

# TODAY'S family

September 2024

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## 10 Commandments of Back to School

Building rapport with your  
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Benefits of Dance  
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of local  
studios!

## Ecotherapy

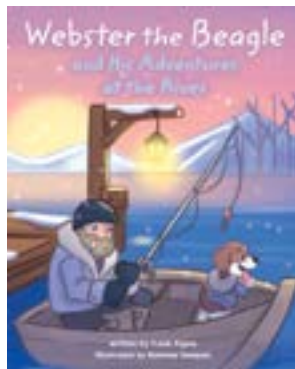
How a focus on nature is  
changing therapy for children



# Today's Family BOOK — CLUB —

## Webster the Beagle and His Adventures at the River

Frank Payne – Author  
Romney Vasquez – Illustrator  
www.websterthebeagle.com

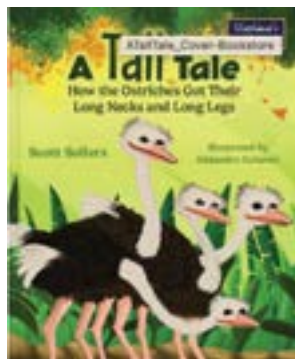


This is the story of Webster the beagle and his adventures at the Rappahannock River, whose tale of hope will inspire you to never give up on your dreams. Sometimes we think we're lost, when really, we're just hoping to be found. Webster the Beagle and His Adventures at the River is the highly anticipated second book in the Webster the Beagle series, which was inspired by Payne's late beagle of the same namesake.

Through this heartfelt and beautifully illustrated book, Payne hopes that readers understand how special life is on a river – especially when it's with your best friend.

## A Tall Tale: How the Ostriches Got Their Long Necks and Long Legs

Scott Sollers – Author  
Alejandro Echavez – Illustrator  
www.scottsollersauthor.com



This is the story of two rival communities living in valleys separated by a ridge. The Have-Alls live in a fertile, beautiful valley with their leader, Chief Somebody, and their prized pets, the Squatz. In the other valley, one more desolate and barren, live the No-Haves and their leader, Chief Nobody. The No-Haves, always jealous of the Have-Alls' pets, decide to gather the Squatz for themselves. What results is a fierce tug-of-war that changes the two communities—and the Squatz—forever!

Through this heartfelt and beautifully illustrated book, Sollers teaches young readers what it means to be selfless, while at the same time, teaching them the virtue of forgiveness.

Sollers created this book and other nighttime stories for his daughter, Stephanie, when she was a youngster. Originally, he handwrote and illustrated these stories, and finally had the inspiration to get them published.

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# TODAY'S family

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# The Ten Commandments of Back to School

## How to build rapport with your child's new teacher

By Jan Pierce

Want to get off on the right foot with your child's new teacher this fall? Want to have smooth sailing in the transition from summer to fall? I'll tell you what you need to know. I taught school, mostly first and second grades, from 1967 to 2007, and then retired. I had a few years off (for good behavior) while I raised my own two children. I loved teaching. I loved fall, especially when everything in the classroom was fresh and new. Crayons had sharp points, paste jars and later glue containers were full. Desks were scrubbed and boasted beautifully printed nametags atop each one. Children arrived that first morning of school all put together, wearing smiles of anticipation.

That first day of school I often met a few parents as well. They were the ones who couldn't quite allow their children to ride the bus the first day—they needed to see them safe and sound to the classroom. I understood. I cried the day my eldest boarded the bus for first grade, later telling me it was like "a ride at Disneyland."

The first few days of a new school year are important ones. Meet and greets, new rules and expectations, a few queasy tummies, making new friends—they're all part of getting a new year underway. For parents it's a time of fresh starts,

moving back into school routines and, sometimes, it's burdened with a few doubts and fears. Did he get the right teacher? Will she learn to read?

Relax, parents. I can help you get this new school year off to a great start. Just read and follow the "ten commandments" of back to school and you'll be well on your way to a wonderful school year.

### **1. Thou shalt set a proper bedtime**

It can be difficult to transition from the long, fun-filled days of summer to the more rigid schedule of fall. Start a week or two early. Get back into the habit of going to bed early and rising at the appropriate time. Maybe even add fifteen or twenty minutes to the morning scramble time to ease the pressure. Select clothing the night before. Eat breakfast together. Your children will arrive at school ready to begin their day.

### **2. Thou shalt do the dreaded paperwork**

Teachers and administrators take advantage of the first week of school to get all their ducks in a row. They want current address and telephone information. They need to know who to call in case of illness or emergency. And teachers want to get a handle on the children in their room. They want to know which parents will be available to help

them, who has special health conditions, etc. Even though the sea of papers coming home threatens to spill over into the trash can, don't let that happen. Take the time to complete the paperwork and find a safe way to transport them into the teacher's waiting hands. The teacher will love you for this.

### **3. Thou shalt wait a week or two before making changes**

The one and only time I intervened in selecting the teacher for my son, I was dead wrong. I got him the older, more experienced teacher and we were both bored for the rest of the year. (My son and I, not the teacher.) Trust the system. A lot of work goes into creating the balance of any given classroom. Children are placed with a certain teacher based on the needs of both the child and for balance in the classroom. The ratio of boys to girls, the number of special needs children, or English language learners, for example, have been taken into consideration.

If you suspect that a change may be necessary, wait a bit and see how your child adjusts. You may be surprised. (Of course in any situation that has potential for serious problems, you as the parent must act in your child's best interests.)

See **COMMANDMENTS** on page 6



# GYMNASTICS

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## Commandments from page 4

### 4. Thou shalt volunteer

I can't emphasize enough the value of giving something to your child's classroom experience. If you work during the day you can still send in cupcakes or take one day off to chaperone a field trip. If you have young children at home, arrange child care trades and volunteer to listen to children read, play reading and math games or offer any other help the teacher needs. One-on-one attention is very valuable in the classroom and you can offer that with no training in education. Children are very aware of their parents' attitude toward school and learning in general. Be the parent who shows up, supports and gives.

### 5. Thou shalt attend open houses and performances

See commandment number four. Show up. It matters.

### 6. Thou shalt make an appointment for imparting important information

Open houses and other large school gatherings are wonderful for a positive group experience. But if you have a question about what happens in the classroom, your child's successes or needs, behavior issues and the like, please make an appointment to visit with the teacher before or after the school day. Teachers are encouraged by parents' concern and interest in their child's performance. They want to give you their full attention to discuss important topics.

### 7. Thou shalt be part of a team effort

The school, the family and the child make up a learning team. There may be other teaching specialists involved in your child's learning experience—speech therapists, social workers, reading specialists, etc. Speak positively about your child's teachers and the school program. While no system is perfect, most educational professionals want to cooperate with parents and address their concerns. Your child will know if you're unhappy with the school and it will reflect in his or her attitudes and behaviors. Keep it positive.

### 8. Thou shalt pay attention to changes in attitude and behavior

If your child displays changes in behavior or attitude, pay close attention. The problem may be as simple as illness or mild discouragement, but it could be something bigger such as bullying incidents or fears of failure. Talk it out and take appropriate action.

### 9. Thou shalt feel free to communicate with the teacher

Teachers are busy and they may give the impression they don't have time to talk with you. That's wrong. They have time before the bell rings in the morning, after school, and even in the evenings. They often like to email or text back and forth. Teachers care about their students and they're usually eager to hear what you have to say.

### 10. Thou shalt do thy best to "let go" in appropriate measure

It's hard to entrust your child to anyone but yourself. But growing up is a series of letting go experiences. They go off to preschool, kindergarten, first grade and before you know it they're ready for high school. The time flies by and you can't stop it. Further, you don't want to. Let your children become strong and independent one step at a time. It's hard to let go, but it's necessary.

As you know by now, children don't come with a user's manual. Parenting is a tough job and each child is unique. You've done your best to prepare your child for school and the world, and now you have to entrust him to another adult's care. You have to allow her to fend for herself for a large chunk of each day. You have to trust he'll make good choices. It's hard.

On the other hand, most teachers are not doing their extremely complicated and demanding job for the pay they receive. They're in the classroom because they love children and the learning process. There's nothing more rewarding to us teacher types than to see a little face light up during a read aloud, or when a new concept is grasped. It's pure gold. Your child's teacher is probably one of those.

