

# TODAY'S family

March 2023

Lake Geauga

Spring  
Discovery  
Days

Greater  
Cleveland  
Aquarium

## Project Hope For The Homeless

Celebrating 30 years

5

Reasons to  
donate to  
Goodwill

## ORCHIDS FOREVER

Open through March 12 at  
Cleveland Botanical Garden

## Mom Meltdowns

Why they are OK

## Obsessive Compulsive Disorder

What you should know

IT'S TIME TO  
*EXPLORE!*

Summer  
Camp  
Guide

Take time to appreciate the little things.



SPRING DISCOVERY DAYS

MARCH 11 – APRIL 16

216.862.8803 | greaterclevelandaquarium.com



# TODAY'S family

Lake, Geauga & Cuyahoga Counties

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## Spring Discovery Days at Greater Cleveland Aquarium

Event spotlights small species March 11–April 16

Greater Cleveland Aquarium invites you to appreciate life's little things via videos, contests, daily animal encounters and I Spy with My Little Eye activities during its Spring Discovery Days, from March 11–April 16.

“While the ragged-tooth sand-tiger sharks gliding through the Aquarium’s 230,000-gallon shark habitat are always going to make a big impression, we hope guests will stop to appreciate some of the smaller species—from the burrowing garden eels to delicate weedy sea dragons,” says Stephanie White, general manager.

Situated inside a historic brick powerhouse, the Flats West Bank destination’s many freestanding habitats offer up-close, child’s-eye-, 180- and 360-degree views. “The creative design of these habitats let you get a closer look,” says White. “You can watch schooling redhook silver dollars zip around in unison, see a sea star’s tiny tube feet move it



across the acrylic or identify the thin horseshoe-shaped markings that give the arc-eye hawkfish its name.”

In addition to Aquarium activities, on Thursdays, March 16, 23 & 30 and April 6 & 13, northeast Ohio traveling animal educator Nora the Explorer will give guests of all ages the opportunity to learn about, get close to and even touch some remarkable little critters.

[www.greaterclevelandaquarium.com/event/spring-discovery-days](http://www.greaterclevelandaquarium.com/event/spring-discovery-days)

## 1,000 Trees For Earth Day

Geauga Park District is planting 1,000 trees at Veterans Legacy Woods, and now you can join in to help “reforest the fairways” – restoring this former golf course to a more natural state in celebration of Earth Day 2023!

There are multiple ways to get involved, with additional details posted at [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org):

**Back the mission with funding.** Sponsorship packages offer a variety of opportunities to promote your business or organization while we work together to help our environment. Send support by credit card or check.

**Team up to help plant and protect.** Volunteer packages offer recognition and take-home gifts for groups who plant trees on Thursday, April 20, Friday, April 21, or a fall date to be determined. Volunteers will work together to plant young trees and build fencing for their protection. Create a team of friends, family or coworkers – or, if you work in human resources or own a small business, consider engaging your employees in a wellness day they won’t soon forget!



A public tree planting at Veterans Legacy Woods will also be held Saturday, April 22, which is Earth Day itself. Please note, however, that attendance will be limited. To register beginning March 20 at 10 a.m. (for Geauga residents; March 27 at 10 a.m. for out-of-county residents), visit [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org) and click “programs & events,” then April 22 on the calendar, or call 440-286-9516.

# Seafood Buffet

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# Mind Game

## Obsessive Compulsive Disorder

By Kimberly Blaker

An estimated 2.3% of adults have obsessive compulsive disorder (OCD), according to the National Institute of Mental Health. For many, the symptoms begin in childhood or adolescence. This anxiety disorder is a neurological malfunction that creates unrelenting, intrusive thoughts, and extreme anguish for those affected. Obsessions range from unbearable worries about contamination to believing they have run over someone while driving. These fears can be alleviated only one way—by acting out compulsions, which become repetitive acts of checking and rechecking to ensure the fear is unfounded.

OCD was added to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-III) in 1987. Yet many people still live with its destruction unaware there's treatment

or even a name for their bizarre fears and behaviors. Add to that, "Families often don't know that they have a sick child," says Judith L. Rapoport, M.D., in "The Boy Who Couldn't Stop Washing." Children may keep their obsessions and compulsions a secret to avoid appearing crazy.

The devastation of OCD isn't seen in just the adult or child with the disorder. OCD negatively impacts the whole family. Families often destruct from the stress caused by the disorder. It's not unusual for the OCD sufferer to rely on family members to help alleviate their fears. The afflicted person may insist that a child, parent, or spouse check electrical outlets or may badger loved ones with constant questions for reassurance.

Many individuals with OCD fear contamination. Often, family members get banned from specific rooms or areas to prevent contamination of the areas. Family members may also



be required to live up to unreasonable standards of cleanliness to satisfy the person with OCD.

In other homes, compulsions such as hoarding are so out of hand the home becomes a maze. Family members must maneuver through narrow trails and stacks of boxes and clutter.

### What's the cause?

In OCD, the brain is essentially stuck, according to many researchers. It replays a particular thought over and over again, like a broken record. In other words, it tricks the individual and they cannot trust their judgment. Those who don't understand OCD often tell the afflicted, 'Why don't you just stop?'

But it isn't that simple. Researchers believe the disorder is neurobiological. Therefore, the obsessions are not a matter of choice. Differences have been found in the brain of OCD sufferers through brain imaging techniques. Some studies have found abnormalities in the neurotransmitters, such as serotonin. The occurrence of OCD is also higher in families with depressive and anxiety disorders. For most people with the disorder, there's no known event that relates to their particular obsession(s). Still, researchers feel environmental stressors may play at least some role in the development of OCD for those who are biologically predisposed.

### Is there help?

Although there's no known cure for OCD, there are several treatments available. The two most common, effective, and proven forms of treatment for OCD are psychotropic drugs and cognitive behavioral therapy (CBT). Many doctors recommend medication in combina-

tion with CBT. Medication helps to normalize brain dysfunction making people more receptive to CBT. Then they can learn techniques through CBT to relieve or stop the intrusive thoughts and control compulsive behaviors.

There are also several treatments marketed for which there is not a preponderance of evidence to support their effectiveness. These include hypnotherapy, psychosurgery, and electroconvulsive therapy (ECT). So caution should be exercised if considering these methods.

The severity of untreated OCD generally tends to worsen over time. It can become completely debilitating. If someone in your family has symptoms of OCD, contact your mental health care provider for a confidential evaluation. With proper treatment, many OCD sufferers can lead healthy and productive lives.

### Common obsessions

- Fear of running over someone while driving
- Fear of contamination
- Fear of harming others
- Fear of blurting obscenities or insults
- Preoccupation with a part of the body
- Violent, horrific, or disgusting images
- Superstitions or persistent thoughts of lucky/unlucky colors, etc.
- Extreme concern with religious issues, values, or morals

### Common compulsions

- Repeated checking of doors, ovens, locks, plugs, or other items
- Repeated rituals such as counting or going in and out of doors a specific number of times, among other rituals
- Excessive arranging and rearranging
- Hoarding or collecting mail, newspapers, food, or other items
- Repeated confessions or asking repeated questions for reassurance
- Prolonged or repeated bathing or handwashing
- Repeatedly checking for mistakes

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Contact the LCDJFS to learn more about becoming a foster parent.

Call the Foster Care line at:

**(440) 350-4218**

or email:

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

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



There's nothing wrong  
with having a  
**MOM  
MELTDOWN**

By Gina Rich

I remember the most recent moment when I snapped. My kids and I had just returned home from school. "Go to your rooms," I said in a cold and gravelly voice that didn't sound like my own. "Now!"

Tears and whimpered protests followed. I threw up my hands. Now I was yelling, the intensity of my anger surprising me. "I don't want to hear it! Don't even look at me. Go."

