

Dear Friends and Family,

Over the past eleven years your support has meant the world to me and without it, I wouldn't have been able to make the contributions to Juvenile Diabetes that I did. Thirteen years ago when I was diagnosed, I had no idea what would be in store for me. I could never have imagined having the support that I do now and I just want to say thank you for all the contributions you all have made. Having diabetes has been a challenge for me, I've had ups and downs. Especially, since I started high school, my diabetes management has been less than stellar. I am now a senior, and next year I will be headed off to college where I will face an even greater challenge in managing my diabetes.

Over the years when you were asked to donate money, even in the toughest of times, you all rose to the occasion and contributed sums that I couldn't have wished for. Well, I am asking if you could break out your checkbooks one last time, as this is the last year that the Anfindsen Family will be soliciting you for Juvenile Diabetes money. However, this year I am doing something different. I am an avid member of my DECA (a business and marketing club) team at Panther Creek High School, and this year as part of our community service project, we are doing the JDRF Walk to Cure. I am not the only diabetic on my team. My advisor, Mr. Gilbert and my high school principal, Mr. Nelson, both have type one diabetes and they both wear an insulin pump, just like me. So this year, I ask that you donate to the Panther Creek DECA JDRF team, and in doing so, remember that you will not be only benefiting me, but my advisor and my principal as well. I am aware that times are still tough, and that money may be scarce, so I understand if you aren't able to donate money this year. But, remember that any sum of money helps bring us closer to finding a cure for Juvenile Diabetes.

Thank you all so much for the support that you have given me over the years and one day I hope to write a letter telling all of you that I am cured of diabetes, all because your contributions made it possible. I hope that all is well with each and every one of you and God Bless!

Love,

Shannon

*To donate you can send a check addressed to JDRF in the self-addressed stamped envelope enclosed or you can go to <http://www.jdrf.org/>, click "donate", type my name into the "find a walker" space, click my name that should have appeared, click "donate now" and then you can donate however much you are able.