



# 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: 541-730-8716 or 541-971-0246 or e-mail: [parentingquestions@hotmail.com](mailto:parentingquestions@hotmail.com). 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 Robin Veek.

## Looking for Helpers

By Crystal Rowell

Mr. Rogers is quoted as saying, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

When South Albany High School had a fire in the early morning of April 1st, our community got the chance to look for the helpers. So many stepped forward to help. There were the first helpers, the person who called 9-1-1 and the firemen from seven nearby communities who put the fire out. They are heroes. But there are many more heroes in our area that not everyone will hear about. I would like to share with you some local helpers that I heard about.

As you may already know, the South Albany cafeteria served more than just the South Albany students. They made cold lunches for the local elementary schools as well as dinner to kids at the Boys & Girls Club. With the cafeteria burned, about 700 kids didn't get their cold lunches. Thanks to some amazing people and companies, those children did not go hungry.

I heard about one teacher who went to McDonald's and bought

\$400.00 of food for her students. The staff at McDonald's offered to cut her bill to \$25.00 because they knew who the food was for, but she said no, that this was something she could do to help and to give the price cut to other teachers coming in.

McDonald's wasn't alone in their kindness. All of the pizza places in the area helped, too, by giving many pizzas for students.

With lunches taken care of, the local grocery stores stepped up to help with the Boys & Girls Club dinners. Not only did they give food, but they sent their own employees to help make the food. They weren't the only ones to help with that. Students from South Albany who had no school went to volunteer to help with making the dinners as well.

When tragedies happen in our lives, it's easy to get stuck on the negative and the sadness in the news, papers, and everywhere. But when we choose to "look for the helpers," we can see that though some people make bad decisions, there are so many more who are there to support, help, and rebuild.

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### Events

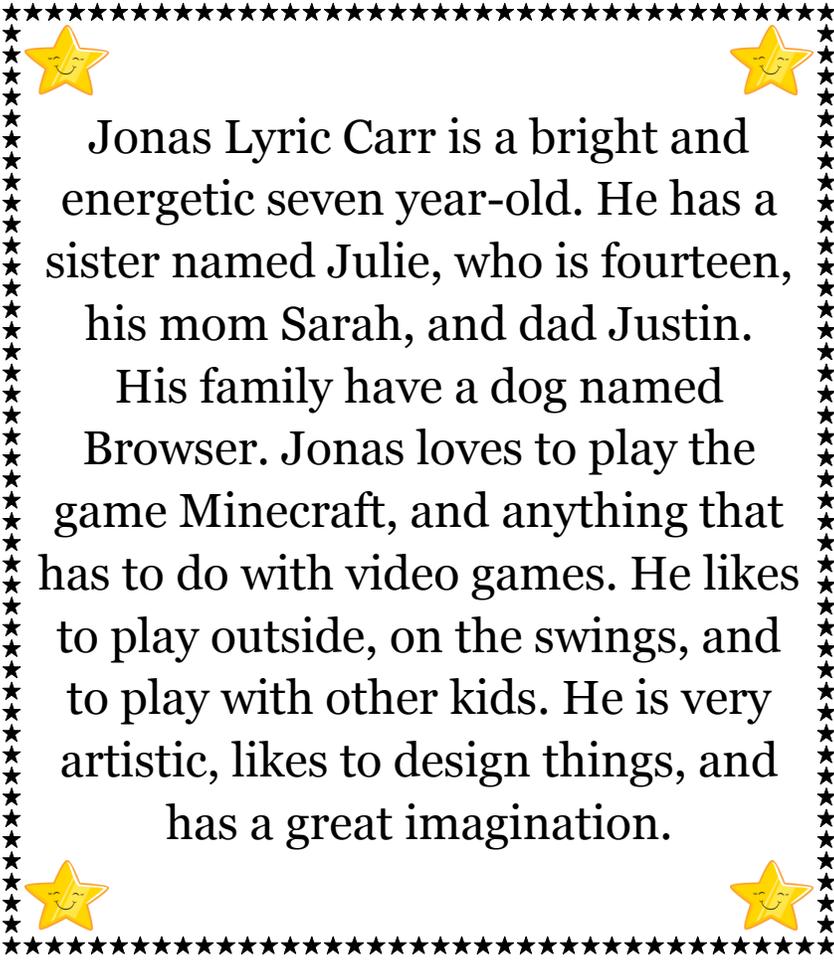
- May 2nd (10:30a-12p) Talking Water Gardens Tour; Bus leaves @ 10:15a from Carino's; Free; Reserve seat: 541-917-7777
- May 16th (8a-4p) Lebanon Community Pride Day; Clean up Lebanon!; Downtown and Ralston Park; Free lunch for volunteers.
- May 23rd (10a-2p) Lebanon Friends of the Library Book Sale, Senior Center.
- Albany Friends of the Library sales: MWF (1-5p); T/Th (12-3p); Sat (1-4p)

### Special Days in May

- May 1 = Make a Book Day
- May 2 = Sibling Appreciation Day
- May 5 = Cinco de Mayo!
- May 12 = Kite Day
- May 14 = Dance Like a Chicken Day
- May 20 = Pick Strawberries Day
- May 24 = Scavenger Hunt Day

May is Foster Care Month, National Bike Month, National Inventors Month, Older Americans Month, National Mental Health Month, and National Physical Fitness & Sports Month. Teacher Appreciation Week is the first week in May.

