

FALL • 2015

# CIVITIMES Campus Civitan

## App-solutely Amazing!

Application software or “apps” can be useful tools to help you find a new restaurant, navigate your city or even prevent you from missing that early morning class! Read on to learn about some apps that could make your life a little easier, and fun!

### What's Inside:

**DOLLARS FOR SCHOLARS**  
Apply for a Shropshire  
Scholarship  
PAGE 2

**CLUB NEWS**  
Making a Difference  
PAGE 2

**AWARD NOMINATIONS**  
Honor Your Club  
PAGE 3

**RESEARCH REPORT**  
Housekeepers Starring  
as the Villains in Epilepsy  
PAGE 4



**Waze** – The community-based navigation and traffic app gives you information about your drive with updates from fellow drivers about traffic, new routes and accidents to avoid.



**Hopper** – This flight research tool analyzes flights so you get the best deal. The app gives you insight into when the best time to fly might be, when to purchase your airline tickets for that spring break trip, or maybe just a trip home for the holidays!



**CARROT Alarm** – Need a little extra help getting up in the morning? CARROT will wake you up each morning with a mix of songs and witty spoken dialogue. In exchange for waking you up on time, all CARROT asks is that you complete a few of her hilariously bizarre chores each morning. Sounds like a great way to get ready for that 8 AM class you knew you didn't want to take!



**Geocaching** – Channel your inner explorer with this outdoor treasure hunting game using GPS-enabled devices. Grab a few friends and take to your campus and community for a fun-filled afternoon of exploring.



**Starbucks** – You can order ahead without the wait, pay for your favorite treat and download their “Pick of the Week.” Easily locating the nearest Starbucks would be great for those late night study sessions!



**Google Translate** – The best app to translate speech and text with your camera, this app has two-way automatic speech translation in 40 languages and is great for travel or meeting new friends!



**LocalEats** – Tired of visiting the dining hall or the same chain restaurant for the fifth time this week? Just need a new spot to take your date? The LocalEats app only lists independently owned restaurants across the United States and a few international cities.



**IT'S A FACT:** In the last 10 years, the Shropshire Scholarship has helped more than 300 deserving students further their education

# DOLLARS FOR SCHOLARS

## Want \$1000 to help pay for school?

As part of Civitan's charitable mission, Shropshire Scholarships are awarded each year to Civitans, Campus Civitans, and Junior Civitans. Apply for the Civitan Shropshire Scholarship today! For more information and an application visit us online at [www.campuscivitan.org](http://www.campuscivitan.org). Select the "Awards" link to access the application. Submission deadline is **January 31, 2016**.

Please note the following criteria for qualification for this scholarship:

- Candidates must be enrolled in a degree or certificate program at an accredited community college, vocational school, four-year college or graduate school.
- Candidates must be a Civitan, Campus Civitan, or Junior Civitan and must have been a member for at least two years.

- Applicants successful in receiving a Civitan scholarship must wait an interim of no less than two years before applying for another Civitan scholarship.
- Candidates must return the three-part application which includes one portion on personal information, one completed by the school and one portion completed by the sponsoring Civitan club endorsing the candidate.
- Applications should be mailed to Civitan International Headquarters. All applications must be postmarked no later than January 31, 2016.



Has your Campus Civitan club taken advantage of the FREE recruitment supplies offered each fall?

We'll even include a brand new vinyl banner if your club is in need! Just send us the name, office and shipping address for the person to whom you'd like us to send these supplies and we'll be happy to help you.

Email us at [campuscivitan@civitan.org](mailto:campuscivitan@civitan.org).

UNIVERSITY OF ARKANSAS



SIERRA LEONE



## Campus News

Left to Right: Joe Hendricks, Jacob Mayfield, Hayden Elliott, Steve Jackson, Joshua Walls and Richard Moran.

