

FEBRUARY 2009

# the Link

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH



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In this issue, the Junior League of Raleigh  
Celebrates our Community



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## *Our mission*

*the Junior League of  
Raleigh is an  
organization of women  
committed to promoting  
voluntarism, developing  
the potential of women  
and improving  
communities through the  
effective action and  
leadership of  
trained volunteers.*



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**VIRGINIA YOPP**  
President

**Mission Driven**  **Community Focused**  
The Junior League of Raleigh

# President's message

Mission Driven-Community Focused. As you know by now, this is my President's theme this year. I actually struggled with even having a theme because I felt like our Junior League of Raleigh (JLR) tagline said it all: Leadership. Partnership. Service. But after much thought about what we do as an organization, I came up with Mission Driven-Community Focused. Our mission drives us to be better leaders so that we can better serve our community. But what really touches our hearts and lifts our spirits is our community.

This issue of *the Link* focuses on "community", one of my favorite topics. I recently heard a trainer define community as "a social group of any size whose members share common characteristics or interests and perceive itself as distinct in some respect from the larger society which it exists." The League's distinction is our mission, and the community we serve is promising youth. It's amazing to me that two very distinct communities can have such a positive effect on one another. But it is a combination that has worked for many years. That is because of the caring commitment and efforts of our volunteers and the community's desire to embrace what we offer and allow our members to experience their accomplishments and development. What a fantastic partnership!

But what I have come to realize is that we really aren't two distinct groups, we are actually one in the same. We were all promising youth at some point, and now we are embracing our own. This makes this partnership even more extraordinary!

In this edition of *the Link*, we highlight many of the promising youth that we serve. But we also highlight a story of being a promising youth by our very own Membership VP, Kelly Huffstetler. At the October Board meeting, the Board listened to a presentation by Team Bright Ideas about participating in a program that sends food home for the weekend to children who qualify for free and reduced lunch in public school systems. Many of these children might not otherwise eat from Friday lunch to Monday breakfast.

Kelly was overwhelmingly emotional about this program and, for the first time, shared with her fellow Board members that as a child who spent part of her childhood in foster care why it was so important that children not just have food to eat, but healthy, well-balanced meals. Needless to say, Kelly touched our hearts in a way that, I believe, will stay with us forever. Not only was I honored that Kelly felt like she could share such a personal experience with us, but I now have even more respect and admiration for a friend that I already thought was amazing. Please read Kelly's story. Not only will it touch your heart, but hopefully you will realize how the support of caring volunteers can truly shape a child's future.

As you continue to interact with promising youth, remember how a loving adult influenced you at that age. We are all part of the same community, and we all have benefitted from the support of a caring adult at some point in our lives. It is our turn to be that adult who will shape a child's future. If we stay mission driven and community focused, we can continue to better serve our promising youth and we may actually have an effect in some of our own personal lives!

*Virginia*



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Jane Hamlin & Brooke McDaniel  
Jenni Kinlaw  
Whitney von Haam  
Billie Jo Cockman

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Bargain Box  
Capital Campaign  
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A Shopping Spree!  
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*You're Invited...*

# to be proud of the 1,000 recipes you submitted!

By Samantha Saxenmeyer and Katie Johnson

Team *You're Invited* would like to extend a huge “thank you” to all of the League members who submitted recipes for your new Junior League of Raleigh cookbook. We received more than 1,000 recipes by the deadline, and we truly could not have done it without the support of our Sustainers, Actives and Provisionals... YOU! The recipes are fabulous, as anyone who has already tested one will tell you.

If you have not had an opportunity to purchase a copy of *You're Invited*, our League's current, member-created cookbook, act quickly! It sold well at SPREE!, and there are currently no plans to reprint it, so be sure to get one before they are gone. The book is full of delicious recipes and menu suggestions for every occasion.

Thank you again for your continued support of your new Junior League of Raleigh cookbook! With your help, the new book will be as strong as our membership. The simple, but delicious recipe featured below, Cheese Biscuits, is an all-time League favorite. Enjoy!

## **Cheese Biscuits**

2 cups shredded sharp cheddar cheese  
1 cup butter, melted  
1 cup sour cream  
2 cups self rising flour

Preheat oven to 350 degrees. Mix together cheese and melted butter. Cool for 2 minutes. Add sour cream and mix well. Stir in flour. Spoon batter into mini muffin tins. Bake 18-22 minutes. Each sheet makes 24 biscuits, and the recipe makes 48 biscuits.



# *Announcements*

## Congratulations

We are sending Congratulations to Molly & Drew Logan whose son, David Andrew Jr., was born on October 11, 2008.

We send a big welcome to the new addition to this family. Enjoy your little one!



## Condolences

Our deepest sympathy goes out to the family of Molly Nichols, whose aunt, Jan Wellborn, passed away on November 9, 2008.

Condolences to the family of Nina Bostic, whose brother-in-law, Cliff Bostic, passed away on November 7, 2008.

Please keep these members and their families in your thoughts and prayers.



# Angel Tree

On behalf of Team Transfer and SAFEchild, I would like to thank all our volunteers for their help with the annual Angel Tree project. These individuals and groups helped make Christmas special for 146 families.

<i>Amy Allen</i>	<i>Audrey Gastmeyer</i>	<i>Kristen McKeown</i>	<i>Ashley Seamster</i>
<i>Stacy Arch</i>	<i>Maeve Goff</i>	<i>Lanier McRee</i>	<i>Sarah Shelton</i>
<i>Jodie Bandholz</i>	<i>Nikki Gray</i>	<i>Beth Marks</i>	<i>Stacey Simpson</i>
<i>Chris Bason</i>	<i>Paula Griffin</i>	<i>Tracy Mitchell</i>	<i>Susan Sink</i>
<i>Mary Blake</i>	<i>Anne Grimm</i>	<i>Jennifer Moore</i>	<i>Staci Ricks Smith</i>
<i>Courtney Bolen</i>	<i>Lisa Coston Hall</i>	<i>Ronda Bazley Moore</i>	<i>Nancy Sobus</i>
<i>Shayla Bradshaw</i>	<i>Katherine Anne Hamlin</i>	<i>Kim Nabors</i>	<i>Eva Parks Spero</i>
<i>Gay Bray</i>	<i>Wendie Hill</i>	<i>Heather Nicholson</i>	<i>Christian Swain</i>
<i>Katie Brewer</i>	<i>Gentry Hoffman</i>	<i>Meghan Odorizzi</i>	<i>Meredith Taylor</i>
<i>Emily Brinker</i>	<i>Mandy Howard</i>	<i>Jennifer Straw Olsen</i>	<i>Connie Teague</i>
<i>Joyce Brummett</i>	<i>Pam Howard</i>	<i>Jill Ovsievsky</i>	<i>Betsy Thomas</i>
<i>Karen Campbell</i>	<i>Kelly Huffstetler</i>	<i>Jennifer Pate</i>	<i>Kate Tillman</i>
<i>Cheydelle Carr</i>	<i>Michelle Jackson</i>	<i>Tiffany Penley</i>	<i>Jill Triana</i>
<i>Laura Carter</i>	<i>Candice Johnston</i>	<i>Leigh Peplinski</i>	<i>Lisa Vanderberry</i>
<i>Annie Chagachbanian</i>	<i>Whitner Kane</i>	<i>Alison Perkins</i>	<i>Meg Venters</i>
<i>Tonya Chapman</i>	<i>Laura Kavanaugh</i>	<i>Kayce Collier Petty</i>	<i>Kristen Walker</i>
<i>Gwynne Cook</i>	<i>Suzanne Kirkeby</i>	<i>Julie Ploscyca</i>	<i>Michelle Weaver</i>
<i>Sarah Copley</i>	<i>Tricia Kolb</i>	<i>Marcy Points</i>	<i>Lindsay Webster</i>
<i>Jennings Cornwell</i>	<i>Paula Kukulinski</i>	<i>Gena Poulos</i>	<i>Wendy Webster</i>
<i>Virginia Crisp</i>	<i>Beth Lowery</i>	<i>Leigh Powell</i>	<i>Jennifer Wells</i>
<i>Katie Darden</i>	<i>Tiffany Lund</i>	<i>Kathy Pretzer</i>	<i>Elizabeth Woodrome</i>
<i>Brigid Davidson</i>	<i>Robin Mangum</i>	<i>Ragan Ramsey</i>	<i>Millie Wooten</i>
<i>Susan Deihl</i>	<i>Shade Maret</i>	<i>Caroline Rohs</i>	<i>Courtney Worley</i>
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*Bargain Box—Kathryn Poole*

*Bright Ideas—Michelle Cook*

*Cookbook—Cindy Collett*

*Inaugural Ball Entertainment Team—Natasha Kamara*

*Inaugural Ball Facilities Team—Jennifer Doerfler*

*Placement—Jodie Bandholz*

*Showcase of Kitchens—Brooke McDaniel*

*Step Up—Christy Knight*

*Team Chorus—Holly Laird*

*Team Training*

*Blue Provisional—Astra Barnes*

*Gold Provisional—Julie Garrison*

*Silver Provisional—Millie Wooten*

*Teal Provisional—Meave Goff*

*Yellow Provisional—Dana Joyner*

*Provisional Violet—Patrice Owens*

*Green Provisional—Kathleen Brown*

*Lavender Provisional—Tracy Mitchell*

*Orange Provisional—Langley Moretz*

*Purple Provisional—Annie Chagachbanian*

*Raspberry Provisional—Alicia Lewis*

*Red Provisional—Jen Ingle*

*Salmon Provisional—Melanie Turner*

*Transfer 1—Alison Bailey*

*Transfer 2—Amy Baker*

*Transfer 3—Stephanie Blackwood*

*Transfer 4—Mandy Gaitskill*

*Transfer 5—Andrea Hill*

*Transfer 6—Leigh Ann Robertson*

*Transfer 7—Liz Wilkerson*

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*A special 'Thank You' to my team for their dedication and hard work during this project and all year. Also, I want to thank this year's Transfers for their support. We are fortunate to be receiving such wonderful ladies in our League!*

*Gwynne Cook—Transfer Captain*



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## As the Triangle area ghosts and goblins were placing the last minute touches on their costumes, Team Placement was brewing up a wicked party of their own ... the Annual First-year Actives Social!

By Team Placement

This year's social was a great success. Approximately 50 people met on Wednesday, October 29 at the popular downtown BBQ joint called "The Pit." This included not only the First-year Actives (FYAs) but also their previous color group leaders, President Virginia Yopp, Membership VP Kelly Huffstetler and Team Placement.

Don't let the name fool you, this place is not your typical hole in the wall, stick to the floor BBQ restaurant. "The Pit" boasts large family size tables and modern decor without sacrificing a menu full of all the BBQ and fixings you could ask for. Not only did "The Pit" donate the great location for the social, but it also generously donated BBQ and all the fixings for us as well. A BIG thank you goes out to the management and staff of "The Pit" for throwing a great party.

