

# ENERGY CORRIDOR *Living*

SEPTEMBER 2019

MEET THE  
GRIFFITH  
FAMILY:

*Happy Adventurers*

ALSO

*Oktoberfest Art  
Market—page 12*

*Grilling Up Greek—  
page 11*



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#### LETTER FROM THE PUBLISHER

*Dear Neighbors,*

Are you ready for adventure? The September issue is packed with family friendly excitement and activities. Have you ever visited Tagore Grove in Ray Miller Park? Learn more about it on page 13. We also have all the details on the Grilling Up Greek festival and the Oktoberfest Art Market. If you really want to find excitement, be sure to meet the Griffith Family, featured on page 4. They know how to make every day an adventure, even in their own neighborhood. That is what we feel is so special about the Energy Corridor; adventure is just around the corner. We encourage you to explore your surroundings with fresh eyes this month. Try a new restaurant or coffee shop. Discover hidden treasures on our hiking and biking trails. Mingle with fellow residents at a festival or the farmer's market. If you visit one of our sponsors in your journey, be sure to let them know you appreciate their support in bringing you community news each month in these pages.



AMY DUKES  
PUBLISHER



RHONDA TEXTER  
CONTENT COORDINATOR

*See you in the neighborhood!*

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# MEET THE GRIFFITH FAMILY:

## Happy Adventurers

BY RHONDA TEXTER

Photos by David Postma, Genesis Photographers

The Griffith family squeezes as much fun and adventure out of every day as one possibly can. Brandon, Melissa, Emma, and Sawyer love playing sports, trying new things, and being outside together as a family. Even the way Brandon and Melissa met shows how this couple isn't afraid to take a risk when the reward is so great.

Brandon grew up in the West Houston area. He moved to California for a few years, but returned to finish high school at Stratford. Melissa was born in Toronto, Canada, and moved to Dallas in fifth grade. Like many Texas natives, Brandon attended Texas A&M, earning a Bachelor of Arts in Finance. He spent eight years as a financial advisor for Merrill Lynch before leaving to join his father's oil and gas business. Brandon now heads up the operations at Griffith Land Services, Inc.

Melissa received a Bachelor of Science in Computer Science and Business Administration from Trinity University in San Antonio, Texas. She moved to Houston to work as an oil and gas software engineer, but she eventually returned to school to pursue a Master's degree in Public Health at the University of Texas at Houston, School of Public Health. She worked for Baylor College of Medicine's Children's Nutrition Research Center before deciding to stay home after Sawyer's birth.

Melissa and Brandon met by chance at The Lounge on Montrose. "Brandon approached me with the line, 'my friend over there is a rodeo clown from Montana, and he wants to meet some real Texas women,'" recalls Melissa. "I was endeared by the boldness it takes to use such a goofy line. We started chatting and the rest is history." The two dated for two and a half years before Brandon proposed on a ski trip to Steamboat Springs, Colorado. They married at their church, Memorial Drive United Methodist Church (MDUMC), with a reception at Lakeside Country Club.

All of the Griffiths love to be outdoors. Brandon enjoys bird hunting with their Wirehaired Pointing Griffon, Maisy, as well as fishing and water skiing on Lake McQueeney. He loves watching Aggie football and is waiting for the Ags to rise to the top of the SEC.

Melissa likes running, playing tennis and golf, and water sports on Lake McQueeney. She also makes time to catch shows at the Hobby Center and enjoy all of the fun things Houston has to offer with her family. Volunteering is also important to Melissa. She keeps busy planning events for the Holy Spirit Episcopal School PTO and MDUMC's Hearts and Hands Market.

The couple's daughter, Emma, just graduated from Houston Christian High School and

will attend the University of Oklahoma in the fall, where she is looking forward to sorority rush. Like her parents, she loves playing sports and volunteering for organizations. Emma played soccer for several years for the Albion Hurricanes and Houston Christian, and she has worked for the past several years for MDUMC in the Sunday School classrooms and other children's programming. She also likes wakeboarding, water skiing, surfing, and hanging out with friends.

