**SUNDAY SCHOOL**

PLACE: ZHCC,
8787 W. Airport Blvd.,
Houston, TX 77071
Tel: 713-270-9339

TIME: Different timings for each group

DATE: November 11, 2018

**Children’s Session**  
The Sunday School session starts at 10.30 a.m. to 11.30 a.m.

**Middle Group:** The Sunday School session at 11.00 a.m.

**Youth Group:** Sarosh Collector, Kaemerz Dotiwalla conduct this session.

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**SPECIAL SUNDAY SCHOOL PROJECT**

**INTERACTION WITH COMMUNITY SENIORS**

**A JOINT CHILDREN AND MIDDLE GROUP SUNDAY SCHOOL SESSION**

As a special SS project, the children of both the groups have been requested to invite either their grandparents or any seniors of their choice and interact with them as best as they can.

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**UPCOMING EVENTS**

**Saturday, December 1, 2018 – ZAH Fundraiser Play – Flyer attached**

**Friday, December 7, 2018 – Library Event – To be announced**

**2019**  
**Sunday, February 10, 2019 – Interfaith Event at ZHCC**

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**REPORTS**

**Update – Resurfacing the Parking Lot**

Thank you very much to all those who have donated towards resurfacing our Parking Lot, we sincerely appreciate your benevolent gesture.

We wanted to give you an update on the collections we have had so far. As at November 4th, we had collected total pledges of $135,000 (Pavers - $105,000 and Adopt a Spot - $30,000), out of which we have received checks/online payments amounting to $70,000. As you can infer, although we have received a great response so far, we still have a long way to go in achieving our final target. The total number of donors that have pledged so far for this initiative are approximately 80 families/individuals out of around 350 listed in our Directory.

Friends, this is our own Center and it is our duty to look after our beautiful asset. Everyone has their priorities, but as an extended family it is each and everyone’s obligation and is incumbent upon us to support when required. It is unfair to expect contributions from the same members/individuals who dig into their pockets and donate every time there is a need.

We would earnestly appeal to those who are still undecided to please seriously consider contributing towards this cause with whatever amount you can. We have set up a link on our website for your convenience so please visit the website and contribute towards this noble cause. This is a great opportunity to leave your legacy at our Center for your kids and grandkids and we need EVERYONE to be a part of this great program.
On the administrative side, we have received the Parking Lot resurfacing contract and is currently under review with the experts in our community. We will inform you all once the contract is finalized and executed. If you have any questions or concerns, please contact Jasmin Katrak at 713-320-5075 or email her at jasminkatrak@gmail.com.

Here are the Donors who have contributed so far (until Nov 4th, 2018):

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<tr>
<th>Jimmy Kumana</th>
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<td>Sweta and Minoo Sethna</td>
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<td>Minaz and Nozer Dungor</td>
<td>Katie Irani</td>
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<td>Arnaz &amp; Jeangir Mistry</td>
<td>Natasha and Adil Irani</td>
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<td>Roshan and Bomi Gazdar</td>
<td>Natasha Baria</td>
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<td>Lyla and Rayme Daroga</td>
<td>Arni and Piloo Ilavia</td>
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<td>Tannaz Machhi</td>
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<td>Yasmin and Sheroy Haveliwalla</td>
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<td>Tanaaz and Edul Chikhliwala</td>
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<td>Elvia and Ronnie Patel</td>
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<td>Shermeen and Jal Sethna</td>
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Thank you once again to all our donors !!!

The ZAH Executive Committee

Please Note: You will receive an emailed receipt from the ZAH webmaster mentioning 'space/s' reserved as opposed to pavers or parking spots. This is an automated response and due to our website limitations, we are unable to customize it so please ignore it. Your allotment will be based on amount paid by you. Please include your registration for 'Pavers for parking' or ‘Adopt a Parking Spot’ or ‘Donation for resurfacing parking lot’ in the comments box. If you have any questions or concerns, please contact Jasmin Katrak at 713-320-5075 or email her at jasminkatrak@gmail.com.
Another Successful Library Event

On Friday, October 26, the ZAH Library presented an award-winning Zoroastrian author, Sohrab Fracis, from Florida.

Jangoo Mistry introduced Sohrab Fracis, a native of Mumbai, as an accomplished writer with a fascinating background. Sohrab had visited us a few years back to read from his book: *Ticket to Minto: Stories of India and America*, and the evening was a memorable experience for all of us. Sohrab Fracis has subsequently published his latest work of fiction: "Go Home", that has garnered rave reviews from critics. This second book was the subject of discussion at the event.