One of Team Placement's main responsibilities is to serve as advisers for the FYAs. As advisers, Team Placement is there to answer any questions these ladies may have about the League, their current placement or future placements. FYA socials are held throughout the year to increase each member's knowledge of the League and to meet more people within the League. We all remember our first year in the League, going from the comfort of hanging out with the same small group of girls every week to showing up at a General Membership Meeting (GMM) with 400+ women that you have not yet had the opportunity to meet. We hope that all FYAs will take advantage of the opportunity to meet with and utilize Team Placement throughout this year. We look forward to meeting with you all again soon!

In addition to acting as advisers to the FYAs, Team Placement also serves as a liaison for each of the League's placements. To the right is a list of each placement and its Team Placement contact. Feel free to reach out to us at any time to have all of your placement and League questions answered.





## Team Placement Contacts

**Arrangements:** Molly Anderson

**AWCM:** Jodie Bandholz

**Bargain Box:** Shanah Black and Lesley Hubbard

**Boys and Girls Club:** Shanah Black and Lesley Hubbard

**Bright Ideas:** Jessica Bullock

**Community Connect:** Jennifer Godwin

**Community Funding:** Julie Ploscyca

**Girls on the Run:** Toni Davis

**GRAPA:** Jodie Bandholz

**Helping Horse:** Ashley May

**Heritage Park:** Katie Pollara

**Inaugural Ball:** Julie Ploscyca

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**Public Relations:** Alison Terwilliger

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**SAFEchild:** Katie Pollara

**Showcase of Kitchens:** Molly Anderson and Nancy Sobus

**Spree!:** Lindsay Webster

**StepUP:** Toni Davis

**TCOM:** Julie McGarry

**the Link:** Katie King

**Training:** Jessica Bullock

**Transfer:** Ashley May

**You're Invited:** Nancy Sobus and Lindsay Webster

# Transfer Spotlights

Please welcome the following Transfers to the Junior League of Raleigh!



**Jennifer Burnell** transferred from the Junior League of Athens, Georgia. Family and career opportunities brought her to Raleigh. She is a Dietitian and Wellness Coach.

**Jessica Canaday** transferred from the Junior League of Fayetteville, North Carolina. She moved to Raleigh for her career in teaching.

**Kara Cooley** transferred from the Junior League of Knoxville, Tennessee. She moved to Raleigh due to her husband's career. Kara and her husband, Matt, have two children, Maggie (9) and Lillie (5).

**Jennie Council** transferred from the Junior League of Cobb-Marietta, Georgia. Her husband's job brought her to Raleigh. Jennie and her husband, Clay, have one child, Jack (1).

**Erin Hemminger** transferred from the Junior League of Fort Lauderdale. Her husband's job brought her to Raleigh. Erin and her husband, Darryl, plan to have lots of visitors from Florida to enjoy the change of seasons.

**Meredith Kennedy** transferred from the Junior League of Wilmington, North Carolina. She moved to Raleigh due to a job transfer. Meredith's husband is J.B., and she is devoted to her job as Campus Director of a career-training school where she changes lives every day.

**Holly Mihalovich** transferred from the Junior League of Durham and Orange Counties, North Carolina. Her husband's job brought her to Raleigh. Holly and her husband, Timothy, have two children, Carter (3) and Charlie (1).



**Anna Norris** transferred from the Junior League of Chattanooga, Tennessee. She moved to Raleigh due to her husband's job. Anna and her husband, Russell, have one child, Maggie (2).

**Amanda Saddler** transferred from the Junior League of Roanoke Valley, Virginia. Her career brought her to Raleigh. She is a consultant for InterCall, a conferencing service provider. She spends her free time with her boyfriend, Alex, and her Yorkie/Chihuahua, Cabo.

**Natalie Schoeny** transferred from the Junior League of Denver, Colorado. Her husband's job brought her to Raleigh. Natalie and her husband Michael have two children, Nathan (3) and Mary Claire (4 months).

**Debbie Welch** transferred from the Junior League of Florence, Alabama. Job relocation brought her to Raleigh. Debbie and her husband, William, have two children, Landen (4) and Alexis (5 months).

**Shanta Whitaker** transferred from the Junior League of New Haven, Connecticut. She has a two-year fellowship with the Centers for Disease Control /Association of Public Health Labs. She attended her first Junior League of Raleigh meeting on September 9, one week after her move. Impressive!

# Birthdays

## FEBRUARY 1

Jayne Teel  
Amy Marshburn  
Danielle Quiocho  
Jenni Kinlaw

## FEBRUARY 2

Ibis Manning  
Susan Hunter  
Margaret Ann Herring

## FEBRUARY 3

Janice McDonald  
Renee Chou  
Lisa Bullock  
Jenny Pinkard

## FEBRUARY 4

Judy Tilson  
Mary Eberhardt  
Kathy Crumpler  
Boo Jefferson  
Blakely Kiefer  
Sarah Walston

## FEBRUARY 5

Carolyn Tillman  
Tori Denoncourt  
Jennifer Pittman

## FEBRUARY 6

Julie Woodson  
Kimberly Durland  
Jennifer Gottsegen  
Emily Cobb

## FEBRUARY 7

Edwina Shaw  
Ann Wagner  
Maria Wood  
Shana Stutts

## FEBRUARY 8

Evelyn Thiem  
Erd Venable  
Linda White  
Barbara Freedman  
Mary Moss  
Lisa Roberts  
Michele Emrath  
Parker Wright

## FEBRUARY 9

Helen Evans  
Nancy Ruark  
Marlene Batchelor  
Julie Garrison  
M.E. Grant  
Shannon O'Dea  
Emily Doyle

## FEBRUARY 10

Julie Moore  
Caroline Dickson

## FEBRUARY 11

Roberta Titchener  
Chip Dodd  
Jean Williams  
Kimberly Williams  
Sam Saxenmeyer

## FEBRUARY 12

Marian Ross  
Claire Bellefeuille  
Megan Morgan

## FEBRUARY 13

Juliette Newcomb  
Audrey Black  
Mary Edna Williams  
Susan McFarlane  
Elisabeth Strickland

## FEBRUARY 14

Catherine Cline  
Ruthie Camp  
Valerie Cozart  
Louise Harris

## FEBRUARY 15

Janet Chesson  
Ann Matteson  
Cornelia Shaw  
Jennifer Cargile  
Shade Maret  
Meredith Keyes

## FEBRUARY 16

Peggy Fain  
Karen Campbell  
Louise McCoy  
Julie Hampton

## FEBRUARY 17

Jordan McCorkle  
Page Christenbury

## FEBRUARY 18

Becky Clark  
Wendy Ray  
Jen Ingle  
Kelly Graham  
Meenal Khajuria

## FEBRUARY 19

Mary Louise Rustin  
Linda Nunnallee  
Cynthia Hemme  
Kathryn Williams  
Katie Schottmiller  
Alicia Wood  
Anna Gould  
Stacey Carothers

## FEBRUARY 20

Margie Lucas  
Linda Perry  
Mary Haywood  
Gina Sarant  
Sara Reason

## FEBRUARY 21

Corinne Aycock  
Linda Gardner Crandall  
Minnie Glymph  
Suzanne Kirkeby  
Leigh Forehand

## FEBRUARY 22

Sue Ramsay  
Mary Catherine Sigmon  
Debbie Graves  
Susan Wyche  
Molly Anderson  
Leslie Rand-Pickett

## FEBRUARY 23

Dot Flythe  
Jean English  
Bernadette Arai  
Niki Gray  
Nichole Ray  
Katie Poole  
Jane Smith  
Blair Winter

## FEBRUARY 24

Mary Anderson  
Carole Gilliam  
Mary Jones  
Erin Seamen

## FEBRUARY 25

Lisa Williamson  
Meredith Kennedy  
Abbie Lassiter

## FEBRUARY 26

Marta Tooke  
Debbie Broyles  
Merritt Brinkley  
Lauren Smith

## FEBRUARY 27

Lisa Finkelstein  
Molly Lindsay  
Christian Swain  
Kristen Ange

## FEBRUARY 28

Ann Permar  
Susan Fountain  
Allison Carroll  
Jennifer Westcott  
Ansley Holland

## MARCH 1

Lisa Hollowell  
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Rayner McMahan

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Nancy Brenneman  
Andria Hornaday  
Hannah Baggett

## MARCH 3

Frances Fontaine  
Dianne Brawley  
Nina MacDonald  
Holly Miholovich  
Karen Salvaggio  
Tricia Allen  
Elizabeth Parker

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Elizabeth Schuette  
Julie Watkins  
Erin Corbett  
Christina Floyd

## MARCH 5

Ann Stuart  
Jennifer Moore

## MARCH 6

Charlotte Banks  
Ann Dunn  
Beth Haigler  
Ann White  
Melanie Lynch  
Alicia Gilleskie  
Haley Stallworth  
Erika Stinson

## MARCH 7

Michele Murphy  
Sarah Cranfill  
Elizabeth Jones

## MARCH 8

Christine Osborne  
Jina Propst  
Michelle Whichard  
Penny Bakatsias  
Meredith Butler

## MARCH 9

Louise Talley  
Lyn Maness  
Jackie Abbott  
Mary Martha Elis  
Donna Hovis  
Chey Carr  
Katie Lipe  
Katy Waugh  
Susan Sink  
Melissa Sowry

## MARCH 10

Cleaves Smith  
Becky Bradley

## MARCH 11

Steina DeAndrade  
Molly Rohde  
Kathy Hart  
Lori Dulaney  
Conita Benson  
Elisabeth Nixon  
Deanna Davis

## MARCH 12

Gene Moore  
Ashley McMillan

## MARCH 13

Lucie Milner  
Becky King  
Paige Treichler  
Caroline McEvoy  
Amanda Fuller  
Paige Frankland

## MARCH 14

Nancy Dils  
Angela Sutton  
Rae Marie Czuhai  
Anna Choi  
Paige Van Lenten  
Beth Farrell

## MARCH 15

Alice Haywood  
Charlotte Sweeney  
Melody Mitterling  
Aylett Colston  
Meredith Taylor

## MARCH 16

Monique Fisscher

## MARCH 17

Martha Leak  
Duden Hunt  
Nancy Vassey  
Irish Dunlap  
Ginny Fry  
Lizzie Graybill  
Leigh Ann Smith  
Kristen Minshev

## MARCH 18

Anne Murnick  
Yolanda Sinclair  
Brandy Vannoy  
Vachelle Willis  
Katy Gasiorowski

## MARCH 19

Jennie Hayman  
Lori Niver  
Beth Shore  
Jennifer Dunn

## MARCH 20

Lee Chamblee  
Pamela Baldwin  
Mary Ann Jenkins  
Jane Worley  
Suzanne Griffin  
Lisa Vanderberry  
Tammy Wingo  
Jane Hamlin  
Amy Perry

