

Accelerated Cure Project for MS

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for multiple

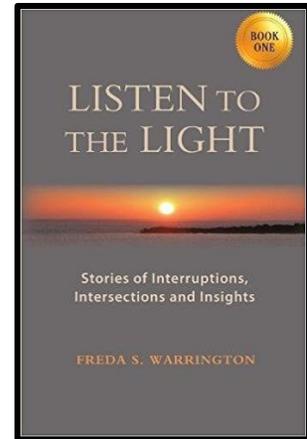
*Accelerating research towards a
cure for multiple sclerosis*

A Visit With Freda Spector Warrington

Freda's life was touched by multiple sclerosis (MS) when her daughter was diagnosed while a college student. At that time she and her family learned everything they could about the disease and that's when they discovered the Accelerated Cure Project (ACP) and its mission to facilitate research efforts to improve diagnosis, optimize treatment and work toward finding the cause and the cure for MS. In her words, "ACP's collaborative approach to research makes so much sense. I hope that their embrace of this scientific paradigm works wonders and gets us answers."

Freda Warrington grew up in Arlington, Massachusetts with her father, the local pharmacist and her mom, a non-practicing attorney. She received her liberal arts education at Vassar and spent most of her career in the health care industry, heading various programs dealing with infant mortality and substance abuse/addiction. An irony, she mentioned, was that her first job after college was as an assistant in the Department of Neurology at MGH doing chart research trying to link MS to a patients' previous attacks of optic neuritis. The year was 1966. Twenty-three years later, her daughter was diagnosed with MS after an initial attack on her vision.

Warrington states that she's been a writer since her first lock and key dairy in childhood. She moved on to her high school newspaper and now has published her first book in February of 2017, "[LISTEN TO THE LIGHT: Stories of Interruptions, Intersections and Insights \(Book One\)](#)." This is a collection of short stories about the unexpected experiences of an everyday life and the wonder/deeper meaning behind them. These "out of the blue" experiences were originally pulled together for her grandchildren but she quickly saw the universality in each story, whether it is about what to do with your treasures when you're old, how to keep meaningful family stories alive, how your loving gifts of food matter, and what to think when an antique bowl shatters spontaneously. One story tells about the strangest of dreams that made a prediction worthy of Alfred Hitchcock.



Freda stresses the importance of preserving the story behind the treasures in our lives, whether it's the secret revealed in a photo rescued from an old frame or the passing along of the history of six generations of owners of an heirloom clock. The bottom line in her stories is that there is wonder everywhere if you will stop to listen and also if there is no answer to a question, it's okay to accept it as given, maybe a miracle, and just say, "wasn't that a great bit of magic", without a need to look behind the curtain. Warrington challenges her readers to capture their own stories on paper and to see just how remarkably universal they are.

Warrington's daughter studied to be an economist at Columbia College and did a stint as a teaching assistant at University of California in Santa Barbara before she became a math teacher in Pennsylvania and California. When she and her husband moved to upstate New York, she built a farm for her Icelandic horses, chickens, and gardens but primarily breeds Icelandic sheep. With help from her husband and children, she continues to enjoy her life on the farm.

Warrington's second book, LISTEN TO THE LIGHT: The Daughter's a Farmer (Book Two) will be released soon.

Warrington is generously donating profits from the sales of her book to the Accelerated Cure Project (ACP). Her donations are matched by the [HERO fund](#) from Shell Oil Company, her husband's former employer. She encourages others to maximize their charitable contributions to ACP through recurring and sustainable donations, seeking out employee matches, and by encouraging others in one's network and beyond to contribute to ACP.

For more information on Freda Warrington's works and her inspiration for capturing your own stories, for book club questions, and for group rates for clubs, please visit her website, www.fredaSwarrington.com.

[LISTEN TO THE LIGHT: Stories of Interruptions, Intersections and Insights](#) can be purchased on Amazon and other outlets.