

# TODAY'S family

April 2021

Cuyahoga

FREE!

## Grief Camps

Help your child  
to cope with  
the loss of a  
loved one

## Coach Mike Moran

Legendary basketball  
coach has taught and  
inspired thousands of  
area youth

## Teaching kids to share

## Preschool Guide



# Jump Start Gymnastics

23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: [jsgymnastics.com](http://jsgymnastics.com)

Email: [jsgymnastics@jsgymnastics.com](mailto:jsgymnastics@jsgymnastics.com)



## Summer Camp

June 7 to August 13, 2021

9:00 am–3:00 pm • M–F

**The USA Gymnastics Team paved the road to Rio!  
Get ready to tumble to Tokyo in 2021 at Jump Start!**

- JSG offers gymnastic camps for ages 4–16, boys and girls, and all levels of experience from recreational to competitive.
- Gymnastic camp at Jump Start is a great way to explore and experience gymnastics for the first time, learn new skills, or build a solid competitive base for next season.
- We coach all levels of new, experienced, and competitive gymnastics. Our philosophy at JSG is that gymnastics is for everyone, a great basis for physical fitness, and benefits coordination for every sport and children's health.
- In addition to traditional gymnastic instruction, games, and open gym, JSG has weekly themes!
- \$10 before-care from 8:15 am–9:00 am and after-care from 3:00 pm–5:00 pm are available.
- We will be closed the week of July 5–9, 2021.

### SAFE, HEALTHY ENVIRONMENT!

Jump Start Day camps, classes, & team practices will be following all of the mandates & recommendations made by the CDC & state of Ohio including temperature checks, face masks for guardians dropping off children (or staying with their 4-and-under children), social distancing, smaller class sizes, facility sanitization and more!

**TODAY'S**  
**family**  
Lake, Geauga & Cuyahoga Counties

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## contents



### Grief camps

Page 4



### Playing with others

Page 6



### Coach Mike Moran

Page 8



### Preschool Guide

Pages 14–20

## PLUS

### Filmmaking camps

Page 7

### Child abuse prevention

Page 10

### Mommy Chronicles

Page 13

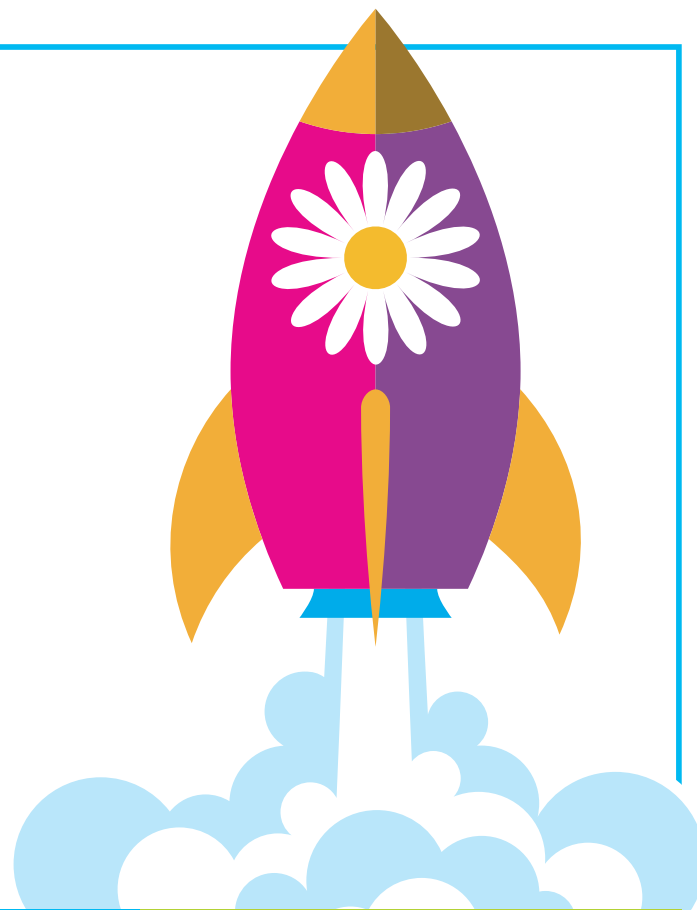
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# Grief Camp

## Hospice of the Western Reserve

By Deanna R. Adams

**H**ospice of the Western Reserve has a long and renowned history for helping people cope with illness, death and grief. So it's no surprise that they also help children deal with complicated emotions after the death of a loved one.

Their annual grief support camps offer a safe environment for grief-stricken children to best manage isolated feelings, help them feel less alone, and express their grief in a healthy, constructive, and supportive setting.

"We bring kids together who share a unique understanding, a common thread. They can relate to what each other is going through," says Karen Hatfield, director of Western Reserve Grief Services. "Our focus is helping them deal with their loss with new ways of expressing feelings, along with ways they can honor their special person. We address that, but we also allow them to have some fun, too."

The two summer camps include Camp Red Oak, for children ages 6-13, and Riding Through Grief Camp for ages 8-12, which offer horseback riding lessons (and fills up quickly). Both are led by trained bereavement professionals from the Western Reserve Grief Services and combine art, music, play and nature exploration to help with the healing process. They offer children a chance to learn about grief and give them permission to express it.

"We've been offering the camps for over 20 years and we've seen it make a big difference in how children grow through the experience, in an atmosphere of comfort and trust," Hatfield says. "Death is difficult for children. It can feel over-

whelming to them, but they often don't express it because they don't want to be a burden to their parents. This is a place they can get outdoors and sort out and learn to manage what we call the big feelings—anger, regret and guilt. We help them validate those feelings and teach them useful coping skills."

The three-day camp begins in the morning with therapeutic exercises that help the children share and articulate these complex feelings. They also participate in activities that honor their loved ones, such as artwork, memory jars and collages.