## MARCH 21

Anna Hattaway  
Jane Weathers  
Lynette Tolson  
Meghan Odorizzi  
Nora Duran  
Allison Crumpler

## MARCH 22

Lib Miravalle  
Anne Royster  
Joyce Loveless  
Deb Prince  
Jessica Bullock

## MARCH 23

Phyllis Howell  
Diane Warner  
Tracy Kimbrell  
Jessica Davis

## MARCH 24

Nancy Weddington  
Wendie Hill

## MARCH 25

Sandy Page  
Susan Johnson  
Anna Barkley  
Tricia Ellen

## MARCH 26

Anne Godwin

## MARCH 27

Carol Bilbro  
Sarah Boone  
Lydia Aldridge  
Beth Blackwell  
Laura Kay Berry  
Lindsay Webster  
Missy Edlin  
Caroline Wall

## MARCH 28

Amelia Harrison

## MARCH 29

Greer Lysaght  
Mary K. Lawson  
Rebecca Ayers  
Casey Pike

## MARCH 30

Molly Sanders  
Elisabeth Wise  
Betsy Bunting  
Ann Shivar  
Debbie Day  
Christine Kent  
Gail Reid-Vestal  
Lynn Eschenbacher

## MARCH 31

Lucile McKee  
Debbie Buddin  
Melanie Turner  
Melissa Burns





# TCOM—Means Taking Care of YOU

By Lisa Vanderberry

Team TCOM (Taking Care of Members) is here for just one reason—to take care of YOU. Here are some ways that we support you:

Whether it's dinner for your family after the birth of a little one or a note of support during a difficult time, TCOM is here for you. Let us know how we can best support you or another JLR member by visiting the "Tell Us About It" section of the Junior League of Raleigh (JLR) Web site or contacting [lvanderberry@nc.rr.com](mailto:lvanderberry@nc.rr.com).

Lunch groups, play groups and gourmet dinners are just a few of the fun ways to get to know your fellow JLR members. Join a Chick Click or suggest one of your own! Check the Events section on the JLR Web site to sign-up.

Need a photographer? Want to make a job change? Look no further than the Talent Guide on the JLR Web site. You can find a wide assortment of JLR members' occupations and specialties that range the gamut. Remember to keep your JLR profile updated to help members know about your talents!



Show your JLR pride! Umbrellas, sports/beach mats, t-shirts and more are great ways to treat yourself or someone you know. Look for the TCOM table at the GMM, or contact [lvanderberry@nc.rr.com](mailto:lvanderberry@nc.rr.com) to make a purchase.

Let us take care of YOU, please call on TCOM whenever you need us at [lvanderberry@nc.rr.com](mailto:lvanderberry@nc.rr.com).



## A Music Celebration

By Wendy Webster

The children at Avent West Children's Mentoring (AWCM) enjoyed celebrating music in the month of January thanks to our wonderful Community Chicks of Team AWCM and Team Chorus. This is the second year these two teams of talented women came together to bring a hands on musical experience to these 1st-4th grade children of the Avent West community. Last year, they taught a song to the children to perform for their parents, but this year, they went the extra mile and introduced another musical element... instruments!

Team AWCM spent the first program of the month helping the children make various instruments. Creativity soared, and they perfected the look and sound of a box guitar, paper bag maracas and a rainstick! Team Chorus joined Team AWCM for the second program and not only showcased their musical talents but also taught the children a winter song they could sing with their own instrument. With all the singing, dancing and shaking of instruments, these children brought music to our ears!



# Project Guide ... What do they do? ... and why am I doing this survey?

By Ashley Parker

You may often find yourself asking, "What does that placement do, exactly?" I have heard this many times from multiple members over the past League year regarding the Project Guide placement. In short, the members of the Project Guide placement serve as contacts for the community agencies the Junior League of Raleigh serves and for the Captains of the community placements within the League. We survey each Community Agency and their respective placement Captains to measure if the League's desired results are being met and to obtain the satisfaction levels of both the agency and membership of the Junior League of Raleigh. After all of this information is collected, the Project Guide team members prepare a presentation for the in-coming and out-going Board and community placement Captains. The information collected from the community agencies and the community placement Captains helps ensure that the League is properly placing volunteers and the community placements match the League's mission.

Now that you know what we do, we need your help! At the February Small Group Meetings, we will be distributing a survey to all of the members in attendance. It will ask you several questions about your current community placement and any community placements in which you have participated in the past. Please be honest about your likes, dislikes and any frustrations you felt while a part of the placements. Project Guide will use this feedback in their final presentation to the Board. Your comments will help measure each placement's success and help improve the placements in the future.

Thank you, in advance, for your help and your responses to the surveys. If you have any questions about the surveys or the Project Guide placement, please contact me at [parker\\_ashley@hotmail.com](mailto:parker_ashley@hotmail.com) or 919-449-6410.

Issues,  
Concerns,  
Ideas?

**Sarah Shelton**, your  
2008-2009 Member At  
Large is here for you!



[srivesshelton@yahoo.com](mailto:srivesshelton@yahoo.com) • (919) 368-6551

## Bold Applause

Hats off to Team Training for recruiting GREAT speakers for both the November and March General Membership Meetings (GMMs).

Big cheers to the Membership Development Council (MDC) ladies for their tireless work to make this year for our Provisionals a fantastic one.

Two high fives for Team Leadership Support for delivering a thoroughly researched survey while working with a skeleton crew of a committee.

Huge props go out to Team Arrangements for planning and implementing seemingly seamless GMMs and all their work on the Sustainer Holiday Social and Community Advisors Luncheon.

A big thank you to Martha Howard for hosting the Sustainer Holiday Social. Her hospitality and warm home made everyone feel welcome!

Another job well done by Jennifer Culberson and Sarah White on this outstanding issue of *the Link*.

Thank you to Ashley Parker and the Project Guide team for their hard work on the Community Agency Surveys.

Ashley Clark Campbell and Carshia Craven continue to amaze us with their tireless efforts on the *eLink* and Junior League of Raleigh Web site.

Big thanks to Shade Maret for her work in gathering public relations material for our Web site.

Big applause to the ladies who did a terrific job planning our recent successful cooking demonstration with Vivace. The sign ups were completely full two days after being posted! A testament to what a fun and continually successful event this is for the League. Hope Whiteford and Lisa Burnett were in charge of planning the event. They were assisted by an awesome committee including Niki Gray, Julie Hampton, Julie Whitlock, Ashley Seamster, Chimone Parris and Laura Niver Jones. Also, Sustainer Annette Anderson allowed us to use her beautiful home.

Thank you to Team Captains Jennifer Dunn and Stacey Simpson and Team Heritage Park for coordinating a fantastic Holiday Shopping Spree for the children at Heritage Park!

Congratulations to Team Captains Aimee Foskie and Kelly Gold and Team Girls on the Run for a successful Reindeer Run!

Thanks to Team Captain Gwynne Cook and Team Transfer for coordinating Angel Tree gifts for more than 146 SAFEchild families during the holidays!

Congratulations and many thanks to Inaugural Ball Chairs Rhonda Beatty, Virginia Parker, Carol Wagoner and Pat Wilkins along with the entire Inaugural Ball committee for hosting a fabulous Governor's Ball. You made us all very proud!!

Big thanks to Team Captains Nikki Corderman and Julie Clark and Team Placement for all you are doing to support the First-year Actives and fulfill all of our member's placement needs.

Cheers to the Board and Council leaders for staying Mission Driven and Community Focused this year. You should be very proud of all of your efforts!



BURNIE BATCHELOR STUDIO, INC.

## Enlightened Perspective By Andrea Fox

Like a lot of us, I am blessed with a really terrific family...and this extends past my immediate. I get so much inspiration, guidance and counsel from them. As I have written before, they are my favorite people to spend time with. We have so much fun! My younger brother, Allen, has always been near and dear to my heart. I could fill this publication with stories that would have you reeling with laughter. What I want to share with you today is how his attitude and resilience, which is incredibly strong, helps me stay the track with my priorities and mind-set.

Allen recently moved to Charlotte with a new job. His field of work is commercial real estate development, which as everyone knows has been hit hard. He married late last year to a truly wonderful woman, Heather (everyone needs a sister-in-law like Heather). She left her job in Atlanta, and of course, moved to Charlotte. Allen works on a commission basis. Heather is looking for a career... they are not swimming in money right now... most of us aren't. Their stress must be through the roof. I can't imagine their conversations during dinner. It raises my anxiety level when I think about it.

Then I get this e-mail from Allen. It blows me away, and then again, it doesn't. This is typical of his character, strength and ability to always see life with his glass half-full. This is one of reasons he is loved by so many and why I am one of his biggest fans. As we go through life, we are always learning, hopefully from everyone with whom we come into contact. Allen plays many roles in my life and teacher is certainly one of them. This e-mail to the right is titled "Enlightened Perspective". It is written by Andy Rooney, a man who has the gift of saying so much with so few words.

I hope you are able to take something away from Andy's learnings. I hope Allen still sends me all kinds of e-mails because that makes my day. I hope when you see me I am smiling because I do believe it is the most inexpensive way to improve your looks and for everything you do for the League, you deserve it. Here's to maintaining an enlightened perspective and getting help to get there when needed. And here is to Spring! Cheers!





- I've learned.... That the best classroom in the world is at the feet of an elderly person.
- I've learned.... That when you're in love, it shows.
- I've learned.... That just one person saying to me, 'You've made my day!' makes my day.
- I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- I've learned.... That being kind is more important than being right.
- I've learned.... That you should never say "no" to a gift from a child.
- I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.
- I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.
- I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- I've learned.... That we should be glad God doesn't give us everything we ask for.
- I've learned.... That money doesn't buy class.
- I've learned.... That it's those small daily happenings that make life so spectacular.
- I've learned.... That under everyone's hard shell is someone who wants to be appreciated and loved.
- I've learned.... That to ignore the facts does not change the facts.
- I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.
- I've learned.... That love, not time, heals all wounds.
- I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- I've learned.... That everyone you meet deserves to be greeted with a smile.
- I've learned.... That no one is perfect until you fall in love with them.
- I've learned.... That life is tough, but I'm tougher.
- I've learned.... That opportunities are never lost; someone will take the ones you miss.
- I've learned.... That when you harbor bitterness, happiness will dock elsewhere.
- I've learned.... That I wish I could have told my Mom that I love her one more time before she passed away.
- I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- I've learned.... That a smile is an inexpensive way to improve your looks.
- I've learned.... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.
- I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- I've learned.... That the less time I have to work with, the more things I get done.



# Funding

CATHERINE RIDEOUT

Funding & Development Vice President



BURRNE BACHELOR STUDIO, INC.

It's hard to believe that by the time you are reading this article, our League year will be more than half over! Time flies when you're having fun, right? It has certainly been fun and inspiring for me to be involved with all our funding teams so far this year.

