



TODAY'S family

August 2025 Lake Geauga

Shake On It!
Help your child develop
a solid handshake
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Back To School

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Partnering with your
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**AVOIDING THE
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with other parents

**FIRST-DAY
MELTDOWNS**
Tips for parents on
how to cool them

Plus

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- Chali Tea Shop



My Brave Friend

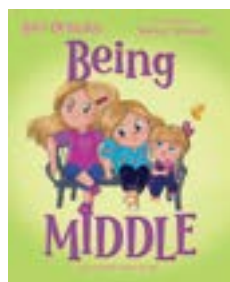
By Suzanne Stone (of Livestrong)
and Brett Fox (of Hopecam)

What is cancer? Is it the same as being sick? Why isn't my best friend, Emma, at school anymore?

Noah and Emma are inseparable. They spend their days swinging on the monkey bars and sharing jokes that always make each other

laugh. But one day, Noah realizes Emma is missing from school. He soon discovers that Emma is battling cancer.

With the help of his parents, teacher, and friends, Noah learns what cancer is and how he can be there for Emma. Together, they find ways to bring happiness and comfort to Emma during her treatment. Join Noah on his journey as he brings light and love to his best friend when she needs it the most. Available August 12, 2025 at Mascot Books, Amazon, Barnes & Noble, Books-A-Million, Bookshop.org. Ages 6–8.



Being Middle

By Lori Olinsky

Being in the middle isn't always easy—but it can be pretty great! Being Middle is a heartfelt, humorous picture book that celebrates middle children and the special role they play in the family. Inspired by the author's daughter, this rhyming story reminds middle kids they're seen, valued, and full of unique strengths. With playful illustrations and an

empowering message, it's the perfect read for any child navigating life between the oldest and the youngest. Available August 12. Ages 4–8.



Do You Hear What I Hear?

By Helen Dunlap Newton

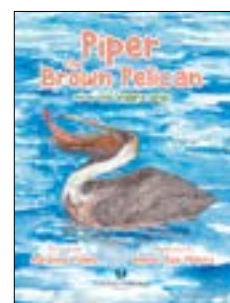
Noah Baker is a middle schooler turned mind-reading secret agent after a cochlear implant gives him the power to hear thoughts. Recruited by the government, he and his witty partner Lena must stop the bad guys before his powers put them in danger. Ages 8–12.



The Mouse Who Couldn't Eat Cheese

By MB Mooney

Alex the Owl is eager to befriend Maya the Mouse -- but why won't Maya play or eat cheese? When Alex learns Maya has Crohn's disease, the two discover that true friendship means understanding and supporting each other.



Piper the Brown Pelican

By Adrienne Palma

Join Piper the brown pelican on a fun coastal journey through North Carolina as she shares her life and teaches kids about pelicans, their habitats, and behaviors. With engaging facts, illustrations, and bonus activities, this book is perfect for young nature lovers. Ages 4–8.

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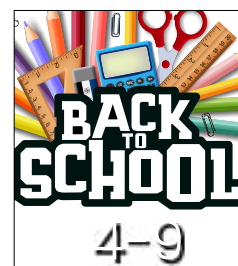
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Experience the Art of Bubble Tea at Chali Tea Shop



Discover a refreshing new take on bubble tea—where premium ingredients, authentic flavors, and handcrafted care come together to create something truly exceptional. Proudly located in northern Ohio, Chali Tea Shop offers a tea experience unlike any other.

Each drink begins with high mountain teas, cold brewed to preserve their natural smoothness and delicate aroma. These teas are combined with fresh fruits, creamy milk, and soft, chewy tapioca pearls for a drink that's both refreshing and flavorful. Free

from artificial flavors and sweeteners, every cup is made with only real, high-quality ingredients.

The menu features a wide variety of options, from popular fruit teas like mango, peach, lychee, and strawberry to classic milk teas and seasonal specialties. You can customize your drink by adjusting the sweetness and ice levels, and choose from a variety of toppings—including lychee jelly, herb jelly, fruit-flavored popping boba, and tapioca pearls.

Chali believes bubble tea is more than just a

drink—it's a moment of joy. Whether you're catching up with friends or simply treating yourself, their teas are crafted to brighten your day.

Discover why Chali Tea Shop has become a favorite destination for bubble tea lovers across Ohio. Now open at 9516 Diamond Centre Drive in Mentor. Call 440-551-9621, visit them at www.chali-teashop.com or scan the QR code for more info.

See their ad on the back page of this issue for great coupons!

Fall classes at Rabbit Run

Fall in love with the arts this autumn at Rabbit Run Community Arts Association (RRCAA) in Madison. Registration for fall classes and lessons is now open.

Dance classes are available in creative movement, ballet, and tap/jazz from preschoolers, who just love to move, to adults looking to get back into shape. Also available are classes in modern dance, contemporary and lyrical and ballroom dancing.

RRCAA also offers visual art experiences with "Art with Miss Katie."

In these three- to six-week sessions students will work on a variety of art projects using many different mediums.

RRCAA provides a full range of private music instruction from beginner to advanced students in voice, brass, beginning band instruments, acoustic and electric guitar, woodwinds, piano/keyboard, viola/violin/Suzuki violin, cello and fiddle.

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A SEASON OF COMPARISON

How to stop measuring yourself against other parents

Back-to-school can be a fresh start, new shoes, new teachers, and new routines. But if you're feeling judged, defensive, or lacking confidence, you are not alone. This time of year, many parents get caught in the comparison trap.

Maybe it starts at the bus stop when someone asks, "Did you go anywhere fun this summer?" and you feel bad for not taking your kids on a big trip. Or you see picture-perfect first-day-of-school photos complete with brand new outfits, and you think you're falling short.

If you're measuring your family against someone else's, it's easy to feel judged or hear your inner voice say, "You should be doing more."

Comparison, however, reveals our deepest desires and presents a unique learning opportunity, just in time for school.

Why We Compare

We're wired to scan our environment for safety and belonging. It's how we figure out where we fit in. Our minds constantly check our surroundings by asking: Am I okay? Do I belong here?

Comparison becomes a trap when we pay so much attention to what's happening externally that we ignore our quiet inner knowing.

I hear from many parents this time of year who feel less than, judgmental, or self-critical. Maybe you wonder if you should sign your child up for more activities, pack healthier lunches, or get a tutor. By understanding your values and desires, you can lessen the outer noise and get more comfortable with your intuition. That helps you make decisions that work for you and your family.

Comparison Reveals Your Deepest Desires

Comparison isn't always bad. It can shine a light on what matters to you. We tend to compare in areas where we feel self-conscious, or where we want something we haven't fully allowed ourselves.

If you think, "How does she always look so put together at school drop-off?" maybe it's a sign you crave more time for yourself in the mornings. This could be something you just

can't accommodate at this stage of your life, but you want to prioritize it at some point.

