

# The **Class** that Can **STAY HEALTHY** **Asthma**



Written by Riya Jain & JJ Vulopas  
and illustrated by Bill Dussinger

Citizens of Can, LLC.

Lancaster, PA

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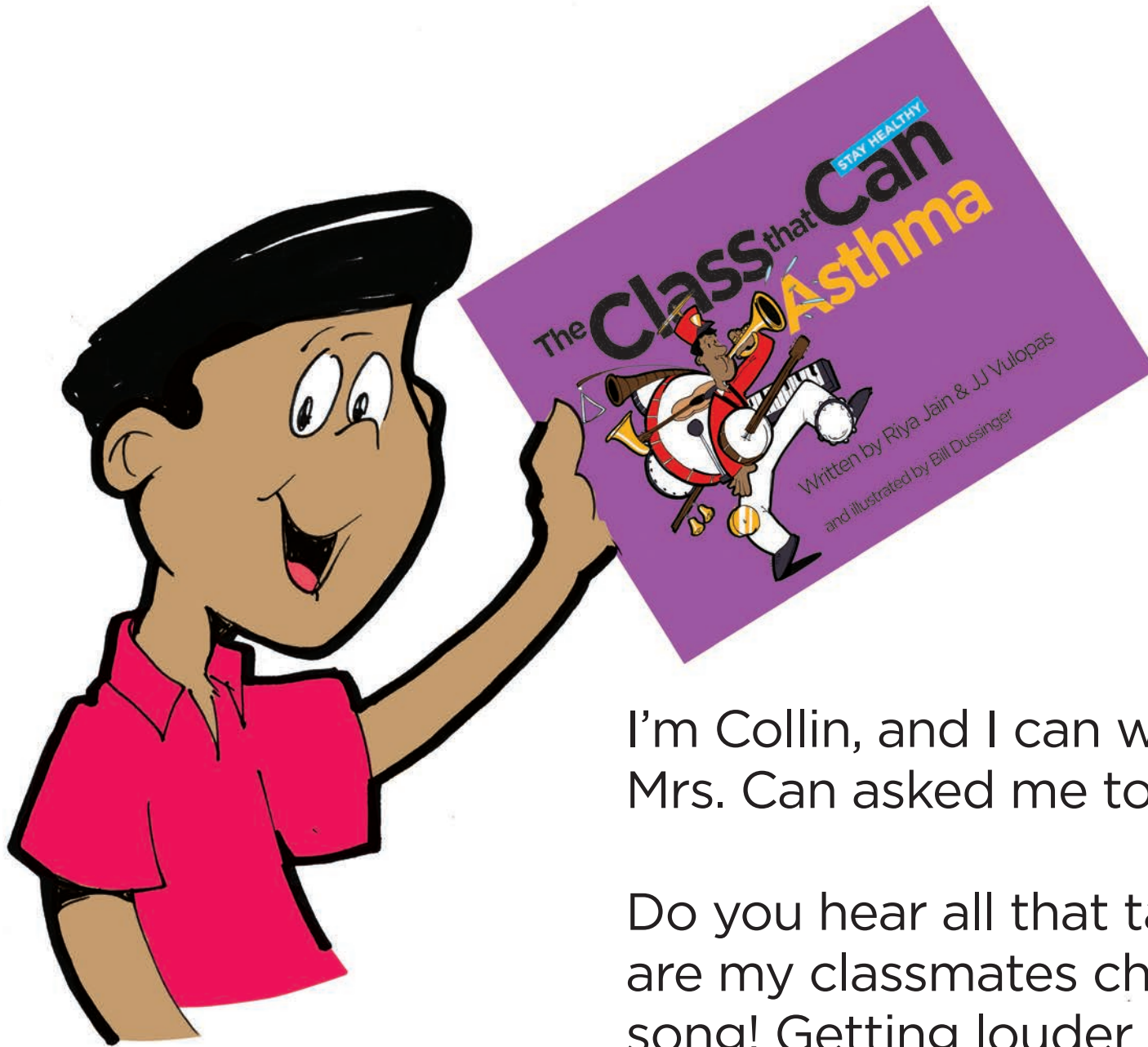
**Today is Can Day.**

**PAGE 1**

In our classroom, **every day is CAN DAY!**



©



I'm Collin, and I can write. That's why Mrs. Can asked me to write this book.

Do you hear all that talking? Those are my classmates chanting our class song! Getting louder and LOUDER!

“I am a kid in the Class That Can.

I know!

I do!

I am!

I CAN!”





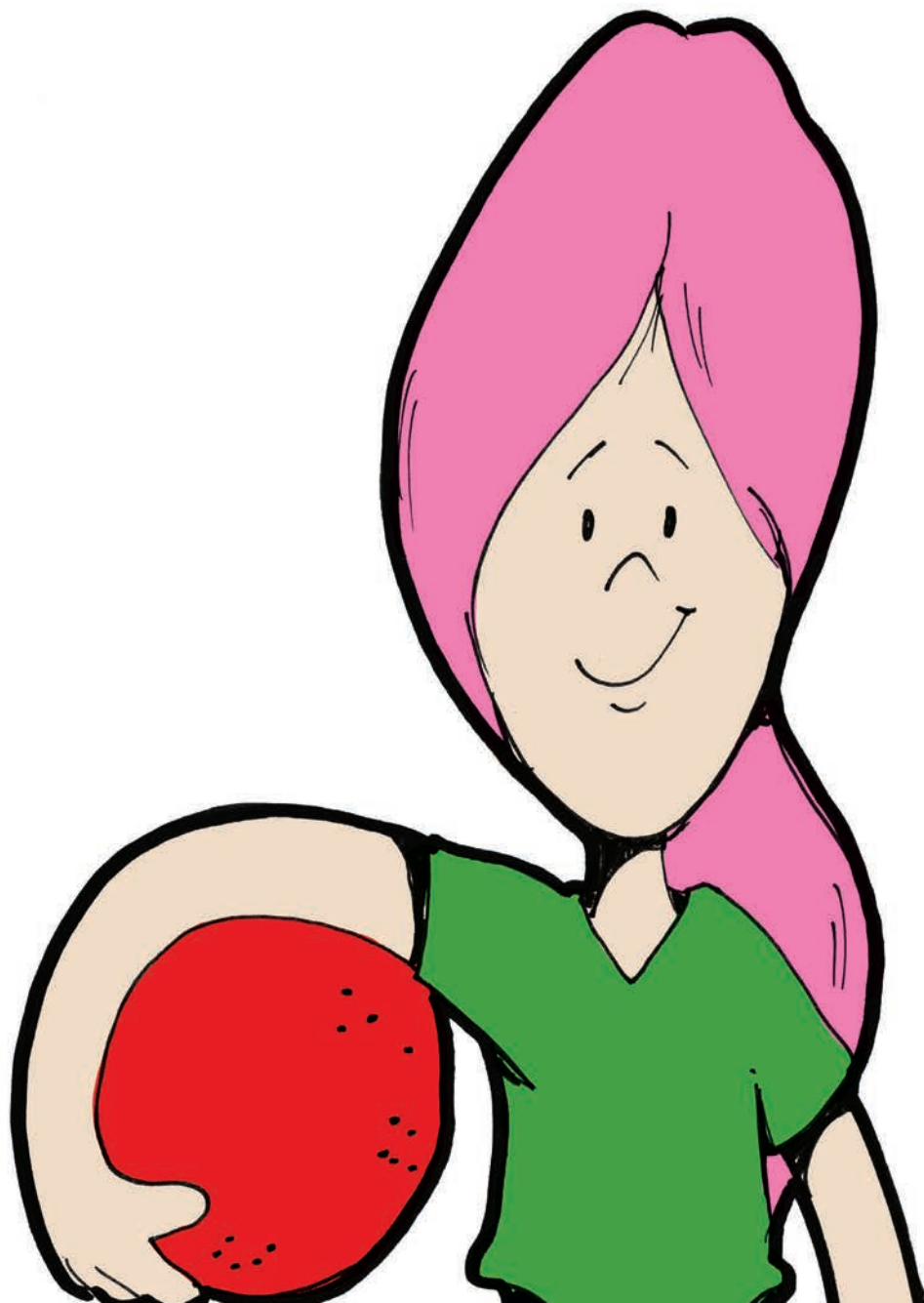
Today is an important day in the Class That Can, and I want you to experience it with us.

Let's open Dazzling Doorway and go inside. That's when the story you are reading officially begins...



“Today is going to be CANTastic!” Mrs. Can cheered as everyone settled into their seats.





“Yes!” exclaimed Kayla.  
“This morning in gym,  
we’re going to have our  
CAN kickball competition!  
I can’t wait!”

Kayla’s favorite game is  
kickball, and today’s big  
game was something  
we’d been talking about  
for weeks.



“And in the afternoon, after our kickball game, we are meeting one of Mrs. Can’s special guests!” added Maya.

We always love meeting Mrs. Can’s special guests. Her friends teach us so many new things!

“Today’s guest will make your ears tingle, your eyes widen, your feet dance and your heart beat-beat-beat!” Mrs. Can explained as she threw her arms in the air.



The morning flew by, and before we knew it, we were outside playing kickball. The game was amazing!



