

Intown

NOVEMBER | DECEMBER 2018

The Nutcracker Returns to Wortham

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Arts + Events | The Mudcrusher

An English Pub for the Holidays?



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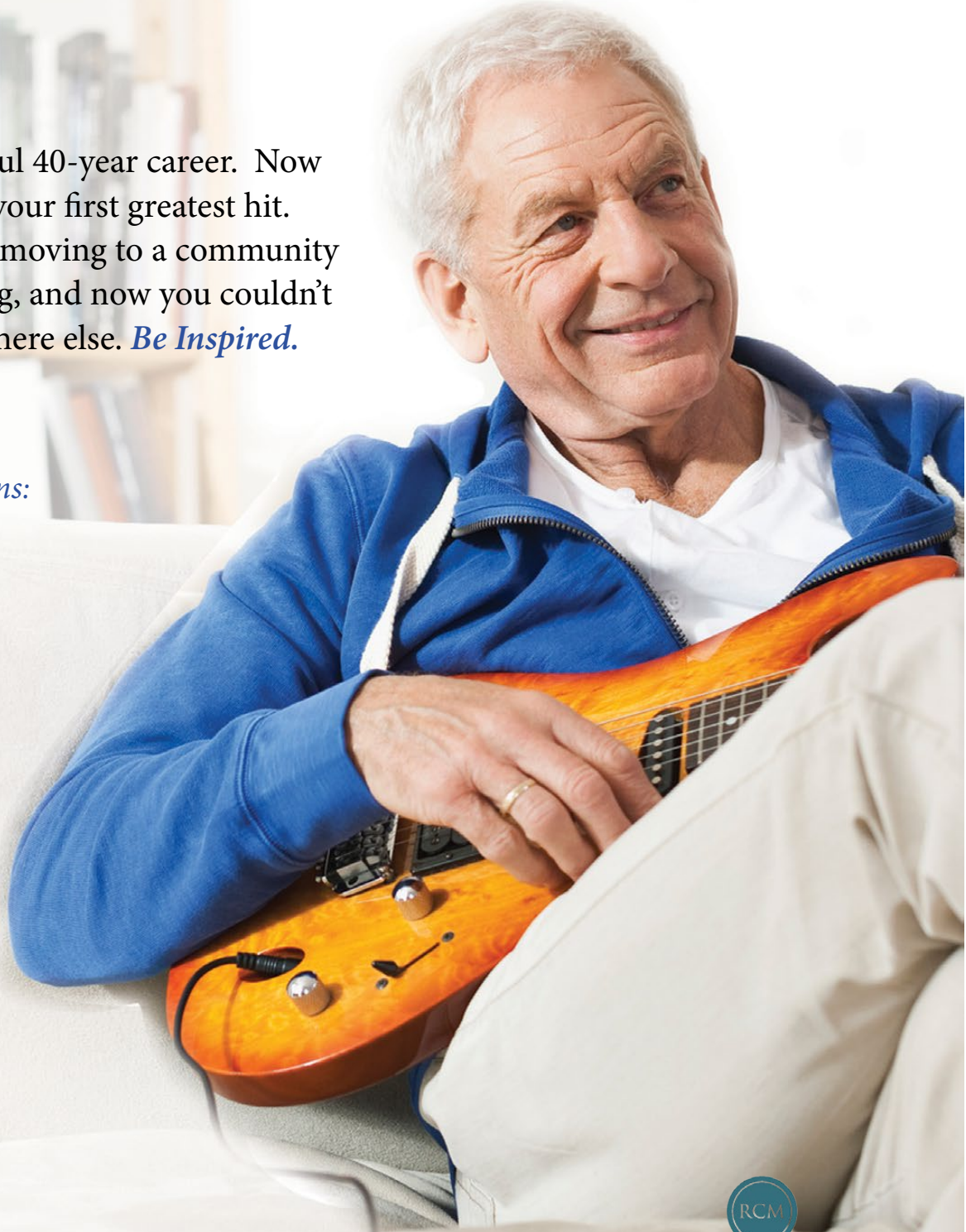
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Publisher's Letter

Embracing Holiday Traditions

In 500 B.C., Philosopher Heraclitus of Ephesus proclaimed in his writings, "Change is the only constant in life." It seems to ring truer today as we see everyday life traditions upended by new technology and evolving trends that I didn't see coming. For example, huge department, toy and grocery stores are closing as packages are delivered daily to doorsteps across the country. Elections and children are being influenced by the social media platform Facebook, while many politicians and everyday Americans feel the need to voice their opinions daily on another platform—Twitter.

I'm sorry; I don't get it.

Most gratefully and with a few exceptions, holiday season traditions for me is a time where most things are still the same. Christmas is still celebrated with family and friends at a traditional, heartwarming, evening church service, the way it has been for hundreds of years. Christmas trees and wreaths, peppermint candy canes, stockings, mistletoe, Christmas cookies, and of course, the often dreaded fruit-cake (which I enjoy) haven't changed much.

Is visiting the mall still a tradition? Not so much for many people due to online shopping, but it is an annual ritual I don't skip. There is no better way to experience the sights, sounds and smells of the holiday shopping season than a trip to the mall, in my opinion. I cherish those last minute (Christmas Eve) shopping trips that imbue the true Christmas spirit: holiday tunes blaring in every store while frantic shoppers try to find their way. I hope this never changes.



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11514 Royal Ivory Crossing | Royal Oaks

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List Price \$1,850,000 | MLS#70852288

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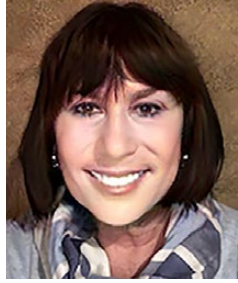
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Ars Lyrica

Nov. 16, 18 Aggrippina
Dec. 31 Baroque Razzle Dazzle

Da Camera

November
3 DeJohnette Coltrane Garrison
13 Danish String Quartet

December

1 Pedrito Martinez Group

HOUSTON SYMPHONY

November
2, 3, 4 The Seven Deadly Sins
9, 10, 11 An American in Paris

23, 24, 25 A Mozart & Brahms
Thanksgiving
29 Ohlsson Plays Beethoven

Pedrito Martinez Group



December

1, 2 Ohlsson Plays Beethoven
7, 8, 9 Very Merry Pops
8 A Polar Express Christmas
14 Home Alone - Film
with Live Orchestra
21, 22, 23 Handel's Messiah

THEATER

A.D. PLAYERS

Nov. 30 - Dec 23 It's a Wonderful
Life

ALLEY THEATRE

Nov 16 - Dec 30 A Christmas Carol

MATCH THEATRE

The Catastrophic Theatre
Nov 15 - Dec 9 First Suburb

Imagination Theatre

Match
Dec 14 - Dec 16 Godspell 2012

Main Street Theater

Nov 11 - Dec 21 Mr. Popper's
Penguins

MILLER OUTDOOR THEATER

November

3 Horses in the Sky
9 Animaniacs in Concert
10 A Musical Salute to Veterans
14 Inner City Nutcracker
16 I am King: The Michael Jackson
Experience
17 The Divine Miss Bette

STAGES REPERTORY THEATER

Nov 7 Dec 23 The Ultimate Christmas
Show (abridged)
Nov 21 - Dec 30 Panto Star Force
Dec 5 - 30 Who's Holiday!

