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Bay Area Houston

PRICELESS MAGAZINE JULY 2006



9th Annual
2006

LUNAR

41st Annual

Rendezvous
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COLUMN

Publisher's Forum



Independence Day

On July 4, 1776, we claimed our independence from Britain and democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence in various ways.

Independence Day, as the only holiday celebrating the United States as a whole is a national holiday marked by patriotic displays. Many politicians make it a point on this day to appear at a public event to praise the nation's heritage, society and people. Families often mark the Fourth with a picnic or barbecue, and often gather with relatives, taking advantage of the longer weekend or day off from work. Afternoon baseball games are not uncommon and the evening is usually marked by public displays of fireworks.

Despite the genesis of Independence Day, it is largely uncommon for

Americans to express anti-British sentiment on the day or to view it as a celebration of anti-colonialism. Indeed, most Americans today consider the United Kingdom their greatest ally. Rather, contemporary Americans generally perceive the holiday as a celebration of the U.S.A. itself, rather than specifically as an opportunity to commemorate the end of British rule in the 18th century.

Again, we are a truly diverse nation; celebrate our freedom and independence in your own special way, we truly are the "land of the free and the home of the brave."

Last but not least, remember our troops, here and in foreign lands protecting our freedom and independence. God bless them all.

Happy Birthday America.

Bonnie Lem

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Dear Ms. Lem,

Thank you for Bay Area Houston Magazine's contribution to the American Heart Association's 2006 Clear Lake Go Red for Women luncheon. We truly appreciate your confidence in the work we are doing to save lives right here in Houston.

Funding research is a priority for the American Heart Association. In 2005, the AHA funded over \$3 million in research at various medical institutions

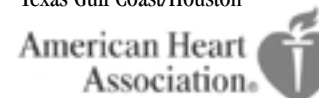
throughout the Houston/Galveston area. American Heart Association-funded research has contributed to many important scientific advances in preventing and treating heart disease and stroke. Cardiopulmonary resuscitation (CPR), bypass surgery, artificial heart valves and life-extending drugs are just a few of them.

Thank you again for your support. It is critical that we continue to fund this life saving research as well as other community education programs. They will move

us closer to our ultimate goal of reducing death and disability from heart disease and stroke by 25% by the year 2010. If you need more information on the AHA or its programs, please visit us online at www.americanheart.org or call our local office at (713) 610-5000.

Sincerely,

Deborah Ortiz
Executive Director
Texas Gulf Coast/Houston



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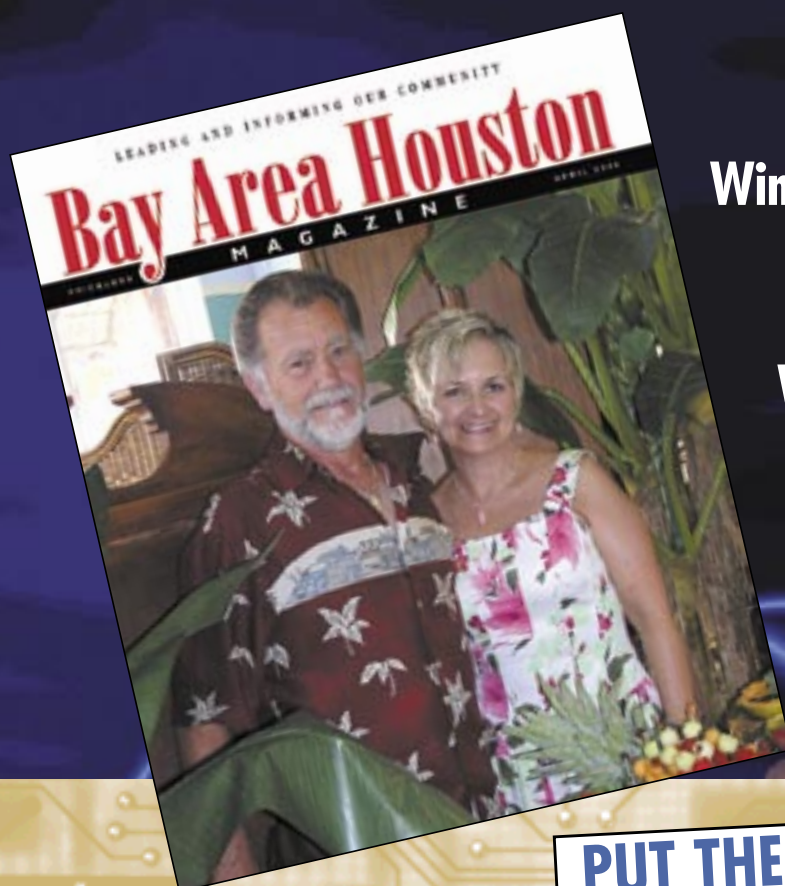
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on the cover

41st Annual Lunar Rendezvous Festival is off to a great start. See the schedule on page 25.





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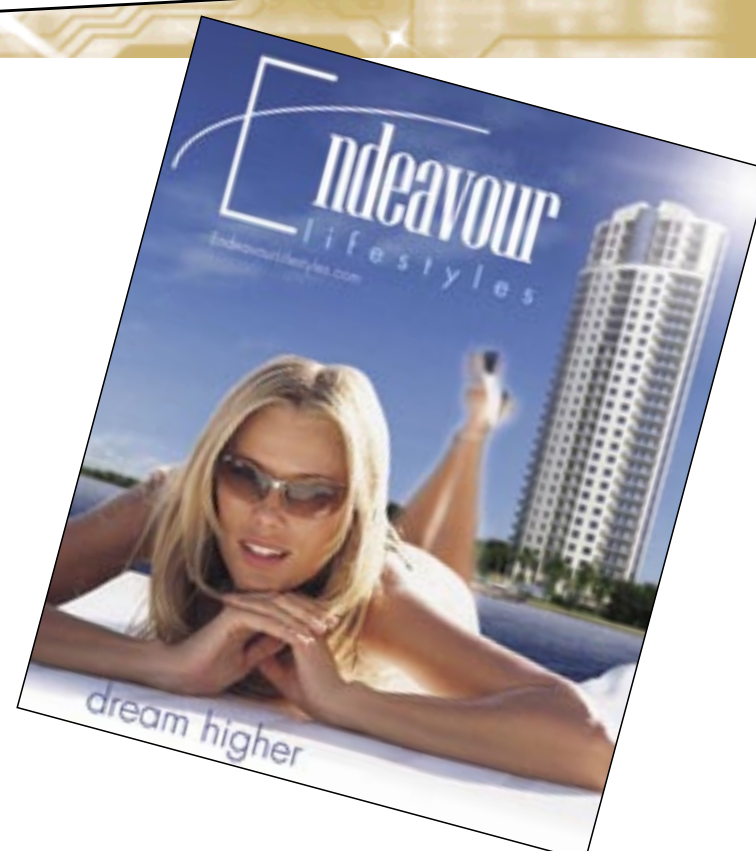
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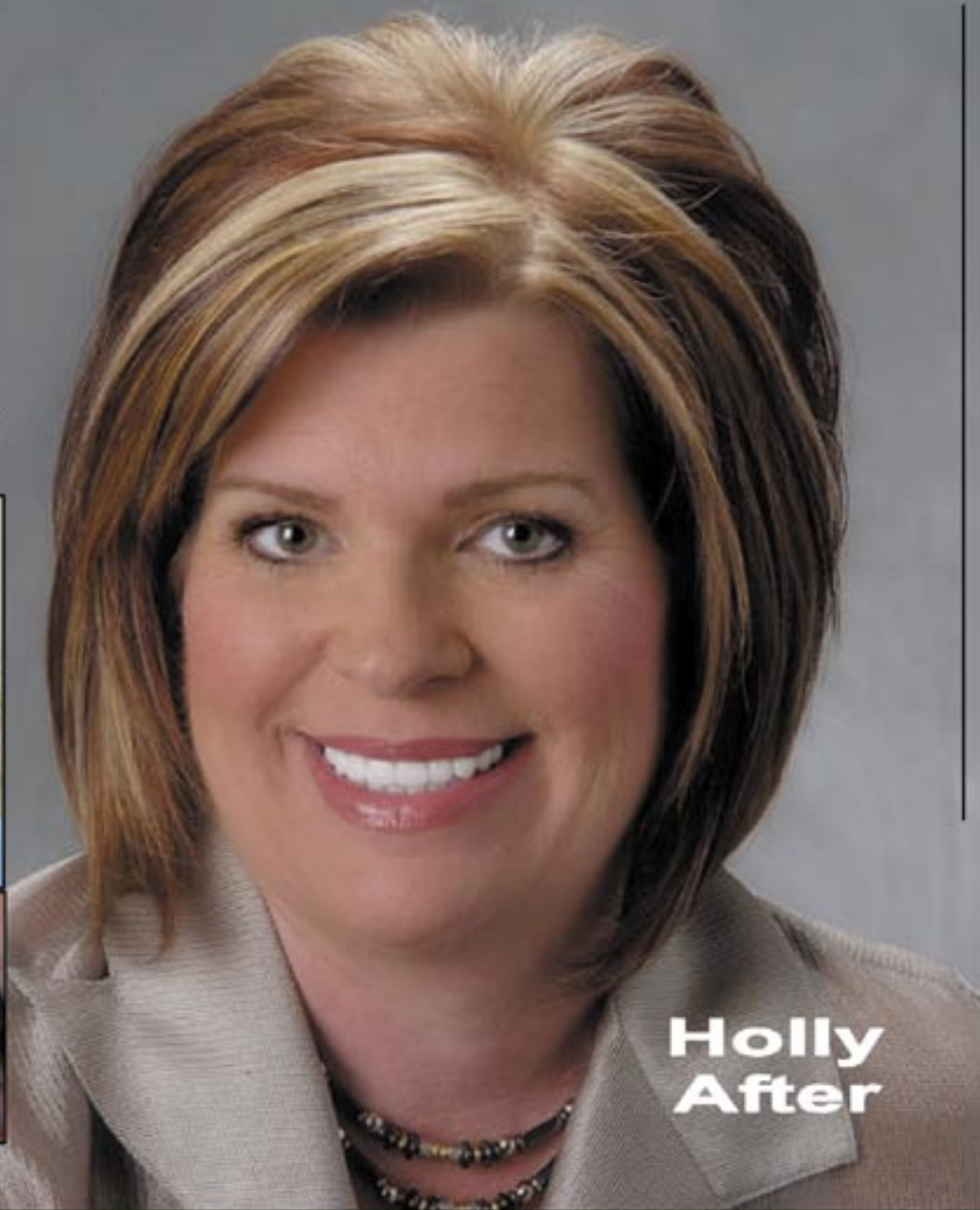
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Port Report

Port of Houston Authority (PHA)



Prominent Business Leader Will Serve Fourth Term Jointly Appointed by Harris County and City of Houston

By unanimous votes, the Harris County Commissioners Court and the Houston City Council today jointly reappointed Jim Edmonds as Chairman of the Port of Houston Authority Commission. The county commissioners and city council members gathered at Houston City Hall for the reappointment vote.

Initially appointed to the port commission in October 1996, representing Harris County, Edmonds was first appointed chairman in 2000 by the city and the county. He also is a member of the board of commissioners for the Houston Pilots Association. PHA commissioners serve two-year terms without pay. In addition to Edmonds, the other PHA commission members include Commissioner Kase Lawal, Commissioner Steve Phelps, Commissioner Jim Fonteno, Commissioner Jimmy Burke, Commissioner Janiece Longoria and Commissioner Elyse Lanier.