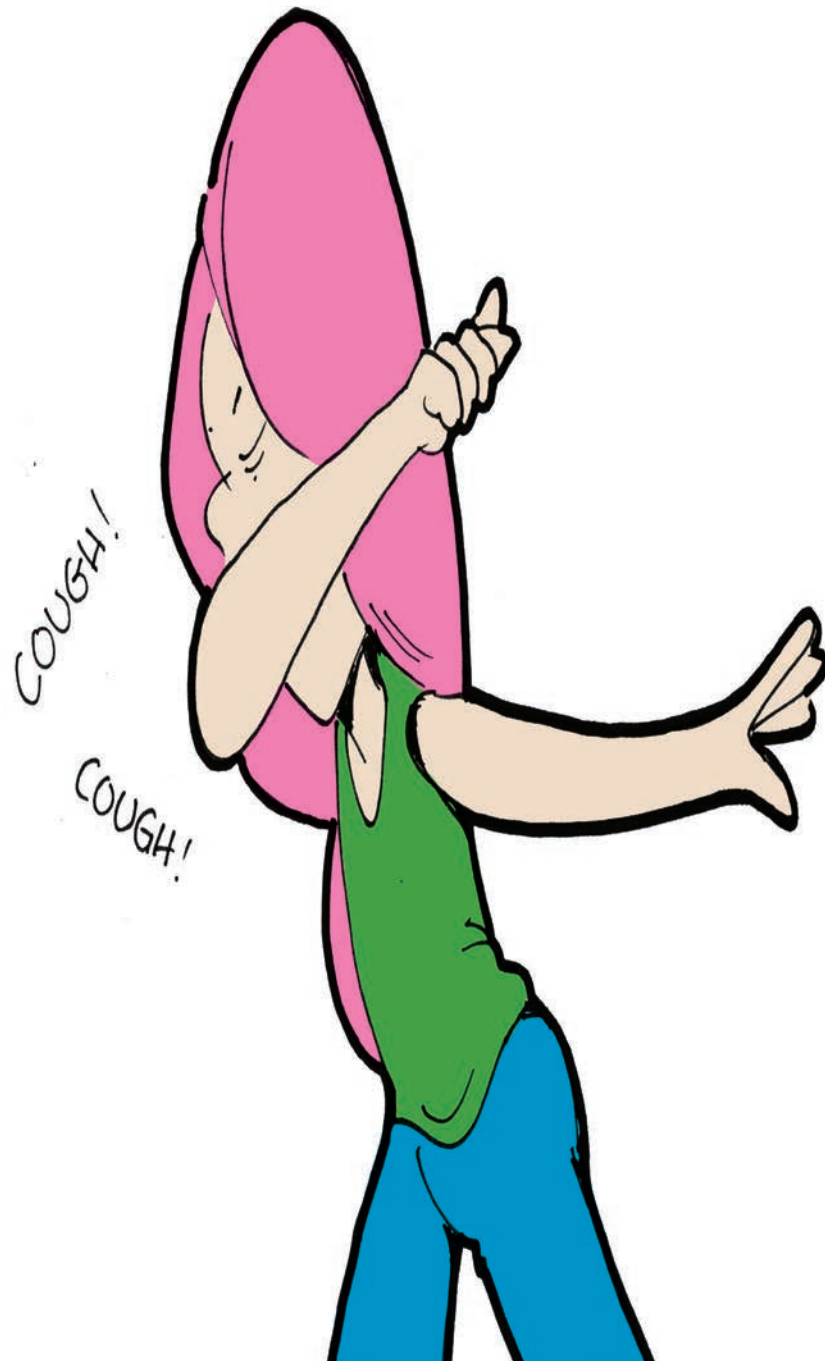
In the first inning, Luca kicked the ball so hard we thought it was going to soar away into the sky!

Maya made an incredible diving catch in the third inning.



Our team won 14-13!





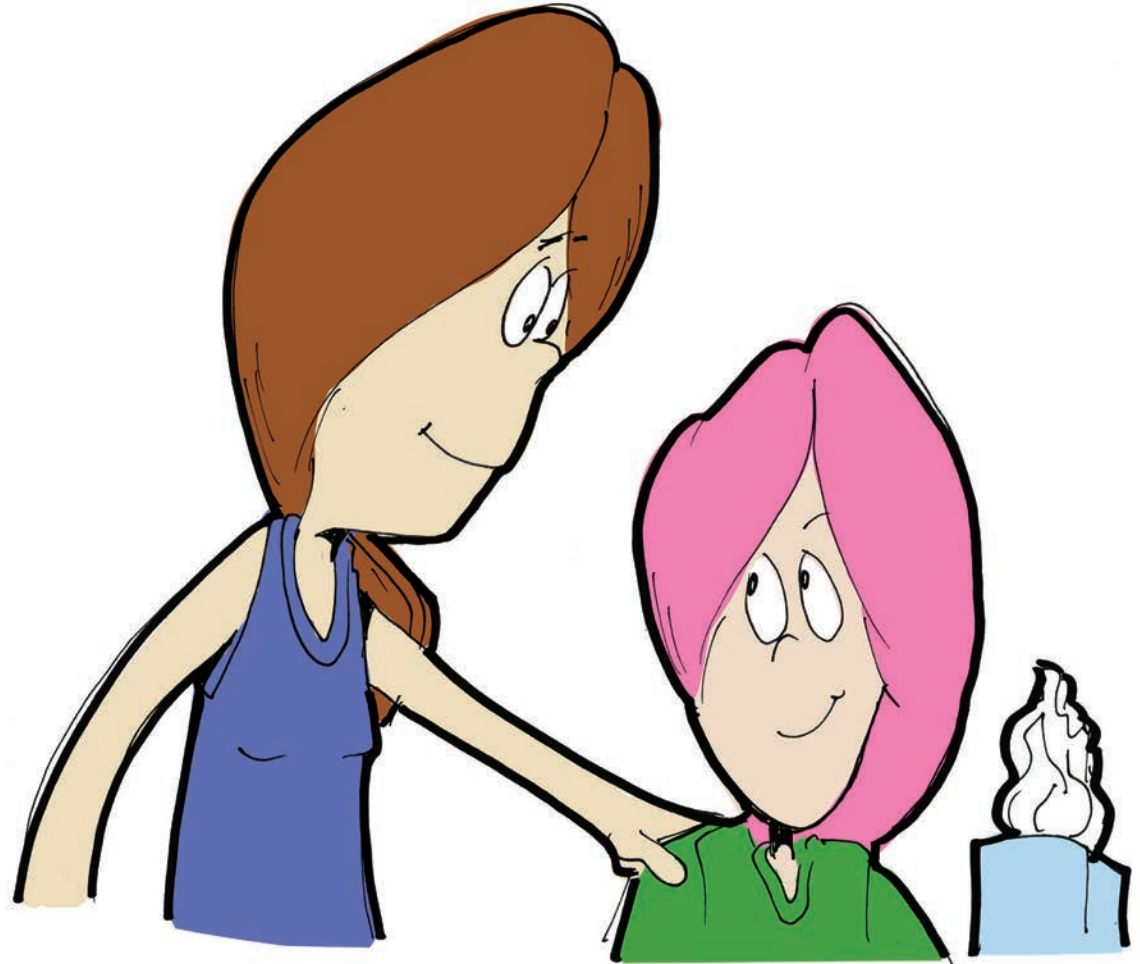
Everyone had a blast at the game. Everyone, that is, except for Kayla.

You see, in the middle of the second inning, Kayla started coughing and coughing. She coughed so much that she had to stop playing and go see the nurse.

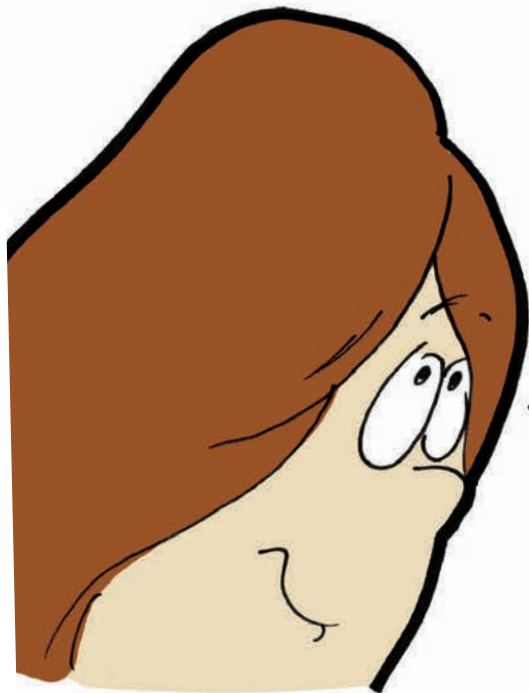


We were all worried,  
but after the game  
we saw Kayla  
smiling with Mrs.  
Can.

We were glad she  
was feeling better,  
too, especially  
because Mrs. Can's  
special guest was  
arriving soon.



“Knock! Knock!  
Knock!” came  
from Dazzling  
Doorway.



“Are you  
ready, Class?”  
Mrs. Can  
beamed.

“We’re ready!”  
we cheered.



Suddenly, we heard a loud musical chord come through Dazzling Doorway.

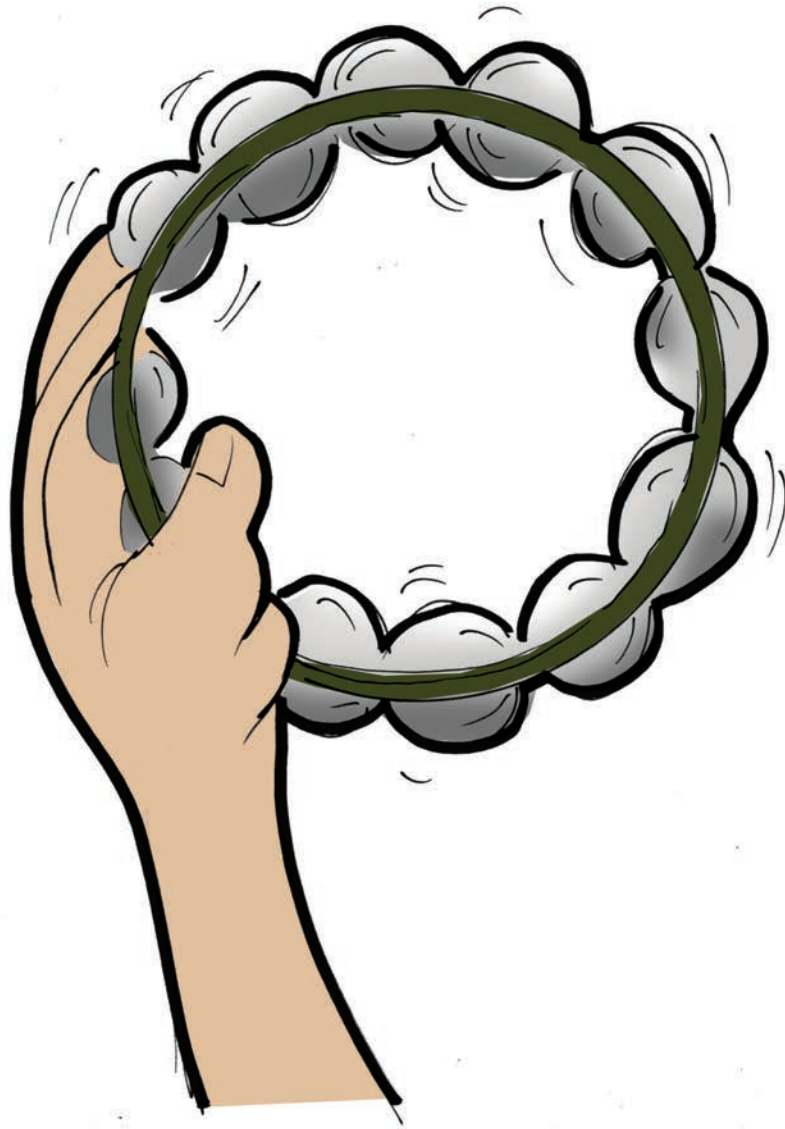
It sounded like an entire symphony orchestra was standing in the hall! Mrs. Can swung open the door, and...



