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Cool Kids & Cool
Caregivers



Connecting Pediatric Oncology Patients Throughout The Nation

WAYNE

By his mom, Heather

My son Wayne's story started in November of 2009. I took him to an ER in Salisbury, Maryland. He was complaining of severe headaches, he was really pale and tired. They told me he was having migraines, I thought he probably was because I have them. About 3 weeks later I picked him up after work from my grandmother and again he wasn't feeling well. I took him to the walk-in medical center. I was told he had a sinus infection and his asthma was flared up. So we got antibiotics in him and he looked and felt better quickly.

A couple weeks went by and he started acting funny again with the same symptoms so again I took him to the walk-in medical center and again the same thing. He got better for a while. Not long after this appointment he started complaining of leg pain. Honestly, I thought he was trying to get away with something or get attention. He is a big soccer player so I thought if it is still bothering him I will be able to tell that night at his game. He limped through the whole game, I felt so guilty. We put ice on it all weekend and he had a doctor's appointment scheduled that week.

By Monday he was feeling better, I still took him to the doctor on Thursday. Dr. Wehberg ran some bloodwork and a cat scan. At 1:00am I woke up to him crying and saying, "I just don't feel good." So we headed to Peninsula Regional Medical Center. They did a bunch of bloodwork and cat scans and by 9:00am we were getting on an ambulance heading for Johns Hopkins. I was told because he was severely anemic we had to get him checked out. So honestly, I thought we would go to Hopkins to give some blood and fluid and head home.

But they started running lots of tests. By the evening of March 2, 2010, I was told my son had cancer. They didn't know what kind or what stage, but they knew he did. It was like a stab in my heart, I don't wish that on any parent. On March



4, Wayne had a Hickman Port placed in his chest, a bone-marrow biopsy and a biopsy of the tumor in his stomach. On March 7th, I was told my son had 14 tumors spread throughout his body, in his head, lungs, spine, legs and stomach. He was diagnosed with Neuroblastoma stage 4.

He has been through two rounds of chemo. He has had a rough time with both rounds. Since he has been diagnosed we have only been home 4 days. It's been rough, but he's worth it. This week he is having a stem-cell procedure and he will be halfway done his chemo treatments. It's a long road and will be but it's going to make all of us stronger in the end.



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Caring for the CAREGIVER

It may be you or someone you know... this article addresses the needs of the caregiver.

YOUR FEELINGS

It's common to feel stressed and overwhelmed at this time. Like your loved one, you may feel angry, sad, or worried. Try to share your feelings with others who can help you. It can help to talk about how you feel. You could even talk to a counselor or social worker.

Understanding your feelings

You probably have many feelings as you take care of your loved one. There is no right way for you to feel. Each person is different.

The first step to understanding your feelings is to know that they're normal. Give yourself some time to think through them. Some feelings that may come and go are:

Sadness. It's okay to feel sad. But if it lasts for more than 2 weeks, and it keeps you from doing what you need to do, you may be depressed.

Anger. You may be angry at yourself or family members. You may be angry at the person you're caring for. Or you may be angry that your loved one has cancer. Sometimes anger comes from fear, panic, or stress.

If you are angry, try to think of what makes you feel this way. Knowing the cause may help.

Grief. You may be feeling a loss of what you value most. This may be your loved one's health. Or it may be the loss of the day-to-day life you had before the cancer was found. Let yourself grieve these losses.

Guilt. Feeling guilty is common, too. You may think you aren't helping enough. Or you may feel guilty that you are healthy.

Loneliness. You can feel lonely, even with lots of people around you. You may feel that no one understands your problems. You may also be spending less time with others.

WHAT MAY HELP

Talk with someone if your feelings get in the way of daily life. Maybe you have a family member, friend, priest, pastor, or spiritual leader to talk to. Your doctor may also be able to help.

Here are some other things that may help you:

Know that we all make mistakes whenever we have a lot on our minds. No one is perfect.

Cry or express your feelings. You don't have to pretend to be cheerful. It's okay to show that you are sad or upset.

Focus on things that are worth your time and energy. Let small things go for now. For example, don't fold clothes if you are tired.

Remind yourself that you are doing the best you can.

Spend time alone to think about your feelings.

ASKING FOR HELP

Many people who were once caregivers say they did too much on their own. Some wished that they had asked for help sooner. Be honest about what you can do. Think about tasks you can give to others. And let go of tasks that aren't so important at this time.

ASKING FOR HELP ALSO HELPS YOUR LOVED ONE.

Don't be afraid to ask for help. Remember, if you get help for yourself:

You may stay healthier and have more energy.

Your loved one may feel less guilty about your help.

Other helpers may offer time and skills that you don't have.

HOW CAN OTHERS HELP YOU?

People may want to help you but don't know what you need.