"The memory jars are always a favorite," says Hatfield. The jars fill up with a variety of items that honor the lost loved one, such as pictures, written memories, and personal artwork—anything the children want to include. A small candle is then placed inside to complete the memorial.

Things shift gears in the afternoon, however, from the more intense workshops to fun, camp-related activities where kids can merely enjoy being kids. This can include canoeing, swimming, and archery.

"We continue on like that, back and forth, until the final day when they all gather for the closing ceremony, which is a flower release to memorialize the person who died," Hatfield says. "The flowers symbolize a serious time when everyone comes together to share and honor their person. We then conclude with a community based activity to leave them all in a positive mindset."

Hatfield adds that all the staff is skilled in supporting children through grief and have gone through a detailed process and have met certain criteria prior to becoming counselors. "We all truly enjoy these camps. We get as much out of



it with them as they get from us," she says. "It's a very rewarding experience all around."

Support from the community allows Hospice of the Western Reserve to offer most programs and services at no cost to the participant. There is a nominal registration fee for camps, retreats, and art therapy programs.

To register or request an information packet, call (216) 486-6838. For a comprehensive list of community bereavement resources, visit [www.hospicewr.org/griefandloss](http://www.hospicewr.org/griefandloss).

### Camp Red Oak (ages 6-13)

9057 Kirtland-Chardon Road, Kirtland,  
August 10-12, 9 am – 3 pm

This day camp is for children ages 6-13 who have experienced the death of a loved one.

### Riding through Grief (ages 8-12)

Fieldstone Farm  
16497 Snyder Road, Chagrin Falls  
June 21-25, 9 am – noon.

\$75 per camper. Scholarships available. Through fun horseback riding lessons and unmounted activities with horses, children campers will explore grief issues.



# Tell ME

## To Boost My Self-Esteem

- I make you proud
- I am important
- I will do great things
- My feelings matter
- What to expect from my day so I feel secure



When you tell me these things, you help protect me from the risk of later drug use.

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[StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov)



[BoldBeginning.Ohio.Gov](http://BoldBeginning.Ohio.Gov)

# By Playing with Others

By Dr. Colleen Russo Johnson

Watching your child play with others can be equally heartwarming and anxiety-provoking; we feel a swell of pride when they offer a toy to another child but cringe when they barrel through someone's carefully built tower!

Understandably, adults are often compelled to quickly intervene and "solve" the problem— however, if we pause and observe, we can empower children to reach resolutions on their own. Children will probably need some adult scaffolding (just the right amount of help) to notice other's feelings and think of resolutions. Even so, the more opportunities we give children to practice these skills (even if they might occur in cringe-worthy situations) the more children learn about social problem solving and kindness.

Children learn about the rules of play (compromise, turn-taking, and having fun) with their caregivers first. The give-and-take interactions of a dinner conversation and shared joy in one-on-one play support children's abilities to play cooperatively with others and build lasting friendships.

## The transition from associative play to cooperative play 3–4 years

- Children have typically moved from parallel play (playing near another person, but not with them) to associative play. Associative play looks more social — children in this stage interact with other peers in the same area around a similar activity, but are working towards different goals and not necessarily coordinating with each other. For example, two children may be sharing space and utensils while cooking in a pretend kitchen and talking to each



- other, but have a different focus.
- Children will need more grown-up support at this stage for sharing materials and managing social conflicts.

## 4-5 years

- Play shifts from associative to cooperative, which involves a more coordinated social approach. Children in this stage talk to each other, begin problem-solving, and work together towards a common goal. In the play kitchen example, this could look like children discussing who will be the cook and who will be the dishwasher, making a plan for the meal, and carrying out the plan together.
- Children advocate for themselves and their ideas in play with others. Play is a push and pull process — children are still working to balance assertiveness and flexibility.
- Children begin learning social problem-solving skills through conflict. Although conflict is often uncomfortable, it presents great opportunities for children to work together to communicate and solve a problem.

## 5-6 years

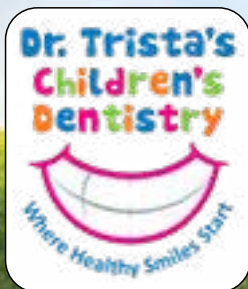
- Cooperative play can become lengthier and extended throughout different days and contexts. Kids are able to pick up where they left off and either keep going or agree to change course.
- Children verbally communicate the connection between their feelings and actions when solving a problem with another person. For example, "I am mad! You keep moving my blocks. The tower is supposed to stay here."
- Coordinated play within a larger group starts to emerge: AKA teamwork!

## Supporting cooperative play at home

- **Engage in cooperative play!** Obvious, right? Play soccer in the backyard with predetermined rules, play a board game, or work together to construct a castle with blocks.
- **Support difficult emotions.** When conflicts (inevitably arise) support your child's emotion regulation by offering comfort or talking through it. Children's abilities to regulate their emotions are strongly related to social competence and parental emotional support is important to build this skill.
- **Practice patience.** Practice makes perfect, but it's not always easy! When giving your child space to problem solve with another child it might take some patience and deep breaths.
- **Help recognize emotions.** Children might need to be nudged to notice that their playmate is looking disappointed or frustrated while in the thick of play. Emotion recognition helps children understand that others have different feelings than their own.
- **Have fun.** This is an easy one that you are already familiar with, have fun with play: openly express joy, laughter, and be silly! Not only does it feel amazing, it also helps foster children's love for play and for building lasting friendships.

*Dr. Colleen Russo Johnson is a nationally recognized developmental psychologist with an expertise in children's media and technology and the Co-founder of OK Play, a free app built to inspire the next generation of creators through child-led, interactive storytelling (available on iOS or Android). She holds a PhD from Vanderbilt University.*

## It's Time to Spring Clean Your Smile!



Dr. Trista is a board certified pediatric dentist. She specializes in treating the dental needs of infants, children and adolescents in a child-friendly atmosphere. Her extensive resume makes her uniquely qualified to help your child achieve and maintain a healthy, bright smile for a lifetime.

