

Our View

The magazine of the women of the Junior League of Lufkin, Inc.

FALL 2019
VOLUME XX
NO. 153

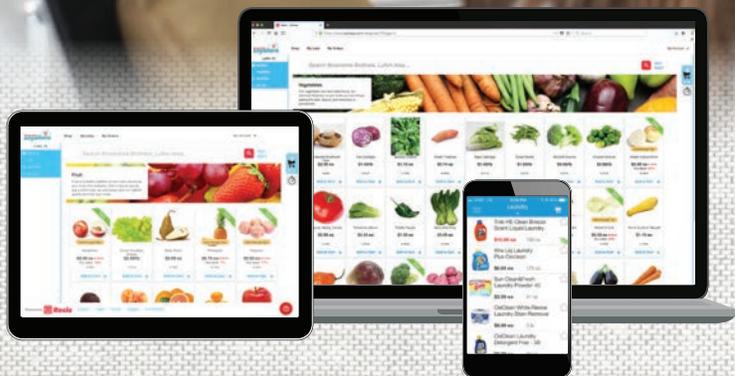


Brookshire Brothers

anywhere



Grocery Delivery & Curbside Pickup



Grocery shopping made simple

With Brookshire Brothers Anywhere, shop for your favorite grocery items from anywhere on any device.

Choose a time that works for your schedule and pick up your order or have it delivered to your home or office. Shop online and save your time for friends and family.

Get 1 order delivered for free. Use code:

FREEDELIVERY

Start shopping at:
[BrookshireBrothers.com/
anywhere](https://www.BrookshireBrothers.com/anywhere)

Contents

VOL. XX | N^o. 153 | FALL 2019

- 4 LETTER FROM PRESIDENT
- 6 PROVISIONAL SPOTLIGHT
- 9 RECIPE FROM JLL COOKBOOK
- 10 BACK TO SCHOOL BONANZA
- 12 CAMP GET FIT/KIDS IN THE KITCHEN
- 15 LITTLE BLACK DRESS INITIATIVE
- 17 LIVING YOUR BEST LIFE
- 18 LIVING ON THE EDGE POVERTY SIMULATION
- 20 SUSTAINER SPOTLIGHT
- 23 EMERITUS LUNCHEON
- 24 BREAKDOWN OF DUES
- 25 HELPING HANDS

JUNIOR LEAGUE *of* LUFKIN

Board of Directors

President: Tracy Nichols
President-Elect: Kimberly Graham
Secretary: Frances Racine
Treasurer: Becca McMahon
Past-President: Hilary Walker
Sustainer Advisor: Angie Roper
V.P. Finance: Jaclyn Hults
V.P. Communications: Krista Brown
V.P. Membership: Melinda Moore
V.P. Community Projects: Erika Neill
Strategic Development Chair: Crystal Thomas
Leadership Development: Alexis Pigg

Communications Council

V.P. Communications and Advisory Chair:
Krista Brown
Our View Editor and Advisory Co-Chair:
Emily Brashear
Our View Co-Chair/Internal PR: Jennifer LaCorte
External PR: Rebecca West
Photographer/Archivist: Sandi Adams

Vision

The Junior League of Lufkin welcomes all women who are committed to volunteerism. The League educates and challenges its members to be effective community leaders, advocates, and individuals. Trained volunteers and collaborators will address and respond to community needs with positive solutions. The League focus is to educate and empower individuals, primarily children, by providing the resources and tools that will address all aspects of their well-being.



 /JuniorLeagueofLufkin
 /JrLeagueofLufkin
 /JrLeagueLufkin
 JuniorLeagueofLufkin.org

“I alone cannot change the world, but I can cast a stone across the water and create many ripples.”

-Mother Teresa

Mother Teresa's words could not be truer when one looks at the Junior League of Lufkin, an amazing group of women leaders who contribute to a community they love so dearly. Our members continue to give back for many years beyond the time they serve in the League, setting us apart and making us unique. HOW? The League develops the potential of women and grows women leaders who will continue to be active in Angelina County for decades to come. The leadership training and skills gained are valuable beyond measure and carry forward in every member's professional and personal lives through their League years and for years to come.

The ripples the Junior League of Lufkin (Lufkin Service League) set into motion years ago, and continue to set into motion are present all around us. The women that came before us saw a need and so many women since continue to fill community needs. Our League has molded and changed through the years to better serve our members but most of all our community. The passion of the women in the League today continue to make a difference in so many lives. This is a true blessing and a sign that the stone cast into the water in the 1950s, by 7 sponsors and over 20 charter members, has created ripples farther than their eyes could have ever seen or imagined.

The Junior League of Lufkin has brought together a community and grown the collaborative involvement of numerous organizations for the 9th year in a row. The Back to School Bonanza is something special and an experience in itself. The faces of all who participate and who are a part of this amazing event light up and reflect the love and appreciation each of us have for one another in our community. To bring together a community in the way Back to School Bonanza does is like none other, and it reflects the vision of our founders. We are here because those ladies saw a future of greatness and trusted that we would continue to lead and make a difference.

Growing the love for fitness and health within the children of Angelina County through the collaboration of the Boys and Girls Club and other organization and businesses this summer again filled hearts. Since 2007, the Junior League of Lufkin has offered Camp Get Fit/Kids in the Kitchen to upper elementary children. Seeing our members interact and share knowledge of health and wellness with over 80 children for an entire week was such a fun experience. The requests we continue to receive to grow this project show the impact the League has on so many.

Developing an understanding and awareness of poverty in our community continues to be a goal of our League. Through Living On The Edge Poverty Simulations, our members have already opened the eyes and provided material to two local organizations and a very special family associated with Angelina County this League year. Giving back to those who give to us is the greatest feeling and the best THANK YOU we could ask for in the Junior League of Lufkin. We are making a difference together!

Please look out for our wonderful additional upcoming community and fund development projects we have throughout the year. These include Girl's Rock Academy, Little Black Dress Initiative, Helping Hands, Touch-A-Truck, Living On The Edge Poverty Simulations, Raffle with a Mission, and our first Girl's Conference (a project of the JLL 2019-2020 Provisional Class).

The League would not be able to provide and offer so many amazing opportunities throughout the summer and into the upcoming year without the generosity and support through the time and money provided by our volunteers, our community volunteers, grants, donors, individual donors, and all of our community partners. To all who support the Junior League of Lufkin and our mission, we thank you. Please know our League is confident that we are building a better community together and creating future leaders to last a lifetime.

A special thank you to those that have come before us and paved the way to making Angelina County and our community what it is today. Without them seeing a need and showing others how big of a difference a group of women can make, the Junior League of Lufkin would not exist today. I am in awe and honored to serve as the 2019-2020 President in the spirit of the kindness, charitableness, humbleness, and greatness of those that have come before me.

