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Dr. Garrett K. Peel is Senior Surgical Consultant and Breast Cancer Surgeon at *Preivity--Clinic for Surgical Care*. He received his training and was Chief Resident at the Mayo Clinic. Dr. Peel holds degrees from The George Washington University and Johns Hopkins School of Public Health.



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04 starters

*Letter from Editor, as well
as reader feedback*

11 vip shelter

11 *All-Things-Asian
home showcase*

14 *The beauty of bonsai*

16 *Letting your chi flow*

19 vip style

19 *Practical and stylish
travel*

20 health & beauty

20 *Yoga: A yawn for
your brain*

25 *An Eastern approach
to health*

27 eating & drinking

27 *Adventures in flavor*

28 totally social

28 *Celebrating the best
of events*

37 totally worthy

36 *Kick out the tension with
martial arts*

40 *Meditation and contem-
plation in Port Arthur*

42 *East meets West for a
new mixed media:
VIPersonality
Fu Chia-Wen Lien*

45 vip guide

45 *Exotic honeymoons:
Bali Ha'i may call you,
Any night, any day,
In your heart, you'll hear
it call you: "Come away ...
Come away."*

48 *Great dates in
January, plus a peek
at a very full February!*

inside january



14

40



45



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If I make one resolution this year, it will be to strive for better balance in my various life roles.

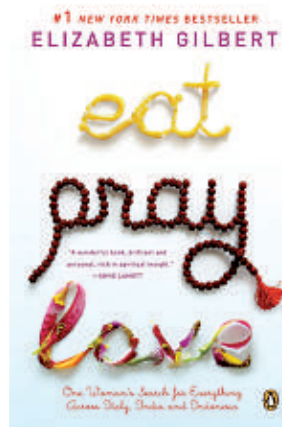
In thinking about that goal, I take inspiration

from the 2006 best-selling travelogue "eat, pray, love" by Elizabeth Gilbert. Whether you liked the protagonist or not (I thought she was whiny), the concept of feeding the body, cultivating the soul and nourishing the heart remains wise. In the book, Gilbert, at a low emotional ebb, travels to Italy to recover her health, to an ashram in India to expand her consciousness, and to the island of Fiji in the South Pacific, where she finds love.

For those of us without an international travel budget and unlimited time, can this journey occur closer to home? Yes, here in Southeast Texas there are many options to help you find your core center, or simply to relax and release tension.

As in Eastern philosophies, there are many paths. In this issue of VIP, we explore ways to bring some harmony and inner peace to your life. If you like the physical expression of a mind/body exercise, we've brought you insight into both yoga and martial arts in our community. If you'd like to achieve some mental stillness, perhaps the meditation classes at Buu Mon temple in Port Arthur or the patient work of cultivating bonsai will interest you. Could you use some good luck this year? Perhaps you need to rearrange your furniture on feng shui principles.

If you already got lucky last month with a new engagement ring (like our cover model, Josie Yearwood), don't miss our story on exotic wedding and honeymoon options. Peace, y'all.



If you didn't read the book, you'll have the chance to see the movie when it premieres this year with Julia Roberts and Javier Bardem.

Cheryl Rose,
Executive Editor

On our cover

Photography: Judy Stokely

Model: Long, lithe and limber Josie Yearwood is a practitioner and teacher of yoga and Pilates. She came out in her yoga clothes on a cold, windy day, but you can't see the goosebumps — just her positive attitude! Josie's soft voice and patient style are the trademarks of her classes.

Learn more of her thoughts on yoga on p. 20.

Wishing her and her new fiance great happiness in 2010! (Did you see that gorgeous engagement ring? Oo-la-la!)



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OF SOUTHEAST TEXAS

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letters & e-mails

Dear *VIP*,

Our sincere thanks are overdue for the beautiful cover and many pages of the October *VIP* magazine that you so graciously devoted to the "Gift of Life" and our efforts during National Breast Cancer Awareness Month. It was an extraordinary issue that heightened local awareness and support for this critical women's health concern.

Notwithstanding a change of speaker, venue and date, we celebrated survivorship and our 15th anniversary with an outstanding month of Breast Cancer Awareness activities, including the successful Pink Shopping Card Program, a fabulous dinner at the Civic Center, a Walk of Courage for more than one hundred survivors, and an unforgettable performance by Debbie Reynolds at the Julie Rogers Theatre.

On behalf of the thousands of Southeast Texans who are touched by the "Gift of Life," we express our appreciation for your generous endorsement that has helped us accomplish our mission of "saving lives."

Gratefully,

Nell McCallum Morris
"Gift of Life" Board President

Regina Rogers
"Gift of Life" Founder and Chair

Dear *VIP*,

When I first started working here a little over a year ago, I was exposed to *VIP* magazine, and I have been a fan ever since! The layouts and photography are very well-executed, and the material within is always entertaining and witty! As someone who was born and raised in Southeast Texas, I was pleasantly surprised to see such a sophisticated publication in our area.

Melanie Lanuza, Creative Director
Games People Play, Inc.



Dear *VIP*,

Thank you for showcasing local history in the November issue of *VIP*. Beaumont has so much to offer to anyone who is interested in preservation and honoring those ancestors who helped make this community what it is today. We hope that your story will show everyone that new isn't always better!

Darlene Chodzinski, Executive Director
Beaumont Heritage Society

Hi *VIP*,

I wanted to drop you a line to tell you how great the last issue of *VIP* looked. I'm proud to have such a great looking publication coming from our area.

Julie Garcia, Editor
Lamar University Press

Dear *VIP*,

Your article on Zach Dishman was a great choice and very well done. What an interesting young man! He is also a great role model for young adults. Keep up the good work.

Lynn Babin
Hope Women's Resource Clinic

Dear *VIP*,

Thank you *VIP* for being an awesome information source. I am sure that the local businesses are appreciative of the excellent advertisement offered as a result of *VIP* magazine. Due to the great detail of the *VIP* guide calendar, your readers have access to all of the area events offered for the month. Kudos for all of the hard work put into making this calendar top notch! Please continue the great work!!

Tawana Walter-Cadien-VOILA!
ResourcesByTawana



your opinion

Letters to the editor should be sent to: *VIP* Editor, c/o *VIP* of Southeast Texas, 380 Main Street, Beaumont, TX 77704 or via email to vipnews@thevipmag.com. Please include your contact information and the city in which you live. Letters may be edited for space.

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An Eastern Sanctum in the West End

text by CHERYL ROSE



photography by JEREMY SCHMITT

The unassuming exterior of Kaye Luparello's home hides an amazing panoply of textures and tiny details, flavored throughout with the fragile beauty of the Orient.

"I've just always been attracted to Oriental things," Luparello said, regarding her collection, which includes porcelain, statuary and vases. She laughed, adding, "If I believed in reincarnation, I

would believe I lived my first lifetime somewhere in the Orient."

The Luparellos' home is experiencing its latest reincarnation, after a near-death experience when it was flooded, then beset with mold, requiring major renovations.

Since she and her husband, Vincent, were long-term residents, when it came to remodeling, Luparello decided to follow her chi and create an environment that reflected her spirit. Leaving behind the peaches and seafoam greens of another era in decorating, Luparello worked with interior designer Jeff McManus to create a retreat strong on texture and in >>

harmony with her interest in all things Asian.

The first striking feature of the home is the natural slate floors, set on the diagonal, that run throughout the living areas. With tones of terra cotta and green, the flooring incorporates the warm earth tones of the décor.

A soaring, A-frame ceiling of beadboard and beams in a warm fruitwood stain rises above a dramatic stone fireplace in the living room. Grasscloth on the walls enhances the tactile experience. A variety of Asian art is placed carefully yet casually, giving spice without overwhelming.

"Far East history is just fascinating to me," Luparello said. "I read a lot of books, both fiction and nonfiction, based on the Oriental culture."

Along one wall in the dining room is a beautiful lighted cabinet showcasing some of her family heirlooms and Asian collection. In the previous life of the home, there had been an unused, small living room. In remodeling, they knocked down the wall, expanding the dining room and kitchen. The dining room chairs are Chinese Chippendale, in the style of English furniture designer Thomas Chippendale, who incorporated a craze for chinoiserie into his designs in the mid-18th century.

Though she has a hard time picking a single favorite, Luparello said that when they evacuated for Hurricane Rita, she did take the Japanese Satsuma vases from the dining room.

"It's the detail but yet the simplicity," Luparello said of what attracts her eye to Asian art. "I like Fu dogs, koi fish motifs, cloisonné detail."

Luparello does not go hunting for her art. The pieces she's col-



lected over the years are items she's found along the way. "I'll be walking through a store and something speaks to me," she said, smiling. "Usually, it's speaking Chinese."

Another personal favorite is a golden, glass-covered tray that hangs above the bed in the master bedroom.

The bed itself, in Campaign style, was one of the first purchases the Luparellos made as a couple and is still treasured.

Because theirs was an older home, the Luparellos took the opportunity to modernize as well as remodel. The expanded kitchen glows from the red granite countertops and beautiful cabinetry. The original kitchen island had a vent hood above the range, which the Luparellos switched to a downdraft in order to open up the area. Throughout the eating and dining area runs a detailed rope molding that blends smoothly with the cabinetry. The granite wet bar with copper sink was a new addition.

