



Buddy Walk A Great Success!

Buddy Walk A Huge Success!

Family and friends gathered at Crowder Park on Saturday, October 6th for the Fourth Annual Triangle Down Syndrome Network's Buddy Walk. The weather was hot but hundreds came out to celebrate National Down Syndrome Awareness Month. The message for this year's walk *Steps For A Brighter Tomorrow* was echoed loud and clear throughout the Triangle

area. Local newspapers featured articles on our children and Lynda Love-



4th Annual Buddy Walk
Steps For A Brighter Tomorrow
A Huge Success!

land of Fox 50 WRAL lead our fun one-mile walk! Our own Alyssa Yorty (and mom Ann) were featured on

WRAL's morning news. She let people know that times have indeed changed for people with Down syndrome. Alyssa loves to read and write poetry, as well as act in theatrical productions. We are very proud of you Alyssa and the rest of the teens in our area that participate with everyone else in mainstream life. Keep up the great work!

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Regional Down Syndrome Conference

Pathways to Success is a state-wide conference organized by the Triangle Down Syndrome Network, that will focus on current issues related to Down syndrome. The conference will be held on November 9th, 2002 at the Belk Center on the Meredith College Campus. Registration begins at 8:15. The featured keynote panel of speakers will discuss current medical research, building communication skills for individuals with Down syndrome as well as sibling and family issues. An inspiring message from a self-advocate and his mother, and

a special magic presentation by a self-advocate and his father will celebrate the lives of individuals with Down syndrome and their potential for success. Breakout sessions include topics that will address the concerns of families and professionals involved with preschool, school age and transitional age individuals. Topics of interest include guardianship, medical care, teaching math, promotion of inclusion, sign language, the power of the arts, sensory integration, residential programs and the IEP process. Triangle Down Syndrome

Network seeks to promote community awareness and acceptance of individuals with Down syndrome. Support and information are provided to families, health-care professionals and educators. Through these efforts, TDSN strives to improve the quality of life for all people with Down syndrome in the Raleigh, Durham, Chapel Hill and surrounding communities. TDSN hopes everyone will gain useful information from the conference necessary for them to pursue their own *Pathway to Success*.

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TDSN Officers

- **Chair– Leigh Menconi**
- **Co-Chair– Allison Jordan**
- **Secretary– Jeannie Ammons**
- **Treasurer– Billy Zahn**

Letter from the Chair...

Letter from the Chair

I would like to recognize the tremendous efforts of everyone on the Buddy Walk Committee that did a phenomenal job of getting the word out in all of Eastern North Carolina about us and our children, fulfilling the core goal of the National Down Syndrome Society when they held the first Buddy Walk in 1995: to promote community awareness and inclusion for people with Down syndrome. Christie Coghill, Chareen Monk and the rest of the committee's hard work made for a wonderfully successful day! The Triangle Down Syndrome Network has grown tremendously in the last few years as the word has spread to the surrounding coun-

ties and down to the coast about the information and support we provide to our families and the professional community that works with us to help our children reach their full potential. Our current newsletter circulation is over 500 and growing each month. Until now, we've considered each household or professional on our mailing list a member, with full membership privileges. However, very few actually exercise this privilege and the cost of conducting the official business of the organization with regard to establishing quorums has become an issue now as the mailing list has become so immense. Because of this, we are going to establish two levels of membership starting in January 2003: Registered

Members and Associate Members. Everyone will continue to receive the newsletter free of charge and everyone will be welcome at events and other group functions. Registered Memberships will require a nominal membership fee per voting member (\$5) at each mailing address and will be renewed annually in January for that calendar year. You will find the first membership form in the January/February newsletter. We realize that this is a major change for TDSN but hope that everyone, especially families, will become registered members who, as stated in our bylaws, are "interested in fostering the purposes of the corporation."

Leigh Menconi

Literacy and Justice for all...