You might deduce from this story that I am a cruel, hardened monster. But let me explain: Really, I'm a nice person. If you bumped into me in a crowd, I'd probably smile at you and let you go ahead of me. I've always hated conflict and confrontation. So when it comes to my kids' various everyday offenses, my strategy is usually to let it go.

But maintaining this peace comes at a cost. The anger, the frustration, and all the icky emotions



that I make a conscious decision to suppress in favor of not rocking the boat are buried only temporarily. Fueled by the typical aggravations inherent in raising small children — the incessant bickering, the whining, the sass, the Play-Doh that gets stuck in the carpet — those feelings quietly gather strength. They build up, and up, and up, a heavy weight that festers in my chest, until one

day I can't hold them in anymore, and I finally explode.

This is what happened that afternoon when I morphed into angry, mean mama. The morning hadn't gone well, both girls arguing so much that they almost missed the bus. Later, on the car ride home from school, we all enjoyed a tenuous peace for approximately 47 seconds until my oldest



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daughter did something to annoy her sister. Little sister promptly expressed her displeasure by shrieking like a parrot on steroids. The high-pitched noise got under my skin. I could feel a headache coming on. And I decided, finally, I am not taking this nonsense today.

So after roaring at the kids to go to their rooms, I paced the kitchen, waiting for my husband to arrive home from work. As soon as he got in the door, I announced, "I just can't deal with them right now."

I grabbed my car keys and drove aimlessly into town, pulling into a parking lot where I sat with the engine running. Fuming, flipping the radio on and off, tears pricking my eyes. As the sky darkened around me, my breathing slowed and the heaviness in my chest started to lift. At last, I headed home.

When I walked into the kitchen, my daughters were running toward me with hugs and apologies, thrusting a card into my hands. "Dear Mama," it read, "we're sorry we were notty."

What was left of angry, mean mama fizzled out when I read those words. I apologized to the kids for yelling, and explained why their fighting upset me so much: It made me sad and angry to see them arguing, because I know how much they love each other. We talked about the need to respect each other's feelings and personal space. They promised to be better, and I knew they would be — for a little while at least. And then we moved on.

Do I think it would be better to worry less

about being nice, to be more assertive with my kids instead of letting stuff go, to voice my frustrations more regularly so that those emotions wouldn't simmer and periodically burst out into an adult version of a temper tantrum? Yes, I do. And I'm working toward this.

But I also believe there's no one right way to deal with the complex emotions of motherhood. Each day, all of us are doing our best to navigate the delicate trade-off between keeping the peace and retaining our sanity. I used to think there were perfect moms out there who constantly had their ducks in a row, who effortlessly and lovingly taught their kids discipline and respect without ever raising their voices or having a nervous breakdown themselves. Now I know better. A mom who is calm and in control 100% of the time falls into the same category as trolls, unicorns, and husbands who never leave their socks on the floor — she does not exist.

Whether you find yourself having a meltdown every day or once a year, you are not a monster. Sometimes those meltdowns are necessary. They get us back to our baseline, back to a quiet space where we can breathe, to a place where we know our needs and our feelings were heard and acknowledged. They remind our children that we are not perfect, that their conflicts can affect others deeply, and that adults struggle with big feelings, just as kids do. And if we are open to it, the aftermath of a meltdown can be a natural opportunity to reconnect with our loved ones, and to reaffirm how we all want to be treated.

## Time for Girl Scout Cookies

Girl Scouts in northeast Ohio are kicking off the 2023 Girl Scout Cookie season. Every box of cookies sold provides invaluable experiences for Girl Scouts such as service projects, troop travel, and summer camp for girls.



New Raspberry Rally™ Cookie

New to the lineup this year is the Raspberry Rally™ — a thin, crispy cookie infused with raspberry flavor and dipped in chocolate coating.

Beginning February 27, consumers can enter their zip code into the Girl Scout Cookie Finder at [www.gsneo.org/findcookies](http://www.gsneo.org/findcookies) to purchase cookies online from a local troop for direct shipment. And from March 10-26, consumers can purchase their favorite cookies like Thin Mints®, Samoas®, and Tagalongs® at Girl Scout Cookie Booths throughout northeast Ohio.

### To purchase Girl Scout Cookies this season

If you know a Girl Scout, ask how she's selling cookies via the Digital Cookie online platform.

Don't know a Girl Scout? Visit [www.gsneo.org/findcookies](http://www.gsneo.org/findcookies) and submit a customer cookie request form to be connected with a local Girl Scout troop.

Beginning February 27, enter your zip code into the Girl Scout Cookie Finder at [www.gsneo.org](http://www.gsneo.org) to find a local cookie booth or to order online from a local troop.

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# Five reasons to donate to Goodwill

Donating your unwanted clothes and household items can be just as powerful as a financial donation.

To many households, the warmer weather means it's time for spring cleaning. This annual endeavor is a way to organize and declutter your home. Changing out wardrobes to warmer weather clothes is also a reason to host a 'see what fits' session and clear out clothing items that no longer fit.

Once the cleaning and purging is complete, most families will have a huge box or multiple bags of items no longer needed or wanted. Those unwanted items can actually be a powerful tool to help your local community...when you donate the items to Goodwill. Why Goodwill?

**Making a difference.** When you donate your gently used clothing or household items to Goodwill, the revenue generated from selling those items in local stores supports local mission programs. With your donation, Goodwill provides job training for individuals with disabilities or other barriers to employment, family strengthening programs, emergency vouchers and even care to survivors of sexual assault. Last year alone, Goodwill served more than 14,000 individuals in our community thanks to donations.

**Getting organized.** Putting in the effort of getting organized, especially if this organization extends to multiple areas of your life, can help



reduce stress levels long term by requiring less last-minute scrambling in a variety of everyday situations.

**Recycling.** Donating your items to Goodwill, instead of throwing them in the trash, means less garbage in our landfills. Last year, more than 18 million pounds of goods were diverted from area landfills because people chose to donate items instead of throw them away. If someone else can wear it – why not donate it instead?

**It's convenient.** The local Goodwill offers more than 30 area donation centers. Log onto GoodwillGoodSkills.org to find a donation center near you.

**A reason to shop.** Thrift shopping is quickly

becoming the go-to way for individuals and families to update their wardrobes or household items for a fraction of the price. Shopping at Goodwill stores is a treasure hunt and can produce one of a kind finds for a fraction of retail prices. And, shopping at Goodwill supports vital outreach programs.

Local Goodwill stores have a critical need for donations at this time.

"We have a tremendous need for donations right now," explained Maureen Ater, vice president of marketing and development. "Donations are critical to provide product for our stores, and ultimately fund essential services to our community."

Locally, Goodwill operates 28 outreach programs that supported more than 18,000 local residents last year. Programs like job training for people with disabilities, parenting classes, hot meal programs and more, are all funded through donations and sales at area stores.

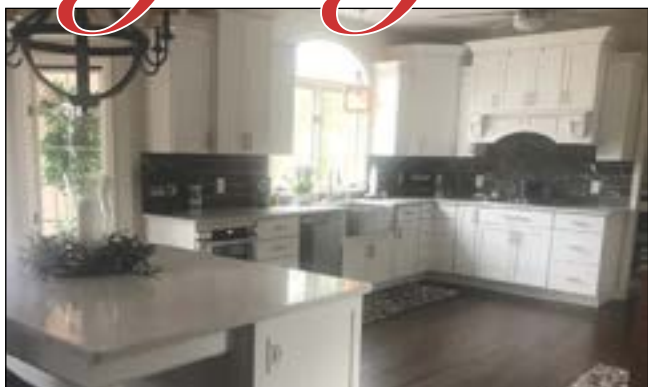
Household items are the greatest need for Goodwill.

