

TODAY'S family

October 2022

Lake Geauga

Free!

PLAYING AN INSTRUMENT

Builds confidence, intellect,
and helps kids make and
maintain friendships

Halloween and Fall Events

Lake-Geauga WIC
supports women
and children

Pumpkins
& Piranhas

Family Halloween event at
Greater Cleveland Aquarium

10

Parenting
tips for kids
ages 0-5

Private
School
Guide



**STAY
WARM
AND
DRY!**

Fall Sports and Fun at LNSP East!

LIL KICKERS

Fall 2022 Session: September 6–November 12

(Not too late to join — prorated prices available!)

10 weeks • \$165 per child

Choose one day per week to attend consistently

- 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.

Contact: Kylie Lee, KLee@LNSportspark.com



LIL SLUGGERS

Fall 2022 Session: September 10–November 12

(Not too late to join — prorated prices available!)

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- 10-week program for \$150 • Saturdays, 10 am (one hour)
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Contact: Kylie Lee, KLee@LNSportspark.com



SOCCER 101

Soccer 101 was established to help kids graduating from Lil Kickers to transition and advance their soccer skills. It focuses on learning the technical skills required to really enjoy the sport. Classes also include controlled and fun scrimmages.

- Boys & girls, ages 6–9
- Cost: \$120
- Classes from September 24–November 12
- 8 weekly sessions
- Saturdays noon–1 pm

Contact Ali Kazemini, director,
at Kaz@LNSportspark.com.



BATTING CAGES

M–F 3:30–9 pm; Sat/Sun 9 am–9 pm

Fast-pitch speeds of 45–75 MPH

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440-602-4000

www.LNSportsPark.com

**TODAY'S
family**

Lake, Geauga & Cuyahoga Counties

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programs at LNSP!**



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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.

While the market is open year round, Patterson's add their Family Fun Fest to the action for seven

weeks in September and October. This area costs \$6 per person Monday-Thursday (10 am-6 pm) and \$10 per person Friday-Sunday (10 am-5 pm). Seniors are \$6 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. Just come when you have a few hours to spend with your family outdoors.

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



Elf the Musical

December 2-30, 2022 at the Beck Center in Lakewood

Based on the beloved holiday film, this hilarious big-elf-living-in-a-small world comedy follows Buddy the elf in his quest to find his true identity in a holiday-bedazzled New York City. Featuring songs written by the creator of Disney's Aladdin on Broadway and a book by writer of Annie, The Producers and Hairspray this feels and sounds like a sweet holiday treat for all ages. (Maple syrup not included.)

Individual tickets to each show can be purchased at beckcenter.org with ticket prices from \$38 (adults), \$34 (for seniors 65 and older) and

\$17 for students with valid ID, and \$12 for children between five and 12 years of age. A \$3 service fee per single ticket will be applied at time of purchase.

Curtain times are 7:30 p.m. Fridays and Saturdays, and 2:30 p.m. Sundays. Preview performances are 7:30 p.m. the Thursday before opening night, with general admission seating for just \$10. Smart Seats® are available for each performance at just \$10 per person.

For more information on the 2022-2023 Professional Theater Season please visit beckcenter.org.

To repair or replace your home's furnace or water treatment— THAT IS THE QUESTION!

If you are stuck between a rock and a hard place, have a professional evaluate your equipment and your home's needs. It can help ease the decision of repairing or replacing. For a complimentary quote to replace your HVAC system, contact the professionals at DeBord's One Hour. Also, the professionals of Benjamin Franklin Plumbing can help with ALL your plumbing and septic needs as well.

A free consultation and the first step in solving your water problems is to get an accurate assessment of your specific problems. While many like a DIY solution, a water treatment dealer can provide expert analysis and identify the best solution based on several factors, like how much daily water usage is needed for your family.

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 the details of exactly what is in your water.

Debord's One Hour and Benjamin Franklin Plumbing have been serving clients in northeast Ohio since 1987. Their entire team is professional and courteous and they understand what it is like to experience a plumbing or HVAC emergency. They are licensed, bonded, and insured.

Call them today at 440-285-9125 or 440-286-6002.

Visit them at www.BenjaminFranklinPlumbingNEOhio.com or www.Debordinc.com for additional information and special offers! (Or, see ad on page 9 for more info!)

PUBLIC LANDS REC
THE CITY OF PAINESVILLE

FREE FAMILY EVENT!

★ PAINESVILLE FALL FEST

SATURDAY, OCT 15
3:00-6:00 PM

Recreation Park,
301 Latimore Street

Pumpkin painting, trunk or treat, hay rides, inflatables, food trucks, entertainment shows, games & prizes

COSTUMES ENCOURAGED

Playing an Instrument

Builds confidence, intellect, and helps kids make and maintain friendships... and is a lot of fun!

By Ante Logarusic

There's no doubt that we have high aspirations for our kids. Some of us may even dream a little about them following in our footsteps to quench some unfulfilled desires. But, when it comes down to it, we all want them to blaze their own path to success...and music just might help them along the way.

Even if they're not destined for the big stage, music can benefit kids in a number of ways by helping them learn about themselves as well as connect with the world around them.

Tom Ianni is owner of Academy Music in Cleveland Heights which has been in business for 64 years and currently serves 15 music programs in the area. He's seen firsthand that music is a positive outlet for kids to be able to express themselves.

"Kids need more outlets for having

fun and building friendships," says Ianni, "Oftentimes, the people we remember most from our childhood are those in music classes and sports activities."

Music is social. The benefits of playing music can be a game changer during your child's school years. Justin was a somewhat shy 11-year-old attending Eastlake Middle School when his father introduced him to the guitar. After 1.5 years of lessons and a lot of dedicated practice, Justin tried out for a local teen rock band and played in his first High School Rock Off in eighth grade. Through playing music, he gained confidence to be in front of a crowd, learned an appreciation of many genres of music, and always had great lead-in when meeting new people throughout high school, college and even now in his professional career in finance. It was a gift that keeps on



giving.

Music helps kids develop confidence and raise self-esteem by setting achievable goals which they can conquer at their own pace. Music also instills discipline. Learning to play an instrument requires practice, dedication, and repetition. Having the ability to develop focusing skills translates to other areas of life, especially academics.

Music is a personal activity but is also a team activity. Just like sports, a good band relies on all of its members to play their position. Each individual has to learn their part, practice independently, and come together as a team.

Music soothes. According to one local psychologist, one in three children experience some form of anxiety and the same number experience excessive sadness and depression. Getting involved with music can be one way of bringing joy to one's young life as well as connecting with others and forming friendships that can last throughout the school years and beyond.

