



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: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Some Tips For A Safe Halloween

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Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

ALL DRESSED UP:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives.
- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long.
- Obtain flashlights with fresh batteries for all children and their escorts.
- Review with children how to call 9-1-1 if they ever have an emergency or become lost

CARVING A NICHE:

- Children can draw a face with markers. Then parents can do the cutting.
- Consider using a flashlight or glow stick instead of a candle to light your pumpkin.



HOME SAFE HOME:

- Remove from the porch and front yard anything a child could trip over
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Restrain pets so they do not inadvertently jump on or bite a trick-or-treater.

ON THE TRICK-OR-TREAT TRAIL:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Remind Trick-or-Treaters:
 - Stay in a group and communicate where they will be going.
 - Carry a cellphone for quick communication.
 - Remain on well-lit streets and always use the sidewalk.
 - If no sidewalk is available, walk at the far edge of the roadway facing traffic.
 - Only cross the street as a group in established crosswalks. Never cross between parked cars or out driveways.
 - Law enforcement authorities should be notified immediately

Fall 2016 Groups

Albany—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning September 15th, 2016.

Lebanon—Tuesdays, 11:00pm-1:00pm at the Free Methodist Church located at 580 F St., starting September 13th.

Sweet Home—Tuesdays mornings from 9:30 to 11:00am at First Baptist Church, 2470 Main St., starting on September 13th. *This group facilitated by consumer April Wheeler

Children Activities available at all locations. Lebanon and Albany groups are facilitated by Debbi



Inspiration

I fall, I rise, I make mistakes, I live, I learn, I've been hurt but I'm alive. I'm human, I'm not perfect but I'm thankful.

WWW.FEELMYLOVE.ORG

HALLOWEEN IS A HOOT!

Q: What do ghosts eat for supper?

A: Spooketi

Q: Why did the skeleton cross the road?

A: To get to the body shop.

Q: Why didn't the skeleton go to the ball?

A: Because he had no BODY to go with.

Q: Why is Superman's costume so tight?

A: Because he wears a size "S".

Q: What do ghosts use to wash their hair?

A: Shamboo!

Q: What is a vampire's favorite fruit?

A: A nectarine!

Q: What kind of dessert does a ghost like?

A: I scream!

Q: When is it bad luck to be followed by a black cat?

A: When you're a mouse.

Q: What do moms dress up as on Halloween?

A: Mummies!

Q: What kind of pants do ghosts wear?

A: Boo-Jeans.

Q: What did one owl say to the other owl?

A: Happy Owl-ween!

Q: Where do ghosts buy their food?

A: At the ghost-ery store!



FSV Spotlight:

By Verla-Jean Caudill

The spotlight this week is Jubil, Deanna and Jim's dog. He is a 7 year old Siberian Husky that they rescued.

He is the love of their lives. He goes in the truck, sleeps near the bed and loves to be loved.

According to Deanna he spends his day in "mourning" when Jim goes to work. Jubil loves her too, but Jim is his first love.

He loves to go to Home Depot with Jim, in fact, he knows what "Home Depot" means and heads for the door when he hears it, knowing he will get to go.

When Jim and Deanna rescued Jubil they were told he did not like to ride in vehicles. That has not been their experience of him. He especially likes to go camping and swimming with them. They have had him for 3 years but it feels like forever and can't imagine a life without him in it.

There is something about the unconditional love a pet that is precious.



Candy Corn Cupcakes

3 cups all-purpose flour
1 1/2 cups sugar
2 sticks unsalted butter, at room temperature
1/2 cup (1 stick butter) softened
1 tablespoon baking powder
1/2 teaspoon salt
4 large eggs at room temperature
1 tablespoon plus 1 teaspoon Pure Almond Extract (I used Watkins it's clear)
3/4 heavy cream
4 cups sifted confectioner's sugar

1/2 cup solid vegetable shortening
3 tablespoons milk
1/2 cup water
yellow icing color
orange icing color
1- bag candy corn
orange sugar sprinkles
yellow sugar sprinkles
white cupcake liners



Directions for the Cupcakes:

- Preheat oven to 350 degrees. Whisk 3 cups flour, baking powder, and salt until combined. Beat the 2 sticks of unsalted butter and the sugar in a large bowl with a mixer on high speed until fluffy. Reduce the mixer and add the eggs one at a time, scrape down the bowl as needed. Stir in the Almond extract.
- Mix 1/2 cup water and the 3/4 cup of heavy cream in a bowl. Beat the flour mixture into the butter mixture in 2 batches, alternating the flour mixture and the cream mixture.
- Divide the batter into 3 medium bowls about 2 cups in each. Stir in a few drops of yellow icing color into one bowl, stir in a few drops of orange icing color into the second bowl. Leave the remaining batter white. Place about 1 heaping teaspoon of each colored batter into each muffin cup. Start layering colors for the candy corn beginning with the yellow, orange, then white. Do not stir!!! Each muffin cup should be about three-fourths full.
- Bake for 30-35 minutes until the toothpick inserted comes out clean. Remove from oven let cool for 5 minutes then place cupcakes on a cooling rack until completely cooled.

Directions for Frosting:

- Beat together 1/2 cup solid vegetable shortening, 1/2 cup butter, and one teaspoon Almond extract together. Slowly beat in the sifted confectioner's sugar a little bit at a time, add the three tablespoons of milk alternating with the powder sugar until the frosting is fluffy. Spread frosting on the cupcakes or use a Dessert Decorator. Sprinkle with the sugar sprinkles and place one candy corn on top of each cupcake. Enjoy!

Safe Halloween Activities

Saturday, Oct 29

- 10 AM Costume contest at the Eagles 127 NW Broadalbin St, Albany, OR
- 11 AM Downtown Albany Trick or Treat

Monday Oct 31

- 3-4 PM Lebanon Downtown Trick or Treat
- 4-6 Harvest Party at Pay It Forward 155 N Williams St Lebanon, OR

- 5-6:30 PM Trick or Treating at Heritage Mall 1895 14th Ave SE, Albany, OR
- 5:30-7:30 Trunk or Treat at First Church of God 1225 15th Ave. SW, Albany, OR
- 5:30-7:30 Trunk or Treat at South Albany Community Church 2418 SE Geary St , Albany, OR
- 5:30-8:30 GLOW at Hope church (formerly First Assembly of God) 2817 Santiam Hwy SE Albany, OR
- 6-8 Trunk or Treat at Grace Point Church 230 Clover Ridge Rd SE, Albany, OR