

HOUSTONIAN September



**Treat the Family to
Easter and Mother's Day
Brunch at The Hotel**

Travel the Junior
Tennis Super-Highway
Summer Program

**"Healthy Body"
Lecture Series
Begins in May**



Mark Stevens
General Manager
The Houstonian Club

A Minute with Mark

Summer Travel Plans? Don't forget to exercise! As humans we rely on the force of habit to support our healthy lifestyles. Our routines get us up early in the morning, shorten our lunch break or keep us up late at night to get in those few precious minutes of exercise. Interruptions to that schedule can be detrimental to our healthy routines.

While a week or two away from exercise probably does little harm, it's discouraging to feel our hard-earned improvements are being reversed. While making your travel plans for this summer, why not plan to take advantage of the change in your normal routine to reaffirm your commitment to a healthy lifestyle. It is not enough to tell yourself that you will not overeat or that you will exercise daily. Most of us need more concrete guidelines. Think about where you will be on vacation, how you will cope with the not-so-regular routine and the issues of where to eat and where to exercise.

Keep in mind, as a member of The Houstonian, you have access to more than 2,500 IHRSA Clubs worldwide. Simply call in advance and show you're a member of The Houstonian through an IHRSA Passport that we provide for you at the Club Front Desk.

Also, before you depart for your summer travel plans, take advantage of the resources offered to you here at your own club. Have a personal trainer design a workout program that you can take with you. Something that is easy, not dependant on a gym but can be done in a hotel room, on the beach or anywhere

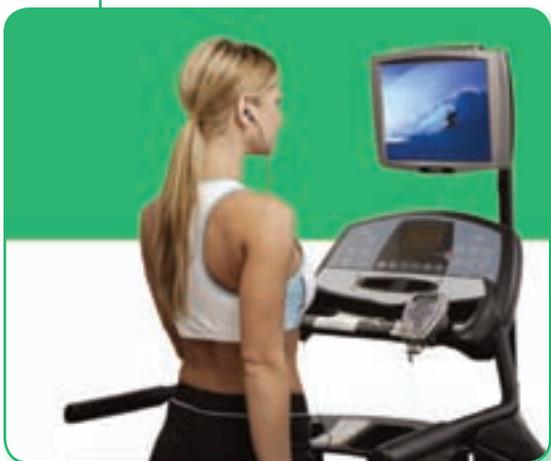
you may be. Have a consultation with our Registered Dieticians to help design a program of healthy snacks and meals that can be carried in the car, on an airplane, or that are easy to make at your vacation destination so that you do not have to spend all the time in the kitchen.

For those of you that decide to spend your summers in town, what better place to relax and unwind than your very own Club. Can you believe that it is now three years since the pools were renovated and improved to serve our membership and hotel guests? Since that time, we often hear "You have brought the vacation destination to us," and "I never have to leave town for vacation as the improvements make me feel I am in some tropical destination." Our pool service is scheduled to open for business in March. Gazebo service begins with weekend coverage March 17, from 11:00 am – 6:00 pm on Saturdays and Sundays. Monday, May 7, the Gazebo will open for the summer season with weekday coverage from 11:00 am – 7:00 pm for food service. The Gazebo Bar will stay open every day (excluding Sundays) until 9:00 pm.

If The Club and pool are not "getting away" enough, don't forget Trellis, recently recognized as one of only two four-star Spas in Texas. A massage, facial or even a day of pampering in our tranquil setting is the perfect way to unwind.

Summer season around The Club is a great opportunity to relax by the pools, make some lifestyle adjustments or try new activities. The professional staff at The Club is available to assist you with your exercise, diet and workout plans while traveling or while pretending to be away at the Club pool. Please stop by Member Services for additional information on how we can assist you with your travel and summer plans. Enjoy the summer, and most importantly, your health!

MY Entertainment Systems



The Ultimate in Personalized Fitness Entertainment: Internet, Personal TV, Music, Videos, Games & More!

Installation has begun on the new entertainment systems for all cardio machines. The MYE Netpulse N4i Broadband Entertainment System offers the ultimate in personalized entertainment with television, Internet, e-mail, games and music – all in one convenient state-of-the-art wireless Internet-enabled package. Enjoy instant access to your favorite web sites, TV channels, workout history and more. Watch for more specific information to come.

