

FASHION LIFESTYLE ART ENTERTAINMENT

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JULY 2008

FREE

Lindsay Price

Turns Up
the Heat

The Hot Issue:

Summer Essentials
That Sizzle

Sexy and Steamy
Barcelona

Nit Noi
Gets Spicy

yellowmags.com



Photo by Collin Kelly

If you did not have thermometers and weathermen telling you that it is HOT in Houston, you would know it, anyway. After all, they are just quantifying what you immediately feel when you step outside. Similarly, even though we have identified what is “hot” in a number of the articles in this month’s HOT issue, we really did not need to do so.

Vuthy and Trish describe some of the hot arguments in which they (and many other couples) find themselves engaged. You married folk KNOW how hot these situations can get! We probably don’t need to tell you. Those of you who drink wine know how hot Chardonnays and Cabernets are, but did you know that it was Robert Moldavi’s marketing acumen that made these and other varietals the hottest wines in America? Of course, you would expect that Nit Noi Thai Restaurant can make things fire hot for you, but only if you ask for it. And finally, we interviewed Lindsay Price, one of the stars of NBC’s *Lipstick Jungle*, who is so hot right now that the cameras of the paparazzi are zoomed and focused upon her. We admit that we zoomed and focused our lenses on her, as well, but she posed for our photographers.

In closing, *Yellow Magazine* wishes to express its sympathy to all those who have been affected by the tragic impact of the earthquake in China.

Best wishes,

Viet Hoang

A large advertisement for Mo-Mong Restaurant. The top half features a close-up of a woman with long dark hair, wearing a pink ruffled top, holding a martini glass with olives. The text "the food is good, too" is written in a white, lowercase, sans-serif font in the upper right corner. The bottom half of the ad has a dark background with a blue sky and clouds graphic. On the left, the "mo mong" logo is displayed, with "mo" in a stylized script and "mong" in a bold, lowercase sans-serif font, followed by "RESTAURANT" in a smaller, uppercase sans-serif font. To the right of the logo, the text "the oasis of cool in montrose with fab food" is written in a bold, lowercase sans-serif font. Below this, "martini wednesdays: famous \$3 martinis" and "happy hour: mon-tue & thu-fri 4-7pm" are listed in a bold, lowercase sans-serif font. On the far right, the address "1201 westheimer #b montrose" and the phone number "713 524 5664" are displayed in a bold, lowercase sans-serif font. At the bottom, the words "restaurant lounge bar catering" are written in a lowercase sans-serif font, with "mo-mong.com" on the far right.

the food is
good, too

mo mong
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the oasis of cool in montrose with fab food
martini wednesdays: famous \$3 martinis
happy hour: mon-tue & thu-fri 4-7pm

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montrose
(next to hollywood video)
713 524 5664

restaurant lounge bar catering mo-mong.com



The color yellow has played a recurrent symbolic role throughout the history of Asian culture. It symbolizes the earth that sustains all life, yet has been embraced by Buddhist monks as an expression of unchallenged power. Such is the role of yellow: always revered but in different ways under different circumstances.

The mission of *Yellow Magazine* is to introduce our readers to the artistic , fashion, lifestyle and entertainment contributions made by Asian Americans. It is our hope that the depth and breadth of the topics and events we cover do justice to the pride that the color yellow has represented throughout the millennia. As the publisher of the *Yellow Magazine*, my last name is Hoang, which also means yellow. Just as I am proud of my name, I am proud of my heritage, and proud of *Yellow Magazine*.

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On the cover:

Brownfrill dress, Yoga Army

July 2008



A Trek Back
In Time

Dreaming Barcelona

by **MATT SIMS**

If I told you that there was a place where buildings morphed into wild, grotesque, and sometimes beautiful shapes as they reached toward an azure sky, would you think I was dreaming or that I had lost my mind? What if I said that the statues in this place come to life if you stare at them long enough? What if I also said that in this place, wild beasts and men battled each other to the death in a gruesome tradition which goes back longer than anyone can remember? Ok, now you definitely think I’ve lost it, but I can assure you that such a place exists because I have been there, and it is called Barcelona.

Although it is Spain’s second largest city, I find it to be the most interesting. On the shores of the Mediterranean Sea, Barcelona possesses a certain magic that must be experienced in order to be understood. As I think about my trip, I can’t decide which element was the most memorable. How can I choose between a lovely beach, fantastic food, incredible architecture, and incomparable street scenes? I guess I should start by explaining about the morphing buildings that I mentioned earlier.

Deep within this city is the church known as La Sagrada Familia, an architectural marvel designed by Antoni Gaudí. Gaudí’s religious and aesthetic passion yielded buildings which melt and twist ordinary structures and materials into dream-like towers and ornate caverns. More startling than realizing that the wildly imaginative La Sagrada Familia is a church, is the fact that it has been under construction for 126 years and is still unfinished. As I toured the inside of the church, I negotiated scaffolding and sections under construction until I found one of the few towers open to visitors. The views of the other ornately designed towers and the structure below were dizzying – like looking out of the eye of a huge dragon that stood ten stories tall. Parts of the entrance and interior are recognizable as a church due to the many sculptures of Biblical characters and events; other parts were more free flowing and artistic. I felt as though I was inside a giant melting funhouse that had endless stairways and hidden wrinkles beneath multiple spiky towers that reached hundreds of feet into the air. Other works by Gaudí in Barcelona, such as the Casa Batlló and Park Güell, appear to have been made from the bones of a giant animal or from enormous coral formations. I can’t recall any place I’ve been where an architect’s unusual vision had such a pervasive impact on the soul of a city.

However, the real soul of Barcelona is found on its main street, Las Ramblas. My first impression as I walked down the street was that I was in a city that was full of life. Traditional Spanish architecture guards the wide pedestrian lane where locals and tourists stroll without any cares and worries. Quaint cafes serve well-dressed customers beneath large umbrellas that are themselves sheltered by elegant trees lining the avenue. Tired of walking? Stop, sit, and enjoy a glass of what may very well be the best sangria you have ever sipped.

Small side streets house interesting shops, bakeries, and bars, while public squares provide a place to gather beneath the watch of bronze statues. Artists and entertainers exhibit their talents at various spots, showing paintings or playing music for appreciative crowds. In one square just off the street, a jazz trio of blonde surfer dudes elicited smiles as they played a seductive bossa nova; down the block, a traditional Peruvian band had passersby dancing in the street. There was something special in the air here. Plans and schedules could wait. The contented faces in the crowd conveyed the message that living in the moment was more important. I felt the magic, too, and danced until I was breathless. I was ready to see and experience more.

Some of the most captivating sights along Las Ramblas are the living sculptures. Along the avenue, performance artists with painted skin and imaginative costumes stand completely still on small platforms, imitating bronze statues. You really have to watch closely to see if any of the stoney-faced soldiers, fairy princesses, winged messengers, angels, and demons move. I left small contributions for those who were the most convincing.

Besides art and music, food is another passion enjoyed by the residents of Barcelona. You can find great seafood paella on almost every street corner and plenty of tapas bars if you want to experiment with small dishes of local specialties. I recommend Bar Celta, Bracafe, and El Vaso de Oro, which serve authentic food and provide a colorful ambience. If you don’t speak Spanish,

simply point to what looks good on someone else’s table and you’ll be fine. I would advise that you don’t arrive at the restaurant before 9:30 or 10:00 in the evening, lest you broadcast to everyone that you are an inexperienced tourist. Spaniards eat dinner very late and have no problem talking, eating, and drinking until the early hours. The secret to their late night stamina is that they rest earlier during afternoon siestas.

