

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

Volume 7

February 2006

Issue 2

Happy Valentine

We are planning monthly field trips for Houston Deaf Senior Citizens.

(**Attention:** the places or dates may be changed if unable to reserve or time permits.)

When the place and date are settled, it will be announced on each month of the newsletter.

Friday, February 10th is our next field trip

West Columbia, TX



Health Tips

NOT FEELING RESTED? IT MAY BE SLEEP APNEA

Neuroscience Health Highlights – December 2005
Memorial Hermann Southwest Hospital
www.memorialhermann.org

Extreme sleepiness during the day is the most common sign of a problem called sleep apnea. This breathing disorder actually causes people to stop breathing for 10 to 60 seconds at a time during sleep. When this happens, the amount of oxygen in the blood drops, and the brain must wake the person up so breathing can begin.

Besides feeling very drowsy and waking up at night, other symptoms of sleep apnea include:

- Loud snoring, choking or gasping during sleep
- Morning headaches
- Trouble with concentration or memory
- Mood changes, such as depression

In most people, congested nasal passages or the tongue, palate or uvula at the back of the throat may block airflow. Excess weight in the upper body can put pressure on the windpipe, also blocking airflow. In some cases, sleep apnea occurs when the brain doesn't signal the body to breathe when it should.

"Sleep apnea is serious. Untreated, it raises the risk of coronary artery disease, heart attack, stroke, memory loss and even death," says Victor Salcedo, MD, Medical Director of the Memorial Hermann Southwest Hospital

Sleep Lab. If you have sleep apnea:

- Avoid drinking alcohol
- Maintain a healthy weight
- Avoid smoking

Try not to sleep on your back. Sew a pocket onto the back of your nightshirt and put a tennis ball inside it. Other treatments also can help. The most effective is called nasal continuous positive airway pressure. It involves wearing a mask-like device that pumps air as you inhale during sleep to keep the airway open. If you have symptoms of sleep apnea, talk to your doctor.



From the Editor:

**Houston
Deaf Senior
Citizens
Newsletter**

Editor

*Audrey
Leger*

The Staff

*Roger
Spivey*

*Zelma
Curbello*

*Mary Jo
Stevens*

*Thelma
Jo Hays*

*Nancy
Krone*

Temporary

*Margie
Graham*

*Rochelle
Simpson*

Dear Houston Deaf Senior Citizens and Friends,

On January 8, 2006 the price of first class postage stamps increased to 39 cents including our 12 pages SC Newsletter mail increased from 60 to 63 cents. Also the cost of living and gasoline prices are higher. We'll have a meeting to discuss about cut this down pages of the newsletter from 12 to 8 – 10 pages OR increase the subscription fee.

When we are done with the meeting, the notice will be announced on the newsletter. Thank you for your support by continuing to subscribe.

Do not forget the Super Bowl game on TV Sunday, February 5th, and enjoy watching your favorite football teams.

Let's pray for others who are in poor health as well.

*Happy Valentine's Day!
Audrey*



**Field Trip
West Columbia
February 10, 2006 (Friday)**

Houston Deaf Senior Citizens will meet at Woodhaven Deaf Baptist Church, 9920 long Point Rd, Houston, TX. Be there around 8:00 AM. The bus will depart at 8:30 AM.

Half way – McDonald's or any place for drink & restroom

10:30 AM – Columbia Historical Museum – Approx 1 hr tour - \$2.00 per person

11:45 or 12 PM – Lunch...To be announced

1:30 PM – Arrival time; **2 PM** Start time – Varner Hogg Plantation State Park
Approx 2 hr tour - \$6.00 per person

Split into two groups each for house tour and to watch a video, then switch the groups

Half way back – McDonald's or any place for restroom & snack if time permits

If you are interested in going on the field trip, please contact Audrey Leger at 281-437-6224 or Zelma Curbello at 713-941-3247 before the 9th. Come and let's have fun together. See you on the 10th.

Please send any news, information, jokes, pictures, recipes, sports or anything that you want to share with Senior Citizens. **Please keep articles to less than 300 words, due to limited space in the newsletter.** Please note that the editor may, at her discretion, edit articles or news items for brevity and to correct errors. **The deadline is on the 15th of each month.** Items received after the 15th will be held until next issue.

NOTE: Unpaid subscriptions are discontinued after three months. In order to serve you better, a reminder will be sent during the second month.