Their son, Sawyer, is going into third grade at Holy Spirit Episcopal School. He loves dinosaurs, dogs, sports, and playing outside with friends. He plays soccer for the Albion Hurricanes and baseball with Memorial Ashford Little League. He also water skis in the summertime for the Lake McQueeney Ski Bees Show Team. Sawyer learned to slalom last year at seven years old and is really enjoying practicing and improving this summer. He has competed the last two years for Holy Spirit Episcopal School in PSIA (Private School Interscholastic Association) Academic meet in Storytelling and went to the State competition at TCU in 1st Grade placing 4th in State. This year he placed second in the district competition.

As a family, the Griffiths like to go snow skiing every year if possible, often in Breckenridge. "However, our favorite 'off the beaten path' vacation destination," confesses



Brandon, "is the Abacos Islands in the Bahamas. The water is clear blue, and the islands feel safe and residential, not touristy or overrun."

Perhaps their most incredible adventure was their trip to Iceland. Brandon and Melissa went snorkeling in 37-degree water in a fissure between two tectonic plates, rappelled into a glacier and ice climbed back up with crampons and ice axes.

The adventure continued as they went snowmobiling on a glacier, explored lava tube caves, rode ATVs to a mountain top, hiked to a hilltop hot spring for swimming, and visited the famous Blue Lagoon. "It was the adventure of a lifetime for us," says Melissa.

There are plenty of adventures at home, as well. The Griffiths have lived in Memorial Thicket for 12 years. "We love that it is

a secure, guarded neighborhood with lots of culs-de-sac and no thru-traffic," explains Melissa. "It is the perfect size to have an association that holds plenty of neighborhood social gatherings, or go for a run or walk within in the neighborhood."

Melissa brings her sense of adventure to the Memorial Thicket Women's Association board, where she has served for about 10 years. "We plan events for the neighborhood

>> CONTINUED ON PAGE 6

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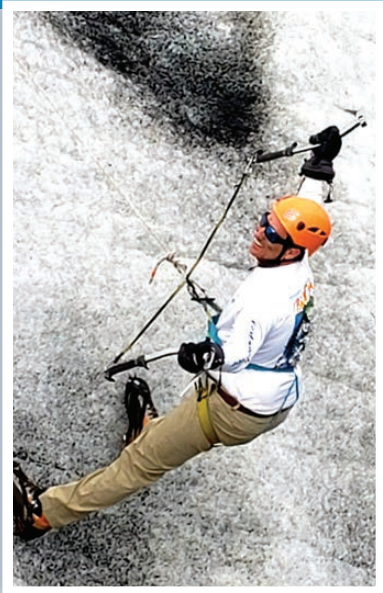
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Images courtesy of the Griffith Family

such as the annual Christmas Walk progressive holiday party, the Wine-tasting, Oktoberfest, the Easter and Halloween parties, summer happy hours and much more,” she says. These local adventures have been a wonderful way for neighbors to connect, “I love that our neighborhood is large enough to have the people and resources to hold fun community-building events and pursue beautification projects,” Brandon adds, “but small enough to know many of the neighbors and see friendly faces around often.” During Harvey, the Griffiths saw neighbors rescuing each other, and although every single home flooded and everyone was busy rebuilding, their community still came together to help one another and put the neighborhood back together.

Whether spear-heading the fun for their neighborhood, or traveling towards adventure as a family, the Griffiths make the most out of every hour in the day. Melissa sums it up quite nicely. “Seriously, we just like to have fun, try new things, and be outdoors.”

DO YOU KNOW A NEIGHBOR WHO HAS A STORY TO SHARE?

