

# DSATnews

Down Syndrome Association of Tulsa

January, 2009

P.O. Box 54877 • Tulsa, Oklahoma 74155-0877 • [www.dsat.org](http://www.dsat.org)

## President's Message

Welcome to 2009! We are so excited to start a new year and to continue the traditions and build on the foundations that Adam and Erin Paul have established with our DSAT group. They have done an amazing job that will be so hard to follow!

In case you are not familiar with us. We have 3 little girls, McKenna (4), Morgan (3), Malia (2). They keep us busy every day. Morgan is our daughter with Down syndrome. She has been a huge blessing in our lives and we are thrilled to be walking down this path together with you all. We are looking forward to being your new Presidents and leading the charge in awareness, parent/family support and encouragement. We have such an awesome DSAT group and we welcome your help, suggestions, involvement.

Anything we can do to help you and your family, please don't hesitate to call. We are excited to welcome aboard new Vice-Presidents, Ashley and Mindy Beasley. They have 2 boys and are getting ready to welcome another little boy to their family. They have a great heart for new parents and will be working alongside us to help bring some great programs and information networks to our DSAT families.

Please feel free to contact anyone of us, if you are interested in getting involved. We have other Committee Chairmen that do a tremendous job for us and we are always looking for more volunteers! Thank you for your support and we look forward to a great 2009!

*D. B. P. Mely Zirax*

**February Meeting**  
Thursday, February 19th at 7:00 PM  
New Haven United Methodist Church  
56th & New Haven  
(between Yale and Harvard)  
Toys, Games and Play



## Sibshops

Sibshops? This is a place where children who have siblings with special medical or developmental needs can go to be around other children in the same situation. They get a chance to do fun stuff, interact with other children and just have FUN! This is for any child who has a sibling with a special medical or developmental need.

Please pass this along, post everywhere and advertise. Call Lora Roberts for more information at (918) 227-6202. Thank you to everyone for your help. This is going to be very exciting for Tulsa.



**Register Now**  
**March 7th, 2009**

DSAT is helping to sponsor this statewide conference on Down syndrome. There are sessions planned on Early Intervention, Transition & Employment, Special Education, DHS Services, Positive Rituals, Advocating, Secondary Education, Medical Concerns, Aging & Research, Estate Planning & Trusts, Writing IEP's, Homeschooling, Responsible Choices (Sexuality) and Disabilities - The Big Picture.

For only \$25 or \$40 a couple, this day will be well worth it. Register now! For a registration form email [conference info@dsaco.org](mailto:info@dsaco.org) or call Dana Poulter at (405) 330-5025.

Thank you TARC for making this newsletter possible!

# Christmas Fun

Thank you for all who came to the Annual DSAT Christmas party. We had a great turnout with over 200 people in attendance. We had a great time of fellowship, crafts, balloons, face painting and goodie bags. DSAT would like to thank everyone who helped, including:



Junior League of Tulsa  
The Gap Volunteers  
Tender Hearted Clowns  
Lynn Lugibihl and Stephanie Keester for the Craft table  
Erin Paul, Jamie Harper, Marci Weldon for organizing the Food and Drinks  
and of course, Santa and Mrs. Claus for taking time out of their busy schedule!



**GREAT JOB! Thank you!**

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## CHERUBS

The Association of Congenital Diaphragmatic Hernia Research, Advocacy, and Support.

The world's first and largest organization for families and medical care providers affected by CDH. Where Congenital Diaphragmatic Hernia Awareness is raised every day of the year, research is more than just an abstract word or a future goal and our main objective always has been and will be providing information, awareness, research and support. The CDH Support Group about ALL families and for ALL families - putting families and the CDH community first since 1995. [www.cdhsupport.org](http://www.cdhsupport.org)

## Grants

### For Families Struggling with Child Health-Related Costs

The United Healthcare Children's Foundation has announced that new grants are available to help children who need critical health care treatment, services, or equipment not covered or not fully covered by their parents' health benefit plans. UHCCF provides grants to families to help pay for child health care services such as speech therapy, physical therapy, occupational therapy, prescriptions, and medical equipment such as wheelchairs, orthotics, and eyeglasses.

Parents and legal guardians may apply for grants of up to \$5,000 each for child medical services and equipment by completing an online application at the UHCCF Web site. To be eligible for grants, children must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States, and be covered by a commercial health benefit plan.