**MAY THE  
FOURTH BE  
WITH YOU.**



Jonas Lyric Carr is a bright and energetic seven year-old. He has a sister named Julie, who is fourteen, his mom Sarah, and dad Justin.

His family have a dog named Browser. Jonas loves to play the game Minecraft, and anything that has to do with video games. He likes to play outside, on the swings, and to play with other kids. He is very artistic, likes to design things, and has a great imagination.



We FSV Editors apologize for a major error in the Albany morning group time this school year. The right times are now printed, and we are deeply sorry for any struggles because of our mistake.

This week's featured FSV is Monica. She arrived at Collaborative Problem Solving due to a flyer she saw. She mentioned that she was late for her first class, but has kept coming back for 6 years.

She was born in Lebanon and has lived in Oregon her whole life. She spent 17 years living on the Oregon Coast, but is back home in Albany.

Monica has one daughter, Josephine who is 13 years old. Monica and Josephine love to go to concerts together. Their last concert was in Eugene where they saw the Black Veil Brides. They hung around till 2am for autographs and pictures with the band and they had a great time.

Monica and Josephine have two dogs (Itsy 5 years old and Petunia 3 years old) and two Guinea Pigs (Castiel and Jadreal).

Monica does Self Care by working at Gleaners and doing gardening. She is the typical "Outdoor Girl". She walks all over Albany and she enjoys the exercise.

When I asked her what she gets out of CPS she replied LIFE!

### Spring Groups

**Albany**—Thursday mornings from 9:00am to 11:00am at Oak Creek Christian Center, 5775 SE Columbus Street. Thursday evenings, 5:30pm-7:30pm, First United Methodist Church, 1115 28th Ave. SW.

**Lebanon**—Tuesdays from 12:30pm to 2:30pm at the Free Methodist Church located at 580 F Street.

**Sweet Home**—Tuesdays mornings from 10:00am to 12:00pm at First Baptist Church, 2470 Main St.

Youth Activities available at Albany and Lebanon locations.

If you have questions, please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)

### Inspiration

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

*Maya Angelou*

"It is during our darkest moments that we must focus to see the light."

*Aristotle Onassis*

"Don't cry because it's over, smile because it happened."

*Dr. Seuss*

# Recipe: Lala's Famous Potato Salad

## Ingredients:

Potatoes (2 per person; peeled or not)  
 Eggs (as many as potatoes)  
 Bacon  
 Dill pickles  
 Onions  
 Minced garlic  
 Celery  
 Mayo & mustard  
 Salt & pepper

## Directions:

\*Boil eggs, peel, put in fridge to cool.  
 \*Cut potatoes into bite-sized pieces. Boil until done, but still a little firm. Put in the fridge to cool.  
 \*Cut bacon into one-inch pieces and fry until crisp.  
 \*Chop celery, onions, pickles, and eggs.  
 \*Combine all and add salt & pepper to taste.

## The Goat-Dog



This is a picture my kiddo drew of our dog. Our "behavior dog". She was a rescue and came with some hard-to-deal-with behaviors. (We love her anyway, of course. Especially when she carries her noisy pink plastic pig like a baby.)

Just this morning, I put my breakfast sandwich on my desk, ran up my stairs to grab my glasses, and was gone maybe 30 seconds. In that time, my dog snagged my food! (I can hardly blame her, I guess—there was bacon!)

She eats our socks. This dog will sneak them out of dirty clothes baskets and then stuff them (partly eaten!) into couch cushions, as if we won't find them. This dog has eaten a (small) tin foil ball.

Here's what I figure:

Goats are white.  
 Our dog is white.  
 Goats eat anything.  
 Our dog eats anything.  
 Therefore, our dog is a goat.

## Word Scramble: Flowers

- |              |                |
|--------------|----------------|
| 1. llyi      | 7. licla       |
| 2. esro      | 8. snapy       |
| 3. utilp     | 9. yadis       |
| 4. tveiol    | 10. ialfdodf   |
| 5. oleurnfsw | 11. iitncoaran |
| 6. pwsteeae  | 12. dnadneoli  |

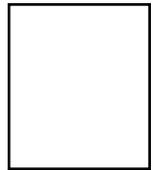
## WANTED

**Your (or your kiddo's) artwork here!**

*Email us photos/scans of art made or text of poems written by you or your kiddos!*

Answers to scramble: 1. lily 2. rose 3. tulip 4. violet 5. sunflower 6. sweet-pea 7. lilac 8. pansy 9. daisy 10. daffodil 11. carnation 12. dandelion

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