If you spend an afternoon at the beach, you’ll get rest and a tan. Be forewarned, many female beachgoers of all ages prefer to be topless, and that includes women in their 70’s. Although the water is cold most of the year, it is still good for a swim and the sand is better than what is found at many Mediterranean resorts. There is a selection of convenient cafes next to the beach where you can find shade and a cold drink or ice-cream.

Another unique thing about Barcelona is the mix of Catalan and Spanish culture. Everything from the food to the language is affected and in some areas of town, Catalan is spoken more than Spanish. Two restaurants, Agut and La Dama, are my picks for good traditional Catalan dishes. You’ll find good Spanish food on most side streets of Las Ramblas. You can even find a McDonalds and a KFC if you are craving fast food. Thankfully, the signs they have out front are not large or obtrusive and do not disturb the personality of the neighborhood.

For location and style, the Hotel Montecarlo and Hotel 1898 are without rivals. You’ll feel like Spanish royalty in a world without anarchists. The elegant rooms and the service are among the best in Europe. The Hotel Montecarlo has the best rooms, especially if you get one with a balcony facing Las Ramblas, but the staff at both hotels is very accommodating. For a bit less money, the Hostal L’Antic Espai is a good choice. Request a quiet

Besides art and music, food is another passion enjoyed by the residents of Barcelona.

room or one with a terrace, depending on your mood.

When you are ready to see something really different, make your way to the Plaza de Toros Monumental to see a bullfight – but only if you have a strong stomach. You will see man and beast do battle to the death (hint: the bull always loses) in a time-honored tradition of machismo. Young bullfighters dress in outfits that are shinier and tighter than anything ever worn by Tina Turner or Cher as they stride around the ring or ride their prancing horses past the angry eyes of the menacing bull. The affair lasts longer than most tourists would like and does involve a lot of blood (usually the bull’s, although I am certain that I heard some people rooting against the matador), but this is a Spanish tradition not bound by our American sense of time or our ideas about animal cruelty. After a while, I found myself paying more attention to the spectators: old Spanish men ordered beer and peanuts as though they were at an Astros game; grandmothers angrily berated the clumsiness of the young matador; and a few beautiful young women hung on the arms of well-heeled businessmen out for some afternoon fun. I’m glad I witnessed this unique cultural spectacle at least once in my life. However, I much prefer the vibrant streets, cafes and public spaces of this city where art, music, architecture, and food create such a peaceful atmosphere.

So yes, there are magical places left in the world where amazing things happen. I’ve been to one, and it is called Barcelona.



The chimneys of Casa Milà, a famous building designed by the unique architect Gaudí.



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A Little Bit
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Nit Noi Thai

by HENRI MERCERON

The original Nit Noi (which means “little bit” in Thai) Thai Restaurant was founded by family matriarch, Mama Alice, in the Philippines in 1975. In 1987, Houston’s first Nit Noi opened its doors in a small space in Rice Village before moving into a much larger space in the same shopping center. That center was recently demolished to make room for the Sonoma luxury condominium complex. Once completed, Nit Noi will occupy prime space on the ground floor of the complex, securing its continued presence in the neighborhood for years to come.

Photos by Timothy Frederick



Doi Heckler and Malisa Heckler

Today, Nit Noi is a family run business that operates four restaurants and three cafes located from Midtown to the Woodlands. Mama Alice continues to prepare her secret sauces along with her daughter-in-law, Malisa, which are delivered to all the locations. In this manner, patrons are guaranteed that the uncompromising quality of Nit Noi’s food will be consistent irrespective of the location where they place their orders. With respect to the business operation of the restaurants, Mama’s son, Doi, finds his MBA and law degree very useful.

I tend to research restaurants and other businesses that I consider patronizing and read user reviews. While Nit Noi enjoys a considerable following and receives mostly stellar comments, some noted that the food is not “authentic.” Without any prompting on my part, Malisa raised the matter stating, “In Thailand, the flavor of food is bold and spicy. Our food is

authentic but our ingredients are different. We tone down the strong flavors but customers may request them to be stronger if they prefer.”

A friend of mine once stated that Italian food is better in the States than in Italy. This sentiment resonates with me because restaurants that serve ethnic food have to balance authenticity with sound business practices. Whereas, authentic food may be preferred by patrons who grew up in their respective countries, the larger population may not appreciate the full intensity of those flavors. At the same time, fresh ingredients in the U.S. are not going to have the same flavor as fresh ingredients in Thailand, in this case. Harvested produce is infused with flavors imparted by the conditions under which they were grown. This concept is probably most recognizable when one discusses the characteristics and distinctiveness of various wines. The same holds true for produce, meats and dairy.

Nit Noi is considering reorganizing its menu to highlight their most popular items within each category as other restaurants do. I had to rely on Malisa’s expertise to select the items I would be sampling. I had one appetizer, three entrees and a dessert. I found all of the items excellent, including one that tested my tolerance for spiciness – I am thinking that one was probably the most authentic!

The appetizer, Nit Noi Wrap, is not an item that would be found in Thailand. It consists of seasoned stir fried chicken and crispy noodles (for texture) that you wrap in a lettuce leaf and dip into your choice of a delightfully light peanut sauce that includes coconut milk as an ingredient or a mild sweet and sour sauce. Both sauces worked well with the ingredients; the sweet and sour sauce, of course, was lighter but the peanut sauce introduced hints of coconut flavor which I relish. A variation of this wrap is to have the chicken stir fried with basil and hot pepper.



Tiger Cried consists of very thinly sliced broiled beef, cilantro, purple onion and a “secret sauce”, of course. The thin slices of beef are cut in large pieces and appear to be completely fat-free. It was about as lean as it could have been, yet tenderness and flavor were not sacrificed in the preparation. Malisa said that this entree is very popular with people on the Atkins Diet. If this menu was served in Thailand, it would have used meat with a much higher fat content for flavor. In the U.S., there is greater emphasis on health and fitness, hence, no fat. The dominant flavor of this entrée was the beef. The “Cried” part of the entrée is found in the jalapeno pepper sauce that accompanied it. I enjoyed the “Tiger” part and left the other alone just in case it would make me cry. I think this entrée would be fully enjoyed by anyone who likes beef *and* who likes the spice index set to HOT.

The next entrée, Shuu-Shee Sea Shell by the Seashore, was my favorite. Shuu-shee is a style of Thai cooking. The “Sea Shell” ingredients include red snapper, shrimp, curry, coconut milk, asparagus, mushroom and lemongrass. Basically, there wasn’t a single ingredient that I do not like and the spiciness was mild. You can always add hot sauces and spices to elevate the heat, if you desire. I found this entrée perfect in terms of texture, flavor and balance. In many instances when there are so many savory ingredients competing for palate time, they overshadow one another. This entrée had a depth that was layered in such a way that each bite allowed me to relish the distinct flavors of the individual ingredients. They were together but separate. Incidentally, if prepared in the traditional fashion, a whole fish and lemon leaves would be the primary ingredients.

I found all of the items excellent, including one that tested my tolerance for spiciness.

The last entrée, Putt-Kee-Mao, consisted of shrimp stir-fried with chili paste, brandy, herbs, lemongrass, garlic and, again, one of Mama’s secret sauces. “Putt” means stir-fried and “Kee-Mao” means drunkenness, which is a nod to the brandy that was so judiciously used that I barely tasted it. Usually, this dish is considered spicy but I did not find it so.

Finally, to complete my meal, I had a two-in-one dessert. Whereas, the menu has Glutinous Rice with Mango or with Thai Custard, I had a combination and topped it off with ice cream, which is an option offered on the menu. Consider yourself advised when I suggest that you save room for this dessert (which is the only one offered). I caught myself saying “hmm hmm hmm” several times as I polished it off. Although I doubt it changed the flavor, the purple rice added a complementary splash of color against the yellow mango and creamy vanilla ice cream. It was pretty to look at but best consumed in its entirety!



