

JOURNALING



Have you ever considered writing in a journal? Keeping a journal can be a form of self-therapy while also being a great place for you to record life events for later reading. You can watch yourself grow over the years, laugh about old experiences, and simply get things off your mind that are bothering you today. Below are some of the benefits of journaling, and reasons why you should begin your own journal today!

1) A journal will clarify your goals.

When you write down your thoughts each day, your ideas about what is important and worthy in your life will become much clearer. You'll automatically discover what you really want in life.

2) A journal will simplify your life.

Spending a little bit of your time writing about the ups and downs in your life can be therapeutic. Noting your achievements and giving thanks for the joys of life, will make you less tolerant of life's distractions. Things become much simpler when you write them down.

3) A journal will strengthen your relationships.

It will give you time and the words to express your feelings, it will help you to sort out your positive and negative feelings about relationships and it will teach you to love more powerfully.

4) A journal can help you relax

Journaling has been called a form of meditation. It has a similar power to quiet the mind and focus your thoughts. It even has the power to turn off the TV! It can heal anxiety, change your breathing and make you smile. What more could you ask?



SUMMER ACTIVITIES AND EVENTS

Public Swimming



1) North Liberty Aquatic Center

Outdoor Pool

OPENS Saturday May 28th at 12:00 noon

Open Swim Daily 12-8:00pm

520 W. Cherry St

North Liberty

(319)626-5716

Daily Fee: \$3 (3-17year old) and 4\$ (over 18)

2) City Park Pool

Public swim: 1-8 p.m. daily

Lap swim: noon to 1 p.m.

200 Upper Park Rd.

(319) 356-5108

Daily Fee: \$1.75 per person, three years old and older

3) Coralville Recreation Center

Public swim (outdoor pool): 1-8:30 p.m.

Daily Fee: \$1.75 per person, 2 years old and older

1506 8th St. Coralville, IA 52241 319-354-3006

4) Coralville Reservoir

Take Dubuque St. north from Iowa City for

approximately 2 ½ miles, then turn right on West

Overlook Road. Public swim: 6 a.m. to 10 p.m. daily.

Fee: \$1 per person or \$3 per carload

Music

1) Friday Night Concert Series

May 20 through Sept 9th 2005

6:30 to 9:30 pm

Pedestrian Mall

*Come and listen to live music



2) Music in the Park, every Thursday night from late

May through August at S.T. Morrison Park, Coralville.

(319) 364-3006.

3) Iowa City Jazz Festival

July 1st - 3rd 2005

For full music lineup and other information about this event go to

<http://www.iowacityjazzfestival.com/>