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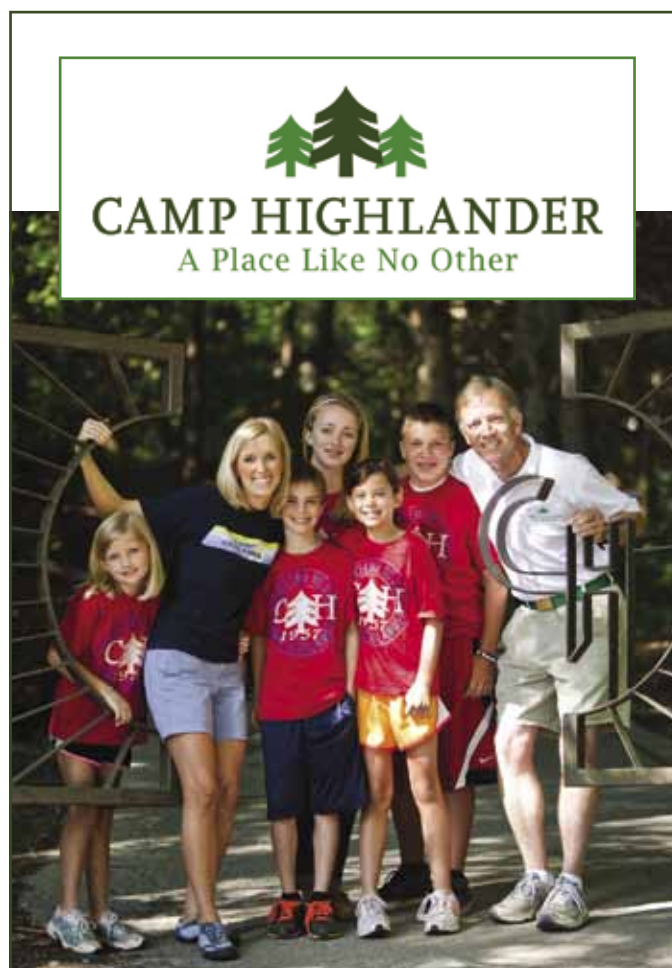
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My Healthy Habit: The Junior League of Greenville

“Wellness – it’s quite a buzz word these days! I did a Google search to see what popped up about wellness, and as you can imagine, there were about a zillion results. Wikipedia says it best that wellness is a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.

So how do we get there? That balance between the mind, body and spirit is not easily achieved. We are so busy, often we skip going to the gym and don’t take time to relax and enjoy life. Wouldn’t it be great if we all took more time to focus on wellness?

For years children’s health and wellness has been a focus for the Junior League of Greenville (JLG). Through two of our outreach programs, Kids in the Kitchen and Home Run for Healthy Kids®, we are committed to teaching children and their parents about the importance of eating healthy foods, active lifestyle choices and safe family practices.

Kids in the Kitchen (KITK) utilizes education, hands on learning and fun to equip children and parents with the tools to make healthy lifestyle choices and reduce childhood obesity. The Kids in the Kitchen committee has developed age-specific curriculum and activities in order to carry out the mission. The curriculum is designed to follow Greenville County School’s and is divided into K-2nd grades and 3rd-5th grade programs. The KITK Committee partners from community agencies and businesses in the fitness and healthy living fields, and they are making a difference. Greenville students make better choices.

Home Run for Healthy Kids® is an annual program hosted each year by JLG at Fluor Field. The mission of this program is to improve the Greenville community through the education of children and their families regarding the importance of healthy eating choices and habits, active lifestyle choices, and safe family practices.

The event invites students to come to Fluor Field and to walk away knowing more about healthy and safe choices for living. Last fall we served over 2,500 students, many of whom had never been to Fluor Field. They made lasting memories and took away lessons that we hope outlive the memories.

I am a big fan of enjoying time outside with my family. Video games and TV work for a rainy day but too much screen time has zero health benefits. Don’t you remember how much fun you had running around outside when you were little? Of course, you don’t have to be little to go outside.

I find it easier to be active if I am with someone who will keep me on track. JLG also supports me and my healthy habits. It’s fun to be with my JLG friends and good for my spirit – isn’t that part of achieving complete wellness? Thanks JLG. It’s been worth every minute.

Sincerely,

Kristy Way

Kristy Kellos Way
President, The Junior League of Greenville
2012-2013





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Mission Statement

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

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We'd love to hear from you! Email Stephanie Morgan with your thoughts about our magazine or to learn how to become more involved. editor-visions@jlg.jlgreenville.org

Visit us on the web. www.jlgreenville.org

What's the Secret?

We all want to be happy and healthy, but how do we get there? Good old fashioned hard work, you may say. If your definition of healthy is based solely on physical fitness, then hard work may be the key.

For me, it's more about being balanced in mind, body and spirit. Fitness is the latest craze. It's an obsession, and although, I do believe regular physical activity is important, I think there's more to life than living in the gym and never stepping out of your work out clothes. Becoming fixated on physical activity brings unwanted and unproductive stress to our bodies.

However, I must admit that I feel a twinge of jealousy when I see a fit woman running down the street in the heat of the day looking like a million dollars. I envy her weight, thinking I'd kill for those legs. Honestly, I have wished many times to be thinner, to be more fit and to have the perfect weight. I'd do just about anything to have the weight I thought was so heavy for me years ago. These days I dream of running three miles, when I used to beat myself up because I couldn't run ten. I look back on days when I'd be disappointed in not finding more than three days to have quiet time with God, and now, a week will come and go without me feeding my spiritual life at all.

My secret to living a happy and healthy life is to be grateful for the moment I am living in right now. When I remind myself to be grateful for right now, I feel like a more balanced person. Looking backwards, being regretful, wishing instead of living are all easy habits to pick-up, while living in the moment with a grateful and happy heart puts a cherry on top of a sweet and comfortable life.

