

TODAY'S family



May 2025

Lake Geauga

FREE!

Seasonal allergies

Helping your
child to cope

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Overcoming self-doubt

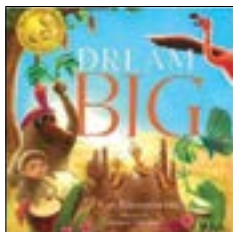
Motherhood myths we need to let go of

Every child needs a family

May is National
Foster Parent Month



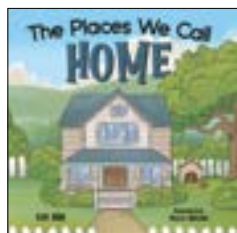
Today's Family BOOK CLUB



The Live Big Series by Kat Kronenberg

Learn the trilogy's three secrets—SHHH—that the animals discovered! Light the stars in your heart & live big too!

The "Live Big" books show how each animal goes on their own heroic quest to achieve their dream and live life full of love and happiness. Readers can watch for CATCH-M (their big, marvelous, miraculous smile) too with the stardust above you, around you, and within you! And let's start living our best life together.



The Places We Call Home by Kim Ann

Discover the delightful world of homes in "The Places We Call Home," a captivating rhyming book perfect for children from age 1-6. This charming story takes young readers on a journey to explore the many unique places where people and animals live. From bustling cities to quiet countrysides, from tree-top nests to oceanic depths, every home is celebrated

for its special qualities and the love it holds within. "The Places We Call Home" reminds us that home is where all love begins.

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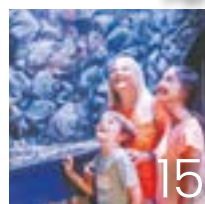
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admission May 10& 11



TODAY'S
family
Lake, Geauga & Cuyahoga Counties

Publisher/Advertising Kim Miller

kim@todaysfamilymagazine.com

Publisher/Editor/Online Dan Miller

dan@todaysfamilymagazine.com

Writers

Deanna Adams
Justin Daniels
Sophia Filipiak
Jeannine Todd
Stacy Turner



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Eastlake, Ohio 44097
TodaysFamilyMagazine.com
440-799-8882

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iStock / RAUL RODRIGUEZ

Motherhood myths we need to let go of this Mother's Day

Motherhood is full of beautiful, messy, unforgettable moments. But along the way, many moms pick up beliefs—myths, really—that make their journey harder than it needs to be. This Mother's Day, let's release these unhelpful expectations and replace them with truths that bring freedom, grace, and joy.

Myth #1

Good moms don't need breaks

Why we need to let it go: There's a cultural expectation that moms should be available 24/7, putting everyone else's needs ahead of their own. But running on empty helps no one. Burnout isn't a badge of honor; it's a warning sign.

Truth to hold onto: Rest isn't a luxury—it's a necessity. Taking time for yourself doesn't make you less of a mother; it makes you a healthier, more present one. Whether it's five minutes with a cup of tea or a week-end away, you deserve to recharge, not only for yourself but to be the mom you long to be.

Myth #2

Motherhood should come naturally

Why we need to let it go: No one is born knowing exactly how to parent. It's learned through experience, trial and error, and a lot of love. The idea that good moms just instinctively know what to do leaves many feeling like they're failing when things feel hard.

Truth to hold onto: It's okay to ask questions, make mistakes, and learn as you go. Parenting is a skill that develops over time. You don't have to have all the answers—you just have to show up with love and a willingness to grow. Just like your kids are learning and growing, so are you!

Myth #3

A messy house means I'm failing

Why we need to let it go: Somewhere along the way, a spotless home became a measure of good parenting. But real life with kids is full of crumbs, laundry piles, and sticky fingerprints. Trying to keep everything perfect all the time is exhausting and unrealistic.

Truth to hold onto: A messy home is a lived-in home. Your worth isn't measured by how tidy your house is. Prioritize connection over perfection—your kids will remember the love, not the clutter. And the responsibility of the home doesn't fall only on you. Every member of your household is part of creating the home you want.

