

League Logs

Spring 2013



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Mission Statement

The Junior League of Montgomery, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The opinions expressed in this publication do not necessarily reflect those of the Junior League of Montgomery, Inc.

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EDITOR'S NOTES

Time Tested Beauty Tips

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge that you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; Never throw out anybody.

Remember, if you ever need a helping hand, you will find one at the end of your arm.

As you grow older, you will discover that you have two hands, one for helping yourself and the other for helping others.

–Sam Levenson

Often misattributed to Audrey Hepburn, this poem actually originated from American humorist and journalist Sam Levenson, who wrote it for his granddaughter. It was known to be one of Hepburn's favorites; she read it to her children, and often to others when asked for her beauty tips.

Reading this poem brings to mind the many beautiful deeds that Junior League members perform every day in our community. This year's volunteer placements truly were evidence of the helping hands that our League members extend in the River Region. On page 40, you will read about the Blanket Drive that generated 1652 items, including shoes and boots, for our homeless community. On page 46, read how volunteers brought a sense of care and concern to the families living at Mary Ellen's Hearth by celebrating the important days in their families' lives. As part of the Cancer Wellness Foundation placement, our committee members brought holiday meals, compassion, and one-on-one assistance to families searching for more economical health plans (page 18). These are just a few of the agencies that Junior League of Montgomery is proud to support, and thanks to the success of our inaugural Shamrock Shuffle featured on page 14, JLM will have an even more significant impact on our community in the years to come.

Happy spring!

Carmen



League *Logs*

SPRING 2013 EDITION

Volume 87 Number 2

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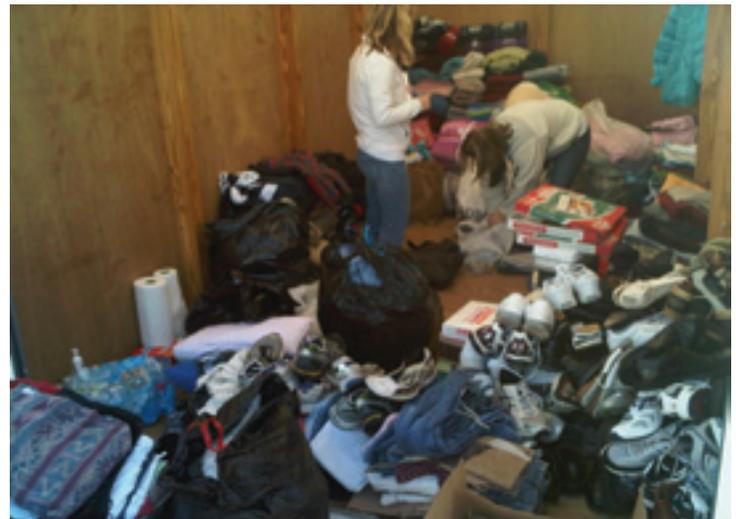
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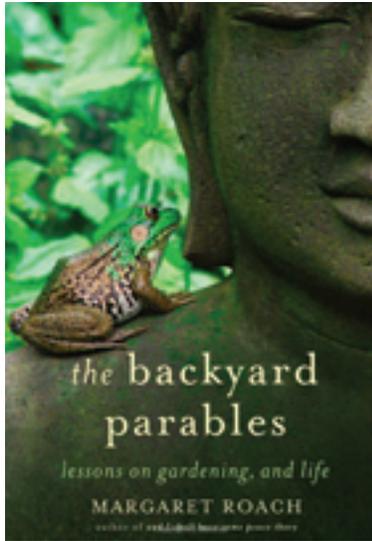
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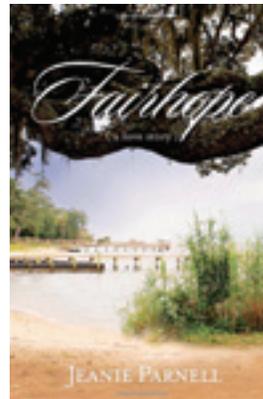
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JLM MEMBERS VOLUNTEERING AT THE NELLIE BURGE COMMUNITY CENTER:

Mary Ellen's Hearth

provides a transitional home with loving support for mothers and children who have experienced family crisis, economic hardship or general shortage of safe, affordable housing.

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SUPPORT THOSE THAT SUPPORT US! THANK YOU TO OUR ADVERTISERS:

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Nothing great was ever achieved without enthusiasm.

—Ralph Waldo Emerson

Junior League of Montgomery is fortunate to have so many enthusiastic volunteers. Without them, we would never be able to live up to our mission or to make an impact in our focus area—strengthening families.



PRESIDENT'S MESSAGE

Some of the most enthusiastic members I know have been busy for months planning the [Shamrock Shuffle](#). Held on March 16, this run was an opportunity for us to venture out of our comfort zone and try something new. An adaptive race expert designed the course and we look forward to building on that aspect of the race in the future. Watching racers compete while wearing kilts and listening to the sound of bagpipes on the race route made it hard not to get into the spirit of St. Patrick's Day! I cannot thank Wynn Dee Allen and the rest of her committee enough for the countless hours they dedicated to this event to make it a success.

A project for which I have great enthusiasm will provide families of children with autism in the River Region the opportunity to receive therapy closer to home. This partnership with the [Central Alabama Community Foundation](#) and others to bring the [Glenwood Autism & Behavioral Health Center](#) to Montgomery is a great example of how community partnerships can bring about needed change.

I experienced a houseful of enthusiasm on March 19 at the home of Lulie Grant. Sustainers gathered at her home for our annual luncheon. Maria Hill prepared an amazing meal and it couldn't have been served in a more beautiful setting. I was overwhelmed at how excited these women are about the work our organization is still doing in the community after 86 years.

Thank you for continuing to inspire me with your enthusiasm for the work we do.

Warmly,

A handwritten signature in black ink that reads "Savannah Davidson". The signature is fluid and cursive.

President

Junior League of Montgomery

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walk to Fairview restaurants, shops & theater! Spacious great room w/wood floors, 10ft ceilings & marble gas fireplace, separate dining room, sun rm, large breakfast, play rm/study area & spacious master. The island kitchen has been updated & features a gas stove, subway tile back splash, antiqued granite & two pantries! Two large guest bedrooms upstairs. \$299,000. Call Anna Kate at 799-3597.



PIKE ROAD



SWIMMING POOL

A large lot, sparkling pool, 2 car garage & a gated drive are just a few of the extras this 3 BR, 2 BA Johnston home offers. An oversized great room w/new wood floors, built in cabinetry & cozy fireplace, dining rm, breakfast rm, a cook's kitchen w/double ovens, granite counter tops & more. The master suite boasts an updated bathroom w/ 2 walk in closets. \$169,000. Call Anna Kate at 799-3597.



MORE THAN MEETS THE EYE

Professionally decorated, this charming floor plan offers 3 BR, 3 BA, a large great room, separate sitting/dining area & study (or 4th BR). Upgrades include wood floors throughout living areas, crown molding, upgraded fixtures & surround sound in the great room & on the covered patio. Wyndridge offers its residents 2 lakes, picnic area & tennis courts. \$309,000. Call Anna Kate at 799-3597.



THE SURPRISE IS INSIDE!

Upgrades-upgrades throughout this 3 BR, 2 BA in Ryan Ridge. Vinyl wood plank floors offer low maintenance in the living area. The great room is centered by a beautiful chandelier & gas FP. Upgraded flooring in dining rm, new tile floors in the kitchen & breakfast rm. Large master suite features a walk in closet, & bath w/fresh spa-like paint colors. Fenced backyard. \$139,000. Call Anna Kate at 799-3597.



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in Wynlakes. Fabulous one story, 3 BR, 2 BA brick home features 12 ft+ ceiling heights, separate living rm, dining rm, open kitchen, large tiled breakfast rm w/2 large pantries, great room overlooks covered patio & small backyard. Spacious Master suite offers 2 walk-in closets, & a spa like master bath. Two car garage w/dadded storage + a sprinkler system. \$289,000. Call Anna Kate at 799-3597.



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Lynn Beshear

SUSTAINER OF THE SEASON

By Cindy DeLongchamp



Junior League of Montgomery is proud to select
Lynn Beshear as our Sustainer of the Season.

"Excellence is the Result of Caring more than others think is Wise, Risking more than others think is Safe, Dreaming more than others think is Practical and Expecting more than others think is Possible."

-Ronnie Oldham

This motto is one of many inspiring phrases that have guided **Lynn Beshear** in her civic direction for over 30 years in the River Region. Lynn has shared her time, gifts and talents with so many central organizations in the area, and the Junior League of Montgomery is honored to name her as the **Sustainer of the Season**.

Lynn was born and raised in the beautiful town of Durham, North Carolina. She received her nursing degree in North Carolina and met her husband, Dr. James Robert Beshear, while working at Duke University Medical Center, while he was working as a pediatric intern.

Dr. Bob's training and work resulted in several moves throughout the southeast, but fortunately for our community, Montgomery is where she and her family ultimately landed and raised their three children; Elizabeth (Beth), Margaret (Courtney) and James (Ross). Of the many awards and civic accomplishments bestowed upon her, Lynn believes that her most important and challenging job was being a parent. She considers her greatest accomplishment in life was to raise three children to believe that "they could be anything they

wanted to be," then watch them realize their potential and mature into successful adults.

Lynn joined the Junior League of Montgomery in 1981 at the invitation of fellow Sustainer Judy Kyser. "When I met Lynn Beshear for the first time, I knew she was special. Her warm personality was endearing and we became fast friends. Lynn was smart, energetic, organized and caring and I knew that her gifts and abilities would be a great asset to the League," said Judy. Lynn, who had only lived in Montgomery for three years before accepting the invitation, knew the reputation of the League to be one that trained local volunteers and sent them into a welcoming community to create positive change. Lynn credits the League for new friendships, the credibility to be part of a respected organization,



planning skills and project experience. Her advice to League members is that they find their niche and commit their skills, time and energy to transform what matters most to them. With her nursing background, Lynn gravitated towards health-related JLM placements. While working for the American Heart Association, she collaborated with Dr. Bill McGuffin to create a program in Montgomery's public high schools to focus on the awareness of hypertension (high blood pressure). This initiative was called Heart Health

Education of the Young, and is a program of which Lynn continues to be very proud to have been a part.

Lynn was present during the years that JLM witnessed a significant shift in its community focus. The League hired a national consultant who led an extensive reorganization process. The public perception of the League was, at the time, exclusively that of hosting fund-raising projects. JLM was challenged to send volunteers into the community to make a difference, and as a result, adopted public education as the League's primary focus. During the transition, titles and responsibilities of the officers changed to reflect the new initiative. The position of "Placement Chair" became "Community Vice President" and Lynn was the first to serve in that role on the Board of Directors for the League. She embraced the challenge as her opportunity to reinvent the position and strongly believes the old adage that one should "take a risk...because we learn the most from our mistakes."

The new public education initiative was not Lynn's only focus during her active years with the League. She and fellow Junior League member Caroline Novak decided to push forward with another much needed change within the League's membership profile. Lynn and Caroline made very significant strides to diversify the racial integration of the JLM which, until 1990, had not extended League membership invitations to African-American ladies in the community. Lynn, who has always believed that the only behavior you can change is your own, was determined to lead by example and make that change by personally issuing an invitation to join the Junior League of Montgomery to Kathy Sawyer, our first African-American member. Lynn had met Kathy during their Leadership Montgomery classes. She knew Kathy to be knowledgeable about state government and interested in propelling the community forward, a perfect fit for membership.

Today, Lynn is active with many organizations in the River Region. One of her main focuses is Envision 2020. Lynn is the Executive Director of Envision 2020, the community-driven strategic planning effort involving citizens and leaders in the Central Alabama River Region covering the counties of Autauga, Elmore, Lowndes, Macon and Montgomery. Its purpose is to develop shared goals encompassing all aspects of the region's future and to see that those goals are

implemented. Examples of the areas in which Envision 2020 has concentrated staff and board focus include: Smart Growth and New Urbanism education and collaboration, leading the collaborative process surrounding the complexities in regard to everyone having access to healthcare, and an initial collaborative leadership role, along with Central Alabama Community Foundation, to create the Helping Families Initiative programs in the region.