"We have an urgent need for pots and pans, dishes, holiday décor, knick-knacks and small appliances," added Ater. "Donations to Goodwill are much needed and truly change lives for good."

Goodwill can also provide tools to help area businesses or agencies host donation drives. Donations to Goodwill are tax deductible.

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## Unique Events at the Lake County History Center!

**Women's History Luncheon | March 18 • noon**

**\$40 members, \$45 nonmembers**

Golden Age of Hollywood with Louella Parsons and Hetta Harper. Menu: Spring salad with balsamic dressing, chicken cordon bleu, risotto, green beans almondine, fresh fruit cup.

**Boys of Summer | April 30 • 4 pm**

**\$38 members, \$40 nonmembers**

Jim Ingraham discusses his book "Mike Hargrove: A Baseball Life." Admission includes the cost of the book. Extra guests are \$20. Hot dog bar and baseball food will be served.

**Brunch with the Easter Bunny**

**March 25, 26, April 1, 2 • 11 am and 1 pm**

**\$17 adults, \$13 Ages 4-12, \$4 under 4**

Enjoy brunch with the Easter Bunny and have a photo opportunity. All children under 12 will receive a take home Easter egg hunt kit that has a dozen plastic eggs filled with candy and surprises.



**Bite of History | April 20 • noon**

**\$18 members, \$20 nonmembers**

The topic is Mound Club Mystery

**Spring Tea | April 29 • 1:30 pm**

**\$20 members, \$24 nonmembers**

Visit with Cassie Chadwick, Cleveland's most famous con artist in the early 20th century.

**Para X | May 5**



Call the History Center for reservations at  
440-639-2945 or visit [LakeHistory.eventbrite.com](http://LakeHistory.eventbrite.com).

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## Why do I need a water softener?

What are some things that you can look at to see if your current softener is working or if you need one in your home?

1. Do your faucets have watermarks, even though you just cleaned them?
2. Is there excessive lime and chalk buildup on the walls of sinks and showers in your home?
3. Are your white clothes dingy or your colors fading unusually fast?
4. Does your water taste or smell wrong?
5. Does your skin and hair feel dry or itchy after a shower?
6. Do you have low water pressure?
7. Do your appliances break quicker than they should?
8. Do your dishes have watermarks and residue on them when they dry?

If you are experiencing any of these issues or concerns, a water softener may be right for you. Call



today to schedule a home visit by a water treatment specialist to test your water for FREE. They can help you decide what kind of system will work for you.

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Photo courtesy of Holden Forests and Gardens

## Cleveland Botanical Garden's Orchids Forever show

Be amazed by orchids at every turn at the Cleveland Botanical Garden's annual flower show, Orchids Forever. Open now through Sunday, March 12, escape to a tropical paradise and bring stunning colors into your life with Orchids Forever.

Tickets are on sale now. Purchase tickets in advance at [holdenfg.org](http://holdenfg.org).

Guests will be presented with remarkable visuals of orchids and neon-colored lights throughout the indoor garden and rainforest biomes, a dreamscape for flower lovers, and endless photo opportunities for all.

Showcasing over 100 different types of orchids, Orchids Forever will display more than 3,000 flowers from all over the world.

Orchids Forever admission is \$20 per adult and \$14 per child ages 3-12 (free for children two and under). Admission is free for Holden Forests & Gardens members.

The Botanical Garden is at 11030 East Blvd., Cleveland, Ohio. Indoor parking is available for a fee based on availability.

For complete details about Orchids Forever, visit [holdenfg.org](http://holdenfg.org).

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- Weekly chapel
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# Building Connections Through Collections

By Stacy Turner

Children have more of a tendency to be natural collectors than adults, according to psychologists. Experts also note that building collections have many valuable benefits, like helping teach kids responsibility, budgeting and sharing experiences. From stacks of stickers or baseball cards to toy figures or vintage cameras, sharing what we love brings joy. And getting absorbed in collections can help reduce anxiety, making this activity worthwhile for accumulators of all ages.

But amassing collections is a personal decision, something we learned when Grandma decided that each granddaughter should receive a porcelain doll on their birthday. As they opened their gifts, Grandma shared memories of the beautiful dolls she coveted as a girl and gushed over the fancy hairdos and pretty dresses of the ones she gifted them. While they thanked Grandma for the gesture, the girls were at an age where they were no longer interested

in dolls. Apparently, Grandma was unaware of all the horror films featuring lifelike dolls. We were all put on edge by lifeless eyes that popped open each time a doll was picked up.

No one could sleep a wink until each “creepy” doll was packaged up and safely stored on a shelf in the basement, far away from their bedrooms. Much later while spring cleaning we found them again, plotting together on the shelf, looking as frightening as we all remembered. On a whim, my husband decided to post them on eBay to see if anyone might want them. We were shocked and amazed at all the interest they received. People from all over asked questions about their skin – porcelain, and their hair – was it real? And very specific questions about their clothing. In the end, each doll ended up finding her way into the hands of someone who really wanted her, which I think was Grandma’s goal. And our girls then began collecting things that were meaningful to them.

When they were younger, they amassed quite a collection of Littlest

Pet Shop (LPS) toys – those small, brightly colored plastic animals with oversized noggins and adorable eyes. Figures and their accessories, including a large pet shop and clubhouse were the ideal gift at many Christmases and birthdays. My girls even inherited some ‘vintage’ figures from their older cousins. They could spend long stretches of time playing indoors with their collection of pets. One warm morning, the girls decided to take their plastic turtles outside to “swim” through the stream of spring run-off that ran through the pipe under our driveway. The one at the start, usually the eldest, started the 3-2-1 countdown with the younger joining in. At three, a turtle would be launched through the tunnel, and into my younger daughter’s waiting hands. It worked quite well until the rainwater slowed and the toy’s tiny magnet in the foot attached to the metal pipe somewhere underground. With adult intervention and strategic work with the garden hose, they were able to free the pet. The excitement of the dramatic rescue operation was something they talked about for days afterward.

In high school, our oldest took an interest in plants and her bedroom windowsills – the ideal place to propagate plants and cuttings – sprouted forth with life. With all manner of small pots and trays covering every sunny surface, it was controlled chaos in an otherwise orderly space. As a bonus, as she tended plants, my daughter was rewarded with cuttings to share with friends and family. About a month before she left for college, she began the arduous task of selecting just two special plants to take to college. Since she’d be sharing the tiny dorm with a roommate,



Littlest Pet Shop Sea Turtle w/ Surfboard

she couldn’t commandeer the entire windowsill for her family of plants. She entrusted a handful of pots to her sister and me with specific instructions for their care and upkeep. She adopted out the remaining plant babies to friends, each with a handwritten card that marked out when to water them. I’m not sure how her friends’ plants are faring, but here at home, her little buddies are thriving. It seems my daughter’s green thumb has rubbed off on us, proving that the best part of collecting happens when you can share it.

Although your kids may not have much to say about their school day, they’ll have a lot to say if you ask about that thing they’re super excited about. Why not make time to get on the floor with your kids to play Paw Patrol? Think what you might gain if you take an interest in the things they enjoy. They may even want to hear about some of the things you like, too. Maybe liven up a rainy weekend by dusting off that stack of puzzles, board games, vintage video games or movies you’ve collected to entertain your family. Whether you’re the collector or you can learn about someone else’s interests, the best collections are those shared with ones you love. And if creepy dolls are your thing, I hear you can find some great ones online.

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### Party Planning Guide

Over 30 great local places to host your child’s special day.  
 Click on “Directories”



### Private School Guide

Nearly 40 listings of local private and religious schools.  
 Click on “Directories”

# It Won't Happen to Me

Is your family protected in the case of a freak accident?

