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P.O. Box 7316, Eastlake, Ohio 44097
www.TodaysFamilyMagazine.com
info@todaysfamilymagazine.com
440-799-8882

Publisher/Advertising

Kim Miller

General Manager/Editor

Dan Miller

Writers

Deanna Adams
Ante Logarusic
Stacy Turner

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The Biggest Little Heroes

Local organization helps families dealing with pediatric cancer

By Ante Logarusic

Your child has cancer — four words that represent every parent’s worst nightmare.

According to the American Cancer Society, about 10,500 children in the United States under the age of 15 will be diagnosed with cancer this year alone. Many of those seeking treatment set their sights on northeast Ohio which is home to some of the top pediatric cancer institutions in the nation including University Hospitals Rainbow Babies and Children’s, Cleveland Clinic Children’s, and Akron Children’s Hospital.

In addition to the devastating emotional impact that a cancer diagnosis yields is the harsh economic realities that families also have to face. Health insurance can help with many of the medical bills but unanticipated expenses such as parking, food, and daycare for other siblings can quickly add up.

Fortunately, The Littlest Heroes is there to help. The nonprofit works with donors, volunteers, and clinicians, at partner institutions, to meet the social, emotional, and financial needs of families during their time of need. Since 2001, they have assisted over 6,000 northeast Ohio families coping with pediatric cancer to fill the financial gaps that health insurance and other sources don’t. In fact, over \$3 million dollars of support has been distributed to those in need.

Executive Director, Jon Kozesky, experienced the group’s impact firsthand and their mission became his own. His 8-year-old nephew fought a valiant battle against the disease. Sadly, he passed in 2016 but it set Jon on a new path.

“They helped Nathan and his parents through that time. I got involved from the family side of it and saw how they helped,” said Kozesky, “I knew this is what I was meant to do. God puts us in situations in our lives that are difficult. It gives us an opportunity to learn and to help other families along the way.”

Candidate families are identified by social workers who work with families at the hospitals. They are then able to provide grocery and

gas gift cards every month to those families through a partnership with Giant Eagle.

For those in more serious financial distress, there is another option—the Heroes Fund supports those facing a car in repossession, who may be late with a mortgage payment, or are just not able to make ends meet.

“We tend to be the last of the last resorts where a tow truck may be on the way and we say, ‘No, you’re not.’ We’re very proud of that,” said Kozesky.

Heroes Fund disbursements are made directly to creditors, often in as little as 24 hours. Kozesky credits the size of the organization which enables them to move quickly and cut through red tape.

Financial support for the Littlest Heroes is raised through grants as well as direct donations and other fundraising activities including their popular Oktoberfest event hosted by the Cleveland Browns.

The 7th annual Oktoberfest will be held on Saturday, September 18, 2021 at FirstEnergy Stadium and will feature a full night of live entertainment with food, auction prizes, giveaways, meetings with “little heroes,” Browns alumni and other attractions. Attendees can purchase general admission tickets as well as VIP experiences.

“Oktoberfest is a fun and moving event. This is our opportunity to celebrate the little heroes in our community all of the kids who are currently battling this disease—as well as our volunteers, partners, and financial supporters,” says Kozesky.

The organization has a number of other fundraising events including their annual 5K run and a car show presented in partnership with the Northeast Ohio Chevelle Club.

When asked in which ways the public could get involved, Kozesky remarked that although donations are vital, volunteerism also plays a big role at events. Volunteers help wrap and deliver presents to approximately 600 kids each year during the holiday “Adopt a Family” program.

Thanks to advances in treatment, 84% of children with cancer now survive five years or more. Families face a long and sometimes uncertain

MEET THREE HEROES!

Here are stories (written by the parents) of three families who are forever grateful for the help they received from The Littlest Heroes organization during their cancer journeys.



Meet Lucas

“In January 2020, shortly after turning 3, Lucas was diagnosed with stage 4 high risk neuroblastoma. He immediately began chemotherapy and was placed on a trial in hopes of giving him more than 50% chance of survival for the first five years after diagnosis. He has gone through five rounds of chemotherapy, a 12+ hour long tumor resection, and two

stem cell transplants which almost took his life in the process. He had less than a 1% chance of surviving from the complications.

While in-patient and on the mend from the transplant he continued with 12 cycles of radiation. He is currently going through six months of immunotherapy and then potentially two years of another trial drug called DFMO. He takes over 20 pills a day and just continues to amaze everyone around him.”



Meet Lennox

“This is Lennox, who recently turned 1 year old!

At 2 months old, I noticed his left eye was clear and I could see through his pupil, and his right eye was orange. So we got him an immediate ultrasound and discovered he had a tumor.

They then sent us to Cleveland Clinic. His doctor told us Lennox had retinoblastoma (cancer in the eye). His left eye was completely covered with the tumor and was hemorrhaged. His left eye was removed.

As for the right eye, he had a tumor but it was not affecting his vision at all so the goal was to save that eye. He has been through cryotherapy, laser, and we just started the chemo! He is very pleased with the process of curing this tumor! We just got his prosthetic eye made bigger and he is doing wonderful!”



Meet Victoria

“It was in spring 2019, when our daughter, Victoria, was diagnosed with acute lymphoblastic leukemia). At 2, Victoria was a happy toddler, who loved playing with her baby sister. At the time of her diagnosis, her hemoglobin was 2.3, the lowest the doctors had seen. Her fevers were up to 105F. Her treatment began right away at Cleveland Clinic and it has

been tough as she has gone through delays and had hospitalizations. During the first year, we were having a hard time keeping her at a normal weight, during her maintenance her neutrophils were still at low, but she was able to continue with chemotherapy! She is a true fighter and I am so happy! Her last day of chemotherapy was June 25, 2021.

battle, but it’s good to know they are not alone.

As one family remarked, “The Littlest Heroes has been such a huge help for our family during this long battle with cancer and we are

so grateful for all the help they have given us.”

For additional information on how you can help to support The Littlest Heroes, visit their website at www.thelittlestheroes.org.

COVID-19 vaccines and children

Why is it so important for children to be vaccinated?

By Shelly Senders, MD

As of August 12, 2021, 4.41 million American children have tested positive for COVID-19 since the onset of the pandemic, representing 14.4% of the total cases. Symptoms have, by and large, been mild with fever, cough, congestion and runny nose being the most common. 18% of pediatric COVID-19 cases have been asymptomatic (showing no symptoms).

