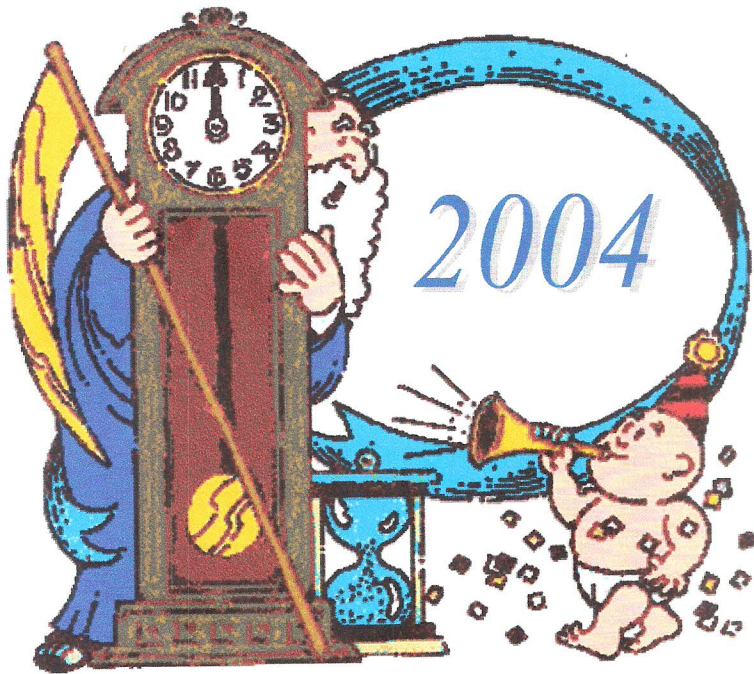


Houston Deaf Senior Citizens

Volume 5

January, 2004

Issue 1



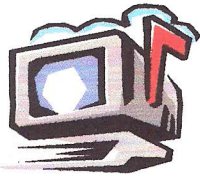
Happy
New
Year

**Martin
Luther
King, Jr.**

"Darkness cannot drive
out darkness; only
light can do that.
Hate cannot drive
out hate; only
love can do that."

- Dr. Martin Luther King Jr.





From the Editor:

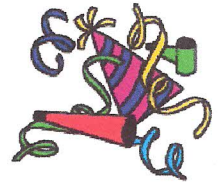
Dear Houston Senior Citizens & Friends:

I hope you had a wonderful holiday. I didn't receive much information from you, including announcements and news, this past month. I assume everyone was busy with the holiday. Memories of 2003 pictures are on page 8 & 9, which recap the year of 2003 Houston Deaf Senior Citizens' field trips. The staff and I would like to thank you all for your support and hope that you continue your subscription.

Now that Saddam Hussein was captured, I pray the American soldiers will come home to the United States from Iraq in year of 2004.

I wish you all the best and happiness in the new year of 2004.

HAPPY NEW YEAR



Audrey

Houston
Deaf
Senior
Citizens
Newsletter

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When paying for a new or renewed subscription, please make your check or money order payable to HDSC Newsletter or Houston Deaf Senior Citizen Newsletter instead of Audrey Leger. Thanks.

Please send any news, information, jokes, pictures, recipes or anything that you want to share with Senior Citizens. **Please keep articles to less than 250 words, due to limited space on the newsletter.** Please note that the editor may, at her discretion, edit articles or news items for brevity and to correct errors. **The deadline is on the 15th of each month.** Items received after the 15th will be held until next issue.

Note: Subscriptions are not paid within three months after the due date will be removed from our mailing list.

If you have any questions, don't hesitate to contact Audrey at 281-437-6224 TTY or fax at 281-416-0799 or e-mail at audright@ev1.net.



**Flash News for next field trip
Alvin & Lake Jackson, TX – January 9, 2004**

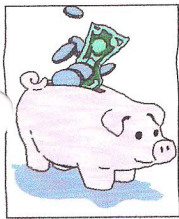
Houston Deaf Senior Citizens will meet at Woodhaven Deaf Baptist Church, 9920 Long Point Dr., Houston at 8 AM. The bus will depart no later than 8:30 AM. The group will tour the historical museums.

