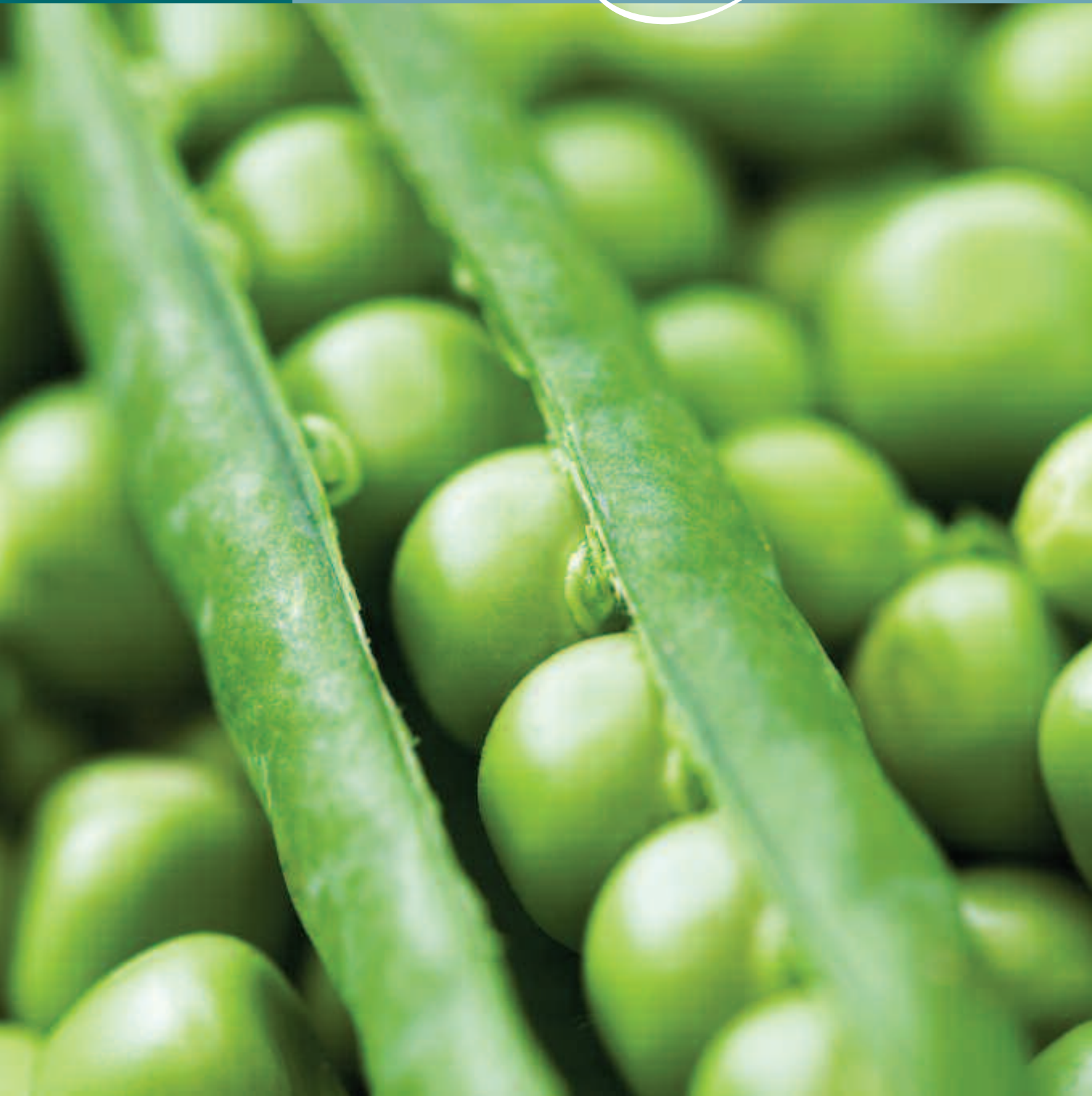


the Sandspur
SUMMER 2009





Grace Rashae Doyle
Physician Assistant

Dr. Linda Flynn, M.D.
Board Certified Dermatologist

Loralee Koontz
JLT Provisional & Physician Assistant

YOUR DESTINATION FOR COMPREHENSIVE SKIN CARE.

The skin care professionals at South Tampa Dermatology have more than 25 years of combined experience in the Tampa Bay Area. Board certified dermatologist Linda Flynn, M.D. specializes in dermatologic surgery. Loralee Koontz, PA-C, and Grace Rashae Doyle, PA-C, both specialize in medical and cosmetic dermatology.

SOUTH ♦ TAMPA
DERMATOLOGY

(813) 872-9551
2605 W. Swan Ave., Ste. 300
Tampa, FL 33609

BOTOX ♦ OBAGI ♦ SCULPTRA ♦ JUVEDERM ♦ CUTERA LASER



The Better Way To Help Deserves The Better Way To Buy



There's more than one way to keep the community moving – that's why Crown is proud to support the efforts and accomplishments of Tampa's Junior League. Thank you for all you have done and remember that we will always be here for anything you may need down the road.

 **CROWN**
EUROCARS
The Better Way To Buy

  
Mercedes-Benz JAGUAR MAYBACH
www.crowncars.com

6001 34th Street North • St. Petersburg • 1-800-330-2887

Trusted local advice...
...with global resources.

Personalized investments, trust and
banking services from a local team with
strong roots in our community



A. Gerald Divers, Chairman of the Florida Investment Advisers Board,
and R. Fenn Giles Jr., President and Chief Investment Officer

RECEIVE A FULL RANGE OF FINANCIAL SERVICES
UNDER ONE ROOF FROM EXPERIENCED PROFESSIONALS
YOU KNOW AND TRUST.

Investment Management Services – At Florida Investment Advisers you can delegate management of your assets with complete confidence. Our officers make every effort to understand your specific goals and allocate your investments across a diversified portfolio according to your personal objectives. Our in-house portfolio management team specializes in large cap growth and fixed income investments, both tax free and taxable.

Your financial adviser also has access to over 15 nationally-recognized money managers offering a diverse selection of separately managed accounts based on your individual objectives.

By working with our financial professionals who live and work in this community, you'll be able to develop the long-term personal relationship that is necessary to fully realize your goals. Call Fenn Giles at 872-1270 for a review of your investment portfolio.



Florida Investment Advisers

ASSET MANAGEMENT • INSURANCE • RETIREMENT SERVICES

An affiliate of The Bank of Tampa

601 Bayshore Boulevard, Suite 960

Member FINRA/SIPC A Registered Investment Adviser

Securities offered through Florida Investment Advisers at The Bank of Tampa are not insured by the FDIC or any other government agency. They are not deposits or other obligations of, or guaranteed by, Florida Investment Advisers or The Bank of Tampa and are subject to investment risk, including possible loss of principal amount invested. Florida Investment Advisers and The Bank of Tampa are subsidiaries of The Tampa Banking Company. Banking products provided by The Bank of Tampa, member FDIC.

SIPC coverage is not the same as the federal deposit insurance provided by the FDIC. It does not protect investors against a decline in the market value of securities. SIPC generally protects customers against the physical loss of securities if the broker/dealer holding the securities for the customer fails. SIPC protects cash and securities held in a brokerage account up to \$500,000 with a \$100,000 limit on cash. Information is available from your registered representative regarding additional protection outside of SIPC.

Contents



FEATURES

11 Do you live in a Healthy State and Community?

12 Juvenile Delinquency Court: The Frustrated, The Frazzled And The Faithful

By Judge Michelle Sisco

18 Sweetbay Supermarket Sponsors Kids in the Kitchen

22 As the Market Drops, Health Issues Rise: Tips for Staying Fit and Healthy in the Toughest of Times

26 Surviving Cancer

28 Provisional Class Project: Redlands Christian Migrant Association

32 2009 Annual Dinner

37 Keeping Kids Safe: Winds of Change

DEPARTMENTS

Editor's Note 4

Calendar of Events 5

President's Perspective 9

Community Vice President Column 15

Community Assistance Projects 16

Sustainer Spotlight 34

Sustainer News 35

What's Happening at JLT 36

2008-2009 Donors 38

Commemorative Gifts 40

The Mission of The Junior League

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

Editor's Note

An Unwavering Support System

When I was younger, my biggest fear was that I or one of my family members was going to be diagnosed with a life-threatening illness. As an occupation therapist, I observed what it was like to endure weeks, months and years in rehabilitation. Sometimes the patient fully recovered, and other times, change and progress was slow. Not only did the patient endure emotional and physical pain and suffering, so did his or her entire family. However, after years of working in the health care field, my fear lessened as many of the patients I encountered were some of the most caring, optimistic and fearless people. The majority of these people had one thing in common, an unwavering support system. Sometimes the support system was small, such as one parent, an uncle or an old friend. Other times, it was quite large and included many family members, friends, clergy, etc. Whatever the size, the support system was key to encouraging, comforting and ultimately, improving the overall health and wellness of the patient. That is why I believe this issue's focus, on Health and Wellness, is so important to all of us.

In this issue, you will learn how The Junior League of Tampa (JLT) is truly a support system, improving the overall health and wellness of many individuals in the community. To begin, Jackie Taylor has written an informative article on dealing with health issues during difficult economic times on pages 22-23. For a look at the issue of health and wellness right here in Tampa, make sure to read *Do you live in a Healthy State and Community?*

To educate children and their families on nutrition, the Junior Leagues' 4th annual *Kids in the Kitchen* was held

in April. Project chair, Terrie Dodson, has written a summary of the fun and educational event on pages 18 and 19. Read about the efforts of the JLT volunteers and Meals on Wheels on *What's Happening at JLT*. More over, turn to pages 16 and 17 to discover how the JLT Community Assistance Projects have helped many individuals in the area of health and wellness.

Finally, we are grateful to have an article by the Honorable Judge Michelle Sisco. Judge Sisco describes her first-hand experiences in the juvenile delinquency court and how she and many of her co-workers are trying to preserve the health and wellness of each child that comes before them.

This is my last issue as Editor of *The Sandspur*. It has been a privilege and an honor to serve in this role for the past two years. I would like to extend my heartfelt thanks to *The Sandspur* Staff, Board of Directors, Executive Committee and Junior League members who acted as my unwavering support system. In addition, thank you to Scott Fleming, Designer, Dimensions Printing and Hill Printing for all of your hard work and patience.

I wish you a restful, fun and "healthy" summer.

Regards,
Susan Brindise



Susan E. Brindise
The Sandspur Editor

The Junior League of Tampa THE SANDSPUR

2008-2009
STAFF

Editor	Susan E. Brindise
Assistant Editor	Laurie Daigle
Treasurer	Shannon Coram
Features Editor	Kerry McGunken
Advertising Manager	Gretchen Dominguez
Photography Editor	Michele Paterson
Contributing Writers	Hilary Dalton-Cubillos Gretchen Dominguez Jaime Girgenti Erin Jackson Brooke Chastain Juan Winifer MacKinnon Jacqueline Taylor Sarah Valentine Caroline Vostrejs
Photographers	Deborah Abdoney Michelle Anderson Nicole Geller Julie Sampson Ashley Newman

EXECUTIVE COMMITTEE

President	Jennifer Johnson
President-Elect	Jennifer Carlstedt
Community Vice President	Laura Hobby
Membership Vice President	Allison Burden
Recording Secretary	Laura Lee Glass
Corresponding Secretary	Kathleen Thaxton
Treasurer	Betsy Graham
Assistant Treasurer	Stephanie Wiendl

COMMUNITY ADVISORY BOARD

— 2008-2009 —

Mr. Richard E. Adams
Ms. Carolyn Bricklemeyer
Mr. Mike Bridenback
Mr. Joseph W. Clark
Ms. Hosetta Coleman
Ms. Nikki Daniels, LCSW
Ms. Bobbi N. Davis, Ph.D
Mr. Bruce Faulmann
Mr. Stephen P. Fluharty
Mr. John Giordano, Esq.
Ms. Irene Guy
Ms. Heidi Heinz
Mr. Mark Lenker
Ms. Winnie Magnon Marvel
Dr. Brian McEwen
Mr. Harold W. Mullis, Jr.
Mr. Paul Pizzo
Ms. Frances Reynolds
Ms. Kelly Ring
Ms. Aileen Rodriguez
Ms. Stacie Schaible
The Honorable Michelle Sisco
Dr. Robert Yelverton

DESIGN & MECHANICAL LAYOUT

Scott Fleming, Fleming Advertising & Design

THE SANDSPUR is published quarterly, in September, December, March and June, by The Junior League of Tampa. Permission to reproduce any part of THE SANDSPUR, except by another Junior League, must be obtained from the Editor, The Junior League of Tampa, 87 Columbia Drive, Tampa Florida 33606. For advertising, please call (813) 254-1734 www.jltampa.org

For advertising, please call
(813) 254-1734

www.jltampa.org

87 Columbia Drive, Tampa, Florida 33606

Calendar of Events

AUGUST

1: Wazoo Lowry Park Zoo's annual event is featured as one of the "10 Great Beer Festivals in the Country" by *USA Today*. This 14th annual tropical taste explosion features beers and beverages from around the world, food sampling from local restaurants, a wine garden and live music. General admission tickets are all-inclusive, and the event is rain or shine.

Ford Amphitheatre Concerts: Catch a concert under the stars in the warmth of summer. Many acts are visiting the Ford Amphitheatre this summer. August features Rascal Flats, Kenny Chesney, Coldplay, Dave Matthews, and Def Leppard.



The Junior League of Tampa
Provisional Class of 2008-2009

THE JUNIOR LEAGUE of Tampa



Where there is need within our community,
there is a woman who believes in change.



Sarane Harrell



Stacie Dickey



Stacy Hahn



Kim Carswell



India Witte

Special thanks to the Junior League of Tampa.



Treating People Like People. For Over 100 Years.