But some cases of COVID-19 in children have had more severe outcomes. MIS-C or multisystem inflammatory syndrome in children is a rare condition that has been diagnosed in 4,400 children with cardiac, renal, respiratory, GI, dermatologic and neurologic side effects. Children with MIS-C typically require hospitalization. Risk factors for other, more severe outcomes in pediatric COVID-19 disease include obesity, diabetes mellitus and being a medically complex patient with underlying GI, respiratory and neurologic conditions. (Contrary to popular opinion, asthma is not a risk factor for pediatric COVID-19 disease.)

The Pfizer mRNA COVID-19 vaccine is the only one approved for use in children 12 years and above. (This is not because there is anything wrong with the Moderna or J&J vaccines but simply because studies of these vaccines have not been completed in the 12–17 age group). Studies in 5 to 11-year-olds and 6 months to 5-year-olds are ongoing. mRNA or messenger RNA vaccines function like Snapchat. They serve as a bullhorn that commands the cell to produce antibodies or protection against the COVID-19 spike protein, the part of the virus that is responsible for attaching to the eyes,

nose or throat of patients infected with this virus. And then, like Snapchat, they are degraded rapidly by the normal healthy cell such that they cannot be measured 72 hours after the vaccine has been administered.

Is the Pfizer COVID-19 vaccine safe in teenagers? Yes! Most have mild arm swelling, fever, achiness and self-limiting congestion. While some have commented on the speed of COVID-19 vaccine research in both adults and children, there has never been a licensed vaccine that has been studied in as many adults (over 50,000) and teenagers (over 5000) for now, over a year. There has been a small subset of teenagers who have developed myocarditis, an inflammation of the heart. But a recent study found that the likelihood of myocarditis is 4x greater in patients who develop COVID-19 disease than in those who are administered the vaccine and most vaccine associated myocarditis is mild and does not require treatment. The vaccine does not impact on male or female fertility or the health of a newborn. In fact, getting the disease while pregnant puts the fetus at far greater risk than getting the vaccine. Finally, COVID-19 vaccine does not contain any live vaccine and therefore cannot possibly transmit COVID-19 disease.

So why vaccinate your teenager and why consider vaccinating your elementary age or toddler age child? Whether it was made in a lab or it jumped from bats, COVID-19 disease is not a typical human disease. And while so far, it has produced relatively mild symptoms in children, what we have seen from some of the variants or mutations of the disease is that it is an ever-evolving disease whose long term side effects are



unknown.

Most studies to date show that COVID-19 disease is a far worse option than any of the side effects seen with the vaccines. While we cannot predict FDA approval or CDC recommendations for vaccination in the youngest of children, it is critical that we conduct trials in these age groups to ensure that our children

are protected should the next variant start targeting them with a more severe disease.

Shelly Senders, MD is a board-certified pediatrician and the founder and CEO of Senders Pediatrics in South Euclid. Call them at (216) 291-9210 to make an appointment or for more information visit www.senderspeditrics.com.

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How teens develop into healthy, capable adults

Give them guidance, support, and the freedom to make their own choices

By Kimberly Blaker

As most parents of adolescents can attest, contending with teens' growing need for independence can be a daunting challenge. But pushing away from their parents is a normal part of adolescence and necessary for teens to develop into healthy, capable adults. Because they are still maturing, however, they do need guidance and support along the way.

So how do you give your teen the space to grow and avoid overstepping boundaries which can alienate and tend to push your teen further away? The first step is understanding the necessary components for teens to become capable adults. Then know how to guide and support your adolescent during this trying stage while providing your teen the freedom to grow.

RESPONSIBILITY

As kids grow, they need to take on more responsibility for themselves

and within the family. Taking responsibility for themselves includes waking up and getting to school on time, managing homework and extracurricular activities, among many other tasks. Teens also need to develop more responsibility toward others. At home, teens can cook for the family, do more chores, and help care for younger siblings. Other ways teens can develop responsibility toward others is by holding a part-time job or volunteering to serve their community.

DECISION MAKING

Learning to problem solve and make good decisions is crucial to becoming a capable adult. So teens need lots of opportunities to make their own decisions. There's no doubt, they're going to make mistakes along the way. But the best lessons in life are often a result of mistakes. It's natural for parents to want to protect their kids and prevent them from experiencing pain (physical or emotional). But the



mistakes teens make, and particularly the consequences of those mistakes, often dull in comparison to those they could potentially make as adults. So don't try to protect your teen from ever making a mistake. By allowing adolescents to make decisions, experience failure, and problem solve now, they'll have the foresight and skills to make better

decisions as adults.

The best way to help your teen develop decision-making skills is to pick and choose when to intervene. Consider the severity of the repercussions if your teen makes a particular mistake. For example, drinking and driving can be deadly not only to your teen but anyone else on the road. So if your teen doesn't make a responsible decision regarding this, you need to intervene. When the consequences are less severe, parents should still offer guidance. But teens should have much more freedom to decide for themselves and opportunities to fail and learn lessons.

THEIR OWN IDENTITY

During the teen years, kids struggle with the formation of their own identity. But forming their own identity is necessary to becoming an emotionally healthy adult. Teen identity formation is seen in many behaviors.

Rebellion. Teens often rebel to differentiate themselves from their parents and authority figures. Rebelliousness can take the form of noncompliance or nonconformity. Either way, a teen will provoke their parents' disapproval to assert the teen's individuality, says Carl E. Pickhardt, Ph.D., in "Rebel with a Cause: Rebellion in Adolescence." Unfortunately, rebellion can lead to self-defeating and even self-destructive behavior. If your teen is rebelling, Pickhardt recommends that parents allow natural consequences to occur, provide positive guidance

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Teens from page 6

(repeatedly), and support constructive growth.

Sex, drugs, and alcohol. In addition to peer pressure, teens often use drugs, alcohol, or sex to feel grown-up. These can be challenging issues for parents to deal with. The best approach for parents to take is to offer ongoing guidance to their teens regarding these matters and to keep the line of communication open. Talk to your teen about the facts and dangers, how to be safe, and your expectations. If your teen comes home intoxicated, don't overreact. Wait until your teen is sober and discuss the matter calmly. Above all, make sure your teen knows they can talk to you at any time.

Status. Status symbols are another means by which teens search for their identity. They may insist on wearing expensive shoes and clothing or spend on pricey electronics or cars. This is an area where allowing teens to make their own decisions is often best (so long as they're spending their own money, not yours). Still, it would be best if you tried to instill in your teen that material things aren't what defines who he or she is, but rather, what's on the inside is what counts.

