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THE PYRAMID



**Date: Saturday, February 18th**  
**Location: Belleville Yacht Club**  
**831 E. Huron River Drive**

10:00am - Plunge Check-In Opens & Pre-Plunge Party  
*Turn in cash & check donations, get your incentives, prepare to plunge!*

12:00pm - Plunge into Belleville Lake  
*Plungers will walk on the dock and jump into the hole cut by the dive team, who will be there to assist you out of the water. All spectators should remain on shore and on the restaurant patio.*

After - After-Splash Bash & Awards

Lunch is included for all plungers who raise \$100+. Drinks & Lunch for spectators is available for purchase on-site.

*The Polar Plunge for Special Olympics Michigan event series is presented by: Law Enforcement TORCHRUN for Special Olympics Michigan.*

Click Link below for information and to register:

<https://www.classy.org/event/wayne-county-polar-plunge-2023/e440330>

**You can support the Arc Downriver for this event in the following ways: Be a plunger or Make a pledge to a Plunger. We are in need of items like Gift Cards for food, shopping, movies, etc., Event Tickets, Wine, Scratch Off and much more to create Raffle Baskets. If you are able to donate completed Raffle Baskets, that would be so very helpful.**

**Contact Brenda Zeqiri (313) 402-5621 or Beth at the office (734) 283-0710 with your donations or if you have any questions. Thank you a head of time for your support!**

# Mission Statement

To advocate for individuals with intellectual and/or developmental disabilities, have cognitive impairments and their families by promoting choices, creating opportunities, and providing support needed to *fully participate* in the community.

**The Arc Downriver**  
 1028 Oak Street  
 Wyandotte, MI 48192

**Office Manager: Beth Klocek**

**Phone:** 734-283-0710

**Fax:** 734-283-9018

**Email:** [arcriver@sbcglobal.net](mailto:arcriver@sbcglobal.net)

**Website:** [www.downriverarc.org](http://www.downriverarc.org)

**Facebook:** [www.facebook.com/  
TheArcDownriverOFFICIAL](http://www.facebook.com/TheArcDownriverOFFICIAL)

**Office Hours:**  
**Tuesday - Thursday**  
**9:30 am - 2:00 pm**  
**Fridays 9:30 - 1:00 pm**

*Please call before coming to the office to make sure that someone is at the office to assist you, thank you!!*

Proudly serving children and adults with intellectual and/or developmental disabilities since 1954.

Affiliated with The Arc of the U.S. and The Arc of Michigan.

A member agency of



If your name is missing from the birthday list, it may be because you may not have given us the information. If you wish to be on the list, contact the office at 734-283-0710.



## The Arc Downriver Board of Directors

### OFFICERS

President: Brenda Zeqiri  
 Vice President : Linda Junod  
 Treasurer: Kevin Martin  
 Secretary: Carla March

### DIRECTORS 2021-2023

James Hamric / Kathy Smalley /  
 Crystal Jennings

### Past BOD President

Dennis Glinski

### EXECUTIVE DIRECTOR

Kevin McGuckin

### Advocates:

Working to fulfill the mission in accordance with the Arc of the United States, advocating for individuals who are intellectual developmentally disabilities and/or cognitively impaired and their families by promoting choices, creating opportunities and providing support needed to fully participate in the community.

- |                    |                 |
|--------------------|-----------------|
| <b>Robert</b>      | <b>Bergum</b>   |
| <b>James</b>       | <b>Buber</b>    |
| <b>Justin</b>      | <b>Buchanan</b> |
| <b>Chelsea</b>     | <b>Hetter</b>   |
| <b>Mark</b>        | <b>Maddox</b>   |
| <b>Michael</b>     | <b>May</b>      |
| <b>Kim</b>         | <b>Page</b>     |
| <b>Mark</b>        | <b>Proctor</b>  |
| <b>Mike</b>        | <b>Reitz</b>    |
| <b>Hailey</b>      | <b>Sieloff</b>  |
| <b>Matthew</b>     | <b>Slattery</b> |
| <b>Daniel</b>      | <b>Strang</b>   |
| <b>Christopher</b> | <b>Sullivan</b> |
| <b>Robin</b>       | <b>Takacs</b>   |

Serving eighteen communities in the Downriver area for 65 years:  
 Allen Park, Brownstown Township, Ecorse, Flat Rock, Gibraltar,  
 Grosse Ile, Lincoln Park, Melvindale, New Boston, River Rouge,  
 Riverview, Rockwood, Romulus, Southgate, Taylor, Trenton,  
 Woodhaven and Wyandotte.