Music can be life-changing. Ianni related the story of one particular student that stood out to him was a shy flute and vocal student. Through relentless practice and study, he overcame his shyness and sharpened his performance skills. Today, the student is an accomplished flutist and jazz saxophonist who found his way in music education to become an outstanding conductor and teacher who has shared his love of music with hundreds of students throughout his career.

One other local student changed his course of study as a result of music. Will played double bass in regional and state orchestras

throughout high school but had his mind set on a career as an astrophysicist. One day, however, he confided in his parents that he had "found his people." NASA's loss was the classical world's gain because after achieving his masters degree, he is currently pursuing his career as an orchestral musician.

Jim Temple, owner of Arrowhead Music in Mentor, agrees that music is a positive extracurricular outlet for students that can lead to a lifetime love of learning. Many of the parents who took lessons at Arrowhead back in the '90s reflect on those experiences when bringing their own children to the store.

"We often hear of former students starting local bands as well as some who have gone on to college to study music," says Temple. "One of our students got involved at a young age, went through private lessons, high school band, got a college scholarship, and is now in his masters program."

Music is affordable. Although accessibility and the definition of affordability can vary, the cost of participation is attractive when compared to other extracurricular activities. Instead of purchasing them new, great used instruments can be found or rented until you're sure you've found the right instrument for your child. Lessons are typically week to week and don't require a commitment or enrollment fee. Although there is no substitute for face-to-face learning with an instructor, a variety of learning tools and lessons can also be found online at little or no cost.

Last but not least, music is fun. Giving your kids the gift of playing music is something that will reward them for the rest of their lives.

An advertisement for a Halloween event at the Greater Cleveland Aquarium. The background is an underwater scene with several large fish. In the foreground, there is a glowing jack-o'-lantern. Text on the ad includes: "Explore the deep BOO sea @ CLEAquarium", "Tuesday - Friday, October 25 - 28, 10am - 7pm", "PUMPKINS & PIRANHAS", "ACTIVITIES! TREAT BAGS! COSTUMES!", "capacity limited; included with Aquarium daily admission", "advance tickets at greaterclevelandaquarium.com", and the Greater Cleveland Aquarium logo.

Explore the deep BOO sea
@ CLEAquarium

Tuesday - Friday, October 25 - 28, 10am - 7pm

PUMPKINS & PIRANHAS

ACTIVITIES!
TREAT BAGS!
COSTUMES!

capacity limited; included with Aquarium daily admission
advance tickets at greaterclevelandaquarium.com

greater
cleveland
aquarium



Pumpkins & Piranhas Halloween Celebration

Returns to the Greater Cleveland Aquarium October 25–28

Did you know that invasive, “vampire-like” sea lamprey are attaching themselves to and drinking the body fluids of Lake Erie fish? That piranhas’ ferocious, blood-thirsty reputations came from a staged demonstration President Theodore Roosevelt witnessed during an Amazon expedition in the early 1900s? That poison dart frogs’ toxicity is derived from their insect diet?

Crime fighters, princesses, comic book characters, warlocks and mummies are invited to explore “Lake Erie” and the “deep boo sea” at Pumpkins & Piranhas at the Greater Cleveland Aquarium (Flats West Bank, 2000 Sycamore Street, Cleveland) from Tuesday–Friday, October 25–28 from 10 am–7pm (last admission at 6 pm).

The not-so-spooky SEA-sonal fun days are included with general Aquarium admission (\$19.95 ages 13+, \$13.95 ages 2–12, \$0 passholders and guests younger than 2) and

feature extended hours, underwater jack-o-lanterns, costumed SCUBA divers, themed décor, a take-home treat bag for costumed kiddos, and a visit activity booklet focused on a few misunderstood animals.

“There is actually a great deal to learn and appreciate about some of the more ‘menacing-looking’ Aquarium residents,” explains General Manager Stephanie White. “For example, moray eels slowly closing their jaws showcases their sharp teeth and might seem like a visible warning to would-be predators, but it’s simply how they force oxygen-rich water over their gills to breathe.”

The Aquarium encourages guests to purchase advance general admission tickets online. “We want to prepare enough take-home treat bags for the young ones,” says White.

For more information, please visit greaterclevelandaquarium.com or call 216-862-8803.

Cleveland Orchestra 2022-23 Family Concert and Music Explorers Series

From October to April, these concerts and interactive events will bring seven kid-friendly performances to Jack, Joseph and Morton Mandel Concert Hall and Reinberger Chamber Hall at Severance Music Center.

The Family Concert Series, featuring The Cleveland Orchestra, has been a memory-making tradition for northeast Ohio families for more than 50 years, while the Music Explorers Series, which highlights individual orchestra musicians and their instruments, is an interactive experience for younger children.

The series kicks off with the

Halloween Spooktacular on Sunday, October 30, 2022 at 2 pm at Severance Music Center. This event is an afternoon of magical tricks and musical treats, like Wagner’s “Ride of the Valkyries,” the enchanting Sorcerer’s Apprentice, and highlights from Harry Potter. Come dressed in your Halloween best for the pre-concert costume contest. Cleveland Orchestra musicians will be dressed up too.

Call Cleveland Orchestra ticket services at 216-231-1111, email boxoffice@clevelandorchestra.com, or visit clevelandorchestra.com.

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 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.

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Geauga Park District invites you to find holiday decor & gift items for everyone on your list!

Holly Days
ARTISAN BOUTIQUE

Friday, Nov. 4, 5 - 9 PM & Saturday, Nov. 5, 10 AM - 4 PM
The West Woods Nature Center
9465 Kinsman Road (Rt. 87) in Russell Twp.

Also shop handmade gifts and artwork made by youth artisans at the **Mistletoe Market**

www.geaugaparkdistrict.org

Five expert tips to help teens with ADHD

By Cheryl Maguire

“I got detention for forgetting my book three times in a row,” read Michael’s text. His mother wasn’t surprised. Michael was diagnosed with ADHD when he was eight years old, and she’s received other messages saying he misplaced or even forgot to do his homework. His mother hoped that he’d be more organized by 13, and she wonders if this is typical teenage behavior or if it’s due to his ADHD.

“Everyone has ADHD behavior at times,” says Dr. Sarah Cheyette, a pediatric neurologist and author of the book, “ADHD & The Focused Mind.” Cheyette says the difference between a person with ADHD and other people is that the person with ADHD is unfocused too much of the time.

“There are differences between a child and a teen with ADHD,” Cheyette says. When a younger child has ADHD, parents tend to be more forgiving and helpful with their unfocused behaviors. A teen with ADHD may want their inde-

pendence but lack the skills to focus and control their impulses. This can lead to more severe consequences than when they were younger. But parents can help their teens with ADHD improve their focus with these expert tips.

