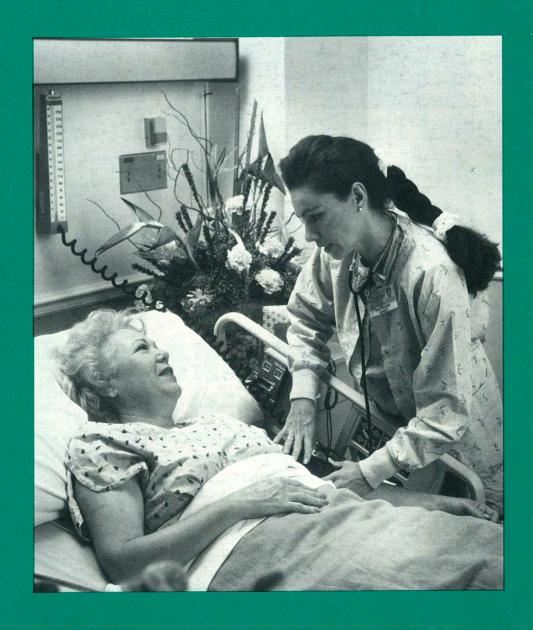
fall 1992

Tropical Tropical



Women's Health Issues

The Quarterly Magazine of the Junior League of Miami, Inc.

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"The Junior League of Miami, Inc.

is an organization of women committed to promoting volunteerism and to improving the community through effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable."

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Cover

Mercy Hospital responds to the needs of women of all ages with its comprehensive services including screenings, maternity services, and wellness programs. Courtesy Mercy Hospital.

HERE'S TO YOUR HEALTH



I ow many times have we lifted our glasses to this very toast? How many times have we somewhat casually or nonchalantly asked, "How are you doing?", not really expecting much of an answer or response? It is usually not until we are forced to face a health crisis that those words tend to ring louder, clearer, and truer!

Our family recently had to deal with a "health crisis" with potentially difficult ramifications. Fortunately, many of the possible catastrophic results did not come to pass. However, the physical, emotional, and "bureaucratic" healing after a "close call" is very real and becomes a page that must become part of everyday life.

In this issue, our writers and editors have chosen to focus on women's health issues. Why? First, we are an organization of women. Mothers, grandmothers, daughters,

aunts, and nieces; a common thread that binds. Secondly, as the traditional nurturers, women have been most often on the receiving end of health care, with very little input regarding the initiation and decision making. Thirdly, health care costs and delivery are at a crossroads. As the gender of greater life expectancy, and as the 52 percent "shareholders" in the United States population, it's obviously very likely the ramifications of health care decisions will greatly influence our lives.

I hope you find the stories interesting, as well as revealing. As I read over them, however, I could not help but think about that recent family health crisis. As we children watched the latest in technical and professional medicine repair a damaged blood vessel, we also marveled at the strength of the human body and soul. Our will and

desire is an incredible healer. We also marveled at the ability of the body to "tell us" what was wrong. By being aware of symptoms and reactions, our mother was basically able to narrow down a diagnosis before the doctors completed a battery of tests.

"We" are really one of the best health care providers. But we need to be informed, aware, and willing to be involved. Our bodies do "talk"; it's just sometimes we do not listen.

Enjoy the magazine and here's to your good health.

Linda Brown President

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hen the Tropical Topics staff began work on this issue, we had a tough time determining which aspects of women's health to cover. In the final analysis, we decided to explore the "Women's Health Issues" of infertility, breast cancer, arthritis and AIDS. We also profile several Junior League of Miami projects that are actively promoting better health-related services for women.

It's interesting to note that women do have some advantages over men when it comes to health. One advantage researchers report is a better tolerance of high blood pressure. Another report indicates that the extra weight women carry on the hips and thighs appears to offer some protection from cardiovascular disease. Hmmm...

Studies also say that the average life expectancy of a baby girl born today is 79 years. During that "average" 79-year life, women have many unique health challenges. Fortunately, women's health has moved to the top of the National Institute of Health's priority list with the creation of the Office of Research

on Women's Health and the appropriation of \$240 million in federal funds.

Hopefully, this increased awareness and direction will be the harbinger of many new initiatives on women's health issues.

Personally, work on this issue has made me appreciate my own health. I'm lucky to have three healthy children, and to not know the feeling of losing a breast to cancer, the pain caused by arthritis, or the agony of being HIV-positive. And how proud I am to be a part of the Junior League of Miami, an organization that is a part of the mission to improve the quality of women's health services.





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Community Letters

Dear Junior League of Miami:

It is my pleasure to have recognized you in the "Congressional Record."

I commend you for your dedication, hard work and commitment in our neighborhoods, and I appreciate the stand that you have taken for our community. It is organizations like you who make a difference and touch the lives of others. I am certainly proud to honor you.

I wish you continued success. Keep up the great work!

Sincerely, Ileana Ros-Lehtinen Member of Congress

Dear Editor:

Thank you for sending me a copy of "Tropical Topics — Miami The Magic City" and including my comments. I enjoy reading the Junior League's quarterly publication. Again, thank you for sharing a copy with me.

Sincerely,
Betsy Kaplan
Vice Chairperson
Dade County Public Schools

Dear Pamela,

It's hard to believe, but the house at 1006 South Greenway Drive is empty once more. Although the curtains are down and the furniture is gone, wonderful memories remain. One of the nicest aspects of our Designers' Show House was the opportunity to meet dynamic, caring people who share a spirit of generosity.

We are deeply grateful for the time and energy so many of your members devoted to the project as Show House guides. As a small organization, we were not able to cover all of the volunteer shifts from within our ranks. Because of your efforts, we were able to provide a warm welcome and gracious assistance to our guests.

Thank you for all you do for the Children's Home Society. We are privileged to have had the benefit of your generous help, and we look forward to working with you again on another endeavor.

Our warmest regards, Judy Mangasarian, *Chairman* Aubyn G. Williams, *Chairman* Dear Linda,

I would like to take this opportunity to thank you for renewing your membership with the Greater Miami Chamber of Commerce. You can be sure that you will have ample opportunities to receive a good return on your membership investment

Your first step toward realizing this return is by participating in many or all of our 150 networking events planned for the 1992-93 year. Your involvement can also help us improve the business environment in Miami. You may want to take a look at our new affordable group health plan which is available to our members only.

Hopefully you were able to attend our annual goals conference which was held in June. It was the largest conference of its kind in America. Approximately 1,500 members met to establish our work plan and goals for the next twelve months.

Like last year, this is going to be another challenging year. I believe that we are beginning to see an overall improvement in our economy. However, based on its early successes, our Economic Recovery Committee will not disband until we have totally recovered. We have many programs underway which we feel are making a real difference.

Attached you will find your 1992-93 Greater Miami Chamber membership certificate. I hope you will display it proudly and that you'll come to as many Chamber events as possible.

Thank you again for your support. I am looking forward to a challenging and successful year.

Sincerely, William O. Cullom *President*

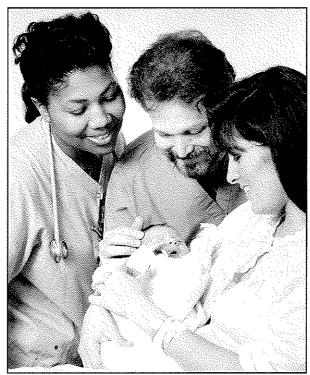




"Oscar always says, if he goes first he wants to be buried near Bal Harbour Shops.

