

VIP

OF SOUTHEAST TEXAS

VOLUME 2 ISSUE 10 | AUGUST 2009 | theVIPmag.com

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THE DOG DAYS
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transitions

For many of us, the year doesn't start in January, but in August, when a new school cycle begins. As children move from grade to grade and on to colleges and degrees, we realize this apparently linear trajectory is anything but. Each transition comes with many bumps and turnings, joys and griefs – not really very different from adult life.

Last August was a big transition in my family. Our daughter started kindergarten. Parents who have experienced that first day of kindergarten know it is a bittersweet moment, filled with both pride and wistfulness. This August, we begin First Grade. I'm told this is when school gets serious.

Here at VIP we are also going through transitions. We've added an additional photographer, two guest writers and a guest graphic designer. In this transitional month of August, we've included stories about how to keep cool in the hot days as "summer" ends and school begins. (Mother Nature does not follow the school calendar!) We've researched tips to help you prepare for back-to-school, from lunches to fashion.

Also in the "hot" category is the rising local interest in salsa dancing. Our thanks to our cover models Jacey Garcia and B.J. Martinez and photographer Lee Stinson.

Whenever we move into something new, there is both excitement and trepidation. Whether you are beginning a new school year or a new stage in life, transitions are only limited by our attitudes.



Cheryl Rose
Contributing Editor

letters & emails

You guys did such a great job with the article and pictures of our outdoor kitchen in the July issue. Thanks so much! It was lots of fun.

Roya Scott

I would like to congratulate **VIP** magazine on an awesome June issue! The June issue was absolutely beautiful. Every photo was astonishing. Although a bride graced the front cover, all of the pages in between carefully highlighted many important events that also took place in our local communities. I was able to share this issue with my family during our Gillam Family Reunion. Many of our relatives were from other areas within Texas as well as other states. They too were impressed with the quality and character of the **VIP** magazine. Please keep up the great work!

Sincerely,
Tawana Walter-Cadien
VOILA!ResourcesByTawana



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contributor profile

Name: Judy Stokely
Job at VIP: Photographer

Job that pays the bills:
I own Shutterbug Photography

What was your first job? I was a Santa's Elf in a mall in Austin, Texas
My job? Taking children's pictures with Santa. Go figure...

If you weren't a photographer what would you be? I would be an editor.

Favorite store? Barnes and Noble hands down! I'm the girl who can go into Barnes and Noble and stay all day and never get bored.

Kids? I have a 13-year-old son, Blake and a 10-year-old step-son, Jordan.

What is one thing that you hope to teach your children? Not to be judgmental. Nobody is perfect.

Must-have condiment? Heinz Ketchup!

Favorite summer activity? I love being anywhere where there is water. Doesn't matter if it's the beach, lake or a pool - I love it all.

Early bird or night owl? I'm a night owl

Favorite candy bar? Snickers

Milk or Water? Coke

What do you do to relax? Curl up with a soft blanket and read.

Give me a Crayola box and I'd pick...
I love color - period. Pressed, I'd say red or lime green.

Pets? I have a chocolate longhaired dachshund named Mia and a beagle named Max

Sweet or Sour? Sweet -- unfortunately.

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vip shelter

11 Dorm Chic | 14 Kitchen Essentials



Dorm Chic

Take a crash-course in decorating, dorm room style

text by Haley Strahan

There are small colleges and big universities. There are Ivy Leagues and party schools. There are exclusive private campuses and large state institutions. No matter what type of college you attend, one aspect of campus life is invariably similar: the dorm room. The school grounds might be welcoming, the buildings historic and gracious, but the tiny cinderblock rooms that students call home can be anything but comfortable. However, with a crash course in design, you can turn that drab space into a fabulous home to rival any upperclassman's off-campus apartment.

Moving into a dorm room for the first time is an **exciting** rite of passage. By planning ahead and learning the rule of dorm **décor**, you'll get an **A+** in style and enjoy a comfortable nine months in your new **home-away-from-home**.

Organization 101

The main challenge in decorating a dorm room is the obvious lack of space. The minuscule rooms in most college dormitories would be considered small for just one person, much less two roommates and all of their worldly possessions.

The key is to find creative ways of organizing in order to maximize space. Drawers that can be stowed away under the bed are a must as they provide a handy place for clothes and shoes when closet-space is in short supply.

Organizational systems can be installed inside the closets to create extra shelves and racks to add more room for hanging and folded clothes.

Play around with the arrangement of the furniture in the room as it may not be set up for maximum flow. Try different configurations to find the design that suits you and your roommate best. If space allows, add a small couch or futon so visitors have a place to relax other than the beds.

Above all, try to stay organized throughout the day. A few T-shirts left lying around, a pair of shoes tossed casually on the floor, and a backpack spilled across the desk can quickly take over such a small room and make it feel close and cluttered.



Color 101

Nothing says "blah" like an empty dorm room. The institutional white walls, the thin carpets and cheap furniture all come together to create a rather depressing tableau. With a few strategic shots of color, it's possible to warm that room right up.

As the beds will take up the majority of the room, choose bedding that injects some rich color into the neutral space. For the most cohesive look, contact your roommate a few



weeks before the semester starts to coordinate your ideas. Choose a shade of color that pops, like deep reds or blues, or trendy combinations like chocolate brown and turquoise or yellow and black.

Once you have established a basic color palette, bring it into the rest of the room with throw rugs, curtains and table lamps that will come together to help personalize your space.

Accessories 101

Just because you live in a dorm room doesn't have to mean it's a personality-free zone. Find ways to bring the things that you love into the room. Mounting tape can be used to hang light shelving that will hold small knickknacks or mementos.

Alternately, metal frame shelving can be installed to create a bookcase.



Pick one poster or painting reproduction to be the focal point of the room. The type of wall art you choose can really set off the rest of the space. Bring along some photos and art from your room at home as well to make your dorm seem more familiar.

One of the worst features of most dorm rooms is the fluorescent lighting. While you most likely will not be able to tamper with the fixtures, there are ways to minimize this problem. Hang strands of softer paper lanterns or twinkle lights, and rely on several table lamps to avoid having to use the harsh overheads all the time.

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Kitchen Essentials of Local Top Chefs

text by Cathleen Cole



All chefs have their essential kitchen ingredients and equipment. Paula Deen couldn't cook without her butter and cast-iron cookware. Rachael Ray relies on her E.V.O.O. (extra virgin olive oil) and silicone spatulas. Here's a taste of the "must-have" items in the kitchens of some of the area's top chefs.

CHEF FRANK PANNITTI *Suga's Deep South Cuisine & Jazz Bar*

Whether Pannitti is preparing Bayou Stuffed Chicken or the Savannah Seafood Platter, his three most important ingredients are olive oil, balsamic vinegar and kosher salt. "All three of these are essential to my cooking style and are very important to me, as they are a part of my heritage and background," said Pannitti, who is undeniably Italian.

To help prepare Suga's signature dishes, his must-have kitchen equipment includes his restaurant-grade Robot Coupe food processor, slicer and meat grinder. "All of these are essential to the daily preparation of the food for Suga's," Pannitti said. "We make everything from scratch and these items are invaluable."

Kitchen Essentials shopping List

Urbani White Truffle Oil (\$16.49, amazon.com)
Modena balsamic vinegar (about \$9 to \$11, Kitchen Koncepts)
Fleur De Sel sea salt (\$11.99, Kitchen Koncepts)
Shun Classic 10-Inch Chef's knife (\$139.95, Kitchen Koncepts)

Bamboo sushi mat (about \$1 to \$5, amazon.com)
Bamboo cutting board (\$30 and up, Kitchen Koncepts)
Shun Yanagiba sushi knife (\$139.95, Kitchen Koncepts)



JUDY STOKELY



FELICIA JETER

SUSHI CHEF KEVIN HUYNH

Tokyo Japanese Steak House & Sushi Bar

The most important ingredient of Japanese cuisine is rice, according to Huynh (pronounced Hwin). "We use Kokuhō yellow long-grain rice because it is the most flavorful and the density provides a fulfilling bite," he said. Kikkoman soy sauce is also a must-have ingredient in his kitchen. Sushi, which means "rice with fish," requires fresh fish. "Most of the fish served in sushi is raw," he said. "Therefore, having the freshest product available creates the best quality sushi."

Bamboo sushi mats are essential to creating sushi rolls. "It is the main utensil used to bind the rice to the ingredients," he said. Large bamboo cutting boards are also critical because they provide a nonstick cutting surface and don't absorb cleaning chemicals. "The must-have for all sushi chefs is the perfect knife," he said. "Personally, I prefer the Yanagiba with the 12-inch blade." All high-end sushi knives are bladed one-sided, he explained, which means the knife is sharpened on one side and flat on the other, providing for easy removal of the knife without pulling on the fish or rolls.

CHEF TAYLOR McCOSKEY

Holiday Inn Hotel and Suites

"There are a few ingredients that I would be heartbroken over if they were not available to me anymore," McCoskey said. He's passionate for white truffle oil, balsamic vinegar and sea salt. "Salt, in my opinion being the most needed ingredient known to man, is essential for every dish," he said. "Just seeing sea salt in its purest form sprinkled over a steak, or filet of sea bass, or even a piece of caramel makes my mouth water."

A cast-iron skillet is a cookware essential in his kitchen. "I use cast-iron to put a perfect crust on steaks, scallops, chops, almost anything," he said. His must-have gadget is a whipped-cream "foamer" that helps in his creative process. An example: creating a tomato-foam with a dollop of whipped cream, adding a small bite of grilled cheese and putting it all on a spoon as an hors d'oeuvre. His utensil of choice is his 10-inch chef's knife. "It can be used for absolutely everything when needing to cut, fillet, or even break open cloves of garlic," he said.



LEE STINSON, COURTESY BCBV

CHEF LARRY JUDICE

Larry's French Market & Cajun Restaurant

Onions, bell peppers and celery make up the "holy trinity" of Cajun cooking, according to Judice. Also important are salt, cayenne pepper, black pepper and garlic powder. "With that, you can cook about anything," he said, adding that Tabasco pepper sauce is in his kitchen too. Fresh ingredients are critical. "The closest to being alive is the best," he said, adding that his crawfish and crabs arrive alive before ending up in his pot.

For cooking, he uses heavy, thick-bottomed aluminum pots and a Hobart Buffalo Chopper for onions and peppers. "We use cases of onions and lots of bell peppers," he said.



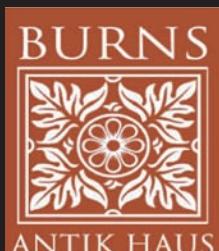
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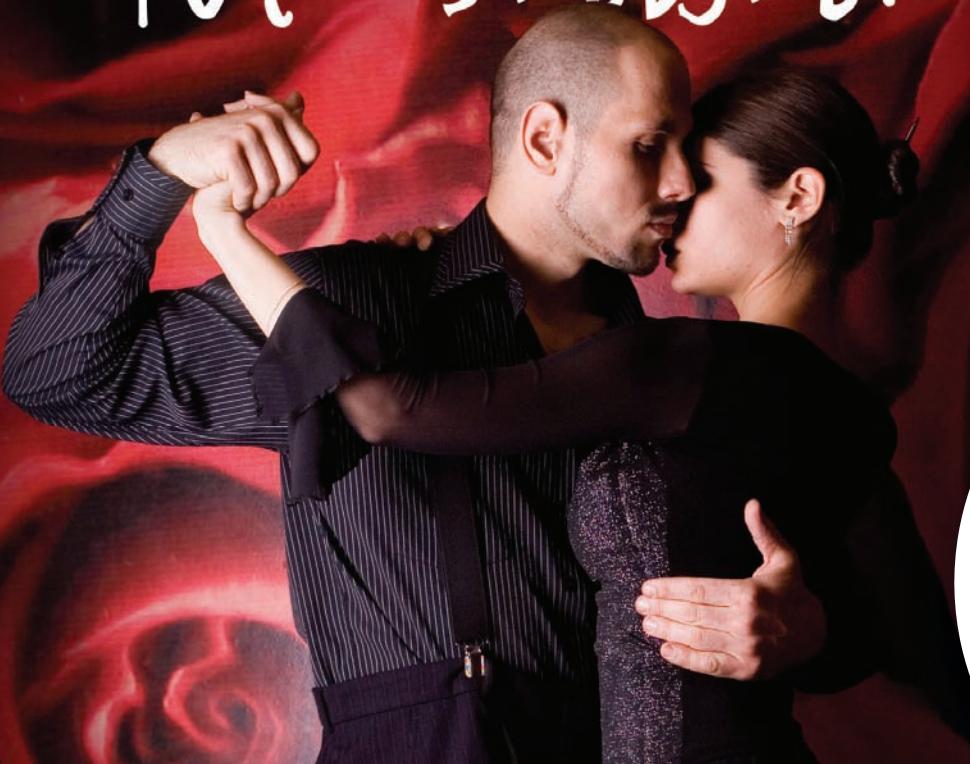
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17 Salsa | 22 Boy Bangs | 24 Fashion 101

Hot salsa!



southeast Texans heat
up the dance floor with
Latin-inspired dance.

text by Haley Strahan



Jacey Garcia and B.J. Martinez of City Dance Center demonstrate some salsa steps.

