

COUNTY KIDS

APRIL 2020

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the Family
Active

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Common Cold

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happy
easter!

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Getting to know red-tailed hawks

By Andy Avram, *Lake Metroparks Interpretive Manager*

It's an eagle! It's a vulture! It's a pterodactyl! No, it's a red-tailed hawk! If you have ever seen a large bird of prey on TV, then you've heard the shrill scream of a red-tailed hawk. Their distinctive and powerful call is widely used in film whenever a large flying bird is featured.

Here in Ohio, we can readily hear this raptor's scream as it is our most common hawk. They frequent areas with a mixture of forests and fields, and is the hawk most likely to be seen along the freeway. When seen, adult birds can readily be identified by their rust-colored tail, brown back with a white "V" and a white belly with a brown "belt." Juvenile hawks are brown on the back with a brown speckled white belly. Their tails are banded in brown and white, making them easily confused with other juvenile hawk species. Typical of birds of prey, the females are larger than the males, with average weights for females around two and a half pounds and males around two pounds.

Red-tailed hawks feed on a wide variety of small animals, with mice and squirrels making up the bulk of their diet. They will also opportunistically feed on birds (in fact, we once had one at Penitentiary Glen that regularly hunted the mallards around the pond). In the winter, these raptors will eat carrion—especially from dead deer. In the summer, they feed



OLIVER BY DAVE MILLS

heavily on snakes. A dead hawk found in Portage County in 1932 had 15 snakes in its stomach!

Lake Metroparks Animal Ambassador Oliver

Oliver came to the Kevin P. Clinton Wildlife Center in October 2007. His ankle was badly broken, likely due to being hit by a car. Unfortunately, his ankle never healed properly and prevented him from being able to catch and kill his own food in the wild. He then became an Animal Ambassador, but unlike most of our other Animal Ambassadors Oliver is fully capable of flight. His name stemmed from his constant begging for food when younger, just like Oliver Twist.

Lake Metroparks Animal Ambassadors represent a variety of native Ohio wildlife species. These residents are under the permanent care of the Kevin P. Clinton Wildlife Center staff because their injuries prohibit independent survival. Animal Ambassadors allow us to educate the public about conservation. We invite you to support our mission of nature education, conservation and stewardship through "adopting" one of our Animal Ambassadors. For more information visit gotolakemetroparks.com/adopt-an-animal.

For more information about Lake Metroparks' wildlife rehabilitation program visit gotolakemetroparks.com/wildlife-center

How to clean when faced with a shortage of supplies

In light of concerns about COVID-19, various health organizations have issued specific instructions on how to maintain personal safety and cleanliness. These recommendations involve using common household products to sanitize homes, offices and public spaces. As people take such precautions, many are stocking up on extra essentials — resulting in shortages.

Everything from hand sanitizers to paper towels may be hard to find on grocery store shelves, leaving some to wonder what they can do to remain safe without sanitizers?

The Environmental Protection Agency states that coronaviruses are

some of the easiest types of viruses to kill because they have an envelope around them that enables them to merge with other cells and infect them. If that protective coating can be disrupted, the virus can't do its job. For those having trouble finding well-known cleaning agents, these alternatives may suffice.

Hot water and soap

The reason hand-washing is at the top of the list of sanitizing methods is because it is so effective at washing away viruses and bacteria. Friction from scrubbing with soap and water can help break the protective envelope, states the EPA. Soap and water can clean all surfaces in a home, especially when applying a little

SEE PAGE 5



April Showers bring May Flowers!

Looking forward to better days.

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Please recycle this magazine.

Busy Bees is Keeping the Family Active and Engaged

Curbside "to-go" kits for painting your own pottery and arts are now available.

Spring break on its own is a time for parents to seek additional activities and outlets for their kids when school is not in session but with the onset of coronavirus the goal to stay busy and active has become much more challenging. Known for its creative vibe and fun atmosphere, Busy Bees Pottery & Arts Studio in Mentor has created a "to-go" line of products now available through a curbside pickup. The paint your own pottery painting, canvas painting and mosaic to-go kits are fun for the whole family! Paints, brushes and directions are included.

