



# the NOODLE

Open up and say AHHHH!!!



Volume 11, Issue 02

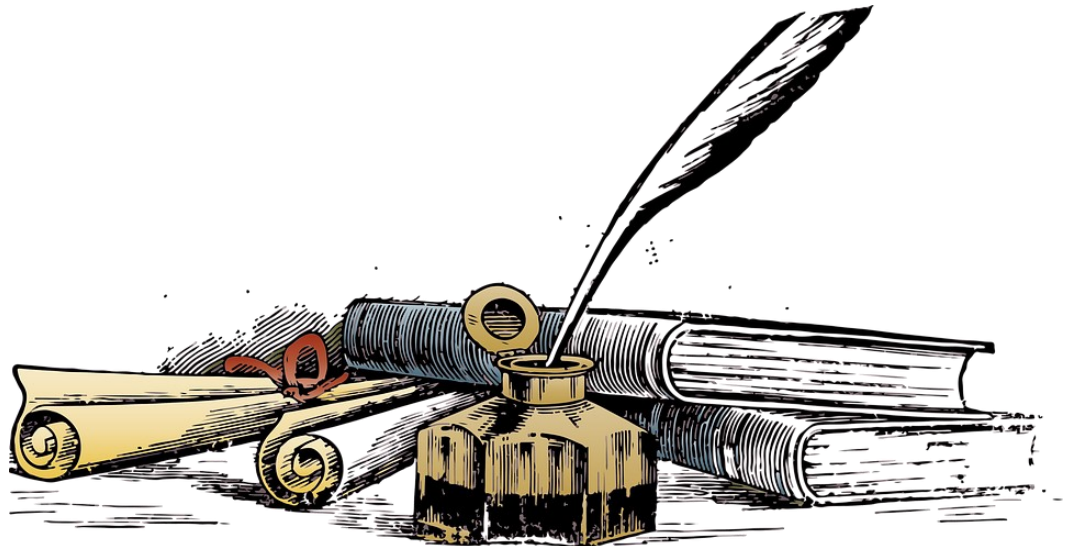
February 2018

**W**elcome to the February 2018 edition of *The Noodle*, written and published by the Florida Youth Council!!! For this issue of *The Noodle*, members of the FYC were asked to free write. This topic allow members to share their thoughts

about anything that they would like to talk about. We hope you will take a few minutes out of your busy schedule to learn about our experiences and enjoy our thoughts and opinions in this February 2018 edition of *The Noodle*!

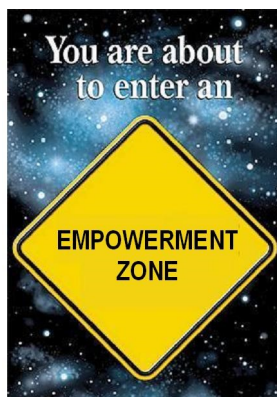
## Current Members:

Shevie Barnes  
Derek Carraway  
Rocky Castro  
Megan Germain  
Ian Horowitz  
Josh Tapia  
Dakota Smoot  
Christina Waldron  
Serena Wetmore





## This is What Empowerment Means to Me



**E** is for employment  
**M** is for motivation  
**P** is for positivity  
**O** is for optimism  
**W** is for winners  
**E** is for evolving  
**R** is for remarkable  
**M** is for movement  
**E** is for enjoyment  
**N** is for noble  
**T** is for training

*By Megan Germain*





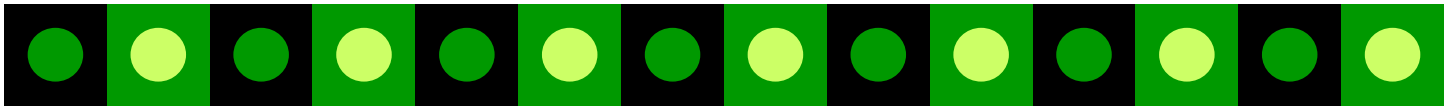
## Never Give Up! The Words “I CAN’T” Are Not in My Vocabulary

A quote from the wise and wondrous Confucius states, “It does not matter how slowly you go as long as you do not stop.” In a funny kind of way, this is how my life works. I do my best to be as independent as I can be, however simple tasks such as dressing myself often take me double the time and effort they would take an able-bodied individual. Despite these hardships, I never give up and always accomplish my goals no matter how long it may take. Growing up, the words “I CAN’T” were a taboo in my household. I was not allowed to say that “I can’t” do something, but I could ask for help. Often I would find a different way to complete my task. Through trial and error, I learned how to adapt in order to accomplish daily tasks despite my disability. As a child, I couldn’t run around with my little brother, so in order to keep up with him, I taught myself to barrel roll throughout my house. I would spin my body on the ground like a whirling wheel, often going faster than my able-bodied brother. One other example of how I have adapted to my disability is the way that I transfer myself from one chair to another. Most individuals would simply stand, pivot and sit down in order to transfer from one chair to another. However, due to the weakness in my legs, I am unable to do this. Instead, I use the strength in my arms and torso to launch myself towards my destination. This kind of transfer has freaked out a number of my physical therapists, but I rarely missed or hurt myself. All in all, like the tortoise and the hare, slow and steady, wins the race. Though I may be slow like the tortoise, I don’t stop, I don’t give up, and ultimately I win the race.



