



# THE GARBERG FORCE

## FACT SHEET

### The Garberg Force

- The Garberg Force is a local, family-run, nonprofit initiative to help fight cystic fibrosis by raising awareness about the disease and raising funds for the Orange County chapter of the Cystic Fibrosis Foundation.
- The Garberg family formed The Garberg Force in 2006, shortly after the diagnosis of two of the family's boys, Luke and Josh Garberg, with cystic fibrosis.
- Luke and Josh were diagnosed at age 2 and 5, respectively.
- Since 2007, The Garberg Force has raised more than \$150,000 for the Orange County chapter of the Cystic Fibrosis Foundation through its annual walk (see "Great Strides") and fundraising events (see "The Arch-Villain Show").
- The Garberg Force has been featured in media outlets including the *La Habra Journal*, *Placentia News-Times*, *Brea-La Habra Star-Progress* and the *Orange County Register*.

### Cystic Fibrosis

- Cystic fibrosis is a life-threatening, genetic disease that affects the lungs and digestive system, and causes the body to produce thick, sticky mucus in the lungs, pancreas and other organs.
- The mucus produced from cystic fibrosis clogs the lungs, making it very difficult for people with CF to breathe. It also prevents natural enzymes in the pancreas from breaking down and absorbing food, causing malnutrition in many cases.
- About 1,000 children and adults are diagnosed with cystic fibrosis each year and it is found in about 30,000 people in the United States (70,000 worldwide).
- The Cystic Fibrosis Foundation is the world's leader in the search for a cure for cystic fibrosis and is a nonprofit, donor-supported organization.

### Great Strides

- The Garberg Force created an official team for Great Strides, a 5K walk that is the Cystic Fibrosis Foundation's largest national fundraising event.

- Each year, more than 125,000 people participate in Great Strides walks across the nation.
- The Garberg Force is listed as one of the top five teams on the Great Strides website, having raised \$1,585 so far this year.
- Kristen Garberg, mother of Luke, Josh, and Jake Garberg, is also recognized as one of the top five individual striders on the Great Strides website, having raised a total of \$500 thus far.

### **The Arch-Villain Show**

- The Garberg Force's main fundraising event is The Arch-Villain Show, a student-run improvisational comedy show by the Well-Behaved Villains of the La Habra Theater Guild at La Habra High School.
- The Well-Behaved Villains raise funds during the show's intermission for the Cystic Fibrosis Foundation on behalf of The Garberg Force.
- The two-hour improv show includes members of Well-Behaved Villains competing in a series of improvisational games and challenges for the title of "Arch-Villain."
- Last year, the team raised approximately \$3,000 for the Cystic Fibrosis Foundation.