



the NOODLE

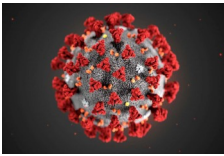
Open up and say AHHHHH!!!



Volume 13, Issue 06

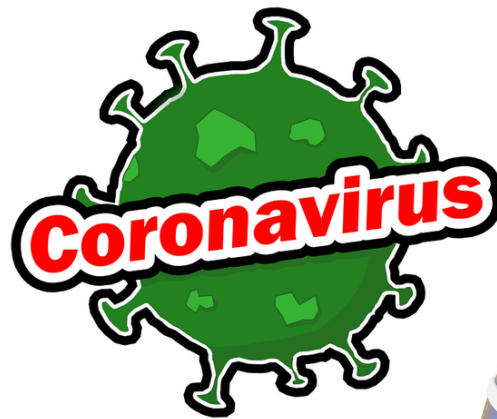
June 2020

Welcome to the June 2020 edition of *The Noodle*, written and published by the FYC. For this issue of *The Noodle*, members of the FYC were asked to write about the “COVID-19 and how it is being at home quarantined”. This topic allowed members to share their “thoughts on life during a pandemic”. We would like to let everyone know that the Annual Youth Summit has been moved to November 13-14, 2020 you can find the application inside this issue of *The Noodle*. 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 edition of *The Noodle*!



Current Members:

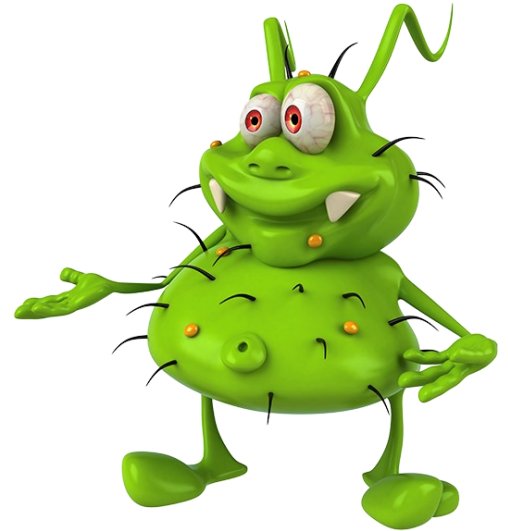
John Baldino
Shevie Barnes
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Alexander Gonzalez
Leah Gorman
Emma Massey
Dakota Smoot
Josh Tapia
Christina Waldron
Serena Wetmore
Brandon White
Niki Germain - FYC
Youth Advisor





Being Quarantined

Hi, my name is John Howard and I am going to talk about being quarantined. It means that I have to stay home and not go out except for essential trips to grocery and drug stores, gas stations, and take-outs from restaurants. All of us have to be away from people. We need to be isolated so that we stay safe from getting COVID-19 and the pandemic will go away. Along with isolating, we need to be careful with frequent hand washing, social distancing, and disinfecting surfaces. We should also wear masks and gloves on our trips to the store. I have not been to work because the place I work has been closed, but I still go out and ride my horse and remain 6 feet away from other people. On Tuesdays, Wednesdays, and Thursdays, I ride my horse named 19. 19 is very happy to see me during this crazy time—he loves the carrots and apples that I bring, and he enjoys trail rides and reining practice in the ring.



My family is very fortunate because we can visit our beach house. We go back and forth from home to the beach house. We are at home during the week and go down to the beach house on the weekends. This gives us a change of scenery and the chance to swim and ride bikes. Since we are in a private development, we can even sit on the beach! Most of my quarantine time has been spent finishing up my courses at TTC. I have been attending classes at TCC online. I have just finished and will graduate next Thursday via Zoom. I just found out yesterday that I received a 2020 Spring Eagle Award from the TCC Foundation. This award recognizes faculty, staff, and students who work to make a difference every day in moving the college forward and positively influencing the quality of the college experience. I am proud to represent TCC!

Even with all of the stress and complications of being isolated, I have had a good spring. I hope yours has been good, too. Please be safe during this time of pandemic!