*By Rocky C*





## Disabled Like Me

In honor of Black History Month I wanted to write something to honor those who are Black American. After living 28 years on this earth I think it's safe to say that I know what it's like to be Black in America. It comes with its trials and maybe sometimes it's not the most fun, but I would not change it, because it is part of who I am.

Here is a poem I wrote to mirror the one written by an unknown author entitled "Black Like Me."

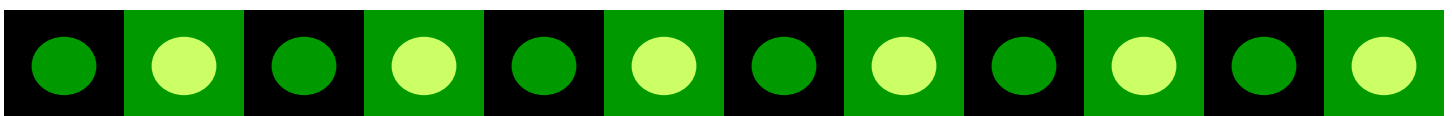
Disabled like me.  
That's right I have a disability  
It's not the worst thing  
Because you see  
I am free.

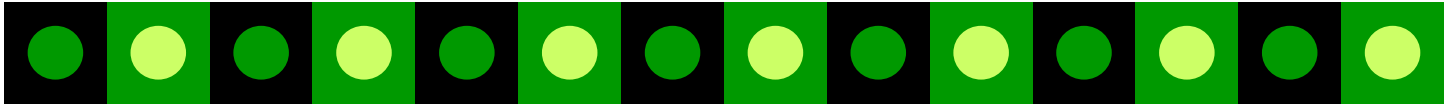
Free to mess up,  
Free to be  
Free to all possibilities

Disabled like me  
Is just a quick phrase,  
It's a shout out,  
It's thanks.

Thanks for all who just let me be,  
Thanks to those who hurt me,  
Thanks to those who picked me up,  
Thanks because being me sometimes is tough.

*By Shevie Barnes*

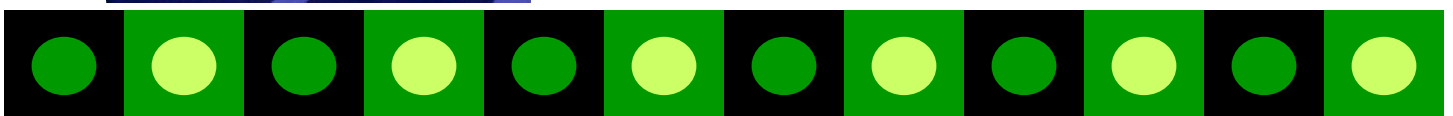




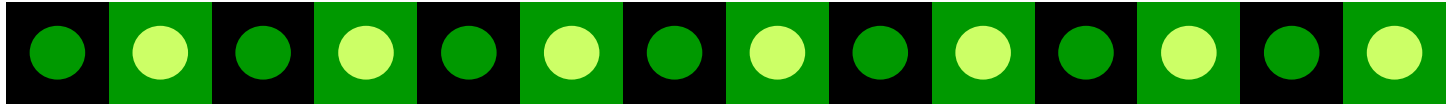
## My Story

My story is all about going on vacation with my family. We would go to Kentucky every year during the summer and we would visit family. We went to Disneyworld and Sea World and we also went to Daytona Beach. We went on the train to Washington D.C. and we saw the White House and the US Mint where they make money. We also saw many embassies and many other memorials. Someday, we hope to see the Rocky Mountains and go to Colorado Springs. I also hope to go to Ireland and Scotland.

*By Christina Waldron*







## My Retreat

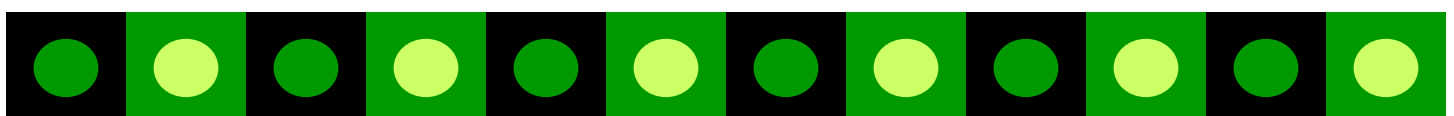
I went to a youth group retreat. My small youth group combines with a larger youth group and goes to a nice park with cabins and a pool every year for a whole weekend. It's just the youth and the staff. The parents don't come.

