



# d-mars.com

**FREE**

## BUSINESS JOURNAL

Entrepreneur | Business | Education and Career | Finance | Real Estate | Technology | Insurance

June 2018

Inspire, Inform & Educate

130th Edition



*International Broadway Dancer  
"Creates Dance Champions"*

—Traci Greene  
Owner & Artistic Director

16-17

### INSIDE



10

Houston Area Woman Scores \$100K in 60 Second Elevator Pitch



20

Sound the Alarm Greater Houston



22-23

85 Local High School Seniors Honored with Prestigious RMHC® US Scholarships from Ronald McDonald House Charities® of Greater Houston/Galveston

the houston  
**DANCE LAB**  
**SUMMER  
 INTENSIVE**

houstondancelab.com



Beginner-Advanced

**Age: 10-17**

**SUMMER EVENING BOOT CAMP**  
**Three Weeks: \$325 Per Week: \$150**

**July 9-27, 2018**  
 Monday-Thursday  
 6 pm-8 pm



Beginner - Intermediate

**Age: 7-11**

**8<sup>th</sup> ANNUAL SUMMER DANCE CAMP**  
**Two Weeks: \$400 One Week: \$225**

**June 18-29, 2018**  
 Mon-Friday  
 8:30 am-3:00 pm



Intermediate-Advanced

**Age: 12-17**

**NEXT LEVEL SUMMER INTENSIVE**  
**Full Day: \$725 Half Day: \$525**

**July 9-20, 2018**  
 Monday-Thursday  
 8:30 am-5:30 pm  
 Friday  
 8:30 am-3:00 pm

Half Day:  
 Monday-Friday:  
 8:30 pm-1:00 pm

\* Extended Day until 5:00 pm \$50 per week

**3939 Hillcroft Suite 160 @Westpark**  
 Houston, Texas 77057

**Traci Greene**  
 Owner/Instructor

FORMER INTERNATIONAL BROADWAY DANCER

**(713) 320-5121**

houstondancelab@gmail.com



the houston  
**DANCE LAB**  
 @houstondancelab

## PUBLISHER'S MESSAGE



MR. D-MARS

d-mars.com is proud to share the success stories of African American businesses and civic and community leaders. We know that success does not always come easy and it is not always measured in money. How have you helped your fellow entrepreneur? Have you supported your locally-owned African American business? Have you donated to a nonprofit that is working in our underserved communities? Questions to think about and actions to take.

This month's issue highlights Traci

*A dream doesn't become reality through magic; it takes sweat, determination and hard work.*

—Colin Powell

Greene and her company, The Houston Dance Lab. Greene and her instructors are highly-skilled dance professionals, who have trained and danced around the world. They build well-rounded dance champions, who are exceptionally trained to perform multiple dance genres. The Houston Dance Lab is a true gem in the Houston community.

As always, thank you for your continued support of d-mars.com. When you support us, you are supporting more than just our company; you are supporting the communities in which we live and work. Working together, we can succeed in making positive things happen.



### BEHIND THE JOURNAL

**PUBLISHER & CEO**

Keith J. Davis, Sr.

**COO & MANAGING EDITOR**

Kimberly Floyd

**ACCOUNTING MANAGER**

Eugenie Doualla

**SENIOR ACCOUNT EXECUTIVE**

Tiffany Black

**PHOTOGRAPHY**

L.C. Poullard  
Grady Carter

**ART DIRECTOR**

Angel Rosa

**DISTRIBUTION**

Rockie Hayden

**CONTRIBUTING WRITERS**

Noel Pinnock  
Shelondra Peavy  
Linda Lindsay  
Houston Mayor Sylvester Turner  
d-mars.com News Provider

### CONTENTS

**04 Business**

- 04 "The Grass Isn't Greener Part 2"
- 04 5 Tips for Today's Freelance Entrepreneur
- 06 Princess Jackson "Socks" Out Poverty
- 10 Houston Area Woman Scores \$100K in 60 Second Elevator Pitch

**13 Community**

- 13 Animal Legislation Group Urges Pet Owners to Make Plan for Pets in Advance of Hurricane Season

**14 Health**

- 14 Healthy Soul Food, Your Way
- 15 How Do Mental Health Conditions Affect The African American Community?



**16-17 Cover Story**

16-17 The Houston Dance Lab: "International Broadway Dancer Creates Dance Champions"

**18-23 In the Business Community...**

- 18 YWCA of Houston: Women on the Rise! A Legacy of Commitment and Service
- 20 Sound the Alarm Greater Houston
- 20 Lasting Impressions Dental Group - Free Dental Care Day!
- 20 Congratulations to Dr. James Dixon, II.
- 22-23 85 Local High School Seniors Honored with Prestigious RMHC® US Scholarships from Ronald McDonald House Charities® of Greater Houston/Galveston

**24 Political**

- 24 Hurricane Season Is Here

**26 Games and Quizzes**

- 26 Soul Food

**26 Real ESTATE**

- 26 How to make your home transition from Good to Great

### OUR SERVICES

**ADVERTISING | MARKETING  
MEDIA | COMMUNICATION**

- Business Journal
- Health & Wellness Journal
- Community Journal
- Black Pages Online Business Directory
- Top 50 Black Health, Medical & Wellness Professionals
- Top 50 Black Professionals & Entrepreneurs
- Top 30 Influential Women of Houston
- Top 25 Prime & Subcontractors for Diversity
- Business Connection
- Business Development
- Business Consulting
- Graphic Design
- Photography
- Printing
- Web Design
- Online & Email Marketing
- Public Relations
- Social Media
- Advertising
- Writing
- Promotional Marketing

### D-MARS.COM INFO

**MAIN OFFICE**

7322 Southwest Fwy., Suite 800, Houston, TX 77074

Visit Us Online [www.d-mars.com](http://www.d-mars.com)



**Phone:** (713) 373.5577 **Fax:** (713) 750.9472 **Email Us:** [contact@d-mars.com](mailto:contact@d-mars.com)

# “The Grass Isn’t Greener Part 2”



By Noel Pinnock

Contributing Writer

**I**n the last D-MARS business journey, we landed on the fact that before you go running off to what you think are greener pastures, make sure that your own is not just as green or perhaps even greener. It has been said that if the other guy’s pasture appears to be greener than ours, it’s quite possible that it’s getting better care. Besides, while you’re looking at other pastures, other people are looking at yours.

Take the time to stand off and look at your work as a stranger might and ask, *Why does he do it that way? Has he noticed how what he’s doing might be capitalized upon or multiplied?* If you’re happy with things as they are, then by all means, keep them that way. But there’s great fun in finding diamonds hiding in ourselves and in our work. We never get bored or find ourselves in a rut. A rut, remember, is really nothing more than a grave with the ends kicked out. Some of the most interesting businesses in the world grew out of what was originally a very small idea in a very small area. If something is needed in one town, then the chances are it’s also needed in all towns and cities all over the country.

You might also ask yourself, *How good am I at what I’m presently doing?* Do you know all there is to know about your work? Would you call yourself a first-class professional at your work? How would your work stand up against the work of others in your line? The first thing we need to do to become a “diamond miner” is to break away from the crowd and quit assuming that because people in the millions a

The people going the best way are way out in front. They’re so far ahead of the crowd you can’t even see their dust anymore. These are the people who live and work on the leading edge, the cutting edge, and they mark the way for all the rest.

It takes imagination, curious imagination, to know that diamonds don’t look like cut and polished gemstones in their rough state, nor does a pile of iron ore look like stainless steel. To prospect your own acres of diamonds, develop a faculty we might call “intelligent objectivity.” The faculty to stand off and look at your work as a person from Mars might look at it. Within the framework of what industry or profession does your job fall? Isn’t it time for a refreshing change of some kind? How can the customer be given more value? Each morning ask yourself, *How can I increase my service today? There are rare and very marketable diamonds lurking all around me. Have I been looking for them? Have I examined every facet of my work and of the industry or profession in which it has its life?*

There are better ways to do what you are presently doing. What are they? How will your work be performed 20 years from now? Everything in the world is in a state of evolution and improvement. How could you do today what would eventually be done anyway?

Sure there’s risk involved; there’s no growth of any kind without risk. We start running risks when we get out of bed in the morning. Risks are good for us. They bring out the best that’s in us. They brighten the eye and get the mind cooking. They quicken the step and put a new shining look on our days. Human beings should never be settled. It’s okay for chickens and cows and cats, but it’s wrong for human beings. People start to die when they become settled. We need to keep things stirred up.

The point of the article was simply, don’t try to run away from your troubles. Overcome them. Prevail right where you are. What we’re really after is not escape from our complexities and frustrations, but a triumph over them. And one of the best ways to accomplish that is to get on course and stay there. Restate and reaffirm your goal, the thing you want most to do,



the place in life you want most to reach.

**To prospect your own acres of diamonds and unearth the opportunities that exist in your life right now, regularly challenge yourself with some key questions:**

1. How good am I at what I’m presently doing?
2. Can I call myself a first-class professional at my work?
3. How would my work stand up against the work of others in my field?
4. Do I know all I can about my industry or profession?
5. How can the customer be given a better break?
6. How can I increase my service?
7. There are rare and very marketable diamonds lurking all around me. Have I been looking for them? Have I examined every facet of my work and of the industry or profession in which it has its life?
8. There are better ways to do what I’m presently doing. What are they?
9. How will my work be performed 20 years from now?
10. Everything in the world is in a state of evolution and improvement. How can I do now what will eventually be done anyway?

## 5 Tips for Today's Freelance Entrepreneur

By d-mars.com

News Provider

**F**rom millennials who have been grinding away in the workplace for a few years to Gen Xers looking to move out of their cube, many have been intrigued by the possibility of freelancing.

It means the freedom to set your own hours, to work closely with clients, to be your own boss and have greater control over your career.

According to Forbes, there are 53 million freelancers in America today, and by 2020, it’s estimated that half of the workforce will be doing freelance work, whether full time, as a part-time gig or as their side hustle.

