



the NOODLE

Open up and say AHHHH!!!



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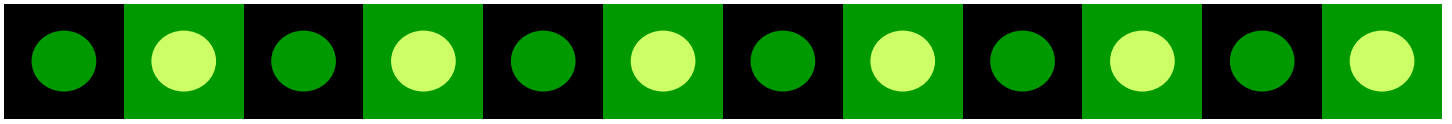
Welcome to the March 2018 edition of *The Noodle*, written and published by the Florida Youth Council!!! For this issue of *The Noodle*, members of the FYC were asked to write if you could change anything about yourself what would it be? But not there disability.

Current Members:

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

This topic allow members to share their thoughts about what it is that they would like to change about there self's just not there disability's. 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 March 2018 edition of *The Noodle*!





If I Could Change Anything about Myself it Would My Obsessions!!

If there was one thing I could change about myself, it would be my obsessive behaviors. Now, what do I mean by that? I really don't have contact with a lot of people outside of school, so when I make a friend, I tend to get over-attached. Then they don't want to be friends outside of school. Maybe it's the wheelchair, maybe they are just busy, or maybe I misunderstand their signals and they aren't really that interested in being friends. When I talk to people who don't have disabilities, I guess they don't know what to expect from me. And, apparently, I don't know what to expect from them either.

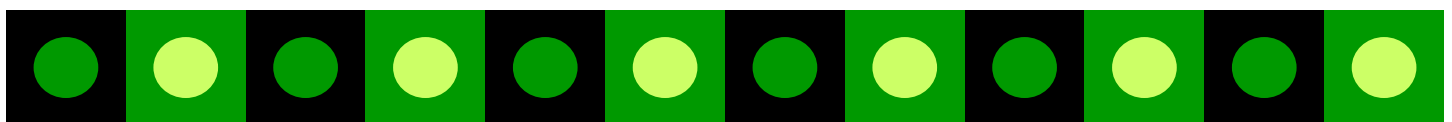
Another way I show my obsessiveness is my patterns. I always want things done in a certain order and a

certain way. This tends to upset other people. I guess I understand why it bothers them. They don't focus on details the same way I do. Having all the details in place makes me feel better about myself and affects my mood for the day, and all my thoughts will be

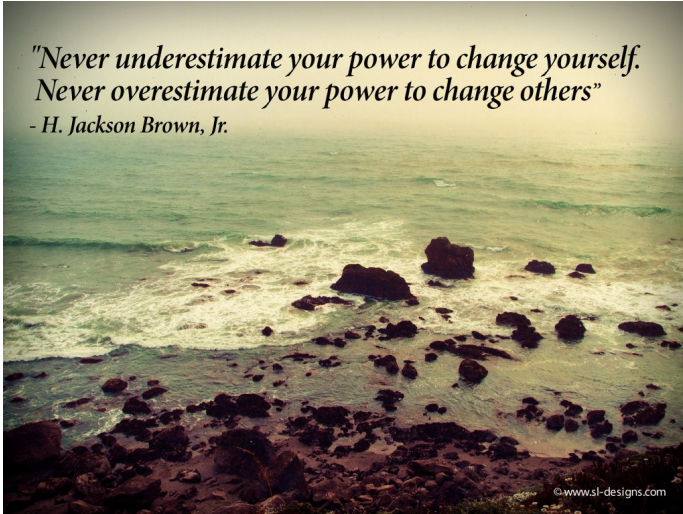
focused on that one detail. If I don't get it just right, I lose my confidence for the day and I'm more likely to get upset. I'm already agitated at myself because I let someone forget an important detail. This effect can be modified

by wearing a shirt I really like to make me less worried about the things that didn't go my way. In general, my obsessive behaviors are arguably my biggest flaw. I hope that my obsessiveness can be improved if I just keep working on it.

by Serena Wetmore



*"Never underestimate your power to change yourself.
Never overestimate your power to change others"*
- H. Jackson Brown, Jr.

