



millet the printer
look good on paper

– Special Thanks –

1.800.4BAYLOR BaylorHealth.com

BAYLOR
Martha Foster Lung Care Center
A department of
Baylor University Medical Center at Dallas

AKA

FOR ASTHMA™





Children and teens with asthma can express their feelings through creativity; help promote awareness of asthma and how to have active physical lifestyles.

The Art for Asthma contest is for students (1st-12th grade) who are struggling with asthma or symptoms of asthma.

The contest is sponsored by Martha Foster Lung Care Center at Baylor University Medical Center at Dallas.



Get back in the game.

Stop breathing problems from deflating your ability to live actively. Baylor Martha Foster Lung Care Center provides the customized support, treatment and tools you need to overcome the debilitating effects respiratory problems can have on your quality of life.

Consider the Rules of Two®:

Do you use a "quick-relief inhaler" **more than Two times** a week?


Do you awaken at night with asthma **more than Two times** a month?

Do you refill your "quick-relief inhaler" **more than Two times** a year?

Does your peak flow drop **more than Two times** 10 (20%), when experiencing asthma symptoms?

If you answer "yes" to any of the Rules of Two, call **1.800.4BAYLOR** for an appointment at the Baylor Martha Foster Lung Care Center.

4004 Worth Street
Suite 300
Dallas, TX 75246
1.800.4BAYLOR
BaylorHealth.com

 **BAYLOR**
Martha Foster Lung Care Center
A department of
Baylor University Medical Center at Dallas

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Brenda Costilla
Grade 7
1st Place

JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 ML King Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

December 2009

S	M	T	W	Th	F	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2010

S	M	T	W	Th	F	Sa
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						





FEBRUARY 2010

Marcus Xavier
Randle-Winston
Grade 11
2nd Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
	1	2 Groundhog Day	3	4	5	6																																																																																										
7	8	9	10	11	12 Lincoln's B-Day	13																																																																																										
14 Valentines Day	15 President's Day	16	17	18	19	20																																																																																										
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ASTHMA FEELS LIKE...

Audry Mra
Grade 1
3rd Place

MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings	15	16	17 St. Patrick's Day	18	19	20 Vernal equinox
21	22	23	24	25	26	27
28	29	30 Passover	31			

February 2010

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28						

April 2010

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18	19	20	21	22	23	24	
25	26	27	28	29	30		

Consider the Rules of Two®
BaylorHealth.com/DallasAsthma



Davis Bryant
Grade 2
Honorable Mention

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
				1 April Fool's Day	2 Good Friday	3																																																																																											
4 Easter	5	6	7	8	9	10																																																																																											
11	12	13	14	15 Taxes Due	16	17																																																																																											
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Dezmond Jones
Grade 9
Honorable Mention

MAY 2010

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A fish out of water is =

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inhaler!

