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May 2022

Lake Geauga

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10

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Mantras**

**Kiddie
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**Give your children a
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TODAY'S family

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Girl Scouts and Kristen Bell announce new event

Interactive event on May 19, 2022 is inspired by the shared values of Girl Scouts and the themes from Bell's, "The World Needs More Purple People" book

Girl Scouts of the USA (GSUSA) announced purple would be the new official color of the Girl Scout Movement as part of an April Fools' Day joke. While the organization is in fact staying true to the iconic green color, GSUSA is thrilled to announce "Paint Your World Purple," an upcoming collaborative event with actor, producer, parent, children's book author, and Girl Scout alum, Kristen Bell, and her publisher, Random House Children's Books. Kristen Bell revealed in a video that Girl Scouts are invited to join in on the fun by participating in a virtual event with her on Thursday, May 19 to celebrate what it means to be a "purple person" and a Girl Scout.

Paint Your World Purple—featuring Bell (The Good Place, Veronica Mars, Frozen) along with her popular children's book, "The World Needs More Purple People"—is for all girls who have ever wondered how tall the world's tallest rainbow is, laughed until their sides hurt, or helped a friend speak up for themselves. This virtual event is a special opportunity to learn even more about the importance of being inquisitive, having a great work ethic, being your true self, and developing connections with others. Bell will take brand new and returning Girl Scouts alike on an adventure through the five steps to becoming a "purple per-



Kristen Bell, actor and Girl Scout alum.

son," chat about what it means to be a Girl Scout, and engage in fun activities to show the importance of being both.

"Purple people are curious about the world around them, aren't afraid to ask great questions, and aspire to use their voices for good...just like a Girl Scout!" said Bell. "I hope to share my pas-

sion for being a Purple Person with Girl Scouts everywhere."

"While so very funny, Kristen Bell is also a serious champion for girls and women," said Jenn Hollern, deputy chief membership officer, GSUSA. "We are thrilled this Girl Scout alum will be showcasing themes from The World Needs More Purple People that our Girl Scouts already champion—themes that tie back to our mission of building girls of courage, confidence, and character. The Paint Your World Purple event will delight, challenge, and urge participants to leave the world just a little bit better than they found it."

Any girl can sign up to become a Girl Scout or renew her membership for the 2022–2023 year and attend this exclusive event at no additional cost. The event will shine a light on all the exciting possibilities available to girls, as members will have fun summer programming, like the Girl Scout Tree Promise, to engage in after they join or renew. Members must register by May 13 to attend Paint Your World Purple, which streams on Thursday, May 19, 2022 at 6:30 pm ET.

Learn more about Paint Your World Purple and how to join Girl Scouts by visiting www.girlscouts.org/purple.



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girlscouts
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My teens have it better than I did in the '80s

By Cheryl Maguire

"I'm so jealous of you!"

That was me speaking, not my teen. We signed up for a music subscription service and within minutes she had all the latest hits on her iPhone playlist. I was in awe but also jealous of her easy access to music. As a teen growing up in the '80s, I would have loved to have the ability to listen to a song of my choosing within seconds. Even though technology can have its downfalls, I'm envious of all the ways my teen will have it better than I did growing up.

Music

Me in the '80s: I loved all types of music. One of my favorite things to do was create a mix tape. Using my dual cassette boombox, I recorded a mix of songs onto a cassette tape to later play on my yellow waterproof Sony Walkman player. Sometimes it would take over a week just to make one mix tape.

If I didn't own the album, I waited for the song to come on the radio and

record it onto the cassette tape which often had a little bit of the DJ introducing the song or the song cut off at the end. If I wanted to change a song, I would have to rewind the tape and record over it which would really only work for the last song since you would end up recording over other songs. Mostly you are stuck with it.

As you can see it was a cumbersome, elaborate process that by the time you were done making a mix tape you were sick of most of the songs and ready to make another one.

My Teen Now: Within seconds she downloads 20 songs onto a playlist to her phone which she can bring with her anywhere. If she becomes tired of a song, clicking delete will eliminate it instantly or she can hit next to forward to the next song without waiting for the tape to move along or without trying to figure out how long to fast forward until the song is over.

Writing research reports

Me in the '80s: Thumbing through the library card catalog, I found a

book related to my research paper. I then searched through the library for it and checked it out. Usually, I needed at least three or four books which meant repeating the process. I then had to handwrite the paper (we didn't have a typewriter or word processor which I didn't use until college) and used my mother as a spell checker since I was horrible at spelling.

My Teen Now: A quick Google search reveals over 100 different links related to her research topic. She then types up her paper in a Google Doc using spell check although unlike her mother (more like her grandmother) she is an incredible speller and doesn't even need it.

Making a phone call

Me in the '80s: After I finished shopping at the mall with my friends I needed to find a payphone (along with a quarter) to ask my mom to pick us up. She gabbled away for over three minutes which required me to feed the payphone another quarter since she went over the time limit. I thought to myself I should have used the collect call trick—when they ask for my name I would say, "pickup mall."

My Teen Now: She sends a quick text from her phone, "Please pick me up now," without needing any quarters or searching for a payphone or using the collect call trick.

Communicating with friends

Me in the '80s: One phone in the house and me, my two sisters and my mom was not a good combination since we always seemed to want to use it at the same time. If you wanted to make a phone call outside of our town, you would be charged per minute.

My Teen Now: Everyone in the house has their own phone line and can easily make unlimited phone calls (or Facetime) anywhere in the USA without paying additional fees. Although she hardly ever makes "real" phone calls—she mostly uses text messages or social media. I doubt she has ever heard a "busy signal" or understands how great it was when "call waiting" was introduced (she probably doesn't even know what that is either).



Most kids today probably have never even seen an actual payphone!