By Chareen Monk

United We Stand was the theme of the 52nd Annual Conference on Exceptional Children held September 9th through 11th, 2002 in Greensboro, NC. The focus *No Child Left Behind: the Promise of Reauthorization for IDEA* was sponsored by the State Department of Public Instruction. With this authorization, DPI anticipates new directives to reach all children; increased focus for closing achievement gaps; increased emphasis on evidence based practices for teaching; and lessening the teacher shortage.

I attended the conference as the parent of a child with exceptional needs and as a middle school special education teacher. Prior to the conference, I had a lot of issues that I needed to be addressed. With public education in such disarray, how can we as teachers take back our

classrooms and get kids reading again? Where does my child with special needs fit into the chaos of public education? It is my opinion that children enrolled in special education services in our state have been continually failed by the system because they have not received appropriate reading instruction in the classrooms. I believe that the focus of what is important has been lost over the years. We have gotten away from teaching the basics that all children need such as reading, writing and spelling and have been forced to "teach the tests" in reading and math instead. The stakes are high and consequences of failure vary from



retention instead of promotion, certificates instead of diplomas and is evidenced by dismal student performances on tests. In North Carolina, students with disabilities score at less than one-half of the reading level of the total population of students taking the tests (from the NC State Improvement Plan).

Clearly the officials at DPI feel the same as I do. The common thread throughout the conference was reorganizing public education to meet the needs of all children while emphasizing the basics. Rebecca Felton, Ph.D. an education consultant for the state, emphasized literacy as one of the basics necessary to address. Dr. Felton worked for thirty years at Bowman Gray University as a reading specialist.

Continued on page 4

△ Notes from the Board

The TDSN Board meets the first Monday of each month. The next meeting is November 4th. For directions or more information, please call Leigh Menconi, the Board Chair, at 856-0391.

Board Minutes from October 2002

- △ Audit information was presented by Billy Zahn with no problems noted. Balance sheets were reviewed.
- △ Bob Sturry, Chairman of Special Education of Wake County, shared information regarding special education services in

the area.

- △ The Buddy Walk was a success! We are looking for a chair person for next year.
- △ Membership applications will be in the January/February newsletter.
- △ A suggestion was made by Ann Garrett to have the TDSN web site on the Raleigh Christmas Parade float.

- △ Board member orientation packets for new board members will be prepared by Michelle Schwab.
- △ An up-date was made by Becky Corbin concerning the *Pathways to Success* conference scheduled for November. Only five nominations have been made, all for teachers. Nominations have been closed and all five teachers will be honored.

*The TDSN Board meets the first Monday
of every month.*

TDSN Calendar Items

OCTOBER

10/28 Mom's Night Out– hosted by Stephanie Bednar (752-0313) at her home

NOVEMBER

- 11/2 Fall Teen Social- White Plains United Methodist Church
- 11/4 Board Meeting at Cary Travel
- 11/9 Regional Down Syndrome Conference at Meredith College
- 11/23 TDSN's Float will be in Raleigh's Christmas Parade
- 11/25 Mom's Night Out– meet at Michael Dean's restaurant on Millbrook Road

DECEMBER

- 12/14 Holiday Party for Family- Brooks Avenue Church of Christ (flyers will be mailed)
- 12/14 Holiday Party for Adults- Angelini Home 308 Grosvenor Drive, Raleigh
Phone # 845-9296 Please RSVP by 12/5

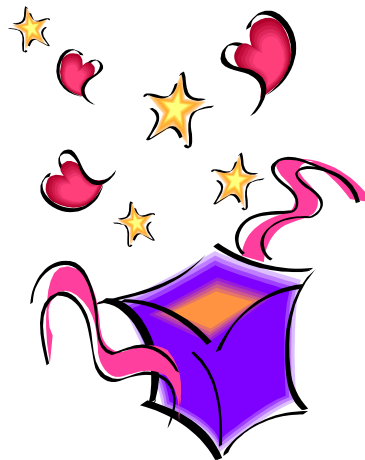


*For add'l info on activities
call the
Information Line at 835-3739
or visit the
TDSN web site at
www.Triangledownsyndrome.org*

Birthday Superstars

NOVEMBER SUPERSTARS!