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September  
CALENDAR OF EVENTS

September 7, Sat.  
GRILLING UP GREEK COOKOFF  
AND VENDOR FAIR

@St. Basil the Great Greek Orthodox Church, 1100 Eldridge Pkwy.  
More than just a cook-off, it's fun for the whole family and admission is free. There will be food, entertainment, a kid zone and craft vendors.  
Time: 10am-5pm  
Free Admission

September 8, Sun.  
MUSIC CONCERT

@CityCentre  
800 Town and Country Blvd.  
Join Chapelwood United Methodist Church in the plaza for the Beyond the Horizon Concert Series. Enjoy uplifting and inspirational music from James Kelly while dining on the surrounding patios, or join Chapelwood's Children's Ministry for games and activities.  
Time: 5-7pm  
Cost: Free  
[citycentrehouston.com/events](http://citycentrehouston.com/events)

September 8, Sun.  
SWIFT NIGHT OUT

@Spring Branch Silos  
10510 Westview Dr.  
Join Houston Audubon in counting the swelling numbers of Chimney Swifts migrating through Houston.

Meet by Sky High Sports in the southwest corner of the lot near the detention pond. The closest guess of the number of swifts will win a fun prize. Bring lawn chairs, bug spray and binoculars.  
Time: 7pm  
Cost: Free  
713-932-1639

September 20, Fri.  
PARACHUTE PLAY TIME

@CityCentre  
800 Town and Country Blvd.  
Join for toddler-friendly fun! Young children are encouraged to learn and develop as they play movement games, participate in song and dance, and experience the famous 20-foot rainbow parachute.  
Time: 10am-12pm  
Cost: Free

September 28, Sat.  
TWRC WILDLIFE CENTER'S 2ND  
ANNUAL 5K WALK/RUN

@Nottingham Park  
14205 Kimberley Ln.  
Join us for TWRC Wildlife Center's 2nd Annual Run Wild Run 5K Walk/Run. There will be raffles, awards for top runners and best costumes, face painting, and much more.  
Time: 8am  
Cost: \$35-125

September 28, Sat.  
OKTOBERFEST ART MARKET

@Plazas at the Parkway  
1127 Eldridge Pkwy  
Art Is An Outdoor Market's next community event is our Oktoberfest Art Market. Join over 50 artists, farmers, and artisans for family friendly fun.  
Time: 11am-6pm  
Cost: Free  
[artcellarhouston.com](http://artcellarhouston.com)

Tuesdays All Month Long  
TACO TUESDAY

@Taqueria Las Tortugas  
1416 Eldridge Parkway  
Authentic double corn tortilla street tacos including marinated pork, shredded beef, fried pork, and much more.  
Time: 10am-8pm  
Cost: \$1  
281-497-9101

Tues, Fri. & Sat. All Month Long  
LIVE MUSIC & DAILY SPECIALS

@O'Connors Irish Pub  
1127 Eldridge Parkway, Suite 600  
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Saturday evenings there is a live band starting at 8pm. Visit the website for more detailed information.  
Time: 5:30pm-closing  
832-982-3598

Thurs.-Sat. All Month Long  
LIVE MUSIC

@Lomonte's Italian Restaurant  
14510 Grisby Road  
Enjoy live music while you dine by a variety of artists including John Chaney, Alii Michelle, Tony Salinas, Gabe Montoya, and Duane Dulane. Visit the website for more detailed information.  
Time: 5:30pm-9pm  
Cost: Free  
[www.lomontes.com](http://www.lomontes.com)

Saturdays All Month Long  
FARMERS MARKET

@Grisby Square, 14710 Grisby Rd.  
Enjoy locally grown and seasonal fresh foods at the Energy Corridor Farmers Market. For more information, email [farmersmarket@energycorridor.org](mailto:farmersmarket@energycorridor.org).  
Time: 9am-1pm  
Cost: Free  
281-759-3800





# What Is Training for Warriors?

BY JEFF BIEHL, FITNESS DIRECTOR AT MEMORIAL ATHLETIC CLUB

Parents often watch their kids compete in sports or do training programs and wonder, "What if I could have done that as a kid? It would have been so much fun." New exercise programs have evolved over the past few years that are giving more mature athletes a chance to have some of that fun, while pushing their fitness to higher levels. There's an effective, safe, motivational and fun adult group exercise program for all levels, and it's called Training for Warriors (TFW).

