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From a Cook’s Point of View • A Day to Remember
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“We Make Beautiful Smiles a Reality”
Okay, so much for getting back to normal! It was only three weeks ago that I was writing my October President’s Perspective and we were preparing for a hurricane. Well, you all know that we had to do it all over again: buy water, batteries, food that did not require cooking, and start praying for our safety. Thank God, we once again came through a hurricane with little damage and only suffered without power for a short time. Two hurricanes within three weeks - now that is something we will never forget! During this month of thankfulness, we are all thankful for our good fortunes.

What is normal anyway? Traditions are! I recently read an article proclaiming the benefits of traditions. It stated that creating and/or continuing traditions helps children develop a sense of identity of themselves and their heritage, learn values, and create wonderful memories. Since we all survived the past few crazy months and hurricane season is finally over, family traditions are exactly what our children need. I would like to share with you a few of my Thanksgiving family traditions.

In our family, Thanksgiving is the holiday my mother has at her home. My mother feels that no one should be alone on Thanksgiving, so she always invites anyone who may not have a place to go. My sister and I have continued this family tradition by inviting friends who may not have family in this area. In other words, “Mom, there will be four more for dinner this year.” Her reply is always the same, “The more the merrier.” With a guest list never under 25, another family tradition is to always start preparing the night before. After having pizza for dinner, my mother and I start to prepare the stuffing made with chicken breasts and fresh bread (that’s all of the family secret recipe I’m giving you.) My sister is in charge of tying the cute ribbon around the napkins, and now our children are responsible for setting the tables which wouldn’t be complete without chocolate turkeys on the children’s table. Everyone shares the job of testing the stuffing to make sure it tastes just right. Getting us to stop and leave some for the turkey is another story! As our children are getting older, they’re looking forward to this night as much as Thanksgiving Day itself.

In recent years, I have started a new tradition with my boys on Thanksgiving morning. As we all watch the “Thanksgiving Day Parade,” I prepare two turkey breasts to bring to our church Thanksgiving Day “Meals on Wheels” program. Each volunteer brings something to contribute to the meals and together we box them up to be distributed to the elderly and needy families of our community. There are about 150 members gathered in the church hall sharing this wonderful feeling of volunteering and thankfulness. I hope this tradition of volunteering and helping others will help my children learn the importance of such activities. I explain to them that helping others is what volunteering is - giving of yourself in the need of others. I am very thankful that I have the opportunity to share these important values with my children.

I am also thankful to be a part of an organization that established the tradition in our community of accomplishing so much. The Junior League of Boca Raton has set a standard of discovering the needs in our community and finding caring solutions (to paraphrase our old tag line). We are an organization of women that is building a better community. We are making a difference in so many lives of the families and the children of our community. We are an organization of loving, caring, thoughtful and sensitive women and I am so proud to call each of you my friend.

During this month of thankfulness, I am thankful for the traditions set in my family and by the Junior League. I wish you and your families a safe and memorable Thanksgiving and hope that you start or continue some traditions of your own. Together we will continue the traditions of the Junior League of Boca Raton.

We need to surround ourselves and our families with objects and ideas and activities that please and excite our senses, that make us smile, that provide a soothing balm of comfort for our days. - Thomas Kinkade

Happy Thanksgiving,

[Signature]

Be Thankful

Be thankful that you don’t already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don’t know something, for it gives you the opportunity to learn. Be thankful for the difficult times, during those times you grow. Be thankful for your irritations, because they give you opportunities for improvement. Be thankful for each new challenge, because it will build your strength and character. Be thankful for your mistakes; they will teach you valuable lessons. Be thankful when you’re tired and weary, because it means you’ve made a difference.

It’s easy to be thankful for the goods things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for our troubles, and they can become your blessings.

www.JLBR.org
HURRICANES ARE BLOWING ME TO THE MALL  BY ANNE HENDERSON

I have a confession to make - I am a bit mallaphobic . . . As odd as this sounds, for a healthy female of reasonably sound mind, I hate going to the mall. There is something about the lights, the miles of corridors, and the overwhelming number of choices that make me cringe. It might have something to do with the fact that I can walk into the mall perfectly happy with the way I look and my current wardrobe, and then I see all the wonderful latest styles on those skinny mannequins and all of a sudden everything in my closet seems inadequate, drab and outdated (including me!) It may be my imagination, but I feel a little intimidated by the somewhat snooty salesgirls we have at some stores at our mall. The ones who sniff disapprovingly as I walk by. I just know they are thinking “What is she doing here? Is K-Mart closed?”

I think the final blow for me all started one Christmas when my girls were babies. I had gone to the mall to pick out Christmas dresses for the two of them. Laura was 8 months old and Margo was 2½ and I had taken them with me (I know! What was I thinking?) I had purchased my dresses and was at the complete opposite end of the mall from my car when they both started into a total melt down – in stereo! Margo refused to get into the stroller (the arch her back and scream type of tantrum that only a two-year-old can do) and Laura was following suit. I had packages in my hands and a double stroller, so I was trapped. I couldn’t get Margo into the stroller and I couldn’t carry her, push the double stroller and carry the packages. All I could do was stand there while they carried on and have people give me “that look.” That “can’t she control her child” look. Finally, I just stuffed both the girls into the stroller, strapped them in and ran as fast as I could back to the car. I drove home, had a big fat cocktail, and did all my Christmas shopping by mail order that year.

The next year the girls were easier to manage, but by this time my name had been sold to every Tom, Dick and Harry (and David) with a mail order catalog. Starting in October, the catalogs started pouring in. It was a pleasant way to do the shopping - sitting on the couch, turning down pages with things that caught my eye, hemming and hawing and then finally settling on something and having a nice friendly voice on the phone who acted glad to hear from me and actually thanked me for my order! It was heavenly. Soon, my mail order habit was replaced by the internet. Although I missed the friendly voices on the phone, internet shopping was definitely the way to go. If you have a good search engine, you can get anything you want – usually for a bargain price – plus gift wrap! Wonderful!

This year, because of the active hurricane season, I am actually going to hang up my mouse and do my shopping in person. For most of us in Palm Beach County the several weeks of hurricanes are becoming a faded memory. However, there are many local businesses that will not be so quick to recover. The two weeks or so of being closed due to lack of power, or having fewer customers because we were home putting up and taking down (and putting up and taking down) our shutters, will have a real effect on our local economy. Therefore, instead of giving my holiday dollars to some large corporation headquartered outside our state, I am going to try and keep my dollars closer to home and do my shopping at some of the locally owned businesses we have right here in our community, and I encourage you to do the same. These local businesses are owned by people like us, our neighbors, our friends and many of our Junior League sisters. Will the $100 I spend on Aunt Mattie’s gift basket make or break their holiday season? No, but if everyone did it, then maybe we would come a long way in helping them recoup some lost income from the hurricanes. So call your friends and organize a “hit the streets” shopping day, where you explore some shops off your beaten path, have lunch, and have some fun. It will keep the money in our community, and you might find some really unique, funky gifts at some of the smaller shops. (I’m not sure Aunt Mattie really enjoys her gift basket, anyway.)

See you out shopping!
JULIA TREVARTHEN - KUDOS FOR 20 ACTIVE YEARS BY ANNA PARROTT

After an amazing 20 years of being an active Junior League member, Julie Trevarthen has changed to sustainer status. She has done so many things for the League over this time. The League wants to recognize her contributions as well as learn from someone who remained active for so long. How did she do it?

Before Julia ever joined the League, she was “behind the scenes.” Her mother, Patty Trevarthen, is a long time member and Julia remembers helping out on various projects when she was a child. The most unique thing she remembers is being chauffeured around town in full riding dress so she could hand deliver invitations to a Junior League Kentucky Derby party. Julia “officially” joined the League in 1983-84 when the JLBR was called the Junior Service League because we were still in the process of becoming a Junior League. She was one of the youngest provisionals the JLBR ever had.

She has had the opportunity to work on almost every kind of committee in her 20 active years. While she can’t pick a favorite, she says that both the Cookbook Committee and the Vegso Community Resource Center were special enough to keep her from going sustaining until now. Fond memories from these committees include “holding the finished Cookbook and CD, and of course, opening the Vegso Center, knowing that each in its own way will help the League better fulfill its mission. Without the funds we raise, and now the additional grant and training resources we can provide, League members would never get to experience the joy of helping those in need.”

In addition to all Julia has done for the League, she is the Assistant Director of the South Florida Regional Planning Council, a regional public policy agency dealing with growth management and environmental issues. She also sings in the Master Chorale of South Florida, the successor group to the Florida Philharmonic Orchestra Chorus, and in her church choir. Now that she has a little more free time, she plans to finally get moving on house renovations, learn music for the Master Chorale Holiday Concerts, and plan a fun trip for next year!

Julia’s advice to current actives is to “Have fun! While the League deals with serious community issues, nothing says you can’t enjoy yourself while you do something good.”

While she has contemplated going sustaining for the past few years, she kept finding interesting committees with incredible League members. Julia says she has learned something from everyone she has worked with in the League. “We have learned a lot from you too, Julia! Thanks for all of your hard work!”

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ONE GIRL’S JOURNEY TO LEADERSHIP - PART 3 BY DOROTHY MACDIARMID

AJLI 82nd Annual Conference
Chicago, April 21-25

WOW! It was an amazing weekend! Loaded with carefully packed boxes of cookbooks, CD-ROMs and sales supplies (thanks Mary!), President Lisa Bariso and VP of Community Wanda Harrold met me early Wednesday morning for our flight to Chicago. Past President Carolyn Arnold was already there. She had gone to college and graduate school there and went ahead to see friends and the city she loves so much!

My husband was nervous. He’d never been solely in charge of getting our son to and from school and taking care of our two dogs, so the next three days were going to be great training for him. See how JLBR offers so many diverse training opportunities!

Wanda and Lisa, along with a cast of thousands, had gone to Annual Conference in NYC for AJLI’s 100th Anniversary 3 years ago. Savor the Moment won the James Beard Award then; the only Junior League cookbook to ever be awarded that high honor. Lisa and Carolyn had gone last year to Nashville for Annual Conference. So I was the new girl!

