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December 2012 News & Updates

Cramp 911 Helps You and IESBRF Cramp 911 Relieves Muscle Cramps Fast

Cramp 911 Works!!!!

Read on for details and about Faye's personal experience.



Receive 5% discount on your order & IESBRF will receive a donation when you use the promo code **IES at www.cramp911.com**

Faye's Experience:

The first time I used cramp911 on a mild foot cramp, the skeptic in me thought, "it would have eventually gone away on its own." However, the next time I used it, the success of the product could not be denied!!!!

From time to time, I am woken out of a deep sleep with a calf cramp that is huge (calf twice its size, at least), hard as a rock with the muscle bulging out of the skin, and extremely painful. Normally I would wake my husband begging him for help, as I unsuccessfully tried to stretch my foot back, relax my body and rub my calf. No matter how gently he tried to work on it, the cramp would go on for 10 very painful minutes or more. This time I decided to give cramp911 a try (not really expecting success). I rolled cramp911 on this hard, painful cramp, thought "this isn't going to work," was about to wake my husband for help, when suddenly in under a minute, the cramp started to melt away! Not only did this huge, hard muscle cramp go away, but there was no soreness afterwards like there was in the past. I went to sleep for the first time, not waking my husband for help!! I am so grateful for cramp911. I keep it in my night table and carry it with me everywhere!!!

Because it is a product that I am enthusiastic about, I arranged with the company a

discount for supporters of IESBRF, as well as a donation for IESBRF. Those of you who ever have muscle cramps, you will want to try this. Go to www.cramp911.com to order. Be sure to put in the promo code **IES** and get a discount while helping raise money for IES Brain Research Foundation.

2012 Lunch & Learn

Hosted by Blank Rome, LLP - Philadelphia. Thank you Alan Zeiger and Blank Rome for the beautiful space and delicious food!

Guests enjoyed learning about the work being done on PTSD and addiction from honoree Dr. Ellen Unterwald and her student fellow Kayti Arthur. Also sharing their summer experience and results were summer fellows Josh Stein on Alzheimer's Disease and Kate Alloway on Schizophrenia.

Upcoming Events

SAVE THE DATES!!

Golf Outing & Dinner Monday June 3, 2013
Endorphin 5K or 2K Run or Walk September Saturday 28, 2013
Concert by Richard Blank TBA
Lunch & Learn TBA

Holiday Time - A Time of Giving

Please consider giving to IES Brain Research Foundation. You can make a tax deductible donation via credit card by going to www.iesBrainResearch.org or by sending a check to IES Brain Research Foundation 270 Sparta Ave. Suite 104 Sparta, NJ 07871.

This totally volunteer run non-profit is a recognized 501(c)3. We thank you and appreciate whatever you can give!

We wish you and your family a healthy, happy and prosperous holiday and New Year!

Thank you to all who have given in the past, participated in events, and helped in any way.

2012 Irene & Eric Simon (IES) Brain Research Foundation Fellows

- * Hansen Lui worked with Dr. Huang at University of California/SF on ALS
- * Kate Allaway worked with Dr. Maher at John Hopkins University on Schizophrenia
- * Salima Sewani worked with Dr. Flagel at University of Michigan on Addiction
- * Joshua Stein worked with Dr. Arnsten at Yale University on Alzheimer's Disease - IESBRF 2012 Hanni Kaufmann Fellowship
- * Kayti Arthur worked with Dr. Unterwald at Temple University on Post Traumatic Stress Disorder (PTSD) & Addiction - IESBRF 2012 Doris Farber Fellowship
- * Sheng Si with Dr. Placantonakis at NYUMC working on Glioblastoma (Brain Cancer) - IESBRF 2012 Yin-ming Huang & General Jian Gao Fellowship

Thanks to everyone who has participated in events and/or made generous donations. Irene & Eric Simon (IES) Brain Research Foundation has awarded 45 fellowships, as of summer 2012, to bright, motivated students to be trained by outstanding neuroscientists. Our hope is that they will add to the important work of their remarkable mentors, leading to effective treatments and cures for devastating brain diseases & conditions.

