



# FAMILY SUPPORT NETWORK Of Central Carolina

Serving families of children with special needs & those born prematurely in Alamance, Caswell, Guilford, Randolph, & Rockingham Counties

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### **BREAK OUT THE PICNIC BASKETS!**

FSNCC's Spring Family Picnic will be held on Sunday, May 22nd at a **NEW LOCATION: Triad Park in Colfax**. Bring the whole family and join us in Shelter #6 from 3:30-5:30 p.m. We'll provide the burgers. If your last name begins with A-M, please bring a side dish to share; N-Z, please bring a dessert. We will also be accepting donations of diapers (size newborn or 1) for Elizabeth's Closet, our storehouse of baby care supplies for families in need who are leaving the NICU. Hope to see you there!

### **MANY THANKS FOR YOUR SUPPORT**

We'd like to extend our sincere gratitude to the many families and community partners who have supported our 2011 Pledge Drive and other recent fundraisers. This is a critical moment for FSNCC; our organization is facing enormous budget cuts in the coming year, due in part to the dramatic reductions in Smart Start funding at the state level. Now more than ever, we are relying on the generous support of families and community partners to sus-



**FSNCC would like to extend a BIG thanks to our newest Support Parent volunteers, who attended our April orientation. Back row, L-R: Nancy Micca, Andi Ives, Norell Johnston, Megan Johnson, Kristin Montgomery, & Monica McGuire. Front, L-R: Olivia Stone, Angie Lang, Allison Greiner, & Melissa Guthrie-Johnson.**

tain our services, and your response has been overwhelmingly generous. To date, our Pledge Drive has yielded over \$5500 in donations.

Thanks also to photographer **Susan Anderson** of Forget Me Not Photography, we also raised over \$3000 through the second annual Triad's Cutest Kid Contest. We are so appreciative of Susan's dedication to our organization!

Another huge thanks goes out to **Hayley McGraw**, the Weaver Academy for the Performing Arts, and the dancers of Dancing Above the Barre for creating such a special evening on Saturday, April 16th. Hayley, who organized the event, has a sibling with autism, and is a graduate of our Sib-

shops program. The performances and reception she coordinated helped to raise an additional \$450+ for our organization.

We are deeply grateful to serve such a generous and caring community, and look forward to putting these funds to work for families in the NICU and for those caring for children with special needs. If you would like to make a secure online donation to FSNCC, visit us any time at [www.fsnc.org](http://www.fsnc.org).

### **CONGRATS TO TERESA!**

We are delighted to announce that Teresa Poe, our wonderful bilingual Office Assistant, recently became an official U.S. citizen! Teresa, who originally hails from Panama, took her oath on March 9th. Teresa assists many Spanish-speaking families, both in the NICU and the larger community. We are so proud of you, Teresa!

***Family Support Network of Central Carolina believes the greatest asset a child can have is a strong family. Our mission is to provide support, education and caring connections to those who have a child with special needs or born prematurely.***



# NICU Notes

## News from the Nursery

**Baby Kimani takes it easy in the NICU. Many thanks to Susan Anderson of Forget Me Not Photography for capturing our cover model!**

### Come Picnic with Us!

NICU families have a special reason to celebrate Spring—the end of RSV season! If your baby is healthy enough to attend an outdoor event, please join us for our Spring Family Picnic on Sunday, May 22nd. (Check page 1 for all the details.) Hope to see you there!

### Support Families at our NICU Special Events

A stay in the NICU can be a stressful and overwhelming time. Sometimes, the most meaningful support for families comes from the parents of NICU "grads" who can relate to their experiences, offer hope and encouragement, and discuss life after a NICU stay. We are seeking former NICU parents to share their family stories at our special events for current NICU families. Donations of food items for our family meals are also very much appreciated. We are also in need of some new items to offer as door prizes during our events. We appreciate donations of items such as:

- \* New packs of cute onesies
- \* Bottles/bibs

- \* Board Books
  - \* Infant toys or rattles
  - \* Mommy gifts such as hand sanitizer, lotions, etc.
  - \* New, wrapped preemie or newborn outfits for boys and girls
- If you can help, please contact Paula at [pjbru123@aol.com](mailto:pjbru123@aol.com), or Nancy at 832-6507. Thank you!

