

# TODAY'S family

May 2024

Lake Geauga

FREE!

**Broadmoor  
School**

Unlock your  
child's potential

**Adventure  
Zone**

Family, fun  
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**National  
Foster  
Parent  
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Celebrate the  
real meaning  
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**Gardening  
with kids**

*celebrating moms!*



# Today's Family BOOK — CLUB —



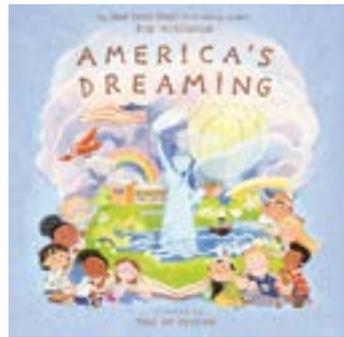
## Neat Nick's Big Mess

Chad Otis—Author/Illustrator  
Rocky Pond Books  
On Sale: May 7, 2024  
\$18.99 | Ages: 4–8

A rambunctious pet dog helps an introverted, anxious boy leave his comfort zone in this endearing and very funny picture book.

Nick has always been neat. That's what makes him comfortable. Any kind of mess or noise or other havoc makes him anxious, and often that means he chooses to be alone in his own carefully controlled bedroom. But suddenly a big, drooly, energetic dog has joined the family, and as much as he tries there's nothing Nick can do to control the doggy mess. And so, he decides he would rather avoid the pup altogether. Or would he?

This story of coping with anxiety and learning how to compromise is as big-hearted and laugh-filled as it is delightfully messy.



## America's Dreaming

Bob McKinnon—Author  
Thai My Phuong—Illustrator  
Penguin Workshop  
On Sale: June 4, 2024  
\$19.99 | Ages 4–8

In AMERICA'S DREAMING, the narrator, America, is so excited to start school! They look forward to new friends and going on fun adventures. But their first day at a new school turns out to be the complete opposite. No one is friendly and it's incredibly lonely. Noticing America all alone, their new teacher brings them over to the Welcome Wagon—a cart filled with inspiring books on real-life historical figures who persevered. America reads the stories and later dreams of Amelia Earhart, Sojourner Truth, Martin Luther King Jr., and Emma Lazarus as they come alive to share their stories with little America. They return to school the next day with the confidence to make friends.

# TODAY'S family

Lake, Geauga & Cuyahoga Counties

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# Cleveland Institute of Music offers summer day camp designed for the curious beginner

Good news, parents. Piquing your child's interest in music just got a whole lot easier.

The solution? "Music FUNdamentals," the newest and most accessible summer camp yet at the Cleveland Institute of Music (CIM).

Designed for the curious beginner, this new one-week day-camp cultivates a healthy love for music and lays the foundation for future study, all in a fun, nurturing, and uniquely creative environment.

"This really is a starting point for parents," said Jennifer Call, director of CIM's youth programs. "It's more of a general music experience. Kids don't already have to be proficient."

Here are the basics of "FUNdamentals."

The camp is for children in grades two through six and takes place from 9 am to 4 pm each day from Monday, July 29 to Friday, August 2 at CIM's main campus in Cleveland's University Circle.

Don't worry if your child doesn't own an instrument. Even if they had one, they wouldn't need it.

That's because this camp is for the musically inquisitive. Instead of taking private lessons,

"FUNdamentals" campers will spend the week with experienced faculty learning about instruments, singing in groups, listening to advanced players, and developing a sense of rhythm and musical literacy.

In other words, they'll benefit from the same holistic approach CIM takes with older musicians, but applied to beginners.

"The whole idea is they're going to be engaged in fun activities making and creating music," Call explained.

Music isn't the only thing they'll make, either. Between their classes, guest performances, and a surprise field trip, "FUNdamentals" campers also can expect to make a lot of friends.

If there's one thing CIM's experts have learned from years of teaching children, it's that young people learn best when they feel part of a community.

After "FUNdamentals," Call said, "Kids that aren't already our students may start to see themselves here."

For more info email preparatoryweb@cim.edu or visit cim.edu to register.



CLEVELAND INSTITUTE OF MUSIC

## Music FUNdamentals: Academy Day Camp

July 29–August 2, 2024  
9 am–4 pm (snacks provided)

The Cleveland Institute of Music  
11021 East Blvd., Cleveland

Tuition: \$350.

\*\*Limited need-based financial aid available

Registration: [cim.edu](http://cim.edu)

Questions?

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# Adventure Zone

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**[www.AdventureZoneFun.com](http://www.AdventureZoneFun.com)**

# Unlock your child's potential at Broadmoor School

By Ante Logarusic

Perhaps the biggest joy a parent can experience is watching our children discover the world around them, as well as their place in it. As we all know, every family's journey is different, and sometimes our path isn't exactly the one we may have expected.

Families of children born with a developmental disability can benefit from a helping hand, not just to help them manage but to help them flourish. Fortunately for Lake County, there's Broadmoor School in Mentor.

Broadmoor is the Lake County Board of Developmental Disabilities/Deepwood's educational program for children who have a developmental disability. They work closely with local school districts who assess children and develop Individual Education Plans (IEPs). Broadmoor staff work with local school districts and structure learning environments to support a student's individualized needs. Currently, Broadmoor is the provider of 48 school-age students (6 – 22 years) from all school districts in Lake County. There are six classrooms with up to eight students, as well as additional adult support, to help students prepare for the highest level of success and independence possible.

"Our goal is to work collaboratively with families, school districts and community resources to advance academic skills to each student's capacity, strengthen independence, increase life skills, develop competency, and enhance communication and social-emotional skills," says Liz Miller, Broadmoor School principal

and director of children's services.

Seven-year-old Emmy Thomas was born with PCDC, a rare genetic mitochondrial disorder. Parents Molly and Brian were introduced to Broadmoor through Ohio Early Intervention – a statewide system that provides coordinated early intervention services to parents of eligible children under the age of three with developmental delays or disabilities.

"We are very lucky to have a strong support system with family and friends as well as the doctors and therapists," says Molly.

Emmy was about to start classes at Broadmoor four years ago but that was delayed by the pandemic. Due to a compromised immune system because of her disorder, she was forced into lockdown at home. Broadmoor accommodated her needs by arranging for online interaction.

"They let us zoom into circle time so she could see her teachers and friends," says Molly, "I can't tell you how much that helped."

Since enrolling, Emmy has made strides socially as well as gained independence.

"She is in the right environment to help her thrive, whether it's cognitive, emotional, or otherwise," says Molly, "She's happy when she goes to school. She claps her hands when we pull into the parking lot. We know she's in good hands."

And that kind of support continues at Broadmoor as students get older. Their Lake Education and Employment Program (LEEP) prepares students age 16 through 21 for adulthood.

Classrooms remain limited to



Nick Willet plays for the Broadmoor Bobcats basketball team who are undefeated in 35 years of fielding a team. Nick will graduate from Broadmoor this year.



Broadmoor's all-inclusive adapted playground



Emmy Thomas, 7

eight students, but there is heightened focus on encouraging independence. As part of this program, students can go to volunteer activities, volunteer work sites, practice life skills (such as doing laundry, organizing, and cooking), and participate in community enrichment experiences.

