

# 2008 Calendar

**HyVee**  
EMPLOYEE OWNED

Kids Did It!

Hy-vee  
Kids Did It  
for  
Juvenile  
Diabetes  
Research  
Foundation  
International



Walk to Cure Diabetes



Juvenile  
Diabetes  
Research  
Foundation  
International

www.walktocure.org



### "I Am" Poem by Shannon

I am athletic and a diabetic  
I wonder if I will ever quit basketball  
I hear the ball bouncing on the court  
I see me in the hall of fame, of all the sports I play  
I want to score 1,000 points in my high school career  
I am athletic and a diabetic

I pretend no one knows I'm a diabetic  
I feel my body shaking when I am low  
I touch my fingers when I have to test my blood  
I worry that everyone will think I am different  
I cry when I lose my diabetes supplies  
I am athletic and a diabetic

I understand that people thought I ate too much sugar  
I say, I didn't, diabetes happens to one out of every three people  
I dream that they will find a cure  
I try to raise money for the diabetes foundation  
I hope everyone else will too  
I am athletic and a diabetic

age 15  
**Shannon**

Walk to Cure Diabetes



Juvenile  
Diabetes  
Research  
Foundation  
International

*dedicated to finding a cure*

sun	mon	tue	wed	thu	fri	sat
<b>December 07</b> s m t w t f s  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>February 08</b> s m t w t f s  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	<b>1</b>  New Year's Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>  Epiphany	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>  Martin Luther King, Jr., Birthday Observed	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

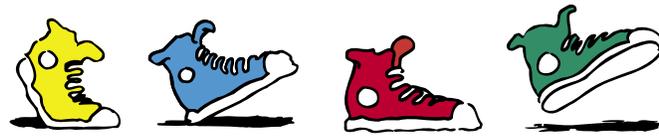
### What is diabetes?

Diabetes (medically known as diabetes mellitus) is the name given to disorders in which the body has trouble regulating its blood glucose, or blood sugar, levels. There are two major types of diabetes: type 1 and type 2. **Type 1 diabetes**, also called juvenile diabetes or insulin-dependent diabetes, is a disorder of the body's immune system -- that is, its system for protecting itself from viruses, bacteria or any "foreign" substances. A third form of diabetes, called **monogenic diabetes**, is sometimes mistaken for type 1.

Type 1 diabetes occurs when the body's immune system attacks and destroys certain cells in the pancreas, an organ about the size of a hand that is located behind the lower part of the stomach. These cells -- called **beta cells** -- are contained, along with other types of cells, within small islands of endocrine cells called the pancreatic islets. Beta cells normally produce **insulin**, a hormone that helps the body move the glucose contained in food into cells throughout the body, which use it for energy. But when the beta cells are destroyed, no insulin can be produced, and the glucose stays in the blood instead, where it can cause serious **damage** to all the organ systems of the body.

08  
**Jan**

## Walk to Cure Diabetes



Juvenile  
Diabetes  
Research  
Foundation  
International

*dedicated to finding a cure*

Juvenile Diabetes Research Foundation Internationa

120 Wall Street

New York, NY 10005-4001

Phone:(800) 533-CURE (2873)

Fax: (212) 785-9595

E-mail: [info@jdrf.org](mailto:info@jdrf.org)

### Donate

JDRF is closer now than ever to finding a cure. Your donation will make a dramatic impact as JDRF moves life altering research out of the lab and into human clinical trials. Typically, more than 80 cents of every dollar donated to JDRF goes directly to worldwide research and education about research. To stay alive, children with juvenile diabetes must take up to six insulin injections every day. By supporting JDRF's mission to find a cure you won't only be saving children, you will be saving childhoods.

### Join Us for the Walk to Cure Diabetes

JDRF's Walks are family-friendly, held at great locations, and feature plenty of entertainment, food, and fun. We invite you to become one of the 500,000 people at our 200 Walk sites nationwide this year who are making a difference in the lives of people with type 1 diabetes. You'll have a great time, get some exercise, and, most importantly, be a part of the cure!

It's up to us to make it happen, one step at a time.

You can also contact us by calling (888) 533-WALK.



**Hy-Vee Corporate**  
5820 Westown Parkway  
West Des Moines, IA 50266  
**515-267-2800**



# Contest Winners

The best of the best!

