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The Opportunity is Now



Deavra Daughtry & MR. D-MARS

"I have always recognized that the object of business is to make money in an honorable manner. I have endeavored to remember that the object of life is to do good." - Peter Cooper, 1874.



Wendi-Ann Walker
Jamaica House



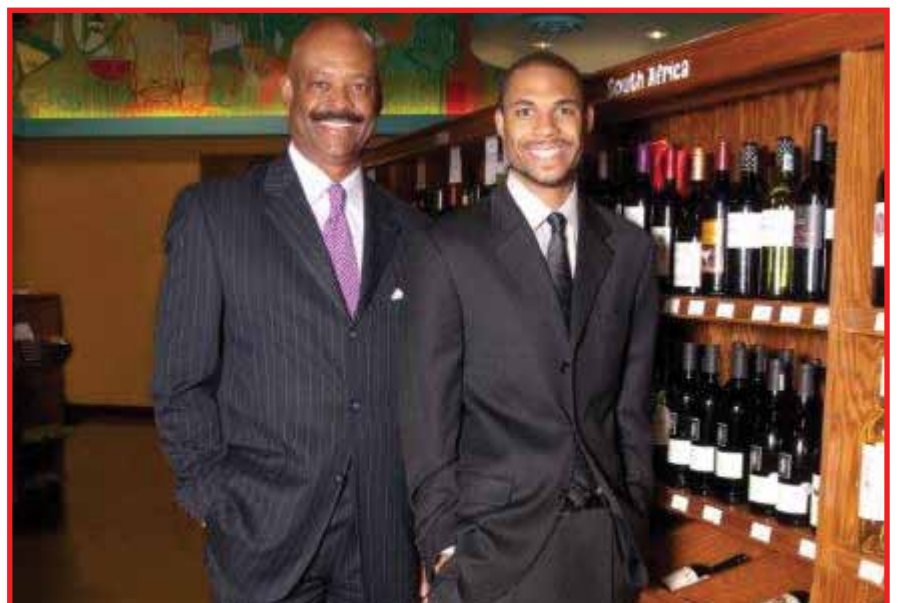
John Maxwell
International Leadership Award



Dr. Comeaux
Natural Women's Care



Val Thompson
Houston International Trade
Dev. Council CEO/President



Wayne Lockett & Warren Lockett
Branwar Wine Distributing Co.

See pg. 8

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Publisher's Message

Keith J. Davis, Sr.

Becoming a global entrepreneur is critical to your success in business today. The Internet affords us the opportunity to travel to anywhere in the world in a matter of seconds. There are endless possibilities to expand your territory without purchasing an airplane ticket to your destination. The myth is that African Americans are not doing business abroad, read this issue and you will most likely come to a different conclusion. I encourage you to seek out opportunities to network with diverse cultures right here in Houston to wet your feet and stay abreast of what's happening in the international communities in our beautiful port city. You'll be surprised at the business opportunities that are available. We designed this journal to empower you to be a major player in international commerce. Enjoy the exploratory journey that it affords you, each time you turn a page.

As always, thank you for your continued support of d-mars.com. When you support d-mars.com, you are supporting more than just our company; you are supporting the communities in which we live and work. Working together, we can succeed in making positive things happen.

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MR. D-MARS

Tip of the Month

Trade has been a cornerstone of our growth and global development. But we will not be able to sustain this growth if it favors the few, and not the many." -Barack Obama

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AUDIT PENDING



Welcome to Our International Journal



Houston is becoming a prime player in the world economic games with the Port of Houston expanding and the diversity in our melting pot city changing daily. African Americans historically have been hesitant to move into this arena because it's new territory with its own exceptionalities. It requires us to stay informed on global issues, get educated on how to handle

business on a wider scale and network with our intercontinental counterparts to expand our business territories.

In the early 1900's African Americans traveled abroad to do business because the opportunities just were not afforded us in the United States. After the Civil Rights Movement, the promise land of American business opportunity was opened

for African Americans. We surprised and surpassed the expectations of many who have dominated this arena for centuries.

In this present day economy, it's critical that we properly discern and utilize the strengths that have been traditionally associated with doing business with African Americans and develop a game plan for success in the global market. As the 4th

largest city in the U.S. we have unlimited resources located right here in Houston, such as the Greater Houston Partnership's International Business Division, the Houston World Trade Center and the International Trade Center to name a few. We will uphold our end of the bargain by keeping our readership, inspired, informed, and educated on the topic of doing business internationally

and we expect to hear from you as a result of your new "international" attitude as you do more business in the global market.

Developing a global perspective ensures that we become "good" universal citizens in a world economy; an international perspective ensures that we are able to continue to do "good" business even in a turbulent economy.