Volunteer worksite visits explore potential employment opportunities and help students understand roles that might be of interest to them and what skills they will need to build.

Nick Willet will be graduating from Broadmoor School this month and will soon be exploring day programs to see which is the best fit for him. His mother Elaine shared that he has learned valuable daily life skills from the program, and it also strengthened his independence and helped him get into the community more.

"Broadmoor offered flexibility that we would not be able to find elsewhere. Nick is on a modified schedule that works for him, and the staff is so patient and understanding," says Elaine, "We absolutely love Broadmoor."

Another key aspect of Broadmoor's School-Age Program is its focus on community engagement.

Each year, more than 15 local high schools and community organizations visit Broadmoor to play a one-hour basketball game against the Bobcats, tour the school, and mingle with students.

As a member of the esteemed Broadmoor Bobcats, Nick is no slouch on the basketball court either as he and his teammates layer victory upon hard-fought victory.

Because playing matters as much as learning, Broadmoor also has an all-inclusive adapted playground that includes an early childhood center and spans a variety of activities for students of all abilities, including older student areas (such as a pickle ball court). The playground is open to any family whose child is eligible to receive services from the county board. A fence helps families relax knowing safety is first and foremost.

Every child deserves the chance to realize their full potential. For many, Broadmoor becomes their valued support system.

Learn more about Ohio Early Intervention at [ohioearlyintervention.org](http://ohioearlyintervention.org).

Learn more about the Lake County Board of Disabilities/Deepwood and Broadmoor School online at [lakebdd.org](http://lakebdd.org).

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# Why your triggers are a gift

By Rebecca Fellenbaum

You know when you are triggered. That slow creep of tension cloaks your body, grabs at your insides, and whoosh, sends that rage out sideways. Maybe you're a yeller or a stomp-out-of-the-roomer. You've heard about deep breathing, self-care, asking for help, and other beautiful strategies for preventing and managing triggers. Once the trigger state is over, you may call a friend to vent or do some online shopping to calm down.

What if, in addition to those tools to manage the moment, you also looked at your triggers as a gift? Triggers are unconscious beliefs that are served up on a silver platter for you to get to know and examine. They often run our lives without our awareness. When we experience triggers, we have an opportunity to heal them.

Triggers are a doorway into hidden beliefs we have about ourselves. When we get triggered by our kids' tantrums, our partner leaving the

dishes on the side of the sink, or our boss's email with the subject line, "Can we talk?," we get upset. We may blame or get angry at the perpetrator or ourselves. We may vent to a friend and feel validated when they agree that we don't deserve to be treated that way. But that feeling of validation is just a bandage on the deep-seated root cause of the trigger.

This is important because our triggers run our lives and we don't even know it. We see the world through our own beliefs, and many of those beliefs are unconscious. We project our unconscious beliefs onto others. What does this look like? If you have an unconscious belief that you are not important, your partner leaving their dishes next to the sink reminds you that they don't think you're important. You imagine them thinking, oh she'll put them in the dishwasher, which leaves you feeling worthless.

The belief of not being important is OURS and this trigger brings it to the surface for us to examine. If we didn't have that belief, that action



might not have triggered us.

When you feel that trigger — the left dishes, the screaming child, or whatever is triggering you — ask yourself what this trigger could reveal. Feel the emotion that comes with the trigger. It often feels like anger, but ask yourself, what is underneath this anger? Keep digging until you feel the root emotion. This may look like going from angry, to frustrated, to annoyed, to alone, to feeling undervalued to feeling unimportant. Feel the root emotion. Then ask yourself, is there truth to this? In this case, am I unimportant today? Then ask yourself, have you felt unimportant before? Sit quietly and ask yourself, what part of you feels unimportant? Ask yourself, what does this part of me want me to know?

When we communicate with the

part of us that was triggered, we bring it into consciousness and it may morph or change. One way we update these upset parts is to let it know who we are today. Speaking aloud or in our mind, we dialogue with ourselves and let these upset parts know our current age, a bit about our life, and even what day and year it is. The triggered part is often very young and needs to be re-educated. These parts are energy and energy can transform. This can happen very quickly. Doing this work can go a long way to starting to live in a healthier, more conscious way and to be less triggered by events in our lives.

*Rebecca Fellenbaum is a certified life coach, blogger, and Cleveland area mom who helps parents enjoy this time in their lives. You can find her at [rebeccafellenbaum.com](http://rebeccafellenbaum.com).*

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## Family Fun

# Enjoy family fun and fresh air at Adventure Zone



With the warmer weather, parents are looking for outdoor activities they can participate in with their kids. Adventure Zone Family Fun Center in Geneva-on-the-Lake makes being active outdoors affordable and safe for families around the area.

"This is a positive family experience," says Donniella Winchell, co-owner. "It's an affordable atmosphere where families will feel comfortable and safe."

A short drive for all of Lake, Geauga, Ashtabula, and Eastern Cuyahoga counties, Adventure Zone lives up to its promise of being a positive family experience. On site,

you'll find a giant arcade, merry-go-round, Adventure Krawl, a kid's play area, go-karts, miniature golf, batting cages, bungee trampoline, climbing and repelling walls, snack shop and zip line, two escape rooms and the Hammer Slammer tower ride.

The facility also features golf cart rentals and a pavilion that can seat up to 150 for family reunions and company outings or can be divided in smaller sections to accommodate birthday groups.

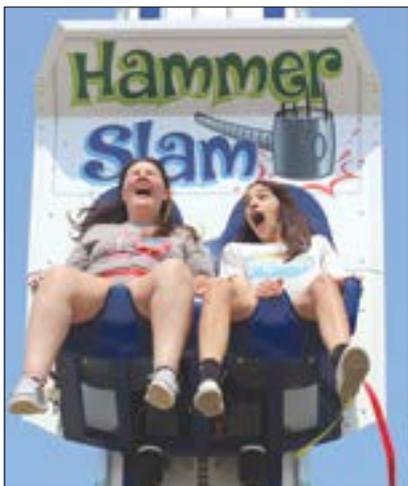
"We have a great property with a view of the lake and we wanted to use it," says Winchell. "The state park's bike path goes along the shoreline and in the evening, you can see a beautiful sunset."

In addition to these activities, Adventure Zone hosts birthday parties and group outings.

Winchell, her husband Larry, and their partner Don Woodward have owned the business for 27 years and it's a family affair.

"Our daughter and son-in-law are integrally involved and our grandkids work here during the summer months," says Winchell. "We also hire about 90 seasonal employees each year. This business is owned by a family that cares about families."

Adventure Zone opens for the 2024 season weekends on Friday, May 3 and begins seven days a week Memorial Day weekend. For hours and pricing, visit [www.adventurezonefun.com](http://www.adventurezonefun.com), call 440-466-3555 or text 216-469-5903. They are located at 5600 Lake Road E in Geneva-on-the-Lake.



