TODAY'S October 2023 Lake Geauga

Getting Your Child To Cooperate

Science-backed methods versus reward systems

Noise Pollution

Can be harmful to your family

First aid tips to teach kids Telling
My Teens
About The
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Balancing Noise Pollution with Nature

Too much noise can affect mental and physical health — in kids and adults

By Sandi Schwartz

Have you ever been sitting outside trying to enjoy some relaxing quiet time when a loud and grating noise like an airplane or leaf blower destroys your peace? Noise pollution can really ruin a moment.

The problem with noise pollution

Noise pollution is considered a serious concern throughout the world. The World Health Organization ranks it as the second most critical environmental challenge after air pollution because excessive noise can seriously harm human health and interfere with people's daily activities. It can disturb sleep, cause cardiovascular and other physiological effects, reduce performance, and lead to changes in social behavior.

According to the United States Environmental Protection Agency, noise pollution is unwanted or disturbing sound that either interferes with normal activities such as sleeping, working, reading, or having a conversation, or disrupts or diminishes one's quality of life. Distracting noises can come from construction sites, traffic, machinery, sirens, crowds, blasting music, aircraft, fireworks, and more.

Noise affects our bodies in the following ways:

Physiological. Sudden jarring noises cause the body to produce cortisol, the fight-or-flight hormone that makes us feel stressed and anxious. Some studies show how chronic exposure to levels of sound greater than 50 to 55 decibels can boost stress hormones and increase blood pressure, hypertension, and heart rate

Psychological. Sounds can change our mood. Constant or loud noises can shift our mood from happy and calm to stressed and irritated. When we are surrounded by these intrusive noises all the time, the impact can add up and crush our spirit.

Cognitive. The brain has a huge storage space, but the amount of noise that it can process is relatively limited. When we are bombarded by noises, it can impact our ability to focus and think clearly. Research shows that children studying in schools under flight paths have read-

ing skills several months behind their peers in quieter places.

Behavior. Loud noises can lead to changes in how we act. We tend to move away from sounds that we do not like or that feel uncomfortable to us. In an experiment at a shopping center, speakers playing loud pop music were set up at one end of a store and calm, ambient music was played at the other end of the store. The results showed that many shoppers physically moved away from the pop music speakers. Sound, therefore, can impact decisions that we make in our lives.

Benefits of nature sounds

There is no doubt that certain sounds are more calming than others, although it's only been proven by science pretty recently. A group of researchers in England discovered that nature sounds physically alter the connections in our brain, reducing our body's natural flight-flight-freeze instinct.

Nature sounds like birdsong, wind, rain, and flowing water also help mask intrusive noises like airplanes flying overhead, leaf blowers, and construction sites, and undo the stress we feel from listening to them.

In the book, "Your Brain on Nature," authors Eva M. Selhub and Alan C. Logan highlight research in offices and hospitals that show how nature sounds help lower stress. In another study, the nervous system of adults who were exposed to sounds from both nature and noisy environments recovered faster after listening to nature. Yes, listening to calming nature sounds can help boost our physical health, too.

Interestingly enough, not all nature sounds have the same soothing effect. The best sounds are those that provide a sense of natural space and mimic the biorhythms of an ecosystem like a forest. Loud screeching and croaking are just not going to result in the same calming feelings as sounds of water, for example.

Prevent intrusive noise from ruining the moment

So, how can you and your family still connect to nature even with all this distracting noise? Keep in mind that you can experience soothing



nature sounds both indoors and outdoors. It's all about being mindful and making some adjustments so you can enjoy all the amazing benefits of nature sounds.

- Invest in some nature meditation CDs and apps (there are also plenty of free apps and CDs at your local library). Try out a few different types to see which you prefer. Some have music along with nature sounds, while others are just the natural sounds like a rainstorm or crackling fire. I love the White Noise app because you can choose more than one nature sound at a time and try out different combinations.
- Record your own nature sounds.
 Take along a recording device during your next hike or trip to the beach. Capture those relaxing sounds to play again later whenever you want.
- Install a small indoor water fountain. One of the local spas by my home has a relaxation room with the most soothing waterfall on a rock-covered wall.
- Keep your home and backyard

free from excessive noise, and show your family that you take time out of your busy day for quiet moments, such as listening to nature sounds.

- Go for nature walks to peacefully enjoy the beauty around you. Challenge yourself and loved ones to stay quiet so you can all listen mindfully to the natural sounds, such as the rustling of leaves and chirping birds.
- Carefully choose where you spend your time, especially if you are trying to unwind. Look for vacation spots and outdoor areas that don't attract a ton of visitors and are far enough from the road that you won't hear the hum of the traffic.
- Create a quiet zone in your home or find a sit spot outside where you can go to enjoy some silence or calming nature sounds.
- Reach for some ear plugs or noise-reducing headphones when the noise is really bothering you.
 Or, even better, pop in your earbuds and tune into some nature sounds.



Getting Kids To Cooperate

Ditch the reward system and try this science-backed approach with your kids instead

By Pam Moore

"Mom, can I have the vacuum?" asked my fiveyear-old daughter.

I was confused and more than a bit reluctant to turn over my beloved cordless Dyson.

"Why, sweetheart?"

Normally you cannot see my daughter's floor through the forest of books, dolls, and clothes. She grinned while imploring me, "Come see." She marched down the hall and into her room, leading me by the hand. When we got to her doorway I laughed in surprise. The floor was completely clear. I ceded control of the Dyson until my daughter got bored (about 47 seconds later). After I vacuumed neat rows back and forth over her pink, gray, and white chevron rug, I texted the preschool teacher photos of the immaculate room along with all the happy emojis.

Earlier that day, in frustration, I'd begged the teacher to help me find a way to quell the power struggles that had been erupting between me and my daughter for months. Years, if I'm being honest. No sticker chart or time out could tame her steadfast refusal to do what I asked, whether it was to do her chore (she literally has one chore), to get out of the bathtub, or get her shoes on.

Her teacher suggested a marble jar. Here's how it works: I put a marble in a jar every time I "catch" my daughter being good. When the jar is full, she earns a treat. The teacher said to follow a rule of never removing marbles as a consequence for bad behavior. My daughter's response to the marble jar was a classic example of positive reinforcement at work. According to Dr. Ira Chasnoff, M.D., the author of "The Mystery of Risk," positive reinforcement is the only type of discipline that actually works. In light of that, the steep improvement in my child's behavior should not have been surprising.

Still, I had questions. Why had the sticker charts not worked? And why, even as I grew less vigilant about rewarding "marble-worthy" behavior did the power struggles continue to decrease both in frequency and intensity? There had to be more to the equation than simply positive reinforcement. I talked to Sarah MacLaughlin, parent educator and author of "What Not to Say: Tools for Talking with Young Children," to fill in the gap. She cautions parents to use positive reinforcement only "as training wheels," and even then, only if they've already tried approaches emphasizing the relationship. In other words, while it may get kids into the habit of behaving in the desired manner, it's not a long-term solution.

MacLaughlin cites the work of education and parenting expert Alfie Kohn, who calls rewards and punishments "two sides of the same coin" in his book, "Punished by Rewards." As MacLaughlin explains, whether you're rewarding good behavior or punishing bad behavior, "the goal is to influence/control a child and their behavior, [a strategy that has] a rapidly approaching expiration date." She recalls offering her son candy as a reward for taking a necessary dose of bitter medicine when he was 5 years old. "He burst into tears and wailed, 'Why are you threatening me?' It took me a minute to work out how offering him M&Ms to take the stuff was a threat, but then I realized—the threat was that he wouldn't get the chocolate unless he took the medicine." MacLaughlin says she then realized she'd inadvertently attempted to coerce her child, something she'd never advise parents to do.

While MacLaughlin feels positive reinforcement may be effective, it should be used sparingly, if at all. She says children tend to respond well to positive reinforcement for the same reasons adults do; most of us would be more motivated to meet performance goals for a manager who rewards your efforts than to be subject to being punished for poor performance. However MacLaughlin points out, "I'm also not likely to care much about positive reinforcement or rewards from someone I don't respect or feel connected to." When it comes to motivating our children, no system or method can (or should) take the place of a loving relationship.

One of the risks of using positive reinforcement, says MacLaughlin, is raising a child who becomes an extrinsically motivated adult. Extrinsic motivation is when a reward or recognition motivates a person to perform. Intrinsic motivation, on the other hand, is what causes people to accomplish something simply because they want to. According to Daniel Pink, career analyst and author of "Drive", when it comes to creative problem solving, the prospect of extrinsic rewards actually hurts performance.

But the main issue with positive reinforcement is that it ignores the greatest source of influence on your child—your relationship. Says MacLaughlin, "Behavior is always driven by either development (i.e., it's normal and to be expected), an unmet physiological need, or emotion/stress (children don't have a fully wired brain and their off-track behavior is often a result of a dysregulated brain state)." As parents, it is crucial to understand that it's our connection with our kids—not any "sticker, star, gummy bear, [or] punishment" according to Dr. Becky Bailey—that can help get them back on track. Bailey is a developmental psychologist and early childhood expert whose TEDx talk, "Wiring the Brain for Success", explains the neurology responsible for this phenomenon.