... we were amazed. There wasn't an entire orchestra standing in the hallway. It was just our music teacher, Mr. Beat!

There was a guitar slung over his shoulder and a snare drum around his neck.

There was a harmonica tucked behind his ear and a bass drum on the floor next to his feet. There was a recorder, a trumpet, a french horn, a violin, a tuba, a ukelele, a saxophone, and a flute!



“Hi everyone!” he exclaimed, waving with his left hand, which was holding a tambourine. “I could use a little help, here! Everybody come over and take an instrument.”

We each took instruments from the pile covering Mr. Beat.

Alex picked up the snare drum, and I took the harmonica, and Maya grabbed the ukelele.

Soon, we all had instruments, some big, some small, and we returned to our seats.





Mr. Beat entered the room, now holding only his trumpet. “What’s today’s lesson, Mr. Beat?” Luca asked.

Mr. Beat scratched his head. “Lesson? Mrs. Can didn’t say anything about a lesson. I just came here for a jam session!”

He held up his trumpet and played a quiet note. Then his note got louder and LOUDER! We couldn't believe how long he could blow into the horn without taking a breath.



“Let’s jam!” Mrs. Can announced. She started clapping her hands and called: “A-five! A-six! A five-six-seven-eight!”

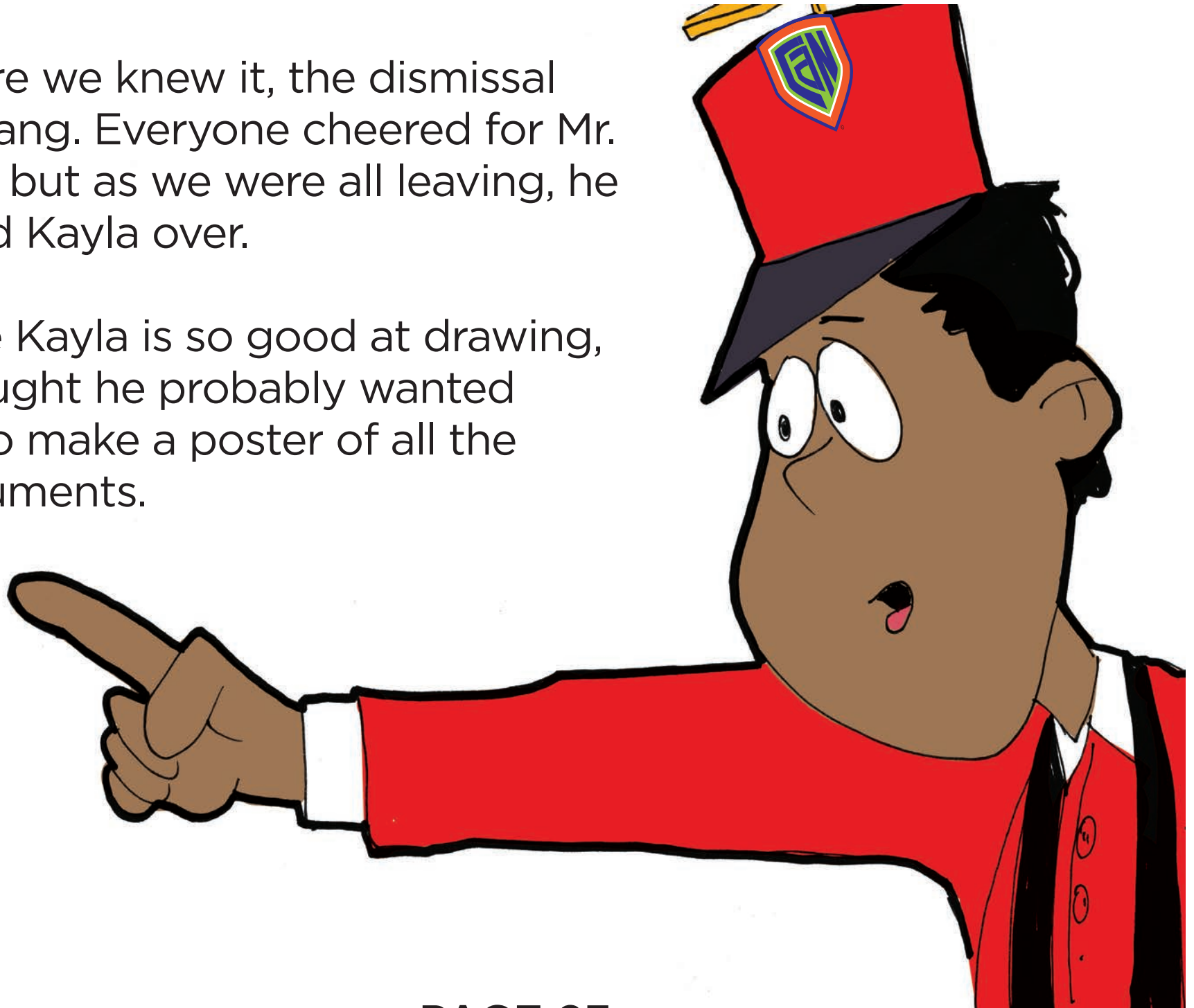


Mr. Beat started playing a happy melody on his trumpet, and eventually, we all joined in! After a while, we had the hang of it, and we were all playing a beautiful tune together!



Before we knew it, the dismissal bell rang. Everyone cheered for Mr. Beat, but as we were all leaving, he called Kayla over.

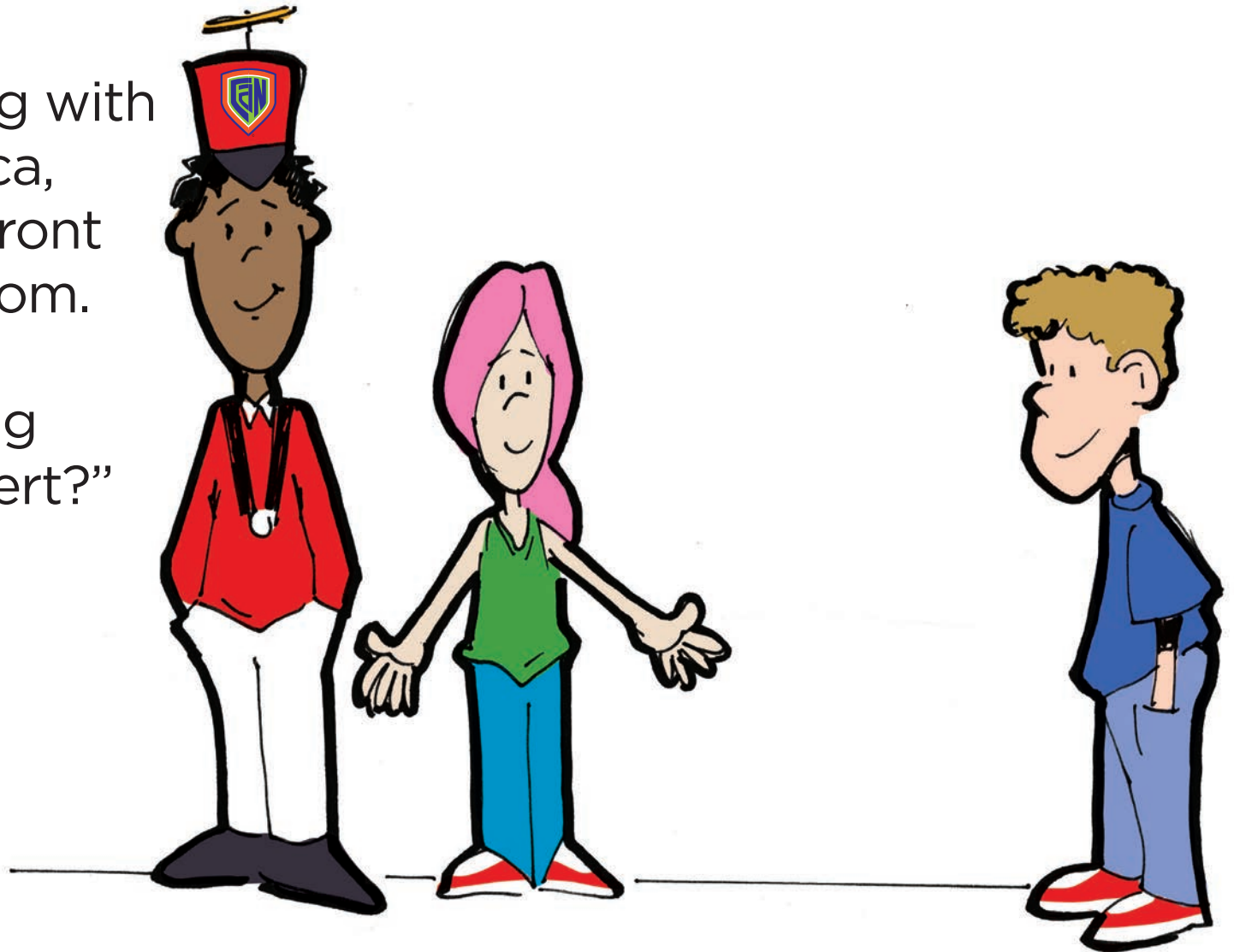
Since Kayla is so good at drawing, I thought he probably wanted her to make a poster of all the instruments.