By John Howard



Quarantining & Social Distancing during COVID-19

So this COVID-19 pandemic has been going on a couple months now and everyone has had to adjust to this new normal. I've pretty much been staying at home



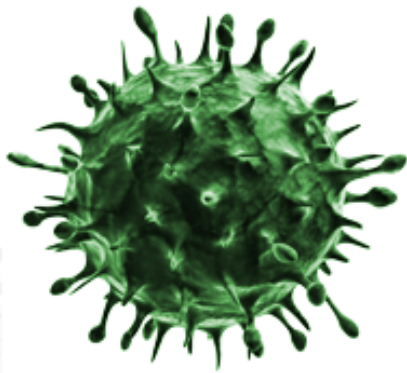
during this time and plan on continuing to do so for the duration, however long that may be, LOL. Thankfully my job has allowed me to work from home during this time. I work in the IT field and thankfully, I can stare at a computer for eight hours a day at home just as well as I could being in the office. I'm very fortunate I can do this and continue to get a paycheck because I know that has not been the case for so many others. When all this started happening, my boss finally got the word from his bosses and said, "Take your laptops home today and

work at home until further notice." That part has actually been enjoyable for me.

I don't have the usual stress of having to use public transportation to get to and from work, and I get to sleep a little later in the mornings. I still get my work done and stay in contact with my boss and coworkers daily via tools such as Microsoft Teams and Zoom. Otherwise, between working from home and most everywhere else being temporarily closed down,



my going out has been very minimal, and if I



must venture out to the store for example, I wear a mask and wash my hands and wipe down my immediate belongings someone else might've touched, such as my debit card. Things are slowly starting to open back up, but with special safety precautions such as restaurants only seating people at 25% capacity.

Though annoying and inconvenient, these are steps that must be taken, and I continue to exercise extreme

caution until I feel this is fully behind us because I sure as heck don't intend to catch it. This is something no one should take lightly because it's our lives we're talking about.

By Derek Carraway

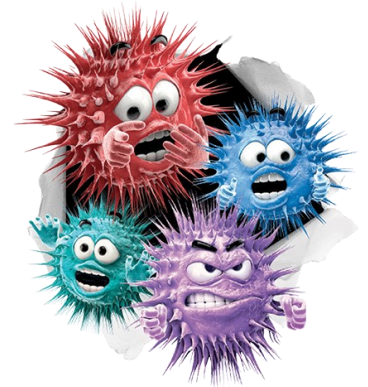
Holidays in Quarantine

This quarantine may not be the most opportune place to celebrate holidays, but already we've had several, including Mother's Day, Easter, and even my dad's birthday. These are all events we most likely would have gone out to dinner to celebrate, however being stuck in the house means there isn't very much we can do. We've tried to substitute those celebrations by ordering take-out, though it isn't exactly the same thing, and by being a little creative in our entertainment. On my dad's birthday, we watched *Harry Potter* and I took the opportunity to teach my parents all the background from the books that they might not know. My parents got even by playing the subtitles in Spanish to help me practice for my next course in school. We also got an Oreo ice cream cake as a special treat because, being my father's daughter, we both prefer the ice cream over cake.

For Easter, we had hoped that we would be able to go to my uncle and aunt's house, but that didn't really happen because the whole state got paused like a YouTube video. We talked about trying to get together online, but it never really happened, so it ended up being pretty quiet here.

I know staying in has been difficult for everyone, not just me, but I hope everyone will stay home if you can and continue to practice social distancing. Wear a mask if you can, to protect others, just in case you have the virus but don't have any symptoms. And most of all, keep washing those hands! Please stay safe.

By Serena Wetmore



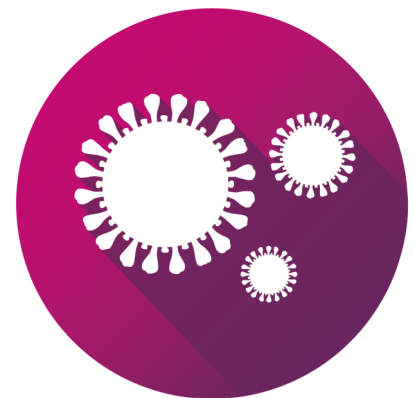
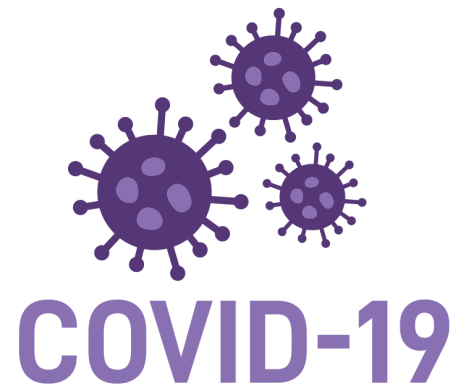
My Quarantine Time

