Another summer is drawing to a close and another school year is upon us. For those of us who have school age children, this time of year is filled with hope and anxiety. My daughter, Allie, will be entering sixth grade this year and is looking forward to being a "top dog" at her elementary school.

I have high expectations for the year ahead, but know Allie will face many hurdles. I have spent much time worried about the inevitable challenges the new school year would bring. Then the other night I attended an event that made all of those anxieties about the year ahead seem frivolous.

The event was a local Celebration of the Special Olympic Athletes. My daughter has participated in Special Olympics since she was 8 years old. Although I am getting to be Special Olympics veteran as a parent, I am awed by the magic of Special Olympics. Seeing children with different challenges gives me perspective on my own child. The strength and courage of the athletes delivers amazing inspiration.

Whenever I am posed with a challenge in my everyday life, professionally, personally (or parentally), I draw strength from the lessons I have been taught by children with disabilities. The other night at the Special Olympics celebration, I learned those lessons once again. In all frankness, sometimes when I look at my child, I see the huge obstacles in her path. Then I look into her eyes and I see what she sees. She sees the possibilities, not just the hurdles. She sees what she can do. Then she goes out and does it. In my experience, she is not unique among kids with disabilities.

These kids have the courage to leap over hurdles. Sometimes those hurdles trip them up and they fall. When they do, their friends help them up and they try again. If they cannot leap over the hurdle, they crawl under it. They get past it. They do it with smiles and laughter, and sometimes with tears. They just do it. They find a way. The strength and courage displayed provides personal inspiration as I face barriers in my life. It is a constant reminder of what is possible if we face the hurdles in our lives with the positive perspective of our children. While my anxiety about the new school year hasn’t completely disappeared, it has certainly diminished.

When my daughter was born, I wondered how I would ever deal with life of having a child with a disability. With the passage of time, I wonder who I would be today had I not been taught the lessons, earned the strength, and met the people that having a child with a disability brought into my life.

Mike Reninger
Co-Chair
Please Note: UPS for DownS is a volunteer group consisting of parents, rather than educational, medical, or legal professionals. The UPS for DownS newsletter is similarly written on a volunteer, non-professional basis. Information presented in the newsletter should not be construed to be objective or definitive, but represents the opinions and understandings of the contributors. We are not responsible for reliance made on any information in this newsletter. We wish to bring together those interested in Down syndrome and attempt to create an optimistic outlook and attitude about Down syndrome for our families and others.
UPS for DownS is proud to donate books to our local schools, libraries and other community locations. Come to the September meeting to pick up a copy of each book to donate to your school and/or library. We will have letters and book plates available to distribute with the books.

If you have any questions or cannot make the September meeting but would like books to donate please contact Marylynn Cassata at (847) 870-8906 or marylynn624@yahoo.com

The selections for the October UPS for DownS’ Book Donation Project are as follows:

TAKING CARE OF MYSELF: A Hygiene, Puberty and Personal Curriculum for Young People with Autism by Mary Wrobel. Through a unique combination of Social Stories and easy-to-understand activities, this unique book offers a curriculum that guides the child, teacher and parents on issues of health, hygiene, and the challenges of puberty. It is a must-read for those who guide students with disabilities.

THE BEST WORST BROTHER by Stephanie Stuve-Bodeen (author of We’ll Paint the Octopus Red), is an endearing and realistic look at how a relationship evolves between a typically developing older sister and her younger brother who has Down syndrome. It also shows how sign language can help a child. As Emma is pleased to discover, Isaac can learn to sign, he just learns when he’s ready.

Teen Scene

UPS for DownS invites your teen to participate in Teen Scene events. Teen Scene is for teens with Down syndrome ages 12 – 18. Teen Scene usually meets from 7-9 p.m. on the second and fourth Saturdays of each month. Parents are welcome to stay or leave at their discretion. Teens pay $5 for each Teen Scene event; UPS for DownS pays for the rest of the fun! Parents or siblings who attend events with a charge must pay full price. Activities are subject to change.

Saturday, September 17 – UPS for DownS Road Rallye – Teens can ride with their own parents (if registered) or another group from UPS for DownS. Teens will have a blast doing this rallye! No experience necessary. If you (parents) aren’t participating, make sure your teen is RSVP’ed by September 12, so we can have a spot for them. Special trophy for Teen Scene winner!

Saturday, September 24 – Back to School Night - Relax from the school grind with pizza, pop, and a movie.

Saturday, October 8 - Miniature Golf at the Putting Edge, 2535 Golf Road, Hoffman Estates

Need more information? Call Peggy at 847-359-3394 or email Pat at PFogarty@wowwai.com or TeenScene@upsfordowns.org.
The runners for Katie’s Team Literacy are spending many hours of their time to train for this event and help us raise funds for the literacy project. PLEASE support their efforts and dedication by sending a donation.

