

TODAY'S family

February 2021 Lake & Geauga

FREE!

10

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for kids**

**Caring
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of a special
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STOP NAGGING
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contents



The effect of affection in marriage

Page 4



Time to tango with the tooth fairy?

Page 5



Private School Guide

Pages 11–17

PLUS

How to Stop Nagging Your Teenager

Page 6

Caring for the Caretaker of a Child with Special Needs

Page 8

Common Childhood Rashes

Page 9

Library Happenings

Page 18

Mommy Chronicles

Page 19

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10 fun online clubs & extracurricular activities for kids

By Kimberly Blaker

Social interaction during childhood is more than just fun. It's a vital part of childhood development. As kids grow, they learn from their peers and through playing with or talking to others. Engaging in social situations with other children teaches kids cooperation, collaboration, compromise, problem-solving, teamwork, and so much more.

Yet, not all kids have access to sufficient in-person socialization opportunities. Even those who do can benefit from additional options outside their surroundings. Fortunately, technological advances have made it possible to develop new forums for kids to socialize with others who share similar interests. Thus removing limits to exclusively local opportunities. Kids stuck at home due to a pandemic, those who homeschool, or even those who just want more opportunities to connect with like-minded peers can all benefit from online clubs or activities. So check out this selection of virtual opportunities.

Activity Hero is a hosting site where various groups and instructors can list activities for kids of all ages. There's a section with live online classes, after-school programs, and even holiday camps where students work together with a teacher choosing various options to match their interests. Options include Lego, science, cooking, art, music, coding, and more.

FunClubs offers live online 45-minute classes led by an instructor for kids in grades K-8, depending on the class. FunClubs provide small group experiences within larger class sizes where students are broken down into groups of 6 to 8. This allows kids more time to interact with the teacher and each other in a comfortable setting. Classes include drama, piano, guitar, Spanish lessons, filmmaking, coding, cooking, and more.

Outschool is an online, small-group learning platform for kids ages 3-18. It offers over 100,000 classes, so it caters to practically any interest your child might have. Kids learn from teacher experts while interact-

ing with classmates who share the same interests in a small, comfortable setting.

Open Tent Academy caters more directly to homeschool students but offers some "after school" classes for kids. These classes focus more on learning material than just socializing, yet emphasize discussion and interacting with peers within the class.

Playcrafter Kids Club is for younger students ages 3-7 to engage in a 6-week program with two hour-long classes per week. Children work with four teachers trained in the arts and participate in drama, music, yoga, and dance using stories. Kids are split up into small groups, and during parts of the lesson, they can unmute and interact with their classmates.

Connected Camps year-round online programs and summer camps for kids who want to learn about digital entertainment such as coding, Minecraft, Esports, digital arts, and game design. Connected Camps has small group classes that offer kids opportunities to interact with others and collaborate on projects or games in a fun environment. It also hosts a free moderated Kid Club Minecraft server for kids ages 8-13. It offers counselors to mentor kids, a code of conduct, and is based on a specific learning approach.

iDTech hosts virtual technology classes and camps for kids ages 7-19 who want to learn or develop their technology skills. It offers weeklong sessions of no more than five students, combining instruction time with opportunities for classmates to collaborate and socialize.

Clubba, for kids ages 6-12, offers online club series with classes taught by college student club counselors. Classes are small, up to five students, so students can really interact and learn new skills. Club counselors support peer interaction and developing friendships with ice breakers and other interactive activities.

American Camp Association provides a search for virtual camp listings by preferred categories. It has a section for live group interaction classes as well as cost and interest categories.



You can also search for virtual camps by organizational affiliation such as 4-H Clubs, The Boys & Girls Clubs, and Boy and Girl Scouts, and by religious affiliation, government-based programs, and more.

Child & Adolescent Anxiety Practice After School Clubs offers virtual after school clubs so kids have opportunities to socialize with peers with similar interests in a structured environment. This is particularly

beneficial to kids struggling with social isolation and related anxiety. Clubs are led by Dr. Avny, a clinical psychologist specializing in child and adolescent anxiety. Each club session is six weeks long with one 45 minute class per week and broken down into 10- to 13-year-old and 14- to 17-year-old groups. Each club focuses on a hobby or interest such as cooking, arts and crafts, video games, sports, and more, emphasizing social interaction and collaboration.

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Show Your Love!

The affection effect in marriage

By Christa Melnyk Hines

“They must still be dating,” my friend whispers to me.

As we stand shivering at my son's soccer game, my brother-in-law and his fiancé cuddle together sharing a warm blanket and a chair.

“No married couple would be that affectionate toward each other,” she says.

Her assessment seems a bit pessimistic to this romantic. Must the spontaneity and sweetness of courtship die as we move out of the “shout from the rooftops” kind of young love into the demands of young parenthood?

Growing complacent about displaying affection isn't unusual as a marriage is peppered with children, crises, celebrations and day-to-day routine. Nonetheless, simple expressions of love like hand-holding, hugs and kisses, and compliments are an important component to the health

of a marriage and the family unit.

“Without intimacy, people can and often do begin to feel isolated, alone, bitter, depressed, used and simply uncared for,” says Amanda Deverich, a licensed marriage and family therapist. “All the happiness that was amplified by the physicality in the early part of the marriage is no longer there to grease the wheels of family life. What remains is grinding drudgery, financial stress and short tempers.”

Affection in the midst of parenthood

Many parents find that affection for each other can get lost in the mind-numbing whirlwind of sleepless nights and the general challenges of new parenthood.

“This is a natural phenomenon in the family life cycle as parents devote their energies to the newborn,” Deverich says.

After the initial adjustment



period, nurture your relationship to avoid resentment and a sense of neglect. Such feelings can quietly chip away at the positive family dynamic that your kids rely on to feel safe and secure.

Why affection is healthy

“Couples believe affection is simply an inspired by-product of a feeling,” Deverich says. “However, it can be the other way around. Love, connectedness, and caring can be sparked by physical touch.”

While excessive public displays of intimacy can cause discomfort for those around you—including your kids—showing warmth toward one another gives children a sense of well-being, that all is well in their family unit.

“When children see this model behavior where affection is easily expressed, that is a skill set that can translate into other arenas of their life,” says psychiatrist Dr. Bela Sood. “They learn how to be kind, gentle, as well as, be happy with other people as they watch their own parents.”