After working for a few years as an in Jacksonville, Florida, Sohrab accepted his calling to become a writer. Making a radical change in his career, that most of us would not have the courage to do, he went back to school for an M.A. in English at the University of North Florida. That made him the rare person with both engineering and fiction in the United States library system. He taught literature and creative writing at the University for 10 years, and then went on to be a fiction and poetry editor at the State Street Review.

Sohrab Fracis is the first Asian American author to win the Iowa Short Fiction Award for his first book—a description by the New York Times Book Review as "among the most prestigious literary prizes America offers."

The evening began with a meet-and-greet, followed by Sohrab’s book reading and discussion. Sohrab read passages from his book that planted the seeds for a robust discussion by the audience later. Starting with the Prologue, he went on to read two passages. The first passage was from his first chapter, that painted a very graphic and realistic picture of the protagonist (a young student) leaving home for the first time. The second passage read by Fracis talked about the time the student returns home for vacation. The audience listened intently throughout the book reading.

In his books, Fracis' themes deal with situations that are of great interest to us: displacement, alienation, injustice, culture clash, and cross-cultural bridges. As a result, these issues engaged the audience in an animated discussion with Sohrab that addressed discrimination and verbal assaults. We are indeed honored that Sohrab took the time to be with us and to share his story. Aban Rustomji gave a vote of thanks and presented a gift to Fracis.

Many of you had purchased a copy of Sohrab Fracis' previous book, *Ticket to Minto*, at the last event, and enjoyed reading it. This time also we had copies of his latest book for purchase which Fracis graciously autographed. We have copies of both Sohrab's books in the ZAH Library.

A lavish potluck dinner was a fitting ending to an interesting and enjoyable evening.

OBITUARY

Banoo Cawas Dastoor, 92, mother of Firdaus (Tehmi) Dastoor and Ruzbeh (Linda) Dastoor, AZ, grandmother of Sarosh and Neville Dastoor, passed away peacefully on Sunday, October 28, 2018 at 4:00 a.m.
# Membership - Dues

2018 ZAH Membership ends on December 31, 2018. Exciting things are happening at the ZAH. Very soon the new Atash Kadeh will be completed. Preparations are progressing for the North American Zoroastrian Congress to be held in December 2020. Select the amount from the list of categories given in the column on the left, make out a check, pay your annual membership as indicated and be a part of this vibrant community.

## Subsidy to Attend 7th World Zoroastrian Youth Congress

The ZAH Executive Committee is pleased to offer our Youth a chance to win a subsidy of at least $200 to attend the 7th World Zoroastrian Youth Congress. This subsidy is being provided by the Zoroastrian Association of Houston in conjunction with FEZANA. The very simple rules are:

1. You must be a member (or student member if you are still studying) of ZAH for 2018 AND 2019. (It is not too late to become a member of ZAH for 2018 if you are not yet a member).

2. Email a short essay (no more than one page) to the ZAH Secretary, PercyMMaster@gmail.com, by March 1, 2019. The essay should indicate how your life will be enriched by attending this congress and how you hope to give back to the Zarathushtri community.

3. You must register for the 7th World Zoroastrian Youth Congress by March 1, 2019 and email the ZAH Secretary your proof of registration. Register online at [https://wzycongress.org/register/details](https://wzycongress.org/register/details)

**ZAH Youth Group Report**  
*By Yazad Sidhwa (ZAH Youth Group President)*

This year, the ZAH Youth Group got the opportunity to plan and organize the “Preparing for College” seminar organized by the congress2000legacy Scholarship Committee every year. The seminar was conducted by our long time ZAH members, Dr. Farrokh Mistree and Dr. Janet K. Allen and we had a great turnout of 21 kids and 22 adults. The seminar was very well received by all the Youth and Middle group students and parents.

We saw a lot of fundraising activities going on to repair our Parking lot so in our October Officers’ meeting, we decided to donate $100 from our Carnival proceeds that we made as Youth group’s contribution towards the repairs. Besides that, some of the Youth Officers went to IKEA and selected new tables and chairs for our Youth room so you will see some new furniture soon.

This month, we shall be going to Dallas for our annual lock-in at the Zoroastrian Association of North Texas Center. Planning and preparations with the Dallas coordinators are in progress and we are excited and looking forward to the Lock-in. If you have not RSVP’d yet please do so at your earliest as the spots in the cars are filling up and we need to give the final headcount to Dallas by Nov 10th.

In December, we will have our annual Christmas party and the details will follow via emails from the officers in charge for December. All of us are working hard and have planned a lot of exciting activities throughout the year. Please try and participate as we need all your support as always to make all activities a huge success.

