

A PUBLICATION OF THE JUNIOR LEAGUE OF BEAUMONT

SPINNINGS

VOLUME 84 ISSUE 5
JANUARY 2020

+ dancing
with the stars
spotlight

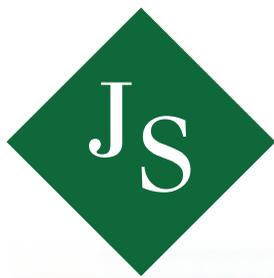


16th Annual

MAIN STREET
MARKET

wrap up





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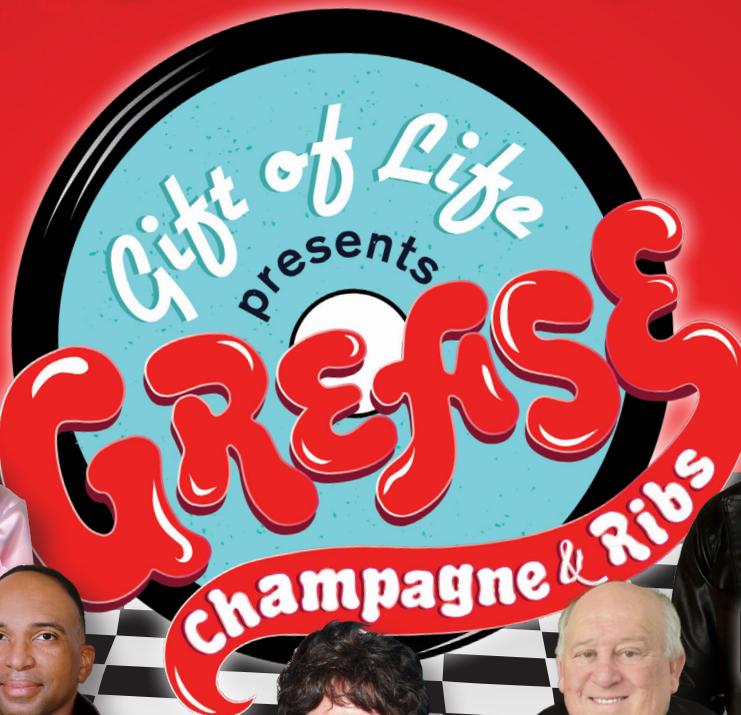
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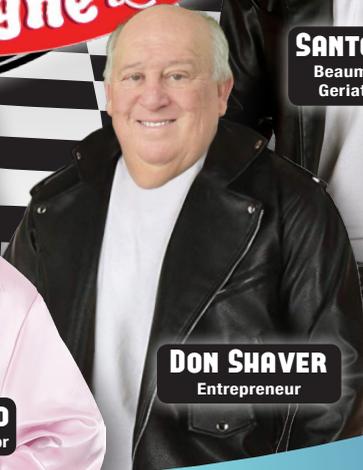
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president's message



PRESIDENT OF JUNIOR LEAGUE BEAUMONT
SHANNON FIGUEROA 2019-2020

*Together,
we are
unstoppable!*

Happy 2020! I hope that everyone had a wonderful holiday season and is as excited as I am for all of the exciting possibilities that come with the New Year.

At the start of the new year, it is a great time to look back at the accomplishments from this League Year and celebrate our successes, as well as look forward to the wonderful opportunities yet to come this Spring.

Our project committees have been hard at work mentoring youth and encouraging healthy behaviors, attending trainings, teaching young girls about the importance of giving back to the community with hands on learning opportunities, teaching teens graduating from foster care tips for independent living, and awarding community assistance fund grants to help fill unmet emergency needs for area nonprofits. Now that Main Street Market has taken place, I would like to thank Tea Do and her wonderful committee, our amazing Sustainers, our hardworking members, and our loyal supporters for helping to

make Main Street Market 2019 such a success. We have started our League year strong and will continue working hard to finish our year that way as well.

We are excited for this year's Dancing with the Stars of Southeast Texas and

have a wonderful line up of dance instructors paired with some of our favorite local stars. This event is sure to be one of the best events in Beaumont, but what is more exciting is what all the Junior League is able to accomplish with the funds raised through this event. Our Chair Anna Papa and her committee have been diligently working

on this all year long, and we can't wait until March 6th! Don't forget to reserve your table today! We are pleased to be collaborating with the Greater Beaumont Chamber of Commerce again this year for Lemonade Day and look forward to seeing what our area's little entrepreneurs accomplish in May 2020.

Happy New Year! Together, we are unstoppable!

Shannon Figueroa

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THE JUNIOR LEAGUE BEAUMONT BOARD OF DIRECTORS
Pictured left to right: Sara Norman, Ashlee Garrett, Amber Hawk,
Diana Miles, Jennifer Phelan, Shannon Figueroa, Jamie Due,
Emily Wheeler, Maite Broussard, Sarah Wells and Lauren Martin.
Not pictured: Brenna Rodriguez



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on the cover

The 16th annual Main Street Market was a huge success! Barbara Pierce Bush joined us as guest speaker, kids were able to enjoy breakfast with Santa Claus, and we had over 75 vendors from all over the nation. Money raised from MSM will go directly back into our community through JLB community projects and grants. Thank you to the MSM committee and sponsors for all of your support in making the 2019 Main Street Market such a great event!



SPINNINGS

In Recognition of Beaumont's Historical Spindletop Oil Field.

An internal publication of the Junior League of Beaumont, Inc.

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Do you have an idea for a story?

Would you like to be a

featured or guest writer?

Send ideas or articles for consideration to the 2019-2020 SPINNINGS editor,

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We welcome your input!

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The Junior League of Beaumont is an organization of women committed to

promote volunteerism, develop the

potential of women and improve

communities through the effective

action and leadership of trained

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educational and charitable.

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— MAIN STREET —
Market
2019
WRAP UP

By Tea Do

The 2019 Junior League of Beaumont's Main Street Market was a huge success! We had over 4,000 attendees and 75 vendors from all over the nation come to support our 16th Annual Main Street Market fundraiser, where proceeds go right back into our community through the JLB's community projects and grants. This year, we changed up our annual luncheon by welcoming guest speaker Barbara Pierce Bush to a brunch, where attendees learned about her life growing up in the political eye as well as her work with her nonprofit organization.