<http://www.uhccf.org/>



## Liase

Count Us In: Growing Up with Down Syndrome 2007 Edition  
By Jason Kinglsey and Mitchell Levitz

In 1994, at ages nineteen and twenty-two, respectively, the authors shared their innermost thoughts, feelings, hopes, and dreams, their lifelong friendship and their experiences growing up with Down syndrome. The new 2007 edition includes a new afterward by the authors that recounts their successes and challenges as adults. Jason and Mitchell's wit, intelligence, candor, and charm make a powerful and inspirational statement about the full potential of individuals with Down syndrome.

Contents, Excerpts, and Reviews at  
[http://www.disabilitiestiesbooks.com/count\\_us\\_in/index.html](http://www.disabilitiestiesbooks.com/count_us_in/index.html)  
\$12.00, plus \$4.00 shipping and handling  
Order via credit card at [www.DISABILITIESBOOKS.com](http://www.DISABILITIESBOOKS.com)

## Tinkletoonz

A therapist told us about the success she was having in toilet training the children with whom she was working. She took the "musical sensor" from our TinkleToonz potty and attached it to the kids underwear. The instant the child "wet" his pants the sensor would begin to play music. This alerted her (or the parent) to the fact the child had "gone" in his pants. The child would immediately be taken to the toilet and they would quickly connect that peeing meant going to the toilet. Without this immediate notification sometimes an hour or so would have elapsed and hence the child would not learn to make the connection. Through this immediate repetitiveness, toilet training times were shortened. You may currently order the music sensor from us, but we are still in the development stage on the pants.

If you have any questions or need help please call us toll free at 1-888-773-8877 or email us at [sales@tinkletoonz.com](mailto:sales@tinkletoonz.com)

# Treatment offers ray of hope

## Down syndrome protocol ignites debate on use

by Michael Schroeder

One day recently, Jordan Blevins' sister, Sarah, caught him doing a newspaper crossword puzzle.

"I was just amazed," said Sarah, 19, who doesn't get to see her brother much between work and school – she's a sophomore at Indiana University-Purdue University Fort Wayne. Still, in the limited time they spend together, she's noticed marked changes in his spelling and sociability: "He'll take to people (where) he used to kind of hide and shy away."

Jordan, 16, had been on the lower functioning end for children with Down syndrome, but now he's approaching the other end of the spectrum, says his mother, Linda Blevins. She owes that to an experimental protocol developed by a Houston-based woman and parent of a child with Down syndrome.

The protocol Jordan is on is in its infancy. But early signs are encouraging, and some parents aren't waiting for a formal clinical trial to take action.

Still, there's much pushback. Major Down syndrome advocacy groups and some doctors and scientists have signed an advisory letter warning that the treatments are untested and potentially harmful. Enthusiastic parents, who have children on the protocol, and some professionals, who have worked with those kids, also advocate more study. But they see the outspoken opposition as baffling and unfounded and an obstacle to what some consider the biggest breakthrough in Down syndrome therapies in decades.

### Jordan's change

Used to be, Linda Blevins said, "We couldn't get (Jordan) out of the basement." Now when he goes out, Jordan is the most animated in the group.

His eye-crossing has decreased dramatically. His reaction time, articulation and vocabulary have improved. Homework sessions, once a two-hour struggle, now last 20 to 45 minutes, Blevins said, because he's less distracted.

"I just know that the kid is better, and I'm so grateful that he's better," Blevins said.

It's not that he's cured; on a basic genetic level his condition is coded into his makeup. Down syndrome occurs when a person has three copies – instead of two – of the 21st chromosome. It affects more than 400,000 people in the U.S., altering development, causing cognitive delays, raising the risk of congenital heart defects, Alzheimer's disease and other medical conditions and decreasing life expectancy.

But the protocol – a combination of medications and supplements already on the market but not specifically indicated for treatment of people with Down syndrome – has improved his concentration and cognition, Blevins says. She's a parent adviser with the Changing Minds Foundation, formed to advance the protocol developed by Dr. Teresa Cody.

Cody, a dentist, leafed through volumes of research to design a daily herbal therapy that contains compounds shown in research at Stanford University to target the underlying cause of learning and memory problems.

At his home on a recent afternoon, Jordan downs some colorful capsules – medication for attention deficit hyperactivity disorder, fatty acids and an antioxidant combination not included in the protocol – reacting not unlike a child eating cooked spinach. He answers some questions, makes eye contact – something he didn't use to do – and talks excitedly about video games and bowling, before resisting his mother's attempts to make more small talk. Later, music – mostly rap – rises from the basement with low wailing. Jordan's attempt at a sing along. For Jordan, who also has autism, music and video games are part of his daily routine to unwind.