Here are some things you can ask them to do:

Help with tasks such as: Cooking, Cleaning, Shopping, Yard Work
Childcare, Eldercare

Talk with you and share your feelings.

Help with driving errands such as:
Doctor visits, Picking up your child

Find information you need.

Tell others how your loved one is doing.

KNOW THAT SOME PEOPLE MAY SAY, "NO."

Some people may not be able to help. There could be one or more reasons such as:

They may be coping with their own problems.

They may not have time right now.

They may not know how to help.

They may feel uneasy around people who are sick.

GOING WITH YOUR LOVED ONE TO MEDICAL VISITS

Before you go

Your loved one may ask you to come to doctor visits. This may be a key role for you. Here are some tips for going to the doctor:

Know how to get there. Give yourself enough time.

Write down questions you need to ask. Also write down things you want to tell the doctor.

Keep a folder of your loved one's health information. Bring this folder to each visit.

Bring all the medicine bottles with you, or keep a list of the names and doses. Bring this list to each visit.



...continued from page 3

TALKING WITH THE HEALTH CARE PROVIDER

Sometimes, people have trouble with medical visits. They don't understand what the doctor says. Or they forget things. Here are some tips for talking with the health care provider:

- If you don't understand an answer, ask the question in a different way.
- If you need to know more, ask.
- Let your doctor or nurse know what your worries are.
- Before you leave the visit, make sure you know what the next steps are for your loved one's care.
- Take notes. Or ask if you can tape-record the visit.
- Let the doctor know if your loved one has had changes or new symptoms.

QUESTIONS TO ASK THE DOCTOR OR HEALTH CARE TEAM

- What health records should we bring?
- How can we prepare for treatment?
- How long will the treatment take?
- Can he or she go to and from treatment alone?
- How can I help my loved one feel better during treatment?
- Can I be there during treatment?
- What are the side effects of the treatment?
- After treatment, what do we need to watch for? When should we call you?
- How do we file for insurance? Who can help us with insurance?

ASKING ABOUT PAIN

Many caregivers say that they are afraid to ask about pain. They worry that it means the cancer is getting worse. Or some think that pain is normal, and their loved one just has to accept it. This is not true. People who have their pain managed can focus on healing. They can enjoy life more.

The doctor should continue to ask about pain and other side effects. But it's up to you and your loved one to be sure that the doctor knows about any pain your loved one feels. Pain can be managed during treatment. The key is to talk about pain and other symptoms at each visit. Your loved one does not have to suffer.

Don't be afraid to ask for stronger pain medicine. Sometimes larger doses help. These drugs rarely cause people with cancer to get addicted. Instead, they can help your loved one feel better. He or she will be able to focus on day-to-day things instead of being in pain.

-- National Cancer Institute/US National Institutes of Health



CHILDREN find ways to COPE WITH CANCER

Reprinted from medicalnewstoday.com

More than 12,000 children under the age of 20 are diagnosed with cancer each year. Although these children and their parents undergo a tremendous amount of stress during this time, researchers at Nationwide Children's Hospital found that most children are able to cope with their diagnosis without experiencing high levels of depression or anxiety. In a study published this year in the Journal of Pediatric Psychology, researchers found a group of 75 kids with cancer adjusted surprisingly well within the first year of diagnosis.

"Parents tend to have the more difficult time handling the diagnosis," said Cynthia Gerhardt, PhD, psychologist at Nationwide Children's Hospital, whose research focuses on the risk and resilience factors connected with family adjustment to childhood chronic illnesses. "Cancer does not mean the same thing to kids that it does to adults. Kids are not as aware of some of the connotations of cancer, and a diagnosis of childhood cancer is typically more treatable than cancer in adults."

Children who have the most difficult time adjusting to cancer are those who may be predisposed to depression and anxiety, due to challenging or negative temperamental characteristics. Kids are also more likely to experience symptoms of depression and anxiety if they have a more severe condition, particularly cancers that affect the central nervous system, such as brain tumors, which can hinder a child's cognitive functioning and the ability to use adaptive coping skills.

"Some children may have more symptoms of depression and anxiety when they are first diagnosed," said Dr. Gerhardt, also an associate professor in Pediatrics and Psychology at The Ohio State University College of Medicine. "That may have more to do with them being generally tired and nauseous when they first begin treatment. Once kids get used to their treatment and adjust to a new schedule, they typically bounce back and adjust quite well after the first year."

Kids who are more likely to have depression or who have a difficult time adjusting to treatment can apply different coping strategies to manage their emotions. They should be taught to problem solve, express themselves and learn to think about situations that make them feel sad or anxious in a different, positive way. This does not mean that a child diagnosed with cancer automatically needs therapy. Simply talking about their feelings with family, friends or a healthcare provider may be enough to help some children adjust. The way the family is handling the situation can also have a profound affect on whether or not the child becomes depressed or anxious. The better the family can adjust to the diagnosis, the more likely the child will find ways to cope.

