

TODAY'S **family**

October 2023

Cuyahoga

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A Nightmare On My Street

A Halloween
Humor Essay

Family Fun Fall & Halloween Events!

Mommy Chronicles

Naming your child

Noise Pollution

Can be harmful
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Getting Your Child To Cooperate

Science-backed methods
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inside



Getting Kids To Cooperate

Page 4



A Nightmare on My Street

Page 6



What's in a Name?

Page 13



Private School Guide

Pages 14–23

PLUS

Pumpkins & Piranhas

Page 8

Beech Brook 5K Race

Page 9

Halloween Drive-thru

Page 12



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Balancing Noise Pollution with Nature

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

By Sandi Schwartz

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

The problem with noise pollution

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

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

Noise affects our bodies in the following ways:

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

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

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

ing skills several months behind their peers in quieter places.

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

Benefits of nature sounds

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

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

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

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

Prevent intrusive noise from ruining the moment

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



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

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

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

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

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Getting Kids To Cooperate

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

By Pam Moore

“Mom, can I have the vacuum?” asked my five-year-old daughter.

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

“Why, sweetheart?”

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

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

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

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

MacLaughlin cites the work of education and parenting expert Alfie Kohn, who calls rewards and punishments “two sides of the same coin” in his

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

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

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

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

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



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

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

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

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

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



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A Nightmare on My Street

By Cheryl Maguire

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

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

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

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

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

And then I had a strange encounter.

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

The young man said, “trick-or-treat.”

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

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



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

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

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

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

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

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

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

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

noises died down, and we felt somewhat relieved.

“Well that isn’t what I expected,” I said.

“Me neither. I mean Harry Potter doesn’t look anything like Doctor Who,” replied my husband.

“No, I meant the noncostumed teens invading and ‘asking’ for candy,” I said.

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

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

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

Please ONLY ring the doorbell if:

1. You are dressed in a REAL costume. A sweatshirt, T-shirt and jeans do NOT count. If you are carrying a pillowcase to hold the candy, you probably shouldn’t bother ringing it either.

2. Due to your age, you are unable to obtain a driver’s license, a job or grow facial hair.

3. Please read #1 and #2 again to make sure you fit ALL the requirements.

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

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

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

By Katy M. Clark

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

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

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

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

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

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

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

We had to carry our luggage onto the plane. In fact, that's why those

small pieces of luggage are called carry-ons. They didn't have wheels or retractable handles.

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

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

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

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

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

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

the screen and the back of someone's head.

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

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

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

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

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

Sigh.

“Just Google it,” I told him.

“But we did have paper plates,



kid!” I said with passion. “Don't you ever forget it.”

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

Fall and Halloween Fun at Cleveland Botanical Garden



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

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

BOOTANICAL BASH

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

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

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

Purchase tickets online at www.holdenfg.org.

HALLOWEEN DRIVE-THRU

October 6–8, 13–15, 20–22, 27–29
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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

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Greater Cleveland Aquarium to host Pumpkins & Piranhas event



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

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

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

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

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

Parenting support from pregnancy to kindergarten

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

GROUP RULES

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

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

No hate speech or bullying – Make

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

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

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

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

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

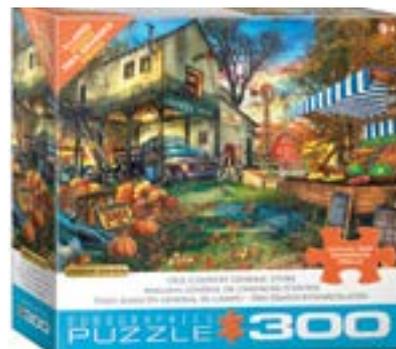
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Jurassic Quest returns to IX Center November 3–5, 2023



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

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teeth, a triceratops horn and life-size dino skull, a "Triceratots" soft play area for our littlest explorers, bounce houses and inflatable attractions, photo opportunities, and more.