Being so passionate about expressing creativity, owner Beth Brinton set out to find a solution to adding some creative fun into these uncertain times while maintaining employment for staff members. The to-go kits were the perfect solution and one that is for all ages and skill levels. With parents everywhere looking for entertainment options, this is an easy one!

To order a kit, simply call Busy Bees Pottery & Arts Studio at 440.571.5201 and one of the staff members will assist you in picking out your project, or if preferred, online ordering is available. The kits will be wrapped and ready for curbside pickup upon your arrival to the Busy Bees' outside back door. As A Great Lakes Mall tenant, the front of the studio will be closed so easy pickup is being arranged from the Busy Bees' back door at 7850 Mentor Avenue #554B, the

Plaza Boulevard side of the mall. When ordering online or to check out your creative options visit <http://mentor.busybeesart.com/art-to-go/>

In the spirit of helping others during these trying times, for each to-go Easter or Adopt-A-Pet kit purchased before March 31, one will be donated to Forbes House, a domestic violence shelter in Lake County. This will provide time to paint and create before Easter.



Painting is a way to express and open your mind, explore creativity and improve your well-being by increasing positive emotions. All wonderful benefits from such a fun activity! Oh, the masterpieces you can create!

About Busy Bees Pottery & Arts Studio

Busy Bees Pottery & Arts Studio has been in business for over 4 years and is located in Mentor, Ohio at 7850 Mentor Avenue #554B, inside Great Lakes Mall. Create memories through art with pottery painting, glass fusing, clay hand building, canvas painting, wine glass & bottle painting, mosaics, candle making and board art. Consistently achieving rave reviews, Busy Bees Pottery & Arts Studio strives to bring the artist out in everyone.



2020 DAILY PROMOS



\$1 HOT DOGS
\$1 SODAS
\$1 DOMESTIC DRAFT BEERS



\$3 SMOKED BRATS
\$5 CRAFT BEERS



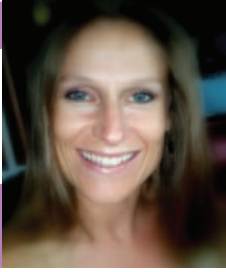
\$3 LABATT
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\$1 SODAS



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Family Matters with Amber

What We Can Teach Kids In Times of Uncertainty

It seems April's column keeps changing. It's become quite different from when I first wrote it. I had it all figured out. Hell, I had the whole year planned out, a theme, monthly topics. Teaching kids some humor was April's. Seemed appropriate, right? I've rewritten April three times since then... it's only the 17th of March. I could probably rewrite it a dozen more before it publishes, but it's almost submission day so I'll have to make do.

I had a lot of things planned. This year was off to a phenomenal start. Financially, I think I was getting there. Emotionally, JOY was my focus. I felt good and things were going well around me. I'll bet some of you might be able to say the same. Maybe, like me, you had a lot of intentions. Maybe you had some goals, dreams, vacations, retirements or weddings you looked forward to,

maybe a surgery you waited years to find the courage to do- although now you've been informed you'll have to wait. Maybe this was your year to get out of debt. Your kids might have had proms, graduations and their first year of college to look forward to. For some of you in medicine, or healthcare, *sleeping* was the only thing you looked forward to, but today seems impossible to imagine. Staying well is our main goal now, limbo our new norm, and uncertainty is the only certainty.

I don't really know what to say. When, in my life, have I been through something like this? I haven't. 9/11 comes close. Most of the world was grieving, not only our nation. It's where my son got his name. It was a time when most of us were struggling with the same feelings and same focus. But when that happened, I wasn't faced with

having to calm a teen's anxiety, comfort adult children, or convince them I (they and the ones they love) would be okay. That's my job, you know. It's yours too. But, sometimes, we just don't have the answers and cannot guarantee anything. Today is that day. This month (March) has been that month, April sadly will be too, as things 'ramp up' as we've been told they will.

