



# Extra! Extra! 21

DOWN SYNDROME ALLIANCE OF THE MIDLANDS

OCTOBER 2012

## The Numbers

15,335  
Day Of  
82,412  
Online  
6,453  
Offline  
9,158  
Registration  
Fees  
14,712  
Sponsor  
Cash  
2,135  
Matching  
Gifts  
Processed to  
Date

**\$130,232**



## The Gohr Family's First Buddy Walk

October 13th, 2012 marked my son Desmond's first Buddy Walk. It was a wonderful experience and one we are looking forward to celebrating for many years to come. The weather forecast showed rain and cold weather, but as the events started the clouds disappeared, the sun came out, and the temperature reached 70 degrees! Not too bad for an October day in Nebraska. It was a great day to show our appreciation to our friends who were born with that extra special ingredient, those who give us more joy and love than we will ever be able to give back. We were overwhelmed with the support from friends, family, and the community. The

kids loved the face paint, games, snacks, music, cheerleaders, and cotton candy! Dez was a little too young to take part in many of the festivities but his cousins and friends did not hold back. We had close to 90 loved ones arrive to walk and to show off their "got dez" t-shirts. When I first was exploring the idea of creating t-shirts, I thought we might be able to sell about 30 shirts at the most. I was really surprised when my final order ended up with over 120 shirts! The DEZ acronym was created for the this special occasion. D for determination. E for energy. Z for zeal. My wife and I hope to instill these three qualities in our son as he grows. I truly



believe I ran into many kids with "DEZ" that day! One other pleasant surprise was being named one of the top fundraisers. I could have never imagined receiving donations from over 90 different people. It is a great feeling knowing that Desmond has already touched so many people. We are blessed to be surrounded by many friends and family and to live in a community that finds the importance in celebrating and raising money for the Down syndrome family. I can't wait for the years ahead when Desmond starts to realize how important and influential he is to us and to all those he meets.

—Jason Gohr



## Thank You, Buddy Walk Committee!!!

**Teri Schulte and Kalyn Kimminau** — Registration

**Nancy Meinders** — Games and Gifts

**Alex Anderson** — Volunteer Coordinator

**Leslie Vander Veen** — Dignitaries and Route

**Teri, Kalyn and Nancy** were instrumental in procuring donations for fundraising prizes and raffle items. It just wouldn't have been the same without their dedication to the organization and to the Buddy Walk. Special thanks to **Teri**, who has been a faithful member of the committee for more than 5 years!



The Schlueter Family  
Ronan, Casie, Vollen  
Sophie and Vernon



G.R.A.N.D.S.  
Hosting another opportunity  
to spoil your children.



Aiden &  
Durango the Maverick  
Thank you, UNO, for  
hosting another great  
Buddy Walk!!



The A-Team  
Nick, Lisa, & Austin  
Avery, Dena, Emery, Lee &  
Jackson  
Ethan was too busy to pose.

## Parent Outreach

A big thank you to all the moms who volunteered to help out at the DSSM (Down Syndrome Super Mom's) table this year at the Buddy Walk. We were able to seek out and find some new moms that didn't know about us yet and get them on our DSSM Facebook page! That was the goal!!!

We have some exciting things coming up at the Mom's Coffees in the next few months. We have some great speakers coming to talk in November and January and fun activities for the December meeting. So, try to make it out to those if at all possible!

The 2013 calendars turned out super cute with our families. We do have some extra ones if you would still like to get some. They are \$15 each (they make a heartfelt holiday gift for loved ones or therapists, teachers, paras and others who work with our kids). They just love things like that, that they can display in their offices and talk about with people that look through it. Contact Buffy at [buffbeck@cox.net](mailto:buffbeck@cox.net) or Casie at [casieschlueter@yahoo.com](mailto:casieschlueter@yahoo.com) to pick some up!

The G.R.A.N.D.S. have been putting on some wonderful events for our families. The waterpark potluck picnic, Wenninghoff Farm hayrack and bonfire and the Trunk or Treat have all been fun events for our kids. They are also planning a Morning with Santa Saturday, December 8<sup>th</sup> from 10-12 at the fire station with doughnuts so watch the Friday blasts for more info coming soon. Remember the grandparents in your family do NOT need to be involved in the G.R.A.N.D.S. group for you to attend these activities (we would love it if they were, but your entire family is always welcome to all of these events HOSTED by the G.R.A.N.D.S. group).

