

TODAY'S family

May 2021 Cuyahoga

FREE!

**Older
Americans
Month**

**Jump
Start
Gymnastics**

**En Pointe
Danse**

Chagrin Falls studio
has been teaching
students for 22 years

**Adrenaline
Monkey**

Ninja course, climbing walls,
ropes course and arcade

**Mother's
Day Gifts**

**Anti-Racism
Program**

Children's Museum of
Cleveland partners with
CSU to teach about
race at an early age



Jump Start Gymnastics

23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com



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Gymnast Strong: Adult Strength & Conditioning Clinic • Ages 18+

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- Half-price sibling discount for each additional sibling

TODAY'S
family

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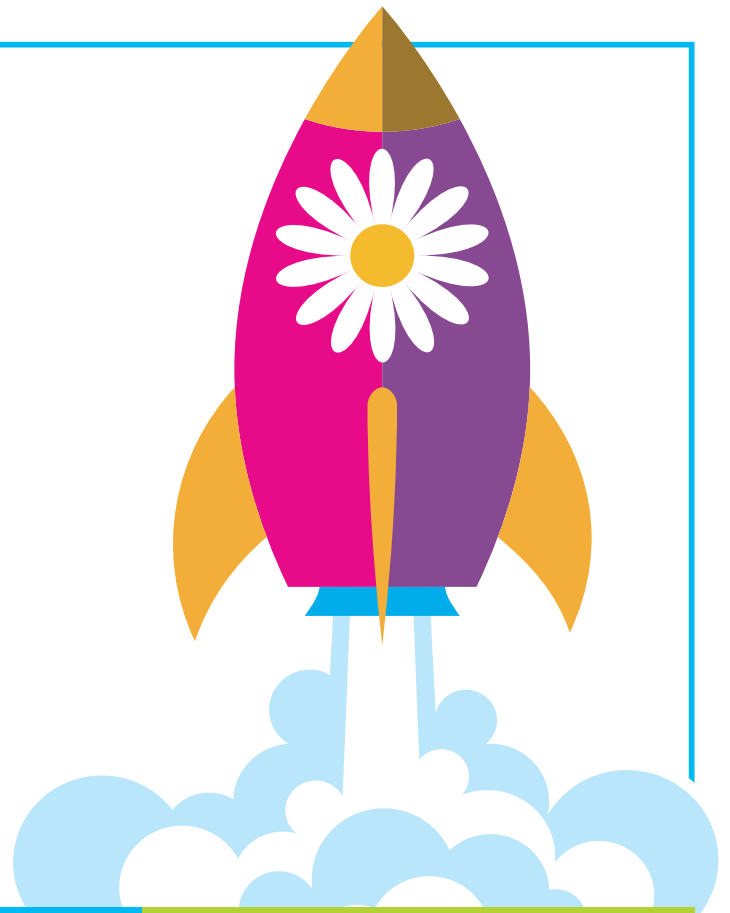
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Jump Start Gymnastics

Teaches agility, strength and gymnastics

By Mary Flenner

Jump Start Gymnastics offers a variety of gymnastics classes for everyone from toddler ages to adult drop-in classes. “We have a pretty strong preschool program,” owner Maureen Eppich shares. “When the gym first opened, we focused on the ‘Mom and Me’ and preschool program and have expanded almost every year since.”

Maureen first opened Jump Start Gymnastics in 2004 at a location across the street from the current gym on Mercantile Road in Beachwood. She relocated to her current, larger space in 2014, where she almost doubled the number of students. She estimates that the peak enrollment was around 500–600 students.

“Gymnastics is such a broad base — you’ve got strength, flexibility, and coordination. It gives kids listening skills and social interaction. It’s a one stop place for all of that,” she says.

Her goal when starting Jump Start was to really focus on gymnastics that wasn’t diluted in dance or karate, and to build those skills that would help students no matter what other sports they played or where they went in life.

“I was really adamant about taking away labels like beginner, intermediate and advanced. Kids are labeled from the time they enter preschool and so it was important to me not to label them. I also didn’t want to test kids to see all the things they can do and how many checks they got. It’s as much for the students and for the parents.

When a new student comes for class, we assess them and place them by age and skillset level so that wherever they are starting from they are properly challenged.”

Today they have grown to also offer private lessons, open gyms, clinics, camps and more. Jump Start also has a competitive gymnastics team that goes up to level 8.

This spring they will introduce specialty clinics that focus on certain skills and areas such as handsprings, walkovers, acrobatics, and cheerleading tryout prep. Their new drop-in class

options also offer a great choice to try out the gym and see how your child likes the class with no long-term commitment.

Jump Start adapted their protocols in 2020 to be as safe as possible. This includes required masks for gymnasts and coaches, temperature checks, parent drop-offs (for children over age 4), handwashing before, midway and after class and weekly deep cleanings of the gym.

Gymnasts also practice social distancing through the expansive 14,000 square-foot gym.

For example, if there are five gymnasts on floor, they are spaced out doing five different drills or activities, Eppich explained. They also cap each group size around eight gymnasts. “We have eight sets of bars, eight high beams, three medium beams and multiple low and floor beams, so there is plenty of space to spread out.”

“Parents last year were fabulous. If they even thought their kids may have a sniffle or allergies, they kept their kids home. Since June 1, 2020 we have only had one child who had to be asked to be taken home. The kindness and consideration from our parents has been great,” says Eppich.

“We haven’t had anyone that contracted COVID-19 here at the gym or who has been at the gym while they were contagious that we’ve been informed about,” she continues.