LEE STINSON

O

n Friday nights once a month, the parking lot of Beaumont's Holiday Inn Hotel and Suites gets a bit more crowded than usual. There are pickup trucks and hybrids, shiny sports cars and nondescript sedans, and their passengers are even more varied. College kids dressed to be seen, a couple in their 60s holding hands and chatting, a group of young married people and 40-something women on a girls' night out enter the hotel lobby. They're a diverse group, but they're all heading for the same place, lured by the spicy rhythms and breathless exuberance that is salsa dancing.

Lenny Caballero founded Club Salsa nearly six years ago at Antone's on Beaumont's Crockett Street district to introduce the exploding art of salsa dancing to Southeast Texas. Since relocating to The Holiday Inn Hotel and Suites, Club Salsa is a combination dance class and club that offers beginners and regulars the chance to learn and practice the dances recently popularized on television shows like "Dancing with the Stars" and movies such as "Save the Last Dance" or "Dirty Dancing: Havana Nights."



Though it contains elements of various traditional Latin dances, "salsa" as it is known today was born in America in the mid-twentieth century. Immigrants from Cuba and Puerto Rico brought their style of music to cultural centers like New York and Miami, where American jazz and Spanish guitar influences were mixed together to create a new "salsa" of Latin-based dance. Salsa dancing experienced a surge of popularity in the early 1980s, when it moved from exclusively immigrant-rich areas to the dance clubs of middle America. "It was underground for a long time," Caballero explained, "but the popularity of television shows and movies that show salsa dancing has made it more mainstream."

Peyton Jones, who teaches salsa dancing classes at the CHRISTUS WP Herbert Health and Wellness Center said salsa dancing owes its recent following to the permeation of Latin culture in music and fashion. "People want to learn salsa rather than some of the more traditional ballroom dances because they know they will be able to use it in real life. There is a lot of salsa influence in today's popular music."

The Wellness Center's salsa lessons are offered on a rotating basis with other ballroom dance classes, but salsa lessons always prove to be one of the most popular offerings. "We have couples of all ages, from their early 20s to their 70s," Jones explained. For those who want to use salsa as a way to get in shape, the Wellness Center also offers Zumba classes, a salsa-inspired workout that regularly draws 50 to 110 participants to each class. "Zumba is enormously popular because it doesn't feel like exercise," Jones said. "Women can do it without a partner and have fun. It's user-friendly; you don't have to worry about missing the steps."

Dancing with the Beaumont stars

WHAT: Local celebrities will come out to shake their maracas to benefit Habitat for Humanity.

WHEN: August 28, 2009

WHERE: Holiday Inn Hotel and Suites

WHO: Local VIPs including Jimmy Simmons, president of Lamar University, Slate Babineaux of Air Comfort, Inc., Angie McClelland of YaYa Club and Tammy Crutchfield will join forces with the area's hottest salsa dancers to compete for the prize and for the title of Southeast Texas' most caliente!

HOW: Advance tickets on sale at Jefferson County Habitat for Humanity, 409.832.5853, and City Dance Center, 3015 N. Dowlen Road, Beaumont, Suite 270, 409.833.7772.

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Call for information on times. beaumontcitydance.com 409.832.7772

CLUB SALSA

Once a month on a Friday, Club Salsa begins with dance lessons and morphs into a club, featuring live salsa music. Club nights held inside the Holiday Inn Hotel and Suites. salsabeaumont.com

CHRISTUS ST. ELIZABETH WP HERMAN HEALTH AND WELLNESS CENTER

Group Salsa lessons offered on a rotating basis with other ballroom dance lessons. Call for schedule. Zumba classes offered Tuesdays and Thursdays at 5:30 pm, Fridays at 9:30 pm and Saturdays at differing times. Schedule available at the website.

christushospital.org 409.899.7777

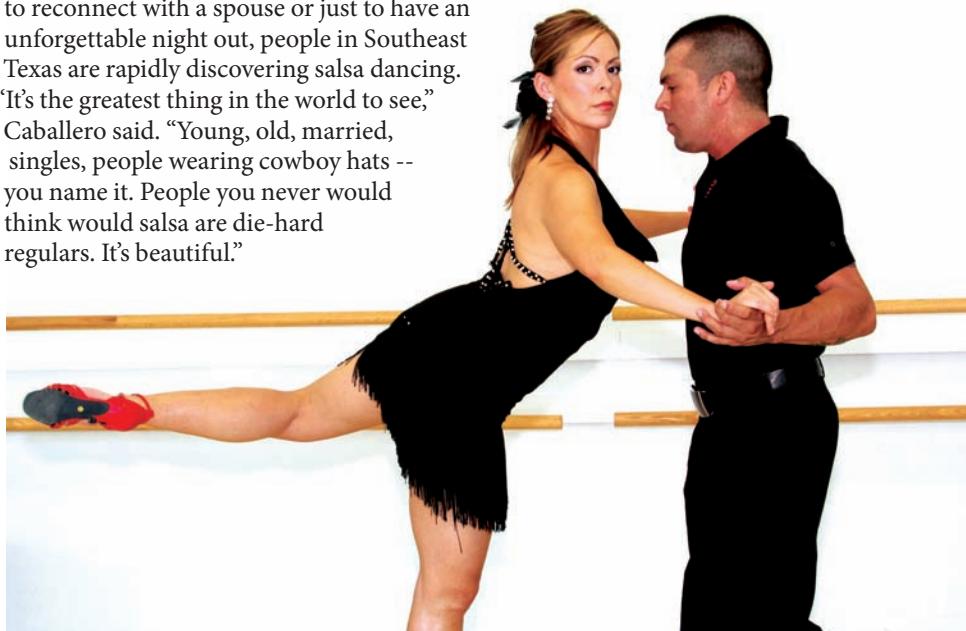


For those seeking more regular instruction, B.J. Martinez teaches ongoing classes at Beaumont's City Dance Center, where adults and children alike can learn the basics of Latin dance, and go on to take master classes in partner work and perfect their styling.

Martinez started out as a musician in Latin bands around the area, but soon realized that salsa dancing was becoming a phenomenon. "People are just drawn to salsa," he said. "It's so intense and the music is really catchy." Today, Martinez teaches classes at Club Salsa, as well as the City Dance Center, dances professionally and trains two salsa groups who perform at exhibitions.

"The type of salsa we do in this area is really New School," Martinez said. "The dancing here has been influenced by the Puerto Rican/New York style." These differences are highlighted in Martinez's classes, where he encourages students to emphasize technique. "Salsa dancing isn't as easy as it looks; it isn't about shaking your hips," he explained. "There is a very precise way of doing it, and it's really very hard. It takes a lot of dedication to get really good."

Whether to get in shape, to take up a new hobby, to reconnect with a spouse or just to have an unforgettable night out, people in Southeast Texas are rapidly discovering salsa dancing. "It's the greatest thing in the world to see," Caballero said. "Young, old, married, singles, people wearing cowboy hats -- you name it. People you never would think would salsa are die-hard regulars. It's beautiful."



A sample salsa Playlist

Aguinile, by Marc Anthony
Ahora Quien, by Marc Anthony
Azucar, by Los Van Van
Brujería, by El Gran Combo
Cachondea, by Fruko y Sus Tesos
Candela, by Buena Vista Social Club
Corazón, by Gilberto Santa Rosa
El Preso, by Fruko y Sus Tesos
En Barranquilla Me Quedo, by Joe Arroyo
Idilio, by Willie Colon
La Negra No Quiere, by Grupo Niche
La Salsa la Triago Yo, by Sonora Carruseles
La Pelota, by Ray Barreto
Micaela, by Sonora Carruseles
Quimbara, by Celia Cruz and Johnny Pacheco
Quiero Salsa, by Jose Alberto 'El Canario'
Rebelión, by Joe Arroyo
Salsa con Coco, by El Gran Combo

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Head-Bangin' Boys A Head's Up for Parents – Literally!

text by Holli Peterson

KYLE PETERSEN

IS YOUR SON SPENDING INORDINATE AMOUNTS OF TIME LOCKED IN THE BATHROOM? MAYBE HIS APPEARANCE IS GRADUALLY CHANGING?

Before you go blaming puberty, consider the unexpected. Your son might just be busy... styling his hair.

This seemingly bizarre phenomenon is completely normal thanks to trendsetting, dreamy-eyed heart-throbs like Zac Efron and Joe Jonas. Boys across the country are bangin' it out, straightenin' it out, and ain't ashamed to admit it!

"The boys lately are worse than the girls," laughed Nicole Wagner, hairstylist and owner of N'Cole's Hair Salon. "Most of the time, they take longer to primp than the rest of us!"

Now, Moms, before you try to nip this fad in the follicle, remember that years ago, your own walls were likely plastered with the posters of shaggily-tressed hunks. John Travolta and Shaun Cassidy are just two such originators of this style, first made popular in the '70s.

This craze is not all the result of entrapping peer-pressure. Many young men are motivated by the flexibility and personality of a lengthier coif.

For a tousled look, simply wash and shake. Flat irons can really add flavor, like the punked-out fashions of rocker Pete Wentz. For a "mom-ified" version, appropriate for church and visits with grandma, a little pomade goes a long way in slicking or combing hair neatly into place.

Now, there is one small problem with going from a nearly-shaven buzz-cut to bangs. Those in-between phases can be... well, for lack of a better word... hairy. Wagner, whose 11 year-old son, Brock, recently underwent this "change," recommends keeping the ears and neck trimmed up while remaining hair grows. Also, hair looks best when healthy – so shampoo and condition often!

While this style suits all textures, it looks best on hair with body and movement. No one likes "helmet head." Wagner suggests using light, whipped pomades, like Aveda Men Pure-formance Pomade, to add manageability without weighty oils.

So, see, there was nothing to worry about! In fact, consider yourself lucky. If fashion trends are recyclable, then the '80s Big Hair Bands fad just might make a comeback; Shaun Cassidy looks tame when compared to Dee Snider and Twisted Sister!

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RESULTS THAT LAST.

dare to be different

A black and white photograph of a woman in a striped shirt and a man in a blue shirt, both wearing sunglasses and hats, sitting on a couch. The woman is holding a small dog. To the right of the photo is a yellow graphic for 'FUNKY RESALE BUY-SELL-TRADE' with addresses for Nederland and Beaumont.



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For rainy days, there's nothing cuter than this ladybug raincoat to keep dry by Western Chief Kids, \$28. Available at Texas Kid Company.

Keep papers organized stylishly in this Camo 3 Ring Binder by room.it.up, \$20. Available at Texas Kid Company.

I  Joe

Bottle caps aren't just for bottles anymore - they are a way to dress up yourself and your locker. Snap Caps and Snap Cap Keepers, cord and cap, \$8 each. Available at Gigi's.



Room.it.up also designs cute backpacks. This black and white one can be found

at Texas Kids' Company for \$26 and then monogrammed for a personalized touch.

Get schooled on Fashion

text by Tara Smith

Friends and family are just a touch away with the BlackBerry Storm, \$149.99.



Before you go back to school, make sure you're schooled – and ready for what's hot for fall. Jeans are always a clothing staple, and boyfriend jeans are a popular style for back-to-school fashion for 2009. The look of the jeans, seen on celebrities such as Katie Holmes and Victoria Beckham, is usually tight and rolled up at the ankles.

One unusual and must-have accessory for the 'tween set are Snap Caps and Snap Cap Keepers. They are decorated bottle caps, made by Maddie Bradshaw, a sixth-grader from Dallas, that have been turned into necklaces as well as magnets for dressing up school lockers.

Another new trend is supporting a good cause while being stylish. TOMS Shoes – for men, women and children – come in many different styles, but most importantly, for every pair that is purchased, TOMS gives a pair to a child in need. They even have vegan-friendly shoes for the animal conscious.

Lastly, make sure to stay in touch with friends and family with new, touch-screen phone technology. The I-Phone G2 and BlackBerry Storm Touch Phone are popular choices.



Touch technology is all the rage.
I-Phone G2, \$199.99.



No need to be distressed other than wearing some distressed denim.

