

# TODAY'S family

November 2022 Lake Geauga

FREE!

**Weaning your  
teen off the  
water bottle**

Humor Essay

## **National Adoption Month**

Open your heart  
and your home to  
a child in need

**Holiday events  
and craft fairs**

## **Friendsgiving**

Making the most of Thanksgiving

**Chagrin Falls  
Girl Scout wins  
national award**

## **Be Thankful**

Have your child  
start a gratitude  
journal

**Toy and  
gift ideas!**

**Geauga Park  
District events**





# Thanksgiving Dinner

THURSDAY, NOVEMBER 24 | 11 AM-4 PM

DONE THE OLD FASHIONED WAY WITH LAMALFA'S BUFFET




## GRAND NEW YEAR'S EVE

Saturday, December 31  
Starting at 8:00pm

FEATURING LAMALFA'S GRAND SEAFOOD BUFFET

Entertainment  
DJ Jessie Webb  
Radioactive Band




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# TODAY'S family

Lake, Geauga & Cuyahoga Counties

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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Today's Family Magazine is distributed free of charge for families living in and around Lake and Geauga counties.

### **In the December Issue**

More toy and gift ideas

Your guide to experience gifts

Lake County History Center holiday events

### **More great events**

can be found at:

TodaysFamilyMagazine.com



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# Adoption: An alternate path to parenthood

By Nina Polien Light

The perception of adoptive parents may be of a loving wife and husband who are unable to have children of their own. The couple go to a private adoption agency, shell out tens of thousands of dollars and, after what could be a years-long waiting period, bring home the newborn son or daughter they've always dreamed about raising.

Working with a private adoption agency with the goal of adopting an infant is an admirable approach to offering a home to a child in need. But some folks—married or not—find the process to be too costly and drawn out. Fortunately, there are other avenues for adoption, especially if prospective parents are open to providing forever homes for youngsters with special needs, older children, sibling groups or children of different races or ethnicities.

November is National Adoption Month, a 30-day platform for raising awareness and bringing attention to the need for permanent families for minors in foster care. It is an initiative of the Children's Bureau, which is part of the United States Department of Health and Human Services.

"National Adoption Month is a celebration of those members in our community who have taken a chance on children and made them a member of their family," says Eugene Tetrick, supervisor of the Substitute Care Unit (foster care/adoption) for the Lake County Department of Jobs and Family Services. "These people had the courage and determination to 'change their normal' by bringing a child in need into their home."

Beverly Torres, senior manager for permanency support (adoption) at the Cuyahoga County Division of Children and Family Services, says many children are in county custody because of abuse, neglect, a parent's mental health issues and other reasons. "When they can't be safely reunified with their caregivers and when parental rights are terminated, we owe these kids a family. November highlights foster care, and especially adoptive care, for our families and children."

In honor of National Adoption Month, Today's Family answers questions about adopting youngsters currently in the foster care system.

## What is the difference between fostering and adopting?

Foster parents are state-certified caregivers, who provide a temporary home for children while social service agencies attempt to reunify youngsters with their families. If reunification with birth parents does not happen, the public agency holding temporary custody of the child receives permanent custody of them, matches them with an adoptive family (most often in the dually licensed foster/adoptive home they are currently in) and works with the adoptive family to finalize an adoption through probate court.

## Who is eligible to adopt children in foster care in Ohio?

Prospective adoptive parents must be at least 18 years old, have sufficient income to meet the child's basic needs and be in good physical, emotional and mental health. They may be single, married, part of a same-sex couple or the child's older sibling. If part of a couple, they must



Torrance (7) and Terrance (11) are siblings with the Cuyahoga County Division of Children and Family Services. They are looking for their forever home. Call 216-881-5775 today to begin the process of making their lives, and yours, more fulfilled.

be in a stable relationship for at least one year. Education level, religion and home ownership are not factors.

## How great is the need?

Every day, children throughout Ohio enter the custody of children services. This results in 2,000 to 3,000 children at any given moment waiting to be adopted in Ohio. The need for adoptive families is great and every child deserves a forever family.

According to Torres, Cuyahoga County has permanent custody of 800 children. The county has potential adoptive parents for about half (slightly more than 400) of them; the remainder are still in need of forever families.

Tetrick adds, "From 2017–2019 we finalized adoptions for 37 children. With those adoptions, our foster homes close as their families are now "complete" when the adoption is

finalized. Therefore we are continuously trying to recruit new families to replace the ones that left after they completed their families."

And the need is definitely very real as Lake County had 120 children in their custody in 2020.

## So many people wish to adopt. Why haven't these children found forever families?

It's important to match youngsters with families who are committed to meeting the children's specific needs for the long term. Many children in foster care deal with physical, psychological or behavioral concerns as they all have been exposed to abuse and/or neglect.

"Any time a child moves from one home to another, it's a traumatic experience," Torres explains. "Some adoptive families are looking for a specific type of child. When kids

See *ADOPTION* page 4



## Cardinal Craft Show

Saturday, November 19, 2022

9:00 am to 3:00 pm

Mentor High School

6477 Center Street, Mentor

Admission: \$3.00 adults;

\$2.00 students, seniors and military

Cardinal Parents' Club (CPC) is bringing you all your favorite crafters, artisans and vendors and Mentor H.S. gear. All admission proceeds will support CPC initiatives/purchases such as window signs, letter, trophies, plaques, meals for athletes, senior banners, and scholarships. Thanks for your support!

- All patrons, craft show vendors and volunteers are required to abide by current COVID guidelines as set forth by Mentor High School and the Cardinal Parents Club to ensure the health and safety of all participants.
- For information on the event or to be a vendor contact Debbie at [cpc.mentor@gmail.com](mailto:cpc.mentor@gmail.com)

Join us for our Admissions Open House:  
Thursday, November 3 • 6-8 PM  
[vasj.com/openhouse](http://vasj.com/openhouse)

WHERE FRIENDS BECOME FAMILY

## Adoption from page 3

come in to our custody, they are experiencing a trauma in their life, a separation, a loss. That comes out in different ways for different children. Sometimes they've been removed from their home because of a relative's mental-health issue and they've inherited that mental-issue. The specific needs of our children dictate the kind of families we're looking for."

Placing older children, such as teenagers, can be challenging because some people prefer to adopt infants or toddlers. Keeping siblings together can also be difficult if families wish to adopt one child at a time.

### What is the cost?

"Oftentimes, those who become licensed as foster and adoptive parents through the county are looking to grow their family through adoption as the costs of private adoptions are too expensive," Tetrick says. "Some costs involved in the adoption process are court costs for the adoption and paying for updated birth certificates, which are minimal comparatively to private adoptions. Adoption of a child in the custody of Lake County costs less than \$200."

Cuyahoga County's Torres says a required fire inspection may run \$30-\$100. If the compulsory home study visit reveals the need for making home improvements to meet Ohio mandates, there may be costs associated with those upgrades.

By comparison, voluntary adoption of a newborn at a nonprofit organization in Ohio typically costs \$10,000-\$25,000, according to the Franklin County Law Library website.

### I want to adopt a child currently in foster care. Now what?

Start with contacting the county agency. Those in Lake County may dial 440-350-4218 and those in Geauga County may call 440-285-9141.

Cuyahoga County residents may call 216-881-5775 or visit <https://hhs.cuyahogacounty.us/adoptable-kids>.

According to Torres, prospective adoptive parents are required to attend pre-service training to become licensed as a foster or adoptive parent. Once licensed, they will complete an application and undergo a home study, which includes a fire inspection. Following approval, the county agency will work to match the adult and child. After a match is made, an adoption assessor and the child's social worker will present the prospective adoptive parent with the youngster's medical and educational records, photographs and other pertinent information. The adult and child will then have preplacement visits in the adoptive home and the child's current home. After the child moves in with the adult, a judge or magistrate can finalize the adoption. Classes, support groups and referrals to community agencies will then be available to the new family.



## Pushing Up the Sky

With Kulture Kids' Robin Pease  
Sunday, November 20 • 1:30 pm

Maltz Museum

2929 Richmond Road, Beachwood  
\$5 ages 5+, free for ages 4 & under,  
Free for members!

In this Native American legend, the sky is too low to the ground, which is a big problem for all of Earth's creatures. Can the animals and native peoples learn to work together to push up the sky?