# Kindness Matters Fundraising Form

To Support Our Sports Program

Will you support my positivity so my friends and I can do the sports we love?

Arc Downriver Sports Program  
1028 Oak St, Wyandotte, MI 48192

Participant Name: \_\_\_\_\_

Sponsor Name & Address	Phone Number	Example \$1.00 Be Kind	Example \$1.00 Good Sportsmanship	Example \$1.00 Have Fun	Example \$1.00 Be Brave	Example \$1.00 Do Your Best / Give it Your All	Example \$1.00 Help Coaches	Example \$1.00 Help Other Athletes	Example \$1.00 Believe In Yourself	Example \$1.00 Never Give Up	Example \$1.00 Encourage Others	Example \$1.00 Be Responsible	Example \$1.00 Have a Wonderful Day	Total Amount \$ (Quantity Price)	Amount Paid
<b>Money and Forms are due by Thursday, March 2nd, Thank you!</b>	<b>Totals:</b>														

Call Brenda Zeqiri 313-402-5621 if you have any questions.  
Please make checks payable to "The Arc Downriver" on the Memo line please write "Sports". Thank you!

# Arc Downriver Spring Bocce Ball

Date: Practice Starts on Saturday, April 1, 2023

Where: Behind the Woodhaven Municipal Building  
21869 West Road  
Woodhaven, MI 48183

Time: Group 1 - 9:00 to 10:00 am  
Group 2 - 10:00 to 11:00 am

- ♦ All returning athletes, please attend the practice session that you were in for spring practice in 2022. All new athletes will be in Group 2 at 10:00 am.

## PLAYERS:

- **Must be a current Arc Downriver member.**
- Must have a signed Special Olympics Athlete Release Form and a current Special Olympics Athlete Medical Form (physical) on file in The Arc Downriver Office. The physical cannot expire before the end of the season. If the current physical expires before the end of the season, a new physical must be submitted prior to the start of bocce ball. Physicals must renew every 3 years.
- Must be 16 years or older to participate.
- Must wear appropriate clothing.
- **Must return the permission slip below to the Arc Downriver office by Monday, March 20th.**

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## Bocce Ball Spring 2023 Sign-Up Sheet

Name of Athlete \_\_\_\_\_ Date of Birth \_\_\_\_\_

Are you Covid Vaccinated Yes \_\_\_\_\_ No \_\_\_\_\_ Please provide a copy of your Covid Vaccination Card, required for ALL State Games, if not already on file at the Arc Downriver Office. If not vaccinated, proof of a negative rapid test will be required 72 hours prior to the event.

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Shirt Size \_\_\_\_\_

Email \_\_\_\_\_

I understand that for my son/daughter to participate in the 2023 Spring Bocce Ball season, my son/daughter must have a current Special Olympic Health Appraisal **on file in the Arc Downriver office.**

Signature of Parent or Guardian \_\_\_\_\_

**Please return to The Arc Downriver, 1028 Oak Street, Wyandotte, Michigan 48192 or email [arcriver@sbcglobal.net](mailto:arcriver@sbcglobal.net) by no later than Monday, March 20, 2023.**

Physical Expiration Date \_\_\_\_\_ Member Expiration Date \_\_\_\_\_  
*(Office Use Only, unless you can provide.)*



# Arc Downriver Track and Field

Tentative Start Date: Saturday, April 1, 2023

Location: TBD

Time: 11:00 am-12:30pm



## PLAYERS:

- **Must be a current Arc Downriver member.**
- Must have a signed Special Olympics Athlete Release Form and a current Special Olympics Athlete Medical Form (physical) on file in The Arc Downriver Office. The physical cannot expire before the end of the season. If the current physical expires before the end of the season, a new physical must be submitted prior to the start of Track and Field. Physicals must renew every 3 years.
- Must be 16 years or older to participate.
- Must wear appropriate clothing.
- **Must return the permission slip below to the Arc Downriver office by Friday, March 3rd.**