Myth #4

I should cherish every moment

Why we need to let it go: Motherhood is beautiful, but it's also exhausting, overwhelming, and sometimes frustrating. The pressure to treasure every moment can leave moms feeling guilty when they don't enjoy the tough days.

Truth to hold onto: It's okay to love your kids but not love every part of parenting. The hard moments don't erase the good ones, and you don't have to enjoy everything to be a great mom.

Myth #5

Moms should always bake (or be crafty, or love every school event)

Why we need to let it go: Not every mom enjoys baking, crafting, or attending PTA meetings—and that's okay! The idea that all moms should excel in certain "mom things" is outdated and unnecessary.

Truth to hold onto: You don't have to fit a mold to be a great mom. Your strengths and interests are enough. If you'd rather read a book with your kids than make homemade cupcakes, that's wonderful. Lean into the things you love, and your kids will, too.

Myth #6

Asking for help is a sign of weakness

Why we need to let it go: So many moms carry the weight of motherhood alone, believing they should be able to handle everything themselves. But no one was meant to parent in isolation.

Truth to hold onto: Asking for help isn't a weakness—it's wisdom. Whether it's calling a friend, delegating chores, or seeking professional support, reaching out makes you a stronger, healthier mom.



Myth #7

My kids' happiness depends on me

Why we need to let it go: Moms often feel responsible for making sure their kids are always happy. But trying to shield them from every

disappointment or struggle isn't realistic—or helpful.

Truth to hold onto: Your job isn't to make your kids happy all the time; it's to love them, guide them, and equip them to handle life's ups

Continued on page 14



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Enjoy family fun and fresh air at Adventure Zone

Merry-go-round, mini golf, climbing walls, arcade, zip line, escape rooms, bumper boats and more!

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 for birthday parties.

"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 28 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 2025 season weekends on Saturday, May 3 and begins seven days a week Memorial Day weekend. For hours and pricing, call 440-466-3555, text 216-469-5903 or visit www.adventurezonefun.com. They are located at 5600 Lake Road E in Geneva-on-the-Lake.



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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
- 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.



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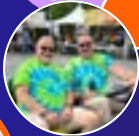
ENTERTAINMENT SCHEDULE

THURSDAY, JUNE 5 @ 6:00-10:00 PM
DISCO INFERNO (DISCO), 7:00 - 9:45 PM
CASINO, 6:00 - 11:00 PM
\$500 PRIZE DRAWING AT 10:00 PM

FRIDAY, JUNE 6 @ 6:00-11:00 PM
THE CALIBER BAND, 7:00 - 11:00 PM
CASINO, 6:00 - 11:00 PM
\$1000 PRIZE DRAWING AT 10:00 PM

SATURDAY, JUNE 7 @ 1:00-11:00 PM
THE ATTRAXXION, 1:00 - 4:30 PM
ROAMING PRINCESS, 2:00 - 5:00 PM
FACE PAINTERS, GLITTER TATTOOS, BALLOON TWISTER, 3:00 - 6:00 PM
CASINO, 5:00 - 11:00 PM
PIECES OF EIGHT, 7:00 - 11:00 PM
\$2,000 PRIZE DRAWING AT 10:00 PM
MIDNIGHT MASS AT ST. GABRIEL CHURCH, 12:00 AM

SUNDAY, JUNE 8 @ 1:00-8:00 PM
FACE PAINTERS, GLITTER TATTOOS, BALLOON TWISTER, 3:00 - 6:00 PM
ULTERIOR MOTIVE BAND, 1:00 - 4:00 PM
ROAMING PRINCESS, 2:00 - 5:00 PM
CASINO, 5:00 - 9:00 PM
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horses, it may take both days to experience it all! The event will include pony rides (\$6), children's activities and much more!

Admission: \$9 ages 12 through 59, \$8 ages 60 and older, \$7 ages 2-11, children younger than 2 are free.

