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On the Cover
Part of the Junior League of New Orleans’ plan to continue growing and innovating is to focus on diversity within its membership. By doing so, the League seeks to ensure that all voices within the community are represented and heard.

Photo by: Jessica Bachmann

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Fall 2019

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New Ladies Crawfish Apparel
It is hard to believe that only five years ago, Katherine Kleinpeter Raymond’s Letter from the President announced a new Junior League of New Orleans (JLNO) initiative – Diaper Bank. Her poignant letter insinuated the new program may have an effect as profound as our 1974 preservation initiative, which led to the Preservation Resource Center. Five years later, we have realized the impact.

But what’s next?

Lately the news has been highlighting period poverty. Much like diapers, women cannot use public benefits such as food stamps to buy period supplies; nor are these items covered by flexible and health spending accounts, health insurance or Medicaid. You can read more about recent efforts being made to change this by the Louisiana Legislature on page 23. Additionally, as we are all aware, these items are very expensive. The effects of poor menstrual hygiene include risks of reproductive and urinary tract infections, absences from school (which can lead to failing and/or dropping out, causing further lifelong challenges), anxiety and depression. This need causes a great burden to homeless women, whose wardrobes are limited and who must resort to extreme measures during their period, including using plastic bags, newspapers or dried leaves as sanitary napkins — some even exchanging prostitution for period supplies.

I’m proud to announce we will begin expanding our impact by collecting period supplies this year. We are currently amassing supplies and distributing them to two entities for direct service. Our membership saw a need in the community, and we are proud to be on the forefront of this initiative, helping enhance the wellbeing of women in the Greater New Orleans area by ensuring they have the period supplies they need. I ask that you please consider donating pads, tampons and reusable menstrual cups by dropping them off at JLNO Headquarters for this new program.

While looking at what we can do for our community, I want to ensure we are looking to grow internally as well. Part of what makes New Orleans special is our diversity — we’ve been melding cultures since the city’s inception. But is our League diverse? Are we inclusive of everyone? Do we really represent the citizens of the Greater New Orleans area? (See page 10 for a deeper dive into these questions.)

As we approach this League year, we will focus not only on welcoming diversity to our membership — including race, ethnicity, religion, culture, ability status, sexual orientation, gender expression, educational level, work status and age — but also in becoming fully inclusive. To fully represent our region, we must be more than diverse; instead, we must ensure all voices are represented and heard. Diversity and inclusion are how the Junior League of New Orleans will thrive for another 95 years to come.

As always, thank you for continuing to support the League and our mission of advancing the wellbeing of women. Each of you truly are women leading for a greater New Orleans.

Christine M Vinson
President
Letter from the Editor

Fall conjures lots of thoughts in our heads, not many of which come to fruition in the lingering summer doldrums of New Orleans. Our version of changing leaves translates to changing from our best white linen to our bawdiest black and gold. Cooler temperatures won’t settle in for another three months, so we settle for dining al fresco in slightly sub-90s temps (with the rare treat of still-lower humidity). While others are enjoying lush harvests of apples and pumpkins, we’re still trying to cram in the last Creole tomato salad or delightfully frozen snowball of the season. No – fall is not for the faint-hearted in New Orleans. Change comes slowly here.

That sluggish pace often leads to frustration. When we’re ready for change, we want it and we want it now. But as the saying goes, Rome wasn’t built in a day. We build momentum brick by brick, day by day, action by action. Through these small yet persistent disturbances, progress emerges.

I’m repeatedly reminded of that determination in this issue of Lagniappe. Our current leadership is making impressive strides, with diversity and inclusion front of mind to ensure the Junior League of New Orleans’ membership is fully representative of the community it serves. Despite a disappointing outcome in the Louisiana legislature on its first attempt, members have galvanized behind future efforts to pass a bill making diapers and period products tax-exempt to the benefit of women and children statewide. Ranked among the highest states for domestic abuse cases in the country, a dedicated coterie of female advocates created public policy shifts to protect abuse survivors and those most vulnerable to recurring intimate partner violence. These are the examples we should share with our family, friends and neighbors to prove that although sometimes change comes slowly, it can still overcome almost any barrier it its path.

When I was younger, my mother would often tell me the story of how she marched out for Women’s Hours during her college days at Louisiana State University. At that time, which was 1969, a curfew was set whereby women had to be back in their dorm rooms by 10 p.m. Their goal was to push that curfew all the way back … to midnight. Two hours is not a big change, but small steps and actions build momentum that leads to change.

Kristin W. Durand
Editor
Lagniappe | Fall 2019

**Diaper Need Awareness Week**
**September 23 - 29**
We’re kicking off this year’s Diaper Need Awareness Week at the September 17 GMM with a baby shower-themed diaper drive, speakers and more!
For more information on how you can contribute, both this week and year round, visit jlnodiaperbank.org

**Touch a Truck**
**November 2nd**
JLNO is all geared up for its 8th annual Touch a Truck. Wondering how you can help sponsor this exciting event? Visit jln.org/tatsponsor to register as a vendor, sponsor or exhibitor.

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Did you know you can designate JLNO as the beneficiary of your Amazon Smile purchases? Visit www.jln.org/AmazonSmile for information.

