



HAWTHORNE

The State of Missouri Newsletter

Winter 2024 Issue

Hawthorne Information

Here is the schedule for the 2024-2025 issues of the Hawthorne:

Spring Issue 2024

Articles/Information to me by Friday, May 3, 2024

The Hawthorne will be online and in the mail no later than Friday, May 10, 2024

Summer Issue 2024

Articles/ information to me by Friday, July 5, 2024

The Hawthorne will be online and in the mail no later than Friday, July 12, 2024

Fall Issue 2024

Articles/information to me by Friday, September 6, 2024

The Hawthorne will be online and in the mail no later than Friday, Sept. 13, 2024

Holiday Issue 2024

Articles/information to me by Friday, November 8, 2024

The Hawthorne will be online and in the mail no later than Friday, Nov. 15, 2024

Winter Issue 2025

Articles/information to me by Friday, February 7, 2025

The Hawthorne will be online and in the mail no later than Friday, Feb. 14, 2025

If you have any problems with dates - please email or call me ASAP. If you have members that must have a mailed copy - please provide me with their full names and addresses.

I will always acknowledge all articles/information sent to me as the items are received to avoid any miscommunications or worry.

Thank you for your help and let's keep communicating!



Paula Miller

4995 E. Eagle Ridge Rd.

Columbia, MO. 65201

Cell Phone - (573) 819-0359

E-mail: pm49fowler@gmail.com

hello WINTER

Happy winter everyone! I hope everyone has a wonderful Christmas and a Happy New Year! Since we last met in the beginning of October, my family has been keeping busy! We went to the St. Louis Zoo and saw the amazing Christmas lights, built our first gingerbread house (trying not to eat all the candy along the way!), and celebrated Christmas three days with family and friends. My husband and I got to surprise Cora with a trip to Branson! There we went to the Dolly Parton Stampede, Silver Dollar City, the Ferris wheel, and even got to stop at Buc-ee's (I swear it is the Walmart of gas stations!). She rode roller coasters for the first time, and it was so amazing to watch her little face light up!



After we had MSC Leadership in October, the following weekend some members of Missouri attended the MARC Conference in East Peoria, IL for Oktoberfest! Some MO members met up for dinner on Thursday and went to Rhythm Kitchen, a New Orleans style restaurant before Leadership started Friday morning. Friday's leadership was so much fun! We started out the morning dedicated to ESA's connection with St. Jude. We first heard from Micahel Maloof and how his family became involved with St. Jude. We also heard two patient stories - one from St. Jude patient to St. Jude Hero, Dane Peridue and another from the mother of Tori Lodge. There were multiple tears shed. Friday afternoon, we got to learn all about German culture. The first workshop was the Sinclair Dance Studio, who taught us how to polka. Many members got up and tried to keep up with the steps. At the end, I ended up dancing with the instructor the entire routine down the middle of the meeting room. Next was a workshop with the German American Central Society of Peoria, IL. They shared information about the clothing of the German culture and what each piece meant and also we got to witness the member play the Alphorn Horn for us. Julie Whitaker, Beta Tau, was able to go up and play the horn!



After a full day of workshops, Missouri members had our state Night out dinner at an Irish Pub - Kelleher's. Many enjoyed Irish adult beverages and also Irish inspired food. After states' night out, we returned to the hotel and had the Friday Night Mixer, Oktoberfest, where we had a blast. There was a polka band, to which we got to practice our polka that we learned earlier in the day. Saturday morning started with the business meeting and speakers. During Saturday morning, Hope for Heroes had two speakers come talk to us. The first speaker was Anita Dixon, mother of Sgt. Evan S. Parker US Army, who was killed in action. Evan was deployed to Iraq in October 2004. Evan was a Field Intelligence

Support Team member, responsible for locating and deactivating IEDs. She shared her story and the story of her son who was killed in the line of duty while in Iraq in 2005. The second speaker was Patti Latch, Founder and Executive Director of Gold Star Families who shared her story and why she founded Central Illinois Gold Star Families. Gold Star Families serves those who have experienced any military loss through active-duty service from all branches of the US military. We collected birthday cards, cash, check, and Walmart gift cards to be donated to their Birthday Cards for Children Program. The members of MARC ended up collecting \$100 in cash, \$155 in checks, and \$980 in Walmart gift cards, along with the hundreds and hundreds of birthday cards. Saturday night was the installation banquet and our very own Missouri member, Julie Whitaker, was installed as MARC Parliamentarian. Congrats Julie!



Looking forward, we have MSC Winter Board coming up February 16th-17th in Columbia, MO at the Courtyard by Marriott. Friday Night make sure to bring a basket for Ways and Means inspired by your Chapter President's Theme as well as we want everyone to participate in the dessert contest! Make a dessert to share and bring your dollar bills- \$1, \$5, \$10 and vote for the best! On Saturday, we have a fun workshop planned in between business and a few presenters for Hope for Heroes and Easter Seals. Make sure you bring your items for the Mid Missouri Fischer House so we can collect and present them on Saturday morning. I sent an email to all the chapter presidents with their wish list. If you did not get it, please email me and I will share it with you.

Reminder that MSC Convention is also right around that corner which will also be at the Courtyard by Marriott in Columbia, MO on April 12th-13th. This is only a two day convention, so Sunday you will be free to travel back home and have the day to yourselves!

Hope to see everyone in two weeks at Winter Board!

With ESA love,
Brittany Covey
Missouri State President 2023-2024



DIY Easter Centerpiece Using Marshmallow Peeps

South Lumina Style



Supplies for Easter Peeps Centerpiece

- Two different sized vases (the smaller one needs to fit inside of the [larger one](#) and have a diameter of approximately 2 inches less than the larger vase)
- PEEP bunnies in different colors. The number you'll need really depends on the size of your vase. Our six inch vase required about 14 PEEPS per layer.
- Water and Flowers
- Scissors or garden shears to trim your flowers

The number of peeps you purchase really depends on the size of your vase. We purchased three packages of 12 peeps. The 12 peeps almost made it around the entire 6 inch diameter vase. We had about a 1/2 peep gap in the back. If you're placing the vase somewhere where you won't notice the gaps or if that doesn't bother you then don't sweat it. If you want to make sure you have a full ring of peeps, then I would suggest purchasing two packages of each "layer" of peeps you want to use.

Place the smaller vase filled with water into the center of the larger vase.

Now working a row of 4 bunnies at a time gently slide the peep bunnies down to the bottom around the entire bottom of the vase. The bunnies stay together nicer if you keep the rows of four together. Open up your second color layer and gently slide them down in-between the two vases to sit right on top of your first color layer. Repeat until you've reached the top of the vase or run out of bunnies – whichever comes first.

Dab off the ends of your flowers to make sure that no drips hit your bunnies and carefully place them into the water filled center vase.



Be a Hero to Someone

On Saturday, January 20, 2024, many of the St. Louis GICC members gathered with family and friends for an afternoon of bunco and a silent auction.

After hearing speakers from Dignity Period and Volunteers in Medicine at the September and November GICC meeting, the members decided they wanted to plan an event to raise some money to help them.

Dignity Period is a nonprofit designed to help young women who may not be able to afford personal products. Their mission is to keep girls in school by ensuring that they have access to quality menstrual hygiene products and education.

Volunteers in Medicine have clinics to serve the health needs of St. Charles and Lincoln County adult residents who are not covered by Medicare, Medicaid or private insurance, and who meet up to or less than the correct 200% poverty guidelines.

