



Cystic Fibrosis Scholarship Foundation

Helping young adults with CF pursue their dreams

WINTER 2017

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 cystic fibrosis who are being helped by the Foundation. The wonderful letters from our students should warm your spirits during this winter.

For the 2016-2017 school year, we provided over 95 young adults with financial assistance, and although we at the Foundation are grateful for all 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, something I see each time I read one of their letters. I wish each of you could experience the 200 letters that I am privileged to read each year.

We are currently in the process of sending out applications for the 2017-2018 scholarships. Forms are due back in late March and then the review process will begin. The awards will be announced in mid-April.

We would also ask each of you who purchase items from Amazon to sign up for Amazon Smile. A percentage of each of your purchases is then contributed to CFSF. It is a simple way to help us provide more young adults with CF a college education. Sign-up today at smile.amazon.com, and select the Cystic Fibrosis Scholarship Foundation, and leave the rest to Amazon!

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.

Please visit our website for current news about CFSF.

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Semester Update from 2016-2017 Scholarship Recipients



Dear Friend of CFSS:

As my first semester is wrapping up I just wanted to express my gratitude. My first semester as a college student could not have gone better. I have two weeks left of normal classes followed by exam week.

This semester I took 15 credits. I have a General Chemistry, College Algebra, Introduction to Sociology, and American Government. By far my favorite has been government. It has been incredibly interesting to learn about how our government works during the time of the 2016 Presidential Election.

It definitely wasn't my brightest idea to take College Algebra and General Chemistry in the same semester. It has been a lot of studying and extra hours put in after class, but it has really been paying off. At this point in the semester my lowest grade is a 97% and that is in Chemistry.

I have been so blessed to have met two girls on the first day of classes. We have worked together to study for quizzes and exams and encourage one another when things may not be going so great.

My highlight of the semester was just a couple of weeks back actually. I was at home when I logged onto my computer not to long before I had to leave to go outside to help with my daily chores in the barn. When I logged into my college account I had a couple of notifications from the past two days. I immediately started crying tears of joy when I saw I had gotten 98% on the Chemistry exam I had taken that week. It's the best feeling when you study hard and do incredibly well. Don't get me wrong I have had a test or quiz I wasn't happy with. College is totally different than high school. My first algebra quiz was administered so much different than I was used to. I ended up getting a D- on that quiz. I sure adjusted quickly to how my professor gives his quizzes and tests, because in my algebra now I have an overall 98%.

Just a few weeks ago, I got to register for my classes I will be taking next semester. I will be taking Macroeconomics, Introduction to Psychology, Essential Biology, American Literature, and Anthropology. It will be one more credit than I am taking now so I'm hoping things go just as well, if not better.

By the time the Winter Semester is over I will have completed 37 credits. I have been communicating with Michigan State University's Social Work Department since that is where I want to continue my education after I receive my two-year degree. To get into the program I have to have taken a few prerequisites. I will have most of those completed, but the community college I attend doesn't offer one of them. Over the summer, I am hoping that I will be able to take anywhere from one to three classes from the college I am currently attending. If I can take some of the summer classes, there is a good possibility I could graduate with my two-year degree a semester early! If I graduate early I would like to spend the semester I have off volunteering at the hospital or my old school. While I was a high school senior I was given the amazing opportunity to work with the ISD students. I would love to be able to go back next winter and spend some time volunteering and helping out in their classroom again.

The scholarship I was awarded has helped enormously. I have been able to focus on my school work and not have to worry about getting a job to pay off my tuition. As you can see by my lowest grade I have been able to focus and put all my energy into my education.

I would love to stay in contact and communicate! I love getting mail in school.

Thanks again and Happy Holidays! Caitlyn



Dear Friends of CFSF:

I want to again take this opportunity to extend to you my heartfelt gratitude for helping me with college expenses. It is a tremendous help and I appreciate your kindness and generosity very much.

I am drawing close to the end of my first semester in college! Final exams are around the corner as is my much-anticipated winter break. I am eager to spend time with my friends, family, and my little Yorkie at home. And something other than Hot Pockets and frozen meals for dinner will be very welcomed!

The first semester has been a challenge due to so many drastic changes all at once; everything from my new address to having a complete change in my medical care (which has been a great change-the UNC CF team are excellent and I feel very confident in their medical expertise).

