

the bridge

JUNIOR LEAGUE OF BOCA RATON | JANUARY/FEBRUARY 2010



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of Success:
Savor the Moment

The Sweetest Party
in Town

Kids in the Kitchen

Blazing a Trail
Towards Sustainability

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Please share *The Bridge* with a friend and remember to RECYCLE!





Mary Lavalle & Dorothy with Mayor Steven Abrams as he proclaims STM the Official Cookbook of the City of Boca Raton (Jan. 2006)

In past years the January issue has featured our favorite furry friends. Dogs have ruled this issue much like they rule our homes and hearts. While we don't have photos and stories of these heart-stealing pups this time around, I want to acknowledge the dogs and pets who love us, inspire us to share with others and generally offer kindness. Sadly, my dog Jack and several of his puppy pals, previously featured in *The Bridge*, passed away this year. Thank you, doggies, for the years of friendship and joy. You will be missed – and forever remembered.

It is also that time of the year when you may also be looking for the President-Elect guest writing the President's column as is the tradition for this first issue of the new year. For 2010, we decided to wait until after the AJLI Leadership Conference later this month so keep an eye out for the next issue of *The Bridge* when this year's President-Elect Samantha Vassallo will be featured guest writing the President's column.

So as you might have figured out this issue is a bit different than the normal January edition. With Chocolate Decadence just around the corner the theme is 'Taste of JLBR' and I hope you enjoy the stories of how Junior Leaguers enjoy food, family and friendship all while working to improve the lives of women, children and families in our community. May this issue inspire you to "Savor the Moment" with your pets and "Kids in the Kitchen" everyday this year!

Happy Reading—
Dorothy MacDiarmid, 2009-2010 Editor



As we embark on a new year, it is only normal that we begin to think of our New Year's resolutions. The most frequently heard, yet rarely upheld, is "I am going to eat less". Isn't it ironic that while we are thinking of reducing our daily intake, Palm Beach County overall has almost double the national average of households with food-shortages? People are literally dying to have the food we no longer wish to eat! Many of us never give a second thought about how fortunate we are to have the ability to choose what, when, and where we eat. Sadly enough, this is not the case for far too many families in our own backyard.

The JLBR offers assistance to several food banks and pantries, providing meals for children in schools and by stocking food pantries through the generous donations of our members and supporters of our mission. Donations of time, money and non-perishable food are needed throughout the year.

As we promote our award-winning cookbook, *Savor the Moment*, during this significant time of year, we ask that you continue your support to our various outreach programs that provide nourishment for those who need it most. February and March are the slowest months on the year for food banks as the need seems to be forgotten, but the hungry still need our support. It is only through our great attention to this on-going need in our community that we can make a significant impact in the lives of many in severe need by allowing them to "Savor the Moment" themselves.

Happy New Year!
Linda Gunn, 2009-2010 President

JLBR Thanks...

Photographer **Sherry Ferrante** for doing another wonderful job of photographing the families at In the Pines. Her beautiful portraits put a smile on the faces of the residents.

Ivette Pradera, Director of Account Services at PIL Creative Group for donating the time and talent to create the March Mad Dash logo for the JLBR Provisional Kids Fun Run



Contributing Writers

Barbara Trevino Chester is a Native Texan, military veteran and has been a dedicated member of the JLBR for five years. She resides in Delray Beach with her husband Bryan.



Delia Weiss joined JLBR four years ago after moving here from Hurricane Katrina ravaged-New Orleans. She is a doctor specializing in internal medicine.



Lou Ann Such has been a JLBR member since 1977. She has been the Sustainer Council Chair for the past 4 years.



Reagan Such has been an Active member since 2003 and is currently the Vice President of Communications for the 2009–10 JLBR Board of Directors.



Amy Brand has served on a wide array of committees as well as serving on the JL of FL SPAC board. She is a Director for the Bethesda Hospital Foundation.



Kelly Carson, is a first-year active who served for 21 years as a sergeant in the Boca Raton Police Department. There she taught the DARE program educating children of the dangers of drugs.



Denise O'Sullivan has been a JLBR member since 2003. She loves the relationship JLBR has with In the Pines and enjoys sharing her volunteer work with her husband and son.

the bridge

JUNIOR LEAGUE OF BOCA RATON

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Contact Editor Dorothy MacDiarmid at (561) 302-4996 or dcmim2@aol.com.

THE *Sweetest* PARTY IN TOWN

by Kelly Carson

Boca Raton residents are not immune to the appeal of decadent indulgence and are known to love a good party as well as all things chocolate! On Thursday, February 4th, 2010, the Junior League of Boca Raton (JLBR) in partnership with The Shops at Boca Center will host the 9th Annual Chocolate Decadence: The Sweetest Party in Town. The event will be held in the courtyard area of Boca Center beginning at 6:00 PM. Local restaurants, chocolatiers, and caterers are gearing up to serve guests their most sinful version of chocolate at the event named by Boca Life Magazine as "One of the Best Annual Palm Beach events". Nearly 1000 people are expected to attend and indulge in the tasting of countless chocolate treats and drinks, as well as other savory samplings from local menus. Shopping will also be available throughout the event for that special someone just in time for Valentine's Day.

2010 Chocolate Decadence co-chair Cristy Stewart-Harfmann stated, "We are so fortunate to have an incredible team of women working on Chocolate Decadence. Our team is looking forward to a decadent evening raising money to support our mission and our community projects."

The JLBR joined The Shops at Boca Center in 2006 as hosts of Chocolate Decadence after The Shops parted ways with the previous nonprofit organization. With over 700 JLBR members, the availability of volunteers to assist with this fundraiser was a marriage made

in chocolate. With this partnership in its 5th year, the event has raised over \$200,000. The proceeds raised through this event have helped the JLBR enhance our mission and strengthen community projects throughout South Palm Beach County.

A special part of the evening has included the recognition of Sweethearts; businesses who have had a commitment to improving the community with their volunteerism and philanthropy. This year, companies whose contributions to South Florida have made

●●●● TICKETS

Advanced General admission tickets are \$30 and VIP tickets are \$75 at www.bocachocolate.org.

●●●● VOLUNTEER

There will be numerous opportunities for JLBR members to fulfill their required fundraiser shifts. Sign-ups for shifts will be available online. Members can also support Chocolate Decadence by fulfilling their required financial commitment with an underwriting contribution of \$100 or an in-kind donation valued at \$250 or more for the evening's raffle and silent auction.

For additional information, contact the Junior League of Boca Raton at 561-620-4778 x2 or at info@jlbr.org.

a longstanding impact in our community will be recognized as Community Partners. This year's Community Partners are NCCI Holdings, Inc., The Boca Raton Resort & Club and The Boca Raton Community Hospital. The generous participation and contributions of these partners allow the JLBR to provide much needed assistance to our community projects and maintain the level of service needed



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The First Annual “The People’s Choice Awards” will be conducted this year as attendees will have the opportunity to cast votes for their favorite dishes and drinks. The savory & sweet delicacies and beverages provided by our participating restaurants will be judged in several categories: drink ,dessert, presentation, and overall taste. The winners in each category will be featured in Florida Table magazine.

During the event as guests stroll from table to table sampling delectable delights and drinks, Ross from Rock with U Entertainment will be coordinating music and dance performance entertainment throughout the evening. A swanky VIP Lounge will be accessible to all VIP ticket holders who will enjoy exclusive tastings from area restaurants including The Addison, Todd English’s Wild Olives, Morton’s Steakhouse, Truluck’s

and many others. The VIP Lounge will also include a full liquor bar provided by Potions in Motion. Additional seating and tables will allow for the ultimate dining and drinking experience for all VIP attendees.

All of those attending Chocolate Decadence will have the opportunity to place bids on a large variety of raffle items. Raffles will be held continuously throughout the evening as winning ticket holders “Spin to Win” for categories of prizes that include spa and beauty, sports, restaurants, and sweet surprises. Every spin will be guaranteed a prize. Area businesses have shown their generous support by making donations for the auction and raffle. These items include trips, personal training sessions, spa treatments, golf foursomes to exclusive South Florida country clubs, jewelry and more. 2010 Co-chair Melissa Whelchel says, “You won’t want to miss this year’s event. It promises to be a fabulous night out in support of a great organization without breaking your budget.”