Relieved to be traveling with conference veterans, I was ready to go with my suitcase bulging. No, not just with the latest Etcetera clothes, but also with the fruits of a chance conversation between Mercy, the President of the Junior Service League of Guadalajara and Leslie Jackson, Nicole Mugavero and me in Tampa. You may remember in April Leslie Jackson put an ad in THE BRIDGE asking for donations of baby blankets for the babies in the Mexican hospital who were currently wrapped in thick wool, horse blankets. At the same time, I emailed a company asking for a donation of slings in an effort to help these new mothers, and New Native Carriers agreed to donate 10 slings. Mercy promised to send pictures and let them know how they were being used so the company would consider sending more. I had stuffed my luggage with about 40 blankets and the slings for the babies in Guadalajara. The Junior Service League members were so touched that JLBR would think of them and want to help. Thank you for donating your baby blankets!

Our first meeting was PALS, an affinity group for medium sized Leagues such as ours. We meet only twice a year prior to the start of Annual Conference and President/President-Elect Conference, then rely on email correspondence the rest of the time. It’s a great sounding board, a sort of ‘swap shop’ of all things Junior League. It was interesting to hear about Fayetteville’s “Cinderella’s Closet,” a project where the Junior League partnered with Stein Mart to provide prom dresses to underprivileged teens.

About 1,000 women attended this conference. The energy and excitement carried us through four days of 8 a.m. - 5 p.m. sessions! The theme -- of course there was a theme, it’s the mother of all JL meetings -- was Staying Power: Healthy Leagues in the 21st Century. Not nearly as catchy as Lisa’s gardening theme, but pretty good. The first day was kicked off by the singing of the national anthems of the countries in which the Junior League is active, reminding me what an incredible organization this is: 294 Leagues of “women building better communities.”

The next two days were filled with training on Fund Development, Strategic Planning, PR/Marketing and how to improve your League using the Healthy League’s “Cosmo Test” tool. As usual the JLBR group left each session with pads full of notes brimming with new ideas. Sometimes we would fan... continued on page 9
out and cover different sessions, and I attended JL Cincinnati’s moving presentation of their new program, MindPeace, which discussed the value of assessing as you grow a new project.

MindPeace is a wonderful program designed to significantly improve the mental wellness of children by heightening the awareness of the need for mental health services, providing access to those services, while trying to eliminate the stigma of children's mental illness. This includes everything from ADD to autism, and the testimonial letters were heart wrenching. I brought home some information so our Project Development could look into it!

In addition to breakout sessions, we also heard from an array of accomplished women speakers at each lunch: American Red Cross President Marsha Evans, author Judith Wright and Senator Betty Sims, a JL St. Louis member.

One of the highlights of the conference was attending the Association Dialogue in preparation for the Annual Meeting. It was fascinating to watch 500 women discuss and debate, in an orderly and time efficient manner, such charged issues as changing our Reaching Out statement to more broadly define “diversity” and the possibility of resuming advocacy work at a national level. It made me a believer in Parliamentary Procedure.

During the conference we rarely left the world of AJLI, selling cookbooks and chatting with buddies between sessions, but Saturday afternoon we walked to the Art Institute and took in the Rembrandt exhibit. Despite the cold rain, Chicago was beautiful with tulips blooming everywhere, making me think of Lisa’s growing a JLBR garden back home.

That night was the big dinner and awards presentation. $65,000 in cash prizes were awarded thanks to sponsors Anheuser Busch, Crest White Strips and FRP Cookbooks. This Fall we will be filling out applications, ladies! And in the mother of all raffles, JL San Jose, CA won an afternoon with CoJo (Steven Cojucaro, People Magazine Style Guru). We were awed and inspired by hearing the successes of award winners like JL San Francisco, which raised $3 million in two years through their corporate solicitation program, and were reminded once again that we are an organization of dynamic women, trained volunteers with commitment... and STAYING POWER!
LETTER FROM THE EDITOR

Did you know that women are a majority? At 51%, women now make up more than half of our population. It is estimated that approximately eight million more women than men will vote on November 2nd.

For six decades after women obtained the right to vote in 1920, they voted at lower rates than men. However, according to the US Census, women have been a greater presence at the polls in every race since 1980.

Yet 22 million women did not vote in the last presidential election. In fact, women comprise the largest group of unregistered, nonvoting citizens in the United States. We need to participate in the system for the system to work.

Oprah Winfrey has said:

“If you're a woman in America, you're one of the luckiest women on the planet. There's no other place on Earth where a woman has the freedom and the choices that we take for granted every single day.

We in Palm Beach County certainly know that every vote counts. It doesn't matter which side you are on - just get out there and let your voice be heard. VOTE!

FOR WHAT OR WHOM ARE YOU MOST THANKFUL?

As we approach the Thanksgiving holiday, League members share with us some of the things for which they are most thankful.

“I am thankful to have my sister, Angela. She is my younger sister by seven years yet she is so wise beyond her years. I am so thankful to God that he blessed me with a sister like her. When she walks into a room, she fills it with radiance and touches the hearts of those around her. She is not only a blessing to me personally on a daily basis, but she provides inspiration to my family as well.” ~ Nicole Mugavero

“I am thankful to be a woman in America today, where we have the gifts of freedom and equality - the chance and opportunity to pursue our dreams. I am also most thankful for my wonderful husband, Paul, who has always given me unconditional love and support.” ~ Julie Feingold

“I am most thankful for my fiancé, Andrew, for making sure we were prepared for the hurricanes. He worked nonstop to make sure our home was boarded up and we had enough water for days! He kept me sane through it all and I knew that with him I was safe. I couldn't ask for a better guy!” ~ Claudia Villaman

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MEMBER OF THE MONTH

KIRSTEN BRAATEN - SUPER MEMBER by NANCY DOCKERTY

With Thanksgiving around the corner, it's time for us to give thanks for all that we have. Our League is thankful for all the wonderful members who work so many hours and spend so much time on our committees. Our Summer Publications committee has been fortunate to have a phenomenal member serve on their committee for the past two years.

I am pleased to announce that the October Member of the Month is Kirsten Braaten. Kirsten is a valuable member to this committee, not just for her reliability, enthusiasm, attention to details and willingness to help but she is always up to the challenge. Summer Publications is responsible for putting our Yearbook together, and that requires serious attention to details.

Kirsten was the star at the Proofreading Party, mercilessly editing our yearbook, page by page. Kirsten also stepped up to the plate and accepted the arduous task of coordinating the bulk mailing of the yearbook to our sustainers. Not only did she watch the budget and label all the mail outs, but she also delivered them to the post office. That's 200 yearbooks!

In addition to her work on Summer Publications, Kirsten is also double-placed on Membership Development. Both of her Committee Chairs say they are thrilled to have such a super member on their committee. Kirsten, thank you for all that you do for our League, you're a real team player!

CARING HEARTS

The Junior League of Boca Raton gratefully acknowledges the following people and companies for their “Caring Hearts:

Donna Waldron, Vice President Community Development Officer for taking the time in October to conduct Life Skills Seminars for the youths in the Kids@Home program on personal banking. Thank you Donna!

Honorable Adam Hasner, State Representative for District 87 for contributing his time to conduct a Life Skills Seminar on “Know Your Rights” in the Kids@Home program.

HATS OFF TO . . .

Brooke Qualk and Lynn Lawless for hosting and organizing a wonderful Sustainer Luncheon.

Carolyn Arnold for delivering and distributing Yearbooks at the Sustainer Luncheon.

Linda Donoghue and Peggy Jones for helping WVOY re-address, stuff and stamp additional WVOY invitations.

League members for donating hurricane relief funds and items. These were given to Boca Helping Hands.

Kirsten Braaten, Sonia Djahanshahi, and Michele Weizer-

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(Senior League Member)
SAVOR THANKSGIVING

Welcome to November! Can you believe that there are so few days left in 2004? Where did they go? Bear in mind that Christmas and the Holidays are right around the corner. In addition to Savor the Moment, our award-winning cookbook which has sold nearly 40,000 copies, please don't forget our other wonderful Junior League cookbooks! Plan to give cookbooks this season either alone as a gift or together with a beautiful basket of kitchen goodies for the gourmet on your gift list. A basket of assorted League cookbooks is a great house-warming or newlywed gift throughout the year as well! Purchasing cookbooks is a great way to fulfill your $100 financial commitment (see page 15 for the price list of other League cookbooks we have to offer.) There are so many people in your life who deserve Savor the Moment: friends, business associates, teachers, secretaries, neighbors, the list goes on and on. Don't forget to support the League by forwarding sales leads to cookbook@jlbr.org. The member with the most useable leads at the end of the year will receive a fabulous thank you gift from the Savor the Moment Cookbook Committee. The race is on!

We all know that November is Thanksgiving, but did you know that it is also National Good Nutrition Month? Well, have no fear, for the cookbook committee has all the facts (and some you could probably do without) along with some healthy tidbits about the wonderful turkey!

The wild turkey is native to North America and was a staple in the Native American diet. It was imported to Europe in the early part of the 16th century by the Spaniards via Turkey (the country). It was confused in those early times with the Guinea fowl which also arrived via Turkey, and both birds were called turkeys in those days. When it was assigned its Latin name in the 18th century, the name turkey still stuck. Native Americans called it peru with no reference to the country of the same name.

Thanksgiving became an official holiday in the United States on October 3, 1863, via a proclamation issued by President Abraham Lincoln due to the lobbying efforts of Sarah Josepha Hale, editor of Godey's Lady's Magazine who had lobbied for 17 years for the holiday. The proclamation declared the last Thursday in November as Thanksgiving Day.

Turkeys are bred for their prized breast white meat. In fact, most turkeys are fertilized via artificial insemination because they are so large they cannot get close enough to mate. Although the turkey can grow to 70 pounds, most toms weigh in at around 20 pounds. Frozen turkeys are readily available year-round, and fresh turkeys can easily be obtained by your grocer with a few days notice. Most come with a pop-up ther... continued on page 13

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Lucille wants to build a life-long relationship with you as your real estate consultant. By providing you with exemplary personalized service beyond your expectations, she will help you achieve your goals quickly, easily and with a minimum of stress. Lucille knows that her client's complete satisfaction and subsequent referrals are the basis of her future business. That's why she gives YOU her undivided attention when you need it...while you are buying, selling or waiting to close the transaction. In return for this high level of service, Lucille hopes that you will consider her your real estate consultant "for life"...not just for one transaction.
mometer to indicate when the bird is completely cooked, but it is wise to use an instant-read thermometer to be sure of internal temperature. Many turkeys have been injected with butter or vegetable oil and are sold as self-basting turkeys.