### Membership Dues - Category and Rates

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<th>Category</th>
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<td>Patron Senior Family Membership</td>
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<td>Associate Membership</td>
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<td>Single Senior Membership</td>
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<td>Student Membership</td>
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**Manashni Surcharge**  
For Printed/Mailed copies  
$15

**Definition of Categories**

- **Family Member**
  - Parents and their children under 18

- **Family Senior Member**
  - One spouse is over the age of 65

- **Single Member**
  - Unmarried individual over age 18

- **Single Senior Member**
  - Individual over the age of 65

- **Single Member Head of Household**
  - Single parent with children under 18

**Please make your check payable to:** ZAH

**And mail to:**

ZAH Treasurer  
8787 W Airport Blvd.  
Houston, TX 77071

AWARDS & ACCOLADES

Naomi Irani was selected as a Top 3 Finalist for the Greater Houston Partnership Houston Young Professionals & Entrepreneurs (HYPE) Impact Awards! The HYPE Impact Awards are presented to outstanding young leaders in Houston who strive for excellence and have achieved innovative, business-savvy and ground-breaking ideas. Join us in saying congratulations to Naomi!

JOINT EVENT BY ZAH & WZCC – SEPTEMBER 14, 2018

LIFE SAVING TALK BY Dr. RASI WICKRAMSINGHE – A RESPECTED CARDIOLOGIST
By Jangoo Mistry

In our heart of hearts, we know that we need to do something about the amount and kind of food we eat. We know we are gaining weight, and getting less healthier by the day. We make all sorts of resolutions and promises to ourselves that simply don’t work. To shed light on this struggle that a lot of us are engaged in, the Zoroastrian Association of Houston (ZAH) and the Houston Chapter of the World Zoroastrian Chamber of Commerce (WZCC) jointly sponsored a unique event that captivated and motivated the audience.

Dr. Rasi
Dr. Rasi Wickramsinghe, (Dr. Rasi, for short), a cardiologist, originally from Sri Lanka, was the featured speaker on the evening of September 14, 2018. His talk: “What You Eat and How You Eat Could be Killing You…and what you can do to stop it!” touched on many fascinating facts, busted some myths about food, and presented guidelines on how we can do better.

Educated at Stanford and Johns Hopkins Universities, Dr. Rasi Wickramasinghe, is Board Certified in Internal Medicine, Cardio-Vascular Medicine, Intervention Cardiology and Echocardiography. His expertise spans an astonishing range of sub-specialties of cardiology, such as heart disease prevention, minimally invasive heart valve replacement, and diseases of arteries and veins in the lower extremities. He has published over 30 articles in Journals, teaches at University of Texas, and presents at numerous conferences all over the world.

Every day, as a cardiologist at Memorial Hermann Hospital in Houston, Dr. Rasi sees patients exhibiting various health problems related to over-eating and improper eating habits. By educating people through his presentations, he helps people avoid problems like heart disease, hypertension, and high cholesterol. There is no doubt that Dr. Rasi achieved this mission admirably with his life-changing message.

Personal Struggle
Dr. Rasi started by saying that everything in his talk is not just science that he has studied, but also deeply personal to him. Unlike most other doctors who admonish and scare their patients, he is not judgemental, because as he said, “I have walked the path that I preach”. While his medical practice was thriving, he was dying. Well on the path to a medical disaster, at only 40 years of age, he was overweight, had high blood pressure, high cholesterol, and he was diabetic. The “trifecta” of these three factors makes one a ticking time bomb for coronary artery disease. Jolted by this, he lost 72 pounds in 4 months, had normal blood pressure, got off all his medications, and his diabetes was actually cured. All of this was achieved through sensible eating habits. It may come as a surprise to many, but Dr. Rasi emphasized that Type 2 diabetes is actually a reversible condition.

The Food We Eat
Six out of the top ten factors that kill people are directly related to food. So what is the reason why we, as a country spend over half a trillion dollars on heart disease treatments, and have over 30 million people with Type 2 diabetes. Some might say that we eat too much. Or that we don’t exercise. Or that our diet is full of fat. Or that Americans have bad genes. All of these factors are present in other countries as well, and don’t explain the high incidence of coronary problems in our country. What then, is the cause of this medical anomaly?

Does this have Carbs or Fat?
Research shows that diabetes and heart disease began to be serious problems in the early part of the twentieth century. Interestingly enough, this coincides with the time when scientists discovered nutrients like protein, carbohydrates, fat, vitamins, minerals, etc. Soon, every item of food had a direct relationship to the nutrients it contained. For example, carrots were good for you because of the beta carotene it contained, or that milk was good for you because of the calcium it had. To this day, food has simply become the vessel to deliver nutrients to us. It wasn’t
long before entrepreneurs started taking advantage of this trend of “nutrient shaming or nutrient glorification”, and began processing foods to deliver these nutrients. The entire food chain that had only farmers and consumers now began to be transformed by the food industry.