"Jim Edmonds has demonstrated exceptional leadership in dealing with the numerous aspects of the Port of Houston Authority," stated Harris County Judge Robert Eckels. "From security and small business development, to the Bayport Container and Cruise terminal construction, numerous transportation projects, and revenue and tonnage increases, the port authority has experienced record-setting performances under Edmonds' leadership. I look forward to another two years of achievement with Jim Edmonds at the helm of the Port of Houston Authority."

Houston Mayor Bill White stated, "Jim Edmonds has stewarded Houston's port at a time of critical growth and progress. He understands that the port is vital to Houston as a source of jobs and economic strength. And he also understands the importance of the port being a good neighbor in the area."

Professionally, Edmonds is President of Edmonds & Company, a business consulting firm. In addition to his responsibilities with

PHA, Edmonds also serves on the board of the Memorial Hermann Healthcare System. He is a member of the board and executive committee of the Greater Houston

Partnership and serves as chairman of its world trade division. He also serves on the board of visitors of the Texas A&M University at Galveston and the board of Space Center Houston.

The Port of Houston Authority owns and operates the public facilities located along the Port of Houston, the 25-mile long complex of diversified public and private facilities designed for handling general cargo, containers, grain and other dry bulk materials, project and heavy lift cargo, and other types of cargo. Each year, more than 6,600 vessels call at the port, which ranks first in the U.S. in foreign waterborne tonnage, second in overall total tonnage, and 10th largest in the world. The Port Authority plays a vital role in ensuring navigational safety along the Houston Ship Channel, which has been instrumental in Houston's development as a center of international trade. The Barbours Cut Container Terminal and Central Maintenance Facility are the first of any U.S. port facilities to develop and implement an innovative Environmental Management System that meets the rigorous standards of ISO 14001. Additionally, the port is an approved delivery point for Coffee "C" futures contracts traded on the New York Board of Trade's Coffee, Sugar & Cocoa Exchange. For more information, please visit www.portof-houston.com.



Jim Edmonds



CHRISTUS St. John Hospital welcomes Dr. Matthew Ballo who has been named medical director for the hospital's new M. D. Anderson Cancer Treatment Center by The University of Texas M. D. Anderson Cancer Center. Dr. Ballo has been actively involved in numerous officer, board and advisory positions within M. D. Anderson and the medical community at-large. Among positions currently held, Ballo serves as a member of the Radiation Oncology Training Committee, Department of Radiation Oncology, along with his position as representative to the Faculty Senate at The University of Texas M. D. Anderson Cancer Center Department of Radiation Oncology.

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Acqua Natura Microspa & Studio is very customer oriented and Smith is totally committed to quality and service. She guarantees her facials will produce positive results. Most of her clients are local, but many also come from around the country; some are flight crew for various airlines. A regular client of the Acqua Natura Microspa & Studio, Rose Neff once said "Lia has confidence and takes pride in her work. She wants all of her clients to leave with happy, positive results."

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Financial Focus: How Will You Pay for Health Care When You Retire?



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When you retire, some of your regular expenses are going to go down. But others are going to go up - and topping the going up list is health care. Well before

you retire, make sure you've got the resources necessary to deal with those doctor's visits and prescription drugs.

How expensive will health care be for you during your retirement years? Here's a number to consider: A 65-year-old couple retiring today will need, on average, \$200,000 set aside to pay for medical costs in retirement, according to a recent study by Fidelity Investments. And this number doesn't even include the cost of over-the-counter medicines, most dental procedures and, most importantly, long-term care (such as in-home health care or an extended stay in a nursing home).

Of course, the \$200,000 figure is just an average; your costs may be considerably different. For example, you might have retiree health coverage from your former employer, although this seems to be becoming less likely, given the fact that more and more companies are scaling back on precisely these benefits.

To prepare yourself for the six-figure sums you might need to pay for health care, consider these suggestions:

Stay healthy. Obviously, you can neither prevent all illnesses nor suspend the natural aging process. However, by eating right, exercising regularly and reducing stress, you can improve your health and possibly reduce the odds of incurring high medical costs in retirement.

Contribute to a Health Savings

Account (HSA). If you have access to this type of plan at work, consider using it. Your money has the potential to grow tax deferred, and you can withdraw funds from your account tax free, provided withdrawals are used for qualified medical expenses. Keep in mind, though, that the contribution limits to HSAs are relatively low, so your savings will probably not grow enough to cover all, or even most, of your medical costs. Yet, every dollar can help.

Plan ahead for long-term care. If you are fortunate, you will never have to enter a nursing home or require the services of a home health care professional. Still, you never know. People who reach age 65 have a 40 percent chance of entering a nursing home, according to a study by the U.S. Department of Health and Human Services - and in some areas, just one year's stay in a nursing home can easily cost \$100,000. To avoid incurring these catastrophic expenses, consider putting a long-term care protection plan in place.

Boost your savings. It's easier said than done, but try to put away as much as you can while you're working. Fully fund your IRA each year, and put as much as you can afford into your 401(k) or other employer-sponsored retirement plan. If you max out on your IRA and 401(k), you might want to invest in an annuity, which provides the potential for tax-deferred growth of earnings and can be structured to pay an income stream that you can't outlive.

No one can predict the future. But by recognizing the likely costs of health care during your retirement years, and by taking the steps necessary to deal with these expenses, you can hopefully avoid some unhealthy surprises down the road.



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You could win \$500 in cash and prizes just by filling out this ballot! Vote on Bay Area Houston's BEST restaurants, clubs, and businesses. Your entry will automatically be entered in our drawing to be held at our upcoming anniversary party when all the winners will be announced. All ballots must be received by July 31. ONE ENTRY PER PERSON - NO FAXED ENTRIES.

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COLUMN

Pelican Brief

BY STEVE E. COUCH



Promises, Promises: When Your Pockets Run Deep, Talk Ain't Cheap

We all do it in varying degrees . . . we always have and probably always will; we make promises about any number of things. Of course, some of us are better than others in following through. Depending on the type of promise and the circumstances under which it is made, being a prolific promisor and paltry performer can land you on the wrong side of a lawsuit.

When a person promises to do something and then fails to follow through, the recipient may have legal recourse. To that extent, failed or false promises can give rise to liability for breach of contract or fraud. Specifically, the mere failure to follow through on a promise can give rise to a breach of contract claim whereas a more culpable refusal, without any intent to follow through from the beginning, can subject a promisor to a fraud claim.

In order for the recipient of a prom-

ise to prosecute a breach of contract claim, there must be (1) a meeting of the minds as to what was promised or agreed-to, and (2) consideration. As to (1), the parties must be on the same page and as to (2), there must either be an exchange of promises or the recipient must pay money or give something of value. For example, if your pickup breaks down and one of your buddies promises to come by next week and fix it – and then fails to show-up – you, the recipient, have no legal recourse; there was no exchange of promises or other consideration. Taking that example further, however, if you promised to do your buddy's taxes in exchange for him repairing your truck, and you followed through but your buddy then failed to show-up to repair your truck, you would have a breach of contract action and could compel your buddy to fix your truck. The bottom line: a gratuitous promise – without any recipi-

cal promise or payment in exchange – is unenforceable.

Another form of regulation on promises is the "Statute of Frauds." This law requires that certain types of promises or agreements be in writing in order to be effective, including: (1) a promise by one person to answer for or pay the debt of another, (2) the promise/agreement of marriage, (3) an agreement for the sale of real estate, (4) an agreement to lease real estate for longer than one year, (5) an agreement which cannot be performed within one year from when the agreement is made, (6) a promise or agreement to pay a commission for the sale or purchase of an oil or gas lease, royalty, or mineral interest, and (7) a promise or agreement to cure someone via medical treatment/services. This list is not exhaustive, so there are many promises or agreements which are enforceable without written confirmation. In fact, the *Texaco v. Pennzoil* case was essentially based on the breach of an oral agreement.

Beyond a potential contract claim, a promisor who fails to follow through can also be accused of fraud. In civil law, fraud occurs when a person makes a material misrepresentation, which he knew to be false, with the intent to induce the recipient to rely on it, and the recipient relies on it, and suffers harm. Basically, fraud is when a person makes a promise with no intention

of following through, knowing that the recipient is relying on the promise. Obviously, what distinguishes a simple breach of contract from fraud is that the latter involves a promisor who knows from the outset that he/she will not follow through but simply lies and makes the promise anyway. Another difference is the absence of any give and take requirement, i.e., in the context of fraud, it is not necessary for the recipient to make a return promise or pay money. But the recipient must rely on the false promise and suffer harm as a result.

People make promises every day and the law flexibly strives to regulate and provide remedies for a vast array of situations. This article should not dissuade you from making gratuitous promises or following through. In fact, basic decency and being true to your word will go a long way toward avoiding a battle over the legal intricacies of false and failed promises. And you would also be well-served by keeping in mind an apt phrase: "We promise according to our hopes and perform according to our fears."

Mr. Couch specializes in personal injury and commercial/business litigation, representing plaintiffs and defendants in cases involving personal injury and commercial/business disputes. Mr. Couch can be reached at (713) 595-6008 or by e-mail at Scouch@ksklawyers.com.





COLUMN

Bay Area Business In Brief



BY MARK EVANGELISTA

"Go big or stay home" applies whether you're a skateboarder or talking to Congress on their own turf.

Citizens for Space Exploration, a grassroots space advocacy group, did just that after recently visiting Capital Hill with more than 130 citizen taxpayers.

The travelers — including 32 students and teachers — from 18 states met with 290 congressional offices in Washington, D.C., to educate them on the importance of NASA and America's Vision for Space Exploration.

Citizens for Space Exploration is comprised of a diverse group of area business representatives involved in aerospace, banking, real estate, marketing and other professions that value the positive impact of NASA.

Also, elected officials and representatives from cities and counties join the group to voice the impact NASA has to their communities.

Finally, students and educators attend the trip to discuss the value NASA provides in encouraging youth to continue their education and be involved in science, technology, engineering and mathematics.

The Vision for Space Exploration calls for the return to regular flight of the space shuttle, completion of the International Space Station, development of the next generation spacecraft and returning to the moon, going on to Mars and beyond.

"This year's trip was the largest and most successful we have ever had. We heard repeatedly from members of the Congress about the importance of being in Washington and supporting the Vision for Space Exploration," said Bay Area Houston President Jim Reinhartsen.

The group's bottom-line message was to educate members of the Congress on the importance of fully funding of NASA's budget request for 2007 and support for the Vision for Space Exploration for a myriad of reasons including benefits to research and development, strong returns on investment from spin-off technologies, continued U.S. leadership in the world, and inspiration to the next generation of engineers and scientists.

The group also expressed concern about "The Gap," the time between the shuttle's retirement and the first launch of the next generation spacecraft. The Crew Exploration Vehicle will carry America back to the moon and on to Mars. Funding NASA's budget at the requested levels will keep "The Gap" to a minimum.

While in Washington, the travelers attended a breakfast sponsored by the Space Alliance Technology Outreach Program to thank and recognize the efforts of NASA and its contractors in assisting America's small businesses.