Lynn also continues to work with [Leadership Montgomery](#), a very popular program with many of the city leaders. Leadership Montgomery's mission is to develop diverse leaders into extraordinary change agents, to affect positive civic transformation. The vision of the group is to create a city of effective, compassionate, and unified community trustees built upon relationships characterized by respect, trust, and understanding among leaders who represent the diverse segments of Montgomery.

Lynn has a tremendous reach in the community. Here are just a few of her area accomplishments, past and current: Montgomery Academy Admissions, Montgomery Ballet, Medical Spouses Alliance, the United Way, First United Methodist Church, Success by Six, American Heart Association, Advisory Council of the Montgomery Downtown and Riverfront Development Foundation, Junior League Community Advisory Board, Volunteer and Information Center Board, Kid One Transport, Metro Montgomery YMCA Board, Helping Montgomery Families Initiative, advisor to the Children's Museum of Alabama, WSFA-TV Editorial Boards, The Hampstead Farm Board, AUM School of Liberal Arts Advisory Board, Montgomery Public Library Foundation Board and Chair of the long-range planning process for the First United Methodist Church.

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Shamrocks and Shenanigans

By Erin Schovel Turnham



On March 16, 2013, Junior League of Montgomery held the first Shamrock Shuffle, a multi-tiered race incorporating a 10K, 2K, and Tot Trot. For some, it was an opportunity to participate in their first 10K run.

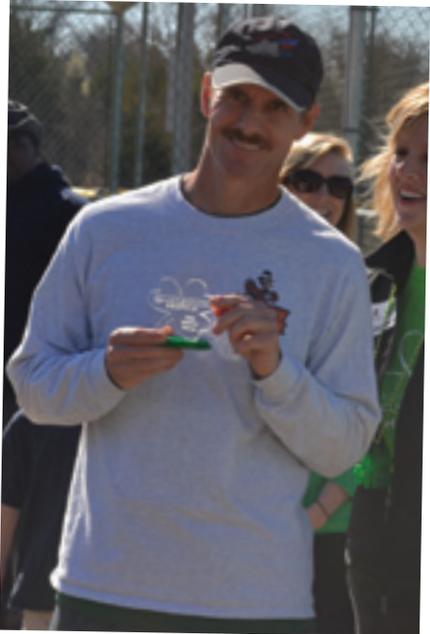
One such first timer was the overall winner of the Shamrock Shuffle, 12 year old Carter Chandler of Montgomery. Chandler turned in a gun time of 42:30. When asked about the race he said, "It feels great to win my first 10K! I got lots of encouragement and it was a lot of fun." Other racers gave Chandler high fives as he ran. He wants to try other races and is looking forward to the next Shamrock Shuffle.

Two hundred sixty participants in the 10K pounded the pavement from Edward Thompson Park on Ray Thorington Road, down Park Crossing Road to Taylor Road and back to the park. The race brought attention to this new connector for the New Park subdivision. The course was chosen with adaptive sports in mind and was both USATF certified and a Peachtree qualifier. Racers who came out to begin their Saint Patrick's Day celebrations with family and friends ate up the road while enjoying a beautiful, cool spring morning. The Shamrock Shuffle has the distinction of being the only 10K race in town open to adaptive sports with a racing wheelchair division. While there were no racing chair participants in this first race, the Junior League hopes to attract participants to the next Shamrock Shuffle in 2015.

For Robert Lee of Montgomery, who was the third place winner in the 60-69 male category, the day marked a significant milestone. The Shuffle was his 100th race. Lee was excited about this being Junior League of Montgomery's first race and he enjoyed the course. "It was an ideal course to run," he said. "It was flat and fast and we didn't have a lot of competing traffic because they haven't built up that area yet. It was a good day for a race in Montgomery." Lee keeps a notebook to document all of his races and he saves his bib numbers.

The race will be held every other year alternating with the League's popular spring rummage sale, Bloomingdeals. The Shamrock Shuffle committee, led by Chair Wynn Dee Allen, included Victoria Belton, Allison Bonds, Cindy DeLongchamp, Amy Godsoe, Julia Henig, Bernadette Hollinger, Tina Nixon and Sally Pitts. The committee worked for months to organize the race, and their hard work was evident. League members worked in shifts to complete pre-event planning such as distributing brochures, making motivational signs for the participants, assisting in the Junior League office, stuffing bags for racers, organizing materials at Wilson YMCA, and handing out race packets to registered participants. The day of the race, many League members participated in the 10K or the 2K. League members also worked the personnel table, registered racers, helped race sponsors to set up their booths, handed out water to passing racers, directed participants along the route, distributed refreshments, helped collect donated shoes, cheered racers, directed the children's activities, assisted with awards for the 10K and 2K, and helped clean up after the race.

Children at the event had their faces painted, created encouraging signs for the runners and enjoyed the playground at Edward Thompson Park. Some kids even joined in the spirit of race day by running the Tot Trot, held for children ages 4 and under. These littlest racers are excited to participate in the next race! Quite a few families took part in the different races together, from the 10K down to the Tot Trot, and mothers with children in strollers were out to enjoy the day. Julia Henig, Junior League active member and a member of the Shamrock Shuffle committee, wore many hats on race day. While she fulfilled her duties



as a committee member, she cradled her infant son in her arms at the final ceremony and served as a stand-in to accept medals for friends, neighbors and recruits who won awards in the race. Henig said she was "excited to be outside, enjoying a healthy lifestyle and a beautiful day." The Shamrock Shuffle was conceived as a way for Junior League of Montgomery to not only raise money for the ongoing support of various community projects, but also as a way to bring attention to the value of making healthy choices.

After the race, DJ At Large kept spirits high with party music. Racers revived with snacks and quenched their thirst with protein drinks, water and beer in celebration of St. Patrick's Day. At the end of the day, participants were rewarded with the satisfaction of having completed a significant race.



Top times were awarded in several categories:

Overall:

1st Male and 1st Female:

Carter Chandler (42:30) and Janie Alford (44:02)

2nd Male and 2nd Female:

Parks Gilbert (42:33) and Tara Katz (45:26)

3rd Male and 3rd Female:

Alex Perry (42:47) and Julie Blankenship (46:54)

Top Male and Female Masters (40+):

William Sammon (44:34) and Elizabeth Daniels (54:49)

Top three Male and Female in age divisions:

14 and under:

1st Male: Mitchell McCord (52:21)

2nd Male : James Torbert (56:53)

15-19:

1st Female: Memory Reese (58:24)

20-24:

1st Male and 1st Female:

Devin Jenkins (58:35) and Helen Williamson (48:22)

2nd Female: Whitney Cadwell (1:02:51)

3rd Female: Sara Cody (1:02:51)

25-29:

1st Male and 1st Female:

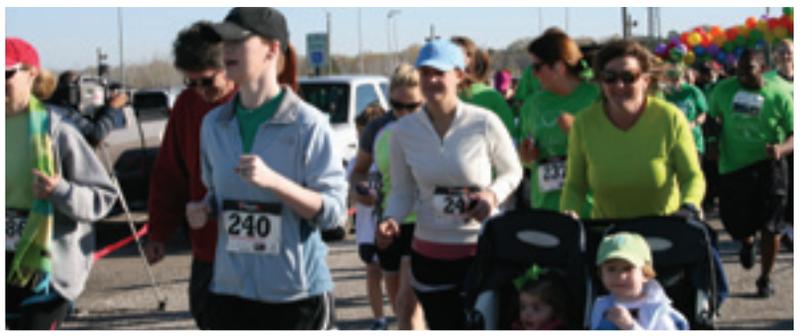
Matt Cach (45:13) and Jessica Weyreuter (50:01)

2nd Male and 2nd Female:

Bernard Haran (45:22) and Amanda Hayes (54:41)

3rd Male and 3rd Female:

Trey Hayes (46:55) and Courtney Slater (55:27)

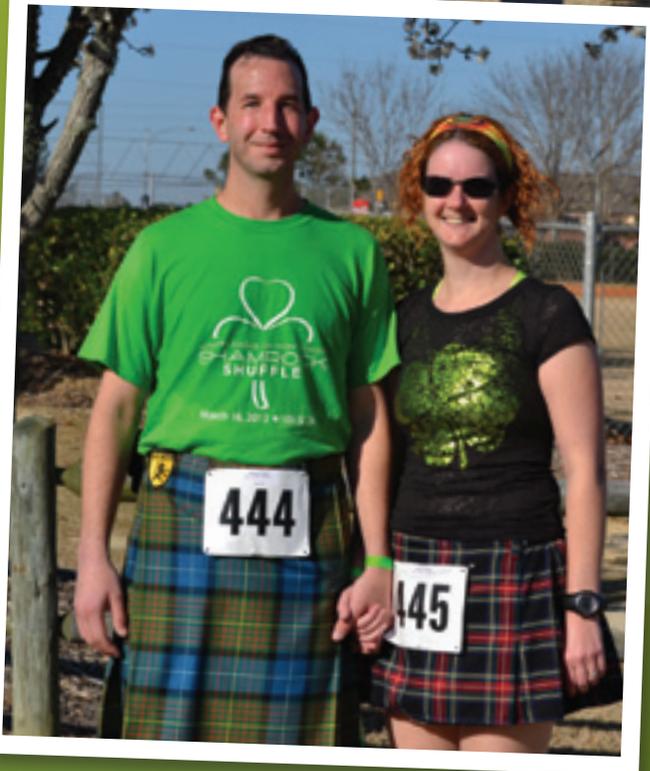


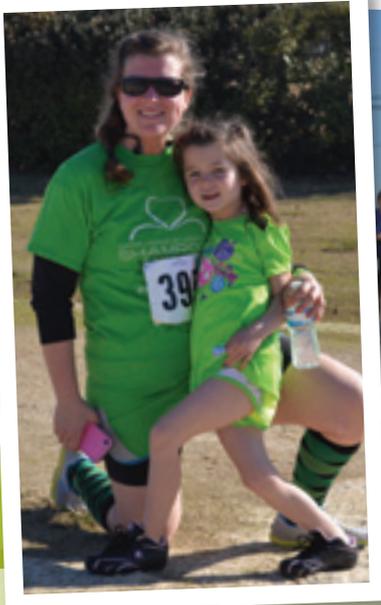


March 16, 2013



17





30-34:

1st Male and 1st Female:

Kyle Brocius (46:58) and Brooke Sheffield (47:50)

2nd Male and 2nd Female:

Marcus Penn (52:11) and Heather Riley (50:48)

3rd Male and 3rd Female:

Nicholas Kauffeld (53:00) and Lindsey Henig (54:31)

35-39:

1st Male and 1st Female:

Mark Beggs (45:37) and Mary Katherine Skipworth (52:01)

2nd Male and 2nd Female:

Heath Watson (53:30) and Jenny Roth (52:46)

3rd Male and 3rd Female:

Guilhong Martins (53:38) and Laura Rue (52:47)

40-44:

1st Male and 1st Female:

Jon Howe (45:49) and Andrea Jordan (59:54)

2nd Male and 2nd Female:

Paul Tullo (47:27) and Rhonda Janssen (1:01:09)

3rd Male and 3rd Female:

Dan O'Connor (54:39) and Amy Rodgers (1:01:40)

45-49:

1st Male and 1st Female:

Scott Pierce (46:01) and Melodie Jones (57:36)

2nd Male and 2nd Female:

John Porter (51:42) and Lisa Free (1:04:55)

3rd Male and 3rd Female:

Matthew Gallegos (52:21) and Robbin Simmons (1:06:42)

50-54:

1st Male and 1st Female:

Duane Nickerson (48:05) and Jean Forbus (54:56)

2nd Male and 2nd Female:

Tom Kincer (49:43) and Lisa Reese (57:21)

3rd Male and 3rd Female:

Ray Griffin (54:48) and Lisa McKenzie (1:00:12)

55-59:

1st Male and 1st Female:

Alan Newman (58:17) and Dawn Barkalow (56:31)

2nd Female: Sue Connor (1:04:18)

3rd Female: Beth Johnson (1:04:50)

60-69:

1st Male and 1st Female:

Dee Moody (54:12) and Chris Green (1:08:54)

2nd Male and 2nd Female:

Steve Searcy (54:58) and Patricia Rutland (1:48:03)

3rd Male: Robert Lee (1:01:41)

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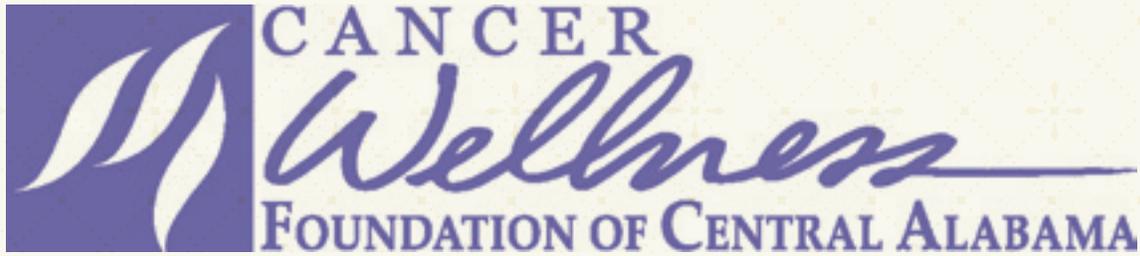
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MEMBERS GIVING HELP AND GIVING HOPE

By Joanna Kirkland



"Giving help...Giving hope" is the motto of the Cancer Wellness Foundation and that is exactly what they do each and every day. This year, ten of our Junior League of Montgomery (JLM) members, led by Committee Chair Amy Ashley, served on the Cancer Wellness Foundation of Central Alabama community placement, making this motto their own.

Committee members included Kisha Bailey, Leah Wilson, Faith Goshay, Danita Rose, Mary Guyton, Anissa Parker, Catherine Ray, Megan Hughes, and Elizabeth Mathews.

This placement offered JLM members many opportunities in which to serve. The Social Services Program of the Cancer Wellness Foundation provides support services during cancer treatment to underserved cancer patients in the region. In 2010, this client base consisted of approximately 1,000 Central Alabama residents. An event for Medicare Part D Open Enrollment was offered on a Friday, giving clients who may not have a computer (or who have had trouble navigating the Medicare website) the opportunity for one-on-one assistance. JLM volunteers attended pre-event training to learn how to assist clients in navigating the open enrollment process, as well as how to comparison-shop drug plans, with special attention to oral chemo medication.

Open enrollment day was the most memorable experience for Committee Chair Amy Ashley. "Seeing patients leave with a smile on their faces and a cheaper drug plan made all the hard work and training pay off."

Another facet of this placement was providing emotional support for patients and their families. This was accomplished

by preparing delicious Christmas meals that stayed within the prescribed nutritional guidelines for the patients. This was a coordinated effort of JLM members and the staff of Cancer Wellness Foundation of Central Alabama to prepare the meals and have them delivered by Christmas.

The most flexible opportunity within the placement was the "Volunteer with a Volunteer" program. JLM members could devote as many hours as they wanted Monday through Friday working with an experienced volunteer in a direct care patient treatment setting. Patient assistance in and out of vehicles, wheelchair transportation, providing directions to building locations, and check-in assistance at patient kiosks were some of the responsibilities taken on by our volunteers. They also transported charts and information between internal departments, and most importantly, offered comfort to patients.

The services provided by the Cancer Wellness Foundation are tremendous. Amy shared that having lost her grandfather to cancer, she understands firsthand the emotional support that cancer patients and their families need. The ladies on this committee shared the joys of being able to help those in need, and the sadness when a patient loses his or her battle with cancer.

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"My experience with the Cancer Wellness Foundation actually started long before joining the Junior League," said committee member Megan Hughes. "I have been a volunteer for years, volunteering for events like their Skippy Golf Tournament, Shoot For Life, Taste for Life, the Welch Drawdown and Holidays of Hope. I was thrilled as a first year active in the League to see the Cancer Wellness Foundation on the list of opportunities. This year we've helped senior citizens look at the options for them with Medicare Part D. Being a young professional with great health insurance and very little medication prescriptions to pay for each month, it was very eye-opening to see exactly what some people go through. Medications are expensive, yes. But to see what some people have to pay for the medications their doctors have deemed necessary made me want to work for the rest of my life! It was a pleasure to be able to show these folks the savings that could be afforded to them by taking advantage of Medicare Part D."

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A FOCUS ON Women's Health

By Joyce Loyd-Davis, CRNP



Our health is one of the most valuable assets we possess! Therefore, it is important to take care of ourselves and operate at an optimal healthy state.

Men and women are different; this is nothing new, right? Our bodies function differently and we respond to stressors in a different fashion. Since National Women's Health week is in May, I would like to focus attention on women's health in this article. There are several things related to health we could discuss, but for the sake of not writing a book, I am going to highlight three areas of importance to help achieve optimal health.

The first thing is to Know Your Numbers! Women should have baseline information on important numbers relative to their health. Important numbers are blood pressure, blood glucose, cholesterol, heart rate and waist size.

Blood Pressure: This measures the health of your heart. It is represented as systolic over diastolic pressure. The top number, your systolic pressure, is an indication of the blood the heart is pushing out. The bottom number, the diastolic pressure, indicates the heart relaxing between beats. If your blood pressure is high, your heart is working harder to deliver blood throughout your body. A normal blood pressure is below 120/80.

Blood Glucose: A blood glucose test measures how well your body processes sugar, and gives you an indication if you are at risk for diabetes. If your number is too high, you may be diagnosed with diabetes. Measuring this number gives you an early indication to modify diet and exercise to prevent or delay onset. Your glucose should be less than 120.

Cholesterol: This number measures the amount of fat in your blood. There is a breakdown of LDL (Bad Cholesterol) and HDL (Good Cholesterol). LDL is indicated as bad cholesterol because it promotes the build up of plaque in the arteries. HDL is considered good cholesterol because it helps keep LDL out of the arteries. HDL should be greater than 60 and LDL should be less than 110. The higher your LDL, the more you are at risk for heart disease.

Heart Rate: This is the number of times your heart beats, usually expressed per minute. It is important because your resting heart rate should be between 60 and 100. A higher resting heart rate puts strain on the cardiovascular system and may result in fatigue or injury.

Waist size: The circumference of your waist is important because it is a predictor of many other conditions, including heart disease. A waist circumference over 35 inches becomes a risk zone for poor health conditions. Monitoring your waist size and losing weight are essential to achieving optimal health.

Secondly, include Exercise as a regular part of your life! Exercise should truly be a daily part of your lifestyle. Exercise improves cardiovascular health, works in harmony with the digestive system, increases energy, and promotes weight loss. There are several reasons to start a regular exercise routine. Most importantly, exercise helps to improve your "numbers" I listed above: it lowers blood pressure, improves resting heart rate, decreases LDL in your blood, and improves your waist size. This can be accomplished by spending 20-30 minutes exercising daily. If necessary, you can have two 10 or 15 minute sessions a day. Strive to obtain or maintain an ideal body weight as indicated by your medical provider. There are many ways to incorporate exercise in your day:

Walking or running can be challenging, especially in combination, but this heart-healthy activity helps to really burn calories.

Gym exercise offers many options and choices to get in a quick 30-minute workout or a more intense hour if needed. Oftentimes there may be a trainer in the gym to guide your exercise routine and assist in promoting weight loss.

Cycling is a low impact exercise that can be done in the gym or outside.



Women's Health: Know the Numbers

Know these numbers that are key indicators of your health:

Blood Pressure: Yours should be at or less than 120/80.

Total Cholesterol: Ideal total cholesterol is below 200, with HDL ("good") cholesterol above 60, LDL ("bad") below 110 and triglycerides below 150.

Blood Sugar: Normal levels are less than 120.

Body Fat %: Recommendations for women are 19–30%

Heart Rate: Normal rate should be between 60 and 100.

Waist Line: Should be less than 35 inches.

Swimming gives a resistance impact to exercise which also improves muscle tone and strength.

Playing a sport, high-impact or low, improves the cardiovascular system and promotes weight loss.

Aerobics is a high impact exercise which stimulates the cardio system and burns fat.

The third area of importance is to Decrease Stress!

Stress is a normal part of life; however, our response to stress can often be abnormal. The body responds to stress mentally, emotionally and physically. These manifestations become negative when stress is not controlled. Research indicates stress can increase a person's risk for chronic illness and lead to unhealthy behaviors. Stress can possibly lead to depression, hypertension, obesity, ulcers, thyroid disease, hair loss, and sexual dysfunction. Therefore, it is important to control stress. A few tips for stress management are as follows:

Meditation or Yoga: spending quiet time in meditation and seeking spiritual relief. Yoga has often been linked to a time of simple exercise, slowing down and disciplining one's mind.

Adequate sleep: it is important to obtain adequate sleep. A well-rested body helps one to think more clearly and sharpens one's reaction to situations.

Exercise: exercise improves the blood flow to your brain, which improves your clarity of thought. Exercise can also be very relaxing.

Discuss your stress: talking about the stressors is often helpful. Find someone you can confide in, join a support group, or seek professional help.

Re-focus: spend time diverting your energy to another avenue. Focus on something different you would like to do in life or focus on helping someone else who is less fortunate.

Make that lifestyle change today! Focus on your health and things that really matter. Consult your medical provider for guidance toward your optimal health plan. The things that work for your neighbor may not work for you. Everyone is different and there are so many other variables to consider. The numbers provide in this article are general. Please consult your Medical Provider to obtain your specific numbers; it's a worthwhile visit.

Joyce is a JLM member and City Councilwoman Ward One, Millbrook, AL.



Women of Hope offers support group meetings, the 2nd Tuesday of each month, free of charge to any breast cancer patients/survivors, caregivers, family members, friends, or anyone interested in becoming a part of this compassionate journey. WOH support group meets at Frazer United Methodist Church at 5:30 PM in room 8114. Light refreshments are served. We encourage you to bring a friend and join Women of Hope...Women Of Montgomery Embracing and Nurturing Hope Of Prevention and Eradication of breast cancer... as we pledge to give hope, promote healing and advance our community for the cause! Hope is the assurance that one day we will be able to live cancer free. For more information regarding these support group meetings, please contact Women of Hope at 334-220-4599, email womenofhope@charter.net, or visit www.thewomenofhope.org. Also, check us out on Facebook.

Camp Sunshine for Girls

VOLUNTEERS NEEDED!

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Camp Sunshine for Girls is celebrating its 25th Anniversary Season this summer. Camp organizers are looking for women to serve elementary school-aged girls from financially-disadvantaged families in our community. Without Camp Sunshine, these young girls would have very limited summertime recreational opportunities.

WHEN: Camp Sunshine will be held Monday, June 3–Friday June 7, from 8:30am to 3:30pm each day. There will be a training camp for volunteers on Saturday, June 1.

WHERE: The campsite is on the Middle School Campus of The Montgomery Academy, Monday–Thursday, and at Kamp Kiwanis on Lake Martin, Thursday night–Friday. Thursday, June 6th, will require an overnight stay.

