

COUNTY KIDS

MAY 2020

look inside for ...
Lake
Metroparks
operations
update

**WILD & FREE
LET IT BE**

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“WILD & FREE – LET IT BE!”

by Tammy O'Neil, Wildlife Care Manager & Marilyn Levand, Wildlife Education Manager

Due to COVID-19 public health protocols, the Kevin P. Clinton Wildlife Center and Yard are closed to the public through May 17 or until further notice. Animals cannot be accepted for care at this time, so please DO NOT attempt to drop off wildlife. Injured and orphaned wildlife are still important to us; please see the information below for reliable guidance.

As we take a well-deserved nature break for fresh air, exercise or getting an early start on gardening, you may happen upon a baby animal appearing to look scared and helpless. The first and most important question is: should you intervene? Nine out of ten times the answer is no.

Backyard wildlife need very little from us, as long as we remember to give them the peace and quiet they need to successfully raise their young. The most important thing to remember is that wild parents know what's best for their young. We do not need to get involved! Young animals do not have a scent. If the parents have hidden them in the grass or elsewhere,

predators will not be attracted to them.

Here are some suggestions for a wildlife-friendly backyard:

- Check for nests before cutting down a tree or clearing brush.
- Place caps on chimneys, vents and window wells to prevent wildlife from entering or nesting there.
- Keep your pets under control so that small wildlife is not attacked or injured.
- Demonstrate respect for wildlife and their homes. Teach children not to catch or harass wildlife.
- Exercise caution when driving and watch the roadsides for wild animals, especially at dawn and dusk.

INJURED

If an animal is found with any of the following, it is in need of assistance:

- Bleeding
- Can't walk, fly or move, falling over or circling
- Broken bone
- Impact with a vehicle
- Cold and lethargic
- Disoriented due to an impact or collision

- Covered in a foreign substance
 - Covered in maggots and/or flies
- Visit <https://j.mp/3cWwTHZ> to contact your local wildlife officer for your best options.

ORPHANED

Watching native wildlife is a treat! Springtime is the best time to watch for nest building and the arrival of young. It is likely that you will encounter a baby animal in your yard at some point. Backyard wildlife needs very little from us—remember to give them the peace and quiet they need to successfully raise their young.

The most important thing to remember is that wild parents know what's best for their young. Many of them leave their babies alone as they venture off to find nourishment. Parents hanging out around the location of their young only attract predators to its location, but don't worry, they are usually not far away and keep a watchful eye. We don't need to get involved! Young animals don't have a scent. If the parents have hidden them in the grass or elsewhere, predators will not be attracted

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HAPPY MOTHER'S DAY!
Take care and stay healthy.

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magazine.

Lake Metroparks operations update

Facilities, offices, playgrounds remain closed through May 17
 Programs through May 17 canceled
 Events canceled through June 15
 Shelters/cabins available May 18 or as soon thereafter as possible

Lake Metroparks' trails and open spaces have always served as places where people can find respite and seek peace and restoration. During this time of uncertainty, these places are needed now more than ever.

In an effort to stop the spread of COVID-19, all Lake Metroparks facilities, offices, playgrounds and select park amenities will remain closed through May 17, including:

- Lake Metroparks Farmpark
- Canine Meadow Dog Park
- Penitentiary Glen Nature Center (trails remain open)
- Nature Play at Penitentiary Glen Reservation
- Kevin P. Clinton Wildlife Center and Yard
- Observation tower at Lake Erie Bluffs
- Environmental Learning Center (trails remain open)
- Lakefront Lodge
- Painesville Township Park Community Center

- Pine Lodge Ski Center
- Administrative, Registration and Volunteer Offices

Updated event, program, rental information

All scheduled events are canceled through June 15.

Programs and facility rentals are canceled effective March 13 through May 17; fees/deposits paid to Lake Metroparks will be refunded as soon as normal business operations resume. For any Pine Ridge Country Club parties or events scheduled with Dino's Catering, contact Dino's at 440-943-1010.

Shelters and cabins are not available for reservation/use until May 18, or as soon thereafter as possible.

Lake Metroparks trails, parking lots, restrooms and other unstaffed amenities (pier at Painesville Township Park, and the archery range at Hidden Lake) remain open during regular/posted hours. Please practice physical distancing (stay at least six feet away from other people) when visiting parks.