1. Positive thinking

When a teen is interested in doing a particular task, it will be easier to accomplish. “Most people become more focused when they decide they want to do something,” says Cheyette. “If you say to yourself, I don’t feel like doing this, then you probably won’t.” For example, if your teen doesn’t like doing homework, encouraging them to change their mindset can help improve their focus. Reframing the negative thought (“I don’t want to do my homework”) in a more positive light (“Finishing my homework will make me feel good about this class”) can help a teen become more focused and complete the task.

2. The right surroundings

Emily, a parent of a 14-year-old



son diagnosed with ADHD, has found that choosing the right environment helps her son’s mindset. “I encourage him to stay after school to do his homework,” she says. “This way he doesn’t become distracted by things at home, like his phone, and he can receive help from his teachers.”

3. Healthy lifestyle choices

Cheyette also stresses the importance of a healthy lifestyle for improving and maintaining focus. Eating healthy, getting enough sleep and making time to exercise can all contribute to improved focus for teens with ADHD. Sleep problems can lead to issues with memory and impulse control for any child, but especially kids with ADHD.

Jen, a parent to a 12-year-old daughter diagnosed with ADHD, agrees with Cheyette about the importance of eating healthy and getting enough sleep. Her daughter experiences intense mood swings and an inability to deal with stress when she doesn’t eat or sleep well.

4. Setting goals

Cheyette says that setting goals can help teens with ADHD improve their focus and achieving their goals will help them feel successful. As a parent, you may be tempted to provide directions or nag your child to make sure they are working towards their goals, but it’s important for teens to actively set and own their goals.

But you can still help them. “Make observations and ask questions,” Cheyette recommends. “If you notice your son’s backpack is a

mess, instead of saying, ‘You need to organize your backpack,’ try saying, ‘It must be difficult to find your homework when your backpack looks like this’ or ‘How are you able to find your homework?’”

Once you’ve framed the problem, she says, “Ask questions such as, ‘How can you help yourself?’ or ‘How can you act differently next time?’ to allow your child to think about and own their behaviors.”

5. Medication

Like younger kids, teens can benefit from medication. Amy, a parent of a 15-year-old son diagnosed with ADHD, bought her son a trampoline to use after school to help him release his energy. And the exercise was helpful. But she saw the most improvement when her son began taking medication. “Once he was medicated he could use self-regulating strategies,” she says. “Before that, he wasn’t able to learn these strategies since he couldn’t pay attention.”

Cheyette wants to remind parents that you are your child’s best advocate and the parents interviewed here agree. “The best advice I can give other parents is to tell them that there may be really bad times, but your child needs to know that you are in their court,” Jen says. “When your child feels like a failure or has no friends or school is horrible, they need to be able to come home to you and release their frustrations and emotions.”

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

HALLOWEEN DRIVE-THRU

October 7-9, 14-16, 21-23, 28-30

at Lake Metroparks Farmpark

Travel Farmpark’s trails and roadways after dark in the comfort of your own vehicle and experience many playfully frightful sites throughout the park.

- All ages, PG-5 (parental guidance suggested)
- Fee: \$27.50 per carload

Tickets on sale online only at lakemetroparks.com.



10 Parenting tips for ages 0 to 5

How to win these challenges

By Kimberly Blaker

Despite the rewards of being a parent, each stage of your child's development also brings its fair share of challenges. The following tips can help you overcome some common battles.

1. It'll make you feel better. Does your child protest taking yucky medicine? If so, mask the flavor by mixing it with strawberry or chocolate syrup.

2. Potty training challenge. Offering toddlers rewards can work wonders with potty training. So fill a bowl or basket with small prizes, and let your toddler choose one each time he potties like a big boy. Keep it interesting by offering a variety of inexpensive prizes. Happy meal toys, stickers, gumball machine prizes, bite-size candy bars, mini Play-Doh containers, markers, or anything your toddler finds intriguing should do the trick.

3. Hair washing horrors. Most youngsters love bath time play. But when it comes to washing their hair, you'd think you were torturing them. Many young children hate water running down their faces. So fill the tub just three inches deep. Then roll up a rubber bathtub mat, and have your child lie on their back with the mat underneath their neck. With your child's face above water level and head tilted back, the water will run away from your child's face when you rinse. When you're done, fill the tub a little more, and reward your child with playtime.

4. Binky battle. Are you starting to think your toddler or preschooler will be heading off to school with a pacifier? If your child is really dependent on it, the best approach might be to wean your child gradually. Make a new rule that your toddler can have it only at nap time and bedtime. The added bonus is your toddler might be more cooperative at naptime and bedtime to have the

pacifier. Once your child is adjusted to the weaning, take the final step, and eliminate it altogether.

5. The hellacious tantrum. Parents often resort to a variety of ineffective tactics to bring tantrums to a halt. Usually, the best tactic is to ignore it, especially when you're not in public, and your child isn't acting aggressively. Just calmly state you're leaving the room and will return when your child calms down. Then walk away. Your child will soon realize the tantrum isn't going to help her get her own way. Removing yourself from the situation will also help you keep your cool and reduce the risk of caving in to your child.

6. You win some; you lose some. When playing games with preschoolers, it's tempting to always let them win. No one likes to see their child disappointed or storm off from losing. But learning to accept losing is essential to your child becoming a good sport. So the next time you play a game, allow your preschooler to lose. Then teach your child to shake the winner's hand. Tell your child "good game," and praise your child for handling the loss like a good sport.

7. Eek! Germs. It may seem counterintuitive, but exposure to bacteria is necessary to help kids build up their immune systems. So don't be a germaphobe. It doesn't mean you should intentionally expose your child to the flu or allow your toddler to crawl on the dirty bathroom floor. But allow your baby or child reasonable exposure to dirt and bacteria. If your toddler happens to eat a cracker that fell on the living room floor, don't panic. Also, get your baby or child out of the house regularly for exposure to other people. Studies find kids exposed to infections earlier in life have greater immunity, so they're less likely to be affected by exposure as they grow.

8. Can I have my bed back,



By letting your children lose at games you can teach them to be good sports.

please? There's a lot of debate over cosleeping, although most experts agree it's really up to the preference of parents. There are both benefits and drawbacks for children and parents alike. But often, cosleeping becomes a ritual that parents never intended. Once it begins, it's a challenge to get a child back to sleeping in their own bed.

To take back ownership of your bed, tell your child, "you're a big girl now, so it's time to sleep in your own bed." Then, sit in a chair right next to your child's bed to keep her company, as Meri Wallace LCSW, in "6 Steps for Getting Your Child to Sleep Alone," suggests. Over a few days, gradually move your chair further from your child's bed. Once your child grows more comfortable, say you're going to the bathroom or kitchen and will be right back, and do just as you promised. Eventually, your child will adjust to your absence and be able to go to bed alone.