Lake Metroparks Farmpark is located at 8800 Euclid Chardon Rd. (Rt. 6) in Kirtland. Visit www.lakemetroparks.com for more info.



Dragons spotted arriving at Cleveland Metroparks Zoo!

Nearly two dozen dragons have been spotted arriving at Cleveland Metroparks Zoo's Waterfowl Lake ahead of summer! Beginning on May 2, guests can experience the all-new Dragons Landing with more than 20 animatronic mythical creatures along the zoo's Waterfowl Lake. Guests can get up close to giant dragons that span up to 30 feet long and 15 feet tall, watching as they roar and breathe smoke during this limited-time adventure.

Cleveland Metroparks Zoo is also excited to welcome back Swan Voyage this summer, offering guests the opportunity to paddle on the

picturesque Waterfowl Lake aboard Trumpeter Swan paddle boats. Perfect for families and groups, these five-passenger boats provide a peaceful way to experience the heart of the Zoo.

Both Dragons Landing and Swan Voyage are add-on experiences at Cleveland Metroparks Zoo and tickets may be purchased at several locations throughout the Zoo including at the Guest Resource Center and three other attraction ticket stations.

Admission to Dragons Landing is \$3 for members, \$4 for nonmembers per experience. General Zoo admission is also required.

mother's day gift ideas

Cozy Earth Women's

Bamboo Stretch-Knit Kimono Robe

Unwinding feels extra special in their Women's Bamboo Stretch-Knit Kimono Robe. This cozy cover-up is woven from a breathable stretch-knit bamboo viscose which means you'll never get hot. It also means the robe has a super soft, stretchy feel that gives this classic robe silhouette a drape that adds a luxuriously elegant look. The outside features pockets and an attached belt while an interior tie allows you to customize your level of coverage. Visit cozyearth.com to see all their amazing products!



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Kodak Luxury Cork – Coffee

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PHOTO BY ANDREA DAVIS

Mother's Day can take on many faces

With all the gorgeous cards filled with heartfelt sentiment and the booming floral deliveries, Mother's Day can be a great way to share your love for someone who has stood by you through even your toughest seasons. Cards full of flowery sentiments fill stores, addressed to loving mothers, mothers-in-law, and those who have been like mothers. But those categories don't cover the complex circumstances in some of our actual situations and relationships with our moms. For some, Mother's Day can be a strange or difficult day to acknowledge.

Some of us had those greeting-card-worthy moms, the kind that were our biggest cheerleaders; ones we trusted for their guidance and advice. But due to illness or accident, she's no longer with us, casting a long shadow over Mother's Day. Certainly, we remember the good times. And we wish with all our hearts she was still around to see what we've been up to, or how our little ones make that face or do that thing that reminds us of her. If we happen to find a card for that, we're not really sure where to send it.

Others of us have always longed to be moms, but the opportunity never happened for us, due to life circumstances or medical issues. So, we celebrate the mothers we love and delight in the children around us, whether they're related to us or not.



But there isn't really a card for us either.

Some of us are single moms with littles too young to buy or even make us a card. For us,

Mother's Day may be just another day to power through, grateful for the simple things that help support our little family as our sweet babies grow. There are plenty of cards about the love and sacrifices we make, but we won't likely receive them until our kids are much older.

Still others of us have strained or negligible relationships with the woman who gave birth to us. For reasons known or unknown to us, they aren't involved in our lives or the lives of our children. If we want to send them a card, there really isn't one that simply says "Happy Mother's Day" without adding sentiments that simply don't apply.

There's an ancient Chinese quote that says, "Women hold up half the sky." Mother's Day gives us the opportunity to celebrate all those women who have helped shape us. It's also an opportunity to celebrate and encourage those who are side by side with us, muddling through the messy middle. Whether they helped build us up when we were small or are now helping hold us up while we raise our own kids in community, women are superheroes and deserve to be honored, even if there isn't a perfect card for it. Happy Mother's Day, sweet mommas, no matter where you are on this journey.

