

# TODAY'S family

March 2024

Lake Geauga

FREE!

Spring  
Discovery  
Days  
Greater  
Cleveland  
Aquarium

Supporting our  
daughters in the  
early years

A twin mom  
humor story

Questions  
adults  
should  
ask their  
parents

LaMalfa  
Celebrating  
60 years

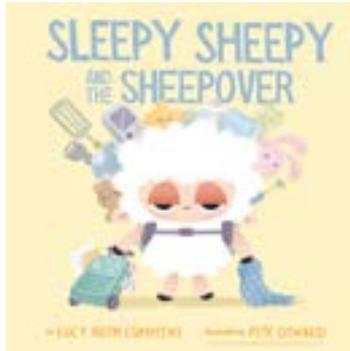
Mommy Chronicles  
Sometimes a good old  
cry is what is needed

Summer  
Camp  
Guide





# Today's Family BOOK — CLUB —



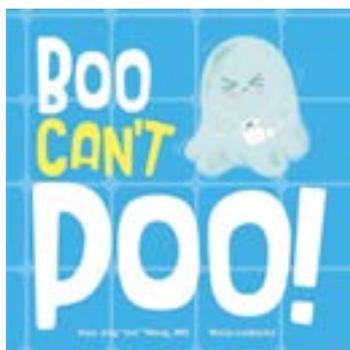
## Sleepy Sheepy and the Sheepover

By Lucy Ruth Cummins (Author)  
Pete Oswald (Illustrator)

Flamingo Books

Release date: February 27, 2024  
\$18.99 | Ages 3-7

Sleepy Sheepy has a new adventure—heading to Grammy and Grampy's house for his very first sheepover! But trouble strikes when it's time for bed and Sleepy Sheepy can't sleep. Everything's not right! His blankets scratch and his PJs don't match! Most of all, Sleepy Sheepy misses his home. Will Grammy and Grampy ever get their favorite little sheep to sleep?



## Boo Can't Poo

Xiao Jing Wang M.D. (Author),  
Rocio Ledesma (Illustrator)  
Mayo Clinic Press Kid

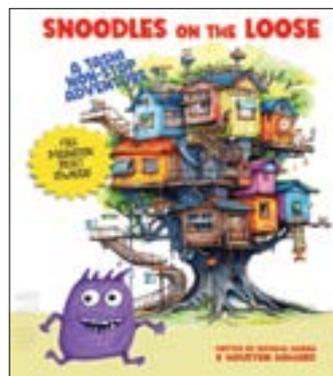
Release date: July 16, 2024  
\$7.99 | Ages 4-6

Get ready to giggle with Boo Can't Poo, the hilarious board book sure to get your little ones laughing and pooping! Join Boo the constipated ghost on his quest to get his bowels moving with the help of his ghostly family. With silly rhymes and cute illustrations, this book is perfect for reading aloud and sharing

some laughs whenever constipation strikes!

Written by Mayo Clinic gastroenterologist, Xiao Jing "Iris" Wang, MD, Boo Can't Poo also includes helpful tips for parents on how to manage constipation in toddlers at home. From high-fiber foods to squatting on the potty, you'll get expert advice to keep your little ones healthy and happy.

This adorable board book is perfect for kids all year round. So whether you're dealing with a case of the constipation blues or just looking for a fun and silly read, Boo Can't Poo is the perfect addition to any library.



## Snoodles on the Loose

By Natasha Hanina (Author),  
Houston J. Howard (Author)  
\$14.99 | Ages 1-12

Step into Borington, where Lucas's dazzling smile and Snoodles' quirky imagination collide in a burst of laughter and adventure. But hold on – a newfangled phone snatches Lucas's attention away, leaving poor Snoodles feeling left out. With Lucas busy with his new phone, Snoodles sets off on a whimsical quest for connection, finding a magical treehouse bursting with imaginative pals and a fun friend named Tashi.

Will Lucas realize that gadgets should take a backseat to fantastic friendship? Can Tashi help them reunite?

Snoodles on the Loose is an enchanting roller coaster celebrating creativity, camaraderie, and the wonders of imagination.

# TODAY'S family

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# LaMalfa celebrates 60 years through reinvention

By Stacy Turner

LaMalfa, the full-service event center in Mentor, has been a fixture in the local community for 60 years. Martin LaMalfa has been at the helm for 25 years, though it's been a fixture in his life much longer. In fact, the business was incorporated the year he was born.

When his father Michael returned from serving in the Korean War, he and his wife Loretta dreamed of sharing their Sicilian heritage with their community. In 1963, they made their first foray into the hospitality industry with Vine Beverage. In 1970, Vine Beverage moved to Eastlake and began providing party trays to homes and local party centers. In 1974, the business expanded, reinventing itself as the Vine Party Center.

Martin LaMalfa grew up washing dishes and setting up for events, learning the business from the ground up. And the business grew due to hard work, his father's expertise in cooking and the recipes passed down from LaMalfa's Italian grandmothers. In 1989, the LaMalfa Party Center opened for business on Heisley Road in Mentor, and it has experienced many changes throughout the decades.

As smaller banquet centers came and went, LaMalfa has met the challenges of adapting to keep up with the changing times.

"Our concept is unique because we have a full-service banquet hall connected to a midlevel franchise hotel," LaMalfa explained.

That hotel, a Holiday Inn Express, opened in 1998 to provide wedding

guests and event-goers with convenient, quality lodging connected to the banquet hall. In 2019 the hotel was renovated, creating 83 all-suite units as a Wingate by Wyndham. According to LaMalfa, 2019 was the company's best year, hosting over 100 weddings, 70 fundraisers, and 300 corporate events.

In 2020, however, LaMalfa struggled like everyone else through the pandemic. Although considered an essential business, people avoided hosting events even though the facility could accommodate them with the required safe distance protocols. So LaMalfa pivoted, opening an outdoor patio to allow people to dine in the fresh air. And while it hasn't always been easy, LaMalfa credits the strong work ethic learned from his parents, coupled with flexibility, to moving forward in the ever-changing hospitality industry.

Throughout it all, one thing has remained constant at LaMalfa -- exceptional food is still at the heart of the business. "The scratch kitchen still follows my grandmother's recipes," LaMalfa noted, "where nothing is canned, frozen, or fried."

The difference keeps satisfied guests coming back.

The patio is often sold out, especially during live music events, and LaMalfa's popular Easter and Mother's Day brunches are hot ticket items, as well. Last Easter, 700 people enjoyed the buffet and festivities, while 750 dined at LaMalfa on Mother's Day.

In 2022 a Lenten Italian seafood buffet was introduced as a healthy alternative to the neighborhood fish fry and has grown from 1,800 guests



that first season to an expected number of nearly 3,000 this Lenten season.

The seafood buffet takes place every Friday in March and the Easter buffet, complete with baskets for kids and the largest Easter egg hunt in Lake County, is scheduled on Sunday, March 31. Both events include admission to the LaMalfa Family Fun Center, a new addition that features a bounce house, inflatable ax throwing, life-sized games, and more.

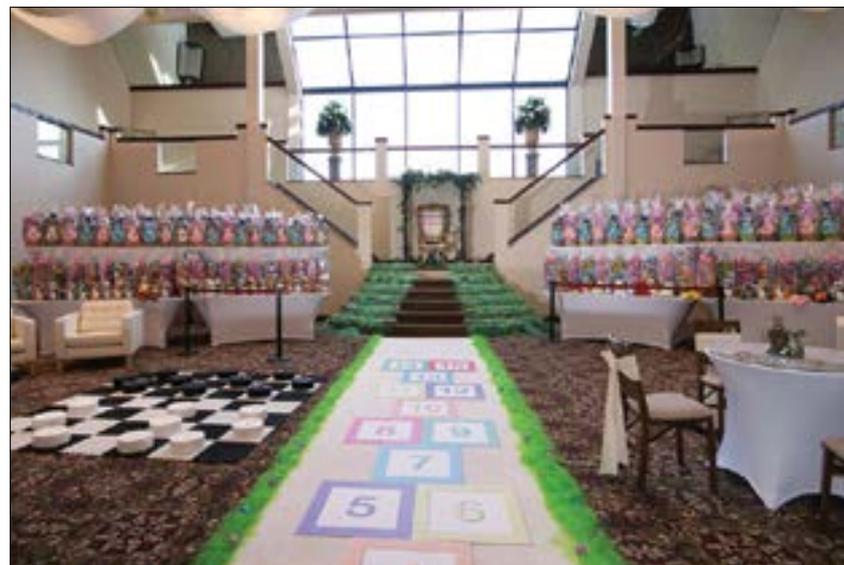
Upcoming concerts include the

"Kenny and Dolly Tribute" on April 24 and "Always Shania," a Shania Twain tribute, on May 16.

For more info and tickets to all their events, visit [Eventbrite.com](https://www.eventbrite.com).

The key to their success, according to Martin LaMalfa, is "looking to the future, staying positive and adapting to change," -- things LaMalfa has embodied since its start.

LaMalfa is located at 5783 Heisley Road in Mentor. For more information visit [lamalfa.com](https://www.lamalfa.com) or call (440) 357-0384.



The Easter chapel set up in anticipation of families for Easter brunch.

LaMalfa's

# Italian Seafood Buffet

The healthy alternative to the neighborhood fish fry!

Fridays starting Feb. 9, 2024

Doors open 4-9 PM with last serve at 8 PM

\$24.50 adult

\$5 child (under 12 years old)

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Eventbrite.com

Ask about seasonal rates and incentives on hotel suites.