Jordan's mother says he meets the psychological criteria for prescribing Prozac. That's the portion of the protocol that draws the most concern from parents, in part because of Prozac's widely publicized link to suicidal thoughts and behaviors in

teenagers. (A 2007 comprehensive analysis of antidepressants for children and teenagers says the benefits of treatment trump the small risk of increasing some patients' chances of having suicidal thoughts and behaviors.)

Linda Blevins says she's researched the risks and works closely with Jordan's doctors in implementing the protocol.

Although she's complimentary of Jordan's current physicians, Blevins and other parents say symptoms of ADHD – such as difficulty in focusing – often go unheeded. They say doctors, however, might treat those symptoms in patients without Down syndrome.

Others think it's unwise to use Cody's protocol without the backing of a large-scale clinical trial.

### Waiting for proof

"We would not use this protocol with our daughter or recommend that others use it" without an endorsement from the medical community, and that requires a clinical study, says Joe Bockerstette, a Fort Wayne resident and father of 10-year-old Amy who has Down syndrome.

Bockerstette is chairman of the National Down Syndrome Society, which instead endorsed – with about three dozen professionals and advocacy groups – an advisory statement cautioning parents and medical professionals against using Cody's protocol.

"There is no scientific evidence to support the use of any of this protocol with people with Down syndrome of any age in order to improve memory or any other aspect of cognition," a portion of the statement reads. "Nor is there any evidence that this protocol is safe for routine use with people who have Down syndrome."

This early indictment of the protocol has frustrated and infuriated parents who have seen profound changes in their children and say they've been steadfast in their

Continued on next page...

## Treatment continued.

research and worked closely with their doctors in implementing the protocol. Cody, her son Neal and a handful of other children on the protocol and their parents were featured in a film, “Changing a Mind,” which premiered in September in New York City.

Those reached for this story substantiated the claims made in the film, saying their children connected more easily with others, communicated better, showed intellectual improvements in many subjects, were more diligent in their studies and had an easier time retaining information.

A Columbus, Ohio-based special education teacher who tutors kids with Down syndrome has recommended the protocol to families she’s worked with and reported similar findings. Results varied, but side effects were typically non-existent or mild. Jordan, for instance, has trouble sleeping if he takes his ADHD medication too late in the day.

Cody estimated that hundreds of people with Down syndrome are on all, or part of, the protocol, including her son Neal, and there was at least one report of the protocol having initial success in adults. Neal’s pediatrician, Dr. Louis Pottkotter, says it employs only time-tested elements with “phenomenal” results. Pottkotter says if he had a child with Down syndrome, he wouldn’t wait a single day to put them on the protocol.

“These are things that we’ve used for years really. It’s not like it’s anything radical or out of the ordinary,” Pottkotter said. Although it hasn’t previously been used to treat children with Down syndrome, he said, what Cody recommends is safe and proven effective in children.

Before Neal, now 11, was on the protocol, he was uncontrollable, Pottkotter said. Now he’ll come into the office, talk with the doctor – his speech has improved dramatically – and calmly read a book. And he hasn’t suffered any side effects. The blank behind his eyes from two years ago has been replaced by recognition. He’s aware of his surroundings in a way he never was before, Pottkotter says.

Despite such results, Cody is used to her protocol being met with skepticism.

“I’m not saying this is a magic pill,” Cody said. “What I’m saying is, . . . each kid has improved compared to themselves.”

Bockerstette doesn’t dispute the claims made by parents whose kids are on the protocol, but he says there have been a fair amount of alternative treatments over the years that didn’t pan out for people with Down syndrome.

There is an Alzheimer’s drug called Aricept that, when taken by people with Down syndrome in small-scale clinical trials, appeared to improve language skills. But according to publicly released results of the trials, it didn’t affect cognitive capacities, said a physician board member of National Down Syndrome Society.

There is no medication to improve cognition in people with Down syndrome, said Dr. Brian Skotko, a pediatrician with Children’s Hospital Boston. He acknowledged that drugs like Prozac have been on the market for years but said they haven’t been tested for use in people with Down syndrome.

Bockerstette says he and his family take a conservative approach. He’d consider drug therapy, but “it would have to be something pretty spectacular.”