Unlike a traditional job, where you generally don’t need to bring more than a packed lunch to work, freelancing requires a few essential tricks and tools to succeed. Whether you’re looking to start out or refresh your personal brand, homeworking experts cite five important tips to help you succeed at the freelance game.

**1. Manage your time.** One of the best parts, and the most challenging parts, of freelancing is that you get to make your own schedule. Many find that they need some sort of structure in their day, and for this reason it’s important to have the right time management software. This will notify you of calls, deadlines, track how long you work on a project and more.

**2. Get the right laptop.** A laptop is your office, your meeting room, your library, your entertainment source and so much more, making it one of the most essential freelancing tools. It’s the lifeline between your business and your clients, so it’s critical to be sure you have the right one. A great option is the remarkably thin and light LG gram. This computing powerhouse comes in 13-, 14- and 15-inch screen options and packs a battery that lasts over 16 hours. Each model weighs about two pounds and for small businesses looking for extra connectivity, LG’s commercial-grade model comes equipped with the Windows 10 Pro operating system. It’s fast, mobile and able to keep up with the daily demands and surprises of the freelancing life.

**3. Use professional email and social media accounts.** For all work-related correspondence and interactions, be sure to use a dedicated email account. This will make you appear more professional to prospective clients. You should also set up work-related social media accounts where you can post examples of work and professional insights and network.

**4. Keep track of finances.** For a lot of freelancers who are on the creative side of things, keeping track of finances can be a real challenge. Not only do you have to manage invoices, expenses and make sure you’re getting paid, you also have to keep taxes in mind. That can be a lot of numbers to juggle. The right accounting software can greatly simplify this process and save you innumerable headaches.

**5. Find the right space.** While freelancing is largely a digital game, and requires the right laptop loaded up with the tools you need to manage your business, you still need to find the right place to work. Some work in a coffee shop and others require a dedicated home office. You might work best in a shared office space. The point is, it’s vital to figure out where you do your best work.

The right software, running on the right computer, and a place you can work are the cornerstones of a successful freelance gig. From there, all that’s needed is your talent and determination!

Source: Brandpointe.com



**HOMES AVAILABLE  
\$212,000**

# INDEPENDENCE HEIGHTS

- **FINANCING AVAILABLE**
- **INSTANT EQUITY AT CLOSING**
- **DOWN PAYMENT ASSISTANCE FOR QUALIFIED BUYER**

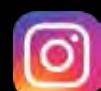
Independence Heights is a historic neighborhood located in northwest Houston. Known as the first city incorporated by African Americans, the community is home to more than 14,000 people. Over the last year, residents, former residents, business owners, church leaders, parents, educators, community leaders, and community partners have come together to imagine and envision a new future for this historic community. Through a series of community meetings, stakeholders came together to create a shared vision for the community called the "Quality of Life Agreement". In essence, the people of this area have united in efforts to enhance the general sense of quality in their lives and in the lives of all of their neighbors.

FOR MORE INFORMATION, VISIT  
**JGHOLLINS.COM**

4414 OLD YALE ST.  
HOUSTON, TEXAS 77022  
PHONE: 713-697-8374  
FAX: 713 695-6349  
INFO@JGHOLLINSBUILDERS.COM



@JGHOLLINSBUILDERS



@JGHOLLINSBUILDERS

BUSINESS

# Princess Jackson “Socks” Out Poverty



**By Shelondra Peavy**  
Contributing Writer

## ... To Be Young and Great

**J**ust shy of her 10th birthday, Princess Jackson had accompanied her mom (Phyllis Burton) and a group of her friends on their personal philanthropic mission to give blankets and other necessary goods to some of Houston’s homeless population. This would be the one time when tagging along with her mom and her mom’s friends would change Princess’ life forever. While on the blanket drive with her mom, Princess noticed that a majority of the homeless people didn’t have socks to keep their feet warm and protected in Houston’s frigid winter weather.

A little girl who had a certain fondness for socks, especially decorative, far-out, “crazy” socks couldn’t help but notice something that others had undoubtedly overlooked. To see so many people who had no socks at all really tugged on her heart. And from there, a little girl with a huge heart and a sock fetish had tapped into her passion for giving and “making things better for others”. From that ex-

perience, a philanthropist was born, and her road to greatness had begun.

Now, at the age of fifteen, Princess Jackson is a straight-A student who is also nationally recognized as the founder of a very effective nonprofit organization; “Sock Out Poverty, Inc.”.

Having received donations from national heavy-weights including Walmart, Sam’s Club, The Floyd Mayweather Jr. Foundation, and comedian and TV host, Steve Harvey, Princess is well on her way to achieving her personal goal: “She wants to go global... She wants to sock out poverty all over the world”, say’s her understandably proud mom.

To date, Princess has given out more than 10,000 pairs of new socks in the Houston, Beaumont, San Antonio, Dallas, Atlanta, and California areas. Adding to her global quest, Sock Out Poverty’s “Christmas In July” Campaign will be hosted in Washington, DC on July 28th, 2018.

Whenever she’s not hanging out, cooking, and playing spades with her Granny

(Bobbie Nell Jackson), Princess is somewhere exploring greatness as a budding actress that has starred in short films,

modeled for Wholly Guacamole, Academy Sports and Outdoors stores, and Uncle Funky’s Daughter hair products.

Nationally, Princess was featured on the STEVE HARVEY show for the work which she has done in the community through Sock Out Poverty, Inc. Also, locally, she has received a proclamation from the City Of Houston naming July 7th as “Princess Jackson Day.”

While balancing her busy schedule with acting, modeling, and heading up her nonprofit organization (Sock Out Poverty, Inc.), Princess has maintained her position as a dynamic student, cousin, daughter, niece, grand-daughter, classmate, and friend.

In closing, if anyone should ask where greatness began for Princess Jackson, the answer is endearing, yet simple: For Princess, notable greatness began at the tender age of 9, deriving from a love for socks and people.

Please join me in wishing a lifetime of greatness to Miss Princess Jackson; a young lady who has spent a sizable portion of her short life showing the masses what it means to be young and great.



## KEVIN MURRAY

ATTORNEY AT LAW

- ✓ Employment Law
- ✓ Personal Injury
- ✓ Auto Wrecks
- ✓ Truck Wrecks
- ✓ Workplace Injuries
- ✓ Catastrophic Injuries
- ✓ Medical Malpractice

Houston, Texas  
**Attorney Kevin Murray**  
practices in all areas of civil litigation  
with a high concentration in  
**EMPLOYMENT AND  
PERSONAL INJURY LAW**

**FREE CONSULTATION**

**FEATURED ON**

**SE HABLA ESPAÑOL**  
Galleria Financial Center  
5075 Westheimer, Suite 980  
Houston, TX 77056

**713.355.5500**

**WWW.MURRLAW.COM**

## HAPPY ME TEE

*We specialize In:*

- 3D Tee’s.
- Screen Printing
- Sublimation
- Team Uniforms
- Custom Socks

Items for any event, occasion,  
group or organization.

*We Make Your Ideas  
Come To Life!*

**Call Us**  
**(713) 360-6702**

2955 S Sam Houston Parkway - Houston, Tx 77047  
www.Happymetee.com | Sales@Happymetee.com

@HappyMeTeeLLC

**SAME DAY SERVICE AVAILABLE**

**WESHIP WORLDWIDE | OPEN 6 DAYS A WEEK**



# Save The DATE

*6th Annual  
Top 30 Influential  
Women of Houston  
Awards Gala*

**August 24<sup>th</sup>,  
2018**

**The Houstonian Hotel**

111 N. Post Oak Lane  
Houston, TX 77024

[www.top30women.com](http://www.top30women.com)

FOR **SPONSORSHIP** OPPORTUNITIES  
EMAIL [OPERATIONS@D-MARS.COM](mailto:OPERATIONS@D-MARS.COM)

# Happy Juneteenth.

Welcome to Missouri City!  
I invite you to come out and celebrate with us this Juneteenth!



See you there!

Mayor Allen Owen  
Missouri City, TX

Paid for by the Allen Owen Campaign

THE 16 ANNUAL MISSOURI CITY JUNETEENTH CELEBRATION & PARADE

# JUNETEENTH FESTIVAL

HOWARD HEWETT & CHANTE MOORE

PARADE JUNE 16 SAT 7PM START

1340 INDEPENDENCE MISSOURI CITY, TEXAS 77489

## HUNTERS GLEN PARK

10:00 AM 11:00 PM

MOVIE NIGHT JUNE 15 6 PM - 10 PM IN THE PARK

[WWW.MCJCF.COM](http://WWW.MCJCF.COM)

SCHOLARSHIP DINNER PROGRAM JUNE 15 6:30 PM MISSOURI CITY CIVIC CENTER  
IT TAKES A VILLAGE COMMUNITY ART PROJECT JUNE 16 2 PM MISSOURI CITY CIVIC CENTER  
COMMUNITY SERVICE GALA JUNE 14 6 PM VALLEY CITY CENTRE



## FESTIVAL UNDER THE STARS

16th Annual Missouri City Juneteenth Celebration

HOWARD HEWETT  
CHANTE MOORE

# JUNETEENTH SATURDAY

## JUNE 16

ONLINE VENDOR REGISTRATION  
[WWW.MCJCF.COM](http://WWW.MCJCF.COM)  
NO COOLERS OR GLASS BOTTLES

6PM STAGE OPENS

FREE & OPEN TO GENERAL PUBLIC

# HUNTERS GLEN PARK

1340 INDEPENDENCE MISSOURI CITY, TEXAS 77489



MISSOURI CITY JUNETEENTH CELEBRATION FOUNDATION PRESENTS

HCC HOUSTON COMMUNITY COLLEGE

# family FUNDAY

IN THE PARK & NIGHT OUT

Friday, June 15<sup>th</sup> 2018

4:00pm Carnival Opens | Movie Begins at Dusk

Hunters Glen Park } 1340 Independence, Missouri City Texas 77489

FREE ADMISSION  
OPEN TO THE GENERAL PUBLIC

MISSOURI CITY JUNETEENTH Celebration

MISSOURI CITY TEXAS



# UNIVERSITY of HOUSTON

## HUB OPERATIONS DEPARTMENT

The Historically Underutilized Business (HUB) Program at the University of Houston was established to identify and encourage HUBs to participate in the competitive bid process with the objective of increasing the number of contracts and sub-contracts awarded to HUB vendors.