- 11/1/99 Michael Wozniak
- 11/4/97 Emma Adams
- 11/8/91 Charles Diesel
- 11/10/97 Treyvon Clark
- 11/14/90 Jamie McGhee
- 11/17/00 Thomas Beckman
- 11/28/94 Jaime Delott
- 11/30/96 Sydie Garrett



DECEMBER SUPERSTARS!

- 12/4/99 Matthew Bednar
- 12/11/72 Jeannie Huggins
- 12/11/00 Harrison Matthews
- 12/15/90 Anna Wells
- 12/22/93 Beth Morgan Macdonald
- 12/23/97 Allison Lister
- 12/25/00 Anna McKinney

Continued from page 2

Her focal point is to develop a foundational reading approach for teaching children with persistent reading problems. I was renewed with hope after attending her session. Research shows that the majority of students with disabilities can learn to read on grade level providing appropriate, research validated instruction and learning techniques are used. A summary of Dr. Felton's principles and guidelines for teaching students to read and suggested activities and resources for assisting our children with learning disabilities follows.

First and foremost, children should be identified as early as possible and appropriate instruction should begin before the child experiences excessive failure.

△ All children "at-risk" for reading problems should be enrolled in early intervention programs. This is not only important for obvious reasons, but when children are learning to read, it is important that they do not develop bad habits such as guessing based on the first letter of a word.

Dr. Felton recommends that instruction be presented intensely, on a daily basis, as part of the student's total curriculum and not as a separate remedial exercise in addition to the regular classroom reading program.

△ Children with disabilities should continue to be included in reading programs in schools and should receive instruction from a structured reading program based on their needs.

△ SRA Corrective Reading, Wilson Reading System, and Language! are three great programs for middle school students with reading difficulties.

△ Reading Milestones, Hill Methodol-

ogy, and Essential Skills are examples of appropriate programs for upper elementary students.

△ A generous portion of time should be set aside for reading, writing and spelling. Make sure your child's schedule allows ample time to review and practice previously learned skills.

Instruction in reading should be systematic and proceed in a sequence that makes sense. All aspects of the English language should



A generous portion of time should be set aside for reading, writing and spelling.

△ One cannot get children to read better simply by getting them to read more, especially if the reading is not appropriate for their level. Provide your child with ample opportunities to read, but make sure it is on their level.

△ Most elementary and middle schools have quick, computerized reading assessments and the AR program (Accelerated Reader). Encourage your child's teacher to assess your child's vocabulary frequently using a quick inventory and require your child to choose AR books on their independent reading level weekly.

Dr. Felton believes that parents and teachers should provide children with books that have controlled text (vocabularies).

△ Children need to be provided with an opportunity to practice the skills that they are currently working on. For example, if the "ug" word family is being taught, the child should be provided with a controlled story like Zug the Bug's Big Book.

△ There are lots of wonderful word family stories available at public libraries and at school supply stores.

Although comprehension is the ultimate goal in reading, it is clear that a basic level of accuracy and automaticity (naturalness) in word identification is a must before comprehension takes place. Word identification skills should never be taught in isolation from vocabulary development and general comprehension skills. A suitable reading program should include all of these components in an integrated language arts curriculum rather than in an isolated "skills" curriculum.

△ It is important that parents know what type of reading program is being used in their child's classroom and how they can reinforce these skills at home.

△ Make sure that these are goals stated in your child's IEP (Individual Education Plan).

At the conclusion of the conference, I had restored hope for all children and a stronger desire to make a change in education than when I arrived. I am reassured that there is a plan in place to take back our schools and teach children to read and I feel confident my child does have a place in public education.

