A BIG THANK YOU TO OUR FRIENDS AT THE DOWN SYNDROME GUILD
MY ST. LOUIS TRIP
By Amelia Zang-Carta

I went on a trip to St. Louis with the Mission Project. It was the best trip I took in years.
I took a train to St. Louis.

The restaurants were great. At the beginning of the trip we went to a Mexican restaurant, and I had a shrimp cocktail with avocados. Then I went to a restaurant called Lorenzo’s, an Italian restaurant, which is in a district called the Hill. I had salmon with spinach tortellini, even though most of us had spaghetti with Bolognese sauce. Then we went to a barbecue place called Big Mama’s where I had a turkey sandwich with a lot of barbecue sauce on it. Finally, we went to Culpeper’s, where I had a chicken Caesar salad.

We did a lot of other things as well. We went to the Mounds, which was a Native American exhibit. One really interesting thing I learned was that it was discovered during a road construction project. One place I didn’t go was the Cardinals-Dodgers game. I didn’t go because I only care about the Royals in baseball.

Later, we took the Megabus back to Kansas City. It was a good trip, except I got carsick on the way home.

ST. LOUIS TRIP
By Alex Conner

Everybody took a train ride to St. Louis. It took about 7 hours to get there. I was excited to get off the train. It was a long ride. We got off the train and we waited for cars to come pick us up and take us to our fancy hotel. They had a pool and a movie theater in the hotel. I went out to dinner at Pi Pizza, and they have really good pizza there.

I got up at 7:30 in the morning to go to the Rouse’s room to have breakfast there.
Then we went to the Mounds. It was pretty cool at the Mounds.
TRIP TO ST. LOUIS
By Leigh Anna Donelson

When everybody was at the train station we all met and were getting ready to go on our trip to St. Louis. When we were there, Donna checked us in. She also checked our luggage in. We all got our rooms. I shared with Shannon.

We also did go to a museum. We saw great stuff. They have great restaurants like Bar Louie. That’s the name of it. I got a souvenir at the gift shop. It was a shot glass. It was cool. It had a picture of the Arch on it.

We went to a Saint Louis Cardinals baseball game.

Movie Club
By Ander Vesce

On Sunday evening at the Movie Club I saw Jurassic World. I saw the same movie on DVD full screen. I liked the part of the movie where the new dinosaur fish just ate the great white shark. I also liked the part when my favorite dinosaur, T-Rex from the first movie, came back to the Jurassic World movie.

The movie Jurassic World was too heart-warming and sad, also.

Next month in Movie Club, I would like to see the new Terminator movie. It is coming out next month on July 1st.
My Texas Tenor Experience

By Alex Connor

I went to the Texas Tenors concert on June 13, 2015. It was a fantastic concert. I recommend them to people that haven’t heard them before.

I got to meet them before the concert. They are very nice guys to talk to. They let us on stage, and we got to be with them while they sang the song, “You Should Dream”. That was very nice of JC Fisher to set that up for us so we could be on stage.

After the concert I got to see my favorite tenor and got to talk with him and take a picture with him. My favorite tenor is John Hagen.

TEXAS TENORS CONCERT

By Sara Niederhauser

We all went to the concert. We had a lot of fun together. They took pictures of the group and the Texas Tenors. All the parents and families came.

I love the songs they sing. Also the group came up on the stage. We sang a song with them. It was “You Should Dream”. It was beautiful. Everybody loved it. They stood up and clapped and cheered for them.

Then we sang another song with them. It was wonderful, “America USA”.

After the concert I saw Sarah Mai. She met my family, and then took a picture of the group with JC, Marcus, and John.
MY NIGHT WITH THE TEXAS TENORS
By Lauren Stern

I saw the Texas Tenors in concert on Saturday June 13th at the Arvest Bank Theater at the Midland.

I have known these guys for 6 years, and they are a great group of guys. Couldn’t ask for better guys than JC, Marcus, and John.

We got to hang out with them before the show and get our picture taken with them, and before long it was time for the show.

It was really a great show. We got to go up on stage with them during “You Shall Dream”, and they dedicated that song to us.

After the concert I got my picture taken with JC, Marcus, John, and Jennings, JC’s daughter.

All three of them signed the picture and Marcus left me a note that said, “Great to see you again.”

I can’t wait to see them in Branson in September.
MY EARLY BIRTHDAY WEEKEND
By Sara Niederhauser

Last Saturday my third grade teacher invited me over to her house to go swimming in her new pool. Then we cooked hamburgers on the grill and had a good lunch. She gave me cupcakes for dessert and also ice cream.