### New Scrapbooking Club for Current NICU Families

Families in the NICU now have a special new way to celebrate the arrival of their little ones. Melissa Graves, Mom of NICU graduate Christian, is facilitating a new scrapbooking club to help families capture their babies' first days. Melissa is doing a great job welcoming new Moms and sharing her journey through the NICU with others. Parents can come in and enjoy relaxing music, get creative, and share support. Sessions are held 2-4 times per month. (Donations of scrapbooking materials for baby albums are greatly appreciated!) Thanks so much to Melissa for offering this opportunity to families! (More on page 3...)



**Callie Jobe choose to have her 6th Birthday gifts given to Elizabeth's Closet this year. She collected some adorable baby items for our program. Thank you Callie! Donations of baby care supplies and preemie or newborn clothing are always appreciated. Contact us for more information!**



**NICU Mommy Jasmine shows off her work with scrapbooking coordinator Melissa Graves**

(NICU Notes, continued)

### Follow FSNC on Facebook

Our Facebook page is a great way for NICU families to get the latest information on our upcoming events. Just visit [www.facebook.com/fsncc](http://www.facebook.com/fsncc) to go directly to our page, then choose "like" to follow us and get updates on lots of interesting topics.

### ECAC Offers Tools for Families

Have you discovered the wealth of information and resources offered by NC's Exceptional Children's Assistance Center (ECAC)? This organization is an invaluable resource for parents, offering free information on managing your child's medical records; early intervention; making the transition from hospital to home; developing an effective IFSP; and MUCH more. Their website has also recently added a slew of great resources on early childhood development. You can reach the ECAC online at [www.ecac-parentcenter.org](http://www.ecac-parentcenter.org), or by calling 1-800-962-6817.



**Pat White from Newborns in Need makes her monthly delivery of blankets and NICU essentials. Pat is pictured with Teresa Poe (left), our bilingual Office Assistant.**

## Parent-to-Parent support

### New members always welcome!

**For more information on any meeting, or to RSVP, please contact Monica at 334-5601 Ext. 217 or [monica@fsncc.org](mailto:monica@fsncc.org).**

**\*Please note; many of our support groups break for the summer, then resume regular meetings in September.**

#### AD/HD PARENT SUPPORT GROUP.

Offered by FSNC, UNCG'S AD/HD Clinic, Moses Cone Behavioral Health Services, and a team of dedicated parent coordinators. All meetings are held from 6:30-8:30 p.m. at Trinity Church, Meeting Room 10, 5200 W. Friendly Ave., GSO.

**May 24th:** "Can We Be Friends? Strategies for Promoting Positive Peer Relations." Learn about the development of social skills in children with AD/HD.

Find out more about this group at [adhdgreensboro.org](http://adhdgreensboro.org).

#### DAYTIME MOMS' GROUP.

Welcoming mothers with children of any age, with any type of special needs for information, informal discussion and support.

**May 11th:** Caribou Coffee, Friendly Shopping Ctr., GSO, 9:00 a.m.

**SPECIAL: MOMS' AND DADS' GROUPS.** To celebrate our last meeting of the Spring, we'll be getting our Moms' and Dads' groups together for a catered dinner. Members old and new are invited to come to the home of Tim & Allison Vail, 3417 Old Barn Rd., GSO on **May 21st** at 7:00 p.m. for a great meal and a relaxing evening with friends. This will be a special event for grown-ups only. Guests are asked to bring a small contribution to help cover the cost of the meal. Please contact Monica at 334-5601 Ext. 217 or [monica@fsncc.org](mailto:monica@fsncc.org) to RSVP.

#### SENSORY PROCESSING DISORDERS.

Our educational support group for families of children with sensory processing disorders. Meetings run from 6:30-8:30 p.m.

**May 19th:** Audiologist Deborah Woodward will lead a discussion on Central Auditory Processing Disorder and its relationship to SPD. Education Center at Women's Hospital of GSO, Classroom 5.

#### DOWN SYNDROME NETWORK OF GREATER GREENSBORO

Check out the following **Mom's Nights Out**, welcoming mothers with children of any age who have Down syndrome for informal discussion, friendship, & support. *For more information on any of the following events, please contact Lauri Lyn Hodges at [nickelhodges@yahoo.com](mailto:nickelhodges@yahoo.com) or 303-870-5238. RSVPs are helpful but not necessary.*

**Sunday, May 15:** Pie Works, 1941 New Garden Rd, GSO. 7:00 p.m.

**Sunday, June 26:** Ben & Jerry's, Shoppes at Friendly, GSO. 7:00 p.m.

**Sunday, July 17:** Poblano's Mexican Restaurant at Friendly Ctr. (near Children's Place), GSO. 7:00 p.m.

Learn more about the DSNGG at [www.team-up.org](http://www.team-up.org).



