



League *Logs*

Spring 2014



A COMMUNITY PUBLICATION OF THE JUNIOR LEAGUE OF MONTGOMERY, INC.



THIS IS TRINITY

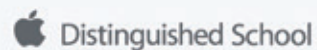
Honor. Tradition. Academic Excellence.

**MONTGOMERY'S FOREMOST EDUCATIONAL
INSTITUTION, PROVIDING THE HIGHEST
QUALITY COLLEGE-PREPARATORY EDUCATION,
WHILE INTEGRATING THE BIBLICAL WORLD
AND LIFE VIEW**

**ACCREDITED K4 THROUGH 12TH GRADE
INDEPENDENT COLLEGE-PREPARATORY SCHOOL**

MONTGOMERY, ALABAMA | 334.213.2100

www.trinitywildcats.com



2013-2014
one mission. one membership. one league.

Editor Cindy DeLongchamp

Co-Editor Jewell Dickson

Guest Photographer Photography by
the Robertsons

Staff Photographer Candice Butterfield and
Angela McCormick

Advertising Manager Carmen McCullough

Business Manager Karen Herman

Writers Mary Margaret Carroll,
Joyce Loyd-Davis, Jewell Dickson,
Marcy Ingram, Jeanie Parnell,
Leslie Pitman, Katy Sulhoff, Erin Turnham

Graphic Designer Leigh Ann Farrior

Printer Davis Direct

Board of Directors

President
Dawn Stephens

President Elect
Ashley White

Finance Council Vice President
Anna Wilson

Community Council Vice President
Jeanie Parnell

Membership Council Vice President
Kimberly Baker

Communications Council Vice President
Angela Foshee

Operations Council Vice President
Felicia Long

Fundraising Council Vice President
Kara Cosby

Advisory Planning Chairman
Leslie Robertson

Governance Chair
Wynn Dee Allen

Recording Secretary
Jenny French

Nominating Chairman
Deborah Moore

Member at Large
Hayley Harris

Director at Large
Melissa Bowman

Sustaining Advisor
Laura Stevenson

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.*

*League Logs is published three times a year by the Junior
League of Montgomery, Inc. Copyright 2014. No reproduction
is permissible in any form without written permission of
the Editor, 3570 Carter Hill Road, Montgomery, AL 36111.*

334-288-8816 :: www.jlmontgomery.org



Editor's Notes

This issue of *League Logs* covers many of our Junior League projects that support the community: well known events like our [Rummage Sale](#), and lesser known endeavors like our collaborative work with [Habitat for Humanity](#), [Life Time Resolutions](#) and the [Montgomery Christian School](#). Additionally, within the League, we are preparing to host our [New Member Open House](#) in hopes of enlisting the interest and talents of ladies in the area who want to serve their community alongside like-minded volunteers. It is an exciting time for the Junior League of Montgomery!

Among the many topics in this issue, we also look ahead to the upcoming placement process. This is the time when our members select from the numerous League positions and community-based projects to choose where we will volunteer our time, energy and efforts during the following League year.

I discovered the hard way that the placement sign-up process can be a little bit confusing. The first year that I volunteered with *League Logs*, I meant to sign up for *League Lines*, a completely different publication. And I thought my duty would be helping to distribute the publication around town. Imagine my surprise when I got a call from the *League Logs* editor, welcoming me to the staff [as a writer!] and giving me article assignments. What? I hadn't written anything since English Lit II...a riveting piece on *Wuthering Heights*. I completed my first written assignments to the best of my ability, but I'll never know if the poor editor just sat there and laughed at my submissions. Maybe she did, maybe she didn't...all I know is that I was asked to write more articles and I enjoyed it so much that I signed up for the placement again...on purpose! Now, several years later, you see the word "editor" before my name on this page. It's funny how things work out sometimes.

So my advice? Consider your placement selections carefully...but don't be afraid to take a risk.



A COMMUNITY PUBLICATION OF THE JUNIOR LEAGUE OF MONTGOMERY, INC.

League Logs

SPRING 2014 EDITION

Volume 88 Number 2

Features

Shamrock
Shuffle
March 15th
PAGE 22

2014-2015
Placement
Preview
PAGE 26

Baptist
Health
HeartCaring
PAGE 40

one mission. one membership. one league.

Promoting Voluntarism

New Members Welcome! Open House	24
2014-2015 Placement Preview	26
Community Advisory Board	32

Developing the Potential of Women

New Trends in Socially Responsible Investing	20
Books on the Nightstand	36

Improving the Community

Return of the Rummage Sale	14
Join Us for the Shamrock Shuffle	22
Life Time Resolutions	28
Montgomery Christian School	30
Baptist Health HeartCaring	40
Rolling in the River Region: Downtown Segway	44
Habitat for Humanity	49



Departments

EDITOR'S NOTES	3
INDEX OF ADVERTISERS	5
PRESIDENT'S MESSAGE	6
SUSTAINER OF THE SEASON, HEATHER COLEMAN	10
THANK YOU, JLM	38
PROVISIONAL PROFILES	52

RETURN OF THE JLM Rummage Sale

The Junior League's longest running fundraiser once again provided bargains for shoppers and revenue for the League to continue funding community service projects. *Story on Page 14*



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

Alabama Dance Theatre	51	Eastdale Mall	56	The Name Dropper	48
Alabama River Region Ballet	19	First United Methodist Church	8	Photography by the Robertsons	42
Anna Kate Bowen, AEGIS	9	Holy Cross Episcopal School	43	PrimeSouth Bank	25
Answered Prayer Home Care	12	ITEC	31	Richardson's Pharmacy	12
Auburn Montgomery	54	Kingry Orthodontics	34	Riverview Camp	35
Chicken Salad Chick	13	The Maids	8	Saint James School	18
Cohens	7	Montessori School at Hampstead	8	Southern Orthopaedic Surgeons	13
Davis & Copeland	12	The Montgomery Academy	55	Trinity Presbyterian School	2
Davis Direct	51	Montgomery Catering	19	Tucker Pecan	11
Doug's 2 Salon & Spa	21	Montgomery Catholic Preparatory School	21	Women of Hope Support Group	25

“You are here for a purpose. There is no duplicate of you in the whole wide world. There never has been, there never will be. You were brought here now to fill a certain need. Take time to think that over.”
—Lou Austin, Author



President’s Message

The Junior League of Montgomery and its volunteers have been busy in 2014! Our 60th annual Rummage sale held the first weekend in February was a huge success. Marie Wise and her committee spent countless hours working and did an outstanding job organizing and implementing this long standing event in Montgomery.

The second annual **Shamrock Shuffle** scheduled for March 15th is organized by Amy Godsoe and her team of enthusiastic and committed Junior League members. This race was designed by an adaptive race expert, and watching the racers compete while wearing kilts and St. Patrick’s Day attire makes it easy to get into the spirit of the holiday.

We’ve had great partnerships this year with our community grant recipients. Just this week, Alecia Bozeman, **Habitat for Humanity** placement chair, was telling me that in all her years in the Junior League, her work with Habitat this year has been one of the most rewarding opportunities. This feedback from

members like her is so rewarding and reminds me of what our purpose is as League members.

Our annual **Sustainer Luncheon** will be held in April this year at the lovely home of past president of the Junior League of Montgomery, Betty Bobbitt Byrne. Sustainers will enjoy a fabulous lunch prepared by Maria Hill, and will enjoy getting to visit with one another. I look forward to telling them about all of the exciting work our members are doing in the community after 87 years.

Thank you for helping me fulfill our purpose in the community!

Warmly,

Maura Byrd
President
Junior League of Montgomery

one mission. one membership. one league.



We deliver the
I-just-got-the-oven-
of-my-dreams-for-
a-great-price
feeling.



If you’re looking for the best names in home appliances and electronics, we deliver. With the very best prices and the very best service in town. With names like Wolf, Sub-Zero, Bosch and Viking, we have the quality and choices you expect. Stop in and let one of our experienced sales associates answer all your questions. For over 50 years, Cohens has been Montgomery’s premier dealer for the best brands for your home.

Cohens

We deliver confidence.



2515 Eastern Boulevard, Montgomery
334-277-8890 • www.thinkcohens.com

Heather Coleman

SUSTAINER OF THE SEASON Leadership Through Service

By Jewell J. Dickson



The Junior League of Montgomery is proud to select Heather Coleman as our Sustainer of the Season.

For the past two decades, Heather has energetically served numerous agencies and civic groups for the betterment of all citizens of Alabama. From 2008-2010, Heather served as the President-elect and then President of the Junior League of Montgomery. The opportunity came after years of hard work in various areas within the League and in the community. For her term as president, Heather chose the theme, "*A million reasons why...*" This motto was selected to embody the numerous reasons why a woman joins the Junior League. When asked why she joined Junior League of Montgomery, Heather said, "I enjoy volunteering and I feel a responsibility to give back. I want to be a part of the solutions, as well as make a difference in my community."

Along with her service and leadership within the League, Heather has also served as the Board President for Alabama World Trade Association, Family Sunshine Center, Alabama Dance Theatre, and the Rotary Club of Montgomery. She was a founding member and board member of the Alabama Communities of Excellence, and researcher and founding member of the Alabama Reading Initiative. She has also served on the boards of the Alabama 4-H Foundation, Destin Harvest, Children First Foundation, United Way of Central Alabama, American Cancer Society, and the Capital City Club. Heather served as Vice Chair of the Permanent Joint Legislative Committee on Energy–

Environment and currently serves on the Board of the Alabama International Airport Authority. In 2008, she received the Daughters of the American Revolution "Excellence in Community Service" award. Heather believes that it is important to be the kind of leader that people want to follow, even if you don't hold the title. She went on to quote Jim Rohn: "Be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly."

When I had the privilege of speaking with Heather Coleman for this article, I immediately became aware of her humility and graciousness. When asked about her successful career and the numerous leadership opportunities in both the private and the public sector, her response was simple: "I didn't aspire to lead, just to support and help!" It is clear that Heather possesses a strong desire to make a difference in the lives of others. She firmly believes that the more you do for others, the more satisfaction you have in your own life. She emphasized, "It is a blessing to serve and be afforded the opportunity to lead as well." Heather finds joy in helping others find and develop their individual gifts and talents. When asked what advice she would give to women, especially those beginning their journey in the League, she states, "Be kind, support and promote each





Good To Go
this Spring!

