



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

SPRING 2007

From the President:

Welcome to our Spring Newsletter. The purpose of this newsletter is to let our donors and friends learn more about the young adults with CF who are being helped by CFSF. We at the Foundation are grateful for all of your support; however, it can not measure up to the appreciation and gratitude that these young adults have for all of you. Since we have so many wonderful donors and each one them is important to the success of this valuable program, we thought we should share 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. They are no different than other young adults in college although their road to college includes daily medications, therapies and hospital stays. Each time I read one of these letters, I know that our commitment to CFSF is making a difference in the lives of these young people.

We are in the process of reviewing applications for the 2007-2008 scholarships. The awards will be announced in mid-April. I am very excited that we will again be able to award a number of multi-year scholarships this year in addition to our one year awards.

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. Also please note our new address as we have been in the processing of moving this winter.

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Semester Update from 2006-2007 Scholarship Recipients

Dear Friends of CFSF:

It was a little change of pace being back in the “real world” , home from Rome and going to school full time and having much harder classes. If I have not already mentioned it in previous letters, I wanted to let you know that I changed majors from Pre-Medicine, Biology to Nursing. My mom, who is a nurse, convinced me of it; I was a bit skeptical of changing majors because of all the stereotypes that with male nurses such as the most known, “Greg Focker” in Meet the Parents. Anyway, it turned out to be quite an experience because I get to do clinical and work in the hospitals 15 hours a week for class. This semester, I had my Mental Health and Medical Surgical rotations. Clinicals allow me to learn so much yet are incredibly fun and interesting at the same time. This coming semester, I will be doing OB (delivering babies) and another Medical Surgical rotation – it’s going to be very interesting this time. Other than Nursing being fun, I am one of only 7 guys who get to be in class with over 130 pretty girls – pretty good deal... I managed to pull off all A’s and B’s this semester and ended with a 3.77 GPA. I am still working for the Chicago Bulls as a ball boy at most games and am looking forward to hopefully the playoffs or a World Championship. If you look close, I’m the guy sitting behind the bull’s bench with a red- T Shirt on – I get some good TV time on occasion. This is just a glimpse of what your generous donation has allowed me to not only complete but exceed in. I thank you from the bottom of my heart for reaching into your heart and pockets and allowing me to continue my education and hopefully accomplish my life dreams.

Kevin

Dear Friends of CFSF:

I apologize for it taking me so long to get this important update to you. However, I have been ill for the past six weeks. I had to have emergency surgery in November and shortly after I developed pneumonia.

I had a very challenging first semester to say the least. My classes were great and life in the dorm was different, however, I have made a lot of friends. I tried out for football and competitive cheerleading and made both teams. My health was my real obstacle. My surgery put me a little behind and spent Thanksgiving break catching up. I spent most of December on IV antibiotics, but managed to get through my finals and do my IV’s at school. I was relieved to put them behind me, as I did not want to have make them up after Christmas.

I am looking very forward to my second semester classes. I have some exciting classes and some difficult ones as well. Even though my health gets in my way sometimes I am still very committed to achieving my goal to become a physical education teacher.

In closing, I would like to thank you once again for giving me the opportunity to attend the University of Maine, to be on a competitive cheerleading team that has qualified for Nationals (we just received our ranking as 10th in the nation) and will be competing in Daytona Beach in April. But most of all for helping me to achieve my goal of becoming a college graduate.

Katie

Dear Friends of CFSF

My first semester at K-State University went very well. All of my classes were interesting and I enjoyed all of them. I am living in the dorms in Moore Hall on campus and it is very fun. I met a lot of new people and made friends that will be my friends for a long time. I became involved my first semester. I didn't plan on it but it just kind of happened. The very first week I ran for floor president and was elected. This position has given me various leadership roles and responsibilities for my floor. So far, I have done a decent job at it. I am continuing my presidential role in this next semester. I also applied for a job as a Community Assistant for the hall. After I handed in my application, I was given an interview and then a job. I am still currently employed there and I am loving the job. As a CA I sit at the front desk and help anyone that comes into the dorm. We answer phone calls and answer questions that people may have. I get to meet many new people from the dorms and elsewhere because I work at the front desk. I am also on the tour team. Whenever people want to tour the dorms or campus I give them a tour. I am also trying to get involved with other things around campus including clubs in the College of Agriculture.