When buying a fresh turkey, choose a bird with smooth, creamy, soft skin, avoiding turkeys with any bruised or torn skin. Fresh turkey can be stored up to two days in the coldest part of the refrigerator. Freeze no longer than two months. Cooked turkey should be consumed within three days or frozen up to a month. Cooked turkey will retain its moisture if you freeze it in turkey or chicken broth. When storing fresh turkey, be sure to remove the giblets and store separately.

The biggest danger from turkey or any poultry comes from Salmonella bacteria which is present on 90% of all poultry. It’s important to handle turkey with caution, taking care not to cross-contaminate cooking surfaces and utensils. NEVER eat any poultry in its raw state. Be sure to thoroughly clean all surfaces, utensils and hands with hot soapy water and preferably also a mild bleach solution after handling raw poultry and even cooked poultry. Do not stuff the bird until you are ready to put it in the oven. Turkey should be cooked to an internal temperature of 180 degrees F. and stuffing should be 165 degrees F. Test with an instant-read thermometer between the thigh and breast and also in the center of the stuffing. Let turkey rest for 15 minutes before carving. Promptly refrigerate leftovers.

There are numerous holiday cooking hotlines that have answers to cooking questions. Many of the hotline phone numbers are functional year-round.

Turkey along with chicken has become a favorite of those on low-fat diets. Recent studies have shown that cooking poultry with the skin on seals in the natural juices and the fat from the skin does not seep into the meat. Dieters can avoid dried-out skinless cuts by just remove the skin before consuming.

Turkey is naturally low in fat without the skin, with only one gram of fat per ounce of flesh. A 5-ounce serving provides almost half of the recommended daily allowance of folic acid, and is a good source of vitamins B, B1, B6, zinc and potassium. These nutrients have been found to keep blood cholesterol down, protect against birth defects, cancer and heart disease, aid in nerve function and growth, boost the immune system, regulate blood pressure, and assist in healing processes. For those watching their fat intake, stick to white meat; bake, broil, or sauté in as little oil as possible, using broth, lemon or orange juice as a basting sauce.

Most families have their own traditional Thanksgiving menus of special family favorites near and dear to the heart. We invariably buy a larger bird than is necessary and end up with turkey coming out our ears. Let the cookbook committee assist you with the following recipe from one of our favorite swap books, “The Dallas Junior League Cookbook.”

**Turkey Pie**

- Pastry for a 2-crust pie
- 2 cups strong stock or gravy
- 4 hard-boiled eggs, sliced
- 1 cup light cream
- 2 cups turkey cut into bite sized pieces
- 2 Tablespoons butter or chicken fat
- 4 Tablespoons flour
- salt and pepper

Line the bottom and sides of a deep casserole with pastry, leaving enough pastry for top crust. Melt butter or fat in a heavy pan. Blend in flour. Add stock or gravy and cream. Let simmer 5 minutes and add salt and pepper to taste. Put turkey in pastry-lined casserole. Place slices of hard-boiled eggs over the turkey. Pour in as much sauce as possible, just covering the egg slices. Place the remaining pastry on top of the pie. Trim and crimp the edges. Cut a large circle in the center, leaving the circle of pastry in place. Set the pie on a cookie sheet to catch any dripping and bake at 375 for 45-50 minutes or until top is lightly browned. About half way along, take the pie out of the oven, lift up the pastry circle and examine the sauce content. If the pie seems to be becoming dry, add some of the remaining sauce through the opening in the top, then replace the pastry circle.

*Serves 4*
FROM A COOK’S POINT OF VIEW  BY MARY LAVALLE

At Junior League meetings I am always asked, “What is the best cookbook to buy?” I can honestly say all of them, but for different reasons. Each month I will review some of the cookbooks we have in inventory to give you a better idea of what is available from the different Junior Leagues. There are cookbooks for beginners, the experienced cook and for people who love to collect cookbooks because they are nice to look at and pleasant to read. These books make wonderful gifts at any time of the year.

This month I will highlight SEAFOOD! I can hear everyone shouting “yeah” already! I have to mention four books. Three of which sold so quickly last year we have brought them back and one is new. (See page 15 for the prices of these cookbooks.)

Of Tide & Thyme from the JL of Annapolis is the new kid on the block. This sweet little book is full of wonderful surprises. The Seafood & Guide to Maryland Crabs section begins with everything you need to know about crabs, followed by a how to for cleaning hard shelled crabs and soft shelled crabs. You want to know the art of the Crab Feast? It’s in there. There are recipes and tips that will make all of your fish and crab dishes perfect. Think about these: vegetable crab cakes, grilled marinated swordfish and Creole jumble. This is only one section of this special book.

Come on In! from the JL of Jackson, MS: When you begin with an appetizer like Shrimp Pate with Horseradish Sauce and move to entrees such as Olive Grouper and a variety of catfish recipes how can you miss? Take a look at the Fun Food section and the Wine Guide. How easy can it get? Come on In! lays flat on your counter and is easy to read.

Bay Tables from the JL of Mobile: Beautiful photography paired with fabulous recipes makes for a “win-win” with this special cookbook. Shrimp Ono and Smoked Trout Pate would be a wonderful beginning for your next party. Entrees include Five-Pepper Tuna, Sautéed Soft-Shell Crabs with Macadamia Lime Butter, and Crab-stuffed Pastry Shrimp with Plum Relish. Too good to be true!

You’re Invited from the JL of Raleigh “is a celebration of North Carolina’s finest recipes.” Each section of this fine cookbook has a beautiful painting to set the scene. There are so many wonderful recipes and menus in this book it is hard to focus on just the seafood section, but I will try. The seafood section is divided into shellfish, freshwater fish, saltwater fish and sauces with all of the recipes listed on the first page making selection easier. Each recipe also has a recommended wine to complement the meal. Whether your tastes turn toward Edwina’s Shrimp & Grits, Gruyere Scallop Bake or Bloomsbury Bistro’s Seared Tuna with Spicy, Citrus-Curry Vinaigrette, you will not be disappointed.

Serves 4

Wine Recommendations: Australian Chardonnay or California Voignier

Next month: “Deep in the Heart of Texas……”
COMMITTEE NEWS

TRINKETS & TREASURES PODS  BY DONNA MOCK

I hope that everyone is well and with a roof over his or her heads. It's certainly been an interesting way to start our Junior League year with the likes of Frances, Ivan and Jeanne. Now that we're getting back into the swing of things and feeling like cleaning out our closets and redoing our living rooms it's time to talk about Trinkets and Treasures. We can't wait to see all those great items you've been saving since last year.

We are going to be using PODS for storage this year and we think that is going to eliminate a lot of time and energy for everyone. We will start having drop offs in November - those dates will be posted on the web site - www.jlbr.org. A new price list will also be available on the web site very shortly. We will also have sign up times for shifts for two hour and four hour fundraiser shifts at that time.

One of our brilliant ideas for this year is that not only can you shop 'til you drop with an expanded boutique, but this will be the social party of the year with amazing silent auction items and an incredible raffle item - you won't want to miss it! Please, when you are sorting your items, if you feel that you have items that belong in our boutique, please separate them from your other items and label them as such.

Remember that the Trinkets and Treasures sale will take place at the South County Civic Center on Jog Road in Delray Beach on Saturday and Sunday, March 5-6, 2005. The Trinkets and Treasures party will be Saturday evening, March 5th. Details to follow.

JUNIOR LEAGUE COOKBOOKS PRICE LIST

Here is a list of other Junior League cookbooks that are available for holiday gifts*: To order these books you can call the cookbook office at 561-620-0765, or toll free at (866)574-9229.

Bay Tables, JL of Mobile ........................................ $24.95
Open House, JL of Murfreesboro, TN ................ $24.95
Notably Nashville, JL of Nashville ................... $28.95
Sunsational Encore, JL of Orlando ................... $21.95
By Invitation Only, JL of Pensacola ................... $29.95
Reflections Under the Sun, JL of Phoenix .......... $19.95
**You're Invited - JL of Raleigh ....................... $21.95
Meet Me in the Kitchen, JL of Saint Louis, MO .... $22.95
Meet Me at the Garden Gate, JL of Spartanburg .... $24.95
Always in Season, JL of Salt Lake City .............. $21.95
Life of the Party, JL of Tampa ......................... $17.95
First Impression, JL of Waterloo Cedar Falls .... $24.95
Dancing on the Table, JL of Wilmington, DE ....... $19.95
Seaboard to Sideboards, JL of Wilmington, NC ... $21.95

* These books were available at print time.
** These books were reviewed on page 14

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LAST CHANCE FOR SIGN UP FOR FAMILY PORTRAITS  

Sunset sessions at South Inlet Park and all sessions at The Boca Resort are sold out! There are still three fabulous locations available, so sign up today! The event will take place between Friday, November 12, 2004 and Sunday, November 21, 2004.

Junior League member and photographer Darcy Plimpton-Sims, of Child of Mine photography and “Savor the Moment” cookbook and CD-ROM will be taking the portraits. She specializes in outdoor photography and family portraits.

With your portrait session, you will receive 4 x 6 prints developed in a professional lab and all of the negatives. Most importantly, you’ll be helping other families and children in need through our JLBR project.

Payment is required in full to hold your reservation. Portrait session rates range from $250 to $500, contingent on time and location. Cash, checks and credit cards are accepted.

You may still choose from one of the following locations:

**Private Homes**: At your home, in your backyard or by your favorite tree (if it's still standing after the hurricane season!) You decide. This deluxe package features our “White Glove Service.” The photographer and a Family Portrait Day assistant will come to your home for the portrait session and then a Family Portrait Day committee member will return a few days later to hand-deliver your photographs and negatives. Private Home locations will be limited to the Deerfield Beach, Boca Raton, Delray Beach and Boynton Beach areas. These custom sessions are available for $500.