That way, he's sure I'll visit him at least once a week."





Thanks to medical science, healthy babies are born to those who may have given up hope.

OVERCOMING INFERTILITY

by Martha Pantin

any couples invest much energy trying to avoid having a child. Others try everything to conceive one. Fortunately, modern medical science is of great help to those who yearn for a baby.

A decade ago, adoption was one of the few resources available. Today, new diagnostic techniques and drugs as well as sophisticated surgical procedures offer the majority of infertile couples the hope of conception.

Couples who have been trying to conceive for 12 months without success should visit a physician. Initially,

the physician will try to establish whether intercourse is suitably timed to maximize the chances for conception. The doctor will also want to know if the couple has psychological or sexual difficulties that can prevent conception. For physical problems, couples are referred to infertility specialists for further tests.

"Infertility may be caused by age, anatomical problems, ovulatory disturbances, hormonal inadequacies or male-related problems," said Dr. Michael H. Jacobs, director of the Fertility and IVF Center of Miami at Baptist

Hospital.

"But no matter the cause, no matter whether the problem is the man's or the woman's, couples who come to us have been on a roller coaster ride of emotions. Of course our primary goal is to help them achieve a pregnancy, but we also try to help with their feelings of failure, guilt, and tremendous disappointment because previous attempts haven't worked," he said.

he first step in determining the cause of infertility is usually a semen analysis. However, if sperm production and ejaculation are

normal, the next step is to insure that the woman's reproductive system is functioning properly.

"To become pregnant, a woman must ovulate," said Dr. Janet K. Gersten, a Kendall area obstetrician and gynecologist. "When a woman doesn't ovulate because the pituitary gland and hypothalamus are not releasing the appropriate hormones to stimulate ovulation, fertility drugs can help."

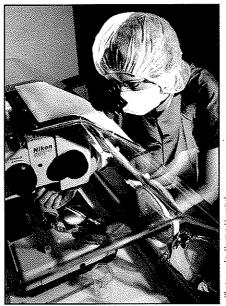
Since fertilization occurs in the fallopian tubes, these tubes must be unobstructed to enable the fertilized egg to travel into the uterus and implant itself in the uterine wall. Past pelvic infections can scar and block the tubes and thereby prevent pregnancy.

Sometimes, endometriosis, pelvic inflammatory disease (pelvic infection), adhesions, or previous surgery may interfere with fertilization. This problem is usually diagnosed by a laparoscopy and can often be corrected through surgery.

Hormonal therapy, artificial insemination, in vitro fertilization and cyropreservation are but a few of the procedures that offer hope to couples trying to conceive a child.

Infertility is a common problem that affects one out of every 12 couples in the United States and the odds increase dramatically (one out of seven) for couples in their mid-30s or older.

"Medical science now offers a wide range of options, because what works



Without the embryologist, fertilization could never occur. Pictured is Baptist Hospital's Embryology Laboratory Director Denis Riemann, Ph.D.

for one couple may not work for another," explains Dr. Jacobs. "Infertility is very individualized. It can also be very complicated. Forty percent of the problems are male-related; 40 percent are female-related; the rest may be a combination of factors involving both partners. It's reassuring for couples to have so many treatment options available."

Clinical evaluation, ovulation studies, semen analysis, imaging, and endoscopic procedures are among the diagnostic tools used to pinpoint the specific causes of infertility. Surgery

often corrects anatomic problems. When traditional approaches are unsuccessful, the following "assisted reproductive" procedures may be used:

IVF (in vitro fertilization) — egg and sperm are combined in a petri dish; two days later, the embryo is transferred into the uterus.

GIFT (gamete intra-fallopian transfer) — is a variation on the in vitro procedure. Sperm and unfertilized eggs are transferred into the fallopian tube.

ZIFT (zygote intra-fallopian transfer) - is another IVF variation, in which the embryo is transferred into the fallopian tube one day after fertilization.

Intra-uterine insemination -- commonly called artificial insemination. Husband's sperm, or donor sperm, is deposited by needle through the cervix and into the uterus. Most often used in combination with COH (controlled ovarian hyperstimulation), in which hormonal treatments stimulate the production of multiple eggs.

- Reprinted with permission from Resource, Baptist Hospital of Miami, Spring 1992 edition.



Martha Panitin has been in the leauge for four years, bolds a Masters in Public Administration from Florida International . University, and is currently Assistant Director of Communications for the Metro-Dade County Communications Department

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BREAST CANCER: A WOMAN'S STORY

by Loretta Waldman

ike thousands of women, Junior 🛮 League Sustainer Pat Mason went to have her annual mammogram. She left the doctor's office feeling confident that she was doing all the right things to maintain her health and monitor any changes. Like most of us she assumed that no changes would occur. That assumption nearly cost Pat her life.

"I didn't hear anything from the doctors and I assumed everything was okay," she said, her energetic demeanor and warm smile belying the seriousness of her recent ordeal. "There was no history of breast cancer in my family, no lumps, nothing to make me think otherwise."

As she sits at her dining room table recounting her mastectomy, Pat's neatly trimmed blond hair frames her angular face. Her red lined shirt reflects warmly against her fair complexion. Her slim figure suggests a more youthful

Mammography can detect changes in the breast that are too small for even specially trained examiners to feel. It detects cancer in its earliest stages, before there is a lump.

fifties and the mother of three grown children.

"I want people to know how old I

am," she says. "You don't necessarily have to be grandmotherly to be diagnosed with breast cancer. It can happen to anyone."

Statistics confirm this assertion. Eighty percent of the women who develop breast cancer have no family history of the disease, and only 25 percent of breast cancer cases occur in women in defined risk groups. According to Dr. Nilza Kallos, associate professor of radiology at the University of Miami School of Medicine and director of the Breast Health Center at South Miami Hospital, 175,000 women per year are diagnosed with breast cancer and 45,000 deaths are annually attributed to the disease.

r. Kallos, who lost a close friend to breast cancer in 1979, has become a leading advocate for breast cancer awareness and prevention.

"After my friend died, I realized there was almost nothing available to assist and support women with breast cancer," she says.

woman, but, in fact, she is in her

"All the books in the library were outdated. Medical residents had no training in mammography. There was no breast cancer center in Florida. Nothing." Realizing that breast cancer was the number one killer of women between the ages of 45 and 50, she decided to make breast cancer awareness her cause and career.

"I started it as a crusade for wounded women," she says. "Out of my sense of anger and necessity, and as a woman and doctor, I knew I had to do better."

Dr. Kallos, along with other experts, feels that mammography is the best existing means for early detection. Though questions about the safety of this procedure have been debated, it is generally agreed that the dosage of radiation received during a mammogram is negligible and poses no threat to the recipient's health. Further, doctors agree the benefits far outweigh the risks.

Dr. Kallos is quick to point out though, that mammograms alone do not do the job completely.

"They are only 90 percent accurate in the best of hands," she says. "Self-examination is a vital part of the process of detection."

