ASAP Research News

In May the Board of Directors accepted research proposals from four applicants. Contracts have been signed for a total research budget of $111,593 for 2013-2014.

Research - Washington University

Dr. David Limbrick is a pediatric neurosurgeon at Washington University and St Louis Children’s Hospital. He will be responsible for managing and coordinating the research. He will supervise patient recruitment, IRB submission and compliance. Dr. Limbrick’s project title is Developing a Preoperative Chiari Severity Index to Stratify Prospective Clinical Studies for Chiari type I Malformation.

Due to the dearth of rigorously-acquired, prospective clinical data, the optimal treatment of Chiari malformation I (CMI) remains one of the most controversial topics in pediatric neurosurgery. While recent research efforts have yielded scales for assessing post-surgical outcomes, effective metrics for stratification of patients at the time of initial presentation (before any surgical intervention) are lacking. The development of such a metric is crucial to designing and conducting clinical trials to assess differential efficacy of the various surgical approaches for CMI.

The current project will use conjunctive consolidation methodologies to create the Chiari Severity Index (CSI), a multi-dimensional composite index that classifies the severity of clinical and radiographic findings for children presenting with CMI. After validation in an ongoing multi-institutional study of CMI and syringomyelia (the Park-Reeves Syringomyelia Research Consortium), the CSI will serve two critical roles:

- Providing meaningful prognostic information to anticipate clinical outcomes in CMI,
- Stratifying patients for prospective clinical trials evaluating the differential efficacy of major CMI treatment approaches.

An urgent need to identify optimal treatment approaches for CMI is clearly evident. The CSI represents the first and most logical step in this important process.
A Word From Our President

Time is flying by. We had a busy summer and it is an exciting year. Our conference went well and was a huge success. We are now gearing up for next year. I myself forget how much work goes into the conference. It seems endless. When I hear back from our members how much they loved it, received valuable info and made new friends, it gives me goose bumps and makes it all worthwhile. I enjoyed meeting each and every one of you. Many people said ASAP feels like a family. As president of this organization it is a privilege for me to hear those words. Our boards and staff try hard to make you feel exactly that way. ASAP wants to be your safe haven, a place of understanding, hope and love. We are running strong and in the right direction.

As many of you know this is our 25th anniversary year. I hope our past memories will serve as a prelude for future memories. We enjoy sharing our enthusiasm and delight with those members who won awards. It was certainly one of our best conferences and I sincerely thank everyone that helped; staff, Board of Directors, conference committee, and all members who gave a donation or their time. Special thanks to our doctors who donate their time. Again, let me say a job well done.

We just premiered our new website. It was our goal to provide our community with a site that was informative, reassuring, easy to navigate and one where you felt comfortable visiting. We hope you like it and look forward to your feedback.

I am very excited to say that we have funded four new research grants. We specifically chose these proposals because they relate directly to SM, CM and related disorders. You can read more about them in this issue.

Celebrating 25 years is a fantastic feeling. From the thousands of members we have been able to help, through the medical community for whom SM and CM has become much more recognizable, to the improved diagnoses, treatment and outcome, ASAP has led the way. I am proud to serve our community on behalf of ASAP, and look forward to the brighter days that lie ahead.

Gentle Hugs and Thanks,
Patrice
Patrice_Schaublin@ASAP.org

Stamp Project

We are happy to announce we have a volunteer to coordinate the Stamp Project. Charles worked with Maynard Guss in the past and has graciously agreed to take over.

Please send postage stamps that are in good condition (attached to envelope and trimmed with a 1/4 to 1/2 inch border around undamaged stamp). Remember nonprofit and presort stamps are not accepted. But Charles told me they also have an outlet for postcards. So send those too!

Charles Petkevich
ASAP Stamp Project
6202 SW 2nd Court
Plantation FL 33317

THANK YOU
for your donations for the auction/raffle

The raffle and auction at the conference in July raised $6,364, thanks to the many wonderful items our members donated.

Our community is extremely talented. We received many beautiful arts and craft items including jewelry. A Raggedy Ann doll was created to honor Dr Batzdorf for his surgical expertise, Chiari research and his wit and kindness with patients. We received so many items it would be impossible to list them all but please know how much they are appreciated!