I was so proud of the entire A Shopping SPREE! team, likewise, all of the Inaugural Ball festivities and events were absolutely amazing! The Bargain Box team continues to think of new and creative ways to market themselves in light of the current economic downturn. For 2009, I'm looking forward to great things as we finish out the year with our third annual Showcase of Kitchens in April and by submitting our new Junior League of Raleigh cookbook to the publisher in June!

Wow, that is a lot! However, throughout the year, one thing that I have tried to reinforce with our funding teams is to not lose sight of what each of these fundraisers mean for our community. I know all too well how easy it is to get caught up in the thousands

of details that go into managing these large events, but keeping our community in mind during the planning process helps keep things in perspective.

The same holds true for all our members, not just those of you serving on a funding team as your placement this year. Each of us is called upon, time after time, to support these League fundraisers through financial resources and volunteer hours. I hope you are encouraged by what you read about our community teams in this issue of *the Link* and recognize that we are being good stewards of your contributions.

Please accept my sincere thanks for giving so generously of yourselves and allowing the League to make a difference in the lives of so many promising youth in Wake County. Our organization is only as strong as its members, and I feel so fortunate to be part of such a remarkable group of women, dedicated to our mission and focused upon making our community a better place.

## Spread the dream of community service

*join a community agency board*

The Junior League of Raleigh (JLR) helps link our outstanding volunteers to community agencies seeking board members. If you are interested in serving on a community board, please submit the Community Board Questionnaire found in the member area of the JLR Web site, [www.jlraleigh.org](http://www.jlraleigh.org).

Contact Molly Shepherd Nichols at [mfshepherd@yahoo.com](mailto:mfshepherd@yahoo.com) or Jennifer Olson at [Jennifer.L.Olson@ncmail.net](mailto:Jennifer.L.Olson@ncmail.net) with any questions.



# Fashion Divas

It is that time of year again! The cold days of winter are behind us, and the promise of a beautiful spring is ahead. And just as the seasons change, so do our wardrobes. As you pack up your heavy sweaters, you inevitably arrive at the conclusion that you do not have anything to wear for the new season ahead! Before you head out to the mall to pay full price for your new styles, stop by the Junior League's Bargain Box re-sale store in Cameron Village. In addition to being the League's oldest annual fundraiser, it is also a great place to find name-brand clothes at a fraction of the regular retail price. In 2007, the Bargain Box received \$40,000 in total sales—the highest sales volume in the store's 50-year history.

The majority of the Bargain Box's success is a result of the high-quality, name-brand donations received from its largest donor source—League members. Banana Republic, Ann Taylor, Lucky Brand Jeans and Talbots are just a few of the brands that you'll likely run across as you search the store. "One tip for finding our newest, high-end items is to hit the VIP section in the front of the store," said Mary Haywood, Bargain Box committee member. "I am always amazed by the number of items that we get in that look like they have never been worn—some still have the price tag attached."

Of course, resale shopping is just one of many ways you can cut back on your wardrobe bill this spring. Enjoy the money saving tips below:

**Sign up for your favorite stores' customer e-newsletter.** The newsletters inform you about upcoming sales, and they typically feature in-store saving coupons.

**Set your spending budget before you leave the house.** Better yet, take that budget with you in cash. That way you will easily know how much you have left after each purchase.

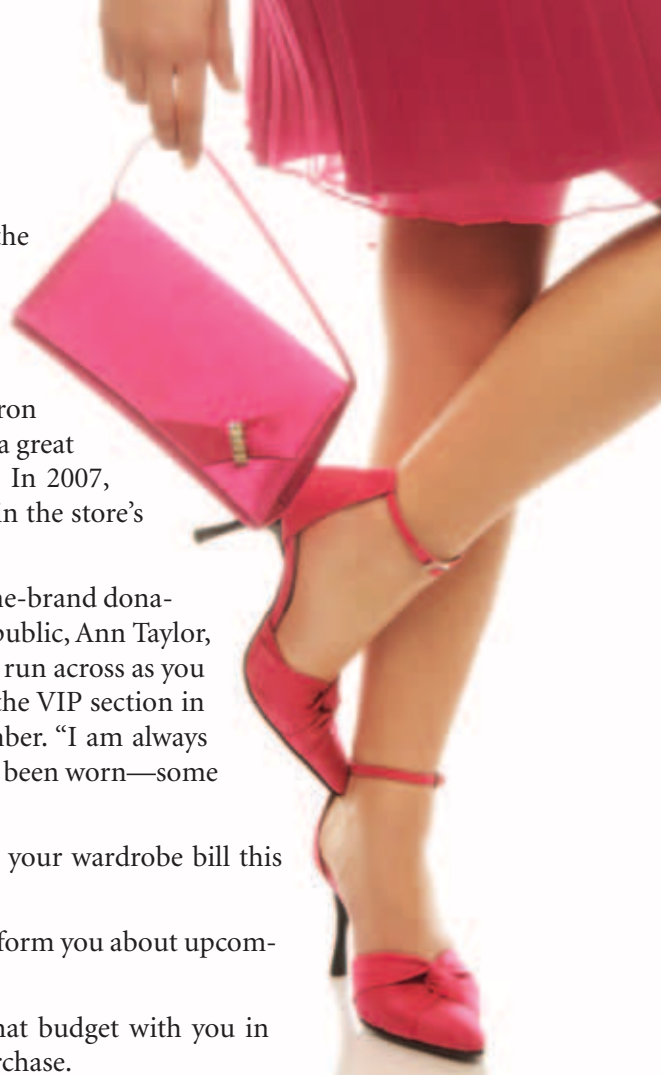
**Spend more money on the core pieces of your wardrobe that are timeless**—a pair of black slacks, dark wash jeans or that perfect navy skirt. Visit the less expensive stores for the ultra-trendy items. This way—your closet always has the core pieces to build on season after season.

**Extend the life of your clothes and save on your electric bill** by putting clothes in the dryer for three to five minutes then allowing them to air dry on a drying rack. You'll be amazed at the savings incurred from this alone.

**Do you have a fetish for the latest designer bags, sunglasses and jewelry** but find that you're bored with a new purchase after a month? Occasionally treat yourself to a temporary wardrobe accessory at [www.bagborroworsteal.com](http://www.bagborroworsteal.com). You can also rent the latest designer bags for as short as a week from [www.polishedraleigh.com](http://www.polishedraleigh.com).

**So you found a pair of shoes that you love**, but they are full price and over your budget. Check out the store's Web site, and wait for them to go on sale. Many times they will even ship them for free!

**Avoid the temptation to charge** your purchase to your store credit card. These credit lines often have the highest interest rates, so you could end up paying 20% more than the actual item cost in interest.



**Bargain Box • Cameron Village • 401 Woodburn Road, Raleigh NC 27605 • 919-833-7587**

**Store Hours: Monday-Saturday 10:00 a.m. - 6:00 p.m. • Loading Bay & Drop-off Hours: 10:30 a.m. - 4:00 p.m.**

# Thank you

to members of the 2009 Inaugural Ball team and each League member who volunteered to help make the 2009 Governor's Inaugural Ball a huge success. We could not have done this without your dedication of time and talent. The words thank you may seem small, but they are said with sincere gratitude and appreciation for a job well done.

Rhonda Beatty, Virginia Parker, Carol Wagoner and Pat Wilkins  
2009 Inaugural Ball Co-chairs



Inaugural  
Ball

# In The Pink



Can you believe we have already ventured this far into 2009? Last year ended at a rather frenetic pace, with the economy, the elections and the holidays all converging in our lives like rather large whirlwinds, leaving us a little breathless. Now is the time to regroup and see the wonderful opportunities for some self-nurture with fellow Sustainers.

In lieu of the traditional Fall Social, we are planning a special Sustainer Social, which will be held a month or so after our feet have recovered from dancing at the Inaugural Ball. Watch for your invitation in the mail! We are planning a new interest group for 2009—Evening Bridge Club. You should already have received your Save-the-Date card with all the details about this new club and our future events. In addition to all the great Sustainer groups described in an earlier edition of *the Link*, did you know that we have a Junior League of Raleigh (JLR) group on Facebook? The JLR group on Facebook is a great way to keep up with JLR events and just what's going on personally with fellow members of the League. If you are already a Facebook member, you can just sign up. If you need assistance with using Facebook or joining the JLR group, I will be happy to help you. My e-mail is lfnjlr@yahoo.com.

Don't forget that our official Web site has a great Members Only area, designed for all JLR members, not just Actives. It is [www.jlraleigh.org](http://www.jlraleigh.org). Just enter your password, and a whole new world opens up to you—you can view the Junior League Calendar and Event Sign-Up. The Event Sign-Up page allows you to click and register for wonderful events like Chef's Dinner, Showcase of Kitchens and wine tastings. While there in the Members Only section, be sure to update your Profile and, especially important, your e-mail address. You can then begin receiving the League's electronic newsletter, the *eLink*, which comes out monthly via e-mail, giving you up-to-the minute happenings in the League. If you have never attempted to log in to the Members Only area, just call Headquarters, and the staff will gladly help you with your ID and password. The telephone number at Headquarters is 787-7480. You will be thrilled when you experience the ease of information access and the convenience of electronic sign-ups.

As we leave the electronic world behind for a moment, we want to give a special thank you to Martha Howard who hosted the lovely Sustainer Holiday Tea on December 11, 2008. Guests to Martha's gorgeous home always feel so welcomed and relaxed, and the beautiful holiday décor just added to our experience. Thank you, Martha, for opening your home to us.

Okay, everyone. Be sure to sign up for your electronic information from Junior League so that you won't miss any of these future happenings!

*Wendy Fuller Niver*

# Community

WENDY WEBSTER  
Community Vice President



BURNE BACHELOR STUDIO, INC.

This edition of *the Link* focuses on the extraordinary activities that the Junior League of Raleigh (JLR) facilitates in our community! These volunteer efforts in the community are one of the key reasons for our new Center for Community Leadership. The new JLR building provides a place for volunteers, agencies and community partners to come together to find ways to assist one another in navigating the challenging landscape and to learn from one another creating partnerships to better serve the community and train volunteers.

To effectively serve our community the choice of how to engage and respond in situations is of paramount importance. What kind of attitude does it take to volunteer? What is most striking to me is the ever present gracious attitude of JLR members ... the following quote describes the choices we are afforded each day and the option of a purposeful response.

From Philosophy's Amazing Grace®: "Life is a classroom. We are both student and teacher. Each day is a test, and each day we receive a passing or failing grade in one particular subject: grace. Grace is compassion, gratitude, surrender, faith, forgiveness, good manners, reverence, and the list goes on. It's something money can't buy and credentials rarely produce. Being the smartest, the prettiest, the most talented, the richest or even the poorest, can't help. Being a humble person can and being a helpful person can guide you through your days with grace and gratitude."