9. Sleep, baby, sleep. Swaddling is a particularly useful way to get babies to sleep because it feels similar to

what they experienced in the womb. Start by laying a blanket out flat in a diamond. Then flap the top corner over about 4 or 5 inches. Lay your baby on the blanket with the base of its head at the edge of the flap. Flap the right side and then the bottom over your baby. Then flap the left side over and wrap it around, so your baby is comfortably snug.

10. One more bite, please. There's no doubt that vegetables top kids' list of the most-unappetizing foods. That's because vegetables tend to lack flavor in comparison to other foods. You can make veggies more palatable by adding sugar, salt, or fat—the flavors kids and adults often crave. Just keep it healthy by not overdoing the added ingredients.

An alternative, healthier approach is to reduce the sugary, salty, and fatty foods in your child's diet. When the palate isn't used to these additives, vegetables tend to taste better. Kids do still need a healthy amount of fat in their diets. But the American diet, even for kids, is far fattier than is necessary.

Words of Wisdom

"Don't worry that children never listen to you; worry that they are always watching you."—Robert Fulghum

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Trick-or-Treat Fest at Cleveland Metroparks Zoo

Tickets are on sale for the 3rd annual Trick-or-Treat Fest. 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 7 through October 30.

Trick-or-Treat Fest 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. This add-on ticketed experience also includes unlimited train rides on the Pumpkin Express and the Circle of Wildlife Carousel. The first 800

guests each day receive a complimentary trick or treat bag. New this year, guests will enjoy a custom made, larger than life animal display constructed from natural materials.

Trick-or-Treat Fest will have timed ticketing and tickets are limited. Guests are encouraged to purchase their tickets in advance and must adhere to the time selected. Tickets for Trick-or-Treat Fest, include Zoo general admission, at \$19.95 for nonmembers and \$9.95 for members. Children under 2 are free. Tickets are available at FutureForWildlife.org/trickortreatfest.

Raise your voice against domestic violence with WomenSafe

October is Domestic Violence Awareness Month, but victims of domestic violence using WomenSafe's free, lifesaving resources are in need all throughout the year. To spread awareness and raise funds for survivors, WomenSafe Inc. will host its first "Raise Your Voice" event on October 8, 2022 from 3-6 pm at the Chardon Square in Chardon. The event will raise awareness about domestic violence and generate vital funds needed to support survivors of domestic violence.

As a nonprofit organization, WomenSafe relies on community donations to meet the everyday needs of the men, women and children served all throughout northeast Ohio. Whether in the 24-hour emergency shelter or transitioning back into the community, WomenSafe gives individuals access to essential services and high need items when they need them.

"My team and I are so excited to bring the community together for a day of family fun, while spreading awareness and raising our voices to put an end to domestic violence," said

Angel Burton, development director.

Raise Your Voice is a family-friendly outing and activities include live music by "The Queen Bees," karaoke, crafts, and the Chardon Library bookmobile. Admission is free and no RSVP is required to attend. At the event, WomenSafe will be selling exclusive T-shirts for \$25, also available for sale online.

For more details and to get a T-shirt before the event, visit www.womensafe.org.

For information on their free services or to speak with an advocate, call the 24/7 crisis hotline COPEline at 1-888-285-5665.

Please contact WomenSafe's community engagement associate, Chris Tate, with questions regarding the event at fundraising2@womensafe.org or 440-286-7154 ext. 235.

To make a gift you can donate online at www.womensafe.org or make checks payable to WomenSafe Inc. and mail to:

WomenSafe Inc.
Attn: DVAM
12041 Ravenna Road
Chardon, OH 44024

Celebrate fall at Lake Metroparks Farmpark

Apple Butter and Cider Weekend

Lake Metroparks Farmpark continues the harvest season with a weekend all about apples! Discover how apple butter and cider are made during Apple Butter & Cider Weekend on October 1 & 2. Take an apple, toss it into the grinder and watch apple cider trickle out of the press.

"Having a mixture of apples makes the best cider with a good mixture of both sweet and tart," explains Valerie Reinhardt, horticulture manager at Lake Metroparks Farmpark.

Then, grab hold of the paddle and stir the kettle boiling over an open flame as you make apple butter. Sample the sweet goodness of a variety of apples, apple cider and Farmpark's own apple butter. Walk in the footsteps of the harvest on the "Johnny Appleseed Trail."

Corn & Pumpkin Weekends

Husk, shell and grind corn and paint pumpkins during Corn & Pumpkin Weekends on October 8 & 9 and 15 & 16. This popular



Blair Bros Photography

weekend offers a range of family-friendly activities centered around the fall crops — including pumpkin bowling. Wrap and tie corn husks to create your own old-fashioned corn husk doll. An additional fee applies for the pumpkin painting activity.

During each weekend, visitors can enjoy harvest-themed crafts and other harvest activities and demonstrations. Kids will enjoy a ride on the barrel train. Beautiful fall-themed settings are available for photo ops. Food will be on site, and the famous Corny Apple Bar will have delicious corn- and apple-related items for purchase. On Sundays, sample freshly made soups, made primarily from ingredients grown on-site.

Visitors are invited to test their directional skills as they follow winding paths that lead to intersections where they must decide which way to turn next in the three-acre corn maze.

The fall harvest-themed weekends run 9 am to 5 pm and are included in Farmpark admission (\$6–8). Farmpark members, children under 2 and active military and their families receive free admission. For more information and event schedules visit <http://goto.lakemetroparks.com/farmpark-events>.

Farmpark is located at 8800 Euclid Chardon Road in Kirtland. For park information and directions visit goto.lakemetroparks.com/farmpark.

Farmpark's mission is to provide a connection to our agricultural roots while helping people understand where our food and clothing come from. In addition to the fall harvest activities, visitors can experience milking hands-on with dairy cows, watch equine demonstrations, watch a border collie herd the sheep, ride on a horse- or tractor-drawn wagon, meet other farm animals and more.



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Girl Scouts of North East Ohio announces partnership through Space Grant KIDS, funded by NASA

Girl Scouts of North East Ohio (GSNEO) is excited to announce their partnership with Ohio Aerospace Institute (OAI) along with the Ohio, New York, and Nebraska Space Grant Consortia, Akron Zoo, Ithaca Sciencenter, Nebraska Department of Education, and Nebraska 21st Century sites on the “Stepping Stars” project. This proposal was selected to receive funding from the National Aeronautics and Space Administration (NASA) as part of the \$4 Million Space Grant KIDS (K-12 Inclusiveness and Diversity in STEM) opportunity, announced early September.

This announcement comes in conjunction with the Biden-Harris Administration’s second National Space Council meeting, held Friday, September 9. “This partnership and Stepping Stars program provides students with the tools and skillset to explore more of what STEM has to offer,” said Jane Christyson, Chief Executive Officer of GSNEO. “We’re very grateful for this partnership and excited to provide this

opportunity to explore biomimicry and NASA research.”

