

TODAY'S family

September 2023

Lake Geauga

FREE!

10 Lazy Ways To Be a Better Parent

Humor Essay

Distracted Driving

Your brain is fooling you into thinking you can multitask

Support your child's coach

Staying connected with grandparents

DANCE GUIDE

20 Surprising Things About Having a Teen Boy



Phone: 440-729-7144
8765 Mulberry Road, Chesterland

**Open Daily
Sept. 16 – Oct. 29**

For families to enjoy spending time together having creative fun in the out of doors!

**Patterson's Farm Market
OPEN DAILY!**

Phone: 440-729-1964
11414 Caves Road, Chesterland

Pick Your Own Apples,
Pumpkins Galore,
Crunchy Apples, Fresh Cider,
Pies, Donuts & Fritters!

www.pattersonfarm.com

Create the perfect costume at Goodwill!

It's spooky season!

Don't get scared thinking about putting together a costume for Halloween. It's not that hard, especially if you stop by your local Goodwill.

Goodwill is the Halloween headquarters, offering tons of last-minute Halloween costumes. You can create multiple costumes with some Goodwill finds.

Whether you're looking for an easy costume like the construction worker below, or a last-minute masterpiece, you're sure to find something at Goodwill.

Visit GoodwillGoodSkills.org for a location near you.

Chardon

425 Water Street
440-901-0100

Painesville Township

2175 Mentor Avenue
440-867-2716

Willowick

30040 Lakeshore Blvd.
440-942-6910



TODAY'S family

Lake, Geauga & Cuyahoga Counties

P.O. Box 7316, Eastlake, Ohio 44097

www.TodaysFamilyMagazine.com
info@todaysfamilymagazine.com
440-799-8882

Publisher/Advertising

Kim Miller

General Manager/Editor

Dan Miller

Writers

Deanna Adams
Ante Logarusic
Stacy Turner

The opinions expressed in this magazine do not constitute an endorsement by the Today's Family Magazine® staff or our advertisers. All contributors and advertisers assume responsibility and liability for the accuracy of statements and claims in advertisements and press releases. **All readers assume responsibility for actions or decisions they may make as a result of reading this publication.** We reserve the right to refuse any advertising. Submission of articles does not guarantee publication.

Copyright 2023,
Direct Market Publishing, LLC
All rights reserved.

Today's Family Magazine is distributed free of charge for families living in and around Lake and Geauga counties.



Photo/image credits:

Cover: iStock / FatCamera
Page 2: Can Stock Photo / artlana
Page 3: Shutterstock / fizkes
Page 4: Can Stock Photo / dotshock
Page 8: Shutterstock / Dayna More
Page 9: Shutterstock / Daxiao Productions
Page 10: Shutterstock / Chalermpun Pongpeth
Page 11: Can Stock Photo / HighwayStarz
Page 18: Shutterstock / VGstockstudio



Sunday, September 10, 2023

Subscribe to our monthly email newsletter!



Featuring, updates, announcements, featured events and articles, and more! Visit TodaysFamilyMagazine.com and sign up today! The link is in the upper left corner of the home page.

inside



Staying connected with grandparents

Page 4



Raising a teen boy

Page 8



Support your child's coach

Page 10



Dance Guide

Pages 12-14

PLUS

Distracted Driving

Page 9

Mommy Chronicles

Page 18

Calendar

Page 19



HORIZON
CHILD DEVELOPMENT CENTER

Give your child the tools they need

**Free Preschool
Preescolar Gratis**

Limited Space Available. Call for details & eligibility.

— FREE TRANSPORTATION —

MENTOR
8303 Tyler Blvd.
440-205-8420



EUCLID
1050 E. 200th St.
216-481-3830



CLEVELAND
2285 Columbus Rd.
216-344-3000



www.HorizonChildcare.com

10 Lazy Ways to Be a Better Parent

By Katy M. Clark

I was flipping through a magazine when I caught the blur out of the corner of my eye. It was my 9-year-old running through the front lawn with her friends.

I smiled as I realized I had just practiced a lazy way to be a better mom: I did nothing.

That's right. When my daughter claimed she was bored five minutes ago, I refused to entertain her. She could do something about it, after all.

And so she did.

I know other lazy ways to be a better parent, too. Because who has time to read countless articles and books on being a better mom and incorporate their highfalutin action items amidst laundry, homework, extracurricular activities, work, passion projects, birthday parties and more?

These 10 lazy ways to be a better parent require no more effort than reading this article and realizing that 1) you are already doing these, 2) you can easily do these, or 3) you will never do all of these at once — and that's okay.

Ready to be lazy? Here we go:

1. Laugh with your kids. It's easy, free and enjoyable. Even if you just laugh at stupid bodily function jokes, like my family does, laughing releases endorphins and gives you a subtle rush.

2. Sleep on it. With apologies to anyone in the



newborn phase, moms of older kids can go to bed earlier, get up later, or take a short nap on the couch for 15 minutes while the kids watch YouTube. (I tried that last suggestion myself. Thumbs up!) You'll feel recharged and happier with a bit more shut-eye.

3. Stay hydrated. You'll feel more content if you've been drinking enough. Of course I mean water. Mostly. But that's not to say that my teenager and I don't swing by the drive-thru every so often to indulge in a large soda pop. Sure, there's no nutritional value, blah blah blah. However, it makes me happy, my teenager loves it, and my thirst is quenched.

4. Say, "I love you." Never mind if your daughter replies with "great." (True story.) No matter how often you say this phrase, just say it. Your kids, and their hearts, will blossom when they hear those three little words.

5. Hug your kids. I like to grab my teenager and give him a squeeze. He protests, but I think he likes it. Physical touch prevents illness and creates a tangible bond. Chances are, your kids will hug you back.

6. As I said before, do nothing. Let them be bored and figure out for themselves how to live with that or change that.

7. Be yourself. Show them that you are not perfect and that everyone has flaws as well as awesomeness. I like to think I'm celebrating my imperfections when I sing the wrong lyrics to pretty much every song on the radio, with my kids in the car of course.

8. Listen. Once my daughter spent 20 minutes replaying every mundane moment of the dream she had the night before. I spent 20 minutes nodding and saying, "Uh huh" while drinking coffee and watching the news. It worked for both of us.

9. Don't compare your kids. To each other, to their friends, or to you. When my husband tells our son that he used to do X, Y, and Z to be a better hockey player in high school, I can see my son's

See Lazy on page 6

A RACE THAT IS Out of This World!

Geauga Park District's **Space Race**

HOW FAR CAN YOU GO?

SATURDAY, OCTOBER 7 4-6 PM

Observatory Park in Montville Township

Space is limited, open now and filling fast

T-shirts for the first 250 to sign up

Complete at least one course lap to earn a race medal, plus a ribbon recognizing which planet or space object you reached (how many .85-mile laps you did). Awards for top three males and females... max laps total 13.6 miles!

Register early on our website for \$20

geaugaparkdistrict.org

A library card is elemental.

Get yours today!

September is LIBRARY CARD SIGN-UP MONTH

Willoughby-Eastlake Public Library
We explore. We discover. We connect.

VISIT ONE OF OUR FOUR CONVENIENT LOCATIONS TODAY!

Eastlake Public Library 36706 Lakeshore Boulevard 440-942-7880	Willoughby Public Library 30 Public Square 440-942-3200
Willoughby Hills Public Library 35400 Chardon Road 440-942-3362	Willowick Public Library 263 E. 305 Street 440-943-4151

we247.org

Willoughby Self Storage

Residential, Business, Commercial

SECURE STORAGE

ADT wired for added fire and theft protection!

440-269-3939

www.willoughbystorage.com

4507 Beidler Road • Willoughby OH 44094
Behind Target and the Willoughby Commons Shopping

Creative and Fun Ways for Kids and Grandparents to Connect

By Rebecca Hastings

There is something special about the relationship between kids and their grandparents. I still remember pulling up to McDonald's with my grandfather. He would take his leather change purse out of his pocket and count the exact change for his cup of coffee. He always knew exactly how much it would be.

