

THE JUNIOR LEAGUE OF HOUSTON, INC.

# HOUSTON NEWS

SPRING 2023





# Home of the world's medical breakthroughs

The Texas Children's team of experts provide life changing care across a number of nationally ranked specialties. We have the resources and knowledge to solve even the most challenging health problems. And we've proved it—breakthrough after breakthrough. That's the difference.

See why the difference is life  
changing at [texaschildrens.org](https://texaschildrens.org).



**Michael A. Belfort, MD**  
Obstetrician/Gynecologist In-Chief



**Texas Children's  
Hospital**

## 2022 – 2023 BOARD OF DIRECTORS

### **PRESIDENT**

Anne Sears

### **PRESIDENT-ELECT**

Amanda Hanks Bayles

### **BUDGET DIRECTOR**

Laura Thompson

### **COMMUNICATIONS DIRECTOR**

Tara Merla Hinton

### **COMMUNITY IMPACT DIRECTOR— CULTURE AND ENRICHMENT**

Jordan McPhail

### **COMMUNITY IMPACT DIRECTOR— EDUCATION AND MENTORSHIP**

Jacqueline Alvarenga Gerber

### **COMMUNITY IMPACT DIRECTOR— FAMILY SUPPORT**

Natalie Irvin

### **COMMUNITY IMPACT DIRECTOR— HEALTH AND WELL-BEING**

Adrianna Williams

### **COMMUNITY IMPACT DIRECTOR— NEIGHBORHOOD OUTREACH**

Kelly Hickman

### **COMMUNITY VICE PRESIDENT**

Tamra Wilkerson Politte

### **DEVELOPMENT VICE PRESIDENT**

Megan Anson

### **DIRECTOR-AT-LARGE**

Jessica Essalih

### **DIRECTOR-AT-LARGE**

Shine George

### **DIRECTOR-AT-LARGE—DEVELOPMENT**

Dena Washington

### **DIRECTOR-AT-LARGE—FINANCE**

Laura Whitten

### **DIVERSITY, EQUITY AND INCLUSION DIRECTOR**

Jennifer Williams

### **FINANCIAL VICE PRESIDENT**

Sydney Goss

### **MEMBERSHIP VICE PRESIDENT**

Emily Shushtari

### **RECORDING SECRETARY**

Courtney Durham

### **STRATEGIC PLANNING DIRECTOR**

Shems "Mimi" Blomberg

### **SUSTAINER ADVISOR**

Mary Beth Staine

### **TEA ROOM DIRECTOR**

Judy Peterson

### **TRAINING AND EDUCATION DIRECTOR**

Margie Sutton

Share the love with us,  
Houston



KENDRA SCOTT

Highland Village | The Heights  
City Centre | Market Street | Shops at LaCenterra  
Boardwalk Towne Lake | First Colony Mall  
Baybrook Mall





# Their Future Starts With You

Parents and caregivers are best at spotting kids' changes in mood and behavior. As you interact with them, watch for these signs that your child may need help.

- Withdrawing from others
- Having very low energy
- Appearing disheveled
- Losing interest in favorite activities
- Trouble concentrating; change in academic performance
- Becoming easily irritated or angered
- Changing eating habits
- Changing sleeping patterns
- Crying a lot
- Giving away personal possessions
- Talking about being a burden
- Stealing money from family
- Changing friends or breaking up

**Validate their frustrations, fears and feelings;** rather than gloss over them.

**Keep the conversation flowing** by saying things like, "Tell me more about that."

**Trust your judgment.** When your child experiences some of these signs, talk it over with a mental health professional. If you suspect anyone is suicidal, call the 988 lifeline any day, any time.

Menninger offers an expanding range of mental health services for adolescents and families. **Some services are, or will soon be, covered by insurance.**

**Talk with a mental health specialist today  
at 713-275-5400**



**Menninger®**

Where healing comes to mind

Check out other tips for parents  
by scanning the QR code.





## HOUSTON NEWS STAFF

**EDITOR**  
Cristina Torres

**ASSISTANT EDITOR**  
Eleanor "Ellie" Faulkner

**SUSTAINER WRITER**  
Elizabeth Ozden

**SUSTAINER WRITER**  
Stephanie "Steph" Magers

**WRITER**  
Rachel Clark

**WRITER**  
Claudia Garnica

**WRITER**  
Elisabeth Netherton

**SUSTAINER ADVISOR**  
Melissa Matsu

**COMMUNICATIONS DIRECTOR**  
Tara Merla Hinton

**COMMUNITY COMMUNICATIONS  
MANAGER**  
Deborah Boone

**DEVELOPMENT COMMUNICATIONS  
MANAGER**  
Hayley Sartin

**DIVERSITY, EQUITY AND INCLUSION  
MANAGER – COMMUNICATIONS**  
Dominique Boykins

**FINANCE COMMUNICATIONS MANAGER**  
Layla Lumpkin

**MEMBERSHIP COMMUNICATIONS  
MANAGER**  
Amy Fox Keith

**TEA ROOM COMMUNICATIONS  
MANAGER**  
RaChell Hunt

**AD SALES CHAIRMAN**  
Becky Greene

**COMMUNITY PARTNER CHAIRMAN**  
Dionella Martinez

**PHOTOGRAPHY CHAIRMAN**  
Heather Conn

**LEAGUE ARCHIVES CHAIRMAN**  
Katherine "Katie" Cage

**DIVERSITY, EQUITY AND INCLUSION  
DIRECTOR**  
Jennifer Williams

**CENTENNIAL ANNIVERSARY  
CHAIRMAN – ELECT**  
Shine George

**DESIGN**  
Limb Design

**PRINTING**  
Bayside Printing

## 2023 CONTRIBUTORS



Cristina Torres  
Editor



Eleanor "Ellie"  
Faulkner  
Assistant Editor



Elizabeth Ozden  
Sustainer Writer



Stephanie "Steph"  
Magers  
Sustainer Writer



Rachel Clark  
Writer



Claudia Garnica  
Writer



Elisabeth  
Netherton  
Writer



Melissa Matsu  
Sustainer Advisor



Tara Merla Hinton  
Communications  
Director



Deborah Boone  
Community  
Communications  
Manager



Hayley Sartin  
Development  
Communications  
Manager



Dominique  
Boykins  
Diversity, Equity and  
Inclusion Manager –  
Communications



Layla Lumpkin  
Finance  
Communications  
Manager



Amy Fox Keith  
Membership  
Communications  
Manager



RaChell Hunt  
Tea Room  
Communications  
Manager



Becky Greene  
Ad Sales Chairman



Dionella Martinez  
Community Partner  
Chairman



Heather Conn  
Photography Chairman



Katherine "Katie"  
Cage  
League Archives  
Chairman



Jennifer Williams  
Diversity, Equity and  
Inclusion Director



Shine George  
Centennial Anniversary  
Chairman – Elect

The Junior League of Houston, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

*Houston News* is published in the winter and spring. The Junior League office is located at 1811 Briar Oaks Lane, Houston, Texas, 77027, 713.622.4191, [www.jlh.org](http://www.jlh.org). Contents of *Houston News* may not be reprinted or reproduced without permission from The Junior League of Houston, Inc.

Copyright 2023 by The Junior League of Houston, Inc. All rights reserved.

SPRING 2023

# CONTENTS

THE JUNIOR LEAGUE OF HOUSTON, INC.

**06**

LETTER FROM THE PRESIDENT

**08**

LETTER FROM THE EDITOR

**12**

CHARITY BALL

**21**

COMMUNITY ASSISTANCE GRANTS

**24**

LEAGUE LEGENDS DONORS

**27**

MENTORING AT JLH

**30**

SARA HOUSTON LINDSEY AWARD

**34**

COMMUNITY PARTNER FEATURES

**42**

SPRING TEA ROOM EVENTS

**48**

FOCUS AREA EVENTS

**50**

100 YEARS LATER: 1970s

**54**

MEMBERSHIP ENGAGEMENTS

**60**

SPRING GROUP MEETINGS

**64**

CENTENNIAL SPOTLIGHT

**66**40 YEARS OF PARTNERSHIP:  
BAYLOR TEEN HEALTH CLINIC AND JLH**68**75 YEARS OF EDUCATING TOGETHER:  
HOUSTON MUSEUM OF NATURAL SCIENCE AND JLH**70**ADVERTISER INDEX>





**The  
best place  
for new  
beginnings.**

The Woman's Hospital of Texas has elevated women's care for 45 years and is committed to a future of doing even more for them. We would like to thank our dedicated nurses, colleagues and physicians for continuing our founding mission of providing unparalleled Woman-first care.

Voted Houston's best place to have a baby, The Woman's Hospital of Texas is the city's first and only hospital solely dedicated to women's health.



**The Woman's  
Hospital of Texas®**

**HCA**  **Houston Healthcare®**

[womanshospital.com](http://womanshospital.com)

## LETTER FROM THE PRESIDENT

"CHANGING THE WORLD TAKES MORE THAN EVERYTHING ANY ONE PERSON KNOWS,  
BUT NOT MORE THAN WE KNOW TOGETHER."  
-SIMON SENEK

Spring is a time of transformation and rebirth. We can see this in action as we watch the plants renew their greenery and come into bloom. The Junior League is in a time of transition as well, as we prepare to turn over leadership to the incoming Board of Directors in June.

As I reflect on the past year, I am so proud and amazed at all that this year's team has accomplished. In so many ways, the League has a pre-pandemic feel to it that seemed hard to imagine even a year ago. The community agencies we partner with have largely returned to normal operations, including hospitals, schools and camps. This provided the opportunity for volunteers to once again serve our community in person where the agencies needed us most and where we could provide meaningful impact. We were especially happy for our provisional members to have the opportunity to return to Texas Children's Hospital.

Many of our beloved events were back this year as well, including community events like Kids in the Kitchen and Minor League Day. Our Tea Room Special Events saw consistent sell out attendance thanks to the enthusiasm of our members and patrons. And our Tea Room banquet operations are now running at very close to pre-pandemic levels. We celebrated our 75th Annual Charity Ball, *Diamond Celebration*, which truly lived up to the milestone with a dazzling event raising over \$825,000 for our Community Program. And thanks to the generosity of the Houston community, we were also able to add the support of two new Community Partners and four new Community Champions this year.

And yet, through every transition there is opportunity for improvement, and each year as we are "Building A Better Community," we also look for ways to build a better League. This year our finance leaders researched and implemented process improvements and found



opportunities to restructure and optimize aspects of our structure in order to continue our history of being exceptional stewards of the donations entrusted to the League. We are also continuing to evolve to meet the needs of our members, including implementing flexible ways to navigate membership with obligation waivers and opportunities for reduced placement requirements through our League Lite initiative. Our Training and Education team implemented a new general meeting

format with live, in-person and on demand options. And our Diversity, Equity and Inclusion (DEI) team continues to implement changes to keep pace with best practices, including the addition of stand-alone DEI trainings for provisional and transfer members. We also studied our provisional program and revitalized it to meet the needs of the women who are joining our organization.

While there were many memorable events this year, one that stands out and that I know I will always remember is being in the Board Room when the League's Centennial Anniversary Gift to DePelchin Children's Center was approved. This \$2,000,000 commitment will be used to help fund the new "Junior League of Houston Volunteer Services Building" at DePelchin and will be the largest single gift the League has ever made. Like everything we do, this historic moment was built on work that had taken place for over two years to create a project that will make an impact in the Houston community for years to come.

As I near the conclusion of my time in this role, I am so excited for President-Elect **Amanda Hanks Bayles** and her outstanding team to begin theirs, and I know that they will work tirelessly to build upon the accomplishments of this year's leadership. I am honored and grateful to have had the opportunity to serve this organization.

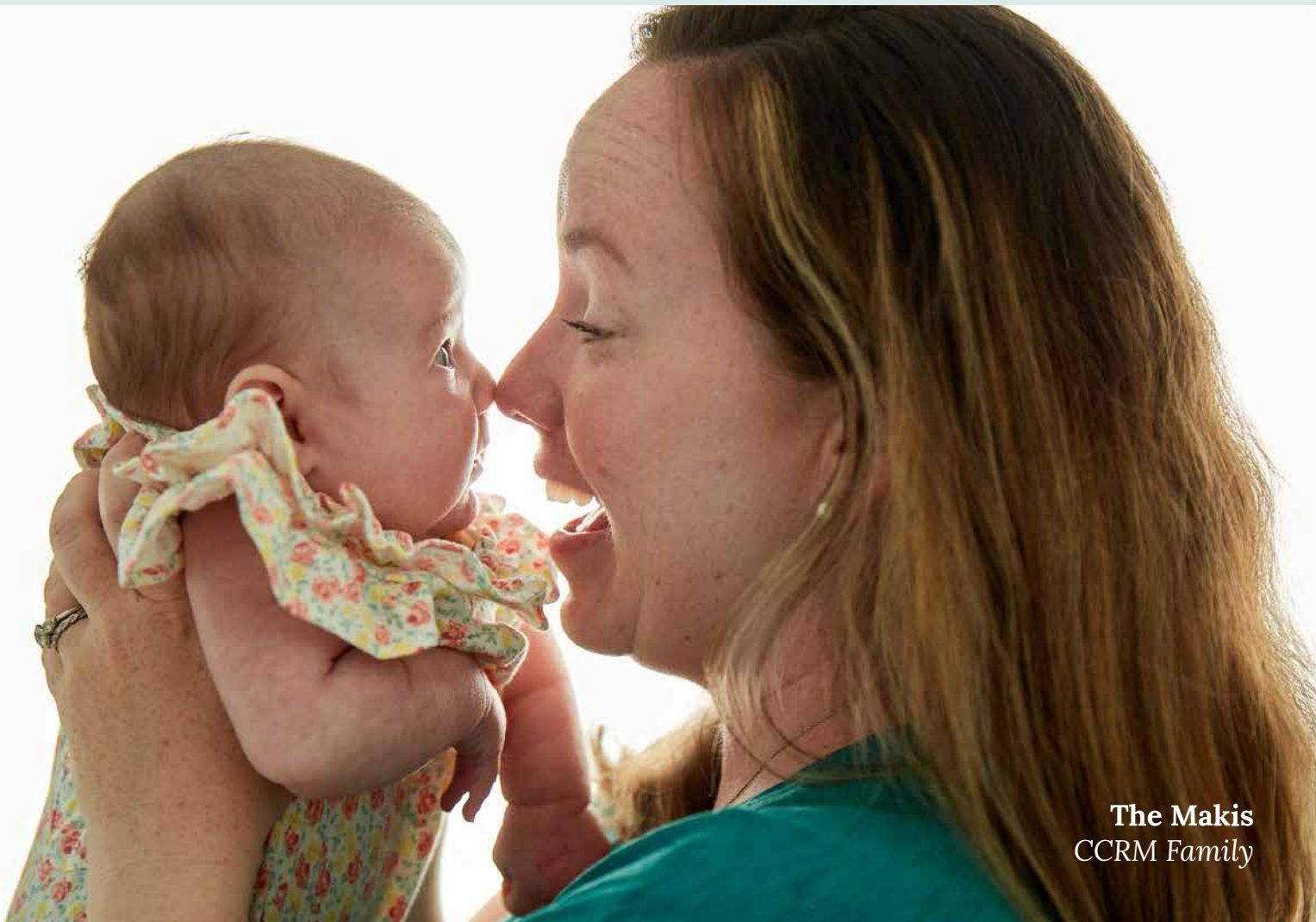
A handwritten signature in dark ink that reads "Anne Sears".

Anne Sears

President



# Every Fertility Journey is Different. We're Here to Lead the Way.



**The Makis**  
CCRM Family

CCRM Fertility gives more families more answers. Pioneering fertility treatments and technology that turn impossible odds into new beginnings. **Schedule a consultation today.**



**Four Houston area locations**

Memorial City, Medical Center, Sugar Land and **The Woodlands**

(713) 465-1211  [ccrmivf.com/houston](http://ccrmivf.com/houston)

# LETTER FROM THE EDITOR

"MANY OF US ARE MORE CAPABLE THAN SOME OF US,  
BUT NONE OF US IS AS CAPABLE AS ALL OF US."  
- TOM WILSON

As members of the Junior League of Houston, we have a shared commitment to meeting the needs of our community and leaving it better than we found it. This commitment is strengthened when we work together and support each other. When thinking about this year's presidential theme, Better Together, this issue focused on the power of collaboration. Whether it takes the form of mentoring a provisional as she navigates her first year as a League member, committees working tirelessly to honor our upcoming Centennial Anniversary or volunteers coordinating closely with Houston-area organizations for our focus area events, the impact of working together is woven throughout the stories in this Spring 2023 issue.