Imagine a child and his friends playing with the family puppy in the backyard. Suddenly the dog bites one of his friends in the face causing permanent disfigurement. The owners of the puppy are legally liable for the loss, but the limits on their homeowners policy aren't enough to cover the damages.

Now imagine a family heading to its favorite restaurant for dinner on a rainy night. Slippery conditions cause the car to slide off the pavement onto the shoulder. The driver over-corrects, sending the family car straight into the path of an oncoming vehicle. The family's automobile liability coverage isn't enough to pay for the injuries to the other car's occupants.

Think it couldn't happen to you? The stark reality is that accidents such as this happen nearly every day. Fortunately, should the unthinkable occur, protection is available with a personal umbrella policy.

While it's easy to assume that a personal umbrella policy is only for people with substantial assets, the truth is anyone is at risk of being held liable for an accident. Settlements of \$1 million or more have become commonplace and if you don't have umbrella coverage, you'll have to pay whatever costs exceed your primary insurance policy directly out of your own pocket. Where



will you find the money? Your children's college tuition savings? Your retirement savings? Your home?

A personal umbrella policy offers you an unbeatable layer of protection — you can select limits of \$1 million up to \$10 million in coverage — over the coverage limits you already have from your automobile, homeowners, or other personal insurance policies.

In the examples above, the personal umbrella policy would pay the difference between the primary policy coverage limits and damages amount,

up to the limits of the personal umbrella policy.

While the odds are more likely you'll need the protection of a personal umbrella policy for liability from an accident, you'll also receive coverages not usually included in your basic policies such as libel, slander, false arrest, false imprisonment, wrongful eviction, violation of privacy rights, and wrongful detention. Many personal umbrella policies even pay your defense costs on losses where you're found not legally liable. This is additional coverage which could save you thousands of dollars in legal defense fees.

Contact the Corsaro Insurance Group and ask how you can further protect yourself, your family and your future with a personal umbrella policy.

**Courtesy of the Corsaro Insurance Group and Auto Owners Insurance.**

Matthew Corsaro is the president and owner of the Corsaro Insurance Group in Mentor. 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.

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## ST. PATRICK'S DAY HISTORY

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

### Who was St. Patrick?

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

### When was the first St. Patrick's Day celebrated?

Since around the 9th or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772 to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

### What do leprechauns have to do with St. Patrick's Day?

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13 but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.

To learn more about St Patrick's Day visit [www.history.com](http://www.history.com).



Photo: © by Roger Mastroianni

## The Cleveland Orchestra Youth Orchestra

Established in 1986, the Cleveland Orchestra Youth Orchestra (COYO) is a full symphonic ensemble comprised of 100 young musicians drawn from 40 communities in 11 counties across Northern Ohio. COYO provides serious young music students of middle-high school age with a unique preprofessional orchestral training experience.

Youth Orchestra members are coached regularly by Cleveland Orchestra musicians. A member of The Cleveland Orchestra conducting staff serves as the COYO music director, and the majority of rehearsals and concerts take place in historic Severance Music Center. Youth Orchestra members also have opportunities to meet and work with world renowned guest artists and conductors appearing with The Cleveland Orchestra.

The Youth Orchestra annually presents three subscription concerts in Severance Music Center and

three or more "community outreach" performances in the greater Cleveland area. One of these concerts includes a collaborative program with the Cleveland Orchestra Youth Chorus, providing students of both ensembles experience with a broader repertoire. COYO members also perform or rehearse in much anticipated side-by-side experiences with The Cleveland Orchestra.

The Cleveland Orchestra Youth Orchestra is operated in accordance with the custom and practice of a professional orchestra.

The Cleveland Orchestra Youth Orchestra is supported by generous grants from the Martha Holden Jennings Foundation. Endowment support is provided by the George Gund Foundation and Christine Gitlin Miles.

For information about applying and performances visit them online at [clevelandorchestrayouthorchestra.com](http://clevelandorchestrayouthorchestra.com).



A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiing."

Two guys are walking through a game park and they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

The energizer bunny was arrested on a charge of battery.

Why is it that your nose runs, but your feet smell?

# Project Hope for the Homeless celebrates 30th anniversary

Four ways you can connect and help

In the early 1990s, an ecumenical group of leaders from churches, community governments, and area leaders were called to a meeting by the Catholic Commission of Lake and Geauga counties to discuss the growing problem of homelessness in Lake County.

What transpired was the creation of the Ecumenical Shelter Network of Lake County, known as Project Hope for the Homeless, that operated a temporary, seasonal shelter in local churches starting on Valentine's Day in 1993.

Project Hope for the Homeless moved into its own building in 2001 at 25 Freedom Road in Painesville Township and has grown to a year-round program operating 365 days a year. In 2007, after-care services were added to help guests remain stable upon transition to housing.

In December 2014, Families Moving Forward moved into a separate wing of the shelter after the new family center and expansion project was completed to increase the number of beds available from 25 to 50 each night.

In 2019, Project Hope for the Homeless began an off-site three-unit transitional housing program for seniors ages 62 and older, who find themselves homeless. This program, named the Senior Care Program - Hope House, was initiated with a \$25,000 grant from the Cleveland Foundation and has been sustained by the Lake County Senior Levy.

In 2022, the organization was able to complete the payoff of its mortgage on the Freedom Road property and own the building outright with no debt.

Project Hope for the Homeless has served more than 8,500 guests during the past 30 years.

Its mission is to respectfully and compassionately empower persons who are homeless with hope by providing emergency and transitional shelter, care and guidance together with the community and offers these four programs:

- **Adult Shelter:** an overnight shel-



ter for up to 38 adults.

- **Families Moving Forward:** a daytime and evening shelter for families in a separate wing of the shelter for up to 12 people.
- **Senior Care Program - Hope House:** an off-site 24-hour senior transitional home for up to three guests who are 62 and older
- **After-care:** a voluntary support program for former guests that has significantly reduced recidivism.

The shelter serves guests from Lake, Geauga, Ashtabula, and Cuyahoga counties and served 329 guests in 2022 including 43 children.

"One of the greatest blessings of longevity is hearing from past guests about their lives today," said Judy Burr, executive director. "A recent call came from a sports broadcaster of the Browns. He lived in the shelter in the 90s."

An amazing 86% of guests in 2022 positively transitioned to their own housing or entered in-person behavioral health treatment within an average stay of 30 days.

The staff treats each person with compassion, respect, and a trauma-informed approach to provide the tools needed to help guests get to the root of their homelessness, set and achieve goals to become self-sufficient.

There also are four ways for the public to connect with Project Hope for the Homeless including volunteering, financial donations and/or supplies, providing meals, and participating in special projects.

For more information about these ways to connect and to learn more about Project Hope for the Homeless, visit [www.projecthopeforthehomeless.org](http://www.projecthopeforthehomeless.org).



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"Our three children have thrived at SGS. Each one of them is unique and has different needs. It was a big decision for us to transfer them. I am thrilled to see their transition smooth, their needs met, and my children welcomed into such a loving school culture. I am amazed at their success and happiness!" ~ Carrie K.



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For full-time 4/5-year-old to grade 8: Call 440-354-7858



Visit [TodaysFamilyMagazine.com](http://TodaysFamilyMagazine.com)!

## Tips for Choosing a Summer Camp

By Kimberly Blaker

Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family.

### The benefits of summer camp.

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away to summer camp. But for some kids, particularly those who are shy, introverted, or homebodies, the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager – or at the very least willing to give it a shot without too much fuss – summer camp offers lots of opportunities kids aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and hobbies
- Provides the opportunity for creative expression
- Gives kids a break from being plugged-in



- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss

### Getting started in your search.

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider.

- What is your budget for summer camp?
- What is the purpose of sending your child to summer camp?
- Do you want a resident (overnight) or a day camp?
- Are you looking for a short-term (week or two) or summer-long program?