This summer, they will bring back their gymnastics camp which is available to kids ages 4–16 and runs from June 7 to August 13. Before- and after-care is also available.

“I love coaching because it’s not a job. I get to have fun all day long. I get to cheer for people. I’m always dealing with some type of success whether it’s a kid learning a new skill or learning a routine. It’s great to see what happens to these kids afterward. Watch them grow.”

To browse a list of their upcoming classes, clinics, open gyms and summer camps, visit jsgymnastics.com. You can also reach them at (216) 896-0295 or jsgymnastics@jsgymnastics.com.



The Show Goes On

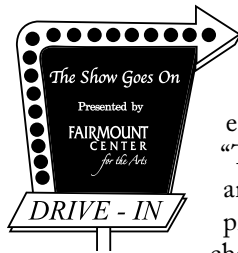
A dance & arts celebration at the Mayfield Road Drive-In Theatre on Friday, May 21, 2021 at 8 pm

Fairmount Center for the Arts is excited to announce a unique dance and arts event which will be held at the Mayfield Road Drive-In Theater on Friday, May 21 at 8 pm. "The Show Goes On" includes pop-up dance performances from the Fairmount Dance Company and art activities, a showing of a film created that showcases Fairmount's dance and arts community and a showing of the 2016 animated film "Leap."

"We are thrilled to celebrate and showcase the students at Fairmount Center for the Arts," shared Jeannie Fleming-Gifford, executive director. "Although the last year has had its challenges, we are so proud of the resilience of this community and excited to showcase our dancers and other students on the big screen at the Mayfield Road Drive-In."

Fleming-Gifford also shared grat-

itude for the sponsors of The Show Goes On which include the following: marquee sponsor: Marshall Carpet One; presenting sponsors: Jan Jones, Kinetico Water Systems, Perky Kettle, Wenger Orthodontics; and associate sponsors: Fit Learning Cleveland and the Graves Family.



This event serves as an alternative to Fairmount's traditional dance recital which generally takes place in May. "The opportunity to record and create this unique program also provides us the chance to showcase the entire Fairmount arts community, not just the dance program," Fleming-Gifford continued.

Tickets for the event are on sale at www.fairmountcenter.org/ performances and all are welcome to be part of this unique arts celebration. The price is \$30 per carload or individuals may purchase a parent patron ticket for \$75 which



Fairmount Dance Company

Evalyn Brosnan, Madelyn Foerster, Mikayla Gainor, Anna Gracon, Morgan Graves, Olivia Hederstrom, Ebi Omojuanfo, Shelby Spence, Abby Steffee, Colleen Weden, Kate Webb, director (not pictured).

includes the opportunity to share one image which will be shown on the screen with a brief message. Concessions and restrooms will be available at the Mayfield Road Drive-In Theater which is located at 12100 State Route 322 in Chardon.

The mission of Fairmount Center for the Arts is to enrich lives through the arts. For nearly 50 years, Fairmount Center for the Arts has provided a space for

individual expression and the opportunity for all to explore the arts through classes, workshops, community performances and cultural programs. For more information or to register for summer camps, classes, music lessons and special events visit www.fairmountcenter.org or call (440) 338-3171.

Fairmount Center for the Arts is located at 8400 Fairmount Road in Novelty in Geauga County.



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Adrenaline Monkey offers fitness challenges for every family member

By Nina Polien Light

If your family enjoys watching American Ninja Warrior, it's time to get them off the couch and on to an obstacle course. No thanks, you say? Your 5-year-old couldn't possibly do that and you haven't done even a single squat since before he was born?

It's time to get moving. Adrenaline Monkey, which opened June 2018 on the east side of Cleveland, is an indoor family adventure and training center featuring a variety of physical challenges at different levels. Toddlers scrambling up a mini warped wall, parents or grandparents renewing a fitness commitment, and agile performance athletes, and every age in between will all feel at home here.

"It hits at different fitness levels and ages," explains owner Denise Carkhuff.

After checking in and signing a waiver, guests are met with a soft-play obstacle course to their right. It's meant for toddlers, but Carkhuff says older kids enjoy it, too.

"There's a big beanbag chair they can play on and be silly," she says. "There's also an obstacle course with a soft mini warped wall. There are little walls to jump over that are made of soft materials, so young children can navigate them and not get hurt."

Four Ninja Warrior-style obstacle courses, ranging from easy to hard, are a big draw. Depending

on the level, the course may contain a spider climb, warped walls, overhead rings, salmon ladders or unstable bridges. There are also beginner and advanced parkour-inspired courses.

Most of the climbing walls are set up so participants can compete against each other, if they would like, except for one glow-in-the-dark wall, which Carkhuff calls "fanciful." Most of the climbing walls require belays, or anchored safety ropes. Once participants are hooked in, they climb the wall as high or as quickly as they are comfortable and then are slowly lowered. However, one nonbelayed boulder climbing wall is situated above what is, essentially, a huge air mat.

"You can fall Nestea plunge style," Carkhuff says. "It's a thrill and anybody can do it."

Nondirectional aerial ropes feature 26 elements all 16 feet in the air directly above the Ninja courses. There's also a basketball court.

Additionally, Adrenaline Monkey offers an arcade for the gamers in the family.

"If there's a big party, not everybody does everything, so it's good to have options," Carkhuff says. "We hope to convince some of the gamers to get more active."

A bar with a recharging station allows parents to work on their computers and supervise children, who may be taking a class or attending a party. A 4,200-square-foot mezzanine is home to an event space and the Monkey Bar, which offers food and beverages ranging from avocado toast to cold-

pressed cocktails. It's an ideal spot for hosting birthday parties, bar and bat mitzvahs, bachelor parties, corporate team building events, and other occasions.

