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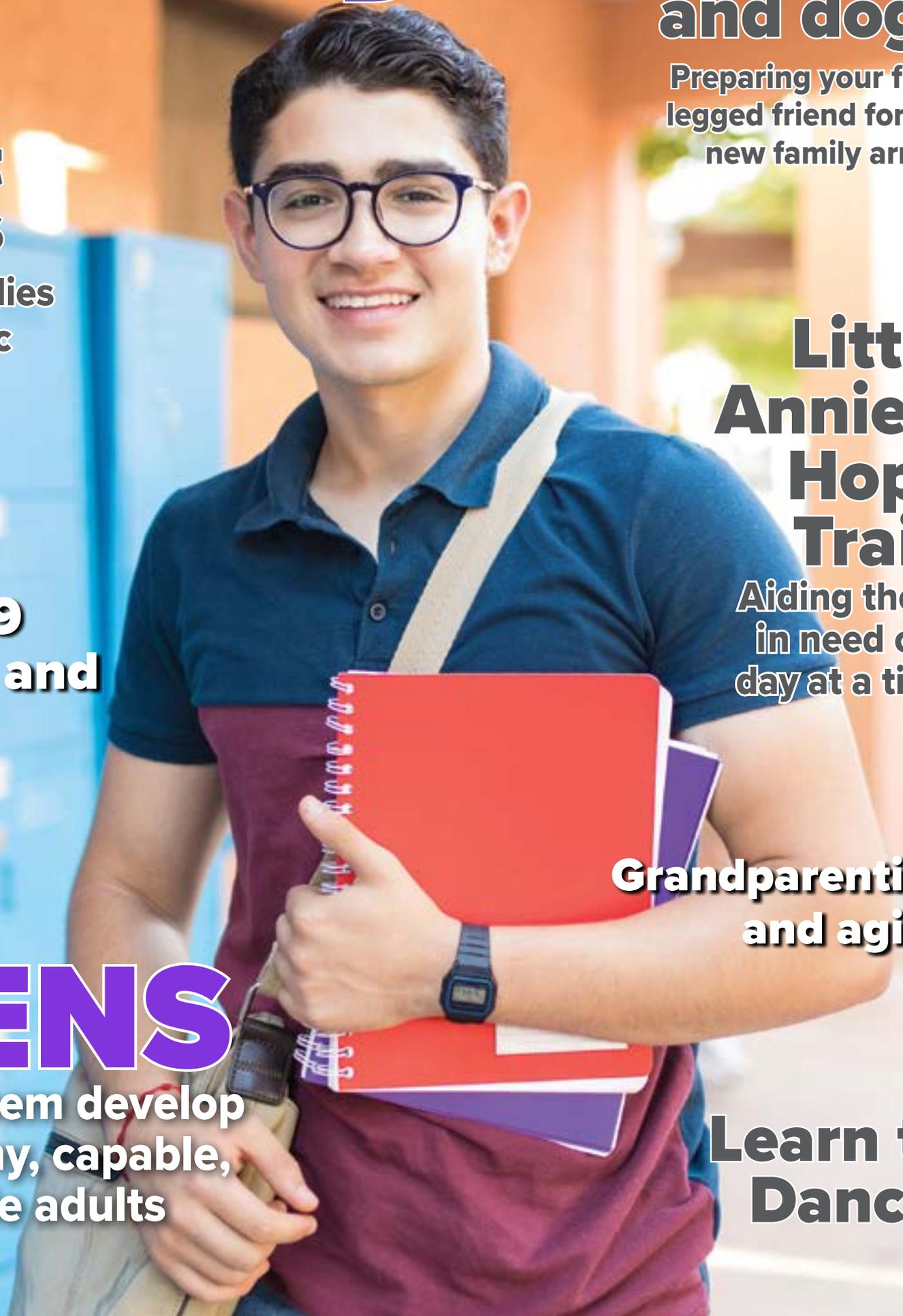
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The Biggest Little Heroes

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

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See TEENS on page 8

Little Annie's Hope Train makes its rounds to help those in need

Former teacher uses retirement to live her best, most satisfying life

By Deanna Adams

Chances are you've seen them all over Lake and Geauga counties. Those little outdoor kiosk pantries filled with nonperishable food items, packets of seeds to grow your own food, as well as hygiene supplies—all free for the taking.

The concept for those complimentary pantries with its motto, "Take what you need - leave what you can," is the brainchild of Mentor resident, Annie Felice Kline, who always felt compelled to make a difference in her community. She is founder and president of the non-profit charitable organization, "Little Annie's Hope Train," which she began in 2016, after retiring from her teaching job.

"We supply 19 freestanding pantries that we personally restock every week," Kline says. "We encourage people to not only take the items they need, but also leave some items for others to use." The pantries are often located in low-income areas where the residents can best benefit.