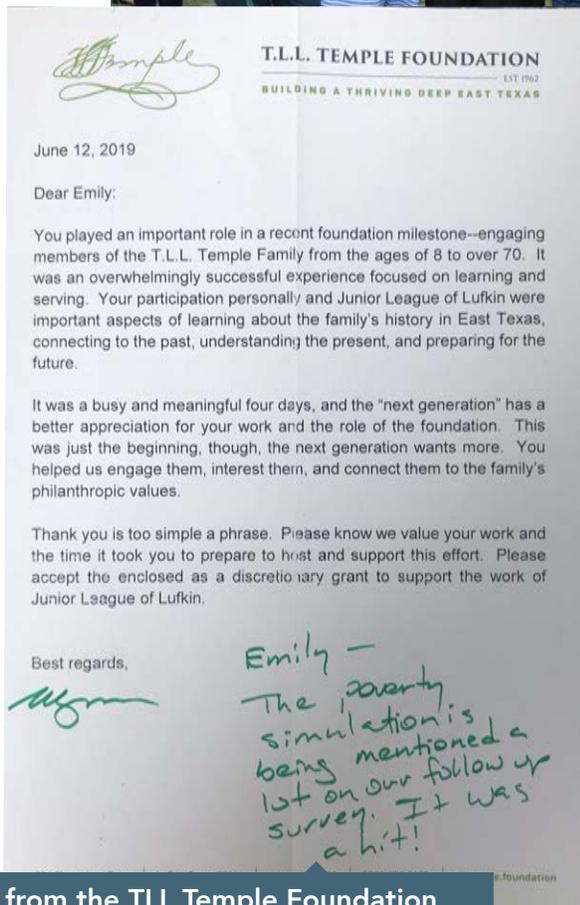
Looking forward to the rest of this year and to many more years of growth, leadership, and collaboration of an organization that is like none other!

Sincerely,

Tracy Nichols
2019-2020 JLL President



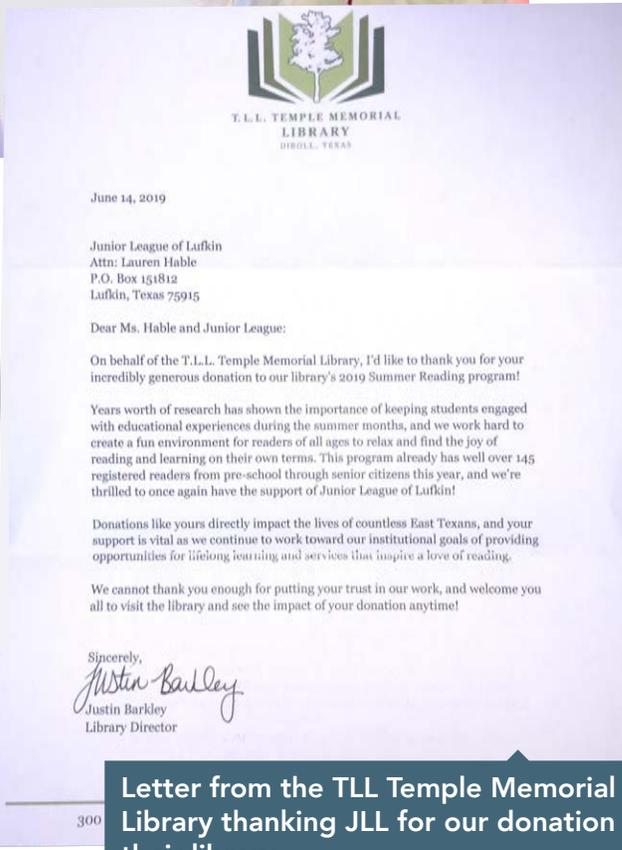
Tracy with her family



Letter from the TLL Temple Foundation thanking JLL for the impact we're making with our Poverty Simulations



Tracy + President Elect, Kim Graham



Letter from the TLL Temple Memorial Library thanking JLL for our donation to their library



Tracy completing a personal goal in honor of her late grandfather

get to know our provisionals

Nichole Shan Chala



👤 Colin Chala 👨‍👩‍👧‍👦 Daymond/12, Evangeline/9, Tiernan/6
👛 Director of Therapy Services at Woodland Heights

Hobbies: **reading, working out, snow skiing, wine tasting, watching sports, golfing, and decorating** // Favorite volunteer activity: **helping my daughter's 1st grade class make bread for Thanksgiving** // Favorite way to spend a day: **take our kids golfing then hang out at the pool afterward** // Favorite vacation spot: **Dominican Republic** // Most people don't know that: **I grew up in Germany because my dad was in the military**

Lauren Chatman



👛 Brookshire Brothers Public Relations

Hobbies: **cooking** // Favorite volunteer activity: **anything with kids** // Favorite way to spend a day: **with family and friends** // Favorite vacation spot: **anywhere beachy** // Most people don't know that: **I'm an open book**

Viry Cruz



👤 Oscar Cruz 👨‍👩‍👧‍👦 Oscar "OJ" and Gabriel "Jax"
👛 Teacher/Travel Agent

Hobbies: **being crafty, watching TV, and sleeping** // Favorite volunteer activity: **anything good for the area with my girls (cheer sponsor)** // Favorite way to spend a day: **doing something fun with the boys and making memories** // Favorite vacation spot: **any beach**

Sarah Early



👤 Victor Early 👨‍👩‍👧‍👦 Landon/16, Ayden/15, Kaelin/13, Piper/10
👛 Shift Supervisor at Starbuck's and nursing student

Hobbies: **running, coaching cheer and softball** // Favorite volunteer activity: **coaching my kids' teams** // Favorite way to spend a day: **reading a book with a cup of coffee** // Favorite vacation spot: **St. George Island, FL** // Most people don't know that: **I have played roller derby for several years**

Kimberly Garcia



👤 Jamie Garcia 👨‍👩‍👧‍👦 Aiden/7, Hudson/3
👛 Evaluation Assistant

Hobbies: **working out, yard work, anything water related – lake and swimming** // Favorite volunteer activity: **volunteering at my children's school** // Favorite way to spend a day: **playing outside with my boys** // Favorite vacation spot: **any beach**

Crissy Garrett



👤 Shane Garrett
👛 Collection Manager at Ellen Trout Zoo

Hobbies: **traveling, visiting zoos, and relaxing** // Favorite volunteer activity: **anything with kids or animals** // Favorite way to spend a day: **with friends and family and relaxing** // Favorite vacation spot: **anywhere warm** // Most people don't know that: **I have different colored eyes**