Self-examinations are recommended on a monthly basis with periodic examinations by a physician. The frequency of these exams are determined by the women's age.

Dr. Kimberly Clark, assistant professor of Clinical Surgery, Division of Oncology at the University of Miami School of Medicine concurs, citing the Breast Cancer Demonstration Project to illustrate her point. The study started in 1973 and ended in 1981. Some 283,222 women were screened and 3,557 of them were found to have cancer. Of these, only 41.6 percent of the cases were deected by mammograms alone. Dr. Clark recommends following the American

"You don't necessarily have to be grandmotherly to be diagnosed with breast cancer. It can happen to anyone."

Cancer Society guidelines for combining routine mammograms with personal and professional breast exams.

"Breast cancer can be cured," she says. "And early detection is the key."

ooking back on her own experience, Pat Mason says she would have handled things differently if she had it to do over again.

"Never assume the doctor knows best," she says. "Women have to be responsible for themselves." She would urge women to be vigilant, ask questions, and press medical professionals for answers.

"Never wait more than 72 hours

for test results," she continues, remembering how long it took for her own test results and the consequences of that delay. "If you have a lump and your doctor doesn't tell you what it is, remember you have a right to know what it is. Don't wait more than 30 days to find out."

Like Pat Mason, Dr. Nilza Kallos thinks that women need to do more with regard to this issue. Taking it beyond the personal, Dr. Kallos believes that political action is the most effective means of making significant changes in the future course of breast cancer treatment. Currently, she is chair of the Breast Task Force and is busy working with legislators on the local, state and national level to implement reforms. She feels that women have more power to draw attention to this issue than they realize and that women need to get more involved in order to really make an impact.

"Research is still very underfunded, and we need more (continue to page 31)

American Cancer Society: 1-800-ACS-2345

If you are under 40 years old, the American Cancer Society recommends that you:

- 1. Examine your breasts monthly
- 2. Have a breast exam by your doctor at least every three years
- 3. Have your first mammogram between the ages of 35 and 39

If you are between 40 and 49 years old:

- 1. Examine your breasts monthly
- 2. Have a breast exam by your doctor every year
- 3. Have a mammogram every one or two years

If you are age 50 and over:

- 1. Examine your breasts monthly
- 2. Have a breast exam by your doctor every year
- 3. Have a mammogram every year

LEAGUE PROJECT PROFILE: AMERICAN CANCER OCIETY/WINN-DIXIE HOPE LODGE CENTER

by Zanze Fowler

n December 4, 1992, a dream will finally come true for Barbara Weintraub. As chairman of the American Cancer Society/Winn-Dixie Hope Lodge Center committee, she's thrilled that the opening date for the Winn Dixie Hope Lodge is rapidly approaching. "It has been a long, hard road, and I am so excited that the project is finally going to be a reality," she said.

Located next to the Sylvester Cancer Center at the University of Miami/Jackson Memorial Medical Center, the Hope Lodge was originally proposed by Steven Southerland, who had stayed in a Ronald McDonald house during his cancer treatment as a child. He asked Ms. Weintraub why Miami couldn't build a similar support facility for adult cancer patients. The Hope Lodge project had been successful around the country and is supported in 11 other cities by the American Cancer Society and local governments and businesses.

As a residential support facility for cancer patients undergoing treatment at any of Dade County's cancer treatment centers, the Lodge will serve Florida cancer patients and

their families when they require lodging for periods of several days or weeks. Those who live in the community but need a place to spend several hours while recovering from or awaiting treatment will also be accommodated.

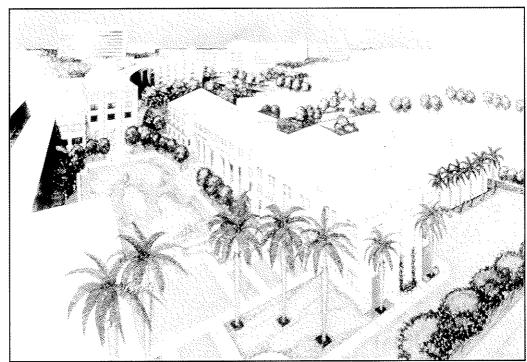
Florida has the third highest incidence of cancer in the nation, so the need for such a facility is obviously great. The first Hope Lodge opened in 1986 in Gainesville on four acres of land leased from the University of Florida. Since its opening, it has been operating at 100 percent capacity and is currently in an expansion phase.

odeled after the Gainesville Lodge, the Miami Lodge will address the needs of Southeast Florida. There will be 30 suites where cancer patients and their families may stay during the duration of the treatment. Each suite will consist of a bedroom with two double beds, bathroom, and a sitting area with a desk, sofa and chairs. The common kitchen/dining room area is designed to encourage residents to mingle. There are cupboards to hold each resident's food and four food preparation areas in the kitchen.

children's playroom is separated from the dining room by a glass wall, which allows parents to oversee their child's activity. The large Day Center, where local patients may rest or recover for several hours, will be a center of the Miami Lodge. There is no charge for staying at the Lodge; any cancer patient receiving outpatient treatment is eligible for admission on a space available, firstcome basis, if the treatment requires a stay of at least three days.

The Miami Lodge will serve all seven area cancer facilities approved by the American College of Surgeons (Jackson, Cedars, Mt. Sinai, Baptist, Mercy, South Miami and North Shore Hospitals) and will draw patients from throughout the tri-county area. Transportation is also arranged from other treatment centers to the Lodge.

The Winn-Dixie Foundation and Winn-Dixie employees pledged \$1 million in 1984 to fund construction of the Gainesville Lodge. The pledge was met following a major fund raising program conducted by employees of the company's food stores throughout Florida. Employees participated through direct gifts or payroll deduction



When completed in December, the American Cancer Society/Winn-Dixie Hope Lodge will house Florida cancer patients and their families.

pledges. Each employee donation was matched, dollar for dollar, by the Winn-Dixie Foundation.

oundation and employees again committed \$1 million to fund the Miami Lodge. That left \$3.1 million of the total \$4.1 million project to be raised by the American Cancer Society volunteers through solicitation of individuals, corporations and foundations. There will be no government funding involved, and capital costs of the Lodge represent a one-time expense. The American Cancer Society's Florida Division will assume operating and maintenance costs as part of the annual budget.

The real strength of the Lodge will be its use of highly trained and specialized volunteers responsible for all planning and program implementation. These volunteers — housewives, physicians, business people, retirees, college students — will be a cross section of South Floridians. And this is where the Junior League comes in. League

support involves volunteer training and underwriting the construction costs of the volunteer-staff office at the cost of \$25,000 given in a threeyear pledge. This room, named for the Junior League, will be a place to

"It has been a long, hard road, and I am so excited that the project is finally going to be a reality,"

train volunteers and hold volunteer committee meetings. It will also be available for "downtown" meetings of the League.

This year's committee, chaired by **Karen Nordt**, is currently planning a volunteer training program and is responsible for recruiting volunteers in time for the December 5 Grand Opening.

The skills acquired by committee members will contribute to their personal growth as volunteers and offer services greatly needed to fight this disease — which will be the number one killer of Floridians by the year 2000.