5th Annual International Leadership Awards & Dinner with Leadership Expert, John Maxwell

Hosted by Deavra Daughtry and the Texas Women's Empowerment Foundation International



Leadership Expert
Dr. John Maxwell



IFLS Chair
Dr. Deavra Daughtry



Global Humanitarian
Ms. Edie Fraser



International Author
Dr. Myles Munroe



Celebrity Comedian/Actor
Steve Harvey



CEO Ardys International
Antonio Diaz De Leon



Motivational Speaker
Les Brown

On August 23-26, 2011, the Texas Women's Empowerment Foundation International (TWEF Int'l) will host the 5th Annual International Financial and Leadership Summit (IFLS) at the InterContinental Hotel, 2222 West Loop South, Houston, Texas. This four (4) day summit offers a spectacular Million Dollar Roundtable, highly informative leadership workshops and training seminars, an elite women and money leader-

ship luncheon, a turbo charged networking event with world renowned motivational speaker, Les Brown and a high impact, straight forward community dialogue and leadership panel with Congresswoman Sheila Jackson Lee. There will also be opportunities to relax and unwind at the Golf and Give Back celebrity golf tournament at the prestigious Wildcat Golf Club. The summit will culminate with the internationally applauded International Lead-

ership Awards Dinner featuring leadership expert and principal speaker, Dr. John Maxwell at the world renowned Wortham Theatre.

Dr. John Maxwell is an internationally recognized leadership expert, speaker, and New York Times Best-Selling author who has sold over 13 million books. He is the CEO of The John Maxwell Company. His organizations have trained more than 2 million leaders worldwide. He is the author of lead-

ership best seller, The 21 Irrefutable Laws of Leadership. This year's ambassadors and honorees include Empowerment Expert; Dr. Myles Munroe; Global Humanitarian, Edie Fraser; Motivational Speaker, Les Brown; Antonio Diaz De Leon, CEO Ardys International and many more. The International Financial and Leadership Summit is the premier event held for Global Leaders bringing together high profiled professionals and business leaders for networking

opportunities, and to discuss strategic partnerships and relationships. Signature events during the summit will be recorded and televised internationally in over 150 countries.

Please contact Deavra Daughtry for additional information and to setup interview opportunities. For information on the 2011 Summit www.ifls-connect.com or TWEF Int'l programs go to www.tweef.org and www.empowermentcommunitycenter.com.

Port of Houston Authority and Panama Canal Authority Renew Strategic Alliance

The Panama Canal Authority (ACP) and the Port of Houston Authority renewed their strategic alliance yesterday during an official ceremony in Panama City, Panama. The partnership, which was originally formed in 2003, is now extended for five years until 2016. It aims to boost trade along the "All-Water Route" between Asia and the U.S. Gulf Coast via the Panama Canal and the Port of Houston Authority.

ACP Administrator/CEO Alberto Aleman Zubieta and Port Commission Chairman James T. Edmonds shake hands after signing the memorandum of understanding, which renews the partnership between the Panama Canal Authority and the Port of Houston Authority.

Port Commission Chairman James T. Edmonds and ACP

terway's expansion is expected to be completed.

"The renewal of this agreement signals an even stronger relationship between Houston's port and Panama," said Port Commission Chairman James T. Edmonds. "We look forward to the increased trade expected from the Canal's expansion, jobs creation and enhanced economic development in the region as we move toward another century of progress."

"As we forge ahead with the expansion of the Panama Canal, we are committed to strengthening our partnerships with ports in the United States. The expansion will benefit ports along the East and Gulf Coasts of the U.S., and we look forward to continuing our relationship with the Port of Houston Authority," said ACP Administrator/CEO Alberto Aleman Zubieta.



facilities to develop and implement an innovative Environmental Management System that meets the rigorous standards of ISO 14001. The second recertification of those facilities in 2009 included an extension for the state-of-the-art Bayport Container Terminal. The port authority is the first port authority in the world to receive ISO 28000:2007 certification for its port police and the perimeter security operations at both the Barbours

Cut and Bayport Terminals. Additionally, the port is an approved delivery point for Coffee "C" futures contracts traded on the New York Board of Trade's Coffee, Sugar & Cocoa Exchange.

For more information, please visit www.portofhouston.com.

Photos courtesy of Port of Houston Authority



Administrator/CEO Alberto Aleman Zubieta signed the memorandum of understanding, inking the renewed partnership. As a result of the Panama Canal expansion project, the anticipated increase in containerized cargo going to Houston could grow by 15 percent in the next few years, with a projected 150 percent increase to a total of 4.5 million TEUs (twenty-foot equivalent units) by 2030.

The \$5.25 billion expansion of the Panama Canal, which broke ground in 2007, includes the construction of a new set of locks that will allow the transit of longer and wider ships.

