

# Houston Deaf Senior Citizens Newsletter

**Funded by DARS-DHHS** **Non-Profit Organization**

Volume 13

December 2012

Issue 12

## Senior Trip to Lake Jackson, TX

It was a beautiful day on October 19th when 22 seniors made the trip. Our 1st stop was to Brazosport Museum of Natural Science where we looked at thousands of shells. All had different names and beautiful colors. Other exhibits included dinosaur fossils, mammoth bones, a Megalodon jaw, a full-sized fossilized Mosasaur skeleton, rocks and minerals, Texas coastal wildlife, and an extensive jade and ivory collection. Then, we headed to Zum Gasthaus German Restaurant for a delicious meal that was waiting for us. This Restaurant was closed to the public while Paul served us. Next, we stopped at Sea Center where we had a tour the hatchery. It has been engineered for low-maintenance, semi-intensive fish production. Then, we viewed the Aquariums. Our last stop was at Lake Jackson Historical Museum. This museum chronicles the rich history of the City of Enchantment with interactive exhibits and high-tech displays reflecting the Prehistoric era, the Plantation era, Industrial and Petrochemical development and the founding of modern Lake Jackson. We had a chance to try our hand at flying the Windecker Eagle. We learned why their streets were named "This Way" and "That Way."



Wrote by  
Nancy Morris

Photography by  
Jan Dermon



### **Board of Directors**

Don Hahn  
Judy Becker  
Patsy Walker  
Nancy Morris  
James Dermon

### **Head Committee Chairs**

**Travel** – Patsy Walker

**Refreshment** – Tommy Wells

**Luncheon** – TBA

**Prizes** – Patsy Walker

**Games/Crafts** – TBA

**Archives** – TBA

**Hospitality** – Zelma Curbello

**Seminars** – TBA

**Newsletter Editor** – Judy Becker

**Subscription** – Judy Becker

## **December**

### **Birthday**

- 8 Joe Ybarra
- 11 Billy Buza
- 12 Cynthia Clifton
- 15 Marie Hays
- 22 Sandra Manley  
Joan West
- 27 Fred Simerka
- 28 Linda Garcia

### **Anniversary**

- 14 Jim & Martha Quinn  
46 years since 1966
- 25 Tom & Billie Holloway  
49 years since 1963
- 31 Carl & Delma Long  
44 years since 1968



## **COMMUNITY EVENTS**

**Tuesday, December 4:**

***Positive Interaction Program  
"HPD Psychological Services  
Division"***

Woodhaven Baptist Deaf Church  
9920 Long Point Drive  
Houston, TX 77055  
7:30 pm

**Friday, December 7:**

***ASL Social***

Pronto Cucinino Mandola's  
Casual Italian  
1410 Montrose  
Houston, TX 77019  
4:00 pm - 9:00 pm

**Saturday, December 8:**

***The Nutcracker performance***  
2:00 pm

**Saturday, December 8:**

***51th Annual Boat Lane Parade***

Kemah Boardwalk  
215 Kipp Ave  
Kemah, Texas 77565  
10:30 am - 11:00 pm

**Wednesday, December 12:**

***HDSCF's Christmas Lunch***

Metropolitan Multi-Service Ctr  
1475 West Gray Street  
Houston, TX 77019  
9:00 am - 1:00 pm

**Sunday, December 23:**

***Christmas Drama 2012***

10:30 am (one performance)

**Wednesday, December 26:**

***HDSCF - Closed***

## 51th Annual Boat Lane Parade

*Saturday, December 8, 2012*



There will be 100s of Christmas boats participating and it usually starts around **6:00 pm**. Get there a little early to grab a good seat or spot on the Boardwalk!



**Joe's Crab Shack**  
11:00 am – 10:00 pm

or

**Cadillac Bar**  
8:00 am – 11:00 pm  
(Bar open until 12:00 am)

or

**Lighthouse Buffet**  
11:30 am – 10:30 pm

### Parking Information

Shuttle Boat parking lots are **ALWAYS FREE**. Exit Hwy 146 turning on 6th Street at the stop light, turn right. Once on 6th Street make a quick left on Texas Ave - you'll see the Shuttle Boat Parking lots just down road.