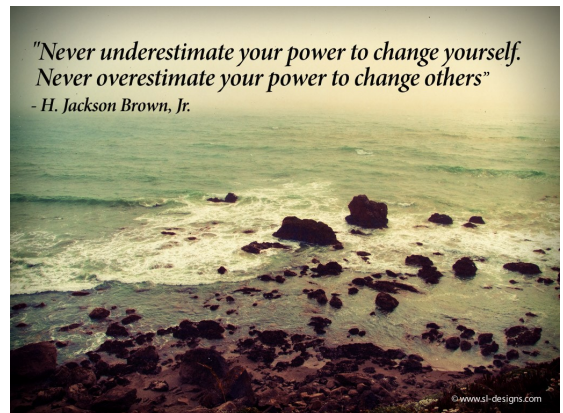


“You change
your **life**
by changing
your **heart**.”

Max Lucado



*"Never underestimate your power to change yourself.
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- H. Jackson Brown, Jr.



Something I Would Change

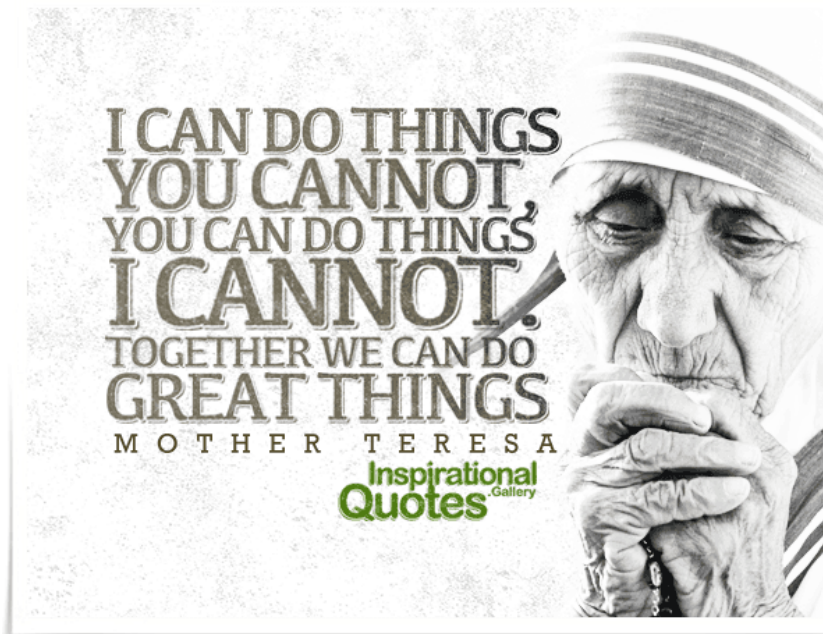
This topic made me pause for a moment and do some thinking, especially to think of something that wasn't related to my disabilities. Then I finally thought of something. Some-

times I think that it might be nice if I were a little more outgoing. I say this because generally speaking, I tend to be more introverted. I get out and do stuff from

time to time, and get together with different friends on occasion, but it's usually planned well ahead of time. I'm not that good at spontaneously getting out and doing things. That could partially be blamed on one of my disabilities that causes spontane-

ous transportation to be an issue at times, but the other part is I stay so busy these days just doing the stuff I have to do that when I have spare time, I tend to be content just sitting at the house enjoying some television (especially during football season) or something like that. If I could

force myself to be a little bit more spontaneous, I could probably get more opportunities to go different places and meet new



people than I currently do. This is why I think this is something I might would consider changing about myself.

By Derek Carraway



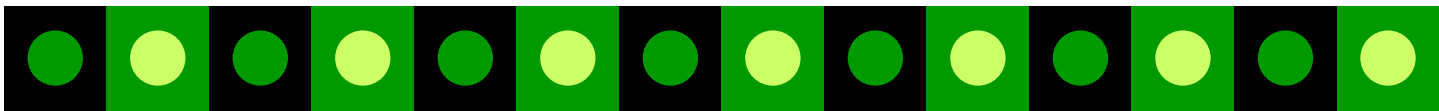
If I Could Change Something about Myself

If I could change my face I would grow a beard. I like having facial hair because the girls like it. I usually leave my facial hair kind of patchy. I don't shave well. You need to be clean-shaven for a job interview. Employers want candidates who are neat and clean. I just really hate shaving.

Another thing I would change is getting better at keeping my commitments. I have a lot of stuff that I'm involved with. Everything takes a lot of time. Sometimes I would rather be doing something else when it's time to work. I often procrastinate. If I got everything done I would feel much better and happier.

By Ian Horowitz





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. The program is open to application year round. We hope to hear from you soon!



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