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November 2023

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Downtown
Willoughby

Cleveland Metroparks Zoo

Wild Winter Lights event
and great gift ideas

7 Reasons to be Thankful for Teens

A Thanksgiving humor essay

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November 23, 2023



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Ohio's Center for Oral, Facial & Implant Surgery

By Deanna R. Adams

Having any type of surgery is always a bit intimidating, even scary. That's why a trusted surgeon—and a calm, friendly atmosphere to ease your fears—is as important as the surgery itself.

When it comes to procedures of the face and mouth, Dr. Keith M. Schneider, DMD, not only has the experience as an oral and maxillofacial surgery specialist and periodontal surgeon, but grew up with the business.

"My father, Dr. E. Karl Schneider, began his oral and maxillofacial surgery practice in 1975 in Willoughby before moving into the Mentor area in 1981," he says. "I've been running the practices now since 2012 and am happy to be working alongside Dr. Donald P. Lewis, Dr. Jill M. Weber, and Dr. Nishant Joshi."

With three offices in Mentor, Highland Heights, and Bainbridge, Ohio's Center for Oral, Facial & Implant Surgery offers myriad services that include dentofacial anomalies, facial reconstruction, abscess or cyst drainage or aspiration. They also address cracked teeth, dental bridges and veneers, along with more common procedures such as the removal of wisdom teeth, and the placement of dental implants. "Wisdom teeth are most commonly removed between the ages of 16-30," says Dr. Schneider. "There is a high risk of issues that arise later in life if they're left in place."

He adds that dental implants are most often placed in those between the ages of 30 and 80 and the practice provides a range of options that

include replacement of individual teeth to full mouth replacements. Patients may get their teeth replaced in one day. "We can care for patients of all ages, from age 1 to over 100," he says.

Aside from these services, Ohio's Center for Oral, Facial & Implant Surgery provide adjunctive procedures for pediatric and orthodontic colleagues. This includes removal of baby teeth, impacted canine teeth, and removal of teeth for crowding, as well as working with root canal specialists when teeth cannot be saved. The practice is on staff at eight medical centers: Hillcrest Hospital, Rainbow Babies and Children's Hospital and University Hospitals Cleveland Medical Center, Beachwood Medical Center, Ahuja Medical Center, Geauga Medical Center, West Medical Center, and TriPoint Medical Center. This includes adult and pediatric treatment centers.

For those interested in esthetic procedures, they will perform facial surgeries to correct small or misaligned jaws, the placement of facial implants, as well as facial fillers and Botox.

"We want patients to feel comfortable in our care, from the first staff member they encounter, all the way to recovery," says Dr. Schneider. "We take time to ensure a proper diagnosis and that the treatment being performed is necessary. We provide a full range of anesthesia options to ensure that the procedures are comfortable and painless."

Patients are provided comfortable blankets and even get to choose what music they'd like to hear through the procedure.



When it comes to medical and dental benefits, there are treatment coordinators to help patients with a clear financial plan. "People deserve to know what to expect and be able to make plans for a smooth procedure throughout. That includes recovery because postoperative expectations are just as important."

There is a 24-hour call service for those wishing to discuss and evaluate any concerns. A telehealth service is also available for those who are unable to make an office visit. In addition, they arrange same-day surgical appointments, when possible,

allowing for other family and work schedules.

"From the moment a patient walks through our doors, we want to provide them with the best care, and comfort for patients who are anxious of whatever procedure they're having," Dr. Schneider says. "And we're always accepting new patients to treat the needs of both adults and children."

Visit their website, www.ohsurgery.com or call 440-255-3700 (Mentor), 440-771-7070 (Highland Heights), or 440-708-7080 (Bainbridge) to book a consultation.

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FRIDAY, NOVEMBER 17
5:00-8:00 PM
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MORE INFO AT WWW.PAINESVILLE.COM

white rabbit kids 
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& **ACTIVITY HUB**



NOW OPEN
in **Downtown Willoughby!**
440-567-9727
whiterabbitkids.com

Are you concerned about your child's learning skills and ability to keep up with peers?

Why educational testing might be right for your child

By Senders Pediatrics

Every parent wants the best for their child, especially when it comes to their education. It's natural to be concerned about your child's learning skills and their ability to keep up with their peers. In today's competitive world, academic success is often seen as a key determinant of future opportunities and achievements. If you're experiencing doubts about your child's progress or suspect they may be facing learning challenges, educational testing could be the right step to take.

Educational testing is a comprehensive process designed to assess a child's cognitive abilities, academic skills, and overall learning potential. This process is typically conducted by trained professionals, such as educational psychologists or special education experts. It involves a range of assessments, including standardized tests, interviews, observations, and sometimes even medical evaluations, depending on the concerns raised.

One of the primary reasons why educational testing might be right for your child is to identify any learning disabilities or developmental delays. Learning disabilities, dyslexia, or attention-deficit/hyperactivity disorder (ADHD), can significantly hinder a child's academic progress. Without proper identification and intervention, these conditions can persist into adulthood and affect various aspects of life, from school perfor-

mance to self-esteem.

Additionally, educational testing can pinpoint your child's strengths and weaknesses. It's not just about identifying problems but also recognizing areas where your child excels. This information can help you and your child's educators tailor their educational experience to maximize their potential. For example, if the testing reveals that your child has advanced math skills, they can be provided with more challenging coursework to keep them engaged and motivated.

Moreover, educational testing can be a valuable tool in advocating for your child's needs. If the testing results indicate that your child requires specialized support or accommodations, you can work with their school to develop an individualized education program (IEP) or a 504 plan. These plans can provide your child with the necessary resources and adjustments to succeed academically, regardless of their learning challenges.

Furthermore, educational testing can alleviate the stress and uncertainty that both you and your child might be experiencing. If your child is struggling in school, it can lead to frustration and a decline in their self-esteem. By understanding the root causes of their difficulties through testing, you can take proactive steps to address these issues and provide the necessary support.

In conclusion, if you have con-



cerns about your child's learning skills and their ability to keep up with their peers, educational testing can be a crucial step in helping them reach their full potential. The first step is always to meet with your child's teacher and voice your concerns. School systems are equipped to conduct educational testing. At times, your school system may not agree to test your child. In that case, you may need to contact professionals outside the school. Dr. Rebecca Boyle from Senders Pediatrics in South Euclid conducts educational

testing. She has an M.Ed. in School Counseling and a Ph.D. in Counseling and Marriage and Family Therapy. She is a licensed professional counselor, a licensed school counselor, and a marriage and family therapist. She has over 30 years experience in the public school system both as a special education teacher and as a school counselor. She has a similar amount of experience with educational testing. Her life's work has been in helping children achieve success in school. Please contact her at bh@senderspediatrics.com.

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Cardinal Craft Show

Saturday, November 18, 2023

9:00 am to 3:00 pm

Mentor High School

6477 Center Street, Mentor

Admission: \$3.00 adults;
\$2.00 students, seniors and military



Cardinal Parents' Club (CPC) is bringing you all your favorite crafters, artisans and vendors and Mentor H.S. gear. All admission proceeds will support CPC initiatives/purchases such as window signs, letters, trophies, plaques, meals for athletes, senior banners, and scholarships. Thanks for your support!

- All patrons, craft show vendors and volunteers are required to abide by current Mentor High School and the Cardinal Parents Club health and safety guidelines.
- For information on the event or to be a vendor, contact Debbie at cpc.mentor@gmail.com.



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Wild Winter Lights

Cleveland Metroparks Zoo's biggest holiday celebration

Cleveland Metroparks Zoo is transforming into a winter wonderland for the fifth consecutive holiday season with the return of Wild Winter Lights. This year's event features hundreds of dazzling displays along the holiday trail through Cleveland Metroparks Zoo beginning November 14.

Wild Winter Lights features over 1.5 million lights across holiday-themed areas including Enchanted Forest and Santa's Workshop, where guests can take photos with Santa Claus. For the first time ever, Wild Winter Lights will also feature two dynamic musical light shows featuring an enchanting 50-foot tree as well as a show on Waterfowl Lake.

Guests can again experience this year's Wild Winter Lights on foot or in their personal vehicle on select dates at the Wild Winter Lights Drive-Thru Experience.

Additional highlights of this year's event include carousel rides, costumed characters, model train displays and ice carvers. Guests can also enjoy holiday treat offerings



from Jack Frost Donuts, Kernels by Chrissie and hot chocolate as they experience the festival.

Wild Winter Lights as well as the Wild Winter Lights Drive-Thru Experience runs from 5:30–10:30 pm on select dates from Tuesday, November 14 through Saturday, December 30.