Asian Pacific American Heritage Association Gala

Held at Westin Oaks Consort Ballroom

The 2008 APAHA Gala featured an exciting “Red Carpet Bollywood” theme with live entertainment by Music Masal, and highlighted by a Guest of Honor appearance by Linus Roache (Golden Globe nominee and British award-winning star of *Law & Order* and *Before the Rains*). Houston’s celebrity Deborah Duncan served as Mistress of Ceremonies.



Ann & Terry Chang,
Martha Blackwelder



Yani Rose Keo, Donna Cole



Mr. And Mrs. Charles Foster



Yuki Rogers, Mandy Kao



Linus Roache



Dr. Renu Khator



Sydney Dao, Sean Carter



Mimi Dinh, Diane Do



Martin Yan



Deborah Duncan



Mohini dance team

The Man Who Made
California Wines Hot

Robert Mondavi

by PHILIP CUISIMANO

Another founding father of the American wine industry has fallen. It seems only a short time ago that this column reflected on the impact of Ernest Gallo, who died in March 2007. In this issue, we recognize the contributions of Robert Mondavi, who passed away on May 16, 2008.

Mr. Mondavi was instrumental in the development of the American wine market as we know it today. He steadfastly championed the fledging industry in California as it was struggling to define itself, and was certain that it could produce value priced table wines that rivaled the quality of those produced in Europe. In turn, this would serve to expand consumption from the elite few to a much broader market.

Robert Mondavi believed that varietal wines would form the foundation upon which the California wine industry would prosper.

In 1966, the Robert Mondavi Winery was founded in Napa Valley. At this time, the American table wine business primarily consisted of blended wines with names evocative of the cuvee's style. When Mr. Mondavi launched his winery, the popular American table wines included the following: Chablis, Burgundy, Rhine, Chablis Blanc, Hearty Burgundy, Rhineskeller, Blanc de Blanc, Emerald Dry, Paisano, Lake Country White and Dry Rose.

Varietal wines, which are named after the primary grape

from which they are made, were scarce and unpopular. Indeed, it was a fight to get these wines, which include Chardonnay, Merlot, Sauvignon Blanc, Cabernet Sauvignon and Pinot Noir, into the market and placed on the tables of American consumers. Robert Mondavi believed that varietal wines would form the foundation upon which the California wine industry would prosper. In 1968, he introduced a Sauvignon Blanc with some wood ageing that he called Fume Blanc. So successful was this varietal that the name, Fume Blanc, became synonymous with Sauvignon Blanc.

It wasn't until the 1990's that varietal wines garnered market wide acceptance and, today, they dominate the American wine industry. California wines are recognized internationally for their quality and can be found throughout the world. Per capita consumption in this country is steadily rising and overall consumption has surpassed that of our European friends. Yet, the percentage of Americans who regularly drink wine is relatively small, allowing for much growth in the future.

Robert Mondavi's accomplishments are far too many to list here, as are his numerous honors. Although I never met him, I have worked with his company and family. I believe that his vision has helped to shape our industry. It was once stated that the proof of one actually being a prophet depended upon one's pronouncements actually coming to pass. Perhaps Robert Mondavi was not a prophet but there is no doubt that he was a true visionary.

One side note: the Mondavi winery was purchased by mega giant Constellation Brands on Dec. 22, 2004.

Wines available at Spec's Wines, Spirits, & Finer Foods, various locations. Visit specsonline.com for the store nearest you.



Here are some hot wines for this summer:

Robert Mondavi Private Selection Sauvignon Blanc 2007
This wine is translucent in color with a tropical bouquet. It is almost too acidic but performs quite well with food. The fruit is citrus and tropical with hints of ripe melon. The body is soft and the finish a mere wisp but the ratio between price and quality is evident. Serve with shellfish. Also perfect with grilled poultry and white meats by the pool. **\$9.98**

Dama Montepulciano d'Abruzzo 2006
This Italian wine can confuse the uninitiated, as Montepulciano is both a grape and the name of an area. The area of Montepulciano is located in Tuscany, while the Montepulciano grape is found in the Abruzzo. While this may be confusing, there is no confusion about the quality of the wine. A welcoming violet nose greets you and invites a smooth, velvety gumbo of ripe black berries, peppers and spices. The body is full with a "just right" finish. It is a lovely summer wine. Serve with red meats, grilled poultry and grilled white meats. **\$15.29**

Barberani Orvieto cru Castagnolo 2006
From the region of Umbria comes this Orvieto, an Italian white wine that many Americans may recognize but the quality of which few have tasted. Most Orvietos on the shelves are dull, pleasant, inoffensive offerings. This, however, is the "real deal". And such a deal! The more I taste, the more I am impressed. The blend is Trebbiano, Verdello and Grechetto. The cuvee is dry, crisp and refreshing with fruit of citrus and hints of minerals, cream and honey. It is a delicious wine of complexity and length. Serve with seafood or enjoy by itself as you relax near the pool. **\$19.35**



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Held at the Weiss President's House

Asia Society Texas Center and the Chao Center for Asian Studies at Rice University hosted guests at the Weiss President's House, home of David Leebron and Y. Ping Sun, to celebrate the groundbreaking of Asia Society Texas Center's new \$50 million headquarters, which took place the following day.



Nancy Allen, Yoshio Taniguchi, Vishakha Desai



Nat & Leela Murthy



Hui Min Liaw, Charles Foster



David Warden, Cathy Sun



Kelli & Eddie Blanton



Martha Blackwelder, Y. Ping Sun



Lou Ann & Alex Chae



Vijay & Marie Gordia



David Leebron, Y. Ping Sun



Rekha & Huan Le



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Joanne King Herring

Photos by Sopheavy Than



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Lindsay Price


Taming the Lipstick Jungle

by **HENRI MERCERON**

Lindsay Price is one of the stars of NBC's *Lipstick Jungle*. The number of television shows in which the thirty-two year old actress has appeared, including recurrent roles on *The Bold and the Beautiful* and *Beverly Hills 90210*, speaks to the breadth and depth of her talent. I watched the pilot of *Lipstick Jungle* and was captured by Lindsay's ability to simultaneously project the strength and vulnerability of her character. Our scheduled ten minute interview turned into an hour. This happens when you have the opportunity to converse with someone who is as eminently genuine, refreshing and captivating, as I found Lindsay to be.

photography by David C Lee
makeup by Jake Bailey for Solo Artists
hair by David Gardner for Solo Artists
styling by Leilani Lacson
shot on location at the Key Closet Penthouse

Brown frill dress : Yoga Army
Creme heels : Joey O
Goldbangles : Rosena Sammi Jewelry



Black fringe dress : Fumblin Foe, Em & Co.
Fuschia metallic clutch : Onna Ehrlich
Earrings : Rona Jewelry, Fred Segal Los Angeles

I am thrilled that
I can play my most
favorite character
in the best city
in the world wearing
the most fun clothes
in the world.

How are you? Are you hurried, harried, and harassed?

No, actually not any of those things. Sometimes I'm harassed, definitely, especially on the show, and I'm perturbed but not harried. I'm cool under pressure.

Including multiple appearances on *All My Children*, *The Bold and the Beautiful*, and *Beverly Hills 90210*, I counted about forty-two different series or shows in which you acted. Did you ever want to do anything else?

It's interesting that you ask that because I've been thinking of that lately. I've never thought of myself as an actor by trade until the last four or five years. At first, it was an extracurricular activity. Some kids played with dolls and toys and I played make-believe. My job was an extension of that and it was a way for me to meet geeky weird kids who did the same thing I did. How else can one express oneself so freely during that awkward stage of life and be applauded for it? In my twenties it was, "Oh, I need money to support myself." I am so fortunate that I get to work doing something that I love. Recently, it was all about moving to New York for business and being a single girl. It's not about living in the "now". I think about the future. However, I am thrilled that I can play my most favorite character in the best city in the world wearing the most fun clothes in the world. I am so blessed that the fatigue just kind of falls away. There's more to learn and I'm at this fork in the road where I want to be an actor for the rest of my life, not because it's a job but because it is what I've always done.