The Junior League of Greenville is jam packed with those who beautifully balance the expectations of being a woman today. As the Sustaining Advisor to the Board of Directors, I have seen first hand how our youngest sustainers, in their mid-thirties, attend meetings, work and get their small children to the field on time. Older sustainers, those in their seventies, are balancing just as much. Of course, the items on their agendas look a little different. Together as one group of sustaining members, we worked to get our goals accomplished and aspired to keep our sights on ways to create happiness for us and those in need in our community.

Serving in this role has given me many opportunities to provide advice and guidance to the active membership of the JLG. I have spent significant time reflecting and pondering in order to do the best that I could in sharing my insights and thoughts. In closing, I believe that the best advice I can give is to encourage our members to work diligently, make time to seek spiritual guidance and push yourself to be the best that you can be at whatever your goals may be. Do all of these things after you've made time as the sun rises to be thankful for the health and happiness you have given today and exercise that gratitude through day.

With a heart full of love for the JLG and in deep gratitude,

Linda Grandy

Linda Grandy

Sustainer Representative, 2012-2013



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The Big Picture: A Look At Today's JLG

As a society we are overwhelmed so often by unlimited choices. We miss the importance of living a clear and simple life focused on making the most of what we've been given. In this issue, we bring to you women and organizations who get it. They see that sometimes their pastures thrive and sometimes the grass lays dormant, but they continue to look to giving, helping and making the difference they want to see in the world.

Embrace life. Live, learn and share your goodness with others. Let no one steal from you your choice to share your smile and to be happy.

Stephanie Morgan

Stephanie Morgan
Editor, VISIONS Magazine
2012-2013





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On Your Mark, Get Set,

Written by: Amanda Wicker

Run

GIRLS: GET OUT OF THE
“GIRL BOX” AND RECOGNIZE
HAPPINESS IS A MAJOR PART
OF A HEALTHY LIFESTYLE NO
MATTER HER SHAPE OR SIZE.

— KIM HEIN, CO DIRECTOR OF
GIRLS ON THE RUN

The name of the organization Girls on the Run (GOTR) immediately evokes a mental image of young girls grounded on a starting line, side by side anxiously awaiting the signal to take off. This program which The Junior League of Greenville is closely affiliated brings that image to reality giving them a signal to run and to do so much more. GOTR is a component of the Greenville Health System's Children's Hospital and is an affiliate of Girls on the Run International, which has a network of 160 locations throughout the US and Canada. Kim Hein and Monica Gibson of GHS work together with dedication to coordinate the program for the Greenville area.



The program is prevention-based and strives to inspire young girls to be joyful, healthy and confident encompassing a curriculum that integrates a creative approach to physical exercise. Over the course of twenty sessions, the girls learn how to make healthy decisions to ensure healthy bodies and minds as they grow into women. Exercise is obviously important, and running is a sure way to keep fit, but arguably more important is self preservation skills with which they run away. Handling a bully hasn't gotten any easier since we were youngsters. Learning how to stand up for themselves against peer pressure is still a biggie.

Each group consists of between eight and twenty young girls and at least two coaches. There are approximately eighteen different group sites around Greenville with 144 young girls total enrolled in the program. One such program site, Grove Elementary, was funded by an \$11,000 grant from the Junior League of Greenville last year. The JLG also helps the program by providing volunteer running coaches. Ashleigh Hambright, JLG member who has served as a running coach this year, saw the girls in her group reach not only their physical goals but saw them soar men-

tally and emotionally. Director, Kim Hein, says that by the end of the program introverted, shy young girls open up, become assertive, and run away with healthy habits.

GOTR incorporates parental partnerships to further drive home the lessons learned at each session, literally. Parents are given a booklet that tracks the program's curriculum and suggests questions to ask their daughter when she gets home.

The parents are also given the opportunity to get involved by serving as their daughter's running buddy. The program culminates with a 5K and a banquet where each participant is given a recognition award. This year's 5K was held on May 3rd through the GHS Swamp Rabbit 5K. One of Kim Hein's primary goals for the program is to encourage young girls to get out of the "girl box" as she coins it and recognize happiness of a healthy lifestyle regardless of her shape or size.

You can say that GOTR provides the motivation for young girls to approach the starting line, trains them to run with all their

strength and most importantly coaches them to finish the race. Run, girls. Run.



Well-Balanced Women

Written by: Jacque Foster

No way? Or Reality?

Have you ever met a woman who made you wonder, “How does she do it all? So well? Without complaining?” Whenever I feel like I’m “doing it all,” I find myself exhausted and, as my husband would most likely say (but not out loud, if he knows what’s good for him), grouchy!

Is balance in life is a pipe dream? For some, it may be; and for others, it’s imperative to be content and fulfilled.

I see life like a four-legged stool—and each area of life is represented by one of the legs. Not only must each leg exist, but they all need to be the same length and strength! My four “legs” are represented by four areas of life: family, professional and/or voluntarism, spiritual and/or emotional and physical.

As I struggle for balance in these four areas and find myself wobbling I wonder...does anyone really achieve it? Are all women struggling constantly, as I am, to find balance in their lives? Have some found it, and how did they do so? What’s more, how do they maintain it?

At 26 years old, JLG provisional Riley Haskell has had more “real life experiences” than most of us have in, well, a lot more lifetime! To say she is an inspiration, and a true example of perseverance, would be an understatement.

Upon graduating college in May 2009, with a degree in early childhood education, Riley knew teaching was not a career path she wanted to pursue. Instead, Haskell

started a graduate school bridge program designed so she could take a few extra courses to be accepted into Physician’s Assistant school. Feeling settled in Greenville once classes began, in August of 2009, she bought her first home.