Here's wishing you and your child a most successful school year.

*Jan Pierce is a retired teacher and the author of Homegrown Readers and Homegrown Family Fun: Unplugged. Find Jan at [www.janpierce.net](http://www.janpierce.net).*



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# World-famous Museum of Illusions brings magical “edutainment” to Cleveland

The Museum of Illusions is the largest and fastest-growing chain of private museums in the world and a pioneer in the concept of edutainment, or educational entertainment. Its exhibits are renowned for playing tricks on the mind and showing visitors the amazing science behind illusions.

The Museum of Illusions Cleveland joins an impressive roster of over 50 locations worldwide. The Cleveland location is housed at 186 Euclid Avenue in The May building adjacent to Public Square in the heart of downtown. Its 9,200 square feet of exhibit space offers a unique and unconventional spin on art, education and entertainment through interactive and immersive experiences. Highlights include a Cleveland-themed reversed room where visitors will seemingly levitate upside down on a basketball court and building illusion where they can appear as if they are hanging from a Cleveland building. Other popular and visually striking exhibits include

the walk-in kaleidoscope, vortex tunnel and infinity room.

“We are thrilled to have the magic of our Museum of Illusions in Cleveland,” said Kim Schaefer, CEO of Museum of Illusions. “Our team has worked tirelessly to create an experience that will spark curiosity, ignite imagination, and leave a lasting impression on all who visit. We are truly honored to be a permanent part of the Cleveland community, and we look forward to sharing the wonder and excitement of our museum with residents and visitors alike.”

All Museum of Illusions locations take great care to be both entertaining, educational and accommodating to people of all ages. Exhibits are intentionally interactive and are designed to be touched, experienced and photographed, creating memorable moments and encouraging social sharing. The Museum is ADA accessible and welcomes families with strollers.

Whether you’re planning a date night, a family outing, or a corporate



Credit: Museum of Illusions

event, the Museum of Illusions offers an experience unlike any other in Cleveland.

Tickets prices start from \$20. While walk-ins are welcome, visitors

are encouraged to reserve their tickets online at [www.moicleveland.com](http://www.moicleveland.com) and follow the Museum at @moi\_cleveland on social media for more information.



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# New opportunities bring excitement...and butterflies

By Stacy Turner

I've always enjoyed the transition from summer to early fall and the sense of renewal as a brand-new school year begins. The longed-for summer has been full of fun adventures. But as the evenings become cool, I realize I'm ready for the routines and business of fall. And my kids are ready to return to school, too — at least most of the time.

Even though I'm no longer a student with first day jitters, I can remember having them. Each time I started at a new school, those butterflies in my stomach attacked with a vengeance. After attending one school for kindergarten, another for first grade, and a brand new school for grade two, my tiny tummy was tied in knots. The first day at my third new school in as many years, I ended up in the nurse's office before lunchtime. All day, I felt like I was going to vomit. I didn't want to go back for day two, but since I didn't look sick and didn't have a temperature, I was back on the school bus, feeling queasier the closer I got to school. I must have looked a little green, because my teacher sent me straight to the school nurse.

Eventually, the butterflies went away and I settled in and thrived in my new class and my new school. Over the years, I've learned that by focusing on the exciting part of a new situation,



Listening to music is one way to ease stress

my nervousness loses some of its power. And I've learned that sometimes, that scary thing I spent so much time worrying about wasn't half as bad as I had built it up to be.

My older daughter isn't nervous about the first day of school in the way that I was. Instead, she focuses her extra energy on organizing beforehand. Sometimes, the distraction of cleaning out a drawer to make room for new school supplies does

the trick. Other times, she's intent on cleaning out a closet, earning satisfaction from making things neat and orderly. That's the way she prepares herself for a new or different situation.

My younger daughter, however, is more like her momma. On a few especially hard afternoons of the first few weeks of kindergarten, her kind teacher arranged for my older daughter (who had also been her student), to come from the second grade and comfort her younger sister. Eventually, my little one settled in and thrived in her new environment. But as she gets ready to attend a new school this year, those familiar butterflies are back in full force. So, we're doing our best to try to repel them.

Over the years, I've learned some ways to better cope with stressful situations myself, and I'm trying to help my daughters figure out what works best for them. Some of my go-tos include gardening, talking with friends, rewarding myself with a fancy coffee afterwards, or stress baking. My girls turn to exercise, listening to music, cuddling the pets, and hanging out with friends.

Together, we'll all make sure the girls are organized and have all the supplies they need for that scary yet exciting first day of school. And we know from experience that each of us will get through these new beginnings, learn to settle in, and thrive with these new opportunities.

An advertisement featuring a background image of several hands cupped together, holding a white paper cutout of a house with a family of four (two adults and two children) and a car. In the top left corner is the logo for NCORTC (North Central Ohio Regional Training Center). In the bottom left corner is the logo for Cuyahoga County, Ohio, and the text "Cuyahoga County Division of Children and Family Services".

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# 9 ways to create lasting bonds with grandparents through books

Advice from a grandfather and award-winning author

By Scott Sollers

Finding time to bond with your grandchildren can be challenging, especially if you live far away. That's why I've made it a point to make the most of our special time together in the simplest, purest form – through reading. The shared experience of reading with my grandchildren has filled me with joy and created memories that will remain with us forever.

This National Grandparents Day (September 8) is the perfect time to start a new tradition of reading together. Here are a few creative ways to get started on your special reading journey!

## Visit Little Free Libraries

Take a walk with your grandchild to visit local Little Free Libraries in your neighborhood. Choose a book together. When you are done reading it, together, put it in another Little Free Library for others.

## Participate in reading reward challenges

Several libraries and businesses provide incentives to children who read. Make this a fun activity with your grandchild by working with them to complete the required reading minutes, and enjoy

the perks together (pizzas, amusement park trips, etc.)

## Go on a storybook walk

Storybook walks let young readers enjoy a story and the great outdoors, as pages from a children's book are printed and placed in displays along a walkable path at a park, school or neighborhood. Check with your local library for their recommendation of where to find the most current storybook walks.

## Get a library card

September also happens to be National Library Card Sign-Up Month, so there's no better time to introduce your grandchild to the nostalgia of libraries. Make a plan to visit the local library together every so often to check out more books.

## Make book-themed crafts

Extend the fun of books beyond the pages, and make puppets of your favorite characters, book-marks inspired by your favorite story or dioramas that showcase a scene from a book.

## Attend author readings and book signings

Many Barnes & Noble stores and other inde-



Scott Sollers with grandkids Harry and Ellie

pendent bookstores love to host local authors for a read-aloud and book signing. These events offer a special and unique opportunity for kids to get their books signed and burning questions answered.

## Listen to audiobooks

Audiobooks provide a wonderful shared experience to foster the love of learning while on the go! Plus, they give children the opportunity to listen to books at a higher level than they'd normally read.

See *GRANDPARENTS* on page 12

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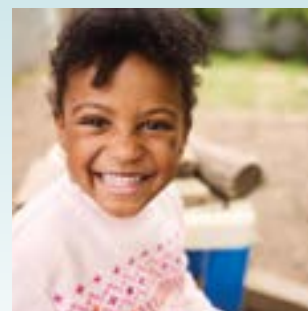
Visit [ruffingmontessori.net](http://ruffingmontessori.net) or call the Admissions Office at 216.321.7571 to schedule a personal tour or register for Ruffing's Fall Open House.

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# How a focus on nature is changing therapy for kids

By Gina Rich

“Join me on a dog walk,” I said to my kids one afternoon. They sighed as if I had suggested they spend the day memorizing the library’s card catalogue system. But their moods lightened once we were outdoors. My children, ages 10 and 12, skipped and meandered, stopping to collect wildflowers and laughing as our dog chased tiny frogs between puddles.

We’ve long recognized that playing outside is good for kids, just as I did that day.

“Nature-deficit disorder,” a concept introduced by journalist and author Richard Louv in 2005, underscores the importance of access to green spaces. A growing number of studies indicate that exposure to nature benefits kids in different ways, such as by lowering stress and promoting better cognitive development.

