



# the NOODLE

Open up and say AHHHH!!!



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**W**elcome to the November, 2018 edition of *The Noodle*, written and published by the FYC. For this issue of *The Noodle*, members of the FYC were asked to respond to the question “How the changing of seasons impact you?”

This topic allowed members to share their thoughts on the changing of the four seasons. 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 November, 2018 edition of *The Noodle*!



## Current Members:

John Baldino  
Shevie Barnes  
Derek Carraway  
Rocky Castro  
Alexander Gonzalez  
Dakota Smoot  
Josh Tapia  
Christina Waldron  
Serena Wetmore  
Brandon White  
Niki Germain - FYC  
Youth Advisor



To be interested  
in the changing seasons is a  
happier state of mind than to be  
hopelessly in love with spring.

photo by Jan-willem

- George Santayana

VeryBestQuotes.com



## When I Was 7

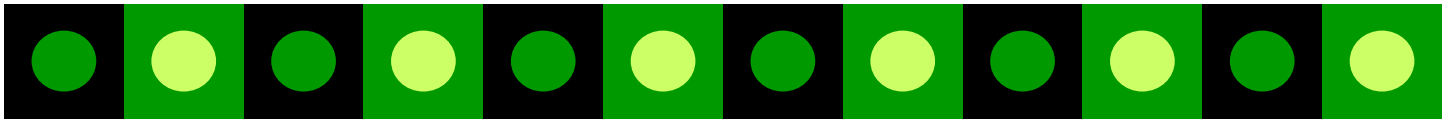
When I was 7 my family made its big move. The big move was from New York City to Florida. The seasonal change is a big difference in New York, but in Florida you can most likely find people in shorts on Christmas Day.

The topic this month is how the seasons change and affect me. I believe that for me, the seasons bring a more internal change, and not one that is physical. For me, the weather going from July to August signals the start of a new classroom, new rules, and a chance to start my job on the right foot. As we go from August to November, I pass my birthday and soar into disability awareness and breast cancer awareness month. I get excited to show my gratitude towards my family and friends. December brings the attitude of being merry and finding a reason to smile.

My favorite time of the year is January through March, a chance to renew and revisit ways to make change for the coming year. Last is the season of spring, which I enjoy because it gives us yet another chance to clear the cobwebs from our ears and to listen to those around us. Seasons change and we continue to live our lives, but it's joyous to know that tomorrow is a new day.

*By Shevie Barnes,*





## The Four Seasons

I like the changing seasons because they bring different weather and the changes lift my spirit. Each season has its own characteristics that make life interesting.

I especially love the transition from summer to fall, because the temperatures get cooler and my favorite holidays come. In November and December, Thanksgiving and Christmas are the holidays that I enjoy. Fall is the best!

Winter is special for me because the temperatures drop, snow falls, and I can go skiing. The fresh snowy powder on the ski slopes makes me feel determined to conquer the double black diamond runs. I love skiing through the snowy trees, too. Winter is the best!

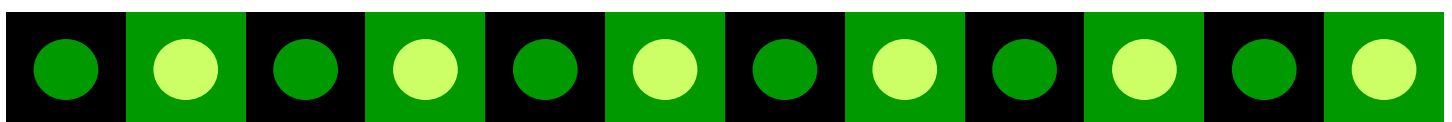
I hate to see winter go. When spring comes, I am sad because I cannot ski, but once I see the flowers bloom, I feel much better. Spring is a season of renewal when all things become fresh again. I love spring break and looking forward to six months of swimming. Spring is the best!



In summer it becomes hot and I sweat and dream of winter to cool off. The best thing to do in the hot summer is swim. Thank goodness Florida has a lot of beaches, rivers, lakes, and swimming pools! Since swimming is one of my favorite things to do, I think summer is the best!

Now, I am at the end of my essay and cannot figure out what season is the best one. I love them all!

*By John Howard Baldino*



## Changing Seasons, Changing Life

I often relate the seasons to holidays. Each one of them is unique. Fall relates to Halloween, with all the cute little trick-or-treaters, and Thanksgiving, a more adult holiday, where we say what we are thankful for. Combining those gives me the feeling of aging, growing as a person. It's like when the leaves begin to fall and remind me of new life and starting over. I feel like every fall I learn something new that I can take and use in my life.

Winter is the season of giving. This reminds me of the importance of family, and makes me appreciate the warmth of home. The kindness of the people around me and the happy feelings that I have make me want to open my heart and give to those that are not as fortunate as I am.

Spring is weird for me because it represents parts of the past I can never change. My grandparents passed away in the spring. Even though they are gone, I can't let go of all the things I remember about them, and all the things we did together.

Summer represents a time of toil, but also relaxation. The Florida Youth Council helps a lot with The Annual Family Café. At this conference for people with disabilities, we put in a lot of effort to help things run smoothly. We want all the children and adults who are attending to enjoy themselves. So this is the time of year when I can put all the things I've learned in the previous year into use. This makes all the learning and planning time worth the effort.

*By Serena Wetmore*





## How Do the Seasons Change the Way I React

There are many emotions I go through as I adapt to my surroundings, such as getting angry, becoming fatigued, and feeling naïve, just to name a few.

Take a state with 4 seasons for example. If you lived there for about 11 years, then moved to one with 3 seasons and occasionally 4 seasons, and then 4 years later you move to a state like Florida, your emotional balance would be all messed up and you would have to try to adjust all over again.

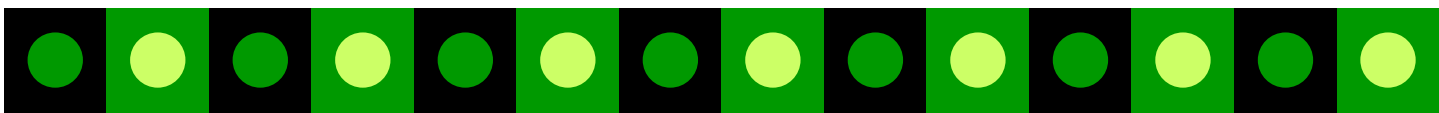


Now and again I ask myself, “Why do I let my emotions get the better of me?” So why do I let my own emotions take over and let words that I don’t mean come out? I like to think that it is just a phase. However, I feel more tired in the summer and energetic in the fall. Do not ask me why, because oddly enough, I do not have the slightest clue.

Just like everyone else, I’m a mystery that is best unsolved. Some things are meant to be revealed, and some are not. To be honest, emotions aren’t the problem. The problem is that we are human and we sometimes let our emotions go unchecked. Emotions keep the balance of things, but change and stress play a huge role in the way you respond to an emotional situation.

So you can let the weather change the way you feel, or you can think before you act. Trust me, I struggle with this concept a lot.

*By Dakota Smoot*



## 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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