Kline also accepts cash donations and every penny donated goes directly to the homeless and others in need in Lake, Geauga, Cuyahoga and Summit counties. "Although we mostly serve our surrounding counties, our true mission is to aid anyone in Ohio who is in need," Kline adds.

That grand mission extends back a few decades when, as a teen, Kline began thinking about her future. Although she wanted to start college right after high school to become a teacher, Kline was too busy helping raise her younger siblings. She's the oldest of seven, with four sisters and twin brothers, who are also active in their community. And so, Kline went straight to work as the secretary for the Willoughby Hills police chief for the next 20 years. Meanwhile, in her mid-30s, she set out for that teaching degree by first attending Lakeland Community College, where she earned her associate of arts degree, then moved on to Ursuline College to get BA degrees in both middle childhood

education, and history. She then taught language arts for 13 years to 7th and 8th graders at the Horizon Science Academy Cleveland Middle School.

"Because I've always felt driven to give back, becoming a teacher was a big part of that dream," she says. "When I taught, it was important for me have the kids learn for themselves how gratifying it is to make a difference," she says. "I wanted to teach them to be compassionate so I would take my students to hunger centers to help serve hot meals. Some of my students came from without, as well, but it taught them to give back no matter what your situation is."

Once she retired, Kline began wondering what else she could accomplish. "You suddenly have more time on your hands and I wanted to make the best of it," she says. "I felt this was the time to dig deeper. Actually the movie, "The Blind Side," really elevated that calling. It spoke to me in the sense that the power of giving is the best feeling you can have."

The pantries, which include paperback books because, after all, being a former teacher, Kline knows the importance of literature, are not the only services she provides. The organization also distributes groceries to local soup kitchens and much more.

Kline focuses on getting survival supplies—meal and hygiene kits—to those living in homeless camps and tent cities. "Many people are struggling and have a hard time reaching out. Some, like war veterans and victims of domestic violence, often have difficulty asking for help so we try and give aid to them while helping them maintain their dignity." She says two of the most needed items are toilet paper and new adult-sized socks.

She emphasizes that she does not work alone. She has a handful of trusted volunteers and receives help from other local organizations, such as schools, businesses, civic-minded and church organizations, who all strive to bring help, and hope, to others.

"There are people lacking in needs other than food so we collect laundromat and haircut vouchers, and bus passes to issue out to the homeless. And believe me, they appreciate it." In addition, Little Annie's Hope Train provides school supplies for students in need, and donates beds for children who don't have one. "We pride ourselves in being truly grassroots. We are a 501(c)3 organization and have always operated at a deficit." Working out of her own home, she saves overhead expenses, and adds that they use their personal vehicles, do not claim mileage, and pay for fuel and car insurance out of their own pockets.

Kline herself is no stranger to life challenges, having recently gone into remission from breast cancer. But that has never stopped her from living her full life. She is an avid kayaker, attends a lot of baseball



Annie Felice Kline (right) and Karen Moffett next to a kiosk pantry at the Mentor Headlands Community Center.

games, and has her own photography business, "Caring Heart Photogra-

See HOPE TRAIN on page 8

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Teens from page 6

that parents allow natural consequences to occur, provide positive guidance (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.

Hope Train from page 7

phy," specializing in portraits, nature scenes and wildlife.

"Going through breast cancer, I've become even more grateful for every day. You appreciate all the little things—which are really the big things."

For more information on how you can help Kline meet constant needs or to find a kiosk nearest you, see her website at www.littleannieshopetrain.com, or her Facebook page under Little Annie's Hope Train.



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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 pretentious' 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.

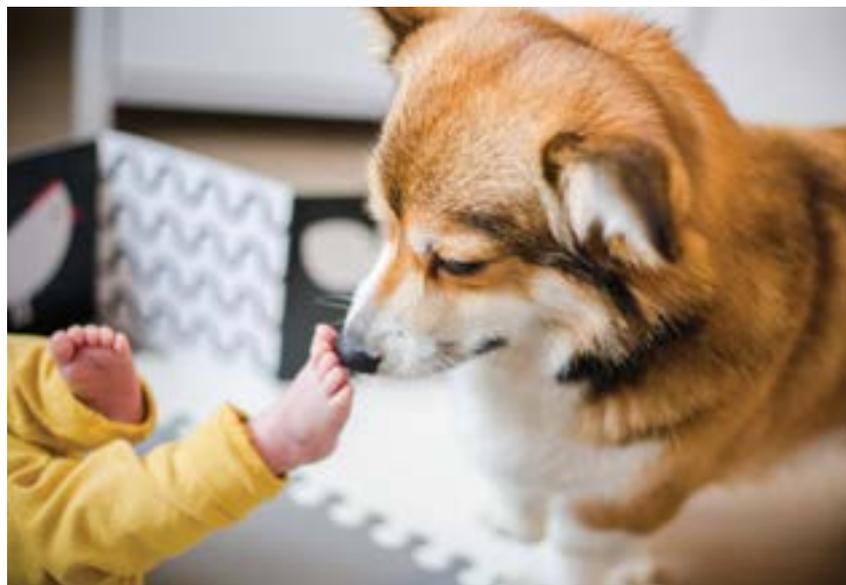
Before baby arrives

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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WHERE FRIENDS BECOME FAMILY

Join us for our next Admissions Open House:
Sunday, October 10 at 1 p.m.
 vasj.com/admissions • 216-481-8414 ext. 285

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.

