



# The NOODLE

Open up and say AHHHH!!!



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Welcome to the August 2016 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 about their favorite summer activity. This topic allowed mem-

bers to share their thoughts about summer activities and all the fun things you can do during summer. 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 August 2016 edition of *The Noodle*!

### Current Members:

Megan Atkinson  
Shevie Barnes  
Derek Carraway  
Josh Ortiz  
Christopher Regan  
Dakota Smoot  
Christina Waldron  
Serena Wetmore





## **Favorite Summer Activity**

***By: Christopher Regan***

While there are some activities that you can do throughout the whole year, there are those that are usually only enjoyable or possible during certain seasons. Obviously, you can only ski or snowboard when it's really cold outside, like during winter. However, one of my absolute favorite activities is swimming, which is most desirable when it is incredibly hot outside during the summer. Of course, you could also try it during any other season, but swimming and summer were born to go hand-in-hand with each other.

Besides being one of the best ways to instantly cool off when the sun is beaming down relentless heat, swimming is also an excellent all-around exercise. You use a wide variety of muscles at once, and you are enhancing different bodily systems, like your respiratory system and muscular system, just to name two. Best of all, it can be completely free. You don't have to go to a gym and spend outrageous amounts of money on a gym membership that you most likely won't end up using. All you have to do is hop on over to your neighborhood pool and just keep on swimming for as long as you want.

If you're in the mood for some more freedom and less restriction, you can also head on down to the beach to satisfy your desire for a swimming workout. While it has salt water, which can be more irritating to your eyes if you don't have goggles, you have endless open space that you can use. Additionally, there's resistance from the incoming waves, which is something that normal pools don't offer.

There's just something about being out in nature itself that's so refreshing and motivating. Still, whichever location you prefer, there's no denying that summer swimming is one of the best ways to cool off and stay fit and healthy!



## Key West

*By: Serena Wetmore*

My favorite place to go in the summer is Key West. Key West is unique and has a lot of unusual places to see. There are a lot of activities to choose from.

One of my favorites is going to *Turtle Kraals*, a restaurant where they have turtle races. They have four turtles that race and you get to choose the number of the turtle that you think is going to win the race. If your turtle wins, you get to pick a key that may open a box that has money in it. Of course, many people pick the winning turtle so there are many keys to choose from. The reason I like this is that it is free, and a fun way to meet people in the area. It sounds really ridiculous but everyone has a good time.

Some other things I like to do include going to the aquarium and seeing the different types of animals they have there. I like the disabled sea turtle that was rescued after losing three legs. They take really good care of it and made adaptations to help it. They also have a Sunset Festival where performers get together and have shows for the tourists while the sun sets.

Overall, I like the sense of family they have in Key West. Because it is a small area you tend to run into people over the week that you've seen over and over and you kind of get to know them. I've even gotten to know people that work in Key West and they still recognize me when we go back!



## Fun in the Sun

*By: Megan Germain*

My favorite season has always been summer, even in the blistering heat of Florida. I enjoy every bit of it.

This summer was the first one my spouse and I have had while living in our new apartment. Since we're in a new area, and in the comfort of a two-bedroom apartment, some new summer traditions have been born. The first tradition is going to the beach. One of the reasons why summer is my favorite season is because I can go to the beach. This year we found a beautiful beach called St. George Island. It has officially become my favorite spot to relax. The sand is clean, the water is clear, and the sun is bright. What isn't to love about the beach? I love being able to feel the sun on my face and relax and not have to worry about anything. The ocean is my friend when the blistering heat of the sun becomes my enemy. For me, going to St. George Island is a must during the summer months. If you enjoy a going to the beach in the summer, don't forget to wear plenty of sunscreen, or you will be as red as a lobster like I was.

The second new tradition my family has started for the summer is having our younger family members stay with us for a few weeks. This summer we had our nieces and nephews stay with us. The younger members of our families had never seen Tallahassee before this summer. It was nice to be able to take them to the Capitol and different museums around town, and to help them experience foods they had never tried before, like Krispy Kreme doughnuts. It was nice having the youthful energy of children around. This is something we will have to continue doing for summers to come now that we have the extra room in our apartment. I just hope they enjoyed it as much as I did!

In a nutshell, going to the beach and having our families stay with us have become my favorite summer activities. Sadly, summer is coming to a close at the beginning of next month for me because I return to school, but this summer was a summer I will never forget. I hope you had a great summer as well!





## My Summer Fun

*By: Josue Tapia*

I love the summer season, from barbecues, to water balloon fights, to just staying home on a rainy day. You see, I enjoy the summer because it's usually the calmer time of the year, and people tend to be more relaxed and outgoing.