For more information on the State's Improvement Project, go to www.ncsnp.org

Reading Programs

Wilson Reading System— Available through EduComp Publications 1-800-899-8454. This program is designed for children in grades 2 through 12 and for adults that need explicit instruction in decoding and encoding. It can be used individually or in small groups.

Big Books— Prepared by Colin and Jacqui Hawkins and Dorling Kindersly. Information is available at www.dk.com.

Language!— Sopris West 1-800-547-6747 This program is designed for use with grades 2

through 12. Guidelines include decoding, spelling, grammar, written language and reading comprehension. Controlled texts align with the program's sequence.

SRA Corrective Reading— Contact SRA at 1-800-842-8855. This is a highly structured program for students in fourth grade and above who need very basic decoding skill instruction. It is specifically designed to be used with a small

group but can be used individually. It has additional comprehension materials.

Hill Methodology— Contact Hill Center at 1-919-489-7464 This structured program is for students at any level who need help with encoding and decoding.



Buddy Walk 2002 Photo Gallery

A special thank you to all of our sponsors who made this year's walk a success. We raised funds in excess of \$23,000 and the money is still rolling in! Proceeds will continue to benefit advocacy and outreach efforts in the area.

TDSN is looking for someone to coordinate next year's walk. There will be a debriefing dinner of all committee members from this year's walk and we invite anyone who's interested in helping next year to attend. Check yahoo groups and the website for more information. It is a lot of work but it is very rewarding and everyone should have the opportunity to participate. Please contact Leigh Menconi lmnconi@intrex.net if interested.

~2002 Buddy Walk Committee



4th Annual Buddy Walk at Crowder Park

What a beautiful day for a walk!

Photo Gallery—please view the photos in our Buddy Walk photo album on our webpage

Kevin loves his hat and sword!

Gianna and Megan are good buddies!

Even Muddy wants to join the fun!

More Photos!

What is Lespriest trying to catch?

Claudia says visit the TDSN website for more Buddy Walk 2002 Photos.

TDSN volunteers are the best!

Contributors

Thank You

Buddy Walk Contributors!

TDSN would like to thank the many generous contributors that helped make the Fourth Annual Buddy Walk a huge success. *AbraKIDabra Toys *A.C. Moore *Amedeo's Restaurant *Angus Barn *Annchen's Skin and Body Care *Avon Independent Rep Julie Haskett *Barton Development *Bed, Bath and Beyond *Betsy and Eb Bailey *Birkenstock's Comfortable Soles *Bodywork Connections *BP Gas Station *Buffalo Lanes *Caribou Coffee *Carley's on Salem *Carol Gibbs, MD *Carolina Hurricanes *Carolina Kids *Carolina Mudcats *Cary Travel *Casa Carbone *Chik-Fil-A in Greenville, NC *Chuck Amato *Clayton News Star *Continental Airlines *Sam

Goody's, Crabtree Valley Mall *Creative Memories Consultant Joy Staser *Crowder District Park *Dick's Sporting Goods, Cary *Dr. Mark Turik *NJ Boland, Discovery Toys *Embassy Suites, Crabtree Valley Location *Ferguson Family *Five Star Farms *Fox 50 News *Fuqua School of Business *G.E. Mortgage *Gregory Poole Equipment Company *Gymboree Corporation *Harris-Teeter, Durham *IQ Rising, Clayton *Karst Family *Kerr Lake Caterers *Kidville Magazine *Krispy Kreme Doughnuts *Learning Express, Cary *Lowe's Food, Clayton *Lundies Hair Salon *Mary Kay Consultant Anita Stutts-Bland *Middlesex Grocery *Pizza Inn, Knightdale *The Melody Maker Mimi the Clown *McKinley's Restaurant, Clayton *Monk Family *Nature of Art *Outback Steak House *Quiznos