Fundraisers throughout the year include a raffle and auction. You do not have to wait for the conference to donate items. Your contributions are always appreciated and valued. Hobbies are also great therapy and can often take your mind of your symptoms to some degree for short periods. So paint, knit, crochet, sew, create and donate to a cause that is close to your heart.

If you have items you want to contribute, just mail them to ASAP, 300 N Green St Ste 412, Longview TX 75601. If you have questions please call 903-236-7079 or email info@ASAP.org

Please Note: Articles in this newsletter are not intended as a substitute for medical advice and do not necessarily represent the viewpoints of the editor, Medical Advisory Board or Board of Directors. Please contact your doctor before engaging in any new therapy or medication.
International Operation Pangea VI combats online sale and distribution of unapproved prescription medicines

The U.S. Food and Drug Administration, in partnership with international regulatory and law enforcement agencies, took action against more than 9,600 websites that illegally sell potentially dangerous, unapproved prescription medicines to consumers. These actions include the issuance of regulatory warnings, and seizure of offending websites and $41,104,386 worth of illegal medicines worldwide.

The action occurred as part of the 6th annual International Internet Week of Action (IIWA), a global cooperative effort to combat the online sale and distribution of potentially counterfeit and illegal medical products. As part of this year’s international effort – Operation Pangea VI – the FDA’s Office of Criminal Investigations, in coordination with the United States Attorney’s Office for the District of Colorado, seized and shut down 1,677 illegal pharmacy websites. The effort ran from June 18 to June 25, 2013.

Many of these websites appeared to be operating as a part of an organized criminal network that falsely purported its websites to be “Canadian Pharmacies.” These websites displayed fake licenses and certifications to convince U.S. consumers to purchase drugs they advertised as “brand name” and “FDA approved.” The drugs received as part of Operation Pangea were not from Canada, and were neither brand name nor FDA approved. These websites also used certain major U.S. pharmacy retailer names to trick U.S. consumers into believing an affiliation existed with these retailers.

The FDA’s Office of Criminal Investigations Cybercrime Investigations Unit banner is now displayed on seized websites to help consumers identify them as illegal. Here are some examples:

- http://www.canadianhealthandcaremall.com/
- http://www.walgreens-store.com
- http://www.c-v-s-pharmacy.com

“Illegal online pharmacies put American consumers’ health at risk by selling potentially dangerous products. This is an ongoing battle in the United States and abroad, and the FDA will continue its criminal law enforcement and regulatory efforts,” said John Roth, director of the FDA’s Office of Criminal Investigations. “The agency is pleased to participate in Operation Pangea to protect consumers and strengthen relationships with international partners who join in this fight."

During Operation Pangea VI, the FDA targeted websites selling unapproved and potentially dangerous prescription medicines that could pose significant public health risks.

Products purchased from the websites targeted during Operation Pangea also bypassed existing safety controls required by the FDA, and the protections provided when used under a doctor’s care. In general, prescription medicines, including those purchased online, should only be used with a valid prescription and under the supervision of a licensed health care provider.

The goal of Pangea VI, which involves law enforcement, customs, and regulatory authorities from 99 countries, was to identify the makers and distributors of illegal drug products and medical devices and remove these products from the supply chain.

Some of the medicines that were sold illegally by the websites targeted during Operation Pangea VI included:

- Avandaryl
- “Generic Celebrex”
- “Levitra Super Force” and “Viagra Super Force”
- Clozapine

The FDA in collaboration with other federal agencies screened drug products received through selected International Mail Facilities during the IIWA. Preliminary findings show that certain drug products from abroad, such as antidepressants, hormone replacement therapies, sleep aids, and other drugs to treat erectile dysfunction, high cholesterol, and seizures were on the way to U.S. consumers.

In addition to health risks, these pharmacies pose non-health–related risks to consumers, including credit card fraud, identity theft, or computer viruses. The FDA encourages consumers to report suspected criminal activity at www.fda.gov/oci.

The FDA provides consumers with information to identify an illegal pharmacy website and advice on how to find a safe online pharmacy through BeSafeRx: Know Your Online Pharmacy.

The IIWA is a collaborative effort between the FDA, INTERPOL, the World Customs Organization, the Permanent Forum of International Pharmaceutical Crime, Heads of Medicines Agencies Working Group of Enforcement Officers, the pharmaceutical industry, and national health and law enforcement agencies from 99 participating countries.