If you have any questions, don't hesitate to contact us at 281-437-6224 TTY / VP / FAX or E-mail us at hdsnews@yahoo.com.



From Zelma Curbello of LOVE FUND:

We wish to thank you for your generous donations to **LOVE FUND**: Arlene Benham, Bertha Moses, Rochelle Simpson, and Joan & Homer West.

~~~~~  
For Love Fund in memory of loved ones, see page 11.

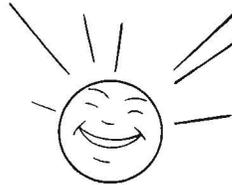
Anyone who wishes to donate **\$\$\$** to **LOVE FUND** should please make a check or money order payable to **Houston Deaf Senior Citizens - Love Fund**. And mail to:

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

**NEW SUBSCRIBERS:**

Welcome our new subscribers:  
Virginia Ruebush

Subscription is a great gift for your loved family or friends.



**RENEWALS:**

Thank you for your renewal: Eula Adams, Joyce L. Adams, Dorotha Altom, Sam Derstine, M/M Gordon Gibbons, Bobby J. Griggs, Hermin Gumm, Marlene Hanks, Dorothy Krystyniak, Thomas & Martha Pruitt, Jerrell & Betty Jo Quinn, Helmut & Erna Quiram, Nell Shanefield, Jerry & LaVerne Smith, and Thomas Withrow.

**MEETING**  
**Feb 3 – FRAT**  
**Feb 7 – PIP**  
**Feb 8 – SC at MMSC**  
**Feb 22 – SC at MMSC**

**LAUGHTER,  
THE BEST MEDICINE**

Jim arrives home to find his wife lying on the floor in a pool of sweat. He rushes over and rouses her. It's then that he notices that she's wearing a parka and a mink. "Are you okay? What are you doing?" he asks.

"You've been promising to paint the living room for months now," she explains groggily. "I wanted to prove that I could do just as good a job as you, and faster too."

"Well, it does look like you did a good job," Jim says, looking around.

"But why are you all bundled up?"

"I know how to read," she snaps. "The can said 'For best results put on two coats'."

Submitted by Cora M. Boggs  
Reader's Digest – January 2006

**ASL SOCIAL**

**Feb 5, 2006 (Sunday)**  
7<sup>th</sup> Anniversary Celebration  
Super Bowl TV at  
Jax Grill Restaurant

**SC FIELD TRIP**

**Feb 10, 2006**  
West Columbia - Sweeney

**HHT SOCIAL**

**Feb 10, 2006**  
Memorial City Mall  
Food Court

**SC SOCIAL-POTLUCK**

**Feb 16, 2006**  
Woodhaven Baptist Church



**FEBRUARY**

**ANNIVERSARY**

None in February



**FEBRUARY HOLIDAY**

**14 – Happy Valentine**

**FEBRUARY BIRTHDAY**

**25 – Earl W Johnson**

**U.S. PRESIDENTS BIRTHDAY**

**12 – Abraham Lincoln**

**22 – George Washington**

**JOKE ON US** – Houston Chronicle: Submitting by Zelma Curbello

Two friends were drinking coffee.

**First friend:** "Every time I take a sip of my coffee my eyes hurt."

**Second friend:** "Maybe it will help if you take the spoon out of the cup."

**TO LOVE FUND IN MEMORY**



Thank you all for your hearty thoughtfulness donations to  
**LOVE FUND IN MEMORY OF YOUR DEARLY FRIENDS**

**ALL LOVED FRIENDS**

Bobby Joe Griggs, Christine McKinnon,  
Julie & James Spaulding,  
and Jenice & Tommy Wells

**JACK RICHARD**

Sidney Braquet, William Lambert,  
and Pernella Smith

**JEAN HARKNESS**

William Lambert and Pernella Smith

**MARGARET BRAQUET**

Sidney Braquet, William Lambert,  
Pernella Smith, and Ellen E. Seaton

**LARUE CLIFTON**

Sidney Braquet, William Lambert,  
and Pernella Smith

**JOE MORTON**

Sidney Braquet, Thelma Jo Hays, William Lambert,  
Pernella Smith, Esteline Stewart, Betty Taylor,  
I.D. & Floyd Wicker,  
and Wallis State Bank

**SUE WILLIAMSON**

William Lambert and Pernella Smith

**ALBERT HAMMONS**

Thelma Jo Hays

*Thank You Notes*

Dear Loved Ones,

I want to thank you for your support love, prayers, cards, donations and your presence last month during a most difficult time.

I miss being with you and hope in the near future I can take a few trips with you again.

I wish all your families a very Merry Christmas and a Prosperous & Healthy New year.

May God continue to bless each of you.

Love,  
Deborah Lokey

Perhaps you sent a lovely card,  
Or sat quietly in a chair,  
Perhaps you sent a funeral spray,  
If so we saw it there,  
Perhaps you spoke the kindest words.

As any friend could say; perhaps you were not there at all,  
Just thought of us that day,  
Whatever you did to console our hearts,

We thank you so much whatever the part,  
By the family of  
Joe Morton

*Thank you for the donation in  
