



# The NOODLE

Open up and say AHHHH!!!



Volume 12, Issue 09

October, 2019

**W**elcome to the October, 2019 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 What is “My Favorite Fall Activity?” This topic allowed members to share their thoughts on what makes fall so great for them. 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 October, 2019 edition of *The Noodle*!

**Current Members:**

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



## A Magical Halloween

When I think of fall, I think of Halloween. I didn't like Halloween when I was younger because I was scared. As I've gotten older, I've realized that I really do like it. From trick -or- treating to designing Jack-O-Lanterns, I can now say with confidence that Halloween is my favorite holiday. Even though I don't do much trick -or- treating in my "old age," I still enjoy the candy that I coerce out of my parents while they generously hand out treats. I can say that it's one night when I know I'm not counting my calories!

Last year in my college class I dressed up for Halloween (one day early because I wanted my professor to see my outfit). The next day in math class there were three students who dressed up as well. It was nice to see people actually having fun in college classes.

We usually decorate our front porch like Hogwarts, because we collected many things from Universal, garage sales, antique malls, and even places like Goodwill. It is amazing how many things we have. We look for anything that looks creepy or unusual which makes for interesting decorations that look like Potions Class, Care of Magical Creatures Class, the Quidditch pitch, Honeydukes Candy Shop, or just Hogwarts in general. Sometimes we even make chocolate frogs. The highlight for most kids are the cauldrons with dry ice that bubble and make fog. Sometimes we put on our robes and hang out on the front porch to get more in character. I guess it's a good thing that Harry Potter got me over my fear of scary things so we could give kids a magical experience for Halloween!

*By Serena Wetmore*



## Be on the Lookout for Pumpkin Spice Fever

September is here and fall is arriving, leaves are changing color and the weather goes from boiling hot to temperatures only a polar bear could enjoy, unless you live in Florida where the weather never changes and the leaves fall in February. The only similarity Floridians have in common with the rest of the country is we all experience pumpkin spice fever.

Moreover, you may not know you have a pumpkin spice fever, but if you're craving the desserts and drinks advertised on television then you may be infected. Not becoming infected is difficult with all the varieties of pumpkin spice coffee, pumpkin spice doughnuts, cakes, cookies, and even pumpkin spice soda. Some individuals have it worse than others. They can't drive by a Starbucks without stopping in for a pumpkin spice latte.



Perhaps you're not a significant fan of pumpkin spice (which is not my personal favorite). There is always the orange cranberry muffin at Panera Bread that I have to wait all year for. The muffin is divine!

Additionally, I enjoy fall as I have the opportunity to carve a pumpkin. My choice of pumpkin is based on the rich orange color and shape, preferring a petite pumpkin as it is easier to hack into. Once purchased, I use a small paring knife to hack into the pumpkin creating the most horrendous monstrous pumpkin I can think of. Once Halloween night rolls around, my pumpkin frightens little children.

As much as the pumpkin theme is anticipated during the fall, there are other changes that are even more delightful, like big soft sweaters, warm fuzzy blankets, and roasting marshmallows over an open fire. There are the beautiful fall colors used in our autumn décor and door wreaths, and lighting fragrant candles with great scents like warm apple pie. Not to mention the great fall classics on television like *It's the Great Pumpkin, Charlie Brown*. Living in Florida things may not feel any different and the leaves are still on the trees. Despite this, fall is a seasonal celebration that you create in your home and heart and share with friends and family.

By Emma Massey



## Riding Horses Through the Fall

My favorite pastime in the fall – or any time – is horseback riding. It is a great sport that has many advantages. I also enjoy working around horses. They are great work pals.

I started to ride about four years ago at Bar C Ranch. When I was there I rode three horses. Their names are Ice, Feather and 19. The ranch was sold and I needed to find a new place to ride, so I had a few lessons at Mahan Farm and then went to Bart Corrington Reining Horses at Lazy Triangle D Ranch.

I love it at Lazy Triangle D. I have been leasing a horse named Dixie and riding him for a year. Unfortunately, Dixie started to need too much medicine and could not hold my weight. Now I am back riding 19 again. I ride on Mondays, Wednesdays, and Fridays. My riding instructor named Jean Anthony teaches me how to ride in the ring and on the trails. Someday I hope to compete in a reining show. I also groom the horses, feed them plenty of carrots and apples, and wash them.

Horseback riding provides many benefits for the rider. Some of them are better posture, core strength, balance, and a good exercise routine. Riding can also be relaxing and calm any anxiety that you might have. I notice that I have greater stability when I ride.

Temple Grandin, one of my heroes in the disability field, wrote a recent article in the *International Journal of Environmental Research and Public Health* titled, “Case Study: How Horses Helped a Teenager with Autism Make Friends and Learn How to Work.” Grandin says that riding horses helped her make friends and gave her a refuge from bullying.

