



October 2007

### Mission Statement

The mission of the Wake County Autism Society is to build bridges of understanding through support and information to assist families, individuals and professionals experiencing an autism spectrum disorder (ASD).

#### Board of Directors

Richard Adamson  
Laurie Eckenrode  
Michele Lete  
Cynthia Magliocca  
Dr. Kristi Milowic  
Thomas Swanson

#### Executive Committee

President  
Dana Vail  
jvail1@nc.rr.com

Vice President - Autism  
Michelle Corbitt

Vice President - Asperger's Syndrome  
Laura Graham  
lgraham@nc.rr.com

Treasurer  
Jessie Sutler  
jessiesutler@yahoo.com

Secretary  
Adam Caudill  
acaudill1@nc.rr.com

Phone  
(919) 459-2544

Website  
[www.wakecountyautismsociety.org](http://www.wakecountyautismsociety.org)

E-group  
<http://www.egroups.com/group/WakeCountyASNC>

# AUTISM TIMES

Wake County Autism Society

## President's Message

Dear Friends,

I don't know about you, but I'm glad Fall is here and the weather is starting to change. As you will see, I've made some changes to the newsletter and have dedicated an area for you, our members. I hope you enjoy this section and look forward to your comments and input as to how we can make it better.

I'd like to give a special thank you to everyone who came out to our Family Skate Night at Jellybeans. I hope that you had a great time!

Also, a huge "Thank you" to Tom Swanson for all his efforts in putting together the First Annual Charity Golf Tournament; this was a big undertaking and I appreciate all Tom's hard work and dedication in making this event enjoyable for all. I hope everyone who participated had a wonderful time!

And, don't forget about the Trunk or Treat Festival on October 20<sup>th</sup>. I look forward to seeing everyone dressed in your costumes! And, remember to dress up those trunks and bring some treats! This will be an event you don't want to miss!

Warm Regards,  
Dana Vail

Join us at the Wake County Autism Society

## Trunk or Treat Festival

Kirk of Kildaire Presbyterian Church

200 High Meadow Drive in Cary

Saturday, October 20th 5:30pm - 7:30pm

Fun for all ages:

- Inflatables!
- Face Painting
- Sensory Funhouse
- Hot Dogs, Snacks, and Drinks!
- And loads of costumed characters!
- Carnival Games
- Craft Tables



'Trunk or Treating' will begin at 7:00pm, so dress up those trunks and bring some treats!

## Wake County Autism Society Support Groups

Many updates on upcoming meetings can be found on [www.wakecountyautismsociety.org](http://www.wakecountyautismsociety.org)

### Committee

#### Leaders

#### Parents of Adults 18 and Over

Jeanie Timberlake  
847.1233 or  
ptimberlake1233@bellsouth.net

#### Parents of Adults with Asperger's & HFA

Helen Dawkins  
847.7337

#### Parents of Children with Asperger's/HFA

Laura Graham  
676.5987 or  
lgraham@nc.rr.com

#### Sibling Support

Robin Schiffmiller  
676.3440 or  
rschiffmiller@nc.rr.com

#### Youth Social Group

Kim Feller  
kimfeller@juno.com

#### Newsletter Editor

Gillian Hadden  
grhadden@gmail.com

#### Webmaster

Cynthia Magliocca  
cbm1963@bellsouth.net

**Lunch Time Support** This support group meets monthly. Meetings are open-topic and offer support and information for parents or guardians of individuals with an autism spectrum disorder. Lunch will be provided. Meetings will be held at a the Church of Jesus Christ of Latter-Day Saints, 1811 Seabrook Ave, CARY, NC 27511. Contact Dana Vail at 919-459-2544 for information.

**Parents of Adults 18 and Over Support Group** The next meeting of Parents of Adults will be **October 9** at 7:00 p.m. and the topic will be a report on the National Autism Conference. The meeting will take place at the Creative Living Center located at 6300 Chapel Hill Rd. It is a littler over one mile away from the state fair grounds going out Hillsborough Street away from town. Bear right at the curve, taking Chapel Hill Road (Highway 54). At the first meeting, topics for upcoming meetings will be decided. Contact Jeanie Timberlake at ptimberlake1233@bellsouth.net for more information.