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

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

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

Beech Brook's 5K Race & Family Fun Run on October 22

Raising funds to help children and families thrive

Beech Brook will host its 13th annual 5K Race & Family Fun Run on Sunday, October 22, at the Orange City Schools Campus (32000 Chagrin Blvd., Pepper Pike). The event begins at 9 a.m.

All proceeds will benefit Beech Brook's programs for northeast Ohio's most vulnerable children and families.

Participants can join the timed 5K race or the one-mile course for walkers or casual runners. This family-friendly event is geared to all ages with face painting, a balloon twister, a "Kid Zone" area with crafts, a costume contest – for children and adults alike – and more.

The cost is \$20 if registered by October 20 (register by October 11 to be guaranteed a shirt); \$25 on race day. Free for kids ages three and under. Sponsorship opportunities are also available.

Participants can also fundraise from family, friends, and coworkers to help support Beech Brook's programs dedicated to helping children



1-mile winner - Daniel Sweet and family

and families thrive.

In addition, Beech Brook Foster Care families will be welcomed as special guests to celebrate the support and care they provide children in the community.

Register, donate and learn more about the 5K Race & Family Fun Run at www.beechbrook.org/5krace.

For more information, contact Heidi Lang at hlang@beechbrook.org or 216-831-2255, x2240.

Cleveland Metroparks Zoo Trick-or-Treat Fest



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

"The tradition of celebrating Hal-

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

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

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

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Family fun weekends at The Holden Arboretum

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

FALL FOREST FEST: PUMPKINS & POTIONS

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

Themed weekends are as follows:

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



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

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

BOOKS

Together We Can

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

By Ned Hartley, Illustrated by Studio Mut

From inventing vaccines in record time to dealing with climate change, the biggest challenges we face can only be overcome when teams of people work together towards a common goal. “Together We Can” is a celebration of what we can achieve when human beings work collaboratively. Packed with stories of teamwork from around the globe, read about the discovery of DNA, the beginnings of the Red Cross, the formation of Apple Inc., The Black Mambas, the Bolshoi Ballet, LEGO creators and more. Reading this book will help you understand the power and importance of teamwork! “Together We Can” will appeal to librarians, educators, and parents interested in showcasing teamwork for early readers.



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Enjoy the best fall colors at Lake Metroparks

By Becky Parkin, Lake Metroparks
Assistant Chief of Outdoor Education

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

Chapin Forest Reservation

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

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

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

Girdled Road Reservation

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



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

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

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

Hell Hollow Wilderness Area

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

Indian Point Park

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

Pete's Pond Preserve

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

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

Binge Walk your Parks

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

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

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

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

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

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



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

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

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



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Corn & Pumpkin Weekend

October 7 & 8 • 9 am–5 pm



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

pumpkins to take home (\$3).

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

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

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

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



Halloween Drive-thru at Lake Metroparks Farmpark

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

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

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

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

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

No limos, buses or oversized vehicles are permitted at Halloween Drive-thru. Vehicle size is limited to 20 feet in length, and 6 ½ feet in width. For guest safety, all tailgates, van/car doors and hatchbacks must remain closed at all times. Riding in the back of a pickup truck is not permitted. Visitors must remain in their vehicles along the entire route. Please note there is no vehicle parking at this event; please arrange any carpooling prior to arriving.

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Cleveland Orchestra 2023–24 Family Concert & Music Explorers Series

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

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

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

Cleveland Orchestra musicians, special guests, and an engaging host who encourages audiences to sing, clap, and move to the music. Each half-hour adventure features brief musical selections and instrument demonstrations created to inspire and entertain young children, ages 3 to 6.

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

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

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

What's in a Name?

Remember that your choice will last forever

By Stacy Turner

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

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

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

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

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

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



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

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

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

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

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PRIVATE SCHOOL GUIDE



Finding the right private school for your family

By Jan Pierce

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

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

In reality, each private school is a world

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

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

1. What are your educational priorities?

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

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

2. What is the culture of the school?

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

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3. What role do parents play in the school?