**Influence of the Food Industry**

Early inroads by the food industry was by the Kellogg brothers. In early 1900’s, they tried to solve the constipation problem of those days by providing a food rich in carbohydrates, giving birth to flattened corn in the form of corn flakes. Concurrently, their marketing genius delivered the message that breakfast is the most important meal of the day -- a fiction that has no medical basis or fact, and believed to be true until this very day. In the 1950 time frame, a reputed researcher Ancel Keys studied death patterns of rich and poor Italians and falsely made the simplified connection of blocked arteries with fat-like deposits (or plaque) to the fat in the food that people ate. Inevitably, this led to the food industry’s fat-free crusade on gullible consumers. In the 70’s and 80’s came to the realization that things were a little more complicated because fats were of different types, saturated, polyunsaturated, trans-fats, etc. What followed was the shift from butter (bad for you) to margarine (good for you), and many other food shifts from one type to another that had no relation to reality.

**Why Diets Fail**

All of these efforts by the food industry has not prevented the steady rise in diabetes and heart disease through the years, when we were supposedly isolating and identifying “culprits” in our food. So which food is one supposed to eat, and which food to avoid? Dr. Rasi advised: “Simplify your approach to food”. For six years, he read any and all literature that talked about foods and diet. He discovered that there are three aspects to eating: quantity, quality, and behavior. “Diets fail because they focus on one thing and push you to the limit on that one thing”. Human behavior and changing environments can make us follow a restricted diet, restricted on quantity or quality, for a short while, but cannot be sustained for a lifetime. The behavioral aspect is more important than the other two. Eating is an intensely psychological and sub-conscious process. When you are eating, if you can modify certain things that promote certain kinds of behavior, and helps you stick to a certain pattern, then that eating pattern becomes your habit.

**So What do We Eat?**

The premise of Dr. Rasi’s message is to avoid processed foods and eat real foods that are primal in nature. Processed food is what comes from the food industry. Quite simply, don’t eat food that comes in a box, a can, or a container with a label. Processed foods are made with three things in mind -- sugar, salt and fat. Their purpose was to make foods that are cheap, convenient, abundant, and long-lasting. Unfortunately, over 70% of the calories we get from the food we eat today is from processed food.

Dr. Rasi summarized by giving us a list of nine do’s and don’ts. (1) Only eat things that your grandma would recognize. Or, saying it differently, only eat things that can rot (no preservatives). (2) Only eat processed foods that have ingredients that you recognize, not relying only on the nutrition label that most of us read. Choose foods with the fewest, most natural ingredients. Surprisingly, yogurt for kids has more sugar than a bottle of Coke. (3) Also, look at serving sizes on labels. A bottle of Coke, for example, has 2-½ servings! When was the last time we shared a bottle of Coke with 2-½ people? Serving sizes, published in collusion with the food industry, are manipulated to make the nutrition label look good, which os the only thing most of us look at. (4) Dr. Rasi urged people to look at the list of ingredients instead, saying that it is less important to notice how much of something a food has than what it has. (5) Fill your shopping carts with foods that do not have labels. Buy foods that don’t advertise themselves, don’t buy the ones that scream “Buy Me” at you! When was the last time you saw kale or broccoli being advertised? “False” advertising is rampant in the processed food industry. For example, 100% Pomegranate Juice Blend made by Coca Cola has less than 0.5% of pomegranate, or about one teaspoon in the whole bottle! (6) Even though, as consumers, we may be under the illusion that there is a lot of choice among thousands of food items we see in the grocery store, all of America’s processed foods are made by just 10 companies, with a lot more concentrated marketing power. (7) All grocery stores have a layout that puts fruits and vegetables on walls around the store, with packaged foods in the middle aisles. Dr. Rasi’s advice: shop around the periphery of the store, and ignore the middle aisles, except for items like nuts, frozen fruits, dried beans, honey, and vegetables. (8) Eat mostly plants, though there’s nothing wrong in enjoying meat when you feel like it. (9) Oscar Wilde said, “Everything in moderation, including moderation”. No matter what you do most of the time, give yourself the opportunity to indulge.

**Ask Dr. Rasi**

Tired of being asked the same questions over and over again by his patients, Dr. Rasi now posts answers on the web to common food dilemmas such as: is red wine better than white wine, are eggs good for you, and are frozen vegetables better than fresh vegetables. Search on “Ask Dr Rasi” on YouTube for a fascinating array of analysis and sound advice. He even takes the time to answer emails from anyone who is looking for answers.