Our trips weren't fancy. It wasn't expensive. Sometimes I didn't even get anything. It didn't take a long time. Just a ride to get his coffee. But it was something we did together. And that is what made it special.

If you want your children to feel connected to their grandparents, you can find simple things that your children will remember. Whether they live close to their grandparents or far away, you can foster the relationship and connection you want them to have.

What's the secret?

The number one thing you can do to foster a connection between your kids and their grandparents is to be intentional. Fostering a close relationship between the generations requires consistent

choices to connect. You can't do one thing and expect a lifelong connection filled with fond memories. When you are intentional about creating opportunities for your kids and parents to engage with one another, you help them create a bond.

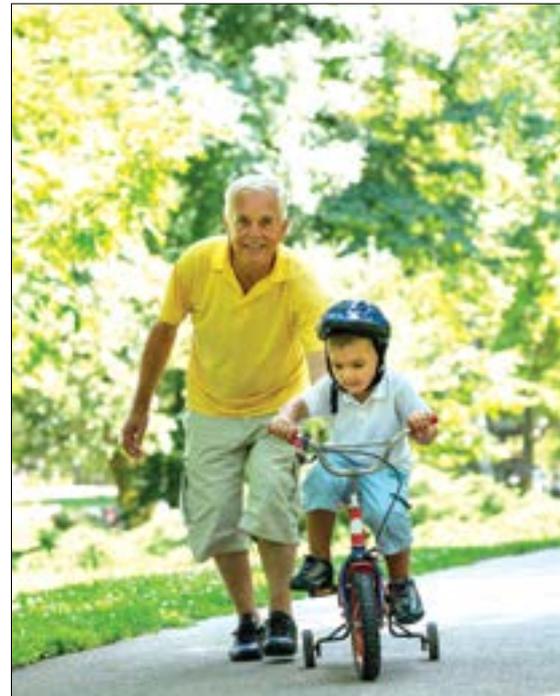
A word of advice

A child's relationship with their grandparent is supposed to look different than their relationship with their parents. While grandparents need to respect how parents raise their kids, parents also need to remember that it's okay for grandparents to do things differently than they would.

Part of the fun of a relationship with grandparents is that they are not the parent. They can give an extra cookie or read an extra book before bed. I still remember the cookie tin that was never off limits in my grandma's kitchen.

As long as the grandparents are not doing anything that conflicts with important boundaries parents set for their children, it is part of how grandparents and grandkids create their own fun relationship.

Here are some creative and simple ways for your child and their grandparents to create a special connection.



If grandparents live close by

Proximity and availability give grandparents that live close by unique opportunities that not everyone has. Some things to try:

- **A weekly date:** Set up a weekly time for the child to spend with their grandparent. This could be just a visit to their house or a time to go out together. Make it the same every week so it becomes part of the normal routine instead of

BACK TO SCHOOL SPECIAL!

- NO Joiner Fee (\$50 Value)
- NO Contracts / Commitment
- FREE Orientation
- Child Watch (While you work out)
- Personalized Plans
- Members welcome at all Ys in U.S.

www.lakecountyyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



something that gets overlooked. Even having a grandparent pick your child up from school one day each week helps them connect.

- **Sleepovers:** A sleepover is a great way to spend long blocks of time together if everyone feels comfortable with the idea. It allows fun things like bedtime stories, staying up late, and having breakfast together in the morning. Plus, it is a good way for kids to get comfortable with sleepover experiences with a trusted family member.
- **Invite grandparents to activities:** Grandparents often love attending kids' activities like sporting events and school plays. Be sure to invite them to come. Make sure they know when they are so they can plan ahead.
- **Little traditions:** Create small traditions between your kids and their grandparents. Like the McDonald's trips with my grandfather, even simple things like getting a donut create fond memories over time. Try simple things like going to a favorite store, helping with projects, or making a favorite recipe. Kids love to help taste test baked goods!

If grandparents live far away

It may seem challenging to connect with grandparents when they live far away, but there are great ways to bridge the distance, especially with technology.

- **Storytime:** Use apps like Zoom or FaceTime to have grandparents read their grandchildren a story. It's a fun way for kids to hear stories their grandparents love. You can even encourage your child to read a story to their grandparent and sneak in some reading practice! It's especially fun if both your child and the grandparent have a copy of the book to look at during their storytime.
- **A weekly call:** It may not sound glamorous, but setting up a time for a weekly call helps them feel connected regularly. During the week you can encourage your child to write down things to share with their grandparents so they're ready with something to talk about. You can also teach them some questions to ask their grandparent. They can ask about the weather where they are, ask about something funny that happened, or find out what they did

during the week.

- **Long-distance dates:** With a little planning, grandparents can still enjoy dates with their grandkids. If they send along a gift card for ice cream, they can set up a time when they each go to their local ice cream shop and talk on the phone or FaceTime while they enjoy their treat.
- **Make something together:** Find a family recipe and (with a little help) have your child make it. They can make it while on Zoom with their grandparent or simply call them and tell them about it.
- **Start a collection:** Find a common interest like collecting stamps or special rocks. They can each start a collection and share exciting finds on the phone or the next time they visit.

Special tips for tweens and teens

Staying connected during the tween and teen years can be hard for all of us. Finding little ways to connect with their grandparents is special for their grandparents and them.

- **Send a text:** Encourage kids to send their grandparents a text sharing about how they did in a game or on a test.
- **Teach grandparents to text or connect on social media:** It may sound silly, but it's where kids spend their time. Helping grandparents meet kids where they are fosters more connection.
- **Send a photo:** Grandparents love photos. Use a digital frame that allows your teen to send their photos right from their phone. It's a great surprise for grandparents to see a new picture pop up.
- **Ask for help with rides:** One of the best times I can get my teens to talk is in the car. Asking a grandparent to help with rides is a good way to give them time to connect without it feeling like too much for your child.

Fostering a close relationship between your child and their grandparents is a gift for everyone that lasts far beyond the childhood years. As you make consistent choices for connection, you will have a front-row seat to watching those special relationships grow.

HOME EQUIPMENT REPLACEMENT?



LICENSED, BONDED & INSURED



FREE WATER ANALYSIS!

Your Heating and Plumbing Teams Are Here to Assist!

100% SATISFACTION GUARANTEE! Our professionals are here for YOU, Day or Night
A+ Rating with the Better Business Bureau, and a Proud Partner of the Children's Miracle Network!

(440) 285-9125 / (440) 286-6002

www.Debordinc.com • www.BenjaminFranklinPlumbingNEOhio.com
Serving: Lake, Geauga, and surrounding areas. OH Lic. 12292.



- Furnace & Boiler Service & Installation
- Gas, Electric & Oil
- Heat Pump Service & Installation
- Water Heater Installation & Repair
- Video Inspection of Pipes & Sewer Lines
- Gas Line Installation & Repair
- Drain Cleaning & Repair



Refer to our article for more information

- Drain Repiping & Relining
- Septic & Aeration Systems
- Air Conditioning Service & Installation
- Water Treatment Systems
- Well Pumps
- Indoor Air Quality. . .AND MORE!

Present coupon at time of purchase. Not valid on prior services or with other offers.

Code: TFBen400
\$400
TRADE-IN VALUE
ON ANY USED SOFTENER WITH THE PURCHASE OF A NEW SOFTENER SYSTEM

VALID WHEN PURCHASED & INSTALLED THRU OUR COMPANY

Code: TFBen800
RECEIVE UP TO \$800 OFF
ON A TOTAL WATER CARE PACKAGE WHICH INCLUDES AN R.O. SYSTEM FOR CLEAN DRINKING WATER AT YOUR TAP AND A WATER SOFTENING SYSTEM

Code: TFOH2171
UP TO \$2171
Towards Your New Equipment
SELL US YOUR HEATING & A/C SYSTEM
Total of All Incentives Equal UP TO \$2171
SAVE LIKE NEVER BEFORE! (Valid when purchased & Installed thru our company)



A Great Place To Grow

Our Shepherd Lutheran School

Our Shepherd Lutheran School is a K-8 school that features:

- Five-day, full-day kindergarten
- 1:1 technology for all grades (Chromebooks/iPads)
- Smartboards in the classrooms
- Technology lab with robotics
- Weekly STEAM for K-8
- Library/media center
- Daily religion
- Weekly chapel
- Middle school enrichment program
- After-care program available
- Music/choir/instruments



Open Enrollment for 2023-2024
 Visit our website, email us, or call for more information.