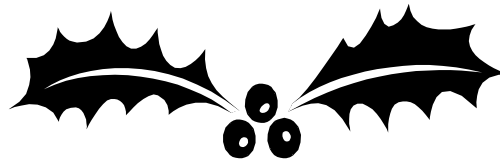
*Ragazzi's Restaurants *Raleigh Fraternal Order of Police *Relax-A-Minute, Crabtree Valley Mall *Riley Family *Riverwood Golf Club *Rosa's House of Beauty *Rudino's Restaurants *Salem Street Soda Shop *Sara lee Branded Apparel *Science Safari *Starbuck's Coffee, Six Forks Road *Starbuck's Coffee, Peace Street *Stony Hill Church Youth Group *Stony Hill Church Ladies Auxiliary *Superior Printing and Graphics *Tangles Hair Salon *Tumble Time Tony *TGI Fridays, Cary *Heritage Bank *The Red Canvas *The Sanctuary *Wake Med *Whole Foods Market of Cary *WRAL-TV *Zahn Family



Volunteer Opportunities

Speaker Coordinator

TDSN is looking for a volunteer or group of volunteers to coordinate topic and speaker presentations for several monthly TDSN meetings beginning January 2003. Speakers are needed for the January, February, April, August and November meetings. If this seems to be a daunting task for one individual, perhaps a group of individuals could divide the responsibilities. Several people could schedule a month or two apiece. Please leave a message on the information line at 835-3739 if you are interested in helping out.



Fall Teen Social

The Fall Teen Social is coming up. It is scheduled for November 2nd at White Plains United Methodist Church from 7:00 until 10:00 pm. Dona Hess and Paula Goldberg are heading up the team of volunteers. Contact Dona at 319-9975 if you are interested.

TDSN Christmas Float

The holiday season is right around the corner! The Raleigh Christmas Parade will occur on Saturday, November 23rd and TDSN will have a float in the parade. Ann Garrett is coordinating the arrangements. Individuals interested in riding on the float will be chosen on a "first come-first served" basis. Riders under twelve years of age will need to be accompanied by an adult. If you are interested, please contact Ann Garrett at 556-8732 or by e-mail at ann.o.garrett@gsk.com. Include your name, phone number and your child's name and age.

Call for Participants

Focus Group

Marsha Van Riper, a researcher in the UNC School of Nursing is currently looking for parents of children with Down syndrome to participate in focus groups on infant and child (up to six years of age) feeding issues. Child care will be provided and reimbursement of travel expenses will be available. Location will be cen-

trally located to those who are participating. Please contact Marsha at 919-966-5329 or vanriper@email.unc.edu if you want to volunteer or receive additional information.

Participants needed for focus group or friendship study

Carolina Family and Peers Project

The Carolina Family and Peers Project in the UNC Psychology Department is looking for children with Down syndrome between the ages of 8-12 and their families to participate in a study about friendships. A compensation of \$75 will be awarded. Confidentiality is assured. Contact Stephanie or Dawn at 919-962-3982 to leave a message.



Community Opportunities

SibShops

SibShops is a program for siblings of children with special needs to obtain peer support and education within a recreational context, generally meeting once or twice a month for approximately four hours. Although SibShops is not therapy, its effects may be therapeutic for many children. In over two hundred communities internationally, there are monthly support groups modeled on the program developed by Donald Meyer and Patricia Vadsay through the Sibling Support Project. We would like to organize a group in Wake County but need to know how many people would be interested. The target range of siblings would be seven to thirteen years of age. Please leave a message on the information line at 835-3739 if you have any suggestions regarding *when* and *where* the groups might be held **and** the names and birthdates (not ages) of your children who might participate so we can know how many there would be in each age group.