This study is one of the few where researchers have

examined the extent to which stress, personality and the ability to cope with the diagnosis all play in a role in the adjustment of children with cancer. Stress and anxiety levels were measured by the participants' mothers, and although there may be some stressors parents are unaware of, this study demonstrates that even young children can find ways to stay positive during a difficult time.

Source: Nationwide Children's Hospital

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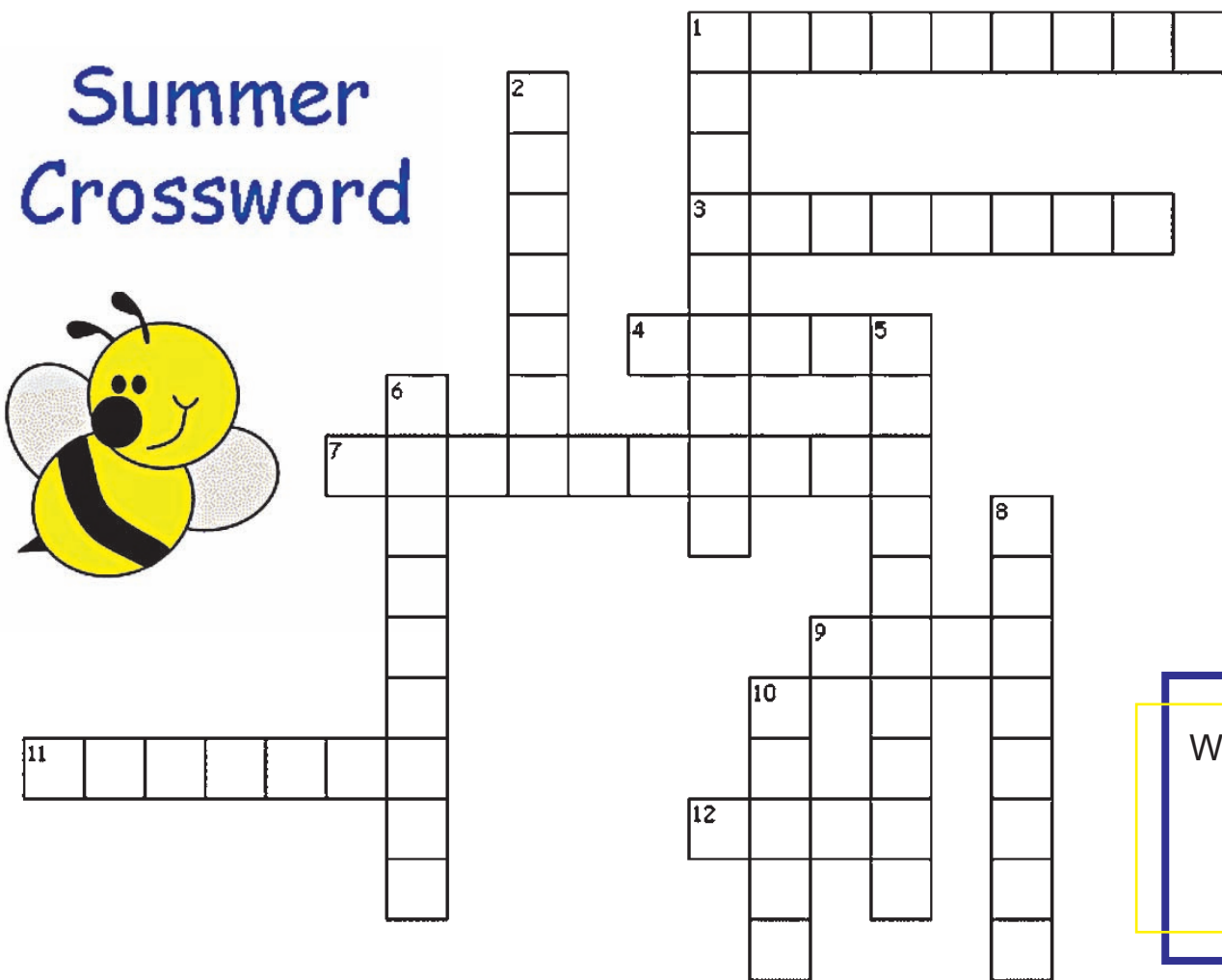
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COOL KIDS Games, Trivia & More

Summer Crossword



Across

1. From caterpillar to _____.
3. dad's grill
4. A gardener's worst enemy.
7. pink juicy fruit
9. In the summer, the weather is _____.
11. I have a rod and reel. Let's go _____.
12. A long walk.

Down

1. Insect with yellow and black stripes.
2. Healthy summertime transportation.
5. Protective eyewear.
6. A patty and a bun. Yum!
8. Favorite drink of young salespeople.
10. Playground toy you swoosh down.

