

# FRESH AIR

**C**ystic Fibrosis Association of North Dakota  
NOT AFFILIATED WITH CYSTIC FIBROSIS FOUNDATION OR THEIR NORTH DAKOTA CHAPTER

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NO. 1

## Fargo/Moorhead Golf Classic Scores



### The 22nd Annual CF Golf Classic was held on Friday, August 4, 2017 at The Meadows in Moorhead.

The teams were greeted by a beautiful golf day with temperatures around 80 degrees and a well-manicured course. The tournament moved well and most golfers were able to complete the round in 4 to 4 ½ hours.

The raffles conducted following the excellent evening meal were well-populated with prizes and gift cards to area businesses and eateries. Much of the financial success of the tournament is due to excellent participation in the raffles by participating golfers. Some winners even re-auctioned their winnings to raise additional funds for CFA.

We wish to thank area businesses for their willing cooperation in sponsoring and donating to make the event a success. We are certainly very appreciative of the volunteers who do the work necessary in securing prizes and teams for the tournament. In order to make the raffles possible, these volunteers put in hours of work going to businesses to solicit prizes that appeal to those at the tournament. We certainly couldn't do this without you.



*Lung transplant recipient, Jordan Peterson and his team*

## College Scholarships Available

One of the benefits that CFA offers our members is post-secondary educational assistance. Many CFA members have taken advantage of this CFA program service, and it's available to CFA members who either live in North Dakota or were diagnosed in North Dakota.

We know that going to college is a busy time for everyone. In addition, fighting cystic fibrosis can take several hours each day just doing chest physiotherapy and nebulizer treatments. When considering that students will be going to class, doing homework, socializing and then working to help pay for college, it's understandable to say that "there are only so many hours in a day, and some days I just can't fit it all in." Well, when that happens, we don't want you to be tempted to skip those vital treatments or medications.

We offer the scholarships so that you will hopefully not have to work as many hours earning money to pay for college. We want to help out so that you can take the time to optimize your health.



If you are a CFA member contemplating college this fall, it may be getting late, but there is still time to get everything in order, so that you can qualify for a CFA scholarship.

**For more details, go to:**

**[www.cfanorthdakota.com/cfa-news-desk/scholarship-information](http://www.cfanorthdakota.com/cfa-news-desk/scholarship-information).**

Make sure you have filled out your **FAFSA form**.

We're waiting to see where your next adventure takes you!

## 8th Annual Sonia Balliet-Heidenreich 5K to be Held October 7th, 2017

The 8th Annual Sonia Balliet-Heidenreich 5K will be held at 10:00 AM on Saturday, October 7th, 2017 at Brunsdale Park in Fargo (1702 – 27th Ave. South).

The same fun, family friendly atmosphere that has been a trademark of this event will be there again this year.

The event has been established by friends and family who wanted to celebrate the life of Sonia Balliet-Heidenreich who spent much of her early life in Fargo. Though afflicted with cystic fibrosis, Sonia left a legacy of joy, love and optimism with all those she met. Her willingness to share in the lives of others in spite of a disease that tried to keep her down is what made her so special to those she knew and loved.

Please come to help us celebrate her life with her friends and family. Help us to raise funds that will give hope to others with cystic fibrosis. Registration online is preferred, but can also be mailed to CFA, 921 S. 9th St., #115, Bismarck, ND 58504. If you'd like, you may also register the day of the race, however, payment must be cash or check.

All participants who register by September 15th, will receive a T shirt and a \$3 Happy Joe's buffet after the race.

We hope to see you there.



## Donations Directed Toward Ongoing Need

Our thanks are again extended to area friends for the ongoing giving taking place that help us to provide the programs serving our young members with cystic fibrosis. In each occasion for giving, it all helps us to continue the programs that serve our members with cystic fibrosis throughout the entire year. We receive thanks from members for these programs, and it is our turn to pass along that appreciation. Donations to CFA through a variety of means help us to provide this service to our members.

