

TODAY'S family

August/September 2020

Cuyahoga

FREE!

**Girl Scouts
get help
with cookie
drive**

**Asian Lanterns
and Dinosaurs
at the Zoo!**

Back to School

**COUPON
Save \$5!
Once Upon
A Child**

See page 18

**Help prevent
child abuse
and neglect**

**South Euclid boy
wins national
Ninja Warrior
competition**

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TODAY'S family

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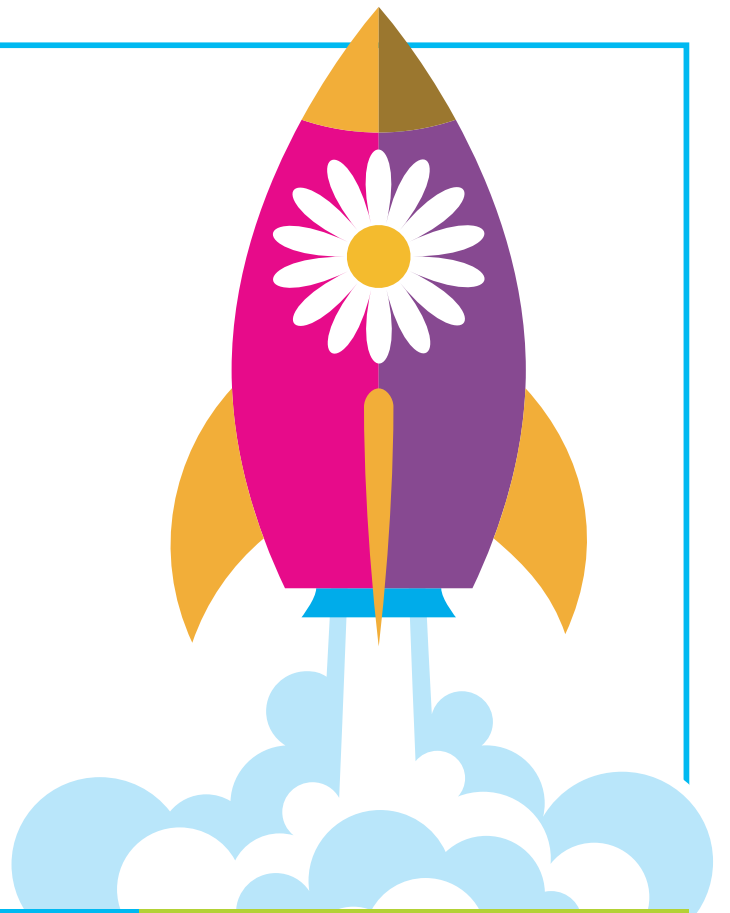
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9-year-old South Euclid boy wins American Ninja Warrior Junior competition

By Mary Flenner

South Euclid resident Nathanaël Honvou has been taking part in ninja competitions since he was 7 years old. At age 9, he won the American Ninja Warrior Junior competition after going up against 48 other children aged 9 and 10. (Mom proudly shares that he was the only 9-year-old to win in the entire age bracket.) Nathanaël actually won the competition in July 2019 and had the agonizing task of keeping his victory a secret until the episode aired in June 2020.

Ninja competitions are outrageous obstacle courses that test strength, agility, balance and more. These superhero-like athletes scale walls, swing from ropes and leap over barriers.

His mother, Aria, says the sport

is more popular in Columbus, Ohio and in other states such as New Jersey, Connecticut, and New York. “It’s a new sport for a lot of Clevelanders, so it’s nice to be able to hopefully get more kids involved,” Aria says.

Nathanaël was first inspired to join after American Ninja Warrior came to Cleveland in Public Square in 2017, says Aria. “He wanted to do local competitions, so we’d travel across Ohio, New York and Michigan. He was entering about two competitions a month, locally and regionally.”

Over 11,000 kids applied to be on American Ninja Warrior Season 2, and only 144 were selected, including five from Ohio. Nathanaël was contacted in May 2019 and was flown out to Universal Studios in Los Angeles for a two-day competi-



Photo credit: Aria Honvou

tion in July. He ran seven races and won every one.

Aria says that taking part in a TV show production at 9 years old was an impressive feat, aside from winning the ninja competition. “I was most impressed with his attitude and behavior on set. He had to follow a lot of strict rules, but he was always cooperative.”

Nathanaël trains at Adrenaline Monkey in Warrensville Heights where he practices on ninja obstacle courses and does lots of conditioning and running. His mom notes that he does something for ninja every day, whether at the gym or at home. He also runs cross country and track for Corpus Christi Academy.

He says his favorite thing about the sport is that, “Everything is always different when you show up to a competition; you don’t know what’s going to be there. There are always new obstacles.” And unlike other sports, there are no practices before you compete, so you have to be ready for anything.

Even though Nathanaël has only been in the ninja sport for two years, he has already become quite accomplished. He boasts over 150 medals, between his ninja competitions and running, so he started donating them to organizations.

The American Ninja Warrior Ju-

nior honor also delivered a \$15,000 prize, which Nathanaël has used to build a home gym, give to family and is also saving for college and a vacation.