Word List: barbeque, bicycle, bumblebee, butterfly, fishing, hamburgers, hike, lemonade, slide, sunglasses, warm, watermelon, weeds

QUOTES

The average pencil is seven inches long, with just a half-inch eraser - in case you thought optimism was dead.
- **Robert Brault**

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.
- **Mary Anne Radmacher**

There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle.
- **Albert Einstein**

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."
- **Muhammad Ali**

JOKES

What kind of bees hum and drop things?
A fumble bee!

Knock Knock
Who's there?
Abbott!
Abbott who?
Abbott time you answered the door!

Why did the cookie go to the hospital?
He was feeling crumby

What do you call a monkey that eats chips?
A chipmunk!

Knock Knock
Who's there?
Aardvark!
Aardvark who?
Aardvark a hundred miles for one of your smiles!

What is the cleanest part of a stadium?
The Bleachers!



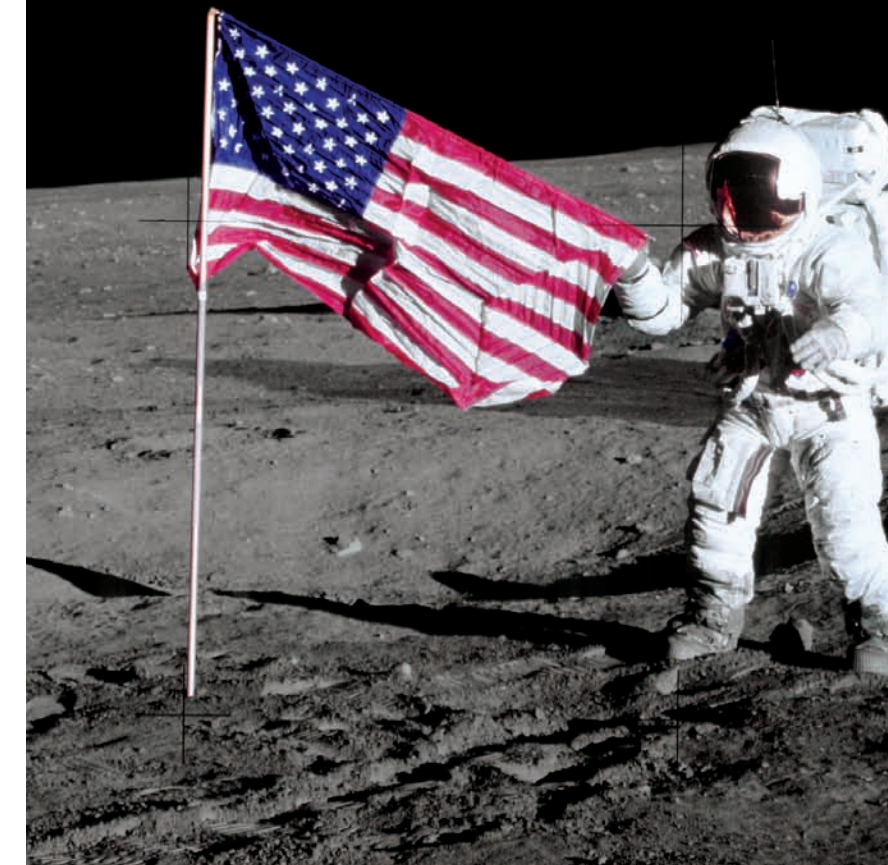
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for their efforts to strike our cancer!

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Now, President Obama has called on us to end cancer in our lifetime. America's pharmaceutical research and biotechnology companies share that goal. Today, our scientists are working on 800 new medicines to fight this deadly disease that touches so many lives.

It won't be easy, and it won't happen without a renewed emphasis on innovation and a sustained commitment to research and development. Last year, we invested more than \$65 billion to discover and develop medicines to help patients live longer, healthier and more productive lives. Like President Obama, we believe that America's best days are ahead of us. Working together, we can do anything.

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CANCER FEARS ME™

show off your strong, positive attitude towards cancer!

Welcome to Cancer Fears Me - a strong, positive mindset for those living with cancer, their support groups and caregivers.

We know fear is a dominant emotion when someone is given a diagnosis of cancer. Cancer Fears Me turns that fear around and puts you in control.

Cancer Fears Me was born after years of working with families living with cancer and recognizing how much fear this terrible disease causes. How these invading cells try to take over our bodies and our life.

Whether you are the patient, a caregiver or part of the patient's support group of family and friends, you can show who is in control – YOU!

We have developed a line of merchandise and apparel with the Cancer Fears Me logo to help fund our programs for the Cool Kids Campaign, including the Cool Kids Connection.

Check out our website at www.cancerfearsme.org.