News Release: June 27, 2013
Media Inquires: Christopher Kelly, 301-796-4676
christopher.kelly@fda.hhs.gov
Consumer Inquiries: 888-INFO-FDA
Continued from page 1

Research - George Washington University

Dr Alan Siu is a resident at George Washington University, Children’s National Medical Center in the neurological surgery department. Comparative Analysis of Posterior Fossa Volumes in Symptomatic versus Asymptomatic Chiari I Malformation in Children aims to:

- Determine if posterior fossa volumes are significantly different between symptomatic and asymptomatic patients with CMI.
  - 1-1: To determine if posterior fossa volumes are significantly different in incidental patients who subsequently develop symptoms compared to asymptomatic patients.
  - 1-2: To determine if differences in posterior fossa volumes exist in patients with and without syringomyelia.
- Determine if postoperative changes in posterior fossa volumes correlate with resolution of symptoms in patients with CMI.
  - 2-1: To determine the effects of duraplasty on clinicoradiographic resolution.
  - 2-2: To correlate the changes in posterior fossa volume with syrinx resolution.

Chiari I malformations (CMI) are common in children and are thought to result from a smaller than normal posterior fossa. Symptoms can also vary, ranging from no symptoms to severe debilitating complaints. Various surgical interventions exist, but in general aim to enlarge the posterior fossa to relieve the herniation that is characteristic in CMI.

The goal of this project is to investigate the relationship between posterior fossa size and symptoms of CMI, and determine the extent of posterior fossa enlargement that is necessary to relieve symptoms. The study will accomplish this by utilizing the MRIs of patients with CMI to calculate the volumes of posterior fossa. They intend to increase the sample size by automating the volume calculation process. They want to compare the volumes of CMI patients without symptoms to patients with varying degrees of symptoms. Also, they will compare the preoperative and postoperative volumes to determine how the volumes change in relation to symptoms resolution as well as volumetric changes in syringomyelia.

Research - University of Akron

Principal Investigator, Bryn Martin, PhD, is an assistant research professor with the University of Akron, Akron, Ohio. His project title Multicenter in Vitro Assessment of 4D PC MRI for Quantification of Cerebrospinal Fluid Motion in Chiari Malformation and Syringomyelia will study cerebrospinal fluid (CSF) dynamics.

CSF flow is thought to be an important factor in the diagnosis and assessment of Chiari malformation severity. However, the present MRI measurements used to obtain CSF flow are very limited. In this project they will further develop and assess a novel MRI measurement technique (4D PC MRI) that can assess CSF flow with greater detail than ever before.

This project will help to understand CSF flow near the base of the brain in Chiari that could help identify new treatment possibilities and improve diagnostic capabilities.

Research - Children’s National Medical Center

Mark Quigley, PhD, Principal Investigator, will help with assessment of CSF flow across the foramen magnum as a means to effectively determine and predict clinical correlation as well as success of treatment. Dr Quigley has extensive experience in characterizing CSF flow in pediatric and adult patients. The project Is CSF Flow the “Holy Grail” to Determining Clinic-pathological Significance of Chiari Malformation? will last one year.

Chiari and syringomyelia are a result of elevated pressures in the cerebrospinal fluid. Elementary hydrodynamics tells us that such elevated pressures will result in abnormal flow in the CSF as it is driven back and forth between the cranium and spine. Dr. Quigley developed an analytical technique, called Spatial-Temporal Mapping, which resulted in the discovery of types of abnormal CSF flow which are very good diagnostics as to whether a patient’s symptoms arise from their Chiari malformation or have another origin. CSF flow in both normal subjects and Chiari patients differs significantly between adults and children under the age of twelve. They propose to undertake exploratory studies to:

- Explore these differences
- Determine if abnormal CSF flow is a good diagnostic for non-Chiari syringomyelia
- Determine if CSF flow might be used to distinguish between tethered and non-tethered cord Chiari/ syringomyelia patients

The proposed studies will be conducted at Children’s National Medical Center in the Department of Neurosurgery. The department is fully equipped for clinical research.

CNMC has a unique capability to undertake such studies, not the least of which is access to an MR scanner at no cost other than those connected with technicians operating the scanner. Thus, studies based upon a relatively large number of patients may be undertaken at extremely low cost.
The Power of Positive Thinking
by Kerry Chu

What is Positive Thinking?
A positive mind is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.