For shelter information or other details, please contact Melisa Madden at 336-513-0063, Ext. 122

### NEW Parent Support Group

If you have a child with special needs, you've probably discovered that the best support often comes from others who have "been there." Please join us for a new support group just for Alamance county families. This is an informal group designed to give families a chance to share their stories, exchange advice, and make new friends. Meetings are held on the 3rd Thursday of each month from 5:30-6:30 p.m. at the Alamance Partnership for Children, 2322 River Rd., Burlington. Light refreshments will be served. Next meetings: **May 19th, June 16th, and July 21st.** For more information, please contact Melisa Madden at 513-0063, Ext. 122 or [melisa@fsncc.org](mailto:melisa@fsncc.org).

### Come On Out & Picnic With Us This Summer!

FSNCC and the Alamance County Partnership for Children are teaming up to provide fun in the sun for children & adults with special needs and their families this summer. Grab your picnic blankets and come join us on the 2nd Friday of each month at Burlington City Park for food and friendship.

**\*May 13th:** Playdate in the Park, 4:00 p.m. Refreshments will be served.

**\*June 10th:** Picnic lunch, 11:30-1:00. We'll provide the meal!

**\*July 8th:** Bring your own picnic, 11:30-1:00.

or send e-mail to [melisa@fsncc.org](mailto:melisa@fsncc.org).

### Autism Society of NC, Alamance County Chapter

The Alamance County Chapter of the Autism Society of NC meets on the second Thursday of each month at Shiloh Presbyterian Church, 2638 Grand Oaks Blvd., Burlington. 6:30 p.m.-8:00 p.m. (No meetings in June, July, or August) *Child-care is available. You must RSVP for this service, with the number of children attending, one week in advance of the meeting. The ASNC is unable to offer this service without prior request.*

**May 12: Social Skills Classes & Sibling Relationships.** Meredith Woehr, a specialist with Lindley Rehabilitation in Greensboro, will discuss social skills classes for kids with ASD. Sarah Palmer, a school psychologist intern with ABSS, will discuss sibling relationships. For more information, visit [www.alamanceasnc.org](http://www.alamanceasnc.org), call 336-222-7026, or e-mail: [alamanceasnc@bellsouth.net](mailto:alamanceasnc@bellsouth.net).

### Life Span Offers Dual Subsidy Program

The Alamance Partnership for Children is currently sponsoring a limited number of subsidized slots at Lifespan Circle School in Burlington. Life Span Circle School is a five-star rated Developmental Day Program that offers full-time, full-year inclusive care to children birth to age 5. Eligibility require-

ments for these slots are as follows:

\* Child must be between the ages of six weeks and two years. A child will remain qualified for a slot up until his or her third birthday.

\* Child must have an identified special need with an Individualized Family Service Plan in place.

\* Child must be eligible to receive Child Care subsidy through the Department of Social Services.

\* Subsidy payments are in the amount of \$500 per month. The remaining tuition balance is to be paid by the parent(s) in the amount of \$120 per month.

If you have questions or would like to enroll a child, please call Adrienne Rice at the Alamance Department of Social Services at 336-570-6547 Or Stephanie Tichy at Lifespan Circle School at 336-513-4250.

### Special Populations' Events Add Fun to Summer

The Burlington Recreation & Parks Department's Special Populations Unit offer a variety of events and activities for children and adults with developmental disabilities. Here's just a little of what's in store for the coming months:

**\*Tuesday, May 3rd, Spring Prom.** 6:00 pm-9:00 pm at Burlington's Holly Hill Mall in the old JC Penney location. FREE. Come out and enjoy music from the 70s, 80s, and 90s. Decorations and concessions will be provided by the Burlington Junior Women's Club. Photos will be taken by York Studios for \$10. All ages invited; recommended for ages 16 & up. *(continued, page 5)*

(Alamance news, continued)  
For more information, please call 222-5134.

