

# 2008 TOP TWIN NAMES

According to the Social Security Administration the following were the top 20 twin names for 2008:

1. Jacob, Joshua	8. Madison, Morgan	15. Isabella, Sophia
2. Daniel, David	9. Elijah, Isaiah	16. Olivia, Sophia
3. Jayden, Jordan	10. Ella, Emma	17. James, John
4. Ethan, Evan	11. Landon, Logan	18. Madison, Mason
5. Taylor, Tyler	12. Logan, Lucas	19. Brandon, Bryan
6. Gabriella, Isabella	13. Matthew, Michael	20. Hailey, Hanna
7. Isaac, Isaiah	14. Faith, Hope	

Across

1. Vegetable introduced to the Pilgrims by the Indians

3. Day of the week we celebrate Thanksgiving

7. The Pilgrims landed at

8. Traditional Thanksgiving dessert

9. Original Thanksgiving guests

Down

1. Turkey filler

5. Original Thanksgiving hosts

6. This bird gives all (unless the President pardons him)

2. Pilgrims overseas transportation

# KIDS CORNER!

# Twin Matters

A Family Newsletter from the Mid-Atlantic Twin Registry

Volume XVIII

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Volume XVIII

# TWIN STORIES

## Love Never Faded

His letter started, "I regret to inform you my wife passed away in 2007. We were married for almost 63 years".

Carl Putnam continues, "Before WWII started, a buddy and I were attending a military school at Fort Monroe, VA. One Sunday we were in Hampton, VA looking at old tombstones when a man and his wife started visiting with us and then invited us for Sunday dinner, two soldiers 3000 miles from home."

When we arrived at their home we found they had four daughters they were 'trying to get rid of.' Just to help the old folks out, in 1944, I took one of them off their hands - I got the right one!"

After high school, Florence attended Longwood University in Farmville, VA. Carl and Florence returned to Virginia, and Longwood, many times over the years to attend reunions and other functions. Carl writes, "She loved that old Virginia school."

After marrying, Florence and Carl moved to a cattle ranch in Inchelium, WA

but the distance did not keep Florence and her twin, who remained in Virginia, from maintaining the strong bond they shared as twins. "My wife and her twin brother were very close all of their lives".

Much to their delight, Florence and Carl's daughter came back to Virginia, to attend school and obtained her Masters Degree from Virginia Commonwealth University.

In memory of Florence Lee Putnam and her love for Longwood, Mr. Putnam has established a permanent Scholarship for twins at Longwood University in her name.

(TWIN STORIES continued on page 3)

## In this Issue:

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- College Scholarships
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MICROBIOME STUDY

The MATR is conducting a new study on Thanks to the outstanding response from MATR female twin pairs this new study of women’s reproductive health, conducted by Dr. Gregory Buck, is off to a great start! The Microbiome staff is in the first stages of scheduling participants to come in and is very excited about the willingness of twins to take part in this exciting study that they hope will lead to improved treatment and healthcare for women.

NATIONAL INSTITUTE OF CHILD HEALTH & HUMAN DEVELOPMENT STUDY (NICHD)

We are still recruiting twins for The National Institute of Child Health & Human Development’s (NICHD) “Development & Aging” study. Currently we are focusing on identical (monozygotic) twins that are 18 to 30 years old and those over 60 years old. For this study both twins are needed to participate by providing two blood samples. In part, this study is looking at how a person’s genetic make-up and their environment impact the aging process. One unique aspect of this study is its focus on a relatively new area of genetics research called “epigenetics.” For this field of research, scientists are not only exploring how your genes impact the expression of a trait, but they are also looking at the chemicals and factors in our cells that regulate how active or inactive certain genes are at different points in our lives. Fold into this, the impact a person’s environment has on the genes and chemicals that regulate those genes and you begin to see just how intricate aging and developing actually is and why it’s so difficult to come up with solutions to problems, such age-related diseases that frequently go hand-in-hand with getting older. As you can see there are many layers to how genes and the environment interact with each other to produce human traits and impact their expression and this study hopes to shed light on that interaction.