\* Coach Debbie and Coach Annette are requesting that **all Athletes** signing up for Track and Field attend an on site meeting at the Arc Downriver Office on **Saturday, March 25th at 11:00am**. Please park in the back parking lot. This is where you will receive your Track information and you can turn in any requested information to your Coaches. **A parent, caregiver, etc., MUST BE in attendance with the Athlete to provide and receive information on their behalf!**

*(Please Contact Coach Debbie Galinac with questions at 734-558-9456)*

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## Track and Field 2023 Sign-Up Sheet

Name of Athlete \_\_\_\_\_ Date of Birth \_\_\_\_\_

Are you Covid Vaccinated Yes \_\_\_\_\_ No \_\_\_\_\_ Please provide a copy of your Covid Vaccination Card, required for ALL State Games, if not already on file at the Arc Downriver Office. If not vaccinated, proof of a negative rapid test will be required 72 hours prior to the event.

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Shirt Size \_\_\_\_\_

Email \_\_\_\_\_

I understand that for my son/daughter to participate in the 2023 Track and Field season, my son/daughter must have a current Special Olympic Health Appraisal **on file in the Arc Downriver office.**

Signature of Parent or Guardian \_\_\_\_\_

**Please return to The Arc Downriver, 1028 Oak Street, Wyandotte, Michigan 48192 or email [arcriver@sbcglobal.net](mailto:arcriver@sbcglobal.net) by no later than Friday, March 3, 2023.**

Physical Expiration Date \_\_\_\_\_ Member Expiration Date \_\_\_\_\_  
**(Office Use Only, unless you can provide.)**



## Memorial Donations for Christopher Anderson

The Jakubek and Abela Family

## Memorial Donations for Stanley Doroshewitz

Bob, Debbie and Amy Litwinski



Thank you so much for your January Donations:

- ◆ **Daniel Berger**
- ◆ **Erin Chickowski**
- ◆ **Kevin Detter**
- ◆ **Sophia Goniwika and Family**
- ◆ **Knights of Columbus - Our Lady of Victory , Rockwood #5446**
- ◆ **The Ottenbreit Family**
- ◆ **Katherine Seale**
- ◆ **Coach Phil Lewis and The Free & Accepted Masons of the State of Michigan**



**Our Monthly Dance is  
Saturday, February 18th  
6:00 - 8:00 pm  
at the Arkay Building.**

***YOU MUST RSVP by calling the office at 734-283-0710 to let us know you will be attending.***

If you would like to purchase pizza, there will be a \$2.00 fee at the door. You can bring your own pop/soda, water or coffee to the dance. We will only be serving bottled water with your purchased pizza.

You **MUST** be a member to attend. Your friends **MUST** also be a member to attend. We welcome their support of the Arc Downriver.

If your membership has expired, please contact the office at 734-283-0710 or go to our website at [downriverarc.org](http://downriverarc.org) to fill out the form and pay on line.

**If you haven't already done so, please fill out a new emergency card and a new Consumer Policy Form. There will be copies at the door.**

# Adventure Club News

**Adventure Club is Thursday, February 9th from 5:00 - 7:30 pm.**

Located at the Arkay Building, 15221 Eureka in Southgate next to the Olive Garden.

## Thursday Activities

- ◆ Game Night
- ◆ If you can, please bring a snack or drink to share.



The Adventure Club is in need of donations such as single serve snacks, bottled water or single serve pop.

See Megan for more information.

*Thank you!*

Participants in Adventure Club, Art at the Arc, and the dances **MUST:**

- have a *current* Arc Downriver membership
- have a *signed* Consumer Activity Policy and emergency on file.

If **YOU** need to renew your membership, sign the new Consumer Activity Policy or update your Emergency Card, please see Megan.

## Art at the Arc



Art at the Arc is a therapeutic acrylic painting class.