THE ENSEMBLE THEATER

Nov. 15 - Dec 29 Christmas is
Comin' Uptown

Theatre Southwest

Ongoing through Nov 17
The Memory of Water

Theatre Under the Stars

Ongoing through Nov 4 The Wiz
Dec 8 - 23 Beauty and the Beast

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Nov 7 - 18 Phantom of the Opera
Nov 23 Yiruma
Dec 8 - 23 Beauty and the Beast

16 Pepe Aguilar
8-9 Elton John
21 Trans-Siberian Orchestra

15 Golden State Warriors
17 Sacramento Kings
21 Detroit Pistons
28 Dallas Mavericks

13 Los Angeles Lakers
17 Utah Jazz
19 Washington Wizards
22 San Antonio Spurs
25 Oklahoma City Thunder
27 Boston Celtics
31 Memphis Grizzlies

CONCERTS & EVENTS

SPORTS

TOYOTA CENTER

November

6 Twenty One Pilots

Houston Rockets

November

1 Indiana Pacers

December

1 Chicago Bulls

11 Portland Trail Blazers

★ Christmastime in the City ★



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99TH ANNUAL MAYOR'S HOLIDAY CELEBRATION & TREE LIGHTING

Nov. 30 • Downtown

Ring in the season with the 99th Annual Mayor's Holiday Celebration and Tree Lighting Presented by Reliant, an NRG Company on Friday, November 30, 2018 in the heart of downtown Houston. The spectacular event is a holiday tradition of music, Santa, fireworks and family fun. A towering Holiday Tree, glowing with energy efficient LED lights, shimmering ornaments and a stunning star topper will light up the streets of downtown Houston this holiday season. The event takes place in Hermann Square at City Hall from 6:00 to 8:00 p.m. and is free and open to the public.

★ FROSTIVAL

Nov. 16

Discovery Green

Discovery Green, the 12-acre park in the heart of downtown Houston, kicks off the Winter 2018-2019 Season with Frostival on Friday, Nov. 16, from 6 to 10 p.m. This fun-filled evening marks the opening of The ICE powered by Green Mountain Energy and the debut of the temporary art installation GUST: Celebrating a Decade of Discovery by Mexico City-based design studio Cocolab.

The annual park-wide celebration features ice carving by Reverend Butter and DLG Ice Factory, ice skating, ice sculpture photo opps, music from DJ Caps and more. The ice rink will open at 5 p.m. on the day of Frostival (weather permitting).

Guests who make a contribution to the Discovery Green Conservancy will receive a hand-carved stein made of ice plus a free craft beer or root beer from Saint Arnold Brewing Company. A limited number will be available on the day of the event.

Frostival is free to attend; skating fees apply. Please visit www.discoverygreen.com/frostival for additional information.



PHOTO: BORIS MALAKOFF

★ 4th Annual CHRISTMAS VILLAGE at BAYOU BEND

Dec. 14, 2018 - Jan. 5, 2019

Santa and his reindeer will return for 17 dazzling nights in December and January for the 4th annual Christmas Village at Bayou Bend. From December 14 through January 5, the 14-acre estate transforms into a winter wonderland and spreads holiday cheer with sparkling lights, carolers, a hand-crafted model train and festive activities for all ages – including a cotton snowball toss and reindeer games! Visitors can also enjoy holiday-themed tours of the Ima Hogg's historic mansion, featuring live actors, theatrical effects and Christmas decorations.



PHOTO: KATYA HORNER



★ THE ICE

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Nov. 16, 2018

- Jan. 27, 2019

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There's Nothing Like Coming



Houston Ballet First Soloist
Nozomi Iijima as Sugar
Plum Fairy and Principal
Connor Walsh as
Nutcracker Prince

It's once again time for dancing sugar plums, and magical toys as Houston Ballet's *The Nutcracker* dances onstage starting November 23.

Despite this being a holiday tradition for generations of Houstonians, there will be some differences this year.

If you haven't seen Houston Ballet's *The Nutcracker* in two years, you haven't seen it at all. After decades of performing former director Ben Stevenson's version of the Russian classical ballet, Houston Ballet's version needed an update. (Fun fact: when first performed in St. Petersburg in 1892 it was not a hit, it only became an American Christmastime tradition in 1944 when the San Francisco Ballet performed it to rave reviews.)

So, in 2016, Welch created a brand new ballet for the company. The multi-million dollar version is dazzling with new costumes, choreography, and characters. A lovely addition is the costumed dancer sheepdog in Act 1 and the "real" snow that falls not only on stage but on the audience as well. Plus, dancers in costume hand out balloon animals before the curtain goes up and stellar sets by acclaimed British designer Tim Godchild extends beyond the stage. It was spectacular and received rave reviews nationally.

And then came Harvey.

Despite having precautionary storm doors fitted to the Wortham Theater Center — home to both the ballet and Houston Grand Opera — after Tropical Storm Allison in 2001, the rains generated by Hurricane Harvey in 2017 devastated the complex. The theater took on about 12 feet of water. The lower levels were completely flooded, dressing rooms and storage areas had to be gutted. Giant pumps and generators

The Nutcracker Returns



Home for the Holidays!

by Marene Gustin

and crews of workers spent months repairing the venue. It took more than a year and about \$100 million to repair all of the damage. The center reopened this September 26.

Luckily, after the rains ended, Houston Ballet had not lost everything. Because of its six-story, \$46.6 million Center for Dance, opened in 2011, where the costumes and shoes were stored, everything for the new Nutcracker production was saved. The lengthy run generates a large portion of the company's income, for most American ballet companies The Nutcracker is considered the cash cow that keeps them afloat.

But with the theater gone the only way to perform was to take the show on the road. That meant a split run last year with performances at the Smart Financial Centre in Sugar Land and the Hobby Center for the Performing Arts in Houston.

But now, the Wortham has been restored, and the ballet is coming home for the holidays.

"We are very excited to be able to return the Wortham Theater for our wonderful Nutcracker. We've been on the road for a while now and to get to be home and to bring that ballet back to its full glory on that wonderful Wortham stage is something that I can't even begin to tell you how exciting that is for all of us," says Houston Ballet Artistic Director Stanton Welch A.M. (Member of the Order of Australia.)

This will be the company's first time performing back in its home theater.

"The people of Houston built The Wortham Theater Center to be Houston Ballet's home, and in turn, we've built productions that are meant to live there," says Principal Connor Walsh. "This couldn't be truer when it comes to The Nutcracker. Not only is it our most popular production of the season but also the largest. Touring that show around Houston last



Demi Soloist Rhodes Elliott as French Man with Students of Houston Ballet Academy



First Soloist Allison Miller as Clara



Demi Soloist Mackenzie Richter as Arabian Woman & First Soloist Linnar Loois as Harem Master

to the Wortham

Houston Ballet's The Nutcracker

Nov. 23 – Dec. 29

Choreography: Stanton Welch

Score: Pyotr Ilyich Tchaikovsky

Costume/Set Design: Tim Goodchild

Lighting Design: Lisa Pinkham

houstonballet.org

Christmas on the Boulevard

the Christmas tradition returns!