Our Shepherd LUTHERAN SCHOOL

Joyfully serving Lake, Geauga, and Ashtabula counties

508 Mentor Avenue, Painesville
 (across from Lake Erie College)

440.357.7776 • oslpainesville.org
Email: admissions@oslpainesville.org



Geauga Park District's 2nd annual Space Race!

As the sun goes down on Saturday, October 7, run, jog or walk as many laps of Observatory Park's Planetary Trail as you can between 4 and 6 pm. Each completed 0.85-mile lap will propel you through our solar system. One lap takes you to Mercury, two to Venus, three to Earth and so on...

Participants can race against each other, sure. But most will just race themselves to see just how far "out of this world" they can go. When planning your voyage, consider that one lap is just under a mile, but all 16 possible laps (13.6 miles) are just over a half marathon, so space travelers of all ages and abilities truly win by coming out! Where will YOU land – in our solar system, or beyond?

Space is limited, with race T-shirts

guaranteed only for the first 250 to register, so sign up ASAP at <http://bit.ly/gpdspacerace2023> for \$20. Everyone who completes at least one lap will earn a Space Race finishers medal plus a ribbon recognizing how far they went and which planet they reached. Awards will also be given to the top three male and female finishers.

The Space Race course (aka Observatory Park's Planetary Trail) is flat aggregate surface outlined at <http://bit.ly/gpdspacerace2023-map> and will be chip-timed for two hours by GCXC. Observatory Park is located at 10610 Clay Street in Montville Township. You can also learn more about this special International Dark Sky Park at www.geaugaparkdistrict.org/park/observatory-park.

Lazy from page 3

eyes glazing over. There will always be someone who is faster, stronger, tougher, cuter (thanks, Heidi Klum), smarter, etc.

10. Let them fail. It takes effort to intervene and fix things for them. When my daughter tried to build a sidecar for her stuffed animals on her scooter, I knew it wouldn't work. However, she needed to see for herself that 23 stuffed animals in a shoe

box taped to her handlebars wouldn't cut it. She reaped the benefits of resilience and perseverance from her failure and redesigned a working sidecar. So what if it held one stuffed animal, not 23.

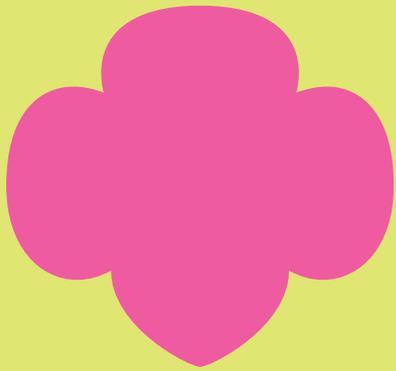
There you have it, 10 lazy ways to be a better parent. Whether you can squeeze one or all of them into your day, you'll be better and happier for it.

A library card is elemental.
Get yours today!

Stop by Morley Library in September & show us your library card to register for a fun behind-the-scenes tour of the library. No card yet? Sign up for a new one & enter our raffle for a prize! All ages welcome.

September is **LIBRARY CARD SIGN-UP MONTH**

MORLEY LIBRARY
 184 Phelps St., Painesville, OH 44137
 440-352-3383 www.morleylibrary.org



Your Year of

Fun

- ✓ Make s'mores around a campfire.
- ✓ Explore a state park with your troop.
- ✓ Bring a smile to someone's face.

Now's the perfect time to start your Girl Scout journey. Get ready to go on epic adventures, try new things, and have a blast! Discover a world of excitement with your Girl Scout friends by your side.



Scan the QR code with your smartphone's camera to join Girl Scouts today!

Be a Girl Scout

girl scouts 
of north east ohio
gsneo.org | 800-852-4474

©2023 Girl Scouts of the USA. All Rights Reserved.

20 Things That Surprised Me About Having A Teenage Boy

By Katy M. Clark

I grew up the middle of three girls, sandwiched between two sisters. Yup, I'm just like Jan Brady, minus the bonus brothers.

My sisters and I filled our teenage years with activities like sports, theater, and student council. We also filled them with Aqua Net, jelly shoes, stirrup pants, and princess phones. Living with sisters meant I was never exposed to the reality of life with a typical teenage boy.

I think that's why my teenage son constantly surprises me. There are so many things about having a teenage boy in the house that I didn't expect or are just plain different from how I grew up as a teenage girl. Here are 20 things, both funny and serious, that surprised me about having a teenage boy.

1. How much he enjoys playing video games:

This is his favorite activity to do once he's done with school, work or extracurriculars. I guess I thought he'd read a book or watch movies like me.

2. How much time he spends playing video games: Not only does he like video games, but he is content playing them for hours. And don't get me started about waiting for him to wrap up a game to come to dinner!

3. How many rolls he can eat at a restaurant: He can eat a dozen rolls slathered in butter and then chase them down with a huge steak. It's amazing.

4. How many rolls he can eat and

NOT gain weight: This one's not fair! All I have to do is look at a roll and my waist expands an inch. Yet my teenage son devours a dozen without a smidgen of fat appearing anywhere.

5. That he would find potty humor so funny for so long: I thought he'd outgrow finding bodily functions so funny. I thought wrong.

6. That he never, ever wants to talk to me about girls: Not even a little bit. I'm ready with excellent advice should he ever bring it up.

7. That "I'm" the embarrassing one, not his father: How is it that when my husband and I rock out to Bon Jovi it's only me who mortifies our son? According to my husband, it's a fact that all teenage boys find their mothers embarrassing.

8. How bad he smells after working out or playing sports: The scent is strong, odiferous, and lingers on everything from sports equipment to the upholstery in the car. Yikes!

9. That he would know the name, number, college, and position of virtually every professional athlete: My son forgets to take out the trash, yet he remembers every statistic about the Cleveland Browns' fourth round draft pick in 2019.

10. That I'd be jealous of the way my teenage son talks about sports with his father: Maybe it's because my husband, not me, also knows every statistic about the Cleveland Browns' 4th round draft pick in 2019.

11. He rarely comments about my appearance, but when he does, I take notice: Recently he told me



he liked my shirt, which was an old one from the back of my closet. It's now my favorite shirt. Because my teenage son said he liked it.

12. That I have to look up to his face: At least once a week I do a double take as I gaze up at his face, towering above mine. Wasn't he just a baby?

13. How deep his voice sounds: Just like his height, I'm astonished that that deep voice is coming from my little boy.

14. How big his shoes are: His shoes are like aircraft carriers next to my rowboats in the mudroom. You could land an airplane squadron on those things.

15. How much he cares about his friends: He adores his friends and loves spending time with them. This one surprised me because I feel society doesn't portray strong friendships between teenage boys.

16. That he cares about his hair: He might not use a plethora of products like I did back in the day, but he

still wants his hair to look just right.

17. That he answers text messages with one word: I get yes, no, or Ok. I'm not looking for a novel, but a few more words would be appreciated.

18. That I'm so impressed by the man he is becoming: Seriously, I'm so proud of him, whether he's holding the door open for someone, rocking a test, or just smiling at me from across the room.

19. While I'm also still surprised by the child he still is: He leaves his dishes on the counter, doesn't pick up his clothes off the floor, and I still take him to the pediatrician.

20. That I would love him so, so much, with everything that I am: I'm not surprised that I love him, but I am astonished by how much I could love my teenage son. It's with everything I am--and I wouldn't have it any other way!

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



Fire up your imagination
with a library card.
Get yours today!

