

# TODAY'S family

Oct/Nov 2020

Lake & Geauga

**FREE!**

**Toy and  
gift ideas**

## **ADAPTIVE SPORTS OHIO**

**Helping those with  
disabilities to participate**

## **Touch deprivation**

**Could be why you  
are so sad lately**

## **Fall-themed family events**

## **Girl Scout wins live-saving award**

**November is  
National Adoption  
Awareness Month**

*Private School Guide*

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# TODAY'S family

Lake, Geauga & Cuyahoga Counties

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**Lake County Department  
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# A CHANCE TO PLAY

Local organization provides adaptive sports opportunities for children with physical disabilities

A chance to play. Most families won't think twice about the phrase. Youth sports is a multi-billion dollar industry, thus most children are provided with ample opportunities to play. Of course, there are still barriers to entry, but what if your child had no access to sports at all? Without adaptive sports, that would be the reality for children who have physical disabilities that prevent them from participating in able-bodied sports.

Adaptive Sports Ohio provides those adaptive sport opportunities for children and adults with physical disabilities through community-based and interscholastic sports programs, and are now excited to expand those offerings to the Cleveland area.

Headquartered in Wooster, Ohio, Adaptive Sports Ohio now offers programming for athletes in Wayne, Mahoning, Stark, Lucas, and Cuyahoga counties. The newly opened Cleveland office offers an extensive list of programs for veterans, adults, and youth with disabilities that includes wheelchair basketball, power wheelchair soccer, sled hockey, track & field, hand cycling, wheelchair tennis, wheelchair softball, and more. Athletes have the option to play recreationally or compete on one of the many competitive travel teams offered.

Inclusion in school athletics is important for students with disabilities, thus Adaptive Sports Ohio has launched school-based wheelchair basketball programs in six Ohio school districts with plans to scale the program, adding new programs each year. ASO also assists schools with integrating wheelchair track

athletes into their high school and middle school track programs by providing adaptive track training for athletes and coaches across the state and by providing racing chairs for students. The goal is to soon bring these interscholastic programs to schools in Cuyahoga County.

Maintaining an active lifestyle is important for the health and well-being of anyone, but it's especially critical for individuals with disabilities. Individuals living with disabilities are more likely to be inactive, socially isolated, and have a greater risk of poor health than their able-bodied peers.

Sports play an important role in the academic success of children. According to the National Federation of High Schools, studies have proven that students who participate in high school athletic programs have higher grade-point averages than those who do not participate. Yet, our most academically vulnerable population, students with disabilities, have a 68% Ohio graduation rate and don't have access to the academic benefit that school sports provide. Adaptive Sports Ohio is working to change that by getting kids with physical disabilities off the sideline and into the game, providing them a path for a more active and healthy life.

If you have a child with a physical disability, or know someone that would benefit from adaptive sports, you can learn more about getting involved by contacting Lizzie Goldsmith, program manager for Cuyahoga County, at [lizzie.goldsmith@adaptivesportsohio.org](mailto:lizzie.goldsmith@adaptivesportsohio.org) or call (216) 410-6627. You can also find them on Facebook @AdaptiveSportsOhio, or visit [adaptivesportsohio.org](http://adaptivesportsohio.org) for more info.



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## Trick-or-Treat Fest at the Zoo

Halloween festival takes over Cleveland Metroparks Zoo's Australian Adventure this October

Cleveland Metroparks Zoo today announced Trick-or-Treat Fest presented by Citizens. This year's safe, family-friendly Halloween event will occur at the Zoo on weekends from 11:30 a.m. to 3:30 p.m. beginning October 9 through October 31.

This year's event includes spectacular live performances in the Zoo's amphitheater, access to Trick-or-Treat Way featuring more than a dozen candy stations located around the Zoo's Halloween-themed Australian Adventure, meet-and-greets with costume characters as well as unlimited rides on the Circle of Wildlife Carousel and entry to the Dinosaurs Around the World exhibit. Guests are encouraged to wear fun (not scary) costumes.

To allow for proper social distancing, attendance to the Zoo and Trick-or-Treat Fest will remain limited and guests are strongly encouraged to purchase their tickets in advance. The Zoo has implemented several additional safety measures



including handwashing stations and frequent sanitation of Zoo grounds. Guests are required to wear facial coverings during their visit, unless under 6 years of age, or because of an existing condition.

Due to the operational impacts of COVID-19, the Zoo's traditional after-hours Halloween event Boo at the Zoo will not occur in 2020.

General admission for Trick-or-Treat Fest which includes Zoo general admission is \$16 for non-members and \$8 for members. Children under 2 enter free. Tickets are available now at [FutureForWildlife.org/TrickorTreatFest](http://FutureForWildlife.org/TrickorTreatFest).

## Check out the stunning fall colors at Geauga Park District parks



Families looking for something to do this fall can find a wide variety of fun outdoor ideas in Geauga Park District, featuring fresh air, exercise, adventure, exploration and safe social distance aplenty!

Twenty-five open parks offer more than 70 miles of trails to check out, lined by some of Geauga County's most stunning landscapes now decked in their autumn colors.

Maybe your family knows what it likes, or maybe it's game for a new adventure. Whatever the case, it's extremely easy to plan a park visit using [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org).

Click "parks" to search the parks

for your favorite activities, click "activities" to find which parks feature them, peruse fall programs and events, reserve a facility or campsite, or read about what's new, like the fall scavenger hunt and Big Creek Park's new mountain biking and "tree house" camping.