# Friendships and Conflicts

Supporting our  
daughters in the  
early years

By Gina Rich

Late last year, my 7-year-old daughter came home from school in a sour mood. “My best friend wouldn’t play with me at recess today,” she reported glumly. “She only wanted to play with this other girl.”

It was that perilous hour of the day when my kids were prone to feeling “hangry,” and I really needed to get dinner started. So I quickly responded to my daughter with, “Oh, I’m sorry to hear that, honey, but I’m sure things will be better tomorrow.” Much to my relief, all was back to normal the very next day.

But when these incidents began to occur more regularly, I decided I needed to do more than just cross my fingers and hope that everything would go smoothly with my daughter’s friendships. So I did what any modern, Internet-savvy parent would do: I jumped on Amazon and purchased a book, “Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early Grades,” by Michelle Anthony and Reyna Lindert.

Written for parents, educators, and counselors of young girls, the book offers strategies for empowering girls to navigate their social world successfully. The authors describe how girls today are facing a challenging social landscape in which cliques, bullying and other forms of female “relational aggression” often occur as early as kindergarten.

When our girls come to us with a problem like

the hot-cold friendship my daughter was experiencing, the authors suggest the importance of a four-step process: first observe how our daughters are feeling; connect with them by listening actively; guide them by working together to brainstorm potential solutions to a problem; and finally support girls to act by encouraging them to follow through with a course of action they choose and can feel comfortable about.

While I didn’t exactly become an expert in employing the four-step framework with my second grader, I did glean some helpful suggestions from “Little Girls Can Be Mean” and have been trying to implement them over time. Here are some strategies from the book that I found useful.

## **DON’T**

**Solve the problem for her.** This was the hardest part for me to accept. When my kids are hurting, I’m always tempted to jump in with my own suggestions, analysis and solutions. While this is a natural response, it doesn’t empower my daughter to figure something out for herself.

**Downplay what may be a sad or upsetting situation for her.** I once made the mistake of trying to dismiss my daughter’s worries about another student who was acting unkind: “Sweetie, when you’re 20 years old, you’ll have so many different friends that you probably won’t even remember so-and-so from first grade!” This statement only made my daughter’s eyes fill with tears. As moms with the benefit of hindsight, we recognize that

the cliques and mean girls of our youth were a seemingly powerful, yet ultimately transient force that faded away as we grew up and developed stronger, more mature friendships. But for our daughters on the cusp of tweenhood, it can be hard to imagine a social world outside the bubble of elementary school, and daily interactions with their peers are a big deal.

## **DO**

**Tune in to those snippets of conversation that might seem unimportant.** We can learn a lot from what our girls might share when we’re just chatting casually. “So-and-so was being so weird today” could be your daughter’s way of saying subtly, “I really want to tell you something that happened with a friend, but I’m not sure I’m ready.”

**Share your own experiences with friendships growing up.** When my daughter was feeling sad about a friend who seemed to be pulling away, I told her how heartbroken I’d been when my best friend from second grade moved to a new city and we grew apart. Knowing they aren’t alone can help girls normalize their feelings.

For me, the most important lesson from the book was the idea that, much as we want to, we can’t protect our daughters from all of the disappointment and heartache they will inevitably encounter in the world. The good news is that we can equip them with the skills, inner strength and fortitude to face and overcome these challenges themselves.

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**[Eugene.Tetrick@jfs.ohio.gov](mailto:Eugene.Tetrick@jfs.ohio.gov)**

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

# Five reasons to donate to Goodwill

Donating your unwanted clothes and household items to Goodwill can be just as powerful as a financial donation

It's that time of year again when the days get longer, and the temps get warmer. Warmer weather always seems to inspire spring cleaning, especially for families. This annual cleaning is the perfect time to declutter and reorganize your home. Out with cold-weather clothing and in with tank tops and shorts. This changing of the seasonal wardrobes is a great time to reevaluate your wardrobe and get rid of clothing items that no longer fit.

Don't let the fun stop. Use this time to declutter other parts of your home, too. Kitchen utensils and appliances, home decor, toys, old electronics — these are all fair game.

Once the cleaning and purging is complete, most families will have a huge box or multiple bags of items that are no longer needed or wanted. Those unwanted items can be a powerful tool to help your local community when you donate them to Goodwill. Why donate to Goodwill? Here are five reasons.

**1. You help make a difference.** When you donate your gently used clothing or household items to Goodwill, the revenue generated from selling those items in local stores supports local mission programs. Locally, Goodwill operates 30 outreach programs that supported nearly 17,000 local residents last year. Programs such as job training for individuals with disabilities or other

barriers to employment, parenting classes, literacy programs, hot meal programs, family strengthening programs, emergency vouchers and even care to survivors of sexual assault. These are all funded through donations and sales at area stores.

**2. Items get recycled instead of ending up in landfills.** Donating your unwanted items to Goodwill, instead of throwing them in the trash, means less garbage in our landfills. Last year, more than 23 million pounds of goods were diverted from area landfills because people chose to donate items to Goodwill instead of throwing them away.

**3. It helps you get organized.** When you clean out your house, it essentially forces you to organize your spaces. If you're pulling out items to donate, what's left must be put back, and that makes it easy to decide where things should go. With every item having its own spot, it can help reduce stress levels in the long term by requiring less last-minute scrambling in a variety of everyday situations.

**4. It gives you a reason to shop.** Donating items frees up space for you to see what you actually need. Thrift shopping is a great way for individuals and families to save money on clothing and household items. Shopping at Goodwill stores is a treasure hunt and can produce one-of-a-kind finds for a fraction of retail prices. And, shopping at Goodwill supports vital outreach programs.



**5. It's convenient.** Our Goodwill offers more than 30 area donation centers. Visit GoodwillGoodSkills.org to find a donation center near you. Even our bookstore locations accept donations.

### Local Goodwill stores have a critical need for donations at this time.

"We have a tremendous need for donations right now," explained Maureen Ater, vice president of marketing and development. "Donations are critical to provide product for our stores, and ultimately fund essential services to our community."

Goodwill also can provide tools to help area businesses or agencies host donation drives. Donations to Goodwill are tax deductible. Starting last year, the local Goodwill now offers mobile donation centers, which can be reserved for up to a week for free. This is a great service for large cleanouts with lots of boxes, furniture and/or other household goods you would like to donate. Learn more at GoodwillGoodSkills.org.

**THANKS TO A  
A DONATED  
TEA KETTLE  
MY CAREER IS  
FULL STEAM  
AHEAD.**

**Goodwill**  
GOODWILLGOODSKILLS.ORG

# Protecting against water backup of sewers or drains

Spring tends to be our wettest season. The ground is saturated and there is no place for the water to go other than where you don't want it to go.

What if this water makes its way into your home – are you covered? A standard homeowner's policy does not provide coverage for such an event, but there are ways to help protect your home.

Damage from water backup of sewers or drains can be costly and tends to occur in the basement, which is where your washer and dryer, furnace, hot water tank, and other items and appliances may be located. Water or sewage can destroy anything it comes in contact with.

Water backup of sewers or drains occurs when water or sewage backs up into your home through a floor drain, sump pump well, wash-tub or toilet in the basement. Sump pumps can fail due to power outages or motor failures, or the sump pump may be unable to handle the flow of water during a severe storm or flood. Sewers or drains can also back up due to blockage.

You can prevent water backup of sewers or drains by:

- Maintaining gutters and downspouts. Keep them free of debris and leaves. Also

repair them if they are sagging. Extend downspouts at least 10 feet from the house. Adjusting landscaping so water flows away from the foundation. French drains can help with this process.

- Installing a backflow prevention device.
- Considering a sump pump system in your basement, as well as a battery backup in case of a power outage.

It may be well worth purchasing additional coverage with your homeowner's insurance policy. Be sure to contact us about Water Backup of Sewers or Drains coverage. The Corsaro Insurance Group would be happy to help you with all your insurance needs.

Courtesy of the Corsaro Insurance Group and Auto Owners Insurance.

*Matthew Corsaro is the president and owner of the Corsaro Insurance Group in Mentor, Ohio. 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 twenty insurance companies. As well they have expertise in all areas of auto, home and business insurance. They can be reached at 440-946-4950.*



## Just For Laughs

**Here are a few riddles to get your brain going!**

Give me food, and I will live. Give me water, and I will die. What am I? — Campfire.

A man went on a camping trip on his horse. He left on Sunday and came back on Sunday but he went away for 10 days. How can this be? — His horse's name was Sunday.

I can be put in a bag but I'm not a sandwich. I have a door but I'm not a car. I'm sometimes made of canvas but I'm not a piece of art. I have people sleeping in me but I'm not a hotel room. What am I? — A tent.

I have a magnet but I don't stick to metal. I have a needle but I can't sew. I sometimes have scales but I can't weigh anything. I help you find your way but I'm not a map. I have N E W S on me but I'm not a TV. What am I? — A compass.

Johnny received two tents from a local farmer, two tents from his mother-in-law, and two tents from a deer hunter. He has seven tents to take to the camping site. How is this possible? — He already owned a tent.

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- Daily religion
- Weekly chapel
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- After-care program
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## Cleveland's beloved orchid show returns to warm your spirit

Be amazed by orchids at every turn at the Cleveland Botanical Garden's annual flower show, Orchids Forever: Golden Hour running through Sunday, March 17. Immerse yourself in the striking hues of sunrise and sunset to wipe away the winter blues at Orchids Forever: Golden Hour.

