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*ESA NEWS
JANUARY 2021*

News from the President

Hello ESA Family!

Wow! What a year 2020 was! I think we can all say that we have never experienced anything like it! And while it seems to be getting a little worse, I feel like in reality it is actually getting a little better. At least you will soon be able to take the vaccine if you choose and then hopefully, numbers will start to decline. Through all of this, I hope you are all staying well and healthy.

It's hard to believe that it has been over a year since we have been able to meet in person. I can't speak for all of you, but I know that I miss seeing you and being with you. This has been one of the hardest parts of all of this for me.

Since the numbers are not on the decline just yet, it looks like we will be having Spring Council virtually. I was so in hopes of being able to get together, but for the safety of our members, the Executive Board felt like it's still too soon. It will still be held on March 13th starting at 9am. You all will get an email to register and then you will receive the link to the meeting.

FUN NEWS!! If you haven't seen the invitation on Facebook yet, we will be having a virtual The Holidays Are Over party on January 28th! This is a very fun and casual event. Come in jeans, your PJ's, yoga pants, or just whatever is comfortable. Since most people hurry and scurry during the holidays, we want to have something where no one has to cook or decorate or get dressed up. So go to the store, buy some cookies or some chips and dip and let's play games!! (you might even stop off and get your favorite adult beverage!!) This is also a good rush event. You can invite literally everyone you know! So let's all do our part and invite all our friends and get them fired up about ESA! These are the numbers we would love to see on the rise! So I hope you all will join us for a night of fun, games and fellowship!

As of right now, we are still planning on having an in person State Convention. We are just moving it to June as you will read in Theda's update below. So, we are hoping by that time, Covid numbers will be on the decline and we can finally be able to see each other face to face!

At the end of this newsletter, I am including a list of all the executive board and appointed boards. (in case some of you may have forgotten what your role is! 😊) Just kidding! I just thought if you needed to get in touch with someone, you would know who to go to!

If there is anything different you would like to see in these newsletters, please let me know! Thank you to all of my board members, appointed chairs and chapter presidents for submitting articles. Hopefully, these will be informative and useful.

I can't wait to see you all soon! Until then, keep up the good work, stay healthy, check on your friends and love one another.

With Much ESA Love,

Sandy



News from the 1st Vice President

Happy New Year to everyone!

I think I just blinked and a whole year went by. My daily life hasn't changed much, I go to work every day, but I don't socialize as much, and I wear my mask A LOT! I know people who the pandemic has affected

I got to spend several days with my stepson who is now 16 and 6'3" tall and towers over me. Those moments I cherish.

I hope this article finds you doing well and finding happiness in everyday moments. For me as membership chair, I am looking forward to the ESA National Bingo Party! I would encourage you to make sure your chapters and/or members sign up and join in.

March 26: ESA national Bingo recruitment party/demonstration

Spring is our traditional season for welcoming new members in the lead up to Founder's Day. This year try Bingo! Join IC President LeAnn Wray and me for an online Bingo party open to any ESA member. Learn how to use simple and free Bingo card generator and Bingo number calling software to host a Bingo party of your own, play a few games, and learn how to use ESA's recruitment materials in an online or in-person setting to host your own ESA Bingo party for members and guests. Anyone may attend and every member must individually register to receive instructions: www.epsilonsigmaalpha.org/ESABingo. **Registration deadline is March 12th.**

And I haven't forgotten that I will be sending SEVERAL of you personal e-mails about being on the Executive Board next year and the Appointed Board. Be thinking about what position you would like!

2021 brings us a chance to make new memories with the people we love.

Blessings,

Karen Kitterman

1st Vice President/President Elect



News from the 2nd Vice President

Hi everyone!

I hope y'all had a wonderful Holiday Season and a Happy New Year. 2020 sure was a challenge and 2021, well, I have no words. Just hoping and praying the Covid vaccine is safe and stops this awful pandemic we are experiencing. Memphis' numbers are still very high and St. Jude hasn't had any events and is still in lockdown mode. I certainly can understand why. But, I hear they are making great strides in Covid research, and for that, I am super hopeful and grateful. I have chosen to focus on the good and positive these days. We shouldn't worry about things we have no control over but sometimes we can't help ourselves, because we care so deeply.