However, as we all know, if we want to hear God laugh just tell him our plans. In November of 2009, Riley was in a car accident with a drunk driver and suffered a traumatic brain injury, requiring her to drop out of school.

“[The doctors] said continuing [with school] would be like running a marathon on a broken ankle. My brain was like a puzzle, and the pieces were out of place. It would take a long time before the pieces would be back in place again,” she explained.

Instead, Riley required months of extensive therapy, including things that “seemed so silly and simple, yet made huge improvements in building back the muscles” in her brain. “I needed to rest my brain, so it could heal,” she said.

While her brain healed, Riley’s mom, aunt and other family and friends helped take care of her, and once her brain healed she began

working. For the next year, Riley was a full time daytime nanny.

In April 2011, Riley was officially on-the-mend and, not to be deterred by her misfortune, started her own business: Two Sisters Embroidery.

“At first it was very part time, so I was able to nanny and run that business,” said Haskell. “However,” she continued, “I still couldn’t do anything very ‘academic.’”

After about a year, when Two Sisters had really taken off, Riley realized she’d need to commit her days entirely to her startup business, though she dearly loved working with babies. Being solution oriented, Riley made lemonade and today she runs her embroidery business during the day and at night, she’s a night nurse, “Even though I’m not technically a nurse...so I call it a Night Nanny,” she laughs.

The job entails waking with the babies—she specializes in twins!—throughout the night to feed them and tend to any other needs so the moms can get a full night’s sleep. Though that business is advertised only through word-of-mouth, Haskell finds herself going “from one family to the next.” It’s no wonder why, as she continued, “I

try to sleep-train them, too, before I leave...as a bonus to the moms.”

Amazingly, Riley’s commitment to her community has not wavered despite her hardship. Although it would be nearly impossible for that to happen given the foundation put into place by her grandmother and mother, both of whom were big influences on her dedication to community service.

“I have been volunteering since elementary school. Mom always instilled that in me, taking me to Safe Harbor and other places to help her volunteer,” she reminisces. “When I could do it on my own I started at the Children’s Hospital, and at Camp Courage...I still do [Camp Courage] on my own, apart from [volunteering through the] JLG.”

Today, Haskell still serves the Children’s Hospital by assisting with their bereavement group, held once a month for families who have lost a child to cancer.

“I run the children’s session while the parents have a session with other adults. We do arts & crafts, have conversations with the children, and let them talk about what they’ve been through,” she shares.

In addition, she recently served on a committee for the Alzheimer Association’s gala, The Upstate Forget-Me-Not Ball, which was held in April.

As if she didn’t have enough on her plate, in 2012, Riley began her provisional year with the Junior League.

“My paternal grandmother couldn’t wait for me to join the JLG because she was president [of the Junior League of Greenville] from 1969 to 1970.” She continues, “I’ve loved every bit of it, from working in the Nearly New Shop to making many new friends I wouldn’t have met otherwise.”

When asked about her family, Riley credits them with her foundation for a well-balanced life. With parents and a sister, not

IT’S IMPORTANT TO NOT LET LIFE...GET YOU DOWN. THERE ARE ALWAYS PEOPLE IN WORSE SITUATIONS WHO YOU CAN HELP.



Riley Haskell, 2012-2013
recipient of the Frances
Pearce Steele Provisional
of the Year Award

to mention an extensive extended family, living in Greenville, Riley sees her family often and receives from them as much support as she gives. Her boyfriend, David, also lives here and “even though he’s not technically family, he has been a continuous source of support in my business, with my family, and with my spiritual walk,” she says.

Riley’s sister, Langdon, 10 years her junior, is currently in high school and Riley takes it upon herself to try to make sure Langdon makes good decisions, giving advice “even though she never wants to hear it,” she says.

“I definitely have helped raise my sister; I feel like a second mother to her more than a sister,” explains Riley. “I don’t want her to make bad decisions and I feel like it’s my obligation to watch out for her since I’m the closest in age to her.”

Long before Riley was in the car accident that changed her life, she

began experiencing symptoms of a disease she didn’t know she had until just this year. Riley went to doctors throughout SC, meanwhile trying alternative measures like acupuncture and supplements, and feeling like she “had tried it all,” was “miserable” to have no diagnosis or relief.

Today she realizes [the doctors were] only treating the symptoms and it was just January of 2013 when she traveled to the Mayo Clinic in Minnesota and was diagnosed with Ehlers-Danlos, a rare connective tissue disease.

“It looks like a muscle disease, like MS, and affects all your muscles and joints,” she explains. “I have to rebuild all my muscles.”

Still trying to understand it all, Riley says she just has to “get used to a new normal physically...I just can’t do things I used to be able to do.”

Treatment involves frequent physical therapy to strengthen

the muscles around the joints; lifestyle changes; and braces for her shoulders and knees, which will help strengthen the joints so they don’t pop out of socket or become dislocated.

Consequently, Riley’s physical balance comes, not from exercise as it does for so many of us—after all, she can’t just walk out her front door and go for a jog—but from physical therapy. She attends sessions twice a week and does it at home every day.

“Going to PT twice a week isn’t something I really have time for, but I don’t have a choice,” she says.

First Presbyterian Church in downtown Greenville is where Riley attends church regularly, though it is her Bible study group of 46 women, which meets on Wednesday nights, that satisfies her need for spiritual balance. Not only has she found positive accountability and a group of other like-minded, Christian women; additionally, it’s helped her



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keep a positive outlook.

"These women have been a great support system to me. At a time when I could easily have gotten down and depressed, I didn't because they helped me through it," she said.

