

# TODAY'S family

May 2023

Cuyahoga

**Mother's  
Day Gift  
Ideas**

**Fostering  
a child**

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vacation at  
Goodwill**

**Jump Start  
Gymnastics**

Beachwood studio open  
for all ages and abilities

**Adrenaline  
Monkey**

Ninja warrior courses, aerial  
ropes course, rock climbing,  
arcade and more!

**Adventure  
Zone**

Family fun center opens for  
the season on May 5, 2023

**Teen Spotlight**

- Staying connected with your teen
- Preparing your teen for college
- Humor essays





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## TODAY'S family

Lake, Geauga & Cuyahoga Counties

P.O. Box 7316, Eastlake, Ohio 44097

www.TodaysFamilyMagazine.com  
info@todaysfamilymagazine.com  
440-799-8882

### Publisher/Advertising

Kim Miller

### General Manager/Editor

Dan Miller

### Writers

Deanna Adams  
Ante Logarusic  
Stacy Turner

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## 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.



## Noreen Londregan School of Dance

Noreen Londregan School of Dance in Mayfield Village has been educating children in the art of dance for over 50 years. Noreen and her daughter Colleen have introduced thousands of children to the world of dance.

If you are looking for a family-friendly atmosphere, this is the studio for your child! Noreen is a member of the Cecchetti Council of America, an organization dedicated to maintaining the standards and techniques of ballet training. Faculty members are accredited with membership in Dance Masters of America, a prestigious organiza-

tion that certifies teachers by exam to teach. Their teachers regularly attend workshops and seminars in order to stay on top of new teaching techniques.

The Rising Star Program includes Terrific 2s, Preschool Combo (ages 3-5), Ballet & Tap Combo, Young Jazz, hip hop for all ages 6 and up.

The Intensive Program is for dancers with some dance experience. It includes Cecchetti ballet, tap, lyrical/contemporary, musical theater, hip hop and master classes.

For more information visit [www.noreendancer.com](http://www.noreendancer.com) or call 440-449-0240.

## GYMNASTICS FOR KIDS & ADULTS!



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### Summer Camp 2023



JSG offers gymnastic camps for all ages, boys and girls, and all levels of gymnastics experience from recreational to competitive gymnastics. Gymnastic camp at Jump Start is a great way to explore and experience gymnastics for the first time, learn new skills, or build a solid competitive base for the next season. We coach all levels of new, experienced, and competitive gymnastics.

#### Flips Gymnastics Camp

Ages entering K–14 years  
June 12–August 11  
M–F: 9 am–3 pm

#### Twister Preschool Camp

3 & 4 years  
June 13–29  
Tue/Wed/Thur: 9 am–noon

### CAMP SPECIAL!

#### Girls

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Enroll in four full weeks or 20 daily camps.

##### Free Shorts + Leotard

Enroll in five full weeks or 25 daily camps.

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##### Free Gym Bag

Enroll in four full weeks or 20 daily camps.

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Full-day camp is \$300 per week / \$65 per day

Half-day camp is \$200 per week / \$45 per day

Daily after-care is \$10 from 3–5 pm

*All camps must be paid in full at the time of enrollment.*

### Private lessons available!

## Jump Start Gymnastics



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Rear of National Biological Building

**(216) 896-0295**

Website: [jsgymnastics.com](http://jsgymnastics.com)

Email: [jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.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](http://www.clevelandmetroparks.com/zoo) for more info.

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# THE 2023 CMSD Summer LEARNING EXPERIENCE



The CMSD Summer Learning Experience is back for a third year with something for rising kindergartners through 12th grade. The program will be held at more than 26 school sites throughout the city.

Breakfast and lunch will be provided. K-8 students will receive yellow bus transportation from the nearest K-8 school. High school students will receive tickets to ride RTA.



FINISH | ENRICH | ENGAGE



The CMSD Summer Learning Experience offers fun & adventure for rising kindergartners – 12th graders...and it's **FREE!**

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Go to  
**ClevelandMetroSchools.org/  
SummerLearning**  
and reserve a spot!

THE CMSD **EXPERIENCE** *get* **MORE**

# Every Child Needs Family

May is National Foster Care Month

Cuyahoga County children need your help. There are more than 2,000 children in DCFS custody through no fault of their own. Victims of abuse and/or neglect, some may need special care or attention to help them deal with the impact of trauma in their young lives. Each of these children needs and deserves a family who will love and protect them, but there is a shortage of homes and facilities across Ohio. You can help by becoming a foster or adoptive parent.

## What is foster care?

- A protective service for children and families.
- Full-time care of children, usually on a temporary basis.
- Typically results in family reunification or a permanent, adoptive home.