Memory of Joe*

Love,  
The family

Your kindness  
Will never be  
Forgotten  
  
*Thank you  
God's Blessing  
The family of  
Albert Hammons*

The family of Margaret G. Braquet  
Acknowledges with deep appreciation your kind expression of sympathy  
*Thank you for your donation to the Love Fund in memory of my mother.  
I appreciate your support*

*Fondly,  
Sidney*

## CALENDAR OF EVENTS

### Feb 3, 2006 (Friday)



FRAT will have a meeting and luncheon from 11 AM to 3 PM at Golden Corral Restaurant (get off at the Hollister exit from North 290, and make a U-turn. Restaurant is on your right).

### Feb 5, 2006 (Sunday)



ASL Social's 7<sup>th</sup> Anniversary Celebration will be at Jax Grill Restaurant, 1613 Shepherd, Houston, TX 77007 from 11 AM to 10 PM. Let's join the fun. Come and watch Super Bowl TV! Any questions please e-mail to Earl Johnson at [ejohnson127@houston.rr.com](mailto:ejohnson127@houston.rr.com).

### Feb 7, 2006 (Tuesday)



Positive Interaction Program (PIP) will hold a meeting 7 PM at Woodhaven Deaf Baptist Church, 9920 Long Point Rd, Houston. This month's guest speaker will be Dan Parsons, President of the Better Business Bureau (BBB) of the Metropolitan Houston area. For more details please see the 'News' page 6. Please try to attend. Interpreter & captioning will be provided.

### Feb 8, 2006 (Wednesday)



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

### Feb 10, 2006 (Friday)



Houston Deaf Senior Citizens will have a field trip to West Columbia, TX. Meet at Woodhaven Deaf Baptist Church, 9920 Long Point Rd, Houston, TX at 8:00 AM. Hope you can join us. It's sure to be enjoyable. (See editor page 2, for more information).

### Feb 10, 2006, Friday



Houston Hand Talk Social will be at Memorial City Mall – Food Court, I-10 Freeway at Gessner Rd, Houston, TX from 5 PM to 9 PM. Let's come to meet & enjoy chatting with your old and new friends. Any questions please contact Roger Spivey at [spivey39@Yahoo.com](mailto:spivey39@Yahoo.com).

### Feb 12, 2006 (Sunday)



Illuminations Arts will have Hand Held Tales, "African American Tales" at 2:30 PM at Borders Books, 570 Meyerland Plaza, Houston, TX. Bring your family and friends to join and enjoyable. For more information contact Illuminations Arts at 713-529-6909 TTY/VP or 713-529-6910 Voice, or see their website at [www.illuminationsarts.org](http://www.illuminationsarts.org).

### Feb 16, 2006 (Thursday)



Houston Deaf Senior Citizens will have a fellowship and potluck at Woodhaven Deaf Baptist Church at 9920 Long Point from 9 AM to 1 PM. If you wish to bring a covered dish, please contact Gertrude Sessions at (281) 447-7575 TTY or Jenice Wells at (281) 442-8015 TTY and let them know what you will bring.

### Feb 22, 2006 (Wednesday)



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

# REST IN PEACE

## OBITUARIES



**ALBERT WARREN HAMMONS, Sr., 87**, loving husband, father, grandfather, great-grandfather and longtime residence of San Leon, passed away Friday, December 30, 2005. He was born on March 17, 1918 in Ava, Missouri to Loma and Harriett Hammons.

Albert attended the Oklahoma School for the Deaf and participated in various athletics. He retired from Texas Forge after many years of service and enjoyed his retirement by spending a lot of time fishing, which he dearly loved.

Albert is survived by his loving wife of 61 years, Joyce Hammons; sons, Warren Hammons and wife, Barbara, Don Hammons and wife, Lessa, Nina LeMaster and husband, Harry; grandchildren, Sheryle Gates, Jeffrey Warren Hammons, Monica Hammons, Albert Warren Hammons III, Shannon Hutchinson, Joe Hammons, Deana Jouett, Tracy King, Jennifer LeMaster; great-grandchildren, Taylor Hammons, Joe Hammons, Jr., Rylie Jouett, Kasen Jouett, Savannah King and Madie King; numerous other loving relatives and friends.

Visitation was held from 5-9 p.m., Tuesday, January 3, 2006 at Rosewood Funeral Home, where Funeral Services were held at 12:00 noon Wednesday, January 4, 2006. Interment was followed at Rosewood Memorial Park.



Ikerd

**JoAnn Ikerd, 68**, passed away on Friday, Jan 6, 2006, at her residence in Harlingen, Texas. Jo Ann was born on April 7, 1937, in Gonzales to Walter and Lucy Ikerd.

In 1957, Jo Ann graduated from the Louisiana State School for the Deaf as its salutatorian and later attended Gallaudet College for the Deaf in Washington, D.C. She also was a member of the First Baptist church in Baton Rouge.