When asked how she has made it through all the hardships in her 26 years, Riley says learning to keep a positive attitude has been a tremendous help.

She continues, "It's important to not let life's circumstances slow or get you down. There are always other people in worse situations who you can help. If you harp on things you...let it pull you down. I choose to stay positive."

As if standing behind the podium as a motivational speaker, Riley shares, "There are two verses that keep me going: Jeremiah 29:11 says, 'For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you

hope and a future.' Deuteronomy 31:8 reads, 'The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.'"

Riley pauses, as if gathering her thoughts, before continuing, "Both of these assure me that God has gone before me and has a wonderful plan for my life and that he will never leave or forsake me! These are comforting words!"

Riley believes maintaining balance in life is something one must strive to achieve.

"I've learned...to separate my time. I make time for my quiet time, for my Bible study, and to put my work down to make time for family, girls night out or lunch with a good friend," she said.

Sounding far wiser than her years, she continues, "You have to make a concerted effort to make sure you're not leaning too far in one

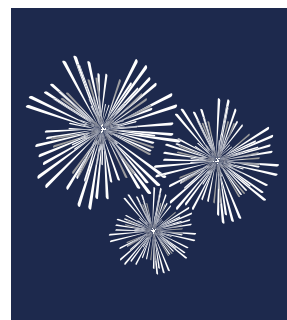
direction, whether it's work, family or anything else."

Though her Bible study group studied the importance of balance, Riley also credits her mom and grandmothers for her wisdom.

"Seeing how they've always balanced things, they've served as great role models. They've taught me to volunteer, to go to church, to see friends, to have time with family — they've done it all, and done it well, and I see that it's what keeps you going!"

She may be only 26 years old but her lifetime of experience, courage and determination are a lesson and inspiration for us all. A living example of the adage, "attitude determines altitude," Riley proves that a strong foundation, faith and perseverance are keys to living a truly well-balanced life, despite what that life may throw at you.

Don't miss the next article in our well-balanced women's series, where we will feature active Junior Leaguer, Katie Saad.



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Get Your *Sweet* On

Written by: Mary Katherine Allen

Counting calories is a hassle. Most of us are unable to track our daily calories because we're too busy with other responsibilities. There are many ways you can substitute basic ingredients to forego the fat and still keep the taste of favorite dishes. Take it from a local expert in the kitchen who prides herself on creating healthy dishes to die for at the Owl, a fit for foodies restaurant providing fresh fare with creativity.

Jacqui Cawley is a Chicago transplant who first earned her culinary wings at one of Greenville's newest restaurants, The Owl. Quickly promoted to pastry chef, Jacqui has found her niche in the kitchen preparing fresh desserts that are spoon lickin' good. Her elegant style with the pastry knife keeps customers coming back with curiosity. You never know what she's gonna do next. She admits to keeping her nose in textbooks as often as possible, admitting naiveté isn't always a bad attribute when you're looking to go beyond the norm and experiment with alternative methods. This trait is also definitive of The Owl's overall approach with unconventional menu items.

One of Jacqui's tricks to help reduce guilt is to use a sugar substitute like Sugar Leaf™, Splenda® and Stevia™. Today there are more choices to the public which can work just as well. If you're concerned about cutting cholesterol, then you can use a fat-free or low-fat sour cream, seen here in Jacqui's cake recipe. Also, you can surprise your guests by substituting butter with olive oil, or only including egg whites in recipes that commonly call for these heavier ingredients. They'll never know you fudged.

Tropical Fruit Trifle with Passion Fruit Sauce

MATERIALS:

One 10 inch round cake pan
Stand mixer or egg beaters
Round cookie cutter (about 1 inch)

INGREDIENTS:

One 10 inch sour cream cake (recipe follows)
Tropical fruit mixture (recipe follows)
Passion fruit sauce (recipe follows)
Toasted coconut

METHOD:

Cut the cake in half horizontally with a serrated knife. Using the cookie cutter, cut as many rounds out of the cake as possible (you may have extra), cut these rounds in half horizontally again. Place one cake round on a plate, top with fruit mixture, drizzle a little of the passion fruit sauce on top. Place another cake round down on top of the fruit pushing down slightly. Lay down a layer of fruit and drizzle it with a little of the passion fruit sauce. Continue this process until desired height is reached. Top the final layer with toasted coconut.

Sour Cream Cake

INGREDIENTS:

3 cups cake flour	3 large eggs
1 teaspoon baking powder	1/4 cup fat-free skim milk
1/4 teaspoon baking soda	1 tablespoon dark rum *
1/4 teaspoon salt	2 teaspoons vanilla extract
3/4 cup butter, softened	1 cup fat-free sour cream
2/3 cup sugar substitute*	

METHOD:

Preheat oven to 350°. Prepare cake, coat a 10-inch cake pan with cooking spray, Set aside. Spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, baking soda, and salt, stir with a whisk to combine. Place butter and sugar substitute in a large bowl; beat with a mixer at medium speed until light and fluffy. Add eggs, one at a time, beating well after each addition. Add milk, rum, and vanilla; beat until combined. Beating at low speed, add flour mixture and sour cream alternately to the butter mixture, beginning and ending with flour mixture; beat until just combined, do not over mix. Spoon batter into prepared pan. Bake at 350° for one hour or until a wooden pick inserted in center comes out clean. Cool in pan. Loosen cake from sides of pan using a butter knife. Place a plate upside down on top of cake; invert onto plate. In this instance it is better to make the cake one day in advance and let it sit uncovered overnight in order to dry it out slightly.

* I like Sugar Leaf brand for a sugar substitute, it bakes just like real sugar and the flavor does not suffer.

* I used Myers' dark rum

Tropical Fruit Mixture

INGREDIENTS:

Two green mangoes*	One pint of strawberries
Three bananas	Juice of two limes

METHOD:

Cut all of the fruit into bite size pieces, toss with lime juice.