Morning and evening boot camp classes for adults, a Warrior League for training and competing in ninja-type obstacles, and summer and school-vacation camps are also part of the mix.

Rates are \$20 per participant on weekdays (no time limit) and \$28 per participant (weekends, two hours). For groups of four or more the price is \$20 per participant. Additional hours cost \$5. Memberships are available.

Carkhuff, a mergers and acquisitions attorney at Jones Day, opened Adrenaline Monkey at the urging of her twin daughters, who are now 14. It took about a year for Carkhuff to warm up to the idea and another couple of years to find the property. The building had to be newly constructed because Carkhuff couldn't find an existing structure with tall enough walls to accommodate all of the adventures.

"I have an entrepreneurial spirit hidden in this lawyer body of mine and I decided to go for it," she says. "I thought, what a great way to show my daughters they could do anything they want and it's okay to take risks."

For general information and/or information on current COVID-19 protocols, please visit them online at www.adrenalinemonkeyfun.com or call (216) 282-3100.



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CLEVELAND STATE UNIVERSITY

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Dancing is En Pointe in lifelong learning

Chagrin Falls studio has been teaching dance for 22 years

By Deanna R. Adams

The latest craze these days are Tik Tok dance videos. But if you'd like your child to take the art form a bit more seriously, it's best to have professional instruction, for a number of reasons.

"We want our students to apply the lessons learned in dance, such as discipline, perseverance, creative thinking, and the sense of physical well-being, and incorporate them into the rest of their lives," says Gail Friedberg, owner of En Pointe Danse studio in Chagrin Falls. "Beyond the art of dance, this thriving environment with other children helps give them a sense of community."

That sense of community goes beyond age. Friedberg, who has had the dance studio since 1999, emphasizes that you can be at any stage in life to start dance because of all the various disciplines she teaches, which include creative movement, ballet, tap and modern dance. She adds that many former students later bring their children and grandchildren to the school. "It's really about the joy of dancing, and the satisfaction that you're doing something you enjoy and getting better at it, then passing down that joy to future generations."

At En Pointe Danse, students also get experi-

ence performing on stage. They have always had an annual spring concert for dancers, ages 6 and up, who perform a full-length ballet, and a smaller recital for dancers 3–5 years old. Of course, like everything else this past year, COVID-19 has stepped in and made things more challenging for her business. "I must admit, our attendance has gone down, and our annual spring concert will be a bit smaller this year, but the moms have all been great in helping me find a place where the students can still conduct a live performance, which is important after all their hard work."

Friedberg also has help from fellow dance instructor, Jean Brady, graduate of the Academy of the Washington School of Ballet in Washington,



DC., who teaches ballet and assists in the dance programs. They both recommend that children begin with their creative movement class, targeted for 3- and 4-year-olds, before moving on to ballet fundamentals, which can begin at age 7. Those interested in tap classes can be 5 to 55, or older.

"Tap is a lot of fun, and we enjoy having adults come here as well," she says. "We see many adults who've always wanted to dance and never had the chance, as well as those who were dancers as children and want to get back into it." Adults can register for beginning, intermediate, or advanced adult classes. Older students learn basic steps and rhythms, along with aerobic work while mastering the tap techniques. "It's very good exercise, too," the studio owner notes. "There are a lot of stretches and fluid movement."

She adds that while not all students become professional dancers, the quality traits of discipline, concentration, coordination, and improved self-confidence, learned through creative dance can help prepare one for other careers, and prove useful throughout a lifetime. Enrollment for summer classes both in-person and virtual, is open now.

En Pointe is located at 516 East Washington Street in Chagrin Falls. For more information, call (440) 247-5747, or visit them online at www.enpointedanse.com.

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Older Americans Month: Communities of Strength

In tough times, communities find strength in people — and people find strength in their communities. In the past year, we've seen this time and again in northeast Ohio as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life — a conversation

shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others, even virtually or by telling about the experience later, we help them build resilience too.

This year, the Western Reserve Area Agency on Aging will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength and create a stronger future.

Here are some ways to share and connect:

- **Look for joy in the everyday:**

Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect



with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home-cooked meal.

- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others ex-

perience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences — through action, story, or service — we help build strong communities. And that's something to celebrate! Please join the Western Reserve Area Agency on Aging in strengthening our community.

For more info call (216) 621-0303 or visit www.areaagingsolutions.org.



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Experience the Glasshouse at Cleveland Botanical Garden

The Eleanor Armstrong Smith Glasshouse offers a thrilling year-round escape to the fantastic spiny desert of Madagascar and the butterfly-filled rainforest of Costa Rica. The Glasshouse features some of the strangest plants you've ever seen, including "upside down" baobabs, bottle-shaped pachypodiums, a colossal strangler fig and more.

The city seems to slip away and you're surrounded by two other-worldly landscapes featuring 350 species of exotic plants. Fifty different types of butterflies, birds, reptiles and amphibians flutter, climb and crawl through naturalistic habitats. The Glasshouse is unique among conservatories because it shows how plants, animals, geology and climate interact in delicate balance.

In 2017, new lighting was installed in the Glasshouse to replace the original light fixtures, which were put in place when the Glasshouse was constructed 15 years ago. These improvements in lighting technology, including 120 new LED lights, enable the lighting to change color in different preprogrammed themes



to set the mood for various shows, allows a nighttime exterior view of the Glasshouse to evening visitors and reduces the Botanical Garden's carbon footprint, while also reducing operating costs. A limited number of advanced reservations are available each day. Face masks must be worn in the interior and exterior gardens.