As my children's schools shut down, as I explain how I cannot just run them to the pediatrician's office for a minor question, as we see store shelves empty, businesses close and gasoline prices plummet for the first time in their lives... I just don't have the answers. There's an elephant in the room. Coronavirus (COVID-19), partially named for its year, go figure, has hijacked a lot. I'll admit, I'm struggling a little. I'm the glue. I'm Mom. I'm supposed to be able to *fix it*. Four out of six in my family are in the high-risk range of COVID-19; I can't remove that risk. I can't put numbers on this, because they will change. I can't put guesses in, because they'll likely be inaccurate, I can't make predications, because I'd be wrong. All I know is that daily, when my son first gets up and heads to the computer and refreshes the U.S. map of the number of Coronavirus cases, it gets worse. So, what do I do? What do I say?

Recently, my mate found a book inside an abandoned house. He does this for a living. No, not hang out in them or empty them, he just takes them down. But he has a protocol. He must take a quick run through and check for certain safety things inside and out. Occasionally, he finds something random on the walk. Once it was an old partially burned newspaper from 1964 (that was cool). This month it was a book. I've been with him for five years; he's never found a book. I love

books, especially old ones. He knows that, so he brought it home for me. The name of the book is "The Power of Positive Thinking", by Norman Vincent Peale. There is no irony. I know I was meant to have this 1952 copy in my hands, which would otherwise be buried in a pile of rubble somewhere.

There are going to be times when we have little control over outcomes. However, we can control one thing, ourselves. We must teach our kids to do the same. When we first got word of COVID-19 in the U.S. I said, *Eh, okay, let it run its course*. But soon it was clear it wasn't going to be like a northeastern snowstorm: here today, gone tomorrow. I've been praying, but I'm still human. That old musty book appeared at the right time. Worry happens, but panic doesn't have to. I'm going to choose to 'act' not 'react'.

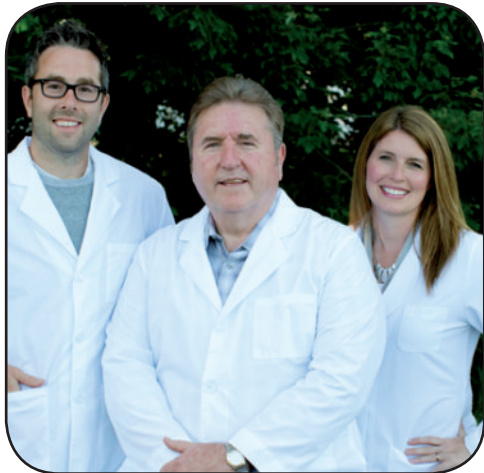
Teach your kids common sense. Teach them to keep calm, **don't judge**, don't jump to conclusions. Teach them to collect the facts, listen to professionals, follow their gut, be safe, help others. Teach them to deal with the situation, not go after people or politics. Most of all, help them think logically. Especially in cases when the urge might be to be selfish and hoard toilet paper and food, get a test they don't need, or yell at someone for ruining their day, week, month or year. We are all in this together and we don't know from day to day what will happen, who will get it, or where our help might come from tomorrow.

Sometimes there aren't answers and things won't make sense. Sometimes, you'll be playing it by ear. Sometimes, life will side swipe you and you won't know exactly how to react, but you can take a deep breath (many times a day) and put it all into perspective, listen (with your heart), reach out (with your hands) and admit

you don't have all the answers. That's when you can ask your children to look at the big picture and adjust.

This week my family and I lost jobs, accepted help, donated food, checked on others, hunkered down, prayed, talked, listened to the professionals and thanked those who care for us. We gaped at the shocking truths and were saddened as we watched fellow students' plans ruined, local businesses close and immoral, in-

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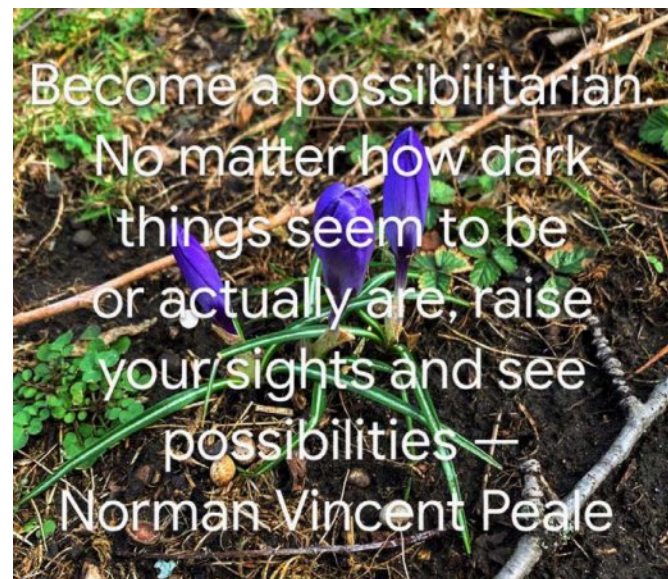
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UNCERTAINTY FROM PAGE 4

sensitive people price gauge.