Jo Ann is survived by her brothers, Louis M. Ikerd and wife Diana of Harlingen, and Gay W. Ikerd of

Marksville; sister, Wanda Dyess and husband Jerry of Mobile, Ala. and numerous nieces and nephews. She was preceded in death by her parents.

Visitation was held at Buck Ashcroft Funeral Home in Harlingen, Texas, on Sunday, Jan 8, from 1 p.m. to 6 p.m. with the family receiving friends from 3 p.m. to 6 p.m.

Funeral service was held at the funeral home on Monday, Jan 9, at 9:30 a.m., with the Rev. Wade Hood officiated. Interment was followed in Restlawn Memorial Park.



**Martha Carrillo, 62**, passed away Sunday, Jan 8, 2006 after an illness. She is survived by her mother, a sister, a son, two daughters, one granddaughter and five grandsons. She was preceded by her father, and husband Joe Carrillo.

Visitation was held at 11:00 AM and funeral service at 12:00 AM Friday, January 13<sup>th</sup> at Unity Funeral Home at 7730 Boone Rd, Houston, TX.

The visitation continued on until 3:00 PM and then her body was cremated.



**Detro Swayne Thompkins, Sr, 67**, passed away Sunday, January 15, 2006. Detro was born in Oakland, California on August 14, 1938, to the late Weldon and Eva Thompkins. He later moved to Houston, Texas and was raised by his grandparents the late Annie Mae and Q.C. Daniels. He attended the Texas Blind, Deaf and Orphan School in Austin, Texas where he graduated in 1960.

Detro worked at various jobs. He worked for U.S. Post Office for 30 years until his health failed.

Funeral Service was held Saturday, January 21, 2006 at Paradise North Funeral Home, 10401 West Montgomery Rd., Houston, Texas 77088

# NEWS



## **Anna Gremillion's Story:** Submitting by Evelyn Autry

We were in Italy for 4 days and when we got on a cruise, we saw Hurricane Katrina hit New Orleans. We were very upset because of our boys. We tried to call them for several days. We finally contacted them and they were in Baton Rouge. They said they tried to call us, too. Well, we lost everything on the first floor because of mold and water. Jerry and Brenda's bedroom furniture and their clothes were saved as they were on the second floor.

We went to Naples, Sicily Island, Dubrovnik, Montreal, Taormina, Monaco, Pisa, Spain and France. I was thrilled to see Pope Benedict in Vatican. He's so tiny and very short.

We couldn't fly to New Orleans but Brenda's uncle in Houston is a pilot so he helped us to fly to Houston. We stayed there for 4 days then went to Baton Rouge. We stayed 2 ½ months with the Hankels. Bless their hearts.

Then we decided to buy a house in Prairieville. Jerry and Brenda still commute to work in New Orleans. We also lost our cars but got new one. Mine is Honda Accord and I really miss my Oldsmobile Alero.

## **Martha Carrillo:** Submitting by Sandra Manley

Sadly Martha Carrillo passed away Sunday, Jan 8, 2006.

I have known Martha for over 20 years. I met her somewhere that I don't remember. She asked me for help. I was willing to help her and took her to go to the doctor for chemo, radiation and heart.

I had been taking her to go anywhere she wanted for almost two years. We are really enjoyed being together.

She was very sweet person and I miss her. Now she is not suffering anymore. She's gone to heaven and is happy with Jesus in heaven.

*Love, Sandra*

## **The Deaf PIP Meeting**

Officer James Sobota is the "Citywide PIP Coordinator". He works with 31 PIP groups in the city and works with 17 other Officers and oversees their PIP groups and make sure the groups run to standards.

He is also who is responsible for the Deaf PIP meeting, has asked someone from The Better Business Bureau (BBB) to be a guest speaker at the Deaf PIP meeting at 7 p.m. Tuesday, February 7, 2006.

The guest speaker will be Dan Parsons, President of the BBB of the Houston area.

Dan will give an overview of the organization and will give some valuable tips when dealing with area businesses. It will be interesting, so let's go and learn something more from him.