Check out our Cancer Fears Me video on You Tube! Just search for Cancer Fears Me

“ a strong, **positive** mindset
for those **living** with cancer,
their **support** groups
and caregivers ”



Skylar's JOURNEY

Told by her loving mom, Pam

Our daughter, Skylar, was just six years old when diagnosed with Leukemia ALL. It all started at the beginning of 2008. Skylar was in Kindergarten and getting very tired after school. She started taking long naps every day and her appetite went to nothing. She also started getting low grade fevers following a family bout with the common cold. Since we all had a cold and school can be tiring, we didn't think much of it.

Then came the bone pain. Skylar started limping complaining her knee and heel hurt. After x-rays, a boot and a cast nothing improved. We wanted to know, what was wrong with our precious girl? After just a few blood tests at her pediatrician's office, off we went to Joe DiMaggio Children's Hospital for a consult with Dr. Anne Schaefer, MD, part of a team of caring and dedicated Hematologist/Oncologists in Hollywood, Florida who treat Skylar. That night Skylar was admitted. The next day a few tests with her bone marrow confirmed a parent's worst nightmare, our child had cancer!

At that moment life would never be the same. The date was April 29, 2008, a date we will never forget. We now refer to it as Skylar's "Cancerversary!" We celebrate each year of her fight with a small cake and some tokens of support. The first eight months of Skylar's treatment were

the toughest time of our lives. Our family fight consisted of Skylar, myself, my husband Dave, and Skylar's older sister Sierra. As most families in our situation, we lived at the hospital, endured setbacks and complications as we watched our once healthy little girl deteriorate to nothing.

It was an extra tough time for us during the brunt of this ailing economy and the financial burden that comes with a childhood cancer diagnosis was devastating. We ended up closing our family business to focus on Skylar's treatment resulting in the loss of our home, vehicles and life as we knew it, but we were determined to be strong for Skylar. When Skylar's hair started falling out during a long stay at Joe DiMaggio Children's Hospital that started in the ICU from a seizure, we were given a bag with some things from Joe DiMaggio's wonderful nurses, Kathy and Heather, to cheer Skylar up.

In the bag of goodies, was an issue of the Cool Kids Connection along with some Cancer Fears Me caps. What a "Powerful" message. My husband and I thought the caps were great from the beginning. As I brushed my little girl's beautiful long brown hair out of her head every day during that stay, the caps were standing by at her bedside. I'll never forget the day that Skylar was in the hospital's playroom with a child life specialist as I walked by the window of

the playroom and wondered who that "sick little girl" was, not even recognizing my own daughter as her hair was very patchy and almost all the way out.

Skylar left the hospital that visit proudly wearing her pink Cancer Fears Me cap and has worn them throughout her treatment ever since. We finally got to the Maintenance Phase of Skylar's treatment and her hair started growing back. Unfortunately, it fell out shortly after. It seems to grow back and fall out every few months and Skylar, who has grown very fond of hats, goes right back to her Cancer Fears Me caps. She loves to wear them at bedtime "as a nightcap," as she puts it. We recently had a Make-A-Wish granted for Skylar to Walt Disney World and Give Kids the World Village in Orlando. Skylar and her sister, Sierra, proudly wore their Cancer Fears Me t-shirts during the trip. Skylar envelops what this powerful message stands for, wearing orange ribbon bracelets and cancer support shirts whenever she can. She is well aware of her cancer and is proudly fighting it. We are so very proud of her being such a strong girl! Skylar is still in active treatment and continues to be strong. Our family will never forget the Cancer Fears Me Logo and the meaning behind it. It has helped us stay focused during this life-changing extraordinary journey with Cancer.

Elliot, THERAPY DOG

by Joe Vervaecke

The motto at Primary Children's Medical Center in Salt Lake City is: "The Child First and Always." Primary Children's serves the needs of children in the states of Utah, Idaho, Wyoming, Nevada, Montana and from around the country. The hospital is equipped to treat children with complex illness and injury and is recognized as one of the top children's hospitals in the United States. The Lt. Governor has honored Primary Children's Medical Center as having the best volunteer program for a non-profit organization in the state of Utah for 2010. Primary Children's has more than 600 volunteers, including thirty dog therapy teams and Bullet, the Wonder Cat.

