

October-November 2005
 Southern Arizona
 Post-Polio Support Group
 Est. 1985
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 Tucson, AZ 85731-7556
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 (Message)
 www.polioepic.org

POLIO EPIC

Echoes from the Past

**General
 Membership
 Meetings
 Every Second
 Saturday of the
 Month
 10:00 am.
 HealthSouth
 Rehabilitation
 Center
 Wyatt Road
 • October 8th
 "Polio 101"**

as the Grant
 Committee presents
 the information that
 will be provided to
 Polio Survivors and
 Medical
 Professionals
 throughout Southern
 Arizona.
 And Membership
 Votes on changes to
 the By-laws and
 Board Member
 Responsibilities
 • **November 12th,
 2005**
 Dr. Armando
 Gonzalez, new
 medical Board
 Advisory member will
 be speaking on the
 role of a Primary
 Care Physician in
 Treating Post Polio

Individual Highlights:

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An old concept that needs to be revisited from time to time comes from the emphatic childhood message... "work before play!" Any fun which took place when work waited to be done rendered me guilty. I don't like guilt because it usually blared from some authority figure in my life. Even today those echoed voices from childhood can be heard. For example, when I begin working on the computer I often start with a game of solitaire or free cell. I play as fast as I can. If my mind is working well with keen observation and swift movements, then today is the day for critical thinking and sound decisions. If I am dull at the game and miss plays more than a few times... it is a day for restoration and mindless activity. That's my barometer for brain alertness. It may seem foolish but it works for me. During those few "stolen" minutes used to check my strengths, I ignore the un-welcomed authority whispering "work before play!"

As a caregiver to a Fibromyalgia sufferer, I attended countless hours of workshops and support

meetings for that disease. There, too, is an urgent need for self pampering and on some days that could mean *doing nothing!* But doing nothing was labeled "laziness" or "escapism." Nurturing or affirming one's self seemed to be a contradiction. To make it worse Madison Avenue promoted: "we only go round once so grab all the gusto you can" or "me and my RC" and the ultimate hard core message, "Look out for #1, nobody else will." Those expressions sold products and they confused my spiritual ethics. Was doing nothing selfishness or self help? I rejected those popular slogans because I thought, "I could never be *that* selfish. I couldn't put myself first," especially during the family years, when we were raising our six children. A diaper change, a cut arm or hurt feelings from a best friend's rejection needed our immediate attention, no matter what we were doing. When I did grab a moment for myself I felt like an espionage agent looking over my shoulder to see if anyone was watching. Media's shaping is hard to shake

but that's diminishing. We do need to nurture ourselves *often and without guilt* in order to continue to (gracefully) drag around this 50lb. sandbag we call Post Polio. For us to sustain our daily lives or even function as someone's caregiver, we need to listen to and care for this body which decades of disease have ravaged. Instructions to airline passengers even dictate that we apply the oxygen mask to ourselves first and then take care of the child with us.

Most of the Polio population are type A personalities and so I urge you who frequently over work (or over play) to slow down and enjoy yourselves more often and more deeply. You have the right to challenge me to do the same... when we do as we say, we truly live with integrity. I have always thought that a flower's fragrance is much better than that antiseptic odor of the doctor's offices where we spent too many pain filled years. We have earned the right to coast.

Frank Frisina

The opinions expressed in this publication are those of the individual writers and do not necessarily constitute an endorsement or approval by POLIO EPIC, INC. If you have personal medical problems, please consult your own physician

Guess What ??

If you have a doctor, therapist, dentist, counselor or family member that you think needs to know more about polio and post-polio syndrome, please call Karla at 318-1219 with their name(s); address(es) and phone number(s).

We want to get these cards to the people who need them the most so that better services can be provided to all of us who are faced with post-polio syndrome.

Remember – call Karla: 318-1219 or Frank at 327-3252. Please give your information to either Karla or Frank by the end of October!

As part of a grant from the Southern Arizona Compassion Initiative.