But if offering a marble isn't the way to go when your kid is not cooperating, or worse, having a meltdown, what is? MacLaughlin advises parents



Rewards systems like putting marbles in a jar for good behavior then giving treats when its full may work short term, but are not a good overall solution.

to listen. And listen some more. If your child is having a fit, she says it is futile to attempt to give consequences or feedback when a child is in an elevated emotional state (e.g. crying, screaming). That does not mean you should ignore bad behavior, however. If, for example, your child becomes physically aggressive, MacLaughlin recommends you first help her calm down. Only when kids are calm do they have the capacity to listen and learn. At that point, she says:

"You can validate a child who is heated by saying, 'You tried to kick me because I said NO to dessert. I understand you're upset, and I won't let you hurt me.' Then listen more, say less, and offer no 'consequences' or feedback until they are calm. Once you gauge you're past the point of triggering those big emotions, you can offer feedback and education. For example, 'I know you know that hitting is not okay. As you grow and mature you'll learn how to stay in charge of yourself and not hit when you're upset." I call this combo a Truth Bomb Pep Talk—information, a reminder, and encouragement all rolled into one."

If your child is simply refusing to do what you're requesting, MacLaughlin urges parents to remember that kids are doing the best they can and to assume that they aren't cooperating because they need help. She says there could be something bothering them on an emotional level, in which case she recommends the approach she describes above, known as "Staylistening. Or it could be that using humor—making your request in a funny voice or with an accent— will get them on board. If that doesn't work, before you lose your cool, MacLaughlin suggests setting a limit by calmly, kindly physically guiding the child to the chore or task. She says parents are often surprised at how well this works.

Whenever my daughter's marble jar was full, she chose a treat. We would either hit the bagel shop or the used bookstore, but no matter what, her little sister was staying home. I've learned that her love language is carbs, books, and quality time. More importantly, I learned that positive reinforcement was just the "training wheels" she needed to start rolling in the right direction. I'm convinced that it was the "reward" of spending rare quality time together that helped the most.



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Today!

A Nightmare on My Street

By Cheryl Maguire

Lights illuminated our house, ten bags of candy brimmed a colossal bowl and my husband donned a Doctor Who costume. Since there are twelve doctors to date, I should specify he intended to be the fourth one, Tom Baker. We were ready for Halloween night in our new abode.

The doorbell rang. Our first trick-or-treaters had arrived. Cinderella, Buzz Lightyear and Superman stood before me holding pumpkin containers and in unison said, "trick-or-treat."

Superman pointed at my husband and announced, "Look he is dressed as Harry Potter."

The Doctor Who scarf shared a similar gold and maroon color scheme to the scarf of the famous Hogwarts wizard. It was an understandable error. Doctor Who is an obscure sci-fi television show while Harry Potter is a multi-million dollar franchise with an amusement park. For the next hour, an unremitting stream of eager children gathering

candy appeared at our door and an interminable amount of people identified my husband as Harry Potter.

And then I had a strange encounter.

The doorbell rang. A young couple stood before me. I searched for their child, but I was unable to locate one.

The young man said, "trick-or-treat."

I did a double take. Neither the man nor woman wore a costume. At first I believed their age to be in their twenties but then I reconsidered. Could they be in high school? The man had a beard, and the woman's hair was swept up into a ponytail. They held their pillowcases in front of me, waiting for their treats.

After the shock and disbelief wore off, I felt slightly annoyed. I purchased the ten bags of candy for adorable kids dressed in costumes, not for teens in jeans and a T-shirt. I considered offering my opinion by stating, "If you are old enough to grow a beard, drive a car, vote for the president, get a job, then surely you are old enough to drive yourself to



the store and buy your own candy or at the very least a costume."

The young man must have sensed my hesitation or possibly read my mind because a smirk appeared across his face. He was offering a subtle reminder that the first word he uttered was "trick."

I thought to myself, "He is also old enough to procure a dozen eggs, a roll of toilet paper and a bottle of shaving cream."

I didn't want to be "that" house that the teens egged, TPed or decorated with shaving cream so I begrudgingly dropped a Kit Kat, Milky Way and Reese's Peanut Butter Cup into each of their pillowcases. I was tempted to add, "Which Tony are you supposed to be; Soprano or Montana?"

The young man must have Tweeted or Snapchatted or accessed whatever the current mode of teen communication they use to send messages.

I'm guessing he said something along the lines of, "House #100 is giving out mad candy. And be sure to check out the weird dude dressed as Harry Potter."

Because after the couple left, we received an influx of similar looking teens.

Our candy supply was running dangerously low. We panicked. What if we ran out? Our new house would be marked like Hester Prynne with a Scarlett A on her dress. It was almost 8 p.m. so we boldly decided to turn off all the lights and waited. Every sound we heard we wondered if we were under attack. Finally the

noises died down, and we felt somewhat relieved.

"Well that isn't what I expected," I said.

"Me neither. I mean Harry Potter doesn't look anything like Doctor Who," replied my husband.

"No, I meant the noncostumed teens invading and 'asking' for candy," I said.

"Yeah, they were a little old for that. When I was a teen, we just went around egging or spraying shaving cream at houses," he responded back.

Okay, I didn't expect to hear that either.

Next year I'm going to try to prevent some of these adolescents from freeloading off my candy intended for fledgling children decked out in elaborate costumes. Near the doorbell, there will be a sign declaring:

Please ONLY ring the doorbell if:

- 1. You are dressed in a REAL costume. A sweatshirt, T-shirt and jeans do NOT count. If you are carrying a pillowcase to hold the candy, you probably shouldn't bother ringing it either.
- 2. Due to your age, you are unable to obtain a driver's license, a job or grow facial hair.
- 3. Please read #1 and #2 again to make sure you fit ALL the requirements.

Don't worry, I know what you are thinking. My intricate preparations will also include a fully stocked closet of cleaning supplies.

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



Telling My Teens About the "Old Days" When I Was a Kid

By Katy M. Clark

"Mom, did they have paper plates when you were little?"

I looked at my teen who had just asked this question. He had to be joking, right? But he stared at me with all seriousness.

My teenager thought we didn't have paper plates when I was little? Yikes!

"Believe it or not, we did," I replied. Seeing that his history class wasn't teaching him anything about the reality of life in the 20th century, I took it upon myself to educate him about the past.

"But there are a lot of things you take for granted that were different when I was growing up," I told him.

And then I shared the 12 following facts about life in the olden days—otherwise known as the '80s:

We had to lick the back of stamps before we stuck them on an envelope. There were no self-adhesive stamps for us.

We had to carry our luggage onto the plane. I n fact, that's why those small pieces of luggage are called carry-ons. They didn't have wheels or retractable handles.

People didn't get cash when they won on Wheel of Fortune. They had to use their winnings to go shopping for things like a sofa and a ceramic dog sculpture.

Wrapping paper didn't have lines printed on the inside. We had to wing it and hope that we could cut straight.

We found our way to new places by using a map. No, not Google Maps. A folded paper version that you bought at a gas station and kept in the glove box.

During most of my childhood, the phone was attached to the wall by a cord.

If I wanted to know the weather or what time it was, I had to make a phone call. I also called the movie theater and listened to a recording of movie show times.

Speaking of the movies, there were no movie theaters with stadium seating. If someone sat directly in front of me, then I got a view of half the screen and the back of someone's head.

My generation also endured the New Coke fiasco. New Coke replaced the original formula. But no one liked New Coke and we went back to old Coke. It was a confusing time.

The Internet did not exist. If I had a question, I had to ask someone, use an encyclopedia, or visit the library.

Texting, Snapchat, and TikTok didn't exist either. If I wanted to reach people, I wrote them a letter, passed them a note in school, or called them on the phone.

When I liked a song on the radio, I had three choices to listen to it again: tape it off the radio with a tape recorder; buy the cassette at the mall without listening to any of the other songs; or buy the single as a 45 and listen to it on my record player.

"What's a 45 or a cassette?" my teen asked.

Sigh.

"Just Google it," I told him.
"But we did have paper plates,

kid!" I said with passion, "Don't you ever forget it."

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

Fall and Halloween Fun at Cleveland Botanical Garden



Fall is almost here, and the Cleveland Botanical Garden has fun fall activities for all ages throughout September and October.

Beginning Saturday, September 23, pumpkins, pansies, cabbage, cornstalks, kale, mums and so much more transform the outdoor gardens into a fall wonderland. Beautiful fall displays will be showcased throughout the indoor and outdoor gardens at the Botanical Garden. Be sure to experience this time of year at the garden for a festive photo opportunity or simply an opportunity to experience fall flora in all its splendor.

BOOTANICAL BASH

Join in on Sunday Oct. 22 from noon–5 p.m. for a celebration of scarecrows and skeletons at the annual Bootanical Bash event.

Little wizards and witches will meander their way from the seasonally decorated terrace to the Hershey Children's Garden gathering treats along the way. Ghoulish games and activities will await them on White Oak Walk. Your kiddos can plan to dance their hearts out to the always fun sounds of DJ Kris Koch. Registration is required. Tickets are \$28 per nonmember child, \$28 per nonmember adult, \$8 per member adult and \$12 per member child.