Don't let the name scare you; but rather challenge you to bring out the warrior from within. TFW defines a warrior as anyone prepared to work hard, develop oneself and take on his or her particular challenges in life. The fun and exciting workouts of the TFW system are designed to help you develop the muscular strength and mental fortitude needed to take on those challenges and reach your fitness goals. The TFW system began 20 years ago as a fitness program



originally created for some of the best combat and MMA athletes in the world. Today, the training methods of the TFW system can benefit anyone looking to lose fat, build muscle and feel good.

TFW encompasses a signature warm-up protocol, speed training, strength training, endurance training, flexibility work and nutrition, all based on a comprehensive evaluation process. The most unique and valuable component of the system is its motivational approach and family environment. While TFW is not designed as a sport or competition, it does focus on you competing against yourself, bettering your body, mind and spirit.

In TFW, we choose to use traditional strength training exercises such as the squat, dead lift, moderate overhead presses, pull up, bench press, and other body weight functional moves. All of these exercises are easy to learn and can be modified by using different forms of resistance to make the lifts

more appropriate for each individual participant's background or limitations. Having this variety makes traditional strength training safer and more effective.

TFW workouts are organized so each day has a different focus. During a typical week, TFW recommends two days of interval training and two days strength training. If you only do strength training, you will only be strong, and if you only train aerobically or anaerobically, you will have a hard time building strength. We all know that a strong body makes us less vulnerable to injuries and increases our metabolism.

Finally, the foundation element of the TFW program is its comprehensive evaluation process. What you don't track, you can't measure! If you don't check your body weight, circumferential body measurements, body fat, flexibility, strength and endurance, how will you know if you are improving, and how will you know where to start? What's your resting heart rate, how flexible or inflexible are your glutes, how many correct push-ups can you do, and how you do currently look in the mirror?

If you are ready to make a change or are interested in trying a FREE TFW class at Memorial Athletic Club, please contact us at [www.fitmactrainingforwarriors.com](http://www.fitmactrainingforwarriors.com)



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## No Shame, No Blame Domestic Abuse and Human Trafficking in the Asian Culture

BY EILEEN DONG

awareness speech at the movie screening jointly with UNICEF and University of Houston Downtown (UHD) was a great success.

HPG has received recognition from Congress, as well as from the City of Houston. It was also mentioned in the World Hall of Fame. It has been broadcasting in multiple languages throughout the international communities to bring awareness and empowerment. HPG will be hosting another conference in October at UHD, while the new awareness song is being released.

Stay tuned for upcoming events, how to download the song and to learn more about how to get involved, please go to:

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Eileen Dong, Founder of Hope Pyx Global

Domestic abuse is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic abuse does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim—or perpetrator—of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic abuse includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical violence, threats and intimidation, emotional abuse and economic deprivation, etc. Many of these different forms of domestic violence can occur at any one time within the same intimate relationship.

Human trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in soliciting labor or services against his/her will. While Houston, Texas is one of the most diverse cities in the United States, it is also the number one port in the entire nation for human trafficking. Statistics shows that victims of domestic abuse are more likely to be trafficked, due to the similarities in terms of the controlling aspect.

Eileen Dong, Founder of Hope Pyx Global is a survivor of

domestic abuse. In the Asian culture, a victim might stay in an abusive relationship because of a concept of honor or shame. Honoring the Asian heritage, while also trying to honor their sense of freedom and justice in the Western culture, they see getting help as bringing dishonor to his family and not an act of empowerment. Therefore, women do not dare to speak up, neither is there an Asian voice who understands their culture.

As a survivor, Eileen is here to break the silence. "If you build it, he will come." She has founded Hope Pyx Global (HPG), a 501(c)3 non-profit, dedicated to families from all backgrounds who are victims and survivors of domestic abuse, human trafficking, etc. through empowering victims and survivors, advocating for the safety of survivors, promoting accountability for abusers and fostering a community response to abuse. HPG delivers its mission by providing diversified continuum of services.

Eileen Dong successfully launched HPG in 50 days, releasing the first PSA in 16 days with 8,400 combined social media views alone and highest post reach of 1,380 in five days.