TUCKER PECAN COMPANY
The Natural Choice Since 1852

Pecans shine as the ultimate accessory to salads this time of year. Featured-Tucker's Honey Roasted Halves

Visit us Downtown—350 N. McDonough St.
Monday–Friday 8am–4pm ☎ 334.262.4470

Order online TUCKERPECAN.COM

Warm weather means taking your party wherever the fun is happening.
SERVE IN STYLE WITH PICNIC ACCESSORIES AND TOTES FROM TUCKER PECAN COMPANY.

FOLLOW US ON Facebook Get the latest news, specials and more!

other, and find joy in serving others. Embrace opportunity and the chance to meet new friends and serve in as many areas of the Junior League as possible. In doing so, I believe you will learn important skills that will translate into future success." She emphasizes that service within the League allows for growth and development, while positively impacting others. Her final words of advice were these: "People don't remember what you say; they remember how you make them feel."

In looking to the future, Heather is very excited about a new project that could literally change the landscape of Montgomery. She is one of the founding members of the Montgomery Botanical Gardens at Oak Park. She is working with civic and community leaders to bring this vision to life in Montgomery. She believes the Montgomery Botanical Gardens at Oak Park will be a way for the City to embrace its rich history, for both residents and visitors. The Gardens also offers economic development and educational opportunities as well as an opportunity for collaboration to create outdoor classrooms for K-14, colleges and universities.

Heather Coleman's path, both civically and professionally, paints a picture of leadership through service. Throughout her life, her goal has not been self-promotion, but an opportunity to help others and make a difference. When asked how she is able to

balance all the aspects of her life, she admits that she had to learn to say "no" when she was unable do something with excellence. She finds that often, these are the opportunities to recognize and promote the gifts and talents of others who could do the task better. It is in these moments that she finds no greater satisfaction. When asked about her leadership in the community, Heather said, "I have learned that it is best to lead quietly, contribute genuinely, and offer words only when they inspire, guide, or provide intelligent insight. This limits criticism and benefits those around you." With this perspective, Heather Coleman will continue to build a legacy of leadership in Montgomery and across the state through her unselfish service to others.

Heather was born in Montgomery and grew up watching her mother actively serve in the Junior League, through events such as the Rummage Sale and the Horse Show. Heather attended the University of Alabama and then received her Master's degree in Education from Auburn University at Montgomery. Currently, Heather is the Public Relations, Marketing, and Government Affairs Director for Parsons and Whittemore, Inc. She continues to be actively involved with the Junior League of Montgomery by serving on the Sustainer Committee, and is the proud mother of two beautiful young ladies, Mary Darby and Katie.



Answered Prayer

HOME CARE SERVICES

When you need a helping hand.

Answered Prayer Home Care Services' goal is to help our clients lead dignified, independent lifestyles in the comfort and safety of their own homes by carefully assessing and fully understanding their individual needs and selectively placing trained personnel to meet these needs.

Company Services

- Errands
- Light Housekeeping
- Exercise Program
- Home Safety Evaluation
- Respite
- Medication Management
- Mental Health Assistance
- Meal Preparation
- AIDS Care Management
- 24 Hour Care
- New Mom Care/Infant Care
- Shopping Errands
- Nurse Visit
- Care Management
- Client Transportation
- Personal Care
- Chronic Disease
- Overnight Care Management
- Dementia Care Program
- Accompany to Physician Visits
- Fall Prevention Program



Your loved one can lead a dignified, independent lifestyle at home.

400 Interstate Park, Suite 415
Montgomery, AL 36109
356-3911 office | 356-3944 fax
www.answeredprayerhomecare.com

Bill Davis
Jane Albright
Leslie Sellers
Staci Rogers
Susan Cowart
Phelps Reid
Ed Webb
Missy Mathis

Davis & Copeland


Realtors

2815-A Zelda Road • Montgomery, AL 36106
Tel: 334.244.0550 • www.davisandcopeland.com

Getting Married?
Hosting a Party?
Looking for a Great Gift?

*Go to
Richardson's!*

Pharmacy
Invitations, Stationery, Gifts
Rx and so much more!

1069 Woodley Road  334-262-5775

Accidents and sports injuries can happen any time...
even after regular business hours.

When they do, finding
**immediate,
expert care**
is critical.

Southern
Orthopaedic
Surgeons

Montgomery's only urgent care center specializing in orthopaedics now offers speedy, specialized after-hour care as an alternative to crowded ERs and long wait times. Now open Monday-Saturday at our new building located at 454 Taylor Road, just 1 mile north of I-85. All ages are treated and no appointments or referrals are needed.

Urgent Ortho
at Southern
Orthopaedic
Surgeons *llc.*

www.sos-ortho.com • 334.613.9000

WITH **15** ORIGINAL FLAVORS
TO CHOOSE FROM



... THERE'S SOMETHING FOR EVERYONE!

At Chicken Salad Chick, our food has as much personality as the people who serve it. We offer fresh, extraordinary chicken salad, gourmet soups, side salads and delicious desserts served in warm and whimsical surroundings by people who are genuinely glad to see you.

A Simple Concept, A Superb Experience!

www.ChickenSaladChick.com



Like Us On Facebook!

3070 Zelda Road | Montgomery, AL 36106 | Phone 334.517.1378

RETURN OF THE Rummage Sale!

By Erin Schovel Turnham

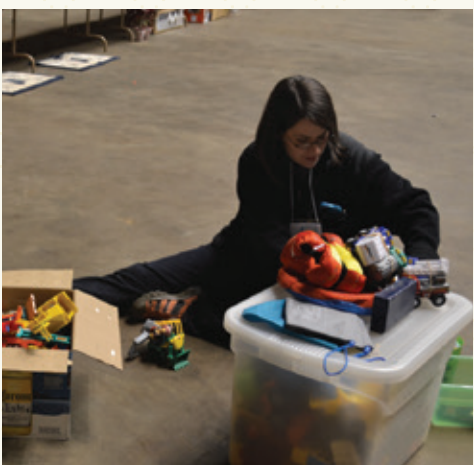


On Friday, February 7 at 5pm, the doors to Garrett Coliseum opened to shoppers for The Rummage Sale, the 60th held since its beginning in 1951. The Junior League's longest running fundraiser once again provided bargains for shoppers and revenue for the League to continue funding community service projects.

This year, the event reclaimed its original name, The Rummage Sale, after four years of being called Bloomingdeals. Since it began, The Rummage Sale has offered quality, gently used items at a fraction of their original cost. Through the decades, items have changed with the fashions over time, but the intent of the sale has remained; to provide a service to the community while operating as a fundraiser for the League. Expenses have gone up through the years, a fact with which all non-profit organizations continue to struggle. In 2009, there were discussions within the League to discontinue The Rummage Sale and turn to other fundraisers for revenue. During that time, Heather Coleman was League President. "I felt it was not just a way to make money but also a way to help the community," she said in an interview. "I hated to see it go away." A compromise was reached to hold The Rummage Sale every other year, and to scale it back, as it has always been a very labor intensive event. Heather felt a makeover was needed as well. "Bloomingdeals" was a catchy way to encompass the newly polished event with its suggestions of spring, the idea of the League *growing* great bargains for the community and of course, borrowing from the famous department store, Bloomingdales. Rather than just a change of name, however, the event received an update in procedure as

well. In previous years, items were gathered all year and stored in a warehouse. As part of their League membership obligation, members would spend hours at the warehouse pricing and marking items one by one. Then, in the days prior to the sale, all of the items were boxed and trucked to the event to be unpacked and sorted. The new system borrowed a few ideas from yard sale shopping. A marking sheet was created so that members could sort and mark their own rummage from home using general categories. Members were asked to bring in items only the week before the sale, directly to Garrett Coliseum. There, the items were placed on tables arranged by category and price point. Members could then place their own items on the appropriate tables marked for \$1, \$5, \$10 and so on. In 2012, the League looked for another, less labor intensive fundraiser. The Shamrock Shuffle, a fun 2K and 10K run, debuted in 2013 while The Rummage Sale rested. As the run was less labor intensive than expected, it was decided that in 2014, the League would hold both the Shamrock Shuffle and a scaled down version of The Rummage Sale. The return of the original name this year is meant to take ownership of the fact that the Junior League holds THE Rummage Sale of the City of Montgomery.





Each year, the chairperson who oversees The Rummage Sale leaves a sheaf of information documenting the process of producing the sale. This year's chair, Marie Wise Styles, took a moment to sit down and read through all the binders left by her predecessors over the years. Marie found a history lesson in those writings, some of which were handwritten and eight pages long. Many things have changed over the years. Members no longer have to spend volunteer hours marking items through the fall, winter and spring, or handwrite and manually schedule shifts in a logbook, or track each member's number on each item. Computer entry has made many of these tasks easier, as have the improvements made over the years by previous Rummage Sale Chairs, such as adding color coded dots to indicate prices. This

year, Marie and her committee sought to streamline pricing even further by using small white stickers pre-printed with dollar values. What has *not* changed throughout the years is the camaraderie among League members as they prepare the items for sale. Prior to the sale, Marie spoke about the community support for this fundraiser, which has been another League constant through the years. At the end of a long day of Rummage Sale preparation, Marie closed up at the warehouse where many items were held before the sale. The space was donated by Morris Capp, a generous and gracious sponsor who also donated thousands of books from The Book Nook. When asked what the most pleasant aspects of overseeing such an enormous project were, Marie said, "I have

seen such an outpouring of support from special sponsors like Morris and so many others! Also, I have worked with my best friends and I have made new friends among women I didn't know." All of the changes through the years show how much thought and work each year's slate of officers, committee members and general members put into their efforts as Junior League members. Each new Junior League generation builds upon the successes of the past, decides how to put new ideas into action, and works to further the League's cause: making our community better for women and children. The 2014 Rummage Sale was organized by Marie Wise Styles, Chair; Emily Blades, Co-Chair; Mary Causey, Personnel Chair;

Renee LaBaza, Personnel Co-Chair; Casey Earnest, Secretary; Blake Eatman, Tickets Chair; Jessica Hales, Setup Chair; Karen Herman, Value Shop Chair; Sally Pitts, Furniture Chair; Ashley Miller, Furniture Co-Chair; Julia Schneider, PR Chair; Tamela Selmar-Burks, Merchandising and Quality Control Chair; Melissa Warnke, Merchandising and Quality Control Co-Chair; Suzanna Wasserman, Boutique Chair; LeCretia Snow, Boutique Co-Chair; Carina Tolliver, Treasurer; Ann Winborne, Treasurer Co-Chair; and Quenita Mitchell, Committee Member.



