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Welcome back to Atlas Cinemas!

Local movie theater chain making a comeback after the pandemic

By Dan Miller

The pandemic took its toll on many local businesses, but possibly none worse than the movie theaters.

“We had a very rough time, being totally closed for four months,” said Gabriel Saluan, vice president of Atlas Cinemas. “I decided to keep all of our managers on payroll and pay their health insurance, even though we had no income. Then, when we were allowed to open on June 10, 2020, the studios would not release any new movies, so we had to pivot and show retro features (Jurassic Park, Mad Max, etc.) for \$5.00 just to draw some customers in.”

After that, the Atlas team came up with the family and friends theater rental where a family could

rent an entire auditorium for as little as \$50 and watch a classic movie together—out of the house. The rentals also offer special group deals on concessions.

“It brought in families and helped us generate some income to stay afloat. We have done thousands of rentals and that still continues to be our focus,” added Saluan.

Once theaters opened back up to limited capacities, they had to deal with yet another obstacle. The studios had begun to release movies for streaming on television platforms. Warner Bros. and Disney have decided to maintain this dual release model through the end of 2021. That is good for people still uncomfortable with crowds, but it is prolonging the comeback for movie theaters who are used to being the



only place to see new releases.

Fast forward to July 2021 and the theater chain is starting to see things come back to normal at its six locations. The theaters are back to about 50% of normal business as compared with being down 90% in 2020.

When moviegoers return they will find all of the things that made Atlas a great movie-watching experience. Things like luxurious, oversized-style seating and full recliners (Great Lakes Stadium 16 and Diamond Center 16 in Mentor, and Eastgate 10 in Mayfield Heights), great sur-

round sound and large screen digital presentation.

In addition, while other theaters have raised their rates, all pricing at Atlas Cinemas is at prepandemic levels, including their \$5 Monday special.

New procedures include more intense cleaning and cleaning more often.

And there has never been a better time to go to the movies with the coming releases of films like Top Gun: Maverick, Dune, West Side Story, Venom: Let There Be Car-

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nage, The Suicide Squad 2, No Time To Die (James Bond), Sing 2, Space Jam: A New Legacy, Jungle Cruise, The Eternals, Addams Family 2, and Shang-Chi and the Legend of the Ten Rings to name a few.

Saluan concluded, "It has been a gut-wrenching 15 months, but I see a bright light at the end of this journey, as long as the studios keep releasing new content that people are craving for. The demand is there — we just need the movies."

Call your favorite Atlas Cinemas location to arrange your own private screening. Please allow 24-48 hours to schedule. No outside food permitted. Visit www.AtlasCinemas.net for show times and other information.

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Euclid • 216-731-1701

Atlas Cinemas at Shaker Square

Cleveland • 216-331-6825

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Diamond Center 16

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The Zone has new arcade games and is introducing the Triple Play ticket where guests can choose three activities for a discounted price. The Triple Play excludes the zip line (which is discounted with the Triple Play purchase) and the escape room with two new themes — a wine cellar breach and a jailbreak.

For those wanting to "cruise the Strip" on a golf cart, they have added 20 carts to their fleet, with hourly, daily and limited overnight rentals.

They can accommodate school, team, scout and camp groups. For company outings there are lots of options and they now offer birthday parties under a new format.

Finally, they are lucky to have a great bunch of talented, hardworking, polite young people on this year's team.

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Ohio's Center for Oral, Facial & Implant Surgery

Pediatric care, wisdom teeth, dental implants, bridges and more

Three locations: Highland Heights, Mentor and Bainbridge

By Deanna R. Adams

Having any type of surgery is always a bit intimidating, even scary. That's why a trusted surgeon—and a calm, friendly atmosphere to ease your fears—is as important as the surgery itself.

When it comes to procedures of the face and mouth, Dr. Keith M. Schneider, DMD, not only has the experience as an oral and maxillofacial surgery specialist and periodontal surgeon, but grew up with the business.

"My father, Dr. E. Karl Schneider, began his oral and maxillofacial surgery practice in 1975 in Willoughby before moving into the Mentor area in 1981," he says. "I've been running the practices now since 2012 and am happy to be working alongside Dr. Donald P. Lewis, Dr. Jill M. Weber,

Dr. Jaclyn A. Tomsic, and Dr. Nishant Joshi."

With three offices in Mentor, Highland Heights, and Bainbridge, Ohio's Center for Oral, Facial & Implant Surgery offers a myriad of services that include dentofacial anomalies, facial reconstruction, abscess or cyst drainage or aspiration. They also address cracked teeth, dental bridges and veneers, along with more common procedures such as the removal of wisdom teeth, and the placement of dental implants.

"Wisdom teeth are most commonly removed between the ages of 16-30," says Dr. Schneider. "There is a high risk of issues that arise later in life if they're left in place."

He adds that dental implants are most often placed in those between the ages of 30 and 80 and the practice provides a range of options that in-



clude replacement of individual teeth to full mouth replacements. Patients may get their teeth replaced in one day. "We can care for patients of all ages, from age 1 to over 100," he says.

Aside from these services, Ohio's Center for Oral, Facial & Implant Surgery provide adjunctive procedures for pediatric and orthodontic colleagues. This includes removal of baby teeth, impacted canine teeth, and removal of teeth for crowding, as well as working with root canal specialists when teeth cannot be saved. The practice is on staff at eight medical centers: Hillcrest Hospital, Rainbow Babies and Children's Hospital and University Hospitals Cleveland Medical Center, Beachwood Medical Center, Ahuja Medical Center, Geauga Medical Center, West Medical Center, and TriPoint Medical Center. This includes adult and pediatric treatment centers.

For those interested in esthetic procedures, they will perform facial surgeries to correct small or misaligned jaws, the placement of facial implants, as well as facial fillers and Botox.

"We want patients to feel comfortable in our care, from the first staff member they encounter, all the way to recovery," says Dr. Schneider. "We take time to ensure a proper diagnosis and that the treatment being performed is necessary. We provide a full range of anesthesia options to ensure that the procedures are comfortable and painless."