Zanze Fowler is a first year active member of the funior League of Muant, Inc. She has a degree in marketing from F.S.U. and works for the firm of William 8. Bodenhammer, Artist and Advertising Consultants



AIDS -ROMANCE TO DIE FOR

by Vicki Richards

he facts on how AIDS is transmitted, what percentage of the population will be affected, and the terminal nature of the disease are indeed alarming. What a sheltered lifestyle is my 14-year monogamous, heterosexual marriage!

Dr. Fleur Sack, an expert on the subject of women and AIDS, and the author of "Romance to Die For," due in the bookstores in October, confirms that women are the group most at risk to the AIDS virus. Due to the physical make-up of women's bodies, they are 20 percent more susceptible to an infection of the virus.

Previously, male homosexuals were most at risk. However, that community's changing sexual behaviors has lowered risk levels. Past stereotypes on the spread of the AIDS virus are simply no longer true.

By the year 2000, 40 million people will be infected with AIDS. Although there is no known cure, preventative measures can and must be taken, Dr. Sack says. However, despite the statistics, AIDS is not easily contracted. One cannot contract the AIDS virus by sitting next to, living in the same household as, or being bitten by the same mosquito as an infected person.

When asked whether AIDS is a modern day bubonic plague, Dr. Sack reports that women died quickly of the plague and therefore did not have the opportunity to infect any future children. Mothers can transmit the disease in utero, during childbirth and through breast milk. Dr. Sack recommends HIV testing before becoming pregnant.



Dr. Fleur Sack, author of "Romance to Die For"

HIV-positive persons are infectious and can spread the disease; exposure to the virus produces antibodies between six weeks and

Due to the physical make-up of women's bodies, they are 20 percent more susceptible to an infection of the virus.

six months. One will develop some of the illnesses related to AIDS within a time span of six months - 16 years. Research has been tracking the virus for only 16 years; however, the illnesses may prove to exceed that current limit.

Any sexually active person is at risk from AIDS. The most active group is between 15 - 44 years of age, yet AIDS knows no age limitations. Since people are sexually active for many years, the same risks apply for all ages.

No one race is more prone to the sexual transmission of AIDS either. Due to intravenous drug abuse, certain races are at a higher risk because they are not getting the message, Dr. Sack said.

AIDS is spread by:

- 1. Blood: needles, razor blades, toothbrushes, menstrual blood, sex during the menstrual cycle
- 2. Sex with a woman (vaginal fluids): risk without a condom, risk during the menstrual cycle, risk during oral sex
- 3. Sex with a man (pre-ejaculatory fluids and semen): risk during oral, vaginal or anal sex
- 4. Saliva: probably safe unless sores or blood (such as that caused by flossing vigorously) is present
- 5. Mother to baby: Transmitted in utero or at birth, as well as through breast milk
- 6. Blood transfusions during the

untested years of 1978-1985 may have been contaminated. Although today's blood supplies are pretested and are almost 100 percent safe, 100-200 people per year now due from infection during transfusion.

To protect yourself from AIDS:

- 1. Get an HIV blood test. Your routine blood tests during an annual physical do not automatically include this test. It must be specifically requested, you must sign a consent form, and you must appear in person to obtain the results. No results are given over the telephone.
- 2. Remain monogamous with a pretested partner.
- 3. Reduce chances by remaining abstinent.
- 4. Use safe forms of contact such as touching, kissing and mutual masturbation.
- 5. During intercourse, use a latex

condom. Animal condoms possess pores that are too large and the virus may penetrate.

- 6. In conjunction with a condom, use Nonoxynol-9, a spermicidal jelly inside the tip of the condom. Nonoxynol has killed the virus in a test tube and is only a supplemental protection.
- 7. Use a lubricated condom to prevent tearing or bleeding (water-based only, such as K.Y. Jelly).

As the HIV virus spreads throughout all sectors of the population, teen-aged children are still, for the most part, practicing "scared sex." They participate in sexual intercourse and then worry. With the assistance of educational programs, their behaviors need to change.

Awareness and education are the only weapons to combat the HIV virus' spread, Dr. Sack emphasizes.

For Information:

- "AIDS on the Line" is a live call-in program on television Channel 35/ Dynamic Cablevision, which airs Thursdays from 8-9 p.m. Hosted by Jackie Bales.
- (Telephone: 305-995-2174).
- Florida International University has a peer educator on AIDS who is available to arrange a two-hour presentation for high schools.
- Health Crisis Network: 305-326-8833
- AIDS National Support Group: 305-448-2395
- Hotline: 305-634-INFO
- Florida AIDS Legal Defense and Education Fund: 904-877-6048 ■



Vicki Richards is a violin teacher and recording artist. She has been a league member for three years.

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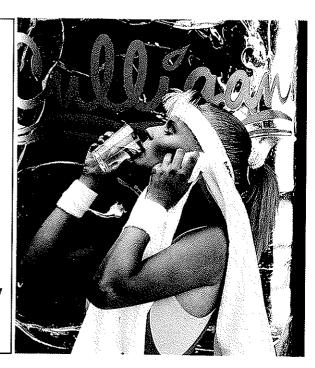
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JUNE BECK:

Director of Volunteer Services, Baptist Hospital

by Joan Farr

eague Sustainer June Beck is a multitalented individual who, in her own quiet way, seems to have the power to move mountains. If there is a difficult job to be done, one that requires creativity, strong leadership, good organizational skills and resourcefulness, then June Beck is the woman for the job.

Her accomplishments are many. She is presently the Director of Volunteer Services at Baptist Hospital of Miami. When she began working there 3-1/2 years ago, there were 374 volunteers working in 55 areas of the hospital. Today, she supervises approximately 600 volunteers who work in 72 areas of the hospital. She also serves on several hospital committees including

Women and Children's Services, AIDS Task Force, Patient Care, Speaker's Bureau, and the Toastmaster's Club, of which she is the vice president.

"June has the important task of coordinating the efforts of about 600 active volunteers. This requires both sensitivity to the special needs of volunteers and to the needs of the various

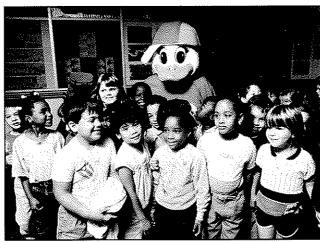
hospital departments they serve. She is to be commended, both for her efforts here at Baptist, and for taking the time herself to volunteer for



June Beck, Director of Volunteer Services Baptist Hospital

other organizations, including the U.S. Tennis Association," said Baptist Hospital Executive Vice President Fred Messing.

June is excited and proud of an imaginative and novel project she created for Baptist Hospital to teach health, nutrition, and personal hygiene to young children. The program was born from a request by Chapman Elementary School for



Waddles The Duck teaches children the facts about good health

assistance in developing a health program for children. In the past two years, "Waddles the Duck" has visited almost every elementary school in Dade County to discuss the importance of nutrition and exercise. June not only created this very unique educational program, but she designed Waddles' costume as well. Waddles was specifically partnered with nine elementary schools where children who demonstrated good health habits at home and at school were rewarded with "duck dollars" which they could redeem for Waddles merchandise, such as tee shirts and stickers. Cutler Ridge Elementary School published a Healthy Recipes booklet comprised of recipes gathered by students for a Health Bake-Off after a visit from Waddles the Duck. The Waddles program is sponsored by the hospital's auxiliary.