Though the remodeling took a year and a half from flood to finish, the project continues. Now that the Luparellos' children are grown and (mostly) gone, their bedrooms are ripe for updating, as is the upstairs living space. Luparello just purchased a large canvas art piece for her daughter's room that is modern and abstract in form, but identifiably Asian-influenced as well.

Luparello traveled to mainland China for the first time last spring. The pinnacle experience of the trip was an evening atop the Great Wall of China. She also enjoyed a day at a museum in Shanghai, viewing antique porcelains and paintings.

Though she went to see the terra cotta warriors exhibit in Houston, her goal is to return to China to see the statues in their native setting. **VIP**

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something speaks
to me. Usually, it's
speaking Chinese."



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LIVING BONSAI:

Potted Art



text by HOLLI PETERSEN



ART — A SHORT, SUBJECTIVE WORD used to capture an expansive range of tangible self-expression. Of all its forms, perhaps one of the most unique is the art of bonsai. Bonsai is a living art form which consists of stylizing a tree, grown in a shallow container, to create the illusion of a miniaturized version of a mature, ancient tree. By definition, the Japanese word “bonsai” means “tree in a container.”

The art of bonsai is much more than simply owning a potted tree. Bonsai devotees must carefully prune and sculpt the selected trees and shrubs to create certain formations and to develop their unique, ancient qualities, such as gnarled roots, twisted trunks and aged bark. Such meticulous effort, coupled with an artistic eye and expressive passion, satisfies the aesthetic need of each individual bonsai artist.

“Bonsai truly is a living art,” said Wanda Woods, a 20-plus-year member of the Southeast Texas Bonsai Club. “As the tree ages, it changes. You must study it, and pay attention to what each tree is telling you.”

Woods, an Orange native, came to the art form through an older mentor. Struck by the beauty of the bonsai and its radiating serenity, Woods felt the need to also express herself. Today, Woods owns nearly fifty bonsai trees, all in various formations and levels of growth.

“Bonsai trains you to have patience,” Woods described. “It is a total joy. I’ve been asked to sell some of my trees, but, I couldn’t do it. You put so much into them that they become like your children. You get attached to each one.”

One of bonsai’s most endearing traits is the tree’s ability to illustrate the beauty inherent in even the most forgotten of living creatures. Most bonsai trees originate from the saddest of saplings, discarded for their gnarled roots or distressed bark. These seemingly undesirable qualities are the foundation for the most successful bonsai trees.

The patience required for such an involved hobby is not for the average, hustling, bustling American. However, many of its followers have observed spiritual and emotional transformations as they’ve rooted themselves more firmly in the art of bonsai.

“Personally, bonsai has taught me to slow down and enjoy the beauty God has given us,” Woods shared. “Especially when life is so busy, anything that pulls us closer to nature inspires us, gives us a reason to take a breath and just appreciate our world.” >>



"Personally, bonsai has taught me to slow down and enjoy the beauty God has given us."



Banzai Bonsai!

The best way to learn any new form of art is to study with the masters. The Southeast Texas Bonsai Club is always accepting new members. You do not need to have a bonsai to join! The club meets at the Tyrell Park Garden Center at the Beaumont Botanical Gardens on the first Tuesday of each month at 7p.m.

Most Common Bonsai Myths

1. Bonsai is a specific species of tree.

Some tree species tend to become better bonsai than others. However, with time and patience, any tree variety can be a bonsai.

2. Bonsai are indoor plants.

Unlike movie depictions, bonsai do best outside. Bonsai are just the stylized, pruned version of the average tree. In other words, when was the last time you saw a red oak growing in a kitchen?

3. Bonsai is just meticulous gardening.

While the same horticultural rules apply to keeping trees and shrubs alive, the art of bonsai has specific requirements and guidelines. It can take many years to achieve the most rudimentary of formations.

4. Bonsai is as easy as sunlight and water.

Though some bonsai hobbyists take to the art easily, it

can take years to thoroughly understand bonsai. Woods recommends seeking a personal mentor who can guide you through the process.

5. Bonsai die easily.

With an experienced hand, bonsai can outlive humans. There are some 1,000 year-old specimens still in existence.

6. Bonsai won't flower or bear fruit.

Bonsai are living and productive trees. Many bonsai tree species can produce fully-ripened fruit, nectar, sap and flowers.

7. All potted trees are bonsai.

Be careful! Crooked sellers might try to pass off a potted tree or shrub as bonsai. If you choose to purchase bonsai, as you would with any art, be sure to educate yourself on the topic so that you can spot the real deals and avoid the fakes. **VIP**

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Go with the Flow

Feng Shui Your Home for a Harmonious Life

text by ASHLEY GREEN

The dictionary defines feng shui (pronounced “fung shway”) as a Chinese practice in which structures or sites are chosen or configured to harmonize with the spiritual forces that inhabit it.

“Most people aren’t aware that your environment’s energy can affect you to that degree,” said Laurie Levin, a feng shui consultant and educator in Houston. “Some situations can actually be adverse and cause problems.”

Levin explains feng shui as a method for creating a balanced, harmonious home environment, which nurtures and supports you in all areas of life, including career, health, relationships and finances. “Feng shui supports your every intention, helping increase the wonderful things in your life, as well as those areas that need improvement,” she said.

How Does It Work?

Feng shui doesn’t require an extreme home makeover. Rather, it simply involves interior decorating with purpose.

Structural Features

In feng shui, certain structural situations are either auspicious or inauspicious. “If a stairway is directly in front of a home’s entrance, the energy coming in goes straight up the stairs,” Levin explained. “Conversely, energy coming down the stairs goes out the door.”

Since it isn’t practical to advise clients to move their doorways or knock down a stairway, Levin recommends a cure that’s more easily implemented. “Lighting, sound, living objects, refracting objects and movement can all be used to help balance a situation where energy is considered to be inauspicious,” she said. “For example, if a hallway has lots of doorways that are used frequently, that can cause energy to move really quickly, which can lead to arguments. A typical cure for that is a wind chime or crystal on each end of the hallway.”

Furniture Placement

Placement of furniture is crucial to harmony in the home. For best results, the energy flow must meander slowly throughout furniture and hallways. Particularly key are the placements of the bed, desk and oven.

Five Elements

The five natural elements of feng shui — wood, fire, earth, metal and water should be integrated into your home. >>



"If you're sitting on a mountain, surrounded by trees, a beautiful sky, and rivers, you feel at peace," Levin said. "You can't literally bring rivers or mountains into your home, but you can symbolically, through element materials."

The Bagua Map

Feng shui practitioners use the bagua map (literally from Chinese, "8 areas") to determine preferred locations in the home for certain functions. The bagua map is superimposed onto a floor plan to determine which part of the home corresponds with each part of life.

"The bagua map can help us to enhance our life," Levin said. "If you're searching for a spouse, decorate to enhance your love and marriage section. Same with career, if you want a new job or a raise, enhance the elements corresponding to career — such as fountains, mirrors and glass — in that area."

Levin said if sections of the map don't match rooms in your home, you don't have to rearrange your entire house. If the career section happens to be over your bedroom, you can put things in your bedroom to enhance your career.

Yin and Yang

Yin and Yang are constantly moving, positive and negative energy forces, which must be balanced in the home for harmony, Levin explained.

"Modern homes have a lot of white, large open spaces," she noted. "This is very yang. In order to balance, you could implement dark wood furniture or a warm area rug, which are more yin. If you have a very dark, small room (too yin), you could make it more yang with light-colored paint, mirrors or lighting."

Getting Started

Incorporating feng shui into the home can seem like a daunting task, but Levin simplifies the initial steps. "First, clear clutter," she said. "Clutter results in an unclear mind and unmade decisions. Ground clutter causes depression, and clutter on shelves can cause headaches. When you start to clean and move things around, you will see your life changing, because you're moving energy."

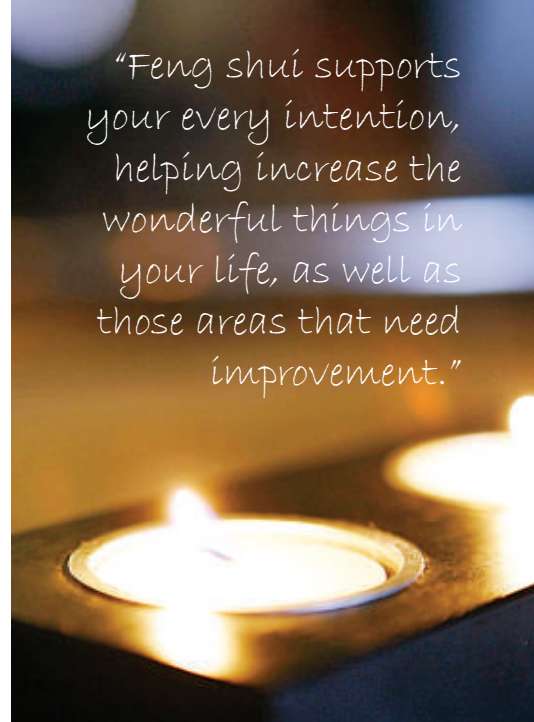
Energy goes in patterns, like a tornado or a thumbprint. Death, divorce or illness can leave a thumbprint, and you may need to implement space clearing to cleanse the energy in your home.