The biggest difference between people is their attitudes. Our present attitudes are habits, built from the feedback of parents, friends, society and self, that form from our self-image and our world-image. These attitudes are maintained by the inner conversations we constantly have with ourselves, both consciously and subconsciously. The first step in changing our attitude is to change our inner conversations. What we need from our side is to liberate and relish our natural positive nature. Addressing your attitudes can empower you to better direct and maintain your health. Although we can't change our circumstances, we can change our attitudes.

Walk the other way if anyone makes you feel guilty for being sick or treat your physical ailments as if they were emotional or mental problems.

Research suggests that people with a negative way of thinking will be more prone to depression. Positive thinking helps with stress management and can even improve your health. Some studies show that personality traits – optimism and pessimism – can affect many areas of your health and well-being.

Identify negative thinking
• Some common forms of negative self-talk include: filtering, personalizing, catastrophizing, and polarizing

Focus on positive thinking
• Some positive ways to think and behave: (a) Check yourself, (b) Be open to humor, (c) Follow a healthy lifestyle, (d) Surround yourself with positive people, (e) Practice positive self-talk.

Practicing positive self-talk will improve your outlook. When your state of mind is generally optimistic, you’re able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.

Remember - although attitudes seem to influence the course of sickness, do not allow people to make you feel that your bad attitude caused your illness or is keeping you from healing. Walk the other way if anyone makes you feel guilty for being sick or treat your physical ailments as if they were emotional or mental problems (included are physicians who banish you to a psychiatrist when you have no obvious signs of physical illness).

Stop Negative Self Talk
Negative thoughts have a physical effect on our bodies. Our thoughts, memories, and emotions are not only part of our mental programming, but have a physiological effect on our bodies. Scientists have determined that we hard-wire our own brains by our associative memory: our associations with people, events, times, places, and things. We assign emotions to the memories recorded in complex strings of nerve cells wired together. The strings become networks of information we can access automatically at any time.

Connections between our nerve cells are strengthened when repeatedly stimulated in a process called “long term potentiation.” Through associative learning, our brains are programmed by ordinary experiences and by extreme circumstances. Trauma changes its structure and function.

It’s vital to remember your thoughts, emotions, beliefs, and physicality are intertwined. Negative self-talk down can make you feel unmotivated and physically ill. Move your mind to a new way of being:

1. Check your state of mind. Choose your own attitude and emotions, not another person’s outlook on life. Focus your intentions in the present moment. Because we have a choice, life originates in the mind first. As within, so without. Be consciously aware of what you want to create – and claim it as your unique mantra.

2. Focus on today. Step away from old memories, past relationships, and hurts. Attend to the present. Find joy in what you bring to the table today. Take a deep breath, stay centered, and remind yourself you are a gift to the world!

3. See the big picture. In the universal equation, today is but a blink in time. Move gracefully through difficult moments with ease because you are not stuck there permanently – you are going “through it!” You can do this without depleting your energy reserves by making a commitment to doing so. Remember, life goes all too quickly. Make each day count and quit wasting your energy on negative thoughts, unproductive thinking, and who said what to whom ten years ago.

4. Release negative expectation. Focus on what YOU can do to contribute to a better world and not what others expect you to do. Pace yourself. As you practice positive expectation, you’ll find that better circumstances will be attracted to you naturally. Have faith in the process!

5. Be Thankful. There is no better way to change your energy than to turn up the volume on thankfulness. If you are thankful for what makes you happy, by the Law of Attraction, the universe will provide you with MORE to be thankful for. Be generous with gratitude – to those in your life who care, to your Higher Power, and to yourself for being an individual spark of Divine Power. Your natural state is unlimited abundance, so be thankful for all you are and your journey.

Read more at http://www.lifelonghappiness.com
Remember ASAP...

When It’s Time to Remember Loved Ones

Our appreciation to everyone who made a recent donation to ASAP on behalf of their friends / loved ones.

In Honor of Person

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Aunt Annie Priester
Joseph Belanger
Megan Reynolds
Mairead Reynolds
Patricia Doherty
Ann Schmidt

Honor a loved one with a gift to ASAP on special occasions or just to let them know you care. For donation of $5 or more, ASAP will send an acknowledgement card to the individual.