Our focus area events, in partnership with **HISD** and **Compudopt**, allowed us to directly support Children's Education, our focus area for the year. The Period Positivity event was supported by multiple committees throughout the League. The Focus Area Chairman with collaboration from the Community Outreach Events Committee hosted the event which distributed over 250 Period Preparedness Kits. The contents of the kit were thoughtfully developed by the Volunteers in Evening Workshop (VIEW) Chairman, prepared by VIEW volunteers and decorated by JLH members attending the September General Meeting. In conjunction with Compudopt, the League was able to help distribute 136 laptops, desktops and monitors along with backpacks, laptop accessories and school supplies provided by JLH.

As we draw closer to our Centennial Anniversary in 2025, we continue our 100 Years Later series with a peek into the 1970s. This feature serves as a reminder that we draw from a legacy of women leaders who tackled similar challenges that we face like adapting to the changing needs of the League's membership and the Houston community.

We have also seen the results of years of planning by the Centennial Anniversary Committee with the announcement of the



League's Centennial Gift to **DePelchin Children's Center**.

This gift will help support the construction of a new building that will allow DePelchin to expand its community education program and volunteer center.

JLH also celebrated its 75th Annual Charity Ball, *Diamond Celebration*, with a nod to the gem that symbolizes the strength of the League's commitment to Houston through its Community Program. The Junior

League of Houston also celebrated the anniversary of its partnership with both the **Baylor Teen Health Clinic** and the **Houston Museum of Natural Science**, 40 years and 75 years, respectively.

All of these highlighted achievements would not have been possible without the combined efforts of many people. In the spirit of collaboration, I would like to thank the women who dedicated their time and energy to the making of this issue. Thank you to the incredibly responsive and amazing Houston News Writers, **Rachel Clark**, **Claudia Garnica**, **Elisabeth Netherton** and the Houston News Sustainer Writers, **Elizabeth Ozden** and **Steph Magers**. Working with you all and reading your work has been a true joy.

Thank you to **Melissa Matsui**, Sustainer Advisor, whose dedication to *Houston News* is unparalleled and infectious. You continue to amaze me with your grace and attention to detail.

Special thanks to **Tara Merla Hinton** and her tireless dedication to getting this across the finish line. I know that you have had to wear many hats this year, and I appreciate all of your work getting this to print.

Lastly, thank you to **Anne Sears**, **Emily Shushtari**, **Alle Houston**, **Amanda Hanks Bayles**, **Akilah Mance** and **Kristiann Rushton** for your support and contributions.

As we move forward into 2023 and beyond, let us remember the power of working together and the importance of voluntarism. By continuing to collaborate, innovate and serve our community, we can build a brighter and better future for our community.

Cristina Torres

Houston News Editor



# Home of the world's medical breakthroughs

The Texas Children's team of experts provide life changing care across a number of nationally ranked specialties. We have the resources and knowledge to solve even the most challenging health problems. And we've proved it—breakthrough after breakthrough. That's the difference.

See why the difference is life  
changing at [texaschildrens.org](https://texaschildrens.org).



**Michael A. Belfort, MD**  
Obstetrician/Gynecologist In-Chief



**Texas Children's  
Hospital**

## Clinician Spotlight



**Sara Fallon, M.D., MS**  
Pediatric Surgeon



*I developed an interest in pediatric surgery during my embryology lectures*

*in medical school, where I was able to see how an issue with development in pregnancy could be fixed with a surgical procedure in infancy. I love that the field of pediatric surgery involves a wide range of patient experiences, from the infant with an anatomic anomaly that needs correction to the teenager with more common surgical problems. I can meet some of my patients the day they are born and follow them as they recover from their surgeries and grow into bigger babies and then older children. The ability to help children and their families navigate both minor surgical issues and complex conditions that may require multiple operations is incredibly rewarding."*

Our Pediatrix subspecialists located throughout Houston are proud to provide a coordinated and individualized plan of care for each patient's unique diagnosis. We deliver a multidisciplinary approach from a team offering expertise and experience in providing care for children with common or complex conditions.

Our specialists partner with the patients and their families entrusted to our team, provide exceptional patient care and strive to achieve the best possible outcome. We look forward to the opportunity to provide care for your child.



**Learn more about our multiple pediatric subspecialty practices throughout Houston.**



**Pediatrix Surgery  
of Houston**



**Pediatrix ENT  
of Houston**



**Pediatrix Cardiology  
of Houston**

 **pediatrix**  
MEDICAL GROUP



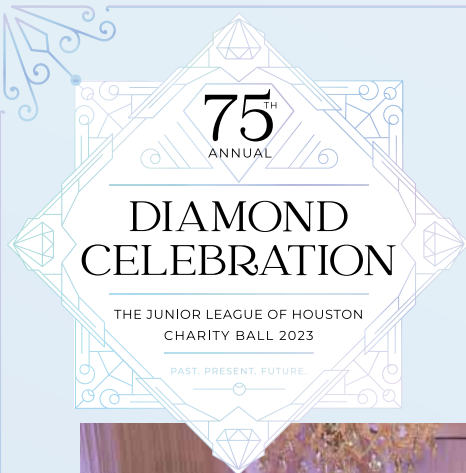
**Trust means**  
**sharing a vision**  
**setting goals**  
**premium service**  
**more.**

At Texas Capital Bank, expertise is just the start. Because our clients deserve more. We invest in our relationships by providing an unparalleled level of understanding and service you can only find in Texas. It's why we've been recognized as **America's #1 Most Trusted Bank.**



**The #1 Most Trusted  
Bank in America**





"DIAMONDS HAVE AN IMAGE OF PURITY AND LIGHT.  
THEY ARE GIVEN AS A PLEDGE OF LOVE  
AND WORN AS A SYMBOL OF COMMITMENT."  
— PETER SINGER



*The Diamond Celebration Charity Ball Committee*

# CHARITY BALL

*by: Steph Magers, Sustainer News Writer*

The Junior League of Houston, Inc. has given its love, support and commitment to the Houston community for nearly 100 years, so it only seemed fitting that the 75th Annual Charity Ball was themed *Diamond Celebration*. The formal event was held on Friday, February 3 and Saturday, February 4, 2023, with a cocktail event on Thursday, February 2, 2023. Over these three evenings, the League raised more than \$825,000 that goes directly to support the League's Community Program. The League's Community Program includes the 33 community projects served by JLH-trained volunteers, as well as community outreach efforts like our Community Assistance Grants, Emergency Grants and Community Collaborations.

In order to plan such a successful event, there must be dynamic leadership in place to create a vision as stunning as a diamond for the celebration. **Elizabeth Roath Garcia**, serving as Charity Ball

Chairman, was the driving force behind this year's theme. The milestone gem for 75 is the diamond, so she knew it would allow a perfect opportunity to host a glamorous night celebrating the League. Of course, she had the help and support of **Megan Anson**, Development Vice President, and **Anne Sears**, President, and **Tabbetha Lopez**, Charity Ball Assistant Chairman, behind her all the way. And none of it would have been possible without her outstanding committee. **Blaire Burdine** served as a phenomenal Media Chairman. **Karla Winters Cruickshank** did a fantastic job leading the Auction Committee, and **Lauren Freitag** created the flare as Decorations Chairman. **Clarissa Barboza** created a mesmerizing show as Entertainment Chairman, and **Kaylen Olwin** designed a beautiful invitation and program as Invitations, Reservations and Program Chairman. And, of course, it would



not have been possible without the Underwriting Chairman, **Amy Thorpe Strickland**, and her committee made up of **Jessica Baumann**, **Mary Margaret Brollier**, **Megan E. Brown**, **Natalie Magill Gonzalez**, **Aimi Knowling**, **Ashley Plaeger**, **Mia Rommel**, **Jessica Strake**, **Victoria "Tori" Tolbert** and **Anaam Zamorano**. In Elizabeth's words: "I was honored to lead this dazzling committee of women that even after all of the challenges, deadlines and pressures we faced, we came out in the end with friendships as strong as the diamonds in our celebration."

Upon entering the event, guests could peruse beautiful photos of the Junior League's history, as well as its current activities and offerings. It was especially neat to see photos of League members' daughters that could be the next generation of League leaders. Through these photos, guests could see the true impact that the League has had on our great city, as well as see the future of what can be for the League. Guests were also able to scout out all the live and silent auction items. There were items that really appealed to all partygoers.

Of course, what makes Charity Ball so unique from all other galas in Houston is that the live entertainment during dinner, including the singing, dancing and instrument playing, is all done by League members. The League is so fortunate to have such talented women that can perform in the show and bring guests to their feet for a standing ovation. A true highlight of the show was the cellist, **Kobi Morton**, who dazzled with her solo.

Guests were delighted by a beautiful ballroom adorned with gorgeous flowers, silver and white flowing tablecloths, and sparkles everywhere. There was also an amazing tent covering the lovely outdoor space that served as a fun and elegant place to have cocktails, view auction items, and mix and mingle with fellow guests. Additionally, there was a VIP Diamond Vault Bar, sponsored by CIEL Restaurant + Lounge and a professional jewelry cleaning station hosted by Valobra Master Jewelers. On Saturday night, there was a special late-night experience, **Bejeweled Late Night**, that was sponsored by ALTO. This event featured drinks, photo opportunities and dancing under the diamonds to Houston's Radio Live Band.



*Anne Sears and Bill Peltier*



*Elizabeth and Anthony Garcia*



*Executive Committee: Sydney Goss, Courtney Durham, Emily Shushtari, Anne Sears, Tamra Wilkerson Politte, Amanda Hanks Bayles and Megan Anson*



*Megan Anson and Phillip White*



*Garrett and Jayne Johnston*

---- continued









----- continued













## MARQUISE CUT / COMMUNITY PARTNERS

Texas Children's Hospital – *Premier Community Partner*  
 Sewell Automotive Companies – *Presenting Automotive Sponsor*  
 CCRM Fertility Houston  
 Children's Memorial Hermann Hospital  
 Pediatrix Medical Group  
 Strake Foundation  
 Texas Capital Bank  
 The Woman's Hospital of Texas

## RADIANT CUT

Jack H. and William M. Light Charitable Trust  
 Rathjen Consulting Group / UBS Financial Services  
 The Sears and Peltier Families  
 Walter Oil & Gas Corporation Charitable Contribution Fund at Greater Houston Community Foundation

## CUSHION CUT / COMMUNITY CHAMPIONS

Alto	Kendra Scott	Tootsies
CIEL Restaurant + Lounge	Lovelykind Beauty	Valobra Master Jewelers

## OVAL CUT

2022 – 2023 Centennial Anniversary Committee	Amanda and Michael Bayles / Mr. and Mrs. Fuller Blanchette / Miranda and Charles Blaschke / Helyna Bledsoe and John Thompson / Mr. and Mrs. Justin William Ely
Akerman LLP	
Liz Lloyd Akyol / Claire Blanton / Elizabeth Blanton / Jenny Childers / Taylor Hummel Coursey / Kaitlyn Evins / Afton and Brad Griffin / Lea Tcholakian	Amanda and Terry Boffone / Bethany and Ben Buchanan / Jayne and Garrett Johnston / Ashley and Jonathan Sloan / Mary Lee and Richard Wilkens
Christina Altenau / Missy Belcher / Emily Capps / Josie Morgan / Vanitha Pothuri / Shannon Robinson / Maidie Ryan / Mary Catherine Sharman	Deborah Boone / Doris Melissa Craig / Kelly Hickman and Ryan Ingraham / Allison Jochetz
Megan Anson and Phillip White	
Megan Anson / Amanda and Michael Bayles / Courtney Durham / Sydney Goss / Tamra Wilkerson Politte / Emily Shushtari / Anne Sears and Bill Peltier / Laura Thompson	Lauren Brown / Lauren Gates / Natalie Gonzalez / Carson Kelley / Amanda Pritchett / Laura Rickaway / Michael Ann Young Singleton / Amy Strickland / Jennifer Weinstock / Anaam Zamorano
Megan Duffey Armstrong / Tara and Brad Hinton / Tanya and Jason Leiber / Courtney and Matt McKenna	Megan and Jordan Brown / Danielle and Derek Gillespie / Emily and Kolby Wahl / Alex and Darien Yarbrough
Martha and David Barnes / Beth and Van Rommel / Mia Rommel / Amy and Steve Winstead	Carson and Blaire Burdine / Natalie and David Gonzalez / Laura Rickaway / Michael Ann and Will Singleton / Clint and Amy Strickland
Susan Barnes / Mimi Blomberg / Tanya Boucher / Tara Merla Hinton / Katherine Lacey and Will Graham / Alicia Lee / Steph Magers / Kristiann Rushton / Cathy and DeHorne Sia	Burguières Family Foundation at Greater Houston Community Foundation  Jamie and Will Carsey



## OVAL CUT *continued*

Centerpoint Energy / Megan and Jason Ryan

Comerica Bank

Amy Dunn Comiskey / Mimi Foerster / Katie Hackedorn /  
Jennifer LeGrand Howard / Katie Kildal / Katie Montgomery  
Mears / Rachel Regan / Jennifer Roberts / Charlotte Seals /  
Whitney Walsh / Mitra Woody / Beth Zdeblick

Amanda and Robert Connolly /

Mr. and Mrs. Corey Eickenloff /

Mrs. Carrie Engerrand and Mr. Bill Kost /

Celesta and Pedro Ribas Ferreira / Kaliko and Omid Veisesh

CR3 Partners

Karla and David Cruickshank / Lauren and George Freitag  
/ Kristi and Robert Grove / Andrea Hale / Kaylen Olwin /  
Mariaha Pedder / Casie Villarreal / Jennifer Ward

Courtney Durham / Jessica and Tony Essalih /  
Sydney and Barry Goss / Laura Thompson / Sara-Nell Van Lant /  
DaviAnn Worthington and Robert Steed

Elizabeth and Anthony A. Garcia

Elizabeth and Anthony A. Garcia /

Jay R. Houren and R. Elise Houren / Anne and David Rae

Hand Surgery Specialists of Texas

Kate and Peter Hays / Judy and William Peterson /  
Emily and Jonathan Shushtari / Margie and Daniel Sutton

Stephanie and Austin Hoffman /  
Danielle and Blake McGregor / Jessica and Alex Parker /  
Anne and William Reese / Prue and Jeremy Viscomi

JLH Sustainer Transfer Club – Leslie Alston and Mike Zenker  
/ Lavinia Boyd and Gary Hellings / Maura Ferrero-Baroni /  
Lisa Hostler and Charles Hagenkotter / Libby Power /  
Anne Barclay Reed / Nada Wood

John P. McGovern Foundation

Dionella Martinez and Maurice Eggenschwiler

Claire and Nick Petree

Tamra and Josh Politte

Prosperity Bank

Adam and Amy Renz

Scurlock Foundation *in honor of Elizabeth Garcia*

Diana Skerl and Michael Karakasians

Brian Starr

The Iris and Lloyd Webre Foundation

Whalley Family Foundation

Mark and Laura White

## ASSCHER CUT

Dr. Shiree A. Berry & Associates

Rebecca and Owen Birkett / Kalinda Campbell /  
Katherine and Brett Mach / Adrianna Williams

Mr. and Mrs. Patrick Blomberg / Emily and Pete Spanos /  
Corynne and Chris Yamasaki

Chevron Matching *on behalf of Carson Kelley*

Ashlyn and Ryan Hanna / Courtney and Brian Huskinson /  
Chelsea Johnson / Anaam and Trey Zamorano

Flo McGee

## BAGUETTE CUT

Dorothy and Mickey Ables

Kathryn and Billy Bragan

Carol B. Deason Fund at Greater Houston Community Foundation  
*in honor of Mary Margaret Brollier*

ConocoPhillips *on behalf of Anne Reese*

Corrpro

Emily Crosswell

Friend of the League

Beth and Brett Ganz

Claudia A. Garnica and Christopher M. Halbohn

Suzanne and Danny Grant

Leslie and Trevor Keyes

Vidal Knight

Kim and Scott Martin

Becky and Wayne Pivec

Margo Roath

Sally Anne Schmidt

Serpe Andrews, PLLC

Mary Eliza and Park Shaper

Patsy and Bob Speed

Alan and Claudia Stewart

Lisa and David Stone

Ellen and Jorge Toranzo

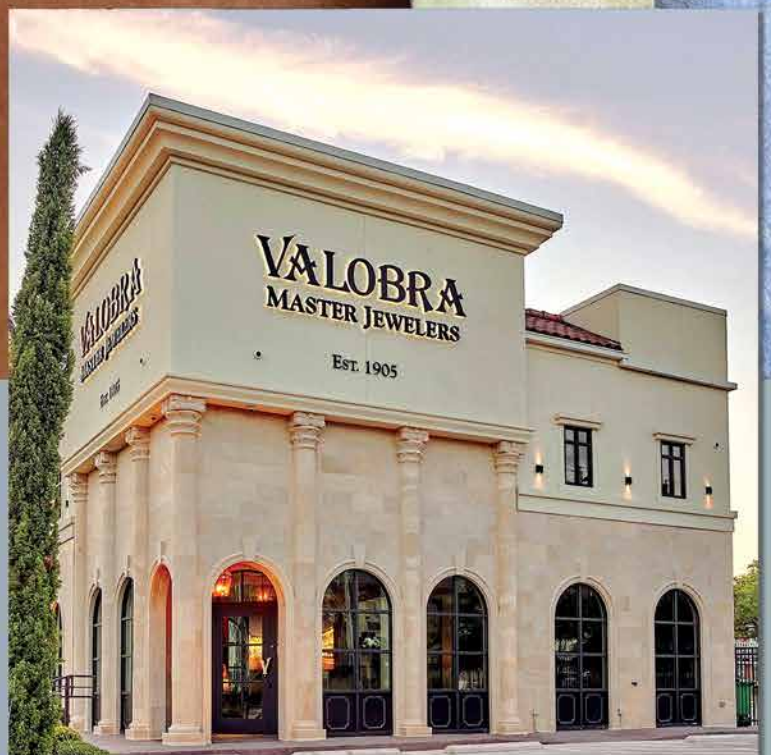
Anne Tucker

Betty Tutor

*in honor of Malcolm Rowland and the event chairs*

Mr. and Mrs. James G. Ulmer

United Airlines *on behalf of Erika Kirsten Hunter*



2150 Westheimer Rd. | [Valobrajewelry.com](http://Valobrajewelry.com)



# CASH & COLLABORATIONS

by: *Elizabeth Ozden, Sustainer News Writer*

For 67 years, The Junior League of Houston, Inc. has provided Community Assistance Grants to worthwhile organizations that do not receive ongoing volunteer support or other financial assistance through the League's Community Program. For the 2022 – 2023 year, the League awarded \$172,500 in Community Assistance Grants to 14 remarkable organizations. These grants are funded by the Community Program Fund and the Barbara and Roy Adams Endowed Community Grant Fund.

