



HAWTHORNE

The State of Missouri Newsletter

May 2023

Hawthorne Information

Here is the schedule for the 2023-2024 issues of the Hawthorne:

Summer Issue - Articles to me by Friday, July 7, 2023

Hawthorne published by Friday July 21, 2023

Fall Issue - Articles to me by Friday, September 1, 2023

Hawthorne published by Friday, Sept. 15, 2023

Holiday Issue - Articles to me by Friday, November 3, 2023

Hawthorne published by Friday, Nov. 17, 2023

Winter Issue - Articles to me by Friday, February 2, 2024

Hawthorne published by Friday, Feb, 9. 2024

If you have any problems with dates - please email or call me ASAP. If you have members that must have a mailed copy - please provide me with their full names and addresses.

I will always acknowledge all articles/information sent to me as the items are received to avoid any miscommunications or worry.

Thank you for your help and let's keep communicating!



Paula Miller

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Columbia, MO. 65201

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Hello Missouri ESA family! I am so excited to be your State President for our upcoming year in ESA as we Dream, Believe, and Achieve. It was so exciting to see so many members at the Missouri State Convention in Kansas City, and many of whom I have not seen in a while. Please continue to come to state meetings, as I know I, and many others, love reconnecting with you.

Thank you to the hosting Kansas City chapters for the beautiful evening we had at the Banquet. It was almost surreal being installed as your next State President, but having my family, my Rho Chi chapter, and all who attended there, made me realize, it's Happening. For those who were not able to attend installation, I would like to share my journey through ESA with you as stated in my acceptance speech.

“When I was about 10 years old, my grandma started taking me to ESA events, volunteering opportunities, and state meetings. What I didn't know then is how much ESA would shape my life and help me become the woman I am today. I grew up in ESA, and many of you in this room have seen and have witnessed my ESA journey from the beginning. When I was thinking of my theme for this upcoming year, "Dream. Believe. Achieve", I came across a quote from the American gymnast, Nastia Liukin: "Don't ever be afraid to DREAM too big. Nothing is impossible. If you BELIEVE in yourself, you can ACHIEVE it." How true is that?

My first state convention was in 2004, when I was just 14 and Pam Baker was the outgoing president and Mary Bonenberger was being installed. Since then, I have seen many AMAZING women step up and being great leaders. Where I started to **DREAM** of becoming state president, was when I saw my grandma, Sandy Hosack, become state president in 2007. Thank you, Grandma, for bringing me along all those years ago. Grandma's theme the year she was president was Celebrate. And since then, I have celebrated being part of ESA and the role it has played in my life. In 2011, I took in on my first chairmanship, becoming Ways and Means Chairman for Kim Mandrell as she empowered us that year as State President. It was after that year, I started to **BELIEVE** that I could be something more and give more to ESA than what I had been. The next year Angie Butenschoen was installed as State President and she asked me to be her corresponding Secretary. This was my first time being on the executive board, and I have not looked back. Her theme really embodied what I was feeling, “Experience Something Awesome.” And it was awesome! So awesome that I wanted to continue working my way to my DREAM, becoming State President.

The following years, I held offices on the board such as Parliamentarian, a few times, and Recording Secretary. I knew I wanted to move up, but I had one more goal I wanted to complete first, being St. Jude Coordinator. And last year, it was such a privilege to be able to be on that stage at International Convention hold that sign representing Missouri as we raised over \$740,000 for St. Jude. The years of cherished memories I have being part of ESA, from when I was just 10 to now, all have led me to where I am today, in this moment, **ACHIEVING** my dream of becoming Missouri State President.”

This year in Missouri, I want to be part of your chapters and know about the activities you are doing and the events you are holding. Chapters supporting other chapters. While we are separated by Zones, so many opportunities are missed to see what other chapters are doing. Please reach out to me so that I can share with the membership!

State Planning meeting is set for June 17th- Everyone is welcome, not just the board, chairman, and chapter presidents, EVERYONE! Together we make up the state of Missouri, and together we can plan for an amazing year.
Hope to see everyone there!

Brittany Covey
2023-2024 Missouri State Council President



The 2023-2024 Missouri State Officers



Brittany and her Rho Chi Sisters



Brittany, Chris and Princess Cora Covey



Brittany and her happy family

How to Make Lip Gloss

From Crafts by Amanda



Supplies:

- Petroleum Jelly a new unopened container
- unsweetened Kool-Aid packets in various flavors (we used dark cherry, tropical punch, watermelon, and orange)
- Granulated sugar
- Edible glitter or edible glitter gel Optional

Craft tools

- Small microwave safe bowl
- Ramekins
- Spoons
- Hot pads
- Measuring cups and spoons
- Paper Towels
- Lip gloss containers

Instructions:

Wash your hands with soap and water. Make sure all your spoons and bowls are clean and dry.