The Cleveland Botanical Garden is open from 10 a.m. to 5 p.m. Tuesday through Saturday and from noon to 5 p.m. on Sunday. The Botanical Garden is closed on Mondays. Admission is \$20 for adults, \$14 for children ages 3–12 and free for Holden Forests & Gardens members.

Purchase tickets online at www. holdenfg.org.



Greater Cleveland Aquarium to host Pumpkins & Piranhas event



Pint-sized superheroes, astronauts, witches and mummies are invited to explore Lake "Eerie" and the deep "boo" sea at Pumpkins & Piranhas at the Greater Cleveland Aquarium Thursday–Sunday, October 26–29 from 5–8 pm (last admission at 7 pm). A KultureCity Sensory Inclusive™ certified venue, the Aquarium is also offering a sensory-friendly Pumpkins & Piranhas experience on Monday, October 30 from 5–8 pm.

The not-so-spooky after-hours celebration features underwater jack-o-lanterns, diver interactions, Halloween-themed décor and music, Nora the Explorer animal encounters, a rotating array of nightly ac-

tivities ranging from face painting to magic and substantial treat bags for costumed kiddos. In order to prepare enough take-home treat bags for younger guests, advance tickets are required. Admission is \$19.95 for ages 13+, \$15.95 ages 2–12, \$5 for Aquarium passholders of all ages and free for guests younger than 2.

Visitors of any age can pick up a visit activity booklet that spotlights misunderstood animals. "Some Aquarium residents have unusual or even seemingly menacing features that are important for their survival," says Matt Debelak, education coordinator "For example, a Vietnamese mossy frog's warty, textured skin give it a bark- and moss-like appearance for camouflage and an Argentine black-and-white tegu's sharp claws help it dig, climb and forage for food."

The Greater Cleveland Aquarium is located at the Flats West Bank, 2000 Sycamore Street in Cleveland. Visit greaterclevelandaquarium. com or call 216-862-8803 for more information.

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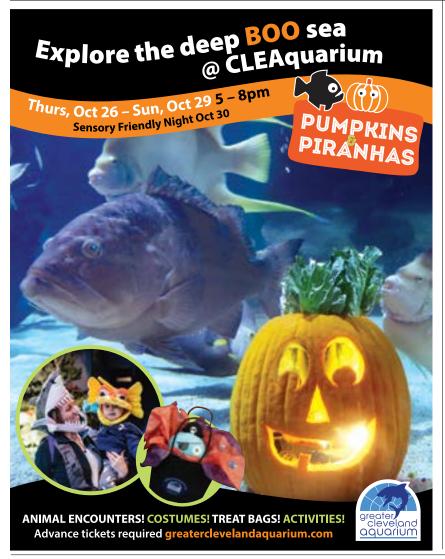
Eurographics is a world-leading art publisher and puzzle manufacturer. The company is known for its wide selection of quality products and outstanding customer service. Their puzzles are made with strong high-quality puzzle pieces from recycled board and printed with vegetable based ink. Visit their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













Jurassic Quest returns to I-X Center November 3–5, 2023



Northern Ohio families can walk among the nation's biggest herd of photorealistic dinosaurs when Jurassic Quest* opens at I-X Center for one weekend only November 3–5.

Walk through 165 million years of the Triassic, Jurassic and Cretaceous periods to learn about the creatures that ruled the Earth! In addition to life-like dinosaurs, Jurassic Quest's classic experiences for the whole family include some of the largest rideable dinosaurs in North America, live dinosaur shows, interactive science and art activities including a fossil dig and real fossils like T-Rex teeth, a triceratops horn and life-size dino skull, a "Triceratots" soft play area for our littlest explorers, bounce houses and inflatable attractions, photo opportunities, and more.

Advance purchase online recommended to ensure desired date and availability at www.jurassicquest. com, or tickets are available on-site, and include a 100% ticket guarantee that in the event of a show cancellation or postponement for any reason, ticket purchases will be automatically refunded for the full purchase amount.

General admission tickets (ages 11–64) are \$22 per person and include access to the dinosaur exhibits, arts and crafts activities, and dinosaur shows. There are rides and activities that require activity tickets available on-site, or guests can upgrade to the Kids Unlimited Ticket (the best value for children ages 2-10). Entry is free for children under age 2. Seniors 65+ are \$19.

Fri., November 3 • noon–8 pm Sat., November 4 • 9 am–8 pm Sun., November 5 • 9 am–7 pm

Cleveland Metroparks Zoo Trick-or-Treat Fest

Cleveland Metroparks Zoo announced tickets are on sale for the 4th annual Trick-or-Treat Fest presented by Citizens. Bring your family in costume for this year's family-friendly Halloween event at the Zoo, Fridays through Sundays from 10 a.m. to 3 p.m. beginning October 6 through October 29.

"The tradition of celebrating Halloween at Cleveland Metroparks Zoo returns with four weekends of fall family fun," said Kelly Manderfield, Cleveland Metroparks chief marketing officer. "Thanks to our partners, families will enjoy trick-or-treating and a variety of festive experiences."

Trick-or-Treat Fest is an additional ticketed experience and includes meet-and-greets with costumed characters, access to 20 trick-or-treat stations, and the return of the Monster Mash Dance Party at the Zoo's amphitheater. Included with each ticket, guests will enjoy unlimited train rides on the Pumpkin Express train and the Circle of Wildlife Carousel. The first 800 guests each day receive a complimentary trick or



treat bag courtesy of Meijer.

Trick-or-Treat Fest will have timed ticketing. Guests are strongly encouraged to secure their spot in advance and must adhere to the time selected. Tickets for Trick-or-Treat Fest are \$9 for nonmembers and \$7 for members. Children under 2 enter free. Tickets are available at Future ForWildlife.org/trickortreatfest.

Wings of Women STEM Conference for middle- and high-school-aged girls

Registration is now live for the International Women's Air & Space Museum's (IWASM) 2023 Wings of Women (WOW) STEM Conference. This unique event for middle and high-school-aged young women welcomes students across northeast Ohio to explore potential STEM careers, engage in hands-on activities, and learn from mentors in small group settings.

The 2023 WOW Conference welcomes keynote speakers Dr. Claudette Owens, electrical engineer and cybersecurity expert, and retired US Army colonel and Mary Miller, chief operating officer of Veteran Victory Alliance. They will be joined by other women in natural and wildlife sciences, aviation manufacturing, aerospace engineering, astronomy, and more. Hosted at IWASM in Burke Lakefront Airport, students will learn about the women who've come before and have the opportunity to find the right fit for their future career and education goals.

WOW takes place on Saturday, October 14, 2023, from 8:00 a.m. to



Air traffic controller Sarah K. explores her career with students at the 2022 WOW STEM Conference.

2:00 p.m. Registration is free, but prior application is required. Participants will receive a light breakfast, lunch, a commemorative T-shirt, and information about colleges and universities nationwide. The registration deadline is October 11, 2023. For more information and to register, visit www.iwasm.org.

IWASM is a 501(c)3 nonprofit museum with the mission to preserve, educate, and inspire its communities about the history and culture of women in all areas of aviation and aerospace. Located inside Cleveland's Burke Lakefront Airport, exhibits are free of charge seven days a week from 8 am-8 pm, offering guided tours and programs by appointment.



Family fun weekends at The Holden Arboretum

Fall in love with the Holden Arboretum and all its beauty during the new season starting with Fall Forest Fest, a celebration of autumn every weekend in October featuring live performances, wagon rides, pumpkin carving, and more! Enjoy unique fall experiences fun family activities, and the best views of fall color in northeast Ohio.

FALL FOREST FEST: PUMPKINS & POTIONS

Each weekend in October from 10 am–4 pm, visitors can expect to enjoy different food trucks, including Bubble Time Mobile Kitchen, The Dawg Bowl, Rabbit Food, Kountry Krunchins, Eat at the Bus Stop and Off the Griddle. Live performances will include spooky story time, palm and tarot card readings, and music by the Cleveland Wind Trio, Thomas Evanchuck, and Ed Purcell.

Themed weekends are as follows:

- Fall Wagon Rides, October 7 & 8: Get a behind-the-scenes look at fall color with wagon rides throughout our gorgeous Display Garden.
- Costumes & Canines, October 14 & 15: Come in your favorite costumes, including your 4-legged friends.
- Professional Pumpkin Carving, October 21 & 22: The owner and lead carver of Illuminated Carves Mike Pickett will showcase his talents.
- Flannels & Flights, October 28 & 29: Don your favorite pattern and look forward to flights of fall beers and wine (alcohol sales are only on Saturdays).



Along with the beloved artistically decorated Hedge Collection, the grounds will feature seasonal vignettes at key locations on the campus. Greensward Tent Lawn will continue to be a main gathering hub of activity, hosting the Spellbound Stage, Graveyard Games and of course a dedicated photo opportunity. Little goblins and ghouls can enjoy making a craft in the Autumn Art Studio and discover an Apothecary filled with potions and charms in the area once known as Buckeye Bud's Adventure Woods. Free with admission.

