

BPChildren Newsletter



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Cooking It Up Right



Do you like to cook? Sammy Jo does. She's a teenager from Kansas City who has a special gift for cooking. Like many of our newsletter readers she also suffers with bipolar disorder and learning disabilities. Sammy Jo had some really rough times especially in school but she has shown that there is much more to her than her difficulties. Not only has she discovered her passion but she has proven that she is the best in the nation at it! That's right, Sammy Jo won the title of "Best Teen Chef." She also won a full scholarship at a culinary school for future chefs. To get there Sammy Jo had to win at the local level, then the regional level and finally the national level. During this time Sammy Jo broke her right wrist which made some of the competition very difficult. But Sammy Jo was no stranger to facing challenges and she was determined to do her best. She really wanted to make her mother proud of her ... and she did! We are proud of you too Sammy Jo. You have shown that kids with bipolar disorder and other challenges can achieve great things!

[Sammy Jo on the Today Show](#)

[Sammy Jo in the Kansas City Star](#)

[Try Sammy's winning recipes](#)

Picture by Tammy Ljungblad The Kansas City Star

Find Your Groove

Featured Poem

How Lucky You Are O'
Friend of Mine

by Ciara

"How lucky you are O'
friend of mine, to never
have crossed that line. The
line between sanity and
madness, to never
have known true sadness.

How lucky you are O'
friend of mine, to never
have seen that sign. The
sign of things to come, of
the things that make you
numb.

How lucky you are O'
friend of mine, to walk a
straight line. Never
dreading the times to
come, never hating what
you've become.

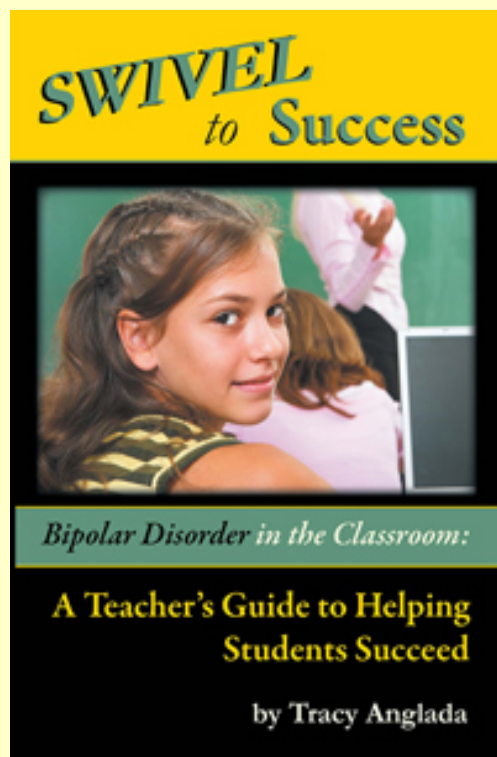
How lucky you are O'
friend of mine, to feel the
sunshine. To never feel
dull and grey, to never
have a dark day.

Like Sammy Jo, you can be successful too. Her big success was a lot more than a trophy or even a scholarship. Her big success was finding something she was really passionate about. So what are you passionate about? What do you love to do? What makes everything else seem to disappear? Try new things and find your groove like Sammy Jo. Here are some ideas of things that you may love if you give them a try:

- painting
- playing a musical instrument
- learning a new language (try sign language)
- helping others
- sports
- writing
- planting a garden
- oh yeah ... and cooking!

Your options are endless. And don't give up if you don't find your passion right away. Keep trying new things.

'SWIVEL to Success' is now available and already helping students!



Although 'SWIVEL to Success' has just been released we are already hearing positive reports about its impact!

* One educational advocate reports having a meeting right after she read the book and being able to use the information to give the team fresh insights to help a student with bipolar disorder.

How lucky you are O' friend of mine ... you always persevere, you never want to disappear. You never feel blue, how I wish I was more like you."

Famous People with Bipolar Disorder

from the Teen Bipolar Advocate Blog

"Carrie Fisher was born in 1956 and is the daughter of two actors. She started show biz from an early age. It wasn't until her role in Star Wars was she recognized nationally. Star Wars put the Star in her name. (Alright that might have been a little cheesy) But at the same time she was starting to cross over into the "Dark Side" and it wasn't long until no force could help her. Who said princesses have an easy life? (Especially when your father is Darth Vader!) She was diagnosed as Bipolar, and after struggling with it for years and self medicating through drugs she was able to find some stability on proper medication." ...

[Read more about famous people with BP at the Teen Bipolar Advocate Blog](#)

* A parent tells us that it has helped her recognize the difficult challenges her son faces every day.

* Another mother expressed appreciation for the section on the brain stating that she had never seen such a complete discussion of the effect on the brain.

[Read an Excerpt from the First Chapter](#)

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Wishing you and yours stability and peace,

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