

TODAY'S family

May 2023

Lake Geauga

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& Fitness**

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disciplined,
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**Shop For
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Art Contest
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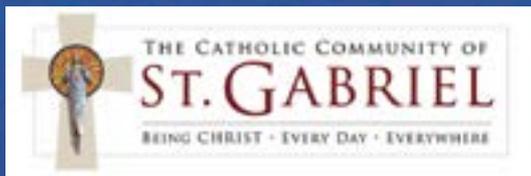
**Become a
Foster Parent!**

**Mother's Day
Gift Ideas**

**Adventure
Zone**

Family fun center
opens for the
season on May 5

**Staying
Connected
With Your
Teenager**



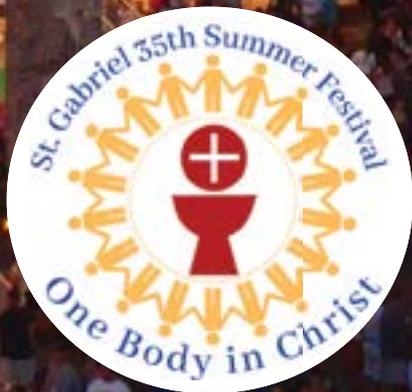
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inside



GriffonRawl
Combat Sports & Fitness
Page 5



Staying connected
with your teen
Page 7



Preparing your teen for
college and beyond
Page 9



Adventure Zone
Page 17

PLUS

Shop Goodwill for all
your vacation needs
Page 12

Clean and Green
Art Contest winners
Page 15

Mother's Day gift ideas
Page 19

Science Center opens Dinosaurs of the Sahara exhibit on May 26

Great Lakes Science Center will take guests back to the prehistoric era with Dinosaurs of the Sahara, a whole new dinosaur experience, making its world debut here from May 26 through September 4.

Created by Dr. Paul Sereno and the team at the University of Chicago's Fossil Lab, Dinosaurs of the Sahara brings the unique world of African dinosaurs to life with original fossils from the Sahara, one-of-a-kind mounted skeletons and flesh models, and a show-stopping giant 32-foot rearing long-necked Jobaria skeleton!

Guests will get to touch real fossils, including a SuperCroc skull, and relive the excitement and adventure of Dr. Sereno's recent ground-breaking Saharan expeditions with real footage from the field and an interactive dinosaur dig site. Get an up-close look at Africa's greatest predators, including spinosaurs and Africa's T-rex-sized predator, Carcharodontosaurus. Meet some of the most bizarre plant eating dinosaurs imaginable, like Nigersaurus, nicknamed the Mesozoic cow, and see where and how these amazing creatures were discovered.



Look overhead at a pterosaur with a 12-foot wingspan and see mounted skeletons of the prehistoric predators Afrovenator and Suchomimus and skulls of other favorites like Spinosaurus and Rugops.

Starting in the early '90s, Sereno and his team began to focus their expeditions on Africa's lost worlds of the Jurassic and Cretaceous ages. They have excavated more than 100 tons of fossils, bringing to light a menagerie of new species, many of which will be on exhibit here at the Science Center.

Dinosaurs of the Sahara is included with general admission.

Visit GreatScience.com to plan your visit, and for more information about the Fossil Lab's incredible discoveries, visit paulsereno.uchicago.edu/fossil_lab.

HorseFest returns to Farmpark



Hay all you horse lovers, saddle up because HorseFest returns to Lake Metroparks Farmpark for its annual equine extravaganza on May 20 & 21!

Watch demonstrations that represent a time when horses were vital to transportation, working livestock and power on the farm. Meet different breeds and sizes from miniature to draft while you learn about training techniques and riding disciplines. See riders of all ages compete in an obstacle course and demonstrate the skill and trust between the horse and rider.

Visit the mule and donkey pavilion before taking a ride on one of the many wagons being pulled by Farmpark's own horses. Witness

how police use horses to control crowds and view games and training presented by the Governor Generals Horse Guards Cavalry Squadron from Canada in Farmpark's new outdoor horse arena.

The event will include pony rides (\$6), children's activities and much more! With all the hands-on activities, demonstrations, breeds, and sizes of horses, it may take horse enthusiasts both days to experience it all!

For more event information visit goto.lakemetroparks.com/horsefest.

Hours for HorseFest are 9 a.m.–5 p.m. on May 20 & 21 at Lake Metroparks Farmpark. HorseFest is included with Farmpark admission (\$7–\$9). Farmpark members, children under two and active military and their family receive free admission.

Lake Metroparks Farmpark is located at 8800 Euclid Chardon Rd. in Kirtland. Park info can be found at goto.lakemetroparks.com/farmpark.



Indoor Sports and Fun at LNSP East!

LIL KICKERS



Spring session: March 14–June 3
(It's never too late to join!)

- 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



Spring session: March 14–June 3
(It's never too late to join!)

- 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)

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Eagle Zip Adventure ride

Takes guests to new heights above Cleveland Metroparks Zoo

What is the Eagle Zip Adventure Ride?

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

How many zip lines are there?

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

How long is the ride?

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

How fast is the ride?

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

How safe is the ride?

Each rider is securely restrained during the ride. The ride undergoes a rigorous daily, monthly, and annual inspection and is licensed by the State of Ohio Amusement Ride Safety Division.

What are the requirements to ride?

- Minimum rider height is 42".
- Riders between 42" – 47" tall must ride with a paying adult.
- Riders 48" or taller may ride alone.
- Maximum weight is 300 lbs. for a single rider and 450 lbs. for two riders. Riders will be weighed prior to boarding.
- Riders must not have an impairment which prevents a normal seating position or use of the safety restraints.

Can I purchase a souvenir picture of my ride?

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

- Photo: \$8.00
- Video: \$12.00
- Combo: \$15.00

What are the hours of the ride?

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

How much does it cost to ride?

- \$8.00 for Cleveland Zoological Society members.
 - \$9.00 for the general public.
- Visit www.clevelandmetroparks.com/zoo for more info.

GriffonRawl Combat Sports and Fitness

Mentor business is a family AND community affair

By Deanna Adams

When Jason Dent was 13, he decided to take some classes in traditional karate at a martial arts school in Madison. “I was always drawn to martial arts,” says Dent, now 42. “Things happened fast once I got into it. I knew this was going to be a big part of my life.”

