

Brazos Valley

October 2012

INSITE

EATS & TREATS: A GUIDE TO FOOD & FUN

HOW YOU CAN
EAT TO LIVE

Zumba!
You're Never
Too Old To
Shake It

BCS MARATHON + HALF MARATHON
Who's running & why you should care

Using your age as
an excuse not to
exercise is bogus.

Ramiro Galindo, who is running the BCS
Marathon to commemorate the start of his
75th year of good health

**TEXAS
REDS**
Steak & Grape
Fest Hits
Downtown

B/CS VETERAN
SHARES HIS STORY
TO HELP FELLOW
**WOUNDED
WARRIORS**

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CREATIVITY**
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Something
Beautiful

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Canvases, brushes, aprons, easels and paint are provided. Weekday evening and weekend classes are available along with special classes for kids, private parties and team building events too!



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a little bit of wine, and
a whole lot of fun!"**

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with a Twist

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- Thursdays 8:30 am & 11:30 am

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- Pants below knees
- Bring bottle of water

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for Xtend Packages

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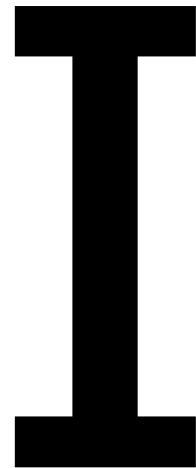
Kids of all ages seem to be curious about how we do what we do at Blue Baker, and we love to feed that natural curiosity. During our free bakery tour, kids go behind the scenes to learn about our artisan baking process, see how our equipment works and get some flour on their hands by shaping their own loaves of bread. After each tour we'll let their loaves slowly rise, bake them in our oven and have them ready for pick up.

Groups of up to 30 children, with adult supervision, are welcome.

Tours last up to an hour and we wrap up the tour with warm, freshly baked-from-scratch cookies. Want a taste? Email comments@bluebaker.com to schedule your free bakery tour.



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IF YOU PICKED UP THIS ISSUE HOPING FOR A MAGIC bullet that prolongs health while reducing the signs and effects of aging, I'll give it away here. Exercise. Eat low on the food chain. It works. Think you're too old to get with the program? **AS MY FRIEND RAMIRO GALINDO SAYS: "BALONEY."**

You'll read about Galindo, who will run the Scott&White Healthcare BCS Marathon + Half Marathon to commemorate the start of his 75th year of a healthy life, on page 22. Keep reading because the demographics of the estimated 3,000 other runners that will line up at the start of the December 9 marathon and half marathon will probably surprise you. **EVERYONE IN BRYAN/ COLLEGE STATION SHOULD PLAN TO LINE THE COURSE TO CHEER THE RUNNERS AT THIS TOP-RANKED RACE.** Didn't know about the KIDS MARATHON where parents can run with the very youngest athletes? Check out page 23.

We hope you enjoyed this month's Insite Magazine launch party co-hosted by the Scott&White Healthcare BCS Marathon + Half Marathon and **BRAZOS RUNNING COMPANY, THE AREA'S ONLY SPECIALTY RUNNING STORE.** Owners Mike Nugent and Dan McClain have a backstory as unique as the specialty running and fitness gear they carry in the College Station store they opened in June. **BOTH MEN HAD EVALUATED THE LOCAL MARKET AS RIPE** for a specialty running store and were independently working toward opening when they met, ultimately deciding to make Brazos Running Company a partnership. Not only does B/CS finally have a locally owned store that caters to runners, walkers, triathletes and fitness enthusiasts, it has **TWO FAMILIES PASSIONATE ABOUT ALL THINGS RUNNING AND ALL THINGS AGGIELAND** working together to grow both Brazos Running Company and local fitness.

If you missed the launch party, here's a hint. Like Insite Magazine on Facebook. Join our Wednesday Wake-Up to the Weekend Possibilities e-newsletter list at InsiteBrazosValley.com. **THEN YOU WON'T MISS NEXT MONTH'S LAUNCH PARTY** where you'll get first peek at the stories and the chance to meet all the interesting people behind the latest issue of Insite. – *Angelique Gammon*

Brazos Valley

INSITE

Get in Touch

Sign Up! Wednesday's Wake Up to the Weekend Possibilities e-Newsletter

www.InsiteBrazosValley.com

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Insite Magazine

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CORRECTION

Jennifer Pocurull provided make-up artistry for the Julia Gardner "Jewels In Our Community" July/August cover.