Each year, the Community Assistance Committee is given guidance to help prioritize their requests, and this committee's focus areas were directed by results from the 2021 Membership Survey: Abuse and Neglect of Children, Basic Needs, Children's Education, and Mentoring Young Girls and Women.

The 2022 – 2023 grant recipients represent a diverse group of programs both in the populations they serve as well as the geographic area of Houston. Not only do these grants give financial support, but they also assist in establishing fruitful relationships and cultivating key collaborations. "Something that has been eye-opening for me is the potential synergies between several of these organizations and the programs they are offering," stated **Jennifer Weinstock**, Community Assistance Chairman. During the grant check presentation and reception at the League on Monday, January 23, 2023, Jennifer spoke about several agency recipients "in hopes they would make connections with one another to further grow their missions and programs."

## 2022 – 2023 Community Assistance Grant Recipients:

### CHRISTUS Foundation

**for HealthCare:** To support CHRISTUS School Clinics Program in partnership with Catholic Charities. For over 50 years, the foundation has helped underserved and uninsured people of all faiths, ages and cultures receive compassionate health care and related services.



### Fort Bend Family

**Promise:** To support the Youth Empowerment Planning (YEP!) Program. The organization provides shelter, meals and comprehensive support to families without homes.



### Girls Inc. of Greater

**Houston:** To help underwrite the Project inSIGHT Program model for the 2022 – 2023 school year. Through direct programming, Girls Inc. of Greater Houston builds safe spaces and fosters long-term mentoring relationships for the girls they serve to develop their strengths, learn lasting skills and take charge of their future.



### Have Shears Will

**Travel:** To support the expansion of services, serve more agencies through the barber school and partially fund a permanent location. Have Shears Will Travel is a nonprofit hair care organization serving the local community with special needs that restrict their ability to obtain these services due to physical impairment, lack of transportation or financial means.



### Houston Ballet:

To support the X<sup>3</sup>: Explore, Extend, Excel! Program, which is a free program for 3rd through 5th graders. Two Houston Ballet teaching artists and a musician travel to schools to work with students for a class series culminating in a themed performance for the school community, family and friends.



## Houston Botanic Garden:

To support BotaniCamp, which aims to enrich students' lives through discovery, education and the conservation of plants and the natural environment.



## Houston ToolBank:

To support the Desk Build Program. Houston ToolBank provides community-based organizations with tools, equipment and expertise to empower their most ambitious goals.



## \*Memorial Assistance

**Ministries:** To support the "I Can See" Eye Exam Program for children. Since 1982, MAM has focused on delivering programs to build financially stable families and healthy, supportive communities where all in need will feel welcome.



## \*Neuhaus Education

**Center:** To support the expansion of Neuhaus's Family Support Program. NEC has been a trailblazer in solutions for overcoming obstacles to literacy, including dyslexia, and is a nationally recognized leader in implementing the science of reading.



## Prelude Music

**Foundation:** To support "My First Orchestral Concert." The Prelude Music Foundation partners with schools in underserved communities to bring research-based music education to support the development of young children.



## The Women's Resource

**of Greater Houston:** To support the RISE! Program, which, in partnership with local high schools, helps at-risk girls acquire essential financial knowledge, skills and confidence they need to make sound decisions and improve their lives.



## The Woods Project, Inc.:

To support expansion efforts, significantly increasing the number of students served and the overall impact in the Houston community. The Woods Project creates wilderness education and exploration experiences that develop critical behaviors needed for students from underserved communities to succeed in school and life.



## Wellsprings Village,

**Inc.:** To support the Mental Health Awareness Program. Wellsprings Village provides a safe, nurturing environment of healing and development in a homelike environment for women who were homeless or abused, helping them to become independent, contributing members of the community.



## Young Audiences,

**Inc. of Houston:** To support the Self-Care Learning Lab at Kashmere High School. Young Audience's mission is to educate and inspire children through the arts, and to make the arts an integral part of the school curriculum. Congratulations and many thanks to the Community Assistance Committee!



Chairman  
Jennifer Weinstock

Sustainer Advisor  
Megan Anne Ryan

Committee Members:

Tany Jeter Klaes

Nicol Voutsinas

Kaitlin Lolie McLellan

Lauren Mielke Walker





**You give  
them your heart.**

**We give them  
top-rated heart care.**

As a parent, you always want your kids to be in the best hands. Affiliated with McGovern Medical School at UTHealth Houston and UT Physicians, Children's Memorial Hermann Hospital offers the most advanced heart treatments available and has been named a top children's hospital in Cardiology & Heart Surgery by U.S. News & World Report. It's the high level of care you need, and it's designed for your child—and for you.

[memorialhermann.org/childrens-heart](http://memorialhermann.org/childrens-heart)

**Advancing health. Personalizing care.**

 UTHealth Houston

**Children's**  
MEMORIAL  
HERMANN  
Hospital



## LEAGUE LEGENDS

ANNUAL FUND

### LEAGUE LEGENDS ANNUAL FUND DONORS

#### DIAMOND LEGEND

Brice Family Charitable Fund at Schwab Charitable

Ms. Susie Garofolo *in honor of Mrs. Marie Garofolo*

Mr. and Mrs. Michael Kennedy

Mr. and Mrs. Michael F. Padon

#### PLATINUM LEGEND

CIEL Restaurant + Lounge

#### GOLD LEGEND

Mr. and Mrs. Stephen Bailey  
Benevity Community Impact Fund  
for Macquarie  
*on behalf of Alle and Brian Houstoun*

Benevity Community Impact Fund  
for Phillips 66  
*on behalf of Jordan Brister*

Benevity Community Impact Fund  
for Plains Midstream & PAA  
*on behalf of Amanda Hanks Bayles*

Ms. Helyna Bledsoe and  
Mr. John Thompson

Ms. Adriene Carroll

Mrs. Kristin Collins  
*in memory of Pam Conkle*

Mr. and Mrs. Alfred James Fatica

Ms. Shine George

The Green Tree Fund

The John and Renee Hawkins  
Family Fund at Goldman Sachs  
Philanthropy Fund

Mrs. William F. Joplin

Keith and Mattie Stevenson Foundation

Mr. and Mrs. David James Kerr

Mrs. Marilyn Lummis

Ms. Kimberley Patterson

Ms. Anne Reed

Salesforce  
*on behalf of Kristin Collins*

Judith and Henry Sauer Fund at Greater  
Houston Community Foundation

Ms. Sally Anne Schmidt

Mr. and Mrs. Roy Gordon Shaw Jr.

Ms. Diana Skerl and  
Mr. Michael Louis Karakasians

Mr. and Mrs. Sheridan A. Thompson

Mr. and Mrs. James Hawley Tichenor

YourCause for Chevron  
*on behalf of Shine George and  
Kristiann Rushton*

YourCause for Crestwood  
*on behalf of Susan Bailey*

#### SILVER LEGEND

Mr. and Mrs. Carlos Alberto Abello

Mr. and Mrs. Thawda Aung

Mr. and Mrs. Michael Bayles

Mrs. Jeanette Collins

Mrs. Nellie Colson

ConocoPhillips  
*on behalf of Hannah Bodeker*

Mrs. Carl Arthur Davis  
*in memory of Carl A. Davis*

Ms. Eleanor F. Delery

Mr. and Mrs. Campbell Lehnertz Faulkner

Mr. and Mrs. Andrew M. Fossler III

Dr. and Mrs. Robert Henry Fusillo



Mr. and Mrs. Barry Goss  
 Mr. and Mrs. Roshan Gummattira  
 Mr. and Mrs. C. Michael Harrington  
 Head Family Charitable Fund, a  
 Fidelity Charitable Donor-Advised Fund  
 Houston Contractors Association  
 Hussein Family Fund  
 at Goldman Sachs Philanthropy Fund  
 Mr. and Mrs. Richard Lee Jeter  
 Kendra Scott Design, Inc.  
 Mr. and Mrs. Trevor Scott Keyes  
 Mr. and Mrs. John Anthony King  
 Mr. and Mrs. Cecil James Looke III  
 LovelyKind Beauty

Mr. and Mrs. Robert Maclean  
 Mrs. Mona Mapel  
 Mr. and Mrs. Douglas McKeige Esq.  
 Ms. Michelle Peacock  
 Mr. and Mrs. William Peterson  
 Mr. and Mrs. Wayne Pivec  
 Mr. and Mrs. Josh Politte  
 Mr. and Mrs. Justin Robinson  
 Mrs. Deborah Scianna  
 Ms. Anne Sears and Mr. Bill Peltier  
 Mr. and Mrs. C. Park Shaper  
 Shell Oil  
*on behalf of Lauren Gonzalez*  
 Mr. and Mrs. Jonathan Shushtari  
 Mr. and Mrs. Michael Simpson

Mr. and Mrs. William Joseph Singleton III  
 Ms. Janet Springer  
 Mr. and Mrs. Ross Staine Jr.  
*in honor of Anne Sears*  
 Ms. Katherine Steadman  
 Ms. Sara Thomas  
*in honor of Kristen Thomas Herndon*  
 Mrs. Sandra P. Wilkens  
*in honor of Derry Wilkens and  
 Mary Lee Wilkens*  
 YourCause for Chevron  
*on behalf of Beatrice Bienvenu*  
 YourCause for NRG  
*on behalf of Alisha Nathoo*  
 Mr. and Mrs. Alan V. Ytterberg

## BRONZE LEGEND

Amazonsmile Foundation  
 Ms. Megan Anson and Mr. Phillip David White  
 Mr. and Mrs. David Michael Bash  
 Mr. and Mrs. Patrick Blomberg  
 Ms. Mary Kay Borchers  
 Ms. Tanya Boucher  
 Mr. and Mrs. Michael Lamar Brem  
 Mr. and Mrs. Cameron Robert Brown  
 Mr. and Mrs. Jeffrey Blaine Brown  
 Ms. Beth Brownlee  
 Ms. Joan Buschor  
 Mr. and Mrs. Steve Bynon  
 Ms. Marti Carter  
 Ms. Janet Cavanaugh  
 Dr. and Mrs. Darren Chapman  
 Mrs. Jean Chernosky  
 Ms. Jenny Childers  
 Mr. and Mrs. J.D. Collado  
 Mr. and Mrs. Craig Collins Esq.  
 Ms. Heather Conn  
 Ms. Cynthia Coselli  
 Ms. Shelly deZevallos  
 Mr. and Mrs. Brian Doyle  
 Dr. and Mrs. Christopher Alan Durham  
 Mr. and Mrs. Thomas Lee Elsenbrook  
 Mr. and Mrs. Tony Essalih  
 Friends of the League

Frock Shop  
 Mr. and Mrs. Anthony A. Garcia  
 Geo. H. Lewis & Sons  
 Ms. Donna Gibson  
 Ms. Stephanie Goldfield  
 Mr. and Mrs. Justin Grindal  
 Ms. Yvonne Harris  
*in memory of Dr. Carol Yvonne Plummer Harris*  
 Mr. and Mrs. Bradley Keith Hinton  
 Dr. and Mrs. Kevin Holmes  
 Mr. and Mrs. Ryan Ingraham  
 Mr. and Mrs. Ross Irvin  
 Dr. Frances Kimbrough  
 Ms. Carla Knobloch  
*in memory of Dorothy Ables' father,  
 Harold Mathias*  
 Dr. and Mrs. Kenneth Eugene Lehrer  
 Dr. Barbara Manousso and Mr. John Manousso  
 Ms. Barbara McCelvey  
 Mr. and Mrs. Brett Logan McDanald  
 Mr. and Mrs. Peter Daniel McLellan  
 Ms. Carla Mondt  
 Ms. Jacqueline Monheit  
*in memory of Max Monheit*  
 Mr. and Mrs. Claude H. Mullendore  
 Ms. Marie Newton  
 Nora at Intrinsic  
 Mr. and Mrs. Edoardo Padeletti

Mr. and Mrs. Nick Petree  
 Mrs. Kelsey Prestidge and Mr. Ziad Amin  
 Mr. and Mrs. Steven William Roberts  
*in honor of Laura Lee*  
 Ms. Kristiann Rushton  
 Mr. and Mrs. Randhir Sahni  
 Mr. and Mrs. Bret Shapot  
 Mr. and Mrs. DeHorne Sia  
 Mrs. Dorothy Smith  
 Mr. and Mrs. Clinton Strickland  
 Mrs. Roberta Sweet  
 Ms. Laura Thompson  
 Mr. and Mrs. Kelton Christopher Tonn  
 Mr. and Mrs. Jorge Toranzo  
 Mr. David Towery  
 Mr. and Mrs. Jake Valentine  
 Mr. and Mrs. Thomas L. Walker  
 Mr. and Mrs. Coleby Weinstock  
 Mrs. Marcia West  
 Mr. and Mrs. Richard Barlow Wilkens IV  
 Ms. Adrianna Williams  
 Ms. Jennifer Williams  
 Dr. and Mrs. Joshua Taylor Woody  
 YourCause for Chevron  
*on behalf of Michaela Pichini and Kelsey Prestidge*  
 YourCause for Wells Fargo  
*on behalf of Kaitlyn Evins*

The Junior League of Houston, Inc. has made every effort to include all donors on the listing herein and apologizes for any errors or omissions. This listing is as of Thursday, May 11, 2023.

# Giving back

Proud to support the Junior League of Houston

For over 30 years, Rathjen Consulting Group has been providing sophisticated investors, their families, businesses and nonprofits with integrated Private Wealth Management services. As a team of independent thinkers guided by our own experience, we bring thoughtful, well-informed perspective to your individual and institutional planning and investment goals.

Whether you are navigating your family's financial challenges or helping your employees or your endowment pursue theirs, we offer advice that evolves with today's changing wealth management landscape. Our experienced consulting team leverages the vast resources and strong financial backing of UBS, a powerful global financial leader.

We believe in guiding our clients and our community today, tomorrow and for generations to come. Let's begin the conversation.