Taking a picture

Me in the '80s: I loved taking pictures, but similar to the mix tapes it involved many steps. You had to buy film, use it up by taking 24 pictures and develop it by bringing it to the store which could sometimes take a week. It also could add up costing a lot of money buying the film and developing it.

My Teen Now: She snaps pictures of her friends, her sister or the wall without costing anything and gets to see it instantly.

The next time your teen says, "I'm bored," you can wow them with your stories about how you created mix tapes, needed a payphone to call home or used a library card catalog. I recently did this with my niece who said, "I know and you didn't even have electricity!" which made me laugh since she really thought that was true.

If nothing else it will ensure you don't hear the phrase "I'm bored," ever again.

Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and another daughter. Her writing has been published in The New York Times, Parents Magazine and many other publications.



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Watch for our Summer Fun Guide in the June/July issue!

Best Version of You, LLC helps to empower women

Best Version of You, LLC is a company newly founded by local attorney Pamela Kurt.

As an attorney, Kurt developed a passion for supporting her clients through the hard transitions that life deals them. However, over time, she realized that helping her clients was not only her passion, but her purpose.

“I started the company to be a life coach for professional women which sprung out of my desire to help others,” says Kurt.

She is a co-author of two different series of books for women, “Everyday Women” and “Unstoppable Women.” Both series have reached status as international bestsellers and an Amazon bestseller in several categories. Her next book will be released on Mother’s Day, May 8, 2022, called “Becoming an Unstoppable Mompreneur.”

“Whether you are looking to pivot to a new career, level up at your current career, or just know something is missing and want to find yourself, I want to help you on your journey to be the best version of you,” Kurt says.

In the process of developing her life coaching business, Kurt created a signature coaching program so women can be empowered and taken to the next level. The program has three distinct sections to the journey to becoming the best version of you; to dream, to believe, to achieve — DBA: You.

Kurt adds, “DBA is an acronym for dream, believe, achieve, but it also stands for ‘doing business as.’ I want women to do business as their authentic, fulfilled and purposeful selves. Sometimes we are so busy ‘doing’ we don’t see what else there is out there and miss our own purposes.”

As she was developing the programs, speaking at summits, doing interviews, and writing, Kurt saw and felt a need was there.

“Best Version of You is becoming a movement. This platform is going to be used to continue to encourage other women to be the best they can be. Women are wanting to become a part of this community. It’s satisfying, supporting, and they are worth it. The movement is about collab-



oration, not competition. I want to touch and collaborate with as many women as I can, bringing them together to empower them,” adds Kurt.

Best Version of You, LLC (BVU) offers workshops, seminars, summits, group trainings and coaching, merchandise, books, and a community membership is forthcoming. The membership platform will have free resources, discounts for other merchandise and workshops and the community of BVU.

Kurt says this movement is international.

“I have ladies that are part of the community globally. I want to strengthen the movement and bring this to northeast Ohio.

“I have people that know me personally or professionally that state, ‘I see the good you’re doing.’ But do they know what it is? The good is bringing our community together, united, and empowering.”

For more information, visit bestversionyou.com and visit the “contact” page to send an email or schedule a call with Pamela Kurt.

We offer virtual appointments!



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As an attorney and business owner, Pamela Kurt has found a new passion — to support and to empower women to be the best they can!

Ms. Kurt has also started a private professional life coaching practice: BE THE BEST YOU! This is an opportunity to empower women to be the best version of themselves.

Dream, Believe and Achieve is her signature coaching program. Her coaching program has provided her clients a powerful self discovery.

- She offers:**
- Private coaching sessions
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She is currently accepting new private coaching clients. Please contact her at www.BestVersionYou.com or YourCoachPam.com or call 440-721 8664 for a consultation to begin becoming the **BEST YOU**.

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Swimming lessons

Getting past your child's fears and what to look for in classes

By Kimberly Blaker

So, you're considering signing up your child for their first swimming lessons? Learning to swim not only provides kids the opportunity to enjoy lots of water-filled fun; it's essential to their safety. It also helps kids build strength and endurance, is an excellent form of exercise, and builds kids' confidence.

But at what age should they begin taking lessons? Little research has been done on the safety and effectiveness of swimming lessons before the age of 4 or 5. Still, one small study, "Association between swimming lessons and drowning in childhood: a case-control study," by R.A. Brenner, et al., has been conducted. It found kids between the ages of one and four had an 88% reduced risk of drowning if they had taken swimming lessons.

In light of this information, the American Academy of Pediatrics (AAP) has updated its recommendations. AAP News staff writer, Trisha Koriath, explains, "All parents and children over 1 year old should learn to swim, according to AAP. This is especially important if your child is at a high risk of drowning."

Koriath explains that children need to learn at least basic swimming skills. These include how to:

- Enter the water
- Turn around
- Propel forward a minimum of 25 yards
- Come up to the surface
- Climb out of the water

That said, parents must be mindful

that while this reduces the risk for drowning, it doesn't make children drown-proof. As many experts have pointed out, swimming lessons often give parents a false sense of security. This actually increases kids' risk of drowning. As it turns out, a substantial percentage of drownings occur in good swimmers and even under parents' supervision. That's because parents often let their guard down when their child knows how to swim.

As for the age to begin swimming lessons, many medical experts recommend against it for babies under the age of one. Infants are more susceptible to skin irritation from pool chemicals, swimmer's ear, and hypothermia when water temperatures dip below 85°F. Also, leaky diapers in the pool increase the risk not only to your baby but to all the other swimmers of contracting a parasite. The nasty *Cryptosporidium* parasite causes nausea, vomiting, diarrhea, dehydration, and weight loss.

Getting kids used to the water

As young children grow, they usually come to love bath time. But, as many parents can attest, getting splashed in the face is a whole different ball game. Add to that, a shallow bathtub is far less threatening than a vast, seemingly-bottomless pool. New environments, in general, can also be stressful for children. Some kids are even fearful of water. When kids sense their own parent's fear of the water, or if the child has had a negative experience with water, this can also add to a child's anxiety.