Exploring the world right from your classroom.

Visit our state-of-the-art campus and experience first-hand the impact of engaged learning.



Saint James School
for pre k3-12th grade admissions 334.273.2992

6010 Vaughn Rd., Montgomery stjweb.org

English as a second language (ESL) tutoring provided. Saint James School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school.



Recognized by Apple as a distinguished school for innovation, leadership, and educational excellence.

A City Tradition

Call us today 269.0222 or visit our website!

Alabama Activity Center
201 Dexter Avenue

RSA Plaza Terrace
770 Washington Avenue

Commerce Center
401 Adams Avenue

MONTGOMERY CATERING

MONTGOMERY CATERING, INC. | 334-269-0222 | montgomery-catering.com



ALABAMA RIVER REGION *Ballet*

School and Youth Company
Priscilla Crommelin Ball, Executive Artistic Director
Kyana Goodyear, School Director

Children's Fairytale Ballet Camp

June 9-27, 2014

Ages 3-5 | T/Th | 9am-12pm

Ages 6-8 | MWF | 9am-12pm

Ballet class and ballet oriented movies and crafts relating to the classical storybook ballets. Light snacks also included.

Summer Intensive

July 7-25, 2014

Ages 8-10 | T/Th | 9am-12pm

Ages 11-18 | MWF | 9am-1pm

Classes offered in

Ballet, Pre-Pointe, Pointe, Variations, Jazz, Modern, & Character

Contact Alabama River Region Ballet for more information:
(334) 356-5460 | riverregionballet@gmail.com | www.riverregionballet.com

20

NEW TRENDS IN SOCIALLY Responsible Investing

Submitted By Marcy Ingram
Vice President, Merrill Lynch



By Surya Kolluri, Managing Director & Head of Channel Programs and Delivery
Merrill Lynch Wealth Management

In past years, socially responsible investing focused mainly on negative screening. Negative screening involves using investors' environmental, religious and personal values to determine which securities to keep out of their portfolios. Today, a more positive approach to socially responsible investing is steadily growing more popular.

According to the 2013 U.S. Trust Insights on Wealth and Worth® survey, 71% of investors feel it is more important to invest in companies that will have a positive social or environmental impact than it is to boycott companies that are harmful in these regards. Additionally a 2012 report from the Forum for Sustainable and Responsible Investment (US SIF) found that values-based investing accounted for \$3.74 trillion, or roughly one in every eight dollars under professional management. This is an increase of 22 percent compared to the \$3.1 trillion noted in SIF's 2010 report.

Investors should consider companies with strong fundamentals when weighing socially responsible investing, as well as corporations that earn revenue through their management of human capital, environmental stewardship, and good corporate governance. These three socially responsible categories offer investors an opportunity to combine investments with their personal values.

"Gender lens" investments focus on improving the lives of women and girls and can be an indicator of valuable human capital management. In many cases, companies with progressive policies toward gender equality are well-run and frequently recruit and retain top talent.

Environmental stewardship examines the use of alternative energy, climate change, clean tech and water. Companies focused on sustainable efforts will often subsequently be rewarded with

cheaper operational costs. Ultimately, the investor may benefit if a company's cost saving technology produces a higher profit.

It is important for socially responsible investors to understand how a company operates. Corporate governance focuses on disclosure, incentives, reporting and corporate transparency. Investors can determine whether a company believes in full disclosure and how well it communicates with stakeholders by carefully studying the company's website. The trend of values-based investing is changing the wealth management space and creating a new, more active approach to social investing.

There is a growing awareness that strong corporate financial performance and social responsibility are not mutually exclusive; rather, they are mutually beneficial qualities.

At Merrill Lynch, we are seeing an increasing demand from both institutional and individual clients for investment opportunities focused on their environmental or social value sets.

With a balanced approach, you can make impactful investments. Work with a financial advisor who understands your long-term needs and investment personality but also understands what you value most.

For more information, contact your Merrill Lynch Financial Advisor Marcy L. Ingram of the Montgomery office at 334-409-5843.

21

Knowledge is profitable
because wisdom gives life
to those who possess it.

ECCLESIASTES 7:12

At Montgomery Catholic, our students flourish in a rigorous academic environment designed to fully develop their individual God-given gifts — while strengthening their lifelong walk in the Christian faith. Enroll now by calling 334-272-7224 ext. 32, or visit www.montgomerycatholic.org.



MONTGOMERY
Catholic
PREPARATORY SCHOOL

St. Bede Elementary Campus
Holy Spirit Elementary Campus
Middle School Campus
High School Campus

FAITH. EXCELLENCE. SERVICE. THIS IS CATHOLIC.

www.montgomerycatholic.org

This article is designed to provide general information about ideas and strategies. It is for discussion purposes only since the availability and effectiveness of any strategy is dependent upon your individual facts and circumstances. Always consult with your independent attorney, tax advisor, investment manager, and insurance agent for final recommendations and before changing or implementing any financial, tax, or estate planning strategy.

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and member SIPC, and other subsidiaries of Bank of America Corporation ("BAC").

Bank of America Corporation ("BAC") is a financial holding company that, through its subsidiaries and affiliated companies, provides banking and nonbanking financial services.

Investment products: Are Not FDIC Insured, Are Not Bank Guaranteed, May Lose Value

Equity securities are subject to stock market fluctuations that occur in response to economic and business developments.

U.S. Trust operates through Bank of America, N.A., member FDIC, and other subsidiaries of BAC.

©2013 Bank of America Corporation. All rights reserved.

2012 Report from the Forum of Sustainable and Responsible Investment

Jason Baron "What is Socially Innovative Investing? "The Search for Companies that Do Good and Do Well" PDF

Discover essentially
damage-free hair color...
Aveda full spectrum



AVEDA
THE ART AND SCIENCE OF PURE PLANT ESSENTIALS

8131 VAUGHN ROAD
PEPPERTREE SHOPPING CENTER
334-396-7120
www.dougs2.com



Join us for the Shamrock Shuffle!

10K & 2K RACE ON MARCH 15, 2014

Edward Thompson Ballfields Park, off Ray Thorington Road

By Cindy DeLongchamp



The Junior League of Montgomery is proud to present our second annual Shamrock Shuffle 2K and 10K Run! The race will begin on Saturday morning, March 15th at 7:30am. The starting line will be at the Edward Thompson Ballfields Park, off Ray Thorington, near New Park. It's not too late to register!

There are three ways to sign up:

ONLINE

www.jlmontgomery.org

IN PERSON AT
THE LEAGUE OFFICE

3570 Carter Hill Road, 36111

ON-SITE AT THE RACE

Arrive before 7am to sign up and receive your race day packet.

10 K Registration
\$35 Registration fee (by Mar 12)
\$40 Late Registration fee (Mar 13-15)

2K Registration
\$25 With Race shirt
\$15 With NO Race shirt

Lazy Leprechaun!

If you want to sleep in on Race Day but would like to support the Junior League of Montgomery, please register as a Lazy Leprechaun for \$30.

All participants that pre-registered but did not pick up a race day packet before the 15th should also arrive no later than 7am.

All runners registered for the Shamrock Shuffle 10K on or before March 1st, 2014 shall receive a race shirt. **Runners who register after March 2** will receive a technical running shirt on a first come/first served basis. This is a USATF certified 10K.

Packet Pick Up will be on March 13th-14th from 12:00pm-5:00pm at 9430 Park Crossing, Montgomery, 36117. If race packet is not picked up in advance, participants may pick up on day of Race, 30 minutes prior to the start.

Questions? Contact the Junior League office at 334-288-8816.



The Junior League of Montgomery hosts several fundraisers each year to provide financial support to select Montgomery area organizations. The proceeds from fundraisers and sponsorships have totaled well over a million dollars in the last ten years alone. Funds raised by the Junior League of Montgomery directly support community projects that improve the quality of life for families and children in our area.



A standout feature of this race is the inclusion of adaptive sports for persons with disabilities. In an effort to assist the disabled and homeless citizens of our community, the Junior League of Montgomery has entered into partnership with Friendship Mission and the Easter Seals of Central Alabama. Please donate your new or used mobility devices to the Easter Seals of Central Alabama. We will graciously accept the following items: walking and traveling canes, mobility scooters, rollators, crutches, wheelchairs, shower and toilet seat, patient lifts and transfer devices.



Also, new or gently used tennis shoes are needed for the residents of Friendship Mission Shelter. Friendship Mission serves the homeless population within the River Region.

THANK YOU TO OUR GENEROUS SPONSORS!

- Baptist Health
- Beasley, Allen, Crow, Methvin, Portis & Miles, P.C.
- Blue Cross and Blue Shield of AL
- Gay Meadows Shopping Center
- Publix Super Markets, Inc.
- Alabama Power Company
- AUM—Outreach
- Brewbaker Motors
- Loree & Owen Aronov
- Dreamland BBQ
- McConnell Honda Acura
- New Park
- River Bank & Trust
- ServisFirst Bank
- Stivers Ford Lincoln Mercury
- Alfa Insurance
- Associated Psychologists, LLC
- Cadence Bank
- DJ at Large
- Harmon Dennis Bradshaw, Inc.
- Hyundai Motor Manufacturing Alabama, LLC
- Institute for Total Eye Care, P.C.
- Leigh Anne Nevins, DMD
- Sasser Sefton Brown Tipton & Davis PC
- Steve and Suzanne Davidson
- Alabama Artificial Limb & Orthopedic Service, Inc
- DR Horton
- Jackson Thornton

New Members Welcome!

By Mary Margaret Carroll



The New Member Open House will be held on Wednesday, March 13 at 6:30 p.m. at the Junior League of Montgomery office on Carter Hill Road.

This annual event allows prospective members to visit the Junior League headquarters and learn about League membership. Prospective new members are not required to attend, but it will help them to become more familiar with the League and the membership commitments.

If you, or someone you know, is interested in joining the Junior League, or if you are already in the League and plan on sponsoring a prospective member, please send her name, email address, and mailing address to Carrie Cauthen at carriecauthen@gmail.com.