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

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

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

5. Is the staff credentialed and the school accredited?

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

6. Is the curriculum up to date?

In this technological age, you'll want to be

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

7. Does the school provide transportation?

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

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

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

9. What is the school's reputation?

Most private schools have a reputation to uphold. Are they the best in college prep? Are they known for a friendly, family community spirit? Who do you know with firsthand

information and experience with the school? What recommendations can you find amongst friends and acquaintances?

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

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

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

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



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PRIVATE SCHOOL GUIDE

Cleveland Montessori

12510 Mayfield Road, Cleveland
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www.clevelandmontessori.org

Cleveland Montessori is celebrating over 28 years of serving the children of Greater Cleveland. The school is located in the historic Alta House. Students in preschool through middle school thrive within this unique urban campus inclusive of Little Italy and University Circle. A Cleveland Montessori education looks at each child's individual potential academically, socially, emotionally and spiritually. Their students become independent thinkers with compassionate hearts.

The authentic Montessori curriculum incorporates a variety of opportunities to extend learning beyond the classroom to the culturally rich neighborhood of Little Italy. Their proximity to University Circle provides many extensions for cultural and scientific exploration, setting the stage for an experience rich in diversity, growth and joy. Cleveland Montessori

operates on a school year calendar, September to June.

Attend the open house on Wednesday, November 1 from 5–7 pm or call to arrange a personal tour. Visit their website for more information.

Corpus Christi Academy

5655 Mayfield Road, Lyndhurst
(440) 449-4244

www.corpuschristiacad.org

Corpus Christi Academy is a family-friendly pre-K through 8th grade school serving Lyndhurst and the surrounding communities. At CCA, your child will develop the foundational knowledge to deepen their curiosity in learning, while enhancing their critical thinking and problem-solving skills.

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tional, and academic accomplishments guided by a caring and dedicated faculty.

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www.creativeplayrooms.com

Creative Playrooms Montessori and Child Care Centers have been a part of the Greater Cleveland community for over 50 years. These unique learning centers provide families with Montessori and traditional programs, junior kindergarten for students who miss the state's age cutoff, swimming lessons, cafeteria-like lunchrooms, and expansive outdoor play spaces.

They understand that today's

active families need a partner that really understands the need for safe, reliable, and loving care. At the core of their schools, you'll find dedicated and highly-trained staff who are deeply committed to providing children with the skills they need to reach their individual potential.

Additionally, Creative Playrooms is part of the Early Learning Academies (ELA) family, a network of trusted early childhood learning centers led by a team of seasoned and committed child-care professionals.

For more information about their six locations and program offerings, visit creativeplayrooms.com.

Gilmour Academy

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PRIVATE SCHOOL GUIDE

Gilmour Academy cont'd

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 (440) 423-2950

Gates Mills Campus
 (Grades 9–12)

Mayfield and County Line Roads
 in Gates Mills
 (440) 423-2955

The Birchwood School of Hawken
 (Preschool–Grade 8)
 4400 West 140th St., Cleveland
 (216) 251-2321

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

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

Continued on page 18



SAINT PASCHAL BAYLON CATHOLIC SCHOOL

A National Blue Ribbon School of Excellence



Governor's Thomas Edison Award for Excellence in STEM Education and Student Research for 11 years!



K–8 Open House

Wed., November 29, 2023 • 6:00–7:30 p.m.

Preschool Open House

Thur., January 25, 2024 • 6:30–7:30 p.m.

Enriching Minds...Nourishing Souls

Preschool through 8th Grade

To register, contact us at 440-442-6766 or office@saintpaschal.com



5360 Wilson Mills Road, Highland Heights, OH 44143 • www.saintpaschal.com



Authentic Montessori in the heart of Little Italy



CLEVELANDMONTESSORI.ORG

PreK–Grade 8



Students utilize the culturally-rich University Circle area to enhance their classroom experience.

216.421.0700

PRIVATE SCHOOL GUIDE

Hawken School cont'd

lem-based programming to scale.

