



Your Award Winning Hometown Newspaper

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Forward steps in a Caring Community

Briefly -

Team Rachel: "We Will Win"

Last Sunday, Rachel Martin celebrated her fourth birthday the way most four-year-olds do. Her parents gave her a party. Like most preschoolers, she opened presents—a remote control car, a toy cash register, new shoes, summer clothes, a Hello Kitty comforter, Barbies—especially a Mermaid Barbie. Many people wished her a "happy birthday." She had ice cream and cake...

But that's where the similarities between Rachel and other 4-year-olds ceased. Before Rachel could eat her ice cream and cake, her blood sugar had to be checked and the results entered into a pump she wears in a fanny pack around her waist.

Three months ago, Rachel was diagnosed with type 1 juvenile diabetes. Type 1-diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas. As many as three million Americans may have type 1-diabetes. Rachel is one of the more than 15,000 American children who are diagnosed with the disease annually. The rate of type 1 diabetes incidence among children under the age of 14 is estimated to be increasing by 3% annually worldwide.

Rachel is very fortunate to have a mother [Amy] who is a nurse specializing in diabetic instruction and care. Because Amy understands the disease so well, she was able to recognize Rachel's symptoms much sooner than other parents would have. Since January Rachel has spent time in University Hospitals, has acquired a pump which gives her auto-



matic infusions of insulin negating the need for frequent shots, has learned to prick her own finger and check her blood sugar—although she doesn't understand the difference between 114 and 314—and has a monitoring system which alerts her caregivers when her blood sugar is rising or falling.

Although type 1-diabetes is a serious and difficult disease—especially for children, treatment options are improving constantly, and people with T1D can lead full and active lives. Rachel is no exception. She leads a very active and happy life.

Rachel celebrated her birthday in yet another unusual way. On Friday, April 27, nearly 30 family members and friends joined her in Muscatine's Discovery Park to complete a JDRF

Walk to Conquer Juvenile Diabetes.

JDRF (originally called Juvenile Diabetes Research Foundation) is driving research to improve the technology people with T1D use to monitor blood sugar levels and deliver the proper doses of insulin, as well as research that will ultimately deliver a cure.

Rachel's Team completed the walk wearing t-shirts with her face atop an animated body on the front of the shirt and the words **Team Rachel WE WILL WIN!** on the back. For the three weeks prior to the walk, Rachel's family sold the t-shirt to raise money for JDRF. They sold a total of 106 t-shirts and contributed the profits to JDRF.

Nearly half of the shirts were purchased at Columbus Community

High School where Rachel's father, Jeff teaches. The caring and concern shown by the students and staff at Columbus was heart-warming to the family.

As Rachel grows older and celebrates more birthdays, everyone hopes that someday there will be a cure and her celebrations will be just like those of others her age.

Friday at Columbus was "Team Rachel" T-shirt day. A large number of people who purchased T-shirts gathered in the gym to support Rachel Martin and her family as they made the walk for JDRF in Muscatine. In the middle of the front row are her father Jeff, Rachel, her brother, Bryce, and her mother, Amy.

Life Moving Forward

Lezlie Lemar lived "life large". She was a talented young lady who excelled in softball, track, music, and art. Lezlie loved to hunt, fish, volunteered in the community and worked as a lifeguard and instructor. At the age of 18, Lezlie had an accident that changed her life. Driving from one job to the next, she swerved to preserve the life of a dog, landing in a ditch. In an instant, a vibrant young lady was paralyzed with minimal use of her hands, loss of arm strength and no use of her legs. It was a "life altering" event that changed Lezlie's outlook on life, challenged her physical abilities, and contributions to society. Lezlie is a hero today because she continues to be positive, sets an example of motivation for inspiring others, not the quadriplegic with paralysis limiting her life but the fun loving determined person continuing to "live life large".

After her accident, Lezlie fought to regain function, maximizing her abilities, relearning how to drive and ready to endeavor in an active lifestyle. Even during rehabilitation, she helped others by challenging them with wheelchairs races and activities to improve their own performance. Lezlie completed a bachelor's and master's degree in Therapeutic Recreation from the University of Iowa. Became the first Adult Easter Seals Ambassador of Iowa, raised funds for the Iowa Children's Miracle Network, lectured on Disability Awareness and Driving Safety, volunteers at the U of I Rehabilitation Program, participated in planning and training for Iowa City Accessible Buses, presented at Columbus Junction Community Schools on living with disabilities, and counsels people newly paralyzed giving encouragement on

the outlook toward their future.

Lezlie lives in her own home, bought from Habitat for Humanity. She continues to enjoy: artistry, wheelchair dancing, camping, fishing, morel hunting, gardening, mowing the yard and shoveling snow. However, she is challenged by a fixed income and economy that limits work, especially for those having disabilities. Her adaptations for driving are 30 years old, van 23 and is in complete disrepair. Lezlie does not have the resources to replace it. She continues to require medical care at the University of Iowa Hospital Clinics, an 80 mile roundtrip. Lezlie utilizes a motorized wheelchair that can only be transported by a vehicle having a lift. We know Lezlie will always "live life large"; but a new modified van will continue her independence for living life to the fullest.

VOTE HERE:
<http://www.nmeda.com/mobility-awareness-month/heroes/iowa/columbus-junction/1307/lezlie-lemar>

OR <http://www.nmeda.com/mobility-awareness-month/enter-local-hero>
Enter your information and **Promo Code 953** it'll add 5 more votes. Vote once every 24 hrs, per IP address. THANKS SO MUCH TO ALL VOTING!!