Idolization. Idols are another way teens search for their identity. Teens often mimic their idols in the way they dress, do their hair, and talk. While this can give teens a sense of belonging, it ultimately results in the loss of their own identities. Let your teen know it's okay to admire their idol. But encourage your teen to be himself or herself

and remind your adolescent of their own valuable qualities.

Cliques. Another way teens try to discover or establish their identity is through cliquish exclusion. Being part of a group can be a good thing because it provides commonality and a sense of security and belonging. But unlike groups, cliques are restrictive and allow only certain types of people in. Teens are very good at disapproving of and excluding others who dress or act differently from themselves and often form cliques. If your adolescent is part of a clique, discuss the importance of still being oneself, having a mind of their own, and standing up to bad behavior that may occur within the clique.

PERSONAL VALUES

It's only natural parents want and hope their kids will grow to hold the same values as their parents. But during the teen years, as adolescents try to carve out their own identities, they begin to question some of those values and experiment

with new ones. Some of the values your teen comes to hold or oppose may go against your own. In some cases, these different values may even be self-destructive. Still, teens often carve out new positive values on their own as well.

Although teens will ultimately choose the values they'll live by, parents can still try to influence positive values in their teens. The key is talking with your teen and allowing for open dialogue. When you do speak with your teen, ask open-ended questions that make your adolescent think. For example, ask, 'what would you do if you were with a friend who was bullying someone?' Also, ask if your teen feels pressured to ignore certain values. If so, ask how they think they can overcome that pressure.

Finally, lead by example. Throughout the teen years, look for teachable moments. Find opportunities to invite your teen to join you in value-based activities. That way, your teen can experience the impact it has on others, the world, and their own sense of self-worth.

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Mommy Chronicles



Dinnertime dilemmas

By Stacy Turner

Now that school is back in session and our family schedule is filling up with sports and other back-to-school activities, filling up at mealtime has once again become a challenge. I'm sure we're not the only family with members running in a variety of directions at different times during what formerly was dinnertime.

When everyone is hungry, some of us are hangry, and we need food fast. Sometimes we get fast food, but too much of a good thing, even when it's Chick-Fil-a, isn't all that good.

I saw a T-shirt that summed it up perfectly. "I hate it when I'm waiting for mom to cook dinner, and then remember I am mom." While everyone in my family has plenty of opinions on what they don't like about whatever I've decided to make, it's not often they share suggestions on what they'd actually like for dinner.

Over time, we've each learned to make the dishes we most enjoy, and it's taken some of the stress out of menu planning. Over the summer, my youngest perfected smoothie bowls, topped with fruit, nuts, and granola, and looking as Instagram-worthy as they taste. When she became a fan of lo mein, we found a recipe online and she's learned to make it at home. You know, give a girl lo mein and she eats that night. Teach her to make lo mein, (which she calls Chinese noodles), and the world is her oyster, or something like that.

And thanks to inspiration from certain fast casual Mexican-inspired restaurants, we eat our fill of tacos,

burritos, burrito bowls, taco salads, and loaded nachos each week. My oldest, the Mexican food aficionado, makes the best guacamole. During lock down, she mastered a recipe for chicken enchiladas, something she named spicy buddies. We've added cowboy caviar to our repertoire, too, and we're working on perfecting our Spanish rice.

Man cannot live by burgers and hot dogs alone...even my husband. Although he claimed the salads prepped in advance were 'too pre-tentious' to eat in the stands at our kids' sports events. When anyone complains about whatever I've made for dinner, I give them the option to eat whatever they made. In this case, he ate the dang salad.

My husband may not love salads, but he has mastered the art of pizza making. Every Friday or Saturday night, you'll find him layering hand-shredded cheese and hand-cut pepperoni on the homemade thin crust he makes from scratch. The other nights may be a grab bag filled with whatever I can figure out, but at least we've got pizza night to look forward to at the end of each long week.

And when I'm completely out of ideas and suggest cereal and milk, suddenly the "I don't know" and "I don't care" turn into valid suggestions. Sometimes, we even work together to get dinner on the table. And sometimes, we do have breakfast for dinner, but instead of cereal, it's eggs, pancakes, or waffles.

But no matter what you end up eating for dinner, at the end of the day, it's much more important who you share it with. Even if you end up eating cereal.



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How to prepare your dog for bringing home your baby

By Pam Moore

Sleep when the baby sleeps. Take a shower every day, no matter what. Have date night at least twice a month. Expectant parents receive lots of advice on how to prepare themselves for life with a baby. But what about preparing the family dog? Just like new parents, dogs need lots of support when welcoming a baby to the family.

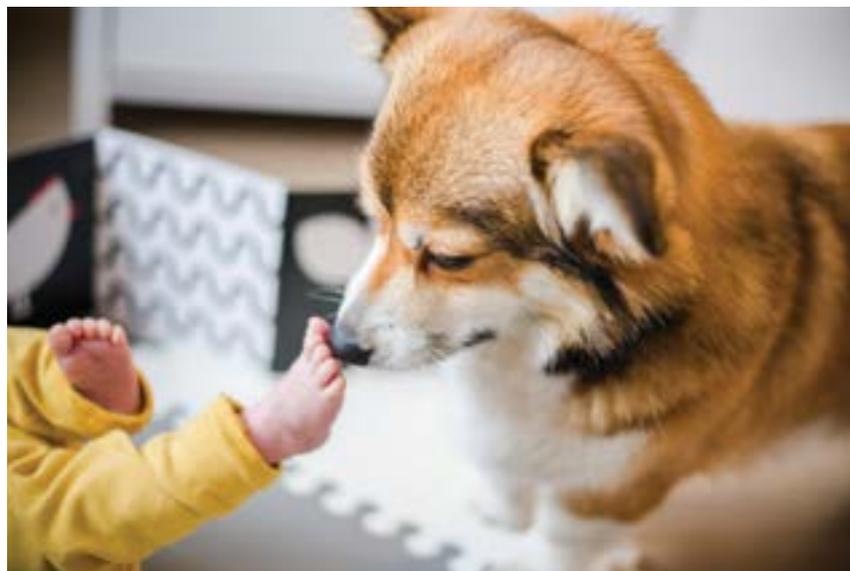
Before baby arrives

Experts agree, making sure your dog is well-behaved before your baby arrives is key. According to Daryl Young, a world-renowned dog trainer with over 40 years of experience, “Training your dog establishes a way to communicate what you like and do not like to your dog. A dog that understands certain behaviors such as jumping, nipping, and pulling on a leash are not permitted will be much easier to control when making the introduction to baby.” Heather

Corum, lead obedience instructor for Canine Company, advises parents to begin obedience training or take a refresher course as soon as they find out they’re pregnant.