Acura • Buick • BMW • Ford • Chevrolet • Chrysler • Dodge • GMC • Harley-Davidson • Jeep • Mazda • MINI • Nissan • Pontiac • Volvo
Tampa • Brandon • Tarpon Springs • Palm Harbor • New Port Richey • Cypress Creek • Plant City

www.ferman.com

To Make Life Easier, Call an Exceptional Professional.

Exceptional Professional is a group of Tampa business women who love their work as well as appreciate their volunteer involvement with The Junior League of Tampa. We help you take care of your "To Do" items in a fast and friendly setting so you can concentrate on what is important to you. We look forward to hearing how we can make your life easier.



KRISTA ALLRED, Mortgage Broker
Smith & Associates Mortgage
When you need a mortgage, call someone you can trust.
813.269.4040 www.smithandassociatesmortgage.com



ANNE BARTLETT, Wardrobe Consultant
Carlisle Collection & Per Se Clothing
Easy Elegance. Personal Attention.
813.765.0855



CHRISTINA BOE
Ultra Screen Printing
Your company for t-shirts, embroidery and promotional products.
813.248.9000 cboe@ultrascreenprinting.com



DENISE CASSEDY
Casedy Financial Group
Let us help you achieve your financial goals
813.251.0004 office 813.765.6061 cell



JAN CORNELIUS, DDS
Periodontics Implant Dentistry
"Call for a free Dental Implant consult."
813.254.4568



LINDA COURTNEY CLARK
Family Law, Criminal Law, Civil Law/Foreclosure Defense.
Protecting Your Rights With Integrity!
813.935.7755 www.lindaclarkpa.com



CINDY COVINGTON, Realtor
Keller Williams Realty
For professional advice, call Cindy!
813.928.3505 www.covingtonandbradley.com



KIMBERLY DAVIS, Independent Consultant
Arbonne International
Skin Care, Weight Loss, Aromatherapy
813.767.5835 kimtodd.davis@verizon.net



LESLIE DAVIS
Signs by Tomorrow
Imagine it, we can do it!
813.639.0066 www.signsbytomorrow.com/southtampa



GAIL FRANK, Resume Writer
Frankly Speaking
Job Seeking Tip: A Resume is Your Marketing Piece!
813.926.1353 www.callfranklyspeaking.com



CAROLINE HATTON, LMHC, Family Directions
In Home Family Coaching and Counseling
I help make your family enjoyable.
813.915.1600



JOELLYN ROCHA
Joellyn Rocha Designs
Residential and Commercial Interior Decorating
813.902.8400



CLARE EMERSON ROBBINS, Emerson Robbins
Portrait Consultants
3302 W. Bay to Bay Blvd., Suite #102
813.831.2787 clare@emersonrobbins.com



JENNIE SMITH, Jennie Smith Interiors
Interior Design & Space Planning for Residential & Commercial
Visit my shop filled with art, accessories and antiques!
813.839.7637 2713 S. MacDill, just north of Bay to Bay Blvd.



LAURA WEBB, Webb Insurance Group
Independent Insurance Agent representing many national companies
for home, auto, and business insurance.
813.887.5531 www.WebbInsuranceGroup.com

Looking for ways to build your business?
The group meets monthly for lunch to keep up-to-date with members. We welcome additional services not yet represented. Contact Exceptional Professionals and join us for lunch! Call Krista Allred at 813.269.4040.

Exceptional Professionals
You will be pleased with the quality of service you receive.

REXNIHL REAL ESTATE



Julie Lux

*a creative mindset.
an invaluable skillset.*

(813) 598.0911 | luxsells@tampabay.rr.com



6212 BAYSHORE BOULEVARD
Fabulous 3/3 1/2 townhome in gated enclave with spectacular open bay views. Finely renovated throughout and elevator ready. \$649,000



PALMA CEIA NEW CONSTRUCTION
Palma Ceia architectural masterpiece. Tastefully detailed, this 4100 SF home offers 4BR 4 1/2 baths, guest house and play room. Quality unsurpassed and reduced to \$1,239,000.



STEPS TO TAMPA YACHT CLUB
Charming 4 bedroom 2 1/2 bath custom home on large corner lot. Great location, loads of special details & wonderful garden. \$669,000



HAWTHORNE POINT
Open Bay townhome in quaint gated setting at end of Bayshore. 2/ 2 1/2 with great renovations and elevator. \$599,000



HARBOUR HOUSE
Stunning updated 1BR/1BA condo overlooking Bayshore & SOHO. Beautifully furnished with balcony. Reduced \$215,000 or \$1300/mo lease.



BALLAST POINT
Great 4 bedroom renovation on large lot in quiet neighborhood just off Bayshore. Appx. 2900 SF will surprise you upon entering. Just Listed \$429,000



BALLAST POINT BUNGALOW
4 BR old Florida style or 107x200 building site... tucked away in tropical setting across from Bay. \$439,000



SUNSET PARK
Brick custom 4/4 1/2 plus 1/1 guest house in great location on corner lot. Appx. 4800 SF, pool, lanai & 3 car garage. Bring offers! Huge Reduction \$875,000.

LUXURY
PORTFOLIO

Smith &
Associates Real Estate
Mortgage | Title

LEADING REAL ESTATE
COMPANIES OF THE WORLD

President's Perspective



Jennifer L. Johnson
2008-2009 President

Creating a Healthy Tampa



We are blessed to live in the United States where the most advanced medicine is researched and practiced. Unfortunately, that does not make our country the healthiest. The Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services developed Healthy People 2010 in order to provide health objectives for our country. Within Healthy People 2010, ten Leading Health Indicators were established in order to measure the nation's health. The Junior League of Tampa is addressing three of them through the League's community projects.

Physical Activity

The Junior League of Tampa is targeting some of the populations with low rates of physical activity with its Kids in the Kitchen community project. These include people with lower incomes and less education, African Americans and Hispanics. The Healthy People 2010 study indicates that "the major barriers most people face when trying to increase physical activity are lack of time, lack of access to convenient facilities, and lack of safe environments in which to be active."

Overweight and Obesity

According to Healthy People 2010, "The number of overweight children, adolescents and adults has risen over the past four decades. Total costs (medical cost and productivity) attributable to obesity alone amounted to an estimated \$99 billion in 1995." The League is targeting adolescents from poor households since twice as many are overweight or obese as compared to middle and high income households. Both, Kids in the Kitchen and Food 4 Kids, strive to provide healthy eating experiences for lower income children in Tampa.

Substance Abuse

The Junior League of Tampa works with the female clients of the Drug Abuse Comprehensive Coordinating Office (DACCO) on their journey out of substance abuse. The League also has other projects, Mary Lee's House and Love Bundles, which are to address downstream impacts of substance abuse. Healthy People 2010 states, "Alcohol and illicit drug use are associated with child and spousal abuse" and "can result in substantial disruptions in family, work, and personal life."

It is exciting to see the League's community projects having an impact above and beyond our established three focus areas of education and literacy, foster care, and basic needs for disadvantaged children. The Junior League of Tampa is also striving to make the Tampa community a healthier place for us to live, work and play.

Fondly,

Jennifer L. Johnson
President

invisalign

Invisalign® treatment is the clear way to straighten teeth using a series of removable, comfortable, nearly invisible Aligners that gradually move your teeth – without metal wires or brackets. Smile more with Invisalign®.

STRAIGHT TEETH, NO BRACES™

A B D O N E Y
O r t h o d o n t i c s

Michael Abdoney, DDS

4014 W. Estrella St. • Tampa, FL 33629 • (813) 250.0313
2220 E. Bloomingdale • Valrico, FL 33594 • (813) 681.1300

Go Wireless!



ACADEMY OF THE HOLY NAMES

Discover YOUR Excellence

*Pre-K through Grade 8 for Boys and Girls
College Preparatory High School for Young Women*

**NOW ACCEPTING APPLICATIONS
FOR THE 2009-2010 SCHOOL YEAR**

3319 Bayshore Blvd | Tampa, FL 33629 | 813-839-5371 | www.holynamestpa.org

Do you live in a Healthy State and Community?

Compared to other states, how healthy do you think Florida is? Would Florida definitely be in top ten percent of the country? Maybe the top 25 percent of the county? Guess again. According to the 2008 survey done by America's Health Rankings™, Florida is 45th! What is even more disappointing is that in the 2007 survey, Florida ranked 41st. Things are not improving.

"For 19 years, America's Health Rankings™ has provided an annual analysis of national health on a state-by-state basis. The longest running report of its kind, America's Health Rankings™ evaluates a historical and comprehensive set of health, environmental, and socio-economic data to determine national health benchmarks and an annual ranking of the healthiest and least healthy states. Some states are making significant strides against some of the country's biggest health challenges — demonstrating that there are workable solutions to the most prevalent health problems."¹

The top five states, as listed by this study, are Vermont, Hawaii, New Hampshire, Minnesota and Utah. Vermont ranked number one in both 2007 and 2008. The bottom five states (from 46-50) are Texas, Tennessee, South Carolina, Mississippi and Louisiana. The strengths of the top five states varied in this study. However, some of the listed strengths were a low percentage of children living in poverty, low prevalence of obesity, low premature birth and death rates, and low rate of uninsured population.

Some of the challenges faced by Floridians included a high rate of uninsured population, a high violent crime rate and a high incidence chronic and infectious disease. For example, more than eight percent of Florida adults have type 2 diabetes. People develop type 2 diabetes when the body either cannot produce enough insulin or cannot use insulin properly. According to WebMD, those at highest risk include those who are obese or overweight.

There is some good news. Hillsborough County has been taking steps, over the past several years, to help make the community healthier. According to the Hillsborough County Official Online Resource, a Summer Food Service Program is being offered from June 9th through August 14th. The Summer Food Service Program provides free nutritious lunches and afternoon snacks to children at 110 sites

throughout Hillsborough County. A number of children in Hillsborough County receive a nutritional, balanced meal regardless of race, color, sex, disability, age or national origin during summer vacation when school breakfasts and lunches are not available.

Hillsborough County continues to receive federal funds to improve the community. The Affordable Housing Department is in the process of distributing approximately \$2.3 million for affordable housing projects and homeless recovery efforts. The funds have been allocated through the American Recovery and Reinvestment Act (ARRA) of 2009 by the United States Department of Housing and Urban Development (HUD).

Hillsborough County Law Enforcement is doing its best to keep the crime in check. According to the Florida Department of Law Enforcement, the incidence of violent crimes in Hillsborough County has steadily decreased from 1996 through 2007. Information for 2008 was not available at the time of writing this article.



Carol Garner
JLT Sustainer
&
Krista Maddox
JLT Active

*A Softer Approach...
Exceptional Results.*



(813) 340-0505

www.GarnerMaddoxTeam.com

[1] from U.S. Health Stagnates for Fourth Year in a Row as Revealed in 2008 America's Health Rankings, America's Public Health Association, Press Release, December 3, 2008.

Juvenile Delinquency Court

The Frustrated, The Frazzled And The Faithful

By Judge Michelle Sisco

My weekdays begin like most other working moms – the morning scramble to get breakfast made, teeth brushed, diapers changed, and myself presentable enough to interact with the public. I drop my son off at a lovely pre-school in south Tampa, where he and all of the other well-fed and deeply-loved children are educated in a cocoon of positive reinforcement and cheerful encouragement, then I go to work.

When the elevator doors open to the 4th floor of the Courthouse Annex where the juvenile delinquency divisions are housed, one is confronted with a somewhat chaotic mix of juveniles, their parents, other siblings brought along for the ride, law enforcement, assistant state attorneys, assistant public defenders, lay witnesses, and Department of Juvenile Justice (DJJ) personnel. I lovingly refer to this scene as “Fort Apache.” Some judges have confided in me that if they are on the elevator, and it stops on the 4th floor, they get a queasy feeling in the pit of their stomachs that only passes when the elevator doors mercifully close. The contrast to the idyllic setting of my son’s pre-school couldn’t be starker.

I can understand why nobody would ever compare juvenile delinquency court with “the happiest place on earth,” but I am constantly struck by just how disgruntled all of the participants are. I think

the reason for this uniformity of irritation is that delinquency court encapsulates some of the worst of society’s ills (crime, poverty, child neglect), while affording limited resources to truly deal with them. On one end of the spectrum are those whose frustration stems from a feeling that nothing is ever going to happen to these kids, and that there will be no true punishment or acceptance of responsibility. On the other end of the spectrum are those whose frustration stems from a feeling that nobody cares enough or is capable enough of truly helping their families, which are in crisis due to juvenile delinquency issues.

