



HEART STRINGS

Our children and adults with Down syndrome are the heart of our organization - and our most precious gifts.

A bi-monthly publication for families and friends enriched with the Down syndrome connection.

January/February 2006

Message from Executive Director

Happy New Year! If you're like me, you are looking forward to some normalcy in the coming months, after a busy fall and holiday season.

We had a wonderful Christmas, despite a scary experience just a few weeks before. Haley and David were in a minor car accident. However, Haley was sitting in the front seat and the air bag deployed, scraping the side of her face. She suffered from abrasions similar to burns and her eye was swollen shut for 2 days. Fortunately, it was almost healed before Christmas and an important lesson was learned. Heed the warnings: If there is any airbag in the car, don't let your child sit in the front seat if they are under 12!

Thank you to all the siblings who submitted stories for this issue. I enjoyed reading about their experiences and believe you will too. One thing was evident among them all --- they were very proud of their brother or sister with Down syndrome and wouldn't want it any other way.

David and I went to see *The Ringer* over the holidays. We were pleasantly surprised at how much we enjoyed it. Other than a few references to the "r" word, it was an extremely positive portrayal of individuals with disabilities and the Special Olympics.

GRADSA is continually looking for ways to serve its members, especially those in outlying areas. If you have any ideas or suggestions, please let me know. If you live in the Henderson/Union/Webster county area and would be interested in networking with other families, please contact Heather Hensley at (270) 639-6205 or email: heatherhensley@hotmail.com.

Please keep Luke Stone and Ethan Smith in your prayers. Luke spent the holidays at Kosair with RSV. Hopefully he will be able to come home after the first of the year. Ethan also spent some time at Kosair prior to Christmas. He will be undergoing heart surgery within the next few months.

GRADSA has several educational workshops lined up for the 1st quarter. Teachers, service providers, and other professionals are welcome to attend our classes. And of course, the Valentine's Dance is always fun. This year, GRADSA is teaming up with the Special Olympics to host the event. Should be a great time for all.

Hope to see you soon!

Cindy Huston

Calendar of Events

Monday, January 23, Sign Language, 6 - 8 p.m. at the Family YMCA (1st Floor Conference Room), Presented by JoAnn Tessandori, Speech Pathologist. The use of signs can help your child bridge the communication gap until they become more verbal. Refreshments and child care will be available. *Please RSVP to Cindy Huston by January 20.*

Saturday, February 11, Valentine's Dance, Owensboro Middle School from 7 - 9 p.m. The dance is co-sponsored by GRADSA and Special Olympics. Teens and adults with Down syndrome are invited. Music by Sanders Sound FX. Refreshments and snacks will be available.

Monday, February 20, Brain Gym Overview, 6 - 8 p.m. at the Family YMCA (1st Floor Conference Room). This overview will be presented by two of our members who attended the workshop in November - Heather Hensley, Occupational Therapist, and Susan Fenwick, Preschool Teacher. Brain Gym provides a series of simple movements to enhance whole-brain learning. The activities are easy and enjoyable, and bring about rapid improvements. Brain Gym develops the brain's neural pathways the way nature does: through movement. People of all ages and needs can live up to their potential with ease by using these effective movements. Refreshments and child care will be available. *Please RSVP by February 17.*

Saturday, March 4, Teaching Math to People with Down Syndrome, presented by DeAnna Horstmeier, Ph.D., author of the book. This class will be held from 9 a.m. - 2 p.m. in Rogers Hall at Kentucky Wesleyan College's Winchester Center. The math program explained in **TEACHING MATH** has been successfully used with preschoolers, children, and adults with Down syndrome. Its success lies in capitalizing on the visual learning strengths using manipulatives, games, and activities to teach and maintain motivation. DeAnna Horstmeier is an Instructional Resources Consultant at a special education regional resource center in Columbus, Ohio, where she assists parents and educators with teaching strategies and materials for their students. In addition, she has taught special education and speech, language and communication at Ohio State University. Lunch will be provided. *Space is limited so reserve your spot now!*

News

The Special Olympics is organizing a **Play Activities Bumper Bowling League** in Owensboro for children ages 5-8. The league will begin in March and run for 7 weeks. To sign up, please contact Mary Dee Boemker at 1-800-633-7403 or email: MBoemker@soky.org.