The University of Houston HUB Program is committed to expanding business opportunities available in order to promote the successful development of growing businesses, to have a positive impact on improving our local economy and to give back to our community.

We encourage solicitations from HUB vendors in an effort to award more contracts to those businesses.

[WWW.UH.EDU/HUB](http://WWW.UH.EDU/HUB)

For more information about how to do business with the University of Houston, bid opportunities or to be kept abreast of events, workshops and seminars, visit [www.uh.edu/hub](http://www.uh.edu/hub) or email us at [hubevent@uh.edu](mailto:hubevent@uh.edu)

# Houston Area Woman Scores \$100K in 60 Second Elevator Pitch

By d-mars.com

News Provider

**H**ouston entrepreneur, Dr. Michalyn Porter, inventor of the Weave Dryer, recently walked away with a \$100,000 deal after appearing on the show Entrepreneur Elevator Pitch. Contestants on the show have only 60 seconds to explain what they have to offer and the type of deal they're looking for ala Shark Tank on steroids.

Each founder has just one minute to deliver their pitch from inside the ascending Elevator, while a panel of high-profile investors watches a livestream from the boardroom above. If the elevator pitch hooks the judges, they open the doors and invite the entrepreneur to share more. If not, they send them down.

Porter's passion for her designed product, The Weave Dryer, came through as Judges Jeff Klinefelter, Danica Patrick, Peter Goldberg and Dave Meltzer watched Porter explain how her Made in the USA blow dryer nozzle works by targeting roots to better dry natural hair. Porter demonstrated why it's great for natural hair extensions, braids, twists, locks and eclectic hair styles. Porter was so impressive she was sent straight up to meet the judges.

Once inside the boardroom Porter continued to work it.

Porter was seeking \$250,000.00 for her company Aleryn, but walked away with a \$100K deal that will help further marketing and production of the product.

"The experience was absolutely amazing. I am excited that the investors believed in my product" says Porter.



## BACHELOR'S PROGRAMS FOR THOSE WHO WANT IT ALL



- Flexible and adult-friendly
- Affordable and regionally accredited
- Evenings, weekends, and online classes (hybrid programs)

### BS in Human Services concentrations:

- Community Youth Development and Leadership
- Criminal Justice
- Early Childhood Education
- Substance Use Disorder
- Human Services

Contact Miguel Alanis at (866) 252-8801 or visit us at [springfield.edu/houston](http://springfield.edu/houston).

**SPRINGFIELD COLLEGE**



**Houston**  
2122 E. GOVERNORS CIRCLE  
HOUSTON, TX 77092  
[springfield.edu/houston](http://springfield.edu/houston)

Founded in 1885, Springfield College is a nonprofit institution and is accredited by the New England Association of Schools and Colleges.

# AMAZING SMILES

COSMETIC & FAMILY DENTISTRY

*"Smile And Be Amazed"*



- Cosmetic Consultants
- Intra-Oral 3D Imaging
- Fastbraces
- Implants
- In-House & Take Home Bleaching
- All Ceramic Crowns/Veneers
- Root Canal Therapy
- Tooth Extractions
- Treatment of Gum Disease
- Partials and Dentures
- Children Welcome
- Insurance Accepted

## AMAZING SMILES #1

14090 Southwest Freeway, Ste 402  
Sugar Land, TX 77478  
281-240-8080

## AMAZING SMILES #2

12660 Sandpiper, Ste 043  
Houston, TX 77035  
713-723-5700



Margaret Allen, D.D.S.

[WWW.AMAZINGSMILES1.COM](http://WWW.AMAZINGSMILES1.COM)

Monday – Thursday  
8:30am – 5:00pm



# BE *Our* GUEST

## WHO'S WHO IN *B*BLACK HOUSTON

THE TENTH EDITION

**Wednesday, June 13, 2018**

**GEORGE R. BROWN CONVENTION CENTER**

1001 Avenida de las Americas | Houston, Texas 77010

**Networking Unveiling Reception**

6:00pm - 7:15pm

Hors d'oeuvres, Cash Bar & Entertainment

**Awards and 10th Edition Unveiling Ceremony**

7:30 PM – 8:30 PM

**Standard Admission - \$60.00 per person**

(Includes a copy of the edition)

**General Admission - \$40.00**

(Does not include a copy of the edition)

**Reserved VIP Tables for 10 - \$1,000.00**

(Includes 10 copies of the edition)

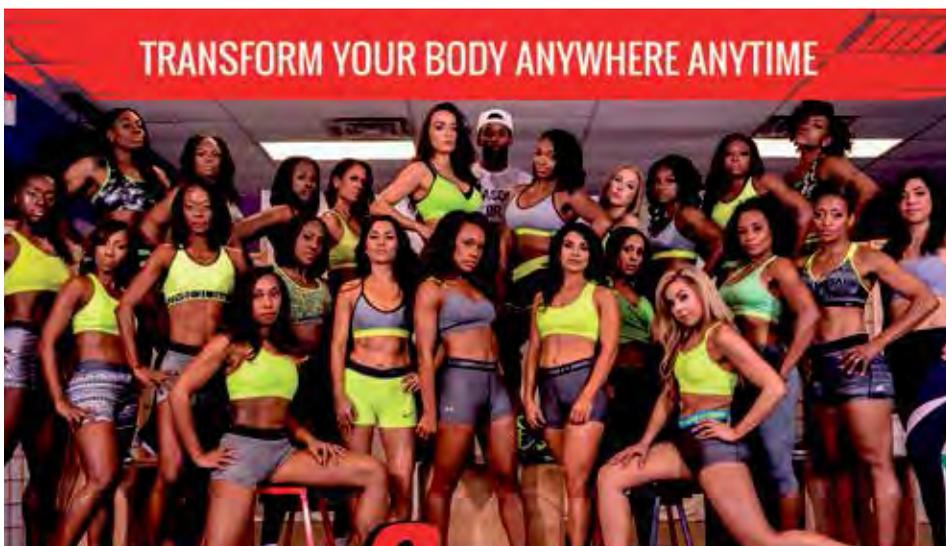
**Additional Books - \$39.95**

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

 /WhosWhoPublishing

 @whoswhopub

**TRANSFORM YOUR BODY ANYWHERE ANYTIME**



**REGGIE FITNESS**

**REGGIE COLLIER**  
Transformation Specialist  
Nutrition Adviser  
Personal Trainer

"Empowering, Inspiring and Pushing women past their comfort zone and into a healthy lifestyle."

DOWNLOAD FREE WORKOUT NOW!  
[www.reggiefitness.com](http://www.reggiefitness.com)

Find me! /reggiefitness1

9331 Stella Link Road - Houston TX 77025

**Clinical Care Pharmacy, LLC**

- Educational Seminars
- Most Insurances & Medicaid Accepted
- Immunizations/Flu Shots
- Competitive Pricing
- \$5.00 Generics Available
- Diabetes Care
- Blood Pressure Monitoring
- Friendly Courteous Staff
- Free Multivitamins
- Flu Shot Clinic in November
- Express Refill Orders

Ph: 281.272.8700 • Fax: 281.272.8706  
• Cell: 832.755.9134

2770 N. Sam Houston Parkway West  
Houston, Texas 77038  
(Inside Food Town/  
Veteran's Memorial @ Beltway 8)

Anjanette Wyatt, PharmD  
Clinical Pharmacist



COMMUNITY

# Animal Legislation Group Urges Pet Owners to Make Plan for Pets in Advance of Hurricane Season

By d-mars.com

News Provider

**H**urricane season has officially started, and one statewide organization is urging pet owners to make sure their evacuation plans include a plan for their pets.

The Texas Humane Legislation Network said Texas pet owners, especially those living in hurricane- and flood-prone areas, need to take their pets into account when devising a plan for hurricane season, which begins June 1 and goes through the end of November.

"We remember too well the heartbreaking stories that came out during Hurricanes Harvey and Irma," said THLN's executive director Laura Donahue Halloran. "As their people fled for

safety, many companion animals were left behind, sometimes chained up or caged without access to food, water, or shelter. They were left to die in agony as the waters rose around them with no hope of escape."

Tethering an animal in inclement weather is cruel and dangerous, she said, adding that all companion animals should be provided adequate shelter during such times.

Donahue Halloran said her organization is working now to encourage people to be more prepared.

"We can't let history repeat itself. Pets are family members; they should be treated that way during an emergency, and it doesn't take a lot of planning to ensure their future safety," she added.

**THLN is asking pet owners to consider implementing a few simple steps to make sure their pets are part of their family's emergency plan, including:**

1. Making sure your pet(s) wear collars and tags with up-to-date contact information and other identification.
2. Microchipping your pet(s) - or updating information if you have moved or changed phone numbers since they were microchipped -- is one of the best ways to ensure that you and your pet are reunited if you are separated. Always be sure to register the micro chip with the manufacturer and keep your contact information up to date with the microchip company.
3. Get a portable pet carrier or crate, and help your dog or cat get comfortable in it.
4. Know where you will go, how you will get there, and if your pet will be able to go with you.
5. Prepare a small travel bag with essentials, including food for several days and any medications and an extra leash.

In 2007, THLN helped pass "Simba's Law" in Texas, which directed local emergency management authorities to establish Animal Issues Committees through the Texas Animal Health Commission. THLN advises Texas residents to contact their local county commissioner's office to find out whether their county has taken appropriate steps to accommodate companion and service animals during emergencies.