10 AM – Nolan Ryan Foundation Center in Alvin - \$1.50 fee

12:30 AM - Lunch in Lake Jackson

2:30 PM – Sea Center Texas in Lake Jackson – no charge

If you are interested in going on the field trip, please contact Audrey Leger at 281-437-6224 before the 8th. Come and let's have fun together. See you on the 9th.



From Zelma Curbello of LOVE FUND:

We wish to thank you for your generous donations to **LOVE FUND**: Arlene Benham, Esther & Richard Brownalenoir, Gus & Zelma Curbello, Josephine Davis, Jimmy French, Marlene Hanks, Marie Hays, Thelma Jo Hays, William Hebert, Audrey Leger, Elnora Morgan, Nancy Morris, Cathy & Fred Simerka, Roger Spivey, Paula Szablowski, Rose Warchesick, Gayle Willingham, and Damon Wright.

Betty Tefler, thanks for your generous to bring the beautiful crafts from Blind Lighthouse to sell and the money goes to **LOVE FUND**.

Tommy & Jenice Wells, thank you for your generous donations to **LOVE FUND** by made the unique Christmas ornament bells for the raffles.

Janice Caraway and Christine McKinnon, thanks for your thoughtful of donations **IN MEMORY OF Hazel Richard's sister, RUTH SEBASTIAN and WELDON TITTLE.**

Anyone who wishes to donate **\$\$\$** to **LOVE FUND** should please make a check or money order payable to Houston Deaf Senior Citizens - Love Fund. Please mail to:

**Mrs. Zelma Curbello
9623 Tiltree
Houston, TX 77075-4042**

~~~~~  
**NEW SENIOR CITIZEN MEMBER:**

Welcome to our Senior Citizen member: *Carl Long*

**NEW SUBSCRIBERS:**

Welcome to our new subscribers: *Hermina Gumm, Christmas gift by Dorothy Krystyniak and Michelle Amy Hanks, gift by her mother, Marlene Hanks.*

**RENEWALS:**

Thank you for your renewal: *Don Adkins, Patsy W. Bunch, M/M Sam Derstine, Henrietta Devine, Richard & Pat Fair, Edie G. Feliciano, Mary Alice Luna, Marie Ramos, and Thomas E. Withrow, Sr.*

~~~~~  
Planned field trips for Houston Deaf Senior Citizens for the next five months:
(Attention: those places may be changed if unable to reserve or time permits)

1. February 13, 2004 (Friday) ~~ Houston Area ~~ 1st choice tour at Reliant Stadium & Historical Museums
2. March 12, 2004 (Friday) ~~ Dane Vang and El Campo, TX ~~ Historical Museums
3. April 9, 2004 (Friday) ~~ Katy & Columbus, TX ~~ Forbidden Garden & Historical Museums
4. May 14, 2004 (Friday) ~~ Galveston, TX ~~ Bishop's Palace, Sacred Heart Catholic Church & Moody Mansion/Museum & Lone Star Flight Museum
5. June 11, 2004 (Friday) ~~ Lufkin & Crockett, TX ~~ Texas Forestry Museum, Downs-Aldrich House & Monroe Crook House

Health Tips

Cancer Prevention: Seven Steps to Take Now

Source: TopHealth

You probably know that not smoking and limiting alcohol can cut your cancer risk. Current research suggests that following some other simple rules can help, too:

1. **Stay active.** Research suggests that regular exercise may help protect against certain cancers. It also helps fight excess pounds and obesity, which are associated with increased risk for colorectal (large bowel), prostate, kidney, breast and endometrium (uterus) cancers.
2. **Trim fat off your diet.** Eating less fat, especially animal fat from meat and dairy products, is believed to help lower your risk of colon, prostate and other cancers.
3. **Fill up on "plant" foods instead.** Get at least five servings of fruits and vegetables a day and several helpings of other plant foods, such as whole grains and dried beans. You'll arm yourself with antioxidants, fiber and other important cancer-fighting nutrients.
4. **Drink tea.** It contains polyphenones, substances that may help protect against a variety of cancers, especially in green tea.
5. **Avoid tobacco altogether.** It's estimated that cigarette smoking causes one-third of all cancer deaths. But chewing tobacco and snuff are also harmful and have been linked to cancers of the mouth and throat.
6. **Safeguard your skin.** Avoid sun overexposure; wear a wide-brim hat and tight-weave clothing when under the sun for long periods. Use sunscreen of at least SPF 15.
7. **Stick to a screening schedule.** Discuss with your doctor when to begin screening for certain cancers and how often to repeat testing. It could save your life.

Stop Headaches before They Start

Source: adapted from the National Headache Foundation

There are several different factors that can bring on headaches, and it's important to recognize what they are because aspirin isn't always going to help. Some headaches will be caused by something that's completely out of your control and may require another type of medication that has nothing to do with getting rid of headaches. Here are a few of the common things that can trigger headaches:

- Poor posture (tight neck and shoulder muscles)
- Eyestrain, glare
- Loud music
- Fumes (glue, paint, cigarette smoke, perfume, etc.), poor air circulation
- Hot weather
- Lack of sleep
- Sinus problems
- Flu, head cold, allergies
- Psychological stress
- Hormonal changes
- Skipping meals

CALENDAR OF EVENTS

January 2, 2004 (Friday)



FRAT will have a meeting and luncheon at 11 AM Friday, January 2nd at Golden Corral Restaurant (get off Hollister exit from North 290, and make a U-turn. Restaurant is on your right).

January 2, 2004 (Friday)



ASL Social at Memorial City Mall – Food Court, I-10 Freeway at Gessner Rd, Houston, TX 77024 Friday, January 2nd from 5 PM to 9 PM. Please e-mail to contact Roger Spivey at spivey39@ev1.net.

January 6, 2004 (Tuesday)



Positive Interaction Program (PIP) will be held on Tuesday, January 6th at Woodhaven Deaf Baptist Church at 9920 Long Point Dr. Houston at 7 PM. The presentation will be: Houston SPCA's Chief Investigator Jim Bollar will be here to discuss animal cruelty with us. Come learn how to recognize and where to report it. Refreshments will be served. Interpreter & captioning will be provided.

January 9, 2004 (Friday)



Houston Deaf Senior Citizens will have a field trip in Alvin and Lake Jackson, TX. Please be at Woodhaven Deaf Baptist Church, 9920 Long Point Dr, Houston at 8 AM. Let's join us and enjoy ourselves. (See editor page 2, for more information).

January 13, 2004 (Tuesday)



Chief's Citywide "PIP" will have a meeting at 1200 Travis on Tuesday, January 13th at 7 PM. The presentation will be: Come join us as Sgt. Ricky Campbell, from the Financial Crimes Unit of the Houston Police Department, shares with us how your identity can be stolen and what to do to protect yourself from this growing crime problem. Come and learn how to protect yourself.

January 14, 2004 (Wednesday)



Houston Senior Citizens will have a general meeting at Metropolitan Multi-Service Center at 1475 West Gray, Houston from 9 AM to 1 PM. Come and enjoy chatting with friends!

January 22, 2004 (Thursday)







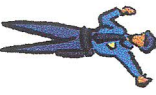













Houston Deaf Senior Citizens will have fellowship and lunch at Woodhaven Deaf Baptist Church at 9920 Long Point from 9 AM to 1 PM. Homemade vegetable soup will be served with the covered dishes. If you wish to bring a covered dish, please contact Evelyn Autry at (713) 984-8186 TTY or Gertrude Sessions at (281) 447-7575 TTY and let them know what you will bring.

January 28, 2004 (Wednesday)



Houston Senior Citizens will have a meeting at Metropolitan Multi-Service Center at 1475 West Gray, Houston from 9 AM to 1 PM. Come and enjoy chatting with friends!