Ecotherapy — also called nature therapy or green therapy — goes further by encouraging structured, purposeful interactions with nature to improve mental health. “You’re bringing an aspect of mindfulness and intentionality to being outdoors,” says Amy Lajiness, an ecotherapist and psychotherapist who counsels adolescents, adults and families.

Here’s what experts say about why ecotherapy works and how to introduce it to kids.

## Nature as a co-therapist

There is no standard training or certification required to become an ecotherapist, but many practitioners are mental health professionals who have completed additional work in nature therapy. Ecotherapy is a broad term for a range of activities, such as caring for animals, tending to a garden or participating in a wilderness program. Practitioners often incorporate ecotherapy into conventional talk therapy by holding sessions outdoors and letting nature serve as a co-therapist.

This flexibility in environment is a key benefit of ecotherapy, because in-office settings can feel intimidating — especially to kids. There’s a power differential between clinicians and clients, Lajiness says, so children attending therapy may feel as if

“I’m the patient. There’s something wrong with me.” By contrast, when sessions take place in a park or while strolling along a beach, “the setting is just so helpful to create a sense of comfort and openness.”

Lajiness says demand for mental health services increased in response to the pandemic, with the stress of online school and the curtailment of regular activities hitting tweens particularly hard. She noticed a big uptick in anxiety and attention disorders among older elementary and younger middle school students.

Ecotherapy can help with these challenges. Exposure to nature tends to soothe and refresh overstimulated brains. While concrete tasks such as completing an assignment or writing an email require sustained, focused concentration, actions such as looking at a flower or listening to a thunderstorm cause us to engage in something called “soft fascination” Lajiness says. “There isn’t necessarily the structure or the demand on our attention in a way that’s draining.”

Ecotherapy activities often start out as human-centric — or Level 1 ecotherapy, according to Linda Buzzell, ecotherapist, psychotherapist and co-editor of “Ecotherapy: Healing with Nature in Mind.” Examples include playing in a garden or petting a friendly animal. Ideally, “as we engage with the rest of nature, we also begin to get the message that we need to pay attention to the health of Mother Nature as well as our own,” Buzzell says. This helps us move to Level 2 ecotherapy, in which we actively care for nature, perhaps by tending to a garden with an eye toward sustainability.

After a summer of extreme weather fueled by climate change, many kids are feeling anxiety and sadness about how the world is changing. Ecotherapy can help, both from a psychological and practical standpoint. “We have to prepare kids to live and survive and do well in a world that doesn’t even exist yet, but that is rapidly coming,” Buzzell says.

Buzzell cheered when I told her about my family’s attempts to grow tomatoes in our backyard. Learning simple survival skills, such as growing your own food, is an important aspect of ecotherapy, she says. “It gives kids a sense of empowerment.”



Interested in exploring ecotherapy with children? Here’s what experts suggest.

## How to start

Identify your kids’ preferred connection to nature. Part of an ecotherapist’s job is learning how each person relates best to nature. “It’s not one-size-fits-all,” Buzzell says. Although some children love playing outdoors, others enjoy creating nature art or listening to the rain. My youngest child isn’t a big fan of nature walks, but she loves turtles, so animals are her gateway to nature.

## Use what’s nearby

Green space may not be easily accessible where you live. But kids don’t need to be sitting in a forest to connect with nature. Activities such as tending to a houseplant or caring for a pet fish offer their own emotional regulation benefits, Lajiness says. Even a cut flower can offer a way to interact and observe nature.

## Show kids how tech can bring them closer to nature

Vernon Hutter, an ecotherapist based in Devon, England, noticed how devices distracted kids from the natural world, so he encouraged his teenage daughter to use her smartphone mindfully by snapping photos of nature each day and sending them to him. Hutter recommends taking contrasting photos — first something big, such as clouds or a sunset, then something small, such as an insect. This intentionality helps foster awareness of the present moment.

## Try nature-specific meditation

Sandi Schwartz, author of the book “Finding Ecohappiness: Fun

Nature Activities to Help Your Kids Feel Happier and Calmer,” suggests compassion meditation, in which children direct kind thoughts toward themselves and different aspects of nature. For those who struggle to sit quietly during traditional meditation, Lajiness likes to use the “5 senses” grounding technique, or “5-4-3-2-1,” where she asks kids to name five parts of nature they can see, four they can feel, three they can hear, two they can smell and one they can taste or that they’re grateful for.

## Use metaphors to help kids open up

Kids may find it easier to express feelings through nature metaphors, which tend to be visual and vivid, Schwartz says. Is your child feeling angry like a roaring lion? Powerful like a soaring eagle? Ask your child how these animals change as their feelings ease or get stronger. Or use seasons to describe emotions. “For example, we can talk about feeling cold and dark like during winter-time,” Schwartz says.

## Encourage actions that bolster connections to nature

If your children love pandas or turtles, for instance, they might consider donating part of their allowance to a charity that helps animals. After researching organizations that care for turtles, my daughter made a gift to our local aquarium.

Ultimately, the goal of ecotherapy is to help us understand that humans and nature are not separate, but deeply interconnected — a realization that can be both healing and motivating. As Hutter puts it: “We’re a part of nature, and not apart from nature.”



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## KEYNOTE ADDRESS

**Dr. James Campbell**

Director of the Geriatric Center,  
**The MetroHealth System**  
 Professor of Family Medicine,  
**Case Western Reserve University**



Presented by



# Hook a book lover: 10 clever ways to get kids to read

By Janeen Lewis

One of the most important things parents can do is raise a reader. Successful reading leads to successes in academics and gives kids a solid start in life. In fact, research shows that kids who read at least 15 minutes a day have accelerated reading gains.

But no matter how diligently parents support reading, sometimes kids resist. Books have to compete with those oh-so-scintillating devices, video games and streaming apps.

Why not shake things up and try stealthy ways to hook a book lover? The following 10 ideas are sure to win over the most reluctant reader.

## 1. Free stuff!

If your kids don't believe you, ask Alexa, Siri or Google "What free stuff can kids earn by reading" and oodles of items will pop up. By merely recording the titles they are reading, my own children have earned pizzas, frozen yogurt, books from Barnes and Noble and amusement park tickets.

## 2. Let the books out

Don't cage them up on the shelves! Research shows that kids from print-rich homes are better readers, but it helps if the books, magazines and newspapers are out where kids can see them.

Put bins and baskets of books in the bathroom, in the car, and spread out books with inviting covers all over hard surfaces in your home.

## 3. Reward with extra bedtime reading

Have you noticed that your child who has a plague-like aversion to reading during the day suddenly develops a fondness for it at bedtime? Embrace this and let your child earn extra reading time at bedtime. If he or she reads for a specified amount of time or a certain number of books, extend lights out for a few minutes — as long as your child spends that time reading.

## 4. Make your book nook the envy of the neighborhood

Think: tent with twinkle lights. Plump pillows. Comfy chairs. Make



your child's reading space as comfortable and inviting as you can. But you don't have to get fancy — sometimes what adults think is simple is a kid's reading castle. When my children were young, they draped a sleeping bag over the footboard of our queen-sized bed. Extending it from the back of the bed, they lapped it over a chair and then curled up with their books in the "reading fort." When reading time was over, we put everything away.

## 5. Make it a double feature

Every year new films come out that are inspired by books. If your child wants to see a movie that was based on a book, have them read the book first and then rent the movie and watch it together. Compare the two, and have your child explain which he or she liked better, the movie or the book.

## 6. Get graphic

Umm. . . I'm talking graphic novels here. They may not be the conventional kind of books parents grew up with, but they may draw your child into reading. And while you are mixing it up, let them read comic books. Oh, and throw in some audio books and let them read on a device sometimes. Imagine all the possibilities that might engage your child in reading.

## 7. Let them order a magazine subscription

Magazine subscriptions that come specifically for the kids of the house

make them feel grown up and tempt them to read. Some good ones to try: "Ask, Ranger Rick," "National Geographic Kids," "Sports Illustrated Kids," "Cobblestone," "Ladybug" and "Highlights."

## 8. Tickle a funny bone

From Jeff Kinney's "Diary of a Wimpy Kid," to Peggy Parish's "Amelia Bedelia," or Sara Pennypacker's "Clementine," a funny story is a good way to hook a book lover. And if you read a humorous book with your child, you might find yourself chuckling along, too.