The Holden Arboretum is open from 9 am–5 pm. Tuesday through Sunday, and closed to the public on Mondays. Admission is \$20 for adults, \$14 for children ages 3 – 12 and free for Holden Forests & Gardens members. Purchase tickets online at holdenfg.org.

BOOKS

Together We Can

40 inspirational stories about what humans can achieve when we work as a team

By Ned Hartley, Illustrated by Studio Mut

From inventing vaccines in record time to dealing with climate change, the biggest challenges we face can only be overcome when teams of people work together towards a common goal. "Together We Can" is a celebra-

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tion of what we can achieve when human beings work collaboratively. Packed with stories of teamwork from around the globe, read about the discovery of DNA, the beginnings of the Red Cross, the formation of Apple Inc., The Black Mambas, the Bolshoi Ballet, LEGO creators and more. Reading this book will help you understand the power and importance of teamwork! "Together We Can" will appeal to librarians, educators, and parents interested in showcasing teamwork for early readers.



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October events and activities at Geauga Park District

The Space Race!

Saturday, October 7 • 4-6 PM Observatory Park Fee: \$20

As the sun goes down on October 7, run, jog or walk as many laps as you can in our two-hour timed race. Our course is .85-mile and each lap equates to some amount of travel through our solar system. One lap takes you to Mercury, four laps and you'll arrive at Mars, 10 laps gets you to Pluto, and so on. In this way, you will actually be racing yourself to see how far out of this world you can go! All who complete at least one lap will earn a Space Race medal, and a ribbon recognizing how far you went and which planet you reached. Awards will go to the top three male and female finishers. Register at https://register.chronotrack. com/r/74327. Fee: \$20 online before 10/6 or \$25 on race day if event is not sold out. Space is limited, race T-shirt for first 250 participants.

Horse-Drawn Wagon Rides

Sunday, October 8 & 15 • 1-5 PM Swine Creek Reservation Enjoy the sights, sounds and scents of fall with a horse-drawn wagon ride! First-come, first-served boarding. Limited seating. No pets. Rides last about a half hour and are canceled by bad weather. Last ride leaves at 4:30 PM.

Night Sky Viewing

Friday, October 13 • 8-11 PM
Observatory Park
If skies are clear, observe the night sky through the Oberle telescope and other telescopes spaced out around the plaza. Planetarium presentation if cloudy. Wheelchair/stroller

Introduction to Archery for Families

accessible.

Saturday, October 14 • 1-2:30 PM
Chickagami Park
Families with children ages 9+,
learn the basics of target archery
together. Participants must be 50" or
taller, wear closed-toe shoes and be
accompanied by an adult if under 18
years of age. No younger children,

please. Registration required.

Autumn Kayak

(Ages 10+ w/adult)
Sunday, Oct. 15 • Noon-1:30 PM
Burton Wetlands Nature Preserve

Enjoy an autumn day paddling the peaceful shores of this ancient glacial lake. Kayaking ability/experience required. Dress for weather. Held rain or shine, except in the event of a thunderstorm. Registration required beginning October 8 at 10 AM.

Volunteers needed.

Sap Bucket Painting Workshop

Tuesday, October 17 • 6-9 PM
Claridon Woodlands
Fee: \$40 Geauga residents,
\$45 out-of-county residents
Join artist Robert Kolcum to paint
a beautiful woodland maple sugaring scene on a vintage sap bucket.
Wine & cheese served. All materials instructions and refreshments
included. Ages 21+. Dress for mess
in an old shirt or painting smock.
Registration required. Wheelchair/
stroller accessible.

Campfire Cooking: Forks & Foil Friday, October 20 • 5:30-7:30 PM

Orchard Hills Park
Fee: \$4 Geauga residents,
\$6 out-of-county residents
Learn a new skill and get inspired
for your next camping adventure!
We'll practice classic hot dog-roasting on a stick, providing various
toppings to help make your own
gourmet dog, and end with campfire banana boats in foil for dessert.
Registration required.

Timbertots: Tremendous Trees

(Ages 3-5 w/adult) Thursday, October 26 10-11 AM & 1-2 PM Orchard Hills Park

Join Nora the Explorer to discover trees with hands-on activities and exploration. We'll also be creating a tree-themed art project to display for the upcoming community art show! Mostly outdoors; dress for the weather. Registration required for all attending.

Visit www.geaugaparkdistrict.org for many more activities in October... and beyond!



Corn & Pumpkin Weekend

October 7 & 8 • 9 am-5 pm



Celebrate the fruits of the harvest at Lake Metroparks Farmpark during Corn & Pumpkin Weekend presented by Playground World. Kids can have a blast with pumpkin bowling, corn husk doll making, and painting

pumpkins to take home (\$3).

Throughout the weekend, visitors can savor delicious corn and pumpkin soup, explore the three-acre corn maze, enjoy the beautiful fall-colored landscapes and treat themselves to an apple slushie.

While you're there, capture picturesque moments with Farmpark's antique tractors and Halloween displays, hop on a wagon ride around the park, visit farm animals and check out what's "Buzzing with the Bees." Plus, the little ones can even enjoy pony rides (weather permitting, \$6).

Corn & Pumpkin Weekend will be at Farmpark from 9 am to 5 pm on October 7 and 8 and is included in Farmpark admission (\$7 to \$9). Farmpark members, children younger than two and active military and their families receive free admission.

For an event schedule visit https://goto.lakemetroparks.com/ corn-pumpkin.



Halloween Drive-thru at Lake Metroparks Farmpark

Travel Lake Metroparks Farmpark's trails and roadways after dark in the comfort and safety of your own vehicle during Halloween Drive-thru presented by Ken Ganley Subaru Wickliffe & Ken Ganley Chrysler Dodge Jeep Ram Fiat Painesville. Experience many playfully frightful sites throughout the park—some that you have come to love and some new surprises.

Halloween Drive-thru runs October 6-8, 13-15, 20-22 and 27-29. The following times will be available each evening: 6:30, 7, 7:30, 8 and 8:30 pm. Because of the lack of darkness, 6:30 and 7 pm time slots are best suited for younger children.

Advanced tickets are required and are sold only at goto.lakemetro parks.com/tickets. Ticket cost is \$27.50 per carload (maximum of three drive-thru tickets per family or Farmpark membership). Visa, Mastercard and Discover payment

only; Lake Metroparks gift cards are not accepted for ticketed events. All ticket sales are final. No refunds, exchanges or adjustments. Lake Metroparks is not responsible for lost or stolen tickets.

Halloween Drive-thru runs rain, snow or shine! In the rare occurrence of extreme weather on your event date, follow Lake Metroparks on Facebook and Twitter for an event cancellation announcement.

No limos, buses or oversized vehicles are permitted at Halloween Drive-thru. Vehicle size is limited to 20 feet in length, and 6 1/2 feet in width. For guest safety, all tailgates, van/car doors and hatchbacks must remain closed at all times. Riding in the back of a pickup truck is not permitted. Visitors must remain in their vehicles along the entire route. Please note there is no vehicle parking at this event; please arrange any carpooling prior to arriving.



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Cleveland Orchestra 2023–24 Family Concert & Music Explorers Series

The Family Concert Series each have a different theme with performances designed to engage and entertain children ages 7 and up, and all last under an hour.

The Family Concert Series starts with the popular Halloween Spooktacular on Sunday, October 29, 2023, at 2:00 p.m. at Severance Music Center. The Cleveland Institute of Music Orchestra will be wearing their Halloween best for this afternoon of magical tricks and musical treats. Attendees are encouraged to arrive early to take part in the preconcert costume contest and other fun

The Music Explorers Series is an ideal way for children and families to learn about the orchestra's instruments, one by one. Programs feature

Cleveland Orchestra musicians, special guests, and an engaging host who encourages audiences to sing, clap, and move to the music. Each half-hour adventure features brief musical selections and instrument demonstrations created to inspire and entertain young children, ages

The Brilliant Bass will be presented on October 6 and 7, with Cleveland Orchestra bassist Henry Peyrebrune in Reinberger Chamber Hall.

The Christmas Brass Quintet will be presented on December 15 and 16, with Cleveland Orchestra brass musicians in the Jack, Joseph and Morton Mandel Concert Hall.

Visit clevelandorchestra.com for dates for all the shows in each series.

What's in a Name?

Remember that your choice will last forever

By Stacy Turner

When a new parent contemplates what to name their baby, it can feel like a monumental decision. You read books and scroll through online posts for ideas, mostly to gauge popular names to stay away from if you're from the generation of an abundance of Michaels, Jennifers, and Michelles.

While you have months to decide, it can seem stressful, since the name you choose will most likely last a lifetime. You may settle on a name you think is "the one" only to have someone point out what might rhyme with it, or how it might be abbreviated as a nickname, which could be a deal-breaker.

When we were soon-to-be-parents, my husband and I went through the same name discussions. Since we didn't find out the sex of our first child, we had two lists of options to choose from. And it seemed like everyone we knew suggested names or had comments on the names we

were considering. Names can be so subjective. My father-in-law was partial to the names Caleb or Seth for a boy. My mother-in-law thought Charlotte sounded like a chubby girl's name. (Sorry, not my thoughts—hers.) A friend thought Paige would be a beautiful name — especially with our last name. Paige Turner? No thank you.