## **Austin's Event**

There will be a bowling tourney at Westgate Lanes on William Cannon all day Saturday, February 11, 2006. Admission fee for the fan is \$5.00 and for Senior Citizens is \$3.00. For more information contact Joe Ed Thompson, chairperson at [joeedt@aol.com](mailto:joeedt@aol.com).

## **Southeast Texas Deaf Festival 2006**

Call for Vendors.....Southeast Texas Deaf Festival 2006 will be on Saturday, February 25th, 2006 at Setzer Center Ballroom on the campus of Lamar University - Beaumont, Texas.

If interested in participating or more information, Contact [SETADEDU@aol.com](mailto:SETADEDU@aol.com)

**Jo Ann Ikerd:** Submitting by Ellen Crochet, emailed from Jo Ann's brother and his wife

Over the past year, Jo Ann had some problems with her heart, particularly an irregular heart beat. About 2 months ago, she went into the hospital to have her heart shocked into a regular rhythm. They did a test before the procedure and found she had blood clots in her heart. So they would not do the shocking. They put her on Coumadin to thin the blood and get it out of the heart. They continually were adjusting the dosage and she had an appointment on Friday, January 6th to see how it was going.

Thursday evening (January 5<sup>th</sup>) she was having hard time breathing and Louis was trying to take her to the hospital, but she told him to wait because she would rather see the doctor on Friday. She told him all she wanted to do was sleep. So I checked on her about 10 p.m. and we went to bed. When I got up Friday morning at 5:30 a.m., I went in to check on her and found her dead. The doctor said she had been dead for about 3 hours.

We had the funeral Monday, Jan 9<sup>th</sup> and it was a very nice service. Jo Ann has been buried beside her mother in Restlawn Cemetery in La Feria, a small town right next to Harlingen. Although we will miss Jo very much, we know she is a Christian and is in heaven, perfectly healed. So we place their hope in that fact, knowing we will see her again in heaven.

Ellen & Billy thank you for being her friends and keeping in touch for all these years; he know she looked forward to visiting with you every year.

**Bernice Theresa Bottlinger**  
**July 10, 1930 – September 30, 2005**



Bernice was born in the farming community of Yukon, Canadian County, Oklahoma. She was the youngest of 5 children; Adolph, Vernon, Ralph, Edwin and Bernice. Her home was full of sign language as her brothers Adolph and Ralph were also deaf. As a young girl she had attended the State School for the Deaf in Sulphur, Oklahoma. Christmas and summer vacations were spent on the farm. She enjoyed playing in the orchards, helping her mother collect eggs and learning to cook in the kitchen. Bernice had a fondness for animals and enjoyed owning many different cats and dogs. Her current pets included, Bandit, the dog and Boots and Whiskey the cats.

Bernice attended Gallaudet College in Washington, D.C. for one year before returning to Oklahoma. She worked for the Ford Motor company assembling alternators until she was terminated because of her engagement to Wayne. She met Wayne while he was doing his vicarage with Lutheran Deaf Ministry in Oklahoma City. While talking in sign language to a friend Bernice wondered if he really knew sign language and caught Wayne's eye. After a year of dating, Wayne proposed on Valentine's Day, 1957. They married on June 16<sup>th</sup> of that year in Oklahoma City.



They made their first home in Memphis, Tennessee where they lived for four years. In 1962 Bernice, Wayne and four year old Terry moved to Vancouver, BC. During her years in Vancouver she was very involved in the church with her husband, the Great Vancouver Association for the Deaf, Happy Hands and many other deaf groups. She enjoyed her weekly bowling league with hearing friends at Middlegate Lanes in Burnaby. Bernice also enjoyed gardening, sewing, embroidery, woodwork and traveling.

Bernice was active with her daughters, volunteering with school field trips, taxiing them to swimming lessons etc. She loved to host their birthday parties and the girls loved to show off their mom's signing. After her stroke in 1992 she was confined to a wheelchair but still enjoyed traveling around the world with Wayne and her daughters. She enjoyed watching her favorite captioned programs on TV, reading the newspaper and her magazines. Wayne was a true comfort to her in her final years and they are happily enjoying heaven together. She now can run free and hear the birds singing with Jesus holding her hand!