I have been able to keep myself occupied and busy, despite not being able to be social, etc. I never thought I'd look forward to grocery shopping, but here I am. Mike and I have also focused on our home. After being in the same house for ~26 years, you can imagine our need to declutter and update some things. When you spend a lot of time at home, you begin to see things that need your attention. I am grateful for the time and means to get these things done. What have y'all been doing to keep yourself busy?

With all of this being said, I MISS everyone. I am a people person and need to socialize, visit, and hug. I need to volunteer. But again, I am sooo thankful and blessed that I get to spend time with my family, and that includes a cute grand one that keeps a smile on my face.

I hope we all get to see each other very soon. I wish everyone good health, good friends, and good vibes. Be safe out there sisters and brothers. We need ALL of you!

Take care everyone!

Love and hugs,

<3

Cheryl Sell

ESA AR 2nd VP

Delta Pi



News from the Corresponding Secretary



Happy New Year, friends! I hope you are well. It's hard to believe that we've been socially distant for almost an entire year. I am so ready to be able to get together with you all again! The Executive Board isn't having a winter retreat this month, but we have been meeting over Zoom. I'm excited for our virtual Spring Council in March. We're hoping to make it a fun afternoon for everyone! Be on the lookout for registration emails. You'll sign up through Google Forms just like you did for Fall Leadership. 😊 I am extremely blessed to still be working, and remotely at that! I had a good Thanksgiving and Christmas with just mom and grandpa. I spent New Year's Eve at home watching all of my favorite movies! All the holiday decorations are put away and the house is back to normal.

With Valentine's Day coming up and date night options limited, I encourage you to do some self-care and show love to YOU! Whether you choose to dance around the room, do some yoga or meditate, journal, pamper yourself, bake something yummy, light some candles, watch your favorite movie or read your favorite book – whatever you do, do it for YOU and because it brings YOU peace and joy.

“Self-care is giving the world the best of you, instead of what's left of you.” – Katie Reed

If you do stay in for Valentine's day, try out these super easy and fun heart shaped pizzas!

Meghan Good, Corresponding Secretary

Pizza Hearts

Ingredients:

1 can Pillsbury refrigerated classic pizza crust

1 jar (8 oz) pizza sauce

Pepperoni – as much as your heart desires!

¾ cup shredded mozzarella cheese (or as much as your heart desires!)



-Feeling tropical? Substitute pineapple tidbits and thin-sliced deli ham and bake as directed.

-Be bold! Substitute a thin layer of barbecue sauce in lieu of red sauce, top with your choice of meat and cheese, and bake as directed. Or coat chicken chunks in spicy barbecue sauce for quick and zesty buffalo pizza!

-Go gourmet! Extra special toppings make extraordinary pizza. Try artichoke hearts and shrimp, roasted potato chunks and braised beef tips, or eggplant sprinkled with Parmesan cheese.

-Know what you love? Add any of your favorite pizza toppings and enjoy!

Steps:

1. If using classic crust: Heat oven to 425°F. Lightly spray or grease large cookie sheet. If using thin crust: Heat oven to 400 F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet.
2. Unroll dough on work surface. With sharp knife or pizza cutter, cut dough into 4 rectangles. Place rectangles on cookie sheet. Cut 1-inch slit in center of wide edge of each dough portion; on opposite wide edge across from slit, pinch dough together to shape point of heart. Slightly separate each cut slit, and gently press dough into a 6x5-inch heart, creating slight rim on edge of dough.
3. Divide pizza sauce evenly onto hearts, spreading to within 1/2 inch of edges. Top each with toppings of your choice.
4. Bake classic crust 13 to 16 minutes, thin crust 9 to 13 minutes, or until crust edges are golden brown and cheese is melted.

Find a yummy Valentine's dessert in Beta Alpha's article below. ↓

News from the Recording Secretary

Happy New Year to you! I hope and pray that everyone had a very blessed Holiday season and that Santa brought you lots of good stuff. We are quickly moving into this new year and it seems like nothing has changed much and the Covid is still raging. I remind myself everyday to stay positive and pray.

Looks like we are going to be seeing each other virtually for a while yet but at least we can still meet. There is still wonderful service happening in the state and I know that you are looking forward to getting out with the people we help as much as I am.

Stay safe, wear your mask and stay positive that we will all be together for State Convention.



Blessings to all, Gale French- Recording Sec.

News from the Parliamentarian

Hello ESA!