# Healthy Soul Food, Your Way

By d-mars.com

News Provider

**S**oul food is a traditional African American cuisine with roots in the Deep South. Many Southern kids grow up eating fried chicken, macaroni and cheese, greens cooked with pork and sweet potato pie. Traditional soul food can be high in saturated fat, salt and added sugar. Too much of these things can negatively impact your family's health. But you can embrace those special family recipes by creating healthier soul food, your way.

## Rethink the Dinner Plate

- Teach your kids to fill up on veggies first.
- Serve your family small portions of high calorie dishes such as macaroni and cheese.
- Cherish your most decadent dishes. Save them for special occasions, such as birthdays and holidays.

## Make Meaningful Swaps

- Swap solid fats for heart-healthy canola, olive or peanut oils.
- Train your child's palate to enjoy healthier options by cutting the calories in macaroni and cheese with sharp, reduced-fat cheese and low-fat milk.
- Make Hoppin' John (black-eyed peas and rice) with brown rice.
- Toss up a bowl of healthy potato salad. Substitute half the mayonnaise with plain, non-fat Greek

yogurt to slash the fat and maintain creaminess. Add a touch of mustard for extra flavor. Sneak in extra veggies with diced onion, celery and bell pepper.

- Find and use low-sodium (or no sodium) seasonings

## Reinvent Family Favorites

- Skip the candied yam sugar rush. Bring out the natural sweetness of sweet potatoes with this simple, kid-approved recipe: oven roast yams or sweet potatoes with cinnamon, vanilla and a little maple syrup or brown sugar.
- Create juicy, crispy "oven-fried" chicken by soaking it in buttermilk then coating with a blend of panko breadcrumbs, paprika, garlic powder and cayenne pepper. Before baking, add a spritz of canola oil.
- Slow cook greens in vegetable broth with a drizzle of canola or peanut oil. Sweeten the pot with honey and apple cider vinegar. If collard or turnip greens are too bitter for your child's palate, try cabbage which cooks up a bit sweeter. Serve with baked cornbread sticks for a fun and nutritious meal.
- Instead of fried okra, roast fresh whole okra until crunchy and dip into your favorite marinara sauce. Kids enjoy dipping!
- Reinvent that old family favorite. For your peach cobbler, bake peaches with honey and top with oats, toasted almonds and a dollop of vanilla Greek yogurt.

## Try Something New

- Use smoked paprika or a sprinkle of smoked salt for savory, smoked flavor instead of ham, bacon or salt pork.
- Sauté kale or chard in olive oil and garlic for a quick and satisfying side dish.
- Experiment with vinegars. Apple cider and rice vinegars work with a variety of greens.
- Try fresh herbs. Instead of smothered chicken, marinate chicken in fresh rosemary and lemon juice overnight. Bake or grill it for a flavorful main dish.

**Remember:** Soul food traditions are passed down from generation to generation. Just add a new, healthy twist. Or, create new traditions. With the starring role in your child's life, you can shape how they eat.

Source: eatright.org



**BROOKS ACEVEDO**  
ATTORNEYS AT LAW

A Law Firm committed to assisting Health Care Providers in Health Care Regulatory Compliance, Fraud and Abuse, Anti-Kickback, Stark, Reimbursement Disputes, and Mergers and Acquisitions.

**BROOKSACEVEDO.COM**

One Arena Place  
7322 Southwest Freeway • Suite 755 • Houston, Texas 77074  
Phone: 713.777.7332 • Fax: 713.777.7326

**ON SALE NOW**

International best selling natural toothpaste

simple.  
pure.  
**nevaeh**

flavors.  
lemon mint  
peppermint  
wintergreen

f s i in p t

Order online: nevaehtoothpaste.com  
(855) 946-7662 | (713) 654-7756  
Purchase location: 2101 Crawford St, Suite 103 Houston, TX 77002

## SAVING LIVES

## ONE HEART AT A TIME



### CERTIFICATION COURSES:

- Advanced Cardiac Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)
- Basic Life Support (BLS)
- First Aid/CPR/AED
- American Heart Association (AHA) Online Class
- Infection Control Courses (CEUs)
  - Hand-washing
  - Sanitation
  - Personal Protective Equipment (PPE)
  - National Organization Updates
- Clinical Staff Training
  - Surgery Centers
  - Quality Health
  - Clinical Management
- Vision and Hearing Screening
  - Daycares
  - Pre-schools
  - Elementary Schools

### INITIAL/RENEWAL

*On-site/Off-site classes for:*

- Nurses (RN/LVN)
- Medical Doctors
- Technicians (MA/CNA)
- Churches
- Daycares
- Non-Experts

OSHA CPR/FIRST-AID/AED  
Bloodborne Pathogens

Certified Nursing Assistant  
(Continuing Education Units)

AHA Course Products:

- First-Aid Kits
- Automated External Defibrillators (AED)

# E-PIC

## TRAINING CENTER, INC.

EDUCATING • PREPARING • INFORMING • CONSULTING

"Impacting the Healthcare Industry"



TIFFANY MASSIE-DAVIS, RN-BSN, MSN, CNE  
CEO and Certified Instructor

3262 Westheimer Rd. #726 Houston, Texas 77098  
info@e-pictc.com | Ph. 832-707-7666  
[WWW.E-PICTC.COM](http://WWW.E-PICTC.COM)

The Dentistry of

# Dr. Ka-Ron Y. Wade

"CHANGING THE WORLD ONE SMILE AT A TIME"

Never hide your smile again!





- ✓ Affordable Braces
- ✓ Cosmetic Dentistry

Dr. Ka-Ron Y. Wade, D.D.S.

- General Dentistry
- Cosmetic Dentistry
- Complete and Partial Dentures

- Crowns and Bridges
- Porcelain Veneers
- Teeth Whitening

- Tooth Color Fillings
- Endodontics
- Orthodontics

Check NEW Website!!

## www.cosmeticdt.com

Call for an appointment with a premier cosmetic dentist

2009  
Pinnacle Award  
Winner

713.654.7756

General & Cosmetic Dentistry  
2101 Crawford Suite 103 • Houston, TX 77002

Good Credit, No Credit, Bad Credit - Low cost Financing Available

## HEALTH

# How Do Mental Health Conditions Affect The African American Community?

By d-mars.com

News Provider

**A**lthough anyone can develop a mental health problem, African Americans sometimes experience more severe forms of mental health conditions due to unmet needs and other barriers. According to the Health and Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population. Common mental health disorders among African Americans include:

- Major depression
- Attention deficit hyperactivity disorder (ADHD)
- Suicide, among young African American men
- Posttraumatic stress disorder (PTSD), because African Americans are more likely to be victims of violent crime

**African Americans are also more likely to experience certain factors that increase the risk for developing a mental health condition:**

- **Homelessness.** People experiencing homelessness are at a greater risk of developing a mental health condition. African Americans make up 40% of the homeless population.
- **Exposure to violence** increases the risk of developing a mental health condition such as depression, anxiety and post-traumatic stress disorder. African American children are more likely to be exposed to violence than other children.



## Finding the Right Provider for You

### Cultural Competence in Service Delivery

Culture—a person's beliefs, norms, values and language—plays a key role in every aspect of our lives, including our mental health. Cultural competence is a doctor's ability to recognize and understand the role culture (yours and the doctor's) plays in treatment and to adapt to this reality to meet your needs. Unfortunately, research has shown lack of cultural competence in mental health care. This results in misdiagnosis and inadequate treatment. African Americans and other multicultural communities tend to receive poorer quality of care.

However, you can improve your odds of getting culturally sensitive care.

While we recommend you go directly to a mental health professional because this is their area of expertise, if you do not feel comfortable right away, a primary care doctor is a great place to start. The primary care doctor might be able to start the assessment to determine if you have a mental health condition or help refer you to a mental health professional.

Unfortunately, while you may prefer finding an African American mental health professional, this is not often possible because there are a small percentage of African American providers. The good news is that professionals are increasingly required to learn how to effectively treat people from diverse backgrounds. However, as mentioned before, many providers still lack cultural competence and do not know how to effectively treat African Americans.

When meeting with your provider, ask questions to get a sense of their level of cultural sensitivity. Do not feel bad about asking questions. Providers expect and welcome questions from their patients since this helps them better understand you and what is important to you. Your questions give your doctor and health care team important information about you, such as your main health care concerns. Here are some questions you could ask:

- Have you treated other African Americans?
- Have you received training in cultural competence or on African American mental health?
- How do you see our cultural backgrounds influencing our communication and my treatment?
- How do you plan to integrate my beliefs and practices in my treatment?

Your mental health provider will play an important role in your treatment, so make sure you can work with this person and that you communicate well together. Mention your beliefs, values and cultural characteristics. Make sure that she understands them so that they can be considered in the course of your treatment. For example, mention whether you would like your family to be part of your treatment.

If finances are preventing you from finding help, contact a local health or mental health clinic or your local government to see what services you qualify for. You can find contact information online at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or by calling the National Treatment Referral Helpline at 800-662-HELP (4357).

Source: National Alliance on Mental Health

# The Houston Dance Lab

## International Broadway Dancer “Creates Dance Champions”

By d-mars.com

News Provider

**M**isty Copeland, Lauren Anderson, Karina González and Arthur Mitchell are just a few who have broken racial barriers on the plié platform. But who among those of the next generation will continue the advancement of individuals of color in the world of dance? The Houston Dance Lab, aka “The Lab,” has created a unique and effective formula in its efforts to produce and prepare the best of the best to be competitive in the world of dance artistry. Founded in 2010, The Lab’s purpose is not just about preparing one’s body for ballet and other forms of dance, but also the mind and soul. Traci Greene is the owner and artistic director of The Lab, a true gem in the Houston community. Not only does Greene’s impressive resume as a dancer span over twenty years, she is also an instructor. Based on her years of extensive training and experience training all over the world with the other accomplished dance masters, she has perfected The Lab’s formula for more than just fancy footwork.