September is
LIBRARY CARD SIGN-UP MONTH

ALA OverDrive EBSCO

www.mentorpl.org

Main Library
8215 Mentor Ave.
(440) 255-8811

Mentor-on-the-Lake Branch
5642 Andrews Rd.
(440) 257-2512

Headlands Branch
4669 Corduroy Rd.
(440) 257-2000

The HUB
6477 Center St.
(440) 205-6011



MONDAY, OCTOBER 2, 2023
6:00 - 9:00 PM

CLEVELAND BROWNS STADIUM

GreaterClevelandFoodBank.org/Taste

Distracted Driving

Why We Do It & How To Stop

We all know we shouldn't give into distractions when driving, so why is it so tempting to reach for the phone the moment you hear that little ding? Just a quick glance can't hurt, right? Wrong.

Data from a 2020 National Highway Traffic Safety Administration study shows that 1.6 million crashes, more than 3,100 deaths, and 400,000 injuries were caused by some form of distractions when driving in the year 2019 alone. In addition, more than one in four of all accidents—including 87 percent of rear-end collisions—are the result of some form of distracted driving.

What feels like a quick check of your phone, flip of the radio dial, or reset of the GPS can easily result in injury or tragedy.

Distracted driving facts

After years of PSAs about the dangers of being distracted when driving, it's clear we know better than to do it—so why can't we quit? It all stems from brain biology.

Research has shown that 92 percent of drivers recognize the dangers of texting and driving, and support making it illegal to text behind the wheel. Nonetheless, 60 percent of 18- to 34-year-olds believe they can text and drive safely. The biological phenomenon of cognitive dissonance tricks our brains into believing that we are not subject to the same risks and dangers as everyone else. Convinced we are the exception rather than the rule, we carry on with risky behaviors while recognizing the dangers posed when others do it behind the wheel.

In order to recognize the error in this logic, it's important to understand what happens to our brain when we use a mobile phone. According to a behavioral health study recorded in the National Library of Medicine, talking on the phone, our brains direct about 37 percent of our energy away from parts of brain that deal with driving resulting in "inattention blindness." In the most basic terms, this means that you may be



looking around at your environment, but you are not fully processing everything you are seeing.

As a result of this practice, the Psychology of Learning and Motivation explains that "it's estimated that we can miss as much as 50 percent of what is going on around us when distracted." It's not hard to see why this can quickly become a serious hazard when we're navigating around pedestrians, children, pets, construction zones and other drivers—many of whom are likely distracted themselves.

How to stop giving into distractions when driving

1. Enroll your teen in a training program. Have you heard of the teenSMART® Driver Safety Program? The program teaches drivers to anticipate dangerous situations, recognize how risk changes as they drive, increase situational awareness, and expect the unexpected while behind the wheel. Studies show that teens who complete the program reduce their chances of being in a crash by up to 30 percent.

See *DISTRACTED* page 10

**we have life insurance.
so you can enjoy all
of life's moments.**

simple human sense.



8039 Broadmoor Road, Mentor
440.946.4950
CorsaroInsurance.com

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

The Best Way to Support Your Kid's Coach? Let Them Do Their Job!

By Cheryl Maguire

I officially became a “soccer mom” last year when my 8-year-old daughter enrolled in the town soccer team. She loves playing the sport and interacting with the other girls on her team. Being part of the team has entailed traveling to other towns. Sometimes we have witnessed other games in progress while waiting for her game to begin. I’ve been shocked to see parents yelling in an aggressive manner at either the kids or the coach.

In Braintree, Massachusetts a girl’s basketball high school coach quit due to parent complaints. The coach helped bring the team two back-to-back Division 1 state championships and had a 63 game winning streak, yet the parents were still dissatisfied.

Research at the University of Maryland found 53% of parents reported feeling angry during their child’s soccer game. This is an issue in many

towns across America caused by various factors.

Social media: In Braintree, the parents created an email exchange complaining about their child’s playing time. The coach became tired of dealing with the parent complaints resulting in her resignation. Studies found people tend to bully online since they are not held accountable. Social media and email messages lack a person’s tone or body language causing miscommunication. Also if a person sends an angry message, the person receiving the message can read it over and over again resulting in hurt feelings.

High college costs: According to College Data, a public college tuition can cost an average of \$24,610 per year and a private college averaged \$49,320. With the high costs of colleges, parents want or need their child to receive scholarships. The pressure of winning a scholarship from playing a sport has created parents who



either have unrealistic expectations or become angry when their child isn’t participating.

High cost of sports: Participation in sports can be expensive. Players are required to purchase sports gear and usually pay a fee for being on a team, even in public schools. According to research at University of

Michigan Health System on average a player had to pay a \$125 participation fee and \$275 for sports equipment and travel.

Thirty years ago when a child played baseball often the team shared a helmet and bat. Now most players have two bats, their own helmet, batting gloves and a baseball bag. →

Distracted from page 9

Visit www.adeptdriver.com and click on teenSMART under the “products” heading.

2. Talk to your employees. Groups dedicated to changing the nature of distracted driving have worked hard to develop training materials that can be used to bridge these types of conversations with employees. A video produced by the National Safety Council, for instance, gives advice on how to coach your employees on properly and safely preparing to hit the road for work-related travels.

3. Take a distracted driver course. The National Safety Council offers an interactive Online Defensive Driving Course, which is designed to motivate drivers to change their risky driving behaviors, as well as their overall attitudes about distracted driving.

4. Evaluate your own behavior. Learn more about driver distractions and the risk you take by allowing yourself to multitask on the road by taking the official DMV Distracted Driving Quiz.

5. Pledge to make a change. Join the millions of Americans who are

vowing to take back their focus on the roads in the official DMV-sponsored pledge.

**KEEP YOUR EYES
ON THE ROAD**

**KEEP YOUR MIND
ON DRIVING**

**KEEP YOUR HANDS
ON THE WHEEL**

**ONE DISTRACTION CAN
STEAL YOUR REACTION**

Courtesy of the Corsaro Insurance Group and Central Insurance Companies.

Matthew Corsaro is the president and owner of the Corsaro Insurance Group in Mentor. His company and staff have been providing insurance solutions to families and business owners for over 40 years. Mr. Corsaro has obtained the Accredited Advisor in Insurance and Certified Insurance Counselor designations. Corsaro Insurance Group represents over 20 insurance companies. As well they have expertise in all areas of auto, home and business insurance. They can be reached at 440-946-4950.

**Duct
Cleaning
Services**
Now Scheduling
Call today!

Freshen up Your Home!

Clean carpet has numerous health benefits:

- Removes unhealthy mold growths
- Eliminates dust mites
- Improves air quality for easier breathing
- Eliminates harmful pollutants like pet dander and allergans



Call Today for our Fall Specials!
Mention that you saw us in Today's Family Magazine!



440.946.8082

7595 Tyler Blvd. • Mentor
info@mdcarpet.com
www.MDCarpet.com

We Clean: Carpet • Area Rugs • Oriental Rugs • Upholstery
We also offer: Carpet Repair & Stretching • Fine Fabric Specialists
Leather Cleaning • ScotchGard™ • Tile & Grout Cleaning
Boat & Car Interiors • Clean Up Pet Dander
Stain & Pet Odor Removal • 24 Hour Water and Fire Damage Service

When a parent pays these high costs, they feel they should be getting their money's worth and when their child doesn't play, they get angry at the coach.

Parent personality: Research by Goldstein, found control-oriented parents are more angry and aggressive during their child's sporting events than autonomy-oriented parents. A control-oriented parent is a person who is concerned about other people's opinions and motivated by external forces whereas an autonomy-oriented parent is driven by their own goals. During games the control-oriented parent tends to take things personally. For example if a coach pulls their child from the game, this type of parent may feel it is a personal attack against their child rather than an impartial decision by the coach.