I remember being disappointed when I found out my name was just something that sounded good to my parents. I wanted my kids' names to have some significance. But not in a made-up word way that makes it hard to spell or pronounce. In the end, we decided to veer away from any names that might cause our child to use their college fund for therapy. And when they were old enough to ask, we wanted to have a good story about why we chose their name.

For a boy, we leaned toward Noah, a solid name that held promise. For a girl, we chose Zoe, which means life; both names were fitting because we



weren't certain we'd be able to have a child. My husband wanted our child's middle name to be the same as his brother's and great uncle's: Allison, which brings to mind the song, "A Boy Named Sue." Luckily, our baby WAS a girl, so the name worked.

We knew in advance that our younger child was a girl. We chose Ryland as her first name, from my husband's family tree. Her middle name is Jolie, which means pretty. It's fun to say, but more importantly, gives her my late father's initials. She

complains because we usually abbreviate her first name. When she interviewed at a swanky restaurant nearby, she wrote Ryland on her application because it "sounded fancy." Fancy or not, she got the job.

Names reveal something about who we are, where we come from, and where we're headed. With so many uncertainties these days, it's comforting to know that some new parents are choosing old-fashioned names for their little ones. Olivia and Noah made the list; and don't tell my mother-in-law, but so did Charlotte.





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Holly Days Artisan Boutique & Mistletoe Market

Browse a premier selection of nature-themed holiday decor and gifts for sale by regional artisans - the perfect opportunity to find unique, handmade items for everyone on your list!

The event runs Friday, November 3 from 5-8 pm and Saturday,

November 4 from 10 am- 4 pm and features indoor AND outdoor vendors, plus the Mistletoe Market offering handmade gifts created by young artisans. Wheelchair/ stroller accessible.

> The event will be held at Geauga Park District's Woods Nature Center, 9465 Kinsman Road (Rt. 87) in

Russell Twp., Ohio. For more information

visit www.geaugaparkdistrict.org.

Taylor Swift: The Eras Tour Concert Film

Coming October 13, 2023. Tickets on sale now at Atlas Cinemas.net!

The cultural phenomenon continues on the big screen! Immerse yourself in this once-in-a-lifetime concert film experience with a breathtaking, cinematic view of the history-making tour. Taylor Swift Eras attire and friendship bracelets are strongly encouraged!





Shore Cultural Campus 291 E 222nd Steet Rm. 41 Euclid, Ohio 44123

FAA Central Campus 38660 Mentor Avenue Willoughby, Ohio 44094

FAA East Extended Housing Campus 270 E. Main St. Ste. 200 Painesville, Ohio 44077

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Test your water. This point goes along with why an expert consultation with a water treatment dealer is beneficial. As an experienced water treatment professional, your local dealer understands local water, and is equipped to test your water to know exactly what problems need to be addressed. They can perform on-site evaluations of the source of your water as well as what is coming out of the tap to isolate specific issues you may be dealing with. Before they even leave, you will know all



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See their ad on page 10 or visit www.BenjaminFranklinPlumbing NEOhio.com or www.Debordinc. com for additional information and special offers!

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I-X Trick or Treat Street returns

The I-X Center is thrilled to announce the spooktacular return of the beloved family-friendly Halloween event, I-X Trick or Treat Street, after a four-year absence. The event will run October 21-22 and October 28-29. Hours are Saturdays 11 am-7 pm and Sundays 11 am-6 pm.

Geared towards children aged 10 and younger, this time-honored tradition that has been enchanting families in northeast Ohio for years promises a thrilling mix of trick-ortreating, amusement rides, and live entertainment, ensuring a memorable and safe Halloween experience

Don't miss your chance to be part of this spooktacular family event that promises endless fun and Halloween memories!

Tickets are now available for



purchase at www.ixtrickortreatstreet. com, with various options to suit every family's needs:

Online General Admission - \$14 (savings of \$4 per ticket) Pumpkin Family 4-Pack - \$50 (Online only) (Savings of \$16) I-X Box Office General Admission - \$18

Seniors 60+ (Box office only) - \$10 Military and First Responder - \$10 (Valid ID must be shown

at box office)

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Lake County Department of Job and Family Services

The History of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1.

This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

To commemorate the event, Druids (Celtic priests) built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

By A.D. 43, the Roman Empire had conquered the majority of Celtic territory. In the course of the 400 years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain.

The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple, and the incorporation of this celebration into Samhain probably explains the tradition of bobbing for apples that is practiced today on Halloween.

All Saints' Day

On May 13, A.D. 609, Pope Boniface IV dedicated the Pantheon in Rome in honor of all Christian



martyrs, and the Catholic feast of All Martyrs Day was established in the Western church. Pope Gregory III later expanded the festival to include all saints as well as all martyrs, and moved the observance from May 13 to November 1.

The All Saints' Day celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-Hallows Eve and, eventually, Halloween.

Halloween comes to America

The celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there. Halloween was much more common in Maryland and the southern colonies.

As the beliefs and customs of different European ethnic groups and the American Indians meshed, a distinctly American version of Halloween began to emerge. The first celebrations included "play parties," which were public events held to celebrate the harvest. Neighbors would share stories of the dead, tell each other's fortunes, dance and sing.

Colonial Halloween festivities also featured the telling of ghost stories and mischief-making of all kinds. By the middle of the 19th century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country.

In the second half of the 19th cen-

tury, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing the Irish Potato Famine, helped to popularize the celebration of Halloween nationally.

History of trick-or-treating

Borrowing from European traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trickor-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes.

Parents were encouraged by newspapers and community leaders to take anything "frightening" or "grotesque" out of Halloween celebrations. Because of these efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the twentieth century.

Source: History.com. This information has been edited due to space limitations. Visit them for more info on Halloween including the origin of Halloween parties and costumes!



Enjoy the best fall colors at Lake Metroparks

By Becky Parkin, Lake Metroparks Assistant Chief of Outdoor Education

One of the most striking aspects of northeast Ohio is the stunning fall colors. Yellow, orange, red, and purple are just some of the beautiful colors you can see in the forests of Lake County. Whether you want to walk miles to find them or enjoy the view from a trail cart, these views are not to be missed! Try out some of our favorite hikes in Lake Metroparks to take in the majesty nature has to offer.

Chapin Forest Reservation

With a panoramic view of everything from Lake Erie to the Cleveland skyline, the view of fall colors is one of the best overlooks anywhere.

Enter from State Route 306 (Chillicothe Road) and drive to the end of the parkway. Lucky Stone Loop Trail begins at the Ledges picnic area and takes you to the highest elevations in the park.

Enter from Hobart Road and access Arbor Lane Loop Trail from the parking lot. Hike this gravel trail until it intersects with Lucky Stone Loop and hike to the overlook.

Girdled Road Reservation

Enter from State Route 608 (Concord Hambden Road). Stroll Skok Meadow Loop Trail to the scenic overlook and deck. A meadow of 30 acres of native wildflowers unfolds before you with many



Fall Family Overlook at Chapin Forest Reservation.
Photo credit: Andrew Cross

flowers blooming through late summer and into the fall. Enjoy this peaceful view with the backdrop of trees lining the Big Creek valley.

A much larger paved parking lot has been added and a paved trail connects it to the ADA accessible deck. This will be a great place to take in fall color overlooking the Big Creek Valley. Donations contributed by family and friends to honor Kent A. Young assisted with construction costs of the overlook deck.

Hell Hollow Wilderness Area

Enter from Leroy Center Road and walk Beech Ridge Loop Trail to a stunningly unique overlook of the Paine Creek valley, more than 200 feet below.

Indian Point Park

Enter from the upper parking lot on Seeley Road and hike along Point Overlook Loop Trail. Lookout Ridge Scenic Trail will provide a spectacular view over the Grand River valley and the hillsides will be alive with colorful leaves.

Pete's Pond Preserve

Enter Pete's Pond off of Rockefeller Road and drive to the back of Wickliffe High School parking lot. As you stroll Carriage Lane Trail, you will slowly become engulfed in beautiful yellow fall colors. This two-mile round-trip trail takes you into the heart of a beautiful northeast Ohio woods.

Information about these and other parks can be found at goto.lakemetroparks.com/parks. Park trail maps are available to download at goto.lakemetroparks.com/hiking.

Binge Walk your Parks

Hiking in the great outdoors provides exercise and interest for people of any age. Just getting out and walking around is a wonderful way to exercise and see nature. Get outside and hit the trails! Lake Metroparks encourages you to binge walk your parks throughout the year.

Check out the fall colors hike and scavenger hunt at goto.lakemetroparks.com/bingewalk.

MAKE US YOUR DANCE HOME!

Rec Classes are offered for ages 3–18. Students may select from a variety of classes including ballet, hip hop, jazz, pom, and acrobatic arts. Classes are \$60/month (4 weekly classes) and run from September through May. Register today!