Over this past year, I have had the privilege to evidence the balanced and graceful attitude exhibited by our community team captains. These amazing women lead more than 200 members in community placements. They do so with enthusiasm, a curiosity to learn and continued efforts to provide a nurturing placement for their team members. The passion they bring to serving in community placements encourages their peers to become involved as well. We thank you for taking time to read about our experiences in the community, and we look forward to volunteering with you in the community in the days to come!

## SAFEchild

By Catherine Roberts

SAFEchild was established by the Junior League of Raleigh's long-standing commitment to protect children. In 1978, League members adopted the following position statement: "We believe that every child in Wake County has the right to mature in an environment free from physical abuse and emotional neglect." In 1991, League members voted to create a "signature" project to further expand their commitment to protect children, and after a year of planning and formulating ideas, SAFEchild was incorporated as a not-for-profit agency in 1992.

The Nurturing Program is one of the many programs within SAFEchild and is a 12-week family education class for parents with children ages 4-12. This class teaches parents effective parenting skills and attitudes while focusing on increasing self-esteem, learning alternatives to yelling and hitting and other skills designed to enhance family cohesion. The Nurturing Program uses a structured curriculum and has activities such as discussion, arts and crafts and games. A participant who recently completed The Nurturing Program writes:

"As a mother of two very energetic, bright, "strong-willed" boys, I was at a loss as to how to effectively discipline them and manage our family. We were constantly struggling, and since taking the

course, there is no longer yelling, and as a family we are able to enjoy each other instead of constantly being stressed out.

There are no words to describe how highly I recommend the Nurturing Parent course. The class has introduced me to new ideas and gave me the strength to implement them while being supported by the instructors and other parents who were going through a similar experience. I looked forward to come to class each week, share my experiences and then receive additional feedback for the "next time" was invaluable. Since I began the class, my children are becoming more independent and creating positive solutions to everyday issues and working out their own conflicts without parental intervention! (A parent's dream!)

I have really benefited from the class and find myself feeling more confident and empowered as a parent. This is truly having a positive affect on my children.

I just wanted to say thank you so much for everything. The class has been a life changing experience in our house. With each day, it seems to get a little less chaotic."

This is just one way in which SAFEchild has touched many of the lives of Wake County residents.

# The Gifts we Give

By Beth Lowery, Community Funding Team Captain

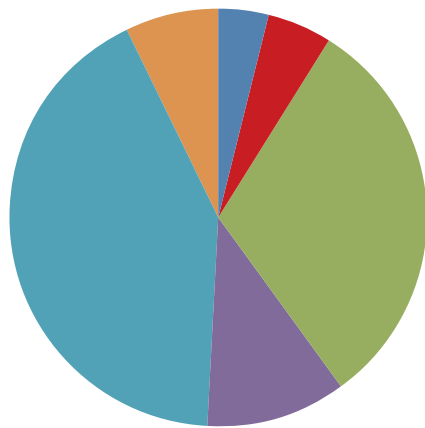
Since 2000, the target area of the Junior League of Raleigh (JLR) has been Promising Youth. In that time, the League has quietly provided more than one hundred Community Grants totaling more than \$400,000 to address the needs of Wake County's Promising Youth. Funding for the League's Community Grants program is provided from our fundraisers and donations to the Annual Fund.

Each year the Community Funding Team receives and reviews an average of 25 grant applications. The applications are reviewed for fit within the League's target area, community need or opportunity, feasibility and impact, expected outcomes and evidence of future support beyond JLR financing and volunteers.

As seen in the graphs below, in the past eight years, the League has given 51 percent of its grant dollars to education-related agencies and 49 percent to health and human services-related agencies. Total number of grants have been given equally between education, health and human services agencies.

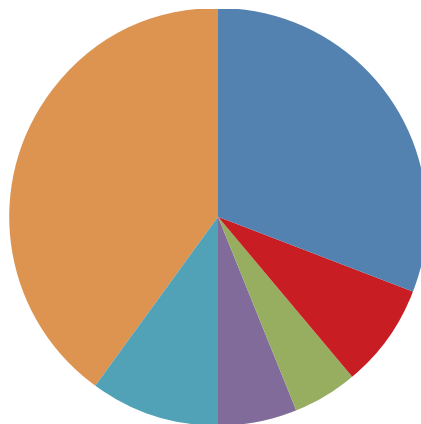
During the 2007-2008 League year, Community Grants totaling \$50,000 were given to 13 agencies. However, we received requests totaling more than \$150,000. It is expected that the level of requests will continue to increase, given the state of the economy and other factors. Challenges lay ahead in meeting the needs we see in the community and meeting the administrative and program goals of the League with available resources. The League continues to strive to meet both these goals.

If you are aware of a community agency that could benefit from one of our Community Grants, please invite them to visit our Web site at [www.jlraleigh.org/financialassistance](http://www.jlraleigh.org/financialassistance). Stay tuned for upcoming information on the 2008-2009 Community Grant recipients.



Percent of Grant Donations

- Education—Performing arts 4%
- Education—Visual arts 5%
- Education—K-12 31%
- Education—Pre-K 11%
- Human Services 42%
- Health 7%



Percent of Number of Grants

- Education—K-12 31%
- Education—Pre-K 8%
- Education—Performing arts 5%
- Education—Visual arts 6%
- Health 10%
- Human Services 40%

# Connections

By Stacy Arch

Life is all about connections. People like to have common shared experiences and interests with other people. We are social creatures by nature, and when we connect with one another, we feel gratified, engaged and valued. Team Community Connect concentrates on connecting with the non-profits working in our community. We focus our efforts on training local non-profits through quick, effective and energizing seminars. We help organizations connect with each other to build stronger relationships and a better community.

In the past 18 months, Team Community Connect has trained more than 30 agencies, which provide services for more than 100,000 people in the Triangle area. We have shared expertise in board development, volunteer management, marketing, strategic planning, fund development, growing an organization and managing funds. We want organizations to be successful and sustainable so they can accomplish their goals and continue building a better community for our children.

Team Community Connect's seminars are a vital part of the Junior League of Raleigh's Center for Community Leadership. Our new headquarters will be a perfect place to not only hold training sessions for our own members but also connect with other non-profits and help them fulfill their missions as well. The Junior League of Raleigh is an organization of more than 1,750 women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Connecting, training and partnering with other organizations that want to make our community a better place to live and learn is a natural fit for Team Community Connect.

# Investment Advice

By Jodie Bandholz

At this moment in time, many of us are focusing on issues related to investments. Normally I do not give advice in this area, but I happen to know about an investment that yields high off the chart, non-taxable dividends. Even better, you do not have to write a big check to take advantage of this opportunity.

Join the Community Chicks. These women invest their energy, caring and time as a volunteer in the community. A Community Chick knows that she can improve her community one child at a time. By reaching out and helping a child who has a need, doors of opportunity are opened and lives are transformed. Positive changes in a child help not only that child and community but also impact future generations.

A couple of years ago a young girl from Girls on the Run spoke at a General Membership Meeting about how that program had boosted her self-esteem. Wow, you can say that again. There she was speaking beautifully in front of hundreds of women, a thought that makes me weak at the knees and I dare say would

scare some of you. Nevertheless, she did it, and she did it in part due to the investments of our Community Chicks.

All of the placements in our League yield great rewards, but there is truly something special about building a relationship directly with a child. Ask our Community Chicks about their experiences. They will tell you how their placements have enriched their lives. No one can quantify the return on an investment in a child, but you will know that you are much richer.

I am humbled to sit on the Community Council as the Placement Assistant this year. I do so to be the “ears” for the Placement Team—listening for opportunities for the Placement Team to help the Community Chicks with staffing their teams. I am so impressed with their hard work and dedication, and I consider it an honor to know them, to be a part of their Council and to learn all of the ways they are bettering our community.

## Grantee Spotlight: Children with Vision Tutorial Services

By Beth Lowery, Community Funding Team Captain

One of the thirteen organizations in Wake County that received Community Grants during the 2007-2008 League year was Children with Vision Tutorial Services, which provides tutorial services to elementary, middle and high school at-risk youth.

Children with Vision (CWV), located on the campus of Saint Augustine's College, was founded in May 2003 to help close the achievement gap between low to moderate-income at-risk students. CWV has collaborative relationships with the N.C. Museums of Art, History and Natural Science and with Rex Wellness Center to provide enrichment programs for students and parents. CWV's goals include:

- Reducing dropout rates, suspension rates and grade retentions
- Increasing the number of high school graduates.

CWV is addressing the needs of at-risk youth in our community by helping them with their study skills and homework. In return, they will become confident, independent learners and thinkers. To learn more about Children with Vision Tutorial Services, including volunteer opportunities, please visit their Web site at [www.childrenwithvision.org](http://www.childrenwithvision.org).





# Helping Horse

By Kiana Dezelon, Helping Horse Team Captain

I am so thankful for this year's theme—Mission Driven, Community Focused—because I am really enjoying all of the opportunities that I have had to share information about Helping Horse. If you have read about Helping Horse in previous issues of *the Link* or heard about it at the October Small Group Meeting, then you know that Helping Horse is Wake County's premier therapeutic riding program. It offers riding instruction to physically, mentally and/or emotionally disabled persons of all ages in Wake County and surrounding areas. Riding as therapy promotes physical, mental and social development in a stimulating, natural environment. However, what you may not know is what it is really like to serve on the Helping Horse team. So, I would like to walk you through a typical Monday night at Helping Horse.

It's 5:45 p.m., and the wonderful Helping Horse team and other volunteers are at the barn getting the horses ready for lessons. It's group A's turn tonight—Emily, Elizabeth, Erika, Debra, Amy, April, Sarah and Paula are all here. Group B will be next week—Lizzie, Morgan, Bernadette, Sarah, Melissa, Elissa, Marcy, Katie and Hallie. Everyone is busy brushing the horses and putting the saddles on Bartab, Chief, Majestic, Smokey and Chance. Five volunteers are assigned to lead the horses tonight. When everyone is ready, we take the horses and the helmets down to the ring.

The riders are already down by the ring, waiting for the horses. They know that the first one to arrive at the lesson is the first one to get on their horse, and they all want the extra riding time. Emily Ruth is first today. Emily walks up to the loading ramp, and Robin, the instructor, helps her on the horse. Robin calls for a couple of side-walkers. Two League volunteers go to stand on either side of the horse; they will reinforce the lesson and ensure Emily's safety. The volunteers have a light hand on both of Emily's legs in case she needs assistance. Emily tells the horse to "Walk On," and off they go. They will walk around the ring until the other four riders are ready and on their horses.

The lesson starts with a warm up—today it is Simon Says. The riders make circles with their arms and twist side to side while their horses are moving around the ring. It is challenging for Emily to keep her balance, but she is having a good day today. Now Robin has the riders practice a pattern. The horses make turns, start, stop and weave a set of cones as the riders practice giving commands with the reigns and their legs. Emily activates her core muscles to keep her balance. She holds on tight while the horse flies around the ring at a trot. The side-walkers remind her to keep her heels down and look forward. Everyone plays games of Red Light, Green Light and Mother May I on the horses until the hour is over. Emily especially loves Mother May I.