### UNIVERSITY OF ARKANSAS

The University Arkansas Campus Civitan club chartered on September 30, 2015 with 26 members. Club officers were installed by 2014-15 Heartland District Governor Steve Jackson and all enjoyed learning about the history of Civitan over dinner. Members of the club are already making a difference in their community. They helped clean up and bag leaves on the playground of the Elizabeth Richardson Center (ERC) at the Fayetteville Child Development Center. The ERC is the most comprehensive provider of disability services in Northwest Arkansas. They have been serving the needs of individuals with disabilities since 1963 which helps fulfill the mission of Civitans everywhere!

### HIGH POINT UNIVERSITY

The High Point University Campus Civitan Club raised \$2,000 and volunteered for the 32nd Annual CROP Hunger Walk, hosted by Open Door Ministries and Church World Service.

### SIERRA LEONE

Sierra Leone Campus Civitan members helped with a five day volunteer program to inform and educate communities about the country's recent struggle with malaria and the Ebola virus.

HIGH POINT UNIVERSITY



## CALLING ALL AWARD NOMINATIONS

Is your club outstanding? Do you have a service project you're really proud of? Are there members in your club who work around the clock in the name of Civitan? Honor your club and your fellow members by submitting an award nomination to International.

### Honor Your Club! Nominations Due February 1

Each year, clubs and individuals are honored for exceptional performance in six competitive award categories. Between now and February 1, set aside a meeting date to prepare award nominations. Take advantage of this opportunity to be honored for your hard work and dedication. Use pages 47-55 in your Club Administrative Manual as a guide. Award nomination forms follow this section.

Also, be sure to submit an Honor Club Application. It's a noncompetitive award that belongs to everyone!

### Award Categories

**Campus Club of the Year** — top two clubs proven to be outstanding through projects, participation in district and international activities, and club growth.

**Outstanding New Club** — the top new club (chartered no more than two years ago as of the awards deadline) proven to be outstanding through projects, participation in district and international activities, and through publication of activities.

**Service Project of the Year** — top two clubs with an outstanding campus or community project during the year.

**Outstanding Joint Relationship** — the club with the best relationship with another Civitan club over the past year.

**Campus Civitan of the Year** — the member who best exemplifies the ideals and spirit of Campus Civitan.

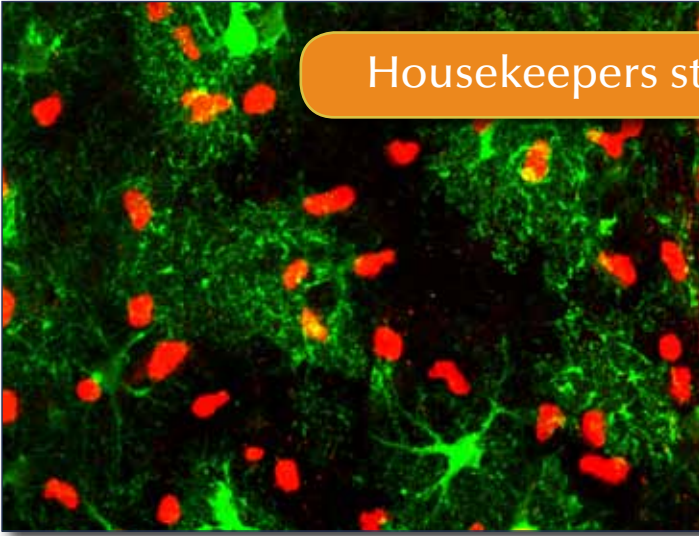
**Trailblazer Award** — the Campus Civitan supporter who shows commitment to the success of the entire Campus program through activities of the past year.

### Tips for Preparing Nominations

1. Use the judging criteria for each award category to guide your award nomination (see page 47 in your Club Administrative Manual).
2. Devote a section to each judging criterion, using a mix of statistics (for attendance, volunteer hours, etc.), narrative description, and illustrative materials (pictures, samples, etc.).
3. Make sure each section is clearly labeled and that information is easily understood. If asked how many members participated, the judges want to know exactly that.
4. Obtain letters of recommendation from on-campus personnel who have worked closely with your club. Similar letters from sponsoring Civitans or community service facilities you have assisted are also impressive.
5. Send your award nomination to International Headquarters at One Civitan Place, Birmingham, AL 35213 by February 1, 2016.