Nathanaël attends Ruffing Montessori School and says in his free time he likes to do things any other 9-year-old might like, including playing video games and building Lego blocks. He says his other hidden talent is his pogo stick ability.

He tells anyone who may be interested in this sport, “You have to work really hard. You have to train a lot of hours to do this sport and be committed and very determined. But getting on the obstacles is really fun.”

Aria says it’s been wonderful to watch how he has grown in confidence and ability since beginning in 2017. “I was just watching his very first national competition from two years ago... he was so cautious, and here the next year he was on national television, all by himself.”

She also appreciates the way ninja training teaches him lifelong skills that could benefit him outside the gym as well. “In the future, when something looks difficult or something seems challenging, now he can realize he has the mental strength and physical strength to accomplish anything he puts his mind to.”



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Dinosaurs Around the World exhibit and Asian Lantern Festival at Cleveland Metroparks Zoo

The Asian Lantern Festival returns for its third year bigger than ever with over 1,000 illuminated lanterns and featuring over 70 never-before-seen lantern displays, new acrobatic performances on the Fifth Third Bank Stage, interactive experiences and culturally-inspired cuisine.

To allow for social distancing, there will be a limited number of tickets available each night of Asian Lantern Festival and advance reservations are strongly recommended. Cleveland Metroparks Zoo will also have several safety measures during the festival to protect against COVID-19 including one-way directional flow through the event, hand-washing stations and frequent sanitation of Zoo grounds. Facial coverings will be recommended for guests, but not required.



The festival will feature new creative displays including a 200-foot-long phoenix that sprawls across Waterfowl Lake, dynamic walk-

through displays and a towering six-story tall colorful pagoda. Four live acrobatic performances can be seen on the Fifth Third Bank stage each night including juggling, dancing and acrobatic acts. The festival will also feature a variety of Asian food and beverage, including local favorites Li Wah and King Wah as well as some of the Zoo's regular concessions, such as Kiko's Kitchen, and Pizza Hut.

The limited time, after-hours event will run Wednesday through Sunday evenings 6:30 p.m. to 10:30 p.m. through August 23.

The new Dinosaurs Around the World: The Great Outdoors exhibition is also included in the purchase of each Asian Lantern Festival ticket. As part of the festival, guests can experience nearly two dozen gigantic dinosaurs as they come to life at night along Waterfowl Lake.

Guests can save on Asian Lantern Festival tickets by purchasing in advance. The discounted cost for Zoo members is \$18 per ticket and \$20 for nonmembers. A four-pack is available for Zoo members for \$54 and nonmembers for \$60. Same-day box office purchases will be limited and priced at \$22 per ticket member/nonmember and \$66 for group four-pack. Advance tickets are on sale now at FutureForWildlife.org/lanterns.

In Case You Missed It!

Visit www.TodaysFamilyMagazine.com to access hundreds of family-related articles and events. Our site is keyword searchable and is mobile-friendly. Whatever local family information you need, you will most likely find it in Today's Family.

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Lower & Middle School Parent Visit (Toddler – Grade 8)
Wednesday, 9/30/20 | 8:30 am | Lyndhurst Campus

Events will be virtual if they are unable to be held in person.

To RSVP and for more information, call 440.423.2950 (Toddler–Grade 8), 440.423.2955 (Grades 9–12), or visit hawken.edu/admissions.



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Girl Scouts thankful for outpouring of support of cookie program during pandemic

Corporate donors partner with Girl Scouts to support cookie entrepreneurs and community causes

Girl Scout cookies not only taste good, they do good! When this year's cookie season was abruptly interrupted by COVID-19, and Girl Scouts throughout northeast Ohio were left with millions of dollars in unsold inventory, troops did what they have done for generations – they got out in front of the crisis and made a huge impact in the world.

Week after week, Girl Scouts of North East Ohio troops made headlines for bringing joy to nursing homes, food banks, and essential workers, including first responders, truck drivers, and others on the front lines of the pandemic – they were even featured during one of Governor Mike DeWine's press conferences for spreading positivity through cookie donations.

"Girl Scouts and volunteers stepped up in amazing ways to bring smiles and cookies to members of their communities by donating tens

of thousands of packages," said Girl Scouts of North East Ohio CEO Jane Christyson. "We also owe a debt of gratitude to our supporters who helped our girls turn setbacks into an opportunity to make an impact."

Girl Scouts of North East Ohio (GSNEO) launched the Cookie Relief Fund and Girl Scouts of the USA (GSUSA) launched Cookie Care to encourage supporters to purchase cookies online to treat themselves or to donate cookies for Girl Scouts to distribute to local causes. With donations totaling \$74,000, supporters helped 95 troops help others. A combined total of 110,000 packages were purchased through the cookie relief sites.

Local companies partnered with the council to give the Girl Scouts' cookie business a financial boost while also donating cookies to their chosen causes.

- Giant Eagle/GetGo purchased

\$25,000 of Girl Scout Cookies and donated them to teachers in Greater Cleveland during Teacher Appreciation Week.

- The Mt. Sinai Health Care Foundation purchased 6,000 packages and donated them to health care professionals throughout Cuyahoga County.
- Cardinal Health purchased 840 packages for their warehouse workers throughout the United States.