**Parents of Adults with Asperger's and HFA**—Meetings will begin soon. Support group meetings are to discuss upcoming events, talk about current news in autism, and talk about their children. Contact Helen Dawkins at 847-7337 for more information.

**Parents of Children with Asperger's/HFA** — Meetings are held in the conference room at the NC Autism Society office, 505 Oberlin Rd starting at 7:00. Meetings are generally the 4th Tuesday of each month and the next is **October 23**. Topics are related to issues and concerns of parents and caregivers with children with AS. At the next meeting, Kathy Trocinski, an OT will be presenting. We also have a Yahoo group: [http://groups.yahoo.com/group/WakeCounty\\_AS](http://groups.yahoo.com/group/WakeCounty_AS) and a group email address: WakeCounty\_AS@yahoo.com This group is a great, secure forum to ask questions, locate resources, and vent! For more information, contact Laura Graham at lgraham@nc.rr.com.

**Sibling Support Group** This support group offers brothers and sisters ages 8-15 a chance to address issues surrounding having a sibling with an autism spectrum disorder. There are monthly meetings during the school year. A \$10.00 fee per session will apply (scholarships are available upon request). Meetings will be held at the Elks Club from 6:30 to 8:30 with a pizza dinner provided. Participants are not required to register for all sessions. Parents are not required to stay. The groups will be facilitated by Heather Allen, a therapist who works exclusively with families of children on the autism spectrum. Sessions will include warm up activities, arts and crafts, games and peer support discussions. The next sessions will be **10/18/07** and **11/15/07**. THANKS to the Elks Club for donating the meeting place! Please contact Robin Schiffmiller at rschiffmiller@nc.rr.com to register. Elks Club, 5538 Lead Mine Road, Raleigh, 27612—From I-440, take exit US-70/Glenwood Ave./NC-50 exit, towards Crabtree Valley Mall. When on Glenwood Ave., turn right onto Lead Mine Road. Club is approximately 1.24 miles.

**Youth Social Group** This group is for children ages 5 to 12 who would like to meet for outings and socializing. Contact Kim Feller at kimfeller@juno.com for more information.

**LOOKING FOR SUPPORT?** If you are in need of support, can lend an ear and/or give advice to someone in need, don't forget about the Wake County Autism Society e-group. This is a wonderful opportunity to keep in touch and find out information about events between newsletters. You can find the e-group at: <http://health.groups.yahoo.com/group/WakeCountyASNC/>

## Shop 'Til You Drop!

A wonderful opportunity to get your Christmas shopping done early,  
or just buy yourself a special treat!

Purchase a savings pass for the "Shop for a Cause" event at Macy's!  
Passes are \$5.00 and you will receive 10–20%  
off your purchases for the day.

For each pass sold, the WCAS will receive 100% of the profit!  
This savings event will happen on Saturday, October 13.

For questions or to purchase a pass, call or email Dana Vail at  
jvail1@nc.rr.com or 919-483-8808.



### Local Interests

(not sponsored by WCAS)

**ARC of Wake County**—The “People We Are” group will have a poinsettia sale this fall. They are \$8.00 for a 6-inch poinsettia. They can be ordered from the ARC of Wake County. See their website at [arcwake.org/PeopleWeAre.html](http://arcwake.org/PeopleWeAre.html).

**Autism Society of North Carolina Bookstore**—Several new titles have been added just in time for back to school, and you can get a sampling by signing up for their monthly newsletter. The bookstore is also now offering Book Club kits for book clubs who want to read autism related books. There are several titles available and resources that come along with it. The bookstore is located in the building with ASNC, at 505 Oberlin Road in Raleigh.

**Family Support Network of Wake County**—Save the date for Cookies and Cocoa for children with special needs and their families on Saturday, December 8 from 1-4 pm at the Good Shepherd Lutheran Church in Raleigh.

**Friendship Café**—This is a group for teens and adults with special needs. Join them for entertainment, friendship, and fun! The next event is Open Mic Night, held on October 19, from 7-9 pm at the North Raleigh Church of the Nazarene.

