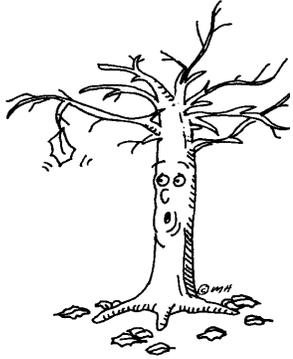

Parenting News

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.

Are you SAD?



By Michell Platt

Do you feel yourself becoming "down" or depressed as the seasons change? Do you feel "cabin fever" or can't get enough rest? This could be attributed to Seasonal Affective Disorder or SAD. SAD is a condition where most people have a marked depression during the winter/fall months.

The exact cause of SAD is unknown but a lack of sunlight may play a role in the condition. Some of the more common symptoms of SAD are: sadness; anxiety; irritability; loss of interest in usual activities; fatigue; lack of energy; craving of starches and/or sweets; weight gain; increased need for sleep; difficulty concentrating; a general feeling of depression and or hopelessness. If these symptoms are effecting your day to day life you should seek your doctor's advice. There are some home remedies that you can try if your symptoms are mild. You can try just simply opening the blind of your rooms to allow the natural

sunlight in. Even on cloudy days there is still enough natural light to brighten your mood. Also, opening the windows and allowing the fresh air in. Getting some form of daily exercise raises the heart rate and releases endorphins into your body that may also help. You can also try getting outside. Being a part of a support system can also be beneficial. You can also journal about what you are feeling and thinking.

Remember that there is no substitute for a doctor's medical advice, seek medical attention if your symptoms are effecting your day to day routines or you have suicidal thoughts.

One A-maze-ing Time

By Josi Winkler

A few years ago, I packed a thermos full of hot chocolate for the boys and hit the road for what was supposed to be a drive in the "country" when we came across a corn maze... We decided to stop and check it out. We spent the afternoon

getting lost in rows and rows of corn, as there were questions we had to answer **correctly** in order to find our way out and, needless to say, none of us were "smarter than a 5th grader" that day, but we had a good time. There were big, old barrels that had been con-

verted into pigs, cows and horses that were hooked into a kiddie train the boys got to ride in when we got out that they enjoyed. There were even tables they got to sit at while drinking their hot chocolate, which from this mom's perspective was way less messy than trying

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Activities

- October 1: Chili Cookoff, Lebanon 12:00-4:00
 - October 1 - 31: Muddy Creek Corn Maze, Corvallis 11:00-5:00
 - October 9: Leif Erikson Day
 - October 11: Take your teddy bear to work day
 - October 12: Moment of Frustration Day
 - October 15-16: Greek Food Festival, Corvallis
 - October 29: Runaway Pumpkin Half Marathon, Lebanon
-

to drink it on an old "country" road.



Sportman's Corner

By Robert Meston

Fishing on the Santiam River's coming to an end; fishing on the coast is expected to be great. Crabbing has proven to be fair for this time of year. Bow hunting season is in full swing with good reports coming in. Rifle season is slowly approaching, so please be mindful of your surroundings, wear orange when out in the wilderness, and above all: be safe.

All CPS Barbecue

By April Wheeler

On August 11th, we had our all CPS BBQ at the Eastside Christian Church in Albany. The sun shined and the kids enjoyed playing together. Many



sides were brought, from watermelon to chips, and also delicious homemade mac and cheese. FSVs Joel and Robert kept the grill going, cooking hot dogs and hamburgers for all 182 people!

Church Clean-Up

By Crystal Rowell

On September 17th, a group of FSVs and their kids showed up to help clean Eastside Christian Church as a thank you for letting us use their facilities. We helped by washing walls, shampooing carpets, washing chairs and tables, dusting, weeding, and washing the windows. It was wonderful to see the attitudes and willingness to help of all the volunteers and especially the children.

Family Fun!!!

Easy Fall Soup

By Mellie Meston

Ingredients:

2lbs hamburger
1lb sausage
1 can cream of celery
1 bag frozen veggie
1/2 red onion (chopped)
2Tbsp fresh garlic (chopped)
1 box broth

Directions:

Brown hamburger, sausage, onion, and garlic all together. Place in large pot and add all other ingredients. Cook on low as you do house work, yell at kids, or take a bath, about 1-2 hours. Hominy is a good filler. The next day, add noodles from cupboards you know the ones you never got around to using. Add 2-3C water, then noodles reheat and eat.

Fall Word Scramble

nograe

irna

nobwr

plmea

asqhsu

untmua

ikgrna

afel ilpe

ranoc

rgduo

Upcoming Group Schedule

Albany groups at Eastside Christian Church, 1910 Grand Prairie Rd.

CPS Phase 2: Thursdays 12:15-2:15.

CPS: Thursdays 5:45-7:45.

Lebanon/Sweet Home group at the Free Methodist Church, 580 F St.

In Lebanon. CPS: Tuesdays 12:30-2:30

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 fsveditors@gmail.com or talk to Crystal Rowell.



Answers to Word Scramble: orange, brown, squash, raking, acorn, rain, maple, autumn, leaf pile, gourd