Notice every time you compare yourself to someone else and make a note of what you're comparing. There may be a theme that shows you some areas in your life that you want to prioritize or figure out your values around.

Left unchecked, comparison robs us of joy, creativity, connection, and peace. That's why it's so powerful to catch it when it happens and alter your perspective.

Five Mindset Shifts To Turn Comparison Into Growth

This back-to-school season, you don't have to eliminate comparison. Instead, let it be a teacher. Use these shifts to see what's underneath your tendency to compare:

1. From story to truth

Most comparison is rooted in a story: "They're so much more confident than I am." "Their family is perfect."

Pause and ask: Is that true?

Try this simple tool: when you notice your thoughts spinning a comparison story, gently tell yourself, "Stop. I've got this." This tiny interruption brings you back to the present and reminds you that you are not your thoughts, and you get to choose what happens next.

2. From comparison to compassion

Often, what you judge in others points to something unresolved in you, an old wound or forgotten desire. Maybe you feel guilty when you think about another parent who volunteers for everything. Is it about them, or is it reflecting a deeper wish to feel seen, appreciated, or valued?

When you soften your comparison, you create space for compassion. Try talking to yourself as if you were your own best friend by saying, "I'm not falling behind. I'm doing the best I can." Let other parents be who they are. Let yourself be who you are.

3. From scarcity to possibility

Comparison feeds the myth that there's only so much success, beauty,



or love to go around. But someone else's good fortune doesn't take away from yours.

When you see something you admire, let it remind you of what's possible, not what you're missing. Celebrate others and celebrate yourself.

There's room for all of us. When we focus on abundance, we get more inspired to focus on what we want instead of what we think we lack.

4. From triggers to teachers

Comparison can stem from old beliefs like "I'm not enough" or "I'm behind." It can feel uncomfortable or even painful. But what if our reactions are messengers?

When you feel that hot wave of envy, pause. Ask yourself: "What part of me is being stirred up here?"

Your triggers are like signposts, pointing to parts of you that need your attention. Maybe you feel left out, lonely, or unappreciated in your own life. Use that awareness to make changes, not to spiral further.

5. From holding back to owning your path

Comparison keeps us small. We think: "Why try? It's already been done better." But your path is yours alone. Even if someone else is doing it, they're not doing it your way.

One of my favorite mantras is: "I don't have to be the best, I just have to be me."

Clean up your environment. Unfollow social media accounts that make

you feel less than. Step back from conversations that leave you drained. Fill your world with what lifts you up and reflects what matters to you.

Back-To-School—Rooted in Enough-ness

This time of year will likely bring moments of comparison. Let them come and go. Let them show you what you care about. And come back to this: you are not your thoughts. You are not other people's opinions. You are enough.

This year, let back-to-school be a chance to learn your own lesson. Let comparison be your teacher, and then let your inner voice lead the way.

Rebecca Fellenbaum is a certified life coach, writer, and Cleveland area mom who helps parents enjoy this time in their lives. You can find her at rebeccafellenbaum.com.

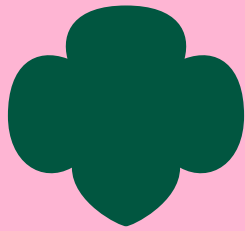
A Parent's Reflection

Journal or talk to a trusted friend and answer these questions that help you go deeper in understanding how comparison plays a role in your life:

- What parts of the back-to-school season tend to stir up comparisons for you?
- What do they reveal about what you value?
- How can you remind yourself that you are already enough?
- What small act of self-compassion can you practice this week?



Where Adventure Grows



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SMOOTH TRANSITIONS

Tips for K-5 Parents



After weeks of sunshine, play dates, and a looser schedule, the transition from summer to school can be tough for young children—and their parents. But with the right steps, it's possible to ease kids back into a school-year mindset and start the year on a strong note.

"Children do best when they're mentally prepared for what's coming," says Kimberly Walter, director of the Huntington Learning Center in Mentor. "Some kids dread the end of summer fun. Others feel anxious about a new teacher, tougher aca-

demics, or being in a more structured environment again. The key is to help them feel confident, capable, and supported."

Here are some simple but powerful strategies Walter recommends for helping elementary students make the most of their back-to-school season:

1. Talk About Nerves

Fear of the unknown is common—especially among younger children. "Ask your child what's on their mind," Walter suggests. "Let them express

what they're worried about, whether it's math, making friends, or finding their new classroom. Just being heard can ease anxiety."

2. Reestablish Routines

Routines give kids a sense of control and predictability—something many students crave after the free-flowing days of summer. A week or two before school starts, begin practicing school-year habits: earlier bedtimes, morning wake-ups, and consistent meal times. Go over what a typical school day will look like and discuss after-school plans, homework expectations, and screen time rules.

3. Set Goals (and Break Them Into Steps)

Once your child feels a little more settled about the return to school, talk about what they'd like to accomplish this year. For some, that might mean improving reading skills or mastering multiplication. For others, it might simply be staying more organized or getting better grades. "Help your child break big goals into smaller steps they can manage—and celebrate progress along the way," Walter encourages.

4. Review What They've Learned

Summer learning loss is real. Without regular practice, students can forget important concepts, especially in subjects like math and reading. "Spend 10–20 minutes a few times a week reviewing last year's work," Walter advises. "Pull out worksheets or old homework and talk through it together. This helps reactivate skills and sets the stage for learning new material."

5. Organize for Success

A clean desk and a stocked backpack can go a long way in getting

students mentally and physically prepared. Encourage your child to make a checklist of supplies they need, and create a dedicated spot at home to manage school papers and artwork. "The more involved students are in the prep process, the more ownership they feel," Walter notes.

6. Fill Skill Gaps Now—Not Later

If your child struggled last year, don't wait until the first report card to take action. "Those academic gaps won't close on their own—and they'll only widen if left unaddressed," Walter says. Even with the school year quickly approaching, there's still time to get support. At Huntington, students begin with a comprehensive academic evaluation and receive a personalized plan to strengthen their weak areas. "A student who feels confident in their skills is more motivated, less anxious, and better prepared to thrive," she adds.

START STRONG—STAY STRONG

"Back-to-school preparation isn't just about shopping for notebooks and pencils," says Walter. "It's about ensuring that your child feels ready—mentally, emotionally, and academically—to face the challenges and opportunities ahead."

Whether your child needs a confidence boost, a refresher on last year's material, or extra support in core subjects, the team at Huntington Learning Center is ready to help.

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Cooling First-Day Meltdowns

Because nobody wants to cry in the car before 8 a.m.—including you!

The first day of school can feel like a blend of Christmas morning, a root canal, and the first day at a new job—with glitter glue. Whether it's preschool or high school, emotions run high for kids (and let's be honest, parents too). But what happens when the nerves boil over into a full-blown first-day meltdown? We're talking tears, refusal to get dressed, and declarations like "I'm never going back there again" before they've even gone to school.

Take a deep breath. You're not alone—and yes, there are things you can do to cool the chaos.