Patients are provided comfortable blankets and even get to choose what music they'd like to hear through the



procedure.

When it comes to medical and dental benefits, there are treatment coordinators to help patients with a clear financial plan. "People deserve to know what to expect and be able to make plans for a smooth procedure throughout. That includes recovery because postoperative expectations are just as important."

There is a 24-hour call service for those wishing to discuss and evaluate any concerns. A telehealth service is also available for those who are unable to make an office visit. In addition, they arrange same-day surgical appointments, when possible, allowing for other family and work schedules.

"From the moment a patient walks through our doors, we want to provide them with the best care, and comfort for patients who are anxious of whatever procedure they're having," Dr. Schneider says. "And we're always accepting new patients to treat the needs of both adults and children."

Dr. Keith M. Schneider's office is located at 7207 Hopkins Road in Mentor. Visit their website, www.ohsurgery.com or call 440-255-3700 (Mentor), 440-771-7070 (Highland Heights), or 440-708-7080 (Bainbridge) to book a consultation.

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Cleveland Zoological Society

Behind-the-scenes partner of the Cleveland Metroparks Zoo for 64 years

By Stacy Turner

“As a mom, I’ve taken my kids to zoos all over the country,” says Sarah Crupi, executive director for the Cleveland Zoological Society. While she and her family appreciate a wonderful guest experience, she knows that so much goes into making everything happen. She describes the Cleveland Zoological Society as a “behind-the-scenes partner” of the Cleveland Metroparks Zoo.

The Cleveland Zoological Society is an independent philanthropic organization that helps support the Zoo, which is owned and operated by the Cleveland Metroparks organization. Together, they share a joint mission to connect people with wildlife, inspiring conservation efforts for threatened and endangered animals in the process.

“We know that many people may never have the opportunity to see an elephant in the wild, but they can come to our zoo to see them and learn about them,” Crupi added. “Zoos educate and inspire guests, and the animals they see are ambassadors for those in the wild. It’s exciting to be a part of making that happen.”

The zoo is nearly 140 years old, and has seen many changes during its long history. Since its inception in 1957, the Cleveland Zoological Society has partnered with the Zoo to help support animal care & welfare, foster education, and help fund international conservation work. She noted that the Zoological Society works with the zoo to solicit donations from individuals, corporations, and organizations throughout north-

east Ohio and nationally to support those efforts.

Each year, the Zoological Society provides the Cleveland Metroparks Zoo with \$200,000 annually for food and supplies — helpful, since the zoo’s animals eat 550 tons of hay each year. In addition, they provide \$360,000 each year for education programs, helping the zoo reach 100,000 regional school children annually.

For over 20 years, the Zoo has collaborated on efforts that combat habitat loss, illegal trade, and conflict with humans that threaten species around the world. Aided by financial support from the Zoological Society, the Zoo supports efforts including the Dian Fossey Gorilla Fund as well as conservation efforts for several other species. “I absolutely love this job!” Crupi marveled. “We help make a difference every day.”

Since 1998, the Zoological Society has provided \$30 million for capital improvement projects at the Zoo. “The Zoological Society is especially proud of the Daniel Maltz Rhino Reserve,” Crupi shared. The zoo’s newest capital improvement project opened last June. She noted that despite the zoo being closed to the public, the animals still required daily feeding and care throughout the shutdown. “The animals didn’t know we had a global pandemic,” she joked. “The fact that the Zoological Society was able to fully fund the \$2.5 million expansion project amid the financial stresses is remarkable,” she added.

The project more than doubled the space for the zoo’s eastern black rhi-



Above:

Get up-close and personal at The Rosebrough Tiger Passage.

Below:

Amazing views await at the African Elephant Crossing.



nos, and boasts a new bull barn and a new yard more than twice the size of the previous outdoor area. The expansion also provides enrichment items including a shade structure with mister for hot days, heated elements for winter, and a giant, hinged log that can be manipulated by the rhinos (think rhino tether ball). Other notable projects include Asian Highlands, which opened in 2018, the Rosebrough Tiger Passage in 2016, the Circle of Life Carousel in 2014, and African Elephant Crossing in 2011.

The Zoological Society manages the zoo’s membership program with membership fees being tax-deductible. “Memberships provide neces-

sary operating support for the zoo, as well as funding needed to care for the animals that live there,” Crupi explained. In addition, a portion of every membership helps support conservation efforts around the world.

“The best way to support your zoo is by visiting, buying a membership, or making a donation,” Crupi noted. “No amount is too small to help care for the animals.” Each donation helps ensure our community has access to not only see amazing animals first-hand, but to learn about them and help care for the species in the wild.”

Visit www.clevelandzoosociety.org for more information.



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NE Ohio-based nonprofit to expand statewide impact during opioid epidemic

In a very real sense, a partnership between like-minded organizations is an exchange of gifts. In the case of Ohio Mental Health and Addiction Services (OhioMHAS) and the Mentor-based nonprofit SMART Recovery (SMART), the “gift” of a generous grant by OhioMHAS to SMART was made possible by the State Opioid Response (SOR) program. This grant is intended to help those misusing substances and/or engaging in negative behaviors. In exchange, SMART will provide recovery support resources and a can-do attitude to make their programs more accessible to more Ohioans.

Last year, the organizations collaborated with OhioMHAS to address the significant social problem of holiday isolation, exacerbated by the COVID-19 pandemic, by launching an initiative called Holiday Outreach Helping Others (HoHo). Ohio MHAS financial resources made

possible an increase in the number of online mutual support meetings, no cost training for addiction professionals in using SMART’s practical tools, and a host of other services.

The goal was to bring support, hope and healing to struggling Ohioans, their families, and the community at large. By all measures it was a success but unfortunately, the crisis continues.

Now, in a deepening of the partnership, OhioMHAS has once again provided a significant grant to SMART. In return, SMART is poised to create impactful programming which will benefit Ohioans across the state by addressing the still-raging Opioid overdose crisis.