**GRACE**—Greater Raleigh Autistic Children’s Enrichment will have family horse rides on October 27 at 10:00 am and 11:00 am at Steppin Heaven Farms. Visit [www.graceofraleigh.org](http://www.graceofraleigh.org) for more information.

**Raleigh Parks & Recreation** - They have specialized recreation classes for children and adults with special needs. Go to [www.raleigh-nc.org](http://www.raleigh-nc.org) and search for the Leisure Ledger. Pages 66-70 have lots of information about specialized recreation activities. They also have afterschool care alternatives for teens and young adults with disabilities. Contact Jennifer Tabery at [jennifer.tabery@ci.raleigh.nc.us](mailto:jennifer.tabery@ci.raleigh.nc.us).

**Sibshops**— Sibshops is a support group for typical children who have siblings with special needs. These fun and lively sessions are \$15, and you can preregister or get more information by contacting Jennifer Tabery at [jennifer.tabery@ci.raleigh.nc.us](mailto:jennifer.tabery@ci.raleigh.nc.us). The next sessions will be October 12 & November 16 at the Laurel Hills Community Center.

**Special Blessings Inc.**—This organization has play groups, support groups, and a fellowship group. The support group will meet next on October 27. For more information, call Roxanne at 919-366-9589.

**Special Olympics Wake County**— Independent athletes with autism can participate in the countywide events. Basketball, Bowling, and Track and Field events will occur throughout the year. Contact Brian Philpot at [brian.philpot@ci.raleigh.nc.us](mailto:brian.philpot@ci.raleigh.nc.us) or call 919-807-8378 for more information.

**Teen to Adulthood Group**—A group dedicated to helping parents understand transition services and issues for teens and young adults with disabilities. Meetings are scheduled every second Saturday of the month, from 9:30 a.m. to 11 a.m., at Millbrook Exchange Community Center, 1905 Spring Forest Road, Raleigh. Suzanne Goerger, "Single Portal" Coordinator of Wake County Human Services will be our guest speaker for October 13, 2007. Light refreshments will be provided. This program is free of charge. Contact Kathy Honeyman for more information at [honeymank@earthlink.net](mailto:honeymank@earthlink.net) or call 919-851-1022.

**The Miracle League of the Triangle**—Miracle league baseball has baseball leagues for children ages 4-7 and 8 and up. Their website, [www.miracleleagueofthetriangle.com/miracle/](http://www.miracleleagueofthetriangle.com/miracle/), has further information.

**Voices Together**—This is a program of the Arc of Orange County. There are several choruses across the triangle that focus on music, speech, and social skills. There are new groups forming. There is a 9-11 and 12-14 year old group for children with developmental disabilities beginning in September. Individuals only need to enjoy singing or music to join. For more information visit [voicestogether.net](http://voicestogether.net)

**Wake County Special Education PTA**—This is a district-wide organization for teachers and parents of children with an IEP. The next meeting will be October 18. There will also be additional workshops planned that will cover the following topics: Functional Behavior Assessments, Alternative Therapies, Transition, Writing and Advocating for an IEP, and Positive Behavior Support. Contact Leslie Welch at [lwelch1@nc.rr.com](mailto:lwelch1@nc.rr.com) or visit [www.wakeseppta.org](http://www.wakeseppta.org) for more information.

**The 9th Annual Ribbon Run  
will be held October 13, 2007  
at City Market at 9:00 am!**

**There will be a 5K, One-mile Fun Run, Tot Trot, and lots  
of opportunities to volunteer!**

**For questions, contact Nancy Huber at  
[nhuber@autismsociety-nc.org](mailto:nhuber@autismsociety-nc.org)**



**Calling All  
Wake County AU  
Teachers!**



**Teacher Grants are  
still available for the  
2007-2008 school  
year.**

## Wake County Autism Society Community News

*The newsletter pages dedicated to our members!*

GFCF Recipe of the Month

### THE GFCF KITCHEN

This recipe is quick and easy to make!