Parks are open from 6 am to 11 pm except:

Big Creek at Liberty Hollow: open 6 am to

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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.

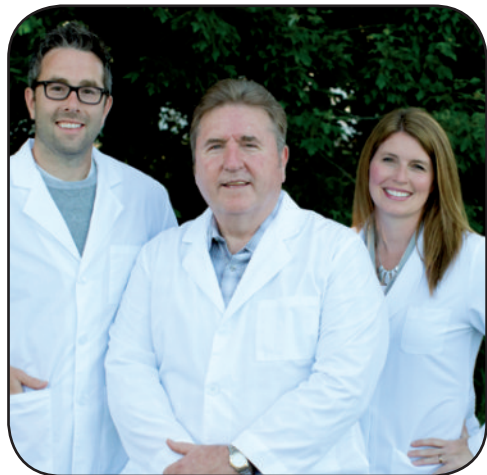
Do colds and allergies have seasons?

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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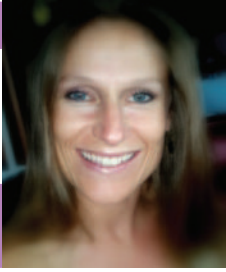
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Family Matters with Amber

What to teach teens in times of great disappointment

While I appreciate the freedom to write about any topic I choose, it occasionally challenges me. I'm the type of person who prefers just a few choices to pick from. If you ask me where I'd like to vacation, we might be here a while. Likewise, if I plan to paint a room in my home, I'll need some time. However, if you ask me what I want for dinner, I'll quickly respond "pasta or seafood". I'm usually an incredibly decisive person, but not when there's too many options...then the world need not be my oyster. This is one of those times, like in March when I was trying to land on what to share for April. With COVID-19 in the air, there's just too many things swirling around in my head that I want to write about.

I've been listening to parents though, and now I know what to focus on. There's a whole generation out there right now who are in a 'milestone' year. 2020 was supposed to be their time. They were getting their driver's permit or license; they were excited for prom and to graduate from high school, or finally start or end college. Maybe, like many of my fellow military parents, their child exhausted themselves through 3-6 months of the hardest work they've ever done, making the biggest sacrifice they've ever made, only to have graduation closed to the public, they won't get to see their parents. I've seen a lot of people really upset about these issues, and my heart goes out to them.

"Amber, your kids aren't dealing with this, so how do you know how these kids feel? It's never happened to *you!*" Great point. You're right, didn't happen to me, and it's not the same. My oldest, a senior, wasn't set to graduate college this year anyway, so she's probably just hanging out doing the same. My middle was lucky, she graduated her military programs down south just under the wire; I attended her graduation and we drove home together just a short time before all this happened. My son is in high school, but he's only a sophomore. 1-2 hours of at home schooling, some self-care and a few chores, then he's 'livin' the dream' in his room with his X-Box. So, sure, I guess I can't say we can relate personally to the major disappointments some families are facing, but we have plenty of friends who can. If any of the girls in senior year are like my daughter, the dress was picked out three months ago, among other things. If the boys are anything like mine, they can't wait to get the hell out of school and move out of Mom's house. For my son, he now he has a lot of down time from sports which he needed (so there's a positive). Afterprom groups had funds raised, students were set to go on field trips or participate in competitions, teachers had plans...literally...and they're all for not. For some, it's a mess.

I planned on attending a wedding in June. I'd already decided rent a gown, it was gorgeous! I couldn't wait, I'd never been to a black-tie wedding, and the bride is a very special woman who I was so excited for. She waited a long time to make this decision to settle down and it meant a lot to me in my heart. She has since canceled her wedding because of the unknowns. It's sad. But I was thinking, "Thank goodness I hadn't pulled the trigger on that dress". I was going to wait two weeks when I thought I'd have the money to reserve it...I never got the chance. I don't think they refund money, so it's best I never did. A lot of negatives, but another positive to focus on. My mate and I had tickets to see the orchestra but two days before the event they closed down. My daughter put in a request to come home from the base for a visit that same weekend and then they put a Stop Movement order out. Our annual birthday vacation in July, our annual family camping trip in August which is now in limbo. It's happening to all of us. It's not just the seniors, freshman, 15 ½ or 16 year olds, it's not just the new soldiers or the ones waiting in limbo to go to training, or military families sitting in hotel rooms waiting to move in or out of the country. It's everyone and it's everywhere. Not just our city, state

or country. It's a worldwide crisis which is altering *all* of our lives. I read an article the other day about a man who was the sole passenger on a Southwest flight (he was traveling to his mother's memorial service). This is unprecedented all right. It's like a sci-fi movie, or maybe a Twilight Zone episode, if you remember those. It's surreal, but it's really happening...and it is what it is.