Through SATOP, professionals in the U.S. space program and their contractors help business owners overcome technical challenges and allow them to become commercially successful.

A local small business, Tyrell, Inc., was assisted by the program in 2005. The company produces an over-the-counter acne treatment device and implemented a highly specialized part recommendation that drastically reduced production costs. The company hit the \$10-million sales mark in May 2006, thanks to the work of SATOP engineers.

The Citizens for Space Exploration also hosted a reception at the Library of Congress. Speakers at the reception included Senator Kay Bailey Hutchison, Senator John Cornyn, Congressmen Tom DeLay, Congressman Ron Paul and Congresswoman Sheila Jackson Lee.

Citizens for Space Exploration presented an official report on the trip to NASA Johnson Space Center Director Michael Coats at Space Center Houston last month.

During that report, Bay Area Houston Economic Partnership Chairman and President of United Space Alliance, Mike McCulley said he learned about the importance of talking to lawmakers as a young enlisted man in the Navy when he was seeking support for service academy appointments.

"It is preaching to the choir but in my experience going back 43 years, it works," he said.

"It worked then, like it does now and that is why we continue to strongly support the work of this organization."

Kudos to area chemical companies

Chemical industry members of the Bay Area Houston Economic Partnership were recognized for their safety and outreach efforts at the Texas Chemical Council Awards Banquet on June 8.

Total Petrochemicals USA in the Bayport industrial complex won two Caring for Texas Awards while Kaneka of Pasadena earned one. Total won in the category of companies with one to 60 employees for its butyl acrylate business and 61-200 employees for its high density polyethylene line. Kaneka, a specialty plastics manufacturing company, was honored in the division for 61-200 employees.

Other BAHEP members, Nova Chemical and Ineos, earned Occupational Safety Distinguished Service Awards in two different divisions.

Nova Chemicals, which has the largest single-train styrene monomer plant in the world in Bayport, was recognized in the second group with 61-200 employees.

Ineos, whose olefins and polyolefins division is headquartered in League City, was honored in the third group with 201-500 employees.



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FYI

BY KRISTAL QUINN



■ **American Business Women's Association**, Bay Area Vision Chapter, holds its monthly luncheon on the second Wednesday of each month. Lunch is \$15/person. ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally. Public invited. For info, call Carolyn Wagner, 281.337.9410 or cwagner@maxim-blue.com.

■ **The Arts Alliance Center at Clear Lake – Summer Arts for Children** is a month-long series art of workshops from **July 10 through August 4**, ages 4-16. It offers both traditional and innovative workshops in a variety of media. Design a colorful piñata and master the art of mask-making, sculpt an entire zoo of clay creatures, create fanciful fish prints while learning the craft of print-making, explore the history and language of hula dancing, step into the spotlight during acting and musical theatre classes, discover your creative inner voice in poetry workshops, learn proper tea party rituals during "Tea in Texas" series of arts & crafts workshops, develop critical thinking skills in chess workshops for all levels and more. Registration must take place one week before the start of the class. Limited scholarships are available. Registration: 281.335.7777. Info: nskynear@taacl.org or www.taacl.org.

■ **Bay Area Military Wives Club** is seeking new members. The club meets the third Tuesday of the month at Bay Oaks Country Club, for more info, Wanda, 832.425.2724 or clearlakecharter@aol.com.

■ **Business Referral Groups** – Find a group that suits your business needs and schedule. There is no cost or obligation to join any of the groups. Be sure to bring business cards for networking. For more info, contact Mickey Maddox 281.332.3053.

Friendswood - meets every **Monday** @ 7:30 a.m. at Crawgators Seafood and Deli, 3224 FM 528.

Pasadena - meets every **Monday** @ 7:30 a.m. at Kelly's Country Cooking, 7011 Spencer Hwy.
Seabrook - meets every **Tuesday** @ 7:30 a.m. at Tequila Boom Mexican restaurant, 3142 Nasa Pkwy.

Webster - meets every **Wednesday** @ 7:30 a.m. in the old Webster City Council Chambers, 311 Pennsylvania Ave.

Pearland - meets every **Thursday** @ 7:30 a.m. at Mely's To Go, 1635 Broadway, #125.

Alvin – meets every **Friday** @ 7:30 a.m. at Fat Daddy's Restaurant, 100 N. Gordon.

League City – meets every **Friday** @ 7:30 a.m. at South Shore Grille, 2800 Marina Bay Dr.

■ **The Clear Creek Republican Women** has their monthly meetings on the first Friday of each month at Estebans in the Fiesta Shack on Main Street (FM 518) in League City. Meeting starts at 11:30 a.m. Lunch is optional. For more info, edlinck@fwc.com.

■ **Firework Fridays at the Kemah Boardwalk** every Friday in July at 9:30 p.m. It's the 4th of July every weekend, enjoy the festivities in Kemah. For more info, 877.AT.KEMAH or www.kemahboardwalk.com.

■ **Kemah's Monthly Business Alliance Breakfast** happens monthly at the Kemah Community Center on Highway 146 at FM 2094. Network with other businesses and build your own. Cost is \$5-\$8. For more info, call 281.538.4632.

■ **The Sopranos** return to the **Balinese Room** in Galveston this summer. The interactive comedy will run weekends through September. The Balinese Room is considered Galveston's historic nightclub on a pier, located at 2107 Seawall (21st St. at the Beach). Tickets are \$34.95 which includes dinner. For more info, www.galveston.com/sopranos or 888.305.SOAP.

■ **July 8 – 17th Annual Shrimp Boil Benefiting The Rose** Saturday at East Harris County Activity Center, 7340 Spencer Hwy., Pasadena from 4 - 8:30 p.m. This year's party will feature the music of The Grateful Geezers, shrimp, live and silent auctions and tempting desserts. Dinner tickets are \$15/advance and \$20/at the door or \$10/entry only. All proceeds benefit The Rose - Houston area's pre-eminent non-profit breast health care organization. For more info, 281.464.5142.

■ **July 13 - Men Who Cook** at the South Shore Harbour Resort & Conference Center from 6:30 to 9:30 p.m. Over 60 celebrity chefs put their best flavor forward. Sponsored by the League City Chamber of Commerce. For more info, 281.338.7339 or www.leaguecitychamber.com.

■ **July 17 - The Neighborhood Democrats of Galveston County Club**, which covers northern Galveston County, meet at Java Express, 1026 East Main St., League City. All Galveston Bay residents interested in learning more about the local Democratic Party, its mission and ideals, are welcome to attend the monthly meetings and club activities. For initial contact, jlarsen7@houston.rr.com.

■ **July 17-19 – 8th Annual Camp W.A.D.E. (Water Activities Day Events)** at Clear Lake Park – Landolt Pavilion. This program offers students ages 13 and up three days of in-the-water, hands-on training in the operation of powerboats, sailboats, kayaks and PWCs. They receive classroom instruction in handling procedures, Texas boating laws and boating courtesy. A written and skills test is given at the end of the session and upon course completion students receive their Texas Boater Basic Certification by the Texas Parks & Wildlife Division. Each session, held from 8 a.m. to 5 p.m. each day, is limited to 36 students and a registration fee of \$95 per student is required. Scholarships are also available. Space is limited, for more info, 281.488.7676.

■ **July 17-26 - Pasadena Little Theatre Offers Free Children's Workshops** open to ages 5 – 16 and is offered to the children of Pasadena and surrounding areas allowing them to explore their interest and talents while learning about the theatre by taking part in activities that go into producing a play. Participants will be divided into age specific groups to focus on voice, movement, and improvisation. Children under the age of 10 must be accompanied by an adult. For additional info, Katie Reed, kreeddrama@sbcglobal.net or 713.910.7195 or www.pasadenalittletheatre.org.

■ **July 19 - In Vitro Fertilization (IVF) Seminar**, free to the public at 450 Medical Center Blvd., Suite 410, Webster from 5 – 6 p.m. RSVP 281.332.0073 x 202.

■ **July 20 - The American Business Women's Association, League City Charter Chapter**, is a group of career-minded professionals who support the goals of the organization. ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition. The League City Charter Chapter meets on the third

■ **July 29 - "Is My PC Computer Safe?"** Mini-Course held Saturday - 9:30 a.m. to noon presented by HAL-PC Clear Lake. It is open to the public. This short course teaches awareness and the many faces of malware on the Internet. Learn how to use firewalls, anti-virus/spyware software, spam/email filters, and better ways to configure your operating system, browser and e-mail program. Also, learn how to run local and online tests to uncover vulnerabilities. RSVP a must, 281.316.0768, \$10 public, \$5 members. CL Medical Tower, 4th Floor, 450 Medical Center Blvd. www.hal-pc.org.

■ **July 30 - Passion for Paws & Claws** held at Gazebo Park on Main Street in League City from 10 a.m.-3 p.m., the event is hosted by the League City Animal Shelter, to increase public education of community awareness, local non-profit organizations, pet vendors and owners. For more info 281-554-1377.

■ **August 5 - Royal Academy of Fine Arts (RAFA) – Spotlight Dance Studios** Announces Auditions for Pearland Pre-Professional Ballet Program. Auditions will take place on August 5 at 2 p.m., at RAFA's – Pearland/Silverlake location, 8633 Broadway in Pearland. This audition is open to currently enrolled and potential students from the Pearland location only. There will be two levels of the Pearland Pre-Professional Program (Level I - 8-12 years old and Level II - 13 and over). Dancers should wear a black leotard and pink tights, ballet shoes; bring pointe shoes if you are a pointe student. Please also bring a photograph (snapshot is acceptable). There is no charge for the audition however; you must call 281.485.7151 to reserve your space. If you are unable to attend audition you may submit an audition videotape. RAFA Web site www.royalacademyoffinearts.com.

■ **August 12, 18, 19, 25, 26 - Five Women Wearing The Same Dress** by Alan Ball at Café 21 Theatre. During an ostentatious wedding reception at a Knoxville, Tennessee estate, five reluctant, identically clad bridesmaids hide out in an upstairs bedroom. This is a wickedly funny, irreverent and touching celebration of the women's spirit. Dinner is at 7 p.m. with show at 8 p.m., seats are \$30 each for dinner and show, plus tax and gratuity on dinner, and can be reserved by calling Franca's 281.488.2207 or www.cafe21theatre.com.

■ **August 19 - Ballet Ensemble of South**

Texas will hold **open auditions** on Saturday, for their holiday production, The Nutcracker, and their 2006/2007 company. Auditions for male and female dancers will be held at the studios of Houston International Ballet Academy, 301 Hwy. 3 North. For further audition info, 281.332.6442.



"The Men in Black Are Back!" League City's Men Who Cook - July 13

Thursday of every month at the South Shore Harbour Country Club, 4300 South Shore Blvd. at 6:30 p.m. For more info on the League City Charter Chapter or to check out the program for this meeting, visit our Web site at <http://www.abwa-lccc.org>. For additional info on ABWA, <http://www.abwahq.org>.





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Bayside All Stars do it Again!

Unbelievable! No other word describes the feeling of watching the Bayside 9-year-old All Star Baseball team win their second District 14 championship came! Back-to-back championships—it doesn't get better than this! The team, managed by Tom Kenney, just never seems to give up, and this special group of boys is proving that their hearts are as big as their talent.