Join Kulture Kids' Robin Pease, a Mohawk descendant, to "become" the animals, speak some native language and be thankful for new friendships and great teamwork!

Suitable for ages 3-10 and families. After the program, all guests are welcome to participate in a self-guided treasure hunt in the special exhibition gallery, featuring, "This Light of Ours: Activist Photographers of the Civil Rights Movement."

Register at [maltzmuseum.org](http://maltzmuseum.org).

# Celebrate the Season!

## at the Lake County History Center!



### Deck the Halls

#### Special Open House

December 2 & 3 • 11 am-6 pm

\$8 members • \$10 nonmembers

\$5 children 12 and under

Visit North Pole Novelties and the Peppermint Lane Sweet Shop for unique gifts. The Nutcracker Café will be open for snacks and beverages. See music boxes, holiday light display in the event barn, decorations, the Candy Cane Cottage Memories display, and a special appearance by Santa.

Group Days (8 or more)

December 1 & 9

\$20 per person

Call to reserve your time.

440-639-2945, ext. 13 or ask for Tonya

Includes museum tour and lunch: pretzel-crust chicken breast, potatoes, salad, cookies or brownies. North Pole Novelties and Peppermint Lane Sweet Shop will be open.

Museum Visiting Hours

December 6-21

Tues-Fri. from 10 am-4 pm

\$8 members and \$10 nonmembers

\$5 children 12 and under.

### Holiday Tea

Saturday, November 19 • 2 pm

Features Louisa May Alcott & Laura Ingalls Wilder as they compare their histories, and reminisce about favorite holiday traditions in New England and on the prairie.

Menu includes finger sandwiches, fresh fruit, desserts and more.

\$20 members • \$22 nonmembers

\$12.50 youth 14 and under

### Breakfast or Lunch with Santa

December 4, 10, 11, 17, 18

9 am, 11 am, 1 pm

Tour the museum, eat with Santa, decorate a cookie, see our holiday light display in the event barn. Photo opportunity with Santa.

\$17 adults • \$13 youth ages 4-12

\$4 children 3 and under

Museum open to guests 1:30-5 pm

More information can be found at

[lakehistorycenter.org](http://lakehistorycenter.org) or

[lakehistory.eventbrite.com](http://lakehistory.eventbrite.com).

Or call 440-639-2945.



415 Riverside Drive  
Painesville Township

### Candy Cane Cottage Memories with WRJSL

Anyone who shopped at Carlisle's department store in Downtown Painesville during the 1980s will surely remember the Candy Cane Cottage! This year we are recreating parts of the Candy Cane Cottage that was sponsored by the Western Reserve Junior Service League. We will have a talking tree and mouse houses. Along with other specially decorated rooms, Santa's workshop, Fantasy Land, Enchanted Forest and Santa room.

Open during special events and visiting hours in December 2022.



# Weaning your teen off the water bottle

By Cheryl Maguire

I can honestly say I don't ever remember drinking a glass of water when I was growing up in the 1800s (at least that's when my teens think I grew up). And I definitely never owned a water bottle. I'm sure I must have had water at some point, but it's not ringing any bells. Of course, anyone who grew up in the 1800s is not going to remember lots of things, but I do remember drinking juice, milk, and soda, so I did get some form of hydration.

My three teenage kids are an entirely different story. If they go five minutes without a sip of water, they start panting like dogs, tongues extended and everything. Witnessing their overly dramatic reaction, you would think they had been stranded in the desert without water for three days.

Don't even get me started on their water bottles, which are their main mode of hydrating themselves. That is plural because all three of them own about 500 different water bottles each. And my kids aren't the only ones toting around a water bottle wherever they go. All you have to do is look at any school lost and found pile and see a mountain of orphaned water bottles to know that we are all in this together.

The real issue for me is the attachment to the bottle. They are so attached to their bottle that they have seriously asked me to bring it to school on the rare occasion they forget it. It's sort of like



their baba. Don't get me wrong. I think it's great that they love to drink water, but I think it's more about needing the bottle that is an issue. So here's my plan—feel free to use it, too.

their phone or another appendage that seldom leaves their general vicinity. And just like with their phone, they start hyperventilating when they are separated from it for even a second.

## HOW TO WEAN YOUR TEEN FROM THEIR BOTTLE (AGAIN)

I know it may seem like a long time ago, but do you remember weaning your baby from the bottle? It was a bit of a nightmare for us because my kids loved their bottle, or their "baba" as we lovingly referred to it. They never used a pacifier, probably because they attached to their baba instead. Well, I harkened back to those baby days to wean my teens from the water bottle, which I also refer to as

their baba. Don't get me wrong. I think it's great that they love to drink water, but I think it's more about needing the bottle that is an issue. So here's my plan—feel free to use it, too.

### Step 1: Introduce a real drinking glass

First, get your teen used to the idea of using an actual drinking glass instead of a bottle. Most teens are not able to break from the bottle without any type of transition period. So introduce the glass by placing it on the table next to them. It's okay if it's empty — just allow them to see that there is another option. When they give you the same confused expression as when you revealed you didn't have Internet as a kid, it's okay. Just identify the object as a glass that has the option of being filled with water. You can leave it at that — you don't want to overwhelm them.

### Step 2: Offer a full glass of water

The next step is to place a full glass of water next to their water bottle. The idea is to help them associate seeing the water through the glass with drinking the water. If necessary, you can put a straw in the glass to aid with the transition from a water bottle to glass. It's okay if they don't drink from it yet. But if they do, that's great, too!

### Step 3: Hide the water bottles

I know what you are thinking—"Whoa, hold

See *WEAN TEEN* page 7

## 'tis the season to



GoodwillGoodSkills.org



Goodwill

CHARDON | EASTLAKE | PAINESVILLE | MAYFIELD HEIGHTS | UNIVERSITY HEIGHTS



## Painesville Holiday Weekend

It's the most wonderful time of the year, and Painesville continues their tradition of a two day celebration to welcome in the holiday season.

On Thursday, November 17 from noon to 8 pm enjoy local holiday shopping in Downtown Painesville at the Painesville Holiday Shop & Stroll. This walk-around event features great store/restaurant specials, giveaways, special holiday guests and lots of treats. Support small and local businesses this holiday season! A complete list of participating businesses can be found at [www.painesville.com/shopstroll](http://www.painesville.com/shopstroll).

Friday, November 18 is all about the kids because Santa comes to town! Visit Painesville Square from 5-8 pm and enjoy holiday lights, Santa's workshop, horse and carriage rides, live reindeer, ice skating, a performance by Fairport Dance Academy and more.

As always, this is a free event and open to the community! Visit [www.painesville.com/recreation](http://www.painesville.com/recreation) for more information.

## Two great events at Geauga Park District!

### WHITE HOUSE HOLIDAYS

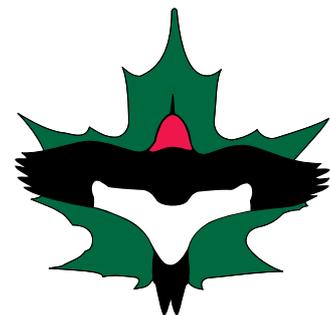
Longtime White House decorator Bill Hixson returns to Geauga Park District for a special holiday open house the evening of Wednesday, November 9.

To attend, simply register at [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org) under "programs & events," or call 440-286-9516.

The West Woods Nature Center will be open for two hours beginning at 6:30 pm. Guests at 7 pm will then be treated to Mr. Hixson's engaging and entertaining stories about decorating the White House, possibly including a décor-creating demonstration or raffle.

Mr. Hixson is an accomplished floral designer who has assisted with holiday decorating at The White House for more than 35 years. His annual appearance in the park also allows the public to enjoy his take on the folklore and tradition associated with holiday ornaments. Some of his creations may be available for sale and signing. Light refreshments will also be served.

The West Woods is wheelchair/stroller accessible at 9465 Kinsman Road (Route 87) in Russell Township.



**GEGAUGA PARK  
DISTRICT**

### TOTAL LUNAR ECLIPSE!

As long as the skies are clear(ish), you can plan to witness a natural phenomenon overnight on Tuesday, November 8, with a total lunar eclipse – but you'll have to set your alarm pretty early for it!