Caleb Backe, pet health and wellness expert, says one of the biggest mistakes people make is ignoring the bad behavior their dog is already displaying and expecting it to subside once the baby arrives. In reality, your dog is likely to have difficulty adjusting to the new family dynamic, which will only exacerbate the issues. And once the baby arrives, you won’t have time to train your dog.

Even the most well-behaved dog will need help acclimating to a new routine (or lack thereof) when your baby comes home. According to experts, there are plenty of ways to prep in advance. Young recommends taking your dog on walks or feeding him at different times than usual. Veterinarian Dr. Lisa Lippman recommends giving your dog less attention as your due date draws near. “Getting used to not constantly being the center of attention



will enable your dog to cope better once the baby arrives and takes up much of your time and energy.” It’s especially important to establish new routines well in advance, in order to minimize the likelihood of your dog associating his schedule disruption with the baby.

Experts also recommend getting your dog used to baby dolls and baby items in advance. Exposing him to dolls, strollers, onesies, blankets, and even baby sounds (with the help of an app) will not only help your dog get accustomed to the baby, but it will also create an opportunity to troubleshoot any issues (i.e. your dog nipping at the doll). Once the baby is born, Dr. Lippman encourages parents to bring home something the baby has worn before bringing the baby home. “Let the dog sniff it from a distance, and then allow them to get closer and closer.”

Parents should also practice creating rules and boundaries in the nursery while it’s still unoccupied. Young

advises parents to make certain things clear using a doll. “No jumping on crib. No pulling blankets or sheets that may hang down from the crib. Do not enter baby’s room unless invited by parents. Once the baby is home go through the same routines you practiced with the doll.”

Once you bring baby home

It’s never a good idea to leave your baby and your dog alone without parental supervision. No matter how well you know your dog, you can never assume he’ll react as you expect in any given situation. Says Young, “babies look feel and may smell like a dog toy. Dogs can easily and unintentionally injure or even kill a baby.” Corum cautions that even the most well-behaved dog “can become alarmed by a newborn’s strange noises and flailing arms and legs and react suddenly, putting the baby in danger.” She advises parents

See *BABY and DOG* on page 11



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Baby and dog from page 10

to always stay between the dog and the baby and to keep the baby elevated in case of sudden moves.

Even the most loving dog will feel miffed by the new baby's arrival. To minimize jealousy, professionals encourage parents to give dogs as much focused attention as possible. Corum advises new parents to continue to praise their dog and maintain their functional obedience. Dr. Lippman says parents should make an effort to engage with their pup while the baby is in the room. "You don't want your dog to think that good things happen for them only when the baby is out of sight or asleep."

While you can give your dog snuggles, treats, and positive reinforcement without taking too much time out of your hectic day, Backe says not to skimp on giving your dog adequate exercise. He suggests hiring a dog walker a few times a week if getting out with your dog isn't realistic.

As eager as you may be for your newborn to snuggle up with your four-legged baby, you should never force a relationship. Backe reminds

parents that it's natural for dogs to be wary of a new baby initially. He says to be patient and remember they'll have plenty of years to become buddies. Dr. Lippman advises parents to take it slow when introducing your dog and your baby. "Allow your dog to sniff the baby from a distance, then gradually work up to closer contact."

To teach your dog how to be safe with the baby and to encourage bonding, Corum has specific guidelines: "Praise him when he sniffs or gently nuzzles the baby. Say "no" firmly if he gets too excited, then immediately give praise when he calms down to help him understand what type of behavior is appropriate around this tiny new friend."

Dogs know when you're pregnant (or scared, sad, or about to take them to the vet). But your dog's unique ability to tune into human emotions doesn't necessarily mean he'll become a baby whisperer once Junior arrives. Your dog will need plenty of help managing the transition. But with pro tips up your sleeve, love in your heart, and treats in your pocket, you're just the one to help him.

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Adults and kids alike will enjoy the amazing bug exhibits designed to entertain, enlighten and educate about the importance of bugs in our lives. View live bug encounters and a wide variety of carefully mounted insects on display. Children can earn their "bugology" degree by participating in bug-themed activities, encouraging learning and play at the same time. Free. No registration required.

Snakes, Turtles & More

Sunday, September 19, 2021
Noon – 4:00 p.m.
Penitentiary Glen Reservation
8668 Kirtland-Chardon Rd.
Kirtland

Amphibians and reptiles certainly elicit strong emotional responses in people: from the heebie jeebies to unadulterated admiration. In reality, these creatures are interesting and important parts of our environment

and really are something to admire. This event will feature live reptiles and amphibians, have informational and activity stations, and will help reveal what makes amphibians and reptiles so special!

Horsepower Weekend

September 25 and 26, 2021
9 a.m. – 5 p.m.

Lake Metroparks Farmpark
8800 Euclid Chardon Rd., Kirtland
Saturday will focus on agricultural field work. Watch the progression of agricultural technology all in one field. Draft animal power to modern cabbed tractors will demonstrate a wide variety of implements.

On Sunday from noon to 4 p.m., enjoy Farmpark's first annual Car and Truck Show (weather permitting). On both days, visitors can enjoy antique tractor displays, equipment demonstrations such as corn grinding and Farmpark's regular weekend presentations. Get lost in a corn maze, try an apple slushie or just sit and relax and enjoy the farm.

Farmpark admission (\$6-\$8) applies for ages 2 and older.



Laurel girls today. **Leaders tomorrow.**

At Laurel, girls are leaders in the classroom, on the field and on the stage. Through a demanding academic curriculum informed by our Center for Research on Girls, our unparalleled public-speaking coursework and our beyond-the-classroom experiences, girls at Laurel lead every day.

Come see how Laurel girls lead.

JOIN US FOR OUR **K-Grade 12 Open House**

October 6, 5:00-7:00 pm

Pre-registration is required.

Reserve your spot at
LaurelSchool.org/OpenHouse

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New baby at home?
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and **support** you need for
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NEW Eagle Zip Adventure ride Takes guests to new heights above Cleveland Metroparks Zoo

What is the Eagle Zip Adventure Ride?

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

How many zip lines are there?