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**Pediatric Dentist for The Cleveland Clinic,  
Department of Plastic Surgery, Craniofacial Team**

Dr. Trista Onesti is proud to be named a 2020 Pediatric Top Dentist as seen in: **Cleveland MAGAZINE**

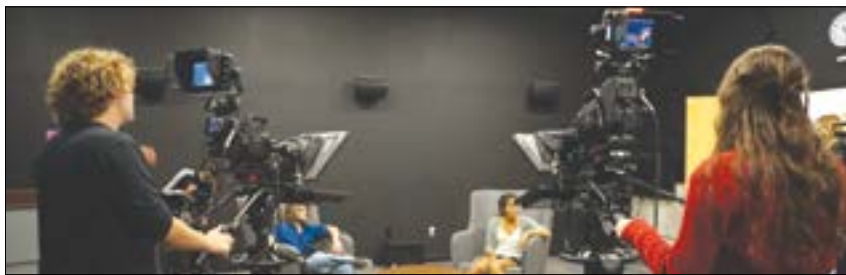
**Trista Onesti, DDS**

5255 Mayfield Road, Lyndhurst

**440.459.2100**

**www.DrTristaSmiles.com**





## Filmmaking summer camps at Cleveland State University

The Odyssey Program at Cleveland State University's School of Film & Media Arts offers a variety of immersive summer camps for high school students (aged 13–18) interested in filmmaking.

During the in-person summer camps, students see behind the scenes and learn how the film industry actually works through special guest lectures and site visits to real-world media environments. Outside of class, residential students get a preview of college life by staying in Cleveland State University dorms and experiencing Cleveland's robust cultural offerings through scheduled trips and activities.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, expert instructors aided by CSU film student camp counselors help students hone their skills while finding their creative community and making friends during these activity-packed experiences.

All meals are provided for residential students and breakfast and lunch is provided for day camp students.

The summer includes an experiential three-week camp from June 14–July 2, followed by three one-week intensive camps that focus on acting and directing (July 12–18), documentary production (July 19–25), and postproduction (Jul. 26–Aug. 1). Day camp and residential options are available.

Learn more at [csufilmmodyssey.com](http://csufilmmodyssey.com)  
Contact: (216) 687-5087 or email [odyssey@csuohio.edu](mailto:odyssey@csuohio.edu).

**Odyssey Program Experiential**  
Three-Week Summer Camp  
June 14–July 2, 2021  
Residential: \$4,500  
Day Camp: \$3,600

Live, eat, sleep, dream, and create films with the students and faculty of the School of Film & Media Arts at this immersive summer film camp for students aged 13–18. Through

interactive workshops, lectures, film screenings, and focused activities, students learn storytelling, film literacy, screenwriting, acting for the camera, directing, shot composition, cinematography, lighting, editing and much more as they create their own original films in a fun and collaborative environment.

**Odyssey Intensive:**  
**Acting and Directing**  
Residential: \$1,500  
July 12–July 18, 2021  
Day Camp: \$1,200  
July 12–July 16, 2021

Nail your next audition and learn to work with actors as a director! Presented by the Cleveland State University School of Film & Media Arts, this new one-week intensive day and residential summer camp focuses on the crafts of acting and directing for students aged 13–18.

**Odyssey Intensive:**  
**Documentary Production**  
Residential: \$1,500  
July 19–July 25, 2021  
Day Camp: \$1,200  
July 19–July 23, 2021

Interested in telling stories about the world around you? Presented by the Cleveland State University School of Film & Media Arts, this new one-week intensive day and residential summer camp teaches the art of documentary production for students aged 13–18.

**Odyssey Intensive:**  
**Postproduction**  
Residential: \$1,500  
July 26–August 1, 2021  
Day Camp: \$1,200  
July 26–July 30, 2021

Learn how to mix creativity with technology and fix it in post with this new one-week intensive day and residential summer camp for students aged 13–18, presented by the Cleveland State University School of Film & Media Arts.

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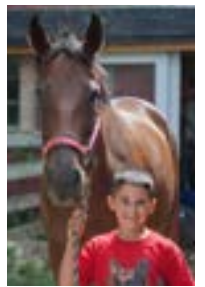
## Animal Camp 2021

*The Best Camp Ever! Is celebrating its 15th year and we are inviting you*

**11 one-week sessions**  
For kids 5 to 13 years old  
Camp runs 9 a.m. to 4:30 p.m.

**Features:**  
Horseback riding, playing with rabbits, goats, chickens and dogs. Plus crafts and games all day long.

Visit us at:  
[www.risingriver.net](http://www.risingriver.net)  
Contact Us:  
(440) 463-3146  
[khanimalcamp@gmail.com](mailto:khanimalcamp@gmail.com)



### Visitation:

Open Houses have been canceled for 2021. Visitation of the Animal Camp will be offered on an individual basis. Visitation must be scheduled, and is of limited availability.

Rising River Farm  
6618 Chagrin River Rd  
Chagrin Falls, OH 44022



## The resources you need... right at your fingertips!

As the pandemic set in last year, our Beech Brook staff got busy looking for ways to help parents and children of all ages deal with the "new normal" of our virtual world! Whether you're interested in resources on parenting, health and wellness, mindfulness, communicating with your kids, coping during COVID, talking about racism, school concerns and more, Beech Brook has you covered.

Visit [www.beechbrook.org](http://www.beechbrook.org) or scan the QR code to go straight to our resources and browse through more than 70 videos, tip sheets and stories to help families deal with the stress of these trying times.