Do you want a camp that's very structured or one that provides your child lots of freedom and choices? What are your child's interests, such as a particular sport, hobby, or other interest? Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is right here in Today's Family and on [www.TodaysFamilyMagazine.com](http://www.TodaysFamilyMagazine.com)! The American Camp Association (ACA) accredits summer camps. So this is another excellent place to look for a camp. The ACA educates camp owners and directors in health and safety for staff and campers as well as program quality. It then accredits camps that meet the organization's standards.

### Next steps to finding the perfect summer camp.

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure your child gets the most out of summer camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. Several things to consider:

### What are the staff's qualifications?

Many summer camps use teens to staff the camps. Teens make excellent mentors and can bring liveliness to summer camp programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

### How does the camp ensure your child's safety?

Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the camp's procedures in the event your child becomes ill, has an accident, or there's an emergency?

*Continued on page 15*



## Mike Moran Basketball Camps

**2023 Boys/Girls Camp**  
at Lost Nation Sports Park  
Willoughby  
June 19–23 | June 26–30  
9:00 am–3:15 pm each session

**Register online at [MoranCamps.com](http://MoranCamps.com)**  
—or—  
**Phone:** (440) 338-8092  
**Mail:** Brochures will be mailed out upon request.

**Eligibility:** Camp is open to boys and girls ages 6–14.

**Camp Fee:** \$185.00

**Early registration** discounts and group rates available.

**Each camper receives** a camp T-shirt.

**CAMP STAFF**  
**MIKE MORAN:** Inducted into Ohio Basketball Hall of Fame in 2020; former head coach at John Carroll University w/ 459 career wins; guided JCU to 14 OAC titles, 12 trips to the NCAA Tournament & one Final Four appearance; former VASJ head coach where his teams won two state championships.  
**PETE MORAN:** Head coach of John Carroll University.  
**PAT MORAN:** Assistant coach of John Carroll University.  
**MATT MORAN:** Head coach of Lake Catholic.  
**MARK CHICONE:** Former head coach of both Lake Catholic boys team and Mentor High School girls.  
**TONY REDDING:** Head coach of girls at St. Martin de Porres.  
**RYAN SCHNEIDER:** Head coach of boys at St. Martin de Porres.  
**JOHN GIBBONS:** Legendary coach.

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# SUMMER CAMP GUIDE

## Choosing a Camp from page 14

### What is the daily schedule for campers?

Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

### What are the rules?

Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and visit? Can your child bring along a cell phone or electronics? Also, how much money

should your child bring, and how is your child's money managed?

### Don't sweat it.

Keep in mind, although there are many great camps, no camp is likely to offer everything precisely the way you want it. Just choose the one that best fits your child and satisfies your most important criteria. Remember, your child will have many summers to come and plenty more opportunities to work in more exciting camp experiences.





SUMMER CAMPS 2023

fine arts association



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## LIL KICKERS



**Winter session runs through March 14**

(It's never too late to join!)

**Spring session: March 14–June 3**

- Choose one day per week (Mon, Tues & Thurs 5–6 PM; Saturdays 9–11 AM).
- Innovative child development program based on soccer.
- Focus is on kids from 18 mos.–6 years.
- Classes run 50 minutes per session, once a week.
- Class fee of \$16.50/week.

Contact Kylie Lee (KLEE@LNSPORTSPARK.COM)

## LIL SLUGGERS



**Winter session runs through March 4**

(It's never too late to join!)

**Spring session: March 14–June 3**

- Introduction to baseball for kids 2–5 years old.
- Classes weekly on Mondays @ 5 pm & Saturdays @ 10 am.
- Nationally franchised child development program.
- Low student/instructor ratio (usually 4–6 kids per instructor).

Contact: Kylie Lee (KLEE@LNSPORTSPARK.COM)

## SOCCER 101

**Spring session: February 4–March 25**

- Next level of child's soccer development after graduating from Lil Kickers.
- Boys & girls ages 6–10.
- Foot skills & fun competitive scrimmages.
- Classes on Saturdays from noon–1 pm.
- 8 weeks (\$120) plus registration fee.

Contact: Kaz (KAZ@LNSPORTSPARK.COM)



## MIKE MORAN BASKETBALL CAMPS



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June 19–23 / June 26–30

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



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## SUMMER CAMP GUIDE

### BUSY BEES

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7850 Mentor Avenue, #554B  
Mentor  
(440) 571-5201  
[www.mentor.busybeesart.com](http://www.mentor.busybeesart.com)  
[mentor.busybeesart.com/kids-camp](http://mentor.busybeesart.com/kids-camp)

At Busy Bees Pottery & Arts Studio in Mentor they offer Art Camp during the summer, Monday through Friday, from 9 am to 4 pm, or 9 am to noon, or 1 pm to 4 pm. You can enroll for five full days or five half days per week. Children must be between ages of 5-12 (your child must have completed kindergarten and know how to cut with scissors).

Each day of the week revolves around a specific medium. Your child will create one to three pieces of artwork each day using but not limited to the following mediums; clay, pottery, glass fusing, and mosaics pieces. When they are not creating, they are playing games, journaling, and having lots of fun! Space is limited. Sign up now!

### CAMP FITCH YMCA

[www.campfitchymca.org](http://www.campfitchymca.org)

Camp Fitch's century-old classic sleepaway summer camp provides kids, ages 6-17, with a holistically safe, values-driven community where they discover friendship and achievement. Kids feel like they belong among the camp's carefully vetted, highly committed, and caring staff, who create transformative experiences on the shore of Lake Erie.

A life-changing Fitch experience is among the most important a child can have to develop independence and self-confidence. Through partnering with the Erie Health Department and health-care professionals, they have designed a safe environment to make kids better, forever.

### CAMP INVENTION

[www.invent.org/local](http://www.invent.org/local)

Spark your child's curiosity and creativity with the all-new Camp Invention® program, Wonder! Campers in grades K-6 will collaborate with friends to take on fun, hands-on STEM challenges. From building a mini skate park

to launching a pop-up shop to transforming a robot into a stuffie, each experience adds up to an imagination-stretching, confidence-boosting summer.

Visit [invent.org/local](http://invent.org/local) to secure your spot! Use promo code SUM25 by 3/30/23 to save \$25.

### CHAGRIN VALLEY FARMS

9250 Washington Street  
Chagrin Falls  
(440) 543-7233  
[www.chagrinvalleyfarms.com](http://www.chagrinvalleyfarms.com)

Does your child love horses? Have they experienced the joy of riding or spent a day playing horse games, making crafts, and grooming ponies as they learn how to care for these amazing animals?

Chagrin Valley Farms happily shares these experiences with children ages 6 and up during their camps that run weekly June 5 through August 18. Staffed by experienced instructors, their summer riding camp develops young riders with English riding and horsemanship instruction.

Campers may see a farrier shoe a horse or watch a veterinary visit. In addition to riding, campers will groom and care for the horses.

They offer half-day and full-day sessions, designed with fun and safety in mind. Chagrin Valley Farms is northeast Ohio's premier, full-service equestrian center, offering camp and lesson programs year round, in addition to horse shows for all levels.

Visit them online, email [info@chagrinvalleyfarms.com](mailto:info@chagrinvalleyfarms.com), or like them on Facebook.

### DOUBLE DEUCE FARM

11653 Girdled Road, Concord  
(440) 796-6532  
[www.doubledeucefarm.com](http://www.doubledeucefarm.com)

Does your child love horses and ponies? Double Deuce Farm has the camp for you! Sign up for one of their camps and your child will have fun while learning all about horses.

