



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

WINTER 2011

From the President:

Welcome to our Winter Newsletter, the purpose of which is for our donors and friends to learn more about the young adults with CF who are being helped by CFSF. For the 2010-2011 school year, 90 young adults received financial assistance from CFSF. Although we at the Foundation are grateful for all of your support, it cannot begin to measure up to the appreciation and gratitude that these young adults feel for all your generosity. Since we have so many wonderful donors and each one of them is important to the success of this program, we would like to share with you just a few of the many wonderful letters we receive from our scholarship recipients. These letters highlight the importance CFSF has played in their lives, while also describing the difficulties many of them encounter in attempting to balance school, health care, and other activities. But you will also see that each one of them is cherishing their college experience and all that it has taught them, both academically and socially. We must remember that in most respects they are no different than any other college student, it's just that their road to college includes daily medications, therapies, and hospital stays. I know that our commitment to CFSF is making a difference in the lives of these young people, and allowing them to live the lives they deserve.

Every time I read a letter from one of our students, I know we are making a difference in this world. I am also in awe of these young people who deal with so much yet are compelled to help others by volunteering their talents to others. They should be an example for all of us.

We are currently in the process of sending out applications for the 2011-2012 scholarships. Forms are due back in late March and then the review process will begin. The awards will be 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 young adult with cystic fibrosis be aware of our program. Enjoy getting to know some of our scholarship winners through their letters on the following pages.

In order to better serve our donors and students we have updated our website. We have also established a Facebook page for you to visit and leave us messages. We will post current events on the page as well.

Mary Kay Bottorff

1555 Sherman Ave. #116, Evanston, IL 60201
Phone: 847-328-0127 Fax: 847-328-0127
Email: mkbcsf@aol.com
Website: cfscholarship.org

Semester Update from 2010-2011 Scholarship Recipients

Dear Friends of CFSF:

I am writing to you to let you know how my past few months of school went. During this summer, there was a lot of excitement from me regarding the upcoming fall semester. I had some very important classes for my major scheduled for the semester and I was to be the section leader of the university marching band drumline. I spent a large amount of the summer preparing for this leadership role, writing drumline tryout information packets, audition pieces, and warm up exercises. My co-captain and I also met with each other a few times to write the drumline cadence, the drum beat that the band marches into the football stadium to.

After a lot of writing, and with my summer internship in Washington Dc coming to an end, it was time for me to return to Blacksburg to get started on tryouts. During the week of tryouts, I had a lot of fun seeing all of my friends on drumline from the year before. The week was tough due to very long hours of tryouts throughout the day as well as very early waking times. As much fun as I had, the end of the week of tryouts is not a happy story.

After one of the last rehearsals of the week, my co-captain and I were walking out of the basketball coliseum to our cars when I began to cough up a small amount of blood. It continued for another 10 minutes but eventually stopped. After all the fun I had had that week, CF managed to bring me down again. I realized my health was not where it needed to be. Later that night, after laying down to sleep for about 15 minutes, I began to cough up blood again, this time more than before. I decided it was best for me to go to the hospital. I had my friend drive me in and from there; I spent 4 days in the hospital on IV antibiotics. On the last day, I was give a PIC line and continued antibiotics on my own for another 2 weeks. This experience has been very hard on me, seeing that it was the first time I've had to be hospitalized for CF in a very, very long time. It was so long since I had been hospitalized for CF that I couldn't even remember the last time I had been.

Because of my hospitalization, I got behind in one of my tougher classes and had to drop it. As for the rest of my classes, I finished the semester with all A's and one A minus. After a very bad start health wise to a semester, I finished the semester very well academically and with my health back to normal. As for the marching band, we had a great year and were allowed to travel to Charlotte, NC for the ACC championship and later to Miami, FL for the Orange Bowl. We had a blast on these trips and I wouldn't trade my experience on drumline for anything in the world.

I continue to battle with CF everyday but I feel as if I am fighting a winning battle. With the help of my doctors and the medicines they can provide me, as well as a little bit of work on my part of course, I feel like I have a long and healthy future ahead of me.

I want to thank you for the support you have given me in these important years of my education. I will soon graduate with a degree in Computer Science and two minor degrees in Mathematics and Business. During this spring, I will be putting my name out there at career fairs to hopefully land a job for this summer and possibly even a full-time position.

Thank you

Timothy

Dear Friends of CFSF:

Happy New Year! I hope you had a wonderful holiday. I was very happy with my classes last quarter. My favorite class by far was my computer graphics class. The teacher was amazingly helpful and fun and I gained a lot of experience in using Adobe Illustrator and Adobe Photoshop. I also took a History of Visual Communications class, an Interpersonal Communications class and an Empirical Methods of Communication class.

This quarter I will be taking three upper division Design classes and an upper Division Communications class. I am looking forward to the Digital Imaging class that will advance my skills with digital photography and Photoshop. Even more so, I am eager to begin my class on Letterforms and Type. Typography interests me almost as much as languages. There are so many different typefaces and each one can influence the composition of a poster, advertisement, etc.

Water polo begins again soon. We had tryouts right after Thanksgiving and I made B team and Captain. I couldn't imagine not continuing to play. Sports have kept me healthy and happy thus far and water polo has always given me new friends and a great work-out.