Post-Polio 101

ANGELS ON 22ND STREET OVERPASS

My husband and I were returning home from Reid Park. As we approached the 22nd Street overpass, Angel No. 1 pulled up and told us that our tire looked as if it was in for a “blowout.” My husband slowed and tried to switch lanes but couldn’t and started up the overpass. Because we were warned and he slowed down, he did not lose control of our van (which carries me in a wheelchair) when the tire blew out minutes later. Angel No. 2 stopped to help. Somewhere is an Angel No. 3 who called for help because suddenly Angel No. 4, Officer Carrizzosa, appeared to help. We were on our way within 25 minutes. I am grateful for all who helped that day, especially Officer Carrizzosa. What might have been a tragic situation went rather smoothly. **MARGIE CLARK** (taken from the *Arizona Daily Star*, and written by our own Margie Clark! This reminds us that Angels are everywhere)

'Never Have Your Dog Stuffed and Other Things I've Learned' by Alan Alda. Alda's memoir engaging, but no tell-all --Sunday, September 11, 2005 Alda does what a writer, even one with five Emmy Awards, plus Tony and Oscar nominations, should. He tells a story, with detail, generous amounts of humor, sometimes painful honesty and insight. Recounting the treatment he underwent for polio as a second-grader, he writes, "I was laid out on the dining room table in my Jockey shorts while a physical therapist took each of my limbs and tried to unscrew it from its socket. Sometimes she ripped an arm off and had to plug it back in again, but usually she was satisfied just to keep bending it until I agreed to turn over playmates who were members of the French underground."



Polio cases for 06 September 2005 :

Global cases of poliovirus: 1163

Yemen (importation)	440
Nigeria (endemic)	389
Indonesia (importation)	231
India (endemic)	27
Sudan (re-established transmission)	26
Pakistan (endemic)	15
Ethiopia (importation)	15
Angola (importation)	7
Afghanistan (endemic)	4
Mali (importation)	3
Niger (endemic)	3
Chad (re-established transmission)	1
Cameroun (importation)	1
Eritrea (importation)	1

OPERATING POLICY CHANGES
OF
POLIO EPIC, INC.

ARTICLE II - ORGANIZATION

Currently reads:

SECTION 3: Original copies of all records, reports, correspondence, receipts, minutes and all prepared data initiated or received by any officer of the organization shall be the property of Polio Epic and shall be received and filed by the Secretary and stored in a location determined by the Executive Board.

Change to:

SECTION 3: Original copies of all records, reports, correspondence, receipts, minutes and all prepared data initiated or received by any officer of the organization shall be the property of Polio Epic and shall be received and filed by the **Recording Secretary** and stored in a location determined by the Executive Board.

ARTICLE III – MEMBERSHIP

Currently reads:

SECTION 2: The Board of Directors shall have the power to assess membership dues based on the review of outside financial assistance as compared to projected expenses of the organization. Dues shall be a minimum of \$5.00 per member per year with a maximum not to exceed \$10.00 through 2004. Waiver of dues based on financial hardship and for networking exchanges of newsletters will be appropriate. Waivers are to be approved by the Board of Directors.

Change to:

SECTION 2: The Board of Directors shall have the power to assess membership dues based on the review of outside financial assistance as compared to projected expenses of the organization. Dues shall be a minimum of \$5.00 per member per year with a maximum not to exceed \$10.00 through 2007. Waiver of dues based on financial hardship and for networking exchanges of newsletters will be appropriate. Waivers are to be approved by the Board of Directors.

Currently reads:

SECTION 4: The Professional Advisory Board shall be established by the Board of Directors. This Professional Advisory Board should contain, but not be limited to members from the medical community and others knowledgeable and/or interested in the problems relating to post polio syndrome.

Change to:

SECTION 4: The Professional Advisory Board shall be established by the Board of Directors. This Professional Advisory Board should **include**, but not be limited to members from the medical community and others knowledgeable and/or interested in the problems relating to post polio syndrome.

ARTICLE IV – OFFICERS

Currently reads:

SECTION 1: The officers of the organization shall be a President, President Elect, Secretary, Treasurer, and any other director appointed by the Board of Directors. The Board of Directors is charged with reviewing and approving programs and budget, evaluating and assessing the organizations progress in meeting goals, setting policies and appointing committees as necessary for the overall operation of Polio Epic.