I certainly don't want to be a Debbie Downer; I feel for these kids. But it's not just them. This year all of our plans have come to a screeching halt. And reality is that the dust hasn't settled yet, so clearly, we still have no idea what tomorrow will bring, never mind this month or the rest of the year. It sucks. I get it. I've been let down before too. I've been robbed of options and dreams, special celebrations and job opportunities that were sometimes out of my control. My mother ditched me twice; once when I was 8 and again when I was 32. I'm pretty sure until I was an adult I never actually had a birthday 'party'. At 16, I was told by my own dad that I couldn't attend my dream college or have my dream job. I got kicked out of the college I *didn't* want to attend due to financial aid falling through on his end. I've been plagued with muscular issues for 25+ years after a car accident I didn't cause. I've lost two grandparents, my mother-in-law, a cousin, and one close friend (all way too soon and unexpectedly). I've been laid off and/or turned away from jobs I needed or wanted about a dozen+ times in my life. I've had my fair share of it but I'm not angry or bitter. If I was, I think I'd be a very unhappy soul right now. There are positives to everything I've lived through.

While we might never have lived through a pandemic in our lifetime, we have all absolutely faced disappointments, haven't we? We've all experienced being defeated at some time or another, watched plans get trashed, hopes dashed or life just fall apart. It's sad and disappointing, yes. But, it's not what happens to us, it's how we react to it. We can focus on the positive, find some creative solutions and help others. Or we could stay miserable and be resentful.

No matter what age we are we it's important when we are suffering to also take a look around us and realize there are people who have it worse. What about the homeless? What about those serving in hospitals around the globe at this exact minute and cannot go to sleep and cannot be home with their families until this is all over? What about the teenagers in those

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5 Tips for 1st Foods for Babies

(Family Features) Ask any parent what he or she remembers most about a child's first year and you're likely to hear quite a bit about sleep schedules. However, a baby's eating schedule is just as important as his or her sleep.

While feeding a baby seems like it should be simple, for some new parents it can be nerve-wracking and lead to plenty of questions, such as: "Should I breastfeed or bottle feed?" "How much should my baby eat?" "When should I start baby food?" "What should my baby's first foods be?"

To help navigate first-year feeding, consider these tips from the experts at KinderCare.

Let babies eat as much as they need, when they need it.

Be prepared to feed your baby soon after he or she shows signs of hunger, like rooting; sucking on hands, toes, clothes or toys; or reaching for food. Let your baby tell you when he or she is full - like turning away, falling asleep or losing interest in eating. This helps your baby learn to eat when hungry and stop when full, even if it means not eating everything you offer.

Choose a feeding style that meets you and your baby's needs.

Whether you breastfeed or use a bottle, the important thing is your baby is fed. If you breastfeed, it's a good idea to express some milk now and again so your baby will take a bottle if someone else needs to feed him or her.

Understand when it's time to start baby food.

While most babies are introduced to solid foods around 6 months of age, it depends on their individual development. Generally, if your baby can sit up on his or

her own, has good neck and head control and shows interest - like reaching for food during mealtimes - it may be appropriate to try solid food.

Focus on exploration.

It's important to provide your baby with a variety of foods free from added sugars, sodium and artificial ingredients, and let him or her explore rather than focusing on how much is eaten.

"Focus on introducing veggies, proteins, grains and fruit - in that order," said Courtney Hines, KinderCare's nutritionist. "Babies are naturally inclined to prefer sweet things so save fruit for last so your baby is more inclined to try other flavors."

Make the transition gradual and fun.

Hines recommends gradually exposing babies to a wide variety of whole, unprocessed foods with varying flavors and textures, and talking with your baby about the taste, feel and look of the foods he or she is trying. Starting with soft foods like mashed potatoes, avocados, sweet potatoes, cooked rice and bananas can give you an idea of what your child can handle.