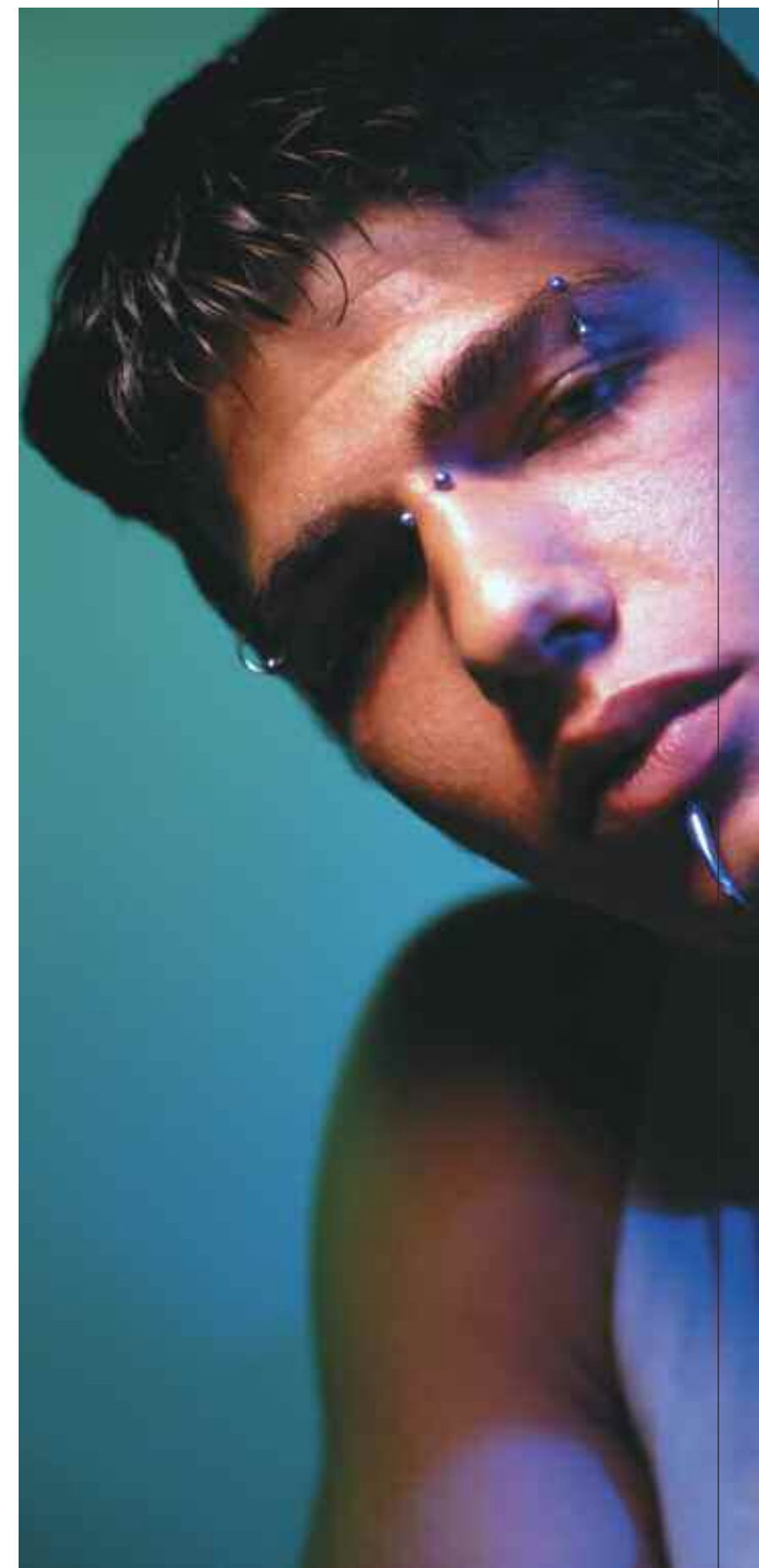
I can assure you, as a judge, I am just as frustrated as everyone else. I am disheartened by the never-ending number of parents who have abdicated their familial duties to “the system.” I am alarmed by the lack of respect in dress and attitude that I have to deal with on a daily basis, and I grow weary of seeing the same juveniles over and over, who either don’t know or don’t care about the harm they are doing to themselves and society at large by becoming little crime factories. Some days my brethren and I on the juvenile delinquency bench feel like Sisyphus, striving all day to push that rock up the hill, only to have it land right back on our heads when the elevator doors open in the morning.

Frustration, however, can be a powerful motivation for altering the status quo, and here in the 13th Judicial Circuit we are trying to do just that. I was recently re-assigned by the Chief Judge, Manuel Menendez, to an adult criminal division. I have volunteered, however, to take on a part-time “passion project” back in juvenile delinquency. I am working closely with my administrative judge, Herb Baumann, the State Attorney’s Office, the Public Defender’s Office, law enforcement and DJJ to develop a new delinquency division focused on those juveniles with the most serious criminal records.

By law, juveniles may be held in secure detention upon arrest for no more than 21 days. We find that those juveniles, who become repeat offenders, often do so while going in and out of secure detention for various arrests pending resolution of all of their cases. This means increased crime rates and increased cost to the taxpayer for each subsequent arrest and round of secure detention. In addition, with each new arrest, these juveniles take precipitous steps closer to the State Attorney’s Office deciding to remove their charges to adult court.

This new court would essentially act as a “fast-track,” in that it would resolve all pending cases within the initial 21-day secure detention period for a select group of juvenile delinquents. As any lawyer can tell you, this is an extremely expedited schedule, but with the necessary cooperation amongst all of the stakeholders, it can be achieved. Our hope is to reduce the number of crimes committed by this specific group of juveniles; to reduce the cost to taxpayers by reducing the number of repetitive 21-day secure detentions stays; and to reduce the number of juveniles being direct-filed to adult court by allowing the juvenile system to act proactively. This new court will also have a dedicated social worker from the Public Defender’s Office to make sure that the families of these juveniles are receiving the services they need. I can assure you that delinquent behavior does not happen in a vacuum.

This brings me back to the morning ritual of the drop-off at my son’s school. Each morning I am reminded of the natural potential in each child. Each of us is born with innate talents and the potential for success; it is just that the accident of birth bestows upon some of us a much easier path to realize them. Like so many in The Junior League of Tampa, I truly believe that change can happen one child at a time, and that’s why I am willing to keep trying to do my part to push that rock back up the hill.



BERKELEY PREPARATORY SCHOOL



Here's what some of our alums are doing:

Rhodes Scholar...CEO in China...pilot...astronomer...
 medical school dean...anthropologist...Broadway performer...
 cardiologist...Harvard professor...inventor...London architect...
 photographer...editor of The Boston Globe...
 foreign embassy attache...oceanographer...political adviser...
 cancer researcher...fashion designer...movie producer...
 software developer...medical relief worker

"Berkeley puts people in the world who make a positive difference."



Founded in 1960, Berkeley is a PreK - Grade 12
 co-educational independent day school. Call
 (813) 885-1673
 and visit
www.berkeleyprep.org.



\$250 Resort Credit



Time for YOU to sway in a beachside hammock and toast the sunset with a tall tropical drink. The perfect beach getaway is right in your own backyard.

Get a \$250 Resort Credit toward food and beverage, activities, spa services or shopping ... perfect for a romantic weekend, girlfriends getaway, or a family vacation with a treasure chest of fun for the kids.

It's time to *Just let go.*



Call 800.360.4017 or visit JustLetGo.com/JRLG for details and to print out your resort credit.



YOUR TASTE IS ALL THAT COUNTS
 wine bar • bistro • retail seller

Try Before You Buy at

The Grape at International Plaza
 2223 North Westshore Blvd.
 Tampa, Florida 33607 • 813.354.WINE (9463)
www.thegrape.com

Community Vice President Column

The Healthy Cycle of Helping Ourselves and Each Other

By Laura Hobby



It is almost a cliché. A busy woman balancing work, family, and community responsibilities doesn't take time for herself. How many times have you seen the headlines in the supermarket check out line? "How to Take a Mommy Day Off," "Take Care of Yourself in 5 Minutes or Less," and "Quick Fix Stress Reducers."

When I took on the position of Community Vice President last summer, I had to do some serious soul searching. 15 Projects? I was going to save the world and have my daughter's dresses ironed for school. After a few weeks of preliminary meetings, I realized I could not save the world (or my daughter's wardrobe) without taking care of myself first.

Recently, actress and women's health advocate Fran Drescher spoke about her diagnosis of uterine cancer at the National Press Club. She promotes cancer screening for women through her program, Cancer Schmancer. Uterine cancer is one cancer that is curable when caught early during stage one. Fran educates women about early detection and prevention. Sharing tips on prevention is the way she had regained control of her life after a cancer diagnosis; she felt she could be "superwoman" again. She shared with the group a quote from Eleanor Roosevelt, "Women are like tea bags. We don't know how strong we are until we are dipped in hot water."

Annual tests, a healthy diet, and exercise are important parts of self-care. It is also important to take time for yourself, say "no" to additional responsibilities, and schedule time with your partner. Do not forget to stop negative thinking, get plenty of rest, and avoid perfectionism. Eliminate guilt for what you have not done or are not able to do at all costs! Even if it means your child has a Smucker's Uncrustable in his lunchbox one time during the week instead of a homemade peanut butter sandwich.

That is quite a list. It is much easier taken in tiny steps and, for many of us, requires a paradigm shift in our thinking. Surrounding yourself with family and friends, who support the idea of your taking care of yourself, is a good starting point. Take a half hour a day to read, have a hot bath, learn deep breathing or meditate.

Once you have taken care of yourself, then you will be ready to help others. Maybe you just open the door for someone who is leaving a meeting with a stroller, or you might take a few hours on a weekend to do a community project shift. Offer to bring a friend's child home from school to save them time in the carpool line. Write a thank you note to someone who made a difference in your week.

It is well documented that helping others also encourages healing. Allan Luks shared in his book, *The Healing Power of Doing Good*, "Helping can be highly effective at improving feelings of self-determination, at providing healthy challenges and rewarding feedback, and at reinforcing feelings of commitment to something worthwhile, thus producing moments of joy and a lasting sense of optimism." Once you have done a good deed, you will feel such a high that you will be better prepared to take care of yourself. Just like Fran Drescher, once you share your gifts, you will regain your strength. And, the healthy cycle will begin again.

Epilepsy Services Foundation Project

This year, the Community Action volunteers of The Junior League of Tampa (JLT) participated in a beautification project for the Epilepsy Services Foundation. The energetic volunteers transformed the Epilepsy Services Foundation offices by painting a waiting room, conference room and kitchen. In addition, the JLT provided a new microwave, conference room table and replaced their 18 year-old copy machine with a brand new one! Tom Orth, the executive director of the Epilepsy Services Foundation, was elated with the results of the project, stating, "The renovations were so well received by visitors, board members, and patients. 'Awesome,' 'beautiful' and 'wow' were some of the words used to describe the changes." Tom was also quick to add his enthusiasm about the hard work and dedication of The Junior League of Tampa. "The Epilepsy Services Foundation is so thankful for The Junior League of Tampa's many volunteers, the hours of service they have given, and the needed donations to create a better future and environment for the persons we serve."



Treasures for Tampa: Collecting Monthly for the Needy

As a transformation of The Junior League of Tampa's former Trinkets and Treasures annual thrift sale into a community service project, Treasures for Tampa volunteers collect, sort, and distribute goods donated by members to community organizations with specific needs. During the past fiscal year, the following goods were given to agencies:

September: School supplies for *The Children's Home*

October: Casual business attire for the *Drug Abuse Comprehensive Coordinating Office (DACCO)*

November: Educational books, backpacks, etc. for *Tampa Bay's Child*

January: Children's winter clothing for *Mary Lee's House*

February: New and used gifts for parent incentives at the *Child Abuse Council*

March: Baby goods and clothes for the *Beth-El Farmworker Ministry*

April: Clothing for school uniforms for the *OASIS (Outreach Assisting Students in Schools) Network*

A highlight of the year was the October 2008 collection for DACCO. Due to the overwhelming amount of member donations, the Treasures for Tampa committee filled four SUVs. This was a great addition to their clothing boutique. Thank you to all the League members who donated their goods this past year!

Enabling Fund

During 2008-2009, The Junior League of Tampa granted \$35,000 to community organizations through its Enabling Fund. Approximately sixty grant applications were received throughout the summer. Those applicants that met certain criteria received a visit from a Committee member and further review. The results were presented at a series of meetings during September and October. The selected sixteen applicants were presented to the Board of Directors in November and funds were disbursed in early December, with a maximum of \$2,500 per recipient.

This year's Enabling Fund grant recipients were:

- Central City Community Development
- Children's Services Volunteer League – Haven W. Poe Center
- Cornerstone Family Ministries
- Elder Justice Center
- Henry B. Plant Museum
- Hillsborough Achievement and Resource Centers (HARC)
- MacDonald Training Center
- Seniors in Service of Tampa Bay
- Sisters Network
- St. Francis Children's Daycare
- St. Francis Foundation – Everyday Blessing
- Tampa Crossroads
- Tampa Jewish Family Services
- TRAVERSE
- USF – Florida Kinship Center

It is amazing to think that Hillsborough County has one of the highest rates per capita of non-profit organizations! Here are highlights from a few of the agencies that received funds.

Tampa Crossroads provides services to homeless female war veterans through its Athena Program. Their new facility, a restored home on East Columbus Drive, provides transitional housing and supportive services for sixteen female veterans. This program is the first of its kind in Florida. Our \$2,500 grant will be used to purchase two televisions for program participants for training, educational outreach and support, and recreational purposes.

The Florida Kinship Center at the School of Social Work at USF provides services and support to grandparents raising grandchildren and their families in our communities. Unfortunately, these fractured families are not eligible for traditional foster care assistance, and many of the relative caregivers are older and unable to stand in line to access other local popular programs. Our \$2,500 grant in early December was able to provide food and other holiday items to the kinship families during the holidays.

The Sisters Network is a national African American breast cancer survivorship organization with a local chapter here in Tampa. The goal of the organization is to increase breast cancer awareness by stressing the importance of early detection. One of their innovative programs allows breast cancer survivors and volunteers to canvas door-to-door in underserved areas to distribute breast health educational information, a resource list and pink ribbons. Our \$2,500 grant will be used to assist with educational resource materials as well as assist with the cost of mammograms for un/underinsured women.

The Haven W. Poe Center, located in South Tampa, provides a home-like facility for sixteen young women, ages 16-20, from the foster care system or who are homeless. The young women attend school (high school, college, GED, or learning a trade) while learning basic life skills and living in a home-like environment. Our \$2,500 grant will be used to purchase family style dining tables, chairs and a rug.