**Bloomin’ Deals Legacy Project**
Although Bloomin’ Deals has closed its doors, JLNO continues to put your generous donations to use via our community partnerships with the Youth Empowerment Project and Dress for Success. Bring any type of donations to the Youth Empowerment Project (1600 Oretha Castle Haley Blvd), business and professional clothing donations to Dress for Success (1700 Josephine St., Suite 101).
To learn more, visit jln.org/bloomindeals

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-Audrey Hepburn

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Each year, the Junior League of New Orleans (JLNO) Transfer Committee is tasked with a very important job: prepare the welcome wagon and roll out the red carpet for the incoming JLNO transfers. This year, the Transfer Committee is working hard to welcome ten new League members to the city of New Orleans and make their transition into JLNO as smooth as possible.

On Tuesday, July 16th, the Transfer Committee hosted its first happy hour at Superior Seafood. After mixing and mingling over a refreshing glass of frosé, committee members accompanied the transfers to Headquarters for the first General Membership meeting. While fancy cocktails and private escorts could make any woman start to feel like Beyoncé, here at JLNO, this is just an example of good, old-fashioned southern hospitality.

Alexis Oufnac is a Baton Rouge native and a 2019 JLNO transfer who is certainly getting to know and love the city of New Orleans. On the weekends, you can find Alexis and her dog, Bacchus, on a leisurely bike ride at the Fly. One of her favorite things about New Orleans is how she can “… walk down St. Charles and Magazine [Streets] and pop in a shop without having to drive there!”

Like most members of JLNO, Alexis decided to continue her Junior League journey and transfer to JLNO for the opportunity to meet driven women who share similar values related to community growth and development.

Anna Dearman Kornick, a 2015 transfer, also made her way to JLNO from the Junior League of Baton Rouge (JLBR). She has wonderful memories of shopping with her mother and grandmother at “New to You,” which is the thrift store sponsored by the Junior League of Alexandria (JLA). When Anna was six years old, she recalls asking her mother, “What is Junior League?” Anna’s mother replied, “Junior League is a group of nice ladies who help people.”

Anna vividly remembers the conversation and her commitment on that day to be a nice lady who helps people. Anna has certainly kept her promise to herself, as evident by the leadership roles she has taken on with both JLBR and
JLNO. Since joining JLNO in 2015, Anna has served as Public Relations Chairman, Communications Council Director and current Women’s Leadership Summit Chair.

“Serving on the JLNO Board as the 2017-2018 Communications Council Director was the most intense, rewarding and fulfilling experience of my life,” says Anna. “We were not afraid to be uncomfortable; not afraid to make decisions. Everyone just committed to be fearless.”

That being said, Anna’s current experience as the Women’s Leadership Summit Chair has provided her with a new definition of success: “Success is empowering someone else to step outside of their comfort zone and lead.”

Anna is thrilled by the opportunities provided by JLNO and hopes to continue her path of leadership by assisting women in their journey of growth and self-discovery.

President-Elect Kristin Van Hook Moore is another example of a transfer who is setting the leadership trail ablaze with JLNO. While Kristin was born and raised in New Orleans, she joined JLNO as a transfer from the Junior League of Pensacola.

As a wife, mother of eight-year-old twin boys, pediatric pulmonologist and President-Elect of JLNO, Kristin approaches these various responsibilities with incredible confidence and grace. While she has held numerous leadership positions with JLNO over the last seven years, she has set her sights on the 100th Anniversary Celebration.

As President-Elect of an organization with such a rich history of giving back to the community, Kristin has already started brainstorming the best way to give thanks to the city of New Orleans, honor those remarkable women who came before us and celebrate the current generation of women who continue to carry the JLNO torch.

“I am dedicated to finding a way to properly celebrate the sustainability and adaptability of JLNO,” says Kristin.

Kristin has committed herself to thoughtful reflection on women in the New Orleans community — particularly the women of JLNO and their amazing accomplishments over the last 100 years.

While our JLNO transfers have joined us from Junior Leagues all over the United States, the consensus remains consistent about our transfers.

Lindsey Labadie, the 2019-2020 Co-Chair of the Transfers Committee and a 2016 JLNO transfer herself, says, “Being a transfer can be difficult. You do not know where you belong, and you want your voice heard. I hope that I can help facilitate some of those things.”

“[Our] mission for the year is to introduce our ladies to leaders within our League by hosting monthly socials around the city,” Lindsey says. “We hope to collaborate with other committees so that the transfers have the ability to meet as many leaders and members in the League as possible, while showcasing what we love best about our city.”

JLNO welcomes our new transfers with anticipation, recognizing each woman has the potential to become one of our future leaders. The Transfer Committee’s efforts paired with exciting volunteer and training opportunities will provide each transfer with the foundation not only to enjoy her League experience but to thrive in it. Welcome aboard! •
The Junior League of New Orleans Strives for Diversity and Inclusion

by: Adriana Lopez | Photos by: Jessica Bachmann
his year, the Junior League of New Orleans (JLNO) is nearing a century of leadership in voluntarism and community building. With 2,100 members, JLNO is the ninth largest out of 292 leagues worldwide — an impressive feat, considering the small size of our metropolitan area. However, JLNO also has a responsibility to ensure its membership is truly representative of New Orleans’ diverse community. By breaking down barriers and actively recruiting a membership that reflects the city’s entire population, JLNO is transforming its reputation, one woman at a time.

The Association of Junior Leagues International launched a diversity and inclusion initiative several years ago. The New Orleans chapter is still in the initial stages of implementing this initiative. The first step is to define diversity. JLNO leaders outline these distinctions as race, ethnicity, religion, culture, ability, status, sexual orientation, gender expression, educational level, work status and age.

“Our city and our League are enriched by the presence of people from all of these different backgrounds and experiences,” says Ty Salvant, Diversity and Inclusion Committee (D&I) Co-Chair. “Having people from all different backgrounds brings variety in perspectives, skills and experiences that we can harness to make the organization even better.”

