Marie McIntosh has volunteered for Special Olympics Delaware for nearly four decades. She serves as a head and assistant coach in multiple sports, helps organize and volunteers at many events, has helped develop new sports, and most recently coached at the USA Games.

She’s a veteran polar bear and can always be seen in the kitchen at Camp Barnes during summer camp.

For her countless volunteer hours and immeasurable impact on the athletes’ lives, Marie is being inducted into the Special Olympics Delaware Hall of Fame.

“I feel so honored to be selected,” Marie shared. “It truly is nothing I ever thought about receiving.”

Marie’s involvement began in 1976 when, as the varsity girls swim coach at Newark High School, she decided to host a meet for Special Olympics athletes. She contacted the state office, recruited some swimmers to participate, and the rest is history.

“It was a great event,” Marie, now a retired special education teacher and coordinator, recalled. “And that is how my involvement began.”

Read more on p. 2

A hearty congratulations go to the following Special Olympics Delaware athletes and coach who will represent Team USA at the 2015 World Games in Los Angeles, California!

Women’s Swimming: Robin Long (Newark Dragons) and Ginger Shaud (Sussex Riptide)
Men’s Bowling: Danny Yonker (Kent Wild Kats) and Forrie Brown (Wilmington Wizards)
Team USA Tennis Coach: Mary Moore (Wilmington Wizards)
A big thank you to all Fall Sports coaches who participated in the Coaches Clinic held on August 21 at Goldey-Beacom College. Over 35 SODE coaches for Volleyball, Bocce, Soccer and Long Distance Running received sports-specific coaches training.

Many thanks to Heidi Mizell, Ed Capodanno, Mary Moore, athletic director Chuck Hammond and the coaching staff at Goldey-Beacom for their valuable assistance!

Marie McIntosh was Tennis Head Coach at the 2014 USA Games in New Jersey

Continued from p. 1 - Hall of Fame

From there Marie started coaching swimming for the Special Olympics Thunderbears program and also took on the role of organizing the Special Olympics swim meets.

When another volunteer offered to take over the swim team, Marie and some friends decided to help grow the tennis program in the Newark area, opening up practices to anyone who wanted to participate, regardless of team affiliation. She didn’t stop there.

“I summered in Bethany and decided we could also do tennis down there,” she explained. What started out in Bethany Beach as one sport with a few athletes has since grown into a well-rounded sports program. “When I moved permanently to Bethany, we added swimming, then bowling, cycling, bocce and golf,” Marie said proudly.

Marie remains the tennis head coach and assists with other sports. In addition, she still helps organize the tennis venue at Summer Games and is always willing to pitch in whenever needed.

And like other volunteers, sometimes those memorable moments have nothing to do with medals.

“A recent great moment was the smile on Robert Smith’s face when he received a new bicycle,” she said. “It has taken a while for Robert to share his feelings, but in the last year, he takes the time to talk with coaches. It is just neat to see that interaction from him.”

Marie is all smiles when she thinks about the countless hours over the years she has put in volunteering with Special Olympics.

“I simply can’t imagine my life without the athletes,” she said. “As I continue with Special Olympics I have watched some of these athletes grow up over the years. I love going to Summer Games and seeing the athletes I was involved with years ago. It is like old home week for me.”

“What has to be remembered is why we are there,” she added about her many years of service. “For me, it is not only about the athletes, but also about their parents and the community volunteers who embrace us.”

At this year’s Night of Heroes event, the Special Olympics Delaware movement will embrace Marie as the 25th member of the Special Olympics Delaware Hall of Fame.
The annual Night of Heroes, sponsored by DOW, celebrates the significant contributions of people and organizations both from the past year and over a longer period of time.

Held each fall, the evening’s awards program and reception is an opportunity for the Special Olympics family to come together and celebrate the organization’s successes and recognize those who made it possible.

DATE:
Wed., October 8

LOCATION:
Executive Banquet & Conference Center, 205 Executive Dr, Newark
(Located off Rt. 896 S near I-95 and Rt. 40)

2014 ‘Night of Heroes’ Honorees

Athlete
David Hill
Newark Dragons

Volunteer
Joe Wood
Kent Wild Kats

Coach
Heather Kennedy
Wilmington Wizards

Unified Partner
Jody Wagner
MOT Tigers

Corporation
FedEx Ground

Business
Hockessin Athletic Club

President’s Award
Bill McDonald & George Forbes

Media
Glenn Rolfe
Sussex Post

Family
The Bates Family
MOT Tigers

Youth Leader
Jackie King
Appoquinimink High School

Lifetime Achievement
Sharon Reusch

Program
Middletown High School
Matt Engelman & Erin Trzcinski

Hall of Fame - Marie McIntosh, Sussex Riptide

With featured awards presenters: Sasha Hudson • Jillian Mathews • Phil Saxon • Jonathan Touchet

Join us for “Night of Heroes” on October 8, 2014.
For ticket information, contact 302-831-4653 or email info@sode.org.