Given the year we've all had, Geauga Park District has also introduced some virtual programs to its lineup, which can be found by clicking "programs & events" and using the program type filter function. Neat videos featuring native flora and fauna are consistently uploaded to its YouTube page, too.

Most programs and events this year require registration, online or by phone, due to group size restrictions, enabling us all to stay safe while enjoying our parks together. Face coverings are always required indoors, and are required outdoors whenever six-foot distance cannot be maintained. But park visitation remains available at your leisure and absolutely free. We hope to see you in the parks this fall!



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## Pumpkins & Piranhas SEAsonal Fun Days at Greater Cleveland Aquarium

The Greater Cleveland Aquarium is adding new Pumpkins & Piranhas SEAsonal Fun Days on Thursdays & Fridays, October 22, 23, 29 & 30 from 10 am – 7 pm (last admission at 6pm). The Halloween celebration includes added evening hours, underwater pumpkin decorations, costumed staffers and divers and pop-up SEAsonally themed enrichment in the Tropical Forest aviary, as well as “I Spy” and not-so spooky animal fact activities and a take-home bag for children containing a pumpkin craft, stickers, a temporary tattoo, a Captain NEO activity book, a treat and coloring contest.

“This year will be different, but we’re excited to still be able to give guests of all ages the opportunity to get in costume—without a coat or an umbrella—and enjoy a warm, indoor and socially distanced Aquarium experience,” says GM Stephanie White. “Hauntaquarium is absolutely one of our favorite events and we look forward to its return in future years, but we’re simply unable to execute a large-scale trick-or-treat party at this point in time.”

The Aquarium’s daily clean committed protocols will remain in place during Pumpkins & Piranhas,



including one-way traffic, additional sanitization stations, timed entry and masks for everyone over the age of 2. The Aquarium asks that guests purchase advance tickets. “We’d hate to disappoint anyone who came out in costume on a sold-out day,” says White. “We’ve dramatically reduced our daily capacity to give you the opportunity to get up-close views of piranhas, moray eels, flashlight fish, poison dart frogs, pufferfish, Surinam toads, sea lampreys and other creepy cool creatures without getting close to other guests.”

Pumpkins & Piranhas SEAsonal Fun Days are included with regular Aquarium admission (\$19.95 ages 13+, \$13.95 ages 2-12, under 2 and annual passholders free). Tickets go on sale Monday, October 12, 2020.

Call (216) 862.8803 or visit them online at [greaterclevelandaquarium.com](http://greaterclevelandaquarium.com) for more info.

## Not-So-Spooky Halloween at Children's Museum of Cleveland



October 31 from 5:30-7:30 pm and Sunday, November 1 from 10 am-noon. Tickets are \$20 for children and \$15 for adults.

Tickets include:

- Six trick-or-treating stations with a mix of healthy snacks, special treats, and fun prizes.
- Special crafts
- Treat bag decorating
- Festive photo booth
- Social distanced dance party

Come trick-or-treating at The Children's Museum of Cleveland!

Their Not-So-Spooky Halloween celebration is a clean & safe place to celebrate the holiday this year.

Show off your costume and enjoy trick-or-treating stations, special Halloween crafts, a family photo booth, and a social-distanced dance party with all your favorite not-so-spooky tunes! Limited attendance, a clean and safe protocol, and mandatory mask wearing for guests over the age of 2 makes for a safe experience. Tickets required!

The event will be held Saturday,

Please note: Face masks covering the nose and mouth are required for all guests over the age of 2 during this event to ensure everyone's safety. Costume masks can be worn in addition to a proper face mask, but are not accepted in place of a safety face mask. Guests may enjoy their Halloween treats in our cafe area, or take them to go. Eating and drinking are not allowed in the exhibit areas.

# Local Girl Scout receives national life-saving award

Girl Scout Cadette Natalie Bair, 12, of northeast Ohio, was awarded the Girl Scouts of the USA (GSUSA) medal of honor for saving the life of her younger brother during a car ride. The medal of honor is given only to those Girl Scouts who display heroic acts beyond their degree of maturity and training.

Natalie was awarded the medal of honor along with a congratulatory letter from GSUSA's CEO, Sylvia Acevedo. She is being recognized for saving her half-brother, Milo, from choking in the car. Milo was only 17 months old when Natalie saved him.

While driving south on 1-71, Natalie and her family were headed toward Mansfield. Milo started to choke on a cracker while Natalie's mom, Joyce, was driving. Natalie was in the back seat of the van, noticed her brother was choking, and immediately notified her mom who was unable to pull over immediately. Natalie took matters into her

own hands by undoing the car seat Milo was in, taking him out, turning him over, and hitting his back until the cracker came out.

"I tried to find a place to pull over, but it happened so fast. She took care of the situation [so quickly] that I didn't have to stop," said Joyce, in a letter to GSUSA.

Natalie remained calm and quick-thinking to save her brother from choking on the cracker.

"It takes courage to do what she did without hesitation," said GSNEO Chief Executive Officer Jane Christyson. "Natalie's actions saved her brother's life and for that, we are happy to present her with this national award."

Girl Scouts have been honored since 1913 for meritorious deeds that helped save lives. Training in health and safety is a part of the Girl Scout program. A Girl Scout, because of the Promise, Law, motto, and slogan to which she has subscribed, is expected to be resourceful, skilled, and competent –



Natalie Bair

to have presence of mind and to be of service to others. Each situation has many unique factors, and many things are taken into consideration for determining if an act is of unusual bravery beyond that which is expected of a Girl Scout.

For more information on how to join a Girl Scout troop or volunteer, visit [gsneo.org](http://gsneo.org).

