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President’s Message

The holidays are over and a new year has begun! The Junior League of Monroe has accomplished many goals this fall and winter. We launched a very successful new cookbook, “Cooking in High Cotton.” We hosted a wonderful new fundraiser, Tour of Kitchens, and kicked off the tour with a party that everyone is still talking about, our Toast of the Tour.

Instead of our usual Christmas party, the decision was made to have a kid friendly party called “Cookies with Santa.” League members and their children enjoyed different activities and many members served as a buddy for the children from Barkdull Faulk Elementary. What a heart warming night it was for our members and the many volunteers who came to help with the children. The Placement committee chaired by Katy Ganey transformed our league house into a child’s winter wonderland. Every activity from the cookie decorating to making the ornaments was absolutely wonderful. One little boy was overheard telling his new friend how happy he was to finally meet the real Santa!

In January we changed our regular meeting to several different meetings. Many of us tried yoga, learned how to get our kitchens and closets organized, tried new wines and paired them with the proper foods, and learned how to cook new dishes from “Cooking in High Cotton.” All of these new meetings are based on feedback from our membership about the desire for more flexibility and more options. It also served as a way to make up missed meetings and have a fun, relaxed time with our friends.

We have many more great months ahead. Our incredible Spring Market is just around the corner. It promises to be bigger and better than ever! It is Great Shopping for a Great Cause! We will also choose a new board and propose our largest provisional class ever. The future looks bright for the Junior League of Monroe, but none of this would be possible without the incredible women who devote their time, talents, and heart to change our world for the better. The most important ingredient in our Recipe for Success is definitely You. Our community would look very different without the hard work from the women of the Junior League. We are leaving a legacy that will impact our children and grandchildren.

It has never been more necessary or important as it is now for the women of the league to lead the way in shaping the future for our community. Your compassion, focus, and love has never been more needed than they are now. In these uncertain times, we must continue to show kindness and stand up for those who can’t stand for themselves. You are an example and an inspiration to other women. Thank you for serving and giving your time to make a difference.

Sincerely,
Kerri Wall

Mission Statement:
The Junior League of Monroe is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Vision Statement:
Through the power of our association, Junior Leagues strengthen communities by embracing diverse perspectives, building partnerships and inspiring shared solutions.

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Board of Directors:
President – Kerri Wall
President Elect – Molly Pleasant
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Nominating & Placement Chair – Katy Ganey
Corresponding Secretary – Missy McNabb
Sustainer Advisor – Terri Authur

Editor: Toni L. Bacon
Co-Editors: Meredith Hayes, Erin Love, Tiffany Jackson and Lisa McGivney
Layout & Design: Shanette Washington
Printings: ULM Graphic Services
January 9, 2008, the Junior League of Baton Rouge held a leadership training luncheon at the City Club in Baton Rouge. The “rock star of the AJLI”, Vicki Clark, was the facilitator. Three women from the Junior League of Monroe drove down south in anticipation of a wonderful opportunity to hear Vicki speak. Those members were Darian Atkins, Molly Pleasant and Kerri Wall. The topic of the luncheon was “The Eleven Commandments of Wildly Successful Women”. Vicki welcomed all guests and gave special recognition to the members of JLM for their attendance. Her speech was entertaining and educational. It is always a pleasure to hear Vicki’s take on subjects and one never walks away without gaining knowledge or laughing out loud!

“Wildly successful women…” Three words that definitely go together with Junior League members.
–Vicki Clark

The Senior Friends committee “adopted” a local nursing home, Mary Goss Nursing Home, for the Christmas holiday. It is located on White Street in Monroe.

Mary Goss Nursing Home is privately owned, therefore it receives no state or local funding. Unfortunately, approximately 90% of the 64 residents have no family which means they do not receive appropriate clothing and toiletries, not to mention, any items of interest or for hobbies.

The nursing and recreational staff provided the SF committee with a list of the residents’ needs and the committee then purchased the items and put together care packages to be given to each resident during their Christmas party. These items consisted of body soap, lotion, body spray, vaseline, winter gloves and hats, socks and lip balm. In addition pillows, pillow cases, sheets, towels, wash cloths, shower chairs and dominoes were donated to the nursing home.

The SF committee delivered the care packages and donated items on Friday, December 19th, and the items were placed under the tree just in time for the Christmas celebration. The Mary Goss staff and residents were very appreciative. They thanked the Senior Friends committee along with The Junior League of Monroe for providing the residents with gifts they were in great need of this Christmas.

“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.”
– Edward Everett Hale
The Cotton Bayou Publications Committee had an exciting and fun-filled marketing schedule these past few months. And have you heard? “Cooking in High Cotton,” our outstanding new cookbook was everyone’s favorite holiday gift this past season. It was—and still is—the perfect gift for your relative, friend, or hostess who has just about everything.

In September, many of you saw us working alongside the Cookbook Task Force at the Taste of Home Cooking Show which was held at the West Monroe Convention Center. There we sold numerous copies of our award-winning cookbooks, “Cotton Country” and “Celebrations on the Bayou”, and gave out hundreds of samples from the new cookbook. In October, at each home on the Tour of Kitchens, we presented “Cooking in High Cotton”, as well as the other cookbooks, for purchase by the public and prepared many of the delicious samples at each port of call. In November, we had our annual general meeting cookbook sale, where so many of our actives, provisionals, and their guests bought cookbooks and gift items for those special people on their holiday list.