After that we went to Barnes and Noble. I got two new CD’s. Then she took me back home.

On Sunday I relaxed in the morning, had breakfast, and watched TV. Then I got dressed, brushed my teeth, brushed my hair, and ate lunch. I got ready for Movie Club,

My Birthday
By Leigh Anna Donelson

I had a great morning. I had a special breakfast. I had a breakfast burrito. I did cleaning on my own this morning. Kayla, my staff, came over and checked my cleaning. Then she left.

I heard a knock at my door. It was the UPS guy. He handed me a package. It was a birthday present.

I am glad it is my birthday today. I am so happy. I am 38 years old. I am having a party on Saturday with my friends. It is gonna be fun.

My stepdad took me and Shannon out for dinner at Lucky Brew Grille.

It was fun. We saw a movie that was really good. It was called Maleficent.
Family and Friends
By Jon Berry

I have been going to the movies and eating out with my friends. We saw Mad Max and Spies.

My mother who lives in Florida, came to visit me. We went on a picnic, to a wedding, and visited family and friends. It was good to see her.

I like spending time with my sister Janet. We go out to eat and to Yoga and boxing classes. My sister is almost as good at boxing as I am.

Ellen’s Health News
By Ellen Dirnberger

I am going to get a new cornea in my left eye. My old one got out of shape. I will have to put drops in my eyes. I will be so happy to see better.

I will tell more about it next year.

The Royal Flush
By Amelia Zang-Carta

Something really wonderful happened this summer. We have six Royals, including four starters in the All Star Game.

Our hitting has been doing a lot better. Last year, we made it to the World Series, but lost to the San Francisco Giants in seven games. I’m hoping we win the World Series this year!

My favorite Royal is Eric Hosmer. I made a puppet of Hosmer out of pipe cleaners in Acting Class and pretended he hit a grand slam! There was a Royal who hit a grand slam this year, but his name wasn’t Eric Hosmer. It was Paulo Orlando.

Mike Moustakas is a close second. I didn’t know if Moustakas would be able to play in the All Star Game because he was out for a couple of games taking care of his ailing mother. It was unclear what she had, but it was rumored that his mother has cancer. I saw this rumor on my Facebook page.

Welcome to My Favorites
By Ben Wise

I have been working at Applebee’s for eight years. This coming October will begin nine years.

This coming December 20th, 2015, my sister will be married for one year.

I have been seeing a lot of movies this year. One was the Poltergeist remake. Next year, 2016, I will see the Conjuring 2: The Enfield Poltergeist, Friday the 13th, Sinister Six, and Doctor Strange.

In 2016 I will also see the remake of Pete’s Dragon and the remake of The Jungle Book.
Eagle Scout
By Jonathan Kempf

When I was 17 years old, I became an Eagle Scout.
My brother Tim was an Eagle Scout. He did so many things to get badges. They all looked like fun. I wanted to do the same, just like he did.

My favorite badge was horsemanship. I earned 21 merit badges, like swimming, first aid, and life-saving.

I was in Troop 9. I am a member of the Tribe of Mic-O-Say. My service project was to plant bushes and plants along North Oak Trafficway, in front of the ARC building.

My Scout leader helped me with the shovel. The people from ARC said, “Thank you for your hard work”.

At the Eagle ceremony I was dressed as an Indian. My dad and brother were there. We were all in a circle. I wore beads, a feather, and bells. We danced a Dance of Joy.

I was really happy and proud.

Later, I received notes from President and Mrs. Clinton, George Bush, Ronald Reagan, Jimmy Carter, and Gerald Ford.

And I will always “be prepared”.

Me and My Friend
By Shannon Pittman

I have a friend. Her name is Lauren. I met her at college a long time ago in a play, The Wizard of Oz.

We’ve been good friends. We have a lot in common, like wrestling and movies, also dancing.

She really cares about me and gives me good advice when I am feeling down. She makes my day with her smile. She also makes me laugh. It makes me happy.

I couldn’t ask for a greater friend than her.
The Fourth of July
By Sara Niederhauser

On the Fourth of July me and my friends went to the pool and we all went swimming. We played volleyball. Then we went off the diving board, and after that we went to slide. When were done, we had a snack and swam some more for awhile.

Then my two friends and I went out to eat. After dinner we came back to my friend’s apartment. Then we watched fireworks on TV. I stayed at her apartment for a while. It was fun.

Then I came back home, watched TV, stayed up late for awhile, then went to bed.