Looking for more? Email [information@beechbrook.org](mailto:information@beechbrook.org) and let us know how we can help!



3737 Lander Rd. | Cleveland, OH 44124 | 216.831.2255 | [www.beechbrook.org](http://www.beechbrook.org)

# Coach Mike Moran

Legendary basketball coach and summer camp guru has coached thousands of northeast Ohio youth to be better players

By Mary Flenner

If you were involved in the world of Cleveland youth basketball anytime over the last four decades, you probably recognize the name Mike Moran.

Moran was inducted into the Ohio Basketball Hall of Fame in 2020. With a prolific coaching career at St. Joseph High School (now Villa Angela St. Joseph), John Carroll University, and over 40 years of training youth at his Mike Moran Basketball Camps, he is one of the most renowned basketball coaches in Cleveland.

"I'm a Cleveland native. Growing up I played high school basketball and football at St. Joe's and played football at Xavier. I guess I wasn't tall enough to be a good basketball player," he laughs.

He looks back on what inspired him to get into coaching and says, "I think a lot of it was instilled by my dad. He was the athletic director of our elementary school, St. Catherine, when it was still around. I was lucky to have an older brother who let his little brother come around and play with the big kids. When you're in that position playing with older kids it improves your position and attitude toward the game."

"I've also been blessed with a lot of good coaches. Tom Banks and Bob Anderle were pretty influential and competitive. Being a part of a good high school that had a great winning tradition was important. Competition was great back then. I went to an all-boys Catholic School with over 2,000 boys in the school. It was a tremendous accomplishment just to make a team. More than 200 kids would try out for freshman football and over 100 would go out for basketball. It was very competitive. You had to be very dedicated and devoted to your game."

Moran started coaching basketball at Cincinnati Elder High School after he graduated college,

but quickly returned to his alma mater, St. Joseph High School, where he was the head basketball coach for 11 years.

"I left St. Joe's in 1992 after winning the state championship in 1991 and 1992. When we won the state championship in 1991 it was the first time a Cleveland area team had won in about 50 years."

At St. Joseph his teams won nine district championships, four regional championships and two state championships. After he left St. Joseph High School, he went on to be the head basketball coach at John Carroll University, where he racked up 460 wins to just 230 losses. Moran led John Carroll University to 14 OAC titles, 12 trips to the NCAA Division III Men's Basketball Tournament and one Final Four appearance.

Through the years he coached many players who later went on to play professionally, including Clark Kellogg, Elvis Grbac, Kevin Edwards, Stan Kimbro, Eric Riley, Travis and Jason Kelce, and Desmond Howard, who won the Heisman Trophy and then later won the Super Bowl MVP award.

Moran says he keeps in touch with many of his old players, including Elvis Grbac, London Fletcher and Clark Kellogg.

"We're very, very proud to be able to say that these guys came to our camps and knew them back when they were youth. It was great to watch them get better and better and blossom into professional athletes."

Which brings us back to the camps.

Soon after he returned to the Cleveland area and took the St. Joseph head coaching job, he started the Moran Basketball Camps, which at 40+ years are one of the longest running basketball camps in northeast Ohio.

"Our purpose was to offer an affordable camp that the average family could afford. Our goal was to make this a teaching camp where camp-



Coach Moran discusses strategy with his players and coaches at John Carroll University.

ers learned the game not just played it. Coach Bob "Baron" Straub and Clark Kellogg were early organizers who deserve a lot of credit.

"All of our camp instructors are guys who have been head coaches and other successful coaches. The type of people who have made their living coaching basketball. We take a lot of pride in the amount of instruction we offer. Our camp is really geared to kids who love basketball. We're going to break down the game and teach it to them. We're able to work with kids with higher level. Since 1978 till the present, we have instructed over 20,000 boys and girls."

The camps run each summer for boys and girls ages 6-14 and are open to players of all levels. They are held at the Lost Nation Sport Park in Willoughby. Call (440) 338-8092 or visit MoranCamps.com for more information or to sign your child up today.

Coach Moran has also coached golf for John Carroll for 29 years, a team which also boasts a successful record with national rankings as high as third and fourth in the country. "I'm very proud of our team's accomplishments. I'm just a very average golfer myself but over the years we've had a lot of All-Americans and have a great program."

Aside from coaching golf and leading his basketball camp, he stays busy with his six children and 20 grandchildren. Basketball remains a family affair for many of them.

Sons Pete and Pat Moran are the head and assistant coaches at John Carroll, respectively. His

*Continued on page 11*



Summer is Coming  
Camps are too!

Starting June 2021

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# ODYSSEY PROGRAM

## AT CLEVELAND STATE UNIVERSITY

## Filmmaking Summer Camps For Teens

LEARN ACTING, DIRECTING, CINEMATOGRAPHY, EDITING, PRODUCING, SCREENWRITING, AND MORE FROM THE STUDENTS AND FACULTY AT THE SCHOOL OF FILM & MEDIA ARTS!

- Create your own original films using professional equipment in our sound stages and Mac editing labs
- Four sessions for ages 13–18
- 1 week and 3 week camps
- Residential and day camp options — Choose to commute or stay in CSU dorms!

### MAKE FRIENDS AND GAIN SKILLS FOR LIFE!

**Odyssey Program Experiential Three Week Summer Camp**  
June 14 – July 2

Odyssey Intensive: **Acting and Directing**  
July 12 – 18

Odyssey Intensive: **Documentary Production**  
July 19 – 25

Odyssey Intensive: **Postproduction**  
July 26 – August 1

For more information or to register, please contact the program coordinator by phone 216.687.5087, email [odyssey@csuohio.edu](mailto:odyssey@csuohio.edu), or visit [csufilmodyyssey.com](http://csufilmodyyssey.com).