Fun at the Lake Metroparks!

Bug Day!

Sunday, September 12, 2021
Noon – 4:00 p.m.
Penitentiary Glen Reservation
8668 Kirtland-Chardon Rd.
Kirtland

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.

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

October 6, 5:00-7:00 pm

Pre-registration is required.

Reserve your spot at
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Insurance coverage on the college campus

This is the time of year we often receive questions about the coverages needed to protect students who are away at school. These requests are common for parents sending their children off to college for the first time.

Courts have long determined that a dependent child away at school is still legally a resident of their parents' household. In fact, with the policy contracts used by many insurance companies, there are situations where no additional coverage needs to be purchased.

On the most commonly used homeowners policies, a student under the age of 24 is covered by his or her parents' homeowners policy as long as they are enrolled full time in school and were a resident of the household before moving out to attend school.

So what coverages apply to your student while they are away at college? First and foremost, they are protected by the personal liability section of your homeowners policy for bodily injury or property damage they cause. However, it's important to note that intentional acts are not covered. Your son or daughter will be facing new responsibilities and exposures, so it's a great time to consider purchasing a personal umbrella policy to provide an extra layer of liability protection for your family.

As far as all the gear that will be moved into the dorm room, coverage for personal property is available up to an amount that is equal to 10% of the personal property coverage limit on the parents' policy. Personal property includes things like clothing, small furniture and appliances, and electronics. Of course, the policy deductible would apply in the event of a property loss, such as theft

of personal property.

Electronics, such as a laptop or tablet, may be one of the greatest concerns. Some insurance carriers allow these items to be listed separately on the homeowners policy so that a deductible would not apply to a loss. However, I often discourage this type of coverage on most of these items as I think it's prudent for policyholders to self-insure smaller losses. Small losses may be looked upon unfavorably by insurance companies, may increase the premium at renewal time, or could even result in coverage being discontinued when combined with other losses.

In some cases, the student (or parents) may sign a lease for an off-campus apartment. While it's possible that coverage may still be available by way of the parents' policy, this is often a good opportunity to equip the student with their own renter's insurance policy to ensure that there's no coverage question.

The Corsaro Insurance Group would be happy to help you with all your insurance needs.

Courtesy of the
Corsaro Insurance Group and
Central Insurance Companies

Matthew Corsaro is the president and owner of the Corsaro Insurance Group in Mentor, Ohio. His company and staff have been providing insurance solutions to families and business owners for over 40 years. Mr. Corsaro has obtained the Accredited Advisor in Insurance and Certified Insurance Counselor designations. Corsaro Insurance Group represents over 20 insurance companies. As well they have expertise in all areas of auto, home and business insurance. They can be reached at 440-946-4950.

Adult craft at Morley Library

Adult Craft Kit: DIY Polymer Clay Incense Burner – On September 13 at 10 a.m. via Facebook video post, Michaela will show you how to create your very own incense burner using polymer clay. This adult-only craft will be available as to-go kits, which can be picked up at the third floor reference desk or at our drive-up window. Kits are limited, so be sure to pick yours up as soon as you can! A few incense sticks will also be included in each kit. Visit our Morley Library Facebook Page for the 10 a.m. video post, or view any time after the premiere on our Morley Library YouTube Channel. *PLEASE NOTE: This craft must be baked in an oven. For this reason, and for the included incense, this kit is for ADULTS ONLY. Looking for more information about polymer clay projects? Visit morleylibrary.org to check the catalog. Register at www.morleylibrary.org or call 440-352-3383.

September is Library Card Sign-up Month

Willoughby-Eastlake Public Library along with the American Library Association and libraries nationwide will be celebrating Library Card Sign-Up Month, September 1-30. Signing up for a library card is the first step on the path to academic achievement and lifelong learning. This year, Marley Dias, founder of #1000BlackGirlBooks, author and executive producer, will be the honorary chair of Library Card Sign-Up Month. In her new role, Dias will promote the value of libraries and encourage everyone, young and old, to get their very own library card.

Since 1987, Library Card Sign-up Month has been held each September to mark the beginning of the school year. During the month, libraries work together in a national effort to ensure every child signs up for a library card. Through access to technology, media resources and educational programs, a library card gives students the tools to succeed.