Greene began her dance training in Chicago, under the direction of Ballet Master Madame Elizabeth Boitsov of the Bolshoi Ballet. She continued her dance training in high school and was awarded a NAACP Act-So award for dance. Her passion for dance continued through college where she was captain and choreographer of the Southern University Dancing Dolls and received a State Farm Miss Bayou Classic Presidential Scholarship. After college, Greene pursued her professional dance career in Los Angeles and New York City. Her professional training concluded at the American Musical and Dramatic Academy, where she received numerous awards in the areas of acting and dance before landing her first International Broadway tour of a “West Side Story.” On tour, she was appointed the position of female dance captain by Tony Award-winning Broadway choreographer/director, Joey McKneely. In 2007, Greene rejoined the cast of “West Side Story” through special invitation in Paris, France for its 50th Anniversary tour. Greene also danced with acclaimed Broadway choreographer Donald Byrd on the musical workshop of “The Color Purple on Broadway” which was later produced by Oprah Winfrey. Greene continued to train, teach and choreograph throughout the U.S before finally opening The Houston Dance Lab in 2010.

**The Lab has remained an acclaimed dance school, because its foundation is built on purpose, passion, and the discipline of dance.**

The Lab is award-winning and widely recognized for their dance curriculum that is strategically designed for all ages, dance levels and skill sets. This dance company’s method not only introduces a diverse student roster to the art of dance, but also develops and perfects the dance skills of those with the passion, raw talent and ability to have a long-established and well-respected career in the performing arts. The Lab takes great pride in pushing their students to go beyond the limits of their craft and encourages them to make their own mark on platforms across the globe. The Lab has catapulted the careers of many, with their students being accepted to the summer intensive programs of some of the country’s most prestigious dance companies including the American Ballet Theatre, Alvin Ailey American Dance Theater, the Radio City Rockettes, Debbie Allen Dance Academy and Joffrey Ballet.



Greene (Far left) performing on a West Side Story's 50th Anniversary tour in Paris.





–Traci Greene  
Owner & Artistic Director

## Q&A with Traci Greene, Instructor, Owner and Artistic Director of The Houston Dance Lab

### How would you describe The Houston Dance Lab?

The Lab is a dance training facility that prepares young dancers to adapt to the ever-changing evolution of dance. We teach ages 4-18 from beginners to advanced. We make the experience of dance enjoyable for those who want to train recreationally, and we provide exceptional technical training and performance and competitive opportunities for the more serious dancer.



Photo credit: Keda Sharber - Images by Papillon

### What does The Houston Dance Lab bring that goes beyond dance for your students?

We build self-esteem and confidence. We give our students the opportunity to express themselves creatively and share the joy and respect for dance. The Lab reinforces discipline, commitment, team work, accountability, humility, self-worth and other important life skills that are needed to lead a successful and balanced life. Unlike most dance schools, we have provided opportunities for our students to train outside of the city of Houston at some of the industry's top training facilities, through summer camp training programs.

### How have you seen dancers of color like Misty Copeland and others make an impact on the attitude of your dancers and The Houston Dance Lab?

We have seen how our young dancers and their parents seem to have more of an interest in classical ballet. Our dancers exhibit more patience and discipline in ballet class. They have more of an interest in competing in ballet competitions and researching ballet dancers and ballet companies. Misty Copeland has definitely made young dancers of color see that a professional principal career as a minority at the American Ballet Theatre is attainable. It has also been important

to the self-esteem of our young dancers to see these positive images of minority dancers on social media.

### What are the future goals for The Houston Dance Lab?

We are expanding our Performance Team Program which is designed to build well-rounded dancers, and implementing our new Excel-

lated Ballet Training program. This training program will provide top level classical and contemporary ballet training to dancers who only wish to study ballet. The Lab is also excited to host guest teachers, dance professors and choreographers from all over the country providing invaluable information and instruction to our students.

### What would your current and past students say about their training and experience at The Houston Dance Lab?

They would say that it is quite challenging, but an absolutely rewarding experience. Our students consider The Lab their second home. They know we are a family of parents and instructors who want the very best for them and we expect the best from them in all areas of their lives, not just dance. Lasting friendships between students have also been established here.

### How is the art of dance a benefit to a young person's development?

Dance is more than a recreational activity. Studying dance teaches valuable life skills, like tenacity, discipline and a great work ethic. It also opens doors for college scholarships and traveling the world. The students see dance as more than just a hobby; it is a life-changing experience.



Photo credit: Keda Sharber - Images by Papillon

As much as Greene has a heart for the art of dance, she has an equal love for her community and for all young people being afforded opportunities to be professionally trained in the discipline of dance. An extension of The Lab is The Lab Performing Arts Initiative (LPAI). This 501 (c)(3) philanthropic initiative founded by Greene is a scholarship talent-based program providing those under-represented on the dance platform a great and impactful experience in several areas of dance. In addition, the recipients also receive performance experience on a local, regional and national level. Greene says, "We hope to provide more opportunities for young dancers around the Houston area to study dance through our community outreach and merit-based scholarship program."

Located in the heart of Houston's Galleria area, The Lab goes above and beyond teaching just dance. Yes, The Lab is a fun platform to learn dance, but it also provides a formula that includes a solid structure in different dance genres and disciplines. They provide students the exceptional training necessary to be prepared for a successful dance future. "We love to teach dance, but we also enjoy the opportunity to see how the training and support that we provide has empowered our young dancers and afforded them many opportunities," Greene expresses. For more information on **The Houston Dance Lab**, please contact **Traci Greene** at [houstondancelab@gmail.com](mailto:houstondancelab@gmail.com) or 713-320-5121. Visit The Lab on the web at [www.houstondancelab.com](http://www.houstondancelab.com).



# In the Business Community...

To View More Photos, Visit Our Website [www.d-mars.com](http://www.d-mars.com) and Click on 'Photo Gallery.'

## YWCA of Houston: Women on the Rise! A Legacy of Commitment and Service

The YWCA of Houston recently held its year's Outstanding Women's Legacy luncheon, known as OWL, which celebrates its mission to empower women by recognizing impactful female community leaders.

This year's OWL had a keynote address by abduction survivor Elizabeth Smart. Smart, a human trafficking prevention activist, author and ABC News contributor.



The 2018 affair celebrated 11 honorees whose work in the Houston area exemplifies the luncheon's theme: Women on the Rise! A Legacy of Commitment and Service. The esteemed honorees, by category, are:

- Education: Ruth Simmons,**  
Ph.D., President, Prairie View A&M University
- Business: Edna Meyer-Nelson,**  
Founder, President and CEO, The Richland Companies
- Oil and Gas: Shawn E. Simmons,**  
Ph.D., Engineer, Environmental and Permitting Manager, ExxonMobil
- Dorothy Height: Edith Irby Jones,**  
M.D., pioneering physician and humanitarian
- Art: Beth Merfish,**  
Ph.D., Assistant Professor of Art History, University of Houston-Clear Lake
- Healthcare: Juliet Breeze,**  
M.D., CEO and Medical Director, Next Level Urgent Care
- Law and Government: Jessica Farrar,** Houston legislator, Texas House of Representatives
- Community Philanthropy: Roxann Chargois,**  
Western Area Director, The Links, Inc.
- Outstanding Youth: Lauren Elie and Jordan Fein,**  
Flower Power Gives
- STEM: Paula McCann Harris,**  
Engineer and Director of Global Stewardship, Schlumberger



# TURNER



Crosby, Texas

**FAMILY OWNED & OPERATED!**

**WE'LL MEET OR  
BEAT ANY DEAL  
YOU BRING US  
OR WE'LL PAY  
YOU \$1,000!\***



## The ALL NEW TURNER CHEVROLET



### Is The ONE TO TURN TO For Your Next Chevy!

\*Dealership reserves the right to purchase the vehicle from the competing dealership offering the lower price and sell it to the potential customer. Customer must have a written and signed official purchase order for a new in stock vehicle with the exact MSRP and equipment from the competing dealership signed by an authorized manager. Turner Chevrolet General Manager must see and sign off that we are not willing to sell the same vehicle for a lower price. The guarantee does not commence until customer takes delivery of the vehicle and shows proof of purchase by a tag receipt. Factory incentives, rebates and other discounts do not apply. This excludes demonstrators or damaged vehicles. See dealer for complete details on all programs.

**21001 Crosby Freeway, Crosby TX 77532**

On the corner of Hwy 90 and Hwy 2100 between Barrett Station and Crosby

**Call: 281-328-4377**

**TurnerChevroletCrosby.com**



**Robert Turner**  
Owner

# In the Business Community...

To View More Photos, Visit Our Website [www.d-mars.com](http://www.d-mars.com) and Click on 'Photo Gallery.'

## Sound the Alarm Greater Houston

The Red Cross recently held their signature Sound the Alarm installation event in the Sunnyside community. Volunteers and community partners met at Greater Saint Matthew Baptist Church.



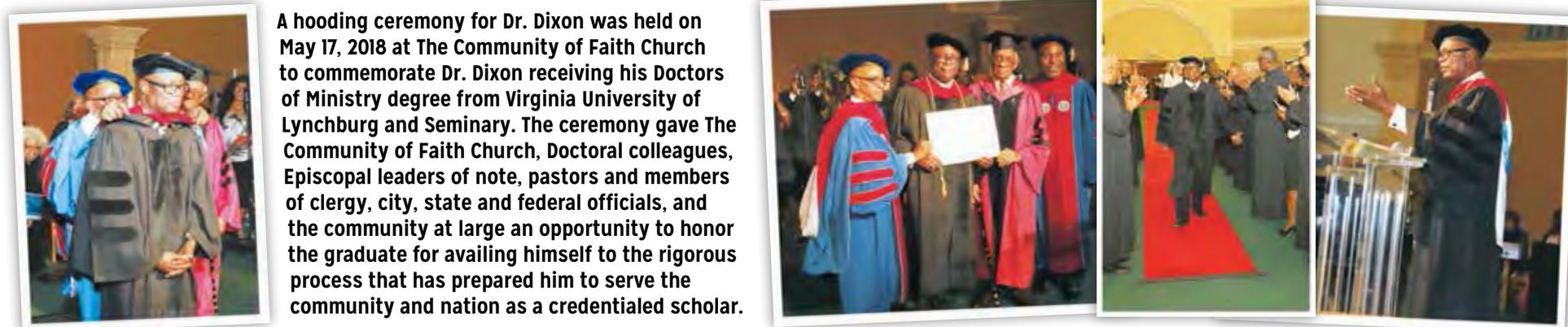
## Lasting Impressions Dental Group - Free Dental Care Day!