July 4, 2015
By Shannon Pittman

My 4th of July was fun. I was with Leigh Anna. We went for a walk, and we took pictures of each other by all the flags. Then we went exploring around Mission. Then we went home and we ordered pizza for lunch. We watched a movie and relaxed.

After awhile we went to the outdoor pool for three hours. We had Jenny, Zack Neff, and Sara N. with us. We had fun swimming, and got sunburned.

We were tired. So we went home and watched fireworks on TV. It was really neat. That was my 4th of July!

Family Fun
By Ander Vesce

In June my folks and I saw King Lear, a play by William Shakespeare at Shakespeare in the Park. The sound effects and the lighting were excellent, making thunder, lightning, and foggy smoke.

We saw Matt Rapport as Kent with long, big hair and disgusting as a bald man. His performance was breathtaking. King Lear was about love, betrayal and despair.

Sunday was Father’s Day. On Father’s Day we went to Baldwin, Kansas to take a train ride. We also went to eat BBQ.
“Simply Healthy Kids-A 28 Day Clean Eating Program for Kids Aged 3-12 Years and Beyond”. It was about “wellness in mind, body, and spirit”.

Then we went home, and I relaxed.

This is a recipe from the pamphlet.

Raw Cookie Dough
1/2 C sunflower seed butter
1/4 C raw honey
1/2 tspn vanilla
1/4 C + 1 Tbspn sprouted oat flour
3 Tbspn ground flax seed
1/4 tspn sea salt
1/4 C dark mini chocolate chips

Mix together the sunflower seed butter, vanilla, and honey until thoroughly combined. Add flour, flaxseed, salt, and mix again until smooth. Add chocolate chips and combine. Roll into 1/2 to 3/4 inch balls. Refrigerate for 30 minutes before serving. Makes approx. 18 balls.

www.simplyhealthykids.com
My Search for a New Techno DJ  
By Corey Graham

I was wanting to see if there were any good techno/trance/dance DJ’s in this world besides Tiesto, Ferry Corsten, Armin VanBuren and Talla 2XLC. On Monday, June 22, I was thinking to myself, “I wonder if there are any others who might be worth noting?” I asked Jose’ if he knew of any new DJ’s. Jose’ didn’t know of any off the top of his head. He only knew of the ones that I already knew of.

We had Aktion Club on June 22, and Frank Weichart’s son was there. I asked David if he knew of any new DJ’s that I might want to check out. All that he told me was to go online and look for one.

I felt abandoned. I called Barnes and Noble. The lady at Barnes and Noble looked for one and she found one for me. The one she found was Stephan Bodzin. I went onto YouTube and listened to a few of his tracks and I was impressed with them. I even looked on iTunes to see if I could find the ones I had listened to on YouTube, and I was fortunate to find them on there. Because of that, there is a high chance I’ll put them on my MP3 player. I’m going to find more of his tracks. If and when I do put the tracks by Stephen Bodzin on my MP3 player, I would like to share them with Amy Bungert and Shannon. I bet they might like them as well.

It was great finding this new techno/trance/dance DJ.

Poetry Corner by Shannon Pittman

Life

Life is a gift of love
And friendship
And family
Life is
Wonderful cause of all
The great things of life
You could dream what it could
Be.
Life is love, fun, excitement.
Life is
Laughter, special enjoyment
Life is helping hands and being there for each other.
The only thing I know that
Life is around us forever and you can’t get it back.
Live life to the fullest.

Summer

I love the summer cause of the color of
The trees and the fun of getting ice cream
And fun, of swimming. Most of all is being with
My friends and family, also having parties, and just being together.
My Birthday
By Sara Niederhauser

Last Sunday was my birthday. We had so much fun together. Some of us went to see *Inside Out*. It was really good. My favorite part of the movie was about the little girl. She had emotions in her head. Her favorite emotion is Joy. She was happy to be excited. Some parts were funny and silly, too.

Half the group came. Then my mom came too. She brought treats for everyone. After the movie we all went out to eat at Sonic. It was really good. Then I opened my gifts. I had some gift cards, three movies, a cup with Crystal Light tea, and a bottle.

Alaska Trip
By Shannon Pittman

My parents went to Alaska. My parents left on the 4th and will be back sometime in the middle of August.

So far my parents saw lots of animals, and they went on a paddle boat. They went sight-seeing and went to museums.

They went to the North Pole and saw the toy workshop and took a picture next to a Santa statue.

They have been having a great time. They have been having Facetime with me about their trip.

I’m glad they got to go on this trip.