## Just For Laughs!

Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me."

Whose idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.

My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.

My mom always told me I wouldn't accomplish anything by lying in bed all day. But look at me now, ma! I'm saving the world!

Since we're all in quarantine I guess we'll be making only inside jokes from now on.

I'm not talking to myself, I'm having a parent-teacher conference.

Day 121 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

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Cardinal has subsisted as a not-for-profit, member-owned financial cooperative since 1953. It offers a broad range of banking products including: checking accounts, CDs, credit cards, auto and debt-consolidation loans, mortgages and more.

Cardinal currently services nine Ohio counties, more than 30,000 members, with combined assets of over \$254 million.

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With COVID-19 changing so much of what we knew to be standard, Mentor Heisley Racquet and Fitness Club has been working hard to navigate this new normal.

MHRFC is following all of the COVID-19 guidelines set by the Ohio Department of Health, but that hasn't changed the great offerings for fitness classes, tennis and racquetball, basketball, pickleball, soccer and the use of our pools and

other fitness rooms and equipment.

Turn your quarantine woes into motivation to reach a better and healthier version of yourself! Starting January 1, 2021, MHRFC will also be working with United Health Care to continue to provide excellent service to all members and guests.

Visit [www.mentorheisleyfitness.com](http://www.mentorheisleyfitness.com) for all of our updated class schedules, membership pricing and more, and find us on Facebook!



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Watch for regular posts about local businesses and organizations offering virtual, in-home and on-site activities to keep the kids (and you) busy.





# PRIVATE SCHOOL

## guide

## Finding the right private school for your family

By Jan Pierce

**Y**ou 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 expect 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?

### 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. 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

*Continued on page 13*



**V** Villa Angela-St. Joseph  
HIGH SCHOOL

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**Open House:** Sunday, 11/8/20 | 1:00 pm

**Birchwood School** Preschool–Grade 8, Cleveland-West Campus  
**Open House:** Sunday, 10/18/20 | 2:00 pm

**Mastery School** Grades 9–12, University Circle Campus  
**Parent Visit:** Tuesday, 10/20/20 | 12:30 pm  
**Open House:** Sunday, 11/22/20 | 1:00 pm

**Lower & Middle School** Toddler – Grade 8, Lyndhurst Campus  
**Parent Visit:** Thursday, 10/22/20 | 8:30 am  
**Open House:** Sunday, 11/15/20 | 1:00 pm

*Events will be virtual if they are unable to be held in person.*

To RSVP and for more information, call 440.423.2950 (Lower & Middle School), 216.251.2321 (Birchwood School), 440.423.2955 (Upper School), 440.423.8801 (Mastery School), or visit [hawken.edu/admissions](http://hawken.edu/admissions).



On-campus and virtual tours are available. Call to schedule!

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COEDUCATIONAL,  
TODDLER – GRADE 12

Lyndhurst  Cleveland–West  Gates Mills  University Circle

## PRIVATE SCHOOL *guide*

### Hathaway Brown School

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 HB.edu

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They offer tuition assistance in the form of financial aid and merit awards. Visit [HB.edu](http://HB.edu) to learn

more and call (216) 320-8767 to speak with an admission representative and schedule your personalized introduction to the school.

### Hawken School

[www.hawken.edu](http://www.hawken.edu)

#### Lyndhurst Campus

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(Preschool–Grade 8)

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#### Gates Mills Campus

(Grades 9–12)

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 (440) 423-2955

#### The Mastery School of Hawken

(Grades 9-12)

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THE WAY TO GREAT.

**(Hawken School cont'd)**

Cleveland, a campus on Cleveland's west side, and a campus in University Circle that is home to the recently opened 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 co-educational 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 non-traditional schedules support partnerships with world-renowned institutions that provide real-world learning opportunities, including honors-level engineering and entrepreneurship programs and STEM internships. These experiences

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

**Hershey Montessori School**

[www.Hershey-Montessori.org](http://www.Hershey-Montessori.org)

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School should be interesting, engaging, educationally sound - and Hershey Montessori School is!

Hershey's redesigned face-to-face learning experience supports the vital human connection that students of all ages need, while providing an enhanced, socially connected, remote learning option for middle and upper School students.

Hershey's on-campus designs incorporate beautiful indoor and outdoor classroom environments that adhere to recommended health guidelines.

For more than 40 years, Hershey's approach to education has allowed students to master the

skills and abilities needed to adapt as the world changes, careers shift, and the demand on human ingenuity evolves. The life-transforming outcomes demonstrated by Hershey students, especially through these unprecedented times, reveals why Hershey is revered as a world leader in Montessori education.

Hershey students are inspired to learn, to thrive academically, expand their interests, and develop important life skills.

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

**Laurel School**

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

(216) 464-0946

**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 preprimary. Its traditional Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Russell Township. The Butler Campus is home to competitive athletics and outdoor experiential learning, including northeast Ohio's only outdoor preprimary school.

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.

**Our Shepherd Lutheran School**

508 Mentor Avenue, Painesville (Across from Lake Erie College)

(440) 357-7776

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

Joyfully serving the communities of Lake, Geauga, and Ashtabula for four decades, their highly-educated and caring staff engages students



[admissions@Hershey-Montessori.org](mailto:admissions@Hershey-Montessori.org)  
[www.Hershey-Montessori.org](http://www.Hershey-Montessori.org)

**Is Hershey Montessori School the right fit for your family?**

We are grateful for our indoor space and outdoor learning environments that allow for safe, in-person learning. There is no better way to restore the vital human connection that students need. Hershey Montessori School's approach to education allows students to master the skills and abilities needed to adapt as the world changes, careers shift, and the demand on human ingenuity evolves. Hershey is a world-renowned education experience that prepares students for college and for life.