The **Beach at South Inlet Park**: Sunrise sessions and sessions throughout the day in this tropical landscape – either on the rocks in the sand or in the surf. It presents a true Florida backdrop for your family portrait, as several Junior League families experienced last year. Sunrise sessions are $375 and sessions throughout the day are $275. There is a $3-$5 beach parking fee due upon admittance to the park upon your arrival.

**Pictures in the Park - where Pets are Welcome**: Picture the two of you or your entire family – including the family pooch on your favorite blanket in a pretty park setting or by a colorful, mosaic tiled fountain for a perfect photographic backdrop. We’ll have a limited number of sessions at a local park like Sanborn Square. Photo sessions are available for $250.

This year we will also extend a special invitation to your family and friends who would like to participate in our Family Portrait event. Please spread the word about this wonderful opportunity. To sign-up for a portrait session, contact Rebecca Elman at peer4@adelphia.net or via phone at 561-470-8484. For additional information about the Family Portrait Day event, contact Kristin Calder at krsicdaler@aol.com or via phone at 561-736-1859.

Family Portrait Day Committee: Chair Kristin Calder, Chair-Elect Tibisay Vasile, Becky Carlsson, Sarah Doyle, Rebecca Elman, Deann Joachim, Jill Patterson, Dianne Pfau and Kimberly Sipp.
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KIDS@ HOME - NEEDS YOUR HELP

BY JERI MORAN

Well, we are back in full swing of things with our great project, Kids@Home. Its amazing how far you can come in a year and there is even more room to grow.

October was a busy month! On October 9th our committee hosted the first of this year's Lifeskills Workshops. Unfortunately, we needed to reschedule our plans from September, so we found ourselves combining two into one. Donna Waldron, VP Community Development for Wachovia Bank, conducted a seminar entitled “Learn How to Make the Most of Your Money.” This workshop focused on saving money, credit and how to open and manage a bank account. This year the workshops are taught in two parts: The first group is for youths ages 13 – 15, and the second group is for teens and young adults ages 16+. This will enable our speakers to tailor their classes to a certain age group, which will benefit the younger teens as well as the young adults.

Later in the day, Honorable Adam Hasner, State Rep. from District 87, came to speak to the 16+ group. We would like to extend an extra thank you to him for being so flexible with us, as we had to reschedule his original date in September. His topic was “Know Your Rights,” in which he explained the legal rights of young adults in Foster Care, and those exiting the system as well as community politics and pending legislation which directly affects them. Although we missed the deadline for those who are 18 to register to vote in this year's election, we did help them fill out the paperwork so that they may participate in future elections.

On October 16th, we participated in our first Community Service Project for the year, Habitat for Humanity. Habitat is a great opportunity for the young adults in Kids@Home to help another's dream of home ownership come true. They also had the opportunity to hear all about the Habitat program, and learn how they may apply in the future. The Kids@Home organization really likes to emphasize the importance of the young adults in the program's giving back to the community that supports them and understanding the feeling of making a worthy contribution. What a great opportunity it was for our committee members to spend time with them!

In other exciting news, Mary Glynn Toomey, Michelle Duffy, and Kate Toomey had the wonderful opportunity to share our project at the Sustainer Luncheon. Thank you to Marina Chaney and Betsy Bleich for making this happen. It was completely unprecedented for the sustainers to have a project speak at their Luncheon, and we thank you all for giving us your time and attention! Our sustainers responded to a recent survey that they were interested in working on a “Sustainer Project.” Our committee jumped at the opportunity to have such great talent and resources available! We were received with overwhelming enthusiasm and many commitments to help Kids@Home. Keep your eye out for our progress together. You know that once our sustainers commit to something there is no stopping them, and you may see them teaming up with our new members!

In November, Kids@Home will be participating in another Community Service Project centered around helping other organizations with their Thanksgiving needs. Following their service to the community, they will be treated to a traditional Thanksgiving dinner with all the trimmings, along with their mentors, life coaches and the Kids@Home Board of Directors at the Vegso Community Resource Center on November 20th. Done In A Day will be working with us on providing the food, so if you can make mashed potatoes, stuffing or want to bring some dessert, please be sure to sign up for this DIAD opportunity at our next meeting.

Finally, in the spirit of giving, we are asking for your help. We will be working with the sustainers and the new members on putting together New Apartment Kits. Remember when you first moved into your own place and you realized how much you needed? As our young adults turn 18 and leave their Foster Care home, they find themselves without the basics for their new apartment. Kids@Home helps them find their apartments and will provide support in paying their bills and getting them going, but they could really use our help. We are asking for donations of the following new items: sheets, towels, plates, glasses, silverware, bowls, mugs, pots/pans, cooking utensils, shower curtains, and cleaning supplies. Used items would include TVs, VCRs, DVDs, lamps, and furniture. Watch for more information on how to donate these items in the December BRIDGE and your email.

I am pleased to say that we are off to a great start, and there is so much more that we can do. If you are a new transfer into the League or are looking for a fulfilling second placement, our committee would welcome you with open arms. I must say that I am inspired and motivated every day by our amazing committee and the WONDERFUL people who are a part of Kids@Home, and we would love for you to join us.

Steven R. Alman, D.M.D., F.A.G.D.

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ASSISTANCE AGREEMENT EVENT  BY ROBIN DEYO

Thankfully hurricane number five never targeted Florida and Project Development was finally able to host the annual Assistance Agreement event, Friday, October 8, 2004!

Each year we gather our key contacts from our community projects, the JLBR Board of Directors and the Community Council leadership to come together to discuss the “state of our projects” and witness our community projects signing their commitments to accept assistance from the League.

During this informative session, we heard from each community project. We learned what their goals are for this coming year, how they impact our community, and how the Junior League has made a difference in their lives; providing affirmation as to why we decided to commit our resources and volunteers to their cause.

All attending were pleased to hear such comments as . . .

“Having the Junior League of Boca Raton and the Community Foundation on board with Kids@Home from the beginning has given us a solid footing with which to build our program.” ~ Dan Brannen, Kids@Home

“Leeza Gibbons will be talking about your Junior League all year during speaking engagements. There should be more Junior Leagues nationwide that embrace this cause.” ~ Yvette Grove, Leeza’s Place Foundation at the FAU Wellness Center

“It was a strong group of women from the Junior League, St. Jude’s and Farm Worker’s Association that made our new housing development on the south campus a reality.” ~ Kay Larche, In the Pines

The event also gave us a great opportunity to showcase the new Vegso Community Resource Center and have Pris Missita introduce the services and upcoming programming available at the center to our community project partners. Check out the new pages on the www.jlbr.org web site for up to date information on the center.

Next year, the committee hopes to schedule this event in early June and transform it into a “Town Hall” style forum with invitations to city and county leaders.

Thank you to all those who attended and all those who helped make this year’s event a big success.

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WHAT IS ALZHEIMER’S DISEASE?

Alzheimer’s disease (AD) is the most common form of dementia (a brain disorder that seriously affects a person’s ability to carry out daily activities) among older people. It involves the parts of the brain that control thought, memory, and language. The actual causes of AD are still unknown, and currently there is no cure.

In 1906, Dr. Alois Alzheimer, a German doctor, noticed changes in the brain tissue of a woman who had died of an unusual mental illness. He found abnormal clumps (named amyloid plaques) and tangled bundles of fibers (named neurofibrillary tangles). Today, these plaques and tangles in the brain are considered hallmarks of AD. Hence, the disease was named after Dr. Alois Alzheimer.

In addition, other brain changes in people with AD have been found. There is a loss of nerve cells in areas of the brain that are vital to memory and other mental abilities. There are also lower levels of chemicals in the brain that carry complex messages back and forth between nerve cells. AD may disrupt normal thinking and memory by blocking these messages between nerve cells.

HOW MANY PEOPLE HAVE IT?

Scientists estimate that up to 4 million Americans suffer from AD. The disease usually begins after age 60, and risk increases with age. It is much less common for younger people to develop AD, however, it is possible. About three percent of men and women ages 65 to 74 have AD, and nearly half of those age 85 and older may have the disease. The good news is, however, that AD is not a normal part of aging. Alzheimer’s is a slow disease, starting with mild memory problems and ending with severe brain damage. The course the disease takes and how fast changes occur vary from person to person. On average, AD patients live from 8 to 10 years after they are diagnosed, though the disease can last for as many as 20 years.

WHAT IS THE TREATMENT FOR ALZHEIMER’S?

No treatment can stop Alzheimer’s from developing. However, for some people in the early and middle stages of the disease, the drugs tacrine (Cognex), donepezil (Aricept), rivastigmine (Exelon), or galantamine (Reminyl) may help prevent some symptoms from becoming worse for a limited time. Also, some medicines may help control behavioral symptoms of AD such as sleeplessness, agitation, wandering, anxiety, and depression. Treating these symptoms often makes patients more comfortable and makes their care easier for caregivers. The fifth approved medication, known as Namenda (memantine), is an N-methyl D-aspartate (NMDA) antagonist. It is prescribed for the treatment of moderate to severe AD. Studies have shown that the main effect of Namenda is to delay progression of some of the symptoms of moderate to severe AD. The medication may allow patients to maintain certain daily functions a little longer. For example, Namenda may help a patient in the later stages of AD maintain his or her ability to go to the bathroom independently for several more months, a benefit for both patients and caregivers.

In addition, there are new treatments being researched. Two different types of nonsteroidal anti-inflammatory drugs (NSAIDs) are being tested to find out if they slow the disease. There is evidence that inflammation in the brain may contribute to AD damage. This may help slow the progression of the disease. Research has shown that vitamin E slows the progress of some consequences of AD by about 7 months. Scientists now are studying vitamin E to learn whether it can prevent or delay AD in patients with mild cognitive impairment (MCI). Research also has been conducted to see if estrogen reduces the risk of AD or slows the disease. One study showed that estrogen does not slow the progression of already diagnosed disease. Furthermore, a study on combination hormone therapy (estrogen and progesterin) showed that older women (over 65) participating in the study had twice the rate of dementia, including Alzheimer’s disease (AD), compared with women who did not take the medication.