This year's show will highlight the serene feeling of sunrise and sunset. Species like Phalaenopsis, Dendrobium, and Oncidium come in hues of pink, purple, orange, and yellow—the sky's color palette. Guests will be surrounded by orchids located throughout the indoor gardens and glasshouses, a dreamscape for flower lovers, and endless photo opportunities for all.

Showcasing over 100 different types of orchids, Orchids Forever: Golden Hour will display more than 3,000 flowers from exotic blooms to well-known varieties.

Open Tuesdays, Wednesdays, Thursdays, and Fridays 10 am–5 pm, Saturdays 10 am–8:30 pm, and Sundays noon–5 pm. The Botanical Garden will be closed on Mondays.



Photo credit: Cleveland Botanical Garden

Please note hours are subject to change, visit [holdenfg.org](http://holdenfg.org) for updated information.

Admission is \$20 per adult and \$14 per child ages three to 12 (free for children two and under). Admission is FREE for Holden Forests & Gardens members. The Botanical Garden is at 11030 East Blvd., Cleveland, Ohio. Indoor parking is available for a fee based on availability. For complete details about Orchids Forever and to purchase advance tickets visit [holdenfg.org](http://holdenfg.org).



## The YMCA Healthy Kids Day

Fun, free, healthy kid activities March 23 from noon–3 pm

The YMCA of Greater Cleveland and Rocket Mortgage FieldHouse are teaming up to present Healthy Kids Day 2024 on March 23 from noon to 3:00 p.m. The event is free and open to the public.

Healthy Kids Day® is the Y's national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities have hosted free community events aimed to inspire kids and families to keep their minds and bodies active.

The YMCA of Greater Cleve-

land event will include kids' fitness classes, dancing, sports skills clinics, arts and crafts and other enrichment activities. There will be dozens of community vendors with interactive games, activities, prizes, giveaways and much more!

Vendors who cater to families can apply to participate by going to [www.clevelandymca.org/vendor](http://www.clevelandymca.org/vendor).

For more information about Healthy Kids Day 2024, visit <https://www.clevelandymca.org/healthy-kids-day>.

# Questions adults should ask their parents

Expert advice about important conversations to have with your parents

By Cheryl Maguire

“Now I’ll never know the answer.”

I’ve heard my mom say this many times since her parents passed away. Often, she has a question about a childhood memory or a possible genetic medical issue that she wishes she had asked her parents while they were still alive. After she makes this declaration, she sounds sad that she is left with these unanswered curiosities that only her parents know. Of course, she misses her parents but there is also a sense of regret that she didn’t ask these questions when she had the chance.

Michelle Blanchard Ardillo, 64, a freelance writer and an academic tutor, has had similar feelings about her parents who passed away. “I wish I would have pressed my mom and my dad to talk about their childhood and their parents. I feel a void where those connections should be,” she says.

Gretchen Kubacky, Psy.D., a health psychologist and author of, “Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss,” shares her personal experience after losing her parents. “I wish I had asked my mother more about her relationship with her father. I also would have liked to know if she had truly wanted to be a stay-at-home mom or if she felt like it was a predetermined choice. For my father, I would have wanted to know more about his experience growing up as a first-generation German-American,” she says.

Since my parents are still alive, I would like to try to prevent these feelings of regret, so I turned to the experts to learn more.

“When your parents die, you want to have as few regrets as possible and the assurance that you did the best you could for them. Only by asking the questions in advance will you know this for sure,” says Kubacky.

## Questions to ask

So where do you begin? The process can seem overwhelming and sad since most people have a hard time discussing death or dying. Amy Pickard, a grief coach, created a Departure File (<https://goodtogopeace.org/services>) that includes questions related to childhood memories,

accomplishments, and other reflections. You could ask your parents to fill out the form if it is easier for them or use it as a basis for conversation starters.

Clare Bidwell Smith, a grief counselor and author of, “Anxiety: The Missing Stage of Grief” recommends using Pickard’s booklet or using Conversation Cards to help facilitate discussions. Based on Kubacky and Bidwell Smith’s experience working with their clients around grief they highlight some key questions you could ask:

- What do you think happens when we die?
- What do you imagine the after-life to be?
- Are there certain ways you’d like to be remembered?
- Are there signs you think I should look for that will remind me of you?
- What are songs I could play to remember you by?
- Are there any places I could travel to that you loved and visited?
- When I’m sad and missing you, is there something you think I should do or remember?
- What’s your strongest childhood memory?
- What was your first date with (the other parent) like? Or, how did you meet?
- What are you most proud of in your life?
- Do you have any big regrets?
- If you could have done one thing differently in your life, what would it be and why?

## How to handle parental resistance

So, what should you do if your parent doesn’t want to answer your questions? How should you handle it? The experts offered some suggestions about how to respond when your parents don’t want to discuss certain topics.

Kubacky suggests that you respect your parents’ desire for privacy but also keep gently coming back to the topics. “Many people are uncomfortable talking about illness, death, and money. But it is in their best interest, as well as yours, to share at least enough information that you can quickly and easily shift into caregiver mode if need be,” she says.



Pickard explains that her father is not a “touchy-feely emotional share and care guy” so she knew she had to frame her questions in a way that he would feel comfortable responding. Instead of asking him a personal question she asked, “What are the ten traits that you think I got from you?” At first, he responded, “I don’t think about that kind of stuff.” But then he called her an hour later and listed traits like her sense of humor and sports ability that he shares with her.

Pickard also stresses that sometimes you might have to ask the question a few times before they answer, or they might not respond right away like her father. “Just keep at it. If your parents don’t want to talk about stuff, you’ve got to just keep pressing them and try to figure out a way that it’ll be palatable or try to be creative in getting the information that you want,” she says.

## Why these questions are important

“When we lose someone we love, we are left with myriad questions that are difficult to find answers. We are also sometimes left with a sense of guilt that can contribute to anxiety and depression,” says Bidwell Smith. This is why it is important to have these conversations while you still have the opportunity.

Pickard explains that reminiscing is a powerful way to remember that you are living and how you have lived. “When you have these conversations with your parents, you will never regret it,” she says.

She goes on to say, “It’s those conversations with your parents that provide the most nutrition for you when you’re grieving. Those are the conversations that are going to stand out in your mind and provide you with the most comfort.”

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# A DOUBLE TAKE

## A Twin Mom Humor Story



By Cheryl Maguire

I had been holed up in my house for three months like an apocalypse survivor, scared to venture into the world. Giving birth to twins will have that effect on you. My fear of leaving the house was mostly centered on the increased odds of at least one of them letting out a full-blown stage-five crying fit or requiring a massive diaper change. I had no idea how to handle either situation in public. Plus, I could only imagine that my sleep-deprived face resembled a zombie that may scare small children.

But when I finally ventured out into the world it turned out that no one was looking at me. They only noticed my adorable twin babies.

What I wasn't expecting was the amount of attention and questions I would encounter from total strangers.

The first time it happened I was pushing the double stroller, struggling to open the door to enter a store. A woman sidled up next to my stroller and popped her head in to get a better look at my little cherubs.

"Oh, aren't they adorable! How old are they? Are they twins?"

"Thanks. Yes, they are twins. They are three months old."

"Are they identical?"

This question caused me to panic. In my sleep-deprived stupor, I wondered to myself, "Did I accidentally dress both babies in the same color. If so, were they both dressed in pink or blue?"

Glancing into the stroller, I checked for the gender-identifying outfits. Sure, enough one was in head-to-toe blue while the other was dressed in head-to-toe pink. They both had cute little baby hats on and there was no mistaking the colors. The poor woman must be color blind. I decided to not draw attention to the issue, and I just answered her question.

"They are a boy and a girl!"

"Of course they are! They are dressed in head-to-toe blue and pink but are they identical?"

Apparently, I did not answer the question and she is not color blind, but she possibly missed some basic biology lessons about how boys and girls do not have identical body parts so it is not possible for them to be identical twins. Should I have some

fun or actually answer her question?

"Yes, they are identical," I said. I couldn't help myself. As I already mentioned after being confined to my house for three months, the incorrect information just poured out of my mouth.

"I can tell. They definitely look identical," she said.

I felt like saying you might not be color blind, but you probably need to have your vision checked because they look nothing alike. They have different colored hair (although they did have hats on so I'll give her that), different shaped faces, different noses and they are a boy and girl but I merely smiled and said, "Thanks!"

I chalked that up to someone who probably failed ninth-grade biology class and needed an eye exam. But then it happened again and again and again!! It happened so often I started to wonder if maybe they were identical, and it was me who needed to retake biology class or at the very least get some sleep. I knew I was severely sleep deprived so it's possible I was hallucinating the whole thing.

I then did what any sane person would do in my position, I Googled it. Turns out it is really common for parents of boy/girl twins to hear this question especially when they are babies. But I wondered, "Why?"

One Internet person surmised that "people just don't really understand what twins are." Well, that definitely seems to be the case. As they got older, it happened less and less. And then when one grew bigger than the other people didn't even ask anymore because they thought that they were just regular siblings.

It's too bad that no one asks me if they are identical anymore because I finally thought of something to say. I guess I'll just have to pass it along to other twin parents. It should put an end to the questioning immediately.

They have identical crying schedules and their next one is happening in about five minutes.

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

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\$18 adult, \$14 youth 12+, \$7 child 3–11

Enjoy brunch with the Easter Bunny and have a photo opportunity. All children under 12 will receive a take home Easter egg hunt kit that has a dozen plastic eggs filled with candy and surprises.