Visit www.cb garden.org for more information.

DID YOU KNOW?

- A computer-controlled climate system moderates the temperature and humidity in the glasshouse.
- There are 3,400 pieces of glass.
- 738,000 pounds of steel make up the structure.
- Daily chameleon feedings and butterfly releases are part of the fun for visitors.

Starting Point names new president and CEO

Starting Point, the child care, early education and out-of-school time resource and referral agency for Cuyahoga, Geauga, Lake and Ashtabula counties, has appointed Nancy Mendez as the organization's new president and chief executive officer, effective May 3.



Nancy Mendez

Point, Mendez will lead the \$12 million nonprofit organization's nationally-recognized, comprehensive child and youth development programs that have transformed the child care, preschool and out-of-school time landscape here and influenced programs

throughout Ohio.

Starting Point provides northeast Ohio's children and families access to high quality, convenient and affordable child care options; offers early childhood professionals new opportunities for training and education; and has launched numerous innovative programs to address community needs, such as universal prekindergarten, the Boys Project, the Special Needs Project and other initiatives.

For more information, please visit www.starting-point.org.

Mendez has an impressive background as a leader in the human services field and brings a wealth of experience to her new role. She comes to Starting Point from United Way of Greater Cleveland, where she was the vice president of community investment and chief community investment officer.

Mendez will build on the legacy of founding executive director, Billie Osborne-Fears, who had led the agency since its founding 30 years ago.

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Learning to do hard things

By Stacy Turner

I was one of those weird kids who hated skipping school, even if I was sick. I always worried about what might be covered while I was out, and how I'd be able to catch up. But according to Mom, we had to take the appointment with the specialist whenever he could see us, which meant I'd be missing some school that day. Worse yet, I'd miss math class, something I didn't particularly enjoy, but didn't want to miss. Not to worry, though, my teacher gave me permission to finish the assignment at home and return it to school the next day.

After dinner, I spread my homework across the kitchen table and pulled out the worksheet. That's when I realized that although the numbers were familiar, the line they huddled beneath mystified me. "Oh, it's long division," my mother explained, sounding deflated. More to herself than me, she added more confidently, "That's okay, we can do this."

After what felt like hours, Mom and I finished the lesson. Mostly Mom did, because she didn't show her work like we were always told to do, and I didn't understand how she got the answers. She assured me that even though it wasn't the "new math" way, the answers were correct. Tired and confused, I packed up my homework and turned it in the next day at school.

When I got it back later, it was covered in red marks. I double-checked to make sure it was my name on the top of the paper, but sadly, it was. (That was the one area free of red ink.) It was the lowest grade I'd ever received. How was that even possible, when my mother had done most of the work? But when I showed her later, she wasn't angry or upset. She just shook her head and apologized that I inherited her math anxiety.

I had to get past the idea that I couldn't do math in order to figure out that with extra time and hard work, I actually could. And I learned that once you figure out that one thing that's hard, you can use that skill to figure out other hard things, too. As a mom, I don't want my kids to have preconceived notions of what

they can and can't be good at, like math, science, or art. I want them to try bold things like skiing, whitewater rafting, or rock climbing, before they decide it isn't for them. Or try weird food before they dismiss it out of hand since they may just find their new favorite. We also make a habit of making them accomplish other things they'd rather not but need to be able to figure out. For my youngest, it means ordering her own meal at a restaurant. For my oldest, it may mean asking or answering questions on her own during a doctor's appointment or any myriad of other things that can seem scary or even impossible until you actually do them once or twice.

But my kids aren't the only ones who've been changed. I've been more compelled to practice what I preached and stretch out of my own comfort zone, too. And I've learned that the best way to find out what you're capable of is to just give it a try. Sometimes we may fail, like the time I ended up in the river during a sketchy stream crossing on a recent hike. But often you'll succeed, and you feel like a super hero. Like the whitewater rafting trip, when I climbed 20 feet up Jump Rock with my knees knocking together, then hurled myself off like a crazy person into the river below even though I didn't want to. That's because I wanted to know that I could do it, even though it scared me. And I wanted my kids to see that, in spite of my fear, I did it anyway — and I've got the video to prove it.

Thankfully, my kids have never heard of math anxiety, and as a result, they work hard and happen to excel at math. (Sometimes we call them mathletes, just to make them cringe, but that's a story for another day.) They do have other hard things they face, and each time they do, it gives them the confidence to try the next hard thing, and then the next. Life can be full of hard things, but the more we try, the more we have the opportunity to overcome them. And the more we conquer, the braver we become. In case you're wondering, although it doesn't come naturally to me, I conquered long division and made it all the way through geometry and algebra with lots of hard work and no help from my mom.



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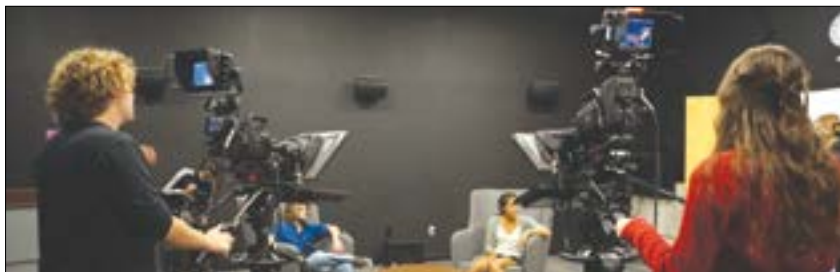
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Filmmaking summer camps at Cleveland State University

The Odyssey Program at Cleveland State University's School of Film & Media Arts offers a variety of immersive summer camps for high school students (aged 13–18) interested in filmmaking.