WHERE CAN ONE RECEIVE TREATMENT?

There are many treatment centers around the world dedicated to Alzheimer’s disease and other neurological disorders. For more information, it is best to consult your family physician for referral to a specific center.

If a loved one has Alzheimer’s, consider enrolling him or her in the Alzheimer’s Association safe Return program, a national registry that facilitates the return of those who wander. To learn more, call (888) 572-8566 or go to www.alz.org/SafeReturn.

ADDITIONAL INFORMATION:

1. http://www.alzwell.org Alzheimer’s Association (New York City Chapter) - (800) 272-3900
2. Ask for Help: Find local assistance, see elder-care.gov or call the Elder-care Locator at (800) 677-1116
3. For bulletin boards and family support-group information Call or email: The Family Caregiver Alliance (800) 445-8106; caregiverhelp@caregiver.org. Check into Chat groups and message boards on AOL.com
4. Change your Habits: More ideas for care taking: AARP.org/life
5. Take a Break: Contact Elder-care for adult day-care & adult day-health-center referrals, or Family Caregiver Alliance for respite-care and weekend camp information.
COMMITTEE NEWS

DIAD - A DAY TO REMEMBER

BY WENDY HAUKLAND

After an unprecedented hurricane season, it was a relief to get back to the normal (yet hectic) routine of our lives. As a first year member eager to get involved and feel a sense of community, I jumped at the opportunity to participate in the Special Olympic’s Bowling event. With visits from Frances and Jeanne, we did not have much notice to get the word out on this event, however, to our delight we had a dozen volunteers.

Having relocated to Boca Raton and not knowing many people, I was overcome with the kindness and enthusiasm these women showed one another and the participants. Some members were new to this event, while others had done it for years. Just watching each participant’s determination and passion for playing reminded me how important it is to make time for others. One familiar face we have seen at many DIAD events is Elizabeth Gallo. She is the first League member I met outside of my new member group last spring. She is a great inspiration not only to those we assist but to the League as well. Another kind member, Jeanette Himes, has a daughter who went to high school with a dear friend of mine.

We walked away from this event reconnecting with familiar faces and meeting new ones while making a difference. I look forward to crossing paths with all of these women again hopefully at the spring Special Olympic’s event. I encourage all of you to get involved in community projects or organizations that hold your interest. If you hear of one that you feel JLBR should be involved in, please contact us. Stop by our table at the next General Membership meeting or visit the JLBR website for an opportunity to make yourself and others feel special.

“RAISING MORE MONEY” AT VCRC

BY PEGGY JONES

Terry Axelrod, the developer and founder of Raising More Money, presented an overview of her highly successful approach to fundraising to a number of local nonprofits at the Vegso Community Resource Center on September 30, 2004. The group rented the space from the Junior League of Boca Raton for the purpose of giving a brief introductory session on how the program works and educating the participants about the benefits of using this method. Some of those in attendance have previously used the program successfully to help them increase their fundraising efforts.

Terry presented a model of fundraising that is 90% science and 10% art. She reported (according to Giving USA) that of the $240 billion given to charitable organizations, 5% was from corporations, 11% from foundations, and 84% were from individuals. The Raising More Money approach gives organizations a system for tapping into the 84% of all contributions coming from individuals. The approach continuously builds a base of lifelong donors and allows organizations to get off the “fundraising treadmill” and become financially self-sustaining. Terry gave a number of reasons for concentrating on individual donors including the facts that we all give, we are loyal donors, disposable income increases over time, and in the end we all have to give it away. During her talk she frequently referred to the success of this approach which allowed a small, private school in Seattle to become a self-sustaining organization with an endowment of $15 million. She indicated any group with a passion for their mission would benefit from using her method.

The VCRC Programming Committee is working with its partners to investigate ways in which we can bring this highly successful program to our area in order to benefit as many of our local nonprofit agencies as possible. We will keep you informed about information relating to this program as it is obtained.

For those who may not be aware, the Vegso Community Resource Center is available to nonprofit or other groups for meetings and trainings at a nominal cost. Information about renting this space can be obtained by calling 620-2553 or on the jlbr.org website in the VCRC section.
VCRC PROGRAMMING COMMITTEE IS THANKFUL FOR  

Emily McMullin from Cendyn, who is helping to create the web pages for the Vegso Community Resource Center. The VCRC programming committee is working with Cendyn to set up new and improved website information about activities at the VCRC. Our mission is to provide useful support to local nonprofits. We want to actively market our facility to these groups so that we can be a true resource to them. In that effort, we are beefing up the website to include general information about the facility, information about the Newman-Craske Grant Resource Library, nonprofit trainings offered at the facility, directions to our center, and information about renting the VCRC for private trainings or meetings. Through the efforts of committee members, web text is being provided to Cendyn's Emily McMullin, who is then creating the actual web page designs. We are so thankful for the competent, professional support we receive from Emily and the entire Cendyn organization.

Cindy Krebsbach, sustaining advisor to the VCRC Programming committee. Despite a very busy schedule that includes numerous other responsibilities, Cindy has been a lifeline to this fledgling committee. Cindy has provided the committee with her many talents including a wealth of knowledge and experience, boundless energy, and unrelenting enthusiasm, enabling us to accomplish the goals we have set for ourselves. Without her support, we surely would not be in the position we are today.

Liz Locke, Newman-Craske Grant Resource Librarian. Liz began working at the library in August. Since that time, she has organized the collection, provided trainings, created a database of local nonprofits, and participated in committee activities. Her knowledge about research and grant writing is an invaluable resource to our library. For those Junior League members who would like to learn more about the library, please contact Liz Locke at 620-2553 or email her at library@JLBR.org to set up a training session. Liz is willing to set up trainings at members' convenience. We particularly encourage Community Council members to attend the trainings for their own information and ask that they encourage their projects to make use of the library. The Grant Resource Library houses the Foundation Center database, a resource containing thousands of potential sources of funding for nonprofits.

Linda Donoghue, JLBR office manager. We could not ask for a better ambassador for our committee than Linda. She is the first person outside groups meet when calling or visiting the VCRC. Linda has continuously provided support to our committee by communicating with members and assisting us with the activities scheduled in the center. Because of her good judgment and willingness to go the extra mile, our committee has experienced success during the opening year. We are truly blessed to have her help and support for our project.

Lastly, on a personal note I am thankful for the entire VCRC committee membership. Most of our committee consists of members who have joined the Junior League during the past year. I am always amazed at the depth of talent and experience of our young committee members. As each new event was planned, a committee member demonstrated ability and talent that truly amazed me. Trudyellen Richards, our League photographer, is a skilled graphic designer who has been an invaluable resource when creating flyers and the brochure for our facility. Michaelanne Roberts and Leticia Boswell have brought to our committee a wealth of knowledge about the local nonprofit community and helped to guide the future direction of our committee. CC Benedict has provided our group with energy and enthusiasm about our projects and cheered us to success. Dyana Kenney's experience in event planning is helping us bring future events to reality. Molly Biehl's knowledge of corporate functions is invaluable in helping our guests to feel welcome in our center. Finally, Pris Missita, who is double placed this year, willingly steps in to help fill in gaps and represent us at various JL happenings. I am so thankful to be working with such a multi-talented and energetic group of women.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John Fitzgerald Kennedy
COMMITTEE NEWS

WANTED: YOUR COZY COTTAGES  BY CYD ALDERMAN

Fall is upon us and the Nominating Placement committee is hard at work planning the League's Holiday Gatherings. As we all enjoyed last year, in place of a large December social, we will hold more intimate gatherings at members' homes. Each home will offer a different theme, such as a cookie exchange, holiday shopping and a wine tasting. This is a perfect opportunity to spend time with your JLBR family and friends. Look for further details and the opportunity to sign up for these fun themed events at the November General Membership Meeting and in December's BRIDGE.

In addition, mark your calendars for Cottage Meetings on Tuesday, February 8th. In place of the regular General Membership Meeting, members have the opportunity to attend smaller “cozy” meetings in our members' homes. JLBR members can select location and time preference as to which meeting they would like to attend. This is where we need your help. If you would be interested in hosting a Cottage Meeting for either the 9:30 a.m. or 7:00 p.m. meeting, please contact Cyd Alderman by phone at 561-641-4218 or email at hwcpa@adelphia.net. Thanks in advance to all of the hostesses we know will graciously open their homes.

WHAT ARE YOU WAITING FOR? VOTE!  BY DOROTHY MACDIARMID

With Election Day here, PIA asks you to please give the privilege of voting the consideration it deserves. Hopefully these tidbits of information will inspire you to experience Palm Beach County’s (Chad-free) new Touch Screen voting.

According to a September 7-21 American Research Group poll, women make up a majority of undecided voters in 10 key battleground states. For example, the poll found in Florida, 68% of undecided voters are women.

In 1917, three years before the ratification of the 19th Amendment, Jeannette Rankin became the first woman to serve in Congress. - Office of the Clerk, U.S. House of Representatives

In politics, if you want anything said, ask a man. If you want anything done, ask a woman. - Margaret Thatcher

Polls show that despite recent media attention to security as a growing concern for women, the so-called “security moms” are no more likely than other voters to name terrorism or Iraq as their top voting issue - September 28, 2004, www. Votesforwomen2004.org

Beginning in the mid-19th century, several generations of woman suffrage supporters lectured, wrote, marched, lobbied, and practiced civil disobedience to achieve what many Americans considered a radical change in the Constitution. Militant suffragists used tactics such as parades, silent vigils, and hunger strikes. - U.S. National Archives & Records Administration

Have you noticed that the background on the opening page of the AJLI website is a photo of Junior Leaguers participating in a suffragette march? In 1914, the founders of the Junior League of St. Louis marched for women's suffrage.

WHAT ARE YOU WAITING FOR?
GET OUT THERE AND VOTE ON NOVEMBER 2!

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WHAT IS OVARIAN CANCER?  FROM NATIONAL OVARIAN CANCER CENTER WWW.OVARIAN.ORG

Ovarian cancer is cancer that begins in the cells that constitute the ovaries, including surface epithelial cells, germ cells, and the sex cord-stromal cells. Cancer cells that metastasize from other organ sites to the ovary (most commonly breast or colon cancers) are not then considered ovarian cancer.