## Health District encourages senior cycling

Lake County Connections, a senior outreach program of the Lake County General Health District (LCGHD), and the Unite Ohio network, a coordinated care network, looks forward to implementing a program that will allow seniors to enjoy the benefits of bike riding while indoors with other members of the community. Dave Patton, bike program coordinator and LCGHD health educator recently partnered with the Perry Senior Center to test-run his virtual cycling bike program. He's excited to continue to increase the awareness of bicycles, promote bike safety, and share the benefits of cycling for all age groups, especially seniors across the county.

### Building a program with seniors in mind

So, how does the virtual bike program work? The virtual cycling class uses the convenience of a stationary bike combined with a smart tablet and a class instructor to ensure participants can use the equipment as planned. What does the setup look like? Each bike will be paired with

a tablet, which will be positioned in front of the bike, that will be preloaded with an app that responds to the rider's pedaling and will move their virtual avatar through a vivid, engaging, virtual environment. The goal of the class is to introduce bike riding without the ups and downs of the weather and without the risks that come with riding on various kinds of terrain.

### What's coming up for the bike program at LCGHD?

In the next year, the Health District is also interested in implementing trishaw rides through an organization called Cycling Without Age as a component of well-aging in the county. Trishaws are three-wheeled bikes that seat passengers out front with a full view and a pilot who pedals and controls the bike from behind. These rides allow seniors to experience movement, enjoy the outdoors, and have great conversations with their pilot.

For more information, call 440-350-2543 and ask to speak with Dave.

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# Breaking up is hard to do

By Stacy Turner

Professor and author Brene Brown notes that boundaries are a prerequisite for compassion and empathy. She explains, “We can’t connect with someone unless we’re clear about where we end, and they begin.” Compassion and empathy were put to the test recently when our daughter officially broke up with her boyfriend. Over the time they spent together, she came to realize that when she stopped making him a priority, they simply didn’t see each other. When she brought it up to him, he explained it away with a litany of excuses. But she’d finally had enough when he wasn’t available to celebrate her birthday — not with her family and not with her friends.

When she finally worked up the nerve to break it off, she decided to tell him face-to-face despite the discomfort. She thought he deserved as much, that it was the right thing to do. He was completely blindsided, so she gave him time to vent. Once their conversation was over, she returned home sad but relieved.

Then the texts began, as he tried to convince her to change her mind via a stream of flowery words meant to appease her. In later texts, he discounted her thoughts and feelings and admitted little responsibility in what had transpired. He tried to cajole her, challenging her to “not be



emotional” about the decision. His text campaign showed utter lack of regard for her thoughts and feelings, and my husband and I were angry that he would treat her this way.

It was at that point, we began questioning our parenting choices and wondered if we were wrong to teach her to treat others the way she’d want to be treated. Did we miss sharing the lesson that the people who don’t respond in kind don’t

deserve your compassion? Had we equipped our kindhearted daughter with strength to stand up to people who may mistake her compassion as weakness?

It was difficult, sitting idle as she learned to figure out what she needs, what she’ll accept, and how far her compassion extends. These are boundaries we can’t set for her, no matter how much we’d like. To her credit, she didn’t respond in anger. She replied to the long-winded texts in the same, brief manner — that her choice was the right choice — for nearly three weeks, which turned out to be the statute of limitations on her compassion toward him.

It’s true that breaking up is hard to do, whether you’re the breaker or the breakee. Having experienced a few breakups back in the day, both my husband and I had anticipated the negative turn the conversations had taken, although we hoped we were wrong. After all, being hurt tends to bring out the worst in us. With previous experience on both sides of that equation, neither of us would have had the patience or compassion to be as gracious as our daughter proved to be. And who knows, after this experience she may choose to be a little less compassionate in future splits. Nevertheless, these lessons are necessary for both parties, as each learns to set healthy boundaries and navigate toward future relationships.

## Every Child Needs Family

### May is National Foster Parent Month

Children come into the custody of the Lake County Department of Job & Family Services due to a crisis which resulted in the child being a victim of abuse, neglect or dependency. If the child cannot be placed safely with a relative, the Lake County Department of Job & Family Services is responsible for providing a safe environment for that child.

It is the philosophy of the Department that children grow better in families therefore the primary goal is to find foster care providers who are willing to provide temporary care to children while their families are in crisis. Foster parents provide care until reunification with a family member can occur.

If reunification is unable to occur, children would become eligible for adoption and either remain with their foster parents who make a permanent commitment to care for the child or an adoptive home is secured.

The Lake County Department of Job & Family Services provides support to their foster parents by providing the following services:

- Personal support from an assigned substitute care social worker
- Ongoing training and conference attendance
- Foster Parent Association of Lake County
- Respite care
- Daily per diem rate to reimburse for the cost of providing care
- Medical, dental and vision care for children
- Transportation reimbursement (on a limited basis)
- Foster Parent Handbook
- Newsletter

#### Foster parents: Who are they and how can I become one?

Foster parents are caring people who have opened their hearts and homes to the children of Lake County. These children are in need of temporary care after having been removed from their parent’s custody. Applicants must meet the following requirements:

- They must be at least 18 years of age.



- They may be a married couple, single person or coparents.
- At least one foster parent must be able to read, write and speak English to effectively communicate with any child placed in their home.
- They shall have an income sufficient to meet the basic needs of their household.
- All members of a foster caregiver’s home shall be free of any physical, emotional, or mental condition which would endanger a child or seriously impair the ability to care for a child.
- They shall submit to a criminal background check with fingerprints through the Bureau of Criminal Investigation and the Federal Bureau of Investigation.
- They shall not operate their home as an adult boarding house nor shall they provide child care in their home without the Department’s consent.
- The home shall have a safety audit from Lake County Department of Job and Family Services and a fire inspection through their community fire department.
- They must agree to abide by the discipline policy of the Lake County Department of Job and Family Services.
- They must have sufficient room to provide care for foster children without displacing any family member.

If you are interested in becoming a foster parent call 440-350-4218 or email Eugene.Tetrick.jfs.ohio.gov.

# Enhancing indoor air quality

The role of high-end HVAC systems in NE Ohio

Maintaining healthy indoor air quality is crucial for the well-being of residents in northeast Ohio. While various factors can affect air quality, high-end HVAC systems play a significant role in mitigating health risks and ensuring cleaner indoor environments. In this article, we will explore how these advanced systems contribute to improving indoor air quality.

## 1. Filtration efficiency

High-end HVAC systems are equipped with HEPA filters or MERV 13 or higher filters, effectively capturing pollutants, allergens, and airborne particles. This helps remove contaminants from the indoor air, creating a healthier living space.

## 2. Fresh air exchange

Incorporating energy recovery ventilators (ERVs) or heat recovery ventilators (HRVs), these systems bring in fresh outdoor air while expelling stale indoor air. This constant air exchange helps dilute pollutants and maintain a fresher indoor environment.

## 3. Proper ventilation

Well-designed HVAC systems

ensure proper ventilation, promoting the circulation of fresh air throughout the building. This ventilation process helps remove indoor air pollutants and replenish the air with clean, oxygen-rich air.

## 4. Air quality monitoring

Advanced HVAC systems include air quality monitoring capabilities, allowing real-time tracking of indoor air quality parameters. By continuously monitoring air quality, the system can detect any issues promptly and trigger appropriate actions to maintain optimal conditions.