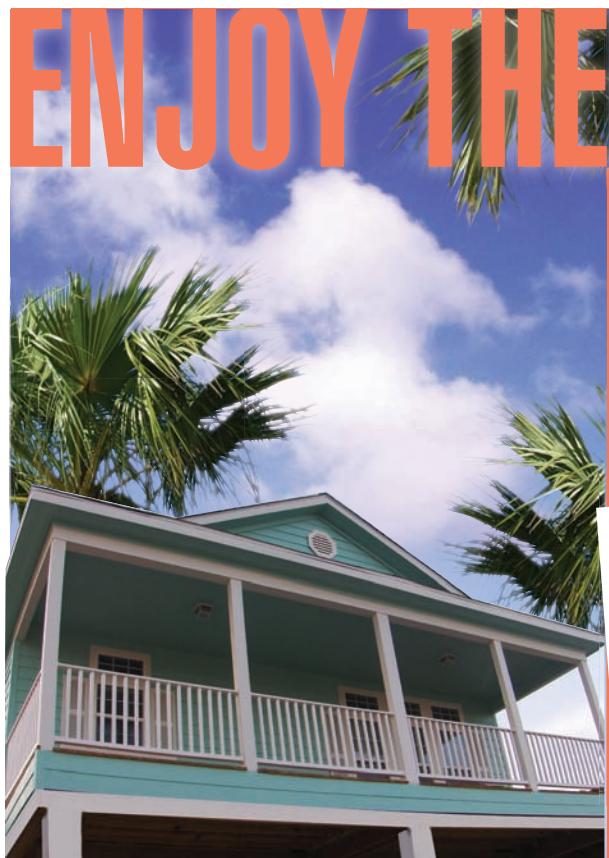


Another boyish look for fall is to don a fedora hat such as this cute Women's Xhilaration Menswear Striped fedora in gray, \$12.99. Available at Target.

Leave lunch – along with a sweet note – for your little one in Stephen Joseph's adorable frog lunchbox that comes with notes, \$15. Available at Texas Kid Company.



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Got Happy Feet?

text by Ashley Green

Whether you love or hate yours, feet come out of hiding in summer time. Beaches, pools, lakes, flip-flops and sandals all expose our pedal extremities to the light of day and the inspection of others. Generally hidden away in cool months, our feet receive little thought. If we are thinking about them, it's because they hurt. Turn "owie" feet into "wowie" feet this summer!

Basic, daily care and choosing shoes that minimize your flaws, can help give you more confidence on the feet front.

Pedicure Pointers

Follow these simple steps for at-home pedicures:

- Remove polish and trim toenails straight across.
- Use a wooden/rubber manicure stick to clean under nails.
Never use sharp tools.
- Soak feet in warm water and Epsom salt, then remove and pat dry.
- Apply cuticle remover to toes and push back with cuticle stick.
- Soak for 10-15 minutes. Pat dry.
- For rough, cracked skin and callouses, use a pumice stone or foot file.
- For corns, use the soft side of an Emery board.
- Scrub feet with an exfoliating foot scrub, rinse and dry thoroughly.
- Massage foot with a moisturizer or oil.
- Paint nails with two coats of polish and a top coat to finish.

Going to the spa for special foot treatment?

Take note of these pedicure pointers:

- Book pedicures early in the morning to ensure better sanitation.
- Take your own tools.
- Don't shave before your pedicure. This will decrease the risk of infection.



MISUSE & ABUSE

The foot is specifically designed for its function – motion. Though nature intended for feet to get us from point A to point B, most people stress their feet beyond their original design function by standing for hours on end, choosing fashionable-yet-painful shoes and generally not properly caring for them. As a result, a variety of unsightly and painful foot maladies can occur such as calluses, corns, hammertoes, blisters and rough, cracked skin. Any of these issues can cause you to feel that your tootsies are "ugly" or "embarrassing."



Poor, Unfortunate Soles

"The only time people take care of their feet is when they hurt," said Mark Bruyn, a podiatric physician and surgeon with Beaumont Foot Specialists. "In that way, feet are like cars. No one worries until it starts smoking, when routine tune-ups could prevent the problem in the first place."

In addition to propelling us forward, Bruyn noted that the feet also act as shock absorbers. "Each time runners make contact with the ground, their heel absorbs two-to-three-times their body weight," he said.

Because of the constant punishment feet take, people should be conscious of warning signs and seek medical advice rather than just giving up activities they enjoy. "When something hurts, or isn't normal, avoid waiting for things to worsen," he said. "Discontinuing an active lifestyle due to foot pain will only lead to more problems."

If the Shoe Fits...or Doesn't

A major source of foot injury is improper protection and poor shoe selection.

"We see more injuries in the summer, from people stepping on objects, cutting their foot or dropping things on their feet," said Debra Lusk, a doctor of podiatric medicine at the Podiatry Associates of Southeast Texas in Beaumont. "Another source of foot harm is popular shoe gear, especially sandals and flip-flops. While they're easy to get in and out of, your feet need more support. Women typically have four times the number of foot problems than men do, with issues typically related to shoe gear."

For that reason, women in particular should choose shoes carefully, she said. Shoes with soft leather inserts and not overly-pointed toes are kinder to feet. She also advised shopping in the evening when feet are tired and swollen. "You're more likely to get a shoe that fits comfortably," she said. "Also, never buy a shoe and think you're going to 'break it in' – not a good idea."

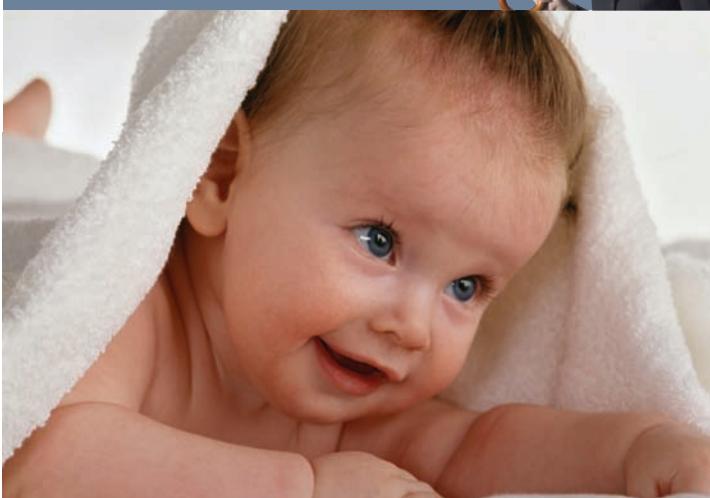
According to Bruyn, women who wear high heels for an extended period of time (years), can increase the risk of shortening the Achilles tendon, which can result in plantar fasciitis (heel pain). "What we subject our feet to during our 20s and 30s can haunt us later in life," he said.

Flaw-Hiding Footwear & Tips

- **For bunions:** Try firm leather shoes to give the appearance of a straight line, or strappy sandals that wrap around the bulges.
- **For corns:** Go with shoes that cover most of your toe, such as wide toe straps.
- **For heavy veins:** Try shoes with straps over the top of the feet, or that cover most of the foot.
- **For calluses and ugly toenails:** Foot care and maintenance is your best solution.

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SILVIA MCCLAIN

Ready! Set! Go Back to School!

text by Cathleen Cole

It's that time again when parents say, "Oh YES!" and kids say, "Oh NO!" Summer is almost over and school will be back in session by month's end. For most parents, the number-one rule for getting kids ready is acquiring the supply list early and never, ever waiting until the day before school starts to buy five pairs of khaki shorts and five bags' worth of academic essentials. Most schools have websites, so check them out for supply lists, dress codes, orientation dates and, the most important information of all, the date of the first day of school.

But there are health-related aspects of getting kids back to school, too. Are your kids' vaccinations up to date? Have you started working toward their school-time sleep schedules? Even older kids can have anxiety about the first day of school, so that might be an issue you can help your child with before the big day.

As a Beaumont pediatrician and mom, Dr. Vernicka Porter-Sales knows what kids need to get a healthy start back to school. Here are some of her tips to help with the transition from lazy summer days to hectic school schedules.

VACCINATIONS

"Parents should contact their pediatricians to make sure their kids are up to date on their vaccinations," Porter-Sales said. "The state has changed the mandatory vaccinations for 2009-2010." (You can check immunization requirements at the Texas Department of State Health Services' website <http://www.dshs.state.tx.us> www.dshs.state.tx.us.)

SUFFICIENT SLEEP

Getting enough sleep is very important for children to do well in school, Porter-Sales emphasized. "A well-rested child will be more focused," she said. She recommends easing back into the school-bedtime schedule two to three weeks in advance.

FUEL FOR ENERGY

The doctor said that, just like getting back into a school-time sleep schedule, it's important to get back into a school-time meal schedule that includes vegetables and fruits. "Make healthy choices," she said, adding not to forget breakfast. "It's very important to get that breakfast in."

EASE ANXIETY

Many children are anxious about the first day of school. To ease your child's mind, Porter-Sales advised talking in advance with him or her about the first day and what to expect. Before the first day, arrange to tour the school. Seeing the classroom and meeting the teacher can be a big stress reliever for kids.

WELLNESS VISITS

"Yearly wellness visits are important," Porter-Sales said. Parents with older children sometimes don't schedule wellness appointments, but they are important for all children. Often health issues, such as minor hearing or vision impairments, go unnoticed by parents and children.

Mark your calendars and post these back-to-school tips on your refrigerator to help give your kids a healthy academic advantage.

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eating & drinking

32 Best Frozen Drinks | 34 Lunch Kit Re-Fit | 36 Brew Review

Top-shelf Picks for Frozen Drinks

text by Micah Lindsay



Carrabellini, CARRABBA'S

Reigning supreme in frozen drinks is the Carrabellini. This classic from Venice, Italy is a delicious mixture of peach pureé, peach schnapps, vodka and champagne blended to perfection. On a busy Friday or Saturday night with a long wait, sneak back to the bar area and enjoy a Carrabellini in the Italian-inspired setting until your table is ready.



Margaritas, LA CANTINA

Beaumont's own Margaritaville with a great reputation for offering the best Margaritas. They proudly hang their sombrero on their House Margarita made with your choice of José Cuervo or Patron Tequila with salt and lime and served on the rocks or blended frozen to meet your preference. With an authentic Mexican-style ambiance to accompany their most excellent Margarita, you may forget you are still in Beaumont -- especially if you have too many!

Death By Chocolate,

TRADEWINDS AT THE ELEGANTÉ

In the midst of plush leather sofas, wingback chairs and a complete lounge-type atmosphere, sit back and sip on a sinfully delicious Death By Chocolate. Marissa mixes up this rich cocktail with all your favorite ingredients including Godiva Liqueur, Mint Chocolate Baileys, Crème de Cacao, Absolute Vanilla Vodka and a big scoop of chocolate ice cream.



Miami Vice, SPINDLETOP STEAKHOUSE

The Miami Vice is a creative twist on two classic favorites combined together to make one awesome drink. The much loved Pina Colada, made with Captain Morgan Rum, and a Strawberry Daiquiri, made with Bacardi, are both blended separately and then poured simultaneously into one glass. This is the perfect solution to those who are big fans of both of these summertime treats and have trouble making a decision on which one to order!

Frozen Pomegranate Cosmopolitan,

BISTRO LE MONDE

A cosmo-lover's dream come true for a summertime drink to stay cool and look even cooler! Taking a step out of the box and away from the traditional frozen drink, this creative concoction is blended with pomegranate fruit, vodka and polished off with a tasty sugar rim.

Swamp Thing, PAPPADEAUX SEAFOOD KITCHEN

Swamp Thing is the perfect drink for all Margarita and Hurricane fans. It's a colorfully layered drink best described as where a Hurricane meets a Margarita, with bright tiers of raspberry and melon liqueurs which add a fruity summertime flavor. The brilliant



engineering in the smooth layers of flavor in this drink are so remarkable that working your way through this drink may be the best work you ever did!

Frozen Carmella Frappuccino, RAO'S BAKERY

Ditch your hot cup of coffee and go visit Casey at Rao's for your mid-day caffeine fix. She will whip up a Frozen Carmella Frappuccino, made with high quality espresso, mixed with some caramel flavor, topped with whipped cream and an extra shot of coffee to get you through the rest of your day.

Fuzzy Memory, ESKIMO HUT

There's no need to get in and out of a hot car here, just drive-thru this one-stop shop for frozen drinks and various convenience store items and grab a tasty Fuzzy Memory. It's a cool blend of cherry, peach and mango flavors in wine-based vodka with extra floater shots available -- if you dare! Both refreshing and convenient, it's the best of both worlds in a to-go cup. Don't ignore those labels on your vacuum sealed to-go cup, and resist temptation to break the seal before you reach your final destination. Beware of the brainfreeze!