During the in-person summer camps, students see behind the scenes and learn how the film industry actually works through special guest lectures and site visits to real-world media environments. Outside of class, residential students get a preview of college life by staying in Cleveland State University dorms and experiencing Cleveland's robust cultural offerings through scheduled trips and activities.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, expert instructors aided by CSU film student camp counselors help students hone their skills while finding their creative community and making friends during these activity-packed experiences.

All meals are provided for residential students and breakfast and lunch is provided for day camp students.

The summer includes an experiential three-week camp from June 14–July 2, followed by three one-week intensive camps that focus on acting and directing (July 12–18), documentary production (July 19–25), and postproduction (Jul. 26–Aug. 1). Day camp and residential options are available.

Learn more at csufilmodyyssey.com
Contact: (216) 687-5087 or email odyyssey@csuohio.edu.

Odyssey Program Experiential
Three-Week Summer Camp
June 14–July 2, 2021
Residential: \$4,500
Day Camp: \$3,600

Live, eat, sleep, dream, and create films with the students and faculty of the School of Film & Media Arts at this immersive summer film camp for students aged 13–18. Through

interactive workshops, lectures, film screenings, and focused activities, students learn storytelling, film literacy, screenwriting, acting for the camera, directing, shot composition, cinematography, lighting, editing and much more as they create their own original films in a fun and collaborative environment.

**Odyssey Intensive:
Acting and Directing**

Residential: \$1,500
July 12–July 18, 2021
Day Camp: \$1,200
July 12–July 16, 2021

Nail your next audition and learn to work with actors as a director! Presented by the Cleveland State University School of Film & Media Arts, this new one-week intensive day and residential summer camp focuses on the crafts of acting and directing for students aged 13–18.

**Odyssey Intensive:
Documentary Production**

Residential: \$1,500
July 19–July 25, 2021
Day Camp: \$1,200
July 19–July 23, 2021

Interested in telling stories about the world around you? Presented by the Cleveland State University School of Film & Media Arts, this new one-week intensive day and residential summer camp teaches the art of documentary production for students aged 13–18.

**Odyssey Intensive:
Postproduction**

Residential: \$1,500
July 26–August 1, 2021
Day Camp: \$1,200
July 26–July 30, 2021

Learn how to mix creativity with technology and fix it in post with this new one-week intensive day and residential summer camp for students aged 13–18, presented by the Cleveland State University School of Film & Media Arts.

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Wildlife Rescue: Miracles in Conservation

Exhibit at Museum of Natural History



What is it like to spend a day in the life of a wildlife rescuer? Find out in *Wildlife Rescue: Miracles in Conservation*, the Cleveland Museum of Natural History's eye-opening, inspiring, and wildly interactive experience for all ages running now through October 21, 2021.

Maintaining the health of all habitats and ecosystems on this planet is of vital importance. In fact, our survival depends on it. Visit the exhibit today, and gain a new appreciation for the interconnectedness of life on Earth.

In this traveling exhibition, you'll explore the innovative ways wildlife rescuers capture, raise, and release endangered species back to the wild, and care for animals after natural disasters. You'll even see a diverse living collection of animals that highlight endangered species and harrowing rescue stories.

Get hands-on experience with 15 interactive displays and simulations, including:

- Taking a simulated flight on an ultra-light to guide young whooping cranes along their first

migratory route.

- Learning the methods used to milk lake sturgeon in order to breed and reintroduce the fish into the Great Lakes.
- Journeying to Africa and Indonesia at the *Return to the Wild* theatre and witnessing the dedicated efforts of caretakers to successfully raise and release young elephants and orangutans to the wild.
- Watching fascinating live presentations at 11 different animal habitats.
- And so much more!

Visitors will receive complimentary stylus tools to press buttons, touch screens, turn cranks, and move objects safely throughout the exhibit.

Everyone has a role to play in the story of wildlife rescue—including you. Step into the shoes of those who dedicate their lives to animal conservation and begin your journey as a wildlife rescuer.

Advance tickets are required to visit the Museum. Entrance to *Wildlife Rescue* is included with general admission. Visit cmnh.org.

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Bringing out the best in your girl

Girl Scouts of North East Ohio

You want a brighter, happier tomorrow for your girl — and that's exactly what we want, too!

Studies show Girl Scouts improves girls' confidence and makes them better prepared for life's challenges. That's because we are dedicated to helping your girl follow her heart while she discovers new interests, strengths, and abilities. We're here with your family, hand-in-hand, to support: her dreams, her growth, and her success. The best part? It's a journey that you take with your girl and there's a place for the entire family.

Girl Scouting is a way of life that brings out the best in your girl, and helps her bring out the best in everyone around her. While she's learning about STEM, the outdoors, entrepreneurship, and important life skills, she's also discovering new ways to make your family and community stronger, kinder, and better for everyone.

At Girl Scouts, groups of girls from the same community, called troops, typically meet weekly or biweekly for an hour or two. Hand in hand with adult volunteers — often parents or caregivers — girls select exciting hands-on activities and projects, try new things, and cheer each other on. Together, they earn badges to reflect their successes and



show the world what they're made of.

Our goal is to make sure girls see and have the opportunity to reach their potential. It isn't just about helping them earn better grades, make better decisions, and have happier lives (although it helps with those things, too!). It's about creating a more fair, equal, and compassionate world where every girl has a seat at the table and can make her dreams come true. Check out our values in the Girl Scout Promise and Law.

To learn more about Girl Scouts of North East Ohio visit gsneo.org/join.