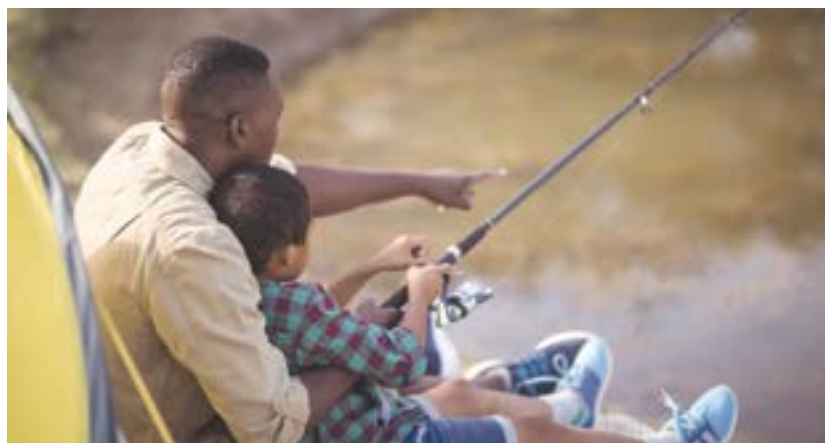
## Who are the children needing foster care?

- Children who have experienced physical abuse, neglect or abandonment; or whose parent(s) are in jail or hospitalized.

- All ages, races, and cultures.
- Some may have physical, developmental, emotional, and/or behavioral issues.
- Many have experienced extreme trauma and deprivation.

## What do foster parents do?

- Provide basic daily care and supervision.
- Act in the place of the parent, making sure all needs are met.
- Take children to medical and therapy appointments.
- Apply non-physical discipline techniques that are fair and age appropriate.
- Advocate for the child and participate in Child and Family Services meetings.
- Support children in their visitation plan with their biological families or prospective adoptive families.
- Supports either reunification or an alternate plan.



- Stays up-to-date on training.
- Respect the culture, race, and background of the children and their families.

## What are the requirements to become a foster parent?

- At least 21 years of age.
- Have sufficient income to meet their own basic needs.
- Be in good physical, emotional, and mental health.
- Single or part of a couple -- homosexual or heterosexual -- in a stable relationship for at least one year.
- No educational or religious requirements and home ownership is not necessary.

## Is there help to foster?

- Boarding expenses, reimbursed at a daily rate.
- Monthly clothing allowance.
- A medical card for medical, dental, and therapeutic services.
- Car mileage reimbursement for necessary transportation of foster children.
- Support groups, scheduled visits, 24-hour access to the agency, and a wide range of supportive services.

To learn more about fostering or adopting contact Cuyahoga County Division of Child & Family Services at 216-881-5775 or submit an interest form on their website at [everychildneedsfamily.com](http://everychildneedsfamily.com).



# Adventure Zone

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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

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## 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.*

## Summer Camp Guide

Online at

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



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# Preparing your young teen for college... and beyond

## 10 things to start now so they are ready

By Rebecca Hastings

**M**y 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*

# THE FREEDOM TO EXPLORE, CREATE, AND PLAY.

University School boys are inspired and empowered to let their true selves thrive. Boys build on their strengths, harness their talents, and blaze their own paths to excellence with joy and confidence.

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 **#1 Best K-12  
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in Ohio**

## 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.



### Forge The Future Summer Camp

Cuyahoga Community College  
Advanced Technology Training Center  
3409 Woodland Avenue, Cleveland  
216-781-6260

[www.fierf.org/summer-camps](http://www.fierf.org/summer-camps)

Explore the world of forging through the Forging Foundation's two-day Forge the Future Summer Camp. Students 11–15 years old will have the opportunity to tour a forging facility, participate in STEAM and team-building activities, and learn how to forge. Plus, campers will get to take home their own forging!

#### 2023 Camp Schedule

July 10–11, 2023

9:00 am – 3:00 pm • both days

Breakfast and lunch will be provided. Campers will need their own transportation to and from camp. Registration fee: \$75

Register at [www.fierf.org/summer-camps](http://www.fierf.org/summer-camps).

For more information please contact Amanda Dureiko at [amanda@forging.org](mailto:amanda@forging.org) or call 216-781-6260.



## Voyage with us this summer!

Available at our six Cleveland locations, Voyagers Camp (ages 5–12) encourages campers to explore the world through learning. Take the journey with us!



Learn more today!

[CreativePlayrooms.com](http://CreativePlayrooms.com)



# Why This Mom of Teens Can't Shop Alone

By Katy M. Clark

**F**lush 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 nonplussed 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.*

## Foundations for Lifelong Learning

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# 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](http://www.greaterclevelandaquarium.com).