REC CLASSES 2023-24

(Lake County studio schedule)

Day	Time	Class Description	Ages/Level
Monday	5:30-6:15	Pom/Jazz Combo	ages 7–11
Monday	6:15-7:00	Hip Hop	ages 7–11
Monday	7:00-7:45	Hip Hop	ages 12+
Monday	7:45–8:30	Contemporary	ages 12+
Tuesday	5:30-6:15	Little DancerJazz/Musical Theater	ages 3–5
Tuesday	6:15-7:00	Pom/Jazz Combo	ages 5–7
Tuesday	7:00–7:45	Acrobatic Arts – Beginner	ages 4–8
Wednesday	5:00-5:45	Acrobatic Arts – Begin./Interm.	ages 6–12
Wednesday	5:45-6:30	Нір Нор	ages 9+
Wednesday	6:30-7:15	Cheerleading/Pom	ages 9+





TWO LOCATIONS!

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Patterson Family Fun Fest is back!

When it comes to nature at its best, the beautiful days of autumn speak to our senses. Crisp fresh air and colorful scenes with leaves ablaze wherever you turn welcome you to celebrate the climax of the growing season at Patterson Fruit Farm. Harvest is in full gear with an abundance of apples leading the way. Stop by the farm market to shop and to enjoy the scenes overlooking Lake Erie on Caves Road or bring the family to the Family Fun Fest on the Mulberry Road farm to play for a while — both in Chesterland.

While the market is open year round, Patterson's adds their Family Fun Fest to the action now through

October 29, 2023. This area costs \$7 per person Monday-Thursday (10 am-6 pm) and \$11 per person Friday-Sunday (10 am-5 pm). Seniors are \$6 every day. Children 2 and under are free every day.

This gives families of children preschool through elementary ages a place to enjoy hiking, sliding, playing in straw, climbing and "driving" tractors, viewing the world from the top of their tree house, disappearing in the silo and, in general, enjoying the out-of-doors filled with fun. No reservations needed.

For more info, call 440-729-1964 or visit pattersonfarm.com.



Help us feed hungry children in our community.

One dollar can help provide four nutritious meals.

Donate today at GreaterClevelandFoodBank.org





Painesville Fall Fest is October 7

Head down to Painesville's Recreation Park On Saturday, October 7 from 3-6 pm for an afternoon full of free fall family fun!

Activities include hay rides, trunk or treat, pumpkin decoration, Halloween-themed games, entertainment guests and food trucks. Costumes are encouraged. This event is completely free and open to the public.

Recreation Park is located at 301 Latimore Street in Painesville.

Music lessons at the **Fine Arts Association**

The act of making music simultaneously engages more areas of the brain than any other human activity. When Albert Einstein was a patent clerk solving the many mysteries of the universe, he would occasionally get stuck. In those moments, he picked up his violin and played Mozart. Then: relativity.

Study upon study show a direct connection between music making and higher performance in school. Plus, making music makes you happy. And, that's to say nothing of the music itself!

Led by an incomparable teaching faculty, the Fine Arts Association in Willoughby is proud to offer the region's best in private music instruction. Whether a young child learning piano or violin, school-aged youth



supplementing their school band, orchestra, or choir program, or an adult pursuing a passion, FAA has opportunities for everyone. Come, make music with them today.

Visit www.fineartsassociation.org or call 440-951-7500 to learn more.

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First aid tips to teach kids

By Sarah Lyons

Parents can take every precaution possible to keep their kids safe but accidents happen. It is never too early to start teaching your kids basic first aid skills and what to do in an emergency. If your child gets injured, remain calm and talk them through the steps you are taking while applying ice, bandages, or treating a bug bite. The skills you teach them now will be used for a lifetime. Here are some basic first aid tips you can start teaching kids now.

For bumps and bruises

For a typical bruise, explain that when you bump into something it causes bleeding under the skin. Apply an ice pack to the bruise to prevent swelling and reduce pain. Show your child where you keep the ice pack and how to wrap it in a towel so the ice isn't directly on the skin.

Call for help if: your child has a head injury and is acting strangely or if they are experiencing nausea, vomiting, confusion, or vision changes.

For cuts

If your child has a cut, teach them to use a clean cloth to put pressure on it to slow bleeding. When the bleeding has stopped, clean the wound and apply antibiotic ointment and a bandage.

Call for help if: the cut is deep, will not stop bleeding, has something stuck in it, or if you can see ligaments or bone.

For sprains and broken bones

Any time there is a suspected broken bone, your kids should ask for help from an adult. Teach them not to touch the injured area and apply ice while waiting for help.

Call for help if: the bone is bent or sticking out or if you cannot move or put weight on the injured area.

For burns

If your child has a mild burn, run it under cool tap water for 15 minutes and repeat as needed. Do not apply ice directly to the wound. If the burn blisters, ask your child to leave it alone as much as possible as this will help with the healing process.

Call for help if: the injury is mak-



ing it unable to move. If the injury is waxy looking or bigger than the palm of your hand it would be best to seek medical attention.

For bug bites and stings

If your child has a bug bite, wash the area and apply ice for swelling and pain. You can also apply calamine lotion to help with itching.

Call for help if: your child has an allergic reaction to a sting or bite seek medical attention.

For choking

If someone is choking, remain calm and ask the person questions. If they can answer, they are still able to breathe. If they are coughing, wait and see if they are able to clear the airway on their own. Older children can be taught how to do the stomach thrusts (formerly known as Heimlich maneuver) to help dislodge the item that is choking them. Older children can also be taught how to perform stomach thrust on others.

Call for help if: someone is struggling to breathe and is not able to cough or speak, call 911.

First aid skill is an important life skill for anyone to have and it is never too early to begin teaching basic skills. You can model what to do in an emergency situation by remaining calm and talking your child through minor injuries. For other emergencies like fire safety and broken bones, you can use role playing to help kids understand what to do. Set a date on your calendar at least once a year to go over first aid, fire safety, and what to do in an emergency. This will help your child remember what they learned and remain calm if they are faced with one of these situations.

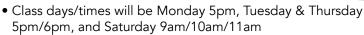


Kick Off The School Year

at LNSP East!

LIL KICKERS

Fall Session: September 11-December 2



- 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

Fall Session: September 11-December 2



- Class days/times will be Monday 5pm and Saturday 10am
- 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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www.LostNationSports.com



Finding the right private school for your family

By Jan Pierce

You want a top-notch education for your children and choosing the perfect school is probably one of the biggest decisions you'll ever make. Depending on your location, you may find your public schools offer everything you want. If not, you'll need to embark on a search for the right private school.

In general, private schools exist to provide smaller class sizes with greater individual attention to each student and a safe, focused environment free of discipline problems. They tend to set a higher bar than public schools in academics, and build a culture of shared values. They offer a strong sense of community and may tailor lessons to the needs of the student.

In reality, each private school is a world

unto itself. It may or may not hold accreditation with a national education association, or hire credentialed teachers. It may have many extracurricular offerings or just a few. It may charge a very large tuition plus additional fees, or may be more affordable, offering scholarships and sliding scales. It may have a long history in your community or be a brand new charter school.

To find the right private school for you, you'll need to consider the following:

1. What are your educational priorities?

Some private schools are faith-based and some are not. You'll want to decide as a family your basic priorities. Is it most important to find high academic standards, or more important to support your family's faith? Do you ex-

pect accelerated programs such as advanced placement classes or extensive access to STEM (science, technology, engineering and math) programs? How important are extracurricular activities? Are you comfortable with homework policies and school rules?

2. What is the culture of the school?

In a faith-based setting the culture of the school will place religion at the forefront.

There will be religious studies as part of the curriculum. The school may be all boys or all girls. Does this suit your goals? What is the relationship of staff to students? Is it casual and friendly, formal and strict? How are parents involved? What is the balance of academics to sports, the arts, clubs and other activities? Does the culture "feel right" for your children?



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Barbara Williams, Director of Admissions
<u>bwilliams@ndes.org</u> | 440.279.1129
<u>www.ndes.org</u>



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3. What role do parents play in the school?

Some private schools make great use of parent volunteer time and emphasize whole family participation in their programs. Others minimize parent involvement to occasional visits or conferences to report progress. Which best suits your family's needs?

4. What are the costs? Are there scholarships available?

It's a sacrifice to pay for your child's education when public schools are free. And there are huge variations in the expenses involved. When researching possible schools, be sure to check not only the tuitions, but also book fees, sports or other extracurricular expenses and possible transportation fees. Check on scholarships available and the possibility of a sliding scale based on family income.

5. Is the staff credentialed and the school accredited?

Some faith-based schools and newer charter schools don't require their teachers to be credentialed. How important is this to your family? In addition there are many different education associations nationwide offering accreditation. If a prospective school has received accreditation, they've shown the initiative to meet high standards.

6. Is the curriculum up to date?

In this technological age, you'll want to be

sure your private school has kept up with the times. Do they offer appropriate college preparation standards in science, math, languages, writing and more? Do they offer a well-rounded education in art, drama and music? Are textbooks current and in good condition? Are computer labs or individual screens available to students?

7. Does the school provide transportation?

Do buses transport students to school? Are they available for after-school activities? Does the school coordinate carpools? Are there extra expenses charged for transportation?