Saturday, December 15

4:00 pm: Live Nativity

5:00 pm: Gala Concert

6:15 pm: Jazz Reception



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Artists of Houston Ballet
as Flowers



season was a challenge that made our company stronger, but it's time to go home for the holidays. It will be an emotional homecoming that all of us at Houston Ballet could not be more excited for. “

The production boasts 250 spectacular costumes, dozens of new characters and amazingly fresh choreography by Welch. The ballet still follows the story of E.T.A. Hoffmann's *The Nutcracker* and the *Mouse King* that tells the tale of a young girl on Christmas Eve who dreams her toys come to life and fight off the Rat King and his minions. In this version, the rat minions come running down the aisle, delighting screaming children in the audience, before taking the stage to battle the toy soldiers.

And there are even more children in this version, besides the usual kids in the party scene and the gumdrops, Welch uses child dancers as little lambs, bees and tiny angels. And this is the first year that the company held open auditions for children, instead of just selecting them from Houston Ballet's academy.

This is arguably the best *Nutcracker* production you will ever see, it is entertaining for children and lavish enough with brilliant choreography for adult dance fans. And best of all, it is back home at the Wortham Theater Center.

“Houston Ballet's 2018/19 Season will be an unforgettable year,” says Executive Director Jim Nelson. “We have been through so much as a company, and we look forward to returning to our home venue, the Wortham Theater.”



Artists of Houston Ballet as Russian



Cherry Sears and
Samantha Sears Foshee



Trenette
Allen



Amy Dunn, Semmes Burns,
Jayne Johnston and
Lora Knapp

The BUZZ

By **Lindsay Mowad**



Lee Banchetti and
Natalie Weakly



Audrey
Skelton

JUNIOR LEAGUE OF HOUSTON OPENING STYLE SHOW FROM ELIZABETH ANTHONY

The **Fellowship with Fall Fashions** was presented by the Uptown Park retailer, **Elizabeth Anthony** at the **Junior League of Houston, Inc.**

Liz Rigney, Sustaining Club President; **Jennie Moroney**, General Manager at Elizabeth Anthony and **Julie Roberts**, Owner of Elizabeth Anthony introduced the hottest looks for fall.

The League partnered with Elizabeth Anthony to present chic and seasonal pieces handpicked by show producer **Ursaline Hamilton** including designs from Alberta Ferretti, Veronica Beard, Prabal Gurung, Temperley London, Giambattista Valli and more.

Since 1925, the Junior League of Houston Tea Room has been the training ground for its volunteers to be educated in the discipline of service. Through the achievements of its members and generous donors, the League will contribute more than \$2 million in volunteer time and direct financial support to 36 community projects in 2018 – 2019.

Elizabeth Anthony, a renowned specialty store in Houston's Uptown Park features well-known and respected American and European designers whose styles range from traditionally glamorous to the vanguard.



Patra Katsigiannis, Joni Fichter and Peyton Wallace



Danielle Durrocher and Selby Bush

Dr. Parissa Mohajer and Karina Barbieri



Alicia Whitley

Nicole Lassiter and
Beth Muecke



Sonia Sato, Susanne Stiles and Roseann Rogers



Sally Curtis, Donna Kidwell and Jeanette Collins



The Holidays are a Tradition at This

No need to sit home alone on the holidays and binge on junk food. The Red Lion Pub near River Oaks is always open for the holidays. Besides being comfy and quaint — with red pleather booths, a gas log fireplace, and imitation Tudor timbers — they always decorate for the holidays so you know it will be festive and the food is first rate.

The pub, opened by Craig Mallinson, son of British folk singer Sarah Mallinson, in 2014, is a popular hangout for the neighborhood with a host of fun events from taco Tuesdays to soccer and royal wedding watches (there are several flat screen TV's around the main dining room and over the bar) and it's always crowded Sunday suppers featuring roast beef and Yorkshire pudding for \$22. Did we mention the prices are very reason-

by **Marene Gustin**

able? It's likely the most authentic British pub in Houston offering up fish and chips and shepherd's pie daily. But there's also a lot of Indian food such as beef vindaloo and Punjabi egg rolls on the menu. Mallinson, who grew up around British pubs, says Indian is the Tex-Mex of his homeland. "It's the most popular ethnic food there, he says."

Red Lion is the Cheers bar of British pubs, everyone knows you or will after the first round. And while it's very authentic, it's authentic in a throwback way. Red Lion is the pub you've read about in English cozy novels where you wouldn't be surprised to see Agatha Christie pop in for a cup of tea in the afternoon. But those places are getting harder and harder to find in Britain today.

According to the British Beer and

Pub Association (of course there's such a thing), the British pub industry is in a 40-year decline. And the association blames technology citing more and more Britons are staying home drinking beer and watching Netflix. And there's also the 2007 smoking ban that hurt the industry and the fact that the younger generations don't seem to drink as much at lunchtime and prefer a livelier environment after work making the modern corporate owned pubs more popular. But, according to a CNBC report from April of this year, there has been a rise in brewpubs.

The horseshoe-shaped bar at Red Lion dispenses every kind of drink you can imagine from locally brewed beers to imported ales to fine wines and 16-year-old Scotches.

The Yorkshire-born Mallinson hasn't always been a pub owner. He has been a

A British Treat For The Holidays!

Feeling Lonely or Hungry During the Holidays

Try Red Lion Pub For Holiday Treats

fashion model and bartender here in Houston but when he saw the space on Shepherd Drive, which has been everything from a pizza joint to a French bistro, he knew he was home.

"It just looked like a pub," he says. That was 14 years ago and the pub has been going strong ever since then. Guy Fieri even featured it on his TV show Food Network's Diners, Drive-in, and Dives. Fieri even stayed with his crew after the taping and ordered dinner on the patio. The patio is, in fact, one of the best in the city and is dazzling at night with the twinkling Christmas lights strung from the red umbrellas and the fire pits roaring when the weather dips. It's also a dog-friendly and smoker friendly patio.

"The patio is my favorite spot," says professional actress and singer Francie Mendenhall. "But it's all just so cozy, the rounded bar, the dart room, and fire room. I love that little room at Christmastime when all the decorations are up and the gas fireplace is going."

Cozy yes, but on the holidays expect a crowd.

"Make a reservation early," she advises, "I've seen a line out the door on Thanksgiving. They serve a traditional American meal with turkey and all the sides but I love the desserts. The holidays are very festival at Red Lion. It can get pretty packed but it's fun!"



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Common Cancer Myths and Misconceptions



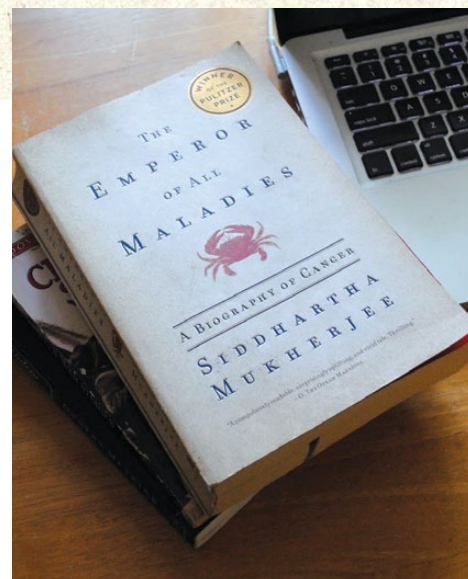
By Ronald A. DePinho, M.D.