~Article by Stacy Turner

~Photo credit: Adobe Stock/ by Studio Romantic



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The “always on” commitment of motherhood

I was running in my neighborhood one day when I heard a siren in the distance. It got louder and continued for a few minutes, shattering the quiet of the morning. My heart raced a little faster as a dozen what-ifs suddenly barreled through my brain. I was only a few blocks from my daughter's school. Was the emergency there?

For a moment, I stood frozen in the road, wondering if I needed to do something. Run to the school perhaps? The logical part of my brain effectively nixed this idea, so I checked my cell phone instead. It is my lifeline, a way to connect with my kids—the pieces of my heart that now float untethered in the world for longer and longer stretches of time.

Before long, the siren's wails got quieter and faded away. I checked my phone again; no one had called me. I finally exhaled, but I couldn't relax.

Admittedly, I tend to live on the anxious side of the personality curve. But it's not surprising that becoming a parent bolsters our sense of vigilance. Wrapped up in the core of motherhood is a perpetual commitment to be “always on,” ready to protect and nurture our kids starting from the moment they are a tiny blip on a screen, for as long as we exist in this world. It is an awesome responsibility and a sacred commitment, the reason we often feel important and powerful yet terrified and full of doubt in the same breath.

I've noticed a particular amount of angst that arises with this role, a feeling we begin to carry with us once we learn we are mothers. I remember my first prenatal yoga class, how the instructor gently placed her hands on

my shoulders and said, “You're holding on to a lot of stuff here.” Growing up, I wondered why my own mother seemed stressed at times. “I'm not tense,” she'd say through gritted teeth, an almost comical denial.

Now I understand. The luxury of worrying only about myself is long gone. Driving my kids around, I sometimes become aware that my hands are clenching the steering wheel tightly; the knowledge that I have precious cargo in my backseat is always at the forefront of my mind. I'm late, always late, trying to get everyone where they need to go while staying one step ahead of sibling conflicts. Most mornings I feel like a referee in some bizarre game, calling out instructions, administering penalties. Where are your shoes? Go brush your teeth; the bus will be here in ten minutes. Stop taunting your sister, or you'll lose another toy! And for Pete's sake quit climbing the counter!

Only after becoming a mother did I truly understand what it meant to be tired. Not simply physically exhausted, but mentally drained. A mom's brain is always spinning. Turning, turning, turning, like a hamster on a wheel that never stops. Sleep is never quite as restful as it was before children. My kids could snooze through a fire alarm or a Guns N' Roses concert in our hallway, but motherhood has blessed me with an apparently bionic ear. A soft whimper, a tiny creak of a bedroom door, and I sit up in bed, eyes searching the dark to see who needs me.

Like so many high-pressure roles, motherhood has a natural cadence that's not exactly conducive to relaxation. To be a mom is to travel steadily through an endless series of



peaks and valleys, as we face challenges and then almost immediately prepare for the next ones. We survive pregnancy and the seemingly infinite stretch of sleepless nights with a newborn, only to move on to our children's first day of kindergarten, their first painful breakup with a boyfriend or girlfriend, and the heart attack-inducing experience of watching them learn to drive. And sprinkled throughout our days are the random events that prompt us to worry about our children's immediate safety and well-being: a cough that lingers just a

bit too long, a phone call from school or a disaster somewhere near or far. There is always something. There will always be something.

My kids are well past the baby and toddler stages now, and I've realized that I won't ever be the type of mom who exudes serenity and calm. I think I'm finally okay with that. Someday, my kids will likely remember that I was tense sometimes. But I hope they'll also remember how very much they were loved.

~Article by Gina Rich

~Photo credit: Roman Samborskyi

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on Beanstack

When self-doubt runs the show

How I went from second-guessing to trusting myself

By Rebecca Fellenbaum

"I was snapping at the people I loved the most, not because of what they said, but because of what I believed about myself."