The Port of Houston Authority and the ACP will both celebrate their centennial in 2014 – the same year that work on the wa-

terway's expansion is expected to be completed. With this renewed agreement, the two entities' objective is to foster significant growth in trade and to increase traffic through the Canal with such activities as:

- Joint Marketing to generate new shipping business via promotions, advertising and public relations activities;
- Data Sharing to forecast future trade flows and market trends;
- Market Studies Exchange that may benefit either party in future product development or business venture;
- Sharing of Information Related to Modernization and Improvement projects that serve as a benefit to business and spur increased demand; and,
- Technological Interchange of advanced technology capa-

bilities and programs to spur cutting-edge initiatives in the shipping and maritime community.

Leading business and government officials, shipping dignitaries and distinguished guests, including a delegation from the Greater Houston Partnership, attended the ceremony in Panama City. Delegates from Houston also included Harris County Attorney Vince Ryan and City of Houston Controller Ronald Green.

About the Panama Canal Authority (ACP)

The ACP is the autonomous agency of the Government of Panama in charge of managing, operating and maintaining the Panama Canal. The operation of the ACP is based on its organic law and the regulations approved by its Board of Directors. For more information, please visit <http://www.panacanal.com/>. You can also follow us on Twitter: <http://twitter.com/thepanamacanal>.

About the Port of Houston Authority

The Port of Houston Authority owns and operates the public facilities located along the Port of Houston, the 25-mile-long complex of diversified public and private facilities designed for handling general cargo, containers, grain and other dry bulk materials, project and heavy lift cargo, and other types of cargo. Each year, there are more than 7,700 vessel calls at the port, which ranks first in the U.S. in foreign

waterborne tonnage and second in overall total tonnage. The port authority plays a vital role in ensuring navigational safety along the Houston Ship Channel, which has been instrumental in Houston's development as a center of international trade. The Barbours Cut Container Terminal and Central Maintenance Facility are the first of any U.S. port

A. Promoting Small Business
The Port of Houston Authority's Small Business Development Policy is goal-oriented – requiring contractors of the PHA to make good-faith efforts to utilize certified small businesses.

B. Joint Ventures
The PHA encourages joint ventures and alliances between small businesses and larger firms in the interest of faster and more efficient results on various projects.

C. Supplying Solutions
We provide workshops and training sessions on problems frequently encountered by small businesses during the proposal process and while working on PHA projects.

the PORTfolio
Promoting trade and economic development at every level is the Port of Houston Authority's mission. We are committed to creating opportunities for small businesses while building on established standards of competitiveness and high quality.

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Branwar Wine is South Africa's Finest

Soccer, Nelson Mandela, Peri Peri, and Wine. Not the most obvious of associates but each in its own way have come to represent a new age in South Africa. While wine has been produced since the early colonial days by Dutch Farmers, South African wine is now positioning itself as a favorite on the international wine stage.

Recognizing the void in the United States for quality South African wines, Branwar Wine Distributing Co. was established by founder Wayne Luckett and son, Warren. Branwar Wine serves as an importing and wholesale distribution company for South African wines across the United States. Branwar Wine's current focus is on the Texas wine market. Their wines are now available in upscale restaurants and wine bars in Houston, San Antonio, and Austin.

Branwar Wine has focused on establishing a transatlantic relationship to develop trade initiatives between Africa, Europe, and the United States. Utiliz-

ing resources such as the Port of Houston, Houston Minority Supplier Diversity Council, City of Houston and HUB contracting, they hope to set the standard for small international minority owned business.



South Africa's current introduction to the world wine stage allows it to showcase its hundred year old vines and wine making skills that go into making remarkably balanced wines with a sense of structure and shape.

As the heat continues to bear upon us here in Houston, Bran-

war would like to introduce and highlight their most refreshing summer varietals:

-Passages Chardonnay 2010 - Stellenbosch, South Africa - Aromas of lemon, fresh almonds,

peach and grapefruit. Subtle hints of vanilla and spice on the nose with an intense lingering aftertaste.

Retail Locations: Spec's Downtown - 2410 Smith St. / Houston Wine Merchant - 2646 S. Shepherd / Wine Her Dine Her - 5410 Alameda Rd. / T&T Liquors Top Shelf - 17802 West Little York / Wine & Spirits - 16535 Lexington Blvd. / Leibman's - 14529 Memorial Drive.

-Stellenbosch Hills Chenin Blanc 2009 - Stellenbosch Hills, South Africa - This crispy dry white beckons with an abundance of tropical fruit aromas that follow

through on the lively palate.

Retail Locations: Wine Her Dine Her - 5410 Alameda Rd. / T&T Liquors Top Shelf - 17802 West Little York / Wine & Spirits - 16535 Lexington Blvd. / Leibman's - 14529 Memorial Dr.

-Bloulei Sauvignon Blanc 2009 - Wellington, South Africa - This grape embodies sumptuousness yet restraint showing fresh cut gooseberry with whiffs of grapefruit; smooth mid-weight palate but beautifully balanced with a tropical personality and long elegant finish.