When the Girl Scout Cookie sale ended in June, GSNEO had 8,000 cases (96,000 packages) of unsold cookies stored in warehouses. The council reached out to longtime partners and corporate donors and offered to work in collaboration to donate and deliver the cookies to their chosen causes:

- Cuyahoga Metropolitan Housing Authority chose to donate to their residents.
- Giant Eagle/GetGo chose to donate to University Hospitals Rainbow Babies and Children's Hospital, Akron Children's Hospital, and Akron Children's Hospital – Mahoning Valley.
- KeyBank chose to donate to the May Dugan Center in Cleveland
- Lubrizol Corporation/Foundation chose to donate to Greater Cleveland Food Bank.
- The Cleveland Foundation chose to donate to the Hunger Network of Greater Cleveland

Girl Scout troops also worked with local restaurants and small businesses to sell cookies they had



intended to sell at cookie booths throughout northeast Ohio. Unable to set up booths to attract buyers with their boxes of Thin Mints, Samoas, Do-Si-Dos, and the new Lemon-Ups, troops turned to digital sales, giving girls a safe, contactless way to continue to sell. Digital cookie sales increased by 61% in northeast Ohio compared to last year.

Donations to GSNEO's Gift of Caring project, affectionately called Operation: Sweet Appreciation, also increased by 13%. More than 61,000 total packages were delivered to military personnel through "Support Our Troops."

Support for the Girl Scout Cookie program stays local and enables GSNEO to provide leadership programs and experiences to more than 25,000 girls throughout northeast Ohio. Selling cookies gives girls the ability to power unique opportunities and adventures for themselves and their troops. And they do it all while practicing entrepreneurship, learning critical life skills, exploring the great outdoors, and diving into fun, hands-on STEM activities that unleash their imaginations and broaden their worlds.

To join, volunteer, reconnect, or donate, visit gsneo.org.

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Classes begin September 8

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You will love watching your child's eyes sparkle with excitement at Cleveland City Dance



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Nurturing classes are structured for students to develop both mentally and physically from ages 3 to 80. Classes include ballet, boys' ballet, jazz, tap, modern, hip-hop, and more. Students have opportunities to attend festivals to take master classes with internationally known choreographers and instructors. Cleveland City Dance also offers workshops and master classes annually, most recently with Lauren Anderson and dance captains from "Hamilton".

Performance opportunities during

the year include in the spring and in December and include dancing with The City Ballet of Cleveland's The Uniquely Cleveland Nutcracker. Performance opportunities bring many levels of dancers together with older dancers mentoring and inspiring younger dancers. Passing knowledge and support abound with alumni and other professionals returning every year to take class and perform with Cleveland City Dance students!

For the school year 2020-2021, class options include in-person at the studio, and live-streamed so students can take classes from the comfort of their own home. Social distancing protocols are in place. Visit the website for all protocols, class schedules, and scheduling a tour of the school.

Call (216) 295-2222 or visit them online at www.clevelandcitydance.com for more information.



Follow us on Instagram!
@todaysfamilymagazine

Watch for regular posts about local businesses and organizations offering virtual, in-home and on-site activities to keep the kids (and you) busy.

Classes begin Sep. 8 at Noreen Londregan School of Dance



Noreen Londregan School of Dance 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. The staff are friendly and teach in an intimate setting. Regular attendance at seminars and workshops keeps them on top of the newest methods of teaching and learning new techniques. Noreen is a member of the 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. Faculty members are accredited with membership in Dance Masters of America, a prestigious organization that certifies teachers

by exam to teach.

A variety of classes beginning at age 2 are offered. The Terrific 2s program is an intro to dance with basic rhythms, movement and song. Students learn to follow teacher's instruction while interacting in a social situation with their peers. Preschool combo classes include preballet, tap and floor tumbling. Each focuses on strength, coordination, rhythm, body control and self-esteem. Ballet & tap combo classes are offered to school age children for versatility. At this level, they learn terminology and good basic foundation to lay the ground work for a more mature interest in dance.

You can be assured that NLSD is following the CDC guidelines for safety protocol on a daily basis. Temperature checks upon arrival and sanitizing stations are evident in every room. The student classroom size is 8-10 students. Masks are worn by faculty.

Classes begin September 8. For information call (440) 449-0240 or visit us at www.noreendancer.com.

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CLASSES BEGIN SEPTEMBER 8

REGISTRATION: AUGUST 22 & 29 10:00 AM - 2:00 PM

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En Pointe Danse— Come dance with us!

Fall classes begin September 8

En Pointe Danse in Chagrin Falls, now celebrating its twenty-first 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, teaches a variety of classes in creative movement, ballet, pointe, tap, and modern dance. Children begin as early as age 3; however, there is no upper age limit for dancing. En Pointe Danse also offers adult tap and ballet classes.

En Pointe Danse is offering in studio and online classes.

In studio fall classes will be limited to six (6) participants per class.



Online programs will also be offered for those that feel more comfortable dancing at home. We also offer both private instruction as well as small group, customized and flexible classes both in studio and online.