The committee has identified several structural changes to encourage diversity. These efforts include ensuring all religious holidays are considered when scheduling events and making headquarters accessible to those with varied ability statuses. It also involves partnering with organizations reflective of the community we serve and recruiting members from currently underrepresented groups.

One of the D&I Committee’s first initiatives has been to post conversation starters on the JLNO closed Facebook group. The aim is to acquire feedback directly from membership on how diversity efforts can be improved within the League. This guidance will help the committee provide meaningful learning opportunities targeted to the areas members are most interested.

In the near future, the Diversity and Inclusion Committee would like to see JLNO become less restrictive with regard to age and sponsorship requirements. The committee envisions incorporating intentional, well-planned and well-executed diversity and inclusion elements into every facet of JLNO operations as one of their long-term goals — from the selection of vendors to the formatting of the website.

In addition to having different types of people within the League membership, the committee also wants to ensure everyone feels welcomed and included.

“Inclusion is important because we want to be intentional about creating an environment and a culture where all different kinds of people can thrive,” Ty asserts. “Decisions are made differently when a multiplicity of perspectives are involved.”
Creating a more welcoming environment involves challenging preconceptions that have created barriers to inclusivity and diversity within the organization. Kathryn Albayrak, the Diversity and Inclusion Committee Vice-Chair, admits she was unsure what to expect when a friend encouraged her to join the League. Fortunately, the informational meeting Kathryn attended challenged many of her assumptions.

“While I did encounter some small barriers to joining, such as the sponsor requirement, these ended up being much more minor than I was anticipating,” she adds. “This is my second active year, and since joining, I have seen several positive efforts to expand diversity and inclusion within JLNO. I’m encouraged that JLNO values the importance of diversity and inclusion and will continue that forward momentum.”

Diversity and inclusion is a top priority for current League President, Christine Vinson. She believes if you identify as a woman and support the League’s mission you should feel confident as a member. She acknowledges misconceptions about the organization have posed a barrier to diversity. Since JLNO’s mission is to help our community, Christine feels strongly that our members should be representative of our community, pointing to The League’s newly rebranded campaign, Women Leading for A Greater New Orleans, as evidence of the vision women from different backgrounds share for our city.

“I think that people would be impressed by the class today,” Christine says. “Just eyeballing the room at meetings, it’s more diverse than I’ve ever seen it in the past.”

Still, Christine admits there is more work to do to change that perception in the rest of the community. Because JLNO has only recently embarked on this journey towards diversity and inclusion as compared to other Junior League chapters, the effort will understandably take time to build and execute; however, League leaders are optimistic about the possibilities.

“As the League reflects on its past and envisions its future, opportunities to increase our representation of the community are paramount. With this determined focus on diversity and inclusion, JLNO is enacting meaningful steps to both promote and project the inviting spirit of the city we serve.”

Ty Salvant, Diversity & Inclusion Chair and Kathryn Albayrak, Diversity & Inclusion Vice-Chair
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the whole place  
Upside down.  

The many awake  
Can raise such a fuss  
It finally awakens the rest of us.  
One woman up,  
With dawn in her eyes  
Surely then  
Multiplies.

-A feminist variation of the 18th century poem by Lawrence Tribbles
A n ongoing and principal focus area for the Junior League of New Orleans (JLNO) is advancing the wellbeing of women in the New Orleans area. JLNO thoughtfully invests its volunteer resources to ensure women in our communities can live healthy, happy and successful lives. Integral to this effort is working to promote the safety of women and their families by spreading awareness of and working to prevent domestic violence.

Domestic violence, also known as intimate partner violence, occurs in a variety of forms and across all socioeconomic strata. Intimate partner violence can include, but is not limited to, physical and sexual violence, stalking and psychological aggression. These types of household violence events are terrifyingly prevalent in the United States and are disproportionately high in our community. Female advocacy, including awareness efforts from JLNO, has been an essential and effective driver of prevention strategies both in New Orleans and across the state of Louisiana.

A momentous victory against intimate partner violence was achieved by five female advocates from the United Way of Southeast Louisiana, the Louisiana Coalition Against Domestic Violence and the Louisiana House of Representatives. These women successfully lobbied the Louisiana legislature to pass urgently-needed protections for survivors and deterrence measures for abusers.

- **House Bill 747** - Increases the penalties for domestic violence offenders and makes domestic abuse and aggravated assault crimes of violence. Makes a second conviction of domestic battery a felony.
- **House Bill 750** - Increases the penalty for anyone who violates protective orders. Allows an officer to determine if someone has been abused and arrest the person they identify as responsible.
- **House Bill 753** - Would make it illegal for anyone convicted of domestic abuse to carry a gun for 10 years.

In an unprecedented vote, all proposed legislation passed unanimously in the House and Senate and was signed into law as Act 194 in the 2014 legislative session. These tireless advocates are known as Five Awake, and their work is captured in a documentary film by the same name. The film won **Best Louisiana Feature** at the 2016 New Orleans Film Festival and shortly afterward was screened at JLNO Headquarters. A panel discussion was held following the screening with State Representative Helena Moreno (a Five Awake advocate herself) and State Senator J.P. Morrell. The event was open to the public and served as an important intimate partner violence awareness initiative for the community. It also gave JLNO an opportunity to highlight and celebrate the astounding achievements of these fellow women advocates.

