

Shining Star

Sheryl Sternal

Sheryl Sternal is one of five members of the DSANI Self-Advocate Steering Committee, which is chaired by Pat Nuffer. This group began meeting in September to plan programs and events for local young adults with Down syndrome. Pat offered to write this article based on her time spent with Sheryl through the Steering Committee.

"August 28, 1979" is when Sheryl Sternal started her life—at 6 pm to be exact! This is one young lady who likes to be exact. Perhaps that is a reflection of her home life that has involved many moves and changes due to her father's military career. She has lived in Texas, Colorado, Kentucky, California and Indiana and loved them all. Fort Wayne has been Sheryl's home since 7th grade and where she finished her schooling by graduating from Northrop High School in 1999. During her high school years, Sheryl attended Anthis Career Center, worked at Arby's Banditos, the Byron Health Center, and in the media center at school. All her work experience paid off in landing her current job at AWS Post Masters. She even worked two summers through the local JobWorks.

Sheryl's days are full and meaningful. She takes the Citilink bus to work each morning, starting there at 8:30 am. Her break time is 9:58-10:10 am to be

exact, and she finishes work at 12:30 pm. She takes the Access bus (of Citilink) home, as it is a door-to-door service and at times her mother is out working. But Sheryl's work continues when she gets home; she has a full schedule of chores each day. (I know a few of us who could use her diligence and housekeeping skills at our homes as well...) Then on weekends, it is off to South Bend, to tailgate parties and Notre Dame football games in season, and to visit her grandparents.

Now that weekly schedule doesn't leave a lot of slack time, but evenings and non-football weekends are just as full for Sheryl. Sheryl has been involved in Jesters, a local acting and art group on Saturday mornings. Then there is horseback riding at Hay Day Stable on Thursdays, Friendship Bible Study on Wednesdays at Holy Cross Lutheran Church and bowling on Thursday nights. Whew!! Just listening to Sheryl recount her schedule makes me realize that our young adults can stay really busy when they have family support. Oh, I almost forgot—Sheryl also works out at "Curves" three times a week!

Among all her activities, Sheryl has a few favorites—traveling with her family



to Europe, visiting family in Seattle, watching her favorite movie, "Grease II" and listening to Michael Jackson's music. This is one active, interesting young lady—and if you want to learn more, you can even email her at tstema62@aol.com. So look forward to a full adult life for your young one with Down syndrome—aim high and you can witness an active and meaningful life—like our Shining Star, Sheryl Sternal.

— Pat Nuffer