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Iowa Special Olympics athletes chosen For National Games



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Mid-America
Publishing

Iowa's special athletes are getting ready to go for the gold.

Last week Special Olympics Iowa announced the official list of the athletes that will represent the state next year during the 2018 Special Olympics USA Games in Seattle, WA.

Thirty-four Iowa athletes have been chosen to represent the state in the 2018 USA games.

From Cedar Rapids, a ten-man team of flag football players will include John Barker, Benjamin Bradshaw, Nicholas Forrest, Luke Ross, Bryon Sexton Jr., Dylan Soppe, Jesse Strasser, Greg Werning, Paul White, and Robbie White.

In the power lifting event, Mitchel Betsworth of Sioux City and Brad Small of Muscatine will put their muscles to the test.

Mary-Kate Dorracombe of West Des Moines, Adam Kotek of Cedar Rapids, Travis Moss of Muscatine, and Brittany Ryerson will dive in for the swimming competition.

Alex Brooks of Cedar Rapids and Gabriel Veasey of Davenport will take a swing at the tennis contest.

The Bettendorf squad of Mark Farrell, Colin Fye, Theresa Lemen, and Marie Randol will team up for unified bocce and, from Sioux City, Ann Newton, JJ Reeg-Becker, Ron Schmidt, and Estrella Tejada will look for strikes in the unified bowling contest.

Finally, representing Iowa



Ten flag football players from Cedar Rapids will represent Iowa next year in the 2018 USA Special Olympic games. (Photos courtesy of Special Olympics Iowa)

on the track and field will be Brandon Baier, Griswold; Mike Carnes, Davenport; Angela Dohm, Davenport; Josh Hickey, Dubuque; Rick Malles, Davenport; Laura Smith, Davenport; and Abbi Stastny, Cedar Rapids.

Over the next year, the selected athletes will train to get in prime condition for the 2018 contest.

"All of the athletes will be training with their specific coaches," said Stephanie Kocer, communications manager with Special Olympics Iowa. "They train all year and then, leading up to the games in July, they'll all get together."

Special Olympics Iowa and their athletes are funded through local sponsors and donations, who finance programs that give athletes with intellectual disabilities opportunities to compete in safe environments. The organization offers training and hosts con-

tests for 23 Olympic-type sport categories from skiing to soccer to volleyball.

Roughly 70 of these athletes put their lot in to represent Team Iowa in the national contest and half were selected to go to the Seattle games from July 1-6 of 2018.

In Seattle, the team will join more than 4,000 other Special Olympics athletes from across the nation, competing for a crowd of thousands in Seattle's Husky Stadium. While Iowa won't be represented in each of the 14 athletic contests, half of the events will include athletes from the Hawkeye State.

Seattle may not be the final stop for these athletes either. Those that perform well in the USA games will qualify for the 2019 Special Olympics World Summer Games in Abu Dhabi, representing the United States against 170 other countries from around the world.

Supporters won't have to wait until next summer to see these athletes in action though as several of them will be competing around Iowa over the next year

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Memory-Making Meals Mark Back to School

FAMILY FEATURES

Most families are looking for ways to spend more time together, but managing the family schedule can be a daunting task, especially with the additions of nightly homework and extracurricular activities a new school year brings.

Hectic weeknight schedules during back-to-school season don't need to get in the way of quality time spent around the dinner table with these simple tips for enjoying dinner together.

DESIGNATE A TIME. Write dinnertime on a calendar in the kitchen so every family member is aware of this special time and can look forward to sitting down together. Even if your schedule is overwhelming, pick a specific day each week and block out time to have a meal as a family.

RELY ON FOODS ROOTED IN TRADITION. Experimenting with recipes can add quick and easy new favorites to the family meal repertoire like Spaghetti and Turkey Meatballs, a modern twist on the nostalgic family classic. Whether that's a new take on ravioli or a family-favorite pasta dish, families can count on serving up delicious pasta sauces rich with bold, Italian flavors and vine-ripened tomatoes.

CREATE RITUALS. To build a tradition

in the kitchen, try involving the whole family by showing your kids age-appropriate ways to contribute to their favorite meal. Let them measure ingredients to create better-for-you turkey meatballs, carry ingredients from one place to another, mix and pour ingredients, and set the table. Creating a ritual of cooking a favorite back-to-school meal with your kids is a good way to help them build healthy habits and skills that will last a lifetime.

STEP AWAY FROM YOUR CELL PHONE. Designate dinnertime as a no-cell-phone zone. Leave your mobile devices in another room to allow for time to reconnect with your loved ones and be fully present.

CREATE FUN DINNER TABLE TOPICS. Making the table a fun place to be is the best strategy for getting your family to dinner and keeping them at the table longer. Make a game out of sharing the best parts of your day with each other. This can be a great way to laugh together as well as an opportunity to offer much-needed advice and support.

Find more easy recipes to bring the family together during the busy back-to-school season and throughout the year at RAGU.com or on Facebook.

Spaghetti and Turkey Meatballs

Prep time: 15 minutes | Cook time: 15 minutes | Servings: 5

- 10 ounces spaghetti
- 1 pound (85 percent lean) ground turkey
- 1/2 cup Italian-seasoned, dry bread crumbs
- 1/4 cup grated Parmesan cheese, plus additional (optional)
- 1/4 cup chopped Italian parsley
- 1 egg, beaten
- 3/4 cup water, divided
- 1/2 teaspoon kosher salt
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper
- 1 jar traditional-style spaghetti sauce

medium heat, heat olive oil, garlic and crushed red pepper. Add sauce and remaining water once garlic is golden.

Arrange meatballs in sauce; cover and cook 10 minutes, or until cooked through (165 F),

stirring occasionally. Serve with cooked spaghetti and additional Parmesan, if desired.

Tip: Use a small ice cream scoop or melon baller to easily make evenly sized meatballs.



Cook pasta as directed on package, omitting salt; keep warm.

Combine turkey, bread crumbs, Parmesan, parsley, egg, 1/4 cup water and salt. Shape mixture into 25 (1 1/4-inch) meatballs.

In large, nonstick saute pan or

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