The 4-week sessions takes place during Adventure Club hours (5:30-7:00 pm) and is taught by *Elroy Grande*, one of Downriver's finest artists. **There is a \$25.00 Fee per month.**

- ◆ **Artist's please note that the first Wednesday of each month begins a new art session. Please pay during class, not at the Arc Downriver office, on or before each session so that we may plan accordingly as classes fill up quickly.**

*Artwork completed throughout the year will be displayed, when we have the Opening Reception for the Art at The Arc Exhibit.*

## March Art at the Arc Class Registration

(March 1, 8, 15, 22, 29)



**\$25 Fee is Non-Refundable and Non-Transferable**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email \_\_\_\_\_

Amount Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_ Staff Initials \_\_\_\_\_

Art at The Arc staff would really appreciate it if all art students pay for their monthly art class fee during Art Class hours not at the office. If for some reason you are unable to do this, and have paid at the Arc Downriver office, please bring your receipt on the evening the class begins so the staff will know that you have paid for that class and can add your name to the list of students. If you can not pay, but would like to participate contact the office (734-783-1656) or tell a staff member.

*Thank you*





## Please help the Arc Downriver Achieve for the future of our Members

To help us reduce expenses and meet our Organization's mission we are in need of the items listed below. Should you have any of these items that are new and would like to donate them to our organization, please drop off at the Arc Downriver at 1028 Oak Street, Wyandotte, MI 48192 or contact the office at (734) 283-0710. With your donation and continued support of any item on this list, you are helping us fulfill our mission of providing programs, services and advocacy for people with intellectual and/or developmental disabilities:

### Items for Fundraising and Programs:

***Fundraising is our main source of income for our organization so any and all donations are greatly appreciated.***

- Little Caesar Gift Cards, Food Gift Cards, Shopping Gift Cards, etc.
- Tickets to Sporting Events
- Tickets to Entertainment/Cultural Events
- Sports Memorabilia
- Bottle Water
- Monetary Donation (cash, check or on our website at [www.downriverarc.org](http://www.downriverarc.org))

### Hygiene Closet at the Arc Downriver Office:

- Tooth Brushes
- Toothpaste
- New Combs and Brushes
- Shampoo/Conditioner (men & women)
- Soap & Body Washes (men & women)
- Deodorant (men & women)
- Laundry Detergent
- Hand Sanitizer
- Underwear (men & women sizes large and up)
- Socks (men and women)

wish list



**The Advocates at The Arc Downriver** would really like to offer presentations and trainings to self-advocates, family members, education staff, agency staff and community members, but we simply do not have the funds to do so. The trainings/presentations would be on topics that relate to education (IEPs, suspensions, behavior interventions, etc.), independent living (how to obtain housing, recreation, access community supports, etc.), health issues (CPR Training, seizure training, etc.) and more! Lori and Linda would *love* to be able to share some of their knowledge, answer your questions and provide support. ***Please consider donating!*** If you would like to support this endeavor through a donation, please write ***for ADVOCACY Trainings*** in the memo line of your check and mail it to: The Arc Downriver, 1028 Oak Street, Wyandotte, MI 48192. *Thank You!*