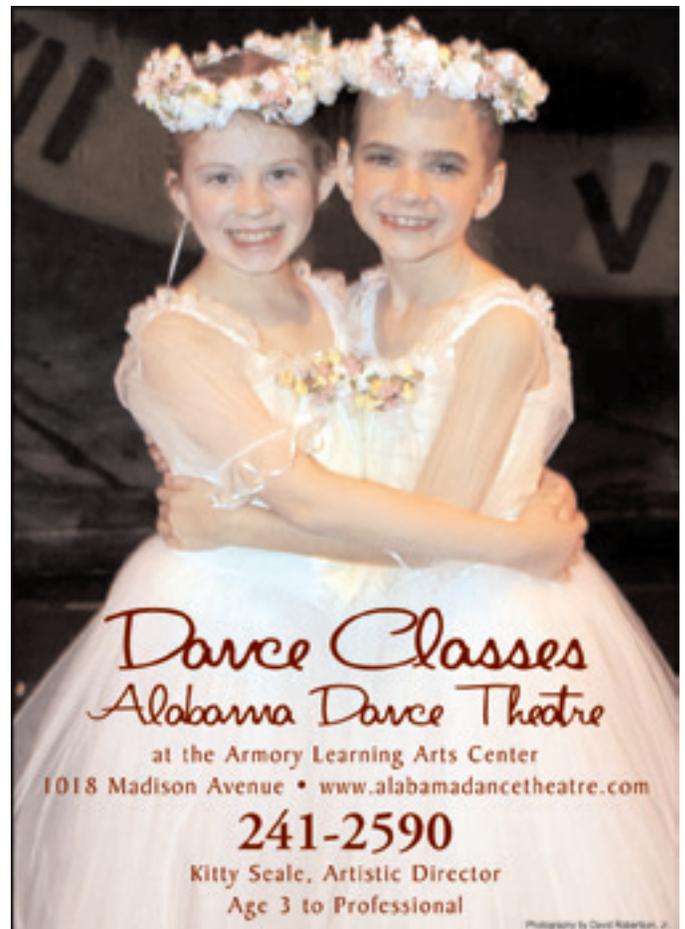
If you are interested in learning more about the opportunity to be a volunteer at Camp Sunshine for Girls, please contact Laurie Jean Weil at 877-284-7060 or 334-467-9799 or by email at drljw@aol.com.

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JUNIOR LEAGUE Southern Belle in Stuttgart

By Charneice McKenzie



Grüß Gott, y'all.

That's how you say hello, or literally, "Great God," when you're an American southerner living in southern Germany. I arrived in Deutschland in the middle of summer a little over a year ago with two suitcases full of sundresses, capris, halters, wedges, and flip flops.

I nearly froze; I seriously had to borrow a coat to bundle up for a 4th of July celebration at U.S. Army Garrison Stuttgart. Eventually, the rest of my items were shipped and the months that followed have been nothing short of eye opening.

I'm an Air Force Cyber Officer. I work at Defense Information Systems Agency Europe. There I plan cyber, computers, and communications exercises. One of the coolest experiences was working as Officer in charge of Network Operations for Combined Endeavor—the largest Command, Control, Computers, and Communications (C4) exercise in the world. There, 42 militaries got together to test their equipment and make sure it could all work and communicate together.

I did not choose cyber as a career; the Air Force chose that for me, but I did choose the Air Force. I will say there was family influence. Like a lot of people, I had a WWII era army soldier as a grandfather. Then his daughter, my mom, grew up to enlist in the Air Force before becoming an officer. Even so, I didn't think the military was for me. I just imagined G.I. Jane (yelling, super-tough, masculine women) in the military. Even my mom is a stern, no-nonsense woman. I knew I wanted to serve others and be a leader in something that made a difference in the world and positively impact people's lives. So, when an army ROTC recruiter started highlighting those values (in between class and the food court) my sophomore year of college, it resonated with me and I thought I'd try out Air Force ROTC classes (instead of army ROTC). I registered for AFROTC classes without any obligation, and it seemed like a good fit, so I committed to serving, and the rest is history.

Stuttgart is a joint base, meaning all branches (Army, Navy, Marine, Air Force, and militaries from other nations) work there. At Maxwell, the primary mission is educating and training airmen. In Stuttgart, home to U.S. European Command and U.S. Africa Command, the missions are maintaining peace and stability in a region just a short distance away from Russia, the Middle East, and Northern Africa. Any time you hear about any of these regions in the news, you best believe there are some busy folks on my base. Proximity to these hotspots changes one's awareness and perspectives about security threats. Even America looks different when observed from Europe. In addition to proximity to some of the world's more unstable regions, Stuttgart is an amazing central hub of Europe! I'm no more than a four-hour ride away from four of Europe's most fabulous national capitals (Paris, Prague, Zurich, and Brussels). It's not an issue to have breakfast in Germany, lunch in France, and dinner in Switzerland. I have done my share of traveling before, but always as a tourist. But here, I am no longer a European Tourist. Every day I experience my Carrie Bradshaw moment as she and "Big" scope out the huge Manhattan loft and she exclaims, "Hello, I live here!" I recognize the jackpot of blessings I've been given by moving here, but living in a foreign land isn't without its grief.

Since WWII, Germany has had the highest population of Americans outside of America. English is Germany's second language and even those who claim to only speak a little English are quite impressive when it comes to getting their ideas across. So, although I have taken German classes, I haven't really been forced to use it. It's the other little things



aside from language barriers that make simple aspects of life more challenging. Germans are serious sticklers about copyright, so anything with original music on YouTube is blocked. Netflix takes a VPN to gain access which means without it, I'll be watching SpongeBob Square Pants and Starsky and Hutch in German. Processes are different as well, such as nail & hair salons (most are appointment only), shopping, dining out, riding a train, and registering a vehicle, which can be a nightmare until you learn how the system works.

Even grocery shopping for the first time brought anxiety. I have entertained fellow shoppers while trying to explain to the butcher what kind of meat I wanted. Nothing like acting like cow, sheep, pig, chicken, or turkey in front of a bunch of strangers to force you into learning names of food (oh, and by the way, Schinken means ham, not chicken.) No one has ever heard of Swiss cheese, because Switzerland is home to many different cheeses. Green tomatoes are a rare find in the summer. Even with the stress of not being able to read labels, I just apply the "buy what looks good and hope for the best" method when I can't read labels. It's actually been fun stumbling upon tasty new dishes. In Germany, there seem to be rules for everything and everyone follows them. Try mowing your lawn on Sunday or before noon...expect to be scolded in German. The same goes for crossing the road when the crosswalk is red, even when nothing is coming in the middle of the night.

Aside from the huge collection of minor discomforts of not being home, here is a list of the positive changes of perspective I've gained from serving my country abroad:

Get used to doing things differently. As southerners, I think we tend to hold on to our time-honored traditions. It can be extremely uncomfortable changing them or letting go. Since I cannot come home for every holiday and every wedding, I have learned to celebrate the holidays differently, and that's okay. This past Christmas, I attempted a menu with traditional favorites from the American South and the German Sud. For Thanksgiving, I went on vacation; it's not like I was going to be able to fit a Butterball turkey (imported from the states, of course) into a tiny European-sized oven, anyway!

People are really more alike than we are different. We have the tendency to try to make up superficial differences when there really aren't any.

I now know how to drive a stick! This is a land where stick shifts are the rule and not the exception. To get a driver's license, parents must send their 18-year old to a €2,000 driver's school where they learn from a pro how to drive a standard transmission. Parents are not allowed to teach their kids. My driver's education class back home never covered the manual transmission. Not knowing how to drive a manual should not keep you from zipping down the autobahn in a sassy German (or Italian) sports car.

Give up the fast food and get into the gym. Germany does not have a fast-food culture, but it does do fitness centers like Montgomery does Baptist churches—there's one on every corner. Germans are especially fit and active. Nothing—not weather, nor age—slows them down. It can be



snowy and rainy and they will still be out, bundled up, running. You will see friends in their 70s hiking in the woods, come rain or shine. Additionally, cafés and restaurants are extensions of one's living rooms. People host and entertain friends for hours. Unlike in America, waitresses do not try to hurry you out the door when you've finished eating. Sometimes, if space is limited, random people will sit at your table. Visiting the restaurant is usually the main event of the night. It's a much more social atmosphere.

Wellness. In addition to physical fitness, people take time to replenish themselves here. There's a Spa & Sauna in every neighborhood and people take regular spa visits. Wellness is not a thing of luxury, but just a simple way of life. Spas and wellness centers are part of Germany's universal healthcare plan and are amazingly inexpensive for those with the plan, and even for outsiders like me. While church here isn't as popular here as it is in Montgomery, the spa is popular for families to attend together on Sundays. So instead of using Sundays to shop or run errands, it's used to rest.

Embrace the weather. Like I said, it was freezing in July. If you wait for good weather to have fun, it'll never happen. At Oktoberfest, it poured down like an Alabama thunderstorm and the people just kept on having a good time, some still getting spun upside down on rides. People still dine alfresco in the winter; they just wrap a blanket around them. I knew I wanted to travel, but when the opportunity came to tour Budapest I almost backed out due to snow. The snow wasn't

stopping anyone else, so I sucked it up and had a blast. Besides, it's wonderful seeing some of these ancient cities under a foot of snow.

Speaking of feet, I'm getting really good at metric conversions. I'm constantly converting miles to kilometers, pounds to kilograms, Celsius to Fahrenheit. (How much can I lift in the gym? If a new baby is two kilograms, is that healthy? How much do I tell the German doctor I weigh? Twenty-five degrees feels like home; nineteen, maybe grab a coat. All my Pampered Chef recipe books are in Fahrenheit, but my oven is in Celsius. How many centimeters tall am I when the German fitness lady asks?)

Americans work way too hard and way too much. Here, depending on your work, it's common to get 30 days paid time off for summer vacation at the end of August, which is usually about the time that American tourists start leaving the continent. That's when tourist hot spots (Rome, St. Tropez) become less crowded. Germans flock north to Scandinavia, England, or even to America or Cuba for the summer and south (Mediterranean) for winter holidays. Between German federal holidays and their month of paid vacation days, Germans have plenty of time to enjoy and explore the diverse continent in which they live. When you combine German and American holidays, it really seems like no one ever works. The best are holidays that the Germans don't celebrate—Columbus Day, Thanksgiving, even Valentine's Day is pretty low key because there is no competition for



reservations. Every weekend, folks are on the move. Europeans scoff that only 30% of Americans have passports and most do not travel. They cannot fathom most Americans getting only two weeks total time away from work per year! And of course, we're not going to spend all that money just to travel for a week or so. A person cannot even get over jet lag in that time. Any time I have a rough day at work, I just remember that when I'm off, I get to leave and instantly be on vacation.

I developed a more adventurous spirit, knowing my time was limited in Europe and I wanted to make the most of it. But it's being here that I have learned that I have much exploring to do in America. A German soldier was telling me how he'd been to the Grand Canyon but never the Neuschwanstein Castle—Germany's biggest tourist attraction, which served as the inspiration behind the Disney castle. I've been to Neuschwanstein, but in all my years in America, never the Grand Canyon. Likewise, I have visited Normandy and the Luxembourg American Cemetery where General George Patton is buried, but never to Arlington National Cemetery. I spent nearly every weekend and holiday (I counted 64 days) of 2012 traveling. When I lived off Taylor Road, I spent my weekends exploring the new arrivals in the Shoppes at East Chase, or in bed, for a marathon of Kardashian-watching. I could have been exploring the sights and tasting the foods of the fabulous southern cities around me.

Seasons change. In Alabama, the seasons are usually summer, football season, and hunting season. Being a native Kentucky girl, I add basketball season to it. Over here, Americans still maintain their football season, but that requires staying awake crazy-late to watch favorite teams, as we are seven hours ahead of Central time zone in the U.S.A. Hunting isn't too popular in metropolitan Stuttgart, but we add Ski season. When you live an hour from the breathtaking Alps, skiing or snowboarding becomes en vogue. I've even

picked up this hobby. In Germany, each season is greeted with a festival. Fests give us an excuse to dress up in dirndls and lederhosen and stand on tables to sing and dance to classic and 80s rock. You've all heard of Oktoberfest which is just a giant fall festival celebrating the marriage of King Ludwig I to Princess Therese. But there's also Volksfest in Stuttgart, summer fest (which features wine instead of beer), spring fest, and winter fests. Winter fests are similar to JLM's Holiday Market where folks buy wares and keep warm by drinking Glühwein or warm, mulled red wine (often kicked up a notch with bourbon or amaretto). The French call it "vin chaud." I'm not sure why this hasn't caught on in the U.S. yet.