Can you volunteer to motivate our runners on Race Day? Our moral support will help as they run the marathon. We will have designated cheering stations where the runners can look for you!

Nancy MacDonald will host a pasta dinner the night before the race for runners and volunteers. Can we count you in?

For more information on how to volunteer or donate, contact Shari Andress at 847-891-6678 or Nancy MacDonald at 847-392-2812.

MIKE RENINGER:
OK, so it has been a few years since he last ran a marathon (twenty or so, but who’s counting?). As the father of eleven year old Allie, Mike is honored to be running for the Katie MacDonald project. Mike is inspired by Katie’s brother’s words from this newsletter. Doug said of his sister Katie;

We should all try to take lessons from Katie. Listen for her voice when you doubt you should try, or keep doing something hard, or start that new thing that looks enticing but you’re not sure you can do it. Just listen for her telling you, “You can do it.”

Doug MacDonald
A Brother’s Reflection
September 2003

Mike will be listening as he runs and knows Katie will be there telling all of the runners “You can do it!”

See you at the finish line.

JIM UGGLA:
A very special friend of Katie’s. Jim ran a marathon 15 years ago and Katie was waiting for him at the finish line. Jim has been training very diligently over the past few months. He fondly refers to the run as “Angel Run #1”.

At Katie’s memorial service, Jim spoke of their special bond, and how he told Katie to run into his arms at the finish line of the Special Olympics race, and that day she “ran into my heart forever.” He promised to run one more marathon for Katie.

DENNIS EICH:
Dennis is grandfather to Heather Andress, a 5 year old with Down syndrome, and father to Shari Andress, co-ordinator of the Katie MacDonald DS Literacy Project. This will be Dennis’ second Chicago marathon, having run his first last year. Dennis is an outstanding grandfather and father and his family is very proud of him for running to support literacy for all individuals with Down syndrome. He has always been a champion when it comes to his family.

SCOTT NOWAK:
Scott is the Uncle/Godfather to Brett Wilkinson, age 6, and brother of Sandy. Scott, age 32, will be running the race for the second time as he completed his first Chicago Marathon last year in just over 5 hours. Upon hearing about the Katie MacDonald team, Scott started training for this year’s race. He is honored to help out. Training has been hard with the record heat this year, but Scott is determined to tough it out. Scott’s inspiration is Brett, who is learning to read.

DAVID AND COURTNEY WOLFF:
David Wolff and his wife Cortney, of Schaumburg, will be running their first marathon and are excited to be members of the Katie MacDonald Marathon Team. David and Cortney have been training hard for the event and participating in regional triathlons in order to prepare for the Chicago Marathon. They are ready to run!!

UPS FOR DOWNS IS COMMITTED TO PROVIDING ONGOING LITERACY-BASED PROJECTS TO HONOR THE MEMORY OF KATIE MACDONALD AND HER LOVE OF READING.
**Roman Holiday:**

**Friday, October 14, 2005**

**TIME:** 6:30 p.m. to midnight

**WHERE:** Cotillion in Palatine

**COST:** $55.00 per person includes:
- hors d’oeuvres, dinner, table wine

The ticket price reflects the actual cost for the evening, but every penny you spend on raffles or silent auction items goes to UPS for DownS, which we use to:

- maintain our e-group and website,
- pay for newsletter printing and postage,
- hire monthly speakers, if they require a fee,
- provide you with no cost or low cost workshops (potty training, puberty and SibShops),
- provide fun family activities (holiday party, swim party, spring concert/show)
- defray the costs of our many other activities and projects.

Our goal is provide low cost or no cost activities, resources and support to make our shared journey a little easier.

**DANCE TO THE MUSIC OF INDIGO**

Seating is limited and is often sold out before the deadline. We are taking responses on a first come first served basis.

Invitations have been mailed. If you haven’t received yours or wish to have one sent to someone, please contact us.

Questions?
Contact info@upsfordowns.org or 847-891-3224.

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**Third Annual Fall Event**

The National Association for Down Syndrome (NADS) has produced beautiful bookmarks to promote Down syndrome awareness. There are six different bookmarks, including one in Spanish. These bookmarks are great to share with your child’s school or local library in celebration of October’s Down Syndrome Awareness Month. NADS has generously made these bookmarks available to UPS for DownS. Get yours at our September 27th meeting or call the UPS for DownS’ office at 857-885-6216 to arrange a convenient time to pick some up.
**Kids’ Club Storytime**

Date: Saturday, September 17  
Time: 1:30 - 3:30 p.m.  
Location: GiGi’s Playhouse

Join us as we read and enact storytime favorites!