Sid Mukherjee's, *The Emperor of All Maladies*, captures well both the scientific complexity and the deep social and emotional toll of cancer. Cancer is portrayed as a genetically and biologically complex disease that can elude early detection, hamper accurate diagnosis, and resist treatment.

We all know someone suffering from cancer or lost due to cancer. We are all at personal risk for developing a malignancy in our lifetime – 38% of us will develop cancer.

An online search for “cancer” yields a wealth of credible information about the disease and its treatment, but also a mountain of myths and misconceptions. When confronted with this tsunami of information how does one distinguish scientifically proven guidance from myths that may sound perfectly logical and emotionally satisfying?

Read this article and arm yourself and your family with some common cancer myths and misconceptions as well as the knowledge and actions needed to help prevent cancer.



Common cancer myths and misconceptions

Do artificial sweeteners cause cancer?

No. Questions about cancer and artificial sweeteners (Saccharin, Aspartame – NutraSweet and Equal – Sucralose – Splenda, Acesulfame potassium – ACK, Sweet One, Sunett, Neotame, and Advantame) arose from early studies showing that cyclamate in combination with saccharin increases the occurrence of bladder cancer in laboratory animals exposed to very high levels. Subsequent human studies have failed to show evidence of an association with cancer.

Is Cancer Contagious? No. Cancer cells from one person would be recognized and rejected by the immune system as a foreign entity by another healthy person and destroyed. Interestingly, even if a woman has cancer during pregnancy, the cancer rarely affects the fetus directly. The only clear situation where cancer can be spread from one



person to another occurs in the setting of organ or tissue transplantation. A person who receives an organ or tissue from a donor who had cancer in the past may be at increased risk of developing a transplant-related cancer in the future. This occurs in part from immune suppressive treatment of the transplant recipient, rendering their immune system less able

to recognize and eliminate the cancer.

Since cancer is not contagious, we should embrace cancer sufferers. Cancer patients benefit greatly from close social and emotional support from friends and loved ones so don't be afraid to visit a person with cancer.

Is the HPV vaccine safe and does vaccination promote sexual promiscuity?

Yes and No. There are more than 30,000 HPV-associated cancers in the USA alone (600,000 worldwide), and each year 14 million Americans become infected -- an overall 80% lifetime risk. Approximately 100 million doses of the HPV vaccine have been administered and proven to be safe and highly effective, capable of preventing more than 90% of cervical and throat cancers. The major side effects are soreness at the inject site and transient headache. Vaccination prior to sexual activity at ages 11-13 for

both girls and boys is optimal and new evidence indicates that men and women up to age 45 may also benefit from vaccination if they have not yet been exposed to certain HPV strains. Finally, a large survey of children has shown that HPV vaccination does not promote sexual promiscuity.

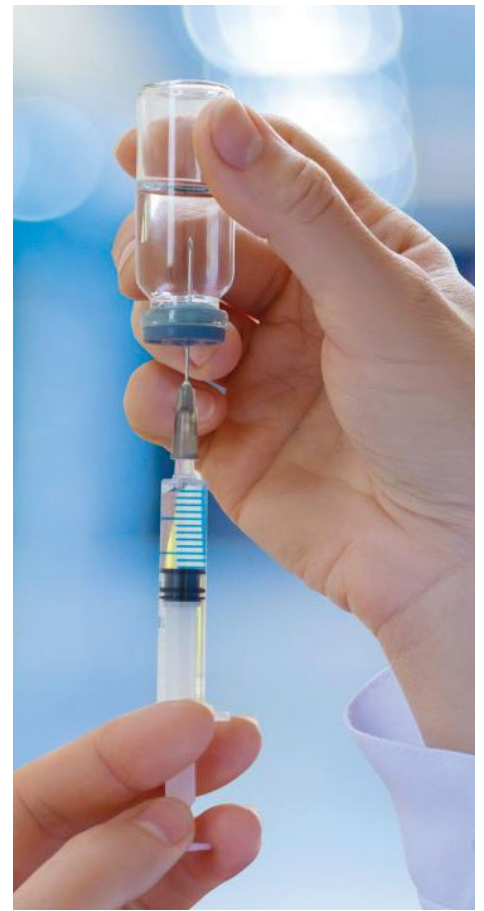
If someone in my family has cancer, do I have an increased risk of getting cancer, too? Possibly. While the vast majority of cancers arise from acquired mutations during life, about 10% of cancers arise as a result of inherited (so-called germline) mutations which increase the risk of cancer development. These cancers are called “familial” or “hereditary” cancers. Hereditary cancers tend to affect multiple family members, often involve the same cancer type, and arise on average early in life (most cancers arise after age 60). So, if cancer is highly recurrent in the family and a family member contracts cancer prior to age 50, one should consult a cancer geneticist to gain a better understanding of your risk and what

you can do to mitigate your risk through lifestyle changes and screening strategies.

If no one in my family has had cancer, does that mean I’m risk-free? No. Based on the most recent data, there is an overall 38% cancer of getting diagnosed with cancer at some point during one’s life. Most cancers are caused by genetic changes that occur throughout a person’s lifetime as a natural result of aging, unhealthy lifestyle choices or environmental exposures.

Do power lines cause cancer? No. According to several studies completed to date, exposure to power lines do not increase a person’s risk of developing cancer. Power lines emit both electric and magnetic energy. The electric energy emitted by power lines is easily shielded or weakened by walls and other objects. The magnetic energy emitted by power lines is a low-frequency form of radiation that does not appear to damage genes.

Does Vitamin D help prevent cancer? Maybe. Vitamin D deficiency is quite common among patients with cancer,