Parents vicariously living through their child: Often parents relive their childhood experiences through their children. If a parent was unsuccessful at a sport and their child excels in this sport they might experience the feeling of success they never could as a child. Research by Brummelman found parents who see themselves in their child want their child to fulfill their unfulfilled ambitions. This may cause parents to pressure their child to succeed and parents to become angry when their child makes mistakes during the game. If the parent feels their child isn't getting enough play time they may become angry at the coach as was the case with the Braintree coach.

Unrealistic parent expectations: Parents can hold unrealistic expectations about their child's abilities while playing sports. A parent may consider their child to be the best on the team or think their child will be a professional athlete one day. This viewpoint can cause conflicts between the parent and coach.

Parent reminders

- Most coaches volunteer or are paid a small stipend. The coach



is usually interested in helping your child and their team have a positive experience.

- When you are on the sidelines refrain from criticizing the coach or players. Your role should be to support the team.
- If you have an issue with another parent or coach, speak to the person directly about it and refrain from using social media to air your grievances.
- Before speaking to the coach allow yourself time to calm down by waiting 24 hours after the incident. Also schedule a time to meet with the coach instead of trying to speak with the coach after the game.
- Playing on a sports team should be a fun experience for your child and the coach.
- Try to put things in perspective and remind yourself this game is for your child — not you.
- When you get angry at the coach you are ultimately hurting your child by causing embarrassment and resentment. Research by Omli & Wiese-Bjornstal found kids prefer supportive parents rather than angry ones at sporting events.
- There is no "I" in team. A coach tries to make decisions based on what is best for the team — not only your child.
- When you tell your child what to do from the sideline, you are implying they don't know how to play the game.
- If you tend to get angry easily, practice anger management techniques such as deep breathing, or counting to 10.

What can you do to prevent your coach from quitting?

- If a parent complains to you about the coach, encourage the parent to discuss it directly with the coach.
- Be respectful of the coach.
- Offer to assist or help out with practices or communication with parents.
- Praise the coach when he/she is doing a good job.
- Show gratitude for the coach. A simple "thank you" can mean a lot.

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



Kick Off The School Year at LNSP East!

LIL KICKERS



Fall Session: September 11–December 2

- Class days/times will be Monday 5pm, Tuesday & Thursday 5pm/6pm, and Saturday 9am/10am/11am
- Innovative child development program based on soccer.
- Focus is on kids from 18 mos.–6 years.
- Classes run 50 minutes per session, once a week.
- Class fee of \$16.50/week.

Contact: Kylie Lee (KLEE@LNSPORTSPARK.COM)

LIL SLUGGERS

Fall Session: September 11–December 2



- Introduction to baseball for kids 2–5 years old.
- Class days/times will be Monday 5pm and Saturday 10am
- Nationally franchised child development program.
- Low student/instructor ratio (usually 4–6 kids per instructor).

Contact: Kylie Lee (KLEE@LNSPORTSPARK.COM)

BATTING CAGES

M–F 3:30–9 pm; Sat/Sun 9 am–9 pm

State-of-the-art batting cages available for personal or party use.
\$1.50 per token • \$10 for 7 • \$20 for 15
Batting cages may be closed during private parties,. Call for availability.

COURT & FIELD RENTALS

Soccer, basketball, football, volleyball, baseball, more!
Contact: ESTRAUSS@LNSPORTSPARK.COM

BIRTHDAY PARTIES

Custom design your own birthday party package!

Includes your choice of sports activities, plus exclusive use of our party room.

Sports include soccer, baseball, batting cages, basketball, virtual reality golf and volleyball. Contact Marilyn for pricing options and more info.

MARILYN@LNSPORTSPARK.COM
or 440-602-4000 ext. 223



38630 Jet Center Dr., Willoughby
North of Rt. 2 off Lost Nation Road

440-602-4000

www.LostNationSports.com

Learn to Dance!

The art of dancing has been around for ages and has grown in popularity over the years. Just look at the popular dancing shows such as Dancing with the Stars. Learning how to dance has many physical, emotional and social benefits for children and adults alike.

Dancing teaches many skills and develops many abilities that will extend to other relationships outside of the dance studio. Here are a few of the benefits of learning to dance.

Great cardio exercise

Dancing is a great form of exercise for all ages. It involves a greater range of motion, strength and endurance than most other physical activities. It utilizes the entire body and is a great form of exercise for total body fitness. It is also much more fun than traditional exercise.

Self control and cooperation

Being in a dance class with other

children is good for their development of self-control and cooperation. In class, children will have to follow directions, learn to control their bodies and work with other kids their own age. They will learn to concentrate, memorize, control impulses and learn responsibility.

Teaches about different cultures

Dance is a basic form of cultural expression. All cultures organize movement and rhythm into forms of dance. Children learn movement patterns as readily as they learn language. By learning different dances children can get a peek into cultures different than their own.

Increased self-confidence and self-esteem

For both children and adults dance is a highly social activity. Studies have shown that strong social ties and socializing with friends



contribute to high self-esteem. Dancing gives you an increased chance of meeting other people with similar interests. A dance class is a community where appreciation and positive encouragement are all around. Participants not only encourage one another in class, but one will gain a sense of accomplishment when a dance is memorized and per-

formed such as on stage at a recital.

Strength and endurance

Dance builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance require jumping and leaping high into the air. Along with strength, dancing builds endurance,

See *Dance* on page 16

FALL in love with dance
at Rabbit Run

- Ballet
- Tap/Jazz
- Creative Movement
- Hip Hop
- Modern
- Lyrical
- Ballroom

for all ages

440-428-5913
49 Park St., Madison, OH
rabbitrun.org

Hearn
DWORKEN BERNSTEIN
Rabbit Run Community Arts Association
HEITMAN-MAYER-PARRO
RECREATION MANAGEMENT GROUP
Ohio Arts Council



Dancing is fun at Rabbit Run

Registration for fall dance classes is now open at Rabbit Run Community Arts Association in Madison. RRCAA is a comprehensive fine arts association offering instruction in the major disciplines of the fine and performing arts.

Dance classes are available for little ones starting at age three in creative movement, preballet and pretap. School-aged youth, whether just starting in dance or with some dance experience, may register for classes in ballet (including pointe), jazz/tap or hip hop.

Also available are Modern Dance,

and Contemporary/Lyrical Dance. For adults looking to get back into shape Adult Ballet Fitness or Adult Tap Fitness may be just the thing.

Looking to learn basic ballroom steps for an upcoming wedding reception? Ballroom Basics is offered for all ages on Saturdays from 5-6 pm.

For specific class information or to register visit www.rabbitrun.org or call RRCAA at 440-428-5913. RRCAA, 49 Park St., Madison, is a nonprofit organization that receives partial funding from the Ohio Arts Council.

Wildfire Dance Studio

Over 40 years of helping to make successful young adults

Wildfire Dance Studio has been impacting children through the art of dance for over 40 years! As a parent, you make choices about activities for your child – choices to make them stronger, to make them happier, to help them grow into successful young adults. It has been Wildfire Dance Studio's mission to provide classes that do just that . . . and that has been the key to their success!

Their dance program draws girls and boys ages 3–18 from Lake, Geauga and Ashtabula counties. Families may enroll their children at either of their two studio locations, Ashtabula or Lake County. Additionally, they are thrilled to announce that the Lake County studio has just been completely renovated and remodeled! As a state-of-the-art dance facility, it now boasts many enhanced features including a much larger studio space, complete with sprung floors, a Marley dance surface, floor-to-ceiling mirrors and brighter lighting. Please stop by to see it for yourself! Wildfire Dance Studio has also just become an approved ACE Ohio provider for the 2023-2024 academic year! This means that many of their families will be eligible for \$1,000 of reimbursement for dance classes, which nearly covers the tuition for two weekly classes!

The Lake County studio location presently offers recreational dance classes for ages 3-18 in the styles of ballet, contemporary, jazz, musical theater,

and hip hop, as well as combination classes in pom/jazz, contemporary/street jazz and cheerleading/pom. They also offer a series of acrobatic arts classes with certified staff that elevates overall athletic acuity. Foundational curriculum of all classes is focused on creating an enjoyable experience for the students while improving coordination, rhythm, agility, self-esteem and overall confidence.