January 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				<p>1 Happy New Year  </p> <p>Evelyn Autry </p> <p>Gene & Jean Harkness-1949 </p>	<p>2 ASL SOCIAL Memorial City Mall </p>	<p>3</p>
4	5	6 PIP MEETING 	7	8	9 FIELD TRIP Lake Jackson & Alvin  Sue Williamson 	10 Pauline Corum 
11	12 Billie Holloway 	13 Chief's Citywide "PIP" Meeting 	14 S.C.M.M.S.C. 	15	16 Dorothy Curry 	17 Elmore Morgan 
18	19	20	21	22 S.C. SOCIAL WOODHAVEN  Billy Corum 	23	24 Walt Anderson 
25	26	27	28 S.C.M.M.S.C. 	29	30 Jenice Wells 	31

REST IN PEACE

OBITUARIES



Carl Malcolm Tate, 71, of Fort Worth, passed away Tuesday, November 19, 2003 at Harris Hospital, Fort Worth. He was born July 21, 1932 in Waco, TX. He attended Texas School for the Deaf in Austin. His father, Carl Raymond Tate, his mother, Juanita Tate, and one daughter, Darla Odean Tate Pruitt all preceded him in death.

Malcolm Tate lived in Dallas for many years. In 1991, he moved to DEAF, Inc at Westchester Plaza Assisted Living in Fort Worth where he lived for the last 12 years. He was a member of New Life Deaf Fellowship Church, Fort Worth.

A graveside service was held for his adopted family from DEAF, Inc last Thursday at Oakwood Cemetery in Waco. A memorial service was held Monday, November 24th at 10 AM at DEAF, Inc at Westchester Plaza, 554 South Summit, Fort Worth in the First Floor Chapel. The service officiated by Rev Aric Randolph of New Life Deaf Fellowship.

Carl Malcolm Tate will be greatly missed by his adopted family and friends.

Memorial gifts may be sent to New Life Deaf Fellowship, 6801 Church St, Fort Worth 70112.

Weldon Britt Tittle, 85, died Saturday, November 22, 2003 while visiting friends in Burleson. Services were held at Starbuck Funeral Home at 2 PM with Rev Curtis Bentley officiated and he was buried at Rose Hill Cemetery in Merkel.

Weldon was born September 23, 1918 at Blair in Taylor County to C.R. and Effie Cox Tittle. He was a very unique and private individual who loved his life and enjoyed his many friends. He attended and graduated from the Texas School for the Deaf in Austin where he met many of his friends. After graduating in 1937, he worked as an engraver in the newspaper business in Los Angeles, CA and in Washington DC until his retirement. He had resided in Austin, TX since. He very much enjoyed visiting his friends, traveling, photography and oil painting in his younger days.