When affection doesn't come naturally

Not everyone was raised in affectionate homes and others simply aren't wired to display warmth toward others, including the ones they love the most.

“Understand the uniqueness and differences in the other person without being judgmental about that,” Sood says.

But that doesn't mean you can't work on meeting your spouse's needs for affection. Recall what attracted the two of you in the first place. Physical touch and tenderness

toward each other can reaffirm your love and create instant connectedness.

“We forget that we have control over many things that go on in our lives if we are willing to make that sacrifice,” Sood says. “And why are we willing to make that sacrifice? Because we love that person.”

17 simple ways to rekindle that lovin' feelin'

- ♥ Hold hands
- ♥ Hug and kiss
- ♥ Look each other in the eyes
- ♥ Get involved in a hobby together
- ♥ Listen when your spouse talks about his or her interests
- ♥ Flirt with each other
- ♥ Laugh together
- ♥ Pen a love note and leave it on your spouse's pillow
- ♥ Send a flirty text message
- ♥ Email a link to a sweet love song to your mate
- ♥ Give your spouse a back rub
- ♥ Offer a sincere compliment
- ♥ Help each other around the house and with the kids
- ♥ Call each other during the day just to check in
- ♥ Court each other
- ♥ Tell your kids what you love about your spouse
- ♥ Say “I love you”

Freelance writer, Christa Melnyk Hines, and her husband of 22 years are the parents of two boys. Christa's latest book is Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World.



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Time to tango with the Tooth Fairy?

By Christa Melnyk Hines

It seems like just days ago when I waited patiently for my son's first little biters to erupt in his infant mouth. Those days somehow melted magically into years and before I knew it, I could hear the Tooth Fairy fluttering about.

Like many parents, I wondered: what is developmentally normal when it comes to baby tooth loss, how does the tooth-obsessed fairy collect her pearly prizes, and what is the paying pixie's going rate for a baby tooth these days?

Losing baby teeth

Lyndhurst pediatric dentist Dr. Trista Onesti says, in general, children lose their first tooth between the ages of 4 and 7 and that the bottom teeth (mandibular arch) are usually the first to fall out.

Should you yank a loose tooth? "We advise to assist by wiggling it with freshly hand-washed fingers," says Dr. Onesti. "You can move both back and forth and by twisting the tooth once the tooth is noticeably naturally loose. Biting into an apple can also help dislodge a tooth that just won't budge. We discourage any strings tied to doors, remote cars, or any other such means. If the tooth isn't ready, the child may be hurt. It will take several weeks from sensing the first mobility of the tooth and it finally coming out."

When a new tooth is coming in, Dr. Onesti recommends massaging it with a damp gauze and finger pressure or a wet toothbrush to help alleviate the pain. Soft, cold foods should be eaten and not hard foods. It is also advisable to keep the area clean by brushing both the new and the retained baby tooth to avoid food impaction which can cause additional pain and sometimes infection. If the pain is severe, ibuprofen is recommended. Be sure to consult your child's dentist if you have any concerns.

Enter the Tooth Fairy

That first loose tooth can cause anxiety for some children. Often, anxiety turns to excitement as children listen to tooth-loss stories exchanged among classmates and anticipate the reward the Tooth Fairy leaves behind.

While the exact origin of the enigmatic Tooth Fairy is steeped in mystery, historically the loss of baby teeth is an important rite of passage.

The earliest known written records regarding baby teeth date from northern Europe and describe a tann-fe, or tooth fee, in which money was paid for a baby tooth.

In the Middle Ages, Europeans, fearing witches could curse their children if they acquired their baby teeth, buried the teeth in the ground. The Vikings wore baby teeth as jewelry considering them good luck talismans in battle. Other cultures fed the teeth to animals believing the adult tooth would resemble the animal's powerful, strong teeth.

Today, countries all over the world continue to mark the loss of baby teeth with various customs. In Spain, France, Italy and Mexico, for example, the Tooth Fairy appears as a small white mouse or rat, symbolic because rodents have strong teeth that never stop growing.

In Sweden, the baby tooth is placed in a glass of water where it is mysteriously replaced overnight with coins. And, it is customary in much of the Middle East for baby teeth to be thrown towards the sun and in Asia, onto the roof.

The Tooth Fairy as many of us know her, appeared in the early 1900s.

Cups, pillows, pockets and doors

The Tooth Fairy isn't picky about how she collects baby teeth. Lori Poland grew up placing her baby teeth in a clear glass of water on her nightstand. She says she loved fishing a wet \$2 bill out of the cup the next morning, setting it out to dry and storing it in her memory box.

Although a tooth placed in a plastic sealable bag or envelope tucked under the pillow should do the trick, many parents opt for a Tooth Fairy pillow or pouch for their youngster. Retailers offer an assortment of pillows or try making your own.

Monica Bradford designed a Tooth Fairy Pocket for her 6-year-old son when he lost his first tooth.

"He placed his tooth in the pocket, hung it on his bedpost and woke up to find \$2 for his first tooth," she says.

(Check out Pinterest for ideas



on making your own Tooth Fairy Pocket.)

Cathy Green, mom of three, says the Tooth Fairy enters their home through a small ceramic door that Green's step-mother designed. The door is outside the kids' bedrooms. After collecting the tooth from a small box under the child's pillow, the Tooth Fairy replaces the tooth with her reward and leaves the box

next to the tiny door.

The going rate

According to a 2019 survey conducted by Delta Dental, the Tooth Fairy's cash payouts have dropped by 43 cents, with kids receiving an average of \$3.70 per tooth.

Beth Foster says that the Tooth

See *Tooth Fairy* page 7



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How To Stop Nagging Your Teenager

By Cheryl Maguire

As I watched a local theater production of the musical “13”, I smiled listening to the catchy tune. Then the teenagers on stage sang the lyrics in a mocking tone, “No, you’re not ready! No, it’s not time yet! No, it’s not right now! Wait until you’re older! Homework. Laundry. Dishes. Courses. Just settle down and hold your horses!”

I squirmed in my seat and thought, “Do I really sound like that?”

I’m guessing if given the opportunity my twin teens would say, “No mom, you are much worse.”

“Parents can develop a habit of expecting their children to simply comply with demands made of them and nagging is a reactive behavior to increase compliance,” said Dr. Linda Kudla, a clinical psychologist.

Dr. Kudla explained that adolescents will typically respond to

nagging by either avoiding their parent (which leads to an increase in nagging and perpetuates the problem) or reacting with more challenging behaviors (such as continued/increased noncompliance, lying, sneaking, etc.).

