



Connections

FAMILY SUPPORT NETWORK™ - HIGH COUNTRY

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An Affiliate of
Family Support Network™
North Carolina

With Support From
Appalachian State University

Friends of Family Support
Network™—High County

High Country United Way

Partnership for Children from:
Avery
Mitchell-Yancey
Watauga
Wilkes

Smoky Mountain Center

Information + Support

Families of Children with Special Needs
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey counties

Winter 2014

What Defines Smart?

-A Sister's Perspective

Two things that are very important to me are education and equal rights. I have always liked learning new things and putting what I learn to use. My main motivation for coming to college was that I would be able to learn more and have more varied experiences. I think programs for those of higher intelligence are vital in allowing them to reach their full potential. I have always been in such programs and it has greatly enriched my life and my education. Having a more intense curriculum and moving at a

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faster pace has allowed me to learn and do things that I otherwise wouldn't have. To best implement these programs they often involve separating people based on academic level. However, inequality and injustice have always weighed heavily upon my heart and I believe that a quality education is a human right, not a privilege given to those who are blessed with money, power or intellect. I believe in equal opportunities and education for everyone, regardless of IQ. I also think that everyone should be able to learn and grow alongside their peers without being stereotyped or segregated, and that all involved will benefit in the process.

I have always been labeled as "intellectually gifted" while my younger brother has a different label entirely; "intellectually disabled". I have always been given many opportunities in life, regardless of whether or not I deserve them, and though I appreciate them greatly, I always feel a certain amount of

resentment, because the same opportunities will never be afforded to my brother, regardless of how much he does deserve them. Teachers and coaches have always been eager to work with me because I'm well-behaved and "smart", but as time goes on those same teachers and coaches have been very reluctant or have even refused to work with my brother. They automatically assume that he will cause problems and learn nothing. There are things that come easily to me, such as math or reading, that my brother struggles to learn. However, there are things that come easily to him; interacting with others, making people laugh and being attune to their emotions and feelings, that I struggle with on a daily basis. I think the main source of this problem is how our society defines intelligence. People who excel in academics or sports are thought to be "smart" and able to contribute to society, while those who struggle in those areas but are gifted in other ways; relating to people, construction, art, music, growing things, etc., go unnoticed and fall by the wayside, never given the opportunity to share their gifts and talents with the world and make it a better place.

I have always had a strong desire to advocate for those who have disabilities or are not of higher intelligence and to influence change in the education system. I do everything I can to promote equality and to help others see the value and importance in all people and their right to an education. I strive to not only make the most of my own education, but to use what I learn to make the same things possible for others.

I continue to encourage others to redefine intelligence so that everyone can be given the chance to explore the world around them and find their passion in life and then be able to receive an education that will ensure their ability to succeed and provide them with opportunities to prove themselves as valuable and unique individuals.

A Loving Sister

3rd Annual Charles R. Duke Race: Making Strides for Families

Parent to Parent FSN-HC's 3rd Annual Walk/Run/Roll Race raised over \$5,500! All proceeds will directly benefit families in the High Country. Nearly 200 people turned out to run or help with the race and associated events, despite the sub-freezing temperatures. Check out our Facebook page for lots of pictures at: www.facebook.com/P2PHC.



10K Runners



Costume Participants



Charles Duke shot the starting pistol!



LOOKING for Parents, Guardians, Foster Parents, Grandparents

Who have a child with:

diverse physical, emotional, intellectual or health needs, or a child born prematurely

Who would like to learn more about a way to help & support other families

Support Parents/Families are people:

- Who have the energy and time to help someone else
- Who are willing to be "matched" one-to-one for a short period of time by phone or email with another family with similar circumstances
 - Who provide emotional support & information to their "matched" family
 - Who have attended an Orientation/training session
 - Who are ambassadors for the program with their family & friends

FOR MORE INFORMATION ABOUT BECOMING A SUPPORT FAMILY

Call: 828/262-6089 or Toll Free: 866/812-3122

Email: parent2parent@appstate.edu

Mama's Pizza Boats (Gluten Free)

Makes 4 servings



Ingredients:

- 4 Gluten Free Hotdog Buns
- 1/2 cup Pizza Sauce
- 5-6 oz sliced cooked ham, beef, or turkey
- 1 cup of vegetables such as fresh mushrooms, onions, green peppers, and crushed pineapples
- 3/4 cup shredded cheese

Directions:

1. Heat oven to 450°F.
2. Cover baking sheet with foil, if desired.
3. Open buns and lay cut-side up on baking sheet.
4. Toast for a few minutes in the oven until tops are golden.
5. Spread about a tablespoon of sauce on each half of bun.
6. Layer meat and vegetables/pineapples.
7. Sprinkle cheese on top.
8. Bake for about 10 minutes or until heated through and cheese starts to bubble.