Remember to jump on that DSSM Facebook page to get helpful advice on anything that you are needing help with and to see what is all going on with the moms group. You can ask any question that comes up that you need help with. I guarantee there are several moms on there who have the same experience and helpful tips and advice for you. It is my all time favorite thing about the Mom's group.

For planning ahead we are trying to reserve the room at Champions Club again for the Mom's Appreciation Brunch in May. The tentative date would be Saturday, May 4<sup>th</sup> from 9-11am. I will let you know for sure if we secure it in the e-mail blasts.

—Casie Schlueter

## Two Cousins, One "A"azing Story

Not only are Lisa Zwiebel and Dena Norman first cousins, our little babies were born on the same day one year apart, both babies have Trisomy 21 and both names start with the letter "A". Austin Zwiebel was born on August 12, 2011. He joined his parents Lisa and Nick Zwiebel and big brother Ethan. Avery Norman was born on August 12, 2012 and joined parents Dena and Lee Norman, big brother Jackson and big sister Emery. Our family is so blessed to have two little angels with Down Syndrome. We decided to join forces as The A-Team at the Buddy Walk this year.

The Norman family is moving to Omaha from Grand Island. Lee recently got a job in Omaha. It will be nice living in the same city. We will be able to help one another and have each other for questions and support. We both did not know ahead of time the babies had Down Syndrome. Austin arrived six weeks early and was in the NICU for six weeks. He has had a number of medical issues. He was on oxygen for sleep apnea and recently had his adenoids and part of his tonsils removed due to sleep obstructions. Austin is such a happy baby. He loves cruising around in the walker and is very close to crawling. Avery arrived two weeks early. She has had no medical issues and is a good eater. She is very sweet and precious. We look forward to sharing this adventure together. We know Austin and Avery make the perfect team — The A-Team!

—Lisa Zwiebel

## Special Events

The weather has turned and so we say goodbye to the warm sun and hello to indoor get-togethers by the fireplace and hot chocolate. I don't know about you, but I can imagine with the holiday season creeping up upon us that some of our special events will be a bit harder to attend because of gatherings with family friends and co-workers. And that's okay. I still have some things planned if you need to step away from the holiday insanity.

So what did we do since the last newsletter? Well in Mid-August we checked out the new Aksarben Cinema to see Para-Norman. It was... interesting. It had some very good themes of tolerance and teamwork, but was a little "darker" than what we expected. There were some laughs, but geared more towards a "tween" or older audience.

I think we may have found a new regular event in bowling at Sempeck's Bowling & Entertainment in Elkhorn, NE. Several families showed up on September 22<sup>nd</sup> to enjoy an hour of bowling and pizza, then MORE fun in their "Entertainment" section. I honestly can't tell where more fun was had; bowling, arcade, or the go-carts. I also want to commend Sempeck's for being so accommodating and giving us such a great deal to provide our membership with such a great afternoon.

The 1<sup>st</sup> Annual DSA Trunk-or-Treat on Saturday, October 27, 2012 at the C&A Building's parking lot was a blast! A huge thank you to the Grands and D.A.D.S. for helping to make this event a success and to C&A Industries for letting us use their parking lot and donating candy. The trunks were wonderfully decorated; Suzy and her gang from Elkhorn Public schools had a Husker themed trunk, the SCEC students from UNO had a 60s themed trunk, we also had a Star Wars themed trunk and fabulous pumpkin and Halloween themes. And I can't say enough about the adorable costumes our little ones arrived in! I have already gathered some great ideas to make next year even better!

Hey siblings, I haven't forgotten about you. One of our future events includes a sibling-only outing for kids five to ten (5-10) years old at Family Fun Center on Saturday, November 10, 2012 at 1:00pm. I would love a volunteer or two to help me keep track of our bundles of joy. Please contact me if you are interested.

And finally, Monsters, Inc. is being re-released in 3-D this December! Oh... My... Gosh! Whose mind is blown? This gal right here! Keep an eye out for this movie outing this December!

As always if you have any ideas for an outing, please don't hesitate to toss that idea my way. I welcome any and all ideas and helpers!

—Katie Sharp



The Sharp Family  
Katie, Danny, Billy & Pat



Over the Bridge!!



Millard West Football Team  
With Joey Drwal

## Letter from the President

For my first newsletter as President, I need to introduce myself to those that I haven't met yet. I am Buffy Beightol and my husband Larry and I moved to Omaha nearly 9 years ago when I was pregnant with Bailey, our 1st child. After she was born, we received the diagnosis of DS and quickly realized how fortunate we were to live here knowing all of the resources and support Omaha has to offer. We then had Brooke and Ryan to complete our family.