Though not mandatory, League sponsors are encouraged to accompany their prospective new members to the open house.

The deadline for members to submit sponsorship applications for a prospective new member is March 28, 2014. All forms should be submitted through Digital Cheetah on our League website. Members may only sponsor one potential new member each year. All applicants who have submitted their forms by March 13th will automatically receive an invitation to the New Member Open House.

PrimeSouth Bank welcomes a new friend to the family!



Derona Wilson has helped our neighbors purchase their dreams for years, and now she has joined PrimeSouth Bank as Residential Lending Officer. Let her help you find a mortgage that fits your needs.

Derona G. Wilson
Residential Lending Officer
NMLS # 201585
334-387-1655
dwilson@primesouthbank.com
225 Emma Lane
Pike Road, AL



Member FDIC



FREE SUPPORT

Women of Montgomery *Embracing and Nurturing Hope* of Prevention and Eradication of Breast Cancer

Women of Hope offers a support group meeting the 2nd Tuesday of each month free of charge to any breast cancer patient/survivor, caregiver, family member, friend, or anyone interested in becoming a part of this compassionate journey.

Frazer United Methodist Church, Room 8114 | 5:30 PM | Light Refreshments

We encourage you to bring a friend and join us 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.

PLEASE CONTACT US FOR MORE INFORMATION
334-220-4599
womenofhope@charter.net
thewomenofhope.org
Facebook

2014-2015 Placement Preview

By Katy Sulhoff



At its core, the Junior League of Montgomery is committed to community service. The international association has evolved into one of the oldest, largest, and most effective women's volunteer organizations in the world. Each year, League members choose an outlet where their talents are best utilized and they are deployed to the far-reaching corners of the community to engage in acts of service.

It is nearly time again for League women to select new humanitarian endeavors for the 2014-2015 year. On March 11th, from 5-7 p.m. at the Junior League Office, League members will have a chance to learn about the upcoming Community Placement opportunities available, outlined below. Community members and the Chairs and Co-Chairs of each placement will be on hand for information, and to answer member questions. As a reminder, first-year actives are required to participate in a Community Placement.

City of St. Jude—Father Purcell Memorial Exceptional Children's Center

The City of St. Jude was founded by Father Harold Purcell to provide spiritual, social, health and educational enrichment that transcends race, sex, religious affiliation and national origin. It is their mission to see all people—from the poor in resources to the poor in spirit—prosper. The City of St. Jude sits on a 36-acre campus in the heart of west Montgomery and offers services to help those in need, from young children to senior adults. League volunteers will work with Father Purcell Memorial Exceptional Children's Center (FPM). FPM is home to 58 developmentally disabled children. During this placement, League members will help replace FPM's antiquated playground with new, handicapped-accessible equipment and spruce up the landscaping around the play area.

Brantwood Children's Home

One of the League's favorite Community Placements returns: Brantwood Children's Home. Since 1917, Brantwood has been providing a safe, stable, structured environment for abused,

neglected and other at-risk children. Currently, Brantwood serves children and youth ages 10-21. Brantwood offers programs designed to help young people cope with and succeed in society by providing for and supervising their education, health and social adjustment into the community. League volunteers will take one to three students on a back-to-school shopping excursion to completely outfit the students in preparation for a successful year at school from clothes/uniforms to school supplies. The kids cherish this experience and it is rewarding for everyone involved. Additionally, League members will visit Brantwood for special activities throughout the year.

Hope Inspired Ministries

Alabama's unemployment rate may have recently reached a five-year low, but some members of our community are still jobless and have been for several years. Anyone who has been on the job hunt knows how draining an experience it can be, especially if you do not have access to the necessary tools and education. League members who choose Hope Inspired Ministries as their placement will work with chronically unemployed women during a 13-week training course. Volunteers will be paired with a job seeking woman to teach basic job search skills, resume-writing, interview preparation, financial independence, and responsibility. Volunteers participate in a two-hour training session, then meet weekly over lunch for one hour with the job seeker.

Impact Alabama

The League is reviving a previous placement with Impact Alabama. Impact Alabama offers several service-learning programs, but the League will volunteer directly with Impact Alabama's

SaveFirst initiative. SaveFirst trains league members to provide free tax preparation services to low-income, working families, specifically targeting single mothers and the elderly. Professional tax preparers can receive a hefty percentage of an individual's tax refund, but SaveFirst services are offered at no cost to filers. Accounting experience is not a prerequisite. All volunteers will receive basic tax preparation training. League members who sign up for this placement will rotate with other groups of volunteers to work three hour shifts from mid-January 2015 to the end of February 2015.

Magic Moments

Magic Moments is the only wish granting organization devoted exclusively to creating magic moments in the lives of children in Alabama with chronically life threatening medical conditions. A Magic Moment allows children and their families to forget, even if just for a little while, the fear and pain of their illness. This placement involves coordinating the reveal for those magic moments for critically ill children in Montgomery. The moments may be as simple as riding on a fire truck or riding a bike, or the children may desire to meet a celebrity or visit an amusement park.

Montgomery Christian School

Montgomery Christian School is a relatively new K-5 learning institution housed at Trinity Presbyterian Church on South Hull Street. Its mission is to provide an academically challenging Christian education to children in inner city Montgomery. Through a Junior League grant, the school will purchase new music curriculum and instruments for the students and provide education and training for their parents. League members will volunteer during seven education and training workshops from August to May, either by serving dinner to the families or providing child care and engaging in educational activities with the kids while the parents attend the workshops.

Medical AIDS Outreach of Alabama, Inc.

The League is adopting Medical AIDS Outreach for the third year in a row as it continues to be one of the most successful and rewarding placements for League members. The first of its kind,

MAO provides a variety of support programs to patients and their families across south central Alabama. League members specifically work with the Food Pantry project. Proper nutrition is critical to a patient's effective treatment. From the pantry, fresh and non-perishable grocery items are provided each week for HIV/AIDS patients and their families who live at, or below, the poverty level. League volunteers stock and set up the pantry and pack weekly patient food order boxes.

For any questions about placements, contact Placement Chair Jennifer Rogers (jbrogers@mac.com) or Co-Chair Katie Richburg (mkrichburg@gmail.com).

Life Time Resolutions

By Joyce Loyd Davis



Since last August, volunteers from the Junior League have partnered with Life Time Resolutions, an organization that provides activities and events for a unique group of individuals. Life Time Resolutions provides various services to women who are struggling with substance abuse. The program is designed to help local women find a better way of life.

Life Time Resolutions offers outpatient services, as well as residential housing. The Junior League committee has worked directly with residential assistance. This program has approximately 31 residents; however, this number can change at any given time. The residents are referred by the court to the facility. Participants have the opportunity to use this service for up to two years, as long as they comply with facility rules.

The League placement committee, led by Tandra Elmore and co-chaired by Pamela King, has provided time, quality activities and resources to Life Time Resolutions participants. Tandra highlights the fact that the goal of the program is to empower these women and help them gain employment and become self-sufficient. The League has offered mentoring and tutoring during the process.

Tandra states, "Sharing our talent and skills with them, so they can take care of their families, is the most rewarding. Each committee member has embraced this challenge and has carried out the task of providing activities for the Life Time Resolutions residents."

Here are a few highlights from the League volunteer activities:

In October, the League committee hosted a holiday party for the women and children participating in the program.

Committee members organized a drive to collect donated business suits and professional attire for the women. The drive is ongoing and will help prepare the ladies for employment opportunities.

The committee is working to enhance the onsite closet that is available to the residents to select clothing. Organization of this area is quite a task within itself, but volunteers are also collecting a few items from the Junior League Rummage sale to help benefit the clothing needs of the residents.

Tutoring is provided to ladies who are studying to take their GED.

The committee has set up a Kids' Corner library with books and games for the children.

The final project for the committee will be the Easter Egg Hunt, which will be held on April 19. All of the activities have been very rewarding for committee members. Each volunteer has logged in over 20 hours to make this placement a success. If you would like to contribute to the professional clothing drive and Life Time Resolutions closet, please contact Keyosha Shufford at 284-7502.



PLACEMENT SPOTLIGHT

Montgomery Christian School

By Mary Margaret Carroll



The simple objective of the Montgomery Christian School (MCS) is to offer a Christian-school choice for families who cannot afford to send their children to a traditional private school in Montgomery. MCS, housed in an annex of Trinity Presbyterian Church in Old Cloverdale, opened in 2007 as a kindergarten. Since then, it has expanded by a grade level each year, most recently adding a fifth grade in August 2013.

Focusing on inner-city Montgomery students, MCS's stated goal is to guide its students so that "they can effectively pursue God's purposes in their personal life." The school seeks to challenge its students academically, while incorporating a curriculum that fosters spiritual growth based on Christian principles.

The Junior League of Montgomery allows its members to receive placement credit for volunteering at MCS. Volunteer duties include working at the school's "Parents Involved in Education" meetings, a program designed to promote parental interest and engagement in their children's education and the school. Once a month, League volunteers provide and serve a meal for the families of MCS and coordinate art activities for the children while their parents meet with various speakers and teachers. The speakers whom the school hosts offer parents helpful advice and insight on health and hygiene, money management, and spiritual growth.

Because the desire to serve is a common thread among League members, placement selection is not a question of whether or not to serve, but instead, determining how best one can serve the community. We must ask ourselves how our talent, skills, and energy can be used most effectively given our time constraints and other commitments. For that reason, MCS was a natural volunteer choice for Leah Garner. Leah, who works for the Business Council of Alabama in Governmental Relations, is a former school teacher. "As a former teacher, I wanted to work

with this placement. I have a special compassion for the hard-working parents who are making great sacrifices to send their child to this school." Leah appreciates the efforts of MCS to reach out to the parents, and promote their involvement in the school. "In a hard economy, seeing so many parents engaged in their child's education is extremely encouraging."