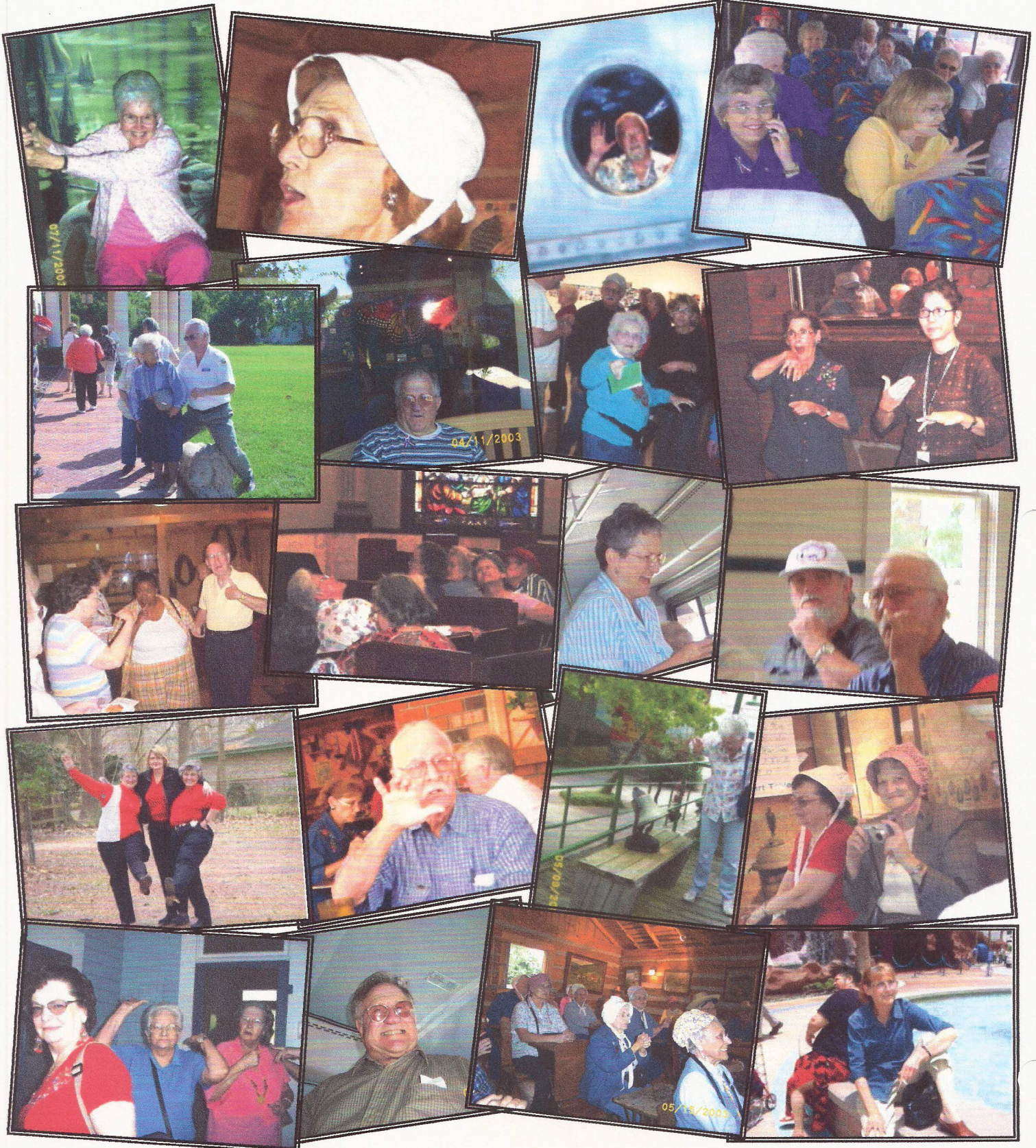
Survivors include a brother Billy D Tittle and wife, Dene of Sonora; a sister, Betty Jane Tittle of Merkel; sister-in-law, Vet Tittle of Merkel; five nephews, three nieces.

He was preceded in death by his parents; three brothers, Orion L, Cullen R and Neely W Tittle; two nephews, Weldon L and Monty C Tittle and one niece, Peggy L Nelson.



Lillie Zimmerman Crockett, 92, passed away in the early hours of November 30, 2003. A woman of great love for her family and friends, she will be sadly missed. In her time with us she had been an honored graduate of the Texas School for the Deaf and Gallaudet University, as well as an active citizen of the Austin Deaf Community. Her passing was natural, gentle and painless. Mrs. Crockett was buried in a private, family ceremony on December 1, 2003. Mrs. Crockett leaves behind two children, Barbara Richardson and Ren Crockett, their spouses, Tom Richardson and Carrie Crockett; four grandchildren, Grayson and Matthew Richardson and Jesse and Lucas Crockett. In addition, she is survived by Matthew's wife, Stephanie; and four great-grandchildren, Tarynn, Sheridan, Noah and Evan.

Memories



of 2003



SENIOR MOMENTS



Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me....I know we've been friends for a long time....but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said "How soon do you need to know?"

Submitting by Audrey Leger, e-mail from sister



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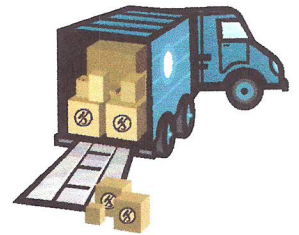
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