Emily's mom, Gina, watches with the other parents and smiles as she hears Emily's giggling. They are all talking and relaxing together on the benches—enjoying an hour of rest that is rare. When the lesson is over, one of the side-walkers takes Emily back to her mom, and they head home. The first lesson is over, and all of the volunteers prepare for the second one. Five more riders are eager and ready to go.

Of all the amazing things that happen on this Monday night, the simple act of Emily being able to walk over to her horse and sit on it without major aid is one of the most remarkable. Gina attests that, "When she started the lessons, Emily's developmental delays were such that she could not take any steps on her own and her balance was terrible—she couldn't even sit alone. Within six months at Helping Horse, Emily started to take steps! Riding has been a tremendous help with her balance. Her self-confidence and sense of pride have greatly blossomed as well."



# Girls Just Want to Have Fun—On the Run!

By Arielle Dozier

Looking into the innocent eyes of a pre-teen girl can bring any woman back to the good ole' days of childhood, when life seemed so carefree and simple. Spending a little time talking with her however, can bring back a flood of memories long-forgotten.

Currently in fifth grade, Sara McCauley, is not far away from her graduation from York Elementary School. Next year she will make the exciting, yet intimidating transition to middle school, a place where she feels she will have more freedom.

An average American adolescent girl, Sara has a lot on her mind these days. Someday she might like to be a writer, but for now she enjoys attending school with her friends, being the sibling to both an older and younger sister, awaiting the release of the next exciting movie or reading *Twilight* by Stephenie Meyer. With so much on her mind, it is easy to see how a girl her age could become overwhelmed. Sara, however, has discovered a wonderful outlet to release tension—Girls on the Run.

Girls on the Run (GOTR) is an organization that supports adolescent girls and emphasizes the importance of healthy bodies, minds and spirits. The program is founded on the principle that girls benefit from regular exercise and activity, and they also are receptive to enrichment activities led by a coach. Each Monday and Wednesday from 5 p.m.–6 p.m., Sara attends GOTR at the A.E. Finley YMCA in North Raleigh.

Caroline Young (age 9), also is enrolled in the program. Each week, the girls run and play games while learning healthy habits at the YMCA. On the day I visited, they learned lessons about gossip and the pros and cons of making good choices. “I learned never to get into the car with people who have been drinking,” Caroline said with confidence. Caroline also learned the dangers of cigarettes and described what she would do if she was ever pressured into smoking, “I would throw the cigarettes out the window and leave.”

Coaches Kendra Dillingham and Mashawnda Dowell lead the discussion each evening, encouraging the girls to participate by sharing their thoughts on the subject. Sara and Caroline both pointed out a particular game they play during the lesson called, “When you call me \_\_\_\_\_ it makes me feel \_\_\_\_\_.” The game, Sara explains, teaches girls how to stand up for themselves. “I handle things better now,” she says. “Instead of hitting my sister, I talk to her.”

Wise beyond her ten years, Sara has already mastered the art of dealing with difficult people. She explained how the lessons taught her to empathize more with others, even if they sometimes bother you. Especially in the group setting of GOTR, teammates who might not be best friends in school learn how to come together to reach a common goal.

The introduction of physical exercise seems to have a big impact on the girls and how they choose to deal with challenges. According to Sara, running has been a good way for her to release any anger or tension building up inside of her. The group starts the lesson by talking through feelings, but the run afterwards is the release that helps them deal with their emotions. “It taught me to work with people I would not normally want to work with,” Sara explained. “It built my confidence!” As adults, a lot of us could learn a thing or two from these girls.

Dillingham and Dowell could not be more proud of their group of girls. They explained that as coaches, it is sometimes difficult to tell if the messages we are sending are getting through to the girls. Dowell reminisced, “I have learned that it is different to grow up as a girl than as a boy. Most girls stand up for themselves by gossiping behind closed doors.” Dillingham added that “in a fun, light-hearted way, you give the girls the fundamentals of life through games rather than internalizing things.”

Dillingham, a fifth year Active in the Junior League of Raleigh, knows that, “these are lessons you can take with you for the rest of your life.”

Previously a member of the fundraising committee, Dillingham had worked with Team GOTR and decided her interest was in coaching. It is no surprise that Dillingham has gained so much from working with GOTR. The program has taught her that not everyone grows up in the same type of environment. “I cannot just assume people know what is right or wrong,” she said. Working with the girls, Dillingham has been given the opportunity to work with individuals who have benefited from having a mentor outside the home; someone else they can look up to and turn to with any problems. Her eyes have been opened through this process, and she is happy to be there for her young friends.

Sara, now an avid runner, has gained more than just friends and a positive attitude from her lessons with GOTR. Upon joining the program, Sara explained that even running one lap was once a challenge. Now in her third-year with the program, she is running between one and two miles per session! She is currently looking forward to running in the Reindeer Romp, a 5K race on December 13 at SAS Soccer Park in Cary.

For each of the larger races, the girls are paired up with a running buddy for motivation during the run. This year, Sara's running buddy is a teacher of hers from school, an amazing opportunity for her to form a bond with someone she looks up to. She is not certain if she aspires to be a marathon runner, but Sara knows that running will continue to be a part of her life.

Following in the footsteps of her mother and aunt, both runners, Sara has embraced the challenge of trying something different with GOTR, and she has come away with many valuable lessons to last a lifetime. Her challenge to the rest of us: “Never give up—you will regret it!”

# Axel an ongoing success story

By Anna Baird Choi

Almost 10 years ago, the League decided to concentrate its funding and volunteer efforts to enable our organization to make a significant impact in Wake County, collaborating with other agencies to improve the lives of at risk youth through substantive educational and enrichment initiatives. The Boys & Girls Clubs fits perfectly with the League's focus, Promising Youth. For more than 100 years, the Boys & Girls Clubs and its predecessor organizations have been providing hope and opportunity to young people across the country. In Wake County, we are fortunate to have five separate clubs that support the promising youth in our community, and three years ago, the League voted to support the Brentwood Boys & Girls Club, a Club that provides support and resources to Hispanic children and families who live in the Raleigh Brentwood neighborhood. The League team is always excited to share stories from the time spent with children at the center and encourages donations of items from the "wish list" found on the Club's Web site: [http://www.wakebgc.org/kids\\_clubs/brentwood/index.shtml](http://www.wakebgc.org/kids_clubs/brentwood/index.shtml). However, there's no better way to share with you the way that we are making a difference than to share a story about one of the Club members, Axel.

Axel used to be a very shy little boy. He did not like talking to others while at the Club. He joined the Club in early 2008 when he was only five years old. Normally, the Club does not accept children who are less than six years old, but the Club made an exception for Axel because every time his mom would drop off his brother, Jason, Axel would cry uncontrollably.

Axel and Jason live very close to the Club. Their father works with a painting company and their mother is unemployed. The parents aren't able to read or write much English, but they try to provide their sons with educational opportunities, though limited they might be. In addition, the mother is taking ESL classes at the Brentwood Club twice a week because she wants to help her children as much as she can.

In the beginning, it was difficult for Axel and the Club staff. Axel did not cooperate and was scared. He also had the impression that the Club was only about games and playing with toys. When Axel realized that the Club wanted him to work on homework and reading assignments and wanted him to get involved with fitness programs and some of the other activities at the Club, he was hesitant to participate, or if he could be persuaded to participate, he didn't want to talk or socialize with others. However, over the following months, the staff and League volunteers continued to encourage Axel to



TAMMY WINGO PHOTOGRAPHY

## Friendships grow at the Boys and Girls Club

participate in activities and work on school assignments while at the Club.

Soon, Axel began making friends and enjoying the help of the volunteers. He is no longer shy about participating in anything the Club has to offer. Not only is he more outgoing, but he's now a good listener, responsible, enjoys spending time with other children and staff, and he even helps out around the Club—with enthusiasm. Axel's outlook has improved immensely, but this is just the beginning of what the Club can do for him. He still has challenges with reading and writing, and though he is an enthusiastic learner, he needs a mentor who can help him to reach his personal goal, which he will share with anyone who asks—"I want to be *numero uno* at school!"

If you want to help children like Axel reach their highest potential, please contact the Brentwood Boys and Girls Club or any of the five clubs in our area. The contact information can be found at [www.wakebgc.org](http://www.wakebgc.org). Currently, they are looking for mentors for the "Youth of the Year" program in which Boys and Girls Clubs nationwide participate. For more information on this program, please visit <http://www.bgca.org/YOY/index.asp>.

# Changing Lives One Child at a Time

By Eva Parks Spero and Stacey S. Simpson

*Volunteers at Heritage Park make a difference in ways they could never imagine*

If you've ever wondered what being in the Junior League is all about, consider getting involved with the community placement, Heritage Park. This placement offers one-on-one interaction with kids at risk and allows volunteers to witness the progress of their work firsthand. Mentoring just one child can make all the difference in their future.

## WHAT EXACTLY IS HERITAGE PARK?

Heritage Park Community Learning Center is a unique after-school program for students in Kindergarten through the twelfth grade. In 2001, the Junior League of Raleigh (JLR) partnered with Communities in Schools of Wake County (CISWC) to support a facility aimed at keeping students focused on school and preparing them as they journey out into the real world. CISWC has five other after-school learning centers and is in 13 schools. Since 1990, CISWC has been working with at risk students in Wake County providing a safe environment for children living in public housing communities to spend time with caring adults.

## HOW IT ALL STARTED

From 1998 to 2006, Community in Schools of Wake County searched for a comprehensive plan to capture the grades of their students. During this time, they were assisting children in at risk environments, making a difference but the distinction was not known as a whole, and progress was hard to track.

"In December of 2006, I took home sixty sets of reports from our Community in Schools Learning Centers; fifteen to eighteen of these reports were from the Heritage Park Learning Center. I pulled out the Middle School students from these reports, and in their four core classes, English, Mathematics, Social Studies and Science, the average scores were all Fs. I began to cry, and then I began to yell," said Susan Hansell, who had been newly hired in 2006 as Executive Director of CISWC. She exclaimed, "Something has to be done or these children are going to continue to be victims!"

Susan shared this information with the staff and they were shocked. They all had been working hard; they could not imagine that the average was Fs. The reports did not lie. It was the truth, the sad truth. Susan and several of her staff decided to take action, and the action was based upon reading as the fundamental component of education.

Susan began to do some research. She found an after school program in Boston that had been getting the same results in the beginning and overtime made significant improvements. She traveled to Boston, and there she trained and learned their actual best practices. She brought this new knowledge home

to CISWC. It had to begin with a mind shift. "These children we service are not sentenced to this life, and we shouldn't see them as their profile. It is my dream that every child in our learning centers, kindergarten through twelfth grades, should be at grade level," Susan exclaimed to the staff.