1. Start the Calm Before the Storm

Meltdowns rarely come from nowhere. The more prepared your child is, the less likely they'll melt into a puddle on the front porch.

What helps:

- Talk it out early. Walk through what the day will look like, from drop-off to pick-up. Let them ask questions—even the weird ones like, "What if my teacher hates my eyebrows?"
- Do a practice run. A dry run to the school, walking through the halls or checking out the bus stop, can take the fear out of the unknown.
- Adjust the schedule ahead of time. Start waking them up 15–30 minutes earlier a few days before school starts. Nobody handles a meltdown well on four hours of sleep and stale Cheerios.

2. Don't Oversell the Day

Yes, it's good to be positive. But if you tell them it'll be the best day ever and then they can't figure out how to open their locker or no one talks to them at lunch, the crash can be hard.

Try this instead:

- "You might feel nervous, and that's totally normal."
- "I'm proud of you for doing something new."
- "If it gets tricky, just do your best—and I'll be here at the end of the day to hear all about it."

3. Expect Resistance—and Keep It Cool

At some point, someone is going to cry. It might be your kindergartner. It might be your tween. It might be you.

In that moment:

- Stay calm, even if you're spiraling inside. Kids mirror your energy. If you panic, they panic harder.
- Avoid the "bribe trap" ("If you go, I'll get you ice cream and a new Xbox and a small pony"). It works once and then becomes the new standard.
- Keep transitions short. Linger at the door like you're sending them off to war only prolongs the pain. Smile, hug, and go.

4. Pack a Little Comfort

For younger kids especially, something familiar can help: a tiny note in their lunchbox, a favorite hair tie, or a "magic" coin in their pocket. For older kids, maybe it's the promise of their favorite dinner waiting at home.

5. Debrief—Without the Interrogation Lamp

After the first day, resist the urge to rapid-fire 50 questions like a caffeinated podcast host. Give them space. Some kids need to decompress in silence. Others will offer up a play-by-play. Either way, just being available—and nonjudgmental—helps them feel secure.

Try:

- "What was something better than you expected today?"
- "What made you laugh?"
- "What's one thing you're curious about for tomorrow?"

6. Know When It's More Than Nerves

Some first-day jitters are normal. But if the tears or panic continue well into the first weeks—or get worse—it could be worth talking with your pediatrician or a school counselor. Anxiety is real, and there's no shame in asking for support.



Final Thought

First-day meltdowns don't mean your child isn't ready—they mean they care. And that's a good thing. So pack the lunch, give the pep talk, take the awkward photo on the front porch—and know that even if the

day starts with tears, it can still end in smiles (and possibly pizza).

Visit TodaysFamilyMagazine.com to view our First-Day Meltdown Survival Kit!

~Article by Jeannine Todd



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BACK TO SCHOOL



1975 vs. 2025



Back-to-school season: that timeless tradition where young people prepare to reenter the academic arena—and parents prepare to spend \$86 on pens and somehow \$340 on shoes. But what exactly has changed since 1975? Let's break it down for Gen Z readers who've heard the stories and survived the TikToks.

The Bag Situation

1975: You didn't have a "backpack." You had a book bag—a lumpy, soft-sided rectangle with one zipper, no compartments, and two sad handles that frayed like old shoelaces. You carried it like a bowling ball, usually in one hand, which slowly stretched your arm to orangutan length by mid-October. Bonus points if the zipper got stuck halfway and you had to walk home gripping a science book to your chest like a war hero.

2025: You have a sleek, ergonomic backpack with ten compartments, a laptop sleeve, an anti-theft pocket, a built-in USB port, and a tiny carabiner you'll never actually use. It still weighs 42 pounds because you refuse to clean it out, but at least your arms match in length.

Shopping for Clothes

1975: Your mom drove you to Sears. This was a sacred ritual—by which we mean a three-hour ordeal under fluorescent lighting while she dug through discount racks muttering, "You'll grow into it." You left with stiff jeans that could stand up on their own, possibly a corduroy vest, and an itchy shirt with a collar wide enough to receive satellite signals. Fashion was pain.

2025: Your parents send you a Venmo and say, "Please don't embarrass us." You shop online at 2 a.m. after falling down a Pinterest rabbit hole called "Back to School Core." You're aiming for casual but confident but sustainable but expressive but not like you're trying too hard, which is exactly why you'll change outfits three times before the first day.

Shoes

1975: Your new shoes came from Kinney's, Thom McAn, or Buster Brown. They were practical, possi-

bly made of wood, and felt like they'd been designed by someone who'd never met a child. The "cool" options were Earth Shoes or sneakers with Velcro—just so long as you weren't old enough to tie your own shoes, because then it became humiliating.

2025: Your shoes are your entire personality. You research them. You track drops. You clean them with a toothbrush. You debate arch support with the intensity of a courtroom drama. And if they crease on day one, your social year is over.

Lockers

1975: Lockers were your home base, your secret stash, and the place you taped up a photo of Shaun Cassidy or Farrah Fawcett. You remembered your combo because you used it 12 times a day.

2025: You might not even use your locker. Everything's digital. Your backpack is your locker. Some schools have digital lockers that you unlock with an app, facial recognition, or your GPA. There are seniors in 2025 who still don't know where their locker actually is.

Tech & Learning Tools

1975: The cutting-edge classroom technology was a chalkboard, a pull-down map, and a filmstrip projector that jammed right when the narrator said, "And now we observe... the mating ritual." Your math homework lived in a folder. Your folder lived in your book bag. And if your dog ate it, that was a valid excuse.

2025: Your school is BYOD (bring your own device), your assignments live in six different platforms, and your science textbook gets software updates. Your excuse now is "The Wi-Fi glitched" or "My Chromebook crashed," which is just 2025 for "my dog ate it."

Lunch

1975: Lunch came in a tin lunchbox featuring The Six Million Dollar Man, Scooby-Doo, or Hong Kong Phooey. (Accompanying Thermos always shattered within the first few weeks.) Inside: PB&J, an apple, a cookie, and milk that tasted like it came from a metallic yak.

2025: You carry a bento box with seven temperature-controlled compartments. It includes sushi, freeze-dried mango, and something labeled "plant-based energy bites." You drink oat milk and spend the entire lunch period trying to find a working outlet for your phone.

Photos

1975: Your mom gave you a home haircut the night before. You showed up in your best shirt. The photographer tilted your chin so far you looked like a taxidermied meerkat. The result was printed on grainy paper and lived forever in a dusty yearbook.

2025: School photos now come with filters, retouching, digital download options, and an app where your grandma can order a mug, mousepad, or puzzle of your smile. You still hate how you look. Tradition lives on.

The Commute

1975: The school bus was a noisy, fume-filled metal tube. No A/C. No seatbelts. A driver named Gertrude who smoked Winstons and ran a tighter ship than the U.S. Navy. Getting a seat in the back meant you were cool—and concussed.