## 9. Let there be light

Come on, don't be so stuffy! Let them read with a flashlight under the covers. Also, there are a plethora of really cool reading lights in today's universe. Headlamps are a unique option, and there are even book lights that keep track of minutes read.

## 10. Be a rock star reader yourself

Carve out time daily for your child to see you pouring over the paper, curling up with your favorite book, or discussing a tidbit from a magazine. Model a reading life, and your child will be more likely to embrace the same literature-loving values.

Janeen Lewis is a nationally published writer, teacher and mom to Andrew and Gracie. When she's not trying to tame the whirlwind that is her life, you'll find her curled up with a good book.

## Grandparents from page 9

### Start a grandparent/grandchild book club

Book clubs are the perfect way to socialize with friends while encouraging a love of reading. Round up some of your friends and their grandchildren and start planning regular meetings to discuss age appropriate books.

### Establish Caribu accounts

Try to make some time for reading even though distance might keep

you apart. Caribu is a video calling app that lets family and friends read together, virtually!

*Scott Sollers is an award-winning author and proud grandparent of 3 (Felix, Harry and Ellie). His first book, a Tall Tale: How the Ostriches Got Their Long Necks and Long Legs, released last month. His next book "The Adventures at Lake Omigosh" will be released in November.*



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# Learn to Dance!

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

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

### Great cardio exercise

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

### Self control and cooperation

Being in a dance class with other

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

### Teaches about different cultures

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

### Increased self-confidence and self-esteem

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



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

dance is memorized and performed such as on stage at a recital.

### Strength and endurance

Dance builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance require jumping and

*See Dance on page 17*



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Fall session begins **SEPTEMBER 4**



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101 Main St. Suite 105, Chardon, OH



## Fairmount Center for the Arts

Dance program promotes professional technique in a fun, supportive environment

Dance speaks volumes without saying a word. When words just don't cut it, our bodies take the stage to share our untold stories in creative and fascinating ways. The magic of dance isn't just about fancy footwork; it's a powerhouse of perks for both the mind and body, including:

- Improved balance, strength, coordination, and flexibility
- Enhanced self-discipline and goal-setting
- Greater appreciation of diverse cultures and arts, fostering empathy
- Boosted self-confidence and communication skills
- Skills in problem-solving and accepting constructive criticism

Dancing isn't only beneficial when you're young; adults also reap a multitude of benefits from taking a dance class. Dance enhances physical health, including reducing the risk of osteoporosis, and provides mental benefits such as helping to prevent dementia and Alzheimer's disease. Whether you're tapping your toes



seated or holding onto the barre, dance is the ultimate all-age-accessible fun your body and your mind has been waiting for.

For over 53 years, Fairmount Center for the Arts has provided high-quality dance instruction in northeast Ohio. Their classes, taught by professional dancers, offer a non-competitive, supportive environment.

Whether you're a beginner or advanced, Fairmount has a dance class for you! Dancers aged 3 and older are encouraged to join end-of-session performances and may also join additional performance ensembles throughout the year.

Register at [fairmountcenter.org](http://fairmountcenter.org) or call 440-338-3171. Fall classes begin September 7.

## EnPointe – Come dance with us!

*En Pointe Danse* in Chagrin Falls, now celebrating its 25th year, provides a nurturing environment for dancers of all ages to explore the joys of dance.

Owner Gail Friedberg, who has been teaching and dancing professionally for over 35 years, fell in love with dance at an early age. “My mom taught dance and owned her own studio when I was growing up,” Friedberg explains. “Both my parents were circus performers, so dancing and performing have been part of my life for as long as I can remember.”

Friedberg, along with fellow instructor Jean Brady, teach a variety of classes in creative movement, ballet, pointe, tap, and modern dance for ages 3 through adult. Each spring, students ages 6 and up perform in *En Pointe Danse’s* spring ballet. Children ages 3–5, participate in a separate informal showing.

Aside from being fun and good exercise, dance offers many lifelong benefits and skills including coordination, self-control, and discipline. “We love dance, and relish



the opportunity it gives students to broaden their horizons. We want them to experience the joy of dancing while developing a good foundation, excellent technique, and a sense of discipline that stays with them for the rest of their lives.”

Fall classes begin September 3. For more information call *En Pointe Danse* at 440-247-5747 or visit [www.enpointedanse.com](http://www.enpointedanse.com).

## Cleveland City Dance

Nurture your passion and talent

You will love watching your child's excitement as their dreams come true at Cleveland City Dance

Build lifelong friendships, develop confidence, poise and technique, and strengthen the mind and body like any athlete. Families will see and feel the positive effects of dance as their dancer reaps ballet's educational benefits. Watch your child blossom in class and in performances. Everyone's life is enriched by dance.

Cleveland City Dance is dedicated to nurturing and inspiring one's love for dance. Classes are structured for students to develop both mentally and physically from ages 3 to 85 as individuals. Classes include ballet, boys' ballet, jazz, tap, modern, hip hop, acro, African dance, jazz heels, yoga and more. The nonprofit ballet company in residence, the City Ballet of Cleveland, offers many additional performance opportunities for dancers including “The Uniquely Cleveland Nutcracker.”

Students interact with dancers from Ohio and other cities including visiting professional dancers, and at-



tend festivals, and take master classes with internationally known choreographers and instructors. Cleveland City Dance also offers workshops and master classes each year including from Broadway productions.

Dancers from Cleveland City Dance and City Ballet of Cleveland are now dancing with the New York City Ballet, Pittsburgh Ballet Theater, Tucson Ballet and more other notable companies. All dancers in the greater Cleveland area may audition to perform in the City Ballet of Cleveland's “Uniquely Cleveland Nutcracker.” Classes start September 3 and Nutcracker auditions are Sunday, September 15. Call 216-295-2222 or visit [www.clevelandcitydance.com](http://www.clevelandcitydance.com) for more information.

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## Beck Center offers dance classes for all ages and skill levels

Start moving towards your healthy future

Beck Center for the Arts in Lakewood is a premier arts education institution with a strong focus on excellence in dance, teaching all ages, abilities, and skill levels.

Award-winning instructors include Miss Dance Michigan and a Radio City Rockette.

One of the most comprehensive and well-respected dance programs in northeast Ohio, all students benefit from the discipline and dedication instilled in these classes, and some students have gone on to perform professionally or teach.

Dance classrooms were recently renovated, and a capital campaign continues to #RaisetheRoof on the dance center. Programs foster a love of movement that builds confidence, coordination and creativity for all ages and body types.

From early childhood classes in preschool dance and preballet all the way to advanced ballet, pointe, jazz, tap, contemporary and hip hop, there



Photo credit Beck Center for the Arts

is something for every BODY.

Classes exclusively for adults include ballet, tap, contemporary and Body Beautiful.

Performance opportunities are available throughout the year for all ages on-site in the form of two stages and a recital hall.

Enroll in Beck Center Dance today at [beckcenter.org/education/dance](http://beckcenter.org/education/dance) and start moving toward your healthy future.

For more info visit [beckcenter.org](http://beckcenter.org) or call 216-521-2540.

Beck Center for the Arts is located at 17801 Detroit Ave. in Lakewood.

## Noreen Londregan School of Dance offers classes beginning at age 2

NLSD has been educating children in the art of dance for over 50 years. Noreen and her daughter Colleen have introduced thousands of children to the world of dance. Their staff is small and friendly – teachers are trained by Noreen and are required to attend seminars and workshops to learn the newest methods of teaching



Noreen is a member of Cecchetti Council of America, an organization dedicated to maintaining the standards and techniques of ballet training. It is a graded system whereby students progress from one level to the next through examination.

A variety of classes is offered. Class size is limited. The Terrific 2's program is an intro to dance with basic rhythms, movement and song. Preschool combo classes include ballet, tap, tumbling and focus on strength, coordination, rhythm, control and self-esteem. Ballet & Tap combo classes are offered to school age children for versatility. At this level, they learn terminology

and a good basic foundation to lay the groundwork for a more mature interest in dance. The Acrobatic program follows the Acrobatic Arts curriculum.