Tickets are limited, and advance online reservations are strongly encouraged. Tickets purchased in advance are \$19 for members and \$22 for nonmembers, or a four-pack for \$60 for members and \$70 for nonmembers. Children under two are admitted for free. Tickets for the drive-through experience must be purchased in advance and are \$45 per car for Zoo members and \$55 per car for nonmembers. Reserve your spot at FutureForWildlife.org/lights.

Great gift ideas for the animal lover on your list

If you're looking for great giving ideas for the animal lover on your list, look no further. The Cleveland Zoological Society suggests these five easy ways to give a gift that also gives back.

Visit ClevelandZooSociety.org/holiday and cross a few people off your nice list!



The Zoo's group of capybaras can all be seen on exhibit together on the second floor of The RainForest.

2024 ZOO SOCIETY CALENDAR

When you give a gift of \$100 to the ZooFund, you'll also receive a 2024 calendar featuring your favorite animals. It's a great holiday gift for that special animal lover in your life. Available while supplies last.

ZOO GIFT MEMBERSHIP

Give them a gift they can use all year long. Use the code BEAR23TF online for a 15% discount.

SUPPORT A SPECIES — CAPYBARA

Hard to find a gift for someone who has everything? Donate to the Support a Species program! Learn

more how you can help and your loved one will love the gesture of supporting our mission.

SHOP AT THE ZOO GIFT SHOP

From plush to sustainably grown coffee, you can find an array of gifts and stocking stuffers for friends and family of any age. Members always receive a 15% discount!

For more information on any of these holiday ideas, visit ClevelandZooSociety.org/holiday.



Cleveland Zoological Society
CLEVELAND METROPARKS ZOO

GIVE A ZOO MEMBERSHIP

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Give a gift they can enjoy all year long! Visit ClevelandZooSociety.org/holiday to view membership benefits and to purchase your gift membership today! Use the code **BEAR23TF** when checking out to receive your discount!

ClevelandZooSociety.org/holiday

*Valid for NEW memberships and NEW gifts only. Not valid on Senior Plus memberships or Total Experience Membership Package. Offer Expires 12/31/23. May not be applied to previously purchased memberships.

The membership program is presented by 

White Rabbit Kids Toy Store opens in Downtown Willoughby

A place where kids can play, shop, learn, and enjoy a sense of community

By Deanna Adams

Like many of us during the pandemic, Lauren Dannemiller had some time to rethink her future. A longtime manager at a Cleveland design studio, she wanted to use her organizational skills and work experience to start a business she could call her own.

“Being a mom of two small children, I noticed that I had difficulty finding good, educational toys for them so that they could learn as well as have fun doing it,” says Dannemiller, 39. “Parents are always seeking new and different places to take their kids so I thought if I had a place where I could sell these fun, educational toys, and offer space where they can enjoy learning through play, that would be ideal.”

That idea became reality in 2022 when Dannemiller found the perfect spot for her new business. In the heart of Lake County’s cultural hub—Downtown Willoughby. “I definitely wanted a place where kids can play, shop, learn, and enjoy a sense of community. I knew I’d found the right place when I found this space.”

The store, located off Erie Street near the post office, sells products that encourage education and imagination. What Dannemiller calls “mindful learning.” Next, she had to think about just the right name that would fit her vision. She recalled her time with the 4-H programs and her joy of raising rabbits there. She also recalled her love for the story of Alice in Wonderland that fueled her imagination. She decided her new store would be called White Rabbit Kids.

From the start, her focus is centered around that mindfulness of what she’s presenting to the children. She hand chooses all the toys, along with having a variety of play activities that keep the children entertained and yet have educational value.

A toy store with scholastic programs and activities?

That’s the difference between this Willoughby toy store and the big box retailers. White Rabbit Kids has an array of toys that encourage learning and creativity, such as drawing books, word cards, craft and design kits for kids, along with a selection of fun costumes for kids to play dress-up. Dannemiller stresses that if customers are not in the market for toys, children are still welcome to stop in and participate in the activities.

Dannemiller also found the perfect person to help her out. “Our store manager, Jenni Foote-Harper, helps run the activities and is just wonderful with the kids. She makes sure everyone is having fun and is a great storyteller for our storytime.” She adds that Jenni had worked in a Montessori school and uses that same educational philosophy and self-motivating approach in their everyday activities.

Aside from weekly story times, programs range from various workshops celebrating upcoming holidays and events. “For example, the weekend of November 24–26, we’ll be making ornaments out of bird seed and while they’re doing it, we’ll talk about the different kinds of birds you see in winter,” says Dannemiller.

The store also offers Yoga for Kids classes. The sessions (that can include the caregivers) run various days and times for children ages 4 and up. All programs and workshops have a small fee and require registration which you can do in-store or on the website. Add items and events to the “wish list” and receive a \$10 discount on anything in the store.

And what would a store for children be without play dates and parties? “We welcome birthday parties, and craft and STEAM parties,” she says. “There are different packages for any budget and age groups. We do like to keep the parties limited to 12 so that all the children can inter-



act and get equal attention.”

Dannemiller also understands, and appreciates, the importance of supporting local businesses. “I love my store and the great sense of community here. We’re going to keep our finger on the pulse of what’s going on so we always stay interesting, fun and of course, educational.”

White Rabbit Kids is located at 4041 Erie Street in Willoughby. Hours are Tuesday through Friday,

10 am–6 pm, Saturday 10 am–4 pm, and Sunday 10 am–2 pm.

For more information, call 440-567-9727 or see their website at www.whiterabbitkids.com. You can also visit them on Facebook.

white rabbit kids 
TOY STORE
 & ACTIVITY HUB

37th annual Beary Merry Handmade Arts & Crafts Market

The Beary Merry Show will take place on Wednesday, November 29 and Thursday, November 30, 2023 from 11 am–9 pm at their new location, Lavera Party Center in Willoughby Hills.

Beary Merry showcases over 60 talented artisans from Ohio and Pennsylvania, displaying unique, handmade/crafted holiday gifts for your shopping pleasure, with a raffle extravaganza to benefit Susan G. Komen for the Cure Northeast Affiliate. The raffle consists of over 60 baskets for everyone on your holiday shopping list. Raffle includes lottery tickets, spa packages, dinners, toys, family fun, holidays and much more.

Delicious lunch and dinner prepared by Lavera will be available for purchase. As a corporate sponsor, Monreal Srnick Funerals & Cremations of Eastlake is sponsoring the hourly door prize drawing.

In addition, LaVera will be catering family takeout dinners on Wednesday November 29. The preordered dinners (for four to six people) will cost \$55 with \$10

donated to Susan G. Komen. The dinners must be ordered in advance online at www.la-vera.com/beary-merry. The delicious menu consists of chicken piccata, tossed salad with house dressing, cavatelli, with Lavera's signature red sauce, green beans almandine, and rolls and butter.

The Beary Merry Show is a drop-off location for Asa's Angels Outreach Drive for Kids, an annual program for families in need during the holidays. Asa's Angel's distribute over 15,000 toys, helping more than 3,000 families. The goal is to make all children smile on Christmas morning and you can to help achieve that goal! Bring a brand new toy to the show to make a child happy this Christmas.

If you have questions, please contact Delene Wojtila 440-487-0661, or email Thebearymerryshow@gmail.com. Follow them at www.facebook.com/BearyMerryShow.

Admission to the show is \$4.00.

Lavera Party Center is located at 32200 Chardon Road in Willoughby Hills.

Christmas Connection is coming to Cleveland's I-X Center Nov. 17–19

The magic of the season will come alive at Christmas Connection, a three-day holiday market being held November 17–19 at the I-X Center.

Features and attractions include:

- More than 500 exhibitors
- New this year! Charmed Boutique will be hosting three spectacular holiday fashion shows featuring the latest trends and styles to elevate holiday party and wardrobe style.
- The spirit of Christmas will envelop guests as they walk down the decorated entryway to the tallest Santa in Cleveland – 30 foot – waiting to greet them!
- Live entertainment on the stage where guests can relax and kick up their feet and sing along to festive entertainment.
- Visit with Santa, Mrs. Claus and the Elves in SantaLand. Kids can also bring their letters to Santa to mail in the Santa Mailbox.
- Take a break from shopping to rest your feet and catch up on a classic Christmas movie in the movie area.



- Kids can shop in the Sugar Plum Shoppe featuring over 3,000 pre-wrapped gifts (under \$9.00 each), perfect for pint-sized wallets.
- Stop by the Halle Bros Co. booth to meet Santa's Keeper-of-the-Keys, Mr. Jingeling.