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RECOMMENDATIONS FOR

Men	Age 21-29	Age 30-39	Age 40-49	Age 50-64	Age 65+
Colon Cancer	If you are at higher risk than average due to family history, genetic disorders, or other factors, talk to your provider about what to do. If not, no testing is needed until mid-life.	If you are at higher risk than average due to family history, genetic disorders, or other factors, talk to your provider about what to do. If not, no testing is needed until mid-life.	All people at average risk should start testing at 45. Talk to a healthcare provider about which tests are best for you and how often testing should be done.	All people at average risk should start testing at 45. Talk to a healthcare provider about which tests are best for you and how often testing should be done.	Testing recommended up through age 75. People aged 76 to 85 should talk with their health care provider about whether continuing screening is right for them. Most people older than 85 should no longer be screened.
Prostate Cancer			Starting at age 45, men at higher than average risk of prostate cancer should talk with a doctor about options. Men with more than one close relative who had prostate cancer before age 65 are at higher risk and should talk with a doctor about testing starting at 40.	Starting at age 50, all men at average risk should talk with a healthcare provider about risk and benefit of testing. African American men who are at increased risk and show worse outcomes should talk with their healthcare provider on an optimal screening plan.	Men who can expect to live at least 10 more years should talk with a health care provider about the risks and potential benefits of testing so they can decide if they want to be tested. If positive, get a second opinion on whether treatment is needed.
Lung Cancer				At age 55+, talk to a healthcare provider about your smoking history and whether you should get a low-dose CT scan to screen for early lung cancer.	If you have a smoking history, talk to a healthcare provider about whether you should get an annual low-dose CT scan for early lung cancer detection.
Women	Age 21-29	Age 30-39	Age 40-49	Age 50-64	Age 65+
Colon Cancer	If you are at higher risk than average due to family history, genetic disorders, or other factors, talk to your provider about what to do. If not, no testing is needed.	If you are at higher risk than average due to family history, genetic disorders, or other factors, talk to your provider about what to do. If not, no testing is needed.	All people at average risk should start testing at age 45. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.	All people at average risk should start testing at age 45. There are several testing options. Talk with a health care provider about which tests are best for you and how often testing should be done.	Testing recommended up through age 75. People aged 76 to 85 should talk with their health care provider about whether continuing screening is right for them. Most people older than 85 should no longer be screened.
Breast Cancer	Know how your breasts normally look and feel and report any changes to a health care provider right away. If you are at higher risk, talk to a health care provider about when you need to get mammograms or other tests.	Know how your breasts normally look and feel and report any changes to a health care provider right away. If you are at higher risk, talk to a health care provider about when you need to get mammograms or other tests.	Between 40 to 44 women should have the choice to start annual breast cancer screening with mammograms. Starting at age 45, women should get mammograms every year. If you are at higher risk, talk to a health care provider about when you need to start getting mammograms and whether you need to get other tests.	Women ages 50 to 54 should get mammograms every year. Starting at age 55, you should switch to getting mammograms every 2 years, or you can continue to get one every year. If you are at higher risk, talk to a health care provider about when you need to start getting mammograms and whether you need to get other tests.	Women ages 65+ should get a mammogram every 2 years, or you can choose to get one every year. If you are at higher risk, talk to a health care provider about when you need to start getting mammograms and whether you need to get other tests.
Lung Cancer				At age 55+, talk to a healthcare provider about your smoking history and whether you should get a yearly low-dose CT scan to screen for early lung cancer.	If you have a smoking history, talk to a healthcare provider about it and whether you should get an annual low-dose CT scan to detect early lung cancer.
Cervical Cancer	No test is needed before age 21. Starting at age 21 and through age 29, all women should have a Pap test done every 3 years. HPV tests should not be done unless a Pap test is abnormal.	Starting at age 30, women at average risk should get a pap test and HPV test every 5 years (preferred) or a pap test every 3 years.	Women at average risk should get a pap test and HPV test every 5 years (preferred) or a pap test every 3 years.	Women at average risk should get a pap test and HPV test every 5 years (preferred) or a pap test every 3 years.	No testing is needed if you have had regular testing with normal results during the previous 10 years

and continuing phase III trials are exploring the effect of vitamin D on outcome as well as ideal vitamin D and calcium intakes for bone health.

Is Cancer a Death Sentence? No. In the United States, thanks to advances in prevention, early detection and treatment, cancer mortality rates have declined 1-2% per year over the last few decades. According to the American Cancer Society, death rates declined 26% from its peak in 1991 to 2015. Today, the majority of newly diagnosed cancer patients experience long-term survival, although survival statistics for an individual can vary widely depending on the cancer type and its stage. Moreover, where you live can matter – outcomes are worse in rural settings compared to urban centers in the USA and much worse in low and middle income countries where access to sophisticated care is less or nonexistent. Even in China where medical care is improving, overall survival rates for cancer stands at only 40%, up from 30% in decades past, and compared to nearly 70% in the United States.



For cancer survivors, the fear of cancer recurrence can be overwhelming. There are several simple and inexpensive steps one can take to increase the chances for long-term survival following cancer treatment. These include regular exercise, stress management (meditation), adequate sleep and routine monitoring for early detection of recurrence. In addition, should today's standard of care fail to control the disease, it is important to learn about clinical trials options that are testing new experimental drugs for your

cancer type. One can consult clinical research experts at NCI-designated cancer centers or peruse websites that list ongoing clinical trials and their locations. Patients who enroll in clinical trials have overall superior outcomes. However, less than 5% of patients eligible for clinical trials actually go on a clinical trial.

The important thing to remember is under optimal treatment, the 5-year survival rates for some cancers, such as breast, prostate, and thyroid cancers, now are approaching 90 percent or bet-

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ter. The 5-year survival rate for all cancers combined is approaching 70 percent. For some cancers such as pancreas cancer and glioblastoma (brain cancer), the long-term survival statistics remain grim although it is anticipated that the pace of scientific discovery will ultimately tame these aggressive cancers as well. Along these lines, one decade ago, metastatic melanoma (skin cancer) was uniformly fatal within one year and today, thanks to Nobel-prizing winning advances in im-

mune-therapy, the majority of patients are now free of disease for many years.

Cancer Prevention Screening and Recommendations for men and women of all ages

Stay away from tobacco. There is no safe level of tobacco use and secondhand smoke can harm others. If you smoke or chew tobacco, stop and seek treatment! While self-quit success rates are only 6%, tobacco treatment programs can be as high as 45% at one year following treatment.

Get to and maintain a healthy weight. Being overweight or obese can increase your risk for many types of cancer. If you are overweight, try to get to a healthy weight and stay there. Losing even a small amount of weight has health benefits and is a good place to start. Watching your portion sizes is an important part of weight control – especially for foods high in fat and sugar. try to eat vegetables, fruits, and whole grains in the place of higher-calorie foods. Consult a nutritionist.

Get moving. Adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week (or a combination of these), preferably spread throughout the week. Children and adolescents should get at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous activity on at least 3 days each week. Moderate activity is anything that makes you breathe as hard as you do during a brisk walk. Doing some physical activity above usual activities, no matter what one's level of activity

Limit how much alcohol you drink.

Men should have no more than 2 drinks per day, and women should have no more than 1 drink per day. A drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

Protect yourself from the sun.

Skin cancer is one of the most preventable cancers. The primary cause of skin cancer is excessive ultraviolet radiation (UVR) from the sun or from tanning beds. UVR protection is especially important for children because exposure at a young age can pave the way for cancers in adulthood, including melanoma. The key is to avoid tanning beds, adopt sun safety habits (sunscreen), and get an annual skin exam from a board-certified dermatologist especially if you have a history of sunburns or skin cancer, have a family history of melanoma, have suspicious moles or other spots, have blonde or red hair, light eye color, and fair skin that freckles and sunburns easily, or use indoor tanning beds.



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Like Lady Gaga, she has a memorable name – The Mudcrusher (TMC)– that identifies her to the public on Instagram, a moniker she uses in print and online to protect her family from any crazies out there who might want to meet the six-foot beauty. Like most superheroes, she has her everyday life as a resident of the Historic District in Houston, mother of an 11-year old budding artist and a 7-year old Little Leaguer.

In 2013, she decided to challenge her moxie and body brawn to do more than a few days of yoga and kickboxing. Starting strong out of the gate, TMC set a goal of doing 52 races her first year. “It seemed outrageous, but it also sounded doable because it was once a week,” she said. “I was going for quantity. I never tried to make time because the faster you go, the sooner you wear out.”