Stepping Stars will introduce middle and high school Girl Scouts to the concept of biomimicry, an approach to innovation that takes inspiration from nature’s successes and applies it to engineering and problem solving. Through a combination of curriculum, hands-on activities, and volunteer training, Girl Scouts will learn about how biomimicry aligns with NASA’s mission directorates in aeronautics research, science mission, and space technology.

GSNEO plans to develop five, one-day programs and a week-long summer camp connecting Girl Scout badges to some of the actual questions motivating NASA scientists. For example, Girl Scout Cadettes earning their Tree badge will be challenged to answer, “What is the most efficient way to transport water on Mars?” Drawing inspiration from the internal structure of trees, and current research by NASA, Girl Scouts will approach the problem



using design thinking.

This isn’t the first funding GSNEO has received from NASA. In December 2021, GSNEO received a NASA Teams Engaging Affiliated Museums and Informal Institutions (TEAM II) Community Anchor Award for the Roaming the Red Planet: Connecting Girl Scouts

to NASA project.

For more information visit gsneo.org/join.



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Lake-Geauga WIC

Supporting women and children

The Lake County General Health District (LCGHD) houses more than divisions only involved with environmental health and communicable disease concerns, but also with a division that supports the health and well-being of women and children.

WIC (Women, Infants, and Children program) is such a division and is a nationally recognized and federally funded program that provides food benefits to pregnant women, women who just had a baby, breastfeeding women, infants, and children up to age five (5).

What other services does WIC provide?

- One-on-one consultation with a registered dietitian.
- Breastfeeding education and support. WIC supports breastfeeding through peer counseling, lactation experts, food packages, online resources, and referrals along with a 24-hour breastfeeding line at 216-403-1320.
- Supplemental food with key nutrients. These food benefits that

promote good health are loaded onto a WIC nutrition card for qualifying low-income individuals and can be used at local vendors.

- Health care provider referrals and community program referrals.

How many locations does Lake-Geauga WIC have?

WIC now has five locations from which they serve their clients:

- Painesville 440-350-2552
- Wickliffe 440-833-6007
- Madison 440-428-2003
- Chardon 440-214-9440
- Middlefield 440-251-6522

How do I know I am income-eligible to receive WIC services?

Income guidelines to receive WIC services are as follows:

- For a family of one, the gross income (before taxes) cannot exceed \$25,142 annually, \$2,096 monthly, and \$484 weekly.
- For a family of two, the gross income (before taxes) cannot exceed \$33,874 annually, \$2,823 monthly, and \$652 weekly.

- For a family of 3, the gross income (before taxes) cannot exceed \$42,606 annually, \$3,551 monthly, and \$820 weekly.
- For a family of 4, the gross income (before taxes) cannot exceed \$51,338 annually, \$4,279 monthly, and \$988 weekly.
- For a family of 5, the gross income (before taxes) cannot exceed \$60,070 annually, \$5,006 monthly, and \$1,156 weekly.
- For a family of 6, the gross income (before taxes) cannot exceed \$68,802 annually, \$5,734 monthly, and \$1,324 weekly.
- For a family of 7, the gross income (before taxes) cannot exceed \$77,534 annually, \$6,462 monthly, and \$1,492 weekly.
- For a family of 8, the gross income (before taxes) cannot exceed \$86,266 annually, \$7,189 monthly, and \$1,659 weekly.

Please note:

- If you have more than eight people in your family, please contact your local WIC clinic for guidelines.



- A pregnant woman counts as more than one family member.
- A person who currently receives Medicaid, Food Assistance, or Ohio Works First (OWF) automatically meets the income eligibility criteria for WIC.
- Guidelines are effective July 1, 2022. If you are unsure of income eligibility, contact your local WIC office.
- This institution is an equal opportunity provider.

How do I get started with a WIC office in my area?

For information about Lake-Geauga WIC, nutrition education, and breastfeeding support visit www.lcghd.org/wic/.

To find out your eligibility or to schedule an appointment, please call the clinic nearest you to get started.



Women, Infants, and Children Program



www.lcghd.org/wic/



@lakegeaugawic

WHAT YOU SHOULD KNOW

WIC clients meet with a Registered Dietitian and receive nutrition education. WIC provides nutritious foods that promote good health for pregnant women, women who just had a baby, breastfeeding moms, infants, and children up to age five (5). Food benefits are loaded onto a WIC Nutrition Card and can be used at local vendors.

**If you receive help from Job and Family Services and/or Head Start, you may qualify for WIC.

WIC Has 5 Locations across Lake and Geauga Counties

Lake

- WIC Painesville 440-350-2552
- WIC Wickliffe 440-833-6007
- WIC Madison 440-428-2003

Geauga

- **WIC Chardon 440-214-9440 *NEW***
- WIC Middlefield 440-251-6522

How WIC Supports Breastfeeding

- Peer Counseling
- Lactation Experts
- Nutrition Education
- Online Resources
- Referrals
- Support Groups

***GROSS INCOME (BEFORE TAXES) CANNOT EXCEED THE FOLLOWING AMOUNTS UNLESS QUALIFYING IN A DIFFERENT WAY:

Family Size	Annual	Monthly	Weekly
1	\$25,142	\$2,096	\$484
2	33,874	2,823	652
3	42,606	3,551	820
4	51,338	4,279	988
5	60,070	5,006	1,156
6	68,802	5,734	1,324
7	77,534	6,462	1,492
8	86,266	7,189	1,659

** As of September 21, the NEW WIC Chardon location has begun receiving clients.

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mommy chronicles

Here's to the good NEW days

By Stacy Turner

Often, people reminisce about the good old days. They'll go on and on about idyllic childhoods spent outdoors, left to their own devices, without hand sanitizer or screens and safe from gun violence. But it's important to remember that good old days weren't always as idyllic as we sometimes recall.

This idea hit me recently, as I used the last slices of bread to pack a PB&J for my daughter's lunchbox. For no reason I can explain, the crumpled bag in my hand took me back to the cold winters of childhood. Long before the weather chilled, Mom saved every bread bag so that by the time winter arrived, she'd have a stash of bags built up for me and my five siblings. For those unfamiliar with the reason, the bags served as boot liners, adding an extra layer of protection between the boot and the boot wearer's sock. Or in the case of rubber galoshes, placing the bag over your shoes helped them slide in and out of the outer boot easier. The plastic bags initially kept the heat in, helping the wearer feel warm and dry and ready for any polar adventure. But after recess or an epic snow day, the plastic bags left cotton socks saturated with warm, moist foot sweat (ick -- I attribute this for my strong dislike of the word 'moist'). It seemed like the cure was worse than the disease, so to speak.