Should you desire better equipment than your own two eyes, or a little guidance as you watch, you might also plan to attend Geauga Park District's viewing event at Observatory Park from 4 to 7 a.m. Drop in any time, but the most dramatic part of the eclipse, as the moon appears to go dark while passing into Earth's shadow, will take place between 4 and 5:15 a.m.

No registration is required to watch from the park, where multiple telescopes will be pointed at the moon. Cell phone cameras will also come in handy at our "snapshot station" telescope, where visitors will be able to take their own up-close photos of the moon for easy sharing.

For more on Geauga Park District offerings, please call 440-286-9516 or visit Geauga Park District online via [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org), Facebook, Twitter, Instagram or YouTube.



# Making Spirits Bright

**GIVE THEM A ZOO GIFT MEMBERSHIP  
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[ClevelandZooSociety.org/holiday](http://ClevelandZooSociety.org/holiday)

Valid for NEW memberships and NEW gifts only. Not valid on Senior Plus, Keepers Club, Explorers Club memberships or Total Experience Membership Package. Offer Expires 12/31/22. May not be applied to previously purchased memberships.

The membership program is presented by PNC

## The Craft Fair Before Christmas

The Craft Fair Before Christmas, hosted by That Crafty Mama & the class of 2023 after prom committee, will be held 10 am–3 pm on December 17, 2022 at Eastlake North High School (34041 Stevens Blvd. Eastlake).

We had such a great time last year we decided to bring it back as our 2nd annual “The Craft Fair Before Christmas” and we can’t wait to see everyone! This is a FREE local craft fair for all ages. Bring your loved ones, your little ones, and yourself to what will be an exciting day! We have over 50 local vendors who can’t wait to showcase their best work and delicious treats – we have everything from bakers, metal crafters, hot chocolate bomb creators, candles, luxury bath & body products and

much more - the most wonderful gifts to fit your budget and finish your Christmas list! So many unique businesses that are so excited to see you!

The big man, yep, Santa himself will also be joining us for the day! He’s making a special trip just for this event so your kiddos can greet him with their best smile! For only \$5 per family, you can take all your own photos of your kids with Santa! We’re so excited he agreed to come make time for the kids, with this being the busiest time of the year!

All proceeds from this event will go to the class of 2023 after prom. Be sure to mark your calendars! If you have any questions regarding this event, email thatcraftymama05@gmail.com.

## The Botanical Garden celebrates Cleveland’s holiday magic

The Cleveland Botanical Garden’s “Twinkle in the 216” event will celebrate the historic character of Cleveland’s neighborhoods as they sparkle and shine to add warmth and joy to the cold winter months. The winter show opens Saturday, November 19, and runs through Saturday, December 31.

The indoor and outdoor gardens will pay a festive holiday homage to the beautiful blocks that knit neighborhoods, people, and plants and trees together. In the Ellipse, visitors will be greeted by postcard vignettes of iconic Cleveland landmarks and a stunning 20-foot-tall “living” tree built from live and dried plant material—a delightful background for holiday photos.

Guests seeking a holiday escape a little farther from home can enter the Madagascar and Costa Rica glasshouses, transformed in the spirit of the season with special horticultural displays, lights, and postcard



vignettes referencing iconic towns within the spiny desert and cloud forest.

Visitors will be surrounded by beautiful holiday plants and trees from evergreen conifers to poinsettias in shades of white, pink, and red. Popular traditions return including dozens of trees decorated by more than 30 affiliate garden clubs from northeast Ohio and candy-coated gingerbread houses assembled by bakers from across the community.

Reserve your tickets in advance at holdenfg.org. Walk-up tickets will be available.

## Wean teen from page 5

on a second, that’s a bit drastic!” But let’s face it. Carrying around a water bottle all day like another appendage is a practice that must be dealt with dramatically. After they have finished searching the house for the water bottle and start panting from lack of hydration, offer a full glass of refreshing water. It’s normal if they resist, but eventually, they will drink

from that glass, I guarantee it.

I hope it goes as well for you as it did for me. Actually, I should clarify that: I hope it goes as well as can be expected for three teens weaning from their water bottles. Cheers!

*Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.*

## THIS HOLIDAY SEASON SHOP IN MENTOR

With over 325 stores to choose from, you’ll find everything on your list.

You probably already know that Mentor is one of Northeast Ohio’s leading shopping destinations. But, it may surprise you to learn that Mentor is also home to over 135 *independent* retailers and restaurants.

68¢ of every dollar spent local stays local.

Shop small. Shop local. Shop Mentor.

Learn more about what Mentor has to offer at

[www.shopinmentor.com](http://www.shopinmentor.com)



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216-481-3830

**CLEVELAND**  
2285 Columbus Rd.  
216-344-3000



[www.HorizonChildcare.com](http://www.HorizonChildcare.com)

# Friendsgiving and solitary celebrations to make the most of Thanksgiving Day

By Kimberly Blaker

The long-held tradition of the family gathered around a table for a savory Thanksgiving feast carries fond memories for most. Yet, single parents and empty nesters often find themselves spending the day alone. Whatever the reason, there are plenty of ways to enjoy the holiday without family. Whether you go it alone or decide to hold a Friendsgiving, the following tips will help you make the most of your holiday.

## Solitary celebrations

The upside of spending Thanksgiving alone is that you can celebrate any way you choose. But be sure to plan ahead so you don't waste it away. Unless that's what you want to do, which is perfectly fine, too.

One of the benefits of spending the day alone is that you can feast on anything your heart desires. If you like cooking, it's the perfect day to pull out your favorite recipes and treat yourself to a gourmet meal.

If cooking isn't your thing, you can still indulge by eating out. A few restaurants are open on Thanksgiving. Some will even serve a Thanksgiving dinner. Just make your reservation a week or so in advance because restaurants book up early



for the holiday.

One thing that doesn't shut down on Thanksgiving is the movie theater. So catch a flick and treat yourself to some hot buttery popcorn.

If weather permits, get some fresh air and go for a bike ride or hike.

On the other hand, you might want to stay in where it's cozy and warm and bask in a home spa treatment. Give yourself a manicure, pedicure, facial, and try out a new hair color.

Thanksgiving is also an excellent day for a trip down memory lane. Pour a glass of wine, play some music from your past, and flip through photo albums.

Is there a book you've been dying to read? Curl up on the couch and spend the entire day relaxing and reading.

It's also the perfect opportunity to call family or friends you haven't spoken to in a while. So give them a ring and catch up.

Maybe you'd really like to do something good for the soul and others. If so, offer to help at a soup kitchen. Another option is to take up a coat collection. Then on Thanksgiving, deliver the coats to a shelter or distribute them to other charitable organizations.

## Friendsgiving

Even if you don't have family around for the holidays, you don't have to spend it alone. In fact, many parents opt to spend the day with friends to avoid the hot political climate that all too often erupts at family Thanksgiving gatherings.

Odds are you have friends, co-workers, neighbors, or acquaintances who'll also be spending the day alone. So why not hold a Friendsgiving?

Even if you spend Thanksgiving with family, Friendsgiving has gained so much popularity, many hold a Friendsgiving on Friday or Saturday so they too can enjoy the holiday with friends.

There are a lot of ways to do your Friendsgiving,

See **FRIENDSGIVING** on page 9

## FINANCIAL ASSISTANCE

Funded by the Water Pollution Control Loan Fund (WPCLF)

### For Household Sewage Treatment System Repairs and Replacements

#### What is the funding for?

The funding is for the repair and replacement of failing household sewage treatment systems.

#### How do I know if I qualify?

Homeowners that meet the income limits and other qualifications should contact Chris Loxterman at the Lake County General Health District (440-350-2543) to begin the prequalification process.

#### How much will I get for repairs?

The grant will provide 100% of the total system improvement costs **for eligible systems where the homeowner is at the federal poverty level. Call to find out the income requirements.**

#### When is the **deadline** to apply?

There is **NO deadline** to apply. You can apply anytime.



Lake County  
General Health District  
Public Health  
Prevent. Promote. Protect.



