



Cystic Fibrosis Scholarship Foundation
Helping young adults with CF pursue their dreams

WINTER 2004

From the President:

Welcome to our Winter Newsletter. The purpose of our Spring and Fall newsletters is to let our friends and supporters learn about what is happening at the Foundation. The Winter issue is dedicated to our scholarship recipients and their achievements in the first semester of the school year. Each of our students is paired with a donor who has made a significant contribution during the last year, generally \$250 or more. The students communicate with that donor through the CFSF; once when first awarded the scholarship and again after the first semester. In this second letter our students let us know what has been going on in their lives with school and other activities. A few of the students even send pictures to their donors.

Since we have so many wonderful donors and each one of them is important to the success of this valuable program, we thought we should share with all of you some of these wonderful letters. These letters highlight the importance CFSF has played in the lives of these young people as well as the additional difficulties many of them encounter from time to time balancing school, health care and other activities. After reading them you will also realize that each one of them is cherishing their college experience and all that it has taught them academically as well as socially. Each time I read one of these letters, I know that what we are all doing by our commitment to CFSF is making a difference in the lives of these young people.

We are in the process of sending out applications for the 2004-2005 scholarships. Forms are due back in early March and then the review process will begin. The awards are announced in mid-April. There is no doubt that the awareness of this program continues to grow each year. Our goal is to have every cystic fibrosis young adult who is eligible to be aware of our program.

Enjoy getting to know some of our scholarship winners through their letters on the following pages.

Mary Kay Bottorff

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Semester Update from 2003-2004 Scholarship Recipients

Dear Friends of CFSF:

First of all I greatly appreciate your donation to the CFSF and would like to thank you for your support. Unfortunately I was unable to attend my first semester because of my illness. A few months before school started CF was getting the best of me. I was hospitalized and put on I.V. antibiotics, but after no progress with antibiotics my doctor recommended I go up to Shands Hospital in Gainesville to wait for a lung transplant. To make a long story short I waited roughly 2 weeks before getting my new lungs. That's amazing considering people have to be on a waiting list for years. I went on the list many years ago just in case this day would ever come. The next few months after the surgery were incredibly difficult. My body was going through a major surgery, adjusting to a new organ, and getting pounded with every sort of medication known to mankind and took a major beating. After being in the hospital for two months, I was placed in a small apartment across the street so the Transplant Team could keep a close eye on my recovery. With the exception of a few minor problems, everything went well. Gladly I got to come home a little while later and enjoy the comforts of home. In no time I was out and about with all my friends again, and this time not having trouble keeping up with them at the mall or wherever we would go. Now I have been going to the gym three times a week and staying very active. I have a totally different life now and God to thank. It's getting better every day and the doctors say after a full six months I should be fully recovered. I will be attending school in the Spring of 2004. I am very excited to get back to the things I really enjoy. I can't wait! I would like to thank you again for making this possible and giving me a chance to pursue my dreams. Have a great holiday. Take care.

Matthew

Dear Friends of CFSF

This has been a very rewarding beginning of my adulthood. For the first time I have left the comfort of home and had to learn to be on my own. These last few months have been very challenging keeping up with my CF and school studies. Now the first part is over. Thanks to you and your very generous gift which has afforded me a chance to grow within. I can not thank you enough for caring so much for children like me to have the opportunity to go on.

Towards the end of the semester I encountered some illness which enabled me not to do well in my math class. Although I am along with my mom still very pleased with all my grades. I am forwarding you my grades and hope you are as proud of me as we are.

I hope one day I will be able to sponsor a child like myself and he/she will know there are people like you out there hoping and praying that we will continue to have a successful life.

I hope you have a good holiday and very Happy New Year. I look forward to writing to you again and keeping you informed of my progress.

Once again, thanks so much from the heart!

Jennifer

Dear Friends of CFSF

Greetings and Happy New Year! As 2003 exits, my first semester at the Massachusetts Institute of Technology also comes to an end. My first experience with college was very rewarding and I feel as though I have learned a lot about myself as well as a lot about how to succeed in this rigorous academic environment of MIT. I believe that I am now well on my way to achieving my goal of becoming a research meteorologist.