Measure 1/2 cup petroleum jelly into a microwave safe bowl.



Microwave jelly until just about melted. Keep an eye on it - we did 1 minute increments and it took about 2 minutes. Use the hot pads to carefully take the bowl out of microwave as it will be **HOT**. *Place bowl on a hot pad on your work surface.*



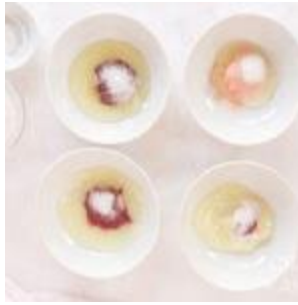
Stir melted petroleum jelly until it is well combined. Divide the jelly into the remaining 4 bowls.



Sprinkle a 1/2 teaspoon of Kool-Aid flavor into each bowl.



Add a pinch of sugar to each bowl. To make your lip gloss shimmer, add about a teaspoon of the edible glitter gel (in the color of your choice, optional). The finished lip gloss will have a little texture and shimmer



Use a clean spoon to stir mixture together in each bowl.



Scoop 1 flavor mixture into each container. Tap container on your work surface to remove air bubbles and then put the lid on.



Expert Tips & FAQs:

- Use finished lip gloss for up to 3 months.
- For a fun twist, layer 2 different flavors in a container!
- If you prefer, can use coconut oil instead of petroleum jelly.
- Use caution when handling the bowl of melted petroleum jelly - it is hot!



**Charity Pickleball Clinic Raises Money
For St. Jude Children's Research Hospital
Adam Runge of the COLUMBIAN MISSOURIAN**



The Beta Tau Chapter of Epsilon Sigma Alpha, an international service and leadership organization, held their second annual pickleball clinic Thursday at the Missouri Athletic Center. The proceeds from the 31 attendees were donated to St. Jude Children's Research Hospital.

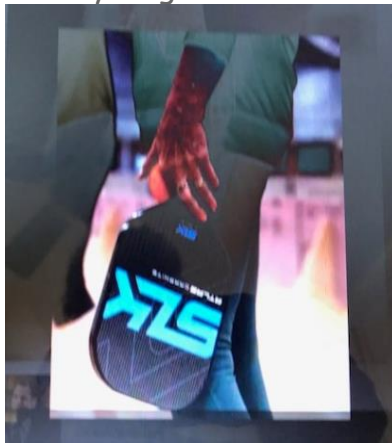
"Last year we raised \$2,000, and this year we're hoping to raise more," Christi Fritschi, a member of the Beta Tau chapter, said while volunteering at the event on Thursday.



Trish Roche anticipates striking a pickle ball on Thursday at Missouri Athletic Center in Columbia. The event saw 31 local pickle ball players participate across six courts.



Lori French takes instruction from pickle ball coach Sue Fuller on Thursday at Missouri Athletic Center in Columbia. "I just like sharing the passion for the game." Fuller said. "It's a game for young and old."



A pickle ball racket finds a small moment of stillness in between points on Thursday at Missouri Athletic Center in Columbia. Pickle ball is a sport similar to tennis or badminton and is played with paddles and a whiffle ball.



Kate Hebert smacks the ball as it crosses to her side of the net on Thursday at Missouri Athletic Center in Columbia. Thursday was just Epsilon Sigma Alpha's Beta Tau chapter's second yearly St. Jude Children's Hospital charity event hosted at Missouri Athletic Center.

Pepper Ricotta Primavera from Taste of Home



Total Time - Prep/Total Time: 20 min.  Makes - 6 servings

Ingredients:

| | |
|---|------------------------------------|
| 1 cup part-skim ricotta cheese | $\frac{1}{2}$ cup fat free milk |
| 4 teaspoons olive oil | 1 garlic clove - minced |
| 1 each-medium green, red and yellow pepper, julienned | |
| 1 medium zucchini - sliced | 1 cup frozen peas - thawed |
| $\frac{1}{4}$ teaspoon dried oregano | $\frac{1}{4}$ teaspoon dried basil |
| 6 ounces fettuccine, cooked and drained | |

Directions:

1. Whisk together ricotta cheese and milk; set aside. In a large skillet, heat oil over medium heat. Add garlic and pepper flakes; sauté 1 minute. Add next 7 ingredients. Cook and stir over medium heat until vegetables are crisp-tender, about 5 minutes.
2. Add cheese mixture to fettuccine; top with vegetables. Toss to coat. Serve immediately.

Test Kitchen tips: This is a milder flavored dish to punch up the flavor - use fresh herbs in place of dried. Sprinkle with parmesan cheese before serving.

Our Missouri State Council members are the best!

At our State convention, our members came through with wonderful support for the Warriors' Ascent program in the Kansas City area.

Our speakers were great and I believe I saw many of our members wiping a tear or two while Penny shared her story.