Try the following to ease your child's fears of the water

1. Provide your child with a variety of water experiences and opportunities to get used to getting their face wet. Let your child wet and wash their own hair. Also, have your child try the shower with you. In warm weather, give your youngster a kiddie pool to splash around in and a sprinkler to run through.
2. Read storybooks to your child about swimming and swim lessons.
3. Don't force your fearful little one into the pool. It can ultimately increase your child's fears. At the same time, don't make a big todo about your child's fearfulness, either. Instead, offer encouragement and allow your kid time to warm up to the pool.
4. Offer praise for each step of progress your child makes, even if it's just dipping their feet in the water. Look for ways to make being in the water a pleasurable experience.
5. Rewards can help. Offer your child an ice cream cone, trip to the park, or small prize on the way home for taking a big step.

What to look for in swimming classes

Trained instructors. Claire McCarthy, MD, in "Swimming Lessons: 10 Things Parents Should Know," at Harvard Health Publishing, says to look for swim instructors trained and evaluated under the guidelines of a reputable agency. She includes examples such as the YMCA or Red Cross.

Instructor's style. Also, make sure the instructor is child-centered. Teaching kids to swim is different

from teaching adults. It requires patience, understanding, and positive reinforcement.

A warm pool. Getting into a cold pool isn't a pleasant experience at any age. It also makes it harder to focus on learning and get comfortable in the water. Make sure the pool is heated to at least 84°F for children over 6. If under 3, the temperature should be at least 87°F.

Safety. Find out the class size and ratio of students to instructors. If you won't be in the pool with your child, ask about lifeguards, especially if it's a larger class. Also, do instructors get in the pool with the kids, or do they instruct from the deck?

Here are some excellent guidelines for student-teacher ratios based on the American Red Cross Learn-to-Swim program.

- Children up to 4 years old and attended in the pool by their parent, 12:1 ratio.
- Ages 3-5, with a buoyancy device, 6:1.
- Kids 6 and up, 8:1; for advanced classes, 10:1.

Chlorine levels. Ask if the pool chlorine and PH levels are tested regularly. Low PH causes eye irritation. Low chlorine levels can be a health risk. If you're in doubt, pick up a test kit at a hardware store.

Open door policy. Make sure parents are allowed some ability to observe if they choose. It can be through a window or at the start or end of classes.

When parents can attend the entire class, having additional eyes on the kids adds an extra layer of safety. The problem, though, is it sometimes reduces kids' cooperation. So decide what you're comfortable with and what's best for your child.

Family mealtime adventures

Give your kids a taste of culture

By Kimberly Blaker

Teaching kids about different cultures is a great way to defeat stereotypes, break down barriers, and help kids value and respect people who are different from them.

So why not give your kids the opportunity to experience the many cultures that make up our diverse planet and country? A fun way to explore our diversity is by trying out foods and mealtime customs of other nationalities and unique American regions.

If your kids are picky eaters, don't sweat it. There are yummy foods from every culture kids will love. Try some of the following dishes at local ethnic eateries. If you can't find the cuisine in your area, find recipes online for your whole family to enjoy cooking together.

Thai

Pad Thai is an introductory dish loved by everyone. This sweet and savory noodle dish is made with peanut sauce. Gaeng Daeng (red curry) is another delicious choice. Thai is the hottest (spicy-hot) cuisine you'll find. So request mild for your kids. For dessert, don't miss out on sticky rice served with mango!

Thai people typically use a fork and a short spoon for eating, rather than chopsticks. Each person gets a plate of rice. Then all the other dishes on the table are shared among each other and poured over rice. Young kids usually sit on their parents' laps and are spoon-fed rather than sitting in high chairs.

Indian

The food of India varies somewhat by region, but there are several Indian dishes kids love. Curd rice, a



Tandoori chicken is a popular food in India.

yogurt rice dish of Southern India, is a favorite. Eat it plain or combine it with lentils or a meat dish. Also, nearly everyone loves Tandoori chicken, including kids. A Northern India favorite is mutter paneer, a curry dish made with peas and fried cubed cottage cheese in a tomato sauce.

A few meal customs to observe include thoroughly washing your hands before the meal and eating with your hands. Avoid mixing utensils between different dishes. Also, hygiene is essential, so Indians don't dip into shared bowls, share cutlery, or pass food with their fingers. In rural set-

See **MEALTIME** on page 8

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For menu details, more info or to make reservations, call 440-639-2945 or visit lakehistory.eventbrite.com.



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Mealtime from page 7

tings, Indians dress comfortably and sit on floor mats.

Native American

In the United States, there are 562 Native American tribes, so traditionally, their foods varied depending on the region and availability of certain foods. Today, they eat much of the same foods as non-native Americans. But Native American fry bread and Navajo tacos are still quite popular and loved by kids and adults alike. Succotash, another tasty dish, is made with vegetables and flavored with bacon.

Mealtime customs vary by region, but traditionally for many tribes there was no set mealtime. Everyone just dipped into 'the eternal cooking meal' when they were hungry.

Greek

Pita gyros stuffed with chicken or pork, tomatoes, and lettuce are the most popular Greek food. There's also spanakopita, which is a great way to get kids to eat their veggies. These turnovers are stuffed with zucchini. There's also crispy and gooey Tyri saganaki, fried cheese, which everyone loves.

To eat like the Greeks, be prepared to adjust your meal schedule. They eat lunch at around 2:00 pm and don't eat dinner before 9:00 pm. Also, eating with your fingers rather than silverware is common, even with meat.