Lasting Impressions Dental Group recently held their annual Free Dental Care Day. Patients were able to choose either a free cleaning, filling or extraction. Visit [www.lastingimpressionsdentalgroup.com](http://www.lastingimpressionsdentalgroup.com) for more info.



## Congratulations to Dr. James Dixon, II.

A hooding ceremony for Dr. Dixon was held on May 17, 2018 at The Community of Faith Church to commemorate Dr. Dixon receiving his Doctors of Ministry degree from Virginia University of Lynchburg and Seminary. The ceremony gave The Community of Faith Church, Doctoral colleagues, Episcopal leaders of note, pastors and members of clergy, city, state and federal officials, and the community at large an opportunity to honor the graduate for availing himself to the rigorous process that has prepared him to serve the community and nation as a credentialed scholar.





# OPTIMUM

SECURITY PROFESSIONALS



CALL FOR DETAILS



## OPTIMUM SECURITY PROFESSIONALS

# 713-568-1763

TWO POST OAK CENTRAL  
1980 Post Oak Blvd - Suite 1500  
Houston, TX 77056  
TPSB#C20318

## OUR SERVICES

- Uniformed Security
- Vehicle Patrol
- Bicycle Patrol
- Armed/Unarmed Guards
- Off-Duty Police
- Traffic Control
- Private Investigation
- Bodyguards
- Risk Analysis

[WWW.OPTIMUMSECURITYPROS.COM](http://WWW.OPTIMUMSECURITYPROS.COM)

# In the Business Community...

To View More Photos, Visit Our Website [www.d-mars.com](http://www.d-mars.com) and Click on 'Photo Gallery.'

## 85 Local High School Seniors Honored with Prestigious RMHC® US Scholarships from Ronald McDonald House Charities® of Greater Houston/Galveston



Eighty-five high school students in the Greater Houston area have been awarded scholarships through the prestigious RMHC® Scholars program due to their outstanding community involvement and academic performance. Recipients received a \$2,000 scholarship at the celebratory RMHC Scholars brunch, May 19th at The Briar Club at 10:00 a.m.

The RMHC® U.S. Scholarship Program has awarded over \$52 million dollars in scholarships since 1985. Of that \$52 million dollars, RMHC® of Greater Houston/Galveston in partnership with Greater Houston Operators Association have awarded over \$3.2 million dollars for college scholarships to nearly 2,000 high school seniors in our community. The support of the local McDonald's owner/operators is a critical cornerstone to this program and their support greatly appreciated.

Annually for over two decades, the McDonald's owner/operators of Greater Houston have united in sponsorship for this important program. Their commitment to provide steadfast support ensures dreams of college are granted to some of the most diverse and amazing high school seniors our community has to offer. "As local business people, we are invested in the education of our families, our employees, and our neighbors," said Matthew Kades, co-op president for the McDonald's owner/operators of Greater Houston. "For many years, we have proudly given scholarships to high school seniors from across Greater Houston. This year, for the first time, we are celebrating the BMOA Houston Scholars, HACER Houston Scholars, McDonald's Houston Asia Scholars, and the McDonald's Houston Scholars at a single event. We're excited to celebrate their accomplishments together and help support the next step in their education."

"The caliber of scholarship applicants was so high that the judges for RMHC® of Greater Houston/ Galveston had a very difficult time choosing the finalists," stated Tanya Gee, Executive Director of RMHC® of Greater Houston/Galveston.



"The caliber of scholarship applicants was so high that the judges for RMHC® of Greater Houston/ Galveston had a very difficult time choosing the finalists."

—stated Tanya Gee,  
Executive Director of RMHC® of  
Greater Houston/Galveston.

### ABOUT RONALD MCDONALD HOUSE®

Ronald McDonald House Charities® (RMHC®), a non-profit, 501 © (3) corporation, creates, finds and supports programs that directly improve the health and well-being of children. Through its global network of 300 Chapters in more than 63 countries and regions, its three core programs, the Ronald McDonald House®, the Ronald McDonald Family Room® and the Ronald McDonald Care Mobile®, and millions of dollars in grants to support children's programs worldwide, RMHC® provides stability and vital resources to families so they can get and keep their children healthy and happy. All RMHC®-operated and supported programs, enable family-centered care, provide a bridge to quality health care, are a vital part of the health care continuum and give children and families the time they need to heal and cope better together.

### ABOUT THE GREATER HOUSTON OPERATORS ASSOCIATION

The Greater Houston Operators Association (GHOA) is a co-operative of local business owners who own and operate more than 300 McDonald's restaurants in Greater Houston. GHOA-owned McDonald's restaurants employ more than 15,000 people in the Greater Houston community. Follow local McDonald's on Facebook /McDonaldsHouston and Instagram @McDonaldsHouston.



Goldman Sachs **10,000 small businesses**

Create Action for Business Growth

**You Asked. We listened.**  
**Applications accepted through June 8th!**

With **Goldman Sachs 10,000 Small Businesses**, you will gain practical business skills to support your business to the next level.

- Apply Negotiation Tactics to your business needs.**  
Learn how to prepare for negotiations and "what are you leaving on the table?"
- Identify Growth Opportunities.**  
Manage your operations and focus on the vision and mission for growth.
- Take your Presentation Skills to the next level.**  
Gain the ability to give clear and engaging presentations.
- Learn tips to maximize your cash flows.**  
Take control of your cash flow and receive the opportunity to access financial capital.

Become a part of the Goldman Sachs *10,000 Small Businesses* in the **Fall 2018 session**. For more information about the program, call us at (713) 718-8348 or visit us at [www.hccs.edu/10ksmallbiz](http://www.hccs.edu/10ksmallbiz).

[Apply Now!](#)

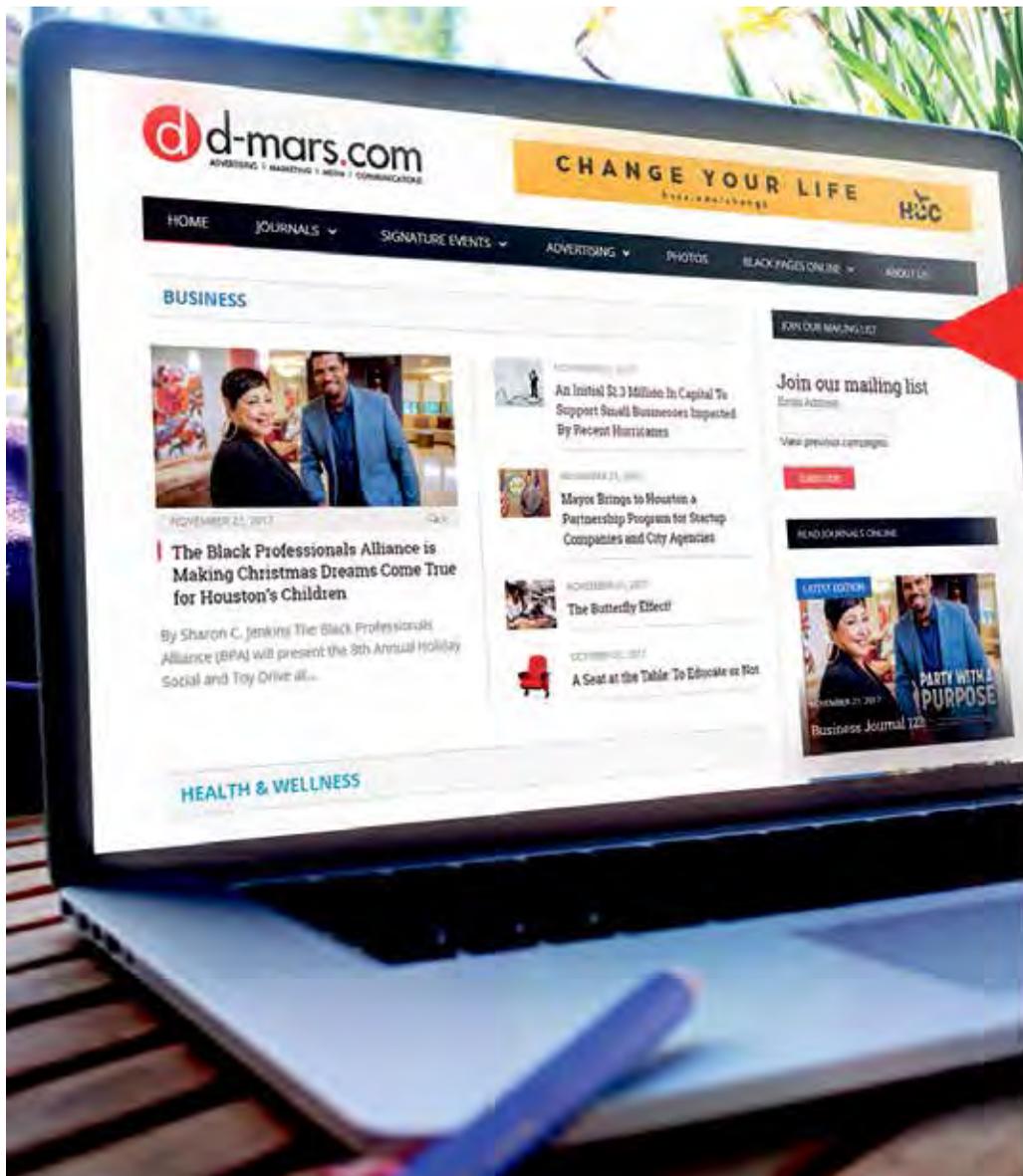
Goldman Sachs 10,000 Small Businesses | [10ksb@hccs.edu](mailto:10ksb@hccs.edu) | [www.hccs.edu/10ksmallbiz](http://www.hccs.edu/10ksmallbiz)

# In the Business Community...

To View More Photos, Visit Our Website [www.d-mars.com](http://www.d-mars.com) and Click on 'Photo Gallery.'