## Women's History Luncheon | Sat., March 23 • noon

\$38 members, \$42 nonmembers

Performance of First Lady Betty Ford

## Solar Eclipse | Monday, April 8 • noon–4 pm

FREE open house. Bring your glasses, chairs and picnic!

## Bite of History | Thursday, April 18 • noon

\$20 members, \$23 nonmembers

## Spring Tea | Saturday, April 27 • 2 pm

\$22 members, \$24 nonmembers, \$12.50 under 12

Performance of artist Georgia O'Keefe

## Para X Adventure | Friday, May 3 • 8 pm | \$47

Call the History Center for reservations at:

440-639-2945 or [LakeHistory.eventbrite.com](https://www.lakehistory.eventbrite.com)

415 Riverside Drive, Painesville Township

Hours: Tuesday–Friday 10am–4pm

## Girl Scouts of North East Ohio 2024 Girl Scout Cookie season

Girl Scouts of North East Ohio (GSNEO) has kicked off the 2024 Girl Scout Cookie season. This is an annual event in which Girl Scouts unbox their futures as young, female entrepreneurs through the world's largest entrepreneurial program for girls.

During this highly-anticipated time of the year, Girl Scouts flex their entrepreneurial muscles and acquire important life skills like money management, team building, public speaking, and decision making. All proceeds from cookie sales stay with local councils and troops to power Girl Scouts' amazing experiences year-round.

This year's theme, Unbox the Future, aims to remove social barriers that often keep girls boxed in. When bold, goal-setting Girl Scouts sell a package of cookies, they're doing much more than what's seen at face value. Girl Scouts do more than sell delicious treats— they're entrepreneurial powerhouses creating a more equitable future for themselves and the world. Every box of cookies sold

provides invaluable experiences for Girl Scouts such as service projects, troop travel, and summer camp.

More than 12,000 Girl Scouts participate in the Girl Scout Cookie Program across northeast Ohio, which provides vital girl-led entrepreneurial skills that build courage, confidence, and character. As a result, they obtain limitless barrier-breaking futures with transferable life skills through the program.

### How to purchase

#### Girl Scout Cookies this year

- If you know a registered Girl Scout, reach out to her to find out how she's selling cookies.
- Don't know a Girl Scout? Visit [gsneo.org/findcookies](https://gsneo.org/findcookies) and submit a Customer Cookie Request Form to be connected with a local troop.
- Beginning February 16, enter your zip code into the Girl Scout Cookie Finder at [gsneo.org/findcookies](https://gsneo.org/findcookies) to order online from a local troop, or to find a local cookie booth happening in your community from March 8–24.

## The Kindness Games

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- 1) Choose one educator to visit [www.BeKindland.com](https://www.BeKindland.com) to register your school as a Kindness Games participant.
- 2) Share the Kindness Games information with your entire staff and student body and ask that everyone download the Just Be Kind® App. The app is available in both Apple and Android device app stores. When registering, students and

staff will be asked to enter basic contact information. They must enter your school's name to be associated with your school's results.

- 3) Throughout The Kindness Games, encourage use of the app to log in as many acts of kindness that they see or do including examples found in the news or social media.
- 4) At the end of The Kindness Games, the number of participants and the number of acts of kindness logged on the app by each school will be tallied and winners will be recognized in the provided categories.

Winners will receive cash prizes in two categories — total percentage of participants and total percentage of acts of kindness. (Percentages allows schools of every size to compete fairly against each other.)

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DISCOVERY  
DAYS

MARCH 16 – APRIL 7

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# Best Version of You, LLC helps to empower women

Best Version of You, LLC is a company 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.

“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 collaboration, 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](http://bestversionyou.com) and visit the “contact” page to send an email or schedule a call with Pamela Kurt. See ad below for a special event!

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# Spring Discovery Days runs March 16 – April 7

Greater Cleveland Aquarium to spotlight smaller species

Did you know that eastern musk turtles are little “stinkpots” that emit a foul odor when threatened, or that three-inch-long Vietnamese mossy frogs are mini ventriloquists able to make it sound like their voices are coming from 10 to 13 feet away? Have you seen a thinstripe hermit crab pull its body into its shell for protection or noticed the arc-eye hawkfish perched to spot prey?

Join Greater Cleveland Aquarium in taking a closer look at these and other diminutive animals during Spring Discovery Days, March 16–April 7. Tiny animal trivia, daily animal encounters (with special appearances by Nora the Explorer on Fridays from 11 am–3 pm), pop-up Discovery Cart activities, an I Spy Challenge and short spotlight videos round out the celebration of smaller species, included with regular Aquarium admission.

While Greater Cleveland Aquarium Curator Ray Popik acknowledges that standing under sand tiger sharks or spotting the well-camouflaged giant Pacific octopus is going to be a memorable part of any visit to this Flats West Bank destina-

tion, he hopes Spring Discovery Days will give guests “an added appreciation for the little things—like garden eels’ mucus lined burrows or the gripping power of the blue poison dart frog’s adhesive toe pads.”

In addition to smaller species, Popik believes Spring Discovery Days highlights one of the Aquarium’s most unique features—its design. Housed inside a historic, brick powerhouse, the Aquarium’s geographically-themed fresh and saltwater galleries include many floor-to-ceiling, overhead and freestanding, 360-degree habitats. “Guests can get close enough to see a weedy seadragon’s independently moving eyes or a Surinam toad’s star-tipped fingers.”

In addition to in-person activities, the Aquarium is offering an online “A Little Trivia Giveaway” (ages 18+, one entry per person) and a virtual “Take a Closer Look” program (Thursday, April 4, 4–4:30 pm; \$10 per screen general, free for Aquarium passholders). The educator-led online adventure offers participants up-close views of small animals and the chance to ask their big questions in real-time.



## SPRING DISCOVERY DAYS

Greater Cleveland Aquarium  
2000 Sycamore St., Cleveland  
216.862.8803 | [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com)

Saturday, March 16–Sunday, April 7  
10 am–5 pm (last ticket sold at 4 pm)

\$19.95 ages 13+; \$13.95 ages 2–12;  
\$0 passholders and children younger than 2

Capacity limited; advance tickets strongly encouraged.



## Visit Our Spring Open House March 13th - 6pm

\* Learn about our challenging curriculums for both preschool and K-8th grade

\* Collect information on the various scholarships we have available, including EdChoice

\* Personal tours can be scheduled any time by contacting the school office



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### 6 tips to help save money



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

**Not changing your filter:** There are a variety of issues that stem from not changing your filter, inefficiency, and rising energy bills among them.

**No regular maintenance:** Forgoing regular maintenance on your HVAC & plumbing system may seem like an easy way to cut costs, but the damage of doing so can quickly add up over time.

**Blocking airflow:** Proper airflow is one of the most important things that your HVAC system requires to function efficiently. If this airflow is blocked, multiple issues can arise.

**Actively look for drips:** Drips add up over time—and can also signal a larger problem at hand. Loose

valves, cracked pipes, or even flooding are all issues that a few small drips can warn homeowners about.

**Upgrade your water heater:** Heating water requires a lot of energy; by upgrading to a more effective, energy-efficient model, you can save a lot of money over time.

**Check your water meter:** Take a quick look over your water meter to be sure that your water flow is running normally.

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## The Great Geauga Solar Eclipse!

Fairgrounds to offer premiere viewing experience starting at 11 AM

Gauga County residents are so lucky to be in the path of totality for the total solar eclipse on April 8!

To celebrate, Geauga Park District has partnered with The Great Geauga County Fair to host a FREE large-scale viewing event at the Geauga County Fairgrounds. Plan to come out for The Great Geauga Total Solar Eclipse to receive access to free eclipse-viewing glasses while supplies last (then we share) and access to loads of activities beginning at 11 a.m. The eclipse itself will last from around 2 to 4:30 p.m., with the total eclipse beginning at 3:15 p.m. for 3 minutes 27 seconds of darkness in the middle of the afternoon!

We hear traffic in the region could be slow due to the influx of people in the area, so while you're coming to the fairgrounds, why not make a

day of it? A variety of food trucks will be on-site, or bring your own picnic. Bleacher seating will be available, or bring your own lawn chairs. Sorry, no dogs or drones will be permitted. Additional features will include a pop-up nature store with eclipse merchandise, multiple viewing stations with various equipment, citizen science projects, multiple photo ops and more!

Parking lots open at 10:30 a.m. – arrive early and stay in the area late! Looking back, three of the last four April 8s would have been perfect weather for viewing such an event. But whatever the weather, it will be an awesome experience in northeast Ohio to be sure! Learn more, including the complete and detailed schedule of events online at [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org).

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# Just Add Water

Sometimes, nothing helps more than having a good old cry to let it all out

By Stacy Turner

The other day, my high school senior was struggling to connect online to take a timed exam for one of her college classes. She spent precious minutes entering the same email and password, clicking the submit button, and receiving the same frustrating error message. By the time my husband entered the room, her stress-induced meltdown was already well underway. Once she dried her tears, however, she was able to come at the situation from a different angle, which ultimately proved successful.

Frustration and tears may seem less than ideal in the moment and are sometimes uncomfortable for others to watch. But as unwanted as they may seem, according to research, tears do serve a valuable purpose. Tears release endorphins – feel-good chemicals in the body to help ease physical and emotional pain. Sometimes, we need this reset in order to reframe our current situation. It's the body's way of self-soothing.