These successes are continued by the public policy initiatives of the Louisiana Coalition Against Domestic Violence. In 2018, new legislation was signed to further the cause of protecting survivors and punishing offenders. Act 367 creates a process for transfer of firearms from those convicted of domestic abuse and makes purchasing a firearm by these individuals a crime. It also requires mandatory reporting of any failed background checks to the police. Act 679 requires all temporary restraining or protective orders must be reported to the Louisiana Protective Order Registry to streamline enforcement efforts statewide.

**by: Dr. Christen Mayer**
Power and Control Wheel and Equality Wheel developed by the Domestic Abuse Intervention Programs (DAIP)
The coalition also created and launched the Survivor Stability Fund aimed at improving the financial stability of survivors and their families. This past May, they held their Day at the Capitol, where advocates statewide gathered in Baton Rouge to show support for continued public policy designed to reduce and prevent domestic and sexual violence in our state.

An important local member organization of the coalition is the New Orleans Family Justice Center, a partnership of local agencies which strives to coordinate services for survivors of family violence, child abuse, sexual assault and stalking in one multi-service location. They design their programs to be specific to the individual needs of the survivor, focusing on promoting healing and providing hope. These services include crisis intervention, case management, free and low-cost legal services, medical services, counseling, childcare and healing activities.

Candice Caccioppi, Director of Fund Development for the Justice Center, describes the center as, “...a combining of cultures, where New Orleans District Attorneys and NOPD Detectives share space with counselors and social workers. Co-locating these services is a best practice.”

When a client arrives for assistance at the Justice Center, this inclusive approach allows each client to receive what is acutely needed to create a long-term plan for healing. Immediate needs can include housing, access to financial resources and support from law enforcement, whereas long-term plans are based on the individual’s goals, often centered on holistic healing for their entire family. These crucial support services are both expertly cultivated and individually tailored.

Another vital local service provider is the Domestic Violence Clinic at Tulane Law School, which provides law students the unique opportunity to train with experts on how to effectively represent survivors in a variety of legal settings. They offer education on how to assist with the various legal issues survivors face, including protective orders, custody, spousal support, divorce, public benefits, immigration and housing. The clinic takes a trauma-informed approach to assist their clients and improve their lives.

Tania Tetlow, current Loyola University President and former Director of the Domestic Violence Clinic at Tulane Law School, outlines the problem.

“According to the CDC, one out of four American women will be beaten by a partner or former partner in her lifetime,” Tania says. “Those rates do not vary very much by class or demographics, so this has absolutely affected someone you know, whether you’re aware of it or not.”

She goes on to describe an essential part of preventing future abuse by saying, “Often, criminal justice reform efforts focus on everything but domestic violence, though its impact on children who witness their mothers being assaulted is the root of so much violent crime.”

Louisiana State Senator J.P. Morrell echoes the need to address domestic violence with law enforcement and criminal justice processes.

“The biggest problem we have encountered is the number of people who do not take the problem seriously,” Senator Morrell explains. “The focus will be on the victim being guilty of some contributing factor like drinking.”

He believes a pivotal part of addressing this problem in our community is having continued awareness and safe, non-judgmental interactions with survivors when they come forward.

The amazing advocacy work described here demonstrates the power we have to help one another when we coordinate our efforts and are persistent in our goals. Violence against women thrives in silence, and we are taking the opportunity to not only raise our voices but also multiply the voices of our allies. In doing so, we can raise the fuss that awakens the rest of us.

If you or someone you know is experiencing signs of domestic abuse, call (800) 799-7233 or (504) 866-9554 for 24/7 assistance.

The National Domestic Violence Hotline outlines the following signs of unacceptable partner behavior in an abusive relationship:

- Tells you that you can never do anything right
- Shows extreme jealousy of your friends and time spent away
- Keeps you or discourages you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls every penny spent in the household
- Takes your money or refuses to give you money for necessary expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go, or what you do
- Prevents you from making your own decisions
- Tells you that you are a bad parent or threatens to harm or take away your children
- Prevents you from working or attending school
- Destroys your property or threatens to hurt or kill your pets
- Intimidates you with guns, knives or other weapons
- Pressures you to have sex when you don’t want to or do things sexually you’re not comfortable with
- Pressures you to use drugs or alcohol
Education Opens Possibilities

The Inspiration Behind the Huete Scholarship

by: Eileen Chao | Photo by: Jessica Bachmann.

Sixty-one percent of children in Orleans Parish live in a single-parent household, according to data compiled by County Health Rankings. This shockingly high number is unique to this parish, exceeding the state average of 41%. While each family has a unique story, many share the struggle of stretching one income to cover the costs of raising children and basic survival.

When Maria Huete, sustainer and Junior League of New Orleans (JLNO) President 2016–2017, heard these statistics, she reflected on her own family history and wondered how JLNO could help level the playing field for single mothers and their families.

“If we could provide the financial means for a woman to attain a certificate that would help her move up to the next level of pay or career, that could make an enormous difference for her family,” Maria notes.

Maria comes from a hard-working family who knows the value of education. Her grandmother was a laundress for wealthy families in Honduras. Maria’s mother, Consuelo Pardo, aspired to obtain an accounting certificate, but her family couldn’t afford the degree. Instead, she earned a secretarial certificate, a more affordable option. The certificate opened an incredible opportunity for Consuelo. When she was 18 years old, she was hired by a coffee importer who was launching a roasting business and immigrated from Honduras in 1962. She knew very little English at first, but she worked hard and sacrificed, sleeping on a colleague’s couch for two years.