We also had a special visit from Santa Claus, where kids were able to enjoy breakfast with Santa and take keepsake photos. In addition to Santa, Jr. Junior League helped everyone get into the holiday spirit in elf outfits, while helping out at MSM. Our Provisional Members spearheaded the project, "For Your Mistletoes" for the second year, where they planned, promoted, and created a booth to sell socks at MSM. For each pack of socks sold, they were able to donate a pair to CASA. Way to go, ladies, for donating almost 200 pairs of socks to CASA of Southeast Texas!

I am so honored to have served as the Main Street Market Chair this year and could not have made it such a success without the help of so many people. I want to start off by thanking and recognizing my entire committee for working alongside me and working tirelessly to put this event together:

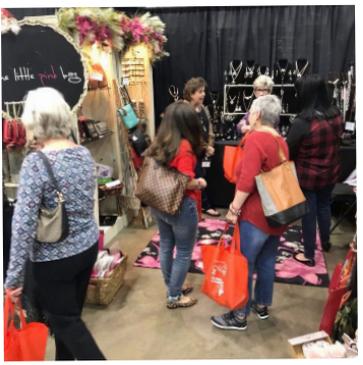
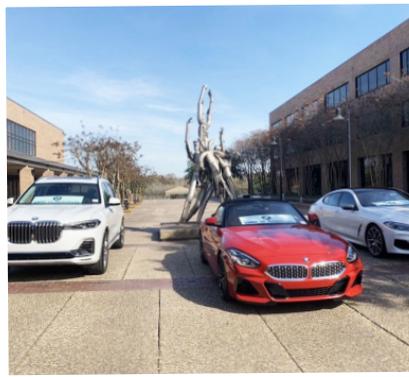
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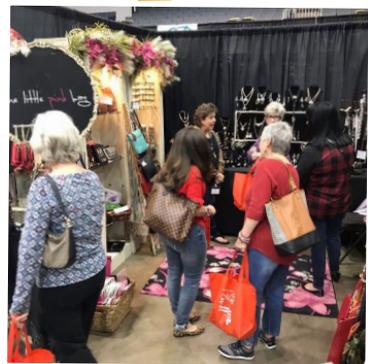
I would also like to thank Shannon Figueroa, Sara Norman, Maite Broussard, Nicole MacCallum, and Cathy Spidle for all of your help during the League year and throughout MSM!

Thank you to Mathews Jewelers for sponsoring our Ladies Night (Thursday) by donating a beautiful diamond necklace to be entered into our Dots for Diamonds! And thank you to Mid Life Crisis for once again rocking the stage on Friday during our free admission night! Finally, I want to also say thank you to all of our sponsors for helping to make this market such a huge success. We truly appreciate each and every one of you.

See you all next year for our 17th Annual Main Street Market on Thursday, December 3 - 5, 2020!







MAIN STREET MARKET *Sponsors*

The Junior League of Beaumont and the Main Street Market Committee would like to thank our wonderful sponsors! This event could not have happened without their support.

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day in the life of

STEPHANIE VANSKIKE



My name is **Stephanie Vanskike**, and I am currently the Executive Director of Crime Stoppers of Southeast Texas.

■ **How long have you been involved with the Junior League?**

I have been involved in the Junior League of Beaumont since 2001. I became a Sustaining Member in 2013/2014. I served as President of the League in 2012, then Past President in 2013 before becoming a Sustainer at the end of that year.

■ **What is Crime Stoppers?**

Crime Stoppers of SETX is a nonprofit 501(c)3 organization, which partners with the media, community, and law enforcement in Jefferson, Hardin, and Orange Counties to help solve crime and bring justice to victims. We do this by offering a safe, anonymous tip line by phone, website, and P3App, which gives people an alternative way to provide information about a crime and pays them a reward when the information leads to an arrest.

■ **Describe your role working for crime stoppers.**

As the Executive Director, I handle the day to day operations of the organization. I do all the operational activities, such as run the regional office, handle the financials, prepare for board meetings, write grants, seek funding, and any of the other normal responsibilities in a non-profit organization. In addition, I also handle media relations as the Organization's spokesperson and promote public awareness of the Crime Stopper program in SETX. Another aspect of my role is serving as a coordinator for our P3 Tip line, which means that I monitor tip distribution, gather information from Law Enforcement regarding tip effectiveness, maintain knowledge of trends and developments in law enforcement, prepare and monitor the payment of rewards to tipsters, and relate all such information to the public.

We also have a Campus Crime Stopper program, so I

work with our Board Campus Crime Stopper Chair to get information to our schools to help them promote it to our youth in hopes of creating safer schools for our students.

■ **With the holidays coming up, what can you advise people so that they can stay safe and protect themselves?**

There are a LOT of helpful tips for people during the holidays. Just to share a few of them: While out shopping or just out and about, don't be out alone; be aware of your surroundings – do not be on your phone while walking to and from your car to stores; no loitering about talking – get into the store quickly, get in your vehicle quickly and lock your doors. Do not pile purchases in your vehicle in plain view or keep items in your car overnight. Be sure to lock your vehicle always; call security to walk you to your vehicle; let someone else know your location and estimated time of departure/arrival.

At home, we recommend checking your locks – doors, garages, windows, storage buildings, etc.; install home security cameras and/or alarm systems; open and close the garage door from your locked car immediately when you leave and arrive home to prevent someone from entering through your garage. Keep your yard clean and bushes/shrubs away from your windows – lower & upper levels. Never hide a key outside, but leave one with a trusted neighbor. If anything looks suspicious when you arrive home – don't go in. Leave and call the police.

■ **Are there any new crimes or trends people should be aware of?**

There aren't necessarily any new crimes, but sometimes crimes will occur in waves. For example, a few weeks ago Crime Stoppers of SETX, Beaumont PD, the ATF, and the

(continued on page 13)

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(continued from page 10)

USAO did a news conference giving details of how legal gun owners were leaving weapons in their vehicles, then criminals are stealing them and using them against various victims.