CAUTION! SLOW DOWN!

Please remember that the summer months bring a high level of activity around our campus. Children are playing outside, more walkers and runners are on the track, and classes and programs are held on The Meadow. With this, we ask that you yield at all times to pedestrians and do not exceed the posted speed limit of 10mph while on the campus.



Voyagers WWII Veteran Presentation

WWII Veteran Shares Experience with Voyagers

Houstonian Member and Former World War II Pilot Arnold Singer was the special guest at the February Voyagers Birthday Celebration. Arnold flew B-17s over Europe as part of the Eighth Air Force. He shared his experiences including a remarkable video produced by the 390th Bomb Group.



Rhythm & Blues Night



SEEN & HEARD



An Initiation Fee offer exclusively for Houstonian Club Members.

The Initiation Deposit for a Houstonian Golf & Country Club Membership is \$36,000. However, when your membership application is accepted before April 14, 2007, Houstonian Club Members may join for an Initiation Fee* of \$18,000. To learn more about this opportunity and to schedule your private tour, please contact Nicole Scarbrough, Director of Membership, 281.340.7280 or nscarbrough@houstoniangolf.com.

*Non-refundable initiation fee and 6.25% sales tax will apply. Financing options are available. Membership applications are subject to approval. This offer is only available to Houstonian Club Members and may not be used with any other offer.



THE HOUSTONIAN
GOLF & COUNTRY CLUB



March 29 - April 1

Thursday (March 29) First Round

Starting field of 144 of the world's best golfers begin play for \$5.5 million in prize money. Tee times off No. 1 and No. 10 tees from 7:00 am - 8:50 am and 11:30 am - 1:20 pm

Friday (March 30) Second Round

Tee times again off No. 1 and No. 10 from 7:00 am - 8:50 am and 11:30 am - 1:20 pm. Following completion of 36 holes, field will be trimmed to the low 60 scores and ties for the final rounds. The Golf Channel Network coverage 3:00 pm - 5:00 pm

Saturday (March 31) Third Round

Tee times from approximately 8:30 am - 12:45 pm off No. 1 tee only. NBC Sports coverage 2:00 pm - 5:00 pm

Sunday (April 1) Championship Round

Tee times from approximately 8:30 am - 12:45 pm off No. 1 tee only. NBC Sports coverage 2:00 pm - 5:00 pm

Award Ceremony on the 18th green immediately following the determination of a Champion at approximately 5:00 pm.

Complete tournament information is available at www.shellhoustonopen.com. In the event of inclement weather or for other general tournament information, please call Redstone Golf Club at 281.459.7800.



GOLF

EASTER BRUNCH

Sunday, April 8

Celebrate this special day with family and friends.

Houstonian Grande Ballroom

Seatings: 10:15 am – 2:30 pm

\$55 Adults; \$20 Children ages 5 - 12

Children ages 4 and under are complimentary.

Valet Parking, Champagne and Mimosas included

For reservations, call 713.684.6888.

Manor House

Seatings: 11:00 am - 2:30 pm

\$54 Adults; \$20 Children ages 5 - 12

Children ages 4 and under are complimentary.

Complimentary Valet Parking included.

For reservations, call 713.685.6840.



SPRING FLING

Sunday, April 15, 2:00 – 4:00 pm

The Meadow

Moonwalks, face painters, petting zoo, games, music, refreshments and a visit from the Easter Bunny.

\$12 per person. For reservations, call 713.685.7912.

7th Annual End Hunger Network Chefs' Dinner

Wednesday, April 18, 6:30 pm

The Hotel

An evening of dining that includes some of Houston's finest cuisine prepared by chefs from the city's best restaurants. All proceeds from the event benefit

End Hunger Network's hunger-relief programs.

For more information, call 713.532.3663.

APRIL IN PARIS

Thursday, April 26, 6:00 – 9:00 pm

The Manor House

Highlighting French cuisine, live music and a selection of French wines from many regions of France. \$50 per person. For reservations, call 713.685.6840.



