

Gilbert quilter helping first responders, the public stay cool

BY CASSIDY LANDAKER

Arizona summers can be dangerous in the sweltering heat—especially for first responders, who are bogged down in heavy uniforms.

Janet Theborge of Gilbert decided to do something about that. She is selling her Cool Ties at Chandler's July 4th Fireworks Spectacular from 4 p.m. to 10:30 p.m. Monday, July 4, at Tumbleweed Park.

Cool Ties are exactly what the name implies. They're ties that can be worn around the head or neck to cool down. When soaked in water for 20 to 30 minutes, the ties' polymers absorb the water to keep cool for hours.

The cost is \$15. For an additional \$5, patrons can purchase one for a first responder from Chandler or Gilbert, or for one of the firefighters tackling wildfires.

"It's so incredibly hot here in the summer and it looks like it's getting worse," Theborge said. "I can't imagine what it is like for a police officer standing in the street and directing traffic without

some form of relief. This is just an opportunity for all of us to say thank you and offer a measure of on the job comfort."

Theborge is an accomplished entrepreneur. Her full-time business is Keepsake Quilts and Fabric Gifts, which sells custom quilts. She wanted to offer a second product and decided on Cool Ties. She began selling them in April.

"I have sat watching the kids play football, run track and swim on swim teams in unbearable heat," she said. "I really thought of giving relief to parents and grandparents watching their kids participate in summer sports."

She said Cool Ties make an ideal school fundraiser. Theborge offers them to the schools at a discounted rate and, in turn, the students sell them at retail price. According to Theborge, several schools have already taken advantage of this offer.

Fourth of July isn't the only time to buy Cool Ties, however. Theborge said they can also be purchased on her website, www.keepsakequiltsandfabricgifts.com.



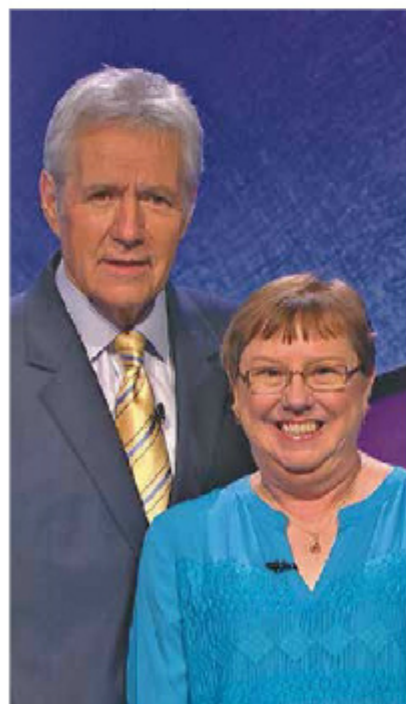
Janet Theborge is selling Cool Ties, which supplement her quilting business, Keepsake Quilts and Fabric Gifts. She is encouraging the public to purchase the Cool Ties for first responders at Chandler's July 4th Fireworks Spectacular.



The ties' polymers absorb water and helps the wearer stay cool.



Cool Ties may screen print the name of a school club for advertising purposes.



She's a winner

Peggy Szymczek, a retired civil servant from Gilbert, competed on "Jeopardy!" on Thursday, June 9, and took third place. She won \$1,000. Photo courtesy Jeopardy Productions Inc.

Indoor triathlon benefits epilepsy foundation

BY JARED McDONALD

When Trent Stroup's daughter, Adelyn, was diagnosed with Aicardi Syndrome, a rare disorder that causes seizures and developmental delays, he and his wife decided to do something about it.

In 2005, they formed the all-volunteer nonprofit organization Stroup Kids for Kids Epilepsy Foundation, which has raised more than \$135,000 since its inception.

"It's a full-time job. My wife and I are up against big odds," said Stroup, who lives in Maryland. "Being a parent for a child with a mental disability is very difficult, so me and my wife have to be a team. You need a support system."

To help raise funds and awareness, the Stroup Kids for Kids Epilepsy Foundation is hosting Arizona's Tri to Help Indoor Triathlon on Saturday, Aug. 6, at the Chandler/Gilbert YMCA, 1655 W. Frye Rd. The monies raised from the event go to various epilepsy projects like the Adelyn Lectureship Series and metabolism-based therapy in epilepsy research.

Tri to Help is a national indoor triathlon at several locations, including Maryland, Pennsylvania, Connecticut, Arizona, Virginia and Washington, D.C.

Stroup's brother, Derek, and parents live in Chandler. The family comes together to help run the event and promote the



Stroup Kids for Kids Epilepsy Foundation is hosting Arizona's Tri to Help Indoor Triathlon on Saturday, Aug. 6, at the Chandler/Gilbert YMCA.

foundation, Derek said.

"It's great to be able to hold an event in Arizona and maintain our connection to the foundation, since we aren't able to regularly attend the events back east," he said.

Seasoned triathletes and first-timers compete to raise the most sponsors to fund epilepsy research for the Johns Hopkins Epilepsy Center. Fundraising is not mandatory. All participants receive an event shirt; the top fundraiser receives \$100.

The indoor triathlon consists of a 10-minute swim session in the aquatic center, a 30-minute bike session on a stationary bike and a 20-minute run on

a treadmill. Participants can register online until Aug. 2 for six different heats between 8 a.m. and noon. Registration is \$60 per individual or \$120 per relay team.

Stroup wants to continue spreading the event to other states. He has never missed a triathlon and wants the foundation to be his legacy.

"I'm leaving behind my three kids and this foundation," Stroup said. "I want this to continue to sustain 100, 200 years later. That's what it's all about; helping people."

For more information and to register for the event, visit www.stroupkidsforkids.org.