**Mr. Ron Haugam** donated \$100. **Essentia Health** of Fargo donated \$100 through a Volunteer Give Back by **Jody Triller**.

The **Fargo Town Hall/First Presbyterian Church** donated \$500 to CFA in thanks for **Mandy Anderson**, a CFA member speaking to them last fall.

The **Duska LaCount Charitable Lead Trust** again donated \$1,250 to CFA. **Mr. Ken Gilles** donated \$1,000 to CFA.

Please **#StartWithaSmile**. When you shop at **Amazon**, consider starting at **smile.amazon.com/ch/45-0355886** and a portion of your purchase will be donated to CFA. It does not cost you any additional money and it helps our friends with CF to **#BreatheEasier**. Thank you!



We appreciate all of you for each and every gift. You are supporting the programs that help CFA help our neighbors with cystic fibrosis.

• • •

Foundations, service clubs, corporations, cooperatives, local businesses, public employees, schools, families and individuals recognize the importance of helping young people with cystic fibrosis. Your creative methods of remembering young people with cystic fibrosis are much appreciated. We will continue to help them - with your assistance. Thank you to all!

Don't forget that donations may also be made at [www.cfanorthdakota.com](http://www.cfanorthdakota.com)

# Cystic Fibrosis Research News

As we learn more about cystic fibrosis and the various infections that have cropped up in patient's fights with CF, more and more research dollars are being used to remedy bacterial infections that have developed resistance to many of today's antibiotics. In addition, a compromised immune system has helped to foster development of fungal infections in the lungs of some with cystic fibrosis. Researchers have taken note of this and are directing their efforts toward solutions to some of these problems as well. Many of this issue's stories relate to what is happening in these areas of study. We hope you will be able to glean some information and hope from them.

## Stem Cell Therapy for Lung Fibrosis Conditions

– by University of North Carolina Health Care – Aug. 3, 2017 – A team of scientists from the UNC School of Medicine and North Carolina State University (NCSU) has developed promising research towards a possible stem cell treatment for several lung conditions, such as idiopathic pulmonary fibrosis (IPF), chronic obstructive pulmonary disease (COPD), and cystic fibrosis...

## Spying a Chance to Stop a 'Catastrophic Threat'

– by Nick Paul Taylor – Aug. 2, 2017 – Amplyx's lead candidate, APX001, is designed to treat infections caused by common, sometimes drug-resistant, fungi such as species of *Candida* and *Aspergillus*.



**Bacterial Biofilms, Begone** – Aug. 1, 2017 – Colorado State University/Advanced Functional Materials – A new material could form the basis for a new kind of antibacterial surface that prevents infections and reduces our reliance on antibiotics, suggests new research.

## Structures, Mechanisms That Enable Bacteria to Resist Antibiotics

– by Edward Yu/Iowa State University – Aug. 1, 2017 – Scientists have spent years studying the structures and mechanisms bacteria use to resist antibiotics. Researchers can now describe the efflux pumps and transporters that certain disease-causing bacteria use to keep antibiotics away.

## Scientists Discover Biomarkers Which Could Lead to Better Treatments for CF Patients

– McMaster University – July 31, 2017 – Researchers have identified two new biological markers of cystic fibrosis (CF), a genetic disease which affects children and young adults, leaving them with lifelong health complications including digestive problems and persistent lung infections. The findings shed new light on the underlying mechanisms of CF and could lead to improved prognosis and better therapies for a disease which is quite variable, affecting different children in different ways.

## Vertex Reveals Promising Data for Triple Combination Cystic Fibrosis Therapies

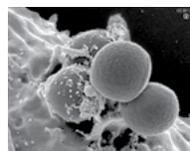
– by Ryan Bushey – July 19, 2017 – Vertex Pharmaceuticals is securing its spot leading the treatment space for cystic fibrosis (CF). The company unveiled on Tuesday positive data from Phase I and Phase II studies for three different triple combination regimens for CF patients with certain types of gene mutations with one F508del mutation and one minimal function mutation (F508del/Min).

