



Spina Bifida
Association
of Connecticut, Inc.

The *Interactive*

A Quarterly Publication Exclusively For
Members & Friends of the SBAC

June 2004

SBAC Member Honored For Athletics

In April, SBAC Member Mary-Christine Beck was awarded the Ron Choirnier Award from the Bristol Tramps Sports Reunion, Inc. during a function held at the Radisson Hotel in Bristol. Awards were based on the individual's contribution to sports in the community. Mary-Christine was nominated and recognized for her commitment to swimming on three teams, Bristol Central High School, Hospital for Special Care WAVE Team and the Cheshire Y Devils team as well as the achievements she made in local, regional and national meets. She was also recognized for her past participation on the Bristol Splash Swim Team and additionally for her participation in track with the Cruisers. Mary-Christine was the youngest recipient to ever be presented this Bristol Tramps Award.

In May, the Bristol Sports Hall of Fame again recognized her strong commitment and achievement in sports both within the school and in the community while maintaining an honor roll student status. Bristol Central High School's principal presented her with the Joe McGinn Award at the Bristol Sports Hall of Fame scholar-athlete banquet at Nuchie's Restaurant.

Way to go, Mary-Christine!

SBAC Awards Scholarship to Eric Berman

Congratulations to Eric Berman of Trumbull who was this year's winner of the SBAC Scholarship.

Recently graduated from Trumbull High School, Eric plans to attend Southern Connecticut State University this Fall, majoring in Psychology. During his time in high school, Eric participated in the Governors Youth Leadership Training, Partners in Policy Making and The National Independent Living Conferences.

Good luck Eric!!

Mary-Christine Beck at the Bristol Tramps Sports Reunion Awards Dinner

Inside This Issue:

- Preview Bowl-a-Thon 2004 on page 3!
- Enjoy a "Night Out" at Margarita's Restaurant, see page 4 for details
- Hand Powered Bicycle giveaway program, page 7
- Join us at a New Britain Rock Cats Game! See page 12 for details.
- Adaptive Scuba, a personal story, page 15

A Letter From The President – Kiley Carlson

As summer approaches I find myself preparing for a trip to Washington, DC to attend the SBAA Conference. Fred Liguori and I will be representing the SBAC as delegates to the annual meeting. We will be attending sessions on medical, educational and social issues affecting individuals with spina bifida. We will also attend a full day of sessions on chapter development to help us to improve our awareness, outreach and fundraising efforts here at home. This conference also provides us an opportunity to network with adults and parents living with spina bifida from around the country. Look for our report in the next issue of The Interactive.

Campership and Allocations applications are due in by August 1st. For your convenience an application is included in this newsletter, or you can print one off our website at SBAC.org. I hope you will take advantage of this great program.

Parents, be sure to check out page 7 for a great opportunity for your child to receive a hand pedal cycle at little or no cost.

I hope to see many of you at the two great events we have planned for July and August. Have a safe and sunny summer!

- Kiley

Congratulations Athletes!

On April 21st - 24th Jaclyn Lanzetti, Mary-Christine Beck and Lauren Roseman, together with their Swim Team Coach Joan Karpuk, competed at the United States Paralympic Swim Trials in Minneapolis, MN. Although the girls did not qualify for selection to the

United States Paralympic Team, they had outstanding times and won medals in several events.

Qualification for the team is based on world rankings in different events and was extremely competitive.

We are all very proud of the achievement of these young ladies.

Congratulations!

Well Wishes!

Best wishes go out to **Jerry Carriera** and **Chuck Hurlburt** who are both continuing to recover from recent illnesses. Get well soon!

The *Interactive* is published quarterly by the Spina Bifida Association of Connecticut, Incorporated. P.O. Box 2545, Hartford, CT 06146-2545. Subscription rate is \$15.00 per year. The SBAC is a non-profit corporation. Board meetings are held quarterly at the Hospital for Special Care Resource Center in New Britain, CT.

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We welcome comments and suggestions regarding the content or appearance of this newsletter, as well as commentary on issues related to spina bifida. We reserve the right to edit all submissions. Letters must include your name, address and phone number. Mail all correspondence in care of the association.

Call us anytime with suggestions, questions, impressions, or contributions at 1-800-574-6274 or visit us on the web at: <http://sbac.org>.

11th Annual SBAC Bowl-a-Thon

Save The Date!
Sunday, October 24th

Although we are presently enjoying the heat of summer, the fall season will soon be upon us and that means Bowl-A-Thon time.