5966 Heisley Road, Mentor, OH 44060 [www.lchgd.org](http://www.lchgd.org) | (440) 350 - 2543

## Friendsgiving from page 8

which might depend, in part, on the size of your guest list. If it's only a couple of you, split the grocery list, then plan to cook together that day. You could also skip the hassle and enjoy dinner out. If you choose the latter for Thanksgiving day, make reservations well in advance.

If you'd like to celebrate with several friends, a potluck might be best. Just plan everything ahead so the day will be a success without a ton of work and stress on your part. As the host, you might offer to do the turkey or meat yourself. Then ask each person to bring one or two specific types of dishes. For example, ask a couple of friends to bring a vegetable dish. Ask them to let you know in advance what specifically they plan to bring so you don't have multiples of the same vegetable. You can assign a couple of other guests to bring dessert, and another to bring dinner rolls and snacks.

For beverages, you could offer to supply soda. But ask everyone to bring their own alcoholic drinks. Or, if you know everyone likes beer or wine, ask each person to bring something to share so you can all enjoy

tasting and a variety.

Additional items you can ask guests to bring include ice, coolers, tableware, serving utensils, folding chairs, folding tables, and tablecloths.

In addition to the day's main event – delicious food – you could also plan for some form of entertainment. Put together a variety of music to fit everyone's tastes. You could also play cards or games. If all your guests are football fans, it couldn't get any easier.

Will any of your guests bring their kids? If so, have a clean childproof room available where they can play away from the adult ruckus.

Whatever way you choose to spend your day, the most important thing is to enjoy it and know you're in good company — whether it be in the company of acquaintances, friends, or your own.



## Find unique handcrafted gifts at the Beary Merry Christmas Show

It's holiday shopping time at the 36th annual Beary Merry Christmas Show Handcrafted Market on Wednesday, November 30 and Thursday, December 1 at the Normandy Party Center in Wickliffe.

This craft extravaganza showcases over 50 talented artisans from Ohio and Pennsylvania, displaying unique holiday gifts for your shopping pleasure. The show will again feature a deluxe Chinese raffle extravaganza to benefit Susan G. Komen for the Cure Northeast Affiliate. This will include over 50 baskets for all members of the family including lottery tickets, spa packages, variety of dinners, sports items, toys, family fun and more. Delicious lunch and dinners catered by Normandy Party Center will be available for purchase. Admission is \$3.00.

Beary Merry organizers are excited to announce that family owned and operated Monreal Srnick Funerals & Cremations of Eastlake is their corporate sponsor this year. They are celebrating their 130th anniversary of creating memorable remembrance

services in our community and will be sponsoring hourly door prize drawings.

Once again, the show is collaborating with Asa Cox and Asa's Angels, a support program for families in need in the community during the holidays. She distributes over 15,000 toys, helping more than 3,000 families. Each family is personally interviewed and provides a wish list for their children.

During the Beary Merry Show, toys will be collected for her annual Christmas outreach drive for kids. Her goal is "to make all children smile on Christmas morning" and Beary Merry is here to help! Bring a toy to the show and make a child happy this Christmas. Please support this "beary" worthwhile cause.

Mark your calendars! This is one holiday market you do not want to miss!

If you have questions, contact Denise McPherson at 216-481-9229 or bearymerry@roadrunner.com. Follow them at [www.facebook.com/TheBearyMerryShow](http://www.facebook.com/TheBearyMerryShow).

## We offer virtual appointments!



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As an attorney and business owner, Pamela Kurt has found a new passion — to support and to empower women to be the best they can!

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She is currently accepting new private coaching clients. Please contact her at [www.BestVersionYou.com](http://www.BestVersionYou.com) or [YourCoachPam.com](http://YourCoachPam.com) or call 440-721 8664 for a consultation to begin becoming the **BEST YOU**.

# Chagrin Falls girl wins national Girl Scout Gold Award

Girl Scouts of the USA (GSUSA) is recognizing the 3,500 members of the 2022 Gold Award Girl Scout class who identified the root cause of pressing issues in their communities, created sustainable solutions, and took action to earn the Gold Award — Girl Scouts' highest achievement. This year's class of world-changers invested over 300,000 hours in addressing real-life problems such as environmental sustainability, racial justice, mental and emotional wellness, and gender inequality in STEM.

This year, Gold Award Girl Scout Celia Hawk from Girl Scouts of North East Ohio (GSNEO) was a recipient of a national scholarship. After learning that 17 million tons of textile waste ends up in landfills annually (according to the Environmental Protection Agency in 2018), Celia decided to address the effects the fashion industry has on the environment. Celia's Gold Award was carried out in two parts — a website and an event. Her website, [clothingswaps.com](http://clothingswaps.com), was her space to share everything she learned about the practices of the fashion industry and their negative impacts on the environment.

She researched and wrote articles about greenwashing, a practice where companies market that they're environmentally conscious but, in reality, aren't making any notable sustainability efforts. Celia also wrote how-to guides for donating clothes you no longer wear, and how to check whether or not the brands you shop for are



Celia Hawk

sustainable.

One topic Celia found she was particularly passionate about educating her peers on was social media's impact on fashion. It is trendy to share "hauls" of clothing ordered from large companies, which often have unsustainable and unethical methods of production.

GSUSA's 111 councils were each provided the opportunity to nominate one of their outstanding Gold Award Girl Scouts to receive a national scholarship for over \$2,000 each. The GSUSA Gold Award Scholarship recipients represent

\$225,000 invested, made possible by Insight Global, The Coca-Cola Foundation, and Kappa Delta Foundation.

Gold Award Girl Scouts become innovative problem-solvers, empathetic leaders, confident public speakers, and focused project managers. They learn resourcefulness, tenacity, and decision-making skills, giving them an edge personally and professionally. As they take action to transform their communities, Gold Award Girl Scouts gain tangible skills and prove they're the leaders our world needs.

According to recent research, Gold Award Girl Scouts are more likely to fill leadership roles at work and in their personal lives and are more civically engaged than their non-Girl Scout peers. Eighty-seven percent (87%) of Gold Award Girl Scouts agree that earning their Gold Award gave them skills that help them succeed professionally. Seventy-two percent (72%) said earning their Gold Award helped them get a scholarship. Changing the world doesn't end when a Girl Scout earns her Gold Award. Ninety-nine percent (99%) of Gold Award Girl Scout alums take on leadership roles in their everyday lives.

Girls in grades K-12 can join Girl Scouts any time during the year to begin their Girl Scout journey. As girls grow with Girl Scouts, they learn hands-on leadership skills they'll use to make their mark through the Gold Award and beyond. To join or volunteer, visit [gsneo.org/join](http://gsneo.org/join).

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## Handmade Christmas Market

Wednesday & Thursday  
November 30 & December 1  
11 am – 9 pm

Normandy Party Center  
30310 Palisades Parkway  
(Off Euclid Avenue in Wickliffe)

- Door prizes – Beary Merry gift certificates every hour courtesy of Monreal Srnick Funerals & Cremations.
- Chinese raffle to benefit Susan G. Komen for the Cure.
- Asa's Angels community outreach toy drive.
- Lunch & dinner available for purchase.
- \$3 admission.

**FOLLOW US ON FACEBOOK!**

[www.facebook.com/TheBearyMerryShow](http://www.facebook.com/TheBearyMerryShow)



### TOY COLLECTION

Bring a toy to the show and support Asa's Angels and local families in need.



Corporate Sponsor

**Monreal Srnick Funerals & Cremations**  
[monreal.com](http://monreal.com)

## Cleveland Art hosts holiday markets

Cleveland Art is hosting its second annual Holiday Markets Friday and Saturday, November 11 & 12 and December 9 & 10 at Reithoffer's Art, Spirits and Entertainment in the Auburn Arts District at 17711 Ravenna Road in Chagrin Falls.

Local artisans will sell their products and Cleveland Art, a company famous for repurposing salvage into functional works of art, will be featuring a new line of furniture made of historical materials recently recovered from Cleveland's Terminal Tower.

The markets will be open Friday, 3–8 pm and Saturday, 11 am–6 pm.

Daily admissions cost \$10 per person, giving guests access to a unique, local shopping experience just in time for the holidays, as well as a selection of local beverages and charcuteries to enjoy in Auburn's most eclectic art gallery.