Kids Eat Free Day is coming to Moe's Southwest Grill

Sundays are looking even better now that Moe's Southwest Grill is turning Sundays into fun days with Kids Eat Free! For every adult entrée purchase of \$6 or more, one kids meal will be available to children 12 and under. Children can customize their kids meal with a kid-sized burrito, taco or quesadilla. Cookie and drink are included!



"We know, being parents ourselves of young children, that it can become very expensive for families to eat out or takeout these days," states Ryan O'Hare, Moe's owner. "Kids Eat Free on Sunday makes it that much easier to treat the family to a meal and take the deserving break out of the kitchen! Sundays are known to be a day filled with family time and we don't want the time and effort needed to prepare good food to be an obstacle. We have chosen to celebrate family on Sundays with this offer at our Mayfield Heights, South Euclid and two Mentor locations." The free kids meal is available for dine-in or takeout.

To check out the menu items ready to please the entire family, visit www.moes.com for your everyday eating and catering needs. Moe's continues to work hard to serve its valued guests while exceeding all CDC safety guidelines. All of the locally owned and operated O'Hare family locations are open and also offer pick-up and curbside service. Make every day of the week a Moe's day and celebrate Sundays as fun days the Moe's way!




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May is National Pet Month! Treat your furry friends!

The Original Calming Donut Bed + Throw Blanket Bundle

www.bestfriendsbysheri.com

PET BED – Thanks to its round shape, the high-quality Donut Cuddler dog and cat bed is ideal for pets who love to curl up! The raised rim creates a sense of security and provides head and neck support, while the super-soft filling offers joint and muscle pain relief.

Cozy, flexible and finished with vegan shag fur, the self-warming soothing bed is reminiscent of a mother's fur coat! Paired with deep crevices that allow your pet to burrow, animals will have full, restful sleep for improved behavior and better health. Comes in four different sizes!

PET BLANKET – Countless ways to use your new favorite pet accessory. Pair it with the bed, cuddle up on the couch or take it on the go. This versatile blanket will also help protect your furniture, floors, car seats and other surfaces.

EDITOR'S NOTE: We got one for our 12-year-old cat. She now practically lives in the bed and doesn't sleep on every piece of furniture in the house. Less hair everywhere!



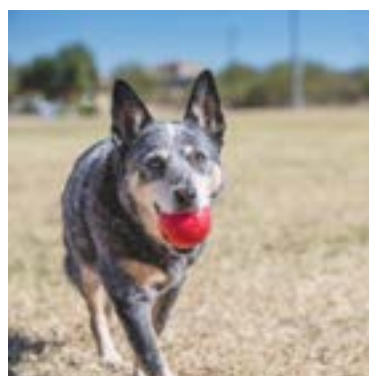
KONG Toys

Dogs need to play...KONG toys encourage play, satisfying instinctual needs and strengthening the bond between you and your dog!

www.kongcompany.com



KONG Extreme Flyer is made for fetching. It is made of durable KONG Extreme rubber which allows for a forgiving catch, plus the material delivers a dynamic rebound just in case your dog misses the initial toss.



The KONG Ball wins the fetching game for your dog! Durable, bouncy, natural KONG Classic rubber gives it a bounce for fun games of fetch, delivering tons of healthy and interactive play. Puncture resistant and available in small and medium/large size.



The KONG Wavz Bunji Ball is designed for long-distance fetching fun with a unique bungee rope that combines with a fun and vibrant textured ball. Ideal for long-lasting game of fetch, the ergonomic handle provides a better grip for throwing further while having the added benefit of a comfortable underhand toss. The unique ball has raised swirls adding a textured grip for tug and toss play. This toy also floats for water retrieving play.



The KONG Crunch Air creates a crunching sensation that delights dogs while fulfilling their natural chewing and chasing instincts. It has ideal bounce that is great for interactive play and is durable, making sure that fetch, chase and chew sessions last even longer. Plus, the material is uniquely designed to be gentler on teeth and gums!



The resources you need... right at your fingertips!

As the pandemic set in last year, our Beech Brook staff got busy looking for ways to help parents and children of all ages deal with the "new normal" of our virtual world! Whether you're interested in resources on parenting, health and wellness, mindfulness, communicating with your kids, coping during COVID, talking about racism, school concerns and more, Beech Brook has you covered.

Visit www.beechbrook.org or scan the QR code to go straight to our resources and browse through more than 70 videos, tip sheets and stories to help families deal with the stress of these trying times.

Looking for more? Email information@beechbrook.org and let us know how we can help!



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ICYMI

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 at TodaysFamilyMagazine.com!

summer CAMP guide

Published in our March 2021 issue.

Take your chance to win the Lake County YMCA Dream Car while supporting your community

The Lake County YMCA is known around northeast Ohio for their annual Dream House fundraiser. Known as a summer “hot list” event, the Lake County Y has invited tens of thousands of visitors to tour the house through the years.

Current circumstances due to the COVID-19 pandemic have forced the nonprofit to find other ways to raise these funds that support their efforts to build a stronger community.

“The pandemic has changed the way we have done everything. From day-to-day operations to fundraising, we are continuously seeking new ways to engage with our members and community members,” says Kelly Penzenik, director of marketing and communications for the association. “As I said last year, the safety of our staff, volunteers, members and donors come first. Although we would have loved to open a Dream House in 2020 and 2021, it’s in the best interest of all that we work hard to come back from this and offer the Dream House when it’s safe and can be enjoyed by all.”

The Y has dedicated teams working hard to take every precaution during this pandemic. The teams are determined to continue the support of the Lake County community and are extremely grateful for all those who have helped serve this need.