What's For Lunch?

text by Ashley Green



"Brown-baggin-it" may seem like more work than its worth, but the savings could reach upwards of \$50 per week.

Pack a Punch

MEAT: Choose lean, low-sodium meats. Opt for low-sodium tuna and canned chicken.

BREAD/PITA/TORTILLA: Choose whole-grain wheat products.

VEGGIES: Load your sandwich or wrap with tomatoes, spinach, sprouts, bell peppers, salsa, cucumbers, red onions or shredded carrots for fiber!

SOUP: Opt for broth-based soups, avoiding creamy bases.

PASTA: Choose whole-wheat pasta.

BURGERS: Veggie, turkey, or buffalo are all great and tasty choices!

CONDIMENTS: Aim for a thumbs-worth, about one tablespoon, of high-fat condiments with each meal.

BEVERAGES: You should drink half of your weight daily in low-sugar, low-calorie beverages.

It's lunchtime. Do you know what, or if, your child is eating? And, where are you when the clock strikes noon?

While breakfast steals the most-important-meal-of-the-day spotlight (leaving lunch in the dark), midday meal choices are more important than you may think. Lunch is an energy pit stop for your body and brain. It's what keeps us going until the bell rings or the whistle blows.

Out to Lunch Costs a Pretty Penny

Many Americans now take their lunch vs. eating out, in an effort to save a buck (or more nearly ten) depending on where you dine. "Brown-baggin-it" may seem like more work than its worth, but the savings could reach upwards of \$50 per week, and even more with school lunch money savings.

While most restaurants and school cafeterias offer healthy selections, taking your own meal will ensure those healthy choices are made and pinch pennies to boot. You may even shed a few pounds, sharpen your "noodle" and gain energy while you're at it.



Lunch Tips

- Buy fresh produce and fruit from your local farmers' market or grocery store.
- Stock up on healthy snacks.
- Drink 80 ounces of water daily, and supplement with green tea.
- Make your lunches the night before to save time.
- Leave the skins on fruits for added fiber!

The Perfect Plan

- Healthy choices
- Frequent, smaller meals
- Portion control



Smart Snacks Won't Spoil an Appetite

Bridging the gap between meals with mid-morning and mid-afternoon snacks can help you keep lunch light and healthy. Try these hearty snacks to tide you over and boost your energy:

- Granola bars, fiber bars, or dry whole-grain cereal
- Almonds and mixed nuts
- Dried fruit
- Mandarins, apples, bananas, grapes
- Pretzel sticks, baked chips
- Low-fat or non-fat yogurt
- Popcorn (unsalted, un buttered)
- Raw baby carrots
- Celery and hummus
- Cherry tomatoes
- Whole-grain bread or crackers and cottage cheese/cheese/peanut butter
- String cheese



Healthy Choices: Not So Tough

Most of the same fare you're accustomed to having for lunch can be transformed into a nutritious, energizing meal, simply by making healthier choices.

Mary Ellen Vivrett, registered dietitian for Baptist Beaumont Hospital, said eating whole-grain products, practicing proper hydration, eating in moderation and incorporating fiber into your diet can help with a healthier lifestyle.

"Fiber is very important for keeping your gastrointestinal tract running properly, for sustaining more normal glucose levels, and for helping you feel full longer," Vivrett said.

She recommended eating five servings of fruits and vegetables daily, and advised that an array of color is important. "A good color combination of fruits and vegetables lets you know you're getting a good mix of vitamins, minerals, antioxidants and immune-boosters."

Don't be a sinking ship or a starvin' marvin come mid-afternoon. Fuel your body and brain with healthy choices to steamroll through your busy day.

A good color combination of fruits and vegetables lets you know you're getting a good mix of vitamins, minerals, antioxidants and immune-boosters.

Land of a Thousand Lunch Boxes

You can not only do your body good, but help the environment as well by buying a "green" cuisine tote. In addition to local retailers, you can find environmentally-friendly lunch containers at these websites:

Laptoplunches.com

These reusable, recyclable, dishwasher-safe lunch containers come with a book of healthy lunch ideas. Find clickable lunch ideas on the site, and sign-up for the free newsletter to receive recipes in your inbox.

Lunchsense.com

Find BPA/Lead/PVC-free lunch boxes.

Reusablebags.com

Click on the 'Lunch Bags' link in the left-hand column to view their "green" options.

Ecobags.com/Lunch_Bags

From kids lunch bags and reusable sandwich and snack wraps, to stylish, neoprene, stain-resistant totes (great for mom!), there's something for everyone.

Low GI Grub

A food's glycemic index (GI number) tells how fast a food causes our blood sugar levels to rise. High GI foods provide spurts of energy, but are not long-lasting. Low GI foods are broken into glucose molecules more slowly, providing a steadier supply of energy.

- Egg whites
- Whole-grain cereal
- Fruit and fruit juices
- Vegetables
- Coldwater fish
- Yogurt
- Nuts and seeds

East takes on the South

text by Brandon East

My wife Anne and I recently returned from a 10-day road trip through six states in the South, keeping our eyes peeled for unique food (and of course, local brew!) along the way. Regional brews were present in many of the stops we made, along with the official snack of South Carolina, boiled peanuts - a spicy creation by way of the dulcet simmerings of an electric crockpot.

In the South, beer has long been upstaged by spirits for several reasons. The sultry climate is not conducive for popular lager production. Also, the cultural climate and the strict observance of religious dictums made alcohol production a shady profession. Many states outlawed alcohol during Prohibition. Even after the laws were repealed, exhortations from the pulpit in southern churches led to a social ban on alcohol. However, this didn't stop small stills from creating liquor for consumption.

Here are some gustatory delights and brew discovered on the road.



CHARLESTON, S.C.

Charleston does not just have restaurants; it has food brothels. East Bay Street and Meeting Street is the southern 'red light district' to cure any foodie fixation.

We had a memorable meal at F.I.G. (Food Is Good). Mike Lata, the 2009 James Beard Foundation award recipient for Best Chef in the Southeast, presents local Lowcountry food at its freshest and finest. His finesse and respect for each ingredient gave me a surprising new appreciation for Italian flat leaf parsley, which was a sneaky ingredient in three of the four dishes we tasted. Instead of the common habit of dusting the china with the herb, he instead lays the familiar greenery just under crispy pancetta-wrapped Scamp grouper; with that one ingredient flying under the radar just enough for notice, yet perfected enough for appreciation, harmony ensued, pairing perfectly with the Victory Prima Pilsner (not local, I know, but the best pairing).

Charleston-based breweries Palmetto Amber and Coast Brewing Company, whose organic styles change frequently, are definitely worth sipping and searching for when in the area.

ATLANTA, GA

Hop City has only been open two months, but is already one of the preeminent purveyors of craft beer in the South. Hop City's new concept is that it is a store dedicated to craft beer, with over 1000 brands of brew! It's a good thing we drove. My patient wife anxiously eyed the haul of suds that slowly stacked in the shopping cart.

At the restaurant next door, 5 Seasons, we had excellent food but with only par beer. However, I found a highlight in the elk filet that I paired with a stout brewed with Octane espresso, which was roasted across the street. 5 Season's chef, David Larkworthy, has relationships with many local farmers around Georgia. These farmers deliver food to the restaurant in a red pickup truck, not by a Sysco 18-wheeler.

Don't miss SweetWater Brewing Company's Friday tour where \$8 gets you a pint glass, a handful of drink tickets, a tour and music entertainment. Much of SweetWater's vibe references pot culture with tie-dyed covered vehicles and beer names like Road Trip, 420 and Dank Tank. It's like those guys in college who intentionally try to let everyone know they smoke weed.

SIERRA NEVADA PORTER

SweetWater IPA
Atlanta, Georgia
SweetWaterBrew.com

Overall

4.1



Hazed, brassy color with rocky froth, whiffs of Humboldt County's finest – herbal, minty, with citrus, floral notes – yikes, this stuff smells sticky-icky. Nicely dry hopped, which contributes to the beer's aroma. Dry hopping refers to the technique when a brewer throws in hops after the beer has finished cooking. A bit of bready malt balances out the brew and is accentuated by a soft, fruity contribution from the yeast. Very nice beer!

Appearance: 4
Smell: 4.5
Taste: 4
Mouthfeel: 4
Drinkability: 4
Price: \$8.49 six-pack

Style: American IPA
Alcohol By Volume: 6.7%
Availability: Year Round
Sample Size: 12oz. brown bottle
Pairings: Cheese: Extra sharp Cheddar
Cuisine: Chaba's Pad Kee Mow
Glassware: Pint glass

LAZY MAGNOLIA BREWING COMPANY

Indian Summer
Kosciusko, Mississippi
LazyMagnolia.com

Overall

3.65



Poured a nice medium-amber with some decent clarity and an ample amount of light carbonation bubbling up to the surface, supporting a thin white collar of foam. The aroma had light spice, cinnamon maybe, notes of orange marmalade and a smooth mellow biscuit-like tone. Flavors combine caramel, citrus sweetness and a snappy hop finish. Clean fizzy carbonation kept the profile lively and not overdone to create a refreshing summer sipper.

Appearance: 4
Smell: 3.5
Taste: 3.5
Mouthfeel: 3.5
Drinkability: 4
Price: \$9.99 six-pack

Style: American Pale Wheat Ale
Alcohol By Volume: 4.25%
Availability: Year Round
Sample Size: 12 oz. brown bottle
Pairings: Cheese: Fontina
Cuisine: Quiche Lorraine, lemon meringue pie
Glassware: Pint glass

Read more from Brandon East by logging onto vipbrew.blogspot.com
Visit beeradvocate.com/beerfly before your next travels to seek out local brew favorites.



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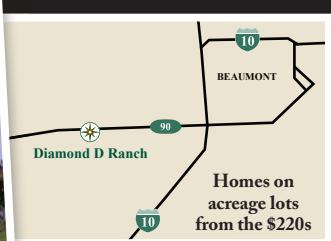
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The Mindset List

This month, almost 2 million first-year students will head off to college campuses around the country. Most of them will be about 18 years old, born in 1991 when headlines included the beginning of the Operation Desert Storm and the end of the Soviet Union. Apartheid was ending in South Africa as Rodney King asked “why can’t we all just get along?”

The class of 2013 has grown up in an era where computers and rapid communication are the norm, and colleges no longer trumpet the fact that residence halls are “wired” and equipped with the latest hardware. These students will hardly recognize the availability of

Students entering college for the first time this fall were generally born in 1991.

For these students, Dr. Seuss, Gene Roddenberry, Fred MacMurray, Michael Landon, Leo Durocher and Miles Davis have always been dead.

- Harry Potter could be a classmate, playing on their Quidditch team.
- Since they were in diapers, karaoke machines have been annoying people at parties.
- They have always been looking for Carmen Sandiego.
- GPS satellite navigation systems have always been available.
- Coke and Pepsi have always used recycled plastic bottles.
- Shampoo and conditioner have always been available in the same bottle.
- Gas stations have never fixed flats, but most serve cappuccino.
- Electronic filing of tax returns has always been an option.
- All have had a relative--or known about a friend's relative--who died comfortably at home with Hospice.
- As a precursor to “whatever,” they have recognized that some people “just don’t get it.”
- Universal Studios has always offered

telephones in their rooms since they have seldom utilized landlines during their adolescence. They will continue to live on their cell phones and communicate via texting. Roommates, few of whom have ever shared a bedroom, have already checked out each other on Facebook where they have shared their most personal thoughts with the whole world.

It is a multicultural, politically correct and “green” generation that has hardly noticed the threats to their privacy and has never feared the Russians and the Warsaw Pact.

an alternative to Mickey in Orlando.

- Grandma has always had wheels on her walker.
- Martha Stewart Living has always been setting the style.
- Haagen-Dazs ice cream has always come in quarts.
- Club Med resorts have always been places to take the whole family.
- WWW has never stood for World Wide Wrestling.
- Films have never been X rated, only NC-17.
- The Warsaw Pact is as hazy for them as the League of Nations was for their parents.
- Students have always been “Rocking the Vote.”
- Clarence Thomas has always sat on the Supreme Court.
- Schools have always been concerned about multiculturalism.
- We have always known that “All I Ever Really Needed to Know I Learned in Kindergarten.”
- Wayne Newton has never had a mustache.
- College grads have always been able to Teach for America.
- IBM has never made typewriters.
- Roseanne Barr has never been invited



to sing the National Anthem again.