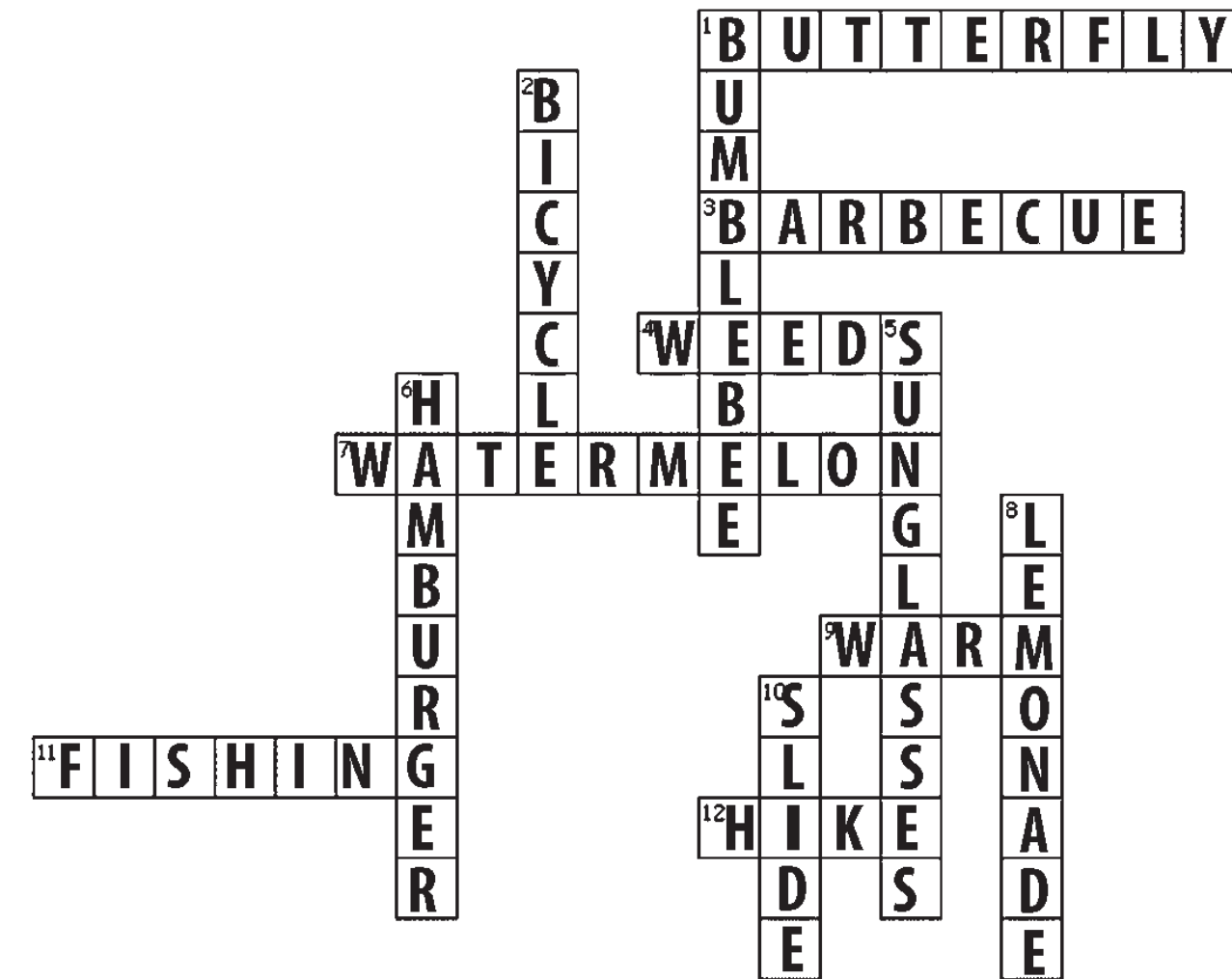
The therapy animals provide a measure of comfort and a distraction from the emotional and physical discomfort that the children are experiencing. The dogs have an instinct for the needs of the patients and staff, like John Coffey in "Green Mile," and will approach the children and families to be petted and interact. They are also talented at proving therapy to the staff.

Elliot is one of these dogs. He is a four year old Labradoodle, certified by Intermountain Therapy Animals (ITA), and visits Primary Children's every Thursday. He has a special concern for the children with cancer. I have seen him enter the room of a child he's never met before and without hesitation step into the bed and lie with her for an hour, it is amazing to watch him interact. This behavior is typical of the therapy animals as they move through almost all the areas in the hospital. They are well received by the staff, who often watch for the dogs to recommend patients to visit.

We first heard of "Cancer Fears Me" from one of Elliot's patient friends who received a Cancer Fears Me chemo cap while receiving treatment. We went on-line and ordered a pink and a black cap, 100 pins, and a baseball cap. The Volunteer coordinator tailored the chemo caps to make collars for Elliot and we use the buttons to secure his ITA bandana. The children and staff enjoy seeing Elliot wearing his Cancer Fears Me collars and he has given away many pins; I think cancer really does fear him as he does his part to fight the disease.



Answers to the COOL KIDS Games & Trivia



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CARE more than others think is wise.

DREAM more than others think is practical.

EXPECT more than others think is possible.”

--Cadet Maxim, West Point, New York

Send us YOUR story!