Change to:

SECTION 1: The officers of the organization shall be a President, President Elect, **Recording Secretary, Correspondence Secretary**, Treasurer, and any other director appointed by the Board of Directors. The Board of Directors is charged with reviewing and approving programs and budget, evaluating and assessing the organizations progress in meeting goals, setting policies and appointing committees as necessary for the overall operation of Polio Epic.

Currently reads:

SECTION 2: A slate of candidates for Board positions shall be presented by the nominating committee with nominations open from the floor at the annual meeting. Candidates for any position of the Board of Directors must be willing to assume responsibilities of that position and currently paid members, or have approved waiver of annual dues. Election shall be by majority vote of the membership in attendance and validated proxy votes.

Change to:

SECTION 2: A slate of candidates for Board positions shall be presented by the nominating committee with nominations open from the floor at the annual meeting. Candidates for any position of the Board of Directors must be willing to assume responsibilities of that position and currently paid members, or have approved waiver of annual dues. Election shall be by majority vote of the membership in attendance. ~~and validated proxy votes.~~

Currently reads:

SECTION 3: An election of officers shall be implemented and in effect beginning May, 1987. A President-Elect, Secretary, and Treasurer will be elected each year. The President-Elect will assume the functions of President at the conclusion of the current President's term. A minimum of seven (7), additional Directors shall be nominated by the Board and presented to the general membership for a vote. These Board Members shall serve a one-year term.

Change to:

SECTION 3: An election of officers shall be implemented and in effect beginning May, 1987. A President-Elect, **Recording Secretary, Correspondence Secretary,** and Treasurer will be elected each year. The President-Elect will assume the functions of President at the conclusion of the current President's term. A minimum of seven (7), additional Directors shall be nominated by the Board and presented to the general membership for a vote. These Board Members shall serve a one-year term.

ARTICLE V – MEETINGS

Currently reads:

SECTION 1: General membership meetings shall be held at a suitable time and accessible meeting place.

Change to:

SECTION 1: General membership meetings shall be held at a suitable time and accessible meeting place. **A brief synopsis of the proceedings will be recorded and read.**

Currently reads:

SECTION 2: The Board of Directors shall meet prior to the general meeting. Minutes of such meetings will be taken and a brief synopsis of the proceedings made available.

Change to:

SECTION 2: The Board of Directors shall meet prior to the general meeting. **Minutes of such meetings will be taken and distributed to Board Members one week prior to next Board Meeting and made available upon request to general membership.**

Currently reads:

SECTION 6: Any member of the Board of Directors who has failed to attend three (3) consecutive Board meetings, or (3) consecutive general membership meetings without notifying at least two (2) Board members shall forfeit his/her office upon notification in writing from the Board of Directors. The Board shall then fill the vacancy by appointment.

Change to:

SECTION 6: Any member of the Board of Directors who has failed to attend three (3) consecutive Board meetings, ~~or (3) consecutive general membership meetings~~ without notifying at least **one (1) Board member** shall forfeit his/her **position** upon the Board of Directors **discretion**. The Board shall then fill the vacancy by appointment.



END OF CHANGES TO BY-LAWS



Please review the following Job Descriptions for the Executive Board, and Board Members. Your input as valued members of Polio Epic are important! Remember, our Board Meetings are open to all members of Polio Epic. The Board meetings are at the D.I.R.E.C.T. offices on Tyndall, the first Thursday of each month at 10:00 a.m.

RESPONSIBILITIES OF THE PRESIDENT

The office of **PRESIDENT** of Polio Epic has a term of one year.

Responsibilities:

1. Preside at meetings of the general membership and of the Board of Directors of Polio Epic.
 2. With the consent and approval of the Board of Directors, serve as, or designate, the official contracting officer of Polio Epic for all contracts and agreements with other organizations and media.
 3. Appoint committees and/or chairperson, as needed.
 4. Write an article for each issue of the Polio Epic Newsletter.
 5. Make arrangements where general meetings and board meetings are held to reserve the rooms for each fiscal year.
 6. Formulate the agenda for general and director's meetings.
 7. Keep general membership informed of policy related issues.
 8. Work with the President-elect to ensure that board members fulfill their responsibilities.
 - 9.
-
-

RESPONSIBILITIES OF THE PRESIDENT-ELECT

The office of **PRESIDENT-ELECT** of Polio Epic has a term of one year.