Most recently, June introduced a creative, new "Scarves" program to patients at Baptist Hospital, focusing on helping women who have undergone chemotherapy to feel better about themselves. Central to the program is the use of a videotape produced by a former cancer patient which demonstrates a variety of creative ways to use scarves to enhance one's appearance.

June trains volunteers to present the program individually to

chemotherapy patients. The volunteer demonstrates and practices tying scarves with the patient and also shows her how to creatively use hats and accessories to accentuate the scarves. Patients are given a scarf of their choice as part of the program, which is also partially supported by the Phi Mu Alumnae, of which June was the president from 1986-89.

"I enjoy most the opportunity to be challenged, to be educated, and to be creative," June said. A dedicated

professional striving to expand her knowledge and expertise, June is certified as a Director of Volunteers and is very active in numerous "June has the important task of coordinating the efforts of about 600 active volunteers. This requires both sensitivity to the special needs of volunteers, and to the needs of the various hospital departments they serve."

professional organizations including currently serving as president of the South Florida Council of Directors of Hospital Volunteer Services.

June sees education as an important factor in preventing and appropriately responding to health problems. "You should question your doctor regarding anything you do not thoroughly understand. You should know why certain procedures are recommended to you and be informed of the alternatives," she said.

June's wealth of volunteer

experiences include 19 years with the Junior Leagues of New Jersey, Philadelphia and Miami, where she has been a Sustainer since moving back here eight years ago. Her past league placements included Chairperson for the Creative Workshop Committee and member of

the Junior League Council in Philadelphia.

She also previously served on the Designer Showcase Publicity Committee in Miami and is active with the U.S. Tennis Association. She served as Tennis in the Schools Chairman for Dade County from 1988-90 during which time she had tennis introduced in the elementary schools. Baptist Hospital sponsored eight schools, purchasing all of the tennis equipment for these schools. Since 1991, she has served as the Education Resource Chairman for



Baptist Hospital volunteers use their time and talents to help patients feel good about themselves

Dade and Monroe counties. As such, she helps community tennis associations get organized.

Somehow, in the midst of this, she found time to raise four children. Her youngest just graduated from Gulliver Academy. She also has a six-month-old granddaughter.



Joan Svaldi Farr is a second year active member of the Innior League of Miami, Inc. She bolds a Masters degree in Developmental Counseling, and is Director of Family and Victim Services, Metro-Dade Department of Instice Assistance.

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EASING THE PAIN OF ARTHRITIS

by Sally Pearce

This article is dedicated to the memory of my late aunt, Beverly Hopkins, who passed away in 1987. She was a member of the Junior League of Miami.

A rthritis, an affliction of the joints, affects less than 3 percent of the population, but is two-three times more common in women than in men.

According to the Arthritis Foundation, more than 31 million people in the

United States suffer from arthritis, and it most often strikes women aged 25 -50, with the disease's prevalance increasing with age. Common arthritis symptoms include chronic pain, swelling, tenderness, stiffness, limitation of movement and deformity. Although there are close to 100 forms of arthritis, only 10 of them are common.

The two chief forms of arthritis

are osteoarthritis and rheumatoid arthritis. The terms arthritis and rheumatism are often used inter-

changeably, but rheumatism is more general and refers to a variety of disorders of the muscles, joints, and connecting tissues.

Osteoarthritis occurs when the joint wears out; many elderly people have this in their hands, knees, hips, neck and lower back. If a joint has been injured repeatedly, osteoarthritis may develop over time. Women and men with osteoarthritis suffer constant pain in the afflicted areas. In this form of arthritis, the cartilage between the two bones breaks

in the joint, causing deformity and swelling. As with all arthritis except bacterial arthritis, osteoarthritis cannot be cured.

heumatoid arthritis, known as "the great crippler," first victimizes those between the ages of 20 to 40. The chief symptoms include painful, swollen, hot, red joints. All joints can be affected, especially the wrists and knuckles. In some cases, rheumatoid arthritis spreads throughout the body and damages organ and connective

tissues. Small blood vessels may be diseased, numbness in feet may occur, and painless nodules may develop under the skin. (The brain is not affected by rheumatoid arthritis.) Irreparable destruction of cartilage and weakened, wasted muscles result from rheumatoid arthritis.

Since arthritis is not curable, the

treatment is aimed at alleviating the symptoms. Treatment is generally determined by the severity and onset



Arthritis takes an especially heavy toll among women, and about twice as many women as men have arthritis.

down, causing the bones to rub together. Pieces of hardened cartilage and knobs of bone develop of the disease. It is important to note that joint pain and deformity are not proportionate to each other. Basic treatment programs aim to lessen morning stiffness and inflammation while preserving joint function and preventing joint deformity.

Aspirin and ibuprofen are widely prescribed to treat the pain of arthritis. No special diets or vitamins are recommended, and narcotic drugs should be avoided. For severe arthritis, "remission-inducing" drugs are prescribed such as azathioprine and prednisone, a steroid. These drugs may produce troublesome side effects and must be used with particular caution. Other options for treatment of arthritis include physical therapy and orthopedic surgery.

The cause of arthritis is not

"Arthritis, an affliction of the joints, affects less than 3 percent of the population, but is twothree times more common in women in men."

known, though there is a strong genetic predisposition. This does not mean, however, that the chances are much greater that a person with a close relative with arthritis will develop it. The chance of contracting the disease is only slightly higher for those people who have family members with arthritis.

At this date, 51 research projects are under way and 36 drugs are being studied for the treatment of arthritis. As the Arthritis Foundation says, drugs are just one facet of disease management. To conquer arthritis with a cure, the cause must be found.

Contact your local Arthritis Foundation chapter or write to: Arthritis Foundation, P.O. Box 19000, Atlanta, Ga. 30326



Sally Pearce studied literature, is now puositing bee M.S in Education, and teaches writing at the University of Miami-She bas been in the Junior League for two years.

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AJLI Annual Conferenence

HEALTHY BEGINNINGS: GIVING CHILDREN THEIR CHANCE

by Jane Chadwick



The AJLI Annual Conference brought together Junior League members for sessions filled with information and comraderie.

was clueless about ALJI so when Pamela and Linda handed me a ticket for the Annual Conference, I was pretty excited. It wasn't until we were on the plane to New York City that they told me it would be my job, as incoming President-Elect, to write an article for Tropical Topics!

I really don't know where to start - my head was spinning the entire time. (I soon found out this was common for first time conference attendees like me. Fortunately, about one-third of the 900 delegates were in the same boat, so at least I wasn't alone in my cluelessness!) There was so much going on inside

and outside the conference.

We arrived in the midst of the Rodney King riots. There had already been one bomb scare in the hotel prior to our arrival, and the hotel had evacuated all the Junior League delegates from the ballroom. Dan Quayle arrived shortly after we did and that same afternoon there was a fire on the fourth floor. (We believe this was the first of the series of hotel fires that seem to be following Mr. Quayle.)