**Craig Rathjen**

Managing Director—  
Wealth Management  
Senior Institutional Consultant  
713-957-7040  
craig.rathjen@ubs.com

**Beau Rathjen**

Financial Advisor Associate  
713-350-8122  
beau.rathjen@ubs.com

**Jake Boyer**

Wealth Strategy Associate  
713-350-8121  
jake.boyer@ubs.com

**Marshall Miller**

Client Service Associate  
713-350-8120  
marshall.miller@ubs.com

**Rathjen Consulting Group**

**UBS Financial Services Inc.**

4400 Post Oak Parkway  
Suite 2000  
Houston, TX 77027  
713-350-8000  
800-861-9827 toll free

[advisors.ubs.com/rathjenconsultinggroup](https://advisors.ubs.com/rathjenconsultinggroup)



As a firm providing wealth management services to clients, UBS Financial Services Inc. offers investment advisory services in its capacity as an SEC-registered investment adviser and brokerage services in its capacity as an SEC-registered broker-dealer. Investment advisory services and brokerage services are separate and distinct, differ in material ways and are governed by different laws and separate arrangements. It is important that you understand the ways in which we conduct business, and that you carefully read the agreements and disclosures that we provide to you about the products or services we offer. For more information, please review the client relationship summary provided at [ubs.com/relationshipsummary](https://ubs.com/relationshipsummary), or ask your UBS Financial Advisor for a copy. © UBS 2022. All rights reserved. UBS Financial Services Inc. is a subsidiary of UBS AG. Member FINRA/SIPC. CJ-UBS-569911406 Exp.: 03/31/2023





One of the focus areas for The Junior League of Houston, Inc. for 2022 – 2023 is the gift and importance of mentorship. Much of the League's success can easily be attributed to the power of women mentoring women. The League proudly offers mentorship opportunities to our provisional, active and transfer members. This kind of mentorship availability provides the chance to support every one of our members, regardless of their membership status or where they are in their League journey.

Starting next year, League members who sign up and volunteer their time as mentors will be given credit as part of the League Lite program. Volunteers selected as mentors will attend required training before initiating contact with their mentees. Once training is complete, mentors will set up mentorship meetups or sessions with their mentees. Any member of JLH can opt in to being matched with a mentor. Their member status – provisional, active or transfer – will determine their mentor match and what type of mentorship they receive. For example, a provisional mentor may focus on providing a better understanding of how the League operates and coaching on what kind of volunteer involvement would be best for them as a future active member.

In comparison, an active or transfer member may be given mentoring that is more specific to their current league experience. For transfers coming to Houston, the size of the Junior League of Houston may differ from their prior league.

League mentors are invited to all provisional, transfer and active member engagements, events and socials to have the opportunity to accompany their mentee. The number and consistency of mentor meetings can vary based on the individual and her needs but usually involve a minimum of two meetings in the fall and two in the spring.

Mentorship is just one of many initiatives the League is excited to create and promote to build up both our members and the Houston community!



*Mentor and Mentee  
Selina Sauter and Megan Ryan*



*Mentor and Mentee  
Haylie Troiano and Paige Cohick*



*Mentor and Mentee  
Jenny Childers and Kaitlyn Evins*



*Mentee and Mentor  
Megan Ryan and Megan Long*



*Mentor and Mentee  
Kelly Hickman and Caroline Waller*



*Mentee and Mentor  
Tutu Okongwu and Nicole Broussard*



*Mentor and Mentee  
Kitty Morton and Farrah Khan*



SURGERY OF HOUSTON

Our Pediatrix® family of practices is here for you when your family needs it most.

OBGYN



MFM



Developmental



Peds Cardiology



Peds ENT



Peds Surgery



Peds Primary + Urgent



Learn more about our practice.



"I love taking care of kids! Kids seem to bounce back so much quicker after a significant operation. I find it rewarding to get them through the painful process of surgery and back to what they enjoyed the most – just being a kid."

— Haroon Patel, M.D., MHCM  
Practice Medical Director

At Pediatrix® Surgery of Houston, our physicians create a coordinated, personalized care plan for each patient's unique diagnosis.

With multiple offices conveniently located throughout Greater Houston, our pediatric surgeons partner with local hospitals and various pediatric subspecialists to provide a multidisciplinary team approach, offering expertise in caring for children with common to complex conditions requiring surgery.

Our mission is to improve the lives of every child entrusted to our care. We look forward to serving your child.





Our Pediatrix® family of practices is here for you when your family needs it most.

OBGYN



MFM



Developmental



Peds  
Cardiology



Peds  
ENT



Peds  
Surgery



Peds  
Primary + Urgent



Learn more about  
our practice.



Dr. Goff is passionate about the care she provides as a nationally recognized fetal and pediatric cardiologist. She has dedicated her career to advancing fetal imaging, prenatal management and postnatal management of patients pregnant with a child diagnosed with a complex congenital heart defect.

— Donna Goff, M.D., MS  
Practice Medical Director  
Fetal & Pediatric Cardiology  
Pediatrix Cardiology of Houston

At Pediatrix® Cardiology of Houston, our pediatric cardiologists specialize in care for fetal patients, infants, children and adolescents.

Our mission is to improve the lives of every child entrusted to our care. We look forward to helping your child achieve life-long heart health.



# 2022 – 2023 SARA HOUSTOUN LINDSEY AWARD

*Courtney  
Culver  
Baker*



*Anne Sears presents the Sara Houston Lindsey Award to Courtney Culver Baker*

*by: Steph Magers, Sustainer News Writer*

The Sara Houston Lindsey Award is presented each spring to a Junior League of Houston member that furthers the mission of the League and its vital role in the community. Typically, this member has identified a need within the League and the community and then dedicates herself to addressing that need either through her individual service to the League or community, or by engaging other League volunteers to help make a positive difference in the community. This year's amazing woman, the 2023 Sara Houston Lindsey Award recipient, is **Courtney Culver Baker**.

Courtney is currently serving in her 18th active year of the League

as the Sustainer Assistant Chairman – Centennial Anniversary. She has used her nearly 20 years of active experience to help lead discussions on Centennial activities and has helped bridge ideas between sustainers and actives. She has also served as a Board of Director-at-Large, Open Door Meetings Coordinator, Community Assistance Committee Member and even in a non-credit position as an Outside Board Representative for The Woods Project. She clearly has a passion for Development and Charity Ball having served as Tea Room Special Events Chairman and Development Communications Manager, plus Ad Sales Chairman, Charity Ball Assistant Chairman,



Charity Ball Underwriting Assistant Chairman and Charity Ball Decorations Chairman. She has brought her impeccable sense of style and fantastic writing skills to each of these roles as well.

During the 2020 – 2021 year, Courtney served as the Focus Area Chairman. Given that this was during the pandemic, she had the extra challenge of planning and executing a Focus Area Event conducive to the ever-changing health landscape. She was instrumental in creating the first-ever JLH Super Markets. These markets provided much-needed food and household necessities to families that had been severely impacted by the COVID-19 pandemic. She embodied the essence of the Sara Houstoun Lindsey Award as she was determined to make a difference in these families' lives and inspired those around her to help make these markets a success. When asked what her most rewarding JLH placement was, Courtney noted it was tough to decide as she felt fortunate for all the roles. However, she did feel that the Focus Area Chairman role really brought all her years in Community, Development and Membership together to impact the League and Houston community.

Courtney works full-time as a trial attorney for Sheehy Ware Pappas & Grubbs P.C. focusing primarily on commercial, hospitality and construction litigation. Prior to joining that firm in 2020, Courtney also worked as outside counsel to corporations, government entities, and individuals in both the litigation and transactional space for over 21 years. Outside of the Junior League of Houston, she has been incredibly involved with the Pulmonary Fibrosis Foundation, River Oaks Baptist Church and School, Recipe for Success, Sky High for Kids and The Joy School. She has also served as President of Houston Tri Delta Philanthropies, Inc./the SALE and Administrative President-Elect of the Tri Delta Houston Area Alumni Chapter. She has dedicated numerous hours to all these groups giving her time and talents to each.

When asked where her passion for volunteering comes from, Courtney fondly comments about her parents. She saw both her mom and dad consistently serve as active members of the community through service organizations, their church and even in politics. Shortly after her dad passed away in 2015, members of the Fort Bend County community shared tributes about her dad, who had served as a County and State District Court Judge for over 38 years plus served countless hours helping others. As a



*Pierson, Buck, Courtney and Helen Baker*



*Beth Bryant, Courtney Culver Baker, Kadriye Alcorn, Traci McCoy and Meghan Moore*



*Past Sara Houstoun Lindsey Award Recipients with Courtney – Katie Hackedorn, Susan Barnes, Jeannie Chandler, Melissa Garlington and Megan Anne Ryan*

----- continued



lasting tribute, an elementary school was erected in 2019, housing 400 students, and named after him, Judge Thomas R. Culver, III Elementary School. Courtney said, "Observing a lifetime of service by my parents has been a blessing. I am proud of their combined legacy that my mom continues to create."

They both instilled in her a love for helping others and leading through service. Courtney also hopes to instill those same values in her two children, Pierson and Helen Eloise-Marie. She and her husband, Buck, both try to ensure the kids learn the importance of volunteering from an early age. Courtney has served as such an inspiration and embodies all that the Sara Houstoun Lindsey Award represents. Congratulations to Courtney!



*Courtney and her family attend the opening of Judge Thomas R. Culver, III Elementary School*



*Rachel Regan and Courtney Culver Baker hand out food at the fall 2020 - 2021 SuperMarket*



*Dee Dee Robinson, K.D. Askins Jones, Lindsey Miller and Courtney Culver Baker at the SALE*



*2020 - 2021 SuperMarket*



*Ashley Sloan and Courtney Culver Baker at Une Belle Nuit*

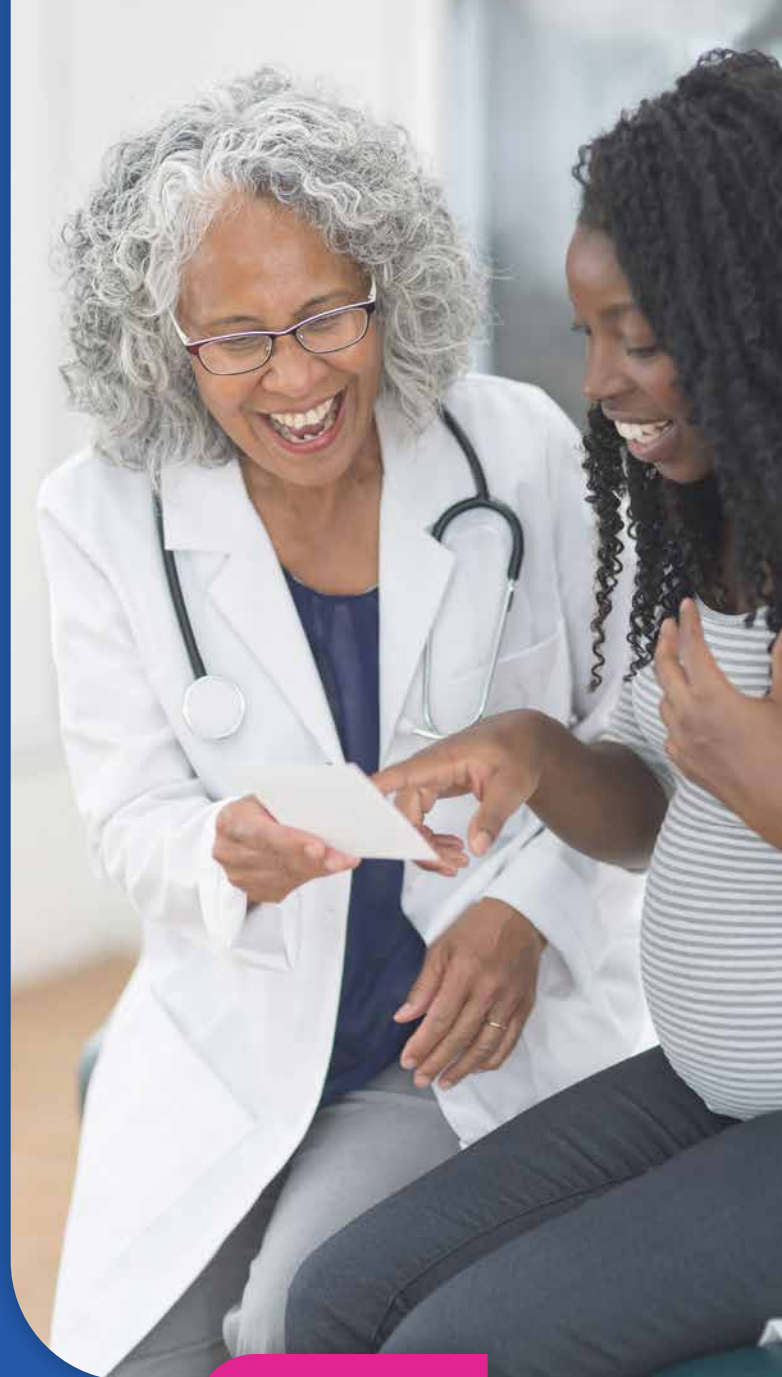


# Maternal-Fetal Specialists: Managing High-Risk Pregnancies

**What we do:** Provide exceptional maternal-fetal medicine care for high-risk expectant mothers and their developing babies.

**How we do it:** With expertise, compassion and dedication.

For more than 30 years, the clinicians at Obstetrix Maternal-Fetal Medicine Specialists of Houston, part of Pediatrix Medical Group, have served women with high-risk pregnancies across Greater Houston. We provide preconception and prenatal counseling, fetal ultrasound, delivery, critical-care obstetrics and everything in between.



It is our honor to support every woman and family throughout their journey as a patient.



**Learn More  
About Our Practice**



**We must cut the cord. Our kids are tethered to cell phones, tablets and other electronic devices for hours each day. And it shows. By age 12, only eight percent of kids meet American Academy of Pediatrics guidelines of one hour of physical activity per day. Others' inaction has fueled adolescent obesity, which has more than tripled in the past 30 years. THIS TROUBLING TREND MUST STOP—AND THE ANSWER IS EXERCISE. BUT HOW DO WE TURN KIDS INTO ACTION HEROES?**

"Physical activity starts with parents providing a good example," says Timothy Couture, PT, MPT, Associate Vice President of Sports Medicine and Rehabilitation at Memorial Hermann Ambulatory Services. "If you don't engage in exercise, how can you expect your kids to do so?"

# 10 WAYS TO STAY FIT AS A FAMILY

**TRY THESE 10 WAYS TO INSTILL NEW FAMILY VALUES:**

## 1 Be a Player.

Invite your children's friends to join them at a nearby park, miniature golf range, batting cage, tennis court or playground where they can swing, slide, skip, scamper and chase each other. "Children like to engage with other kids their age," says Couture, a triathlete and father of three. "Even teens who are too cool to hang out with their parents are more willing if their pals participate."

## 2 Gimme a Break.

Stage challenges during TV commercials by allowing one of your youngsters to decide whether you run in place or do push-ups, jumping jacks or handstands.

## 3 Put Kids in Charge.

Some kids prefer team sports. Others would rather do something with you one-on-one. Let them choose and they'll be more likely to pursue a passion. "Even if it's not 100 percent active, getting them away from computers and TV and out of the house is an accomplishment," says Couture.

## 4 Post It.

If your child is a natural performer, create a fitness video starring her and her friends. "It's a great way to engage kids to be more active and enjoy what they're doing," Couture says.

## 5 Go High-Tech.

As anyone with a Fitbit or pedometer can attest, competing with oneself and tracking progress often motivates. "My daughters track their movements on fitness watches, while my 10-year-old son has a device that connects to an App on my phone. He gets rewards if he meets his goals, so he'll say, 'Let's go for a walk!' Also steer kids to interactive games that offer chances to move with a partner and be scored on accuracy, be it Zumba, golf, boxing or bowling," Couture says.

## 6 Celebrate.

Set expectations and goals but don't punish kids for failing to achieve them, as long as they try. "Acknowledge effort," Couture says. Though participation trophies are sometimes ridiculed, they encourage those who are uncoordinated, out of shape or slow to master skills. "The less able they are, the smaller goals should be." Reward kids for finishing homework with a game of catch, but don't punish bad behavior with running laps or doing crunches. "We never use food as a reward," Couture says. "We reward our kids with activities."

## 7 Time Share.

Just as you schedule meals and chores, set aside time to walk, shoot hoops or ride bikes. You can work off pent-up after-school energy or calories by playing catch or taking laps around the block after dinner.

## 8 Be App-y.

MyFitnessPal allows the Coutures to track calories and fat grams of grocery foods before buying them and to check restaurant menus online before ordering. "We read labels together and talk about healthier options."

## 9 Steer Clear.

Skip, not sip, soft drinks. "90% of what they drink should be water, for their growth and development," Couture says. "Sodas are essentially drinking calories."

## 10 Follow the Leader.

"My wife and I are committed to a lifetime of fitness, and so are our children," says Couture. "They've seen for themselves that they do better academically, have more energy and are less stressed. One of my daughters will go for a run before college exams because it improves her focus and reduces her stress. Once your children feel better, physical activity becomes a lifelong change."