## 5. UV lights

Some high-end HVAC systems incorporate UV lights to neutralize airborne pathogens, viruses, and bacteria. This additional layer of disinfection contributes to improved indoor air quality and promotes a healthier living environment.

## 6. Customized zoning

HVAC systems with zoning capabilities enable customized control of temperature and airflow in different areas of a building. This feature helps maintain consistent air quality and



prevents the spread of contaminants between different zones.

High-end HVAC systems in northeast Ohio play a vital role in enhancing indoor air quality and promoting healthier living environments. Through advanced filtration, fresh air exchange, proper ventilation, air quality monitoring, UV lights, and customized zoning, these systems ensure cleaner and safer indoor air for residents. Investing in such HVAC systems is essential for maintaining optimal indoor air quality and supporting the well-being of individuals and families throughout the area.

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## Moms receive free admission to Stan Hywet

Stan Hywet Hall & Gardens offers all mothers a complimentary self-guided tour of the manor house and grounds on Mother's Day, May 12. The estate is open from 10 am-6 pm; last entry at 4 pm. Accompanying guests pay regular admission prices — \$19 adults, \$9 youth (3-17), children 2 & under, free — which includes a self-guided tour of the historic gardens, the Gate Lodge, Playgarden, and the 65-room Manor House featuring "Blueprints To Bricks," a new permanent exhibit about the construction of the Manor House, from design to magnificent home.

Find ticket information online at [stanhywet.org](http://stanhywet.org).

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# Mother's Day challenges

By Kerrie McLoughlin

Remember Mother's Day when you were a kid? The day probably revolved around your own mom, stepmom, grandmother, aunt or other maternal figure. Then maybe your mother-in-law came into the picture, and you were posed with the challenge of figuring out how to split your time every second Sunday in May.

Once YOU became a mother, you probably realized that juggling Mother's Day visits should be an Olympic event—or at least a reality TV show. While it's true you can't make everyone happy all of the time, you CAN honor all the moms in your life — including yourself — every year. Here are some ideas!

**Challenge: So many moms, so little time.**

**Solution:** Change it up. Who says Mother's Day should only be celebrated on that specific Sunday in May? Have your stepmom over for dinner one night during the week leading up to Mother's Day. Then

maybe take your mother-in-law out to dinner the night before. When Sunday rolls around, have your own mom over to hang out with, showering her with cards, flowers and little gifts. Serve up a special (easy or takeout) meal. You can get the best of both worlds on Mother's Day — being with your own mom and being with the little ones who made YOU a mom.

**Challenge: A long-distance maternal relationship.**

**Solution:** Technology in the form of FaceTime, Zoom or Skype. You could also make different plans every now and then (e.g., have an out-of-town Mother's Day one year, then the next year stay put; or have one of the moms come for a special weekend sleepover at your place).

**Challenge: You feel selfish and guilty for wanting it to be about you.**

**Solution:** Permission granted — you're entitled to your own choice about spending your day or weekend once you become a mom yourself. You might want to get away for



a Saturday spa day or sit around at a coffeehouse on Sunday leisurely reading alone or maybe chat with a friend for a few hours. Other years you might want to hang out around the house all day letting the kids pamper you.

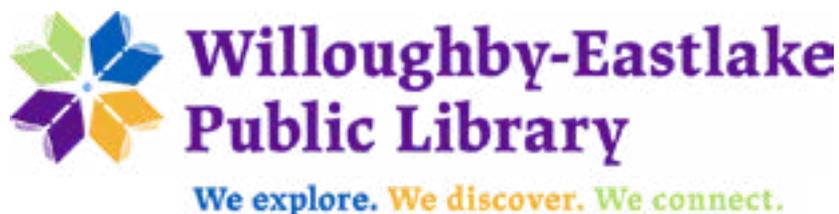
**Challenge: Your household inboxes (laundry hamper, kitchen sink, calendar, etc.) are always full.**

**Solution:** Of all days, take TODAY off, which means no housework! Close your eyes as you walk by the sink full of dishes, hold your nose

as you stroll by the laundry hamper. In anticipation of this holiday, make sure you have paper plates and cups on hand for when your family serves you like the queen you are.

**Challenge: Your child is a baby, and your husband can't cook.**

**Solution:** If your husband and kids aren't quite able to make you dinner on Mother's Day, let them take you to a restaurant. If wrestling with the kids at a restaurant isn't your style, hit up DoorDash. Make sure you have something indulgent on hand,



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## St. Gabriel Parish 35th annual summer festival

Since 1988, the St. Gabriel Summer Festival has become a herald of the summer season. When temperatures warm, tents go up, rides roll in, smells from delicious food waft from the grills and ovens, school comes to a close, kids smile with excitement and you know it's unmistakably festival time! The Catholic community of St. Gabriel invites their friends and neighbors in the tri-county area to be a part of their 36th annual summer festival, an amazing four-day event June 6-9.

The grand prize raffle winner can win over \$20,000 plus nightly drawings to celebrate summer: \$500 drawing Thursday 10 pm, \$500 drawing Friday 10 pm, \$1,000 drawing Saturday 10 pm. Grand prize drawing will be held on Sunday, June

11 at 9:30 pm. Winner need not be present to win. Tickets are available for sale at the parish office, online at St-Gabriel.org, or at the festival.

Try your luck at the Monte Carlo held each night of the festival. Delectable food such as homemade pierogis, cabbage rolls and noodles, bakery items, their famous fresh-cut French fries, roasted corn and festival favorites like hamburgers, ice cream, pizza and slushies beckon guests back year after year. Enjoy live entertainment each festival evening with northeast Ohio's favorite bands. Families will enjoy face painting, games, and rides for all ages with all-day ride passes or individual ticket options available. There's something for everyone at the St. Gabriel Summer Festival!

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## Celebrating Moms

like little cheesecake bites or a lovely double-chocolate cake because this is the day you get to spoil yourself or be spoiled and not feel one bit guilty!

### Challenge: You're a single mom.

Solution: If you're parenting solo, hopefully your kids will take over or a trusted adult will assist them in making your day special. If your ex has the kids for the weekend, focus on yourself. The "no housework" rule applies to you, too, sister ... do what you love to do all day long. A few ideas are: Head outside or to an indoor track for a walk, read a juicy

novel, see a movie, soak in the tub with a bath bomb, or hang out with your own mom.

Mother's Day is, of course, about mothers! Whatever situation you're in mom-wise, try to make today out-of-the-ordinary in some way. Just as you work hard to make sure your children enjoy their own birthdays and other holidays to the fullest, please consider that you also deserve to be adored and cherished. It's all about balance, and it CAN be done!

*Kerrie McLoughlin is the home-schooling mom of five and author of The Tater Tot Casserole Cookbook.*



"At least when it comes to Mother of the Year – you're a shoe-in."

Sunday school teacher: Tell me, Johnny. Do you say prayers before eating?

Johnny: No, ma'am, I don't have to. My mom's a good cook.

A mother is trying to get her son to eat carrots. "Carrots are good for your eyes," she says.

"How do you know?" the boy asks.

The mother replies, "Have you ever seen a rabbit wearing glasses?"

Pee Wee: What did the digital clock say to its mother?