Stephanie Knox



👤 Jack Knox 👨‍👩‍👧 Callie/5, Caroline/2
👛 Social Worker

Hobbies: **gardening, cooking, canning, and plant propagation** // Favorite volunteer activity: **working camps for kids** // Favorite way to spend a day: **being outside – camping, working in the yard, going to the zoo and park** // Favorite vacation spot: **beach** // Most people don't know that: **I wanted to grow up and be a park ranger and live at the bottom of the Grand Canyon**

Bailey Miller



👤 Ben Miller 👨‍👧 Emerson/17 months
👛 Fundraising for SFASU

Hobbies: **baking** // Favorite volunteer activity: **anything that directly helps or impacts people** // Favorite way to spend a day: **Netflix, spending time outside and playing with my son** // Favorite vacation spot: **beach resort** // Most people don't know that: **I cut my own hair**

Stefanie Ross



👤 Kyle Ross 👨‍👩‍👧 Reed/5, Sawyer/4, Quinn/2
👛 Currently a Stay at Home Mom, formerly a Pediatric Emergency Nurse

Hobbies: **reading, gardening, movies, wine traveling** // Favorite volunteer activity: **anything medically related** // Favorite way to spend a day: **rainy day – relaxing, watching movies with kids; sunny day – swimming or something outside with kids** // Favorite vacation spot: **anywhere with good wine and lots of history** // Most people don't know that: **I have lived in 12 states, and this is my third time living in Texas**

Kirstie Russell



👤 Hunter Russell 👨‍👩‍👧 Expecting – due January
👛 Algebra 1 Teacher/Cheerleading Coach

Hobbies: **spending time with my husband and dog, obstacle course racing, crossfit, and anything outdoors** // Favorite volunteer activity: **anything that benefits the people of our community. I love working with children and helping them to see their potential.** // Favorite way to spend a day: **outdoors on a hike or run somewhere scenic** // Favorite vacation spot: **Bahamas** // Most people don't know that: **I may appear shy at first, but I'm actually very outgoing**

Karen Vines



○ Derrick Vines 👤 Ericka/19, Rylee/19
👛 Realtor – Future Teacher

Hobbies: **fitness, sewing, reading, horses, dogs, chickens, and riding my bike** // Favorite volunteer activity: **CASA** // Favorite way to spend a day: **with my girls and grandchildren in the sun** // Favorite vacation spot: **Destin, FL** // Most people don't know that: **I want to do roller derby**

Jill Webb



○ Roger Sanders 👤 Jennings/20, Angel/19, Kimberly/16, Turner/14, Morgan/13
👛 Sales (Mary Kay and Insurance)

Hobbies: **reading, fishing, cooking, livestock show with the family** // Favorite volunteer activity: **working with children, large animals, cooking/serving** // Favorite way to spend a day: **cooking for my friends and family, fishing at the lake** // Favorite vacation spot: **Ireland is my dream vacation** // Most people don't know that: **I am an introvert**

from Provisional Trainer: Susan Robertson

Ashli and I are excited for the league year with these wonderful ladies! We have a great group who are all are ready to learn about the Junior League and all of the amazing things that we do in our community. We have already kicked off the year with a fun Ice Cream Social where they were able to "get the scoop" on their provisional year and learn a little more about one another. **When you see them at the next meeting, please welcome them and let them know how happy we are to have them in the League!**

Autumn Squash + Pumpkin Soup with Pecan Oat Crumble

SOUP INGREDIENTS

1 butternut squash, fresh
1 large sweet onion, diced
4-6 Tablespoons, divided olive oil
2 Tablespoons butter
1 16 oz can canned pumpkin
(not pumpkin pie mix!)
2 cups chicken stock or broth
2 cups fresh apple cider

1½ cups + extra for garnish heavy cream
2-3 Tablespoons Texas honey
¼ teaspoon curry powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
1-2 teaspoons salt
½-1 teaspoon ground black pepper

PECAN OAT CRUMBLE

1 cup old fashioned rolled oats
6 oz pecan pieces
2 Tablespoons all-purpose flour
1 teaspoon cinnamon
2 Tablespoons brown sugar
1 stick salted butter
6 oz roasted pumpkin seeds

DIRECTIONS: Preheat oven to 375F. Cut butternut squash in half and remove seeds. Drizzle with olive oil on the cut side. Place on a rimmed baking sheet and roast at 375F until soft – about 20 to 30 minutes. Remove from oven and cool slightly. Remove squash flesh from skin and cut into chunks.

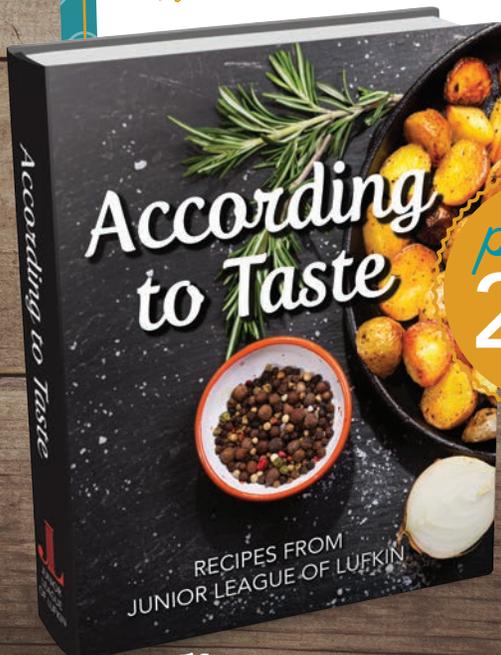
In a large pot, melt butter and olive oil. Sauté diced onion until soft. Add squash, canned pumpkin, chicken stock, and apple cider. Bring to a simmer over medium heat and cook 20-30 minutes, stirring occasionally. Working in small batches, transfer the soup mixture into a blender and puree until completely smooth. (Be careful doing this as hot soup tends to explode out of blenders. To make it easier – remove the small, plastic circle in the lid of the blender and cover with a hand towel when pureeing.) A hand or immersion blender may also be used.

Return the pureed soup to the pot and add heavy cream, honey, and spices. Keep warm over medium-low heat until ready to serve. To serve: Ladle soup into soup bowls. Garnish with a drizzle of heavy cream and a sprinkle of Pecan Oat Crumble. Serve immediately.