Boys and girls, ages 6 and up are encouraged to register. Camp dates are June 12-16, July 17-21, July 31-August 4 from 9 a.m. to 3 p.m. All levels of riders are welcome from the very beginner to experienced riders. ➡➡



# SUMMER CAMP GUIDE

## Double Deuce Farm cont'd

Camp includes two mounted riding lessons each day, along with ground lessons, crafts, and a visit from an equine professional. They conclude the week with a pizza party for the kids and a camp T-shirt is provided.

Visit their website for details about mini camps and info about weekly riding lessons or email [Doubleducefarm22@gmail.com](mailto:Doubleducefarm22@gmail.com).

## FAIRMOUNT CENTER FOR THE ARTS

8400 Fairmount Road, Novelty  
(440) 338-3171  
[www.fairmountcenter.org](http://www.fairmountcenter.org)

Fairmount Center for the Arts offers a variety of performing and visual arts camps and classes year-round for toddlers through seniors. Taught by artists and art educators, campers ages 6–13 can enjoy dance, music, theatre, or visual arts camps in June and July. Mix and match to build a full-day camp experience!

Preschoolers (ages 3–5) can enjoy week-long morning multi-

arts camps the weeks of June 5, June 19, July 10, and July 24. Older students can level up their dance or musical theatre skills in multi-day intensive workshops the week of July 17, culminating in a special performance at the Fairmount Fun Fest on Saturday, July 22.

Looking for a fun summer class? Check out their dance, fitness, music, theatre, and visual arts offerings for youth and adults.

Registration for all summer camps and classes is now open! Visit [fairmountcenter.org](http://fairmountcenter.org) or call (440) 338-3171 to book today.

## THE FINE ARTS ASSOCIATION SUMMER CAMPS

38660 Mentor Ave., Willoughby  
(440) 951-7500  
[www.fineartsassociation.org](http://www.fineartsassociation.org)

The Fine Arts Association (FAA) offers full- and half-day camps for the littlest campers at age three through high school grads! From the ever-popular Theatre Arts Camp (TAC), and the Summer



## LEARN TO RIDE

### AT LAKE ERIE COLLEGE'S THERAPEUTIC RIDING CENTER

THE ONLY PATH INTL. PREMIER ACCREDITED CENTER IN LAKE COUNTY, OHIO!

A unique opportunity for children 8-14 with special needs to experience the fun of learning to ride, groom, and care for horses in a safe, skilled, and supportive environment.

### SUMMER LESSONS BEGIN IN JUNE AND RUN THROUGH AUGUST!

TO SIGN-UP OR FOR MORE INFO, PLEASE VISIT  
[LEC.EDU/THERAPEUTICHORSEMANSHIP](http://LEC.EDU/THERAPEUTICHORSEMANSHIP)

GEORGE M. HUMPHREY EQUESTRIAN CENTER  
8031 MORLEY ROAD | MENTOR, OHIO 44060  
1.855.GO.STORM | [LEC.EDU](http://LEC.EDU)



## Summer Art Camp Registration is Open!

### Includes:

- All materials/supplies for projects.
- Small class sizes.
- Introduction to various types of art.
- Sign up by the week.
- Full week, full day 9 am–4 pm; \$299.
- Full week, half day 9 am–noon OR 1 pm–4 pm; \$199.

**For details and registration visit:**  
<https://bit.ly/21artcamp>  
Promo Code **CAMP35** to get \$35 off!

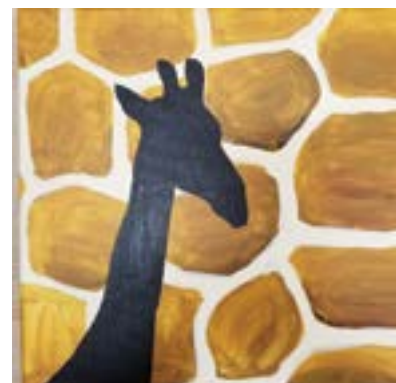
**Great Lakes Mall, Mentor**  
**(440) 571-5201**  
[www.mentor.busybeesart.com](http://www.mentor.busybeesart.com)  
[mentor@busybeesart.com](mailto:mentor@busybeesart.com)



Like us for updates and specials!

**Paint Your Own**  
Canvas • Pottery  
Glass Painting • Board Art  
**Create Your Own**  
Mosaics • Glass Fusing  
Clay Hand Building  
**Also Available**  
Workshops • Parties • Outings

**EARLY BIRD DISCOUNT**  
**\$35 off per week**  
When signed up by April 30, 2023.  
Call **(440) 571-5201** to register.  
Or visit <https://bit.ly/21artcamp>  
Promo Code: **CAMP35**



# SUMMER CAMP GUIDE

## Fine Arts Association cont'd

Dance Intensive, the summer session is now open for registrations.

Arts camps, classes, workshops, and private lessons are offered in dance, music, theatre, visual arts, and creative arts therapies. From June 19 to July 29, FAA's six-week summer programming offers something for all ages and ability levels. Before- care and after-care is FREE for a variety of summer camps!

FAA serves Lake County and drives arts programming to all in the surrounding northeast Ohio area. Whether you are pursuing the arts recreationally or professionally, FAA is the place to create and discover beauty.

Visit [fineartsassociation.org](http://fineartsassociation.org) to learn more or call (440) 951-7500.



## GEAUGA PARK DISTRICT SUMMER CAMPS

(440) 286-9516

[www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org)

Attention young people craving outdoor adventure: Geauga Park District is gearing up to host its 11th annual summer day camps, and they want you to explore with them!

Opportunities for fun are available for youth entering grade 3 and 4 the weeks of July 10 and August 7; for youth entering grades 5 through 7 the weeks of June 5, 12 and 26 and July 17, 24 and 31; and for teens entering grades 8 through 10 the weeks of June 19 and July 10, plus "X-TREME" adventures for these ages on July 26 (kayak) and August 2 (evening).

Some camps enjoy one park all week long, while others explore a new park each day, with activities including biking, fishing, kayaking, archery and stream exploration, depending on your choice!

Registration opens March 20 at 10 a.m. for Geauga residents,

March 27 for others, at [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org) or (440) 286-9516.

Details at [bit.ly/gpdcamps](http://bit.ly/gpdcamps).

## GILMOUR DAY CAMPS

34001 Cedar Road, Gates Mills  
(440) 473-8000 ext. 2267  
[www.gilmour.org/summercamp](http://www.gilmour.org/summercamp)

The official camp of summer fun! With offerings that include outdoor adventure, drone, sports camps and the arts, Camp Gilmour has something for everyone! Camps offered June 5–August 4.

Day Camp (nine weeks available) is for children ages 5–12. Full- and half-days offered (can combine with other half-day specialty camps). Daily theme-based math and reading enrichment provided at no cost.

Basketball, cross country, football, hockey, lacrosse, soccer and tennis camps, hosted by coaches from Gilmour's state-ranked programs, provide campers the opportunity to hone skills.

Specialty camps available for a range of ages in everything from

coding to theater to sewing to forensics.

Note: Preschool Camp (ages 3–5) is sold out.

Before- and after-care options from 7:15 a.m. until 6 p.m.

Register at [www.gilmour.org/summercamp](http://www.gilmour.org/summercamp). Questions? Contact (440) 473-8000 ext. 2267 or email [summercamp@gilmour.org](mailto:summercamp@gilmour.org).

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Grades K–12 and Montessori preschool (18 months–preK).

## GIRL SCOUTS OF NORTH EAST OHIO

[gsneo.org/camplife](http://gsneo.org/camplife)  
(800) 852-4474

Summer is just around the corner, and it's time to start planning your girl's next big adventure. The best part is, all girls are welcome — no Girl Scout experience necessary!