Also during November, the Cotton Bayou Publications Committee partnered with our league’s board of directors at the Junior League of Alexandria’s “A Very Merry Market.” For years, the ladies of Alexandria have asked us when we would present a new cookbook. By the end of their market, we were left with only one cookbook and a tiny sample. We owe so much of this success to the tireless efforts and hard work of board member Katy Ganey and our league president Kerry Wall as well as the rest of the board members who volunteered their culinary talents.

Throughout the month of December, our committee members spent many hours delivering cases of cookbooks to local vendors, stacking boxes of new shipments in our storage area, and wrapping, wrapping, wrapping! The local community’s demand for our gift-wrapped new cookbook exceeded all of our best expectations! In January, our committee once again presented a booth at the Ag Expo in the Ike Hamilton Expo Center. Once again, we were extremely successful and finished the weekend with only a single cookbook and a small amount of samples.

Please make plans to stop by our sales booth at the 11th annual Spring Market. We will be sure to have plenty of books for you to purchase and lots of samples from our fabulous new cookbook, “Cooking in High Cotton.” We always look forward to seeing you there.

If you can’t stop by our booth at the market or visit our local retailers to purchase the new cookbook, please visit the Junior League office during office hours. You can also order any of our cookbooks online at www.jrleaguemonroe.com. When shopping for gifts, it is a marvelous way to send someone a generous helping of our southern hospitality. Remember that each cookbook purchased helps to support our league’s many worthy projects in our community. Again, thank you for your continued support!
The Public Relations Committee is now accepting nominations for the LOUISE SEYMOUR COMMUNITY IMPACT AWARD. This award is presented each year to a Sustainer who exemplifies the purpose of the Junior League and who has demonstrated a continued interest in the community through volunteer service.

Louise Seymour devoted her life to community service with an unselfish dedication inspirational to all. This is our way of honoring other Sustainers for the same outstanding qualities and contributions to the community that memorialize Louise Seymour.

The Public Relations Committee and the Executive Committee will be responsible for selecting the recipient of this award. She will be introduced at the Annual Spring Luncheon in May and will be featured in Charlons.

Please use the suggested format below and fill out in detail when nominating your candidate. The nominations deadline is April 10th.

The Junior League of Monroe, Inc.
Attn: Kelly Holland
P.O. Box 5096 • Monroe, LA 71211-5096

NAME: ________________________________

JUNIOR LEAGUE ACTIVITIES: ________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

COMMUNITY INVOLVEMENT: ________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

SUBMITTED BY: ________________________________
association prayer

We pray that we will never be so blind
that our small world is all we ever see.

Or so supremely satisfied
that what we are is all we ever hope to be.

Grant us the joy of filling someone's need
Make us gracious followers,
make gracious those who lead.

And more than all we pray,
that through the years, we will remember
There are always new frontiers.

HAPPY BIRTHDAY!

MARCH

5 Aletha Nelson
11 Carmen Parks
15 Kerri Wall
16 Mary Lewis
Ashley McCoy

April

5 Anu Lal
28 Katy Anderson
29 Traci Wade
30 Katy Ganey

HAPPY BIRTHDAY!

www.juniorleaguemonroe.com
WHERE BORN, WHEN MOVED TO MONROE?
I was born in Ruston, LA, then moved to Georgia, Indiana, Germany, and back to Louisiana in 1991. I settled in Monroe in 1999.

EDUCATION
Finished High School at Quitman High and attended ULM majoring in Pharmacy.

PROFESSIONAL CAREER
The most rewarding career of all – Being a Mother. I also do light booking for my husband’s company, Catridge on Wheels

HOBBIES
Volunteering, reading, shopping, working in the yard and baking.

FAMILY, HUSBAND, CHILDREN, SIBLINGS
My parents are Jimmy McConathy & Jeannie Bell. I have a brother, Justin Bell, enlisted in the Army and currently serving in Afghanistan and a sister Nicole Bell. My husband is Timothy Kerry and our children are Anna and Noah.

FAVORITE RESTAURANT OR FOOD?
Macaroni Grill

WHAT KIND OF CAR DO YOU DRIVE?
Yukon Denali

FAVORITE QUOTE
Change your thoughts and you change your world. ~Norman Vincent Peale

COMMUNITY INVOLVEMENT
Event Chair for Relay for Life of the American Cancer Society, Volunteer for Susan G. Komen Race for the Cure

DREAM JOB
Jewelry Designer

FAVORITE STORE?
Anthropolgie

FAVORITE COLOR?
Black

MEMORABLE TRIP?
When my husband and I toured Greece & Italy for our 2nd honeymoon

LAST GOOD BOOK YOU READ
The Slightest Edge, by Jeff Olson

NICKNAME
Jen or Ladybug

IF YOU COULD BE SOMEONE FAMOUS, WHO WOULD IT BE?
Florence Nightingale

WHEN NOT AT WORK, WHERE IS YOUR FAVORITE PLACE TO BE?
Anywhere in the world with my family AND shopping!