The President-Elect shall assume the office of President when the current president completes the elected term of office, or completes the incomplete term in the event of resignation, illness, or removal of the President. The position of President-Elect of Polio Epic was established for the purpose of maintaining continuity of leadership. The position's one year term affords the incumbent an opportunity to become familiar with ongoing programs of the organization before assuming the presidency.

Responsibilities:

1. Work in close association with the President of the organization, chair meetings, represent the organization and serve as contracting officer in the President's absence.
 2. Responsible for arranging programs to be presented at general meetings and follow-up with thank you notes.
 3. Submit monthly press releases as requested by local media and our Polio Epic Newsletter editor.
 4. Work with the President to ensure that Board Members fulfill their responsibilities.
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-

RESPONSIBILITIES OF RECORDING SECRETARY

The office of **RECORDING SECRETARY** of Polio Epic has a term of one year.

Responsibilities:

1. Record monthly general membership meetings and prepare minutes to be read and approved at the following month's membership meeting. Copies of the minutes will be available upon request to membership.
 2. Record minutes of Board of Directors' meetings for approval and distribution
 3. The minutes of the Board Meetings will be sent by mail or email to all Board Members **one week** prior to the next Board Meeting.
 4. Make Board of Directors' meeting records available to general members upon request.
 5. Maintain permanent records of official minutes, and Board of Directors' meetings of the organization. These records will be kept for the fiscal year and then filed where all permanent records for Polio Epic are located.
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RESPONSIBILITIES OF THE CORRESPONDENCE SECRETARY

The office of **CORRESPONDENCE SECRETARY** of Polio Epic has a term of one year.

Responsibilities:

1. Prepare and mail official correspondence upon the request of the Board of Directors.
 2. Ensure that mail is picked up and distributed to the appropriate persons.
 3. Keep all mailing addresses up-to-date and submit current addresses to printers when newsletter is ready.
 4. Responsible for correspondence, i.e., a variety of thank you notes including cash donations, letters, phone calls and other appropriate mailings.
 5. Report to Board any correspondence received and sent out for the month.
 6. Maintain permanent records of official correspondence as directed by the Board of Director's. These records will be kept for the fiscal year and then filed where all permanent records for Polio Epic are located.
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-

RESPONSIBILITIES OF THE TREASURER

The office of **TREASURER** of Polio Epic has a term of one year.

Responsibilities:

1. Financial Records - Responsible for timely receipting, recording, posting, and deposition of all funds, maintaining records of all deposits and expenditures, and issuance of all checks from the checking account, monthly reconciliation of bank statement and checking account, maintenance of all records necessary for audit filing tax forms by CPA.
 2. Financial Reports-Monthly – Treasurer's report at regular monthly Board/General meetings, consisting of all activity since previous month and current balance in all financial accounts.
 3. Copies will be available to all Board Members and upon request to the general membership.
 4. Budget -Responsible for preparation and presentation of an annual budget proposal in conjunction with the Board of Directors and to submit to the general membership for approval at the annual meeting.
 5. Tax Preparation and Audit - Prepare all records for CPA for fiscal year September 1 – August 31, by September 30th of current year
-
-

RESPONSIBILITIES OF A BOARD MEMBER

A **BOARD MEMBER** of Polio Epic has a term of one year.