I have been accepted into the International Student Volunteer program recently. In July I will be traveling to South Africa to do volunteer work. This will be the first long trip that I have ever taken without my family and the first time I have traveled off of this continent. I am so excited to get this opportunity to be adventurous. I am usually tethered to my medicines and doctors but since this trip is only 4 weeks, I won't be missing much. I hope that once I return to the States I can use my experience to help others with CF travel despite challenges.

My life is progressing rapidly and I would not have gotten to do any of this if I had not been allowed to go to college. Thank you for everything that you have provided me. I wish you the best in this New Year.

Sincerely,
Nikki

Dear Friends of CFSF:

Happy New Year! The time has flown by since my last letter to you as well as another semester. As I begin my 4th semester of college I find myself having a more definite view of my chosen major, Accounting. I am part of the College of Business at the University of Southern Mississippi with my major being Accounting. I have arrived to this decision after much thought and an interest in the business field and more specifically accounting. I am looking forward to this coming semester to further the pursuit of my degree.

This past semester also brought about many changes to my college life. While I am still attending the same school, I have changed locations to the Mississippi Gulf Coast, from central Mississippi. This change has resulted in a new, more academically focused atmosphere along with the friendships of many wonderful people. I have recently become a member of the Accountants Society as well. This group of people is committed to community service as well as aiding current accounting students along with any business student. In a matter of weeks I will begin preparing for my first service project with the Accountants Society. I will be volunteering with the United Way to prepare tax preparations for low income families of Mississippi that do not have the know how or finances to have their taxes prepared. This is something I am very much looking forward to.

Other than the clarity I have had with my major, this past semester has been more or less uneventful, which is hardly a bad thing. I have stayed focused on my classes and have more importantly been in good health. As I continue my college career, the generosity you have showed towards me does not go unappreciated. I am forever grateful for your kind heartedness and charity towards my education. I hope you have had a joyous Christmas season and will have an even more joyous New Year and the months to come.

Isabella

Dear Friends of CFSF:

I hope you had a wonderful time with your family this holiday season! I apologize for not sending this out sooner, this semester was extremely difficult and I wanted to spend as much time with my family and friends as possible as soon as it was over. This past fall was easily the hardest semester that I've experienced. Not only did I have an incredibly difficult course load..., but my health also made everything hard to manage. I've had worse semesters health wise, but having two sinus surgeries, two bronchoscopies, and five weeks of intense IV antibiotics all within a 16 week semester made everything much more stressful. Regardless of my health issues and difficult course load I was able to end the semester with a 3.5 GPA, which I am very proud of. I am almost certain that if I had been able to go through the semester without getting sick or having surgery that I would have been able to get a 4.0 GPA. Now that my semester is over, and I've been able to take a breath and reflect, I am extremely grateful for the CFSF scholarship and the fact that I did not have to worry about paying for my tuition or books on top of everything else that was going on. As I am going into my final semester of my undergraduate career right now, I cannot thank you both enough for generously donating to such a wonderful organization. I've watched my friends struggle to pay for books and classes, and I simply cannot imagine having to work to pay for school while dealing with my health in the condition that it was. I am also eternally grateful that scholarships like this one have saved my parents from the burden of having to pay for my education, on top of my ever-growing medical bills. I simply cannot thank you both enough.

Since this upcoming semester is my last semester as an undergraduate, I have been trying to figure out what exactly I want to do once I graduate with my BA in Sociology and Women's, Gender and Sexuality Studies degrees. A few weeks ago I found out that my school is finally starting the Sociology MA program and I am very hopeful that I can get all the exams and letters of recommendations together in time to apply in the spring. Ideally I would like to go straight into the masters program, but my back up plan is take a year off and intern with at least two organizations. I have a feeling my doctors would prefer I take a year off, since I stress out a lot and overload myself with my coursework, but the student in me always seem to come before the CF. It's something I've been trying to work on. Regardless of which path I choose, I am so grateful that I even had the option to go to college and grad school. When I was diagnosed at age six, the doctors told my parents I wouldn't live past my 18th birthday. As I celebrate my 23rd birthday (tomorrow!) I am so pleased to prove them wrong. One of my close friends at school actually has a little sister with CF, and it's amazing to see how much has changed since I was diagnosed 17 years ago. Her sister was also diagnosed at age 6, but the doctors gave her an estimated life expectancy of 35, instead of 18. I am extremely optimistic that both of us will live to be much older than 35! I have big plans for my life, including getting my PhD, starting my own organization, getting married, and having a family, and I'm thinking I will need to live to at least 100 years old to accomplish them all.

Again, I can not thank the both of you enough for your generosity. Most people don't realize how difficult it can be to get through college while also dealing with a disease like CF. I am almost positive that I would not be able to say that I am graduating next semester with my BA in Sociology and WGSS and a 3.5 GPA after only 5 years, if I did not have the wonderful support of the CFSF scholarship and wonderful donors like you. I could say thank you a million times over and it still wouldn't be enough. Your donation helped me live the most normal life possible. I am grateful to say that I never became a CF patient; I was able to maintain my identity of being a student first. And I have you to thank for the ability to accomplish my lofty education goals without having to compromise my health by working at the same time. I hope that you both continue to support the educational dreams of other CF students like myself. You will never truly know how much of a difference you made in the last year of my undergraduate career. My success would not have been possible without your support. Thank you, thank you, thank you.

Kellisa