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

Hawken's nationally-recognized programming and nontraditional schedules support partnerships with world-renowned institutions that provide real-world learning opportunities, including interdisciplinary honors-level courses and STEMM internships. These experiences instill in students the skills needed to thrive in an increasingly complex and dynamic world.



Hershey Montessori School

(440) 357-0918

www.Hershey-Montessori.org

Concord Campus
10229 Prouty Road
Huntsburg Campus
11530 Madison Road

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

In conjunction with Hershey's robust academics, students learn about leadership, practical life, business, culture, and important societal issues, including embracing diversity, equity, inclusion, and belonging. Their Montessori model inspires students to learn — not memorize, to thrive academically, and to expand their interests. Hershey students are resilient,

articulate, open to change, and ready to be challenged.

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

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

Laurel School

(216) 464-0946

www.LaurelSchool.org

Lyman Campus
One Lyman Circle, Shaker Heights
Butler Campus
7420 Fairmount Road
Russell Township

Laurel School, founded in 1896, is a nationally recognized college preparatory, independent day school for girls, kindergarten through grade 12, with a coeducational early childhood school. Its 11-acre Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Russell Town-

ship. The Butler Campus is home to competitive athletics, full-time outdoor experiential learning for grades 3–5, northeast Ohio's first outdoor prekindergarten, and the Environmental Justice Semester for 10th and 11th grade girls.

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

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



Proudly Accepting EdChoice Scholarships!



**Excellence in
Catholic Education.**

(Pre-K - 8th)

5655 Mayfield Road

Lyndhurst

(440) 449-4244

corpuschristiacad.org



Tours Available - Register Now!

MONTESSORI

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UNIVERSITY HEIGHTS

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23599 CEDAR ROAD | BEACHWOOD, OH

CALL FOR A PERSONAL TOUR

216-381-8388



**Limited spaces
available for
3-year-olds for
the 2023-2024
school year!**

THREE YEAR PROGRAM
BEGINNING AT AGE THREE



PRIVATE SCHOOL GUIDE

Montessori School of University Heights

23599 Cedar Road, Lyndhurst
(216) 381-8388
www.ms-uh.org

The Montessori School of University Heights, established in 1968, is a preprimary school dedicated to helping the child become the unique person his/her Creator intended in a Christian atmosphere of peace, love, and respect. Their approach involves:

- Providing comprehensive, individualized opportunities for growth. Each child is introduced to the materials as the child becomes ready for the concepts that the material embodies. Children develop order, concentration, coordination, independence, and self-discipline.
- Engaging children in a caring, supportive community. Their multi-age environment, serving children ages 3 through 6 years old, provides a family-like atmosphere. Children develop compassion and

confidence.

- Respecting each child's developmental abilities and personality. Montessori children enjoy choosing their own work each day guided by adults who are sensitive to each child's unique personality. Children experience joy in learning.

They warmly encourage interested parents to schedule a tour.

Ruffing Montessori School

3380 Fairmount Boulevard
Cleveland Heights
(216) 321-7175
ruffingmontessori.net

Ruffing Montessori School in Cleveland Heights is more than just a school for children ages 18 months through 8th Grade. It is a beloved community where curious children are guided by experienced Montessori-trained faculty and immersed in a rigorous curriculum that prepares students to become independent thinkers and creative problem-solvers.

Walking through Ruffing's classrooms, you will see students working with purpose and joy, and excelling academically with confidence and compassion. A Ruffing education offers children a global perspective with an understanding of the profound impact they can have on the world, preparing them for high school, college, and beyond.

Learn why Ruffing is the compelling school of choice by calling Ruffing's admissions office or scheduling a tour online at ruffingmontessori.net.

Saint Francis of Assisi School

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

At Saint Francis of Assisi School, a 3-year-old preschool-eighth grade school, is centered on their helping students grow in faith and academics. Students learn about God's world and all they can do to make it an even better place. As a result, their

students help drive programs such as the broadcast studio, the aquaponics garden, the sustainability club, and service projects.

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

St. Francis of Assisi School's classroom teachers are fully certified, but even more, they are chosen for their vision of guiding academic, social, and spiritual growth. To set up a private tour, call Cindy at 440-442-7450.