When I first entered MIT I was excited and nervous at the same time. On one hand I was thrilled to meet so many new people and to begin the actual life of an MIT student. On the other hand I was not sure that I could actually do the work required or, more importantly, that I would be able to

continue to take care of my health while managing the intense workload. Many of my qualms about attending MIIT were eased after only a few days on campus. I realized that most of my new friends also struggled with the work, but by working together we were always able to complete it on time. By far the best experience I had occurred shortly after talking to my friends about my cystic fibrosis. During one long night of work one of my friends asked me if I had done my needed treatments for the night. When I responded that I had not, he and the group took a break from work so that I could go do my treatments without falling behind in the homework. That was something I will never forget. I realized that my friends were going to look out for me so that I could stay healthy and still complete all the work. I think that it was that night that I truly did fall in love with everything about MIT.....

Between all the work MIT requires of me, and coming home some weekends to work at my job, it was difficult to make sure to take care of my health. I am happy to report though that as of my latest doctor's visit I am as healthy as ever and I have actually gained some weight since leaving for school. My doctor is happy with my current condition, as are my parents, and I am happy that I have been able to remain well during my first semester. I know that I will have to continue to make my continued good health my first priority, but I am now confident that I will be able to do just that and still manage to complete my school work for the Institute.

In closing I would again like to thank you for your assistance in helping me achieve my dream of attending MIT and becoming a research meteorologist. When someone asks me if I like MIT I always give the same response, "I do not like doing all the work, but I would not want to be anywhere else."

Joshua

Dear Friends of CFSF

Thank you very much for your generous donation. Words cannot express how much I appreciate being awarded this scholarship. It has helped greatly in making my college dream a reality. It is difficult balancing CF care with daily college life, and even tougher when I was very sick my first semester of college. Your support has alleviated the stress of having to work long hours to pay for college and allowed me time to recover peacefully and focus on my work.

This first semester has been a pleasure and an experience I am so fortunate to have. I tried so many different classes and find myself leaning toward an advertising major. The work load is tough and the competition among students is intense. Sometimes I find it difficult to balance my CF care and exercise with the intense load but, I figured out a system that allows me time for everything. Socially Rollins and the surrounding community offer a lot for college students. There are plenty of Rollins sponsored events that are inexpensive and fun. For Halloween many students were bused to Universal Studios Islands of Adventures for Halloween Horror Nights. I have also made a lot of friends as well. The girls on my floor are very close. My best three friends live right across from me. I love Rollins and am so lucky to be attending. I'd like to thank you again for your charitable donation; it means so much to me.

Kristin

Dear Friends of CFSF

I had a very good semester this past year. I audaciously took on 18 credits for the fall semester which probably could have handled but due to a boring teacher in a class that was not required, I withdrew from it. So I ended up with 5 classes instead, all of which I thoroughly enjoyed and learned a whole lot from. Three of those classes were Bible classes and the other two were Psychology classes, I am a double Psychology and Religion major so the majority of my class schedule from here until I graduate are in these departments. Next semester I plan on taking 15 more credits of all Bible classes and then I am one class short of completing my Religion major! I am very excited about that. I am also excited about my highly anticipated June 27th wedding I am in the midst of planning for next year. I have been truly blessed with so much, but the greatest blessing has been meeting Nathan. He is

my finance who I met when I moved to the Outer Banks three and a half years ago. We have been dating for two years when he proposed to me this past August. I am so excited about marrying him! We both attend Liberty and our plans are to marry and then move into Lynchburg where both have about a year of school to finish. He is a Worship/Music major and wants to one day become a worship pastor.

I greatly appreciate your kindness and generosity into making this year possible at Liberty University. You are truly a blessing in my life and I will always remember your kind contribution to my education. Most of the money is used for books that I am keeping for my library collection so every time I see or read a book, I will think of you! May God bless all of your giving and I hope you and your family have a wonderful holiday season!

Patricia

Dear Friends of CFSF

Hooray another semester out of the way! Only one semester left until graduation. Although this semester was difficult, due to a 4-course load, I managed to get by with decent grades and no hospital admissions. That is the first for me in a long time. I recently signed up for my last 4 classes. The Spring semester will consist of 1 two-week course and 3 regular courses. At least it will be less work all at one time. In January I will be submitting my graduation application. Graduation will be May 16, 2004. Thank you for supporting CFSF. Without your help I would not have made it this far. Thanks for making my dreams come true.

Melissa