Salsa Night

Thursday, May 3, 7:00 – 9:00 pm

The Resort Pool

Adults Only • Complimentary

Join Yelba and her hot Latin band for a memorable evening. Enjoy chips, queso, guacamole and quesadillas. No outside food or alcohol permitted. Space is limited.



For reservations, call 713.685.7929.

SHARE OUR STRENGTH TASTE OF THE NATION

Sunday, May 6, 5:00 – 8:00 pm

The Meadow

A culinary extravaganza featuring food and wine from 50 of Houston's finest restaurants and caterers. Spend a gala afternoon strolling, sampling, sipping and socializing with fellow Houstonians, while being serenaded by the Static Band from Lake Charles, Louisiana. All proceeds support The End Hunger Network and

The Houston Food Bank.

\$85

For reservations, call 713.355.7766

or visit www.houstontaste.org.

MOTHER'S DAY BRUNCH

Sunday, May 13

Treat mom to the special day she deserves.

Houstonian Grande Ballroom

Seatings: 10:15 am – 2:30 pm

\$55 Adults; \$20 Children ages 5 - 12

Children ages 4 and under are complimentary.

Valet Parking, Champagne and Mimosas included

For reservations, call 713.685.6888.

Manor House

Seatings: 11:00 am - 2:30 pm

\$54 Adults; \$20 Children ages 5 - 12

Children ages 4 and under are complimentary.

Complimentary Valet Parking included.

For reservations, call 713.684.6840.



Water Fitness Valentine's Day Party



Water Fitness News Splash

Come try out the new aquatic classes:

Fluid Sensations is on Tuesdays, 9:30 – 10:30 am in the Garden Pool. This class blends elements of dance, martial arts, Yoga, TaiChi and NIA in the warm shallow waters of the Garden Pool. Aquatic shoes are recommended as they will help with the stability and mobility of the body movement. All levels of fitness are welcome.

Anchored Aquatic-Circuit Training is on Thursdays, 9:30 – 10:30 am in the Garden Pool. This class combines cardiovascular intervals with resistance circuit utilization in the deep and shallow water. Various aquatic equipment is used to enhance your workout. All levels of fitness are welcome.

New Seasonal Spring/Summer Class: (May through September)

Joint Effort is on Thursdays, 8:30 – 9:30 am in the Garden Pool. This class combines joint movement in all ranges of motion, through water walking, gait training and core conditioning in the shallow and deep water. This class is great for people with arthritic joints, fibromyalgia, knee/hip rehab, and spinal issues. Walk out of this class with perfect posture!

And don't forget our regular dynamic aquatic classes on Mondays, Wednesdays and Fridays at 10 am – Noon, and Saturdays 1:30 – 2:30 pm.

MEMORIAL DAY POOL PARTY

**Monday, May 28
Noon – 4:00 pm
The Club**

Celebrate with live music, food, games and fun for the entire family. For more information, call 713.685.6888.

Flip Turns for Competition and Fitness

By John Berry

Freestyle flip turns were originally introduced to swimming in order to find a more efficient way to switch directions when coming into a wall. By approaching a wall and doing a flip turn, a swimmer can change direction, make contact with the wall and propel their body under water much faster than on top of the water with an open turn. Even though this is primarily used for competition, fitness swimmers can benefit from this exercise as well. By doing a flip turn, an individual will work on leg strength, flexibility and lung capacity in an exercise that takes less than 5 seconds.

In order to perform an effective flip turn, a swimmer must first have the proper approach. Start by swimming freestyle into the wall. Before you flip, make sure your body is in the right position. Proper position consists of a swimmer's body being flat on top of the water with their shoulders parallel to the wall and bottom of the pool. If your shoulders are not parallel then you will either flip at an angle away from the wall or not be able to flip completely over. To start the flip turn tuck your chin down, then squeeze your shoulders into your body and focus your eyes towards your navel. This will change your center of gravity and make the somersault portion of the turn much smoother. From here bring your arms in close to your body with your elbows bent and your hands by your head. Now bend your knees, as they should be coming over the top of the water and will soon be making contact with the wall. When your feet make contact they should be shoulder width apart with your knees bent 90 degrees. At this point your back should be parallel with the bottom of the pool and your chest facing the surface of the water. Push off the wall on your back while bringing your hands up over your head into a streamlined position. A streamline is when you place one hand on top of the other, with your arms reaching overhead and squeezing your ears. You should be gliding underneath the water on your back at this point. To roll back onto your stomach use your hip and shoulder. By leaning your hip and shoulder to one side your body weight will shift and will cause the water to roll you back onto your stomach smoothly and with minimal effort. Swimmers' legs can benefit from the push off, their flexibility from their streamlines and flips, and lung capacity from the underwater work.