Retail Locations: Wine Her Dine Her - 5410 Alameda Rd. / T&T Liquors Top Shelf - 17802 West Little York / Wine & Spirits - 16535 Lexington Blvd. / Leibman's - 14529 Memorial Dr. / Houston Wine Merchant - 2646 S. Shepherd

-Polkadraai Chenin Blanc/Sauvignon Blanc (70/30) 2009 - Stellenbosch Hills, South Africa - Star bright with a green undertone. An easy to drink, well balanced blend. The wine is grassy

on the nose, but the tropical fruit flavors come through on the palate.

Retail Locations: Wine Her Dine Her - 5410 Alameda Rd. / T&T Liquors Top Shelf - 17802 West Little York / Wine & Spirits - 16535 Lexington Blvd.

-Valdiserre Moscato D'Asti 2009 - Piemonte, Italy - Straw-yellow color with golden reflections, made precious by the award winning wine technique. The nose is intense with ripe apples and apricots. The taste is delicate at the beginning with an effervescent and creamy sensation, to balance the sweetness.

These wines are available at the listed retail stores with bottle prices ranging from \$11.99 to \$25.99.

Please visit our website and facebook for more information about these wines and the red wines now available:

www.branwarwines.com
[facebook.com/branwarwines](https://www.facebook.com/branwarwines)

Expedited Passport Processing FAQ

American citizens looking for expedited passport service don't have any time to waste. They require purposeful info that is straight to the point. The content below will offer you the answers to the most often asked questions concerning how to have a passport expedited.

How do you expedite a US passport?

There are three different ways to get expedited service for a passport. One, you can request it when you send the form by mail or take it to an application acceptance center. Two, you set up an appointment and visit a regional passport processing center. Three, get an experienced travel document expeditor to take your form to the agency in your place.

Does expediting a passport take a long time?

The application form should be processed inside 2-3 weeks if you send the form by postal mail (renewals, additional pass-

port pages) or turn it in at an application acceptance center (when applying for a new passport or one for a child). Application forms taken to a regional passport agency are frequently processed the same day. You can decide how fast you would like

to obtain the travel document when making use of a passport expeditor. It can require 10 business days or they can acquire it for you the same day.

What is the cost of expediting a passport?

You have to pay \$60 to the State Department to expedite a passport no matter if the application is submitted by mail, at a area passport application acceptance facility or at a passport agency. The fee paid to an expediting service ranges from \$65 to as much as \$299, dependant upon the expeditor you choose and the speed at which you need to have the form processed.

Is it possible to request expedited service for a passport application that has already been sent in for standard service?

You cannot mail in a request, telephone to make the change nor request the help of a skilled travel document expeditor. The only option is to personally visit the near-

est passport processing agency. It is a good idea to check the status of your application before you go. It may be processed much faster than anticipated. If it appears that your passport application will not be processed in time for your trip, contact the National Passport Information Center at 1-877-487-2778.

Is private expediting service a scam?

As a whole, expediting services are valid service businesses. That is not to say that all passport expediting services are should receive your trust. Just like every other service provider, you will encounter some that are qualified and trustworthy and others that are not. You should be wise when choosing a service to assist you to get a passport expedited.

You can visit U.S. Passport Service Guide who are experts in expedited passports for more information on how to get a passport quickly.





Branwar South African Wines

Branwar Wine Distributing Co.

Importer and Distributor of
South African Wines

Branwar, derived from son's name Brandon and Warren, serves as an importing and wholesale distribution company for South African wines across the United States. Branwar's current focus is on the Texas wine market. Their wines are now available in Houston, San Antonio and Austin.

For Branwar's portfolio of South African wines and a location near you, please visit www.branwarwines.com.

Founder Wayne Lockett
& son Warren



Jamaican' Tradition You Can Taste

Jamaica House, a Caribbean café in the Galleria is the creation of Wendi-Ann Walker, MA is a recent transplant to Houston, TX and a product of St. Andrew, Jamaica. To meet the demands of the diverse Houston audience that seek a unique experience in dining options, Jamaica House provides the flavors of Jamaica and the Caribbean in a cozy setting befitting the resort island feel travelers anticipate when they travel to the islands.

Jamaica House offers a wide variety of jerk, curry and oxtail dishes offered by executive chef, Jacqui Francis. She operated on the Jamaican restaurant and catering scene in Jamaica for 26 years. In addition, she



catered exclusively to the Jamaican Prime Minister for over ten years featuring the gourmet side of Jamaica's cuisine to international dignitaries and recording artists.

Jamaica House seeks to enhance the experience of Caribbean diners throughout Houston and features live entertainment from local talents every weekend. Since the location is cozy

and provides limited seating, catering services are offered for corporate and private events. Additional services provided are free Wi-Fi access, freshly brewed Blue Mountain coffee and drink specials.

Since reaching its one year anniversary in September, the vision for this island oasis is to expand on the Houston scene and partner with other major corporations, such as the Houston Dynamo, to reach a broader audience.