Does It Work?

Peyton Jones, Group Fitness Supervisor for CHRISTUS Hospital Health and Fitness, practiced feng shui in her home, with great success.

"When we wanted to sell our home I read a lot of feng shui books, and decided to see if it worked," Jones said. "Before

"Feng shui supports your every intention, helping increase the wonderful things in your life, as well as those areas that need improvement."



we put the house on the market, I went through the book and did what it said to do to help the 'flow of energy' and create positive chi. The first person who came to look at the house put in an offer for the asking price. I was really amazed, and I do believe it works." **VIP**

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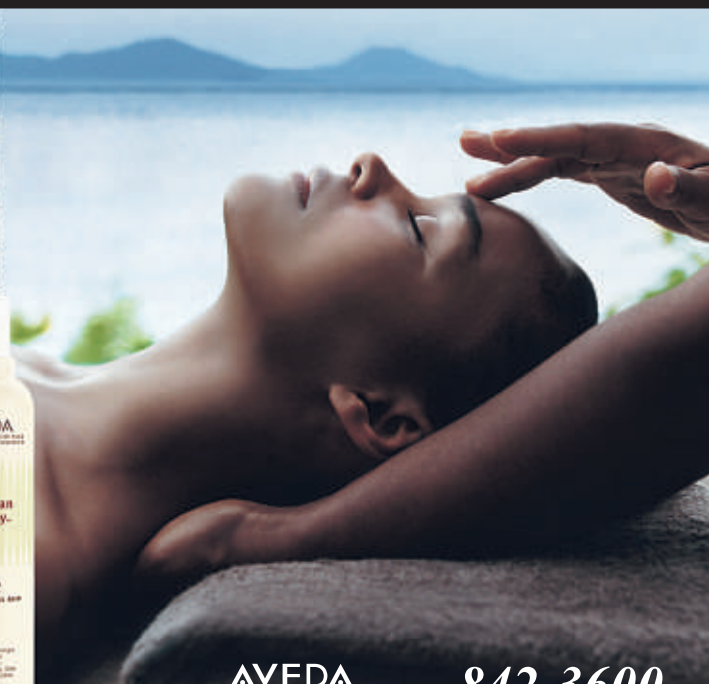
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text by CHERYL ROSE

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photography by KYLE PETERSEN

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photography by LEE STINSON

Flexibility

Stop getting bent out of shape

text by HOLLI PETERSEN

ALL THOSE GUILTY OF WORRYING about the future while living in the past, say “aye!” Aye! This description likely summarizes the majority of us. It’s also a fairly accepted explanation for why Americans are embracing Eastern culture and practices, which value the principles of living in the present and focusing attention inward, with an unprecedented fervor.

Yoga is one such adopted influence. Yoga is an ancient spiritual, mental and physical form of exercise which is scientifically proven to reduce stress, increase flexibility, build strength, expand endurance and improve posture.

Unfortunately, it is also widely, albeit incorrectly, stereotyped as the habit of tofu-loving, tree-hugging hippies. Not so! Yoga is the perfect exercise for everyone — yes, everyone! — even voluptuous meat-lovers!

Put very simply, yoga is a yawn for your brain. And, listen up all you overworked, bleary-eyed readers — your brain deserves a good yawn!

“Your brain actually undergoes a chemical change during yoga,” described Ria Lihs, a Registered Yoga Alliance Teacher of the highest level. “Endorphins,

which make us feel good, are released and our brain changes its wave pattern. We normally have beta brain waves, which appear spiky on a monitor. During yoga, the brain experiences alpha waves, which look like gently rolling hills.”

Lihs, a Beaumont native, has taught yoga for 35 years and attributes its benefits to her excellent health and flexibility even at the age of 65. “As a teenager, I carried a lot of tension,” Lihs said. “I think if I hadn’t started yoga, I’d be walking with a cane. I’m still moving and still enjoying movement. Yoga has been tremendously useful in my day-to-day life. It’s almost like anger management. I’ve learned to connect with my spirituality and I’m less reactive to stress.”

Lihs represents one of the many yoga aficionados who’ve found that the exercise has affected their spiritual and mental well-being as much as their physical health.

As a Pilates instructor, Josie Yearwood, a Beaumont resident, craved more variety in her exercises. She turned to yoga, Pilates’ distant cousin, and found it challenged her in the right ways, while allowing her time to internally reconnect.

“Yoga is based on breath,” Yearwood, a Certified Yoga Institute Instructor, said. “When you turn your attention to your breath and what is going on in your body, then lists, life and emotions seem to disappear. It’s a wonderful break away from the rushing around of daily life.”

As an unexpected benefit, Yearwood, who struggled with inattentiveness and was diagnosed with Attention Deficit Hyperactivity Disorder in 1999, found that she was more able to discipline her mind and focus with the practice of yoga. >>

“We normally have beta brain waves, which appear spiky on a monitor. During yoga, the brain experiences alpha waves, which look like gently rolling hills.”



Ria Lihs and Josie Yearwood form Paripurna Navasana, or a two-person boat pose.

Put very simply, yoga is a yawn for your brain.

Yoga for Children

As the practice of yoga has increased in popularity, Americans have welcomed alternative forms of yoga like Doggie Yoga, Baby Yoga, Prenatal Yoga, and much, much more.

Many parents swear by children's yoga, which is known for aiding in relaxation and healthy digestion in children.

"I've personally seen the evidence of infant yoga," Josie Yearwood said. "It works well with children and teaches them healthy habits."

Gail Pickens-Barger started her infant daughter on yoga and immediately witnessed increased relaxation and the release of gas. "Even as a baby, she looked forward to it," she said. "Now, at three years old, she can still remember those poses."

Currently, children's yoga classes are not available in our area. However, Pickens-Barger recommends pursuing the many useful yoga products made specifically for children, such as the YogaFit Kids! and Yoga Kids DVDs.

"Yoga for children is wonderful," Ria Lihs agreed. "It's amazing to watch small children. They naturally do yoga poses. The movements are so natural that they take to it immediately. It's a fun, non-competitive way to help kids."

Before starting any new exercise regimen, it's advisable to consult with your pediatrician.

Josie Yearwood demonstrates Virabhadrasana II, or warrior-two pose.

"When I feel overwhelmed or stressed out, I come back to my breath and I can regroup," she described.

Gail Pickens-Barger, a Certified Yoga Alliance Instructor, stumbled upon yoga through a college course. She was impressed to see her strength and flexibility dramatically improve within a short, 18-week semester. Intrigued, Pickens-Barger went on to earn her yoga instructor certification.

"Yoga has improved my self-confidence," she explained. "I am no longer easily intimidated. My personal fears have fallen by the wayside."

Like most instructors, Pickens-Barger, a Port Neches resident, suggests that novices interested in starting yoga join a small, beginner class. Hands-on attention from trained professionals is the key to understanding this ancient art, as well as the benefit of learning suggested pose modifications, which can be unique to each individual.

"Even those who are out of shape will see the immediate benefits of yoga," Pickens-Barger explains. "I see it all the time with my students. It is a heaviness that is lifted off of them." >>

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*Additionally, Lihs teaches Yoga as
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Common Yoga Misconceptions

There's only one form of yoga. Actually, the term yoga just represents the trunk of a diversely branched tree. The most common form, Hatha, focuses on balancing the body and mind to reach the ultimate goal of enlightenment. Because there are an innumerable amount of yoga styles, almost anyone can find their own preferred form.

Yoga hurts. No! Yoga should never hurt! If it's hurting, you're doing something wrong. Luckily, there are modifications for each pose which achieve a similar stretch until your body is ready for more challenging poses.

Yoga is just for hippies. Yoga is not a religion. The physical and mental benefits of practicing yoga benefit everyone — no matter the age, body-type, religion or nationality. In fact, yoga is a truly personal, non-judgmental form of exercise. **VIP**

Yoga is just easy stretching. Though yoga should never hurt, it should also challenge your body to move in new ways. And, the more you practice yoga, the more you realize that's it's less about stretching and more about breathing and focusing.

Yoga is expensive. It doesn't take fancy clothing or expensive products to practice yoga. Also, many yoga instructors occasionally offer low cost or free classes for beginners.

Vrksasana, or tree pose

Eka Pada Rajakapotasana,
or one-legged king pigeon pose



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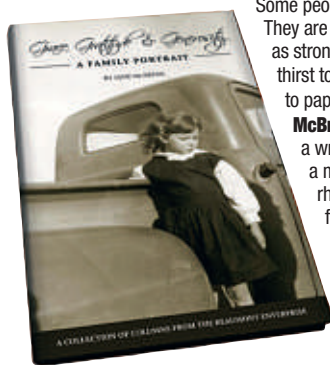
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of that soul as she explores, very publicly, her personal journey from a childhood of challenging circumstances to an adulthood of joy and wonder, filled with the grace, gratitude and generosity she seeks - and offers to others.

- Sheila Friedeck, Associate Managing Editor, Beaumont Enterprise.

