



Great Strides Walk to raise funds for cystic fibrosis

BY KELLIE COBB
SUN STAFF WRITER

JONESBORO — Julie Wilkins believes that great strides are being taken to find a cure for cystic fibrosis.

She is encouraging community members to take part in the Great Strides Walk, which will be May 16 at Joe Mack Campbell Park in Jonesboro.

Registration will begin at 9 a.m., with the walk to start at 10. Lunch will be provided by Demo's Barbecue and Smokehouse.

This is the seventh year for the walk, which will benefit the Cystic Fibrosis Foundation.

"We welcome anyone who wants to support the cause to come out and walk," said Wilkins, chairman of the event.

Cystic fibrosis is an inherited, chronic disease in which the body produces a sticky mucus that clogs the lungs and obstructs the pancreas.

"The part that makes that life threatening is you automatically have a breeding ground for bacteria in the lungs. The pancreas usually releases digestive enzymes, and those digestive enzyme ducts are blocked because of the mucus. ... Nutrition is an every day issue for patients with cystic fibrosis," Wilkins said.

A mother's story

Wilkins and her husband, Brian, have a per-



Emma Wilkins (right) of Paragould plays cards with respiratory therapist Brenda Johnson while receiving treatment at the Arkansas Children's Hospital in Little Rock.

sonal interest in the CFF. Their daughter, Emma, 11, has cystic fibrosis.

Emma is one of approximately 15 people in Northeast Arkansas diagnosed with CF. Nationwide 30,000 have the disease, according to the CFF.

Most patients are diagnosed with CF before the age of two. Emma was diagnosed at age 5.

"Before Emma was

diagnosed, she was constantly having lung infections because she had vitamin deficiencies and nutrition issues. Her hair didn't grow. She was sick a lot," Wilkins recalled.

Wilkins said she was devastated at first, but her outlook became optimistic as her daughter began treatment. Doctors had told Wilkins that Emma would be a different person within six months.

"I didn't get the magnitude of that comment until six months later when we brought her back for a check up, and she was jumping from chair to chair. She had energy like she'd never had before. She wasn't skin and bones anymore. She was a normal child," Wilkins said. "That is what CF research has done for our family — allowed our child to be just a normal kid."

Driving force

Since 1955 the Cystic Fibrosis Foundation has been the driving force of finding a cure for the disease. Through its research it has been able to develop treatments that make life with CF easier, as well as prolong the lifespan of patients with the disease. When the CFF was first established, few children with cystic fibrosis lived

to attend elementary school, according to the CFF. By the 1970s life expectancy was increased to the teen years. Today the life expectancy is 37.5.

"That is pretty drastic statistical increase. But for a parent (of a child with CF) that's not good enough," Wilkins said.

She added fund-raisers like the Great Strides Walk are crucial for the CFF to continue its research.

"There's no federal funding. So it's really important for those of us who deal with CF in our everyday lives to go out into the community and try to get help," she explained. "Who knows in 10 to 20 years we may either see the cure or see a normal life expectancy. That's not possible without the research dollars at work through the Cystic Fibrosis Foundation."

A goal of \$14,000 has been set for this year's walk. Wilkins said last year \$7,000 was raised through the event. She added that 90 cents of every dollar raised will go towards CF research.

Entry forms for the Great Strides Walk are available at the Triple FM Studios on Union in Jonesboro. Donations to the CFF may also be made by visiting the Web site, www.cff.org and clicking on the Find a Walk link and going to the Jonesboro walk.

kb@jonesborosun.com

Podiatry screenings scheduled

JONESBORO — Mobility is the key to independence in older adults. To highlight the need for good foot health, the Center on Aging-Northeast and two local podiatrists will sponsor free foot screenings.

The screenings will be from 3-5 p.m. Monday and May 15 at St. Bernards Auditorium, 505 East Washington Ave.

Dr. Lee P. Woodruff with the Jonesboro Foot Clinic will conduct screenings on Monday, and Dr. Bryan Glenn with Arkansas Foot Care Center will be available on the May 15th screening.

According to the U.S. National Center for Health Statistics, foot problems can also lead to knee, hip and lower back pain. Unfortunately, many believe that it is normal for the feet to hurt and simply resign themselves to enduring foot problems that could be treated. Observing preventive foot health care has many benefits, including comfort, decreasing the chance of additional medical problems and reducing hospitalizations because of infection.

Woodruff and Glenn are doctors of podiatric medicine. Podiatrists are the only health care professionals whose total training focuses on the foot, ankle and related body systems. The podiatric physician cares for people of all ages, treating any foot problem. The common disorders include bunions, heel pain-spurs, ingrown toenails, warts, corns and calluses. The podiatric physician also takes care of sprains, fractures, infections, and injuries of the foot, ankle and heel.

"This screening is an attempt to help older adults keep their feet healthy. Knowing common problems that affect the feet is important," said Beverly Parker, director of education at the Center on Aging-NE.