In keeping with the schedule change last year to align the Bowl-A-Thon with Spina Bifida Awareness month, this year's Bowl-A-Thon 2004 is scheduled for Sunday, October 24th from 1– 5PM.

This year we elected to schedule the event on Sunday in an attempt to avoid conflicts with work schedules and kids athletic events. We hope this change allows more of our families to participate.

There will be lots of surprises, fun and games at this year's event. You won't want to miss it!

The location remains unchanged. The Bowl-A-Thon will be held at AMF Silver Lanes in East Hartford. So mark the date on your calendars and look in the upcoming newsletters for more information regarding **Bowl-A-Thon 2004**.

We hope to see you there!



Planning Committee Meeting Scheduled

The Planning Committee has scheduled a meeting in July to discuss short and long-term goals of the organization.

If you have comments, suggestions, or input you would like to have considered at this meeting, you can e-mail your suggestions to:

SBAC@SBAC.org, or mail them to:

SBAC
P.O. Box 2545
Hartford, CT 06146-2545.

Ivan Lendl Junior Wheelchair Sports Camp Monday August 9 – Friday, August 13



This year's Special Care's Ivan Lendl Junior Wheelchair Sports Camp will be held Monday, August 9 through Friday August 13 at Saint Joseph College in West Hartford.

The camp is offered free-of-charge to children aged 7 to 18 living with physical disabilities. Instruction in tennis, basketball and track & Field is

offered by world-class disabled athletes.

The Ivan Lendl Junior Wheelchair Sports Camp is sponsored by The Hospital for Special Care and the New Britain-Berlin Rotary Club.

For more information or to register call: **(860) 832-6257**.

Let's Have Some FUN at Margarita's!



Join the SBAC at Margarita's Restaurant
in Branford on Thursday, July 15th for a
FREE "Beach Night Party!"

from 6:30 to 8 PM

Wear your most outrageous Hawaiian shirt and join the Fun! We'll enjoy free appetizers, chips and salsa & soft drinks (*cash bar available*) on our own private outdoor patio. *Dinner entrees will be available at half-price!* This is a great chance to get out and relax in a fun and festive atmosphere and meet others in the SBAC.

Margarita's is located at 377 East Main Street in Branford. Their phone number is (203) 483-7557. For directions or other info call or visit their website: www.margs.com

For questions about the event, please call the SBAC at: 1-800-574-6274 or e-mail at SBAC@SBAC.org

**Margarita's is an accessible building.
Must be 21 years or older to attend.**

See You There!

Special thanks go out to Margarita's Restaurant for their generosity in underwriting this event for us.

Spina Bifida Association of Connecticut Allocations Committee Application

Please Print

Today's Date: _____

Section One – General Information

Name of person for whom aid is being requested: _____

Name of Parent or Guardian: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Birth Date (under 18): ____/____/____ Day Phone: (____) _____

Night Phone: (____) _____

Employed by (over 18): _____ Phone: (____) _____

This request is for (be specific): _____

Are you currently receiving any additional financial assistance?: Yes No

If Yes, Please explain/describe this assistance: _____

Member of SBAC since (year): _____ Prior SBAC Cash awards since last October: \$ _____

My participation in SBAC events/activities has included: _____

In the future, please contact me to help with the following (circle all that apply): Typing, Phone Work, Event Set-Up, Fundraising, Computer Work, Activities (assisting), Envelope Work, or, I can do the following:

PLEASE COMPLETE THE BACK OF THIS FORM:

All of the information contained on this form is true and correct to the best of my knowledge. I hereby give the SBAC permission to verify any of this information. I also understand that people just like me raise the money distributed by the SBAC, and I intend to (continue to) assist the Association in their on-going fund raising efforts or other activities, which are often mentioned in the quarterly newsletter. I understand that although a maximum ANNUAL distribution from the SBAC is pre-determined, this amount will only be awarded according to the SBAC allocation policy.

Signed, _____ Date: ____/____/____

Rules for Application

Applicant must be a member of the SBAC for at least one year (immediate access for newborns).

Active members will receive additional consideration.

We reimburse out of pocket expenses only. We will NOT duplicate any expense already paid for by an insurance company or state, federal or private agencies.

All applications must be accompanied by documentation as requested on application.

Applications for orthopedic equipment, prescriptions for medications, and corrective treatments all require a prescription or a doctor's signed letter.

Applications for MEDICAL allocations must **be postmarked** by **February 1st and August 1st** and CAMPERSHIP allocations must **be postmarked** by **August 1st**.