There are two lines that can be operated simultaneously. Tower #1 is 701' long and Tower #2 is 739' long.

How long is the ride?

Ride times may vary but the average time from loading to unloading is five minutes.

How fast is the ride?

When being pulled up to the tower, the cart moves at 20 mph. On the descent back to the loading platform, you will reach speeds up to 35 mph before automatically slowing down.

What are the requirements to ride?

- Minimum rider height is 42"
- Riders between 42" – 47" tall must ride with a paying adult.
- Riders 48" or taller may ride alone.

- Maximum weight is 300 lbs. for a single rider and 450 lbs. for two riders. Riders will be weighed prior to boarding.
- Riders must not have an impairment which prevents a normal seating position or use of the safety restraints.

Can I purchase a souvenir picture of my ride?

A camera provided by Kool Replay is mounted on the ride cart and will automatically capture your experience. Once the ride is over, you can scan the QR Code provided to access your free preview or purchase to get the full content.

- Photo: \$8.00
- Video: \$12.00
- Combo: \$15.00
- Cameras cannot be disabled by the ride attendants.

What are the hours of the ride?

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

How much does it cost to ride?

- \$7.00 for Cleveland Zoological Society Members.
- \$8.00 for the general public.
- \$22.00 for the Eagle Zip Adventure Pass – includes admission to the Zoo and The RainForest and one ride.

Visit www.clevelandmetroparks.com/zoo for more info.

THE GREAT
BEREA
TRAIN SHOW



THE MIDWEST'S PREMIER MODEL RAILROAD HOBBY SHOW

FUN FOR ALL AGES!

SATURDAY, OCTOBER 2, 2021

SUNDAY, OCTOBER 3, 2021

10:00 A.M. to 4:00 P.M.

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www.thegreatberetrainshow.org

Bridging The Gap

Local mom starts nonprofit to help first responders interact with people with special needs during an emergency

By Dan Miller

After learning that first responders are rarely trained on how to communicate with children with special needs, Jenna Newman knew she needed to change that. The Mentor stay-at-home mother of three had a very personal reason to do so. Her son, Tommy, is autistic and nonverbal.

“Autism never goes away. And as my son got older and stronger I began to fear for his life. I realized that in an emergency he needed to be able to communicate with first responders as much as they needed to be able to communicate with him. That’s when I started the STICKS program.”

STICKS, which was named after Tommy’s obsession with sticks, is also an acronym for Super hero first responders Teaching safety Is Critical for Kids with Special needs. In 2018 when Tommy was 6 years old, Newman reached out to the Mentor Fire Department about her idea and they jumped on board immediately. Shortly after that, the Willoughby and Madison fire departments joined in as well. The Madison Police Department is also now active with the program.

The program is free for families to attend and

each session lasts about 30-45 minutes. Firefighters/police conduct the program during their off time. There is no age limit and siblings are encouraged to attend as well. Parents/guardians must stay for the entire session.

During the sessions, firefighters and officers read a short story written by Newman. These “social” stories are quick and to the point, and also include lots of repetition to facilitate learning. After that, there is a hands-on activity (like stop, drop and roll) that is presented in a way that the participants can understand. Sessions have included:

- All about firefighters
- Inside an ambulance
- All about police
- Electrical outlets are dangerous
- Water safety
- Stranger danger
- More!

After the story and activity, the participants hang out with the firefighters and police officers who are usually in their full gear to help further familiarize them with the children with special needs.

“The first responders that do the program have learned that it’s not a typical school program. They see lots of running around the room, stimming



[hand flapping, rocking, spinning, etc.], sometimes lots of yelling, and even some crying. We let the kids do it and make no judgments. My son initially hated the program but now he asks to go, and sits, listens and participates. He made three amazing friends — Fireman Jerry from Mentor, and Firemen Ricky and Mark from Willoughby,” says Newman.

In addition to the in-person sessions, Newman has developed special icon cards that first responders can use when they encounter a person with special needs during an emergency. The icon cards are categorized by people, body parts, commands, objects and medical supplies, and have proven to be incredibly helpful with communication.

For more information or to inquire about starting this program in your city, visit their Facebook page (Heroes Helping Those with Special Needs) or email Jenna Newman at Heroeshelping@yahoo.com.



Foundations for Lifelong Learning

A child's preschool experience should build a foundation for their education and lifelong skills of **perseverance independence confidence curiosity** and finding joy in their own interests.

Located in the heart of Little Italy, our students grow and thrive in a learning environment that promotes a lifetime passion for learning.

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Applications are now being accepted for 3 & 4 year olds.

Call today for information on discounted preschool tuition for those living and working in the University Circle area.

Contact the Director of Admissions at 216-421-0700 or email at info@clevelandmontessori.org to arrange a personal tour.



CLEVELAND MONTESSORI

12510 Mayfield Road • Cleveland

P (216) 421-0700 • clevelandmontessori.org

Let's Dance!

Learning to dance provides benefits for children (and adults)!

By Magen Corbett

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

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

Great cardio exercise

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

fitness. It is also much more fun than traditional exercise.

Self control and cooperation

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

Teaches about different cultures

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



different than their own.

Increased self-confidence and self-esteem

For both children and adults dance is a highly social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem. Dancing gives you an increased chance of meeting other people with similar interests. A dance class is a community where appreciation and positive encouragement are all around. Participants not

only encourage one another in class, but one will gain a sense of accomplishment when a dance is memorized and performed such as on stage at a recital.

Strength and endurance

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

See *LEARN TO DANCE* on page 18

DANCE EDUCATION



Beck Center offers dance classes for all ages and skill levels

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

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

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

Dance classrooms were recently renovated, and a capital campaign continues to #RaisetheRoof on the dance center. Programs foster a love of movement that builds confidence,

coordination and creativity for all ages and body types.

From early childhood classes in preschool dance and preballet all the way to advanced ballet, pointe, jazz, tap, contemporary and hip hop, there is something for every BODY.

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

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

Enroll in Beck Center Dance today at beckcenter.org/education/dance and start moving toward your healthy future. For more information visit beckcenter.org or call 216-521-2540.

Award-winning instructors. Classes for every BODY
Register for classes at:
beckcenter.org/education/dance

The Dance Stop enriches the lives of young dancers

The Dance Stop in Willoughby Hills offers a variety of dance classes as well as an inviting atmosphere for students of all ages.