We also have a quilt that was donated by Paula Miller and since we did not have a large attendance at the bunco afternoon, decided to sell raffle chances at both the MSC Winter Board meeting and State Convention, with the drawing at State Convention.

The GICC theme this year is “Be a Hero to Someone” and the officers and chairmen wore their “hero capes” and reminded everyone that they are a hero to someone.

Rosalee Echele
Rho Chi Chapter



A Brief History of Leprechauns, Ireland's Trickster Fairies

By Chester Foltz



Every year on March 17th, St. Patrick's Day is celebrated in Ireland and all across the globe. It's the time for shamrocks, costumes, parades and of course, leprechauns. These wee fellas are a big part of this special holiday and an important part of Irish history and culture. But what makes them so popular, where did they come from, and why are people still so infatuated with them today?

The Origin of Leprechauns

The leprechaun story has long been a beloved aspect of Irish lore. They are believed to be a part of another piece of famous folklore, as they are traditionally known to be members of the fairy family. Tales of these small creatures first emerged in the 8th-century, when legends about tiny water-dwellers began circulating among the Celts.

Their name is thought to come from the word "luchorpan," meaning small body- no surprise there as they are said to be only 2-3 feet tall. Where do these little folk live? In order to hide from humans, they are known to dwell in tiny underground caves or hollow tree trunks.

They are famous for being the cobblers of the fairy world and their name is also associated with the old term "leath bhrogan," meaning shoemaker. This profession is what earns them their iconic pots of gold.

The History of Leprechauns in Ireland

While we think of these creatures as imaginary, belief in them and other closely-related fairies was actually widespread throughout [Ireland](#). This is one of the reasons that this icon is now so ingrained into Irish culture, even today.

Over the years, the history of leprechauns has become associated with everything green and they are now often depicted as old men dressed in a hat and suit of this color, wearing buckled shoes or smoking a pipe. However, this was not always the case. In fact, you may be surprised to know that they were originally depicted as wearing red and were thought of as being dressed in this color for many years.

Over time, they have evolved into the green-wearing guys we have come to know and love today. Many theorize that this is due to the general popularity of the color green throughout Ireland. This is, in part, because of its prominence on the Irish flag, as well as the widely-used name, the Emerald Isle. Whatever the reason, green has become synonymous with leprechauns and St. Patrick's Day alike.

Legend also says that there are no female leprechauns, and their seemingly impossible origins only add to their magical and mysterious qualities.

The Traditions and Beliefs Surrounding Leprechauns

Pot of Gold

One key component of the leprechaun story is their famous pot of gold. They are known to possess and hoard their prized pots and traditionally hide this treasure at the end of a rainbow. This means that humans need to catch them in order to find this fortune, as it is impossible to actually locate the end of this natural phenomenon.

Lucky Symbols

The leprechaun story says capturing these small creatures will secure a wee bit of luck in addition to three wishes. With this in mind, they have become associated with the “luck of the Irish,” which is one of the reasons they remain so popular today.

Tiny Tricksters

Many looking for fortune also seek to gain their gold, but beware - these teeny men are also known to be tricksters. They are said to deceive humans and serve as a warning against greed. Some even believe that they hide their gold simply in order to lure in the unsuspecting and when granting their captors three wishes, they often instead lead them astray.

Sights and Sounds

Keep your ears open - they can often be heard tapping their tiny cobbler hammers in the distance, which signals listeners that they are near. They can also be heard dancing away to traditional Irish music and are even known to play instruments while doing a little jig.

Leprechauns today

Today, the leprechaun story has evolved and they have gained fame for their portrayals in popular culture, from the cheery man on cereal boxes to the scarier variety in movies. Whether you head to Limerick on the lookout for these little fellas or visit the National Leprechaun Museum in Dublin to see this legend come to life, there are many amazing things to do to celebrate these creatures today.



Sigma Tau Chapter, St. Joseph, MO holds fundraising event for St. Jude, Easterseals and Veteran's Home!

The Sigma Tau Chapter hosted their first annual Trivia Night on November 11, 2023, in St. Joseph. All chapter members participated in this endeavor: The event was chaired by Brenda Williams and Priscilla Henning. There were 10 tables of trivia participants, playing 10 rounds of questions, 10 questions per round. Question themes included "Sitcom Cities", "Pioneering Presidents", "St. Joe in the Know" and "(Trivia) Time Keeps on Tickin'." Each of the participants at the winning table received a "Sigma Tau 2023 Trivia Night" trophy.

Along with table sales, the chapter provided free water, sold mulligans to augment answers, sold snacks, held a silent auction, held a 50/50 raffle, and included two vendors - one a chapter member who is a published author, Diane Goold, and the other her daughter.

Proceeds from the evening will be distributed to St. Jude Children's Research Hospital, Easter Seals, the Cameron (Missouri) Veterans home and local St. Joseph charitable organizations.

The chapter is very pleased with such a successful fundraising opportunity and is already planning the 2024 event!

Submitted by Diane Goold – Chapter Secretary





Fun Things to Do This Spring From Real Simple

Outdoor Activity Ideas

- Plant a [spring garden](#) (or even just a plant or two).
- See the cherry blossoms.
- Have a picnic at the park.
- Seek out the first crocuses, snowdrops, and other spring flowers.
- Take a hike.
- Start some seeds.
- Enjoy the spring weather at an outdoor café.
- Visit a farm to see the baby animals.
- Play a round of golf (or mini golf!).
- Hit the pickleball court.
- Go on a nature scavenger hunt.

What to Eat and Drink

- Eat some [roasted asparagus](#).
- Steam whole artichokes and eat them leaf by leaf.
- Bake festive spring cupcakes with pink (or lavender or yellow or baby blue) frosting.
- Eat a ripe apricot.
- Enjoy [new potatoes](#).
- Visit the farmers market to buy spinach and sugar snap peas.
- Pick strawberries at a farm (just don't forget to [wash them](#)).
- Make a strawberry shortcake.
- Eat jellybeans.
- Buy a package of Peeps.
- Mix up a pitcher of [margaritas](#).
- Make [deviled eggs](#).
- Enjoy something with [rhubarb](#).
- Whip up a [carrot cake](#).



Chapter Highlights from ESA Headquarters



Theta Epsilon Chapter of Blytheville, AR participate in a Chili's fundraiser for St. Jude Children's Research Hospital.



Indiana chapters work together to sponsor a diving class for campers at Camp Riley, a camp for people with disabilities.



Warm Welcome - Born from one member's concern about newborn babies being sent home from a local hospital wrapped in newspaper, Warm Welcome was started when her chapter made and donated baby blankets to the hospital. Numerous chapters in several states participate in this project.

Pasta Primavera

Good Housekeeping Magazine



Yields: **8** serving(s) Total Time: **35** mins

We think any recipe worthy of being called Pasta Primavera should contain tons of veggies that sing of springtime, and ours fits the bill: not just tender-crisp snap peas and asparagus, but gorgeous carrots (we love the multicolored ones), savory sweet shallots and fragrant tarragon. This [vegetarian](#) main dish is easy enough to be a weeknight meal.

This dish is also pretty forgiving: don't have a particular veg? Leave it out or sub in what you do have. What's key is to make sure to partially cook any harder ingredients, either in the pasta water like we do the snap peas or in the sauce at the end, like the carrots. No crème fraiche? Try sour cream or even a little yogurt (though you'll probably want to use less wine).