BEST KEPT SECRET?
What the Junior League of Monroe is really doing in our community. I have been enlightened since joining and the women of the Junior League truly do not get enough credit for what they give to the people in our community.

WHY DID YOU JOIN THE JUNIOR LEAGUE?
To become more involved in my community, to meet more women with the same desire to give of themselves, and to find different avenues to give of myself and of my time.
**PRESIDENT**

**Kerri York Wall**

**Husband:** Douglas William Wall

**Children:** Chelsie (25) lives in Frisco, TX, and is a 2nd grade teacher at Noel A. Smith. Ross (22) is a Junior in Business Management at LA Tech.

**Provisional Year:** 1996-97

**League Experience:** Adolescent Intervention—Co-Chair, Operation Abstinence, Served a double placement during the first two years of CASA, Placement Chair, Membership Development Vice-President, President-Elect

**Employment:** Worked as Office Manager for the Einstein Academy, Worked in Accounting Dept. at Pine Valley Foods. Have been a homemaker the majority of the past 13 years

**Education:** ULM, majored in Nursing


**Church:** New Life Wesleyan Church

**Community Service:** New Life Wesleyan Church-Youth Leader, 26 years, Sunday School Teacher, Vacation Bible School Director, Local Board of Administration, Praise and Worship Team, Secretary/Treasurer for Delta District Youth of Wesleyan Church, Life Choices Board, Committee for Relay for Life, Lifetime member of PTA, Past President of George Welch PTA, JV/ Varsity Cheerleader sponsor at OCS

**Other:** Various leadership trainings by John Maxwell and other motivational speakers.

---

**PRESIDENT ELECT**

**Molly Williams Pleasant**

**Husband:** Jeffery Michael Pleasant

**Children:** Mary Claire Pleasant (9), Lauren Pleasant (7), Caroline Pleasant (4)

**Provisional Year:** 2003

**League Experience:** First Steps (2004), House and Arrangements (2005), House and Arrangements, Co-Chair (2006), Communications Council Vice President (2007), President – Elect (2008)

**Employment:** Homemaker, Consultant with the Connaught Group since 2005

**Education:** St. Frederick High School, ULM


**Church:** First Baptist Church West Monroe

**Community Service:** Junior Garden Club, Night of the Child, Chairman, Chairish the Children, committee member, First Baptist Church, nursery worker and VBS teacher, Ouachita Christian School, various projects, PEO

**Other:** In college-member of NLU 31; Panhellenic president; Kappa Delta – serving on council

---

**COMMUNICATIONS VICE PRESIDENT**

**Darian Damaris Atkins**

**Husband:** Lawrence Demetris Atkins

**Children:** Alicia Atkins (19), Ashton Atkins (18), Amber Atkins (17)

**Provisional Year:** 2004-2005

**League Experience:** First Steps, League Chaplain, Education & Training, Chair, Community Vice President, Communications Vice President

**Employment:** Communications Director for Girl Scouts of Louisiana – Pines to the Gulf which serves 42 Louisiana parishes.

**Education:** ULM-BA Speech Communications


**Church:** Pine Grove Church, Monroe

**Community Service:** Pine Grove Church-teach youth dance, Ouachita Parish High School Choir, Youth House Board, Past Board Member of Dixie Diehards

**Other:** Serve in various capacities at Pine Grove Church, assisted in Young Stage “Brick Wall” fundraiser and volunteered in the marketing of Young Stage and the Dixie Diehards. Served on the Monroe News Star Editorial Group as a Community Representative.

**In college:** Lambda Pi Eta National Communication Association Honor Society, PRSSA-Public Relations Student Society of America, Recognized for outstanding accomplishments in the College of Liberal Arts, One of the Wellsprings’ 2008 Families of the year.
**COMMUNITY COUNCIL VICE PRESIDENT**

Laura Yoes Nickelson  
**Husband:** Lance Nickelson  
**Children:** Thomas (13), attends Lee Junior High, Katheryne (10), attends Lexington Elementary  
**Provisional Year:** 2005-2006  
**League Experience:** Teen Screen-Chair 2006-2007, Planning & Research V.P. 2007-2008  
**Employment:** I am an employee of the Children’s Coalition, working with the Teen Screen program.  
**Education:** ULM-BA Psychology, ULM-MS Psychology

**FINANCIAL VP**

Marlene Williams  
**Husband:** Donnie Williams  
**Provisional Year:** 2005  
**Employment:** CenturyTel, Marketing Communications  
**Education:** University of Louisiana at Monroe-Bachelors of Business Administration, 1994, Southwestern Baptist Theological Seminary-Masters in Church Administration, 1997  
**Church:** Fair Park Baptist Church, West Monroe

**MEMBERSHIP VICE-PRESIDENT**

Misti Nelson Hajj  
**Husband:** Benjamin Paul Hajj  
**Children:** Nelson Hajj (3yrs) Lane Hajj (2 months)  
**Provisional Year:** 2002-2003  
**League Experience:** Spring Market 3 years, Education and Training, Membership Vice President