Noreen and Colleen are careful to select music, choreography and costuming that is age appropriate. They are proud to say they are members of Dance Masters of America – a prestigious organization that certifies teachers by exam to teach.

They are located at 750 Beta Drive in Mayfield Village. For more information call 440-449-0240, visit them on Facebook, Instagram or online at [www.noreendancer.com](http://www.noreendancer.com).

## DANCE EDUCATION



Award-winning instructors. Classes for every BODY  
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*Cecchetti Ballet, Classical Ballet, Pointe, Preschool Combo, Terrific 2s, Jazz, Hip Hop, Lyrical/Contemporary, Ballet & Tap Combo, Competition Team, & Acrobatics*



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**REGISTER EARLY – ONLINE**

Certified Dance Education: Dance Masters of America & Cecchetti Council of America

**750 Beta Drive, Mayfield Village**  
**440-449-0240 • [www.NoreenDancer.com](http://www.NoreenDancer.com)**

## Lakeshore Dance & Gymnastics

Lakeshore Dance & Gymnastics offers something for every age and skill level in a family-friendly atmosphere. Their 27,000 square-foot facility is home to competitive teams, Prestige Dance Company, and Prestige Gymnastics.

With two large dance studios featuring viewing windows and custom-built professional floors, Lakeshore accommodates everyone from 16 months to adults. Their four competitive dance teams, ranging from 4 years old to teens, excel in all genres. The 2024 season was fantastic, with multiple first places, judges' awards, and scholarships!

Young gymnasts, from preschool to school age, train in a dedicated space with age-appropriate equipment.

New for fall 2024, Lakeshore added a state-of-the-art in-ground foam pit to help athletes reach the highest levels. A lot of hard work, fundraising, and dedication made this dream a reality!

Lakeshore offers competitive gymnastics for boys and girls, including rhythmic gymnastics, with



L-R: Alex Landis, Jennifer Esposito, Amelia Foreman, Irene Graber, Sarah Graber, Carol Landis

each team enjoying a space designed specifically for them. In the 2024 season, Prestige Gymnastics went to Level 9 Nationals, where Bree Rubin earned 1st place on floor!

At every age, Lakeshore's top-quality facility, equipment, and professional staff provide athletes with a home away from home. Owner Irene Graber is thankful for her dedicated staff and the wonderful Lakeshore families.

Lakeshore Dance and Gymnastics is located in Mayfield Village at 760 Beta Drive, Suite G.

Register online at [LakeshoreGym.com](http://LakeshoreGym.com).

## Murphy Irish Arts Association

The Murphy Irish Arts Association with dance and cultural offerings in Beachwood and Willoughby, is dedicated to fostering the love of Irish culture and dance.

Dance is more than just movement; it is a form of expression that nurtures creativity, discipline, and self-confidence in young individuals. According to the National Endowment for the Arts, youth engagement in dance and other forms of physical activity has been shown to improve academic performance, reduce stress, and enhance social skills. Murphy Irish Arts provides cultural enrichment with opportunities for students to experience working individually and as a team, fostering growth in skills such as teamwork, sportsmanship, discipline, physical fitness, and community service.

Founded in 1978 by Sheila Murphy Crawford, Murphy Irish Arts is dedicated to teaching Irish dance with an appreciation for Irish culture and music. Classes are open to students of all ages, including a vibrant adult class for men and women.

Murphy dancers perform locally,



nationally and internationally in various formats, from community events such as the Cleveland St. Patrick's Day parade through to championship level competitions.

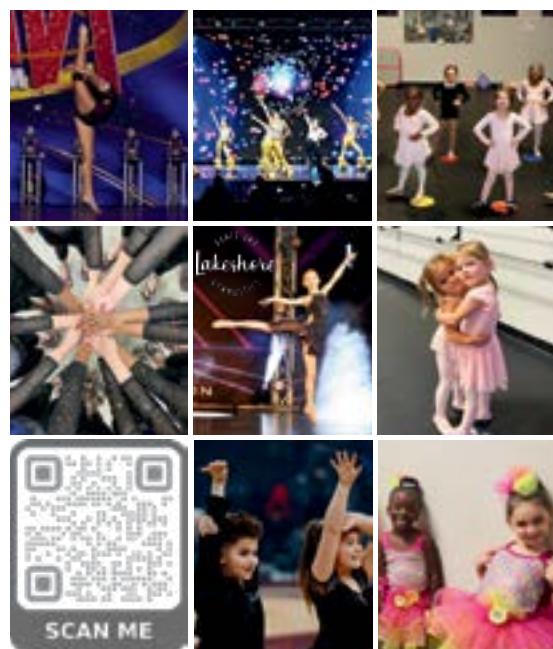
The award winning Drama Team is holding a golf benefit at Little Mountain Country Club in Painesville on Sunday, Sept. 22 at 1:30 PM. This fundraiser will help send the Drama Team to Dublin for the 2025 World Championship. Tickets include food before the tournament, dinner, raffles, and prizes.

More information about Murphy, classes, and the golf event can be found by calling 216-378-0878 or at [www.murphyirishartscenter.com](http://www.murphyirishartscenter.com).

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[murphydancers@gmail.com](mailto:murphydancers@gmail.com)





## 2024 Northeast Ohio Aging and Disability Summit

30 years: Looking back and moving forward

The 2024 NEO Aging and Disability Summit will be on Friday, September 27 from 8:30 AM–4:30 PM at the Cleveland Marriott East located at 26300 Harvard Road in Warrensville Heights.

This annual professional development and networking event is co-convened by the Cuyahoga County Division of Senior and Adult Services (DSAS), the MetroHealth System, and the Western Reserve Area Agency on Aging (WRAAA).

For three decades, the summit has brought together professionals dedicated to improving the lives of older adults and individuals with disabilities. Last year's event saw over 400 attendees, including professionals, older adults, and caregivers, engaging in enriching discussions and presentations. This year, organizers are excited to celebrate 30 years of the summit with an even bigger and better event!

They are delighted to welcome

back four-time Emmy-award-winning journalist Ben Holbert as the emcee for the day. The summit will feature a dynamic keynote presentation by Dr. James Campbell, the director of the geriatric center at the Senior Health & Wellness Center, professor of family medicine at Case Western Reserve University, and medical director of Jennings Center for Older Adults.

Attendees can look forward to innovative presentations on the evolving care of older adults, public health challenges contributing to premature death and disability in Cleveland, and strategies for adopting behaviors that promote a longer, healthier life. Esteemed professionals and experts in the field of aging and disability will share their insights, making this a must-attend event for anyone involved in this critical area of work.

For more information or to register visit <https://hhs.cuyahogacounty.gov>.

## Dance from page 13

leaping high into the air. Along with strength, dancing builds endurance, which is the ability of the muscles to work hard for increasingly longer periods of time without fatigue. As with any form of exercise, raising the heart rate can increase stamina.

### Improved flexibility

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

### Stress relief

At some point and time everyone will experience stress from their

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

### No age limit

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

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



## Tackle hunger September 16 at Taste of the Browns event

Join the Greater Cleveland Food Bank and the Cleveland Browns in celebrating 26 years of our city's love of sports and our acclaimed culinary talents at Taste of the Browns on Monday, September 16 at Cleveland Browns Stadium. Taste of the Browns is the major annual fundraiser for the Greater Cleveland Food Bank, the region's largest hunger relief organization, raising more than \$3 million since 1999. Every dollar raised helps the Food Bank provide three nutritious meals to the community.

Honorary event co-chairs, Cleveland Browns All-Pro guard Joel Bitonio, Cleveland Browns legend Hanford Dixon, and Chef Rocco Whalen of Fahrenheit will be joined by other current Cleveland Browns players and alumni to raise awareness and funds for local northeast Ohio families. This year's fundraiser features some of the region's finest restaurants, including Blue Point Grille, Sora, Lago East Bank and Morton's The Steakhouse Cleveland.

Not only are guests able to sample the city's best cuisine and mingle with current Browns players and alumni, but a silent auction will also be available to bid on throughout the

evening to benefit the Food Bank. The auction opens online on September 8, with bidding continuing online and in-person until the conclusion of Taste of the Browns, providing a wonderful opportunity for those unable to attend the fundraiser but wanting to show their support.