When practicing these turns please remember to know your distance from the wall. If you turn too close you can hit your heels on the gutter, or if you turn too far you can miss the wall. Also remember to exhale through your nose in order to keep water from going inside. A good way to prevent water from entering your nose is to close your mouth and hum. If you would like further instruction on how to do a flip turn or any stroke development, contact John Berry at 713.213.5768.

Baseball Strength & Conditioning Program

In-season/Off-season/Pre-season.
Individual and small group sessions available.

"Education is the key to becoming a better athlete."
Craig Biggio

For more information,
call Eric Vaughn at
713.263.6532 or
evaughn@houstonian.com.

*Strength Coach Eric Vaughn
with Houston Astros 2nd
Baseman Craig Biggio - in
his 20th season with the Astros.*



STARTING IN MAY... The Healthy Body Series

A bi-monthly sports medicine lecture series featuring Houstonian Personal Trainer Patrick Lucas, Licensed Athletic Therapist/Trainer. Watch for dates and times to be scheduled for the following lectures:



May Knee Knowledge
July Parents' Guide to Extracurricular Sports
September Shoulder Health

For more information, call Patrick Lucas at 713.263.6519.

Metabolic Rate Testing

Saturday, April 21
8:00 - 11:30 am

Saturday, May 19
8:00 - 11:30 am

Saturday, June 16
8:00 - 11:30 am



Resolution Shape Up

8 week Program, April 23 - June 15

Combined strength and cardiovascular training with nutrition counseling for all ages and levels of fitness. The class includes a complete fitness evaluation at the beginning and end of the program, as well as a workbook to use during the program and for years to come.

Monday/Wednesday/Friday	11:00 am - Noon
Monday/Wednesday/Friday	Noon - 1:00 pm
Monday/Wednesday/Friday	1:00 pm - 2:00 pm
Tuesday/Thursday	10:00 am - 11:30 am
Tuesday/Thursday	5:30 pm - 7:00 pm

Grocery Store Tours

Whole Foods - Kirby
Thursday, April 12
9:00 - 10:30 am
\$25 per person

Rice Epicurean - Post Oak
Wednesday, May 16
5:30 - 7:00 pm
\$25 per person

Central Market
Wednesday, June 6
8:00 - 10:00 am
\$30 per person



NUTRITION SEMINARS

Wednesday, April 11
Spring Cleaning

Learn what foods to clean out of your pantry and what foods to stock up on.

Wednesday, May 9
The Best Grocery List of All Time

Add 15 foods to your grocery cart to keep you healthy, fuel peak performance and cook easily. Recipes will be provided.

Wednesday, June 13
Planning a Vacation?

Learn how to eat healthy even when on vacation.



**All seminars are held at 10:00 am in the Club Library.
\$15 per person**



Pilates and Yoga to Prevent Osteoporosis

By Maria Kelly

One of the most important health issues for middle-aged women is the threat of osteoporosis. Osteoporosis is a disease of the skeleton in which there is a thinning of bone tissue and loss of bone density over time. Because bones become brittle and prone to fracture (each year about 500,000 American women fracture a vertebra- the bones that make up the spine) women need to stay educated to ensure proper health.

Pilates and Yoga are excellent ways to keep your body strong and aligned to help prevent the onset of osteoporosis. But sometimes genetics are too strong a factor in our lives. If you have been told by a physician that you are at risk of spinal fracture(s), you need to know that even mild stress can cause permanent damage. Be aware that Pilates and Yoga classes can offer too much stress to the spine if you are diagnosed with severe osteoporosis. The contraction of the abdominal muscles in a crunch or a rolling up exercise cause impact on the spine. Brittle, fragile bone cannot withstand the pressure and even a small fracture can cause pain.