Libraries offer everything from early literacy programs to virtual homework help and beyond. At Willoughby-Eastlake Public

Library, you'll find a wide variety of educational resources, programs and events, digital services, adapted programming for children with varying learning styles & abilities and much more! "Willoughby-Eastlake Public Library continues to adapt and expand our services to meet the needs of our community," said Michelle Hudson, communications and development associate.

To sign up for a library card or to learn more about everything Willoughby-Eastlake Library has to offer, visit www.we247.org or stop by any of their four convenient locations:

Eastlake Public Library
36706 Lakeshore Boulevard
440-942-7880

Willoughby Public Library
30 Public Square
440-942-3200

Willoughby Hills Public Library
35400 Chardon Road
440-942-3362

Willowick Public Library
263 E. 305 Street
440-943-4151

Just For Laughs!

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."



**New Fall Program
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Kick Off The School Year!

at LNSP East!

LIL KICKERS

Fall 2021 Session: August 31–November 20
12 weeks • \$180 per child

Choose one day per week to attend consistently

- Innovative child development program based on soccer.
- Focus is on kids from 18 months–6 yrs.
- Classes run 50 minutes per session, once a week.

Contact: Sarah Bals, Sarah@LNSportspark.com



SOCCER 101

Fall 2021 Session: August 21–October 16
8 weeks • \$120 per child

Contact Ali Kazemani, camp director,
at Kaz@LNSportspark.com.

Boys and
girls ages
6–11



MORAN YOUTH BASKETBALL LEAGUE

Late Summer/Fall Session

July 26–September 20 • Mondays 5–10 p.m.

Divisions: 5th/6th grade, 7th/8th grade, high school
For registration contact: EStrauss@LNSportsPark.com



LIL SLUGGERS

Fall dates coming soon!

- Introduction to baseball for kids 2–5 years old.
- Nationally franchised child development program;
- Low student/instructor ratio (usually 4–6 kids per instructor).

For registration contact: EStrauss@LNSportsPark.com



NEW!

JUNIOR HOOPERS ACADEMY

Junior Hoopers Academy is a NEW program for ages 2 through 5. These classes introduce toddlers to the game of basketball with fun activities that allow them to run, play as a group, shoot and dribble a basketball. They gain basic basketball skills while building fundamentals such as balance and coordination. Classes include activities that are focused on a child development with fun games incorporating parachutes, bubbles, noodles, cones, lots of basic dribbling and more.

Dates: Fall dates coming soon!

Ages: 2–3 (with parents) and 4–5 (without parents)

For info/registration contact: Sarah@LNSportsPark.com



38630 Jet Center Dr., Willoughby
North of Rt. 2 off Lost Nation Road

440-602-4000

www.LNSportsPark.com



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 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

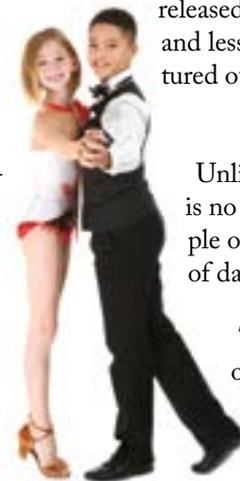
stretching, so it is easy to become more flexible simply by dancing.

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!

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

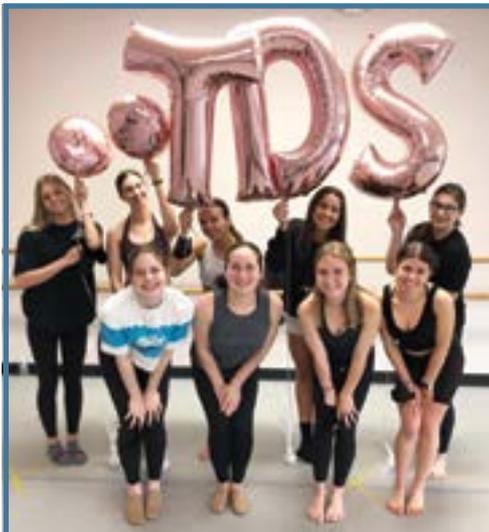


dance professionally.

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.



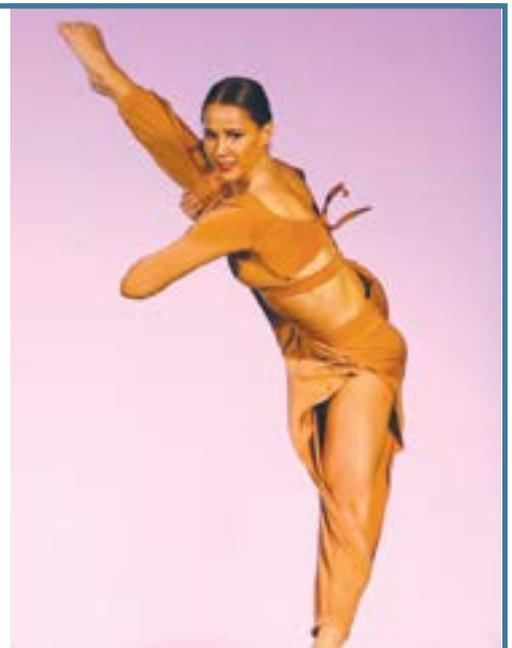
THE DANCE STOP

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.