The next morning, when we walked into the classroom, we were in shock! There were posters all over the room, but not of instruments.

Mr. Beat, along with Kayla and Luca, stood at the front of the classroom.

“Are we having another concert?” Alex asked.



“No concert today, Alex,” Mrs. Can said. “Kayla has something she wants to talk to everyone about.”

Nervously, Kayla unfolded a giant poster that she made. It read “ASTHMA.”

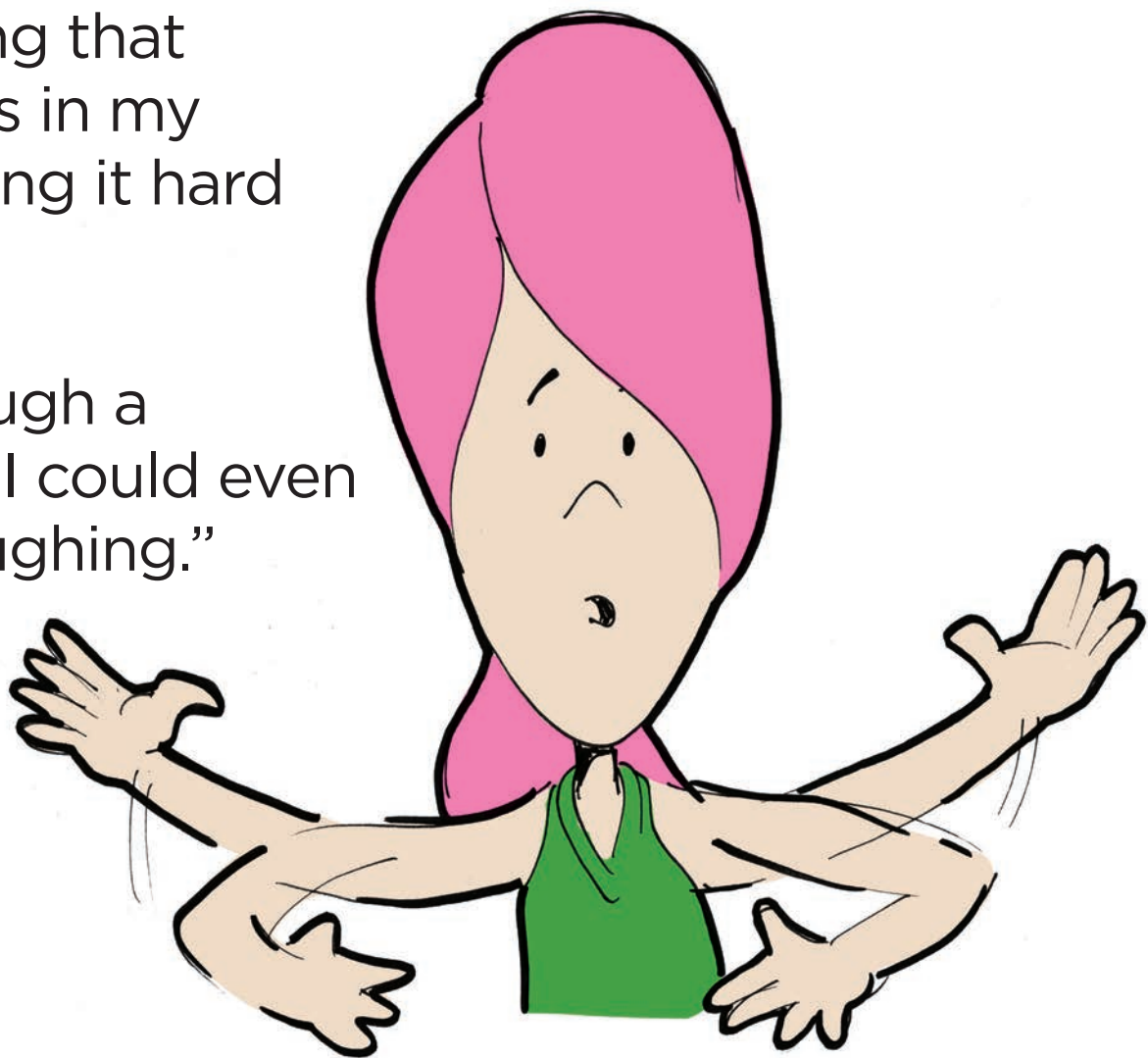
Kayla began: “I talked with my parents last night, and I want to explain what happened yesterday. You see, I was embarrassed because everyone saw me leave the kickball game.

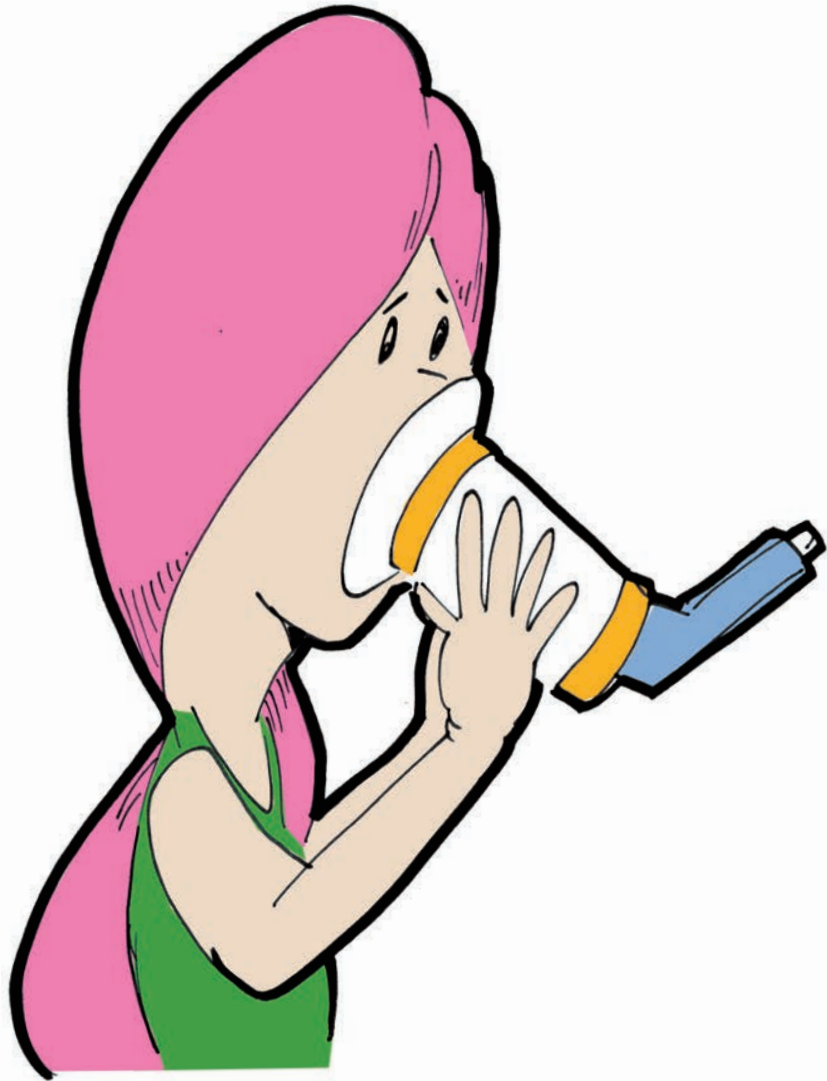
I want you to understand why I had to leave.”



“I have something called asthma,” Kayla explained. “When I exercise a lot or inhale something that bothers me, the airways in my lungs can tighten, making it hard to breathe.”

“It’s like breathing through a straw,” she continued. “I could even start wheezing and coughing.”





Kayla made posters for everything she talked about, which helped us better understand.

She told us about her rescue inhaler that she uses to help her breathe easier.

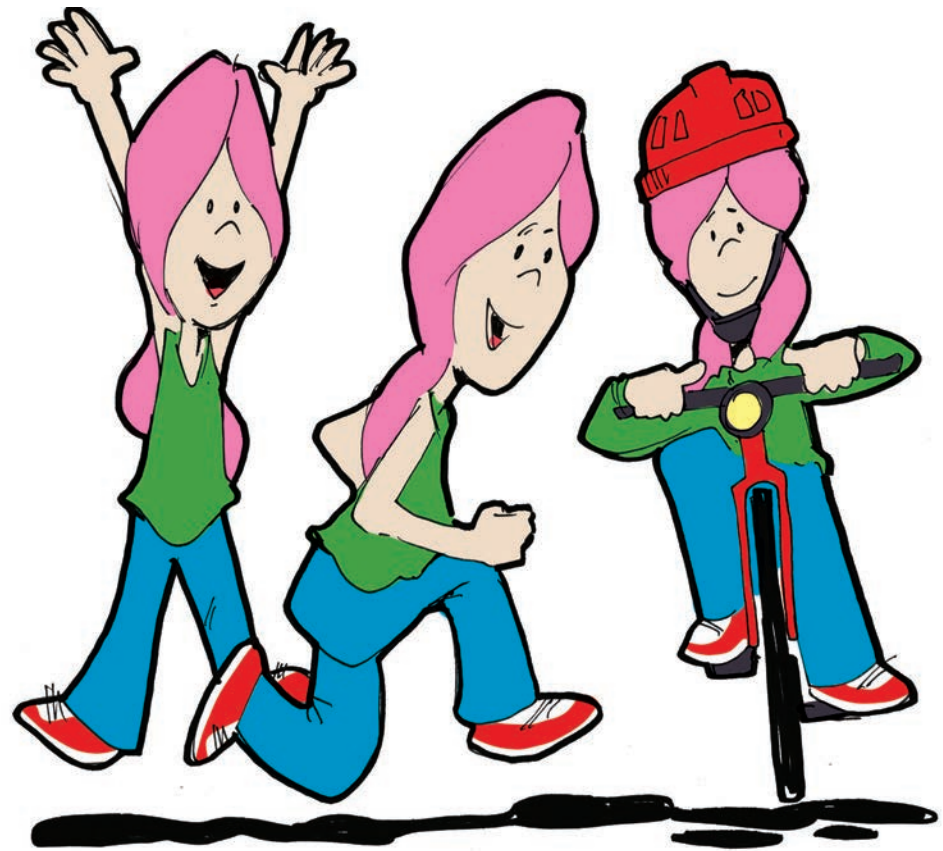
“When I’m at school, I keep my inhaler in the nurse’s office,” she explained. “That’s why I went to the nurse yesterday. I start to feel better after using my rescue inhaler.”