There have been a series of shoplifting incidences as well, and crimes against people while they are out shopping. An incident of “jugging” has occurred lately as well. Jugging occurs when a perpetrator watches a bank or ATM and follows their victim to their home or next stopping place.

Sadly, we have also seen an increase in shootings as well. Other criminal activity in our area that continues to be a problem is drugs, of course. Being on the I-10 corridor lends itself to being a drug trafficking area, but it is also a sex trafficking area. One way to combat drug or sex trafficking is for individuals to be sure to call Crime Stoppers of SETX whenever they notice something suspicious or any kind of illegal activity.

Do you have any advice for technology users?

- Download the P3App on your phone so that you can report suspicious activity or knowledge about criminal activity to Crime Stoppers
- Nothing posted online is private!
- Turn location services OFF for social media, games, and cameras
- Do not respond to unsolicited contacts – block; unfriend; stop playing; etc...
- Identity Theft is Real – use secure websites, never share passwords, use different screen names & passwords
- Cyberbullying or Terroristic Threats via Social Media need to be taken seriously – REPORT IT!

What is your busiest time of year?

The fall is probably the busiest because of all the events going on throughout the Golden Triangle. More events lead to more activity for everyone.

What has been your most rewarding experience?

One of the first events that was rewarding was to see the opening of the Regional Crime Stopper office in Beaumont. The Regional Crime Stoppers Office is located right off I-10, it allows easy access by not only Jefferson County agencies, but also those law enforcement agencies in Orange and Hardin counties.

I am also proud to have planned this year’s Crime Stopper of the Year event held Tuesday, October 22, 2019, at the Event Centre. At the event, area law enforcement in partnership with Crime Stoppers honored 6 individuals from our area. The individuals honored had gone out of their way to promote the Crime Stopper mission in their communities.

There have been several other rewarding experiences since beginning this job in June. Of course, knowing that Crime Stoppers has been responsible for getting dangerous criminals involved in murders, armed robbery,

neighborhood theft, drug dealing, and other crimes off the streets always feels very rewarding, but recently we have participated in several community events with our law enforcement which focus on kids. Being around the kids from the various areas of Southeast Texas brings such a renewed passion for the job and its mission for Southeast Texas. Our youth are our future, and whatever we need to do as a community to ensure their safety is what we need to do! Crime Stoppers can be an integral part of creating that safe community, and I am glad to be a part of it.

In October, myself and four other board members attended the Texas Crime Stoppers conference in Brownsville. Crime Stoppers of Southeast Texas received 2 rewards – Most Cases Cleared and Most Dollar Recovery for the 350,000 – 500,000 population. This is attributed to the partnership between our community, media, and dedication of our law enforcement!

Who participates in Crime Stoppers?

In addition to our board members, we have various community volunteers, but we are very much in need of volunteers to help with our Campus Crime Stopper program in particular. We have materials to give out to our schools and safety programs to present to teens, but we don’t have the volunteer base to get out the information. We are in need of volunteers who would be willing to do presentations to students at our Campus Crime Stopper schools.

What are the long-term goals or milestones you hope to help Crime Stoppers of SE Texas reach in the near future?

One of our main goals is to increase the awareness of Crime Stoppers as a 501(c)3 agency and its value to Southeast Texas. We need to build our awareness and explain its value to our community so that businesses will become partners with our agency. More partnerships will grow our asset base, which will allow us to increase calls to the tip line, expand our safety awareness presentations, build our volunteer base for our campus program, and ultimately become more valuable to the community by contributing more to our law enforcement.



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dancing with the stars

STARS SPOTLIGHT

DANCE TEAM SPOTLIGHT

DR. SHANNON ALLEN
& DR. BELINDA GEORGE



DR. SHANNON ALLEN

WHAT DO YOU DO FOR A LIVING?

Proud principal of Homer Drive Elementary

WHAT'S YOUR GO-TO DANCE SONG?

Anything by Bruno Mars

WHAT IS YOUR DANCE EXPERIENCE?

I'm a self-taught dancing machine.

WHAT'S YOUR GO-TO DANCE MOVE OR STYLE?

The music determines my moves.

WHAT MADE YOU WANT TO DO DANCING WITH THE STARS?

I love dancing and music. A little friendly competition is good for the soul too.

HAVE YOU STARTED PRACTICING YET? IF SO, HOW ARE PRACTICES GOING? IF NOT, WHEN DO YOU PLAN TO START PRACTICING?

We will start in December.

WHAT PART OF DANCING WITH THE STARS ARE YOU MOST EXCITED ABOUT?

Getting on that stage and letting my love for dancing spread like glitter in the wind.

WHY SHOULD PEOPLE VOTE FOR YOU TO WIN DANCING WITH THE STARS?

I am passionate about everything that I do. My love for people and music will create the perfect storm.



DR. BELINDA GEORGE

WHAT DO YOU DO FOR A LIVING?

Superintendent of Beaumont ISD

WHAT'S YOUR GO-TO DANCE SONG?

It fluctuates, but currently, it is "Do It Like This" by Daphne Willis.

WHAT IS YOUR DANCE EXPERIENCE?

I do not have any dance experience other than having fun at home.

WHAT'S YOUR GO-TO DANCE MOVE OR STYLE?

Freestyle

WHAT MADE YOU WANT TO DO DANCING WITH THE STARS?

I attended last year's event and witnessed individuals stepping out of their comfort zones to raise funds and promote an organization that does so much for our community. I am happy to be able to support the work of the Junior League through this opportunity. When approached, I was apprehensive, but felt that if others could do it, so could I. While I have no formal or informal dance experience, the opportunity to follow in the footsteps of other community members and step outside of the box is a unique one. I look forward to stretching and growing as an individual throughout this experience.

HAVE YOU STARTED PRACTICING YET? IF SO, HOW ARE PRACTICES GOING? IF NOT, WHEN DO YOU PLAN TO START PRACTICING?