The **Wall Street Journal** has published two more articles pertaining to Down syndrome. The first was published on December 26 profiling the Messina family and how they shared the news with their family and friends that their son, Evan, has Down syndrome. The second was published on December 31 about educational and social inclusion.

The **Chicago Tribune** published an article on December 12 about postsecondary educational opportunities for individuals with intellectual disabilities.

The full text of these articles can be viewed at www.ndss.org.

VIEWS FROM OUR SHOES...SIBS SPEAK OUT



Left to Right: John, Amy, Sam, and Lindsey Winstead

What comes to mind when you hear the words Autism, Down syndrome, or handicapped? Most people's first reactions are pity and sorrow. They think "what a shame." I will admit that I also felt that way up until 5 years ago when my little brother, Sam, was born. That was a day I'll never forget!

My dad picked me up from school that day and instead of going straight to the hospital to see mom and my new baby brother, we rode home in complete silence. It was then that he broke the news to my brother John, my sister Amy, and myself, that Sam was born with Down syndrome. I had never seen my dad cry before. We were all very upset but mainly afraid because we knew nothing about Down syndrome and the challenge ahead of us.

It didn't take long to realize that God had not cursed our family with a burden, but blessed us with a wonderful gift - Sam! He is very much like other kids, just delayed in his accomplishments. Believe me what he is lacking in, he more than makes up for in other areas. In days that passed, I

would find myself hurrying home, especially on bad days, knowing Sam would come running with open arms and a big smile on his face. Within seconds every worry on my mind was miles away. He seems to have a 7th sense about people. Many times we would be out somewhere with him and out of the blue he would approach someone and hug their leg. Their response would be, he must have known I needed that hug. If he hears someone cough from the other room, he hollers "you okay?" His love is unconditional. Honestly, we should all live our lives with his happy giving spirit.

If there were a new surgical procedure or type of medicine that would make Sam "normal", I would not do it. There is no amount of money on this earth that could persuade me to change one thing about him! He has shown me I don't have to fear the unknown, and just because someone is mentally or physically challenged doesn't mean they don't have a lot to offer this world.

I am away at college this year and it is very difficult to be away from him so much. Because of all the many things Sam has taught me, I have decided to major in special education. Hopefully I can give something back.

Lindsey Winstead

Raven is no different than any other sister. I don't think of Raven as having a handicap because we don't treat her that way. She is loving, has a temper and says "Nah."

Tyler Roach, 14 years old

My sister, Raven, is the nicest sister on earth. She is kind, sweet, thoughtful, and loving. You can't tell she has Down syndrome because she does everything like regular kids do. For example, she loves wrestling, football, peewee, and basketball. When I hang around with my friends, she hugs each one and says "Love Ya!" They have never asked if she was different. They just love her to death. I am lucky to have a sister with Down syndrome because if I didn't, I wouldn't know what it was like. If you have a mother, father, sister, brother, friend, or relative that has Down syndrome, treat them right. Love them with all your might and tell them every day you love them because you never know when they will be gone.

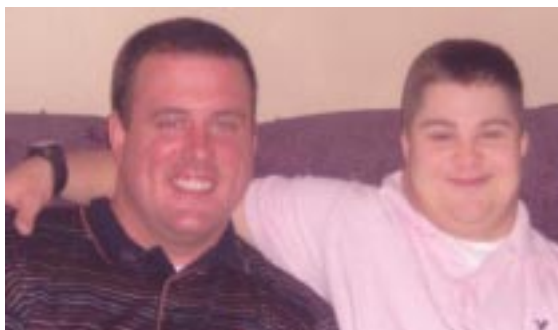
Breana Roach, 12 years old

Raven is my sister. Everybody says she's different, but I don't see it. I love her very much.

Simon Paulson, 8 years old



Left to Right: Tyler, Raven, Breana, and Simon



Josh Jackson with his brother-in-law, Aaron

Brothers at Heart

A few months ago, I gained a new brother, and life has not been the same! When I met my wife, she was with her brother on a "brother-sister" outing. Aaron and I instantly hit it off, and have been "bros" since. Each time I see him, no matter how early in the morning or late at night, rain or shine, I am greeted by a huge hug and a smile that could warm the coldest days. He calls me "pops" (for reasons I do not know) and he constantly keeps us in stitches by doing impressions and singing with his tape recorder. Definitely, there is never a dull moment at Aaron's house, and if you are down all you have to do is call Aaron and he can cheer you up. Aaron Shoemaker, I love you Bro!!!