Rabbit Run offers private and group dance instruction



Registration for fall dance classes is now open at Rabbit Run Community Arts Association in Madison. RRCAA is a comprehensive fine arts association offering private and group instruction in all the major disciplines of the fine and performing arts.

Dance classes are available for little ones starting at age three in creative movement, preballet and pretap. School-aged youth, whether just starting in dance or with some dance experience, may register for classes in ballet, jazz/tap or hip hop.

Also available are modern dance, Zumba® and contemporary/lyrical dance. For adults looking to get

back into shape, their Adult Ballet Fitness or Beginning Tap classes may be just the thing.

Looking to learn basic ballroom steps for an upcoming wedding reception? Ballroom Basics is offered for all ages on Saturdays from 5-6 p.m.

All classes and lessons are currently in person.

For specific class information or to register visit www.rabbitrun.org or call RRCAA at 440-428-5913. Rabbit Run Community Arts Association is a nonprofit organization that receives partial funding from the Ohio Arts Council and is located at 49 Park Street in Madison.



fine arts association
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BEAUTY



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fineartsassociation.org 440-951-7500

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- Lyrical
- Ballroom

for all ages



440-428-5913
 49 Park St., Madison, OH
rabbitrunonline.org

Ohio Arts Council



Caveman Crawl 5K Trail Run and 1-Mile Fun Walk

Sunday, September 12, 2021

The West Woods • 9465 Kinsman Road, Novelty, OH
Registration 7 a.m. • Costume Contest 8:30 a.m. • Race 9 a.m.

Caveman garb encouraged!

The caveman missed running with you in 2020! But he's been keeping in shape and feels ready this September to finally tackle the 10th anniversary run, complete with an option for virtual participation if you'd prefer.

Walkers are welcome in both the 5K and the 1-Mile Fun Walk. (Please note that no dogs are allowed in the race or walk.) As always, caveman garb is encouraged. And in special let's-all-celebrate-our-anniversary-together fashion, everyone who finishes the course will receive a special 10th anniversary finishers medal! Results will be posted at www.geaugparkdistrict.org.

To register online or for a form to print and mail please visit:

www.gcxcracing.com/caveman



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.

KEEP KIDS SAFE



Your home can make a difference!

Foster homes give children safety, security and supervision.

You can help protect children from abuse or neglect by providing a caring environment for them until they can return to their parents or be adopted by a foster parent.

Call LCDJFS to learn more about becoming a foster parent.



Call the Foster Care line:

440-350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

**Lake County
Department of Job
and Family Services**

Grandparents Day is Sunday, September 12

Grandparents. Where would we be without them?

Traditionally observed on the first Sunday after Labor Day, National Grandparents Day is celebrated this year in the U.S. and Canada on Sunday, September 12, 2021.

In the US, Grandparents Day may be observed with happy family get-togethers, travel excursions that include Grandma and Grandpa, and even civic events that celebrate grandparents throughout an entire community.

All about Grandparents Day

Celebrating grandparents was a fairly new idea when West Virginian native, Marian McQuade, pressed the U.S. Senate to proclaim a special day for grandparents in 1978.

That same year, President Jimmy Carter signed the bill into law proclaiming special recognition for grandparents throughout the land.

As the popularity of Grandparents Day caught on, forget-me-nots were designated as the official flower of Grandparents Day.

Today, Grandparents Day re-

mains a great opportunity for family get-togethers — marked with greeting cards, flower bouquets, special Grandparents Day gifts, or for treating grandparents to a dinner out or homemade feast in their honor.

Grandparents Day fun facts

- In the U.S. and Canada, Grandparents Day is celebrated in September on the first Sunday after Labor Day. Meanwhile, in the UK, it's the first Sunday in October. In Germany, Grandmothers Day is observed on the second Sunday in October. Dia del Abuelo, or Grandparents Day, is celebrated in Mexico every year on August 28.

- In the U.S., it's grandma and grandpa. In Latin America and Spain it's abuela and abuelo. In Italy, it's nonna and nonno, and in Germany oma and opa are the traditional names for a grandmother and grandfather.

- Famous people who have been raised by their grandparents include Oprah Winfrey, Presidents Barack Obama and Bill Clinton, actor Jack Nicholson, singer Willie Nelson,



funny lady Carol Burnett, and poet Maya Angelou.