Our team has not started practicing yet but will do so December or early January.

WHAT PART OF DANCING WITH THE STARS ARE YOU MOST EXCITED ABOUT?

March 6 is my birthday; therefore, I am excited about celebrating another year doing something that will be unique and fun. It will definitely be a birthday celebration for the record books!

WHY SHOULD PEOPLE VOTE FOR YOU TO WIN DANCING WITH THE STARS?

Besides our energy and enthusiasm, individuals should vote for my team to win DWTS because we will show the audience something they've never seen before.



KATE CARROLL

WHAT DO YOU DO FOR A LIVING?

Investments, property management, and community volunteer

WHAT'S YOUR GO-TO DANCE SONG?

Crocodile Rock!

WHAT IS YOUR DANCE EXPERIENCE?

No dance training whatsoever! I was a tomboy playing sports growing up.

WHAT'S YOUR GO-TO DANCE MOVE OR STYLE?

Country

WHAT MADE YOU WANT TO DO DANCING WITH THE STARS?

I'm doing this for a great cause, to help out and have fun!

HAVE YOU STARTED PRACTICING YET? If so, how are practices going? If not, when do you plan to start practicing?

We have practiced once and are waiting to set our schedule. But I'm ready and anxious to get started!

WHAT PART OF DANCING WITH THE STARS ARE YOU MOST EXCITED ABOUT?

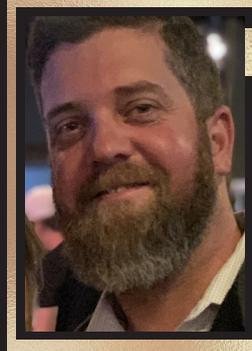
I'd say I'm most excited about getting out of my comfort zone. I know Justin and I are going to have a blast!

WHY SHOULD PEOPLE VOTE FOR YOU TO WIN DANCING WITH THE STARS?

Justin and I may not be the most community recognized, however, I know we will make up for it in energy, passion, fun, and by giving 110%!

DANCE TEAM SPOTLIGHT

KATE CARROLL & JUSTIN HUFF



JUSTIN HUFF

WHAT DO YOU DO FOR A LIVING?

I am an owner of Renegade Industrial Supply, and we sell materials to all of the industrial fields.

WHAT'S YOUR GO-TO DANCE SONG? Baby Got Back by Sir Mix A Lot

Mix A Lot

WHAT IS YOUR DANCE EXPERIENCE?

I may or may not have taken tap dance in college for a fine arts credit!

WHAT'S YOUR GO-TO DANCE MOVE OR STYLE?

I don't really have a go to move. I just get out there and do my own thing!

WHAT MADE YOU WANT TO DO DANCING WITH THE STARS?

I wanted to do this because I absolutely love Beaumont, and I want to see this place thrive. Not to mention all of the wonderful things that the Junior League does! It is pretty hard not to support those good looking ladies!

HAVE YOU STARTED PRACTICING YET? IF SO, HOW ARE PRACTICES GOING? If not, when do you plan to start practicing?

We have practiced one time so far, and I was sore for about a week after that!

WHAT PART OF DANCING WITH THE STARS ARE YOU MOST EXCITED ABOUT?

I am excited about raising money for the Junior League, so they will be able to give back to this community.

WHY SHOULD PEOPLE VOTE FOR YOU TO WIN DANCING WITH THE STARS?

People should vote for us because we are going to do all we can to help raise money and also have a really good time while we are doing it.

**dancing
with the stars**

FRIDAY 6 MARCH
20 20

TO PURCHASE TICKETS, VISIT OUR WEBSITE AT:

WWW.BIDPAL.NET/DWTSSETX2020



KIDS' KORNER

BROUGHT TO YOU BY THE BEAUMONT CHILDREN'S MUSEUM

winter checklist

4 kids in SOUTHEAST TEXAS

How is it already 2020? Where has the time gone? This month is very busy for most people, so we are providing you a fun checklist (with ideas) for winter in Southeast Texas. We hope you slow down and make some special memories with your children.

Winter naturally brings families closer together with food and activities. It is colder outside, so we like to snuggle under blankets with our children and watch movies, read books, and tell stories about our childhood. We hope you embrace this time together and use this checklist to generate some fun moments.

CHECKLIST IDEAS FOR KIDS IN SOUTHEAST TEXAS:



1

MAKE S'MORES

Roasting marshmallows and then putting them between a layer of chocolate and graham crackers is an all-time favorite! Whether you do this outside in the cool air or in the comfort of your living room, this is a sure hit with the kids.

BUNDLE UP AND TAKE A WALK OUTSIDE TO LOOK FOR WINTER ANIMALS

Not all animals hibernate or disappear during the winter. Some animals stay active during the winter, and we still have a ton of birds flying around Southeast Texas. So, grab a jacket and a hat, and take a stroll outside or down a trail to see what you can find.

FREEZE WATER IN A BUCKET ON THOSE COLD NIGHTS



3

Take advantage of those really cold nights, and amaze your children by showing them how water will change from a liquid to a

solid. This seems like such a simple activity, but it fascinates children! There are lots of people who like to run their sprinklers or spray their water hoses to form icicles on their shrubs and trees.

FAMILY SLEEP OVER AND MOVIE NIGHT



4

Pick out a favorite movie and snuggle down on your living room floor for a family sleepover and movie night!

5 GAME NIGHT

While it is cold outside and getting darker earlier, this is a perfect time to play board games or cards. Teach your kids some of your favorite games from your childhood!

6 MAKE PAPER SNOWFLAKES



6

Every snowflake that falls from the sky is unique, and so is every snowflake that you cut from

paper. This is one of my favorite activities! There are many tutorials online to follow, but even a toddler that has rudimentary scissor skills will be able to make one!

7 TURN OFF ALL THE LIGHTS AND PLAY A GAME OF FLASHLIGHT TAG

Flashlights are fun at all ages, but this is sure to get everyone's heart pumping! When you need a break, use your flashlight to make shadow puppets!