Winning conservative adherents requires publicized research. And research for Down syndrome therapies is something most everyone – Bockerstette included – says is underfunded.

In the meantime, Skotko says it’s up to parents, working with their doctors, to decide what’s best for their children. But without more evidence he doesn’t think many doctors will back the protocol.

### **No time to waste**

So Craig Garner is busy trying to raise money.

Garner is a professor of psychology and behavioral science and the coordinator of the Down Syndrome Research Center at Stanford University. His research of mice modeling Down syndrome – with extra

copies of the mouse equivalent to human chromosome 21 genes – is central to Cody’s protocol. It showed that the inhibitory brain cells signal too strongly, impairing the brain’s ability to retain what is learned.

“Down syndrome is just like riding the brake all the time; you just can’t encode new information,” Garner said. His team discovered a drug therapy for Down syndrome that addresses the issue, essentially removing the brake.

He said he hopes to begin testing Cody’s protocol as early as next spring but getting the necessary funding is a major obstacle.

The centerpiece of that protocol, Ginkgo biloba, is a plant extract made up of many compounds. The trick will be isolating and then developing a pure compound that can be tested and replace it. (Critics say since it’s not entirely known how the plant extract works it shouldn’t be used for treatment. Proponents say it’s taken in small doses, adding that it’s been used for thousands of years.) Cody has said that her protocol is just the first step – albeit a big one – and she’s open to drugs that might replace individual components.

Garner estimates it would probably cost \$1 million to appropriately test the protocol Cody developed. Initial testing of just one compound that could supplant Ginkgo biloba could reach \$4 million to \$5 million.

But if the treatment does get its day in the sun, it could prove the biggest conceptual shift in Down syndrome therapy since children were pulled from institutions in the 1960s, Garner said.

This article was published:  
December 7, 2008  
in Fort Wayne, Indiana Journal Gazette

Changing Minds Foundation  
has tried to address the protocol  
and recent controversies.

You may contact them at  
[www.changingmindsfoundation.com](http://www.changingmindsfoundation.com)

# Coping With An Autistic Brother: A Teenager's Take

by Erin Davis

Each year, approximately one child in every 150 is diagnosed with autism. Eleven-year-old Andrew Skillings is one of those children. He has Asperger's syndrome, a mild form of autism.

For Andrew's older sister Marissa, her brother's diagnosis has affected every aspect of her life from the time he was born. She was almost 5 and shared a room with Andrew. Marissa says she remembers those first few weeks he was home.

"I decided he needed to go back where he came from, because as a baby he never, ever stopped screaming," she says.

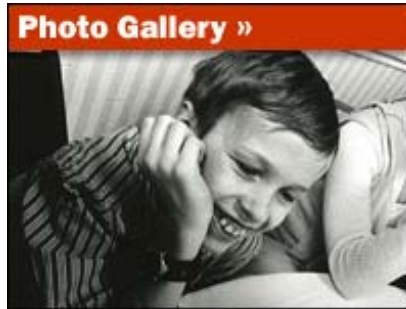
Then the Skillings found out Andrew had a mental disability.

Recently, Marissa described what it's like to live with a little brother who has frequent meltdowns — and who she tries to protect.

"I'd kill for him. But I could kill him, too. He talks. Nonstop. Talking and talking," Marissa says. "He'll tell anybody information about an animal, whether they want to hear it or not. People can tell Andrew has a disability because of his hand gestures and the way he moves when he gets nervous.

"He moves his hands back and forth; and he'll walk with his hands down by his sides just shaking his hands; and he likes to crack his knuckles when he's nervous, and he'll keep doing the movement even if they don't crack."

As Marissa says, their sibling relationship is different from "two normal siblings" because of his autism.



"Because socially he needs help, so I have to protect him and be there for him more than a normal big sister would," she says. "He freaks out, like if I won't get out of the bathroom and I tell him to shut up, he'll grab a kitchen knife and come over to the door and open the door and chase me around the house with a knife. I know he'd never touch me with it, but when he's running with a knife pointed towards me and I'm running, if he tripped, then something bad could happen."

Marissa says she stays out with her friends until her curfew so she can avoid dealing with her brother's disability.

"I started staying away from home around 5 or 6," she says. "I'd stay outside or at a friend's as late as I could until my mom called me home. I can sit down and talk with my parents, but a lot of times, it's like Andrew's always trying to explain something about a cheetah or a jaguar or something in the jungle that has no importance on anyone's life. But if I interrupt him, he gets mad and then it turns into a tantrum and my mom gets mad, and I'm just like, 'I don't even want to talk to you guys anymore.'"