\* **Bowling:** Saturdays (8-week session), 10 a.m.-12 p.m., Country Club Lanes, 3010 S. Church St., Burlington. \$25/session includes 2 games, shoes, trophies, & lunch at final session. Ages 5-21.

Call 229-3148 for more info.

**NOTE: The following activities are hosted at Thataways Youth Center, 1334 Overbrook Rd., Burlington. Call 336-222-5134 for details:**

\* **Special Populations weekly dances:** Tuesday evenings, 6:30-8:30 p.m. FREE. Recommended for ages 16+.

\* **Bingo night:** Wednesdays, 7:00-8:00 p.m. FREE. Concessions, video arcade, billiards, & other games also available.

\* **Family Fun Nights:** Every Friday evening during the summer (beginning June 17th), 6pm-9pm. FREE. All ages. Games, arts & crafts and other fun family activities.

**Family Movie Night:** 2nd Saturday of each month. 7:00pm, Thataways Youth Center, 1334 Overbrook Rd., Burlington. All ages (please call us for this week's movie & rating). FREE; small cost for games & concessions. Bring comfy seats or blankets. 222-5134.

### Summer at Camp Greenleaves

This 5-week summer day camp offers swimming, arts & crafts, sports, field trips, and more for kids with developmental disabilities who are enrolled in the Alamance-Burlington School System. Runs 9 a.m.-3 p.m. daily at Lake Cammack, 4790 Union Ridge Rd., Burlington. \$40/person. 229-3148.

**A few scenes from the Burlington Dept. of Recreation & Parks' April Egg Hunt for people with special needs and their families. Those who braved the rain found lots of goodies in the park, and made a few new friends along the way!**



## Coming up in caswell county

**Spring Fun on the Farm event.** The Spring Fun on The Farm event, sponsored by the A-O Civitans in partnership with the Autism Society of NC's Guilford County chapter, will be held on Saturday, **May 7th** from 11:00-4:00 in Caswell county. This free event offers a day of outdoor fun for people with autism and their families. Visit [www.asncgc.org](http://www.asncgc.org) for directions & RSVP information. *This event is open to people with autism and their families throughout our catchment area.*

**Special Olympics.** Caswell county's Special Olympics Spring Games will be held on Friday, **May 6th** from 9:00am – 2:00pm at Bartlett Yancey High School, in Yanceyville. The rain date for this event is May 13, 2011. To learn more, visit: [www.sonc.net/caswell](http://www.sonc.net/caswell).

**Got an upcoming event in Alamance, Caswell, Randolph or Rockingham counties? Interested in starting a new support group? E-mail us at [monica@fsncc.org](mailto:monica@fsncc.org) or call 336-334-5601 Ext. 217 and let us help you spread the word!**



lated service providers throughout the area!

*\* Please note: FSNCC does not endorse any specific agencies or organizations. Listings are provided for informational purposes only.*

### CALL TO ACTION: PROTECTING N.C. SMART START

Did you know that Smart Start (Guilford County Partnership for Children) funds many of the services we offer to families here at FSNCC? Their funding supports our entire NICU Program and a significant portion of the CDSA Liaison position! If this funding is lost or cut significantly, the services we offer to our families will be diminished or even eliminated entirely!!

Now more than ever, your voice can make an important difference for our organization and the many others supported by Smart Start funding who serve children and families. PLEASE take a moment to contact Governor Perdue and your legislators to share your story and tell them what a difference programs funded by Smart Start have made for you! Let them know that a drastic cut places a disproportionate share of the sacrifice on our state's youngest, most fragile children and their families.

\* Find out which elected officials represent you at <http://hugh.ncsmartstart.org/>

advocate

\* Contact Governor Perdue's office:

- Call (800) 662-7952 or (919) 733-239
- Fax (919) 733-2120
- Email [governor.office@nc.gov](mailto:governor.office@nc.gov)
- Post to her Facebook page

Family stories really do have an enormous impact on the decisions of our State legislators. A few minutes of your time now can have a tremendous impact on services for children and families!

### MAY 1ST EVENT FROM TRIAD HITCH-UP

This local support group for families of children who are deaf/hard of hearing will host a discussion panel on Sunday, **May 1st** featuring parents and their children with hearing loss from preschool-high school age. Panelists, who use different methods for hearing & communication, will share their stories & answer your questions. The meeting takes place from 3:30pm – 5pm at Greensboro AHEC (Area Health Education Center), located at Moses Cone Memorial Hospital, Rooms 31 & 33. Child care provided. For more information, call 336-409-0776 or send e-mail to [triadhitchup@gmail.com](mailto:triadhitchup@gmail.com).