It's easy to focus on baby food stages, but transitioning to solid foods will take place over time, making it important to continue offering your baby a bottle before mealtimes, in addition to solid food. Once your baby reaches his or her first birthday, talk with your family doctor about transitioning from breast milk or formula to unflavored, whole-fat milk.

It's important to remember that every baby develops at his or her own pace. Talk with your child's doctor about the right pace for your baby, and find more tips to navigate your child's major milestones at kindercare.com.



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

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but we are in this together.



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families? What about the ones who have lost their own lives or loved ones or who are sick right now? Think of those who are dying but cannot have their loved ones at their bedside holding their hand on their way out of this world...that is a reality for many right now. What about those who lived in New York City during 9/11, owned businesses and lost them during the financial crash that came after and rebuilt and now this? There are people who have lost children (born or unborn), lost spouses due to war, illnesses or accidents, experienced terrorist attacks or random acts of violence. Some people have lost homes due to financial hardships, fire or natural disasters. There have been couples who planned to have a few children, only to have none. Ever. And adoption wasn't an option due to finances. There are athletes who planned since high school that their entire life was based on a sports career, but suddenly after one game and one injury in the big leagues found themselves in a hospital bed with the prognosis that they'll never walk again (never mind play sports again). There are babies who don't know any better and who are born missing a limb or other types of functions which don't operate like you are I, it seems normal to them, then one day they realize they have a handicap when compared to other children their age. Talk about obstacles. But, what they choose to do with their fate is up to them, just as what we do with this hardship is the same.

Look, I know this is tough and recognize it's hard for these teens and young adults waiting their whole life it seems for this year, but this is exactly the time to ask them not to not think about just themselves right now. For some teenagers and young adults this will be an extremely difficult task. We all want what we deserve when we've worked hard for it, no matter how old we are. It feels like we were deprived of the reward and it's okay to feel this way. However, like I've been saying for a month now to disappointed military mamas everywhere "your soldier **still** earned it, they are **STILL** a brand-new U.S. Army 'fill in the blank career'! They **did** make it! They **did** get through the gas chamber, sleepless nights, bunking with 60 others and rucking at 4 am for hours with incredibly heavy packs on their backs in the rain or sweltering heat with barely any sleep. They **DID** make it damnit, and they **DID** earn it, they just aren't standing in a group in front of you. That one ceremonious moment does not take away the big picture... what they did to get there and where they're going with it.

Yes, it's sad not to have the celebration, but we **MUST** put things into perspective; it's a 15 minute to 1 hour time frame of their lives. What they do with the rest of their lives will be what truly matters, and their impact will be what matters more than that walk across the front of the room (where most toss the gown in the trash, lose their tassel and bury their yearbook in a box of all those 'high school things').

If we can get through this, they have the rest of their lives to celebrate, and so do we. I remember being a teenager and that's not how most teens think. But when I was a teenager, it was precisely the time my father asked me to think of others. The fact that a student doesn't walk across a stage or stand in front of a crowd or dance on a dancefloor with their friends this month is not only what matters, what also matters is things that are bigger than what we make a fuss about that's right in front of us. Yes, we had expectations, but right now, we don't have that luxury. Not even one of us does. So, we must regroup. Rethink. This is about our attitude. Expectations have just been exchanged for reality. We are in a pandemic. Now, like many times, there's a potential to be the difference in the face of adversity; we can still make memories, just differently. (The high school on my daughter's base just posted their plans for digital graduation and videos today...there's ways to work through this.)

If we've always had it easy, then let's face it, it's pretty difficult to deal with disappointment. And admit it, a lot of our kids have had it as easy as we have made it for them. If you're a parent today, most of us think everything is our job, especially comforting or omitting discomfort when it comes to our kids. For many parents it's hard to grasp when we cannot fix something. But it's not always our job you know. But, we aren't used to that. Truth is, we can't own it all...and it doesn't teach our kids to be strong anyway.