As my time in this wonderland gets shorter and my "must-see" list is still country-miles long, I recall a "president's message" article from a former JLM president, encouraging Junior Leaguers to focus on all the "good things accomplished," rather than those still left to do. I have seen some beautiful places, tried some delicious food, and have grown to love another country and call it home. Here, I've had some of the most fascinating conversations of my life—one with a naked former Nazi at a spa, another with a French-speaking German Jew who escaped the holocaust by fleeing to Shanghai. I've challenged myself professionally and personally. Now, my next challenge will be to determine what to do with my new understanding of the world and how my altered new perspective and insight into other cultures can help shape others.

Charneice has started a blog. To read more, go to southernbelleinstuttgart.blogspot.de. She returns to Montgomery this summer to continue her cyber career with the Air Force.

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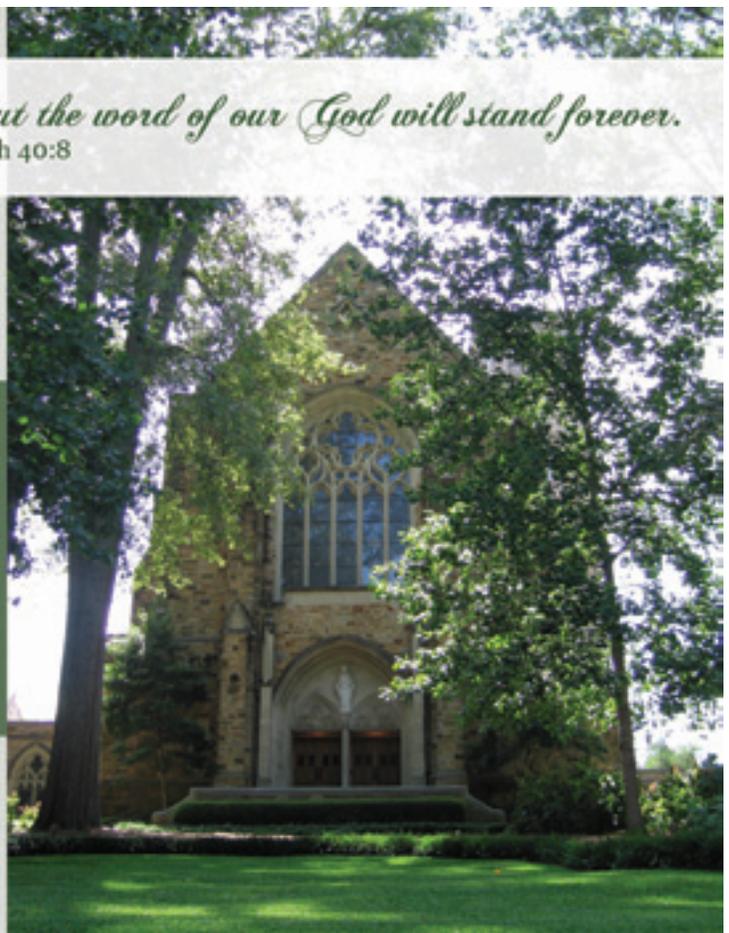
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Compiled by Cindy DeLongchamp



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The Community Advisory Board consists of prominent community leaders, nominated and elected by the Junior League of Montgomery Board of Directors. The members are selected from diverse vocations in the River Region and offer the Board expertise and counsel in areas such as non-profit work, accounting, finance, communication, and the law.



ANNA BUCKALEW

Anna B. Buckalew is the Chief of Staff for the Montgomery Area Chamber of Commerce. As the Chief of Staff, Ms. Buckalew is responsible for oversight on all Chamber operations, strategic planning, policy development and administration. During her 24-year tenure with the Chamber, she has served in a number of roles including management of the Chamber's Convention and Visitor Bureau, Small Business Resource Center, Membership Development and

Communication functions. Ms. Buckalew is a native of Birmingham, and graduated Summa Cum Laude from the University of Alabama with a degree in Communications and Public Relations. She is also a graduate of the United States Chamber of Commerce Institute for Organization Management at the University of Georgia. Anna has been active in a variety of professional organizations such as the Chamber of Commerce Executives of Alabama, the Business Council of Alabama, the Economic Development Association of Alabama and the American Chamber of Commerce Executives, Communications and Government Relations Council. She is also the former director and vice president of the Public Relations Council of Alabama, Montgomery Chapter. She currently serves on the Boards of the Montgomery Ballet and the University of Alabama Capstone Communications Society, and is a graduate of Leadership Montgomery, Class XIV.

Anna is blessed with a son, Matthew, and husband, Jim, who is the President of Alabama Real Estate Holdings and Chairman of the Board, Point Clear Holdings. She and her family attend First United Methodist Church, where Anna volunteers as a Sunday school teacher. Anna was elected by the 2011-2012 JLM Board of Directors and will serve as a JLM Community Advisor through August of this year.



JEFF DOWNES

Jeff Downes is the Chief of Staff/Deputy Mayor for the City of Montgomery. This position, created after Mayor Todd Strange was elected, involves providing overall leadership in the operations of our dynamic city. Mr. Downes began his career 35 years ago as an intern in the Finance Department for the City of Montgomery. He became a permanent hire two years later as the first Risk Manager for the city. Under his direction, the Risk Management division began numerous initiatives designed to control the costs of certain risk exposures. These included the creation of a workers compensation management system, a fully integrated employee assistance program, drug testing program, international drug importation program, self-insured liability program, and flexible spending account program utilizing debit cards.

Mr. Downes graduated with honors from Auburn University with a B.S. degree in Public Administration and then from A.U.M. with a Master of Public Administration degree. Jeff is a certified workers compensation claims adjuster and is the Chairman of the Board of Trustees for States Risk Retention Group, a captive insurance company domiciled in Vermont. Mr. Downes has also served in many different community groups and Boards including the Young Montgomerians Business Club, Big Brothers/Big Sisters, Weed and Seed Program, Montgomery Area Food Bank, St. Bede Child Development Center, Jubilee Cityfest, Health Services Inc., YMCA, Eat South, and Catholic Social Services. He is a graduate of Leadership Montgomery and Leadership Alabama. He and his wife, Penny, have four children; Chad, Sydney, Harrison and Alexandra.



TOMMY MCKINNON

With 20 years of experience in strategic marketing and advertising, Tommy McKinnon serves as the System Director of Marketing and Communications for Baptist Health. He oversees the establishment of integrated strategies, plans and programs designed to ensure that all communication, marketing and public relations efforts are cohesive, consistent and effective in supporting Baptist Health's mission and advancement goals. Tommy has been an integral part of promoting Baptist Health's faith-based mission by spearheading the introduction and proliferation of the organization's Sacred Work initiative. His career has included employment with Brookwood Medical Center, HealthSouth Corporation, Miller Communications and Source Medical, all located in Birmingham. Tommy believes in giving back to the community through active service on several local and regional boards, including Centerpoint Fellowship Church, the Mayoral Leadership Montgomery Advisory Council, Kid One Transport, the Governor-appointed Board of Examiners for Assisted Living Administrators, Girl Scouts of Alabama and the Montgomery Public Schools CareerTech Advisory Council.

Tommy graduated from Birmingham-Southern College with a Bachelor of Arts degree in English. He is a published novelist, avid sailor, golfer, and enjoys taking Taekwondo classes 3-4 days each week with his children. Tommy resides in Montgomery with his wife, Sandy, three children—Kendall, Connor and Stinson—and Harley, the family's killer five-pound Chihuahua.



LESLIE SANDERS

Leslie Sanders is Vice President of Alabama Power's Southern Division. She is responsible for providing service to customers in south central Alabama, including the Montgomery area. A 25-year veteran of Alabama Power, Leslie previously served as Vice President of Governmental Relations, where she was responsible for overseeing all aspects of governmental affairs for the company at the state level. She has been in her current role since August 2011. A graduate of the University of Alabama, Leslie joined Alabama Power in 1986 and has since worked in staff and management positions including Constituency Relations director, Public Information representative for the company's Southern Division, and as a Marketing representative in Montgomery. Prior to joining the company, she was a public relations assistant with Humana Hospital and a media buyer for Cunningham, Black and Farley in Montgomery.

Among her civic and professional activities, Leslie serves as the chairman of the Montgomery Riverfront Development Foundation. She also serves on the board for the Alabama Department of Human Resources, Children's First Foundation, Montgomery Area Chamber of Commerce, Montgomery Area Committee of 100, AL Agriculture Board, Alabama Archives and History, Montgomery County Public Library, and the Metro YMCA. Leslie was the coordinator of the 45th anniversary of the Montgomery Bus Boycott with the city of Montgomery and the Montgomery Improvement Association. She was an Advisory Board Member for the Women of Influence, task force member of the Department of Children's Affairs, Steering Committee for Rutgers Center for American Women and Politics Forum.

Leslie and her husband, David, live in Montgomery with their two children, Brittany Leigh and Blake David.



KATHY SAWYER

Kathy Sawyer is a modern-day pioneer. She is best known in Junior League circles as the first African-American member of our Junior League of Montgomery in the late 1980's.

After graduating from Sidney Lanier High School in the early 70's, Kathy attended the University of Alabama where she graduated Cum Laude with a B.S. degree in Social Welfare and then a Master's degree in Social Work. Ms. Sawyer currently works as the Independent Compliance Administrator, appointed by the United States District Court for the District of Columbia, to guide and oversee the Department on Disability Services' compliance with exit criteria in the Evans v Gray Class Action Lawsuit. Ms. Sawyer has also spent the last seven years working as an independent consultant, providing technical assistance to clients in strategic planning, resource development, litigation management and community organization, primarily in government areas of health, mental health and human services. A few of her clients included the State of Alabama Governor's Finance Office, Governor's Office and Department of Mental Health, as well as the Public Affairs Research Council of Alabama, the Department on Disability Services in the District of Columbia and the United States Justice Department.

In 2005, the Kathy Sawyer Leadership and Advocacy Award was established by Minority Mental Health Consumers, and is awarded annually at the Alabama Mental Health Consumers Conference. Kathy's other professional affiliations include the Alabama Department of Human Resources Board of Trustees, former Trustee of Alabama State University, Co-Chair for Envision's Mental Health Advisory Committee, and Assistant Director for Camp Sunshine for Girls.



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Books ON THE Nightstand

Compiled by Marcy L. Ingram



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This edition of Books on the Nightstand will have you heading to your favorite bookstore or online book site to pick up some of the books reviewed. The reviewed books range from whimsical to educational to inspirational, to even a cookbook (for those of us, like your humble writer, who are kitchen-challenged.) So settle back with a cup of tea or coffee in your favorite chair, and see what a couple of your fellow JLM members have been reading; you may just find your perfect book.

Our first critic:



Crystal Smith is a wife, supermom of two children, and an avid gardener who lives in Wetumpka. She is active in the children's ministry at her church and has been the nursery coordinator for the past 14 years. Crystal is a first-year active JLM member and really enjoys the community involvement she has been a part of with JLM and

the friendships she has developed with other members. Crystal is a Wealth Management Banker at Bank of America/Merrill Lynch.

Crystal's picks:

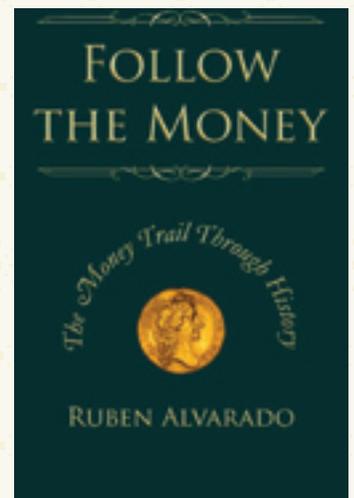
Follow the Money: The Money Trail Through History By Ruben Alvarado

Alvarado, in his debut, offers a detailed study of money and financial concepts through the ages.