Having recently been featured by Travel Zoo and Groupon, Jamaica House continues to be the go to source of authentic cuisine on a local, national and international level.



Join a Texas Delegation on a Trade Mission to The Republic of Ghana
September 10th-18th 2011

- Visit the Capital City of the Republic of Ghana, Accra
- Meet Government Officials
- Visit Ghana's Technology Park, Oil & Gas and Agricultural Industries.
- GKS Service and Country Briefing provided by the U.S. Commercial Service
- Networking and B2B Meeting Opportunities

Texas State Representative
District 27
Hon. Ronald Reynolds

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Texas State Representative Ron Reynolds will be leading a Texas Delegation for a Trade Mission to Ghana. The group will be visiting the capital city of Ghana, Accra from September 10th to the 18th 2011.

The Great State of Texas, leads the nation in U.S. Exports. Our mission is to help promote President Obama's National Export Initiative (NEI) to double exports over the next 5 years by working to remove trade barriers abroad, especially for Small and Medium Enterprises to overcome the hurdles of entering new export markets, and to create new jobs at home in the U.S.

Houston based companies interested in Ghana's Oil and Gas Sector can participate in the gold key service (GKS) provided by the U.S. Commercial Service through a grant obtained by Prairie View A&M University from the U.S. Department of Education (DOE) Business & International Education Program (BIE).

With oil production now underway from the 1.8 billion barrel Jubilee Field, one of Africa's largest, and set to ramp up to 120,000 barrels / day, Ghana has taken its place as a major Sub-Saharan oil producer.

Ghana has been offering great incentives for businesses in a variety of sectors such as Energy, Telecommunications, Education, Medical, ICT. This is an excellent opportunity for Small and Medium Enterprises (SME) to expand their markets.

Increase U.S. Exports!

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Houston World Trade Center



The Houston World Trade Center (HWTC) is housed at the Greater Houston Partnership's International Business Division. As a member of the World Trade Centers Association - headquartered in New York, we are part of a worldwide network of nearly 300 International Business Centers in 90 countries. Through cooperative relationships and support services, the HWTA can access the resources of the world's major trading centers.

The Houston World Trade Center enhances Houston's role as an international business center and highlights markets and issues of interest to international companies looking to do business in Houston and abroad.

Since 1927, the Houston World Trade Center has provided trade support to a countless number of companies and individuals. We're making positive impacts on business in Houston and together with the Greater Houston Partnership, we're building economic vitality through global trade, one company at a time. Let yours be one of them.

Information Service Center

Houston's International Business Information Center is open 9:00 a.m. - 4:00 p.m. Monday through Friday. HWTA staff is on call to assist with research in the center. The center's holdings include:

- National and International Directories
- Local Directories
- Economic and Demographic Publications
- International Publications
- Regional Publications
- Magazines and Newspapers

International Business Center members can also access the internet resources via work stations available in the information center. There is no charge to use the library or work stations.

Research & Consultations

The Houston World Trade Center can, for a fee, provide basic target market analysis for companies interested in importing goods and commodities into the United States. All requests for customized research must be based on specific two-digit commodity codes as defined under the Harmonized Tariff System. The analysis is condensed into a two-page format that includes the values of the goods and com-

modities imported annually into the United States, the top U.S. trading partners for these commodities, major U.S. industries that purchase those commodities, the largest companies in those industries, the volume of

Staff analysts can provide a 30-minute overview of Houston's economy and the key industries that drive it. By appointment only.

Trade Opportunities

WTCA OnLine guests may



these commodities that enter the United States through Houston's air and seaport, the major Houston industries that purchase these commodities, and the names of the largest Houston area firms in those industries. The report also includes an overview of Houston's distribution and international trade infrastructures. The fee for this report is \$500. The reports can be delivered via e-mail, fax or postal service. A sample report can be found by clicking here.

Company Lists

In addition to market analysis, HWTA can provide a list of names, addresses, phone numbers, contact names, business descriptions and employee counts for companies operating in Houston. Request for company lists must be based on four-digit industry codes as defined by the North American Industrial Classification System. The fee is \$80 plus \$0.12 for each company name supplied. Lists can be via e-mail, fax, postal service or one-on-one briefings.

search and display thousands of offers to buy, sell or investment opportunities submitted by members of International World Trade Centers around the globe at no charge. Each offer includes a complete business profile of the company who has posted the business opportunity including their type of business, financial institution, annual gross revenue and World Trade Center affiliation. Members of World Trade Centers may post unlimited business opportunities to the database.

WTCA OnLine Trade Opportunities program is the only business offers database on the Internet where you can find out who has read your trade posting. This "Who's Read" feature shows you the contact profile of prospects that have seen your posting. Your own business products and services can be seen by World Trade Centers (WTCs), their members and interested businesses in nearly 300 cities in almost 90 countries around the globe through membership with your Houston World Trade Center.