### Weekend parking is paid year-round

Surface Lots - \$6.00

Closest Lot & Garage - \$7.00

**The Kemah Boardwalk**  
215 Kipp Ave., Kemah, TX 77565

### The Nutcracker performance



**Saturday, December 8, 2012**

**Please meet at 12:15 pm**

Woodhaven Baptist Deaf Church  
9920 Long Point Drive - Houston, TX 77055

**Bus Departs at 12:45 pm**

***We already signed up. So, we will have time to shop in Gift Store before performance.***

***Afterwards, we will go to Downtown Aquarium for dinner. It will be a fun and enjoyable evening.***

**Contact:** Nancy Morris

**VP:** 281-815-4033

**Email:** nmorris726@gmail.com

### Christmas Drama 2012

Woodhaven will have ONE performance of the Annual Christmas Drama on **December 23, 2012 at 10:30 am**. Because seating is limited, tickets are required to attend. Tickets are **FREE**.

Please send an email to:

***dramatickets2012@yahoo.com***

telling us your name and number of tickets needed. You will receive an email back confirming your tickets. Tickets will **NOT** be mailed to you.

On the morning of December 23, doors will open at 9:30 am. You may pick your tickets up that morning and go into the worship center to find your seats. If tickets are not claimed by 10:15 am that morning, they will be given to others on the waiting list.

We look forward to seeing you at the drama.

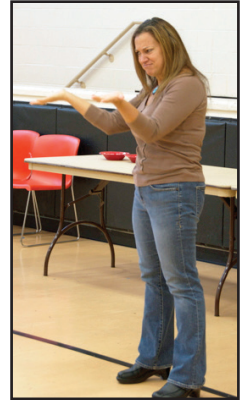
***Merry Christmas!***



## HDSCFLF's Thanksgiving Lunch

Fifty nine seniors had an enjoyable Thanksgiving lunch on the 12th of November 2012. HDSCFLF provided slices of delicious smoked ham while everyone brought side dishes, desserts and drinks. The Board wants to thank those for bringing foods and for donating to the Love Fund. We want to wish everyone a Blessed and Happy Thanksgiving with your friends and families.

*submitted by Nancy Morris/Judy Becker*



Frances Langford signed, "Come to the 'Deaf Women of Houston' meeting."



Bertha Moses Linda Smith Sherry Fewell Mike Clifton  
***Happy Birthday***



Linda & Dennis Smith spiritedly enjoyed wearing turkey cap.



Yvonne & Larry Butler  
***43th Anniversary***



Sherry & Larry Fewell  
***34th Anniversary***



Judy & William Lorenz  
***39th Anniversary***

## 57 Sugars that Are Destroying Your Health

*By Jonathan Bailor for DietsInReview.com*



Every day we learn something new about how sugar destroys our health and expands our waistlines. Even worse, it seems like every other day food corporations come up with new a name for sugar. For example, all of the following are basically sugar, from our metabolism's perspective:

- |                          |                              |                     |
|--------------------------|------------------------------|---------------------|
| 1. Agave Nectar          | 20. Dextrose                 | 39. Lactose         |
| 2. Barley Malt           | 21. Diastatic Malt           | 40. Malt Syrup      |
| 3. Beet Sugar            | 22. Diatase                  | 41. Maltodextrin    |
| 4. Brown Sugar           | 23. Ethyl Maltol             | 42. Maltose         |
| 5. Buttered Syrup        | 24. Evaporated Cane Juice    | 43. Maple Syrup     |
| 6. Cane Crystals         | 25. Fructose                 | 44. Molasses        |
| 7. Cane Juice Crystals   | 26. Fruit Juice              | 45. Muscovado Sugar |
| 8. Cane Sugar            | 27. Fruit Juice Concentrates | 46. Panocha         |
| 9. Caramel               | 28. Galactose                | 47. Raw Sugar       |
| 10. Carob Syrup          | 29. Glucose                  | 48. Refiner's Syrup |
| 11. Castor Sugar         | 30. Glucose Solids           | 49. Rice Syrup      |
| 12. Confectioner's Sugar | 31. Golden Sugar             | 50. Sorbitol        |
| 13. Corn Sweetener       | 32. Golden Syrup             | 51. Sorghum Syrup   |
| 14. Corn Syrup           | 33. Granulated Sugar         | 52. Sucrose         |
| 15. Corn Syrup Solids    | 34. Grape Sugar              | 53. Sugar           |
| 16. Crystalline Fructose | 35. High-Fructose Corn Syrup | 54. Syrup           |
| 17. Date Sugar           | 36. Honey                    | 55. Treacle         |
| 18. Demerara Sugar       | 37. Icing Sugar              | 56. Turbinado Sugar |
| 19. Dextran              | 38. Invert Sugar             | 57. Yellow Sugar    |

Memorizing this list isn't important. It is important to know that any form of caloric sweetener harms our health and leads to weight gain. Put differently, our body does not care where sweetener calories come from. To our body, apple juice is basically the same as soda, since they both contain about 30 grams of sugar. A "weight-loss" bar with 30 grams of sweeteners causes the same clog as a candy bar with 30 grams of sugar. "Heart-smart" cereal is worse than breakfast pastries--they are both full of sweeteners, but you may feel bad eating more than two pastries while happily filling bowl after bowl with "enriched" sweetened cereal.