“While the certificate enabled my mother to start a new life in New Orleans, with more education, she could have pursued further opportunities,” says Maria. “My mother’s consistent message to me was that education is crucial to a woman’s independence.”

Maria never forgot her mother’s wisdom, and during the JLNO presidency of Jeanne Boughton, she participated in discussions on the new strategic plan for the future of the League. As a result of this work, JLNO adopted the Issue-Based Community Impact Model that empowers women through diverse touchpoints like health initiatives and financial security.

“Thinking back to my mother’s story, I wanted to do even more to impact working women,” reflects Maria.

During her JLNO presidency, Maria saw an exciting opportunity to do just that. Aware of the high number of single-parent, female-led households in New Orleans, she was inspired to establish a scholarship that would help mothers achieve their dreams and provide for their families. Maria’s husband, David, enthusiastically supported this idea, adding, “We wanted to provide a small nudge to get someone over the finish line. It’s not often we get the opportunity to have so great an impact on a worthy cause.”

The Huete scholarship builds on the Junior League of New Orleans’ goal to advance the wellbeing of women. It helps non-traditional students obtain the degrees or certificates they need to join the workforce or advance in their careers. To date, there have been four Huete Scholars and two JLNO Scholars, with several thousand dollars awarded to recipients. Thanks to Maria and David’s generosity, the Huete scholarship will continue to make an impact on deserving women in New Orleans.
Get To Know Your JLNO Staff

In case you missed it, we have several new faces at Junior League Headquarters these days. If you haven't had the chance to meet everyone in person, here's some insight on each staff member, including where they came from, what they're passionate about and their role as it pertains to League operations. Next time you see them, be sure to give them a warm welcome to JLNO!

Member Services Coordinator, Kristen Brooks

Before joining the team, Kristen spent 15 years as a PR, communications and operations professional and holds a master's degree in business administration. Kristen has been a Junior League Member since 2006, serving in the Atlanta and New Orleans Leagues until going sustainer this year. Her work experience and passion for the Junior League enables her to support the efforts of the league while innovating existing procedures and ensuring member satisfaction.

Kristen can be reached at kristen@jlno.org for information about member obligations, scheduling meetings, paying dues and general headquarters information.

Communications and Operations Manager, Mary Liza Hartong

A lifelong learner and explorer, Mary Liza recently spent a year in Ireland earning a master’s degree in British and American Literature via a Fulbright grant. She also holds a master’s degree in creative writing from Dartmouth College. Her love of language and passion for working with people helps her to market and streamline the Junior League’s exciting array of projects.

Please connect with Mary Liza at maryliza@jlno.org for all communication queries including marketing, social media, the JLNO website and JL in the Know.

Development Coordinator, Paige Morrison

With 25 years of Junior League experience, Paige has served in a variety of League placements, including previous fundraisers like Kitchen Tour, Gala and Show House. Her broad organizational knowledge enables her to collaborate with the Board of Directors to strengthen JLNO’s positive community impact.

Contact Paige via email at paige@jlno.org with any inquiries related to fundraising, sponsorship, vendors, grants and development.
One in eight women in the United States will develop invasive breast cancer in her lifetime. In 2019, nearly 270,000 women will be diagnosed with invasive breast cancer, and approximately 42,000 women will die of breast cancer. Except for skin cancers, breast cancer is the most commonly diagnosed cancer among American women, and it is the second leading cause of cancer-related deaths in women, behind lung cancer.

Now for the better news — there are also more than 3.1 million breast cancer survivors in the United States, and death rates have dropped 40% between 1989 and 2016. Since about 85% of breast cancers are sporadic and occur in women with no family history, it’s even more essential to know the answers to major questions related to risk, diagnosis and treatment.

What are some of the risk factors?
- **Gender**— Being a woman is the #1 risk factor. Male breast cancers account for less than 1%.
- **Age**— The older we are, the more likely we are to develop breast cancer.
- **Race**— Breast cancer is more common in Caucasian women, but mortality is higher in African-American women due to increased prevalence of higher-risk breast cancers.
- **Family history and genetic predisposition**— Having one first-degree relative (mother, sister, daughter) with breast cancer approximately doubles a woman’s risk, and having two first-degree relatives increases her risk by three-fold, even without a genetic mutation. About 5-10% of breast cancers are thought to be hereditary and due to a genetic mutation, which can increase risk as much as 50-80%.
- **History of abnormal biopsy**— Atypical changes in the breast can increase the risk of breast cancer by three-fold.
- **Prolonged combined hormone replacement therapy**— The risk of breast cancer increases with duration of therapy, but thankfully returns to almost normal upon stopping.
- **Lifestyle risk factors**— Obesity, lack of exercise, smoking and excessive alcohol intake all negatively impact your breast cancer risk.

How can I help myself?
- **Know what your normal breasts feel and look like**. If you notice a change, be sure to notify your physician, even if you’ve had a normal mammogram within the year.
- **Get screening mammograms beginning at age 40**. Some newer guidelines recommend waiting until 45 or 50 years old, however the American College of Radiology and Society of Breast Imaging continue to recommend annual mammography beginning at age 40 to save the most lives. All women should get mammograms regardless of family history — please encourage your friends and family!
- **Know your family history**. It is important to know if anyone in your family has ever had breast or ovarian cancer. If so, it is important to know at what age they were diagnosed and to discuss this with your physician. This can impact your risk of developing breast cancer.
- **Stop smoking**. Smoking has been linked to many cancers, including breast cancer.
• Exercise. Being physically active for at least 30 minutes per day, five days per week can lower your risk of breast cancer.