Kid's Club is designed for children ages 3 -8 and their siblings.

We love to see new faces!
Please join us for this fun-filled event.

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**Lunch with the Kids**

(who doesn’t love pizza?!)  
Saturday, September 24  
Saturday, October 22

Time: 11 a.m. - 1 p.m.  
Location: GiGi’s Playhouse

For more information or to RSVP, contact:

Allison & Luis Vargas at 847-342-0041  
Sean & Una Crilly at 847-577-0311

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**PreTeen Scene**

Date: Sunday, September 18  
Time: 3 p.m. - 5 p.m.  
Location: GiGi's Playhouse

Join the UPS for DownS’ preteens for a T-Shirt making activity

We need your child’s t-shirt size.

Parents are encouraged to stay so that we can brainstorm ideas for future activities!

RSVP to:

Kim Orlando  
630-483-6903  
nixtr1@comcast.net

or

Lisa Walsh  
847-923-9807  
lisawalshot@comcast.net

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**NOT ON THE E-GROUP?**

UPS for DownS has a list-serve that allows users to participate in e-mail discussions and get reminders about upcoming events.  
To join, send an e-mail to
upsfordowns-subscribe@yahoogroups.com

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Kids of all ages, dads, moms, grandparents and cousins had loads of fun at the Schaumburg WaterWorks Family Swim Party. At left, from the top: Nicole P. enjoys the water, Luis and Jennifer V. enjoy the concessions, as does Alaina V., this bathing beauty has Dad right where she needs him. Below, Dad and son spend a quiet moment, while Valerie and brother Erik Z. enjoy the lazy river.

All of the moms must have been in the hot tub (or were just really adept at not being photographed in swimwear).
Sibling Connections Conference 2005
The Center for Enriched Living

Spread the word and support siblings of adults who have a disability!

Saturday, October 22nd, 2005
Second Annual Sibling Connections Conference where siblings can connect and learn helpful information on a variety of important topics.

http://www.uic.edu/org/rrtcamr/SCresource.html
For questions contact John Kramer at 312-996-7988 or jkrame3@uic.edu

Rehabilitation Research and Training Center on Aging with Developmental Disabilities
Attn: John Kramer; Rm 538
1640 W. Roosevelt Rd.
Chicago, IL 60608

DDC’s Eighth Annual Buddy Walk

Date: Sunday, September 18, 2005
Time: Noon until 4 p.m.
Location: Paulus Park
200 S. Rand Road
Lake Zurich

For more information, contact Andrea O’Donnell at 847-949-1975

GiGi’s Playhouse
“Look at us NOW” Down syndrome awareness calendar is on its way! Only $10 each. To order, call 847-885-PLAY or go to www.gigisplayhouse.com.

Mark your calendars for the GiGi’s Playhouse Second Anniversary Bash!
October 2 from 12-3
Karaoke, petting zoo, pony rides, food and so much more - all FREE!

GiGi’s Playhouse is a Down Syndrome Awareness Center that provides activities and resources to individuals with Down syndrome, their families, and the community. For information or to get on their mailing list call 847-885-PLAY or go to www.gigisplayhouse.com.
Don't see your name? Send corrections and additions to Pat Fogarty at MailingList@upsfordowns.org

Christian Thunholm ............ 11/30/00
Aimee Breckenridge ............. 11/29/84
Matthew Rafter .................. 11/29/83
Samantha Metz ................... 11/28/97
Beau Pogose ...................... 11/28/00
Patrick Nicholson ............... 11/26/93
Tracey Beesley ................... 11/26/80
Melissa Kunschke .................. 11/25/93
Kaitlyn Sullivan .................. 11/23/95
Natalia Janik ...................... 11/22/00
Pasquale Ciarfaglia .............. 11/21/95
Stephen Katz ...................... 11/19/84
Jeffrey Falcone ................... 11/19/79
Margaret Stout .................... 11/19/02
Caitlin Bebber ..................... 11/17/87
Sean Taft .......................... 11/16/82
Evyevia Santos .................... 11/14/03
John Alexander Guckin .......... 11/13/95
Mark Morgan ....................... 11/12/03
Sabrina Walega .................... 11/08/97
Nathan Powell ..................... 11/06/00
Allie Rebman ...................... 11/04/00
Kayla Polizzi ...................... 11/01/95
Nikki Durante ...................... 10/??/99