Back when they were babies, new parents struggled to determine when to let the baby cry, and when to intervene. Over time as we became more attuned, we learned when to step in and when it was best to let our little ones settle themselves.



Often, this lesson was more painful for the parent than the child, but it was necessary for the development of both.

As toddlers, big emotions coupled with small vocabulary often led to frustration and emotional explosions. As parents, we used time outs, quiet time, and other cool-down methods to help our kids learn to breathe deeply and settle themselves. But learning how to self-soothe and regulate emotions is important for older kids as well.

It's crucial when facing an inevitable setback, a detour from a planned path, when people or situations are frustrating, or when technology doesn't work the way it should. It's important for kids of all ages (parents included) to take time to breathe deeply, cry if needed, then regain control of our composure in order to see the situation with fresh eyes. Sometimes tears are helpful in clearing up our vision.

Recently, during a difficult workday, I stepped outside for a walk in the brisk, fresh air to clear my head. Often, pulling weeds in the garden is therapeutic. Other times I find relief through quiet time in prayer. Sometimes, nothing helps more than having a good old cry to let it all out. It's important to learn what helps you deal with upsets, because they are sure to come.

Over the years, our kids will have more and more time on their own. Which means we won't always be there when they're facing difficulties. Hopefully, they'll be reminded of how they've learned to deal with adversity in the past, to help guide them through as they venture out on their own. And just like when they were tiny, we'll need to struggle to decide if or when to intervene as they learn to figure it out. In time, we'll learn to navigate through to find healing and calm.



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Bring chairs or your own picnic and make a day of it! Food trucks and bleacher seating will also be available.



**geaugaparkdistrict.org**



# summer camp guide

## Choosing a Summer Camp

By Kimberly Blaker

Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family.

### The benefits of summer camp.

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away to summer camp. But for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager – or at the very least willing to give it a shot without too much fuss – summer camp offers lots of opportunities kids aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and hobbies
- Provides the opportunity for creative expression

- Gives kids a break from being plugged-in
- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss

### Getting started in your search.

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider.

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?
- Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is right here in Today's Family and on [www.TodaysFamilyMagazine.com](http://www.TodaysFamilyMagazine.com)! The American Camp Association

(ACA) accredits summer camps. So this is another excellent place to look for a camp. The ACA educates camp owners and directors in health and safety for staff and campers as well as program quality. It then accredits camps that meet the organization's standards.

### Next steps to finding the perfect summer camp.

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. Several things to consider:

### What are the staff's qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

### How does the camp ensure your child's safety?

Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or there's an emergency?

### What is the daily schedule for campers?

Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

### What are the rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can your child bring along a cell phone or electronics? Also, how much money should your child bring, and how is your child's money managed?

### Don't sweat it.

Keep in mind, although there are many great camps, no camp is likely to offer everything precisely the way you want it. Just choose the one that best fits your child and satisfies your most important criteria. Remember, your child will have many summers to come and plenty more opportunities to work in more exciting camp experiences.

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ing, and having lots of fun! Space is limited. Sign up now!

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www.chagrinvalleyfarms.com

Does your child love horses? Have they experienced the joy of riding or spent a day playing horse games, making crafts, and grooming ponies as they learn how to care for these amazing animals?

Chagrin Valley Farms happily shares these experiences with children ages 6 and up during their camps that run weekly June 5 through August 18. Staffed by experienced instructors, their summer riding camp develops

young riders with English riding and horsemanship instruction. Campers may see a farrier shoe a horse or watch a veterinary visit. In addition to riding, campers will groom and care for the horses.

They offer half-day and full-day sessions, designed with fun and safety in mind. Chagrin Valley Farms is northeast Ohio's premier, full-service equestrian center, offering camp and lesson programs year round, in addition to horse shows for all levels.

Visit them online, email [info@chagrinvalleyfarms.com](mailto:info@chagrinvalleyfarms.com), or like them on Facebook.

**Double Deuce Farm**  
11653 Girdled Road, Concord  
(440) 796-6532  
www.doubledeucefarm.com

Does your child love horses and ponies? Double Deuce Farm has the camp for you! Sign up for one of their camps and your child will have fun while learning all about horses. **Cont'd page 20→**



**Struggling academically?**  
We can change that!

For more than 50 years, Lawrence School has delivered academic excellence to students with dyslexia, dysgraphia, dyscalculia, and ADHD.



**Lawrence School**

Space is limited—register today!  
Questions? Call 440.526.0717.  
[lawrenceschool.org/summer](http://lawrenceschool.org/summer)

**Lions Leap** \$1,200  
For students entering grade 1-6

June 12 – July 10, 2024 / 7:45 – 11:45 a.m.

You won't believe how far your child will leap ahead in just four weeks when immersed in evidence-based classroom strategies. Our certified teachers use a multisensory approach, based on Orton-Gillingham methodology, to boost reading, writing, math, and organization skills. Small class sizes, grouped by skill level, ensure the needs of every learner are met. Each morning includes four 40-minute academic periods with playground fun in between. Join us for Lions Leap and your child will gain confidence and discover how enjoyable learning can be!

**No classes June 19, & July 4 & 5**

**Alphabet Adventures** \$500  
For preschoolers & kindergarteners, ages 3-5

June 12 – July 10, 2024 / 8:30 – 10:00 a.m.

Ensure future reading success with our evidence-based alphabet classes. Learners will build essential pre-reading skills by strengthening their phonemic awareness through a variety of visual, auditory, kinesthetic, and tactile activities that connect sounds to letters. In addition to pre-literacy skills, your child will also experience STEM and math concepts through specialized instruction.

**An 11 day program. No classes Mondays, Fridays, and June 19 & July 4**



## Girl Scouts are a force of nature.

This summer plan an unforgettable experience in the great outdoors at Girl Scout Camp.

To learn more visit  
[gsneo.org/summercamp](https://gsneo.org/summercamp)

girl scouts   
of north east ohio

customercare@gsneo.org | 800-852-4474 | gsneo.org

**(Double Deuce cont'd)**

Boys and girls, ages 6 and up are encouraged to register. Camp dates are June 17–21, July 8–12, August 5–9 from 9 am–3 pm. All levels of riders are welcome from the very beginner to experienced riders.

Camp includes two mounted riding lessons each day, along with ground lessons, crafts, and a visit from an equine professional. They conclude the week with a pizza party for the kids and a camp T-shirt is provided.

Visit their website for details about mini camps and info about weekly riding lessons or email [Doubleducefarm22@gmail.com](mailto:Doubleducefarm22@gmail.com).

**Fairmount Center for the Arts**

8400 Fairmount Road, Novelty  
(440) 338-3171

[www.fairmountcenter.org](http://www.fairmountcenter.org)

Fairmount Center for the Arts offers full- and half-day performing and visual arts camp options

for ages 3–14 in a welcoming, supportive environment. Camps and classes are taught by teaching artists and focus on theatre, music, dance, and visual arts. Full-day camp options include those that explore creativity across all four disciplines as well as a three-week theatre camp culminating in a cabaret-style production.

Preschoolers can discover the arts in morning camps throughout June and July. Half-day camp options for elementary and middle school campers include Recycle Arts, Nature Arts, Music at the Movies, Broadway Bound, and the hip hop dance camp, Pop, Lock, Hit, Drop.

For more than 50 years, Fairmount Center for the Arts in Novelty has brought quality arts instruction to the northeast Ohio community.

Register for camps or classes today at [fairmountcenter.org](http://fairmountcenter.org) or by calling (440) 338-3171.



**The Fine Arts Association Summer Camps**

38660 Mentor Ave., Willoughby  
(440) 951-7500

[www.fineartsassociation.org](http://www.fineartsassociation.org)

The Fine Arts Association (FAA) offers full- and half-day camps for the littlest campers at age three through high school grads! From the ever-popular Theatre Arts Camp (TAC), and the Summer Dance Intensive, the summer session is now open for registrations.

Arts camps, classes, workshops, and private lessons are offered in dance, music, theatre, visual arts, and creative arts therapies. From June 17 to August 3, FAA's six-week summer programming offers something for all ages and ability levels. Before- and after-care are FREE for a variety of summer camps!

Whether you are pursuing the arts recreationally or professionally, FAA is the place to create and discover beauty.

Visit [fineartsassociation.org](http://fineartsassociation.org) to learn more or call (440) 951-7500.

**Girl Scouts of North East Ohio**

[gsneo.org/summercamp](http://gsneo.org/summercamp)  
(800) 852-4474

Summer is just around the corner, and it's time to start planning your girl's next big adventure. The best part is, all girls are welcome — no Girl Scout experience necessary!

Girl Scouts are a force of nature. They were meant for outdoor adventures. Your girl is ready to discover the world — to embrace the freedom of the woods, the sky, and water.

If she loves the water, Splish Splash may be her perfect Day Camp, but if she loves science, maybe Friends of the Forest is the perfect week-long day camp for the girl who's eager to learn about animals and their native habitats! Stardust may be the resident camp for the astronomer in training in your life. Whichever camp themes she chooses, fun is sure to follow! Visit their website or call today for more info!

the Y YMCA

**YMCA SUMMER CAMP 2024**

Now registering for our Geauga County locations  
[ClevelandYMCA.org](http://ClevelandYMCA.org)

## summer camp guide

### Greater Cleveland Cross Country Camp

(440) 290-0185

[www.greaterclevelandxc.com](http://www.greaterclevelandxc.com)

The Greater Cleveland Cross Country Camp is geared for the beginner to the advanced runner, who is looking to have a better focus pertaining to the fundamentals of cross country running and conditioning, to obtain maximum benefit.