HPG co-hosted the domestic violence awareness conference in 47 days, followed by the #DVAM365 campaign in 10 days, as well as the Christmas event for the survivors in 102 days. In 58 days HPG became part of Houston 20's anti-human trafficking coalition. Eileen's recent human trafficking

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## Grilling Up Greek

BY JODY POLLOS



Join the fun at the Grilling Up Greek event on September 7, 2019 held at St. Basil the Great Greek Orthodox Church located at 1100 Eldridge Parkway. More than just a cook-off, it's fun for the whole family and admission is free.

One of the highlights of the event, the Steak Cookoff Competition is sanctioned by the Steak Cookoff Associations. You'll meet the grill masters who are competing for a chance to win the championship in Dallas and find out the secrets to their success. Want to compete? Register online at [steak-cookoffs.com/event-3291580/Attendees](http://steak-cookoffs.com/event-3291580/Attendees).

Come shop our variety of vendors. Shopping is both indoors and outdoors. There will also be free "I.D. a Kid" kits given to families sponsored by our

Prudential vendor. This is something every parent should have.

You can also have your photo taken with Everet Bear, the spokesbear for the Joe Joe Bear Foundation, which provides the comfort of a Joe Joe teddy bear to children suffering long term or critical illnesses.

Enjoy music by JPAPA Productions, voted Best of Wedding in 2018 and 2019 by The Knot. If you have an upcoming event, be sure to stop by and talk with John Papisideris. Food and drinks will be available for purchase.

For more information on the event, sponsorship or vendor opportunities, email us at [grillingupgreek@gmail.com](mailto:grillingupgreek@gmail.com) or follow Grilling Up Greek on Facebook.



# Oktoberfest Art Market

BY SARAH B. LOWE

**A**rt Is An Outdoor Market returns to the Energy Corridor District on September 28th, m to 6pm, for our Oktoberfest Art Market. Featuring local Houston artists, farmers, and artisans, Oktoberfest, in partnership with Vista Properties, is located at Plazas at the Parkway (1127 Eldridge Parkway). Open to the public and free of charge for guests, Oktoberfest Art Market will also feature an array of food purveyors and musical entertainment.

One can expect to see artists such as Black Tea Cafe Shop ([www.etsy.com/shop/blackteacafe](http://www.etsy.com/shop/blackteacafe)) presenting elaborate watercolor pieces printed on tea towels, pillows, and greeting cards; Guerra Girl ([guerragirl.com](http://guerragirl.com)) offering printed woodblock cuts on lush paper and fabrics; Shosho's Kitchen shares their love of fresh fruit and pepper jellies, baklava, and roasted pecans ([shoshosjelly.com](http://shoshosjelly.com)); Oils Earth (<http://oils.earth>) is all natural, crystal infused, therapeutic grade essential



oil blends for physical ailments and emotional wellbeing; and Solonut Jewelry ([www.facebook.com/solonutjewelry](http://www.facebook.com/solonutjewelry)) designs eco friendly jewelry from Tagua Nuts found in the Amazon.

In the Kids Zone, the TWRC Wildlife Center will make an appearance with their wildlife animals to inform the community of their rehabilitation efforts; Guitar Center will bring their drum kit and ukulele for children to play; and the Art Cellar of Houston will have a paint on pumpkin station for all ages. Art Is An Outdoor Market is a

unique market, bringing the arts of all flavors and styles to various communities around Houston.

For additional information go to [www.artcellarhouston.com](http://www.artcellarhouston.com) or check Facebook for regular updates on vendors and sponsors.

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BY ESHA GARG

**T**exas is no stranger to droughts, as weeks of brutal summer sun burn up our grass and weaken our trees. Texas is also no stranger to kindness, and the kindness of the Tagore Society of Houston led to a very interesting feature in Ray Miller Park.

Perhaps you have seen the 6-foot, 4-inch statue surrounded by a fenced enclosure with an arbor for a flowering vine. This is Tagore Grove, born from a dream six years ago. After a drought in which Houston parks lost many trees, the Tagore Society wished to donate trees to Ray Miller Park. The Tagore Society saw this as an opportunity to honor their namesake, Rabindranath Tagore, with a small grove and a bronze statue, as his dream of preserving the environment aligned so well with the project.