Dr. Sherry Kelly, a clinical psychologist and neuropsychologist said, “Generally, nagging results from a difference in expectations. Like a bad math problem, if your expectations are significantly different from your teen’s expectations — they will disappoint you and you will nag.”

Dr. Kelly explained that parents should stop nagging because this type of behavior can cause symptoms of depression and anxiety in teens.

Here are some solutions on ways parents can change their nagging behavior:

Clarify expectations

It is important to clarify what your expectations are so that you and your



teen are on the same page.

“Parents often have expectations that exceed actual life events. Be clear about what you want for your teen and listen to what they tell you about what they want,” says Dr. Kelly.

Understand that nagging is due to fears

Figure out what are you afraid of and then either discuss these fears with your teen or find a way to manage it.

“Nagging can be a sign of anxiety. When parents nag them they often

feel anxious for their child and the nagging helps reduce their anxiety because it makes them feel like they have a sense of control,” says Amy Rollo, a licensed psychotherapist.

Understand that this is a normal phase of development

Teens may not follow through with their parent’s requests because they are going through a normal stage of development of being independent of their parents.

“Teenagers are gaining independence. It is normal for them to rebel *continued next page* →



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or not always follow through, as it is part of this stage of development” says Rollo.

Amanda Sasek, MS LMFT a licensed marriage & family therapist also discusses this development stage.

“Parents need to recognize this is a normal developmental stage and work with it instead of against it. They need to remind themselves every day that their teen not listening to them is usually not an attack against them, but teenagers are trying to assert control at a time where they feel that they have very little control,” says Sasek.

Create goals with your teen

If parents and teens have a common goal then they are more likely to work together.

“Sit down with your teen and discuss the chores that need to be done and then ask what they would like to do and when they would like to do them,” says Sasek.

Reframe nagging into a caring response

Dr. Kelly recommends ending the cycle of nagging behavior by implementing PAR: Prepare, Accommodate & Reframe.

She explains what PAR means by saying, “Anticipate and PREPARE yourself for the situation that will trigger nagging responses. Second, ACKNOWLEDGE and ACCOMMODATE how you might feel (frustrated) and, third, REFRAME your nagging response into something helpful.” She goes on to say,

“This is particularly important for parents to learn because nagging often is cloaked around criticism. You may feel like you are trying to manage or help get your teen in gear, but your teen may hear it as criticism.”

Dr. Kudla explains that when an issue arises, an appropriate approach might be to observe and describe the situation while working towards a democratic and mutually acceptable compromise.

“For example saying ‘I notice you haven't cleaned up your room yet. What's up?’ then validating the reasons that it hasn't happened yet and wondering what might help make it easier.” She goes on to say, “Ask if they need time or some help or suggest a fun outing to celebrate after it's done.”

Dr. Kudla explains that most issues can be resolved with compromise, and when adolescents feel like their parents understand and respect them, they're more likely to have stronger relationships with them and less stress overall in their already stressful teenage lives.

Show gratitude

“There are several studies that show acknowledging gratitude immediately ‘lights up the brain’, softens the stress center of your brain, and makes you healthier and happier,” says Dr. Kelly.

If you show appreciation for the things your teen does do then they will be more likely to do them in the future.

Cheryl Maguire holds a Master of Counseling Psychology degree.

Tooth fairy from page 5

Fairy typically pays \$1 per tooth although her daughter Logan, 6, discovered a \$5 payout under her pillow for her fifth tooth.

“This is a Foster tradition and I've been assured the good old fairy does not leave \$10 for the tenth,” Foster says.

What does the Tooth Fairy do with those teeth? Legend says that the Tooth Fairy tosses the teeth up to the sky and they become stars.

Naturally, many theories exist. Foster's daughter Logan says, “The fairy uses her wand to shrink the teeth to a very small size so she can carry them in a bag with her from house to house. She then takes the teeth to Santa so he can use them to

make toys.”

Whatever she does with them, with each tooth lost, adulthood gains another foothold on our kids. No wonder through the ages we've found ways to mark this stage in our kids' lives, which seems as fleeting as the Tooth Fairy herself. (Or himself.)





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Caring for the Caretaker

How to support parents of special needs children

By Christa Melnyk Hines

When Tracy Glock's 13-month-old daughter Kira was hospitalized with acute myeloid leukemia, she was touched by the outpouring of support she and her husband received.

During those eight difficult months, the community rallied around the family. Friends and acquaintances babysat Kira in the hospital while her mom and dad worked, and many others helped by delivering meals and even mowing the family's lawn.

"Words cannot express the gratitude you feel when someone you barely know does so much for you," Glock says, who was also pregnant at the time with Kira's sister Allina.

Although Kira, now seven, has recovered from the frightening ordeal, she still faces many daily challenges. As a child with Down syndrome and autism, learning and develop-

ment takes longer and requires more patience compared to the typically developing child.

Like many parents who have children with special needs, Glock says finding time for herself is difficult.

While many of us know how to help a family in crisis, how do we support parents who often put their own needs last as they focus on the daily challenges of caring for special needs youngsters?

Offer to babysit. Finding trustworthy, alternate caretakers is a huge relief for parents who regularly juggle doctor's appointments, school issues and therapy, not to mention jobs and other children.

"Every special needs parent's needs are different, but most just love a little rest," Glock says.

Because special needs children require more attention from their parents, healthcare providers and therapists, other youngsters in the family may feel slighted.

"Children always struggle and this



is the case whether they're special needs or not," says Nancy Masannat, mom to two children, including Emy, 16, and Kyle, 14, who is on the autism spectrum. "There's going to be sibling jealousies."

When her children were younger, Masannat would often schedule her son's appointments during times when her daughter was in preschool. "In my daughter's mind, it wasn't fair that someone was coming to the house and playing with her brother and not her."

Having access to a qualified babysitter you can trust with your special needs child, can give you an opportunity to spend much-needed, one-on-one time with your other children too.

Listen. Ask your friend how she's doing and then simply listen. Avoid offering platitudes or suggestions to help her fix problems.

"We all just like to be heard. Everybody likes to vent," Masannat says. "Just listen to what the issues are without judgment. That's a huge help for everybody, but primarily when you're dealing with something that someone else might not understand."

Educate yourself. Get to know your friend's child, including her disability, her personality quirks and her individual needs. And ask your friend about her specific parenting challenges.