So, what can you do? You can you reach your teen right where they are. They might be reeling at the most recent reality and pretty reluctant to accept it. You can start by listening and then validating their feelings. As my friend used to tell me way back when if things didn't go well for me, "It's okay, you can have your pity party, just don't stay there". Tell your child that it's definitely okay to be pissed off and disappointed. Tell them you **ARE** proud of them, they **DID** do it. Hug them because you can. Then, try to talk with them. Take the time to help them realize that this is (**gulp**) just

the first of many major disappointments in their lives. It's going to happen. You know it and I know it. We have spent years making them happy and helping them avoid the ultimate letdowns in life...but we (and they) can't control everything. All we have to do is look around to know that life isn't always a bowl of cherries. We can be there for them, meet them in their sadness, but we can't stay there... Recap. Keys to helping your teen during this: listen, offer empathy, engage in discussion, opt for gratitude and solution oriented thinking.

I'm sure almost all of our teenagers have heard from a Holocaust survivor. Most have also been introduced to The Diary of Anne Frank. Has anyone heard our Ohio Department of Health Director's life story? Survivors. They dealt with the worst that life was giving them and stood up in the face of it. They stayed strong and they did it so they could live and help others. Optimism, leadership. Help your kids cope and work through this. Resiliency is of great value in life when there are a bunch of variables and many of which we can't control. Do your best to balance your aching heart with some loving guidance. Help them by asking them how else they can view this situation. How can you? Are there any blessings or gratitude that can be found today? How can they be a part of the solution to the problem? Discuss what issues they might take a stand on, and in the future; could they use this to become an advocate on one? Does anything having to do with this situation align with their studies and/or career choices? It's what we make of it. We must be strong to survive, that's what my disappointments taught me. If we aren't strong, we won't survive. And neither will they.

Maybe you can start with the Serenity Prayer. It's helped me in my life, beginning as a teen: "*God* (insert or omit what you want here), *grant me the serenity to accept the things I cannot change, courage to change the things I can; and the wisdom to know the difference.*" Share this with your kids if you haven't already. It's like a positive mantra to help let go of what's out of our control, and it's helped me significantly over the years. Being constantly overwhelmed and dismayed about things that are happening lately that are out of our control can quickly turn into feelings of helplessness, hopelessness and eventually depression. We don't want that for our teens or ourselves. Keep up the good work Mom or Dad, Grandma and Grandpa, all families, and those who are working hard to lead today's children and help us stay healthy. Everyone keep sticking together,

we'll get through this better and stronger. This column is dedicated to a New Jersey Holocaust survivor who recently died after complications of the Coronavirus. Margit Buchhalter Feldman was an educator, author and advocate to students and her community. She would have been 91 on June 12th... so would have Anne Frank. Stay well and stay safe. If you'd like to read more common sense parenting and life perspectives visit us at: www.FamilyMatterswithAmber.org.

METROPARKS FROM PAGE 3

½ hour past sunset

Environmental Learning Center (trails open): 6 am to ½ hour past sunset
Hidden Lake Archery Range: open dawn to dusk

Pleasant Valley Park: open 6 am to ½ hour past sunset

Pine Ridge Country Club and Erie Shores Golf Course are now open with COVID-19 restrictions. Protocols include social distancing, sanitizing, providing no-touch golf and others. Golfers must follow guidelines set here: <http://goto.lakemetroparks.com/golf-covid-19>.

As always, Lake Metroparks is working hard to maintain your parks and keep them safe and accessible. Please visit your parks and do your part to use them in a way that respects each other and follows public health guidance:

Please practice physical distancing (stay at least six feet away from other people) when visiting parks

"Go before you go" (use your toilet before you leave home); restrooms are for emergency use only

Park only in parking lots and designated overflow parking areas; do NOT park along roads and park driveways

If a parking lot/area is full, or if a park, trail or fishing spot is too crowded to stay six feet away from others, please explore another park: goto.lakemetroparks.com/parks

Bring your own water (fountains are turned off)

Leave no trace of your visit; kindly help us keep your parks clean and pack out your trash

Pick up after your pet. Pets on leash and under control are welcome on all trails

Ranger patrols and minimal trash collection continue.

If you need assistance while visiting a park: Dial 9-1-1 for emergencies or

Call 440-354-3434 (non-emergency)

For details and updates, visit <http://goto.lakemetroparks.com/covid-19>.



St. Gabriel School Teachers Introduce Spring Break of Challenges!