8. How well do students transition into or out of the school?

If a particular school offers classes such as K–6 or K–8, do they work closely with a sister high school? What provisions are made to make a smooth transition from one school to another? If students transfer into the school either at the beginning of a year or mid-year, what provisions are made to welcome them? How do children fare when they need to move from this school to another?

9. What is the school's reputation?

Most private schools have a reputation to uphold. Are they the best in college prep? Are they known for a friendly, family community spirit? Who do you know with firsthand information and experience with the school? What recommendations can you find amongst friends and acquaintances?

10. Is the school open to visits and drop-in observations?

All schools need to make sure their campus is secure and will have procedures to follow when visiting. But as a parent, you want to feel comfortable visiting the building to observe or take care of business. You'll want to find a school that makes parents welcome and is proud to show them around.

When you've narrowed your search to several schools, be sure to take the time for a personal visit. Talk with an administrator, take the tour and gather any written information they've prepared for prospective students. Discuss pertinent questions and voice any concerns you may have about your child's specific needs. Above all, gauge your "feel" of the school. Is it the right place for you and your family?

Selecting the perfect private school is well worth the time it takes to research, visit and finally make your selection. This is the place your children will make important friendships, learn and grow, and pave the way to their bright futures.





Gilmour Academy

34001 Cedar Road, Gates Mills (440) 473-8050 admissions@gilmour.org www.gilmour.org

As an independent, Catholic school, Gilmour Academy stands alone in its ability to prepare students who thrive. Its mission is rooted in educating the mind and empowering the heart, ensuring that every student develops to their fullest potential.

From 18 months to 18 years, everything at Gilmour – from the curriculum to the academic extension programs to extracurriculars – is focused on cultivating the school's seven graduation outcomes, designed to develop students as leaders of their generation. These outcomes call students to be people of hope on a journey of faith; reflective, analytical thinkers; innovative, resilient problem-solvers; authentic, effective communicators; courageous, collaborative leaders; empathetic, engaged global citizens; and curious, resourceful lifelong

learners. These are introduced in the Montessori preschool programs, and then expanded upon and developed throughout the Lower, Middle and Upper schools.

Gilmour graduates emerge primed for the next step and confident in their ability to make the world a better place.

Hawken School

www.hawken.edu
Lyndhurst Campus
(Preschool–Grade 8)
5000 Clubside Road
(440) 423-2950
Gates Mills Campus
(Grades 9–12)
Mayfield and County Line Roads
in Gates Mills

(440) 423-2955

The Birchwood School of Hawken
(Preschool–Grade 8)

4400 West 140th St., Cleveland
(216) 251-2321

The Mastery School of Hawken (Grades 9–12) 11025 Magnolia Drive Cleveland (440) 423-8801

Hawken School is an indepen-

dent, coed day school of over 1,600 students, toddler through grade 12, located on two campuses in the eastern suburbs of Cleveland, a campus on Cleveland's west side, and a campus in University Circle that is home to the Mastery School of Hawken, which takes the school's problem-based programming to scale.

Hawken was founded in 1915 as an educationally progressive school, and they remain academically progressive—because that's what it takes to prepare students to thrive in a changing world. From recognizing the value of a coeducational environment to designing programs, learning spaces, and innovative schedules that support learning by doing, Hawken boldly adapts to prepare students for a promising future.

Hawken's nationally-recognized programming and nontraditional schedules support partnerships with world-renowned institutions that provide real-world learning opportunities, including interdisciplinary honors-level courses and STEMM internships. These expe-

riences instill in students the skills needed to thrive in an increasingly complex and dynamic world.

Hershey Montessori School

(440) 357-0918
www.Hershey-Montessori.org
Concord Campus
10229 Prouty Road
Huntsburg Campus
11530 Madison Road

Hershey Montessori School's approach to education allows students to master the skills needed to adapt as the world changes, careers shift, and the demand on human ingenuity evolves. The transformative outcomes demonstrated by Hershey students exemplify why Hershey is revered as a world leader in Montessori education.

In conjunction with Hershey's robust academics, students learn about leadership, practical life, business, culture, and important societal issues, including embracing diversity, equity, inclusion, and belonging. Their Montessori mod-



Hershey Montessori cont'd

el inspires students to learn — not memorize, to thrive academically, and to expand their interests. Hershey students are resilient, articulate, open to change, and ready to be challenged.

For 45 years, Hershey's education model has supported the scientific process of child development and serves students from two months of age through twelfth grade.

Contact Hershey Montessori School to learn more about how this education model can benefit your child.

Laurel School

(216) 464-0946 www.LaurelSchool.org Lyman Campus One Lyman Circle, Shaker Heights **Butler Campus** 7420 Fairmount Road Russell Township

Laurel School, founded in 1896, is a nationally recognized college preparatory, independent day school for girls, kindergarten

through grade 12, with a coeducational early childhood school. Its 11-acre Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Russell Township. The Butler Campus is home to competitive athletics, full-time outdoor experiential learning for grades 3-5, northeast Ohio's first outdoor prekindergarten, and the **Environmental Justice Semester** for 10th and 11th grade girls.

Laurel's Center for Research on Girls (LCRG) was established in 2007, drawing on the school's long history as a site of pioneering research on girls. LCRG conducts and sponsors original research on girls, harnesses existing research to shape the day-to-day education of girls, and connects parents and teachers with research findings relevant to raising and educating girls.

Open house dates are October 11 from 5–7 pm at the Lyman Campus and October 18 from 5–7pm at the Butler Campus.





Plan your visit this fall!

Early Childhood, Lower, and Middle School Parent Visit Wednesday, 10/18/23, 9:00 am Toddler – Grade 8 | Lyndhurst Campus

Birchwood School Open House

Sunday, 10/15/23, 2:00 pm Preschool – Grade 8 | Cleveland-West Campus Upper School Parent Visit Tuesday, 10/17/23, 12:15 pm

Grades 9 – 12 | Gates Mills Campus

Mastery School Parent Visit Tuesday, 10/10/23, 9:00 am Grades 9 – 12 | University Circle Campus



COEDUCATIONAL, **TODDLER - GRADE 12** hawkenedu



Lyndhurst 💮 Cleveland-West 💮 Gates Mills 💮 University Circle







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- Smartboards in the classrooms
- Technology lab with robotics
- Weekly STEAM for K-8
- Daily religion
- · Weekly chapel
- Middle school enrichment
- After-care program available
- Music/choir/instruments



Open Enrollment for 2023-2024

Visit our website, email us, or call for more information.

Our Shepherd LUTHERAN SCHOOL

Joyfully serving Lake, Geauga, and Ashtabula counties

508 Mentor Avenue, Painesville

(across from Lake Erie College)

440.357.7776 • oslpainesville.org Email: admissions@oslpainesville.org

Mater Dei Academy

29840 Euclid Avenue, Wickliffe (440) 585-0800 www.materdeiacademy.us

Mater Dei Academy, an ODE STEM designated school, is committed to providing an excellent education in a loving, faith-filled environment. Students in prekindergarten through grade eight are given the opportunity to discover and achieve while building on their Catholic moral values.

The well-rounded, innovative and challenging curriculum provides students the opportunity to discover their own unique talents in a nurturing environment. With the help of dedicated educators, students are prepared spiritually, intellectually, and socially to achieve in the classroom and become active in the community. Mater Dei students are accountable for their actions while caring for others and demonstrating responsibility for the world around them

In addition, after-school activities help students further broaden

their horizons. Mater Dei is proud to offer CYO sports and a variety of other activities.

Campus tours can be scheduled by calling the school office at (440) 585-0800.

Notre Dame Elementary and Middle School

13000 Auburn Road, Chardon (440) 279-1127 (440) 279-1129 (Admissions) www.ndes.org

On the 450-acre campus of the Sisters of Notre Dame, Notre Dame Elementary and Middle School, as well as, Notre Dame-Cathedral Latin, educate over 1,100 students in preschool—grade 12. Notre Dame Elementary has been recognized as a National Blue Ribbon School of Excellence and recognized twice with the Governor's Thomas Edison Award for Excellence in STEM Education and Student Research.

They are excited to announce the restructuring of the school to include a middle school. Notre Dame Middle School features dedicated space for sixth, seventh, and eighth grade students. The middle school curriculum rigorously prepares their students to be successful in high school and offers honors classes in all three grades in ELA and math. Enriched learning opportunities are offered in academic core classes, as well as the special classes, to offer a rich and wide variety of learning experiences.

Please contact Barbara Williams in admissions at (440) 279-1129 to schedule a tour or shadow day.

Our Shepherd Lutheran School

508 Mentor Avenue, Painesville (Across from Lake Erie College) (440) 357-7776 www.oslpainesville.org

Joyfully serving the communities of Lake, Geauga, and Ashtabula for four decades, Our Shepherd Lutheran School's highly-educated and caring staff engages students with new and innovative programs, ideas, instruction, and hands-on learning

while remaining dedicated to the faith formation of students in a loving, Christ-centered environment.

They are a private kindergarten through eighth grade Christian school located across the street from Lake Erie College and housed in the Zion Lutheran Church campus. A low teacher-student ratio means greater focus on individual student's needs.