She also explained that there are medicines she can take every day and also *before* she does exercises.

“I’m working to gain control of my asthma,” she said. “This way, I can play kickball or do anything I want to do!”

Since we all cared about Kayla, we listened closely to what she had to say!

But I was still confused why Mr. Beat was standing there with her.



“Is asthma contagious?”  
Alex asked.

“Great question!” Mrs. Can  
called from the back of  
the room.

“You can’t catch asthma  
from anyone,” explained  
Kayla. “It’s not like a cold  
or flu.”







“What things make your asthma worse?” asked Maya.

Kayla pointed to a big poster on the side wall.

“Certain things, like pollen or mold make my asthma act up,” she explained. “Other things, like exhaust from cars, certain cleaning products, smoke, and furry pets can also cause asthma attacks. It’s important to know what your asthma ‘triggers’ are and make sure you try to avoid those things.”

# All About Asthma!

**Asthma is common and affects lots of kids of all shapes and sizes!**



**Asthma is not contagious!**



**Asthma can be controlled with medication and seeing your doctor!**



**Different 'triggers' can bring on asthma symptoms in children!**

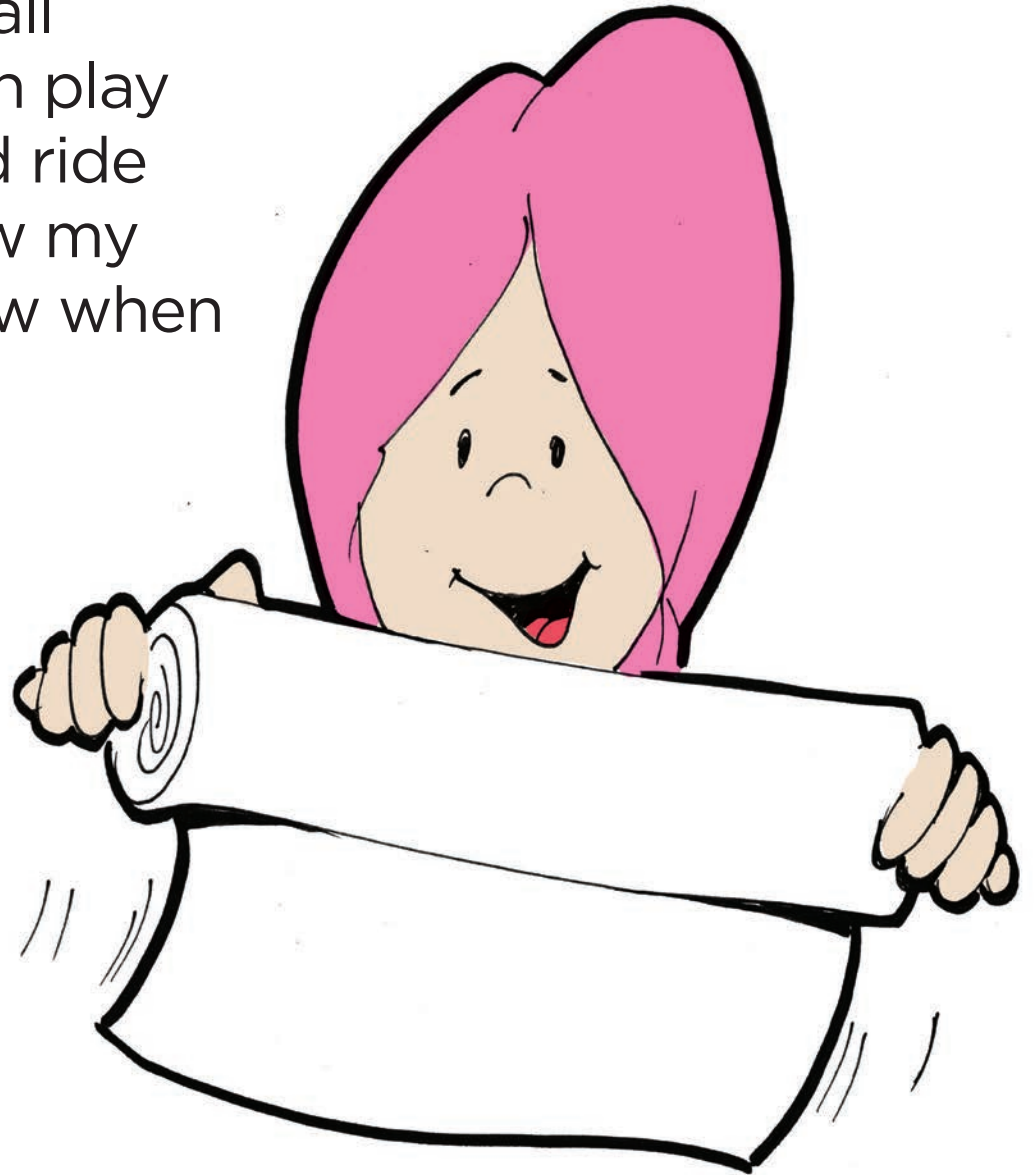


**Kids with asthma can do everything other kids can do if their asthma is controlled!**

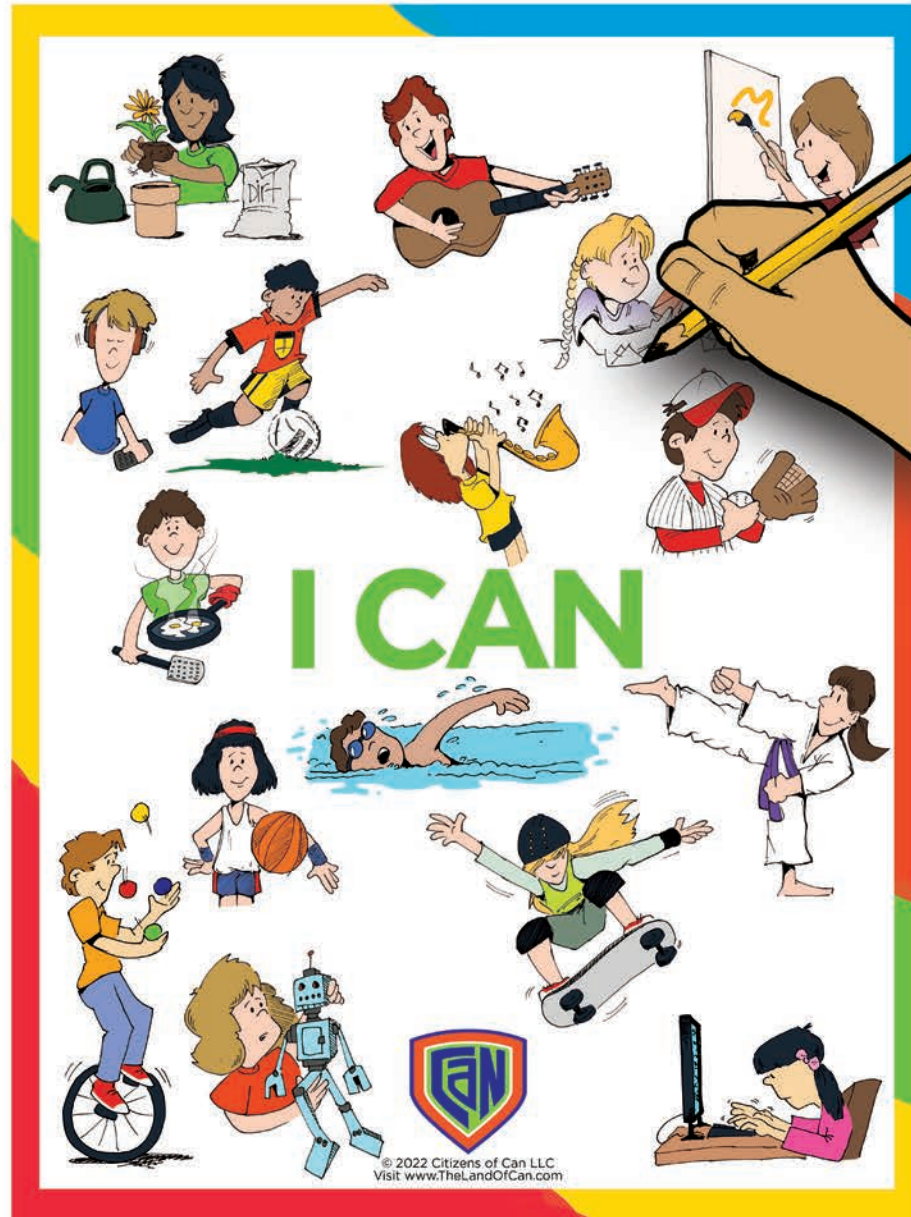


“But!” Kayla called. “Even though I have asthma, I can still do all the stuff kids like to do. I can play sports, have sleepovers, and ride my bike! I just need to follow my doctor’s directions and know when to use my rescue inhaler.”