We asked for monetary donations, gift cards, snack and sparkling water drinks and of course we had the Flag afghan and patriotic gnome raffles. The gnome was won by Cindee Leong (Sigma Delta) and the afghan was won by Steve Portell (husband of Joann). Even greater news is that Steve has donated it to Rho Chi's St. Jude Luncheon Auction which will be held in November in St. Charles so this beautiful afghan will help to raise even more than the \$590 that it raised for the Warriors' Ascent. (My co-worker who made it was so excited to hear how much it raised).

Donations the day of the presentation came to:

\$180 in gift cards

\$325 in checks

\$250 in snacks & drinks

I sent the money raised at the raffles to ESAF for the Turn-Around-Fund. The February Winter Board amount was \$205 and the April convention amount was \$445. Total donated to Warriors' Ascent was \$1405.00

Thank you for being a hero to the Warriors' Ascent program.

Rosalee Echele
2022-2023 Hope for Heroes Chairman





The Raffle Prizes



Some of the collected donations for the Warriors Ascent Program

MSC Planning Meeting- June 17th, 2023

EDC Business and Community Partners

5988 Mid Rivers Mall Dr.

St. Peters, MO 63304

11:00am-2:00pm



Name: _____

Chapter Name & #: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

Please check the following that apply:

_____ State Officer _____ State Chairman _____ Chapter President _____ Other

| <u>EVENT</u> | <u>Cost</u> | <u>Total</u> |
|-----------------|-------------|--------------|
| Meeting & Lunch | \$15.00 | \$_____ |

Lunch-McAllister's Deli: Sandwich, chips, cookie (Please check your selection)

- ___ Black Angus Club (Black Angus roast beef, bacon, sharp cheddar, Swiss, red onion, spring mix, tomato, horseradish sauce and mayo on wheat)
- ___ McAllister's Club (Smoked turkey, Black Forest ham, bacon, sharp cheddar, Swiss, spring mix, tomato, mayo and McAlister's Honey Mustard™ on wheat.)
- ___ Veggie (Spinach, tomato, cucumber, red onion, house-roasted multicolored peppers, avocado, herb mayo, salt and pepper on 9-grain.)

Dietary Allergies: _____

Mail Registration Form/Lunch Choice/Check to:

Make Checks Payable to: **Rho Chi**
Send to: Brittany Covey Phone: 314-5-04-7907
615 Gandalf Ln. Email: HOLTchick8122@yahoo.com
Wright City, MO 63390

Registration Deadline: June 10th, 2023 - Refunds will not be given for cancellations

DIY Mosquito Repellent Candles

From Crafts by Amanda

With ingredients like lemon, lime, water, and essential oils these DIY mosquito repellent candles are not just for pretty decoration but work to ward off unwanted pests in your yard. Spring and summer are our favorite times of the year, but with those lovely seasons come the bugs, and the most dreaded of them all, mosquitos. I like being able to sit on my porch in peace without having to swat my hands, legs, arms, face... you name it.



Supplies:

- 3 wide mouth mason jars in various sizes
- essential oils lavender, peppermint, lime, eucalyptus, lemon
- fresh or faux greenery lavender stems, rosemary sprigs, eucalyptus stems
- Fresh lemon and lime
- 3 floating candles
- tap water enough to fill each jar

Recipe 1

- 10 drops lavender essential oil
- 10 drops peppermint essential oil

Recipe 2:

- 10 drops eucalyptus essential oil

- 10 drops lime essential oil

Recipe 3:

- 10 drops eucalyptus essential oil
- 10 drops peppermint essential oil
- 10 drops lemon essential oil

Instructions:

Cut lemon (and/or lime) into 1/4" thick slices and place 2-3 slices inside each glass jar.

Place 2-3 sprigs of greenery (lavender, rosemary or eucalyptus) into each jar.

Add essential oils (see recipes above).

Fill the jar with water to the neck of the jar submerging the citrus slices and sprigs of greenery.

Place a floating candle inside the jar.

Expert Tips & FAQs

- Sprigs of fresh greenery like rosemary or lavender work in extra defense against mosquitos, but you can certainly use faux greenery as well.
- Use wide mouth mason jars, in whichever size you'd like so you have room for your floating candles. If you decide to use larger than 16 oz. jars, you can easily double the recipe called for in each candle as to not dilute the mixture too much.



Hello MSC members,

Just a quick note to tell you how much I enjoyed my year as your President.

I began my year with the theme "Together We Can" and as the saying goes when raising a family "It takes a village to raise a child;" it takes chapters working together to raise ESA to even newer heights and create a beautiful picture like fireflies blinking their lights in the night. Thank you for the support I have received while I have found myself walking in a variety of different shoes. IC President, Denise Holdaway's theme is "Stepping Together in ESA uniting footprints along the way." I would add to that (and I think she and anyone of us who has served not only as a state or chapter President, but in any leadership role) you do not know the responsibilities, challenges and joys until you walk in those shoes. You have helped me walk in those shoes this year.