ClevelandChristmasConnection.com will have all the latest show info. Hours are Fri., November 17 and Sat., November 18, 10 am–8 pm and Sun., Nov. 19, 10 am–5 pm.

Tickets are \$14 for general admission at the box office (adults), \$12 for general admission online at ClevelandChristmasConnection.com (adults). Children 12 and under are free.

Parking is \$10 per vehicle.



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YMCA

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November 23, 2023 | Painesville, OH | www.lakecountyyymca.org

7 reasons to be thankful for teenagers this Thanksgiving

By Katy M. Clark

Thanksgiving is a holiday that gets better as the kids get older. Sure, those turkey drawings traced around pudgy preschoolers' hands were sweet. So was hearing my elementary schooler talk about the first Thanksgiving at Plymouth Rock. And watching the little ones dine at the kids' table at Grandma's house was adorable, too.

But Thanksgiving with my kids now that they are teenagers? It rocks. Here are seven reasons why.

1) Teens sleep in

Gone are the days of 5:30 am wake-ups to watch Paw Patrol or play Candy Land. I can sleep in on Thanksgiving or, if I want to get up early to start cooking, I can get up when I'm ready—and not because someone is poking me in the eyeball.

2) They care about the menu and like the food

My kids want to know if the stuffing is sweet or savory and whether I'm serving that green bean casserole they liked so much last year. Not only are they interested in the Thanksgiving menu, but they're interested in eating everything we're having. This is in stark contrast to the Thanksgiving when my son was four and ate nothing but brown sugar. Now he eats everything on his plate, even items that touch each other!

3) Teens can help out and clean up

Yup, the big kids can be trusted to put Grandma's



lace tablecloth on straight. They can handle the crystal and china with care, light the candles without setting the house on fire, and fold the napkins with sophistication. My teens can also clear the table and do the dishes now. Sure, my kids were able to wash the dishes when they were younger, but they also fumbled my wedding china and dinged the gravy boat unless I supervised.

4) The conversation is more meaningful

Celebrating Thanksgiving with teens means I can have meaningful conversations about gratitude. It was cute when they were little and gave thanks for cartoons and their goldfish, but now it's amazing to hear them voice appreciation for relationships, health, faith, and the freedom of our country.

5) I can nap again!

The only nap I have to worry about this year is my own. While I indulge in some post-turkey

shut-eye, I don't have to worry that my kids are running into the street or licking the electrical outlets. Heck, they might even join me in a snooze on the other end of the couch.

6) Teens can stay up late and put themselves to bed

Now that my kids are older, we can watch a movie after dinner and stay up as late as we want. It's 10 pm? Bring it, Home Alone! I don't have to worry about running a bath, washing hair, reading stories, or doing any of the other steps that made up their bedtime routines when they were little. Going to bed on Thanksgiving means saying, "Goodnight, I love you!" no matter who falls asleep first. (Okay, it's me.)

7) It's a low-key, stress-free holiday

Thanksgiving with teens is relaxed. It's not Christmas, with its intense build-up and piles of gifts. And it's not Halloween, with drama over who is too old, or too cool, to go trick-or-treating. It's Thanksgiving, which means I get to spend the day with the family I love, eating good food, and being grateful for it all.

This year as we gather to give thanks, I'm grateful to be celebrating Thanksgiving with teenagers. It doesn't get any better than that.

Katy M. Clark is a writer and mom of two who embraces her imperfections on her blog, Experienced Bad Mom.

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9935 JOHNNYCAKE RIDGE ROAD, CONCORD TWP.
DOORS OPEN 8:00AM - 3:00 PM
ADMISSION 18+ - \$4
STUDENTS/VETERANS FREE ADMISSION

Frost: An Ice-Capped Garden Experience opens November 18



Get ready, northeast Ohio's newest winter show is opening this November at the Cleveland Botanical Garden and it is going to be cool.

Frost: An Ice-Capped Garden Experience will completely transform indoor and outdoor gardens creating an ethereal wonderland of towering ice arches, dazzling light installations, a tunnel of flowers, larger-than-life animals, more than 500 poinsettias, seasonal soundscapes and much more to create a completely immersive new world for the holiday season.

Frost will open to the public on Saturday, November 18 and run through Sunday, December 31.

Frost invites you to explore a dozen different themes including Jingle Jungle, Solstice Stroll, and Lake

Effect Lodge while Icicle Alleys connect the entire wonderland experience. Then enter Blizzard Ballroom, a winter storm of lights and weather before moving to the Frost Portal — a tunnel of illuminated flowers that leads to the Realm of the Winter Spirit, an enchanting world glistening with ice.

Kids can test out an icicle xylophone, weave through a tunnel of mirrors and frozen arches, roast marshmallows, listen to stories and enjoy a variety of wintry activities and interactive displays.

Special nighttime hours will be Thursday, Friday and Saturday until 9 pm. Frost will incorporate classic favorites like the gingerbread house competition and evergreen trees decorated by local garden clubs.

Tickets go on sale Tuesday, October 3. Advance tickets are recommended at holdenfg.org. Walk-up tickets will be available.

Nonmembers Weekday

Adult \$23 / Children (3-12) \$16

Nonmembers Weekend

Adult \$26 / Children (3-12) \$18.

Country Lights Drive-Thru

Lake Metroparks Farmpark

Nov. 30, Dec. 1-3, 7-10 & 14-22 • 6-8:30 pm

A magical evening is in store at Lake Metroparks Farmpark! Enjoy the spectacular beauty of lighted displays from the warmth of your own vehicle during Country Lights Drive-thru.

Country Lights Drive-thru runs November 30, December 1-3, 7-10 & 14-22, with time slots at 6, 6:30, 7, 7:30, 8 and 8:30 pm. Advance tickets are required and sold online only at goto.lakemetroparks.com/country-lights-drive-thru. Ticket sales begin October 28 for Lake County residents and Farmpark members. Open sales begin October 29.

Ticket cost is \$27.50 per carload (maximum of three drive-thru tickets per family or Farmpark membership). Visa, Mastercard and Discover payment only; Lake Metroparks gift cards are not accepted for ticketed events. All ticket sales are final. No refunds, exchanges or adjustments. Lake Metroparks is not responsible for lost or stolen tickets.

Wooden toy kits will be available



for prepurchase for \$5 each during purchase of carload ticket. Kits will be picked up at the event and taken home to assemble. Kits do not include paint or glue.

Tickets purchased online will be emailed to you. Tickets can be scanned directly from your mobile device at the event or you may print them out and bring them with you. Please remember to arrive no more than 15 minutes prior to your ticket time.

This event runs rain, snow or shine. In the rare occurrence of extreme weather on your event date, follow Lake Metroparks on Facebook and Twitter for an event cancellation announcement.

Italian Night

December 16, 2023
5:30-11:30 pm
SEAFOOD BUFFET

FEATURING

Chance Band

10-piece band with horns and vocals performing hits from the '60s, '70s and newer.

I Campagnoli Band

Performing traditional Italian music, polkas, waltzes, oldies ballads, and contemporary.

Eventbrite.com

Painesville Holiday Weekend

It's the most wonderful time of the year and Painesville continues their tradition of a two-day celebration to welcome in the holiday season.

On Thursday, November 16 from 4-8 pm enjoy local holiday shopping in Downtown Painesville at the Painesville Holiday Shop & Stroll. This walk-around event features great store/restaurant specials, giveaways, special holiday guests and lots of treats. Support small and local businesses this holiday season! Visit www.painesville.com/shopstroll for a complete list of participating busi-

nesses. Shop specials all day from noon-8 pm.

Friday, November 17 is all about the kids because Santa comes to town! Visit Painesville Square from 5-8 pm and enjoy holiday lights, Santa's workshop, horse and carriage rides, live reindeer, cookie decorating, a performance by Fairport Dance Academy and more. As always, this is a free event and open to the community! Visit www.painesville.com/recreation for more information.



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- Private School Guide
- Dance Guide
- Lots More!

Candy Land Gone to the Birds returns November 18–January 1

Join in for a whimsical holiday adventure: Candy Land Gone to the Birds presented by Dollar Bank at Penitentiary Glen Reservation! Relive your childhood memories with a bird-themed twist on the popular board game. Experience the magic as you become the playing piece, moving from space to space on a life-sized game board and explore enchanting displays of familiar feathered friends in colorful habitats at every turn.

Enter the make-believe Wild Bird Clinic on your adventure and lend a helping hand to wildlife. As you near the end of your journey, climb up the tower for a bird's-eye view of the game board and spot some amazing wildlife. Then slide down the spiral slide and play all over again!

While at Penitentiary Glen Reservation, discover a world of nature-themed adventure at the Nature Center. Enjoy scavenger hunts, crafts, special activities, wildlife programs on weekends, and more. Plus, receive a keepsake holiday key.