Through group runs, guest speakers and group activities, each runner will leave with a positive attitude, tools to become an improved runner, and a better understanding of running.

This is the 21st annual cross country camp and will be held Tuesday, July 23 through Saturday, July 27 from 8 a.m.–11:30a.m. at Shore Middle School in Mentor. The last day is a cross country race for all campers based on grade level. The camp is open to boys and girls K–12th grade.

The Greater Cleveland Cross Country Camp is organized by

Mentor High School boys/girls head cross country coach, Bill Dennison, with the support of other local coaches and college runners. They hope each camper leaves with the love and passion that the staff at the Greater Cleveland Cross Country Camp has.

### Guardians Youth Summer Camps

[www.cleguardians.com/summercamps](http://www.cleguardians.com/summercamps)

Step up to the plate and join the Cleveland Guardians Youth Summer Camps for a week of baseball and softball excitement! Designed for kids aged 6 to 14, this camp offers a blend of fun, skill-building, and friendship. Whether your child is a first-time player or a seasoned veteran, they'll enjoy a range of activities designed to enhance their game. Safety is paramount, with instructors tailoring activities to suit each child's age and experience level. With top coaches from northeast Ohio, every camper will receive →

fine arts association  
**SUMMER CAMPS 2024**

ALL AGES AND ABILITIES

REGISTRATION NOW OPEN

WWW.FINEARTSASSOCIATION.ORG  
440-951-7500

38660 MENTOR AVENUE WILLOUGHBY OHIO 44094

# CAMP FITCH YMCA



## Making kids better, forever!



# Youth Spring Sports at LNSP East!

## Lil Kickers - Soccer



Spring Session: March 11 – June 2

Registration now open!

- Choose one day per week (Mon., Tue., Thur. or Sat.)
- Innovative child development program based on soccer
- Focuses on kids ages 18 months – 7 years old
- Classes run 50 minutes per session, once a week
- Class fee of \$17/week
- Sign up for a FREE TRIAL TODAY!

[www.lostnationsports.com/youth-program/lil-kickers-east/](http://www.lostnationsports.com/youth-program/lil-kickers-east/)

## Skills Institute - Soccer



**NEW PROGRAM BEGINNING THIS SPRING!**

Spring Session: March 11 – June 2

Registration now open!

Skills Institute is where soccer takes center stage. Rooted in child development theory, kids have a blast learning and improving technical and tactical soccer skills.

Players will walk away more confident, equipped for their next right step, and ready for life's challenges on and off the field. Players enjoy 30 minutes of age-appropriate instruction and 20 minutes of small-sided scrimmaging. Classes meet weekly for 50 minutes. Class fee of \$19/week.

Read more about the program at:

[www.lostnationsports.com/youth-program/skills-institute](http://www.lostnationsports.com/youth-program/skills-institute)

## Little Sluggers - Baseball



Spring Session: March 11 – June 2

Registration now open!

- Choose one day per week (Mon. or Sat.)
- Introduction to baseball ages 2 – 6 years old
- Class fee of \$17/week

[www.lostnationsports.com/youth-program/little-sluggers](http://www.lostnationsports.com/youth-program/little-sluggers)

## Mike Moran Basketball Camps



June 17–21 & June 24-28

Time: 9:00am-3:15pm

To find out more details and pricing, please visit:

[www.morancamps.com](http://www.morancamps.com)

## Court & Field Rentals

Soccer, basketball, football, volleyball, baseball, more!

Contact: Ed Strauss at [EStrauss@LNSPORTSPARK.COM](mailto:EStrauss@LNSPORTSPARK.COM)



38630 Jet Center Dr., Willoughby  
North of Rt. 2 off Lost Nation Road  
440-602-4000  
[www.LostNationSports.com](http://www.LostNationSports.com)

## summer camp guide

### (Guardians Camps cont'd)

quality instruction while having a blast. The experience doesn't end on the field; each camper receives an MLB-quality Guardians jersey and cap, plus two tickets to a 2024 Guardians game. Don't miss this chance to create lasting memories and a love for the game!

### Hawken

#### Summer Programs

Gates Mills and Lyndhurst  
(440) 423-2940

[www.hawken.edu/summer](http://www.hawken.edu/summer)

Hawken Summer Programs Camp offerings include a variety of exciting activities led by experienced professionals for boys and girls ages 4–14. While your child is enrolled, you'll rest assured knowing he or she is in a safe, nurturing environment. Camp offerings include Hawkings, Boys or Girls Day Camps, Boys Sports Camp and Girls Lifetime Adventure Camp.

Passport Camps offer week-long, full- and half-day opportunities to learn, create, and explore.

Hawken Athletics Camps offer skill-driven instruction and provide young athletes the opportunity to hone their skills, improve team play, and learn from the best.

Hawken Summer Studies Program, open to public and private school students, is a six-week program of credit and enrichment for students entering grades 6–12.

Camps run at varying intervals between June and August. For more information, contact

[summerprograms@hawken.edu](mailto:summerprograms@hawken.edu), (440) 423-2940, or visit their website at [summer.hawken.edu](http://summer.hawken.edu).

### Huntington Stables

17415 Jug Street, Burton  
440-834-4356  
440-376-0098

Huntington Stables is a family friendly facility. They offer summer camp programs for all ages starting June 24, 2024. The farm additionally offers horse boarding, riding lessons, leasing and trail rides. They are merging with RP Entertainment Company for the best experience with horses. RP provides ponies and horses for all types of parties and events. They also offer bounce houses and available character rentals for different party themes. Join them for a wonderful experience with horses. Call for information. Leave a message for Holly Donovan at 440-834-4356 or 440-376-0098.

### Lake County YMCA

(440) 354-5656

[www.lakecountyyymca.org](http://www.lakecountyyymca.org)

At the Y, they value the unique personalities and potential of every child and teen. Summer camp creates an environment where kids are encouraged to explore and discover new things, cultivate friendships and make memories that last a lifetime.

The Lake County Y Central, East End, and West End offer a variety of summer day camp and adventure camp experiences for preschoolers and children ages 4–14. Through hands-on experiences, children gain self-reliance,

## Join Us for Summer Riding Camp

Weekly camps run from June - August  
at Northeast Ohio's Premier Equestrian  
Center offering riding camps for riders  
of all skill levels, ages 6 and up!



SCAN TO  
LEARN MORE



call (440) 543-7233

9250 Washington St. Chagrin Falls, OH 44023 [ChagrinValleyFarms.com](http://ChagrinValleyFarms.com)

**(Lake County YMCA cont'd)**

a love of nature and develop attitudes and practices that build character and leadership—all amidst the fun of camp songs, crafts, swimming, sports, talent shows and meaningful friendships.

**Lake Erie College  
Therapeutic  
Riding Center**

George M. Humphrey  
Equestrian Center  
8031 Morley Road, Mentor  
(440) 375-8052  
lec.edu/therapeutichorsemanship  
Email: sdwyer@lec.edu  
Ride at the Lake Erie College  
Therapeutic Riding Center, Lake  
County's only PATH Intl. Premier  
Accredited Center!

Children ages 8–14 years old with special needs can experience the joy of riding, grooming, and caring for horses during their adaptive riding lessons. Students participate in a variety of fun and creative mounted activities

to increase their confidence, improve physical strength, and develop problem-solving skills. Building relationships with their classmates, volunteer team, and equine partners fosters independence, improved language skills, and better impulse control.

Students receive a personal evaluation to determine if the program is right for them. Summer lessons begin in June and run through August.

Learn more about their therapeutic riding program at [lec.edu/therapeutichorsemanship](http://lec.edu/therapeutichorsemanship) or email [sdwyer@lec.edu](mailto:sdwyer@lec.edu).

Volunteers ages 14 and up with or without horse experience are needed to support the riders in the program. Email Sarah at [sdwyer@lec.edu](mailto:sdwyer@lec.edu) to find out how you can help!



**Lawrence School  
Lions Leap  
Summer Program**

1551 E. Wallings Road  
Broadview Heights  
(440) 526-0717  
[LawrenceSchool.org/Summer](http://LawrenceSchool.org/Summer)

Lions Leap is not only an intensive dose of specialized instruction—it's a powerful experience that shows kids who learn differently they CAN succeed academically. In just four weeks, Leapers build new skills, increase self-confidence, gain motivation, make new friends, and find out how fun learning can be!

In just four weeks, they help kids in grades 1–6 leap forward in reading, writing, and math.

Their daily schedule consists of 40-minute lessons in phonics, reading fluency, writing, and mathematics—with playground time in between.

- Concepts are introduced through visual, tactile, auditory, and kinesthetic activities, proven to help students with learn-

ing differences make connections and retain information.

- Class sizes are small; making way for plenty of individualized attention from their knowledgeable staff.
- Organization is explicitly taught and practiced, developing the executive function skills essential for success in school and beyond.

The Lions Leap summer session runs from June 12–July 10 (7:45 a.m.–11:45 a.m.) at Lawrence Lower School campus in Broadview Heights. Tuition is \$1,200.