TO MAKE THE CRUMBLE: Preheat oven to 350F. In a medium bowl, combine rolled oats, pecans, flour, cinnamon, and brown sugar. Add the softened butter and use a fork or pastry blender to combine until the oat mixture is crumbly and the butter is evenly distributed. Spread onto a greased cookie sheet and bake for 8-15 minutes in the preheated oven until golden brown and toasty. Watch closely as the pecans tend to burn easily. Remove from the oven, cool completely, and mix in the roasted pumpkin seeds. Store in an airtight container until ready to use.

Note: This crumble is also excellent as a granola – sprinkled on yogurt or fruit

Recipe provided by



page
223



Buy your copy at

www.JuniorLeagueOfLufkin.org

or

The Very Thing 1401 S John Redditt Drive

**JUNIOR LEAGUE
of LUFKIN
BACK TO
SCHOOL
BONANZA**



In partnership with Angelina County churches, businesses and service organizations



It has been an honor and a blessing to be the Chair of our 9th annual Back to School Bonanza! Over 500 volunteers from 70 different community organizations came together to make this event successful! I cannot express my gratitude enough to the ladies on the Back to School Bonanza committee: Leighanne Hancock, Meagan Kirtley, Natalie Allen, Benita Bennett, Andie Carrizales, Kim Feaster, Belinda Gomez, Emily Grimes, Mallory Grubb, Kathryn Hensley, Cassell Hodges, Lauren Manley, Christina Montgomery, Maria Morales, Larena Moulder, Amber Murphy, Patty Pittman, Melissa Roberts, Tish Wilson, Jamie Zayler, our JLL leadership: Tracy Nichols, Erika Neill, Becca McMahon, Jaclyn Hulst, JLL Provisionals and all the volunteers for their support and dedication. These women have worked hard, encouraged me and helped me grow as a leader. As Proverbs 27:17 states, "Iron sharpens iron, so one person sharpens another". In the League, you are surrounded by women that will help sharpen you, so don't let opportunities pass you by!

If you have never attended Back to School Bonanza, then you are missing out on witnessing God's work within our community. Everyone comes together regardless of background, beliefs or income to take care of the children in Angelina County. It blows me away every year to see how appreciative the children, parents, and caregivers are for everything they receive.

I'm going to share my favorite B2SB story that led me to saying "Yes" to leadership in JLL! My first active year was on

the haircut subcommittee for B2SB. On the day of the event, we had a shortage of stylists and a long line of people waiting. I noticed a woman that had been there for an unusual amount of wait time. I asked if she needed help. She said no, she was just making sure all the kids got the haircut they wanted. I asked which children belonged to her, and she proceeded to explain... She had four of her own grandchildren. Mind you, she advised that she raised her children better than this, but those babies didn't deserve to suffer because of the choices their parents were making. She also had two neighborhood children whose parents weren't making the best choices either. They had been playing ball in the street that morning, and she knew none of them were fully prepared for school. She told them to load up, because she was taking them to B2SB to get everything they needed! These children were so patient, grateful and precious! She waited at least an hour, so all the kids could get the exact haircut they wanted by the appropriate stylist or barber. We hugged and cried that day, and both told the other thank you and what wonderful work the other was doing. This is what Back to School Bonanza does for children, and this experience left a lasting impression on me! I hope each of you get to have your own "aha" moment of what volunteering in the Junior League of Lufkin means to this community!

With hugs and love.

Robin Alderman
B2SB Chair 2019

JUNIOR LEAGUE
of LUFKIN

BACK TO
SCHOOL

BONANZA

In partnership with Angelina County churches,
businesses and service organizations



— 2019 — BY THE NUMBERS



28000

backpacks filled with grade-level
specific school supplies

4476

pieces of
school uniforms



1567

pairs of NEW shoes collected
in the Angelina Co. Shoe Drive

1 2 3

2,500+

socks distributed

2,300

health kits
distributed

70+

churches, businesses &
service organizations
joined together to
serve the community!

500+

volunteers

825

head checks
completed

98

haircuts

3,000+

undergarments
distributed

900

breakfast
sandwiches

ABC

JUNIOR LEAGUE of LUFKIN'S

KiDs in the KiTHeN + CaMpgET FiT

EAT SMART! PLAY HARD!





Camp Get Fit/Kids in the Kitchen was a tremendous success again this year! Camp was held in June at the Boys and Girls Club, where we educated the 3rd and 4th grade children about a healthy lifestyle with lots of fun included.

Our campers attended three daily sessions that focused on exercise, healthy cooking and health education. We were able to bring in community partners to teach the campers many different ways to exercise. Six Guns Martial Arts came to teach the campers all about martial arts, which quickly became a camp favorite. Hilary Walker, former League President, came to teach the campers DrumFit with DrumFit material provided by Abi Goff at Anderson Elementary. It was so much fun watching the campers truly enjoy exercise.

In the kitchen, we taught the campers many healthy recipes, including monster protein balls, which Chef Brittany Vinson of Tome Catering instructed.

Lastly, we finished the day out in the classroom where the campers learned about many aspects of a healthy lifestyle. Abby Baker and JP Heath from the Coalition

taught about tobacco abuse and making healthy choices. Katie Kassaw from Lufkin High School taught about respect. Also, Ashley Cook from Harold's House taught about body safety.

On the Friday of camp, we were able to wrap up the week with a water day for the campers. We brought in two inflatable water slides and allowed them to celebrate a week full of healthy choices with water activities and healthy popsicles.

This program is much needed for these children who would not otherwise have an opportunity of a "summer camp" like this one. Camp Get Fit/Kids in the Kitchen would not have been possible without my fabulous committee, who put in so many hours to make it a success. It is truly rewarding to see our committee love on those Boys and Girls Club campers for a full week, and to see those campers so excited about Camp Get Fit/Kids in the Kitchen.

Here's to next year!

Lacey Luce
CGF/KIK Chair 2019





PROGRAMS FOR KSWP

6-10 AM *Al, Kevin & Good Friends in the Morning*

10-3 PM *Middays with Tim*

3-7 PM *Afternoons with Tiki*

7-12 PM *Night Light with Bonnie*

**PRAYER
WARRIOR
WEDNESDAYS
9AM-12PM**



PROGRAM GUIDE FOR KAVX (TALK RADIO)

- 6:45 AM *Enjoying Everyday Life with Joyce Meyer*
- 7:02 AM *Focus on the Family*
- 8:06 AM *Turning Point with Dr. David Jeremiah*
- 11:30 AM *Focus on the Family*
- 2:15 PM *The Urban Alternative with Dr. Tony Evans*
- 4:00 PM *In The Market with Janet Parshall*
- 6:30 PM *Adventures In Odyssey*



PRAISE AND WORSHIP ON THE WEEKENDS

Little Black Dress Initiative



The Little Black Dress Initiative (LBDI) is a poverty awareness and fundraising campaign to raise consciousness about poverty in Angelina County and its effects on the family. This year, our goal is to underscore the Junior League of Lufkin's focus to educate and empower individuals by providing resources and tools that will address all aspects of their well-being.