According to the American Cancer Society, ovarian cancer accounts for 4 percent of all cancers among women and ranks fifth as a cause of their deaths from cancer. The American Cancer Society statistics for ovarian cancer estimate that there will be 25,580 new cases and 16,090 deaths in 2004. The death rate for this disease has not changed much in the last 50 years.

Unfortunately, almost 70 percent of women with the common epithelial ovarian cancer are not diagnosed until the disease is advanced in stage—i.e., has spread to the upper abdomen (stage III) or beyond (stage IV). The 5-year survival rate for these women is only 15 to 20 percent, whereas the 5-year survival rate for stage I disease patients approaches 90 percent and for stage II disease patients approaches 70 percent.

There are many types of tumors that can start in the ovaries. Some are benign, or noncancerous, and the patient can be cured by surgically removing one ovary or the part of the ovary containing the tumor. Some are malignant or cancerous. The treatment options and the outcome for the patient depend on the type of ovarian cancer and how far it has spread before it is diagnosed.

Risk Factors:

While the presence of one or more risk factors may increase a woman’s chance of getting ovarian cancer, it does not necessarily mean she will get the disease. A woman should be extra vigilant in watching for early symptoms. Risk factors include:

- Personal or family history of breast, ovarian, endometrial, prostate or colon cancer;
- Hereditary nonpolyposis colorectal cancer or syndrome;
- Increasing age;
- Unexplained infertility, no pregnancies and no history of birth control pill usage;
- Use of high dose estrogen for long periods without progesterone may be a risk factor;
- North American or North European heritage and/or Ashkenazi Jewish population;
- Living in an industrialized country.

Symptoms of Ovarian Cancer:

Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity, one on each side of the uterus. These are some of the potential signs and symptoms of ovarian cancer:

- Unexplained change in bowel and/or bladder habits such as constipation urinary frequency, and/or incontinence
- Gastrointestinal upset such as gas, indigestion, and/or nausea
- Unexplained weight loss or weight gain
- Pelvic and/or abdominal pain or discomfort
- Pelvic and/or abdominal bloating or swelling
- A constant feeling of fullness
- Fatigue
- Abnormal or postmenopausal bleeding
- Pain during intercourse

Detection:

The sooner ovarian cancer is found and treated, the better a woman’s chance for recovery. But ovarian cancer is hard to detect, especially in the early stages. Some of the more common methods used to screen for ovarian cancer include the following:

- **Pelvic and rectal examination:** The pelvic and rectal examination includes feeling the uterus, and ovaries to find any abnormality in their shape or size. Even though rectovaginal examination is unlikely to detect early stage ovarian cancer, the rectovaginal examination is incorporated into most ovarian cancer screening programs as part of a multimodal approach to screening.

- **Ultrasound:** Ultrasound uses high-frequency sound waves to create pictures of the area being examined. Healthy tissues, fluid-filled cysts, and tumors look different on this picture. Ultrasound may be performed vaginally or abdominally. Ultrasound has demonstrated value in detecting ovarian malignancies in asymptomatic women although its accuracy in detecting early stage disease is poor.

- **CA-125:** The CA125 blood test is used to measure the level of CA-125. Elevated levels of CA125 are often in higher-than-normal amounts in the blood of women with ovarian cancer. Overall, more than 80 percent of women with advanced ovarian cancer will have an elevated CA125 level (greater than 35 u/ml), yet the test is not useful in detecting early stage disease (approximately 50% accurate). Unfortunately CA125 is even less reliable for detecting cancer in pre-menopausal women since it is frequently elevated

. . . continued on page 25
WHAT IS OVARIAN CANCER? CONTINUED FROM PAGE 24

by non-cancerous conditions such as pregnancy, endometriosis, uterine fibroids, liver disease, and benign ovarian cysts. Most gynecologic oncologists employ CA125 for surveillance of ovarian cancer after the diagnosis has been surgically confirmed since it is a sensitive indicator of persistent or recurrent disease.

Is Ovarian Cancer Hereditary?

A woman can inherit an increased risk for ovarian cancer from either her mother or father's side of her family, particularly if a "first degree" relative (mother, sister, or daughter) has, or has had ovarian, breast, or colon cancer. Furthermore, women with a strong family history of ovarian cancer are more likely to develop the disease at an early age (younger than 50). Women of Ashkenazi (Eastern European) Jewish descent are also at greater risk if they have an affected family member.

Studies show that inheriting a defect in the BRCA1 or BRCA2 gene can also increase a woman's risk of developing ovarian cancer by about 13 to 50 percent. Normally, these genes help to prevent cancer, but if a woman has inherited a mutated BRCA1 or BRCA2 gene, her ovaries and breasts are more susceptible to the development of cancer.

Ovarian Cancer and Genetics

Ovarian cancer, like all cancers, occurs due to a combination of genetic (inherited) and environmental (non-inherited) factors. A woman's risk of developing ovarian cancer is often related to her personal and family history of cancer.

In the United States, a woman has a 1.8% chance of developing ovarian cancer in her lifetime. A woman who has a first degree relative with ovarian cancer (such as her mother or sister) is believed to have a 4-7% lifetime chance of developing ovarian cancer. In families where the pattern of ovarian, breast, and other cancers suggests the cancers are inherited, a woman's chance of developing ovarian cancer may be as high as 45%.

Although many women have a family history of ovarian and/or breast cancer, only about 5-10% of ovarian cancers are thought to be the result of an inherited cancer susceptibility genes. A family history of ovarian and/or breast cancer may or may not indicate that one has inherited an increased likelihood of developing cancer. Most cases of ovarian cancer are sporadic, meaning they occur in women who do not have a family history of ovarian cancer. Taking a detailed, three-generation family history, or pedigree, is an essential element in the assessment of a woman's chances of developing ovarian and other cancers.

More frequent evidence of a hereditary susceptibility to cancer within a family includes:

- Two or more women with ovarian and/or breast cancer, especially if the diagnoses occur pre-menopausally
- A woman who has had separate diagnoses of breast and ovarian cancer
- A woman who has had breast cancer in both breasts
- A man with breast cancer in addition to a female relative with breast or ovarian cancer
- A woman with ovarian cancer at any age who is of Ashkenazi Jewish ancestry.

To date, two main susceptibility genes for breast and ovarian cancer have been identified: BRCA1 and BRCA2. Everyone carries two copies of each of these genes. If a woman inherits an alteration, or mutation, in one of her BRCA1 or BRCA2 genes from either of her parents, her chances of developing ovarian and breast cancer are significantly higher than that of the general population. Siblings and children of an individual known to carry a BRCA mutation have a 50% chance of carrying the same mutation. In a family with a known BRCA mutation, any person who is shown NOT to carry the mutation has the risk of developing cancer equal to that of the average person his/her age. It is also important to remember that both men AND women carry BRCA mutations, although medically there are different implications.

Questions to ask your doctor:

1. Why is CA25 not always a recommended test?
2. How do I know my risk for developing ovarian cancer?
3. If I am at increased risk, should I consider having my ovaries removed and at what age would be most appropriate?
4. How useful is ultrasound in detecting ovarian cancer?
5. If my ovaries are removed, can I still get ovarian cancer?
6. What are the most commonly recommended screening options for ovarian cancer?
7. What are the advantages to participating in an early detection program for ovarian cancer?

If you suspect that you may have or have been diagnosed with ovarian, endometrial, cervical, Fallopian tubal, choriocarcinoma or vulvar cancer, you should be seen by a gynecologic oncologist.

Gynecologic Oncologists are specially trained to care for patients with these cancers.

The Society of Gynecologic Oncologists (SGO) maintains a membership directory of Gynecologic Cancer specialists.

The GCF Information Hotline: By calling 1-800-444-4441 toll-free you can obtain a list of specially trained gynecologic oncologists practicing in your area, a directory of all GCF members practicing in the U.S., plus a free information booklet on what you need to know to maintain your gynecologic health.
SUSTAINER SCOOP  BY LOU ANN SUCH

It's turkey month. As Betsy and I were talking, she mentioned that she was thankful that all her friends and family fared fairly well during the storms. She was also thankful that she knew there were quite a few of us who would be willing to lend a helping hand when others needed it. Each one of you has a different reason for feeling thankful this season. I was thinking that, as a sustainer, I had made it through my active years in the Junior League, attending a thousand meetings, volunteering countless hours, asking a million people for money or goods to raffle off in the name of charity all the while finding a myriad of helpers to take care of children while off helping others. So congratulate yourselves, and thank all of those who made it possible.

We had sign up sheets at our wonderful fall luncheon for a variety of activities which are listed below. Please call the chairman of each committee if you would like to join. Usually we need a head count and payment in advance so please call ahead. We really do have great times with a varied group of sustainers, from young to old, attending these functions. This year's activities look like a lot of fun so please thank our three chairs (Anne, Betsy and Marina) when you see them.

News Flash: For those of you who like to arise early, Andrea Kornblue's daughter, Paige, is now on NBC in West Palm Beach from 5 a.m. until 7 a.m. each morning and again on the mid-day news. I have seen her, and she is quite professional. She graduated from the University of Michigan in '02, so she has come a long way in a short time. Congratulations to Andrea and Paige.

DIAD: Done in a Day is a great way for those of you who would like to volunteer but cannot make a long time commitment. This month, the DIAD committee is joining to help the “Spirit of Giving Toy Drive.” This program is a cooperative effort which will benefit many local organizations including: Boca Helping Hands, Boca Raton Community Hospital, Boca Police, Florence Fuller, KIND, New Pines, The Haven, Youth Activity Center, the YMCA of Boca and many more. Children have submitted their wish lists, including sizes of clothes, etc. that they would love to receive for Christmas. At the Vegso Community Resource Center (VCRC) there is to be a small Christmas tree with ornaments listing these items. Sustainers may select as many ornaments as they like. They need you to deliver all toys/gifts to the VCRC on or before November 15, so that they can be distributed to the proper places. If you have any questions, call Melinda Dehoff on her cell phone at 954-577-5451. Trivia: Which sustainer as president started the DIAD program? That's right, our own Sustainer Advisor, Barbara Hill.