To strengthen the back and abdominal muscles, use isometric contractions in a neutral spine position. Be careful not to elevate the head off the floor, but rather have it supported with a pillow or a rolled up towel. Stretching is important, but be careful not to hang from your hips or arms. Lie on your back or side, and have support for all areas related to the spine.



Making wise decisions as we age is a challenge, but something we will all encounter. Our Pilates and Yoga instructors are always here to help you with any concerns you may have. Questions regarding your health are welcome, and if we don't already know the answers, we will do our best to find them!

NEW CLASSES

Tuesdays

9:45 - 10:30 am

Cycle with Annabelle Landa

7:30 - 8:30 pm

Cycle with Jerry Jones

Fridays

6:00 - 7:00 am

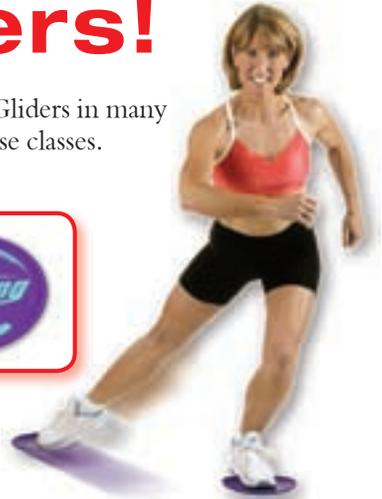
Pilates/Yoga with Jesus Martinez

10:45 - 11:20 am

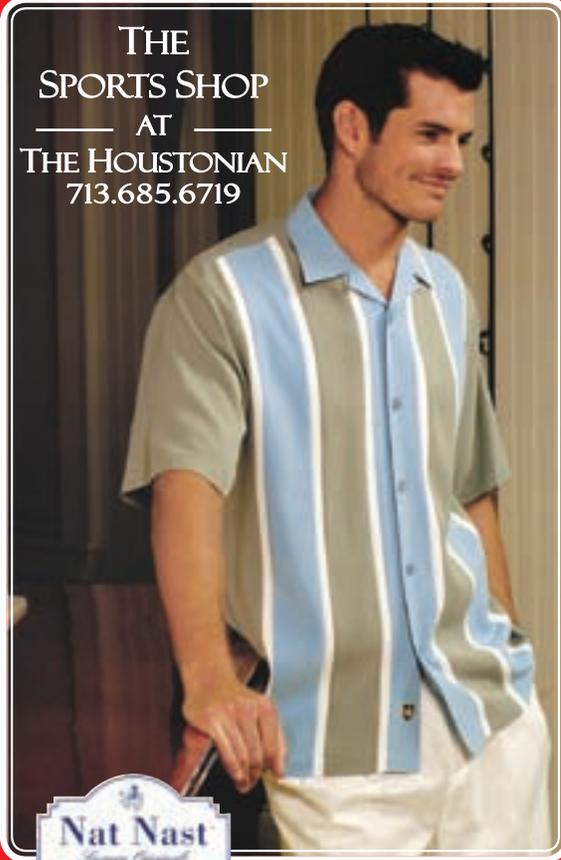
Muscles with Melissa Phillips

Introducing Gliders!

Look for the use of Gliders in many of our Group Exercise classes.



THE
SPORTS SHOP
— AT —
THE HOUSTONIAN
713.685.6719



• Nat Nast • Now at the Men's Department

GET CONNECTED

April

Rice University Campus Tour
Date to be announced soon.

Thursday, May 24

Guys and Dolls

Masquerade Theatre
Transportation provided.
(Departure time to be determined)

BIRTHDAY SOCIALS

Every Second Wednesday

Wednesday, April 11

Special Guest:
Club Member and songwriter
Les Gourwitz will perform
a sampling of original compositions.



Wednesday, May 9

Socials are held at 2:00 pm
in the Club Boardroom.
Cookies and punch are served
and no reservations are required.