- Grandparents are younger than ever today with a median age of 48. More than half the grandparents in the United States are baby boomers

and about 10% have tattoos!

- Grandparents are wonderful caregivers (think about all the experience they have!) with more than two million grandparents in the U.S. acting as the head of household.

Grandparent rights in Ohio

By Kurt Law

As a local attorney, people ask about this legal dilemma quite often. The reality is that under Ohio law there are grandparent rights but there are many other factors to determine what "rights" are available. This is hard for most to understand. The law does not give grandparents any automatic rights to see their grandchildren. So, in almost every case, parents can keep children away from grandparents if they choose to. Normally, grandparents visit with their grandchildren by making arrangements with their son or daughter.

Unlike many other states, Ohio actually recognizes grandparent rights to visit and care for their grandchildren through the Ohio Revised Code. Grandparents can motion the court for these rights. There are three statutorily protected instances in Ohio that has authorized grandparent companionship or visitation rights: (1) when married parents terminate their marriage or separate, (2) when a parent of a child is deceased, and (3) when the child is born to an unmarried woman. In such cases, a court may order rea-

sonable visitation if it is in the best interest of the child.

However, before awarding grandparent visitation rights in Ohio, a court must consider all relevant factors, including all factors listed in the statute.

Grandparent visitation schedules usually provide less time than visitation schedules provided for a parent. A typical grandparent visitation schedule may be one or two days per month and visitation during important and significant holidays.

Note: This article does NOT provide legal advice. Each scenario and facts may warrant a different outcome. Please contact legal counsel for your own matter. In addition, the Ohio Revised Code does not expressly provide for grandparent visitation when a child is alleged or adjudicated by the juvenile court to be an abused, neglected, or dependent child. However, the Ohio Department of Jobs and Family Services has adopted a rule that requires a public children services agency to arrange for such visitation in certain circumstances.

Email Kurt Law Office at pkurt@kurtlaw.com for more information.

family law



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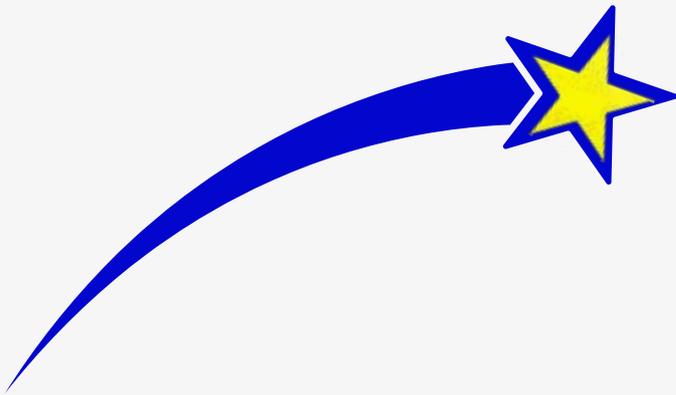
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Ashtabula: 2845 North Ridge East
Plaza East Shopping Center, Next to AAA

Chardon: 151 Main Street
Historic Chardon Square

Concord: 9875 Johnnycake Ridge Road
Route 84, in front of the Concord Plaza

Mayfield Hts: 1438 S.O.M. Center Rd., Ste. 101
Professional/Gallucci Building, across from Eastgate Shopping Center

Willoughby: 35104 Euclid Avenue, Ste. 100
Located in the Parkhill Professional Building, next to Pizza Hut

Virtual speaker series on caregiving

Women United of United Way of Lake County is hosting a free Virtual Speaker Series focusing on "Resilient Women: Intergenerational Caregiving" on Thursday, September 30, 2021 from 8 – 9 a.m.

Four expert panelists will discuss caregiving and provide useful resources for those caring for a parent, a parent and a child at the same time, and for those planning for future caregiving. Attendees will also receive advice and tips on how to manage caregiving to maintain a healthy life and work balance while juggling intergenerational caregiving.

The Virtual Speaker series is open to both men and women with advance registration at uwlc.org/caregiving or by calling 440-639-1131.

Panelists include:

Lisa Von Lehmden Zidek, president of the Visiting Nurse Association of Ohio, whose agency works to provide clients with independence

and dignity through the large scope of home-based health and hospice care services they provide.

Ethan A. Welch, attorney at law, Hickman & Lowder Co., L.P.A., where Mr. Welch's main area of focus includes elder law, Medicaid planning and special needs planning, in addition to estate planning, trust and estate administration and probate.

Bruce Wilson, owner of Senior SafeGaurd, whose agency offers 24/7 home management services to help clients by checking in on loved ones, monitoring property, and arranging for and overseeing maintenance.

Amy Sabath, an intergenerational caregiver who is currently caring for her elderly parents and her young daughter while working as director for government affairs, director for nonprofit & public service center and executive assistant to the president of Lakeland Community College.