**CLEVELAND STATE UNIVERSITY**

**CSUFILMODYSSEY.COM**

## April is Child Abuse Prevention Month

One of the scariest parts of the pandemic happened very early for those of us who work in child welfare. Children were sent home from school, teams, and activities and told to stay home for their health and safety. But what if home isn't a safe place?

For too many children and teens home is a place of abuse and neglect. Often teachers, counselors and coaches are the first people to notice something is wrong and alert us that a child needs help. Last year just as we were approaching Child Abuse Prevention Month, due to the pandemic, we lost some of our most important eyes and ears who help us keep kids safe. So, we turned to the community, neighbors, friends and relatives and asked you to keep an eye out for our children. We even added options for people to report potential cases of abuse and neglect on our website and Facebook page in addition to our 696-KIDS hotline.

This spring many kids are headed back to the classroom. But that doesn't mean we don't still need your

help. As children and teens emerge from months of isolation at home away from friends and teachers, look for signs they might need help. Parents who have been struggling with job loss, illness or other stressors also need our help.

Preventing abuse and neglect doesn't just mean stopping predatory strangers, or unfit parents. It also means offering support and relief to overwhelmed parents and caregivers who don't have the resources to provide for children's needs.

Abuse is preventable. Reporting children who may be at risk doesn't mean you're getting someone in trouble. You could be offering them a source of support and resources they desperately need.

So if you suspect something isn't quite right, or you're just concerned a family needs help, pick up the phone and call 216-696-KIDS or send us an email at [Protecting-Cuyahoga-Kids@jfs.ohio.gov](mailto:Protecting-Cuyahoga-Kids@jfs.ohio.gov) or visit our website and submit a report. You can be a hero for a child by speaking up.

## Spring returns to the Cleveland Botanical Garden

To celebrate the arrival of spring in a big way, Holden Forest & Gardens presents Return of the Butterflies at the Cleveland Botanical Garden — a visual treat with more than 600 newly emerged butterflies in the Costa Rica biome beginning Saturday, April 3, 2021.

The butterflies will bring the Glasshouse to life — amazing, colorful, moving, exhilarating life and you'll see them actively searching for nectar as food sources, flying around as you interact with them while walking in the Glasshouse.

In addition to the butterflies, the acres and acres of outdoor gardens come to life during the month of April. Fragrant blooms of snowflake Viburnums, the charming pinwheel-like blooms of Creeping Phlox and the annual tulip display will all be able to be enjoyed later in the month.

Trees have their flowering season including the stunning Snow Fountain Weeping Cherry along with the ephemeral blooms of the Apple Serviceberry. In the Gateway garden be



sure to enjoy the subtle and compelling blooms of the Weeping Katsura tree. Just beyond the fence of White Oak Walk you can't miss the dramatic yellows of daffodils situated like golden curtains for an iridescent blue stage of Siberian squill.

A limited number of advanced reservations are available each day. Face masks must be worn in the interior and exterior gardens.

Visit [www.cb garden.org](http://www.cb garden.org) for more information.

## Child Abuse is Preventable

We can all do something to prevent child abuse, even if it just means offering help to overwhelmed parents who don't have the resources or support to provide for their children's needs.

Be a #CuyahogaHero for children

Know the Signs  
visit: [cfs.cuyahogacounty.us](http://cfs.cuyahogacounty.us)

Make the Call  
216-696-KIDS (5437)



Cuyahoga County  
Together We Thrive  
Division of Children and Family Services

# Wildlife Rescue: Miracles in Conservation exhibit at CMNH

What is it like to spend a day in the life of a wildlife rescuer? Find out in Wildlife Rescue: Miracles in Conservation, the Cleveland Museum of Natural History's eye-opening, inspiring, and wildly interactive experience for all ages.

Maintaining the health of all habitats and ecosystems on this planet is of vital importance. In fact, our survival depends on it. Visit the exhibit today, and gain a new appreciation for the interconnectedness of life on Earth.

In this traveling exhibition, you'll explore the innovative ways wildlife rescuers capture, raise, and release endangered species back to the wild, and care for animals after natural disasters. You'll even see a diverse living collection of animals that highlight endangered species and harrowing rescue stories.

Get hands-on experience with 15 interactive displays and simulations, including:

- Taking a simulated flight on an ultra-light to guide young whooping cranes along their first migratory route.
- Learning the methods used to milk lake sturgeon in order to breed and reintroduce the fish into the Great Lakes.
- Journeying to Africa and Indonesia at the Return to the Wild theatre and witnessing the dedicated efforts of caretakers to suc-



cessfully raise and release young elephants and orangutans to the wild.

- Watching fascinating live presentations at 11 different animal habitats.

And so much more!

Visitors will receive complimentary stylus tools to press buttons, touch screens, turn cranks, and move objects safely throughout the exhibit.

Everyone has a role to play in the story of wildlife rescue—including you. Step into the shoes of those who dedicate their lives to animal conservation and begin your journey as a wildlife rescuer.

Advance tickets are required to visit the Museum. Entrance to Wildlife Rescue is included with general admission. Visit [cmnh.org](http://cmnh.org).

## Mike Moran from page 8

son Matt Moran is Lake Catholic's head basketball coach. His daughter Bridget also played basketball. Moran's grandson Luke Chicone is nominated for the 2021 Mr. Ohio basketball award as a player at Mentor High School. "He's an outstanding player, we're very proud of him," Mike shares.

Mike even met his wife JoAnn, through basketball. "Her father was a coach. I met her through playing for her father Pat Flowers, he was kind of a legend in Cleveland when it came to CYO sports."

"Coaching is a very rewarding job. There's no better feeling than to work hard in preparation for games, and for the season, and having it come true. There are a lot of sleepless nights you have when you lose a game or things don't go well. But I've been blessed, I've had a lot of great talented kids. I think I'm the most spoiled coach ever in the Cleveland area."