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

Children Need a Hershey Montessori Education Now More Than Ever

- World-renowned education
- Individualized approach
- Academic mastery
- Social and emotional learning
- Meaningful social connections
- Stress-reducing integration with nature
- 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

(Birth-6th Grade)

10229 Prouty Rd.

Concord Township, OH 44077

Wed., Oct. 18, 9-11 am

Sat., Nov. 4, 10 am-12 pm

Wed., Nov. 8, 9-11 am

Huntsburg Campus

(7th-12th Grade)

11530 Madison Rd.

Huntsburg, OH 44046

Mon., Oct. 9, 9-11 am

Fri., Oct. 13, 11 am-2:30 pm

Mon., Nov. 13, 9-11 am

Fri., Nov. 17, 11 am-2:30 pm

Virtual tours are available on our website.



Visit our website at www.Hershey-Montessori.org

PRIVATE SCHOOL GUIDE

Saint Ignatius High School

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

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

Located close to downtown Cleveland in Ohio City, the school has 19 buildings and three athletic fields. The school has 112 faculty members, 90 percent of whom hold advanced degrees. Saint Ignatius is a regional leader in National Merit finalists and Advanced Placement scholars. Nearly 100 percent of students go on to four-year colleges. Thanks to generous alumni and

benefactors, nearly 70 percent of students receive some form of tuition assistance. Through the Christian Action Team, students perform approximately 15,000 hours of non-required service annually.

Saint Paschal Baylon Catholic School

5360 Wilson Mills Road
Highland Heights
(440) 442-6766
www.saintpaschal.net

Recipient of the Governor's Thomas Edison Award for Excellence in STEM Education and Student Research for eleven years, Saint Paschal Baylon Catholic School educates students in pre-K through grade 8. Its mission is to focus on Christ-centered values and to develop the unique potential of each student through a rigorous and engaging curriculum.

Offering a program that prepares students for their secondary education and beyond, the faculty and staff recognize each

student as an individual with unique gifts. They truly care about their students and are dedicated to helping each child succeed and attain his or her academic and spiritual potential.

The academic program is aligned with diocesan, state, and national standards. In addition, Saint Paschal Baylon offers daily religion instruction, Spanish (pre-K through 8), fine arts, service learning opportunities, cocurricular activities, gifted education

classes, as well as psychological, speech/language, intervention, and learning disability services.

Call them at (440) 442-6766 to schedule a tour.



Laurel girls today. Leaders tomorrow.



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

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

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

SHAKER HEIGHTS | RUSSELL TOWNSHIP | est. 1896

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

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

Scan the QR code to RSVP today!



LAUREL
LaurelSchool.org

HAWKEN: SCHOOL REDEFINED



Get ready to do school differently!

Plan your visit this fall!

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

Upper School Parent Visit
Tuesday, 10/17/23, 12:15 pm
Grades 9 – 12 | Gates Mills Campus

Birchwood School Open House
Sunday, 10/15/23, 2:00 pm
Preschool – Grade 8 | Cleveland-West Campus

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

HAWKEN
SCHOOL



COEDUCATIONAL,
TODDLER – GRADE 12

hawken.edu

Lyndhurst Cleveland-West Gates Mills University Circle

PRIVATE SCHOOL GUIDE

University School

www.us.edu
Junior kindergarten to grade 8
20701 Brantley Road
Shaker Heights
(216) 321-8260
Grades 9–12
2785 SOM Center Road
Hunting Valley
(216) 831-2200

Young boys have boundless energy and a natural tendency to explore. At University School, boys thrive in an environment with the freedom to explore, create, move, and play. Our teachers understand boys and this important stage of development, and a low student-to-teacher ratio allows for trusted connections.

Our 32-acre campus in Shaker Heights, for boys Junior Kindergarten through Grade 8, includes wonderful outdoor learning and play areas, including a newly renovated arboretum and amphitheater, plus an exciting new play park with climbing structures and a turf field. Indoors, our facilities include a pool, a performing arts

theater, cozy libraries, and a modern makerspace.