• Maintain a normal weight. Be sure to eat a diet with plentiful fruits and vegetables.

• Lower your alcohol intake. You should be drinking less than or equal to one alcoholic drink per day. Women who consume 2-5 drinks daily compared to non-drinkers have about 1.5 times the risk.

• Breastfeed, if able. This is protective against breast cancer.

What happens if I am diagnosed with breast cancer?

• Take a deep breath. This is easier said than done! Everyone reacts differently to receiving a cancer diagnosis, and it is important to give yourself time to process this life-changing news.

• Meet with your doctor. This physician should be someone you can trust and feel comfortable with. They will be with you the entire journey and help guide your different treatments in coordination with your breast cancer team.

• Get the facts. There are many different types of breast cancer. Depending on which type you have, the treatments can vary dramatically. Each cancer and patient are unique, and we try to individualize each patient’s treatment accordingly. Your doctor can help you find good resources for education.

• Develop a support system. The next several months will be a roller-coaster ride emotionally, mentally and physically for some patients. Surround yourself with people who support and love you. Family and friends want to help and asking for tangible things helps everyone - let them bring you a meal, give you a ride, help with child care or run an errand for you.

For more information about breast cancer care at Ochsner, visit ochsner.org/services/breast-cancer.
Thank You to Our Sponsors and Donors

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Please contact Development Coordinator Paige Morrison about bequests and planned giving — paige@jlno.org or 504-891-5845

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In Honor of Katie Crosby and Alice Glenn by Melanee Usdin
In Honor of Alice Glenn for an Amazing Presidency by Leigh Thorpe
In Memory of Jane Birdsong Hayden by Claire Delerno
In Honor of Susan Johnson, the 2019 Mint Julep Hostess, by Lanier Hosford
In Honor of Eloise LeBlanc on her First Birthday by Ashley Millet
In Honor of Ann Mahorner’s Birthday by Cecile Ballard
In Honor Of Cathy Derst Miller on Mother’s Day by Courtenay Dufour
In Honor of Duane Page’s Birthday by Sybil Favrot
In Memory of Mary Irene Scoggin by Adelaide Benjamin
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In Honor of the 2017-2018 Board of Directors by Anna Dearborn Kornick
Senator J.P. Morrell recently introduced a bill that would exempt diapers and period products from state sales tax and allow local governments to opt into the exemption as well. Ultimately, the bill failed despite other items such as Mardi Gras beads, doughnuts and Viagra receiving tax-exempt status — items most people can do without. Tampons, pads and diapers are absolute necessities, so why are these products not tax-exempt? Here are a few statistics you need to know about what period poverty is and how you can make a difference in your community.

Menstrual Equality

"Menstrual equality" refers to equal access to hygiene products, but also to education about reproductive health. It’s the focus of a variety of new laws and policies. Advocates are also urging states to exempt menstrual products from sales tax, arguing that they’re a necessity. –“It’s Not Just the Tampon Tax: Why Periods Are Political,” New York Times

WHAT CAN WE DO TO OBTAIN MENSTRUATION EQUALITY?

Create access to period supplies at low or no cost to girls and women in need. Support legislation to stop the “pink tax.”

FACTS YOU NEED TO KNOW

Tampons and pads make up a multi-billion-dollar industry—$3.1 billion was spent on menstrual hygiene products in the US in 2017. The average cost of a pack of pads is $5.98, while a box of tampons is $7. Many women have heavy menstrual bleeding, requiring as many as one pad or tampon every hour—6 to 8 in a day is not uncommon!

LOUISIANA: WHAT OUR STATE IS DOING

Senator J.P. Morell introduced a bill that would exempt diapers and period products from state sales taxing. Louisiana’s bill did not make it through all the chambers and committees needed for passing. To have this bill and others like it passed, people need to contact their legislators and advocate for change.

The Junior League of New Orleans is actively combating Diaper Need and Period Poverty, but implementing change on the government level is crucial to making the biggest impact on the community at large. A simple email or phone call to your representative could positively affect the overwhelming needs of women and children statewide. Find out ways to contact your legislators by visiting senate.la.gov/senators.
Women Leading Marketing & Communications for a Greater New Orleans

Blair Broussard
Chief Operations & People Officer, ARPR

How did you get to where you are today?

I think we are all defined by our pasts — the obstacles and triumphs that helped us get to where we are today. I come from fairly humble beginnings, raised with chickens in my yard in Carencro, Louisiana. I’m a millennial and first-generation college graduate. I was given encouragement, but I also knew I didn’t have the luxury of taking my time in school or picking the wrong career path because I had to support myself financially.

Despite this, my journey, for better or worse, involved mostly following my gut — no pie charts, statistics or strategy. I was determined to pick a career that showcased my strengths of writing, curiosity and being bossy (yes, this is a strength — just ask Sheryl Sandberg, CEO of Facebook), which landed me in public relations. I’ve certainly made (and am still making) some missteps along the way, but now I look at them as an opportunity to continue to grow.

Like everyone, I’ve also had my fair share of rejection, from being told I was a terrible writer and would have a hard time completing grad school, to countless letters saying I didn’t get the job. But the combination of all of this taught me the importance of ongoing education, perseverance (one of my mottos is “fake it till ya make it”), hard work and relationships, which are the four keys to getting where I’m at now in my career...and hopefully they’ll continue to take me further!

What is your best advice for other women looking to succeed in their own industries?