**League Training:** Various league training both locally & regionally, ODI training in Fort Worth  
**Church:** Saint Paul’s Methodist Church, Monroe  
**Community Service:** Saint Paul’s Methodist Church: Currently hold a position on the Family Life Committee and the Outreach Committee, as well as involved in teaching Sunday school for elementary school age children, Louisiana Partnership for Youth Suicide Prevention Advisory Board, American Red Cross volunteer  
**Other:** Various workshops and trainings involving assessment of mental health, mental illnesses, teen suicide, etc
ASSISTANT FINANCIAL VP
April Barnhill Rodgers
Husband: W. Adams Rodgers, IV
Children: Adelene, (2)
Provisional Year: 2005-06
League Experience: Marketing & PR (2006-07)
Marketing & PR Chair (2007-08)
Employment: Home Executive, previously a Merrill Lynch Financial Advisor (10 years)
Education: Ouachita Christian School, ULM B.A. in Marketing, College of Financial Planning, Certified Financial Planner TM
League Training: ODI in Dallas, TX (2008)
Regional Training in Shreveport, LA (2008)
Church: Family Church
Community Service: The Jeremy Barnhill Foundation for Christian Teens (Treasurer 2002-present), The Wellspring Board Member (2005-08), United Way Standards Evaluator (2002-06), Kappa Delta Sorority-ULM Chapter Advisor (2002-06)

PLANNING AND RESEARCH VICE-PRESIDENT
Christy Flanigen
Christy Posey Flanigen is a Monroe native and graduate of Ouachita Parish High School. She has a B.A. in Early Childhood Education from the University of Louisiana at Monroe and taught for seven years in the Ouachita Parish and Monroe City School Systems. Christy also had her own catering business for four years.

Christy joined the Junior League of Monroe in 2001. She has since chaired Cooking School for two years, chaired House & Arrangements for one year, and chaired Provisionals for one year. This is her third year on Board, having served as Membership Development Vice-President and Community Vice-President. Other volunteer efforts include “Mash Bash” committee for the American Red Cross, 2003; and “Chairish the Children” committee for the NE LA Children’s Museum, 2003, 2004, and 2006. Christy also served as a board member for the Children’s Museum for three years. She also volunteers at Grace Episcopal School.

Christy is married to Eddie Flanigen. Eddie is a general contractor whose company is Flanigen Builders. They have been married for 12 years and have one son, John Lawson, who is seven and attends Grace Episcopal School.

ADVISORY PLANNING CHAIR
Meredith Heard Richardson
Husband: Josh Richardson
Children: Will, 4 years old
Provisional Year: 2002-2003
Employment: Supervisor-Wholesale Competitive, Budgeting/Financial Planning for CenturyTel
Education: West Monroe High School, 1990, University of Louisiana at Monroe-BBA in Accounting, 1994, University of Louisiana at Monroe-Master’s in Business Administration, 2001
Church: Fair Park Baptist Church
League Training:
Board Member Biographies

**NOMINATING & PLACEMENT CHAIR**
Katy Ganey

Husband: Mark Ganey

Children (and ages): Douglas (13), John David (11), and Dean (9)

Provisional Year: 2003-2004


Employment: My certification is in Montessori Preschool Education. I presently work at Family Church as the Nursery and Wee Worship Coordinator. I also teach Senior Bible at Claiiborne Christian School.

Education: Graduated from Ouachita High School, Associates in Early Childhood (Montessori Certification) - LA College, Pineville


Church: Family Church in West Monroe

Community Service: I am very involved with Family Church in West Monroe. I am an active volunteer at Claiiborne Christian School. I am also a part of the FRG, Family Readiness Group. The FRG is a support network for military spouses and children during deployments.

**CORRESPONDING SECRETARY**
Mari Melissa Wilcox McNabb

Husband: Kevin L. McNabb

Children (and ages): Truman (3), Bennett (5mos)

Provisional Year: 2003-2004


Employment: St. Francis Medical Center, Franciscan Clinic

Education: Neville High School, Univ of Central Ark BSN in Nursing, Grambling State Univ MSN in Nursing, Family Nurse Practitioner

League Training: Local training w/Leisha LaRiverre(04), First Steps Training (05-07)

Church: First United Methodist of Monroe

Community Service: St. Francis Health Fair committee member, Physical exams for Boy Scouts

Other: Louisiana Licensed Nurse Practitioner, AANP Certified Family Nurse Practitioner.

**SUSTAINER ADVISOR**
Terri Arthur

Husband: Roy Joseph Arthur

Children (and ages): Cynthia Renee (23) and Victoria Rose (19)

League Experience: Active from 1990 to 2002, served on many committees with various placements, chaired Advisory Planning & Nominating (twice), attended numerous ODIs and Leadership Conferences, served on Executive Committee as Community VP, Membership VP, President Elect & President (2001-2002), served as Sustainer Advisor for President Martha Ryan and the 2002-2003 Executive Committee, Presently serving on SOS Board for fourth year, Honored with the 2008 Louis Seymour Community Impact Award

Church and Community Involvement: Jesus the Good Shepherd Church, Saint Vincent de Paul Pharmacy Board of Directors
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FAMILY, HUSBAND, CHILDREN, SIBLINGS
I have been married to Billy R. Golson for 43 years. We have two daughters Beth Golson of Houston, Texas, and Lendon Noel of Mandeville, LA. We have four wonderful grandchildren: Clancey Tanner Hall of Houston, Caroline McClendon Noel, Catherine Grace Noel, and Hayes Henry Noel of Mandeville.