REVEALING THE CHAMPION IN ALL OF US

Experience our mission and join us for a one-hour gathering hosted by Special Olympics Delaware.

This is an informal opportunity to hear inspiring stories about the strength and spirit of our Special Olympics athletes, and learn more about the many opportunities to become more involved year-round.

Together, we can make a difference.

Please join us on one of the following dates:

Wednesday September 17 & October 15 6:00 - 7:00 pm
Thursday September 18 & October 16 8:00 - 9:00 am

Kindly RSVP in advance to 302.831.4653 or email info@sode.org

Mission Tours are located at
Special Olympics Delaware, 619 S. College Ave., Newark, DE
(Located between the UD Field House and the stadium)

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
David Hill is 2014 Outstanding Athlete

David Hill has spent a large part of his adult life in the weight room lifting weights.

Really heavy weights. His personal bests include squatting 640 pounds, bench pressing 400, and deadlifting 575.

The results are usually golden. As in medals. Dozens of them.

“Powerlifting keeps me fit,” David, 30, said. “It makes me want to do my best, and I am good at it.”

David is so good at it that he recently returned from the USA Games decorated in four gold medals. That’s four gold medals in four events. A perfect score.

“The USA Games is the single toughest event because the flight size is small and you have only 15 minutes between lifts,” Team Delaware powerlifting coach Hank Stoklosa explained. “And the judging is the strictest you see. Being able to lift under those conditions tells you how tough of a lifter he is.”

David’s all-around accomplishments in Special Olympics for nearly a decade have earned him the 2014 Outstanding Athlete award. “It feels great to win,” David said when learning of the award. In addition to powerlifting, David has added tennis, basketball, flag football, volleyball and bowling to his repertoire, helping the young man develop not just physically, but socially.

“I like hanging out with my friends at practices,” he shared. That outgoing social side of David didn’t exist when he first got involved in 2006.

David was born with Landau Kleffner-Syndrome (LKS), a rare neurological syndrome characterized by a gradual onset of the inability to understand and express language. This caused him to be developmentally delayed and therefore unable to participate in traditional community or school sports programs. That is until his mother found Special Olympics.

“Special Olympics gave him the opportunity to develop his strongest attribute -- his athletic ability. But he didn’t come out of his social shell until he took the Communicate with Confidence training,” Corrine Pearson explained. “Participating in Special Olympics has helped David overcome the frustration that can come with a disability. His quality of life has improved because the gap between him and his ‘normal’ peers is no longer an obstacle. His evaluation score at his job at Home Depot has improved in customer service because he is no longer afraid to approach people and offer his assistance thanks to the Communicate with Confidence training.”

It was that training that helped David to not only develop social and speaking skills, but gave him the confidence to share his story to countless audiences of all sizes. And when he speaks, he talks about all the reasons Special Olympics has changed his life. “I like to make new friends, doing things with old friends, playing different sports,” he said. “Other competitors show respect like saying congratulations and nice work.”

“And when I lift I don’t feel disabled,” he added.

GET FIT! Join us for Fitness Fridays at the HAC!

Fitness Fridays at the Hockessin Athletic Club (HAC) began in May 2013 after Kristi Smith-Willis, HAC personal trainer, volunteered at a Special Olympics Delaware event the previous year. “I absolutely loved it,” said Smith-Willis, who is in charge of the HAC program. “I wanted to bring people from HAC to participate.” With the help of SODE’s Mark Wise, Smith-Willis organized a circuit training program for people with special needs. The program is free and open to the public. Volunteers include HAC employees and community members; anyone is welcome to volunteer.

WHEN: Fridays at 7:00pm
WHERE: Hockessin Athletic Club, 100 Fitness Way, Hockessin (off Valley Rd.)
Sports News

Sports schedules for each area can be found online at www.sode.org! Just click on the AREA tab at the top of the page for updated information on Sports opportunities happening in your local program.

2014 FALL FESTIVAL
November 7-9

Presented by: CHASE

It’s time for fall sports!

On the weekend of November 7-9, Special Olympics Delaware athletes will fill up the courts and fields to compete in soccer, flag football, bocce and volleyball at UD. Be sure to check out the fun festivities at the Olympic Village, courtesy of Chase!