Irish

Shepherd's pie is an all-time favorite Irish dish. But don't let 'pie' fool you. It isn't a dessert. Instead, it's a tasty entree of beef or lamb, vegetables, and mashed potatoes. Boxy (potato pancakes) is another Irish food kids love, as well as leek and potato soup.

Irish food customs are quite familiar. But keep your fork in your left hand preferably with the tines turned down. Also, keep your elbows off the table, and don't get wild with hand gestures while holding your silverware.

Polish

Pierogis are one of the most famous Polish foods for kids. These dumplings are stuffed with potatoes, sausage, or even fruit. Polskie naleśniki, or Polish pancakes, is another tasty dish served in a variety of ways including with cheese, meat and

vegetables, or fruity quark.

In Poland, don't begin eating until everyone is served and the host says it's time to start, usually with the word 'smacznego.' Your fork goes in your left hand and knife in the right. When you're done eating, your knife and fork should be placed horizontally on your plate, facing left.

Middle-Eastern

There are many different Arab cuisines. The most popular in America is Lebanese. Hummus and pita bread is a healthy mouth-watering appetizer. If your family has only tried store-bought hummus, they'll be in for a real treat with fresh, authentic hummus. Deliciously seasoned chicken shawarma, which you can order as a dinner or in a pita sandwich, is a favorite Lebanese meal.

There are several Lebanese meal customs to keep in mind. First, dress well. Then greet your elders first and wait to be told where to sit. Also, hold your fork in your left hand (knife goes in the right), try all foods at the table, and be prepared to take seconds and thirds at the offering of your host.

Spanish

Not to be confused with Mexican food, one of the dishes of Spain that kids enjoy is paella, which is a rice and meat dish. It can be made with rabbit or squid, which some kids won't be too keen on. But it can also be made with chicken or other seafood. Another yummy entree is empanadas, which are pockets filled with tuna or ham and cheese.

Late dining is also standard in Spain. Plan to eat lunch between 2:00 and 4:00 pm and dinner between 9:00 and 11:00 pm. Also, Spaniards don't eat and run. They sometimes linger for hours enjoying good company and conversation.

Cajun

This style of Louisiana cooking is well-known for its shellfish dishes and spice. Jambalaya, made with sausage, shellfish, celery, and rice stew, is one of several favorites. Another is gumbo, made with meat stew, seafood, and okra.

In Southern Louisiana, food is relished, and preparation is taken quite seriously. Cooks aren't content to serve mediocre food. So conversation about what you had to eat the night before is common.

10 Mompower Mantras

Positive self-talk for moms—for the whole family's sake

By Christina Katz

In case of an emergency landing on a plane, we are instructed to put on our own air masks first, before assisting our children. We hear this advice so often, it eventually becomes like a mantra we repeat to ourselves as soon as we board an aircraft.

But how often, in the midst of hectic times in our lives, do we jettison all the healthy instructions we know we should be repeating to ourselves right then when we need it most?

For busy moms, the answer is too often. Enter these 10 'mompower' mantras to help you remember the magic words that can quickly restore order and sanity to your life no matter how much hustle and bustle you are facing today.

So sit yourself down and commit these phrases to memory. This list of notes-to-self will remind you how to take care of yourself in the short run, so you can better take care of your

whole family in the long run, and set a good example for a lifetime of healthy self-talk, too.

1

I am allowed to say 'no thanks'

If you feel harried and hectic, running from one family activity to the next, you may have forgotten how to bow out gracefully. All you likely need is a little practice in the no thank you department. Once you get back in the habit of weighing and measuring before you commit, your schedule will calm down and you can better choose how to divide and conquer your time. Just remember, in times of distress, the cure is often the shortest word you know. *Repeat: Sometimes I say, 'yes,' and sometimes I say, 'no.'*

2

My health & energy matter

Expect to feel happy and healthy every day. And if you don't, seek solutions and improvements immediately. If you are not feeling your



best, don't ignore niggling symptoms. Maybe a small adjustment in diet and exercise is all that is needed. Or maybe you need to consult with a health care professional. If you carry invisible hurts from the past, you owe it to yourself and others to seek healing support. *Repeat: I take care of health concerns in a timely manner.*

3

Oops, I am not perfect

If you are putting yourself under too much pressure, or believe that others are holding you up to impossibly high standards, you may have trouble accepting yourself as you are. You are human, so naturally you will

sometimes make mistakes. Forgive yourself for past errors in judgment or action, make amends with others swiftly as needed, and resist the tendency to be too hard on yourself. A penchant for self-recrimination will hurt you in the long run. *Repeat: I am human, therefore I make mistakes.*

4

Home is sacred

Creating a safe, secure, stress-free home helps everyone in the family feel more loved and loving. Undercurrents of strife can undermine a family's need for relaxation and rejuvenation. Try to make your

See MOMMY MANTRAS pg 10



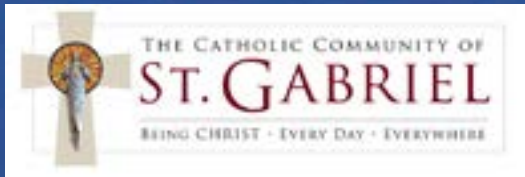
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SCAN ME

Mompower mantras from page 9

home a relaxed respite where everyone feels welcome and appreciated. Then family members can carry that feeling of sacred space out into the world when they leave home, too.
Repeat: There is nowhere as precious as home.

5

I keep in touch with my needs

Are you feeling fuzzy and muddled, as though you are not really certain what matters and what doesn't? If you can't remember the last time you did anything for yourself, then it's time. Making space for yourself is not selfish; it's necessary. When you spend time doing things you enjoy, your energy goes up. For caregivers, it takes conviction to carve out time for self-expression, otherwise it inevitably falls to the bottom of the priority list.
Repeat: I make regular time for myself.