Rabindranath Tagore was a Bengali writer, musician, and artist who spoke about topics both personal and political. He was greatly recognized for the Gitanjali, a collection of poetry about devotion. He was awarded the Nobel Prize for this work, becoming the first non-European to receive the Nobel Prize in Literature and the second non-European to be awarded the Nobel Prize.

Tagore's works were admired for their lyrical and optimistic nature. Tagore's love for nature bloomed while managing his family estates. He envisioned that preserving nature was the route to environmental education and sustainable living. He wrote extensively on man's relationship with nature.

Though known mainly for his poetry, Tagore wrote many essays, novels, short stories, dramas, and thousands of songs. Tagore began publishing short stories and dramas from the young age of sixteen. He invented the Bengali short story genre through his stories about India's poor and common people.

Tagore also composed over two thousand songs. One of his compositions, Amar Shonar Bangla, became the national anthem of Bangladesh in 1971. The first five stanzas of India's national anthem, Jana Gana Mana, are from a hymn that Tagore composed, and the Sri Lankan National Anthem was inspired by Tagore's work. Tagore also wrote eight novels and four novellas, many highlighting Tagore's views on Indian politics.

Tagore opposed imperialism and advocated for Indian independence from Britain. He

believed that India would gain true nationalism through "steady and purposeful education." He published and spread songs of these beliefs, facing criticism and anger from many. Though their thoughts did not fully align, Tagore had a close relationship with Gandhi, and both influenced and supported each other's philosophies and visions.

The Tagore Society envisioned a memorial for Tagore in Houston, a city known for its diverse international population. The Consul General of India, Parvathanesi Harish, was present at the unveiling of the Tagore Grove, which features a full figure bronze statue of Tagore. It is the first full-size statue of Tagore in the United States and the sixth statue of Tagore outside of Kolkata, Tagore's birth place. The statue is inside a fence enclosure that is surrounded by rose bushes, weeping willows, and magnolia trees that symbolize Tagore's love for nature. Situated in an area known for its diverse international population, his message of universalism and world peace fits right in.

You can find the statue of Rabindranath Tagore in Ray Miller Park located at 1700 Eldridge Parkway in the Energy Corridor.

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# Staging Your Home for Sale

BY SHERRY CAMPBELL, OWNER/BROKER, ENERGY REALTY

As the real estate market in Houston has shifted to a buyer's market, we have seen a resurgence in the need to stage a home before listing for sale. Buying a home is an emotional purchase, and it is a Realtor's job to create the right emotion in your home to appeal to the largest number of buyers. Staging has become a critical step when selling a home, and when done well, your home will not only sell faster, but it will also sell at a higher price.

While our homes may be decorated beautifully, sometimes the decorations or furniture can be a distraction to buyers. A staged home helps a potential buyer see themselves living in your home while appreciating the key features.

Before listing your home for sale in this market, the following tips will help make your home "showcase ready" for photographs and visitors—you want that first impression to be a lasting impression:

- **Declutter** - When we live in our homes, we live in them. This means we may have accumulated a lot of extra stuff or knick knacks. Stuff can be distracting to buyers, so pack up anything that is smaller than a football, and keep countertops clear except for a few decorator items. We want to see how much counter space you have!
- **Clean** - A sparkling clean home not only feels "new", but it also gives the impression of a well maintained home. Don't forget



to clean light fixtures and windows inside and out. If tile grout is dirty, or looks dirty, either clean with bleach or purchase a grout pen.

- **Curb appeal** - Buyers will form an impression of your home from the moment they drive up. Lawns should be mowed, beds mulched and cleared of debris and weeds, and walkways power washed if needed. Make sure the front door and outside light fixtures are clean. Fresh colorful flowers in pots at the entry are a nice touch.

- **Minimize décor** - I've been in homes that have amazing artwork, but artwork can overwhelm a home and distract buyers from focusing on the home. I always tell my buyers to remember that we are selling the home and not the art or furnishings. When selling a home, the art should only be an accent to the home, not the main feature.