#### **Ingredients:**

- 1 purple onion - diced
- 1 package hamburger - fried (and drained if you want)
- 1 red pepper - diced
- 1 green pepper - diced
- 1 yellow pepper - diced
- 2 tomatoes - diced
- 1 can red kidney beans (check for gfcf)
- 1 can black beans (check for gfcf)
- 1 can chick peas (check for gfcf)
- 1 can tomato or pasta sauce (check for gfcf)



Fry the onion until slightly browned. Add the hamburger. Cook until browned. Add peppers and tomatoes and cook until tender. Add the beans, chick peas and tomato sauce., simmer until the sauce turns a slightly brown color (this way it seems to be not so acidic).  
Serve over rice.

Note: If we were not doing GFCF, then you can add sour cream and cheddar on top.  
*Reprint from Southern Magazine*



### **Let your children shine!!!!!!**

**We are looking for you to submit your child's celebrations/birthdays, milestones/accomplishments, talents (poetry/art), GFCF recipes, and/or those cute & exciting autism stories, etc. Scanned photos will be accepted as well.**

If interested, please submit items via email to [jvail1@nc.rr.com](mailto:jvail1@nc.rr.com) for November's newsletter by October 8, 2007.

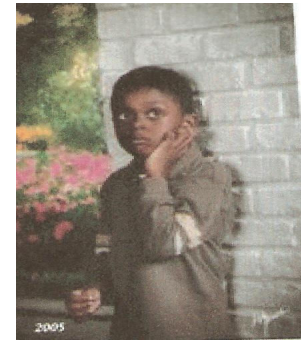
**With our Deepest Sympathy:**

**A Tribute to T.J.**

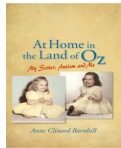
**Terence Jarrell Murphy**

**11/8/99-6/8/07**

*Thank you, T.J., for sharing your time with us. We were your teachers, but we learned much from you. You taught us to find joy in the every day things... playing ball, catching bubbles, listening to music. You taught us to persevere through pain... coloring with swollen hands, skipping with swollen knees, bouncing on swollen ankles. You taught us to treasure every moment with loved ones... enjoying every smile, hug, and kiss. Thank you, T.J. We'll miss you!*



*Submitted by: Malinda Pennington (Adams Elementary Year Round AU Teacher)*



**BOOK REVIEW**

**At Home in the Land of Oz: My Sister, Autism, and Me**

*A Bittersweet Memoir About Growing Up with an Autistic Sister in the Sixties*

With the CDC reporting that 1 in 150 children have autism, the condition and its symptoms have become well-known. In the sixties, when Anne Clinard Barnhill was growing-up, an autism diagnosis was rare and doctors were often unaware of the symptoms. Barnhill's sister, Becky, did not receive the diagnosis of autism until she was thirty-seven. She was considered "emotionally disturbed" throughout her childhood. Anne watched her sister spend time in institutions where she improved, but was subject to questionable care and bouts of homesickness. Barnhill tells her story in **AT HOME IN THE LAND OF OZ: My Sister, Autism and Me** (June 2007, Jessica Kingsley Publishers; Paperback Original, \$17.95; ISBN: 978-1-84310-859-7; 256 pages).

Throughout the book, Barnhill's devotion to her sister is obvious despite embarrassing incidents and frequent frustrations over Becky's behavior. Her parents carefully concealed their problems in order for Barnhill to have a more carefree childhood, though Anne struggled with her adolescence while missing and worrying about Becky. Her parents endeavored to find Becky the best care despite financial barriers and Barnhill demonstrates the family's attempts using excerpts from her father's letters to the state requesting aid. Ultimately, **AT HOME IN THE LAND OF OZ** is a heartwarming and well-written memoir. Becky grows up and finds her own independence. Anne finds peace of mind knowing that her sister has found a place for herself in the world.

**Anne Clinard Barnhill lives in North Carolina.** She has a Master of Fine Arts in Creative Writing and has published hundreds of short stories, features and reviews in a variety of newspapers and magazine.



## ***ANNUAL MOM'S BEACH WEEKEND AT MYRTLE BEACH***

### **CALLING ALL MOMS.....**

Yes, it's time again....it's that time of year for Mom to gear up for the annual beach weekend at Myrtle Beach!