"It shows that you care and will help you provide more effective support," says Heather Trammell, mom to two special needs children, including Beth, 14, who has Down syndrome and Marie, 11, who has high-functioning autism. Both girls also have a connective tissue disorder called Ehlers-Danlos syndrome.

Suggest resources. Support groups help parents feel less alone and provide valuable resources for assistance in childcare, school issues and navigating healthcare.

"The biggest thing for me was to know that I wasn't in this by myself—that I wasn't the only person who had a child who didn't sleep well; that I wasn't the only one with a child who was now three and not talking," Masannat says.

To find support groups in your area, consult with the therapists and teachers your child already works with, your library, your church and online. For example, www.autismspeaks.org, which includes resources for families, or the National Down Syndrome Society, www.ndss.org. Also check out Facebook and MeetUp.com for local support groups.

Other ideas to brighten your friend's day:

- Purchase a gift certificate for a massage or manicure.
- If you plan to have the family over, ask your friend if you should be aware of any food sensitivities or specific ground rules to ensure a successful visit.
- Offer to babysit and/or help with siblings.
- Help with getting kids to practices.
- Deliver a meal.
- Mow their lawn.
- Send a bouquet of cheerful flowers.
- Arrange for a house cleaning crew.
- Ask if you can pick up anything while running errands.
- Mail an encouraging card.

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Common Childhood Rashes

From itchy and perplexing to kind of creepy

By Christa Melnyk Hines

Alarmed by that angry red rash splashed across your child's body? Rashes run the spectrum, signaling anything from a mild viral infection to a chronic or even life-threatening illness. Since the list of rashes and their causes is extensive, you may wonder what's what and when to call the doctor.

First, avoid self-diagnosis. "Viral and allergic rashes both can present as a diffuse, splotchy, blanching, pinkish rash. Because the rashes look similar, it can be impossible sometimes to tell the difference just by appearance," says dermatologist Reginald B. Henry, M.D.

Below are the more common types of childhood rashes and typical treatment methods. Check with your family physician or dermatologist to correctly diagnose and treat a mysterious rash.

Diaper rash. Even the most conscientious diaper-changing parent may see an uncomfortable, red, puffy rash blossom on her baby's bottom. Babies can suffer from diaper rash after a bout of diarrhea, as a side effect from antibiotics or if they recently started eating solid foods.

Change your baby's diaper frequently, and use wipes without alcohol or fragrances to gently pat the area dry. Treat the area with a protective barrier ointment after each diaper change. If the skin appears infected with blisters, oozing discharge or painful open sores, call your pediatrician.

Eczema. About 10 percent of infants and children suffer from

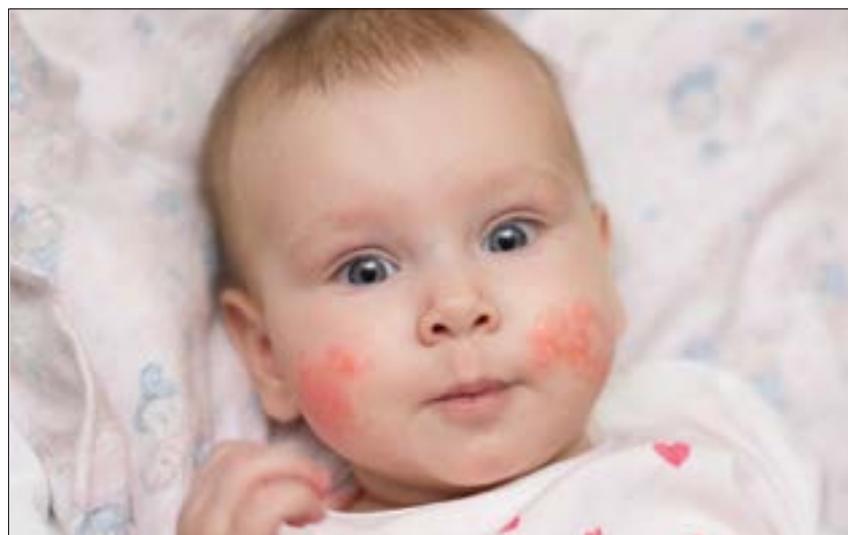
atopic dermatitis or eczema. The chronic disease is especially common in families with a history of allergies and asthma.

According to the National Eczema Association, 65 percent of children are diagnosed in their first year of life and 90 percent by the time they are five years old. Eczema is extremely itchy, but is not contagious. It appears as red, scaly dry skin and can vary in severity.

Physicians generally treat eczema first with an over-the-counter cortisone cream to calm the red, inflamed skin. Throughout the year, treat skin with moisturizers. "Lotions are better in the humid months, ointments in the winter months," Henry says. "Don't over-treat your child if the dermatitis isn't really bothering her."

Bacterial. Staphylococcal and streptococcal bacteria often cause infections with rashes, including impetigo, scarlet fever (strep throat with a rash), folliculitis and cellulitis. Lyme disease, caused by the bacterium *Borrelia burgdorferi* and transmitted by ticks, can cause a bull's eye rash. If you suspect Lyme Disease, seek medical attention immediately. Bacterial infections are typically treated with antibiotics.

Viral. Viral-related rashes are splotchy, blanching (disappears when pressed), pinkish-colored and usually accompany other symptoms like fever, diarrhea, sore throat and lethargy. Typical childhood viruses that present with a rash include fifth disease, molluscum contagiosum, chicken pox (varicella), roseola and hand, foot and mouth disease. Depending on the diagnosis, your



65% of children are diagnosed with eczema in their first year.

physician may prescribe antiviral medications.

Warts are another viral skin condition commonly seen among kids. Although warts generally resolve on their own, "due to the fact they are contagious, we tend to treat them with a spray or liquid nitrogen every one to two weeks until they are gone," says dermatologist Donna Corvette, M.D. "We can also treat with various topical acids and sometimes we use blister beetle juice which is quite effective."

Parasitic. A pimple-like skin rash that's extremely itchy and contagious could be caused by scabies, which is a mite that burrows into the skin. Because scabies can spread quickly through skin-to-skin contact, your physician may recommend treating the entire family with a topical medication.

Fungal. The name might make you shudder, but ringworm (tinea corporis), a red circular skin rash, is

caused by a fungal infection, not a worm. The rash doesn't always itch, but can spread from skin-to-skin contact. Treat with an anti-fungal product.