National Mobility Awareness Month

National mobility awareness month is a proclaimed that will be celebrated throughout the month of May. The purpose is to educate the public that people with disabilities constitute the 2nd largest minority group in the United States. A person with a disability or someone who qualifies as a Local Hero, could win a 2012 custom Toyota Sienna, Chrysler Town & Country or Honda Odyssey Wheelchair Accessible Vehicle.



Legion Auxiliary to meet

The American Legion Auxiliary will meet on Tuesday, May 8, at 7 p.m. Judy Shear will be hostess.

Alumni Banquet scheduled

The Columbus area Alumni Banquet will take place at Roundy Elementary School on June 9, 2012. Social Hour will begin at 5:30 p.m., and Dinner will be served at 6:00 p.m. Special recognition will be given to the 50-year (1962) class and the 25-year (1987) class. Put the date on your calendar now! Tickets are available at both Columbus Junction Banks.

Columbus Pool to open

The Columbus Community Pool will be open on Saturday, May 19, 2012 and close Sunday, August 12, 2012. The admission rates will remain the same as last year. There will be an 'early bird' sign up period for season passes. If a season pass is purchased from May 3rd through May 18th, the single season would be \$45 and the family season would \$95. They can be purchased in the high school office. Arrangements can be made for swimming lessons by calling the swimming pool office (319-728-2233). Lifeguard certification and re-certification classes will take place May 19-21, 2012, from 8 a.m. to 4 p.m. For more information, contact Sue O'Donnell at the high school.

Half Hour Club to meet

The Half Hour Club will meet on Tuesday, May 8th at 10:30 a.m. at Weber-Huston parking lot to go to Memorial Park Cemetery in Muscatine to visit the Mausoleum Life Transition Center. At 11:30, meet at Pizza Ranch for lunch, then proceed to the "Old Stone Church" near Wildcat Den. Bring a guest if you wish. Please let Connie know if attending or not, to make sure there is enough transportation.

Master Gardeners Plant Sale

The Louisa County Master Gardeners will hold their annual Plant Sale on Saturday, May 5, 2012, starting at 8:00 a.m., at the Heritage Center, Highway 61, Wapello. Come early for the best selection of plants and garden "stuff". Proceeds from this sale go toward scholarships for horticulture students.

The Louisa County Historical Society will host an afternoon speaker on Sunday, May 20, 2012 at 2 p.m. at the museum in Wapello, Iowa. Rosemary Harris of Columbus Junction, will speak about "A Lady Aviator, a Friend of Amelia's." You are invited to attend. The hosts will be the Columbus Junction Board members.

Museum in need of class photos

The Columbus Junction Museum is asking for copies of class photos that were provided for years by Shellabarger Drug. The Museum's goal is to obtain a complete set of photos for each year from the original photos provided by Shellabarger Drug until the program ended. If you have any copies that you would like to share, please contact George Bell, Gloria Newell or Lisa Hills.

P.E.O. Salad luncheon scheduled

The annual P.E.O. salad luncheon will once again bring you great food and fellowship on May 7, 2012, 11 A.M. until 1 P.M., at the American Legion Building. The theme is "Stars, Ribbons, and Salads" and cookbooks with the recipes used will once again be available. Tickets can be bought from any member, or Main Street Gifts and Antiques, Community Bank, Columbus Junction State Bank, Special Effects, or Plants and Things. Plants and Things can also put a ticket in a bouquet for that special someone, a secretary, or a friend you would like to treat. Tickets are \$7.

Quilts of Louisa County

Coming to Louisa County Historical Society on Thursday, May 10, and Friday, May 11th (both days from 1-4 p.m.) and Saturday, May 12 from 9 a.m. - 4 p.m. Many demonstrations will be presented every day. On Saturday, a quilt program will be followed by a button program. Refreshments will be available on Thursday and Friday and a luncheon will be available on Saturday. This outing will make a great Mother's Day gift! Any questions, call 728-8818.

Winfield/Mt. Union Alumni Banquet

The Winfield-Mt. Union Alumni Association is hosting the 103rd annual banquet to be held Saturday, May 26, 2012 at 6:30 p.m. The banquet will be held in the Winfield gymnasium. Alumni and guests will be served a catered buffet. Reservations may be made to Gwyn McCreight, 109 North Huntsberry, Winfield, IA 52659, phone 319-257-6710, Wanda Linder, 606 West Central Ave, Apt 9, Winfield, IA 52659, phone 319-257-6724, or to Pat Fricke, 504 West Pine Court, Winfield, IA 52659 or by email to pjfricke@hotmail.com. Please note "WMU Alumni" in the subject line. Deadline for receiving reservations is Saturday, May 5, 2012. The Alumni Association would appreciate an update of any name or address changes. A casual coffee will be hosted by the Winfield Chamber of Commerce in the school lunchroom from 3-6 p.m. on the afternoon of May 26th also. This is a time for visiting and catching up with old friends.

Louisa County Master Gardeners offer scholarship

Louisa County Master Gardeners are offering a \$500 Horticulture Scholarship to be awarded to a Louisa County graduate/resident pursuing a horticulture degree at either a community college or a 4-year college. Applicants must be a Louisa County graduate or current resident and adult/returning students are eligible to apply. Applicants must be a horticulture major, which can include turf management, landscape design, floriculture, etc. Scholarship money will be issued to the chosen recipient after first semester transcript and verification of second semester enrollment are received. A 2.0 grade point will be required to receive the scholarship money. Application forms may be obtained at the Louisa County ISU Extension Office, 317 Van Buren St, Wapello, or can be downloaded from the Extension website www.extension.iastate.edu/louisa. **The application deadline is May 10, 2012.**