For other League volunteers at MCS, the decision to devote their free time to the school was easy because of the after-work hours and routine schedule, one Tuesday each month. This flexibility has been especially helpful for Barbara Agricola and Anne Ferrell Rhodes, both of whom are young professionals with demanding careers. For them, selecting a placement was a matter of time management, but the experience has more than exceeded their expectations. Both ladies chose the placement because the time commitment was reasonable, and also because it allowed them to volunteer in the community. Barbara Agricola, an attorney clerking for Judge Keith Watkins, the Chief Judge of the Middle District for the U.S. District Court, said that her placement options in the past were limited to in-league opportunities. She prefers working at MCS because she is able "to see the result of [her] volunteering." Barbara, a Montgomery native, is impressed with the contribution that MCS has made to the community, recognizing that MCS serves those who want an academically challenging education in a healthy environment, a combination that is usually associated with the magnet public schools, which can be difficult to get into based on class size and the strict



number of students accepted. Barbara commented, "This program gives children a chance with a Christian-based education offered at an affordable rate."

Similarly, Anne Ferrell Rhodes, a Trust and Investment officer and portfolio manager at Regions Bank, said, "I feel like the majority of the time, our work is spent interacting with the families versus other placements where my role as a Junior League volunteer has been strictly supporting an association." Anne gives credit to MCS Placement Chair, Mandy Dubina, for encouraging her to volunteer at MCS. "The placement experience has been rewarding because I have enjoyed getting to know the families and I believe MCS provides a great educational opportunity in Montgomery."



Institute for Total Eye Care. P.C.

Your
TOTAL
EYECARE
FACILITY



Roy T. Hager, M.D., F.A.C.S. James D. Izer, M.D.
Jeffrey M. Healey, M.D. Richard M. Murphy, O.D.

We offer complete services from comprehensive medical eye examinations, diagnosis and treatment of medical and surgical eye and lid disease and disorders, prescription glasses and contact lenses as well as LASIK and facial cosmetic surgery to include BOTOX.

MONTGOMERY 4255 Carmichael Court North
334.277.9111
WETUMPKA 8007 U.S. Highway 231
334.567.9111
1.800.255.3012 • www.eyes-itec.com

Community Advisory Board

By Katy Sulhoff



As the Junior League strives to make an impact in Montgomery, it seeks the advice and counsel of prominent members of the community. Each year, the Junior League Board of Directors nominates and elects five distinguished professionals to comprise the Community Advisory Board. They have their finger on the pulse of the community and guide the Junior League in its endeavors. Meet the members of the 2014-2015 Community Advisory Board.



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 where 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. Mr. McKinnon has been integral in 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, Alabama. Mr. McKinnon 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. He 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 and three children, Kendall; Connor; and Stinson.



KATHY SAWYER

Kathy Elmore Sawyer, President of Sawyer Consulting Services, LLC, serves as an Independent Consultant to governments in the areas of health and human services. Ms. Sawyer currently serves as a Court Appointed Officer for the United States District Court for the District of Columbia to guide the District's compliance in a 34 year old federal class action lawsuit involving persons with intellectual and developmental disabilities. Prior to her consulting work, Ms. Sawyer served as Commissioner of the Alabama Department of Mental Health, where she was appointed by Governor Don Siegelman in 1999 and reappointed by Governor Bob Riley in 2003. Ms. Sawyer retired in 2005. Ms. Sawyer was the first African American to be invited into membership in the Junior League of Montgomery where she served on the Board of Directors and Future Planning Committee from 1992 to 1993. In 2004, Ms. Sawyer was named Sustainer of the Year. Among Ms. Sawyer's most recognized community service work is Camp Sunshine, where she has served as Co-Director for the past 25 years. She has also served on numerous national, state, and local boards and has been the recipient of numerous awards and honors. Ms. Sawyer is a 1976 graduate of the University of Alabama, where she earned both her undergraduate and graduate degrees in social work. She is the proud mother of one son, Hosea Curran Sawyer, a student at the University of Maryland at Baltimore Campus.



LESLIE SANDERS

Leslie is responsible for the company's operations in parts of 19 counties in South Central Alabama, including Montgomery. Southern Division's 660 employees serve approximately 220,000 customers. She has been in her current role since August 2011. A 26-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. 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 currently serves as the Chairman of the Montgomery Area Chamber of Commerce. She also serves on the board for the Alabama Department of Human Resources, Children's First Foundation, Montgomery Area Committee of 100, Alabama Agriculture Board, Alabama Archives and History, Montgomery County Public Library, Junior League of Montgomery, Metro YMCA, and the chairman of the Montgomery Riverfront Development Foundation. 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 and have two children, Brittany Leigh and Blake David. They are members of St. James United Methodist Church in Montgomery.



BOWDY J. "BO" BROWN

Bo Brown is a 1988 graduate of Thomas Goode Jones School of Law at Faulkner University and received his Bachelor of Fine Arts in Business Management at Huntingdon College. Brown is currently a shareholder at Sasser, Sefton, Brown, Tipton, & Davis, P.C. Brown's practice focuses on real estate transactions and creditor rights issues, as well as title, banking, and mortgage related litigation. Prior to joining Sasser, he was a shareholder with Rushton, Stakely, Johnston, & Garrett, P.A. Brown has extensive experience in mortgage banking and formerly worked with Regions Mortgage and Regions Financial Corporation for 12 years. The Alabama State Bar's publication, Alabama Lawyer, published "Defining the Homebuyer's Legal Rights," authored by Brown in a March 2000 issue. Since 2011, he has been named a Super Lawyer in the area of Bankruptcy & Creditor/Debtor Rights. Brown serves on the Board of Directors for the Huntingdon College National Alumni Association, is a past Advisory Board Member for Wynlakes Golf and Country Club, and attends Grace Episcopal Church. Brown and his wife, Nancy Jo, have been married for 28 years and have two daughters. This is Brown's first year on the Junior League Community Advisory Board.



BURTON WARD

Burton Upchurch Ward joins the Community Advisory Board for her first year. She currently serves as President of the Central Alabama Community Foundation, a nonprofit philanthropic foundation created by and for the people of central Alabama. She joined the Foundation in 2008 as the development director. Prior to that, she was a private banker for Compass Bank and a senior trust officer at SouthTrust Bank. Burton is a 1990 graduate of Hollins University with a B.A. in Computational Science. She has two sons, Ken (16) and Sidney (13). Burton enjoys being involved at First United Methodist Church, spending time at Lake Martin and keeping up with two teenage boys.

Creating Smiles For Life!

Kingry Orthodontics
8101 Seaton Place Suite A
Across from Peppertree Center
334.272.4900
kingryorthodontics.com

Kingry
orthodontics, p.c.
G. Mark Kingry, D.M.D.

1 & 2 week sessions for ages 6-16!

Best of Parenting WINNER
10 years in a row!

Riverview

Camp for Girls

On top of Lookout Mountain on the banks of Little River...Montone, AL.
Your Award Winning Camp Experience!
Confidence, Character, Adventure, Inspiration!

Only 1.5 hours east of Huntsville and 2 hours from Atlanta, Nashville & Birmingham!

ACTIVITIES

- Horseback Riding
- Swimming (Heated Pool)
- Ropes Course
- Climbing Tower
- Tennis
- Canoeing
- Golf
- Gymnastics
- Dance
- Cheerleading
- Flag Twirling
- Archery
- Arts and Crafts
- Knitting
- Chorus and Drama
- Outdoor Living Skills
- Basketball
- Volleyball
- Soccer
- Riflery
- Trip Day
- River Water Blob
- Campfire every night
- Counselor-In-Training
- Christian Leadership

Campers...Here's what you can expect!

- To smile non-stop!
- To have one of the BEST summers of your life!
- To do amazing things that you never dreamed you would try!
- To gain self-confidence because of all you have experienced!
- To hit the target...better yet, to hit the bulls-eye!
- To ride your favorite camp horse!
- To spend your summers with friends!
- To run into these friends when you go to college!
- To say "Thank You" to whoever sent you to camp!
- To feel close to God!
- To swing through the trees!
- To splash in the pool!
- To cry when you leave.

Scan for the BEST SUMMER EVER!

Member

ACCREDITED

Spring & Fall Mother-Daughter Weekend Also Available! Sign up online!

Dr. Larry and Susan Hooks, Owners/Directors
For more information and a free DVD call 800-882-0722 www.riverviewcamp.com

www.riverviewcamp.com
has an extensive Frequently Asked Questions section for first-time camper families and several enjoyable videos!

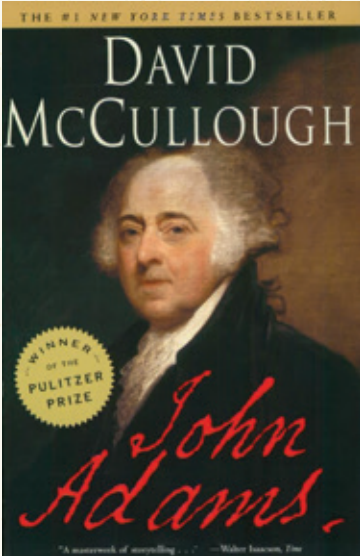
Books ON THE Nightstand

Compiled by Marcy L. Ingram



At the beginning of each year, many of us make New Year's resolutions with good intentions. However, within one to three months (or less), those good intentions have fallen to the wayside. What if those resolutions for change could come from a book you read, one that had real and personal staying power?

One that could change an outlook, a view, or your life... forever? Now that's a resolution that is kept! I am honored to introduce you to two women who did just that—read books that changed their lives. So settle into your favorite chair and be inspired.



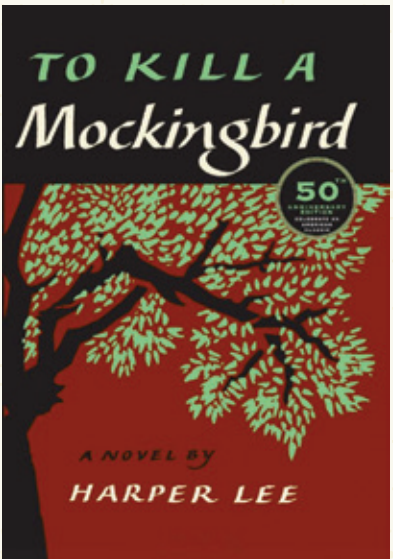
The book that changed **Rebecca Fulks'** life is *John Adams*, by **David McCullough**. "My thinking about history and how ordinary people can accomplish extraordinary things was changed by this book. When we feel, or mistakenly believe, that our ordinary lives cannot accomplish much, this is wrong. We are all able to impact history by the lives vwe touch and the things we do—we are all ordinary, able to accomplish the extraordinary. We all have an impact in the way we choose our actions every day," said Fulks.