Remember family and friends with a memorial gift to ASAP. Acknowledgement cards will be sent to family when an address is provided.

ASAP History

On January 23, 1989 the American Syringomyelia Alliance Project, Inc. was determined exempt from Federal income tax under section 501(a) of the Internal Revenue Code effective May 31, 1988.

Articles of Incorporation were filed May 31, 1988 with the State of Texas.

The first organized meeting the Board of the Directors was held on August 6, 1988. A corporate seal was adopted. Barbara White was elected Chair.

The first budget set in early 1990 was for $500 per month.

The earliest fundraising event was a walk-a-thon in November 1988 that raised $9,000.

In November 1997, ASAP sponsored its first annual charity ball.

On April 21, 2009, the organization began conducting business as American Syringomyelia & Chiari Alliance Project.

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American Syringomyelia & Chiari Alliance Project

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ASAP Reading/PA Chiari & Syringo Support Group

ASAP Reading/PA Chiari & Syringo Support Group has been providing education and support for the last 8 1/2 years.

Our roots began in 2004. I was a nursing student at Alvernia College at that time with only a couple more months to go to graduate in the Spring 2005. I was given a graduation project which needed to be based on change, education, or research. Well, I guess you could say my idea for my project was a little bit of all of those components. I chose to start a support group for my son’s anomaly, Chiari malformation, for my graduation project. At that point, we did not know anyone else with Chiari. My son, Matt, had decompression surgery in 2001 at the age of ten. The only info we had about Chiari was from the Internet and the neurosurgeon. Family and friends tried to understand, but as many of you know, sometimes the support just was not there for Matt or our family. It was time to make a CHANGE in our medical community by providing support for Chiari patients, to give info to our Chiari friends to EDUCATE, and to participate in fundraising to promote RESEARCH. The Summer of 2004 I spent a lot of time in the college library obtaining medical journal articles on Chiari and its associated conditions for support group resources. Boy, I learned so much and I got an A for the project!

Allegheny Evangelical Lutheran Church in Mohnton was the location for our first meeting in October 2004. Our name at that time was Arnold Chiari Brain Malformation Support Group. Monthly meetings were held in the evening during the week. No one came to the first two meetings despite advertising in the local newspaper and merchandise. It was a little discouraging, but I knew it would take some time to build a group from scratch. By chance, Matt’s school nurse had a student come to her office reporting a diagnosis of Chiari. This family was referred to our support group and became the first addition to our support group. Slowly but surely we gained a few more Chiari friends from that time forward. We met at this location for about a year or two.

Matt's pediatrician, Dr. Salvatore Anzalone, invited us to hold our meetings at his office. Our group decided to accept the offer as it was located in a more central location in Wyomissing for easier access for members. At that time, we also decided to change our name to ChiariPeople of PA. There were a few other support groups in different states with the same name and thought it might be appropriate to make that change. We met at this location for about three years. We continued to grow slowly in these years.

In anticipation of further growth, Dr. Anzalone offered to be our sponsor to hold our meetings at the Reading Hospital. We moved our meetings to the hospital and have been there for the last three years. We changed our meetings to the first Saturday of every month to accommodate our members and the hospital conference room schedule. This change has brought a significant number of patients with Chiari and syringomyelia to our group because they listed our meetings on their community calendar of events. Doctors, nurses and other medical professionals refer patients to us frequently as well as self referrals via patients viewing the hospital website. Syringo families will continue to receive the most up to date info. In the last six months, ChiariPeople of PA decided to become a Chapter of ASAP with a name change of ASAP Reading/PA Chiari & Syringo Support Group. ASAP provides excellent resources for education and support which is the basis of our support group. Last summer we had six support group members attend the ASAP annual conference. All attending members felt they learned so much and were thankful they had a support group who provided the conference resource.

We average 3-18 members per meeting. Everyone comes for different reasons and needs. Some will come just to get info with a one and only visit to our group. Others will join us faithfully every meeting while others will attend solely for the guest speaker presentations or special activities. For each of those reasons and needs, we are reaching out to every one of them to give support and education. We hold an annual walk in September for our state’s official Chiari Awareness to support research. The walk provides a great opportunity to bring our support group members together with their family and friends along with our community to raise money for a cause we hold so close to our hearts!