- McDonald's and Burger King have always used vegetable oil for cooking french fries.
- They have never been able to color a tree using a raw umber Crayola.
- There has always been Pearl Jam.
- The Tonight Show had always been hosted by Jay Leno and started at 11:35 EST.
- Pee-Wee has never been in his play house during the day.
- They may have been given a Nintendo Game Boy to play with in the crib.
- Lenin's name has never been on a major city in Russia.
- Employers have always been able to do credit checks on employees.
- Balsamic vinegar has always been available in the U.S.
- Macaulay Culkin has always been Home Alone.
- Their parents may have seen Brittany Spears on “Star Search” the day they were born.
- Personal privacy has always been threatened.
- Caller ID has always been available on phones.

Each August for the past 11 years, Beloit College in Beloit, Wis., has released the Beloit College Mindset List. It provides a look at the cultural touchstones that shape the lives of students entering college. It is the creation of Beloit's Keefer Professor of the Humanities Tom McBride and Public Affairs Director Ron Nief. Reprinted by permission.



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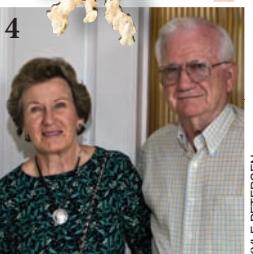


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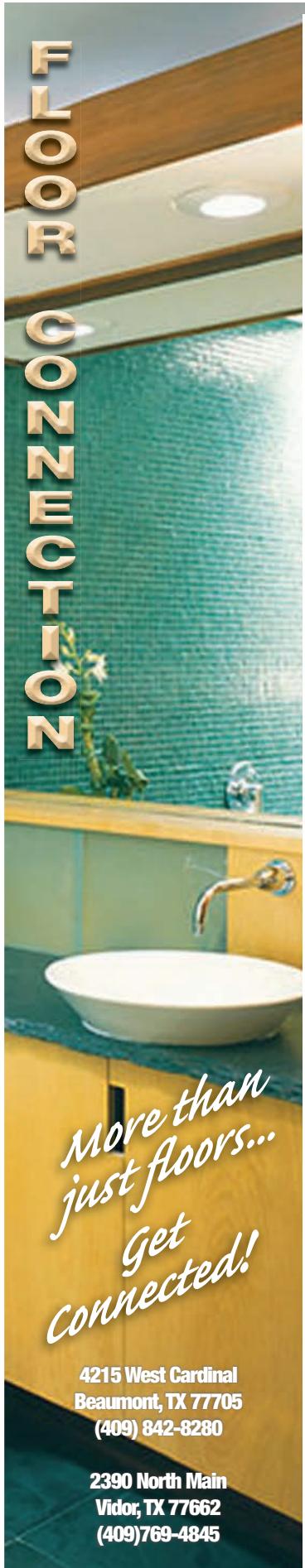
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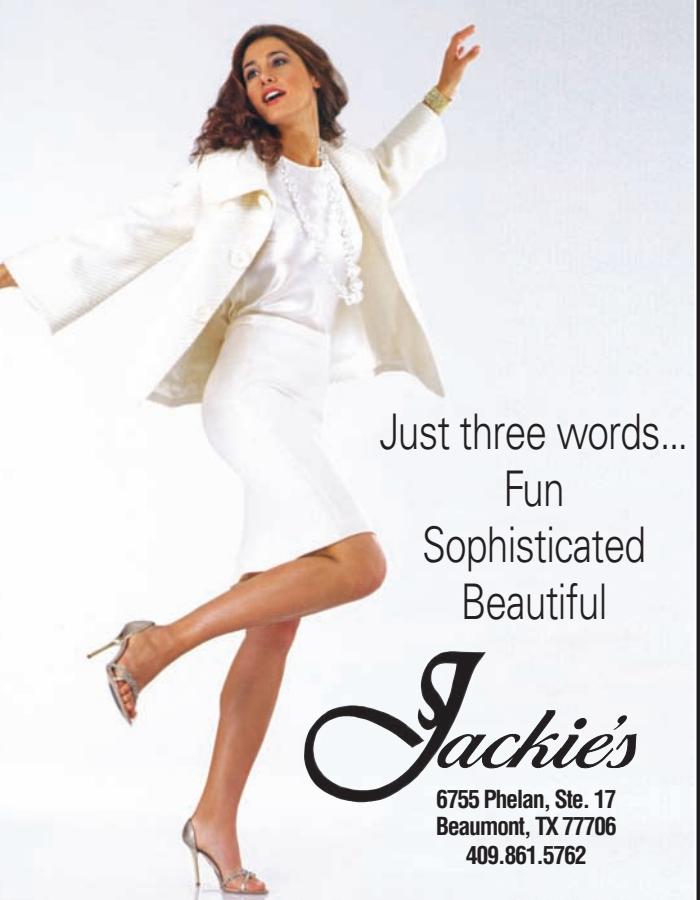
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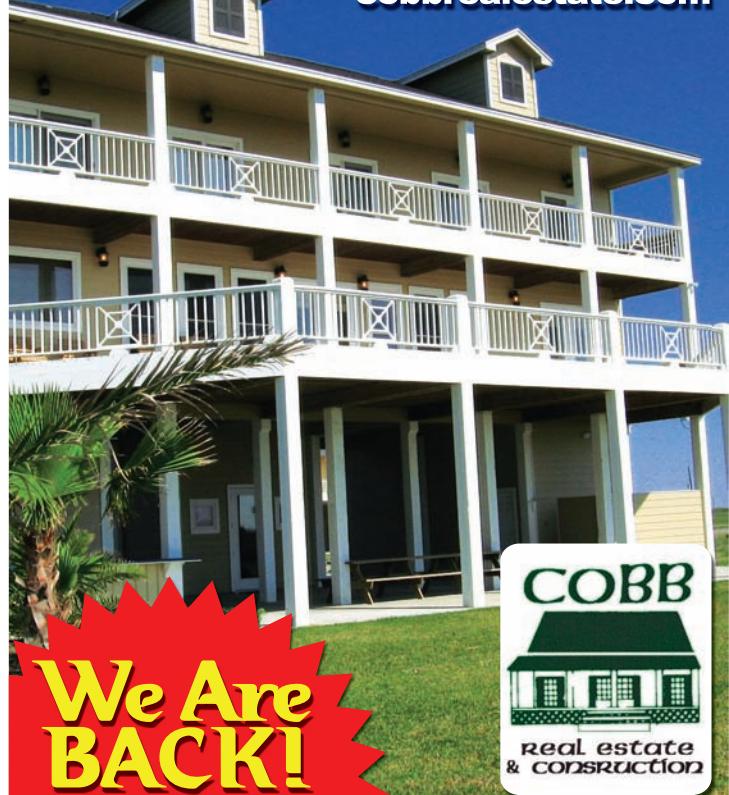
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49 High School Football Preview | 58 VIPersonality

High School Football Preview

Lighting Up Friday Nights

text by Cheryl Rose

As the sun goes down on Friday evenings in fall, the lights come up at football fields across Southeast Texas. Students, family, friends and fans stream to local high schools for clean, old-fashioned fun so they can cheer their home teams to victory on the gridiron. This is not a small thing; this is bragging rights for the season. For the young men who put all they've got out on that grassy field each weekend, it means becoming heroes and winning scholarships, or disappointments and memories of glory days. That's a heavy burden to put on youthful shoulders, but these athletes have trained long and hard for these high-pressure moments. *VIP* caught up with some of the future stars of the upcoming season, the players who will be lighting up local stadiums on Friday nights.



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#43

JAMES LARAMORE

Class of 2010

TEAM: Vidor Pirates,
District 20-4A

POSITION: Outside

Linebacker /Tight End

Laramore is proud to be a leader of the class that helped turn around the Vidor program. "It's my senior year and I'm fully dedicated," he said. "I like winning, being competitive and the physical part of the contact. It should be one of the most successful seasons our program has ever had."

#13

JAMES URBAN

Class of 2010

TEAM: Legacy Christian Academy Warriors, TAPPS

POSITION: Linebacker

Though they are a young team, they are out working every morning and Urban is feeling optimistic. "I like the fun, the adrenalin," he said. "You grow as a man and learn how to go through a lot of hard times and keep fighting." He's proud to be team captain, and hopes to repeat as a member of the All-District and All-State teams.

*Gridiron
Pop Quiz*



James Laramore

I've circled this game on our schedule ...	It's third and four; my job is ...	Inside my helmet I can hear my coach saying ...	The best thing about living in Southeast Texas is is my dream celebrity date	My breakfast of champions is...	Crawfish or brisket?



James Urban



#13

JACOBY ANDERSON

Class of 2010

TEAM: Ozen Panthers, 20-4A

POSITION: Wide Receiver /
Defensive Back

Anderson comes from a family of athletes, so he began playing football as soon as he could. Now that it's his turn on the big stage, Anderson said the best thing for him is the little kids who come to watch the games and look to him as a positive role model. "It makes me want to try my hardest," he said. "I have a good feeling about this year. We're bonded; we have good chemistry. I want to make the most of this year."

#49

ANTHONY BEARD

Class of 2010

TEAM: Lumberton Raiders, 20-4A

POSITION: Running Back /
Linebacker

For Beard, the appeal of football is all about it being a contact sport. "I like to hit people," he said, meaning, of course, the thrill of contact as the teams collide. As last year's Defensive MVP for the district, Beard wants his team to win another district championship.

*Gridiron
Pop Quiz*



Jacoby Anderson

If I had to use a lifeline, I'd call ...	Inside my helmet I can hear my coach saying ...	The best thing about living in Southeast Texas is is my dream celebrity date	Other than me, the best football player to wear my number is ...	If I were king for a day I'd ban...	...is my hero
My mom; because she knows the answer for everything	"Alright now! They don't know about us men!"	The people in the area; they're like family	Beyonce	Maurice McCloney	Smoking	My dad
My friends	"Good job."	The hunting and fishing	Jessica Biel	Brian Urlacher	Hunting licenses	Jesus



7

CALEB HARMON

Class of 2010

TEAM: Port Neches-Groves
Indians, 20-4A

POSITION: Running Back

"We have a lot of tradition in Port Neches," Harmon said. "I feel like there is nowhere else I'd want to be. I love it all." He feels his team is more prepared than they've ever been, with a chance of finishing strongly. When asked about football, he said, "I haven't figured out what I don't love about it yet."

5

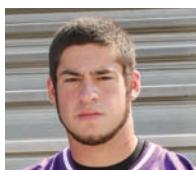
JEREMY JOHNSON

Class of 2010

TEAM: Silsbee Tigers, 21-3A
POSITION: Quarterback

"Football is a town sport," Johnson said. "I like to make my hometown look good." Johnson acknowledged that his team is a little inexperienced, but he said there is a lot of speed on defense and several key offensive players are returning. Playing football has taught him responsibility and matured him, Johnson said. "Playing in the hot sun, trying to get better, you really have to be dedicated to do that."

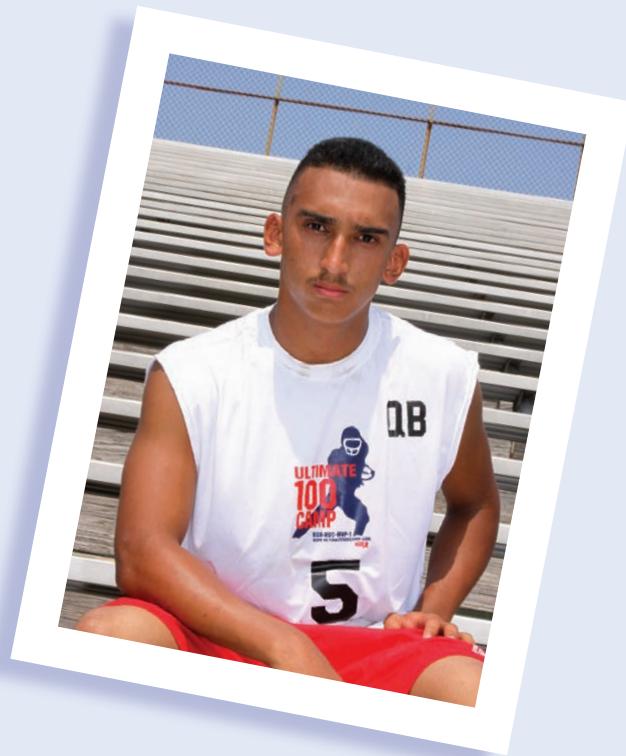
Gridiron
Pop Quiz



Caleb Harmon

Mack Brown says ...	Oklahoma football is way ...	Other than me, the best football player to wear my number is ...	The Texans could return Houston football to the glory days if ...	My teammates say I run like a ...	If I were king for a day I'd ban...	I'd love to go to...
Who is Mack Brown?	Good	Josh Cook	They won some games	Train	TAKS test	College and play football
Earl is the best athlete we've got	Too explosive	My brother	They keep giving the ball to Johnson and Slaton	Gazelle	Drugs	Miami, FL





#40

GRANT LOVELADY

Class of 2010

TEAM: Nederland Bulldogs, 20-4A

POSITION: Running Back

"At Nederland, we aim to make the playoffs," Lovelady said. This season will be a change for him as he switches from linebacker to running back, from defense to offense. "It's my senior year. I'm hoping to do well," he said. "I like football because it's like no other sport and it's fast-paced."