**Lost Nation Sports Park**

38630 Jet Center Dr., Willoughby  
(440) 602-4000  
[www.lostnationsports.com](http://www.lostnationsports.com)

**Mike Moran Basketball Camps**

Open to boys and girls ages 6–14  
Session #1: June 17–21  
Session #2: June 24–28  
• Week-long program (M–F) 9:00 am–3:15 pm.  
• Weekly tuition is \$195.  
• All campers receive a T-shirt.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GET  
AMPED  
FOR CAMP!**

<b>WEST END Y</b> Willoughby 440.946.1160	<b>CENTRAL Y</b> Painesville 440.352.3303	<b>EAST END Y</b> Madison 440.428.5125
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[www.lakecountnymca.org](http://www.lakecountnymca.org)



**Camp 2024 Registration  
Now Open!**

**Love's Learning Loft**  
www.loveslearninglofts.com

Mentor  
6720 Center Street  
(440) 534-1025  
Chesterland  
7976 Mayfield Road  
Suite #200  
(440) 688-5683 (LOVE)

This year, Love's Learning Loft is offering in-house and off-site field trips. In-house field trips include things like a petting zoo, pony rides and a magician. Off-site includes a trip to the Children's Museum of Cleveland, Great Lakes Science Center, and the Cleveland Metroparks Zoo just to name a few. Their goal for 2024 is to focus on family and to make Love's the most enjoyable experience for all children and their families.

They will limit their summer school age to 50 children (per day) total between Mentor and Chesterland. All field trips are included in the cost of tuition, with only a transportation fee for each

of the off-site field trips. They will pack lunches at the center to take on all the field trips! For more info see their ad or visit their website at www.loveslearninglofts.com.

Starting 24/25 school year they will offer before- and after-school care. Bellflower and Fairfax will be bussing to and from Love's.

**Mentor Safety Town**

(Sponsored by the Junior Women's Club of Mentor)  
Ridge Elementary School  
7860 Johnnycake Ridge Road  
Mentor  
www.mentorjuniorwomen.org

Safety Town is an awareness program to teach young children safety while providing parents with peace of mind. The program includes classes on fire safety, stranger danger, drugs and an outside mini town with instructions on pedestrian/traffic/bike rules. Registration is open to children ages 4, 5 and 6 years old.

The program is presented by the Junior Women's Club in partnership with the Mentor Fire and Police departments along with the Mentor Public Library and Mentor Public Schools.

This successful program in safety and education for Lake County children is directed and taught by caring and experienced local state board teachers.

Safety Town is offered for two weeks in June and each session is five days in either the morning or afternoon.

Forms are available at the Mentor Public Library or visit www.mentorjuniorwomen.org and download the form.

Email your questions to: admin@mentorjuniorwomen.org.

**Mike Moran Basketball Camps**

(Held at Lost Nation Sports Park in Willoughby)  
(440) 338-8092  
www.morancamps.com  
The Mike Moran Basketball

Camps are the oldest running basketball camps in northern Ohio, with over 40 years of operation. All the instructors are successful college and high school head coaches.

Because it is always well attended, participants will be working with other players of their same age group and ability level. The Moran Camp has always stressed the teaching and drilling of fundamentals. It is truly a camp designed for young players who want to improve their skills and be able to play competitive basketball. The camp runs all day, Monday through Friday, from 9:00 am-3:15 pm. Over the years it has been acclaimed by many newspapers and organizations as the top basketball camp in the area!

The Mike Moran Camps are very popular, and fill up quickly. Take advantage of the early registration discount. Visit their website, morancamps.com, for easy registration or call for a free brochure!

Looking for a summer camp to support a grieving child? Consider one of our bereavement day camps for children who have experienced a loved one's death. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.



WESTERN RESERVE  
GRIEF SERVICES



Stein  
Hospice

AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

Together  
We Can

For more information or to receive a registration packet, email thebereavementcenter@hospicewr.org or call 216.486.6838. Scholarships are available.

**Riding Through Grief**

Fieldstone Farm  
July 8 - 12; ages 9 - 16  
\$75 registration per camper

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children and teens who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

**Red Oak**

Red Oak Camp  
August 6 - 8  
\$25 registration per camper

A three-day bereavement day camp for children ages 6-13 who have experienced the death of a loved one. Transportation is available from our Lakeshore campus.

Camp  
Good Grief

Camp Good Grief is a day camp for kids ages 6 - 13 who have experienced the death of a loved one.

For more information, contact Kathy Failor at kfailor@steinhospice.org or 419.625.5269.

**June 10 - 13**  
Osborn Park, Huron

**July 8 - 11**  
Lakeview Park  
Port Cliton

**July 14-18**  
Lakeview Park  
Port Cliton

**July 22 - 26**  
Edison Park, Milan



**summer camp guide**

**Rabbit Run Community Arts Association**

49 Park Street, Madison  
(440) 428-5913  
www.rabbitrun.org

So much summer fun is in store for campers as they discover hidden talents in many different fine arts camps available at Rabbit Run Community Arts Association.

Youth Art Camp is for anyone who likes to be creative and make a mess in the process. In these one-week camps, campers, ages seven to 16, get elbow deep in paint, pastels and other mediums as they create original works of art.

Pop Star Camp, a one-week day camp, gets youth ages five through 10 up and moving as they learn to sing and dance like their favorite pop star.

Campers delve into all areas of theater including drama, music, dance, costumes, make-up, and stage craft in both the Junior Theater Camp for ages four through

eight and Explorer's Theater Camp for ages eight through 15.

A six-week dance session offers classes in jazz, tap, ballet and creative movement.

Dates for each camp and the summer dance session are now available.

Visit rabbitrun.org for more information.

**Saint Ignatius High School**

1911 West 30th Street, Cleveland  
(216) 651-0222  
www.ignatius.edu

Saint Ignatius High School, Cleveland's Catholic Jesuit high school for young men, is rooted in Ignatian spirituality and has formed leaders since 1886. Through outstanding academics, exceptional athletics and arts, and a deep commitment to faith and service, Saint Ignatius students are open to growth, intellectually competent, religious, loving and committed to social justice.

The Saint Ignatius Summer

**ATTENTION: Cross Country Runners**



XC Camp is offering a camp to boys and girls entering kindergarten through grade 12 who are interested in becoming a better cross country runner. Any skill level is welcome!



**July 23-27, 2024  
8-11:30 am**

Shore Middle School  
5670 Hopkins Road • Mentor

Sponsored By:



www.gcxcracing.com

**Summer Horseback Riding Day Camps**



**2024 Camp Dates**

June 17-21 • July 8-12  
August 5-9  
9 am-3 pm



**Cost: \$475 per week**

All riding levels - Ages 6 and up

Register @ [www.doubledeucefarm.com](http://www.doubledeucefarm.com)



**Double Deuce Farm, Inc.**  
11653 Girdled Road, Concord  
440-796-6532  
[doubledeucefarm22@gmail.com](mailto:doubledeucefarm22@gmail.com)

- Two group riding lessons and one ground lesson each day.

- Professional vet, farrier, and/or equine massage therapist visit.

- Each week of camp includes a T-shirt and Friday pizza party.



**Summer Art Camp Registration is Open!**

**Includes:**

- All materials/supplies for projects.
- Small class sizes.
- Introduction to various types of art.
- Sign up by the week.
- Full week, full day 9 am-4 pm; \$299.
- Full week, half day 9 am-noon OR 1 pm-4 pm; \$199.

**Ages 6-13**



**For details and registration visit:**  
<https://bit.ly/21artcamp>  
Promo Code **CAMP35** to get \$35 off!

**Great Lakes Mall, Mentor**  
**(440) 571-5201**

[www.mentor.busybeesart.com](http://www.mentor.busybeesart.com)  
[mentor@busybeesart.com](mailto:mentor@busybeesart.com)



Like us for updates and specials!

**Paint Your Own Canvas • Pottery**  
**Glass Painting • Board Art**  
**Create Your Own**  
**Mosaics • Clay Hand Building**  
**Glass Fusing • Candle Making**  
**Also Available**  
**Workshops • Parties • Outings**

**EARLY BIRD DISCOUNT**

**\$35 off per week**

When signed up by April 30, 2024.

Call **(440) 571-5201** to register.

Or visit <https://bit.ly/21artcamp>

Promo Code: **CAMP35**



## summer camp guide

### (Saint Ignatius cont'd)

Enrichment Program (SEP) has served the greater Cleveland community since 1968, accounting for more than 50 years of academic, social, cultural and athletic enrichment opportunities for young men entering the eighth grade. Through a combination of academic instruction and athletic opportunities, SEP creates a competitive, yet friendly atmosphere that adequately prepares students for the challenges of high school. SEP is the perfect opportunity for young men to become acquainted with life at Saint Ignatius.

### Western Reserve Grief Services

(216) 486-6838

Western Reserve Grief Services is hosting grief support camps this summer to help children coping with the death of a loved one. Led by trained bereavement professionals from Hospice

of the Western Reserve, who combine art, music, play and nature exploration to help with the healing process. The camps bring together children, who have experienced the death of a loved one, in a safe, supportive environment. All camps are open to the community and offered at a nominal cost.

For information about the camps call (216) 486-6838 or email [thebereavementcenter@hospicewr.org](mailto:thebereavementcenter@hospicewr.org).

### YMCA of Greater Cleveland [www.clevelandymca.org](http://www.clevelandymca.org)

There's no place like the YMCA Summer Camp. The YMCA of Greater Cleveland knows that every kid is different. That's why they offer three camps for your child's needs:

- **Day camp:** Ages 5/6 – 12  
Campers discover not just the wonders of day camp but the joy of exploring their unique

traits, talents and interests. Their program helps campers find out what they are passionate about, form relationships, and obtain a sense of belonging.