Reithoffer's Art, Spirits and Entertainment was founded in 2019 by Jason and Debby Wein, owners of Cleveland Art. The couple bought the property after the passing of its previous owner, Johnathan Reithoffer, a prominent character during his life in Auburn, who also had a keen eye for salvage.

The best craftspeople of this time will be at the Holiday Markets this year, with over a dozen vendors.

For more information and inquiries, please, email [events@clevelandart.com](mailto:events@clevelandart.com), and follow Cleveland Art and Auburn Arts District on Facebook and Instagram.



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[www.st-gabrielschool.org](http://www.st-gabrielschool.org)

## No shopping, shipping or waiting

Save 10–20% on annual passes to the Greater Cleveland Aquarium

Looking for a hassle-free gift giving idea? Black Friday (November 25, 2022) through Cyber Monday (November 28, 2022) the Greater Cleveland Aquarium is offering 20% off annual passes purchased online using the code Holiday20Aq.

“An annual pass is gift that's big enough to wow and small enough to wrap,” says GM Stephanie White. “You can give a year's worth of aquatic adventures hassle free—no shopping, shipping or waiting.”

Standard annual pass levels range from \$45 – \$130 (\$36–\$117 during the promotion) and include daily admission and other perks for one (adult/senior individual) to as many as eight (family/grandparent) named passholders. While the year-end promotion runs through December 25, the discount drops to 10% after the initial weekend.

Gift annual passes are valid for one year from activation by the gift recipient. “If you send a gift membership to your sister in December and she doesn't activate it until February, we extend the expiration through February of the following year to ensure she receives 12 months of event and gift shop discounts, free parking, members-only programming and other perks,” White explains.

Greater Cleveland Aquarium's holiday mem-



bership promotion isn't just for gift-givers. The discount codes can also be used by anyone purchasing an annual pass for themselves, rejoining after having lapsed as members or extending their current annual pass for an additional 12 months.

### 20% off pricing

- Senior Individual \$36 (originally \$45)
- Adult Individual \$40 (originally \$50)
- Senior Couple \$64 (originally \$80)
- Couple \$72 (originally \$90)
- Family/Grandparent \$104 (originally \$130)

\*Must purchase online between 11/25 – 11/28/22 using code Holiday20Aq.

For a complete list of Aquarium Pass levels, visit [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com). No returns or refunds.

St. Gabriel School PTU

## Christmas Craft Boutique

Saturday, November 12

8 a.m. - 3 p.m



**ONE DAY ONLY!**

# Lake County General Health District to provide home sewage treatment system repairs and replacements

A financial assistance program for Lake County residents

The Ohio Department of Health and the Ohio Environmental Protection Agency has continued a financial aid program for the repair or replacement of failing household sewage treatment systems. This program will provide \$13.3 million in funds to qualifying Ohio homeowners. The Lake County General Health District (LCGHD) applied for the funding and received \$150,000 from the Ohio EPA through the Water Pollution Control Loan Fund (WPCLF) to serve homeowners in Lake County.

## How much coverage will you get?

The grant will provide 100% of the total system improvement costs for eligible systems where the homeowner is at or below the federal poverty level. The guidelines for homeowners at 100% or below the poverty level are as follows:

- For 1-4 persons in a family/household, income must be at or below \$26,500.
- For 5 persons in a family/household, income must be at or below \$31,040.
- For 6 persons in a family/household, income must be at or below \$35,580.
- For 7 persons in a family/household, income must be at or below \$40,120.
- For 8 persons in a family/household, income



**Lake County  
General Health District**  
**Public Health**  
*Prevent. Promote. Protect.*

must be at or below \$44,660.

\* For families with more than 8 persons, add \$4,540 for each person.

\* Guidelines are based on total family income of all occupants who are 18 or older.

\* Homeowners with total income greater than \$133,980 are not eligible for WPCLF assistance.

There are separate income guidelines for families/households between 100% and 200% of the poverty level with an income over \$48,500 and for families/households between 200% and 300% of the poverty level with an income over \$72,750. For those income guidelines, call LCGHD at 440-350-2543.

LCGHD expects that between 10-15 systems can be repaired or replaced depending on the number of qualified households and the cost of each project. There is no deadline to apply. Funding will be awarded on a first come first served basis, so homeowners who believe they meet the income limits and other qualifications are encouraged to contact Chris Loxterman at the Lake County

General Health District (440-350-2543) to begin the prequalification process.

## What else does the Environmental Health (EH) Division at LCGHD do?

The EH Division manages and implements many programs and services for the residents and businesses in Lake County: mosquito control, food safety and inspections, storm water sampling, and many others. As colder weather approaches, EH at LCGHD also encourages Ohioans to pay extra attention to ways to prevent accidental carbon monoxide (CO) poisoning. CO is an odorless, colorless gas that can cause sudden illness and death if you breathe it. Here are some tips to prevent accidental CO poisoning:

- DO have at least one working CO detector and check the batteries regularly.
- Do NOT warm up or run your car inside a garage attached to your home.
- Do NOT heat your house with a gas oven.
- Do NOT burn anything in a stove or fireplace that is not vented.
- DO seek medical attention if you think you have CO poisoning.

For more info about other EH services and tips to prevent CO poisoning, visit [www.lcghd.org](http://www.lcghd.org).

## HO-HO-HOPING TO "SEA" SCUBA CLAUS?



## MERRY MEET & GREET @CLEAQUARIUM

Wednesday – Friday, December 14 – 16, 5 – 7:30pm  
Saturday & Sunday, December 17 & 18, 8:30 – 10am

Merry Meet & Greet include full Aquarium access, the unique opportunity to share "fish-mas" wishes with a scuba-diving jolly old elf AND a commemorative digital photo.

Limited capacity; advance tickets required.

216.862.8803 | [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com)



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Call today to schedule your own private screening. Please allow a minimum of 24-48 hours to schedule.



## Holiday Happiness: A Multicultural Celebration

Sunday, December 11 • 1:30 pm

Maltz Museum

2929 Richmond Road, Beachwood

Free with advanced registration

Everyone has a culture! This holiday season, young families are invited to explore the universal message of joy and peace across all faiths, cultures, and backgrounds through music, theater, art, and books.

Cultural organizations from across northeast Ohio will gather to share what they do to celebrate in winter. Enjoy a Hanukkah story performed by Mandel JCC's Playmaker's Youth Theater, hear Christmas music and poetry from Antioch Baptist Church's youth, hear readings of peace from the youth at Chagrin Valley Islamic Center, learn about kindness from Horvitz YouthAbility, and spend time in the multicultural story corner.

## Double your fun this fall with two new exhibits at the Great Lakes Science Center

Great Lakes Science Center is doubling the fall fun for families with kids of all ages when it opens a unique pair of hands-on special exhibitions, "Curious George: Let's Get Curious" and "Run! Jump Fly! Adventures in Action."

Perhaps no other character from children's literature better represents the Science Center's spirit of "Stay Curious" than Curious George. The little monkey with the insatiable curiosity has captured the imagination of millions of children and adults for more than 80 years. In this special exhibition, young children will enter the larger than life world of Curious George for a fun, and interactive math, science and engineering based adventure.

The Curious George exhibit inspires young children's natural curiosity as they explore early science, math and engineering concepts through hands-on interactive play. The immersive exhibit environment takes place in

the neighborhood where Curious George lives with his friend, The Man with the Yellow Hat. Guests will recognize familiar characters and places featured in the stories and the animated series as they navigate through a park, a sidewalk produce stand, construction site, mini golf course, farm and more.

In Run! Jump! Fly!, guests will rediscover the fun of being physically active in a noncompetitive environment. Families explore activities such as kung fu, surfing, snowboarding, yoga and climbing. Featuring the theme of action adventures popular in children's books and movies, the exhibition invites guests to jump into "Action Star Training" – play activities that build strength, coordination, balance and endurance.

Both exhibitions run from Saturday, October 22 through Sunday, January 8 and are included with the price of general admission. For more information, visit [GreatScience.com](http://GreatScience.com).



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Cardinal is a member-owned, full service financial institution open to anyone who lives, works, worships, or attends school in Lake, Cuyahoga, Geauga, Ashtabula, Portage, Summit, Mahoning, Trumbull, and Columbiana counties.