#5

BRUCE REYES

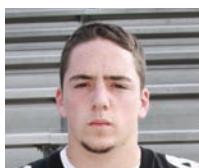
Class of 2011

TEAM: West Brook Bruins, 21-5A

POSITION: Quarterback

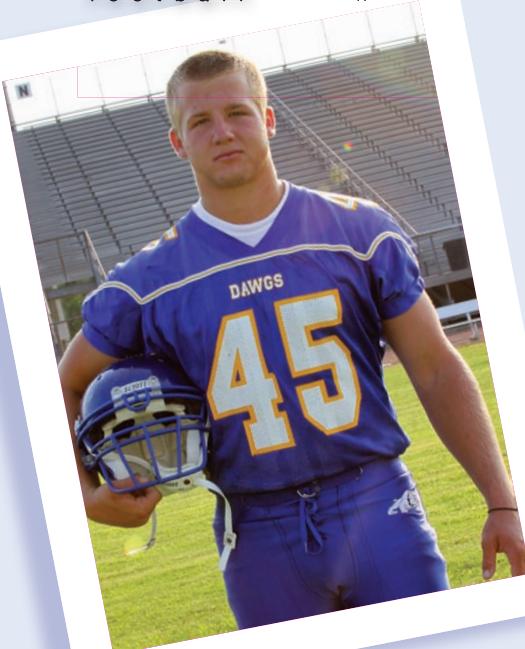
Reyes is making a big change this year – from wide receiver to quarterback. "Now the team looks to me since I'm the quarterback," he said. "Yes, there's more pressure. The slightest mistake can affect the whole game. But I'm looking forward to it. I can't wait for the first game."

*Gridiron
Pop Quiz*



Grant Lovelady

Mack Brown says ...	Oklahoma football is way ...	Other than me, the best football player to wear my number is ...	The Texans could return Houston football to the glory days if ...	My teammates say I run like a ...	If I were king for a day I'd ban...	I'd love to go to...
Hook 'em Horns	Overrated	Mike Alstott	They drafted me	Beast	Laziness	the Maldives
Sleep, Study, Be On Time	Overrated	Michael Crabtree	If they can stay injury-free	Champion	Liquor	the NFL



45

CHRIS QUINN

Class of 2010

TEAM: Kelly Bulldogs, TAPPS

POSITION: Middle Linebacker

Quinn grew up watching his older

brother and sister participate in the sports at Monsignor Kelly Catholic High School. "I have a lot of pride in my school," he said. "With football, I like how hard you have to work for it and how it's a team sport. You put so much time in the weight room, running the practice field. Then when you win some games, it's like a reward."



44

JACOBY HALE

Class of 2010

TEAM: Central Jaguars, 20-4A

POSITION: Outside

Linebacker/Defensive End

When Hale takes the field, he knows his fan club, including his dad and extended family, is bursting with pride. "It's exciting. It's an adrenalin rush," he said. "I want to continue to get better as a player, finish this year with a strong GPA and hopefully have our team go all the way."

Gridiron
Pop Quiz



Chris Quinn

I've circled this game on our schedule ...	It's third and four; my job is ...	If I had to use a lifeline, I'd call ...	Inside my helmet I can hear my coach saying ...	The best thing about living in Southeast Texas is is my dream celebrity date	Favorite place to go after a game?
Chris Quinn	Houston St. Pius	Make the stop no matter what	My big sister	"Shuffle before you go downhill."	The football	Megan Fox

	Ozen vs Central	Get the quarterback	My dad	"Stop them on this play."	The weather	Keri Hilson	Cici's Pizza
Jacoby Hale							

2009 High School Football Schedule*

DISTRICT 21-5A

WEST BROOK

Aug. 29	at Ozen (<i>Babe Zaharias</i>)
Sept. 4	at Central
Sept. 11	at Spring
Sept. 18	Aldine Eisenhower
Sept. 26	at Katy
Oct. 2	Open
Oct. 9	Channelview*
Oct. 15	at Baytown Lee*
Oct. 23	Memorial*
Oct. 30	at Baytown Sterling*
Nov. 6	Galena Park North Shore*

* denotes district game

DISTRICT 20-4A

CENTRAL

Aug. 28	Port Arthur Memorial
Sept. 4	West Brook
Sept. 11	at Galveston Ball
Sept. 18	Open
Sept. 25	Vidor*
Oct. 2	Little Cypress-Mauriceville*
Oct. 9	Lumberton*
Oct. 16	at Nederland*
Oct. 23	Ozen*
Oct. 30	at Livingston
Nov. 6	Port Neches-Groves*

* denotes district game

LUMBERTON

Aug. 28	Hamshire-Fannett
Sept. 4	at Mont Belvieu Barbers Hill
Sept. 11	Silsbee
Sept. 18	Open
Sept. 25	at Livingston*
Oct. 2	Vidor*
Oct. 9	at Central*
Oct. 16	at Ozen* (<i>Alex Durley Stadium</i>)
Oct. 23	Port Neches-Groves*
Oct. 30	at Little Cypress-Mauriceville*
Nov. 6	Nederland*

* denotes district game

NEDERLAND

Aug. 28	West Orange-Stark
Sept. 4	Open--
Sept. 11	Waller
Sept. 18	at Friendswood
Sept. 25	Ozen*
Oct. 2	at Port Neches-Groves*

Oct. 9 Little Cypress-Mauriceville*

Oct. 16 Central*

Oct. 23 at Livingston*

Oct. 30 Vidor*

Nov. 6 at Lumberton*

* denotes district game

OZEN

Aug. 28 West Brook

(*Babe Zaharias Stadium*)

Sept. 4 at Memorial

Sept. 11 Houston Worthing

(*Babe Zaharias Stadium*)

Sept. 18 Open

Sept. 25 at Nederland*

Oct. 2 Livingston*

(*Alex Durley Stadium*)

Oct. 9 at Vidor*

Oct. 16 Lumberton*

(*Alex Durley Stadium*)

Oct. 23 at Central*

Oct. 30 at Port Neches-Groves*

Nov. 7 Little Cypress-Mauriceville*

(*Babe Zaharias Stadium*)

* denotes district game

PORT NECHES-GROVES

Aug. 28 Barbers Hill

Sept. 4 Crosby

Sept. 11 Texas City

Sept. 18 Open

Sept. 25 Little Cypress-Mauriceville*

Oct. 2 Nederland*

Oct. 9 at Livingston*

Oct. 16 Vidor*

Oct. 23 at Lumberton*

Oct. 30 Ozen*

Nov. 6 at Central*

* denotes district game

VIDOR

Aug. 28 at Kelly

Sept. 4 at Houston St. Thomas

Sept. 11 Hardin-Jefferson

Sept. 18 Open

Sept. 25 at Central*

Oct. 2 at Lumberton*

Oct. 9 Ozen*

Oct. 16 at Port Neches-Groves*

Oct. 23 Little Cypress-Mauriceville*

Oct. 30 at Nederland*

Nov. 6 Livingston*

* denotes district game

DISTRICT 21-3A

SILSBEE

Aug. 28 Houston Davis

Sept. 4 at Diboll

Sept. 11 at Lumberton

Sept. 18 Newton

Sept. 25 Open

Oct. 2 at Jasper

Oct. 9 West Orange-Stark*

Oct. 16 Bridge City*

Oct. 23 at Orangefield*

Oct. 30 Hamshire-Fannett*

Nov. 6 at Hardin-Jefferson*

* denotes district game

TAPPS

KELLY

Aug. 28 Vidor

Sept. 4 Hitchcock

Sept. 12 at Houston Furr

Sept. 18 at Splendora

Sept. 25 at Bridge City

Oct. 2 at Houston St. Pius*

Oct. 9 Open

Oct. 16 at Houston St. Thomas*

Oct. 23 Houston St. Pius*

Oct. 30 Open

Nov. 6 Houston St. Thomas*

* denotes district game

LEGACY CHRISTIAN

Aug. 28 at Evadale

Sept. 4 at Chester

Sept. 11 at High Island

Sept. 19 Sabine Pass

Sept. 26 Houston KIPP Academy

Oct. 2 Houston Mt. Carmel

Oct. 10 Brazosport Christian*

Oct. 16 The Woodlands Christian*

Oct. 23 Open

Oct. 30 at Galveston O'Connell*

Nov. 7 Katy Faith West*

* denotes district game

* Only schools represented in our "Lighting Up Friday Nights" article are listed.



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Kroger	3845 Phelan Blvd
Kroger	3965 Dowlen Road
Market Basket #20	2255 N 11th Street
Market Basket #21	8350 Phelan Blvd
Market Basket #43	5960 Hwy 105
Market Basket #47	3955 Phelan Blvd
Market Basket #6	655 Lavaca
Market Basket Express #347	3915 Phelan Blvd
Mercado de Familia	1650 College Street
Step N Go	2290 Calder Street
Triangle Market	310 MLK Dr
World Gym	229 Dowlen Road

GROVES

H-E-B	5000 32nd Street
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LUMBERTON

H-E-B	819 N Main Street
Market Basket #28	421 S Main Street

MAURICEVILLE

Market Basket 42	11916 Hwy 62 N.
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NEDERLAND

Kwik Mart	2924 Nederland Avenue
Market Basket #2	212 27th Street
Nederland Quick Stop	3423 Nederland Avenue
Raceway	3220 Hwy 365
Super Stop	1802 Hwy 365
Touchdown	104 S Twin City Hwy

ORANGE

Dollar Tree	3109C Edgar Brown Drive
H-E-B	2424 16th Street
Market Basket #4	3709 N Hwy 87

PORT ARTHUR

H-E-B	4800 Hwy 365
H-E-B	3401 Gulfway Drive
Market Basket # 15	5897 W Port Arthur Road

PORT NECHES

Market Basket 17	864 Magnolia
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SILSBEE

Brookshire Brothers	333 Hwy 96 S
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VIDOR

Brookshire Brothers	1380 N Main Street
Market Basket #46	800 N. Main Street
Pakco	3031 Hwy 12
Woods Supermarket	175 N Main Street

WINNIE

Market Basket 11	1328 Hwy 124
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Sheri Baden

text by Cheryl Rose

Afew years ago, Sheri Baden was wearing a hospital gown, awaiting a minor medical procedure when the doctor poked his head in the room and asked, "Does the Gingerbread Man still run away?" As a kindergarten teacher for 36 years, Baden has taught hundreds of Southeast Texas boys and girls, now many of the area's leaders and professionals. She's in her second generation at All Saints Episcopal School in Beaumont, now teaching the children of former students. She's not only well-loved by her former pupils, but well-decorated by her peers. In 2002, Baden was inducted into the Educator Hall of Fame at Lamar University. In 2005, she was selected as the National Kindergarten Teacher of the Year by Staff Development for Educators, a teachers association.

Baden began teaching at age 21 at French Elementary, after she was drafted by her old school principal to come work as a substitute. However, "teacher" is only one way to define this active lady, who has something scheduled for every night on her calendar. An enthusiastic dancer, a member of the Citizen's Police Alumni, an avid bike rider and devoted grandmother, Baden doesn't sit still for long.

As a Lamar graduate, a teacher, a wife and mother to two sons,

Baden always had a busy lifestyle. Then in one tragic month in 1993, Baden lost her husband, mother and brother-in-law in rapid succession. "I was 49 years old, my boys were grown and suddenly, there I was...with nothing," she remembered. Friends carried her "kicking and screaming" to new activities, including the Golden Triangle Square and Round Dance Association and the Citizen's Police Academy. The biggest lifestyle change, however, was the result of a Mother's Day present.

"My boys wanted me to get out and do some new things, meet some new people," she said. "So they gave me a bike."

Baden has now ridden more than 31,000 miles and regularly participates in biking events. She completed her 11th MS 150 from Houston to Austin last spring. She's the co-founder of the Wednesday Evening Social Ride and is on the board of the SETX Hike & Bike Coalition.

Born and raised in Beaumont, Baden's roots go deep into the community. She's still in touch with several of her own school teachers, and hears from her former students frequently. As another school year approaches, she's ready to meet her next class. "Basically I'm a little kid at heart," she said. "I've never had to grow up. I still paint, cook and have a good time."