WTCA OnLine Catalog

WTCA OnLine Catalog offers your company global exposure as part of this dynamic website opening up new markets and producing a steady stream of business prospects. Participation gives your company continual exposure to the International Business Centers Association's network consisting of nearly 300 International Business Centers in almost 90 countries and more than 750,000 affiliated businesses.

WTC Members and Guests may search the WTCA OnLine Catalogs and view exhibits free of charge. You can search by Company name, Product Name, Key word, Industry or Product of Harmonized Code.

WTCA OnLine Catalog showcases products and services of WTC Member companies. Creating a professional multimedia web site catalog is easy and can be done in minutes. This service supports:

- Detailed company information including corporate logo and photo.
- Complete contact information including email and web site address
- Unlimited product pages plus a product image for each product listed
- Ability to add/delete/modify catalog pages anytime
- Viewable statistics and contact information for all catalog pages displayed

Become part of the most respected online international community through WTCA's network of nearly 300 International Business Centers serving more than 750,000 affiliated businesses and set up your free catalog through HWTA OnLine. HWTA OnLine is just one of many valuable and innovative services available through International Business Centers. Companies can find additional services to support their success including: market research, trade education, trade missions, networking meetings, and access to local business events.

International Business Library

WTCA OnLine's International Business Library offers links to external international trade Web sites for use by WTCA's Global membership of affiliated businesses. After a worthy web site is discovered, it is

added to the WT Library, where it is listed under one of nine international trade headings below. Each web site listing also includes a summary of the value of the information provided within the site.

- Business Tools
- Directories & Listings
- Foreign Direct Investment Information
- Governmental Organization
- News on-line
- Shipping & Logistics
- Trade Law
- Trade Promotion Organizations
- International Business Center websites

Trade Flow Pricing Service

WTCA OnLine's Trade Flow Database is an exclusive benefit of membership with an International Business Center.

WTCA OnLine's Trade Flow database offers an analysis of valuable information on U.S. imports and exports based on U.S. Customs and Census Bureau statistics. You can determine pricing of specific products, identify countries of origin and destination, and ports of entry and exit. This useful database can help you to competitively position your products. Data is updated monthly (90 day delay) after the U.S. Government publishes the statistics.

Searches are performed by using the Harmonized Code System. This is a multipurpose international goods classification system used by manufacturers, exporters, importers, and others in classifying goods moving in international trade under a single commodity code.

WTCA Business Matchmaker

We believe that the most important element in finding business partners is quality information. With WTCA OnLine's Business Matchmaker, you may create a profile of business interests and receive relevant matches of products and services from HWTA OnLine's databases delivered to your email account, thus giving you a convenient means to target new clients.

“I Lost **24 Lbs** In 30 days”
MR. D-MARS

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Beta HCG Diet

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- * Weekly Visits to the office for weight and body measurements

We also offer Homeopathic HCG Sublingual Drops and Pellets



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Dr. Tamyra Comeaux: Teaching clients a healthy way to lose weight

By Cynthia Nickerson, Contributing Writer



Dr. Tamyra Comeaux always wanted to know what makes people tick. As a child, her career goal was to become a psychiatrist. But that changed as she began studying medicine.

"As I went through medicine I wanted a bigger puzzle to figure out and pregnant women are a puzzle - the medical part, counseling part, surgery part," she says.

Dr. Comeaux has earned a Medical Degree from Morehouse School of Medicine, a Masters in Holistic Nutrition and a Naturopathic Medical Degree. After completing her residency in Detroit, Michigan, Dr. Comeaux began her medical career in 2000 as an obstetrician gynecologist on Houston's north side and is now a board certified Ob/GYN who is interested in preventing, as well as helping treat female

problems using the least invasive and disruptive methods possible.

Through the years, Dr. Co-



meaux's practice has evolved and expanded. Now, she spends a lot of time helping patients, men and women, lose weight and

focus on general wellness or preventive measures -measures that are desperately needed in the African-American community.

Medical research consistently indicates that African-Americans do not live as long as other races, mainly due to improper diet, lack of exercise and stress.

"I help my patients eat right, not to look a certain way or fit into a certain size, it's about staying alive long enough to see your grandchildren," said Dr. Comeaux.

Comeaux counsels patients on weight loss and weight management as well as diagnosing hormonal imbalances and allergies. She has written four books and has her own line of vitamins produced to address a variety of medical problems.

"Patients would come in with a lot of issues that there is no pill for. For example men have Viagra to help with sex drive, but there is no equivalent for women. Women would complain about fatigue, and hot flashes. There is really no reliable pill for that so I would discuss a certain vitamin."

Comeaux sought the additional degrees in nutrition and naturopathic medicine to further her knowledge about vitamins and natural healing. She aimed to get people to stop wasting their money on vitamins and supplements they didn't need. She provides a comprehensive



health assessment that is personal to you and addresses your health concerns and through a combination of bioidentical hormones, diet plans, and natural supplements, designs a specialized program for each client. And above all else, Dr. Comeaux says she doesn't give her clients anything she wouldn't use herself.