### UPCOMING EVENTS FROM AUTISM SOCIETY OF NC

\* The Guilford county chapter of the ASNC hosts informative monthly meetings for families on the 3rd Friday night of each month during the school year from 6:30-8:00 p.m. at Brooks Global Elementary School, 1215 Westover Terrace in Greensboro. Child care is available with RSVP.

The **May 20th** meeting will feature Dr. Melanie Hanson and Michael Mason, both teachers in GCS autism programs, to discuss fostering independence and preparing children for adulthood. This will be the last meeting of the school year; meetings will resume in the Fall.

\* Informal parent coffee breaks are also offered monthly, including a special meeting for parents of children with high-functioning autism or Asperger disorder. Upcoming coffees are scheduled for **May 6th** (general meeting) and **May 10th** (high-functioning/Asperger's) at 9:30 a.m. at Maxie B's Bakery & Dessert Café, 2403-7 Battleground Ave. in Greensboro. For more info, contact Chris at 336-854-9497, e-mail [asnccg@gmail.com](mailto:asnccg@gmail.com), or visit [www.asnccg.org](http://www.asnccg.org).

\* ALSO: The Spring Fun on The Farm event, sponsored by the A-O Civitans, will be held on Saturday, **May 7th** from 11:00-4:00 in Caswell county. This free event offers a day of outdoor fun for people with autism and their families. \* **Please note: date & time have been updated since our last issue!** Visit [www.asnccg.org](http://www.asnccg.org) for directions & RSVP information.

### FUN WITH LEGOS AT TRISTAN'S QUEST

If you've got a kid who loves to Lego, Tristan's Quest is the place to be. A new Lego Club is meeting on Saturday mornings from 9:30 a.m.-12:30 p.m. at the TQ offices, located at 115 S. Walnut Circle in Greensboro. This is a well-supervised, inclusive play opportunity welcoming ALL children. Cost is

\$25 per session. To learn more or register, call TQ at 547-7460.

### **KOPPER TOP DERBY DAY COMING MAY 7TH**

Kopper Top Life Learning Center, a therapeutic horseback riding facility, will offer its annual Derby Day Saturday, **May 7th** from 10:00 a.m.—3:00 p.m. \$5 horse rides, food, hayrides, and a bounce n' slide are just a few of the activities offered during this fun event. Admission is free. Located at 6657 Kimesville Rd. In Liberty. Learn more at [www.koppertop.org](http://www.koppertop.org).

### **TAE KWON DO FOR STUDENTS WITH SPECIAL NEEDS**

Mike King of the Greensboro Black Belt Academy is coordinating martial arts training for children aged 5 and up who have special developmental and/or behavioral needs. King describes the program: "Our special needs program is a dedicated special needs class offered only to students with specific needs. Our goal is to acclimate them to a mainstream class if that is their wish. We have been running this program for around 6 years. The maximum class size is 8. We work toward helping each student improve their balance, strength, and focus with our training. More importantly, we try to help them recognize behavior and cues so that they can begin to self-monitor social interaction. Belt rank is also part of our program, but not the focus of class. Students learn the curriculum progressively and move up in rank based on their individual successes." Classes are currently held at 109-B Pisgah Church Road in Greensboro. To learn

more, contact Mike at (336) 282-7045 or send an e-mail to [greensboro-blackb@bellsouth.net](mailto:greensboro-blackb@bellsouth.net).

### **CHEERLEADING TEAM FOR EXCEPTIONAL KIDS**

Greensboro All-Star Cheerleading's award-winning Sapphires team is gearing up for its 2nd season of competitive cheerleading! Benefits of cheerleading include increased strength and range of motion—and, even more importantly, improved confidence and self-esteem. Kids of all ages and ability levels are invited to join this special team. To learn more, contact Mary Kathryn Fodel at 336-209-1254 or e-mail [gaccoachmkat@aol.com](mailto:gaccoachmkat@aol.com).