**Quotable Quotes:** Reader's Deigest – February 2006

There are a lot of things happening that show us that this, right now, is a time to love.  
*Stevie Wonder in People*

## LAUGHTER, THE BEST MEDICINE

Doctors are planning for the first-ever face transplant. I hate to break it to the doctors, but I was at the Emmys. It's been done.

*Jay Leno, The Tonight Show (NBC) – Reader's Digest – January 2006*

**News:** By Doris Roswell

Big hello and miss you all...My husband, Gene attended at Austin School for the Deaf.

We would like to say.....We have been married for the past 58 years. We have 14 grandchildren and 20 great-grandchildren. Wow!

We are really very glad to get HDSC Newsletter subscription as a gift by our good friend, Gordon Hegwood. It means a lot to us to read exciting and wonderful news. Gordon thanks you all a lot for your thoughtfulness.

Sincerely, *Gene & Doris*

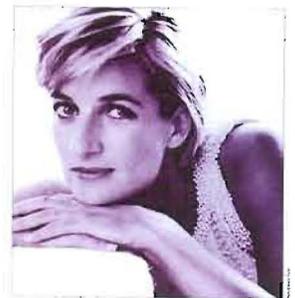
## Senior Citizens Field Trip

Houston Deaf Senior Citizens had enjoyed sightseeing the award-winning exhibition showcasing of Princess Diana's personal items at the Houston Museum of Natural Science on Friday, January 13<sup>th</sup>. There were lots of people to sightsee. That was amazed!

Direct from the Althorp Estate in England, the ancestral home of the Spencer family, comes this extraordinary exhibition celebrating the life and work of Diana, Princess of Wales. On display there are rare home movies filmed by Diana's father, childhood letters and other authentic mementos, including her royal wedding gown, 28 of her stunning designer dresses showing how Diana used her sense of style to draw attention to the causes in which she believed so passionately, also featured of the paintings, original family jewels, artifacts, a film of her funeral memorial, and much more.

The film of the funeral memorial really touched people's hearts. Some people watched it two or three times.

DIANA  
a celebration



A Wife. A Mother. A Princess. A Legend.

## Remarkable Story of a Deaf Voyager: Received email from a friend

For Charl de Villiers, the world is silent. Though it is devoid of sound, it is vibrant with action and rich with experience. Deaf since a burn accident destroyed his hearing as a child, he dreamed of becoming the first deaf person to sail solo around the world.

He started from the small town of Palacios, on the south Texas coast, and sailed directly to Panama. From there, he left the Americas behind and sailed his Tartan 37, Island Time, across the Pacific Ocean, following the trade wind route to American Samoa and a stop for provisions. He then continued west through the Torres Straits and across the top of Australia.

After a stop in Darwin, Australia, and a happy reunion with his family, he turned south and west to the southern tip of Africa and rounded the Cape of Good Hope to stop in his native country of South Africa. After a hero's welcome in South Africa, he continued northwest across the South Atlantic Ocean to enter the Caribbean Sea near Trinidad, and then sailed directly back to Palacios.

His voyage is complete - he arrived in Palacios on December 19, 2004. He did indeed set a world record - the first deaf person in history to sail alone around the world. Keep updated on the post-record-setting doings of the de Villiers clan by checking into the website weekly.

**TRUE!**

by Daryl Cagle



57% of Americans think they look younger than they are.

### The Wheels of Life



It is fact since birth to old age in our life.



# HOUSTON DEAF SENIOR CITIZENS



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Email: earlwday@aol.com

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Missouri City, TX 77459

Nancy Morris, Secretary  
Ph # 281-656-2576 (TTY/VP)  
Email: nmorris2@houston.rr.com

For hearing people: You may call them by RELAY TEXAS #711 OR #1-800-735-2989

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## MOVING?



Please make sure your  
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