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Self-Healing Techniques

An Eastern Approach to Medicine

text by ASHLEY GREEN

Something inside you isn't right. You're tired, you feel "off," your pain won't subside, and nothing seems to help. Maybe it's time to try something different. Something practical, effective and that has been around for millennia.

CHI IS KEY

According to ancient Eastern theory, chi (pronounced chee) – or life energy – flows through channels (meridians) in our body, regulating physical and mental processes. Smooth, unobstructed energy keeps our body in balance, resulting in good health, while blocked energy may result in ailments and diseases.

The Eastern key is to keep chi flowing. But how?

Eastern medicine uses self-healing approaches towards physical and mental health. The basic techniques (acupuncture, bodywork, energywork, herbal medicine) are proven to improve immunity, heal disease, increase energy and balance emotions.

Whether you get "stuck," Qigong, tittle toes and fingers, or implement herbs – give Eastern medicine's practical, self-healing approaches a try this year! >>



photography by FELICIA JETER

Helen Zhou, *licensed acupuncturist, herbalist and medical doctor of China*



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ACUPUNCTURE

"Acupuncture involves inserting tiny, hair-like needles into certain points of the body," said Helen Zhou, a licensed acupuncturist, herbalist and medical doctor of China with a practice in Beaumont. "Your body treats the needle hole like a tiny cut, reacting the same way it would when healing an injury. You don't need to believe acupuncture will work. You only need to relax. Acupuncture naturally cues your body to heal itself."



HOW DOES IT HEAL?

According to Zhou, acupuncture works by signaling your body to focus its energy and healing in a particular area. "Acupuncture holes stimulate your body's blood and energy flow. The hole will heal in two or three days, but the overall healing continues."

Zhou said the majority of people who come to her have had problems for a long time. "Acupuncture changes that big problem into a small problem," she stated.

While over fifty percent of her patients have neck and back pain, Zhou said acupuncture can help with literally everything. For example, Zhou offers facial treatments. "Your face is a mirror of your health," she said.

Zhou said acupuncture also helps with infertility, referencing a 42-year-old patient who conceived with just ten treatments. As for libido, Zhou said acupuncture takes your body back to a healthy state, increasing natural desire.

THE BENEFITS

The benefits of acupuncture depend on the patient, but can be life changing.

"Your body has a tendency to return to its original, healthy state," Zhou said. "Acupuncture just helps to push it back."

Zhou said that acupuncture can also help someone who doesn't have anything wrong. It can reduce stress, restore balance, and increase your physical and mental health. "A lot of emotional problems, like depression, are not just mental, but more of a physical thing," she said.

HERBAL MEDICINE

Herbal medicine has been practiced for millennia to treat disease and promote health. Made from plant material and minerals, herbal meds are cost-effective and relatively free of side effects when properly prescribed and used.

"I carry a lot of Chinese formulas here, which have been used for many years, and are very effective and safe," Zhou said. "However, it's not something you tell a patient to go purchase in a store. Herbal medicines are very specific, and all formulas need to be prescribed to the right person through diagnosis."



BODYWORK

Whether shiatsu, tuina, or reflexology, there are many ways to implement the Eastern practice of bodywork into your life. Each of these massage methods are proven to relax, increase circulation, treat physical pain, and improve nervous and circulatory systems.

ENERGYWORK

Attract natural energy with the self-healing skill of Qigong (Chee-gung). A combination of movement and meditation, Qigong is the practice of using your mind to direct energy in the body. Try Tai Chi, a type of Qigong involving use of your mind and breathing. Tai Chi is known to promote mental tranquility, physical strength and flexibility. **VIP**

Far East Flavor

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ALTHOUGH AN EXOTIC INTERNATIONAL VACATION may not be in your plans, you don't need a passport to experience some of the best flavors from around the world! A few key ingredients and a bit of experimentation in the kitchen can add intercontinental flair to your next meal.

Here is a suggestion for taking your taste buds on a tour. These Veggie Wontons will allow you to experience the Orient without leaving the house! They combine veggies such as carrots and crimini mushrooms with authentic Asian ingredients like ginger root, rice wine vinegar and soy sauce. **VIP**



Veggie Wontons

Created by Chef Ashlie Crouch, owner and chef of Thyme Personal Chef Services in Seattle
Prep Time: 30 minutes | **Time to Table:** 35 minutes
Yield: 1½ cups; 36 wontons; 18 servings

- ½ cup reduced-sodium soy sauce
- 2 tablespoons rice wine vinegar

- 1 teaspoon grated ginger root
- ¼ teaspoon ground red pepper
- 1 clove garlic, minced
- 2 Gardenburger Veggie Medley veggie burgers
- ½ cup fresh bean sprouts, finely chopped
- ½ cup shredded carrot
- ½ cup finely chopped red or green bell pepper
- 2-3 crimini mushrooms, finely chopped
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon grated ginger root
- ⅛-¼ teaspoon crushed red pepper
- 36 wonton wrappers
- Peanut oil for deep fat frying

1. In small bowl stir together ½ cup soy sauce, vinegar, 1 teaspoon ginger root, ground red pepper and garlic. Set aside.
2. Remove veggie burgers from package. Place on microwave-safe plate. Loosely cover and cook on medium-high (70 percent power) for 1 to 1¼ minutes or until partially thawed, rearranging burgers

and turning over after 45 seconds.

3. In medium bowl crumble veggie burgers. Stir in sprouts, carrot, bell pepper, mushrooms, 3 tablespoons soy sauce, 1 tablespoon ginger root and crushed red pepper. Cover and refrigerate for 20 minutes.
4. Position 1 wonton skin with one point toward you. Spoon about 2 teaspoons of the veggie burger mixture just off center of skin. Fold bottom point of wonton skin over filling, tucking point under filling. Roll over from bottom, covering filling and leaving about 1 inch of skin unrolled at top. Moisten bottom right corner with water. Fold bottom corners together below the filling, pressing to secure. Repeat with remaining filling and wonton wrappers. Place in single layer on wax-paper-lined baking sheet.
5. In wok or heavy Dutch oven, heat 2 inches of oil to 375°F. Add wontons to hot oil, a few at a time. Fry for 2 to 4 minutes or until golden brown. Drain on paper towels. Serve with soy sauce mixture.

Courtesy of Family Features



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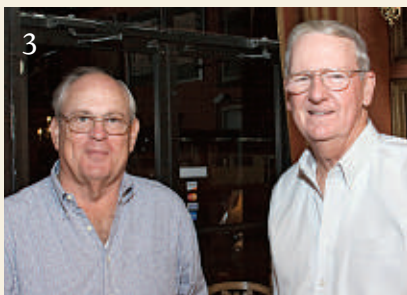
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FELICIA JETER

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Leadership Beaumont 2010 Class



COURTESY OF GREATER BEAUMONT CHAMBER OF COMMERCE

First row: Ann Huff, Steve Moore, Angel San Juan, Nelda Brown, Landon Reneau, Charlye Martin, April Johnston, Angie Herrin, Kellye Badon. **Second row:** Kim Dauriac, Thomas Noyola, James Johnston, Connie Szuch, Stephanie Barth, Shelley Bass, Tess Magallanes. **Third row:** James LeBlanc, Todd Senters, Anne Bradley, Tawana Walter-Cadien, Ashley Spicer, Shawn Goolsby, Tamika Humphrey, Tony Baker. **Fourth row:** James Grant, Dave Mulcahy, Raj Ataya, Dave Stephens, Rod Weatherly, Erika Peveto, David Red.

Leadership Beaumont is a 9-month leadership development and community awareness program. Nominations for the 2011 class now underway through the Greater Beaumont Chamber of Commerce.

Dupre Party

1. Robin Williams, Lee Williams, Scott Shaw, Rebekah Giblin.

2. Joey Dupre, Cindy Dupre, Keven Dupre. **3.** Shad Edgar, Keven Dupre, Mary Dupre, Gavan Dupre. **4.** Trudy Johnson, Taylor Noffsinger, Rebecca Yakel, James Grant. **5.** Jarred Lane, Jana Lane, Dee Lane, Mandy Lane, Brian Lane. **6.** Top: Kim Swanzy, Andrea Guidry, Morgan Labobe, Jana Lane, Lisa Gloria, Bottom: Kerri Collins, Mandy Lane, Heather Wyble



FELICIA JETER

Business After Hours at Flagship Mailroom

1. Amy Pinnt, Christina Pilegi. **2.** Tommy Patrizi, Karen Agnew. **3.** Nick and Kim Dauriac. **4.** Julie Mooneyham, Nancy Broussard.



FELICIA JETER

Nickolina's Christmas Party

1. Clara Downs, Brook Mahan and Latisha Sodolak. **2.** Jennie Dees and Sharon Mason. **3.** Paul Trevino. **4.** Rhonda Carroll and Teresa Barbay. **5.** Jadeanne and Jeff Hayes. **6.** Dana Dattalo and Geraldine Biggs.



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A 50th Birthday Celebration Honoring Dr. Anthony Gambrah, Sr.