*Be sure that the mangos are green, you need the sourness in order to cut the natural sweetness of the other fruit.

Passion Fruit Sauce

INGREDIENTS:

1 cup of Passion fruit juice	1 tablespoon of honey
------------------------------	-----------------------

METHOD:

Place the passion fruit juice in a medium to small sauce pan. Reduce to about a quarter of a cup and add the honey. Cook this mixture down until it reaches a syrupy consistency.

Olive Oil and Strawberry Financier with a Balsamic Reduction

INGREDIENTS:

1 cup olive oil	1 teaspoon baking powder
Egg whites From 5 eggs	Strawberries cut into a fine dice (about one dozen)
1 cup sugar substitute*	Balsamic reduction (recipe follows)
3/4 cups almond flour	
1/2 cup cake flour	

METHOD:

Preheat oven to 350 degrees Fahrenheit. To prepare the Financiers bring the egg whites to room temperature about 70 degrees Fahrenheit. Sift together the dry ingredients. Add the olive oil and gently mix with a whisk until evenly combined. Scrape down the sides of the bowl. Add the egg whites to the mixture mix until evenly combined. If not baking right away, refrigerate the batter. Spray a standard size muffin tin with a light coat of nonstick oil spray and line them with cupcake paper cups. Fill the cupcake cups with the batter, filling them three-quarters of the way full. Place about one teaspoon of the chopped strawberries at the center of the mold. Bake until the financiers turn a deep golden brown around the border, about 20 minutes.

Remove from oven and let cool slightly. Drizzle with balsamic glaze.

*For this recipe I used Splenda®

Balsamic Reduction

INGREDIENTS:

2 cups balsamic vinegar

METHOD:

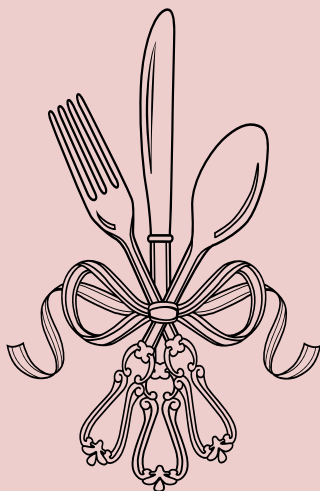
Heat the vinegar in a heavy saucepan over medium heat until steam rises. Turn the heat down as low as possible as soon as the steam rises. Reduce the vinegar very slowly (it shouldn't simmer) for two to three hours, until it has reduced and thickened to a syrupy glaze. There should be about 1/2 cup of glaze. Place into a squeeze bottle and hold at room temperature.

For reservations: theowlgvl.com



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Start your day on a happy trail with homemade granola. Janet Poleski, chef and JLG supporter, has given us a recipe highlighting just how simple it is to start the day the right way. This batch will last and last and makes a perfect gift snuggled into a jelly jar.

Good Morning Granola

INGREDIENTS:

3 cups quick cooking oats
 ½ cup sliced almonds
 ½ cup rough chopped pecans
 ½ cup dried cherries and /or cranberries
 ½ cup golden raisins and/or chopped dates
 ¼ cup sunflower seeds or flax seeds
 1 tsp cinnamon
 1 14 oz can sweetened condensed milk
 4oz melted butter or new balance spread

METHOD:

Preheat oven to 325 degrees. Coat bottom of sheet pan with cooking spray or light olive oil. Mix all ingredients together in big bowl until well coated. Spread mixture evenly on sheet pan and bake 35-40 minutes or until golden brown, stirring occasionally. (The darker the more crunchy) Cool slightly break up any lumps, store in airtight containers and sprinkle on anything from yogurt, fresh fruit, cottage cheese, cereal, or ice cream.

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“Finding God’s Fingerprints”

Written by: Jacque Foster

Worth \$500!

In an age where the written word seems to be a lost art — where invitations are actually emailed, and where thank you notes are texted (!) or not even sent at all (gasp!); where high school English and Literature teachers admit the students no longer need to fully understand the language of their birthplace thanks to spell-checking and grammar-correcting applications; and where “ur” is an acceptable substitution for “your,” not to mention many young people (and some adults!) who have no idea the difference between “your” and “you’re” or “there” and “their;” in a sad, sad time when the appreciation for the beauty of meaningful writing that invokes tears more sincere than any movie can appears to be going by the wayside — we bring you the winner of the first Young Women’s Writing Contest hosted by the Junior League of Greenville.

Laura Woodside, a senior at JL Mann High School, and her mom cried when they found out Laura’s essay was chosen from 30 entries as the winner of this year’s contest, for which she won \$500 from contest sponsor, TD Bank.

Asked to write about the person in her life who served as her mentor or role model, Woodside, who will be attending Furman University in autumn, shares, with heart-felt candor, stories about Laura, her sixth grade girls’ small group leader at First Presbyterian Church.

Watching her own Bible study leader go through a time of great loss, resulting in anger toward God, Woodside was able to witness the path the grieving process can take us down, and the importance of

healing, writing, “forgiveness did not free the person who wronged you, rather it freed you.”

Writing with skill beyond her years, for which she credits two past teachers, Woodside wonders where she would be today if she hadn’t met her mentor, Laura. She shares, “The thought makes me shudder. I might be mean, bitter, and self-centered with a terrible self-esteem. Instead, I have been blessed with a wonderful mentor who showed me firsthand that we were not called to be perfect; we were called to love each other, despite our flaws, and to love God.”