I was Vice President on the DSA Board until Allison Machamer moved to Arkansas. I am more than ready to step up to the plate as President and am very excited about all that we have accomplished this year and what I see on the horizon for the DSA of the Midlands.

2012 was a year of "firsts": GRANDS Easter Egg Hunt, Buddy Run, Mother's Day Brunch, and the Trunk or Treat. All events had a great turnout of family and friends and were an overall success. We can expect these events to grow and flourish.

The Buddy Walk, with Mother Nature's help, was an enormous success! We far exceeded our fundraising goal. It is exciting every year to see the teams, the community support, and camaraderie. It took many volunteers to execute this year's walk and for that I thank you all your tremendous effort. It is no small feat to plan and it is always the highlight of the year for the DSA.

To help reach new heights in fundraising, medical and educational advocacy, and special events we need your help! Everyone's time is precious when we have family and jobs, but investing your time in our organization is enlightening and gratifying as you see where our fundraising dollars are used throughout the year. I encourage everyone to consider your area of interest and contact us to volunteer your time.

I look forward to serving my term as President and being a part of such a valuable resource for support and advocacy for our loved ones with Down syndrome.

—Buffy Beightol



The Beightol Family  
Bailey, Larry, Ryan,  
Buffy and Brooke  
Photo by  
ReGaL Photography

## Welcome!

Laura & Tracy Lincoln  
Baby James, born 2-23-12  
& big brothers Matthew,  
Timmy & Ryan

Sarah & Mark Peterson  
Baby Mary, born 7-1-12  
& Elizabeth, Noah & Joseph

Dena & Lee Norman  
Baby Avery, born 8-12-12  
& Jackson & Emery

Tamara & Jake Heim  
Baby Clara, born 8-30-12  
& big brother Jack

Courtney & Trenton Hansen  
Baby Troy, born 10-8-12  
& twin brother Hunter

Sharon & Mark Jabens  
Grandparents of  
Alexandra, 1

Brenda & Rusty Olson  
Madison, 9

Maria Alfarez  
Eliazar, 11

Bernadette & Kenny Livermore  
Alysa, 9

Theresa and Joseph Paladino  
Grandparents of Erik, 10 mo.s

Jessica Lusch & Austin Klinkel  
Kayne, 3  
& big brother Kashius

## Happy Birthday!



Reichen Herley  
Cesar Higuera  
Jaron Hood  
Angelo Juarez  
Marissa Palacios  
Edward Pfeffer  
Cooper Pol  
Julian Ramirez  
Kayleigh Schoepe  
Brady Shannon  
Ty Stanley  
Brooklyn Tonjes  
Jenna Twomey  
Ben Walz  
Trey Yanak

### August

Cecelia Bernard  
Kaden Boettger  
Daniel Butler  
Hunter Connor  
Justin Curtis  
Kristin de Leon  
Monica Franco  
Elisa Gomez  
Audrey Goodman  
Elizabeth Hernandez  
Payton Holling  
Steffani Hudson  
Morgan Jenkins

Sofia Marquez  
Carlos Masias  
Timothy McLaren  
Dean Okereke  
Jason Philby  
Sarah Placek  
Kennedy Rocker  
Tracy Sandoval  
Lucas Schreiber  
Renee Smith  
Jessica Soto  
Gilberto Velazquez  
Taylor Webb  
Austin Zwiebel

### September

Caden Cheleen  
Josie Clark  
Jaxson Crowder  
Bryce Evert  
Mary Eyth  
Richard Franco  
Tyler Gammon  
Jacob Gehringer  
Desmond Gohr  
Chloe Hays  
Alexandra Jabens  
Lane Klein  
Cora Kulak  
Jaedyn Meier

Kalyn Mowrey  
Johnny Nielsen  
Zakariah Nomad  
Jesus Paramo  
Kenlie Petricek  
Sara Posekany  
Angela Palomares  
Michael Rozmajzl  
Alexandra Rudiger  
Brenden Rudiger  
Nik Schroeder-Stangler  
Kennedy Stafford  
Wesley Waldron  
Clayton Wederquist  
Kalyn Wildermuth



### July

Caitlyn Adams  
Ashlee Archer  
Sean Bethel  
Ryan Bisignano  
Clair Bruns  
Rebekah Cook  
Jamie Crozier  
Taylor Dabbs  
Cole Edwards  
Jack Flanery  
Devon Freiberg  
Anthony Giguere  
Ella Haitz