Special Olympics Delaware would like to thank Chase as the proud sponsor of the annual Fall Festival, providing hundreds of volunteers who dedicate their time and energy to ensure that our Special Olympics athletes participate in a first-class event from start to finish.

Be Cool ... Think Winter Sports!

Winter Sports are a great opportunity to experience Olympic-type sports in the snow! Winter sports consist of Alpine skiing (downhill), Nordic skiing (cross-country) and Snowshoeing. Athletes interested in Snowshoeing and Cross-country skiing train locally at Brandywine Creek State Park (Adams Dam Rd. entrance). Athletes interested in Alpine skiing train at nearby Blue Mountain in Pennsylvania.

Don’t let distance become an obstacle to experiencing Winter Sports! Arrangements can be made to accommodate interested participants regardless of where they live.

All athletes who train in a winter sport are eligible to participate at the state level competition, which is usually hosted by one of our neighboring states in the mid-Atlantic region.

Remember! Special Olympics Delaware provides all equipment and winter gear (skis, boots and parkas) for the competition at no charge. Call your Area Director to get more information or contact Mark Wise (mwise@udel.edu) at the Special Olympics Delaware Office.

Special Olympics Delaware: One Team, One Vision.
AREA PROGRAM: Newark Area

SODE - NEWARK DRAGONS
AREA DIRECTOR: TIM KISER
Email: sode.newark@gmail.com
Phone: 302-593-0052

Bowling and Basketball info coming soon! For more on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area website at www.sode.org and click on the AREA tab.

HAYRIDE AT WHITE CLAY CREEK STATE PARK!

WHEN: Sunday, October 12, 2014
WHERE: White Clay Creek State Park
(White Clay Creek Park is located on 9 Foot Rd. directly opposite Deerfield Golf Course. Please follow the signs at the entrance for Hayride Parking.)

TIME: 4:00 - 9:00pm
Hayrides are 50 minutes long and will be available every hour starting at 4:00, 5:00, 6:00 and 7:00pm. Bonfires will be held after the hayride. Refreshments will be provided!
NOTE: Space is limited and hayrides fill up fast.
Special thanks to Connie Callahan for organizing the event! Please RSVP to Connie Callahan at 302-731-4612 or email conniecallahan13@gmail.com if you have not already done so. Thank you!

AREA LEADERSHIP TEAM

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area Director</td>
<td>Tim Kiser</td>
<td><a href="mailto:sode.newark@gmail.com">sode.newark@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Liaisons</td>
<td>Gene Giuliani Jr.</td>
<td><a href="mailto:geneg1221@comcast.net">geneg1221@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Steve Dagg</td>
<td></td>
</tr>
<tr>
<td>Athlete Leadership</td>
<td>Stacy Mattia</td>
<td><a href="mailto:dmsm250plus2@hotmail.com">dmsm250plus2@hotmail.com</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Pam Rhea</td>
<td><a href="mailto:rhea1357@comcast.net">rhea1357@comcast.net</a></td>
</tr>
<tr>
<td>Registration Manager</td>
<td>Rose Dagg</td>
<td><a href="mailto:busymom1027@aol.com">busymom1027@aol.com</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Connie Callahan</td>
<td><a href="mailto:call2135@msn.com">call2135@msn.com</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Sherri Close</td>
<td><a href="mailto:Sherbear2486@gmail.com">Sherbear2486@gmail.com</a></td>
</tr>
<tr>
<td>Young Athletes (2-4yrs.)</td>
<td>Erin Lawler</td>
<td><a href="mailto:emlawler5@gmail.com">emlawler5@gmail.com</a></td>
</tr>
</tbody>
</table>

Our thanks to students from the UD men’s and women’s soccer teams, who helped to organize a soccer clinic for Special Olympics Delaware athletes on Saturday, August 30. Thank you to Scott Grzenda and Ian Hennessy (UD Soccer Coaches) and also, our many Special Olympics Delaware athletes, for taking part in the clinic!
REGISTER AN ATHLETE TO RIDE IN THE TRUCK CONVOY!

Delaware’s Truck Convoy, sponsored by FedEx Ground and Walmart, is part of The World’s Largest Truck Convoy® fundraising event. This unique police-escorted convoy through Kent and Sussex Counties is a celebration of the trucking industry and its support of Special Olympics.

Special Olympics athletes have the opportunity to ride “shotgun” in the truck cabs during the Convoy. (This is an option for truckers and athletes must be accompanied by an adult).