## ICYMI

### In Case You Missed It!

Visit [www.TodaysFamilyMagazine.com](http://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 at [TodaysFamilyMagazine.com](http://TodaysFamilyMagazine.com)!

**summer CAMP guide**

Published in our March 2021 issue.



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## 2021 Top Baby Names

Names.org released predictions for the most popular baby names of 2021. The rankings were determined by analyzing the most recent data from the Social Security Administration, trends from the past five years, and current user interest from millions of visitors to the site.

### Top 10 Boy Names for 2021

1. Liam
2. Noah
3. Oliver
4. Elijah
5. Lucas
6. James
7. William
8. Benjamin
9. Henry
10. Matteo

### Top 10 Girl Names for 2021

1. Olivia
2. Emma
3. Amelia
4. Charlotte
5. Ava
6. Sophia
7. Isabella
8. Mia
9. Evelyn
10. Harper

### BOYS

**Just Outside the Top 10:** Sebastian, Theodore and Levi are just outside the top 10, rising in popularity and expected to make the list in the coming years. Ethan, Alexander, and Jackson also fall just short of the top 10, but are declining in popularity.

**Fastest Growing Names:** Miles, Luca, Theodore, Leo, and Maverick.

### GIRLS

**Just Outside the Top 10:** Luna, Camila, Penelope, and Aria are just outside the top 10, rising in popularity and expected to make the list in the coming years. Ella and Abigail also fall just short of the top 10, but are declining in popularity.

**Fastest Growing Names:** Luna, Emilia, Willow, Isla, and Violet.

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# Pets = unconditional love

By Stacy Turner

We had our fair share of pets growing up that ranged from your typical dogs and cats to an assortment of birds, hamsters, guinea pigs, and fish. When one hamster died a few days before Easter, my older sister had us believing he'd be raised from the dead, something she'd learned at Catholic grade school. Sadly, no miracle took place that Easter — my sister was certain it was because she wasn't allowed to bring him to church. In addition to rodents of unknown theology, we always had at least one dog ready to play, go for a walk, or add to the overall chaos of family life. From a Saint Bernard to a French bulldog, a Scottish deerhound and several Yorkshire terriers, my growing up years included a United Nations of dogs. We also had outdoor cats that, for many years, weren't allowed in the house.

Dad wasn't a fan of felines. He explained that while he and his 10 siblings always wanted a dog, Grandma never allowed it. And with 11 kids, I can see her point. Dad explained that his mom always had a cat, since they could catch mice and fend for themselves. My dad and his ornery brothers tormented those poor cats, mostly because they weren't dogs. He told us from extensive experience that cats really do land on their feet, no matter how far they fall (or get dropped out a window).

Ironically, dad became a cat lover later in life when a quiet little kitty 'followed us home' and decided she belonged to him. The tough guy pretended to be irritated by her preference of him, but he wasn't fooling anyone, especially his new cat. Pets have an uncanny ability to love us in spite of our sometimes prickly exterior. Pets can see the best in us, even if we don't let it out much. And just like magic, when we open our hearts to our pets, these dogs and cats make us better humans.

Recently, my husband, a lifelong dog lover, joined the pro-cat bandwagon. Since our 100-pound diva dog, Tinker, prefers sunbathing on the porch, man's best friend is a scrappy 15-pound ginger cat. This dog-cat comes when called and follows my husband around the yard to 'help' him. As an added bonus, man's



new best friend also hunts rodents and pests, protecting our house and garden.

Our girly dog prefers being the center of attention — so much so that she's willing to sit still and let the girls make her beautiful. She's let them paint her nails, add multi-color 'beauty marks' to her face, and streak her coat with glitter to make her look "so pretty." As long as the girls are showering her with attention, she's willing to be their model, unless an actual shower or bath is involved. She cinched her role as favorite pet, however, when she burped and passed gas quite loudly and at the exact same time. In that moment, they declared her to be "the best pet ever." Admittedly the bar may be a little low at my house, but no matter the species, pets become cherished members of our families, and our lives become richer for it.

According to the Center for Disease Control (CDC), having a pet can provide many health benefits. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can even help manage loneliness and depression by giving us companionship. It's no wonder that a recent study by the American Pet Products Association reported that 11.38 million U.S. households have gotten a new pet during the pandemic.

We're also part of that number, having adopted two kittens during the pandemic. In the few months we've had them, they've added countless hours of joy with their playful antics and unconditional love. They follow our big ginger cat around like he's the best thing ever, and like hanging out with the rest of us, too. And while they're not exactly fans of our dog yet, with her hearty bark, pokey nose, and ginormous paws, they're getting used to their big canine sister, too. We're just one big family, whether on two legs or four. And we know that no matter what goes on in the outside world, that unconditional love from pets will help get us through it.



## Flexible, part-time hours for moms and dads

Universal Metal Products, headquartered in Wickliffe, Ohio, is a metal forming manufacturing celebrating its 75th anniversary!

We know the pandemic has caused uncertainty and struggles with families in Lake and Geauga counties, with many struggling to find work/life balance.

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# Finding the right PRESCHOOL for your child



By Jan Pierce

**W**hen it's time to search for the perfect preschool for your little one, you want to be sure you're making the right decision. If you're lucky enough to have friends who've done their research and are happy with their choice, you're fortunate. You'll have first-hand recommendations.

Be aware of the difference between daycare and a functioning preschool. Daycare facilities provide custodial care, but don't always offer an educational curriculum. Daycares often take children of all ages and offer extended hours. A preschool usually has limited hours and may or may not offer before- and after-school care. In a daycare children of all ages may be grouped together while a preschool offers segregated age groups.