To educate children and their families on nutrition, The Junior League of Tampa's 4th annual *Kids in the Kitchen* was launched in April. *Kids in the Kitchen* kicked-off at Lee Elementary Magnet School on Wednesday, April 1st serving 150 fourth and fifth grade students. The second stop for *Kids in the Kitchen* was at Grady Elementary School Friday, April 17th serving an additional 150 fourth and fifth grade students. *Kids in the Kitchen 2009*, sponsored by Sweetbay Supermarket, was an event that encourages kids to live a healthy lifestyle by providing resources for child based exercise and nutrition education for healthy eating habits. The event included an obstacle course, Zumba, yoga and stretching demonstrations provided by the YMCA; a food station to make a fresh turkey wrap provided by the Florida Dairy Farmers; and a session with a registered dietician, Sustainer Kristie Salzer. In addition to the array of activities, each child took home a recyclable grocery bag, courtesy of Sweetbay Supermarket, filled with a snack, pedometer and measuring cup. Families also received flyers on how to read a nutrition label, proper portions, and a recipe for blueberry muffins.

Since the inception of its *Kids in the Kitchen* campaign in 2006, over 240 Junior Leagues have implemented local initiatives based on the belief that hands-on learning is the first step in addressing the urgent issues surrounding childhood obesity. The *Kids in the Kitchen* initiative builds upon the Junior League legacy of helping children and transforming communities, which has been the mission of Junior League volunteers since the first Junior League was founded in 1901.



Childhood obesity is a growing epidemic. The statistics are staggering!

The percentage of young people who are obese has approximately tripled since 1980.

In 2003–2006, 16.3% of children and adolescents aged 2–19 years had a body mass index greater than or equal to the 95th percentile for age and sex on the U.S. Centers for Disease Control (CDC) growth charts.

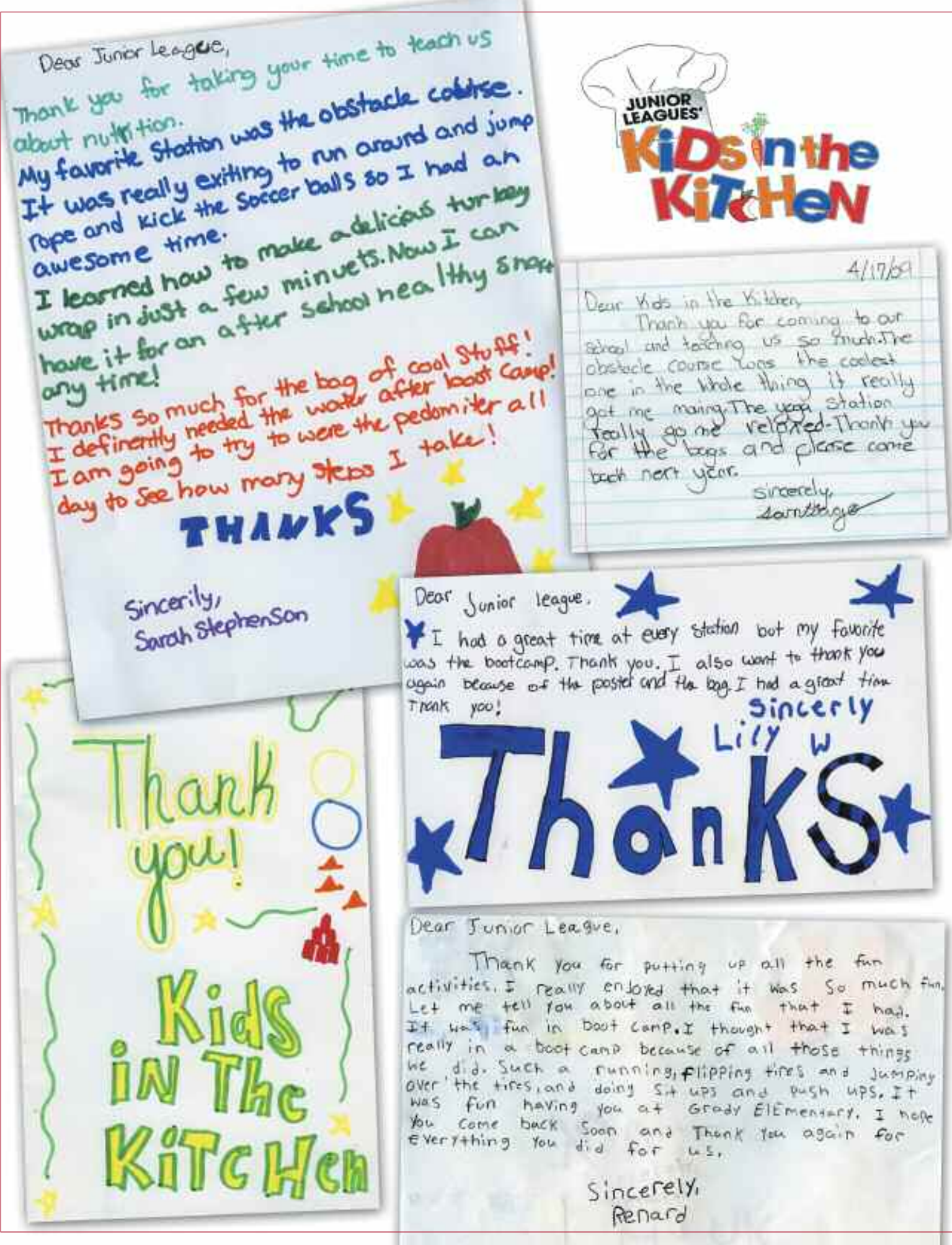
Over one third (34%) of adolescents in grades 9–12 had a soft drink (not diet) at least one time per day during the previous 7 days.

In 2007, 65% of young people in grades 9–12 did not get the recommended amount of physical activity; 35% watched television for 3 or more hours on the average school day.¹

According to the Office of the Surgeon General, today, 12.5 million children are overweight in the United States.

One-third of children and adolescents in North and South America will be overweight by 2010, a condition that puts them at increased risk of contracting Type II diabetes, high blood pressure, and numerous other ailments related to obesity including self-esteem issues. If this trend continues, according to the CDC, this will be the first generation of children not to outlive their parents.

1. Preventing Obesity and Chronic Diseases Through Good Nutrition and Physical Activity, Center for Disease Control, August 2008.



The Cambridge Christian School Experience



A school is the stories of its people. This is one of those stories.

"Our investment in our children's education at Cambridge did not turn out as planned. We were looking for just a good academic school to put our kids in and instead they were educated in 'Life'. They were well prepared for college life academically, personally and spiritually. My two grandchildren will be starting at Cambridge in the next few years. I know they too will be educated in 'Life'. That's what I call a return on investment."



Jake Beckel, CEO, AnazaoHealth

Cambridge Christian School
Serving Christ through Excellence in Academics, Athletics and Fine Arts
 6101 N. Habana Avenue, Tampa • www.Cambridge-Christian.com
 (813)872-6744 Ext.: 228 • Christian college preparatory curriculum

salzer nutrition llc
 nutrition therapy, counseling, and education

Kristie Salzer MS, RD, LD/N, a registered and licensed dietitian, specializes in nutrition education and counseling for children, teens and adults.

- ~Weight loss/gain
- ~Healthy Eating for Families
- ~Pre and Post Natal Nutrition
- ~Menu Planning
- ~Eating Disorders
- ~Emotional Eating
- ~Nutrition Classes

For the little chefs, try our Kid's Cooking School. Learn how to make food that tastes as good as it is good for you!

Please call (813) 871-2320 or email kristie@salzernutrition.com, for more information or a recent newsletter.

Balance • Adventure • Support • Community • Faith • Confidence • History

ST. JOHN'S
 Episcopal Parish Day School

Limited Openings for the 2009-2010 School Year

K(4) - 8th Grade

Celebrating over 57 years of Excellence in Education
 21st Century Education with Traditional Christian Values

Three Age-Appropriate Settings, One Unrivaled Ten Year Experience!

The Reverend Douglas E. Remer, Rector
 Gordon R. Rode, Headmaster
 906 South Orleans Avenue, Tampa, FL 33606

www.stjohnseagles.org

Academics • Spirituality • Superior • Honor • Diversity • Excellence • Athletics • Diversity • Honor • Spirituality

Call Today: Cindy Fenlon, Director of Admissions 813.600.4348

As the Market Drops, Health Issues Rise:

Tips for Staying Fit and Healthy in the Toughest of Times



I know that we are all tired of hearing about the current economic state of affairs. Looking at your 401(k) or turning on the evening news is like opening Pandora's box. But the reality is that we are in the 'R' word. If you have not been personally affected by the recession, you likely know someone that has. This article focuses on the impact that a recession has on health and fitness, and then discusses mechanisms for ensuring you and your family's health.

Not surprisingly, a recession has a number of negative effects that can directly impact health.¹ There are widespread job losses and a decrease in the number of companies that provide health benefits. This creates a reduction in the share population with health insurance.² With no insurance and no money, people are choosing to forego treatment. Many doctors have reported a decrease in the number of patients they see including those with life threatening illnesses such as diabetes.³ Stress, anxiety and depression rates all rise in a recession, which can affect heart health. As Billy Joel aptly sang in "Scenes from an Italian Restaurant," "they started to fight when the money got tight, and they just didn't count on the tears."

Then, there is diet. When families run low on money, they often cut costs by purchasing lower quality, cheaper foods rather than whole grains, fruits, and vegetables. The fast food chains are acutely aware of this and heavily market to budget-conscious consumers. Domino's is offering its \$5.00 pizza bail out. Burger King, Wendy's and Taco Bell are all adding popular menu items to their dollar menu.⁴ The fast food king, McDonald's, loves this recession. In the first quarter of this year, McDonald's stock was trading at roughly \$55.77 a share; in 2003 the stock traded for \$13.45 a share.⁵ More recently, the stock is up 1% from last year, and in an economy where companies are going belly-up daily, McDonald's stock is paying dividends. Conversely,

Whole Foods Market, a grocery store dedicated to providing whole grains and organic products, is not faring so well. Monthly consumer spending is down 10% from where Whole Foods was last year. Adam Drewnowski, the director of the Nutrition Science Program at the University of Washington in Seattle was quoted as saying, "[o]besity is a toxic result of a failing economic environment."⁶

So now that I have managed to further depress you by laying out the litany of health issues that may arise from a recession, let me provide you with some advice on what to do to avoid increased stress and going the way of "super size me."

Get out there and exercise.

When things get tough, some people have a tendency to pull the covers over their heads, which is the worst thing to do. Exercise is a cheap and easy way to blow off steam and increase endorphins, while also improving heart health.

- Take the stairs instead of the elevator.
- If it is safe for you to do so, park at the outer limits of the parking lot and walk to your destination.
- Take a walk around the block in the evening instead of plopping in front of the television.

Robert W. Yelverton, M.D., Chief Medical Officer of Women's Care Florida and JLT Community Advisor Board member, pointed out that Tampa provides a number of options for free outdoor exercise options, care of the city and Mother Nature. He stated, "Florida's great weather presents us with the biggest and best gym of all—and free. Moving to the great outdoors, walking, running, biking, canoeing or kayaking in Florida's great scenic outdoors, including Hillsborough County's numerous rivers, lakes, bays and beaches, is a cheap and healthy treat."

Stick your head in the sand.

Not literally, but figuratively. Limit your exposure to the daily influx of bad news as much as possible. There is no benefit to checking your 401(k) and investments daily, and the stress caused by the information can actually do harm. When we are stressed, our bodies produce stress hormones, cortisol and adrenaline. Especially for those already at risk for heart disease, stress hormones can be risky. They can build up over time and may lead to damage of arterial walls.

Watch what you eat.

The importance of diet on health cannot be overstated.

- Try and increase the number fresh fruits, vegetables, and lean meats in your diet, and eat fast food in moderation.
- Eat a sensible breakfast, even if it is only a breakfast bar, so you are not starving by lunchtime and end up eating either too much or fast food.
- Bring your lunch as often as you can, keeping it light and healthy. It is not that hard to grab a bag of spinach, a couple of slices of sandwich meat, cheese and a bottle of light salad dressing to keep at your office.
- Grab a handful of almonds or a couple of stalks of celery with peanut butter for a snack during the day instead of reaching for those easy chips or that scone from your local coffee shop. Cut your soda intake by one can or glass a day.



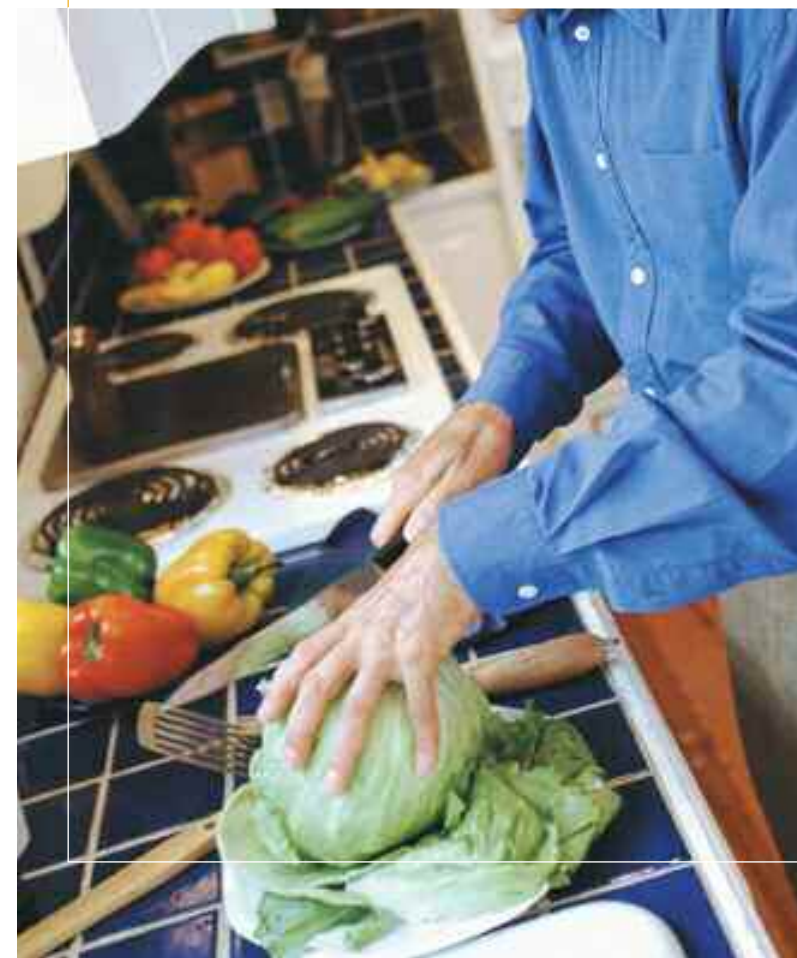
Get Gardening.