Self-doubt used to run the show.

I had an inner dialogue that questioned everything I did, especially my parenting. Was I doing bedtime right? Did I allow too much screen time or feed the right foods, and on and on? Little did I know that the questioning stemmed from a lack of confidence and belief that I wasn't good enough.

The worst part was that the self-doubt didn't just stay in my head. Because I was second-guessing myself and putting myself down, even innocent questions from my husband or extended family, like someone asking me, "Where does this go?" felt like an attack. I'd feel shame and anger, not because they were questioning me directly but because I was already carrying so much self-doubt. This caused me to snap or stew in anger.

The pressure and relentless inner dialogue were exhausting.

Signs self-doubt might be running the show

You've likely felt some doubt too—that whisper (or shout) in your mind that says, "You're doing it wrong." Here's how it might show up:

- Feeling like you're failing
- Overthinking simple decisions
- Ruminating over past conversations or choices
- Comparing yourself to others
- Obsessing over routine tasks
- Getting defensive or irritable

For some, self-doubt is specific to parenting. For others, it's a background hum in daily life. Wherever and however it shows up, here's the good news: It doesn't have to stay this way.

Why self-doubt happens

Self-doubt is emotional, not logical. It arises when we feel something uncomfortable like shame, fear, or sadness but don't give ourselves space to feel and process these emotions.

Instead of helping us process our feelings, our ego steps in and starts trying to protect us from them.

The egoic part of our mind lives in the past and future. It's constantly scanning for danger and working off of our limiting beliefs. It tells us stories like "You're not good enough" or "You're going to fail." It means well, but in trying to protect us from our feelings, it prevents us from being whole.

This all happens unconsciously, and yet it manifests as tension and unwanted thoughts, even when we're just trying to pack our kid's lunch!

The turning point: Slowing down

Slowing down helped me realize my thoughts and behaviors stemmed from self-doubt.

That sounds simple, but it was eye-opening. I stopped rushing through the motions and pushing past the inner dialogue and started paying attention to my thoughts, my body, and my emotions. With the help of a coach, I did parts work—connecting with younger parts of myself who were scared and needed reassurance. I learned how to feel my feelings instead of avoiding them. I learned how to regulate my nervous system, detach from my thoughts, and gently rewrite the story I told myself.

Little by little, my inner world softened. I became more confident—not because I had answers but because I trusted myself to find them. I stopped handing my confidence over to other people. I became more resourceful. I could accept feedback without spiraling. This work changed everything.

A gentle road out of self-doubt

Here are some tools and practices that helped me move out of self-doubt and into self-trust, confidence, and self-compassion:

1. Slow down and breathe

Focusing our breath brings us



Photo credit: Shutterstock/ KieferPix

into the present moment and calms our nervous system. You can't be spiraling into self-doubt while you are paying attention to your inhale and exhale. Try inhaling to a count of four and exhaling to a count of six. Focus on releasing tension as you do this.

2. Feel your feelings

Feel what's underneath the doubt. Emotions often come with physical sensations, so scan your body and notice where the feeling emanates from. Journaling is a great way to process the noisy thoughts and notice what emotions are present.

3. Fact-check yourself

When you have a doubting thought, ask yourself: Is this 100% true? Most of the time, our doubts are just stories on repeat.

4. Practice self-compassion

Talk to yourself like you'd talk to your child or your best friend. Tell yourself, "It's okay to not have all the answers," "I'm doing my best," and "I deserve kindness."

5. Calm your nervous system

Simple practices like mindful breathing, meditation, walking outside, or tuning into your five senses can shift your state and bring you into the present moment, which can get you out of doubt.

6. Pay attention to your triggers

What fuels your self-doubt? If you struggle to help with your child's homework because you spin into thinking far into the future, do something mindful before you sit down. I used to hate driving with my husband in the passenger seat because I felt like he was critical of my every move. Every breath he took felt like criticism. I had to coach myself to feel my feelings and say nice things

to myself in those moments. Now I don't mind at all!