I hope everyone enjoyed the holidays and is off to a great start in the new year. Since I work at a college that is closed for two weeks over Christmas, I had some time off, which I was very thankful for. I am back in the office now, and hopeful for what 2021 has to offer.

Another perk of working in education is that I will get to be part of one of the first groups to get the COVID vaccine in my community! I am so excited that it is finally being rolled, and hopeful we will soon get to have our regular meetings and activities again.

My chapter, Beta Upsilon, has a tradition of helping students in need from local schools get what they need for Christmas. We usually take one student from each school shopping with us and provide additional fund for school representatives to buy for other students. Unfortunately, because of COVID, we were unable to do that this year. It was definitely disappointing; that is one of my favorite and most rewarding activities that we do. Thankfully, we were still able to provide some funding to the schools so they could buy things for their students.

I can't wait to see you all again soon! Stay safe!

Haley



F•R•I•E•N•D•S

News from the Appointed Board

Educational Chair

Howdy All!!!!

Well, as so many memes are currently describing, it looks like 2020 just put on a wig and is coming back for seconds!

Has anyone had educational on how to have a zoom meeting? Or how to turn on the video and mute your phone? I think my office needs a few educationals!

So, what have y'all been doing as part of the new normal? I've been doing a lot more reading, estoy estudiando más español, and I'm trying to get rid of clutter. That last one has been a few years in the making... (I'll gladly take some educational tips on how to make that happen!) Although, I really need tips on how not to be lazy when I get down time and how to grow 6 extra limbs to get more accomplished!

I have been listening to a podcast called Ologies. There are some curse words, but if you are even remotely interested in sorta science stuff, this podcast is the best. I've learned about topics that I never thought would interest me. I'm currently subscribed to 19 different podcasts, but the ones I listen to on a regular basis are: My Favorite Murder (lots of swearing but two comedians talking about murder), Tales (mostly typical storybook tales but a little history behind them), LeVar Burton Reads (because I grew up on Reading Rainbow!!!!), Sword and Scale (another podcast about murders, but not for the faint of heart!) and Wonders of the World (it started off with the 7 wonders of the world and has grown to include other places that he considers awe inspiring. I mostly like it for the local food recipes he gives at the end! It changes with each place that he talks about.). Do different members of your chapter listen to podcasts or NPR or maybe even read a lot? Turn your hobbies and your fellow members' hobbies into an educational! I find it amusing to see what other people like. It really intrigues me when I find out that someone loves something that I can't stand! So it's fun to hear it from their perspective. Sometimes it makes me rethink my dislike of the subject. And if you didn't ask other people about what they enjoyed, how would you learn that more than one octopus is octopuses? Or that Ring-around-the-rosies is actually about the plague breakout in London?

If the new year has brought you some restless nights, here are a few things that I've learned listening to one of the Ologies podcast:

Fragmented sleep (having someone or something constantly interrupting your sleep) is worse than staying up all night. Scientists don't know how or why we sleep!

Usually, the first 3 hours of sleep are deep sleep (not REM) which is what helps us function normally. REM sleep wasn't discovered until the 1950's.

An average of 6,000 car accidents a year are related to lack of sleep.

You don't have control over sleep! It's going to happen, even for people that claim to be insomniacs.

When you're dreaming, you're paralyzed, but your brain is the same as if you were awake. Your brain sends signals to paralyze almost every voluntary muscle. But if someone was only looking at brain waves, they wouldn't know if you were awake or dreaming.

The better you sleep, the better you perform.

Your brain cannot form your hands or face correctly in dreams (example, you'll have 6 fingers on each hand or your face looks like a Dali painting (melting)). And typically you'll never touch the ground.

Night owls are shown to be smarter on average.



If you have a hard time sleeping, lay in bed and try the following:

Pick a category and list items from A to Z. A few category ideas: girls names (Amy, Beth, Catherine, Dorothy, etc.), boys names, hobbies, types of fish, presidents, States and their capitals, types of cars, food in your fridge, items in your purse, books, movies, colors, etc.

Hope you enjoyed! I can't wait to hear what others are doing!!!!

Amy Barnett, Beta Alpha
State Educational Chair

Finance Chair

Happy New Year!

I sure have been praying we have a normal year! Whew! I am happy 2020 is behind us! I hope you are all staying as safe as possible. I will be setting up the See's Candy fundraiser the end of January. Get a pen and paper and write down who you want to send the best chocolate to for Valentine's day. Ya'll seriously! This is real good chocolates. They have other candies too. It was my Dad's favorite. Check out their website and start your wish list. This will be an easy fundraiser. We do not collect money or deliver! Just share the link!