OhioMHAS awarded SMART almost \$600K as part of the “Use of Innovation” portion of the overall State Opioid Response grant program. These funds are intended to support technology and innovation



advancements in Ohio’s behavioral health care delivery system. SMART’s Executive Director Mark Ruth notes, “As we’ve seen the number of deaths from opioid overdoses skyrocket, we are pleased to be able to utilize the SOR grant financial resources to increase access to our face-to-face and virtual meetings, and support resources. This will not only make our recovery resources more widely available, but also make it easier for individuals with hearing/vision and language challenges to benefit from them. We are pleased to continue our OhioMHAS partnership to help those seeking recovery support.”

OhioMHAS announced a total of 21 recipients for use of the SOR innovation funds.

“The opioid epidemic hasn’t gone away — it persists as a threat to our citizens and our communities, said OhioMHAS Director Lori Criss. This funding will help our local partners connect even more Ohioans to treatment and recovery services and support their use of new technology and innovation to stem the tide of opioid addiction,” stated Ruth.

SMART’s plan for the funds includes an array of services and supports, falling into several main areas:

- Increased resource accessibility through large print and braille materials for visually impaired persons, handbook translation to Somali, videos in Spanish, downloadable apps, and a tablet loan program.
- IT solutions that are customer facing, such as an online chat box, a SMART mobile friendly app,

and a peer-to-peer engagement product that will help manage the volume of chat messages, as well as adding weekend hours for phone support. Also, more efficient database connections to an estimated 100 organizational partners.

- Additional mutual support group meetings. This includes greater availability for those inside and outside prisons to curtail drug-related recidivism. Regular training of SMART facilitators to prevent burnout as well as identifying second facilitators to lead to greater meeting tenure.
- A web-based class for people who struggle with a behavior that may not be an addiction, but may lead to an addiction, i.e., prevention rather than treatment.

According to Ruth, “We’ve already started moving forward with translations of materials and other work. Together with the state and all the other innovative organizations, we believe that SMART will continue our effective work and demonstrate an increased impact. It’s the least we can do to help those who are struggling or may be headed for trouble with the use of opioids.”

The bottom line is the fact that the partnership that has been forged between OhioMHAS and SMART is not only strong and effective, but every indication is that it will continue to deepen. This exchange of resources and organizational abilities is a gift that will keep on giving to all Ohioans.

For more information about SMART Recovery please visit www.smartrecovery.org.



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Learn more and find a SMART Recovery Family & Friends meeting at www.smartrecovery.org/family



What makes us laugh?

The history of laughter and the science behind its medicinal effects

By Kimberly Blaker

Whether you guffaw, chuckle, chortle, cackle, roar, howl, or giggle, the ability to laugh is shared by all people around the world. Humans even share this ability with apes and other primates! Charles Darwin and many other researchers have recorded observations of laughing in various primate species during play and especially when being tickled. These findings suggest the ability to laugh goes back millions of years to a shared ancestor. Tickling may not be what makes you laugh, but everyone has something that tickles their funny bone. Although the jokes people tell have shifted and developed throughout history, laughter's positive benefits are unaltered.

How do laughter and humor affect our health?

Laughter may really be the best medicine. Scientific research has backed up the positive effects a good laugh can have on your physical, mental, and emotional health. Laughing is so beneficial to health that laughter therapy has even become an alternative approach to treating depression, stress, and other mood disorders. Evidence from numerous studies finds laughter to be an effective method in cognitive-behavioral therapy because of its effects.

Gelotology is the term used to describe the study of laughter. This field was developed in the late 1960s and examines the physiological and

psychological effects of humor. One of the founders was William F. Fry, who would watch comedic movies while drawing blood samples. The results showed that laughter increased the activity of immune system cells.

Norman Cousins was a big proponent of laughter as medicine. At the age of 50, he was struck with a disease with a low recovery rate. But he noticed that he experienced less pain and fewer symptoms when laughing. He prescribed himself regular laughter by watching *Candid Camera* and Marx Brothers movies and lived another 25 years. He worked with the California University Hospital to more formally study the health effects of laughter.

Just a few of the recorded benefits of laughter on mental, physical, and emotional health include:

- Increased endorphin levels.
- Increased production of immune cells and antibodies.
- Decreased levels of stress-causing hormones like cortisol and epinephrine.
- Improved memory.
- A refreshing mental break that helps replenish mental resources.
- Strengthened social bonds.
- Increased intake of oxygen, which stimulates organs.
- Reduced muscle tension.
- Ability to better handle scary or stressful situations.

How has humor changed over time?

Humor as a source of laughter has been around as long as humans have been able to communicate.

According to Robert R. Provine, a laughter expert, "The necessary stimulus for laughter is not a joke, but another person." Laughter seems to have evolved as an essential part of social interaction, even if it does not happen face to face. The current thought is that humor is based on the recognition to observe or create incongruities in a social setting, and as humans' cognitive abilities and language has developed, so has humor. Play-fighting may be one of the earliest forms of humor due to the mix of playfulness with fighting behavior.

In 2008, a group of British historians hunted down the oldest recorded joke — a fart joke in Sumeria in 1900 B.C. It was inscribed on a tablet and translates to: "Something which has never occurred since time immemorial. A young woman did not fart in her husband's lap."

Although the words used may change, jokes at their core tend to make light of similar ideas, like fart jokes or toilet-related humor.

Top 10 oldest jokes from history, discovered by researchers led by humor expert Dr. Paul McDonald, reinforce the idea that at their heart, jokes have not changed too much over time. Humor has always dealt with "taboos," witty retorts, pointing out ironies, making light of difficulties, or come at someone's expense. The format of jokes may change, and the details may shift to reflect the times, but the basic elements remain the same.

Jokes and humorous content have also been shared in a variety of differ-

ent ways, depending on the technology available. Humor can be shared in any way that people communicate. Jokes have been shared through every medium imaginable — carved on tablets, written in newspapers, sent in letters, graffitied on walls, or told by entertainers like court jesters and stand-up comedians.