When she isn’t writing, Woodside stays busy with school work and volunteering in her community, including serving as the chairman of the Youth Commission for the City of Greenville. Greenville is lucky not to be losing such a valuable, young asset, as Woodside was recently accepted into Furman University. Although she won’t be majoring in a writing-related field, she says she knows, “Writing and being able to effectively communicate are important skills in every profession.”

She continued, “The most rewarding aspect of this contest was being able to publicly thank my

mentor for her tremendous impact on my life!”


An excerpt from Laura’s submission, full of heart-felt candor, “Finding God’s Fingerprints.”

Middle school is typically the time when girls realize that we do not all look alike. Some are tall, some are short, and some are filling out a C-cup, while others are still in training bras. We see the “beautiful” actress on the cover of the magazine, and we realize that we do not look like her. So does that make us ugly? Laura took all this confusion and taught us what it meant to be truly beautiful. On one particular Sunday,

we had a “Pajama Party.” The rules were simple: the only acceptable outfit was pajamas, no makeup allowed, and no straightened or curled hair. As we looked around the dinner table, it appeared that we all had some pimples on our faces, and everyone had some frizzy hair. After dinner, we entered Laura’s living room to find pink poster paper, tin foil, scissors, and glue. We were all surprised because crafting was not typically one of our activities.

We took the supplies and created “mirrors.” However, these were not mirrors that reflected our outward appearance; these mirrors reflected our inner beauty. Full of Bible verses and kind words from our friends, these mirrors showed us who we truly were - beautiful creations from God. Even today, as a Senior in high school, I still read words on my mirror and am filled with an instantaneous joy.


The Junior League of Greenville thanks TD Bank for sponsoring this competition and providing the winner with the prize of \$500.00 and a savings account.




JN

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We Are Never Ever **Getting Back Together** *Like, Ever*

Written by: Mary Kathryn Allen

Starting over can arguably be the hardest decision a woman ever makes. Feeling powerless, lost, lonely, less than and beaten to the state of helplessness can ground a woman in an unhealthy relationship for far too long. Safe Harbor is here to serve as the source of energy and support needed to break free.

Statistics show that one in four women will be victims of domestic violence at some point in their lives and three-fourths of those women stay in the relationships because of money. Physical and emotional abuse leaves women feeling isolated, and unworthy of friendships. The abuser takes as much control as possible from his wife and reminds her often that she is the reason for his anger and for their problems. No money, no friends, no self worth leaves her feeling like she has nothing and no where to turn.

Safe Harbor was established as a 501(c)3 nonprofit organization in 1995. The organization operates with three facilities, including two shelters in Greenville and Anderson as well as an Administrative Office in Greenville. Their shelters' locations are secret to avoid intrusion from the victims' abusers. Last year the help

line received 1,198 crisis calls from victims of domestic violence needing shelter, counseling and other services. The Junior League provides rotating volunteers to help answer calls as part of their placement at the front desk. If the caller is in danger and suffering from domestic violence, then she can stay in shelter for up to eight weeks with her children, while receiving counseling, case management and referrals to assist her in reaching the goal of self sufficiency.

For many families, sometimes eight weeks isn't enough. Safe Harbor responds in this case too by offering a long term transitional housing program. The organization affords discounted housing outside their main facilities for up to 1 ½ years as the client pays 40% of living expenses. During 2012, 400 women and 226 children participated in their shelter

programs within Anderson and Greenville; another 91 individuals received transitional housing services. The need far expands from Greenville. Safe Harbor is looking to open another shelter in Oconee County by 2015.

Some women who seek help don't need shelter but instead benefit from Safe Harbor's other programs. Community Counseling is provided for victims of domestic violence in each of that four counties that Safe Harbor serves – Greenville, Anderson, Pickens & Oconee Counties. Last year, 2604 hours of therapy were provided to victims. After they've been under constant scrutiny and control from abusers, some women are vulnerable and unable to manage certain aspects of everyday life. Not to mention, learning to adjust to a new life where they can finally have the autonomy they were denied for so long. During counseling sessions and group meetings, the clients are given an hour reprieve from childcare in order to focus on their personal development.

You will often find a JLG volunteer providing childcare at the center while brave women and mothers are meeting with their counselors closing wounds and opening their minds to a better way of living..

Safe Harbor is also in the business of preventing abuse, working to prevent both domestic and dating violence through their teen-oriented Relationship Education Project (R.E.P.), teaching teens about violence in dating and relationship abuse during students' formidable years. R.E.P. Educators visit classrooms and assemblies in high schools located in Greenville, Anderson, Pickens and Oconee counties. Each student seminar discusses characteristics of healthy and unhealthy relationships, warning signs of relationship violence, and the cycle of abuse. The program administrators hope to eliminate dating violence and build future generations of advocates.



YOU CAN HELP

Support Safe Harbor's mission. They gladly accept monetary donations. Volunteer projects with your company or church are also welcome. The Safe Harbor Resale Shop, located at 2111-J N. Pleasantburg Drive in Greenville exists for guest residents of Safe Harbor. Families are given vouchers for clothing and other necessities left behind during transitions out of unhealthy relationships and into safety.

For more information about Safe Harbor's programs, or if you need help yourself, please visit www.safeharborsc.org.

CRISIS LINE: 1.800.291.2139



Jada Kidd

Written by: Stephanie Morgan

Jada Kidd has made quite a name for herself in South Carolina and in the USA this year. As one of the top three finalists in the National Association of Secondary School Principals Assistant Principal of the Year search. We couldn't be more proud of her and her message to students which comes from a previous career as a correctional officer and reserve deputy. Taking her experiences from possible negative outcomes and using them as a preventative measure has no doubt changed the lives of students with whom she's worked in the last five years in Greenville and Simpsonville.

Who is your mentor?