LEAGUE EXPERIENCE AND COMMUNITY INVOLVEMENT
I have served on boards such as the Monroe Council of Aging, Association of Retarded Citizens of Ouachita (ARCO) and am now serving on the board of Center for Children and Families, and Co-Chair Sustainers On Stand-by for the JR League of Monroe, charter member of the Cancer Foundation League, Glenwood Emergency Room Liaison, member of the Monroe Garden Club, and Grand Destination Travel Club.

WHY DID YOU JOIN THE JUNIOR LEAGUE?
As a young wife and mother, I was asked to be a member of the Monroe JR League. In those days the invitation was a surprise. It was something I had not given a thought to and was quite an honor. I was active from 1976 to 1987. I served on many great committees: Admissions, House and Arrangements, Straw Market, Crippled Children Clinic, Neo-Natal and Pediatric Intensive Care Unit at St. Francis, and Cotton Country Cookbook retail bookkeeper.

FAVORITE LEAGUE MEMORY?
My favorite memories of the JR League consist of the great friends I made through the league. I had many wonderful experiences like the straw market, for instance. I remember, well, the sheer size of the year long process, the crazed look in the eyes of the crowd as the doors of the civic center opened, elderly ladies snatching and grabbing, young mothers gathering 2 or 3 bikes at a time…what a wonderful year!

Then there was the Cripple Children’s Clinic. I worked with Dr. Ledbetter and all the staff of the clinic for several years. As a young mother I learned a lot. It was my first experience working with the public and most of these young mothers, grandmothers, etc. that brought these children in had vast knowledge of all the government programs learned at church! Some had good personalities and some…not so good, but they all had one thing in common; they wanted help for their children, grandchildren, nephews etc. I then went to the St. Francis Neonatal and Pediatric Intensive Care Unit. Dr. Terry King had just come here to run the unit with Dr. Jose Bermudez. I had not given the unit much thought before taking that placement, but boy was it a wonderful eye opener! I learned very quickly how blessed our area was to have these fine men and their staff. What a fine well oiled machine the unit was with absolute devotion to the children, babies and parents. How remarkable they were!

WHAT ADVICE WOULD YOU GIVE OTHERS?
Times have changed since I was a Provisional. Most young women are working moms or working single moms. I don’t know how these young women do it all. The advice I would give is to enjoy and learn from your placements and new friends you will meet in the league.

I would say to the Board, again, times have changed; however, remember where the league comes in the pecking order; family first, job, then the League. Do what can be done well and what can’t - move on!

To the general membership I would say that it is an honor to be a member of the League. Do the best you can to fulfill your placement but remember if you can’t, due to family and or job – that’s okay, they come first!

In the changing world we live in, the thing that should remain the same is that the League should continue to be strong and that it continues to be an honor to be a part of. I feel that to maintain standards for the League, you may have to cut down on placements so that the placements and committees remain strong and powerful - better a few strong than many weak!
Bentley Elizabeth Lewis
Born April 24, 2008
7 lbs 3 oz; 19 3/4 inches long
Big brother Sutton
Mary Taylor and Jim Lewis

John Bennett McNabb
Born August 1, 2008
7 lbs 2 oz; 20 inches long
Missy and Kevin McNabb
Big brother Truman
On behalf of the Junior League of Monroe, we cordially invite you to attend the 11th annual Spring Market to be held March 26 – 29, 2009. The market will be located in the Civic Center, and will host merchants from Texas, Arkansas, Mississippi, Oklahoma, Louisiana and Tennessee. At the market you will find a wide selection of garden trimmings, antiques, specialty gifts, ladies and children’s clothing, ladies accessories, gourmet foods, and fine jewelry.

Spring Market officially begins with the Denim & Diamonds Preview Party on Thursday evening beginning at 6:00 p.m. Take a sneak peak at all the wonderful, unique items brought to you by this year’s merchants. There will be live music by LC Smoove and delectable food catered by The Brandy House. This will be a new twist on the Preview Party, and...
We hope to see all of you at Spring Market!

Lisa Wynne Bowman • Carla Simmons
Denise Simpson • Shannan Street
If you got her this for Christmas...

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Kids in the Kitchen played an active role in fighting childhood obesity by supporting JLM’s Tour of Kitchens in 2008. We helped teach children about the effects that childhood obesity can have on their bodies and on their health. If you would like to prolong your life and save money on-the-go, follow the four tips below:

Scale back your weight – If you are 10 pounds or more overweight your risk of having a heart attack raises by 17%, according to the Archives of Internal Medicine. Andi Holyfield, local owner of Eat to Lose, Inc., teaches kids and adults how to eat healthy on a budget and on-the-go!

1. **McDonald’s**: Best choice there would be the 420-calorie premium grilled chicken classic sandwich—skip the mayo and decrease the fat by 5-10 grams.

2. **Wendy’s**: Best choice is the mandarin chicken salad with the grilled chicken fillet—this is 540 calories and 25 grams of fat.

3. **Subway**: The 6 inch oven roasted chicken breast sub on a whole wheat roll has 300 calories—ask for a lot of veggies and of course, skip the mayo, but do add some pepper and mustard.