Special thanks to my officers and chairpersons, to my Beta Kappa sisters for their support. Jean Joyce, Claudia Hatton and Brenda Fields were especially helpful. Also, I want to thank Joan Laskey, Suzanna Ogden, Karen Ronspies and their chapter members who arranged a great weekend for the state convention.

As we move forward into new officers and new beginnings, please remember to let your light shine and dance like the fireflies to continue making the beautiful picture of ESA. This world needs us to shine light in the darkness of illnesses, stresses, and poverty. To those who will serve as officers and chairpersons in 2023 -2024, please know your responsibilities and do not wait until the last minute to plan. This will be immensely helpful to Brittany. Please help Brittany's light keep bright as she leads MSC in the year ahead.

Sidney
Sidney Kendall
MSC State Counsellor
2023-2024

Banana Cake (with Cake Mix!) From Insanely Good!



There's so much to love about this cake: the cake mix shortcut, the heavenly banana flavor, and especially the brown sugar frosting. Don't worry, it will taste just as if you made it completely from scratch.

All you'll need is a bowl and a cake pan, and you're done! Baking (and clean up) has never been this easy.

Using the cake mix will shorten your prep time and give you a fool-proof, light and tender banana cake.

But the frosting is where it really shines. More of a glaze, it uses brown sugar for a fantastic caramel flavor that pairs perfectly with the banana.

Ingredients:

For the Cake:

- Bananas - You'll use 3 ripe bananas to make one cake, so expect it to be loaded with banana flavor. It makes the cake ultra-moist, to boot. The riper the better - mushy makes it easy to mix!
- Eggs - They'll bind the ingredients together and give the cake structure. Use room-temperature eggs for easier blending.

- Butter - To add richness and moisture to the cake.
- Yellow Cake Mix - You'll use yellow cake mix for this recipe because the flavor of vanilla and custard pairs beautifully with bananas. But feel free to experiment on other cake mixes, too!
- Milk - The liquid mixed with yellow cake mix to create the batter.

For the Frosting:

- Butter - For a rich, buttery frosting. I use salted butter to balance out the sweetness of the sugars.
- Brown sugar - It has a deeper and sweeter taste than white sugar. When cooked with butter, it creates a wonderful caramel-like flavor.
- Milk - To smoothen the frosting.
- Powdered Sugar - To give the frosting that crisp glaze-like crust.

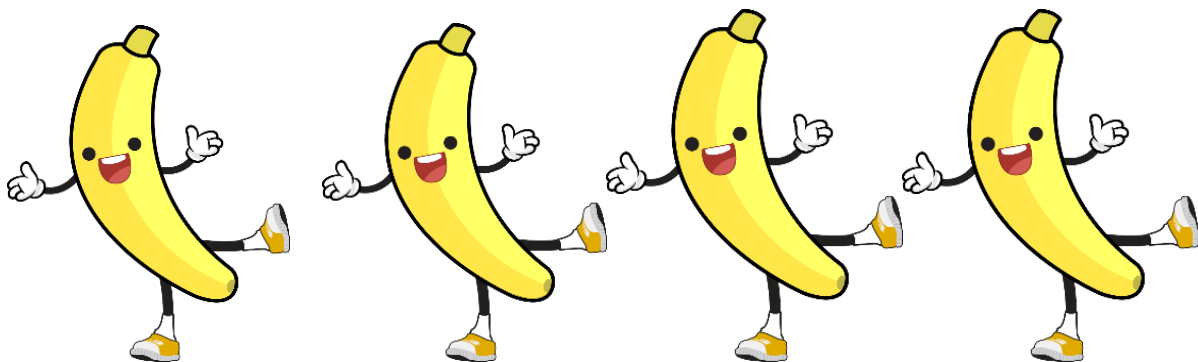
Tips for the Best Cake:

- The key to making a successful banana cake is to use over-ripe bananas. You'll want those skins to be brown, not just spotty. The darker the skin, the better. Over-ripe bananas will be super sweet and full of flavor.
- Another reason you'll want to use over-ripe bananas is that they are so mushy, they're effortless to mash. You can either pre-mash them with a fork or beat them with an electric mixer, along with the other ingredients.
- Have some frozen bananas? Those work great for this recipe. Thawed frozen bananas are mushy, which again, is the consistency you're looking for when making banana cakes.
- Do not rush the glaze. Unlike the usual white sugar frosting, you'll use brown sugar in this recipe. Brown sugar does not dissolve as fast as powdered sugar does, so you'll need to give it several minutes to cook. Otherwise, your glaze will be gritty.