1. Contact Lisa Smith at 302-831-3482 or lismith@udel.edu to register.
2. Registered athletes must arrive at the fairgrounds no later than 8:00am. The convoy begins at 10am.
3. Athletes will receive a wristband entitling them to breakfast, lunch, and all elements of the festival, while accompanying family members and friends aged 2 and above are asked to contribute $10 to receive the same entitlements.

TIP-A-COP AT RED ROBIN’S RESTAURANTS ON OCTOBER 25!

TIP A COP AT RED ROBIN to benefit Special Olympics Delaware - tell your friends and family! Don’t cook - head over to your local Red Robin!

WHEN: Saturday, October 25
TIME: Lunch from 11a.m. to 3:00p.m.
     Dinner from 4:00p.m. to 8:00p.m.

LOCATIONS:
Brandywine: 6100 Brandywine Parkway, Wilmington
Christiana: 101 W Main St., Newark
Glasgow: 2496 Pulaski Highway, Glasgow

Please support our Law Enforcement officers as they help raise funds for Special Olympics!
“Carol Bak’s Beach Beauties” originally started in 2009 with Polar Bears Carol Bak, Shawn Miller, Adam Miller and James Jeansonne. The current pack of 16 Bears consists of the Miller and Bak families and friends who travel to Delaware from all over the U.S. to plunge and enjoy the weekend festivities with Special Olympics Delaware athlete Carol Bak.

Family traditions have been forged through the years. James, the Beach Beauties captain, his wife, Debbie and twin boys, Aidan and Ryan, start the Plunge Weekend off by meeting Carol and her family every year on Friday night (after driving all day from Columbus, OH) at IHOP for a hug and some pancakes for dinner -- Carol’s favorite. “I look forward to that first hug with Carol and all the family who come to IHOP,” James said. “The whole weekend is a teaching moment for my sons to give back and to unplug from their screens.”

The team began to grow in 2010 when James’ twin sons joined the group at age 5. That same year Jordan Miller (Shawn Miller’s daughter) joined the group and last year was the first dip in the ocean for team members Heather Campbell (cousin), and members of Stan Bak’s family (Carol’s father) Brianna and Chantelle Lutz, and Russ and Hazel Jeansonne (aunt and uncle). Another first in 2014 was when Carol’s nephew, Jayson Bak, ran for the first time in the 5K Run to the Plunge (with James) and placed third in his age group (15-19). He first plunged at the age of 2. He and his younger brother Justin then took their inaugural plunge into the Atlantic the next day with the “Beach Beauties.”

After the 5K the “Beach Beauties” and their supporters all congregate at Linda Bak’s (Carol’s mother) house for the annual Pizza & Indoor Sports Night. “The team brackets for Ping-Pong and Wii Bowling are just for bragging rights, we are really just coming together as a family to support Carol,” Linda said.

“My favorite part of the weekend is the Pizza Party at Linda’s house,” James shared. “I love hanging out with Carol playing Uno. The party really brings us all together before the Plunge the next day.”

This will be Carol’s 20th plunge and as James expressed, “… share your story when you invite Bears to come plunge with you. It’s not just about jumping into the cold ocean, it’s about being with friends and family and coming together for a great cause.”
ATTENTION POLAR BEARS!!

Save the date!
Sunday, Feb 1, 2015 @ 1PM

This will be the 24th year of the Lewes Polar Bear Plunge. Last year over 3,000 Polar Bears braved the chilly Atlantic Ocean to benefit Special Olympics Delaware. In 2015, we hope to have 5,000 Polar Bears take the Plunge, so now is the time to start inviting new Bears to plunge with YOU so they can experience the largest winter event in Delaware!

To pre-register either online or by mail visit WWW.PLUNGEDE.ORG. For just $10 now (it counts toward your $75 total), you can secure your plunge sweatshirt for the big day. Once registered, you can create your own fundraising web page where you can share your story with family and friends via email, or through Facebook, Twitter, and Instagram. Don’t wait till it’s cold outside, register today for one of Delaware’s “hottest” fundraising events!

Polar Bear Plunge Festival
Jan. 30 - Feb. 1, 2015

While Sunday’s Polar Bear Plunge is the largest event of the weekend, there are several other events on Saturday for Polar Bears and/or their supporters of all ages to enjoy.

- Run or walk in the 5K Run to the Plunge.
- Watch our ice sculpting demos on the boardwalk.
- Grab a leash and your favorite four-legged friend for the Pooch Plunge.
- Bring your appetite for the Restaurant Chili and Polar Ice Cream Contests.