### **NEW SUPPORTS FOR GUILFORD COUNTY FAMILIES**

North Carolina MENTOR offers Crisis Supports to children, teens, and families experiencing stress in order to prevent possible disruption and preserve family functioning. In addition to emergency stabilization and intervention services, we can assist at-risk families in preventing crisis situations by providing support for early indicators such as sibling conflicts, difficult behaviors, lengthy or delayed adoption procedures, lack of attention for a child's therapeutic needs, significant life changes and other escalating issues. This Crisis Supports program provides an array of services to develop an individual support plan that will stabilize at-risk families, continue permanency planning and ensure that the family can live together successfully. NORTH CARO-

LINA MENTOR's Crisis Supports team includes licensed therapists and crisis intervention specialists who understand the dynamics of crisis in families and the local resources and systems of care. For referrals Mon-Fri, 8am-5pm, please contact us at: 336-856-1140, Ext. 34 After regular business hours, please call: 336-314-8725.

### **NATIONAL PARENT HELPLINE LAUNCHED**

Parents Anonymous, based in Claremont, CA, has launched a free national helpline to help parents face the challenges of child-rearing. The organization works to reduce child abuse by partnering with parents to provide emotional support, counseling and other resources. The Helpline, which launches today, will serve as a resource for millions of parents and caregivers. Trained "Helpline Advocates" will assist callers with a wide range of issues, including positive discipline techniques, stress reduction and personal safety. The advocates will also provide referrals to community-based programs, shelters, child care and substance abuse programs. You can reach the hotline Monday-Friday, 7:00 a.m.—4:00 p.m. EST, at 1-855-4A PARENT.

### **SCHOLARSHIPS FOR SELF- ADVOCATES AND FAMILIES**

Have you heard about the Jean Wolff-Rossi Fund? This program of the North Carolina Council on Developmental Disabilities offers opportunities for people with intellectual/developmental disabilities and their parents, family members,

or guardians to attend seminars and conferences which "improve the individual's knowledge, networking and skill levels for self advocacy." To apply, visit [www.nc-ddc.org](http://www.nc-ddc.org). Click on "What We Do" to learn about this program and the many other opportunities offered by the NCCDD.

### A CHANCE TO MAKE OUR VOICES HEARD

The IDEA National Survey Project (sponsored by the National Center for Learning Disabilities, National Down Syndrome Society, Autism Society of America, Autism National Committee, & The Advocacy Institute) is seeking parents, professionals, and self-advocates to participate in a survey regarding the quality of special education services. The purpose is to study whether parents perceive the playing field as level for themselves and their children with disabilities, and whether they believe their rights are protected. The survey will examine what parents and those who work with them think about these issues. The survey will examine whether parents and self-advocates perceive themselves as being treated as equal partners in their children's education, including IEP meetings, evaluations and eligibility, and Due Process and Impartial Hearings. Answers will be used to compile a report about the experiences and perceptions of parents and those who work with them regarding these issues. To participate, visit [www.ideasurvey.org](http://www.ideasurvey.org).

### LINDLEY REHABILITATION PLANS DAY SUPPORT PROGRAM

Lindley Habilitation Services has received licensure from the state to begin a Day Supports Program. An interest meeting is being planned to let families know about Lindley's vision for this new program. A Day Supports program provides assistance with acquisition, retention, or improvement in self-help, socialization and adaptive skills, which take place in a non-residential setting, separate from the home or facility in which the participant resides. This program will operate Monday-Friday from 8:30am-2:30pm. Consumers 18 years and older may be eligible for this program. Topics to be addressed during this meeting will include a definition of Day Supports; internship opportunities; college life; parent concerns; and more. To learn more about scheduled meeting times, please email [george@lindleyhabilitation.com](mailto:george@lindleyhabilitation.com).



### SIBSHOPS INSPIRES KIDS TO KEEP CLIMBING HIGHER

The 2010-'11 year of Sibshops ended on a high note at Tumblebees Ultimate Gym in Greensboro. All of us at FSNCC would like to extend our deepest appreciation to the many hardworking Sibshops staff members and volunteers who keep this important program up and running. We are already looking forward to next year's sessions! Learn more about this program at <http://fsncc.org/Sibshops>.



**The only thing we DON'T love about Sibshops is saying goodbye to our rising 7th graders. Pictured from left to right are our 2011 "graduates," Justin Dispensa, Nate Yingling, Denni Wright, and Jacob Vail. We'll miss you guys—but we will never forget our time together!**