WHERE DO THE PROCEEDS GO?

The funds raised during this campaign will support JLL's efforts to focus on the economically disadvantaged in Angelina County. The poverty level for a household of four is an annual income of \$25,750. According to a 2018 United Way report about financial hardship in Texas, approximately 20% of families in Angelina County live in poverty. Another 30% live above the poverty line but below the basic cost of living. JLL projects such as the Back to School Bonanza bring much needed resources to assist our neighbors in need.

WHAT IS OUR GOAL?

The LBDI campaign will run from Monday, October 14th to Friday, October 18th.

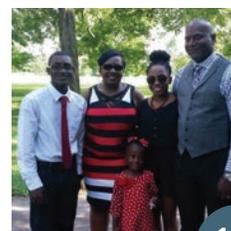
During this 5-day period, our goal is to raise \$13,000. We also want to highlight the resources available in Angelina County that can provide a path to opportunity and economic relief. Families who live in poverty sustain through circumstances that exist beyond our week of awareness.

WHAT CAN YOU DO TO HELP?

The fundraiser is not restricted to JLL members and is open to everyone. Participants are asked to wear one black dress or t-shirt for five days to keep in one's consciousness the effects economic hardship can have on a family's access to resources and opportunities.

LBDI t-shirts and pins will be available for purchase. Encourage friends and loved ones to purchase these items. We also ask that you donate to the LBDI campaign and encourage others to do so as well.

For more info
Monica Y. Peters-Clark at
lbd@juniorleagueoflufkin.org



JM Chevrolet • Cadillac



1710 S. First St. • Lufkin, TX 75901

JMChevroletCadillac.com • 936-634-3383



SAVINGS OF OVER \$10,000 ON
SELECT CHEVROLET SILVERADOS

FIND NEW ROADS™





Living Your Best Life

-Morgan Naranjo

We all want to live our best life. Living a healthy lifestyle can help you achieve just that. So what exactly does a healthy lifestyle entail exactly? Five well studied areas of a healthy lifestyle include healthy diet, physical activity, healthy body weight, no smoking and if you do drink alcohol, doing so in moderation. A massive Harvard study with over 120,000 participants showed people who met criteria for all five habits enjoyed significantly, impressively longer lives than those who had none, 14 years longer for women and 12 for men.

HEALTHY DIET AND PHYSICAL ACTIVITY

Mediterranean diet or rather lifestyle, is the best to maintain a healthy lifestyle. A Mediterranean lifestyle emphasizes

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as olive oil, as well as using a variety of herbs and spices
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

Physical activity key guidelines for adults from the American Heart Association include getting at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Adults should also do muscle-strengthening activity of moderate or greater intensity that involve all major muscle groups on 2 or more days a week (such as resistance or weights)

HEALTHY BODY WEIGHT

Body Mass Index (BMI) is calculated by taking your weight in kilograms and dividing by height in meters squared. An easier way to calculate your BMI is to Google "BMI calculator", enter your weight and height and the calculation will be made for you.

- If your BMI is less than 18.5, it falls within the underweight range
- If your BMI is 18.5-24.9, it falls within the normal or healthy weight range
- If your BMI is 25.0-29.9, it falls within the overweight range
- If your BMI is 30.0 or higher, it falls within the obese range

WEIGHT LOSS

With one of every three adults in Texas falling in the obese category, weight loss is a common goal. Weight loss is possible. The biggest obstacle is convincing yourself. Once someone has decided to lose weight, starting lifestyle change with diet is the first step. Low carb diet is the best for weight loss, with a goal of 50-100 grams of carbs daily and 1200 - 1500 calories from all sources. This

can vary depending on the individual, so it is recommend to have a medical provider or weight loss coach assist with this, especially if you have medical conditions. My Fitness Pal is a great app to track your calories and carbs. It is important to eat small portions throughout the day to boost your metabolism. Also, if you want to lose weight and keep it off, think of it as a lifestyle change rather than "diet". Diet implies the changes are only temporary but you will still need to make lifestyle changes once you have reached your goal to maintain body weight.

TIPS FOR EVERY LIFESTYLE

A busy lifestyle can seem like a barrier to weight loss but

there are several things that can make the process easier. First, if you are eating on the go, pack a lunch kit full of nutritious snacks to eat throughout the day. If it happens to be crazy day and you choose to eat fast food, choose a low calorie option on the menu. For example, an 8 count of grilled chicken nuggets from Chick-fil-A is only 140 calories and 2 grams of carbs. If you are eating out, Google nutrition information for the restaurant you are going to and choose what you are eating before you go. Also, request a smaller plate and transfer a controlled portion to the

new plate before you start eating. Lastly, during the holidays don't "save all of your calories for the big meal". You are more likely to overeat and it slows your metabolism. Instead, eat a couple of small healthy snacks during the day before your holiday event or meal. Everyone has that certain holiday food we look forward to. Before you go, decide which one or two higher calorie options are most important and eat 1 serving of those. Then, fill the rest of the plate with the healthier options.

References

AHA (2018, April 18). American Heart Association Recommendations for Physical Activity in Adults and Kids. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
CFA Properties (2017, July) Nutrition Guide: Made with you in mind.