Fall classes begin September 8, 2020. For more information call En Pointe Danse at (440) 247-5747 or visit www.enpointedanse.com.



En Pointe Danse

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Help keep children safe from abuse and neglect

By the Cuyahoga County Division of Children and Family Services

The coronavirus pandemic leaves more children at risk for abuse and neglect. Families may have already been struggling with finances, poor housing, domestic violence or substance abuse. Now the added stress brought on by the pandemic could push them to a breaking point. Moreover, shuttered schools, daycares, and other outlets leave vulnerable children away from teachers, counselors, or other adults who often support or protect them.

COVID-19 also displayed the way racial disparities impact the health and well-being of African-Americans. Recent events, such as the killing of George Floyd and police response to protests, highlighted the stark reality for many of our families. Generation after generation of

violence and exclusion have inflicted trauma on African-American families and we often see the impact in child welfare.

Despite all this, child protection specialists are still working to help keep children safe. The hotline is staffed 24/7 with people who can offer help to a struggling family or send a child protection specialist to investigate alleged abuse. We are also looking for ways to impact our system, support families, and improve outcomes for the disproportionate number of minority children in child welfare.

We can't do this work alone. Here's how you can help.

Report abuse and neglect. We need caring adults to help DCFS find out which families need help, which children are at risk, and which children are suffering from abuse. The Cuyahoga County Division of Chil-



dren and Family Services launched new ways to report suspected cases of abuse and neglect as a result of increased risk due to COVID-19.

Ways to report

- Phone: 216-696-KIDS (5437)
- Email: protecting-cuyahoga-kids@jfs.ohio.org
- Website: <http://cfs.cuyahoga-county.us/en-us/Report-Child-Abuse-Neglect.aspx>
- Facebook: www.facebook.com/CuyahogaCountyDivisionofChildrenandFamilyServices. Click

on "contact us" to file a report.

Become a foster parent. The opiate epidemic caused the number of children in foster care to rise across the state over the past several years. That means finding safe, appropriate, and immediate placement for children has been a daunting task. During the pandemic the need has become increasingly urgent. For more information on becoming a foster or adoptive parent call (216) 881-5775 or visit our website at everychildneedsfamily.com.

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Thursday, October 1, 5:00-7:00 pm
Pre-registration is required.
Space is limited. Visit LaurelSchool.org/OpenHouse to learn more and RSVP.











Holden Arboretum and local artists create an imaginative outdoor fairyland with fairy doors

Explore the woodland trails and gardens of the arboretum with an interactive scavenger hunt

It appears that fairies have moved into the woodland forests and gardens at Holden Arboretum and now through August 27, 2020 children of all ages can see the signs for themselves! The arboretum team worked together with northeast Ohio artists to create seven woodland and garden homes for elusive fairies who chose the arboretum as their summer home. Thirty handcrafted fairy doors created by seven artists invite guests to explore deep into the forests and gardens on an interactive scavenger hunt.

There are two ways to experience the exhibit (printed maps will be available upon request at the entrance Gatehouse):

Hunt on your own! As you make your way through the trails of the arboretum, see how many you can find as you look high and low in gardens filled with flowers and along

woodland trails. The experience is also offered in rich detail through technology while emphasizing the importance of environmental stewardship.

Use technology. Visitors can be guided to each fairy community through an interactive mobile phone application. Each destination highlights the plants and trees that the fairies chose to live among, and beautifully handcrafted fairy doors mark the entrance to the fairy homes. Visitors are invited to discover a unique story that can be accessed via QR code signs at each site.

The exhibit features the work of seven local artists including Tracey Gardner, Jane Baeslach & Coletta Baeslach Arian, Erin Canales, Bette & Robb Durr, Beth Lynne Gregerson, Amanda Nyx and Tammy Shella.



Fairy Doors is sponsored by Cleveland Clinic Children's.

The exhibit is included with general admission to the Holden Arboretum. Admission cost is \$15 for adults, \$10 for children three to 12 years old and free for children 2 and under. The Arboretum is open from 9 a.m. – 5 p.m. Tuesday

through Sunday. Advanced reservations are required and can be made online at holdenarb.org or by calling (440) 946-4400.

The Murch Canopy Walk and Kalberer Emergent Tower are included with admission and are open from 10 a.m. – 5 p.m. Tuesday through Sunday.

MAKE YOURSELF AT HOME

In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

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A backpack full of memories

Just be sure to bring a paper map and some patience

“A road trip is a way for the whole family to spend time together and annoy each other in interesting new places.” -Tom Lichtenheld

By Stacy Turner



As we sat down together to figure out what we'd each like to do this summer and the topic of taking a family road trip came up, our kids confessed their dread of the drive. Not because of carsickness or boredom, but because of the typical fights over navigating to our destination over unfamiliar roads.

My husband is the self-appointed driver, not because he's got a great sense of direction (he admittedly lacks that gene), but because he complains that I drive like an old lady. Instead of using old school maps to plot a course (I'm an old school map lover), he relies on GPS navigation, which doesn't always work well. Not that we've ever ended up teetering off a cliff or driving into a lake like one of the true-life "death by GPS" stories, but we have added countless unnecessary miles to more than one trip.