Checks will be made payable to the provider, Camp, School or University unless a paid invoice is provided.

All expenditures must have been incurred within 12 months of the application deadline.

Maximum payout of \$500 per calendar year.

Application for CAMPERSHIP Assistance

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Camp Name: _____ Day Camp Overnight Camp

Address: _____ State: _____ Phone: (____) _____

Total Tuition: \$ _____ Other Financial Aid: _____ \$ _____

Dates of Attendance: _____

Attached is a copy of the camp brochure and a letter of recommendation.

Application for MEDICAL Assistance

This application is for:

Major Expense
Orthopedic, Medical, or Corrective Treatment
Supplies, Mobility, or Recreational.

Vendor/Hospital: _____ Receipt attached or
 Bill or Invoice for unpaid balance
attached

The Device/Procedure was prescribed by: _____

Prescription attached or Doctor's signed letter attached and Insurance refusal attached.

Address: _____ City: _____ State _____

Phone: (____) _____

Primary Insurance: _____ Policy #: _____ Phone: (____) _____

Secondary Insurance: _____ Policy #: _____ Phone: (____) _____

SBAC USE ONLY

Member Date: ____/____/____ Awards this Year \$ _____ Amount of this Award \$ _____
Application Rec'd ____/____/____ Date of this Award: ____/____/____ Notice Sent: ____/____/____

Dear SBAC Members,

The Spina Bifida Association of Connecticut has been contacted by the Save The Kid Fund with a request for our members to participate in their “Freedom Program”. This program provides hand cycles to children 5 – 18 years of age, who have a disability, and would benefit physically and/or socially from it. These bikes are provided at little or no cost to qualifying families.



Save The Kid Fund chose the “Freedom Program” name because of the reaction they have received from the children who have been recipients of the hand cycles. A child with a hand cycle is now able to go riding with their friends and have the freedom to play without boundaries.

Save The Kid’s goal is to be able to provide a hand cycle to all eligible children the SBAC services here in Connecticut. They are kicking off a huge fundraising effort to accomplish their goal by Labor Day. Hand cycles can cost anywhere from \$500 to over \$2,000.

Save The Kid Fund is a Connecticut based non-profit organization run by employees of the Millstone Nuclear Power Plant. Since 1987, STKF has provided over \$350,000 in direct assistance to children across the country and abroad.

If you feel your child could benefit from receiving a hand cycle, we encourage you to apply. Simply fill out the application and financial statement on pages 9 – 11 and return them to the SBAC, **NO LATER THAN JULY 15, 2004.** We will forward all applications to Save The Kid. All decisions on who will receive a cycle and any cost involved will be made by Save The Kid Fund. For more information on the Save The Kid Fund checkout their website at www.savethekid.com.

If you have any questions please contact the SBAC at 800-574-6274 or by e-mail at sbac@sbac.org.

Yours truly,

Kiley J. Carlson

Kiley J. Carlson
President

Save The Kid Donation Request Form

Requestor:		Phone #:	
Requestor Address:			
E-Mail Address:			

Name of Child / Cause:		Age:	
Address:			
E-Mail Address:		Phone #:	
Amount:		Date:	

Fred Altvater			Jeff Langan		
Toni Brothers			Joel L'Heureux		
Kathy Cook			Frank Matovic		
Michael Dolishny			Gary Stearns		
Darlene Gallant			Jeff Taylor		
Jack Johannemann			Robert Wolinski		

Disposition: **Approved** **Denied** **Check #:** _____ **Date:** _____

Note: Refer to the Request Process Flowchart for specific requirements for approval.

Financial Disclosure

In order to make an informed decision concerning your request from aid, Save the Kid Fund (STK) needs to know some facts concerning your financial status. STK will use this financial disclosure for only one purpose and that purpose is to judge and prioritize your request for help. All financial information that you disclose to STK will not be disclosed to any other group or company, unless compelled to do so by law.

Your Name and Address: _____

(street)

(city)

(state)

(zip)

Please complete the following concerning your income and savings.

Estimated annual income of you and your spouse (attach a copy of your last income tax return – both returns if filing separately)	
Amount in your savings and checking accounts - include all amounts in accounts in your name or your spouse's name	
Net worth of your current investments	
If self-employed, estimated net worth of your business	
Net worth of all investments in your child's and or children's names	
Amount in your child(s) savings and checking accounts - include any trust funds.	

Please complete the following concerning you debt.