Her career path off the dusty trails has been eclectic - restaurateur, model, actress, jewelry/fashion designer and blogger. After five years of races, her 18,000 followers on Instagram log on to see her costumes that run from wildly colorful and girly to her tough and rough look - dirty brown, covered

with mud from toes to shoulders. She also inserts pithy wisdom, beauty and humor.

What inner engine of human power drove her to fly around the country and the world to risk broken bones, concussions and worse? A determined optimism and like most people, TMC began her quest to improve her physical condition and keep those endorphins high and mighty.

More specifically, she hoped to chase away the pain in her neck. “The first doctor told me to stop running and racing, or I’d be disabled.

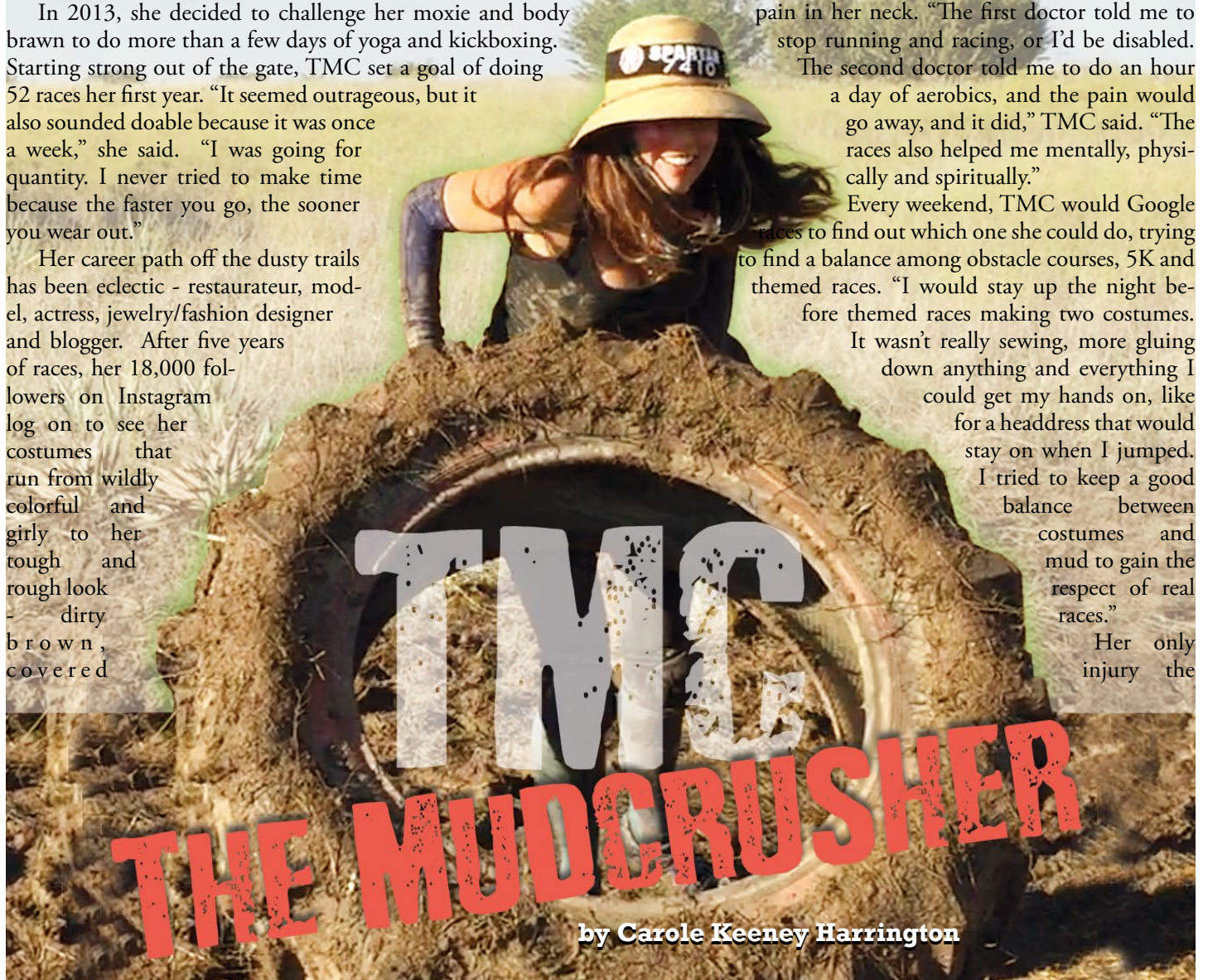
The second doctor told me to do an hour a day of aerobics, and the pain would go away, and it did,” TMC said. “The races also helped me mentally, physically and spiritually.”

Every weekend, TMC would Google races to find out which one she could do, trying to find a balance among obstacle courses, 5K and themed races. “I would stay up the night before themed races making two costumes.

It wasn’t really sewing, more gluing down anything and everything I could get my hands on, like for a headdress that would stay on when I jumped.

I tried to keep a good balance between costumes and mud to gain the respect of real races.”

Her only injury the



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first year was during the Polar Bear Run in Austin. She didn't know what was coming as there was no website to peruse. Obstacles included scaling walls and having soap and water thrown at racers after which they slid down mats. The mat separated when MC went over it, and she hit a rock.

"I remember feeling nausea, couldn't stand up, like I was going to black out. So much pain – but when I got the pain medication, everything cleared. They said I was fine, bruised. I started wearing impact gear after that, like they use in snowboarding." Still she hurt for a year when she sat down, leaning sideways to get comfortable.

For her second year of races, TMC chose more challenging ones – like the 24-hour races, Tough Mudder and the World's Toughest Mudder. The Tough Mudder is all about grit, she says. "They want to mess with your head. One year it was tear gas where you had to crawl under water, and there's a metal gate to get past. You have to get over your fear. I have to tell myself, 'You can do it,' It can't freak you out." Another year she had to climb down a rope through a ring of fire.

The World's Toughest Mudder is in the desert where it's 40 degrees at night and hot during the day. Racers must go underwater, up a plastic tube where ice cold water is poured on them. For the cold water races, TMC dons a wet suit. "I had to decide between hypothermia and the weight of a wet suit." One type of shocking obstacles TMC admits she has trouble handling.

"My thing is electricity. You can't see when you going to get zapped. I took a penalty on that one and did an extra mile."

After more than 140 races, she continues to have goals like the Spartan, which is a 24-hour race with obstacles, and an Ultra Beast, 32 miles with obstacles. She's done regular Beasts at 17 miles – two each in Texas and Hawaii and one in Seattle. "I'm not a fast runner. I don't care about time. The fastest runners do it in three to four hours. People stop me, take pictures. I'm social."

She's also done the famous Burning Man twice. Taking place in Black Rock Desert, NV, over seven days, a temporary city rises from the burning floor of the desert in less than a month with streets and addresses, police, medical, even a post office. "FEMA and the government could learn a lot from Burning Man," TMC said.

As a now-famous racer in the sport, TMC has attracted sponsors. Obstacle Racing Media, pays for her races. In return, she films the obstacle races, does interviews with the racers and posts winners on the sponsor's Instagram. She also receives free equipment from Obstacle Guard that makes leggings, padded sleeves and gloves, and she wears their products during races.