Owner Lisa Stanziale began her dance career at 6 years old training in tap, ballet and jazz. Her love of dance flourished as she not only participated in several dance modeling shows, but also traveled to Australia to perform in the World's Fair. Her dance training took her to New York to train at Broadway Dance Center and Steps, as well as Los Angeles to train at Edge Performing Arts Center. For over 30 years she has devoted her time to teaching.

"There came a time in my early 20s, after spending time in New York and L.A., where I had to choose to either move away permanently and continue auditioning, or come back home and start my own business," comments Stanziale. "I knew at a young age that I wanted to teach dance and I am grateful for the opportunity to follow that dream."

The studio offers classes in tap, ballet, jazz, pointe and contemporary as well as an acro class which is

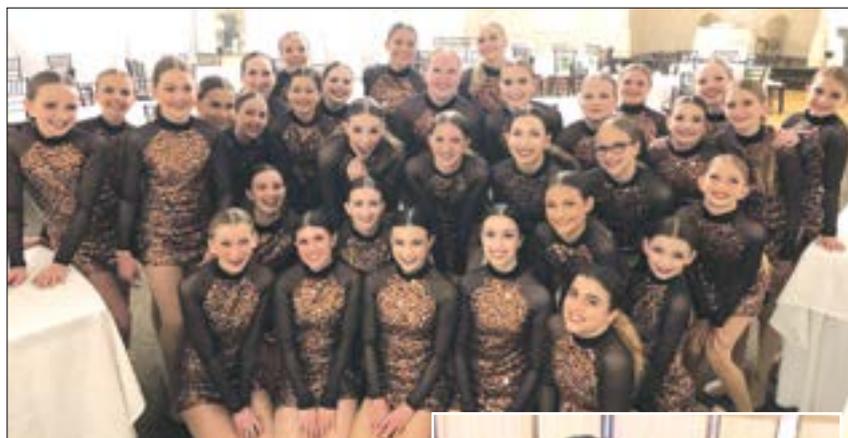
designed for the dancer who wants to learn acrobatics.

For preschoolers, the studio offers a creative class that is a great introduction to the world of dance for little ones and also musical theatre.

The Dance Stop also offers competitive dance. Students as young as 6 years old can audition for the competition season. "During competition season students attend three competitions," says Stanziale. "There is an educational aspect as the students attend workshops during the day, then compete in the evening."

Every instructor at the studio specializes in the discipline they teach. It is because of Stanziale's dance training over the years, as well as that of the other instructors that the studio has had many students go on to pursue dance in college as well as a career in dance.

Stanziale also brings in dancers from the industry, many of whom are former students, throughout the year to work with the students. The wealth of knowledge the guest instructors share helps prepare the students on what it means to pursue



dance professionally.

Former student Dani Vitale is a frequent guest instructor at the studio. She grew up as a student of Stanziale, then her training took her out to the West Coast. She eventually joined the Bloc Agency and has been working nonstop ever since. She has worked with stars such as Katy Perry, Demi Lovato, Beyonce, Rhianna, Rascal Flatts and more. She has performed multiple times on the Grammy Awards, the Super Bowl Halftime Show, Billboard Music Awards, American Music Awards and VMAs.



The fall session begins September 8, 2021. For more information, call The Dance Stop at 440-585-8803 or visit www.thedancestopstudio.com.



THE DANCE STOP

Offering classes in ballet, tap, jazz, contemporary, hip hop, acro dance and creative dance from preschool to adult.

FALL SESSION
BEGINS WEDNESDAY,
SEPTEMBER 8, 2021

For more information or to register for classes visit www.thedancestopstudio.com or call 440-585-8803

34301 Chardon Road
Willoughby Hills, OH 44094



Dance for all at The Fine Arts Association

The Fine Arts Association (FAA) is an arts education and performance center located in Willoughby, Ohio with the mission to create and discover beauty. This arts oasis offers nearly 70 dance classes for ages 3 through adult, from beginner through advanced levels. Disciplines include ballet, tap, jazz, modern, contemporary, dance for musical theatre, hip hop, and African dance.

Edge, Verge, and Emerge are FAA Dance Companies that practice year-round, enabling selected FAA students to perform in various locations throughout the region.

FAA's dance program allows students to enter at any level and/or style appropriate to both ability and age. Dance is introduced to young students through creative movement and combination classes. Young dancers are offered a variety of classes that provide a foundation of dance terminology and movements. As dancers grow in their study, their skills are refined through performance qualities through stylized

choreography. Many FAA dancers pursue higher education in dance and perform professionally.

The Fine Arts Association welcomes all dancers to a warm, safe, fun and nurturing environment.

Jessica says, "I would come to Fine Arts every day if I could, and pick dance class over any other fun activity." She says she loves dance "because it makes my soul happy." Francie says, "I love to dance because it allows me to be free and to be who I am."

Not only does FAA embrace young dancers, but also offers adult classes in the evenings. This year, "Adult Hip Hop" class was a great success! Marcia said this class was something she always wanted to do and she added, "it was fun and a new class to look forward to. The instructor was great!"

FAA welcomes you to come in for a tour and try out classes. Contact the director of education at 440-951-7500 x118.

For complete info on classes visit www.fineartsassociation.org.



En Pointe Dance— Come dance with us!

En Pointe Dance in Chagrin Falls, now celebrating its 22nd 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 a 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. Classes are available in studio and online for ages 3 through adult. Each spring students ages 6 and up have the opportunity to dance in one of Friedberg's original ballets, which are based on children's stories, fairy tales, and fantasies. The younger children, ages 3-5, participate in a separate informal showing.



Summer ballet

Aside from being fun and good exercise, dance offers many lifelong benefits and skills including coordination, self-control, and discipline. "We love dance, and relish the opportunity it gives students to broaden their horizons. We want them to experience the joy of dancing while developing a good foundation, excellent technique, and a sense of discipline that stays with them for the rest of their lives."

Fall classes begin September 7, 2021. For more information call En Pointe Dance at 440-247-5747 or visit www.enpointedanse.com.

 fine arts association
CREATE AND DISCOVER
BEAUTY



En Pointe Dance

Celebrating 22 Years!

**Register Now
For Fall Classes!**
September 7–
December 18, 2021

**In studio and
online classes.**
Call 440-247-5747
for more info.



Offering classes in Ballet, Pointe, Creative Dance, Jazz and Modern Dance for ages 3 through adult.