**Questions and Answers**
Dr. Rasi was bombarded with all kinds of questions and concerns that people had. Here’s a summary of some of his answers.

- For losing weight, diet is much more important than exercise (90% food, 10% exercise). As we exercise more and more, our bodies adapt and burn less and less calories.

- Nutritional value of plain olive oil is same as extra virgin olive oil. The difference is in the flavor, the aroma, etc.

- Some foods do increase LDL, the bad cholesterol, but they are not necessarily harmful. Though LDL levels are associated with increased risk of heart attack, LDL does not cause heart disease. Dr. Rasi took the time to explain the “fallacious logic.” It is true that statins reduce cholesterol. And they do reduce chances of a heart attack, but reducing cholesterol has never been shown to reduce heart disease. A statin like Lipitor, for example, can prevent heart disease in a manner not related to reducing cholesterol. Tests have shown that other medications that also reduce cholesterol do not prevent heart disease. So it is not the decrease of LDL alone that helps. Lipitor is doing something else, other than reducing cholesterol, that is preventing heart disease.

- Asked about coconut oil, Dr. Rasi asserted that coconuts and coconut oil have recently got a bad rap that is not justified. Growing up in Sri Lanka, the coconut tree was the most important plant in Sri Lankan culture, and every dish had some form of coconut in it. And yet, the incidence of heart attacks was very low.

- Sugar vs. honey. Honey is better. But sugar vs, sweeteners like Splenda, sugar comes out better. Just try to reduce the amount of sugar gradually in tea or coffee, and you will not miss it. Don’t take Splenda. Splenda and other sweeteners can actually worsen diabetes.

- Steel cut oats are much better that old-fashioned rolled oats, which in turn are better than the one-minute microwave oatmeal that is highly processed. The amount of carbohydrates is the same in all, but the sugar (and insulin) spike is much higher with the processed oatmeal. His website explores this issue in more detail.

- Dr. Rasi was asked that even with increased processed food, how come people are living longer? This is because medical advances now enable people to live longer, even though the quality of life may not be good.

- Good genes override all bad foods and bad habits (like smoking). If you have good genes, you will live longer, regardless of what foods you eat, or bad habits you have.

- Someone in the audience commented: “Eating was simple in the good old days when we were growing up in India. Now eating has become complicated, with constant reminders to ourselves about which food is good, and what it contains. Eating should be one of the joys of life, and that seems to have gone away with all this information overload. The more I learn about food, the more weight I seem to put on!” Dr. Rasi’s answer: “Eat like your grandma ate. The problem is that the same food here is so much richer than in India. In Mexico, for example, enchiladas are served without any cheese! Same with other ethnic foods.

- You can get the probiotics you need if you avoid processed food. You don’t need to take probiotics. Same for vitamins. You don’t need to take any daily vitamins. ‘Americans have the most expensive urine in the world’.

- What about genetically-modified food? Nothing wrong with food items like seedless grapes. Same with seedless watermelon, and same with bananas (which used to have seeds in them in their natural form, many years back).

- Organic food is better than non-organic.

- Alcohol is OK in moderation. If you have an occasional drink, go for it. But do not take up drinking because it is good for you.

**Conclusion**

Dr. Rasi was a very entertaining speaker, blending humor and knowledge. And his message really hit home because he had the audience in the palm of his hand, totally intrigued and attentive. The long Question & Answer session was further evidence of that, and the whole event lasted over two hours, and everyone went home wanting more.
ZAH Annual Fundraiser is on 12/1/18 and The ZAH Natak Group Presents.....

Jerk-Xes the NOT so great!!!
A Parody based on the life of Xerxes

Tickets go on Sale 10/20/18
Ticket prices 50.00 and 100.00
All proceeds goes to the ZAH
Box office contact – Manek Nariman
Phone# - 281 313 2654
Email – thenariman@gmail.com

Includes a traditional Parsi style
Lagan nu Bhonu after the show with “bowarchi’s” all the way from Bombay ready to serve you!!

BYOD.....Bring Your Own Daru!

Date: Saturday 1st Dec 2018
Time: 7:30pm
Venue : ZAH Auditorium
8787 W. Airport Blvd
Houston TX

Is he going to keep on yapping?
I am King....I get all the women!!!
Damn...I am going to be late for my facial

We promise to have you rolling in the aisles laughing your guts out....but don’t worry we will have doctors standing by to put them all back in!!!!!

***Free Valet Parking at the event***