The Bayside 9-year-old All Star Team went undefeated this year in the District 14 tournament and throughout the play-offs, to finally beat Isle West 9 year olds in a dramatic 9 – 8 final score for the championship. They have qualified for sectionals and that tournament starts soon.

The team is coached by Joey Aleman, Joe Tolliver and Alvin Prentice. The team sponsor is Driftwood Holdings, L.L.C.





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Beacon Federal Credit Union (BFCU) makes a difference for its members and sets a standard of excellence that all other credit unions strive to achieve. DuPont La Porte Federal Credit Union has now been renamed Beacon Federal Credit Union. With a brand new location in the heart of Seabrook, Beacon Federal Credit Union is ready to serve you!



BFCU is at the core of our community and eager to welcome Seabrook and its citizens as customers. Located in a central location on Bayport Boulevard, it is now incredibly easy for all residents of Seabrook to experience a truly remarkable banking experience. In 2005, BFCU was granted a community charter and believes the name change better reflects its varied membership base, as well as underscoring BFCU's commitment to watch out for its members' financial well-being for the present and well into the future.



After nearly 60 years of serving other communities BFCU is ready to offer Seabrook that same financial comfort. BFCU is a not-for-profit, member-owned, financially cooperative credit union whose philosophy is "People helping people help themselves." BFCU has a sincere commitment to serve because Beacon Federal

Credit Union members are on top of the organizational chart. One example of the staff's commitment to their members occurred during last year's hurricane Rita evacuation. In order to be certain that all members had the cash they needed to endure the emergency, the Beacon staff stayed long after they were asked to evacuate. They even provided curbside service in order to serve as many people as possible in the shortest amount of time. Members are proud of the staff for their selfless dedication to serve the community.

As well as being an exceptional financial institution that watches out for its members, BFCU watches over the communities in which members reside as well. When asked what BFCU does for its surrounding communities Janis Roderman said, "We believe in being good neighbors and helping the communities grow to be the very best they can possibly be. We support local school projects, community events, non-profit programs and fundraisers. We look forward to serving the sensational city of Seabrook." Beacon is committed to serve local school districts, several chambers of commerce, livestock shows, youth fairs and the Police Officer's Association as well as many other organizations.

Over the past 56 years this credit union has evolved into a full-service financial institution offering an array of member-focused products and services including savings and checking accounts, a variety of loans, overdraft protection, courtesy pay, check and debit cards, traveler's checks and much more. BFCU averages 1,000 members per month in its lobbies and that count does not include those who need teller services. If you choose Beacon you will experience professional, friendly service where everyone is considered a part of the extended family. BFCU is ready and eager to show Seabrook just how extraordinary their business is compared to others.

Stop by and say hello to Amy Allen and her staff at 2156 Bayport Blvd. just off Highway 146 in the Miramar Plaza Shopping Center (directly behind McDonald's). They are ready to serve you with: free checking, free online bill pay, free access to 32,000 ATM's nationwide and show you the many benefits to being a Beacon member-owner! The Seabrook location is open Monday through Wednesday from 9 a.m. - 5 p.m. and Thursday through Friday from 9 a.m. - 6 p.m. Stop by today and join Beacon Federal Credit Union.





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The Classic Café has a large menu variety and features savory gumbo, creamy clam chowder, sea hogs and other signature appetizers. The café is best known for their delicious sandwiches, po-boys and fresh salads which satisfy even the hungriest diner. They have also added low-carb zone items such as an Atkins platter which includes a center-cut pork chop, char grilled chicken tenders and a four-ounce top sirloin. Side choices include vegetables or a dinner salad. The Mixed Grill is another favorite and includes chicken, beef and pork sautéed with onions, along with red and green bell peppers. Add your choice of tuna or shrimp to the meal for a small charge and you've got an outstanding entree.

This all-American Café is family-oriented and you can choose everything from burgers, fried shrimp and seafood platters to pasta dishes and delicious home cooking. The café has tender, mouthwatering steaks, and is a Mecca for dessert lovers. The coconut cream pie, fudge brownie pie and peanut butter pie are all delectable choices. Other popular desserts include key lime pie, carrot cake and chocolate cream pie. Blue Bell ice cream is the house selection and is used in delicious shakes and sundaes.

The Classic legend began in their bar when sailors, yachtsmen, boaters, businessmen and locals would hang out and get caught up with issues of the community and local gossip. The bar is fully-loaded with cold beer, fine wines and liquors. Visit the café and check out some of the new winning food items such as fish tacos served with fresh snapper, new crab cakes and the scrumptious spinach and shrimp quesadillas. No matter what you choose, everything is tasty and consistent. The wait staff is courteous, friendly and the best in town. Make Classic Café your dining spot, and tell Brad and By we sent you. The Classic is located at 2511 NASA Pkwy. in Seabrook. For more information, call (281) 326-1512.



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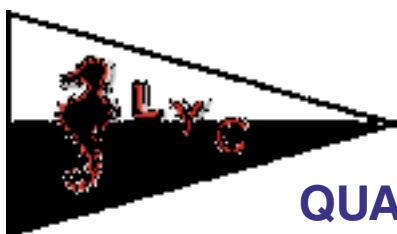
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Lakewood Yacht Club

QUANTUM RACING" CAPTURES SHIP'S WHEEL TROPHY

Longtime racer John Kolius captured the Ship's Wheel Trophy as the top winner in the most competitive fleet at this year's Sea Lake/Beneteau Shoe Regatta.

Hosted by Lakewood Yacht Club and held on Galveston Bay over the weekend of May 20-21, Kolius's J-80, named "Quantum Racing", earned three bullets out of six races in a fleet of 20.

"It was a great weekend of racing—perfect breeze and sunny," related Kolius.

"The races started on time with our line being run by sailor Buddy Brown who did a great job," he added.

At the Awards Ceremony held in Lakewood's ballroom on the afternoon of Sun., May 21, Lakewood's Fleet Captain Don Kugle reminded sailors that

crews of the first place winners would receive Sperry Top-Sider shoes (hence the "Shoe Regatta") along with their trophies. Second place winners received Nothin's and third place winners got socks. Approximate 65 boats raced over the weekend on three lines: J-80, One Design, and Long Distance.

Accepting the first place trophy for the J-80 fleet as well as the Ship's Wheel Trophy with Kolius were his crew of partner Farley Fontenot and daughter Mallory Fontenot who is college, Ryan Glazer, and Cary Granger, age 15.

Kolius, who started sailing and racing when he was five years old, is celebrating his 50th year in the sport of sailboat racing. He is owner of KO Sailing and Quantum Sails.



At Lakewood Yacht Club's 24th Annual Sea Lake/Beneteau Shoe Regatta, John Kolius (second from right) and his crew of "Quantum Racing", a J-80, claimed the Ship's Wheel Trophy as the overall winner of the regatta. Kolius is pictured with his crew Farley Fontenot, Ryan Glazer, Mallory Fontenot and Cary Granger along with Lakewood's Commodore Tony Wessendorf.

LAKEWOOD'S BAY CUP II SLATED FOR AUGUST 5

Lakewood Yacht Club (LYC) Race Committee Chair Andrea Todaro has announced that the second in a two race series will be held on Galveston and Trinity Bays. To be held on August 5, it is termed the LYC Bay Cup II.

"Lakewood is committed to bringing long distance racing back to the bay area, and to providing a forum for big cruising boats to get involved in a sport that is traditionally reserved for fast boats with few creature comforts," said Todaro.

The first of the series, Bay Cup I, was held during the month of March when winds are traditionally good. LYC Bay Cup II will be a different type of racing because August tends to be a very light air month. The race starts in Galveston Bay and features a single race having multiple legs, but the distance will be determined by the wind conditions and will be tailored to the classes of boats racing so that everyone has an equal opportunity to complete the race in time to make it to the party.

Classes will include both Spinnaker and non-Spinnaker handicapped boats, including monohulls and multihulls, as well as One Design racing. Wind permitting, long legs will carry racers into Trinity Bay and will present a navigational challenge. "Even if the winds are light, we will have a fun race and great party afterwards," said Todaro.

At the conclusion of the race, a party is slated which features music by Shark Attack, free beer and Mt. Gay rum. A special steak dinner that is available

for \$10 allows crews to be able to sample Lakewood hospitality. Awards will be presented for best overall for both races and for winners of Bay Cup II.

The Notice of Race (NOR) for Bay Cup II will be available the week of June 19 with online registration. Sailors can check the club's Web site under the racing button for more information: www.lakewoodyachtclub.com.

For questions, please call the LYC office at 281-474-2511 or the race committee chair at 281-658-3610.

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41st Lunar Rendezvous Festival July Calendar of Events

Lunar Rendezvous Festival Cultural Arts Night "Search for the Stars" – Sunday, July 9 7:00 – 10:00 p.m. at Bay Oaks Country Club. Astronauts, stargazing and local artists will highlight the night. Daniel Castello from Carrabbas Italian Restaurant is generously donating dinner. A Cigar bar, Martini bar, along with a surprise band and surprise guests promise to make the night a huge success. Don't miss this special event! Tickets are \$75.00 each, for more information visit www.lunarrendezvous.org.

Lunar Rendezvous Festival Fun Run — Saturday, July 15 Space Center Houston. Regular registration \$18.00 by July 8. Late registration after July 8 is \$22.00 and on race day \$25.00. Wheelchair 7:25 a.m., Runners and Walkers 7:30 a.m. Underwriter: Honeywell. For more information call 281-480-5388.

Lunar Rendezvous Festival Sunset Service – Sunday, July 16 St. Clare's Catholic Church at 7:30 p.m. Welcome and invocation will be by Reverend Dominic Pistone. Presentation of Colors – Clear Creek High School ROTC led by General John H. Bailey. Two 2006 Lunar Rendezvous Princesses will be the vocalists for the evening. Marial Biard, sings the "The Star Spangled Banner." She is all-state in choir and a member of the select Chamber Choir, and Emily Lamb will sing "God Bless America." Scripture reading by Tom Wong, 2006 Lunar Rendezvous Festival King.

Putt Putt Family Fun Night – Thursday, July 20 at Putt Putt Fun House 6:00 – 9:00pm. Tickets are \$10.00 per person and include: unlimited access to Putt-Putt golf, laser tag, Karaoke, bumper boats, 3-D theatre, rock climbing wall, and 12 arcade tokens. Hole sponsorships are available for \$50.00. Tickets are available in advance beginning July 1 at Putt-Putt Fun House or by e-mail Jacquelinecarver@yahoo.com.

Lunar Rendezvous Festival Market – July 21 – 22 at Gloria Dei Lutheran Church. Preview night 5:00 – 9:00 p.m. with wine and hors d'oeuvres buffet. Price is \$10.00 for the preview evening. Saturday shopping is 9:00 – 4:00 p.m. with ticket price of \$5.00. The market features many seasoned vendors that this community depends on, as well as newcomers from metropolitan

Houston. Upscale merchants bring their unique look to the market while providing a variety of specialty items. Previously held at other locations and billed as the Lunar Rendezvous Festival Antiques & Gift Show, this event is part of a tradition that spans four decades. Interested vendors should contact Domineque Westall, Market Chairman, at 281-291-7607 or domwestall@ev1.net.