One of those long-standing partners and friends



includes The Chevy Network and Classic Chevrolet in Mentor. The group has again donated a 2021 Chevy Traverse LT AWD to the Lake County YMCA to help raise critical dollars needed to support the community.

The 2021 Chevy Traverse LT AWD is valued at \$43,000. Along with the car, the lucky winner will also receive everything needed for some summer fun. The package includes a weekend trip to The Barn Inn B&B, two mountain bikes with car rack and helmets and \$100 gas card. The overall value of the top prize is \$44,400. The YMCA is hopeful to raise \$300,000 through online ticket sales. All proceeds will go right back into supporting Lake County’s most vulnerable residents.

“The Lake County YMCA is one of the area’s largest nonprofits working to better our community and we value the support of The Chevy Net-

work and Classic Chevrolet during this time of crisis,” said YMCA CEO, Dick Bennett. “These two organizations have supported us for many years and truly understand the impact we make together in the communities we serve.”

All ticket purchases will be made online to encourage social distancing. Tickets for the 2021 Dream Car are on sale through July 4, 2021. You will be able to purchase your tickets and take a virtual tour of the car at lakecountyyymca.org/dreamcar.

Tickets can be purchased by phone starting June 1, 2021 by calling (440) 354-5656 x132 (Mon – Fri: 10am – 3pm). Other ticket packages are available as well.

Important dates:

July 4, 2021 – Last day of ticket sales
 July 7, 2021 – 10 semi-finalist drawing
 July 11, 2021 – Finalist is determined

Ticket packages are as follows:

1 Ticket = \$10 • 3 Tickets = \$25
 7 Tickets = \$50 • 15 Tickets = \$100
 Bonus Buy (*only \$5 each) 40 Tickets = \$200

“The Y is so much more than fitness centers and gyms, pools and locker rooms; we are a cause! Dedicated to strengthening and protecting the spirits, minds, and bodies of our friends and communities,” said Bennett.



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 and Jailbreak

440-466-3555 or 440-466-4447
www.AdventureZoneFun.com

New anti-racism program for kids created by the Children's Museum of Cleveland & CSU

The Children's Museum of Cleveland (CMC) has partnered with The Diversity Institute at Cleveland State University (CSU) to develop a program to engage families in racial equity. This innovative new program titled, "Let's Talk," provides resources to support families with young children in having conversations about race and continuing the learning through play. Registration is now open.

Why

The social justice demonstrations that have taken place across the globe over the past year have raised the general public's awareness of institutional racism in unprecedented ways. "This has encouraged the team at CMC to look inward and find ways to become a greater agent for change in our community," says Maria Campanelli, CMC's executive director. "With our mission in mind and the issues facing our society, we are launching the Let's Talk program in partnership with CSU.

Research has found that children can identify race-based differences as early as infancy and can internalize racial bias as early as 2-4 years old. Furthermore, young children of color and different ethnicities can experience racial biases directed at them in the same environments that teach these biases to young children. When healthy associations are not formed early on, or when existing biases are not interrupted in young children, these negative racial associations and beliefs become more difficult to change over time.

How

One way to create positive change in young minds is for parents to engage in conversations surrounding race and racial bias early and often. Working to address issues of racial bias can help build more just associations and unbiased thinkers. By providing consistent messaging to children, parents and caregivers can support this learning. The CMC understands, however, that talking about race with young children can feel overwhelming. It may be difficult to know where



to start, how to encourage conversation, or how to answer their questions.

The Let's Talk program was designed to support families on this journey. This program has two components. First, a toolkit of information will be provided that parents, caregivers, and educators may use to introduce or discuss the topics of race and racism with their children. The toolkit includes:

- A developmental narrative of each age range, sharing what a child at that age may be curious about.
- Learning objectives.
- A conversation guide with sample questions.
- Age-appropriate activities for children to learn through play.
- Children's literature to support the conversations.

Second, interested parents and caregivers will be invited to join a virtual community with others to share their experiences, discuss the use of these materials and how they might further the goal of racial justice and harmony. Through this community, participants can share and engage each other in discussing this topic. The group will provide a safe and open space for conversation, and will be led by Dr. Heather Hill, research associate of The Diversity Institute at CSU. "This partnership

points to the possibilities of universities, community-based organizations, schools, and families working together to support the development of our children. I'm excited to be a part of this effort," says Dr. Hill.

In addition, CMC and CSU are also partnering with The Lillian and Betty Ratner Montessori School to pilot integrating this curriculum into a classroom setting. "The Let's Talk program is consistent with Ratner Montessori's core value of growing a diverse and equitable community for children and families," says Michael Griffith, head of school. "The foundation of the Montessori philosophy supports equity and inclusion for all, making this program a perfect fit for our school, children and families."

With generous support from The Billie Howland Steffee Fund at The Cleveland Foundation, CMC is offering the toolkits, complete with a children's book and activity materials, free of charge to families in the community while supplies last. All materials as well as read-along videos of all of the children's books referenced in the toolkit are also available at cmccleveland.org/letstalkaboutrace.

About

The **Children's Museum of Cleveland** is a leader in early childhood development, offering families a one-of-a-kind museum experience built on the knowledge that young children learn best through play. Their seven unique exhibits are designed to engage children ages birth-8 in the foundations of education through hands-on play.

The **Diversity Institute at Cleveland State University** is an academic research and action center for confronting the range of topics encompassed under the umbrella of diversity, equity, and inclusion. The Diversity Institute promotes systemic, measurable social change that enhances equity for all people.



Summer is Coming Camps are too!