"I have always used herbal remedies, even as a child. When I caught a cold, it was vitamin C and chicken soup. So everything I offer here in my office, I have tried."

Dr. Comeaux also offers her version of the HGC diet, a weight loss method utilizing the HGC hormone and restricting patients to 500 calories per day.

"You basically start living off your own fat and you don't get hungry because the doses of HGC suppresses your appetite."

Dr. Comeaux's method pro-

vides a very specific eating plan and even lists types of beauty and skin care products patients must use in order to get the maximum benefit from the diet.

While it appears very challenging, Dr. Comeaux has about a hundred patients a year who successfully complete the HGC diet and lose upwards of 30 pounds in the first month.

Dr. Comeaux, who is a member of the American Academy of Anti Aging Medicine, also diagnoses hormonal imbalances, allergies and other disorders that may be corrected with dietary changes.

"Too many of us eat like we are on a cruise, with an unlimited buffet. When we are in our 20's, you can get away with that. But once you hit age 30, our bodies say, 'I'm out!'"

That is when ailments such as high cholesterol, heart disease and diabetes began creeping up on people; African-Americans are suffering from these problems more than most.

"Vitamins will work for everybody but the same vitamin doesn't work for everybody."

Whether you need significant weight loss, want to drop 10 pounds or just feel better, you'll find great advice in one of Dr. Comeaux's books or her website: www.naturalwomenscare.com.



Houston's Global Advantage

Why Houston?

As the fourth-largest city in the United States, Houston is a world-class international city, offering one of the best opportunities for your international business. Situated along Texas' Gulf Coast, this thriving economic region boasts

- A talented and highly-skilled workforce
- Top-quality Universities
- The largest medical center on Earth
- An ever-growing energy sector

• And the space to let your business grow and prosper. The Houston region is home to the Port of Houston, ranking number one in the U.S. in terms of foreign tonnage and second in total tonnage.

Houston has a world-class transportation infrastructure, including the Houston Airport System, which ranks fourth in the country and sixth globally for multi-airport systems. More than 700,000 rail cars pass

through the region annually, carrying a wide range of products, from processed foods to plastics to a score of other manufactured goods.

Houston has 575.4 miles of highways and expressways, with more than 1,100 trucking companies moving goods along them every day.

Houston is also home to:

- 94 consulate offices
- 22 foreign banks, representing 12 nations

- More than 790 foreign-owned firms
- Around 400 Houston-area companies with offices in 129 foreign countries
- More than 3,300 area firms, foreign government offices and non-profit organizations involved in international business

Houston offers an internationally competitive business environment at a favorable cost. The 2010 KPMG Guide to International Business Location shows Houston's

business cost is below the U.S. average and substantially lower than many major global cities.

With a solid infrastructure, a diverse population, a highly skilled workforce and a dynamic international lifestyle, the Houston region is a world-class city and your one-stop destination for business growth in the global marketplace.

THE EMPOWERMENT COMMUNITY CENTER

TWEF is known for its consistent outreach as hundreds of events have taken place at the Empowerment Community Center. It is the home for many workshops, seminars, and events that the organization offers free to the community.

The Empowerment Community Center, 8333 Sweetwater Lane, sits on 8 acres located in north Houston.



THE EMPOWERMENT COMMUNITY CENTER



The Empowerment Community Center

Empowering • Transforming • Uniting

The Empowerment Community Center is a diverse community service complex specializing in personal, economic and social development programs. The center is a home for self development and a plethora of programs focused on helping families and individuals maintain a sense of empowerment. The Empowerment Community Center was constructed in 2006 by Deavra Daughtry who decided to take action by leveraging her personal resources and invest in the construction of the \$800,000 building that would house programs to focus on the entire family unit with a "heal the community" approach. Her vision was to create a "safe place" that would be a resource to families by providing them the tools needed to achieve and maintain a sense of empowerment, while being inspired to reach their personal and professional goals.

Empowerment Community Center Programs:

TWEF (Texas Women's Empowerment Foundation) One of the original programs housed at The Empowerment Community Center, TWEF focuses on equipping women with the necessary tools for personal and professional empowerment. TWEF facilitates free Empowered to Empower classes on the first Monday of the month with a mission to expose women to people and information that will foster impactful change and personal development.

IEF (International Empowerment Foundation) Birthed in 2010, the IEF's mission is to build Empowerment Centers around the world and to establish empowerment programming for people of all nationalities and ethnicities. IEF is already reaching out to major markets in Africa and the Caribbean with plans to expand its services to Europe and Asia.

ETI (The Empowerment Training Institute) Offers career readiness training, money management, personal development and business development training in a dynamic and professional learning environment designed to prepare individuals for success in a diverse and expanding global job market.