"Oltre Il Sole, La Luna E Le Stelle" Dining Event – July 23 at Perry's Italian Kitchen 5:30 – 9:30 p.m. Enjoy the best Italian cuisine Clear Lake has to offer. Generously underwritten by Chris Perry. Buffet style service begins at 5:30 p.m. and a live auction at 7:30 p.m. Cash bar will also be available. For reservations or additional information please call Kristin Rankin at 281-990-8444. Tickets are \$35.00 per person.

The Fashion Show "Heavenly Bodies" – July 25 at Houston Hobby Marriott in the Gulf Coast Grand Ballroom. This celestial Fashion Show will begin at 10:30 a.m. with a social and silent auction, 11:00 a.m. presentation of the Lunar Rendezvous Court, noon is the start of Fashion Show, which is produced by nationally renowned Lenny Matuszewski, 12:45 p.m. lunch will be served. This year ticket prices for this sell event are \$125 for runway seats and \$100 for general seating. For reservations to this fabulous event, please mail your check made payable to "Lunar Rendezvous Festival" along with the number of tickets requested, the price level ticket desired, and the names of all parties being paid for to: Allyson Jackson, 3726 Emerald Falls, Houston, Texas 77059. For more ticket information please call (281) 461-4440 or e-mail allysonjackson@sbcglobal.net. Please be aware that your check holds your spot, no tickets will be issued, and all seats are assigned on a first come, first served basis.

Coronation Ball "Starry Starry Night" — July 29, at San Luis Convention Center Ballroom, Galveston Island. Festivities start at 5:00 p.m. with the reception, 6:00 p.m. presentation of Lunar Rendezvous Court, dinner and dance music provided by Kit Reid Band. Tickets are \$100 for this black tie event.

For information regarding any of the Lunar Rendezvous Festival events please call the Bay Area Museum at 281-326-5950 or visit www.lunarrendezvous.org.



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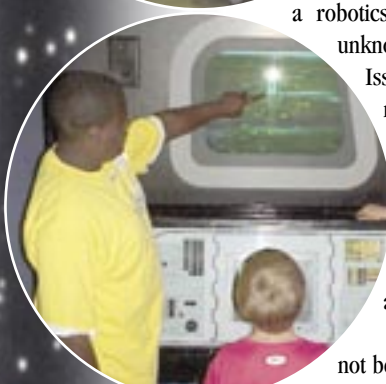
Space Center Houston is offering exciting day camps this summer! Campers ages four through fourteen will learn in a fun and unique environment where they can explore the wonders of space through hands-on activities and one-of-a-kind space exhibits.

'A' is for an awesome adventure for preschoolers! Four-year-olds will be taken through a week-long discovery of the A to Z's of space with hands-on activities created with the little ones in mind.



Five to seven-year-olds will blast off into the world of rockets, explore the red planet from rovers to volcanoes, travel through the solar system and jump on a comet for a trip to discover what's in the night sky! Campers will also learn what it's like to live in space including tasting astronaut food and learning how astronauts sleep and shower in space.

Embark on a thrilling adventure through space with our eight to eleven-year-old camps! Campers will discover the world of lasers, lenses and light and learn how to build satellites for communicating in space. Campers will also become a robotics engineer, design exploratory vehicles for unknown plants, and blast off into the world of Sir Issac Newton while building and launching model rockets. Eight to eleven-year-olds also have the opportunity to attend a week-long day camp adventure. These campers will explore the history of flight from hot balloons and blimps, to airplanes and rockets allowing each camper to leave the week as an aerospace expert.



Space Center Houston's day camps would not be complete without a mission to Mars. Youth, ages twelve to fourteen, will become mission specialists as they join a crew on a mission to Mars! Campers will build robots and rockets and discover that Mars Rocks! Don't miss out on this fast-paced week-long adventure!

Most day camps also include a visit through Space Center Houston's one-of-a-kind exhibits! Depending on the camp, campers will have the opportunity to walk through the Shuttle Mock-up, do an EVA on our Manned Maneuvering Unit (MMU) simulator, experience the thrilling live shows, walk through the Starship Gallery's priceless artifacts and moon rocks, tour NASA, and be inspired in the Northrop Grumman Theater by Space Center Houston's signature giant screen film, To Be An Astronaut.

Come explore a whole new world this summer! Registration information, call 281-244-2148 or 281-244-2131. Or check out our Web site at www.spacecenter.org/daycamps.html. E-mail us at acase@spacecenter.org or dlindemann@spacecenter.org. Join us this summer for an outer space adventure!



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COLUMN

ENCORE! Arts and Entertainment



BY HARLAN KIDWELL, JR.

Hi everyone! Thanks for your input about the arts and entertainment in the Greater Bay Area.

The Arts Alliance Center at Clear Lake (TAACCL) presents the **"Figurative Art Exhibition,"** an invitational and juried exhibition of portraiture, self-portraiture, real or imaged portrayals of figurative imagery - man, machine or beast from Aug. 17 (reception) - Sept. 14. Call (281) 335-7777 for more info.

TAACCL announces the return of Summer Arts for Children, a month long series of art workshops for ages 4 through 16 from July 10 - Aug. 4. Offerings include everything from acting workshops to hula dancing - there's something for everyone! Traditional classes include drawing, painting, pottery and mixed media. Try your hand at poetry. Craft a fanciful piñata. Master the creative art of mask-making! Learn proper tea party rituals during a special "Tea in Texas" series of arts & crafts workshops. Classes meet for one hour each day, for five days (Monday-Friday). Space is limited, so call (281) 335-7777 for schedules and availability.

The next meeting of the Bay Area Writers League (BAWL) will be on Aug. 3. Dorothy Waldman will speak about nonfiction publishing—the pitfalls and successes. BAWL also is offering monthly classes on Saturday mornings at Coffee Oasis on NASA Road 1. Next classes are on **July 8** and Aug. 5. More on this later. Call Kate at (281) 614-0123 for info.

The Houston Museum of Natural Science (HMNS) presents: "Tut Unwrapped," "The Royal Tombs of Ur: Ancient Treasures from Modern Iraq," "Dinosaurs: Ancient Fossils, New Discoveries" and Gunther von Hagens "BODY WORLDS 3: The Anatomical Exhibition of Real Human Bodies." The "Ocean Oasis" is showing in the IMAX theatre. Call (713) 639-4629 for info.

The HMNS presents a clever twist on Friday nightlife. Back by popular demand, Mixers, Elixirs and IMAX is the summer spot where adults can mix and mingle; enjoy an IMAX film; dance under the dinosaurs to new live music each week; and sip captivating cocktails. The museum is the place to be Friday nights from 6 to 10 p.m. through Aug. 25.

The Menil Collection presents: "Frank Stella 1958" and "Chance Encounters: The Formation of the de Menils' African Collection." Call (713) 525-9400 for info.

The Museum of Fine Arts, Houston presents: "The Architecture of Gee's Bend Quilts" and "Courbet and the Modern Landscape." Call (713) 639-7540 for info.

The Pasadena Little Theatre presents "The Best Little Whorehouse in Texas" through July 16. Call (713) 941-1758 for info.

"The Best Little Whorehouse in Texas" is a hilarious musical based on Marvin Zindler's closing of the Chicken Ranch brothel. The Texas Brothel acquired its name, Chicken Ranch, during the depression when the customers were allowed to pay for services with poultry. Come and enjoy the music and dancing and laughter but please understand that there is adult language and content in this show.

The College of the Mainland's, The Biggest LIL Theatre in Texas presents "Chicago" from July 20 - Aug. 13. Call (888) 258-8859 or (409) 938-1211, X345 for info.

"Chicago" is a sizzling musical of murder and seduction which turned Broadway on its ear and now it's ready to "razzle dazzle" the College of the Mainland audiences with its pulse-racing story of a pair of sexy murderesses craving the celebrity spotlight in the 1920's Chicago.

The Bay Area Harbour Playhouse Main Deck Theatre presents "Anything Goes" from July 13 - Aug. 6. Call (281) 337-7469 for info.

"Anything Goes" is a timeless classic musical with songs such as "It's De-Lovely," "Friendship," "I Get a Kick Out of You," "Blow, Gabriel, Blow" and "You're the Top."

The Bay Area Harbour Playhouse Top Side Theatre presents "The Sunshine Boys" from Oct. 5—22.

The Clear Creek Country Theatre presents "South Pacific" from Sept. 8 - Oct. 1. Call (281) 333-5315 for info.

Theatre Under The Stars presents: "Brooklyn The Musical" from July 18 - 23 at Miller Outdoor Theatre. Call (713) 558-2600 x3662 for more info.

"Brooklyn The Musical" is about a band of soulful street-corner singers and storytellers. With a mix of pop and soul, they set their stage and tell a wondrous sidewalk fairy tale about a young girl searching for fame and the father she never knew.

Look for The Ballunar Liffot Festival in late Aug. If you want to volunteer or just want more information call (281) 488-7676.

Send your comments and suggestions about arts and entertainment in the Greater Bay Area to Harlan Kidwell, Jr., BAY AREA HOUSTON Magazine, 1545 Bonanza, Houston, TX 77062 or at hkidwell@earthlink.net.

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- Low Energy Level

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COLUMN

LEFT Brain



BY E. EDWARD REITMAN, PH.D.

Inside Out

When I was a little boy, I heard that if you inadvertently put an article of clothing on inside out, it was lucky and you'd be in for a pleasant surprise that day. Sometimes, I thought of deliberately putting an under-shirt on inside out in order to ensure that surprise. But a voice inside me said "No. You've got to do it by accident" and I didn't know how to do it that way.

I hadn't thought about that in years, until I saw a movie, "Everything is Illuminated," which refreshed my memory. In one scene of the movie, an American youth tells a young Ukrainian man that his shirt is inside out. Because of his limited knowledge of English, the Ukrainian youth couldn't comprehend or translate "inside out." Initially, it seemed an irrelevant event because the movie dealt with a man who, after his grandparents' deaths, went to Poland to discover their roots. In the course of his travels, he not only discovered his own history, he helped those who accompanied him: a translator and a driver, to discover theirs.

The message conveyed by the film struck a chord in me. It was that, in order to fully understand where we are, we need to look at where we came from. Not the geographic location, the social class or the conditions in which we lived, although they're all of importance, but, instead, the emotional forces that direct us throughout the course of our lives. It suggested that too often, seemingly insignificant factors that contributed to where we are now are overlooked. We never notice them or fail to hold onto their memory. Instead, we focus on what's on the outside - the houses, people or their possessions. In addition, the world we live in encourages us to pay more attention to what's ahead and to where we want to go, rather than where we came from. Because of these factors, many important insights remain hidden in our past.

The movie, however, strongly suggests that we need to hold onto old memories and to our histories in order to fully understand the emotional dynamics that contributed to who our parents were and what we have become.

Many of you will ask "Why dwell on the past or dig up old hurts?" The answer is because avoiding the past is a form of denial, a way of running from you. If your past includes sadness, misfortune, mistakes, shortcomings or hurts, so be it. They add to the total picture of who you are. Once they're exposed, the energy and effort you previously expended to build walls and hide from or obscure the real you from you and

others are no longer necessary. That energy can now be put to more positive use - constructing a new you on your old foundation. If that foundation is weak or lacking, the knowledge you have gained from the past allows you to install reinforcements that can support you in the future. With your new-found knowledge, you can build more constructively. Without it, your energy is expended uselessly in defending against the insights you need to recognize and incorporate into your being. It's much like therapy; when you're hurting, you open up your emotional wounds. You express your feelings. You give credence to your past and, by doing so, you neutralize its power to frighten or intimidate you.

