



# 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 to and from other parents has been a lifeline and reminded us that we do not have to be alone.

To submit an article or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Alanna Warren.

## Memoir Of Gabriel Johnstone

By Gabriel Johnstone

Sometimes life can be hard for me. Not the kind of hard that most kids my age have or the kind of hard that you will find in the "Diaries of A Wimpy Kid" book. But the kind of hard that affects my thoughts and feelings and makes me act like a constipated bull in a china shop that ate a stick of dynamite. I have some disabilities, but I don't really like to talk about the names of those disabilities because those labels are not who I am. I often wonder if other kids have some of the same problems as I do.

Sometimes I see and hear things that scare me. At the time, it feels like they are real. I get so scared that my lungs feel like they are shriveling up into dried prunes. My breathing gets tight and airways constricts making almost impossible to get any air at all. A taste is left in my mouth like I drank saltwater from the sea. My heart races and beats so loud that I can hear it hammering in my ears. It's so noisy, that I'm sure that others can hear it to, but they can't.

There are times that I get really angry. The rage I feel is like a volcano inside me ready to explode at any moment. When that volcano explodes, I know it's going to take out everything around me. My face gets as red as a sailor's sky at night, and it scrunches up like a scary wooden mask. The kind of mask that frightens young children. I storm off to my room looking for an outlet. Sometime I push and flip chairs over, slam doors and kick things along the way to my room. I yell and say things that I really don't mean. At one of the worst points in my life, I have felt so out of control that I thought I was possessed by demons. I didn't want to act the way I did, so I even tried to cast out those demons.

Other times, I have so much energy that I just can't hold still. I feel like I drank three gallons of

adrenalin. I have so many things to say yet I can't get my thoughts out into words and it feels like a compressed bottle rocket, ready to blast off. Then there are times that I have to wait my turn to talk. I think I'm going to forget what I wanted to say so I just have to get it out or I will burst like an overfilled water balloon.

I also feel anxious. The anxiousness comes in waves and feels like I have this black pit in my stomach that is going to consume me. It makes me think that I need to eat something but that does not stop the black hole. I get so overwhelmed from this pit inside me that I feel like I'm going to drown. Then I panic and can't get enough air to breath and I think I'm going to suffocate. My shoulders are so tight you can see the knots in them from across the room. This all makes me tired and drained. My arms and legs are limp like noodles. I get so exhausted that I feel like I want to pass out or sleep for a week.

Other people might see me as a misfit, someone that belongs on an island with the other misfit toys. Now you might be thinking this is a lot for a kid to take and you are right, but you see, this is what makes me... well, me. Its how I deal with these problems. I have some ways that I try to cope. I take brakes, punch a pillow, have a squish ball and get extra help for school stuff. I have friends and a family that make me feel like I belong.

Some days are harder then others to get through. But no matter how hard the day, week, month, or even year, I am not someone to be defined by my disabilities. Each day that I choose to deal with these problems, I get stronger. Maybe someday I will be stronger. Maybe someday I will be strong enough to get that constipated bull out of the china shop.

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### Activities

- Mar. 30th (11a-4p) Albany Daffodil Show; Main Albany Public Library
- Apr. 2nd (1:30-2:30p) & Apr. 16th (4-5p) Lego Club; Lebanon Public Library
- Apr. 5th (9a-12p) Kids' Workshop; Home Depot, Albany.
- Apr. 12th (10a-12p) Peterson Butte Hike; Polly Farm Lane, Lebanon; 541-409-1302, build-lebanontrails.com
- Apr. 19th (10a) Easter Egg Hunt; W. O St., Halsey Memorial Park, Halsey.
- Apr. 19th (10:30a) Downtown Egg Roll and Bunny Hop Scavenger Hunt; Monteith Park, Albany.
- Apr. 19th (1p) Brownsville Easter Egg Hunt; Pioneer Park; "Hop and Shop" (2-4p), Downtown.
- Apr. 20th (1:30p) Century Fields Egg Hunt; 181 S. 5th St., Lebanon.
- Apr. 26th (9:30a) Procession of the Species; Albany Courthouse steps (4th Ave. and Broadalbin). Dress up as a creature and join the parade.  
[albanyprocession.wordpress.com](http://albanyprocession.wordpress.com)



# We All Are Society

By Jos Wood

When are you going to stop blaming society for everything? We are society! The persons of the planet make up a large society, giving examples of beauty and perfection.