Technology Center is a state of the art facility offering training in Microsoft Word, Excel and PowerPoint applications, foreign language, money management applications plus internet search engine literacy, and social media training which are all aimed at college and career readiness and development of marketable skills.

The Eagle Scholars Student Enrichment Program Seeks to facilitate after school enrichment workshops as a mechanism of prevention, intervention, empowerment, mentorship and academic and social preparation among academically challenged students, special needs students and developing student leaders through facilitating college preparation studies, student leadership development, academic assistance and lifestyle training.

Y.E.P.P. (Young Empowered Progressive Productive) Addresses the evolving needs of elementary, middle and high school students and establishes fundamental and advanced strategies needed to aide students in academic development, relational development, personal awareness and personal success.

M.E.N. (Mentoring Educating Networking) is designed to mentor young men in the community of Houston and surrounding areas with a five point agenda: Academic and Professional Development, Relationship Enhancement, Social Foundation, Personal Presentation and Health and Wellness

8333 N. Sweetwater Lane • Houston, TX 77037 • ph 832.434.5325
www.empowermentcommunitycenter.com

Internationally Speaking...by Val Thompson

Building Your Global Business Perspective



By Val Thompson,
Contributing Writer

As a native Houstonian and active member of the local and international community I am delighted (thrilled) to introduce my monthly column Internationally Speaking ... by Val Thompson. I serve as the President of The Houston International Trade Development Council, which is actively engaged in developing business and trade relationships in the world's fastest growing markets in the developing countries of Africa, Asia, the Caribbean, and Central and South America. This article is in keeping with the tenets and purpose of my organization, to encourage members of our community to take an active role in international business.

In order to meet the economic, social and cultural challenges of the global marketplace, African American businesses must rise to the occasion and seek opportunities that are beyond our borders by promoting and participating in international trade. The introduction of D-MARS International Journal will be a hallmark in helping our community to identify and take advantage of those opportunities. As African Americans we have been absent from the international business arena. One of

the key reasons can be identified as a lack of information on what is transpiring on the world stage and how we, as African Americans, can become involved. D-MARS International Journal will serve as a vital resource on the road toward reversing that trend.

I am grateful for the opportunity to be a catalyst that starts a lasting dialogue on the fiscal issues that influence our global society and on how to increase our community's involvement in international business. I encourage those who will be informed to take the steps toward international involvement by maintaining a continued readership of the D-MARS International Journal.

In keeping with the mission of the Houston International Trade Development Council to create economic opportunities for our businesses and those of our partners, worldwide, we are excited to announce our trade mission to the Republic of Ghana, lead by State Representative Ronald Reynolds. The Trade Mission is scheduled for September 10th to 18th, 2011. The Honorable Ronald Reynolds represents District 27 Fort Bend County, Texas. For his outstanding service to the citizens of Texas, he was voted "Freshman of the Year" by the House Democratic Caucus. Representative Reynolds will also serve his community abroad, by helping to strengthen ties between Texas and Ghana.

We are fortunate as Texans because our state leads the nation in US exports; however as Americans we lag behind Asia and Europe in International Trade when it comes to Africa. Our mission is about changing that reality. We aim, also, to promote President Obama's National Export Initiative (NEI), to double exports over the next 5 years, by working

to remove trade barriers abroad, especially for small and medium enterprises entering new export markets and to create new jobs locally and nationally.

Ghana is emerging as a new world leader in Oil and Gas. Ghana's Deputy Minister of Energy, Emmanuel Buah, has made the production and utilization of Ghana's oil and gas resources the number one policy issue for the government. The Ministry of Energy has garnered the support of the World Bank, which furnishes loans to developing

countries and promotes international trade and investment. The World Bank will help in increasing capacity in the area of Ghana's Oil and Gas. The Government of Ghana is also providing for the establishment of Small and Medium Enterprises (SMEs), many of which will serve the oil and gas sector. Our Trade Mission to Ghana will give Texas SMEs the opportunity to connect with those of Ghana to the mutual benefit of both.

We encourage Houston based companies in the oil and

gas sector to take advantage of our incentives made available by The Department of Education, which has furnished a grant through Prairie View A & M in support of our Trade Mission. For more information or for information on participating in our Trade Mission please contact me at vthompson@houstontrade.org or call 832.526.3335.

Please remember to look for this column monthly.

Salani kahle, *Val*



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An International Business Organization

The Houston International Trade Development Council, Inc. is a non-profit, organization dedicated to helping small and mid sized Houston companies develop economically in new and emerging global markets. Our regional focus areas include the developing countries of Africa, Asia, the Caribbean, Central and South America.

Our organization manages:

- *Outbound/Inbound Trade shows & missions*
- *Hosting Global Trade Conferences and Foreign Delegations*
- *Facilitate International Initiatives for organizations such as Chambers of Commerce, other non profit organization, councils, etc.*



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Val Thompson, President and CEO*

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