Dent studied under the leadership of Dan Rawling, former owner of GriffonRawl Combat Sports and Fitness in Mentor. “I was his number one fighter and most dedicated student so he was pleased that I wanted to take over the business someday.”

That day came when Rawling decided to open a gym in Florida. The mentor passed the torch onto his best student and Dent took over the business in 2002 at age 20. “When Dan had it, it was more of a straight kickboxing club,” says Dent, “but I decided to expand it to best meet the needs of the community. Now I’d say 70% of our business is less for competition and more towards fitness and self-defense.”

GriffonRawl Combat Sports & Fitness, a mixed martial arts gym, offers a wide array of options for people of all ages, skill levels and aspirations, be it fitness, self-defense or professional competitions. Programs include boxing, Muay Thai (a form of kickboxing), Brazilian jiu-jitsu and of course, mixed martial arts. In addition, there are targeted classes such as a women-only cardio kick boxing program, a junior mixed martial arts, and an elder fit program.

While competing is not a mandatory requirement for attending any of the classes, Dent is clearly passionate about competition. He began his professional fighting career in 2003, winning the first of five championships that same year. He’s earned two black belts, in Sanchin-Ryu karate and jiu-jitsu, and acquired 22 professional MMA victories, so he enjoys working with students aiming towards those goals.

But it’s working with youth and community that is most rewarding for the prizefighting instructor. He’s not only invested his money (some through those winnings) to update his facility, but also his time, constantly teaching and being an inspiration to his students.

Dent also teaches outside his facility with self-defense classes at several local venues, including his church, the New Life Christian Academy in Perry, and Memorial Middle School in Mentor. “At Memorial, I work with assistant principal, Jeremy Rothstein, to teach troubled youth and I really enjoy that. I want to make a difference in their lives.”



Statistics show that young people who get involved in a sport activity are 92% less likely to get involved with drugs and three times more likely to graduate. Research consistently shows that sports help improve social interaction, increase confidence, and improve listening skills. In turn, this aids in children learning how to interact with the world and the people in it, thus becoming better contributors to society.

“There are so many reasons to get into martial arts,” says Dent, who trains law enforcement, medical, and factory workers in his jiu-jitsu program. “We teach anyone from age 5 into their 70s, with each program designed for their individual goals.” He adds that he’s trying to get his 6-year-old son, Lincoln, into it but “he doesn’t seem all that interested just yet,” he says with a laugh.



Dent’s passion for the sport extends to his family which includes wife, Masda, who runs the women’s program, sister, Lamatha Sievers, who trains and helps out at the gym, and parents, William and Terry Dent, who were the inspiration for the low-impact Total Body Workout

regular routine at the gym, his BP is in the normal range, and his weight is down. I centered this interactive program so that anyone over 40 can do it, and it also helps those unable to do anything high impact. But believe me, you still work up a sweat,” he says.

GriffonRawl facility is available to rent for birthday parties and other special events. Or, you can arrange a one-hour class with a combat sports coach that turns a workout into fun and games.

Prices range from \$10 to \$20 per class and first-time customers can try out a class for free. “We love offering a variety of programs for anyone’s interest,” Dent says. “But it all comes down to being strong, disciplined, and healthy.”

GriffonRawl MMA Academy is located at 6090 Pinecone Drive in Mentor. For more information and to register for classes, visit them at www.ohio-mma.com or call them at 440-358-9371.

Please tell them you learned about them in Today’s Family!

(Elder Fit) program.

“It’s been pretty amazing to see everyone sharing in my passion,” says Dent, who resides in Thompson. “My dad had dangerously high blood pressure but ever since working a

All Together Now

It's time for Summer Reading at Morley Library!

June 3 - July 22, 2023

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Registration begins May 20 on Beanstack

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Every Child Needs Family

May is National Foster Care Month

Children come into the custody of the Lake County Department of Job & Family Services due to a crisis which resulted in the child being a victim of abuse, neglect or dependency. If the child cannot be placed safely with a relative, the Lake County Department of Job & Family Services is responsible for providing a safe environment for that child.

It is the philosophy of the Department that children grow better in families therefore the primary goal is to find foster care providers who are willing to provide temporary care to children while their families are in crisis. Foster parents provide care until reunification with a family member can occur.

If reunification is unable to occur, children would become eligible for adoption and either remain with their foster parents who make a permanent commitment to care for the child or an adoptive home is secured.

The Lake County Department of Job & Family Services provides support to their foster parents by providing the following services:

- Personal support from an assigned substitute care social worker
- Ongoing training and conference attendance
- Foster Parent Association of Lake County
- Respite care
- Daily per diem rate to reimburse for the cost of providing care
- Medical, dental and vision care for children
- Transportation reimbursement (on a limited basis)
- Foster Parent Handbook
- Newsletter

Foster parents: Who are they and how can I become one?

Foster parents are caring people who have opened their hearts and homes to the children of Lake County. These children are in need of temporary care after having been removed from their parent's custody. Applicants must meet the following requirements:

- They must be at least 18 years of age.



- They may be a married couple, single person or coparents.
- At least one foster parent must be able to read, write and speak English to effectively communicate with any child placed in their home.
- They shall have an income sufficient to meet the basic needs of their household.
- All members of a foster caregiver's home shall be free of any physical, emotional, or mental condition which would endanger a child or seriously impair the ability to care for a child.
- They shall submit to a criminal background check with fingerprints through the Bureau of Criminal Investigation and the Federal Bureau of Investigation.
- They shall not operate their home as an adult boarding house nor shall they provide child care in their home without the Department's consent.
- The home shall have a safety audit from Lake County Department of Job and Family Services and a fire inspection through their community fire department.
- They must agree to abide by the discipline policy of the Lake County Department of Job and Family Services.
- They must have sufficient room to provide care for foster children without displacing any family member.

If you are interested in becoming a foster parent call 440-350-4218 or email Eugene.Tetrack.jfs.ohio.gov.



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Connecting With Your Teen

(when they are rarely at home)

By Cheryl Maguire

Adolescents are moving towards becoming independent of their parents physically, emotionally, and cognitively, and yet they still need parent and family support as much as they did when they were younger. Here are some ways experts suggest we support teens.

I feel like I never see my 17-year-old twin teens anymore. School, sports, activities, work, and friends all call them away from home. I try to convince myself that their packed schedules help ease me into the transition of them going to college next year, but the truth remains — I miss spending time with them.