Josh Jackson

VIEWS FROM OUR SHOES...SIBS SPEAK OUT



Emma, Aaron, and Joseph Clements

My little brother with Down syndrome is fun. We play together most of the day. When I go to my room and lay down in my bed he lays down next me and acts like he is sleeping. When we are outside in his little play spot I push him on his swing. We mostly like the same food like chocolate. Joseph likes to play tag with me. Joseph likes to act like a monster and tries to scare me. Sometimes he pretends that he is a bear. I did take Joseph a long time to learn to walk. He knows a few words such as no, yes, Emma, mamma, bus, Doo for Scooby Doo, SpongeBob and nose. He likes to pretend that he is going to fall down as yells "WHOA".

Emma Clements, 7 years old

Joseph can open up doors. He learned how to walk. He hugs me. We play together. We go to school together and ride the bus together. He tries to scare me when he is a monster. Every time I get a snack he runs after me and wants my food. Joseph hits me when he is mad at me. Me and him pull each other on the wagon.

Aaron Clements, 4 years old

My hero has more of a capacity to be friendly, to respect others, to be carefree, to share, to trust, and most importantly, to love. There is one fact which he has taught me that stands out above all others and that is "that love is the answer to solve all of life's problems." Someday I wish I could be like Mike....my hero, Michael Smith.

Brad Smith



Michael Smith and brother, Brad.



Matthew Huston and sister, Haley

My brother, Matthew, is really funny. He likes to imitate things and makes everyone laugh. He follows me around and wants to do everything that I do - even ballet and dress up! He likes for me to read to him and do flash cards. I like it when he says "Sissy Hug." But I don't like when he has a runny nose and he tells me "Sissy nose" and wants me to wipe it.

Haley Huston, 8 years old

Growing up with my sister, Chris, made me who I am today. As a small child, she was teased which taught me to be sensitive to the mentally challenged. She also had to overcome many obstacles that for many of us seem instinctual and natural, such as crawling, walking, and even talking. Her will and determination influenced my ability to conquer obstacles as well.

The most important trait that I've learned from Chris is her exceptional ability to love unconditionally. This has given me the heart and passion to volunteer to valuable programs that exist for the sole purpose of providing normalcy to citizens with Down syndrome.

My involvement will continue to keep me on the path of a purpose driven life and for this I am grateful. Thank you, Chris, for helping to make my life worthwhile. I love you!

Sarah Hyland



Chris Hagan and sister, Sarah

TRUE PRIDE

Whenever a new life is brought into the world, emotions tend to run high. We feel the many emotions of joy, laughter, tears and a sense of pride that is indescribable. We all sense these feelings at some point in our lives. For me, it was when my twin brothers were born. My whole family and many friends gathered around the delivery room door of the Obstetric department at the Owensboro hospital to behold the two, small bundles of joy. When I fixed my eyes upon them for the first time that day, I was so proud to say that they were my brothers. At that moment, a prideful joy swept over me like a rushing wind and a warm tingle ran down my spine. However, we didn't know how much our lives would be changed.

The boys were born one minute apart. Isaac being the oldest, Eli the youngest. Although they were not full term, they weighed a respective six pounds, one ounce and five pounds, twelve ounces, which is impressive for twins. The excitement of the boys' birth seemed to be cut down with yet another surprise. My family found out shortly after the delivery that Eli had Down syndrome, a medical condition in which chromosomes do not separate correctly. This condition would cause his life to differ from ours in many ways.

Still to this day, I can distinctly recall the doctor's firm, raspy voice calling my whole family in the small labor and recovery room to break the news to us. Sitting there taking it all in, I noticed that everyone except me in the room was crying and seemed upset by the news. I didn't understand...it wasn't exactly bad news, just unexpected. Apparently, I felt differently than the rest of my family. The whole scenario didn't exactly seem to matter to me.

Of course, I cared about Eli's health and his lifestyle, but I did not completely understand why everyone felt like it was such a terrible situation. He was here, alive and well! On that day, if I shed any tears at all, it was only those of joy. I felt honored to have him as a brother, honored to know that my family was chosen by God to take care of him. I believe that only a special few people are chosen to have family members with special needs. The feeling of knowing that mine was one of them...what a wonderful challenge. Sure, it would be hard. Everyday, people will look, stare, and ask questions. I also know eventually the day will come when he's made fun of and laughed at for being different. But we were chosen to take care of this gift from God and I was so happy to have that opportunity.