The event will be in the 7UP City Club at Cleveland Browns Stadium from 6–9 PM. General admission tickets are \$225, VIP tickets are \$300, and Special Teams Experience tickets are \$350. Tickets include all food and beverages, a complimentary souvenir glass and valet parking. The Club 25 VIP Lounge features exclusive food and beverage tastings, along with mingling with Cleveland Browns players and alumni. The Special Teams Experience ticket includes the benefits of the previous ticket levels as well as exclusive access to the Key Bank Club for an intimate social hour with sponsors from 5–6:30 PM. All proceeds benefit the Food Bank.

For more event information or to order tickets, call 216-738-2139 or visit [GreaterClevelandFoodBank.org/Taste](http://GreaterClevelandFoodBank.org/Taste). A full list of participating restaurants and online bidding instructions can be found here as well.

**TASTE OF THE BROWNS**

**MONDAY, SEPTEMBER 16, 2024**  
**6:00 - 9:00 PM**  
**CLEVELAND BROWNS STADIUM**

[GreaterClevelandFoodBank.org/Taste](http://GreaterClevelandFoodBank.org/Taste)



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# Girl Scouts

Empowering girls through STEM, civic engagement and more

By Kimberly Blaker

The beginning of a new school year also marks the opportunity for girls to join Girl Scouts. If your daughter is already a Girl Scout, she's probably already eagerly anticipating the start of a new year in Girl Scouts with old and new friends and adventures.

GSUSA is open to girls from kindergarten right on through high school. They begin as Daisies eventually becoming Ambassadors. Along the way, girls enjoy countless experiences in which they acquire proficiency badges, pins, and at the highest level, gold, silver, and bronze awards. More importantly though is the knowledge, skills, and character development these opportunities bring to girls.

Field trips are a big part of the activities of Girl Scouts. Field trips can range from visiting a variety of museums, touring a manufacturing plant, or going on a hiking adventure. In high school Girl Scouts might take trips to another state or even travel abroad.

### What does Girl Scouts offer?

Girl Scouts of the United States of America (GSUSA) officially began on March 12, 1912, founded by Juliette Gordon Low. The purpose of the organization is to empower girls and inspire them to make the world a better place by helping girls develop courage, confidence, and character.

### STEM

GSUSA recognizes the importance of science, technology, engineering, and math (STEM) to girls' futures. Therefore, GSUSA has initiatives, partnerships, and sponsorships with several organizations, such as the National Science Foundation (NSA) and NASA as well as corporations including Google, Dell, and AT&T. Through these girls are provided a variety of opportunities to experience STEM and also to plan for their futures in STEM industries.

Girl Scouts can also earn a variety of badges through STEM activities. These badges include innovation, digital art, financial literacy, science and technology, and naturalist.



### Environment

Developing an appreciation and respect for our environment is another crucial part of being a Girl Scout. Through several programs and activities, girls learn about nature and environmental issues. Girl Scout Camping has also been a long tradition through which girls have the opportunity to experience the great outdoors.

There's also a Girl Scout Ranger Program in which girls can earn a variety of badges by visiting national parks and participating in various activities in conjunction with their visits to the parks.

### Faith

GSUSA is a secular organization, meaning girls of all faiths as well as of no faith are welcome. In recognizing the importance of faith and spirituality to many girls and their families, Girl Scouts are encouraged to take spiritual journeys through their own religious faith. Through their journey, they can earn the My Promise, My Faith pin.

### Civic engagement

Because GSUSA aims to help girls develop leadership skills, the organization encourages civic duty. Girl Scouts hold a wide variety of beliefs and values and are encouraged to think for themselves and form their own opinions and ideologies. GSUSA has created a nonpartisan initiative called G.I.R.L. Agenda through which girls are inspired, prepared, and mobilized to create positive change.

### How to join

Sign up with a local troop with Girl Scouts of North East Ohio at [www.gsneo.org](http://www.gsneo.org).



# Just For Laughs



“Yay! I just won a Grammy!”

## Fresh Fest Cleveland celebrates 5th anniversary

Fresh Fest Cleveland, the highly anticipated celebration of music, arts, food, and culture, is thrilled to announce its return on Saturday, September 14, 2024, from 1–9 PM. This year marks the festival's fifth anniversary and promises an unforgettable day for the whole family.

Headlining Fresh Fest Cleveland 2024 is the legendary hip-hop icon, Big Daddy Kane. Kane redefined the term "lyricist" with his ingenious rhymes. Kane's captivating performances, complete with theatrics and choreography, solidified him as a true entertainer. Awarded and acclaimed, Kane boasts several gold albums and a Grammy. Hits like "Ain't No Half Steppin'" and "Smooth Operator" cemented his legacy.

Joining him will be a stellar lineup of local favorites, including Charity Evonna, Sammy De Leon, Corey Grand, Joey Aich, and more.

The festival is free to attend and open to the public of all ages. It will include a full day of unforgettable performances, art installations, a 3-on-3 basketball tournament, health and wellness activities, a farmers' market, local vendors, hands-on activities, workshops, and a kids' zone full of family-friendly fun.



“FreshFest has become a signature event in Cleveland and one of the most anticipated summer parties of the year! It truly is a family reunion, meets block party, meets cookout,” said Randell McShepard, cofounder, Rid-All Green Partnership.

While Fresh Fest Cleveland is a free event, guests are encouraged to register online beforehand, as registration is encouraged for entry.

Visit [www.freshfestcleveland.com](http://www.freshfestcleveland.com) to apply to become a participant in the 3-on-3 basketball tournament.

Fresh Fest Cleveland takes place at Rid-All Farm + Otter Park, 8129 Otter Avenue in Cleveland. Free secured festival parking will be available. Complimentary shuttle will provide round trip transportation from festival parking to Fresh Fest starting at 1 PM with continuous pickup and return shuttle service through the end of the festival.



## 35th annual Chalk Festival at the Cleveland Museum of Art

### Two family-friendly days to enjoy sidewalk art inspired by Italian Renaissance tradition

Artists of all ages and abilities are invited to participate in the 2024 Chalk Festival at the Cleveland Museum of Art (CMA) on Saturday, September 14, and Sunday, September 15, noon–5 PM, rain or shine. This annual event, started in 1990, features sidewalk artistry by professional chalk artists and local community groups, families, and individuals, making the CMA's south plaza and walkways through the Fine Arts Garden and Wade Lagoon come alive with color.

The Chalk Festival is a modern expression of a Renaissance tradition from 16th-century Italy in which artists copied paintings of the Madonna by Raphael and his contemporaries using chalk on the plazas outside cathedrals. This year's Chalk Festival features artists John G., Ke Gray, Danté Rodriguez, Lacy Talley, Rafael Valdivieso, and a selection of Cleveland Institute of Art illustration students. Artist and disability rights advocate John G. provides representation for how the event is accessible

for those with limited mobility. Guests can engage with all artists to learn about their work.

Everyone can participate in the Chalk Festival! To chalk your own creation, visit the registration tent in the Fine Arts Garden to purchase your pavement square. Chalk pastels suitable for the museum's pavement are included in the purchase. Accessible spaces are available for those using wheelchairs or with limited mobility.

\$15 small square (includes a 12-count box of chalk pastels)  
\$20 large square (includes a 24-count box of chalk pastels)

No reservations will be taken. The Chalk Festival is free to visitors wishing to enjoy the artists' work and listen to live outdoor music provided by Ropa Vieja. Food trucks are available at the bottom of the Fine Arts Garden, and the museum café is open during the festival.

Free and accessible to all ages and abilities.

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**HOURS: Tue-Fri 10 am–7 pm, Sat 9 am–6 pm**  
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*Appointments preferred.*

6025 Kruse Drive, Solon • 440-542-1750 • [www.cutsncurls.net](http://www.cutsncurls.net)



## Patterson Family Fun Fest runs September 14 – October 27

When it comes to nature at its best, the beautiful days of autumn speak to our senses. Crisp fresh air and colorful scenes with leaves ablaze wherever you turn welcome you to celebrate the climax of the growing season at Patterson Fruit Farm. Harvest is in full gear with an abundance of apples leading the way. Stop by the farm market to shop and to enjoy the scenes overlooking Lake Erie on Caves Road or bring the family to the Family Fun Fest on the Mulberry Road farm to play for a while — both in Chesterland.