According to Maria Sanders, LSW, a clinical social worker and certified parent coach, my situation is, well, ordinary. “Doing your own thing is normal and healthy in those teen years but it is really difficult for us parents.”

She’s right. It is difficult. For me, and for many other parents. On the one hand, as teens shift toward adulthood and become more independent, we’re excited for them. Ken Ginsburg, MD, author of *Congrats – You’re Having a Teen!: Strengthen Your Family and Raise a Good Person*, says that “the major difference between the teen years and the tween years is the extra experiences that young people have. They’ve learned to stretch their wings and to succeed.”

But he also says, “In addition to that, they have the ability to think differently.” In other words, as our children mature into adulthood, they form their own thoughts and opinions, which may not align with our ideas and make it more difficult for us to connect with our teens.

We want a deeper connection with our teens, but...

Our teens don’t have much time for us

Sanders says that once our children move into their teen years, they most likely have figured

out who they are, and they’re capable of better conversations and potentially forming deeper connections with family members. It can be a real strain on the entire family when teens don’t have time to invest in those core relationships because of other commitments, like jobs, friends, activities, and school. When our teens aren’t at home much anymore, it’s like a practice mourning period, according to Sanders. “We’re missing our teens — they’re out of the house and there is a period of loss. There is a period of, ‘I see where this is going, they are going to leave soon.’”

We worry (a lot) that our teens are taking unnecessary risks

Now that our kids have grown more independent, they’re also taking more risks than they did as tweens. In 2022, the CDC released their injury and fatality statistics for 2020, stating, “About 2,800 teens in the United States ages 13–19 were killed and about 227,000 were injured in motor vehicle crashes in 2020. That means that every day, about eight teens died due to motor vehicle crashes, and hundreds more were injured.” Data like that supports the worry we feel when our teens drive cars, or when they’re a passenger in the car of a new driver. Of course, we’re going to worry about their safety on the road.

We have lots to worry about with their growing independence. For example, now that our kids are teenagers, we also worry about their access to drugs and alcohol, and having sex, too. If our teenagers are sexually active, we worry about STDs and pregnancy. We may also worry about their friendships and romantic relationships, and

whether they’ll be hurt emotionally or manipulated. We worry about a lot of things because, as Sanders says, “there are a lot more opportunities for teens to get together without adult supervision so drugs, alcohol and sex come into play.”

Our teens pick a lot of fights with us

Teenagers are pros at testing our limits and pushing boundaries, which can sometimes lead to arguments when parents try to dictate what their teenagers can and cannot do. “When parents try to control their kids, it comes from a place of fear: ‘I’m afraid I’m going to lose my child.’ We want to clasp on as hard as we can to feel like we’re in control. But we can’t control our kids,” Sanders says.

Despite those challenges, experts tell us we can still form deeper connections with our teens.

How to form deeper connections with our teens

Adolescents are moving towards becoming independent of their parents physically, emotionally, and cognitively, and yet they still need parent and family support as much as they did when they were younger. Here are some ways experts suggest we support teens.

- Breathe • Be Curious • Create Rituals & Routines
- Know That You Still Matter To Your Teen

Breathe

It can be really hard to stay centered and calm when our teens are determined to criticize us at every turn. Our first instinct might be to respond

Continued on page 8

Stay connected with your teen from page 7

with anger, but Sanders says this will only cause more problems. "There's a phrase called 'no action in reaction.' If we are having a reaction to something our kids did, let's say your child comes home late. Then that's not the time to act, because you are in a reactive mode. Don't take any action. Instead, take a deep breath, a big pause, maybe sleep on it, and discuss it when there is a good time and you're calmer," Sanders says.

Be curious

If your teenager is having trouble with following limits, like not coming home in time for curfew or letting the car run out of gas, Sanders recommends using Dr. Ross Green's method of collaborative problem solving, where parents and kids work together to solve problems within their relationship.

Sanders offers an example of how this might work when your teen is struggling with coming home on time for a curfew:

Parent: "It seems like you've had a difficult time getting home at curfew. Help me understand what's going on."

Teenager: "Nobody starts to hang out until nine o'clock. So if I have to be home at 10 o'clock, I only get an hour with my friends."

Parent: "Okay, that's good information. What's important to me is that you do get home because I'm concerned about your safety. After 10 p.m., things start to get sketchy. So I'm wondering

what ideas you have so you can still hang out with your friends and make it home on time."

Sanders explains, "It's not just the parent, dictating what the consequences are. It's the parent and the child, having their concerns put out on the table and figuring out a solution that works for everybody."

Ginsburg agrees with Sanders. "Your ultimate goal with your teenager is to have a relationship that lasts for decades after they've left your house. If they are struggling to become independent and you become very controlling, they will push you away."

He also stresses the importance of communicating that we respect them. "When we tell kids what to do based on our experience, kids are hearing the message, 'I don't think you're capable of figuring this out on your own.'" Ginsburg suggests instead that we be curious and ask questions about how they can solve problems on their own. He reminds us, "When we ask them what they're experiencing, and ask them what they think is going to happen then we give them the opportunity to think things through."

Create rituals and routines

Rituals and routines are a great way to connect with a teenager who is often not able to spend as much time with their parents and siblings. For example, even though my teenagers didn't need me to walk them to the bus stop in the morning,

I created this routine so that I could have extra time to connect with them.

"It's important to find those family traditions that can be carried through to when they are older so we're able to have that connection," Sanders says. She offers the example of her family's annual summer camping trip, where they go screen-free because quality time together without their screens is good for developing adolescent brains and for family dynamics.

Know that you still matter to your teen

The teen years are full of incremental moves to separate from parents. For both parties, it's an exciting time for personal growth; yet, those moves toward separation can also be scary and stressful.

Ginsburg reminds us, "There are a lot of myths out there about adolescence. One suggests that adolescents don't care what adults think and don't particularly like their parents. Know that definitively and without question: You Matter to Your Teen."

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



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Preparing your young teen for college... and beyond

10 things to start now so they are ready

By Rebecca Hastings

My son looked at me with dread in his eyes. He needed to find out about driver's education classes, and there was minimal information on the website. I smiled and told him he needed to call them. As he held the phone in his hand, he wasn't sure what to do, what to say, or what to ask. He didn't want to make the call, but I knew he needed to.

As kids approach adulthood, there are things you can do to help them feel prepared and confident. From simple things like making a phone call to more complex skills like financial planning, you can help your child feel ready for college and more.