Marissa says she has seen kids tease Andrew, and it's not unusual at his age. One day, she says, a boy was throwing rocks at Andrew. Andrew tried to shield himself with cardboard, but a rock flew over the

cardboard and hit him in the head. Andrew ran into the house crying, and when Marissa found out what happened, she chased the boy down the street and cornered him.

"I smacked him across the face and he was cornered, and my face I'm sure was beet-red, and I was like, 'Just do it again and I'll punch you right in your mouth,'" Marissa says. "I was mad because no one can beat up my brother except me."

"Sometimes, if I get really frustrated, I just wish I could change everything: Sell him to the zoo and buy new parents," Marissa says. "But then the times when I'm actually appreciating things and I'm not in the moment when I'm steaming mad, I do appreciate what I have."



"I don't think I'd change anything, 'cause this is my life and this is what I'm used to. Andrew wouldn't be like the Andrew I know and love if he was different, because autism is his whole personality."

This article was posted:  
January 1st, 2009  
on NPR.org  
National Public Radio  
Courtesy of the Salt Institute

[www.npr.org/templates/story/  
story.php?storyId=98012194&ft=1&f=1001](http://www.npr.org/templates/story/story.php?storyId=98012194&ft=1&f=1001)

# Dad's Corner

By Danny Ziriak



One year ago, I wrote the first Dad's corner about Morgan. At the time, she was 2 years old. Now she is 3 and my how things have changed. Morgan not only has an older sister, but 2 years ago, a younger sister was added. Everyone is so active, that every were we go is a competition to see who can get there first.



Morgan has been meeting all of our expectations and more. She truly is a typical 3 year old in many ways. We were so excited to see her learn to open and close doors, and then, soon wished that she would stop opening and closing doors. Every door must be closed no matter where she is at. When Morgan wakes up in the middle of the night, we know she is up due to her going through the house and closing all of the doors that are open.

Recently, my wife found Morgan and her younger sister sitting inside the fireplace, having the time of their lives. Luckily, I was at work, which seems to be a very convenient excuse for me lately!

I can't begin to share how much Morgan has brought life, joy and excitement to our lives. She is still learning, growing and sharing her joy with us all. She still brings hugs, kisses and joy to everyone that she comes into contact with. Whether they want it or not! She has such unconditional love for everyone.



I thank God every day that He gave us Morgan! I can't imagine life without her!

## Why Come To The Governor's Conference

Keynote speakers:

Derrick Dufresne "Changing the System, One Person at a Time."  
Mark Nasjleti "Go Voice for Choice"

These are some of the topics that will be offered:

- \* Resources for families
- \* Lifespan planning
- \* Self-Directed services
- \* Health and fitness
- \* Recreation and integration
- \* Sensory integration
- \* Transition issues
- \* Risk, health and safety
- \* Difficult behaviors
- \* Tax credits and deductions
- \* Healthy eating on a budget
- \* Self-defense
- \* Guardianship
- \* Substance abuse
- \* Social Security benefits
- \* Medicaid programs

## You're Not The Boss Of Me!

2009 Governor's Conference  
on Developmental Disabilities

"You're Not the Boss of Me!":  
The Road to Freedom, Support, Authority  
and Responsibility

March 2nd and 3rd, 2009  
Tulsa Renaissance Conference Center

Whether you are a self-advocate, a family member or a person providing supports, you've surely thought or been told, "You're not the boss of me!" While individuals with developmental disabilities need to be as independent as possible, many issues come into play—health and safety, informed choices, abuse or neglect, liability, responsibility, and the list goes on.

This year's conference will focus on all of these issues and help self-advocates, families, and professionals understand what self-determination really means and that individuals with developmental disabilities can live safe, healthy, self-directed lives.

Registration information will be available beginning January 9th. You may register online for this conference at <http://register.oucpm.org/ddsd2009gov/> or [www.okdhs.org](http://www.okdhs.org). The registration fee is \$50.00 but scholarships are available for self-advocates, parents and family members.

If you cannot register online and would like to request a printed registration brochure for the Governor's Conference, please call the Oklahoma Department of Human Services, Developmental Disabilities Services, Gail Russell, toll free at 1-866-521-3571, or you may e-mail your name and address to [Gail.Russell@okdhs.org](mailto:Gail.Russell@okdhs.org).