Ingredients

- **2 tbsp.** olive oil, divided
- **1 lb.** asparagus, trimmed and cut into 1 1/2-in. pieces
- **2** medium shallots, finely chopped

- Kosher salt and pepper
 - **1 lb.** wide noodles
 - **8 oz.** sugar snap peas, cut into 1 1/2-inch pieces
 - **1/2 c.** dry white wine
 - **1 c.** crème fraiche
 - **2** large carrots, shaved with peeler
 - **1 tbsp.** grated lemon zest
 - **1 tbsp.** fresh tarragon
-

Directions

Step 1. Bring large pot of water to a boil. Heat 1 tablespoon oil in large skillet on medium-high. Add asparagus and cook until barely tender. Transfer to bowl.

Step 2. Add remaining tablespoon oil to skillet and return to medium-low. Add shallots and 1/2 teaspoon each salt and pepper. Cook, stirring occasionally, until translucent, 2 to 3 minutes.

Step 3. While shallots are cooking, cook pasta per package directions. Using strainer, dunk snap peas in boiling pasta water 30 seconds, then remove and set aside.

Step 4. Add wine to shallots and simmer until reduced to 2 tablespoons, about five minutes. Turn heat to lowest setting.

Step 5. Add crème fraiche to skillet and stir until combined. Add carrots and lemon zest and simmer 3 minutes. Using tongs, transfer pasta from water to pan. Fold in asparagus, snap peas, tarragon, and 1/4 teaspoon salt, adding 1/4 to 1/3 cup pasta water if pasta seems dry.



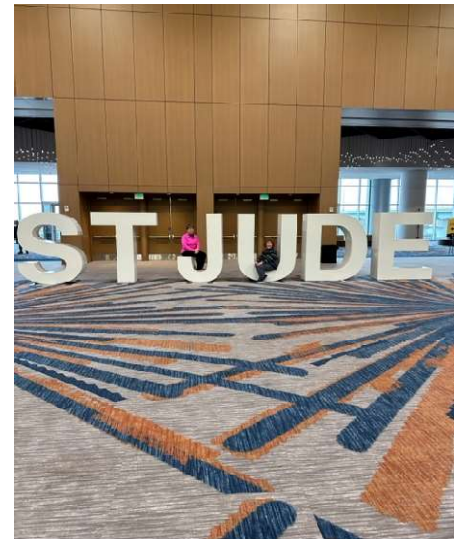
St. Jude Memphis Marathon 2023 Julie Whitaker, Sr. St. Jude Coordinator

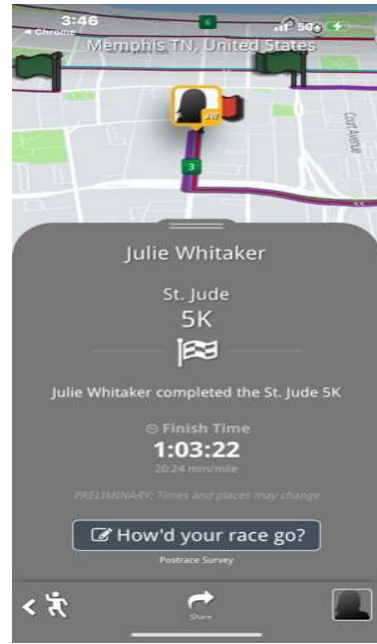
After months and months of training, it was time to go to the marathon, run that 26 miles, and have them put that beautiful medal around my neck. Ok, that sounds really good, but that is not my story. I planned to do the 5K from the beginning, and I planned to walk it. This last birthday has added some new aches and pains that weren't there last year, but as they say, motion is lotion, and I was ready to walk that 5K and beat my time from last year.

I started trying to raise money months ago. Rho Chi member Les Echele made 53 batches of his famous strawberry pretzel salad. Brenda Fields made over 700 turtles and 21 batches of toffee. I made what I know best: my mom's cinnamon roll recipe. I am happy that I raised around \$1100 for St. Jude. I did cross the finish line, and I did get that awesome medal around my neck. Joan Yates and I finished together, and we felt pretty good about our time until 5 minutes later, the folks who were running the 10K crossed the line. It is a magical place, from exploring the restaurants (don't go to Kentucky Fried Chicken there), but my favorite thing was meeting the people. I even ran into people who were from near my hometown. We laughed, and at times, tears came to my eyes when we went through the St. Jude campus. One little guy who looked like he had very little strength was out waving us on. My favorite sign was "run like your mama has used all three of your names. Brenda, Carol, Joan, and I drank the famous chocolate milk at the end of the race and vowed that next year, we would up our game and sign up for the 10K. That is our goal anyway. We got to have a great breakfast at the Peabody Hotel and sat at an outdoor café having a little liquid refreshment. We all had our trackers, and because the trolley didn't run on race day, we walked more after the race than during it.

If you don't want to walk or run, volunteer. It took nearly 4,000 volunteers to help the almost 20,000 participants. It's all worth it when you say I helped raise 15 million dollars for the kids of St. Jude Children's Hospital. It must go on your bucket list if you have never gone to the Memphis Marathon. You will never regret it.







St. Jude News

It seems as if the New Year hit, and we realized it was time to get that money in for St. Jude. Great news came from the St Louis St Jude Walk/Run: ESA earned \$133,495. Here is a breakdown of the participating chapters: Alpha Omega with \$7,776, Beta Kappa with \$7,776, Rho Chi with \$34,994, and Sigma Delta with a whopping \$82,949.

Headquarters has a new campaign to get items to the kids of St. Jude's. It is called The Power of Connection. It is a national collection drive for St. Jude. In a nutshell, there is a Wish List for the kids at the hospital. You can gather your items and send them to the hospital. Take a picture or make a report, and on March 28th, the final day, we will have a virtual party to show off the photos and tell about the items that have been donated. For more information, look up stjude.org/child-life.

Beta Tau will host their third annual beginning Pickleball Clinic on February 21.

Rho Chi hosted their luncheon auction on November 11. There was a record-breaking attendance of 192 guest

The Power of Us Campaign continues, and it sounds like lots of entries have come into headquarters. Don't forget to get your entry in. Check out the details on the website epsilonsigmaalpha.org/PowerOfUs.

Don't forget to let me know what you are doing and how you are doing! Keep up the excellent work!

Julie Whitaker
MSC Senior St. Jude Coordinator



Shamrock Wreath **From Woman's Day Magazine**



Supplies

- 2-yard green polka dot fabric
- 1-yard shamrock fabric
- 1-yard lime green fabric
- 12" **wire wreath frame**
- Scissors
- Iron/ironing board
- Measuring tape

Directions

1. Measure and cut 3 yards of fabric into 1.5" x 7" strips of fabric.
2. Tie strips of fabric onto your wire wreath in a pattern (green polka dot, shamrock, lime green) one at a time starting on the outer edge and working your way in.
3. Keep tying your fabric strips on in a pattern once section at a time.
4. When your wreath is full - cut a piece of fabric that is 34" x 7" from your green polka dot fabric.
5. Fold the vertical sides in and iron in place making the fabric look like a strip of 3" wide ribbon.
6. Place your strip of fabric through the center of the wreath and tie the ends into a knot. Pull the knot behind the wreath and your wreath is ready to hang.

To extend the use of this wreath – add some fabric or ribbon strips in bright pinks, purples and yellows and suddenly spring is knocking on your front door!

Beta Tau Chapter, Columbia Missouri

Terri Breedlove Reporting

Greetings, as I write this we are currently experiencing an ice day. Old man winter is not letting go. I do hope spring is just around the corner.

Beta Tau has been busy - we continue to volunteer making sack lunches at the VFW for families staying at the Ronald McDonald House. The sack lunches are also provided to parents who have children in the NICU as well. This allows the families to have lunch for no cost and not having to leave the hospital.