Here are 10 helpful things to teach your child:

LIFE SKILLS

Cook simple meals: Yes, they will probably have a meal plan if they go

away to college. But knowing how to make a few meals will help them far beyond their college years. Spend time including them in food preparation. Teach them how to follow a recipe, measure, and prep ingredients.

Transfer healthcare: While you have been responsible for every aspect of their healthcare, they need to learn how to navigate their health. Let them make appointments, handle check-in, and share insurance information. Give them a chance to answer questions at doctor's appointments before you give any input and be sure to give them one on one time with the doctor. Letting go of the control in this area can feel hard, but they must learn how to do this. The more you equip them to handle these things the easier it will be when they get sick and are away from home.

Run errands: Things that seem simple to us can be challenging for teens because they haven't done them before. Give them a chance to



run errands like going to the grocery store or pumping gas so they learn how to do these things on their own. Even having them take the car in for an oil change or bring the dog to the groomer so they learn how to interact with service providers independently is helpful to prepare them for college and adulthood.

Self-care: This isn't about relaxing or taking time for yourself, although that is a helpful thing to model and teach. This is about teaching your

child how to take care of things like hygiene, laundry, making a bed, wiping down counters, cleaning out the fridge, getting rest and exercise, and even managing time. While it is nice to do these things for them sometimes, make that the exception. In life, it is not typical for someone else to handle these things. Teach them how to do it now and they will be much better off down the road.

Continued on page 10



SUMMER READING CHALLENGE 2023



Celebrate summer with Willoughby-Eastlake Public Library's Summer Reading Challenge May 30-July 22.

Children, teens and adults can enter to win awesome prizes.

Registration begins May 22.

Visit we247.org for all the details!

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Preparing your teen for college... and beyond from page 9

FINANCIAL SKILLS

Open a bank account: Help your child open their bank account. If they are under eighteen, you will need to be on the account with them but many banks offer student accounts that can be opened as young as fifteen and used until their early to mid-twenties. Be sure to get an account with a debit card and teach them how it works as well as how to monitor their spending.

Pay bills: Kids need to learn how to pay bills on time. Even if they don't have any official bills, you can start teaching them to contribute to their expenses such as cell phone or car insurance bills on a certain day each month.

Plan spending and saving: Have regular conversations about how to plan their spending. Budgeting can sound too intense for many teens, so asking questions to get them thinking about upcoming expenses or savings. For example, "I saw that the fair is coming. How much do you plan on spending when you go with your friends?" or "I know you're hoping to get a computer before college starts. How much do you need to save each month to make that happen?" will help your child think ahead about how to best use their money.

LEARNING & PROFESSIONAL SKILLS

Talk about plans: Have regular conversations about what options are available to your child. If they are going to college, make them part of the

process and help them understand the financing. Whether you are paying for school, they are paying for school or they are utilizing aid, clear communication is essential so they know what they are responsible for now and in the future.

Prepare documents: College requires a lot of documents. From resumes to applications, essays to scheduling, there are a lot of things to fill out. Let your child fill them out. Yes, you can answer questions. But help them take responsibility for their learning by handling this process. There can be a lot of questions and discussions that need to happen for them to do this. Consider setting aside a weekly time to answer any questions they may have so you both have the time and attention you need for the tasks to be done.

Pay attention to deadlines: The college application process is full of deadlines. Taking tests, sending transcripts, completing admissions and financial applications, and sending deposits all have very specific deadlines. Discuss these with your child and expect them to meet these deadlines. It is helpful to talk about upcoming deadlines together and even ask them to plan time to complete the tasks. Visual and digital reminders will help them stay on track so they meet any upcoming deadlines.

If you give them the opportunity to do these things now when you are available to help if needed, they will feel ready and better equipped to do these things on their own.

Artists and crafters wanted for library fair on June 10, 2023

Are you a woodworker or sculptor? Do you paint, sew, or crochet?

Fairport Harbor Public Library is taking applications for artists and crafters to set up a booth at the annual Summer Art & Craft Fair Saturday, June 10, from 9 a.m.–3 p.m. Visitors will shop display booths of dozens of local artists and crafters, participate in community art projects, and watch demonstrations. The Friends of Fairport Harbor Public Library will be holding a book sale and selling refreshments as well. Last year the fair had 400 visitors.

For your \$25.00 donation to the Friends of Fairport Harbor Public Library you will have a 14x14 area reserved for you to display your work and to sell to guests on the library's south lawn. The fair will be held rain or shine. You are welcome to demonstrate your skill in your display space. All work being displayed or sold should be handmade or produced by the vendor. Please no commercially made products or corporate vendors. The application deadline is June 8, 2023.

Pick up an application at the library or visit the library website at www.fairportlibrary.com to print one online. The library is located at 335 Vine Street in Fairport Harbor. Please call 440-354-8191 or email askus@fairport.lib.oh.us for more information.



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Why This Mom of Teens Can't Shop Alone

By Katy M. Clark

Flush with cash from my recent birthday, I strode through the mall.

I had no strollers to push or play spaces to visit like a decade ago when my kids were little. Nor was I dragged into stores selling overpriced joggers or anything with emojis and sequins like last week while shopping with my teen and tween.

Today I could stop at any store at any time and spend money on myself, not my kids.

Giddy with purchasing power, I bought some decadent body wash. Then I treated myself to a new lipstick. Next I people-watched, noticing high schoolers subtly checking each other out and middle schoolers not-so-subtly checking each other out. I saw mothers and teen daughters dressed alike and wondered if that would be me and my daughter, 12, one day. I even dodged a few mall walkers.

As my energy and cash dwindled, I found myself staring at a wall of brightly colored tennis shoes. "I

would love a new pair," I thought. My eyes were drawn to several styles from my favorite brand.

Wearing a size 10, I knew it was impossible that every pair would be available to try on. Indeed, the salesperson returned with just one.

But in a stroke of good luck, that pair fit perfectly.

"I really like them," I said to no one, admiring the cobalt color and styling. There was something vaguely familiar about them, too. Did I have similar shoes before?

"I'll take them!" I announced, with vigor. The salesperson was non-plussed by my enthusiasm.

I drove home with my treasures and was greeted by the love and affection of my tween daughter and teenage son. In other words, they barely acknowledged my presence when I walked through the door.

As I put my purchases away, my daughter wandered over. I let her sniff my body wash and try on my lipstick. Then I pulled out my favorite purchase, my new kicks.