## JOIN OUR MAILING LIST TODAY!!!



[www.d-mars.com](http://www.d-mars.com)

Stay informed about what is happening in our community.

**d-mars.com**  
 ADVERTISING | MARKETING | MEDIA | COMMUNICATIONS

7322 Southwest Fwy. Suite 800  
 Houston, TX 77074  
 713.373.5577 | [contact@d-mars.com](mailto:contact@d-mars.com)

# Hurricane Season Is Here

By Sylvester Turner

Mayor of Houston

**T**he annual hurricane season started June 1, and this year's season is different than the rest, just like last year was different than the year before. In fact, every hurricane is unpredictable.

As everyone knows, Hurricane Harvey brought a national record-high amount of rainfall to the Houston area. The floods took lives and property, making Harvey the second-most expensive U.S. storm in terms of cost and damage.

I hope no storm comes our way this year. But if one does, it is highly unlikely that it will behave like Harvey. If it brings heavy downpours, the rain probably won't fall in the same places as last year. A different storm could also bring stronger winds and less rain. Remember, Harvey lost hurricane strength as it inundated our area.

Regardless, we are wiser and better prepared for bad weather in the 2018 storm season because of our experiences with Harvey.

Our experiences will, I hope, cause everyone this

year to monitor weather news, pay attention to reliable sources of information and plan for dealing with whatever a hurricane may bring, knowing that it probably won't be a Harvey re-run.

Make a plan for staying in touch with friends, relatives and neighbors, and for obeying evacuation orders if they are issued. Store up on hurricane supplies now – batteries to operate flashlights and radios if a storm knocks out electrical power; canned and packaged foods and bottled water if the usual access to those basics is interrupted. Be ready to protect pets, too.

You can get much more information, including a free disaster preparedness guide, at <http://readyhouston.wpengine.com/>

We re-learned from Harvey that residents of the Houston area are quick to help each other in an emergency. It's important to remember the next time around that we must go through a storm as a community, in which people rely on each other. We must also pay special attention to seniors, the infirm and less the fortunate among us when the chips are down.

The city demonstrated during Harvey that we know how to quickly and effectively activate shelters in coordination with non-profit groups.

City first responders rescued more than 6,000 during last year's floods. Since then we have acquired even more rescue boats and other life-saving equipment.

We have also launched an Adopt-A-Drain program that asks residents to volunteer to keep nearby storm drains free of debris and other obstructions. I urge you to sign up at <https://cohegis.houstontx.gov/cohegisweb/adopta/> and have fun picking a name for "your" drain.

Since Harvey, bayou widening projects such as Brays Bayou in southwest Houston have resumed. The projects protect homes and other buildings by moving a larger amount of rainwater into Galveston Bay.

We can't control how Mother Nature will treat Houston this hurricane season. But overall, with your help we are stronger, more resilient and more alert for the weather future.



LAW OFFICE OF  
**VICTOR D. WALKER, P.C.**  
CORPORATE & SECURITIES LAW

**NEXT LEVEL LEGAL ADVICE  
FOR BUSINESS EXECUTIVES**

Our corporate practice expertise extends across various business organizations in the health care, energy, finance, real estate, manufacturing, retail, construction, technology, and transportation industries. Our client focus groups also include investment banks, private equity and venture capital firms, and sophisticated investors.

We provide our clients with clear, strategic and practical advice in connection with all types of corporate transactions ranging from small startup ventures to the most complex. We welcome the opportunity to partner with you and assist you in addressing your growth challenges in 2017.

#### AREAS OF CONCENTRATION

- New Business Ventures & Strategic Alliances
- Private Equity/Debt & Venture Capital
- Stock Purchases and Asset Sales
- Executive Compensation & Stock Options
- SEC Securities Law Matters
- Corporate Governance & Formations
- Drafting & Negotiating Various Agreements



9800 CENTRE PARKWAY, SUITE 210 - HOUSTON, TX 77036  
PH. 713.724.5300 | FX 713-493-2560

[WWW.WALKERSECURITIESLAW.COM](http://WWW.WALKERSECURITIESLAW.COM)

# DR CWANZA

emergency physician + DJ

Welcome Back to OLD SCHOOL MEDICINE  
with the Best of Modern Technology.



Book Your **FREE 30 MIN**  
Online Consultation Now  
<https://DrCwanzaMD.as.me>

## MY PRACTICE OFFERS:

- Confidential Concierge Patient Services at home, work, or trusted patient preferred location
- Telemedicine
- Mobile Urgent Care Visits
- Coordination of Emergency and Consultation Services for Clients
- Cooperate Wellness
- Mobile Occupational Wellness
- Mindset Cognitive Restructuring Program for Individuals or Groups



dr\_cwanzamd



drcwanzamd

Email [info@drcwanzamd.com](mailto:info@drcwanzamd.com) for a free gift  
and more information about my services today!

PH.281-968-9042

WWW.DRCWANZAMD.COM

REAL ESTATE

# How to make your home transition from Good to Great



By Linda Lindsay

Contributing Writer

## Start with Designing an Open Floor Plan.

Creating a home that allows for functionality not for only being spacious. The best way to make this happen is not allowing walls to define your space. When using lighting, finishes and furniture arrangement you can define an open floor plan.

## Spaces That Are Flexible

Creating a home that a room is just a room with no labels. An office can change into a bedroom as long as the square footage allows for the furniture layout for furnishings of what the room needs allowing for redefining the space.

## Open Kitchen Concept

This concept allows for a perfect entertaining the functionality of this space can serve as the common area of communication.

## Storage Spaces

Create as much storage as possible organization which allows for the distribution for your items in an orderly design statement.

## Bathroom Spaces Allowing For Relaxation Spacious

Spacious showers with all the bells and whistles are becoming so much more desirable. A double head and massage spray showers in combination with natural materials can lead you to that spa-like experience.

## Using Universal Design

You can have a "home for life" just by incorporating universal design from the beginning. Simple considerations like 36" wide openings -doors and hallways, step-free main level and master baths with curb less showers and grab bars that look like towel bars can help you build a house to accommodate your future needs.

## Be Energy Efficient

If you're investing in energy saving inside the house (power, heat, gas, etc.) you don't want your savings to go "out the window" You should give some thought

before building to the real savings. 2x6 exterior walls with more insulation, high grade architectural shingles on the roof and great quality windows and doors will increase your ROI much more than anything else

## Smart Technology

In today's world, smart technology goes beyond TV and surround sound speakers. It's about safety and energy efficiency. You can change the mood of every room with controls for your window shades, fireplace and music.

Be smart and choose brands that have been around for a while- technology can change fast. You don't want to end with a product that becomes obsolete right after you have installed it in your home.

## Pet Friendly & Mudrooms

Pet lovers are demanding pet areas in their homes. But, not everyone wants to have a full production pet spa in their house. Choose materials that are easy to clean, but also that you can integrate with the style of your home. mudrooms are being complemented with washers and driers.

## Multiple Indoor/Outdoor Integration

Bring the outdoors in! You can have a variety of outdoor spaces, but be sure to think of your outdoors as an extension of your main indoor areas to create that seamless transition.



By using the above tips will modify your living Space from Good to Greater. Please feel free to call me at 347.731.1020 with any questions. -Designing Your Lifestyle, Linda Lindsay



GAMES AND QUIZZES

## Soul Food

Adrian Miller, author of the James Beard award-winning book *Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time*, has made it his mission to unravel myths and pick apart misconceptions that seem to follow the cuisine.

How much do you really know about Soul Food?

### True or False

1. TRUE OR FALSE:

*Soul food and Southern food are the same thing.*

Miller says: Inside the South, the lines between Southern and soul are blurred because of common heritage. There will obviously be overlap, but the distinction sharpens once you leave the South. Soul food is really more about what African Americans are eating outside of the South—it's an immigrant cuisine. Much of what we call soul food is the celebration food of the rural South. Fried chicken, fried fish, cakes, cobbles and pies—all that stuff was meant for celebratory occasions, not every day eating.

Answer: False



2. TRUE OR FALSE:

*Chicken and Waffles were invented in Harlem.*

Miller says: We owe much of this tall-tale to the creative marketing genius of Joseph Wells, who for decades ran an eponymous chicken and waffles restaurant in Harlem. The creation myth is that in the 1920s and 1930s, people were getting out of the jazz clubs at 2am—too late for dinner, and too early for breakfast—and that Wells decided to feed the nightlife masses by wedding the two. But chicken and waffles goes back to Old Europe. When German immigrants arrived in America in the 1700s, they brought a creamed chicken and waffle food tradition along with them.

Answer: False

3. TRUE OR FALSE: *People other than African Americans make good soul food.*

Miller says: If soul food is to survive and grow in popularity as other ethnic cuisines have, it has to be accessible to people outside the black community. Anyone can make good soul food, as long as they're true to its traditional flavor profiles and preparation techniques.

Answer: True

4. TRUE OR FALSE:

*Red is more than just a color.*

Miller says: No...it's a flavor! In the soul-food tradition, we don't get caught up in describing something as cherry, strawberry, or tropical punch—you just say it's red. Though teas are the earliest reported red drinks, red lemonade was extremely popular with African Americans attending the circus and Emancipation celebrations in the 1870s and 1880s. By the 1890s, red carbonated beverages were more widely available and became the drink of choice until Kool-Aid and other powdered drinks came on the scene in the 1920s.