**Contact us for information or to schedule a personal tour.**

\*Ask about our transportation & boarding options!

**Birth-Grade 6: (440) 357-0918**

**Grade 7-12: (440) 636-6290**

**2020 FALL OPEN HOUSE INFORMATION:**

**Huntsburg Campus**

(7th-12th Grade)

October 17

10 a.m. - 12 p.m.

**Concord Campus**

(B-6th Grade)

October 18

1 - 3 p.m.

For more information or to register, please visit our website at [hershey-montessori.org/admissions](http://hershey-montessori.org/admissions).

Virtual tours are also available on our website.



**Nurturing the spirit. Engaging the intellect. Inspiring creative thinking.**

**(Our Shepherd Lutheran cont'd)**

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 kindergarten through eighth grade private, Christian school located across the street from Lake Erie College and housed in the Zion Lutheran Church campus.

They are recognized by the Ohio Department of Education (ODE) and nationally accredited by NLSA. They feature full-day, five-day kindergarten; middle school enrichment program; computer technology with iPads, Chrome-books, and a dedicated computer lab; Smartboards in the classrooms; science lab; and enhanced library/media center.

Open enrollment to the community begins February 1, 2021. Classes fill quickly!



**University School**

www.us.edu

**Junior Kindergarten to Grade 8**

20701 Brantley Road  
Shaker Heights  
(216) 321-8260

**Grades 9 to 12**

2785 SOM Center Road  
Hunting Valley  
(216) 831-2200

University School is a place where each boy is inspired and empowered to let his true self thrive. With the freedom to explore, create, compete, and play, boys of all dispositions build on their personal strengths, harness their natural talents, and blaze their own paths to excellence with joy, confidence, and integrity.

Boys are curious and eager and learn by doing. At University School, younger boys engage in activities that encourage the development of language and math skills infused with science, language, art, music, physical education, and outdoor play. The curriculum, based on teacher-designed themes, ignites boys' imaginations,

allows boys to make meaningful connections in their learning, and generates a lifetime love of learning. The teachers understand boys at each stage of development.

Campus spaces, designed by teachers, are ideal for young, active boys and the hands-on program. The low student-to-teacher ratio is possible because each primary classroom has full-time licensed lead and associate teachers. See for yourself! Join them for their on-campus or virtual open houses this fall.

**Villa Angela-St. Joseph High School**

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

Villa Angela-St. Joseph High School is a Catholic, comprehensive college-preparatory school and the only school in the world co-sponsored by the Ursuline Sisters and Marianist Brothers. VASJ is committed to helping students grow in their faith, be challenged

academically, follow their passions, and create high school memories and friendships that will last a lifetime.

The family spirit is felt by all who enter the school and makes VASJ a special place to learn and grow. If you're looking for a school that feels like a family, they invite you to join them at an admissions open house to experience the family environment that makes VASJ something truly special. Open houses provide an opportunity to speak with students, teachers and coaches about the school's unique academic, campus ministry and athletic programs. They'd love to have you be part of the VASJ family!

Their next virtual open house will take place November 5 at 6pm. Visit [vasj.com/admissions](http://vasj.com/admissions).



At this time of Thanksgiving, we are thankful for our school, our churches, our community, our students, our families, and our teachers and staff that together make Our Shepherd Lutheran School an exciting and inspiring educational experience!

Our Shepherd continues to serve kindergarten through eighth grade students and families in Lake, Geauga, and Ashtabula counties with academic excellence built on the foundation of Christ!

High academic standards, low student-to-teacher ratios, and innovative teaching platforms provide students exceptional learning as well as life skills.

**Please contact the admissions director for more information:**

**Admissions@OSLpainesville.org**



*A Great Place To Grow.*

**508 Mentor Avenue, Painesville**  
(across from Lake Erie College)

**440.357.7776 • [oslpainesville.org](http://oslpainesville.org)**

**Email: [admissions@oslpainesville.org](mailto:admissions@oslpainesville.org)**

## Finding a private school from page 9

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?

### 8. 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?

### 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, 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?

## Lake Metroparks Farmpark's Fall Harvest Weekends

Fridays, Saturdays & Sundays through October 18



This fall, Lake Metroparks Farmpark continues the tradition of celebrating the harvest season on Fridays, Saturdays and Sundays through October 18.

At Farmpark's Fall Harvest Weekends, visitors can participate in many traditional harvest activities. On all of these weekends, visitors will be able to see apple processing, farm animals, and other harvest activities. The whole family can explore a three-acre corn maze. Farmpark's hours are 9 am to 5 pm.

Corn and pumpkins are the highlights October 9 through 11 and 16

through 18 as they top off the fall harvest experience. Help husk, shell and grind corn, paint a pumpkin, and enjoy the harvest food preparation demonstration.

All fall harvest activities are included with regular Farmpark admission (\$8, with discounts for seniors and children ages 2 to 11); members enter free.

For more info visit [lakemetroparks.com/events](http://lakemetroparks.com/events).

Per the statewide facial coverings order, guests ages 10 and older are required to wear masks when indoors. This applies to any indoor space at Farmpark, including as guests pass through the Visitor Center upon entering and while utilizing any of the restrooms throughout Farmpark. All activities and demonstrations are held outdoors. Facial coverings are encouraged when outdoors, but not required unless you are unable to maintain a six-foot social distance from people who are not household members.