8 HOT COCOA WITH LOTS OF MARSHMALLOWS

I don't think this one needs any explanation or suggestions - just enjoy yourself!



8

9 BUILD A FORT WITH THOSE EMPTY AMAZON BOXES



9

If you are like me, you have Amazon boxes piling up around the house. Use those boxes to make a fort or a maze, or just let the kids play in the boxes and decorate them. Imaginations will run wild.

10 COME TO BCM EXTENDED HOURS

More information on this fun event below!

The Beaumont Children's Museum has lots of special events coming up this winter for which we would like to invite you and your family to join us. We hope to see you on January 3rd for Sensory Friendly Friday. We will be open until 7 pm with sensory friendly accommodations, like lower lighting and sensory adapted exhibits. January 11th is Mobiloil Federal Credit Union Family Game Day, when your favorite childhood board games will be brought to life at the museum. We will be casting spells and making potions until 7 pm on January 17th with our Harry Potter themed Extended Hours. The museum will be full of creepy crawlies on January 25th for Critters and Creatures Day.



DON'T FORGET TO SNAP A PHOTO FOR YOUR MEMORIES, AND TAG THE MUSEUM WITH #BCMROCKS OR #BCM WINTERLIST.

Our 2020 calendar is already full of lots of fun events, so please follow us on Facebook for more updates and to stay in the loop! To learn more about the Beaumont Children's Museum, please check out our website at BeaumontChildrensMuseum.org or give us a call at (409) 347-7919.

7 science-based strategies to boost your willpower and succeed with your

NEW YEAR'S RESOLUTION

It's that time of year when people make their New Year's resolutions – indeed, 93% of people set them, according to the American Psychological Association. The most common resolutions are related to losing weight, eating healthier, exercising regularly and saving money.

However, research shows that 45% of people fail to keep their resolutions by February, and only 19% keep them for two years. Lack of willpower or self-control is the top cited reason for not following through.

How can you increase your willpower and fulfill your New Year's promise to yourself? These seven strategies are based on behavioral science and my clinical work with hundreds of people trying to achieve their long-term goals.

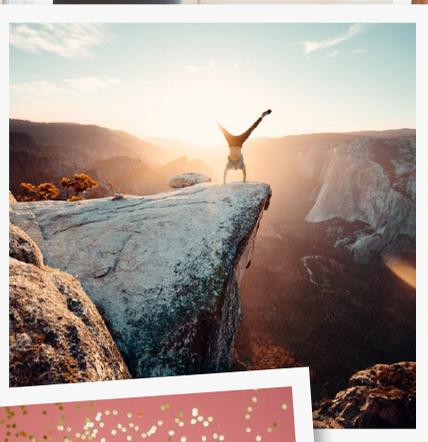
1. CLARIFY AND HONOR YOUR VALUES

Ask yourself why this goal matters to you. Do you want to lose weight because you value getting in shape to return to a favorite pastime of hiking, or because of societal expectations and pressures? People who are guided by their authentic values are better at achieving their goals. They also don't run out of willpower, because they perceive it as a limitless resource. Figure out what makes you tick, and choose goals consistent with those values.

2. FRAME GOALS AND YOUR LIFE IN POSITIVE TERMS

Focus on what you want to accomplish, not what you don't. Instead of planning not to drink alcohol on workdays during the new year, commit to drinking your favorite sparkling water with Sunday to Thursday evening meals. Struggling to suppress thoughts takes a lot of energy, and they have a way of returning to your mind with a vengeance.

It also helps to reflect on the aspects of yourself and your life that you are already happy with. Although you might fear that this will spur complacency and inaction, studies show that gratitude and other positive emotions lead to better self-control in the long run.





3. CHANGE YOUR ENVIRONMENT TO MAKE IT EASIER

Research suggests that people with high willpower are exceptionally good at arranging their environment to avoid temptations. So, banish all credit cards from your wallet if your goal is to save money. And don't keep a bowl of M&M's at your work desk if you intend to eat healthy.

If your coworkers regularly bring sweets to work, ask them to help you with your goals (they might get inspired to join in!) and bring cookies only for special occasions. Supportive friends and family can dramatically increase your chances of achieving your resolutions. Joining a group whose members practice behaviors you'd like to adopt is another great way to bolster your willpower, because having role models improves self-control.

4. BE PREPARED WITH 'IF-THEN' STRATEGIES

Even the best resolution falls apart when your busy schedule and exhaustion take over. Formulate a series of plans for what to do when obstacles present themselves. These "if-then" plans are shown to improve self-control and goal attainment.

Each time you wake up in the middle of the night craving candies or chips, you can plan instead to read a guilty-pleasure magazine, or log into your online community of healthy eaters for inspiration, or eat an apple slowly and mindfully, savoring each bit. When you're tired and about to skip that gym class you signed up for, call your supportive sister who is on standby. Anticipate as many situations as possible and make specific plans, vividly imagining the situations and what you will do in the moment.

5. USE A GRADUAL APPROACH

When you embark on a new goal, start small and build on early successes. Use one less spoonful of sugar in your coffee. Eventually, you might be able to forgo any sweeteners at all. If resisting that muffin initially proves to be too hard, try waiting 10 minutes. By the end of it, your urge will likely subside.

You might be surprised to realize that change in one domain of life – like abstaining from sweet processed foods – tends to spread to other areas. You might find you are able to bike longer distances, or moderate your caffeine intake more easily.

6. IMAGINE REWARDS AND THEN ENJOY THEM

Picture the feeling of endorphins circulating through your body after a run, or the sun on your skin as you approach a mountain summit. Pay attention to all your senses: smell, sight, hearing, touch and taste. Visualizing rewards improves your chances of engaging in the activity that results in them.

If it's hard to imagine or experience these rewards in the beginning, decide on small, meaningful gifts you can give yourself until the positive effects of the new behaviors kick in. For example, imagine yourself taking a half-day off work each month after you pay down your credit card debt: visualize exactly what you would do and how you would feel. And then do it.