Wild Weekends feature an outdoor campfire with s'mores from noon to 3 pm on Saturdays (Nov. 18, 25, Dec. 2, 9, 16, 23 and 30). During the campfires, staff from the Lake Metroparks Kevin P. Clinton Wildlife Center will present live animals at 1, 2 and 3 pm near the shelter. On Sundays (Nov. 19, 26, Dec. 3, 10 and 17), meet-the-keeper chats will be held in the Wildlife Center Yard at 1, 2 and 3 pm.

Candy Land Gone to the Birds! begins November



18 and is open 10 am–5 pm daily through January 1. The exhibit will be closed on Thanksgiving, Christmas Eve, Christmas Day and New Year's Eve. Admission is free for all ages. Registration is not required. Additional information can be found at goto.lakemetroparks.com/candyland.

Other activities at Penitentiary Glen Reservation

Snowshoe rentals are available for the whole family, weather permitting. Hike more than eight miles of scenic trails, go birding or interact with nature in Nature Play, a children's outdoor play space. Inside the Nature Center, discover interactive exhibits including Life Cycle Secrets and Come and Play plus watch for birds, squirrels and more through the Window on Wildlife.

Penitentiary Glen Reservation is located at 8668 Kirtland-Chardon Rd. in Kirtland. For park info, visit goto.lakemetroparks.com/penitentiary-glen.

Cleveland Orchestra Family Concert & Music Explorers Series

The Family Concert Series each have a different theme with performances designed to engage and entertain children ages 7 and up, and all last under an hour.

Next up in the Family Concert series is "Around the World with The Cleveland Orchestra," on Sunday, March 3, 2024, at 2:00 pm. Cleveland is home to more than 120 ethnic groups, each bringing their own traditions, religions, art, food, and, of course, music. This concert celebrates that rich cultural diversity through music—a language that unites us all.

The Music Explorers Series is an ideal way for children and families to learn about the orchestra's instruments, one by one. Programs feature Cleveland Orchestra musicians, special guests, and an engaging host who encourages audiences to sing, clap, and move to the music. Each half-hour adventure features brief musical selections and instrument demonstrations created to inspire and entertain young children, ages 3 to 6.

The Christmas Brass Quintet will be presented on December 15 and 16, with Cleveland Orchestra brass musicians in the Jack, Joseph and Morton Mandel Concert Hall.

Visit clevelandorchestra.com for dates for all the shows in each series.

WOMEN: Be The Best Version of YOU!



Pamela Kurt

Hi, I'm Coach Pam!

As an attorney, my passion of supporting my clients going through life's hard transitions guided me to my purpose. I started Best Version of You, LLC to be a life coach for professional women and that evolved into the **desire to help all women**. I coauthored the "Everyday Women" and "Unstoppable Women" series which include six (6) books that have reached international and Amazon bestseller status.

Best Version of You is a company that focuses on assisting women to be the best version of themselves. It is about collaboration and not competition. How do we level up? How do we survive work-life balance? What makes you the best version of you? While discussing various topics and offering the needed support, Best Version of You offers the coaching, camaraderie, and support you need to be the BEST YOU!

Join me at one of two workshops where we will learn to create vision boards, which are a collage of images and words that serve as a physical representation of the goals you want to achieve and/or things you want to attract into your life. It helps keep your goals top of mind and reminds you of what you are working towards. RSVP today. Spaces are limited.



VISION BOARD WORKSHOP

Fri., December 29, 2023 or Sat., January 13, 2024 • Noon to 3:00 pm
Vittorio's | 29664 Euclid Avenue | Wickliffe

RSVP to pam@bestversionyou.com

or search Vision Board Workshop Pam Kurt on Eventbrite.com

Words Have Power, So Listen Well

By Stacy Turner

Talking about ideas, thoughts and feelings can be difficult, whether you're a child, a teen, or even a full-grown human. People require time and space to process what's going on inside, and then to choose the right words that best convey their thoughts or ideas. In the rush of busy schedules, and the hectic pace of the coming holiday season, it can be hard to grant time or space to really hear what's being said.

For young people, the words they choose to share have power, giving meaning to sometimes messy feelings, even when limited vocabulary or life experiences give them few examples to draw from. Often, their unconventional descriptions have a way of cutting straight to the heart of the matter at hand, leaving little room for misunderstanding.

My older daughter, when asked to describe her first day as the new kid at school put it to me this way. "It felt like I was trapped all day in a room full of farts." Yikes! Sure, that mental image made us giggle, but it also highlighted her feelings of being alone and out of place, stuck in an unpleasant situation. I'm happy to report that although day one wasn't exactly stellar, she grew to love her new school and the friends she made there. Perhaps her ability to share those uncomfortable feelings



helped her work through them and move on to the better times that were to come.

My younger daughter is also adept at using unusual verbal images to make her point. Recently, while we were talking about where she might go to do homework after school and before an activity, I suggested the nearby public library. She quickly ruled out the dated, unwelcoming building, telling me that going inside "feels like a toothache." She decided to visit the local coffee shop instead, favor-

ing the natural light, non-musty atmosphere, and the availability of caffeine to get her homework done that day.

Even as an adult with a college degree and a supposed better grasp on vocabulary, I often find myself resorting to the same technique of using visuals to relay my thoughts or feelings. Like when I'm feeling unwell, but not sick enough to stay in bed. Sometimes a long hot shower is enough to rid myself of that thick-headed feeling. And a serious dose of Crest gets rid of the tiny sweaters all my teeth seem to be sporting. Sure, it may be a silly example, but I bet it got the point across and helped you understand what I'm trying to say.

Who knows, maybe making unorthodox descriptions is hereditary, but I think this skill is something we each use from time to time when trying to share a thought or idea out loud with someone else, to try and help them understand. Isn't that what we all hope for – to be heard and understood?

As the falling leaves signal the change of season, we'll each have opportunities to gather with friends and family of varying ideologies and viewpoints. Maybe instead of walking into those exchanges with preconceived notions, we choose to take a breath and listen first. And maybe that extra effort will help us better understand what it is that they're trying to share.

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Wednesday & Thursday
November 29 & 30
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Fun Thanksgiving Facts

Pumpkin pie was not served at the first Thanksgiving meal.

The Pilgrims didn't have ovens for baking and they lacked the butter and flour necessary for pie crust. Culinary historians believe the first Thanksgiving meal consisted largely of seafood, like mussels, lobster, and clams. Diners almost certainly ate venison and likely some assortment of wild fowl—turkey, duck, goose and swan.

An estimated 240 million turkeys will be raised in the U.S. this year.

Of the 240 million turkeys raised this year, 45 million—or 18 percent—will be baked, grilled, and fried this Thanksgiving.

The first Thanksgiving was celebrated in 1621, but it wasn't observed as a national holiday until 1863.

Sarah Josepha Hale, the woman who wrote "Mary Had a Little Lamb," wrote letters for 17 years campaigning to make Thanksgiving a national holiday. Finally, President Lincoln proclaimed Thanksgiving a national holiday 240 years after the tradition started in Plymouth, Massachusetts.

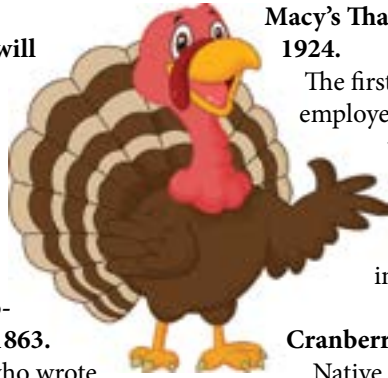
The TV dinner was invented thanks to Thanksgiving.

In 1953, a Swanson employee accidentally

ordered too much turkey—260 tons too much! The frozen turkeys were taking up space in 10 refrigerated train cars when a company salesman suggested preparing and packaging the turkey with sides in compartmentalized aluminum trays. Swanson sold 5,000 TV dinners in 1953. The following year, they sold 10 million!

There weren't any balloons at the first Macy's Thanksgiving Day Parade in 1924.

The first parade featured Macy's employees, floats, and animals from the Central Park Zoo. Large animal shaped balloons made their first appearance in the parade in 1927.