# CIEL

*Restaurant & Lounge*



*Find Your*  
**DELIGHT AT CIEL**

*Ciel* meaning 'sky' or 'heaven' in French, is a fine dining restaurant and lounge offering Japanese cuisine with a French twist in a festive atmosphere. Enhance your dining experience with live music and performances while sipping a craft cocktail or any selection from our curated wine and champagne list.



(713) 832-2435

4411 San Felipe Street, Houston, TX, 77027

cielhtx.com ♦ @cielhtx

## COMMUNITY PARTNER CCRM FERTILITY HOUSTON



# 6 FACTORS THAT CAN IMPACT YOUR FERTILITY

**INTERCOURSE TIMING AND FREQUENCY**

It might seem obvious, but the timing of when you have intercourse is important. You're fertile on the day you ovulate and five days prior—known as your fertile window. Pregnancy can only occur within this time frame. There are different ways to track your ovulation, including basal body temperature, ovulation predictor kits, tracking changes in cervical mucous and fertility apps, such as Flo and Clue.

**HOUSEHOLD TOXINS**

Synthetic chemicals such as phthalates and Bisphenol A (BPA) are found in household packaging, plastics and cosmetics. There has been increasing evidence that BPA might negatively impact fertility both in males and females by disrupting hormone levels in the body. This could lead to reproductive conditions such as polycystic ovary syndrome (PCOS) and decreased egg quality. Because phthalates and BPA are in so many household items, it's almost impossible to completely get rid of them. As much as you can, try to use clean cosmetics and fewer plastic food containers.

**TOBACCO SMOKE**

The chemicals in cigarette smoke can damage your eggs and increase the risk of miscarriage. If your male partner smokes, they are more likely to have lower sperm counts and motility, or how well sperm can move around. If you or your partner smoke, now is a great time to find resources to quit.

**BEING OVER OR UNDERWEIGHT**

If you have a high or low body mass index (BMI) you can still have a successful pregnancy, but weight can be an important factor in fertility. Increased fat tissue can release certain molecules that might negatively affect egg production. Being overweight or obese can also put you at an increased risk of miscarriage.

However, being underweight can affect your ability to get pregnant as well. With a low body fat percentage, the hypothalamus that regulates hormone production can slow, leading to irregular or absent menstrual cycles. Talk with your doctor to find out if your BMI could be affecting your ability to get pregnant.

**YOU'RE THINKING ABOUT GETTING PREGNANT AND MIGHT BE WONDERING WHAT YOU CAN DO TO INCREASE YOUR ODDS. UNFORTUNATELY, THERE ARE SOME THINGS THAT AFFECT YOUR FERTILITY THAT YOU DON'T HAVE CONTROL OVER SUCH AS YOUR AGE AND YOUR GENETICS.**

**THE GOOD NEWS IS, THERE ARE SEVERAL THINGS YOU CAN DO TO BOOST YOUR FERTILITY AND IMPROVE YOUR CHANCES OF PREGNANCY SUCCESS.**

**YOUR DIET**

High amounts of red meat, sugar, refined grains and fats can impact health in many ways, including your reproductive system. Though more research is needed to find out how exactly certain foods can affect fertility, we do know a diet containing plenty of fruits and vegetables, healthy fats and whole grains can be beneficial when you're trying to get pregnant.

Some studies have shown alcohol may impact your egg quality and overall fertility, so it's a good idea to decrease your intake when you're actively trying to conceive.

**EXERCISE**

Exercise is good for your overall health and for reducing your stress—both great reasons for fitting it into your schedule. But regular exercise has shown to improve fertility as well, so aim for 30 to 60 minutes a day. However, exercising too much can actually do more harm than good and decrease your chances of getting pregnant. Now is a great time to come up with a pregnancy-friendly workout routine. Talk with your doctor if you have questions or concerns about your fitness regimen.

There are many factors that you and your doctor need to consider when it comes to your fertility. If you are trying to get pregnant and it hasn't happened yet, we recommend making an appointment with a CCRM Fertility specialist to discuss your options.



## A Portrait Experience as Incredible as the Final Artwork

*Family portraits don't have to be a chore.*

You help everyone in the family look their best for portraits and you deserve for someone to do the same for you. Come experience what it's like to enjoy a portrait session with your family and feel beautiful in front of the camera.

CURATED WARDROBE

STRESS-FREE EXPERIENCE

CUSTOM FRAMED ARTWORK

LIFETIME OF CLICKS PHOTOGRAPHY  
Family - Newborn - Maternity - Headshots

24530 Kingsland Blvd, Katy TX 77494  
281-620-8885

[www.lifetimeofclicksphotography.com](http://www.lifetimeofclicksphotography.com)



## Your Success Is Our Success

A customer-first mindset is central to who we are. We take the time to listen and understand your banking needs, applying our expertise to help you achieve financial well-being. That's the kind of attention that inspires confidence.



*Helping Opportunity Take Shape*

[f](#) [in](#) [CadenceBank.com](https://CadenceBank.com)

From left to right: Susan Lawrence NMLS# 1092971,  
Mary Katherine Frankin NMLS# 1858892, Anne O'Connor NMLS# 870907

© 2022 Cadence Bank. All Rights Reserved. Member FDIC. Equal Opportunity Lender.



# PARENT PANEL SUPPORT

*The journey to parenthood  
is different for everyone.*

**LARISSA LACEY AND HER HUSBAND DEVONTA STRUGGLED TO CONCEIVE A CHILD AND WERE EXPLORING OPTIONS FOR IN-VITRO FERTILIZATION (IVF) WHEN THEY FOUND OUT THEY WERE PREGNANT. BEING OVER THE AGE OF 35, LARISSA KNEW HER PREGNANCY WAS CONSIDERED ADVANCED MATERNAL AGE, BUT SHE NEVER EXPECTED TO HAVE A HIGH-RISK PREGNANCY.**

"The first couple of months I didn't experience any issues and felt safe to travel and do things like normal. But after a vacation, I felt a rush of liquid and experienced some abdominal pain and it felt like my water had broken. I knew something didn't feel right."

Dr. Lindsay Sillas, a board-certified obstetrician/gynecologist at The Woman's Hospital of Texas, told Larissa to go to the hospital's obstetrical emergency department (OBED) which offers advanced services to women who need special care during pregnancy, such as the early onset of labor. After receiving a full assessment, Larissa learned that she experienced a preterm premature rupture of membranes (pPROM). According to the March of Dimes, pPROM occurs in about five to seven percent of all pregnancies, and accounts for one-third of preterm births.

At just 22-weeks, Larissa was admitted to the antepartum unit (APU) so she could be on bed rest with the additional support from highly trained nurses that Larissa and her vulnerable baby required.

"They wanted to give Dreux as much time as possible to develop before delivering. Our goal was to make it to 35 weeks," said Larissa. "My second day on the unit, I met my perinatal navigator, Kristi, and I immediately asked her what I needed to do for my baby to make him safe."

Perinatal navigators have the sole focus of providing high-risk patients with extra care to support their unique pregnancy and delivery experience. Kristi Hardy, perinatal navigation manager at the Woman's Maternal Fetal Care Center, said that Larissa's mindset throughout her journey was inspirational.

"She was Dreux's biggest champion. She wanted to know about every available resource, and everything she could do to help him before and after delivery," said Kristi.

After 17 days of bed rest in the APU and at just 24 weeks gestation, baby Dreux was ready to make his debut into the world. "It all happened so fast; before we knew it, he was here" said Larissa.

Because Dreux was born early, and weighed only 1 pound, 10 ounces, he had to be admitted to the neonatal intensive care unit (NICU).

"The entire staff took a situation that was scary and uncomfortable, and made us feel supported. They reassured us that we were going to be okay," Larissa said. "Kristi continued to support me during this time. She helped me find my voice and let me know it was okay to be involved in Dreux's care plan."

Throughout their stay, Larissa, DeVonta and Dreux worked with many members of The Woman's Hospital of Texas team including therapists, Child Life Specialists and the March of Dimes Family Support Program Coordinators.

The March of Dimes Family Support Program Coordinators provide families with children in the NICU – as well as the NICU staff – with an extra layer of support during what can be a stressful time. They meet with each family upon admission to the hospital or within the first few days of their baby being admitted to the NICU.

"We really like to stress that every baby is different," says Brandi Clark, one of two program coordinators. "We don't know what the NICU course is going to be like, but we definitely try to make sure that parents have the appropriate information."

After spending 160 days in the NICU, Dreux was finally able to go home weighing a healthy 11 pounds, 9 ounces.

Reflecting on her own experience, Larissa has a few words of advice for parents in similar situations: "You have to remember that you are a part of the team taking care of your baby. Ask the healthcare staff really good questions, try to constantly be there for your baby, and get to know the people who are helping you across all departments."

Inspired by her and Dreux's time in the NICU, Larissa is now part of The Woman's Hospital of Texas Parent Panel, and Kristi reaches out to her to be a mentor to other NICU parents.

"Larissa embraced all of Dreux's wins, all of his milestones. Larissa and Dreux inspire me so much because I know their journeys, and I see where they are now. It encourages me in so many ways," says Kristi.





## Loving Houston Since 1987

As a third generation Houstonian and seasoned real estate professional with 10 years of experience, Mariam has the expertise to help you navigate the Houston real estate market with ease. Since 1911, Douglas Elliman has stood the test of time. As one of the largest real estate brokerages in the country with international exposure, Mariam has the resources and connections to ensure success.

---

**Mariam Hejazi**

Broker Associate

832.465.6458

[mariam@marvelousinhouston.com](mailto:mariam@marvelousinhouston.com)

[marvelousinhouston.com](http://marvelousinhouston.com)



[elliman.com](http://elliman.com)

# A GUIDE TO SEEING THE GYNECOLOGIST AT ANY AGE

**HOW LONG HAS IT BEEN SINCE YOUR LAST CHECK-UP? MANY WOMEN PUT IT OFF, BUT REGULAR CARE WITH AN OBSTETRICIAN/GYNECOLOGIST CAN GIVE IMPORTANT GUIDANCE TO MAKE THE MANY TRANSITIONS OF WOMANHOOD EASIER.**

**"YOU DON'T KNOW WHAT RESOURCES ARE AVAILABLE FOR GYNECOLOGIC CARE UNTIL YOU SEE A PROVIDER," SAID BAYLESS DRUM, MD, GYNECOLOGIST AT THE PAVILION FOR WOMEN OBSTETRICS AND GYNECOLOGY.**

## ADOLESCENCE

While a first gynecologist visit can be seen as a part of the transition to adult female life, teens have a lot to gain from seeing a gynecologist early.

Education about menstrual cycles can be a topic young women may be hesitant to discuss on their own. "If a woman has heavy menstrual bleeding, she does not have to suffer through it. There may be safe and effective interventions available to her," said Dr. Drum. An early visit to a gynecologist can prompt open discussion about how heavy periods may be affecting a teenager's life, monitor for signs of anemia and provide safe and effective resources for making periods lighter and less painful.

## PRE-PREGNANCY CARE

Prenatal care is crucial for decreasing pregnancy complications for both mother and baby. Additionally, pre-pregnancy visits are equally important and can be used to screen for medical conditions that may affect maternal health, such as sickle cell disease, diabetes or high blood pressure. Medications to treat these and other chronic conditions can be modified so that they are safe to use once a woman becomes pregnant. These visits are also an opportunity to find a medical team that you trust before you'll depend on them to provide compassionate and meticulous care during pregnancy.

## BEFORE MENOPAUSE

Recent years have seen a significant expansion in the treatment

options available to women experiencing menopause symptoms, such as vaginal dryness, hot flashes and mood instability. A women's health care practice can help manage these symptoms and can even offer referrals to specialty centers such as The Menopause Center at Texas Children's Pavilion for Women.

"Care at regular intervals can make the transition through menopause a lot easier," said Dr. Drum. Hot flashes and mood disorders, for example, are easier to treat when the symptoms are mild, before they become severe.

## YOU DESERVE SUPPORT

In this era of medical and scientific innovation, every woman deserves to know about the advancements in obstetrics and gynecology that can lead to a healthier and more comfortable life. Regular visits to a women's health care practice offer that opportunity.

"For women who aren't sexually active, women who have sex with women or women who are past menopause, there's a misconception that they don't need a Pap test or don't need to see a gynecologist, but gynecology still has a lot to offer you," said Dr. Drum. "I love being a home base for women and being the person they can go to ask what's normal and not normal in what they are experiencing. At Pavilion for Women Obstetrics and Gynecology, we focus on easy access to care with a kind and experienced staff to make that possible."

To learn more, visit [www.women.texaschildrens.org/program/obstetrics-and-gynecology](http://www.women.texaschildrens.org/program/obstetrics-and-gynecology) or to schedule an appointment call 832.826.3000.





# First Baptist

ACADEMY

## CHRISTIAN EDUCATION



## DEVELOPING GOD-GIVEN INTELLECT & POTENTIAL



## EDUCATING INFANTS THRU 8TH GRADE



**LEARN MORE**

[fbahouston.org/preview](https://fbahouston.org/preview)  
[admissions@hfba.org](mailto:admissions@hfba.org) | 713.290.2513





# SPRING TEA ROOM EVENTS

by: *Claudia Garnica, News Writer*

## STORY TIME TEA

With special appearances by Elsa, Winnie the Pooh and Marshall from Paw Patrol, kids and their guests enjoyed a tea-time buffet while listening to their favorite characters read a selection of stories on Sunday, January 29, 2023. In true Junior League of Houston spirit, guests brought book donations in support of the Texas Tamale Company's Literacy in the Bag Campaign.



## MEALS WITH MALCOLM

Everyone felt the love on Tuesday, February 14, 2023, at Meals with Malcolm. Tea Room General Manager, Malcolm Rowland, made everyone's Valentine's and Galentine's Day experience memorable as he walked diners through a Valentine's Day-themed five-course menu. Guests enjoyed wine pairings and a menu that included various seafood items, chicken piccata and theme-appropriate chocolate-dipped strawberries.



----- continued



## SPRING FLING

SPONSORED BY COMMUNITY CHAMPION, CIEL RESTAURANT + LOUNGE

The League celebrated the start of spring by hosting Ladies' Night Out on Thursday, March 23, 2023. Friends old and new had a chance to dress up in spring colors and florals as they shopped with Cameron Yoesel Designs, Boots & Bows Smocking Co., Honey Linked and Color Primavera Collection. Attendees were treated to the musical banter of Dueling Pianos Live Texas while enjoying drinks and hors d'oeuvres.







## BUNNY BRUNCH

League members and their families got a head start on Easter celebrations at the annual Bunny Brunch on Sunday, April 2, 2023. While families enjoyed a buffet brunch and drinks, the kids got a chance to make new friends while playing games, hunting for eggs and meeting the Easter Bunny! The event included a service project in partnership with The Woods Project.



... continued



## A BUBBLY DAY AT THE LEAGUE

On Sunday, April 23, 2023, the League sparkled with a sold-out Bubbles & Brunch and Champagne Tea! For the first time, the event offered morning and afternoon options, giving more members a chance to participate in this popular event. Attendees had a chance to enjoy a three-course meal and some bubbles while checking out the latest spring trends from The Avenue and Valobra Master Jewelers showcased by our gorgeous volunteer models.





## MOTHER'S DAY BRUNCH

League members had a chance to celebrate the women who shaped them on Sunday, May 14, 2023, at the Mother's Day Brunch. The guests of honor had a chance to spend time with their loved ones while enjoying a delicious buffet in the Ballroom. Attendees also had the opportunity to participate in a service project in partnership with the Houston Area Women's Center. As a special gift to the mothers, Silhouettes by Cindi created beautiful, hand cut silhouettes of children and families.



----- continued





Our Pediatrix® family of practices is here for you when your family needs it most.

OBGYN



MFM



Developmental



Peds Cardiology



Peds ENT



Peds Surgery



Peds Primary + Urgent



Learn more about our practice.



"The joy of happy children and grateful parents are the best reward for what I do, and I would not change it for anything."

— Wasyl Szeremeta, M.D.  
Practice Medical Director  
Pediatric Otolaryngologist  
Pediatrix ENT of Houston

Pediatrix® ENT of Houston has extensive experience diagnosing and treating infants, children and adolescents with common to complex ear, nose and throat conditions.

While addressing our patients' medical needs is our top priority, providing a safe, comfortable environment is of utmost importance.

Our mission is to improve the lives of every child entrusted to our care. We look forward to solving your child's ENT-related issues.