Responsibilities:

1. A BOARD MEMBER will attend the monthly general meetings and the monthly Board of Director's meetings.
2. All BOARD MEMBERS and OFFICERS must notify at least one (1) Board member if unable to attend a meeting. Three (3) consecutive meetings missed, may forfeit his/her position to the board upon Board discretion.
3. Each BOARD MEMBER will take on at least one (1) committee and/or responsibility for the fiscal year.
4. The following is a list of responsibilities for Board Members to select from but not inclusive.
 - a. Greeter/hostess at General Meetings
 - b. Refreshment Reminder
 - c. Call HealthSouth to verify room and drinks 2-3 days before General Meeting.
 - d. Check Polio Epic's telephone messages – weekly.
 - e. Sunshine Person - Keeps track of member's important dates (special birthday's, anniversary's, illness, surgery, deaths, send cards and/or notify members/editor.)
 - f. Prepare and mail out Information Packets
 - g. Board Member Reminder
 - h. Librarian
 - i. Goodwill Caller
 - j. Anniversary/Holiday Committee
 - k. Conference Committee
 - l. Speaker's Bureau
 - m. Fund Raiser
 - n. Any other program/activity that may develop in the fiscal year.

CONTRIBUTIONS

POLIO EPIC expresses
Appreciation for the following contributions...

***BUILDERS**

James F. LaDuc

Frann Miescher

***FRIENDS**

Lucy Anderson

Joan Bernardi

Kathy Bodkin

Laura Lee Boyd

Barbara Janice Bullman

Ganson Byers

Billy & Barbara Campbell

Mary Ann Coleman-Blake

Ruth & James Creagh

Richard Curlee

Carolyn Dake

Joseph Duchene

Polly Elson

Ann Forshay

Virginia Hanson

Carol Mayfield

Dorothy Mazer

Luann Pankratz

Mercedes Ross

Jacque Schmidle

Gene Sherman

Sara Snyder

Rosanne Venzke

Nannoe Westbrook

Arlene Wise

***BUILDERS \$100 and OVER**

***FRIENDS UP TO \$99**



*Our condolences, from Polio Epic,
go out to all the families and friend who
have lost a loved one.
In Memory of . . .*



**Rita Atkinson, a long time member of
Polio Epic passed away August 17, 2005.**

James Hunt

In Memory of . . .

Laura Sherman

By Gene Herman



**We wish to welcome the
following new members to
Polio Epic!**

- Richard Barnhill – Green Valley, AZ
- Kathy Bodkin – Tucson, AZ
- Barbara Janice Bullman – Selmer, TN
- Carol Kana – Riverside, CT
- Anthony Raymond – Pensacola, FL



From the Treasurer...

Your Dues are Due!!

If your label says 2006 or lower, then you owe for this fiscal year and the new 2005/2006 fiscal year. Many of you have already paid your current dues. Remember, even though postage and supplies have gone up we are still able to continue with our low \$5.00 yearly dues. Please send in your dues. If you are not sure what you owe, please contact a board member.



Bashas' Thanks A Million

Bashas' "Thanks a Million" program is back, offering a way for Polio Epic to raise money. All you need to do is take your Bashas' "Thank You Card" into any Bashas' and ask the cashier to enter our group number – **27169**. The program runs from **September 1, 2005 to March 31, 2006**. Polio Epic will receive **1%** of the total dollars attributed to our group identification number – up to \$2,500. Don't forget to tell **all your friends & relatives** that shop at Bashas' about this program. Again our group number is:

27169

Jock and Awe

'Murderball' is an entertaining documentary and is one of the best sports movies.

Thursday, July 28, 2005

Phil Villarreal - Arizona Daily Star

You don't want to mess with Mark Zupan. The wheelchair rugby player, star of the documentary "Murderball," is one bad dude, despite a truck accident that rendered him a quadriplegic. With bulging biceps, an intimidating goatee and a demeanor that would make a pro-football player cower, Zupan brags about overpowering able-bodied adversaries in bar fights. His greatest pleasure seems to be proving to doubters that quadriplegics can do anything they set their minds to. His second-greatest pleasure is competing in quad rugby, known as murderball. The high-adrenaline, rough-and-tumble sport is the passion he shares with his fellow players on Team USA. Or maybe those pleasures are ranked too high, because Zupan still enjoys a healthy sex life. "Yes, I can" is the players' favorite answer to curious women, and a sidebar instructional video shows us exactly how quadriplegics can partake. Several players comment that the chair helps them pick up chicks. Just like the sport it documents, the film by directors Henry Alex Rubin and Dana Adam Shapiro speeds at a pace that is best described as, well, breakneck. The players joke about their conditions, show no self-pity and ask to be treated as equals by a too-often condescending society. While sitting at a bar for a post-game meal, they look, talk and act like any pumped-up jocks, bagging on one another and solidifying the foxhole-like bond that pays dividends in competition. The game is played on a regulation basketball court. Sitting in modified, "Mad Max"-like chairs built to withstand heavy contact, players pass around a ball, made sticky so it can be more easily held by competitors with little hand function, and slam into their adversaries to stop them from scoring goals. The action is frenetic and bloodcurdlingly violent. The men in the film buck the common misconception that quadriplegics are completely paralyzed. Actually, quadriplegia signifies impairment in all four limbs. Players on the team are classified on a point scale indicating their level of disability. A team may not surpass a combined set amount of points.