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## Parenting support from pregnancy to kindergarten

If you are expecting, or the parent of a child up to 5 years old in the Cleveland area, join the Cuyahoga Parents Connect Facebook Group. This vibrant, inclusive community gives fellow parents a nonjudgmental place to learn valuable information and receive practical and emotional support. We provide a safe space for parents to ask each other for advice and share successes. Our primary goal is to help one another be the best parents we can be.

### GROUP RULES

**Stay on topic** – Our group is about positive parenting support for those who are pregnant and parenting children birth to 5 years. Please help keep things on topic by keeping your posts and comments centered around parenting.

**Be kind and courteous** – We're all in this together to create a welcoming environment. Let's treat everyone with respect and be mindful of what we post. Healthy debates are natural, but kindness is required. Before posting, ask yourself: Is it appropriate? Is it helpful? Is it informative? Is it true?

**No hate speech or bullying** – Make

sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.

**No promotion, spam or monetary requests** – Give more than you take to this group. Self-promotion\*, spam, monetary requests, and irrelevant links aren't allowed.

\*From time to time on specific posts, we will give members the opportunity to share information about their businesses — this is the only time you will have the opportunity to self-promote.

**Respect everyone's privacy** – Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

**This group is all about success and support** – We love hearing stories of success! Please be encouraged to share milestones in your parenting journey. We can't wait to celebrate with you!

Sign up at [www.cpconnectonline.com](http://www.cpconnectonline.com).



## 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.

Why don't they have Mother's Day sales?

Because Mothers are priceless.



**NEW!**

## Forge the Future Summer Camp

July 10-11, 2023

Cuyahoga Community College  
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Day camp for children 11-15 years old. Tour a forging facility, participate in hands-on STEAM and team building activities, and learn how to forge. Plus, campers will get to take home their own forging!

Register online at

[www.fierf.org/summer-camps](http://www.fierf.org/summer-camps)

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**12 one week sessions**

For kids 5 to 13 years old

Camp hours 9 a.m. to 4:30 p.m.

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Visit us at:

[www.risingriver.net](http://www.risingriver.net)

Contact Us:

(440) 463-3146

[khanimalcamp@gmail.com](mailto:khanimalcamp@gmail.com)

### Visitation:

Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.

Rising River Farm  
6618 Chagrin River Rd  
Chagrin Falls, OH 44022





# 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](http://www.adrinalinemonkeyfun.com) or call 216-282-3100.



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## Party Planning Guide

Over 30 great local places to host your child's special day. Visit [TodaysFamilyMagazine.com](http://TodaysFamilyMagazine.com) and click on "Directories"







## Great Fitness and Great Fun at Jump Start Gymnastics

**J**ump Start Gymnastics offers gymnastics classes for ages 2-18. "We have strong twist-ers, developmental, USAG and high school competitive team programs," owner Maureen J. Eppich shares. "When the gym first opened, we focused on building programs that would best suit the nearby community's schedules and children's fitness and activity needs. We have grown and adjusted yearly to meet those needs." Jump Start Gymnastics also offers private lessons, youth and adult open gyms, summer camps, and birthday parties.

Eppich opened Jump Start Gymnastics in 2004 across the street from the current gym on Mercantile Road in Beachwood. She relocated to her existing, larger space in 2014, where she doubled the space and number of students enabling the expansion of each program.

"Gymnastics is a broad base to build a starting point for all sports and athletic activities. Strength, flexibility, and coordination are the foundation for all physical activities and contribute to the health of the whole child." She says participating in gymnastics classes improves listening skills and social interaction interrupted by the pandemic restrictions. "When new students enroll for a class, we assess and group them with the same age and skill

set level. We want each individual to be appropriately challenged and progressing from their starting point. I was adamant about removing beginner, intermediate, and advanced labels. Children are labeled from the time they enter preschool. It was important to me to create an all-inclusive but individualized program. It is as much for the students as it is for the parents," she says.

The Flips Camp, ages entering K-14 yrs, is June 12-August 11, 2023, from 9 am-3 pm. The Twisters Camp, ages 3-6 yrs, is June 13 to July 27, 2023, from 9 am-noon. Each camp has ongoing daily or weekly enrollment. Daily after-care is also available each week from 3-5 pm. Sibling discounts are automatically applied at the time of online registration.

"I love coaching because it's a different job each moment of the day. I have fun and teach for success all day long. I cheer for each success and coach them to master their mistakes. It's amazing to be a part of what each gymnast becomes in the future," Eppich concludes.