In December we had our annual Christmas Party and Birthday Party as our Elon Kaleigh is now 18 and an official chapter member. We had a birthday punch board for her with small gifts. Our Christmas family this year was Welcome Home. We provided them with three roll carts of household and personal items. We love helping our veterans in the Columbia area.

Julie and Joan completed the 5K at the Memphis Marathon this year; they are already talking about doing the 10K next year. Way to go Julie and Joan.

Christy hosted our annual Hallmark Movie Bingo again this year. Food, fun, laughs, and beverages -can't get any better. Prospective members were invited to attend as well.

Our next Pickle ball Workshop to benefit St. Jude Children's Hospital will be February 21 at the MAC located in Columbia.

Our January meeting was held over Zoom - it seems like Mother Nature had other plans for us.

We are hoping to see everyone at Winter Board and MSC State Convention both are being held at the Courtyard by Marriott here in Columbia.

Please keep safe until we meet again.







Hallmark Movie Bingo with food, friends and adult beverages - what could be better?



Root Beer Glazed Ham From Taste of Home



Total Time Prep: 15 min. Bake: 2-1/2 hours -  Makes 15 servings

Ingredients

- 1 bone-in fully cooked spiral-sliced ham (7 to 9 pounds)
 - 3 cups root beer
 - 3/4 cup packed brown sugar
 - 1/2 cup ketchup
 - 1/4 cup white wine vinegar
 - 3 tablespoons steak sauce
 - 1 tablespoon Dijon mustard
 - 1/2 teaspoon crushed red pepper flakes
 - 1/4 teaspoon ground cloves
-

Directions

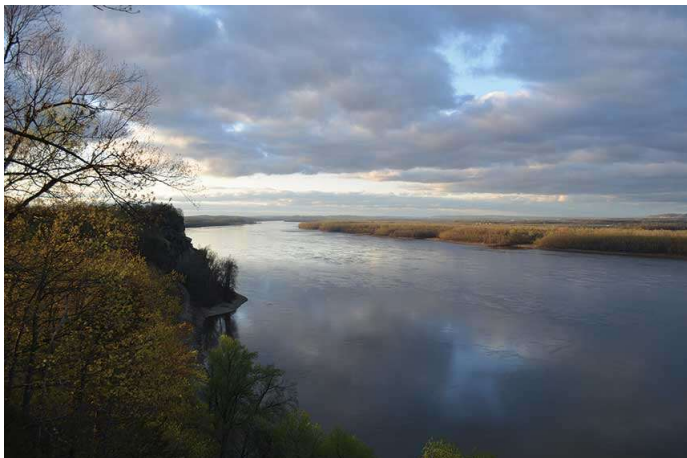
1. Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2 in. deep. Bake at 325° for 2 hours.
2. In a large saucepan, combine the remaining ingredients. Bring to a boil; cook until liquid is reduced by half, about 30 minutes.
3. Brush ham with some of the glaze; bake 30-60 minutes longer or until a thermometer reads 140°, brushing occasionally with remaining glaze.

Touring Several of Missouri's State Parks
From Missouri Life Magazine



Graham Cave – Above the

Loutre River in the hills a few miles north of the Loutre's confluence with the Missouri River is an outcrop with a large cave created at the contact zone between St. Peter sandstone and Jefferson City dolomite. Caves in dolomite or limestone are common enough, but a sandstone cave is less common. What is noteworthy, though, is not so much the cave, rare as it is, as what has been found in the debris on its floor. Dr. Robert Graham, a Scotsman who came to Missouri from Kentucky in the wave of migration that followed the War of 1812, settled in the area in 1816 and purchased a portion of rich bottomland along the Loutre River. In 1847, he acquired from the federal government the parcel of land containing the cave. From 1949 through about 1955, archaeologists Wilfred Logan and Carl Chapman of the University of Missouri and the Missouri Archaeological Society conducted extensive excavations in the cave. The results were staggering. Within a deep portion of the deposits, they found evidence of the oldest known humans in Missouri up to that time. The extremely significant discoveries at Graham Cave, including not only the oldest materials but also the remarkable evidence of ways of life and adaptations to the environment over ten millennia, were recognized when Frances Graham Darnell took pride in the discoveries made on her land and donated 237 acres—land that had been in her family for nearly a century and a half—to the state in 1964.



Trail of Tears – Although looking out from the bluffs at the Mississippi River at Trail of Tears State Park today offers a vision peaceful and sublime, it once overlooked one of the saddest episodes in American history.

That infamy gives the park its name. Here at Moccasin Springs in the fall and winter of 1838 and 1839, nine contingents of Cherokee were ferried across the icy Mississippi River, a formidable obstacle on the forced march from their Appalachian homeland to a new home in what is today Oklahoma. The park's extensive forests, despite some early logging, resemble the great woods of the Cherokee homeland. From the Mississippi, the Cherokee took three routes across Missouri; portions have been marked as part of the Trail of Tears National Historic Trail, established in 1987. Roughly one of every four Cherokee died in holding stockades or during the forced migration. The remainder arrived a broken and politically divided people. In spite of everything, the Cherokee built a remarkable society in their new homeland and continue to survive as a nation within a nation. Trail of Tears State Park was a gift to the state by the people of Cape Girardeau County, who authorized a \$150,000 bond to purchase more than 3,000 acres in 1956. A handsome visitor center provides exhibits on the natural history of the park and on the Cherokee tragedy. The park is a superb preserve of an original Mississippi River landscape. It is also a sober reminder of the intolerance of a young country and a memorial to a resilient people who persevered.



Battle of Island Mound - At

Missouri's western edge, the hills that seem to roll in from Kansas don't amount to much, but a small hill commands a big view. It is this landscape where Black Americans fighting in the Civil War earned their place in Missouri—and national—history. The boundary between Kansas and Missouri runs through this country, and while only a line on a map, it was an important line, a significant part of the great national debate—a free soil territory on one side, a slave-holding state on the other. About nine miles east of this border in Missouri lay the Toothman farmstead, the site where on October 27, 1862, 240 blue-clad, Black Union soldiers, the First Kansas Colored Volunteer Infantry, encamped and dubbed the camp Fort Africa. They had been sent to clear out a nest of pro-Southern guerrillas who occupied the ground between a channel of the Marais des Cygnes River and one of its wandering sloughs as a place of refuge and rest and for storage of supplies and loot. And so they did. The Kansans were outnumbered about two-to-one by some four hundred mounted rebel guerrillas. On the flank of the river mounds, still a mile short of Fort Africa and no cover in sight, the beleaguered African American soldiers formed up and got off one volley of musket fire after another—as the rebel cavalry crashed into and over them—until the horsemen withdrew. It wasn't much of a battle, but it was the first time in the Civil War that former slaves had taken up arms as soldiers on the battlefield. Acting against President Abraham Lincoln's wishes and Secretary of War Edwin Stanton's orders, Kansas Senator Jim Lane, a radical instigator of many ugly border incidents, assembled two regiments of Black Americans in 1862 as Kansas units. It was one of these regiments, not yet part of the federal army, who prevailed at the Battle of Island Mound.



Experience - The ABCs of Cancer

A selection of the panels created by St. Jude patients

E EMOTIONS



Sad: St. Jude tells people everyday that their son/ daughter has cancer and that they will have to have treatment.



Sick: Some days patients have to take medicines that make them sick. It is called chemotherapy.



Happy: St. Jude tells people everyday that there is no more cancer and you have no more symptoms.