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Media coverage is expected to reach over a million viewers and readers as the event will be highlighted in various magazines, newspapers, television and radio stations, as well as the World Wide Web. For more information about the event, go to www.bocachocolate.com or e-mail us at chocolatedecadence1@gmail.com.

Proceeds from Chocolate Decadence enable the Junior League of Boca Raton to continue supporting community projects that address a wide variety of issues in South Palm Beach County, including helping abused, abandoned and neglected children in the foster care system; after-school care for low income and farm worker children; and providing support and training resources for area non-profits through the Junior League of Boca Raton's Vegso Community Resource Center. ●

Chocolate...

the images that flash through the mind are infinite! The ecstasy of the taste of chocolate is immeasurable. The satisfaction gained from eating enormous amounts of chocolate is priceless. But the decadent indulgence we enjoy today was not always the sweet treat we have come to expect. For over three millennium, chocolate has one of the longest histories of NOT being a sweet treat, but rather a bitter drink. First discovered on the cacao tree in Central America by the Aztec and Mayan cultures around 1100 B.C., the seeds were processed into a drink for the kings known as xocolatl (translated loosely as "bitter water"). The cacao seeds were so valuable that they were used as currency — one fresh turkey was worth 100 seeds compared to an avocado which went for only three seeds.

Chocolate remained exclusive to Central America until Christopher Columbus discovered chocolate while on one of his expeditions to the New World in the 16th century. He brought it back to Spain where it became a drink of the Royal Courts — its price well out of reach for commoners and peasants. When sugar was added to the drink, it became more popular throughout Spain. Mass production of chocolate began in the 1700's and it soon became a favorite treat across Europe — no longer a privilege of the rich. As it made its way across the Atlantic back to the "New World" it was also part of the rations and pay soldiers received during the Revolutionary War. In the 19th century, condensed milk was added to the cocoa butter and milk chocolate became the most popular of all chocolate varieties. Now a \$60 billion industry, Americans consume over 45% of the chocolate produced in the world.

Consumption of chocolate occurs in a variety of forms — candy bars, cookies, cakes, ice cream, soda, syrups, liqueurs, fondue, fruit dips and more — as we satisfy our craving of the estimated 11.7 pounds consumed per person per year in the United States. As the demand for chocolate continues, so does the demand to find the most decadent form of the treat. Chefs throughout the world are continuously developing new recipes to entice our taste buds.

VCRC Training Schedule

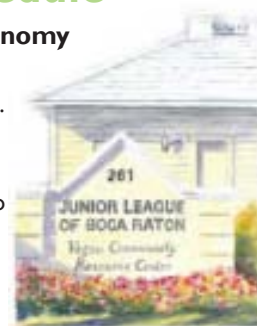
Fundraising in a Challenging Economy

Cathy Scheid, VCRC Grant Librarian

January 19, 2010 • 10:00 A.M. - 11:00 A.M.

• No cost

This workshop will help you to position your organization for fundraising in order to survive and thrive, help you to adapt your fundraising approaches accordingly, and will give you additional considerations for what it takes to succeed in this new economy.



To Be or Not To Be A Nonprofit 501(c)(3)

Ron Nyhan, Associate Professor, FAU School of Public Administration and John Foley, Esq., Director, Non-Profit Legal Assistance Project, Legal Aid Society of Palm Beach County, Inc.

January 21, 2010 • 1:00 P.M. - 4:00 P.M. • No cost

Learn the steps to incorporate in the state of Florida, apply for IRS status, and meet federal and state regulations associated with successful startup nonprofit organizations. The discussion will address questions about starting up a 501(c)(3) and guide you through the process of successful startup.

Prospect Research Basics: Researching Individual Donors

Liz Locke, ReachDonors, Inc. and Pat Moloney, Grant Consultant

February 9, 2010 • 9:00 A.M. - 12:00 Noon • No cost

In this seminar, you will learn how to compile a list of potential donors, research strategies, information sources and what is relevant. We will also discuss the ethical standards that must be applied when gathering information about individuals and tips on what to do with the names that you've gathered.

Proposal Writing and Budgeting Basics

Cathy Scheid, VCRC Grant Librarian

February 10, 2010 • 9:00 - 10:30 A.M. • No cost

This workshop is an introductory overview of proposal writing, aimed at individuals new to the process. You will learn about the key components of a proposal to a foundation or corporation, how a proposal should be packaged, what to do after you get the grant (or are rejected), and where you can find more information on proposal writing, including sample proposals.

For the full schedule, check our website at www.jlbr.org.

Members of

August 2009: **Marie Johnson** started the year with a placement on the PR committee. But at the September GMM she volunteered to help WVOY obtain raffle and silent auction items. After attending WVOY meetings and offering her contacts for raffle and silent auction items Marie agreed to double place on PR and WVOY. In an effort to get raffle and silent auction items donated committee members agreed to meet at Mizner Park to "pound the pavement" and try to obtain raffle donations. Marie left her real estate office and joined Denise Elia, WVOY treasurer, to help solicit for donations. The two spent more than two hours going to 15-20 Mizner Park businesses. Marie represented the League in a very professional manner and helped secure raffle donations for the WVOY luncheon. She went the extra mile by donating her time to help the WVOY Committee this year. Her time and talents were a great help to the WVOY raffle subcommittee.

Welcome Aboard



Cathy Scheid joins the VCRC as our new Grant Librarian and supervisor of the Cooperating Collection. With seven years of librarianship under her belt, Cathy is pleased to be branching out into the realm of non-profits and funding. Originally from Minnesota, Cathy has traveled the world and ended up in West Palm Beach where she lives with her husband and their infant daughter.

Speaking of the January GMM...

January's GMM will take place at the Boca Country Club followed by an after party at The Grille on Congress Avenue. Our featured guest speaker will be Frank McKinney – Daredevil Real Estate Artist and Bestselling Author. Frank will be speaking about his experiences as a visionary and philanthropist in our community. We will also be honoring our sustainers!

March Mad Dash

Don't miss the 1st Annual March Mad Dash – A Kid's Fun Run! Enjoy a day of fun as we celebrate the importance of exercise and healthy eating.

Food, Drinks, Music, Entertainment and Fun Activities for All!

Saturday, March 6, 2010 from 8:00 AM – 12:00 PM at FAU Track & Field. Price of Admission: \$5. For Ages of 1 – 14 years old (8th Grade max.) Prizes awarded for the Top 3 Schools with the highest participation. Find out how you can become a Friend or Coach to this important event! Help educate our community on the importance of healthy eating and exercise.



Willingness to Serve

If you are a member interested in taking on a leadership role within the JLBR, please fill out your Leadership Form before the January GMM. The slate of officers will be announced at the February cottage meetings and voted for approval at the March GMM. **For more information, contact DeLynn Tivison, Nominating Chair at dtrivison@amtrustgroup.com.**

Governance Council Training

The next Governance Council training will take place on January 14 at the VCRC from 7-9pm. The meeting will focus on learning Closerware and will include discussions about the future of JLBR. You won't want to miss this if you're considering a role in leadership!

Calling All Golfers



The Junior League of Boca Raton's 2nd Annual Golf Classic is April 9, 2010 at the Deer Creek Golf Club. Registration and lunch start at 12:00 PM and the shot gun start is at 1:00 PM. The \$200 Entry fee per person includes a cooler lunch, green fees and golf cart, dinner, award presentation with a raffle and silent auction to follow. **For more information, contact 561.620.4778 or golf@jlbr.org or visit <http://www.jlbr.org/fundraisers/golf.asp>.**

Donate your Treasures 4 Charity

Even though the holidays are over, don't forget to donate your unwanted items to Treasures4Charity. Funds raised from the sale of these items will benefit a charity of your choice, including the JLBR. Open Tuesday-Saturday, 10:00-2:30. Volunteers are needed. **Contact Caron Dockerty at Daduchess@comcast.net or Brooke Qualk at Rosalind561@yahoo.com.**

JLBR Gives Back

The Community Support Fund has granted nearly \$10,000 in the first half of the League year. CSF is still accepting applications for this calendar year. Applications must be received by March 1, 2009.