Westy: What?

Pee Wee: "Look, Ma! No hands!"

Elephant: Why do mother kangaroos hate rainy days?

Hippo: I give up.

Elephant: Because their kids have to play inside!

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# How motherhood made me appreciate my mom

By Sarah Lyons

When I look back at each important moment in my life: the day I learned to drive, my graduation, my wedding, the birth of my first child, she is always standing in the background smiling and cheering me on. More importantly, she was part of the other not-so-monumental moments in my life like when I got stung by a bee, when the kids teased me, and when I cried my way through my first broken heart. My mom was always there to support me through all the moments, big and small. Now that I have been a mom for a dozen years, I appreciate my mom so much more for the things she has always done with little or no recognition. I now realize the sacrifices she made and the monumental effort she put in. Here are just a few reasons why I appreciate my mom a whole lot more since becoming a mom myself.

### For maintaining

A mother's work is never done and it is a thankless job. Taking

even one day off means more work for days to come. Moms pick up the same toys, wash the same dishes, and do the same laundry over and over again. Not only do moms maintain the housework, but they also hold a mental inventory of all items in the home. Most moms can recall the location of the baby's favorite stuffed animal, the toddler's missing shoe, the library books, the stapler, and any other random item a family member may request at any given time. I appreciate the example of steadfastness that my mom gave me for maintaining our home.

### For managing

As moms, we often feel like we live in our minivans. Moms don't just transport kids from one activity to the next. They also maintain the family calendar, make appointments, and make sure everyone is in the right place at the right time with the right gear (musical instrument, snacks, sports gear, sunscreen, backpack, and the list goes on). Juggling school and activities in itself is a full



time job that my mom (and most moms) manage with ease. I appreciate my mom for being the social planner, taxi driver, and personal assistant to our whole family as we grew up.

love for their family. I appreciate my mom for all the things she has done that I never thought to thank her for.

### For loving me anyway

Moms love their kids through tantrums, potty training, back talk, and rebellion. There is no doubt that raising kids is trying on patience but moms have a way of letting us know that no matter what mistakes we make, they will be there to catch us when we fall. I appreciate my mom for loving me even when I was unlovable.

### For letting me go

When you become a mother, you are the center of your child's world. You feed them, change them, and comfort them. The more they grow, the more independent they become. While this is something to celebrate, it can be heart wrenching to loosen the grip on a child and trust them to manage life and all of its challenges alone. It's scary and new and feels more like a loss of control than anything else, but as you watch your child take on life's challenges it can be a great sense of pride as well. I appreciate my mom for letting me go, grow, and experience life in my own way.

This Mother's Day, take notice of the hard work moms do every day. Acknowledge the little things they do, thank them for always being there, and hug them tight before you leave.

### For enduring

The first time I dropped my son off at a babysitter's and watched him cry and reach for me in the window my heart broke. As moms, we endure heartache often as we watch our children learn and grow, succeed and fail, and endure illnesses, hurt feelings, and disappointment. Our heart soars when they meet their goals and sinks when things don't work out. Motherhood is a roller coaster of emotions that us moms withstand without complaint. I appreciate my mom for her strong support of me even when she was hurting too.

### For the unseen

There are things moms do every day that go unnoticed. Moms make sure the football jersey is clean before the next game, check in on a sick child during the night, drop off a forgotten lunchbox, put puzzle pieces back where they belong, replace toothbrushes, clean out the pantry, email teachers with concerns, volunteer, cook, shop, and so many little things that keep a family going every day. The little things that don't seem to matter, that most won't notice, that no one asks for, that moms do just because they want to show their



## Celebrate the real meaning of Memorial Day with your children

By Rebecca Hastings

While we all enjoy a day off and throw some burgers on the grill, teaching kids about Memorial Day is an important way to honor our country and all who served. But it can feel hard to know what to say, how to make it memorable, and ways to make a difference. These simple tips will help!

### What is Memorial Day?

The last Monday of May is set aside for one simple thing: remembering those who have died during active military service. Technically, it is set aside to honor only those who have died. However, it is often observed as a celebration of the USA with American flags, parades, and cookouts.

### But what about Veterans Day?

Many people get confused between Memorial Day and Veterans Day because they both celebrate people who have served our country. While Memorial Day is specific to those who died while serving, Veteran's Day is a chance to honor all those who have served in the US military. These people can still be living, and it is always November 11, the anniversary of the end of World War I.

### What can we do?

There are many ways we can celebrate and honor those who lost their lives during active military service. Even the freedom to have a cookout and be with family in freedom is a way to honor their sacrifice.

**Read a book:** There are many children's books that show the value of the men and women who serve our

country and highlight patriotism. To go a little deeper about Memorial Day, "The Wall" by Eve Bunting which tells the story of a child visiting the Vietnam War Memorial is a great choice for preschool ages up.

**Plant a flag:** Memorial Day is the perfect time to leave flags on the graves of local military men and women. Small flags can be purchased online or locally. Just be sure to check with the cemetery for guidelines.

**Sing along:** Learn a song that celebrates America. Great options for kids include The Star-Spangled Banner and You're a Grand Old Flag. You can find age-appropriate sing-alongs online to enjoy.

**Say thank you:** Memorial Day can be hard for those who have lost someone in military service. Teach kids to recognize that these people have sacrificed something for the freedom we all have. A simple thank you, a card or a kind gesture goes a long way.

**Make a flag:** There are endless ways you can teach kids about the American Flag. Be creative! Try making a flag-themed dessert or coloring a big flag in your driveway with sidewalk chalk. Whatever you decide to do, just make sure you have plenty of red, white, and blue!

**Watch a Memorial Day parade:** Full of fun, music, and festivity, a Memorial Day parade is a great way to celebrate while still remembering the meaning of the holiday. Teach kids the importance of standing when the flag or military service members walk by. These simple things go a long way in showing honor.

See **MEMORIAL DAY** page 14



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PRINCESS MEET AND GREET, 6:00 - 8:30 PM  
MONTE CARLO, 7:00 - 11:00 PM  
\$500 PRIZE DRAWING AT 10:00 PM

#### FRIDAY, JUNE 7:

PRINCESS MEET AND GREET, 6:00 - 8:30 PM  
BLUE EVOLUTION (BRITISH INVASION), 7:00 - 10:30 PM  
MONTE CARLO, 6:00 - 11:00 PM  
\$1000 PRIZE DRAWING AT 10:00 PM

#### SATURDAY, JUNE 8:

FACE PAINTERS, GLITTER TATTOOS, BALLOON TWISTER, 3:00 - 6:00 PM  
ULTERIOR MOTIVE (ROCK), 1:00 - 4:30 PM  
MONTE CARLO, 5:00 - 11:00 PM  
PIECES OF EIGHT (ROCK), 7:00 - 11:00 PM  
\$2,000 PRIZE DRAWING AT 10:00 PM  
MIDNIGHT MASS AT ST. GABRIEL CHURCH, 12:00 AM

#### SUNDAY, JUNE 9:

FACE PAINTERS, GLITTER TATTOOS, BALLOON TWISTER, 3:00 - 6:00 PM  
THE ATTRAXXION (80'S), 1:00 - 4:30 PM  
MONTE CARLO, 5:00 - 10:00 PM  
THE SHATTERED STIX (ROCK), 6:00 - 9:30 PM  
\$21,500 GRAND PRIZE DRAWING AT 9:30 PM



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Starting 24/25 school year we will offer before- and after-school care in Mentor. Bellflower and Fairfax will be bussing to and from Love's. Bussing to and from Chesterland will continue.