When she races in Texas, the children come along with a friend or her mother who lives in Austin. Nothing, it appears, will stop TMC as long as her body holds up. "I'm at my house, I have pain. I get to the race; I don't feel anything. It's a good eight hours before I start to break down. The race ends, I crawl back to an Epsom salt bath, Advil and food. I'm very grateful. I've been in a lot of pain, but no permanent injury. It's not an obsession; it's a passion. I'm not running to win. It lights me up.

BREAST CANCER RESEARCH LUNCHEON RAISES OVER \$100,000 WITH GRAMMY AWARD WINNING HEADLINER

The **Nancy Owens Breast Cancer Foundation** hosted its 17th Annual Luncheon with celebrity guest speaker, **Melissa Etheridge**, at the Hilton Americas – Houston. Guests enjoyed a delicious lunch while listening to Etheridge's powerful journey of her battle against breast cancer. The luncheon also featured a special presentation of the Spirit of Courage Award to **Wendy Bernstein**, a remarkable individual who has won the fight against breast cancer.

Wendy proceeded to dedicated and present her Spirit of Courage Award to her oncologist, **Dr. Osborne** of Baylor College of Medicine. Wendy proudly announced that she is cancer free.

Javon Henderson
and Elyse Bayer

Peggie Kohnert
and Melissa Etheridge

Amy Bernstein,
Melissa Etheridge and
Spirit of Courage Award
Winner Wendy Bernstein

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BUZZ**
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DRESS FOR SUCCESS HOUSTON CELEBRATES 20 YEARS OF EMPOWERING WOMEN; \$741K RAISED

Co - Founder and President, **Nancy Levicki**, supporters of **Dress for Success Houston**, its Board of Directors and event chairs for the evening, **Cathy & Joe Cleary** and **Linda & Steve Webster**, joined us in a sold out crowd of 600 celebrating our 20th year of empowering women in the Houston community.

This moveable feast was held on October 20th at **The Revaire**, and the evening raised a record breaking \$741,050 for the agency! The event began with KHOU 11 News Reporter and Anchor **Mia Gradney** acting as emcee, highlighting Dress for Success Houston's mission, KHOU's documentary, "A Common Thread" and featuring eleven client success stories.

Proceeds from the evening's festivities will allow Dress for Success Houston to continue to grow its mission of promoting the economic independence of disadvantaged women.

In addition to providing professional attire, its services have expanded to include added career development tools and workshops to help women thrive in their jobs and in their lives.

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Susie Cunningham,
President and Co-Founder,
Honoree Nancy Levicki and
Joan Alexander

Becky and Dick Roberts

Addie and
Dustin Teague
from Relish

Melissa Sugulas, Kelli Kickerilla and Neekie Kashani

Amy and John Aubrey

Maria Bryant and Terry Bryandy

Chairs Steve and Linda Webster and
Cathy and Joe Cleary

AN INTERVIEW:

Aggies Coach Jimbo Fisher



Lance Zierlein: John and I were just talking about Bill O'Brien had a comment where he just said: "you don't understand how hard it is to win." Like every time you get a win, you can't believe you won and then you don't get to savor it for more than a day and if you're a coach you get a day at most if that. With the pressure you guys are under, it's probably irritating to hear people complain about your wins.

Jimbo Fisher: Like you said you have no idea how hard winning is and if it was easy everybody would do it and it's difficult. And you're building things and there are very few times that you ever feel like you're playing great all the time because there are so many different

issues. You have injuries, you have people you replace and I like I've said, the other teams have scholarships too, they're not too bad every now and then. It's got so much publicity on TV and everybody thinks they know how to do things and you never really know how hard the application of playing well really is.

Zierlein: Are you still a catapult team? A sport science team?

Fisher: Yeah we are. Without a doubt.

Zierlein: From a standpoint of how hard they play and how fast they play is the biochemistry helping you out?

Fisher: Well I mean we're doing we're doing really good with that. I mean the numbers show it and the practice num-

bers show. How we're practicing. And you know that we're getting faster. We're getting stronger. We're doing a great job in that area of managing the guys with the right amount of work but also pushing the heck out of them. They're finding out they work faster and the bodies are really taking off. And so we're getting good efforts there. We're getting good numbers. The effort of explosive of yards, the heart rates were down. In other words we're staying in great shape. So I mean it's worked out really well.

Zierlein: Every team has a roster comprised of guys who have strengths and weaknesses. How much from a limitation standpoint do you alter what you do offensively based on limitations



that your team has or do you just work around those limitations by trying to scheme to them.

Fisher: No, you alter a lot. I mean how you would block the backside because of our tackles are talented. I mean there's constantly things you're trying to do create angles and leverage for your guys up front to do that you know. It's like with receivers to say what you ask them to run certain routes and also like you say he may have the ability but that week there may be a tremendous player who may be a first-round draft pick. So you have to double him or you have to create the pass plays where we may use our back a little bit because we're going to have to chip this. You know they've got great players they can rush on the passer. I mean you're constantly having to come up with those schemes like the guy on defense that you know we have one on one matchup but we got to be really careful that we need to give him help we need to do some things and you're constantly trying to look at that.

John Granato: Defensively, where are you physically and how do you like the way they've played so far?

Fisher: So far we are playing the run well which is one of the goals we have. We want to be able to run the ball on offense and stop the run. I believe that no matter what league you're in you have to be able to do that and we're doing a great job with that and we're doing a great job on third down conversion, staying ahead of the chains. And you know we're not playing a lot of snaps. I think the two things, we're getting off the field on third downs and we're winning on first downs right now. And we're keeping the ball on offense, which allows you to play fresh and keep guys on the side. You're trying to create turnovers, which are critical, which we only created four but we've had two in the last game, one was on special teams and we got one in the end zone down there. And you know big plays, you're always trying to limit big plays because people are going to take shots and it does affect the game critically, I always say. We have to get a little better

on giving up a few on the passing game. But the same time our commitment to the run, being able to stop it and guys playing physical and understanding how to take the air out of plays a lot more now and there's a general knowledge of what we're trying to do.

Granato: Tell us about your recruiting coach you had a nice weekend to go look at some guys. How are you being received into houses here in Texas? How's it going?

Fisher: It's gone wonderfully. The coaches here in the state are wonderful. I mean as you know the football here is phenomenal, but those people are very receptive. They've been open. We know where we've been received really really well. Kids have been great as far as that goes. The coaches have been outstanding and trying to help. So I like the recruiting part. I love getting out and seeing everybody and talking to everybody so it's going really well.



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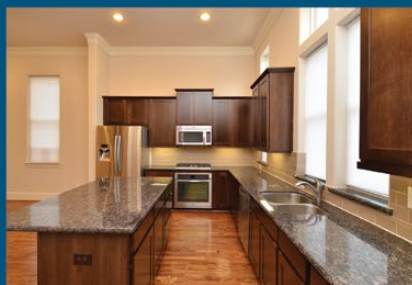
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End-of-Year Financial To-Do List

Only weeks remain until we ring in 2019. Those are likely to be filled with holiday celebrations, family visits, travel, shopping, entertaining, finishing work projects and the stress that comes with too much to do in too little time.