Many of their students aspire to continue dance in college. Admission to post-secondary dance programs and teams is highly competitive. Precision of movement is key for collegiate endeavors. They are proud to have four college-bound seniors that have accepted spots on these teams for the 2023-2024 year. Their success "can be attributed to the diverse technical training and performance experience in many genres that they have acquired as dancers at Wildfire Dance Studio," said the owner and director of the studio, Scott DeCola. DeCola has danced professionally, touring domestically and internationally with numerous companies including Les Ballets Trockadero de Monte Carlo, Joffrey Ballet II, Ohio Ballet and the Richmond Ballet before returning to his native northeast Ohio home.



Wildfire Dance Studio also has a nationally recognized competitive dance program, winning the Studio of Excellence Award three times in the past two years. Older dancers can compete as members of their dance company. These dancers have chosen to prioritize dance above other activities,

and will be competing at UDA Nationals in Orlando, Florida next spring. The younger teams, ages 5–12, are challenged with more advanced stage choreography. "If a recreational dance student finds that dance is more than a pass-time activity, we have the competitive option for them," said DeCola. "We have something for everyone who enjoys music and movement!"

Fall classes begin on September 11, but they continue to accept enrollment through the months of September and October. If you are new to the studio and would like to try a free class, call them at 440-789-9541.

Wildfire Dance Studio is an approved ACE Ohio provider for the 2023-2024 academic year! Families will be eligible for \$1,000 of reimbursement for dance classes, which nearly covers the tuition for two weekly classes!

MAKE US YOUR DANCE HOME!

Rec Classes are offered for ages 3–18. Students may select from a variety of classes including ballet, hip hop, jazz, pom, and acrobatic arts. Classes are \$60/month (4 weekly classes) and run from September through May. Register today!

REC CLASSES 2023-24

(Lake County studio schedule)

Day	Time	Class Description	Ages/Level
Monday	5:30–6:15	Pom/Jazz Combo	ages 7–11
Monday	6:15–7:00	Hip Hop	ages 7–11
Monday	7:00–7:45	Hip Hop	ages 12+
Monday	7:45–8:30	Contemporary	ages 12+
Tuesday	5:30–6:15	Little Dancer Jazz/Musical Theater	ages 3–5
Tuesday	6:15–7:00	Pom/Jazz Combo	ages 5–7
Tuesday	7:00–7:45	Acrobatic Arts – Beginner	ages 4–8
Wednesday	5:00–5:45	Acrobatic Arts – Begin./Interm.	ages 6–12
Wednesday	5:45–6:30	Hip Hop	ages 9+
Wednesday	6:30–7:15	Cheerleading/Pom	ages 9+



TWO LOCATIONS!

1657 Mentor Avenue, Painesville
 3315 N. Ridge Road East, Ashtabula
(440) 789-9541 (for both)
 scott@wildfiredance.com
 www.wildfiredance.com





Fall into the arts this autumn at Fairmount Center for the Arts

Fairmount Center for the Arts offers many different ways to get in touch with your creative side this fall.

Toddlers and preschoolers have many opportunities to explore. They can move and groove in the popular Kinderdance (ballet and tap) and Itty Bitty Ballet classes. The new Itty Bitty Music class encourages exploration of vocal and instrumental sounds. Fairmount's monthly Tales for the Budding Artist workshop series provides a multi-arts event with storytelling, creative movement, and art-making.

School-aged children can discover their artistic talents through a variety of dance, music, theatre, and visual arts classes and workshops.

Students can also participate in one of Fairmount's dance performing groups (Fairmount Dance Company or Hip Hop Crew) or the new Youth Chamber Ensemble and Fairmount Children's Chorus. When school's out, students can enjoy special multi-arts camp days at Fairmount.

Lastly, adults can enjoy a range of classes and workshops for beginning through advanced students. Get a dance card to mix and match your favorite combination of ballet, yoga, tap, or hip hop classes.

The full schedule can be found online at www.fairmountcenter.org or call 440-338-3171 for additional information.

Dance for all at the Fine Arts Association

The Fine Arts Association (FAA) is an arts education and performance center located in Willoughby with the mission to create and discover beauty. Under the direction of Howard Washington, this arts oasis offers nearly 70 dance classes for ages three through adult from beginner through advanced levels.

Disciplines include ballet, tap, jazz, modern, contemporary, dance for musical theatre, hip hop, African dance, and adapted dance for creative arts therapies. EDGE, VERGE, and EMERGE are FAA dance companies that practice year round, enabling selected FAA students to perform in various locations throughout the region and compete at local competitions.

FAA's dance program allows students to enter at any level and/or style appropriate to both ability and age. Dance is introduced to young students through creative movement and combination classes. Young dancers are offered a variety of classes that provide a foundation of



dance terminology and movements. As dancers grow in their study, their skills are refined through performance qualities through stylized choreography. Many FAA dancers pursue higher education in dance and perform professionally.

The Fine Arts Association welcomes all dancers to a safe, fun and nurturing environment.

Lexie says, "Dancing at FAA made me able to make the Miami of Ohio, D1 Dance Team. FAA gave me the confidence and skills needed for me to pursue my dream of dancing in college." Not only does FAA embrace young dancers, but also offers adult classes in ballet, hip hop, and tap.

FAA welcomes you to come in for a tour and try out classes. Contact 440-951-7500 x2 or visit them at www.fineartsassociation.org.



**DANCE with us
this autumn!**
**Registration is
OPEN NOW**

ENRICHING LIVES THROUGH THE ARTS
**FAIRMOUNT
CENTER**
for the Arts

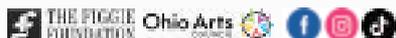
Art | Dance | Fitness
Music | Theatre

Try something new or expand your skillset this fall at Fairmount! Offering dance classes in ballet, contemporary jazz, and tap to all ages and skill levels.



**Fall Session begins
September 6!**

**Book today at
FairmountCenter.org
or call (440) 338-3171.**



**fine arts
association**
Create and Discover Beauty



**FAA DANCE
ALL AGES
ALL ABILITIES**



Scan Here

38660 MENTOR AVE | WILLOUGHBY, OHIO
FINEARTSASSOCIATION.ORG | 440-951-7500

Open your heart and your home to a child in need

Become a Foster Parent!



Your home can make a difference!

Foster homes give children safety, security and supervision.

You can help protect children from abuse or neglect by providing a caring environment for them until they can return to their parents or be adopted by a foster parent.

Contact the LCDJFS to learn more about becoming a foster parent.



Call the Foster Care line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

Lake County Department of Job and Family Services

Annual Lake County event to honor local first responders

The Lake County Safe Communities Coalition and Lake County Crime Prevention Taskforce are excited to host Lake County's annual Hometown Heroes event on Saturday, September 9 from 10 am –noon at the Great Lakes Mall. This free family-friendly event is dedicated to honoring local first responders who keep Lake County communities safe through their excellent service and heroism. The awards will be distributed from 10–10:30 am, so come show your appreciation for local heroes during that time.

After the awards ceremony, you can visit different tables and displays to learn more about the participating agencies. This will be a great opportunity to put a face to the names of the services that you may use as a Lake County resident. Child-friendly activities including games, giveaways and bounce houses will be there as well as the chance



for event goers to see and learn about K-9 units, police horses, and other special equipment that local law enforcement uses to keep Lake County safe.

Did you know?

Have you heard about the new distracted driving law in Ohio that passed in April 2023? The warning grace period will end on October 5, 2023, and law enforcement will begin to issue tickets to drivers using or holding their phone while driving – in most circumstances. There are ways to not only avoid getting a ticket but to drive safely while still being able to take calls and communicate while on the road:

- Use Bluetooth technology to stay hands-free.
- Use voice controls on your

cell phone to send texts and to answer calls.

- When you need to use GPS, you can mount your phone while using navigation apps so that your hands stay on the wheel.