6

My voice counts

Sometimes we convince ourselves that our opinion does not matter before we have even had a chance to share it. The truth is that everyone's opinion matters, ours just as much as anyone's. Sometimes it's hard to share what you think, especially if your opinion goes against the grain, and speaking up is a risk that's always worth taking.
Repeat: My opinion deserves to be expressed and considered.

7

Acceptance is sanity

Practice accepting situations and others as they are. When things don't work out the way you'd like, remember that we can't ultimately control other people and situations. If you feel beholden to everyone and everything, maybe you have forgotten how to let the world spin on without your input. Sometimes we need to be reminded that the world will keep spinning without our expert micro-managing. Today, just tackle what's already on your plate.
Repeat: I am only responsible for what I choose to take on.

8

My example inspires

You matter. Often we look for role models without remembering that we are all setting an example, for better or for worse, every day.

Sacrificing self is not a requirement; it's an unhealthy habit that needs to be broken. If you relentlessly practice self-sacrifice, then that's the legacy you pass along. You are all called to be an example for someone. Start with what you want to embody for your children and family and then move on to the rest of the world from there.
Repeat: I strive to be a person I would admire.

9

Tomorrow is going to be great

Things don't stay the same, so it's important to expect life to be an adventure in growth and change. If you have a very traditional mindset and you like routine, it may take courage to embrace the idea of life as a continual evolution. But if you start by looking forward to tomorrow, and can simply let it be different from today, you will enjoy the journey instead of resisting it. If you want to raise brave, optimistic, adventurous children, you are going to have to be brave, optimistic, and adventurous yourself.
Repeat: I look forward to every day of the future.

10

I appreciate this moment

Of course, we all want to live as long as possible. But we never know how long we are going to be here. Rather than worry about it too much, why not just embrace today? Happiness in this moment isn't about how much money you make, what you look like, or what kind of car you drive. It's not about how clean your home is, your waistline, or what grades your kids are earning. Enjoying the moment is about finding something to appreciate right here, right now, and sharing that joy with whoever is right in front of us.
Repeat: I surrender to the joy of this moment.

Author, journalist, and writing coach Christina Katz tries to remember to slow down and smell the roses in her own yard, but she can always use another reminder.

HAPPY 
Mother's
Day

Lake County General Health District awards The Fine Arts Association \$10K for theatre program

Thanks to a recent announcement from Commissioner Ron Graham of the Lake County General Health District, The Fine Arts Association (FAA) is being awarded \$10,000 to help support the Theatre for Healthy Living™ (TFHL) program.

FAA's TFHL program's purpose is to safely guide and facilitate adolescents in healthy and creative theatrical experiences allowing them to explore current health and societal concerns. By using a theatrical lens as a launching point, students are provided opportunities to look at their behaviors and concerns in a new light.

In addition, students are introduced to and interact with local resource providers.

"Throughout the pandemic, children and youth have had to navigate through a multitude of new and differing worries," states Commissioner Graham, "and the need to provide mental health support in our communities is more important than

ever. We are hoping this award will help leverage focus and more funds on this important work."

The TFHL program targets middle and high school at-risk populations and collaborates closely with schools, alternative schools, juvenile centers, and community mental health providers.

To learn more about The Fine Arts Association arts education programming, visit fineartsassociation.org or call 440-951-7500.



Spring at Observatory Park

Special this season: outdoor movie, lunar eclipse & night sky viewings

Geauga Park District's Observatory Park in Montville Township is open daily 6 am to 11 pm now through Memorial Day, then 6 am to 1 am through Labor Day, and naturalists including "Astro-Nat" Chris Mentrek are eager to show you around your International Dark Sky Park this spring!

To kick off the warmer weather, outdoor movie nights return to Observatory Park this spring beginning with "Captain America: The First Avenger" (PG-13) on Saturday, June 18. Bring your own blankets, lawn chairs and refreshments, and the movie will begin at dusk, moving indoors in case of inclement weather.

Want to try out a variety of park telescopes to view the night sky? Walk-up guided night sky viewing will be held the following Fridays and Saturdays from dark until 11 pm: May 13, 14, 27 and 28, and June 10, 11, 24 and 25. If cloudy, enjoy a planetarium show instead! Additionally, members of the Chagrin Valley Astronomical Society will host



Photo credit: Bruce Bennett

walk-up night sky viewing at Nassau Astronomical Station (accessed by a different entrance to the park) the following Saturdays from dark until 11 pm: May 21 and June 18. Nassau nights are canceled by cloudy weather, though, so please watch their website and social media before coming out.

Did you know that Ohio will experience a total lunar eclipse this May when the moon passes into Earth's shadow? The big event begins at 10:30 pm Sunday, May 15, and wraps up around 2 am the next morning

For more on Geauga Park District offerings, please call 440-286-9516 or visit www.geaugaparkdistrict.org.



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money matters

Music and dance performances

Fairmount Center for the Arts will highlight the talents of its students and faculty in two upcoming performances this May.

Music Recitals

Saturday, May 7, 2022

1:30 pm and 3 pm

Geauga West Library

13455 Chillicothe Rd., Chesterland

Each concert will highlight different performers, representing a range of instruments and styles. Admission is free to the public.

Dance Performances

Anything Goes!

Saturday, May 14, 2022

11 am and 2 pm

Family Life Center

16349 Chillicothe Rd., Chagrin Falls

Each performance will feature a different mix of ballet, tap, hip hop, jazz and contemporary works. Tickets are \$15 for adults, \$10 for students and seniors and children 3 and under are free. Tickets may be purchased at fairmountcenter.org or by calling 440-338-3171.



Summer reading

Readers of all ages can explore Oceans of Possibilities this summer as Willoughby-Eastlake Public Library presents their 2022 Summer Reading Program.