DIRECTIONS:

- Preheat the oven to 350 degrees Fahrenheit. Grease a 9×13-inch or disposable foil pan with oil or butter.
- In a large bowl, beat together bananas and eggs with an electric mixer at medium speed until the bananas are mashed, about 1 minute.
- Reduce the mixer speed to low and pour in the melted butter. Increase speed to medium and beat in the cake mix and milk until combined, about 2 minutes.

- Pour the batter into the greased pan. Bake for 30 to 40 minutes or until the cake is firm in the center.
- Let the banana cake cool completely in the pan.
- Meanwhile, prepare the frosting. In a small saucepan over medium-high heat, mix together the sugar, milk, and butter. Bring to a full boil, stirring constantly with a whisk.
- Remove from heat and mix in the powdered sugar until completely dissolved.
- Pour the frosting over the cooled cake. Let the frosting cool completely before slicing. Enjoy!
- Note: The recipe yields a thin frosting. Double it for more!



Beta Tau Chapter - Terri Breedlove

Thank You to Alpha Iota and Gamma Delta for hosting a great convention “The Good Life”. We certainly celebrated our achievement’s with 2022-2023 MSC President Sidney Kendall “Together We Can” and look forward to “Dream, Believe, Achieve” with MSC 2023-2024 MSC President Brittany Covey. Beta Tau had seven members attending the Convention. We were extremely pleased with our following First Place Awards as follows: Chapter with the Most Growth, Publicity, Easter Seals Chapter with the Most Hours, and Social. Our Second Place Awards are Easter Seals Chapter with the Most Monies, Chapter with the Most New Members, Disaster Fund Most Monies Donated (4 way tie) St Jude Chapter Sponsored Event Most Monies per member, State Philanthropic Project most dollars per member, Educational. Third Place Awards are State Philanthropic Projects most hours per member, Hope for Heroes most dollars. Beta Tau also received the President’s Award in addition to Julie’s and Christy received Association of the Arts Awards: Julie for photography and literature and Christy for laser woodworking. Service pins were presented to Kathy Farmer for five years, Julie Whitaker fifteen years, Joan Yates twenty and Patti Palmer forty five. Way to go Beta Tau.

Beta Tau continues to volunteer at The Food Bank for Central and Northeast Missouri and Ronald McDonald House packing sack lunches for families while they are at the hospital. We are supporting Meals on Wheels with their Big Wheel Fundraiser with volunteers April 24-28. We are in the early planning stages for Rock and Roll Bingo on August 12, 2023 to benefit St. Jude Children’s Research Hospital.

We continue to have fun and we will have a social at Pottery Island so be on the lookout when we submit our items to the Association of the Arts next year. We had a social at Clinton’s Soda Fountain and the National Frontier Trails Museum.

On a sad note a long time Chapter Member Jan Adair passed away on April 15, 2023. Jan was a life active member of ESA with forty three years of service. Jan will be remembered by her service to others and her infectious laugh. She is survived by her husband Jim and son Brian.

Please keep safe until we meet again.



The Ladies of Beta Tau



Looking Good!

Hankie Pin Cushion -From Country Living Magazine



For those who love to sew, create a custom flowery pin cushion that is sure to become a prized possession for years to come.

To make: Start by wrapping a handkerchief or piece of fabric around a pouf of batting. Attach it (with the batting sandwiched in between) to the bottom of a Mason jar lid with hot-glue; trim excess. Place metal screw band over pin cushion and attach to jar.

Lavender Pouches - From Country Living Magazine



A sweet-smelling lavender sachet will brighten up a purse or drawer bringing the fresh scent inside.

To make: Cut a 2-by-4-inch rectangle from a handkerchief. Fold in half crosswise with the pattern facing inward. Stitch two sides closed with a sewing machine; turn pouch right-side out. Fill with dried lavender. Hand-stitch opening closed.



Rock & Roll Trivia

To benefit St. Jude Children's Hospital



Tickets: \$25 donation per person or \$175 per table of eight.

When: Saturday, August 12, 2023

**Doors open at 6 p.m.
Bingo starts at 7 p.m.**

**Where: American Legion Hall
3669 Legion Lane
Columbia, MO 65201**



What: Bingo, Silent Auction, 50/50 Raffle, Heads or Tails. Snacks and cash bar will be provided. Must be 21 to attend.

Sponsored by Beta Tau Chapter of Epsilon Sigma Alpha International.

Contact Julie Whitaker at
esajuliew@gmail.com

Or by phone at (573)289-2331

For more information and tickets.