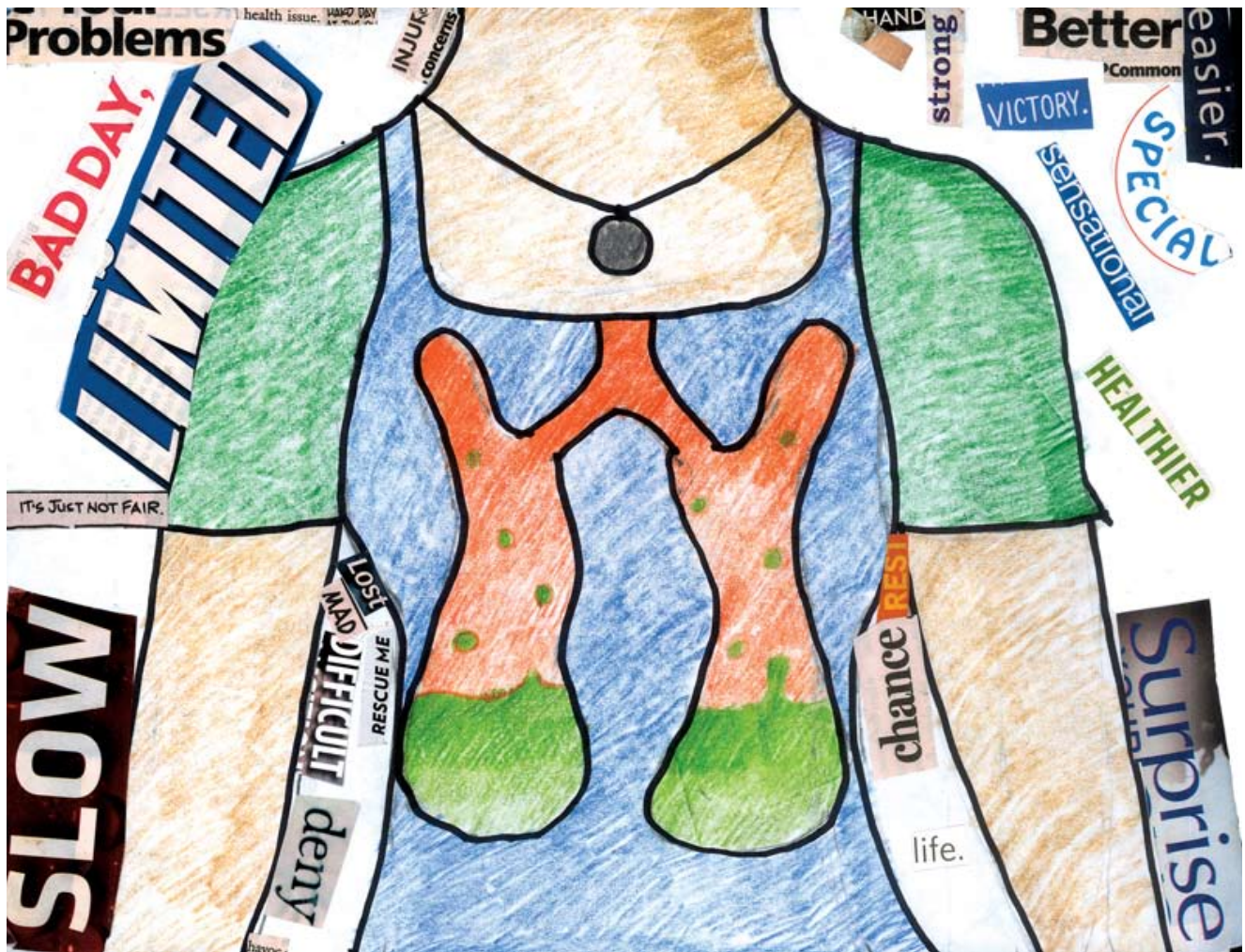


to an asthma attack

Michael Bardwell
Grade 3
1st Place

JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
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13	14 Flag Day	15	16	17	18	19																																																																																												
20 Father's Day	21 June Solstice	22	23	24	25	26																																																																																												
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Veronica Jones
Grade 7
2nd Place

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Parents' Day	26	27	28	29	30	31