1. Patrick Asenso, Akos Nuamah and Dr. Issac Nuamah. **2.** Tawana and Kevin Cadien, with daughters, Cambel and Kelsey. **3.** Front - Lizzie Baldo; 2nd row - Catherine Baldo and Bianca Vertil; 3rd row - Mary Rizk, Rosalie Gambrah, Victoria Ortiz, Helen Gambrah and Morgan Sherlock. **4.** Helen Gambrah, Dr. Anthony Gambrah, Prudence Gambrah, Claudia Gambrah, Roslie Gambrah and Anthony Gambrah, Jr. **5.** Port Arthur Mayor Dolores Bobbie Prince.



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JUDY STOKELY



D'vine Wine

1. Jeramy Webb and Amanda Augustine. **2.** Sam James, Deborah Kay, Connie and Paul Szuch **3.** Sharon Hamer and Teresa Cid. **4.** Dawn Fournier and Rich Williams. **5.** Rita and Paul Hall.



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photography by LEE E. STINSON

Mike Berryhill
of Texas Karate Academy

MARTIAL ARTS

FOR THE MIND, BODY AND SPIRIT

text by CATHLEEN COLE

You mean there were times when you were scared to fight?

Always scare. Miyagi hate fighting.

Yeah, but you like karate.

So?

So, karate's fighting. You train to fight.

That what you think?

No.

Then why train?

So I won't have to fight.

Miyagi have hope for you.

– An exchange between Daniel and Miyagi
in the 1984 film “The Karate Kid”

The room is filled with barefoot students wearing uniforms of loose pants and long-sleeved jackets tied with belts of different colors — some yellow, some green, some blue. The instructor leading the group in a series of punches, kicks and spins wears a belt of black. It's a martial arts class and the students are learning how to defend themselves against an attack. But there is more to it than memorizing fighting techniques. They are practicing life lessons that include being respectful, courteous and courageous.

The tenets of the International TaeKwonDo Alliance are honor, courtesy, integrity, perseverance, self-control, courage and community. Fred Simon of Fred A. Simon's TaeKwonDo in Beaumont believes in those words. He's a ninth-degree black belt in his sport and has earned the title grand master. “It's my life,” he said of the martial art that has consumed him for more than 50 years. >>

Simon began his training in 1962 under Great Grand Master Jhoon Goo Rhee — the man who brought the traditional Korean martial art of TaeKwonDo to the United States. In 1968, Rhee promoted Simon, the first African American trained by him in Texas, to the rank of black belt. In 2004, Simon was inducted into the Texas Martial Arts Hall of Fame. Later that year, his wife, Gene Simon, passed away. “We were married 44 years,” he said of his biggest supporter whom he met in 1953 while they were attending college.

Martial arts training is good for the body and the mind, Simon, a retired elementary-school teacher, asserts. “You learn it for the sport and the discipline,” he said.

In Simon’s school, it takes five to six years to become a candidate for a black belt. “We don’t give away belts,” he said. “I test my students once a year.”

And he emphasizes the moral code of martial arts. The skills learned are not to be used as an aggressive weapon outside of class. Students must not start fights and their skills must only be used for self defense if confronted by an aggressor. “The first thing to do is to walk away,” Simon said.

Tim Choate, a first-degree black belt and instructor of Kuk Sool Won of Lamar University in Beaumont, agrees.

“It’s all about being positive, constructive and productive,” he said, “not just in physical training, but in every aspect of your life.”

Simon’s students range in age from children to adults including some who have trained with him for more than 20 years. Beaumont firefighter Billy Singletary, a

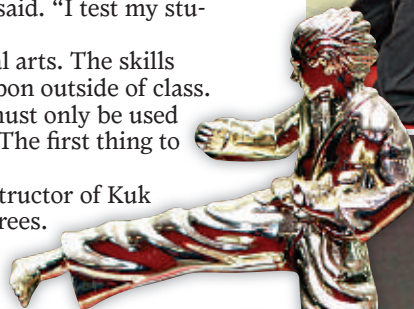
“It will help you
to shape your
physical and mental
well-being.”

seventh-degree black belt who teaches at Simon’s studio, has trained with him for more than 40 years. “My students are all my babies,” said Simon, who never had children.

Although Choate’s students are typically young adults attending Lamar University, the club welcomes faculty, staff and members of the community. The club is a fully licensed school of the World Kuk Sool Won Association and students training can earn rank with the association.

“Kuk Sool Won is going to teach you healthy living,” Choate, a 2007 graduate of Lamar’s nursing school, said. “It will help you to shape your physical and mental well-being.”

Simon believes that students should always strive to better themselves. His motto: “Always hunt for new maximums.” >>



photography by SILVIA C. MCCLAIN

Top left: Justin Wollam and Ted Mahavier, Lamar Kuk Sool Won. Above: Fred Simon, Fred A. Simon’s TaeKwonDo.



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Martial Art Styles

AIKIDO is a Japanese martial art consisting of throwing, joint-locking, striking and pinning techniques coupled with training in traditional Japanese weapons such as the sword, staff and knife. It is often translated as "the way to blend with energy." It is a non-aggressive form of self-defense that blends the motion of the attacker and redirects the force of the attack rather than opposing it head-on.

JU JITSU is a Japanese martial art that employs a wide range of techniques including strikes, kicks, throws, joint locks and choking. Ju Jitsu also teaches weapons technique.

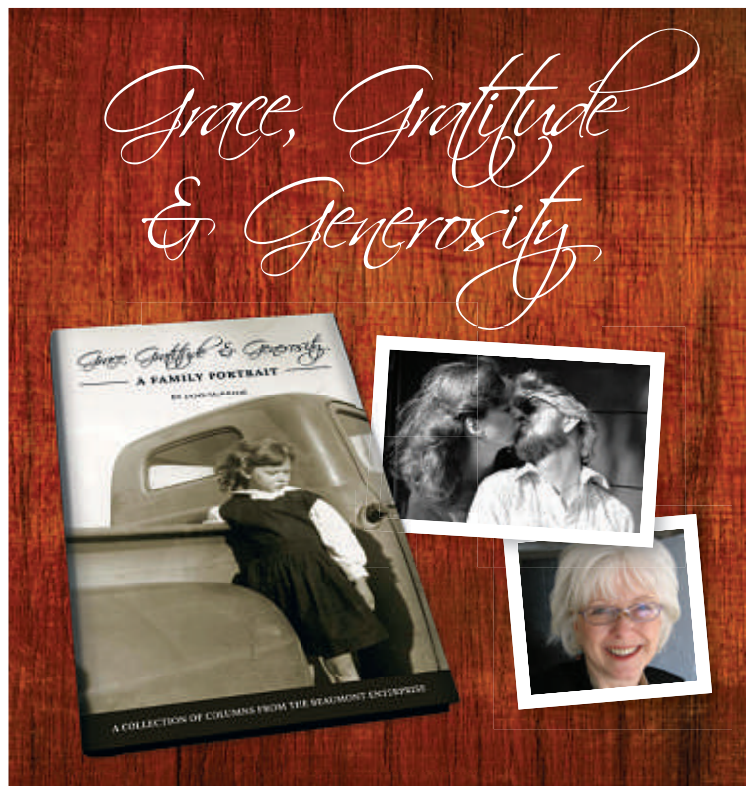
KARATE, generally translated as "empty hand," is a Japanese martial art using weaponless techniques such as blocking, striking, punching and kicking to overcome an opponent. Practitioners believe it is a form of self-defense and a method of self-awareness that lay the foundation for the development of good citizenship and strong character.

KUK SOOL WON is a Korean martial art that integrates and explores the entire spectrum of established Asian martial arts, body-conditioning techniques, mental development and traditional weapons training. The three branches of traditional Korean martial arts — tribal, Buddhist and Royal Court — were organized to form a single system known as Kuk Sool in 1958 by In-hyuk Suh, the founder and grand master of Kuk Sool Won.

KUNG FU is a broad term that is used to describe all martial arts of Chinese origin.

TAEKWONDO is a Korean traditional martial art and the national sport of South Korea. In Korean, *tae* means "to strike with the foot," *kwon* means "to strike with the fist," and *do* means "way," "method" or "art." It combines combat techniques, self-defense, sport, exercise, meditation and philosophy. According to the World Taekwondo Federation, it is a discipline that shows ways of enhancing one's spirit and life through training one's body and mind.

TAI CHI CHUAN is a traditional Chinese martial art with an emphasis on slow, soft movements that are performed while concentrating on breathing technique and balance. It is practiced for its health benefits including the reduction of stress and tension and improved concentration. It is not a combat martial art. **VIP**



Some people need to write. They are driven with an urge as strong as hunger or thirst to put words to paper. Jane McBride is such a writer. She is a master of the rhythm and flow of words, hearing the syncopation of her sentences in her mind as she writes. Hers is a writer's soul. This work reveals bits of that soul as she explores, very publicly, her personal journey from a childhood of challenging circumstances to an adulthood of joy and wonder, filled with the grace, gratitude and generosity she seeks — and offers to others. — Sheila Friedeck, Associate Managing Editor, Beaumont Enterprise

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The four-tiered pagoda rises from Procter Street in Port Arthur, beckoning the curious and reminding the faithful of Buddhism's Four Noble Truths: Life means suffering; the origin of suffering is attachment; the cessation of suffering is attainable; and there is a path to the cessation of suffering.