Just For Laughs! Senior Style!

A sweet grandmother telephoned the hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine, her blood work just came back normal, and her physician has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. I was so worried."

The operator replied, "You're welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in room 302. No one ever tells me anything."

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now, in her 80s, a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

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The Lake County History Center has lots to offer in September!



Wine Around:

Following the Trains

September 8 • 6:00 p.m.
Painesville Railroad Museum
475 Railroad Street

Join us at the Painesville Railroad Museum for dinner. Enjoy hearing Tom Pescha speak about the history of the historic depot and the early days on the railroad in Painesville, Ohio.

Dinner includes: breaded pork chops, pierogis, garden salad, green beans almandine, twice-baked potato, beverage and dessert. Ticket prices: \$40-\$45.

Ladies & Gents Who Lunch: Wacky Advertising

September 16 • noon-1:30 p.m.
Lake County History Center

Advertising today can push the limits, but it has nothing on the past. Join Cathi Weber as she takes us back to a time when ads were not so politically correct. Before the program, enjoy a light lunch and dessert in our newly redecorated barn. You will have an opportunity to indicate with whom you wish to be seated at sign up. Limited seating due to Covid-friendly environment. Masks required. Ticket prices: \$17-\$20.

Lantern Tour

September 16 • 8 pm

Lake County History Center
Explore the Lake County History Center at night for a tour full of spooky tensions and eerie tales of its past. Do ghosts and spirits really haunt the former Lake County Poorhouse? According to many who have experienced ghostly sightings, the answer is a definite yes.

Come take a walk through the long dark corridors with nothing but a lantern to illuminate the way. You'll hear stories of unbelievable historically documented events that have taken place in the past. Limited availability due to Covid-friendly environment. Masks required.

This event is not suitable for children. \$25 admission.

Mid-American Band Organ Rally

September 17-18 • noon-4 p.m.

Lake County History Center

Imagine riding a merry-go-round without music, especially the buoyant, infectious sound of a live band organ. The music of circuses, carnivals and carousels offer the merry strains of marches and waltzes that transport you. Travel back in time to see and hear antique band organs, and talk with their owners, at this outdoor event. These elaborate, sometimes gaudy mechanical music-makers can be as long as 30 feet or as small as an organ grinder's cart. Ticket prices: \$5-\$8 and free for children 10 & under.

Great Western Reserve Clambake

September 25 • 1-4 p.m.

Lake County History Center

Food is served from 1-4 p.m. but the buildings and grounds are also open until 4 p.m. so stick around after dinner and enjoy a tour of the museum! The delicious clambake starts with fresh fruit and continues with a select half-chicken or NY strip steak along with one dozen clams, homemade clam chowder, fresh steamed corn on the cob, herb-roasted redskin potatoes, rolls & butter.

Half baked chicken: \$45 non-member (\$40 member) or

NY strip steak: \$47 nonmember (\$45 member) – Extra clams \$15.

Tickets to these events can be purchased at www.eventbrite.com. For information call 440-639-2945 or visit www.lakehistorycenter.org.

The Lake County History Center is located at 415 Riverside Drive in Painesville.

Give yourself permission to ask for help.

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September Events

September 8 • 6 pm

Wine Around - Following the Trains
Railroad Museum, 475 Railroad St., Painesville
Learn the History of the Painesville Depot, the early days of the railroad, and enjoy dinner and wine. \$40 members • \$45 nonmembers

September 16 • Noon

Ladies & Gents Who Lunch (at LCHS)

We think advertising today can push limits, but it has nothing on what was done in the past.

Cathi Weber will share marketing of the past that wouldn't happen today! \$17 members • \$20 nonmembers

September 17 & 18 • Noon-4 pm

Mid-American Band Organ Rally (at LCHS)

See & hear antique band organs and talk with the owners. \$5 members, seniors, ages 11-19 • \$8 nonmembers

September 25 • 1-3 pm

Great Western Reserve Clambake (at LCHS)

Chicken: \$40 Member • \$45 Non Member
NY Strip Steak: \$45 members • \$47 nonmembers
Extra Clams \$15 per dozen • Kids Menu \$10

Registration is required. Call or sign up on Eventbrite.com

Lake County History Center

415 Riverside Drive, Painesville Township



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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.

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.geugafair.com
Exhibits, rides, games, music+.

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.

Virtual Cooking Class for Kids – Apple Pie!

Sunday, September 12 • 2 p.m.
Online via Zoom
Hosted by W-E Library
www.we247.org
Kids ages 5 and up can join in for a virtual cooking class with Jennifer Thornton of Buttercream and Olive Oil. Ingredient list will be sent a week before the program. Registration required.