I want to continue to ride for the rest of my life. I hope to find a job in the horse field. I worked for a year at Cavallo Farms and am working now at Hands and Hearts for Horses. I clean stalls, mend fences, mow, drive the gator around the pastures to feed horses, and cut down trees. Just being around the stables and these majestic animals makes me happy!

*By John Howard Baldino*





## **‘Tis the Season of Football!**

I'm a male who was born in Rio Piedras, Puerto Rico. In my little island the main sports played are baseball, basketball, volleyball, and well, wrestling. Yeah wrestling isn't a sport but it's physical like one. But let me not start ranting about whether wrestling is real or not. My main thing I want to talk about is football! It's unheard of in Puerto Rico. No one really knows about it or anything! It's not shown TV and they don't even sell jerseys there!

When I moved to the US as a tenth grader I was amazed with the game of football, from the teamwork, to the exercise, to the sense of family and the pride you felt to be playing alongside your brothers in sport. I loved the colors of the different teams when I moved as well. Kind of shows and gives an idea of what the other got running through their minds.

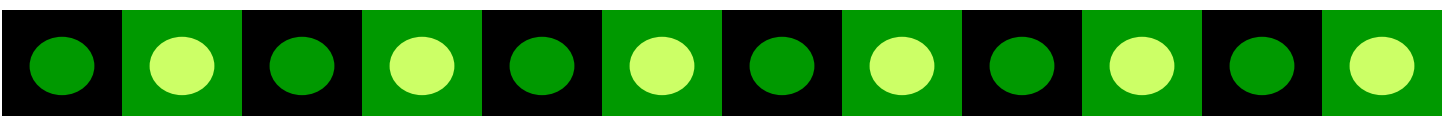
The fall means football season is back! It's a pigskin tossing and finger food enjoying time to be a fan!

*By Josue Tapia*

---

## **Halloween**

My favorite fall activity has to be Halloween, because it brings so many fun things, such as the corn maze, apple picking, and you can't leave out finding pumpkins, because Halloween isn't Halloween without pumpkins. Personally it's really hard to choose my FAVORITE fall activity, but I think it's trick or treating, due to the fact that you see so many creative costumes and houses turned into spooky wonderlands that bring the thrill to Halloween night. Since my birthday is in very early November, I get to go to Halloween Horror Nights which will be a first for me. This is super exciting because all my friends go every year, and I get left out because I can never go. This year I have the opportunity to go so I'm going. On Halloween eve my siblings and I get super excited because we get to carve the pumpkins we bought. I go way over my head with an ambitious design, and more than half the time it comes out like a giant zig zag with circles. My sisters go with the whole "less is more," which isn't always the worst, but we enjoy it because it brings a change of pace to the house. Last year I threw pumpkin guts at my mom and it hit her face. I can tell you she wasn't happy one bit, but everyone else couldn't stop laughing. But that's enough of me and what my favorite fall activity is. So tell me about yours, and while you're at



it join the Florida Youth Council so you can be a part of our growing family and make your very own *Noodle* articles.

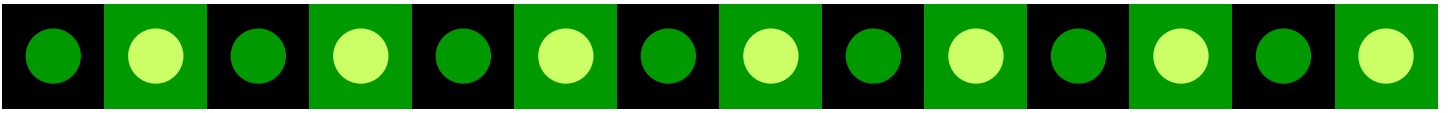
*By Brandon White*



## **My Favorite Fall Activity**

Fall. Everyone looks forward to fall for different reasons. For me though, one of my favorite fall activities is watching football, specifically college football. I love it! I obviously have my favorite team to root for, others I like, and on the opposite side, those few teams that I root against LOL. It's usually (but not always LOL) starting to cool off a little and it just creates a good atmosphere in the air for fall. It also gives you another reason to look forward to Saturdays. Whether it be the teams, the players, or the intriguing stories behind them, it makes for a good thing. This year in particular, the sport this fall is celebrating its 150<sup>th</sup> year in existence, and there are a lot of specials airing that highlight its storied history. I genuinely look forward to my Noles playing each week. Whether they are doing good or bad or somewhere in between, I'm a loyal fan regardless, and that's why watching college football is one of my favorite fall activities!

*By Derek Carraway*



## **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!



820 East Park Avenue, Suite F-100  
Tallahassee, FL 32301