NEW CYCLE CLASS!

Thursdays

10:45 – 11:30 am

Studio B with Sam Grow

The “Game Room” COME OUT AND PLAY!

Every other Friday

Noon – 2:00 pm

Club Library

Complimentary

Voyagers gather to play games!

Cards, Dominos, Scrabble,
Chinese Checkers, and more.

Games available for use.

Come meet your
friends and
choose your game.

Have lunch in
Center Court
or bring it into
the “Game Room”.



For more information on all programs, call
Sam Grow, 713.685.7946 or Mitzi Ruff, 713.685.7934.



PROGRAMS

Ladies' Clinics

3.5 - 4.5 levels

Fridays, 9:30 - 11:00 am

Ladies Group Lessons Advanced Beginners

Wednesdays, 6:30 - 8:00 pm

\$23 per class

Men's Doubles League

3.5 level & up

Mondays, 6:00 - 8:00 pm

\$10

Squash Lessons

Private and group lessons available.

Call Guy Cowan.

Racquetball Lessons

Available with Peyton Dorsett, Houstonian

Pro and President of The Houston

Racquetball Association.

FREE PADDLE INTRODUCTION

Receive a complimentary paddle instruction to one of the most fun sports that you can play. Paddle is one of the fastest growing racquet sports in the world. It is one of the best workouts and is an easy sport to learn. The Houstonian is home to the USA paddle team. Get an introduction from USA team captain Mike May. To schedule your free session, call Mike at 713.685.6847.



SPRING JUNIOR TENNIS PROGRAM

Mondays and Thursdays

3:45 pm - 4:45 pm	(Ages 4 - 6)	\$65 per week
4:45 pm - 5:45 pm	(Ages 7 - 15)	\$65 per week
4:45 pm - 6:15 pm	(Advanced Group)	\$96 per week

Tuesdays

3:30 - 4:30 pm	(Ages 4 - 6)	\$65 per week
4:30 - 5:30 pm	(Ages 7 - 15)	\$65 per week
4:30 - 6:00 pm	(Advanced Group)	\$96 per week

Wednesdays

4:30 - 5:30 pm	(Ages 7 - 10)	\$65 per week
4:30 - 5:30 pm	(Ages 11 - 15)	\$65 per week

JUNIOR TENNIS SUPER-HIGHWAY

Summer Tennis Program For Modern Tennis

Dates:

May 29 - June 1	July 9 - July 13
June 4 - June 8	July 16 - July 20
June 11 - June 15	July 23 - July 27
June 18 - June 22	July 30 - Aug 3
June 25 - June 29	Aug 6 - Aug 10
July 2 - July 6	Aug 13 - Aug 17

SUNDAY HIT SQUAD

A wonderful new program for Junior Tennis players that are ready to grow to the next level. Run by Chris Morehouse and assisted by Debbie Ladig.

Sundays, 2:30 - 4:00 pm
\$100 for 5 weeks





YOUTH AQUATICS

Aquatots I

Ages 12 mo - 23 mo (Child + Parent)

May 7 - August 24

Skills: Water safety and teaching instruction for parents: introduction to water, basic skills (Blowing bubbles, kicking, arm movement, back float, entering and exiting the pool)

Aquatots II

Ages 24 mo - 36 mo (Child + Parent)

May 7 - August 24

Skills: Water safety and teaching instruction for parents: (rhythmic bubble blowing, kicking, arm movement, floating, jumping in the pool)

Star Fish

Ages 3-4

April 9 - August 22

Skills: Putting face in water, blowing bubbles, floating, kicking, beginning arm strokes, water safety

Sea Horses

Ages 3-4

April 9 - August 22

Skills: Floating, arm strokes, kicking, coordination of arms and legs, beginning backstroke, water safety

Sea Lions

Ages 5-6

May 7 - August 22

Skills: Floating, arm strokes, lateral breathing, frog kick, backstroke, beginning dives

Houstonian BlueFins, Dolphins & Stroke Clinics

BlueFins Pre-Season April 2 - April 27
BlueFins Regular Season April 30 - June 25
BlueFins Stroke Clinics Saturday, April 7, April 14 & April 28

Dolphins Swim Team February - March
Returning in August

The 2007 Country Club League summer swim season is about to kick off. The Houstonian BlueFins swim team will begin with its Pre-season (Monday, April 2 - April 27) for ages 5-14. This is a great opportunity for children to focus on stroke technique and start their endurance building for the beginning of the Regular BlueFins season (Monday, April 30 through June 25). There will also be three Saturday stroke clinics in April. These workshops are designed to help the swimmer develop each of the individual strokes as well as work on starts and turns.

