



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.

The Gift of Boredom?

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By Crystal Rowell

I remember as a kid during summer complaining to my parents “I’m bored.” That didn’t last long though, because whenever I said that I would be told to do some chore that needed to be done. Now as an adult, that same complaint of “I’m bored” seems to grate like fingernails on a chalkboard. With summer coming, I have no doubt that this offending phrase will be used a lot.

In preparation, I looked online to see what the wisdom of the internet had to say about it and I came

across a great blog post that can be found here: thezenrn.blogspot.com/2015/07/the-gift-of-summer-boredom.html. In her article, Mandi talks about the summer days she spent in nature and all the wonderful activities that came about with her friends and her dog. She attributes most of it to the fact that they were bored.

I hadn’t thought of that aspect before. Without boredom, we aren’t chal-

lenged to come up with ways to entertain ourselves, to learn how to use our imagination, how to be creative. The post also talks about the fact that a lot of kids today have schedules that some adults would find daunting. Every minute is filled with activities, school, or electronics with little time for imaginative, self-motivated play.

I look back fondly on the summer days spent finding bushes in a local park that I could crawl around in and

find a natural “fort”, or making up games or stories with my friends. I didn’t realize before that these are the gifts that I was given through boredom.

So the next time I hear a child complain that they are bored, I think my reaction will be different. Now, my reaction will be excitement that the child gets to begin a greater adventure than any video game could provide. I wouldn’t want to stand in the way of that, so now, I will allow boredom to be a gift.



Summer Class Schedule

Albany—Thursdays, 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 6th.

Lebanon—Tuesdays, 12:30-2:30pm at the Free Methodist Church located at 580 F St., beginning April 4th.

Sweet Home—Tuesdays, 9:15-11:15am at Freedom Hill Church, 2470 Main St., beginning April 4th. *This group facilitated by consumer April Wheeler and Scott Jondahl

Brownsville—Tuesdays 9:15-11:15am at The American Legion, 339 N Main St. beginning April 4th. *This group facilitated by consumers Alanna Warren and Monica Potter



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

If you have questions, please call 541-730-8716 or 541-971-0246, or visit: parentingtogether.us

Free Bowling!!!

Several bowling alleys run a special during the summer where kids can bowl two games free each day.

Linn Lanes in Lebanon has summer bowling passes for kids ages 2-18 that gives them two free games and free shoe rental with additional



games only \$0.50. The pass is valid June 1st through August 31st and is open to sign up any time.

Highland Bowl in Corvallis and Lakeshore Lanes in Albany are also offer-

ing a similar deal through kids-bowlfree.com.

What a great way to get out of the heat and have some family fun!



Family Fun!!!

Grilled Hotdog Skewers with Avocado Dip

INGREDIENTS

For Skewers

- 1 package Hot Dogs
- 1 or more Avocados, diced and toss with some fresh lemon juice so they do not turn brown
- Blue and/or Yellow Corn Tortillas, trim into small squares
- Avocado Cilantro Dip
- 1/2 cup fat free Sour Cream or Thick Greek Yogurt
- juice from 1 Lemon
- 1 Avocado (about 6-8 ounces)
- 1/2 cup fresh Cilantro leaves,

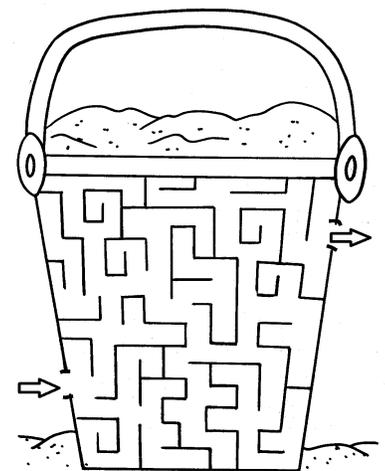


- 1 tablespoon Capers
- pinch of Black Pepper
- pinch of Garlic Salt
- pinch of Smoked Paprika
- *Small 6 inch skewers.

METHOD

Skewers: Grill your hot dogs according to package directions. Let them cool a bit and cut into chunky pieces. Alternate pieces of hot dogs, avocado and corn tortilla squares. Slide on some cilantro leaves too as a garnish.

Avocado Cilantro Dip: Combine all ingredients in a blender or food processor. Season to taste.



Cooking "Hacks"

By Monica Potter

- If you enter what ingredients you already have on hand into the recipe finder on Supercook.com, it will show you all sorts of meals that you can make. I tried it and it works, all



the way down to the spices and oils.

- Taco Tuesday? If you put the cheese on first before the meat, it will melt and help to keep the shell from breaking.
- Turn any boxed cake mix into cookie dough by adding two

eggs and half a cup of oil.

- Got bacon? Cut package in half before cooking. It will make for easier baking, cleaner storage, and better size for sandwiches. Also,



you can run bacon under cold water before cooking. This will help to reduce shrinking.