Do you draw upon personal experiences for your *Lipstick Jungle* character?

Yeah, I think actors are fortunate to be the ones who tell stories. We tell it like it is based on life experiences and observations. That's what adds depth to our performances. I've been through a lot of things in my life: a failed marriage, shifting relationships, discovering myself, and a lot of soul searching. I do not define who I am based on who my friends are or if I'm married or how much money I have, but by finding what really matters to me. This role came along at a time when my focus wasn't just on acting in a TV show but on a lifestyle. I was moving to New York where I'd meet new people, be challenged, be completely alone and out of my comfort zone. That makes me a better actress, as well. It all comes full circle. I'm not trying to force my life. I realize that I am not in total control and I'm letting go. There's something greater that's guiding me.

So you've been working on this for a year? You finished season one; have you completed season two?

Season two has been shooting for a couple of weeks. There are 13 episodes. The first season only had the pilot and six episodes because of the writers' strike. It a heavy schedule and there are days that I work twelve or more hours a day. We complete an episode every seven working days.

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It's got the fashion
and the glamour
into which we all
want to escape.



Brown satin dress : Yoga Army"

Some actors like being in a series because the schedule is more predictable, as is the paycheck. On the other hand, such work can become monotonous with time. Are you interested in doing more films?

Absolutely. I didn't make a conscious choice to limit myself to TV or film. I've gone where work has taken me. Since *Lipstick Jungle* started being televised, my face has been plastered on billboards and phone booths. With that exposure, I may see greater interest in casting me. This business is scary... it's a machine, but it gives me the opportunity to do more. I live for the challenge. I haven't gotten many film offers, so far.

Now that your face has a higher profile, have you had any paparazzi encounters?

Yeah, it's interesting to say the least. I understand they need to sell magazines and there are only so many actors and musicians in the world, and that there are even fewer who are scandal-worthy. I'm not that interesting so I don't know why they're trying to figure out who I'm dating. I'm still trying to figure out who I'm dating!

Maybe they know you're a rising star and they want to catch you on the way up.

I don't really know how I feel about that. I love my job and I love to work, but I didn't really think about that part. I'm pissed off about it because I've seen it impact my more famous friends.

Out of curiosity, I researched the Nielson ratings for the show. Do the actors pay attention to the ratings?

Certainly, there's talk about the ratings because they affect the fate of everything – whether we get to continue working or have to sell our apartments.

But you got picked up for another season so that's a positive sign.

The network is behind the show because they think they have something worthwhile.

The beginning was bumpy. Another show, *Cashmere Mafia*, themed around women was competing for our audience. Although there's enough room for two shows about women, comparisons will naturally be drawn. I chose not to think about it or watch the other show and I don't know what happened to it. The press made a big deal about it. And then, of course, there were comparisons to *Sex and the City* and whether we could fill those shoes.

***Lipstick Jungle* has a lot of levels. It touches on family, friends, romance, and, perhaps most importantly, careers. *Sex and the City* did not emphasize the characters' careers as *Lipstick Jungle* does.**

Candace Bushnell wrote both *Sex and the City* and *Lipstick Jungle*. She writes about vibrant women. She is a New Yorker and the city is like another character in the series. It's the whole "If you can make it there, you can make it anywhere" thing. New York is where you go to succeed. It's got the fashion and the glamour into which we all want to escape. While the show does offer this escape, it also allows viewers to relate to the highly successful characters who struggle with the same things that affect many women: time management, a boyfriend who doesn't want to hang out with her friends, multi-tasking, and keeping a secret from your best girlfriend. It's those things, the simple moments, that are the heart and belly of the show. We want a show that won't hit you over the head but lead you to thoughtful reflection.

Did you see the *Sex and the City* movie? I noticed that the theater was packed and that half of the audience consisted of guys.

Yes. Because they're with their girlfriends. Those guys who watch the movie also watched the show; they miss Carrie Bradshaw, too. They wanted to see the movie. They won't admit it but they were excited.

A full-page photograph of a woman with long brown hair and bangs, looking over her shoulder. She is wearing a black, sleeveless, backless dress with fringe and a black mini skirt. She is also wearing black high-heeled boots with a circular buckle. She is standing in a hallway with a dark carpet and blue lighting in the background.

I wanted to be glamorous like Brooke Shields
as a child and now I'm stomping around
New York alongside of her.

Black fringe dress : Fumblin Foe, Em & Co.
Black peepshow boots : Velvet Angels

I am the most blessed, most fortunate girl.



Grey dress : L & W Lundgren & Windinge, Em & Co.

Last year, you stated that you were a California girl who wore jeans and sandals. Has the glamour of NYC changed your attire? Do you have a gigantic closet full of haute couture?

It's amazing what a year can do. I am the most blessed, most fortunate girl. I love New York. I went to school here during my most formative years. Being back at this time of my life is profound and I'm just devouring every minute of it. I live in a small apartment and, therefore, I have to be careful what I put in my closet. I have developed a razor-sharp sense of what I wear. However, if I had to be as serious as New Yorkers are about fashion, I would probably lose my mind. I cannot imagine having to keep track of what designer's clothes can go with another's shoes or why I can't wear a cocktail ring with a bangle. It's all ridiculous to me. I do, however, love the aesthetic of the designer I play. I'm having the time of my life. In my personal life, I have probably exchanged a pair of flip-flops for Louis Vuitton platform stilettos. You have to assimilate to your surroundings.

Do you have a favorite designer?

I do. For dresses, Prada's cut is beautiful. I love Balenciaga. I am also a big fan of Alexander Wang.

So what kind of jeans do you wear?

I wear J brand jeans. They're the best because they have no bells or whistles or labels. They're just simple.

I've read that your parents weren't comfortable giving you the "birds and the bees" talk, so they just had you watch *Blue Lagoon* with Brooke Shields. You also dressed as Brooke one Halloween? True?

That's absolutely true. When I was four or five years old I trick or treated as Brooke.

It wasn't a *Blue Lagoon* costume, was it?

No, I wore a red gown that hung off the shoulder and had fur trim; my hair was swept to the side and I wore red lipstick. Very glamorous. I could not remember the details but when I asked Brooke about it, she said I was definitely dressing like her when she was on the cover of *Time* magazine wearing Valentino. She knew right away. The caption was "The world's most glamorous teenager".

It seems you had a Brooke Shields connection and now you work with her. That's kind of neat, huh?

"Neat" doesn't even cover it. This kind of thing happens to me all the time. I feel like I have a charmed life. I wanted to be glamorous like Brooke Shields as a child and now I'm stomping around New York alongside of her. Maybe we manifest our own destiny. I don't stop until I get where I'm going.

We often have a preconceived idea about movie and television actors. Is Brooke Shields as good as you imagined she would be?

I did imagine how she would be. It is astonishing how many years she's been in the business and how much success she has had. Off stage, she is the most self-deprecating and down-to-earth person you could meet. What I respect most about her as an actor is that she says "I still have so much to learn".

Have you ever googled yourself to see what fans are saying?

That's a touchy subject. I did do this after the show premiered and I will never do it again. I was just shocked by how much information is out there about me. There was a picture of me from junior high and random photos of my family. I got deeply into it. Someone said they wished my character would die in a chiffon-related

accident; someone else said I looked like Michael Jackson. That one really stung. It's tempting to look these things up because show business runs on perception. As a person who just wants to be happy and sane, I found the experience deflating.

The story of your parent's marriage is very interesting. Can you tell us about them?