Total of rent or mortgage payment - list below the recipient of the payment and include a phone number if known.	
Total of outstanding loan (auto, boat etc.) payment(s) - list below the recipient of the payment and include a phone number if known.	
Total of investment loans - list below the recipient of the payment and include a phone number if known.	
Total of credit card debt	
Monthly credit card payments due to above amount - list below the recipient of the payment and include a phone number if known.	
Outstanding Medical Bills - list below the recipient of the payment and include a phone number if known.	

If there are special circumstances related to any of the above information or there are pending debts not listed above (for example medical bills not yet received) please explain here:

Mortgage / Rent Payments are made to:

Name: _____

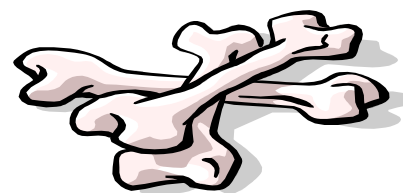
Address: _____

Phone Number: () _____

B-B-Bad to the Bone

Orthopedic Issues in Spina Bifida

By, Wendy Garizio



You could say that the essence of spina bifida is an orthopedic problem. After all, spinal dysraphism, another term for neural tube defects, is what happens when those spine bones aren't shaped the way they are supposed to be shaped. The subsequent damage to nerves can cause numerous other orthopedic problems.

Many people with spina bifida are born with dislocated hips. Although many people live and even walk with dislocated hips, when babies are born this way, an attempt is made to put the hip back into the socket. A Pavlick harness may be used, which is a contraption that can be worn by babies for about 6 to 12 weeks. The harness keeps the hip in proper alignment and allows for the hip joint to develop normally and is about 85% effective. Another intervention is surgery to replace the hip into the socket. This treatment is often very ineffective, and individuals may even have more difficulty walking or pain after having had the surgery. Orthopedic surgeons disagree about using surgery as a treatment. Whether one or both hips are out of joint is also a factor to consider. The purpose of the surgery would be to improve someone's gait, as

most people with SB who have a dislocated hip do not feel pain.

Another issue for people with SB is fractures. Of course anyone can fracture a bone, but because of weaker muscles and bones, osteoporosis due to immobility, lack of sensation or position sense in a limb, people with SB can more easily break their bones. A fracture may go undetected at first since spina bifida often leaves people with little or no sensation in parts of their lower limbs. Areas of redness, warmth and swelling should be suspect. Children, especially those under the age of five are more likely to break a bone, and boys fracture bones more often than girls. (Does this surprise anyone??)

Another risk factor is if someone has fractured a bone in the past, especially if it was recent. Last year, one of my little friends, now six years old, refractured his legs the day he got his casts off. He was also misdiagnosed the first time he broke his legs, because they didn't X-ray his legs high enough.

Wheelchair use and general immobility can cause osteoporosis, muscle contractures leading to scoliosis, and other problems with the bones of the spine. Weight-bearing such as

in a standing frame or using parallel bars and braces can help combat some of these problems. Scoliosis is treated with bracing in those still growing, and depending on the degree of the curve, surgery in adults. Surgery to correct scoliosis involves metal rods and screws.

Various problems with the feet can occur in those with spina bifida. Due to varying muscle weaknesses, feet can be turned any which way. Various surgeries are available such as heel cord releases, tendon transfers and other surgical corrections followed by bracing. Serial bracing can also be done for clubbed feet and other types of foot abnormalities.

Other orthopedic issues with spina bifida include when and how to use bracing and wheelchairs, seating and positioning including the use of standing frames, and the use and style of walkers, crutches and canes. Most people rely on their orthopedist to prescribe these positioning and mobility devices, however a physiatrist, a physical rehabilitation doctor, can also be of service.

Continued on page 14

(My daughter Alina has a wonderful and very knowledgeable pediatric physiatrist



Spina Bifida Association of Connecticut
Night-Out at The New Britain Rock Cats Game

Thursday, August 5th
Picnic: 6:00 PM - Game Time: 7:05 PM

Come join the fun of **an all-you-can-eat picnic dinner & Rock Cats baseball game** at the New Britain Stadium!!
Special Reduced Rate Subsidized by the SBAC

The menu includes: Barbecue Chicken, Hot Dogs, Hamburgers, Baked Beans, Pasta Salad, Cole Slaw, Watermelon, Cookies, and Soft Drinks.

Return the RSVP form on page 13 with your payment
NO LATER THAN: July 18th
to reserve your space at the game.

