

THE BUZZ

in the
Bayou City

by Roseann Rogers
The Buzz Lady



Best Foot Forward!

April showers bring May flowers but until then you can stay dry and put your best foot forward with a pair of Le Chameau boots.

Made of 100 percent natural rubber, these French chic Wellies are available at Rebecca & Drew. Available in two styles, the Vierzon Lady (\$170) available in variety of colors including green, yellow and turquoise or the Low Boot (\$125), which also comes in vermilion red. www.RebeccaAndDrew.com or 713.522.7500



Rodeo's Hot Summer

Rodeo Houston may be over but, the Houston Livestock Show and Rodeo is cooking up some sizzling summer fun. The new summer festival, benefiting the Rodeo, will be a great and entertaining way to beat the heat. Houston's Hot Summer Break is July 4-8 at Reliant Center. The five-day music festival features food, shopping and Houston's top chefs and mixologists stirring up spirits. Guests can also enjoy cooking demonstrations, a beer brewing competition, and a contest searching for Houston's best cocktail, margarita and martini. For more information, go to www.rodeohouston.com.

Feeling Better

Everyone wants to feel good on the inside and out. After practicing medicine as an OB/GYN for over a decade Dr. Shelena Shel encountered patients who suffered everything from irritability to depression, sleep disturbances and weight gain. Dr. Shel has been fortunate enough to have her patients embrace an integrative approach to treating the whole person, not just the symptoms, to achieve a healthy balance and a happy life full of vitality. Treating the symptoms related to hormone imbalance is very complex but can be done with the use of Bio-Identical Hormone Replacement Therapy, (BHRT). BHRT utilizes naturally occurring plant sources that are an exact match to what our body produces on its own to correct hormone imbalance and the symptoms associated with it. According to Dr. Shel, patients begin to feel like themselves again as the hormones begin to work and their symptoms decrease, allowing them to regain their lives! www.drshel.net or 281.698.7435

Sprucing Up for Spring

Phoebe Howard, known affectionately as Mrs. Howard around the country for her popular decorating advice column in *Southern Living*, has put her talents into her new book *The Joy of Decorating: Southern Style with Mrs. Howard*. It's hard to believe that this stay-at-home mom never went to design school and has no formal training. She was born with design in her blood. In fact, when she finally turned to decorating homes, her very first project landed on the cover of *House Beautiful*. In addition to her design duties, Howard also owns several retail stores in Atlanta, Charlotte, N.C., and Jacksonville, Fla. *The Joy of Decorating* is available on www.amazon.com. You can also visit www.phoebehoward.net



Courtesy: Stewart Tabori & Chang

Grittiest Culinary Competition

Houston is gearing up for the grittiest culinary competition! Kiss My Grits—A Gulf Coast Throw-down is a competition that pits 10 of Houston's top chefs against one another in a grits showdown. This year's competition is on Thursday, April 5 at the new hot spot, The Capital at St. Germain downtown. Guests will be able to try all the competing dishes, sip specialty cocktails and more. Chef lineup includes; Chef Randy Rucker of Restaurant Conat and Chef Jonathan Jones of Beaver's. Proceeds will help raise funds for Young Texans against Cancer. Cost is \$100. Price includes food, drinks and entertainment. For more information go to www.houston.ytac.org



Jessica Jacobe, Janice Hall, Stacy Lewis, Toni Hudgins, Barbara Marshall

Time to Tee Off

The Women's home presents the fifth annual LPGA Players Invitational with Carol Mann at Champions Golf Club on Monday, April 9. Players will begin with a noon shotgun start following by an exciting scramble tournament. After, players will mix and mingle with guests and enjoy dinner. For more information regarding the tournament or The Women's

Home call Marcia Tapp at 713.328.1975 or mtapp@thewomenshome.org.

Naomi Judd in Town

Award winning entertainer, hepatitis C survivor and former registered nurse Naomi Judd will be the keynote speaker for the PARTNERS 2012 Spring Luncheon on Thursday, April 26, at the River Oaks Country Club. Proceeds from the event benefit programs to support nursing education, research and student services for The University of Texas Health Science Center at Houston (UTHealth) School of Nursing. During the luncheon, PARTNERS will recognize board members who are nurses or former nurses.

To attend the luncheon contact Mandy Kaplon, 713-500-2003; Amanda.Kaplon@uth.tmc.edu or PARTNERS@uth.tmc.edu



Supermodel Luncheon

The supermodels are heading to Houston! Meet the top supermodels of the 80s in person and learn about the power of image in our country at the I AM WATERS Luncheon on Wednesday, April 25 at River Oaks Country Club. I AM WATERS, founded by former top model and Houston resident Elena Davis, is a non-profit organization that provides spiritual and physical hydration of people in need. With the fundraising luncheon, Davis will expand her efforts and awareness and continue the work of I AM WATERS. A-list supermodels already confirmed include Cheryl Tiegs, Joan Severance, Tara Shannon, along with Tony Spinelli and Jack Scallia. For more information on the luncheon or the foundation, go to www.iamwaters.org or call 281 221-5879.