4. **Arby’s**: Stick with the original menu such as the regular roast beef sandwich—has 320 calories and 13 grams of fat—add a salad for balance.

Holyfield also stresses that the demands of people’s run-run lifestyles combined with highly processed food will leave most of us feeling undernourished and overweight! Follow the next 3 tips to win the rat race:

**Diet/Decrease stress/and exercise.**

1. Chew sugar free gum while making your families dinner so you will not be able to taste-test. Never trust a SKINNY cook!

2. **Fresh herbs**: A great substitute for salt, which has almost 2,400 mg of sodium per teaspoon—more than you should get in an entire day! Work the edges of the grocery store—all of the processed food is in the middle of the store.

3. Start a hot tea tradition—drink a cup of dessert flavored tea such as hot-raspberry Lipton tea, English toffee, or diet green tea after meals. Tea has zero calories and promotes a healthy heart.

Kids in the Kitchen teaches kids to avoid saturated fats, trans fats, and hydrogenated oils because they raise LDL cholesterol. We motivate kids into eating high fiber foods by making desserts that taste great because research proves fiber can reduce LDL cholesterol. Kids in the Kitchen visits schools so children have the opportunity to see, hear, and taste good nutrition during the day!

By 2020 parents of 9-12 year olds will outlive their children, according to the New England Medical Journal statistics, so Kids in the Kitchen has taken an active approach to prevent this in Monroe, Louisiana! We teach kids to:

1. Use a daily food journal.
2. Introduce healthy food by tasting it—hearing about it—and seeing it.
3. To not starve or let setbacks weaken their commitment to eat healthy in 2008!
4. Increase energy in the classroom, at home, and in sports!

Andi Holyfield, a Registered Dietitian and Licensed Nutritionist, has over 15 years experience in fighting obesity with all age groups. Andi Holyfield, Cindy Mckinney, Jennifer Mullins Turpin, and Misty Cordell are the JLM members currently participating in Kids in the Kitchen. We have been to Lexington Elementary, JS Clark Elementary, Sallie Humble, Jack Hayes Elementary, Fatima, Barkdull Faulk, The Boys and Girls Club, Louisiana Tech University, St.}

Diet on a dime
& Find healthy options on-the-go

Submitted by Andi Holyfield, LDN, R.D., Chair

Fredericks, Ouachita Christian, Grace, Good Shepherd, Whites Ferry Road Church, the Senior Center, Shady Grove School, GO RED, MAC health fair, graduating Dietetic Seniors at Louisiana Tech University, Tour of Kitchens, upper elementary school at JGS and OGS, Swartz Elementary School, and we have visited with the provisionals of JLM. All seminars are very interactive with books provided on how to read food labels and healthy recipes are sponsored by the Monroe Junior League.

There has been such a positive response from the children after participating in Kids in the Kitchen. Most kids go home and clean out their kitchen! Kids in the Kitchen plans to impact many more schools in the community in 2009 and 2010!
volunteers seldom get the luxury of seeing the impact of their work on the community, but at November’s “Fall in Love with the League” general meeting, Junior League members heard first hand how their hard work is paying off at Barkdull Faulk Elementary. Teacher Rachael Turnbough and parent Jessica Carr gave testimonials about the positive impact that “Tools and Literacy for Children (TLC)” has had on their school and surrounding neighborhoods.

Jessica Carr has three children at Barkdull Faulk. She says TLC has helped her family make ends meet and has taken a load off her shoulders.

“I’m a full-time criminal justice major at ULM. It’s been so hard with only my husband working full-time to get everything my kids need for school. For the last two years, the Junior League has provided school supplies for the entire school, and it’s a lot of help. It’s a load off of me, and it’s one less thing I have to do, and I thank the Junior League for that,” said Carr.

The League’s newest signature project targets at-risk students living in poverty with school based services such as school supplies, backpacks, uniforms and shoes, weekend food packages, an anger management/conflict resolution program, and regular parent involvement/after school enrichment events.

“Through our partnership, the Junior League has been able to do what we (Barkdull Faulk) couldn’t take instructional time to do—really bring it all together,” said Turnbough. “Its impact is far-reaching and it’s just going to snowball.”

School officials report a 50 percent drop in discipline problems and referrals to the office thanks to the conflict resolution program. Attendance at the school jumped three percentage points to a 95% attendance rate.

“All the kids in the neighborhood are really excited about going to school now. For children to say I don’t want to miss school, it really says a lot about the job Principal Johnson and the Junior League have done to turn things around. When you go to Barkdull Faulk now, it’s quiet. The kids are all in straight lines and being respectful to the adults, saying “yes ma’am,” and “no sir.” When we first started coming to school at Barkdull Faulk, it wasn’t like that. Every time you looked around, there was some child in the principal’s office in trouble. Now it’s quiet and calm. I’ve been to the school twice this week, and I haven’t seen a child in the office. That was amazing. What principal Johnson and the League are doing is really amazing,” praised Carr.

Turnbough credits TLC’s anti-bullying/conflict resolution curriculum, which is taught throughout all the grade levels by the PE teachers, as the reason for the dramatic turnaround in the students’ attitudes.