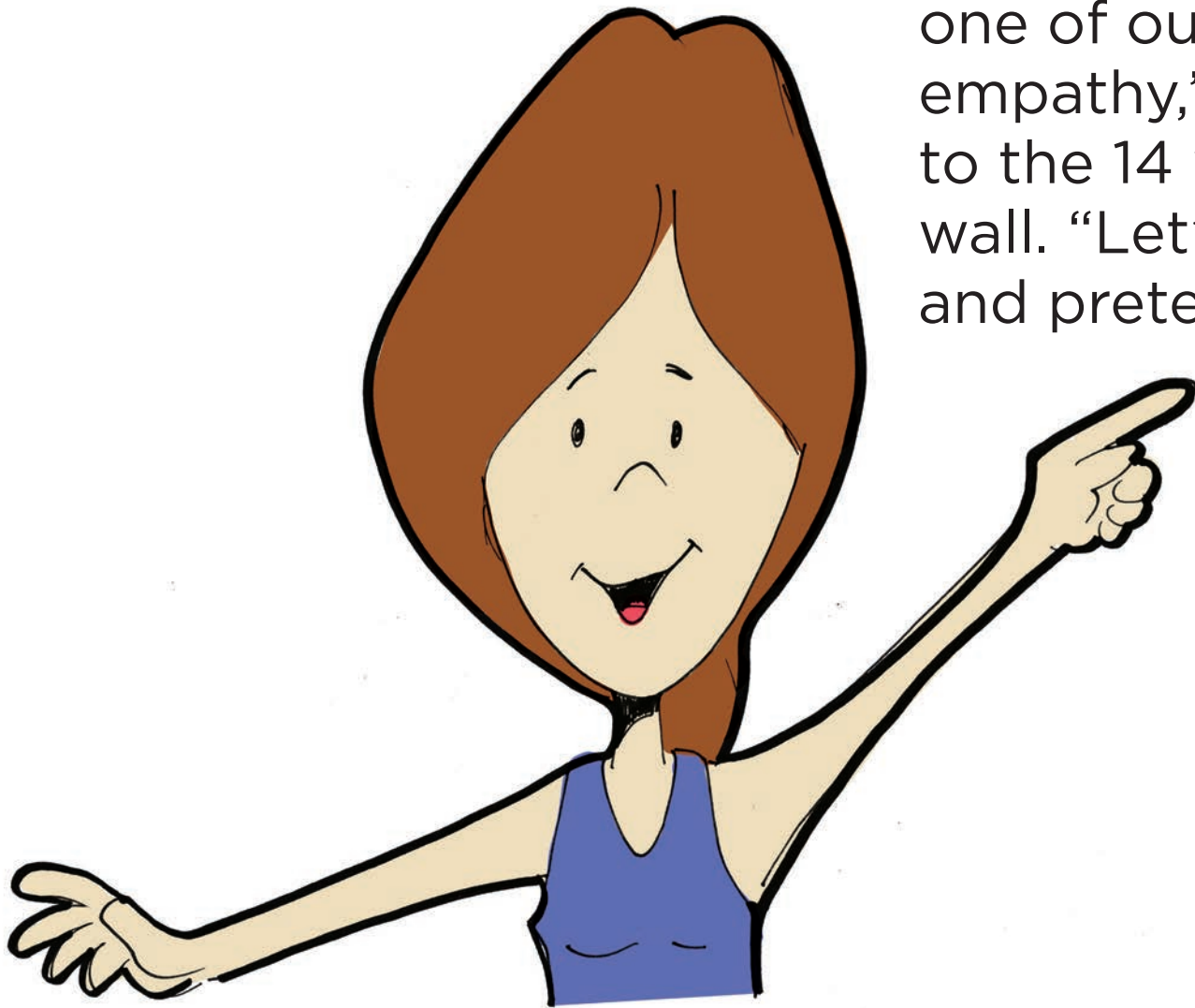
She unrolled another poster that showed everything kids with asthma can do!



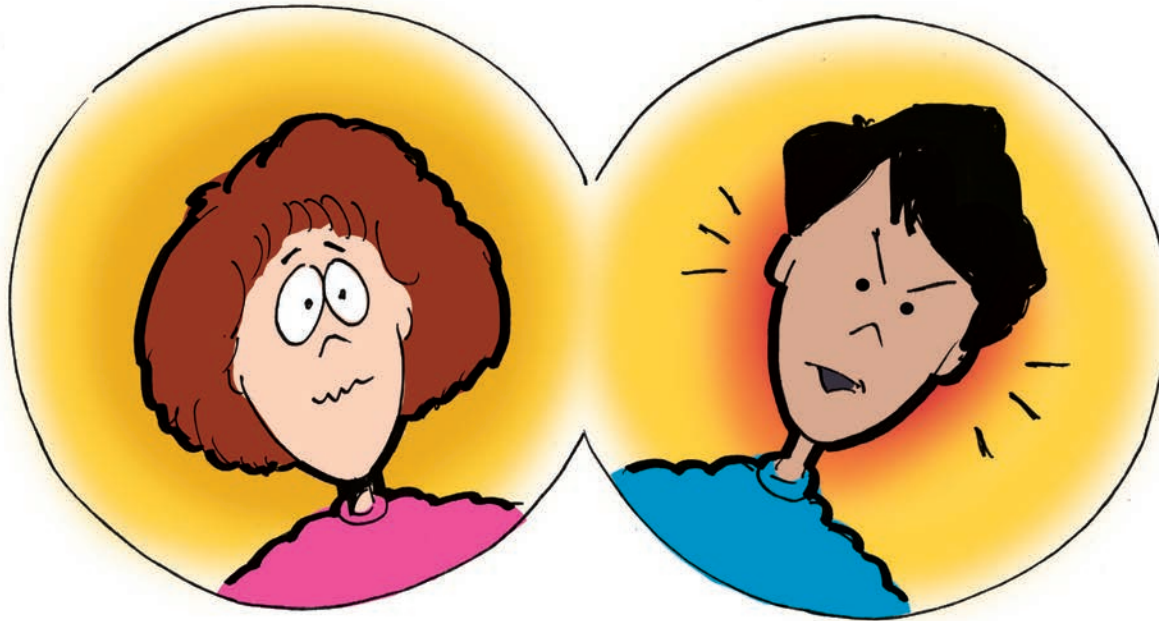
# When my asthma is controlled...



Mrs. Can walked to the front of the classroom and smiled.



“Class, I want you to use one of our CAN words, empathy,” she said pointing to the 14 words on the back wall. “Let’s have empathy and pretend we were Kayla yesterday on the playground. How do you think Kayla must have felt?”

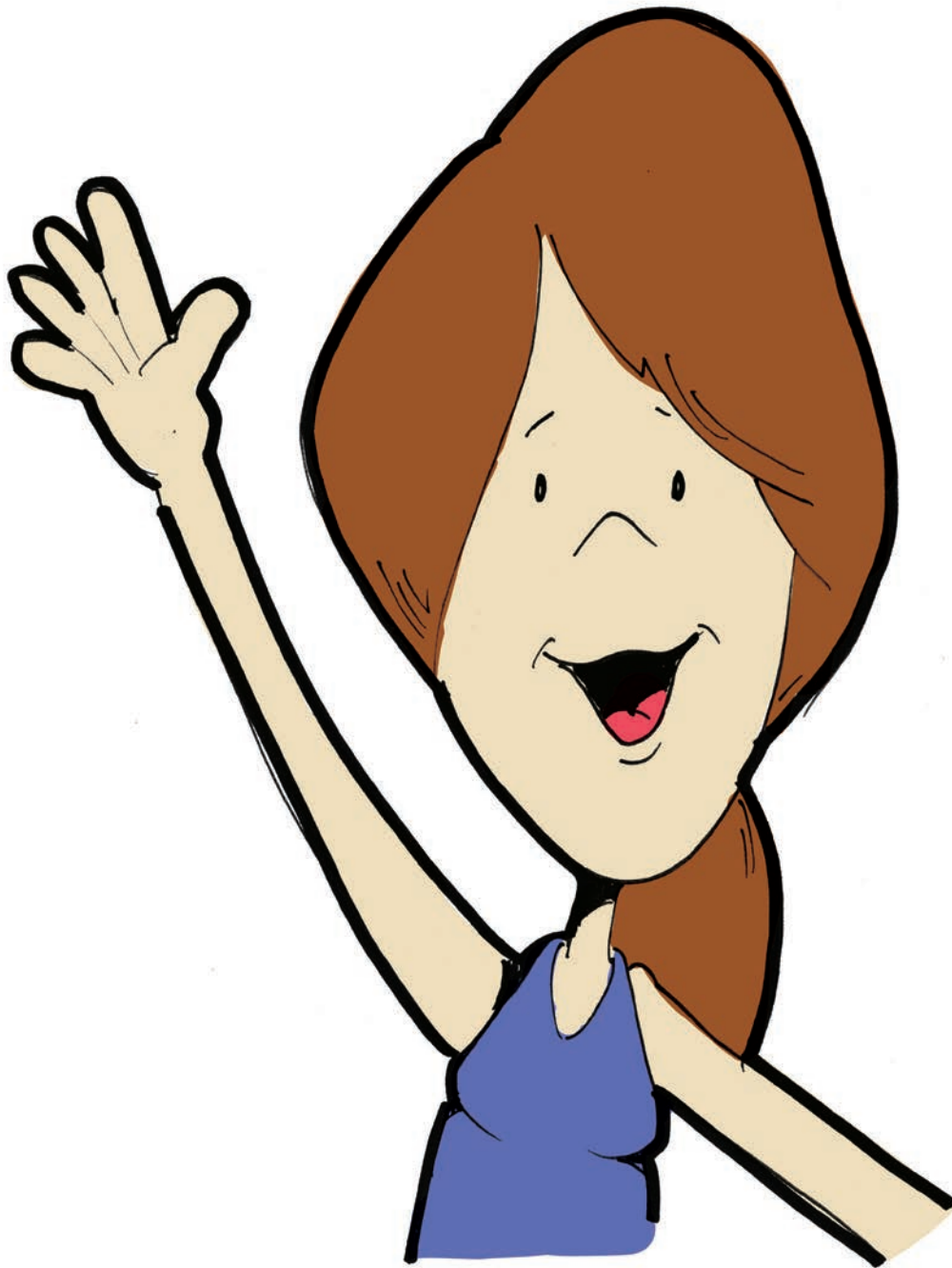


“Scared,” said Ava. “What if she didn’t stop coughing?”