If you have the space, grow your own fruits and vegetables. There is a rising number of Americans who have started backyard fruit and vegetable gardening in an effort to cut costs. According to a nationwide survey conducted in January, 43 million U.S. households plan to grow their own fruits, vegetables, berries, and herbs in 2009, a 19 percent increase from 36 million in 2008.⁷ First Lady Michelle Obama joined the trend and dug a plot on the south lawn of the White House to help provide her visitors and children with fresh, healthy food.⁸

While the idea may seem foreign in current times, in 1943, home gardeners produced about a third of all vegetables consumed.⁹ Here, in Florida, we are lucky to be in a great region for growing. If you plant it, they will come: tomatoes, bell peppers, oranges, grapefruits, watermelon, lettuce, onions, strawberries, blueberries and too many others to list. For those of you who did not take "Growing Fruit for Fun and Profit" or a similar course in college, a simple search on the Internet can tell you how to plant and care for anything you desire.

In addition to the tips listed above, be sure to get sufficient sleep and make time for relaxation, even if it just five minutes of quiet "me" time. Even one minor healthy change in your lifestyle will eventually become a healthy habit. Take one at a time and feel better, be better. You deserve it and so does your family. We are going to get through these tough times, but let's make sure to do it with our health and fitness intact.

¹In response to recession related health issues, the U.S. government has sponsored a guide for getting through the recession. The guide was developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), and is entitled "Getting Through Tough Economic Times". The guide can be found at <http://www.samhsa.gov/economy/>
²What We're In For: Projected Economic Impact of the Next Recession, January 2008, John Schmitt and Dean Baker
³Diabetics skipping on care due to recession, Associated Press, can be found at <http://www.wtsp.com/money/costing/story.aspx?storyid=103992&catid=34>
⁴MSN Money, The 99 Cent Recession Menu, February 14, 2008
⁵Forbes, McDonalds Loves Your Recession, February 17, 2009
⁶Will Americans put on "recession pounds?", Reuters, January 9, 2009
⁷Recession, health concerns get Americans gardening, Reuters, April 23, 2009
⁸Id.
⁹St. Petersburg Times, Fruit Lady Eileen Shirley likes to save money by growing fruits and vegetables and sharing in Tampa





St. Mary's Episcopal Day School

One Campus, One Family.

www.smeds.org



- Challenging Academics
- Foreign Language Instruction
- Video Production Activities
- Competitive Athletics
- Religious Education
- Exciting Enrichment Opportunities
- Performing and Visual Arts
- Advanced Technology

{ Now enrolling for next year. Please call today for information! }

2101 S. Hubert Ave., Tampa (813) 258-5508

Scott D. Laird, Headmaster
Kathleen Lopez, Director of Admissions

The School admits students of any race, color, national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students of the School.



Different thinking leads to creative solutions.

Have you thought **differently** today?

celsius^o
MARKETING | INTERACTIVE

A Different Degree of Thinking

FULL-SERVICE ADVERTISING • INTERACTIVE • MARKETING • DIRECT MAIL

813.930.8888 | celsiusmarketing.com



**GRAND
EVENTS**
OF FLORIDA LLC

Creating Grand Environments and Grand Experiences

Custom event design. Decor & furniture rentals.

866-739-0993

www.grandevent.com



SURVIVING CANCER

When we see it, when we hear it, when we know someone with it, the word “cancer” speaks volumes. In 2008, Sustainer Wendy Pepe was diagnosed with cervical cancer. For several months, Wendy felt that something was not right with her body – some backaches, cramping, and other mild symptoms. She recalls that she felt that it was more than just minor aches and pain. “Your body just knows. It is an amazing machine,” Wendy noted.

It was after enduring the uneasiness for a couple of months that she finally picked up the phone and called her doctor, even though she had just had an annual check-up two months earlier. After performing an exam, they identified a tumor. After undergoing a minor surgery to remove the tumor, the slides were sent to a pathologist for further review. But she remarked warily, “I knew the doctor well, and I knew it was cancer by the look on his face from the moment I woke up from the first surgery.” Wendy went to the follow-up doctor’s appointment by herself for the pathologists report. “I would never recommend someone going to this type of appointment alone. You not only need

someone there for support, but you also need someone there to listen to what the doctor has to say. After I found out the tumor was cancerous, I was dumbfounded. Your mind goes into overload. ‘What do I do next,’ ‘will I see my children grow up,’ and ‘how will I tell my husband?’ You need another set of ears to hear your options.”

Just a few months prior to her diagnosis, Wendy was also serving as the co-chair for Saks Fifth Avenue’s Key to the Cure. She originally got involved eight years earlier with this project because one of her friends from The Junior League, who also happened to be a cancer survivor, urged her. Being a natural leader and a respected organizer, Wendy was persuaded to co-chair the successful event, even though she initially declined. Little did she know that she, herself, would be diagnosed two months later with cancer.

Through her involvement with The Junior League of Tampa, Wendy expounded on her resourcefulness, and utilized her ingenuity while she familiarized herself with the hospital setting and with local cancer treatment resources. Even still, while juggling a family, her own business, volunteering, and other day to day tasks, Wendy effectively

managed everything competently. She credits this, along with her current remission, to the Moffitt Cancer Center and its staff. One of her first calls, after her cancer diagnosis, was to schedule an appointment at Moffitt. “We are so blessed where we live. Moffitt is an amazing facility, a world renowned cancer treatment center, and it is in our own backyard here in Tampa.”

Wendy’s doctors diagnosed the cancer early. Her treatment involved a radical hysterectomy, but did not require chemotherapy or radiation. She also opted to wait a few weeks, with approval from her doctor, before her second surgery so she could get her personal and professional affairs in order, and seek further medical opinions. She was diligent and realistic in making sure that her treatment was the right course of action for her case, and urges others to do the same.

Wendy’s experience has taught her a lot about health. She reinforced that it is crucial to visit the doctor’s office, armed with questions, and added that there are no stupid questions for our health care providers. If one doctor does not offer an answer, she says, be persistent and go to another doctor. Her biggest advice to women is “Don’t ignore your

body. You know yourself. If something doesn’t feel quite right, don’t ignore it. Your body is a highly specialized machine, and it tells you when something is wrong. Be observant.”

Wendy also wanted to extend her thanks to The Junior League of Tampa. “So many women in the League called as soon as they heard the news. They were with me throughout the process to encourage, listen and motivate me. I could not imagine what I would have done without them.”

Because Wendy detected a difference in her body, she called her doctor and the cancer was detected early. Had she waited until her next annual checkup, the cancer likely would have progressed to a degree where her life would have been in jeopardy. Currently, she visits Moffitt’s doctors and nurses every three months for regular checkups and plans to do this for five years, at which point, she will be considered cancer-free. Wendy takes full responsibility for her good health and vows always to listen carefully so she can be informed of her good health.

“Cancer” certainly is a loud, intimidating word, yet Wendy’s positive, optimistic attitude is louder.

continue the
Tradition...

AN ORIGINAL OIL ON CANVAS
by nationally acclaimed portrait artists
(prices ranging from \$8,000 - \$90,000 +)

view our Commercial Artists Gallery at www.leonload.com/leap

LEON LOAD™ will donate 10% of sales to the Junior League of Tampa

& OUR SIGNATURE OIL PORTRAITS...

***\$1000^{off}** purchase of a Gallery Canvas™ with Frame
***\$750^{off}** purchase of a Studio Painting™ with Frame
(size: 22x28 & larger)

MUSEUM QUALITY FINISHES HANDCRAFTED BY CASNER & HUBER

ORDER MUST BE CLOSED BY SEPTEMBER 30, 2009
CERTAIN RESTRICTIONS APPLY

Original oil on canvas by artist Ian Linderman

Full time Artists Representatives in Atlanta, Birmingham, Charlotte, Columbia, Dallas, Houston, Jackson, Macon, Miami, New Orleans, Nashville, Tampa, Washington DC... and across the southeast.

LEON LOAD™
Since 1947... the finest in oil portraiture... around the world

Provisional Class Project

Redlands Christian Migrant Association

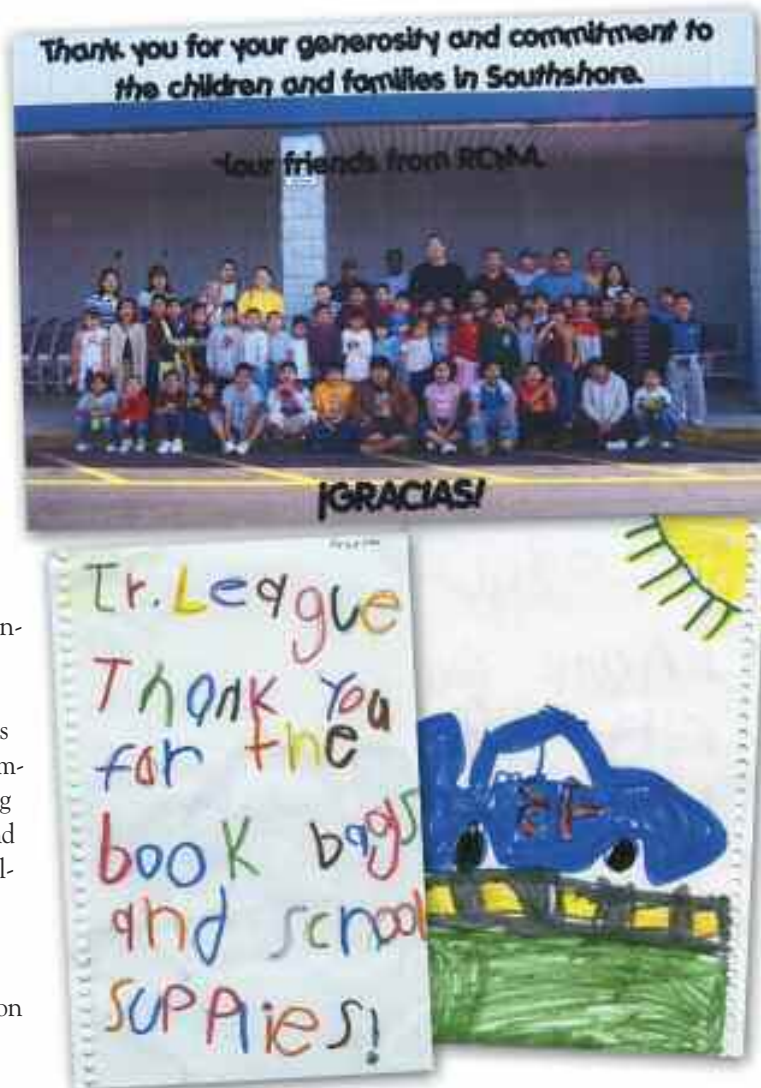
This year's Provisional Project, benefiting the Redlands Christian Migrant Association (RCMA), has come to a successful conclusion. Over the last four months, every member of The Junior League of Tampa's Provisional Class worked together through five committees to organize a host of activities and events in support of the Redlands Christian Migrant Association for the 2008-2009 Provisional Project.

The RCMA is a wonderful organization, founded in 1965 in Miami-Dade County, which provides quality child-care and early education for children of migrant farm workers and rural, low-income families throughout Florida. The children, who The Junior League of Tampa supported, attend multiple elementary and middle schools in Eastern Hillsborough County. Through this project and the various events held, The Junior League of Tampa's Provisional Class was able to positively impact over 150 students from cultural exposure to an opera performance to providing education supplies for the summer months.

The Holiday Drive Packing Party and Holiday Craft Event were the first events to kick off the project in December, and the Holiday Drive Committee successfully organized these two events under a very strict time line. The committee collected cash donations and donated products from various organizations. The committee provided 84 children of the RCMA with a Christmas gift and three bags of goods to take home. Each bag contained essentials for the holiday season including non-perishable foods, household items and cleaners, a blanket, and a wrapped gift for the child to give to their mother and father on Christmas Day. The Aspen Development Group played an integral role in making this project a huge success through the donation of its equipment, trucks, and time to deliver 250 bags to Beth Shields Leadership Center, Wimauma Elementary, Wimauma Civic Center and Bethune Park and Ruskin Elementary.

With a budget of \$3,000, the Backpack Committee was able to make a big impact through the efforts of two sub-committees. Each sub-committee was responsible for assembling backpacks filled with supplies for the students of RCMA and tutors of the students. They first devoted their efforts to filling 150 backpacks with essential items for the children of RCMA to utilize over the summer months. Krystal Schofield, Chair of the Backpack Committee, worked with the League's Love Bundles Committee to secure bulk rates on

the backpacks that were purchased. The Backpack Committee was able to purchase enough crayons, colored pencils, books, calculators, and other valuable learning items to fill the 150 backpacks. RCMA worked with the committee to identify what items in particular were necessary to facilitate educational success over the summer break. Mitchell Elementary School also donated over 300 new chapter books to the project, which provided two to three assorted books per student. The second sub-committee focused on preparing tutoring kits to assist in the tutoring efforts of the after school program in the subjects of both math and science. The committee also donated hours of their time assembling the backpacks and placing stickers on the books with both The Junior League of Tampa logo and the RCMA logo.