Many people and volunteers came and spoke with my parents throughout the next several days. Some were there discussing therapy, and others were parents of children who had Down syndrome. Although each visit was deeply appreciated, there was one group that really stood out to our family. Their name was Green River Area Down Syndrome Association (GRADSA).

They soon enrolled us into their organization and provided us with a surplus of informational books, manuals, and brochures. We had never heard about GRADSA before and were very excited about becoming involved. Each month we receive a newsletter introducing us to new members, catching up on trips and telling us about upcoming events. We all knew this was a perfect association for Eli. Almost a year ago, we read about the annual fundraiser called the "Buddy Walk." It took place at Moreland Park in Owensboro. My family and I agreed that it would be a great experience for Eli and we should all attend.

Since we were newcomers, we didn't really know what to expect when we arrived that Sunday morning. As my eyes anxiously scanned the park, I was astonished at how many people were there. Everywhere I looked was covered with families who had a Down syndrome member, GRADSA supporters, and friends. The scene reminded me of a huge celebration. There was food, drinks, games, music, banners, balloons, and so many smiling faces. The environment was a complete Utopia.

After all the fun and games, it was time to begin the annual walk. Cheering and applause roared as the DJ called out every GRADSA member's name. A group of college athletes from Kentucky Wesleyan were also there to show their support. After each member was called, they were paired with an athlete to accompany them during the walk around the park. It was such a heart touching experience to see the expression of accomplishment and pride on each of their faces as their name was called. They were all so proud of themselves.

When the walk started to get underway, my feelings began to change slightly. Since our arrival, I had experienced feelings of fun, anticipation, and excitement, almost as if I were at a parade. Though these feelings were still very evident, I also felt a sense of appreciation and pride as I stared at the hundreds of people walking in front of me. All of us were celebrating the same cause. We were all in the same boat. All of them knew how it felt to differ from other families. I sensed an immeasurable pride for each of them, for GRADSA, and especially for Eli. As I observed quietly, a warmth indulged my heart and a smile came to my face. I had never experienced true pride like this in my whole, entire life. I was so thankful, but even more proud.

Today at 3 years old, Eli is one of the biggest joys to me. To watch him learn each day, and say new words, or even do the motions to "I tsy Bitsy Spider" as he sings along with me, brings me instant happiness. The true pride I felt at the Buddy Walk that day is a feeling that will never be replaced. Eli gives me a sense of pride each and every single day, each time I look at him or see him grin. Just looking in his crystal blue eyes makes me understand his purpose on Earth. I will forever be grateful to God for sending him to us and allowing me to understand what true pride really is.

Ashlyn Rose, 17 years old



Left to Right: Ashlyn, Becky, Eli, Isaac, Sid, and Collin Rose



Kathleen Kight signs the word "book" telling Santa what she wants for Christmas.



Classmates Jonah Edge, Leland Iskill, and Taylor Palmer were happy to see each other.



Paige Roberts enjoyed visiting with Santa.



Sam Fenwick gives his new kitty a piggy back ride.



Robbie Sherrard wants to know "Where's the food?!"



Matthew Cook showed off "Mojo Monkey" wearing his itty bitty GRADSA tee.



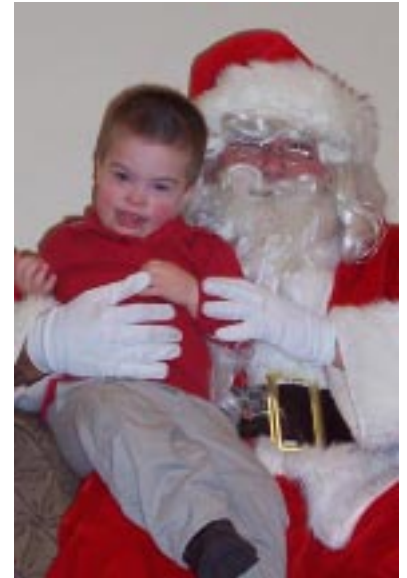
Chris Hagan and David Fogle were the guests of honor in GRADSA's Christmas Parade entry. Fire trucks were provided by Sorgho and Masonville Fire Departments.