For an application and a full list of requirements, visit http://www.jlbr.org/community_impact/community_support.asp

the Month

September 2009: **Alice Smith** has given 150% in her placement on the In the Pines Committee. Alice is described as a seasoned JLBR member. At the first ITP meeting in June, Alice volunteered to undertake (with one other member) Backpack Day, one of the largest ITP projects. Alice knew that the venue was changing from what had been done in previous years due to the involvement from Spirit of Giving, but she was ready for the challenge. About halfway into the planning, Alice was told that the new format would be put on hold for the current year and that she and her co-chair needed to revert back to the usual Backpack Day format. She took everything in stride and continued moving forward, always with a smile. The resulting Backpack Day 2009 was one of the largest to date both in number of children served and supplies required. It was also one of the smoothest and well orchestrated events. Alice is recognized for going above and beyond what is expected for a committee volunteer.

Seasoned Sustainer *Spices up City*

By Dorothy MacDiarmid

Junior League members have been making an impact in our nation's government for years. While it's no surprise that several First Ladies have been Junior League members, it may surprise you to know that nearly a dozen have served in the U.S. House of Representatives and a few have served in the Senate. Supreme Court justice Sandra Day O'Connor was a Junior Leaguer. The most recent Mayor of Plano, TX was a JL member and former FL Secretary of State, Glenda Hood served as Mayor of Orlando. All of these women attribute their political involvement to their time volunteering with the Junior League.

The JLBR has been home to many talented women over the years, but sustainer Susan Whelchel is the first member of the JLBR to serve as Mayor of the city of Boca Raton. While most of her peers are entering retirement and spending more time playing golf, traveling, and relaxing with friends, Susan devotes her time to serving

the city she loves and building a better place for her family to live. A devoted wife and mother, Susan has been married to her husband John for 41 years. Together they have four children and six grandchildren. The Whelchel family also has strong ties to the JLBR. Susan

has been a member of the JLBR since 1979 and her daughter Kristy Hartofolis and daughter-in-law, Melissa Whelchel, are active members of the JLBR.

Susan has been a fixture in local government since 1995, spending several years on the City Council and the Palm Beach County School Board as well as holding the offices of Deputy Mayor and chairman of the Community Redevelopment



Agency. I sat down with Susan, to gain some insight into what life is like as Mayor of Boca Raton.

What made you decide to run for Mayor?

Because being Mayor of the place where John and I raised our family seemed to me to be the best job in the world!

Something I learned as a Junior League member is that you shouldn't wait for someone else to step up. It's your responsibility to serve your community and lead the way. My predecessor, Mayor Steven Abrams, and his wife, past JLBR president Debbie Abrams, greatly improved our community by supporting voluntarism efforts in Boca. When Steven was term-limited, it seemed obvious that I would pick up where they left off.

As a mother, grandmother, volunteer and small business owner, I have always believed in rolling up my sleeves and making a difference. I've been in Boca for three decades and during that time I've learned a lot about the best parts of Boca and what we can do better. I guess you can say I ran for office because I have a vision for the City of Boca Raton. I want it to be a world-class city and I believe we are on the right road to achieve that goal. After serving as a City Council Member for 12 years, running for Mayor was a natural transition. There's no question too that my experience and hands-on training from my time as a JLBR active and sustaining member, has given me the confidence and understanding to want to tackle such a challenge.

What is your typical day as Mayor like?

I honestly can say that I don't believe that there is a typical day in the life of any Mayor! I would say basic "problem solving" and "listening and responding to people's concerns" does take up a good part of the day. You know, according to the charter, it's a part-time job, but when a



resident calls in the middle of the night or a neighborhood has a problem on Sunday morning, I'm always on call.

Obviously with the recession making it harder for all of us to make ends meet, I've been spending many hours with our City Manager working through ways to make the city work even more efficiently and streamlining operations. We can't take it for granted that Boca Raton will always be the city it is – we need to keep challenging the status quo and make things better.

What is the most interesting thing that has happened since you've been Mayor?

The most interesting thing that has happened since becoming Mayor has been taking on the challenge of how to keep a sophisticated city like this working in an extremely difficult economic period. When I was elected I had no idea national pressures would be threatening our very way of life here, and I am very proud of what we have accomplished together to keep Boca Raton on track. We managed to avoid raising taxes, while continuing to provide excellent services for our residents. It is amazing what can be done when you put politics and ego aside and work only for the common good.





One of my fondest JLBR memories was working on Singing Pines—the Children’s Museum—where I continued on after my placement, as a Board member for several years. I also enjoyed working on many of the fundraisers, knowing that we were generating the resources to sustain the JLBR mission. I bet many remember the “Sock Hop” in Lynn University’s cafeteria, what a hoot!

What do you like most about the Junior League?

I like the fact that the JLBR has remained a constant and reliable force for good works in our community. Each year, it seems that League members have grown in number, talent, education, business, expertise, vision, and friendship. League members seem to have an innate sense of the needs of the community and have provided the leadership and trained volunteers to meet those needs. Not a single year has gone by, where the League’s presence has not made a huge impact on the lives of the people of Boca Raton and beyond.

How does your current work as Mayor and past work as a teacher influence your volunteerism?

As a former teacher and now as Mayor, I am more convinced than ever that volunteerism and mentoring is the life blood of any community. The dedication of thousands of volunteers in our school system and in our community saves taxpayers millions of dollars every year – and broadens the depth of our community. It is because of the measurable success of the extensive volunteer work done here, that I have consistently supported the non-profits that support our community during our city’s budget process.

How has your involvement in the community impacted those around you?

I hope that my 35 years of work in the community has provided inspiration and leadership to those in my family and to the many people with whom I have worked. I’ve always believed that anything worth having was worth working for and I hope I have helped spread that

What was your earliest volunteer experience?

Wow! That is really asking me to look back many years. I can’t really remember a time I wasn’t a Leaguer! I joined the Junior League at the time it was still just a Junior Service League with big dreams. It provided its members then, as it does now, with a sense of duty and accomplishment that gave the word “volunteerism” a whole new meaning. What a thrill it has been to watch it grow and blossom into one of the best Leagues in the country.



message. My mantra is that hard work, truthfulness, dedication, and vision can help make a “good” town into a “great” one!

What advice would you give someone who wants to pursue a career in public service?

Be authentic, get involved and understand the issues. You don't have to change who you are to run for office, just be the best version of the person you already are!

Anything else you want us to know about you?

Yes! I want you to know that I practically tortured Barbara Hill into joining the League kicking and screaming because she didn't think she had time for it. Barb sat in the “back of the room” for one full year before her “inner self” responded to the call - and the rest is history! Barb ended her active membership as President of the League. Seriously, I want every member of the Junior League to know how much I respect them for their commitment. I am very much aware that many, many League members hold full time jobs, have families to raise, work in their children's schools, volunteer for other important organizations and do a myriad of other good works. Yet, they continue to give unselfishly of their time, talent, and treasure to ensure that the Junior League will fulfill its yearly commitments and meet its mission. Why? Because they fully understand that their work has made our community a better place to live. ●



Marta I. Rendon, M.D. and Chere R. Lucas, M.D.
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MORE ABOUT

Susan...

What is your favorite Savor the Moment recipe? I love Max's Raditore Pasta. It's fresh, healthy, delicious and easy to double.

What is your favorite thing about living in Boca? I enjoy the diversity of its people. We are most fortunate to live in a community of neighborhoods where people from all walks of life, and all parts of the world, have chosen to live. We live in a very eclectic place and that's a great thing.

What local hot spots/restaurants do you like best? Now you should know that as Mayor of the City of Boca that's a simple answer: I love them all!

What are your hobbies? I love to hang out with friends, play a little tennis, bridge, and golf... and on occasion I have even been known to dance!