Allergies. Rashes like hives are allergic reactions that are typically splotchy, blanching, pinkish and intensely itchy. A new food or a new medication could be the culprit. Consult with your doctor for diagnosis and treatment. (Seek immediate medical attention if your child has trouble breathing or experiences swelling of the tongue, lips or face.)

Contact dermatitis like poison ivy or exposure to other irritants can also cause itchy allergic reactions. Treat the area with an over-the-counter cortisone cream. For insect bites, try ammonia-containing products like AfterBite Kids. Henry also recommends oatmeal baths, baking soda compresses, and Sarna lotion or Noxzema cooled in the refrigerator to help relieve itching.

Just For Laughs

Baby Edition



The nurse told the parents of a newly born child, "You have a cute baby."

The smiling husband said, "I bet you say that to all new parents."

"No," she replied, "just to those whose babies really are good looking."

The husband again asked, "So what do you say to the others?"

The nurse replied, "The baby looks just like you."

Little Johnny's new baby brother was screaming up a storm. He asked his mom, "Where'd we get him?"

His mother replied, "He came from heaven."

Johnny exclaimed, "Wow... I can see why they threw him out!"

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BODY WORLDS Rx exhibit at Great Lakes Science Center

BODY WORLDS Rx offers visitors the unique opportunity to explore the amazing biology and physiology of human health and the dramatic effects of disease. From organs to muscles to the nervous system and to skeletal structures, BODY WORLDS Rx gives an unprecedented look inside the most sophisticated mechanism in the world, the human body.

The specimens on display in BODY WORLDS Rx show impressive comparisons of healthy organs and diseased organs, to reveal the physical impact of disease on the body's systems. Through the process of plastination, a complex preservation method that removes the fluids from the body and replaces them with reactive resins and elastomers, the specimens in this special exhibition offer guests the unique opportunity to be inspired and amazed by the inner workings of the human body. Visitors will see specimens that illustrate common ailments like cardiovascular disease and chronic obstructive pulmonary disease.



It's up to families to make the decision about whether they feel it's appropriate for their children to visit BODY WORLDS Rx. To help with the decision, a family and educator guide can be found online at GreatScience.com. It gives an overview of what to expect in the exhibition, encourages discussion and provides conversation starting questions.

All guests and staff will be temperature checked when entering the building and will be required to wear a mask. Building capacity will be reduced and guests must buy their tickets in advance online and select an arrival time.

For info visit GreatScience.com.

15th annual flower show "Orchids Forever" opens Feb. 13

Holden Forest & Gardens will open one of its most popular annual experiences, "Orchids Forever," at the Cleveland Botanical Garden on Saturday, February 13, 2021. The show will run through April 11.

Guests will be greeted with a stunning display of hundreds of Phalaenopsis orchids and a towering orchid sculpture "Orchids in Bloom" designed by copper, resin and steel artists Mark Lagergren and Anthony M. Ball. The experience leads to the Eppig Gallery for a visually striking timeline of orchid speciation and exploitation, as well as modern-day science and conservation. The Glasshouse rainforest biomes will highlight orchid species from the continents of Africa, Asia, Australia and Central America, transporting visitors from the northeast Ohio winter into a warm climate.

Over the course of the show, thousands of orchids will fill the galleries, hallways and glasshouses at the Botanical Garden.

Providing a safe and comfortable experience was top-of-mind for the



Orchids Forever design team. A socially distanced one-way path will guide visitors through the experience. A limited number of advanced reservations are available each day. Face masks must be worn in the interior garden building.

Orchids Forever hours are Tuesdays, Wednesdays and Thursdays 10 a.m. – 5 p.m., Fridays and Saturdays noon – 8:30 p.m. and Sundays noon – 5 p.m. The Botanical Garden will be closed on Mondays.

Orchids Forever admission is \$15 per adult, \$10 per child ages 3–12 (free for children 2 and under). Tickets will be available at cbgarden.org beginning January 30. Advanced reservations are required to control capacity for the safety of our members and guests.

For complete details about Orchids Forever, visit cbgarden.org/orchids-forever.



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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 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?

Continued on page 17



Moral Values Discovery Achievement

An Ohio Department of Education
STEM-designated school



Mater Dei Academy students are empowered to grow spiritually, academically and socially through worship, a challenging curriculum, service and extracurricular activities. Mater Dei Academy offers kindergarten through grade 8.

Mater Dei Academy offers advanced/honors coursework; individual ChromeBooks for grades 6-8; ActivBoard technology in classrooms; STEM lab; weekly physical education, art, music, Spanish and technology classes. Tutoring and remedial help, hot lunch, and extended care are also available. We offer a comprehensive course of study fully accredited by the Ohio Department of Education and the Ohio Catholic Schools Accrediting Association.

EdChoice and Jon Peterson scholarships are accepted.

Interested in a Catholic school
education for your child?

NOW ENROLLING!

To schedule your school visit, call the
school office at 440-585-0800.



29840 Euclid Avenue
Wickliffe, OH 44092
440-585-0800
www.MaterDeiAcademy.us



A Great Place To Grow

Our Shepherd Lutheran School

OSLS News

- Enrollment to the community opens in March, 2021.
- Re-enrollment for current families opens in February, 2021.
- We will have a parent kindergarten information meeting by invitation only on March 20, 2021 at 10 a.m.
- Limited availability and must contact admissions counselor.

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

- Five-day, full-day kindergarten
- Middle school enrichment program
- Smartboards in the classrooms
- Chromebooks
- iPads
- Technology lab
- Library/media center
- Daily religion/weekly chapel
- Music/choir/band
- Before- and after-care programs available
- Hot lunch program



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

All Saints of St. John Vianney School

28702 Euclid Avenue, Wickliffe
(440) 943-1395
www.allsaintssjv.org

The Goddard School

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

Hawken School

www.hawken.edu

Lyndhurst Campus

(Preschool–Grade 8)
5000 Clubside Road
(440) 423-2950

Gates Mills Campus

(Grades 9–12)

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

The Birchwood School of Hawken

(Preschool–Grade 8)

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

The Mastery School of Hawken

(Grades 9–12)

11025 Magnolia Drive, Cleveland
(440) 423-8801

Hawken School is an independent, coed day school of over 1,400 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 recently opened Mastery School of Hawken, which takes the school's problem-based programming to scale.