As excellent as the sports footage is - chair-cams help give the first-person perspective - it's the observation of everyday life that gives the film most of its appeal. Casting a figure equally as foreboding as Zupan is Joe Soares, Team USA's embittered former MVP and a polio victim since childhood, who has defected from the American squad to the Canadian national team, and he vies to wrest the championship from his dominant former teammates for the first time. The rivalry between the Americans and Canadians is vicious and on a collision course to the 2004 Paralympic Games in Athens, Greece.

Soares is obsessed with winning the gold, and wrestles with a private life that includes self-doubt about his sports crusade, trouble raising his unathletic son and health problems. The most inspirational tale follows Keith Cavill, a motocross rider who suffers an accident and struggles with depression during rehab until finding new hope for life thanks to Zupan's quad-rugby presentation. "Murderball," winner of the Audience Award at this year's Sundance Film Festival, where it shared the Jury Prize with "Stand by the Moon," is not only one of the most gripping and flat-out entertaining documentaries you're ever likely to see, it's also one of the best sports movies in existence.

Even the best athletic tales tend to get tied up in simple formula, but "Murderball" gains freedom in its simple documentation of life, which doesn't adhere to "Mighty Ducks" routine. The film is drenched with the harshness of life - and the perseverance in the face of disaster that reveals the greatness of the human spirit.

4 stars out of 4 Rated: R for language and sexual content Family call: The sexual material makes this one for adults only. Running time: 86 minutes (Contact Phil Villarreal at pwillarreal@azstarnet.com.) Reprinted courtesy: Arizona Daily Star



Clue to why some die during sleep
Courtesy of BBC UK Online

Sleep apnoea usually jolts people awake

Scientists believe they may have solved the mystery of why some people stop breathing fatally in their sleep. They say a cumulative loss of cells in the area of the brain that controls breathing is to blame - triggering a condition called central sleep apnoea. However, they believe many such deaths in elderly people are misdiagnosed as heart failure. The study, by the University of California, Los Angeles, is published in Nature Neuroscience.



SLEEP APNOEA

Central sleep apnoea: Triggered by problems with the brain's breathing centre

Obstructive sleep apnoea: Breathing stops when the airway collapses

The researchers had previously pinpointed a region of the brainstem they dubbed the preBötzing complex (preBötC) as the command post for generating breathing in mammals. They had also identified a small group of cells within this area as being responsible for issuing the commands.

Cells killed

In the latest study, they injected rats with a compound to kill more than half of these cells - and then monitored the animals' breathing patterns.

When the animals entered the rapid eye movement phase of sleep - when dreaming occurs - they stopped breathing completely, and were jolted into consciousness in order to start again.

Over time, the breathing lapses increased in severity, spreading to other phases of sleep, and eventually occurring when the animals were awake as well.

Rats possess 600 of the specialised cells. The researchers believe humans have a few thousand, which are slowly lost over a lifetime. Lead researcher Professor Jack Feldman said: "We speculate that our brains can compensate for up to a 60% loss of preBötC cells, but the cumulative deficit of these brain cells eventually disrupts our breathing during sleep.