## Cystic Fibrosis Alters the Structure of Mucus in Airways

– University of Iowa Pappajohn Biomedical Institute – June 28, 2017 – Cystic fibrosis (CF) alters the structure of mucus produced in airway passages. In pigs affected by CF, mucus strands... are more tangled than normal, and the sheets of mucus... that cover the strands are denser. These structural abnormalities may help explain why people with CF have difficulty clearing mucus from their lungs.

## Antibiotic Nanoparticles Fight Drug-Resistant Bacteria

– by MIT – July 12, 2017 – Antibiotic resistance is a growing problem, especially among a type of bacteria that are classified as "Gram-negative." These bacteria have two cell membranes, making it more difficult for drugs to penetrate and kill the cells.



## Major Breakthrough in Battle Against Antibiotic Resistance

– by University of Salford – July 13, 2017 – Cancer researchers in the UK may have stumbled across a solution to reverse antibiotic drug resistance and stop infections like MRSA.

## New Antibiotic for Fight Against Superbugs

– by Kenny Walter – June 29, 2017 – A new antibiotic has emerged that has researchers hopeful it can be used to fight against multi-drug resistant infections plaguing hospitals across the globe.

**GO GREEN! GO PAPERLESS!**

**The CFA newsletter is also posted on our website!**

If you would like to stop receiving a paper copy in the mail, please let us know by sending us an email. This will save us money so that more can go to other program services.



# Memorials

Giving memorials and honorariums are special ways of remembering and honoring someone who has made a difference in your life. The idea of helping someone else by honoring these individuals extends the positive impact of their lives in our world. Our thanks to those who remember...and to those they remembered. Thank you to all who donated!

## In Memory

Norman & Bonnie Campbell  
 Jerry & Candace Eldridge  
 Mike & Jill Gackle  
 Pam Wohlwend  
 Marjorie Johnson  
 Diane Vetter  
 Kinly Vetter & Julie Johnson  
 Steve & Susan Schlosser  
 Kenny Jr. & Michelle Vetter  
 Tim & Arliss Moe

in memory of  
 in memory of

Charles Davis  
 Cody Eldridge  
 Shawna Gackle  
 Bob Hermanson  
 Tom Mattern  
 Denice Vetter  
 Denice Vetter  
 Denice Vetter  
 Denice Vetter  
 Denice Vetter

REMEMBERING OUR LOVED ONES



**Cystic Fibrosis  
 Association**  
 of North Dakota

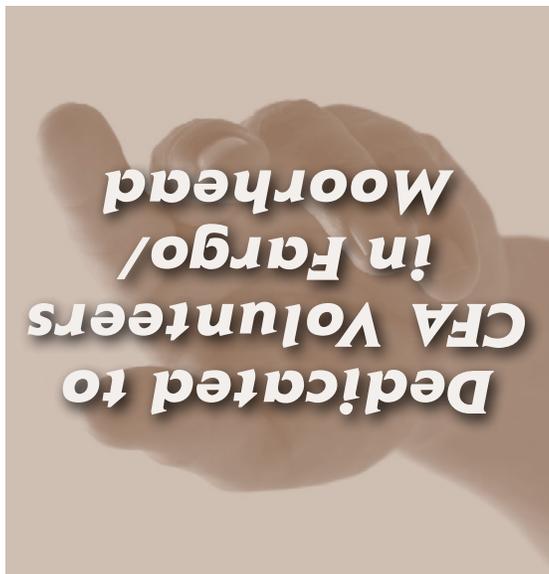


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*President*  
 Kenneth Karls  
*Executive Director and  
 Newsletter Editor*



August	
8/10	Carly Buchanan
8/11	Chelsey Smedsrud-Haukos
8/16	Cody Mills
8/20	Katherine Wangler
8/21	Michael Barth
8/26	Lily Stroup
8/27	Cierra Horning
September	
9/6	Vicki Zacher
9/8	Dillian Helbling
9/19	Shayne Haustveit
9/20	Erik Swenson
9/27	Daviney McKay
9/28	Ty Mills

**Birthdays**

