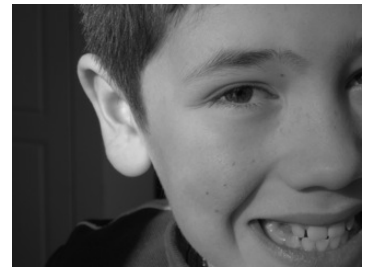




Team Liam

191 Sunset Terrace
Orchard Park, NY 14127
716-667-0112
www.teamliam.com



Dear Family and Friends,

May 1, 2011

The first three years of my life were happy and carefree. One sunny September afternoon in 2001, my life was changed forever. I was diagnosed with type 1 diabetes. Diabetes struck suddenly and with very little warning. I had never heard the word "diabetes" and didn't understand what was happening to me, but I learned quickly.

For some reason, my immune system had attacked and killed off the insulin producing cells in my pancreas. Insulin is the key that helps sugar enter the body's cells. This is how our bodies get energy. My pancreas will no longer make insulin and without insulin, I will die!

After spending a couple of days in the hospital, my parents took me home. I began a life full of counting carbohydrates, sticking my finger to test my blood sugar and insulin shots. All this has to be carefully timed so that my blood sugar will not drop too low or climb too high. It is hard work and very difficult to keep my blood sugar in a safe range. Over time, I have learned to live a happy life with diabetes, but my life will never be carefree. I will always have to worry about complications, even if I take really good care of myself. Complications from diabetes are very scary. Some of the complications are blindness, heart disease, kidney failure and amputation.

Diabetes goes everywhere with me. I take it to school, on vacation, and to summer camp. I have it on my birthday, on Halloween and on Christmas. I have it when I'm playing basketball, while I'm skiing, while I'm swimming or when I'm sleeping at a friend's house. For over nine years I have lived with diabetes. I never get a break from it, not for one day, one hour, one minute or one second.

You might be surprised to hear that there is actually one day every year I am happy to have diabetes. That day is walk day. Even though diabetes doesn't go away on walk day, my friends and family get together to walk and raise money for the Juvenile Diabetes Research Foundation (JDRF) to help find a cure.

The cure has not happened as fast as I would like. But I am not giving up! I will continue to raise money and awareness for as long as I can because I know a cure is possible. I am hoping this year's walk will be my happiest yet with a huge turnout! Please try to find time in your busy schedule to join me and help me raise money for a cure. If you cannot make the walk, then please consider sending a donation in your absence.

Here's how you can help:

1. Join me in walking and gathering as many sponsors as possible, at 11AM on Sunday, June 5th at Martin's Fantasy Island. To sign up go to www.teamliam.com, click on "Join Us," **AND CALL ME WITH YOUR T-SHIRT SIZE(S) at 667-0112.**
2. Sponsor me in the walk (and obtain a matching gift form from your employer, if applicable) by going to www.teamliam.com and clicking on "Sponsor Liam."
3. Be a Virtual Walker by going to www.teamliam.com and clicking on "Join Us."
4. Make a donation by mail. Send me your check payable to JDRF in the enclosed envelope.

Thank you,

Liam Auricchio