

Jeans Wins Pentathlon And Proves Coaches Right at Summer Games

Blessed with talent and determination, Carl Jeans is no stranger to winning. He has taken home nearly a hundred medals, trophies, and ribbons over the years. But nothing matches the performance that Jeans recently delivered at the 2007 Special Olympics Ohio Summer Games in Columbus.

On June 24 Jeans was declared the winner of the very demanding, five-in-one competition known as the pentathlon, and it wouldn't have happened at all without staffers Trina Hutlock and Judy Hartung fully believing that Carl could do something neither he, nor any other Murray Ridge athlete (or coach) had ever attempted.

Both Hartung, who serves as Recreation Habilitation Manager and Hutlock, an instructor at the Lorain Workshop and Activity Center, were involved in coaching Jeans in softball, basketball and track events over the last few years. It might be an overstatement to say that winning comes easy to Jeans, but he sums things up pretty neatly when he says, "I know winning isn't everything but it's a lot of things better than losing."



Coach Trina Hutlock and Carl Jeans Celebrate

"We made the case, he made the commitment, and then, well it was a genuine 'what now coach' moment," says Hutlock, laughing.

The Pentathlon requires a competitor to exhibit measured qualities of strength, jumping ability, and speed five different ways over two days. Specifically, the Pentathlon is comprised of the high jump, the running long jump, the shotput, the 100 meter run and the 400 meter run. Points are awarded in order of finish per event and totaled at the conclusion.

No allowances are made for height, weight or age, factors that can significantly enhance or detract from a competitors skill in one or more of the events.

With Carl's commitment made, Hutlock scrambled to find out all she could about the high jump and shotput as Jeans had never attempted them before and neither she nor Hartung had ever coached the events.

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A total of 44 athletes represented Murray Ridge at the 2007 State Summer Games. Many won awards, and all stayed true to the Special Olympics oath: "Let me win, but if I cannot win, let me be brave in the attempt."



"We knew Carl could run fast. Carl knew he could run fast. Even at 33 and running against competition that is often 15 years younger, Carl would manage to win. The fact is, Carl has been excelling as an athlete since he came to Murray Ridge at the age of 19. In basketball he often scores the goal you need; in softball he often gets the hit you want. With anyone so naturally gifted with athletic ability, the question becomes, what can we do to help Carl keep challenging himself; and that's how the pentathlon possibility emerged," said Hutlock.

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Oberlin College agreed to let them use their indoor facility for practice and Hutlock went online to find out all she could about techniques for high jumping. "For the record, there were nearly 2 million citations on Google under that topic." In the end, Hutlock said she went with what seemed the most direct approach, and "a hunch."

The direct approach concerned speed and coming off the jumper's lead foot, which in Carl's case, was his right foot which meant approaching the bar from the right side. The hunch that Hutlock had was to have Carl jump from his weaker side in practice and from his stronger side at the Summer Games.

When he arrived in Columbus, Jeans watched the others warm up and thought they had really made a mistake. "I was scared watching the others; I couldn't imagine going up over the bar as easy as they were," he said.



If Hutlock had doubts she didn't say, but at the end of the day, it didn't matter, because he easily won the high jump, and eventually, the entire competition.

In a field completely comprised of exceptional athletes, Jeans accomplished the following: high jump, first place; running long jump, first place; 400 meter, second place; 100 meter, second place; shotput, third place. When it was all totaled, Jeans had amassed 1,191 points, a full 89 points more than the silver medalist, and one of the highest scores ever recorded for the event.

In recognition of his achievement, Jeans was given the honor of leading the "Survivor's Lap" at the opening of the American Cancer Society Relay for Life, at Elyria Catholic Stadium on July 13.

What's next might be the National Special Olympics, as Carl's finish might easily put him into consideration. Hartung and Hutlock are checking on that possibility. Whether that does or does not happen, it isn't going to change his advice to other athletes: "Just try. If you don't try, you can't win. Just try."

Jammin' At The Jamboree

Two consumers from the Lorain Workshop and employees **Terri Camp, Beth Meyers, Cindy White, and Tracey Chase**, represented Murray Ridge Center in the Amherst Old-Time Jamboree Parade on July 15. A special thank you goes to consumers and staff at Lorain Workshop for

decorating the Para-transit van with eye-catching banners!



Pictured left: Terri Camp, Ana Cruz, Sarah Ward, Cindy White, and Tracey Chase.

Murray Ridge Center Events

- 8/7- Family Support Parent Committee Meeting, Administration Building, 6:30 p.m.
- 8/9- Early Intervention Evening Playgroup, MRS, 5:00-6:00 p.m. and 6:00-7:00 p.m.
- 8/20- LCBMR/DD Meeting, Administration Building, 1091 Infirmary Rd., Elyria, 8:00p.m.
- 8/23- Early Intervention Evening Playgroup, MRS, 5:00-6:00 p.m. and 6:00-7:00 p.m.
- 8/28- Back to School, first day of classes

Cruisin' At The Community Days

Six employees **Tracey Chase, Patty Clickner, Tim Donohue, Scott McIver, Ruby Taylor, and Mary VanAlmen**, walked along with some of their children in the Community Days Parade in Sheffield Lake on July 12.

Pictured right: Ruby Taylor (& children), Scott McIver (& daughter), Mary VanAlmen, Patty Clickner, and Tracey Chase (& children).