Be part of the next issue of the
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Share your thoughts, feelings,
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jokes, questions...anything you
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AIDEN after Cancer

by his Grandmother, Elaine

the help of Miss Kulick, his teacher, and the schools dedicated certified teachers Aiden and other children battling the effects of illness get the help they need to succeed. Aiden will attend 4 weeks of extended school in preparation for first grade. How amazing does that sound, a year ago I couldn't even grasp the idea of our sick little guy sitting in a classroom, playing on the monkey bars or lining up for lunch and now, a year later, we are watching our little 'cancer free' scholar marching toward first grade.

On Tuesday, May 25th another side effect of this disease brought our little soldier back to the hospital, this time for dental surgery. Aiden's radiation treatment injured the glands that produce saliva. Infection will occur when the immune system is not working well, or white blood cell count is low, all effects of Chemotherapy treatments. It's these times when we remind ourselves how every treatment brought us to where we are today. It's still a roller coaster of emotion. The very treatment that saved his life, is the treatment that challenges your heart when you face each side effect.

The dental surgery went well, Aiden was so good about having his IV put in. 4 hours later after sedation, blood work and surgery Aiden's beautiful little face looked like he had been in the boxing ring. It's so heartbreaking to see him lying there swollen and in pain. The original thought from the dentist was to cap all his baby teeth to prevent further decay, but after additional x-rays they felt it was best to extract 6 teeth, cap 4 teeth and fill 3 in preparation for his permanent teeth. It would be very easy to get angry at this horrible monster again but in reality we are beyond proud of Aiden, he has yet again conquered another positive milestone on his journey. You can see by the picture he looks

like a 'normal' little 6 yr. old missing a couple front teeth.

The challenges and effects of cancer seem to appear just when you feel a small sense of accomplishment. Aiden was just starting to eat better, and now this week he can't eat anything but soft foods. That's ok, in no time he will be back eating his grilled cheese sandwiches, and pop-pop's pancakes. Aiden is recovering nicely.

And of course, on the heels of this dental surgery we are preparing for his next set of scans. It's been 3 months since Aiden's last MRI of his brain and spine. Aiden will soon have his 6 month scans. Another ride on the emotional roller coaster, the days prior to scans are always met with anxiety. We try not to let it control us with worry, but honestly there is no controlling these feelings, it's impossible to



We are loving every day of our new 'normal' life and Thank God for blessing us with this amazing little boy!

Through it all we will never forget what is really so important. Aiden's smile, his funny responses, his little boy imagination and his innocence is what we prayed for since July 14, 2008 and our prayers have been answered. Aiden has been cancer free "166 WONDERFUL DAYS," each day brings us a new piece of life to cherish and one step closer to his 5 year milestone. Along with each day brings so much happiness, like the normal experience of a little boy of learning to ride a two wheeler.. The fact he can balance on his bike is amazing. A simple haircut, something we have waited 2 1/2 years for, after 4 little bald heads and lots of peach fuzz we now have real beautiful hair, growing over his ears, YEAH! Daddy was so excited to cut his hair.

Aiden never ceases to amazes us, just as he has for the past two years, he reminds all of us how wonderful life is! Kindergarten and doctor's appointments continue to challenge our little scholar/patient. Although Aiden missed many days of school for his appointments, he excels in math and recess, of course. Recognizing letters, sounds and reading prove to be little more difficult for Aiden. With



not worry. It's what cancer families do. Normal breathing is nowhere to be felt. Nights are restless with what if's and promises to GOD. Tons of prayers flooding the gates of heaven for our little guy.

We are praying for Aiden's scans to come back CLEAR and the next three months will be filled with summer fun, the joy of riding his two wheeler without training wheels, and learning to swim so he can move from eel to starfish at the Y. All normal little boy things we look forward to enjoying.

*Many of life's failures
are people who did not realize
how close they were to success
when they gave up.*

--Thomas Edison

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Cool Kids **AND** Cool Caregivers

The Cool Kids Connection caught up with Max Herlehy who lives in Northern California. On this Saturday in late May, Max was hanging out outside on an unseasonably cool day while his father cut the lawn. Would you believe that on this day it was snowing! Yes, snowing. But that didn't dampen Max's spirits at all and he shared lots of cool things with us.

Book Clubs Rock! So says Kathy Ruble of Baltimore (and we tend to agree). But Kathy has many other loves in her life. She's a dog-lover with an affinity for football (Baltimore Ravens style) and is into the Discovery Channel or TLC for their Science shows. Kathy claims to be a giggler...and, well, we can't get enough giggling in either!

by Molly Laurysse

.....
How about you? Read on to learn more about this amazing Cool Kid and this very cool care-giver!
.....