## CHILDREN'S EDUCATION FOCUS AREA EVENTS:

# PERIOD POSITIVITY AND COMPUDOPT

by: *Claudia Garnica, News Writer*



*Compudopt Focus Area Event – Saturday, March 11, 2023*



*Period Positivity Event – Friday, October 28, 2022*

Since its founding in 1925, The Junior League of Houston, Inc. has been a driving force in the Houston community, leveraging the power of voluntarism to positively impact the lives of individuals and families in need. From addressing critical issues such as poverty and education to supporting local arts and cultural institutions, the League has been at the forefront of many of the most critical initiatives that have shaped Houston's growth and development. To continue supporting this mission, the League continually reevaluates the focus of its volunteer efforts to ensure that the League can continue to focus its efforts where it will have the most significant impact.

One way that the League achieves this is by selecting focus areas that will guide the organization's direction and decision-making regarding its financial and volunteer resources. The League's membership votes every three years to determine the top three focus areas that will receive this support. This year's focus area is Children's Education.

In support of this focus area, the JLH's first focus area event this year, "Girls Should Be in School...Period. Period Positivity," was co-sponsored with HISD for Thomas Middle School. This event occurred on Friday, October 28, 2022, and focused on children's education about first-time menstruation cycles. Children from low-income families were provided with necessary supplies while hearing from several speakers – a League volunteer, an HISD nurse

and nutritional educators. Children were also able to participate in a nutrition demonstration. **Kaia Kessler**, VIEW Chairman, not only led the speeches, she generously donated additional supplies for the kits. At the end of the presentation, Junior League volunteers distributed Period Preparedness Kits that VIEW volunteers had put together for this event.

The Junior League of Houston also partnered with **Compudopt**, an organization that provides technology access and education to under-resourced youth, for its second focus area event on Saturday, March 11, 2023. Compudopt's programs serve to eliminate limited access to computers, facilitate growth in technical and digital literacy skills, help provide no or low-cost high-speed internet options, and support the future of youth in our community.

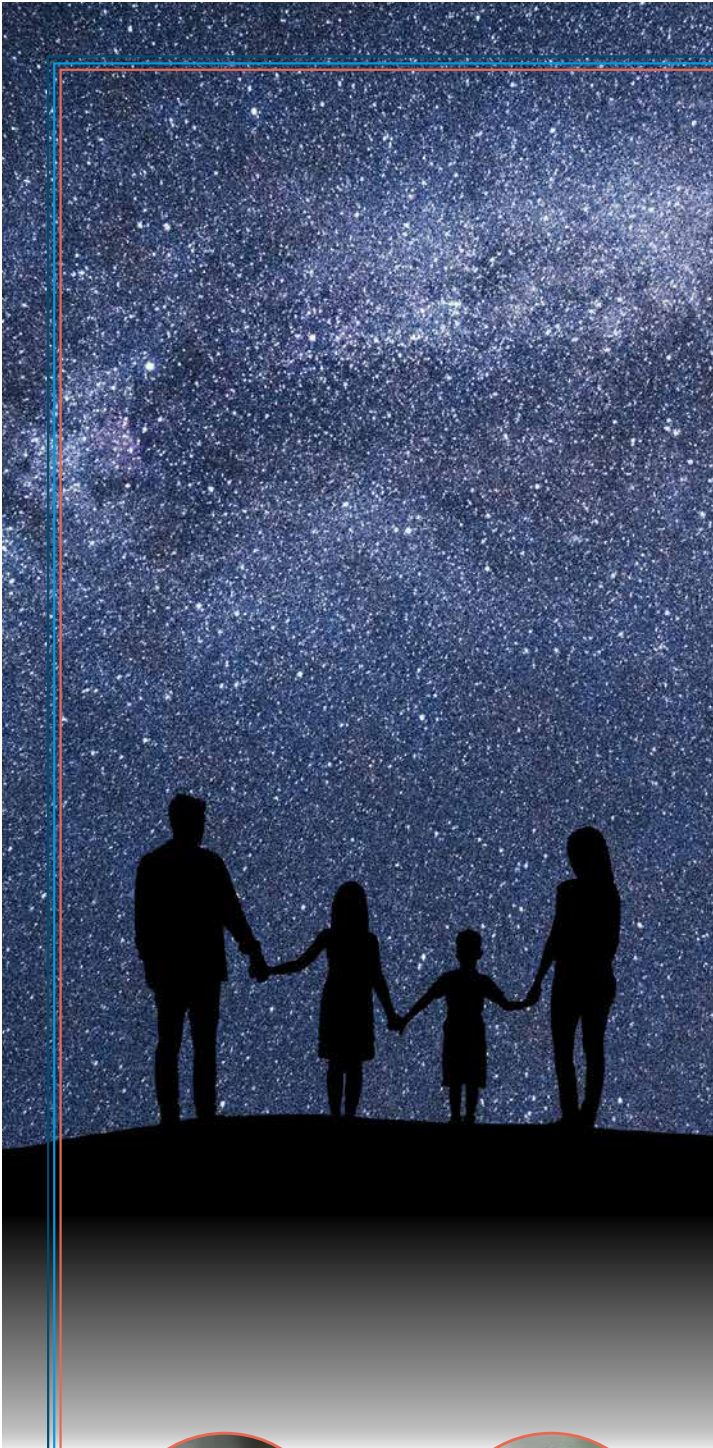
During this event, JLH distributed donations of laptops, desktops or monitors less than five years old from JLH members. The Junior League of Houston also donated backpacks, laptop accessories and school supplies to support Compudopt's programs.



*Kaia Kessler – VIEW Chairman,  
Kelly Hickman – Community Impact Director –  
Neighborhood Outreach and  
Anne Sears – President*





A silhouette of a family consisting of a man, a woman, and two children, holding hands and standing on a dark horizon. They are looking up at a vast, starry night sky filled with numerous stars and a faint, glowing band of light, possibly the Milky Way.

# The sky's the limit when you're in good health.

## We'll get you there.

At Baylor Medicine Concierge Healthcare, we deliver highly personal primary care for our members. Our doctors see fewer patients and uphold a philosophy of care that's informed by a deep understanding of your needs, supported by your wellness team and seamlessly connected to the Baylor Medicine specialist network.

- ◇ Available same- or next-day appointments
- ◇ 24/7 access to your personal primary care doctor
- ◇ Complementary visits with the clinic's registered dietician, exercise physiologist and psychologist
- ◇ Your choice of in-person or virtual visits
- ◇ Private, state-of-the-art clinic

**It's nothing less than the difference  
between *a* doctor and *your* doctor.**

Come meet the team today!

📞 713.798.7877

🌐 [bcm.edu/concierge](https://bcm.edu/concierge)



Lizabeth E. Riley, MD



Marc H. Feldman, MD

Baylor  
Medicine

CONCIERGE  
HEALTHCARE



by: Elizabeth Ozden,  
Sustainer News Writer

WHEN ONE THINKS OF THE 1970S, IT MIGHT BE ABOUT THE END OF THE VIETNAM WAR, THE WOMEN'S RIGHTS MOVEMENT, WATERGATE, THE OIL INDUSTRY'S BOOM AND BUST, OR PERHAPS SOMETHING AS SIMPLE AS THE DISCO MANIA OF SATURDAY NIGHT FEVER. WHICHEVER IT IS, THE WORLD WITNESSED A PIVOT OF CHANGE, AND HOUSTON, AS WELL AS THE JUNIOR LEAGUE OF HOUSTON, INC., WERE NO EXCEPTIONS.

## REFLECTION AND RESTRUCTURE

During the 70s, Houston experienced a 30 percent population growth and the League a 50 percent membership growth consisting primarily of transfers from other leagues as volunteers moved to our dynamic city. The addition of 846 new members was a big change, but the even bigger change was that for the first time 50 percent of League members were now professionals, working 40 hours or more a week outside the home. "This was a game changer," revealed **Emily Attwell Crosswell**, 1979 – 1980 President. "We had to reflect on our admission procedures, our provisional requirements, our general meeting offerings and our placements. We were obliged to ask ourselves many questions. How do we transition? How do we keep the rigorous training, an instrumental part of being a JLH volunteer, and at the same time, accommodate more and more women working outside the home? How do we keep our high standards yet stay current?" These and many more questions were answered during this decade to enable the League to continue moving forward in a changing world. We benefit from the results of this transition period today with general meetings having in-person, virtual and on-demand options, as well as daytime, evening and weekend placements, and provisional opportunities to synchronize with all types of schedules.

## RESILIENCE AND RETENTION

The League leaders of the 70s dared to have hard conversations, listen to members and find new ways to train and serve, fulfilling its obligations to the community and to the potential of every volunteer. They reflected, they surveyed members, they tried new approaches and programs. They paused and looked inward to reevaluate, recalibrate and continue forward while staying true to the mission.

Although the tradition of a yearly theme set by each president to inspire and guide through the year ahead did not start until the 2000s, the Public Relations Committee between 1971 – 1974 did choose themes to emphasize key issues, as shown below. These three themes identified the issues most important to the League at the time. The Education Committees focused on these themes through a yearlong series of programs that reinforced the message.

### 1971 – 1972 COMMUNICATE...UNDERSTAND

"It was felt that only through the exchange of information and ideas may we understand our individual needs. The Education Committee emphasized this theme through programs presented during the year dealing with communications within our families, our community and our League." **Kay Haynes Symonds**



## 1972 – 1973 RESPONSIBLE CONCERN

“With this emphasis, we hoped our program would instill a deeper understanding of the obligation of League membership, while at the same time keeping it in the proper perspective with our other personal interests and commitments. We care, and those who need us can depend on us.” **Marilyn Dubach Taylor**

## 1973 – 1974 REALIZING OUR RESOURCES

“With this thought, we were urging awareness of the resources within the League (the potential of our individual members), of the League itself as a resource and the resources in the community through which we can better meet the needs of the community.”  
**Almeria Thompson Cottingham**

### FROM PARKING LOT TO PARK: A NEW LOOK FOR OLD MARKET SQUARE



## REVITALIZE

In tribute to the League's Golden Anniversary, \$60,000 was given to revitalize the Old Market Square downtown by reverting the paved parking lot back into a grassy park. “The League was always forward-looking and so the reviving of the Market Square space to its original green beauty fulfilled our purpose and felt right for our

50th-year celebration gift,” recalled **Gay Gooch Estes**, 1974 – 1975 President. “We addressed conservation and environmental concerns, by regenerating a property with historical value to our city.” Part of the original tract of land purchased by the Allen brothers in 1836, the land was home to City Hall for close to 100 years until it was moved to its current location on Bagby Street. The groundbreaking ceremonies for Old Market Square Park were held in November 1976 with many JLH executive committee members from both the previous and current year in attendance.

### TRANQUILITY AMONGST THE TRAFFIC . . . .

#### Our Anniversary/Bicentennial Project



Julia Thompson, Puddin Clarke, Ann Baker, Carolyn Clarke, and Sally McCollum.

## RELOCATE – DOORWAY TO THE 80s

“Leadership is action, not position,” stated **Emily Attwell Crosswell**, 1979 – 1980 President, when interviewed for *Houston News* in September 1979. Like League presidents before and after her, she certainly led by action. With the growing number of members, the League started outgrowing its building on Post Oak Park Drive. “The immediate problem was parking,” remembered Emily. “We needed more space and approached our corporate neighbor, Tenneco, who owned the land next to us. Not only did we collaborate with them to solve our parking issue, but we also ended up swapping properties – our Post Oak Park property with freeway access to Tenneco and their property on Briar Oaks to us – for what would become our new League building in 1986.” Emily attributes the win-win transaction to the League's unquestionable reputation and solid relationships within the community it had built since its inception.

## RECALLING – DID YOU KNOW?

- The Learning Disorders Clinic within the Outpatient Department of Texas Children's Hospital began operation

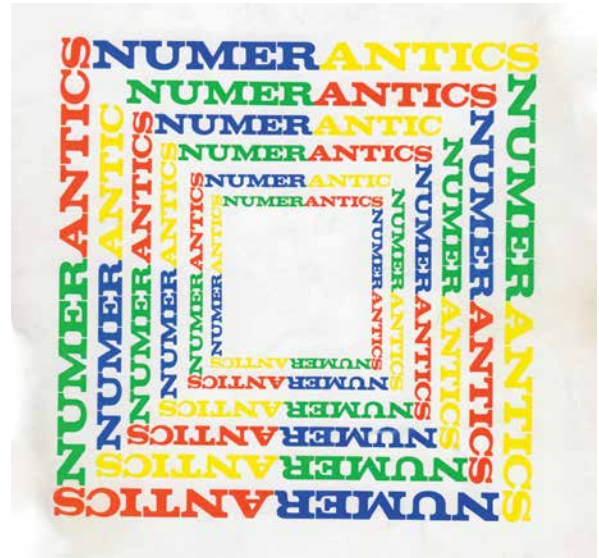
----- continued



utilizing League volunteers in June 1971 with the help of a grant of \$13,500 from the Junior League.

- In 1971 – 1972, a special \$5,000 grant was made to The Museum of Fine Arts, Houston to purchase *The Hunting Cabin Door* by Richard LeBarre Goodwin and is still on display today.
- The first evening general meeting was held in November 1972.
- The Individual Placement was a new concept developed in 1973 – 1974.
- Professional Evening Group (PEG) was restructured for the 1978 – 1979 year and renamed Volunteers in Evening Workshop (VIEW) as it is known today.
- From starting as a small part of the kitchen, then located to the converted coat closet in the foyer, and finally to the designated and designed space of today, The Pantry met a growing new need in the 70s for frozen take-away meals, all toted in JLH monogrammed carry-home bags.
- The 1979 – 1980 membership voted to publish the Junior League of Houston Cookbook, Volume II.
- Total members in 1970 equaled 1,675. Total members in 1980 equaled 2,521.

- Number of Tea Room Patrons in 1970 equaled 4,916; in 1980 equaled 5,727.
- Choosing a different color for the yearbook cover each year was the president's privilege.
- 1979 – 1980 Junior League volunteers received The Distinguished Service Award for the CPR Program from the American Heart Association.
- The 22nd Annual Charity Ball, *An Evening of Numerantics*, held in February 1970 at the Shamrock Hilton Hotel, netted \$36,065 for the charitable trust fund.



- The 32nd Annual Charity Ball, *Chinoiserie*, held in February 1980 at the Shamrock Hilton Hotel, netted approximately \$134,000. The evening included a live TV broadcast of the USA vs. USSR hockey game, dubbed "Miracle on Ice," of the Olympic Winter Games. Two days later the youthful American team clinched the hockey gold by defeating Finland.



- In an age before late-night emails or cell phone text messages squeezed in after work, JLH volunteer business was to be conducted between the school and work hours of 8:30 a.m. and 5:30 p.m.



- League Landers, the advice column in the *Houston News*, was a play on "Ask Ann Landers."



**Dear League Landers:** Why do I have to explain my reasons for missing more than three meetings to the Education Committee and why do we have meeting requirements anyway?

#### **Ruffled Feathers**

**Dear Ruffled:** Because meeting attendance is considered important to have an educated membership, the Education Committee is charged with enforcing the by-law requirement. (Article VIII, Section 3) Those unexcused may not hold office, hold any Board approved position, or participate in a candidate's proposal the following year. The committee was just trying to understand your problem, so straighten up and fly right.

## **CONCLUSION**

Whether you are a fan of disco favorites, "Stayin' Alive" and "I Will Survive," or of country legends, "Delta Dawn" and "Hello Darlin'," or of crossover, "Rhinestone Cowboy," we can all agree the tune of the Junior League of Houston has always been "Building A Better Community," regardless of the musical genre of the period. With tireless effort in each passing decade, the League continually improves on itself, providing a solid foundation for the next era of members. Although the glory days of disco were short-lived, albeit still some of the best dance songs today, the Junior League of Houston continues to gracefully grow, remain effective and strongly serve its members and community. What phenomenal staying power! No doubt the provisionals of today will be exclaiming the same in the 2070s.

**Dear League Landers:** Would you please reprint Miss Do E.

Compton's "In a League Garden" – Cultivated Cora

**Dear Cora:** I'll be glad to.

"PLANT FOUR ROWS OF PEAS;

Patience

Perseverance

Promptness

Preparation

THREE ROWS OF SQUASH;

Squash gossip

Squash indifference

Squash criticism

TWO ROWS OF CARROTS;

Care about others

Care about one's self

SOME LETTUCE;

Let us be true to obligations

Let us share our talents

Let us have vision

AND TURNIPS;

Turn up for meetings and placements

Turn up with energy

Turn up with a smile."