The program runs from May 31–July 23 and will include free events and activities for everyone. The library will offer a wide variety of programs including storytimes, music and movement, cooking class for kids, animal adventures, arts and crafts, author events and much more!

The program is open to children, teens and adults. Participants will have the chance to earn rewards and enter to win prizes including gift cards, books and more.

Preregister through Beanstack or at any Willoughby-Eastlake Public Library beginning May 23.

For more information, visit www.we247.org or stop by any of their four convenient locations.



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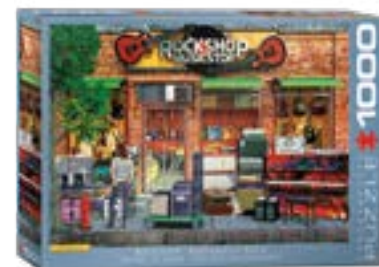
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Fighting the addiction crisis

Northeast Ohio-based nonprofit playing a big role

What do large public agencies like the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and the National Institute on Drug Abuse (NIDA) have in common with Mentor-based nonprofit SMART Recovery USA (SMART)?

They are all at the vanguard of helping those struggling with addictive problems and are working together to make a difference.

SMART is being thrust into the middle of the rapidly accelerating national conversation about tackling the drug epidemic in a more pragmatic way. In fact, SMART is able to be even more aggressive in this effort as a result of grant funds from OhioMHAS.

SMART recently hosted a lecture by the director of the NIDA, Dr.

Nora Volkow, one of the world's leading experts in the field of addiction research. In presenting her research and recent findings, Volkow bottom-lined several perspectives shared by SMART.

"So even though theoretically we want people to stop taking drugs and to basically reinsert themselves into society that's much easier said than done."

Volkow advocates looking at addiction in a nonmoralistic, realistic, and stigma-free manner where temporary returns to use by individuals doesn't equal failure and a need to start over. Mark Ruth, executive director of SMART, couldn't agree more.

"It's like you're driving from Ohio to New York and you get a flat tire in Pennsylvania. You don't change the



tire and return home to start again; you fix the tire and get back on your journey."

That's just one of the many ways that SMART is in alignment with the goals and objectives supported by NIDA and OhioMHAS.

Dr. Volkow also advocates a comprehensive approach to treating addiction. This means working to decrease Opioid overdose deaths (more than 100,000 deaths in 2021) with strategies to reduce harm. The application of "harm reduction" principles, according to Volkow, supports more education and practical tools, keeping those struggling able to pursue additional treatment.

She says, "There are many harm reduction activities that can help us ensure that when a person is not ready to go into treatment or stop taking drugs, nonetheless, we can improve their outcomes and that will be beneficial to them and their family."

Ruth identifies how some of these activities correlate with SMART.

"Since our inception in 1994, SMART has always supported harm reduction principles, including medication-assisted treatment (MAT). We unconditionally accept individuals regardless of where they are in their recovery. While our SMART mutual-help programs, group support, and practical tools work well on their own, our participants are free to engage in other pathways of recovery as well."

In her lecture for SMART, Volkow mentioned additional strategies, including safe injection sites, motivational interviewing (MI), and peer support. SMART has always employed MI and many other cognitive behavioral therapy practices, and their mutual-help meetings focus on peer interaction.

Another significant connection

between SMART and NIDA is found around the idea of reducing stigma, which Volkow mentioned in her lecture. Volkow has also written on the subject for the Health Affairs Journal (1/3/22).

"Drug addiction is a chronic but treatable disorder with well-understood genetic and social contributors. It is not a sign of a person's weakness or bad character. We must stop stigmatizing people who use drugs as being bad or weak, and instead offer them support to help prevent addiction's most adverse consequences."

SMART has always discouraged the use of labels like "addict," "alcoholic," and "relapse," and prefers referring to the behaviors themselves as "substance-use disorders." This is consistent with NIDA's views.

Ultimately, while OhioMHAS, NIDA and SMART may represent different ways of operating—public agency v. nonprofit, grant making versus grant seeking, large v. modest in size, they are each working on the same drug crisis, along with many others, to help others live life beyond addiction.

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Life beyond addiction



An ode to ornery children

By Stacy Turner

People sometimes use birth order to try to explain family dynamics. Some say their oldest child is more responsible and conscientious, or on the flip side, more controlling or bossy. Middle kids are often portrayed as easy-going peacemakers, or in a negative light as people pleasers, while the youngest may be seen as outgoing, attention-seeking, or spoiled. In a family with six kids, the oldest and youngest were clearly defined. Those of us in between were a bit harder to label, all except my sister Jenny. She was what today's parents would call a strong-willed child; back in the day though, she was considered just plain ornery.

She was the youngest of four consecutive daughters, closest in age to the two youngest kids – both boys. As the youngest girl, at first she was showered with attention by older sisters who delighted in playing with her, doing her hair and picking out

her clothes. Then they got older and busier, and she developed her own sense of style. That was around the time she learned how to make a big enough fuss to Mom in order to force inclusion in whatever my best friend and I happened to be doing, just to give our mother some peace. This was the bane of my young life — having to bear the perceived punishment of “watching my baby sister” since she was four years younger. (Today, I love hanging out with her – she's fun and funny and infinitely more fashionable than me. And still a bit ornery.)

Most times however, during those younger days, she was happy to be the boss of our younger brothers. Every day in good weather, this tiny band of bikers would retrieve their bright red and yellow Big Wheel tricycles from the garage and begin doing laps in front of the house. The sound of nine black, plastic thermoformed tires rolling in unison could be heard from early morning until lunch time through the screen



door or open windows. Every day like clockwork, they rode their usual loop down the cement sidewalk to the asphalt driveway to another sidewalk, and back to the front porch where they had begun.

