

The 1100 Louisiana Times

A mix of fun facts, useful building info, and Houston living...

MARCH ISSUE
713.759.9923

HOUSTON IN MARCH

Special Points of Interest:

- Building Management Office Hours are 7:30 am - 5:00 pm.
- Contact Sherry Farrow at (713) 759-9923 for all parking needs and concerns.
- Contact Roseanne Martinez for all Concierge questions.
- Contact Bushra Salman for information on Fire Warden training and Notary Public Services.
- CONCIERGE ONLY ACCEPTS CHECKS. NO CASH OR CREDIT CARDS.

Editor: Bushra Salman
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Visit us at
www.1100louisiana.com

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Bayou City Art Festival

Award-winning juried arts and entertainment festival that transforms Memorial Park into a festival outdoor art gallery.

Date: March 28th—30th,
10am-6pm

Place: Memorial Park

Event Cost: Adults \$10-kids under 12 free

Telephone: (713) 521-0133

Contact Name: Kim Stoillis

Contact Email:
info@bayoucityartfestival.com

Website:
www.bayoucityartfestival.com

Shell Houston Open

See more than 150 pro golfers compete at Redstone Golf Club's stunning Tournament Course.

Date: March 26th—April 1st,
1-6pm

Place: Redstone Golf Club
Event Cost: Varies by event.

Website:
www.shellhoustonopen.com

Jesse H. Jones:

City Builder and Public Servant

The exhibition, organized by Wallace Saage, The Heritage Society's curator of collections, documents Mr. Jones's unique roles in local and national affairs. The exhibition will be presented in The Heritage Society's Museum Gallery from February 12 to May 25, 2008

Date: March 1st—25th, 10am-4pm

Place: The Heritage Society

Event Cost: Free

Telephone: (713) 655-1912

Contact Name: Deborah Duty

Contact Email:
dpalin@heritagesociety.org

Website: www.heritagesociety.org

Meet the Stars of Big Medicine at University General Hospital

Meet the stars of TLC's hit show Big Medicine at University General Hospital on March 6, 2008 from 4:00 PM until 7:00PM. Call 713-659-9500 to RSVP

Date: March 6, 4-7pm

Place: University General Hospital

Event Cost: Free

Telephone: (281) 768-6007

Contact Name: Gina Stinson

Contact Email:
gstinson@ughospital.com

Website:
www.universitygeneralhospital.com

Concert Corner

Michael Buble	3/01	Toyota Center
Snoop Dogg	3/01	Warehouse Live
Marilyn Manson	3/02	Verizon Wireless Theater
Pat Metheny	3/05	Verizon Wireless Theater
Silverstein	3/07	Meridian
Back Door Slam	3/10	Warehouse Live
My Morning Jacket	3/10	Verizon Wireless Theater
Patti LaBelle	3/15	Arena Theatre
Blue October	3/19	Meridian
Tommy Lee	3/21	Meridian
Bret Michaels	3/29	Meridian

Theater District

Hello Dolly	3/01—3/09	Hobby Center
Othello	3/07—3/30	Alley Theater
Spelling Bee	3/25—3/30	Hobby Center

SPORTS ARENA

Houston Rockets Home Game Schedule

3/02 - 7:00 pm Rockets vs. Denver Nuggets	3/18 - 8:30 pm Rockets vs. Boston Celtics
3/05 - 7:30 pm Rockets vs. Indiana Pacers	3/24 - 7:30 pm Rockets vs. Sacramento Kings
3/08 - 7:30 pm Rockets vs. New Orleans Hornets	3/26 - 7:30 pm Rockets vs. Minnesota Timberwolves
3/10 - 7:30 pm Rockets vs. New Jersey Nets	
3/14 - 7:30 pm Rockets vs. Charlotte Bobcats	
3/16 - 6:00 pm Rockets vs. Los Angeles Lakers	