The burgeoning stash of bags meant that winter was nearly upon us. So instead of the usual rush of prodding four school-age kids to wake up, get dressed and eat something, then send us out the door with faces washed and teeth brushed, the changing season added an additional step of adding coats, hats, gloves, boots, and bags to the mix. I recall an older sister holding up our evacuation procedures one morning by insisting on two identical brand bread bags to accessorize with her outfit. Because even if you've literally got garbage on your feet, you still need to look good in middle school.

In elementary school, kids weren't that choosy. Each wintry school day, the hallways outside our classrooms were littered with colors and sizes of moon boots and rubber boots and a variety of brands of soggy bread bags.



Before entering the classroom, we were instructed to remove our wet boots and line them up neatly along the wall, so we'd be all set for recess later. Wet boots were not permitted in the classroom, an effort to keep the floor dry and neat.

It was a simple idea in theory – taking off boots in the hallway and entering the classroom in stocking feet. But it was pure chaos, with more than 25 kids carrying coats and book bags, quickly shucking 50 soggy boots and moist bags, then dodging puddles in stocking feet to get to the (dry) safety of the classroom. Most days, the hallways looked like a very selective tornado ripped through. Mismatched boots, socks, and a variety of brands of bread bags sat in random heaps on the way to the classroom door. By the time we reached our desks where we could sit down and pull our school shoes out of our book bags, soggy feet were shoved inside leather shoes and the day began. Some days the school janitors would place giant fans at the end of each hallway to try and remove the moisture and foot funk. If we were lucky, everything dried out just in time for recess when the process started all over again.

A friend and I shared stories of northern winters and bread bags, while her husband, whose family hails from further south, thought we were making it all up. What we considered thriftiness or good old Yankee ingenuity he considered backwards and just plain weird. Luckily, at some point during childhood, bread bags fell out of use as a winter staple; this may have coincided with improvements in winter weather gear, or maybe a rise in cases of athlete's foot.

Regardless, I'm happy my own stash of bags is relegated to holding acorns and other treasures found on nature walks and for cleaning up pet messes. It's no wonder (see what I did there?!) that when the snow accumulates this year, I'll appreciate having warm, dry feet in my waterproof boots, with no bread bags required.

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

Call the Foster Care line at:

(440) 350-4218

or email:

Eugene.Tetrick@jfs.ohio.gov

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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.

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.

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-



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Experience the Lake County History Center after dark.

Graveyard Tour of Mentor

Municipal Cemetery | October 8 • 5:30pm
\$20 members, \$25 nonmembers

Brewing Up History | October 12 • 6 pm

\$40 members, \$45 nonmembers (includes dinner)
At Beal's Pickles and Pints in Willoughby. Dennis Sutcliffe tests your knowledge of famous people from Cleveland.

Haunted Halloween Drive-Thru | Oct. 29 • 6-8pm

Free event. Candy bags to all children under 12.

Christmas Holiday Tea

November 19 • 2 pm
\$20 members • \$22 nonmembers
\$12.50 youth 14 and under

Themed with guest speaker.
Menu: finger sandwiches, chicken salad, ham salad, cucumber, fresh fruit with raspberry cream cheese, varieties of scones, desserts.



More information can be found on lakehistorycenter.org or lakehistory.eventbrite.com or call 440-639-2945

415 Riverside Drive, Painesville Township



Regal Vineyards entertains guests of all ages –

Day time fall fun and night time haunted attractions

Regal Vineyards will be celebrating its 9th season as a fall destination for families near the shores of Lake Erie in northeast Ohio. Regal Vineyards offers activities for people of all ages.

For individuals who love to be outside, experience farm life and celebrate the fall season there is Fall Fun Days that take place Saturdays 10 am–6 pm and Sundays noon–6 pm through October 30.

For those looking to celebrate Halloween and all things spooky the Haunted Winery & Corn Maze is the place to go for a unique haunted experience. This runs Friday and Saturday nights 7–10 pm through October 29.

In 2022, Fall Fun Days is celebrating unity. In a world that wants to divide us into different groups it is good to remember that we are all more alike than unlike. Coming to the farm and enjoying the outdoors, farm animals, making your way through the eight-acre corn maze and all the other fun activities on the farm brings us together.

Regal Vineyards always adds new attractions each year. This year guests will meet several new animals to their barnyard crew. In addition to favorites and regulars, including Zack the camel and Louie the emu, this year they have added an African spur tortoise. Her name is Claire and she is 15 years old.

During the Haunted Winery & Corn Maze, guests will enter into the century home that was one of the first wineries in the Ashtabula County area. After surviving the Haunted Winery & Haunted Tent guests make their way to the back area of the farm where they must make their way through the Haunted Corn Maze and the Haunted Pallet Maze.

Nothing scary during the day for people of all ages to come out and enjoy the beautiful fall outdoors on the spacious 55-acre farm at Regal Vineyards.

More information is available on the website at www.regalvineyards.com or by contacting them at 440-812-4936.

Spider Saturday!

Did you know that Naturalist Nora “the Explorer” Sindelar LOVES spiders? Well here at Geauga Park District, it’s a well known fact. And this year, to celebrate Geauga County’s resident arachnids, she’s even debuting a program series called Spider Saturday that the whole family can enjoy!

Mark your calendar for October 15, where you will convene at The West Woods Nature Center for spider-themed programs.

From 11 am to 12:30 pm, ages 10 and older can join arachnologist and author Dr. Sarah J. Rose during **Spectacular Spiders** to learn about

the wonderful world of spiders—which ones you may see in your yard, ways they capture prey, and their benefits to humans and the ecosystem.

From 1 to 2 pm, **Eight-Legged Fun** will offer an hour of all-ages discovery featuring spider books with Geauga County Public Library, a spider craft, a spider-themed indoor scavenger hunt, and time observing live examples of some spiders found right here in Geauga County.

For more info or to register, please call 440-286-9516 or visit www.geaugaparkdistrict.org, Facebook, Twitter, Instagram or YouTube.

Lake Humane Society’s 11th annual Black Cat Ball

Lake Humane Society’s 11th Annual Black Cat Ball is Thursday, October 27 at Tall Oaks Event Complex in Kirtland. The event consists of a night of fun for all to benefit Lake Humane Society and the homeless pets of Lake County.

There will be dancing, chances to win at sideboard raffles, a wine pull, barrel of booze & lottery tree raffle, costume contests and more. Costumes are encouraged but not required.

Spirited giving during the signature auction and raffle will directly support the care of homeless animals in Lake County. Some items that will be highlighted during the silent auction include beach vacations, sports memorabilia, salon packages, golf certificates, tickets to shows and performances, themed baskets and so much more!