I'm very fortunate to have a living breathing example of what love should be. It's not just a romantic example of how they got together through war and poverty and across oceans. It's the way they have lived their lives. It's not easy. They come from different cultures and have different personalities. They've been together a long time and have a lot of history, but every day they choose to make it work.

I'm very close to my family and tend to mystify them and make them heroic. My father's family was active with World Vision, an organization that went to third world countries to help people. My grandmother had abandoned my mother and her brother, leaving them in an abusive home. At the age of five, my mother took her brother and escaped into the woods where they lived until they found an orphanage that offered them refuge. It was there that my mother was adopted by a missionary preacher who had a son. Later, my mother married the preacher's son, so, legally my mother and father were raised as siblings.

What do they think of their actress daughter?

It's ridiculous that I'm an actress on TV and my mom is an orphan kid from Korea, and my dad a missionary preacher's kid. They're proud. It's so cute when my dad's eyes light up at small things that I didn't think mattered to him. Things such as when he heard that I was right next to Diddy at a party or that I met Donald Trump or asking if I could get them on *American Idol*.

I noticed in the pilot of *Lipstick Jungle* that you convincingly projected the strength and vulnerability of your character. Are you strong-minded yet vulnerable?

Yes, the timing in my life when we shot the pilot was interesting. I've always been a willful, strong-minded girl, but I've also been raised to live by the golden rule: do unto others as you would like done unto you. I'm not confrontational, and when I was young I was considered to be naïve or Pollyanna in nature. I didn't like that. When the pilot was being filmed, certain aspects struck a chord within me. Victory's fashion show stumbled. The industry is mean and she cried about the ugliness and messiness; she did not hold it in. That's how a person gains strength. You show vulnerability, allow your emotions to be messy and you move on. In the reviews, people didn't like it. Whereas, they said it didn't seem real to them, I never felt more real.

You're playing a fashion designer with models and you were our cover model for this month's issue. How was it?

I really don't enjoy having my photo taken. I don't like the feeling that it's all about the moment and the image. I am OK when the camera is rolling because I'm someone else. I can tolerate the cameras. At the *Yellow Magazine* shoot, they were saying "Oh, that's hot! That's hot, hot, hot!" I couldn't be that hot otherwise I'd feel like an utter cheeseball, a goofball and an imposter. Don't say "hot" if you want me to be hot! And I'm not a good model. I like to take photos of other people and things.

Have you ever been typecast as an Asian-American actor?

I haven't. Maybe it was another one of those things I subconsciously decided. I never wanted to play the stereotypical parts of a karate chopping or math nerd Asian woman. I was fortunate to be offered roles that could have been a girl of any ethnicity. When people tell me I can't do something, I fight for it. Some may not consider that to be an attractive personality trait, but that's how I am.



It's ridiculous that I'm an actress on TV
and my mom is an orphan kid from Korea,
and my dad a missionary preacher's kid.

Don't Let Summer Pass You By
Without Grabbing Some of These

Sizzling Hot Goodies

by LEO SIPRAS



A Red Dress Always Heats Things Up

You are sure to be the hot topic of any summertime party in this dazzling silk satin dress from Reem Acra. The ruched top accentuates the fashion flair every girl is looking for this season.
\$3,500
Reem Acra Salon, 212.308.8760, reemacra.com



Sexy Style in the City

Extremely aggressive yet uncompromising stylish, these Dior platform sandals in python finish calfskin are made for the true fashionistas. Plus, if you were one of those die-hard fans of *Sex and The City*, a similar black variation of the hot sandals played a star-making role in the summer blockbuster movie.
dior.com



Put a Sparkle in Your Eyes

When it comes to sunglasses, aviators will always remain a classic. Here Dior injected their distinct sense of style and gave the classic frame a chic update. The Dior Chrystal's pilote sunglasses in palladium metal have Swarovski crystal baguettes on the temple for the much desired touch of glam.
dior.com



Who Needs Air Conditioning?

"There are loads of good bikes for specific sports," says designer Jens Martin Skibsted, "But few are built for just getting around town." Filling this void is his Biomega AMS 8-Speed Bicycle. Biomega's integrated design is easy to use, reliable and virtually maintenance free. This appropriately geared, reliable machine delivers a level of responsiveness that's made for city riding.
\$1,450
Design Within Reach, 1956 West Gray, Houston, TX
713.522.3609, dwr.com



Don't Trust Your Dry Cleaner

The ultimate evolution of premium denim is here: the \$10,000 Jean from Key Closet! With over 1,000 Tiffany-set Swarovski crystals on each pair, plus hand-drawn designs and one-carat diamonds on each back pocket, these unique denim masterpieces are sure to be the most coveted (and expensive) essential for the summer.
\$10,000
keycloset.com



Bright Hot

Silvia Fendi's specially designed baguettes and chain strap wallets are super cute and available in ten bright Pantone colors. The baguettes and wallets are adorned with a subtle quilted FF design and are lined with colorful, child-like graffiti style prints. Don't forget the 10th anniversary Fendi Palazzo roll bag to complete your look.
Starting at \$975
Fendi, Galleria
713.961.1111, fendi.com



Hot Just Got Hotter

Twice as fast, half the price. And still the most amazingly incredible life-altering thing EVER! Okay, maybe that's an overstatement, but the iPhone has certainly redefined mobile communication. The new 3G version, coming out this month, promises to do it all again.
\$199 8GB, \$299 16GB
Apple Store, Galleria

The Tan Is Free

As stylishly designed inside as it is outside, the new 1 Series convertible from BMW offers drivers top-of-the-line quality at a more affordable price. Seemingly designed especially for Texas weather, this hot little number helps cool you off with sun-reflective technology, keeping the seats from overheating on top-down driving days. There's superb trunk storage, seating for four and a style that's 100% BMW.

Starting at \$33,100
Momentum BMW Southwest, 713.596.3100
momentumbmw.net
Momentum BMW West, 832.790.9346
bmwwest.com



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Want to step out for the weekend, or disappear for a month? Here’s four hot and hip places to stay whether you are staying in Texas or heading around the world.



◀ **aloft Beijing, Haidian**

aloft hotels are the hip, urban little brother to big bro’s W Hotels. The hotel brand is modern and fresh, with loft-inspired design, free-flowing energy, and lots of lower case names. Hang out in the re:mix lobby area, have a drink at the xyz bar, or grab a gourmet snack in re:fuel, the 24/7 pantry. There’s complimentary wireless internet access, and shoppers will love being within walking distance to Beijing’s largest shopping mall. Then come back and rest in the ultra comfortable signature bed, rejuvenate in oversized spa shower, and veg out in front of the 42” LCD TV. alofthotels.com



The Horizon Hotel, Palm Springs ▲

We’ve said it before and we’ll say it again: this little mid-century modern gem in Palm Springs is hot, hot, hot. Especially in the summer, with temperatures in the 110’s! The trade-off is you can get a fabulous room at a discount price. To top it off, the summer heat keeps the tourists away, so you can enjoy your own private resort. thehorizonhotel.com

The Joule, A Luxury Collection Hotel, Dallas ▶

Designed by groundbreaking hospitality designer Adam D. Tihany, the downtown Dallas hotel is probably best-known for its sticking-out-in-the-sky rooftop pool. The hotel itself features a restored neo-Gothic structure from the 1920’s with 129 rooms – including duplex suites and a penthouse with private access – along with the ultra hip Charlie Palmer at the Joule restaurant. It’s definitely worth a trip up I-45. luxurycollection.com/joule



Bora Bora Nui Resort & Spa, French Polynesia ▲

As the only resort in the region that boasts its own private island, the Bora Bora Nui definitely redefines South Seas luxury. All 120 villas are suite-size, and the overwater villas feature in-floor glass viewing panels that allow you to see the ocean below. This is definitely an experience you won’t want to end. boraboranui.com

Cadillac Primavera

Held at the Houston Galleria

Cadillac Primavera featuring Simon Fashion Now hosted a chic VIP fashion show on the ice rink kicking off an 11 day fashion event featuring spring fashion events. The seasons’ latest fshions were display by models on the runway and in the crowd displaying accessories and ready to wear. Participating retailers included CH Carolina Herrera, Ferragamo, Fendi, Jimmy Choo, Billy Reid, Saks Fifth Avenue, Anne Fontaine, Barney’s New York Co-op, Stuart Weitzman, Versace and Neiman Marcus.