Learn more about the new law and ways you can still use your cell phone and navigation devices while minding the law at www.transportation.ohio.gov/phonesdown.

Are you a Lake County resident and interested in helping keep roads safe?

Join The Lake County Safe Communities Coalition for more upcoming events, meetings, and volunteer opportunities year-round! There is no county restriction. Contact Emily Kolacz at 440-350-2543 to learn more. The Lake County General Health District (LC-GHD) is the lead agency of the Lake County Safe Communities Coalition.

Dance from page 12

which is the ability of the muscles to work hard for increasingly longer periods of time without fatigue. As with any form of exercise, raising the heart rate can increase stamina.

Improved flexibility

Dance requires a great amount of flexibility over time. Dancers strive to achieve full range of motion for all major muscle groups. Most forms of dance require dancers to perform moves that require bending and stretching, so it is easy to become more flexible simply by dancing.

Stress relief

At some point and time everyone will experience stress from their everyday lives. With its freedom of music and sense of abandon, dance is a great way to relieve stress. As with any form of exercise, endorphins are released which makes us feel good and less stressed. It is also a structured outlet for physical release.

No age limit

Unlike some other sports, there is no age limit for dancing. People of any age can enjoy the fun of dancing.

There are many forms of dance to choose from including ballet, tap, modern, salsa, ballroom and even Zumba. There really is something for everyone and every skill level. If you are looking for a fun, rewarding activity for you or your child, give a dance class a try!

★ ★ ★ WE SALUTE YOU ★ ★ ★

HOMETOWN HEROES

CELEBRATION






Join Lake County in Honoring Local Heroes

Saturday | September 9 | 10 AM - 12 PM Noon | Great Lakes Mall

Parking lot on the east side of the mall.

Interact with local police officers, fire fighters, and representatives from a variety of service organizations and explore their vehicles!




Disney animator, Cleveland native pens heartwarming children's book

"Grandpa Groundhog," written and illustrated by Kevin Geiger, is a heartwarming story that tells the tale of a gruff grandpa and a grumpy groundhog who compete for territory but find common ground – literally and figuratively – through their shared love of a backyard garden.

Geiger was inspired to write "Grandpa Groundhog" after witnessing the unlikely relationship that formed between his dad and a large groundhog that took up residence in the backyard of his Ohio home.

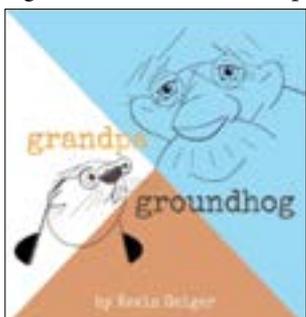
"I remember Dad grumbling:

'Look at that guy! He acts like he owns the place!'

And I imagined the groundhog having the exact same observation about my Dad," said Geiger. "Dad came to respect the squatter as a 'fellow grandpa' when he discovered signs of the groundhog's family. Then one day, the groundhogs were gone and, ironically, Dad misses them."

Geiger is an artist, animator and Disney veteran who has been telling stories since childhood.

Available on Amazon, Barnes & Noble, Bookshop.org, and wherever books are sold.



GSNEO breaks ground on STEM Center of Excellence

Girl Scouts of North East Ohio (GSNEO) is excited to have officially broken ground on their transformational project, the STEM Center of Excellence on August 17, 2023. The STEM Center is being built at the council's Camp Ledgewood located in Peninsula within the boundaries of the Cuyahoga Valley National Park. The complex is expected to be ready by fall of 2024.

GSNEO is dedicated to providing the equipment, tools, and skills to build students' science, technology, engineering, and math (STEM) confidence and education. Currently, only 28% of the employees in the fastest growing and highest paying STEM jobs are women. The STEM Center of Excellence will not only

inspire Girl Scouts to take on STEM careers but encourage collaboration with local educators to impact a larger group of youth, both boys and girls, to experience year-round STEM opportunities.

The STEM Center will include an 8,000 square foot building and will be integrated with the outdoors in this beautiful 350-acre camp. It will house a wet lab; workshop space, including tools needed for prototyping and invention; a tech space; podcast booth; observatory; weather station; and more. Outside, the building will include other immersive experiences, including a meadow with honeybee exhibit, an outdoor pavilion with bat houses, rain garden, and an outdoor classroom.

Join us for our Admissions Open House:
Sunday, October 8 • 12-2 PM
 vasj.com/openhouse • 216-481-8414 ext. 284

Bug Day: Bee an Advocate!

Get ready to buzz with excitement as Bug Day, presented by Sylvan Learning of Mentor, returns to Penitentiary Glen Reservation for its 34th year on September 10 from noon-4 pm. This year's theme "Bee an Advocate!" encourages everyone to do their part to create positive change, just like bees in a hive. There will be plenty of live bugs on display for all to see and learn from. The park will be abuzz with activities and entertainment including live animal exhibits, edible bugs, storytelling and more. There's something for everyone to enjoy. Kids can even earn their very own "Bugology" degree by participating in the fun activities planned.

"Bug Day is the perfect way to encourage young minds to appreciate, and older minds to remember, the important role that bugs play in our lives," notes Shayna Swerdlow, Lake Metroparks schoolhouse interpretive manager. "It's an opportunity to enlighten visitors about the significance of bugs in our world. We will explore how insects contribute to our ecosystem from pollination to decomposition and highlight the importance of



Photo credit: Roger Lokar

preserving their habitats."

Lakeshore Live Steamers will take visitors for a ride through the woods on a three-mile track from 1-3 pm on their replica miniature trains unless there is inclement weather. All children must be able to sit in their own designated seat, lap sitting is not permitted.

Bug Day is free for all ages and registration is not required. Additional information can be found at goto.lakemetroparks.com/bug-day.

Penitentiary Glen Reservation is located at 8668 Kirtland-Chardon Road in Kirtland.

SAVE \$99 ON AN ACADEMIC EVALUATION* (VALUED AT \$195)

A BRIGHTER FUTURE BEGINS AT HUNTINGTON

Individualized K-12 Tutoring and Test Prep

Give your student the tools they need to succeed!

Let Huntington help your child by setting them up for success. Our proven method begins with a full academic evaluation to develop a personalized learning program to build skills, confidence and motivation.

Mentor | **Mayfield Heights**
 440.205.8283 | 440.683.1784

HuntingtonHelps.com

Huntington LEARNING CENTER

TUTORING

- Reading
- Writing
- Spelling
- Phonics
- Math
- K-8, Algebra, Geometry, Trigonometry, Calculus
- Sciences
- Study Skills
- Subject Specific
- Homework Help
- ADHD Program

TEST PREP

- ACT
- SAT
- AP
- State Tests
- Placement Tests

Save the Drama

By Stacy Turner

As a middle child in a large family, drama seemed like a second language. Whether it was the outrage of an older sister who wanted nothing more than to be left alone by her siblings or the theatrics of a younger sib shedding crocodile tears, telling anyone who'd listen how she'd been left out of something really important. Dramatic behavior was learned, it seems, as evidenced when anyone brought home a less-than-stellar report card.

The scene began with Mom spinning the sad tale of the pain and regret that would no doubt befall the earner of such poor grades. In fact, unless the offender changed their ways and learned to apply themselves, they were on a surefire path straight to the gutter. "With grades like this, do you know what you'll be when you graduate?," Mom asked, pausing for dramatic effect. "A charwoman!," she'd answer not giving her penitent child a chance to respond. I supposed the first few times she

predicted doom, it may have had the hoped-for impact of remorse and promises of change. But much like the boy who cried wolf, her threats of destruction soon lost impact, with one sibling or another interjecting the answer before she had the chance to build up any steam.

But for me, safely in another room overhearing the conflict, I was intrigued as to what in the world a charwoman was. I imagined my older sister chained to a charcoal grill in the sweltering heat, flipping an endless supply of burgers, day in and day out. It wasn't until I cracked open the oversized Merriam-Webster dictionary that I learned of her anticipated misery. That terrible fate, according to Mom, that would befall anyone who tanked algebra or geometry was to become a maid or cleaning lady, though likely one in Charles Dickens's era.