The rise of technology has also led to alternative ways of sharing humor. In the 1950s, Charley Douglass, a sound engineer for CBS, created laugh tracks to make a shared experience of laughter for people watching at home. Today, humor can be shared far and wide through the Internet and social media in the form of memes or videos.

Humor and laughter are universal and vital parts of a happy and healthy life. Keep your spirits up by finding ways to keep laughing. Though each person's sense of humor may be a little different, you just have to seek out what you find funny or enjoyable. Especially when you are feeling down, it is even more important to try to find something to laugh at to lighten your load. Socialize with people who make you laugh for a boost. Sign up for a daily joke or comic strip. Follow your favorite comedian. Keep a running list of books, songs, TV shows, or movies that make you laugh. Or start a 'funny file' for emergencies with cards and pictures that bring a smile to your face. Even if you don't feel like laughing, try forcing a few chuckles. The more ridiculous, the better. You'll likely find yourself genuinely laughing before you know it!

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Tips to start your kids off on the right foot this school year

By Kimberly Blaker

The mark of a new school year is often anticipated with a mix of emotions for kids and parents alike, ranging from exhilaration to anxiety. Kids are excited to wear their new clothes, see their classmates, and participate in extracurricular activities. Parents are proud to see their kids reach another milestone and look forward to exciting new experiences for their growing child.

But the school year can bring about challenges as well that leave kids and parents anxious. So follow these tips to get your kids off to a good start and keep them on course.

Kids need their Zs

Sufficient sleep is essential to proper brain function. When kids are deprived of sleep, it can interfere with their memory, attention, and ability to learn. Insufficient sleep can also adversely affect health. It contributes to type 2 diabetes in children and teens.

Mental health is also affected by sleep. Kids who don't get enough quality sleep are at risk for mood swings, anxiety, hyperactivity, and aggressive behavior.

Unfortunately, because teens' circadian rhythm keeps them alert later at night, early school start times don't help. But getting plenty of sleep is crucial. Kids ages 6 to 12 need 9 to 12 hours of sleep each night, and teens require 8 to 10.

To help your kids fall asleep better, set a curfew and regular bedtime for school nights accordingly. On weekends, kids want to stay up later. Just try not to let their weekend sleep patterns veer too far from their weeknight routine. Otherwise, it'll be a challenge to get them back on track. Also:

- Remove media from bedrooms at night.
- Set a curfew of 2–3 hours before bed for caffeine.
- Keep bedroom temperatures three degrees cooler at night than during the daytime.
- Make sure your kids have plenty of blankets.
- Have your child take a hot bath before bed.
- Have kids eat a light, high carbohydrate snack before bed such as fruit or white grains.

Balance is essential

During the school year, kids have a lot on their plate. In addition to school, they have family, friends, homework, chores, extracurricular activities, and perhaps a part-time job.

But balance is essential to your child's well-being. The reason such imbalance sometimes develops is that parents see other families involved in so many extracurricular activities. As a result, parents think they're not doing their job if their kids aren't always on the go. Because kids want to make their parents happy and proud of them,



kids often don't speak up when they feel overwhelmed.

Structured activities do provide valuable benefits to kids. Still, they need free time to play and socialize as well. When kids lack balance in their lives, it can cause them stress and interfere with their ability to sleep and optimal functioning. It can also affect their mental wellness.

Pay attention to emotional health

According to the National Alliance on Mental Illness, one in five adolescents has a mental health condition. A significant percentage of younger kids also experience mental disorders. Conditions range from anxiety and depression to attention deficit disorder, and in the later teens, bipolar and schizophrenia.

School success is strongly tied to kids' emotional wellness. Unfortunately, when kids exhibit behavioral changes, parents often assume it's just a childhood or adolescent phase as opposed to a mental health problem.

Child and family therapist, Donna M. Carollo, LMFT, says when a

child or teen “exhibits symptoms of depression for over a month, it's time to seek professional help.” Carolla points out a few signs to watch for that could indicate depression or another mental illness. These include “a child wanting to socially isolate, exhibiting excessive fatigue, a change in appetite, a lack of desire to do any of the fun things they used to, or a sudden drop in academic performance.”

Drugs and alcohol misuse or abuse may also be symptoms of a mental health condition. If you suspect your teen is misusing or abusing substances, intervention is crucial. You can make an appointment with a mental health care professional or contact an addiction treatment center for help.

You can also contact the local public behavioral health care agency for child and adolescent mental health or substance abuse concerns.

Limit cell phone use

According to a 2018 survey by Pew Research Center, more than half of kids between 13 and 17 worry they spend too much time

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on their cell phones. Just over half also say they've taken steps to reduce their use of it. Fifty-seven percent have made efforts to limit their time on social media and 58% to limit video games.

Cell phone addiction has become a growing problem among adolescents. According to Carollo, "Something is considered an addiction when the chosen behavior causes an individual to suffer in many other valued areas of their life." She cautions, however, that a parent's values and a child's values don't always sync. If the cell phone is interfering with face-to-face family and friend time, school work, sleep, or exercise that's when it's time for parents to enforce some guidelines.

To gain kids' cooperation, ask them to help you create the rules. Also, allow your adolescent an hour or two of daily phone time because socialization is an integral part of teen development.

At night, however, require all phones are on their chargers outside of bedrooms. Other helpful rules include no phones during mealtime and that chores and homework must be completed before kids can have their phones. Also, set consequences for breaking cell phone rules. Loss of their cell phone for a specified period is an appropriate measure.

Get academic help

If your child has struggled academically in the past or grades begin to suffer, your child may need help.

Any of the above issues, among other things, can lead to academic problems.

Some kids struggle with retaining information, understanding concepts, or have a different learning style. Also, learning disabilities can affect kids of all intelligence levels and cause academic challenges.

If your child is struggling in one or more subjects, ask your child's teachers about their observations. Then talk to the school principal. Public schools are required to provide an assessment upon request. If your child attends a private school that doesn't offer assessments, you can request it through your public school district.