- **Rearrange furniture** - Once again, we are selling your home, not your furniture. If there is too much furniture, we may need to pare down the furnishings. Additionally, sometimes a beautiful furniture arrangement can block some of the home's main selling features, like the fireplace or views of the backyard.

When selling a home, it is best to see your home with a fresh perspective and put yourself in the buyer's shoes. What does a buyer see when they walk into your home? It is difficult for a seller to see their home from this perspective, because they have lived in and decorated their home to their personal preferences. A third-party home stager or Realtor can help freshen the perspective on your home and stage it to sell!

Energy Realty agents provide professional staging and photography to sell your home. Call us today at 281-679-6266 for a free consultation on staging your home to sell.

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## Outstanding IB Results at The British International School of Houston

BY JO TURNER, COMMUNICATIONS MANAGER

Students, teachers, parents and school community members at The British International School of Houston are celebrating thanks to students achieving exceptional results in the International Baccalaureate Diploma Programme for the 2018/19 academic school year.

The British International School of Houston achieved an average score of 34.3 this year. The average score was 15% higher than the IB global average of 29.78 points, widening the gap between the school and other IB schools around the world. We also had a 100% pass rate with our IBCP programme. These results showcase the difference that Nord Anglia Education schools bring to students' academic results.

At Nord Anglia Education—the world's leading premium international school group—all 61 of its schools support students to achieve more than they may have ever thought possible. Every Nord Anglia school, including The British International School of Houston believes there is no limit to what students can achieve socially, personally and academically.

• The school and its student body were particularly thrilled after it received word that one student received full marks—the maximum

score of 45 points. This is an incredible achievement for this student, as only 0.4% of students worldwide received full marks this year on the IBDP.

• Additionally, two students achieved impressive scores of 43 points.

• 19% of BISH students achieved 40 points and above. This is the level of attainment required to gain admission to the world's elite universities, such as Cambridge, Oxford, Harvard and Stanford.

• Two thirds of BISH students achieved a score higher than the IB global average.

“Year after year, I am so proud of our Nord Anglia students who—through their dedication—achieve results that exceed global averages for the IB Diploma,” said Andy Puttock, Group Education Director, Nord Anglia Education. “This year's results powerfully show how our students benefit from world-leading teachers who go beyond traditional education to inspire them toward success,” he said.

*“We're very proud of our fantastic students who have again achieved outstanding IB results. Our Class of 2019 will now continue their educational journey at some of the world's leading universities. Please join me in congratulating our students for their tremendous achievements. A bright and rewarding future awaits these fabulous young people.” —Mark Wilson, Principal of The British International School of Houston.*

This year, Nord Anglia students around the world achieved an IB Diploma pass rate of 33 per cent in total.

The International Baccalaureate Diploma Programme, commonly referred to as the IBDP, is a two-year education programme for students age 16-19. The programme is a widely accepted and recognised qualification for entry into higher education and universities worldwide.

To learn more about the International Baccalaureate, you can visit their website at <http://www.ibo.org>.

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# New Name, Décor and Menu for Popular Memorial Area Restaurant

BY HOLLY CHERVNSIK



**B**acaro Kitchen & Wine Bar, a hidden gem nestled in the heart of Memorial, has a new name, a new look, and a new menu with Italian flair. Maria and Bill Loveday own and operate the restaurant, formerly The Devine Affair, which has been in operation more than eight years as a popular dine-in and happy hour spot with take-out options.

Bill Loveday announced, “We hail from New York and now live in Katy. Maria is Italian and the spiritual soul of traditional tastes and hospitality, and I’ve worked in the restaurant industry for more than twenty years. We saw an opportunity to conceptualize our brand in the Memorial area and deliver an exquisite experience with a mix of formal and casual dining.”

The overall atmosphere is inspired by the warmth and neighborliness of the Bacari

in Venice, where locals stop in for a glass or two of wine, cicchetti (small plates), and freshly made meals. Dane George remains at the helm as Executive Chef and General Manager and was taught to cook by his Sicilian grandmother. This has inspired his most popular menu items: Gulf Shrimp & Diver Scallop Scampi, Pappardelle Bolognese, Chicken Piccata and Eggplant Parmesan. He’s adding new delectable dishes to the menu as well.