We've gotten into some pretty heated exchanges on the road that left one or both of us feeling pretty frosty. Later, we can joke about how it doesn't matter how fast you're going if you're heading in the wrong direction, or how lack of tech skills means the turn-by-turn directions often aren't relayed until after we've missed a turn. But in the heat of those moments, no one wants to be in the car, let alone headed off on a week of togetherness. Our kids recently confessed that during one particularly trying vacation, they worried we would get a divorce on the first day. It was humbling to learn that some of the childhood memories we're making with our kids included their parents acting like children.

This year, we agreed to do better. I learned to delegate some of the pretrip planning that used to take up most of my time and patience, and my husband agreed to bring an actual paper map to verify the GPS wasn't taking us on any unplanned detours. The pet sitter was lined up,

keys in hand, with plenty of food and supplies. No one decided at the last minute that they didn't have enough of the right size clean underwear or socks, and everyone had their bags packed and ready the night before our planned departure. We packed the car, packed a cooler, added an extra supply of patience, and headed out on the open road. We may have missed a turn or two, and we may have realized en route that the map was outdated by 20 years, but we gave each other grace in those moments. And surprisingly, we reached our destination with no blowups or marriage counseling needed.

We consulted a trail map to plot our hike into the campsite that would be our home for the next four days, carrying everything we'd need in the packs on our backs. After an hour-long hot, sticky, and mostly uphill hike, we found our campsite and began to set up our tent. Only to learn that one of our tent poles had broken. Without any tantrums or outbursts, we spread out our gear to figure out how to re-engineer a solution with what we had on hand, Apollo 13-style. Using a combination of rope, broken tent poles, nearby trees and a bit of McGyvering, we erected our tent. Like a bad haircut screaming out for a hat, we topped it with the rain fly and called it done. You'd never see this monstrosity at a camping store, but it got the job done, keeping us dry during the inevitable rain that plagues every camping trip.

After all was said and done, my family was rewarded this year with much more than the typical, "NO! I said RIGHT, not LEFT!" drama. We left with a backpack full of memories of just being together—rafting the white water of Pennsylvania, enjoying campfires, playing countless card games, and enjoying the solitude of the woods in our bad haircut tent.

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New Learning Lab program fills gaps in school week for working parents



As school districts across northeast Ohio adapt to the pandemic, many parents may be left wondering how a virtual or hybrid week of at-school classroom instruction and at-home online learning will impact their family and schedule.

Great Lakes Science Center's new Learning Lab program supports working parents who need day-time childcare for their school-age children. The program provides a safe, supportive environment where children can do their schoolwork virtually. Many of the Science Center's health and safety procedures for programming during the pandemic were developed for Camp Curiosity, which served more than 1,000 children this summer.

"Learning Lab is school-day support for families, like a bridge between the classroom and home," said vice president of STEM Learning Scott Vollmer. "Parents are facing significant challenges as they manage new schedules and expectations for their children's education. With the Learning Lab, we're looking to ease that worry by offering a safe, supportive alternative."

The Science Center has designed the program to be appropriate for school-age children who will spend part of their day participating in school virtually or doing homework. The STEM Learning team will facilitate the day, providing an experience that is more social and structured than what might be typically offered in childcare.

"The Learning Lab will be much closer to a typical day in the classroom," Vollmer said. "We will provide children with the supports of a school day -- an educator to facilitate the work provided by their school,

workspace, Internet access, a lunch break, and supervised, outdoor recess."

There will also be fun, "nonscreen," STEM-related activities when there is downtime from their online school work, with opportunities to meet new friends and continue to experience the social and emotional growth that is an important part of each new school year.

Complete health and safety measures for the program are available at GreatScience.com. The program requires a daily wellness check and masks for children and staff. Social distancing measures will be in place with small class sizes and ample spacing between work stations. Children will be supported to maintain proper mask hygiene and frequent hand washing.

The program is open to children in grades K-8, and registration begins Wednesday, July 29 at GreatScience.com. Opening day is Monday, August 24 and the program will initially run through December 22. The Learning Lab is available Monday through Friday, with drop-off available 7:30-9 a.m. and pick up from 2:30-3:30 p.m. After-care from 3:30-5:30 p.m. will be available for an additional fee. Children may be registered for as little as one day per week and may vary their schedule week by week.

Children can bring a lunch, or order a boxed lunch in advance for \$7.50 a day. The Learning Lab costs \$59 per day, with a 10 percent discount for Science Center members. After-care will be available for an additional \$15 per day.

(Editor's note: The Science Center's schedule is subject to change, please visit GreatScience.com for up to date hours of operation.)

Need help with an older adult or person with disabilities?

Where can you turn when help is needed? Western Reserve Area Agency on Aging (WRAAA) is here to help.

WRAAA offers a variety of programs to assist older adults and persons with disabilities. If you are not sure how to get started, call our Aging & Disability Resource Center (ADRC) and we will help you determine which programs you may be eligible for. The ADRC provides information, assistance, and referral. A telephone evaluation is conducted to assist callers and their families with identifying their long-term care needs and options.