Whatever the reason for your child's school difficulties, there are ways to help. First, establish a regular homework time. Also, set up a quiet, distraction-free area as a homework station and furnish it with a desk or comfortable chair. Kids' rooms provide too many distractions. Plus the ability to close their door can hide that they're not on task.

Also, consider a tutor. Some schools offer free one-on-one or afterschool group tutoring. Another option is to ask a trusted family member, neighbor, or friend who might be interested in helping. You can find free online video tutorials at KhanAcademy.org as well.

Another option is to hire a tutor. Look for local tutoring companies, or visit TakeLessons.com or Care.com to find local tutors.

 **Just For Laughs**

Nate: Why was school easier for cave people?
 Kate: Why?
 Nate: Because there was no history to study!

Luke: Why did the M&M go to school?
 Stan: I'm stumped.
 Luke: Because he really wanted to be a Smartie!

Teacher: Class, we will have only half a day of school this morning.
 Class: Hooray!
 Teacher: We will have the other half this afternoon.

Stevie: Hey, Mom, I got a hundred in school today!
 Mom: That's great. What in?
 Stevie: A 40 in reading and a 60 in spelling.

Mom: What did you do at school today?
 Mark: We did a guessing game.
 Mom: But I thought you were having a math exam.
 Mark: That's right!

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Mommy Chronicles

By Stacy Turner

Back to school means shopping

For most parents, the back-to-school season means back to the stores, and many start the season early. Last year, according to the National Retail Federation, 68% of shoppers planned to begin their back-to-school purchasing three weeks prior to the start of school. I understand the need to start shopping early. As a kid, the first day of school always set the butterflies churning in my stomach. Starting at five new schools throughout the course of childhood, I became an expert at starting over, though it was a skill I would have preferred not to learn. I still get nervous for my kids, as they return to school each year, but I do my best not to let them see it. Instead of waiting until the last minute, as sometimes happened as a kid, we shop early, so we're not rushing around at the last minute, adding unnecessary stress.

This practice brings a sense of calm not only to me, but to my organized first-born, who wants to make sure she finds precisely what she needs well ahead of time. We also take time to find just the right lunchbox, water bottle, or pencil case so my free-spirited youngest child is excited about going to school to use them. The same principle applies to clothes and shoes, with online shopping an awesome option for my shopping-averse kids. Getting ready for school also means finding a balance between late nights enjoying the glorious summer season while simultaneously preparing for the early mornings that will soon be a shock to our systems.

Speaking of shocking, last year, shoppers planned to spend an average of nearly \$790 on school supplies, clothing and accessories to help prepare their kids for school. While you commiserate about the high costs of everything from pencils to Post-its, try to remember that some day in the not too distant future, you'll no longer need to be concerned with the difference between college-ruled or wide-ruled notebooks or finding every hard-to-find item on the supply list before the first day of class. As you head

out to go school shopping, maybe irritated by the length of the list and the mounting cost at the register, remember that some day soon you won't have this opportunity.

With our little ones, summer didn't offer much time to think, with a full schedule of softball games, summer camp and camping trips. And while these special activities kept us running, they also gave us a much-needed break from school. But as the kids get older, it seems like summer has gotten shorter, with part time jobs and social activities added to the mix. And with fall sport practices beginning in July, we're making regular trips to school throughout the summer months, making it feel as though they never really left school. On the bright side, first-day nerves are greatly reduced, since they've gotten used to being back to school all summer long.

And as my kids have grown, the supply lists have moved away from vibrant watercolor paints, markers and crayons to binders, mechanical pencils, and scientific calculators. So as school supplies go on sale, I find myself gravitating toward the fun notebooks, markers, and brightly colored pencil cases. I miss the smell of new crayons and the sound of the pencil sharpener as my little ones packed their character-themed backpacks, nervously excited for that first day of school. Now, they prep for school in less colorful ways, and they aren't so little anymore, either. And it won't be long until we're packing them up for college.

I'm not the only one feeling nostalgic; my oldest reminisced on how she looked forward to the open house because she knew that first day back at school only lasted an hour. I guess it really is all in your perspective.

So however you and your family choose to approach the back-to-school season -- whether by the seat of your pants, or with weeks of planning, know that the new school year will begin, full of promise and hope. And hopefully, if you're lucky, it will include some fun and colorful supplies.



By Christa Melnyk Hines

Transitions are tough on kids and parents. Here's what you need to know to help your child successfully navigate school milestones—and what to watch for each step of the way.

Welcome to kindergarten

This year, your child will begin to develop a sense of independence and self-confidence. To ensure long-term academic success, foster resilience and a growth mindset.

"Allow them to make mistakes, to keep trying and reward the effort not the action," says Tara Walrod, a school counselor.

For example, instead of telling your child how smart they are, you might say: "You worked so hard and did it by yourself!"

Tips for success:

- Practice buckling and unbuckling their seatbelt

From kindergarten to college:

Your guide to navigating school transitions

- Learn to independently take jacket on and off.
- Ability to get their backpack on/off and zip/unzip it.
- Help them recognize their name in writing.
- Continue reading daily with your child.
- Attend school orientation events like kindergarten round-up and sneak-a-peeks.
- Foster fair play, winning and losing gracefully, and flexibility (like using colors that aren't their first choice).
- By the second week of school, let your child walk into the building on their own.
- Encourage eating school lunches the first week to help them learn the ropes.

What to watch for: Each evening, ask your youngster questions about their day, like: "What did you talk about during sharing time today?" If your child seems unhappy or lagging behind their peers, check in with the teacher.

Find your middle school mojo

Middle school can be challenging as kids adjust to multiple teachers and a larger school environment. For the most part, Dr. Jim McMullen, an assistant superintendent and former middle school principal, says kids manage the transition better than their parents might expect, especially when

they take advantage of fifth grade school visits and orientations to reduce their apprehension.

"Be there to support them and process with them at night and give advice. Kids pretty quickly become acclimated with the school and do really well," McMullen says.