Tabitha Pagel



Amber Bell, Jody Schmal



Angelica Chapman, Joyce Imarato



Edward Sanchez, Lo Le



David Gilbert and Sonya Shernak



Page Parkes model in Kate Spade



Page Parkes model serves Stuart Weitzman shoes



Fashions from Saks Fifth Avenue on the runway



Todd Ramos backstage

Photos by Sopheavy Than

Escape in Style
in San Francisco

Hot Weekend Getaway

by CHAU NGUYEN



I ♥ San Francisco. Each time I visit, I experience something different. The tourist in me loves to take in the awe inspiring views of Golden Gate Bridge while wandering along Fisherman’s Wharf. My consumer spirit is lifted when I hit the endless stores at Union Square. Then there’s the hippie in me who revels in strolling along the historic Haight-Ashbury district. So, during the recent visit, I decided to wear a new and different hat. I found my inner chic.



XYZ Bar in the San Francisco W Hotel



“Fabulous” room

Chic lesson number one: stay at a swanky hotel

Our choice to wax swank was the W Hotel San Francisco (whotels.com/sanfrancisco), where upon arrival you are greeted by a friendly staff and instantly reminded of the city’s eco-consciousness. Note to self: rent a hybrid car the next time. Normal cars are punished by being charged high parking fees, while hybrids are charged half as much! Environmental reminders aside, this W Hotel lives up to its edgy brand, with lounge music playing throughout, a cool bar with DJ on hand on weekends and minimalist and modern décor. I dug our uber cool and modern room with a panoramic view of the city. And my palate took quite a liking to the W’s signature martinis in the hot XYZ Bar.



Grapefruit salad at the Slanted Door



Slanted Door spring rolls

Chic lesson number two: dine at hot restaurants

Friends told us the Slanted Door (slanteddoor.com) not only had to die for Vietnamese cuisine, but it was also one of the top to be seen places around. Reservations are tough, so book way ahead. Our dinner party of six couldn’t get enough of the Niman ranch spareribs and shaking beef (the restaurant touts ecologically farmed meats), not to mention the imperial spring rolls. Also, equally as impressive is Betel Nut (betelnutrestaurant.com), a Pan Asian fusion restaurant on Union Street in Pacific Heights. Think of it as South Asia meets Southeast Asian food meets beautiful people ambience.



Robert Biale Winery

Chic lesson number three: take a day trip to Napa

Napa is only an hour and a half drive north of San Francisco, and chic getaways can’t be complete without fine wines! The trick is to call around for a private tasting and tour. We had the unique privilege of having a private tasting, lunch and vineyard tour with Mary Rocca of Rocca wines (roccawines.com). At Robert Biale Winery (robertbialevineyards.com), wine manager Jonathon Bain gave us a private tour of his winery, topping it off with tastings direct from the oak barrels. And if wine isn’t enough, there are a number of fabulous eateries, including hearty breakfasts at the Boonfly café (thecarnerosinn.com) and lovely dinners at Celadon (celadonnapa.com). Call ahead, as the summers get busy in wine country.

Truth be told, a weekend definitely isn’t enough to take in all that San Francisco has to offer. But there’s always next time. And the next new experience.

Chau Nguyen is a former reporter and anchor for KHOU TV. An avid triathlete and traveler, you can also read about her adventures at pinkgurugal.com

Yao Ming Foundation and Giving Back Fund China Earthquake Fundraiser

Held at the home of Ann and Terry Cheng

Yao Ming Foundation and the Giving Back Fund hosted guests at the home of Ann and Terry Cheng to raise money for the China Earthquake Disaster Relief & Building New Schools. The evening was an extremely successful event, resulting in over \$150,000 in donations. The evening's food sponsors were Yao's Restaurant, Thai Spice, and The Sushi Company. Drinks were provided by Martell Cognac.



Lisha Hall, Lulu & Hugh Zhang, Christina Chen



Ann Cheng, Dikembe Mutombo, Yao Ming, Terry Cheng, Ye Li



Jerry Sun, Yao Ming



Nikki Died, Angela Wang



Randy & Sue Sim



Ted Wu, Julianne & KC Youn



Sarah Walters, Fernando Aramburo



Stacy Sun



Sunny Sun, Rosie Zhang



Linda Le, Sean Le



Martell cognac



Paul Ta, Dr. Luu Trankiem, Wea Lee



Anna & Thomas Au



Pat & Orasinee Ratanarporn, Andy & Michelle Escalona



Ben Cheng, My Kim Huynh



Terry Cheng, Viet Hoang



Terry Cheng, Viet Hoang

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Houston Astros Outfielder

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A Little Heat to
Spice Up the Chili

Fighting Words

Trish Vlore and her husband, Vuthy “Woody” Kuon, have been blissfully married for almost two years. As is the case with many newlyweds, the first couple of years present an array of challenges, discussions and compromises. Coming from different cultural backgrounds, they found that there are some challenges that are unique to their special circumstances. This month, we learn that sometimes things heat up a bit.

Woody and I have very hot fights. In this case, hot is not a good thing. The problem is that we are very different people. We were each 34 years old when we married, and we had lived a long time doing things in our own way. We are from different cultures. While I have had only three serious relationships in my life, Woody dated a million women. He actually has a list of their names somewhere so that he can try to remember who they were. If you are one of them, I’m sorry but he probably wouldn’t recognize you if he saw you on the street. Then, of course, the biggest difference is that he is a man and I am a woman. We disagree often about a variety of things: spending versus saving, cooking versus eating out, American food versus Chinese food, going to bed early versus staying up late, tough love versus unconditional love, tight clothes versus loose clothes (on me), long hair versus short hair (on him) and on and on.

Yesterday we had a fight. It started with a disagreement about one thing but the fight was really about something else. You know how it is. In fact, most of the time when we fight about something it’s really a fight about something else. I get angry when I feel like he doesn’t listen to my feelings or that he listens but disregards what I say, especially when I feel strongly about something. Woody gets angry when I speak disrespectfully or use a harsh tone of voice. When I question his choices, I think he feels that I don’t trust him to know what he’s doing. I feel like we are partners and we should reach compromises on important issues. Woody is accustomed to making his own decisions without consulting anyone else and so am I. However, the decisions we make now affect each other, which can get complicated.

For instance, on Saturday I went to Target and bought two little white end tables that I have been eyeing for several months. The tables, originally a hundred dollars each, were marked down to twenty five dollars. I was elated and, of course, bought both tables. On the way home, I considered hiding them in the garage for a while because I didn’t want Woody to think I was going to go on a crazy spending spree. He is very frugal and careful about saving and he wants me to be that way, too. I, however, already have a retirement account and figure that’s enough saving. I want to enjoy my life while I’m living it and not wait until I’m old and decrepit to travel, decorate, eat out, and buy clothes (even when I don’t need them). It’s not that I thought Woody would get angry and shout at me for buying the tables but I think he resents that I spend while he saves. It’s a little thing but my mom used to say, “It’s the little things that spoil the relationship.”