— *Houston News*, September 1976

## **LIST OF JLH PRESIDENTS IN THE 1970s:**

Mrs. John L. Russell (Vale Asche)	1969 – 1970
Mrs. Will H. Thanheiser (Mary Ellen Ford)	1970 – 1971
Ms. Ann McAshan Baker	1971 – 1972
Mrs. Roland M. Howard (Joan Lander)	1972 – 1973
Mrs. William E. Boyer (Elizabeth Letzerich)	1973 – 1974
Mrs. Carl L. Estes II (Gay Gooch)	1974 – 1975
Mrs. Fred B. Griffin (Elizabeth Pearson)	1975 – 1976
Mrs. Donald P. DeWalch (Sally Binz)	1976 – 1977
Mrs. Bryan H. Wimberly (Carolyn Shirley)	1977 – 1978
Mrs. Robert L. Clarke (Jean Talbert)	1978 – 1979
Mrs. Holcombe Crosswell (Emily Attwell)	1979 – 1980

# MEMBERSHIP ENGAGEMENTS

by: *Rachel Clark, News Writer*

This past spring, the Junior League of Houston celebrated its members and community with many informative and social engagement events. From fundraisers to luncheons, teas to boat tours, cooking classes to self-defense instruction, much was covered in our packed and fun spring!

## WHISKEY TASTING AND SHOPPING EVENT

*Tuesday, January 10, 2023*

The Charity Ball Committee invited members to attend a local whiskey tasting and light-bites event at Giant Texas Distillers' Tasting Room in Houston's East Downtown. Proceeds were used to help stock the February 2023 Charity Ball's – *Diamond Celebration* – Whiskey Pull. League members and guests enjoyed a fun night out where they purchased whiskey bottles to either take home or donate back to the League!



## JEWELRY AND CHAMPAGNE SOCIAL WITH VALOBRA MASTER JEWELERS

*Wednesday, January 18, 2023*

Since the store's opening in Italy in 1905, the Valobra family has been committed to offering the highest quality of custom jewelry and timepieces in a warm and welcoming environment. Franco Valobra and Valobra Master Jewelers, Community Champion, hosted a delightful evening in their beautiful River Oaks showroom where they informed and educated guests about the importance of jewelry, gemstones and metals. They also gave a presentation on how to intelligently invest in jewelry and diamonds. Champagne and light bites were provided.



## JUNIOR LEAGUE OF HOUSTON SUSTAINING CLUB PAST PRESIDENTS' LUNCHEON

*Thursday, January 26, 2023*

All past presidents of the Junior League of Houston's Sustaining Club were invited to join for a luncheon in their honor in the Junior League of Houston Tea Room. Their service, creativity and dedication to the League were celebrated. Co-Chairs and past JLHSC Presidents – **Joni Fichter**, **Vicki Lange** and **Liz Rigney** – generously organized the event.







## A GALENTINE AFFAIR

*Saturday, February 18, 2023*

All sustainer members were invited to come for "A Galentine Affair" at Trez Wine Bar. A two-course brunch paired with two wines was served, and all celebrated love and joy!



## SPRING FÊTE

*Thursday, February 23, 2023*

Sustainers dusted off their boots and donned cowboy hats to attend a Spring Fête! Members enjoyed a fun-filled kick-off event to rodeo season while in their best Western attire!

**Vicki Lange** generously hosted the event at her lovely home.



## BUFFALO BAYOU PONTOON BOAT TOUR

*Thursday, March 2, 2023*

Community Adventures Co-Chairs, **Susan Boone** and **Carol Herder**, planned an adventure aboard Buffalo Bayou Partnership's pontoon boat. Twenty-one members enjoyed a guided tour with a historian for a 90-minute ride along Houston's historic waterway through downtown and into the industrial side of the city.

## BEHIND THE SCENES: PAST LIVES OF LEAGUE SUSTAINERS

*Wednesday, March 22, 2023*

What a fabulous event this was! Sustainers of all generations got to join one another to mix and mingle with drinks and light bites and hear all about each other's past lives and glory days! From reality television to the inaugural Houston Texans Cheerleader team to the Miss USA Pageant, no stories were spared! Members got to hear what it was like to be in the spotlight, live a day in the life and ask each other those burning questions. **Josie Morgan**, New Sustainers Co-Chair, served as the emcee and also regaled members with tales from the sea as a past cruise cast member.



----- continued





## PLANTING SUSTAINING FRIENDSHIPS LUNCHEON

*Friday, March 31, 2023*

Friends are like flowers; they bring color to your world! All Junior League friends, old and new, were invited to the Planting Sustaining Friendships Luncheon. This event represented a joint partnership with Friendship Luncheon Co-Chairs, **Katie Hackedorn** and **Marion Wade**, and Engagement Co-Chairs, **Susan Barnes**, **Renée Davis**, and **Erin Montgomery**.



## MCGOVERN CENTENNIAL GARDEN HISTORY AND HORTICULTURAL TOUR

*Wednesday, April 12, 2023*

To celebrate spring blooms and the McGovern Centennial Gardens being redone, members met up for a wonderful walking tour at Hermann Park! Following the event, attendees ended the morning with fellowship and a good meal.

## SELF-DEFENSE CLASS

*Monday, April 17, 2023*

A private class was held at Urban Jungle Self Defense for members to learn basic techniques, drills, exercises and safety tips that educate and promote self-defense and awareness. The class was tailored explicitly for females and followed by a social at Bungalow Heights.



*Junior League of Houston sustainers enjoying the Emerita Tea event*

## EMERITA TEA

*Tuesday, April 18, 2023*

All Junior League of Houston sustainers aged 80 and above were invited to attend the Emerita Tea. At the event, Sing Along With Seniors volunteers sang medleys taking attendees on a journey through the decades and across America. In honor of the Junior League's upcoming Centennial Anniversary in 2025, all Emerita Tea guests were invited to share their stories on-camera about their experience serving as Junior League of Houston volunteers. The celebratory short film will be featured in February 2025 at the League's Centennial Charity Ball and on the JLH website.



## SPRING LUNCHEON

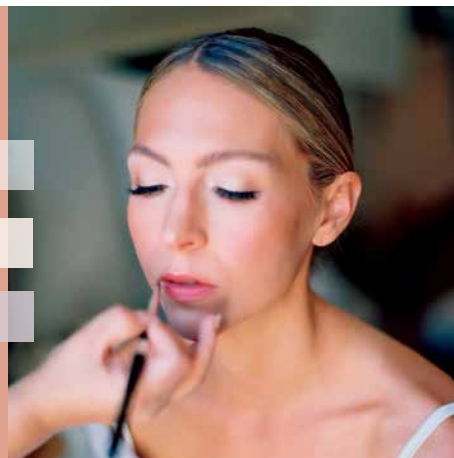
*Monday, May 1, 2023*

The Junior League of Houston Sustaining Club's Spring Luncheon was not to be missed! Over 125 sustainers joined Co-Chairs, **Lesley Lilly** and **Shannon Robinson**, to cap off another fun and successful Sustaining Club year. Graciously hosted by **Krissi Reid** in her beautiful home, the event featured a bountiful spread, lively conversation and camaraderie galore.



# LOVELYKIND

Effortlessly modern beauty



Award-Winning Hair + Makeup Team Providing  
Beauty Services  
Houston + Austin + Destination

[www.lovelykindbeauty.com](http://www.lovelykindbeauty.com)

Houston 832.230.3003

Austin 512.810.5256



"TOGETHER WE CAN FACE ANY CHALLENGES  
AS DEEP AS THE OCEAN  
AND AS HIGH AS THE SKY."  
— SONIA GANDHI

*Ouisie's*  
T A B L E  
RESTAURANT, BAR & GARDENS



We pride ourselves with giving attention to detail in every aspect of the dining, catering and private event experience. Our Event Planning is designed to help with your planning and answer your questions regarding our services.



Your event will be staffed by our certified bartenders, and a team of trained service staff passionate about giving each of our guests an exceptional experience. An event specialist will be at your service to plan your event, and will be on-site to ensure that every detail gets the attention you and your guests deserve.



Our team of professional event specialists are eager to assist you in creating a signature event while providing excellent food, wines, and memorable service to you and your guests for your unique occasion.



Please direct all inquiries regarding bridal showers, rehearsal dinners, weddings, baby showers, and other festive occasions requiring special seating or services, on or off premise, to our team of event planners available Monday through Sunday by calling us at 713-528-2264.

3939 San Felipe St., Houston TX 77027



[www.ouisiestable.com](http://www.ouisiestable.com)





AZEEZA

# TOOTSIES

HOUSTON

DALLAS

ATLANTA

TOOTSIES.COM





# GROUP MEETINGS ROUND-UP

by: Rachel Clark, News Writer



The Junior League of Houston, Inc. kicked off 2023 with the following group meetings to enlighten, empower and educate our members!

## SKINCARE AND ANTI-AGING WITH THE PEARL DERMATOLOGY

Tuesday, January 10, 2023

This virtual event featured Dr. Tracy Katz, a board-certified dermatologist and co-founder of The Pearl Dermatology. Dr. Katz educated League members on the importance of skin care from a medical and cosmetic perspective. Treatment information included sun care, anti-aging regimens and cosmetic treatments offered at The Pearl.



Dr. Tracy Katz, The Pearl Dermatology

## SEEING INTO THE FUTURE: AN OVERVIEW OF ULTRASOUND SCREENING IN PREGNANCY

Monday, January 23, 2023

This virtual event featured Pediatrix Medical Group, a Junior League Community Partner, and Dr. Amber Samuel. Members were given valuable information about the importance of ultrasound screenings during pregnancy. Dr. Amber Samuel is the Medical Director for Obstetrix-Maternal-Fetal Medicine Specialists of Houston.



Dr. Amber Samuel – Obstetrix-Maternal-Fetal Specialists of Houston

## 2023 – 2024 ADMINISTRATIVE PLACEMENT INFORMATION SOCIAL

Thursday,  
January 12, 2023

This social served to educate members on new opportunities for leadership and growth in the League. Attendees were able to network with the incoming leadership team – the 2023 – 2024 Executive Committee and Board of Directors – and learn more about serving in administrative placements.



2023 – 2024 Executive Committee



Gulf Coast Regional Blood Center Blood Drive



Rupina Meer – CCRM

## CRACK THE CODE ON CRAVINGS

Wednesday, January 18, 2023

This virtual event featured Rupina Meer, MBA, CHHC, as she helped members discover the bitter truth about their sweet tooth and gave insight into better ways to live a sweet and juicy life without sugar.

## MOBILE BLOOD DRIVE BENEFITING GCRBC

Monday, January 23, 2023

League members were invited to donate blood to the Gulf Coast Regional Blood Center, which serves more than 170 area hospitals and healthcare institutions. The blood drive was held from 1 – 5:30 p.m. in the Board Room.





*Austin Thomas –  
Jackson Walker LLP*

## ESTATE PLANNING 101

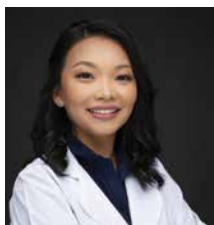
*Tuesday, January 24, 2023*

This virtual event featured League member **Austin Thomas** as she taught the basics of estate planning. This presentation included an overview of the essential and foundational estate planning documents that most people should consider putting in place, including medical and financial powers of attorney, a directive to physicians, a declaration of guardianship for minor children and a will – or will substitute. Ms. Thomas is an attorney Board Certified in Estate Planning and Probate who practices at Jackson Walker LLP. The meeting was credited as one hour of continuing legal education through the State Bar of Texas.

## TEN REASONS YOU MIGHT NEED A REPRODUCTIVE ENDOCRINOLOGIST

*Wednesday, January 25, 2023*

One of the League's Community Partners, CCRM Fertility Houston, presented on reproductive endocrinology via Dr. Beth Zhou and Dr. Rashmi Kudesia. Drs. Zhou and Kudesia reviewed and taught about unassisted conception concerning aging and common reasons to visit a specialist in reproductive endocrinology and infertility (REI).



*Dr. Beth Zhou –  
CCRM*



*Dr. Rashmi Kudesia –  
CCRM*



*2022 – 2023 Community Council*

## OPEN COMMUNITY COUNCIL MEETING

*Thursday, February 9, 2023*

The Community Vice President opened the non-voting portion of the February Community Council meeting to provide members an opportunity to see and partake in how administrative placements and League leadership directly impact the League.



## COMMUNITY AND TEA ROOM PLACEMENT FAIR

*Thursday, February 16, 2023*

Members were invited to join the Community and Tea Room Placement Fair to discover the community and Tea Room placements available for the 2023 – 2024 League year. Interested members mixed and mingled with current project chairmen and volunteers to learn about the specifics of each project and got to "road trip" through the placements offered around Houston.

## MINOR LEAGUE MORNING

*Saturday, February 25, 2023*

The "2023 Minor League Morning" was a morning of service in preparation for National Volunteer Month and Volunteer Appreciation Week in April. League members brought their children for a morning of service and learning

about League operations, including a tour of the League building. The event was an incredible and memorable opportunity to prepare a future family legacy of service to the community.



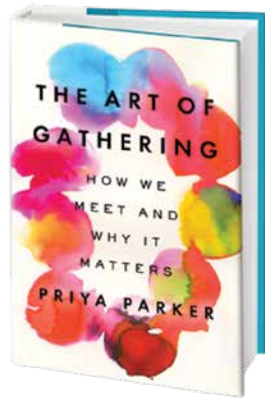
*Minor Leaguers touring the Board Room*



## THE ART OF GATHERING: HOW WE MEET AND WHY IT MATTERS BOOK DISCUSSION

Thursday, March 9, 2023

The Diversity, Equity and Inclusion Committee hosted a book club discussion of *The Art of the Gathering* by Priya Parker. The meeting highlighted building community with every gathering and conversation and discussing strategies to make every interaction impactful.



members and gave concrete instruction to many education related processes.

Dee Dee Halpin has served as President of the Johnston Middle School PTO and on the boards of River Oaks Elementary, Shlenker School, High School for the Performing and Visual Arts, Bellaire and Lamar High Schools. Julie Blumberg is an educator who founded her tutoring business, Motivation Houston, in 2014 after a career in the elementary classroom.



Julie Blumberg with her family

## THINK HAPPY! WITH KAITLIN CUEVAS

Wednesday,  
March 15, 2023

This virtual event featured Kaitlin Cuevas, an author, life coach and podcast host, discussing ways to create more happiness in your life. The presentation was tailored toward helping busy women create sustainable habits and routines that reduce daily stress by creating systems and



Kaitlin Cuevas – Think Happy!

control, decreasing wasted or unproductive time throughout the day, and increasing the amount of time to refill their own cup.

## HOUSTON ELEMENTARY SCHOOL APPLICATION PROCESS 101

Thursday, March 23, 2023

Since Houston is home to over two dozen public school districts and more than 200 private secular, parochial and special needs schools



Dee Dee Halpin with her family

in the Greater Houston Area, families often have many educational options for their children. This virtual event featured educational consultants Dee Dee Halpin, M.S. and Julie Blumberg of Houston School Options as they reviewed the application process for Houston-based private and public schools. This presentation answered questions from

## INTERFAITH MINISTRIES AND THE HOUSTON REFUGEE EXPERIENCE

Thursday, April 6, 2023

This virtual event featured Interfaith Ministries for Greater Houston. The agency, one of the five resettlement agencies in Houston, has been on the frontlines of giving and showing compassion in many different ways through its programs and services. During the presentation, the IMGH Refugee Services staff educated members on the multiple facets of the refugee experience, including the journey and the resettlement process. Additionally, it gave information on the role of IMGH in bringing the Houston community together for dialogues, collaborations and service.



Sewell Cadillac Dealership

## SEWELL AUTOMOTIVE COMPANIES: AN EVENING AT THE HOUSTON CADILLAC DEALERSHIP

Thursday, April 13, 2023

The League's Presenting Automotive Sponsor, Sewell Automotive Companies, hosted League members at their Cadillac Houston dealership for a fun and informative meeting. Light hors d'oeuvres were served while topics such as purchasing vs. leasing, vehicle technology, vehicle maintenance and collision were taught by vehicle experts.





FRENCH CUFF  
b o u t i q u e

YOUR NEIGHBORHOOD BOUTIQUE  
FOR PERSONALIZED STYLING,  
HEAD-TO-TOE DETAILS, EXCLUSIVE  
TRUNK SHOWS, & MORE!