We hope you will join us in March during Developmental Disabilities Awareness Month!

# Thank You!

A great big thank you to all of the following for their support of DSAT.  
We could not do this without you.

## Dues Paid

Kim Wofford  
Gary & Lynette Lambert

## Donations

Patrick Meziere  
The Trophy Room  
The Wegener Foundation  
Kim Wofford  
Alan Soderfelt  
Kohls  
Gary & Lynette Lambert

## in Memory of Cindy Baldwin

David & Jennifer Shea

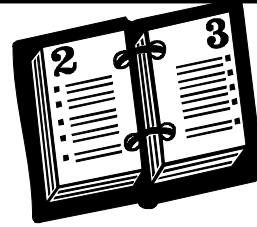
## in Memory of Mitchell Dale James

Victor Brown's cousin

Mary Jo Meziere  
Jennifer Randall  
Glenda Puett  
Fran Lazzara  
Karen Kralicek  
Judy Sims  
Debbie Egnor

## STARS Workshops

The Statewide Training and Regional Supports (STARS) program is pleased to announce our 2009 calendar. Visit [www.ah.ouhsc.edu/tolbert/courses\\_workshops](http://www.ah.ouhsc.edu/tolbert/courses_workshops) for a listing of the courses and how to register. We encourage you to register by January 23, 2009 to ensure first priority; however, registration is available throughout the year. For more information email [stars@ouhsc.edu](mailto:stars@ouhsc.edu) or write to:  
Judith Grove STARS,OUHSC  
Department of Rehabilitation Sciences  
PO Box 26901  
Oklahoma City, OK 73126-0901



**January 22nd**

**D.A.D.S. Meeting**

**7:00 PM at Fox & Hound Pub and Grill**  
70th & Garnett

**January 24th**

**Praying with Lior**

**5:45 PM at Jewish Community Center**  
71st & Lewis

Presented by The Down Syndrome Association of Tulsa and The Jewish Federation of Tulsa. Doors open at 5:45 PM with the film beginning promptly at 6:00 PM. Admission and childcare are FREE. (RSVP to 918-694-2283 for the film and childcare.) For film information and trailer go to: [www.prayingwithloir.com](http://www.prayingwithloir.com)

**February 19th**

**Discovery Toys & Simply Fun**

**7:00 PM at New Haven United Methodist Church**  
56th & New Haven

We will have three small groups to help you meet other families with children the same age and have interactive presentations. Discovery Toys, Simply Fun Games and Child's Play.

**March 7th**

**Oklahoma Regional Conference**  
**Down Syndrome: Reaching Across the Plains**

Contact Dana Poulter at (405) 330-5025 for registration information.

**March 19th**

**7:00 PM at New Haven United Methodist Church**  
56th & New Haven

## Newsletter

**Bring us your stories, news and information**

Do you have something to share? It is as simple as emailing me your photos, story, or internet link. If you do not have internet, simply call me. Your information will be saved for the next newsletter. SO, do not worry about a deadline. I save the information and bring it into the next issue. Email [kendra@soonerstart.com](mailto:kendra@soonerstart.com) or call me at (918) 477-2999.

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Down Syndrome Association of Tulsa

# DSAT news

## DSAT Board of Directors

Presidents	Danny & Molly Ziriak	496-1873	ziriak@tulsacoxmail.com
Vice-Presidents	Ashley & Mindy Beasley	445-2623	anbeasley@aep.com
Treasurer	Beth Soderfelt	272-3926	treasurer@dsat.org
Secretary	(taking nominations)		
Publicity	Alana Kennon	745-2398	publicity@dsat.org
General Members:	Kim Wofford	622-6906	woffordnate1@cox.net
	Chris Wegener	355-6999	edward.c.wegener@gsk.com
	April Wegener	355-6999	aprilwegener@cox.net

## DSAT Committee Chairs

Governmental Affairs	Chris Wegener	355-6999	edward.c.wegener@gsk.com
Calendar Chair	April Wegener	355-6999	aprilwegener@cox.net
New Parent Contact	April Wegener	355-6999	aprilwegener@cox.net
Newsletter	Kendra Pennington	477-2999	kendra@soonerstart.com
Lending Library	Velvet Ahumada	794-5861	vahumada@cox.net

To add your name to our email reminder list  
or to get more involved in DSAT  
please email: ziriak@tulsacoxmail.com