I have more than one mentor. I have a different mentor for different areas in my life. My role model is Ida Kidd. She is the most amazing women I have ever met. Besides being a rock star granny, she was very involved in our community, and well respected by the youth. She was my greatest cheerleader and taught me to strive for my best."

What's on your bedside table?

My Bible and a notepad. My phone often takes the place of the notepad because I love technology. I use my phone to take notes and write memos to myself. Many times I wake up with thoughts and I write them down to remind me of things to do and/or say. The bible is there because God gives me scriptures,

and I want to read them to gain an understanding, and share the knowledge.

If you could spend a day with any woman, who would it be?

I would love to spend a day with our First Lady, Michelle Obama. I would love to hear how she creates a balance between being the President's wife, mother, daughter, friend, her leadership roles, and pouring back into herself after giving out so much.

Often times leadership can be very lonely, and I would love to know how she handles all that. We would have to discuss fashion. I can't let that go by.

You have been quite the traveler representing South

Carolina. Traveling so often, what is the one thing you never leave home without?

While traveling, I never leave home without my iPad and iPhone. They keep me connected to everyone and everything.

What's great about being you?

Great about me... I am an open book. My life is AMAZING! God has blessed me abundantly, and my desire is to give to our youth a measure of what He has given me. Is my life challenging, yes. But there is

no tribulation that Christ has not overcome (John 16:33). Yes, I am bragging on a mighty God, not anything I have done. I am amazing if I say so myself. I am a creature in the image of God, and there is nothing greater than that. I am a living testimony of the fact that, "with God, all things are possible." I have a phenomenal personality, and I have several gifts. Besides working with our youth, I am a part time comedian.

What's your favorite JLG past time?

My favorite JLG past time was this year working with the LEAD committee. This is the most fun

I have a different mentor for different areas in my life.



Hometown: Greenville, SC

Occupation: Assistant Principal Hillcrest High School
Forty Hours Given to JLG in 2012-2013: LEAD Committee

I have had, and I love the idea of helping women grow and become leaders. Women are amazing creatures and God has blessed us with so many gifts and talents.

What do you think the students with whom you've worked will remember about you?

I hope students will remember that I am fair and consistent, and that I pushed them to be the best they could be. Somedays were harder than others, but I hope they remember that my greatest concern was their individual success.

Thank you notes: email or handwritten?

I like them typed or hand written. I like to create personal thank you cards with poems, and a handwritten message. Somedays because I love technology, I will send a quick email when I see my teachers doing something great and I want to give immediate feedback to thank them for a job well done.

Thank you, Jada, for a job well done.





LEADING

the Future of the JLG

Written by: Amanda Wicker

Distinguished writer and management consultant Margaret Wheatley once stated that she believes that the capacity that any organization needs is for leadership to appear anywhere it is needed, when it is needed. The Junior League of Greenville is working hard to develop its own base of leaders through its LEAD events. The purpose of LEAD, or Leadership, Education and Development, is to develop the potential of each of its JLG members through effective

leadership education and training. The LEAD committee, which this year consisted of six members, including the chair, Frances Zacher, and the Sustaining Advisor, Stacey Olive-Erwin, consults with the various other JLG committees to assess and address their education needs. This year, President Kristy Way challenged the LEAD committee to train the League members to be leaders and to work to develop their leadership skills. So, at the beginning of the 2012-2013 League year, the committee

worked hard to determine the needs of each of the other committees within the League, and it then set out to contact those individuals in the community whom they believed would be both engaging and powerful speakers.

Each month, excluding December, the LEAD committee presents a different event at JLG Headquarters that is geared towards the development of a variety of leadership skills. This year has seen LEAD event topics broadly ranging from "Parliamentary



Procedure” to “Building Your Brand” to “Networking and Mentoring.” This February, VISIONS was invited to help host a LEAD event. The topic and skill chosen for the presentation was “Written and Verbal Communications” with Caroline Avenger serving as the speaker. Ms. Avenger is president of Protocol, LLC, a business focused on protocol and business etiquette, and is an instructor at the prestigious Buckley School of Public Speaking located in Camden, South Carolina. Her presentation included numerous helpful tips including the importance of body language while speaking to a large audience, as well as the significance of maintaining eye contact when speaking to someone in a smaller setting. At the conclusion of the presentation, those in attendance were given the opportunity to ask questions regarding personal issues or concerns about her own communication style, and Ms. Avenger was able to give helpful feedback.

With the focus this year on leadership training, Frances Zacher says that the events have seen an

increase both in attendance, with an average of twenty-five women present at each event, and in participation by those present. The LEAD committee works hard to create seamless and informative events for JLG members.

The topics presented and the information acquired from each of the LEAD events greatly contributes to the healthy well-being of each member of the Junior League of Greenville.

The topics presented and the information acquired from each of the LEAD events greatly contributes to the healthy well-being of each member of The Junior League of Greenville. The skills learned and honed at each of the LEAD events certainly improve the leadership base from within the League; but they also help to improve the work and home lives of its members. Improved leadership skills increase the efficiency and ability to timely get tasks completed. This efficiency translates into spending less time in the office or on chores at home, and more time spent on more the enjoyable pursuits of spending time with family and friends. This year, the change from the Junior League of Greenville’s LEAD events have truly helped to make the healthy living of its members a priority and a reality.

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It IS possible to be *Fit,* *Fashionable* & *Fabulous*

Written by: Jacque Foster



Gone are the days of unsightly spandex, tacky tracksuits and writing on the rear is just... wrong. These days, the busy lives of women require workout wear to extend from the cafe where she has a morning meeting to the trail for a quick jog, to the school where she'll be volunteering before picking up and shuttling the children to piano, soccer and Tae Kwon Do practice.