FRENCHCUFFCO.COM  
@FRENCHCUFFCO

4048 BELLAIRE BLVD  
HOUSTON | 713.665.3336

6401 WOODWAY DR, STE 127  
HOUSTON | 713.334.4900

791 TOWN & COUNTRY BLVD, STE 144  
HOUSTON | 713.984.8050



# Centennial Anniversary UPDATE

by: *Elisabeth Netherton*, News Writer



*2022 – 2023 and 2023 – 2024 Centennial Anniversary Committee Members*

To honor the 2025 Centennial Anniversary of the founding of The Junior League of Houston, Inc. with “A Century of Building A Better Community,” the League recently announced the 2025 Centennial Gift of \$2,000,000 to be awarded to DePelchin Children's Center.

The Junior League of Houston has been committed to the well-being of children as a primary mission since its founding in 1925. The League has demonstrated this commitment over the years through grants, partnerships and volunteer placements with Texas Children's Hospital, Baylor Teen Health Clinic, BEAR...BE A Resource for CPS Kids, Bo's Place, Casa de Esperanza de los Niños, Child Advocates, Inc., Houston Area Women's Center, Kids' Meals, Ronald McDonald House Houston and countless others.

The League has actively supported DePelchin Children's Center over years of voluntarism. DePelchin is a 501(c)(3) nonprofit founded in Houston in 1892 to “strengthen the lives of children by enhancing their mental health and physical wellbeing.” Similar to the origin of the Junior League of Houston, DePelchin Children's Center was founded

by a woman devoted to helping her community who partnered with a friend to amplify her impact. DePelchin furthers its founder's mission through programming focused on supporting children and families via evidence-based work in preventing maltreatment, maintaining family well-being and caring for children who have experienced trauma. DePelchin is well known for their foster care programs, which include work with both foster and adoptive families and with birth families who are placing children for adoption. They provide programs that teach parenting skills to parents and provide in-school counseling for children at no cost to the child in a number of Houston-area schools. While DePelchin receives funding from government programs and grants, donations from private individuals, foundations and organizations such as the Junior League of Houston are instrumental to its ability to carry out its mission.

DePelchin is of great importance to Houston children, as DePelchin fills a critical need within our community in caring for children and families under stress. Texas nonprofit Children at Risk





*View of DePelchin from Memorial Drive – Blue Ribbon Week*

notes that there are 1.2 million children within the Greater Houston Area, of whom one-fourth currently live below the poverty level and another one-fourth are low-income. In 2021, the Department of Family and Protective Services substantiated reports of abuse of over 68,000 children; fatalities in Texas due to abuse and neglect increased during the COVID-19 pandemic, to 251 fatalities in 2020. The most commonly substantiated reports are for negligence, at nearly three-fourths of cases. Children's mental health is in crisis nationwide, with recent statistics finding that nearly one in five high school students have contemplated suicide and a third reporting symptoms of depression and anxiety that interfere with their ability to function. Suicide currently ranks as the second-leading cause of death among teens and young adults under the age of 24. Children in Texas are at an increased risk of being uninsured; even with insurance, they often struggle to access the mental health care they need, rendering the mental health services provided by DePelchin critically important.

DePelchin Children's Center plans to use the League's Centennial Gift to construct a new volunteer center and family mental health service classroom space. The current DePelchin campus was built in 1937 to meet the needs of a much smaller city and its size limits the number of volunteers who can be present at one time. The new building will significantly increase the center's capacity for community education and effective volunteer space.



*Junior League of Houston Volunteer Services Building at DePelchin Children's Center – Preliminary Design*

highlight child abuse and neglect. With this training, LIT candidates are the first group of League members to receive a one-hour training in mental health and suicide prevention. **Margie Sutton**, 2022 – 2023 Training and Education Director, hopes that participation in this training “empowered LIT participants to recognize, intervene and provide a referral to someone who is in crisis.”

The 2025 Centennial Gift to DePelchin Children's Center will be a gift for the children of Houston, contributing to their health and well-being for years to come. The new facility at DePelchin Children's Center, funded by so many dedicated League members, will stand as a symbol of the Junior League of Houston's century-long commitment to improving the lives of Houston children and their families.



*Junior League of Houston members – LIT participants, 2022 – 2023 and 2023 – 2024 Board of Directors – tie ribbons with DePelchin leadership in honor of Blue Ribbon Week*

# Celebrating 40 YEARS OF PARTNERSHIP with BAYLOR TEEN HEALTH CLINIC

by: **Eleanor Faulkner**, News Assistant Editor

The Junior League of Houston, Inc. has partnered with the Baylor Teen Health Clinic (BTHC) for over 40 years. The mission of BTHC is to extend Texas Medical Center quality preventative health care to Houston's underserved youth. They provide services that include: the prevention of adolescent pregnancy, risk reduction education, contraception, school sports physicals, treatment for STIs, HIV testing and counseling at no cost to the patients. For those patients who get pregnant, they work with the Nurse Family Partnership to provide the mother support during pregnancy and through the first year of their child's life.

**Dr. Peggy Smith**, Professor, CEO and JLH sustainer, got involved with what would become the BTHC in 1973. After realizing a need to serve these patients and struggling to get funding, the Junior League of Houston presented her with a \$12,000 check. This check allowed the clinic to continue to operate until larger grants came in and allowed the clinic to grow. Since then, the clinic has added services to make it a truly comprehensive clinic. From a serendipitous check from the JLH to addressing significant needs for underserved youth, the BTHC has been devoted to addressing the unique needs of Houston youth.

As of late, BTHC has incorporated an initiative known as "social determinants of health." Dr. Smith explains, "We believe that clinic interactions can be a way that people access job training, employment and eventually careers." Ascend, a program for patients interested in allied health careers, provides scholarships to Houston Community College navigators and therapists to help the students succeed. This

is one example of how BTHC's services have evolved strategically to benefit youth and to give them a path toward something greater. Dr. Smith shares, "Because we are able to give young women and men tools to plan their future by planning their families, we are opening up options they have never had before. Community college, opportunities in careers – it's not just about medicine, it's about economics."

The Junior League of Houston primarily supports BTHC by placing volunteers in Ben Taub Hospital to connect with new mothers between the ages of 13 and 24. JLH provides these young mothers with information on BTHC and the services they provide. Another way that the League supports BTHC is through the Mentors for Moms Program. **Akilah Mance**, Baylor Teen Health Clinic Chairman, explains: "Members call once a month for six months to check in on moms and offer support. They also help by elevating any concerns to BTHC staff." BTHC volunteers have recently returned to in-person service post-pandemic. This service is of utmost importance to BTHC. Dr. Smith emphasizes that "having young women provide options nonjudgmentally to patients and making sure they get referred back to BTHC if they choose" is crucial. The League also worked with the Nurse Family Partnership during the pandemic to throw a drive-through baby shower for mothers. Akilah describes working with BTHC as a "rewarding, flexible placement. It can't be overstated how important it is for us as educated, driven and accomplished women, to help mentor teen moms; our presence in this placement is impactful."





THE JUNIOR LEAGUE OF HOUSTON, INC. WOULD LIKE TO

# THANK

OUR 2022 – 2023

## COMMUNITY PARTNERS



**Texas Children's  
Hospital®**

*Premier Community Partner*

**SEWELL**

*Presenting Automotive Sponsor*



**Children's  
MEMORIAL  
HERMANN**  
Hospital



**Strake  
Foundation**



**The Woman's  
Hospital of Texas®**

HCA  Houston Healthcare®

## COMMUNITY CHAMPIONS

**ALTO**

**CIEL**  
*Restaurant & Lounge*



KENDRA SCOTT

*Lovelykind*  
BEAUTY

**TOOTSIES**





# HOUSTON MUSEUM OF NATURAL SCIENCE'S 75TH ANNIVERSARY OF PARTNERING WITH JLH

by: Elisabeth Netherton, News Writer

This year marks the 75th anniversary of the partnership between the Junior League of Houston and the Houston Museum of Natural Science (HMNS). The League first collaborated with HMNS in the 1948 – 1949 League year when it was added to its list of accepted volunteer placement agencies, alongside the Museum of Fine Arts, Houston, the Children's Theater and the Junior League Health Center. An early gift to the museum included an expansion of its Audio-Visual Program.

Starting in the 1961 – 1962 League year, JLH donated \$45,000 over the course of three years to fund the purchase of a dinosaur to go on display at the museum. In subsequent years, the League also provided funding to support the Children's Education Program. This money supported efforts to fabricate dioramas of the battles of San Jacinto and the Alamo, and for the purchase of a heliostat, a device that reflects sunlight in a constant direction and is used to capture solar energy for scientific research.

The partnership between HMNS and JLH was almost put on hold during the 1973 – 1974 League year when the Projects Study Committee recommended ending the Museum Docent Program at the museum. This proposal was voted down by the membership,

which is a testament to the dedication of JLH members to this program. Since then, the League continues to support HMNS through the provision of trained volunteers.

Currently, League volunteers serve as docents



*Alice Calvin at the Houston Museum of Natural Science, 1972*

in the museum during daytime, evening and weekend shifts. They present artifact touchcart in the museum's exhibit halls, targeted for a four to ten-year-old audience, and give tours to Houston Independent School District students. The HMNS placement is part of the Culture and Enrichment Impact Committee, supporting learning, awareness, exploration and discovery for children. League members can continue to support the important contributions of HMNS to the education of Houston children by volunteering in the placement during the 2023 – 2024 League year.



*Rebekah Stein serving as a HMNS Touchcart Docent*



*Kristiann Rushton leads a science experiment*





Elijah Lopez, CFP®  
 elopez@manskewealth.com  
 713-581-1994

Every Client, Every Month™



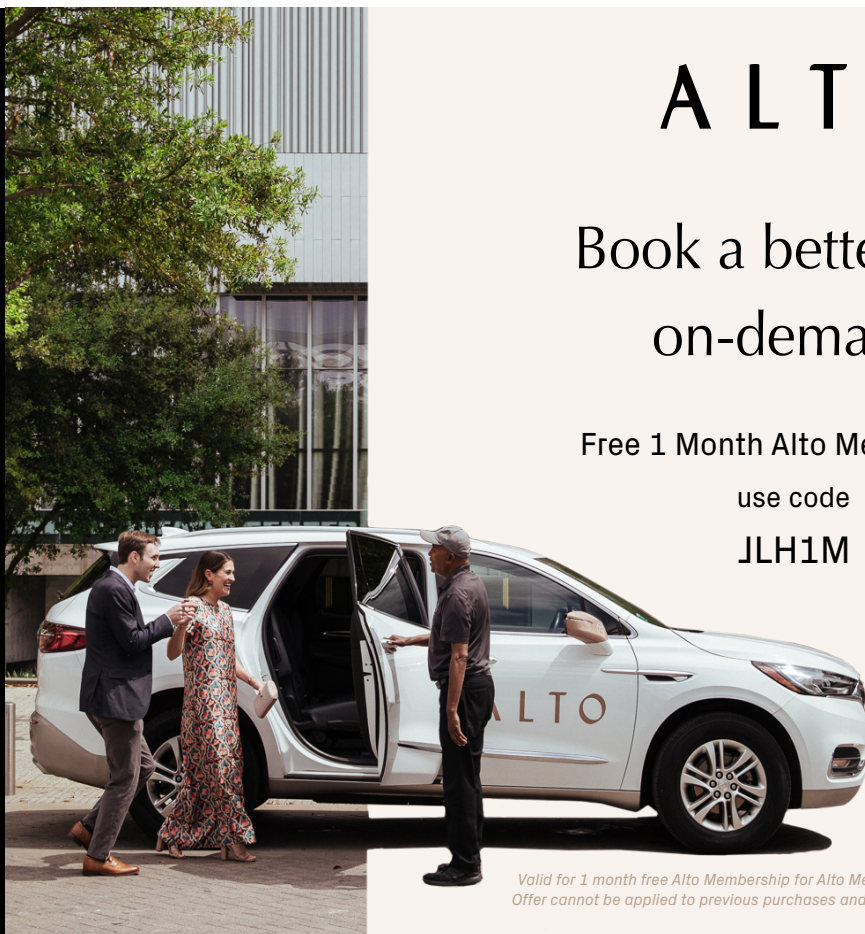
# ALTO

## Book a better ride on-demand

Free 1 Month Alto Membership

use code

JLH1M



Scan to learn  
more about Alto.

Valid for 1 month free Alto Membership for Alto Members only. Expires 8/31/23.  
Offer cannot be applied to previous purchases and cannot be redeemed for cash.

# The Next Move is Yours

*Handling All  
Your Real Estate  
Needs in  
Houston's Nicest  
Neighborhoods!*



**Mathilde C. F. Hoefer**

Broker Associate

713.492.1511

mathilde.hoefer@elliman.com



**Douglas Elliman**  
REAL ESTATE

© 2020 DOUGLAS ELLIMAN REAL ESTATE. EQUAL HOUSING OPPORTUNITY. 2001 KIRBY STE 600 HOUSTON, TEXAS 77019 281.652.5588

## ADVERTISER INDEX

ALTO.....	69
B&Co., Beth Buford .....	72
Baylor Medicine Concierge Healthcare.....	49
Cadence Bank .....	37
CIEL.....	35
CCRM Fertility.....	07
Children's Memorial Hermann Hospital .....	23
Elijah Lopez, Manske Wealth .....	69
First Baptist Academy .....	41
French Cuff.....	63
Houston Trust Company .....	BC
Kendra Scott .....	01
Lifetime of Clicks Photography .....	37
LovelyKind.....	57
Mariam Hejazi, Douglas Elliman, Real Estate.....	39
Mathilde C. F. Hoefer, Douglas Elliman, Real Estate ..	70
Menninger Clinic .....	02
The Monogram Shop.....	69
Ouisie's .....	58
Pediatrics Maternal-Fetal Medicine Specialist.....	33
Pediatrics Cardiology.....	29
Pediatrics ENT of Houston .....	47
Pediatrics Medical Group.....	10
Pediatrics Obstetrics and Gynecology .....	71
Pediatrics Surgery .....	28
Sewell .....	IBC
Taste of Texas .....	70
Texas Capital Bank.....	11
Texas Children's Hospital.....	IFC, 09
The Woman's Hospital of Texas.....	05
TOOTSIES.....	59
UBS .....	26
Valobra.....	20



**TASTE OF TEXAS®**  
*Restaurant*



BEST  
BUSINESS LUNCH



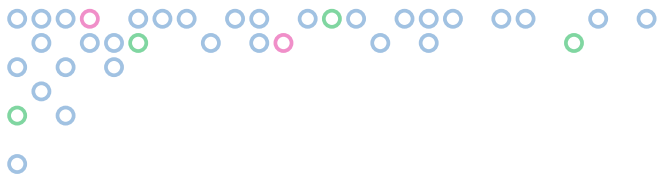
BEST STEAKHOUSE (3 YEARS IN A ROW!)



BEST DATE NIGHT  
RESTAURANT

10505 KATY FREEWAY | RESERVATIONS AT TASTEOFTXAS.COM OR (713) 932-6901





Our Pediatrix® family of practices  
is here for you when your family  
needs it most.

OBGYN



MFM



Developmental



Peds  
Cardiology



Peds  
ENT



Peds  
Surgery



Peds  
Primary + Urgent



Learn more about  
our practice.

Providing routine and specialized  
obstetric and gynecologic care  
for all ages.

Our experienced team provides obstetrical  
and gynecological services to patients in a  
caring, patient-centered environment.

**Our services include:**

- Minimally invasive gynecological surgery
- General gynecology
- Routine obstetric care and consults
- Obstetric ultrasound
- Routine and complex labor and delivery
- Menopause management

We look forward to serving you and your  
family!



houstonlakehouse.com



Incredible  
Sunsets

Relaxed  
environment,  
friendly  
neighborhoods



Unlimited  
boating and  
family fun



Just one hour  
away from  
Houston

Make your  
Lake House  
dreams a  
reality.



Beth Buford, Realtor®  
281.844.3282  
beth.buford@compass.com  
houstonlakehouse.com

Proud JLH Member since 2018



COMPASS





SEWELL PROUDLY SUPPORTS  
THE JUNIOR LEAGUE OF HOUSTON.



**SEWELL**

Houston Dallas Grapevine [SewellCadillac.com](http://SewellCadillac.com)



THE JUNIOR LEAGUE OF HOUSTON, INC.  
Building A Better Community

1811 Briar Oaks Lane  
Houston, Texas 77027  
713.622.4191  
fax 713.622.3160  
www.jlh.org



Non-Profit Org.  
U. S. Postage  
P A I D  
Houston, Texas  
Permit No. 418

## TRUSTS & ESTATES

Our company was founded by  
Texas families to serve the needs of  
multigenerational families like theirs.



Today, we are the largest private, independent, full-service trust company in Texas.  
We have the strength and resources to secure your family's future.

[houstontrust.com](http://houstontrust.com)

HOUSTON TRUST COMPANY

*Trust. Earned.*