“Maybe mad,” added John. “Before we started, Kayla was really excited for the game.”

“She said she was a bit embarrassed, too,” added Mrs. Can. “When she was coughing, everyone was looking at her.”

“But that’s not a reason to be embarrassed,” John said. “We just wanted to make sure she was OK.”



Mrs. Can smiled and raised her hand. “Kayla, I have a question for you. What can good friends do if a classmate has asthma?”

“I’m glad you asked,” she said, unrolling another poster. “Friends can recognize asthma symptoms and get help, if needed. And just like everyone else, we don’t like to be excluded because of our asthma!”

# Friends can...

Learn about **asthma**.



Recognize **asthma** symptoms.



Get help, if needed.



Include all friends in activities.



Show you care and have  
empathy if your friend is  
having trouble with  
his or her **asthma**.





“Thank you for sharing this with us, Kayla” Maya said. “Now I understand it. But why is Mr. Beat here? And Luca?”

Luca took a few steps forward.

“My mom called Kayla’s mom last night,” he said. “Most of you don’t know this about me, but I have asthma, too.”



“You have asthma?”  
Alex exclaimed. “But  
you are the best at  
kickball!”

Luca nodded.  
“Yep! Everybody’s  
asthma is different.  
My asthma bothers  
me when I breathe  
in dust. Like Kayla,  
though, I also work  
with my doctor so  
I can control my  
asthma and do  
anything I want!”



At this point, Mr. Beat approached with his trumpet. We thought he was going to start playing again, but he didn't.

“A lot of people have asthma,” he said. “In fact, asthma is one of the most common conditions in children.”

“But if they follow what the doctors say,” he added, “people with asthma can do anything.”

“Like play kickball?”

“Or play baseball?”

“Or play football?”

“Yes, yes, and yes!” Mr. Beat responded. “And, play the trumpet!”

Mr. Beat reached into his pocket and pulled out his own inhaler. We were shocked.

“You have asthma?”

Alex exclaimed.

“I do,” Mr. Beat said. “I’ve had asthma my whole life. But if I do what the doctor says...”





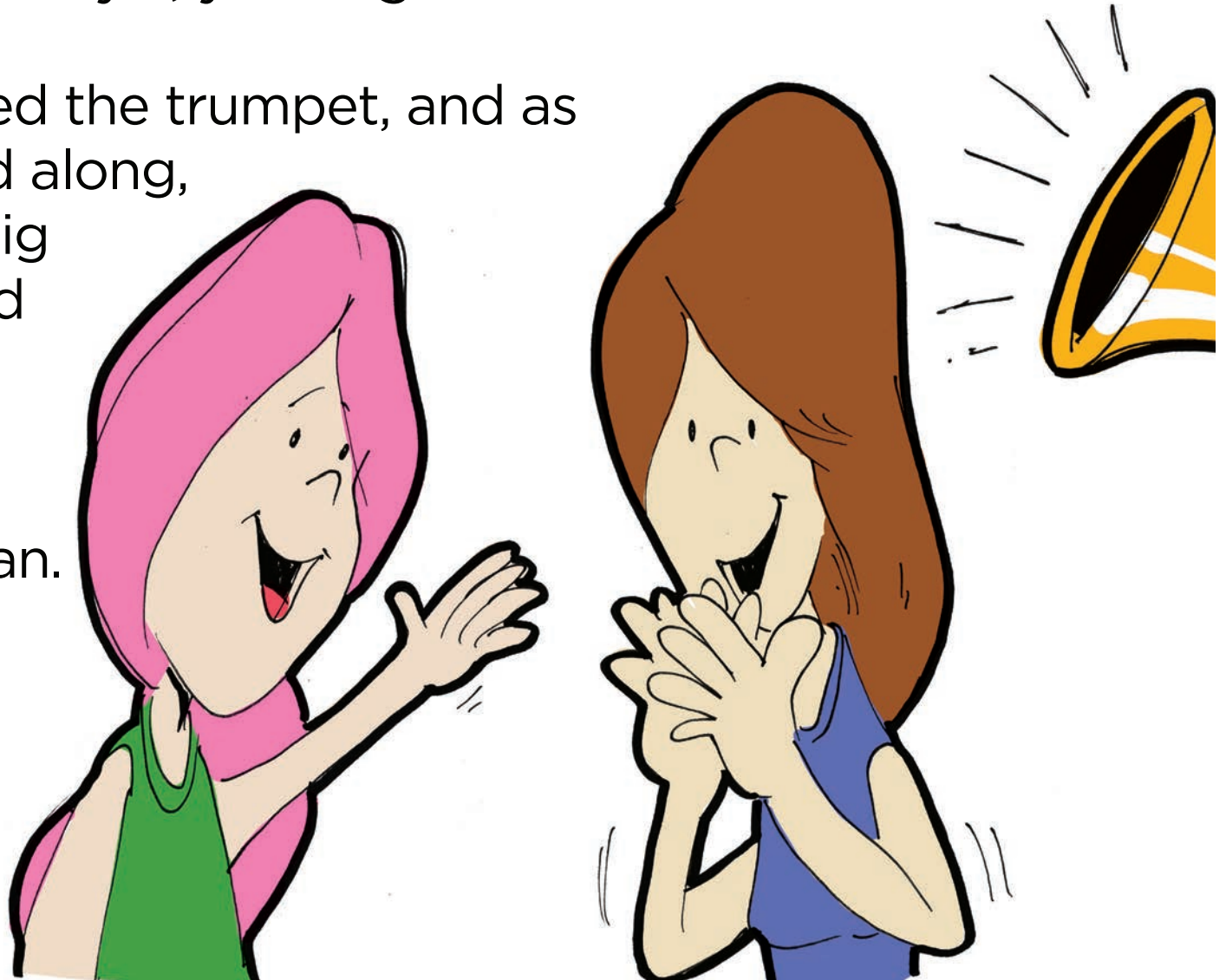
Mr. Beat picked up his trumpet and started blowing and blowing and blowing and blowing and...

The class started to cheer!

“I think it’s time for our class song,” Mrs. Can interrupted. “Kayla, you begin...”

As Mr. Beat played the trumpet, and as Mrs. Can clapped along, Kayla smiled, a big smile, and started to chant:

“I am a kid from  
the Class That Can.  
I know.  
I do.  
I am.  
I CAN!”

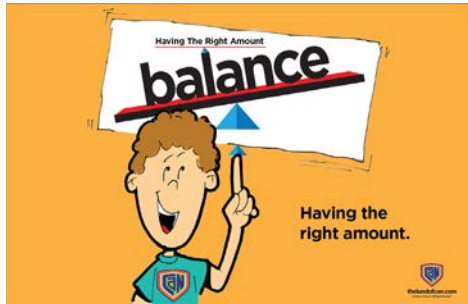
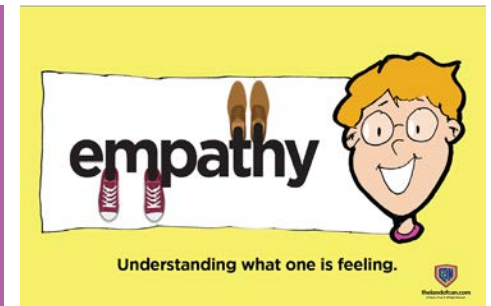
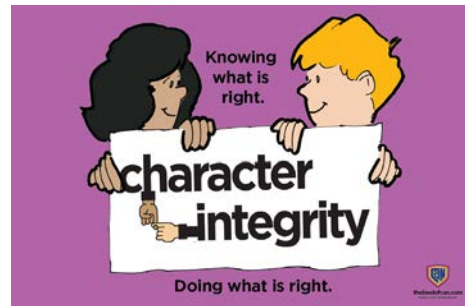


We all jumped from our seats and joined in!

“I am a kid from the Class That Can...  
I know.  
I do.  
I am.  
I CAN!”



# Do you know the 14 Words of Can?



Scan to visit [www.thelandofcan.com](http://www.thelandofcan.com)



## Riya Jain



Riya Jain is entering 10th grade in Chicago, IL. She authored all the books in *The Class That Can Stay Healthy* series along with empowerment tools for schools across the nation. She has appeared in multiple videos educating young people on health

issues. Riya enjoys playing tennis and basketball along with writing poetry, working in student government, and painting.

Riya believes in developing a “CAN mindset” so people can begin to see all of their strengths over deficits, leading to a happier, healthier life!

## Bill Dussinger



Bill is an award-winning graphic designer, illustrator and educator from Lititz, PA. He has a BS degree in Art Education from Kutztown University. Bill has been in the design business for over 30 years for many clients such as Discovery Channel, the Oakland Raiders, East Coast Music Hall of Fame

and Hershey Entertainment and Resorts. He currently teaches graphic design and illustration at Pennsylvania College of Art & Design in Lancaster, PA. In his spare time he loves to visit his four grandchildren, paint watercolor paintings and watch college football. Penny Lane Graphics, [www.plgraphics.com](http://www.plgraphics.com).

## Jamison “JJ” Vulopas



With an approach that educators have called transformational, JJ inspires young people to become “Citizens of Can” by embracing the 14 Can Words. His empowerment resources and presentations are used by educators and pediatricians nationwide.