Buu Mon Buddhist Temple, established in 1980, was the first Buddhist center in Beaumont, its namesake. The temple settled on Procter Street in a former church in 1986 when Abbot Thich Huyen Viet and his small congregation moved in. They remodeled the building and installed a 7-foot gilt bronze statue of Buddha seated on the altar in front of a mural of a bodhi tree on a river's shore.

Buddha was Siddhartha Gautama. Born into a royal family in what is now Nepal in 563 B.C., he realized that wealth and luxury did not guarantee happiness so he explored different religions and philosophies. It is said that he found enlightenment, or bodhi, under a sacred fig tree, later known as the bodhi tree. He became known as Shakyamuni Buddha and spent the rest of his life teaching the principles of Buddhism called the dhamma, or >>

photography by LEE E. STINSON

FOLLOWING THE WAYS OF BUDDHA

text by CATHLEEN COLE

truth. Buddhists, about 300 million of them worldwide, believe one should lead a moral life, be mindful and aware of thoughts and actions and develop wisdom, understanding and compassion.

"Buddha was not a god. He was a teacher," Danny Dubuissou, who handles community relations for the temple, said. "Buddhism is not a god-based religion. It's a philosophy — a belief system." Dubuissou took the first meditation class offered at Buu Mon in 1989 and he's been a friend of the temple ever since. "We welcome all people of all

"Buddhism is not a god-based religion. It's a philosophy — a belief system."

faiths," he said. "I am not a Buddhist. I'm a Christian." For those who are Buddhists, the temple offers Sunday services in English and Vietnamese. Three resident monks serve about 250 families in the congregation.

As part of their welcoming spirit, the monks maintain the temple gardens that are the focus of the free Lotus Garden and Bamboo Festival held annually in June. Private tours are available by appointment through the rest of the growing season. The monks also grow several varieties of banana and citrus trees. The gardens offer a peaceful place to meditate, and you can learn how to do that in the free mindfulness-insight meditation class that meets every Wednesday at 7 p.m. The class is taught by Bhante Kassapa, an American Buddhist monk, and assisted by Venerable Sucara, a novice monk.

"The main focus is breathing," Kassapa said. "You are training yourself to calm yourself." Students can sit on a mat on the floor or sit in a chair, as long as they are comfortable.

"You have some very peaceful moments," he said. "The more you do it, the more you slip into that state."

For those seeking peaceful moments, the temple offers solace. "The doors are open to everyone," Dubuissou said. **VIP**



Happy Lunar New Year!

Fireworks exploding, monks chanting, bells ringing, incense burning — it's all part of the Lunar New Year Celebration at Buu Mon Buddhist Temple beginning at midnight on Feb. 14. The Dragon Dance Troupe will be there to ward off evil spirits and the monks will bless the new year and give thanks.

As part of the ceremony, the monks will bless strings and then tie them on to people's wrists as tokens of the blessing. Revelers may also take from the altar a piece of fruit and a red envelope containing a coin and a positive message.

As always, people of all faiths are welcome. "It's quite an event," Dubuissou said. "The temple is usually packed."

Say "Ohm!"

Mindfulness – Insight Meditation class meets every Wednesday, 7-8:30p.m.

Classes are open to all and beginners can join in any Wednesday evening. The style of meditation concentrates on the breath. Dress comfortably.

Buu Mon Buddhist Temple
2701 Procter St., Port Arthur
409.982.9319

East meets West

text by *HALEY STRAHAN*



photography by *SILVIA C. MCCLAIN*

Taiwan native
Fu Chia-Wen Lien
proves that art
translates
in any culture

Fu Chia-Wen Lien has her finger on the pulse of the vibrant art scene in Southeast Texas. As the director of Lamar University's Dishman Art Museum and member of the art department's teaching faculty, Lien has taught and influenced many artists from this area. Originally from Taiwan, Lien came to the United States in 1981, and earned her bachelor's and master's degree in art from the University of

North Carolina-Greensboro. After returning to Taiwan for several years to teach and work in a modern art gallery, Lien moved back to the U.S. upon receiving the Fulbright Scholarship to Parsons School of Design in New York, where she earned her doctorate in art history. Now in her second year at Lamar University, Lien is at the heart of the art world here in Southeast Texas. *VIP* sat down with Lien to talk about art, life and long distance relationships. >>

What is the biggest difference between life in Taiwan and life in America?

Community vs. Individualism. In America, it is hard to find a community. People are more interested in individual success than building a community. In Taiwan, however, it is harder for people to do what they want. They tend to do what their family expects of them. When I came to America in my twenties, it was the first time I felt truly free.

What is your favorite art medium?

Mixed media (a kind of visual artwork that combines various visual arts media, such as painting and collage)



What artist do you most admire?

Different artists at different stages. Everyday, I also find new artists to admire for different reasons. During my college years, I admired Van Gogh and Gauguin. In graduate school, I loved Matisse, Kandinsky and Paul Klee. After receiving my Masters, I enjoyed Dadaism and pop art, and while I did my doctoral program at CUNY, I was interested in Feminist art of the 1970s.

If I were a crayon, I would be the color... rainbow.

Marital status? Children?

Married. One son, age 22. I met my husband when I first lived in the United States, in North Carolina. We then went back to Taiwan, where my husband became known for his art. We had our son while we were living there. In 1992, I came back to the U.S. to pursue my doctorate. My husband and son stayed there for my husband's career. My son lived in Taiwan until he was 12, and then came to live with me in the United States, where he still lives. My husband still lives in Taiwan. I go over there a few times a year.

What is the best thing about your job?

What is the worst?

The best thing about my job is interacting with artists and art students day by day and serving the world of art in a larger sphere with the curatorship in Dishman. There is no worst thing if one is working for things one loves. Sometimes, the worst may turn out to be the best, too.

What is your favorite quiet moment?

Taking a walk and being immersed in nature.

When I'm not working, I am...

still working.

How do you find balance?

I am a Libra. I seem to find balance naturally.

What do you do to stay in touch with your Taiwanese heritage?

Being in a foreign country, one feels even clearer and more sensitive about one's heritage. I try to mingle with my Chinese community and visit home as much as possible. I also try to introduce my culture to the friends and community here through art, music, food, fashion, cultural events, plus my own presence.

What is your motto?

A good traveler has no fixed plans, and is not intent on arriving.

I never leave home without...

my water bottle.

My life would be simpler if...


I think it is simple. VIP

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PACIFIC TIME

*A vacation to the spectacular islands of the South Pacific is the ultimate in **honeymoon** bliss*

text by HALEY STRAHAN

YOU'VE GOT THE DRESS. You've got the cake. You've got the caterer and the band and everything in between. Now there's just one detail left to arrange: the honeymoon.

While this is an exciting decision to make, it can also be a difficult one. After all, this is a vacation that will mark the beginning of your life as husband and wife, and will be remembered forever.

With travel becoming easier and increasing numbers of quality resorts staking a claim all across the globe, there are more options than ever for a couple in search of their dream honeymoon. Hawaii, the Caribbean islands and Mexico all remain popular

choices, but one destination is the gold standard for exotic honeymooning at its romantic best: the South Pacific.

HEAVEN ON EARTH

When most people think of the South Pacific, they conjure images of lush greenery, pristine white sand beaches, native women bestowing vibrant flowers and fruity drinks, cozy bungalows jutting out over Technicolor blue water. And they would be right.

The South Pacific, which includes islands like Fiji and Tonga, and French Polynesian islands such as Moorea and Bora Bora, is an ideal honeymoon destination, boasting a year-round temperature of 70-85 degrees and very low rainfall >>





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averages.

"When people think of what they want for their honeymoon, many of them picture the over-water bungalows," said Laurie Taylor, travel consultant at Universal Travel in Beaumont. "That is something that can only be found in the South Pacific." Indeed, the idea of sleeping in a private cabin over the warm Pacific Ocean, waking up, and literally falling out the door into the blue water, is the ultimate idea of romance for many honeymooners.

For those who want to find a beach chair and spend their honeymoon in it, there is no bluer water or beaches with whiter sand than those of the islands of the South Pacific. Find a secluded lagoon, stick your toes in the gently lapping water and it's easy to pretend that you are the only two people in the world. Claim a towel on a broader beach, and watch the high swells that make the islands of the South Pacific a top surfing destination.

Of course, if you're going all the way across the world to the South Pacific, it makes sense to see a few sights while you are there. These islands may be short on crowded tourist attractions, but they are long on natural beauty and breathtaking scenery. "It is a place that you have to see before you die," said Beaumont resident Lindsay Zummo, who, with her husband Steve Zummo, recently returned from a 13-day honeymoon cruise around Tahiti



and nearby French Polynesian islands. "It is so gorgeous. It's not like anywhere else."

Some of the sights on the must-see list? The 985-foot tall Fautaua Falls in Tahiti, Bora Bora lagoons that allow you to snorkel among sharks, and lush mountains with jaw-dropping peak views, all of which can be hiked in a day.

Other vibrant scenery surrounds the islands of the South Pacific, a few feet under the sapphire water. This close to the Great Barrier Reef, 800 species of colorful sea creatures teem around the islands. For seasoned divers and amateurs, the diving in the South Pacific is incomparable.