Sheet-Pan Honey Mustard Chicken

From Taste of Home



 Total Time - Prep: 20 min. Bake: 40 min.  Makes 6 servings

Ingredients:

- 6 bone-in chicken thighs (about 2-1/4 pounds)
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 2 medium lemons
- 1/3 cup olive oil
- 1/3 cup honey
- 3 tablespoons Dijon mustard
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1/2 cup water
- 1/2 pound fresh green beans, trimmed
- 6 miniature sweet peppers, sliced into rings
- 1/4 cup pomegranate seeds, optional

Directions:

1. Preheat oven to 425°. Place chicken in a greased 15x10x1-in. baking pan. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Thinly slice 1 lemon; place over chicken. Cut remaining lemon crosswise in half; squeeze juice into a small bowl. Whisk in oil, honey, mustard, garlic and paprika.

Pour half the sauce over chicken; reserve remaining sauce for beans. Pour water into pan. Bake 25 minutes.

2. Meanwhile, combine beans, sweet peppers, remaining sauce, 1/4 teaspoon salt and 1/4 teaspoon pepper; toss to coat. Arrange vegetables around chicken in pan. Bake until a thermometer inserted in chicken reads 170° - 175° and beans are tender, 15-20 minutes. If desired, sprinkle with pomegranate seeds.

Test Kitchen Tips:

Serve this sheet-pan chicken dinner with a side of crusty bread.

Our Test Kitchen pros recommend making this recipe on a non-stick baking sheets.



GICC – Jackie Adkins

The March meeting of GICC began with recognition of March as Women's Month as well as honoring women in the military. The St. Louis Service Women's Post 404 of the American Legion is a community of volunteers serving veterans, military and their families. American women have answered the call to serve with the same honor and integrity as their male counterparts. Even though we are an integrated military. There is still a need to confide and socialize with other female veterans.

The American Legion provides scholarships and recognizes the achievements of young men and women serving in Junior ROTC and provides tuition for young men and women to attend Missouri Boys State and Girls State. In March of even-numbered years, the post hosts a tribute to Women Veterans. This event honors the contributions of women in the military and their community. It brings together those who served or are serving - past, present and future.

At the close of the presentation members of GICC voted to provide \$500 for a tuition scholarship for a girl to attend Girls State.

Foundation News

Reminders

Foundation Fund Fest

THANK YOU!! To everyone at MSC Convention who donated gift cards and cash for our Foundation Fund Fest auction item at IC Convention in July. I had received one gift card when I went to convention and now we have \$375 in cash and gift cards! You all are just awesome! We still have until July so we would love to stuff this purse full. I have received some cards in the mail so that is an option for donating. I know we can make it to at least \$500! Here are pictures of our purse and the donations so far.



There will also be a wine/spirits pull. If you are going to IC or someone in your chapter is, they are asking for bottles of wine, spirits, beer and/or other adult beverages for the silent auction. Lots more details in the spring membership newsletter.

Sandy Hosack is once again the chairman and would love to have helpers, volunteers and participants to help with the Carnival Fun Fair! You can contact Sandy with any questions or to volunteer to help at esafundfest@gmail.com Fund Fest is Tuesday, July 25.

Turnaround Fund

Many chapters are planning spring and summer fundraisers and we want to remind you to use the Turnaround fund when you make the donations from your activities. The turnaround fund donation form is a separate form that is available on the contribution page of the ESFAF Website and has easy-to-follow directions.

Sharon George, Foundation Counselor

3455 Brookwood Circle

St. Charles, MO 63301 (if you want to mail a donation for the Fund Fest)

Greg Armstrong, M.D., MSCE, named Chair of the Department of Epidemiology and Cancer Control at St. Jude Children's Research Hospital

National leader in the field of childhood cancer survivorship will spearhead research and advancements. *Memphis, Tennessee, April 4, 2023*

Greg Armstrong, M.D., MSCE, named Chair of the Department of Epidemiology and Cancer Control

St. Jude Children's Research Hospital has named **Greg Armstrong, M.D., MSCE**, the new chair of the Department of **Epidemiology and Cancer Control**, the department that has established the institution as a world leader in the study of childhood cancer survivorship.

A physician-scientist, Armstrong is the principal investigator of the **Childhood Cancer Survivor Study (CCSS)**, a multi-institutional cohort and multidisciplinary collaborative resource for evaluating the long-term outcomes of children with cancer who survived five or more years after diagnosis. Continuously funded by the National Cancer Institute since 1994, the CCSS is the world's largest established open resource for survivorship research. In addition, Armstrong is a co-program leader for the **Cancer Control and Survivorship Program**, one of the five major programs within the **St. Jude Comprehensive Cancer Center**.

"At St. Jude, we have a commitment to providing patients the best chances of survival and empowering them to lead healthy and fulfilling lives after treatment," said **James R. Downing, M.D.**, president and CEO of St. Jude. "Dr. Armstrong's leadership will be integral in achieving our mission to advance cures, and means of prevention, for pediatric catastrophic diseases."

"Dr. Armstrong is not only a highly productive and impactful researcher, but also a passionate advocate for survivors," said **Charles W. M. Roberts, M.D., Ph.D.**, Executive Vice President and Director, Comprehensive Cancer Center. "He is an experienced leader who will bring outstanding capabilities to this key institutional leadership role."