The fire knocked out elevator service, air conditioning, and electricity for 36 hours. (Our room was on the 42nd floor - so much for sneaking off to the hotel's gym to do Stairmaster.) Talk about a bonding experience — nothing like 900 sweaty women hashing out 10 hours of controversial by-law changes in an unairconditioned ballroom (and all having a very "bad hair" day) to make for great laughs and comrade-

e thought that the theme of annual conference — "Healthy Beginnings -Giving Children Their Chance" was somehow appropriate since between Pamela, Linda and myself, we have...four dogs. All kidding aside, we were impressed with the quality of programs and grateful for the opportunity to learn more about the national and international challenges of children's health, a topic that is certainly near and dear to our diverse Miami community.

Two speakers who addressed these issues of children's health stick out in my mind. The first was Surgeon General Antonia Novello, a Puerto Rican whirlwind who delivered an hour long speech in 20 minutes (due to a late flight) leaving us all breathless and inspired. Dr. Novello spoke about the challenges here in the United States for healthy children - particularly about the importance of immunization (for which she thanked Junior League efforts), the relationship between good health and a child's ability to learn, illegal underage drinking and its ramifications, smoking and the destructive effect of the "Old Joe" camel advertising campaign, and last and most frightening, the issue of AIDS, which is an increasingly heterosexual, increasingly female, and increasingly young problem.

The second speaker, Dr. Terrell Hill, Senior Health Advisor to UNICEF, delivered a compelling talk on children's health challenges on a global scale. One slide Dr. Hill showed in his presentation which was particularly poignant was of a mother in an underdeveloped

country suckling her baby boy at her breast and holding the boy's twin sister in her lap. The baby boy, who had been breastfed from birth, looked healthy and robust. The baby girl, who had been bottlefed with formula mixed with contaminated water, looked shriveled and malnourished. The mother had been told, incorrectly, that she probably only had enough breast milk to feed one baby — so it must be the boy. The girl baby died two days after the photo was shot. The mother, whose heartache and pain were evident on her face, allowed Dr. Hill to take the picture in hopes that other mothers would benefit from her ignorance.

n addition to the educational programs offered at Annual Conference, we spent much time dealing with the key AJLI administrative issue - the "Partnership Project" — a set of new bylaws researched and developed over the last two years which would give each individual league the autonomy to set its own destiny. Such limits as age, length of service and, in certain cases, gender of members, would now be decided at the local level. The process of bringing this issue to a vote was a marvel - Robert's Rules at its best. The words that come to mind to describe those 10 "hot" (temperature and issues!) hours are: impressive, organized, respectful, articulate, compromising and courageous. Damn! Junior Leaguers sure know how to get the job done!

I had to chuckle when I just was listing some "words" which described the scene at Annual Conference because it reminded me of one of my favorite memories from the weekend. I really enjoyed getting to know the delegates from the other Florida leagues. We all seemed to share a certain progressive attitude and enthusiasm (and were not the least bit ruffled by the steamy circumstances surrounding us) and ended up all sitting together during

the proceedings.

Someone — who will remain nameless - started around a list of "words" which kept popping up in the discussion that we were sick of hearing. The list went from table to table and got longer and longer. Finally, by the end of the day, bylaws were a done deal and our word list covered the entire page! (my personal favorite "word" was "paradigm" — I had to come home and look it up - I'm still not sure what it means). No matter how uncomfortable and controversial the situation, Junior Leaguers never lose their sense of humor!

Finally, on a personal note, I would like to tell you what an honor it was for me to be one of the representatives to Annual Conference from the Junior League of Miami. The precedent set by our previous delegates and past presidents — Cris, Ronni and Claudia — is one of national respect and leadership. And I know Pamela and Linda join me in thanking them for being such awesome examples to follow.

- Jane Chadwick, Junior League President-Elect



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MEET OUR LEADERS



Linda Dunn Brown President

As the leader of the Junior League of Miami, Linda facilitates responsibilities, ensures that our goals are carried forth, works toward the future, maintains sound fiscal policies, listens, makes decisions and works to accomplish League programs.

It's as busy an agenda as many CEOs of major corporations, and one that Linda accomplishes with ease. A 19-year "veteran" of the JLM, Linda's made her way to the top through active involvement in a variety of league placements.

Linda has chaired the Volunteer Training and Membership committees, served as Vice President of the Child and Family Council and as Vice President of Personnel/ Training, been a Placement Advisor, and worked on the Program Development/Community Research Committee for several years. In her "earlier days," she was a Doctor's Hospital volunteer and a member of the Yearbook staff and of the Public Education committee.

A native Miamian, Linda was

raised on Hardee Road in Coral Gables. Today, she and husband David live in Coconut Grove with their two "children" — a scarlet macaw named Sundance and a golden retreiver named Bailey. Her mother is a Junior League sustainer and lives in Miami and North Carolina. Linda's two brothers include one in Plantation Key and one in Atlanta.

Professionally, Linda works in the Dade County Public School's Community Education and Community Participation Division where she is responsible for helping facilitate and insure community involvement with the public schools. The division recruits, trains and places volunteers, encourages community involvement through the Dade Partners program, sponsors an intergenerational program for seniors' involvement, and arranges special events such as the Teacher of the Year and Principal of the Year awards. Linda's an elementary school teacher by trade and taught school for nine years before joining her present division in 1981.

While a busy calendar keeps her at work and league meetings much of the time, she hasn't lost her enthusiasm for her personal passions, which include gardening, tennis, and antiquing. She is especially fond of the University of Miami where she earned her B.A. in Elementary Education and an M.E.D. She wants to learn golf soon.

Linda's goal is to refocus the league's energies on issues and programs which are meaningful to the membership.

"We all get involved in so many

activities and really need to think about how to maximize our impact. Through projects such as Inn Transition, which has done a lot for the league, we need to find a 'face' for the Junior League of Miami," Linda said. "In addition, we also need to have a good time. Sometimes we need to laugh more."



Jane Chadwick President-Elect

Jane chairs the Long-Range
Planning Committee, follows Linda
Brown around in a personal quest to
be as "organized and cheerful as she
is," and keeps in touch with the
Association of Junior Leagues
International. This year, she'll be
reviewing the new AJLI "partnership
project" guidelines to determine
where JLM can develop additional
flexibility in its by-laws. This is
Jane's 15th year as a league member.

Julie Childress Stroh V.P. Administration

Julie oversees and coordinates the league's administrative affairs, which include the league's employees, headquarters office Encore Shop, bylaws, yearbook, legal affairs, equipment and furnishings. This year she plans to continue to provide strong management and organization for all



administrative areas. Since the league will be utilizing outside legal counsel for the first time to handle certain issues, she'll also be involved in effectively integrating its work with the league's legal advisor. Julie has been a league member for 11 years.



Karen Throckmorton V.P. Child & Family Council

Karen's council is a forum for education and support of the league's projects that relate to child and family issues. Her goal is to magnify the impact of the JLM on the community. She has been a JLM member for 14 years.



Jayne Abess V.P. Cultural & Environmental Council

This Council's purpose is to monitor the pulse of the community's cultural and environmental efforts and to maintain a strong profile within these areas. The council also encourages and facilitates members' involvement in coalitions related to cultural and environmental projects. Jayne has been a league member for six years.



Cynthia Ormond V.P. Finance

Cynthia is responsible for financial accounting, reporting and integrity. She's in search of a new and creative way to raise funds for the league, and she is presently working to lay the foundation for establishment of an endowment fund.