JJ is the author of *Land of Not*, *14 Can Words*, *TLoc*, & *The Class That Can Stay Healthy* series. An assistant vice president at Lucid Management and Capital Partners LP, JJ is a 2019 graduate of the Wharton School of the University of Pennsylvania. He lives in New York City.

## Mrs. Can



Mrs. Can CAN teach! Mrs. Can is the ultimate teacher, the one who inspires and empowers and compels every one of her students to be the best versions of themselves. In Mrs. Can’s class, every child is accepted, appreciated, acknowledged and cared for. Not just for one day. Every day.

By introducing her students to the 14 Words of Can, and by following the tenets outlined in the Can Constitution, Mrs. Can knows that she is creating a classroom of life-long leaders, a classroom where students will define themselves by their cans, look out for each other, and, ultimately, soar!

*While writing The Class That Can: Asthma, Riya and JJ consulted three asthma experts, who provided them with accurate asthma information for the book. Thank you to Drs. Terri Laguna, Jill Halterman and Wes Sublett for adding your expertise to the book and for empowering young people to live in the Land Of Can!*



Dr. Terri Laguna is a pediatric pulmonologist at Ann & Robert H. Lurie Children's Hospital of Chicago. Dr. Laguna received her undergraduate degree in Biology from the University of

New Mexico and her MD from the University of California, San Francisco.

She completed her pediatric residency at the University of Washington and her pediatric pulmonology fellowship at the University of Colorado. She currently serves as the Division Head of Pulmonary and Sleep Medicine at Northwestern University, Feinberg School of Medicine. Dr. Laguna has asthma and her desire to take care of children with asthma inspired her to become a pediatric pulmonologist.



Dr. Jill Halterman is Professor of Pediatrics at the University of Rochester School of Medicine and Dentistry. She is a practicing pediatrician and serves as Chief of the Division

of General Pediatrics and Executive Vice Chair for the Department of Pediatrics. She runs a research program that has consisted of a sequence of community and school-based studies to better understand and improve care for historically marginalized children with asthma. The scientific merit of her work has been acknowledged through multiple scientific publications, substantial funding from the National Institutes of Health, and inclusion of several of her publications in the national asthma and school health guidelines.



Dr. J. Wesley Sublett is a board-certified allergist with Family Allergy and Asthma and is the Research Director of the Family Allergy & Asthma Research Institute. He is

a graduate of Transylvania University (BA), St. Louis University (MPH) and the University of Louisville School of Medicine. He is board certified in both Pediatrics and Allergy & Immunology,

Dr. Wes completed his Internship and Residency in Pediatrics at the University of Louisville - Kosair Children's Hospital. He went on to complete his Fellowship in Allergy, Asthma and Immunology at the University of Cincinnati. He and his family reside in Louisville.

Though written by young adults, each book in *The Class That Can: Stay Healthy series* is reviewed by a team of doctors that ensures the accuracy of all medical information. The CAN Medical Review Team is led by Dr. Ruchi Gupta, whose dedication inspires young people everywhere to live in the Land of Can!



## Dr. Ruchi Gupta



- Professor of Pediatrics and Medicine, Northwestern Feinberg School of Medicine
- Clinical Attending, Ann & Robert H. Lurie Children's Hospital of Chicago
- Director, Center for Food Allergy & Asthma Research

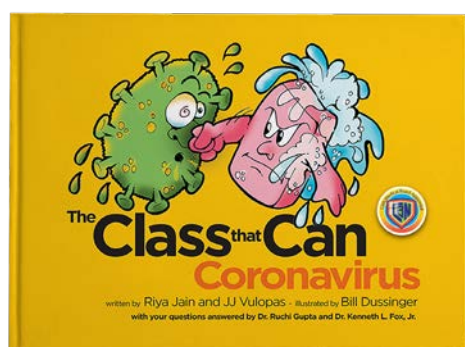
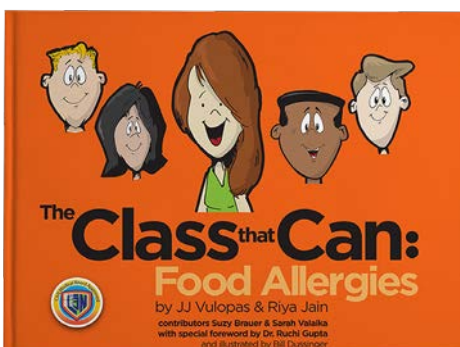
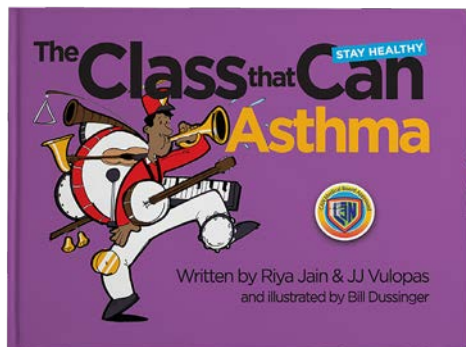
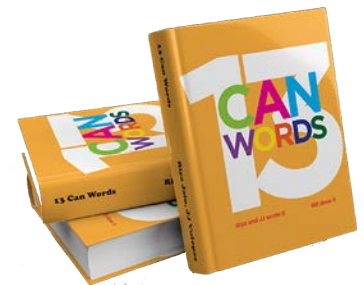
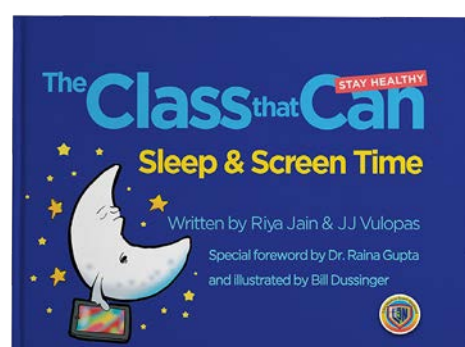
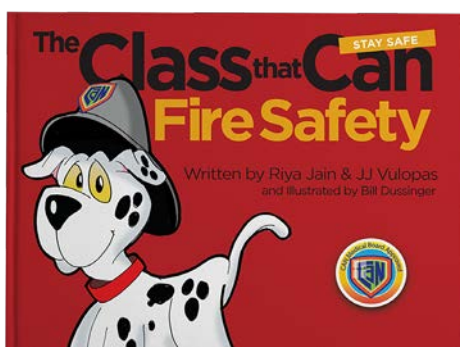
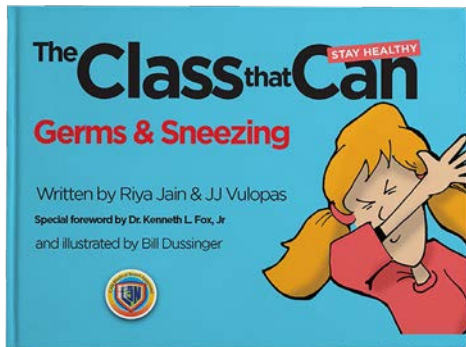
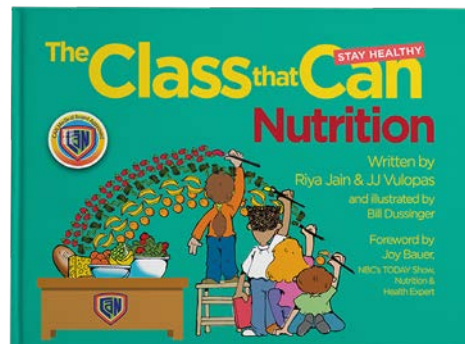
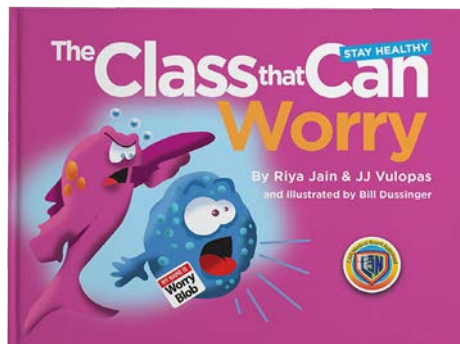
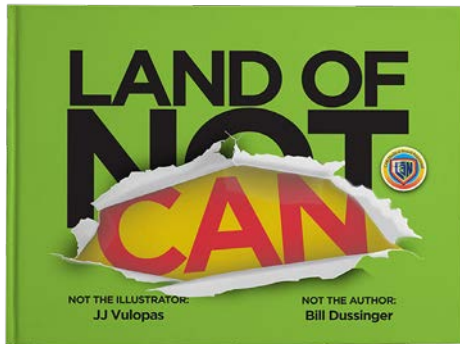
Ruchi Gupta, MD, MPH, has 17 years of experience as a board-certified pediatrician and health researcher and serves as the founding director of the Center for Food Allergy & Asthma Research (CFAAR) at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago.

She completed her undergraduate and medical education at the University of Louisville and completed her medical residency at Children's Hospital & Regional Medical Center, University of Washington in Seattle. She completed her pediatric health services research fellowship at Boston Children's Hospital and Harvard Medical School, and went on to receive her Master of Public Health from the Harvard School of Public Health.

Dr. Gupta is world-renowned for her groundbreaking research in food allergy and asthma epidemiology, most notably for her research on the prevalence of pediatric and adult food allergy in the United States. She has also significantly contributed to academic research in the areas of food allergy prevention, socioeconomic disparities in care, and the daily management of these conditions. To reduce the burden of these conditions and improve health equity, she and her team develop, evaluate and disseminate interventions for families and conduct work to inform local, national, and international health policy.

Dr. Gupta is the author of the *Food Allergy Experience* and *Food Without Fear*, has written and co-authored more than 150 peer-reviewed research manuscripts, and has had her work featured on major TV networks and in print media. She speaks to a global audience to share her research with experts and families, and as a physician, food allergy researcher, and food allergy mom, her driving passion is to improve the lives of children and their families through discovery, clinical care, outreach, and education.

# Celebrate Health, Empowerment & Safety with our CAN Catalog!



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**I AM**

**I CAN**