Community Events

- 8/12 - North Ridgeville Corn Festival, Parade 2:30 pm
- 8/12 - ADA Community Picnic, Bleser Park, Avon Lake 4 - 7 pm
- 8/18 - Lorain Port Authority *A Taste of History*, Black River Landing 9am-9pm *Wine On The Water*, *Farmers' Market*, *Antiques On The River*
- 8/20 - 8/26 - Lorain County Fair, (Building #19) Wellington

New Faces in Murray Ridge Places

Please welcome the newest members of the Lorain County Board of MR/DD family. We wish you the best as you begin your career with our organization!



Patricia Crum

Patricia Crum was recently hired as a part time Licensed Practical Nurse at the Meister Road Home. She has five adult children and four grandchildren. Patricia loves to read and spend time with her family and four dogs.



Rachel Ruggles

Rachel Ruggles was recently hired as a group home aide permanent sub for Academy Court group home. Rachel graduated with honors from New London High, and received her Bachelors at Bowling Green State University. She has a new baby girl, McKenna. Her interests include softball, volleyball, museums, and shopping.



Susan Leonard

Susan Leonard was recently hired as a Clerical Counselor for East Ninth Group Home. She graduated with honors from North Olmsted High. Susan has two grown sons and one grandson. She enjoys bird watching and Sudoku.



Alba Soeder

Alba Soeder was recently hired as a Workshop Aide at the Elyria Workshop. She has already been working for Murray Ridge as a workshop sub. She graduated from Instituto Juventud Hondurena in Honduras, where she also was a primary school teacher. Her interests are exercising, reading, and cooking.



Board Room Briefing

At the July 17 meeting of the Lorain County Board of MR/DD:

Superintendent Fisher informed the Board that the agency was granted a highly favorable three-year certification status as a result of the recently concluded Accreditation Review by the Ohio Department of MR/DD. Dr. Fisher stated that certification periods range from one to four years in length and are awarded on a point system. Because the agency was only 1.5 points short of being awarded a rare four-year certification, Dr. Fisher also stated that it had utilized its right to challenge some findings within the Department's specified 10-day time period. Whether or not this challenge results in an added fourth year will not be known for 30 days. In other business, the Board unanimously approved revisions to the Notification of Absence policy, to reflect the most recent bargaining agreement.

Upcoming Conferences & Workshops

Vocational Skills Inservice Training

Training includes five sessions. Each session is approved with two (2) Continuing Education Credit hours.

An Introduction - Overview of the Murray Ridge Production Center
Session held at Elyria Workshop
August 16, 2007 4:30pm - 6:30pm

Time Studies - Insight into conducting time studies and setting up jobs
Session held at Elyria Workshop
August 30, 2007 4:30pm - 6:30pm

Job Design & Set Up - Focus on setting up jobs within the workshop
Session held at Elyria Workshop
September 13, 2007 4:30pm - 6:30pm

Quality Control - Training on quality control issues and standards
Session held at Lorain Workshop
September 27, 2007 4:30pm - 6:30pm

Documentation - Focus on time sheets and shipping and receiving paperwork
Session held at Oberlin Workshop
October 04, 2007 4:30pm - 6:30pm

For more information contact, **Laura Barney**, 440.329.3734.

Summer Day Camp Concludes

Once again, Murray Ridge was filled to capacity with happy campers. For five weeks, from June 12 to July 13, 55 campers explored a variety of events and summertime activities.

Themes included "the circus", "the beach", and "Christmas in July". Games abound during Summer Camp and few are more popular than "Beach Bingo" pictured here.



Joe Cechura, and Steven Fosdick, have a ball with Steffani Chmura, Camp Coordinator.

Lorain County Board of Mental Retardation
& Developmental Disabilities

Murray Ridge Center
1091 Infirmary Road
Elyria, OH 44035

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www.loraincountymrdd.org



Lunch Menus for Murray Ridge Center

Cost Per Day: Youth = \$2.45, Adults = \$2.50

Week of August 13– 17 and September 3 - 7

Monday- Ham, Rice Pilaf, Diced Carrots w/Herbs, Applesauce

Tuesday- Hamburger on a Bun, Potato Wedges, Corn, Crushed Pineapple, Cookie

Wednesday- Chicken Patty w/Gravy, Au Gratin Potatoes, Green Beans, Fruit, Wheat Bread, Cookie

Thursday- Pepperoni & Cheese Pizza, Tossed Salad w/ Low fat Dressing, Banana, Nutri-Grain Bar

Friday- Macaroni & Cheese, Cooked Carrots, Diced Pears

Week of August 20 - 24 and September 10 - 14

Monday- Chicken Patty on a Bun, Potato Wedges, Corn, Crushed Pineapple, Cookie

Tuesday- Meat Lasagna, Tossed Salad w/Low fat Dressing, Diced Peaches, Nutri-Grain Bar

Wednesday- Rigatoni w/Meatballs, Green Beans, Tossed Salad w/ Low fat Dressing, Wheat Bread, Jelly, Cookie

Thursday- Pepperoni & Cheese Pizza, Fresh Fruit, Nutri-Grain Bar

Friday- Meat/Cheese Burrito, Spanish Rice, Cole Slaw, Applesauce

Week of August 27 - 31 and August 6 - 10

Monday- Salisbury Steak w/Gravy, Scalloped Potatoes, Corn, Peaches, Cookie

Tuesday- Ham & Cheese on Wheat Bread, Peas & Carrots, Pears, Nutri-Grain Bar

Wednesday- Meat Lasagna, Green Beans, Tossed Salad w/ Low fat Dressing, Wheat Bread, Cookie

Thursday- Pepperoni & Cheese Pizza, Tossed Salad w/ Low fat Dressing, Banana, Nutri-Grain Bar

Friday- Fish Patty, French Fries, Cole Slaw, Apple Slices, Wheat Bread, Cookie