Birmingham-Southern College became the latest member of the Society’s Legacy of Leadership art trail as its new outdoor classroom was unveiled Nov. 18. Commissioned in honor of Dr. Neal and Anne Berte, the classroom was sculpted by local artist John Stewart Jackson. Inspired by the famous ginkgo trees that adorn the campus, the design of the open-air classroom is a fitting tribute to our 2013 Legacy of Leadership honorees.

Since 1997, the Alabama-Mississippi Chapter’s Legacy of Leadership campaign has honored community leaders while raising more than $3.6 million to create a world free of multiple sclerosis.

Each year, an individual or family is honored through the campaign for their outstanding community involvement. Fewer than 20 percent of the funds raised through the campaign are used to commission a piece of artwork for public display. The remaining 80 percent of the funds are invested in Society research, programs and services.

Left: John Stewart Jackson makes adjustments to the newly formed bronze sculpture. The Berte Outdoor Classroom will feature 16 unique bronze seats.
Right: The bronze was cast at Sloss Furnace in Birmingham by local artist John Stewart Jackson.
Zane Phillips of Boaz, Ala., received one of the 33 scholarships awarded by the Alabama-Mississippi Chapter during the 2014-2015 academic year.

Through his mother’s battle with MS, Zane has experienced both the emotional and financial impact of the disease. However, Zane said his mother’s positive attitude has been an inspiration to him.

“You wouldn’t know she has MS by looking at her,” Zane said. “She rarely complains and doesn’t like for us to worry about her.”

Zane is enrolled at Snead State Community College and hopes to become a physical therapist in order to work with those living with MS.

“I think I will love my career choice because I will be impacting lives,” Zane said. “I love being around people, and I want to make a difference.”

DON’T FORGET!


APPLY ONLINE AT: WWW.NATIONALMSSOCIETY.ORG
Lee Weathers was presented with the Lifetime Achievement Award at the National MS Society’s 2015 Leadership Conference in Fort Worth. In 1985, Lee envisioned and helped lead the effort to create a wine auction to benefit the Chapter. Evening of Wines has since developed into one of the Chapter’s largest events, raising more than $225,000 annually and $2.9 million since its inception to fund programs, services, and research to find the cause and cure for multiple sclerosis. Lee has served as Chairman of the Steering Committee since 1986, dedicating numerous hours each year to securing wine donations and coordinating the event. Due to his visionary leadership, Lee was invited to join the Board of Trustees in 1990 and provided invaluable guidance to the Board and Chapter staff. We are so grateful for Lee’s passion and commitment to helping us create a world free of MS.
Multiple sclerosis is characterized by inflammatory lesions predominantly in white matter regions of the central nervous system (CNS), which is comprised of the brain and spinal cord. This results from immune cell infiltration into the CNS causing myelin destruction, which not only slows conduction of nerve impulses, but causes nerve fiber injury resulting in motor and cognitive decline. Current treatments for MS focus on attenuating immune cell infiltration into the CNS. These treatments decrease the number of relapses, improving quality of life, but do not completely eliminate relapses or improve long-term disability. Therefore, therapeutic agents that promote myelin regeneration could ultimately prevent or reduce long-term disability.

Myelin not only promotes the fast conduction of nerve impulses, but also prevents the nerve fiber itself from injury. Damage or loss of the nerve fiber results in permanent disability. In and near MS lesions, new early stage myelin-producing cells proliferate presenting the potential for remyelination. In the beginning of the MS disease course remyelination occurs, however, with disease progression these early stage myelin-producing cells fail to rebuild the insulation around nerve fibers. Current research includes finding therapeutic targets to either block factors that inhibit myelin formation or stimulate factors that promote myelin formation. The goal would be to combine current immunomodulatory therapies, which reduce relapses thus decreasing inflammatory damage to the myelin sheath, with novel neuroprotective strategies that promote myelin repair i.e. remyelination to protect the CNS from permanent damage.


UPCOMING PROGRAMS IN 2016

The Alabama-Mississippi Chapter is excited to bring you even more great programs in 2016! Stay tuned for dates and locations near you!

- **Everyday Matters** - This program discusses positive psychology and how to apply these principles to live a happier life.
- **Free From Falls** - A fall prevention program that covers why some people diagnosed with MS fall and how to get up safely after falling.
- **Managing Bladder & Bowel Issues in MS** - Learn more about the symptoms of bladder and bowel dysfunction and how these symptoms can be addressed.
- **Yoga Practice** - A program for people diagnosed with MS who have mild symptoms.
- **State Advocacy Days** - Montgomery and Jackson
- **MS Awareness Week** - March 6-12, 2016

To view the latest events for the Alabama-Mississippi Chapter, visit our website www.nationalMSsociety.org/alc and select the Calendar tab.
BIKE MS BREAKS RECORDS IN 2015

With more than 407 cyclists and more than 40 volunteers, Bike MS: Tour de Beach saw its biggest year yet in 2015. The 2-day beach ride has become a favorite for riders looking for a physical challenge combined with a beach vacation.

It was also a banner year for Bike MS: Mississippi 150 as the ride celebrated its 30th Anniversary and raised $57,700. Cyclists were excited about the new and improved route that highlights some of Ridgeland’s most scenic countryside.

“We couldn’t be more excited about the results of 2015,” said Jennifer Ely, Director of Development and Bike MS senior manager. “Every dollar these cyclists raise allows us to fund our mission, and we are so grateful for their hard work. Stay tuned! We have some exciting things planned for Bike MS in 2016.”

To register for Bike MS rides in 2016, visit www.bikeMS.org. Enter code “NewYear” for $5 off registration!

KICK MS SETS NEW FUNDRAISING RECORD

The Kick MS tradition began in 2013 after a dugout discussion in which four Mountain Brook Junior High baseball players discovered two of their teammates’ mothers were suffering from multiple sclerosis. The friends decided to create a kickball tournament fundraiser as a fun and easy way for students to help those living with MS.

Since then, Kick MS has continued to grow and has expanded to two dates per year to accommodate the large number of students who want to participate.

Andrew Bell, Chapter President of the Alabama-Mississippi Chapter of the National MS Society, said the students’ fundraising efforts have been invaluable in fulfilling the mission of the National MS Society.

“The passion and hard work that was displayed during Kick MS this year was truly amazing,” Bell said. “These students are playing a major role in moving us closer to a world free of MS, and we are extremely thankful for all of their hard work.”
OUR MISSION
The National MS Society mobilizes people and resources so that everyone affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

MOBILIZING RESOURCES TO ENHANCE CARE FOR PEOPLE WITH MS

WHAT CAN YOU DO?
- Bike MS
- Walk MS
- Challenge Walk
- Stand Against MS
- Dinner of Champions
- Legacy of Leadership
- MS Leadership Class
- Individual Giving
- Planned Gifts
- Corporate Sponsorship
- Evening of Wines
- Advocate or Volunteer
FINDING SOLUTIONS THROUGH RESEARCH, PROGRAMS AND SERVICES.

HELP ADDRESS THE CHALLENGES OF LIVING WITH MS

- Direct Services
- Family Support
- Information & Education
- Stand Against MS
- Advocacy
- Research
- Scholarships
- Children's Camp
- MS Service Days
- Connection Groups
- Couples Retreats
- Financial Assistance

Programs & Services  57%

Research  43%
Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. *Together, we become a powerful force. Together, we will end MS forever.*

Register as a team, individual participant or volunteer. Can’t be there on Walk day? Sign up and participate as a “virtual” walker.

**REGISTER TODAY!**  [www.walkms.org](http://www.walkms.org)