Answer: True

5. TRUE OR FALSE:

*Cornbread shouldn't have any sugar.*

Miller says: As African Americans left the South, the white cornmeal they were used to wasn't as available as yellow cornmeal. The industrially milled yellow cornmeal wasn't as sweet as the watermill-ground white cornmeal. So, they started adding sugar to compensate. Southern food changes once it leaves the region, and a lot of the time you have to substitute and improvise.

Answer: False

Source: firstwefeast.com



---

**EVERY TEXAN DESERVES A RESPONSIVE PUBLIC  
SERVANT. AS YOUR NEXT U.S. SENATOR,  
I WILL WORK FOR YOU AND YOUR FAMILY.**

---

**JOIN OUR CAMPAIGN TO TAKE ON TED CRUZ**

**BETOFORTEXAS.COM**

PAID FOR BY BETO FOR TEXAS



# HOUSTON'S

**#1 MEAL PREP COMPANY**

is bringing you a **NEW, IMPROVED, & even TASTIER** menu. You'd never think healthy could taste so great.

Be sure to stop in or order online, choosing from our new Celebrity Chef created menu, ranging from gluten-free vegan, pescatarian, preservative-free selections. With so many items to choose from, you can't go wrong.

**For a special discount use code DMARS.**



**9555 MAIN ST  
HOUSTON, TX 77025**      **www.beefitfoods.com**      **281-865-0601**  
 [Facebook icon] [Instagram icon] **@BEEFITFOODS**



# Relocating to Dallas?

Let me help you find your dream home.



## Mena Freeman

Real Estate Agent  
702646

(972) 665-2825  
menafreeman@kw.com  
www.menafreemanhomes.com



Each office is independently owned and operated



When it's time for .  
**Compassion**  
**Integrity**  
and **Professionalism**  
it's time for McCoy and Harrison.



## McCoy & Harrison Funeral Home and Services

A Family Serving Families Since 1925

4918 Martin Luther King Blvd.  
Houston, TX 77021

Phone: 713.659.7618  
Fax: 713.748.7122

www.mccoyandharrison.com

THE EXPERT NETWORK

**Discounts up to 40%**  
 Email, call or stop by my office today for an auto insurance quote.

**Descuentos De hasta 40%**  
 Para una cuota de seguro de autos, mandanos un email, llama o visita nuestra oficina.

**State Farm**  
  
 Providing Insurance and Financial Services

**Ken Ross**  
 281.286.1111  
 www.kenross.com

Se habla espanol

HEB028OND

**BORRIS L. MILES**  
 INDEPENDENT INSURANCE AGENCY

Auto • Home • Life • Health • Disability • Annuity • Commercial

**Supporting Our Community**  
 A good person to know for all your insurance needs.

  
**FARMERS**  
 Gets you back where you belong

5302 Almeda • Houston, TX 77004  
 Office: 713-355-8331 Fax: 713-355-8318 Pager: 713-406-1088  
 Email: bmiles@bmilesinsurance.com



Working together to improve your indoor air quality | Certified Technicians ready to address your needs

 HVACR Services in Houston and Surrounding Areas  
**B Wyt Mechanical Engineering**

- Improvement of **Indoor Air Quality**
- Installation and Maintenance of **Complete HVACR Systems**
- **Duct Work** Resealed and/or Replaced
- Package, Split, Roof Top and Mini Split Systems Services
- Apartments, Townhouses and Condominiums
- Repair of Restaurant and Kitchen Appliances
- Troubleshooting of **Heating and Cooling Systems**
- **Walk in Freezer** Service and Repair
- Supermarkets, Grocery and Corner store
- Clean and/or Install **Drain Lines**

Monday, Tuesday, Wednesday, Thursday and Saturday: 9:00 AM - 9:00 PM

Call us today **281-727-9420**  
 or email us at [wbowser1104@gmail.com](mailto:wbowser1104@gmail.com)

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

Need New Carpet?  
 Vinyl or Wood?  
 Ceramic Tile?

**HARDWOOD** **TILE**

**WE'VE GOT YOU COVERED!**

**CARPET** **LAMINATE**

**AFFORDABLE FLOORING.**  
 WE STAND ON QUALITY.

Residential | Commercial | Any Room  
 Call Us Today for a **FREE** Estimate.

**CARPET DEPOT**  
 3621 Hurley Street • Houston, Texas 77093  
 Ph: 713-742-6995 • Fax: 713-742-6997  
[gcarpetdepot@aol.com](mailto:gcarpetdepot@aol.com)

  
**FARMERS**  
 INSURANCE

- **Auto**
- **Home**
- **Life**
- **Commercial**



**Zano Bailey Agency**  
 ZANO BAILEY • AGENCY OWNER

**832-727-1968**  
 12012 Wickchester Ln. Ste. 170 - Houston, TX 77079  
[tbailey@farmersagent.com](mailto:tbailey@farmersagent.com) | [ZanoBaileyAgency.com](http://ZanoBaileyAgency.com)

# Troy B. Smith PROFESSIONAL SERVICES

Specializing in Complete Funeral Accommodations



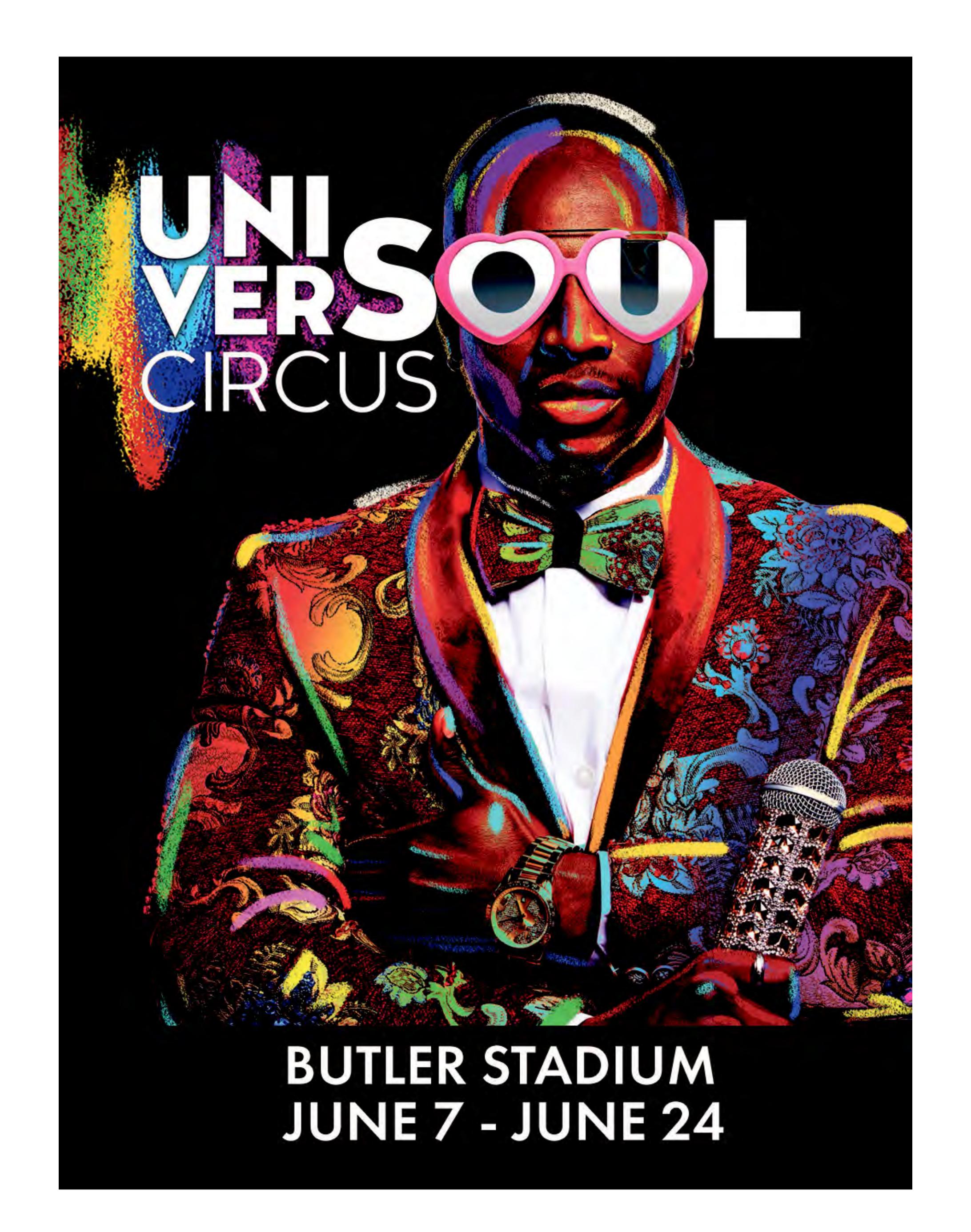
9013 SCOTT STREET | HOUSTON, TEXAS 77051  
713.734.TROY (8769) PHONE | 713.734.9510 FAX  
WWW.TROYBSMITH.COM



### "A Trusted Name When Caring Counts"

- FUNERAL DIRECTOR AVAILABLE 24/7 - 365
- AT-NEED/ IN-HOME FUNERAL ARRANGEMENTS
- PRE-ARRANGED FUNERAL PLANS AVAILABLE
- TRADITIONAL/CONTEMPORARY CREMATION SERVICES
- DOMESTIC AND FOREIGN SHIPMENTS ARRANGED
- WE SERVE ALL TRADITIONAL/CONTEMPORARY BELIEFS
- PRESTIGIOUS AFFORDABLE SERVICES
- ALL INSURANCE AND BURIAL CONTRACTS WELCOMED
- ACCEPTING MOST MAJOR CREDIT CARDS





**UNI  
VERS  
CIRCUS** **SOUL**

**BUTLER STADIUM  
JUNE 7 - JUNE 24**