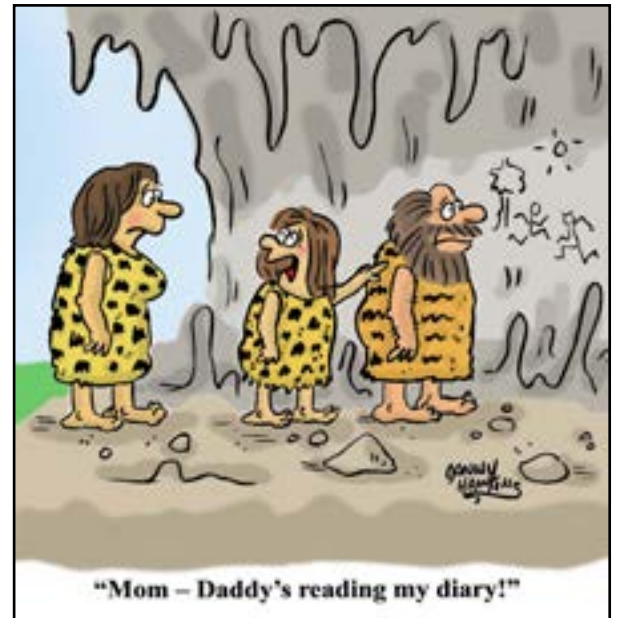
Cranberries aren't just for eating.

Native Americans used cranberries to treat wounds and dye arrows. You can also find them in many holiday crafts including creative center pieces, wreaths and garlands.

Big Bird's costume on Sesame Street is made of turkey feathers that have been dyed yellow.

The American Plume & Fancy Feather company is responsible for making Big Bird's suit which includes 4,000 turkey feathers.

Just For Laughs!



"Mom - Daddy's reading my diary!"

"Dad Jokes" Thanksgiving Edition

When is turkey soup bad for your health?

When you are the turkey.

Who doesn't eat on Thanksgiving?

A turkey, because it is always stuffed.

Can a turkey jump higher than a house?

Yes, because houses can't jump!

What did the salad say to the butter who kept making jokes? You're on a roll.

What would happen if a cranberry became sad?

It would turn into a blueberry.

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Adoption: An Alternate Path to Parenthood

The perception of adoptive parents may be of a loving wife and husband who are unable to have children of their own. The couple go to a private adoption agency, shell out tens of thousands of dollars and, after what could be a years-long waiting period, bring home the newborn son or daughter they've always dreamed about raising.

Working with a private adoption agency with the goal of adopting an infant is an admirable approach to offering a home to a child in need. But some folks—married or not—find the process to be too costly and drawn out. Fortunately, there are other avenues for adoption, especially if prospective parents are open to providing forever homes for youngsters with special needs, older children, sibling groups or children of different races or ethnicities.

November is National Adoption Month, a 30-day platform for raising awareness and bringing attention to the need for permanent families for minors in foster care. It is an initiative of the Children's Bureau, which is part of the United States Department of Health and Human Services.

"National Adoption Month is a celebration of those members in our community who have taken a chance on children and made them a member of their family," says Eugene Tetrick, supervisor of the Substitute Care Unit (foster care/adoption) for the Lake County Department of Jobs and Family Services. "These people had the courage and determination to 'change their normal' by bringing a child in need into their home."

Beverly Torres, senior manager for permanency support (adoption) at the Cuyahoga County Division of Children and Family Services, says many children are in county custody because of abuse, neglect, a parent's mental health issues and other reasons. "When they can't be safely reunified with their caregivers and when parental rights are terminated, we owe these kids a family. November highlights foster care, and especially adoptive care, for our families and children."

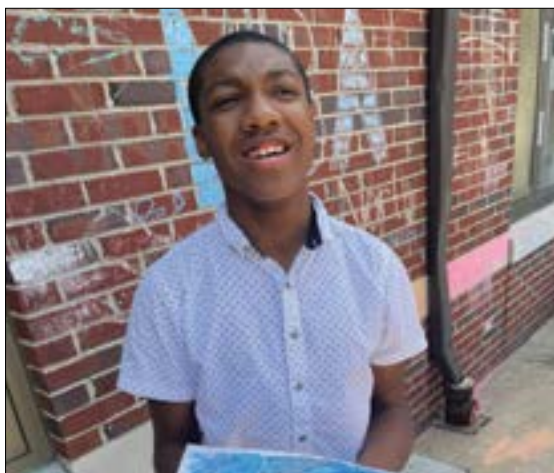
In honor of National Adoption Month, Today's Family answers questions about adopting youngsters currently in the foster care system.

What is the difference between fostering and adopting?

Foster parents are state-certified caregivers, who provide a temporary home for children while social service agencies attempt to reunify youngsters with their families. If reunification with birth parents does not happen, the public agency holding temporary custody of the child receives permanent custody of them, matches them with an adoptive family (most often in the dually licensed foster/adoptive home they are currently in) and works with the adoptive family to finalize an adoption through probate court.

Who is eligible to adopt children in foster care in Ohio?

Prospective adoptive parents must be at least 18 years old, have sufficient income to meet the child's



Jaylen, 17, is an affectionate, pure soul. He is mostly nonverbal, however, he does use a talking device that allows him to communicate his needs and wishes. He loves giving hugs, high fives, and other forms of physical affection. He loves going on his weekly outings to Taco Bell, Burger King, and Chick-fil-A. He is very organized, clean, able to do chores, and takes pride in his appearance.

Jaylen would benefit from a patient, loving family, that will nurture him and help him thrive. Call (216) 881-4657 or (216) 881-4662 today to begin the process of making his life, and yours, more fulfilled.

basic needs and be in good physical, emotional and mental health. They may be single, married, part of a same-sex couple or the child's older sibling. If part of a couple, they must be in a stable relationship for at least one year. Education level, religion and home ownership are not factors.

How great is the need?

Every day, children throughout Ohio enter the custody of children services. This results in 2,000 to 3,000 children at any given moment waiting to be adopted in Ohio. The need for adoptive families is great and every child deserves a forever family.

According to Torres, Cuyahoga County has permanent custody of 900 children. The county has potential adoptive parents for about two-thirds (slightly more than 600) of them; the remainder are still in need of forever families.

Tetrick adds, "From 2020–2023 we finalized adoptions for 29 children. With those adoptions, our foster homes close as their families are now 'complete' when the adoption is finalized. Therefore we are continuously trying to recruit new families to replace the ones that left after they completed their families."

And the need is definitely very real as Lake County has 105 children in their custody in 2023.

So many people wish to adopt. Why haven't these children found forever families?

It's important to match youngsters with families who are committed to meeting the children's specific needs for the long term. Many children in foster care deal with physical, psychological or behavioral concerns as they all have been exposed to abuse and/or neglect.

"Any time a child moves from one home to another, it's a traumatic experience," Torres explains.

"Some adoptive families are looking for a specific type of child. When kids come into our custody, they are experiencing a trauma in their life, a separation, a loss. That comes out in different ways for different children. Sometimes they've been removed from their home because of mental-health issues within the family that are not being managed in a healthy way, and that child is experiencing the same mental health issue. The specific needs of our children dictate the kind of families we're looking for."

Placing older children, such as teenagers, can be challenging because some people prefer to adopt infants or toddlers. Keeping siblings together can also be difficult if families wish to adopt one child at a time.

What is the cost?

"Oftentimes, those who become licensed as foster and adoptive parents through the county are looking to grow their family through adoption as the costs of private adoptions are too expensive," Tetrick says. "Some costs involved in the adoption process are court costs for the adoption and paying for updated birth certificates, which are minimal comparatively to private adoptions. Adoption of a child in the custody of Lake County costs less than \$200."

Cuyahoga County's Torres says a required fire inspection may run \$30-\$100. If the compulsory home study visit reveals the need for making home improvements to meet Ohio mandates, there may be costs associated with those upgrades.

By comparison, voluntary adoption of a newborn at a nonprofit organization in Ohio typically costs \$10,000-\$25,000, according to the Franklin County Law Library website.

I want to adopt a child currently in foster care. Now what?

Those in Lake County may dial 440-350-4218 and those in Geauga County may call 440-285-9141.

Start with contacting the county agency. Cuyahoga residents may call 216-881-5775 or visit <https://hhs.cuyahogacounty.us/adoptable-kids>.

According to Torres, prospective adoptive parents are required to attend preservice training to become licensed as a foster or adoptive parent. Once licensed, they will complete an application and undergo a home study, which includes a fire inspection. Following approval, the county agency will work to match the adult and child. After a match is made, an adoption assessor and the child's social worker will present the prospective adoptive parent with the child's social, medical and educational records, photographs and other pertinent information. The adult and child will then have preplacement visits in the adoptive home and the child's current home. After the child moves in with the adult, a judge or magistrate can finalize the adoption. Classes, support groups and referrals to community agencies will then be available to the new family.

November is National Adoption Month



Call us to learn more about adoption.