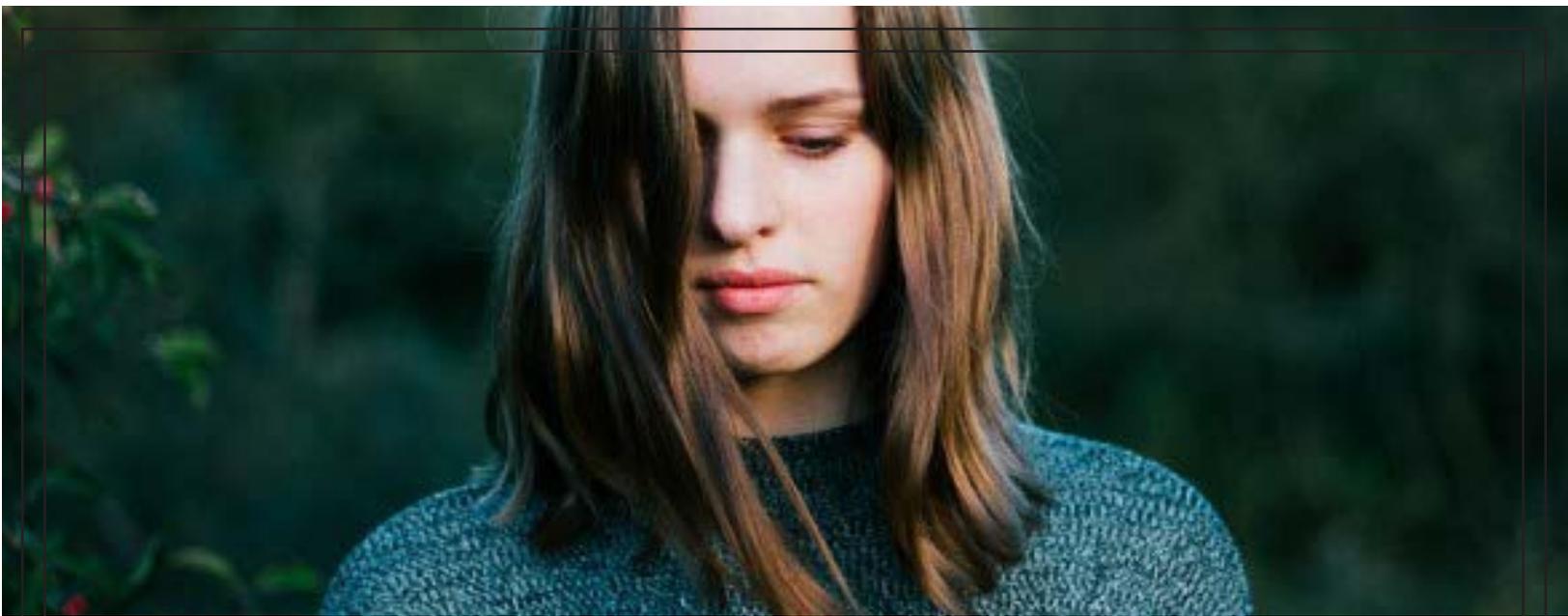
Mayo Clinic (2019, January 26) Mediterranean diet: A heart-healthy eating plan. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

Mayo Clinic (2019) Portion Control Guide. Retrieved from http://diet.mayoclinic.org/diet/eat/portion-control-guide?xid=nl_MayoClinicDiet_20141027

Monique, T. (2018, July 05). Healty Lifestyle: 5 Keys to a longer life. Retrieved from <https://www.health.harvard.edu/blog/healthy-lifestyle-5-keys-to-a-longer-life-2018070514186>

Robert Wood Johnson Foundation (2019) The State of Obesity in Texas. Retrieved from <https://stateofobesity.org/states/tx/>

“It’s never too early or too late to work towards being the healthiest you.”



Living on the Edge Poverty Simulation is an immersive experience that allows participants discover what living on the edge of the poverty line is like. By going through this simulation, participants gain awareness, empathy, and start to think about things a little differently.

According to the US Census Bureau, poverty is a real issue in Angelina County, effecting 20% of residents who fall below the poverty line. The official poverty rate in 2018 for the United States was 11.8 percent, and has continued to decline every year for the past four years. However, the poverty rate in Angelina County has continued to rise over the past few years. The difference in our local poverty rate vs. the national average is staggering and should demand our attention.

If we did not grow up in poverty and our current circle of people are not in poverty, it can be hard for us to acknowledge what poverty is, because we simply do not see it. Many of us don't even know what "the poverty line" is. For a family of four, it's an annual income of \$25,750 or less. For many of us, myself included, that seems unreal, impossible. But sadly, one in five of our neighbors live on that.

So, what can we do? Unfortunately, the Living on the Edge Poverty Simulations do not fix or end poverty. And no single thing could end this crisis. But before change and action can happen, you must first be aware of the problem and think about it with an open mind. The Junior League's poverty simulations do just that. They bring awareness and participants leave enlightened and thinking about things in that new light.

League members have always come through and made enough volunteers to put on the simulation, but if you've never actually participated in it, I highly encourage you to do so. I promise you will leave differently than how you came in. If you have participated in the simulation, please encourage family, coworkers, church groups, etc. to attend a simulation. I believe our poverty simulations are one of the first steps we can take to help poverty in Angelina County. "Alone we can do so little; together we can do so much" -Helen Keller.

Emily Fleniken
Living on the Edge Chair



**ALL YOUR
FLORAL NEEDS!**

Owner/Designer Donna Dorman

621 W. Frank Ave
Lufkin, TX 75904

936.637.2006

Banking Texas Style.

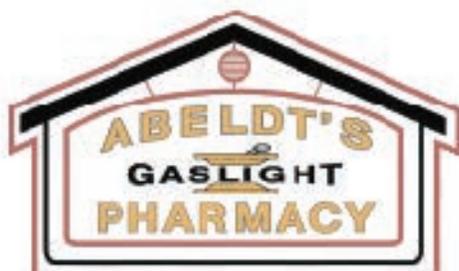
#BankingTexasStyle



PANTHER PRIDE
Brought to you by Commercial Bank of Texas
**CBTx LUFKIN
PANTHER DEBIT CARD**
**FREE WITH ANY
CBTx CHECKING ACCOUNT**



Michelle Briley
936-633-5807
mbriley@cbtx.com



"For a Full Measure of Quality & Service"

(936) 639-2346
abeldtrx@consolidated.net

200 Gaslight Blvd.
Lufkin, Texas 75904



Super Agents • Business • Personal • Life & Health



936-634-7755 • morganins.com

3D

**MAMMOGRAPHY
Right Here. Right Now.**

3D mammograms are now available at CHI St. Luke's Health-Memorial Lufkin.

Our most advanced 3D Mammography technology

- Detects 41% more invasive breast cancers
- Detects 29% more of all breast cancers
- Decreases the number of women recalled for additional imaging by to 48%

Call 936.229.4420 to schedule your mammogram today.

Or go to chi-stlukeshhealthmemorial.org and click the "Schedule an Appointment" button.



CHIStLukesHealthMemorial.org



5 locations throughout Angelina County
60 locations throughout Texas

southside.com

Member FDIC • ©2015 Southside Bank. All rights reserved. CCBP



sustainer spotlight

Mary King



How many years have you been a Sustainer, and what is the best thing about being a Sustainer? **I have now been a Sustainer for 17 years! How is that possible?! I love being involved in our community, and being a Sustainer allows me to serve with several wonderful organizations. I also love watching how the League continues to grow and impact our community. We were left an exceptional legacy, and I have no doubt that the JLL is in great hands!**

What was your favorite placement (Active or Sustainer) and why? **I thoroughly enjoyed each and every placement. My very first placement was serving as a docent for the Ellen Trout Zoo. We took animals to visit each of the school campuses, and it was such a fun thing to be a part of. The children loved it! I also enjoyed being a part of the Charity Ball committee for several years. Getting to work so closely with the committee and the entire league for a common goal was so rewarding.**

Has the league helped you grow in any areas, and if so, what areas?