## Funny Bus Cleveland adds second bus— Now open for the season

Cleveland's favorite rolling comedy show has expanded their fleet to meet the demand of its growing customer base.

Recently voted "Most Original Comedy Concept" in Cleveland, the Funny Bus offers a 90-minute tour of downtown and surrounding neighborhoods. More than a standard sight-seeing tour, the most unique aspect of the Funny Bus is the hosts who are local comedians dedicated to entertaining guests.

The comedians mix humor, music, games and dancing to provide a high-energy interactive experience. Guests may also bring their own beer and wine in sealed containers.

Opened in 2021, the touring company has been operating with one 34-passenger bus, but growing popularity for the bright red, open-air Funny Bus has outpaced availability.

"It was disappointing when we had to turn away guest and visitors to Cleveland who had heard great things and were eager to try the Fun-

ny Bus," said owner Dean Schnurr. "The second bus will allow us to add more tours and accommodate larger private groups too," he added.

The new addition to the fleet is identical to the original bus in most aspects, but it is a bit larger with a 38-passenger capacity. It is a Bluebird converted school bus and was delivered to Cleveland in early April.

The new bus will hit the road for tours starting in May — the Funny Bus has already begun operating for the season using the first bus.

This year the Funny Bus will be expanding weekend tours and is now offering tours on Wednesdays and Thursdays. Private tours are available any day of the week and can now accommodate groups of up to 72 people with the buses.

Tickets on the public tours remain only \$29, which includes taxes and fees. For more information and to purchase tickets, visit the website at [www.funnybus.net/cleveland](http://www.funnybus.net/cleveland) or contact by phone at 216-404-7786.

## Memorial Day from page 13

**Adopt a military family:** The reality of Memorial Day is always on the minds of those with someone in the military. Consider choosing a military family to show extra kindness to by sending them cards, making a meal, or inviting them to join you for holidays. These little acts of kindness go a long way.

**Enjoy time with your family and friends:** When you think about Memorial Day consider the cost paid by the men and women who lost their lives serving our country. Think about the cost to their families, friends, and communities when they lost the person they cared about. Each one of those who died serving

our country did so for freedom. We reap the benefits of their sacrifice.

That makes it even more important to celebrate. Spend time with the people you love. Enjoy a beautiful late spring day. Play and rest and live knowing that this too honors those who died. It is for this kind of life that they served our country.

#### **If you lost someone**

Memorial Day takes on a different feeling for those who have lost someone in service to the United States. If someone you love died serving our country, know that their sacrifice, as well as your own, is seen and honored. May we always remember.

# Eat, pray and bring a change of clothes

By Cheryl Maguire

I love to travel. Before becoming a proud parent of three darling cherubs everyone said to me, “Enjoy traveling now because once you have kids you won’t be able to do it anymore.” Well, I proved all the naysayers wrong by hopping on that plane with three kids in tow, sometimes internationally. I didn’t let their age stop me either, they all flew before the age of two.

It wasn’t always easy though. In fact, it was downright disgusting at times but definitely worth it. I’m going to share some tips with you to save you the headache and messes I suffered. Plus, I threw in a tip that will shower you with compliments — that’s not always easy to find — especially being a parent on an airplane. So buckle up buttercup, you are about to hear extraordinary (and possibly humorous) international travel tricks with kids.

### Bring a car seat

The first time our twins flew internationally they were 18 months old. Most airlines do not require you to purchase a ticket if a child is under the age of two so this seemed like a no-brainer to me — of course, I saved the money and didn’t purchase tickets for them. I wish I video recorded this plane trip because I know I would’ve won first place in “American’s Funniest Videos.”

The entire ride both ways was a wrestling match between us (me and my husband) and our boy/girl twins — they definitely won in case you were wondering. There was no way they wanted to sit quietly on our laps for five hours — they wanted to roam freely through the exciting new airplane. As you can imagine, I still have nightmares about it.

When we traveled with their younger sister, I purchased a ticket for her which meant I could strap her into her car seat. Do you think there was a wrestling match then? Nope, she slept the entire flight both ways. It was worth every penny spent on the ticket to save my sanity.

### Pack a change of clothes for the plane

Sometimes you learn the “hard way” and other times you learn in a downright repulsive way — don’t

worry you are going to hear all the gory details. When my son flew for the first time, we didn’t know he is prone to motion sickness (we now also pack Dramamine).

I bet you are wondering, “How did you figure it out?” I’ll tell you how. We were cruising at an altitude of 36,000 feet since I remember the friendly captain making an announcement when my son vomited his egg and cheese sandwich all over the person to his left. And who might that have been? You guessed it, me. Of course, I had nothing to change into for the rest of the five-hour flight.

Your child doesn’t have to get motion sickness—there could be a variety of other issues (I’m sure you can envision it if you try) which could require a change of clothes so be sure to pack at least something to change into or you will wish you did (and wondering if an egg and cheese sandwich was a wise breakfast choice).

### Pack a change of clothes for your destination

Along with packing a change of clothes for the plane, you should also add clothes for your destination (such as a bathing suit, summer clothes, etc.) to your carry-on bag. Your luggage could get lost or it could take time to get to your room so if you have other clothes accessible you will be ready to go swimming or whatever fun adventure you planned during your trip. You don’t want to be the family dressed in a hoodie and pants by the pool because you couldn’t change your clothes. Besides dripping with sweat, you will have three whining kids repeatedly asking, “When can I go swimming?” Trust me that is no way to start your vacation.

### Bring a pen (or two)

It took me at least three international flights before I remembered to add two pens to my passport holder. On the plane you receive immigration and customs forms which you need to fill out for each child (if they are too young to do it themselves) and the airlines will not provide a pen for you. Sure you could wait until you get there, but if your child is strapped into their car seat (which I know you brought because you



used my tip) then you will have time to fill it out.

### Bring LOTS of food

I can’t stress this enough. I pack an entire carry-on suitcase of just snacks. Have you ever gone to the zoo or a farm and fed the animals? It’s fun, right? The animals are happy to receive some food and you feel happy that you made the animal happy—it’s a win-win situation. Well, traveling on a plane for hours in a small confined area requires

some moments when you want to “feel happy” so food is a great way to achieve this effect even if it only lasts for five minutes. You have to save up these moments for when your child is about to lose it because even if you bring a whole carry-on suitcase filled with food, it’s going to run out if you overuse it. And you don’t want to have to use your change of clothes from them vomiting on you because you overfed them.

See TRAVEL on page 16

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## Soaring Hearts event returns!

Crossroads Health is pleased to announce Soaring Hearts, their groundbreaking community-wide event is back in 2024. This event will be held on Saturday, May 18, 2024, noon – 4:00 pm at Headlands Beach State Park in Mentor.