Start small.

## DREAM BIG.

Families choose our Pre-Primary program because it fosters a child's sense of wonder, encourages curiosity and inspires a desire to learn. Spend your Saturday morning with us to understand the benefits of a Laurel education for your young daughter or son.

For the health and safety of our community, our Open House will be split into two entry times and **pre-registration is required.**

Register today at [LaurelSchool.org/OpenHouse](http://LaurelSchool.org/OpenHouse) or call 216.464.0946.

PLEASE JOIN US:

### 18 months- PreK Coed Open House

Saturday, November 14  
9:00-11:00 am

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## Youth group mission trip takes a new track

The Lake County Board of Developmental Disabilities (LCBDD)/Deepwood partnered with St. Gabriel's Catholic Church when their local youth group needed to change tracks for their annual mission trip.

"When the coronavirus pandemic ended the kids' opportunity to go out of state to participate in a mission program, they were upset to say the least," said St. Gabriel's Youth Group Advisor Veronica Huber. "The staff at the LCBDD/Deepwood were so kind to give us the opportunity to spend the day sprucing up their recreation site."

Huber arrived alongside nine youth at the LCBDD/Deepwood recreation site in Mentor this summer, donned with protective face masks, gloves and sanitizer prepared to clean windows and traverse the walking trails to clear debris and weeds.

"Our desire is to ensure that volunteers leave with heightened awareness about individuals who have disabilities and an understanding regarding the value and benefit



of their volunteer efforts," said Lynnmarie Landwei-Phillips, LCBDD public relations director.

"Everyone seemed to enjoy giving back to their community and it was uplifting to observe their laughter and happiness as they worked," added Landwei-Phillips. "Mr. Parsons even had his backpack leaf blower and was thrilled that he got to put it to good use!"

"It's nice to know that I'm a small piece of helping the big community while having lots of fun doing it," said youth group member Cameryn Brandestas.

Those interested in learning more about the LCBDD/Deepwood's programs and services can visit them online at [www.lakebdd.org](http://www.lakebdd.org).

## Mentor children can get free books from Dolly Parton's Imagination Library

Families with young children in Mentor, Mentor-on-the-Lake and Concord Township can now get picture books mailed to their house for free thanks to United Way of Lake County, its Emerging Leaders affinity group, The Literacy Cooperative, Mentor Public Library and Dolly Parton.

Children younger than five in those communities can now receive free high-quality, brand-new, age-appropriate books from Dolly Parton's Imagination Library. Once the kids are signed up, they'll have one book mailed to their home each month until they turn 5 years old.

And those free books can make a big difference for children as they prepare for kindergarten and life.

"Evidence shows that participation in Dolly Parton's Imagination Library increases family reading and children's interest in books leading to improved preparation for kindergarten," said Robert Paponetti, president & CEO of The Literacy



Cooperative.

And, in Lake County, 52 percent of children enter kindergarten without sufficient skills, knowledge and abilities to engage in kindergarten-level instruction.

Families can register to receive books at [www.ohioimaginationlibrary.org](http://www.ohioimaginationlibrary.org) or in person at one of Mentor Public Library's branches.

Dolly Parton began the Imagination Library in her hometown of Sevier County, Tennessee, in 1995. It was her way of encouraging reading and childhood literacy. In the past 25 years, the program has spread across the country and even to United Kingdom and more.

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Veale Wellness & Aquatic Center | 4950 Ridge Road | Willoughby, Ohio 44094 | 440.942.4358 | [ohioliving.org](http://ohioliving.org)





## Touch deprivation: the why behind your unexplained sadness

By Judy Gaman

The skin is the largest organ in the body. It has millions of touch receptors that send signals to the brain each time you touch something or somebody or they touch you. This exchange of information, especially when it involves another human, is accompanied by a neurochemical reaction within the body.

Unfortunately, there is also a different neurochemical reaction that takes place in the absence of touch. It's an understatement to say that we like human connection, the truth is that we need it.

As much as we need human touch, it's the one thing we all seem to be lacking. Between the initial stay-at-home orders and now the social distancing, most people are feeling the effects of touch deprivation. Some people have even expressed a sense of jealousy when seeing people touch in movies or on television shows.

That's because touch is so vital to our ability to thrive.

The scientific argument for the necessity for touch has been proven in multiple research studies, including one where premature babies were massaged for 15 minutes a day, a practice that seemed foreign to the rules of neonatal ICU. This study found that the infants that had regular human contact with massage gained weight 47% faster with no change in nutritional supplementation.

These babies also had more advanced motor skills months later. This is in keeping with the studies that followed WWII where orphaned children, although clothed and fed, failed to thrive. Human touch is a basic necessity to growth and life.

For those that have lived alone

during the pandemic, their risk for depression and even suicide is significantly increased. But, you don't have to be living alone to be feeling as if something significant is missing in your life.

Research on adults shows that touch actually calms the body and brain, making us more compassionate. In a time where compassion is lacking and emotions are high, it could be said that the lack of touch is fueling the fire. Oxytocin, the feel good hormone that comes with touch, normally acts as a fire extinguisher when tempers flare.

While nothing can replace the need for human contact, whether it be a hug from a friend, a pat on the back from a coworker, or a simple handshake, these tips may help keep your touch receptors busy while we all await the green light to normalcy.