"Mom!" she cried aghast.

"What?" I replied. What was

wrong? Were they ugly? From an unethical company using child labor? Or were they just sooooo not cool?

"Mom," my tween said more calmly, a hint of smile tugging at her lips. "Look."

Then she reached into the shoe rack of our mudroom and pulled out her own pair of tennis shoes.

Which were the exact same brand and color as my new pair. Yup, my new pair was identical to the pair my tween already owned.

"I'll take them back!" I gushed. "I knew they looked familiar!"

My teenage son appeared to see what the ruckus was about.

"Mom!" he shouted, noticing our twin pairs. "That is so not cool!"

"I said I'll take them back," I replied, this time like a petulant child.

But then I noticed my daughter was laughing. And I started to laugh. My son wandered away, shaking his head.

"You can totally keep them," my daughter said, shaking her head with what may have been pity. I believe she even patted my head, but I can't remember because I think I blacked

Really, Mom?!



out from embarrassment.

"Really?, I said.

"Really," she responded.

I hugged her and she hugged me back, still giggling. I truly hadn't wanted to be her twin and was pleased that she didn't mind we would match. Maybe we could wear them the next time we went to the mall together?

"Just don't wear them the same time I wear mine," she instructed.

"Moms," she said, shaking her head.

Moms, indeed.

Katy M. Clark is a writer and mom of two who embraces her imperfections on her blog Experienced Bad Mom.



BACK TO A SUMMER OF FUN!

» 2023 YMCA Summer Day Camps - Now Enrolling in Geauga County

For more information visit www.clevelandyymca.org/child-care or simply scan the QR code



Vacation plans?

Thrift Goodwill for vacay necessities

The sun is shining, and the temperature is rising. That means summer vacation is right around the corner!

If you are planning to travel this summer, consider a trip to Goodwill to prep for your trip and save big. Locally, Goodwill Industries boasts 13 retail stores in the greater Cleveland area.

Revenue from each of these stores supports a network of 28 different outreach programs that support individuals in the community through job training and placement for people with disabilities, rape crisis services, emergency vouchers, hot meal programs and more.

Ways to save for your vacay...

Pack it away

Luggage can be pricey and is oftentimes bumped and bruised when it is hauled from car to airport to hotel and so on. For a fraction of the price, consider buying luggage at Goodwill. Most Goodwill stores offer a variety of full size or carry-on

luggage, along with duffel bags and backpacks. Maybe you already have a trusted suitcase? Surprise the little ones with their very own suitcase... for just a few dollars!

Airport essentials

Boarding a plane this summer? There are a few air travel essentials that could be easily found at the thrift store.

Be sure to pack a scarf or pashmina that can serve as a blanket or help to warm your shoulders on the chilly plane. Most airport stores offer these simple scarves starting at \$20 retail. At Goodwill, the same items start at just \$1.99.

Love to read when you travel? Pick up a few paperback books at Goodwill to bring along for your wait in the terminal or the long plane ride to your summer destination.

Road trip fun

Traveling with young children is not easy and oftentimes not relaxing. Bring your little ones to Goodwill



and let them pick out their own board games or toys to take along on your summer adventure. A few dollars at the thrift store may buy you a few hours of peace and quiet on the trip.

And, if they happen to leave anything behind at the beach house, no worries. You have only paid a few dollars and are paying it forward to the next kiddos who stay there!

Beachy chic

If you are headed to sandy shores, be sure to check out Goodwill for beach essentials.

Nothing says summer like a woven straw beach bag. Summer beach bags come in all shapes and sizes at Goodwill, and there are always a few to pick from. Small bags help liven up an outfit and larger bags help haul necessities to the beach.

Also look for inexpensive sunglasses and straw hats at Goodwill. Area Goodwill stores will oftentimes offer closeouts from other retailers.

You can score new with tag hats and shades for 50% or more off retail prices.

Be green

Goodwill offers an easy and inexpensive way to be green and help the environment, even when you travel. Consider using recycled items in place of new products like cloth napkins, reusable drinkware or travel mugs, reusable bags and even small containers.

Plan a thrift trip when you travel

When in Rome...thrift shop! Tourist shops can be expensive, but you can save even when you travel if you consider shopping at local thrift stores for your souvenirs. Although Goodwill is operated locally in the greater Cleveland area, there are more than 150 other Goodwill networks across the US and Canada and even overseas. When you arrive, do a quick Google search to find a store near you!

Voyage out to sea!

at Greater Cleveland Aquarium

Greater Cleveland Aquarium is filled with intriguing aquatic life from the Great Lakes and colorful sea creatures from around the globe. From weedy seadragons to a giant Pacific octopus, you can see more than 2,700 animals representing 320 species. Many of the habitats in their seven galleries offer unique views—including an 11,000-gallon touch pool inhabited by cownose and Atlantic stingrays and a 175-foot seatube that takes you to the ocean floor where pufferfish, angelfish and three species of shark that swim beside and above you.

Interactive opportunities abound and knowledgeable guest experience associates are stationed to answer questions your smartphone cannot, like "How old is that frog?" or



"Don't you think that fish looks a lot like my grandpa?" So, whether it's checking out a poison dart frog's toepads or watching a sea star's tiny tube feet in action, spend some quality time with your family because nature is a curious thing.

Located on the West Bank of the Flats in the FirstEnergy Powerhouse, 2000 Sycamore Street, Cleveland.

Call 216-862-8803 or visit www.greaterclevelandaquarium.com.

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YMCA of Greater Cleveland opens two new child-serving locations in Geauga County

Berkshire School site of new summer camp and child care offerings

The YMCA of Greater Cleveland has announced two new youth serving locations in Geauga County. The Berkshire Local School District location at 14155 Claridon-Troy Road in Burton will be the site of a new summer camp and an after-school child care location.

"We are delighted to bring Y quality child care to Geauga County in an area that needs such services," said Natisha Bowling, vice president of youth development at the YMCA of Greater Cleveland. "We appreciate our partnership with the Berkshire Local School District, which is providing outstanding facilities for these offerings."

Summer Camp

The YMCA of Greater Cleveland youth summer camp learning experience is fun and enriching. The program offers fun weekly themes that align with Ohio's K-12 state standards. The Y uses the Second Step curriculum. It is a research-based program specifically designed to meet the needs of our out-of-school time (OST) programs. Built on the foundation of our trusted Social Emotional Learning (SEL) programs, this curriculum helps teach social-emotional skills like community-building, empathy, kindness, and growth mindset in our youth.