University School is a welcoming and inclusive community where each boy is known and loved. A visit to our campus is the best way to get to know US. Schedule a family tour or join us for a fall admission event. Learn more at www.us.edu/visit.

Villa Angela-St. Joseph High School

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

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

Our students proudly embrace our diversity, and it shows in their school pride and the family spirit



OPEN HOUSE

Meet Ruffing's exceptional faculty, talk with our Head of School, explore our beautiful and spacious classrooms, and discover for yourself why so many of your friends, neighbors, and colleagues have fallen in love with Ruffing and made it the school of choice for their children.

Admissions Open House
Saturday, November 11
12 noon to 2 PM
18 months to 8th Grade

Register today: Visit ruffingmontessori.net



Ruffing
Montessori School

3380 Fairmount Boulevard, Cleveland Heights ♦ 216.321.7571

PRIVATE SCHOOL GUIDE

Villa Angela-St Joseph cont'd

that makes our Viking Village something truly special.

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



Humorous Stories From Teachers

Walking through the hallways at our middle school, I saw a new substitute teacher standing outside his classroom with his forehead against a locker. I heard him mutter, “How did you get yourself into this?”

Knowing he was assigned to a difficult class, I tried to offer moral support. “Are you okay?” I asked. “Can I help?”

He lifted his head and replied, “I’ll be fine as soon as I get this kid out of his locker.”

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

When a nosy fourth-grade student wanted the scoop on what another teacher and I were discussing in

private, I decided it was time for an impromptu lesson in manners.

“Do you know what ‘minding your own business’ means?” I asked pointedly.

He didn’t, but a student clear across the room shouted, “I do!”

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

Have a humorous story? Email us at info@todaysfamilymagazine.com and we will publish them in a future issue. We will not publish your name!

A Community Where We Learn, Love and Serve Like Jesus

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

Preschool through Grade 8



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



St. Francis of Assisi School

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

- I am a South Sider
- I am a Graduate of North Royalton Middle School
- I am an Honors & AP Student
- I am a Member of National Honor Society
- I am the Student Senate President
- I am a Cross Country & Track Athlete
- I am a Member of Model UN
- I am a Student Broadcaster
- I am a Member of the Pallbearers Ministry
- I am a First Generation Saint Ignatius Student
- I am a Wildcat

Shivam Pandya '24
SAINT IGNATIUS HIGH SCHOOL

ignatius.edu/how-to-apply
[@sihscleveland](https://www.instagram.com/sihscleveland)

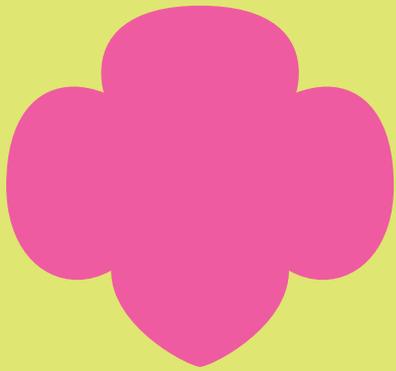
am
IGNATIUS

UPCOMING EVENTS

Wildcat for a Day (8th graders only)
September 11th – December 8th

Wildcat Family Tours (open to all grades)
October 4th – November 14*, 4:00 p.m. – 5:00 p.m.
**Check our website for specific days available*

Admissions Tests (8th graders only)
Saturday, October 21st, 8:30 a.m.
Saturday, November 4th, 8:30 a.m.
Wednesday, November 15th, 4:00 p.m.



Your Year of

Fun

- ✓ Make s'mores around a campfire.
- ✓ Explore a state park with your troop.
- ✓ Bring a smile to someone's face.

Now's the perfect time to start your Girl Scout journey. Get ready to go on epic adventures, try new things, and have a blast! Discover a world of excitement with your Girl Scout friends by your side.



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

Be a Girl Scout

girl scouts 
of north east ohio
gsneo.org | 800-852-4474