St. Jude Patient - Reid

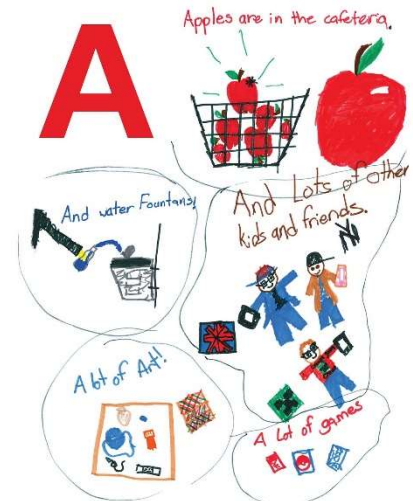
S is for... St. Jude



It is a safe haven made up of strong patients and families, smart nurses and doctors, and other supportive staff. I feel safe here. They have beautiful, scenic areas around the hospital where I can just relax (especially after a long day of chemo). Being here will save you for life, I can guarantee you that.

"Finding cures. Saving children."

St. Jude Patient - Bertha



St. Jude Patient - Bryan



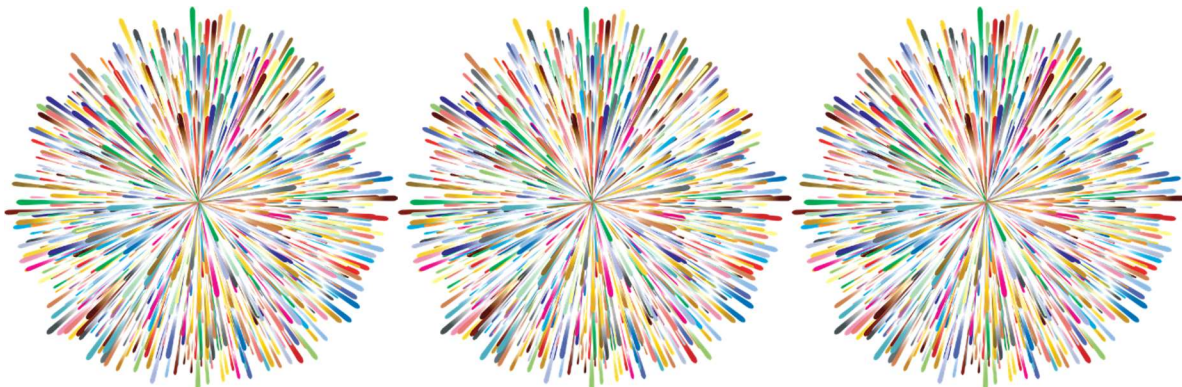
ESA is turning 95 in May!

We are participating in the “Just One More in 2024” campaign. Every month that we have grown our membership over the previous month, we will be entered in a competition with other states for net growth and will be celebrated on Facebook Live, our State Convention, and at our IC Convention. Let’s set ESA on a good path toward our 100th year!

Have you talked to your fabulous relatives about what your chapter does? Have you told them about all the good things that you are involved in? What about the people that you work with and see every day? I’ll bet that they are waiting for an invitation to a social outing or to a meeting.

As your President Elect, I am attending the Leadership Conference in Denver February 22-25. I greatly appreciate that our Missouri State Council has given me the opportunity to attend and learn what is happening at our headquarters, what is planned for this year, and meet incoming presidents from the other states. Good friends, good works, good times!

Ruth Williams
MSC President-Elect



Protein may help protect women against many types of chronic disease from NBC News



A large analysis suggests that consuming more plant protein is associated with healthy aging. A diet rich in protein — especially plant protein — may keep women healthier as they age, a new study suggests.

In an analysis of data from more than 48,000 women, researchers found that each 3% increase in the amount of plant protein consumed was associated with a 38% higher likelihood of staying healthy as the women got older, meaning fewer or no chronic diseases, better physical mobility and little cognitive decline, according to the report published in the *American Journal of Clinical Nutrition* on Wednesday.

“In particular, plant protein, seemed to be favorably associated with good mental health status and a lack of impairments in memory,” said the study’s lead author, Andres Ardisson Korat, a scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

“The advantage of consuming more plant protein — compared to other nutrients in the diet — is that plant protein is associated with a lower risk of cardiovascular disease and other chronic conditions,” he said, adding that plant protein also promotes good physical function by enhancing muscle synthesis. Moreover, plant protein “comes from food sources that typically contain high-quality carbohydrates, containing more fiber, vitamins and minerals, and antioxidants,” Ardisson Korat said.

To see how protein consumption affects healthy aging, the researchers looked at surveys from more than 48,000 participants in the Nurses' Health Study, a long-term investigation into the risk factors for major diseases in women. The data, which was collected every four years from 1984 to 2016, tracked how frequently people ate certain foods. At the start of the study, the women were ages 38 to 59 and were in good physical and mental health.

For the new analysis, the researchers calculated protein intake by multiplying the number of times each food item was consumed by its protein content and then totaled the amount of protein across all food items.

For women to be categorized as healthy by the time they were between 70 to 93, they had to be free from the major chronic health conditions associated with aging in the U.S.: cancer (except for nonmelanoma skin cancer), Type 2 diabetes, cardiovascular diseases, stroke, kidney failure, Parkinson's disease, multiple sclerosis and amyotrophic lateral sclerosis, or ALS.

Adult women, 31 to 59, need the equivalent of 5 ounces to 6 ounces daily, according to the recommended dietary allowance. A 3% increase in protein in a 2,000-calorie diet — typical for middle-age women — is 60 calories or half an ounce of protein, Ardisson Korat said. This amount of protein could be found in one cup of cooked beans or cooked lentils.

However, with every calorie of protein added to the diet, something else needs to be switched out, such as refined carbs or unhealthy fat, Ardisson Korat said.

Early in the study, the sources of plant proteins included bread, vegetables, pasta, potatoes, nuts, beans and peanut butter.

Plant foods that are relatively high in protein include: lentils, green peas, spinach and broccoli.

The women who ate more plant proteins were 46% more likely to be healthy into their later years, the analysis showed. Women who consumed more animal protein, such as beef, chicken, milk, fish and cheese, however, were 6% less likely to stay healthy as they aged.

The new report amplifies results of earlier studies that have shown that people who consume plant proteins, especially those who are vegetarians, tend to be healthier with lower cholesterol levels, a better ability to burn calories and lower levels of inflammation and dementia.



Spring Panzanella

From Good Housekeeping



Yields: **6** Total Time: **20** mins

Ingredients

- 1/2 small loaf sourdough bread, preferably stale (about 12 ounces)
- 4 tbsp. olive oil, divided
- 2 tbsp. white wine vinegar
- 2 tsp. Dijon mustard
- Kosher salt and pepper
- 2 scallions, white and light green parts finely chopped, dark green parts thinly sliced
- 2 Persian cucumbers, smashed, halved lengthwise and then sliced
- 1/2 c. fresh or frozen peas (thawed if frozen)
- 2 c. mixed fresh herbs (such as parsley, basil, mint, dill)
- 5 oz. mixed greens

Directions

Step 1. Heat oven to 400°F. Cut crusts off bread and tear bread into large pieces. On rimmed baking sheet, toss bread with 1 tablespoon oil and roast until golden brown, about 10 minutes.

Step 2. Meanwhile, in a large bowl, whisk together vinegar, mustard, remaining 3 tablespoons oil and 1/2 teaspoon each salt and pepper; stir in chopped scallions.

Step 3. Add cucumber and toss to coat, then toss with toasted bread. Add peas, herbs and greens and toss gently to combine.