Sometimes, my sister would convince our younger brothers to “help” clean her room or whatever small chore she had been assigned. It was funny to see what she could convince those boys to do. Not much older than either of them, she had decided early on that she was in charge. And even though they outnumbered her, and both boys would eventually tower over her, they knew better than to disagree with her. Jenny ruled with her small, iron fist and her mystical power was far reaching. Even when she wasn't around, they knew she would somehow find out if they received a special prize at school or were treated to a rare Happy Meal after a doctor's appointment. Such was the power of her wrath, should she discover the unfair good fortune they received.

She had myriad ways to “punish” not just the boys, but her three older siblings as well, for any perceived infractions. Having a day off school or being invited to a sleepover were just a few of the ways we older kids earned her wrath. She had a stash of makeshift “bullets” made from tiny balls of aluminum foil she'd crafted for a hand-me-down cap gun. They didn't work in the gun, but like some weird little mafia enforcer, she hid the bogus slugs in the bed of whoever had disrespected her. Upon climbing into bed and finding them, scratching against

bare legs in the darkened room, you knew you'd somehow stumbled into her crosshairs. If she was extra mad, you might lay your head down only to find she had inflicted her ultimate punishment — pouring water on your pillow.

As a mother now, I imagine it was a struggle for my parents to keep from laughing when confronted with her latest unusual exploit. In jest, Dad dubbed her “Mean Jenny Jean” and for years, this moniker stuck. Even though Dad would reprimand her, I think he was secretly proud of her spunk. No one would take advantage of ‘Mean Jenny Jean’. He took to leaving her notes addressing her as MJJ, prompting her to apologize to one sibling or another for her latest creative assault. He'd sign them from Bad Dad, a former ornery kid himself.

Today, Mean Jenny Jean has become just Jen and is a mom to two girls. Luckily, her youngest inherited a bit of MJJ's strong will. And while she's a bit less overt in her tactics, she's still got the guts to stand up for herself and won't be pressured to do anything she doesn't want to do, something that's serving her well in her teen years.

So, if you're struggling to reign in your strong-willed child, please take heart. Know that those attributes that sometimes make life more difficult during the growing up years may just be what gives your older kid the strength to stand their ground and stick up for others when it really matters. Some of today's strong-willed, ornery kids, with love and attention, may become tomorrow's leaders and change agents.

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Clean and Green Logo Contest winners



The overall winner was this design by Rees Erickson, a fifth-grader at the School of Innovation.

Lake County's Solid Waste District is pleased to announce the winners of their annual Clean and Green Logo Contest. Area students were encouraged to design a logo showcasing the theme "Clean and Green Lake County" which promotes recycling and anti-littering education. The Lake County Solid Waste District oversees the Landfill and Recycling Center in Painesville Township.

A total of 875 student artists submitted entries from thirteen elementary schools, six middle schools, and five local high schools.

Rees Erickson, a fifth-grade student at The School of Innovation in the Willoughby-Eastlake School District, won the elementary division and the overall prize for her design entry themed, "Help Keep Lake County Clean & Green." As the top winner, Rees's design will be displayed in the county administration building in downtown Painesville. Additionally, her design will be used for marketing materials for the Solid Waste District and the Utilities Department.

Each of the division winners was honored during the Lake County

Board of Commissioners meeting on April 21 and were given a prize of art supplies to continue their passion of design.

Congratulations to all the winners!

WINNERS

Elementary School Division Winner

Rees Erickson
The School of Innovation

Middle School Division Winner

Cameron Adkins
Eastlake Middle School

High School Division Winner

Haley Horen
Lake Catholic High School

HONORABLE MENTIONS

Elementary School Division

Molly Canfield
Madison North Elementary

Raegan Huffman
Parkside Elementary

Brynley Schneider
School of Innovation

Rosalie Siegel
Parkside Elementary

Middle School Division

Charlie Gallman
Wickliffe Middle School

Luci Hinde
School of Innovation

Lailah Lewis-Kerslake
Wickliffe Middle School

Kaiten Schultz
Shore Middle School

High School Division

Jillian Haith
South High School

Sara Hussain
South High School

Mallory Mosnik
North High School

Jason Renaud
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Cleveland's rolling comedy show is back

Offering a unique entertainment experience, the Funny Bus gives guests the perfect blend of comedy and history in a 90-minute tour of Cleveland.

The 34-passenger, open-air Funny Bus takes guests through several parts of downtown Cleveland and through the cool and hip neighborhoods surrounding the city, including Ohio City, Tremont, and the Flats. More than a standard sight-seeing tour, the most unique aspect of the Funny Bus is the hosts who are local comedians dedicated to entertaining guests.

The comedians mix humor, music, games and dancing to provide a high-energy interactive experience. Guest may also bring their own beer and wine in sealed containers and small coolers are allowed, but they must fit under the seats or on a guest's lap.

Tours will be offered Fridays at 6:30 pm, Saturdays at 4:00 pm and 6:00 pm, and Sundays at 2 pm. Tickets cost \$28 and include all taxes and fees. The Funny Bus is also available for private tours any day of the week.

For more information and to purchase tickets, visit the website at www.funnybus.net or contact by phone at 216-404-7786.

2022 Stars On Ice Tour

The 2022 Stars on Ice tour will feature all of the U.S. figure skating Olympic medal winners, plus many more members of Team USA. The tour will visit Cleveland on Friday, May 6 for a 7:30 pm performance at Rocket Mortgage Fieldhouse.

Tickets for the 2022 Stars on Ice tour are on sale now. Tickets start at \$30 and are available online at www.starsonice.com, www.seatgeek.com, and the Rocket Mortgage Fieldhouse box office. Limited on-ice seating is available upon request. Group discounts are available for parties of 10 or more.

Spring attractions open at the Zoo

Spring has arrived at Cleveland Metroparks Zoo with expanded hours and reopening of seasonal attractions including the Eagle Zip Adventure, Circle of Wildlife Carousel, Boomerang Line Train and 4-D Theater! The Zoo is now open from 10 am to 5 pm seven days a week.