- Take a warm bubble bath. The sensation of the bubbles will activate touch receptors all over the body.
- Place a blanket or towel in the dryer and then wrap yourself in it until it reaches room temperature again.
- Pet your cat or dog. If you don't have one, consider getting a pet.
- Go out of your way to give those in your household some extra love taps. Giving a hug is beneficial to both the one giving it and the one receiving it
- Pick a night of the week and make it massage night. The massage will increase oxytocin levels, which in turn will improve mood and your relationship.

Bio: Judy Gaman is an award-winning author. You can receive a free download of her book *Age to Perfection* at <http://book.lovelifelucille.com/agetoperfection>.

# Get back into the game!

We're warming up and getting active at LNSP East!

**NEW!**

## JUNIOR HOOPERS ACADEMY

Junior Hoopers Academy is a NEW program for ages 2 through 5. These classes introduce toddlers to the game of basketball with fun activities that allow them to run, play as a group, shoot and dribble a basketball. They gain basic basketball skills while building fundamentals such as balance and coordination. Classes include activities that are focused on a child development with fun games incorporating parachutes, bubbles, noodles, cones, lots of basic dribbling and more.



**When:** Wednesdays, 5:00-5:45 pm and 6:00-6:45pm OR Saturdays, 10:00-10:45am

**Date:** Eight-week program; September 30–November 21

**Ages:** 2-3 (with parents) and 4-5 (without parents)

**Price:** \$120 per child

For late registration or winter dates contact:  
Sarah@LNSportsPark.com

## LIL KICKERS

In session • Still time to sign up!

- Innovative child development program based on soccer.
- Focus is on kids from 18 months–6 yrs.
- Classes run 50 minutes per session, once a week.

For late registration or winter dates contact:  
MAlmady@LNSportsPark.com



## LIL SLUGGERS

In session • Still time to sign up!

- Introduction to baseball for kids 2–5 years old.
- Nationally franchised child development program; exclusive location in NE Ohio.
- Low student/instructor ratio (usually 4–6 kids per instructor).

For late registration or winter dates contact:  
EStrauss@LNSportsPark.com



## BATTING CAGES

M–F 3:30–9 pm; Sat/Sun 9 am–9 pm

Social distancing is required. Masks must be worn while entering and exiting. Our staff will be sanitizing the facility and tokens. It is required to bring your own helmet and bat to use our cages.



38630 Jet Center Dr., Willoughby  
North of Rt. 2 off Lost Nation Road

440-602-4000

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

## Halloween roller skating party at Joy's Roller Rink in Mentor

You are invited to a spooktacular roller skating Halloween party on Wednesday, October 28, from 6:30 to 8:30pm. Wear your costume, and join in for games and prizes. Fun for the whole family!

Skater's admission is only \$5, and skate rental is available for \$3. Joy's Roller Rink is located at 5615 Andrews Road in Mentor-on-the-Lake. Per COVID-19 guidelines, masks

are required unless you are actively eating, drinking, or exercising (skating). Everyone should practice social distancing. Follow them on Facebook and Instagram for rink updates and events.

Visit [www.joysrollerrink.wixsite.com](http://www.joysrollerrink.wixsite.com) for more info. Mark your calendar now and please help spread the word about this haunting good time.



Fairport Harbor Public Library is sponsoring a Community Business Scavenger Hunt through October 23. Pick up a scavenger hunt game card at the library. Visit participat-

ing local businesses in Fairport and have them stamp your card. No purchase is necessary. When you have all the stamps filled in, bring your card back to the library to enter a prize drawing. The winner will be chosen Monday, October 26.

Please visit the library's website [www.fairportlibrary.com](http://www.fairportlibrary.com) and social media for up-to-date information and details on all library events.

Call (440) 354-8191, or email them at [askus@fairport.lib.oh.us](mailto:askus@fairport.lib.oh.us) if you have any questions. The library is located at 335 Vine Street in Fairport Harbor.

## November is National Adoption Awareness Month

Each year, November is recognized as National Adoption Awareness Month. While all adoption-related issues are important, the public child welfare system focuses on children who are in foster care and in need of "forever families."

Adoption services have grown in scope over the years and have helped children grow up in safe and loving homes, providing them with a solid foundation in life.

The first major effort to promote awareness of the need for adoptive families for children in the foster care system occurred in Massachusetts. In 1976, then-Governor Mike Dukakis proclaimed Adoption Week and the idea grew in popularity and spread throughout the nation. President Gerald Ford made the first National Adoption Week proclamation, and in 1990, the week was expanded to a month due to the number of states participating in the week celebration.

During November, states, communities, public and private organizations, businesses, families and



individuals celebrate adoption as a positive way to build families.

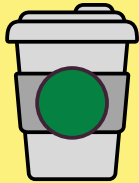
Many people in Lake County are becoming adoptive parents yearly. Over the last 3½ years, Lake County Department of Job and Family Services found forever families for 41 children.

This November, please take a moment to recognize and celebrate the families who have come together through adoption!

For more information about adoption please call the Lake County Department of Job and Family Service at (440) 350-4218 or visit them online at [www.lakecountyohio.gov/lcojfs](http://www.lakecountyohio.gov/lcojfs). You can change a child's life, as well as your own!

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# Common HVAC & plumbing bad habits

## Six tips to help you save money

By Benjamin Franklin Plumbing & DeBord's One Hour HVAC

Taking proper care of your HVAC and plumbing is essential to maintaining high efficiency and avoiding future costly maintenance. There are a variety of bad habits that homeowners can unintentionally have regarding their HVAC system and plumbing. These common mistakes can add up over time if you are not careful.