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Legacy of Success: SAVOR THE M

By Reagan Such

FOR THE PAST 10 YEARS, PEOPLE FROM BOCA RATON AND BEYOND HAVE ENJOYED THE CULINARY CREATIONS OF THE JLBR'S JAMES BEARD AWARD-WINNING COOKBOOK, *SAVOR THE MOMENT*. IT IS THE ONLY JUNIOR LEAGUE COOKBOOK TO EVER WIN A JAMES BEARD AWARD. LOTS OF TIME, ENERGY AND PASSION WENT INTO THE CREATION OF THIS PHENOMENAL BOOK THAT HAS RAISED OVER \$500,000 FOR THE JLBR AND ITS COMMUNITY PROJECTS. IN HONOR OF THE 10TH ANNIVERSARY OF ITS PUBLICATION, LET'S REVISIT THE HISTORY OF THE FABULOUS COOKBOOK THAT HAS MADE US ALL SO PROUD.

In the Beginning...

The idea of taking on a Junior League cookbook is a momentous task. Previous boards had concerns about the upfront costs of printing thousands of books, not to mention the workload of writing, confirming recipes and tasting each dish for quality control. Well, to be fair the tasting part always sounded like fun!

Incoming President Ellen Malone's New Board Dinner in 1996 was when the chemistry really came together. Emerging from a beautiful round table in Sustainer Vicki Barbar's house, a small group agreed it was finally time to take action. The result was the formation of a taskforce by 1997 to research the viability of a new fundraiser in the form of a new cookbook for JLBR. Before long, the six woman task force bloomed into a committee of almost 60 with future JLBR President Cindy Krebsbach at the helm as chair. There were many amazing and innovative women involved in this process and we asked several of them to share their memories with us.

**C i n d y
K r e b s b a c h
remembers:** "I still dream about all the pink recipe collection forms and the potential



for another book just from the reject recipes! Those little pink forms were our 'life' from the 1997 November General Membership Meeting until we turned in the recipes in March of 1999. At the November GMM we handed every member ten forms, which were clipped with a 'chip clip' that read: JLBR Chip in Recipes! I would go to the office every couple of days just to see what recipes had come in. Sometimes Mary Lavalle, the JLBR Office Manager at the time, would stop at Publix on the way home from work and



MOMENT



get the ingredients to try out a recipe that had come in that day. It was the 'buzz' and kept us so entertained!"

Kelly Husak remembers: "As the token "non-cook" on the cookbook task force, and later the cookbook committee, I wondered early on if I had landed in the best placement. I found myself among women who cataloged their dinner party place settings in scrapbooks (complete with Polaroids) and kept files of menus they had served! I wondered if I would be found out - that I didn't read a cookbook like a novel, or own that many that I used. I was wrong, though, I had found the best placement in the oddest place. Even as a sustainer, I stay in close touch with many of the women on that committee. I'm really proud of all the work that we did, and I'm grateful to those of you I haven't yet met, but who keep the sales going and the funds coming in. While I still don't catalog my dinner parties, I do make a mean 'Magical Toffee'."

Wanda Harrold

remembers: It was three wonderful action-packed years, definitely a labor of love. I know my family has never eaten as well as we did when the recipe tasting was a high priority in our house. The production of a *Savor the Moment* CD-ROM was also exciting. The idea was actually generated at a General Membership Meeting by a member who said "join the 21st century and put it on a CD!" One of the great benefits of that idea, besides getting the cookbook on a CD, is that we met Robin Deyo and Emily McMullin through their company, Cendyn, which created the CD-ROM. They were easily recruited into the Junior League once they worked with us for a bit and understood what the League was all about."

What's in a Name?

Lynn Holcomb recalls: "I remember exactly how the name for the cookbook came up! I originally thought of it as we were all trying to name the book, and

I threw it out there as a possibility. The night before what we thought was going to be our last photo shoot, I said to Cindy, 'Well, I can't believe that this is going to be our last one! It has been so much work, but so much fun! We all better savor the moment! I still think



that would be a great name for the book!’ She looked at me with a BIG smile, and said ‘I think you’re right!’ And that was it! I remember it like it was yesterday!”

A Few Minor Challenges:

One of the most difficult aspects of designing the look of the cookbook was dealing with food on location. We wanted a book that celebrated our community, but photographing food in the hot Florida sun is not always the easiest task. Again, our committee of stylists and chapter



The Ultimate STM Menu

from Mary Lavalle,
our resident JL Cookbook guru

Baked Crab Cakes with
the Mango Salsa

Sun-Dried Tomato Mousse

Pork Roast with Drunken Apricot
and Prune Stuffing

A very crisp romaine lettuce salad with
lemon juice, scant salt and pepper

Potatoes Anna

Luscious Lime Tart with Glazed Berries

chairs saw to it that we had a platform for the most incredible food in the most spectacular settings. In fact, the twilight shots on the chapter-opening pages of “Appetizers and Beverages” were shot at the crack of dawn after a very long night of prepping food and styling shots in order to get just the right lighting.

Karen Edwards remembers: “The photo shoot we did at Darcy Simms’ house was incredible. We actually had people cook each recipe and then we prepped the food to look pretty for the shoot. Everyone brought items they thought would look good either with the food or in the background shot. Most of the time, we even got to sample the food. I still think the CD-ROM is a neat tool since every recipe has a picture.”

Debbie Abrams recalls: “We wanted the perfect shot of Old Town Hall in between two palms. But one of the palms was in the wrong place. It made sense for photographers in the future to have access to this shot, too. So, Steven Abrams, who was on the City Council at the time, asked the City if the palm could be moved over and it was. Now, when you see that ‘perfect shot’ of Old Town Hall between the palm trees, you’ll know how it happened.”

Emily McMullin recalls: “Ten years ago when Cendyn was a tiny start-up company, we were given the opportunity to produce the CD-ROM of recipes to go along with *Savor the Moment*. My sister, Robin Deyo, and I were working day and night to make the disc perfect. Once all of the bugs and kinks were worked out, we needed to FedEx the disc to California to have the 10,000 copies made to be included with the book. The JLBR was having a grand kick-off party at the Boca Raton Resort & Club for the unveiling of our new masterpiece.”

Photos from top: Darcy Plimpton Sims; Linda Davidson, Sue Diener & Julie Finnegan; Eleanor Zaccagnini, Marti Kinsel, Michelle Weizer & Lyn Lawless

“The deadline to mail off the CD was here and it still had a few kinks when the FedEx guy came to the office to pick it up. We learned that we could go to another location for the latest drop-off possible. Well, that time came and went! We finally perfected the CD and learned we could drop off the package at the main FedEx facility at the Ft. Lauderdale airport. I hopped in my car and raced down I-95 only to screech to a halt due to a severe accident. The interstate was a parking lot. I called my sister in a panic. This was a big deal for our once-small company, not to mention we had developed great respect and admiration for the committee (and we were hoping to join the League!) If we missed the deadline what would this mean for Cendyn? Would we still be allowed to join the JLBR? As I was sitting on I-95, I noticed a FedEx 18-wheeler a few feet away! I was still on the phone with Robin and she suggested I ask if the driver was able to take the package. I was a bit teary-eyed, but begged the driver to take the package. He explained that he did not have a scanner therefore he could not take the package. Rats! I could not give up. I put my car in park (on I-95, traffic was still stopped) and started walking looking for another smaller FedEx truck! Well I found one, he had a scanner and he took the package, but said that since he was going to be late to the airport due to the traffic, the package may still not make it out that night. Well, it turned out that everyone was stuck on I-95 for 3 hours that night. Since several delivery trucks were included in that mess, FedEx sent another plane out that night. The CD-ROM was delivered on time and *Savor the Moment* became the first Junior League cookbook to produce a CD-ROM as a companion to the cookbook.”



STM in The City

Wanda Harrold remembers: “Winning the prestigious James Beard Award stands out, to date, as one of the proudest moments ever for the League. This award is the culinary equivalent of winning an Oscar and it reflects all of the hard work each committee member and every JLBR member who submitted a recipe, held a tasting, or gave time to this project. It was a blast being in New York City for the awards show. We were definitely the most excited group there! Most nominees were very professional and conservative in their acknowledgement of their nomination, they nodded their head and quietly rose to accept their award. When the JLBR was announced as the winner, Brenda Lusher, Cindy Krebsbach, Lisa Mulhall and I jumped for joy and screamed and hugged and carried on like schoolgirls. We did finally pull ourselves together and floated up on stage where Cindy made a beautiful acceptance speech. That morning we had been at Rockefeller Center on the Plaza outside of the Today Show studio. Al Roker briefly interviewed us and we handed out cookbooks to the four anchors of the Today Show. John Ritter and Henry Winkler were the James Beard Award presenters. When “THE FONZ” presented the award to us, he said, “I saw you on the Today Show this morning!” It was so surreal that one of the all-time coolest guys on TV recognized US in the Big Apple!