John Adams is a great biography and a beautifully written piece of history about human nature, religious faith, politics, war and social issues. It is also a love story about a marriage between equally yoked people. This book looks at one of American history's most revered founders and examines his passion, strength, determination, flaws and weaknesses.

Rebecca Fulks is a provisional member of the Junior League of Montgomery this year. She works in state government and one of her many duties is to prepare the annual report for her agency. In addition to her work duties, she is a certified lay speaker (CLS) in the United Methodist Church. One of Ms. Fulks' greatest joys as a CLS is the privilege of visiting rural churches and assisted living facilities to talk about God's love for all of us. She also serves as chairperson of the Evangelism Committee at Dalraida United Methodist Church.

Ms. Fulks is a member of Leadership Montgomery (Class XXVIII), where she took part in a class project called *Steps to My Dream*. This project received notice from the Southern Education Desk (SED). The SED is a consortium of public media stations in five southern states (Alabama, Georgia, Louisiana, Mississippi and Tennessee). The SED states, "Our mission is to be the place where people come to find useful, practical information on education; a clearinghouse for resources and research, as well as a forum for participation in a reasoned discussion on the challenges of education in the southern United States." Alabama Public Television posted a brief video of this project on its website on October 27, 2012. Ms. Fulks is also a member of the Alabama World Affairs Council and she is an active member of the Peter Forney Chapter of the National Society of the Daughters of the American Revolution.

Reading good books is a passion, and she belongs to the book group *Martinis and Manuscripts*. According to Ms. Fulks, "Belonging to a book group is a great opportunity to read books you would probably not select for yourself. Some of the books you will read in a book group will surprise you and broaden your reading avenues." In addition to good books, Ms. Fulks reads Psalm 37 every day, as it is a reminder that God gives us jobs to do and we are instructed to do them.



Our second book is from **Shannon Parris Bowlin**, who was born and raised in the small town of Selma, Ala. Her hometown community was not unlike the setting for **Harper Lee's** one novel, *To Kill a Mockingbird*. Neighborhood schools, a caring church family, a sense of community and belonging; all were advantages which she enjoyed in that environment. "I don't remember the first time I read *Mockingbird*. I say 'first time' because this is one of few books which I've read multiple times. Each reading impacted me in a different way and I've not consciously processed the chronological progressions of its influence on my thinking and my development, nor do I think that's important. I do appreciate that it provided a context for me to reflect on critical issues, issues such as fear, prejudice, compassion, morality, judgment, and forgiveness. Growing up in a small town can create a familiarity and level of comfort with the status quo which makes individual and community progress and growth extremely difficult. For Scout, growing up meant losing her naiveté and, more importantly, her fear of the unknown. Neither Scout nor I mourned the loss of our 'innocence;' we welcomed and celebrated our absolute determination to think for ourselves. Refusing to take the easy road, better to

have an always thoughtfully critical way of looking at the world and of making decisions about how we choose to live our lives."

Shannon continues, "How much has *To Kill a Mockingbird* shaped the person whom 'Shannon the child' is continuously becoming? I don't know. I do know that the lessons and understandings so hauntingly described are important themes I am already sharing with my precious daughter. I know that they are at the core of who I am and will be. I know that Harper Lee's book is the only book I have been compelled to find an autographed copy of for my mother and I know that she cherishes it. I know that *Mockingbird* didn't give me all the answers. I know that it *did* lead me to ask many of the critical questions. Thank you, Ms. Lee, for that priceless gift."


Shannon Parris Bowlin is the owner and aesthetician at Shannon Bowlin Aesthetics, located at *Gwen's—A Southern Spa* in the Mulberry District. She is a 2001 graduate of the European School of Aesthetics, specializing in facials, chemical peels, dermal planing, waxing, body treatments and permanent makeup. Shannon and her husband, Mark, have been married 14 years and have one daughter, Olivia (8).

THE Samaritan Counseling Center CELEBRATES 15 YEARS!

Join us on Thursday, May 15, 2014 from 6:30-9:30 p.m. for a casual birthday party at Academy Events & Catering at 17 Coosa Street, 5th floor of the Renasant Bank building, with free parking in the parking garage. Your \$15 per person reservation includes 2 beverage tickets, hors d'oeuvres, and the live band, 2nd Coming. For reservations please call the center at 334.262.7787, or mail your reservation check to 2911 Zelda Road, Montgomery, AL 36106.

Founded as a 501(c)3 non-denominational, faith based-organization in 1999, The **Samaritan Counseling Center**, Inc., provides mental health services, educational programming and consultative services to all in need within the River Region through a wellness-oriented philosophy, emphasizing mind, body, and spirit. For more information about The Samaritan Counseling Center and its services, visit www.tsccenter.org.

Thank You JLM!



Catholic Social Services

January 14, 2014

The Junior League of Montgomery
Jeanie Parnell, Community Council Vice President
3570 Carter Hill Road
Montgomery, AL 36111

Dear Friends:

Thank you for the donation of \$975.00 to St. Margaret's Services at Catholic Social Services.

We sincerely appreciate and thank you for your donation.


St. Margaret's strives to care for those elderly in our community who are falling through the cracks in an already overloaded social service delivery system. All our services are given in love and charity, so we are especially thankful for any contributions that we receive.


Again, thank you. Please feel free to call me at 334-288-8890 ext. 224 if you have any questions or concerns.

Sincerely,
Carol
Carol Herron, Supervisor
St. Margaret's Services


Thank you!

Per IRS regulations, no gifts or services were provided in consideration of this contribution.





Catholic Social Services | 4455 Narrow Lane Road | Montgomery, AL 36116
(334) 288-8890 | Fax: (334) 288-9322
Member Catholic Charities USA



United Way
A United Way Agency



Thanks for the Memories!

I can't count the number of times that I called, texted or emailed Gretchen Fischer for help with Junior League questions. There was no limit to the knowledge that she attained through working as the office manager at headquarters on Carter Hill Road. If she didn't have "the" answer that I needed, she certainly knew who would know the answer, and she directed me accordingly. There was no subject, no placement, and no committee project that flew under her radar. She took it all in...she was like our own little Junior League Wikipedia.

Gretchen joined the Junior League in 1997, a few years after graduating from Auburn University. Although originally from Covington, Louisiana, she decided to call Montgomery her home alongside husband Andy, and their two beautiful daughters. After joining the League, Gretchen got busy with her volunteer work and Chaired several projects including the Holiday Market Silent Auction, Publicity, Bulk Mail and Headquarters Chair. Her placement work included teaching art

classes at the museum of fine arts, serving the community through the Montgomery Food Bank and participating in Christmas in April. Gretchen elected to serve as a Sustainer in the League after accepting the job as the Junior League office manager in 2006.

As Gretchen looks forward to new adventures, she fondly recalls her time spent in the League office. "I got to see firsthand how the Junior League of Montgomery helps, and touches real people here in Montgomery. I love the many friendships that I have made with so many different League members over the years. Working at the League office has given me the opportunity to learn so much more about what we do because I have gotten a chance to talk to all members, regardless of their status as a Provisional, Active or Sustainer. They all have wonderful ideas and memories for and of the Junior League of Montgomery."

BAPTIST HEALTH

HeartCaring

By Leslie Pitman



This year, the Junior League of Montgomery is honored to have Baptist Health as a Gold Investor. The League is grateful to be associated with this respected organization and fixture in our community. Baptist Health is the area's largest health system, with three hospitals serving Central Alabama. This faith-based system was named a 2012 Thomson Reuters, Top 15 Health System.

In addition, Baptist Medical Center South, the system's flagship hospital and a 454-licensed-bed regional acute care referral center, is noted as the number one hospital in Alabama for cardiovascular services. Baptist Medical Center East is a 150-bed acute care hospital that, while specializing in obstetrics and women's services, provides a broad range of healthcare services. It has been listed as a Truven Health, Top 100 Hospital for three of the past four years. The third hospital, Prattville Baptist Hospital, has been named a Distinguished Hospital for Inpatient Care by JD Powers & Associates. It is an acute care, community hospital, with 85 licensed beds, and offers a full range of health services to the residents of Autauga and Elmore counties.

"The Junior League's goal to positively impact our community is a goal Baptist Health shares," said Julia Henig, vice president, Baptist Health, and Junior League member. "We believe in the value and mission of the Junior League and the fund-deserving charities they support. As a business partner with the League—together we can impact more lives. Women are often the healthcare decision makers in their homes. By teaming up to provide educational opportunities that increase awareness and by helping sponsor Junior League events, Baptist Health is allowed the chance to talk about the importance of a healthier lifestyle, hopefully helping to create a healthier community."

One of Baptist Health's community outreach programs is known as **HeartCaring**, which is designed to educate both physicians and members of the community on women and cardiovascular disease. Heart disease claims the lives of one in three Americans and kills more women than the top three cancers combined. That's why Baptist Health is working so diligently to educate people on the risk factors and symptoms of heart disease.

On February 22, 2014, Baptist Health hosted a "Love Your Heart" Day Screening. This screening included a glucose check, a cholesterol check, a blood pressure and pulse screening, and an EKG. Educational information was made available, and cardiologists, dietitians, and nurses were on hand to answer questions and discuss health and lifestyle concerns. Call Leigh Burnett, the HeartCaring Coordinator, at 286-3532, for more information.

HeartCaring wants YOU to know the facts and consider your own heart risks:

Heart attacks in women often present themselves differently than in men; women notice abdominal symptoms such as nausea and vomiting, while men usually experience chest pain or pressure.

Common symptoms of a heart attack include:

- Chest discomfort (not necessarily pain)
- Pain or discomfort in the jaw, arm, or abdomen
- Shortness of breath
- Nausea and vomiting
- Cold sweat
- Light-headedness

If you think you may be having a heart attack, call 911 immediately! "Time is muscle" with the heart. The longer you wait to get treatment, the greater the loss of muscle of the heart. So be sure to make the call in the first 5 minutes of the onset of symptoms.

Assess your risk. Some risk factors cannot be changed; some can. Here's what you need to know:

What you can't change:

- Family history of heart disease
- Age—risk increases with age
- Race—African Americans have a higher risk of heart disease

What you can change:

- Smoking—This is the #1 cause of heart disease.
- Blood pressure—High blood pressure can increase your risk; you can control your blood pressure through diet, exercise, stress management and medication.
- Cholesterol—Just like blood pressure, bad numbers here can put you at a greater risk for a heart attack. But you can control this through diet, exercise and medication.