# february 2023

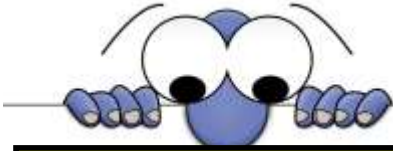


**PLEASE NOTE:** Photos and/or video may be taken at all of the Arc Downriver sponsored events (sports, art, etc.). These images may be used in print and/or electronic media.  
IF you would prefer that your image NOT be used, please contact the Arc Downriver office.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Basketball 6:30pm or 7:30pm Practice  Art at the Arc 5:30 - 7:00 pm at the Arkay building.	2 	3 Fall Bowling Indian Lanes 2:30- 4pm Arrive early	4	
5 Bowling Fundraiser at Indian Lanes 1-3pm Registration opens at 12pm Bowling starts at 1pm	6 Basketball 6:30pm or 7:30pm  Office is Closed	7	8 Basketball 6:30pm or 7:30pm  Art at the Arc 5:30 - 7:00 pm at the Arkay building.	9 Adventure Club 5-7:30pm  Game Night Bring snack or drink to share.	10 Fall Bowling Indian Lanes 2:30- 4pm Arrive early	11	
12	13 Basketball 6:30pm and 7:30pm  Office is Closed	14 	15 Basketball 6:30pm or 7:30pm  Art at the Arc 5:30 - 7:00 pm at the Arkay building	16	17 Fall Bowling Indian Lanes 2:30- 4pm Arrive early	18 Polar Plunge 10:00am  Dance Arkay Building 6-8pm MUST RSVP!	
19	20 No Basketball Practice  Office is Closed	21	22 Basketball 6:30pm or 7:30pm  Art at the Arc 5:30 - 7:00 pm at the Arkay building.	23	24	25	
26	27 Basketball 6:30pm and 7:30pm  Office is Closed	28	 <b>The Arc</b> Downriver				<b>1028 Oak Street, Wyandotte, MI 48192 (734) 283-0710 arcriver@sbcglobal.net</b>  <b>PLEASE CALL TO THE OFFICE BEFORE ARRIVING TO MAKE SURE SOMEONE IS THERE TO ASSIST YOU! Thank you!!</b>

**\*Participants in Adventure Club, Art at the Arc and the dances MUST be current Arc Downriver members, have a signed Consumer Activity Policy on file, and have a current Emergency Card on file. If you have not updated your Emergency Card lately, renewed your membership or signed the new Consumer Activity Policy, please see the staff.**

Proudly serving eighteen communities in the Downriver area for over 65 years: Allen Park, Brownstown Township, Ecorse, Flat Rock, Gibraltar, Grosse Ile, Lincoln Park, Melvindale, New Boston, River Rouge, Riverview, Rockwood, Romulus, Southgate, Taylor, Trenton, Woodhaven and Wyandotte.



***A Friendly Reminder: It's Time to Renew!  
Please help the Arc Downriver continue it's mission.  
WE NEED YOU!***

Please renew your membership by mail, bring to the office or pay on-line at [downriverarc.org](http://downriverarc.org) as soon as possible! Thank you!

**Please note that your Membership is required and must be up to date to participate in the following: Dances, Sports Programs, the Arc Downriver events, Art at the Arc or receive your requested mailed newsletter.**

Teresa	Alfieri	3/31/2023
Sarah	Amato	12/31/2022
Margaret	Anders	2/28/2023
Patricia	Barrett	9/30/2022
Katy	Bentley	3/31/2022
Robert	Bergum	3/31/2023
Howard	Bodenmiller	8/31/2022
Tina	Boichot	1/31/2023
Michael	Bozymowski	1/31/2023
Eileen	Brandt	6/30/2022
Robin Ann	Brunke	7/31/2022
James	Buber	8/31/2022
Debra	Burry	3/31/2023
Melanie	Case	1/31/2023
Sonya	Cook	7/31/2022
Terey	DeLisle	11/30/2022
Samuel	Delorey	6/30/2022
Patricia	Dionisi	6/30/2022
Joseph	Doherty	8/31/2022
Janice	Finley	2/28/2023
Harold	Foley	2/28/2023
Dennis	Glinski	2/28/2023
Trevor	Hamm	3/31/2023
Debbie	Harris	10/31/2022
Brittany	Harris	3/31/2023
Michael	Herbst	2/28/2023
Jay	Hetter	3/31/2023
Jeffrey	Hoehner	9/30/2022
Carnell	Holliman	3/31/2023
Ben	Honeycutt	2/28/2023
Carla	Janiga	7/31/2022
Dave	Klotz	2/28/2023
Dan	Koszewski	10/31/2022
Robert	Labadie	8/31/2022
Russell	LaForet	1/31/2022
Rachel	LaVigne	7/31/2022
Taylor	LeBlanc	3/31/2023
Jessica	Martin	3/31/2023
Rosemary	Mayville	2/28/2023
Edna	McKeen-Grimm	8/31/2022