We want to thank Michelle Duffy, Mary Glynn Toomey and Kate Toomey for presenting the League's project Kids@Home... continued on page 27
SUSTAINER NEWS

SUSTAINER SCOOP CONTINUED FROM PAGE 26

at our Sustainer Luncheon in September. The Kids@Home Committee conducted a recent survey of sustainers and found out that there are some us who are interested in working on a “Sustainer Project.” For those who are interested in participating, please contact Michelle Duffy at 638-5111 or Mary Glynn Toomey at 279-2395.

Due to a whole bunch of hurricanes, our fall activities have been almost impossible to plan, but here is what we have so far:

**BRIDGE GROUP I:** Day, November 5th - Hostess, Sue Carey RSVP 396-7447

**BRIDGE GROUP II:** Evening, November 16th - Hostess, Billie Jean Steele RSVP 487-3722

**BOOK GROUP:** November 11th, Noon - 2:00 p.m. *The Kite Runner* by Khaled Hosseini

*Group I* - Hostess, Nancy Ryder RSVP 394-5389

*Group II* - Check Your Email

*A third Book Group* is being formed. So far, we have ten members. Susie Martin will be the new head, so if you are interested, please call me, Lou Ann, at 561-368-8838. The first meeting will be November 11th at noon. The book is *Kite Runner* by Khaled Hosseini.

**STITCH AND BEACH:** It has been cancelled for November.

**MUSEUM TOUR:** Diana: A Celebration - Museum of Art in Ft. Lauderdale on Nov. 9th. The bus leaves the K-Mart parking lot at 10:15 a.m. and will return no later than 2:30 p.m. Cost is $27 which does not include lunch. There are only 40 tickets available. Please make your checks out to the JLBR and mail them to Marina Chaney, 2145 N.W. 23rd Way, Boca Raton, FL 33431. Only checks received will hold a reservation.

**ANTIQUES TRIP:** A Day in Lake Worth. Spend the day getting ready for the holidays and having fun with friends. Meet at the K-Mart parking lot at 9:30 a.m. on Nov. 10th, and spend the day exploring the antiques in Lake Worth. Please call Debbie Stine at 241-3189 or Marina Chaney at 998-2392 to let them know you are interested in going. Depending on the number interested, we may get a bus and make reservations for lunch.

**MOVIE DAY:** November 30th, Tuesday, 11:30 a.m. Muvico Premiere Theater, *Edge of Reason - Bridget Jones* with Renee Zellweger reprising her original role. $35.00 includes valet parking, reserved premiere seating, three course lunch, popcorn and a chance to win future tickets to another movie. RSVP to Sue Diener 367-1543 or Julie Finnigan 998-4385.

**SKETCH CLASS:** Barbara O'Connell has graciously consented to conduct her beginner's sketch class beginning January 12th, 2005 on Wednesday mornings 9:30 - 11:30 a.m. and ending Feb. 16, 2005. Location will be determined at a later date.

. . . continued on page 28

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Barbara Hill, P.A. Past President of JLBR

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Barbara.Hill@coldwellbanker.com

555 South Federal Highway, Suite 100 Boca Raton, FL 33432
SUSTAINER SCOOP CONTINUED FROM PAGE 27

Please let her know if you plan to attend so that she can buy supplies (a 9” x 12” spiral bound sketch book, two HB or #2 pencils and a kneaded eraser). Phone: 487-8871 or email bmoc@bellsouth.net.

INTEREST GROUP CHAIRS:

Butterfly Coordinators: Betsy Bleich, Marina Chaney and Anne Vegso
Sustaining Advisors: Mary Lavalle and Robin Philpit
Board of Director's Sustaining Advisor: Barbara Hill
Corresponding Secretary: Denise Alman
Treasurers: Debbie Stine and Kim Wheeler
Fall Luncheon: Lynn Lawless and Brooke Qualk
Spring Luncheon: Julie Buser and Susan Mersch
Dinner Group: Carol Auerbach and Lucille Gioia
Museum Coordinator: Anne Henderson
Bridge Group I & II: Jackie Johnson and Elly Rolfe
Gourmet Demonstration: Dale Workman
Book Group I: Lou Ann Such
Book Group II: Cathy Hanson
Movie Outings: Sue Diener and Julie Finnigan
Stitch & Bitch: Betsy Owens
Concert Coordinators: Betsy Bleich and Linda Harvey
Tea Cup Coordinators: Renee Holmes and Barbara Thompson
Transfers: Linda Eckelson and Debbie Lepley
Dinner Dance: Dawn Zook
Antiques: Debbie Stine and Marina Chaney
Outing Committee: Cheryl Cleary and Kerry LoBello
Spa Days: Sheila Aucamp, Tammy Constantine and Michelle Rubin
Painting Class: Barbara O'Connell

The following pictures are of our glorious Sustainers at the Fall Luncheon which was so delightfully put together by Brook Qualk and Lynn Lawless.

NOVEMBER BIRTHDAYS

5 Betsy Bleich
   Kerry LoBello
   Honey Steiner
   Jan Andrew
9 Susan Hutchens
10 Susan Doyle
11 Laura Applewhite
   Rhoda Cobb
14 Marsha Love
   Virginia Page
18 Janet Fuchs
19 Patricia Cayce
23 Maryann DeShields
24 Kelly Husak

MEET PAM NEWBY, AJLI’S PRESIDENT FROM WWW.AJLI.ORG

If life is a series of turning points, then Thanksgiving Day 1980 was a major turning point for 2004-2006 AJLI President Pam Newby. That was the day Newby’s two-year-old daughter Amanda first displayed symptoms of a serious illness—leukemia. Life soon became an endless round of hospital visits and cancer treatments. By age three Amanda was in remission and Newby decided to put her daughter in a pre-school program so that she could be around children her own age. It soon became apparent, however, that other parents didn’t want their children to be in the same classroom as Amanda for fear that her cancer might be “contagious.”

“I knew I needed to connect with other families who were going through the same thing so I volunteered with the Oklahoma Pediatric Cancer Association,” says Newby. “I soon discovered that there truly was a need for an early intervention program for children with special needs.”

Newby started doing research and, after obtaining start-up funding from a business associate and close friend, she experienced yet another turning point. In August 1984, Newby left the corporate world to start Special Care Inc.—a private, nonprofit organization that provides services to children with and without special needs. As Executive Director of Special Care, Newby aimed to empower teachers, parents and therapists to develop individualized educational and therapeutic programs for kids with and without special needs. Today, Special Care serves more than 100 children between the ages of 6 weeks and 21 years. It was through Special Care that Newby first came into contact with the Junior League.

“I was working late at the Special Care building,” Newby recalls, “when Sarah Malloy, a Junior League member, and mother of a child with cerebral palsy came to see me.”

“Sarah talked to me about her son and what an impact Special Care would have in the community. Then she told me that the Junior League of Oklahoma City would definitely be interested in helping out.”

Thanks to Malloy’s help, Newby was able to enlist Junior League volunteers to help with activities, read stories to the children, and even write the organization’s first newsletter. The Junior League members Newby encountered through Special Care turned out to be much more than volunteers. They became mentors and friends who encouraged her to join the League.

“I didn't have to think twice,” says Newby. “The League had done so much for me already—I felt surrounded by a community of caring, compassionate women who truly wanted to help the community and each other.”

After joining in 1989, one of Newby's first projects involved working at a transitional school for homeless children. When a little girl attending the school discovered that the League members didn't get paid for helping out, she gave each of them a big hug.

“The fact that we were volunteers and that we were there simply because we wanted to be, completely changed her whole outlook,” says Newby. “She realized that sometimes people do things just because it’s the right thing to do.”

In 1997—yet another turning point—Newby became the first full-time working woman to serve as President of the Junior League of Oklahoma City. While serving as President of her League during its 70th Anniversary, she helped establish a Community Gift Fund that subsequently enabled the League to give more than $500,000 to the Oklahoma City community.

At the recent AJLI Annual Conference in Chicago, IL, Newby was installed as President after serving for more than three years on the AJLI Board of Directors first as Vice-President and then President-Elect. In her farewell speech during the conference's closing dinner, 2002-2004 AJLI President Christine Benero quoted Maya Angelou:

“A woman of courage enters a room and everyone is put at ease. There is something appealing in the way she walks and in the way she holds herself.”

“Our new President is a woman of courage,” said Benero as she bid farewell to more than 700 Junior League delegates and passed the gavel to Newby who will serve as AJLI President until 2006.

As President of the Association, Newby works with the AJLI Board and staff teams to create a long-term vision for the organization. Now a mother of five, Newby truly believes that the Junior League helped her find her passion while giving her opportunities to develop skills and build connections within the community.

“Organizationally, it is so important that we shout out what we do and that we provide meaningful projects and programs for our communities,” she says. “When women find their passion and feel that they are truly making a difference, they want to remain part of this great organization.”