2025: Somehow, still the same bus. Still no seatbelts. Now it has a GPS tracker and your mom gets notifications if you're 90 seconds late getting off. Also, you're not allowed to vape. (You shouldn't be vaping anyway. Gertrude would not approve.)

Sure, the styles have changed, the gear's fancier, and the lunch is Instagrammable now. But the back-to-school experience—nerves, excitement, awkward outfits, and a creeping dread that summer's truly over—is eternal.

So whether you're rocking a busted book bag in 1975 or a sleek backpack in 2025, here's to carrying too much stuff, hoping for a cool homeroom, and surviving the wild ride that is another school year.

Dan Miller is the co-publisher of this magazine and fondly remembers brown paper bag text book covers, the exhilarating smell of brand new supplies, and traipsing through the mall with his mother trying to find the perfect shade of brown Earth Shoes.

Literacy Takes a Team

Partnering with your child's teacher for reading success

By Dr. Jennifer Murphy

When we think about important skills kids learn in school, reading immediately comes to mind—and for good reason. Literacy is the foundation for learning.

In recent years, Ohio schools have been shifting to align instruction with the Science of Reading, using an evidence-based approach shown to improve literacy outcomes. Thanks to Ohio's Dyslexia Law, districts are now required to engage in literacy training, screen students early, monitor progress regularly, use evidence-based classroom instruction, and provide literacy interventions when needed. These changes ensure that all students, especially those who are struggling, get the support they need.

Parents and teachers can be powerful allies in building strong reading skills. Early in the school year, try connecting with your child's teacher to better understand what is happening in the classroom. You might ask:

- Can you walk me through how reading is taught in the classroom?
- What does my child's reading data show so far?
- Is there anything that I can do at home to support your efforts in the classroom?

If you notice your child having difficulty with reading at home, do not be afraid to bring it up. You can share concerns by saying something like:

- I have noticed my child is struggling with _____. Do you see that at school, too?
- What supports are currently in place to address these concerns?
- Should we consider intensifying interventions?

Conversations like these are exactly what Ohio's Dyslexia Law encourages. The goal is to have timely, collaborative communication between families and schools.

At home, you can reinforce what your child is learning with simple, effective strategies. Your child's teacher or reading specialist may be able to suggest materials that align with classroom teaching. While schools introduce, teach, and practice new concepts, parents can provide time for review, repetition, and extra encouragement.

Here are a few ideas to use with your child:

- Use literacy activities recommended by your school like practice materials, games, or decodable books.
- Practice using decodable books that align with your child's current phonics instruction. These books are designed to help children apply the phonics rules they are learning.
- Read aloud together. Whether your child is reading independently or not, they benefit from listening to books, which supports vocabulary and comprehension.
- Make reading enjoyable. Visit your library for fun activities, explore audiobooks, and enjoy stories together.

If you are looking to further your understanding of how children learn to read or how to support a student who is struggling, there are many resources outside of your school that can also help.

- Attend a community talk or webinar. Many local organizations like the Northern Ohio Branch of the International Dyslexia Association (NOBIDA) and the Reading League of Ohio offer free or low-cost presentations where you can hear from experts in the field.
- Participate in a dyslexia simulation to gain insight into the challenges students with learning differences may experience.
- Explore your local library to gain



knowledge. Many libraries carry books aligned with the Science of Reading.

- Listen to a podcast. Podcasts like *Science of Reading: The Podcast* and *Teaching, Reading, & Learning: The Reading League Podcast* feature expert guests who explain research in easy-to-understand ways.

You are not alone in supporting your child's reading journey. When schools and families work together,

kids benefit from consistent practice and encouraging messages to lay a strong foundation for literacy learning throughout the year.

Jennifer Murphy, Ph.D. is an independent school psychologist at Achievement Advantage Assessment & Services in Lyndhurst and serves on the Advisory Council of the Northern Ohio Branch of the International Dyslexia Association (NOBIDA). She can be reached at 440-397-4056 or achieve@achievement-advantage.org.



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Enhancing Indoor Air Quality:

The Role of High-End HVAC Systems in NE Ohio

Maintaining healthy indoor air quality is crucial for the well-being of residents in northeast Ohio. While various factors can affect air quality, high-end HVAC systems play a significant role in mitigating health risks and ensuring cleaner indoor environments. In this article, we will explore how these advanced systems contribute to improving indoor air quality in NE Ohio.

1. Filtration Efficiency

High-end HVAC systems are equipped with HEPA filters or MERV 13 or higher filters, effectively capturing pollutants, allergens, and airborne particles. This helps remove contaminants from the indoor air, creating a healthier living space.

2. Fresh Air Exchange

Incorporating energy recovery ventilators (ERVs) or heat recovery ventilators (HRVs), these systems bring in fresh outdoor air while expelling stale indoor air. This constant air exchange helps dilute pollutants and maintain a fresher indoor environment.

3. Proper Ventilation

Well-designed HVAC systems ensure proper ventilation, promoting the circulation of fresh air throughout the building. This ventilation process

helps remove indoor air pollutants and replenish the air with clean, oxygen-rich air.

4. Air Quality Monitoring:

Advanced HVAC systems include air quality monitoring capabilities, allowing real-time tracking of indoor air quality parameters. By continuously monitoring air quality, the system can detect any issues promptly and trigger appropriate actions to maintain optimal conditions.

5. UV Lights

Some high-end HVAC systems incorporate UV lights to neutralize airborne pathogens, viruses, and bacteria. This additional layer of disinfection contributes to improved indoor air quality and promotes a healthier living environment.

6. Customized Zoning:

HVAC systems with zoning capabilities enable customized control of temperature and airflow in different areas of a building. This feature helps maintain consistent air quality and prevents the spread of contaminants between different zones.

High-end HVAC systems in NE Ohio play a vital role in enhancing indoor air quality and promoting healthier living environments.



Through advanced filtration, fresh air exchange, proper ventilation, air quality monitoring, UV lights, and customized zoning, these systems ensure cleaner and safer indoor air for residents. Investing in such HVAC systems is essential for maintaining optimal indoor air quality and supporting the well-being of individuals and families throughout the area.

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Summer: Time Seems to Fly By So Fast

It may be hard to believe, but August 7 will only be the official mid-day of summer! And if your family is anything like mine, you may be feeling like time has flown by so quickly, especially when kids are preparing to return to school.

As a child, it felt like summers dragged on and on, with daylight hours spent at the beach, the neighbors pool, or playing kickball in the yard. Dinner was hot dogs on a charcoal grill, and the garden hose kept us hydrated. We spent nights catching lightning bugs or playing hide-and-seek with the gang of neighborhood kids. Summer seemed to last forever. In fact, it was a big adjustment for us nearly feral kids to return to the rigid routines of boring old school days.