September's SEC cover photo should have been credited as: Photo by Matthew L. Crawley

Insite regrets the omissions.



Texas Reds Steak & Grape '12

Downtown Bryan hosts signature festival

From acclaimed musical artists to sampling steaks, wine and more, when the 6th annual Texas Reds Festival takes over the streets of Downtown Bryan on October 12-13, there will be something for every age and every interest. Artists and other vendors will join Downtown merchants for unique shopping while the Children's Museum of Brazos Valley will provide a Kids Zone with games and activities for the youngest festival goers. Kid Zone attractions will be \$1 for individual tickets or unlimited game wristbands are \$8 in advance or \$10 at the gate.

SCHEDULE

FRIDAY NIGHT – NORTH STAGE

6:00 to 7:30pm, *Rock-A-Fellas*
7:00 to 8:30pm, *The Texas Twisters*
9:00 to 10:30pm *Grammy Award Winning Artists The Texas Tornados*

SATURDAY – NORTH STAGE

12:30 to 1:30pm, *La Fuerza Latina*
2:00 to 3:00pm, *Leannasaurus Rex*
3:30 to 4:30pm, *RAZZ*
4:30 to 5:00pm, *Chow Down Challenge*
5:00 to 6:00pm, *Ruthie Foster*

SATURDAY NIGHT – MAIN STAGE

7:00 to 8:30pm, *Texas Country Music Hall of Fame Member Johnny Lee and the Urban Cowboy Band*
9:00 to 10:30pm, *Headliner Country star Roger Creager*

CHEF DEMONSTRATIONS

Saturday at the Palace Theater



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10:00 to 10:45am, *Health Science Center presents Health Awareness*
11:00am to 12 noon, *High School Culinary Challenge*
12:30 to 1:00pm, *The Chocolate Gallery with wine pairing: Chefs Ciana Patterson & Josh Neubauer*
2:00 to 3:00pm, *Veritas with wine pairing: Chef Tai*
3:30 to 4:30pm, *Television Chefs with wine pairing: The Hairy Bikers*
5:00 to 6:00pm, *Wine Education: Messina Hof Winery & Resort*

PARKING & SHUTTLE INFORMATION

Parking is available at Blinn College with a free shuttle service running every 15 minutes to and from the festival.

TICKETS

Friday: Free Admission
Saturday: General Admission tickets required, \$4/ Advance, \$6/Gate
Visit tr.blog.bryantx.gov for Steak Dinner and Wine Lovers packages.

MESSINA HOF BRUNCH

Sunday, October 14, 11:00am to 1:00pm
Vintage House Brunch Buffett
MessinaHof.com or (979) 778-9463 for pricing. **i**

Texas Reds Steak & Grape Festival, October 12-13

Friday 5:00pm to 10:30pm

Saturday 10:00am to 10:30pm



October Highlights
Art979.com for details

October 4-6
Taming of the Shrew,
StageCenter Theatre

October 5-7
Music Man, The Theatre
Company

October 5
First Friday in Downtown
Bryan

October 5
Arts Council Texas
Gallery opening of the
Reflections of a Special
Olympic Athlete

October 5
Village Cafe featuring art
of Sterling Morris & vocal
stylings of Karan Chavis

October 6
Booneville Days; Living

History Fair at The Brazos
Valley Museum of Natural
History

October 7
The Greg Tivis Dixieland
Jazz Jam Session at
Downtown Uncorked
at 6pm

October 7
Brazos Valley Symphony:
European Romance,
Rudder Theater

October 11
MSC OPAS Ray

Benson Solo Acoustic
Performance Rudder
Theatre

October 12 & 13
Texas Reds Festival
including the Artist
Showcase on 26th Street

October 13
MSC OPAS Not Afraid of
the Dark ballet, Rudder
Auditorium

October 13
Grand Stafford Theater,
The Flatlanders Live Music

October 23
MSC OPAS Martha
Graham Dance Company,
Rudder Auditorium

October 26 & 27
10th Annual Red
Wasp Film Festival at
StageCenter Theater

October 29 & 30
MSC OPAS Catch Me
If You Can, Rudder
Auditorium **i**

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Gordon Mitchell '77, M.D., F.A.C.C., F.C.C.P.
Gloria Jean Mays, M.D., F.A.C.C.
Ricardo Gutierrez '92, M.D., F.A.C.C., F.S.C.A.I.