Are you a caregiver? Let our

Family Caregiver Support Program (FCSP) help you. The FCSP connects caregivers to various resources which include respite, support groups, and financial support. We also offer caregiver coaching and consultation.

WRAAA needs advocates. Join our Advocacy in Motion (AIM) initiative. AIM is a group of consumers, advocates, service providers, and social service organizations. AIM enhances the community's voice on policy issues related to aging and disabilities.

Get started by visiting our website at www.areaagingsolutions.org or by calling (216) 621-0303. We want to hear from you.

Atlas Cinemas announces private auditorium rental special

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The Children's Museum of Cleveland reopens

Limited attendance, required face coverings, and increased cleaning and sanitization measures

The Children's Museum of Cleveland (CMC) is now open to all guests including both members and nonmembers.

Upon reopening, CMC has limited attendance by opening up a limited amount of tickets daily, broken down hourly. Guests can stay as long as they'd like, but staggering the tickets will allow them to limit the number of new guests entering the Museum each hour. Tickets must be prepurchased online at cmcleland.org. Members are free, but will also need to register for their visit online in advance so that they are able to keep a guest count.

A brief health screen and contactless temperature checks will be taken upon entry. All guests over the age of two will be required to wear a face mask or covering during their visit. All Museum staff will be required to wear face masks, and will undergo daily health screenings.

Spaces have been altered to



encourage social distancing, which will also be encouraged by Museum staff and signage placed throughout the Museum. Exhibit props have been reduced to allow them to rotate them out with freshly cleaned and disinfected props throughout the day. Commonly touched surfaces such as elevator buttons, door knobs and handrails will be cleaned continuously throughout the day. A full deep clean, disinfecting of surfaces, and exchange of props will be conducted at the end of the day. All surfaces will be treated with EnviroShield as an added layer of protection.

Admission is \$12. For more info call (216) 791-7114.

Great Lakes Science Center reopens with Body Worlds Rx

With the establishment of guidelines from the Ohio Department of Health, Great Lakes Science Center is now reopened with the premiere of the special exhibition, Body Worlds Rx! The groundbreaking anatomical exhibition reveals the marvels of the human body and the dramatic effects of disease.

The specimens on display in Body Worlds Rx show impressive comparisons of healthy organs and diseased organs, to reveal the physical impact of disease on the body's systems. Through the process of plastination, a complex preservation method that removes the fluids from the body and replaces them with reactive resins and elastomers, the specimens in this special exhibition offer guests the unique opportunity to be inspired and amazed by the inner workings of the human body. Visitors will see specimens that illustrate common ailments like cardiovascular disease and chronic obstructive pulmonary disease.

Guests will notice changes throughout the museum includ-



ing frequent hand-washing and sanitization stations and exhibits that have been modified to reduce touch interfaces. Other exhibits that involve reusable pieces have been modified to allow each social group to use freshly sanitized materials. The Science Center has also instituted increased cleaning procedures that will take place throughout the day, and daily after closing, including "fogging style" and electrostatic mister sanitizing treatments.

All guests and staff will be temperature checked when entering the building and will be required to wear a mask. Building capacity will be reduced and guests must buy their tickets in advance online and select an arrival time.

For hours and more info visit GreatScience.com.

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Together We Thrive
Division of Children and Family Services

Save big on back-to-school clothing at Goodwill

Whatever school looks like this fall, one thing is certain: your kids are growing and will need clothes.

Goodwill is a win-win-win option for back-to-school shopping: low prices, sustainable shopping and support to the local community.

Budgets are tight these days. So, it's especially important when purchasing back to school clothes and supplies that you can make your dollar stretch. Goodwill prices are typically 50–90% less than large retailers.

Whether its dorm essentials or shoes for gym class, Goodwill is a great option for families who are looking to save. The stores carry a variety of new and donated goods including jeans, uniforms, backpacks, shoes and housewares.

Goodwill is oftentimes referred to as the "original recycler." Accepting donated items and reselling to the community diverts these products from area landfills and lessens the impact on the environment. Last year, more than 11 million pounds of goods was diverted from area landfills



because of area Goodwill stores.

All purchases support a network of outreach programs that help thousands in our community. Last year more than 16,000 people were helped by Goodwill programming including job training, parenting programs, rape crisis services and more.

Goodwill Industries of Greater Cleveland and East Central Ohio operates 22 area locations, including stores in Mayfield Hts., Painesville, Eastlake and Chardon. Stores are open seven days a week.

During the COVID-19 crisis, Goodwill has adapted strict safety guidelines including a 24-hour hold on all donations and face mask requirements for shoppers.

For detailed shopping guidelines, log onto GoodwillGoodSkills.org.

Jump Start Gymnastics offers classes for kids and adults



At Jump Start Gymnastics (JSG) our philosophy and goals are to encourage, motivate, and assist students in achieving their full potential through a supportive environment. In order to mitigate the risk of COVID-19, and make our facility as safe as possible for our students, families, and staff to return, we are implementing CDC mandates and recommendations. The program and class offerings this fall, starting Tuesday, September 8, 2020, will reflect the needs of our families.

JSG is offering 3 more camp weeks before school begins for most districts. Week 1: Aug 3–7 Week 2: Aug 10–14 Week 3: Aug 17–21. Full-week or daily enrollment, and hourly length options are available.