“The children are better at resolving the issues themselves. In years past, their first course of action was physical violence, and the second mode was name-calling. We’ve noticed a dramatic decrease in physical altercations, and they have better skills to resolve their conflicts through communication,” said Turnbough.

Both teachers and parents applaud TLC’s parent nights as a key component to building better relationships between the school, parents, and the community. The after school events, which feature different themes, encourage more parental involvement in the student’s education, more positive interactions with teachers, and they also foster a sense of community. Attendance at the parent night events this year averages around 100 parents and students. Also, JLM and Barkdull Faulk feed the families and neighbors after the events.

“TLC partners with other community and social organizations to provide the parent night programs. I would like to thank the Masur Museum of Art, Children’s Coalition, All Kids R Us Medical Clinic, Bridges of Ouachita Homeless Education, LA Chip, LSU Cooperative Extension Office, Primary Health Services Center, Ouachita Parish Sheriff’s DARE Program, United Way, Wellspring, CASA, Volunteers of America, Big Brothers and Big Sisters,
Family Justice Center, the Monroe Police Dept’s K-9 unit, and Volunteers of America for participating in our parent night events. Without their participation, and the hard work of volunteers from St. Frederick’s High School and Grace Episcopal School, Dr. Ava Pugh’s education majors from ULM, and the youth group from New Life Wesleyan Church, we would not be able to provide all of our services,” said Christine Rambo, TLC chair.

During this 2008-2009 school year, in response to the recession, TLC expanded its services to help more students with uniforms and shoes and more weekend food packages. All 300 students at Barkdull Faulk received a set of uniforms and shoes, and 75 students received food packages over the weekend. TLC’s Amye Smith and Svea Tierce organized Christmas food boxes to ensure that the students would have food over the long Christmas break. To help in that effort, the Gannett Foundation, which is funded by the Gannett newspaper chain including the News-Star, awarded TLC a $1,000 grant to cover the cost of the Christmas food packages.
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The Fall leadership conference for The Association of Junior Leagues International, Inc. (AJLI) was held from October 23rd – October 25th in Kansas City, Missouri. The theme was “Create, Change, Thrive.” Presidents and Presidents-Elect came from all over the United States, Canada, Mexico, and Great Britain to receive training and knowledge of current information from AJLI. On the first night of the conference, attendees were treated to a shopping spree at Holiday Mart. This event is the main fundraiser for the Junior League of Kansas City. With over 200 vendors, there was plenty to choose from. When participants were finished shopping, buses shuttled them back to the hotel for a good nights sleep.

Saturday’s agenda was kicked off with excitement. AJLI revealed a marketing plan being tested in select cities. The ads were formatted for television, radio, and print. Feedback is currently being collected as to how effective the ads are for recruiting potential new members and retaining life-long leaguers. If all goes well, local leagues could receive these marketing tools as early as December. A new design for the AJLI website was also shown. The new design should allow members to navigate the website much easier than before.

The next day was jam packed with training opportunities. AJLI’s president, Debbie Brown Robinson, greeted all attendees Friday morning and officially began the conference. A governance meeting followed which entailed a proposal of a new vision statement for AJLI. There was a great deal of discussion surrounding the proposal, and we are planning to continue the topic with our individual leagues. Delegates will be able to vote on the proposed change at the annual conference next year. Two workshops between a working lunch finished out the day for Friday. A free night was allowed and several leagues met at a local restaurant for dinner.

After the latest marketing information was shared, delegates attended two more workshops and a networking lunch. At the end of the day, a quick clothing change was needed for the closing banquet Saturday night. All were treated to a steak dinner with the anticipation building to hear the guest speaker, Liz Murray. Liz is an extraordinary woman with an amazing story. Lifetime produced a movie about her life called From Homeless to Harvard.

Liz and her sister grew up in the Bronx and were raised by two drug addicted parents. She told of how her parents received welfare checks every month and almost all of the money was spent on drugs, leaving little for food and basic needs. Her life was hard and extremely challenging. She stated several times that she “wasn’t supposed to be here” and that the odds were against her. She gave credit to several people along the way that helped her. One person in particular mentored her and helped her graduate from high school in a two year period. This was accomplished while being homeless and without the guidance or help from either of her parents. She eventually was accepted into Harvard where she is currently in her last class before receiving a college degree from one of the most prestigious schools in America.

The message Liz gave was simple, direct, and heart breaking. She truly wanted everyone to understand the importance of volunteerism. If it had not been for non-profits and caring individuals, which she referred to as her angels, she could have very well ended up a statistic. She stated that it is the work of organizations like the Junior League that really make a difference in a person’s life. She said, “You may never know the impact you have made on an individual, but continue to be an angel in someone’s life.” Indeed, we should all continue to help and volunteer our time. It could change a person’s life, and you just might be the “angel” that made the difference.
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WHERE BORN. WHEN MOVED TO MONROE?
I was born and raised right here in Monroe, LA.

EDUCATION
Graduated from Ouachita High School, Associates in Early Childhood (Montessori Certification) - LA College, Pineville

PROFESSIONAL CAREER
I serve children. My certification is in Montessori Preschool Education. I presently work at Family Church as the Nursery and Wee Worship Coordinator. I also teach Senior Bible at Claiborne Christian School.

HOBBIES
The kitchen is one of my favorite places to be! I love to cook for my family and friends. I also enjoy reading a good book.