Holly Blount V.P. Personnel/Training

As chairman of the "People Council," Holly deals with the Placement, Nominating, Membership, Transfers, and Provisional committees. She insures that needs are met and "all systems are go—since without our volunteers, we're nothing!" Holly is a 10-year member of the JLM and plans to strive for greater membership satisfaction in her position this year.



Lanier Hege V.P. Public Relations

Lanier's goal is to generate greater visibility for the Junior League of Miami in the community and to enhance membership satisfaction and dedication. Increased community awareness of JLM's purpose and projects is her goal this year. She has been a league member for seven years.



Sandy Adams **Administrative Assistant**

Sandy assists JLM President Linda Brown in carrying out her administrative responsibilities and coordinates the master calendar of league events. She hopes to free up some of Linda's time for rewarding experiences such as public relations activities that promote the league in the community. Sandy has been a league member for 12 years.



Cherie Thompson Arrangements/Special Events

Cherie's committee provides refreshments for general membership, board and other league meetings. She arranges for the site and facilities, then works with the members to arrange special events of interest to all league members. Her goal this year is to cut down on the amount of trash at each meeting. The new "Lug-A-Mug" program will encourage league members to bring their own mugs to the meetings, or purchase a Junior League mug at the meeting. Cherie has spent six years in the league.



Vivianne Wicker Bylaws/Parliamentarian

This year, Vivianne will review and evaluate the AJLI's positions and bylaws to determine how they affect the JLM, so as to determine future direction. She will also help meetings run smoothly and increase awareness of parliamentary procedure among members so that our "voices can be heard." She has been in the league for six years.





Isela Sotolongo **Corresponding Secretary**

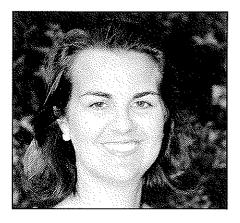
Isela handles all membership changes, resignations, reinstatements and transfers. Her goal is "to keep the paperwork from taking over." So far, she says, it has not! This is her fifth year as a JLM member.



Lois Chumbley **Encore Shop**

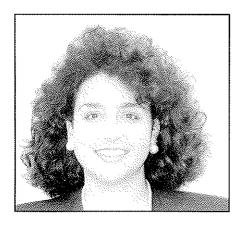
Since the Encore Shop is the league's number one fund raiser. Lois' responsibility is to raise money for the JLM and its many community projects. Her goal is to make members more aware of how important their Encore Shop support is to the league, and to get higher quality donations from members. This year, the Encore Shop will sponsor two rummage sales and hopes to sell more furniture and

large household items. Lois has been in the JLM for three years.



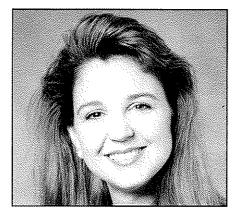
Beth Pryor Johnson Legal Coordinator

Beth is responsible for "keeping the league out of trouble" and plans to spend time this year looking at several items that have been "put on the back burner." They include various issues involving Inn Transition as well as analyzing whether JLM has adequate insurance coverage. She has been in the league for 11 years.



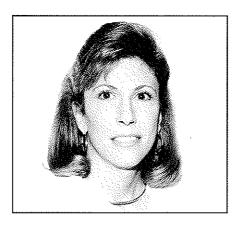
Natalie Brown Marketing & Advertising

Natalie's committee was formed this year to market the league to businesses in the community. Its goal is to sell enough advertising to cover the production and mailing costs of Tropical Topics Magazine, sent quarterly within the community, and the Tropigram, the monthly newsletter to league members. She has spent four years in the JLM.



Lynn Wood Hart Member Representative

Lynn serves as a liaison between the league membership and the board of directors. She hopes to encourage new and old members of JLM to share their thoughts, ideas and concerns so that she can communicate these to the board during regular meetings. She has been in the league for seven years.



Anne Joffre Evans Member Representative

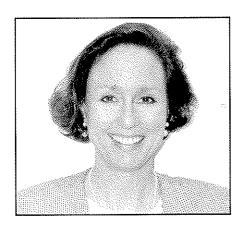
Anne keeps the JLM board of directors informed of member accomplishments and then expresses the league's appreciation. She encourages members to use the "member reps" as a liaison to the board and to provide input into possible fund-raising activities. Anne hopes to get the membership involved not only in community projects, but in social and fund-raising events as well. She has been a member for five years and also serves on the Public Relations Council.



Anne Helliwell Nominating

Anne charts the future of the Junior League of Miami by slating members for conferences and leadership positions. She encourages members to "stand up and be counted" by self-submitting for leadership roles. She has spent eight years in the JLM.





Elizabeth (Liz) Reynolds Placement

Liz works closely with all league committees and councils to monitor the placement of league members. Her goal is to create a greater awareness among league members of their placement advisor's role as a mentor and resource to tap throughout the year. She has been in the league five years.



Andrea Sharp Program Development

Andrea's program development committee evaluates proposed projects as potential league activities and organizes program presentations. This year, she will offer a selection of projects that will appeal to the variety of our interests as league members. She has been a member of the Junior League for 15+ years.



Cathy Kononoff Public Affairs

Cathy educates the league as to its public stands and positions on local, state and national issues. The committee concentrates on education, child and family, health, growth management, and environmental issues. In addition, this year it begins a task force on aging. "We hope to not only educate our members, but also to encourage them to lobby their friends, neighbors and lawmakers," she says. Cathy has been a league member for four years.



Meredith Mills Public Relations

Meredith provides internal public relations support in the form of the monthly Superleaguer award to members and the Tropigram newsletter. She also coordinates all

community public relations activities on behalf of the Junior League of Miami. Her goal is to keep all league members informed of the programs and projects with which the league is involved. Then, she says, it's easier to get the word out to the community. She has been a JLM member for two years.



Andrea Stringos Recording Secretary

Andrea keeps the minutes at all board meetings and at general membership meetings. She has been a league member for four years.



Cheryl Frary Volunteer Training

Cheryl insures that all league members receive the opportunity for training that is relevant to their league placement. She has been a Junior League of Miami member for four years.



Kathryn Bohlmann Assistant Treasurer

Kathryn oversees the "nuts and bolts" of the league's administration and provides financial guidelines for league undertakings. Her goal is to continue to develop fiscal responsibility for the Junior League of Miami. She has been a league member for four years.



Dorothy Weaver Sustaining Advisor

A major leader in the community

of Greater Miami, Dorothy oversees the Junior League of Miami's activities by providing advice and counsel based on her 15 years as a Junior League member and her professional and personal experiences.



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LEAGUE CAMPAIGNS FOR IMMUNIZATION

by Amy Galloway

ur community has once again benefitted from the hard work and dedication of one of the Junior League of Miami's own - Debbie Hasty. Debbie was instrumental in putting together a county-wide children's immunization program on behalf of the Junior League. The impetus for her efforts was some startling statistics about the number of Dade County children who were not immunized and suffering from a number of completely curable infectious diseases.

Debbie knew that the success of the program depended on reaching those families who did not receive regular medical care. Accordingly, she made sure the immunization brochure was printed in three languages. To get the word out to families in need, Debbie arranged for advertising of the campaign and the Junior League of Miami on bill-boards, bus shelters and Metrorail stations. She also worked at the various clinics to insure the success of the program, personally greeting parents and children.