Visit WWW.PLUNGEDE.ORG for a complete listing of the weekend’s events and to REGISTER TODAY!
The entire Leadership Team is looking forward to working together with all of you to create and maintain an effective structure to help establish the Sussex Riptide as a model Area program in the state of Delaware.

In order to do this as quickly and effectively as possible, there are still many spots available on the Leadership Team that must be filled (see vacant positions under “contact” tab on the Riptide website at www.sode.org). If you are interested in filling a role or learning more about any of the vacant positions, please contact Gary Cimaglia at gcimag@udel.edu or 302-831-3481.

AREA LEADERSHIP TEAM

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area Director</td>
<td>Vacant</td>
<td><a href="mailto:sode.esussex@gmail.com">sode.esussex@gmail.com</a></td>
</tr>
<tr>
<td>Asst. Area Director</td>
<td>Carol Breeding</td>
<td><a href="mailto:sode.wsussex@gmail.com">sode.wsussex@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Liaison</td>
<td>Tessa Skinner</td>
<td><a href="mailto:suzieschaible@gmail.com">suzieschaible@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Leadership</td>
<td>Vacant</td>
<td></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Karen Shaud</td>
<td><a href="mailto:kfshaud@yahoo.com">kfshaud@yahoo.com</a></td>
</tr>
<tr>
<td>Registration Manager:</td>
<td>Candice Skinner</td>
<td><a href="mailto:clskin55@gmail.com">clskin55@gmail.com</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Vacant</td>
<td></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Marie McIntosh</td>
<td><a href="mailto:mariemcintosh522@msn.com">mariemcintosh522@msn.com</a></td>
</tr>
<tr>
<td></td>
<td>Len Leshem</td>
<td><a href="mailto:skeetertl@comcast.net">skeetertl@comcast.net</a></td>
</tr>
</tbody>
</table>

Special Olympics Delaware thanks North Bay Marina for donating the use of a pontoon boat for Summer Camp at Camp Barnes. We also wish to extend our thanks to Mr. Daisey and Mr. Gough for volunteering to captain the boat!

Bowling and Basketball info coming soon! For more on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area website at www.sode.org and click on the AREA tab.
If you are interested in serving in an Area Leadership role that is vacant, please contact your Area Director.

SODE - MOT TIGERS
AREA DIRECTOR: BONNIE WAGNER
Email: sode.mot@gmail.com / Phone: 302-740-9108

SODE - MOT TIGERS
AREA DIRECTOR: BONNIE WAGNER
Email: sode.mot@gmail.com / Phone: 302-740-9108

Bowling and Basketball info coming soon! For more on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area website at www.sode.org and click on the AREA tab.

Congratulations!
The MOT Tigers wishes to congratulate the following:
Outstanding family of the year: The Bates Family
Outstanding Unified Partner of the year: Jody Wagner

AREA LEADERSHIP TEAM

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area Director</td>
<td>Bonnie Wagner</td>
<td><a href="mailto:sode.mot@gmail.com">sode.mot@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Liaison</td>
<td>Glen Scrafford</td>
<td><a href="mailto:shirleylafrancis@aol.com">shirleylafrancis@aol.com</a></td>
</tr>
<tr>
<td>Athlete Leadership</td>
<td>Wanda Scrafford</td>
<td><a href="mailto:shirleylafrancis@aol.com">shirleylafrancis@aol.com</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Kim Bates</td>
<td><a href="mailto:kabates66@aol.com">kabates66@aol.com</a></td>
</tr>
<tr>
<td>Registration Managers</td>
<td>Jean Beck</td>
<td><a href="mailto:jeanbeck@comcast.net">jeanbeck@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Susan Scott</td>
<td><a href="mailto:susanscott31@verizon.net">susanscott31@verizon.net</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Ursula Graves</td>
<td><a href="mailto:ladytee073@msn.com">ladytee073@msn.com</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Rebecca &amp; Ron Hallett</td>
<td><a href="mailto:runrun155@verizon.net">runrun155@verizon.net</a></td>
</tr>
<tr>
<td>Young Athletes Program (YAP)</td>
<td>Melanie Blanco</td>
<td><a href="mailto:mblanco8@verizon.net">mblanco8@verizon.net</a></td>
</tr>
</tbody>
</table>

SODE athletes enjoy a day of fun and friendship as members of the UD Soccer team host a clinic for Special Olympics Delaware.

HELP NEEDED:
Volunteers are essential to the success of our program. There are opportunities for volunteers of all ages, abilities and interests. This is a great opportunity to get siblings, family members and family friends involved in Special Olympics! Thank you to all of our current and future volunteers for helping to make a difference in the lives of our athletes.

