

2E » WEDNESDAY, JUNE 12, 2013 » PROGRESS

East

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summer cooking and grilling.

Every Sunday this month, with the exception of Father's Day, they will have technique classes starting at 12:30 p.m. They are one hour long instructional sessions that demonstrate different techniques and tips. The next one is

scheduled to be June 23. The theme will be "Make-Ahead Summer Sides". They will share how to incorporate make-ahead side dishes into your menu such as a layered salad. Every participant will receive a sample of dishes prepared, handouts, recipes, and 10% off purchases with some limitations.

The June 30 class will feature frozen summer desserts. They will demonstrate how to make ice

cream, other frozen treats, as well as a healthy alternative, frozen yogurt.

In addition to the free instructional classes, they also offer cooking classes that vary in cost depending on the class. On Wednesday, June 12 they will have their monthly Cookbook Club cooking class which will feature Bobby Flay's Barbecue Addiction cookbook. The class will be held from 6 p.m. to 8

p.m. The cost is \$75 per person and includes a meal, cookbook, recipe, and 10% off any purchase in the store. The menu for the night includes: guasacaca with tortilla chips, coconut-marinated pork tenderloin with green onion-peanut relish, grilled new carrots with maple and dill, and jicama-radish salad with grapefruit-ginger vinaigrette.

On Tuesday, June 18 they will hold "The Fla-

vors of Tuscany" cooking class from 6 p.m. to 8 p.m. The cost is \$30. The menu features: panzanella salad, Bistecca alla Fiorentina, Cannellini beans with garlic and sage, and olive oil cake with cherry compote.

The final class in June will be held from 6 p.m. to 8 p.m. on Tuesday, June 25. It will feature French-inspired food. The menu includes: citrus-marinated olives, lentil, bacon and frisée

salad, pan-seared chicken with mustard sauce, and apple tart.

To register for any of these classes call 244-2960 or visit the store. Class spaces are limited and sold on a first come, first serve basis. Prepayment is required to reserve class space.

AUM

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believes that companies need to be proactive as they look at a foreboding cyber culture.

"You have to be equipped," he said, adding that banks, hospitals, governments, the military, corporations, law firms and small businesses all need to be equipped to ward off hackers. Junker, who also does consulting work in the industry, said many companies do not have an adequate firewall to protect their information.

AUM's has in a short time received notoriety for laying the groundwork for success. The Committee on National Security Systems recently awarded certification to AUM's graduate degree program for work to adhere to training standards set by the National

Information Assurance Education and Training Program.

Certification is one of several milestones the newer AUM CSIS program has achieved. Established in 2010, it became the first college degree program in information security to gain approval from the Alabama Commission on Higher Education. It also gained accreditation from the Southern Association of Colleges and Schools that same year. Students enrolled for the first time in the fall of 2011.

AUM's CSIS program offers a master's degree that prepares students by providing instruction and research opportunities. The AUM experience gives students the knowledge and skills to effectively assess, develop and manage secure information networks and respond to newly developed threats.

Copeland named Saint James Middle School principal

Special to East Montgomery

James Robert Copeland, a 16-year veteran educator, has been named Saint James Middle School Principal, replacing Cathy Pearson, the school's new Dean of Admissions. Copeland will assume his new duties beginning July 1.



Copeland

"J.B. Copeland is no stranger to Saint James School, having previously taught in both STJ's middle and high school," said Head of School Melba Richardson. "He

brings a variety of valuable skills to his new position, ensuring our middle school remains exceptional. Mr. Copeland is passionate about securing a safe, nurturing, but academically challenging environment for our adolescents and will do a splendid job in working with them, their parents, and the STJ faculty. We are delighted to welcome him aboard."

Copeland received his undergraduate degree from the University of Georgia and his Master's degree from Sanford University in Birmingham. His earlier professional appointments include service as the Upper School Director at Saint Luke's Episcopal

School in Mobile, as well as a math instructor and coach at The Montgomery Academy and Eastwood Christian School in Montgomery. Copeland also previously taught at Saint James School, from 1997 to 2005, serving as a math instructor and varsity basketball coach. He is a member of the National Association of Independent Schools (NAIS), as well as the National Council of Teachers of Mathematics (NCTM), and the Institute for Classical Schools.