Even though we still have the same number of hours in each day, research has shown that since our early years are full of first-time experiences, time can feel as though it passes slowly. However, as we age, we do many of the same things every day, each week can feel like a cut and paste of the previous one. Research has shown that our brains group together those similar days and weeks, giving us the impression that time passes quickly. The good news is that it doesn't have to be this way. There are some simple things we can do to slow time down.

Many parents I know tend to view our ability to



multi-task as a super-power. At times it seems like a necessary parenting skill. But our brains can only fully focus on one thing at a time, so jumping from task-to-task can make us feel frazzled. By slowing down and limiting distractions, we may actually be more productive. This approach may also reduce our stress and anxiety, which can adversely affect our perception of time.

Speaking of perspective, another way to change how quickly time passes is to try to focus on what's happening right now. For example, recently, instead of moving through mealtime in order to get to the next thing on the list, we lingered over dinner. That turned out to be a gift, as we spent time sharing stories and laughing. And you know

what? The to-do list was still there when the conversations were over. But time spent together was worth every minute.

Summertime gives us more hours of daylight and less routines. As such, it can be a great time to try something new. Picking up a new hobby or learning something new is a great way to break up your routine, thus slowing down the clock. Case in point: as a confirmed klutz, I spent an inordinate amount of time awkward and stiff, trying not to fall when I tried a stand-up paddleboard. But eventually, I became more comfortable, cared less about falling in, and I more thoroughly enjoyed the experience. I appreciated the new perspective, which was very different from sitting on the shore or even paddling in a kayak along the same water. If I hadn't tried something new, I would have certainly missed out.

It's true that this summer, like all our previous ones before it, will eventually end. But by focusing on where we are right now, we may change how we pass the time in all our days and weeks and months. While it's true we can't stop time, we can do our best to slow it down, savoring the good bits and finding new ways to enjoy them with the ones we love. Because time will pass, whether we're having fun or not.

~Article by Stacy Turner



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Asian Lantern Festival runs through August 24 at Cleveland Metroparks Zoo

Tickets are on sale now for the summer's popular Asian Lantern Festival presented by Meijer, at Cleveland Metroparks Zoo through Sunday, August 24. Experience the wonder of Cleveland Metroparks Zoo illuminated after dark, featuring live acrobatic performances every hour on the Fifth Third Bank Stage and a variety of culturally inspired cuisine at the MetroHealth Asian Food Market.

Additional highlights include a four-story-tall hydrangea and butterfly tree, walk-through tunnels and uniquely themed areas including Animals of the Nile as well as ocean creatures, botanical gardens and more.

The Eagle Zip Adventure and Circle of Wildlife Carousel, will be open during the walk-through nights of the festival, separate tickets required. These attractions are not included in the price of an Asian Lantern Festival ticket and must be purchased separately on-site.

The Circle of Wildlife Carousel pricing is \$4 per person, \$3 for Zoo members, and free for Zoo members



with Wild Savings privileges.

In addition to the walk-through experience Thursdays through Sundays from 6:30 p.m. to 10:30 p.m., the Asian Lantern Festival Drive-Through Experience returns on select nights.

Tickets are on sale now and guests can reserve their spot and save by purchasing tickets in advance. The advance discounted cost for Zoo members is \$24 or a four-pack for \$70. Advance nonmember tickets are \$27 or a four-pack for \$80. Individual same-day tickets can be purchased at the box office for \$30 until 9:30 p.m. Drive-through tickets are \$49 per vehicle for members and \$59 per vehicle for nonmembers. Children under 2 are admitted free.

Advance tickets are on sale now at FutureForWildlife.org/lanterns.

Tackle hunger on September 15 at Taste of the Browns event

Join the Greater Cleveland Food Bank and the Cleveland Browns in celebrating 27 years of our city's love of sports and our acclaimed culinary talents at Taste of the Browns on Monday, September 15 at Cleveland Browns Stadium. Taste of the Browns is the major annual fundraiser for the Greater Cleveland Food Bank, the region's largest hunger relief organization, raising more than \$3 million since 1999. Every dollar raised helps the Food Bank provide three nutritious meals to the community.

Not only are guests able to sample the city's best cuisine and mingle with current Browns players and alumni, but a silent auction will also be available to bid on throughout the evening to benefit the Food Bank. The auction opens online on September 7, with bidding continuing online and in-person until the conclusion of Taste of the Browns, providing a wonderful opportunity for those unable to attend the fundraiser but wanting to show their support.

The event will be in the 7UP City Club at Cleveland Browns Stadium



Chef Rocco Whalen of Fahrenheit

from 6–9 PM. General admission tickets are \$225 and VIP tickets are \$325. Tickets include all food and beverages, a complimentary souvenir glass and valet parking. The Legends VIP Lounge features specialty cocktails, private VIP space and mingling with Cleveland Browns players and alumni. All proceeds benefit the Food Bank.

For more event information or to order tickets, call 216-738-2139 or visit GreaterClevelandFoodBank.org/Taste. A full list of participating restaurants and online bidding instructions can be found here as well.



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Shake On It

How to Help Your Child Develop a Solid Handshake (and Why it Matters)

I meditate and I attend yoga often enough to know I shouldn't judge. Despite my best intentions, when I shake someone's hand for the first time, I form an opinion of them. I confess, if I receive a weak, floppy grip, it's probably not going to be a charitable one. It turns out I am not alone.

Why A Good Handshake Matters

Research shows that an initial handshake is a strong predictor of how people are perceived, which can have significant implications on their chances of securing the job, the internship, or the scholarship. A 2008 study published in the *Journal of Applied Psychology* found a positive relationship between handshake quality and hiring recommendations by interviewers in employment interviews.

Another study from the same journal also found a relationship between handshake characteristics and the impressions the coders formed about subjects. Interestingly, both studies concluded that the benefits of a solid handshake may extend farther to women than to their male counterparts.

Meanwhile, a 2013 study found the presence or absence of a handshake had a significant effect on subjects' likelihood of complying with a request. In that study, a representative from a humanitarian organization went door to door, soliciting donations. When the solicitor did not

shake hands with the homeowner prior to making the request, 53.3% of homeowners made a donation. In contrast, 95.5% of homeowners agreed to donate when the solicitor preceded the request with a handshake.

The Right Technique

For an action that occurs so frequently—an average person shakes hands 15,000 times in a lifetime, according to one study—a surprisingly high number of people feel uncomfortable doing it. That same study found that two-thirds of people hate shaking hands and are not confident that they are doing it properly. Though it may come more easily to some than others, a solid handshake isn't something you're simply born with. It is something you can learn, at any age. Communication and body language expert Patti Wood breaks it down into steps:

- 1) Stand up.
- 2) If you're holding something with your right hand, put it down, or move it into your left hand.
- 3) Smile.
- 4) Make eye contact. It's important to find the balance between looking away from the person you're meeting and staring for too long. Three to five seconds of maintaining eye contact is ideal.
- 5) Approach the other person so that you're standing directly in front of them, about an arm's length away.
- 6) Extend your arm with your hand



stretched open and your thumb facing upward.