7. BE KIND TO YOURSELF, EVEN DURING SETBACKS

Most people believe the way to increase

willpower is to "whip oneself into shape," because being kind to oneself is indulgent and lacks self discipline. But the exact opposite is true – people who harshly blame themselves for even small willpower failures tend to do worse in accomplishing their goals in the long run.

Try self-compassion instead. Cut yourself some slack and remember that being human means being imperfect. When you fall for that doughnut, don't despair, and don't throw in the towel. Treat yourself with care and understanding and then recommit to your goal the following day.

Remember, you aren't likely to achieve your New Year's resolutions by being self-critical and hard on yourself. Instead, boost your willpower through a series of small and strategic steps that will help you succeed.

Article reprinted from:

<https://theconversation.com/7-science-based-strategies-to-boost-your-willpower-and-succeed-with-your-new-years-resolutions-128762>



PROVISIONAL

update

The Provisional Class has been busy spreading joy and good cheer! In November, Provisionals completed their school supply drive and delivered boxes of supplies that were donated by the community to area schools in need. December was a flurry of activities - Provisional Holiday Party, decorating for Main Street Market, and even having their own booth at Main Street Market! The Mistletoes Booth was run by Provisionals, where they sold fun and funky socks to shoppers. With the purchase of every new pack of socks, one pair of new socks will be donated to CASA of Southeast Texas, and the proceeds from the sales will go towards supporting JLB Community Projects and Grants. Be on the lookout for the Provisionals' special delivery to CASA! The 2019-2020 Provisional Class is UNSTOPPABLE!!



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December

GENERAL MEETING @ MSM



The new League Board was announced at the General Meeting on December 5, 2019, at Main Street Market.

Our upcoming board for 2020-2021 is as follows:

- President:** Maite Broussard
- President-Elect:** Brenna Rodriguez
- Past-President:** Shannon Figueroa
- Treasurer:** Ashlee Garrett
- Treasurer-Elect:** Valerie Lewis
- Communications Council Director:** Nicole MacCallum
- Community Council Director:** Cheri Dickerson
- Membership Council Director:** Cat Griffin
- Planning Council Director:** Linsi Walker
- Corresponding Secretary:** Stephanie Cassels
- Recording Secretary:** Meghan Scurria



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SPINACH & *three cheese* DIP



The holidays are in full swing, and what better way to celebrate than spending time with your friends and family?



With all of the parties, food will be in abundance! If you are like me, then you don't want to show up empty handed, but I don't have all the time in the world to whip something up to bring. This usually means I just grab something from the store. Now, with me starting to cook, I decided to find something in the Junior League cookbooks that is both easy and delicious, and I did! Spinach and Three-Cheese Dip from the Dining Without Reservations cookbook is what I set my sights on, and let me tell you, it is my new favorite!



RECIPE: SPINACH AND THREE-CHEESE DIP

Dining Without Reservations

INGREDIENTS

- 1 ½ tablespoon of unsalted butter, softened
- 3 tablespoons flour
- 2 cups half and half
- ½ cup (2 ounces) grated Parmesan cheese
- 1 ½ teaspoon kosher salt
- 1 tablespoon Tabasco sauce, or to taste
- 1 (16-ounce) package of frozen chopped spinach, thawed and drained
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 cup (4 ounces) shredded Mozzarella cheese

DIRECTIONS:

Heat the butter, flour, half-and-half, Parmesan cheese, kosher salt and Tabasco sauce in a saucepan until creamy and thickened, stirring constantly. Remove from heat and cool.

Add the spinach to the cooled sauce and mix well. Stir in the Cheddar and Mozzarella cheese. Spoon into ovenproof serving dish.

Bake at 350 degrees for 10 minutes. Remove from oven and stir thoroughly. Return to oven. Bake for 5 minutes longer. Serve hot with tortilla chips.

This recipe seems straight-forward, and it definitely was, but I had a minor freak out when I was combining the butter, flour, and half and half. The flour and butter wouldn't mix together and was clumpy. I didn't know what I was doing wrong. So, I phoned a friend (my mom), who let me know I needed to switch from stirring with a spoon to using a whisk. And what do you know? It worked perfectly! Instead of using Tabasco, I used Crystal hot sauce because it's what I had in the house. It was so delicious and cheesy with the perfect amount of heat that even my stepdad, who doesn't like spinach, said it was good!

The recipe recommends serving the dip with tortilla chips, which is great, but I thought I would take it a step further. I cut a French baguette into about 1-inch slices and brushed a mixture of extra virgin olive oil, crushed red pepper, and Italian seasoning on top. Then I popped the bread into a 350-degree oven for 5 minutes until a little crunchy. They were the perfect accompaniment for the dip and so easy to do!

I am definitely making this dip for the next party that I attend, and I hope you do too! As always, if there is something you would like me to try and learn to cook, please email me at mallory.cross5@gmail.com.

MAKE·A·WISH. training

Make-A-Wish (MAW) held a training organized by Maegan Collins and Shana Dixon on November 12, 2019 at the JLB Headquarters. Women came to volunteer and learn to grant wishes.

In addition to the training, MAW recognized and awarded a plaque called the Wish Maker Award to the JLB. This plaque is special because it was designed by a wish kid named Gus and is only gifted to donors who give at least \$9700 during a given year to help wishes come true. MAW awarded it to JLB for hosting volunteer trainings and bringing attention to MAW in our area. Having the JLB involved with this program has allowed for more kids to get wishes granted sooner rather than later. In the past, kids had to wait for volunteers to come from Houston.

Make-A-Wish has not always a League project. The Junior League of Beaumont first partnered in 2016 when the JLB decided to help bring in and local train volunteers. Brenna Rodriguez has always had a special place in her heart for MAW, so Joan Do and Brenna Rodriguez became one of the JLB's first wish partners. As partners, they drove all over the region to meet special kids and make dreams come true! The League's MAW Committee is excited for the new volunteers and to continue the work in our area. If you would like to get involved with this project, please contact Shana Dixon or the JLB Secretary Cathy Spidle for more information.