Before the shutdown had happened, I was going by my usual routine: Going to class, seeing my friends at school, and then coming home. The first time I heard Polk State was closing all campuses, the first question that popped into my mind is "How am I going to complete my semester?" noting the fact this is my first semester in the bachelor program. During the shutdown, it felt like two weeks of spring break. In my free time, I played video games and binge-watched shows on Disney+ or Amazon Prime. Once Polk State resumes classes, everyone will have to finish the semester online. One thing that I never wanted to take online is math. Now, I'm not the biggest fan of continuing classes online but since there is a global

pandemic going on, the students weren't allowed to be in contact with each other. Math is not my strongest but I can't afford to repeat the class. Honestly, I felt pretty comfortable studying in my own home. I got used to online seminars and I thought it was very convenient. The good thing about all this is that I managed to pass all my classes. Now that my spring semester is over, I have more time to read a book, try to learn how to be a cook, or take the time to learn a new language. I joined a community called Varchar where I get to meet people all over the world in virtual reality. I never get bored because I always find something to do during quarantine. It's not too bad but I know that people will get bored after a while. Staying in one area can get intoxicating but we need to work with what we've got and make sure that everyone can take the precautions and stay healthy, at least for the time being.

By Alexander Gonzalez

KNOW THE SYMPTOMS		
COVID-19	Flu	Allergies
<ul style="list-style-type: none">› Fever› Dry Cough› Shortness of Breath› Fatigue	<ul style="list-style-type: none">› Sudden Fever› Dry Cough› Headache› Muscle and Joint Pain› Sore Throat› Runny or Stuffy Nose	<ul style="list-style-type: none">› Sneezing› Coughing› Red, Watery or Itchy Eyes› Runny or Stuffy Nose



Sources: CDC, NIH



THE 13TH ANNUAL **YOUTH** SUMMIT

A CONFERENCE FOR
YOUTH & EMERGING
LEADERS WITH
DISABILITIES



**JOIN THE FLORIDA YOUTH COUNCIL AT
THE 13TH ANNUAL YOUTH SUMMIT (AYS)
ON NOVEMBER 13 - 14, 2020 IN ORLANDO!**

The Annual Youth Summit is a place for **young people with disabilities between the ages of 15 and 30** from communities across the state of Florida to come together to learn, share, and network. This two-day event is hosted by The Florida Youth Council, a group of youth and emerging leaders with disabilities who have a passion for encouraging leadership and advocacy among their peers. The FYC is all about youth empowerment and youth involvement, and the entire Annual Youth Summit is planned **by youth, for youth!**

The 13th Annual Youth Summit will bring together over **200 youth** and emerging leaders to attend engaging youth-only sessions on a wide variety of topics, including transition, workplace preparedness, and post-secondary schooling. We also have a great, youth-friendly keynote and fun social activities planned for The Summit, including a dance party to cap off the festivities. There will be plenty of opportunities for attendees to network, and share their thoughts, experiences, and aspirations.

The 13th Annual Youth Summit will be held at The Florida Hotel and Conference Center in Orlando **November 13 - 14, 2020**. If you are not requesting financial assistance please contact The Florida Hotel and Conference Center directly at **407-859-1500** to make reservations. The room rate is **\$109 per night**. Limited financial assistance is available.

WE'LL SEE YOU THERE!



**For more information
about the event, or to register,
contact The Florida Youth Council and The Family Café
at 888-309-2233, or visit www.FloridaYouthCouncil.com**



THE 13TH ANNUAL YOUTH SUMMIT

NOVEMBER 13 - 14, 2020
FLORIDA HOTEL &
CONFERENCE CENTER
ORLANDO, FL



REGISTRATION FORM

Please fill out this Registration Form and mail to:
The Family Café c/o The Florida Youth Council
820 E Park Ave. Suite F-100, Tallahassee, FL 32301
or FAX to (850) 224-4674

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Demographics (optional):

Age _____ Gender _____ Disability _____

Race: ☐ White ☐ Black ☐ Hispanic ☐ Asian or Pacific Islander
☐ Native American ☐ Other _____

☐ **CHECK HERE IF YOU'D
LIKE TO BE CONSIDERED
FOR FINANCIAL ASSISTANCE
TO ATTEND THIS EVENT.**



The Florida Youth Council is a program of The Family Café, Inc.



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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