



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.

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

Summer Fun

By Monica Potter

As the weather turns to being more outdoor friendly and children are excitedly waiting for the summer break from school, some of you may be wondering the same thing as me: what are we going to do? And other questions come out of that, too. What is fun to me may not be the most enjoyable experience for another person, especially our kids. But no fear for you—here is a list of ideas of what fun things there are to do in our area.

Visit your public library. Check out the summer reading program incentives. In years past, kids could earn Portland Trailblazers game tickets and lots more.

Albany Main Library: 541-917-7580

Downtown Carnegie: 541-917 7585

Lebanon: 541-258-4926

Sweet Home: 541-367-5007

How about going for a swim?

Albany Community Pool: 541-967-4521

Cool Pool: 541-917-7751

Lebanon Community Pool: 541-451-8551

Sweet Home: 541-367-7169

Lots of activities with OSU Extension, such as Master Gardeners, 4-H, and Family & Community Health.

www.extension.oregonstate.edu/Linn

How about learning some history?

Historical Society: 541-791-1618

Tour of historic homes. Last Saturday in July (the 26th): 541-928-2469

Want to watch movies?

Albany Regal Cinemas offers \$1.00 movies on Tuesdays and Wednesdays at 10:00am, starting June 17th and runs for 9 weeks. All movies are PG. To see the line-up, visit: www.regmovies.com/Movies/Summer-Movie-Express#Oregon

Check out other summer events:

National Night Out is scheduled for August 5th, 2014. This nationwide program is to bring aware-

ness to crime and drug prevention, and also is a great excuse to mingle with your neighbors. If you want to set up an event for your neighborhood, contact your local police station.

The Albany Parks and Rec Dept. puts out an activity guide for every season. There is something for every age group, including Artstart (starts at age 1), moving on up to local park hikes and lots of sports opportunities. There are even special activities for those 55 and over. Check it out for yourself: albanyparksandrecreation.org.

River Rhythms kicks off July 3rd with fireworks. Each Thursday has a new performer (with the exception of July 17, where the performance will take place at the fair). The season's last concert will be Aug. 7th, featuring Uncle Kracker. There is a Kid Art area from 5:30-7:00p. Also, Mondays at Monteith concerts run to the end of August. Music starts at 7pm.

Northwest Art and Air Festival is August 22-24th at Timerblinn Park. Visit nwartandair.org.

United States Spring Beat Association: Jet sprint boats will be here several times throughout the summer. Check out their schedules of events: www.ussbaracing.com.

There are lots of other activities to do as well: camping, geocaching (a type of scavenger hunt), water sports, wildlife viewing, and countless others.

Some quick dates to remember:

June 7th Free Fishing Day

June 20th-22nd Brownsville Pioneer Picnic

July 10th Albany Summer Sidewalk Sale (Downtown)

July 11th-13th, 25th-27th, and Aug. 1st-3rd Let's Go Camping; Oregon Parks and Rec Dept.

July 11th-Aug. 15th Movies at Monteith, starting at dusk, every Friday night.

July 15th-19th Linn County Fair

Aug. 8th-9th Willamette River Race

Aug. 22nd-24th Northwest Art and Air Festival

Sept. 6th Antiques in the Streets

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"I have loved the stars too fondly to be fearful of the night."

—Galileo Galilei

With summer come warmer nights. One way to take advantage of these pleasant evenings is lying beneath the stars, staring into the twinkling darkness.

June 7th brings us the conjunction of Mars and the Moon, where the two will be quite close together in the eastern sky after sunset, but will be most visible in the western sky during the evening for several hours.

The New Moons on June 27th and July 26th create good times to star-gaze because there's no light from the moon to detract from the fainter lights. In fact, the Delta Aquarids will be happening, with the peak (about 20 meteors an hour) two days later, when the moon is still slight. An even bigger shower peaks on August 12th and 13th. Though the Perseids occur just after the full moon, they are known to be bright and numerous (~60 meteors an hour).

As we look to the sky, may we never take advantage of the beauty of the night.

Carl Sagan said it best:

"We are all made of star stuff."

Recipe

Summer Corn and Tomato Pasta

Ingredients

- Salt
- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces

Directions

Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.

Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.

Add the vegetables, butter and basil to the pasta and toss.

Summer is Here Word Search

	W H F N L B L S R F G N N C G
BASEBALL	A T C O E S F L V U A A O M U
BASKETBALL	L F O A P I P U A N R E I Y B
BEACH	B P W O E W A R M B D C T C X
CAMPING	S S R R S B H P F E E O A Q X
FESTIVALS	P T L W W N B E S Z N S C T T
FISHING	S F O E W K S E D U I J A O A
FRIENDS	B A S K E T B A L L N N V B J
FUN	G F F S I P G E P R G V Y V S
GARDENING	Y C R V U N O G N I M M I W S
OCEAN	Z L A I I N D V O S I Y J D R
PARKS	A L V P E R P Y E B H C R P R
POOL	S E M U K N G T O R B O D Q G
SLEEPOVERS	Y A K T J L D O F I S H I N G
SLURPEE	C R P W D P G S S K R A P C N
SPORTS	
SUN	
SWIMMING	
TAN	
VACATION	
WARM	

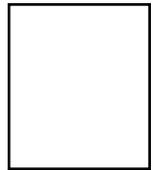
FSV Spotlight

By Alanna Warren

I am proud to tell you a little bit about Mariah McLaughlin. Mariah has been with CPS and the FSV's for about three years now. She now has three beautiful children Corey, Faith, and Phoenix. When Mariah first came to Collaborative Problem Solving she was very shy and timid. Still, she stuck it out and kept coming because she wants to be the best mom she can be. Many of us have had the pleasure of watching Mariah bloom. Some of the words our fellow FSV's have used to describe Mariah are kind, inquisitive, joyful, funny, and willing to learn.

Mariah has worked to change and embrace the skills that CPS has taught her, including a strengths based life style. Recently Mariah has moved to Washington and even though we will miss seeing her and her beautiful children we will always think of her fondly. No matter where her life may take her from here she will always remain a part of our FSV family. Good luck Mariah, and we hope to hear from you soon!

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