Don't forget about the beautiful quilt made with ESA and St. Jude t-shirts. I will have tickets at our next state meeting. (I hope we can meet in person). If not, I will get tickets to each chapter.

My work has been extremely busy and stressful. It is unbelievable at the amount of checks I have had to stop payment and reissue due to them being lost in the mail. Some checks are taking 14 days to get to our farmers. Covid is affecting so many things. All we can do is pray.

I watch a lot of TV on the weekends (thanks to Covid). I saw this on The Food Network and can not wait to try it. It's one from The Pioneer Woman. (did you know one of her daughters attends The University of Arkansas? WPS).



Cauliflower Fried Rice

Ingredients:

1 head of cauliflower, stem removed, head cut into florets

2 T. vegetable oil

1 T. toasted sesame oil

3 green onions, sliced thin

2 cloves garlic, minced

1 T. minced, fresh ginger

1 T. Chili paste (more in desired)

½ cup shredded carrots

1 Cup packed baby spinach

¼ cup low sodium soy sauce

2 T butter

4 eggs

Garnish:

Sriracha (if desired)

2 T. toasted sesame seeds

1. In batches, pulse the cauliflower in a food processor until rice-like crumbs form. Transfer to a bowl and set aside.
2. In a large skillet over medium high heat and add vegetable oil and sesame oil. Add two thirds of the green onions, the garlic, and the chili paste. Cook, stirring constantly, until fragrant, (2 – 3 minutes). Raise the heat to medium high and add the carrots and spinach; continue to cook, stirring until the spinach has wilted. (1 – 2 minutes)
3. Continue to stir constantly, add the cauliflower rice. Cook until the cauliflower is tender. Pour in soy sauce and stir, scraping the bottom of the skillet, until the liquid has evaporated.
4. Meanwhile, melt the butter in a second skillet over medium heat. Crack in the eggs; as they cook, spoon hot butter over the whites of the eggs so that the whites set. Towards the end of cooking, carefully spoon hot butter over the yolks and cook until the eggs reach the desired doneness.
5. Remove the pan with the cauliflower from the heat, drizzle with sriracha and sprinkle with the toasted sesame seeds and reserved green onions. Divide between 4 plates and top each serving with an egg. Yum!

Chaplain

STRUGGLES

For years I have searched for short inspirational stories about life and the struggles we encounter along the way. I found this story many years ago and you may be familiar with it. The moral of the story has not changed.

May this story give you some small measure of comfort in the days ahead.

THE BUTTERFLY

A man found a cocoon of a butterfly.

One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little opening.

Until it **suddenly stopped making any progress** and looked like it was stuck. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.



The man didn't think anything of it and sat there waiting for the wings to enlarge and support the butterfly. That didn't happen. The butterfly spent the rest of its life unable to fly as it crawled around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening **were GOD'S way** of forcing fluid from the body of the butterfly into its wings. It would prepare the butterfly to have flight outside of the cocoon.

MORAL

Our struggles in life develop our strengths. Without struggles we never grow and never get stronger. It is important to tackle some of life's challenges on our own **knowing that GOD is always with us.**

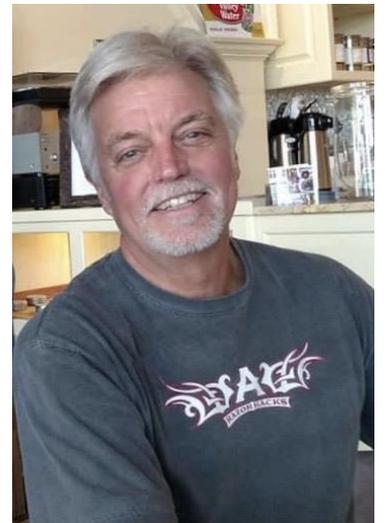
Matthew 28:20.....And surely I am with you always, to the very end of the age.

Stay safe and stay protected.
Blessings to all, Sarah

St. Jude Chair

Happy 2021 to all of our Arkansas ESA family...!!! We Pray that this letter finds all of you well...