Armstrong assumes the position at a critical time for St. Jude as it continues to invest heavily in research to reduce the toxicity of cancer therapy and enhance the quality of life for all pediatric cancer survivors as part of the institution's \$12.9 billion strategic plan.

"The Department of Epidemiology and Cancer Control's strong foundation will allow us to identify more effective and less toxic treatments to help long-term survivors and identify genetic predispositions to the long-term effects of common cancer treatments," said Armstrong. "We want to disseminate this research globally so we can minimize the long-term side effects of pediatric cancer treatment."

In addition to his duties at St. Jude, Armstrong is a member of the Children's Oncology Group's Scientific Council and Outcomes and Survivorship Committee and the Steering Committee for the NCI's Childhood Cancer Data Initiative.

"I always knew I wanted to work in pediatrics and give children with cancer a chance to beat their enemy," said Armstrong. "I have the two best jobs in the world as both a physician and a scientist: As an oncologist, I have the opportunity to take care of one patient and family at a time. However, it is through research on the long-term outcomes of these survivors that we have the opportunity to change care for an entire population."

He earned his M.D. from the University of Alabama Medical School and his Master of Science in Clinical Epidemiology from the University of Pennsylvania. He completed his residency and fellowship training at The Children's Hospital of Philadelphia.

Armstrong replaces the inaugural chair of the department, Les Robison, Ph.D., whose foundational work has been key in advancing some of the world's largest and most impactful research programs in pediatric cancer survivorship.



Cheesy Grits with Fried Eggs and Vegetables

From Taste of Home



Total: 25 min - Prep: 5 min - Cook: 20 min - Yield: 4 servings

Ingredients

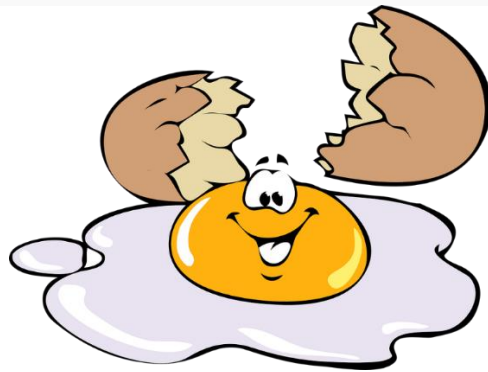
- 1/2 cup milk
- Kosher salt and freshly ground pepper
- 3/4 cup quick-cooking grits
- 1 cup grated dill Havarti cheese (about 4 ounces)
- 3 tablespoons unsalted butter
- 2 carrots, thinly sliced
- 8 ounces sugar snap peas, trimmed and halved
- 5 scallions (4 cut into 1-inch pieces, 1 thinly sliced)
- 1 tablespoon whole-grain mustard
- 4 large eggs
- 1/4 cup fresh parsley
- 2 tablespoons roughly chopped fresh dill

Directions:

1. Combine 3 1/2 cups water, the milk, 1/2 teaspoon salt and a few grinds of pepper in a saucepan and bring to a boil. Slowly add the grits, whisking constantly. Reduce the heat to low; cook, stirring often, until thickened, 5 to 7 minutes. Stir in the cheese until melted; season with salt and pepper. Keep warm over very low heat.
2. Meanwhile, melt 2 tablespoons butter in a large nonstick skillet over medium heat. Add the carrots and cook until slightly softened, 2 minutes. Add the sugar snap peas and large scallion pieces; season with salt and toss. Add 2 tablespoons water, cover and

simmer until the vegetables are crisp-tender, 4 to 5 minutes. Stir in the mustard. Transfer to a bowl and cover to keep warm.

3. Wipe out the skillet and melt the remaining 1 tablespoon butter over medium heat. Crack in the eggs; season with salt and pepper. Cook until the whites start setting, about 3 minutes, then cover and cook until the whites are set but the yolks are still runny, 1 to 2 more minutes. Top each serving of grits with a fried egg, the vegetables, parsley, dill and sliced scallion.



Minor Update to the Turnaround Fund

Many of you have likely experienced the benefits of the upgraded ESA Member Center system and the Board is pleased with the functionality gained with the “new” database. As the Headquarters staff continues to use the system, they have requested that we make an adjustment to the way we submit checks to the Turnaround Funds. When they receive a check to the Turnaround Fund for donations to different charities, each is logged individually into the system under one transaction. When there are numerous charities listed, the time to complete the data entry can take hours and the system doesn’t have the ability to save a partial transaction. So, the staffer needs to focus on the entries without interruption or the system will timeout, causing her to have to start over again. Given this, we are updating our Turnaround Contribution Form to limit the number of charity donations per check to ten. If you or your chapter are donating to more than ten charities, please send checks in groups of ten charities, e.g., if you were donating to 15 charities, send two checks, one with the amount to the first ten charities and the second with the remaining five. This will allow Headquarters to enter the donations in two transactions, allowing them to do other tasks (including answering the phone or eating lunch) in between.

