



Hi everyone.

I'm sort of out of energy. Weak as a kitten and still no appetite. Just finishing up a long bout with the flu. Hope this is the last few days of it. Hope none of you got it or if you did that it's behind you.

I went to see the "Drowsy Chaperone" at the Woodland theatre and was, once again, overcome with the quality of theatre we get here in Kettle Falls. It is truly amazing. I think of the long drives I have endured because a theatre was located in a remote neighborhood. I paid excessive parking fees to go to a rundown theatre far past its heyday, with tickets that cost in excess of \$50.00. All that to view theatre matching this quality (but seldom the freshness), and just rejoice in being here. All of this is local talent!! And only \$15.00 and there are no bad seats in the house. This is a community theatre

group made up of local actors who play all parts and direct as well. They create and own their own sets. There are many volunteers that help and a wonderful group of seamstress volunteers that make the costumes. When all of this comes together a synergistic energy comes forth in a magical way. I hope all of you will have the opportunity to see their next work. That will be in October. May 14th & 15th there will be a Baroque Music Concert. The musicians are part of the community theatre group as well.

I have a big thank you for a young man with a green F 150 truck who pulled me out of a snow bank I drove myself into. He quickly saw my dilemma, stopped his truck yelled across traffic and asked if I could use some help. I said yes, yes, yes and put my phone away. He only took a few moments and I was out. He really knew what he was doing. Kettle Falls men are a special breed and one

good reason to Love it.

It's spring. How do I know? The chickadees are back in force. The white trees and shrubs are now green and the mountains are still white. And out where I live a lot less ice to maneuver across. Ya gotta love that!

And a warm and loving thank you to the wonderful family and friends that helped me move. You are such a blessing.

Yep, Kettle Falls: Ya Gotta Love it

If you have a story about what makes Kettle Falls special to you feel free to submit it to: kfyagottaloveit@yahoo.com

Special Features

APRIL IS ... AUTISM AWARENESS MONTH AND CHILD ABUSE PREVENTION MONTH



AUTISM AWARENESS RIBBON
The puzzle part of the Autism Awareness ribbon reflects the mystery and complexity of autism. The different colors and shapes represents the diversity of people and families living with this disorder.

The Brightness of this ribbon signals hope - hope through research and increasing awareness in people like you.



Autism Spectrum Disorder: April is National Autism Awareness Month

by Susan Urhausen

The word Autism probably hit a higher recognition in this last year or so than it has since it was first given a name some 100 years ago. The 2010 HBO movie "Temple Grandin" brought the term and the now famous woman to the forefront. Lumping together all those who are diagnosed with Autism Spectrum Disorder (ASD) can be a misleading thing, however. Grandin is only representative of those who have Asperger Syndrome, a higher-functioning form of Autism. Under the term 'Autism Spectrum Disorder' range those who are on the high end like Grandin, to those who are severely affected and speak little or not at all. What lies in between is a wide 'spectrum' of varying strengths, weaknesses, capabilities and inabilities; children and adults alike who are as different as are all we humans.

In working on this article, I have contacted professionals from several organizations; tried to localize some nationwide statistics; looked for simple, easy to understand terms; and talked with a local parent of a child on the spectrum for her personal insight. I hope this article will encourage further research and knowledge seeking, as well as a better understanding of this disorder.

Child Abuse Prevention Month and National Sexual Assault Awareness Month

compiled by Peggy Mandin

The Family Support Center and Kids First Children's Advocacy Center in Colville, a program of Rural Resources Community Action Agency, has taken a major role in educating our community about child/sexual abuse. During the month of April there will be an increased effort to make the public aware of these issues. To assist their efforts we are publishing some information about child abuse, parenting tips to use when interacting with younger children and some information about sexting, which is a relatively new problem with many consequences. The **Mission Statement** of the Family Support Center reflects their commitment to serving the community and reads as follows:

To establish an abuse-free environment in Stevens County. We do this by developing and utilizing community partnerships, and providing crisis intervention services, education and advocacy.

To report abuse call 911 or The Family Support Center and Kid's First Advocacy Center's 24/7 crisis line at 509-684-6139.

What is Autism? A Short History

Autism Spectrum Disorder, sometimes called Pervasive Developmental Disorders (PDD), is a range of neurological disorders that most markedly involve some degree of difficulty with communication and interpersonal relationships, as well as obsessions and repetitive behaviors. As the term "spectrum" indicates, there can be a wide range of effects. Those at the lower-functioning end of the spectrum may be profoundly unable to break out of their own world. Those at the higher-functioning end, sometimes diagnosed with Asperger Syndrome (AS), may be able to lead independent lives but still be awkward in their social interactions. Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS) may be diagnosed when a child has autistic symptoms but does not fit into another autistic Spectrum Disorder diagnosis.

The term autism was first used by a Swiss psychiatrist, Eugen Bleuler around 1911 to describe a group of symptoms

of schizophrenia. The word comes from the Greek word 'autos' meaning 'self'. It refers to a person removed from social interaction; an isolated self. In the United States, researchers began using the term in the 1940's to describe children with emotional and social problems. Dr. Leo Kanner of Johns Hopkins University and Hans Asperger, a German scientist, both identified similar behaviors of withdrawn children at about the same time, the condition now called Asperger's syndrome. Until roughly the 1960's, autism and schizophrenia remained linked until medical professionals began to gain a separate understanding of children they were treating. Early treatment was severe and varied, but what has emerged is behavioral therapy tailored to the individual and other treatment that is deemed necessary. Specific treatments will be discussed in more detail in the remainder of this article.

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What is Child Abuse?

Child abuse, or child maltreatment, is an act by a parent or caretaker that results in or allows the child to be subjected to death, physical injury, sexual assault, or emotional harm, a series of acts of commission or omission by a parent or other caregiver that results in harm, potential for harm, or threat of harm to a child. Emotional abuse, neglect, physical abuse, and sexual abuse are all different forms of child abuse.

Child neglect is where the responsible adult fails to provide adequately for various needs, including physical (failure to provide adequate food, clothing, or hygiene), emotional (failure to provide nurturing or affection), educational (failure to enroll a child in school), or medical (failure to medicate the child or take him or her to the doctor).

Physical abuse is physical aggression directed at a child by an adult. It can involve punching, striking,

kicking, shoving, slapping, burning, bruising, pulling ears or hair, stabbing, choking or shaking a child.

Out of all the possible forms of abuse, **emotional abuse** is the hardest to define. It could include name-calling, ridicule, degradation, destruction of personal belongings, torture or destruction of a pet, excessive criticism, inappropriate or excessive demands, withholding communication, and routine labeling or humiliation.

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