Through our affiliation with AJLI, we received so many excellent training opportunities. Hopefully, those trainings helped me to be a better person, worker, and community volunteer. Also, the practical experience gained by working with so many different volunteers and agencies was invaluable.

When you think of your time in the League, what are the first three words / phrases that come to mind?

Relationships, Community, Service

What is one piece of advice (general or League-related) you would tell the Provisional version of yourself?

Cherish every moment, and don't be afraid to step out of your comfort zone. Some of my fondest memories include friends I made through my involvement with the League. We are so blessed with many wonderful volunteers who care deeply about our community. Many times when we step outside of our comfort zone, we surprise ourselves and great things happen.

Angie Roper



How many years have you been a Sustainer, and what is the best thing about being a Sustainer? **I have been a Sustainer for 9 years, and I thoroughly enjoy the relaxed and social aspect of Sustainer membership.**

What was your favorite Placement (Active or Sustainer) and why?

50th Anniversary Celebration – As chair of the 50th Anniversary Celebration, I was able to get to know many of the founding members of the Lufkin Service League. Seeing 50 years of history when going through pictures made me really appreciate where we have been as a League and look forward to many more years giving back to the community.

Has the League helped you grow in any areas, and if so, what areas?

The projects of The Junior League opened my eyes to all the needs in our community. Through this I've learned that any time I can give makes a difference.

When you think of your time in the League, what are the first three words / phrases that come to mind?

Forever Friendships – Servants Heart – Generous Community

What is one piece of advice (general or League-related) you would tell the Provisional version of yourself?

Slow down and enjoy the camaraderie and friendships to be made.

Allyson Langston



How many years have you been a Sustainer, and what is the best thing about being a Sustainer?
I have been a Sustainer for 7 years. I can pick and choose where and how I can give back to our community and I can still be a part of the marvelous Junior League of Lufkin!

What was your favorite Placement (Active or Sustainer) and why?

I can't pick just one! Provisional Trainer was incredibly wonderful, as I met some precious women and loved sharing the League with them. Secretary was great because I felt like I was hyper aware of everything going on throughout the year. And then President year was phenomenal because I truly had the BEST board in the history of EVER who stepped up to the plate when Miss Lucy Elizabeth made her very unexpected appearance! I was blessed to work with amazing women throughout my years.

Have you used skills you have learned through your time with the League in other areas of your life? If so, how?

Absolutely! I've used my grant writing skills to help some other non-profits in town, specifically Second Helpings / Second Sacks in this current season of life. The relationships I built and lessons learned by working together with others has helped tremendously in my role as a School Board Trustee. The League and the women of the League have truly helped shape me throughout my adult life.

When you think of your time in the League, what are the first three adjectives / phrases that come to mind?

Happy, rewarding, growth

What is one piece of advice (general or League-related) you would tell the Provisional version of yourself?

Don't be afraid to dream big! There are countless resources and supporters in this community and there isn't a more giving and loving town anywhere. If you're passionate about doing something to improve and enrich lives, the support will come. I remember how in awe Jennifer Webster and I were when we met Sharla Visage from the Longview Junior League in Orlando at Annual Conference. Sharla told us about their School Supply Train project. We took our executive committee to Longview that August (four months later) to see it in action, and Jennifer and her board just went for it! Thus was born our Back to School Bonanza. It was a leap of faith, but oh! The rewards that have come from that leap!

Dana Smithhart



How many years have you been a Sustainer, and what is the best thing about being a Sustainer?
I have been a Sustainer for 17 years. We have been taught to serve and help others, and we now have time to reflect on our time in the League and to use the skills learned to serve with other organizations!

What was your favorite placement (Active or Sustainer) and why?

They were all really great, but at the top of the list would be Charity Ball, Southern Living Cooking School, and the Follies because of the opportunity for teamwork with a big group of League members, the events were great fun, and the many new friendships that have developed into lifelong friendships. I loved Provisional Trainer too!! We had 30 provisionals that year as we transitioned from the Lufkin Service League to the Junior League of Lufkin!

Have you used skills you learned through your time with the League in others areas of your life? If so, how?

Each and every day, I continue to use skills learned while in the League....accountability, teamwork, communication, time management, networking, leadership, and the ability to plan!!

When you think of your time in the League, what are the first three words / phrases that come to mind?

Make a Difference, Enjoy New Friendships, Have Fun While Working

What is one piece of advice (general or League-related) you would tell the Provisional version of yourself?

Enjoy each and every opportunity to serve, but most importantly, cherish the learning experiences, the laughter, and the friendships you will make during your JLL journey!! One more - Step out of your comfort zone; you never know what doors may open!

sustainer officers

Officers

President // Angie Roper
Vice President // Allyson Langston
Secretary // Carolyn Beavers
Treasurer // Jennifer Webster
Parliamentarian // Carol Bradley
Corresponding Secretary // Cindy Tierney
Our View Correspondent // Marcy Weibe
Fall Luncheon // Vickie Evans
Holiday Tea // Rita Rush, Becca Chance
Spring Social // Carol Bradley, Mary Jane West
Emeritus Representative // LaJune Bradley
Emeritus Luncheon // Susan Morgan
Sustainer of the Year // Cathy Todd, An Sweeny, Anita Caraway
Past Presidents Luncheon // Thalia Tierney, Mary King

Sustainer Committee Representatives

Back to School Bonanza // Jaime Zayler
Poverty Simulation // Sharon Kruk
Rummage Sale // Bobbie Robinson
Little Black Dress Initiative // Susan Belasco
Girls Rock Academy // Michelle Briley
Touch-A-Truck // Patti Smithhart
MVP // Gina Greene
Raffle with a Mission // Susan Harris
Helping Hands // Thalia Tierney
Provisionals // Barbara Peterson



Standing left to right: Mary Martha Henderson, Jetta Westerholm, Janice Ann Rowe, LaJune Bradley, Dot Brookshire, Nancy Reily, Barbara Polk, and Nancy Moore Seated left to right: Martha Chandler, Rosemary Blackstock, Virginia Winston

On Thursday, June 27, I was delighted to host eleven of our incredible Sustainer Emeritus Junior League of Lufkin members at my home for a luncheon provided by the Sustainer board. Our attendees included Rosemary Blackstock, Dot Brookshire, LaJune Bradley, Martha Chandler, Mary Martha Henderson, Nancy Moore, Barbara Polk, Nancy Reily, Janice Ann Rowe, Jetta Westerholm and Virginia Winston.