Foundation News

Hello 2024! The deadline for scholarship applications for the 2024-2025 school year was February 1. Now the long process of reviewing all the applications, making sure the applicant meets all the criteria, reading the essays and determining who will be awarded each scholarship. We are extremely grateful to all those who volunteer their time and hard work to make this all possible. We hope that many, many of you shared the information about the scholarships and will continue to make sure we award every scholarship every year! We also hope that if you are not a Foundation member, this is the year for you to join! We would love to see new Life Active members this year, too! Let's do what we can to help students achieve their goals, follow their dreams and contribute to the future.

Dues

Just a reminder that Foundation dues are now on a calendar year schedule. The deadline for 2024 dues is December 31, 2024.

Turnaround Fund

Using the Turnaround Fund is an easy way to support the Foundation. Your chapter can use it to disperse funds or you personally can use the Turnaround Fund to make donations to 501c3 charities. The form is available on the contribution page of the ESAF website

Benefits and highlights include:

- Rather than sending individual checks to one or more 501c3 charities, the individual sends one check to the Foundation indicating which charity is to receive what amount. The Foundation turns around this request and sends individual checks back to the person using the turnaround funds. Then the person sends the checks to the individual charities.
- Benefit: Easier to document donations on your taxes (donations to one charity instead of multiples)
- Item to remember: Checks are returned to the individual, not the charity, so the individual needs to send them on to the charity.

We can make this a banner year for Missouri's support for the ESA Foundation! If you are not a member, please become a member. If you could become a Life Active member, that would be terrific! Start thinking about how you can spread the word about our Foundation scholarships. Scholarship applications will open in September...and you know how time flies when you're having fun! This is my goal for the year and I hope you all will join me.

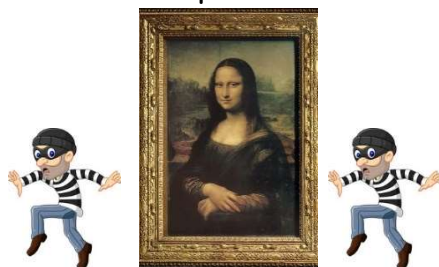
Sharon George,
Foundation Counselor





GOOD READS from Bas Bleu

Stealing Mona Lisa by Carson Morton - Leonardo de Vinci's Mona Lisa was stolen in 1911 by an Italian janitor who worked at the Louvre. Starting with this historical premise, Carson Morton has woven a colorful crime caper sure to delight art lovers, Francophiles and anyone who enjoys a pulse quickening thriller. The eclectic band of rouges who plot to swipe the masterpiece (so they can sell knock-offs to greedy collectors) is charming and clever ... propelling the plot with Parisian panache!



Golden Age Bibliomysteries edited by Otto Penzler - Stolen manuscripts, immense reading rooms, rain falling on English pubs - all this and more feature in this collection of 14 short stories from the Golden Age of detective fiction. The celebrated "Death Walks in Marble Halls" centers around a murder in the New York Public Library. In "The Missing Shakespeare Manuscript". Dr. Samuel Johnson exposes literary fraud. This volume also includes Vincent Starrett's "The Unique Hamlet", considered by many to be the best non-Doyle Holmes story ever written.



The Marlow Murder Club by Robert Thorogood - Seventy-seven year old Judith Potts lives Happily in Marlow, England, Setting crosswords for *The Times*, sipping Scotch and taking the occasional skinny dip in the Thames outside her old mansion. When she witnesses a murder, Judith ends up befriending two other unlikely amateur detectives, and the trio of women are on the case.



Eureka! By New Scientist - Am I breathing the same air as Leonardo de Vinci? Could all the water in the universe put out the sun? Can you see your DNA? Taken from the New Scientist magazine's "Last Word" column, these 365 questions are intriguing ...and the answers are fascinating (You can see your DNA and you can do it at home!)



My Father's House by Joseph O'Conner - It's 1943 in Nazi-occupied Italy and many of the Jewish population have sheltered at the Vatican. Receiving word that a German invasion of Vatican City is imminent, Father Hugh O'Flaherty devises an ingenious plan to save thousands of Jews. Standing in his way is Gestapo Commander Paul Hauptmann, who loves torture, killing and opera equally. This book is loaded with a world of choirs and crypts, damp tunnels and fog-rimed rivers, set amongst a battle of wits with history's most evil regime.



A Most Agreeable Murder by Julia Sheales - Beatrice Steele, the eldest of three daughters, has an affinity for solving crime (even submitting tips to the local detectives for fun). When she attends a ball and a murder occurs, she teams up with the town detective's former partner to find the culprit. This story is not your typical Regency-era mystery - it's satirical and laugh-out-loud hilarious. Beatrice is a witty and charismatic narrator who guides readers through her bizarre shenanigans and her story is outrageously fun!



Peanut Butter Caramel Ice Box Cake

From *The Slow Roasted Italian*



This no-bake dessert starts with a flavor explosion of peanut butter, caramel and chocolate. This fabulous spring dessert is stacked with layer upon layer of sweet and salty creamy peanut butter filling, cream and chocolate cookies. After a trip to the fridge the layers become this incredible moist, creamy cake... all without ever turning the oven on.

Prep Time – 25 mins. – Chill Time – 4 hrs. – Total time – 4 hrs. & 25 mins.

Serves – 12

Ingredients

- 2 cups heavy whipping cream
- 1 3/4 cups powdered sugar, divided
- 1 teaspoon pure vanilla extract
- 8 ounces cream cheese, softened
- 15 ounce jar creamy peanut butter
- 10-15 chocolate graham crackers
- 4 ounces chocolate shell ice cream topping
- 2 tablespoons caramel topping
- 1/4 cup honey roasted peanuts, chopped



Instructions

1. In a tall bowl whip heavy cream with an electric mixer until you can start to see a defined trail through the cream. Add vanilla and slowly add 3/4 cup powdered sugar. Whip until stiff peaks form. (In other words when you turn off the blender and lift the beaters out of the cream, the cream stand up on the end of the beater). Place in the refrigerator while you prepare the remaining ingredients.
2. To prepare the filling: Combine cream cheese, peanut butter and 1 cup powdered sugar in a large mixing bowl. Beat with an electric mixer until light and fluffy (about 3 minutes). Fold in 1/2 of the whipped cream until it is completely incorporated. Set aside.
3. Line a 9 X 5 inch loaf pan with parchment paper or plastic wrap. Layer 1/3 of the peanut butter cream on the bottom of the pan. Smooth into an even layer. Add 1/3 of the whipped cream on top of the peanut butter cream and use a spatula to smooth into an even layer. Top with a layer of graham crackers, breaking them if necessary to fit.
4. Repeat the layers two more times, ending with graham crackers. They will slightly peek over the baking dish.
5. Cover and refrigerate 3-4 hours or freeze 1-2 hours.
6. Remove cake from refrigerator or freezer; invert pan onto a plate. Pour chocolate shell topping onto cake (starting at one end and working to the other). While you are pouring, use an offset spatula to smooth and help the chocolate drip down the sides. Keep in mind the chocolate will harden so you must work fast.
7. Drizzle the chocolate top with caramel and sprinkle with peanuts.
8. Refrigerate until ready to serve or serve immediately.
9. ENJOY!



The Way of the American Genius with Road Trip Mo From Missouri Life Magazine



Missouri Highway 36. The CKC Expressway. The Apian Way of America. The four lane stretch of road from Hannibal to Saint Joseph, Missouri, about an hour north of Highway 70 has been called many things in its history. Let us explain why you should care about this Highway that is unlike others – The Way of American Genius. This highway connects individuals and inventions and features dozens of places that embody creativity, innovation and ingenuity.