Photos from top: Becky Carlsson, Christine Lynn & Elaine Wold; Mary Jo Ridenour & Sheila Aucamp; Cindy Krebsbach, Lisa Mulhall, Wanda Harrold & Brenda Lusher; Robin Deyo, Sue Diener & Emily McMullin



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Happy Anniversary:

Ten years later, *Savor the Moment* is still a favorite among cooks and dinner guests alike. After learning what went into this book, it is no wonder that there are so many beloved recipes we revisit time and time again. In fact, you may wonder if they are ALL that good. Active member Stephanie Miskew, who has been on the Cookbook committee for the past five years, is presently cooking her way through the entire book, a la Julie & Julia, and blogging about her experiences. She is also including wine pairings and helpful preparation tips for each dish. Get the scoop on your favorite recipes and discover a few new ones in the process at www.stephaniesavorsthemoment.blogspot.com. Stay tuned for tenth anniversary celebration plans!

On behalf of the entire Junior League of Boca Raton, we would like to thank all of the wonderful women who were instrumental in the creation of this magnificent cookbook. It is truly a pleasure to recognize you for your contributions. Countless moments of entertaining have been “savored” even more due to the recipes and entertaining ideas included in *Savor the Moment*. Sharing *Savor the Moment* with friends and family is the perfect way to honor the legacy and show your support for the JLBR! ●

Recipe Origins

Back in “the day”, Junior League cookbooks were spiral bound tomes with the name of the recipe submitter printed along side (i.e. Strudel Coffeecake by Mrs. Stanford Smith III). Do you ever wonder who submitted some of your favorite recipes?

- Baked French Toast—Michelle Rubin
- Toffee Coffee Cake—Lisa Mulhall
- Farmhouse Benedict—Renee Feder
- Town & Country Salad—Cindy Krebsbach
- Warm & Savory Crag Baguettes—Pam Wirt
- Sun-Dried Tomato Mousse—Joyce DeVita
- Macadamia-Stuffed Mushroom—Joyce DeVita
- Sesame Chicken Bites—Cindy Dunay
- Sahara Dates—Elena Armbrust
- Roasted Herbed Two Potatoes—Sue Diener
- Marinated Mussels—Joyce DeVita
- Smoked Salmon on Potatoes with Dill Sauce—Wanda Harrold
- Golden Butternut Squash Lasagna—Mary Lavalle
- Tomato Basil Seafood Stew—Pam Disher
- Roasted Cornish Hens with Port—Sylvie Godin
- Tropical Island Shrimp—Christine Najac
- Grilled Swordfish with Tomato & Arugula Salsa—Sue Diener
- Oatmeal Carmelitas—Julie Talerico
- Road to Riches Fudge Bars—Cindy Krebsbach
- Triple Chocolate Brownies—Sheila Aucamp
- Macadamia Nut Bars—Kay Cook
- Magical Toffee—Cindy Krebsbach



Your gift to the JLBR Endowment Fund, Inc. is an investment in excellence, as well as a testament to the importance of the work that the JLBR does every day. The Endowment Fund gratefully accepts donations of all sizes.

Donations can be made: personally, in honor of an occasion, and in memory of someone. All gifts to the Endowment Fund are tax deductible.

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Building Society donors are recognized on a plaque on display in the lobby at the VCRC.

Donations to the JLBR Endowment Fund, Inc. ensure that the Vegso Community Resource Center continues to be the pillar of strength not only for the JLBR but for our community partners now and well into the future.

Mail checks to JLBR Endowment Fund, Inc.
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or make a donation online www.jlbr.org
under the Endowment tab.

All donors will be listed in the next issue of *The Bridge*.
Your support is truly appreciated!

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and recommended by Dorothy MacDiarmid

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Happy 2010! I am not going to crack any New Year's resolution jokes or even ask if you had made any resolutions. After all, we all have the same plans: 1) Lose weight 2) Exercise more 3) Make more time for our kids and/or husband 4) Don't procrastinate 5) Clean out those closets 6) Throw out or give away old clothes and other items we will never use 7) Read more 'good' books 8) Learn to cook less fattening meals 9) Send birthday cards on time 10) Never ever say another bad word. There, did I cover most of your resolutions that are soon to be broken? Good, we are done with that subject.

GENERAL MEMBERSHIP MEETING (GMM): January's meeting always honors Sustainers, so lots of us actually show up. There's a social hour at 6:00 pm (that's the best part), followed by a meeting at 7:00 pm at the Boca Country Club on Congress across from Costco. Please come because it is the one time we actually see a great many Sustainers of ages and sizes. I mean from short to tall. (That's one of my secret resolutions, "Stop putting foot in mouth.") This year's GMMs also feature an "after party." After the meeting, we can all go over to The Grille on Congress (owned by Sustainer Susie Donovan) to socialize. (A portion of the proceeds go back to the JLBR!)

BONNET HOUSE: (A new adventure) Come tour the Bonnet House and Gardens in Ft. Lauderdale; lunch to follow at the Casablanca Café, American and Mediterranean cuisine. The Bonnet House is a must if you have never been to this oceanfront home built in 1920 and its equally lush gardens. To hold your place for the tour, send \$14 payable to Linda Donoghue, 400 N.E. 20th St, #A114, Boca Raton, FL 33431. We must have a reservation to guarantee the tour. Lunch afterwards will cost between \$15-\$20. Come join us. We will meet in the Kmart Parking



lot at I-95 and Palmetto at 9:15 am to carpool or you can meet us there. Wear COMFORTABLE walking shoes. For more information, contact Linda Donoghue – lindadonoghue@bellsouth.net, Mary Ladd Cope – Maryladd@cope.net or Dale Workman – dalework1@aol.com.

HEART AND SPIRIT OF BOCA HELPING HANDS, INC: Calling all volunteers! Pattie Damron, Peggy Jones, Elizabeth Pankey Warren and LouAnn Such invite you to join a new auxiliary dedicated to supporting the mission and programs of Boca Helping Hands, Inc with HEART and SPIRIT (H and S). The group is committed to feeding the hungry, providing temporary assistance to people with emergency needs, and helping to break the cycle of poverty and dependency. If you'd like to help, you can join the H and S auxiliary membership with a \$35 tax deductible enrollment fee to be paid by check to Boca Helping Hands, Inc. or to pay online visit the website www.bocahelpinghands.org. Donors who joined before January 1, 2010 will be honored as charter members and recognized at the Inaugural Preview of the Remillard Family Resource Center on January 15.

SCRABBLE: Sustainer Scrabble is off and running. Our games are generally played on either the second or third Friday of the month and begin at 1 pm. The exact date and location are decided at the end of play the preceding month. There are various levels of experience within our group and we play to have fun, stimulate our brains, and strengthen our friendships. We hope that you will join us. If you are interested in playing, email or call Linda McElwee (lcmelwee@aol.com or 561-241-1877) so she can add your contact information to her list.

DINNER GROUP: Lucille Gioia has found another delightful restaurant, The Grille on Congress located on the north-west corner of Yamato and Congress. We will meet at 5:30 for social half-hour on Thursday, January 7th. Cost is only \$35.00; checks should be made payable to Lucille Gioia. Actually, since you will only get this information days before, just email Lucille at lucillegioia@comcast.net. We only had 16 ladies in November, so newcomers are always welcome to the group.

MUSEUM TOUR: This year Barbara O'Connell is inviting us to join her at our own Boca Raton Museum of Art in Mizner

SUSTAINER

BY LOU ANN SUCH

THANK YOUs

We had a great Dinner Group at Hot Tomato last November. Thank you Lucille Gioia for organizing this lovely dinner.

We had a fantastic Gingerbread House decorating party, followed by an excellent lunch... thank you to Lisa Morgan for entertaining us so well!

Park. We will see two exhibits: Mary Cassatt; works on paper and MS Escher "Puzzles of beauty, art and math". Lunch will follow at a restaurant in Mizner Park. Please email Barbara if you would like to join her: bmoc@bellsouth.net.

