
Parenting News

We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support with other parents has been a lifeline, and reminded us that we do not have to be alone.

Summer: Bring It On!!

By Robin Veek

It used to be when Summer reared its scary head, I would be in a panic.

Some parents might wonder why, it's summer, long lazy days, no getting the kids up early for school, what could be so scary about that? Well, if you are the parent of a child who does not do well transitioning from one thing to another, a child who might complain about a schedule, but really needs one, a child that has to know what is going on minute by minute (ok, maybe that is a bit of an

exaggeration, but you get the picture), the thought of Summer arriving can be intimidating.

I am not worrying as much about this Summer as I did the last one, why? Well, I've been going to this thing called CPS, and CPS has shown me that things can change for the better; better for myself, and so much better for my kid. Understanding that I have a part in figuring out what makes my kid tick, what causes certain behaviors, realizing I am the expert on my kid, I am her advocate, has make me look at

life, our lives, with hope. I have new resources I did not see before, I have friends who have children like mine, my child has new friends and so do I. So this Summer I know will have some bumps, but nothing like the rocky roads of the past. As for Summer, bring it on!



Art and Air Show

By David Marshall

This is a write-up to suggest some great local entertainment in August: The Northwest Art and Air Festival from August 26th through the 28th. I remember waking up early to see balloons take off from nearby fields. I remember a year we woke up to a balloon skimming

the top of our maple tree and landing in the empty lot next door. The balloons take off in the early mornings, and at night they light up the sky, and all around you are GIANT multi-colored lanterns.

The Art part fills Timber Linn Park with the wares of artists, including those who are carving pieces for



Photo credit: David Marshall

the Albany Carousel. There is also music; this year's biggest headliner is Joan Jett, but there are other musicians of different genres. Food and drink

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Summer Activities

- Aug 2—National Night Out; Ralston Park, Lebanon; 4-7 pm
- Aug 11—All CPS annual BBQ; Eastside Christian Church, Albany; 6:30pm
- Aug 13—Mid Valley Cruise in; Albany First Assembly; 9am-3pm
- Aug 18-20—Willamette Country Music Festival; Brownsville
- Aug 18-20—Art in the Park; Ralston Park, Lebanon
- Aug 27—Silver Falls Star Party; Silver Falls State Park, Sublimity; 9pm (overnight)

is always part of festivals and there is plenty to be found. I have enjoyed taking my family to these events and may have seen some of you there in the past, and if you have yet to experience this unique event I would give it high rating as quality, family-friendly time.

Fishing Report

By Robert Meston

Santiam River for the month of July was profitable for Steelhead and salmon. The outlook for August is good, as the fish are moving up the river in numbers not seen in years.

CPS on Parade

By April Wheeler

On Friday, July 8th, Michell Platt had a yardful of Family Support Volunteers and a pack of children to help create a CPS float for Sweet Home's Sportsman Holiday parade the next day. Stomachs filled with food, people got to work, and the children alternated playing with working, doing a great job decorating, especially a brilliant cardboard jukebox. The

next day, parents and children gathered near the high school football field in full 1950s dress: white tees, ponytails or slicked back hair, jeans; Fliers and candy were both given out, as well as waves and smiles. Despite the heat and walk, parents and children fared well, no blow-outs for either group, and all had a wonderful time!

A very special thanks to WinCo Foods for donating the candy!

Family Fun!!!

<p>Red Velvet Fudge Brownies</p> <p>By Mellie Meston</p> <p>Ingredients: Red velvet cake mix Fudge brownie mix Chocolate chips Fudge frosting</p>	<p>Directions: Mix red velvet cake mix as directed and pour into metal pan. Mix fudge brownie mix as directed and pour over cake mix. Sprinkle with chocolate chips. Bake at 325° for 45 minutes. Frost with fudge frosting while still hot. Serve and enjoy.</p>	<p>Cookie Scramble</p> <table border="1"> <tr> <td>oldreedcoskiskn</td> <td>bsohdeattr</td> </tr> <tr> <td>lsteonrifem</td> <td>dgnregiargenam</td> </tr> <tr> <td>signmuree</td> <td>saslomse whsce</td> </tr> <tr> <td>otcunco asnocroam</td> <td>hgiensl feofte rqsause</td> </tr> <tr> <td>yldegirsfna</td> <td>moteala</td> </tr> </table>	oldreedcoskiskn	bsohdeattr	lsteonrifem	dgnregiargenam	signmuree	saslomse whsce	otcunco asnocroam	hgiensl feofte rqsause	yldegirsfna	moteala
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Summer Class Schedule

Albany: Thursday evenings 5:30-7:30 June 23rd thru August 11th at Eastside Christian Church located at 1910 Grand Prairie Rd.

Fall classes will be starting in September. Pre-registration is required. Please call Debbi Barreras at 541-971-0246.

Childcare is provided on site.

Comments, questions? Contact us by phone or through e-mail: 541-971-0246 or parentingquestions@hotmail.com.

To submit an article or feedback, write to pneditors@gmail.com or talk to Crystal Rowell