- **Sports camp:** Ages 6–12  
Sports camps offer youth specialized sports training and are designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.
- **Fine arts camp:** Ages 6–12  
Summer fine arts camp combines performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

For more information, including locations and cost, visit <https://www.clevelandymca.org/day-camp-clevelandymca>.



## Benefits and anticipated outcomes of the camp experience

### Social Skills Development

Leadership  
Communication  
Participation

### Self-Respect and Character Building

Responsibility  
Resourcefulness  
Resilience

### Community Living/Service Skills

Caring  
Fairness  
Citizenship  
Trustworthiness



SAINT IGNATIUS HIGH SCHOOL

# SUMMER ENRICHMENT PROGRAM

# JUNE 10-28, 2024

Join us for our 56th annual academic, social, and athletic enrichment camp for young men entering the 8th grade. Through a combination of academic instruction and team activities, SEP offers a highly interactive atmosphere that builds new relationships and prepares students for the challenges of high school, all under the direction of Saint Ignatius students, teachers, and coaches.

WWW.IGNATIUS.EDU/SEP






@SIHSCLEVELAND





“This gives a whole new meaning to the term ‘ball hog’.”



**AT LOVE’S LEARNING LOFT**

**NOW ENROLLING FOR SUMMER SCHOOL-AGE PROGRAM**

Make this summer your child’s best experience EVER with in-house and off-site field trips!

**In-House Field Trips**

**Included in the cost of tuition.**

- Petting zoo
- Roxy the Mechanical Dinosaur
- Pony rides
- Jungle Terry
- Lake Metroparks (making ice cream)
- Balloon artist
- Magician
- Face painting
- Lake Metroparks (Adopt an animal)
- Carnival
- Dunk tank
- Pizza party

**Off-Site Field Trips**

**Included in the cost of tuition.**

**Packed lunch included.**

**Transportation fee applies.**

- Sky Zone
- Cleveland Metroparks Zoo/Rainforest
- Greater Cleveland Aquarium
- The Jump Yard
- Kalahari (family outing)
- Great Lakes Science Center
- COSI
- Children’s Museum of Cleveland

**\$260 PER WEEK OR \$75 PER DAY {SET DAYS}**

At Love’s Learning Loft, we are proud to provide a caring, clean, secure, and safe environment for your children. By following our mission, vision and values, we create a nurturing, stimulating and welcoming learning environment for all children.



**LOVE’S**  
LEARNING LOFT

**TWO LOCATIONS!**

**Mentor**

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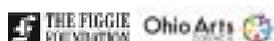
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## 7 reasons to send your child to summer camp

By Mary Ann Blair

With summer calendars quickly filling up, it can be hard to try and squeeze in one more thing. But if you have never sent your kids to a summer camp, here are seven reasons why you should consider it!

### With so many options, it's easy to find a great fit for your child.

From sports camps and art camps to STEM-based camps and more traditional overnight options, summer camps are designed to serve a variety of ages and interests. The length of camp can range from a few mornings for younger kiddos to week-long sleep-away camps for older kids. Local churches, school districts, and other organizations like the YMCA, Girl Scouts, Boy Scouts, and 4-H offer a wide range of camps. With a little bit of research, you can easily find a camp well-suited for your child.

### Camps provide kids with experiences they might not have access to in "everyday" life.

Horseback riding. Paddling a canoe across the lake. Wilderness survival. Conquering a ropes course. Sleeping under the stars. Adventures are endless at camp, and your child will have an opportunity to try some-

thing brand new. For the youngest campers, trying a new craft activity or learning a new camp song can be so much fun!

### Camps are a safe place to practice social skills.

It might be awkward or uncomfortable for your child during those first few hours of camp when they don't know a single soul. After all, stepping into a new social environment can be challenging. But the ability to comfortably communicate with new people is a life skill that all kids need, and a camp is a great place to practice! Camps also provide kids an opportunity to form friendships with a whole new group of peers they might never have met otherwise.

### Camps give kids a much-needed technology break.

No matter how old your child is, they could probably benefit from a screen hiatus, especially during the summer months. Spending time outdoors, learning a new skill, having fun, and forming new friendships is good for the body and soul!

### Sending kids to camp is beneficial for you, too.

Driving away from your child(ren) on the first day might be a little



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## summer camp guide

gut-wrenching. But entrusting your kids to someone else for a while can be truly beneficial. Maybe it will free up time for some overdue self-care, or give you and your partner time to reconnect. Maybe it will provide an opportunity to hit the reset button with your tween or teen. After all, absence makes the heart grow fonder! Parenting is tough work, so don't feel guilty if you enjoy this time to yourself. Chances are, your kids are having a blast without you!

### Your child's experience as a camper could help land a summer job in the future.

Camps are staffed by amazing counselors who provide kids with

all kinds of good, clean fun. Most of these counselors were campers once, too. Now they get to help a new set of youngsters make unforgettable summer memories, all while sharpening their own teamwork and leadership skills. Your child might have that same opportunity one day. What great way to spend a summer!

### Camp is just plain fun.

So many adults have fond memories from their days spent at camp, and kids who have been to camp often say it's a favorite part of their summer. Odds are, your kids are going to love it! And for that reason alone, it's worth sending them to camp.



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# 10 reasons your teen might love to be a camp counselor



By Janeen Lewis

Did your teenager love summer camp as a child? Does he or she need a job but can't work during the school year because of homework and activities? Maybe you're ready for your teen to get employment experience but still have some carefree time outdoors away from electronics. Day or sleepaway camp is the perfect place for teens to transition to the world of the employed. The paycheck is nice, but being a camp counselor has other rewards, too.

### The gift of responsibility

As much as teens sometimes protest about it, learning responsibility is the gateway to more independence as they grow into adults. Camp is an ideal place to build accountability because teens are in charge of other kids or activities, but they are still being supervised. If they work at a sleepaway camp, they must keep their cabin quarters neat and guide younger children

to do the same. If they work at a day camp, they must show up on time, care for children and lead activities. Working at camp is fun, but it also gives teens a glimpse into the adult world with the guidance they still need.

### Opportunity to be a role model

Do you remember a teen you looked up to when you were a kid at summer camp? Maybe he or she helped you perfect your back stroke, taught you how to throw a curve ball or gave the perfect advice for dealing with disagreements between friends. Teens can connect to kids in ways that adults sometimes can't, and when teens work at camp, they experience the fulfillment of helping younger kids meet their goals and develop new skills.

### Refined relationship skills

From fun-centered sports competitions between rival teams to getting chores done for inspection, counselors and campers have to work together. Being able to do this teaches teens



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## summer camp guide

to hone their communication and interpersonal relationship skills. Some camps even offer staff communication trainings and morale-building activities before camp starts to increase awareness and create discussion about how to get along with others.

### Improved time management skills

Teen counselors have to be on time to meals, the morning meeting at the flag pole, and the activities they lead. They're also responsible for gently prodding their campers to be punctual. If they are in charge of a lesson, craft or game, they must plan ahead and make sure they have all the supplies ready and set up on time. These time-management lessons will benefit them as they enter college and the work place.

### Time away from technology

Most day camps and sleepaway camps either have a no-device policy or have only short scheduled times with technology. Camp is the perfect place to do a "digital detox" and get back to nature, sports and face-to-face socialization.

### Preparation for being away at college

If your teen works at a sleepaway camp, he or she may get a taste of what college life is like. He or she will be responsible for meals, getting up on time or using a coin laundry. These are all valuable lessons that will prepare him or her for college. Also being away from home for an extended period of time for the first time can take some adjusting to and it can create some homesickness. Teen camp counselors have experienced these feelings and dealt with them before they go to college.

### A chance to share talents and skills

Is your teen an athlete? An artist? A nature enthusiast? Can he or she dance, write or program computers? Camp is an ideal place for teens to share strengths. I served as a camp counselor when I was in college, and it was the first time I realized I had a knack for teaching kids. It was the gateway to me becoming a teacher, even though I was a journalism student at the time. Camp introduces teens to opportunities

that maybe they hadn't considered. It builds confidence and opens doors to future careers.

### Resume building

Working at camp is great experience to put on a resume when your teen is ready to enter the adult world of work. Camp experience is beneficial if your teen wants to teach or coach, but working at camp also builds communication, collaboration and problem-solving skills, all worthy resume additions that may catch a future employer's interest.

### Saving on summer expenses

One of the advantages of working at an overnight camp is that in addition to a paycheck, meals and lodging are usually provided by the camp. Staffers' work and life all happen at the camp, so gas use is minimal. Teen counselors chaperone camp trips to amusement parks and museums which are usually covered by the camp. Granted, these covered expenses do require responsibility and work, and are not solely carefree outings, but they are positive perks for a summer job.

### A new appreciation for their parents

Being a teen counselor is indeed hard work. It involves stamina, patience and responsibility. Oh, and teen counselors must also teach, guide and care for children younger than themselves. It sounds a teeny bit like parenting, right? Teens who are camp counselors may begin to recognize how hard parenting is. With that recognition, they may have a new appreciation for all their parents do by the end of the summer.

Being a camp counselor is a great start for teens who want to join the world of work. If your teen is interested in beginning the adventure that comes with being a camp counselor, you can find more information at the American Camp Association website at <https://www.acacamps.org/staff-professionals/job-center>.

*Janeen Lewis is a writer, teacher, and mom of two. Her summer as a camp counselor gave her invaluable skills for adulthood.*



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