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# Thanksgiving signals transition

By Stacy Turner

In November, the change in weather indicates the end of the year will soon arrive. We prepare for a transition from autumn into the coming winter and with it, the beginning of a fresh new year. Crisp weather and the last of the fall colors give us hope as winter's frigid fingers grab hold. Snow will follow, covering late summer's beauty under its protective blanket for a much-needed rest. This transition reminds us that although autumn is ending and winter arrives, change is constant, and spring will return once again.

Growing up, the Thanksgiving meal took place between noon and one in the afternoon, meaning mom rose extra early to stuff the 20+ pound turkey and get it in the oven. All morning, the kitchen was a flurry of activity as each of us were pressed into service when we entered the kitchen, bleary eyed and looking for Cheerios. As the Macy's parade droned on in the background, there were potatoes and rutabaga to be

peeled and 'good' dishes to be set, and absolutely no time to dawdle. During most of the year, desserts were rare, so those offered at Thanksgiving were highly anticipated. A variety of special pies and cakes sat waiting for us when the dishes had been washed and the kitchen had been restored to order. The weekend was filled with board games and visits with family, where gangs of cousins ran around grandma's house making noise, while uncles smoked and played penny poker until their wives told them it was time to go home.

Time moved forward, whether we wanted it to or not, and visits to grandma's house became a happy memory. My siblings, cousins, and I transitioned through the next stages of lives, forging new traditions as we said goodbye to loved ones and welcomed new people into the circle of family. Today, my kids' experience of Thanksgiving is much different than my childhood. But in spite of the differences, the important things remain.



We spend Thanksgiving with my husband's extended family, a much smaller group than the extended family of my childhood. But every room in the house is filled to capacity, as everyone traveled hours from home to gather. The actual meal takes place between five and six pm, and the more relaxed schedule gives my mother-in-law (and anyone willing to help) all day to prepare. Like in childhood, dessert takes place after dishes are cleared, but it's very different from the desserts of my youth. While my mother-in-law insists on baking a pumpkin pie for traditions sake, the majority don't eat it. Instead, kids and grandkids fight over chipped teacups filled to the rim with butterscotch or chocolate pudding. It's the kind from a box mix, and before serving, each cup is topped with an abundant mound of whipped topping from a tub. Cups of pudding, on trays stacked two layers high, occupy an entire shelf in her extra refrigerator. Over the weekend when the stash of pudding is depleted, in lieu of baked goods, they move on to a variety of flavors of ice cream – there's no shortage of calcium in this family tree. While these new holidays differ from those I enjoyed as a kid, they're still similar in many important ways. The weekend is still filled with laughter, good food, and time spent with family.

As our little family has grown, holiday gatherings are evolving, too. My girls, as the youngest cousins, have watched as their older counterparts moved forward through college, to jobs, and toward families of their own. And once again, just like the holidays of youth changed, our family's holiday gatherings have begun to transition. Attendance at Grandma's over the last few holidays has dwindled, due to illnesses and conflicting work schedules, and whether cheap flights are available. And just as November signals the end of a year, Thanksgiving marks changes in the ways we gather. Although I miss the holidays when my girls and their cousins were small, I won't get bogged down by where we gather, who can make it, or even what we eat. I plan to take time to appreciate those I'm blessed to be with right now. After all, the only certainty is change.

So as Thanksgiving draws near and we look ahead as another year will soon come to a close, I'm blessed that despite the transitions, the important things remain constant. The holiday will still be spent with family, lots of laughter, and plenty to eat, just like it was when I was young. And whether your family gathering is large or small, I wish the same to you—plenty of desserts, whether you prefer pies or cakes, puddings or ice cream.



**HOLIDAY CRAFT SHOW**  
**SUNDAY, DECEMBER 4TH 12- 7 PM**  
**5750 Madison Rd. (Rt 528) \* Madison, OH**  
**grandrivercellars.com**

## Christmas Craft Boutique

Sponsored by St. Gabriel PTU

St. Gabriel School Parent Teacher Union is hosting its annual Christmas Craft Boutique on Saturday, November 12, 9 am–3 pm. Come and experience the high-quality craftsmanship of over 100 inspired artisans! Get a head start on Christmas shopping with unique, one-of-a-kind gifts! Admission is \$4.00 for 18 and older. Students and veterans are free. For more information, contact St.GabrielCraftBoutique@gmail.com. For updates and information visit Facebook: @StGabrielPTUCraftBoutique.

## Library Happenings

### Retro Video Game Club

Saturday, November 5 • 11 am  
Mentor Public Library  
Lake Branch  
5642 Andrews Road  
440-257-2512

Teens and tweens (sixth through 12th grade) can celebrate International Games Month with retro video games. Sign-up required.

### Teen Gaming Club

Saturday, November 19 • 2 pm  
Willowick Library  
263 E. 305th Street, Willowick  
440-943-4151

Make friends and play video games provided by the library, bring your trading card games to play against others, or play a board game. Grades 6–12 (Ages 11–18). Registration required.

### Candle Making for Kids

Monday, November 21 • 4 pm  
Mentor Public Library  
Main Branch  
8215 Mentor Avenue  
440-255-8811

Kids (ages 8–12) can make their very own candle, picking the color and the scent. Dress for a mess, just in case. Registration required.

### Charlie Brown Thanksgiving Lunch

Wednesday, November 23 • noon  
Mentor Public Library  
Main Branch  
8215 Mentor Avenue  
440-255-8811

Enjoy a holiday classic while eating a special lunch that Chef Snoopy would approve of. Registration required and open to all ages. Lunch served to children only. Those younger than eight must be accompanied by an adult.

### Miracle On Erie Street: A Day of Holiday Fun!

Saturday, December 3  
9:30 am–3 pm  
Willoughby Library  
30 Public Square, Willoughby  
440-942-3200

**Advent: Preparing for Christmas:** Learn about the season of Advent as preparation for Christmas and make an Advent themed craft. –9:30 am

**Santa Claus is Comin' to Willoughby Library:** Stop over to Willoughby Library and tell Santa what you want for Christmas! –10 am

**Holiday Music with Hip to That:** Get in the holiday spirit and enjoy some sounds of the season brought to you by the musical group Hip to That! –noon

**Hanukkah: The Festival of Lights:** Come and learn about the holiday and create fun crafts! –1 pm

**The Celebration of Kwanzaa:** Join Kulture Kids, experience a Kwanzaa table and learn the elements of the celebration through song with drumming. –2 pm  
Registration required for all times.



### SPOOKY BAT TREATS AT MORLEY LIBRARY

Kids enjoyed spooky bat treats that they made out of Oreos on Saturday, Oct. 8. For more fun fall events for all ages: [events.morleylibrary.org/calendar](http://events.morleylibrary.org/calendar).

STAY  
WARM  
AND  
DRY!

## Fall Sports and Fun at LNSP East!

### LIL KICKERS

#### Winter 2022-2023 Session

November 29–March 4

(Two weeks off around the Christmas holiday)

- 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.
- Choose one day per week to attend consistently.

Contact: Kylie Lee, [KLee@LNSportsPark.com](mailto:KLee@LNSportsPark.com)

### LIL SLUGGERS

#### Winter 2022-2023 Session

November 29–March 4

- Introduction to baseball for kids 2–5 years old.
- 10-week program for \$150 • Saturdays, 10 am (one hour)
- Nationally franchised child development program.
- Low student/instructor ratio (usually 4–6 kids per instructor).

Contact: Kylie Lee, [KLee@LNSportsPark.com](mailto:KLee@LNSportsPark.com)

### BIRTHDAY PARTIES

An event that will guarantee a winner!

LNSP offers customizable party packages which include food and beverage service, choice of sports activity and the assistance of a party coordinator.

Contact: Marilyn Srsen, [Marilyn@LNSportsPark.com](mailto:Marilyn@LNSportsPark.com)

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comes to  
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For the  
kids!

MORE INFO AT [WWW.PAINESVILLE.COM](http://WWW.PAINESVILLE.COM)

# 10 science-backed benefits of practicing gratitude with kids

By Sandi Schwartz

Only recently have scientists begun to study the benefits of gratitude. Vitamin G, as some like to call it, plays a critical role in health and happiness. Focusing on the positive boosts body, mind, and spirit. It gives us energy, inspires us, and transforms us. In a nutshell, it provides life with meaning by thinking of life as a gift. Don't you want to give this gift to your children?