Laser Cut Backpack Pins

Wednesday, Sept. 15 • 5 p.m.
The HUB at Mentor High School
6477 Center Street
440-974-5300
www.mentorpl.org
Kids (ages 5 to 10) can spice up their backpack with custom pins made with The HUB's laser engraver. Choose from several designs. Paint and glitter will also be provided. Registration required.

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, 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.

Back-to-School

Button Bash for Teens

Sat., September 25 • 3–4 p.m.
Eastlake Public Library
36706 Lakeshore Blvd., Eastlake
440-942-7880
www.we247.org
Draw your own picture and/or write your own quote to make into a button! Not feeling creative? No worries – use some of their premade images to make your button. Grades 6–12.

VIP Pizza Family Night

Mon., September 27 • 5–7 p.m.
Wickliffe Public Library
1713 Lincoln Road
440-944-6010
www.wickliffepl.org
Families and children kindergarten–4th grade will learn from Ms. Marie on how to create their very own pizza kit. One kit per family. Families can then take their kit and enjoy together at home. Registration is required and space is limited.

Paint a 3D Printed Cryptid

Thursday, Sept. 30 • 6:30 p.m.
Mentor Public Library
Village Room, Main Branch
8215 Mentor Avenue
440-255-8811
www.mentorpl.org
Kids (ages seven to 12) can learn about the lore behind infamous creatures like Bigfoot, Mothman, and the Loch Ness Monster while painting their own cryptid that was 3D printed at the library. There will even be cryptid-themed treats. Registration required.

Geauga Park District's Home Spun Market Days

October 2 & 3 • 1–5 p.m.
Swine Creek Reservation
16004 Hayes Road, Middlefield
440-286-9516
www.geugaparkdistrict.org
Handmade and locally produced items for sale, live music, food vendors, balloon creations, horse-drawn wagon rides, nature scavenger hunt.

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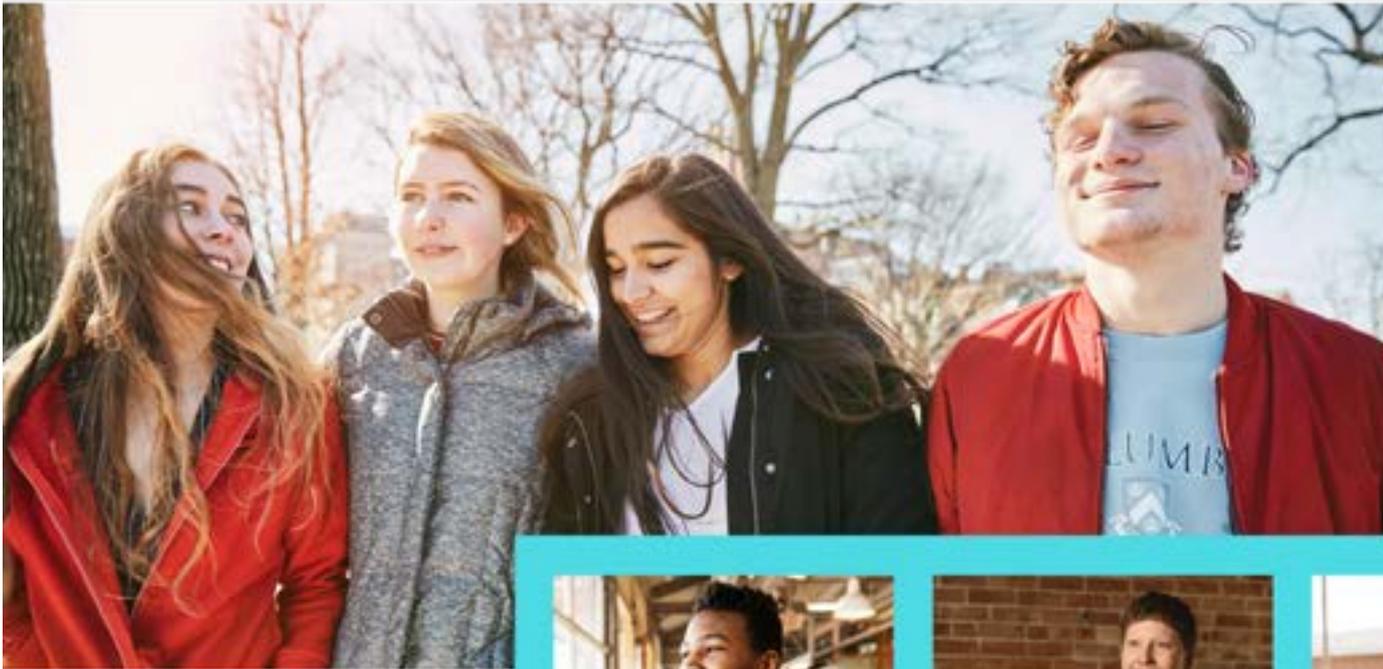
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