# Astrocytes

## Housekeepers starring as the villains in Epilepsy



**E**pilepsy is one of the most common neurological illnesses, affecting one out of 140 people world-wide. One out of every 26 people develop epilepsy in their lifetime, many of whom are children.

Epilepsy is diagnosed when a person has at least two spontaneous unprovoked seizures. Seizures are the result of irregular electrical activity in the brain, and causes abnormal behavior ranging from an absent, “staring into space,” to full-body convulsions. Seizures are typically unpredictable, so they often prevent individuals from regular employment and independent living. While many patients eventually find a combination of drugs that control their seizures, a third of all epilepsy patients do not respond to any available treatments, which seriously impacts their quality of life.

Epilepsy is a side effect of many developmental disabilities and neurological disorders. It can result from congenital brain abnormalities, as well as autism and Rett syndrome.

Childhood epilepsy can also come from infections, tumors, or brain injury such as concussions. In most of those instances, the affected brain region has a scar, and surgical removal of the scarred brain tissue can resolve seizures in many patients. However, surgery is not always feasible, and is often used as a last resort.

The medical community has long thought that epilepsy only affected nerve cells. However, overwhelming evidence from new research, some of which has taken place at the CIRC, suggests otherwise.

Scar tissue in the brain is almost always formed by astrocytes, star-shaped non-excitabile glial cells in the brain. Normally, astrocytes support nerve cell function. They shuttle nutrients, remove their waste products, and protect blood vessels in the brain from immune cells and blood-borne toxins that would irritate brain tissue. One of their most important jobs appears to be the removal of molecules that nerve cells release as they signal one another (namely potassium ions and the neurotransmitters GABA and Glutamate). With more than one billion nerve cells in the human brain, these astrocytes must work hard to clean up and keep these nerve cells tidy.

But what does this have to do with epilepsy?

After a brain injury or in disease, astrocytes become reactive. They form a highly tenacious scar in the brain, just like one on the skin after an injury. Researchers now think that this may impair astrocytes in their housecleaning job, leading to harmful side effects - such as epilepsy. Scientists are now investigating whether reactive astrocytes are complicit in the disease process - or worse yet, if they are actually the chief instigators.

To answer this question, the Civitan International Research Center recruited Dr. Stefanie Robel, a young scientist from Germany. Dr. Robel had been researching reactive astrocytes for many years, and created a transgenic mouse model to study them. At the CIRC, she has now been able to demonstrate that reactive astrocytes may be the sole reason for the development of epilepsy.

The mouse model that Dr. Robel brought to the Civitan International Research Center is unique in that these animals carry an astrocyte mutation that makes them reactive without inflicting any other injury or damage to the brain. This allows scientists to isolate and study the effects of reactive astrocytes on seizures and relates phenomena. Seizures have now been recorded in these mice with an EEG, which supports the theory that astrocytes are, at least partially, to blame. The data now suggests that reactive astrocytes can cause epilepsy in two ways: 1) by losing their ability to terminate nerve cell communication, and 2) by making make nerve cells hyperactive, even when astrocyte housekeeping functions perfectly.

For the first time, this finding shows that changes in astrocytes alone can cause epilepsy, which opens up possibilities for the development of new therapeutics and treatment. It is possible that addressing the root of the problem early on could prevent permanent changes in nerve cells at later stages of the disease. More research is required to unequivocally answer this question, but Dr. Robel and other CIRC scientists are on the case.

### Did You Know? (Facts about Epilepsy)

- Epilepsy is **NOT** contagious.
- **Anyone** can develop epilepsy.
- **Most people with epilepsy CAN DO the same things that people without epilepsy can do.**
- **It's physically impossible to swallow your tongue during a seizure.**
- **DON'T** restrain someone having a seizure.