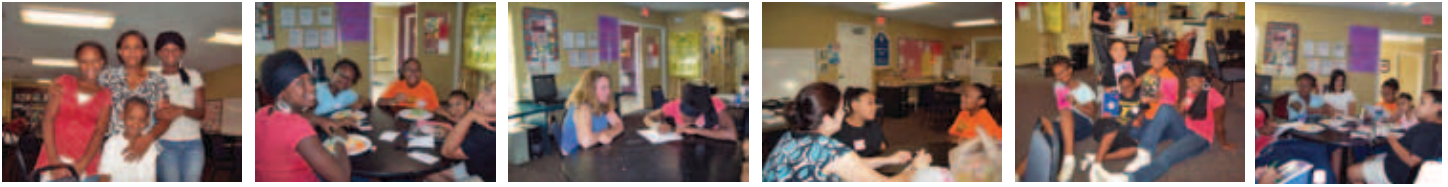
Susan shared that some of the staff left CISWC. They just could not see that progress was not being made, and they did not want to be held accountable for the potential results. Change is always difficult.

At the time the new programs began inside CISWC, four of twelve kindergartners were being held back to repeat this foundation grade. The priority became to find a reading assessment tool for kindergartners and first graders. They had to be assessed by May 2007.

CISWC decided to use the Dynamic Indicators of Basic Early Literacy Skills (DIBELS) program. DIBELS is a set of procedures and measures for assessing the acquisition of early literacy skills from kindergarten through sixth grade. They are designed to be short (one minute) fluency measures used to regularly monitor the development of early literacy and early reading skills. Susan explained that the children believe this assessment is a game and they do not know they are being assessed.

In understanding the kindergartners and first graders current progress, they could pinpoint the areas that needed the most work for each child. Just assessing the children was not Susan's plan, improving their reading skills to grade level was and is the dream. They had to find a reading program that would grow outside the walls of the learning centers and involve their home life. Susan again did some research and found Motherhead, Inc. Therefore, in May 2007, Motherhead began.

Motherhead, Inc. is a nationally acclaimed private, non-profit organization that combines the teaching of literacy skills with child development and family empowerment issues. Parents and children learn to use the power of language to discover more about themselves, their families and their communities. Motherhead focuses on teaching the "why" of reading rather than just emphasizing the "how". The program provides a structured environment for learning reading, critical-thinking and problem solving skills. There are lists of books for each program under Motherhead. CISWC is currently using Story Exploring Book 2. There are thirty two books under this program and each set costs \$133.42. The dream is for each kindergarten and first grader to have a set of the books to call their own. "Reading is the best activity you can do. My dream is for the children to develop a love of learning and understand where information comes from," said Susan.



By the end of 2007, the grades were up from Fs to low Cs with just the change in mindset, using the assessment tools, and the focus on reading programs. 2008 began and the focus was broadened. After getting the programs in place for the kindergartners and first graders, they have now worked their way through the grade levels with the same process and are currently working extremely hard to assess the middle schoolers and continue the progress.

"We want the grades to truly reflect the child's actual ability, and we knew they have it in them to be better than low Cs. We want nothing short of their best," said Susan. "It is only through reading that these dreams can become reality!"

### HOW THE LEAGUE HELPS:

Each year about 25 League members choose Heritage Park as their placement. The center is located in a downtown Raleigh Housing Authority neighborhood. Volunteers help students with schoolwork and stress the importance of education. They not only mentor kids by helping them establish goals and develop their talents, but they also help students broaden their horizons. By being a role model to these kids, Junior League volunteers promote a safe and positive learning environment.

Co-captains Jennifer Dunn and Stacey Simpson have been hard at work ensuring another successful year at Heritage Park.

This is Simpson's first year volunteering with a community placement. For the last two years, she served on an in-League placement.

Simpson wanted a "community placement because it was something different and on the front lines of what JLR is all about. When I was asked about possibly being the Co-captain at Heritage Park, I just knew it was the right fit, even though it was my first year on a community placement."

Prior to joining Heritage Park, Simpson had been a part of Taking Care of Members and really enjoyed her experience. "I enjoyed taking care of our members because our members are working so hard in the community," Simpson shares. "Heritage Park differs because we are working in the community, and I get to witness first-hand and participate in the difference we are making in the community in which we live."

So far, Simpson's favorite experience with Heritage Park has been being a part of the Career/Teen Club. Students, grades six through twelve, who have participated at Heritage Park through attendance, good behavior and working on their academics while at the Center, are invited to participate in Career/Teen Club once a month. The Career/Teen Club works

with chosen middle and high school student programs on topics like careers, goal setting, college, money management and budgeting, filling out a job application, enrichment (arts, fitness, etc) and life skills. Topics are limited only by volunteer creativity and student interest. This is a critical age group.

"Our kids are so talented. Their inquisitive minds always impress me," Simpson expressed. "They know exactly what they want, and they don't mind sharing with you their direction for life. They are very direct, and I appreciate that! They're also very well behaved."

League members also help at Heritage Park through the B.U.G. Club (Bringing up Grades), which plans four events, one a quarter, after report cards go home. Events educate and reward children K-12 for bringing up grades from the prior reporting period.

Another opportunity for those placed at Heritage Park is the Homework Helpers program, which provides after-school tutoring, reading practice and other academic assistance.

Members also may volunteer time with the Heritage Park Girl Scouts Program. Troop 1830 is comprised of girls from grades third through eighth and does a variety of fun activities throughout the year.

Lisa Coston Hall has lead Troop 1830 for the last four years. As a former Girl Scout, she knows the kind of impact this program can have on young girls.

"I was a Girl Scout for seven years, so I got involved in the troop to give back in the way that other adults had provided me with so many new opportunities and experiences. Sometimes you aren't sure if the girls are really paying attention, but then later you find out that one really enjoyed or was impacted by something we did. I think the most rewarding thing is to see how they grow," Hall explained.

Troop 1830 participates in many traditional Girl Scout activities like saying the Girl Scout Promise and Girl Scout Law at each meeting. They also sell cookies to help finance the troop, which includes monies to help purchase each girl's sash and insignia. Cookie sales also help fund exciting opportunities like attending a weeklong summer camping trip.

League members will be able to help contribute to Troop 1830 at the March General Membership Meeting! They'll be selling cookies to help raise money. Mark your calendars!

# Communication & Strategies

LIZA RONEY

Communication & Strategies VP



BURNE BATCHLOR STUDIO, INC.

I am excited about this community issue of *the Link* for many reasons. Not only does it showcase all the hands on work our fantastic community teams are doing for promising youth in Wake County, but it reminds us of the plethora of opportunities we still have to help and how every little bit makes a difference.

As you know, we began a series of articles this year designed to give members an opportunity to share their experiences and wisdom in order to teach and connect with others on the same path. Already we have learned about journeys through infertility, children with special needs and tips for becoming financially savvy. I hope these articles have been educational but more importantly that they have brought you novel and elevated connections with other members.

This issue's Member Supporting Members article is particularly poignant. Anyone who knows Kelly Huffstetler knows she is nothing short of amazing. I have been honored to work with Kelly in several capacities this year, and I can tell you that she gives 110 percent to everything in which she is involved. Her energy and enthusiasm are abundant, and her smile is contagious. —And this is what you think of her before you hear her story.

I am so grateful to Kelly for her willingness to share with us what an impact each and every one of us can have on a child's life. The smallest gesture can have a tremendous influence. Thank you all for the work that you do to serve our promising youth!

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## Beautiful House on the Farm

By Kelly Huffstetler

I don't remember the exact day that Rick came to my aunt and uncle's house to take my brother, sisters and me away. I do know it was between Halloween and Thanksgiving because I remember trick-or-treating while still living with my cousins, but I also remember having Thanksgiving dinner at the Highlands Home, a temporary home for children awaiting foster care. I was six-years-old and the youngest of seven children.

My mother had left her abusive husband when I was three. She left her children too. For the next three years, my brothers, sisters and I lived with an abusive, alcoholic parent, who bounced around from place to place, sometimes moving us in with other family members. When he made the decision to move to Virginia, my two older brothers stayed behind to live with my maternal grandmother in Chicago. My four siblings and I were in Virginia less than a year, living with my mother's brother, his wife and their five children when Social Services intervened due to lack of

proper care. My uncle barely earned enough to house, feed and cloth his own children, let alone his sister's five.

The move was traumatic for my older siblings, but for me it was an adventure. John and Dianne, the couple who ran Highlands Home, were so sweet and loving. My first night there, Dianne showed me to the room where she kept all the spare clothes. It was a huge closet filled with second-hand clothes, donated by generous people in the community. The clothes were folded and arranged on shelves by size. I remember being so excited that she told me that I could pick out several outfits to keep. After taking a nice warm bath, I put on my "new" pajamas; then she tucked

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The move was traumatic for my older siblings,  
but for me it was an adventure.

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Kelly Huffstetler, Membership VP

me in bed and read a story to me before leaving me to sleep in a warm, safe bed. I was in heaven.

The next couple of months were great for me. I had the best Christmas of my life that year, thanks to the generosity of Mr. and Mrs. Crabtree, an older couple who lived near by. They were so generous with their time as well as their money. They bought presents for my four siblings and me. They spent Christmas Eve with us, sang carols by the tree and allowed us to open one gift each that night. I opened a new 24-pack of crayons and a coloring book and was thrilled!

The Crabtrees spent quite a bit of time with us while we were at the Highlands Home. They took us to see Star Wars, my first movie in a “real” theatre; they picked us up for ice-cream after dinner once and made weekly visits to give John and Dianne a break. I overheard the adults talking about where we would all go to live. At the

tender age of six, I didn’t understand why we couldn’t stay there. When I finally accepted that it was temporary, I hoped that maybe the Crabtrees would take us all to live with them. They seemed to really like us and they lived alone in a great big house; it made perfect sense to me. I would learn later that the Crabtrees helped hundreds of children during their transition to foster care. That was their generous way of serving the community and helping children, but they didn’t take foster children to live with them. Perhaps if they did, too many children would be robbed of their generosity and warmth at a time when it was needed most, during the time of great instability and uncertainty, before they were sent to their first foster homes.

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*My life took a dramatic turn on August 2, 1977. That’s the day I moved into the big, beautiful house on the farm.*

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*continued on page 30*



Eventually, the good times came to an end. The Christmas of 1976 was the last one I spent with my brother and all three of my sisters. In January, we were placed in four different homes. Since I was the youngest, a greater effort was made to place me with one of my siblings. I was lucky enough to go with my thirteen year old sister to the same home.