- 7) Make palm-to-palm contact.
- 8) Wrap your fingers around the other person's, and while the space between your thumb and forefinger (aka web space) is touching theirs, gently put your thumb down, lock thumbs, and squeeze the hand firmly. Use firm pressure, but never significantly more than they are giving you.
- 9) End the handshake with a verbal acknowledgment like, "Nice to meet you."

If your child is old enough to say, "Nice to meet you," they're old enough to learn the elements of a proper handshake. You could practice with a child as young as five years old, or even younger if they show interest, by making a game out of it. You could role play any two strangers meeting each other for the first time, letting the child decide

what parts each of you should play. According to parenting expert Dr. Vicki Panaccione, a solid handshake can say "Pleased to meet you," as well as, "I am someone to pay attention to."

We're not saying anyone should force their kid to shake a stranger's hand (as if that were even possible). We're saying that we are doing our kids a disservice if we fail to give them the tools to make a stellar first impression. We enroll them in expensive, time-consuming extracurricular activities to help them develop the confidence, leadership, and time management skills they'll need throughout their lives. So why not teach them the one skill they'll need to open the door or seal the deal so they can actually put their hard-won skills to use.

Pam Moore is an award-winning freelance writer, intuitive eating coach, and podcast host.

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The Strange Side of August

From lunar bat-people to zucchini on your porch—this month has issues!

August often gets overshadowed. It's not as carefree as June or July, and it doesn't have the crisp charm of September. But don't be fooled—this in-between month is packed with quirky holidays, surprising history, and offbeat traditions worth celebrating (or at least laughing about).

National Sneak Some Zucchini Onto Your Neighbor's Porch Day (August 8)

Yes, this is real. Founded by gardener Tom Roy of Pennsylvania, this unofficial holiday encourages folks to share the bounty of their over-productive gardens by—well—dropping squash on unsuspecting neighbors' doorsteps. Lake County gardeners can relate. If your zucchini is growing faster than your kids' shoe sizes, now you know what to do with it. Just maybe include a recipe card.

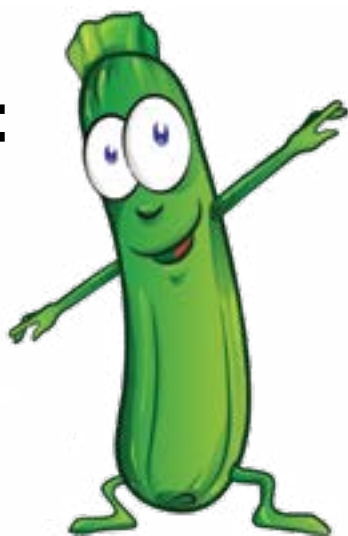


The Great Moon Hoax of August 1835

Back in the pre-social media days, people still fell for wild stories—just in print. In August 1835, The New York Sun published a series of articles claiming that astronomers had discovered bat-like humanoids, unicorns, and crystal palaces on the moon. The public was enthralled. Telescopes sold out. Eventually, the truth (and the laughter) came out, but it remains one of the most infamous media hoaxes in history—and it happened in August.

National Relaxation Day (August 15)

Coming just before the back-to-school chaos reaches full boil, this holiday is a gentle reminder to take



a breath. Whether it's lounging in a hammock, reading a book at Mentor Headlands, or hiding from your kids in the laundry room with a cookie, it's a great excuse to do less—and feel okay about it.

The Ice Cream Truck Turf Wars (1980s Glasgow, Scotland)

While not exactly an American tradition, this August oddity deserves a spot. In the 1980s, rival ice cream vendors in Glasgow began fighting over territory in what became known as the "Ice Cream Wars." These weren't just price wars—they involved sabotage, stolen trucks, and even arrests. So next time you hear the jingle of the local ice cream truck, be thankful it's all sweetness and sprinkles here.

Weather Lore and the "Dog Days" of Summer

Historically, the first part of August was associated with the "dog days" of summer—so named because of the rising of the star Sirius (the Dog Star). Ancient Romans believed this period brought extreme heat, lethargy, and... rabid dogs. Today, we just call it "air conditioning season," but it's a fun piece of sky-based folklore to share with curious kids.

So, August may not come with fireworks or sleigh bells, but it has its own oddball charm. Whether you're sneak-zucchini-ing your neighbors, dodging school supply sales, or simply surviving the humidity, this month has more going on than meets the eye.

And if anyone questions your decision to celebrate Sneak Some Zucchini Day? Just tell them you're honoring history.

Photo: Illustration from the 1835 'Great Moon Hoax,' published by The New York Sun.



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There is still time for a family vacation at Lakeside Chautauqua

Lakeside Chautauqua is a hidden gem tucked away on the Marblehead Peninsula just an hour west of Cleveland. It's the perfect family destination for a weeklong vacation, weekend getaway or day trip to Lake Erie.

Within the one-square-mile historic community, you'll find hundreds of unique Victorian cottages, a concert auditorium, an arts center, a historic waterfront hotel, a movie theater and much more.

Recreation & wellness

The perfect setting for recreation and wellness along Lake Erie, Lakeside offers sailing, kayaking, paddleboarding, miniature golf, shuffleboard, basketball, sand volleyball, pickleball and tennis. It also features several parks and playgrounds, a pool, splash park and lake swimming.

Accommodations

A variety of unique and charming accommodations complete the experience – from the historic Hotel Lakeside and Fountain Inn to weekly



cottage rentals, a campground and bed & breakfasts. View available accommodations at lakesideohio.com/stay.

Summer entertainment & events

Lakeside hosts an impressive list of family-friendly entertainers, keynote speakers and memorable events. To view the full schedule of events visit lakesideohio.com/calendar.

Admission & parking

Lakeside requires guests and residents to purchase a Chautauqua Pass and Auto Pass to enter the grounds during the summer programming season, May 23–September 1, 2025. Depending on the length of your stay, choose from a variety of Chautauqua Passes.

Visit lakesideohio.com or call 419-798-4461 for more information.

Bringing out the best in your girl with Girl Scouts of North East Ohio

You want a brighter, happier tomorrow for your girl—and that's exactly what we want, too!

Studies show Girl Scouts improves girls' confidence and makes them better prepared for life's challenges. That's because we are dedicated to helping your girl follow her heart while she discovers new interests, strengths, and abilities. We're here with your family, hand in hand, to support: her dreams, her growth, and her success. The best part? It's a journey that you take with your girl and there's a place for the entire family.

Girl Scouting is a way of life that brings out the best in your girl, and helps her bring out the best in everyone around her. While she's learning about STEM, the outdoors, entrepreneurship, and important life skills, she's also discovering new ways to make your family and community stronger, kinder, and better for everyone.

At Girl Scouts, groups of girls from the same community, called troops, typically meet weekly or biweekly for an hour or two. Hand in hand



with adult volunteers—often parents or caregivers—girls select exciting hands-on activities and projects, try new things, and cheer each other on. Together, they earn badges to reflect their successes and show the world what they're made of.