Girl Scouts are a force of nature. They were meant for outdoor adventures. Your girl is ready to rediscover the world →

Here are just a few special camp experiences for 2023:

JUNE 5, 12, 26  
JULY 10 and 17  
**MONDAY NIGHT FOOTBALL**

JUNE 12–16  
**LANCER CROSS COUNTRY CAMP**

JUNE 12–16  
JULY 10–14  
**SKY HIGH ADVENTURE**

JUNE 20–23  
**\*MOTOGO: BUILD A V8 ENGINE**

JUNE 20–23  
JUNE 26–30  
**LANCER TENNIS 101**

JULY 10–28  
**THEATER INTENSIVE**

JULY 24–28  
**DISCOVER THEATER**

# The Official Camp of Summer Fun!

GET THE MOST OUT OF SUMMER AT **CAMP GILMOUR**

There is more fun than ever at Camp Gilmour this year. With nine weeks of new offerings and old favorites, Camp Gilmour has something for everyone. Campers ages 5 through 12 can choose from full- and half-day traditional day camp experiences, sports, arts and specialty camps. Campers enjoy weekly field trips, special guests, arts and crafts, swimming lessons, ice skating, summer enrichment, and lots of opportunities and activities designed for campers to make new friends.

**It's not just camp – it's Camp Gilmour!**

9 WEEKS OF CAMP  
**JUNE 5 – AUGUST 4**

Visit [gilmour.org/summercamp](http://gilmour.org/summercamp)

**LIMITED AVAILABILITY REGISTER TODAY**

Before and After Care available



**PRESCHOOL DAY CAMP (AGES 3-5) IS SOLD OUT**



**GILMOUR ACADEMY**

# 🌲 SUMMER CAMP GUIDE 🌲

## Girl Scouts cont'd

and disconnect from technology and embrace the freedom of the woods, the sky, and water.

If she loves to explore, Passport to Fun may be her perfect resident camp, but if she loves science, maybe Top Chef is the perfect one-day program for the girl who's a master chef in the making! Under the Sea may be the week-long day camp for the marine-biologist-in-training in your life. Whichever camp themes she chooses, fun is sure to follow!

## GREATER CLEVELAND CROSS COUNTRY CAMP

(440) 290-0185

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

The Greater Cleveland Cross Country Camp is geared for the beginner to the advanced runner, who is looking to have a better focus pertaining to the fundamentals of cross country running and conditioning, to obtain maximum benefit.

Through group runs, guest speakers and group activities,

each runner will leave with a positive attitude, tools to become an improved runner, and a better understanding of running.

This is the 20th annual cross country camp and will be held Tuesday, July 25 through Saturday, July 29 from 8 a.m.–11:30 a.m. at Shore Middle School in Mentor. The last day is a cross country race for all campers based on grade level. The camp is open to boys and girls K–12th grade.

The Greater Cleveland Cross Country Camp is organized by Mentor High School boys/girls head cross country coach, Bill Dennison, with the support of other local coaches and college runners. They hope each camper leaves with the love and passion that the staff at the Greater Cleveland Cross Country Camp has.



## HAWKEN SUMMER PROGRAMS

Gates Mills and Lyndhurst  
(440) 423-2940  
[summer.hawken.edu](http://summer.hawken.edu)

Camp offerings include a variety of exciting activities led by experienced professionals for boys and girls ages 4–14. While your child is enrolled, you'll be rest assured knowing he or she is in a safe, nurturing environment. Camp offerings include Hawkings, Boys or Girls Day Camps, Boys Sports Camp and Girls Lifetime Adventure Camp.

Passport Camps offer week-long, full and half-day opportunities to learn, create, and explore.

Hawken Athletics Camps offer skill-driven instruction and provide young athletes the opportunity to hone their skills, improve team play, and learn from the best.

Hawken Summer Studies Program, open to public and private school students, is a six-week program of credit and enrichment for students entering grades 6–12.

Camps run at varying intervals between June and August. For more information, contact [summerprograms@hawken.edu](mailto:summerprograms@hawken.edu), (440) 423-2940, or visit [summer.hawken.edu](http://summer.hawken.edu).

## HORIZON LEARNING CENTER

8303 Tyler Boulevard, Mentor  
(440) 205-8420  
[www.horizonchildcare.com](http://www.horizonchildcare.com)

This summer will be busy at Horizon Learning Center in Mentor. The school ages and preschoolers will spend a lot of time outside in nature this summer. They partnered with Cleveland Metroparks for a lot of learning experiences and activities including growing their own garden.

They will also provide karate lessons, yoga, field trips to the Art Museum, parks, Museum of Natural History and big Waldameer Amusement Park.

Horizon CDC features free preschool for qualifying 3- and 4-year olds. This program is offered from 9 a.m.–noon Monday through



### Pop Star Camp

Learn to sing & dance like your favorite pop star! Ages 5 to 10 June 12 - 16

### Theater Camps

Have a blast learning all about theater arts in a fun and traditional camp setting. Ages 7 - 15 June 26 - 30

### Art Camps

Campers get elbow deep in paint, pastels & more as they create unique works of art. Ages 7 - 10, June 20 - 23 Ages 11 - 16, June 12 - 16

### Dance Classes

Dance classes for all ages in Tap, Jazz, Ballet, Leaps & Turns, Creative Mvmt., Zumba® & special workshops June 22 - July 31

# Summer Fun at Rabbit Run

... Week-long camps and more!

### Private Music Lessons

Lessons available in brass, guitar, voice, percussion, piano/keyboard/organ, violin/viola/cello, woodwinds

## Call 440-428-5913

49 Park St., Madison, OH  
[www.rabbitrun.org](http://www.rabbitrun.org) • [rabbitrunoffice@windstream.net](mailto:rabbitrunoffice@windstream.net)



## 🌲 SUMMER CAMP GUIDE 🌲

### Horizon Learning Center cont'd

Friday following the Mentor Public School Calendar, and is available through a grant from the Ohio Department of Education.

Academically, the center provides age-appropriate programming for infants through school-age kids. Tuition includes breakfast, two snacks and a hot lunch for all students. They even provide formula and jar food for the infants. Part-time or full-time enrollment is available, and vouchers are accepted.

### LAKE COUNTY YMCA

(440) 354-5656

[www.lakecountyyymca.org](http://www.lakecountyyymca.org)

At the Y, they value the unique personalities and potential of every child and teen. Summer camp creates an environment where kids are encouraged to explore and discover new things, cultivate friendships and make memories that last a lifetime.

The Lake County Y Central, East End, and West End offer a variety of summer day camp and adven-

ture camp experiences for pre-schoolers and children ages 4–14. Through hands-on experiences, children gain self-reliance, a love of nature and develop attitudes and practices that build character and leadership—all amidst the fun of camp songs, crafts, swimming, sports, talent shows and meaningful friendships.

### LAKE ERIE COLLEGE THERAPEUTIC RIDING CENTER

George M. Humphrey  
Equestrian Center

8031 Morley Road, Mentor

(440) 375-8052

[lec.edu/therapeutichorsemanship](http://lec.edu/therapeutichorsemanship)

Email: [lectrc@lec.edu](mailto:lectrc@lec.edu)

Come ride at the Lake Erie College Therapeutic Riding Center, Lake County's only PATH Intl. Premier Accredited Center!

Children ages 8–14 years old with special needs can experience the joy of riding, grooming, and caring for horses during their adaptive riding lessons. Students participate in a variety of fun

and creative mounted activities to increase their confidence, improve physical strength, and develop problem-solving skills. Building relationships with their classmates, volunteer team, and equine partners fosters independence, improved language skills, and better impulse control.

Students receive a personal evaluation to determine if the program is right for them. Summer lessons begin in June and run through August.

Learn more about their therapeutic riding program at [lec.edu/therapeutichorsemanship](http://lec.edu/therapeutichorsemanship).

Volunteers ages 14 and up with or without horse experience are needed to support the riders in the program. Visit their website to learn how you can help.