During my first semester I learned how to organize my time and make a schedule that I follow weekly. Having cystic fibrosis can really affect a person's life but I make it my goal not to let it affect me. So far, I have achieved that goal and haven't let it run my life. I wake up early enough to do my treatments in the morning and set a time aside later in the evening or at night to do them again. I am very proud of myself for what I have done. I have never been able to get into a rhythm of doing my treatments regularly and taking all my medications on a regular basis. But now that I have realized as I get older that CF will start to take a larger toll on my life I have taken the necessary steps to stay healthy. I don't want it to run my life and make me miss out on opportunities so I don't let it. One of my greatest accomplishments in life is that I don't let CF get to me. In saying that I mean that I don't let it get me down. I don't let it be an excuse. I have dreams and goals and I reach those. CF does not get in my way and I try to be an inspiration to those around me and others who have it. I see it as a gift and not a curse. God has a plan and it's obvious that it was for me to have CF so I trust him and make the best of it with his help. My ultimate goal is get my D.V.M. and become a veterinarian. I also want to travel around the world and study animals in their natural habitat. To take the first step toward that goal I am applying to study abroad in New Zealand in the spring of 2008.

The first semester went by really fast. It seems like just yesterday I was driving here in my car for the first time. I moved in and met other students on my floor. Now I know many people and am living the college life to the fullest. My life has changed a lot and I believe that I have too. I have grown up more and taken more responsibility in my life. I want to thank for your help in that part. Without the CF scholarship it would have been much harder to get the money to pay for college. This is a once in a lifetime opportunity and I thank you for being part of it. I fully appreciate your concern for people who have this disease.

Tyler

Dear Friends of CFSF:

My third semester at Montgomery County Community College has been great. As of now I should be getting three A's and one B in all of my classes. I have finally decided on a major in elementary education and plan on transferring in the fall of next year. My health has been surprisingly good this semester. Besides one hospitalization I have been able to keep my health and grades up at the same time.

I wanted to thank everyone who donated money to this scholarship which has really helped me in pursuing my dream of a better education and finding a way to help others in the community. This is why I decided on becoming a teacher, for I love children and feel that I would be a great influence on their lives as a teacher. I also am thinking about taking more writing classes because I would love to become a better writer. I was even thinking about writing about all of my experiences so that others with CF can cope with everything and know that they are not alone in it all.

I am looking forward to the upcoming semester when I will finally get to start classes catering to my specific major. With your help I can now focus on school instead of being stressed out over paying for everything all while coping with treatments, schools and hospitalizations. Your help has made such a big difference to me, and I want to thank you.

Ashley

Dear Friends of CFSE:

As I sit here tonight, it is hard to believe my college journey is coming to a close: a journey made possible with the help of your continuing support and generosity. Sometimes, it is the love and kindness of others that really makes the difference.

I am proud to say that in a few weeks I will be taking my last final exams of my college career. In January, I will be student teaching in Latrobe School District. Throughout the spring semester, I will teach both fourth and first grade at Mountain View Elementary School. I am excited to begin my experiences in the field and to learn from my peers and colleagues.

Please know that as I continue down the path of life and begin a new journey, your kindness will be kept in my heart. Ralph Waldo Emerson once said, "...To know that one life has breathed easier because you lived, this is to have succeeded." I hope to make another's life easier, as you have mine.

Thank you for believing on my dreams with me, and for making them come to life. The impact and influence of your gift to me is never ending. With deepest gratitude, I thank you.

Jennifer

Dear Friends of CFSE:

I am writing to tell you how my college life is going! It is actually a lot of fun. I love being in college. I major in Criminal Justice, so I am taking a lot of courses that pertain to that. I love all my courses. I have learned so much that I don't even know what I am going to do with all the information. My roommates and I get along really well. My house is rather big, it consists of a kitchen, living room and I am in a room that is for three people but I room with just my best friend. Then upstairs, there are four other girls whom I am good friends with. My grades are very good. I was close to making the dean's list last term and I think I am gong to make it this term, because I got A's and B's. My health is in good shape; my CF is not standing in my way of anything that I do here. I do my treatments and take all my medications and make sure that I keep my health in good shape. Sometimes, it is hard to be away from family and friends, but I made a lot of friends down here and I keep in contact with my family. I really miss getting to see my nephew all the time though. I did find a job down here at Bath and Body Works working part time. I really like my job, because I am a people person and I get to meet a lot of people. My co workers are also fun to work with. Overall, college has been amazing. I love being here and it was one of the best decisions I have made. I would not take it back anytime.

Sheena