NEW! Fitness & Movement Class for adults is offered on Fridays 6:00-7:00 pm followed by an adult only open gym 7:00-8:30 which is included in the cost of the adult class or separately is \$10. Open gym on Wednesday for adults is 6:15-7:45 pm and \$10 per participant.

Small group and private lessons are a popular option. We will also be offering a hybrid virtual school and Not Just Gymnastics Camp for the families that need educational support and supervision for their children during working hours.

Jump Start Gymnastics is located at 23700 Mercantile Road in Beachwood. Call us at (216) 896-0295 or email jsgymnastics@jsgymnastics.com.



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Back-to-school survey: two-thirds of teens concerned about attending school in person this fall

Research by Junior Achievement also shows teens' top concerns for the future

(Cleveland, OH) – A new survey from Junior Achievement (JA) by research firm ENGINE Insights shows that two-thirds of teens (66%) are concerned about attending school in-person this fall, with a significant percentage (39%) responding that they are "extremely" or "very" concerned. Nearly three-in-four teens (71%) say that their parents or caregivers are concerned about them attending school in-person this fall. The survey of 1,000 teens between the ages of 13 and 17 was conducted July 14-19, 2020.

Despite these concerns, most teens (53%) say that the quality of their online classes from the spring was "fair" or "poor." A quarter of teens (26%) reported that they would prefer to attend school in-person five days a week, while more than a third (36%) prefer a blended schedule, where they would attend school in-person a couple of days a week and take the rest of their lessons online. Just under a third (30%) say that they would prefer classes exclusively online this fall.

The survey also asked teens about their concerns about the future:

- The top concern shared by nearly half of respondents (49%) is that the quality of their education will suffer due to the pandemic.



- Nearly as many (47%) are concerned that they or a member of their family will get sick from COVID-19.
 - More than a quarter of respondents (28%) said that they are concerned that their dreams won't come true due to current circumstances.
 - Other concerns include:
 - Not being able to have a job or career that pays a living wage (27%)
 - Their family's financial situation getting worse due to the economy (26%)
 - Not being able to provide for themselves or their families as an adult (21%)
 - Having to borrow too much for college (20%)
 - They or someone they know not being treated equally as adults (15%)
- "These results show that our young people are

just as overwhelmed and conflicted by current events as many adults are," said Joe Faulhaber, president of Junior Achievement of Greater Cleveland. "They also show that teens are struggling to remain hopeful in the face of the pandemic, economic upheaval, and inequity. That's why at Junior Achievement, we are committed to providing young people with the tools, resources, and support they need to navigate these uncertain times and strive toward a better future."

About JA of Greater Cleveland

Junior Achievement of Greater Cleveland builds partnerships with area businesses and education communities to provide curriculum and volunteers who serve as role models to JA students. JA provides programs focused on financial literacy, workforce readiness and entrepreneurship to students K-12th grade which are designed to be incorporated with the social studies curriculum. Junior Achievement of Greater Cleveland will reach approximately 40,000 students annually throughout Cuyahoga, Lorain, Geauga, and Lake counties.

For more information on volunteer opportunities, please visit www.jacleveland.org.



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Homework Help:

Tips to ease frustration and boost focus

By Christa Melnyk Hines

By the time Meira Mednick's daughter was in third grade, homework time had morphed into lengthy, embattled evenings fraught with angry tears as frustrated daughter and frazzled mom squared off.

"My daughter began showing signs of difficulty in focus on homework in kindergarten. By second grade we were drowning," Mednick says.

Mednick tried tactics like feeding her first grader an early dinner as soon as she got home from school and giving her time to relax before starting homework. Instead, "We ended up spending the next two years in a tug of war of time, and many tears were shed," she says.

Many parents can relate and dread the contentious homework hour, which can plunder an otherwise peaceful evening. For kiddos, who struggle to tune out distractions and concentrate on the task at hand, sitting down to do homework doesn't

rank high on their list of priorities.

Thanks to the distractions of technology, the inability to focus is a growing problem in our culture. The number of children who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) also continues to rise. The Centers for Disease Control reports that ADHD is "one of the most common chronic conditions of childhood."

Experts agree: the ability to focus is crucial to achieving goals. How can we create a more calming homework atmosphere that will enhance our child's ability to concentrate and get the job done quickly--without the draining drama?

Work in short bursts. Kids get overwhelmed with long worksheets and multiple assignments. Break homework into timed chunks. After a busy day at school, parents can typically expect their youngsters to focus on a task for one minute for each year of their age. That means a six-year-old should be given a two or three minute break every six minutes.



"Expecting 30 minutes of homework out of a first-grader isn't realistic without breaks," says Rachel Rudman, a pediatric occupational therapist.

The timed approach made a big difference for Mednick's daughter.

"Previously she would be discouraged even before picking up a pencil. By having a timed environment, she knew that she could tackle one interval at a time," says Mednick, whose daughter is now an eight grade honors student.

Create smart brain breaks. During the timed breaks engage your child in short activities that help reorganize and refocus the brain, like jumping jacks, playing with Legos or Play-Doh, or snacking on crunchy carrots or pretzel rods or something chewy such as fruit snacks.