But beauty is in fact not in perfection, it is within our flaws. The girls or boys that tell you you are too fat, or too skinny, or too this or too that, need to figure things out. Telling someone everything that's wrong with them is never going to make you an ounce prettier. Look at that girl, the one who shares the locker next to yours, instead of looking at an obvious imperfection, look at her eyes, talk to her, listen to her heart. Get to know someone before you judge them, before you make someone hate themselves. They're depressed, or emo? Or a pig or a twig? Is that what you want them to feel like? You don't really want them to kill themselves, do you?

Someone who was nice and perfect and had a live, beating and caring, heart? While you sit and pinpoint them as something you think they should be labeled as. Maybe they have acne, or a few extra pounds, or a different interest in genders than you, but it doesn't mean they are any different than you! If you saw an X-ray, and you didn't know who it is, you could not tell me one thing wrong with them. If you see a small crack or dent in their bone structure and hold that against them, don't. They don't need that, you don't need that. You are a piece of society so stop saying you're perfect, stop blaming someone next to you. Stop lying and hurting others to make yourself feel beautiful.

I know so many girls and boys who are a definition of perfect to me, but because of all those people who don't understand what they're saying, they are afraid to make new friends after all their old ones leave because they fear not a soul will love them. I know girls and boys who scar their skin because no one will listen to what's happening. You don't know how painful it is to listen to your best friend say they want to die, to kill themselves. Do you know how painful it is to watch them suffer, knowing you can't do anything about it? You have to watch them die aching slowly, and you cannot help them? Because of one person's words. I despise only the people who think they are higher of someone else, who bury people in the dirt. I love everyone who hates themselves because I know how it feels. I know how it feels, I do. And I am so sorry that you have to go through it, too. But let me say something:

You are beautiful, and just because some people can't see it, doesn't mean it's not there. Don't let them, or anyone else change how you think, or how you look or talk or dress or walk or write or anything. Don't let someone change a single thing about you, because I love you.



## Upcoming Group Schedule

### Spring Groups

**Albany**—Thursday Mornings beginning April 10th from 9:15 am to 11:15 am and Thursday evenings beginning April 10th from 5:30 pm to 7:30 pm. Both are at the Eastside Community Church at 1910 Grand Prairie St.

**Sweet Home**—Tuesdays beginning April 8th from 9:30 am to 11:30 am at The United Methodist Church located at 845 6th Ave.

**Lebanon**—Tuesdays beginning April 8th from 12:30 pm to 2:30 pm at The Free Methodist Church located at the corner of F and 7th.

If you have questions, please contact Debbi Barreras at 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)





## Italian Pasta Salad

### **Ingredients**

Corkscrew pasta  
Pepperoni  
Salami  
Olives (sliced)  
Bell Peppers (asstd. colors)  
Mozzarella cheese (cubed)  
Onions  
Italian Dressing

### **Directions**

Boil your pasta. When

ready drain and put in refrigerator to chill. Cut slices of pepperoni and salami into fours. Cut onions and bell peppers. Drain olives. Once the pasta is chilled mix in all ingredients in a large bowl. Make sure to cote well with the dressing. Chill till you are ready to serve. You can try changing things up by adding banana peppers and avocados or anything else that sounds good.

## Magic Balloon Treats

Submitted by Mariah McLaughlin

This just sounded like fun!

Insert a piece of chocolate, candy, or a small toy into a water balloon and inflate it. Mix equal parts of craft glue with water and dip lengths of yarn into the glue mixture, then wrap them around the balloon until it is evenly covered. Once the yarn has dried pop the balloon and remove the balloon scraps.

(as featured on the whoot.com.au)



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