



# Kathryn Bender Memorial Foundation

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## Kathryn Bender Dance Showcase

The time is just about here for the 8th Annual Kathryn Bender Dance Showcase. Come to enjoy an evening of dance, music, raffles, food, friends and fun.

**When:** Saturday May 18th, 2013

**Where:** Naperville North High School Performing Arts Center

**Time:** Event starts at 6:30PM  
Show starts at 7:30PM

### ~2013 Participants~

Apollo Greek Dance Troupe  
Bolingbrook Dance Force  
College Dance  
Dream Contemporary Dance  
Elan Dance Company  
Extensions Dance Company  
MADD Rhythms  
Metea Valley HS Orchestis  
Naperville North HS Orchestis  
Naperville Park District  
Neuqua Valley HS Orchestis  
School of Performing Arts  
Steps Dance Center  
Waubonsie Valley HS Orchestis



*Kathryn Bender, 2005*

**Ticket Info:** Buy tickets at the door or order online at <http://huskietix.thundertix.com/>

**Price:** \$15 adults and \$12 students/seniors

If you are interested in ordering a t-shirt for the event please fill out the enclosed t-shirt order form. An order form can also be found on our website.



Please visit us on the web at [www.kbmf.net](http://www.kbmf.net)

### Dates to Remember

~APRIL 15TH ~  
KATHRYN'S 25TH BIRTHDAY

~MAY 18TH~  
8TH ANNUAL KATHRYN BENDER DANCE SHOWCASE

~AUGUST 24TH~  
7TH ANNUAL KBMF 5K WALK/RUN

## M.A.D.D. Rhythms to perform again at KBMF Showcase



**M.A.D.D. RHYTHMS** is a phenomenal TAPdance collective whose "SOLE" purpose is to spread the Love and Joy of TAP worldwide. What started as Brill Barrett's formula for giving back, is now a full-fledged performing arts company, quickly gaining a reputation for representing the true essence of tap: RHYTHM! The company is composed of young, versatile tap dancers from all over Chicago. Their ages range from 18 to 33, and their backgrounds are as equally diverse. The one thing they all have in common is a love for "the dance". ([maddrhythms.com](http://maddrhythms.com))

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## 7th Annual 5K Walk/Run

This year's 5K will be held on **Saturday August 24th** at **Naperville North High School**. We will use the track around the football field.

A walk registration form has been included in this newsletter. You can also find the walk registration form on our website at [www.kbmf.net](http://www.kbmf.net) under the 'Fundraisers' section.

We are currently looking for sponsors for this year's

walk. If you know of a company that would like to sponsor KBMF's 5K this year, please send us an e-mail from our website under the 'Contact Us' section.

Last year, over 175 people ran the 5K. Help us make this year even bigger!

Grab those tennis shoes, strollers and KBMF visors! We'll see you at NNHS!



*Last year's 5K*

## 7 Years of Collecting and Delivering 'Kathryn's Bears'



This past holiday marks our seventh year of collecting and distributing bears and other stuffed animals to a children's hospital. This year we donated to Lurie Children's through CDH.

We would like to thank Steps Dance Center for donating and housing the

collection until they were delivered to their new home!

We would also like to thank family, neighbors and friends for contributing to the collection this year.

We delivered over 300 stuffed animals to Lurie Children's!

  
Children's Memorial Hospital  
Where kids come first.



## The Race to Win the "YH4L Video Challenge!"

KBMF is working with "Young Hearts 4 Life" to find ways to up the participation at the schools with free ECG screenings. Right now on average only 60% of students sign up for the free screening.

We decided to create a contest for the students to build awareness and raise the participation level at the schools. The students were asked to create a video containing the main facts regarding sudden death and to show the importance of the screening. There will be an award given to the producers of the winning video.

Students speaking to their peers is the most effective way to get across the importance of this screening. We have had several video submissions so far. The winning video will be posted on the KBMF Facebook page.



Thanks to the schools who submitted videos!

*Barrington High School  
Benet Academy  
Maine South High School  
Neuqua Valley High School  
Reavis High School  
Waubonsie Valley High School*

## 'YOUNG HEARTS 4 LIFE' HIGH SCHOOL EKG SCREENING INFORMATION

### List of Participating Schools:

Addison Trail, Barrington, Belvidere, Belvidere North, Benedictine University, Benet Academy, Butler Jr., Chicago Hope Academy, Deerfield, Downers Grove North, Downers Grove South, Fenton, Fenwick, Geneva, Glenbard, Glenbard East, Glenbard North, Glenbard South, Glenbard West, Immaculate Conception, Lake Forest, Lakes Community, Libertyville, Lincoln Hall Middle, Lisle Senior, Metea Valley, Montini, Naperville Central, Naperville North, Neuqua Valley, North Chicago, Proviso West, Reavis, Rockford East, St. Charles East, St. Charles North, Swedish American Belvidere, Swedish American Heart Hospital, Trinity, Waubonsie Valley, West Aurora, Wheaton Academy, Wheaton Warrenville South, Willowbrook



*EKG screening setup*

Young Hearts 4 Life is always looking for volunteers to help with the screening process and spreading the word. Please call them at (630) 932-2165 to learn about volunteer opportunities that best suit your interests and availability.

### Facts at a Glance:

~More than 7,000 young people under 18 years of age die from undetected heart conditions each year.

~Young athletes suffer sudden cardiac death at a rate 2 to 3 times as high as their less active peers.

~HCM is the most common cause of sudden cardiac death in young adults comprising more than 1/3 of cases.

~HCM is a genetic abnormality present in approximately 1 in 500 people.

~Approximately 60% of young adults at risk for sudden death may be detected with an ECG.

Facts taken from YH4L.org

## Thank you...

CSX Transportation - for their donation to KBMF

Dahlstrom Display - for printing our dance showcase posters

Honeywell Corp. - for their donation to KBMF

Nick Melville - for keeping the website updated

Joanne Marty - for her support towards KBMF

Midwest Heart Foundation - for participating in KBMF fundraisers and for their continued research and fundraising for Sudden Death

Naperville North High School - for donating the proceeds from their annual One Acts production

Ray Kinney at Minute Man Press - for printing our newsletter

STEPS Dance Center - for continuing to volunteer and help KBMF with fundraising activities

Steve Mahoney - for his continued support and dedication to KBMF

And everyone who continues to support and donate to KBMF

Find us on Facebook (*Kathryn Bender Memorial Foundation*) or join our e-mail list ([www.kbmf.net](http://www.kbmf.net)) to stay updated about foundation information and YH4L news!





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