GENES, ENVIRONMENT AND THE DEVELOPMENT OF SUBSTANCE USE DISORDER INITIATIVE (GEDI)

We’re pretty excited about the level of participation in Drs. Eaves’ and Silberg’s “Genes, Environment and the Development of Substance Use” study. Currently, we have 925 samples! Our goal is 1000 samples so if you are participating and haven’t had a chance to schedule or complete your blood draw appointment, we’d still love for you to participate as we only need 75 more samples to go to reach our goal!! If you’re having a hard time getting your appointment scheduled, please call our toll-free number (1-800-URA-TWIN) and leave us a message. Mention that you’re calling about the GEDI study and if you don’t mind, please repeat your contact information and the best time to call back so we don’t miss anything. Feel free to send us a message through our website (www.matr.vcu.edu) or you can email us (matr@vcu.edu) as well. We were lucky to be granted an extension on the final date of the blood collection phase but we currently do not anticipate that the study will continue past January 2010.

COLLEGE DISCOUNTS FOR MULTIPLES

College/University	Location	Discount	website
Ashland University	Ashland, OH	Offered when two siblings from the same family are full-time undergraduate students. Grant is worth 50% of tuition and will be split equally between the students.	<a href="http://www.ashland.edu">http://www.ashland.edu</a>
Carl Albert State College	Poteau, OK	The Paula Nieto Twin Scholarship: Established by her twin, Penny Nieto Gooch, and family friends. This cash scholarship is awarded to twins.	<a href="http://www.casc.cc.ok.us">http://www.casc.cc.ok.us</a>
George Washington University	Washington DC	One sibling pays full tuition; the second gets a 50% discount.	<a href="http://www.gwu.edu">http://www.gwu.edu</a>
Lake Erie College	Painesville, OH	Full tuition is paid by one twin only and the twin who pays alternates each year.	<a href="http://www.lec.edu">http://www.lec.edu</a>
Morris Brown College	Atlanta, GA	Provides relief for parents with twins enrolled full-time by waiving full tuition for one of the twins.	<a href="http://www.morrisbrown.edu">http://www.morrisbrown.edu</a>
Quinnipiac University	Hamden, CT	Multiple Sibling Award: Full-time, undergraduate siblings concurrently in attendance, are eligible to receive an additional \$2,000 award, per year.	<a href="http://www.quinnipiac.edu">http://www.quinnipiac.edu</a>
Randolph-Macon Women's College (Randolph College)	Lynchburg, VA	Twin sisters who enroll as full-time degree candidates eligible to receive a grant equal to 15% of the annual tuition - 7 per year.	<a href="http://www.randolphcollege.edu">http://www.randolphcollege.edu</a>
Randolph-Macon College	Ashland, VA	New recipients may receive up to \$8,000 per year as long as two or more siblings are enrolled full-time.	<a href="http://www.rmc.edu">http://www.rmc.edu</a>
Sterling College	Sterling, KS	Each twin (or multiple birth) student receives a 50% tuition scholarship. Both twins (or multiple birth) must be enrolled full time and meet requirements of a 2.2 GPA and a score of 18 or above on the ACT	<a href="http://www.sterling.edu">http://www.sterling.edu</a>
West Chester University of PA	West Chester, PA	Bonnie Evans Feinberg Scholarship: To first year student from a middle-class, multiple-sibling family who is a solid "B" or better student. Renewable with maintenance of a 3.0 GPA.	<a href="http://www.wcupa.edu">http://www.wcupa.edu</a>
Wilson College	Chambersburg, PA	Annual twins/triplets scholarship pays 45% of each multiple's annual tuition.	<a href="http://www.wilson.edu">http://www.wilson.edu</a>

This information is provided as a courtesy to our participants – it is not a complete list of schools offering discounts to multiples nor does the MATR recommend any of the schools over another. When considering schools, contact the accounting office and ask about discounts. Even if a college or university does not have a specific scholarship fund or award designated for multiples, they may have a sibling discount program. These programs offer a discount when siblings from the same family are enrolled simultaneously. Amounts vary and the discount may be a set dollar amount or a percentage of tuition.