So, how can I be me and make Woody happy, too? That is my dilemma and, I think, his as well. The good thing is that each time we fight, I learn how to do better next time. I’ve learned that we can disagree but both be right. Several hours after our fight, I didn’t change my mind and agree with Woody. I didn’t say I was sorry and neither did he. I did tell him that I loved him and I rubbed his back while we watched television. I fell asleep last night with my face buried in his neck and his arms wrapped around me. Sometimes hot fighting is not so bad if the making up is hot, too.

– TRICIA VLORE



Oh my goodness! She did NOT just write that last line! My mother could be reading this... or more accurately, someone could be translating it for her! So, if you are reading this, Mom, Tricia meant it was “hot” at night after we made up because I turned the thermostat to 72 degrees, when Tricia normally sets it on 68.

Anyway, now let’s get back to our topic. Yes, I do agree that we get into very heated discussions, and sometimes full-blown fights. It’s tough to remain cool when arguing with Tricia. She has a PhD and can read circles around me. She may be pretty and blonde, but let me tell ya, she is one smart cookie! She argues like... how do I explain this? I got it! She argues very much like the way she plays tennis. She usually doesn’t swing too hard, but she places each shot strategically where it’s hard for me to return. I, on the other hand, like to take chances. I sometimes swing too hard and end up way out of bounds! We are both pretty evenly matched and we each win our fair share of matches.

She doesn’t necessarily need to win. In fact, the last time we played, we each won three games and then we had to leave to get the kids. It didn’t bother her one bit that neither of us won. I, however, wanted somebody to have won.

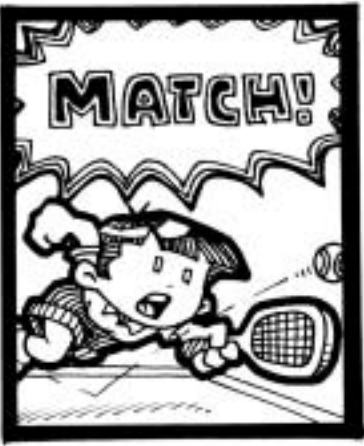
I actually create scenarios and make colorful commentaries to build up the hype leading to the finish. I love the story behind the match, the build-up, and the exciting ending. So, when Tricia would try to resolve our fights with her head on my shoulder or by giving me a massage, it initially wasn’t enough for me. I wanted, no, I NEEDED to hear an apology. When it was not forthcoming, I felt that I needed to apologize first, to be the stronger one so as to resolve the issue. Not understanding how different she really was from me, I boiled up inside and harbored resentment for days.

As we continue fighting, we also continue making up. With time, I’m finally getting some clarity. I am starting to see how we must adapt to each other’s personalities to learn how to continually resolve conflicts. She doesn’t always need to say or hear, “I’m sorry.” She doesn’t always need a winner for every match. She just needs to know that I love her and to feel “warmth” from me.

I, on the other hand, need resolution. I need that final score. I must hear “I’m sorry.” When she makes the effort to reach out to me with a gentle touch, I secretly translate that in my head as a physical apology. That helps my cold heart thaw. It may take a while sometimes, but I always seem to manage to get my feelings back.

I hate having the world know that our marriage has its flaws. We do fight, argue, complain, and hurt each other. We are not perfect. There is a laundry list of things we disagree on. Do I wish we could resolve our differences and never fight again? Sure I do. But what’s the fun in that? You need a little heat to spice up the chili. And besides, this way we’ll never run out of material to write about.

– VUTHY KUON



© VUTHY KUON 2008

Spring Fling Party

Held at Momentum Audi

Photos by Thang Nguyen

Yellow Magazine hosted Spring Fling Party at the Momentum Audi dealership on Richmond Ave. The over 300 guests were entertained by a Gia & Co fashion show featuring the Spring 2008 collection. The event was sponsored by Momentum Audi, food was provided by Mo Mong Restaurant, and drinks were provided by Courvoisier Cognac.



Angelia Aguinara



Francine Chen (2008 Miss Chinatown), Gerald Lang (Momentum Audi General Manager), Liang Shi (Miss Chinese New Year)



The Momentum Audi dealership was packed all night long

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Iris Cheng, Francine Cheng, Tammy Su, Betty Gee



Annie Shen, Jasmin Liu, Michelle O'Brien



Anthony Dang, Kim Nguyen



Giff

What's On
Your List?

A Matter of Happiness

by IVY YANG



We sometimes find ourselves feeling down for reasons that are not obvious. We may want to shed the gloominess but do not know how. Other aspects of our lives become affected and we may have trouble sleeping. Our appetite patterns may change and we will avoid social events. How do we know if we are truly happy? What can we do to feel happy or happier?

Dr. Martin Seligman, founder of Positive Psychology and Chairman of Positive Psychology Center at the University of Pennsylvania, developed an Authentic Happiness Inventory Questionnaire to measure a person's overall happiness. If you are curious about your state of happiness, visit authentichappiness.sas.upenn.edu/questionnaires.aspx and complete the questionnaire. Economists who were influenced by Jeremy Bentham apply utilitarian theory to calculate happiness: Happiness = the Utility of Good Feelings – the Utility of Bad Feelings. Other scientists sought to invent a hedonimeter, a psychophysical instrument that could monitor, change and record a person's emotional ups and downs. In theory, the hedonimeter could work, however, a scientific roadblock prevents its development: scientists have not been able to overcome the fact that happiness is strongly affected by internal feelings that determine the choices we make and not by our outward expressions of pleasure. A hedonimeter would have to be able to measure a person's spontaneous decisions, based on unforeseen variables such as climate change, daily stress, nutrition and personal relationships. Until the future-minded inventor of the hedonimeter emerges, we will have to rely upon ourselves to find happiness.

Happiness comes in all forms and no universal formula applies to everyone, universally. We must assume a proactive approach in discovering what elevates our spirits. One of the most respected poets of the Victorian

era, Elizabeth Barrett Browning (1806-1861), found the secret to her happiness – giving and getting. When she gave a book to someone for whom she cared or when she got a birthday card from someone who cared for her, she felt happy. Of course, what worked for Browning may not work for us. We need to make a list of fun things we like to do and which bring us joy. It may be eating a homemade apple pie, visiting Barnes & Noble, writing poetry or hanging out with childhood friends. This list will provide us with a source of emotional rescue the next time we feel unhappy. Instead of succumbing to an unhappy state of mind, engage in one of the fun activities on your list. The improvement in your mood will amaze you. An additional skill we should develop is to learn how to disengage from negative thoughts when we become aware that they are causing us pain and misery. While it is normal to experience difficult times and sadness, it is unhealthy to remain in this condition for a long period.

Happiness comes in all forms and no universal formula applies to everyone.

We need to distract ourselves with laughter, adventure, and new experiences and activities. The power of laughter has gotten many people through tough times.

The secret to feeling happy resides within each of us. We just have to reach deep inside and release it with a smile and a laugh.



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Dining Guide

Yellow Magazine’s featured restaurants

JAPANESE

Sake Lounge
Nouveau Japanese
550 Texas St., 713.228.7253
Sake Lounge offers traditional sushi, with a personalized touch from head sushi chef Yama. Signature items include the Sake Ceviche marinated in a sake cocktail sauce and Sake Lounge Roll which has fresh fruit slices infused into the roll.

Shabu House
Japanese soup
8719- Bellaire Blvd., 713.995.5428
Only beef or seafood items are served and will be cooked with the classic shabu shabu style. Boiling broth is situated at the bar. When the food arrives, place everything in the broth and begin the unique experience.

Tokyo One
2938 W. Sam Houston S., 713.785.8899
Tokyo One is a sushi buffet restaurant, situated in a fancy boat house with an outside deck. The food is fresh and is constantly replenished. Selections include: salads such as sea weed, beef, squid, salmon and watercress. Sushi includes a variety of rolls and sashimi. A “must have” is the escobar. There are also a variety of fresh crabs during dinner. Great price and great atmosphere.