Jason Starck ...................... 10/??/02
Brian May ........................ 10/30/03
Estefania Santillan .............. 10/28/00
Cristina Cassata ................ 10/27/95
Allie Reninger .................... 10/27/93
Jessica Grace Gianopulos ....... 10/26/02
Annie Jennings ................... 10/22/90
Matthew Orybkiewicz ............ 10/21/91
Ross Hoary ........................ 10/20/87
Max Geilim ........................ 10/20/00
Matthew Sommerer ............... 10/18/96
Gabrielle Esbenshade ............ 10/18/00
Jodi Walsh ........................ 10/17/96
Nancy Morong ..................... 10/16/85
Jericho Hellman ................... 10/16/03
Brian Nadolske .................... 10/15/83
Robert Johnson .................... 10/13/??
Thomas Stanley ................... 10/10/03
Jake Rembrecht ................... 10/08/99
Mary Claire Boyd .................. 10/08/88
Lucas Kratz ........................ 10/08/00
Ryan Tazioli ....................... 10/07/99
Emma Scheid ....................... 10/05/90
Anna Stowe ......................... 10/04/03
Nina Santa Crose .................. .09/28/96
Maribeth Liner .................... .09/26/85
John Kim .......................... .09/23/02
Emily Kwidzinska ................. .09/20/96
Kelsey Vice ........................ .09/20/93
Samir Dabrowski ................. .09/20/90
Jimmy Rinchiuso ................... .09/19/96
Collin McSharry ................... .09/18/98
Kevin Paff ......................... .09/17/03
Diana Justine Rupar .............. .09/14/87
Allyson Houser ..................... .09/14/79
John Michael Kearns ............. .09/13/92
Jack Babowice ...................... .09/10/91
Kelly Neville ....................... .09/10/91
Rachel Giagnorio .................. .09/09/91
Jeffrey Collins ..................... .09/08/99
Michelle Anderson .................. .09/08/94
Grace Jannuson .................... .09/07/00
Cecilia Rosmann .................... .09/04/96
Michael Zanichelli .............. .09/03/96
Meghan Dolan ....................... .09/03/82
Sean Weisser ....................... .09/02/87

Date: Saturday, September 24, 2005
Time: 12:30 p.m.
Location: Highland Woods Golf Course
2775 North Ela Road
Hoffman Estates, Illinois

Cost: $60 per golfer includes:
  Best ball scramble
  Golf with cart
  Contest holes
  Buffet dinner

Amateurs welcome - and expected. You don't have to be Tiger Woods to play with this crew. Take advantage of a great opportunity to have some fun and get together with other UPS for Down's' dads (grandfathers, uncles, siblings, and of course, men with Down syndrome are welcome, also). Price reflects actual cost. This is not a fundraiser.

To register, go to http://www.golfinvite.com/upsfordowns
You can provide your credit card info while registering online or send a check payable to "UPS for Down's" c/o Mike Grunewald; 1325 N Wellington Ct., Palatine, IL 60067 by Sunday, September 18th.

STILL HAVE QUESTIONS?
Contact Corey Graves at 847-517-4513 or Joel Spenadel at 630-942-0310.
Grill-O-Rama was a huge success with 30 parents sharing stories and experiences.

If you would like to open your home to host a parent social night or have an idea for a future activity, contact Stephanie at 847-891-3224 or jneri@wideopenwest.com.

TeenScener Garrett A. had a great summer since meeting that favorite teen milestone - getting his learner’s permit! Don’t you wonder who gets to drive at the Rallye when ParentScene and TeenScene join together?
Wheels Rallye Team on behalf of and in support of PRESENTS

The Famous Puzzler Rallye
SATURDAY NIGHT, SEPTEMBER 17, 2005

Get your neighbors, friends and family to join the fun.
100% of the proceeds will benefit UPS for DownS, a local non-profit corporation offering support, acceptance and encouragement to families and people with Down syndrome.

There are a variety of puzzles with varying degrees of difficulty - easy, easier and easiest. So don't worry if you are not an expert puzzle solver, just grab a friend or a group of friends and get set to have a fun-filled evening of entertainment while benefiting a great cause.

No previous rallye experience required. All you need is a flashlight, your brain and a sense of humor (well, a car for your team, too).

**Begins** at Woodfield Mall in Schaumburg, at Light Pole B-2, just west of the Firestone Tire Dealer. **Registration** starts at 6 pm with a Beginner’s School at 6:45. Cars leave at approximately 7:15 pm. Rallye **Costs** are $25 per vehicle if pre-registered (by 9/14). Registration after 9/14 is $30 per vehicle.

**To pre-register**, send a check payable to “UPS for DownS” with your name, address, e-mail and phone number to: Famous Puzzler, c/o Sakata 319 N. Pondview Drive Palatine, IL 60067

Questions? Call Gary Sakata at 847-358-4902

Even if you can’t rallye with us, please dine at Fuddrucker’s in Schaumburg on September 17th. They will donate 20% of designated purchases to UPS for DownS! Bring the certificate so we get the proceeds!