This spring, shops around town are showcasing fitness fashion designed to adapt to the busiest of lifestyles. Whether you're a runner, cyclist or yogi, be proud you're satisfying your inner fitness goddess and focusing on getting strong! (After all, skinny is out — strength is in!) If it's time to update your gym bag contents, check out this fabulous fit-wear for some excellent options.



DeAnn relaxes in casual shorts and shirt by Club Ride, with her dog, Berkley, after taking a ride down the Swamp Rabbit Trail on her sexy Public commuter bike, complete with double saddle bags by Basil and a Sherpani purse in the front basket.



Above: Meandering toward us on a Jamis "satellite comp" road bike, DeAnn, a favorite customer at Pedal Chic, shows off a Shebeest jersey, bike shorts and arm warmers; and Garneau gloves, helmet and cycling shoes.

Award-winning shop Pedal Chic was the first women's-only cycling shop in the US, and is right on S. Main Street in Greenville's historic West End. With three group rides per week, catering to all levels, there's something for everyone. Find your ride on their calendar at pedalchic.com.

Opposite page bottom: Checking email post-run, Cory catches some shade in a pullover by Adidas and sunglasses by Tifosi.



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Going Big.

Not Going Home.



Rolling up the red carpet after a decade of celebrating Oscar Night® America (ONA) with, The Academy of Motion Picture Arts and Sciences and with the city of Greenville, was bitter sweet. Memories and monies-lots of them, were made at ONA in venues across the city. From The Poinsett Club to The Peace Center, JLG made made it's glamorous stamp on the city. The credits rolled but not before Cirque du Soleil took over Greenville Country Club as Big Night Out was born. Entertainers mesmerized us all with hoops, fire and stilts. How do they balance on those things?

Thanks to the committee lead by Heather Cox who brought a first Big Night Out to remember. We can't wait to see the theme for Big Night Out to be held February 22, 2014.

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Kate Carlyle

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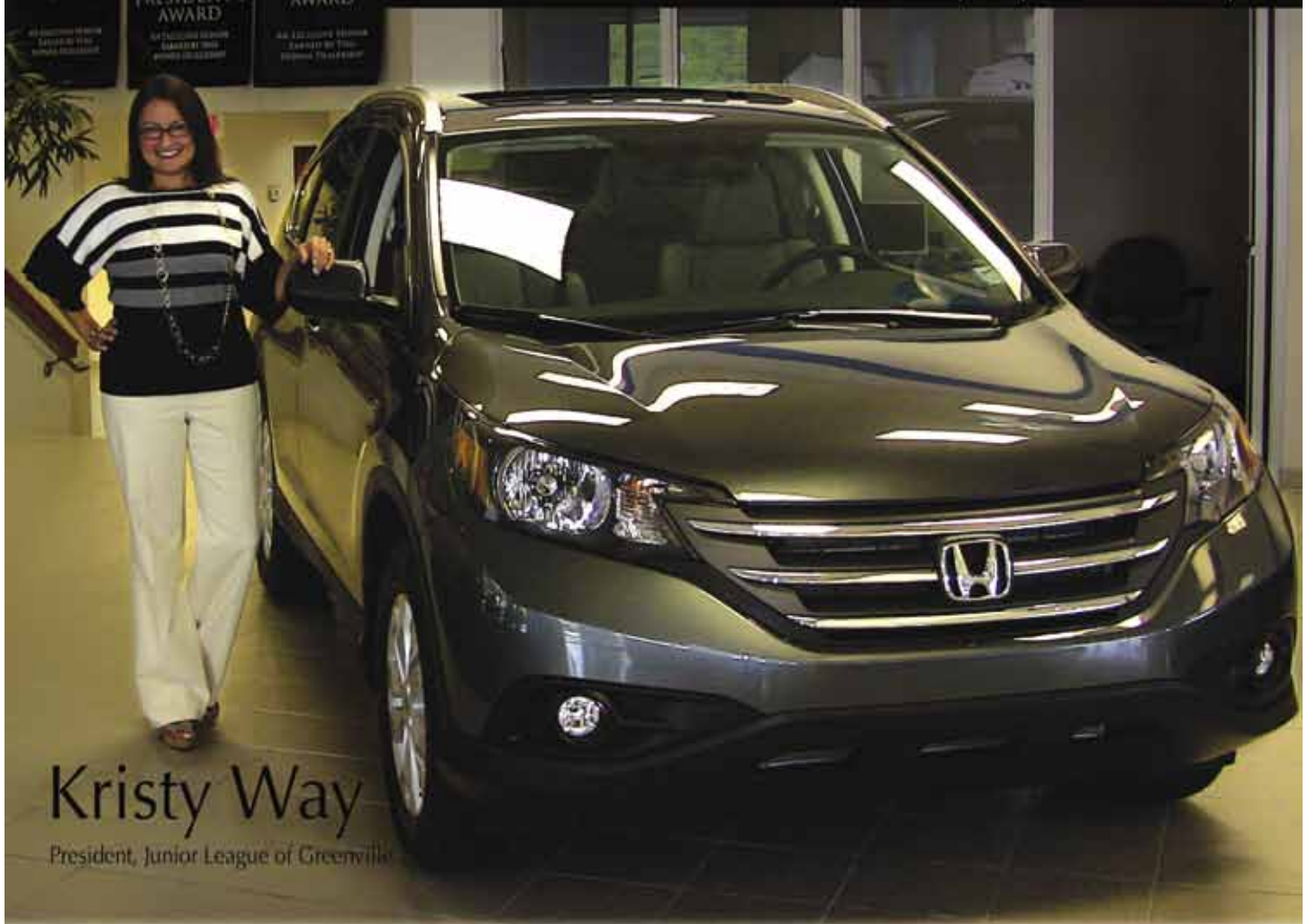
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President, Junior League of Greenville

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