## Where to begin

There are many considerations before choosing, but be sure you start your search early. Many excellent preschools have long waiting lists. In general you'll be looking for a school that provides the following:

- The convenience of proximity to your home and/or your workplace.
- A solid reputation and up-to-date accreditation and licensing. The state has approved the school.
- Clear rules and regulations, health/illness policies, pickup and drop-off times.
- Clean, well-kept facilities with

adequate indoor and outdoor play areas.

- Qualified, caring staff.
- Stimulating curriculum and age-appropriate toys.
- A philosophy and climate pleasing to you and right for your child's temperament.

The NAEYC (National Association for the Education of Young Children) has a database of accredited preschools you can access at [families.naeyc.org/find-quality-child-care](http://families.naeyc.org/find-quality-child-care). This site lists currently accredited day cares and schools all across the nation and is updated weekly. Spend a little time on their website for top-notch thinking about early childhood education.

## Questions to ask

You'll want to do your homework to find the right school for your family. Here are some questions to ask before narrowing your search and visiting several schools:

- Is there currently room for my child? Is there a waiting list?
- What are the fees? How and when are we billed?
- How do you communicate with parents? (phone calls, emails, newsletters, website, etc.)
- What is your staff to student ratio? (NAEYC recommends one adult to every four to nine children as optimal at ages 2–3 and one to eight to ten for ages 4–5.)
- Do your staff members have credentials and training? Are they background-checked? Up to date on CPR? Receiving ongoing training?



- What is your educational philosophy? (academic-oriented, exploration, faith-based, etc. Some distinct philosophies include Montessori, Waldorf, or Reggio-Emilia.)
- What health/hygiene standards are enforced? (immunizations, sick child rules, hand-washing, etc.)
- How do you handle discipline?
- Are meals and snacks provided? Are naps taken?
- What safety precautions are in place? (strangers on-campus, release policies, sign-in/out)
- Can you give me a list of references? (be sure to follow up and call them.)
- Can you provide a sample of your weekly curriculum and activities? How often do you change the activities?

As you gather information you'll be able to narrow your list down to two or three good choices. When you're ready, go ahead and schedule a visit to the school. Decide whether you want to do this with your child or on your own.

You'll be looking for all of the above qualities of a good school, but more than that you want to get a "feel" for the school. Do you feel welcome? Are the children busy and engaged in work or play? Is the facility pleasing to the eye and orderly? Do you get the sense that you'd feel comfortable leaving your child in this school's care? Are the children happy?

Jot down your first impressions and any new information you find during the visit. You may want to use the Preschool Visit Checklist provided on the next page.

If for any reason, you don't feel comfortable with the school environment, trust your instincts and look for another school. It might be preferable to find a safe daycare situation and use that until you can locate a preschool of the highest standards.

You want the perfect preschool and your child deserves it. All the time and effort you put into your search will pay huge dividends in a happy, healthy, and well-cared for child.

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### Cleveland Metropolitan School District

(216) 838-3675

[ClevelandMetroSchools.org/  
EarlyEd](http://ClevelandMetroSchools.org/EarlyEd)

It is the vision of the Cleveland Metropolitan School District (CMSD) that every student in early childhood grades pre-K–grade 3 will be successful in a rigorous instructional program. CMSD's Early Childhood Program addresses the language and cognitive development of students in addition to social and emotional needs and the physical needs of every child.

The mission of the Early Childhood Office is to create a rich and stimulating, child-centered environment in every classroom. Parents will find developmentally-appropriate teaching strategies in a center-based setting in every classroom. CMSD continually strives to optimize the conditions for learning for their youngest learners. Each student is valued for his or her unique qualities, experiences and learning style as they work toward the ultimate goal of becoming successful and independent learners.

Visit [ClevelandMetroSchools.org/EarlyEd](http://ClevelandMetroSchools.org/EarlyEd) to see the required documents for enrollment and their preschool locations.

Call (216) 838-3675 to enroll today – seats are limited!

### Cleveland Montessori

12510 Mayfield Road, Cleveland  
(216) 421-0700

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

Cleveland Montessori has been serving the Little Italy and Greater Cleveland Community for over 25 years. Students from preschool through 8th grade are met with respect and compassion as they strive to meet their individual potential in beautifully-prepared classrooms that offer social, emotional and academic experiences in a diverse and unique urban setting.

A Cleveland Montessori education begins at the preschool level with the focus on developing independence, concentration and confidence to build a foundation for lifelong learning with multi-age children working and learning together. Close proximity to the resources of Little Italy and Univer-

sity Circle provides culturally rich extensions to classroom learning.

Applications for preschool (3- & 4-year-olds) and elementary openings are being accepted for the fall. Personal tours and student visits are being scheduled. Contact the admissions director for more information and to discuss enrollment for your child.

### Communion of Saints School

2160 Stillman Road  
Cleveland Heights  
(216) 932-4177

[communionofsaintsschool.org](http://communionofsaintsschool.org)

Communion of Saints preschool provides a welcoming, caring, safe environment. They encourage children to explore and discover their world through play which has been established to be the optimum way for young children to learn.

There is the opportunity for creative and imaginative play. Children experience large and small groups, along with individual learning experiences in mathematics, language arts, science, religion, and art through a variety of centers.

Social and gross motor skills are enhanced on the preschool playground and indoor large muscle room. They are licensed by the state of Ohio and follow the Catholic Diocesan curriculum.

Preschool class – age 3+  
8:30–11:00 am\*

Monday, Tuesday & Wednesday

Pre-K class – age 4/5  
8:30-11:00 am\*

Monday–Friday

\*There is an optional extended day from 11:00 am–noon for both classes.

For more information or to schedule a tour, please call (216) 932-4177, visit their website at [www.communionofsaintsschool.org](http://www.communionofsaintsschool.org) or email them at [admissions@communionofsaintsschool.org](mailto:admissions@communionofsaintsschool.org).