Tickets are \$125 per person and \$1,200 for a table of ten. Each event ticket includes a delicious duet plate of petite filet & chicken caprese, a vast dessert display, hors d’oeuvres and full-service open bars. Dietary

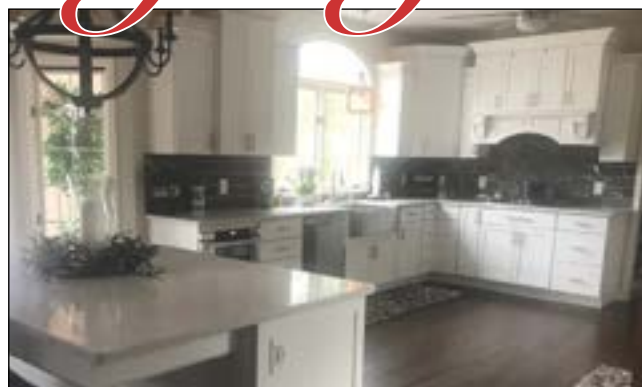


restrictions will be accommodated.

Your ticket purchase will be put to immediate use in order to help the homeless pets of Lake County. Your support makes the life-saving work of Lake Humane Society possible and provides homeless pets in need with a safe, warm place to live as well as vital medical care. Receiving no outside funding, LHS relies solely on donations made by members of the community. They truly cannot do it without you.

To purchase tickets, please visit lakehumane.org or give the shelter a call at 440-951-6122 ext. 110 during their normal hours.

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Finding the right private school for your family

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 import-

ant 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. Does the school provide transportation?

Do buses transport students to school? Are they available for after-school activities?

See *PRIVATE SCHOOL* on page 22



READY. SET. Goddard!

We help children explore and discover their interests through play in a safe environment. We provide ample opportunities for fun learning experiences, promoting a lifelong love of learning in literacy, science, technology, engineering, arts and mathematics.



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*Offer valid for new Goddard families at the above location only. Some program restrictions apply. Not valid with any other offer. The Goddard Schools are operated by independent franchisees under a license agreement with Goddard Systems, Inc. Programs and ages may vary. Goddard Systems, Inc. program is AdvancED accredited. © Goddard Systems, Inc. 2018

PRIVATE SCHOOL GUIDE

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 experiential curriculum to the immersive, real-world opportunities to the full spectrum of cocurriculars – is focused on cultivating ethical leaders who communicate authentically, think critically and solve real-world problems. These foundational principles 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 with an understanding that

they have both the tools and the responsibility to make the world a better place.

The Goddard School

7645 Fredle Drive, Concord Twp.
(440) 350-1333
www.goddardschool.com

For nearly 30 years, The Goddard School has been a trusted name among parents and families. Their classrooms are safe, nurturing environments for children six weeks to six years, offering age-appropriate opportunities to explore and discover.

Their unique kindergarten program utilizes more than just a typical four-walled classroom. They believe that engaging students in the world around them, through their play-based Emergent Curriculum, enhances their curiosity and love for learning.

Their small student-to-teacher ratio enables individualized learning and therefore produces a more meaningful experience. Through this approach their students are becoming natural

researchers, critical thinkers and inquisitive individuals preparing them for future success.

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 Street
Cleveland
(216) 251-2321

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

Hawken School is an independent, coed day school of over 1,500 students, toddler through grade 12, located on two campuses in the eastern suburbs of Cleveland, a campus on Cleve-

land'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 honors-level engineering and entrepreneurship programs and STEMM internships. These experiences instill in students the skills needed to thrive in an increasingly complex and dynamic world.



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Barbara Williams, Director of Admissions
bwilliams@ndes.org | 440.279.1129
www.ndes.org



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PRIVATE SCHOOL GUIDE

Hershey Montessori School

www.Hershey-Montessori.org
(440) 357-0918
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, especially through these unprecedented times, 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 model inspires students to learn, not memorize, to thrive academically, and to expand their inter-

ests. Hershey students are resilient, articulate, open to change, and ready for challenge.

For more than 40 years, Hershey's education model has supported the scientific process of child development and serves students from two months through twelfth grade.

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

Notre Dame Elementary and Middle Schools

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 Schools, as well as, Notre Dame-Cathedral Latin, educate over 1,100 students in pre-school-12th grade. Notre Dame Elementary has been recognized as a National Blue Ribbon School of Excellence and recognized



A Great Place To Grow

Our Shepherd Lutheran School

Our Shepherd Lutheran School is a K–8 school that features:

- Five-day, full-day kindergarten
- 1:1 technology for all grades (Chromebooks/iPads)
- Smartboards in the classrooms
- Technology lab with robotics
- Weekly STEAM for K-8
- Library/media center
- Daily religion
- Weekly chapel
- Middle school enrichment program
- Before- and after-care programs available
- Music/choir/band



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

HAWKEN: SCHOOL REDEFINED

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**Early Childhood, Lower,
and Middle School**
Thursday, 10/20/22, Parent Visit
Sunday, 11/20/22, OPEN HOUSE
Toddler – Grade 8
Lyndhurst Campus

Birchwood School
Sunday, 10/23/22, OPEN HOUSE
Preschool–Grade 8
Cleveland-West Campus

Upper School
Tuesday, 10/18/22, Parent Visit
Sunday, 11/6/22, OPEN HOUSE
Grades 9–12
Gates Mills Campus

Mastery School
Tuesday, 10/4/22, Parent Visit
Sunday, 11/13/22, OPEN HOUSE
Grades 9–12
University Circle Campus

HAWKEN
SCHOOL



COEDUCATIONAL,
TODDLER – GRADE 12

hawken.edu

Lyndhurst Cleveland–West Gates Mills University Circle

PRIVATE SCHOOL GUIDE

Notre Dame cont'd

twice with the Governor's Thomas Edison Award for Excellence in STEM Education and Student Research.

They are excited to announce the restructuring of their school to include a middle school. Notre Dame Middle School features dedicated space for their 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 K-8 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 the NLSA and recognized by the Ohio Department of Education. 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; library/media center; and middle school enrichment program.

Please direct questions to admissions@oslpainesville.org.

St. Gabriel Learning Loft Preschool & St. 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



Villa Angela-St. Joseph
HIGH SCHOOL

WHERE
FRIENDS
BECOME
FAMILY

Join us for our fall Admissions Open House:

Sunday, October 9

vasj.com/openhouse • 216-481-8414 ext. 285

We teach the child. We reach the heart.

The opportunities at Gilmour empower 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.



GILMOUR
ACADEMY

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



PRIVATE SCHOOL GUIDE

St. Gabriel cont'd

designated school that instills a strong sense of purpose and service. A proud participant in Cleveland Diocese's Better 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.



St. Mary School Chardon

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

The Ohio Academy of Science selected St. Mary's School to receive The Governor's Thomas Edison Award for Excellence in STEM Education during the 2021-2022 school year.