BREAKFAST CLUB: You don't have to be an athlete to join our newly formed walk and eat division. We meet at the information center at Town Center at 8:00 am the third Thursday of every month. The group walks quickly or slowly, depending on how much window shopping needs to be done, around the stores, and inside of course. At 9:00am we go to First Watch, the old Kenny Rogers, near Publix Green Market for breakfast and deep discussion or whatever one talks about at breakfast. To join the group, contact Kristin Viets at jrv08@comcast.net.

FUTURE PLANS: FESTIVAL OF THE ARTS-MARCH 5th-13th. The featured authors who will speak at the Festival are Margaret Atwood, Doris Kearns Goodwin (a well known historian, biographer and television commentator), and Noel Riley Fitch (author of the only authorized autobiography of Julia Child titled "Appetite for Life"). The Night book group will probably read Margaret Atwood's "The Year of the Flood." The author will lecture on Tuesday, March 9th at 7:00 pm. Helen Ballerano will be happy to look into a group discount if some of you would like to attend this event. Contact Helen at hballerano@aol.com. Cynthia Brown will also be coordinating an evening at the Festival if you would like to contact her at CBPBOCA@mac.com. She has arranged for 20% of the ticket price to be donated back to the JLBR. The calendar of events for the Festival is on the website: <http://www.festivaloftheartsboca.org>.

QUICK ENDING: Okay, I am supposed to cut my article way down, so THE END. ●

SCOOP

JANUARY EVENTS:

DINNER GROUP:

Thursday, January 7th, 5:30 pm
The Grille on Congress

RSVP to Lucille Gioia: lucillegioia@comcast.net

GENERAL MEMBERSHIP MEETING:

Tuesday, January 12th, 6:00 pm
The Country Club of Boca Raton on Congress

BOOK GROUPS:

Thursday, January 14th

Group I—Boca Fest Author, TBA,
Hostess: Cynthia Brown

Group II—*The Lace Reader* by Brunoia Barr,
Hostess: LouAnn Such

Group III—*The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows
Night Group—Check with LuAnn Warner-Prokos

BREAKFAST CLUB:

Monday, January 18th, 8:00 am at Town Center
RSVP to Kristen Viets jrv08@comcast.net

BONNET HOUSE:

Thursday, January 21st – Meet 9:15 am at Kmart parking lot. RSVP to Linda, Mary Ladd or Dale.

FEBRUARY EVENTS:

CHOCOLATE DECADENCE:

Thursday, February 4th – Boca Center on Military.
This is an event you cannot miss!

BOOK GROUPS:

Thursday, February 10th

Group I—*A Land Remembered* by Patrick Smith,
Hostess Billie Jean Steele and the Clewiston Inn

Group II—*Agent Zigzag* by Ben Macintyre, Hostess:
Mary Lavalle

Group III—*Nemesis* by Peter Evans,
Hostess: Lucille Gioia

BREAKFAST CLUB:

Monday, February 15th, 8:00 am, Town Center

MUSEUM OUTINGS

Thursday, February 25th 10:00 am – Boca Raton Museum of Art in Mizner Park. Please RSVP to Barbara O'Connell bmoc@bellsouth.net.

BRIDGE GROUPS

Day Bridge meets the first Friday of the month and the Night Bridge meets the 2nd Tuesday of the month.

(Cut this calendar out of the page and keep on your refrigerator as a reminder!)



How many times have you heard wishes of good health and happiness in the New Year expressed during the past few weeks? Unfortunately the benefit of good health may be more elusive than it seems, and our population's waistbands continue to grow from year to year as we fight a national obesity epidemic. Poor nutrition has led to the highest rates of early onset diabetes that the nation has ever seen. It is clear today, with the advent of "Dollar Menus" and other cheaper, unhealthier options in our grocery stores, that when people on a limited budget are given a choice between a 99 cent burger or a bunch of broccoli, they choose the burger. The biggest hurdle in the way of good nutrition is income level. Another major factor hindering families from making good nutritional choices is a lack of education about what those choices are. For the sake of the health of our nation, the focus on teaching good nutrition habits has shifted to a new segment of our population, our future- our children.

The Junior League of Calgary started a Junior Chefs program with the goal of engaging kids in the preparation of healthy meals as a means to educate them and their parents regarding nutrition and healthy choices. In 2006, inspired by this program, The Junior League's Kids in the Kitchen (KITK) initiative began. Since then, 200 participating Junior Leagues have reached several hundred million people nationwide with KITK media coverage

and Public Service Announcements about ways to fight childhood obesity.

Morgan Green and Melissa Nemeth are the Co-Chairs for the JLBR Kids in the Kitchen committee. This is the first year the JLBR has established a formal committee to support this Association of Junior Leagues International (AJLI) initiative. In recent JLBR years, KITK activities were "special events". Morgan says, "We are truly honored to be co-chairs for the first year of this JLBR project. We are enjoying tailoring our events to where we see the need in the community. Our goal is to empower our local youth to make healthy lifestyle choices and help reverse the increase of childhood obesity and its associated health issues. We aim to host ten events this year and to continue to solidify our partnerships for years to come."

This past Halloween, the committee held their kick-off event at the Boca Raton Resort & Club partnering with the American Society

KIDS IN THE KITCHEN

By Denise O'Sullivan



2010 Kids in the Kitchen Events

January YMCA Events - Thurs, 1/28 and Sat, 1/30

February YMCA Events - Thurs, 2/25 and Sat, 2/27

3/6 Kids Fun Race

March YMCA Events - Thurs, 3/25 and Sat, 3/27

April is "KITK month" and the GMM will be hosted at the YMCA.

Association of Executives (ASAE) and the Center for Association Leadership group. This group traded their usual spa trip for a day with KITK. They hosted 15 middle school aged children from the Milagro Center as they enjoyed a special youth fitness workout on the croquet court followed by a two-hour "easy cooking" class by the Executive Chef. The kids absolutely loved it, and the event was full of positive energy and fun. Since the event, the committee has heard that the parents have made many of the recipes at home. The KITK group tries to incorporate the parents into the programs as much as possible, since good habits and nutrition start at home.

For more information visit the AJLI website (www.ajli.org). There is a special link devoted to KITK with bilingual recipes, tips on nutrition, fitness and healthy lifestyles as well as an interactive "Kids' Corner" with an online nutrition game provided by the Kids in the Kitchen international sponsor, The Cartoon Network, as well as links to other educational partners and supporters. It is a fun way to educate children about healthy eating. You can also purchase the Junior League's "In the Kitchen with Kids: Everyday Recipes & Activities for Healthy Living Cookbook" (\$14.93), available through Amazon.com. The book makes a great gift for future chefs and gourmet cooks.

I will certainly be keeping a copy of the cookbook for myself. I look forward to spending time with my son making some of the healthy treats the book offers. Our children are our future. Let's keep them happy and healthy! ●

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Blazing a Trail Towards SUSTAINABILITY

Starting an Organic Garden

By Barbara Trevino Chester

Serendipity Strikes

Everywhere I look, organic gardening is a hot topic. Just Google it and you will be shocked at all of the resources available. The First Family is doing their part to set the example of how to become a more sustainable nation by growing an organic garden at The White House. Even here in Boca Raton, the idea of a community garden has been suggested by Mayor Susan Whelchel. I wanted to get involved in the organic gardening movement but I knew I'd never be able to actually have one at my townhouse because we didn't have the outdoor space.

Fortunately, serendipity was on my side. One day in early October I happened to come upon an article in the Sun-Sentinel about a local community organic vegetable garden in Delray Beach. I was looking for a good community activity that my husband and I could enjoy together, so I called the local organizer and signed us up for a small garden plot. We were given one of the last available plots and a list of permissible organic pesticides and fertilizers. It was a space four feet wide by fourteen feet long with a foot deep of rich, dark composted earth to get us started. And for \$50, it was ours until May!