*Listings continued on page 18*





# High-quality Preschool

Your child's pathway to kindergarten readiness

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Call **216.838.3675** to speak with an enrollment specialist.

Limited seats are available across the District.



## Required documents for preschool enrollment:

- Child's birth certificate
- Complete & current immunization record
- Current physical exam documentation
- Current dental exam documentation
- Valid photo ID & guardian documents, if applicable
- Proof of address
- Child's medical insurance card
- Proof of income

Children must be 4 years old by September 30, 2021 to be eligible.

## *Your child will love learning with us...*

Families have many reasons to enroll their children in CMSD schools. The District helps to get families connected, provides technological support and family assistance with social & emotional needs.

Limited English Proficiency families may call **216.838.0140** for assistance.



ClevelandMetroSchools.org



### Gross Schechter Day School

27601 Fairmount Boulevard  
Pepper Pike  
(216) 763-1400  
www.grossschechter.org

Gross Schechter Day School's Early Childhood Center (6 weeks and up) encourages creativity, exploration and self-discovery in a nurturing and caring environment filled with the joy of Jewish learning and living.

Their curriculum is designed to foster growth in all areas of a child's development. Children have the opportunity to share and play in a cooperative setting as they build positive, lifelong bonds with their classmates and teachers. Creative exploration is encouraged through art, music, technology, movement and yoga. Children also experience a rich variety of learning experiences including math, science, building, manipulatives, books and sensory play.

Jewish practices and the Hebrew language are incorporated into their daily classroom activities

to help foster children's Jewish identity.

Call (216) 763-1400 or visit [www.grossschechter.org](http://www.grossschechter.org) for more info.

### Laurel School

[www.LaurelSchool.org](http://www.LaurelSchool.org)  
(216) 464-0946  
Lyman Campus

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

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

RSVP for the April 17 All-School Open House at [LaurelSchool.org/OpenHouse](http://LaurelSchool.org/OpenHouse).

### Montessori School of University Heights

23599 Cedar Road, Lyndhurst  
(216) 381-8388  
[www.ms-uh.org](http://www.ms-uh.org)

The Montessori School of University Heights has been serving young children and their families since 1968 as a pre-primary 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 personal tour.

*Listings continued on page 19*



## Diversity. Growth. Joy.

A PreK - 8th grade AMI Montessori program with over 20 years of proven excellence, Cleveland Montessori serves all aspects of a child's development — social, emotional, cognitive and spiritual. We invite you to get to know us better and to see if we are a fit for your family. Call to arrange a personal tour or join us at an upcoming open house.

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### Our Lady of the Lake School

175 East 200th Street, Euclid  
(216) 481-6824  
olleuclidschool.org

Early learning is essential to life-long success. Little ones should grow to love learning in a warm, caring environment with lots of individual attention and a full range of resources for young learners. At Our Lady of the Lake School, you will find that they are like a family. Your child will learn good habits and attitudes in their loving Catholic community. Through patient and respectful methods, their earliest learners develop a positive sense of themselves, which will make a difference throughout their lives.

Our Lady of the Lake Preschool nurtures the whole child, with small classes, highly qualified teachers and an excellent school culture. Their curriculum meets all state standards, stimulates curiosity, builds self-esteem, challenges physical and intellectual abilities, fosters creativity and encourages self-expression and social skills. And access to quality facilities provides their preschool students opportunities not available elsewhere, including:

- Full gymnasium
- Arts programs
- Makerspace
- On-site library

They make busy schedules possible, with both half-day and full-day programs, as well as a full-day after-care option. Space is

limited, so call now for registration information.

### University School

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

University School's Junior Kindergarten boys engage in activities that encourage the development of early cognitive language and math skills, along with science, language, art, music, physical education, and outdoor play. Their faculty encourage these youngest boys to develop the academic, social, and emotional skills needed to enter kindergarten the following year with self-confidence and independence.

Join them at camp this summer! Their Preschool Day Camp is designed for boys to explore, learn, and play in a creative and stimulating environment. Boys can enjoy one, two, or three weeks of explorations that guarantee a unique journey of discovery: "3-2-1 Blast off!," "Coding Fun," and "Think It, Create It, and Watch It Go!" The camp is run by their dynamic US teachers. Camp is held at the Shaker Heights campus, which features a primary wing designed for young boys. Group size is limited, so register early for this fun camp!

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**Come see how Laurel girls lead.**

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## All School Open House

Girls Kindergarten-Grade 12  
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**Saturday, April 17, 2021**  
**10:30 am-12:30 pm**

**Pre-registration is required.**

Space is limited. Visit  
LaurelSchool.org/OpenHouse  
to learn more and to RSVP.

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Dream. Dare. Do.



## Just For Laughs

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

It never occurred to me how much my parents favored my twin brother until they asked me to pick up the cake for his surprise birthday party.

One day Jimmy got home early from school and his mom asked, "Why are you home so early?" He answered, "Because I was the only one that answered a question in my class." She said, "Wow, my son is a genius. What was the question?" Jimmy replied, "The question was, 'Who threw the trash can at the principal's head?'"

Daughter: Mom, what's it like to have the greatest daughter in the world?

Mom: I don't know. You'll have to ask grandma.

Q: Why did the can crusher quit his job?

A: Because it was soda pressing.

A kid asks his dad, "What's a man?"

The dad says, "A man is someone who is responsible and cares for their family."

The kid replies, "I hope one day I can be a man just like mom!"

My dad always taught me to share my toys with my siblings.

It wasn't that he wanted me to develop social skills, it's because

he was a cheapskate that wanted to spend 50% less money on toys.

Dad told mom he wanted to keep us every other weekend. Mom reminded him that they were still married and he would have to see us every day.

My professor asked everyone in class what book helped us the most in life thus far.

I chose my father's checkbook.

How do you make anti-freeze? Take away her blanket.

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