FAMILY, HUSBAND, CHILDREN, SIBLINGS
I have been married for almost 16 years to my wonderful husband, Mark Ganey. He is a Captain in the Army Reserves and teaches History at Claiborne Christian Middle School. We have three sons: Douglas, 13 years; John David, 11 years; and Dean, 9 years

FAVORITE RESTAURANT OR FOOD
My favorite restaurant is The Warehouse. Seafood is my weakness, and I am happy to have several fisherman in my family!

LEAGUE EXPERIENCE

PERSONAL QUOTE
"Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your warm greeting."
-Mother Teresa

COMMUNITY INVOLVEMENT
I am very involved with Family Church in West Monroe. I taught a Couple's Cooking Class in January and have enjoyed helping with numerous special events. I am an active volunteer at Claiborne Christian School. As an Army wife, I am a part of the FRG, Family Readiness Group, for my husband's units. He has been deployed to the Middle East twice since I joined JLM five years ago. The FRG is a support network for military spouses and children, and is especially important during deployments

FAVORITE LEAGUE MEMORY
My favorite League memory (so far) is holding one of the first preview copies of Cooking in High Cotton in my hands for the very first time! My second favorite was at Cookies with Santa this Christmas. I loved watching the honor roll children from Barkdull Faulk climb in and out of Santa's lap with million dollar smiles and a brand new book

WHEN NOT AT WORK, WHERE IS YOUR FAVORITE PLACE TO BE?
I like to sit out on the deck in my backyard with a good book and a diet coke.

WHAT IS THE BEST ADVICE YOU WERE GIVEN REGARDING THE LEAGUE?
"You get out of it what you put into it, so give it your best!" Anne Patton shared that at my Provisional Orientation and I have never forgotten it.

WHY DID YOU JOIN THE JUNIOR LEAGUE?
My mom, Kathy Foster, fanned a passion in me for the Junior League of Monroe. She loved the League and gave all she had to the committees she served on. My mom has a servant's heart and a contagious smile! I also had the privilege of having another great servant leader in my life, Sara Greene. She was one of my mom’s dearest friends and one of my strongest mentors. Sara gave countless hours to our community through her work in the League and made a difference in many lives. Both of these women left a strong impression on me, and I am honored to have their examples to follow.

WHAT ADVICE WOULD YOU GIVE OTHERS?
"Spread love everywhere you go: first of all in your own house; let no one ever come to you without leaving better and happier."
Education Task Force awarded 52 mini grants to area public, private, and parochial teachers from Pre K to 12th grade totaling $13,771.69. Each year the Junior League of Monroe awards mini grants to teachers who express needing extra assistance in their classroom. This committee examines each application and selects the most that can be awarded. This year, the committee was able to increase the maximum amount of the grant’s award from $250 to $300. Education Task Force also provides an ACT workshop in the Fall & Spring and assists with the Scholars Banquet. Special thanks go out to of the Junior League volunteers who assisted with the Mini Grant Reception.
The Junior League of Monroe’s Christmas Party had a bit of a twist this year. The honorees included the children of Junior League members escorted by their mommies & some daddies for an evening of Christmas fun.

The Junior League wouldn’t be the Junior League if it did not also consider how we could reach outside of our borders to help others. After some discussion, it was decided that the children who made the Principal’s List and Honor Roll from Barkdull Faulk would also be invited to attend. Barkdull Faulk is the school where the TLC program is carried out. Here are the stats from that list:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>1st Grade</td>
<td>11</td>
<td>18</td>
</tr>
<tr>
<td>2nd Grade</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>3rd Grade</td>
<td>2</td>
<td>3</td>
</tr>
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<td>4th Grade</td>
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<td>5th Grade</td>
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<td>3</td>
</tr>
<tr>
<td>6th Grade</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>34</strong></td>
<td><strong>44</strong></td>
</tr>
</tbody>
</table>

Katy Ganey was the visionary for this project and she had a very capable committee who assisted: Monica Turner, Allison Jarrell, Martha Harrell, Shannon Short & Becky Woods. Numerous League members also lent hands.

“I am glad that we can start off our Christmas season by blessing some children that really deserve it. My cousin is a Special Education teacher at Barkdull Faulk, and she began to cry as we talked about what we were doing for the honor roll students. Please don’t lose sight of what it means to a child to be noticed & rewarded for their hard work,” explained Ganey to committee members and the Board.

The venue for the evening included supper at 5:30 p.m. for the Barkdull Faulk Children who had been in after school daycare. Buddies for these children, League members and their children began arriving...
at 6 p.m. The official start of the festivities was Ganey reading a Christmas story while all of the children eagerly gathered around. The children then split into groups and visited various stations decorating cookies and making crafts. The highlight of their evening, though, had to be when their turn came to visit with Santa and receive a wrapped gift.

Each child was given an age appropriate new book and a goody bag to take home with the things they made. Special thanks to all of the members who assisted in any way to make this the success it was. Family members of League members also participated. There were League members who escorted their child(ren) and was also a buddy for a Barkdull Faulk child. Once again, this League proves itself to consist of truly extraordinary women!
The Junior League of Monroe would like to recognize our Community Partners for their incredible support this year!

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