You're never too old to sit in Santa's lap!



Luke Stone did not want his nap to be interrupted - not even for Santa Claus!



Joseph Clements' cheeks were as rosy as Santa's.

IF PEOPLE WITH DOWN SYNDROME RULED THE WORLD...

Dennis McGuire, PhD, Adult Down Syndrome Center of Lutheran General Hospital, Park Ridge, Illinois

The purpose of this article is to give back some of what we have learned to the families and people with Down syndrome who have come to the Adult Down Syndrome Center and who have been so giving and open with us. If people understand more of the special talents people with Down syndrome have, they may be more able to help them use and develop these talents to improve their lives. We also wanted to reassure families of younger children with Down syndrome who are concerned about their child's future that there is much to be optimistic about.

[Affection, hugging and caring for others would make a big comeback.](#)

Despite the fact that my family was not terribly affectionate, I have had a crash course in hugging at the Center. I am confident that if people with Down syndrome ran the world, everyone would become very accustomed to the joys of hugging. Fortunately for me, I had a head start. My wife is a native of Argentina, and I got some intense exposure to hugging when I landed in her country and found there were 6000 members of her family waiting to be hugged as we got off the plane.

[All people would be encouraged to develop and use their gifts for helping others.](#)

In our world, too often people with Down syndrome are "DONE FOR" by others, when in fact they are great givers. If they ran the world, their ability to minister to others would not be wasted.

[People would be refreshingly honest and genuine.](#)

People with Down syndrome are nothing if not straightforward and unpretentious. As the expression goes, "what you see is what you get." When you say to people with Down syndrome, "You did a good job," most will answer simply and matter-of-factly, "Yes, I did."

[We believe, too, that a stuffy high society would probably not do well in the world of Down syndrome.](#)

However, we believe that BIG dress up dances would flourish. People with Down syndrome love dressing up and dancing at big shindigs. They have a ball, and ...can they dance! (and by the way, who needs a date... "Just dance"). Most people we have met with Down syndrome also love weddings. This should not be a big surprise. They love getting dressed up, being with family and friends, having good food, and, of course, dancing until the wee hours of the morning. (Many people love it so much, they will chase the band down at the end of the night, begging them to continue.) Perhaps, too, part of the reason they love weddings so much is not just because of the food and dancing, but because in many cases the rules against hugging are temporarily suspended. This may give people a little piece of what I experienced in Argentina. Whoa! Can you imagine what the world would be like with so much affection unleashed?

[People engaged in self talk would be considered thoughtful and creative. Self talk rooms would be reserved in offices and libraries to encourage this practice.](#)

People with Down syndrome have a reputation for "talking to themselves." When conducted in a private space, self talk serves many adaptive purposes. It is a wonderful means to ponder ideas and to think out loud. It allows people to review events that occurred in the course of their day. It allows people to solve problems by talking themselves through tasks. It allows them to plan for future situations. It is also helpful in allowing people to express feelings and frustrations,

particularly if they have difficulty expressing their feelings to others. There is even evidence that athletes who do not have Down syndrome use self talk to motivate themselves. Certainly people without Down syndrome talk to their computer (particularly when it crashes), and likewise many people talk out loud when driving in Chicago. (Of course they may also make odd gestures as well; not recommended if long life is one of your ambitions.)

[Order and Structure would rule](#)

We have heard that many people with Down syndrome are stubborn and compulsive. Now, I know what many of you are thinking..."Did you really have to bring that up?" I'm sorry, but—we do. What we hear is that quite a few people have nonsensical rituals and routines. They can get stuck on behaviors that can drive family members a little crazy. Despite the irritations, there are also many benefits to these "obsessive compulsive tendencies." We actually have termed these tendencies "Grooves" because people tend to follow fairly set patterns, or "grooves," in their daily activities. What are the benefits of Grooves? Many people with Down syndrome are very careful with their appearance and grooming, which is especially important since they often stand out because of their physical features. Grooves also increase independence because most people are able to complete home and work tasks reliably when these tasks are part of their daily routine. (And while they are not fast ... they are very precise.) For many with Down syndrome, grooves serve as a way to relax. Some people repeat a favorite activity in a quiet space, such as writing, drawing, puzzles, needlepoint, etc. Grooves also serve as a clear and unambiguous statement of choice (very important for people with language limitations). This may even be a way for teens with Down syndrome to define their own independence without getting into the same rancorous conflicts with parents as many other teens. So given what we know about people with Down syndrome and grooves, how would they use this to run the world? Here is how:

- Schedules and calendars would be followed.
- Trains & planes would run on time.
- Lunch would be at 12:00. Dinner at 6:00.
- Work time would be work time.
- Vacation would be vacation.

