

## Camp Barnabas

My daughter attends Camp Barnabas below is an article about her experience there, but first let me tell you about Camp Barnabas.

It exists to offer childhood experiences to kids who have been robbed of them by disease or disability. These kids need to shift their focus away from sterile medical environments and the language of their illness to focus on activities that build their courage and expand their belief in themselves. Many of the children with special needs endure unthinkable pain and isolating treatment for illnesses such as cancer, hemophilia, spina bifida, muscular dystrophy, cystic fibrosis, cerebral palsy and AIDS. Their need for acceptance is overwhelming!

Each summer, Camp Barnabas provides encouragement for literally hundreds of campers, empowering them to live more fully through faith. Now here is Kimberly's story.

Hi my name is Kimberly and I am 13 years old. I have gone to Camp Barnabas for 8 years. This is my favorite camp ever. This year they are building a few new cabins. They are going to be so nice once they are done. They also added a new media room that we can watch movies and relax if the weather is bad.



This week of camp is called "Eagles in Flight". This year it was July 7-13. Each week during the summer is for a different disability. During this week they have kids with blood born diseases (hemophilia, cancer, sickle cell) also, burn patients and deaf children just to name a few.

I get to attend because I am a carrier of Hemophilia. Camp Barnabas is a non-profit, non-denominational Christian Camp. What we learn there is to realize that everyone has different problems and we need to treat everyone the same.

Some of the activities (and there are a lot) are, horseback riding, archery, shooting range. Canoeing, the high ropes course, a HUGE swimming pool and my all time favorite the zip line. I'm kidding about the zip line I actually stayed up there frozen in fear for 2 hours. I now hold the camp record for the zip line!!!. They also have themed parties almost every night. We had a formal dance where everyone dresses up and we dance like crazy. Another night we had

a party where you dress up like your favorite game piece. I dressed up as Miss Black from the game Clue. Someone else was a domino and there was a chess piece too. We had a blast!!

The friendships that I make are very strong and I keep in touch with quite a few of the campers throughout the year. I can't wait to go back next year. I may go as a barnstormer, which is a volunteer in the kitchen.

So parents if you are afraid to let your kids go to camp let me tell you they will have so much fun that they can't wait until next year.

Kimberly Law

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## Meeting Place

Mid-West Cornerstone would like to acquaint you, in each issue, with a person in the Mid Western area. We find material and articles, published today, interviewing individuals with hemophilia and their experiences extremely interesting and helpful, so we want to expand, in addition, captivate on those touched differently by hemophilia. Sharing with you, in our first Meeting Place column, an interview with Bobby Funderburk. Bobby, Illinois native, had been indirectly affected with hemophilia 22 years ago. He told us that he was raised to reach for his dreams and



always keep a positive attitude. Living by these words, Bobby first dedicates his life to his family then to his career, sports and hobbies. Knowing his father with severe hemophilia, gave Bobby the incentive, at an early age, to give his father the adrenaline rush of contact sports through his own achievements.

Bobby started playing basketball and football in grade school and each year gaining a higher level of love for sports. Working harder and setting records on his high school football team gained Bobby a valuable player title leading him to a full scholarship. Excited about fulfilling his dreams, he continued to push and work harder but painfully

ended with a back injury resulting in a decision to resign. This was the toughest day in his life but Bobby kept his vision of



someday coaching. "Never get caught up in negativity", he has always been told by his father and he has lived up to that advice. He has already committed his time to coaching, plus dedicates

hours to his brothers with the same advice in reaching for your dreams along with preparing them to be out in the field where they said they want to be.

Positive attitude, along with his father's support, kept Bobby on track a real track at that. Bobby has taken up a love for stock car racing. His racing brings the dose of adrenaline needed.



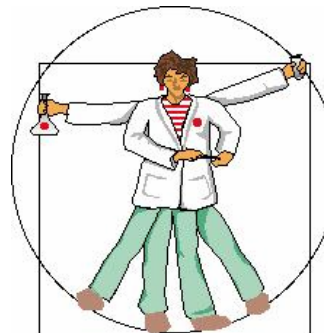
Bobby "Funderburk 97" takes the track and brings joy to a stadium of fans. It's his attitude, family and love of sports that keep these fans coming.

Although Bobby loves his sports he works hard at building his career in construction. You may someday see Funderburk Construction, and if you do tell him you read about him in this article.

Finally, but not the end, Bobby loves fishing, riding four wheelers and lifting weights. He would like to get married someday and together have 2 children.

Bobby will always carry that special place in Bob and Karen's heart not only because he is their first son but the excitement and compassion he brings to the whole family. We all hope you have the honor someday of meeting Bobby.

## Herbals and Supplements



### Pharmaceutical Drugs

- FDA Approval required before permission of sale.
- Rigorous trials with monitoring of side effects and exploration of risks.
- Proof of efficacy.

### Supplements

- No requirement for proof of safety or efficacy.
- FDA needs to prove that product is unsafe prior to removal from market.

How do we know whether a drug, herbal medicine or food supplement is safe? Every year the Gateway Hemophilia Association invites members and speakers to join in one of the largest local chapter functions. Families join each other to learn more about new products, therapies, insurance and legislative issues plus more relative concerns. This year we had **Dr. Joachim Reimers, MD PhD, Director, Adult HTC St. Louis University** and **Ganesh C. Kudva, MD Associate Director, Adult HTC St. Louis University** present concerns about the use of Herbs and Supplements in the Hemophilia Community.

Sixty to seventy percent of Americans are thought to take dietary supplements or herbal medicines (alternative or complimentary medicine). A recommendation for consumers is to investigate product under consideration and Exercise caution. Hemostasis (bleeding) in both Normal and Bleeding Disorder Defect start and constrict but with the next step of the platelet plug function, many herbal medicines interfere. These are Fish Oils, Flax Seed, Garlic, Ginger, Gingko and Vitamin E. The common herbal medications that may interfere with fibrin clot formation are Anise, Dong Qui (angelica sinensis, Chinese angelica) and Fucus (focus vesiculosus, bladderwrack, kelp, black tang, cutweed).

Dr. Reimers and Dr. Ganesh recommend to search thoroughly the literature before starting any treatment with herbal preparation, determine whether there is proof of benefit, weigh the potential risk and benefit, look for any hint of interference with the hemostatic system (1.bleeding 2. vessel constrict 3. platelet plug 4. fibrin clot) and always discuss usage or rendering use with your healthcare provider prior to using.



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