All my favorite activities of summer have to do with being in the water. Being a native of the Caribbean, water activities are something I feel at home doing. Fishing, for instance, is one of my favorites. Ever gone fishing with just some fishing line wrapped around your palm and a pocket knife? Some good times were had with those two. How about cliff diving off of a waterfall in the rain-forest of Puerto Rico? By far my favorite activity of them all. The fresh air, the clear water and just the natural beauty that is a waterfall is amazing. The idea of getting to be part of that beauty, to swim in it, makes it all worth it when you're on the very top looking down at the clear water as you hear the water current at you side. That cool refreshing feeling you get after you jump and land is by far the best feeling ever.

The summer can be hot. And this summer isn't breaking any records for being the nicest. I hope you all are enjoying your summer season. Be safe and don't forget to wear sunblock!



## My Favorite Summer Activity

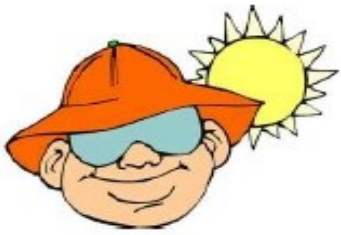
*By: Derek Carraway*

Everyone has things they look forward to doing over the summer. One of my personal favorites is going to the beach for our annual vacation.

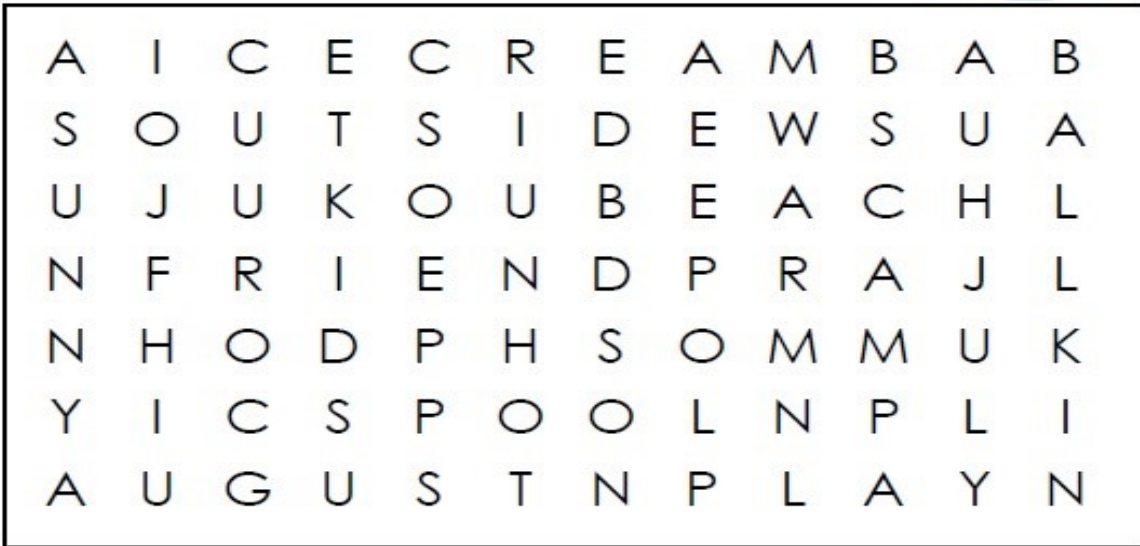
Every year we go to Panama City Beach for a weeklong vacation getaway. Several of my family members always come down too. For many years, my parents had a timeshare down there, but it got to where it wasn't working for them anymore, so they got rid of it and now we just rent a place for a week outright.

I look forward to it every year, because for that one week of the year, you don't have to keep a schedule and you can just relax and do what you want to do for a change. It is also the one week out of the year that we can spend quality time with some of our family members without having to keep an eye on the clock and rush back home. While there every year, I also enjoy spending much time swimming in the pool, sitting in the hot tub, and getting in the beach water if the conditions are right. I enjoy doing other things while we're down there every year too. We usually go out to eat a time or two, and sometimes we check out some of the local shops and attractions, such as the local water park that is there. The last few years though, we haven't so much done that stuff and instead just enjoyed the entertainment right there where we were staying.

Whatever we wind up doing, it is fun and makes me look forward to going down there every year, and this is why going to the beach every year is one of my favorite summer activities!



# Summer Time



Find these words in the puzzle. Words are hidden → and ↓.

AUGUST

BALL

BEACH

CAMP

FRIEND

HOT

ICE CREAM

JULY

KIDS

OUTSIDE

PLAY

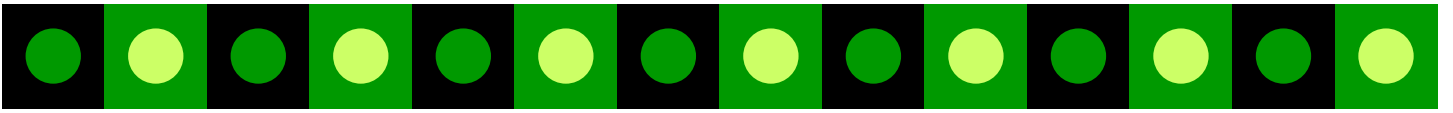
POOL

SUNNY

WARM







## 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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