WHAT MOTIVATES YOU?

I really believe in "carpe diem," that you only get each day once and you really need to enjoy it and take all it's got to offer.

THREE WORDS THAT DESCRIBE YOU:

Busy, Silly, Adventuresome

FAVORITE PART OF YOUR JOB?

Being able to just enjoy it. It's fun watching these children change so much over the year. Each fall the parents and children are very excited. The children just bloom: you put it out there, and they take off!

DO KIDS SAY THE DARNEDEST THINGS?

They are pretty much up front and tell you the way things are. They don't pretend. It's too bad we don't all stay that way.

MOST RECENT BOOK READ?

The "Twilight" series. I try to stay "cool."

PETS? Buddy, the class guinea pig.

DO YOU REALLY LEARN ALL YOU NEED TO KNOW IN KINDERGARTEN?

It's very true that you learn what you need for later in life. It's not just that you are learning the alphabet; it's about when you're in the kitchen center and you have to negotiate whose turn it is and learn to get along with other people.

WHEN I'M NOT WORKING I'M....

riding a bike.

MY IDEAL VACATION WOULD BE...

Grand Cayman Island. I went there every summer for years.

SIMPLEST PLEASURE?

Sitting in a hammock in the backyard, looking at the sky and watching the clouds.

WHAT ARE YOU PASSIONATE ABOUT?

Spending time with my grandchildren and trying to let them see everything interesting in our community.

BIGGEST QUIRK?

For some reason, I can't stand to end a bike ride with 32 miles. I have to ride until I round it off to 35 miles. If I have 47 miles, I have to ride around the neighborhood and make it to 50 miles. It is just a way of encouraging myself to go a little further, I think.

THE CRAZIEST THING I'VE EVER DONE...

is biking down Ghost Road in Batson at 10:40 p.m., at least according to my sons. I was with a bunch of people, but my one son said when I called him, "We're going to get a chip implanted in you because we never know where you are going to be!"

FAVORITE MOVIE?

"Wild Hogs." I almost lost a contact, I laughed so hard.

WHAT'S ON YOUR iPOD?

It's still in the box, but my granddaughter Chelsea has promised to set it up for me.



Destinations: A&M vs. UT

text by Tara Smith



Texas A&M University Future Texas A&M students: Get ready to yell, *"Gig 'em!"* and don a big floppy, maroon foam hand. A&M is a college notorious for its endless traditions and happening college life. Of all the places to go – and there are many in this college town – make sure to hit the following:

KOPPE BRIDGE BAR AND GRILL

Ask an Aggie where to eat, and Koppe Bridge Bar and Grill is one of the most popular replies. Often voted as having the best burgers and fries in Texas, they have two locations in College Station, one on Harvey and another on Wellborn. The prices are good also for those on a college-student's budget. A half-pound, old-fashion burger with fries cost only \$6.45. koppebridge.com

THE BIG EVENT

One A&M alumna stated that no college student's experience would be complete without The Big Event. The Big Event is a time for A&M students to give back to the community. During the one-day event, students wash windows, do yard work and paint houses. It is essentially the Aggie way to say "thanks" to the businesses and surrounding community that help support them.

GEORGE H. W. BUSH LIBRARY

Most students do not head off to college with the idea they will one day become president. This should not stop them from pretending they are for a brief interlude. Visitors can have their picture taken in the life-sized and accurate mock Oval Office.

The Oval Office is housed inside the George H. W. Bush Library, which offers visitors many other entertaining and educational options along with the photo op. Say Cheese, Mr. or Ms. President! bushlibrary.tamu.edu/index.php

NORTHGATE

The entertainment and social district for food, live music and dancing. Restaurants and bars for every style. Try Schotzi's for live music, Zapato's Cantina with their popular "trashcan nachos," Daisy Dukes for dancing and enjoy the air at the new rooftop bar at The Corner.

LAKE SOMERVILLE

Get away from the college hustle and bustle and head on over to Lake Somerville. Hikers, bikers and even equestrians have more than 20 miles of trails to wander down. If it gets too hot, water lovers can enjoy swimming, boating and skiing. Camping and fishing are also popular.

THE DIXIE CHICKEN

The MOST popular place to eat in College Station. You gotta go so you can say you've been. Cold beer and great, cheap food, but definitely not health food. Try the Tihuana fries; they might give you a heart attack, but you'd die happy! dixiechicken.com

Aggie Tips:

- Learn the cheers at Midnight Yell at Kyle Field before home games. It's tradition to kiss your date when the lights go out!
- Romantic date night? Try the Lakeside Ice House & Grill in Bryan, and watch the sunset over the water.



PHOTOS COURTESY OF AUSTIN CONVENTION AND VISITORS BUREAU



Students at the University of Texas at Austin have the opportunity to enjoy some of the best of what Texas has to offer. Austin is a hot spot for music, art, and food. The myriad of choices seems overwhelming. While you're studying and doing your part to "Keep Austin Weird," check out the places below.

BARTON SPRINGS

"Barton Springs is so quintessentially 'Austin' that it's almost a cliché," one UT senior said. Nonetheless, jumping into the freezing springs on a hot day is euphoric. The atmosphere around the park is laid-back...the perfect summer afternoon.

AUSTIN CITY LIMITS MUSIC FESTIVAL

Save your pennies because the tickets will be well worth it. If you love music, nothing compares to the annual Austin City Limits Music Festival. This year, Oct. 2-4, the festival will feature 130 bands, including Pearl Jam, Dave Matthews Band, Beastie Boys, and Ben Harper. aclfestival.com

CONGRESS AVENUE BAT FLIGHTS

A wonder of nature – and free – the Congress Avenue bats make an amazing evening spectacle. Around sunset, up to 1.5 million Mexican free-tailed bats emerge like a black cloud from under the bridge in search of food. Although the bats reside there between March and November, one of the best times to watch the bats is in August, when the young bats, or pups, join the nightly flight.

AUSTIN CINEMATHEQUE

Film buffs, if you're looking for obscure, Austin Cinematheque has it. The cinema shows free weekly screenings of unusual, 35 mm foreign films and independent films in the Student Union at UT. austincinematheque.com

THE CACTUS CAFÉ

Tucked away on campus is an intimate live music venue with great acoustics, tables and chairs and terrific performers. The very lack of space is one of the best features, putting you close to the performers and the other attendees. Tickets go quick. Townes Van Zandt, Steve Earl, Robert Earle Keen among others have performed.

"The DRAG" OR GUADALUPE STREET

"The Drag" is a great place to find nearly everything under the sun. "The Drag," otherwise known as Guadalupe Street, is located at the edge of the University of Texas Campus. There are plenty of good places to eat and eclectic places to shop for books, fashion and furniture. Usually, there is as much going on outside the stores as inside.

Longhorn Tips:

- Learn the complicated lighting codes of the UT Tower – if you're lucky, it'll be entirely orange with a #1 displayed.
- Popular student watering-holes include Agave, Thirsty Nickel, Spill and Wave.

10 Ways to Keep Your Cool

Doggedly trudging through the dog days of summer

text by Holli Peterson

FORTUNATELY, THROUGH MANY MODERN ADVANCES, THERE ARE MANY PRODUCTS AND PLACES TO HELP US BEAT THE DOGED HEAT OF THE DOG DAYS OF SUMMER.

1 **PORTE NECHES SPRAY PARK.** Unlike any other spray park in our region, Port Neches's Treasure-Island themed spray park offers 4,500 square feet of wet n' wild fun. Children will love the cooling spray of a whale's tale, the squirt of a wily octopus or being drenched by wobbly coconuts. A nicely shaded canopy allows parents to monitor the fun away from the sun!

2 **GELATO AT RAO'S BAKERY.** What better way to cool off than feasting on a bowl of pure heaven? Made from scratch every day, Rao's Bakery only serves up the creamiest, most authentic gelato. Shipping their ingredients in from Torino, Italy, what else would you expect?

3 **MISTY MATE PERSONAL MISTER.** Forget personal fans which only re-circulate hot air. The Misty Mate Personal Mister, available in local department stores, is far superior. Similar in appearance to a water bottle, this nifty product

mists you with cool water, effectively lowering your surrounding temperature by up to 30 degrees.

4 **SILSBEE WATER PARK.** During a hot day, what could be better than slowly floating down a lazy river? Silsbee's Paradise Water Park is a tropically-themed wonderland, featuring a lazy river, interactive kiddie park and thrilling waterslides. Near to home and affordable, it's fantastic fun for the whole family!

5 **MINT-BASED BUBBLE BATH AT BATH JUNKIE.** It's a proven fact that mint-based products are cooling, an appealing feature when the days are hot and tiring. Bath Junkie gloriously offers several mints to choose from – rosemary mint, peppermint and spearmint. Completely customizable, all products are created unique to your personal preferences.

Heat. It's our great unifier. No matter who we are, where we come from or what we do, we can all agree to being hot!

6 **PLATY BOTTLE.** Made by Platypus Hydration and sold locally at Gander Mountain, your purse or pocket must contain a Platypus Bottle. Eighty percent lighter than a hard plastic water bottle and taking up a fifth of the space, the Platypus Bottle is a convenient and cheap way to stay hydrated without adding any sweat-inducing weight to your load.

7 **STARBUCKS FRAPPUCCINOS.** Thank goodness for Starbucks, a company who knows how to warm us up in winter and cool us down in summer. With so many convenient locations, it's easy to indulge in an icy cold frappuccino when the temperature's climbing. Try a Vanilla Bean Frappuccino Blended Crème with two shots of caramel. Yum!



8

**EZ MISTER
5-NOZZLE
UMBRELLA MISTER
KIT.** Available at Target.com, this state-of-the-art umbrella mister

kit is an essential for your next backyard barbecue. Proven to drop the outdoor temperature by 25 degrees, this mister kit quickly turns your backyard umbrella into the coolest spot in the neighborhood!

Now you can eat your meat in nearly air-conditioned peace!

9

COOL THING WRAP.

Though unquestionably unfashionable, this bright blue cooling scarf is worth the stares!

Simply soak it in cold water for 30 minutes, and you've got a cold neck wrap for days without refrigeration or freezing. Local runners and bikers, you must try out this newest and coolest workout accessory. firststreetonline.com

10

GALVESTON DAY TRIP.

When you simply can't stand the heat another

minute, pack up the car, and take a mini day-trip to Galveston, Texas. Whether you're surfing the waves off the seawall, ripping through white water rapids at Schlitterbahn Water park or playing with penguins at the Moody Garden's aquarium pyramid, there is fun to be had while keeping your cool!



You Might Live in Southeast Texas if...

If your electricity bill is higher than your rent, then you MIGHT live in Southeast Texas.

If Aloe Vera's replaced your favorite lotion, then you MIGHT live in Southeast Texas.

If your oven hibernates during the summer months, then you MIGHT live in Southeast Texas.

If you consider aluminum foil an appropriate window covering, then you MIGHT live in Southeast Texas.

If your first order of business after arriving home is to strip down to your skivvies, then you MIGHT live in Southeast Texas.

If you've ever suffered third degree burns handling your car's steering wheel, then you MIGHT live in Southeast Texas.

If Mother Nature provides you with a natural perm each summer, then you MIGHT live in Southeast Texas.

If you get a sunburn after a trip to the mailbox, then you MIGHT live in Southeast Texas.

If your rubber-soled shoes melt on the sidewalk, then you MIGHT live in Southeast Texas.

If you have a fan in every room, kitchen included, then you MIGHT live in Southeast Texas.

Pistols: Dazzling Firearms

August 1

Fifty exceptional American Firearms illustrate how art, historical events, and popular culture have influenced the design and symbolism of decorative weaponry. Exhibit runs June 20-Oct. 24. Stark Museum of Art 409.886.2787



4 great dates in august

Rauschenberg Tribute Exhibition: An International Juried Competition

August 30

Susan Davidson, Senior Curator for the Solomon R. Guggenheim Museum in New York, has selected works for the first ever Rauschenberg Tribute Exhibition, an International Juried Competition hosted by the Museum of the Gulf Coast. The exhibition will open with a public reception from 2-4p.m. featuring a guest lecture given by Dr. Lynne Lokensgard, director of the Art Department at Lamar University. Exhibit on view until Oct. 22. Museum of the Gulf Coast. 409.982.7000



YMBL Bull Riding and Robert Earl Keen Concert

August 21

YMBL PBR Bull Ride with Roger Creager & Robert Earl Keen. Hang on tight, Beaumont! The Professional Bull Riders come to Beaumont seeking valuable qualifying points for the 2009 Professional Bull Riders Tour Finals. As an added bonus, the YMBL/PBR Chute-Out Bull Ride will feature post-event concerts by Texas legends, Roger Creager and Robert Earl Keen! Robert Creager will perform Friday, August 21st. Robert Earl Keen will take the stage after the YMBL/PBR Chute-Out Bull Ride on Saturday, August 22nd. 8pm, Ford Park. Tickets \$15-\$40. 409.951.5400 or www.fordpark.com. Charge tickets by phone at 800-475-3000 or online at www.ticketmaster.com

Celebrity Salsa Dancing

August 28

Salsa dance lessons, Celebrity Performance, and live Salsa band GRUPO BATACHA. more info coming soon on salsabeaumont.com.