Any questions? Call Marybeth Petersen at 1-800-574-6274



SBAC Night at The New Britain Rock Cats
Picnic RSVP and Ticket Order Form

Thursday, August 5th - Picnic: 6:00 PM - Game Time: 7:05 PM

Name: _____ Daytime Phone: _____
Name of person who will bring I.D. and pick up tickets at the game

Address: _____ Evening Phone: _____

City/State/Zip: _____

<u>Seating Type</u>	<u>Quantity</u>	<u>Price</u>	<u>Total</u>
Adult Wheelchair Seating	_____	\$10.00	_____
Adult General Seating	_____	\$10.00	_____
Child (4-18) Wheelchair/Stroller Seating	_____	\$ 5.00	_____
Child (aged 4-18) General Seating	_____	\$ 5.00	_____
Child Under Age 4	_____	FREE	FREE

TOTAL ENCLOSED Check payable to SBAC: \$ _____

Don't Miss Out!
Return your RSVP
No Later Than: July 18th!



Mail your RSVP form and check (*payable to SBAC*) to:
Marybeth Petersen – 38 Litchfield Road – Unionville CT 06085

- New Britain Stadium is a fully accessible building. Park in the reserved wheelchair parking and enter the building via the *reserved ticketholder* entrance which will put you adjacent to the “Pepsi Party Patio” where our function will be held. All restrooms in the stadium are accessible.
- Directions to the stadium can be found on the Rock Cats website at: <http://rockcats.com/> or by calling (860) 224-8383.
- If you have additional questions, please call Marybeth Petersen at 1-800-5746274 or e-mail at marybeth@sbac.org.
- Your tickets will be at the “Will Call” Window – Please remember to bring your I.D.!!

Athletes Qualify For Junior Nationals Team

Congratulations and best wishes to the following athletes who have qualified to attend the Junior Nationals competition in Mesa, Arizona this July. They will be competing in swimming and track & Field events. They are:

Mary Christine Beck

Chelsea Bilodeau

Rachel Grusse

Stephanie Hebert

Mandy Hinkel

Robert Jenner

Jaclyn Lanzetti

Kara Maloney

Lauren Roseman

Camille Suggs

Abe Waugh

Condolences

It is with deep sadness that we share the news of the passing of one of our members. Christine Dube died on June 10, 2004 at her home at New Horizons Village in Unionville, where she had lived for the past three years. Besides her friends, many of whom lived with her at New Horizons, she leaves her parents Edmond & Pauline Dube, her fiancé James Moger, her brother and sister-in-law Douglas & Kelly Dube, her sister and brother-in-law, Lana & Steven Burns and several nieces and nephews.

Christine was active in St. Matthew Church in Forestville and volunteered at the Wheeler Clinic in Plainville. She was also a member of the Cruisers wheelchair sports team.

Our deepest sympathies are extended to Christine's family and friends during this very difficult time.

Bad To The Bone

Continued from page 11 . . .

My daughter Alina has a wonderful and very knowledgeable pediatric physiatrist (if anyone needs one!) The input of physical and occupational therapists and your orthopedic doctor (hopefully one knowledgeable about SB issues), as well as input from the person with SB or the parent of the child with SB is essential.

Special thanks to Dr. Michael Connair, Yale Spina Bifida Clinic.

BIBLIOGRAPHY

1. American Academy of Orthopedic Surgeons 1995 Annual Meeting - Scientific Program. Dislocated Hip in Children With Lower Lumbar Spina Bifida: Function With and Without Surgical Relocation Paper No. 072. THURSDAY, FEBRUARY 16, 1995, 1:00-3:00 PM. Location: CLARION HOTEL BALLROOM A & B
Benjamin A. Alman, MD, Boston, MA
James G. Wright, MD, Toronto, ON, CANADA. Mohit Bhandari, MD, Hamilton, ON, CANADA
2. <http://www.hku.hk/ortho/ortho/abstract/abstract2000/p03.htm>. Hips Dislocations in Spina Bifida: A Study of Long Term Functional Outcome. Budhraj N, Li Y H
3. <http://www.bloorviewmacmillan.on.ca/webpdfs/spibifbroch.pdf>. Fractures and spina bifida
4. <http://nsweb.nursingspectrum.com/ce/ce127.htm>
Combating the Effects of Immobility
Lorraine S. McNeill, RN, C, MSN, CCRN, CNS, NP. Debbie Green, RN, MSN, CNS, ANP/GNP

6. <http://www3.telus.net/public/omuir/MedicalQA/orthopedic.htm>
Orthopedic Issues

"Although research is done by Wendy in good faith using reliable sources, this is not intended to replace advice given by your own physician"

5. <http://www.scoliosisrx.com/>

Scuba Anyone?