### LOST NATION SPORTS PARK

38630 Jet Center Drive

Willoughby

(440) 602-4000

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

#### Mike Moran Basketball Camps

Open to boys and girls ages 6–14

- Session #1: June 19–23 • Session #2: June 26–30
- Week-long program (M–F) 9:00 am–3:15 pm.
- Weekly tuition is \$185.
- Early registration discount is only \$170 (by May 1, 2023).
- All campers receive a T-shirt.
- Call (440) 338-8092 for more information or visit [morancamps.com](http://morancamps.com) for easy registration.

#### Cleveland Soccer Academy Summer Camp

Open to boys and girls ages 6–13

- Full- and half-day camps
- Week #1: June 12–15 • Week #2: July 24–27
- Full-day tuition is \$175. • Half-day tuition is \$125.
- Email Ali Kazemaini, camp director, at [Kaz@LNSportsPark.com](mailto:Kaz@LNSportsPark.com).

# Imagine summer, THINK HAWKEN!

## Summer programs for boys and girls ages 4–18

*Day Camps • Athletics Camps  
One-week Passport Camps  
Summer Studies for Grades 6–12*

*Exciting adventures await you!*

For more information:  
[summer.hawken.edu](http://summer.hawken.edu)

HAWKEN  
SCHOOL



## SUMMER CAMP GUIDE

### MIKE MORAN BASKETBALL CAMPS

(Held at Lost Nation Sports Park  
in Willoughby)  
(440) 338-8092  
www.morancamps.com

The Mike Moran Basketball Camps are the oldest running basketball camps in northern Ohio, with over 40 years of operation. It has always been able to boast about having the most experienced staff of coaches. All the instructors are successful college and high school head coaches.

Because it is always well attended, participants will be working with other players of their same age group and ability level. The Moran Camp has always stressed the teaching and drilling of fundamentals. It is truly a camp designed for young players who want to improve their skills and be able to play competitive basketball. The camp runs all day, Monday through Friday, from 9:00 a.m.–3:15 p.m. Over the years it has been acclaimed by many

newspapers and organizations as the top basketball camp in the area!

The Mike Moran Camps are very popular, and fill up quickly. Take advantage of the early registration discount. Visit their new website, morancamps.com, for easy registration. Call for a free brochure!

### PAINESVILLE RECREATION SUMMER CAMP

(440) 392-5912  
www.painesville.com/  
summercamp

For over 25 years, Painesville Recreation Summer Camp has offered unique and exciting camp activities that allow campers to have fun, learn and grow in beautiful Lake County.

Each week, campers take adventures to local parks, pools and attractions. On Fridays, campers have the opportunity to attend field trips to exciting destinations like the Cleveland Metroparks Zoo, Pioneer Waterland and more! Kids ages 6–12 can enjoy



## HIGH-ENERGY, HANDS-ON STEM

Secure your spot and save today at  
[INVENT.ORG/LOCAL](https://www.invent.org/local)

# CAMP FITCH YMCA



## Making kids better, forever!

# Summer Camp

Summer camp is the perfect spot for your child to be physically active, gain confidence, develop life long skills, and make friends!

Ask us about **FREE PRESCHOOL**



**ENROLL TODAY!**



**HORIZON**  
CHILD DEVELOPMENT CENTER

**FREE Registration**  
\$50.00 Value

**MENTOR**

8303 Tyler Blvd.  
440-205-8420



**EUCLID**

1050 E. 200th St.  
216-481-3830



**CLEVELAND**

2285 Columbus Rd.  
216-344-3000



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

## SUMMER CAMP GUIDE

### Painesville Recreation cont'd

activities including games, swimming, nature exploration, playground time, crafts and more!

Summer Camp runs May 30 through August 4. Sibling discount available.

Visit [www.painesville.com/summercamp](http://www.painesville.com/summercamp) for complete camp details or call the Painesville Recreation office at (440) 392-5912 to register.

### RABBIT RUN COMMUNITY ARTS ASSOCIATION

49 Park Street, Madison  
(440) 428-5913  
[www.rabbitrun.org](http://www.rabbitrun.org)

Youth of all ages have tons of fun discovering hidden talents in many different fine arts day camps.

Youth Art Camp (June 12–16 and June 20–23) is for anyone who likes to be creative and may be make a mess. In these one-week camps, campers, ages 7–16, get elbow deep in paint, pastels and other mediums as they create original two- and three-dimen-

sional works of art.

Pop Star Camp (June 12–16), a one-week day camp, gets youth ages five through 10 up and moving as they learn to sing and dance like their favorite pop star.

Campers delve into all areas of the theater arts including drama, music, dance, costumes, make-up, and stage craft in both the Junior Theater Camp for ages four through eight and Explorer's Theater Camp for ages eight through 15. Theater camps run June 26–30.

A six-week dance session (June 22–July 31) offers classes in jazz, tap, ballet, creative movement, leaps and turns and special dance workshops.

Private music lessons are available for brass, guitar, voice, woodwinds, piano and stringed instruments.



# LEAP INTO SUMMER

Learn Explore Accept Play

## Camp 2023 Registration Now Open!

**WEST END Y**  
Willoughby  
440.946.1160

**CENTRAL Y**  
Painesville  
440.352.3303

**EAST END Y**  
Madison  
440.428.5125

[www.lakecountymca.org](http://www.lakecountymca.org)

# SUMMER CAMP GUIDE

## Benefits and anticipated outcomes of the camp experience



REGISTER SOON!



### Social Skills Development

- Leadership
- Communication
- Participation

### Self-Respect and Character Building

- Responsibility
- Resourcefulness
- Resilience

### Community

### Living/Service Skills

- Caring
- Fairness
- Citizenship
- Trustworthiness



**Sign up today.**  
**Camps fill up quickly!**

## Summer Horseback Riding Day Camps



**2023 Camp Dates**  
June 12–16 • July 17–21  
July 31–August 4  
9 am–3 pm



**Cost: \$475 per week**  
All riding levels – Ages 6 and up

Register @ [www.doubledeucefarm.com](http://www.doubledeucefarm.com)



**Double Deuce Farm, Inc.**  
11653 Girdled Road, Concord  
440-796-6532  
[doubledeucefarm22@gmail.com](mailto:doubledeucefarm22@gmail.com)

- Two group riding lessons and one ground lesson each day.
- Professional vet, farrier, and/or equine massage therapist visit.
- Each week of camp includes a T-shirt and Friday pizza party.

## ATTENTION: Cross Country Runners



XC Camp is offering a camp to boys and girls entering kindergarten through grade 12 who are interested in becoming a better cross country runner. Any skill level is welcome!



**July 25–29, 2023**  
**8–11:30 am**

Shore Middle School  
5670 Hopkins Road • Mentor

Sponsored By:



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

**REGISTRATION OPENS MARCH 20**

Space is limited • 440-286-9516

Visit <http://bit.ly/gpdcamps> for details

## GEAUGA PARK DISTRICT'S

# 2023 summer Camps

**WEEK-LONG NATURE EXPLORER DAY CAMPS**

for youth entering grades 3-4

**WEEK-LONG NATURE ADVENTURE DAY CAMPS**

for youth entering grades 5-7

**X-TREME DAY ADVENTURES AND/OR WEEK-LONG NATURE ADVENTURE DAY CAMP**

for teens entering grades 8-10

**Have some fun outside!**



Photos by Ellie Benedict

# You're a force of nature.

Experience the outdoors at Girl Scout Camp.



Girl Scouts are a force of nature. They were meant for outdoor adventures. Your girl is ready to rediscover the world - to disconnect from technology and embrace the freedom of the woods, the sky, and water. Come to our camp open houses, meet our camp directors, and see what camp is like.

Visit [gsneo.org/camplife](https://gsneo.org/camplife)

girl scouts   
of north east ohio