Special thank you to those donating a full fellowship:
Dr. Joyce Lowinson, Mr. Peter Kaufmann and Drs. Ken Bonnet & Judy Gao.

2013 Summer Fellowship applications and information are available at www.iesBrainResearch.org. The deadline is March 20th, 2013.

2012 Endorphin 5K & 2K Run or Walk for Brain Disease Cures

The gray skies were no indication of the mood within Wild West City in Stanhope, NJ on Saturday September 29, 2012. It was all smiles and laughter as people gathered outside the Golden Nugget, participants ranging in age from 7-84. The reason? The 2012 Endorphin 5K and 2K Run or Walk, hosted by the Irene and Eric Simon (IES) Brain Research Foundation to fight brain disease.



*The Best of the West
in the
Heart of the East*

This was the second time this event was held, and the first time that the Foundation had the pleasure of working with Wild West City to make a memorable event. The Wild West City staff was wonderful, especially Mike, Rick, and Ringo. They were very helpful and made the Foundation and all those who came for the event, feel welcome. The course was a 5K and 2K loop through the woods and fields surrounding the theme park, that was well-marked, groomed and immaculately maintained by Faye, her husband Len, Eric from WWC and Fred, owner of I Love Oil, despite the storms the night before.

The participants were single runners and walkers, as well as teams, with skill levels

ranging from novice to advanced and teams from a few to many. Special thanks for putting together a team, especially to the largest team: Vandenberg Dental, (27), as well as the following teams: Kyle Walker (10), Peslak (10), Fit Body (9), NeuroConnections Club (9), Atlantic Health Systems Concussion Group (7), June Sagi (7), and First Hope Bank (5). Whatever affiliation and skill, everyone was there for a common purpose, supporting the foundation.

Some participants also chose to help even more and raise pledges for the Foundation, and they deserve special recognition as well. Thank you particularly to Cynthia Fancher (who raised \$610!), Melissa Ackerman, Janine Cerra, Victoria DeValve, Jillian Nguyen & NeuroConnections, Benegistics, and Pam Zacher

Much of the day's festivities were made possible because of the sponsors. Eastern Propane & the Nicholson Family, the event's Silver Sponsor also had a 16-member team participate in the event, which won fastest and youngest (average) team! Other sponsors included Cramp 911, Wild West City, Gabriel Perry Salon, Applebee's, Panera Bread, All Budget Wireless, Andover Animal Hospital, Hinkley Auto, True Digital, and MARS family. The day would not have been possible without you, Thank You!

Included in the registration fee for each of the 200 runners & walkers was a T-shirt to commemorate the event, complete with a space to write the specific person or disorder each was running/walking for. Each registrant received an entry for a chance to win a grand prize trip, donated by Hinkley Auto, along with many other door prizes from other sponsors. The awards ceremony was held immediately following the race during which the top three male and female finishers in eight major age groups, were awarded individual medals and the top three male and female over-all received medals and prizes. Best Racing Systems kept the official time during the event.

The Grand Prize winner of a trip provided by Hinkley Auto was Amy Franek. Upon receiving the prize, Amy shared with the crowd her reason for having participated in the 2 Endorphin 5K events to date: Her child developed a brain tumor as a baby and was saved because of research, such as the IES Brain Research Foundation supports. It was a wonderfully sentimental moment that really brought to heart the importance of the Endorphin 5K and of all the work that the IES Brain Research Foundation does to advance brain research.

To view and purchase pictures of this year's event, for information about next year's race, the IES Brain Research Foundation, or how you can get involved, please visit www.iesBrainResearch.org.

Thanks again to all our sponsors, runners, walkers, volunteers, and everyone who participated to make the day's event a success!

Congratulations 2012 Raffle Winners

Tom Gorrell - enjoy the NY Giants Team autographed football

Nick Barone - thank you for your generous donation of your \$500 winnings from the 50/50

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