St. Gabriel School has embraced Distance Learning in new and innovative ways through amazing technology that they were using prior, but are now dependent on it. "We have been a 1:1 Chromebook school in grades 4-8 for quite a few years. Our teachers and students are used to collaborating via Google apps and other platforms. We are so grateful that we were able to implement what we already knew and used, just to a much stronger degree. We are confident that our students will be prepared for next year!" commented Ann Ulrich, school principal. She added, "I am so proud of everyone's teamwork, collaboration, and patience, not only with others, but with themselves. This has been a true testament of our ability to differentiate teacher tactics that meet our students' needs. This is not just our career and expertise, it's also our ministry and calling and we had to adapt quickly and remained positive for the kids."

bring smiles and cheer to all those around them.

St. Gabriel School is now going into their pre-planned Easter Break where students may experience disappointment with canceled celebratory and recreational plans. The teachers came up with an Amazing Grizzly Spirit Week where students are being challenged in a variety of disciplines such as Fitness, STEM project based learning, Visual, Literary and Performing Arts, and most important for St. Gabriel School, Service. A team of teachers came up with two challenges per day and other fun activities for St. Gabriel Grizzlies to enjoy. Their accomplishments will be celebrated in a video that will highlight their feats.

St. Gabriel is a vibrant center of excellence in Catholic education and faith formation, and has been a vital member of the Lake County community since 1963. We are proud to be STEM designated school by the Ohio Department of Education. Our administration and teaching staff are committed to helping students recognize their gifts and talents and preparing them to meet the challenges of life, fostering a spirit of community, life-long learning and faith-filled discipleship. In 1999 we added our Learning Loft Preschool for a comprehensive educational program that incorporates a love for learning, laughter, and fun! For more information or to arrange for a tour of our school, please call 440/354-7858 or visit www.St-GabrielSchool.org.

LET IT BE FROM PAGE 2

to them. Keep a safe distance so you don't attract predators and so you don't scare the mother away. Wildlife parents are very devoted to raising their young, and it is unlikely for them to abandon them. Click here to determine if a baby animal found alone is truly orphaned.

How you can help prevent wildlife from becoming orphans:

- Check for nests before cutting down a tree or clearing brush.
- Place caps on chimneys so animals don't build nests inside.
- Check brush piles and tall grass for nests before cutting and/or weed whacking.
- Watch pets while outside for digging or interest in possible nesting areas.
- If you find an uninjured baby animal, leave it where you found it until you are sure the parents are not returning.

Safety concerns to remember for you and the animal:

- Wild animals can carry parasites and disease (even young animals). Some of these can be harmful to humans and/or pets.
- Some species of wildlife defend themselves by biting or scratching, even at a young age.
- While our first instinct is to feed a baby animal, the best thing you can do is keep it warm and not feed it.
- Young animals have very sensitive stomachs and feeding them the wrong thing will only make matters worse.

Sometimes fledgling birds can get blown out of the nest after a storm. If the baby is healthy, a makeshift nest can be put back in the tree so the mother can continue caring for its baby. It is a myth that if you touch a young animal that the mother will abandon it.

WHEN SHOULD YOU HELP?

If you find a baby animal and any of the below apply or contact your local wildlife officer for your best options. Remember: If you find an injured or cold baby animal, keep it warm but do not feed it, until you have contacted a permitted wildlife rehabilitator.

- You can visibly see the animal has a broken bone, is bleeding or has an open wound.
- There are fly eggs anywhere on its body (eggs look like small grains of rice) or live maggots.
- If the baby has been in one spot alone for more than 24 hours, or it is crying and hasn't moved from an area.
- If the baby appears weak, cold or lying on its side.
- Featherless baby birds on the ground
- Parent animal is confirmed dead or hasn't been seen for an extended period of time
- If your pet attacked it.

It is illegal to raise, possess or keep any wild animal without a rehabilitator's permit. The purpose of the law is to protect wild animal populations and to protect humans and pets from disease and injury.

Not all projects and learning involve technology. One highlight for the school was Mrs. Erin Chalhoub's Art Challenges for Grizzlies. Reinforcing the concept that we all have the ability to be the Light and make the world a better place, her weekly art challenges are encouraging children to use their talent to bring faith, hope, and love to their neighborhoods. So far she has had a Color Wheel, Chalk Walk, and Easter Art Challenges. Students have used household items and their creativity to



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