

The CIDSO News

VOLUME 5, ISSUE 8

NOVEMBER 15, 2009

*"A Brighter
Tomorrow"*

President:

Jean Bates
452-2555

Vice President:

Dawn Mattia
750-9164

Secretary:

Brenda Harms
378-2388

Treasurer:

Steve Newbold
668-0928

Newsletter:

Kris Dunlap
540-9688

CIDSO Open:

Bill Crutcher
452-5556

Buddy Walk:

Dawn Mattia

Social Chair:

Judy Bates
726-1145

Education Coordinator:

Cindy Woods
826-5775

Advocacy & Resources:

Sandy Ginther
829-0968

Self Advocates:

Abbey Heins
Christy Bates

Swimmer with the Heart of a Champion

Reprinted from "Sports Illustrated for Kids" November 2009

Like his idol Michael Phelps, Andy Miyares is a natural in the water. He began swimming when he was nine months old—even before he could walk. Unlike Phelps, Miyares has Down Syndrome, a genetic condition that causes intellectual and physical disabilities. Now 26, he stands just five-feet tall and his hands and feet are the size of a child's. But that hasn't stopped him from reaching his goals.

Over the past three years, the Miami, Florida, native has set 16 world records for Down Syndrome swimmers in his age group. He also competes—and often beats—non-disabled swimmers in U.S. Master's races. Miyares is an impressive guy outside the pool, too. He maintains the computer database for Special Olympics' South Florida office, teaches swimming to kids, and has helped build homes for Habitat for Humanity. He has also been nominated to become one of 12 global messengers for Special Olympics. If selected this January, he will get a chance to meet with world leaders and make speeches about the organization's mission. "He has guts and determination and miles and miles of heart," says Phil Wetzler, Miyares' coach at the 2007 Special Olympics World Summer Games.

Last spring, Wetzler helped Miyares achieve another goal: meeting Phelps and fellow Olympian Katie Hoff. Wetzler coaches at the same pool in Baltimore, Maryland, at which the Olympic stars train. He arranged for them to meet Miyares at a Special Olympics event on May 1, 2009. Miyares swam laps with Phelps and Hoff and hung out with them afterward. "We talked about my work and my swimming," says Miyares. "I told (Phelps), next time, when you go to a world games, let me know and I'll come watch you compete. He said, 'Yes, that's cool.'"

Miyares swims up to 6,000 yards a day in practice and has his sights set on breaking his own records in the 100- and 200-meter butterfly and 200- and 400-meter individually medley. "He has tremendous dedication in what he does and what he wants to achieve," says his mother, Ana.

Christmas Party Time!

The CIDSO Christmas Party will be held December 6 from 3-6 p.m. It will be held at Calvary United Methodist Church which is at the corner of Towanda and Raab Rd in Normal. As in years past, we will have crafts, caroling, and games. Dinner will be served at 5 pm.

Santa will be coming again this year at 4:45 p.m. The community has been so supportive of CIDSO in past years that we would like to take this opportunity to give back and participate in the Toys for Tots program. If you would like to be part of this, please bring a gift that will be given to Santa to help fill his sleigh for those less fortunate. One gift per family is all that is necessary. In return, Santa will be handing out one family orientated gift for each family.

Please RSVP to Brenda or Judy by December 2nd to let them know how many will be attending so we can plan accordingly.



House Cleaning

Posters and pictures taken throughout the years at various CIDSO event and for promotions materials are starting to pile up. We will have these available at the Christmas party for families to claim.

Annual Meeting

CIDSO's Annual Meeting will be held at the Christmas Party. If you wish to run for an office or nominate someone to be an officer, please contact Brenda Harms.



The Miracle League of Central Illinois provides an opportunity for children with disabilities to play baseball. With a specially designed rubber turf field, The Miracle League makes dreams come true for children with special needs.

The Miracle League field will be located at Heartland College next to the Cornbelters Minor League field. They are anticipating a 2011 start date.

If you would like more information or are interested in helping to provide community support for this league, please contact them at 421 Kays Drive in Normal or (309) 452-4500.

Mark the Date:

December 1:
CEC Bowling

December 2:
RSVP for Christmas Party

December 6:
CIDSO Annual Meeting
Christmas Party

January 25:
Board Meeting

Disclaimer Policy

The editor of this newsletter writes as a non-professional. CIDSO does not promote any therapy, treatment, institution or professional system, etc. Please discuss specific concerns with a professional.