Some Enchanted Evening

For better or worse, the islands of the South Pacific are not lined with all-inclusive hotels beckoning thousands of tourists to their shores. The resorts that do exist are almost uniformly upscale, with service that cannot be replicated. On-site at many of the hotels are spas, tennis courts, pools and kayak, snorkeling, jet-ski, and other equipment rentals. Many of the resorts enforce a no-television, no-telephone policy that truly transports you away from the hectic pace of everyday life. Nightly feasts of fresh seafood, accented by tropical music and lovely Polynesian

dancers, are offered at most resorts.

Most importantly, the resorts of the South Pacific succeed in creating an intimate atmosphere that heightens romance. A couple who chooses to stay in one of the 14 private "bures" at the Turtle Island Resort in Fiji need never leave >>

their over-water bungalow. A “bure mama” is on hand to make sure that any of their requests are fulfilled. For the ultimate love-affirming moment of your honeymoon, take part in a traditional Tahitian wedding ceremony. Though non-binding, this romantic ritual, involving the two partners being wrapped in a blanket, will strengthen your bond and make a beautiful memory. “The best thing about our honeymoon was the Tahitian wedding,” Zummo said. “We did it with a few other couples who were on their honeymoon, and some people who were celebrating their 25th or 50th anniversary. It was really cool.”

Bliss vs. Blisters

This level of service and intimacy, of course, comes with a price. “A honeymoon in the South Pacific is going to be quite a bit more expensive than a closer destination,” Taylor explained. Universal Travel sees a few local couples travel yearly to the South Pacific, versus the many who choose Mexico or the Caribbean. “Most of our clients have chosen Moorea or Bora Bora,” she said. “Bora Bora is quieter. You will stay on the resort most of the time, where in Moorea you have more restaurants.”

The other drawback that should be considered when debating a honeymoon to the South Pacific is travel time. The trip across the

globe takes at least 13 hours through Los Angeles to Tahiti, and then an additional leg to the island of your choice. For a couple with only a week to vacation, spending over an entire day on an airplane may not feel right.

If you are in search of sheer honeymoon bliss, and nothing but the most secluded, romantic, breathtaking destination will do, then the islands of the South Pacific are the place for you. Whether you choose the quiet of Bora Bora, the sights of Tahiti, or the beaches of Fiji, a honeymoon to the South Pacific is a fitting way to embark on the greatest adventure of your life. **VIP**



FIRST RESORT

If you are thinking about vacationing in the South Pacific, look into these resorts first.

Turtle Island-Fiji

turtlefiji.com

Housing 14 private bures, the Turtle Island resort takes intimacy to a new level. A “bure mama” sees to all your needs. This breathtaking island was the scene of both Blue Lagoon films, as well as several celebrity honeymoons.



Bora Bora-Nui-Bora Bora

http://www1.hilton.com/en_US/hi/hotel/PPTBNHI-Hilton-Bora-Bora-Nui-Resort-Spa/index.do

Luxury is the key word at this resort. Spacious suites look out over sparkling lagoons and infinity pools are room-side. Ride a golf cart through the manicured grounds and plan a day at the Madera Spa, where you can enjoy island views and a relaxing massage.

Moorea Pearl-Moorea

<http://www.bora-bora-resort.org/mooreapearlresort/main.php>

When you book an over-water bungalow, don't let the thatched roof fool you. These villas offer every amenity, from spacious marble-appointed bathrooms to crisp, king-sized beds. Enjoy

spectacular diving around the island.

Bora Bora Lagoon-Bora Bora

http://www.boraboralagoon.com/web/obor/obor_a2a_home.jsp

Listed on Top 10 Resort lists by *Conde Naste Traveler*, *Modern Bride* and *Travel and Leisure*, Bora Bora Lagoon is one of the most luxurious resorts in the South Pacific. Over-water bungalows feature glass-topped coffee tables that allow fish to swim up from under the villa, where you can feed them. The hotel's Lagunarium is an innovative way to explore underwater marine life.

Lizard Island

lizardisland.com

Located directly on the Great Barrier Reef, Lizard Island is a mecca for diving enthusiasts and fishermen. Water activities like kayaks, catamarans, glass-bottom boats and water skis are all complimentary. This resort offers an all-inclusive package which includes all meals.

Regent Seven Seas Cruise-Paul Gauguin

http://www.rssc.com/ships/paul_gauguin/

Can't stand to miss anything? This cruise ship sails French Polynesia year-round. Enjoy meals, nightlife, a spa and various on-board activities while enjoying the breathtaking views of Papeete, Bora Bora, Moorea, other nearby islands.



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La Soiree

January 30

"An Evening in Vienna." Gala benefiting the Charline & Sidney "Chief" Dauphin Cancer Screening and Prevention Center. Beaumont Civic Center. 7p.m.

Rodney Carrington Show

January 30

Comedian, actor and writer Rodney Carrington will perform two shows. Julie Rogers Theatre. 7p.m. and 9:30p.m. Tickets \$39.75. 409.838.3435, ext. 1

JANUARY 1

New Year's Day

New Year's Day Resolution Run

9a.m. Gulf Terrace Hike and Bike Trail, Dishman Road, Beaumont

JANUARY 2

Entwined Across the Ages: Illuminated Manuscripts and Tapestries

The Stark Museum of Art's collection of medieval illuminated manuscripts exhibited within a setting of twentieth-century wall tapestries that were inspired by arts from the medieval period. Through Jan. 30, 2010, Stark Museum of Art. 409.886.2787

AT&T Cotton Bowl Classic

The 74th match up will be played at the new Cowboys Stadium in Arlington at 1p.m. CST.

JANUARY 7

First Thursdays at the Mildred

A monthly event with live music and shopping. Mildred Building, Beaumont. 5-8p.m.

JANUARY 8

First Fridays on Lincoln Avenue.

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

Houston International Boat Show

The largest boat show in Texas runs for 10 days, Jan. 8-17. Boats, boats and more boats mixed with RVs, travel trailers, tackle and camping equipment. Reliant Center, Houston. Admission is \$8 for adults and \$4 for students. Children 5 and under are free. houstonboatshows.com

52nd Annual Louisiana Fur and Wildlife Festival

The "oldest and coldest festival with the warmest of hearts." Parades, dancing, authentic Cajun music, exhibits and a carnival. Events include trap setting contests, nutria and muskrat skinning, oyster shucking contests, archery, skeet shooting and dog trials. Jan. 8-9. Cameron, LA. Free. lafurandwildlifefestival.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 vipnews@thevipmag.com. Information should arrive at least 60 days in advance of the event.

JANUARY 9

Ron White Behavioral Problems Tour

Julie Rogers Theatre. 7p.m.
409.838.3435, ext. 1

Royal Krewe of Neptune 12th Night Festivities

Bring your own food and beverages to Bob Bowers Civic Center in Port Arthur. Enjoy the final parade of the 2009 royalty in all their finery. 6p.m. to midnight. Tickets \$8-\$15. 409.963.8250, portarthur.com/mardigras/k_naptune.htm

JANUARY 11

A Year With Frog & Toad

A hit on Broadway, nominated for 3 Tony Awards including Best Musical, Arnold Lobel's beloved characters hop from the page to the stage in Robert and Willie Reale's musical. Lutch Theater. 9:30a.m. and 11:30a.m. 800.828.5535

JANUARY 12

The Julie Rogers "Gift of Life" Annual Meeting

An evening to celebrate a record-breaking year with special guest Congressman Ted Poe and the "Spirit of Love" honorees. MCM Elegante Hotel. 6:30p.m. 409.962.9860

JANUARY 14

Meredith "Butch" Jack Art Exhibition & Reception

The Dishman Art Museum Lamar University. Reception at 7p.m. On view through Feb. 18. 409.880.8959

Mix & Mingle at Basic Foods

Beaumont Chamber of Commerce. 4:30-6:30p.m. 409.838.6581

JANUARY 15

Dealt a Deadly Hand Mystery Dinner Theatre

Beaumont Community Players present a whodunit set in a casino in the Poconos, filled with a rich cast of suspects. Prizes will be awarded to the first people who correctly guess the murder and the motive. Show dates are as follows: January 15, 16, 22, 23, 29, 30, 7:30p.m. evenings, 2:00p.m. matinees.

JANUARY 16

Trade Days on The Avenue.

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

JANUARY 17

Goodnight Moon and The Runaway Bunny

Two classic bedtime stories come to life. Lutch Theater. January 17, 2p.m. 800.828.5535

2010 Chevron Houston Marathon

Spectators can cheer on the nearly 18,000 participants in one of the events. houstonmarathon.com
Beaumont will host its first marathon May 1, 2010! thegushermarathon.com

JANUARY 18

Martin Luther King, Jr. Day

Friends of MLK Brunch

Bob Bowers Civic Center, Port Arthur. 10a.m.-2p.m. Hargie Savoy, 409.722.5314

JANUARY 21

Southeast Texas Business Expo

Major exhibition event with hundreds of booths, live entertainment and a celebrity fashion show. Sponsored by The Greater Beaumont Chamber of Commerce and the Port Arthur Chamber of Commerce. Beaumont Civic Center. 9a.m.-4p.m. 409.833.6718

JANUARY 22

Hot Hearts 2010

Contemporary Christian music concert. January 22, 6:15p.m. January 23, 9a.m.-4p.m. Ford Park. 409.951.5400. hothearts.org

Making Tapestry an American Art: The Legacy of Lorentz Kleiser

A presentation by Alice Zrebic at the Lutch Theater, 6:30p.m. Reception immediately following at the Stark Museum of Art.