The luncheon was catered by Red Tulip Catering, with Darla Thomason creating a salad trio of chicken salad with avocado, fresh tomato and sweet pepper pasta salad, and honey mint melon salad. Darla was kind enough to plate the lunch for us and it made for a beautiful presentation.

For dessert, the ladies enjoyed cream cheese pound cake, a favorite recipe from the According to Taste cookbook of the Junior League of Lufkin. The party favor was an iced cookie from Confections.

Jennifer Webster and Tracy Nichols helped to serve and clear the meal and Tracy was kind enough to give the ladies



Allyson Langston
Emeritus Luncheon

an update on current League events and news.

I have been a part of this luncheon for several years and it is always a highlight for me, as this remarkable group of ladies regales us with stories and tales from their active days (Virginia Winston even brought newspaper clippings and photographs she recently discovered!) and they fill my home with lots of laughter and fun. They are such a joyful, lively, and lovely group of women with a huge amount of wisdom and experience to share.



We were delighted to add new Emeritus members Martha Chandler, Nancy Moore, and Barbara Polk this year (although Nancy isn't "official" until November, we just couldn't wait for her to join the club!). These ladies are a true blessing to our community and to the Junior League of Lufkin, and their years of service to the League are so appreciated.

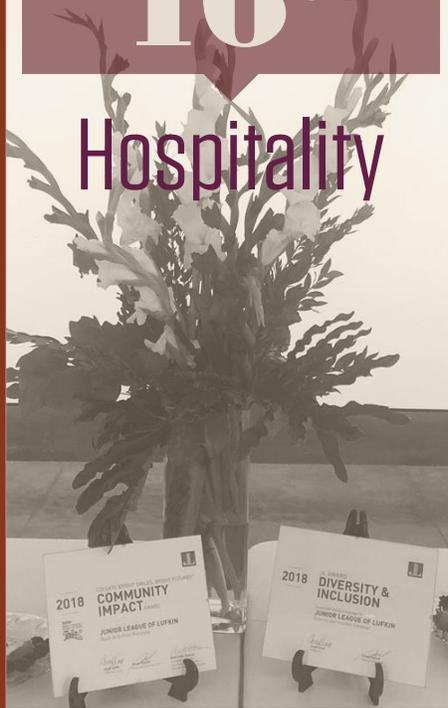
a breakdown of our dues

22%

AJLI
Membership

16%

Hospitality



13%

Member
Relations



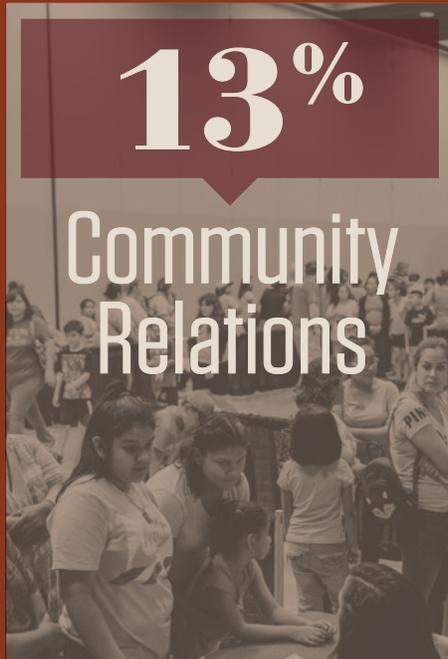
7%

Board Training



13%

Community
Relations



5%

Web Design & App



6%

Insurance



3%

Treasurer



5%

Helping Hands Appreciation



4%

President



3%

Advisory



1% Postage



1% Secretary



0.5% Internal PR



0.5% Office Supplies





Platinum Hands



Cadillac

JM Chevrolet • Cadillac



Blue Hands



Georgia-Pacific



Red Hands

Woodland Heights Medical Center
Austin Bank
Whataburger
Trailwood Storage
Commercial Bank of Texas



Green Hands

Alderman, Cain and Neill
Chance Law Office
Gibraltar Construction
Borgfeld & White, PC
Security & Guaranty Abstract
Axley & Rode LLP



Purple Hands

Abeldt's Gaslight Pharmacy



Serving Hands

Martha Chandler
Ladeen Pluss
Mr. & Mrs. Thomas Moore
Jean Dillahunt
Carlin Sanders
Mary Martha Henderson
Patti Smithhart



Sustaining Hands

JLL Sustainers
Llewellen Frazier
Virginia H. Winston
Terry Windsor
Troy Coleman
Mary K. Grum



Supporting Hands

Barbara Corbett
Nancy H. Reily
Dianne Croom
Kim Wright
Mary Duncan
Rona Frisen
Vickie Evans
Barbara Ferguson
Lorelle Coleman
Debra Lloyd
Barbara Carter
Lisa Haglund
Janice Ann Rowe
Rebecca Chance
Susie & Jay Shands
Linda Anderson

Judy Perry
Anita Caraway
Cindey Neal
Nancy Moore

Cristina Peitersen
Memorial in Memory
of Lisa Griffin

Lisa Warner
Memorial in Memory
of Beth Denman

Thalia Tierney
Honorary in Honor
of Donna Spore

mark your calendar

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1 | Provisional Meeting/
2nd half of dues deposited

4-5 | Rummage Sale

8 | General Meeting

14-18 | Little Black Dress

28 | Board Meeting

February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

4 | Provisional Meeting

11 | General Meeting/
2020-2021 Dues due

24 | Board Meeting

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

5 | Provisional Meeting

12 | General Meeting

25 | Board Meeting

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 | Change of Status Due

3 | Provisional Meeting

17 | General Meeting

21 | Touch-A-Truck

30 | Board Meeting

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

10 | Holiday Party

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

6 | Provisional Meeting

9 | Open House

10 | VOY Nominations Due

14 | General Meeting

21 | Open House

27 | Board Meeting

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

7 | Provisional Meeting

14 | Cottage Meetings

19 | Board Mid-Year Retreat

23 | Chairs Meeting

27 | Board Meeting

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

12 | General Meeting/
End of Year Celebration/
Raffle Tickets Due

18 | New Provisional Meeting

19 | Helping Hands Banquet/
Raffle Drawing/
Grant Reception

JOIN US!

JUNIOR LEAGUE
of LUFKIN
social

ANGELINA
ESTD   2017
BREWING COMPANY
LUFKIN, TEXAS

OCTOBER 22 | 5:30-7:30PM
2 ADULT DRINKS +
APPETIZERS INCLUDED





P.O. Box 151812 Lufkin, TX 75915

Non-Profit
Organization
U.S.
POSTAGE
PAID
Permit No. 45
Lufkin, TX

