy Park (behind Red Brick)

FREE ENTRY BUT PLEASE REGISTER ONLINE!

<https://villageoflewistonny.gov/recreation-home>

SCAN ME!

Momming as a Millennial:

Raising emotionally safe kids starts with our words

BY CHRISTINE GIARRIZZO

"You're overreacting." "You're so dramatic." "Crying isn't going to change anything."

Most of us have probably heard one of those phrases at some point growing up. Maybe they came from a parent, grandparent or another well-meaning adult who believed they were helping us become tougher.

I know I did. I grew up in a family where emotions weren't something you talked about. At best, my feelings were dismissed. At worst, they were ridiculed and mocked. From a very young age, I learned that having emotions was a problem – and showing them was even worse.

Whenever I expressed big feelings, I was often told I was being dramatic or overreacting. My mom even nicknamed me "Gloria Swanson," referencing an old Hollywood actress she described as overly dramatic. I didn't understand the reference as a child, but I understood the message loud and clear.

My feelings were too much. So as I got older, I stopped sharing them.

Like many millennials, I've spent much of adulthood untangling the messages I absorbed as a child. I became a people pleaser. I avoided conflict. I questioned my own instincts. **Looking back, I can see that years of having my emotions dismissed taught me something I never should have learned: that my feelings couldn't be trusted.**



Then I became a mom. One day, my son was having a tantrum when someone casually laughed and said, "He's got his mother's dramatics."

Later, I heard my daughter being called "the next Gloria Swanson." It stopped me in my tracks. Because I know firsthand what labels like that can do.

Children don't hear those comments as harmless jokes. They hear them as truths about who they are.

When we repeatedly tell children they're dramatic, sensitive, difficult or emotional, they don't learn how to regulate their feelings. They learn that having feelings is the problem.

And the research backs this up. Psychologists call it emotional invalidation: dismissing, minimizing

or criticizing someone's emotional experience. Over time, children who regularly experience emotional invalidation may become less confident expressing themselves, have greater difficulty regulating emotions, and may even begin doubting their own experiences.

I've experienced these things firsthand. When I'm working through a situation in therapy, my instinct is to dismiss my own feelings. It's as if there is a reflex deep within me that immediately doubts my feelings as real or valid.

Knowing what I know now, I'm intentionally trying to break that cycle with my own children. Our home has plenty of tears, frustration and big feelings, but my goal isn't to stop those emotions. It's to help my children learn what to do with them. **SEE MOMMING, continued on Page 17**



CONGRATULATIONS CLASS OF 2026

Niagara County Legislator – Jesse Gooch 7th District



Rebecca Rebmann

Niagara University
Master of Science in Education

Congratulations Becca!

We are so proud of you!
Love, Mom, Dad, Matt & Megan

Eli Berak

Niagara Wheatfield Senior High School

Congratulations on your High School Graduation Eli.
Love, Gram, Mama Lori, Mom, Patrick, Jaylee, Phil, Sprout, Uncle Eddy, Aunt Jen

Kayla Wylie

Grand Island High School

So Proud Of You!

Can't wait to see what's next.
Grandpa, Grandma Honey

Paige Edwards

Lewiston-Porter High School

Congratulations, Paige! Enjoy the journey ahead. There's no limit to what you can achieve.

Love,
Your Big Sister

Kelsey Lachowski

Niagara University

Congratulations Kelsey!

We are so proud of you for completing your Master's Degree in Literacy.

Love,
Dad, Mom & Lori

Lilah Skurski

Lewiston-Porter High School

Congratulations, we're proud of you and excited for your next adventure.

Good luck at SUNY Niagara!

Love,
Grandma & Grandpa



CONGRATULATIONS CLASS OF '26

NEW YORK STATE SENATOR – ROB ORTT



Paid for by Ortt for State Senate