No matter what industry you are in, find a tribe. As Oprah Winfrey says, “Surround yourself only with people who are going to take you higher.” I’ve been so lucky along my career path that I’ve had many people who have shown up, and for reasons I still don’t understand sometimes, they truly believed in me. They encouraged me along the way, giving me jobs, finding me unique opportunities to showcase my talents, and recommending me for organizations and programs that have continued to help me elevate my career. I’m forever indebted to them and am determined to pay it forward.

How has Junior League benefited you in your success?

That tribe I was talking about? I’ve found a part of it during my time with the League. It’s also given me an opportunity to learn the city better, not being from here originally (only 2 hours down the road in Lafayette). I’ve learned about New Orleans’ beauty, challenges and opportunities, and it’s opened my eyes to even more ways to help make it even better.

Paula Jo “PJ” Lentz
Event Manager, Ravensburger North America

How did you get to where you are today?

I utilize my internal guidance system for every aspect of my life. Listening to this intuition has always directed me towards the best path. The times that I ignored this are when I found myself in less than desirable places, so this has been an important reminder to continually tap into my feelings to know when I am making the best decision. With this process, I have put myself in situations that are initially uncomfortable but have allowed me the greatest opportunities for growth. I strive to consistently push myself outside of my usual boundaries, which has allowed for amazing experiences where I have lived in Seattle, Chicago, Pittsburgh and now New Orleans — all while moving upward in my career path and coming more closely aligned with my desires and purpose.

What is your best advice for other women looking to succeed in their own industries?

Keep a positive attitude, and always strive to find gratitude in your daily life. This way of being will permeate into every area of your life — personal, social and professional, and it will allow you to level up your life. Think abundance and you will have abundance. Always follow your instinct on what you feel is best for you, avoiding those things that are done only to appease others and do not feel true to you. Practicing each of these consistently will move you towards your happiness and therefore ensure your success, as happiness is the ultimate mark of success.

How has Junior League benefited you in your success?

These women are incredibly supportive and uplifting! I have made life-long friends that I can call on for feedback and advice, whether professional or personal — from consulting with me on a public-speaking program, to negotiation tips, to just lending a hand during a move. With this wonderful network of top-tier women, we continue to encourage each other in every category of life. We help one another out in a variety of ways, which is extremely fulfilling and heart-warming. Junior League has become enmeshed into my life socially and professionally, and I am eternally grateful for this group of women.
How did you get to where you are today?

I’m blessed to continually be surrounded by people who are patient, inspiring and hold me accountable. My parents truly set me up for success. Their focus on education and being a person of high character are values I live by and share with my children. I’m one of a handful of people on both sides of my family to be a journalist, public relations practitioner, professional marketer and scholar, so any success that I may have professionally and personally is shared with my family, mentors and friends. I’m committed to hard work and treating everyone with integrity along the way. I define my success by maximizing each day as if it’s my last chance to change the world.

What is your best advice for other women looking to succeed in their own industries?

Never underestimate yourself, and never forget to celebrate your growth — even if no one else does. Often as women, we sell ourselves short for several reasons. I believe those around us have gotten accustomed to us doing extraordinary things from changing diapers, assisting with homework, being a sounding board to your spouse, volunteering, being a loving daughter/sister/friend/neighbor, running a successful brand awareness campaign, starting a business or running a million-dollar company. We can make all of this look easy when we are being strategic and thoughtful about everything we do. Understanding this about yourself, especially in the communications and marketing fields, is invaluable to generating new ideas, being a resource for your clients and executing campaigns that positively shift the paradigm. Success also comes from taking a moment along the way to acknowledge and celebrate both small and huge milestones as well as everything in between. This industry is full of churn and burn moments, so for the sake of balance, we must do this. Also, we need to stop waiting for others’ approval when we know we are exceeding expectations.

How has Junior League benefited you in your success?

I love being around like-minded women. We come from diverse backgrounds but are connected by an enduring desire to invest in our community. This motivates and affirms me as a wife, mother, daughter, sister, friend and colleague. It’s a beautiful thing to look around a room and see women committed not only to their personal and professional success, but also to the success of their community. I believe it is what we are called to do.

What is your best advice for other women looking to succeed in their own industries?

Don’t be afraid to speak up, whether it be with coworkers or with your boss. In any industry, it’s easy to be dominated by the larger personalities or big egos. I work in the advertising industry and, trust me, there are a lot. If you want to succeed, your ideas and your perspective can be one of the most valuable assets you bring to a company. On paper, we are often as equally qualified as the person next door, but it’s our voice and brain power that makes us stand out from the rest.

Also, be confident with who you are and what your strengths are, but have enough self-awareness to accept you’re not going to be great at everything. You’re not doing yourself or your career any favors by pretending to be someone you’re not or that something brings you happiness when it doesn’t. It admittedly took me about ten years to figure this one out the hard way — flash back to late nights at the office, a few tears shed at my desk...we’ve all been there, right? The moment I figured out which aspect of my career brought me happiness, I immediately turned a corner. Instead of trying to squeeze myself into a certain seat on the bus, I decided to create my own seat — one that brought me happiness, one that made it worthwhile to work harder if I needed to and one that ultimately brought me more success.

So make it part of your weekly routine to spend time reflecting on what makes you happy and fulfilled. Channel that understanding into every decision you make to help you succeed.

How has Junior League benefited you in your success?