Our goal is to make sure girls see and have the opportunity to reach their potential. It isn't just about helping them earn better grades, make better decisions, and have happier lives (although it helps with those things, too!). It's about creating a more fair, equal, and compassionate world where every girl has a seat at the table and can make her dreams come true. Check out our values in the Girl Scout Promise and Law.

To learn more about Girl Scouts of North East Ohio visit gsneo.org/join.



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AUGUST 2025

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440-285-8686
www.chardonsquareassociation.org/events/arts-festival

Featuring over 100 artists providing an opportunity for a day of shopping and dining in a park-like setting.

A selection of food vendors will be at the show, along with a few restaurants on the Square for your dining pleasure. While on the Square, enjoy shopping in a variety of shops and boutiques that will also be open.

Concord Community Days

Saturday, August 9 • 4–10 pm
Town Hall Campus
7229 Ravenna Road
440-354-7510
www.concordtwp.com/community

Food trucks, beer and wine, live music, basket raffle, craft vendors, fireworks and more. Kids World features bounce houses, DJ and karaoke, carnival games, face painter and animal show.

Super Star Party

Saturday, August 9 • 7–11 pm
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www.lakemetroparks.com
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- Popcorn, soda, and snacks for purchase.
- Miniature train rides must be scheduled in advance for an \$8 fee per person. Registration is required.

Mentor Cruise-In

Sat., August 9 • 10 am–2 pm
Mentor Civic Center Park
8500 Civic Center Blvd., Mentor
Mentor's annual car cruise was first held in 2002 and attracts upwards of 800 vehicles and 2,500 spectators each year. All cars are welcome, from classics, street

racers, to vintage RVs and more!

Attendees can enjoy tasty treats from East Coast Custard, Carhop's Mobile Diner, and Señor Masa. You'll also enjoy the great music of yesteryear as the legendary WIXY1260 broadcasts live from the event.

Cruise registration begins 8–10 am. No vehicles on-site before 8 am. No pets, alcohol, inline skates or bicycles please.

Last Stop Willoughby

Saturday, August 9 • 8 am–4 pm
Downtown Willoughby
www.heartofwilloughby.com
A community event designed to showcase the Historic Downtown District of Willoughby. The day starts early at 8 am with the Willoughby Outdoor Market. There are activities throughout the day including: parade at 2 pm, Kid-Zone, 10 am–2 pm, a chalk fest and continuous showing of Twilight Zone: A Stop in Willoughby 10 am–4 pm at Willoughby Library.

Little Italy

Feast of the Assumption

Thu., August 14 • 6–10 pm
Fri., August 15 • 10 am–10 pm
Sat., August 16 • noon–11 pm
Sun., August 17 • noon–10 pm
12021 Mayfield Road, Cleveland
216-421-2995
www.littleitalyfeast.com
Street festival featuring Italian foods, desserts, live music, shops, vendors, casino, raffle, inflatables and games. Free admission.

Mentor CityFest

Friday, August 15 • 5–11 pm
Sat., August 16 • noon–11 pm
Civic Center Park
8600 Munson Road, Mentor
www.mentorcityfest.com
See page 19 for more info!

Willoughby Hills Music Fest

Saturday, August 16 • 1–9 PM
Willoughby Hills
Community Center
35400 Chardon Road
Featuring two stages of live music, a kids zone, food trucks, beer garden, dunk tank, Teentopia, local crafters. Bands include High Horse, The BeSides, Rough Cut, Pieces Of Eight & Sumrada. Free admission.

6th International Cleveland Kite Festival

Sunday, August 17 • 11 am–5 pm
Edgewater Park, Cleveland
6500 Memorial Shoreway (Rt. 2)
www.osekcleveland.org

The event features various competitions and games that add a competitive edge to the fun. Notably, the Rokkaku Battle, a thrilling contest where participants try to keep their kites airborne while engaging in friendly battles. The Mystery Ballet, both in solo and pairs categories, showcases flyers performing intricate maneuvers with their kites, synchronized to music they hear for the first time, judged by a panel for their creativity and skill. With activities and workshops suitable for all ages, the Cleveland Kite Festival is a delightful experience for families, kite hobbyists, and anyone intrigued by the charm of kites. Free and open to the public.



Old-Fashioned Picnic

Thursday, August 21 • 5–8 pm
Painesville Township Park
1025 Hardy Road
www.lakemetroparks.com

Enjoy the warm sunshine and cooling lake breezes. Bring your kids, friends and neighbors for a cookout and family-friendly activities. Spend the evening relaxing at the beautiful park. All participants must be registered.

Water Lantern Festival

Sat., August 23 • 5:30–9:30 pm
Coe Lake Park, Berea
www.waterlanternfestival.com

A magical evening that includes music, food and beautiful lanterns that light the water. Each adult ticket includes a wristband for entry into the festival area with access to food trucks, one floating lantern kit, marker, drawstring bag, playing cards, conversation cards, and scavenger hunt giveaway entry. Nonrefundable ticket. Tickets start at \$30.99 plus fees. Free admission for 7 and under does not include lantern.



Educational Services

We're pleased to offer learning services for all ages, available in-house and online at www.mentorpl.org



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Stations



Mentor-on-the-Lake Branch 5642 Andrews Rd. (440)257-2512	Main Library 8215 Mentor Ave. (440)255-8811	The HUB 6477 Center St. (440)205-6011	Headlands Branch 4669 Corduroy Rd. (440) 257-2000
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CALENDAR

Cleveland Garlic Festival

Sat., August 23 • noon–8 pm
Sun., August 24 • noon–6 pm
Historic Shaker Square, Cleveland
216-751-7656

www.clevelandgarlicfestival.org
Featuring a garlic gourmet alley, live music, kids area with a clown, obstacle course, mobile farm, Ohio craft brew tent, artist gallery and more. Tickets: adults 13+ are \$9, ages 4–12 and seniors 65+ are \$5.

79th One World Day Festival

Sun., Aug. 24 • 11 am–6 pm
Cleveland Cultural Gardens
MLK Drive, Cleveland
216-220-3075
www.clevelandoneworldday.org
The day features a naturalization ceremony for new U.S. citizens, a Parade of Flags, and ethnic food, music and dance in all the cultural gardens. Free admission and parking.



Painesville Township Family Fun Day

Sat., August 24 • 11 am–4 pm
Lake County History Center
415 Riverside Drive
Painesville Township
www.painesvilletwp.com
This family-oriented event features children's games, music, face painters, magic, foam party fun, balloon twisting, inflatables, food, and much more. Bring the children out and enjoy a fun afternoon. Free admission & parking.

Geauga County Fair

August 28–September 1
(Labor Day Weekend)
Exhibits open at 10 am daily
Rides open noon daily
14373 N. Cheshire Street
Burton
440-834-1846
www.geaugafair.com
Exhibits, animals, rides, music, food, games, and shows. Ohio's oldest fair—since 1823. Daily general admission is \$10. Grandstand admission and amusement rides not included.