Visit www.FutureForWildlife.org.

Tea with three first ladies

Three women who married Ohio presidents bring their stories to the Lake County History Center's Spring Tea Program on May 14, 2022. Each represent a timeframe from the Civil War through the Roaring Twenties.

Julia Dent Grant married her Civil War hero husband in 1848. She reveled in her husband's nomination and campaign for the White House. Following the heroic but tragic Lincoln administration and the depressing and incompetent Johnson administration, Julia worked hard to bring back the regal quality that she felt the White House deserved.

Of our three first ladies, Ida McKinley's story is the most tragic. Mrs. McKinley would marry our 25th president in 1871. She lost her two daughters as infants. McKinley would descend into a fragile state of physical and mental health which would plague her for the rest of her life. President McKinley would prove to be a doting husband even throughout the stressful presidential years. With her husband's assassination in 1901, she lost much of her will to live. She would survive her husband for less than six years before passing at age 59.

In many ways, Florence Harding dominated her husband earning the nickname, The Duchess. She tolerated her husband's many shortcomings, the least of which was his renowned womanizing. The Duchess overcame all.

The program will begin at 2:00 pm. Tickets are \$20 for nonmembers, \$18 for members, and \$12 for ages 4 to 11.

For reservations call 440-639-2945 or access lakehistory.eventbrite.com.



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AN ADVENTURE TO REMEMBER

A Dream Car package (valued at \$50,000) will be sure to add fun and excitement to your summer! Package includes a 2022 Chevy Silverado Crew Cab, and a \$700 Ohio Parks gift card.

Tickets Available April 22nd – June 19th
On-Line: www.lakecountymca.org/DreamCar

TICKET PRICE:

1 Ticket = \$10

SAVE MORE WITH THESE

SPECIALY PRICED PACKAGES:

3 Tickets = \$25

7 Tickets = \$50

15 Tickets = \$100

BONUS BUY (Only \$5 each) 40 Tickets = \$200

EARLY BIRD SPECIAL
BUY 6 FOR \$35
ONLINE ONLY FROM
APRIL 22nd TO MAY 15th





St. Gabriel School celebrates sixth grade camp

The weather may have been iffy for some people, but that didn't stop the fun for St. Gabriel School's sixth grade Grizzlies! They enjoyed a week at Whitewood Camp! Fishing, archery, team building, and canoeing were just a few activities Grizzlies enjoyed while basking in the Ohio spring weather that was, well let's just say it was spring in Ohio!

St. Gabriel School is located in Concord.



Study shows that 6 out of 10 children are exposed to cyber risks online

According to a recent study by cybersecurity company Surfshark, six out of ten children ages 8–12 are exposed to cyber risks online. In addition, one in two children encounter cyberbullying, and close to one-third experiences other cyber threats such as phishing or hacking. The study suggests that online safety education seems to play the most important role in children's ability to cope with cyber risks.

For the complete article visit TodaysFamilyMagazine.com.

Library Events & Activities

Tales for a Dog

Saturday, May 7 • 10–11 am
Wickliffe Public Library
1713 Lincoln Road
Children kindergarten and up may come in and read to the therapy dogs the first Saturday of every month. Registration requested. Call 440-944-6010 to register.

Fantasy, Folklore, Fiction Festival

Saturday, May 14 • 10 am–4:30 pm
Willowick Public Library
263 E. 305th Street
440-943-4151

Featuring a scavenger hunt, fairytale story time & craft, tea time, green screening (take pictures on a variety of fun backgrounds using a green screen), live music, pictures with a princess, balloon twisting, sweets tasting, author visit and more. Visit we247.org for schedule of events.

Relaxation Station

Monday, May 16 • 4 pm
Mentor Public Library
8215 Mentor Avenue
440-255-8811
Kids (ages six to 12, along with a

caregiver) can take an afternoon to destress. They'll participate in soothing activities including decorating kindness rocks and making their own Zen Garden. Registration required.

World Turtle Day

Monday, May 23 • 1–9 pm
Mentor Headlands Library
4669 Corduroy Road
440-257-2000
www.mentorpl.org
Celebrate World Turtle Day! Meet two live turtles and learn about their care. Make a turtle-themed craft. Walk-in program. No registration required.

Outback Ray's Animal Show

Tuesday, May 31 • 3 pm
38115 Euclid Avenue
Downtown Willoughby
Join Outback Ray for an amazing animal show! The show will be hosted on the lawn of the old Citizens Bank building (next to Willoughby Library), so bring your blanket or camp chairs!

Visit TodaysFamilyMagazine.com for more library events!



Funded by:



Board of Lake County Commissioners
John R. Hamercheck * John Plecnik * Ron Young

Lake County's Emergency Rental Assistance Program

FOR HOUSEHOLDS AFFECTED BY COVID-19



Eligibility Criteria:

1

Directly or indirectly due to COVID 19, at least 1 adult in the household qualifies for unemployment or has reduced income, significant costs or financial hardships;

2

Demonstrates a risk of experiencing homelessness or housing instability; AND

3

Has a household income at or below 80% area median income.



FOR MORE INFORMATION CALL 2-1-1
OR VISIT WWW.FHRC.ORG

May is National Foster Parent Month



Call us to learn more about becoming a foster parent.

- We'll talk informally about foster parenting to see if it is for you.
- You'll be fully trained to provide a safe, secure foster home.
- Financial support is provided so you can properly care for the child.
- You will be a critical, unforgettable link to your foster child's future.
- You and your family will be enriched by sharing your love and your home with a child who really needs you.
- Visit www.lakecountyohio.gov/jfs and click on Foster Care and Adoption Services for up-to-date events and information.



Call the Foster Care line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

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