June 2010

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August 2010


S	M	T	W	Th	F	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

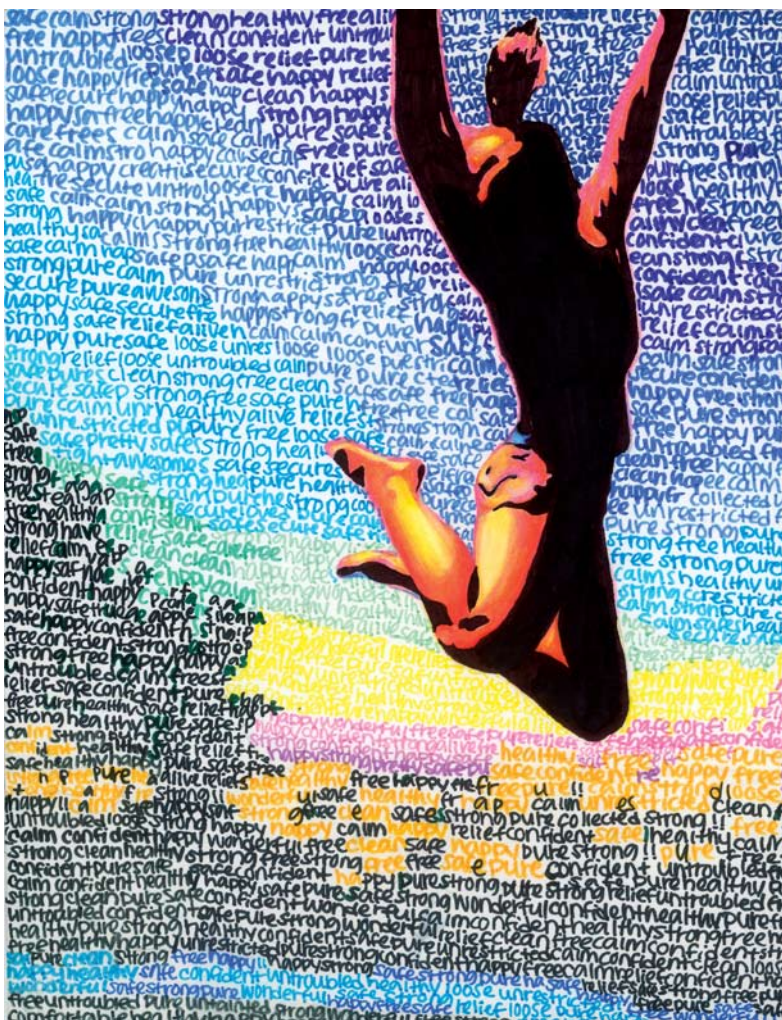




Brittany Hinson
Grade 7
Honorable Mention

AUGUST 2010

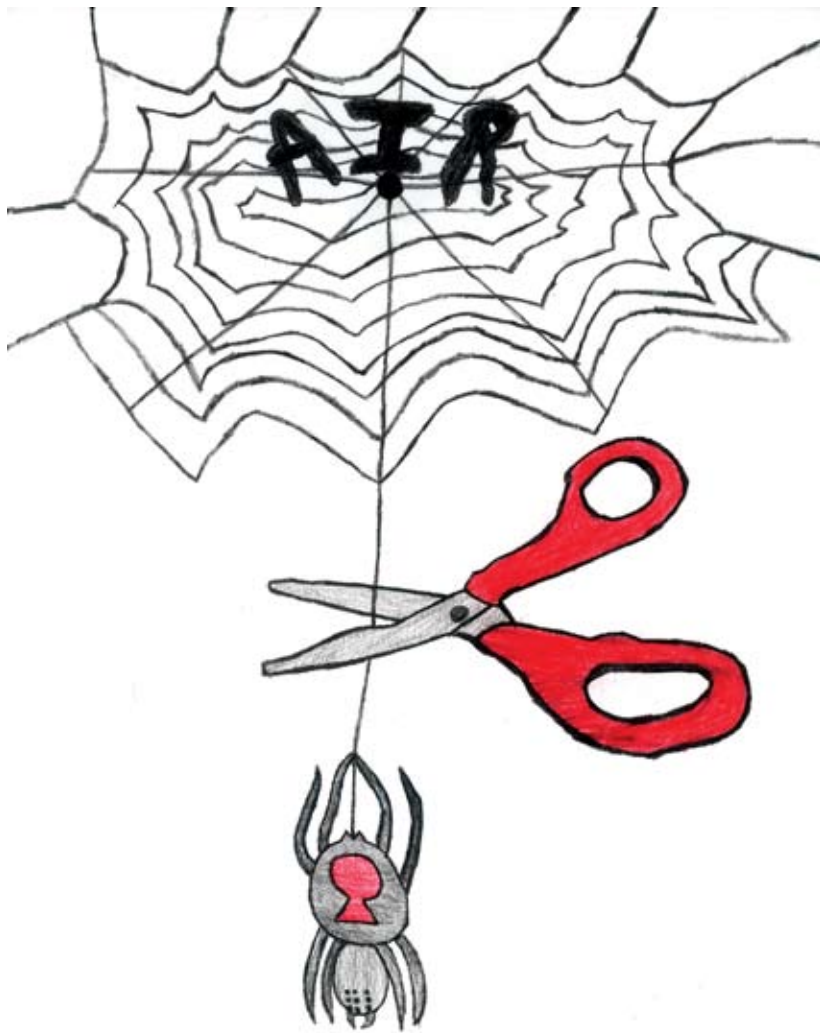
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Cooper Safford
Grade 11
1st Place