St. Mary's is honored to have been one of 45 Ohio schools to receive this award. The Ohio Academy of Science defines STEM education as both the understanding and implementation of science, technology, engineering and mathematics for all students (Pre-K-12).

St. Mary's STEM education helps students develop skills in communication, collaboration, critical thinking and evidence-based explanations by utilizing problem-based learning strategies. Having a student-centered learning environment in which students work to find solutions to real-world problems helps to successfully prepare them for their future careers.

401 NORTH ST.
CHARDON, OH
44024

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2022

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info@stmaryschoolchardon.org
or call 440-286-3590.

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- Life readiness & college readiness

CONTACT US TO REGISTER OR REQUEST MORE INFORMATION

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

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

From 9-11 am on
October 12 | November 9
February 8 | April 12 | May 10

Huntsburg Campus

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

From 9-11 am on
October 10 | November 14
December 12 | February 13
April 10 | May 8

Virtual tours are available
on our website.



Visit our website at www.Hershey-Montessori.org



welcome home!



to two award-earning schools, one great community:
Learning Loft Preschool & St. Gabriel School



Welcoming Christ-centered culture

A few words from our families...

“What I love most about the Learning Loft is they have a welcoming atmosphere and Christ-centered curriculum. As a family, this is our first school experience. We were pleasantly surprised how easy they made the transition and how happy he is. Thank you Learning Loft for making our experience a great one.” ~ Carly K., mom of 3 y.o.

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



Fun after school activities and junior high elective program



Newly renovated rooms



Well-rounded preschool focused on KDG readiness



STEM designated school by ODE



9935 Johnnycake Ridge Road, Concord Township

For open house info and registration:

St-GabrielSchool.org

For part-time 2- to 5-year-old programs: Call 440-354-7574

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

PRIVATE SCHOOL GUIDE

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.

VASJ welcomes any student who would like to find meaning in Catholic traditions and has a sincere desire to develop a closer relationship with God as lived through the teachings of St. Angela Merici and Blessed Father William Joseph Chaminade.

Learn more about VASJ by attending one of their upcoming open houses:

Sunday, October 9, 2022
Thursday, November 3, 2022
Wednesday, March 8, 2023

Private School from page 16

Does the school coordinate car-pools? 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.



The Fine Arts Association and Lake County ADAMHS Board announce new pilot program grant

The FAA's therapy programs will now be available to ADAMHS Board providers

The Fine Arts Association's (FAA) Creative Arts Therapies department has received a pilot program grant from the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board. This support allows the ADAMHS Board providers access to FAA's music therapy, art therapy and adapted arts programming.

"With the growing need for mental health services, FAA is well equipped to offer these beneficial therapies to the agencies supported by the ADAMHS Board. With this grant, we can serve 75 individuals and 12 groups," states Ann Marie Raddell, FAA's director of creative arts therapies. "The arts are a powerful means to improve and enhance the psychological, emotional, physical and social health of individuals."

The Lake County ADAMHS Board plans, funds, monitors and evaluates Lake County's continuum of mental health and substance-use disorder supports and services. This non-Medicaid grant, earmarked for creative art therapies, provides additional intervention for individuals experiencing mental health or addiction challenges. "We are very pleased to announce this new pilot program with the FAA's Creative Arts Therapies



team," added Kim Fraser, executive director of the Lake County ADAMHS Board. "When utilized in conjunction with traditional clinical services, we believe creative arts therapies will provide an important and effective tool in helping improve the quality of life for our citizens."

Since the pandemic began, the demand for FAA's Creative Arts Therapies programming has increased by more than 60%. As a professional therapeutic option, creative arts therapies are funded by the client at similar rates as other therapy services. But unlike other therapies, most creative arts therapies are not covered by insurance. The Fine Arts Association seeks grants, scholarships and partnerships to help subsidize the costs for those most-at-risk clients. "It is imperative during these difficult times to engage and utilize all mental health professional services to meet the growing mental health and addiction needs of northeast

Ohio communities," concluded Ms. Fraser.

In addition to the Lake County ADAMHS Board Pilot Program Grant, FAA's Creative Arts Therapies department has recently been awarded the following opportunities and recognition:

- Certified Ohio Mental Health and Addiction Services and Licensure and Tracking System provider
- Approved Ohio Department of Education Autism Scholarship Vendor
- Partnership with Cleveland State University as a University Affiliated Music Therapy Internship site

About The Fine Arts Association (FAA)

FAA offers five arts education programs—dance, music, theatre, visual arts and creative arts therapies—to individuals of all ages, abilities and backgrounds. In addition to arts education programming, FAA offers a full performance season. For more information, please visit them online at www.fineartsassociation.org.

About the Lake County ADAMHS Board

The ADAMHS Board plans, funds, monitors, and evaluates services available to residents dealing with mental illness and or substance-use disorders. For more information, please HelpThatWorks.us.

Great events at the library!

Willo-WICKED Halloween Party

Thursday, October 13 • 6:30 pm
Willowick Library
263 E. 305th Street
440-943-4151

Join in for a wicked good time at their annual Halloween party. They'll be crafting, dancing, reading & more! Registration required.

Candy Factory STEM

Friday, October 14 • 11 am
Mentor Library (Lake Branch)
5642 Andrews Road
440-257-2512

Kids (kindergarten through fifth grade) can visit the library's candy lab and conduct simple candy experiments with chocolate, gum drops, and more. Registration required.

Halloween Spooktacular

Tuesday, October 18 • 6:30 pm
Willoughby Library
30 Public Square
440-942-3200

Join in for a spooky and fun storytime with stories, crafts and more. Registration required.

Spooky Terrarium

Thursday, October 20 • 6 pm
Willoughby Hills Library
35400 Chardon Road
440-942-3362
we247.org

It's the season of spooks! Join in to create your very own one-of-a-kind spooky terrarium. Grades 6–12. Registration required.

Pumpkin Painting

Wed., October 26 • 6:30 pm
Mentor Library (Headlands Branch)
4669 Corduroy Road
440-257-2000

Kids can paint a spooktacular pumpkin of their own. Registration required.

Trick or Treating at the Library

Monday, Oct. 31 • 9 am–4:30 pm
Mentor Library (Main Branch)
8215 Mentor Avenue
440-255-8811
www.mentorpl.org

Children can don their costumes and trick-or-treat through the library. No registration required.

We offer virtual appointments!



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Geauga County Office
401 South Street
Ste. 2B-5, Chardon
440-285-7750

All fun.

No filter.

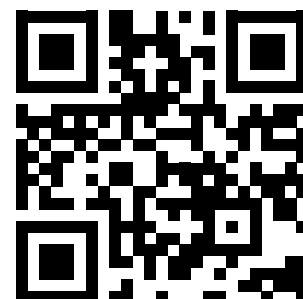
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