In this stimulating, offbeat work of history, the author posits that the manufacture and manipulation of money—and the radically different approaches societies have taken to both those activities—have shaped events in more comprehensive ways than standard histories allow. The author carefully examines ancient cultures, such as those of Egypt,

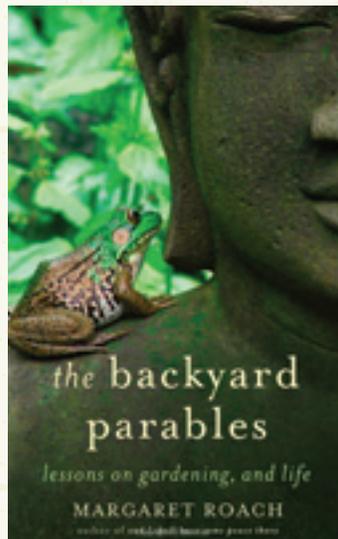
Mesopotamia, Babylon and Phoenicia, and calls their central monetary device of precious metals the "universal glue" of these societies. The artificiality of metal standards, he points out, has been a bone of economic contention throughout history; for example, he quotes U.S. presidential candidate William Jennings Bryan's 1896 Democratic National

Convention speech, crying out against a gold standard which he saw as potentially crucifying mankind upon "a cross of gold." The gold standard takes a beating from Alvarado as well, who asserts that "the nations of the world have no need of a Wizard of Oz to grant them prosperity." He also rails against the "triumph of prodigious proportions" that allowed international bankers to seek control of currency, "not of one nation, but of all nations at once." Finally, Alvarado makes a wide-ranging case against the concept of fixed rates of exchange, claiming they ultimately strangle economic growth. The author's research is vast, and he marshals his facts with considerable skill.



The Backyard Parables : Lessons on Gardening, and Life By Margaret Roach

Early in the book, Roach (*And I Shall Have Some Peace There*, 2011, etc.) includes a quote from Bertrand Russell: "Every time I talk to a savant I feel quite sure that happiness is no longer a possibility. Yet when I talk with my gardener, I'm convinced of the opposite." This conundrum encapsulates this third book from Roach, a longtime blogger and former editor for Martha Stewart Living Omnimedia. From the descriptions within, the author gardens in much the same way she writes—nothing is turned away, provided there's a suitable space for it. Roach considers the sounds of gardening, terminology, different pricings of what she grows to sell, childhood gardens, the passing of seasons—both for a garden and for a person—and the contributions of science toward the creation of a more pleasing experience of garden tending. The author is also unafraid of poking fun at herself and the many well-entrenched habits of gardening she cannot back away from—for example, having spent a lifetime gardening in long pants, she tried shorts only to relent within the half-hour, feeling that she was doing a disservice to the colors of the flowers with "the color of the canvas I provide with my tender flesh." Roach scatters gardening tips throughout the book, noting that other books provide more along those lines, but that these tips are shared in the interest of spurring on readers to return to their own gardens. You can truly have your own therapy session in your yard with nature.

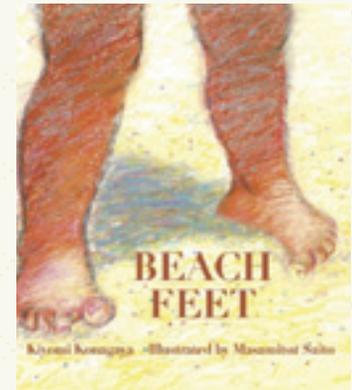


Beach Feet By Kiyomi Konagaya, illustrated by Masamitsu Saito, translated by Yuki Kaneko

From the "Being in the World" series, volume 2

Some of my fondest memories are from family beach vacations—that is what I want for our children! The cover art

depicts pudgy toes scrunching down into the sand, and the book opens to a first-person, stream-of-consciousness text detailing the child's seaside experience. It's never clear whether this child is a boy or a girl, but this doesn't matter, as from page to page those feet from the cover art feel the heat of



sunbaked sand, the coolness of the ocean waters and the hard pressure of a seashell underfoot. The moment-by-moment narration delivers the child's experiences in brief snippets of text that exult in the wonderful experiences of the surroundings. Throughout, Saito's pastel illustrations make the most of cool and warm shades to convey the juxtaposition of water and sand and sun, while spontaneous line work depicts the exuberance of the child's movements and the ebb and flow of the sea. Together, words and pictures combine to create a slice-of-life picture book that is more about the character(s) and less of a story, a real mood piece.

Our second critic:



Jessica Hales is native-born to Spokane Washington, but given her Air Force BRAT (Born, Raised and Trapped) status, she has lived in North Carolina, California, Guam, and finally, Alabama.

Jessica is a graduate of Prattville High School (Go Lions!) after which she obtained her bachelor's and master's degrees in Psychology from Auburn University and AUM. She has worked in the mental health field in various capacities for the past 20 years and is currently employed by the Department of Mental Health, coordinating statewide community services for adults with serious and chronic mental illnesses. She also enjoyed ten years as an adjunct professor for the Psychology Department, teaching introductory and intermediate psychology courses.

Jessica attributes her adventurous spirit to her childhood experiences of moving from place to place, as well as making friends from varied cultural backgrounds. She enjoys kayaking, hiking, primitive camping, going to the movies, reading when she has time, and writing poetry. She enjoys annual ski trips with friends to the northwest states. In spite of an unfortunate placement of a rock in the middle of a mogul run resulting in a broken hip four years ago, she continues to hit the slopes... just not as hard! A few years ago, she paid homage to her Irish roots by journeying along the coast and country lands of Ireland with friends witnessing firsthand why the country, at least at that time, was identified as one of the most dangerous places to drive, second only to Greece!

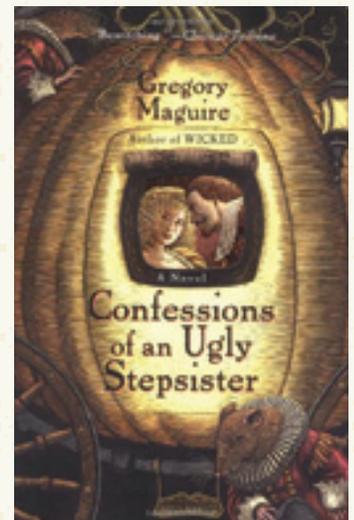
Although Jessica's family tree is strongly rooted in the small agricultural towns of Wayne County, North Carolina, Prattville has served as her hometown for the majority of her life. Both of her parents, also living in Prattville, contributed to her affinity toward the arts and creativity. Jessica credits her mother with infusing her with a love for dance. "I am very grateful my mother enrolled me in ballet classes at a young age. Dance became a powerful source of expression and primary refuge through my teen years." She attributes her love of music and somewhat twisted sense of humor from her father who, in his younger days, was the life of any party. He continues to be a master storyteller. Jessica enthusiastically embraces the title of crazy aunt to two lovely and talented girls, Ashley (18) and Lauren (13), daughters of her older brother who lives in Georgia. Silliness is an art and often underrated! She has dedicated her role toward teaching them not to take themselves and life too seriously. Jessica also has one other sibling, a brother 14 years her junior, with whom she is very close. Lastly, Jessica is an adopted parent of a nearly 20-year old tabby named Zull, also known as "demon kitty." Although Jessica has raised her from birth, Zull is the one and only Queen of the household. Jessica's most recent adventure includes acquiring a home within the Emerald Mountain community with her long-time significant other. She describes it as a treehouse because it sits privately perched along a forested slope which can be viewed from the home's unusual storefront windows... a perfect venue for this self-proclaimed dreamer.

Jessica's picks:

Confessions of an Ugly Stepsister: A Novel By Gregory Maguire

Gregory Maguire is a master at retelling our long loved fairy tales, turning them upside down and inside out, forcing us to view the world from a completely different perspective. In *Confessions of an Ugly Stepsister*, Maguire strips away the magical elements of the childhood tale of Cinderella and exposes human vulnerabilities as well as society's pretenses. He postulates various concepts of beauty such as artistic expression and skill, that of physical form and perfection, and the act of grace and charity. He explores how each reveals itself within the world around us and liberates or restricts our choices and actions.

The main character, Iris, pales in comparison to the flowers of her namesake. Her cleverness, intelligence, and gift of repartee, often noted by those with whom she interacts, are quickly overshadowed by the unnatural and rare beauty of reclusive Clara, even soot stained, if glimpsed. Ruth, Iris's older sister, is nearly non-communicative and extremely awkward, providing little promise of elevating their mother's societal status. Iris considers herself and her sister as members of God's gallery of mistakes. However, Iris purports that Clara, too, is a member! Clara's extreme beauty appears to be an affliction. Having suffered from early childhood trauma upon from which her mother perpetuated fear and promoted her isolation, Clara became even more reclusive upon her mother's death, and folds within a world of her own making. Iris's mother appears to be the only character unencumbered by ethical dilemmas and is driven purely by ambition. It is only through Iris's growth as an artist that she discovers her own value and emerges the heroine in this tale.



I was intrigued by Maguire's use of this particular story to explore the depth, complexities, and struggles of the human condition as well as the fickle nature of society's ideals and values. The unlikely heroine perfectly illustrates how we all have potential to be triumphant in spirit.

The Bride & Groom's First Cookbook by Abigail Kirsch with Susan M. Greenberg

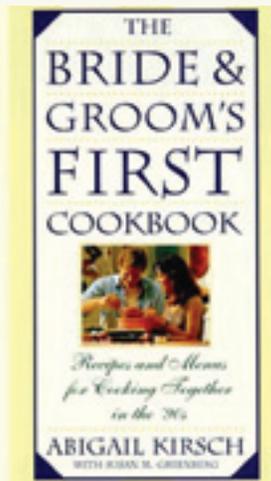
Before reviewing the merits of the third book, I feel compelled to provide a little historical context as to why this book appeals to me. At age 11, my mother began cooking, first mastering Cathead Biscuits, one of many required dishes expected of girls growing up on a country farm (she had honed her skills working side by side with my grandmother).

To this day, my Mom remains quite adventurous, showing no loss of enthusiasm in the kitchen.

For me at age 11, with the exception of being tasked as potato peeler, bean snapper, and occasional onion slicer, I often found excuses to avoid kitchen duty until all completed dishes conspired to beckon house occupants, no matter how well hidden, with invisible seductive and fragrant fingers. Nowadays, I am not without the occasional inklings of kitchen ambition, collecting nifty appliance or gadget. Most kitchen ventures end in conversations with my mother for advice on how long I need to cook X-pound pot roast and, yes, shamefully, at what temperature.

However, my lack of skill has not deterred me from the steady, ongoing perusal and collection of cookbooks. I can whittle away hours caressing the slick pages of the Chocolate Lover's Cookbook, daydreaming about the glorious concoctions I might one day make.

I found a cookbook which captured my interest. The inside sleeve promised "the first modern and manageable teaching cookbook for young couples whose sophisticated tastes



outdistance their kitchen skills and available time." Ignoring the premise that the book was targeted to newlyweds who supposedly would share in cooking and entertaining chores, I flipped through the recipes and instructions. The 10-minute "Sesame Pita Crisps" recipe won me over instantly. "Ten minutes...I can do ten minutes!" It was one of the first recipes I tried and it was a success.

I found this cookbook satisfied a discerning palette offering Spinach and Pine Nut Pizzetta, Swordfish Brochettes with Lime and Ginger, and New York Steakhouse Filet of Beef with Chunky Dijon Cream Sauce. The recipes are incredibly easy to use, of which many only take 30 minutes, some only 10 to 15, from start to finish. Each one provides an outline identifying necessary utensils, do-ahead instructions, and preparation and cooking times, as well as serving tips. The book boasts extra features such as a list of essential pantry ingredients, glossary of cooking terms, and a section of complete menus for various occasions from tailgating events to formal dinners.