7. Catch and replace the doubt

What if the time you spent doubting yourself was spent loving yourself instead? Redirect your focus to self-love and self-acceptance. When you notice a doubting thought, choose a kinder one.

Rewriting the script

Self-doubt can become a habit and our default neural pathway. The way out is repetition in the other direction. You can begin by recalling a moment when you felt proud of yourself. What were you thinking? How did you feel? Let that memory anchor a new belief about who you are and what you're capable of.

You don't have to believe every doubtful thought. And you don't have to let those thoughts shape how you show up in parenthood, in marriage, at work, or in your relationship with yourself.

If you're struggling with self-doubt, especially around parenting, you're not broken. You're human.

You don't have to keep living with a constant inner critic. With presence, practice, and compassion, you can turn down the volume on self-doubt and turn up the voice that reminds you: You're doing just fine.

You are allowed to be learning and growing. You're allowed to feel unsure. You're allowed to ask for help.

Self-doubt might still show up for me, but it no longer gets to drive the car. And that changes everything.

Rebecca Fellenbaum is a certified somatic life coach, writer, Reiki practitioner, and Cleveland-area mom. She helps women and parents who have "made it" on the outside to feel great on the inside so they can enjoy their lives, children, and families. Find her at rebeccafellenbaum.com.

Enhancing indoor air quality

The role of high-end HVAC systems in northeast 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. This article 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 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 in-



door air quality and supporting the well-being of individuals and families throughout northeast Ohio.

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Helping your child cope with seasonal allergies

Sniffles and sneezes are an inevitable part of growing up. But if your child has a lingering runny nose and cough—or both appear around the same time each year—it could be seasonal allergies. Seasonal allergies typically happen in the spring, summer and early fall.

Symptoms of seasonal allergies typically start to show up in children after the age of 3 and most prominently around 5 to 6 years. If your child has been diagnosed with eczema or asthma, they're also more likely to develop allergies.

If you suspect that your child might be among the roughly 20% of children who experience seasonal allergies each year, know that relief is possible. There are many steps you can take to make seasonal allergies easier on your little one.

What are common signs of allergies in kids?

Seasonal allergies, also known as seasonal allergic rhinitis, have the same signs in kids that they do in adults. Common symptoms of sea-

sonal allergies in children include:

- Itchy, stuffy or runny nose
- Red, itchy or watery eyes
- Itchy mouth or skin
- Sneezing
- Coughing
- Increased fatigue

Sometimes it can be tough for kids to communicate how they are feeling, so parents can also watch out for behaviors such as breathing through their mouth while sleeping.

Why do we have allergic reactions?

You can think of allergic reactions as your body overreacting to something it has been exposed to. And different people may have different allergy triggers. People with seasonal allergies react to pollen or mold in the air—and their bodies produce antibodies in response. As a result, you get congestion and inflammatory symptoms. These inflammatory symptoms are caused by the body's release of different chemicals such as histamines. Histamines cause itching, redness, swelling and secretions



in the nose, eyes, skin, throat and ears.

What are common seasonal allergy triggers?

According to the Centers for Disease Control and Prevention, nearly one in five children report having a seasonal allergy.

There is a chance your little one could grow out of their allergies. Outgrowing allergies may occur over time as the body develops a tolerance to the specific allergen after long periods of natural exposure. But, if your child has severe allergies, the chances of outgrowing them drops.

The timing of allergies depends on where you live and which plants and pollens are your personal triggers. Some general guidelines:

- Allergies from trees typically occur in springtime.
- Allergies from grasses occur in late spring and early summer.
- Allergies from weeds—including the common allergy trigger, ragweed, occur in late summer through early fall.

Weather can also affect your child's allergies. For example, pollen counts can increase after rainfall and when the wind picks up. Counts also tend to be higher in the morning and during periods of cool nights and warmer days.