SEPTEMBER 2010

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5	6 Labor Day	7	8	9 Rosh Hashanah	10	11 Patriot Day																																																																																												
12 Grandparents Day	13	14	15	16	17	18 Yom Kippur																																																																																												
19	20	21	22	23 Autumnal equinox	24	25																																																																																												
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OCTOBER 2010

Jacob Dunn
Grade 5
2nd Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17	18	19	20	21	22	23
24 United Nations Day	25	26	27	28	29	30
31 Halloween						

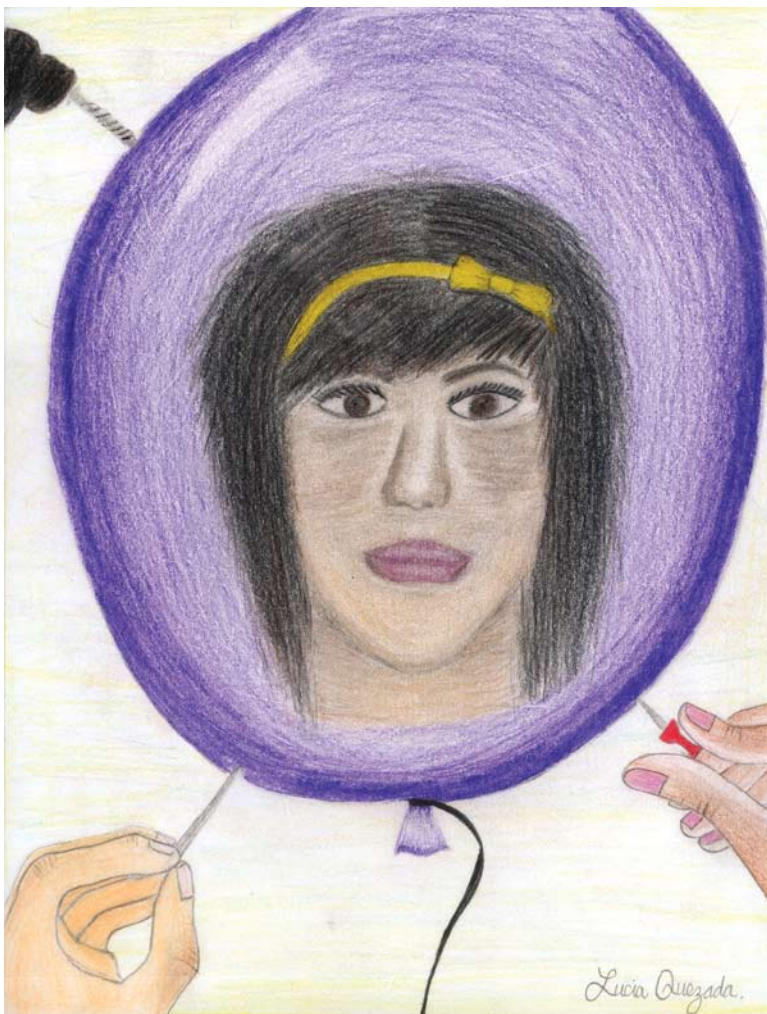
September 2010							November 2010						
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5	6	7	8	9	10	11	7	8	9	10	11	12	13
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19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				



NOVEMBER 2010


Lauren Simmons
Grade 9
3rd Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	1	2	3	4	5	6																																																																																																		
7 Daylight Savings	8	9	10	11 Veterans Day	12	13																																																																																																		
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DECEMBER 2010

Lucia Quezada
Grade 8
3rd Place

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19	20	21 Dec. Solstice	22	23	24 Christmas Eve	25 Christmas Day																																																																																											
26 Kwanzaa begins	27	28	29	30	31 New Year's Eve																																																																																												
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