516 E. Washington Street, Chagrin Falls • In The Gallery
440-247-5747 www.enpointedanse.com

Registration is open for fall classes at Valley Art Center

Fall art classes for children and adults

For hundreds of students, back to school means back to art at the Valley Art Center in Chagrin Falls. Kids of all ages have a full range of class options to choose from including pottery, drawing, painting, mixed media and jewelry. Over two dozen different art courses are available for the adult in the family, too. Regular classes meet one day a week for up to six weeks. Choose from morning, afternoon, and evening classes, Monday through Saturday. Fall classes begin September 13 (session 1) and November 1 (session 2).

New courses

New this fall, VAC is offering Wildlife Drawing for adults. This course by wildlife artist Linda Merchant Pearce will teach the techniques of understanding eyes, feathers and fur, posture, and backgrounds to make your animal art come to life. Adventures in Art is a 1.5 hour class specially made for the preschooler, half-day kindergartner, or homeschooled K-2nd grader. Older children can enjoy classes focused on clay, drawing and painting, and jewelry design.

Art therapy for all ages

Valley Art Center is excited to now offer Art Therapy Class Sessions for children and adults. From understanding emotions to building relationships and calming the mind, art therapy is



using art in a therapeutic way to support overall well-being and building an understanding of yourself. Using a wide range of media including painting, drawing, printmaking, papermaking, weaving, sculpture and more, all classes are taught by art therapist, Yesamine De leon-Mettee, MA, LPC, who holds a Master of Counseling and Art Therapy from Ursuline College and is a licensed professional counselor.

An art education hub in the valley

For over 50 years, VAC has been at the forefront of arts education in the Chagrin Valley. Just minutes from downtown Chagrin Falls, Valley Art Center offers over 400 visual arts classes each year for students of all ages from beginner to advanced professional. Chagrin Falls boasts an arts-rich district where Valley Art Center is one of six arts nonprofits and one of several galleries, the only nonprofit gallery in the Village. Every

year, 30 locally and nationally renowned instructors offer guidance and inspiration to more than 1,400 students at the center. Valley Art Center's large, updated facilities include five classrooms fully equipped for studying studio arts and crafts as well as a professional art gallery where students can display their work and learn from other artists, from beginners to professionals.

How to register

Call now, stop in, or log on to register today. Students may register online (valleyregistration.com), in person, or by phone at 440-247-7507. Payment must be made at the time of registration (cash, check or credit card accepted). Registration is open now for all fall classes. To see the most current list of available classes and workshops, visit www.valleyregistration.com. Explore the visual arts and more in Chagrin Falls, and experience all that Valley Art Center has to offer!

More information

For more information, contact Valley Art Center at 440-247-7507 or visit valleyartcenter.org. VAC is located at 155 Bell Street in Chagrin Falls. While you are visiting, be sure to check out the Margaret "Peg" Bowen Gallery and the Hallway Gallery. Or visit the center's juried gift shop where you will find unique art created by VAC's own artist members.



Fall in love with art!

Fall Class session starts September 13!

Browse our upcoming classes and ongoing workshops at:

valleyartcenter.org/classes

*Discover the many ways you can explore art!
Classes for all ages, abilities, and mediums.*

classes | gallery | gift shop



Jump Start Gymnastics

Classes for all ages and abilities!

23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com

MASKS REQUIRED BY ALL PARTICIPANTS & ADULTS

SIX-WEEK SESSIONS

FALL 1 SESSION

Sunday, August 22 – Saturday, October 9, 2021

FALL 2 SESSION

Sunday, October 10 – Sunday, November 20, 2021

WINTER 1 SESSION

Sun., November 28, 2021 – Sat., January 22, 2022

WINTER 2 SESSION

Sunday, January 23 – Saturday, March 5, 2022

OTHER PROGRAMS

TUMBLING TURKEY CAMP

Wednesday, November 24, 2021

(Preregistration is required)

9:00 am–3:00 pm ages • 5–14 years old

YOUTH OPEN GYM

Fridays August 27 – December 17, 2021

11:15-12:30 pm • \$10 per participant

ADULT OPEN GYM

Tuesdays & Thursdays

August 24 – December 16, 2021

7:30–9:00 pm • \$10 per participant

The WIT/MIT class is our adult open gym led by coaches who are excited to help you accomplish your own personal fitness goals. Whether you're a beginner or an advanced gymnast/athlete, this open gym can accommodate your levels and abilities. Our class is a great and supportive mix of returning cheerleaders and gymnasts, parents, cross-fit athletes, and beginners who have never done a forward roll before. Come get an awesome workout, learn how to hold a handstand, do a back handspring, improve spatial awareness, or general strength & flexibility utilizing gymnastics equipment (such as our in-ground trampoline and the 50-foot tumble track system).

Learn to dance from page 14

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

Improved flexibility

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

Stress relief

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

No age limit

Unlike some other sports, there is



no age limit for dancing. People of any age can enjoy the fun of dancing.

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



Patterson Family Fun Fest is back!

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

While the market is open year round, Patterson's add their Family

Fun Fest to the action for seven weeks in September and October. This area costs \$10 per person to enter and gives families of children preschool through elementary ages a place to enjoy hiking, sliding, playing in straw, climbing and "driving" tractors, viewing the world from the top of their tree house, disappearing in the silo and, in general, enjoying the out-of-doors filled with fun. No reservations needed. Just come when you have a few hours to spend with your family outdoors.

For more information, visit them online at pattersonfarm.com or call 440-729-1964.

CALENDAR

Geauga County Fair

September 2–6
Exhibits open at 9 a.m. daily
Rides open at noon daily
14373 N. Cheshire Street, Burton
440-834-1846
www.geaugafair.com
Exhibits, animals, rides, music,
food, games, and more.

Cleveland National Airshow

September 4, 5, 6
9 a.m.–4:30 p.m.
Burke Lakefront Airport
www.clevelandairshow.com
General admission tickets are
only available in advance:
Adult tickets: \$30
Youth (ages 6–11): \$20
Kids (5 & under): FREE
Featuring the U.S. Air Force
Thunderbirds.

Northeast Ohio

Aging & Disability Summit 2021

Fri., Sept. 17 • 8 a.m.–4 p.m.
agingsummit@jfs.ohio.gov
Online presentation featuring
speakers, virtual sessions and
more.

Oktoberfest

Sat., September 18 • 6:30 p.m.
FirstEnergy Stadium
thelittlestheroes.org
Live entertainment, food, beer,
auction prizes and giveaways to
benefit children with cancer.