While the market is open year round, Patterson's adds their Family Fun Fest to the action September 14

through October 27, 2024. This area costs \$7 per person Monday-Thursday (10 AM–6 PM) and \$11 per person Friday–Sunday (10 AM–5 PM). Seniors are \$6 every day. Children 2 and under are free every day.

This gives families of children preschool through elementary ages a place to enjoy hiking, sliding, playing in straw, climbing and “driving” tractors, viewing the world from the top of their tree house, disappearing in the silo and, in general, enjoying the out-of-doors filled with fun. No reservations needed.

For more info, call 440-729-1964 or visit [pattersonfarm.com](http://pattersonfarm.com).

## Taste in Little Italy Meatball Crawl and Wine Tasting

Cleveland Montessori School is pleased to present the 2024 Taste in Little Italy Meatball Crawl and Wine Tasting on Sunday, September 29, 2024 from noon–4 PM. For one ticket price, guests will be able to sample foods and wine throughout the Little Italy neighborhood. Guests will enjoy a stroll through Little Italy stopping at approximately twenty of the local restaurants and shops that will be serving a sampling of meatballs and/or wine at each stop. While it is called the Meatball Crawl, some vendors will be branching out to serve other small bites for a little variety along the way.

Of course, the day would not be complete without dessert which will

be served at Cleveland Montessori located at the Alta House. This year, guests will also have the opportunity to participate in a small raffle to win one of several beautiful hand-made wooden games or gift baskets—the perfect finale to a fun day.

Cleveland Montessori is celebrating its 30th anniversary having opened in 1995 as the Montessori School at Holy Rosary. This event not only brings the community together, but also provides much needed scholarships and programming revenue for its over 100 preschool through 8th grade students. Tickets can be purchased through the school's website at [www.clevelandmontessori.org](http://www.clevelandmontessori.org).



Photo credit: Gregory Wilson

## IngenuityFest returns September 27–29

Gather the whole family and join in Sept. 27–29 at IngenuityLabs at the Hamilton Collaborative (5401 Hamilton Avenue in Downtown Cleveland) for IngenuityFest 2024: Era of Ascent as we spread our wings and Take Flight in celebration of our 20th anniversary season of programming and 100,000 sq. ft. expansion of IngenuityLabs, a permanent home for creativity and innovation in Cleveland!

The weekend-long festival will feature a mix of hands-on activities for all ages; multiple stages filled with music and dance performances; and plenty of opportunities to interact with innovative and immersive exhibits that explore the human fascination with flight from scientific, artistic, and technological perspectives.

Kids 12 and under receive festival admission for FREE, and advanced weekend passes start at just \$10, now through 8/31. From 9/1 through the festival, general admission weekend passes will be available for \$15. OR... looking to show your support for Ingenuity Cleveland all year long? Become an Agent of Ingenuity and receive access to IngenuityFest 2024: Era of Ascent, and other trademark events all season long! Tickets and Agent of Ingenuity memberships available at [bit.ly/eraofascent](http://bit.ly/eraofascent).

RSVP to the Facebook Event for all the latest updates at [www.facebook.com/share/6hj2Lf2cWRfQVi9T](http://www.facebook.com/share/6hj2Lf2cWRfQVi9T).

Festival hours are Friday 6 PM–1 AM, Saturday 1 PM–1 AM and Sunday 1–6 PM. Learn more at [www.ingenuitycleveland.org](http://www.ingenuitycleveland.org).

LAKE METROPARKS FARMPARK

## FALL HARVEST Weekends

Bring the family for fall harvest fun at Farmpark!



### Apple Harvest Weekend

September 21 & 22  
9 am to 5 pm

### HORSE POWER WEEKEND

September 28 & 29  
9 am to 5 pm



LAKEMETROPARKS.COM

PHOTOS BY EARL LINABURG



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# Fun

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# CALENDAR

## SEPTEMBER 2024

### Cleveland Oktoberfest

Aug. 30–Sept. 2 and Sept. 6–7  
Cuyahoga County Fairgrounds  
www.clevelandoktoberfest.com  
Live musical and artistic cultural performances, food, weiner dog races, fireworks (on the 1st), 5K bier run, and more. \$18 for general admission. Kids under 12 are free. Parking is free.

### Cleveland National Airshow

August 31, September 1, 2  
9 am–4:30 pm  
Burke Lakefront Airport  
Cleveland  
216-781-0747  
www.clevelandairshow.com  
Featuring the U.S. Navy Blue Angels, Franklin's Flying Circus, U.S. Army Golden Knights Parachute, Bill Stein Airshows, Hot Street II Jet Truck, C-130 Fat Albert, Northern Stars Aero Team, cockpit photos, Kiddie Koncourse, Cleveland Aeromodelling Society, Meet a Hero, food vendors and more! Tickets available only in advance. No gate

sales. General admission: \$35 for adults (\$40 after 8/26/24), \$20 for children ages 6–11 and FREE for children 5 and younger.

### Lyndhurst Home Day

Fri., September 6 • 5–9 pm  
Sat., September 7 • noon–9 pm  
Sun., September 8 • 1–8 pm  
Lyndhurst Park (Behind City Hall)  
1341 Parkview, Lyndhurst  
440-442-5777  
www.lyndhurstohio.gov

Filled with activities, rides, music, parade, vendors and lots of food. Free admission.

### Waterloo Arts Fest

Sat., September 14 • noon–7 pm  
Waterloo  
Arts/Entertainment District  
15605 Waterloo Road, Cleveland  
216-692-9500  
www.waterlooartsfest.org  
Multiple stages of a great mix of local music, art vendors, food trucks, street performers and unique art activities for visitors of all ages. Attendees can also visit artist studios, galleries, shops,

eateries and bars throughout the walkable Waterloo Arts & Entertainment District. Free admission.

### Patterson's Family Fun Fest

September 14 – October 27  
8765 Mulberry Rd., Chesterland  
440-729-7144  
www.pattersonfarm.com

Featuring a giant covered straw pile, tons of slides, pedal tractors, tire swings, push carts, corn maze, sand box, play buildings, wagon rides and more. Pony rides available for an extra fee.

(See page 20 for more info.)

### Chalk Festival

Sat., September 14 • noon–5 pm  
Sun., September 15 • noon–5 pm  
Cleveland Museum of Art  
Fine Arts Garden  
11150 East Boulevard, Cleveland  
216-421-7350  
www.clevelandart.org/events/chalk-festival

Featuring sidewalk artistry by professional chalk artists and local community groups, families, and individuals, all using the CMA's

south plaza and walkways that wind through the Fine Arts Garden as a colorful canvas.

Everyone can participate! To chalk your own square, purchase a square of pavement (chalk pastels included) at the registration tent. \$10 small square (includes a 12-count box of chalk pastels) \$20 large square (includes a 24-count box of chalk pastels).