Career Fair

The Junior League of Tampa's Provisional Class hosted a remarkable Career Fair to top off their hard work supporting the Redlands Christian Migrant Association (RCMA). Through the energy and dedication of the Career Seminar Committee, twelve students from Beth Shields Middle School visited the University of South Florida (USF) campus on Tuesday, April 7th to experience interactive presentations from an array of professionals.

The middle school children had the opportunity to hear first-hand from a teacher, mechanic, graphic designer, fire chief, architect, and two pediatricians. Those occupations were specifically sought by the Career Seminar Committee based on feedback from a previously conducted survey taken by the children. After a brief introduction and breakfast, the RCMA boys and girls divided into smaller groups to rotate among the professionals and allow for more personal conversations and questions. The students gave every indication that they loved the attention.

"It was pretty cool how they did the presentations on computers, and I liked the hands on activities," said one RCMA girl. Another added, "It put me in a position to think about what I would want to do. They actually cared about what we thought." Some of the boys commented, "I loved it," and, "It was fun and cool."

One group of girls particularly enjoyed trying on all of the firefighter gear. They put on small fashion show in the midst of asking questions.

The Junior League of Tampa's 2008-2009 Provisional Class members were honored to work with the children of the Redlands Christian Migrant Association (RCMA). We could not have provided the amount of support we did without our Provisional Project Sponsor, Verizon, and the help of numerous other organizations that gave their resources generously and graciously. We would like to mention and thank everyone who donated time, energy, and resources to our Provisional Project with the RCMA.

Overall Project Sponsor



The RCMA representatives were thrilled with the chance to broaden the children's horizons. In fact, one RCMA representative, Abigail Mojica, asked more than once if the Career Seminar could be arranged for the kids every year.

After spending time with each professional, the children ate lunch provided by The Junior League and wrote thank you cards to the presenters. Each RCMA child then received a goody bag containing a USF folder, USF notebook, USF pencil, USF chocolate bar, and an assortment of other giveaways. The committee used part of their budget to purchase most of the items, but other giveaways came from Provisional Lisa Nugent's agency, the Healthy Start Coalition.

After lunch, the RCMA middle school students traveled to the USF College of Nursing, where Provisional Melissa Shelton organized a presentation and a simulation lab. She also arranged for the College of Nursing to give the children several items relating to nursing, including the book *The Egan Twins*, which tells the experience of students in a nursing program at the USF College of Nursing. The College of Nursing also donated 10 copies of *The Egan Twins* for the school's library. "The children were wonderful participants. I appreciated their enthusiasm," said Melissa.

"The event was an absolute success," stated Danielle Dennis, the Career Seminar Provisional Chairman. "It was wonderful to work on a committee with so many who rolled up [their] sleeves and went to work."

Holiday Gift Drive Donors

Aspen Development Group
Dr. Vicki Lindauer, DMD

Cultural Exposure Donors

Mr. Elio Lopez
Alessi Bakery
Beau Edmonson

Back Pack Donors

Mitchell Elementary School

Public Relations Donors

Jason Ellis
The International Academy of Design and Technology

Career Seminar Donors

Ms. Olga Martinez
Mr. Darrin Guilbeau
Mr. Curtiss Rasmussen
Mr. Michael Muroff
Mr. Russell S. Macaluso
Dr. Arvelo and Dr. Salud
USF College of Education, Childhood Education, & Literacy Studies
USF College of Nursing

Provisional Class Project

Cultural Exposure



The Provisional Cultural Exposure Committee started its year by treating 32 middle school children with the Redlands Christian Migrant Association (RCMA) to a holiday-themed craft event, which included making gingerbread houses, tree ornaments, fun and games. Snacks were also provided to the students. Each child left with a special memento from this exciting day along with fun Christmas memories that they will treasure for many years to come. Mary Haverstock, a tutor with RCMA stated, "These children don't know which way they are going. RCMA is a great organization in place to help these children have a bright future. Thank you to The Junior League of Tampa for helping us in accomplishing that."



The committee then organized a unique artistic experience for the students this past January. In alignment with the Provisional Cultural Exposure Committee's goals, the event featured a local Hispanic artist that led the children in a collaborative art project. The students involved are part of RCMA's Leadership Program and all attend Beth Shields Middle School.



Mr. Elio Lopez, a local artist, agreed to work with and donate his time to this event (www.arteespanol.us). Mr. Lopez is a nationally acclaimed professional artist, who is best known for having invented a new painting technique called "resist". Mr. Lopez was extremely excited for the opportunity to partner with The Junior League of Tampa (JLT) and RCMA. "The children were a little hesitant to get started so I shared with them how the Mexican culture is known for their very rich, colorful and artistic heritage. They were really receptive and dove right in from there. If we can just reach one child through our [combined] efforts to let them know that there are other opportunities for them, then we were successful."

The children, through the guidance of Mr. Lopez and the encouragement of the Provisional Cultural Exposure Committee, completed an 18 foot mural painting that will be showcased at the RCMA Center. Mr. Lopez brought paint, buckets and brushes for the children to use. The Junior League of Tampa supplied the canvas, paint, old t-shirts for the children to wear while painting, paper towels, paper plates and snacks for the children to enjoy. The next step was for the committee members to have the work of art

stretched and framed for display.

The committee organized a party on February 27 for the middle school children of the RCMA Leadership Program, all of which attend Beth Shields Middle School. The intent of this event was to celebrate the artwork that the children created a month prior with artist Elio Lopez. The artwork was stretched onto frames by Ted Milburn, father of Provisional Tisha Buenaventura. Once the piece was unveiled to the RCMA staff and children, the remainder of the time was spent on fun activities that the committee organized: sac toss game, bingo and a dance-off contest! The children won



raffle tickets which they could trade in for prizes and gift certificates. A cake for the children and hugs for all the League's Provisionals topped off the event!

On Sunday, March 29, the Provisional Cultural Exposure Committee arranged for 19 children from the RCMA Leadership Program and all Beth Shields Middle School students to attend a 3:30 p.m. showing of *Carmen* presented by the University of South Florida (USF) College of the Arts School of Theatre and Dance. The children, two RCMA representatives, and the Provisional volunteers arrived an hour early for a special backstage tour of the theater. USF went above and beyond, giving the group a "behind the scenes" view of the production – from how the curtains operate to in-depth details of the sound and lighting booth. The Provisional Cultural Exposure Committee purchased tickets for all of the attendees.

Tisha Buenaventura, the Provisional Cultural Exposure Co-Chair, arranged for front and center seats and a back-stage tour by Theater Manager, Beau Edmonson. "USF was so accommodating to work with, especially

when I explained that this would be the first time these children would be seeing any live show. USF really went out of their way to make these kids feel like VIP's, from first row seats to the behind the stage tour," said Tisha.

The kids were thrilled with the experience. During the tour, the children enthusiastically asked questions, such as "what type of salary does a production worker may make," or "what education may be required?" The boys and girls attentively watched the opera, truly seeming to enjoy the performance, and they even requested to meet the actors. RCMA Project Director Josie Garcia expressed their excitement, "I know this will be an event the kids will never forget!"



Annual Dinner 2009

On May 5th, The Junior League of Tampa (JLT) 2009 Annual Dinner was celebrated in true Hollywood style at the beautiful Westin Harbour Island Hotel. It was a record attendance year with more than 320 ladies! The evening began with photos on the red carpet provided by Nicole Geller Photography, shopping from eleven boutique vendors, which included Sweet Emotion, Cazou, and Kooky Kidz. Signature martinis and a mingling fashion show from Kate Spade were enjoyed by all.

Upon entrance to the ballroom, every lady was surprised with an amazing swag bag, compliments of Kate Spade, Dr. Mack, Dillards, HK Smiles by Design and many others. Flowers provided by Grymes Cannon and décor by Grand Events set the stage perfectly for the main event.

Following a delicious dinner, President Jennifer Johnson eloquently highlighted many of the amazing JLT projects of the 2008-2009 year. After, the Honorable Florence Foster introduced the special guest speaker of the night, Ms. Ashley Rhodes-Courter. Ashley shared her personal



journey through our local foster care system.

The evening concluded with the traditional "passing the gavel" to the incoming President, Jennifer Carlstedt. The evening was an inspiring reminder and testament to what the ladies of JLT, as mothers, daughters, sisters, wives and girlfriends, are able to accomplish. What a powerful force The Junior League of Tampa is!



Annual Dinner Awards

Inspiring Leader of the Year



Name: Jennie Johnson Sober

Family/ages of children: Husband Paul; Children: Will (age 5), Charlie (age 2), Elizabeth (age 2 months)

Profession: Attorney, but currently a stay-at-home mom

Hometown: Chappaqua, NY

Current Status/Placement in the League: Fundraising Chair (2008-2009); Training Chair (2009-2010)

What did you enjoy most about being an Active this past year? I most enjoyed learning a whole new skill set: fundraising for a non-profit. Thanks to my League training this year I feel that I could walk into any non-profit and be able to contribute to their fundraising efforts. I also found working with and mentoring my committee members to be deeply rewarding. I saw so many of them turn into fantastic leaders and succeed in their roles. I know they will go on to motivate other rising leaders in the League. I love the way this type of chain of developing women is so prevalent with The Junior League of Tampa. My committee felt like an extended family to me this year, and every step of the way was a team effort.

Other volunteer activities include: I make The Junior League of Tampa my main volunteer outlet, because that is where I think I can make the greatest impact in the community.

How do you take what you learned in the JLT to your life? I learned so much from the JLT, particularly this past year as Fundraising Chair. I discovered that I had skills I didn't even know I had. The most valuable thing I gained is a renewed confidence in myself. This permeates all aspects of my daily life. I took a chance on a role in which I had no experience. I was definitely outside of my comfort zone. Through the support of my League mentors and my amazing and talented committee, I learned that I can succeed at something totally new and that so much can be gained from stretching yourself. I will take this knowledge with me everywhere in life.

Favorite placement in the JLT? The most fun placement I have had in the JLT is the 3 years I worked on the Children's Literacy project. There is something so rewarding about having that face to face interaction with one of our target populations - underprivileged children. My past education and training was as a corporate lawyer so, again, JLT provided an opportunity for me to learn skills outside of my comfort zone. I found reading to children to be a true joy and was touched by their excitement at receiving their books to take home at each visit.

How would you encourage young women to get involved in volunteering? I would stress to them that making an impact in your community should be one of the major priorities in each person's life. I feel that community service rounds me out as a woman and as a human being. This commitment occasionally means that JLT has to be a higher priority than my family at certain times. However, by valuing community service so highly, I can live with the balancing act. I would also like to stress to young women that volunteering is a lot of fun. I have made many close friends through JLT. The more I put into JLT, the more I get back.

Provisional of the Year



Name: Aspen Kahl

Family/ages of children: Husband: Jake Kahl. Dog: Zac

Profession: Licensed General Contractor in the state of Florida, homemaker

Hometown: Apollo Beach, FL

Current Status/Placement in the League: Provisional Liaison. I am very excited about meeting the future JLT members and helping them have an inspiring, as well as rewarding provisional year.

What did you enjoy most about being an Provisional this past year? In the past year I gained a great deal of valuable insight into the world and myself. I made new friendships, acquired meaningful experiences, and realized many personal goals. I look forward to my future years in J.L.T.

Other volunteer activities include: None currently, but the League has opened my eyes to volunteerism and has deepened my desire to get involved in other organizations in the community.

How do you take what you learned in the JLT to your life? The League has taught me many valuable lessons regarding teamwork, leadership and budgeting. I have learned to think outside of the box and developed a great compassion for adversity in our community. Above all, the JLT has given me a new confidence and taught me to dream big, as if anything is possible (especially with 1600 women!)

How would you encourage young women to get involved in volunteering? I would encourage young women to get involved by sharing my own, and other League members', great experiences of personal growth, community enhancement, and professional skill acquisition. Nothing is more rewarding than knowing that you have made a difference.

Sustainer of the Year: Judy Polk Lawson

Crediting fellow Junior League of Tampa's members for her success, Judy Lawson stood in the spotlight at The Junior League of Tampa's 2009 Annual Dinner as she was presented Sustainer of the Year award in May. A Tampa native, she was born on Davis Island and still resides there, not far from League headquarters where she has reliably spent thousands of hours serving the community in numerous capacities.

The daughter of a past Junior League president, Judy became an active in 1959. Early on, Judy dedicated herself to various committees and eventually served on the board and as chair of Headquarters, Public Affairs, Office, Yearbook, Provisional Education, Placement and Admissions Committees, just to name a few. Judy passionately devoted toil and handiwork to Children's Theatre in all forms, even driving the sizable trailer, which she learned to master and claims one of her biggest tricks as "parking and backing it in" to the closed garage, which now serves as office space.

Judy modestly acknowledges her decades of League leadership, but remarks that she gained confidence, and also relied on support from her fellow League friends and members. Recalling one fond memory, Judy said she had comfortably been working on props and stage set-up for Children's Theatre, when Virginia Swindal solicited her for the lead role in *Cinderella*, as Cinderella herself!

Though preferring "backstage" positions, she rose to the occasion and cites League members' encouragement and support for her victory.

As a Fifty-Year Member, Judy still involves herself at Ronald McDonald House, Palma Ceia Presbyterian Church, The Home Association, the National Society of Colonial Dames in America and Founders Garden Circle member. A Kappa Delta from Randolph-Macon Woman's College, she also attended Gorrie Elementary School, Wilson Middle School, and Plant High School. Judy met her husband John, also a Tampa native, in Virginia, where they both attended college. Judy keeps busy with knitting, crafting, computer classes at Apple, and genealogy.

Judy was astonished when she, yet again, was center stage at Annual Dinner as she received the honor of Sustainer of the Year. Her daughter-in-law, a former member of The New York Junior League, secretly traveled from New York to surprise her, and even hid with the rest of the family in the back of the room, awaiting the presentation. Judy's niece, Sustainer Judy Kent, goaded Judy into attending Annual Dinner. Once more, Judy credits her friends and family for keeping her involved and interested in serving the League. It comes as no surprise, then, that the spotlight deservedly shines again on Judy Lawson.