With all the activity, it's easy to put off some of your most important financial business—tasks that should or must be finished before the clock strikes midnight on December 31. That's why a financial to-do list can help focus energy and motivate you to take action. There are pay-offs for the effort. It can help relieve anxiety you may have about your finances, and depending on your situation, you may also be able to save time or money by taking care of these financial tasks before the new year begins.

- Maximize contributions to your retirement plan accounts, including 401(k), IRA, 403(b), 457(b) accounts and others. If you are age 50 or older, you may contribute an extra “catch up” amount, but the amounts permitted



By Evans Attwell

Senior Vice President

Frost Bank





vary from plan to plan. Tax-deductible contributions to a 401(k) account for 2018 must be made by December 31, although tax-deductible contributions to other types of retirement accounts, such as IRAs, may be made as late as the tax-filing deadline next year, April 15, 2019.

- If you are age 70½ or older, take your mandatory distributions from IRAs and defined contribution plans before December 31, or you will pay a penalty.

- Review your payroll withholding, if you haven't done so already. This year's Tax Cuts and Jobs Act overhauled the tax withholding that applies to your pay, so you may want or need to adjust your W-4. Visit with your tax advisor or

CPA for assistance. You will also find a helpful worksheet at www.irs.gov.

- Review your investment portfolio to ensure your asset allocation mix continues to be in line with your own risk tolerance and goals.

- Review and update your will and any beneficiary designations on the will and other financial documents.

- Make tax-deductible donations to your favorite nonprofit organizations by December 31, and keep your receipts for tax preparation.

- Make an appointment with your financial or wealth advisor to review your financial plan and assess opportunities and challenges that may come your way in 2019.

Would you like to know more about Frost?

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evans.attwell@frostbank.com.**

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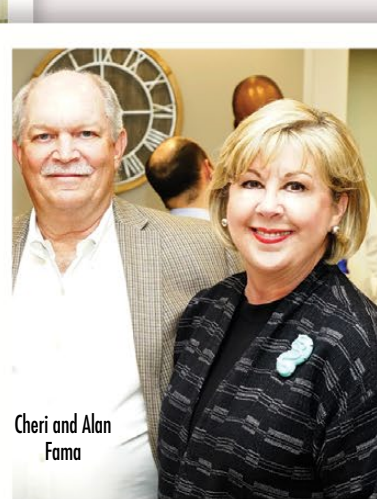
MEMBER FDIC



Whitney Mercilus, Lauren Anderson and Chester Pitts



Kim Trimble, Whitney Mercilus,
Jackie Sheahan and Roseann Rogers



Cheri and Alan
Fama



Caroline Shoppa, Trevor Thompson and Anna Bailey



Jennifer Shirmaitis, Bree Knodel and Marian Walters.JPG



Melvin and Shamika Johnson

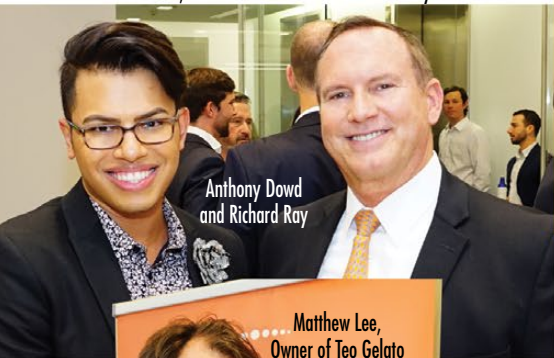
WithMERCi FOUNDATION KICK-OFF PARTY

**The
BUZZ**
By **Lindsay Mowad**

Party Chairs, Stewart Title Sales Manager **Roseann Rogers** along with **Bree Knodel** (co-chair) and **Christina Sacco** (co-chair) hosted the **WithMerci** event at its new Kirby office. Now in its third year, the goal is to help children of all abilities and special needs. This year, WithMerci is shining a light and focusing on children with Cerebral Palsy. Dine WithMerci is the annual event and will be held Monday, November 5 at the ballroom at Bayou Place. This is a chance to enjoy food, mix, and mingle with Whitney Mercilus himself!!! For tables and tickets go to: www.withmerci.org



Martha Bennett, Kristin Hatfield and Jennifer Bradley



Anthony Dowd
and Richard Ray



Christina Sacco
and Roseann Rogers



Matthew Lee,
Owner of Teo Gelato
**WHAT
BUSINESS
IS LIKE.**

Rosibel Hernandez
and Daniel Blue



Tamara Washington and
Whitney Mercilus

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1 Magnolia Bend

Bayou Bend Estate

House 5,434 square feet

Lot 25,923 square feet

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\$1,800,000



24300 SE Highway 105 Highway SE
Cleveland, TX | | MLS# 95202580
List Price \$1,200,000

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9404 Briar Forest
Memorial West | MLS# 66270153
List Price \$525,000

Beautifully updated patio home in the Woodlake Forest subdivision. This one-story home with 2 bedrooms and an exquisite paneled study which could also serve as the 3rd bedroom. Many elegant finishes with gorgeous living area, perfect for family living and entertaining. The vaulted/high ceilings throughout are an added bonus.



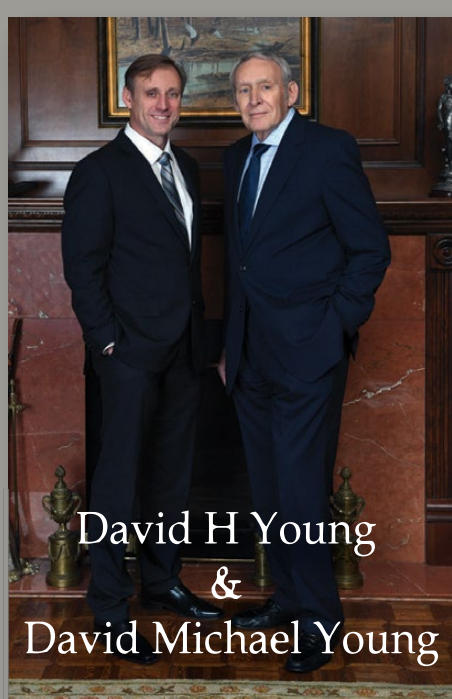
1526 Melanie Circle
San Antonio, TX | | MLS# 7800263
List Price \$599,000

Gorgeous patio home 3/3.5/2 in gated enclave featuring swimming pool and walk-in steam room with shower. Gourmet kitchen with top of line appliances. Home backs up to a bird sanctuary. Downstairs master bath boasts a Jacuzzi tub and walk-through shower. Rainforest green marble countertops throughout.

Joanne Naponic | Broker/Owner
(713) 515-3805 | JoanneNaponicProperties.com

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PROPERTIES



11414 St Germain Way / Royal Oaks
\$1,799,000 MLS# 2885218



11406 Chartreuse Court/Royal Oaks
\$1,585,000 MLS# 55197677



11514 Royal Ivory Crossing/Royal Oaks
\$899,900 MLS# 92310748



14822 Bramblewood/Nottingham Forest
\$749,900 MLS# 10961929



13306 Brentonwood/Parkway Plaza
\$699,900 MLS# 50836191



1742 D Michigan St/Montrose
\$499,900 MLS#12773162



5301 Larkin St/Cottage Grove
\$489,999 MLS# 84335117

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