African-American Art: Highlights from the Dr. Hervy Hiner Collection

The Art Museum of Southeast Texas presents an exhibit focusing specifically on the extraordinary art collection of local nephrologist and entrepreneur, Dr. Hervy Hiner. This exhibition will comprise works in a variety of mediums by some of the great African-American artists of the 19th and 20th centuries. Opening reception 6-8p.m. Exhibit runs Jan. 23 through April 11, 2010. amset.org

Hans Molzberger: RETURN / RÜCKKEHR

The Art Museum of Southeast Texas presents an exhibit featuring several of German artist and Houston resident Hans Molzberger's large-scale, ceramic sculpture installations inspired by environmental, political and social themes. Opening reception 6-8p.m. Exhibit runs Jan. 23 through April 11, 2010. amset.org

Donny Edwards, A Tribute to Elvis

A native Texan, Edwards performed in 2005 at the Jefferson Theatre to a sold-out crowd. Fans will think it is worth the trip to Conroe to see his

show, "One Night With You." Tickets \$25-\$50. Crighton Theater, 234 Main St., Conroe. 7p.m. 936.441.7469, ext. 201

JANUARY 23



Gulf Coast Music Hall of Fame Concert

Celebrating the musical heritage of Southeast Texas and birthday of Janis Joplin. Includes a concert and induction ceremony into the Gulf Coast Music Hall of Fame. Marcia Ball is being inducted into the Hall of Fame. Susan Pierce will perform as Janice Joplin. Performers included Jivin' Gene, Ken Marvel Band, and Still Cruisin. 7p.m. Bob Bowers Civic Center, Port Arthur. 409.548.4444 or 409.985.7822

Symphony of Southeast Texas Pops Concert

"The Best of Broadway." Julie Rogers Theatre. 7:30p.m. Tickets available on line or at the box office concert night. 409.892.2257, sost.org

National Yoga Day Free Classes

Free Hatha Yoga Flow class at Port Arthur YMCA, 9a.m. Donations of oatmeal requested to benefit the food bank at the United Board of Missions. Also available Jan. 25 at 6:30p.m. at Wesley United Methodist Church in Nederland. 409.727.3177

Trailer Choir Live at Texas Longhorn Club

Country crew Trailer Choir, known for their song "Rocking the Beer Gut," perform at the Vinton, LA club. For tickets, VIP tables and all other events call 337.589.5647, thetexaslonghorn.com

JANUARY 24

Boot Scootin' Legends: Images of

Classic Country Opening Reception.

Temporary exhibit through March 21. Museum of the Gulf Coast. 409.982.7000

Mix & Mingle at S.A.F.E. Credit Union

Beaumont Chamber of Commerce. 4:30-6:30p.m. 409.838.6581

JANUARY 26

Greater Port Arthur Chamber of Commerce 110th Annual Banquet

Keynote speaker Hope Andrade, Texas Secretary of State. Bob Bowers Civic Center. 6p.m. 409.963.1107, portarthurtexas.com

JANUARY 29

Jason Aldean Concert

Country rocker Aldean comes to Ford Park with guest performer Luke Bryan. Ticket prices are \$27.75-\$34.75. 800.745.3000 or ticketmaster.com.



JANUARY 30

La Soiree

Gala benefiting the Charline & Sidney "Chief" Dauphin Cancer Screening and Prevention Center. Beaumont Civic Center. 7p.m.

Open Rodeo

Events include tiedown, calf riding, team roping, bareback riding, barrel racing, breakaway, steer wrestling and bull riding all in a new covered outdoor arena at the Texas Longhorn Club. 7:30p.m. 337.589.5647, thetexaslonghorn.com

Royal Krewe of Neptune Mardi Gras Ball

Open to the public at Bob Bowers Civic Center in Port Arthur. Bring your own beverages and snacks. Doors open at 6p.m. and close at midnight. 409.963.8250, portarthur.com/mardigras/k_naptune.htm

Rodney Carrington Show

Comedian, actor and writer Rodney Carrington will perform two shows. Julie Rogers Theatre. 7p.m. and 9:30p.m. Tickets \$39.75. 409.838.3435, ext. 1 >>

LAMAR CARDINALS BASKETBALL



HOME
SCHEDULE
for January and February



MEN'S TEAM - TICKETS \$10-\$13

01/02/10	vs. Tulane
01/04/10	vs. Arkansas State
01/13/10	vs. UT Arlington
01/16/10	vs. McNeese State
01/23/10	vs. Texas State
02/03/10	vs. Central Arkansas
02/06/10	vs. Stephen F. Austin
02/09/10	vs. Lyon
02/17/10	vs. Sam Houston State
02/27/10	vs. UTSA

WOMEN'S TEAM - TICKETS \$5-\$8

01/09/10	vs. Southeastern La.*
01/20/10	vs. A&M-Corpus Christi
01/27/10	vs. Sam Houston State
01/30/10	vs. UTSA*
02/13/10	vs. Texas State*
02/20/10	vs. Northwestern State*
02/24/10	vs. UT Arlington

* 2:05p.m. tip-off

All games at Montagne Center, 7:05 tip off time unless noted. Children 3 and under free. Lamar students free with ID.

February Preview

FEBRUARY 4

Artwork by Anne Nelson Sweat in Café Arts — Feb. 4 through May 2, 2010

Harlem Globetrotters' "Magical Memories" Tour — Family entertainment by the humorous ball-handling wizards. Ford Arena. 7p.m. Tickets start at \$17. 800.745.3000 or ticketmaster.com, fordparktx.com

FEBRUARY 5

First Friday's on Lincoln Avenue — Shopping, food and entertainment. 6p.m.-9p.m. Groves. 409.962.3631

FEBRUARY 6

"pARTy-cipation" — A free and fun art workshop for all ages — families welcome. Participants will make art with four local artists (Andy Ledesma, Xenia Fedorchenko, Terri Fox and Andy Coughlan). By the end of the workshop, participants will have four different pieces of art. The Art Studio, Inc. 10a.m.-3p.m. Gallery opening to follow, 7-10p.m. Exhibit runs through Feb 27. 409.838.5393, artstudio.org

FEBRUARY 7

Symphony League Ball — "A Passage to India." Beaumont Civic Center. 7pm. slbmt.com

FEBRUARY 11

Mix & Mingle at Compass Pointe Homes — Beaumont Chamber of Commerce. 4:30-6:30p.m. 409.838.6581

Julie Rogers "Gift of Life" Survivors Celebration — A salute to breast and prostate cancer survivors held at Parkdale Mall.

Mardi Gras of Southeast Texas — Activities run from Feb. 11 to Feb. 14 in downtown Port Arthur. Parades, concerts, rides. 409.721.8717

An Evening with Horton Foote — Presented by Lamar Theatre Department. Studio Theater. Feb. 11-16. 8pm, 2pm matinee Sunday. 409.880.2250

FEBRUARY 12

2010 Golden Triangle New York, New York! Heart Ball — With a New York-style theme, the local American Heart Association honors 2010 J.C. Crager award recipients, Dr. R. Leldon Sweet and Walter Umphrey. Tickets \$150 per person. Holiday Inn Beaumont Plaza. 7p.m. 409.980.8800

The Krewe of Quilts Quilt Show — Displays presented by the Golden Triangle Quilt Guild. Feb. 12-13. 10a.m.-5p.m. \$5 per person. Beaumont Civic Center. 409.838.3435

FEBRUARY 13

Annual Lamar Baseball Dinner — Entertainment by Phil Johnson, of whom Coach Jim Gilligan says, "He makes Barry White sound like a sissy." Tickets: \$80 individual, tables sales available. Silent auction begins at 6p.m. Banquet 7-9p.m. MCM Elegante. 409.880.8315

"Set Your Sails for AMSET!" Family Arts Day — Guests can make boat-related art activities including making small workable boats, decorating sails and drawing boats. 10a.m.-2p.m. Free. amset.org

The O-Jays — Jump on the Love Train and see the award-winning group perform live at Ford Park. fordparktx.com

FEBRUARY 14

Valentine's Day

Heart for the Arts Awards Evening — The Southeast Texas Arts Council will announce the winners of the 2010 outstanding achievement in the arts and humanities. Suga's Deep South Cuisine and Jazz Bar. Tickets: \$25. setac.org, 409.835.2787

FEBRUARY 16

President's Day

Fat Tuesday Mardi Gras Party — The final party ending the Mardi Gras season. Bob Bowers Civic Center, Port Arthur. 409.962.9860

Lunar New Year Celebration — Buu Mon Buddhist Temple. 409.982.9319

Leading Ladies — The Montana Repertory Theaters performs a hilarious comedy about two English Shakespearean actors who find themselves down on their luck. Lutchter Theater. 7:30p.m. Tickets: \$40-\$65. 800.828.5535

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