St. Jude has just finished its annual Leadership Conference, (this year was conducted as a virtual conference), and I thought I might share just a few things from that, as it has been such an inspiring event for me to attend in the past. It truly brings you back to the "WHY", in what we do for the kids... St Jude was so amazingly proactive early in the year of 2020, to try and offset the challenges that Covid19 would present. As a result, they helped lead the world with their virus research with regards to Covid19, during which they created a research center dedicated to fighting it, and thankfully – continued to make progress in saving the lives of children around the world. In spite of all, they hardly missed a beat in their fight against childhood cancer. "Keeping Danny's dream alive, in spite of a world wide pandemic". Through their amazing efforts, and the support of ALL of us volunteers, they were able to meet their working budget for 2020. (A miracle, with all things considered..!) However, the reality is, that Covid19 did take its toll on fundraising support for 2020, and monies raised were far below previous years (for obvious reasons), so our help, (and creativity) is needed more than ever for this year. They are completing a major research center, as well as an amazing patient/family housing center, these - among many other projects for this year. They need our support more than ever, and we simply must step up to the challenge to help them make these dreams possible.



St. Jude has announced that "in person" events will not occur until at least the end of June 2021, and will share updates with all of their volunteer support, as this year progresses. So more than ever, creative means for fundraising will be needed. Virtual events, on line events, etc., will all be the "lifeblood" of our success. Please share with the rest of us, ANY creative ways that you can find success as we get into this year.

The ALSAC theme this year, is "The Power of One"... Each one of us can help make a difference. Every contribution, that each ONE of us can make, adds to the collective miracle that we are part of. I pray, that we can each find a way to individually "add just a little more", which can result in such a big difference for the kids... Never underestimate the

value of “the little things” that we each can do, to help make a difference. “A brand or mission is the product of a thousand small gestures”.

Team Arkansas, please stay safe, stay inspired, and keep up the fight with our support of St. Jude – the kids need us...!!!
Blessings to you all – hope to see you soon...!!!

Larry

Social Media Chair

Hello to all Arkansas ESA Family!!!

I MISS YOU ALL SO MUCH!!!! I am super excited that President Sandy has a fun night planned for us to hang out on January 28th. That is exactly what we all need. While some of you have had more time off than ever wanted (I am praying for you), I have been working nonstop and have been busier than ever. All who know me, know my job is crazy busy in November and December. Well, this year COVID caused it to multiply! I am so grateful and thankful to have my job, but I just couldn't catch a work break this year. But it has passed, and again God is good to me. I am very blessed in this life and I know it. In fact, we all are, sometimes we just forget it.



I know not seeing each other has ESA on the back burner, but I worry about members! Please take time to reach out to members you haven't seen or heard from. Remind them we are ESA Strong, and we are thinking and praying for them. Post things on Social! You can play the games, share a post, write your own thing, just make your ESA presence known. If your chapter or you are hosting a fundraiser, now more than EVER is the time to share. SOCIAL MEDIA IS OUR FRIEND, IF WE USE IN A POSITIVE WAY!! So many people are sad; they need to see the positive things ESA stands for. Our own State needs to be reminded how important ESA is and that we are here for them. It's a scary time in our world and we just need to remember we have each other forever and always!!!

WISHING YOU ALL HEALTH AND HAPPINESS IN 2021!!

LOVE TO ALL,

Denise Holdaway
Ark. Social Media Chair
IC Council 2nd Vice President

2021 Convention Chair

HOT OFF THE PRESS

Plans are in progress as we speak on the 2021 AR ESA State Convention. We are moving the State Convention to June 18 -20, 2021. It will be at the DoubleTree in Bentonville, AR as previously stated. Room rates are \$114 plus tax and they are all suites. Due to the pandemic, we are in the midst of rethinking our gathering and DoubleTree has promised that they will work with us as we get closer to the date. Our sales rep has been on vacation and will get back with me this coming week with more details. We will be working on a new registration with the correct dates. So, keep your ears and eyes open! We can hardly wait to see everyone. More info to follow.

Stay safe & healthy and get the vaccine when it becomes available.

Theda Hall
2021 AR ESA Convention chair
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Chapter News

Alpha Alpha - Fort Smith

Happy New Year from Alpha Alpha!

Hope this finds you all well, happy and blessed. Also hope that your holiday season was wonderful with family even with the restrictions. We had a fun Christmas party that was simple and relaxing.

We have great plans for 2021 and are finding ways to still serve and stay safe. The homeless population in Fort Smith is growing rapidly and we joined with another group to provide blankets, stocking hats and gloves to this group. Sometimes creativity brings great things and our chapter is trying to look far outside the box.