To browse a list of their upcoming classes, clinics, open gyms, and summer camps, please visit [jsgymnastics.com](http://jsgymnastics.com). You can also reach them at 216-896-0295 or by email at [jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.com).

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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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## 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](http://www.adventurezonefun.com) or call 440-466-3555.

## EVERY CHILD NEEDS FAMILY

Children who have experienced the trauma of abuse or neglect need a safe place to call home. You can help provide stability and security by becoming a foster or adoptive parent.

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Division of Children and Family Services



# mother's day gift ideas

## Newair Dual Zone Wine and Beverage Fridge

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



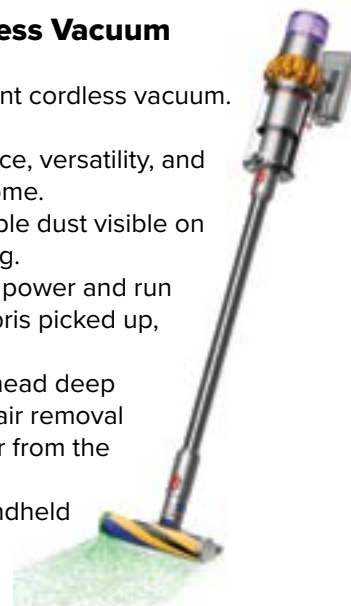
Get ready to party with the NewAir Dual Zone Wine and Beverage Fridge. This handy beverage cooler has two cooling zones so you can keep both wine and beer at the perfect temperature for serving. Easy-slide wine racks and the innovative SplitShelf™ configuration help maximize storage space so your well never runs dry while you're entertaining.

- Smooth rolling wine racks keep corks moist and minimizes vibrations.
- Front-facing compressor design allows fridge to slide under counters or stand alone.
- Triple-pane glass and LED lighting provide lasting, efficient beauty.
- Holds 20 bottles and 70 cans.

## Dyson V15 Detect Cordless Vacuum

[Dyson.com](http://Dyson.com)

- Dyson's most powerful, most intelligent cordless vacuum. With laser illumination.
- Engineered with the power, intelligence, versatility, and run time to deep clean your whole home.
- A precisely angled laser makes invisible dust visible on hard floors, so you don't miss anything.
- In auto mode, the machine optimizes power and run time based on floor type, and the debris picked up, reporting it all on the LCD screen.
- Detangling Digital Motorbar cleaner head deep cleans carpets and hard floors with hair removal vanes that clear long hair and pet hair from the brush bar.
- Transforms easily to a lightweight handheld for hard-to-reach spots of your home like cars, stairs, upholstery, etc.



## Belmont Round Blue Stalks Dinnerware Set

[www.pfaltzgraff.com](http://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 inch mug. Microwave and dishwasher safe. Serveware also available.

## Brooklinen Classic Core Sheet Set

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

Cool and crisp, classic percale sheets feature a breathable 270 thread count weave for that timeless, hotel-style luxury. Perfect for hot sleepers, these sheets will help you stay cool all night long. Made with 100% long-staple cotton, you'll feel like you're snuggling up in luxury every single night. Set includes: 1 flat sheet, 1 fitted sheet and 2 pillowcases. Available in a variety of sizes and colors.



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# mother's day gift ideas



## AncestryDNA Kits

Ancestry has the perfect gift for any type of mom.

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

(Shop these deals May 1–14)

- AncestryDNA kits are only \$59 (40% off; originally \$99)
- Bundle deal: Ancestry DNA kit for Mom (\$59), and a three-month membership for you (\$1)
- AncestryDNA+ Traits kits are only \$69 (over 40% off; originally \$119)
- Bundle deal: AncestryDNA+ Traits for Mom, and a three-month all-access membership for you (\$149)
- Gift Memberships:
  - 20% off US Discovery Membership
  - 30% off World Explorer Membership
  - 30% off All Access Membership

## Eurographics Puzzles

[www.eurographics.ca](http://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!



## Midwestern - Road Trip 1000 pieces

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.



## Step2 Kingsley Park Atherton Raised Planter Box™ Classic White

[www.step2.com](http://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.

Your planter box will maintain its rich white coloring with little to no maintenance required. The high-quality resin ensures your planter box will never chip, splinter, rust, or tarnish. Do-it-yourself assembly with a few common tools (tools not included). SKU 500899

## Dyson Supersonic™ Hair Dryer

[Dyson.com](http://Dyson.com)

- Five styling attachments. Including one engineered to hide flyaways.
- Intelligent heat control.
- Powered by Dyson digital motor V9.
- The Dyson Supersonic™ hair dryer is engineered to protect hair from extreme heat damage, with fast drying and controlled styling to help increase smoothness, increase shine, and decrease frizz and flyaways.
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