If you reside close to Reading PA, we hope you will join us the first Saturday of every month in R Lobby Conference Room #8 or #9, 10:00 AM to 12 Noon, at the Reading Hospital, 6th Ave & Spruce St., West Reading, PA 19611. If you are visiting the area, be sure to drop by to see us. All are welcome!

Find a Support Group Near You

http://ASAP.org/index.php/resources/find-support/
The American Syringomyelia & Chiari Alliance Project (ASAP) is a tax-exempt 501(c)(3) organization. Our goals include providing a clearinghouse for information on syringomyelia (SM), Chiari malformation (CM), and related conditions. We offer a supportive network of programs and services and fund research to find better therapies and cures. ASAP is supported by tax deductible donations.

ASAP Connections is published bimonthly for ASAP members. Your contributions of articles, letters, and photos are encouraged. The editor reserves the right to edit any article in order to accommodate space.

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ASAP Connections Editor: Patricia Maxwell
Welcome back to another fabulous school year! It’s time to set our alarm clocks and get ready for an exciting school year full of promising new experiences. I hope that everyone is off to a great start and was able to say goodbye to their summer vacation with a smile. There are so many opportunities for you to get involved in school and, at the same time, do something you enjoy. You can join the drama club, write for the newspaper, take photography, sing in the choir, play an instrument, join the debate team, science club, technology club…just to name a few. Whatever you choose to do, I hope this is an amazing year for you and if there is anything that I can do to help you, please let me know.

I hope you are enjoying your Kids Club for a Cure Newsletter as much as I enjoy putting it together. Please contact me if you have any questions, comments, or if there is something you would like to have put into the newsletter, I will do my best to take care of your needs. I hope you are all feeling well!

(((Gentle Hugs)))
Monica Reents
Kids Club for a Cure Chair
kidsclub@asap.org
7650 N. Hydraulic St
Park City, KS 67147

If you are looking for something new and fun to do with your family, I found a website that might be just for you. Go to fun-family-games.com they have printable games, quizzes, word games, coloring pages, travel games, card games, board games, outdoor games, party games…the list just keeps going. I hope you and your family have fun!

Q: What object is king of the classroom?
A: The Ruler
School Supply Search

It’s time to go back to school. You will need a few supplies in order to make it a great year. Please search through this Kids For A Cure Club Newsletter for the items listed below. I know you can find them all, Good Luck!

1. Pencil 8. Pencil Case
3. Ruler 10. School Desk
4. Dry Erase Marker 11. Lunch Bag
5. Backpack 12. Apple
6. Eraser 13. Swing Set
7. Ink Pen 14. Teacher

Homework Help

I wanted to offer some help to you with homework. I researched online to find websites that would be useful for all ages. They are all free but, you may have to register in order to use some of them, so please let your parents help you. I hope these sites are easy to use and that they answer all of your questions. I know you will do great!

1. homeworkhelp.com
   This site helps with algebra, math, English, Literature. Experienced classroom teachers show you the steps to solve your problems, rather than just give you the answer.
2. tutornext.com
   This site helps with math, algebra, geometry, chemistry, biology, physics, English, and statistics.
3. chegg.com
   This site has step-by-step solutions to problems in 2,500 textbooks.
4. infoplease.com
   This site helps you with geography, history, language arts, math, science, social studies, writing/research, speaking/listening, and studying.
5. homeworkspot.com
   This site helps students in grades k-12 in every subject.

Fundraising

Check out our fundraising section at ASAP.org for ongoing ideas and events to help raise money to find a cure. If you have any ideas to help bring awareness to our cause or to help raise money, please feel free to share with us!

Meditation Benefits For Children

Meditation helps calm your mind, body, and nerves. When you have chronic pain and feel stress, your pain level rises. School can be a busy and sometimes stressful time and I wanted to remind you to STOP and CLEAR your MIND for FIVE minutes; you will feel so much better! If you can do this in a quiet place, it really helps keep your pain level down and also, allows your mind to focus. Here are a couple of websites that clarify the benefits of meditation for children. I hope this helps.

kidsmeditationcds.net/benefitsofmeditation.htm
webmd.com/balance/news/20110406/meditation-may-reduce-pain