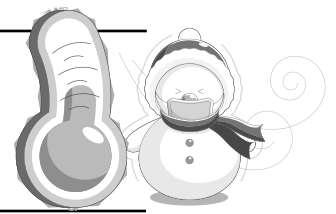


Parenting News



We are a group of parents in Linn County, Oregon 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.

Museum Fun!



By Michell Platt

Ever wonder what a tree dating back to 1377 looks like? Or what a bed from the pioneer days consists of? East Linn Museum in Sweet Home can answer those questions for you. This small museum is located on the corner of Long Street and Old Holley Road and can offer you a look into the history that makes up Sweet Home. You can explore the museum on your own or you can use one of the 2 written guides created by the museums volunteers. The first "guide" is a flyer with 50 unique

items found in the museum. It will take you to all 5 different areas of the museum. If you are into solving riddles, use the museum's "What am I?" riddle page to explore the museum and all it has to offer. So the next time you are on your way to the lake stop by East Linn Museum and take a look around.

Other free museums in the Linn County Oregon area:

Linn County Museum - Trains and covered wagons!
Mon. - Sat. 11:00 - 4:00 101 Park Ave. Brownsville



Historic Carousel & Museum - A carousel in the making! Mon. - Sat. 10:00 - 4:00 Wed. til 9:00 503 1st Ave W. Albany

Albany Regional Museum - Women of the vote display going on now. Mon - Fri. 12:00 - 4:00 Sat. 10:00 - 2:00 136 Lyon St S. Albany

Living Rock Studios - A great place for rock collectors. Tues - Sat. 10:00 - 5:00 911 W. Bishop Way Brownsville

Moyer House - Life in 1881. Sat. 12:00 - 4:00, Sun 2:00 - 5:00 101 Park Ave. Brownsville

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Activities

- Jan 17 (4:30-5:30p) Anime Club at Albany Public Library; 3rd Thursdays; 11+ years
- Jan 18-19, 25-27 (Fri/Sat at 8pm, Sun at 2:30pm) "39 Steps" at Albany Civic Theater
- Jan 28 (7-8p) Second Street Guitars, a two-man show; Lebanon Public Library
- 2nd Wed every month (1:30-2:30p) Lego Club at Lebanon Public Library; Elementary/ Middle School
- Mondays (7pm) Story-time with Puppets at Albany Public Library

Common Items, Uncommon Uses—part 2

By Monica Potter

Aluminum foil-

Sun box- take a cardboard box cut one of the long sides out and line the inside with foil. Set next to a window with plants inside. The foil will reflect the light and help to keep stems growing straight.

Foot warmer- While camping or hanging out in the cold weather you can cover heated stones with foil and then wrap

them in a towel and put them in the bottom of your sleeping bag or at your feet to keep you toasty.

Specialty cake pans- make a shape out of double thickness heavy duty foil think Christmas tree, pumpkin, sun and moon, star, or get real creative with a teddy bear or Easter basket. Then when baking set inside a standard cake pan.

Fishing lure- wrap foil

around a hook, fringe the ends so it wiggles when you reel the line in. Make sure not to make too thin of strips or you might litter.

Reflector- If you attach foil to a tri-folding piece of cardboard then you have a quick photography reflector that can stand on its own.

Platter- cover a plate size piece of cardboard with foil and you have a convenient

disposable serving platter.

Paint tape- crimp around doorknobs, outlets, thermostats or any other fixed object before beginning to paint then when the paint is dry easily pull it off.



Unexpected Empathy

By Crystal Rowell

The other day, a friend of mine texted me with a problem she was having. After hearing what was going on, my first response was to try to fix it. This happens frequently from parents, friends, and significant others. Men especially are known for being “fixers”. It dawned on me, this time, that wanting to fix it, is a sign of empathy. Empathy is feeling with the other person and produces a



need to act. The need to act is what prompts the urge to fix. In Collaborative Problem Solving, we are taught that jumping too quickly to solving the problem doesn't work well, and that is still true, but I felt reassured knowing that the very urge that we try to delay, is a sign that I am being empathetic. It also helped me realize that when I'm venting to someone, and they want to try and fix the problem, they are being empathetic to my feelings.

Kiddo Of the Month!

Introducing Atalie! She is 13 and her favorite colors are blue and green. She loves all of nature and is very good at unicycling, science and learning, and arts. She recently kept a 4.0 GPA even though life was really stressful for her. Way to go Atalie!!! Keep it up!



Family Fun!!!

Healthy Ice Cream— For the Brave

Ingredients

Frozen Bananas
1TBSP Peanut Butter
Cocoa Powder (to taste)

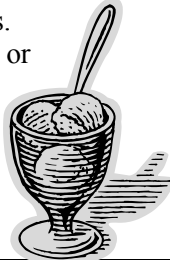
Directions

*Use a food processor to cream the bananas.

*Add peanut butter and cocoa powder and blend well.

Alternatives:

- *Spread on graham crackers for ice cream sandwiches.
- *Add berries or other fruits.



Fun on Yucky Days

Bowl-a-rama

Small, empty water bottles and a rubber ball are all you need to transform the family room into a bowling alley. Six bottles make good bowling pins; if the bottles fall over too easily, fill them up with a little water or dry pasta for some extra weight.

Indoor Treasure Hunt

Wrap a bunch of wooden blocks or some Ritz crackers in aluminum foil, and hide them around the house. Give each child a flashlight and a small paper bag, and challenge them to find the buried silver.



Upcoming Class Schedule

Winter Classes!

Albany—Thursdays beginning Jan 17th from 12:30 to 2:30 at Eastside Community Church at 1910 Grand Prairie St. in Albany

Lebanon—Tuesdays Beginning Jan 15th from 12:30 to 2:30 at The Free Methodist Church located at the corner of F and 7th in Lebanon

Comments, questions? Contact us by phone or through e-mail: 541-971-0246 or parentingquestions@hotmail.com. To submit an article or feedback, or to sign up to receive this newsletter via email, write to pneditors@gmail.com or talk to Crystal Rowell.