It's also important that you protect yourself from misleading "natural" marketing. Unnatural high-fructose corn syrup is 42-percent fructose. Natural agave nectar is about 90-percent fructose. Snake venom is also natural. Sure the juice, bar, cereal and agave may have some additional accompanying nutrients, but that doesn't make the sweeteners in them any less harmful. Dissolving a vitamin pill in a can of soda doesn't make the soda healthy.

One of the biggest sugar offenders is high-fructose corn syrup. This caloric sweetener is especially common in low-calorie and low-fat products and is especially fattening. Combine this with the guidance to avoid calories and foods containing fat, and we end up unintentionally eating 10,475 percent more high-fructose corn syrup than we did in 1970. Eating all that high-fructose corn syrup is particularly harmful. In studies, rats that were fed high-fructose corn syrup consistently got fatter and sicker than rats fed the exact same amount of sugar.

Bottom line: If what you are about to eat isn't something found directly in nature (vegetables, seafood, meat, fruit, nuts, seeds, etc.), it's likely had "sugar" added to it. Keep wellness simple and stick with natural whole foods. You'll be "sugar" free and slim.





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**Juice Plus+® Orchard and Garden Blend** are a convenient and inexpensive way to add whole food based nutrition from 17 different fresh, high quality fruits, vegetables and grains to your daily diet in a capsule form.

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*"The Next Best thing to Berries and Grapes!"*

## Laughing Matters

Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all.

One student, in particular, was hard put to think of seven advantages. However, he wrote:

1. It is perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive.
5. It bonds the child to mother, and vice versa.
6. It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test, he wrote:

7. It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

He was awarded an **A**.

## SALE

### HDSCLF's Favorite Recipes

\$10 per cookbook  
(351 recipes + helpful hints + tips + much more)

#### Contact:

Luci Ryan  
striken263@yahoo.com

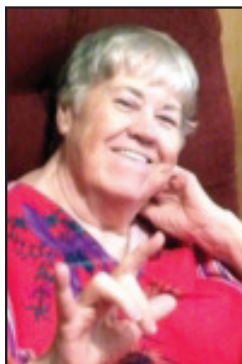
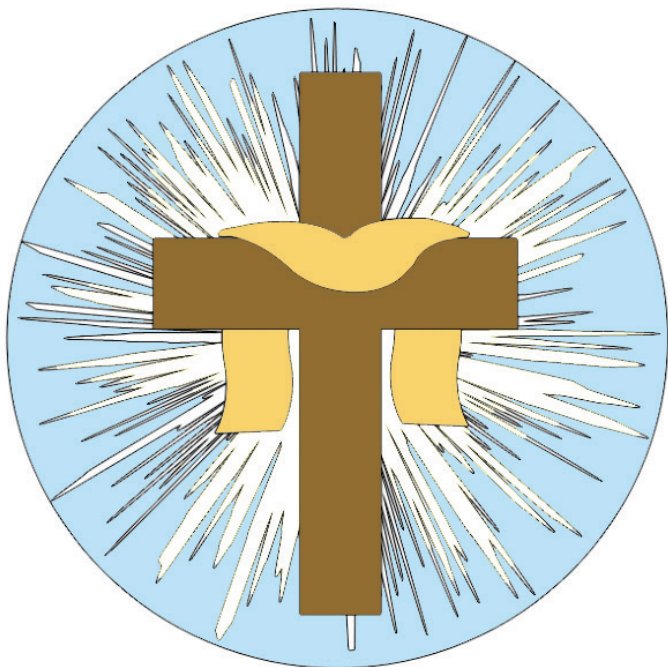
Proceeds to Houston Deaf Senior Citizens Love Fund.



## OBITUARIES



**Xavier Montalvo**, 79, passed away peacefully to be with our Lord in Heaven on Saturday, October 27, 2012. He was born in San Antonio, Texas on October 29, 1932. He was raised in Converse, Texas on the Montalvo Ranch. He graduated from the Texas School for the Deaf in Austin, Texas. He was active in the Northeast Association for the Deaf. He retired from civil service at Fort Sam Houston. He is survived by his sister Edelmira Raimondi and his brother Mario Montalvo.