Tips for success:

- Go over a map of the school to figure out class locations.
- Practice unlocking locker combinations prior to school starting.
- Suggest they decorate their locker with fun pictures or magnets.
- If your child will ride the bus, go over the schedule, rules and expectations.
- Encourage involvement in clubs, groups or sports.
- Continue prioritizing reading and academics.
- Check in daily with questions like: "Who is your favorite teacher? Why? Who did you sit with at lunch? What are the top three things you enjoyed at school today? What was one thing you didn't enjoy?"

What to watch for: Tune into your child's social media use. "Parents have to know what their child is looking at and posting—and not gaining self-esteem from 'likes,' but instead from making moments at school," Walrod says. *continued* →



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Kindergarten to college from page 15

Time for the high school hustle

As your student enters high school, they'll begin to face more pressures related to time management, academics, extracurriculars and their social life. An active school life and a healthy support system is critical to your high schooler's well-being.

"Through high school, kids should love going to school, whether their connection is with their friends, teachers, athletic team, band or theater," McMullen says. "Kids who are engaged do really well academically and socially."

Tips for success:

- Attend tours, orientations, and school events.
- Get involved in summer opportunities at the school.
- Check the school's website for books or other summer assignments due before school begins.
- Continue to prioritize reading and academics.
- Encourage your teen to get involved by following their interests.

What to watch for: "We know that high school is a super stressful time for our kids, so make sure they have strategies in place to calm anxieties and stress," Walrod says.

Continue nurturing your relationship with your teen through conversation. Model and encourage stress management skills like deep breathing

exercises, quiet breaks, periodic disengagement from social media, physical exercise, and time with friends and close family.

Moving on to college

Begin researching higher education options between your child's sophomore and junior year of high school. Plan visits to colleges or technical schools either the summer before junior year or during the junior year.

"These visits are your first opportunity to get to know the school and see if it might be a good fit, and this will help narrow down the options," says Alice Arredondo, a college director of admissions.

The transition into college life can take about a year, as your student learns to live independently while managing their time between school work, their social life and other interests.

Tips for success:

- During their senior year of high school, in exchange for responsible decision-making, remove their curfew.
- Teach them how to do laundry.
- Discuss how to manage money and the pros and cons of credit cards, which is one of the first ways college freshmen get into financial trouble.
- Remind your child their family is available whenever they need support or feel overwhelmed.

- Create expectations about how often you will touch base with each other.
- Foster a sense of openness to all types of conversations, no matter how difficult.
- Check in with your child periodically (preferably not daily).
- Leave supportive messages on their phone.
- Understand that they may not return your call right away.

What to watch for: "If you notice that your child isn't responding to any messages, seems depressed or anxious when you call, experiences significant weight changes or seems overly stressed, you should take the time to see them in person and better assess the situation," Arredondo says. "A small dose of these things may be normal during the college transition but excessive deviations from who you know your child to be should be concerning."

If your student hasn't signed a Family Educational Rights and Privacy Act (FERPA) waiver, you won't be able to access their grades, finances, personal well-being or any information outside of a public directory. You can ask academic advisors or campus health offices to check on your young adult, but they won't be able to provide information back without a waiver.

"This is why it's important to establish an open line of communication with your child before they leave for college," Arredondo says.



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The ABCs of thrift shopping

Before the kids go back to the classroom this fall, head to your local Goodwill store to brush up on your ABCs of thrift shopping!

Amazing finds!

Whether your kiddo is heading off to kindergarten or to college, Goodwill carries a variety of new and donated goods including jeans, uniforms, backpacks, shoes and electronics to start the school year out on the right foot. New items are continuously being stocked on the sales floor for a never-ending supply of great finds at affordable prices!

With so many local stores to shop and a steady stream of new donations coming into those stores, Goodwill will never give you that “all-the-good-stuff-is-gone” panic attack you might have when shopping at big-box stores as the start of school quickly approaches.

Don't forget to look for some of their top back-to-school items, many of which you might not realize you

can find at Goodwill:

- Adult shirts that can be repurposed as paint smocks for a preschooler's classroom.
- Plastic crates, bins, and baskets that can be used to store school supplies.
- Wall décor, lamps, and seasonal decor for a college dorm room or new apartment.
- Instruments like guitars, horns, or metronomes for the budding music student.
- Calculators and flash cards for the math student.
- Bedding like sheets, blankets, and towels for the college student.
- Bicycles and helmets for riding to and from school.
- Backpacks and lunch boxes along with thermal and plastic drink bottles for students who enjoy a homemade lunch.
- Educational games, toys, books, globes, and maps.
- Jewelry, clothing, and accessories for all those classroom-themed parties.



Budget friendly!

At Goodwill stores you can find gently used, and new-with-tags, clothing, shoes, accessories and more at prices that are typically 50-90% less than large retailers. Whether you are on a budget, just love a good deal, frugal, or saving money for a special reason shopping at Goodwill stores help teach money-saving lessons to your children. Don't miss an opportunity to save even more August 6-8 during Ohio's tax-free weekend.

Thrift shopping at Goodwill stores

also means you are giving second life to clothing and other items by reducing waste and keeping them out of landfills. Shopping in a thrift store like Goodwill is a valuable teaching moment, giving you a chance to demonstrate to your children the value of being financially, environmentally and socially conscious.

Community strengthening!

Did you know that shopping at Goodwill helps support programs like job training, hot meal programs,

See Goodwill on page 18

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Goodwill from page 17

parenting classes, support of families in crisis and much more? Every year, your local Goodwill supports thousands of individuals in your community with programming that gives them a hand-up in life, not just a hand-out.

“It may not be foremost in your mind, but you’re helping the people in your community when you shop at Goodwill,” explained Bryant Taylor, vice president of donated goods. “Whether it’s dorm essentials you need or shoes for gym class, Goodwill is a great option for families who are looking to save. And all purchases support a network of programs that help thousands in our community.”

Before you restock your kids’ wardrobes with clothing and accessories at Goodwill, take a moment to go through their closet and clear out any items they do not wear or need anymore. Any clothing that does not fit anymore can be donated to Goodwill, along with shoes, accessories, books, furniture and other household goods! Keep a bag or box in the corner of your kids’ rooms designated for Goodwill donations.