The Houstonian Dolphins year round program has started back up in February with warmer and drier weather after a break for the holidays. The Dolphins will continue until the first of April when the BlueFins Pre-Season takes over and then will return in August.

This year should be another exciting season for the Houstonian BlueFins swimmers who have placed first at the CCL Invitational for two of the past three years and were league runner-up in 2006! Plan on joining the swim team and being a part of the fun and excitement.

All BlueFins registrations for Pre-Season and Regular season can be found online at myhoustonian.com. Forms are also available at the Club Front Desk and at the Aquatics office. For more information, please contact Coach Mark Hahn at 713.685.6751.



REACT

rapid Eccentric And Concentric Training

SUMMER SPEED & STRENGTH CAMPS

Middle School through High School
2 Summer Sessions, Beginning June 4

Led by Eric Vaughn. For reservations, call Danielle Barnhouse at 713.812.6975.

SUMMER CAMP

May 29 – August 10

3 - 4 year old camp

A day camp which includes games, arts and crafts, sports and swim lessons. All campers must be fully potty trained.



5 - 12 year old camp

A sports camp including baseball, basketball, soccer, dodge ball, kick ball, rock climbing, swimming and other activities.



Registration packets can be picked up at the Club Front Desk, in The Bungalow or via myhoustonian.com. For more information and pricing, call Carter Ayers at 713.685.7911.

KID YOGA

Late Spring Session
April 13 - May 11

Young Kid Yoga
Ages 3 - 7
Fridays 3:45-4:30 pm

Kid Yoga
Ages 7 - 12
Fridays 4:35-5:35 pm



Youth Registration Forms on myhoustonian.com

All Youth registration forms can be found at myhoustonian.com. Click on Youth. Then click on Registration Forms.

JUNIOR GOLF at The Golf Academy at The Houstonian Golf & Country Club

Junior Golf Camp (Ages 6 - 12)

June 5-8 9:30 am - 12:30 pm (Tuesday - Friday)
June 12-15 9:30 am - 12:30 pm (Tuesday - Friday)
June 19-22 9:30 am - 12:30 pm (Tuesday - Friday)

\$275 per week for members

(The Houstonian Golf & Country Club, Shadowhawk Golf Club, The Houstonian Club, Houstonian Lites, Redstone Golf Club, Blackhorse Golf Club)

\$300 per week for guests

Lunch: Add \$40.00

Friday's lunch is included in the price of the camp which will be held during the awards ceremony.

Junior Tour School (Ages 13 - 18)

July 10-13 9:30 am - 2:00 pm (Tuesday - Friday)

\$300 for members

(The Houstonian Golf & Country Club, Shadowhawk Golf Club, The Houstonian Club, Houstonian Lites, Redstone Golf Club, Blackhorse Golf Club)

\$350 for guests

Lunch is included in the price.

For more information, contact Junior Golf Director, Lisa Edgmon at 281.340.7261 or email ledgmon@houstoniangolf.com.



Spring Fresh!

Treat yourself to any of our professional makeup services. Better yet, invite a friend or two, and make it a party!

Makeup Introduction
30 minutes - \$50

Basics of Application
50 minutes - \$100

Photographs, Special Moments, Events
50 minutes - \$100

Your Wedding Day
(includes complimentary pre-bridal consultation)
50 minutes - \$100

An 18% service charge will be added to all spa packages.



www.trellisspa.com • 713.685.6790

TRELLIS

THE SPA AT THE HOUSTONIAN

Resident Members may deduct 20% • Associate Members may deduct 10% • Gift Certificates are available.



THE HOUSTONIAN CLUB

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