**Not changing your filter:** There are a variety of issues that stem from not changing your filter including inefficiency and rising energy bills. Most homeowners are unaware that the air filter for the HVAC system should be replaced around once every other month, depending on usage. If your filter is not replaced, it can become clogged with dirt, dust, and debris. A clogged air filter can even damage essential parts of your HVAC unit, which can result in costly fixes.

**No regular maintenance:** Forgo-

ing regular maintenance on your HVAC system may seem like an easy way to cut costs, but the damage of doing so can quickly add up over time. Catching any issues with your unit early can help prevent long-lasting damage, as well as ensure that your unit is running at maximum efficiency.

**Blocking airflow:** Proper airflow is one of the most important things that your HVAC system requires to function efficiently. If this airflow is blocked, multiple issues can arise. Many homeowners are tempted to hide their outdoor HVAC units with plants and shrubs to boost curb appeal. However, placing plants too near the unit can disrupt the ventilation. Plants could also become a home for pests and rodents, which can damage the unit as well. Air flow can also be blocked by furniture, not just foliage, so be sure to keep any lawn chairs or other items away from your system.

**Actively look for drips:** Drips add up over time—and can also signal

a larger problem at hand. Loose valves, cracked pipes, or even flooding are all issues that a few small drips can warn homeowners about. These issues, if left untreated, are far more costly than a simple leak. Dripping water can slowly add up in your energy bill. The water can also cause harmful mold to grow if not handled quickly.

**Upgrade your water heater:** Heating water requires a lot of energy. By upgrading to a more effective, energy-efficient model, you can save a lot of money over time. Water heater models that are over 10 years old might be due for a replacement soon. A good model to consider is an on-demand water heater, which quickly heats water when necessary, rather than continuously heating water throughout the day.

**Check your water meter:** Take a quick look over your water meter to be sure that your water flow is running normally. Located somewhere accessible outside of your home, your water meter indicates water usage. If



water is not running to your home but the meter indicates water is still flowing, that can often be a sign of a major water leak somewhere in your pipes.

Call us today at (440) 285-9125, (440) 286-6002 or (440) 286-1004 to experience the Benjamin Franklin Plumbing and DeBord's One Hour HVAC difference.

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# Fall outdoor fun at Holden Forests & Gardens

Experience fall in all its beauty this October at the Holden Arboretum and Cleveland Botanical Garden. Along with soaking up fall colors from new heights on the arboretum's Murch Canopy Walk and Kalberer Emergent Tower, visitors can enjoy a mystery adventure during a Halloween Whodunnit from Saturday, October 3 – Sunday, October 18 and explore the grounds on a Leaf Trail through October. The Botanical Garden will usher in fall fun with gorgeous outdoor fall plants and container arrangements, Children's Strolling Storytime, and a new Holden Halloween House Party activity pack program.

## AT HOLDEN ARBORETUM

### NEW! Halloween Whodunnit

From Saturday, October 3 through Sunday, October 18, visitors are invited to participate in a not-so-spooky scavenger hunt on the grounds during Halloween Whodunnit, becoming detectives hot on the trail of a thief in their midst. Each child will receive a Halloween Who-

dunnit comic booklet upon entry to the Arboretum. Families may use this graphic comic and the included story to follow the Halloween Whodunnit Trail, helping Kid Detectives solve the mystery of the missing bluebird nest while visiting eight decorated vignettes on the grounds highlighting a different spooky plant or animal from bats to snakes and spiders. Free with admission.

## AT CLEVELAND BOTANICAL GARDEN

### NEW! Virtual Holden Halloween House Parties

Holden Halloween House Parties is a variety of five youth and family programs that offer your children an exciting new approach to tricks and treats! Celebrate the month of October and the fascinating roles that plants play amid all things magical, mysterious and fantastical! Join an online costume theme party on Zoom that comes with a kit full of tricky activities and fun treats. A take-home pack includes an optional on-site scavenger hunt at the Cleve-



land Botanical Garden. Themes include Alien Invaders, Pumpkins and Patches, Zombie Plants, and Magical Plants. Fridays, through October 30, 5–6pm and Saturdays through October 31, 3–4pm or 5–6pm. Recommended ages: 3–6 years old or 7–10 years old depending on session. Cost per session: \$20 per member child, \$35 per nonmember child. Registration required.

### General admission

Advanced timed ticket purchase is

required to visit the Holden Arboretum and Cleveland Botanical Garden. Adults are \$15 and children three to 12 years old are \$10. Visit [holdenarb.org](http://holdenarb.org) or [cbgarden.org](http://cbgarden.org) to purchase your tickets.

Arboretum hours are Tuesday through Sunday, 9am–5pm. Botanical Garden hours are Tuesday, Thursday, Friday and Saturday 10am–5pm, Wednesday 10am–8pm and Sunday noon–5pm.

The Hershey Children's Garden closes at dusk on Wednesdays.

# Home For The Holidays



**Bring The Family!**

**WINTER TOUR DATES**  
December 4 – 23, 2020  
Tue.–Sat. • 10 am–3 pm  
Self-guided \$5 • Guided \$8

## WEEKEND EVENT

December 4–5  
11 am – 4 pm

Adults: \$7

Children 3–12: \$3

Under 3: Free

Includes Museum tour, Christmas decorations, music boxes, shopping, and Christmas Cafe.