At the Center, our receptionist, Shirley, will often have people at her desk pointing to the clock or their watches. Obviously, she hears about it when we don't take people back at their appointment time, but she also found that some people refuse to go back early: "Nope I am not going at 9:45, my appointment is at 10:00," nor does going over into the lunch period work. I am sure all of you have similar stories. But there is much, much more:

- People would be expected to keep their promises.
- Last minute changes would be strongly discouraged (if not considered rude and offensive).
- Places would be neat, clean, and organized (not just bedrooms, but cities, countries, the whole world).
- Lost and founds would go out of business (even chaotic appearing rooms have their own sense of order).
- The "grunge look" would be out, way out.
- "Prep" (but not pretentious) would be very big.

In the world of Down Syndrome, there would be a great deal more tolerance for:

- Repeating the same phrase or question
- Use of the terms "fun" and "cleaning" in the same sentence

- Closing doors or cabinets that are left ajar (even in someone else's house)
- Arranging things until they are "Just so."

Despite their compulsions and grooves, people with Down syndrome rarely have the really 'bad habits' that so many of us have. In fact, out of approximately 3000 people we have seen at the clinic, we have not seen any drug addicts or gamblers and just two alcoholics and a very small number of smokers. However, we think that pop may be a common addiction in the world of Down syndrome, and of course some people are incurable savers and hoarders of just about everything, but especially paper products and writing utensils. Because of this, I could see maybe a Betty Ford Center for pop addicts and extreme paper hoarding.

The words "hurry" and "fast" would be not be uttered in polite society. "Plenty of time" would take their place.

At the Center, we frequently hear about pace, or how fast or slow people move. Quite often these issues are discussed in disparaging terms by harried and frustrated family members. In this world, people with Down syndrome have a reputation for having two speeds, slow and slower.

Therefore, in the world of Down Syndrome:

- Our current mode of dealing with time, also known as the "Rat race" (or rushing around like our hair is on fire), would not survive.
- Here and now would command a great deal more respect than it currently does.
- Stopping to smell the roses would not be just a cliché.
- Work would be revered, no matter what kind, from doing dishes to rocket science.

We have consistently seen respect and devotion to work by people with Down syndrome. This is such a strong characteristic for many that they don't want to stay home from work even if feeling ill. Perhaps more importantly, they value any kind of work.

Therefore, if people with Down syndrome ran the world:

- Speed would be far less important than doing the job right.
- Work would be everyone's right, not a privilege.

However, we think there would probably be no work conducted during the time that "Wheel of Fortune" is on TV.

All instruction would include pictures to aid visual learners. Many studies have shown that individuals with Down syndrome have deficits in auditory memory. If they cannot remember verbal instruction, they may be considered oppositional or less competent in school, home, or work environments. Despite this, they have exceptional visual memory—they are visual learners. If they see something once, they can usually repeat it. They also have an exceptional memory for facts and figures of interest (favorite celebrities, movies, music, sports teams, etc).

If people with Down syndrome ran the world:

- School and work sites would have picture, written, and verbal instructions to accommodate different learning styles.
- Counselors would be able to use visual mediums to help solve problems.

What About News?

If people with Down syndrome ran the world:

- Weather would be the only essential news item
- News would be more local ("A new McDonalds just opened up," or "A dance tonight," etc.). After all, what is more important than that?

What About Bad News?

If people with Down syndrome ran the world, would there be wars or murders? We don't think so! There may be too many

McDonalds but definitely not the wars or murders we have in our "civilized societies."

What About "Behaviors"...

...and terms such as (the ever popular) "Incident reports," "Outbursts," "Unprovoked outbursts" (one of our all time favorites), and of course "Non compliance"?

We believe that in the world of Down Syndrome, anyone writing "incident reports" would have to go through sensitivity training, which would consist of someone following them around writing down everything they did wrong. Brian Chicoine and I both figure that we would have been on major psychotropic medications long ago if we had people writing up incident reports on us.