Everyone please stay safe and wear your masks and keep believing that this shall pass and look for to hugging again.

God Bless from Alpha Alpha

– Gale French, President

Beta Upsilon- Harrison

Hope this finds everyone safe and healthy. Thankfully, with our available funds and additional donations from our own members, we were able to provide assistance to 11 schools for our Children in Need project. At this time, we do not know when we will be able to resume our usual activities. Blessings to all!!

Dianna Grace

Pres. Beta Upsilon, Harrison



Delta Nu - Vilonia

Dear ESA Friends,

Happy New Year!! from Delta Nu Chapter in Vilonia.

Due to the virus, we have only had monthly conference call meetings. Most of us are staying in as much as possible. Our chapter purchased some Christmas wreaths from Wreaths Across America to be placed on graves at the Little Rock National Cemetery. The day of the ceremony it was raining and cold, so we did not go help place the wreaths. In past years, we have all attended and helped place the wreaths and then went to lunch afterwards.

We miss seeing everyone in person and look forward to the time we can all meet and give and get a hug.

Until We Meet Again

May the sun bring you new energy by day. May the moon softly restore you by night. May the rain wash away your worries. May the breeze blow strength into your being. May you walk gently through the world and know its beauty all the days of your life.

Be careful and stay safe.

Jessie Johnson



Theta Epsilon - Blytheville

Happy January to all!

Although things have slowed a bit due to Covid, Theta Epsilon was quite busy in October and November.

First up in October, we were able to have our annual Nucor Yamato Steel/Roy Pearson Memorial/ESA St Jude Golf Tournament which was a success. We combined the Murder in Margaritaville event with our rush and got FIVE new members. We also won the prize for best decorations. Next we participated in the Family Feud event and one of our teams placed second and I believe we have our new members to thank for that one!

In November, we grilled and sold hot dogs and polish sausages for the Fall Fly-In at the Arkansas Aeroplex here in Blytheville. Lots of old planes which included the historic B-25 5 Bomber and T -6 Texan and some old pilots too! 😊. It was a beautiful day outside where we were able to be out in the community while social distancing.

Because of the rise in COVID numbers, we've not met in December and January but plan to see each other next month. Prayers for everyone. Please stay safe.

Love to all,
Fru

Beta Alpha - Pea Ridge



Heeyyy! It's me again! Beta Alpha has been fortunate enough to continue meeting on a monthly basis. Our calendar is pretty light, but it's nice to see each other even if it's just for a short meeting. We didn't get to host our Community Thanksgiving Dinner, but we did get to have our Christmas Parade. It brought so much joy to our town in a time of stress and worry. We had our Christmas party in December where we had tacos, played games and revealed our secret sisters with a Christmas gift! We don't have anything planned for the first part of the year. We are looking at options to safely host our Miss Pea Ridge pageants in the summer and our golf tournament in the fall. By then, we're hoping that things will be a little safer and a little more normal. Until things are back to the way we all know and love, we're doing our best to stay connected to each other and our community. We can't let them forget who we are! Looking forward to seeing you all at virtual Spring Council and getting to give big hugs soon!

Meghan Good

President

Beta Alpha

As promised, here's a sweet treat for your self-care Valentine's day!



Cupid's Oreo Cheesecake Cookies

Ingredients:

- 4 ounces of cream cheese, softened
- 8 tablespoons butter, softened
- 1 heaping cup of all-purpose flour
- $\frac{3}{4}$ C. sugar
- 10-12 Oreo cookies, broken into chunk sizes
- red or pink for coloring

Instructions:

1. Cream together your softened butter and cream cheese. For this step a stand mixer works best but a hand mixer or whisk will do the trick just fine, continue to mix until combined and fluffy.
2. Add your sugar and continue to mix.
3. Next add in your flour, little by little to be sure the flour is completely incorporated.
4. Fold in the Oreo chunks.
5. Once everything is combined, cover your bowl with plastic wrap and refrigerate for 1-2 hours.
6. After your dough has chilled, pre-heat your oven to 350 degrees.
7. Line a cookie sheet with parchment paper or foil and scoop out 2 tablespoon sized balls of dough and roll them into balls, placing them on the sheet.
8. Bake for 10-12 minutes or until they've reached desired doneness.



Thank you!

2020-2021 Elected Board

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