What's the best way to treat allergies in kids?

Preventing exposure – When it comes to seasonal allergies, one of the best treatments is prevention. That means minimizing your child's exposure to known allergens. Some ways to help your child avoid seasonal allergy triggers include:

- Stay indoors with the windows closed (no window fans) when pollen counts are high.
- Shower, change clothes and wash your child's hair after being outside.
- Dry clothes inside the house (rather than outside on a line) to avoid pollen contact.
- Wear a NIOSH-rated 95 face mask if pollen counts are especially high.
- Use a portable high-efficiency particulate air (HEPA) filter in the bedroom.
- Clean with a vacuum that's certified "asthma- & allergy-friendly."

While it's important to be mindful of triggers, kids will be kids. Don't feel like you need to lock your child indoors for a whole season when they should be out playing.

Allergy testing – Allergy testing can also help to identify specific triggers so you can be more targeted in your approach. For instance, if your child is allergy tested and you have the specific tree or plant in your backyard, it may help to remove it.

To get tested, make an appointment with an allergist who will typically perform an exam, asking about symptoms as well as any history of seasonal allergies in the family. Clinical allergy testing can be performed using skin scratch tests, blood tests or elimination tests.

What medications can kids take?

There are several kid-safe, over-the-counter allergy medications on the market. They are typically the same treatments that are used for adults, although it's important to read the instructions because doses

Continued on page 14

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St. Gabriel Parish 37th annual Summer Festival

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The grand prize raffle winner can win \$21,500 plus nightly drawings to celebrate summer: \$500 drawing Thursday at 10 pm; \$1,000 drawing Friday at 10 pm; \$2,000 drawing Saturday at 10 pm. Grand prize drawing will be held on Sunday, June 8 at 7:30 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 casino 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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Celebrate summer by joining the Willoughby-Eastlake Public Library's Summer Reading Challenge June 2 through July 26!

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United Way of Lake County launches clothing drive for their 2025 Back-to-School Bash

United Way of Lake County (UWLC) has launched its second annual clothing drive in support of the 2025 Back-to-School Bash (BTSB), a collaborative community event spearheaded by the Lake County Family and Children First Council.

UWLC is collecting new socks, new underwear, and new or gently used clothing for infants, toddlers, school-aged children, and young adults. All donated items will be distributed to Lake County families in need at the Back-to-School Bash in August to ensure every child starts the school year with dignity and confidence.

Donations can be dropped off at United Way of Lake County, located in Mentor at 9285 Progress Parkway. Drop-off hours are Monday–Thursday 9 a.m.–5:30 p.m., and Friday 9 a.m.–11:30 a.m. Evening and weekend drop-offs are available by appointment by calling 440.639.1107 or emailing volunteer@uwlc.org.

UWLC kindly requests that

clothing donations arrive presorted by gender and size in clearly labeled boxes or bags to help streamline the distribution process.

The organization is also looking for volunteers to help sort and prepare the clothing for distribution. Interested volunteers should email volunteer@uwlc.org.

UWLC is also accepting cash donations to help purchase socks, underwear, and school supplies. Monetary donations can be made at uwlc.org/give.

This year's BTSB for the 2025–2026 school year will take place on Saturday, August 2, 2025, at Harvey High School in Painesville. It is open to all Lake County families in need of support.

In 2024, the Back-to-School Bash served 2,603 individuals. In addition to supplying clothes to those in need, individuals had access to supply-filled backpacks, vision screenings, dental services, sports physicals, haircuts, and family portraits.

Motherhood myths from page 13

and downs. Letting them experience challenges builds resilience and confidence. It can be hard to watch them struggle, but love them through it and you'll both be stronger.

priorities, let go of certain tasks, and accept that some days will be messy. You're doing enough, exactly as you are.

Myth #8

I should be able to do it all

Why we need to let it go: Moms are often expected to juggle everything—work, home, relationships, self-care—without missing a beat. But the truth is, no one can do everything perfectly all the time.