Crossroads Health's chief development officer, James Wyman, states: "The concept for Soaring Hearts directly aligns our outreach efforts and special events with our community-based mission, vision, and values. One of our core values is belonging. I cannot think of a more inclusive event—an event for all ages, at all stages of life. Our partnership with Headlands Beach State Park and our many community collaborators including local and state partners such as the Department of Natural Resources, city of Mentor police and

fire departments, the Lake County sheriff's office, just to name a few, make this an event like no other. We welcome small and large businesses, the nonprofit community, schools and universities, arts and cultural agencies, social groups and teams or clubs—organizations of all descriptions—to join with us through many available sponsorship opportunities. This will truly be an event of a lifetime. Together, as a community, we will attempt to break our record of 2,000 kites flown simultaneously."

Gary Gerrone, manager of Headlands Beach State Park, states: "What could be better than seeing hundreds of kites dance in the sky above the sand at Headlands Beach State Park?"

For more info, visit: <https://crossroadshealth.org/soaringhearts>.

## Mother's Day and Father's Day weekends at Greater Cleveland Aquarium

"Seas" an opportunity to show your appreciation for loved ones while sharing an appreciation for the natural world at Greater Cleveland Aquarium. Parenting-themed trivia, extended hours and discounts for moms/stepmoms/foster moms/grandmas on Mother's Day weekend (Saturday and Sunday, May 11 and 12, 2024, 9 am–6pm) and dads/stepdads/foster dads/grandpas on Father's Day weekend (Saturday and Sunday, June 15 and 16, 2024, 9 am–6 pm) let you "shell-abrate" special caregivers. Visiting moms and dads also receive a "fin"tastic parent pin they can sport on their respective weekends while supplies last.

Mother's Day and Father's Day weekend activities are included with general admission (\$0–\$19.95 per person). Visiting moms save \$5 at the ticket counter for in-person adult admission with the purchase of another adult or child ticket on May 11 & 12, while dads are eligible for the same parental discount June 15 and 16.\*

Greater Cleveland Aquarium is



also offering everyone the opportunity to swap the more traditional slippers, mugs, ties, candles and wallets for the gift of a year's worth of undersea adventures with a 10% discount on any level Greater Cleveland Aquarium annual pass on May 11 and 12 (with code 10MOM2024) or June 15 and 16 (with code 10DAD2024). In addition to unlimited daily return admission for the family, membership perks include free parking while visiting, exclusive programming, discounted and free events, birthday party and gift shop savings and more.

Located in the Flats West Bank, 2000 Sycamore Street, Cleveland, OH 44113. Call 216-862-8803 or visit [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com).

\*Cannot be combined with other offers.

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## Travel from page 15

### Play old school games

Let's face it, things can go wrong with electronics (battery die, no WiFi, or glitching---whatever that means but it must mean something bad since my son screams the word in frustration when using electronics a lot) and kids can get bored with it. If you are relying on that cool TV in the seat, don't because I've been on at least three flights where none of the TVs worked.

There are lots of old-school games like a deck of cards, tic-tac-toe, or iSpy that are easy to play in a confined space yet don't take up much space in your carry-on bag. Kids of all ages usually love these games. You could even learn a card trick or two and wow your little ones with your sleight of hand.

### Put the name on the outside of the passport

A fellow traveler told me this tip and I've received numerous compliments about it from security and airline personnel. In fact, I've probably heard more compliments about my passport cover than any other parenting technique I've tried.

So, if for no other reason, you could put the label on just to hear, "what a great idea." It will make you feel like a good parent while standing in the three-hour security line.

The main reason for putting your name on the front cover is when you are in charge of five passports (at least I am) it prevents you from having to open each one to figure out who it belongs to. And of course, before I labeled it, I always ended up opening all five passports to get to the correct one. It makes things a little easier which is something you need when traveling with kids. And it only took less than five minutes to put a label with the name on the cover, no crafting ability necessary, I promise.

### Who's ready to hop on a plane?

Me, me!! Now that I shared my mishaps and admirations with you, hopefully you can have a fun flight with your wee ones. Yes I did use the word fun and flying together—you have to make the best of it because once you get to your destination it will all be a distant memory unless you forgot your change of clothes.

## Eagle Zip Adventure ride at Cleveland Metroparks Zoo

Have you ever wondered what it feels like to fly like an eagle? Ride the Eagle Zip Adventure Ride and find out. On this tandem zip ride, guests board on the ride platform. Once seated and strapped in they are pulled backwards over Waterfowl Lake and up to a tower that rises 150 feet above the Zoo where riders can see all the way to downtown Cleveland. After pausing at the top for a moment, riders are released for a thrilling 35 mile per hour zip ride back down to the starting platform.



### What are the requirements to ride?

- Minimum rider height is 42".
- Riders between 42" – 47" tall must ride with a paying adult.
- Riders 48" or taller may ride alone.
- Maximum weight is 300 lbs. for a single rider and 450 lbs. for two riders. Riders will be weighed prior to boarding.
- Riders must not have an impairment which prevents a normal seating position or use of the safety restraints.

### What are the hours of the ride?

- 10:30 a.m. – 5:00 p.m. daily and during special events
- April 1 – December 31 (weather permitting)
- Ride cannot operate during thunder and lightning storms, rainstorms, snowstorms, and winds exceeding 33 mph.

### How much does it cost to ride?

- \$8.00 for Cleveland Zoological Society members.
  - \$9.00 for the general public.
- Visit [www.clevelandmetroparks.com/zoo](http://www.clevelandmetroparks.com/zoo) for more info.

## Cleveland Creates Gallery at Great Lakes Science Center

The Cleveland Creates Gallery is a newer permanent exhibit inspired by the innovative spirit of the city that lies just outside the museum's doors. The new gallery underscores northeast Ohio's story of manufacturing technology and represents a \$2.25 million investment in changing the Science Center's visitor experience.



Inside the gallery, guests will engage with interactive exhibits that dive into the realms of technology, sensors, data and remote robotics, and will give them an opportunity to explore the tools and skills that are driving advances in Northeast Ohio.

"The interactive exhibits within this new entrance gallery are an outgrowth of the Science Center's programs," said Kirsten Ellenbogen, Science Center president & CEO. "Many of our programs for schools have explored these topics and led us to this moment, including our Robotics Initiative for youth, our annual Manufacturing Day event, and workshops that introduce the Internet of Things, blockchain and more."

Stationed throughout the gallery are real-life representations of STEM professionals from across the community, covering industries such as aeronautics, automation, remote robotics, steel and chemistry. These authentic and representational members of the community are embedded into the exhibits that will inspire guests to see themselves confidently in the STEM-rich workforce of tomorrow. The gallery was developed, designed and fabricated with a multi-lingual approach including dual language interactives, videos and labels for broader inclusion.

The Cleveland Creates Gallery is included with general admission to the Science Center.

For more information, visit [www.GreatScience.com](http://www.GreatScience.com).