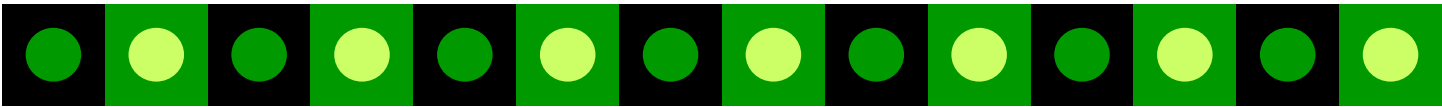
It's good to belong to a group that goes on a weekend retreat every year. You can bond with other peers through any theme of the retreat.

This year we had a Star Wars theme. Last year it was Star Trek. It might be Star Trek again or a Western theme next year.

At my retreat we did team-building things and we all had a chance to help each other succeed. We did fun games. We talked to each other in down times. The over-night part was good too. We stayed in air-conditioned cabins. It was also a good spiritual weekend because it was a religious group retreat. I had fun.

*By Ian Horowitz*





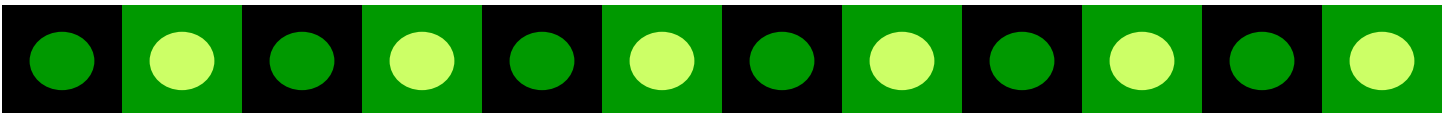
# Happy Valentine's Day

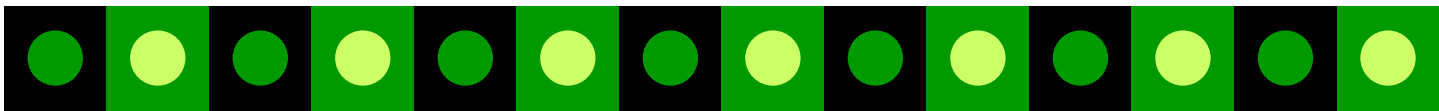
Candle Light  
Cards  
Chocolate  
Cupid  
Date  
Dinner  
First Kiss  
Memories  
Movie  
Pink  
Poem  
Proposal  
Red  
Romance  
Roses  
St. Valentine  
Sweetarts  
Teddy Bear  
True Love



B	Q	Q	J	D	F	I	R	S	T	K	I	S	S	N	T	I	U	K	O
O	C	Q	E	Z	Y	D	P	K	K	G	E	Y	O	D	H	J	Q	K	A
X	Z	T	S	H	E	J	F	P	I	U	I	W	C	U	G	R	J	T	U
I	A	C	R	L	H	V	W	L	V	B	U	G	K	E	I	O	C	C	Q
D	V	V	J	U	P	O	R	D	V	L	V	C	I	I	L	M	N	D	F
Q	I	L	H	G	E	A	Q	B	A	P	O	V	I	Z	E	A	M	V	Z
I	K	N	I	P	I	L	A	S	O	P	O	R	P	S	L	N	E	G	X
O	K	O	N	P	M	P	O	E	O	M	P	Z	T	Q	D	C	H	M	H
K	H	J	X	E	W	R	M	V	O	S	Z	V	L	P	N	E	F	A	F
Y	P	I	S	M	R	A	L	P	E	P	A	G	S	W	A	U	G	D	E
P	N	K	D	Z	K	A	K	S	D	L	T	O	T	X	C	H	W	W	L
E	T	U	R	D	P	E	O	O	E	S	W	Z	R	P	B	W	M	O	P
S	E	L	A	A	Y	R	Z	N	U	M	I	L	A	E	D	E	R	Z	Y
S	D	E	C	R	L	M	T	E	N	E	P	X	T	S	W	X	Y	H	L
B	D	G	C	O	S	I	M	Y	A	M	Z	G	E	N	O	L	I	J	X
F	Y	G	R	N	N	D	D	X	M	O	L	T	E	C	K	L	M	Y	N
P	B	W	Q	E	Y	T	S	A	Z	R	U	O	W	D	D	J	V	Z	P
D	E	H	K	Q	K	U	D	V	T	I	G	E	S	N	C	G	Q	C	C
B	A	C	H	O	C	O	L	A	T	E	B	Q	D	I	P	U	C	T	O
J	R	V	D	C	F	X	T	N	E	S	Y	R	J	J	I	Z	T	A	F

Chicken Scratch NY





## How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at [www.floridayouthcouncil.com](http://www.floridayouthcouncil.com). The program is open to application year round. We hope to hear from you soon!



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