Inactive and/or overweight—Get moving and get losing to lower your risk.

Diabetes—Be sure to manage your diabetes to keep your risk in check.


Medication—If you need medication, taking it can help keep your risk of heart disease down.

Another risk factor is systematic autoimmune disorder. If you have lupus or rheumatoid arthritis, you are at a higher risk for heart disease because of the inflammatory response of the body.

To further assess your risk, go to www.baptistfirst.org to take an online heart risk assessment.

Did you miss Love Your Heart Day?

If you missed Love Your Heart Day and would still like to get checked, Baptist Health is offering a 3D Image Advanced Heart Check at both Baptist Medical Center South and Baptist Medical Center East. Now assessing your heart's health is simple, non-invasive and affordable. Call 334-273-4450 to schedule yours today, because Nothing Beats a Happy Heart.



One look into your heart
and we can ease your mind.

**3D IMAGE
ADVANCED
HEART
CHECK**

\$199

Call (334) 273.4450

BaptistHeartHealth.com

42



PHOTOGRAPHY by the Robertsons

Oil Portraits

277-2228

43



UPCOMING EVENTS

March 11 Placement Day	April 10 Sustainer Luncheon
March 13 New Member Open House	May 13 Final General Membership Meeting
March 15 Shamrock Shuffle	



FAITHACADEMICSARTS

Encouraging all children to grow spiritually, intellectually and physically in a safe and supportive environment.

Contact us today for a personal tour of our beautiful campus. **334-395-8222**



HolyCrossMontgomery.org
PRE-K THROUGH 6TH GRADE
Holy Cross Episcopal School
4400 Bell Road Montgomery, AL 36116

Holy Cross Episcopal School admits students of any race, color, religion, and national or ethnic origin.

ROLLING IN THE River Region

By Erin Schovel Turnham



In September, my mother, Elaine, and I celebrated her 65th birthday. We had a nice mother and daughter day out in downtown Montgomery at a top speed of 12 miles per hour. My mom wanted to mark the occasion by doing something different and a little out of her comfort zone.

She had been intrigued by Segway, the two-wheeled gyroscopically stabilized people mover since it was first introduced, and she decided that a Segway ride was the perfect way to segue into a new phase in her life. I had noticed the sandwich board advertisement in front of the Union Station Visitor's Center, so I called up Jeff Blake of Blake's Segway Tours to set up Mom's birthday adventure.

On September 14, 2013, a beautiful, Southern, autumn day, the kind of day about which everyone wistfully sighs, "Now if the weather would just stay like THIS..." Mom and I arrived at Union Station with our bike helmets. The helmets aren't strictly required but since this was our first ride, we both decided to forgo good hair, for personal safety. We found Jeff at a little table inside the office and he set about getting us the waivers we needed to sign. As we signed the forms, I asked him how he got started giving Segway tours. Jeff said that this was his third career, after having first been a radio announcer and then owning his own ServiceMaster business, which he sold in April of 2012. "I needed something to do and wanted to find something that was interesting and fun," Jeff said. "I took my son to Chicago where we saw a Cubs and a White Sox game. We also took a Segway tour. The tour leader pointed out the historical landmarks in the city. When we got back to Montgomery, I pondered the possibility of doing the same thing here. We have so many historical landmarks downtown, places that are significant to not only the city, but to our world. I realized the majority of the history of Montgomery was in a one- mile radius of downtown."

Jeff drove around the area and discovered many historic sites that he had never known before. Then he began to develop

possible tours by first walking, then bicycling to the attractions in different routes. Finally, he rented a Segway from a friend who is now his business partner. The 2012 Capital City Christmas parade on December 8 was the first event for Blake's Segway Tours, which opened for business to the public the next day. Just over a year later, the tour business is going well. Jeff specifically keeps his tour sizes small, with a maximum of four riders per tour. Each rider in the group receives individualized attention and a smaller tour size offers more opportunities to ask questions and take pictures. In many cities, riders find that they simply ride in a line without the chance to speak to the tour guide. Blake's Segway Tours offers three standard tours: the Riverfront is 45 minutes long, the Downtown is 75 minutes long and a Civil Rights/Civil War tour is 135 minutes long. Custom tours can be created and services are available for parties and events.

After the formality of signing the waivers, Jeff led us to the Station's back patio where the geek mobiles were parked. Both Mom and I were very pleased at the amount of time Jeff took to let us get comfortable with all aspects of riding. We practiced getting on and getting off, simple tasks that took more mental adjusting than physical prowess. Something about stepping onto a platform that is supported only by two wheels makes your brain question if your body really should be trusted to do such things. There really isn't a decent way to describe the sensation of stepping onto a Segway and riding. The deceptive and seemingly simple act of balancing is something so deeply embedded in our brains that it defies words. You simply have to try it. We did wobble a bit as we stepped on, but the Segway gyroscopes counteracted our wobbling. Jeff explained it was a completely normal thing for first time riders to do, as our brains



argued with our bodies. I asked Jeff what he would like people who have yet to ride to know about his Segway Tours. "I want people to get past being afraid. My oldest customer so far was an 81 year old man from Huntsville. He asked if his wife could follow along in her mobilized chair. I said, 'Of course!' We had a great time and she was happy she could join the tour."

Jeff calmly, patiently explained every step in the process and we quickly developed a rapport. He demonstrated, by stepping on to his own Segway, that the placement of our feet mattered a great deal and that we should keep our feet within the clearly marked rectangles in order to maintain the best control. He led us through a series of exercises including moving forward, backward,

turning around in a tight circle, rolling at top speed and stopping. It was amazing how quickly we became comfortable with the devices. While the Segway has a handlebar that does aid in steering left and right, it really is guided by five internal gyroscopes that sense the rider's whole body movements. When you are standing naturally upright, or in Segway parlance, "neutral," and you are standing directly over the center line of the vehicle, it will remain still. To slowly move forward, you slightly lean forward from your hips. To go faster, you lean forward further. To slow down, you stand up straighter, and to completely stop, you lean back. To turn, you gently turn the handlebars in the direction you want to go. After our primer, we



headed down to the Riverfront. Going down the ramp into the tunnel was fun! Both Mom and I leaned back at first but I tested out the Segway's speed about halfway down. Twelve miles an hour is plenty fast for me on a two wheeled, stand-up means of transportation!

As we cruised around Riverfront Park, Jeff pointed out the new developments. The revitalization of the Riverfront was begun in 2004 with the creation of the amphitheater, grassy area and the splash pad. In 2011, the development of the area was placed under the Department of Parks and Recreation which added benches, lights and resurfaced the area to make it pedestrian-friendly, as well as wheelchair and stroller friendly. With the

addition of the Harriott II cruises, the SandBAR at the Silos, the Second Saturday events, musical performances and events like the Dragon Boat Races, the Riverfront has quickly become a destination full of activity. Jeff stopped us in front of the Harriott II to take photos and then we sped back up the Riverfront tunnel on our way to the Biscuits Stadium. The season had just ended, so we only peeked in a side gate and then glided up Commerce Street, past Alley Station to Court Square. There, Jeff stopped us to talk about the history all around us. From the slave auctions in the 1800s to Rosa Parks' famous bus stop and Martin Luther King Jr.'s Dexter Avenue Church up the street, Montgomery is a major tourist destination because of the Civil Rights history that happened here. The number of international tourists who visit



our city took Jeff by surprise. "I am impressed with the way the City of Montgomery is embracing the downtown area," he said, "and I am proud to be a part of the development. We have a beautiful downtown and many Montgerians don't know about it." On a personal note, I thought I had seen all the historic markers and sites that downtown had to offer, having visited many on my own and then seeing many more as a member of the Emerge Montgomery Torchbearer's Class III (affectionately known as TB3). On Jeff's tour I got to see so much more than I had seen before, and at a wonderful pace. Being able to ride on a Segway made visiting the landmarks easier because we were able to zip from one to another and linger where we liked.

From Court Square we headed up Dexter Avenue, peeked in at the development in the Kress Building, stopped and admired the view of the reflecting pool, took pictures at the corner of Dexter and Decatur, and talked about the Dexter Avenue King Memorial Baptist Church where Dr. King was pastor during his time in Montgomery. Our tour continued up S. Decatur Street to Washington Avenue, past the Alabama State Archives, then looped around the Alabama State Capitol grounds to view the Capitol building and the many memorials tucked among the landscaping. We rolled west on Washington where we stopped in front of the Southern Poverty Law Center to touch the names engraved on the Civil Rights Memorial designed by Maya Lin.

Then, we continued down Washington Avenue to S. Court Street and took a left on Montgomery Street to see the Rosa Parks Museum and the bronze medallions on the building depicting historic moments in the Civil Rights movement. From there, we doubled back to Commerce Street and zipped over to Water Street and the Union Station Train Shed. It was a thorough tour! I was so glad to be able to share a milestone birthday with my mother and show her a great tour of downtown Montgomery in one afternoon! The experience of riding a Segway was fascination in and of itself. To be able to delve into Montgomery history at the same time was thrilling and an experience I highly recommend even for lifelong Montgomery dwellers.

For more information about Blake's Segway Tours:

visit www.segwaymontgomery.com

call 334-657-4195

or email segwaymontgomery@gmail.com

Facebook: www.facebook.com/segwayfun1

Twitter: www.twitter.com/rideasegway

*Put your company
in front of our
vast audience!*

Through advertising, we are able to share with a broader audience our mission of helping families by spotlighting the many community agencies that we support. And our broader audience means more reach for your company! Contact us today to see how you can place an ad in League Logs.

Contact

CARMEN STEGALL McCULLOUGH,
ADVERTISING MANAGER

334-396-2276 :: Fax: 334-288-8944 ::
CEStegall@aol.com



Habitat for Humanity

PARTNERS WITH *Junior League*

By Joyce Loyd Davis



The Junior League of Montgomery and Habitat for Humanity have not collaborated in several years, but this year's project has been quite a success in the making, or shall I note, quite a success in the "building." Habitat for Humanity is a non-profit, Christian based organization that builds simple and affordable homes. The homes are built in partnership with a specific family in need of quality housing. This year, the Junior League was excited to partner with volunteers from Wells Fargo to build a home for Denesha Garrison and her family.