Coaches, assistant coaches, team volunteers and Unified Partners are always needed! Extra help would be appreciated. Some experience preferred, but not necessary (we will provide training.)
THANK YOU!
If you are interested in serving in an Area Leadership role that is vacant, please contact your Area Director.

**SODE - WILMINGTON AREA**
**AREA DIRECTOR: DAVE CLOUD**
Email: sode.wilmington@gmail.com
Phone: 302-416-0041

Bowling and Basketball info coming soon! For more on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area website at www.sode.org and click on the AREA tab.

<table>
<thead>
<tr>
<th>AREA LEADERSHIP TEAM</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Area Director</td>
<td>Dave</td>
<td><a href="mailto:sode.wilmington@gmail.com">sode.wilmington@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Liaisons</td>
<td>Matt</td>
<td><a href="mailto:mattrmontyhst@gmail.com">mattrmontyhst@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Monty</td>
<td><a href="mailto:davidmcelrath82@yahoo.com">davidmcelrath82@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td>David</td>
<td><a href="mailto:bmillstonebt@gmail.com">bmillstonebt@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>McElrath</td>
<td>paulatalarowski.com</td>
</tr>
<tr>
<td></td>
<td>Brian</td>
<td><a href="mailto:phil.saxon@state.de.us">phil.saxon@state.de.us</a></td>
</tr>
<tr>
<td></td>
<td>Truitt</td>
<td></td>
</tr>
<tr>
<td>Athlete Leadership</td>
<td>Cyndi</td>
<td><a href="mailto:partywith5@verizon.net">partywith5@verizon.net</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Shirley</td>
<td><a href="mailto:Shirley.Bailey@nemours.org">Shirley.Bailey@nemours.org</a></td>
</tr>
<tr>
<td>Registration Managers</td>
<td>John</td>
<td><a href="mailto:wehavkids12@verizon.net">wehavkids12@verizon.net</a></td>
</tr>
<tr>
<td></td>
<td>Olley</td>
<td><a href="mailto:hanleyblue@yahoo.com">hanleyblue@yahoo.com</a></td>
</tr>
<tr>
<td></td>
<td>Denise</td>
<td></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Karleen</td>
<td><a href="mailto:kobrien@marycampbellcenter.org">kobrien@marycampbellcenter.org</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Mary</td>
<td><a href="mailto:wallab130@aol.com">wallab130@aol.com</a></td>
</tr>
<tr>
<td>Giles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The Wilmington Friends football team hosted the kickoff event for the 2014 Special Olympics Flag Football program. The Friends coaches and players led the Special Olympics athletes through warm-up drills and skills clinics, and then the groups divided for “touch” football games. Parent volunteers from the school helped with distributing t-shirts, water, and refreshments. Special thanks to Artie Kempner of Wilmington Friends, and thank you, also, to our athletes, families and volunteers for taking part in the event!

The Wilmington Friends football team help to lead the SODE Flag Football kickoff clinic for the second year in a row.
SODE - KENT WILD KATS
AREA DIRECTOR: DAVE MANWILLER
Email: sode.kent@gmail.com
Phone: 302-233-8018

For more information on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area Webpage at www.sode.org and click on the AREA tab.

AREA LEADERSHIP TEAM

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area Director</td>
<td>Dave Manwiller</td>
<td><a href="mailto:sode.kent@gmail.com">sode.kent@gmail.com</a></td>
</tr>
<tr>
<td>Athlete Liaisons</td>
<td>Andy Merovitz</td>
<td><a href="mailto:tybrrody@aol.com">tybrrody@aol.com</a></td>
</tr>
<tr>
<td></td>
<td>Robbie Larson</td>
<td></td>
</tr>
<tr>
<td>Athlete Leaderships</td>
<td>Bill Yonker</td>
<td><a href="mailto:byonker@aol.com">byonker@aol.com</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Lindsey Eichner</td>
<td><a href="mailto:lindsey.eichner@capital.k12.de.us">lindsey.eichner@capital.k12.de.us</a></td>
</tr>
<tr>
<td>Registration Manager</td>
<td>Merry Jones</td>
<td><a href="mailto:merryjones1@aol.com">merryjones1@aol.com</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Mary Ann Evans</td>
<td><a href="mailto:maeinou@yahoo.com">maeinou@yahoo.com</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Joe Wood</td>
<td><a href="mailto:joseph.g.wood@citi.com">joseph.g.wood@citi.com</a></td>
</tr>
</tbody>
</table>

KENT AREA HAPPENINGS:

- Bowling practice is scheduled to begin Sunday, November 2 from 1-4pm.
- Interested in becoming a Rollerskating coach? Please email Dave Manwiller if you or someone you know is interested!
- Check out our link for Kent Wild Kats for additional opportunities to volunteer!