Story by Janet Lanzetti

It was probably the coldest January, which seemed to roll right into a cold February. On February 7, 2004 my husband and I spent the day at a swim meet for both our daughters. That evening as we sat in the family room relaxing by the fireplace, we got a call from the New Jersey Lightning Wheels wheelchair sports coach, Trisha Yurochko. In short, she said “would Jaclyn like to learn how to Scuba Dive and become a certified diver on an all expense paid trip to the Grand Cayman Islands”? Wow, I thought, I sure would like to be there right about now. We were given a day to think it over. The next day as Jaclyn swam again at the swim meet, I was on my cell phone with Trisha and Roger Muller, President /Founder of the organization, Stay-Focused, trying to get this sorted out in my head.

Stay-Focused, Inc. a nonprofit organization, was formed about 3 years ago to take kids in wheelchairs to the Grand Cayman Islands and get them certified in scuba diving as part of a broader academic program. March 13 – 18, 2004 would be their first program. The plan was to take two girls. Mariya Redden, from New Jersey was going and another girl who backed out due to a sports conflict. So, Jaclyn had to make a quick decision to fill that spot. Jaclyn has known Mariya for many years from competing in swimming and track. Jaclyn was excited to go with Mariya and get to know her better.

Jaclyn’s dad, Anthony, is a certified diver. We asked if he could go and experience this with Jaclyn. They were excited about the idea. After two trips to New York City to take the classroom classes, they were ready to go. The group consisted of the girls, Anthony, Trisha, a doctor, a motivational speaker, a camera crew, two dive instructors - Richard and Marty, and of course Roger.

In the Cayman Islands the days were very busy. There was one full day of pool time to learn scuba diving skills to prepare for the open water test. Also, they had time to study for the written test. The motivational speaker spent time speaking to establish goals, discipline, and empowerment. The remaining days were spent diving in the ocean. While the main idea of the Stay-Focused experience is scuba diving, the program is intended to be educational as well. The participants had an opportunity to provide a testimonial about their experience at the end of the program and contribute to the Stay-Focused Legacy Log.

Jaclyn absolutely loved the entire experience. She came home a certified scuba diver and very proud of it. When I asked her what did you love about this trip, she said, *“It was very quiet in the ocean and all you hear are the bubbles from everyone breathing. There are no barriers (wheelchairs, braces, or crutches) everyone is all the same”*. She also said, *“Now Dad has a buddy to dive with”*.

I thought: *“How great is this?”*

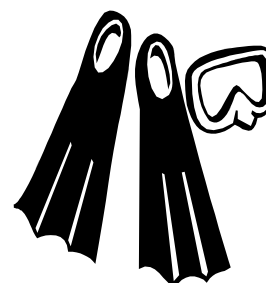
It is three months later and Jaclyn is still talking about this trip. She emails Roger and Richard like close friends to share what is going on in her life.

Two weeks ago, Jaclyn, and I accompanied Darlene and Chelsea Bilodeau to New York City for the scuba diving classes. Chelsea is going on the second stay-focused trip at the end of June. Jaclyn was just thrilled to sit in on the classes and help the two new perspective divers. She enjoyed assisting Richard and spending more time with the Stay-Focused Organization.

Anyone interested in this program can go to the website at: www.stay-focused.org.

If you want more information, Jaclyn would be more than happy to talk about this trip. You can reach her at (203) 481-9669 or email jtlcruiser@comcast.net.

If you want a perspective from a parent who is also a diver, Anthony would be happy to talk to you.



The *Interactive*

THE SPINA BIFIDA ASSOCIATION OF CONNECTICUT, INC.

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NORTHEAST PASSAGE, a Program of the University of New Hampshire and
Affiliate of Disabilities Sports, USA is an organization that works to cre-
ate an environment where individuals with disabilities can rec-
reate with the same freedom of choice and independence as
their able-bodied peers.

As part of Northeast Passage's ongoing commitment to the disabled athlete community, they are
offering Water-skiing Vacation Weekends on July 10 & 11 and August 21 & 22, 2004. All the
equipment needed, as well as expert instruction, will be provided for the super-low cost of \$20.00
per day!

For more information, contact Northeast Passage at (603) 862-0070 or via e-mail at north-
east.passage@unh.edu.