Raleigh Little Theatre Core and Performance Classes

Core Classes:

Preschool Drama (ages 4-5)
Creative Drama (ages 6-7)
Advanced Creative Drama (ages 8-9)
Acting Out (ages 10-12)
Intermediate Acting (ages 11-13)
Performance Skills (ages 14-18)

Performance Classes:

RLT Players (ages 9-12)
Story Tellers (ages 13-18)
SeriousPlay (ages 13-18)
Musical Theatre Studio (ages 12-18)
Teen Ensemble (Experienced actors, ages 14-18)

Access Arts Now!...

Access Arts Now! provided by Raleigh Little Theatre is a theatre and creative arts class for students ages eight to twelve years old with a wide range of disabilities. Class sizes are limited with a low teacher-student ratio in a non-inclusive class setting. Each seven week long session includes a once a week meeting that lasts for an hour. Exploration in movement, music, character, masks, puppets and much more are included. The fee is \$80 but scholarships are available for those in need. Contact Carmen Mandley at 821-4579 to learn more about the numerous classes and workshops offered in the 2002-2003 Youth Education Program at Raleigh Little Theatre.

Newsletter Policy

General Information: TDSNews is published bi-monthly by the Triangle Down Syndrome Network, 109 Raphael Drive, Cary, NC 27511. Current circulation is over 550 issues. You can view the newsletter via the TDSN web site. Robyn Trueblood-Noll is the editor of the newsletter. Her e-mail address is rocknrobvn2@yahoo.com.

Change of Address: TDSNews is mailed 3rd

class bulk-rate and will not be forwarded if you move. Please send address changes to Leigh Menconi at Lmenconi@intrex.net or leave a message on the TDSN Information Line at 919-835-3739.

Deadline: Submissions to the newsletter are due by the 12th of even numbered months. Any information received after that will be considered for the next newsletter.

Submissions: Submit ideas, articles and pictures for the newsletter to Robyn Trueblood-Noll at rocknrobvn2@yahoo.com.

DECEMBER 12th is the deadline for the January/February newsletter.

TDSN Information

TDSN Website

The TDSN's website at www.Triangledownsyntaxrome.org was established in January 2000 as a resource for our families and professionals that assist and support us with the well-being of our children. To include stories about your children on the site contact Patti Dudek at

pdudek@ipass.net. Indicate if you have photographs that can be posted.

We also provide an e-mail list for those who would like to stay in touch and share information about local resources. To subscribe, send an e-mail to TDSN-subscribe@yahoogroups.com.

The TDSN Website
address
is

www.Triangledownsyntaxrome.org

TDSN Information Line 919-835-3739

Get the latest information about TDSN meetings and other activities and events by calling our new information line. A member of the TDSN Board will retrieve the messages and return calls as soon as possible.



TDSN

Triangle Down Syndrome Network
109 Raphael Drive
Cary, NC 27511

Phone: 919-835-3739

TDSNews

We're on the Web!
www.triangledownsyndrome.org

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Pathways to Success Registration Info

Triangle Down Syndrome Network is sponsoring the Regional Down Syndrome Conference *Pathways to Success*. The conference will occur on November 9th, 2002 at the Belk Center on the Meredith College campus. Registration will begin at 8:15. Coffee and doughnuts will be available. Additional key information follows:

△ Keynote speakers include Gracie and Jeremy Williams, Marsha Van Riper, Lynn Schwartz, Joanne Mackey, Paula Woodhouse, Jay and Melissa Silverman, Thomas

Layton, Priya Kishani, Jeannie Ammons, Karen Crumbliss, Linda King-Thomas, Lorraine and Ken Wagner and Marilyn Wells.

△ Registration materials and a map of the conference site are available on the TDSN website at Triangledownsyndrome.org.

△ The registration fee is \$25 and will include breakfast, lunch and a compendium of all speaker presentations.

△ Scholarships covering the registration fee will be provided for those in need of financial assistance.

△ Please contact Becky Corbin conference chair at 919-554-8812 for additional information.



Triangle Down Syndrome Network 2002 Conference
Pathways to Success