Because we joined so late, I got a "crash course" on organic gardening by voraciously reading all I could about it on the internet. I was surprised to find that Florida's sub-tropical climate is so perfect, with such mild

winters, that normal gardening rules don't apply. Even though it was already mid-October, it was not too late to start my seeds and get going. Even as this article goes to print, one could start seeds today and still have success, since Florida's "winter" can produce two and sometimes three full yields of crops. Vegetable gardening in Florida is almost foolproof if your garden is in an area that gets a lot of sun and is close to a water source.

Our community organic garden has twenty-one plots, each owned by different families in the east Delray community. In addition to our own plots, each plot owner is responsible for taking on "garden tasks" such as tending the "community" plot of corn and beans, watering the sunflowers (which were added to create a natural and beautiful garden border to attract bees to pollinate our vegetables), or being operations manager of the garden (I task I personally signed up for). In addition to the group tasks, the garden has a local Master Gardener who donates time every week to monitoring the garden for pests and answering questions from novice gardeners and experts alike. The garden even has an arrangement with the local food bank to donate ten percent of the garden's vegetable bounty to them.

It was the perfect community-focused activity for us!

Growing the Seedlings

The first step was to decide what we wanted to grow. We bought 16 seed packets. It sure sounds like a lot to plant in a four foot by thirteen foot plot, but we planted a little bit of everything. We planted ("sowed") our seeds using peat pellets in a "seed tray" that I purchased at the local home superstore. Once they sprouted, we put them outside in the sun all day and they grew like wildfire. The whole process was so much fun that I kept thinking that it would be a great activity to do with children. As an adult, watching our seedlings grow seemed akin to what it must be like to watch a newborn develop in the first few months of life. There seemed to be changes every day. I knew I was hooked when we went on vacation for six days and I was more worried about my seedlings more than my cat.

Preparing the Garden Plot

After a lot of internet research we decided to build a wooden box around our plot to keep our garden "contained". Container gardening is very popular because you tend





to get higher yields since you plant the plants closer together, there tends to be less weeding required, and if you are not a youngster, it is much easier on the back. It is also great for people who live in apartments, townhouses or have limited space. We found that the internet was a great place to see step-by-step videos on exactly how to do build a “container garden”.

The next step was to prepare our soil for planting. Florida has very sandy soil. That means two things. First, Florida soil drains very well, so watering every day, especially in our high temperatures is a must. Second, because it drains so well, the nutrients drain well too. Therefore the soil must be “amended” or supplemented with minerals and fertilizers. Since our garden is an organic garden, we used organic compost. It is cheap (about \$3.00 a bag), it improves the ability of the soil to hold nutrients, and it recycles organic waste, keeping it out of our landfills. We mixed the fresh compost with the soil we were given in our plot, three weeks before we started planting.

Finally, with all the time and care that we invested in raising our seedlings, we wanted to make sure the plants lived through the Florida heat long enough to produce large bounties. There was no doubt that we would need to install an irrigation system and a timer so that we didn’t have to worry about them when we were out of town or just busy. There are so many irrigation options to choose from, and I found designing an irrigation system for our plot to be a lot of fun. It was fun to hear the associates at my local home superstore say “You are going to install this all by yourself?” Little did they know how easy it truly was. Now my husband and I could travel worry-free and know that our “babies” would be watered on a consistent basis.

Planning Your Garden

Within a few weeks our seedlings that were growing in our peat pellets were so big that it was time to transplant them to clear plastic cups and then finally, a week or so later, into our garden plot. Many gardeners simply “start” their seeds by sowing them directly into the ground and then never have to transplant them, but I wanted to make sure I could keep a close eye on them before moving them out of my sight. I also wanted to make sure I had a good written plan for my garden that would ensure successful and happy plants. It is important to draw up a sketch of where you want everything to go, keeping in mind the number of plants you are going to plant and the space required by each plant at full size. By researching planting distances online, we discovered that yellow squash and zucchini grow very easily in Florida and can easily grow out of control and overtake the entire garden plot. We found a great online tutorial for building a trellis and made one easily out of wood and trellis netting to guide the squash and our cucumbers the right way to make sure our other plants got plenty of sun!

It is also important to do research when deciding which plants to plant next to each other to ensure that you don’t place your plants in a hostile environment. “Companion planting” is a natural way to get your plants to flourish by placing them in a hospitable environment next to other plants they “like”. For example, some vegetables thrive next to certain vegetables and become stunted next to others. I couldn’t have known that some plants have natural characteristics that ward off common pests of another plant and are therefore great companions for those plants!



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Maintaining the Garden

It was amazing how fast the plants took off. It didn't take long for the bugs to find them either. Within a week, we had whiteflies and aphids. The good news is that we sprayed our organic pesticide (comprised mostly of fish oil) and sprinkled our organic Diatomaceous Earth (rated "organic" by OMRI, NOT the same type used in pools) and they were gone in a few days. Gardeners in Florida must be vigilant about spraying their plants every three days to ward off caterpillars, aphids, and whiteflies and always remember to reapply organicicide after a rain.

Another problem we encountered after a few days was plants turning lighter green and then finally yellow. We learned that the plants were "chlorotic" and in need of food. Commercial growers fertilize everyday with a very strong fertilizer that works like steroids, to get their plants to grow fast. For an organic garden, every two to three days with an organic fertilizer (blood meal, bone meal, fish emulsion) is enough to keep them a nice healthy dark green color.

So far, our garden is flourishing. Organic gardening has brought me more joy and satisfaction than I ever expected and the rewards of this growing season have far outweighed the costs. We have picked and eaten turnip greens, spinach and radishes from our garden and we should be getting some peppers soon. I have met some great people through this experience that I probably wouldn't have met otherwise, and I have learned, well, enough to write this article, which I think is really cool. For Christmas, I grew sweet basil, cilantro, and parsley in separate terracotta pots and gave sets of the three herbs to my best friends as eco-friendly gifts. It was a big hit. I'm sure that there will be plenty of food soon to share with the local food pantry as well as our neighbors and friends. The growing season at our garden ends in May. Until then, away we GROW!

Contact Barbara at btrevino@hotmail.com for more details on how she built her organic garden.

My Favorite Online Resources for Organic Gardening

<http://edis.ifas.ufl.edu>

University of Florida IFAS Extension. Type "organic vegetable gardening" in the search field on the site.

www.gardengirltv.com

Great instructional videos on all gardening topics from a female urban gardener!

www.eonseed.com

Great local Florida organic seed website

www.kidsgardening.org

Great resource for gardening in a classroom or with your kids at home

www.squarefootgardening.com

<http://www.the-organic-gardener.com>

<http://www.no-dig-vegetablegarden.com>

For info on companion planting

www.yummyyard.com

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Dr. Morocco, a Junior League of Boca Raton member, is a graduate of Pennsylvania State University and Northwestern University Dental School. She completed advanced specialty training in Orthodontics at Baylor College of Dentistry, Dallas, Texas. Dr. Morocco has practiced orthodontics in Boca Raton/Delray area since 1993.

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The Florence Fuller Family Reading Night

3. Shari Welch and Stephanie Sarkis

4. Carrie O'Day and Kari Soltys

The December Tea

5. Wendy Mandelbaum with her mother

6. Annie and Morgan Green

The Sklar Event benefiting Chocolate Decadence

7. Melissa Moyles, Pat & Rick Howard, owner of Sklar

8. Jerry Fedele, President & CEO of Boca Raton Community Hospital, Jan Savarick, President, Boca Raton Community Hospital Foundation, and Dr. Charlie Stewart, Chief of Orthopedics at Boca Raton Community Hospital

9. The 2009-2010 Chocolate Decadence committee

The Sustainer Book Club Holiday Meeting

10. Linda Eckelson, Andrea Kornblue and Beth Jansen

11. Carole Putman and Kathleen Murdoch

12. Jan Jones and Linda Donoghue

The Spirit of Giving Kick-Off

13. President Linda Gunn, Eleanor Zaccagnini, Lisa Mulhall, and Michele Rubin

14. Mary Redman and Kalthy Potts

The Simon Fashion Now Event

15. Victoria Matthews, Renee Duryee and Reagan Such

16. Nancy Dockerty, Kim Flittner, Kimberly Kenney, and Amy Kazma



To view more pictures, visit the JLBR Facebook page!



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WHO WE ARE

A group of women committed to improving the lives of children and families in Boca Raton since 1971.