When you ask....the first weekend of November, leaving on November 2<sup>nd</sup> and returning on November 4<sup>th</sup>.

Come on, you deserve it! You survived the summer, got the kids back in school and now it's time to reward yourself before the hustle and bustle of the holiday season. Come spend time with old friends and meet some new ones. Come shop till you drop and/or just relax and have fun! You can room alone or with a friend. You can also hitch a ride and carpool with someone.

To find out more information about event, contact Susan Hughes at [wshs@nc.rr.com](mailto:wshs@nc.rr.com)

And remember...What happens in Myrtle Beach stays in Myrtle Beach!

Just kidding, grab your bag and come an enjoy a great weekend get a way!



## Scholarship Opportunity

### ***RALEIGH MAYOR'S COMMITTEE FOR PERSONS WITH DISABILITIES 2008 SCHOLARSHIP APPLICATION***

The Raleigh Mayor's Committee for Persons with Disabilities will award two \$1000 scholarships to students with documented disabilities. Applicants must be **residents** of the City of Raleigh and must be enrolled in or have been accepted to an accredited undergraduate post secondary school, college, trade school or other institution of higher learning. The selection of scholarship recipients shall be based upon academic performance, financial need, character, school and community activities, honors or awards, and ability to express him/herself in written form, personal motivation and/or leadership potential. For applications to be considered, application materials must include **official copies** of all high school and (if applicable) undergraduate transcripts and a copy of **college acceptance letter**. Applications and all supporting documents must be **received** by:

**May 31, 2008**

**Please send completed application and supporting documents to:**

Community Services  
Raleigh Mayor's Committee for Persons with Disabilities  
Attention: Lori Millette  
Scholarship Selection Committee  
310 West Martin Street  
P.O. Box 590  
Raleigh, NC 27602  
For questions, please call Lori Millette at 919-716-3122.

### **Community Partnerships, Inc. 6th Annual Building Inclusive Communities Conference**

*"There's No Place Like Home: Choosing How and Where You Live."*



October 11, 2007

Radisson Hotel Research Triangle Park

150 Park Drive (Right off of Davis Drive) RTP, NC 27709-1718



**Keynote Speakers Howard Mandeville & Marcie Brost of Movin' Out,**  
an organization that helps people with disabilities purchase and maintain their own homes.

[www.movin-out.org](http://www.movin-out.org)

Additional sessions will be available on topics such as:  
**Housing 101, Advocating for Housing Needs, Reasonable Accommodations &  
the Fair Housing Act, Legal Implications of Home Ownership**

**COMMUNITY PARTNERSHIPS, INC.**

*Improving the quality of life for children and adults who experience  
disabilities or other challenges.*

3522 Haworth Drive, Raleigh NC 27609 (919) 781-3616



## Autism in the News



The Autism Society of North Carolina raised more than \$25,000 during the Western North Carolina Autism 5K! More than 400 members of the community came together to support autism, and the beneficiaries were the programs for autism in Western North Carolina. Wonderful things happen when communities band together!

\* \* \* \* \*

Orlando Hudson may be a major league baseball player, but he still has time for children with autism. Inspired by his cousin with autism, he began working with children with autism when he was in junior high. He currently works with the Southwest Autism Research & Resource Center to raise funds and host events for families of children with autism. During the off-season, he spends time visiting with and advocating for children with autism in his native SC. He is a nominee for this year's Roberto Clemente award, which honors baseball players who show sportsmanship and community involvement.

**DONATIONS:** The Wake County Autism Society welcomes donations that help provide support and promote opportunities for Wake County residents affected by autism. Your donations will help enable us to continue to grow and expand our services. Make your TAX DEDUCTIBLE checks payable to: Wake County Autism Society. Donations can be mailed to Wake County Autism Society c/o Dana Vail 1206 Lyerly Lane, Cary NC, 27511

The Wake County Autism Society does not endorse, promote or warrant the products, medical or alternative treatments, services, or therapies mentioned in this newsletter. This newsletter is for informational purposes only.

Wake County Autism Society  
c/o Dana Vail  
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Cary, NC 27511