Hawken was founded in 1915 as an educationally progressive school, and they remain academically progressive – because that's what it takes to prepare students to thrive in a changing world. From recognizing the value of a 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 STEM internships. These experiences

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

Hershey Montessori School

www.Hershey-Montessori.org
(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. 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 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 to learn more about how their Montessori education model can benefit your child.

Laurel School

www.LaurelSchool.org
(216) 464-0946

Lyman Campus

One Lyman Circle, Shaker Heights

Butler Campus

7420 Fairmount Road
Russell Township

Laurel School, founded in 1896, is a nationally recognized college preparatory, independent day school for girls, kindergarten through grade 12, with a coeducational preprimary. Its traditional Lyman Campus is in Shaker Heights and its 150-acre Butler Campus is in Russell Township. The Butler Campus is home to competitive athletics and outdoor experiential learning, including northeast

Private School *GUIDE*

Laurel School cont'd

Ohio's first outdoor pre-primary school.

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

Mater Dei Academy

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

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

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

In addition, after-school activities help students further broaden their horizons. Mater Dei is proud to offer science fiction and art clubs, chess, spring musical, baton, CYO sports and a variety of other activities.

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

Mentor Christian School

8600 Lakeshore Boulevard
Mentor
(440) 257-3172
www.mentorchristian.com

Come See Our School in Action!

St. Mary of the Assumption School is offering private family tours during the school day.

Please call (440) 255-9781 to set up your personal tour today.

Registration for new families begins on February 8, 2021.

WE LOOK FORWARD TO MEETING YOU!

Our preschool is now offering full-day and half-day options for the three- and four-day classes.



8540 Mentor Avenue, Mentor
stmarymentorschool.org



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

Is Hershey Montessori School the right fit for your family?

We are grateful for our indoor space and outdoor learning environments that allow for safe, in-person learning. There is no better way to restore the vital human connection that students need right now. Montessori education promotes creative and independent thinking. Students of Montessori are able to look at and approach challenges abstractly. Hershey is a world-renowned education experience that prepares students for college and for life.

CONTACT US TO REGISTER OR REQUEST MORE INFORMATION

Birth-Grade 6: (440) 357-0918

Grade 7-12: (440) 636-6290

admissions@hershey-montessori.org

Ask about our transportation & boarding options!

2021 SPRING OPEN HOUSE INFORMATION:

February 20th
March 20th
April 17th
10 a.m. - 12 p.m.

at

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

and

Huntsburg Campus
(7th-12th Grade)
11530 Madison Rd.
Concord, OH 44077

Registration is required.
Space is limited due to Covid-19 restrictions.



For a virtual tour, visit our website at www.Hershey-Montessori.org

HAWKEN: SCHOOL REDEFINED

Get ready to learn more!



On-campus and virtual tours are available.

For more information, call 440.423.2950 (Lower & Middle School), 216.251.2321 (Birchwood School), 440.423.2955 (Upper School), 440.423.8801 (Mastery School), or visit hawken.edu/admissions



COEDUCATIONAL,
TODDLER – GRADE 12

Lyndhurst Cleveland–West Gates Mills University Circle

Private School *GUIDE*

Notre Dame Elementary School

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

What does it mean to be a Forever Lion? Join a legacy of excellence in education with certainty in a challenging time. Since 1957, Notre Dame Elementary School has inspired thousands of elementary students by providing a strong foundation for students to grow in leadership and spirituality, achieve academic excellence, realize their full potential, and make a transformational difference in the world. Since 1870, Notre Dame Schools have impacted northeast Ohio through the faith, charisma, and clarity of the Sisters of Notre Dame. On a campus of 450 acres, Notre Dame Elementary and Notre Dame-Cathedral Latin School educate leaders who transform the world in preschool through 12th grade. Recognized as National Blue-Ribbon Schools of Excellence, Notre Dame Schools thrive

because 1100 students learn and grow in a caring, joyful and nurturing environment in which comprehensive academics, a variety of co-curricular opportunities and spiritual growth flourish together.

To learn more about how you can Be A Forever Lion, please call (440) 279-1129.

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 over four decades, their 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 kindergarten through eighth grade private, Christian school located across the street from Lake Erie College



NOTRE DAME ELEMENTARY SCHOOL



Be a Forever Lion!

- Faith Formation
- Jr. High Electives
- STEM
- Challenge Gifted Program
- Spanish
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- Outdoor Education with Outdoor Classroom
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- Emphasis on 21st Century Skills
- State-of-the-art Technology
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- Science Olympiad
- All School Science Fair
- Power of the Pen
- Numerous Clubs/Activities
- Visual & Performing Arts
- After Care

Contact Us Today!

Josephine Ambrose, Director of Admissions
jambrose@ndes.org | 440.279.1129
www.ndes.org

Sponsored by the Sisters of Notre Dame

Our Shepherd Lutheran cont'd

and housed in the Zion Lutheran Church campus.

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

Re-enrollment for current families begins February 2021, with open enrollment to the community beginning March 2021. Classes fill quickly!

St. Anselm School

13013 Chillicothe Road
Chesterland
(440) 729-7806
www.stanselmschool.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 preschool have been preparing graduates for life through faith, learning, and love for over 50 years. Both are award-earning schools. Their teachers make the difference. Through compassion, dedication, and expertise, they ignite learning. They are a STEM designated school by ODE and instill a strong sense of purpose and service. They are proud to be a part of the Cleveland Diocese Better Together initiative, striving to serve all students and meeting their needs. The St. Gabriel Learning Loft preschool has been voted best of Mentor three years running.

Discover these award-winning schools and how St. Gabriel Learning Loft and St. Gabriel School will enrich your child's future. For My Buddy & Me 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 register online.

For information/open houses visit www.St-GabrielSchool.org.

**St. Mary of the Assumption
School & Wee Learn
Preschool Program**

8540 Mentor Avenue, Mentor
(440) 255-9781
www.stmarymentorschool.org

St. Mary of the Assumption School in Mentor has been a model of excellence and virtue to the children of northeast Ohio since 1952. St. Mary's is a warm, safe, supportive, and nurturing Christ-centered environment. They offer opportunities for children to learn and grow in their faith both academically and socially.

Their curriculum provides students with an education that challenges them to live faith-filled lives and succeed in high school and beyond. Students have access to the latest technology including a STEM class for students in grades

K-8, iPads, 1:1 Chromebooks for students in grades 4-8, 3-D printers, and Google Classroom.