Isabella	McManus	3/31/2023
Shirley	Mead	2/28/2023
Adam	Medeski	3/31/2023
Jimmy	Mondro	1/31/2022
Rosemary	Mondro	1/31/2022
Luke	Munro	7/31/2022
Amy	Nael	3/31/2023
Judith	Page	12/30/2022
Mitchell	Pappas	3/31/2023
Paulette	Pashenee	9/30/2022
Teresa	Podbielski	7/31/2022
Karen	Reitz	8/31/2022
Shane	Rickard	8/31/2022
Christine	Robb	2/28/2023
Matthew	Rogers	9/30/2022
Dominic	Rosati	12/31/2022
Maria	Rosiak	10/31/2022
Ashley	Schulte	2/28/2022
Christopher	Taylor	8/31/2022
Gloria	Thompson	3/31/2023
Edward	Tilk	7/31/2022
Dennis	Weber	10/31/2022
Jacquelyn	Williams	3/31/2023
Lisa	Wojnar	2/28/2023
Chris	Zaguroli	7/31/2022

**Expired Organizations:**

<b>Anderson Home</b>	<b>9/30/2022</b>
<b>Buchanan Manor</b>	<b>11/30/2022</b>
<b>Devonshire Home</b>	<b>10/31/2022</b>

**Please renew your membership to support the *many* programs and services offered by *The Arc Downriver!* Fill out the membership form in the newsletter and drop it off or mail it to *The Arc Downriver, 1028 Oak Street, Wyandotte, MI 48192.***

We could use another voice...yours. Please decide to help others. Join the Arc movement.

**\_\_\_\_NEW MEMBERSHIP OR \_\_\_\_RENEWAL APPLICATION**

Type of Membership (check one): \_\_\_\_ Individual \_\_\_\_ Family \_\_\_\_ Group Home

**INDIVIDUAL OR FAMILY MEMBERSHIP — Please fill out this section**

First Name(s) \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Participant's Name \_\_\_\_\_ Participant's Birthdate \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Please check one of the following boxes:

Self-Advocate

Professional in the Field of Developmental Disabilities

Self-Determination Home

Parent/Relative of Person with Developmental Disabilities

**GROUP HOMES — Please fill out this section.**

Group Home Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Group Home Manager \_\_\_\_\_ Number of Residents \_\_\_\_\_

Please list the group home residents below along with their birthday. Use an additional page if needed.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_

\$ \_\_\_\_\_ Membership Fee (\$30 for individual, family, or group home) – **non-refundable**

\$ \_\_\_\_\_ Additional Donation

\$ \_\_\_\_\_ Total Amount Enclosed

Arc Downriver  
1028 Oak Street  
Wyandotte, MI 48192



**The Arc Downriver**  
1028 Oak St.  
Wyandotte, MI 48192

Affiliated with:  
The Arc U.S.  
The Arc Michigan



United Way  
Community Services

## FOR CANCELLED EVENTS DURING BAD WEATHER:

*As soon as a decision is made to cancel an event or activity for any reason, the cancellation will be posted on Facebook. If Schools are cancelled due to weather, Arc Downriver events and office will also be cancelled or closed.*

As we enter this snowy season of the year, please check our Facebook/OFFICIAL page for cancellations. For SPORTS an email or text from the Coach will go out if an event has been cancelled due to weather. If you require a phone call let your Coach or Brenda Zeqiri know so that you can be contacted.

## MARK YOUR CALENDAR:

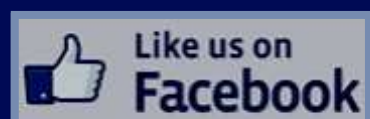
**Bowling and Basketball Party - Saturday, April 15th at Taylor Senior Center**

**The Arc Downriver Spaghetti Dinner Fundraiser - Sunday, April 16th 1-5pm at the Knights of Columbus on Biddle Ave in Wyandotte**

**Bowling Fundraiser - Sunday, April 23rd at Indian Lanes 1-3pm**



Help us every time you shop Amazon. Go to [smile.amazon.com](http://smile.amazon.com) and select 'Arc Downriver' as your charity of choice.



And SHARE  
[www.facebook.com](http://www.facebook.com)  
*TheArcDownriverOFFICIAL*