Zushi Japanese Cuisine
5900 Memorial Dr., 713.861.5588
Zushi serves extremely fresh and high quality sushi. Stand out items are the sashimi appetizers served with perfectly paired sauces or any one of the many house specialty rolls.

Uptown Sushi
1131 Uptown Park Blvd. #14 713.871.1200
Uptown Sushi personifies an upscale sushi restaurant located near the Galleria in the swanky Uptown Park Plaza. The menu offers Japanese fusion dishes and a great selection of high-end sashimi and sushi. Side note: Uptown Sushi has “off-the-menu” specialty rolls served daily!

Rickshaw Bambu
713.942.7272
So many great dishes and variety to match, picking a favorite seems to be a daunting task. The East West Chicken Wraps, Mandarin Beef and Rickshaw’s Pad Thai are favorite Pan Asian dishes. The sushi menu has seventeen specialty rolls and, of course, nigiri and sashimi.

CHINESE

Auntie Chang’s
2621 South Shepherd #290, 713.524.8410
Auntie Chang’s offers the most flavorful home-style Chinese cuisine around. Although known for their dumplings, any of your favorite classic Chinese dishes are done extremely well.

Hong Kong Food Street
9750 Bellaire Blvd., 713.981.9888
Peking duck and roasted pork hang from cleavers in a front window display giving a Hong Kong street market feel. In addition, the menu is divided into sections including Seafood, Hot Pot, Special Stir Fry, Sizzling and Chef Specials. The Peking duck, Beef Pot and Dry Scallops are recommended items.

San Dong Noodle House
9938-F Bellaire Blvd., 713.271.3945
Authentic hand pulled Chinese noodle dishes are served at a reasonable price. A few favorites include the Roast Beef Noodle soup served in a beef broth accented by ginger and soy, or the oh so addicting pan fried dumplings.

Sinh Sinh
9788 Bellaire Blvd., 713.541.0888
The seafood at Sinh Sinh is quite exciting because everything served comes from live tanks. Prawns, Australian king lobster, King crabs, Coral Leopard trout, Surf clams, Geoduck clams, Trunk clams, Elephant clams, etc...are all featured as live seafood.

Arco Seafood
9896 Bellaire Blvd., 713.774.2888
A refreshing take on Chinese seafood offering an upscale ambience. Subtle flavors allow the natural taste of the seafood to emerge. Dishes to try: Sea Cucumber, Crab Meat and Fish Maw Soup, Noodle’s with Abalone Sauce, Sautéed Snow Pea Leaf or the Steamed Whole Tilapia.

KOREAN

Airang Korean Restaurant
9715 Bellaire Blvd., 713.988.2088
From the décor to the cuisine, everything about this place exemplifies tradition. The Moh Dum Bulgogi is a classic family style dinner which includes barbecued short ribs, squid, chicken and a vast assortment of side dishes such as the potato salad, kim chi and spicy cucumber salad.

ITALIAN
Da Marco Cucina E Vino
1520 Westheimer Rd. 713.807.8857
If you are looking for authentic Italian food, Da Marco is the place to find it. It has a charming atmosphere to go along with the excellent fare. All of the entrees are subtle and prepared nearly perfect. Must try Sweet Corn Ravioli and Lobster and the Sea Bass with Aceto Tradizionale.

THAI

Thai Spice
8282 Bellaire Blvd. 713.777.4888
Thai Spice on Bellaire is a foodies dream. It’s a casual place that serves Thai dishes you won’t find anywhere else in Houston, with a huge selection of interesting, rare, tasty dishes at excellent prices. A must have is the whole fried tilapia with hot and sour dipping sauce and papaya salad and Tom Yum soup.

Nit Noi
6700 Woodway Pkwy., Suite 580
281.597.8200
Nit Noi has several well-designed locations in Houston. The interiors are very pleasant and relaxed, forming a perfect backdrop for their spicy Thai dishes. Nit Noi is known for their light and flavorful pad thai. Must try dishes include pork thai dumpling with ginger sauce and crispy spring rolls. Off the menu, try shrimp and red snapper cooked in red curry and herbs.

Red Basil
11322-C Westheimer Rd., 281.293.0426
A gourmet take on traditional Thai cuisine, Red Basil offers fabulous food at a reasonable price. If you are a fan of Thai soup try the Tom Yam with shrimp. It will evoke all of your senses of taste with its sweet, sour and spice flavors. The papaya salad and the Massaman curry beef are a few others to try.

Tony Thai
10613 Bellaire Blvd., 281.495.1711
A sophisticated approach to traditional Thai cuisine, Tony’s executes with perfect balance and pizzazz. Tony’s Wings, wet or dry, and the Steamed Mussels are popular appetizers. For the main course try the Basil Lamb, Garlic Salmon or the Steamed Fish with Chili.

INDIAN

Kiran’s Restaurant
4100 Westheimer Rd. #151, 713.960.8472
This northern Indian style restaurant embodies a fusion approach to its cuisine. With a focus on well balanced flavors rather than spice, the Flaky Halibut Swimming in Watermelon Curry sauce and the Tandoori Platter typify this perfectly.

MALAYSIAN

Malay Bistro
8282 Bellaire Suite 138, 713.777.8880
The exotic dishes at Malay Bistro perfectly blend the aromatics of spice and flavor, creating traditional Malay cuisine that exemplifies how Indian, Chinese and Malay culinary worlds come together. Dishes to try; Chicken Satay, Beef Rendang, Banana Grilled Fish or the Bah Kut Te. The pull tea beverages are also extremely popular.

VIETNAMESE



Kim Son Restaurants
2001 Jefferson (and other locations), 713.222.2461
The menu is the most imposing part of this casual, highly regarded landmark Vietnamese restaurant. There are no poor choices among the 100 or so options. Enjoy finely prepared delicacies as well as the expected fare, such as the pork vermicelli and fried eggroll. Must try is their black pepper softshell crab. Expansive banquet and special event facilities are also available.

Vietopia
5176 Buffalo Speedway, 713.664.7303
Trendy yet elegant, Vietopia delivers top notch Vietnamese cuisine at reasonable lunch prices and a stellar dinner menu. The lounge at Vietopia works perfectly for those who want a less formal dining experience but still want to enjoy quality food.

Mai’s Restaurant
3403 Milam St., 713.520.7684
Mai’s has long been known for their late night food service. Located near downtown, club goers and night owls alike seem to always enjoy finishing the night off with a trip to Mai’s. The Pho soups here are amazing as are the spring rolls and any dish with rice or noodles.

Van Loc Restaurant
3010 Milam St., 713.528.6441
A great lunch time eatery serving classic Vietnamese cuisine which, according to the establishment, has around “200 menu items that come straight from mama.” Dishes to try are the Vietnamese egg rolls and the beef cubed steak with lettuce and tomato.



Mo Mong
1201 Westheimer Rd. #B, 713.524.5664
This Trendy Montrose establishment has a great lunch crowd as well as a packed martini night on Wednesdays. But the real draw is the food- traditional family recipes mixed in with some tasty modern dishes. Must try items include the Mango Spring Rolls, Shrimp and Avocado Spring Roll, Volcano Chicken, and the Bo Luc Lac.

WINE BARS

So Vino Bistro & Wine Bar
507 Westheimer Rd., 713.524.1000
So Vino highlights the unique tastes and styles of Southern Hemisphere wines. The pairing of stellar wines with the new interpretations of traditional world cuisine is the passion of co-founder Elizabeth Abraham. Must try include cooked mussels served with a soy potatoe patty and topped with a mushroom ragu, also the short ribs.

To have your restaurant featured in Yellow Magazine, or to recommend a restaurant that you enjoy, please email the information to dining@yellowmags.com.



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