Debbie's hard work and vision paid off. The immunization program was quite a success, and Miami Mayor Xavier Suarez issued a proclamation to the Junior League of Miami declaring April 21-27, 1992 Immunization Awareness Week. Debbie's hard work and commitment was also recognized by her very own



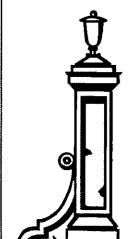
Debbie Hasty, 1992 recipient of the Rebecca Herndon Bush Award.

league this spring when she was the deserving recipient of the Rebecca Herndon Bush Award.



Amy Galloway has been a league member for five years, has a law degree from the University of Florida, and is an Associate with Gunster, Youkley & Stewart, PA

Suzie-all Dan McCrea, the really knows his stuff!



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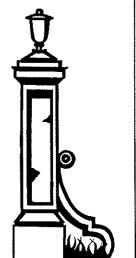
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Dianne Sommers Killian Miami Magic Sustaining Advisor

Rebecca Herndon Bush Award

Deborah Thornton Hasty Immunization Project Coordinator (continued from page 13) money to publicize information and educate people. We've come a long way, but we're still not there," Pat said.



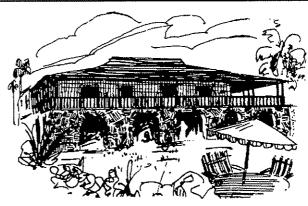
Pat Mason with nephew, Steven, whose mother is a member of the JL of Detroit.

As for Pat Mason, she says that despite the trauma of her experience she still feels very lucky. The support of her three children and many good friends made getting through her ordeal much easier. She has also taken the anger she feels over her slow diagnosis and treatment and turned it outward. She is attempting to shake others out of their complacency about this life threatening disease.

"Talking about this has been my therapy," she says. "I want to make members realize that you have to be aware about health care today. Having a mammogram is not enough and I want people to know."



Loretta Waldman is a first year active member of the funior League of Miami, Inc. She bus a B.S. in Design and Art History, and a Masters degree in Library Science from Florida State University. She is currently Assistant Branch Mainager of the Miam Beach Branch Library



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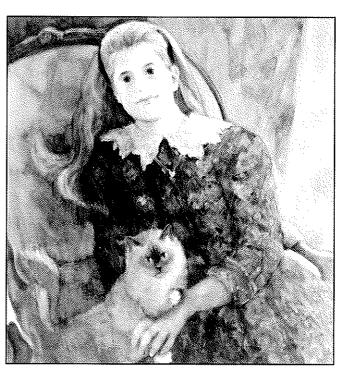
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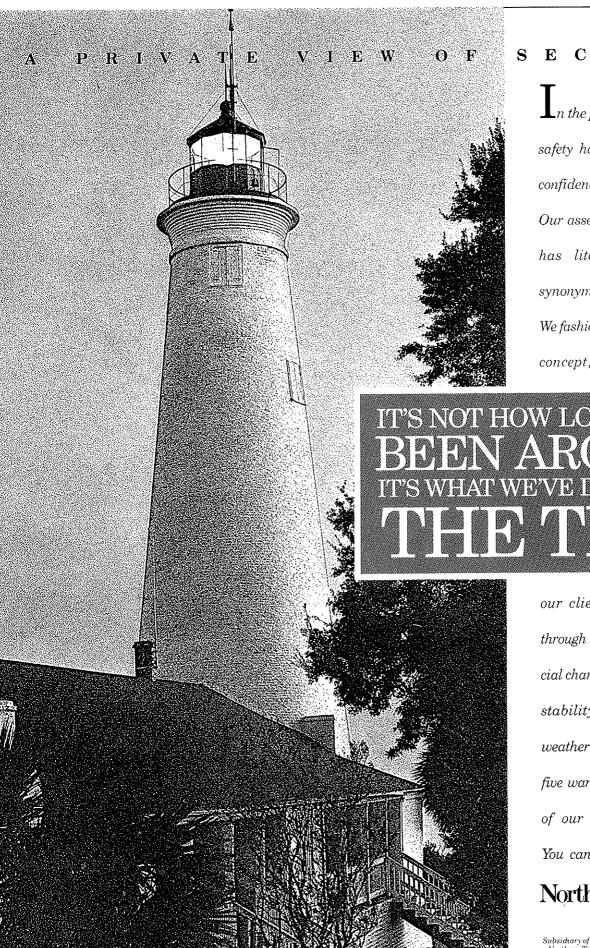
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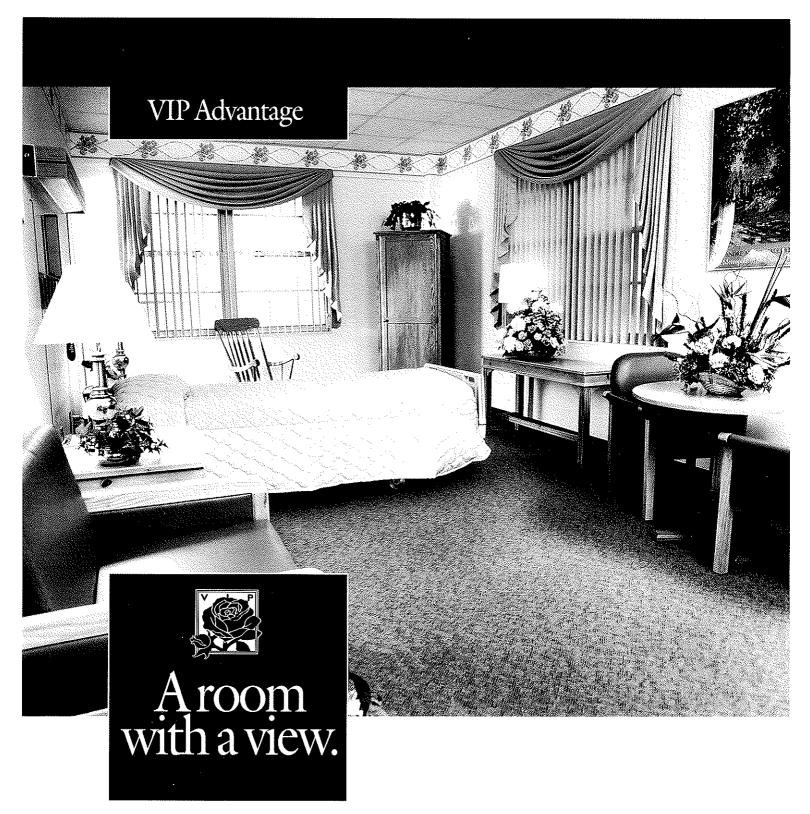
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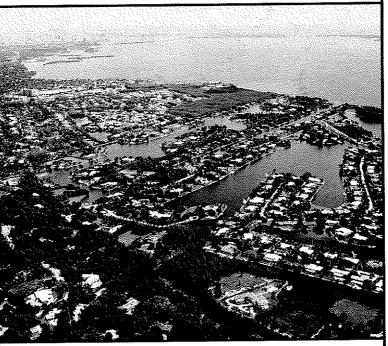
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