Our foster parents were very young and had a two year old son of their own. They lived in a two bedroom trailer that was connected to a permanent structure that served as a third bedroom, one my sister and I shared. Life there wasn't terrible for me, not compared to what I'd been through before my short stint at the Highlands Home. But the longer we were there, the worse it got. My sister helped out quite a bit with cooking when the family was home. The couple would go away with their two year old son and leave us alone a lot on the weekends, often with little or no food in the cupboards. My sister would try to make something for me to eat. We didn't have the luxury of being picky eaters. There were times when we were just happy to find something to stop the hunger pains. I was sent to school many mornings without breakfast. I never had milk or juice, except for what I got with my free meal at school. When there was milk or juice in the home, my sister and I weren't allowed to drink it. We were told it was for "the baby" because he needed it; we didn't.

My older brother was placed with a family just a mile away from my sister and me, so I got to visit him frequently. I loved going to see him at his new home. It was a big beautiful house on a farm, and there was always something fun going on there. His foster parents had six children of their own. Two were older and living on their own, but the other four teenagers still lived at home. His foster mother had also temporarily taken in her recently divorced brother and his son. There was never a dull moment in this big, yet crowded house. I instantly liked my brother's foster mother. She was a Kindergarten teacher, so she knew how to talk to me on my level. She was also very interested in me. When you're six, anyone who's interested in you, is just plain wonderful. She asked lots of questions about how I liked school and how I liked living with my new foster parents. The day that I got really excited about being offered a second glass of milk, she started taking an even bigger interest in me, especially in what I ate and what I liked to eat. Completely unaware that she was worried, I just cheerfully and honestly answered her questions. She furrowed her brow when I told her that I only got milk at school. She was also concerned that my thirteen year old sister was the primary cook and caregiver for me. Being the talkative little one that I was, I just spilled everything. Not much has changed about me; I'm still talkative and still an open book! It turns out that trait probably saved my life. I don't mean literally, but it saved me from a miserable life of neglect. One with little, if any, potential for success.

My brother's foster mother wasn't the kind of person who could just feel sorry for a little girl who was malnourished and neglected. She called the Department of Social Services and spoke with our case worker. She told the case worker of her concern. The response was sympathetic but not hopeful that a better home would be found. She was told that they wanted to try to place me in a home with at least one of my siblings. I had already been through so much for such a young age; it wouldn't be right to rip me from the only family I had left. No one could have blamed my brother's foster mother if she had decided that she was already doing her part by taking my brother in. Her plate was already too full to take on the causes of another child. Her husband was a wonderful father to his children and like a second father to their niece and nephews. He'd been a father ahead of his time, very involved in his children's lives. He was closing in on retirement years and looking forward to a quieter time. But he wasn't the kind of man who could turn his back on a needy child either. They decided that if neither of the families that my other sisters were living with could take me, they would.

My life took a dramatic turn on August 2, 1977. That's the day I moved into the big, beautiful house on the farm. That's the day I was given the opportunity for a meaningful future, all thanks to two people who had enough love to share, one more time. A couple of years later, my foster parents were granted permanent custody, and when I was old enough, I changed my last name to theirs. Growing up with them as my parents, I had so many opportunities offered to me of which I could have never dreamed—things that most of our own children will take for granted because they've never known anything else. I didn't always appreciate everything they did or the sacrifices they made at the time. But looking back now, I'm in awe of them, and I will be eternally grateful.

There are so many ways to make a difference in a child's life. Think about John and Dianne who ran the transitional home for children entering the foster care system. The Crabtrees gave so generously of themselves, to help ease that tumultuous time for those children. There were others contributing to that home, through donations of food, clothing, toys and games for the children. My parents, the Littles, unselfishly decided to raise another child, after having almost completed that phase of life with their own children.

I encourage you all to look within yourselves and give whatever you can. With our League's target area being Promising Youth, we offer many opportunities for you to get involved with children who need you. No matter how small the act or donation, it will make a big difference to a child. It can make a big difference in what kind of adult that child becomes.



# May We Recommend

By Community Council

People travel from a far to the Duke Hospital Cafeteria for the delish chicken salad sandwich... yummo!

—*Wendy Webster*

When the spring approaches, my anticipation for the start of baseball season grows. I recommend checking out the mini-packs of tickets for the Durham Bulls. It is a summer's worth of entertainment for a very reasonable price!

—*Leslie Rand-Pickett*

The plethora sandwich and vegan muffin at The Third Place in Five Points!

—*Allison Board*

My recommendation is to visit Robin or Lori at Suite 406 Studio on Falls of Neuse, [www.suite406studio.com](http://www.suite406studio.com). I am a SUPER picky eyebrow girl, and Robin does the best brows and gives the best facial out there—hands down (foot massage and warm booties included. . . ahhhh). They sell great skincare lines as well!

—*Emily Goatcher*

Hayes Barton Pharmacy and Cafe is the best place for a date night! It is cozy and romantic and has wonderful food. Definitely come hungry, and save room for dessert. Their cakes and pies are the best in town!

—*Stacy Arch*

To pamper yourself. . . enjoy "Tinis and Toes" at Primp Salonbar, 401 N. West St., Suite 101, Raleigh. Have a martini while you enjoy getting a fantastic pedicure. For a delicious treat or special occasion stop by Hereghty Patisserie, 2603 Glenwood Ave., Suite 123, Raleigh. They have chocolate, the best pastries, lunch, wine and so much more!!! I order all my cakes from there. They are always a work of art!

—*Stacy Simpson*

La Farm Bakery in Cary (Preston Corner's) has the most delicious artisan bread and homemade spreads you have ever eaten. The white chocolate bread is by far the best thing I have personally ever had to eat. They make really cute shaped bread for the holidays—bunnies at Easter and snowmen at Christmas—very fun!

—*Jodie Bandholz*

Vin has vino and tasty dishes to share with a date or friends. Take your little ones to Marbles to play, and stop by the Cupcake Shoppe for a special cupcake on your way home for a special bonding play date with your child.

—*Robin Mangum*

Fresh veggies & chicken salad like your grandmother made—Community Grocery located on Oberlin Rd. between Cameron Village & Wade Ave. Yes, it looks like a hole in the wall, but the food ROCKS! Fun places for little kids—All Children's Playground at Laurel Hills Park on Edwards Mill Rd (HUGE playset) and Marbles Kids Museum (\$5 will buy your child hours of fun). Dessert after a show/dinner—Turkish Delights (purple house caddy corner to 518 West, located on Glenwood). They have coffee, real milkshakes made with ice cream & milk, Middle Eastern treats (baklava, etc.) and ice cream cake by the slice. An added bonus is that they can hook you up with belly dancing classes!

—*Anna Baird Choi*

For a fabulous night out, I recommend an restaurant in Cary, [www.ancuisines.com](http://www.ancuisines.com) The Miso Sea Bass is wonderful, and the wait staff is very attentive. For a more casual evening, I recommend Daniel's in Apex, [www.danielson55.net](http://www.danielson55.net). Great italian!

—*Kiana Dezaalon*

For a great "curly girl" haircut, go see Travis Vann, stylist/owner of Vanity Salon, 919-889-3589. He is located in Historic Oakwood on Bloodworth Street. We naturally curly haired girls all know the horror of receiving a bad haircut. Travis is wonderful! He spends at least an hour with you, styles your hair with wonderful recommendations and is very sensitive to the concerns of those with curly hair. He never pushes expensive products on you during your visits. He has convenient on-line scheduling and is even open on Saturdays.

—*Christy Knight*

My favorite is the cheese and crackers from the Angus Barn. They have been serving them over 50 years. My favorite kids spot is Marbles—love it.

—*Jenn Dunn*



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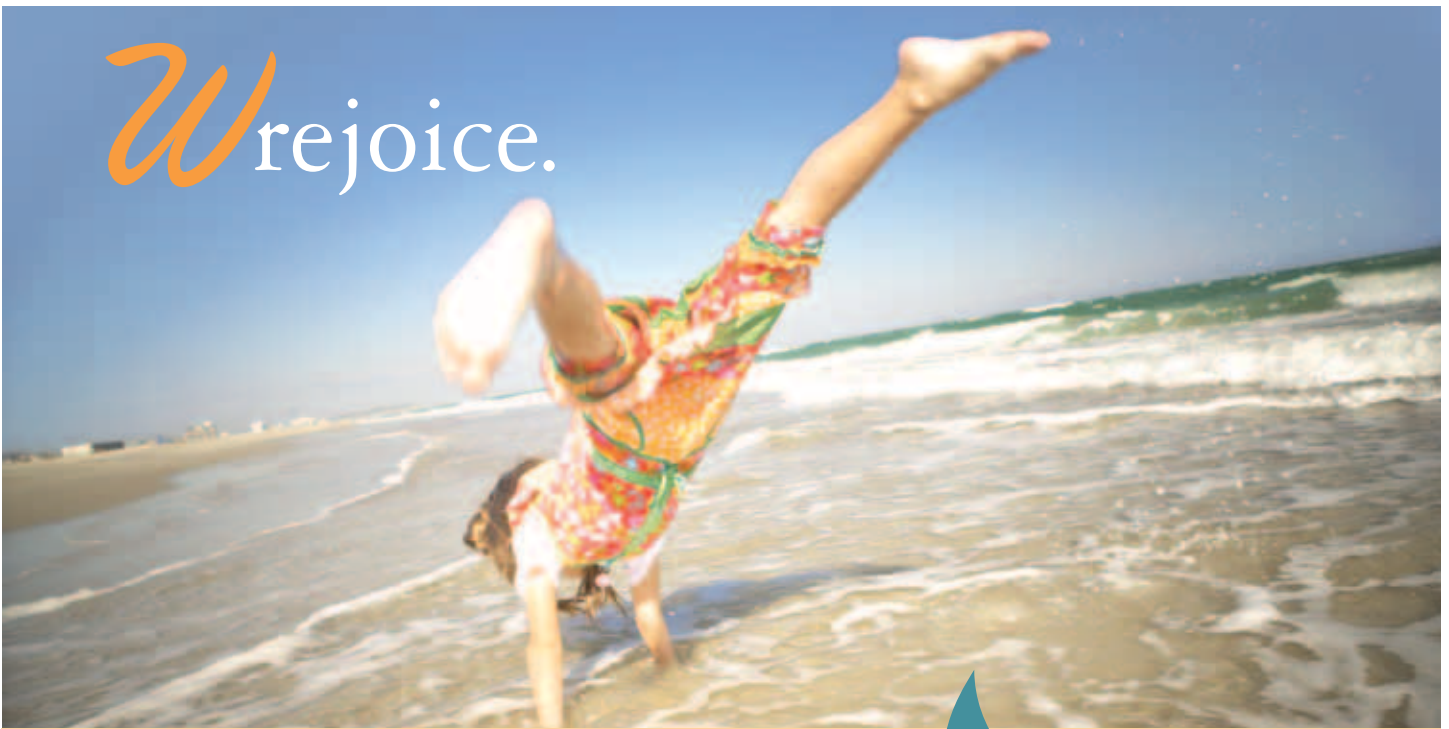
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