Biography & Culture - It's amazing how many American greats got their start along the Missouri Highway 36 corridor. A few:

- Mark Twain – world famous author, known for works like *Adventures of Tom Sawyer* and *The Adventures of Huckleberry Finn* and as America's first internationally known celebrity (Hannibal)
- Molly Brown – of Titanic fame. While most people remember her 'hitting it big,' her humble beginnings began along Highway 36 (Hannibal)
- Walt Disney – Walt famously said that *"To tell the truth, more things of importance happened to me in Marceline than have happened since – or are likely to in the future."* *Main Street USA in Disneyland was based on Walt's memories of his youth. (Marceline)*
- JC Penney – *A man that changed the way we shop forever, believing that prices should be set and created many of the standards we still enjoy today. (Hamilton)*
- Jesse James – You can't think of the west without him. And his story ended in St. Joseph, MO.

Innovation - The ideas that have been sparked along The Way of American Genius are, well, genius. Here's a sample:

- Sliced Bread. Yep, the thing we compare all other great inventions ... was invented here. In 1928, the Chillicothe Bakery Company was the first company in the world to sell commercially sliced loaves of bread.
- Pony Express. The revolutionary idea designed to deliver mail in the fastest way possible to developing territories began in Saint Joseph. As the west was being settled, a relay system

of horseback riders was finally developed. With their saddlebags stuffed full of letters, the riders could deliver correspondence far quicker than a stage coach could.

- The first community in the US to be powered solely by wind. (Rock Port)
- Yes, a task that was begun as a necessity, has broken from its humble beginnings. Journey along the Missouri Highway 36 Quilt Trail and you will find examples of this ‘chore’ elevated to high art. Do you quilt? You’ll also find the world’s largest selection of pre-cut fabrics and dozens of stores to explore. Missouri Star Quilt Co. – known as the “Disneyland of Quilting” in Hamilton MO.

Military Genius

- This highway boasts the home of, Gen. John “Black Jack” Pershing, who rose to the rank of “General of the Armies of the United States during World War 1. (In case you’re wondering, that’s one rank above 5-star general. His Boyhood Home & Museum will show that honor was well-deserved. (Laclede)
- The Way of American Genius is also known as the VFW Memorial Highway, with notables like Gen. Omar Bradley, Gen. Sterling Price and a National Military Museum having a place alone the route.

Planned Communities

The idea of the America as a place to practice religious freedom shows along the way of American Genius. Multiple Amish Communities open their way of life to others by selling handmade items, furniture and other goods, while a vast array of other intentional communities, like a Benedictine Monastery and a modern day Christian Community can be found during your travels. The freedom to practice your beliefs? That’s a genius concept. An American Genius concept.

Enjoy the trip!



St. Jude Home Care, LLC is first U.S. pediatric home health agency to earn new category of industry certification

The St. Jude Children’s Research Hospital mobile service was certified in pediatrics and home health. *Memphis, Tennessee, January 16, 2024*



St. Jude Children’s Research Hospital announces today that St. Jude Home Care LLC, a home health agency for the hospital’s patients, earned dual certifications in both pediatrics and home health from **Community Health Accreditation Partners (CHAP)**, an independent, non-profit, accrediting body for home and community-based healthcare organizations. St. Jude Home Care LLC is the nation’s first agency to achieve that distinction. CHAP is the only organization in the U.S. that grants a discrete pediatric certification to home health agencies.

St. Jude Home Care LLC was established in 2021 to help protect immunocompromised cancer and sickle cell disease patients at risk of contracting COVID-19 through frequent doctor visits. The agency provides Memphis-area patients with skilled nursing, home health aides, occupational and physical therapy and other services to extend the quality of care patients receive in St. Jude facilities.

"We are thrilled to announce St. Jude Home Care LLC as the very first recipient of CHAP's Pediatric Certification," said Teresa Harbour, chief operating officer of CHAP. "This achievement underscores the dedication and leadership of St. Jude in pediatric care and demonstrates the institution’s unwavering commitment to providing exceptional services to children. Their pioneering efforts set a new standard in the healthcare industry, exemplifying the best in home-based pediatric care."

In its evaluation, CHAP found that St. Jude Home Care LLC was 100% compliant with pediatric care standards and 99% compliant with the accreditation standards for home health care services.

"We are honored to become the first CHAP agency to be accredited in home health and certified in pediatrics," said Shayla Williamson, MSN, President and Administrator of St. Jude Home Care LLC. "Accreditation is integral to our goal in setting a worldwide standard for patient care in pediatric home health."

The Tale of Peter Rabbit - Wikipedia

The Tale of Peter Rabbit is a children's book written and illustrated by Beatrix Potter that follows mischievous and disobedient young Peter Rabbit as he gets into, and is chased around, the garden of Mr. McGregor. He escapes and returns home to his mother, who puts him to bed after offering him chamomile tea. The tale was written for five-year-old Noel Moore, the son of Potter's former governess, Annie Carter Moore, in 1893. It was revised and privately printed by Potter in 1901 after several publishers' rejections, but was printed in a trade edition by Frederick Warne & Co. in 1902. The book was a success, and multiple reprints were issued in the years immediately following its debut. It has been translated into 36 languages, and with 45 million copies sold it is one of the best-selling books in history.

The story focuses on Peter, a young rabbit, and his family. Peter's mother, Mrs. Rabbit, intends to go shopping for the day and allows Peter and her other three children, Peter's sisters: Flopsy, Mopsy, and Cotton-tail to go playing. She tells them they can go anywhere they like, but not to enter the vegetable garden of an old man named Mr. McGregor, whose wife, Mrs. McGregor, put their father in a pie after he entered and got caught by Mr. McGregor. Peter's three younger sisters obediently stay away from Mr. McGregor's garden, choosing to go down the lane and gather blackberries, but Peter enters Mr. McGregor's garden in the hopes of eating some vegetables.

Peter eats more than is good for him and goes looking for parsley to cure his stomach ache. Peter is seen by Mr. McGregor, who chases Peter. Peter gets caught in a net and three friendly sparrows comfort him. Peter manages to escape Mr. McGregor just in time, but loses his blue jacket and shoes while running off. He hides in a greenhouse, ultimately jumping into a watering can for protection. Unfortunately there is water inside the watering can so Peter gets wet and sneezes, alerting Mr. McGregor. When Mr. McGregor gets tired of running after Peter and resumes his work, Peter tries to escape, but is completely lost in the huge garden. Peter tries getting a young mouse to help him, however she is collecting food for her family and cannot help. Peter also notices a cat sitting by a pond. Peter considers asking for directions, but ultimately decides not to, having been warned about cats by his cousin. However, Peter sees that Mr. McGregor is "gone" and it buys him some time to escape to the gate. Peter sees from a distance the gate where he entered the garden and heads for it, despite being noticed and chased by Mr. McGregor again. With difficulty, he wriggles under the gate, and escapes from the garden. His abandoned clothing is used by Mr. McGregor to dress a scarecrow.

After returning home late, a sick Peter is reprimanded by his mother for losing his shoes and his jacket (the second jacket and shoes he has lost in a fortnight). Peter's mother puts him to bed early without supper. To cure his stomach-ache, Mrs. Rabbit gives Peter a teaspoon of chamomile tea. Flopsy, Mopsy, and Cotton-tail, meanwhile, enjoy a delicious dinner of milk, bread and blackberries.