What is your name? Max Herlehy
Where do you live? Northern California
What grade are you in? Second
How old are you? 8
What is your favorite subject in school? Crafts, we get to make things!
If you were going to write a book what would it be about? Birds
What is your favorite food? French toast, with lots of syrup.
Do you have a B.F.F? Yes, Paul.
Who is your favorite celebrity (sport or entertainer)? Brett Favre, I got his autograph.
What types of things do you like to do for exercise? Jumping on my trampoline.
Do you like dogs, cats, earthworms, birds? All of them. I have two dogs: Remy (lab and shepherd mix) and Nacho (part golden retriever) and two cats: Firetruck and Helicopter- but we don't see the cats very much.
What is your favorite cereal? Oatmeal
If you could be anything in the world, what would it be when you grow up and why? Astronaut so I can learn about space.
What is your favorite movie? Hulk
Favorite television show? Sponge Bob
What is your favorite video game to play? Mario Cart Wii
What is your favorite sport? Football. I'm a good water boy. I help people get sports medicine like, if they are bleeding – I help stop the bleeding!
What kind of music do you listen to? Country
Do you have any brothers or sisters, if so- what are their names? I am the oldest; I have a sister, Baylor and a brother, Sam.
What is your favorite fruit or vegetable? Probably asparagus, I have it every day.
If you were stranded on a deserted island, what three things would you like to have? My bed, a house and some shade.
What are you most grateful for? Being alive.
What is your favorite book? Favorite author? Magic Tree House and the author is Mary Pope Osborne.
If you could meet and interview one famous person, who would it be and what is the first question you'd ask? My doctors, I think they are famous for helping me out and I would ask 'Is this is hard job?'



What is your name? Kathy Ruble
Where do you live? Baltimore, MD
What is your title? Director, Survivorship Program at Johns Hopkins, RN, CPNP, PhD
What do you do? I take care of children and young adults that have been treated for cancer. I also do research to try and find better ways to care for these survivors.
What is your favorite thing about your job? I love seeing patients, childhood cancer survivors are some of the coolest people I know. It is a privilege to help these patients with any health problems they have and teaching them about making healthy lifestyle choices.
Least favorite thing about your job? Paper work...ugh...a necessary evil but definitely not much fun.
What time does your normal day start? I get to work about 9am and usually leave around 5pm but then work at home after dinner and a long walk.
What is your favorite sport to watch? To play? FOOTBALL...I am a Raven Maniac!!! But I watch any and all NFL!!! I have never been very good at sports; I tend to giggle too much which is not compatible with competitive sports!!
Do you have any children of your own? I don't have my own children but I am "Aunt Kathy" to lots of kids and love hanging out with my friends and their families.
What do you like to do for fun? Hang out with my friends all year long, work in my garden in the spring and summer, take my dog on long walks, sit on the beach and read books, go to the movies and all the great regional festivals.
What is your favorite movie? One that never changes is "It's a Wonderful Life" and this year I found myself watching "Elf" several times, guess I am a Christmas junkie!!
What is your favorite book? That's a tough one, I read one book after another and always think the one I am reading is the best. I am in a book club and we are reading "The Help," I really like it. Book Clubs Rock.
What was your favorite subject growing up? Science, I still love it and find myself stopping on The Discovery Channel or TLC to watch shows about science.
Favorite cereal? Not really a cereal person, I usually have a whole wheat english muffin with peanut butter for breakfast...it is easier to drive and eat than cereal would be!!
Favorite dessert? Ice Cream, Ice Cream, Ice Cream...sometimes I can actually hear it calling me so I don't even keep it in the house.
Favorite kind of food? Tex/mex...the hotter the better...and you could pour salsa on about anything and I would eat it!!!
Favorite board game? Don't even get me started; recently played the Uno Splat, it was a blast!!!
Favorite card game? Whatever game is being dealt!!
Cats or dogs? Dogs all the way, I have a Scottie dog I got from rescue, she is super cute and makes me laugh every day.
Favorite celebrity? Denzel Washington, I have never seen a movie of his that I didn't like and you don't ever hear any ugly gossip about him, I think he's probably a pretty stand up guy.
Favorite season? I enjoy all the seasons and always looking forward to what the next one will bring.
If you could have dinner with one person, dead or alive, who would it be and why? I think it would be Jimmy Carter and his wife Rosalyn. I have done a lot of work with Habitat for Humanity in the last year so I have learned some about the work they have done. They seem like genuinely good people who really want to help others, I know they have seen and learned a lot through their work and I would love to hear their inspirational stories.
What is on your IPOD? If you don't have one, what CD's are in your car right now? I have 3 IPODS (all gifts); my music is mostly old school R&B, probably more Prince than any other artist on the IPODS...still love the Purple Rain. The ring tone on my Blackberry is Beat It...my homage to Michael.

Do you know of an amazing care-giver or Cool Kid who might be interested in being profiled for a future edition of the Cool Kids Connection? We would love to hear from you! Please contact Sharon Perfetti at sperfetti@comcast.net!

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