Adoptive parents are caring people who have opened their hearts and homes to the children of Lake County. These children are in need of a permanent home after reunification with their birth families is no longer possible, nor in their best interest. Adoption is a legal process which creates a lifelong commitment between parents and children who are not born to them. The Lake County Department of Job and Family Services will conduct adoption only home assessments for residents of Lake County only. Potential adoptive parents must be interested in providing care to “special needs” children.

Call the Adoption line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

**Lake County Department
of Job and Family Services**



Common HVAC & plumbing bad habits

6 tips to help you save money

Taking proper care of your HVAC and plumbing is essential to maintaining high efficiency and avoiding future costly maintenance. There are a variety of bad habits that homeowners can unintentionally have regarding their HVAC system and plumbing. These common mistakes can add up over time if you are not careful. Completing annual maintenance and taking a proactive step to fight against future costly issues are one of the most important things that you can do to save money on plumbing and HVAC.

Not changing your filter: There are a variety of issues that stem from not changing your filter—inefficiency and rising energy bills among them. Most homeowners are unaware that the air filter for the HVAC system should be replaced around once every other month, depending on usage. If your filter is not replaced, it can become clogged with dirt, dust, and debris. A clogged air filter can even damage essential parts of your HVAC unit, which can result in costly fixes.

No regular maintenance: Forgoing regular maintenance on your HVAC system may seem like an easy way to cut costs, but the damage of doing so can quickly add up over time. Catching any issues with your unit early can help prevent long-lasting damage, as well as ensure that your unit is running at maximum efficiency.

Blocking airflow: Proper airflow is one of the most important things that your HVAC system requires to function efficiently. If this airflow is blocked, multiple issues can arise. Many homeowners are tempted to hide their outdoor HVAC units with plants and shrubs to boost curb appeal. However, placing plants too near the unit can disrupt the ventilation. Plants could also become a home for pests and rodents, which can damage the unit as well. Air flow can also be blocked by furniture, not just foliage, so be sure to keep any lawn chairs or other items away from your system.

Actively look for drips: Drips add up over time—and can also signal a larger problem at hand. Loose valves, cracked pipes, or even flooding are all issues that a few small drips can warn homeowners about. These issues, if left untreated, are far more costly than a simple leak. Dripping water can slowly add up in your energy bill. The water can also cause harmful mold to grow if not quickly handled.

Upgrade your water heater: Heating water requires a lot of energy so upgrading to a more effective, energy-efficient model can save you a lot of money over time. Water heater models that are over 10 years old might be due for a replacement soon. A good model to consider is an on-demand water heater, which quickly heats water, when



necessary, rather than continuously heating water throughout the day.

Check your water meter: Take a quick look over your water meter to be sure that your water flow is running normally. Located somewhere accessible outside of your home, your water meter indicates water usage. If water is not running to your home but the meter indicates water is still flowing, that can often be a sign of a major water leak somewhere in your pipes.

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Financial assistance available for home sewage treatment system repairs and replacements

A program for Lake County residents by the Lake County General Health District

The Ohio Department of Health (ODH) and the Ohio Environmental Protection Agency (EPA) have continued a financial assistance program for the repair or replacement of failing household sewage treatment systems. This program will provide \$13.3 million in funding to qualifying Ohio homeowners of which the Lake County General Health District (LCGHD) applied and was awarded \$150,000 by the Ohio EPA through the Water Pollution Control Loan Fund (WPCLF). The Environmental Health Division at the LCGHD will head this program and coordinate the repairs.

The grants will provide 100% of the total system improvement costs for eligible systems where the homeowner is at the federal poverty level. The grant will provide 85% of the cost when the homeowner is at 200% of the poverty level with a 15% homeowner match and 50% of the cost when the homeowner is at 300% of the poverty level with a 50% homeowner match. See the poverty guidelines for a breakdown of each income level and how much coverage you may get based on your income.

U.S. Dept. of Health & Human Services poverty guidelines for households:

- For 1–4 persons in a family/household: 100%

poverty guideline (100% PF) \$26,500; 100%-200% poverty guideline (85% PF) \$53,000; 200%-300% poverty guideline (50% PF) \$79,500

- For 5 persons in a family/household: 100% poverty guideline (100% PF) \$31,040; 100%-200% poverty guideline (85% PF) \$62,080; 200%-300% poverty guideline (50% PF) \$93,120
- For 6 persons in a family/household: 100% poverty guideline (100% PF) \$35,580; 100%-200% poverty guideline (85% PF) \$71,160; 200%-300% poverty guideline (50% PF) \$106,740
- For 7 persons in a family/household: 100% poverty guideline (100% PF) \$40,120; 100%-200% poverty guideline (85% PF) \$80,240; 200%-300% poverty guideline (50% PF) \$120,360
- For 8 persons in a family/household: 100% poverty guideline (100% PF) \$44,660; 100%-200% poverty guideline (85% PF) \$89,320; 200%-300% poverty guideline (50% PF) \$133,980

* For families with more than 8 persons, add \$4,540 for each person.

* Based on total family income of all occupants who are 18 or older.

* Homeowners with aggregate income exceeding \$133,980 are not eligible for WPCLF assistance. LCGHD expects that between 10–15 systems can be repaired or replaced depending on the number of qualified households and the cost of each project. Funding will be awarded on a first come/first served basis, so homeowners who believe they meet the income limits and other qualifications are encouraged to contact Chris Loxterman at the Lake County General Health District at 440-350-2543 to begin the prequalification process.

What else does the Environmental Health Division at LCGHD do?

The Environmental Health Division manages and implements many programs and services for the residents and businesses in Lake County: mosquito control, food safety and inspections, storm water sampling, solid waste disposal management, tattoo and body art safety, private water system testing, and other services that all can be viewed at www.lcghd.org.

Do I have to be a Lake County resident to use other services at the Health District?

See **ASSISTANCE** on page 18

FINANCIAL ASSISTANCE

Funded by the Water Pollution Control Loan Fund (WPCLF)

For Household Sewage Treatment System Repairs and Replacements

What is the funding for?

The funding is for the repair and replacement of failing household sewage treatment systems.

How do I know if I qualify?

Homeowners that meet the income limits and other qualifications should contact Chris Loxterman at the Lake County General Health District (440-350-2543) to begin the prequalification process.

How much will I get for repairs?

The grant will provide 100% of the total system improvement costs **for eligible systems where the homeowner is at the federal poverty level. Call to find out the income requirements.**

When is the **deadline** to apply?

There is **NO deadline** to apply. You can apply anytime.



Lake County
General Health District
Public Health
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Maximize gifts, minimize stress

How to budget for holiday shopping

The holiday season is quickly approaching. At Cardinal Credit Union, we know the joy that comes with giving gifts to friends and loved ones, but we know it can also bring financial stress and anxiety. We're here with a personal, guided approach to banking and budgeting this holiday season (and throughout the rest of the year).

money matters

One way to stay on track with holiday spending is to become a Cardinal member. You'll gain access to a certified financial counselor who gets to know you and can help you tackle holiday budgeting at no charge.

Another smart money move for gifting is to plan ahead. Set a budget for each person – and stick to it! This helps you avoid overspending and make the most out of your money.

You may also consider taking advantage of sales leading up to big gifting days and plan your spending around them. Buying gifts with your credit card is a great way to earn points or cash back, but be sure to pay off your purchases as soon as possible.

It's important to remember that the size or cost of the gift isn't as important as how it makes the recipient feel. That's why sentimental gifts like photos make thoughtful yet inexpensive ways to remind someone of a great memory.

To plan for next year's budget, take your total gifting spend this year and add 10%. Divide next year's budget by 12 and plan to save that amount per month. It's easier to save \$50 per month starting in January than trying to come up with \$550 in November!

Give yourself the gift of mindful budgeting with confidence this holiday season as a member of Cardinal Credit Union. Visit CardinalCU.com to apply for instant membership in just three steps.

Cardinal Credit Union is a member-owned, full service financial institution open to anyone who lives, works, worships, or attends school in Lake, Cuyahoga, Geauga, Ashtabula, Portage, Summit, Mahoning, Trumbull, and Columbiana counties.

The Craft Fair Before Christmas

December 9, 2023 • 10 am–3pm

The Craft Fair Before Christmas, hosted by That Crafty Mama Co. and the Class of 2024 After Prom Committee, will be held on December 9, 2023 at Eastlake North High School (34041 Stevens Blvd.), from 10 am–3 pm.

This local craft fair has free admission and is for all ages. Bring your loved ones, your little ones, and yourselves to what will be an exciting day! There will be over 60+ local vendors who are excited to showcase their best work and delicious treats — everything from bakers, metal crafters, candles, luxury bath & body products and much more.