ALSO ...
Basketball info coming soon!
For more on Area news and announcements, sports practices and sports contact information, please continue to monitor your Area website at www.sode.org and click on the AREA tab.

More than 100 Special Olympics Delaware athletes, coaches, friends and family members came out to the Kent WildKats social event in late August at Grotto’s Pizza. The evening was a fun event for all Kent Area members to meet friends, old and new, and to celebrate the end of summer. Special thanks to Mary Ann Evans for organizing the area social!
Healthy Athletes returns to Summer Games

After much exploration and looking into several options as to the best way to move forward with the Healthy Athletes Program in order to optimize the medical services offered to the maximum number of athletes possible, it has been decided that all four major components are returning “home” … to Summer Games.

**Opening Eyes, Special Smiles, Fit Feet and Healthy Hearing will be offered at the 2015 Summer Games, which is June 12-13 at the University of Delaware.** The Healthy Athletes program (Opening Eyes and Special Smiles) was launched in Delaware at the 2001 Summer Games, and since then various components have been offered at competitions throughout the year. But it has been several years since all four were offered at Summer Games.

Final details are still being worked out, but the initial plan is to have one of the components at each of the venue sites – softball, aquatics, bocce and tennis/track & field. It is our hope that by doing so, each athlete at that venue can attend at least the component being offered, which helps overcome the obstacle of not being able to get over to Healthy Athletes for fear of missing an event, or just wanting to watch teammates compete.

However, all four components will be open to every athlete attending the Summer Games. Therefore, an athlete is not limited to just attending the component offered at his or her venue. Also, the components will rotate from venue to venue each year. So, for instance, swimmers won’t be offered the same component two consecutive years.

Healthy Athletes is set to enter its 14th year, and with it we hope athletes will take advantage of the services offered for two reasons. First and foremost, so that an athlete can find out he or she is healthy, or in some cases needs follow-up care. And secondly, Healthy Athletes offers an opportunity for the medical community to learn more about providing health care for people with intellectual disabilities.

Special Olympics Delaware is excited to be moving forward, yet in some ways going back, by offering Healthy Athletes at Summer Games. As Dorothy once said, “There’s no place like home.”
HEALTHY FALL HINTS:

Fall is here, which means it gets dark earlier. This doesn’t mean you can’t still work out, but it might mean you have to alter your exercise regimen and/or keep these safety tips in mind.

1. Watch your time. That 3-mile run you took in August after dinner and managed to get in before sundown might not be possible any more even before the clocks fall back. There are two options if you want to get your run or walk in and still arrive home before dark: start earlier or shorten your run. And if you plan to run after dark, remember …

2. Don’t worry about how you look. The most important item you can put on during your evening workout is something that reflects in the dark. There are expensive, fancy-looking wearables that have sewn-in reflectors that will make you look like a million bucks. But there are also inexpensive, light safety vests that will keep you just as safe. Remember, safety has to come before all else when exercising outside, and it starts with cars (and other moving objects) being able to see you, and therefore avoid you.

3. Be a beacon of light, literally, when you work out. Whether you are biking, running or walking outside, it’s a good idea to have a light on the front of you. If biking, mount a battery- or pedal-powered light on your bike. If walking or running a headlamp serves the same purpose. At the very least, you can strap a flashlight to your handlebars or carry a flashlight with you. The light from any of these items not only helps you see where you are going, but also provides an additional warning to moving objects coming toward you.

4. Move your workout inside. Inevitably you are going to have to move your workout indoors once the weather really starts getting cold. If you find yourself not exercising because it’s getting darker outside earlier or is chillier, that’s the signal to start your winter workout. Whether it’s in your basement, den, or at the gym, starting your winter workout routine while it’s still fall might be the way to ensure you don’t skip too many.

Halloween Treats

Whether trick-or-treating, enjoying a Halloween party in school or at work, or simply partaking in a local Fall Festival, it’s important to watch just how many treats you eat. Otherwise, the results can be downright scary.

When digging in the treat bag or trying to select a goodie from a spread, keep these “Eat This, Not That!” facts in mind.

1. SweetTarts have just 50 calories and zero fat compared to M&Ms “fun” size bag, which has 106 calories and 4.5 grams of fat.
2. Smarties also have just 50 calories and zero fat, compared to a Reese’s Peanut Butter Cup that has 105 calories and 6.5 grams of fat. And yes, that’s just one cup.
3. Three pieces of a small Tootsie Roll is 70 calories and only 1.5 grams of fat. Whereas a “fun” size Butterfinger is 100 calories and 4 grams of fat.
4. It’s better to eat just about any kind of candy compared to a Nestle Babe Ruth, which packs a whopping 280 calories and 14 grams of fat. Try a Dum Dum Pop. It only has 25 calories.