## Lake County History Center

# LARGEST CHRISTMAS TREE DISPLAY IN LAKE COUNTY

Thursday, December 3 (Group Day)

Tour/lunch/shopping \$18 per person.  
(10 or more guests)

Friday, Saturday, Sunday

December 4, 5 & 6 • 9 am – 4 pm

- Lavish décor throughout the house
- Delicious, beautifully wrapped food gifts in the Emporium
- Lite lunch at the Christmas Café
- Craft vendors (except Sunday)
- Delight in the 'Magical Musical Machines'
- Reservations required

Lake County History Center  
415 Riverside Drive  
Painesville Township  
440-639-2945  
[www.lakehistorycenter.org](http://www.lakehistorycenter.org)



# TOY & GIFT Ideas

## Fisher-Price® Thomas & Friends™ Talking Thomas & Percy Train Set Ages 3+



This highly detailed playset features favorite places from the island of Sodor, including the Vicarstown Bridge, the

Railyard, the Brendam docks, and Blue Mountain. It also includes motorized Thomas and Percy train engines who recognize and talk to each other when they meet on the track!

Young conductors can help Thomas and Percy work together by dropping boulders down in the Blue Mountain cave for them to load and unload along with other cargo at Bulstrode the boat and by creating their own exciting adventures all around Sodor.

## Fisher-Price® Laugh & Learn Grow-the-Fun Garden to Kitchen™ Ages 18–36 months



Toddlers can first plant and pick, then prep, plate and eat their home-grown meals in this interactive Garden-to-Table. Includes more than 30 removeable pieces and 125 songs, sounds, tunes and phrases with light up “juicer” activating phrases, songs, and sounds.

Featuring Smart Stages technology with three levels of learning content that grows with your toddler:

- Level 1 – Teaches about letters, shapes, colors & more
- Level 2 – Prompts toddlers to explore and find objects
- Level 3 – Encourages toddlers to sing along as they play

## Passback Football



- Unique design allows the ball to return to user when thrown against hard surface
- Increase passing/catching with unlimited reps in a shorter time.
- Feels just like a regular football allowing user to be ready for game time.
- Increases hand/eye coordination.

- Practice any time.
- Great for any level of play.
- Three sizes available: Pee Wee (ages 4-8), Junior (ages 9-13), Official (ages 14+)

## Magformers Basic Plus 14pc Set Ages 3+



Create 3D structures - includes four squares, eight triangles and two inner circle square shapes. Create houses, towers and our ‘magic ball’. Learn to build using combine, roll and pull-up techniques and see what

your imagination can create! Build along with the step-by-step instructions and develop color and shape recognition, fine motor skills and problem-solving ability.

Perfect for brain development, critical thinking and STEM education. Each geometric shape contains magnets that never reject, so you’ll always hear the Magformers click. When playtime is over, use the magnetic power to simply stack and store.

## Geomag Mechanics 86 Magnetic Motion Set Ages 7+



This set allows children to build incredible and exciting inventions. The bigger they build the more dynamic it gets. With magnetizing, rotating and chain reactions they can make anything they wish. Geomag

stimulates creativity, inventiveness, and intelligence to allow a child to master mechanical and magnetic forces.

## Geomag Magicube Animal Friends Ages 18 months+



For younger children the Geomag Magicube Animal Friends are ideal. The Stem.org certified toy encourages problem solving and tunes fine motor skills. The blocks are polarized and can connect on any side. With animals on each side children can learn about nature and stem while having fun.

## CreateOn 123 School Bus Ages 3+



Your little one can have fun with his or her very own Magna-Tiles® Structures bus! The front of the tiles have all the bus pieces while the second side has numbers and symbols so your child can learn numbers and basic math skills.

Visit [createon.com](http://createon.com).

## CreateOn ABC School House Ages 3+



Each tile in this Magna-Tiles® Structures set is double-sided with alphabet letters on one side and a schoolhouse to build on the other. Your child will learn letters, sounds, words and much more. Then flip the tiles to build a school that they will have fun with for hours. Visit [createon.com](http://createon.com).

## HABA Varius Building Blocks Ages 3+



With the original wooden blocks of the Varius 3D arranging game, you can create and build fascinating patterns and shapes. Endless arranging and stacking fun for young and old alike. For free play or for arranging and stacking according to the templates provided. Visit [habausa.com](http://habausa.com).

## HABA Little Friends Camper Ages 3+



The Little Friends love to travel! Together they pack up their camper with everything they will need for a great trip. Contents: All-terrain vehicle with momentum push-and-go motor and rear bench seat, camper and detachable awning, two chairs and a Little Friends boy figure, camper with removable roof, operable door and folding bench seat. Includes camping accessories like lawn chairs and awning. Visit [habausa.com](http://habausa.com).

## GraviTrax: Obstacle Set Age 8+



This STEM toy encourages hands-on play where kids lead the way. With a variety of gravity-based elements, kids can create near limitless obstacle course marble run tracks. This set features all the components from the GraviTrax Starter Set, plus five additional expansions, including the Trampoline, Zipline, Transfer, Spiral and Bridges. Experiment and problem solve by utilizing different elements to send the marbles from start to finish. Once the basics have been mastered, simply add more marbles and elements to the designs to create more advanced tracks and endless possibilities.



# There's no party like a Girl Scout Party!

Girl Scouts is a way of life that brings out the best in your girl, and helps her bring out the best in everyone around her. While she's learning about STEM, the outdoors, entrepreneurship, and important life skills, she's also discovering new ways to make your family and community stronger, kinder, and better for everyone.

Whether you want to start a new troop for your girl and her friends that meets online or in-person, join an existing troop, or have questions, send us a note at [customercare@gsneo.org](mailto:customercare@gsneo.org), call us at **800.852.4474**, or find us at [gsneo.org](http://gsneo.org).

**Visit [gsneo.org/fun](http://gsneo.org/fun) to sign up for a free virtual party!**