Prices range for \$190 to \$200 per week. Parents can choose single weeks or a summer-long camp.

Y-Club Child Care

(2:25 – 6:00 p.m. school days)

The Y's child care programs are designed to help kids reach their potential and thrive in a safe, trustworthy setting. Its staff provide support and guidance, providing them with the tools for success. The students can focus on their homework, make new friends, build social skills and create happy memories they'll always remember. Prices range from \$38 – \$67.50 per week with financial aid available.

For more information about these programs, visit the YMCA of Greater Cleveland website at www.clevelandymca.org.

About the YMCA of Greater Cleveland

The YMCA of Greater Cleveland is a nonprofit organization that provides services and programs through traditional branches in Cuyahoga, Geauga, Lorain, Portage and Erie counties, numerous non-facility locations, and program branches throughout northeast Ohio. Its areas of focus are youth development, healthy living and social responsibility. The YMCA of Greater Cleveland also operates Y-Haven, a facility providing addiction recovery services and transitional housing in Cuyahoga County.

More at www.clevelandymca.org.

Save The Date!

Our Lady of Mount Carmel's 31st annual parish festival is on June 23, 24, and 25, 2023 located on the grounds of Our Lady of Mt. Carmel Church, 29850 Euclid Avenue in Wickliffe.

OLMC's festival routinely attracts more than 20,000 visitors from around the Greater Cleveland area and beyond. There is a variety of delicious ethnic and fair food, assorted beverage options, games, and live music on the big stage:

Friday, June 23 -Reverbious "The One Man Band" 5-7 p.m. and Disco Inferno 7 p.m.–midnight.

Saturday, June 24 – D.J. Big Rich 5–7 p.m. and Midnight Trail 7 p.m.–midnight.

Sunday, June 25 – The Polka Pirates 1–6 p.m.

Plenty of family fun including a children's zone with games, face painting, etc. Adults can try a hand at instant, wheels, large basket auction, and a grand prize 50/50 raffle drawn on Sunday evening at the end of festival. There is something for every age group to enjoy. Free parking.

Handicap accessible. They hope to see you there!



Just For Laughs

A mother mouse and a baby mouse are walking along when suddenly a cat attacks them.

The mother mouse shouts "BARK!" and the cat runs away. "See?" the mother mouse says to her baby. "Now do you see why it's important to learn a foreign language?"

Robbie: Larry's mother had four children. Three were named North, South and West. What was her other child's name?

Bobbie: East?

Robbie: No. Larry.

Moms: The amazing ability to hear a sneeze through three closed doors in the middle of the night, three bedrooms away... while Dad snores next to her.

Children: You spend the first two years of their life teaching them to walk and talk. Then you spend the next 16 years telling them to sit down and shut up.

If your kids are giving you a headache, follow the directions on the aspirin bottle, especially the part that says "keep away from children."

What three words solves Dad's every problem?

Ask your mother.

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FEEL THE RUSH!

Adrenaline Monkey offers fitness challenges for every family member

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

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

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

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

says older kids enjoy it, too.

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

Four Ninja Warrior-style obstacle courses, ranging from easy to hard, are a big draw. Depending on the level, the course may contain a spider climb, warped walls, overhead rings, salmon ladders or unstable bridges. There are also beginner and advanced parkour-inspired courses.

Most of the climbing walls are set up so participants can compete against each other, if they would like, except for one glow-in-the-dark wall, which Carkhuff calls "fanciful." Most of the climbing walls require belays, or anchored safety ropes. Once participants are hooked in, they climb the wall as high or as



quickly as they are comfortable and then are slowly lowered. However, one nonbelayed boulder climbing wall is situated above what is, essentially, a huge air mat.

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

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

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

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

A bar with a recharging station allows parents to work on their computers and supervise children, who may be taking a class or attending a party. A 4,200-square-foot mezzanine is home to an event space and the Monkey Bar, which offers food and beverages ranging from avocado toast to cold-pressed cocktails. It's an ideal spot for hosting birthday parties, bar and bat mitzvahs, bachelor parties, corporate team building events, and other occasions.

Yoga and fitness classes for adults, Ninja warrior training classes, and summer and school vacation camps are also part of the mix.

Carkhuff, a mergers and acquisi-

tions attorney at Jones Day, opened Adrenaline Monkey at the urging of her twin daughters, who are now 15. It took about a year for Carkhuff to warm up to the idea and another couple of years to find the property. The building had to be newly constructed because Carkhuff couldn't find an existing structure with tall enough walls to accommodate all of the adventures.

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

For general info, visit them online at www.adrinalinemonkeyfun.com or call 216-282-3100.

Please tell them you learned about them in Today's Family.



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Party Planning Guide

Over 30 great local places to host your child's special day.
Visit TodaysFamilyMagazine.com and click on "Directories"



Clean and Green Art Contest Winners

The Lake County Solid Waste District is pleased to announce the winners of their annual Clean and Green Art Contest. Area students were encouraged to design an original art piece showcasing the theme “Clean and Green Lake County” which promotes recycling and anti-littering education. The Lake County Solid Waste District oversees the Landfill and Recycling Center in Painesville Township.

Sara Hussain, a 12th-grade student at South High School in the Willoughby-Eastlake School District, won the high school division and the overall prize for her design entry themed, “Keep Lake County Clean & Green.” As the top winner, Sara’s design will be displayed in the Lake County Commissioner’s chambers in the County Administration Building located in downtown Painesville. Additionally, her design will be used for marketing materials for the Solid Waste District and the Utilities Department.

“Of all the decisions we have to make up here, this one was difficult. When you saw the caliber of all the artwork we had to look at, the skill levels were impressive. Congratulations to our winners and thank you for making Lake County clean and green,” said Commissioner Richard J. Regovich.

Elementary School Division Winner

Nolan Hartmann – Parkside Elementary

Middle School Division Winner

Astrud Hinde – Wickliffe Middle School

Honorable Mention Elementary Division

Russell Christian – Riverview Elementary

Ronald Clark – Andrews Osborne Academy

Anna Pflueger – Buckeye Elementary

Savannah Riebe – Parkside Elementary

Honorable Mention Middle School Division

Olivia Bryant – Eastlake Middle School

Amelia Conroy – Mater Dei Academy

Ava Mitchell – Eastlake Middle School

Lacey Staska – Eastlake Middle School

Honorable Mention High School Division

Ashley Chase – North High School

Haley Horen – Lake Catholic High School

Maya Schiciano – North High School

Sarah Sutter – South High School

Thank you to all 535 student artists who submitted entries from thirteen elementary schools, six middle schools, and five local high schools.