Students can begin their education with preschool and pre-K "Wee Learn Program" and continue to their fully accredited, coed Catholic school for grades K-8. Tuition assistance and scholarship opportunities are available.

Please call the school office at (440) 255-9781 to set up a private tour.

University School

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

Young boys are growing quite fast physically, mentally, and emotionally. University School's junior kindergarten and kindergarten programs invite, inspire, and cultivate a boy's curiosity. The teachers

Start small.

DREAM BIG.

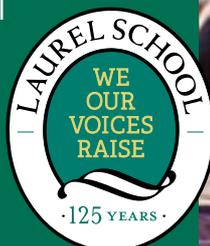
Families choose our Pre-Primary program because it fosters a child's sense of wonder, encourages curiosity and inspires a desire to learn. Beginning in Kindergarten, Laurel girls benefit from our over a century of experience educating girls and our nationally recognized Center for Research on Girls.

Come see us!

Visit LaurelSchool.org/Admissions for open house information or call 216.464.0946 to schedule a tour.

LAUREL
Dream. Dare. Do.

One Lyman Circle, Shaker Heights, OH 44122



Private School *GUIDE*



Help us feed
our community's
hungry children.

One dollar can help provide
four nutritious meals.



Donate today at
GreaterClevelandFoodBank.org

University School cont'd

understand boys and this important stage of development.

The junior kindergarten and kindergarten classrooms were designed by teachers and are housed in the primary building on the 32-acre Shaker Heights campus. These spaces are ideal for young, active boys and the hands-on academic program. The low student-to-teacher ratio is possible because each classroom has full-time licensed lead and associate teachers. Boys enjoy the resources of the extensive physical education, performing arts, outdoor, and maker spaces.

University School is a wonderful community to launch a young boy's lifetime love of learning. Having a strong knowledge base and desire for learning in the youngest years is key to future educational success. Schedule a personal family tour or join them for an upcoming virtual admission program. Learn more at www.us.edu/visit.



Villa Angela-St. Joseph High School

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

Villa Angela-St. Joseph High School is a Catholic, comprehensive college-preparatory school and the only school in the world cosponsored by the Ursuline Sisters and Marianist Brothers. VASJ is committed to helping students grow in their faith, be challenged academically, follow their passions, and create high school memories and friendships that will last a lifetime.

The family spirit is felt by all who enter the school and makes VASJ a special place to learn and grow. If you're looking for a school that feels like a family, they invite you to contact the admissions department to request a private tour. Tours provide an opportunity to meet students and teachers and learn about the school's unique academic, campus ministry and athletic programs. They'd love to have you be part of the VASJ family!



**WHERE
FRIENDS
BECOME
FAMILY**

Request a private tour!

Contact our Admissions Department today:
admissions@vasj.com • 216-481-8414 ext. 285

You Belong Here!

Two award-winning schools | One great community

ST. GABRIEL
LEARNING LOFT PRESCHOOL
BRING CHRIST - EVERY DAY - EVERYWHERE



ST. GABRIEL
SCHOOL
BRING CHRIST - EVERY DAY - EVERYWHERE



Discover a world of faith, learning,
and love for preschool–grade 8.

- Learning Loft Preschool offers My Buddy & Me to age 5 with NEW enrichment program and foundations!
- School offers full-day, 4-year-old junior kindergarten to grade 8.
- 1:1 technology program, new innovation center.
- Holistic, student-centered education.
- 14:1 student-to-teacher classroom ratio.
- Six related arts classes and junior high elective program.

**9935 Johnnycake Ridge Road
Concord Township**

For open house info and registration:

St-GabrielSchool.org

For part-time 2–5 yo programs: 440-354-7574

For full-time 4/5 yo–grade 8: 440-354-7858



Finding a private school From page 11

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 com-

munity spirit? Who do you know with first-hand 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.

KEEP KIDS SAFE!

Your home can make a difference

Foster homes give children safety, security and supervision.

Children learn how healthy families function. You can protect children from abuse and provide a caring environment until they're adopted or can go home again.

The Lake County Department of Job & Family Services provides foster parenting training and foster child living expenses and medical coverage.

Call the Foster Care line:

440-350-4218

440-918-4218

Lake County Department of Job and Family Services



Does refinancing your home make sense in 2021?

As home values continue to climb, and interest rates remain at historic lows, home refinancing is becoming a potential source of extra funds for a growing number of homeowners.

Should you refinance? Consider the benefits: lower interest rate, reduced loan terms (to pay-off your home faster), consolidating high-interest credit card debt, or using equity to fund your home improvement projects. A refinance could also decrease your monthly payments, save on mortgage interest throughout your remaining term, and eliminate mortgage insurance. Cardinal Credit Union is currently saving a significant amount of money for their members.

Refinancing makes sense when homeowners plan on remaining in the home long enough to recoup closing costs. These fees generally add up to approximately 2% to 5% of the loan amount. In many cases, these costs can be rolled into your new loan amount, reducing out-of-pocket costs for the refinance.

In most cases refinancing still makes sense even with the other costs associated with appraisals, title

services, recording, taxes, and other variables. Cardinal Credit Union offers contactless or limited-contact closings, life-time loan servicing, and a simple, streamlined process.

You are more likely to garner a better rate on a mortgage if your credit score is in good shape. Ideally, a score in the mid-700s or above, will serve you well. Keeping existing debt to a minimum will also help you qualify for a great rate, as will a steady source of income.

Nobody can be certain of how mortgage rates will trend in 2021. But, with interest rates at historic lows, if you begin your refinance application early this year, you may be able to lock a rate that makes your monthly payments far more affordable.

Visit CardinalCU.com to begin the application process, review rates, or set up a FREE consultation.

Cardinal is a member-owned, full service financial institution open to anyone who lives, works, worships or attends school in Lake, Cuyahoga, Geauga, Ashtabula, Portage, Summit, Mahoning, Trumbull or Columbiana counties.

Mentor Rolls: Public art project call for artists

Mentor already rocks, but soon it will be rolling too. The city is hosting the Mentor Rolls art contest that will showcase local artists and create unique art.

Lake County artists can apply to decorate, paint, or otherwise adorn one of four aluminum bike racks – transforming each into a distinctive work of art. Selected artists will receive a \$600.00 honorarium and a showcase for their talent at the Mentor Civic Center Complex.

