

Down River Run 5K & 1.5 Mile Fun Walk

Submitted by the Family & Friends Down Syndrome Association of Niagara

The Family & Friends Down Syndrome Association of Niagara is pleased to announce the return of The Down River Run 5K and 1.5 Mile Fun Walk. The event will take place June 5 at Fort Niagara State Park, managed by Its Your Race, Race Management Solutions.

Registration and details of the race can be found at <https://DownRiver-Run.itsyourrace.com>. Check-in begins promptly at 9 a.m. at the south entrance of Fort Niagara State Park. The 5K start time is 10 a.m., and walk start time is at 9:45 a.m. Advance registration is \$30, while late registration (May 30 through race day) is \$35. An award ceremony and light refreshments will follow completion of the race.

Organizers said, "We respect and understand the need of family pet companionship, however, we kindly ask owners to assume full responsibility of their pets. We also ask that any minors be accompanied and supervised at all times by their legal guardians. "Proceeds from this year's event will enhance program development, resource and referral efforts in our locale."

The Family & Friends Down Syndrome Association is a 501(c)(3) nonprofit organization, and local affiliation of The National Down Syndrome Society. It advocates positive awareness, quality education and meaningful community inclusion for all individuals with Down syndrome.

Know the facts: (adopted with permission from NDSS to share)

- Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.
- There are three types of Down syndrome: trisomy 21 (nondisjunction) accounts for 95% of cases, translocation accounts for about 4%, and mosaicism accounts for about 1%.
- Down syndrome is the most commonly occurring chromosomal condition. Approximately one in every 700 babies in the United States is born with Down syndrome – about 6,000 each year.
- Down syndrome occurs in people of all



races and economic levels.

- The incidence of births of children with Down syndrome increases with the age of the mother. But due to higher fertility rates in younger women, 80% of children with Down syndrome are born to women under 35 years of age.

- People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, Alzheimer's disease, childhood leukemia and thyroid conditions. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives.

- A few of the common physical traits of Down syndrome are: low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all.

- Life expectancy for people with Down syndrome has increased dramatically in recent decades – from 25 in 1983 to 60 today.

- People with Down syndrome attend school, work, participate in decisions that affect them, have meaningful relationships, vote and contribute to society in many wonderful ways.

- All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.

- Quality educational programs, a stimulating home environment, good health care and positive support from family, friends and the community enable people with Down syndrome to lead fulfilling and productive lives.

Lew-Port BOE hears of district's restorative practices approach

'IN THE LOOP'
BY DANIELLE MULLEN

President, Lewiston-Porter Board of Education

The Lew-Port Board of Education would like to offer a huge thank you to the community for supporting its 2022-23-school budget. With the budget passed, the district can now begin the extensive work of planning for the next school year across the campus.

At its regular meeting on Tuesday, May 23, newly elected BOE member Chuck Barber was sworn in to immediately start his three-year term. Being the highest vote earner, Barber took over April Sak's appointed seat following the election results. Sak will be joining the board again on July 1, along with newcomer Savana Bevacqua, to begin their three-year terms.

The BOE's regular meeting also highlighted the district's restorative practice team. Team members from all four schools including, administrators, teachers, students and facilitator Lori DeCarlo, gave a presentation to the board on the work that has taken place in this first year "slow roll" implementation of restorative practices.

The Primary Education Center highlighted its tier 1 circles, which focus on building foundational relationships with a dynamic presentation by two students.

The Intermediate Education Center highlighted the work that has been done in tier 2 circles, which aim to repair harm in relationships, with a brave and admirable presentation by two students who were involved in a social media conflict. The students involved were able to find resolution by working through the issues with the help of administrators, and had positive feedback to report on how restorative practices helped them.

At Lewiston-Porter Middle School, the team discussed how there have been definitive challenges this year in the building with student behaviors. For minor infractions, they said restorative practices have been very beneficial. This involved providing students the time and opportunity to explore how their actions impacted others around them, allowing for growth of all the parties involved. Here,

the NEST (necessary emotional support time) block built into the entire middle school schedule provided time for teachers to be able to do this work.

In the high school, the team focused its portion of the presentation on how circles are slowly being incorporated into class time to allow teachers and students to feel comfortable. Board members learned that some teachers are using discussion prompts while not in physical circles to help students open up more in class as they are comfortable.

It was very important to note that there are behaviors that are happening that absolutely require more severe consequences and are being handled directly by building administrators. Restorative practices are in place to help build relationships and a sense of community within classrooms, buildings and across the whole campus.

- In other news, the high school's annual chalk walk took place on May 24-25. This year's theme was "What Lies Beneath."

This wonderful tradition provides students a creative outlet to work in teams and also make some spectacular art. The artwork lined the sidewalks in front of the high school and was on display for the whole campus to enjoy. Many PEC, IEC and MS classes took this opportunity to take a walk in the beautiful weather and check out the creations of the talented high school students.

- The Lew-Port Unified basketball team concluded its second season with senior night on May 24 in a close loss against Newfane. Unified basketball teams are an important extracurricular activity that focuses on inclusion by bringing general education students together with students with disabilities on one team. The games are always sure to be entertaining, intense and full of heart. Congratulations to these Lancer athletes on a great season.

- The calendar for the next month is packed with activists for students and families in all buildings. Secondary families: Please be sure you take a moment to review the exam calendar on the building's websites.

Relay For Life of Greater Niagara opens; 'Party in the Park' next Saturday

BY TERRY DUFFY
Editor-in-Chief

The annual Relay For Life of Greater Niagara returns for 2022 with a Luminaria ceremony from 7-10 p.m. Friday, June 3, at Lewiston-Porter High School. It continues Saturday, June 11, with all-day events at Reservoir State Park on Witmer Road in the Town of Niagara.

Presented in support of those who have been touched by cancer, this community fundraiser – one of many such events in Buffalo-Niagara – is held to assist the American Cancer Society in its efforts to "save lives, celebrate lives, and lead the fight for a world without cancer."

Relay For Life is recognized as "the world's largest fundraising

movement that has changed the face in the fight against cancer," according to the ACS.

Locally, it opens Friday evening with the Luminaria at Lew-Port. The community is invited to "celebrate, remember and fight back" on the track behind the high school. Suggested donation is \$5.

Next Saturday, Relay For Life of Greater Niagara's "Party in the Park" will take place from 11 a.m. to 5 p.m. at Reservoir State Park. Featured events include a craft and vendor show with foods and beverages served, including beer and wine; a disk golf putting contest from noon until 2 p.m.; and a petting zoo with kangaroos and pony rides from 12:30-4:30 p.m.

In addition, a variety of after-

noon events are on the schedule, including a frozen T-shirt contest; a corn hole contest, performances of the Hot Country Line Dancers and the McCarthy School of Irish Dance, plus visits from the Buffalo Jugglers, a scavenger hunt and adoptable dogs from Open Arms rescue of WNY.

All Relay For Life events are open to the public. For more information, including fundraising and team events opportunities, visit www.relayforlife.org/greaterniagray.

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