Initially, this book appealed to the younger, trendier version of me who longed to have small and sophisticated gatherings with my friends, but had a limited budget. Not only did the selection of recipes delight my friends and my wallet, they have stood the test of time and remain some of my "main go-to" dishes. I not only highly recommend gifting this book to couples pre- or post-wedding, but for any foodies, no matter their age, especially those who have a fondness for food with propensity for culinary catastrophes or kitchen phobias.

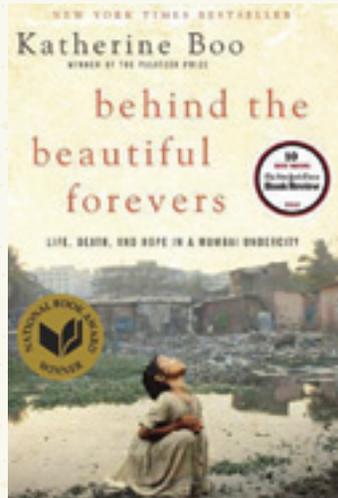
Behind the Beautiful Forevers: Life, Death, and Hope in a Mumbai Undercity By Katherine Boo

Katherine Boo's beauty and elegance as a writer is clearly demonstrated in *Behind the Beautiful Forevers*. Her award winning work as journalist serves her well in the telling of this nonfictional story about a small handful of residents who live in Annawadi slum located just outside Mumbai airport and luxury hotels. Boo depicts the harsh life for many residents, many of whom live in make-shift huts and struggle day to day to survive in hopes of finding a better life amidst a place filled with government and police corruption.

The story opens with a young teen, Abdul, who, like so many

other children in Annawadi, forgoes school to make a living for the family. He buys trash from many of the waste pickers living in the slum community to sell to recyclers for a meager profit. The occupation of waste collection is wrought with personal peril as the boys of Annawadi must avoid malicious gangs, dangerous highways, exposure to infection and disease, as well as corrupt police seeking bribes instead of truth or justice. Abdul's relentless hard work and success make him and his family a target of envy by some of the other slum dwellers. Ultimately, he and his family are falsely accused of murdering their neighbor who self-inflicted a fatal injury in an attempt to trap them. He and his family set about the impossible task of clearing their name while trying to retain what they can of their faltering financial security. Boo introduces the reader to a variety of dynamic and intriguing occupants, each with his or her own unique story of daily survival and struggle to maintain hope.

Boo clearly paints the harsh reality many Westerners are challenged to even fathom. The conditions and struggles are difficult to comprehend and go beyond those of day to day slum life. One has to bribe even hospital staff to obtain needed medicine or life-saving treatment. However, in the changing political climate of the new modern India, the slum dwellers carry new hope that people can strive to be more than the class in which they are born. Boo's insightful and intelligent writing transported this reader, although reluctantly at times, to a poignant, other-world reality.



Providing Hope and Warmth

TO OUR HOMELESS COMMUNITY

By *Tonda West*



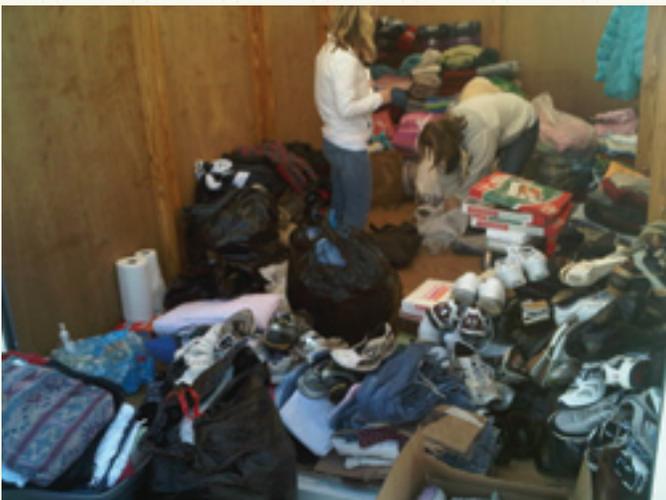
The Junior League of Montgomery partnered with the Mid-Alabama Coalition for the Homeless (MACH) in an effort to provide blankets and winter apparel for the homeless community in the River Region.

Rewarding beyond words were the sentiments of each placement member assigned to this committee. Committee members Ivy Ashworth, Katrina Barlow, Regina Berry-Meadows, Blake Eatman, LeeAnn Goodson, Jessica Hales, Lynn McMurtrey, Rosetta Moncrief, Amanda Moore, Sherilyn Rose, Sonya Stallworth, Angela Stokes, Yolanda Walker, Melissa Williford and I worked tirelessly to ensure that the Mid-Alabama Coalition for the Homeless yearly "Blanket Drive" was promoted and that a large number of items were donated.

Due to the overwhelming success of last year's blanket drive, the executive director of MACH, Molly Stone, changed the direction of the event and incorporated boots and shoes as donations. Placement members advertised and requested donations through social media, networking, and the assistance of local businesses. As chair of this placement, I challenged committee members to place donation boxes in at least five businesses. The members were responsible for retrieving items from the businesses and delivering items to the collection sites during the month of November.

Placement members volunteered by collecting donated items November 3rd, 10th, and 17th at various locations throughout the city. The annual drive resulted in 1652 items being donated for this event. Special thanks to the following businesses for their support: Robert E. Lee High School, State Department of Mental Health, Wyle Information Systems-Montgomery Office, Southside Middle School - Tallassee, Alabama, Martha's Place, St. James United Methodist Church, Fountain of Hope Praise and Worship Ministry, Fortis College, Sadie's Global Travel, Rick Hendrick- 95.1 The Fox, The Alabama Senate, and Cumulus Media Y-102.





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FEATURED MEMBER:

Jeanie Parnell

Q & A by Katy Sulhoff



Jeanie Parnell is Membership Vice-President of the League, an interior designer, busy mother of three (ages 7, 5, and 3), and now a published author. Almost a decade in the making, Parnell's novel *Fairhope* is available in bookstores and on Amazon.

The idea for her novel was conceived when her first child was born. Mostly written between naptimes, Parnell got her thoughts down on paper and has spent the last several years revising and refining her work. *Fairhope* tells the story of best friends, Camilla Greene (Cam) and Margot Parissi, and their journey through heartbreak and love, and a devastating hurricane. *Fairhope* was recently selected as an Amazon Breakthrough Novel Award quarter-finalist. On her way to great success, Jeanie Parnell allows us to pry into her life and discover what made *Fairhope*.



Katy Sulhoff (KS): For starters, 'wow!' Congratulations on your book! Writing a novel is certainly no easy task, but you managed to pursue a passion while juggling your busy life. I imagine every working woman and busy mom wants to know, 'how did you do it?'

Jeanie Parnell (JP): Thank you! Writing *Fairhope* has been a lot of fun, but it has also taken me a really long time. I started it almost eight years ago, after my oldest child was born. It started out as a hobby, and the story was written the first year or two after he was born, while he was asleep. As my life got busier with more children and other responsibilities, I would work on *Fairhope* as I had time, usually while the kids slept or were in school. The great thing about writing is that it can be done anywhere and at any time, and that helped me tremendously with such a busy schedule.

KS: Where did you get the inspiration for *Fairhope*?

JP: I'm not really sure there is one thing or event that inspired me to write *Fairhope*. It just started off as a story in my head and developed as I wrote it down. Certainly, aspects in my life influenced the story. My mom grew up in Daphne (right next door to *Fairhope*), and my dad grew up in Mobile. We visited my grandparents often in the summers, and I developed a love for the area. Cam's house in the book is based on a rental property of my Mom's that Hurricane Katrina destroyed. Like Cam, I majored in interior design at Auburn, and I also enjoy painting. For the most

part, though, the book is just a fictional story.

KS: I love that *Fairhope* describes a friendship between two women, much like many of us have in the League. What can we learn from Cam and Margot's friendship?

JP: If you have ever had a best friend, then you already understand Cam and Margot. They are two friends who know and understand one another like family. They consider the other's needs, weaknesses, feelings, and strengths. They can accurately guess each other's reactions and preferences. Cam and Margot's relationship celebrates true friendship and everything that comes with it: support, camaraderie, comfort, loyalty, honesty, and consideration. It is a testimony to something we all need. Whether your best friend is your sister, your friend from preschool, or someone you haven't

seen in two years, I think what we can learn from their friendship is how special and important good friends are, and how all types of love are needed in life. *Fairhope* is a love story, but not just a romance. It is about the love between friends, the love for home, and the love of family, as well.

KS: Tell me why you selected the city of *Fairhope* as the setting, and describe the role the hurricane plays in the lives of the characters.

JP: I chose Fairhope mostly because that is where the story happened in my head. I decided to make that the title of the book because I love the words "fair" and "hope" to describe this story. *Fairhope* is definitely a book about hope; the hope needed to get over heartbreak, to rebuild after a devastating hurricane, and to recover from loss. It is also meant to be a beautiful story, set in a beautiful town, with beautiful characters, which makes me like the word "fair." The hurricane is a catalyst for change in the story, and also provides a need for support and love within the entire community.

KS: I hear your book was one of a small group selected for review. Tell me about that and what it means.

JP: I entered *Fairhope* into the Amazon Breakthrough Novel Award, and I just found out that it is a quarter-finalist! It was selected as one in the top 100 romance books out of 10,000 total entries spanning five genres. I find out in mid-April if it makes the semi-finals. If anyone would like to download an excerpt and review it, it is available online at Amazon right now for the public to review! Go to Amazon.com, and type in Fairhope-ABNA 2013 entry. The excerpt is free to download and review, and I would love some positive feedback!

KS: It was pretty neat, as a fellow League member, to search on Amazon and find your novel "by Jeanie Parnell." How cool is that for you?

JP: Very, very cool, and extremely exciting! I also got super excited seeing my book on Pinterest! It has been a wonderful experience so far, and people have been so

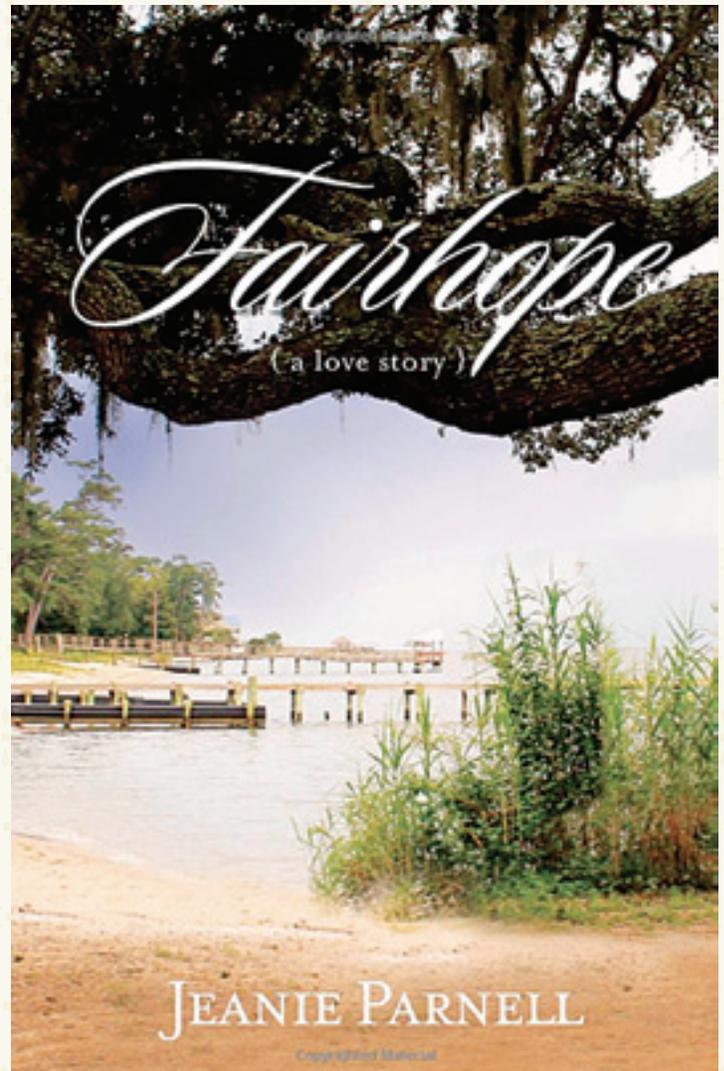
supportive and encouraging. I truly appreciate the love and interest I have received.