TWIN STORIES

(continued from page 1)

LOVE BEING TWINS!

Regina and Rena love being twins and have tried every “twin trick” in the book! These twin sisters are very close and “thank God for making two” of them.

Regina and Rena’s mother gave birth to 6 children, three born healthy and three were born with a rare lung disease, Primary Ciliary Dyskinesia (PCD). Unfortunately, Regina and Rena are affected by this disease.

Their younger sibling born with PCD is doing well after a transplant in 2000. Regina and Rena are on the waiting list for a double



lung transplant. Both are currently doing okay, taking one day at a time and they are very thankful that they have each other.

TWIN POWER!

According to Jon Burns “Twin Power” is more than a catch phrase coined by two unique fraternal twins . . . “it’s a bond that can not be broken.”

Born 7 minutes apart in 1966 Jonathan (Jon) and Jennifer (Jen) have never spent a birthday apart. They not only grew up in the same home, they both attended the same college and graduated together in 1989 with the same major. While in college they spent their summers traveling to Wyoming and Europe together.

After college they both moved to Northern Virginia still living less than a mile apart. Both Jon and Jen are married, Jen married Jon’s roommate, both have 2 children (one son and one daughter each) and although Jen moved to Harrisonburg Virginia, 2 hours away, they still talk daily.

In 2007 Jon and Jen competed in a 10K race, crossing the finish line together wearing their “Twin Power” tee shirts and getting the thumbs up from onlookers who undoubtedly understood the true essence of “Twin Power!”

TRIP TO MT. VERNON TWICE AS MEMORABLE

Henry and Herbert Caudle started collecting antique tools in 1976. Members of the Mid-West Tool Collectors Association for the last 28 years, the brothers were recently invited to Mt. Vernon (home of George Washington), with six other members, to assist with cataloging and identifying tools given to Mt Vernon. This included identifying tools from the time period that would have been used by George Washington.

On their first night at Mt Vernon the brothers, participating members of the Mid-Atlantic Twin Registry (MATR) for more than 25 years, received some exciting news; Henry got a telephone call from his wife telling him he received a letter from the MATR containing the results of zygosity testing conducted as part of a study he and Herbert participated in; and as their parents thought, they are identical!

While attending the Mid-West Tool Collectors Association national meeting the brothers were both recognized for their displays – Henry for “Most Unusual” and Herbert won “Judges Choice Award”.



WE VALUE YOU.

The Mid-Atlantic Twin Registry (MATR) greatly values its participants and strives to treat you with consideration and respect. We have the same expectations for researchers that interact with our twins. If you have feedback regarding your experiences with MATR staff or research staff for any study, please do not hesitate to call 1-800-URA-TWIN (800-872-8946) or call our Participant Coordinator, Carol Williams, at 804-828-8116 and we will address your concern immediately. You can also email us at matr@vcu.edu.



TWIN PHOTOS AND STORIES

As you can see in this issue of Twin Matters, we appreciate and use the stories and photos participants send us. Please continue to send photographs and stories about your experiences as multiples. Once we receive them you will be asked to sign a permission form which allows us to use them in publications. We all enjoy learning about other multiples’ experiences, so be sure to fill us in!

DO YOU KNOW TWINS WHO WANT TO REGISTER WITH US?

If so, please ask them to visit our website at www.matr.vcu.edu and drop us a note, or call us at 1-800-URA-TWIN (800-872-8946), so they can join the thousands of multiples who are willing to consider participating in health-related research.

MOVING?

Remember to contact the MATR if your name, address, email address or telephone number changes by visiting our website at www.matr.vcu.edu, calling our toll free number 1-800-URA-TWIN, or emailing us at matr@vcu.edu.