We have found that most people with Down syndrome are very sensitive to expressions of anger by others. I imagine they would do all they could to help reduce and solve conflicts between people.

Therefore if people with DS ran the world:

- Anger would only be allowed in special sound proof rooms.
- Trained negotiators would be available to everyone to help deal with any conflicts.
- The word "non compliant" would not be used (except as a very rude comment). It would be replaced by "assertive," as in "he or she is being assertive today."

What About Self Expression?

- Art and music appreciation would be BIG.
- People would have time to work on paintings and other art projects.
- Acting and theatrical arts would be encouraged for all.

Dancing

- You probably would not hear a great deal about exercise, but you may hear a phrase like, "Dancing tonight ... absolutely."
- The President's commission on physical fitness would probably recommend dancing at least 3 times per week.
- People would be encouraged to get married several times to have more weddings for more music and dancing.
- Richard Simmons and John Travolta would be national heroes.

Music

- Elvis, The Beatles, and the Beach Boys would still be number 1 on the hit parade (Music of the 60's, 70's, and 80's would be BIG)
- Musicals would be very, very, very, big (such as "Grease," and "The Sound of Music")
- John Travolta would be the biggest star.

Television

- Classic TV hits would be very BIG and take up at least half the TV schedules.
- "I Love Lucy," "Happy Days," "The Three Stooges," etc. would be very BIG.
- Wrestling would be very Big.
- "Life Goes On" would also be very Big and replayed regularly.

Movies

- There would be fewer movies, but they would be replayed over and over.
- Movie theaters would allow people to talk out loud to tell what happens next.

No Secret Agents

- People would not hurt the feelings of others and they would also not lie or keep secrets.
- Therefore there probably would be no secret service agents, spies, or terrorists.

January/February Birthdays

If this information is incorrect or a birthday is not listed, please let us know!
[Erin Clark](#) - 29 years old on January 20
[Andrew Conway](#) - 8 years old on February 24
[Isaiah Cruz](#) - 2 years old on January 23
[Ashley Dant](#) - 19 years old on January 22
[Jonah Edge](#) - 9 years old on February 3
[Ashley Hagan](#) - 9 years old on January 21
[Kathleen Kight](#) - 2 years old on January 24
[Morgan King](#) - 3 years old on February 6
[Caleb Lancaster](#) - 8 years old on February 18
[Shannon Mahoney](#) - 36 years old on Jan. 12
[Michael Smith](#) - 24 years old on February 15
[Lindsey Spain](#) - 23 years old on February 14
[Elizabeth Stickler](#) - 6 years old on Jan. 23
[Sherry Storm](#) - 9 years old on January 24
[Cody Trotter](#) - 12 years old on February 17



Fazoli's Birthday Club

Fazoli's, 5060 Frederica Street, is treating individuals with Down syndrome to a free meal to celebrate their birthday. Children ages 12 & under can choose a kids meal while teens & adults have their choice of a small spaghetti with marinara or meat sauce. To receive your free meal, show this column to the clerk during the month of your birthday.

Mission Statement

GRADSA's mission is to enable families enriched with the Down syndrome connection to share resources, build friendships and advocate together for the future of our children.

Services

GRADSA, an affiliate of the National Down Syndrome Society, is a non-profit, 501(c)3 organization that provides its members with a bi-monthly newsletter, educational workshops, social activities, a website (www.gradsa.org), a New Parent Outreach Program, and a Hospital Outreach Program. There are no membership fees.

Policy Statement

GRADSA does not endorse, recommend or support any specific regime, therapy, or editorial submitted for publication.

Printing of Articles

GRADSA welcomes articles from parents, professionals, and other interested parties. Material for consideration should be sent to Cindy Huston. Articles written for *Heart Strings* may be reproduced if credit is given to the author and GRADSA. Permission to reprint articles not original to *Heart Strings* should be acquired from the original source.

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[Michele Cecil](#), Director
[Carrie Colbert](#), Director
[Steve Hagan](#), Director
[Tonya Murphy](#), Director
[Paul Puckett](#), Director
[Brenda Walker](#), Director
[Matthew Williams](#), Director

[Cindy Huston](#), *Executive Director*
Home: (270) 771-4945
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All board meetings are open to the general membership. The next meeting will be held on Monday, February 13, 6 p.m., at the Owensboro Family Y.



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