Starting June 2021

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Animal Camp 2021

The Best Camp Ever! Is celebrating its 15th year and we are inviting you

11 one-week sessions
For kids 5 to 13 years old
Camp runs 9 a.m. to 4:30 p.m.

Features:
Horseback riding,
playing with rabbits, goats,
chickens and dogs.
Plus crafts and games all
day long.

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www.risingriver.net
Contact Us:
(440) 463-3146
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Visitation:
Open Houses have been canceled for 2021. Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.
Rising River Farm
6618 Chagrin River Rd
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MOTHER'S DAY GIFT IDEAS



Frontgate Patio Products

www.frontgate.com

Every item in their outdoor collection is designed with you in mind – your style, your comfort, your family – and made to last year after year.

Quatrefoil Clock



This beautiful clock features the classic four-leaf design, an ancient symbol of good luck.

Each piece is powder coated and bears a gorgeously hand-applied accent finish. The Seiko clock mechanism includes a water-resistant gasket and lightweight clock hands to ensure accurate timekeeping. Available in rubbed bronze and weathered zinc.

Chatham Lantern



The refined transitional design of the Chatham Lantern complements a variety of outdoor decor styles. This cast-aluminum, powder-coated lantern delivers refined accent lighting. The deep beveled glass protects the flame of the pillar candle within (not included). Available in black and white 16" and 23" sizes.

Soft Glow Outdoor Flicker Candles



Add soft ambient light to your outdoor entertaining space with these lifelike candles. The Soft Glow Outdoor Flicker Candles are nearly indistinguishable from real candles and offer hours of convenient and evocative illumination. Set includes one 4" x 6" candle, two 3" x 3" candles, and two 3" x 5" candles. The flameless candles are a safe alternative to real candles and include a remote control.

Allbirds www.allbirds.com

Tree Breezer



The Tree Breezer ballet flat is carbon neutral thanks to sustainable

materials.

Crafted with silky-smooth eucalyptus tree fiber and a fitted collar, their ballet flat is breathable, and pleasantly cool thanks to fiber responsibly sourced from FSC® certified forests.

The Brazilian sugarcane outsole is contoured and delightfully bouncy and is called Sweet-Foam™, which is made with the world's first carbon negative green EVA.

To create the insole, they layered castor bean oil, which emits less carbon than petroleum-based foam, and ZQ Merino wool for a cushiony, moisture wicking, and odor reducing insole. Available in a variety of colors.

Olay Gift Set

www.olay.com

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Introducing a gift set that proves beauty has no age. It features a complete AM/PM routine designed to visibly fade fine lines, polish away dry surface cells and replenish skin's moisture barrier for a visibly smooth and more supple complexion. Plus it comes with a FREE beauty bag!

The Anti-Wrinkle Gift Set includes: Regenerist Retinol24 MAX Night Moisturizer, MAX Wrinkle Serum Peptides, Retinol 24 Eye Cream, Regenerating Cream Cleanser, and Whip Face Moisturizer with SPF 25.

Audio-Technica www.audio-technica.com

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The ATH-ANC900BT QuietPoint® wireless over-ear headphones feature digital hybrid noise-canceling technology for the highest degree

of ambient noise reduction of any QuietPoint® model.

You can listen to music, watch videos, and take phone calls in extremely noisy locations. Yet the headphones also have a switchable hear-through function that allows you to hear voices when you desire.

A detachable cable is also included to give you the option of using the headphones with a wired connection.

The headphones' memory-foam earpads provide excellent sound isolation and amazing comfort, and the earcups fold flat for easy transport. An internal lithium polymer rechargeable battery powers the headphones, giving you approximately 35 hours of continuous Bluetooth and ANC use on a full charge. The headphones come with a 30 cm (1') USB charging cable, airline adapter, and a carrying case.

Flow Jigsaw Puzzles

www.workman.com

Whether you're looking for a mindfulness break, a screen-free activity to bring the whole family together, or the perfect gift, these puzzles are just right for you.

Free to Just Be Puzzle



In this vibrant image, Dutch-Egyptian artist Roeqiya Fris evokes the vibrant Cairo streets of her childhood. The depiction of pink stucco walls and patterned fabrics invites us to feel the breeze and sun, to

delight in the splashes of color, to visit a city teeming with life.

Dare to Dream Puzzle



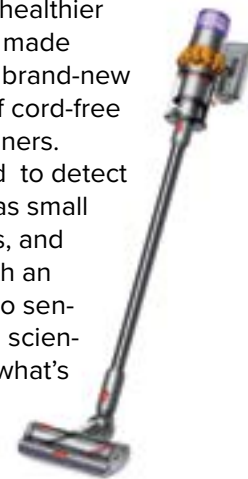
Celebrate the power of the imagination in this whimsical illustration by American artist Sarah Walsh. What is real, beyond the reader and her book? Lush, oasis-like, and surprising, a blue-striped zebra, and a sky that goes on forever.

Dyson

V15 Detect Cordless Vacuum Cleaner

Creating a healthier home is now made easier with a brand-new generation of cord-free vacuum cleaners.

Engineered to detect hidden dust as small as 10 microns, and equipped with an acoustic piezo sensor to enable scientific proof of what's been sucked up, these new Dyson technologies



redefine deep cleaning at home.

These latest vacuums use a Dyson Hyperdymium motor which captures 99.99% of dust particles for a powerful deep clean.

The new anti-tangle cleaner head prevents tangling with the 56 polycarbonate teeth which looks like a comb. These small teeth prevent tangling around the bristles when you are cleaning, and automatically clears hair from the brush bar, so you don't have to.





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- My feelings matter
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Start Talking! 

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