Despite these possible rewards, making yourself vulnerable is an abnormal behavior. The normal reaction to pain is flight or fight. It's not to open old wounds or to reexamine past hurts. But if you don't, you never discover the good that may have come from those hurtful experiences. Nor will you rid yourself of the pain. Even more, it is the infusion of your past with the present that can create character and introduces richness to your life. It comes from the understanding and acceptance of what contributed to making you the person you are. Conversely, when you keep your past hidden inside, you lose the essence of what you and generations before you faced that helped to create who you are today.

All of which causes me to think that, possibly, our lack of concern with our history contributes to the chaos, confusion and conflict that often permeates our emotional lives. You see, when you are able to reconcile where you came from, your past becomes far more meaningful. It helps to connect you with your roots and, as a result, you better understand why you are who you are. These insights provide a profound understanding of self that mitigates the anxieties and stress underlying the conflicts, fears and anxieties so many people are plagued with. They can also contribute to a serene peace of mind that most human beings never experience in their lifetime.

Still another way to look at this is that by exposing your past, you bring your inside out. You allow others to genuinely know what you feel and think and, in the process, you let them know you. The benefit you derive is that you no longer have to hide. Thus, you can be sure that when others see you for who you are and still love you, their love is real. In effect, you wear your feelings inside out. They're no longer obscured from the people who are important to you.

Continued on page 29.





C O L U M N

RIGHT Brain

BY KAREN PRICE



Enjoy Life's Transitions

Transition: movement between one state or condition to another. Life is full of these periods of change. They can be wanted and planned or unwanted and dreaded. We can self impose these passages or life can hand them to us when we least expect it. Things such as marriages, deaths, graduations, divorce, child birth, job changes, aging, trauma, grandparenthood, retirement, promotions and success or failure are but a few of the transitions we can expect as we move through our lives.

This time of year many of us are dealing with graduations. Once the privilege of high school or college graduates, we now have multiple celebrations as our children move between various grades. The cutest, of course, is the graduation from kindergarten to first grade. Perhaps it is the juxtaposition of these little ones marching to Pomp and Circumstance, wearing caps and gowns that delights and sometimes saddens us. We become aware that in too few years, our precious babies will be receiving their high school diplomas and heading out into the world. For those of us who have recently graduated a high school student, the frenzy of activity has subsided and many of us are realizing that we will soon walk into that once messy room and find it clean and empty. Will our kids be okay? Will they make it in college or in the work place? All of those hours at Little League, soccer, recitals; the miles on our car transporting and traveling to events; the traffic of kids in and out; the late and broken curfews; the yelling, crying, laughing and daily hugging will soon come to a screeching halt as our young adults find their way in the world. Raising good kids is a full-time job in addition to the one that pays the bills. When our children become people that we like, suddenly they are gone. The hectic, busy rush of parenting abruptly stops and we are left with ourselves.

Part of what makes transitions difficult is that usually there is some sort of role change involved. This means certain behaviors and activities that we have identified with must be modified or discarded. Frequently, there is a void as we let go of these now unnecessary characteristics and say good-bye to our life as it was. For a period of time our lives are in

flux and we may feel loss, emptiness, and uncertainty until we identify and move into the next phase of our life. We must recognize and accept that, like it or not, we are in a transition. We have to process the changes that are occurring and the associated feelings. This is how we build a bridge from how things were to new territory. Sometimes, we have to accept that we must change even if we don't want to. If we resist, we can become paralyzed and imprisoned in regret, loss and resistance. It helps to believe and to convince yourself that ultimately things usually work out for the best.

My "on the verge of a teenager" son commented that his barely double digit years on this earth seemed like such a long time. He couldn't imagine what it would be like to be around as long as his parents. Now the funny thing is that while my life has had its share of bumps and lumps, it doesn't really seem all long. While the book might be lengthy, it is broken down in chapters. Certain elements carry over from one chapter to the next, but some things get resolved. While they impact the story's development, they no longer are central to the plot. In the big picture of our life, transitions are like that. The things that are relevant change. Certain elements become incorporated internally as we move into the next phase, stage or chapter.

While our culture recognizes certain rites of passage, generally there is not a lot of validation from others as we go through many of life's transitions. Often these stages are personal and it is up to us to assess, grieve as necessary and build the next phase of our lives. There is no time frame for this process. It can take days, weeks, months or years depending on the issues involved. If we approach this rebuilding and redefinition process with curiosity and creativity then we open ourselves to possibility and are likely to successfully deal with life transitions. We then are receptive to what life offers and to our internal wisdom.

Karen Price M.A., L.P.C., L.M.F.T., N.C.C., A.T.R. is a Marriage and Family Therapist and Licensed Professional Counselor in private practice in League City, Texas. She can be contacted at 281-554-9994.

Continued from page 28.

Similar to putting on a piece of clothing inside out, emotionally exposing yourself can lead to pleasant surprises in your life. You will discover that others can like you for you and, more importantly, good things will occur because of your abundance of excess energy; energy that can now be used to reach

out to others and to provide them with an environment where they can learn the value of living from the inside out. In effect, your life will be illuminated. You will no longer be in the dark with regard to your past and there will always be a light at the end of your tunnel.

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Visiting Angels



COLUMN

NASA – The Journey Continues

TEAM NASA continues to make a difference on Earth and in space

BY SANDY DRECHSEL

By the time you read this article, Discovery should have blasted off the launch pad at Cape Canaveral. The latest shuttle mission is scheduled for July 1 at 3:48 p.m. EDT.

This mission has been designated by STS-121 by NASA. Commanding the 12-day mission to the International Space Station (ISS) is Steve Lindsey. STS-121 crew members are pilot Mark Kelly, mission specialists Mike Fossum, Piers Sellers, Lisa Nowak and Stephanie Wilson and European Space Agency astronaut Thomas Reiter.

NASA senior managers cleared Discovery for launch in late June after the traditional Flight Readiness Meeting which included an intensive review of every aspect of the mission both in space and on-the-ground. "We had two full days of an intensive Flight Readiness Review," said Administrator Michael Griffin. "It was spirited and one of the most open, yet non-adversarial meetings I've seen since returning to NASA."

"We were really careful to evaluate everything as thoroughly as we could," said Associate Administrator for Space Operations Bill Gerstenmaier, who chaired the Flight Readiness Review. "But the review of the ice/frost ramp was one of the most vigorously discussed."

The mission of STS-121 includes testing of new hardware and techniques to improve shuttle safety. Supplies will be delivered and repairs made to the ISS and a third crew member, astronaut Thomas

Reiter of the European Space Agency, will arrive and stay on the ISS for several months.

Commander Pavel Vinogradov, a Russian Federal Space Agency cosmonaut, and flight engineer and NASA Station science officer Jeff Williams who began their six-month mission on the ISS on March 31 will welcome the Discovery crew aboard the ISS. The ISS crew has been preparing for the exchange of unpiloted Progress cargo carriers and mission STS-121. They also trained for a photo session planned during Discovery's predocking maneuver – where the orbiter does a back flip close to the ISS so that station crew members can photograph the shuttle belly. The photos will be sent back to Earth for examination for any damage to the thermal protection tiles. They also had the not-so-fun job of packing "the ISS Progress 20 with trash for its June 19 undocking, deorbit and incineration in the Earth's atmosphere." When astronaut Thomas Reiter arrives, the ISS will have a third crew member for the first time since May 2003.

As we've mentioned many times, NASA doesn't just make a difference in space. Team NASA works constantly to make a difference in the quality of life here on Earth as demonstrated recently by a group of NASA engineers from the Marshall Space Flight Center in Huntsville, Alabama; these engineers volunteered their own time to help install and test a water purification system in the northern village of Kendala, Iraq. Two years ago, the



These seven astronauts take a break from training to pose for the STS-121 crew portrait. From the left are astronauts Stephanie D. Wilson, Michael E. Fossum, both mission specialists; Steven W. Lindsey, commander; Piers J. Sellers, mission specialist; Mark E. Kelly, pilot; European Space Agency astronaut Thomas Reiter of Germany; and Lisa M. Nowak, both mission specialists. Image credit: NASA

pump for the village's well failed causing the village population to reduce from nearly 1,000 to only 150 residents because there was no access to clean water. The remaining residents hauled muddy water from nearby creeks and dug shallow wells where the water had to be strained through fabric to remove dirt and debris.

As so often happens, just a few concerned people made a difference in a lot of people's lives. Todd Harrison who is the president of Concern for Kids which is a non-profit organization in Lawrenceville, GA that has provided aide in Iraq since 1992. Todd's sister is Robyn Carrasquillo who just happens to be the engineering manager for Environmental Control and Life Support System, or ECLSS, project at Marshall. The ECLSS system is designed to recycle air and water on the International Space Station. Todd knew that NASA engineers had developed technologies for water purification in the 1970s and 80s so he asked his sister if her team could help, via e-mail, to install and test a new water purification system for this struggling Iraqi village.

Water Security Corporation in Reno, Nevada designed and manufactured the Concern For Kids filtration and purification

system using the same technology NASA developed and used on the space shuttle. Volunteers installed a 2,000-liter water tank in Kendala and began trucking in fresh water with the help of the U.S. Army Civil Affairs personnel. But there were problems. The water needed to be cleaned and a way to maintain healthy iodine levels had to be developed. The new water pump had not been properly configured and the iodine bed had dried out during transport so Carrasquillo's team came to the rescue and e-mailed suggestions and instructions to help fix the pump configuration problem and helped the field team in Iraq figure out how to rehydrate the resin bed. For the first time in two years the residents of Kendala village had safe, clean drinking water and Concern For Kids now plans to provide purification units to other Iraqi villages.

Carrasquillo is happy to have made a difference on Earth. "To see our system solve a down-to-Earth problem, especially in a place where there's such a serious need ... there's no greater reward than that."

For more information about these and other NASA projects, visit www.nasa.gov. Visit www.concern4kids.com to learn more about this non-profit group.

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IN EACH ISSUE

Bay Watch



Shannon Sellers cheers on FKP Architects, Inc. team in the Sandcastle 2006 contest on the beach in Galveston.



Guests enjoy grand opening party at the new Pier de Luc.



The Reinhartsen's share a moment at the Boys and Girls Harbor Good Skipper Gala.



Galveston's own Tony Vanderbilt enjoys a round of golf with Nashville celebrities Vince Gill and Dan Tyminski at the Legends Golf Course in Nashville.



The Gregg's are all smiles at the Boys and Girls Harbor Good Skipper Gala.



Prakash and Crissi enjoy a drink at the opening of Pier du Lac.



The Classic girls provided first class service to the guests of the *Endeavour Lifestyles Party*.



Andy Petite and family enjoyed lunch at a Seabrook seafood restaurant.



Jordy and the Emels arrive at the *Endeavour Lifestyles party*.



Partygoers enjoy the ambiance of Lakewood Yacht Club at the *Endeavour Lifestyles Party*.



Christine Cao of the Bay Group is all smiles.



Congratulations to Mayor Robin Riley of Seabrook and wife Gloria for hosting another successful Good Skipper Gala.





IN EACH ISSUE

Bay Watch



Endeavour Lifestyles Magazine coming this fall.



Preparing for hurricane evacuation seminar hosted by Lakewood Yacht Club.