I was able to get a private dorm room to accommodate my need for extra space due to my medical equipment, privacy to do my treatments and a private bathroom. However, living alone is lonely. I have decided that next year I will live in a four-bedroom apartment with three new friends who are supportive. Each bedroom has its own private bathroom and the living room and kitchen are shared. I feel this will be a good compromise for me. I will have privacy I need but also have friends close by.

I am very diligent with treatments compliance, even with the time restraints of college. I know it is imperative to my health. Things are now settling into place as I navigate the college experience and figure out just how everything works! I expect much smoother sailing next semester.

I had to be hospitalized this month due to my CF. However, I kept up with my school work and studying. I had my laptop with me and did all of my assignments from my hospital bed. So far, I have received very good grades in each subject including a 100 on an English paper, a 97 on a Biology test and a 100 on a Math test. I'm not a quitter and I will not allow CF to prevent me from living my life to the fullest.

I am so excited about the medical advances with CF! I hope to someday soon be involved in a clinical trial at UNC. I truly believe that by the time I finish graduate school if not sooner, there will be a pill I can take that will control this disease.

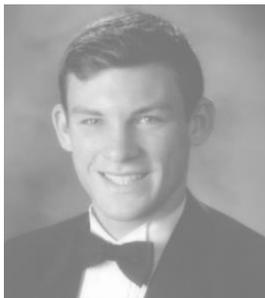
I am a biology major and want to pursue a career in the medical field. I have seen the impact that good medical care has had on my life and I want to pay it forward. I have not decided on an exact career yet but I am working on it.

Again, there is simply no way to adequately thank you enough for your part in furthering my education. I plan to also pay this forward someday after I am settled in my career.

I live directly across from the Dean Smith Center (Dean Dome) and may the Tarheels win the National Championship this year!!

May you be blessed tenfold over for your kindness.

Holly



Dear Friends of CFSF:

I hope you both had a fun holiday. I know I had a good time being home from college to see my family. So far, school has been going great! Currently, I am studying to earn a BS in Mechanical Engineering at Bucknell University. My classes are very tough but the topics are interesting and it's a rewarding major. Some cool engineering projects I have worked on so far have included designing a bridge, laser etching wood and glass, programming a robot to deliver pizza at specific houses, 3D printing some of my designs, and currently I am building an air compressed marshmallow cannon. My engineering final project is to teach a physics concept to 10 year olds, so I am explaining to them the idea of conservation of energy. To compress the air, the child will use a bike pump to pump air into a canister, then once the valve is turned, it will fire a marshmallow at about 16 meters/second (if my calculations are correct, haha). But this will explain to them the transition from work (pumping the bike pump), potential energy (compressed gas in the canister before firing) and kinetic energy (the marshmallow flying after launch).

Outside the classroom, I am involved in many organizations. The fall season sports just ended, in which I played club lacrosse and club ultimate Frisbee. Club ultimate Frisbee's season is in the spring, so during the fall we play intramural games against all of the fraternities at the school. We had an undefeated season and won the championship game 8 – 3! Other than sports, I have also gotten involved in a few clubs. I am part of Activities and Campus Events (ACE), American Society of Mechanical Engineers (ASME), Inter Residence Hall Association (IRHA), and the outdoors club. I hold executive positions in the first three clubs so my schedule is usually very filled. I study hard but like making time for fun things too so I fill my free time mainly with clubs and sports.

I appreciate your interest in how my college career has been playing out. And thank you again so much for helping alleviate the costs of my education. Your generous contribution allows me to focus on my grades and overall contributes to my success.

Sincerely, William (Billy)



Dear Friends of CFSF:

I am writing to give you an update on my senior year at Indiana University in Bloomington, Indiana. During this past fall semester, I took classes centering around special education. I also shadowed in a special education classroom at a local school in Bloomington. The experience was very educational and eye opening. It also helped to reinforce my decision to choose elementary and special education as a career.

This coming spring, my last semester at Indiana University will be spent student teaching in a fourth-grade classroom for half of the semester, followed by student teaching in a special education resource classroom for the remainder of the semester. I'm really looking forward to using the skills and methods I've learned at IU in a true classroom setting.

I continue to keep up a routine for all my CF therapies which I have worked into both my academic and social life. I'm excited to be starting my last semester of school but I'm also going to miss attending Indiana University.

Thank you again for providing this scholarship to make it possible for me to attend IU and study to be a teacher. I'm very grateful for your generosity.

Sincerely, Erin