WHAT WE DO

Provide trained volunteers and funding for community agencies and partners.

HOW WE DO IT

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OUR IMPACT ON THE COMMUNITY

Total membership of more than 670 women. This year the Junior League of Boca Raton's members will provide more than 35,000 volunteer hours and have goals to raise more than \$250,000 to support our mission and to help thousands of women, children and families in South Palm Beach County through our placements and collaborations.

OUR VISION

The Junior League of Boca Raton will provide resources, knowledge and funding to the community through the training, education and voluntarism of its members. The JLBR will be proactive in developing collaborative partnerships to address significant issues in South Florida and will improve the overall quality of life through a legacy of trained volunteers.

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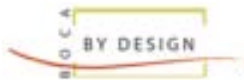
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4. Kathleen Rhodes, Heide Taylor and Barbara Rosacker
5. Chairwomen Lisa Warren and Nicole Mugavero
6. 2009 WVOY Award recipient Alyce Erickson with friends
7. Jan Savarick and Helen Babione
8. The Chandelier Table
9. President Linda Gunn and Joyce Devita
10. Melinda Blonshine, Alana Latiolais and Gina Greenwald
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Photos by Dave Decoteau, Cindy Krebsbach and Alana Latiolais

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HIGH BLOOD CHOLESTEROL

What You Need to Know

By Dr. Delia Weiss

Many people do not realize that heart disease is the number one killer of women and men in the United States. High blood cholesterol is one of the major risk factors for heart disease. When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries, which become narrowed and blood flow to the heart is slowed down or blocked. High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because managing levels lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol management is important for men and women of all ages—even those without heart disease.

Everyone age 20 and older should have their cholesterol measured at least once every five years. It is best to have blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9 to 12 hour fast and gives information about your total cholesterol; LDL (bad) cholesterol—the main source of cholesterol buildup and blockage in the arteries, HDL (good) cholesterol—helps keep cholesterol from

building up in the arteries, and Triglycerides —another form of fat in your blood.

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40mg/dL is low and considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60mg/dL or more help to lower your risk for heart disease. Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199mg/dL) or high (200mg/dL or more) may need treatment.

What Affects Cholesterol Levels?

Diet: Foods high in saturated fat and cholesterol your blood cholesterol level go up. Reducing these in your diet helps lower your blood cholesterol.

Weight: Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help.

Physical Activity: Not being physically active is another risk factor. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. After medical screening, you should try



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to be physically active for 30 minutes on most, if not everyday.

Age and Gender: As we get older, cholesterol levels rise. Before the age of menopause, women have lower cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

Heredity: Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Treating High Cholesterol

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack. The higher your risk, the lower your LDL goal will be. Lowering cholesterol with Therapeutic Lifestyle Changes (TLC) is a set of things you can do to help lower your LDL cholesterol. The main parts of TLC are diet and exercise.

A TLC diet with low-saturated fat, low-cholesterol eating plan calls for less than 7% of calories from saturated fat and less than 200mg of dietary cholesterol per day. Foods low in saturated fat include fat-free or 1% dairy products, lean meat, fish, skinless poultry, whole grain foods, fruits and vegetables. Look for soft margarines (liquid or tub varieties) that are low in saturated fat and contain little or no trans fat (another type of dietary fat that can raise your cholesterol level). Limit foods high in cholesterol such as liver and other organ meats, egg yolks, and full-fat dairy products. A diet with only enough calories to maintain a desirable weight and avoid weight gain is recommended. If your LDL is not lowered enough by reducing saturated fat and cholesterol intakes, the amount of

soluble fiber in your diet can be increased. Good sources of soluble fiber include oats, certain fruits (such as oranges and pears) and vegetables (such as Brussel sprouts and carrots), dried peas and beans.

Regular physical activity is recommended for everyone. It can help raise HDL and lower LDL, and is especially important for those with high triglyceride or low HDL levels, who are overweight with a large waist measurement. **For more information about cholesterol visit www.nhlbi.nih.gov/chd.**

See how your cholesterol numbers compare to the tables below.

<u>Total Cholesterol Level</u>	<u>Category</u>
Less than 200mg/dL	Desirable
200-239 mg/dL	Borderline high
240mg/dL and above	High

<u>LDL Cholesterol Level</u>	<u>LDL Cholesterol Category</u>
Less than 100mg/dL	Optimal
100-129mg/dL	Near optimal/ above optimal
130-159mg/dL	Borderline high
160-189mg/dL	High
190 mg/dL and above	Very high

(mg/dL = milligrams of cholesterol per deciliter of blood)

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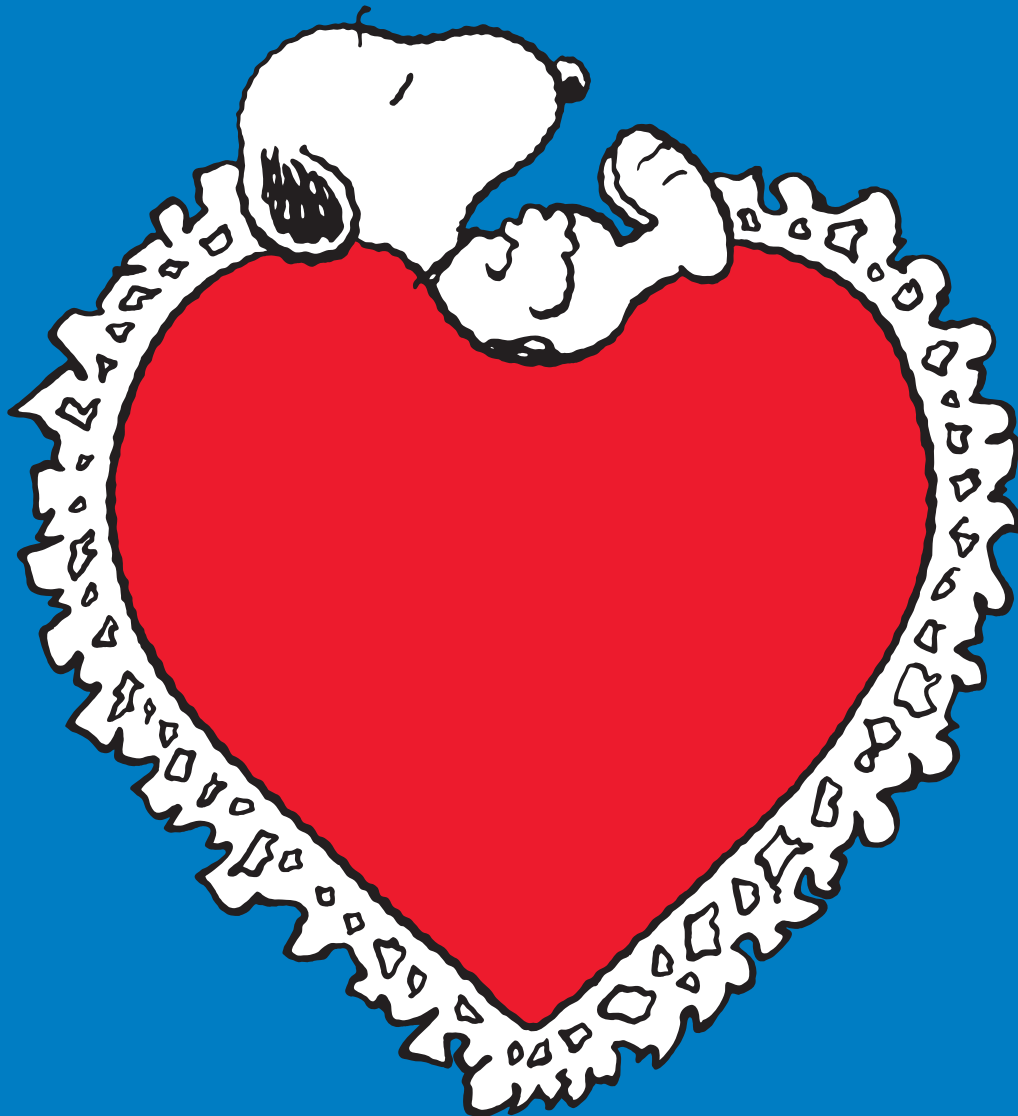


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