The Lewis' with Dr. Mark Skellenger discuss the new Endeavour Lifestyles Magazine.



Alisha and Taylor toast to the new Endeavour Lifestyles.



The brass at Bay Area Houston Economic Development Partnership presents the new Endeavour Lifestyles Magazine at the recent membership meeting at Bay Oaks County Club.



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The Men in Black are Back!

League City's Men Who Cook – July 13

Food aficionados, prepare to watch in awe as 60 fabulous chefs in black tie show off their culinary talents and serve palate-tempting cuisine at the League City Chamber of Commerce Fourth Annual Men Who Cook – “The Men in Black are Back.” This classic event takes place on July 13 at 6 p.m. at the beautiful South Shore Harbour Resort and Conference Center.

This event features an impressive line-up of one-of-a-kind recipes – Rocky Mauldin's Rodeo Soup, Ray Soto's Gumbo, Randy Thomas' Chicken Marsala, League City Council Member Jon Keeney's Lemon Bars, Simon Urbanic's Jalapeño Brownies, Rick Clapp's Kemah Lime Pie and many more.

In addition to taking pleasure in the culinary talents of the *Men Who Cook*, the organizers of the event, chaired by Susan Bailey (Interfaith Caring Ministries) and Andrea Wilson (Devereux Texas Treatment Network), have a great evening planned. Guests are sure to enjoy a cooking demonstration by South Shore Harbour Resort's Chef Roland Kyburz, magnificent silent auction items, entertainment, sponsor exhibits and much more.

Sponsors for the event at time of print are: *Five Star Sponsor*, AMOCO Federal Credit Union; *Prime Cut Sponsor*, Bay Area Houston Magazine; *Crème de la Crème Sponsors*, HomeTown Bank League City, Flooring AMERICA and Trendmaker Homes; and *Chef Roland Kyburz Sponsors*, Amegy Bank of Texas, CHRISTUS St. John Hospital, Tuscan Lakes Development, LC and Wells Fargo.

Tickets to the event are \$25 in advance and \$30 at the door. Tickets may be purchased at the chamber office at 260 Park Ave. in League City or online at www.leaguecitychamber.com. Sponsorships are still available and can be tailored to fit any budget. For more information on the event call Jo Ann Armstrong at the chamber office at 281-338-7339.



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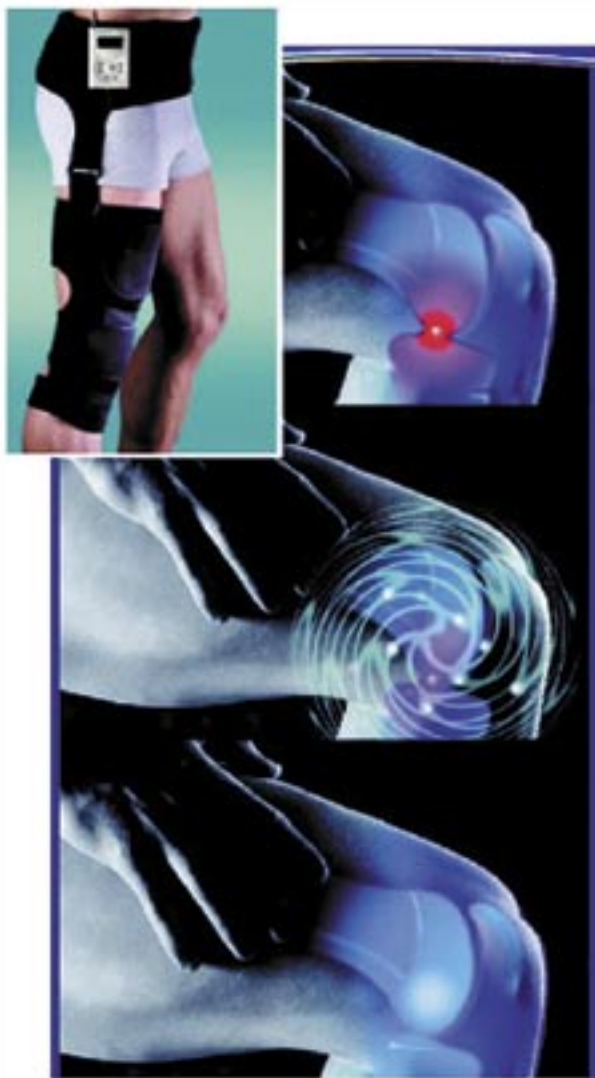
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COLUMN

Rick's Treks

BY RICK CLAPP



Enjoy the Thrill of Predatory Saltwater Fishing



For all of us Texas and Louisiana anglers who reside along the Gulf Coast, Saltwater fishing is the "King of Sports." "There is nothing more exciting than watching your next catch explode from the water while attacking your bait," says Captain Steven Coffee.

If you are looking for the thrill of the pursuit and the act of catching trout, redfish, and flounder in the Galveston Bay Area you must call on Captain Coffee. This all-about-business fishing guide will take you to the most exhilarating and exciting fishing spots in the area such as the Texas City Dyke, Mosquito Island Reef in the upper bay, Hannah's Reef, Deep Reef in East Bay, Décor Island, and Confederate Reef in West Bay. This native born Houstonian has been fishing the waters of Galveston Bay for over 42 years, nine of which were spent as an Official Captain with his U.C.G. Certified license. "My father was a member of a men's fishing organization in Galveston called the Gaf Tops and he gave me my first rod and reel at 8 years old. I became pretty darned good at catching fish at an early age," says Coffee.

Coffee, a Yates High School graduate entered the U.S. Army to serve his country, and then began a career as a truck driver. However, fishing was always a part of his life. He has had to overcome many obstacles to pursue his dream of guiding and

teaching people to fish for Coffee was the first African American fishing guide along the Texas Coast. He does not dwell on the prejudices and the hardships he once encountered as the first black guide, rather he overcomes adversity to follow his dreams. "In the end, it has made me a stronger person and made me even more committed to my craft." Racism is not the only barrier this man has overcome, he also beat colon cancer. "The year I had colon cancer was an emotional roller-coaster and very tough on me, but I am so thankful to the many medical professionals who help me survive so I can still fish today!" says Coffee.

We journeyed to West Bay and found Confederate Reef filled with diving seabirds, and boiling with fish. Within minutes we had our limit. We fished with large live shrimp, and state of the art fishing gear such as Calcutta and Curado reels, the best of American Rodsmiths. "American Rodsmith's has the best blanks in the business," stated Coffee. Our next stop was Deer Island, and again within a few minutes we were into a host of predatory hungry trout. This fishing frenzy lasted under 15 minutes by which time we had once again reached our limit. The most impressive catch was caught by Marshum Sinegal a H.P.P detective who boasted catching a six pound trout. In less than four hours we were finished fishing

and it was back to the Galveston Island dock where Captain Coffee cleaned and bagged our fish. Don Lem, my fishing partner, and I threw back a few cold ones on this spectacular spring day while Coffee taught us a few trick of the trade such as following the birds and mullet, pay attention to bait, and know the weather and wind direction at all times.

According to Coffee the best fishing is in the months of May, June, September, and early October. This trout and live bait specialist can be hired from only \$350 for _ day with 2 people for 5 hours. A full day

consisting of 9 hours is only \$450. You may use his equipment consisting of Berkley Big Game 12lb line and 402 Alameda Rattlin' Corks which are black and orange at no extra charge, or you may bring you own. Your choice of live bait whether fresh large shrimp, croakers is at your expense and should be picked up at least 1/2 hour before fishing. You may reach Captain Coffee at 713-748-5711 or his cell at 713-269-5395. He is located at 3722 Clebourne St. Houston TX 77024. Remember tight lines and good fishing!

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C O L U M N

University of Houston - Clear Lake Foreign Language Program Bridges Misunderstandings



BY CHRISTINE PAUL,
FOREIGN LANGUAGE PROGRAM DIRECTOR

As we approach the next academic year at University of Houston-Clear Lake, I would like to take this opportunity to tell you about the Foreign Language Program. You see, the Foreign Language Program is just completing its 20th anniversary of service to the Clear Lake area, and it has been an eventful 20 years.

Back in August 1985, we started a small program with three French classes, offered on a non-credit basis to anyone with a desire to learn. The theory was that adult learners in a small comfortable environment would learn better, and have fun at the same time. Somewhere along the way that first year a new slogan was born: "Learning a Foreign Language at UHCL is Fun!" It was true then, and it is still true now. And why not? Learning should always be fun!

Those three French classes were a great success and word spread to Johnson Space Center about the possibility of doing non-credit language programming. At that

time in the late 1980s, some visionary folks at NASA Johnson Space Center realized that they would one day be working closely with Russian colleagues. Speaking to them in their own language would be a tremendous asset in building a productive working relationship. So, our second program in Russian was implemented initially onsite, and for a short time moved to another location to accommodate the community, and by 1989, all Russian classes were held at UHCL.

In the next few years German, Spanish and English Enhancement were added to the already growing list of classes. It may seem unusual that German was offered before Spanish. At that time, numerous people in Clear Lake had been working closely with the rocket scientists in Huntsville, Alabama. I recall enrolling them in our program and learning of their earlier exposure to German. Those were interesting stories!

English Enhancement was originally created to help non-native English speakers

at Johnson Space Center to communicate more effectively in the workplace. Soon after, our program was asked to provide English training to the first Russian cosmonauts who came to Johnson Space Center to prepare for STS 60 and 63. This was a really exciting time for me personally, as I was on the training crew for these two flights, and was able to learn about space flight and Russian culture, while helping the cosmonauts improve their English skills. To say that the Foreign Language Program at UHCL touched history at that time would be an understatement.

Spanish quickly became our most popular language and it comprises at least half of our student body each session. With the demographics changing so rapidly, we are seeing increased interest in learning Spanish everywhere, from Hispanic students who were not encouraged to speak Spanish as kids, to business travelers, as well as those who are avid soccer fans and salsa dancers!

The Oriental languages have been included as well, with both Japanese and Mandarin Chinese offered since 1994. In addition, we have occasionally offered Vietnamese on demand. In recent years, Italian, Brazilian Portuguese and American Sign Language have joined our family of languages, and have drawn more enthusiastic

learners on campus for the first time.

And who are our students, who keep coming back session after session, some for more than ten years? Our students represent all ages and educational backgrounds. What they have in common is a desire to learn to speak another language and to learn about another culture without the pressure of final exams. They achieve their goals at UHCL, while meeting similarly-motivated students.

Some of my fondest memories of our first 20 are those of students who worked together on their homework, and developed lifelong friendships at the same time...about the students who were planning to adopt a Russian or Chinese infant...or the mother who wanted to talk to her new Mexican in-laws...or the girl who was preparing to go into the Peace Corps in Africa...and of course there was the young couple in my class who met, fell in love and eventually married! It does not get any better than this!

Our fall sessions will begin on Aug. 21 and again on Oct. 9. If you would like to join many other Clear Lake area residents in learning a new language, call me at 281-283-3033, e-mail me at paul@cl.uh.edu or visit our Web site at <http://www.uhcl.edu/fl>. Remember: Learning a Foreign Language at UHCL is Fun!