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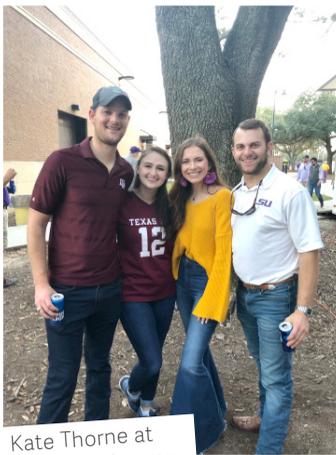
Erin Godina and husband
in Breckenridge, CO



Emmy-nominated journalist Lauren
(Hensley) Reicis and family at the
Lonestar Emmy Awards in Dallas



Nicole Williams and friend
at 5 Under Golf Center



Kate Thorne at
LSU v. TAMU game



Emily Wheeler, Ashley Carter
and husbands at Willie
Nelson Concert



Shelby Ibarra at
Santa's Wonderland



JLB at Couture for a Cause



Kara Michael at her baby
shower hosted by the NICU
Unit at Baptist

MEMBER SPOTLIGHT

MICHELLE COON PROVISIONAL SPOTLIGHT



HOMETOWN:
Beaumont, Texas

EDUCATION:
MBA from Lamar
University

PETS: I have two
dogs named Coco
and Zeus. They are
both rescues!

OCCUPATION:
Expert Level Sales

Professional at Alters Gem Jewelry

HOBBIES: I love golf, theatre, traveling, visual arts, and museums. Anything that I can do to get out in the community and meet people is a win for me!

FAVORITE THING ABOUT SOUTHEAST TEXAS:
I love the people here. The community is so giving and helpful through both tough and good times.

WHICH ACCOMPLISHMENTS ARE YOU MOST PROUD OF? Becoming certified in diamond/colored gem grading!

WHAT IS THE BEST ADVICE YOU'VE EVER RECEIVED?
“We can't change the cards we are dealt, just how we play the hand.”

WHAT IS THE LAST SHOW YOU BINGE WATCHED?
Black Mirror

WHO WOULD YOU WANT TO PLAY YOU IN A MOVIE ABOUT YOUR LIFE? Blake Lively

WHAT INSPIRED YOU TO JOIN THE LEAGUE?
I had the opportunity to meet a number of League members at Main Street Market as a vendor. After being around a lot of the ladies and seeing all the work the Junior League does in the community, I knew I needed to join!

IF YOU HAD TO PICK A COCKTAIL THAT BEST DESCRIBES YOU, WHAT WOULD IT BE AND WHY?
Champagne - Every day is a celebration!

ANYTHING YOU THINK OTHERS WOULD BE SURPRISED TO LEARN ABOUT YOU?
In high school, I was the captain of our baton twirling team. We used knife and fire batons during competition as well!

ASHTON C. BURRELL ACTIVE SPOTLIGHT



HOMETOWN:
Lumberton, TX

EDUCATION:
Bachelor of
Science in Nursing

FAMILY: My
husband, Carson
Burrell

PETS: 1 dog-Laila,
2 cats-Lucy and
Leo

OCCUPATION: Director of Nursing for Harbor Hospice

HOBBIES: Reading, crafting, and spending time with my husband and friends

FAVORITE THING ABOUT SOUTHEAST TEXAS:
SETX is home. I love the deep-rooted traditions that we have and school rivalries, but most importantly, I love how our community steps up in moments of crisis to lend a helping hand to one another.

WHICH ACCOMPLISHMENTS ARE YOU MOST PROUD OF? I have the most rewarding job in the world. Any day that I can help a patient in need is a huge accomplishment for me.

WHAT HAVE YOU ENJOYED MOST ABOUT THE LEAGUE SO FAR AND WHAT ARE YOU LOOKING FORWARD TO THIS YEAR? I had a huge personal set back this year that has led me to not be as available as I would like, but instead of making me feel guilty for that, I have received nothing but positive encouragement from everyone. It has really made me feel like I'm doing something right by being involved with this group of women.

WHAT IS THE LAST SHOW YOU BINGE WATCHED?
Hart of Dixie

WHAT IS YOUR DREAM VACATION?
Fiji in one of those huts over the water!

WHAT IS YOUR FAVORITE DESSERT?
Yellow cake with chocolate icing and pink sprinkles

ANNOUNCEMENTS

Erin McClung Lycan welcomed her son Grayson Lycan in November.



Kristen Davidson welcomed her son Roman Alexander Davidson on November 23, 2019.

IN MEMORIAM

It is with great regret that the League sends its sympathies to the following members and families:

Kara Hawthorn on the loss of her grandfather, John Stephens.

Julia Matheny on the loss of her father.

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VOLUNTEER OPPORTUNITIES

- 3** Sensory Friendly Fridays 4:00 pm-7:00 pm
@ Beaumont Children's Museum
- 11** Family Game Day 10:00 am-4:00 pm
@ Beaumont Children's Museum
- 25** Critter & Creature Day 10:00 am-4:00 pm
@ Beaumont Children's Museum

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If you are interested in advertising in any upcoming JLB magazines, please contact Resource Development at 409.832.0873 or JLB@juniorleaguebeaumont.org!

JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ● Kay Eastman ● Mandy Newmann ● Nanny Smith ● Kristen Ritter	2	3 ● Susie McKnight	4 ● Eloise Evans
5	6	7	8 ● Courtney White	9	10	11
12 ● Tanya Lee ● Bethany Longmire	13	14 ● Meghan Scurria ● Amy Murphy	15 ● Erin Lycan	16 ● Leslie Wilson	17 ● Jessica Cook ● Tootsie Crutchfield ● Maida Ducote ● Kathleen Jackson ● Laurie Leister	18
19	20 ● Lauren Cavett ● Rebecca Holland ● Jessica Abbott	21 ● Shannon Figueroa ● Patricia Thorp	22 ● Sandra Carrington ● Kate Eckhart ● Ida Pyle	23 ● Margaret Victories	24 ● Aaryn Giblin	25
26	27 ● Lindsay Wortham	28	29 ● Jennifer Byrd ● Judy Dishman ● Kelsey Felio	30 ● Marleen Swerdlow	31	

● Member Birthdays

2019-2020 SCHEDULE OF EVENTS

BOARD MEETING

Held at the JLB Headquarters

- Thursday, January 9th @ 5:30 pm
- Tuesday, February 4th @ 5:30 pm
- Tuesday, April 7th @ 12:00 pm
- Tuesday, April 28th @ 5:30 pm Transitional Board Meeting

GENERAL MEETINGS

6:00 pm Social, 6:30 pm Meeting

- Tuesday, January 14th @ Lamar U. Montagne Center
- Tuesday, February 11th @ The Laurels
- Tuesday, March 24th Placement @ JLB Headquarters
- Tuesday, April 14th Mini Meetings @ Clifton Museum
- Tuesday, May 5th May Dinner @ The Laurels

PROVISIONAL MEETINGS

Held at JLB Headquarters

- Monday, January 13th
- Monday, February 10th
- Monday, March 23rd
- Monday, April 13th

FUNDRAISERS

- DANCING WITH THE STARS
- Friday, March 6th

COMMUNICATION COUNCIL

Held at 5:15 pm before the General Meetings

- Tuesday, January 14th

COMMUNITY COUNCIL

5:30 pm before General Meetings

- Tuesday, January 14th
- Tuesday, February 11th

FINANCE COUNCIL

Meetings at 5:30 pm @ TBD

- Wednesday, January 22nd: Finance Council
- Wednesday, March 4th: Finance Council and Committee (Overview of DWTS)
- Wednesday, March 25th: Finance Council
- Wednesday, April 22nd: Finance Council and Committee and Transitional

BUDGET HEARINGS

- Monday, April 6th @ 5:45 pm
- Communication Council, Spinnings Committee, Membership Council, Community Council, Resource Development

- Tuesday, April 7th @ 5:45 pm
- Planning Council, Finance Council

- Wednesday, April 8th @ 5:45 pm
- Main Street Market, DWTS

MEMBERSHIP COUNCIL

Nominating and Placement Meetings 5:30 pm; location TBD

- Tuesday, January 7th
- Tuesday, January 28th
- Tuesday March 10th

PLANNING COUNCIL

At 12:00 pm before General Meeting

- Tuesday, January 14th
- Tuesday, February 11th
- Tuesday, March 24th

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1005 23RD * 1976 REINS RD * 6175 AFTON LN * 435 LONGMEADOW * 3320 FOXBRIAR * 598 COUNTRYWOO4 BRYANT WAY * 5045 EAHEART * 2636 MCFADDIN * 6684 LEXINGTON * 1375 AVALON * 7665 MYRTLE BEACH * 4380 THOMAS GLEN * 4740 LITTLEFIELD * 705 20TH * 2020 BICENTENNIAL * 5710 EMILY * 180 CREEKWOOD * 3495 CRESTWOOD * 6230 DAISY * 4715 DUNLEITH * 955 TURNER RD * 441 YORKTOWN * 9202 GLENMEADOW * 2030 ROSEWOOD * 5710 DERBY * 4124 TOLIVAR CANAL * 7318 HIDDEN VALLEY * 590 20TH * 1085 MONTERREY * 6265 GLADYS * 12885 SEQUOIA * 104 REMINGTON * 190 GILES * 7669 CLEARVIEW * 2395 LOUISIANA * 3760 STEELTON * 7999 GLENBEOOK * 290 GILES * 406 WATERWOOD * 30 MORROGH * 4775 MONTICELLO * 1625 BELVEDERE * 9255 MEADOWBEND * 1520 REYNOLDS * 15511040 MADISON CT * 4 BRYANT WAY * 985 MONTERREY * 11481 PECK RD * 9304 GLYNN LN * 1630 BRIGHTON * 4970 WYATT * 2325 LOUISIANA * 5785 SUNBIRD * 9017 HILDEBRANDT RD * 2315 WOODSIDE * 8845 LAURA LN * 7660 ROSEWOOD * 1427 CHURCH * 11040 MADISON CT * 7495 COLONIAL * 9245 TERRY * 5615 LEXINGTON * 8355 WESTGATE * 925 STACEWOOD * 2439 MCFADDIN * 195 N 7TH * 1760 KAREN * 1670 COVINGTON * 640 W LUCAS * 650 W LUCAS * 13 5W CIRCUIT * 4360 THOMAS LN * 979MPARK MEADOW * 9010 MANION * 5742 FALCON CREST * 7945 PECAN * 1416 EAST DR * 6990 BLARNEY * 2370 EVALON * 114 VERNADOTR * 2085 CHEVY CHASE * 13020 CHESTNUT * 6506POINTE' PARK * 9250 MAPES * 7945 SHIRE * 35 SANDELWOOD TR * 423 YORKTOWN * 3545 WINDROSE * 6616 MARSHALL PL * 5975 VENTURA * 1237 PINESHADOWS * 6920 BURLINGTON * 2050IVES * 7065 KILLARNEY * 135 PINATA * 1152 WESTMEADOW * 5855 HOMEYSUCKLE * 5740 TOWNHOUSE * 85 CANDLEWICK * 5710 LONGWOOD * 3101 BERRY * 6876 MARSHALL PL * 6680 WOODRIDGE * 7970 DORAL * 6940 GLENWILLOW * 7880 N WINDEMERE * 4560 FORD * 3749 CHAMPIONS * 6950 BLARNEY * 2055 DRISKELL * 5675 MINNER * 2518 11TH * 1080 19TH * ,874 W LUCAS * 630 BELVEDERE * 3775 SEMINOLE * 5995 WESTCHASE * 7475 PEBBLE BEACH * 1155 BRIARMEADOW * 815 CENTRAL * 220 PINE * 4865 BELLECHASE * 4395 WILLOW BEND * 140 DUCOTE * 15 CHESKA JHOLLOW * 2285 ORCHID * 2440 LONG * 17694 OLD NOME * 3570 WINDROSE * 1355 FENWICK * 145



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