Inaugural class of Damon Runyon– St. Jude Pediatric Cancer Research Fellows announced

New York, New York, and Memphis, Tennessee, February 1, 2024

The Damon Runyon Cancer Research Foundation and St. Jude Children’s Research Hospital today announce the inaugural class of pediatric cancer research fellows. Each of the five fellows will receive funding for four years (\$300,000 total) to support an innovative project in basic or translational research with the potential to significantly impact the diagnosis or treatment of one or more pediatric cancers.

The initiative aims to provide support for early-career scientists to study pediatric cancer, addressing a funding gap that drives top talent to seek more prevalent opportunities in adult cancer research or the pharmaceutical sector. **The Damon Runyon–St. Jude Pediatric Cancer Research Fellowship** will fund up to 25 fellowships over eight years, a \$9 million investment.

“We are excited to see what these gifted researchers bring to the table when it comes to accelerating progress to develop cures for children around the globe,” said James R. Downing, MD, St. Jude president and CEO. “We are proud to partner with Damon Runyon on this incredible program, and we look forward to the work these bright minds will accomplish.”

In addition to the benefits associated with a fellowship from Damon Runyon, including the retirement of up to \$100,000 of medical school debt, the Pediatric Fellows will be invited to attend an annual meeting with their colleagues for valuable scientific exchange and potential collaboration with St. Jude faculty and trainees.

“The inaugural class of Damon Runyon–St. Jude Pediatric Cancer Research Fellows will focus on some of the most difficult-to-treat cancers affecting pediatric patients, which was exactly our goal in establishing this award,” said Yung S. Lie, PhD, President and CEO of Damon Runyon. “We are incredibly grateful to St. Jude for their partnership and anticipate that these scientists will achieve important research advances.”

The first class of Damon Runyon–St. Jude Pediatric Cancer Research Fellows was selected by a distinguished committee of leaders in the field. You can learn more about the fellowship **here**.

2024 Damon Runyon–St. Jude Pediatric Cancer Research Fellows

April A. Apfelbaum, PhD, with her sponsors Pratiti Bandopadhyay, MBBS, PhD, and Keith L. Ligon, MD, PhD, at Dana-Farber Cancer Institute.

Brain cancers are the leading cause of cancer-related deaths in children. A significant percentage of these tumors are classified as gliomas [CW1] [CW2] — diseases for which new therapies are desperately needed. A protein called tyrosine kinase FGFR1 is altered in 10% of pediatric gliomas. Apfelbaum aims to investigate critical genes in FGFR1-altered pediatric gliomas to understand the biological mechanisms driving these cancers. Her research hopes to uncover new therapeutic targets and mechanisms of FGFR1-mediated oncogenesis in pediatric gliomas, but since FGFR1 is commonly altered in many tumors, her findings may reveal a common oncogenic mechanism. Apfelbaum received her PhD from the University of Michigan, Ann Arbor, Michigan, and her BS from Beloit College, Beloit, Wisconsin.

Mohammad Balood, PhD, with his sponsor Tanja A. Gruber, MD, PhD, at Stanford University.

One of the persistent challenges in treating high-risk pediatric leukemia, particularly in cases of acute megakaryoblastic leukemia (AMKL), is the high incidence of relapse due to resistance to standard treatments such as chemotherapy and bone marrow transplantation. T-cell therapy has shown potential in treating various types of leukemia, offering the prospect of overcoming mechanisms that tumor cells employ to evade traditional therapies. However, a significant challenge in T-cell therapy for AMKL lies in identifying T cells that can recognize and target leukemia cells specifically. Balood's research is dedicated to advancing T-cell therapy for AMKL. He plans to test and identify T-cell clones that specifically recognize and eliminate leukemia cells with the goal of translating these findings into an effective T-cell therapy with minimal toxicity in leukemia patients. Balood received his PhD from the University Of Montreal School Of Medicine, Montreal, and his MS from Tarbiat Modares University School of Medicine, Tehran, Iran, and his BS from Shahid Chamran University of Ahvaz, Ahvaz, Iran.

Costanza Lo Cascio, PhD, with her sponsor Mariella G. Filbin, MD, PhD, at Dana-Farber Cancer Institute.

Pediatric diffuse midline gliomas (DMG) are incurable brain cancers with no long-term survivors. To date, radiation therapy remains the standard of care but improves survival by only a few months. Despite intense research efforts over the past four decades, a lack of mechanistic understanding of the biology underlying DMG radioresistance still exists. Lo Cascio is studying how DMG tumors exploit interactions with surrounding normal neurons to survive radiation-induced cell death. While there is ample evidence that communication between neurons and DMG cells is critical to fuel tumor growth, whether this neuron-glioma crosstalk contributes to treatment failure is unknown. Lo Cascio hopes that, by pushing the boundaries of our knowledge of the neuron-glioma intercellular dialogue, she can identify resistance mechanisms that can be targeted to sensitize these lethal tumors to radiation therapy. Lo Cascio received her PhD from Arizona State University, Tempe, Arizona, and her BS from the University of Bath, Bath, United Kingdom.

James J. Morrow, MD, PhD, with his sponsor Bradley E. Bernstein, MD, PhD, at Dana-Farber Cancer Institute.

Osteosarcoma is the most common bone tumor and primarily affects children and adolescents. Unfortunately, treatment approaches and outcomes for osteosarcoma patients have not significantly improved in 40 years. Morrow's work focuses on understanding normal bone development and how this development goes awry, giving rise to osteosarcoma. He hopes this improved understanding will lead to new treatment approaches for pediatric osteosarcoma patients. Morrow received his MD and PhD from Case Western Reserve University School of Medicine, Cleveland, Ohio, and his BS from The Pennsylvania State University, State College, Pennsylvania.

Philip T. Pauerstein, MD, PhD, with his sponsor Wendell A. Lim, PhD, at University of California, San Francisco.

Leukemia is a cancer of the immune system and is a major cause of death from cancer in children and young adults. Chimeric antigen receptor (CAR) T-cell therapy, which involves genetic engineering of a cancer patient's own immune system cells to fight cancer, has demonstrated curative potential. Despite excellent initial responses to treatment, however, leukemia recurs in up to half of pediatric leukemia patients after CAR T treatment. A major cause of treatment failure is that CAR T cells do not attach to cancer cells as strongly as natural T cells do to their targets, limiting their ability to find and kill cancer cells. Pauerstein's research is attempting to improve CAR T-cell sensitivity to cancer cells using synthetic cell adhesion molecules, a type of molecular glue between two cells. Engineering adhesion into CAR T cells should build a synthetic immune synapse that can help improve cell-based treatments for leukemia and, eventually, other cancers. Pauerstein received his MD-PhD from Stanford University, Stanford, California, and his BA from Rice University, Houston, Texas.

Damon Runyon Cancer Research Foundation



Virginia Ave

momofvirginiaave@gmail.com

573-808-3717



Our current designs

WHERE CAN YOU FIND ME

Virginia Ave will be appearing at MSC Winterboard. Please come by and see me, or let me know if I can make something for you and I can have your order waiting.



**2311 VIRGINIA AVENUE LLC
T-SHIRTS & MORE**

Virginia Avenue was born and still resides in my basement. It was born to make a living when my daughter was born. She is now four years old. In the last year, I have found myself as a single father and have needed more than ever to be able to run my stay-at-home business. My mother, Julie Whitaker, helps keep the Virginia Ave in regulation with ESA's partner Affinity Gateway. As many of you know, becoming a certified vendor has been a long journey. I use quality products, and my medium is screen printing and embroidery. Every piece is hand-done by me. I hope you love our designs. I would love to collaborate with you if you need something for your business or individual chapter!

Andrew

2311 Virginia Avenue LLC

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Robert Andrew Whitaker