Event submissions

Do you have an event you would like to promote? Do it with VIP for FREE! Please send us details—dates, times, location, contact phone, web address and a brief description—to lpeth@heartrnp.com. Information should arrive at least 60 days in advance of the event.

{ August }

AUGUST 1

Pistols: Dazzling Firearms

Fifty exceptional American Firearms illustrate how art, historical events, and popular culture have influenced the design and symbolism of decorative weaponry. Exhibit runs June 20-Oct. 24. Stark Museum of Art 409.886.2787

The White House Garden Exhibition

A traveling exhibition on loan from the Smithsonian and organized with the White House Historical Association, The White House Garden traces the development of the gardens and grounds from the plans of Pierre Charles L'Enfant to the present. June 4 - August 9. Museum of the Gulf Coast 409.982.7000

Lone Star Cutting Horse Show

Henderson County Fairpark Complex, Athens. 903.677.6354

Salsa on the Boardwalk

Enjoy great food and the exotic sounds of salsa and Latin jazz. Kemah Boardwalk. 281.334.9880 www.kemahboardwalk.com

AUGUST 6

Movie Night at McFaddin- Ward House

"Maltese Falcon." 6:30p.m. Free. 409.832.1906

AUGUST 7

First Friday's on Lincoln Avenue

Shopping, food and entertainment. 6p.m-9p.m. Groves. 409.962.3631

Beaumont Cruise

Two night car cruise Friday and Saturday 6-10p.m. Downtown Beaumont. 409.769.7599 txhotsummernites.com

Texas-Style Hot Summer Nites

Open run car show. Downtown Beaumont. 409.769.7599 txhotsummernites.com

Spice of the Season: Boots and Bandanas

Fundraiser for Leadership Beaumont. 6:30pm. Beaumont Country Club. 409.838.6581

AUGUST 8

Annual 3-D and Portrait Show

Opening Reception. 7-9pm. Through Aug. 28. Beaumont Art League. 409.833.4179 beaumontartleague.org

AUGUST 15

12th Annual KIDFEST

409.896.5555

Trade Days on The Avenue

Antiques, crafts, art. Sat. 10a.m.-5 p.m., Sunday 1-5p.m. Port Neches. 409.722.4023 Kids Fest, Beaumont Civic Center. 409.838.3435

AUGUST 17

Diamonds, Dog Collars and Divas Antique Jewelry

from the Victorian to Edwardian Period. Lecture and reception at the Lutcher Theater. 6:30 p.m. Free. www.whstarkhouse.org

AUGUST 18

7th Annual Tasting for Some Other Place

Sample tasty treats and support the fundraiser for emergency services and on-going programs like home-delivered meals, back-to-school supplies and holiday meals and gifts. Tickets \$10. Beaumont Civic Center. 409.832.7976

AUGUST 20

Movie Night at McFaddin-Ward House

"My Man Godfrey" 6:30p.m. Free. 409.832.1906

AUGUST 24

Rauschenberg Tribute Exhibition: An International Juried Competition

Exhibit on view until Oct. 22. Museum of the Gulf Coast. 409.982.7000

AUGUST 28

"Celebrity Salsa Dancing"

fundraiser for Habitat for Humanity. Salsa dance lessons, Celebrity Performance, and live Salsa band GRUPO BATACHA. more info coming soon on salsabeaumont.com. We are confirming Celebrity dancers at the moment. So far we have President Jimmy Simmons with Lamar University, Slate Babineaux with Air Comfort, Angie McClelland with the Ya YA Club and more to come.

{ September }

SEPTEMBER 4

First Friday's on Lincoln Avenue

Shopping, food and entertainment. 6p.m.-9p.m. Groves. 409.962.3631

SEPTEMBER 5

Resident Exhibition Gallery

Opening. 7-10pm. Exhibit runs Sept. 5-26.

The Art Studio, Inc.

409.838.5393. artstudio.org

Dick Dowling Days

Sabine Pass. Contact Michael McGreevy. 409-866-1655

SEPTEMBER 11-12

Grillin' in Groves

Sixth annual state championship barbecue cookoff. Lion's Park, Groves. 409.962.6060.

SEPTEMBER 12

Mexican Fiesta

Bob Bowers Civic Center, Port Arthur. Contact Tony Ramirez. 409.724.6134 or 409.504.3791

Frank Gerriets Gallery Opening Reception

7-9 p.m. Beaumont Art League. 409.833.4179 beaumontartleague.org

SEPTEMBER 17-20

Texas Pecan Festival

Carnival, concession booths, parade and continuous entertainment. Lion's Park, Groves. 409.962.3631.

SEPTEMBER 19

Trade Days on The Avenue

Antiques, crafts, art. Saturday 10a.m.-5p.m., Sunday 1-5p.m. Port Neches. 409.722.4023

Southeast Texas Wedding

Preview: Book, Browse, & Shop," at the Elegante

SEPTEMBER 27

Rauschenberg Exhibition

Juror Event Special guest Susan Davidson, curator for the Guggenheim Museum. 4pm. Museum of the Gulf Coast. 409.982.7000

SEPTEMBER 30-OCTOBER 3

Texas Rice Festival

Livestock show, live entertainment, carnival rides, crafts, farm equipment display, food and more! Admission free. Winnie. 409.294.4404 texasricefestival.org

{ October }

OCTOBER 2

First Friday's on Lincoln Avenue

Shopping, food and entertainment. 6p.m.-9 p.m. Groves. 409.962.3631

OCTOBER 3

Dana Dorman, "Spectacle"

Gallery Opening, 7-10 p.m. Exhibit runs Oct. 3-31. The Art Studio, Inc. 409.838.5393. artstudio.org

2009 CavOILcade Coronation

Memorial High School. Contact Pam Trosclair. 409.983.1009 or 409.983.4034

India Fest

Beaumont Civic Center. 409.838.3435

OCTOBER 18

The Black Crowes!

to rock DOG JAM 09! BEAUMONT, TX, July 13, 2009 - Get ready to rock out! Big Dog 106 and Ford Park are pleased to announce the return of Dog Jam! DOG JAM 09 comes to Ford Pavilion on Sunday, October 18 and will feature THE BLACK CROWES! This will be the fourth Dog Jam to be held at Ford Pavilion and is one of the most requested concert events by Southeast Texans. Founded in the late 80's by brothers Chris and Rich Robinson, the Black Crowes' debut album in 1990 received multi-platinum certification, and produced such hits as "Hard To Handle," "She Talks To Angels," and "Twice As Hard." Their second album The Southern Harmony and Musical Companion with hits "Remedy" and "Thorn In My Pride" debuted at #1 on Billboard's top 200 albums. They spent much of the 90's on tour with groups like ZZ Top and the Who, even opening for the Grateful Dead. Following a hiatus during which time singer Chris Robinson concentrated on solo projects, the brothers reformed the band in early 2005. They again hit the road, this time with Tom Petty & the Heartbreakers among others. Most recent albums include Warpaint (2008) and, set to hit stores in September 2009, is Before the Frost...Until the Freeze. Ticket information will be announced at a later time.

OCTOBER 9

Nederland Chamber of Commerce Golf Tournament

409.722.0279

OCTOBER 10

2009 CavOILcade Parade

Downtown Port Arthur. Contact Pam Trosclair. 409.983.1009 or 409.983.4034

2009 CavOILcade Youth Fishing Tournament

Pleasure Island. Contact Pam Trosclair. 409.983.1009 or 409.983.4034

OCTOBER 16-24

Haunted Hayrides Tyrrell Stables, Beaumont. 409.365.5277

OCTOBER 17

Symphony of Southeast Texas

All Orchestra Concert

Julie Rogers Theatre, Beaumont. Tickets available on line or at the box office concert night. 409.892.2257 sost.org

The Madonna as Muse:

The Paintings of Rene Avarado. Exhibit through Jan 3. Art Museum of SETX. 409.832.3432

Ojos Para Volar / Eyes to Fly With:

Photographs by Graciela Iturbide. Exhibit through Jan. 3. Art Museum of SETX. 409.832.3432

Trade Days on The Avenue

Fall festival. Sat. 10a.m.-5 p.m., Sun. 1-5 p.m. Port Neches. 409.722.4023

OCTOBER 23-25

Beaumont Boys Bash

Presented by Tracy Byrd, Mark Chesnutt & Zona Jones. For a schedule of events contact Kerri Taliaferro. 615.465.8152.

Lutcher - Lyle Lovett and His Large Band

- Monday, October 26, 2009. Lyle Lovett is one of the all-time great American singer-songwriters. The guitarist and four-time Grammy® Award-winner is hard to categorize; USA Today called his style "always versatile," with songs that range from country to swing, blues, gospel, folk and jazz, demonstrating eclecticism as large as his native Texas. www.lylelovett.com

Remember Me - Featuring

David Parsons Dance with music from The East Village Opera Company, Friday, October 30, 2009. A thoroughly modern re-telling of a classic story with a tragic love triangle, with contemporary dance, aerial dance, live and recorded music, (Opera hits like you've never heard them before) video projections, complex digital lighting and visual effects. www.parsonsdance.org

OCTOBER 9

Harvest Hoedown.

McFaddin-Ward House.

409.832.1906

Status Quo or Status Go?

text by Micah Lindsay



Micah Lindsay and Elvis

There are two types of people in the world: those who thrive on change and those who fiercely resist every aspect of it. With a new school

year upon us, many are facing the changes and transitional challenges that come with this time of year and graduating to the next level in education.

Many students dread that first day of school all summer long while their parents have been ready to send them off to start the new school year since the first week of summer vacation. At the other end of the spectrum, there are children that are so eager to go back to school that they have had their school supplies for months and are running to the bus stop, ready for roll call and already have rows of gold stars.

A brave kindergarten teacher, who is a friend of mine, has enlightened me on some momentous first-day occasions in her classroom. While this milestone is often more stressful and emotional on the parents, the children cope with their nerves and excitement in different ways -- some more pleasant than others. Thankfully,



many are sent with a spare change of pants for first-day jitters! A few bring an apple for their teacher, follow her around and say she looks like a Disney Princess. These are the obvious teacher's pets and will be continue to be throughout their scholastic career. I remember my excitement about my first day and the carpool that was coming to pick me up. You can imagine my confusion and disappointment when the car had no pool in it!

Middle school and high school are two of the toughest transitions for an adolescent. I'm sure I'm not alone in being so glad those days are over. Many pretend to be excited about the upcoming change to high school, but are secretly dreading entering a bigger school with so many new people. Watching movies such as the popular "Dazed and Confused" only magnify these phobias. The first day of high school is a scary experience for any teenager, boy or girl. No matter how many Molly Ringwald movies you watch, you're never fully prepared for the first day of high school. But after that initial adjustment period, it is one of the best times of your life.

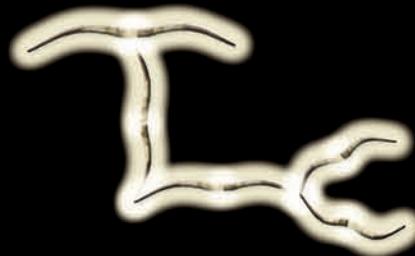
Going to college is a major transition for everyone in the family. As the family adjusts to an emptier, quieter home, their new college student is adjusting to everything that comes with that infamous freshman year of college. Fine-tuning alarm clock skills and resisting the snooze button, community bathrooms, finding the right classrooms and avoiding the freshman 10-20-30-pound weight gain are some of the biggest challenges facing a college freshman. Learning very quickly that pajamas are considered acceptable university attire, things start looking better. There were few occasions those four years when I ventured out of my pajama wardrobe, which was great for my college shopping budget!

Some first days are definitely easier than others. Whether the transitions around you are more exciting or scary, it's only the beginning and will become what you make of it. I would never want to go back to my first day of high school, but would love to go back to the first day of baseball season this year, and maybe this time the Astros could win!

Elvis' Take-

My shiny new Batman lunch box is ready to go... I'm not taking any chances on mystery cafeteria lunches this year!

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