Each of the division winners was honored during the Lake County Board of Commissioners meeting on April 20 and was given a prize of art supplies to continue their passion of design. Each division winner’s school district will receive a framed poster to be displayed as recognition of their outstanding accomplishment.

Overall Winner



Sara Hussain
Grade 12
South High School

Middle School Division Winner



Astrud Hinde
Grade 6
Wickliffe Middle School

Elementary School Division Winner



Nolan Hartmann
Grade 5
Parkside Elementary School

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Parenthood: Keeping It Real

By Stacy Turner

Regardless of the age at which you first become a parent, books like, “What to Expect When You’re Expecting,” can never truly prepare you for everything that happens when you leave the hospital to head home with your new baby. As we began that new adventure, my husband looked at me in the backseat, where I had just strapped our brand-new infant into her brand-new car seat. He wondered aloud what we had both been thinking: how did the hospital staff trust the two of us with this tiny, helpless human? Where were the real adults?

But like all new parents before us, we adjusted. And even though we didn’t always feel like it or feel we looked the part, we became the real adults. We changed nasty diapers and found routines to help our little one discern daytime from nighttime. We held jobs outside the home and continued to feed and care for our baby and ourselves inside it, while functioning on very little sleep. We

rejoiced with each little win, like learning that long walks outside with the stroller were soothing for us all. And that the soothing voices on NPR could convince our fussy toddler to close her eyes and nap, since clearly, nothing exciting was going to happen.

We were blessed to hit each growth milestone without major delay or injury, and somehow managed to keep not just one, but two children alive and thriving as our young family grew. We navigated through meltdowns (from grownups and babies alike) and have now made it through elementary school and into the teen years, where we’re all adjusting to new sleep patterns, new meltdowns, and new experiences. Through it all, we continue moving forward in ways that work for our family.

When they were small, I’d wash and bandage my girls’ skinned knees, kissing their boo-boos to make them feel better. As they’ve gotten older, I’ve learned to let go, a little at a time. Because as much as I’d like to clean up every hurt for them, part of



my kids becoming healthy adults is learning how to do this for themselves.

Once as a young mom dealing with a temper tantrum in the middle of a crowded store, I longed to be past the hard phases. If a well-meaning older mom would tell me to enjoy my little ones, because the years will fly by, I didn’t really want to hear it then. Now, I’ve become that older mom.

I’m not sad about it, though. As my children get older, I find that each new age becomes my favorite

age, with new things to do and learn and experience. But I still find comfort when I catch glimpses of their baby selves here and there, even as they follow their own paths forward to the young adults they’re meant to be.

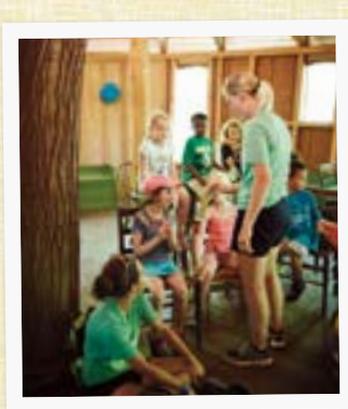
And even though motherhood is a precious gift, it’s also hard sometimes. We’ll lose our cool and we’ll make mistakes. But as long as we keep moving forward and loving our kids, we’ll all make it through. Because we’re the real adults and we’ve got this.

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We hope to see you this Summer at Laurel!

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Enjoy Family Fun and Fresh Air at Adventure Zone

With the warmer weather, parents are looking for outdoor activities they can participate in with their kids. Adventure Zone Family Fun Center in Geneva-on-the-Lake makes being active outdoors affordable and safe for families around the area.

“This is a positive family experience,” says Donniella Winchell, co-owner. “It’s an affordable atmosphere where families will feel comfortable and safe.”

A short drive for all of Lake, Geauga, Ashtabula, and Eastern Cuyahoga counties, Adventure Zone lives up to its promise of being a

“positive family experience.” On-site, you’ll find a giant arcade, merry-go-round, Adventure Krawl, a kid’s play area, go-karts, miniature golf, batting cages, bungee trampoline, climbing and repelling walls, snack shop and zip line. New this year are two new escape rooms and a new thrill ride.

The facility also features golf cart rentals and a pavilion that can seat up to 150 for family reunions and company outings or can be divided in smaller sections to accommodate birthday groups.

“We have a great property with a view of the lake and we wanted to use it,” says Winchell. “The state park’s bike path goes along the shoreline and in the evening, you can see a beautiful sunset.”

In addition to these activities, Adventure Zone hosts birthday parties and group outings

Winchell, her husband Larry, and their partner Don Woodward have owned the business for 26 years and it’s a family affair.

“My kids and grandkids work here during the summer months,” says Winchell. “We also hire about 90 summer employees each year. This business is owned by a family that cares about families.”

Adventure Zone opens for the 2023 season on Friday, May 5. For hours and pricing, please visit www.adventurezonefun.com or call 440-466-3555.



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Lake County Free Clinic moves into new home

Open house takes place May 12, 2023

The new year kicked off a new start for Lake County Free Clinic, the only free clinic serving Lake and surrounding counties. On February 1, 2023, LCFC moved into a permanent facility at 462 Chardon Road in Painesville. A ribbon-cutting ceremony and open house will be held at 10 a.m. on May 12.

The clinic's new site includes six medical exam rooms, a dental suite, a lab for diagnostic tests and a small pharmacy, along with meeting rooms for LCFC's case management department to provide social service needs for patients. This site is more than double the space of the clinic's previous location.

One staff medical provider and additional volunteer physicians, nurse practitioners and physician assistants donate their time to see patients. Nurses and medical assistants volunteer on-site to help provide direct patient care. The clinic's dental program, which has been on-hold since March 2020, is seeking dentists, dental hygienists

and dental assistants to volunteer in the program, which is expected to resume later this year.

Last year, more than 900 individuals came to LCFC for nearly 3,600 visits with medical providers, patient educators and case management, and for more than 22,000 labs, medication or diagnostic tests or screenings.