## Top 10 benefits of gratitude

Dr. Robert Emmons is the world's leading scientific expert on gratitude. He conducted studies involving gratitude journals and found that when people regularly engage in gratitude, they experience measurable psychological, physical, and interpersonal benefits:

1. Feel better about their lives overall
2. Experience higher levels of positive emotions like optimism, enthusiasm, love, and happiness
3. Are kinder and more generous to others
4. Have fewer physical problems including pain
5. Exercise more regularly and eat healthier
6. Sleep better
7. Visit the doctor more regularly for checkups
8. Feel less stressed
9. Able to cope with stress more effectively and recover more quickly from stressful situations
10. Live longer—on average, being thankful adds seven years to our lives!

## How it works

Why does saying thank you have so many benefits for us? When we count our blessings, we interrupt the cycle of negative and fearful thoughts, which allows the stress system in our bodies to recover. Research shows that when we are thankful, we love our lives and want to make sure we stick around long enough to enjoy them. Also, when we receive praise from others, our brain releases the chemical dopamine, which encourages us to do more to receive such praise. This

makes us want to thank others and make them feel good as well.

## How to teach children gratitude

In her book "10 Mindful Minutes," Goldie Hawn explains that being thankful is not a natural instinct; children need to be taught how to do it. She asks parents to be a good example to their children by thanking them often. It is important to explain to our children why they are being praised. Another important tip is to be careful not to judge how our children express gratitude. Young children under age seven may not fully grasp the concept. It is not what they are thankful for, but that they are learning how to express gratitude that matters. If they want to be thankful for a toy, that is okay.

Keeping a gratitude journal is the backbone of gratitude scientific research. Anytime you read about gratitude, you will be asked to write down five points you are thankful for that day or week on an ongoing basis. Over time, you will begin to experience the benefits of gratitude such as stress reduction and optimism.

Some people don't care for the traditional journal approach; they may find it repetitive and boring. Fortunately, there are many ways to express gratitude as a family, such as starting a nightly gratitude prayer ritual. Each family needs to discover what is most effective for them. Plus, you don't want it to become an annoying chore—it is supposed to make you happier after all!

Here are some ideas for fun, creative gratitude journals using a variety of media. As technology changes and our children learn more about what they can do with computers, iPads, and iPhones, we should show them how to use these tools for something positive—for making them feel better.

## 5 ways to keep gratitude journals with your kids

**Blog:** Try setting up a family gratitude journal blog (password protected, of course). You can even involve grandparents and cousins, no matter how far away they live. You could introduce this idea at



the Thanksgiving table and challenge everyone to submit a post each week throughout the year.

**Audio Recording:** Children love to hear their own voices. You can have them record their journal on a phone or iPad. Once you have the recordings, you can get really creative by posting them online for others to listen to or you can even put it to music and create a song or rap using highlights of what they said.

**Videos:** Children also love watching videos of themselves. They will have a blast talking about what they are thankful for and watching it over and over. Maybe have them pretend to be reporters and their gratitude is the news of the day. Or they can act out scenes from the wonderful moments they had.

**Drawings:** For children who are more visual and artistic, ask them to draw or paint what they are thankful for at the time. You can then put the artwork together in a book organized by month or year. Create your own handmade journal or take pictures and use an online slideshow to present the images.

**Collage:** Looking for pictures in magazines or online to build a gratitude collage is a fun family project. And no artistic talent required! All that cutting is also a great way for your child to build fine motor skills.

Enjoy saying thank you with your children in these innovative ways. You can mix and match these media as well, such as posting videos on your gratitude blog.

*Sandi Schwartz is an author, journalist, and mother of two. She has written extensively about parenting, wellness, and environmental issues. As the founder and director of the Ecobhappiness Project, her mission is to inspire and educate families to build a nature habit to feel happier and calmer.*

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## The Craft Fair Before Christmas!

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50+ vendors,  
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All proceeds benefit  
the Class of 2023  
After Prom

Scan me for the event  
page to see who you  
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## Candy Land Gone to the Birds

November 19 through January 1 • 10 am–5 pm

Bring the entire flock back to Penitentiary Glen Reservation to experience a family-favorite holiday tradition—the childhood game of Candy Land — brought to life with an avian twist! It's all about birds, birds, birds as your adventure begins on a life-sized game board where YOU become the playing piece, moving from space to space through an enchanting holiday display of birds. Colorful habitats surround you, and familiar feathered friends are around every twist and turn.

While on your journey, stop at the pretend Wild Bird Clinic and try your hand at helping wildlife. At the very end, climb the bird tower and do some birdwatching, then slide down the spiral slide and play all over again!

But don't stop there — your visit continues with other fun activities at the Nature Center including special weekend programs, indoor and outdoor scavenger hunts, a holiday craft for kids, activity pages, wildlife programs, nature exhibits and more. A keepsake holiday key will be given



to each participant. Shop for unique nature-themed gifts at The Nature Store and relax with hot chocolate in Snowshoe Lodge. Snowshoe rentals are also available for the whole family (rentals available weather permitting).

Special Candy Land Gone to the Birds opens November 19 and is open 10 am to 5 pm daily through January 1. The exhibit will be closed on Thanksgiving, Christmas Eve, Christmas Day and New Year's Eve. Admission is free for all ages. Registration is not required.

Penitentiary Glen Reservation is located at 8668 Kirtland-Chardon Road in Kirtland.

For more info visit <http://goto.lakemetroparks.com/penitentiary-glen>.

## Christmas Connection returns to I-X Center November 18–20

Cleveland's 36th annual Christmas Connection is back, taking place Nov. 18–20 at the I-X Center. Visitors of the 2022 show will experience the magic of Christmas while finding great gift ideas from more than 450 exhibitors.

Favorite holiday songs will be performed on the stage while families stroll the aisles of exhibitors featuring everything from crafts, specialty foods and soaps to ornaments, wood creations, jewelry and more.

Features and attractions include:

- The spirit of Christmas will envelop guests as they walk down the decorated entryway to the tallest Santa in Cleveland – 30 foot – waiting to greet them!
- The holiday spirit comes to life with live entertainment on the stage where guests can relax and kick up their feet and sing along to festive entertainment.
- Visit with Santa, Mrs. Claus and the Elves in Santa Land. Kids can also bring their letters to Santa to mail in the Santa Mailbox. (Don't forget to bring



your camera!)

- Take a break from shopping to rest your feet and catch up on a classic Christmas movie in the movie area.
- Take a string art class hosted by Strung by Shawna in the craft area. (Small fee applies)
- Kids can shop in the Sugar Plum Shoppe featuring over 3,000 pre-wrapped gifts (under \$8.00 each), perfect for pint-sized wallets. The latest show information will be posted on [ClevelandChristmasConnection.com](http://ClevelandChristmasConnection.com).

### Ticket Information

\$14 general admission at the box office (adult admission)

\$12 general admission online at [ClevelandChristmasConnection.com](http://ClevelandChristmasConnection.com) (adult admission)

FREE children 12 and under

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# TOY & GIFT Ideas

## Build a playful holiday with LEGO®

The name 'LEGO' is an abbreviation of the two Danish words "leg godt," meaning "play well." It's their name and it's their ideal.

They believe that play, and LEGO® play in particular, has the power to transform a child's life. From the earliest age, play develops cognitive and physical skills critical to help children reach their full potential.

Visit [Lego.com](http://Lego.com) to discover a world of endless build opportunities.



**LEGO® Friends Ice Cream Truck**  
(41715)  
Ages 4+

Serve up a sweet treat for little builders who love food play with the LEGO® Friends Ice Cream Truck toy. It comes with LEGO Friends Andrea and Roxy mini-dolls, plus a cute dog figure. Kids build the cool truck then pretend to be the server making delicious frozen treats or play at hanging out with friends around the seating area.



**LEGO® Friends Stephanie's Sailing Adventure**  
(41716)  
Ages 7+

Give kids who love toy boats and cool vehicle models a gift they'll adore with Stephanie's Sailing Adventure. They can join LEGO® Friends Stephanie, who has achieved her dream of joining a crew who are attempting to break a world record time for sailing around the globe.

