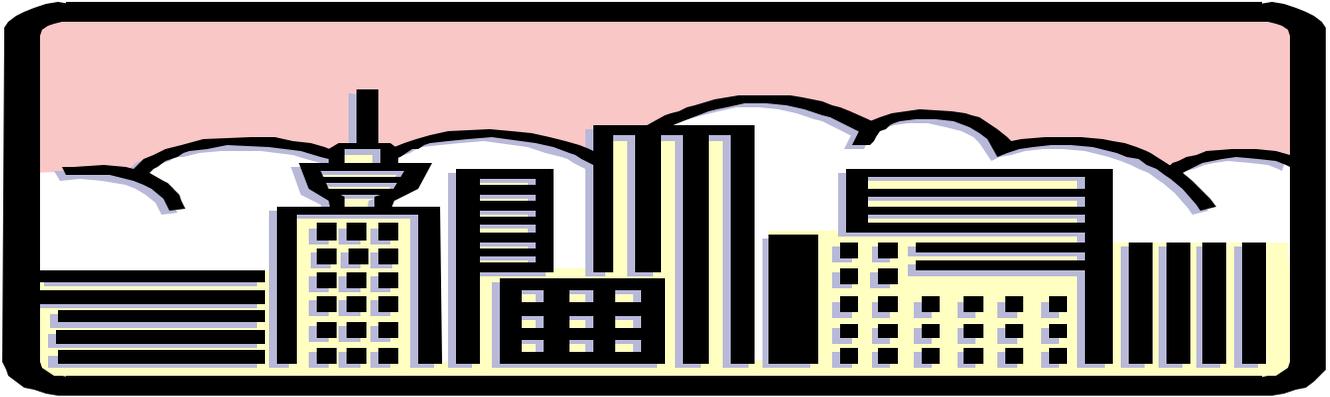


# The Network News



A newsletter for the members of Metro Women's Network

May 2005

## Thursday, May 19

**Where:** Yannis  
2800 Universotu  
West Des Moines  
Phone 300-4006

**Agenda:** Social Time: 5:30 p.m.  
Dinner: 6:00 p.m.  
Program: 7:00 p.m.

**Menu: Choice of entrees:**  
Chicken Scampi  
or  
Ravioli Casserole  
Both served with salad, rolls.  
Dessert: Spumoni

**Price:** \$20 for members;  
\$25 for Non-Members  
**Reservations:** Make reservations by  
**Monday, May 16, with Karen  
Lund**

[lund.karen@principal.com](mailto:lund.karen@principal.com)  
or call 248-8761

Member / Guest

Reservation Policy:

If you reserve a dinner for yourself or a guest, please make every effort to attend. PLEASE PROVIDE YOUR GUEST'S MAILING AND EMAIL ADDRESS WHEN CALLING OR EMAILING YOUR RESERVATION.

Remember, because the restaurants charge MWN for each reserved dinner, **members are held responsible for the cost of the dinner(s) reserved, whether or not they attend.**

## Miss Capital City Scholarship Program

### The Way to the Stars and Education

Did you know that the Miss America Scholarship program is the largest provider for women's scholarships in the world? In fact last year's total was over \$45 million

On May 19, Metro Women's Network will learn more about one of the first steps that young area women can take on that educational trail, when Janet Seeberger, president and executive director of Miss Capital City Scholarship Program, tells us about her involvement with the Miss America Organization at the local level.

The Miss Capital City Scholarship Program was founded in 1995 by former (1971) Miss Texas, Janice Cord. For the past eight years, our May speaker has been involved with the local group.. She coordinates everything from finding participants to compete in the pageants to raising funds through events during the year. Janet sends six young women to the Miss Iowa Pageant each year: Miss Capital City, Miss Golden Circle, Miss Greater Des Moines, Miss Heartland, Miss Twin Rivers, and Miss Jordan Creek. Her goal is to someday have the first Miss Iowa to become Miss America.

Janet is a graduate of Americana Beauty College. She is currently working as a hair dresser at Salon ZaZa in Clive, where she owns her own business. She and her husband Gary reside in West Des Moines, where she has lived most of her life. The couple has four grown children and five grand children. She is very active in her church. In her spare time in the summer, she trains for and participates in RAGBRAI.

To learn more about this organization helping young women achieve personal, professional and academic excellence. go to  
[www.misscapitalcityia.org](http://www.misscapitalcityia.org)