The big man, yep, Santa himself will also be joining in for the day! He's making a special trip just for this event so your kiddos can greet



him with their best smile! For only \$5 per family, you can take all your own photos of your kids with Santa! All proceeds from this event will go to the Class of 2024 After Prom. Be sure to mark your calendars! Don't miss what will be an amazing day!

If you have any questions regarding this event, please contact That Crafty Mama Co. at thatcraftymama.events@gmail.com. Please note that this event is no longer accepting applications for vendors as it is full with a wait list!

Assistance from page 17

Not all services at the Lake County General Health District are for Lake County residents. Services like birth and death certificates and the Wickliffe Family Resource Center

(WFRC) are among some of what is available without county restrictions. For more info on what other services are available to you, visit www.lcghd.org or call 440-350-2543.



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The Craft Fair Before Christmas!

Hosted by That Crafty Mama & the Class of 2024 After Prom Committee

Join us on
December 9th, 2023
North High School
34041 Stevens Blvd,
Eastlake, OH 44095
10 AM - 3 PM

Scan me for the event page to see who you can shop with!

60+ vendors,
\$5 Take Your Own Photos with Santa, & much more!
All proceeds benefit the Class of 2024 After Prom



Help us feed our community's hungry children.

One dollar can help provide four nutritious meals.



Greater Cleveland Food Bank

Donate today at
GreaterClevelandFoodBank.org

13th annual Turkey Day 5k at the Central YMCA in Painesville

A Thanksgiving Day tradition for the whole family



The Lake County YMCA is thrilled to announce the return of its much-anticipated annual tradition, the 2023 Lake County YMCA Turkey Day 5k.

This year's event promises a morning filled with fun, fitness, and a sense of community that's perfect for individuals and families alike. Run or walk the race with family and friends! If you are heading out of town, we have a virtual options for you!

The event will take place Thursday, November 23, 2023 at the Central YMCA located at 933 Mentor Avenue in Painesville. The race starts at 8:30 am.

The Turkey Day 5k is a celebration of health, togetherness, and gratitude, bringing the Lake County community and beyond together to kick off Thanksgiving Day with a burst of energy and festivity. Families and friends are encouraged to join and create lasting memories together.

Don't forget to wear your most creative and festive turkey-themed outfits and accessories!

Prizes will be awarded for the best costumes! Awards will also be presented to the top male and female finishers in various age categories.

"The Lake County YMCA Turkey Day 5k is a tradition that embodies the spirit of Thanksgiving," said Lisa Berrow, director of community engagement of the Lake County YMCA. "It's a time to come together, express gratitude for our health and community, and have fun with loved ones. We invite everyone to join us for this heartwarming event."

Registration is now open, and participants can sign up online at lakecountymca.org. Early registration is encouraged, registration by November 15 is required to ensure participants receive a commemorative race T-shirt. Don't miss out on this opportunity to start your Thanksgiving Day with a heartwarming, healthy tradition!

Since 2011, the Lake County YMCA has invigorated nearly 12,000 runners on Thanksgiving morning, run nearly 38,000 miles, worked with 700 volunteers, given out more than 300 pumpkin pies, and awarded over 350 winners with prizes. For more information about the 2023 Lake County YMCA Turkey Day 5k and to register for the race, please visit lakecountymca.org.

Fine Arts Association 2023-24 theater season continues

The Fine Arts Association's November/December holiday season includes three productions for the entire family. Tickets are on sale now.

Roald Dahl's Willy Wonka

November 24 – December 17, 2023

Based on the book "Charlie and The Chocolate Factory" by Roald Dahl

Brass Band of the Western Reserve

Sat., December 9, 2023 – 7:30 p.m.

A Holiday Pops Concert

The Cliff Habian Trio

Fri., December 15, 2023 – 7:30 p.m.

A Holiday Concert:

A Tribute to the Music of Vince Guaraldi



FAA offers education programs in all the arts disciplines—dance, music, theatre, visual arts and creative arts therapies to individuals of all ages, abilities and backgrounds.

Call FAA's customer experience team at 440-951-7500 or visit them at www.fineartsassociation.org with questions.

LAMALFA

Thanksgiving

At Your Place...or Ours!

To-Go
Thursday, November 23, 2023
 \$27 Per Person • Minimum 10 People
 Pick-up Only

Traditional Thanksgiving
Day Buffet
Thursday, November 23, 2023
 11AM–4PM
 \$38 Per Adult
 \$20 Per Child 12 & Under

Eventbrite.com

LAMALFA

Grand New Year's Eve CELEBRATION

December 31, 2023
8 PM–1:30 AM

Dennis Samson/Night Breeze Band
Seafood Buffet
Music & Dancing All Evening

Eventbrite.com

WINGATE BY WYNDHAM | LAMALFA

Crafts, Corks & CHRISTMAS

HOLIDAY CRAFT SHOW



Sunday, December 3rd | Noon-7:00 PM

5750 Madison Rd. Madison OH - www.grandrivercellars.com

**We hope to see you at our
Early Childhood Expo!**

**Wednesday, November 15th
6:00 PM**

**St. Mary's Banquet Room
401 North Street
Chardon, OH 44024**

- Meet St. Mary School staff & administration
- Tour the school & see classrooms
- Ask questions!
- DINA School Information

Principal: Mrs. Julie Fedak
jfedak@stmaryschoolchardon.org

Pastor: Father Scott Goodfellow
frscott@stmarychardon.org

Admissions: Mrs. Kimberly O'Keefe
kokeefe@stmaryschoolchardon.org

Workshops to empower women to be held December and January

Attorney and consultant Pamela Kurt owns Best Version of You, a professional women coaching company. She has announced the immediate availability of tickets for a vision board workshop for women. These workshops will be held so that you can start the 2024 new year off right! They will be held at Vittorio's in Wickliffe, Ohio. They are scheduled for either Friday, December 29, noon until 3pm or Saturday, January 13, noon until 3pm. There will be instruction, lunch, and prizes.

What is a vision board? It is a creation that we can use to help identify your vision to give it clarity and focus on specific life goals. Best way to set your goals for the new year! In this workshop, you will be making your own vision board for anything you want to manifest into your life. You will be focusing on your goals for 2024 and how to make it the best year ever!



"I have had clients bring to life all of their goals and items from their vision boards and it's a life changing experience." Kurt said. "I think something magical happens when we get women together to encourage and empower each other to be the best they can be. It's about collaboration not competition."

Tickets are \$35 and space is limited. Please contact Pam Kurt at pam@bestversionyou.com to reserve your ticket. You can also search for the event and register through Eventbrite.com.

Light lunch will be served. There will also be door prizes.

St. Gabriel School PTU hosting a Christmas Craft Boutique

St. Gabriel School Parent Teacher Union is hosting its annual Christmas Boutique! Please join in on Saturday, November 11, 9 am-3 pm. Come and experience the high-quality craftsmanship of over 100 inspired artisans and vendors! Get a head start on Christmas shopping with unique, one-of-a-kind gifts! New this year: pictures and visit with Santa plus fun activities for little ones from 11 am-1 pm! Admission is \$4.00 for 18 and older. Students and veterans are free. For more information,



contact SGSGrizzliesPTU@gmail.com. For updates and information visit Facebook: @St. Gabriel School PTU.

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woom 6 ORIGINAL bike

www.woom.com

Ages 18 months – 14 years

If your child screams any time the tablet gets taken away or the TV gets turned off, the woom ORIGINAL Bike is for you! woom Bikes are specifically designed with kids in mind and offer the best riding experience for all ages. These bikes are super lightweight, available in 7 colors, and have sizes for kids aged 18 months–14 years. Learning to ride a bike and perfecting those bike-handling skills couldn't be easier, safer or more intuitive. Who knew riding a bike could be so much fun? Its cleverly designed age-specific geometry offers good control over the bike and gives young riders maximum safety while exploring new horizons. Prices range depending on bike size. Variety of helmets available.

Tech Deck 25th Anniversary Pack

Age 6+

Ride, flip and grind down memory lane! This special anniversary pack has 8 fingerboards with the coolest graphics and shapes from Tech Deck's 25-year history. Each board has legit graphics from the biggest skate brands (i.e. World Industries, Flip, Blin, Toy Machine). Use the included sticker pack and skate tool to customize your board just like the pros. Includes exclusive and limited-edition silver Tech Deck Dude.



Ollyball Eco Pak

www.ollyball.com

Age 4+

Let them play ball **INSIDE THE HOUSE** with Ollyball! The award-winning family brand of eco-friendly and sustainably-made full-force balls for indoor and outdoor activities is super fun and distracts kids from their screens (as opposed to the other way around!).