Executive Director Marty Hillis says, "Right now, more than 40,000 individuals across northeast Ohio are uninsured or underserved. Many are going without medical care because the cost of care for those who don't have insurance would mean going without paying for their rent, utilities, food or other basic needs. As the community's leading safety-net healthcare provider, Lake County Free Clinic is here to catch them and help them improve not just their health, but their quality of life to the benefit of the patient, their family and the community as a whole."

Visit www.lakefreeclinic.org or follow LCFC on Facebook to learn more.

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Cardinal Credit Union is structured to support your family through all stages of life, from big milestones like your teen's first checking account to everyday transactions that help build your credit score and retirement savings. We're here to grow with you, your kids, and your parents with a personal, guided approach to banking.

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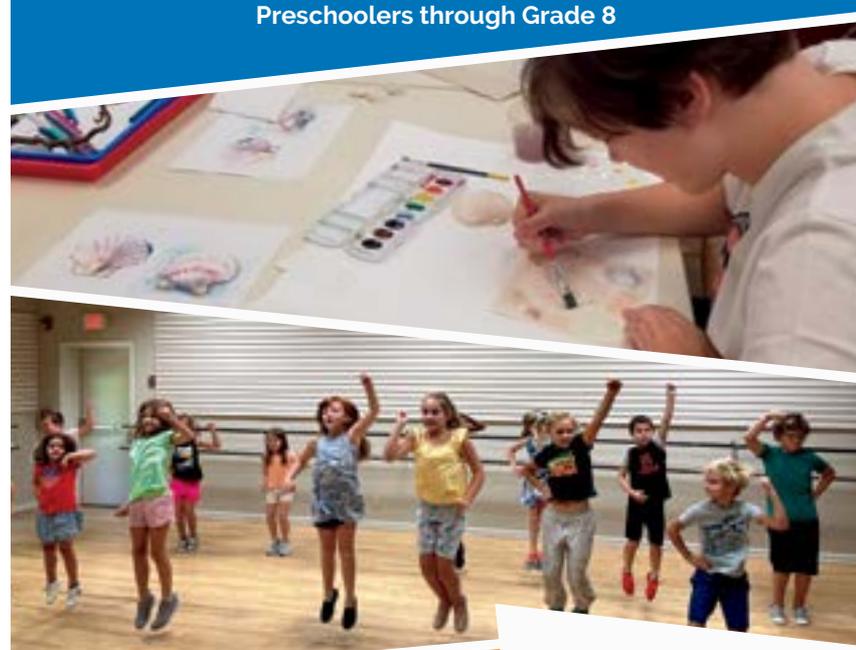
ed application process at a typical bank."

Visit CardinalCU.com to apply for instant membership in three simple steps and learn more about the ways we support you and your family through every stage of life.

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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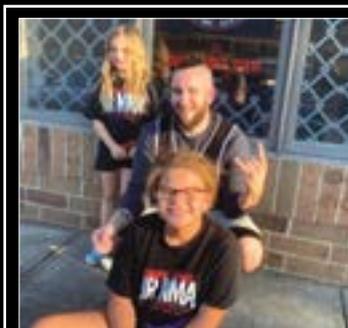
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"I have been training at GriffonRawl for nearly 13 years. This gym has always been welcoming and felt like home. For the last three years, Coach Jason Dent and his staff have been amazing at helping influence my daughters.

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www.step2.com



This raised planter box design gives height to your favorite flowers and greenery, raising them 24" off the ground for an eye-catching pop of color. Featuring three removable planter trays that require less soil than traditional pots, plant care and arrangement is simplified with this planter box design with portability in mind.

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www.pfaltzgraff.com



Crafted of Stoneware, featuring a reactive glaze. Due to the nature and hand-crafted qualities of reactive glaze, no two pieces are exactly alike and will exhibit

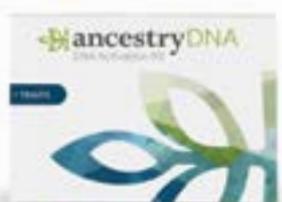
unique variations in color and pattern. Product may slightly differ from image shown. Each service includes: 10½-inch diameter blue dinner plate, 8½-inch diameter stalks salad plate, 6-inch diameter (24-ounce) blue cereal bowl, and 13-ounce blue mug. Microwave and dishwasher safe. Serveware also available.

iRobot® Roomba Combo™ j7+

www.irobot.com



The iRobot Roomba Combo j7+ with Automatic Dirt Disposal is the world's most advanced 2-in-1 robot vacuum and mop, and the first truly hands-free 2-in-1 with a fully retractable mop pad. The j7+ is designed for busy households with a mixture of carpets, rugs and hard floors, and those who want a robot vacuum that can also mop. Once the Roomba Combo j7+ has learned your space, it will vacuum all carpets and rugs in a room. It will then travel to the hard floor spaces, lower its mopping pad and simultaneously vacuum and mop all the hard floors in that room. When it is finished cleaning that room, it will lift its pad to the top of the robot, transition to the next room and repeat the process. The Clean Base® Automatic Dirt Disposal eliminates the dusty mess often associated with emptying vacuum bins. Bags hold 60 days of dirt and debris.



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www.brooklinen.com

Classic percale sheets feature a 270 thread count. Made with 100% long-staple cotton. Set includes: 1 flat sheet, 1 fitted sheet and 2 pillowcases. Available in a variety of sizes and colors.

Eurographics Puzzles

www.eurographics.ca

Eurographics is a world-leading art publisher and puzzle manufacturer. The company is known for its wide selection of quality products and outstanding customer service. Their puzzles are made with strong, high-quality puzzle pieces from recycled board and printed with vegetable based ink. Visit their website to see the huge selection they offer!

Kombination

(1000 pieces - panoramic)

First introduced in 1950, the VW Bus, or as originally known as Transporter, is the best selling van of all time. KombiNation is still strong as these vehicles bring back memories of a more simplistic time, road trips, beaches and hanging out with friends!



Feline Felon

(500 pieces)

I Ate the Piece is a comical image of a very hefty cat caught in the act of eating a puzzle piece.



Midwestern - Road Trip

(1000 piece)

This midwest road trip collage puzzle takes you from the badlands of South Dakota to a roller coaster ride at Cedar Point in Ohio and everywhere in between.



Donut Rainbow Tin

(550 pieces)

A tasty bright pink shaped donut with puzzle and poster inside. Satisfy your sweet cravings completing this collage donut puzzle.

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Call the Foster Care line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

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