Junior League surrounds me with phenomenal leaders who inspire me to work harder every single day and have given me confidence in my ability to lead others. The training opportunities and speakers we bring in have helped me grow personally and professionally. But more than anything, it reminds me that the road to success for many women is never easy and does not come without sacrifice along the way. Having the support of women who understand what it takes and are there to cheer you on in your successes (and cry with you through the failures) has been invaluable.
When thinking of the mission and scope of The Association of Junior Leagues International (AJLI), we think of women coming together to celebrate sisterhood and to support the communities in which we live through voluntarism and advocacy. The Junior League of New Orleans (JLNO) celebrates a rich heritage of community engagement and voluntarism dating back to the 1920s. That commitment to service continues to this day as the women of the League support the members of their community through education.

Before it was known as the New Orleans Museum of Art (NOMA), the imposing City Park structure was known as the Isaac Delgado Museum of Art (IDMA). JLNO is credited with not only having prepared and sponsored a vast variety of exhibits at IDMA but also soliciting and supporting the attendance of students from public, parochial and private schools through sponsored field trips. Students were introduced to works of magnificence such as the 1949 display of Marco Polo paying homage to his travels into Persia and beyond with authentic carpet weavings, clay tomb sculptures and other ceremonial pieces (Times-Picayune - April 4, 1949).

Inspired by a growing national interest in the rich history of Africa, JLNO sponsored “Spotlight on Africa” (1954), an exhibit celebrating the culture of African nations through displays of masks, figures and cooking utensils. The League also supported the United Nations’ Declaration on Human Rights through the exhibit “United Nations” (1951). This displayed legal articles written by the United Nations General Assembly and adopted on December 10, 1948 in support of basic human rights, such as the freedom to seek asylum in any country, the affordment of all peoples regardless of race, nationality or religion and “equal rights as to marriage, during marriage, and its dissolution” (General Assembly resolution 217 A, Article 16).
The artistic education efforts of the League permeated into the performing arts through theater, presenting performances such as "Marco Polo" at the Municipal Auditorium for a meager fee of seventy-five cents. Community participation was encouraged, and talent was displayed during various stage plays and marionette shows.

With a keen understanding of the importance of a healthy community, JLNO continued their community support efforts in the 1980s and 1990s through endeavors such as teaching parenting skills and an educational series on substance abuse, which was free and open to the public. Prompted by the proliferation of child abuse across the country, JLNO offered courses presenting information and strategies on topics such as nutrition, step-parenting and toddler development to parents of all ages.

Continuing its heritage of education through the arts, JLNO sponsored one of the most profound national and memorable educational efforts, entitled Kids on the Block (KOB), a puppet show created by schoolteachers to educate children about various disabilities, including physical impairments. Children across the country were captivated by one-to-one dialogue with puppets representing various disabilities. A founder of KOB was quoted saying, "They [the puppets] dress and act like real children. They are nearly life-size... and — like real children — some are handicapped, and some are not."

Today, JLNO remains a pillar of support within the community through various independent efforts and partnerships. One such partner is Kingsley House, where the League lends its support through engagement, education and service to its board of directors.

CEO of Kingsley House, Keith Liederman, notes, "JLNO has been an incredible resource and partner to Kingsley House and to so many other vital nonprofits, public entities and corporations in our city, helping to change the fabric of our community and improve the wellbeing of all of its citizens."

As the interest in partnering with the AJLI continues to broaden, we can expect increased partnerships and monumental service to the community. The Junior League is devoted to continuing its heritage of community support and engagement through education, arts and voluntarism for the next 95 years and beyond.
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League Faces

Kim Legaux, school counselor with the NET Charter High School, discusses the importance of the League’s Period Supplies Program at the General Membership Meeting held in July. Photo by: Whitney Haworth

JLNO Provisional, Dana Janko, shows off the free t-shirt given to those who participated in the Ochsner blood drive. Photo by: Whitney Haworth

JLNO members practice their Instagram story posting skills at a social media training workshop held at JLNO Headquarters. Photo by: Whitney Haworth

Pictured is the Peonies Provisional class, Shelita Domino, Emily Kesler, Karah Bergeron, Meghan Ruckman Newsome, Cara Quintanilla, Erica Cicero, Mairin Guidry, Carrie Ducote, and Gina Wilson. Photo by: Meghan Ruckman Newsome

JLNO ladies learning all of the tricks of the trade at a sushi making class at Rock-n-Sake. Photo submitted by: Cree Jourdain

Alex Bruce, Beth Applewhite, Kelly Touart, Elizabeth Tommaseo, Sarah Rieveschl and Emily Taylor enjoy July’s Front Porch Friday at Pearl Wine Company. Photo submitted by: Zane Wilson
Amanda Frentz and Kate Bruce Carter enjoying sushi at the sushi making class sponsored by Esprit. Photo submitted by: Cree Jourdain

Anna Kornick closes out her social media training workshop with an Instagram story "selfie." Photo by: Whitney Haworth

Ochsner nurse Linda Correa takes JLNO Provisional Gaynelle Davis’s blood during the blood drive at headquarters on July 16th. Photo by: Whitney Haworth

Impressive turnout at the first JLNO General Membership Meeting of the 2019-2020 year. Photo by: Whitney Haworth

YEP ribbon cutting event on August 20th. Pictured is JLNO President Christine Vinson, Ginger LaCour, Melissa Sawyer, Marc Roberson, Tasia Brooks and Chris LeBato, YEP Board President. Photo by: Kristen Leonard

JLNO President Christine Vinson, Sustainer Whitney Brooks with her husband Roy Brooks, Past JLNO President Maria Huete and her son Gus Huete at the Big Easy Roller Girls event on July 27th. A percentage of ticket sales went to JLNO’s Huete Scholarship Fund. Photo by: Paige Morrison
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