5966 Heisley Road, Mentor, OH 44060 | [www.lcghd.org](http://www.lcghd.org) | (440) 350 - 2543

Lake County Virtual Cycling Program

# Cycling Made Easy

Improve the health of local seniors and **ask for a demo class to see if this is a right fit for your seniors.**

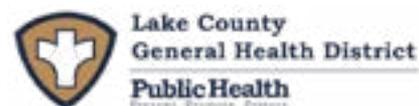


**Personal instructor**  
Classes led and coordinated by Health Educator Dave Patton

### Improve health and mobility with:

- NO** bumpy terrain
- NO** extreme weather
- NO** oncoming traffic

Interested senior centers should call 440-350-2543 and ask to speak with Dave!



A unique indoor biking experience



Using technology to create a virtual world.



To improve physical health and heart health.

# Gardening with kids

Playing in dirt isn't just loads of fun – it's healthy, too!

By Kimberly Blaker

There's no question, playing in the dirt tops the list of fun for young children despite the protests of many well-intended parents. If you're one of those parents, you can put your fears aside.

It turns out dirt is actually beneficial to the long-term health of kids, according to a Northwestern University article, "Germs at four, less inflammation at forty," by Clare Milliken. Studies have found that early exposure to certain germs, like those found in dirt, actually help kids' immune systems learn to better regulate inflammation. In turn, this exposure reduces kids' risk for a number of diseases throughout their lives.

For that reason, a family garden is a perfect opportunity to build your kids' immune systems. Better still, gardening offers lots of other benefits to kids and families. Through gardening, kids learn to be respon-

sible by caring for their own plants. It's also a great way to help kids learn about and develop an appreciation for science. Another health benefit is that gardening encourages healthier eating. Not to mention, it's a great activity for family bonding.

So gather up your kids and gardening supplies, head outdoors, and get ready for some dirt-filled fun.

## Getting started

First, decide where to plant your garden. Then allot a small space for your child to have his or her own garden, too. This will help build your child's enthusiasm for the garden and encourage your child to take ownership and responsibility for it. Having their own garden is especially exciting and rewarding for kids because they know that they, alone (or with minimal help), grew those little seeds into a marvelous plant.

Next, decide what to plant. For young children, consider fast-growing plants your kids are familiar



with. Little kids also love plants that are colorful or have strong scents.

If your kids are older, let them choose what they want to grow. Keep in mind your child's personality, though. If your child tends to be impatient, suggest plants that are easy to care for and grow quickly.

As you proceed in planning and preparation, include your child in it as much as possible. Remember, this stage is as much fun for kids as

it is for parents and helps build kids' enthusiasm. Also, let your kids help you draw up the garden plan. If your kids are old enough, they can also create their own shopping list.

When you go shopping for the supplies, take your kids along, and let them pick out their own seeds and gardening tools. For the safety of young children, look for kids' gardening tools made of durable plastic.

**Continued →**

## Welcome to LaMalfa!

### Mother's Day Brunch Buffet

**Sunday, May 12, 2024**

**10 am–3 pm**

(last seating at 1:30 pm)

**\$49 adults**

**\$5 kids**

12 & under

*Balloon Artist*

*Face Painting • DJ Gaz*

Reservations Required

**EventBrite.com**

### 2024 Entertainment Schedule

\$10 cover for band nights



4/24–Kenny and Dolly Tribute	8/9–Stan Miller (Jazz Band)
5/16–Shania Twain Tribute	8/16–Pieces of Eight
5/24–Sumrada	8/22–Tony Bennett Tribute
5/31–Nick Costa	8/23–Aftermath
6/7–Dueling Piano Dames	8/30–Chance
6/14–FM77	9/06–Blues Deville
6/20–Phase 5 (Motown)	9/13–Polka Night/Bob Kravis
6/21–Nitebridge	9/20–DJ GAZ
6/28–Stan Miller (Jazz Band)	9/27–Sumrada
7/5–R. Desantis Big Band	10/25–Abby Rodeo / Halloween
7/12–Long Time Gone	10/25–The ReBeats (Beatles Tribute)
7/19–Surfside Band	11/20–Rat Pack Christmas
7/24–Lights Out (Frankie Valli Tribute)	11/28–LaMalfa Thanksgiving
7/26–Tom Todd	12/21–Nitebridge / I Campagnoli
8/2–The ReBeats (Beatles Tribute)	12/31–The Band Intense / NYE

**Eventbrite.Com**

For more information, menus, entertainment schedules or to make reservations please visit **EventBrite.com**.



### Planting your garden

When you begin planting, show your child how to plant the seeds and how to properly space them apart. Then have your child water the seeds as directed.

To help your child take responsibility for his or her own garden, put a daily gardening task list on the refrigerator.

Also, to help your child maintain enthusiasm, suggest your child keep a garden log. Your child can record the date of plantings, each day's gardening activities, when each plant sprouts, the amount of growth of the plants, and the harvesting of

the plants.

Finally, after harvesting, have your child help you prepare the vegetables. Offer your child different ways to prepare or cook them to help your child develop a lifelong love for fresh, healthy veggies.

#### Books on gardening with kids

*The Little Gardener* by Jan Gerardi (ages 3-4)

*The Little Gardener* by Emily Hughes (ages 3-7)

*Up in the Garden and Down in the Dirt* by Kate Messner (ages 5-8)

*Roots, Shoots, Buckets & Boots* by Sharon Lovejoy (ages 4-10)

## mother's day gift ideas



### Brooklinen Towels

Waffle Towel Move-In Bundle  
[www.brooklinen.com](http://www.brooklinen.com)

Add texture to your routine with the new and exclusive, innovative waffle collection, designed to reduce shrinkage and maintain its shape after wash and wear. This style's lightweight and unique honeycomb weave traps and soaks up water fast, for quick and efficient drying. Made from 100% long-staple Turkish cotton, and pre-washed for softness and an extra plush feel. Upgrade your entire bathroom with the Waffle Towel Move-in Bundle, which comes with 4 Bath Towels, Hand Towels, Washcloths, and a Bath Mat.



### Eurographics Puzzles

[www.eurographics.ca](http://www.eurographics.ca)

Eurographics is a world-leading art publisher and puzzle manufacturer. Their company is known for its wide selection of quality products and outstanding customer service. Their puzzles are made with strong high-quality puzzle pieces from recycled board and printed with vegetable based ink. Visit their website to see the huge selection they offer!

### Charleston Shoe Co.

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

Twenty-five years ago, founder Neely Woodson Powell, met cobbler Santiago, in San Miguel, Mexico whose simple sandals were a wardrobe staple among the villagers and visitors alike and Charleston Shoe Company has collaborated with them ever since.

The line is now worn by women stateside who appreciate the treaded soles, elastic straps, washability and bold colors and patterns – all signatures of the brand. From “cobblestones to cocktails”, the shoes can be worn in comfort all day and night.

**Cooper** – The perfect espadrille wedge to pair with everything! Sling-back allows for a blister-free heel!



# Youth Spring Sports at LNSP East!

## Lil Kickers - Soccer



Summer Session: June 17 – August 24

Registration opens May 13

- 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!

Summer Session: June 17 – August 24

Registration opens May 13

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



Summer Session: June 17 – August 24

Registration opens May 13

- 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)

# May is National Foster Parent Month



**Call us to learn more about becoming a foster parent.**

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



Call the Foster Care line at:

**(440) 350-4218**

or email:

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

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