Screenings are by appointment only. To schedule an appointment, call 336-5088 or (800) 745-0557.

LOWEST PRICE EVER!

HURRY IN FOR THESE LIMITED-TIME DEALS.



LG Banter™
\$9.99

after \$50 mail-in rebate & qualifying 2-yr. service agreement.

Optional faceplates shown are available for purchase.

GREAT GIFTS FOR MOM!



BUY ONE
BlackBerry® Pearl™ smartphone
GET ONE FREE
\$19.99

after \$100 mail-in rebates & qualifying 2-yr. Smart Choice Pack agreement on each line.



Samsung MyShot™
FREE

after \$30 mail-in rebate & 2-yr. service agreement.

alltel
now a part of Verizon Wireless

Call more people. Use zero minutes.

America's Largest Mobile to Mobile Calling Family – more than 80 million strong.

alltel.com
1-800-alltel-1

Promotional offers available at the following locations:

Alltel Retail Stores

• These Retail Stores Now Open Sunday.

Batesville
Eagle Mtn. Shop Ctr. | (870) 793-5518

Blytheville
• 3710 E. Main St. | (870) 762-1285

Forrest City
Grace Plaza Shop Ctr. | (870) 630-2358

Jacksonville
• 120 John Harden Dr. | (501) 241-1444

Jonesboro
• 1708 S. Caraway Rd. | (870) 930-2000

Mountain Home
1150 Hometown Commons | (870) 492-2555

Paragould
2900 W. Kings Hwy. | (870) 236-1012

Shop at a participating retailer:
Equipment & promotional offers at these locations may vary.

Batesville
Russell Cellular | (870) 307-0020

Conway
Russell Cellular | (501) 336-8649

Forrest City
Cellular Services | (870) 633-2064

Heber Springs
Russell Cellular | (501) 362-2720

Highland
Russell Cellular | (870) 856-2365

Hoxie
Russell Cellular | (870) 866-9909

Hot Springs
Tel-All Wireless | (501) 609-0600
Tel-All Wireless | (501) 767-9400

Jonesboro
Russell Cellular | (870) 336-2828
Russell Cellular | (870) 930-1400

Malvern
Tel-All Wireless | (501) 467-8500

Melbourne
Russell Cellular | (870) 368-7959

Mountain Home
Russell Cellular | (870) 425-0866

Osceola
Ike's Wireless | (870) 563-0002

Paragould
Russell Cellular | (870) 335-2919

Pocahontas
Russell Cellular | (870) 892-0045

Sheridan
Tel-All Wireless | (870) 942-1890

West Helena
Mobile One | (870) 572-1313

Wynne
Cellular Services | (870) 208-9289

Walmart

For Business & Government Accounts call 1-866-WLS-BIZZ or visit alltelbusiness.com

Federal, state & local taxes & charges apply. In addition, Alltel may charge monthly connectivity, regulatory, administrative & 911 surcharges up to \$2.19 & federal & state Universal Service Fund fees (both may vary by customer usage). These additional fees may not be taxes or government-required charges & are subject to change. Additional information regarding your taxes, fees & surcharges is available from your Alltel customer service representative & on your monthly bill. Phone Details: Phones & applicable rebates available for a limited time, while supplies last, with activation of a qualifying rate plan. Rebate will be in the form of a VISA gift card. Limit 1 rebate per qualifying purchase. Phone may be returned within 15 days of purchase. If mail-in rebate certificate has been submitted, Alltel will refund the purchase price less the rebate amount. Customer pays applicable taxes. See rebate certificate for details. Blue & silver faceplate included with purchase of The LG Banter. Optional faceplates available at an additional charge. **Smart Choice Pack Requirement:** All new or existing customers activating or upgrading to a smart device, including the BlackBerry® Pearl™ smartphone, are required to purchase & maintain a Smart Choice Pack for the duration of their contract in order to qualify for the in-contract phone price. **Mobile to Mobile:** Certain Alltel customers not joining Verizon Wireless. See alltel.com for updates & eligibility. Mobile to Mobile minutes apply to calls between eligible Alltel Wireless & Verizon Wireless customers that begin & end in your plan's calling area. Call forwarding, 411 & voice mail calls excluded. **Additional Information:** This offer may be limited due to time, supplies, coverage, or participating locations. \$25 non-refundable activation fee & possible \$200 early termination fee apply per line. Offers are subject to the Alltel Terms & Conditions for Communications Services available at any Alltel store or alltel.com. All product & service marks referenced are the names, trade names, trademarks & logos of their respective owners. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress® & related trademarks, names & logos are the property of Research In Motion Limited & are registered &/or used in the U.S. & countries around the world. Used under license from Research In Motion Limited. Screen images are simulated. ©2009 Alltel Communications, LLC. All rights reserved.