Authentic details such as a flexible sail and a ship's wheel that actually turns spark imaginative stories of

adventure on the high seas. This creative set also helps kids learn about the epic achievement of a world-renowned sailor when they take part in Stephanie's dream journey in which she gives her all in pursuit of sporting excellence.



**LEGO® Friends Olivia's Space Academy**  
(41713)  
Ages 8+

Inspire hours of endless space learning for science fans with a set that's filled with technically accurate features. This rewarding build produces a space academy with a classroom and mission control, a shuttle model and an observatory.



**LEGO® DOTS Big Message Board**  
(41952)  
Ages 8+

Kids and arts-and-crafts fans alike will love this LEGO® DOTS Big Message Board kit! Designed to invite self-expression and creativity, the set offers kids the chance to create and display customizable messages and change them to suit their mood, passions or room decor.

## eeBoo Puzzles

eeBoo has a wide selection of puzzles and other games for the whole family. They are committed to responsible sourcing and manufacturing.

They use 90% recycled board and vegetable inks to make the vast majority of their products. Visit [www.eebo.com](http://www.eebo.com) to see all their great products!



**DUTCH QUILT SAMPLER**  
1000-piece puzzle

Take on a real challenge and get ready for the thrill of completing this Dutch Quilt Sampler 1000-piece puzzle, an artwork in its own right. Illustrated by Anisa Makhoul and inspired by the mix-and-match designs of patchwork; the quirky hodgepodge of patterns, colors, and motifs featured in this activity make it both tricky and fun. What will be your favorite section?



**LONDON LIFE**  
1000-piece puzzle

This puzzle embodies all the daily hustle and bustle of this worldly city. Featured in this colorful and lively illustration are the famous icons and architecture that make this city on the Thames such a destination. London Life will also walk you through the gardens and marketplaces to meet the diversity of the locals and their neighborhood environments. Illustrated by Monica Forsberg.



**EQUATORIAL JUNGLE**  
1000-piece puzzle

Get closer to nature and feel the wild expression of the Equatorial Jungle with this 1000-piece puzzle. There's so much to see in this busy sunburned scene, illustrated by Gabriela Larios. From mountains high to jungle lakes deep, we love the explosion of color scattered across this landscape in both the creatures and their habitat. What will be your favorite segment?



**MOTHS**  
500-piece round puzzle

If you thought a humble moth could never be as beautiful as a butterfly, think again, with this round 500-piece round Moths puzzle showcasing their true wonder. Illustrated by Maria Over, this puzzle pieces together a variety of captivating moth species, framed beneath a moonlit sky. On completion, expect to sit back and realize how fascinating they really are.

Christmas is Sunday, December 25 | Hanukkah is Sunday, December 18 through Monday, December 26

# TOY & GIFT Ideas



**MAGNA-TILES® STRUCTURES®  
Daniel Tiger – So Many Feelings!**  
Ages 3+

Experience the world of Daniel Tiger's Neighborhood® as it comes alive with Magna-Tiles® Structures®. Your child will engage with their favorite characters through hands-on play! Introduce social and emotional learning with Daniel Tiger and friends while helping children identify their feelings. Show them how you can feel more than one feeling at the same time! Explore, play, and learn with all the innovative Daniel Tiger's Neighborhood® sets. Each set features your favorite characters all while encouraging creative thinking and imagination skills

This set contains one six-inch square, two six-inch rectangles, three three-inch rectangles and 12 three-inch squares.



**iPlay iLearn  
Large Pirate Ship Toys**  
Ages 2+

Ahoy! The Large Pirate Ship Toys from iPlay iLearn will have your little one sailing the seas as a pirate in no time. This set comes with a pirate base camp, a big pirate ship, a small pirate ship, five pirate figures, plus additional pieces such as a flagpole, a shark, a parrot and a treasure chest. Let your child's imagination run free with these friendly pirates!



**Klask**  
[www.klaskgame.com](http://www.klaskgame.com)  
Ages 8+

A popular pub game in Denmark, Klask is like a fast-paced table-top version of air hockey, only it uses multiple magnets and a small round ball. Players must use the magnetic handles under the board to control their playing pieces on top of the board.

The rules of Klask are simple, but to be a champion, you must master total control! Simply knock the the ball into your opponent's goal to score but be careful around the little white magnets and your own goal.



**iClever Kids  
Bluetooth Headphones BTH14**  
Got a gamer in the family? Maybe a student remotely joining school? This Bluetooth-enabled headset features a 360-degree rotatable design so they can easily point the mic when it needs to be for flawless conversation and clear online interaction without delays or distortions. And besides the high-quality sound, the sleek design and USB-C port means these guys will go wherever your kids take them!

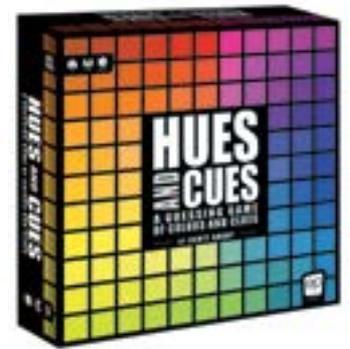


**Star Belly Dream Lites®**  
Ages 3+

Star Belly Dream Lites® are the new huggable, plush night lights perfect for kiddos at sleepovers, traveling or for those afraid of the dark! Star Belly Dream Lites comes in different animal and color variations. Made of a huggable, soft and plush design, Star Belly Dream Lites are perfect for snuggling and cuddling at bedtime. The button of the belly turns on the night light and it projects a starry sky onto the ceiling, instantly, illuminating your child's room to help them feel safe and calm.

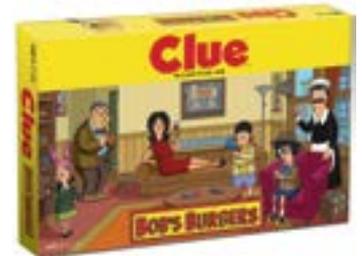


**iClever Kids  
Bluetooth Headphones BTH12**  
Kid-safe with three distinct volume modes, these Bluetooth-enabled headphones boast a long battery life with 40 hours – and they're incredible fast to charge, just 10 minutes provides 4 hours of playtime, thanks to the USB-C cord. One button control allows your children to play, pause, answer and end phone calls. The built-in mic provides hands-free freedom whether studying, doing homework, in the classroom or playtime.



**Hues and Cues**  
Ages 8+

Hues and Cues is the award-winning vibrant game of colorful communication where players are challenged to make connections to colors with words. Since everyone imagines colors differently, connecting colors and clues has never been this much fun!



**CLUE® Bob's Burgers**  
Ages 8+

Bob's Burgers Clue® features a custom illustrated game board, where players attempt to solve the crime of WHO killed "Ned Boddy" at Linda Belcher's dinner party, WHAT weapon did they leave at the scene of the crime, and WHICH room of the Belcher apartment did they do it in?



**iPlay iLearn  
Girls Pretend Play Doll House  
School Set w/ Portable Backpack**  
Ages 3+

Take playtime on the go with this fun set from iPlay iLearn! Your little one now has the ability to decorate the place they are dreaming of, whether it's at home, the park or even school. The best part is, when they are done they can easily pack the set into the cute backpack that comes along with it!

## SILLY HOLIDAY JOKES (REALLY SILLY!)

What did the stamp say to the Christmas card? Stick with me and we'll go places!  
 Why is it getting harder to buy Advent calendars? Their days are numbered!  
 What do you call an elf that can sing and dance? Elfis.  
 What do you call a broke Santa? Saint Nickel-less  
 What do you call Santa when he takes a break? Santa Pause.  
 How does a sheep say Merry Christmas? Fleece Navidad!



# November is National Adoption Month



## Call us to learn more about adoption.

Adoptive parents are caring people who have opened their hearts and homes to the children of Lake County. These children are in need of a permanent home after reunification with their birth families is no longer possible, nor in their best interest. Adoption is a legal process which creates a lifelong commitment between parents and children who are not born to them. The Lake County Department of Job and Family Services will conduct adoption only home assessments for residents of Lake County only. Potential adoptive parents must be interested in providing care to “special needs” children.

Call the Adoption line at:

**(440) 350-4218**

or email:

**Eugene.Tetrick@jfs.ohio.gov**

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