“Mentor Rolls encapsulates so much of what’s important to us. It

supports local artists, it’s creative, and it also encourages upcycling and reimagining public spaces. Anything can be art,” said commission president, Jacqueline Sajewski.

Mentor Rolls is sponsored by the Mentor Community Arts Commission, a group of volunteers who support and promote art in the city. Those who wish to apply can get more info at www.mentorrolls.com or by calling Wildwood Cultural Center at (440) 974-5735. All artist entries must be received by February 12, 2021.

ICYMI In Case You Missed It!

Visit www.TodaysFamilyMagazine.com to access hundreds of family-related articles and events. Our site is keyword searchable and is mobile-friendly. Whatever local family information you need, you will most likely find it in Today's Family.

Library Happenings

Willoughby-Eastlake Library

Registration is required. For a complete schedule of events or to register for one of our upcoming programs, visit www.we247.org.

Black Innovators of Northeast Ohio

Tuesday, February 9 • 6:30 pm

Learn about some of Cleveland's most notable black innovators & entrepreneurs! This family program is presented by the Western Reserve Historical Society.

Zoom LEGO Club

Saturday, February 13 • 2 pm

Join us on Zoom to discuss the amazing LEGO creations you have been working on. The Wednesday before the program, Miss Sarah will send you a video about what the theme is and an example of something she has been working on, as well as the Zoom link. At 2 pm on Saturday, you'll be able to join a Zoom call and show off your amazing creation. Be sure to have a name for the creation and a little story that explains it.

Miss Sam & Sarah's S.T.E.A.M. Spotlight

Wednesday, February 24 • 3:30 pm

Follow along with Miss Sam & Miss Sarah as they take you through the steps of a fun activity highlighting concepts from science, technology, engineering, art & math! (Registrants will be informed of necessary supplies in advance of this LIVE demonstration.)

Wickliffe Public Library

**Shark Exhibit Encounter with
Greater Cleveland Aquarium
(via Zoom)**

Monday, February 15 • 10 am

Drop in on the variety of species residing in our 230,000-gallon shark exhibit. Hear how we care for such a wide range of species, learn about the different adaptations among the ani-

mals, and find out where all of these fish fit in the food chain. Come prepared with your questions about sharks, eels, stingrays, and ocean fish. Registration is required, space is limited. Call (440) 944-6010, email juv.desk@wickcliffe.lib.oh.us, or check the website wickcliffepl.org for more information about virtual programs.

Mentor Public Library

These programs are being offered online. Some will be hosted live via Zoom and require registration. You can sign up by calling the library or at www.mentorpl.org.

Tie-Dye Mask Making

Thursday, February 18 • 4 pm

The library will guide kids (ages 6 to 12) through how to tie-dye their own facemasks. The program will be broadcast via Zoom but the library will provide all the supplies.

First, families register for the program. They can sign up online at www.mentorpl.org or by calling (440) 255-8811 ext. 220.

Then they can pick up supplies from the Children's Department at MPL's Main Branch or its drive-thru.

Egg Drop

Monday, February 22

Starting Monday, February 22, kids (ages 6-12) who register can pick up an Egg Drop Kit from the Children's Department at Mentor Public Library's Main Branch.

Then, they can take the kit home and build their best contraption to keep an egg safe during a fall. Return your contraption along with an egg – you'll need to provide your own egg – to the Children's Department by March 1. Once the builds are returned, they will be tested. The drops will be filmed and shared on the library's Facebook and YouTube pages.

Spring Break Camp in a Box

Painesville Recreation is back with their very popular Camp in a Box... Spring Break edition! Keep the kids busy over Spring Break with this fun activity box including a craft by Ariel Inspired Art Studio, a virtual field to Disney World on Zoom, games and more!

Go to www.painesville.com/

recreation or call 440-392-5912 to reserve your box by March 1. Open to Painesville City residents first, then surrounding areas. Follow us @CityofPainesville for updates!

Cost: \$20 per box

Ages: 5-12 (elementary age)

Registration deadline: March 1

Box delivery: Week of March 15-19



Don't give up hope for 2021

By Stacy Turner

When my youngest sister was getting ready to turn 9 or 10 and set about planning her birthday party, she decided on a pool party. Since we had an above-ground pool in the backyard, this wasn't a huge ask. The problem was, her birthday arrives in January, a time when backyard pool parties in northeast Ohio are a little tricky to plan. But she had a simple solution -- she moved her birthday to July, which she explained, was a far better month to have it.

Although our parents asked repeatedly if she really meant it, explaining that she wouldn't receive presents, a cake, or any of the usual birthday trappings on the day formerly known as her birthday, she stuck to her guns. They thought she might regret it, but she knew what she was doing. It was as if once she made up her mind, her birthday actually WAS in July, and she was happy to wait for the sunshine, blue skies, and beach towels that came with her special summer day.

It didn't matter to her how cold and grey it got, or how much snow and ice came that year, because she had a super fun pool party to look forward to. She knew a winter storm couldn't cancel her party, and that her new swimsuit would look much cuter than a big fat winter coat, snow pants, hat and gloves. She was all in for fun in the sun, and was more than happy to wait for the right timing. Once she made her decision, she waited for six long months without a fuss or complaint -- even when our other sister celebrated her

'real' birthday on the day they both shared, receiving gifts, cake, and a solo day of celebration. She waited, content that on a warm, sunny day in July, she'd have an awesome summer celebration that would be worth the wait.

I remembered that birthday as I sent her card this year, knowing I wouldn't see her and get to celebrate for a little while longer. I remember the determined little girl who decided it was better to wait patiently for the day she knew was coming than to settle for the less-than-ideal right now. As it turned out, good things do come to those who wait, at least in my sister's case that year. And I think it's applicable to this year, too. As 2021 began, we got past the novelty of it not being 2020 anymore, only to realize that it's still kind of the same. These challenging days mean we may need to recalibrate our thinking in order to maintain hope and hold on to our optimism.

It's true that it may take time before many of us can see all the loved ones we've been missing; until we can finally do all the things we've missed doing, too. But hold on to hope, because the day is coming in the not-so-distant future when we'll be able to see people up close and in person, go to concerts and movies, and hang out together like we used to.

We'll eventually get there, back to get-togethers and celebrations. And who knows, maybe my sister and I will get the chance to spend a warm, sunny day by a pool somewhere sipping umbrella drinks to celebrate her birthday like we did all those years ago. A girl can hope.

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