Taste in Little Italy

Sunday, September 26 • 1–4 p.m.
Alta House
12510 Mayfield Road, Cleveland
tasteinlittleitaly.com
Featuring wines, fine foods from
local restaurants, music, silent
auction and raffle. \$60 per person
in advance, \$75 per person at the
door.

The Great Berea Train Show

Saturday, October 2
Sunday, October 3
10 a.m.–4 p.m. both days
Cuyahoga County Fairgrounds
19201 E. Bagley Road
Middleburg Heights
thegreatbereatrainshow.org
Operating layouts, vendors,
door prizes, food. \$8 per person.
Under 16 are free with an adult.

Just For Laughs!

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, “Congratulations! You’re the father of twins.” “That’s odd,” answers the man. “I work for the Minnesota Twins!” A nurse then yells the second man, “Congratulations! You’re the father of triplets!” “That’s weird,” answers the second man, “I work for the 3M company!” A nurse goes up to the third man saying, “Congratulations! You’re the father of quadruplets.” “That’s strange,” he answers, “I work for the Four Seasons hotel!” The last man begins groaning and banging his head against the wall. “What’s wrong?” the others ask. “I work for 7 Up!”

A little girl is serving her father tea while her mother is out shopping. The mother comes home and the father says, “Watch this!” The little girl goes and serves the mother tea. The mother responds, “Did it ever occur to you that the only place she can reach to get water is the toilet?”

A husband and wife have four boys. The odd part of it is that the older three have red hair, light skin, and are tall, while the youngest son has black hair, dark eyes, and is short. The father eventually takes ill and is lying on his deathbed when he turns to his wife and says, “Honey, before I die, be completely honest with me. Is our youngest son my child?” The wife replies, “I swear on everything that’s holy that he is your son.” With that, the husband passes away. The wife then mutters, “Thank God he didn’t ask about the other three.”

Son: “Dad, there is someone at the door to collect donations for a community swimming pool.”

Father: “Okay, give him a glass of water.”

WE PAY CASH

**For children’s
clothing, shoes,
toys, books &
baby gear!**

**No appointment
necessary!**



Avoid garage sales and online selling fees.

Bring your gently used items to one of our convenient locations and we will pay you cash on the spot.

You can also trade them in for things you need now!

We buy up to one hour before closing.



Kid’s Stuff with Previous Experience™

MENTOR COLONIAL PLAZA

7537 Mentor Avenue
440-951-7222
Mon.–Sat. 10 am–6 pm • Closed Sun.



WESTLAKE

25028 Center Ridge Road
440-899-1100
Mon.–Sat. 10 am–6 pm • Closed Sun.



It's Back!

TASTE IN Little Italy

Wine • Food • Fun

Sunday September 26, 2021

1:00-4:00 p.m.

Alta House
12510 Mayfield Road
CLEVELAND • OHIO

All you can
taste and sip!

Join us in a celebration of wine, fine food from local restaurants, and fun with friends as we toast the **the return of the Taste!**





\$60/person
\$75 at the door

non-refundable / \$40 of each ticket is tax deductible

Silent Auction, Raffle
Baskets & Cash Raffle

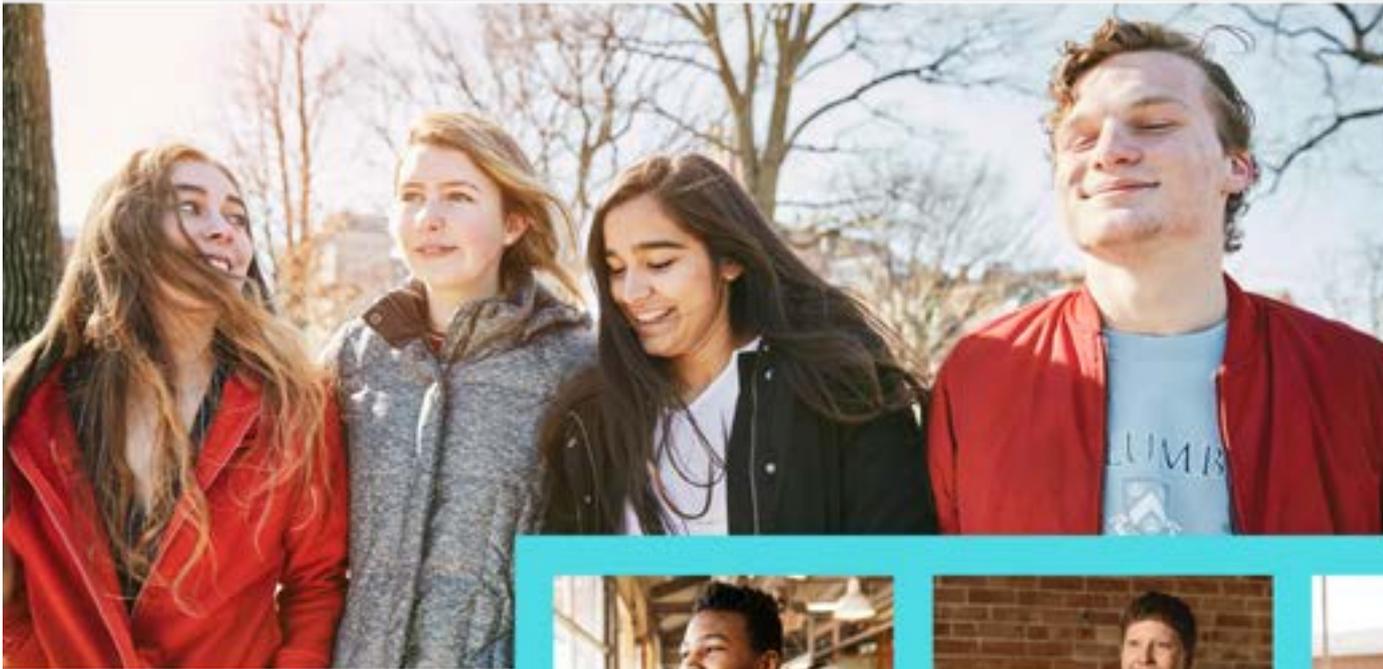
(see website for details & to purchase tickets)

Benefits
Cleveland Montessori

TasteInLittleItaly.com

Absolutely no one under the age of 21 years is permitted on the event grounds. By attending you grant permission for videos and pictures taken at the event to be used for promotional use.

Real talk: It's OK to not feel OK.



Stress affects many of us on a regular basis. Join the conversation about mental wellness and find advice, help and support.

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