Trick or Treat!!
### 2014-2015 Special Olympics Delaware Calendar of Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SODE CYCLING CLASSIC</td>
<td>Sat., September 13</td>
<td>9:00am</td>
<td>Dover Air Force Base Museum</td>
</tr>
<tr>
<td>SODE MISSION TOUR</td>
<td>Wed., September 17</td>
<td>6:00-7:00pm</td>
<td>SODE Office in Newark</td>
</tr>
<tr>
<td>SODE MISSION TOUR</td>
<td>Thurs., September 18</td>
<td>8:00-9:00am</td>
<td>SODE Office in Newark</td>
</tr>
<tr>
<td>FAMILIES DAY AT THE BEACH</td>
<td>Sat., September 20</td>
<td>9:00am</td>
<td>Cape Henlopen State Park</td>
</tr>
<tr>
<td>SUMMER CAMP GOLF CLASSIC</td>
<td>Mon, September 22</td>
<td>10:00am</td>
<td>Bidermann Golf Course</td>
</tr>
<tr>
<td>SODE GOLF TOURNAMENT</td>
<td>Wed., October 1</td>
<td>12:00pm</td>
<td>Brandywine Country Club</td>
</tr>
<tr>
<td>TRUCK CONVOY (fundraiser)</td>
<td>Sat., October 4</td>
<td>9:00am</td>
<td>Delaware State Fairgrounds</td>
</tr>
<tr>
<td>NIGHT OF HEROES</td>
<td>Wed., October 8</td>
<td>6:00pm</td>
<td>Executive Banquet &amp; Conference Center</td>
</tr>
<tr>
<td>SODE MISSION TOUR</td>
<td>Wed., October 15</td>
<td>6:00-7:00pm</td>
<td>SODE Office in Newark</td>
</tr>
<tr>
<td>SODE MISSION TOUR</td>
<td>Thurs., October 16</td>
<td>8:00-9:00am</td>
<td>SODE Office in Newark</td>
</tr>
<tr>
<td>TIP-A-COP AT RED ROBIN (fundraiser)</td>
<td>Sat., October 25</td>
<td>11:00-3:00pm &amp; 4:00-8:00pm</td>
<td>Brandywine, Christiana and Glasgow locations</td>
</tr>
<tr>
<td>PROJECT UNIFY YOUTH SUMMIT and COACHES CLINIC</td>
<td>Tues., October 28</td>
<td>9:00-2:30pm</td>
<td>Del Tech Terry Campus &amp; DSU</td>
</tr>
<tr>
<td>FALL SPORTS FESTIVAL</td>
<td>November 7-9</td>
<td>8:00am</td>
<td>University of Delaware</td>
</tr>
<tr>
<td>SCHOOL BASKETBALL SKILLS COMPETITIONS</td>
<td>November 10-21</td>
<td>9:00am</td>
<td>Hosted by Christiana HS, William Penn HS,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sussex Tech, Caesar Rodney HS, McKean HS,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Milford HS, Smyrna HS</td>
</tr>
<tr>
<td>REINDEER RUN (fundraiser)</td>
<td>Friday, December 5</td>
<td>7:00pm</td>
<td>Downtown Newark</td>
</tr>
<tr>
<td>STATE BOWLING TOURNAMENT</td>
<td>Sat., January 10</td>
<td>TBD</td>
<td>Brunswick Doverama (Dover); Milford Bowl</td>
</tr>
<tr>
<td>POLAR BEAR PLUNGE WEEKEND FESTIVAL</td>
<td>Fri., Jan. 30 - Sun., Feb. 1</td>
<td>1:00pm Plunge time</td>
<td>Rehoboth Beach</td>
</tr>
<tr>
<td>POLAR BEAR PLUNGE (fundraiser)</td>
<td>Sunday, February 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**THANK YOU TO OUR YEAR-ROUND SPONSORS:**

- [Aramark](https://www.aramark.com)
- [Comcast](https://www.comcast.com)
- [DBC](https://www.dbc.com)
- [Delaware Broadcasting Company](https://www.dbc.com)
- [Law Enforcement for Special Olympics](https://www.lawenforcementforso.org)
- [Knights of Columbus](https://www.kofc.org)
- [University of Delaware](https://www.udel.edu)