Copeland is married to Leigh Copeland, Saint James School's Information Technology Director. They have two children who will enter Saint

James Leu Elementary and Saint James Middle School in the fall.

"I am so very excited to be a part of one of the finest independent schools in the state of Alabama," Copeland said. "My previous leadership experience and teaching background have prepared me to carry on the tradition of strong leadership at Saint James Middle School. I look forward to working with the dynamic middle school faculty to continue to provide the very best learning experience for our students. I am so very pleased to be returning to the Saint James family."

Bellwood

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spiritual centers of the Alabama Shakespeare Festival, the Museum of Fine Arts, and some of city's largest churches."

A low brick wall had served to contain the raised landscaping in front of a higher brick wall at the neighborhood entranceway. While this arrangement had served well as an attractive first look at the neighborhood since it opened in the 1990s, the years had taken its toll on the small restraining wall and resulted in several serious cracks and even a few sections where bricks had become completely dislodged.

After considering repairing or replacing the damaged wall, the association board decided that available funds could be most effectively used by removing but not replacing the two foot wall, thereby reducing the costs for the project and eliminating a potential future repair cost. The old landscaping included trees that shed their leaves each winter and also were showing signs of aging. Steve Gillis of Forever Green Landscaping, the lead contractor for the project, explained that, "The magnolia trees and ground-cover plants that we used for the new landscaping will provide an inviting, year-round green welcoming sign for

the neighborhood."

Association treasurer Amy Strickland noted that "because our homeowners' dues are much more modest than many other neighborhoods on the east side of town, the grant from BONDS was crucial in completing this critically-needed renovation."

BONDS program director Regina Berry-Meadows said, "Providing financial assistance to help neighborhoods improve the overall quality of life throughout the city and County of Montgomery is one of the most gratifying parts of our program."

BONDS Resource Center manager Cynthia McCollister listed some of the other services as "networking opportunities such as the monthly Gathering of Neighborhoods, training via the Neighborhood Leadership Institute, and administrative and research support in the BONDS resource center."

The grant winners are announced at a highlight of the BONDS calendar, the Mayor's Neighborhood Banquet.

Bellwood East president Bob Ivey summed up the spirit of the work being done by saying, "We expect this project and others that we have completed and have planned for the future will help raise the quality of life in Bellwood East and all of Montgomery."

Duke TIP State Recognition



Saint James School seventh-graders Maddie Grace Hunter and William Graves attended the Duke TIP State Recognition ceremony at the University of Alabama on May 19. Other STJ State Recognition recipients are Bin Cho, Ella Skier, Katie McIntyre, Jacob Cannon, Eric Rice, Declan Fitzpatrick, Daniel Kim, Stephen Sadie and Nathan Pohlman. Fitzpatrick also received the program's Grand Recognition. CONTRIBUTED

Patriotic



Lower School Principal Tami Shelley, third from left, received the "Patriotic Employer" award from the Office of the Secretary of Defense. Shelley was nominated for the prestigious award by Trinity School's fifth grade teacher, Mallory Tidwell, right, who is also a lieutenant in the United States Army Reserve. Richard Little, second from left, representing the Employer Support of Guard and Reserve, presented Shelley with the award on May 21. At left is Kerry Palmer. CONTRIBUTED

Summer story time at Trinity



Do you know how balloons are made? What happens when a dog follows the wonderful smell of fried chicken and finds himself soaring through the sky in the basket of a hot air balloon? What can you make with two rice krispie treats, two fruit rollups, and two twizzlers? Can you launch a marshmallow from one side of the library to the other with a marshmallow popper? Over 50 children enjoyed finding the answers to these questions and learning other fascinating facts about balloons at the story time in the Trinity Lower School library on May 29. The fun has just begun for the summer! Mark your calendar for the next story time today. CONTRIBUTED

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