Then, before your next shopping trip, drop off your donations to Goodwill. You’ll keep your home organized and up-to-date while doing good for your community!

Locally, Goodwill Industries has several convenient locations for both donating and shopping. Visit GoodwillGoodSkills.org for more information.

Mayfield Heights
6605 Mayfield Road
440-683-1602

University Heights
Cedar Center South
Shopping Center
13908 Cedar Road
216-306-2661

**Landerwood Plaza
Donation Center**
30850 Pinetree Road
Pepper Pike

Eastlake
33459 Vine Street
440-942-6910

Chardon
425 Water Street
440-901-0100

**Fairmount Center for the Arts
45th annual arts exhibition**

The Fairmount Center for the Arts 45th annual juried art exhibition will be held from August 9–August 26, 2021 with a closing reception from 6:30–9pm on August 26. This exhibition and closing reception are free and open to the general public.

Celebrating its 50th year of business, Fairmount has been serving the residents of northeast Ohio through arts enrichment and programming. In an effort to preserve the past and reimagine the future, the Fairmount Art Exhibition serves as one of the many celebrations throughout the year honoring Fairmount’s rich history and exciting path forward. The exhibit showcases the incredible talent of our region’s most prominent, professional artists.

The exhibition showcases a variety of art pieces from artists around Ohio. In recent years, Fairmount has received up to 350 pieces of artwork with 150 works on view for the general public. The exhibition is family friendly, including an interactive scavenger hunt to engage with the art and win prizes and a discount



incentive to register for Fairmount’s fall arts programs.

Leading up to the exhibit, Fairmount is offering raffle tickets for the Fairmount 500 Raffle for a chance to win \$15,000! Only 500 tickets are available and sales will end August 25, 2021 at midnight (OR when all 500 tickets have been sold). The drawing will be held and live streamed (winner need not be present) during the closing reception of the exhibit. Get your tickets by calling 440-338-3171 or by visiting www.fairmountcenter.org.

Fairmount Center for the Arts is located at 8400 Fairmount Road in Novelty, Ohio.

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Fairmount Center for the Arts Programs begin August 30!

Fairmount Center for the Arts, a three time “Best of East” award winner, announces its fall 2021 session of programs. Registration is underway and classes and music lessons begin the week of August 30. Come express yourself and grow through the ARTS!

Programming includes classes in dance, theatre, music, visual arts and fitness. Classes are offered for toddlers through adults in all arts disciplines. Programs will take place both on site as well as some online.

Dance

Through a partnership with Verb Ballets, Fairmount’s School of Dance provides a progressive, curriculum-based program for students ages 5 through 18 years. Fairmount School of Dance offers courses in ballet, pointe, tap, jazz, and contemporary. Through the Fairmount School of Dance, students may also participate in Fairmount Dance Company and Fairmount Dance Company Jr. which are educational, community based performance ensembles. Ballet students in the School of Dance will perform a holiday show — “Nutcracker Tea & Treats” on Saturday, December 4.

Recreational Dance offer classes for children (starting at 3 years), teens, and adults in Kinderdance, Ballet, Jazz, Hip-Hop, Tap and Spanish Dance. Back this fall is Hip Hop Crew, a community performance ensemble who will be taking their talents into the community, including a performance at a Cleveland Cavaliers game this fall!

Theatre

Through Fairmount’s theatre programs, actors develop skills in creative dramatics, script reading, singing, and choreography and gain self-esteem and confidence in a caring, energetic atmosphere. This fall, the Youth Theatre Program (designed for ages 7–14 years) will present “Honk Jr.,” which shares the story of the ugly duckling through a charming story that is shared by young actresses through dance and song. Honk Jr. will be performed in November by the cast enrolled in the fall program.

Art Classes and Workshops

Art classes and workshops exploring drawing, painting, mixed media and ceramics are available for children and adults.

Music

Fairmount offers music lessons taught by professional music faculty. Lessons are offered in piano, voice, violin, guitar, ukulele and saxophone.

Fitness

As part of its fitness program, Fairmount offers yoga, Barre Fitness and Zumba classes.

Fairmount is conveniently located in Geauga County at 8400 Fairmount Road, Novelty, just minutes from Chagrin Falls, Solon, Chardon, and Kirtland.

Learn more or register online at www.fairmountcenter.org or call 440-338-3171.

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www.ClevelandZooSociety.org
Spotlights local bands playing pop, rock, dance, swing, country and blues. Admission for all partygoers includes cover charge, small bites, complimentary beer, wine and soda. 21 & over.

124th Cuyahoga County Fair

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Little Italy

Feast of the Assumption

Thu., August 12 • 6 pm–11 pm
Fri., August 13 • 6 pm–midnight
Sat., August 14 • noon–midnight
Sun., August 15 • noon–11 pm
12021 Mayfield Road, Cleveland
www.holy-rosary.org
Featuring Italian foods, desserts, live music, vendors and rides for young children.

Cleveland Garlic Festival

Sat., August 28 • noon–8 pm
Sun., August 29 • noon–6 pm
Historic Shaker Square
216-751-7656
www.clevelandgarlicfestival.org
Featuring a garlic gourmet alley, live music, face painting, animal show, pedal tractor maze, bungee trampoline, artist gallery, craft and brew tent. \$9 adults; \$5 seniors (65+), \$5 children 4–12 years old. Children under 4 are free.

74th One World Day Festival

Sun., Aug. 29 • 11 am–6 pm
Cleveland Cultural Gardens
MLK Drive, Cleveland
216-220-3075
www.clevelandoneworld.org
Featuring parade of flags, family activities, children's village, beer garden, cultural performances, authentic ethnic food, free parking.

SEPTEMBER

Cleveland National Airshow

September 4, 5, 6
9 am–4:30 pm
Burke Lakefront Airport
www.clevelandairshow.com
General admission tickets are only available in advance:
Adult tickets: \$30
Youth (ages 6-11): \$20
Kids (5 & under): FREE
Featuring the U.S. Air Force Thunderbirds, pyrotechnics, Shock Wave Jet Truck, Drone-werx, Metro Life Flight, Geico Skytypers Team, ground displays, inflatables and more.