Blowing up a balloon can also help ease frustrations. "Blowing forces the child to take deep breaths which increases relaxation and focus," Rudman says.

See **HOMEWORK HELP** on page 18

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Homework help from page 17

Avoid electronics, which can be harder to pull a child away from.

Strike a pose. Yoga stretches and breathing exercises can calm and re-energize a tired body. Balancing poses like bird or airplane, and a full body twist combines breathing and concentrated stretching movements.

"Balancing poses require a level of concentration that are a great way to strengthen those 'focus muscles' and create a body and mind that is strong and relaxed," says Mariam Gates, the author of the new children's book, "Good Night Yoga: A Pose-by-Pose Bedtime Story."

Integrate natural elements. Researchers at the University of Illinois at Urbana-Champaign have found that including ornamental plants in a learning area can further enhance a child's ability to concentrate and learn.

"And weirdly, the more involved the child is in the plant's life or maintenance, the more learning goes on," says Magalie Rene, a classroom design consultant, who works with parents and schools to create study spaces that foster learning.

Place a plant in your home's study area and have your child water it as

a transitional cue before beginning homework, Rene suggests.

Chew gum. Although the "no gum allowed" rule was drilled into our psyches when we were students, more schools now allow kids to chew gum during state assessments. The chewing movement has an organizing effect on the brain and can help kids focus.

Energize with aromatherapy. Scent can have a powerful effect on our emotional well-being. Fill a spray bottle with water and two or three drops of peppermint, rosemary or citrus essential oil. Spray the scent around the study area to enhance concentration, focus and creativity.

Get organized. Make a homework box either out of a large shoe box or plastic container. Have your child decorate it and store homework supplies, like pens, pencils, crayons, markers, scissors, paper, a glue stick and anything else he might need. "Having everything together creates an atmosphere of organization and success," Rudman says.

If your youngster continues to struggle with focus and concentration, consult with your family's pediatrician or a child psychologist.

Railroad Memorabilia Show to be held August 30

The 4th annual Railroad Memorabilia Show will be held on August 30, 2020 from 10 am to 5 pm.

The Railroad Memorabilia Show is designed to have collectors show off their private collections of railroad related items. These could be from railroad signals, plate setting ware (dinner ware) that was used in the dining cars, railroad lanterns, paperwork from different railroads, conductor hats, engineer hats, etc. Some items will be for display only by private collectors and some items will be available for purchase.

Displaying railroad artifacts can provide insights into the history of railroading and how it had a great influence on American history and the importance that the Painesville Depot once served for northeast Ohio.

See the Collinwood Engine 999. This is a replica of the famous New York Central engine that in May of 1893 set the land speed record of 112.5 mph.

If you have items that you wish to



display or sell, visit www.painesville-railroadmuseum.org for information.

Admission is \$5.00 for adults; \$3.00 for children 3 to 12 years old; \$12.00 per family (max 2 adults, 3 children).

Contact Tom Pescha at (216) 470-5780 or email at prrm@att.net for more information.

This event is pending and subject to change to new orders from Governor DeWine. Please check the web page and Facebook page for the latest info.

The show will be held at the Painesville Railroad Museum which is located at 475 Railroad Street in Painesville.

DeJohn Funeral Homes awards scholarships to local students

DeJohn Funeral Homes & Crematory is pleased to announce that nine local students have been awarded the Ross Sr. and Carmella DeJohn Memorial Scholarship. Each student will receive \$750 for his or her college tuition or books.

Scholarships were awarded to Michael Favazzo of Mayfield High School (attending Mercyhurst University, architecture design); Skylar Franklin of Charles F. Brush High School (attending Capital University, music tech); Lilia Valentic of Kirtland High School (attending University of Dayton, biology); Emily Allegretti of West Geauga High School (attending The Ohio State University, biomedical engineering); Natalie Fullerman of Chardon High School (attending University of Rochester, chemical engineering); Julianna LeQuay of VASJ (attending Hiram College, veterinary medicine); Anthony Brey of Saint Ignatius (attending Miami University, computer science); Samuel Webster of Mentor High School (attending University of Notre Dame, computer science);



and Madison Allegretti of West Geauga High School (attending The Ohio State University, undecided).

These students have demonstrated the ideals of passion, respect and organization to be eligible for scholarship.

In 1993 the DeJohn family, in conjunction with the family owned funeral home, established the scholarship in honor of Ross (Sr) and Carmella's dedication to education. Ross Sr. served as mayor of Mayfield Heights for over 28 years and during that time was very supportive of all school-related issues including support for many school levies. More than \$35,000 in scholarships has been awarded to deserving high school seniors living in Cuyahoga, Lake and Geauga counties.

For more information visit www.dejohncares.com/scholarship.

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Schedule a personal (in-person) tour on Saturday, November 7th or call to arrange a convenient time with our Director of Admissions. (Contact Kate - kate@clevelandmontessori.org / 216-421-0700) Visit our website for the Zoom link to the Virtual Tour and the sign-up for in-person tours. We look forward to seeing you!



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