"There's no biological reason for the body to maintain these cells beyond the average lifespan, and so they do not replenish as we age. "As we lose them, we grow more prone to central sleep apnoea." The UCLA team believes that central sleep apnoea may pose a particular risk to elderly people, whose heart and lungs are already weaker due to age. They also suspect the condition strikes people suffering the late stages of neurodegenerative disorders, such as Parkinson's disease.

And Post-Polio

These people often have breathing difficulties during sleep, and the researchers believe their bodies eventually reach a point where they are unable to rouse themselves from sleep when they stop breathing.

The UCLA team plans to analyse the brains of people who die from neurodegenerative diseases to determine whether these patients show damage in their preBötzing complexes.

Frank Govan, of the UK Sleep Apnoea Trust, told the BBC News website that previous work had linked cot death to obstructive sleep apnoea - caused by collapse of the airways.

However, he said science had failed to prove the link. He said: "These chaps may well be right, that the link is between central sleep apnoea - rather than obstructive sleep apnoea - and cot death, and unexplained adult death."



washingtonpost.com

Nigeria Picks Up The Pace in War Against Polio

Two-Year Delay Let Disease Spread

By Craig Timberg

Washington Post Foreign Service

Wednesday, August 24, 2005; A10

KANO, Nigeria -- Two years ago, the global campaign to eradicate polio stalled here after rumors spread that the vaccine could cause sterility or AIDS. Teams of vaccinators were taunted and stoned. Parents hid their children. Government officials suspended the program, allowing polio to rebound in northern Nigeria and spread to 17 other countries that had been free of the disease.

That decision continues to spawn outbreaks across Africa and Asia, but in northern Nigeria, the anti-vaccine myths have finally been dispelled. Instead, a series of vaccination campaigns are bringing the disease under control in a region health officials regard as the world's most difficult battleground in the war against polio.

"They've turned this thing around," said R. Bruce Aylward, head of the Global Polio Eradication Initiative, speaking by phone from Geneva. "Real progress is finally being made at that epicenter."

The number of polio cases in Nigeria has fallen by about one-quarter, with 325 confirmed infections so far compared with 453 at the same point in 2004, and the geographical reach of the virus has declined as well, health officials said. Fewer areas in northern Nigeria have reported cases, and the disease has retreated almost entirely from the south, including the sprawling seaside metropolis of Lagos, the country's commercial capital.

The turnaround has come after two years in which Nigeria was the world's leading exporter of the polio virus. Strains genetically related to the outbreak here in 2003 have since been found in 17 countries. So far this year, there have been 1,053 cases reported in 14 countries, topped by Yemen with 415 and followed by Nigeria and Indonesia.

Polio also remains endemic in Niger, Egypt, India, Pakistan and Afghanistan, though the number of cases is on the decline in those countries.

The virus is spread via feces, especially in poor and crowded residential areas, and it can lead to paralysis and death. Vaccines eliminated the disease from the developed world in the 1970s, but in 1988 there were still 350,000 cases in 125 poorer countries. That year, a global eradication campaign was started by the World Health Organization, UNICEF, Rotary International and the U.S. Centers for Disease Control and Prevention.

The effort made significant strides for five years but suffered a serious setback in 2003, when rumors spread throughout northern Nigeria that the polio vaccine contained agents that would sterilize children or cause AIDS. The area is overwhelmingly Muslim, and it was whispered that the vaccine campaign was part of a Western plot to weaken or diminish the Muslim populace.

Tens of thousands of parents refused to allow their children to be vaccinated. Teenage girls hired to deliver the vaccine, a liquid dropped onto the tongue, were harassed. Some political and religious leaders urged a suspension of vaccinations until researchers could assess the truth of the claims, a process that took several months.

continued from Page 10

In July 2004, vaccinations resumed in Kano, a state surrounding a large urban trading center of the same name. But the number of new infections in Nigeria continued to rise to 782, nearly four times the number from 2002. By the end of 2004, the virus had also spread to at least 12 other African countries that previously had been free of polio. The Nigerian government has taken a variety of measures to restore trust to the vaccination project. Educational programs have been broadcast on radio and television. President Olusegun Obasanjo personally administered the vaccine to the daughter of Kano's governor. Muslim religious leaders embraced the campaign. New rounds of vaccinations saw progressively higher rates of acceptance. This month, the latest eradication drive reached more than 90 percent of the estimated 3.8 million children under age 5 in Kano state.