Bay Area Houston Economic Partnership Welcomes **New Members**

Advantage BMW Clear Lake is Bay Area Houston's first and only BMW dealership. With its 10,000-square foot showroom located one exit south of NASA Parkway off the Gulf Freeway, Advantage BMW Clear Lake carries the full line of BMW vehicles as well as Certified Pre-Owned BMWs. Advantage BMW Clear Lake is a member of Houston-based Group 1 Automotive, a Fortune 500 automotive retailer and leader in the automotive retailing industry. Group 1 owns 95 dealerships comprised of 139 franchises, 31 brands and 30 collision service centers in Texas and 10 other states.

Melange Catering & Special Events, named among the top 20 caterers by the Houston Business Journal since 1985, encompasses the complete realm of culinary delights from corporate lunches to elegant gala events. Linda West established Melange 20 years ago in 1985 with two employees. Now, the company has more than 30 full-time and 150 part-time staff. West was also recognized as one of

Houston's top 20 "Women on the Move" by the Houston Chronicle and Texas Executive Women. Melange combines delicious food with elegant service in creative environments. The knowledgeable and friendly staff is ready to create a special event that exceeds your expectations.

PM Realty Group (PMRG) is a national, privately held full-serve real estate firm. Founded in 1954, PMRG offers a full spectrum of real estate services, including property and facility management, leasing and marketing, investment services, construction management, asset management and development services. The company is headquartered in Houston, and operates 20 divisional and regional offices throughout the United States. Today, the company manages a client portfolio valued at more than \$25 billion, encompassing more than 150 million square feet of space. PMRG's large, diverse client base includes institutions, investors, corporations, real estate investment trusts, government agencies and

healthcare providers.

Prosperity Bank, with three banking centers in the region, is part of Prosperity Bancshares, a \$3.6 billion Houston-based regional financial holding company. Prosperity Bank fulfills its customer needs with loans, deposit accounts and brokerage or investment management services through banking centers in Webster, Galveston and Hitchcock. Of the 85 locations in the region, the Webster location was named banking center of the year by the company. Formed in 1983, Prosperity bancshares was named to the Keefe Bruyette & Woods, Inc. 2005 Honor Roll for achieving exceptional earnings per share growth for the past 10 years.

Real estate investment company Martin Fein Interests, Ltd. focuses on the acquisition and development of income-producing real estate, primarily multi-family apartment communities. With its institutional partners, acquisition and development activities are deftly executed through various partnerships or

joint ventures. Three years ago, Houston Business Journal gave Fein Interests its Landmark Award for "Best Development Multi-family For Rent" for The Ventana at Midtown, a luxury high-rise at 4001 Fannin in Houston. In 1993-94, the same publication named Fein as a finalist for its Legacy Award for "Deals that Make a Difference" for The Carlton, a garden apartment development at 3805 W. Alabama in Houston..

S&K Technologies (SKT) is an information technology firm owned by three confederated Native-American tribes. With an office in Webster, SKT is owned by the Confederated Salish and Kootenai Tribes of the Flathead Nation. SKT excels in servicing governmental information technology, aerospace and manufacturing customers for more than 20 years. SKT is no stranger at NASA Johnson Space Center, where it won the Elite Team Award in 1999 and 2000, as well as the Flight Directors Award in 1999.





COLUMN

Astrology



BY LADY DI

CANCER (June 21 - July 22)

Judge those as you will be judged. When words, taken from context, are used in a negative way, things can get sticky. Clear the air and don't lose any sleep over the small snags. If you look for trouble, it will find you. Rewrite a document. Give a little more to your mate.

LEO (July 23 - Aug 22)

Just be gorgeous and wonderful now. Not like you are always sour grapes, but meet any barbs with positive power. People remark on how you glow. A little nip and tuck in the old ego makes you feel more ethereal and downright magical. Be in the mood.

VIRGO (Aug 23 - Sept 22)

Take all high roads this month. It's all easy stuff, no worries. Stroll through exaggerations of others as if you own the road — actually you do. Your energy levels are the highest when you are well-informed. Do your homework. Wear your best old shoes.

LIBRA (Sept 23 - Oct 22)

The absolute understanding of a situation just delivers you from blame and gives you a great beginning with no extra baggage. Satisfy your artistic urge by visiting the great artists at the museum. What people in the past did with so few resources is amazing. Live today and enjoy life.

SCORPIO (Oct 23 - Nov 21)

Possessions and the things that one owns amount to lots of stuff. This mountain of material can only be tamed with discipline and severe culling. Filtering through the past is surprisingly spiritual. You've changed.

SAGITTARIUS (Nov 22 - Dec 21)

Brilliant, marvelous and just a little bit clever — just hearing one or two of these descriptions, aimed at you, causes a swell of pride. It doesn't take much to give good strokes to others, receiving them is way over the top. Even numbers are too safe. Go with odd configurations for games or timing.

CAPRICORN (Dec 22 - Jan 19)

Rediscover the small things that you've recently taken for granted such as a great movie, a good read or just a quiet time to think. It doesn't always have to be for a reason. God, some say, works in very, very strange and sometimes magical ways. There is always an oasis of sorts that is like a peaceful place. Check into your oasis, for a soul-searching introspection. You take all the time you need.

AQUARIUS (Jan 20 - Feb 18)

A beneficial refresher course in basic housekeeping is helpful. Find all new ways to store things are waiting for you at places such as Home Depot or IKEA. When acquiring a new mate or roommate, you will be more than ready for a great look. Let go.

PISCES (Feb 19 - Mar 20)

Love is always rolling around in your heart of hearts. You like something one week and then maybe change your mind next week. While you are deciding be a good listener to one of your Taurus or Leo buddies; you will see the answer you need in sort of an epiphany, the rite of passage, in your need for love.

ARIES (Mar 21 - Apr 19)

Juggling has, up until now, been your forte. Perhaps this has become center-ring entertainment for others. Take back your power of persuasion; ask for a real schedule at work. Do a really good planning book on time. Frustration just doesn't look good on you.

TAURUS (Apr 20 - May 20)

Believe that it can really be true that you are totally feeling good. A reality check didn't take you down, did it? Why plan for anything other than a super outcome, otherwise you waste time on old habits.

GEMINI (May 21 - June 20)

Delegate any extra work to others. Take the time to follow through on obligations. You can stop a problem from becoming a big deal. Put down your sword, wave a flag and give it a rest. Delight your family with a surprise trip or spring for some nice toys.

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Ladies, bring your friends to bid on a date with hunky and fun men! Ladies, learn how to play Texas Hold 'Em and enter the tournament! Enjoy a nice manicure and pedicure from our great friends at Passion Hair and Nails and chair massages from South Shore Massage Center! This night will be unforgettable... Support your men and this wonderful charity!

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The Women's Health Center at Bay Colony Town Center

Essure Permanent Birth Control procedure now available at UTMB Bay Colony Women's Health Center



Dr. Daniel Breikopf

The Essure® procedure is designed to provide permanent birth control for women who have completed childbearing and is now being offered at the UTMB Bay Colony Women's Health Center. Essure® is performed in the office with local anesthesia. Micro-inserts are placed in the fallopian tubes using a small endoscope. During the 3 months following the procedure, the micro-inserts cause the body to form a tissue barrier, blocking the tubes.

While this process is occurring, another form of birth control is used to prevent pregnancy. A special X-ray is performed after 3 months to make sure that the tubes are blocked. Once the tubes are blocked, the Essure® micro-inserts can be relied upon for birth control. "Patients like that this procedure can be done in the office and that they don't have to take a lot of time off from their daily activities," says Dr. Daniel Breikopf of the UTMB Women's Health Center.

No incisions are required, and women are usually able to return to their normal activities within a day after the procedure. The procedure is safe and effective, providing an excellent alternative to tubal ligation. "For me, it is gratifying to be able to do a procedure in the office and have the patient back on their feet quickly," say Dr. Breikopf and adds "Finally women have a method for permanent birth control that is similar to a vasectomy for men. Like a vasectomy, this procedure is done in the office under local anesthesia, with a short recovery and usually minimal pain afterwards."

Dr. Daniel Breikopf has been trained and is experienced in performing the Essure® procedure. He has been practicing obstetrics and gynecology at UTMB for over eight years and has expertise in minimally invasive surgery and pelvic sonography. He received his M.D. degree from the State University of New York-Downstate College of Medicine and completed residency training at the University of Vermont. In 1997, he joined the Department of Obstetrics and Gynecology at the University of Texas Medical Branch at Galveston, serving as associate professor in the Division of Gynecology.

Are you an Essure Woman?

The Essure procedure may be the right choice of sterilization for you if you are sure you don't want to have any children in the future and any of these statements apply to you or describe you:

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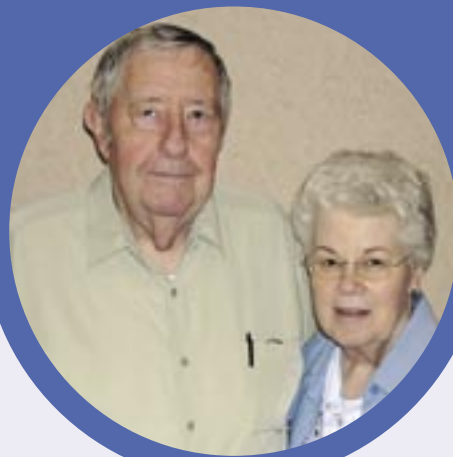
Ken & Delores Schnell

At the Waterford we have found the freedom to be able to live the lifestyle that suits our needs and requirements. The things that are of value to us are furnished by The Waterford and allowed our decision to be made for us without doing a lot of comparative shopping. Not having to worry about meal planning and preparation along with the maintenance of a house was paramount in our requirements. We also wanted a place that would allow us to enjoy the companionship of other people without the hubbub of a senior apartment complex. The quietness, solitude and spaciousness of the apartment were certainly a high priority. The activities, entertainment, security, and cleanliness were also a large factor. After we moved in we were pleasantly surprised as to how warm, caring, and respectful the staff was to us. They are exceptional. His or her mission is to respond to every resident in an individual and concerned manner. Most households do not exhibit this much love and care.



Peggy O'Connor

The Waterford is amazingly pleasant and affordable with plenty of room for my belongings and a comfortable place to entertain my friends. I am within walking distance of the Catholic Church and many stores are conveniently located across the street. God bless Ruben our chef, he cooks great! I love sitting down to a delicious meal, then returning to my apartment, never having to face a sink full of dishes. It's like Heaven! My family no longer has to be concerned with me living alone and my daughter is only 10 minutes away. If I were to rate The Waterford on a scale of 1 to 10 I would give them a 9+. (After all, I taught for over 40 years and I never give a 10.)



Don & Pat Bronkema

We like the people at the Waterford the best. Both the staff and other residents are very nice & friendly. We weren't even looking for a retirement community when we drove by one day and decided to stop and take a look. We realized on that first visit that The Waterford had everything we needed and would save us a lot of time and work maintaining the house and yard. We were just saying last night how nice it is to not have to shop for groceries, fix meals or clean up afterwards. We are so close to everything! We couldn't be more satisfied!



Ruby Brown

The staff at the Waterford has treated me with love like one of their parents or grandparents. The Waterford is my home and I am very happy with my corner apartment. I have many plants, I planted just outside my window and it is beautiful here. It's been a wonderful experience to be with people who really care for each other. I feel as if I just fit here. The people that live here are the best part of the Waterford along with the beautiful facility and the staff that treats you like family.

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