The ball weighs less than an ounce and is made to absorb shock. The inflation device is a simple straw-like item that inflates and deflates the ball over and over again for continuous fun!



Smile Zemi Tablet from JustSystems

www.smile-zemi.com

Grades 1 – 5

Smile Zemi is the first tablet-based educational learning system tailored to meet the needs of elementary school children and specifically designed to improve academic performance aligned with Common Core State Standards. Smile Zemi features a professionally developed curriculum and materials, including instructional videos, exercises, and quizzes to help students most effectively study math and English language arts (ELA) on their own. Subscription required. **Smile Zemi is a closed system, so your child won't have access to Internet distractions, video-sharing sites or gaming apps!**



Canal Toys Photo Creator

Age 8+

Capture photos and instantly print them with the Photo_Creator! This easy-to-use camera includes three different functions in one device – a digital camera, instant printer, and a video camera! Use the back or front facing lenses to capture photos or selfies. You can even choose between 20+ funny effects to add onto your photos. The thermal printing capability means no ink and no film! Print over 250 black and white photos and save full color digital versions on your computer with the included USB cable. Includes one camera, one wrist strap, one USB cable, 4 paper rolls, 4 markers, and 90+ stickers!



12-inch Batman Adventures Figure (Spin Master)

Age 3+

Gear up to protect Gotham City with this 12" Batman figure featuring 17 points of articulation for epic and dynamic poses. This figure transforms into an amored-up Batman equipped with all the necessary tools to complete his missions, including 12 pieces of armor and 6 crime-fighting accessories.



Learn 'N Fold Learning Tower by Little Partners

www.littlepartners.com

Ages 2 – 6

The folding Learning Tower has been safely designed with the guiding principles of hands-on learning in mind, bringing your little one confidently and securely to counter height to work and play alongside parents, caregivers, siblings and friends.

Perfect for any space your child needs a boost, the compact design locks securely when needed and stores away easily when not in use — no tools required! Supports up to 150 lbs.



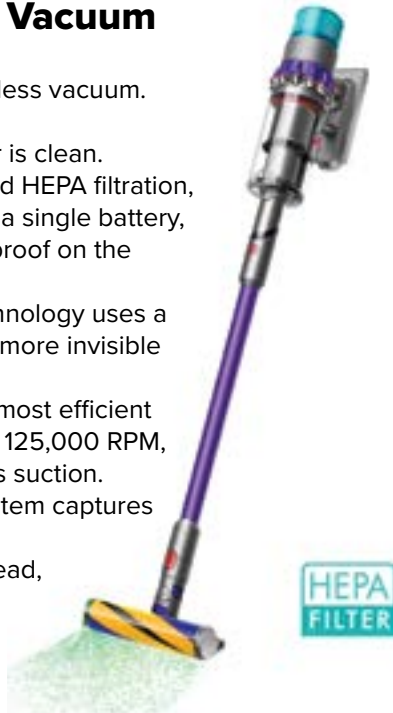
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www.dyson.com

The most powerful HEPA cordless vacuum.

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- This vacuum has their fastest and most efficient cordless motor – spinning at up to 125,000 RPM, generating their best ever cordless suction.
- The fully sealed HEPA filtration system captures 99.99% of microscopic particles.
- Comes with Fluffy Optic cleaner head, Hair screw tool, combination tool, charger, Digital Motorbar cleaner head, built-in dusting and crevice tool, wall-mounted dock.



Hamilton Beach Stovetop Sear & Cook Slow Cooker

MODEL: 33662

www.hamiltonbeach.com



- 6-quart capacity.
- Flexible programming.
- Sear or brown meat on your stovetop ... then finish meal in your slow cooker.
- Removable nonstick aluminum pan cooks directly on gas, electric, or ceramic stovetops and is oven safe.
- Mix & match temperature settings with your choice of cooking times.
- Easy-clean touch pad.
- One-pan convenience - start and finish your meal in the same pan.
- Dishwasher safe pan and lid.
- Temperature setting - choose high, low, or warm.
- Automatic keep warm - when cooking time is up, it automatically shifts to warm.
- Time setting - Select 2, 4, 6, 8, or 10 hours of cooking time.



Zojirushi Micom Rice Cooker & Warmer

www.zojirushi.com

The Micom Rice Cooker & Warmer not only cooks flawless rice but also comes with a steaming basket to double as a steamer. Includes fuzzy logic technology and various menu settings such as brown, porridge and quick cook.

- Micro computerized fuzzy logic technology
- Convenient steam cook function with steaming basket accessory
- Healthy brown rice setting
- Automatic keep warm, extended keep warm and reheating cycles
- Interchangeable melody and beep signal
- Delay timer (2 settings)
- Menu settings include: white/sushi, mixed, porridge, sweet, brown, steam and quick cooking



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XERO SHOES Nexus Knit - Athletic Lifestyle Sneaker

www.xeroshoes.com

When you take an athletic design and give it Xero Shoes DNA – lightweight, flexible, foot-shaped – and add a breathable, 3D-knit upper, you get the Nexus Knit.

Whether you're in the gym, taking a walk, going for a run, or just hanging out with friends, you are going to love the look and feel of this shoe.



Capresso® Iced Tea Select Electric Iced Tea Maker

www.capresso.com

Dedicated to home-brewing the best iced tea from loose-leaf or bags, the electric Capresso iced tea maker in bright white easily adjusts the brew strength from mild to strong to enhance the flavor. The industrial-strength borosilicate glass pitcher is topped with a white spouted lid for neat pouring.



Eli & Elm Pillow

www.eliandelm.com

- Ultimate side sleeper pillow that alleviates neck pain!
- Conforms to the head and neck for proper support and alignment.
- Removable latex and polyester filling lets you pick the perfect firmness.
- Latex noodle fill supports optimal airflow for a cooler pillow.
- A smooth cotton cover is designed to dissipate heat.
- Made from premium sourced materials.
- Measures 17" x 29"

Honeydew Sleep Body Pillow

www.honeydewsleep.com

- Not only does it have an incredibly luxurious and huggable feel, it also delivers pain relief!
- Sleeping with a pillow between your knees dramatically improves spinal alignment.
- Reduces strain on your knees and hips.
- Lessens tossing and turning throughout the night.
- Significantly improves breathing.
- Size: 49" x 13"
- Includes a custom-fitted pillowcase!



Brooklinen Heathered Cashmere Core Sheet Set

www.brooklinen.com

This lightweight luxury set is cozy but breathable so you're never stuffy at night. It features a diagonal weave for a heathered look - plus, it's brushed for superior softness. Fitted sheets come with a "short" and "long" label so you always get it right the first time. Plus, the pillowcases use envelope closures - that means no open ends or frustrating pillow spillage. 95% cotton, 5% Himalayan cashmere.



Beech Brook presents: “Parenting Beyond the Screen”

Navigating the digital landscape with confidence

In an age where technology plays an integral role in our daily lives, parents face the ever-evolving challenge of guiding their children safely through the digital landscape. To address this critical need and empower parents with the knowledge and tools necessary to foster safe, educational, and healthy online experiences, Beech Brook is excited to introduce their new virtual parenting series: “Parenting Beyond the Screen.”

This new series aims to equip parents with the knowledge they need to navigate the digital world with confidence. Topics will include online safety, cultivating healthy digital habits, and nurturing strong family relationships in the digital age. Classes are being developed and taught by Beech Brook’s assistant clinical director, Rachel Humphrey, LISW-S.

Here is information about the next program with more classes in development:

Power of Relationships: Talking Online Safety Wed., November 29, 2023

- Prepare for your child’s teenage years in the digital era.
- Discover strategies for introducing safe social media use.
- Encourage open discussions about potential risks and establish clear boundaries to ensure online safety.
- Create a safe and healthy online environment.
- Learn how to model responsible and healthy online behavior to help shape your child’s approach to social media.

Two time slots for different age groups are available to accommodate busy schedules:

For parents of K–6th graders

- ♦ Afternoon Session: Noon–1:00 pm
- ♦ Evening Session: 8:30–9:30 pm

For parents of 7th–12th graders

- ♦ Afternoon Session: 1:30–2:30 pm
- ♦ Evening Session: 7:00–8:00 pm

Cost of the class: \$15



All classes will be recorded and a link to the recording will be sent to everyone who registers, ensuring that parents can access the valuable content at their convenience.

To register for the “Parenting Beyond the Screen” virtual parenting series or for more information,

please visit www.beechbrook.org/parenting-beyond-the-screen.

Beech Brook helps children and families thrive by promoting healthy child development, strengthening the ability to overcome adversity, and enhancing family health and stability.

join our team!

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www.universalmetalproducts.com



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