“Our focus is to provide the best wine and menu options in the Memorial area. Enjoy our restaurant and the new bar menu with a variety of cicchetti and Mediterranean dishes, such as grilled octopus and crudos of the freshest fish. Or stop in for take-home meals on busy days,” says Chef Dane.

Bacaro is a cozy place with a seventy-seat dining room and a separate area perfect for

business and social parties for up to twenty guests, as well as a patio seating for sixteen.

Sunday Brunch from 10:30 am-3:00 pm features wine specials and live music by a talented Latin guitarist. The bar menu includes wine/beer specials for happy hour 3:00-6:00 pm daily and 9:30-11:00 pm Friday and Saturday nights. On Wednesday evenings the restaurant offers samplings of new wines, as well as monthly sit-down wine tastings and regular wine dinners featuring specific wineries or themes.

A grand opening celebration is planned to kick off the busy fall season. Owners Bill and Maria Loveday plan to expand into Katy and other West Houston neighborhoods

*Bacaro Kitchen & Wine Bar is located at 14021 Memorial Dr, Houston, TX 77079. Visit the website at [bacarokitchen.com](http://bacarokitchen.com) or call 281-759-6300.*



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# Healthy Food Hacks

By Kady Parker

Whether your goal is to drop a few pounds, boost your energy or just eat a little healthier, we all love a good healthy food hack, right? I find making small changes to my favorite foods and recipes is more sustainable than crash dieting. Keep reading for a few of my favorite healthy food hacks.



## RICE BOWL HACK

Cauliflower is everywhere these days, making cameo appearances to lighten up everything from gnocchi and pizza crust to “mashed potatoes” and fried rice. The riced, frozen stuff is so convenient and can be used for many applications. If you’re looking for a healthier rice bowl (but don’t want to cut out the grain completely), try swapping half the white or brown rice out for cauliflower rice. This way, you get the flavor and chewiness but you slash the carbs in half.



## PROTEIN COFFEE HACK

Here is one you may have seen circulating on social media. If you love coffee and are watching calories, listen up. Swing by your favorite coffee shop and order two shots of espresso over ice in a large cup. Pour in your favorite protein shake (I like Premier Protein in the caramel flavor). It’s as easy as that. It tastes like an iced caramel latte and won’t break the calorie—or actual—bank. This can be done at home if you own an espresso machine. I have a milk frother, and I can tell you this works well hot, too. The protein shake becomes creamy and frothy. You won’t believe it’s healthier for you.



## CHIPS & GUAC HACK

An avocado contains about 30 grams of fat. While this is mostly healthy fat, it is still a considerable amount, especially when it’s easy to down a whole one in the form of guacamole without batting an eye. Lighten up guacamole by incorporating nonfat Greek yogurt in a ratio

of three parts avocado to one part yogurt. Not only does the yogurt provide a nice tang, it adds volume without any fat. For dippers, consider baked plantain chips, tortilla chips made from beans or slices of crunchy jicama.



## SUB SHOP HACK

You can still be healthy while eating fast food, and here is proof. Order a 6-inch vegetable sub without cheese on whole wheat bread. Then, go crazy with the vegetables! Finish with some honey mustard or light mayonnaise and there you have it: a healthier fast food option. Bonus: At many sub shops, this sandwich rings in at right around five bucks.



## EGGLESS EGG SALAD HACK

Say what now? That’s right! You can make eggless (even vegan!) egg salad. This hack is quick, tasty and perfect to whip up for a summertime lunch on the deck. Simply drain and rinse a can of chickpeas and mash them in a bowl with a fork. Add in salt and pepper, a couple tablespoons of vegan mayo, lemon juice, maybe a dab of mustard and a scoop of pickle relish—whatever you typically put in egg salad. Serve it in between two slices of bread or on a bed of lettuce and chow down. This is so good; I find I prefer it to classic egg salad. Bonus: chickpeas have more than twice the protein that eggs do.

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