Sustainers Enjoyed a Beautiful and Busy Spring

Kicking off the busiest time of the year for Sustainers, the ever-popular Day at the Races was held on March 31st. Always a much-anticipated Sustainer event, Day at the Races did not disappoint and continued to draw a great crowd. We can thank Stella Thayer for the special treatment our group received at Tampa Bay Downs. Chairmen Connie Detrick and Eleanor Nesbit did an outstanding job in making this day possible.

Next on the calendar was an incredible cocktail dinner at Carol and EC Smith's lovely home and garden on April 16th. Any party chaired by June Annis is guaranteed to be a delightful event, and this was no exception. We extend our many thanks to June and her committee of Tilda Brabson, Joanne Frazier, Harrison Giddens, Margo Harrod, Nedra McCraw, and Linda Ward for their efforts in making "Dinner in the Garden" a memorable evening.

Our annual Sustainer Luncheon/Meeting was on April 30th. Chairmen Joanne Baldy and Jane Carswell – along with their committee of Celia Ferman, Brian Gillett, Sally Hill, Brenda Ketchey, Roberta McAtee, Julianne McKeel, Judy McMullen, Ann Thompson, and Jan Wynne entertained us royally in a beautifully decorated Headquarters setting. A celebration to honor our 50-year members got top billing on the agenda. Who can believe that Anne Garrison, Gerry Hunt, Ruthanne McLean, Lula Richards, Cay Spinadel, Connie West, and Dodie Woods

Sustainer News

have been members of The Junior League of Tampa for 50 years? We think they must have joined the League at the age of five. Kudos to our speaker, Roderick Heller, for a fabulous presentation on his great-great-grandmother, Carrie McGavick, who was the heroine of the best selling novel, *The Widow of the South*.

On May 7th, Sustainers and Actives got together for the 2009 Annual Dinner, and the big announcement concerning the recipient of the Sustainer of the Year award. With an amazing record of volunteerism, Judy Polk Lawson was the very deserving woman who received the honor this year.

Many Sustainers have asked me to send a special thank you to Emma Boulware, our Sustainer Liaison this year. All of our Sustainer activities were orchestrated with the assistance of Emma who guided us with her experience, knowledge, and enthusiasm.

Summer is here, and Rosann Creed is taking over the reins as your new Sustainer president. I know that she will discover – as have I – that the wonderful members of today's League continue the traditions we hold near and dear.

Once again, I would like to give a big thank you to all the Sustainers who so graciously gave their time, efforts, and homes to make this a memorable year.



Patti Cowart
Sustainer President
2008 - 2009





2008-2009 Meals on Wheel Hurricane Delivery Project

On Saturday, May 30th, The Junior League of Tampa and Meals on Wheels joined forces to deliver hurricane kits to many of Tampa's homebound citizens. JLT volunteers created 500 hurricane kits and completed 42 delivery routes. The hurricane kits consisted of a battery powered radio/flashlight, a gallon of water, a box of non-perishable food, and hurricane guides and information. In addition to the volunteer hours, the JLT contributed \$12,000 to the event. This is the fourth consecutive year that the JLT has partnered with Meals on Wheels.

Winds of Change

In April, as part of Child Abuse Awareness Month, The Junior League of Tampa participated in the "Keeping Kids Safe" Campaign. Partnering with twenty other community agencies, including the Children's Board, Hillsborough Kids Inc., and the Child Abuse Council, the League helped spread the message of child abuse prevention to its members at the April General Membership Meeting. The theme of this year's campaign was "Winds of Change."

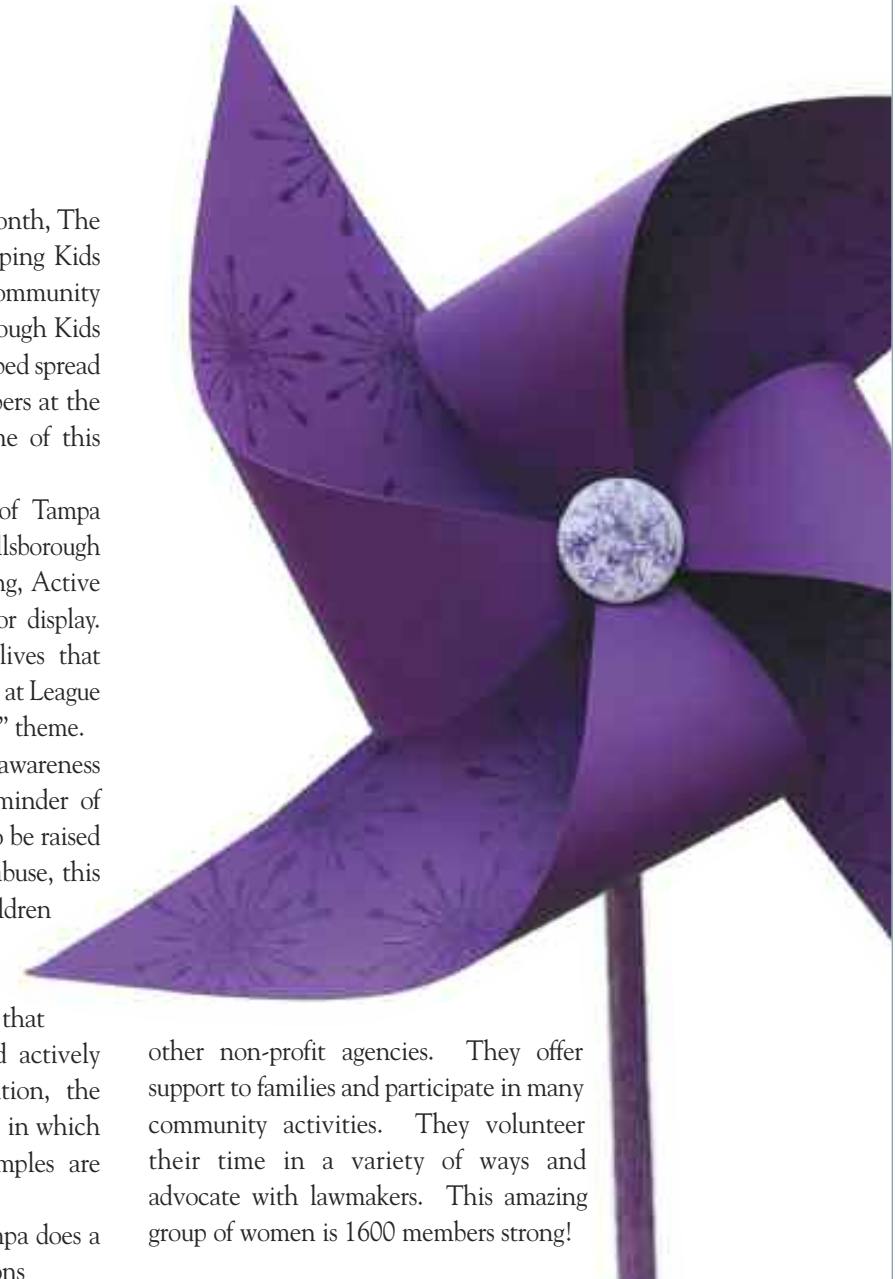
During this fiscal year, The Junior League of Tampa touched the lives of at least 17,000 children in Hillsborough County. At the April General Membership Meeting, Active and Provisional members created 170 pinwheels for display. Each pinwheel represented 100 children whose lives that League volunteers have touched. They were planted at League Headquarters as part of the April "Winds of Change" theme.

The pinwheel, as the symbol for child abuse awareness and prevention, represents a happy, uplifting reminder of childhood and the idea that every child deserves to be raised in a healthy, safe environment. By stopping the abuse, this terrible cycle, which can effect generations of children in a single family, can end for good.

The focus of the "Winds of Change" theme is to transform the Tampa Bay community into one that truly cares about the welfare of its children and actively supports healthy family relationships. In addition, the campaign's goal is to prevent predictable situations in which abusive behavior happens. Some obvious examples are poverty, substance abuse, and lack of education.

As an organization, The Junior League of Tampa does a great deal to prevent these predictable situations through its community projects. Members understand the problems in the community and work to achieve lasting, effective solutions. The Food 4 Kids Project fights poverty by providing food for children on weekends when otherwise they would go hungry. The DACC (Drug Abuse Comprehensive Coordinating Office) Committee supports women as they undergo treatment for drug and alcohol abuse by hosting events to improve their self-esteem and family bonds. Through the Children's Literacy Project, volunteers supplement kindergarten students' home libraries and encourage them to become life-long readers.

Each member of The Junior League of Tampa serves as a child advocate in our community. They serve as role models to women by reaching out to



other non-profit agencies. They offer support to families and participate in many community activities. They volunteer their time in a variety of ways and advocate with lawmakers. This amazing group of women is 1600 members strong!



Monogram Mania at The Write Stuff

Personalized items for every Occasion!
Totes, Towels, Mugs and so much more.

New Lilly Pulitzer Stationery
New Vera Bradley Stationery
New Lolita Candles
Seda France, Archipelago
and Trapp Candles

The Bride room is full of
Wedding Goodies and Invitations



3225 South MacDill Avenue - Tampa, Florida 33629
M-F 10:00 am - 6:00 pm & Sat 10:00 am - 6:00 pm
813-837-0400 www.writestufftampa.com



2008-2009 Donors

as of May 1, 2009

Platinum Sponsor

The Bank of Tampa and Florida Investment Advisers

Publix Super Markets Charities, Inc.

Silver Sponsors

Accenture

Mary Lee Nunnally Farrior

Reeves Import Motorcars / Reeves BMW

Regions Bank

Shumaker, Loop & Kendrick, LLP

Bronze Sponsors

CAE USA

Gary and Margo Harrod, Chad and Sarah Harrod

Tom and Andrea Layne

Inge Michaels

Optics SOHO

TECO Energy

Patrons

Denise Anderson – Butler Pappas

June and Michael Annis

Baldwin Connelly Group

Laura Mickler Bentley

Thilo and Betsy Best

Wendy and Jonathan Brill

Shaun and Mary Brooker

Allison and Adam Burden

Campbell and Don Burton

Laurie Ann Burton

Bush Ross, P.A.

Paula and Michael Cardoso,
Native Lawn and Landscape

Stacy and Bill Carlson

Jennifer and Edward Carlstedt

Betsy and Steve Chambers

Clark & Martino, P.A.

Terrell and Joe Clark

Sue and Frank Courtright

Shannon and Stephen Dann

Margaret E. Davis

Pam and Brett Divers

Laura and Preston Farrior

Celia and Jim Ferman

Ruth and John Giordano

Betsy and Drew Graham

Jason and Rachel Haman

Sarane and Chris Harrell

Sally and Lewis Hill, III

Mr. and Mrs. Clarke G. Hobby

Craig and Tara Hoss

Blaine and Jennifer Johnson

C. Lance Kane, M.D., Dermatology

Barbara Keskiner

Suzanne and Jim Koutroubis

Steve and Kari Lennon

April and David Lewis

Allison and Tom Luzier

William P. Mack, M.D.-
Facial Cosmetic Surgery

Krista and Clint Maddox

Karen and Andrew May

Mrs. F. Graham McKeel

The New York Yankees Foundation, Inc.

Darla and Brook Nutter

Mr. and Mrs. Charles E. Poe

Raymond James Financial/
Nina Jennings

Stephen and Stephanie Rumbley

Rick and Lynette Russell

Barbara and Les Ryals

Denise D. Schultz

Paula and Chuck Sincell

Jennifer and Paul Sober

Elaine and Tim J. Sweeney

Kathleen and David Thaxton

Stella and Bronson Thayer

Lavinia W. Touchton

Susan and John Touchton

Trenam Kemker

Trentalange & Kelley, P.A.,
Lisa and Mike Trentalange

Stephanie and Joseph Wiendl

India and David Witte

Lizabeth Wolfe

Contributors

Heather and Bennett Barrow
Gina and Matthew Barsema
Megan Berrigan
Scott and Christina Boe/Ultra Screen Printing
Jeremy and Christina Canody
Del and Dick Clarke
Cole, Scott & Kissane, P.A.
Laurie and Scott Daigle

Stacie and Jason Dickey
Terrie Dodson and Mark Caldevilla
Nicole and Kevin Dorr
Tara and Drew Eckhoff
Sarah and Duncan Evans
Louise Lykes Ferguson
Kimberly French – French Copywriting
Matthew and Laura Lee Glass

Jeff and Stacy Hahn
John and Karin Hotchkiss
Christine and George Kehl
Veronica and Jed Krutchen
Chris and David Laxer
Joe and Shannon Longo
Wendi and Jeff McAleese
Erika and Michael McCandless

McNichols Company
Marsha Otte
Anne and Drew Pittman
Alison L. Reteneller
Robert and Mary Riding
Joellyn and Robert Rocha
The Whitworth Family
Kevin and Whitney Woods
Gary and Susan Zelenka

Friends

Vicki and Timmer Ahrens
Christy Atlas
Mr. and Mrs. Ralph Belfatti
Weatherly and Lee Bentley
The Brown Law Offices, P.A.
Jane and Haynes Carswell
Kim and Trey Carswell
Becky and Ray Charles
Donna and Paul Christian
Carolyn and Frank Chunn
Karen Clarke
Mitch and Tracy Clouser
Suzy Combs/Focus Point
Marketing Concepts
Cindy and Tony Coney
David and Patti Cowart
Rosann Martin Creed
Colleen and Rees Crosby II