Truth to hold onto: You don't have to do it all. It's okay to set

A Mother's Day gift to yourself

This Mother's Day, let's give ourselves the gift of grace. Let's release these myths and embrace the truth: You are already enough. You are doing an incredible job. And you deserve joy, rest, and love—not just on Mother's Day, but every day.

~Article by Rebecca Hastings

~Photo credit: Adobe Stock/

By Syda Productions

Seasonal allergies from page 12

may differ based on age. Talk to your doctor to find the best medication for your child.

Seasonal over-the-counter allergy medicines for children include:

- Topical nasal corticosteroid sprays.
- Antihistamines, like cetirizine (Zyrtec) or loratadine (Claritin).
- Decongestants are typically only approved for short-term use.
- Sterile saline nasal sprays and rinses, while not medications,

they may help relieve symptoms.

Content is for general informational purposes only and not intended to be medical advice or a substitute for professional health care. See your physician for medical advice personalized to your situation. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

~Article by Dr. Gary Grosel, CMO,

UnitedHealthcare of Ohio

Photo credit: Shutterstock/by pingpao

Mother's & Father's Day weekends at Greater Cleveland Aquarium

Add a splash of wonder to mom or dad's day. Greater Cleveland Aquarium is "shell-abrating" special caregivers with parenting-themed trivia, celebratory pins, extended hours and discounted 50% off admission for moms/stepmoms/foster moms/grandmas on Mother's Day Weekend (Saturday & Sunday, May 10 & 11, 2025, 9 a.m.–5 p.m.) and dads/stepdads/foster dads/grandpas on Father's Day Weekend (Saturday & Sunday, June 14 & 15, 2025, 9 a.m.–5 p.m.).

Mother's Day and Father's Day Weekend activities are included with general admission (\$0–\$19.95 per person).

Greater Cleveland Aquarium is also offering everyone the opportunity to swap the more traditional mugs, tools, perfume and jewelry for the gift of a year's worth of under-sea adventures with a 10% discount on any level of Greater Cleveland Aquarium annual pass, May 3–11 (with code 25MOM10) or June 7–15 (with code 25DAD10). In addition to unlimited daily return admission



for the family, membership perks include free parking while visiting, exclusive programming and discounted and free events, as well as gift shop and birthday party savings.

*Cannot be combined with other offers.

Greater Cleveland Aquarium is located at the Flats West Bank, 2000 Sycamore Street, Cleveland. Call 216-862-8803 or visit them online at greaterclevelandaquarium.com.

Summer of Innovation series kicks off at Great Lakes Science Center

Great Lakes Science Center (GLSC) will celebrate the progress driving northeast Ohio's future with its new Summer of Innovation series, providing hands-on STEM learning experiences and a chance to meet STEM professionals from regional forward-thinking companies.

With new technologies developing daily, new careers requiring a skilled workforce are rapidly growing. The Summer of Innovation series expands on the GLSC's existing workforce development initiatives, such as Manufacturing Day, which introduces high school and middle school students to potential careers in modern manufacturing.

Jobs that require knowledge and skills in science, technology, engineering and math (STEM) are among the fastest growing employment sectors, and informal science education has proven to be particularly effective at engaging diverse audiences to develop interest in STEM careers.

Four Summer of Innovation days, scheduled throughout the summer,



will introduce guests to the wide variety of the region's STEM career opportunities. Each day focuses on a different theme and includes industry partners and GLSC staff engaging guests in a range of activities. Summer of Innovation days will be held from 10 a.m.–3 p.m. focused on the following industry fields:

June 14 – Construction

July 19 – Technology

August 9 – Sustainability

September 13 – Aerospace

Summer of Innovation programming is included with Great Lakes Science Center admission.

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- Visit www.lakecountyohio.gov/jfs and click on Foster Care and Adoption Services (or scan our QR code) for up-to-date events and information.

Call the Foster Care line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov



**Lake County Department of
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