Pam Newby, born in Denver, Colorado, is the founder of Special Care. She lives in Oklahoma City, Oklahoma with her husband, Dean, and their five children ages 6 through 29. She has a B.A. degree in business administration, from Cameron University, Lawton, Oklahoma.
MINUTES  BOARD OF DIRECTORS, OCTOBER 5, 2004

The Junior League of Boca Raton's Meeting of the Board of Directors was called to order by President Lisa Bariso on October 5, 2004, at 9 a.m. at the Vegso Community Resource Center. In attendance were: Kathy Adkins, Lisa Bariso, Wanda Harrold, Barbara Hill, Leslie Jackson, Kristine Killip, Kara Donvito, Dorothy MacDiarmid, Angie Miller, Barbara Phillip, Jackie Reeves, Kristen Ross, Amy Schindeler and Michele Toomey. A motion was made to approve the consent agenda. Motion was seconded and passed. Community Support Fund (CSF): Amy Schindeler, CSF Chair presented a request from Boca Ballet Theatre (BBT) for a ballet education/instruction program. Amy Schindeler made a motion to provide $1,500 of funding to BBT. Motion was seconded and passed. President's Remarks: Lisa asked V.P.'s to remind their Councils to schedule meeting space at the VCRC in advance. Lisa announced that the City of Boca Raton has approved JLBR’s request for funds to be used for the operation and development of the Vegso Community Resource Center. Community Council: Wanda Harrold moved to approve the following Done in A Day (DIAD) shifts: In The Pines (ITP) Sports Day (10/23), ITP Donor Appreciation Luncheon (11/20), Carver Estates Celebrity Chef (10/7), Halloween at the YMCA (10/30) and Thanksgiving dinner for Kids at Home. Motion was seconded. After discussion, the DIAD shifts were approved with the exception of the ITP Donor Appreciation Luncheon. Kids@Home Committee is looking into funding options for a van for transporting program participants. The Children's Assistance Committee has been disbanded for the time being with committee members taking other Community project placements. Wanda reminded the Board of the Assistance Agreement Breakfast on Friday, October 8th. Personnel Council: The following changes were made as part of the consent agenda approval: reinstate Ann-Randolph Davis Harrell (A) to transfer to Norfolk/VA Beach and Stephanie Russo (A) to transfer to JL of the Palm Beaches. Kathy Adkins distributed the Membership Satisfaction Survey and asked Board members to email input to Kathy. Motion was made and seconded to recognize Kirsten Braaten as October Member of the Month. Motion passed. Finance Council: Michele Toomey brought two new fundraiser opportunities to the Board. A motion was made by Fund Development that the JLBR accept Club Monaco's proposal for the store opening party on December 9, 2004. Motion was seconded and passed. A second motion was made to have the JLBR sign up to participate in Ebay's Community Selling program. Motion was seconded and passed. Communications Council: Kara Donvito reminded all V.P.'s and Chairs to continue bringing in stories, especially those with community interest. Planning Council: Kristen Ross informed the Board that Planning council is taking a close look at the structure of their council and will be bringing recommendations to a future Board meeting. V.P.'s were asked to continue working on their Strategic Plans with their councils and forward the results to Kristen. Angie Miller said she is exploring the option of retaining outside legal counsel to assist the JLBR with some of its legal matters. Any input from Board members should be ... continued on page 31
MINUTES  BOARD OF DIRECTORS, OCTOBER 5, 2004 CONTINUED FROM PAGE 30

emailed to Angie. The next JLBR Board meeting will be held November 2nd, 2004 at 7:00 p.m. at the Vegso Community Resource Center. There being no further business, the meeting was adjourned at 10:40 a.m.

- Respectfully submitted, Kristine Killip

MINUTES  GENERAL MEMBERSHIP MEETING, OCTOBER 12, 2004

The General Membership Meeting of the Junior League of Boca Raton, Inc. was called to order on October 12, 2004, at the Vegso Community Resource Center by President Lisa Bariso at 9:34 a.m./7:04 p.m. The motion was made to approve the consent agenda, seconded and approved. Lisa thanked the members for their efforts to keep all league business up to date during the recent hurricanes. Lisa announced that Michele Duffy and Jane Rea are the first two members to complete all of their obligations for this league year. Lisa brought Carolyn Arnold forward to introduce the guest speaker, Sherilyn Jones (Kerry Levine PM) of the Young Survivors Coalition, who spoke on her experience as a cancer survivor. Finance Council: Barb Philip, Treasurer and Jackie Reeves, VP Finance reminded the membership that all names of donors of either money or in kind donations must be supplied to Fund Development to adhere to proper accounting procedures. She reminded the membership of the following fundraisers: October 22, 2004, Don Carter Bowling; October 26, 2004, Bloomingdale's Shopping Day; and November 17, 2004, the Royal Palm Plaza Event, Dee 9, 2004 Club Monaco Store Opening in Town Center Mall and announce that Food and Wine made a little over 23 K. Denise Zimmerman and Caroline Angstadt, WVOY, noted that over 500 tickets have been sold and only a few fundraiser shifts remain open. She also noted that self-parking will be available. Kristen Calder (PM), Family Portrait Day noted there are only a few photo session still available. Reagan Such (Donna Mock PM), Trinkets and Treasures, noted that the sale will be a two-day event; the party will be Saturday night. Jewelry is being collected today; children’s toys and games will be collected at the November General Membership Meeting, handbags in January. The committee is seeking a location to place a POD for the four months of collections. Carolyn Arnold, Cookbook, announced that Savior the Moment is going into its third reprint. The committee will resume the Cookbook Caravan, October 30, 2004 to re-energize sales. Fundraiser shifts will be available. Personnel Council: Kathy Adkins thanked Emily Mc Mullin and Internal PR for organizing the meeting. Doreen Zich-Hock announced the September's Member of the Month as Jeri Moran. October's Member of the Month: Kirsten Braaten. Amy Kazma and Kristina Rizk, Membership SAT, announced an October 28, 2004-workshop, How to Sell on ebay. Lara Eppert announced the Holiday Gatherings will be Tuesday, December 14, 2004: Cookie Exchange at Kathy Adkins’, Shopping at the VCRC, Wine Tasting at Denise Zimmerman’s. Community Council: Dorothy MacDiarmid requested donations for the JL of Pensacola, thirty of their members lost homes during Hurricane Ivan. Public Issues will email packets on three SPAC issues to be voted upon at the November GMM. CARES is creating a Caregiving section in our VCRC Library. Members may purchase or donate books in honor of family or friends. Millie Strickroot and Stacey Lovit, DIAD, noted that the Spirit of Giving ornaments are available. DIAD has website sign-ups and there will be a monthly drawing for all members who completed a DIAD for a particular month. This first drawing was held at the evening meeting; Jane Rea’s name was selected. Announcements: Phoebe Chapman, 5K Run noted the date has been set for February 12, 2005. There being no further business, the meeting was adjourned a 10:20 a.m./8:20 p.m.

MINUTES  TRANSITION REPORT FOR SEPTEMBER  SUBMITTED BY LINDA DONOGHUE

CHANGES:
Pam Wirt (S)  
e: pcwirt@sbcglobal.net

REINSTATE:
Ann-Randolph (Davis) Harrell (A)  
Stephanie Russo (A)

TRANSFER IN:
Carrie O'Day (A)  
1024 Bel Air Drive, #2  
Highland Beach  33487
h: 278-1058
c: 654-3533
w: 305-585-1258
e: carriedanelski@hotmail.com
from JL of the Palm Beaches

Ann Husvar (A)  
107 Seabreeze Avenue  
Delray Beach 33483
h: 561-272-7345
c: 954-328-9854
w: 561-272-4159
e: a_husvar@ml.com
from JL of the Palm Beaches

TRANSFER OUT:
Christine Benjamin (A)  
100 S. Van Dorn St., Apt C220  
Alexandria, VA 22304

to JL Washington, DC

Ann-Randolph (Davis) Harrell (A)  
to JL Norfolk/Virginia Beach

Stephanie Russo (A)  
to JL of the Palm Beaches

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LITTLE LEAGUERS

THE JUNIOR LEAGUE WOULD LIKE TO CONGRATULATE THE FOLLOWING MEMBER ON THE BIRTH OF HER LITTLE LEAGUER:

Sandra and Mark Jameson on the birth of their daughter, Ava Frances, born October 4, 7 lbs. 3 oz., 19 in.

PASSINGS

THE MEMBERS OF THE JUNIOR LEAGUE OF BOCA RATON EXTEND THEIR SINCERE CONDOLENCES TO THE FOLLOWING MEMBERS AND THEIR FAMILIES:

Judy Hilsimer on the death of her beloved mother.

Bette Miller on the death of her beloved mother-in-law.

Camille Mohaupt on the death of her beloved father.

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2 Elizabeth Gallo 20 Lauren Lapon
3 Nancy Dockerty 22 Michelle Duffy
7 Diana Swords 25 Jaime Veccia
10 Priscilla Missita Kari Soltys
11 Kara Janzen Kyle Van Hoeven
12 Laurie Pohl 23 Jennifer Webb
13 Laurie Dankowski 26 Lori Fertel
14 Tiffany Batchelder 27 Elizabeth Bush
26 Lori Fertel
Stacy Lovit
16 Xochilt Benedict

We are thankful that our community survived Hurricanes Frances and Jeanne!

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BRIDGE PATRONS

The Publications Committee gratefully acknowledges the generous support of THE BRIDGE from the BRIDGE PATRONS listed below. Your yearly contribution of $75 will help us give more to the community by absorbing some of our publishing costs. Thanks to you, we are well on the way to becoming a self-supporting publication!

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Dr. & Mrs. Steven Alman  Mr. & Mrs. Scott B. Disher  Wendy Kulberg  Loretta Rauenhorst
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Stephanie Critchfield  Henry & Christine Kraft  Mary Plum

BRIDGE DEADLINES & ADVERTISEMENT RATES

December’s BRIDGE articles are due by Tuesday, November 2nd and January’s BRIDGE articles are due by December 7th. Articles should be e-mailed to the League office at: Bridge@jlbr.org and please fax a “hard copy” to Robin Philpit at (561) 447-9173. If submitting pictures, please call Robin at (561) 750-9036 for instructions.

Deadline for ads in December’s issue is Tuesday, October 26th and for January’s issue is Tuesday, November 30th. Payment for ads should be mailed to the League office. If ad is not “camera ready,” a design fee will be charged. ($35 for single and double size business cards and $50 for half and full page -b/w). For more information, please call Robin Philpit at (561) 750-9036.

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<th>AD SIZE</th>
<th>SINGLE RUN RATE</th>
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NOVEMBER 2004

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JLBR General Membership Meeting  JLBG General Meeting  Deadline for BRIDGE articles

LINES OF COMMUNICATION

Don’t forget to vote on Nov. 2nd
Exciting. Fast.
Leaders in the Field.

With a lot of cheering fans.

If you want your next print media project to come out a winner, call us. From a strong start to a great finish, Cheetah Graphics will give you something to cheer about. And you can bet on that!
Happy Thanksgiving!

November General Membership Meeting
Tuesday, November 9th, 2004
Social: 6 p.m. • Meeting: 7 p.m.
Renaissance Boca Raton Hotel
2000 N.W. 19th Street, Boca Raton

JUNIOR LEAGUE OF BOCA RATON
Women building better communities
261 N.W. 13th Street
Boca Raton, FL 33432