Lyndhurst Home Day

Fri., Sep. 10 • 5–10 pm
Sat., Sep. 11 • noon–10:00 pm
Sun., Sep. 12 • 1–9:30 pm
Lyndhurst Park (Behind City Hall)
1341 Parkview, Lyndhurst
440-442-5777
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Sun., September 12 • noon–3 pm
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23355 Mercantile Road
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Oktoberfest

Sat., September 18 • 6:30 pm
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thelittlestheroes.org
Live entertainment, food, beer, auction prizes and giveaways to benefit children with cancer.

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Doors Open – **6:30 pm**
Program – **7:30 pm**
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Director of Caregiving
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Robert Blancato

Executive Director
 National Association of Nutrition and Aging Services Programs



Marc Freedman

Founder & CEO
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Jimmy's Treehouse now open at Nature Center at Shaker Lakes

The Nature Center at Shaker Lakes is pleased to announce the completion of Jimmy's Treehouse, which will open to the public on Saturday, July 17, 2021 beginning at 10 a.m.

Jimmy's Treehouse is yet another exciting enhancement to the grounds at the Nature Center at Shaker Lakes, made possible through the Enhancing Your Outdoor Classroom: Campaign for the Nature Center at Shaker Lakes, and a generous donation from the Lincoln Family. Open during regular Nature Center hours, the treehouse is ADA-accessible and overlooks the scenic Stearns Woodland Trail. Offering access to nature for people of all ages and abilities, Jimmy's Treehouse will be a new outdoor location for visitors, summer campers and school groups to enjoy.

Jimmy's Treehouse is named after the late James F. Lincoln Jr. Jimmy was a playful spirit, who was often heard saying, "The only problem with children is there are not enough of them!" All are welcome to visit and explore the treehouse, designed by Nelson Treehouse & Supply, LLC (Fall City, WA) of the famed "Treehouse Masters" TV show, and constructed by John G. Johnson Construction Company (Cleveland, OH). Visitors will see firsthand how this recently constructed feature allows visitors to explore and more deeply immerse themselves in nature

and the outdoors.

Jimmy's Treehouse is one component of a larger, multi-phase \$6.1 million capital campaign to restore and reinvigorate the Nature Center at Shaker Lakes' outdoor classroom. Currently in its final year, the capital campaign will allow the Nature Center to transform the visitor experience and enhance the property with new, unique features, interpretive elements and restored native habitats.

"Each of our new features, including Jimmy's Treehouse, are transforming the Nature Center into a local destination. It is yet another example of many new, engaging trail features that will help adults and children spend more time outdoors while gaining a deeper appreciation for and connection to nature," says president and CEO Kay Carlson.

The final phase of this transformative campaign includes enhanced neighborhood entrances and a new children's nature play area. Projects are slated for completion in fall 2021. Opportunities to support this transformative campaign are still available. Specifically, The Kelvin and Eleanor Smith Foundation has generously offered to match all campaign gifts of \$100 or more through August 31 — up to \$100,000. Donations can be made online at www.shakerlakes.org/outdoorclassroom.

The Nature Center at Shaker Lakes is located at 2600 South Park Boulevard in Shaker Heights.

Fairy Doors: Magical Garden Gateways

The fairies have returned to the forests and gardens of northeast Ohio — this time to both the Cleveland Botanical Garden and the Holden Arboretum — and now through August 29, 2021 children of all ages can see for themselves! The Holden team worked with 22 regional artists to create woodland and garden creations for elusive fairies who chose the botanical garden and the arboretum as their summer home. The word is out in the fairy world — Greater Cleveland is a great place to live, especially in the summer!

More than 50 handcrafted fairy doors and several fairy-inspired interactive exhibits created by artists invite guests to explore deep into the forests and gardens.

Here's how to experience the fairies at both locations:

Hunt on your own! Request a map when you check in and use it as you make your way through the trails of the botanical garden and the arboretum, see how many you

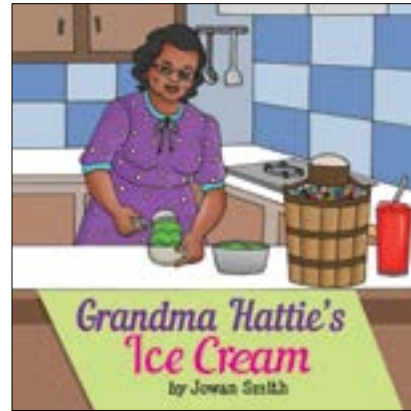


can find as you look high and low in gardens filled with flowers and along woodland trails.

Attend a class. Extend the magic of your Fairy Doors experience by registering for a scheduled program. Create a fairy garden of your own in July & August at the Arboretum campus & join in at the Botanical Garden in August for an annual favorite, Fairy Tea.

The exhibit is included with general admission to the Cleveland Botanical Garden and the Holden Arboretum. Admission cost is \$15 for adults, \$10 for children 3-12 years old and free for children 2 and under. Visit holdenfg.org for info.

Lyndhurst educator creates new children's book



Most people have a cute grandma story. In Jowan Smith's family, Grandma Hattie made the most amazing homemade ice cream. She would pull out her wooden ice cream churner and hum songs while the breeze blew in the window.

What better way to teach children colors and numbers than to use their favorite dessert! Grandma Hattie will teach children numbers and colors and so much more using scoops of ice cream. This book also comes as a coloring book so your child can learn the colors and then color it in for themselves.

Author Jowan Smith, is a mother of two and grandmother of two from Cleveland, Ohio. Her passion for youth empowerment is shown in her books. Her goal is to write about real situations using real people.

Grandma Hattie's Ice Cream is available on www.jowan-smith.com (with an autograph), www.Amazon.com, www.Walmart.com, www.Target.com, & www.barnesandnoble.com. This book can be purchased in paperback, hardback, ebook, and as a coloring book.

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