Houston Aeros Home Game Schedule

3/04 - 7:05 pm Aeros vs. Providence Bruins	3/19 - 7:05 pm Aeros vs. Quad City Flames
3/07 - 7:35 pm Aeros vs. Hartford Wolf Pack	3/20 - 7:05 pm Aeros vs. Chicago Wolves
3/09 - 4:05 pm Aeros vs. Rochester Americans	3/21 - 7:35 pm Aeros vs. Chicago Wolves
3/13 - 7:05 pm Aeros vs. Rockford IceHogs	3/25 - 7:05 pm Aeros vs. Peoria Rivermen
3/15 - 7:35 pm Aeros vs. Rockford IceHogs	3/28 - 7:35 pm Aeros vs. Peoria Rivermen
3/17 - 7:05 pm Aeros vs. Quad City Flames	



Concierge Discounts

Stamps	\$8.20
Edward's Cinema	\$6.00
Fiesta Texas	\$28.00
Fiesta Texas (Season Pass)	\$64.86
Schlitterbahn—New Braunfels (Adult)	\$35.95
Schlitterbahn—New Braunfels (Child)	\$28.45

***Tickets located in suite 2250
Concierge accepts checks only***

Common Dream Meanings

Kelly Sullivan Walden, author of *I Had the Strangest Dream*, offers these explanation of common dream scenarios:

Falling — feeling overwhelmed; loss of control or confidence; losing your way

Being chased — wanting to get away from a problem but can't

Flying — joy, creativity, independence

Taking a test — feeling unprepared for a challenge

Losing teeth — powerlessness, financial stress or loss



FUN FACTS

Business Boosters

A Texting Primer

Here are the definitions of some common texting abbreviations:

B2B – business to business

CYE – check your email

DYOR – do your own research

F/F – face to face

HAND – have a nice day

.02 – my two cents

411 – information

PTB – please text back

RINGL8 – running late

WRT – with regard to



Recording Voicemail Greetings

Laurie Puhn, author of *Instant Persuasion: How to Change Your Words to Change Your Life*, recommends that your voicemail greeting be no longer than 10 seconds. "Most callers don't care why you can't come to the phone — they just want to leave a message."



Sitting Pretty

According to new research by the University of Alberta Hospital in Canada, sitting up straight may not be the best position for your back. Instead, it recommends leaning back at a 135 degree angle because this position puts less stress on your spine and reduces the risk of back pain.

Don't Horse Around with Compressed Air

So many workplace injuries have been caused by compressed air that OSHA issued a federal requirement stating that compressed air shall not be used for cleaning purposes unless the pressure is reduced to less than 30 pounds per square inch (psi), and even then only when effective chip guarding and personal protective equipment is used. While these restrictions reduce the chance of injury when cleaning objects, compressed air should never be directed towards people or animals. The force of the air can turn even tiny objects into dangerous projectiles. Also, compressed air can enter the body (ear, nose, puncture wound) and cause the affected body part to swell and hurt intensely. If the air gets into the bloodstream, it can burst blood vessels and cause death. Even pressure as low as five to 10 psi can cause serious injury.

Egg Customs Around the World

For thousands of years, humans have associated eggs with rebirth. Jews have long placed a roasted egg on the Passover Seder plate to symbolize life and the hope for salvation. Christians adopted the egg to represent the resurrection of Christ. Here's a look at how other countries have developed their own egg customs:

- In China, new parents give red-dyed eggs to family and friends to announce the birth of a child.
- Germans use green eggs as a symbol of mourning on Maundy Thursday, the Thursday before Easter.
- Mexicans toss empty eggshells filled with confetti at Easter and other happy occasions.
- For special celebrations, Japanese parents give their children eggs decorated to resemble the children.
- Slavs use wax and dye to make special designs on decorated eggs called pysanky.



The History of St. Patrick's Day

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for thousands of years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.



The first St. Patrick's Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army. Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies, like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

SPEED BUMP

DAVE COVERLY



Recipe of the Month - Egg Salad

- 8 eggs
 - 1 tablespoon mayonnaise
 - 2 tablespoons prepared Dijon-style mustard
 - 1 teaspoon dried dill weed
 - 1 teaspoon paprika
 - 1/2 red onion, minced
 - salt and pepper to taste
1. Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
 2. In a large bowl, combine the egg, mayonnaise, mustard, dill, paprika, onion and salt and pepper. Mash well with a fork or wooden spoon.
 3. Serve on bread as a sandwich or over crisp lettuce as a salad.