Denesha is a single mom with two children and she is eagerly waiting the completion of this project. Their new home will be built in New Hope Village, at 808 Millard Fuller Drive. It is a three-bedroom, two-bath home, currently under construction for Denesha and her family.

A committee of 28 Junior League volunteers, led by placement chair Alecia Bozeman and co-chair Sherry White, has already put in 404 hours on this project. Alecia says that she is happy to chair this committee because "it is God's gracious people working together." She also believes the commitment is ready to see this project completed and everyone wants to be there to help. Alecia gives praise to the three pregnant women who are serving on the Habitat for Humanity committee. The League committee is comprised of women from all walks of life, yet they come together and feel good about what is being accomplished. During the holidays, Alecia said that she had a committee member who left the country to climb Mt. Kilimanjaro, and then she was right back to the worksite immediately following her holiday adventure. Alecia knows that "this type of dedication is what makes this team of ladies special in many ways to the overall project."

The ladies began their volunteer project in August of 2013, each showing up on the construction site with a tape measure, gloves, a hammer and zero experience. They were given a hard hat and other essential items needed on the worksite. The project foreman is Mike Sinn and he led the team through each phase of the building process. Alecia states, "Mike has been wonderful to work with and he exercises patience as he works with our group of inexperienced 'home builders.' Every woman has been working on the jobsite; there is no time for standing around." Even when the weather turned cold, the volunteers showed up on the jobsite. All of the physical efforts have really paid off because the walls are up! The team drilled framing to the cement, framed the interior and exterior walls and built window frames, just to name a few of the accomplished tasks. The ladies are ready to insert the new windows, put up dry-wall and put the siding on. The project is projected to be complete by May 2014. The Junior League team has approximately 144 hours left to put into the project. Denesia and her family are required to put in 400 "sweat equity" hours into the project, too.



Since these types of projects are completed mostly by volunteer work forces, it is truly rewarding to witness people, most of whom are strangers, work together to make another person's life better. Just to be onsite and see this project unfold before your eyes is amazing! Alecia added, "It is very noteworthy to mention that Elizabeth Saliba has facilitated a great working relationship with Habitat for Humanity to make this project possible. Elizabeth was employed by Habitat for Humanity as their executive director, and is also a Junior League member. The connection has been priceless to the completion of this amazing project."

As a writer, I was honored to cover this project and I, along with many others, am eagerly waiting to see the finished project. This

truly must be one of the most rewarding placements. Everywhere I looked, I saw "all smiling faces," just as Alecia described. There will be a housewarming party sometime in May. This homebuilding and hope building project certainly inspires one to continue the depths of volunteerism because it makes a difference.

Committee members include Nikki Bagley, Alecia Bozeman, Maranda Brown, Katherine Chambers, Senna Colson, Margaret Cornwell, Jill Farris, Christine Garrett, Marcy Gilbert, Carrie Gray, Amanda Hayes, Wendy Hobbie, Nichole Johnson, Nichole Lowe, Mary Majors, Carla Martin, Cathy Martin, Quentina Mitchell, Cassie Pluckett, Susan Reed, Ta'Kenya Rogers, Elizabeth Saliba, Amy Seedberry, Sonya Stallworth, Katy Sulhoff, Teshari Tucker, Sherry White, Katie Womack and Alecia Bozeman.



Rewrite the law of supply and demand.

When demand for your marketing material is high, you need to be sure you've got an adequate supply and the means to distribute it. Davis Direct's comprehensive, fully customizable fulfillment service provides real-time inventory reports and tracking information so you can stay on top of your material.

Contact Davis Direct when it's time to get Ready. Print. Go >>

 **davisdirect**
ready. print. go >>

1241 Newell Parkway, Montgomery, AL 36110
Tel 334 277 0878 | Fax 334 277 2518
davisdirect.net

Alabama Dance Theatre Classes

1018 Madison Ave.
www.alabamadancetheatre.com



Kitty Seale,
Artistic Director
at the Armory
Learning Arts
Center

Age 3 to
Professional

**241-
2590**



Photography by David Robertson, Jr.

WELCOME TO THE LEAGUE!

Provisional Class 2013-2014

Compiled by Jewell J. Dickson



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!



Shannon Bowlin, from Selma, hopes the League will provide opportunities to learn to better serve the community. Her hobbies include hiking, snow skiing, kayaking, camping, and gardening. Shannon's favorite tradition is an annual ski trip to Alta, Utah with her family.



Cecelia Coward, from Montgomery, hopes that through the League she will be able to make a difference in the community and make new and long lasting friendships. Cecelia is actively involved in the Auburn Alumni Association. In her free time, she enjoys volleyball, basketball, and traveling. Cecelia's favorite tradition is going out to her grandparents' farm and enjoying the peace and tranquility of the country and visiting with family.



Davita Duvall, from Montgomery, joined the League to meet new people and become active in her community. In her leisure time, Davita enjoys reading and spending time with family. Davita's favorite tradition is the trip she takes with her mom each year.



Ashley Penhale, from Alabaster, hopes that through the League she will have opportunities to serve the community and to meet new people. Ashley serves her community with her involvement in the Montgomery County Volunteer Lawyer Program, American Cancer Society Junior Executive Board, YMCA Youth Judicial Mock Trial Coach, and Chi Omega Advisor. For leisure, she enjoys tennis, crafts, and watching Troy football.



Erica Pippins, from St. Louis, Missouri, joined the League to become a part of a network of women, who, through volunteer programs and other initiatives, use their talents and resources to help improve the River Region. Currently, Erica serves her community as a member of the Montgomery Museum of Fine Arts Junior Executive Board and the American Cancer Society Junior Executive Board. She is also a proud alumni of the EMERGE Torchbearers program. Erica's hobbies are traveling and decorating. Her favorite tradition is planning the "girls' getaway" with her best friends.



Laura Rogers, from Guntersville, hopes the League will allow her to learn more about Montgomery and get more involved with the community. Laura's hobbies involve being a taxi for her three children and spending time with her friends and family. Her favorite traditions are ones shared by family at holidays, specifically cookie making, preparing for Santa's arrival, crafts, and enjoying the season.



Amanda Fallon, from Jackson, Mississippi, hopes to broaden her opportunities to serve others and to build friendships by becoming involved in the League. Her hobby is decorating and her favorite tradition is Christmas Bingo!



Kara Hendley, from Montgomery, joined the League to become more involved with the community and make new friendships. Her hobbies are playing tennis, riding horses, painting, graphic design, and calligraphy. Kara's favorite tradition is sitting by the fire on Christmas morning and eating a "Super Duper Daddy Breakfast" specially prepared, of course, by her father.



Angela Ngichabe, from Queens, New York, joined the League to be a part of a diverse group of women coming together to serve the community. Her hobbies are dancing and playing Pet Rescue. Angela's favorite family tradition is during Thanksgiving when her family members share what they are grateful for each year.



Linda Ware, from Gales Ferry, Connecticut, hopes her involvement with the League will provide the opportunity to make a positive impact in the community while creating friendships and networking with other members. Linda is actively involved in Delta Sigma Theta Sorority, Inc. She enjoys reading, making jewelry, and exercising. Linda's favorite tradition is decorating the house for Christmas with the family while they sing Christmas songs.



Vanessa Weatherspoon, from Pensacola, Florida, joined the League to become more involved with a broader range of civic-minded women in Montgomery. Vanessa currently serves the community with her involvement with Delta Sigma Theta Sorority, Inc. Her hobbies are traveling, learning about U.S. & world history, and attending sports and theatrical events. Vanessa's favorite tradition is watching football on Saturdays.



Kwan White, from Montgomery, hopes to continue to serve the community in the town she grew up in through her involvement in the League. Kwan currently serves on the Junior Executive Board for American Cancer Society, Emerge Montgomery, Bridge Builders Alabama, and sponsors numerous service clubs for students. For fun, she enjoys dancing, cooking, and participating in art performances. Kwan's favorite tradition is driving around to see the Christmas lights while drinking hot chocolate and singing Christmas carols.



Open to all
children in the
River Region

Rising Kindergarten–6th Grade Extended Day Option Available!

Camp Eagle is a fun-filled day camp offering exciting and educational activities for your child including arts and crafts, sports, science magic, an amazing playground, a splash pad and more!

Week 1	May 27-30	Week 6	June 30-July 3
Week 2	June 2-6	Week 7	July 7-11
Week 3	June 9-13	Week 8	July 14-18
Week 4	June 16-20	Week 9	July 21-25
Week 5	June 23-27		

AUM.edu



HIGH FEES



HIGH STANDARDS

Choosing a college? Big universities will soak you with extra fees.

But you won't find that at Auburn Montgomery. AUM is a campus that is committed to learning, with flexible schedules, dedicated professors and smaller classes. Call us today and plan your campus visit to see why AUM is a better choice.

WHERE LEARNING MATTERS MOST **▶ APPLY NOW 334-244-3615**

ACT, SAT and PSAT Prep Courses

A structured study and review environment with supervised practice to help improve test performance.

Rising 11th and 12th graders

ACT June 2-6 and July 28-August 1

SAT & PSAT June 2-6 and July 28-August 1

Pass, Set, "Boombaddy!" Volleyball Camp

For girls interested in learning the fundamentals of the fun and fast-paced game of volleyball. Led by Coach Julie Sinclair and Coach Ginger Lowe with a combined total of over 70 years of volleyball experience.

Open to all girls in the River Region

Rising 4th–8th graders June 2-5

Space is limited to the first 60 campers.

Early registration is **STRONGLY** encouraged!



THE MONTGOMERY ACADEMY

The Pursuit of Excellence

Call **272-8210** or visit MontgomeryAcademy.org/SummerPrograms **Limited Enrollment. Apply Now.**

Junior League of Montgomery, Inc.
3570 Carter Hill Road
Montgomery, Alabama 36111
www.jlmontgomery.org

Non-Profit Org.
U.S. Postage
PAID
Permit No. 87
Montgomery, AL

Amazing effortless Spring

*This spring is
your season to shine!*

Shop Eastdale Mall for
bright and bold spring
fashions. The latest styles at
the greatest values - the
perfect fit!



EASTDALE
MALL

Belk, Dillard's, JCPenney, Sears,
Build-A-Bear Workshop*,
Chuck E. Cheese's®, Ice Skating & more
than 85 specialty shops and eateries.



Eastdale-Mall.com