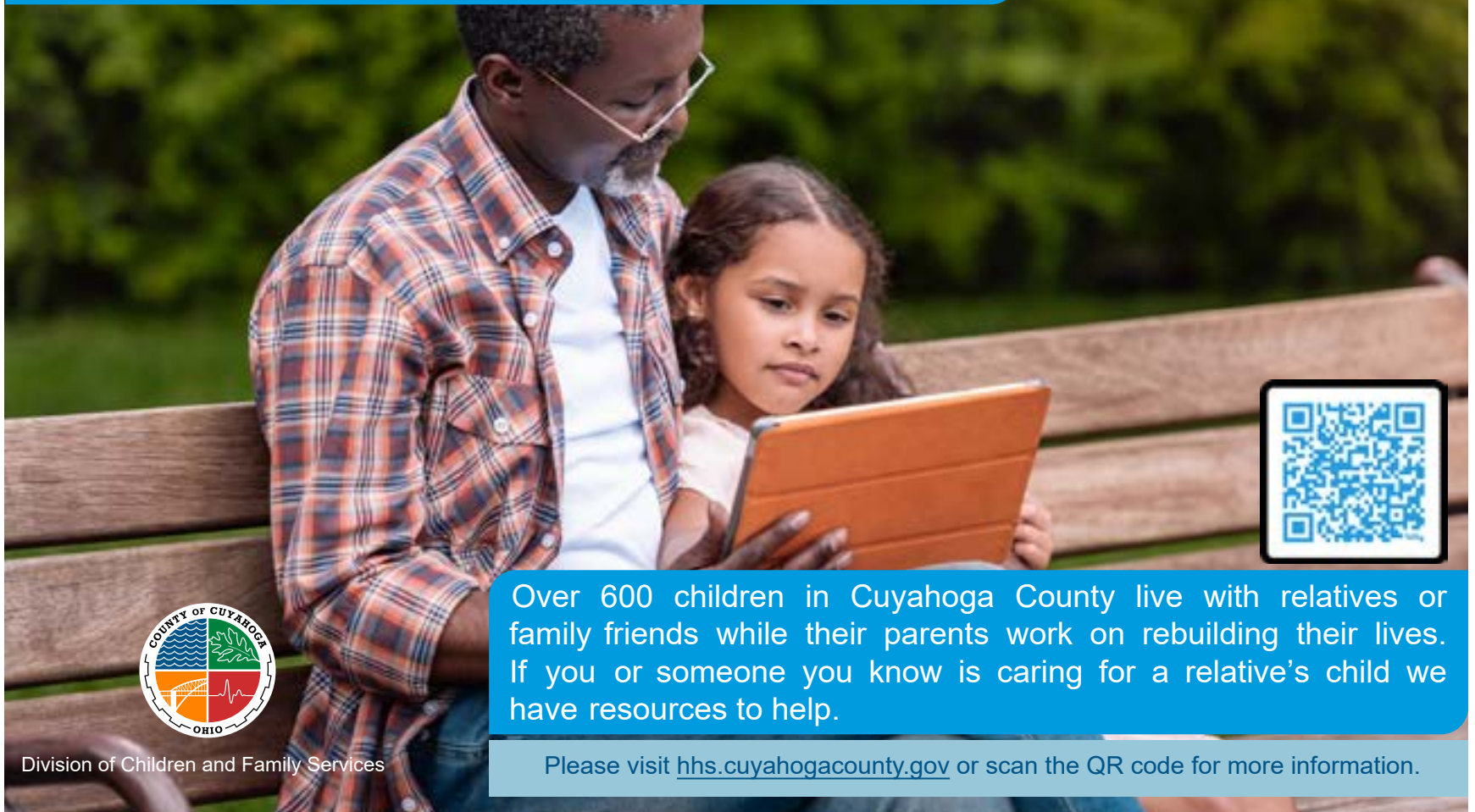
### Fresh Fest Cleveland

Saturday, September 14 • 1–9 pm  
Rid-All Farm + Otter Park  
www.freshfestcleveland.com  
A celebration of music, arts, food, and culture,  
(See page 19 for details!)

### Taste of the Browns

Monday, September 16 • 6–9 pm  
Cleveland Browns Stadium  
Sample some of the city's best cuisine, mingle with current Browns players and alumni, bid on a silent auction. Funds raised go to help the Greater Cleveland Food Bank.  
(See page 17 for more details.)

## Thank You Kinship Caregivers!



Division of Children and Family Services

Over 600 children in Cuyahoga County live with relatives or family friends while their parents work on rebuilding their lives. If you or someone you know is caring for a relative's child we have resources to help.

Please visit [hhs.cuyahogacounty.gov](https://hhs.cuyahogacounty.gov) or scan the QR code for more information.

# CALENDAR

## Tremont Arts & Cultural Festival

Sat., September 21 • noon–7 pm  
Sun., September 22 • noon–5 pm  
Lincoln Park  
1200 Starkweather Ave., Cleveland  
experiencetremont.com

Celebrates the cultural and artistic diversity of Tremont and the greater Cleveland area, featuring fine art, sculpture, original jewelry, children's activities and programs, food booths, musicians and performers. Rain or shine. Free admission.

## Cleveland Pickle Fest

Sat., September 21 • 11 am–6 pm  
Mall B – 300 St Clair Avenue NE  
Cleveland  
www.clevelandpicklefest.com

This fun-filled day includes pickles from local and regional companies, pickle-flavored beer, and desserts, drinks, candy, plus a variety of pickle-themed merchandise from dozens of food and nonfood vendors.

Other highlights include live music, and a pickle-eating contest, with youth and adult divisions. Benefits Greater Cleveland Volunteers. \$10 general admission ticket (children 3 and under are free).

## Apple Harvest Weekend

September 21 & 22  
9 am–5 pm  
Lake Metroparks Farmpark  
8800 Euclid Chardon Rd. (Rt. 6)  
Kirtland

During Apple Harvest Weekend, witness many traditional harvest activities and discover how apple butter and cider are made. Take a tour of the "Johnny Appleseed Trail." The whole family can explore our three-acre corn maze. Enjoy harvest activities including apple-themed crafts both days.

Regular Farmpark admission or membership applies. Pets are not permitted into Lake Metroparks Farmpark.

## IngenuityFest 2024

September 27–29  
IngenuityLabs @  
The Hamilton Collaborative  
5401 Hamilton Avenue, Cleveland  
www.ingenuitycleveland.com  
IngenuityFest includes immersive artwork (built collaboratively by the Ingeneers!); half a dozen stages featuring hundreds of musicians, dancers, poets, and performances of all types; maker and innovator exhibits; fine art; and

so much more. General admission is \$10–\$25. Children under 12 are always free.

(See page 20 for more details.)

## Northeast Ohio Aging and disABILITY Summit

Friday, September 27  
8:30 am–4:30 pm  
Cleveland Marriott East  
26300 Harvard Road  
Warrensville Heights  
hhs.cuyahogacounty.gov  
Annual professional development and networking event.  
(See page 17 for more info.)

## Taste in Little Italy Meatball Crawl & Wine Tasting

Sunday, September 29  
noon–4 pm  
Little Italy  
12510 Mayfield Road, Cleveland  
Stroll the streets of Little Italy enjoying food and wine tastings at local restaurants and businesses, and end with coffee and dessert at the Alta House. Tickets are \$75–\$99. 21 and over. Presented by Cleveland Montessori School.



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

**Open Daily**  
**Sept. 14 – Oct. 27**

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

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

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

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

www.pattersonfarm.com



Photo credit: Nicole Harvel

## Clean Water Festival

The number 1 event in the number 2 business is back!

Stop by the Northeast Ohio Regional Sewer District Clean Water Fest in Cuyahoga Heights on Saturday, September 21 from 9 AM–4 PM.

This family-friendly event has it all — trucks, science, education, tours, treats, and fun!

For more info and last year's photo gallery, visit <https://cleanwaterfest.weebly.com>. Join thousands of our closest friends from the Northeast Ohio Regional Sewer District and beyond at the Clean Water Fest.

ingenuityfest2024

ERA OF ASCENT

September  
27-29, 2024

5401 HAMILTON AVE  
CLEVELAND, OH 44114

### Tickets :

- Kids 12 and under FREE!
- \$10 - Advanced Weekend Pass (6/15-8/31)
- \$15 - General Weekend Pass (9/1-9/29)

[bit.ly/eraofascent](https://bit.ly/eraofascent)

### Hours :

- Friday: 6pm-1am
- Saturday: 1pm-1am
- Sunday: 1pm-6pm



LEARN MORE:  
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INFO@INGENUITYCLEVELAND.ORG

# FAMILY FUN

## at Museum of Illusions!



**Get 15% off online purchase and take your family to the upside-down world of illusions where the impossible becomes possible!**

Museum of Illusions is an interactive experience for curious minds of all ages. We invite you to discover the exciting science behind the illusions through touch and play with over 60 mind-bending exhibits!

Located at 186 Euclid Avenue | Suite 130 | Cleveland | Ohio 44114  
Opening hours | Sunday - Thursday 10am - 9pm | Friday - Saturday 10am - 10pm  
[moicleveland.com](http://moicleveland.com)

\*Offer is valid until end of September 2024 for online purchases only. Discount is not applied to merchandise.

# 15% OFF

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redeem the discount  
& book your visit!