"We still have a residual number of people who are not accepting the vaccine," said Hamisu Walla, the regional polio surveillance officer for the World Health Organization. But he said parents who refuse to allow their children to receive the drops tend to complain about the general lack of health care, rather than express fears of the vaccine itself. Health officials said they had been surprised by the speed with which polio spread abroad after trouble began in Nigeria -- but also by the ability of coordinated vaccination campaigns to rapidly curb new cases. Sule Yau Sule, a government spokesman in Kano, said full eradication would come soon as vaccination campaigns reach larger percentages of the region's children. Aylward, head of the eradication initiative, predicted that stopping polio transmission is possible this year in most of the world, though perhaps not Nigeria. "It would take a small miracle to get us across the line by the end of 2005 in northern Nigeria," Aylward said. "Everywhere else could still finish."

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Dues Form

**POLIO EPIC, INC. CURRENT MEMBERSHIP ANNUAL DUES ARE RENEWABLE
THROUGH THE FISCAL YEAR OF SEPTEMBER 1, 2005– AUGUST 31, 2006**

Name _____ Spouse _____ Date _____

Address _____ Phone (_____) _____

City _____ State _____ Zip _____ - _____

Optional: Email _____

____ I am sending in my/our annual dues of \$5.00 per person for 2005-2006 fiscal year.

____ I am sending in a *tax-deductible* donation in the amount of \$_____.

POLIO EPIC, INC. is a 501(c)(3) non-profit corporation. Tax ID # 74-2477371

____ I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

____ Please remove my name from the mailing list. I no longer wish to receive the newsletter.

____ Check here if you do not want your name, address, phone number and email listed in the **POLIO EPIC DIRECTORY**.

____ I would like to be more involved in Polio Epic. Please contact me at the number above.

Make checks payable to POLIO EPIC and return this form to Polio Epic, P.O. Box 17556, Tucson, AZ 85731-7556

MARK YOUR CALENDAR! - Polio Epic's 20th Anniversary Celebration!

Saturday, December 10, 2005 - Holiday Inn - Palo Verde

Guest Speaker - Guy Atchley, News-anchor for KGUN - TV

The first chapter is about his beloved sister, Earlene who was a polio survivor. Please come and Join Polio Epic in celebrating our 20th anniversary for lots of fun, food and door prizes!!



LUNCH AT FRANK'S . . .

Third Wednesday of the month.

August 17th & September 21st

at 11:30 AM –Enjoy a

wonderful lunch and socialize

with other Polio Epic members at

Campaña Del Rio,

1550 E River Rd.

Cost is \$8.00 and

well worth it!

Call no later

Than the

Tuesday

before!

Frank

Wadleigh

299-9052

or

Bill Hatton

321-1703

Board of Directors

Lucy Anderson 520-294-5104
Cathy Bleyer 520-572-0599
Chris Christensen 520-742-8528
Dorothy Cogan 520-326-7979
Virginia Hanson 520-292-0652
Bill & Susie Hatton 520-321-1703
Charlie Minner 520-743-1556
Carol Phelan-Smith 520-579-0078
Alice Smedley 520-792-2758
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Handthx82@cs.com

chasbarstough@juno.com
jyager@mymailstation.com

MARK YOUR CALENDAR

General Meetings:

October 8th – Post Polio 101

November 12th – Dr. Gonzalez

Refreshments are always served!

Board Meetings:

First Thursday of each month at DIRECT

ALL ARE WELCOME!

Executive Board Officers 2005-2006

President, Frank Frisina 327-3252 Shinybear@msn.com
President Elect, Karla Carr 318-1219 KarlaKrazies@aol.com
Recording Secretary Virginia Roberts 886-2236 Virgaz1@cox.net
Treasurer, Micki Minner 743-1556 MickiMinner@msn.com
Correspondence Secretary, Nannoe Westbrook 797-6898 Nannoe1@aol.com

Interim, until
vote is
complete