They are nationally accredited by National Lutheran School Association (NLSA) and recognized by the Ohio Department of Education (ODE). They feature full-day, five-day kindergarten; weekly STEAM programs; computer technology with robotics, iPads, Chromebooks, and a dedicated computer lab; Smartboards in the classrooms; science lab; library/media center; and middle school enrichment program.

Please call, or email questions to admissions@oslpainesville.org. Open enrollment is now available to the community and classes fill quickly!



We teach the child. We reach the heart.

Gilmour empowers students to achieve their goals and discover their passions.

As Northeast Ohio's only independent and Catholic school, Gilmour creates endless possibilities for students to not only learn about the real world, but how to positively impact it. And with tuition assistance available starting in Kindergarten, the advantages of an independent, Catholic school may be more affordable than you think.



Educating the mind Empowering the heart

To learn more or schedule a personal tour, visit gilmour.org/admission

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition.

Grades K-12 and Montessori (18 months - Preschool) | 34001 Cedar Road | Gates Mills, Ohio | 44040 | **gilmour.org**

Saint Francis of Assisi School

6850 Mayfield Road, Gates Mills (440) 442-7450 www.sfaschoolgm.org

At Saint Francis of Assisi School, a 3-year-old preschool– eighth grade school, is centered on their helping students grow in faith and academics. Students learn about God's world and all they can do to make it an even better place. As a result, their students help drive programs such as the broadcast studio, the aquaponics garden, the sustainability club, and service projects.

Differentiation is more than a word at St. Francis. They strive every day to reach every child through classroom interventions, enrichment, and advanced courses. Beginning in 2023-2024, the seventh grade students will participate in an entrepreneurial program where they will submit a business plan, design, and sell products in a school pop-up shop.

St. Francis of Assisi School's classroom teachers are fully

certified, but even more, they are chosen for their vision of guiding academic, social, and spiritual growth. To set up a private tour, call Cindy at 440-442-7450.

Saint Gabriel Learning Loft Preschool & Saint Gabriel School

9935 Johnnycake Ridge Road, Concord Township (440) 352-6169 www.St-GabrielSchool.org

St. Gabriel School and Learning Loft Preschool have been molding students in Lake County through faith, learning, and love for over 50 years. Both are award-earning schools staffed with teachers who make a difference in their students' lives. Their compassion, dedication, and expertise, challenge students to think independently and ignite their love of learning.

St. Gabriel School is a STEM designated school that instills a strong sense of purpose and service. A proud participant in Cleveland Diocese's Better →

A Community Where We Learn, Love and Serve Like Jesus

While academics is the core at St. Francis of Assisi School, we see our mission as serving the individual students and their God-given gifts and talents.

Preschool through Grade 8



- Student-led initiatives such as broadcast studio, aquaponics gardening and service projects
- Prayer Partners
- Intervention opportunities
- Families come from 21 cities
- High school level math and literature through a partnership with Lake Catholic High School
- Extracurricular activities including Drama Club, CYO Athletics, and Math Club





St. Francis of Assisi School

6850 Mayfield Road, Gates Mills 440-442-7450 • sfaschoolgm.org

Shaping Hearts, Minds, and Souls



Our Faith, Their Future.

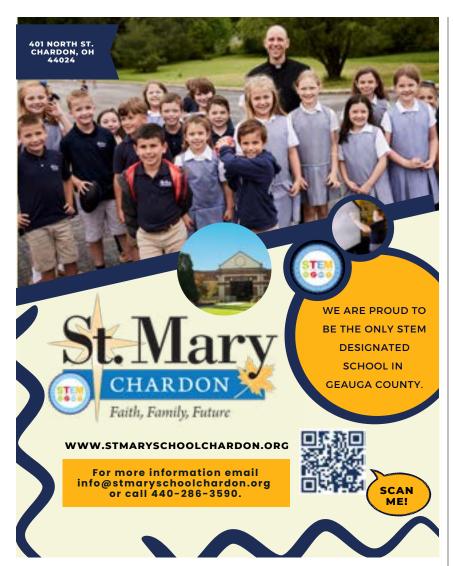




Serving Children Ages 4 Through Eighth Grade

St-GabrielSchool.org/Admissions
Call Alicia Henrikson: 440-354-7858





St. Gabriel School cont'd

Together initiative, they strive to serve all students and meet each child's individual needs. The St. Gabriel Learning Loft Preschool has been voted best of Mentor five years running. They foster a warm and nurturing environment for students just starting their educational journey.

Discover these award-earning schools and how St. Gabriel Learning Loft and St. Gabriel School will enrich your child's future. For My Buddy & Me (2yo) and part time 3-5 yo preschool call (440) 354-7574. For full-day preschool (4/5 yo) and grades K–8 call (440) 354-7858 or visit St-GabrielSchool.org.

Saint Ignatius High School

1911 West 30th Street, Cleveland (216) 651-0222 www.ignatius.edu

Saint Ignatius High School, with its Catholic tradition rooted in the Spiritual Exercises of St. Ignatius Loyola, prepares young men for their adult lives by challenging them to academic excellence and the desire for lifelong learning; nurturing them to be open to growth, intellectually competent, religious, loving and committed to work for peace and justice; and inspiring them to know, love and serve Jesus Christ.

Located close to downtown Cleveland in Ohio City, the school has 19 buildings and three athletic fields. The school has 112 faculty members, 90 percent of whom hold advanced degrees. Saint Ignatius is a regional leader in National Merit finalists and Advanced Placement scholars. Nearly 100 percent of students go on to four-year colleges. Thanks to generous alumni and benefactors, nearly 70 percent of students receive some form of tuition assistance. Through the Christian Action Team, students perform approximately 15,000 hours of nonrequired service annually.



Laurel girls today. Leaders tomorrow.



Explore a Laurel education for your daughter. Learn about how Laurel's Center for Research on Girls puts cutting-edge research into action to create an environment in which girls thrive.

Hear about all the ways to afford Laurel, including our Sarah Lyman Scholarships—awarded each year to up to five Ninth Graders—that cover full tuition and fees for four years in the Upper School.

Join us for an open house to see how Laurel girls lead!

SHAKER HEIGHTS | RUSSELL TOWNSHIP | est. 1896

Wednesday, October 11 | 5:00-7:00 pm Lyman Campus • Shaker Heights

Wednesday, October 18 | 5:00-7:00 pm Butler Campus • Russell Township

Scan the QR code to RSVP today!



LAUREL LaurelSchool.org

Saint Mary School Chardon

401 North Street, Chardon (440) 286-3590 www.stmaryschoolchardon.org

St. Mary School students learn and thrive beyond a traditional Catholic school education. Inspired by a vision of academic excellence rooted in a foundation of faith, and as the first and only Ohio Designated STEM School in Geauga County, their students from Preschool through Junior High are exceedingly prepared both academically and spiritually for their futures. They strive to develop each student's unique potential through an environment of Faith, in cooperation with the Family, and with a vision for the

Visit their Open house on January 28, 2024 from 11:30 am to 1:30 pm.

Villa Angela-St. Joseph High School

18491 Lakeshore Boulevard Cleveland (216) 481-8414 www.vasj.com

When you become a student at Villa Angela-St. Joseph High School, you become a member of a family where everyone knows you. It is a place where you can grow in your faith, be challenged academically, follow your passions, and create high school memories and friendships that will last a lifetime.

Our students proudly embrace our diversity, and it shows in their school pride and the family spirit that makes our Viking Village something truly special.

Learn more about VASJ by attending their upcoming open house on Thursday, November 2 from 6–8 pm.

Humorous Stories From Teachers

I recently ran into an old student of mine, who said, "I always liked you. You never had favorites. You were mean to everyone."

When a nosy fourth-grade student wanted the scoop on what another teacher and I were discussing in private, I decided it was time for an impromptu lesson in manners.

"Do you know what 'minding your own business' means?" I asked pointedly.

He didn't, but a student clear across

the room shouted, "I do!"

While reviewing math symbols with my second-grade pupils, I drew a greater-than (>) and a less-than (<) sign on the chalkboard and asked, "Does anyone remember what these mean?" A boy confidently raised his hand. "One means fast-forward and the other means rewind."

Have a humorous story? Email us at info@todaysfamilymagazine.com and we will publish them in a future issue.



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- Meaningful social connections
- Stress-reducing integration with nature
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Birth - 6th Grade: (440) 357-0918 7th -12th Grade: (440) 636-6290 admissions@hershey-montessori.org

Ask about our transportation & boarding options!

OPEN HOUSE DATES

Registration is required

Concord Campus

(Birth-6th Grade) 10229 Prouty Rd. Concord Township, OH 44077

Wed., Oct. 18, 9-11 am Sat., Nov. 4, 10 am-12 pm Wed., Nov. 8, 9-11 am

Huntsburg Campus

(7th-12th Grade) 11530 Madison Rd. Huntsburg, OH 44046

Mon., Oct. 9, 9-11 am Fri., Oct. 13, 11 am-2:30 pm Mon., Nov. 13, 9-11 am Fri., Nov. 17, 11 am-2:30 pm

Virtual tours are available on our website.









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- \checkmark Bring a smile to someone's face.

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Be a Girl Scout



Scan the QR code with your smartphone's camera to join Girl Scouts today!