**Betty Lou Stone**, 81, of Kilgore was received into Heaven, Wednesday, November 7, 2012 in Tyler, Texas after a brave battle with cancer.

Betty Lou was born September 15, 1931 in Riley Springs, Texas to Austin Andrew and Ila Vera Milner Ledbetter. At the young age of 8 years old she & her sister, Ima Jean, were sent to the Texas School for the Deaf in Austin. Neither of them could communicate and this was a very traumatic experience for them. While at the school Betty learned to read, write and sign; she also met her soon to be husband of 57 years, Wesley Stone. The Stones made their home in Kilgore where Betty was a homemaker raising her three sons. She was a kind, sweet, loving mother, wife, sister, aunt and friend to all who knew her.

She is survived by her husband Wesley Stone, of Kilgore; three sons and daughters-in-law, James and Michelle Stone of Athens, Texas, Johnny and Misty Stone of Hallsville, Texas, Tony and Stacy Stone of White Oak, Texas; two sisters, Ima Jean Martin of Blanco, Texas, Dorothy Pace of White Oak; two grandchildren, Samuel Stone of White Oak, Sawyer Stone of White Oak; many nieces, nephews and loving family and friends.

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### A Love Story

A couple was Christmas shopping at the mall on Christmas Eve and the mall was packed. As the wife walked through the mall, she was surprised to look up and see her husband was nowhere around. She was quite upset because they had a lot to do. Because she was so worried, she called him on her mobile phone to ask him where he was.

In a calm voice, the husband said, "Honey, you remember the jewelry store we went into about 5 years ago where you fell in love with that diamond necklace that we could not afford and I told you that I would get it for you one day?"

The wife choked up and started to cry and said, "Yes, I remember that jewelry store." He said, "Well, I'm in the bar right next to it."

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Send me some news & an announcement (baby, birthday, anniversary, obituary) [color photos, 4"x6", high resolution like 150 dpi] before or on **10th day of December**. Thanks!

**Judy Becker**, Editor of HDSC Newsletter

**Email:** hdsnews@yahoo.com

**VP:** 281-667-4763

### ANNOUNCEMENT!

***Our HDSC Newsletter will be printed in colors next January 2013. Price will be the same as \$10/year.***

***Surprised & Excited!***

# ADVERTISING RATES

(All in Colors)

	Each Issue	12 Issues/year
<input type="checkbox"/> Full Page 7-1/2" x 10"	\$40.00	\$400.00
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<input type="checkbox"/> Quarter Page 3-3/4" x 5"	\$10.00	\$100.00
<input type="checkbox"/> One-Eighth Page 3-3/4" x 2-1/2"	\$5.00	\$50.00

Make a money order or check payable to **Houston Deaf Senior Citizens Love Fund** and mail it & this slip to HDSCLF, Attn: Judy Becker, 1475 West Gray St., Mailbox # 4, Houston, TX 77019 or hand in a person to her before or on 15th day of each month.

Be sure to make a copy for your record. An advertiser will get a complimentary copy of issue. Thank you!

## NEW SUBSCRIBERS

Michelle Smith (gift from her sister Julie Spaulding), James & Brenda Wheeler

## RENEWAL SUBSCRIBERS

Rita Aguilar, Glenn Brunson, Lawrence E Coleman Jr, Billy & Ellen Crochet, Edie G Feliciano, Delia Anne Harris, Val Morton, Melvia Nomeland, Zane & Nancy Owens, Eva Nell Roach, Tennis Sessions, Debra & Vern Sonnier.

## DONATIONS - LOVE FUND

Thank Mike/Cynthia Clifton for donating to Love Fund in memory of LaRue Clifton.

Thank Eva Nell Roach for donating to Love Fund.

Thank Jim/Martha Quinn for donating to Love Fund.

Thanks to all subscribers and donors for your continuing support our **HDSCLF**.

Jim Dermon  
Treasurer/Board  
of the HDSCLF



## Houston Deaf Senior Citizens Love Fund

A non-profit, 501(c)(3) tax exempt organization

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City/State/Zip: \_\_\_\_\_

☐ VP, ☐ TTY or ☐ Fax: \_\_\_\_\_

Mail this form with a check or money order (payable to **HDSCLF**) to Houston Deaf Senior Citizens Love Fund, Attn: Newsletter Editor, 1475 West Gray St., Mailbox # 4, Houston, TX 77019. Thank you for your support.

Please do not write: ☐ Cash  
(in person only)

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