Knowledge is power, though I found myself disappointed with this definition based on the fuss and fanfare surrounding its usage. I had hoped for something more scandal-



ous, befitting the drama and outrage that often punctuated report card season. I reasoned there were scads of far worse occupations, according to both my young mind and Merriam-Webster. In fact, I can list several right now without even trying.

As a mother, I now recognize the voice of alarm in my head that keeps me awake at 2 am when one of my kids has done something unwise or we've had some sort of disagreement. That voice sounds a lot like my hysterical mother, ramping up my stress level, considering the myriad ways the current situation can and will go horribly sideways. Ex-

hausted, yet unable to sleep, I force myself to breathe deeply until my mind settles and the "sky is falling" soundtrack recedes into white noise.

I focus on the voice of more seasoned parent friends who remind me that even good kids make bad choices and need a "course correction" now and again. Ultimately, I know that whatever my kids end up doing with their lives, if they're happy, healthy, and able to support themselves, then I've done my job well. I know that in parenting teens, there's only enough room for one person's drama, and sadly, my turn is over.

Goodwill

**SCARY
LOW PRICES**
HALLOWEEN DECOR,
COSTUMES, ACCESSORIES

CHARDON | WILLOWICK | PAINESVILLE | MAYFIELD HEIGHTS | UNIVERSITY HEIGHTS

GOODWILLGOODSKILLS.ORG

Cleveland Oktoberfest

Sept. 1–4 and Sept. 8–9
Cuyahoga County Fairgrounds
www.clevelandoktoberfest.com
Live musical and artistic cultural performances, food, weiner dog races, fireworks (on the 4th), 5K bier run, and more. \$16 for general admission. Parking is free.

Fresh Fest Cleveland

Sat., September 9 • 1–9 pm
Rid-All Farm & Otter Park
8129 Otter Avenue, Cleveland
www.freshfestcleveland.com
Featuring an amazing line-up of music, and a full day of unforgettable performances, art installations, health and wellness activities, farmer's market, chef tastings, local vendors, hands-on activities, workshops, and a kids zone filled with fun for the family!

Waterloo Arts Fest

Sat., September 9 • noon–7 pm
Waterloo Arts/Entertainment District
15605 Waterloo Road, Cleveland
216-692-9500
www.waterlooarts.org/waf2023
Multiple stages of a great mix of local music, art vendors, food trucks, street performers and unique art activities for visitors of all ages. Attendees can also visit artist studios, galleries, shops, eateries and bars throughout the walkable Waterloo Arts & Entertainment District. Free admission.

Madison Septemberfest

Saturday, September 9 • 2–8 pm
Bill Stanton Community Park
5585 Chapel Rd. North, Madison
facebook.com/septemberfest44057
Featuring local beer, wine and spirits along with food trucks, vendors, live music and games all located on the shore of Lake Erie. Sampling tickets are \$30–\$40. See Facebook page for a link.

Perry Fall Festival

Sat., September 9 • 11 am–8 pm
Lee Lydic Park
3965 Call Road, Perry
Family fun for all. Festival kicks off with a kids fishing derby at 9 am. Featuring vendors, exhibitors, pony rides, hayrides, inflatables for the kids, activity area for kids, magician, face painter, youth talent show, cake decorating contest, live music, food trucks, beer tent, and fireworks at dusk.

CALENDAR

Bug Day

Sun., September 10 • noon–4 pm
See page 17 for details.

Patterson's Family Fun Fest

September 16 – October 29
Mon–Thur 10 am– 6 pm
(\$7 admission, 2 & under free)
Fri–Sun 10 am– 5 pm
(\$11 admission, 2 & under free)
8765 Mulberry Rd., Chesterland
440-729-7144
www.pattersonfarm.com
Featuring a giant covered straw pile, tons of slides, pedal tractors, tire swings, push carts, corn maze, sand box, play buildings, wagon rides and more. Pony rides available for an extra fee.

Eastlake Oktoberfest

Sun., September 17 • noon–4 pm
Eastlake Senior Center
600 East 349th Street
440-951-2200 ext. 1001
Music by The Deutsche Musik Verein, German dancers, vendors, games for the kids. Food provided by the Gottscheer Club of Novelty—schnitzel, bratwurst, sauerkraut and potato salad! Pretzels w/cheese & beer. Something for everyone! Free admission and parking.

Cleveland Pickle Fest

Sat., September 23 • noon–6 pm
Mall B – 300 St Clair Ave NE
Cleveland
www.clevelandpicklefest.com
With dozens of vendors, food trucks, contests, bands and attractions, and family fun, the Cleveland Pickle Fest is the perfect summer send off with proceeds benefiting Greater Cleveland Volunteers. \$5 general admission ticket (children 12 and under are free).

IngenuityFest 2023

Fri., September 22 • 6 pm–1 am
Sat., September 23 • 1 pm–1 am
Sun., September 24 • 1–6 pm
IngenuityLabs @
The Hamilton Collaborative
5401 Hamilton Avenue, Cleveland
www.ingenuitycleveland.com
In addition to unique performance spaces, original works, and hundreds of exhibitors,

performers and artisans, 2023 will see the return of festival villages Makers Mecca, Wellness Way, Inventors Emporium, Ideation Station and IndusTree Alley. Just \$10 gets you access for the whole weekend! Children under 12 are always free. Tickets can be ordered through the website.

Apple Harvest Weekend

Sept. 23 & 24 • 9 am–5 pm
Lake Metroparks Farmpark
8800 Kirtland Chardon Road
Kirtland
www.lakemetroparks.com
Visitors can witness many traditional harvest activities and discover how apple butter and cider are made. Take a tour on the "Johnny Appleseed Trail" along with many of Farmpark's other weekend activities. Included in Farmpark admission (\$7–\$9).



Horsepower Weekend

Sept 30 & Oct 1 • 9 am–5 pm
Lake Metroparks Farmpark
8800 Kirtland Chardon Road
Kirtland

Visitors can enjoy antique tractor displays, equipment demonstrations such as corn grinding and Farmpark's regular weekend presentations. Take advantage of photo opportunities with Farmpark's antique tractors and beautiful landscapes. Fall activities will be in full swing! Try an apple slushie or just sit and relax and enjoy the farm.

Taste of the Browns

Monday, October 2 • 6–9 pm
Cleveland Browns Stadium
GreaterClevelandFoodBank.org
Mix and mingle with Cleveland Browns players and alums, sample dishes from the area's most exclusive restaurants, enjoy live music, and bid on cool auction items.

Space Race

Saturday, October 7 • 4–6 pm
Observatory Park
www.geaugaparkdistrict.org
See page 6 for details!

LAKE METROPARKS FARM PARK

FALL HARVEST Weekends

Bring the family for fall harvest fun at Farmpark!



Apple Harvest Weekend

September 23 & 24
9 am to 5 pm

HORSE POWER WEEKEND

September 30 & October 1
9 am to 5 pm



LAKEMETROPARKS.COM

PHOTOS BY EARL LINABURG



OHIO'S CENTER
FOR
ORAL • FACIAL • IMPLANT SURGERY

TRUSTED PROFESSIONALS FOR
Pediatric Care

Now booking consultations!

WISDOM TEETH | DENTAL IMPLANTS
FACIAL COSMETIC SURGERY
BOTOX & FILLERS | TEETH IN ONE HOUR
PERIODONTAL SERVICES
PEDIATRIC CARE | TMJ & MORE

WWW.OHSURGERY.COM

Board Certified Surgeons

KEITH SCHNEIDER MS, DMD, FACS

DONALD LEWIS JR. DDS, CFE

JILL WEBER DDS

NISHANT JOSHI DMD, MSD



**Call Us
Today!**

Bainbridge

17747 Chillicothe Rd. #203
440-708-7080

Mentor

7207 Hopkins Rd.
440-255-3700

Highland Heights

6151 Wilson Mills Rd. #110
440-771-7070