There are no words and not a lot of answers, but we have each other, and that's what matters. Find the positive in your unexpected cancellations, put off engagements, interruptions to routines and major disappointments. Praise the fact that you're still here to make choices. And if you by some awful chance have lost a loved one to this, I am so very sorry. Feel blessed you had them for all the years you did. Personally, at this epic historical and concerning time in health history, I feel blessed my three aging loved ones are not here but are already in Heaven where I need not worry for them.

Maybe you'll join me, I've started a Coronavirus 2020 list of things to do. All

SHORTAGE FROM PAGE 2

extra elbow grease.

Hydrogen peroxide

As people clear isopropyl (rubbing alcohol) off the shelves, do not discount hydrogen peroxide. The CDC says household hydrogen peroxide at 3 percent concentration can deactivate rhinovirus, the virus that causes the common cold, within six to eight minutes of contact. Coronavirus is easier to destroy than rhinovirus, so hydrogen peroxide may be effective at combatting that virus as well.

Natural items can be used for general cleaning, but have not been endorsed for use on COVID-19 disinfection. In lieu of shortages, white vinegar, baking soda pastes and citrus oils and juices could fill the void of chemically-based cleansers for other home tasks.

those things I normally don't have time for but would love to accomplish like repaint my pantry chalkboard door, repaint the hearth, organize and purge the attic and basement, stain the deck, go through closets to reorganize. Just these few things alone could take months to do. It's time to call relatives, connect with kids, try new recipes (that is if you are lucky enough to find food, I pray you are). Do it now, because if you do get sick, you'll wish you had. If you'd like to share with us, please reach out, we are all in this together. My love and prayers for you and your loved ones, be well. www.familymatterswithamber.org familymatterswithamber@gmail.com



Allergies and the Common Cold: Understanding the differences.

What symptoms do colds and allergies share in common?

Sneezing, runny and stuffy nose and normal body temperature (although occasionally you may run a slight fever with a cold) are common to both. Other common symptoms include irritation of the throat and a general run-down feeling. Allergies, but not colds, cause itching of the eyes, nose, and throat.

But then, are they the same thing? No, an allergy is the body's reaction to allergens such as animal dander, mold, pollen, and fungal spores. Seasonal allergies stem from lightweight, wind-blown pollens. Colds are infections caused by one of 200 viruses.

Do colds and allergies have seasons?

Most colds occur during the fall, winter and early spring. This may be due to the opening of school and the cooler weather forcing people indoors - and in closer contact with each other. Seasonal allergies occur in spring (due to tree pollen), summer (predominantly from grass and weed pollen), and fall (up to the first frost, mostly from ragweed pollen and molds).



Allergies and colds seem to be everywhere. More than 22 million Americans have seasonal allergies, also known as "allergic rhinitis" or more commonly referred to as hay fever. Adults in the United States get an average of two to four colds a year, and children get six to eight.



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For more details visit us online at www.lakecountyyymca.org

How parents can approach raising gamers

Gaming is a popular activity across the globe. Studies have shown that more than one billion people across the globe play some type of video game every day, and the number of gamers is growing every day. In fact, the market and consumer data provider Statista estimates there will be 2.7 billion gamers by 2021.

Such prevalence can make it hard for parents to govern their youngsters' gaming habits. As difficult as it can be to get kids to put their controllers down, the American Academy of Pediatrics notes that time spent gaming can take away from the time kids spend on other pursuits, including healthy activities like exercising and reading. That's part of the reason why the AAP recommends limiting the time kids spend gaming to no more than one hour per day.

In addition to limiting how much time kids spend gaming, parents can take these steps to make sure kids' gaming experiences are as positive as possible.