We appreciate your understanding in this adjustment to our process.

GLUTEN FREE MEYER LEMON RICE PUDDING FROM TASTE LOVE AND NOURISH



Ingredients:

- 3 cups unsweetened vanilla almond milk
- 1/2 cup jasmine rice
- 3 tablespoons sugar
- juice of one Meyer lemon
- zest of two Meyer lemons
- additional almond milk for serving

Instructions:

In a medium saucepan, bring 3 cups of almond milk to a light boil. Stir in the jasmine rice and the sugar. Cover and bring the rice to a simmer, then reduce the heat to low. Continue to simmer lightly for 30 minutes or until most, but not all, of the milk is absorbed.

Remove the saucepan from the heat and stir in the Meyer lemon juice and the zest.

Serve warm or cold with just a bit of almond milk poured over the top.

Why did the Polaris Dawn crew land in the Philippines the week of April 21st? - 5 Answers.

Memphis, Tennessee, April 21, 2023

Polaris Dawn crew delivers satellites to Southern Philippines Medical Center, House of Hope for Kids with Cancer, Inc. on April 18, 2023.

They were...

1. ...delivering Starlinks to children's cancer facilities.

“If we're going to get to the Moon or Mars someday, we better have conquered childhood cancer along the way.” – Jared Isaacman, Mission Commander of Polaris Dawn

Along with the Philippines, Chile, Peru, Brazil and Mozambique will also receive Starlinks in effort to improve access to global healthcare.

2. ...advancing a global mission to raise survival rates for kids with cancer.

In many developing countries, only 1 out of 5 children diagnosed with cancer will live. The donated satellite units will help address this problem by facilitating telehealth consultations between institutions that enable doctors to share treatment recommendations, review diagnostic images, and conduct patient education.

3. ...deepening a partnership with St. Jude Children's Research Hospital.

The Polaris Program – a mission to rapidly advance human space flight ability while helping those on Earth- has selected St. Jude as its philanthropic partner to help improve global survival rates for childhood cancer.

“When we began the Global mission to raise survival rates in low- and middle-income countries, internet connectivity arose as an issue many still face as an obstacle to medical communication and education in the treatment of children with cancer in these countries. Through the generosity of the Polaris Program, and the gift of Starlinks, this obstacle will no longer remain for those on this call. With collaboration, connectivity, and compassion – Together we will change the world.” - Suheir Rasul VP, Global Alliances of **ALSAC**, the fundraising and awareness organization for St. Jude Children's Research Hospital.

4. ...holding a massive international virtual call across 6 time zones.

“We are fortunate to work with two organizations who are here to change the world: SpaceX's Starlink and St. Jude Children's Research Hospital. Today, their visions intersect and it is an honor to be part of this call which is a great display of technology and innovation.” - Isaacman

“Being given the gift of Starlinks is like receiving superpowers. It gives us the power to be able to communicate and for others to reach us. The Polaris Dawn crew gave us such a gift.” - Dr. Mae Dolendo, Director Pediatric Oncology, Southern Philippines Medical Center (SPMC), and Founder House of Hope for Kids with Cancer, Inc. — Philippines

“I am honored to be able to meet these fantastic people. During the pandemic we reinvented our programs, so in our rehabilitation center we trained some of the parents of our children, so they could be guided online. We are ambitious and we want to continue our unique online rehabilitation program in even the most remote areas. Starlink will allow us to do that. We are grateful and thankful for this big gift from the Polaris Dawn crew that will enable us to serve every kid with cancer.” - Alejandra Méndez, Board Member, Fundación Nuestros Hijos (FNH) — Chile

“The Starlink donation made by the Polaris Dawn crew is inspiring and gives children in Peru the connectivity needed to access telemedicine from the Andes of Peru. Most of the services are in Lima, thanks to this support, our work will be globalized and we will be able to achieve the communication we needed with local hospitals and international partners. This gift will save thousands of lives.” - Jesús Dongo Ávalo, Founder and President, Vidawasi Foundation and Clinic — Peru

“Our internet isn’t good, and this technology will improve the way we are able to offer care to children in our country.” - Dr. Faizana Amodo, Director Pediatric Oncology, Hospital Central de Maputo — Mozambique

“This technology will help with the techniques we are developing and the project we have with St. Jude Children’s Research Hospital to provide care to children throughout Brazil. With the Starlink project we will be able to reach even the far sides of Brazil.” - Henrique Duarte Prata, President, Fundação PIO XII, Hospital de Amor — Brazil

5. ...shining a light on the struggles faced by cancer patients and showing the impact every person can make.