KS: Do you plan to write another?

JP: Yes! I have another book or two in the works. Hopefully I will find the time to finish and publish soon!

Review *Fairhope* on Amazon.com: Search "Fairhope-ABNA 2013 Entry," and be sure to leave positive feedback! *Fairhope* is available everywhere books are sold.

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Mary Ellen's Hearth

at Nellie Burge Community Center

By Sarah Johnston



"Where we love is home." – Oliver Wendell Holmes

Mary Ellen's Hearth at the Nellie Burge Community Center provides a transitional home with loving support for mothers and children who have experienced family crisis, economic hardship or general shortage of safe, affordable housing.



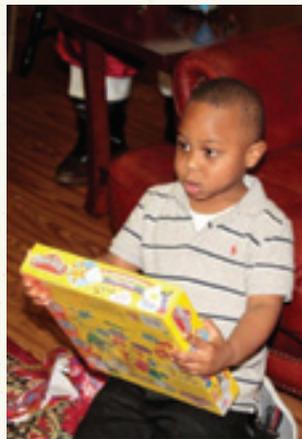
While living at the Nellie Burge Community Center, mothers work or attend school. The Center teaches the mothers life skills to prepare for independent living, such as bank account management, financial awareness, managing a home and family nutrition. Additionally, the families may receive counseling or coaching on a variety of issues. The primary goal at the end of the transitional stay is for families to achieve successful independent living.

This year the Junior League of Montgomery is supporting the mission of Mary Ellen's Hearth by celebrating special events with the families who live there. This tireless committee has provided year-round cheer with a Halloween Party, a large Thanksgiving dinner, Valentine's Day surprises, birthday parties and baby showers.

The largest event of the League year was the Center's Christmas celebration. The committee purchased gift cards

for the mothers and presents for the children. The food was abundant, and the children enjoyed helping to decorate the Christmas tree. Barb's Art provided children's activities, and even Santa paid a visit! Tamela Selmar, the committee chair, said that it was such a delight to watch the children's happy faces as they opened their gifts. The mothers were excited about their gift cards and one told Tamela that she had received "so many blessings" from her time at the Center.

Although this placement involved an eventful schedule, the placement seemed effortless because she had an extremely involved and motivated committee. Tamela says that it was enjoyable because she was able to get to know the mothers and the children who live at the Center, and she learned a lot from their time together.



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Provisional Class

2012-2013

Compiled by *Cindy DeLongchamp*



In each issue of League Logs we feature a group of our Provisional members so everyone can get to know our newest League ladies a little better! Please greet these new members when you see them at our next event!



Barbi Agricola, from Montgomery, enjoys tennis, golf, skiing and playing with her two Great Danes. One of her favorite traditions is sharing Thanksgiving dinner with her family and eating her father's incredible turkey and dressing! Barbi is now an attorney with Jemison & Mendelsohn after having completed a federal clerkship with the Honorable Joel Dubina. She also coaches a high school trial team for the YMCA's Youth Judicial Program. Barbi hopes that her experience with JLM will result in meeting new people and helping the community.



Jaime Andress, from Tallahassee, FL, is the Human Resources Development Manager for Auburn Montgomery. She enjoys running, traveling, cooking and spending time with her husband and one year old son. She loves the works of the famous Chilean writer Isabel Allende and her favorite musical is *Guys and Dolls*. In addition to watching *A Christmas Story*, her family also enjoys the tradition of attending the Christmas Eve Candlelight Service at her church. She regards it as a special and sacred time. Jaime has participated in several projects with the Salvation Army and ministry projects with the homeless in our area. She also had the opportunity to travel to India several times and while there, worked with local churches at an orphanage and leprosy colony. Jaime hopes that through the League, she will have even more opportunities to give back to the community and meet other ladies who are as passionate about making a positive impact locally.



Katherine "Presley" Chambers, from Dallas, TX, works for the River Region Health Center as a Pediatric Nurse Practitioner. She enjoys yoga, music and global health. Her favorite book is *Mountains beyond Mountains* by Tracy Kidder. Her favorite movie is *We Bought A Zoo*, and *Chicago* is her favorite musical. Presley enjoys reviewing current events and her morning coffee. She hopes to experience community empowerment by joining the Junior League of Montgomery.



Crystal Collier, from Elmore, AL, enjoys taking care of her fish and dogs Otis, a Labrador and Luna, her Chihuahua. She is currently reading *Inside of a Dog-What Dogs See, Smell and Know* by Alexandra Horowitz, which has given her a great perspective on her own two dogs. Crystal's favorite tradition is how her U.S. cousins visit family in Costa Rica. They call it "La Primada:" when all cousins gather overnight in the mountains without parents or children to remember that they are family, no matter their age, distance, or the crazy directions that their busy lives take them. Crystal hopes that her time and talents are used in the Junior League to further assist those whom she does not know and those she hopes to one day call "friends."



Shannon Ensley, from Montgomery, enjoys reading and spending time with her family. She enjoys family outings to the zoo, museum and aquarium. Her favorite book is *The Razor's Edge* by W. Somerset Maugham. Shannon is active in the community and has served as the Board President of Medical AIDS Outreach, was Co-Founder of MAO Dining with Friends, and has also worked with Hampstead Farms. Shannon enjoys volunteering in the community and looks forward to meeting new people through the League.



Leah Garner, from Mobile, AL, enjoys water sports, reading, antique shopping and Alabama football! Her favorite books are *Pride & Prejudice* by Jane Austen and *Redeeming Love*, by Francine Rivers. Her favorite movie is *Gone with the Wind*...a southern classic! Her family enjoys watching *It's a Wonderful Life* on Christmas Eve. Leah works as a Public Information Officer for the Alabama Department of Homeland Security. Now that she has joined the Junior League, she looks forward to meeting new people and forging new friendships.



Amanda Hayes grew up in Brewton, AL, but now calls Montgomery her home. She enjoys running, crafting at home, and playing with her two Weimaraners. Amanda's favorite movie is *Spy Game*, starring Brad Pitt and Robert Redford. She is currently an Engineer at SABIC Innovative Plastics. Amanda has already been an active volunteer in the community working with Project Homeless Connect and Hope Inspired Ministries. She looks forward to gaining a new group of friends who are also looking to make a positive impact in the community through their Junior League service. Amanda's favorite family tradition is her family's participation in the annual 4th of July parade.



Jessica Horsley, from Dublin, GA, is a Project Manager with the Montgomery Area Chamber of Commerce. She enjoys working out, spending time with family and friends, and her one year old Great Dane/Black Labrador. Her favorite book is *The Noticer* by Andy Andrews. One of Jessica's favorite annual traditions is her family Easter egg hunt! She has volunteered with the Food Bank Outreach, and considers her League experience as another great way to give back to our community.



Mary Martin Majors, from Selma, AL, enjoys cooking, playing tennis and reading. Her favorite book is *All the King's Men* by Robert Penn Warren. Each Christmas, she celebrates the tradition of enjoying brunch with friends and family. Mary Martin works for the Court of Civil Appeals. She hopes that by joining the Junior League of Montgomery, she will not only have the opportunity to meet new people, but also become involved in a service organization that gives back to the River Region.



Leanne Murphy, from Richmond, VA, enjoys DIY home projects, decorating, and exploring her new home state of Alabama! She moved to Montgomery only two years ago and hopes that her experience in the Junior League will give her the opportunity to meet new people and network with other community-focused women. Her favorite books are *Freakonomics* and *Super Freakonomics*, collaborations by the economist Steven D. Levitt and the author Stephen J. Dubner. Her favorite family tradition is watching the 4th of July fireworks from her parents' boat on Lake Greenwood in South Carolina. Leanne has two boys, ages five and three, and is expecting a third child in May!



Nicole Pinkham, from Meridian, MS, works at the Alabama Training Institute of Auburn University and is a Senior Training Consultant. She enjoys reading, mentoring students and traveling. Her "favorites" include the book *Redeeming Love* by Francine Rivers, the movie *Remember the Titans* and the musical *Wicked*. Her favorite tradition is taking a week each summer to "get away" with her family. She sees it as a chance to unplug from all the distractions and enjoy their time together. Through the Junior League, Nicole hopes to work on community projects with other women in the area to positively impact our community.



Susan Reed, from Bay Minette, AL, enjoys traveling with her husband, Darren, and spending time with her two retired racer greyhounds, Jake and Juno. Her favorite movie is *Love Actually* and her favorite musical is *Wicked*. Susan works at Baptist Health and is the Director of Financial Operations, responsible for physician billing and varying Financial Operation initiatives. She has participated (twice!) in the Breast Cancer 3-Day 60-mile walk in Atlanta and participated in the many events sponsored by Baptist Health. Susan notes that in her short time with the Junior League, she has had the opportunity to meet and work alongside many wonderful women to enrich our community. She hopes to continue her work for many years.



Tondra Shambray, from Montgomery, enjoys reading and shopping. One of her favorite books is *One Flight Up*, by Susan Fales-Hill. This author is also known for her work and writing contributions in some of America's most beloved sitcoms such as *the Cosby Show* and the spinoff series, *A Different World*. Her favorite holiday traditions are simply spending time with her family and friends. Tondra hopes that by joining the Junior League of Montgomery, she will be able to have a positive impact in our community and network with other women through the various League initiatives.



Katy Sulhoff, from Gainesville, GA, is a Public and Constituent Affairs Director for Lt. Gov. Kay Ivey. Katy enjoys sailing, working out and Pinterest! She is a fan of Jane Austen, especially *Pride & Prejudice*. Her favorite family tradition is opening gifts on Christmas morning, one by one, with her 25 family members. She notes that it usually takes six or seven hours but she wouldn't have it any other way! Katy volunteers with Inner City Evangelism, a ministry for children and adults in Montgomery housing developments. She assists with weekly children's Bible study and hopes to spread the word of Jesus and His love for them throughout our community. She believes her Junior League experience will help forge new friendships with fabulous ladies in Montgomery and enable her to be a part of a storied organization known for giving back to the community.



Monica Moultrie-Walker, from Mobile, AL, enjoys traveling to Destin, New Orleans and Atlanta. She watches cooking shows on the Food Network with her daughter, and enjoys spending time with family and friends. One of her favorite traditions is decorating the house and Christmas tree for the holidays, while drinking hot chocolate and listening to Christmas music. Her favorite movie is the Southern classic, *Steel Magnolias*. Monica has volunteered with STAR (Standing Together Against Rape), and she enjoys mentoring youth. She hopes to bless others by giving back to the community and meeting new people through her Junior League projects.



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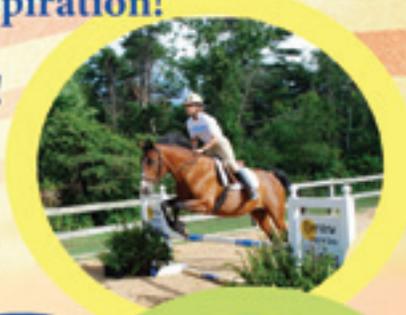
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and I would never think to
get myself. Also priceless is
the scrapbook - I love it
and I'm putting all my mementos
from Africa in it. I really
appreciate it! lol, Mia

"Each small kindness,
like a seed,
grows tall
in memory."

Dear Ladies of JLM

A thousand thanks for remembering
me & keeping me included in the
happenings of the Junior League.
It's always nice to have little
pieces of home sent via mail while
away. It really means a lot!

Hope every ate their fair share at
taste of the River Region & shops their
hearts out at Holiday market & continues
to learn & grow in their placements, Miss
you all!
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