Cleveland Oktoberfest

Fri., August 29 • 4 pm–midnight
Sat., August 30 • noon–midnight
Sun., August 31 • noon–midnight
Mon., Sept. 1 • noon–8 pm
Fri., Sept. 5 • 4 pm–midnight
Sat., Sept. 6 • noon–midnight
Cuyahoga County Fairgrounds
www.clevelandoktoberfest.com
Live musical and artistic cultural performances, food, wiener dog races, fireworks (on the 31st), 5K bier run, and more. \$19 for general admission. Kids under 12 are free. Parking is free.

Cleveland National Airshow

August 30, 31, September 1
9 am–4:30 pm
Burke Lakefront Airport, Cleveland
216-781-0747
www.clevelandairshow.com
Featuring the U.S. Air Force Thunderbirds, military jet demonstrations, gravity defying aerobatics, parachuting, a jet truck race a plane down the runway, explore interactive exhibits, tour unique display aircraft and hear incredible narration. Tickets available only in advance. No gate sales. General admission: \$35 for adults, \$20 for children ages 6–11 and FREE for children under 6.

Chalk Festival

Sat., September 20 • noon–5 pm
Sun., September 21 • noon–5 pm
Cleveland Museum of Art
Fine Arts Garden
11150 East Boulevard, Cleveland
216-421-7350
www.clevelandart.org/events/chalk-festival
The Chalk Festival features sidewalk artistry by professional chalk artists and local community groups, families, and individuals, all using the CMA's south plaza and walkways that wind through the Fine Arts Garden and down to Wade Lagoon as a colorful canvas. The Chalk Festival is a modern expression of a Renaissance tradition from 16th-century Italy in which artists copied paintings of the Madonna by Raphael and his contemporaries using chalk on the plazas outside cathedrals. Everyone can participate at the Chalk Festival! To chalk your own square, purchase a square of pavement (chalk pastels included) at the registration tent: \$15 small square (includes a 12-count box of chalk pastels), \$20 large square (includes a 24-count box of chalk pastels).

Cleveland Pickle Fest

September 20 • 11 am–6 pm
Mall C, Downtown Cleveland
clevelandpicklefest.com
With dozens of vendors, food trucks, restaurants, contests, bands, attractions, and family fun, the Cleveland Pickle Fest is the perfect summer send off with proceeds benefiting Greater Cleveland Volunteers. The event includes pickle companies, pickle items, and pickle beer and more!

IngenuityFest 2025

September 26–28
IngenuityLabs @
The Hamilton Collaborative
5401 Hamilton Avenue, Cleveland
www.ingenuitycleveland.com
This year's festival invites guests to get hands-on with time-tested tools of yesteryear from blacksmithing to glassblowing, as well as experience the technologies of tomorrow. Festival Villages will include favorites like the sustainability-focused IndusTREE Alley & Mechanique Biotique, the immersive Dream Destinations, Makers Mecca, and more!

SEPTEMBER 2025

Waterloo Arts Fest

Sat., September 13 • noon–7 pm
Waterloo Arts/
Entertainment District
15605 Waterloo Road, Cleveland
216-692-9500
www.waterlooartsfest.org
Multiple stages of a great mix of local music, art vendors, food trucks, street performers and unique art activities for visitors of all ages. Attendees can also visit artist studios, galleries, shops, eateries and bars throughout the walkable Waterloo Arts & Entertainment District. Free admission.

Fun Fest

September 13–November 2
8765 Mulberry Road, Chesterland
440-729-7144
www.pattersonfarm.com
Featuring a giant covered straw pile, tons of slides, pedal tractors, tire swings, push carts, corn maze, sand box, play buildings, wagon rides and more. Pony rides available for an extra fee.



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ENDLESS POSSIBILITIES

SEPTEMBER IS
Library Card Sign-up Month

ALA American Library Association Library of Congress OverDrive

LIBRARY CARD SIGN UP MONTH!

September 1-30

During the month of September, the Willoughby-Eastlake Public Library, along with the American Library Association and libraries across the country, will be celebrating Library Card Sign-Up Month.

VISIT US TODAY!



Just For Laughs

BACK-TO-SCHOOL JOKES (Dad style!)

Why did the student eat his homework? Because the teacher said it was a piece of cake.

What's the king of the school supplies? The ruler.

What did one pencil say to the other on the first day of school? Looking sharp!

Why was the math book sad on the first day back? It had too many problems.

Why did the kid bring a ladder to school? Because he was going to high school.

Why did the cafeteria stop serving mystery meat? Too many students started solving the mystery.

Why did the teacher wear sunglasses on the first day? Because her new class was so bright.

Why did the gym teacher go to art class? He wanted to learn how to draw conclusions.

How do you get straight A's? Use a ruler.

What did the janitor say when he jumped out of the closet? "Supplies!"

Why was the student staring at the juice box? Because it said "concentrate."



"I thought they would be more disappointed I didn't make band."

Mentor CityFest: August 15–16

Mentor CityFest returns to Mentor Civic Center Park on Friday, August 15, 2025, from 5–11 PM and Saturday, August 16, 2025, from noon–11 PM.

This two-day family-friendly festival is packed with activities, games, entertainment, food and more!

Enjoy live music on the Mentor Civic Amphitheater stage Friday night with Def Leggend (Def Leopard Tribute), and Saturday night with Queen Nation (Queen Tribute Act). Both concerts start at 8:00 PM.

The CityFest Kids Zone will be filled with bounce houses, giant slides, a warrior dash, 70' obstacle run, rock wall, an extreme trampoline, and a mobile ninja warrior course.

The Kids Entertainment stage has a full schedule of kid-friendly entertainment planned.

Mentor CityFest will feature all-day interactive entertainment and activities including strolling performers, the "Fest Money" game, plus community sponsored activities and games.

Be sure to come hungry! With over 20 food vendors on site, we



will have every type of festival food that your taste buds desire including favorites like sausage sandwiches, funnel cakes, and lemonade as well as unique sweet treats and everything in between.

The Mentor CityFest Parade will kick off from Shore Middle School Saturday at 10:00 AM and make its way to the festival grounds via Hopkins, Center Street and Civic Center Boulevard.

The CityFest Color Dash & Walk on Saturday night starting at 4:00 PM. This 2.5-mile run and fun walk starts & finishes at CityFest!

Free admission and parking to the event. Bounce houses and some activities will require a wristband which will be available for purchase at the event.

A COMMUNITY EMPOWERED BY THE ARTS

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440-551-9621

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for beverages only.
Limit one per visit.
Expires 9-30-25



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This voucher is redeemable
for beverages only.
Limit one per visit.
Expires 9-30-25



\$5

CASH VOUCHER

This voucher is redeemable
for beverages only.
Limit one per visit.
Expires 9-30-25