Frances and George Curtis
Jennifer and Kevin Demoff
Connie and Miller Detrick
Tracie Domino
Ehrlich Animal Hospital
Elizabeth Essex
Bruce Faulmann/The Tampa Tribune
Sylvia Frazier
Brigid Futch
Michael and Joyce Gerwe
Deborah Giglio
Christina and Travis Godwin
Mary Catherine and Don Gould
Patricia M. Gray
Mia Hardcastle
Sally and Jim Hardee
Lou and Lon Hatton
Rosemary Henderson

Nadyne P. Hines
Michelle Hogan
Penny Hulbert/Links Financial LLC
Mary and Ron Hulse
Lynn and Scott Kelyman –
The Write Stuff
Trish and Kentry Lane
Robert and Jenifer LeBeau
Lagretta and Mark Lenker
Valarie Lewis
Amy and Brian Loar
John and Lisa Lockhart
Lee and Lionel Lowry
Mr. and Mrs. William Lynch
Heather Mackin
Kaivon and Crystal Madani
Stephen and Michele Mangan
Mrs. Helen W. Martin
Ruthanne and Mac McLean

Shantell and Dan McLean
Angier and Robert Miller
Mindy Murphy
Lyris Newman
Brock and Sue Nichols
Stephen and Sarah Perron
Barbara and Nat Pieper
Catalina and Scott Pieper
Mart and John Pieper
Sheada and Steven Pratico
Joan and Larry Rayburn
Steven, Clara and Corey Reynolds
Jodi Rivera
Marsha Griffin Rydberg
Kelly Scaglione
Gwyn and Mark Schabacker
David and Tylour Shimkus-On
Air Image, Inc.
Paul and Michelle Sisco

Mary Ann and Buddy Skinner
Kelly and Darrell Smith
Sarah Stichter
Superior Water Conditioning
Susan and David Taulbee
Mr. and Mrs. I. Clay Thompson, Jr.
Susan and Clay Thompson
Ann and J.A. Turner, III
Eliot Van Dyke
Lynda M. Vawter
Heather Vermette
Angela and Bob Weck
Sally and Hal Wiley
Nan Kelly Wilson
Jane Hall Witt
Betty Wood
Christina and Brooks Yeager
Robert and Alyson Zamore

Supporters

Elizabeth Alexander
Alexa Argerious
Danilo and Leny Banago
Lee Ellen Banks
Donna Bans
Lisa Bigelow
Patricia Brawley
Jaime and Chris Brewer
Carolyn Bricklemyer
Susan and Barry Brindise
Sarah Hill Brooks
Louise Burnett
Mark and Allison Campbell
Ginger and Thomas Caruso
Wendy Caskey
Sarah Cavin
Catherine Chamblee

Virginia Charest
Frank and Jeni Chatraw
Sara Cooper
Mr. and Mrs. Christopher Coram
Pat Daley
Nikki Daniels
Heather Davis
Todd and Kimberly Davis
Paul and Mary Ann Dellegatto
Lisa and Bryan Dreisbach
Laura Everitt
Kathy Fitzhugh
Florida Bank
In Memory of Diana Forehand
Catherine Fraley
Amber France
Lori Friesz

Zoe Gallina
Nicole Gomez
Jamie and Ansley Graff
Carole M. Guyton
Ginny Haelsig
Susan and Robert Hawkins
Geoffrey and Sarah Henry
Tara Jackson
Krisden Jernigan
Katie Johnson
Beth Kalicki
Andrew and Jennifer Lawrence Katko
Chris and Leigh Lambert
Nick and Lisa-Marie Leithy
Brita and Rocky Lincoln
Liana Lopez
The Lyman Family

Miss Christa C. Mannhart
Wilma C. Martin
Cindy and Brenden McGinness
Mrs. Joan McKay
Brian A. McEwen
Ana Maria Mendez
Dorimar Siverio-Minardi
Wendy and Sheldon McMullen
Connie and John Meadows
Kelley Merck
Laurel Moore
Whitney Moyer
Kelly Nelson
Nicole Geller Photography
Bennie Kay R. O'Brien
Kelly O'Brien
Ms. Jennifer Palacios

Christopher and Amy Pardo
Nicole Pfister
Dana Prieto
James and Arnie Ragano
Cindy Ramn
Shannon Reid
Mrs. William H. Reynolds
Andrea Rottensteiner
Laura Sansone
Savvy Soiree, LLC
Sheri A. Schobert
Krystal R. Schofield
Brent and Grace Schouten
Mrs. Irma M. Schultz
Amy Sharp
Ann Lindell Sheppard
Stacey and Tyler Sipes

Joanna W. Stephens
Peggy Lee Sumner
Keri and Rob Szostak
Bronon and Michelle Thames
Allison D. Thompson
Daniel and Lisi Unterholzner
Ginny Vickers
Vilini Real Estate Group
JL Wagner
Shannon Walsh
Lauren and Shamus Warren
Laura Webb
Chris and Stacy Williams
Patty Williams
Nancy Wulbern
Melissa and Pete Young

Grants & Project Partners

DeBartolo Family Foundation

Kelly and Steven Feinerman

The Frank E. Duckwall Foundation, Inc.

Heritage Bank of Florida
Saunders Foundation

Sweetbay Supermarket
Verizon Foundation

Media Partners

Tampa Bay Parenting Magazine

The Tampa Tribune

WQYK

In-Kind Donors

Academy of the Holy Names
Anonymous
Ascender Brands
Barefoot Wine
Bern's Steak House
Sarah Brooks
Bruce Klay's Dance Center
Celsius Marketing|Interactive
Clearly Organized, Inc.
Clementine (Custom Embroidery)
Color Me Mine - Tampa

Alysia and Greg Ekizian
Empire Distillery - V6 Vodka
Entertainment Revue
First Citrus Bank
The Florida Aquarium
Grand Events of Florida
The Grape at International Plaza
Heart Gallery of Tampa Bay
Home Theater Gallery
Ideavillage, Anand Khubani
Jackie's Jammin Studios

Karl & DiMarco Dance Studio of Tampa Bay
Lightning Foundation
The Little Gym of South Tampa
The Madani Family
Magnon Jewelers
McDonald's - Caspers Company
MOSI Science Store
Nicole Geller Photography
Pinarama Bowling Lanes
Rain Vodka
Reeves Import Motorcars

Roosevelt Elementary School
Sakana Restaurant
Saks Fifth Avenue
Seedlings
Signs by Tomorrow
South Tampa Dermatology
Tampa Bay Buccaneers
Tampa Museum of Art
Tye Maner Group
United Skates of America
West Palm Wines
Zunker Games

Matching Gift Companies

ADP
Bank of America

CA
Helios Education Foundation

JP Morgan Chase
Kimberly Clark Foundation

Merck & Co., Inc.
Merrill Lynch
Tiffany & Co.

Commemorative Gifts

In Honor Of

Sarah Kathryn Boulware,
daughter of Emma and Ron Boulware
The Sustainer Bridge Group

Bennett Hilliard Barrow, Jr.,
son of Bennett and Heather Barrow
Drew & Betsy Graham

Jacob Lee Carlson,
son of Bill and Stacy Carlson
Stuart & Shannon Brown
Ed & Jennifer Carlstedt
Tracie Domino
Lee Lowry
Joe & Stephanie Wiendl
David & India Witte

Gates Elizabeth Carswell,
daughter of Trey and Kim Carswell
Drew & Betsy Graham

Wellesley Eckhoff,
son of Drew and Tara Eckhoff
Ed & Jennifer Carlstedt
David & India Witte

Jack Egger,
son of Michael and Tanya Egger
Bill & Stacy Carlson

Austin Cole Hubbard,
son of Matthew and Nicole Hubbard
Ed & Jennifer Carlstedt
David & India Witte

Elle Rachel Hunter,
daughter of David and Rebekah Hunter
Megan Berrigan

Rachal Marie Kestner,
daughter of Justin Kestner and Valarie Lewis Kestner
Megan Berrigan
Drew & Betsy Graham

Adley Grace Nalywajko,
daughter of Karen and Mark Nalywajko
Megan Berrigan

Sophia Nichols,
daughter of Brock and Sue Nichols
Ed & Jennifer Carlstedt

Wilson Poe,
son of Charlie and Corey Poe
Megan Berrigan
David & India Witte

Madilyn Kathryn Smith,
daughter of Derek and Melissa Smith
Sara Cooper

Elizabeth Kathryn Sober,
daughter of Paul and Jennie Sober
Bill & Stacy Carlson
Ed & Jennifer Carlstedt
Drew & Betsy Graham
Joe & Stephanie Wiendl
David & India Witte

William Blaine Yeager,
son of Brooks and Christina Yeager
Court and Sarah Terrell
David & Kathleen Thaxton

Lilah Zamore, daughter of
Robert and Alyson Zamore
Ed & Jennifer Carlstedt
Tracie Domino

In Memory Of

Matt Frost,
son of Sustainer Mary Frost Feingold
Allison Beard Luzier

Mary Ellen Germany, Sustainer
Florence Boushall
Mary Ellen Norton Collins
Marsha Martin

Martha Robbins Hall, Sustainer
Charlie & Clare Robbins
David & Kathleen Thaxton

David Hanlon
Julianne McKeel

Marty Hirons, Sustainer
Allison Beard Luzier
Marsha Martin

Hugh MacFarlane
Julianne McKeel

William C. McLean, Jr.,
husband of Sustainer Ruthanne McLean
Allison Beard Luzier

Anne McGinnis Mills, Sustainer
Anne Cox
Suzy Lopez

Hortensia Scaglione,
grandmother of Active Kelly Scaglione
Ed & Jennifer Carlstedt

Augusta Woods,
daughter of Sustainer Harrison Giddens
Julianne McKeel
David & India Witte

This edition of *The Sandspur* includes a cumulative listing of commemorative gifts received from March 14, 2009 through June 1, 2009, the submission deadline for this issue. Gifts received after this date will be listed in the next edition of *The Sandspur*. If you have any corrections or additions for future lists, please contact Kelly Nelson at kellynelson@yahoo.com.

Luxury? It's about how you want to live.



HARBOUR ISLAND WATERFRONT OASIS
Detached guest suite, Infinity pool, open floor plan, floating staircase, 2-story formal living area, outstanding kitchen, elegant master's suite w/ fireplace. Dock available. \$2,595,000 Traci Burns 813.833.7510



BAYSHORE WATERFRONT
Classic Colonial on two beautiful lots with plenty of room to expand. The main house offers 3 bedrooms and 3.5 baths with a 4th bedroom with its own entrance. \$1,875,000
Wilma Martin & Anne Mullis 813.293.4150



NEW SUBURB BEAUTIFUL
Lushly restored Craftsman Bungalow rich in architectural detail. This SBR/3.5BA one story home sits on an 85 x 135 lot and includes detached guest quarters. Plenty of room for a pool. \$1,095,000
Wilma Martin & Anne Mullis 813.624.5739



UNMATCHED ELEGANCE AT THE ALAGON
Your "Mansion in the Sky" awaits. Unobstructed bay & city views, 4 balconies, oversized porcelain tile imported from China, stunning open kitchen. \$1,000,000 Traci Burns 813.833.7510



SPACIOUS MAINTENANCE FREE HARBOUR ISLAND
Nearly 3,600 SF living space, 4 bedrooms & an abundance of storage. Many beautiful finishes, wood floors, granite counters. Walk to many Amenities. \$980,000 Traci Burns 813.833.7510



1911 HYDE PARK CRAFTSMAN
Spacious SBR/3.5BA, 3317 SF home with beautiful hardwood floors, granite countertops, box beam ceilings and one of Hyde Park's best porches. \$965,000 Mary Esther Parker 813.610.1500



BEACH PARK BEAUTY
Custom built in 2006, this home's contemporary design of classic angles is perfect for family as well as visiting friends. An outdoor kitchen and jacuzzi on the patio. 2 balconies on the second level. \$969,000 Mary Esther Parker 813.610.1500



SUNSET PARK WATERFRONT
Charming waterfront home Tranquil park-like setting on serene lagoon with amazing curb appeal. Key West design with all the amenities sought after in today's market. \$899,900
Liz & Jeanne Wolfe 813.601.4311



PRIME HYDE PARK
Gorgeous renovation, volume ceilings, gleaming hardwood floors, brand new kitchen, center island, granite countertops, very light and bright, spacious corner lot, 2 car garage has workshop area. \$898,500 Liz & Jeanne Wolfe 813.601.4311

Redefining Luxury.

(813) 839.3800 Tampa • (727) 342.3800 St. Petersburg
www.smithandassociates.com

Smith & Associates Real Estate

Other convenient closing services from Smith & Associates

Mortgage | Title

LUXURY
PORTFOLIO
A PREMIER COLLECTION

LEADING REAL ESTATE
COMPANIES OF THE WORLD™

Reach your goal weight.

Become the success story
you've always wanted to tell.

\$50 OFF

YOUR FIRST VISIT

WITH THIS COUPON. NOT TO BE COMBINED WITH ANY OTHER OFFERS.



Medi-Weightloss Clinics®

4039 W. Kennedy Blvd

Tampa, FL 33609

(813) 281-0500

**LOSE UP TO 5-10 LBS. THE FIRST WEEK
AND UP TO 20 LBS. THE FIRST MONTH***

with Medi-Weightloss Clinics®, a physician-supervised weightloss program.
Start now and change your life forever!

* Results may vary and cannot be guaranteed. Rapid weight loss may be associated with certain medical issues and should only be considered by those who are medically appropriate. Medical supervision and compliance with our program is required. © 2009 Medi-Weightloss Franchising USA, LLC All Rights Reserved

Lutz (813) 909-1700
Tampa (813) 281-0500
Brandon (813) 654-1110
Hudson-Bayonet Point (727) 705-0022

1.877.MED.LOSS
www.mediweightlossclinics.com

THE SANDSPUR
The Junior League of Tampa
87 Columbia Drive
Tampa, FL 33606

PR/SRT STD
USPS Postage
PAID
Tampa, FL
Permit No. 111

DATED MATERIAL