- **Familiarize yourself with a game's content before allowing kids to play it.** Parents should be concerned by how long their youngsters play video games, and also by the content of those games. First-person shooter games remain incredibly popular, but such games can have an adverse effect on young players. The AAP notes

that studies have shown that children exposed to virtual violence, such as that depicted in first-person shooter games, and violent media have shown that they may become numb to violence and even imitate the violence. Parents should always vet a game before allowing their children to play it. Make sure its content is not too mature and/or violent for children.

- **Confirm ESRB ratings.** Parents of young children likely don't allow their youngsters to watch R-rated films, but they might not know that a similar rating system exists for video games. ESRB ratings help parents make informed decisions about the video games and the apps their children play. The ratings, which are broken down at www.esrb.org, are included on game packaging labels and let parents know how appropriate or inappropriate a game may be for children. Founded by the Interactive Digital Software Association in 1994, the ESRB notes that 61 percent of its ratings for physical and console downloadable video games in 208 were rated either E (Everyone) or E10+ (Everyone 10+). That means parents of children under 10 have many age-appropriate game options when buying games for their kids.

- **Keep consoles in common areas.** By limiting gaming to common areas in the home, parents



can more closely monitor how much time their youngsters are spending playing games. The AAP recommends parents designate handheld games as "family property" as opposed to items each child "owns." This can help parents make sure such devices are kept in common areas at all times.

- **Play with children.** Another way parents can monitor what their kids are playing and how long they're playing for is to play with them. Multiple player games are very popular, and parents can use that popularity to more effectively manage their kids' gaming habits.

Parents may face some challenges as they try to govern their kids' gaming habits. But various strategies can help moms and dads keep tabs on those habits.

Together We Can 2020 Camps

Looking for a summer camp to support a grieving child? Consider one of our **Together We Can** bereavement day camps for children who have experienced the death of a loved one. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.

Five-day

Riding Through Grief

Fieldstone Farm
16497 Snyder Road, Chagrin Falls
June 22 - 26, 9 a.m. - noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8-12 who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

Three-day

Red Oak

Red Oak Camp
9057 Kirtland Chardon Road,
Willoughby
August 4 - 6, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6-13 who have experienced the death of a loved one. Transportation available from two locations.



- For more information and to register,
- visit hospicewr.org/camps
- or Call 216.486.6838.


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Together We Can Grief Camp Combines Nature, Healing and Fun

Nature provides the healing backdrop for a unique summer camp for children ages 6-13 who have experienced the death of a loved one. Together We Can, offered by Western Reserve Grief Services, takes place August 4-6, 9 a.m. to 3 p.m., at scenic Red Oak Camp, 9057 Kirtland-Chardon Road, Willoughby.

Children explore their feelings through art, music and sharing with other kids who have also experienced the death of someone they love. Led by trained grief support specialists from Hospice of the Western Reserve, the camp is a "safe zone" where kids feel comfortable sharing emotions and asking questions in a supportive environment.

"The children engage in activities to express feelings, support coping skills, and honor their special person," said

Karen Hatfield, Team Leader. "We have done drum circles, yoga and karate through the years that the kids and counselors have enjoyed. They also have time to enjoy swimming, rock climbing, archery and kayaking in the afternoon.

"There is comfort in being with other kids. They learn they are not alone, they are not going crazy and other children their age are coping with some of the same kinds of feelings."

Registration for Together We Can at Red Oak is due by July 8. Camp scholarships are also available. For more information, call 216.486.6838. Camp applications are available online at hospicewr.org/camps.

The camps are one of many community services made possible through charitable gifts. To support the camps, visit hospicewr.org/donate.

Stay Tuned!

Community Calendar and Library Listings will be back next month!



T heir very names suggest their heritage: Cherokee, Chippewa, White Mountain, Black Hills, Roosevelt, Daniel Boone, Sierra and Sequoia. They're our National Forests. Thanks to generations past, now they're ours to enjoy. To renew body and spirit, to inspire a passion for the land, to let us reconnect with nature, and with each other. But within our forests, there has been devastation by insects, disease, and fire. Now it's our turn.

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15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit
CORONAVIRUS.GOV