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Brazos Vein Institute Schedule Your Free, Painless Screening

Do you or someone you know suffer from painful or embarrassing leg symptoms like swelling, varicose veins, ulcers, or restless legs? You're not alone! Doctor Gloria Mays states, "Vein disease is more common than you might think; approximately half of women and men in the United States suffer from some type of vein problem in their legs."

To help identify the cause of leg problems originating from vein disease, Brazos Vein Institute, located in the St. Joseph's Professional Building, offers Free Vein Screenings in Bryan and Brenham. Doctor Mays explains that screening is a 10- to 25-minute evaluation, which includes a medical questionnaire, an exam of the legs, and an ultrasound scan of the leg veins by a registered vascular technologist who specializes in venous disease.

Doctor Gordon Mitchell says that the non-invasive ultrasound is a key factor in the patient's diagnosis. "Approximately 70% of people who come in for free vein screenings are candidates for one of our vein treatments," says Mitchell, "and based on the patient's results, the team at Brazos Vein Institute will determine the proper course of treatment for that individual."

Brazos Vein Institute offers a variety of state-of-the-art vein procedures to fit the individual patients' needs. Doctor Ricardo Gutierrez notes the ease of their procedures because they can be performed in the doctor's office under local anesthesia, relatively pain free, and can be performed in as little as 30 minutes. "Within 10 minutes of the procedure, the patient is able to resume normal activities and in most cases, is able to return to work on the same day," says Gutierrez.

For more information on vein disease or to schedule your free vein screening, call (979) 776-WALK (9255) or visit www.brazosvein.com.

Marr Eye Center Early Treatment Key to Preventing Blindness

Did you know that Glaucoma is a leading cause of blindness in the United States? Glaucoma damages the optic nerve, the part of the eye that carries the images we see to the brain. Early glaucoma usually causes no symptoms at all, but can be detected with a complete eye exam.

If you are experiencing blurry vision, seeing blank spots, have eye pain, or see rainbow-colored halos around lights, then call Marr Eye Center in Bryan because early treatment can often prevent loss of sight.

Marr Eye Center has been open since 1984 with William Marr, M.D. as director. It has been voted the Best Ophthalmology Office of the Brazos Valley. In June of 2010, Jamie Houser, O.D. and glaucoma specialist, joined the staff. Houser has received extensive training in corneal diseases and treatment and retinal diseases such as glaucoma and diabetes. They have a great facility, location, state-of-the-art equipment, and well-trained staff.

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Our practitioners (with 90 years of combined experience) and facility are certified by the American Board for Certification in Orthotics and Prosthetics and licensed by the State of Texas. The pride in our work is conveyed in the quality of services and caring nature in which we treat our patients.

To learn more about the services available at Central Texas Orthotics & Prosthetics, call (979) 731-1985 or visit ctopl.com.

Campion Chiropractic Add a candle for your birthday, not an ache or pain!

Does each morning bring pain and stiffness instead of feeling well rested? Do aching shoulders or low back pain join you every time

you get up from your chair? Our bodies change with age, but aches and pains are not part of the "normal" aging process. Advanced therapies that can relieve inflammation, help reduce pain, and increase mobility are available at Campion Chiropractic to restore feelings of health and wellbeing.

The doctors at Campion Chiropractic are continually evaluating and incorporating the very latest medical therapies to help their patients live the highest quality of life at every age. The first in the Brazos Valley to invest in the M6 Cold Laser, this non-surgical option can relieve pain, reduce inflammation, and speed tissue healing. It is just one example of the wellness-restoring therapies they offer. From spinal decompression, sports rehabilitation to acupuncture, chiropractic adjustments to massage therapy, the focus at Campion Chiropractic is to identify the source of discomfort or injury and to match the very best therapy available to restoring patients to a productive and pain-free daily life.

Every birthday is a milestone and the doctors and staff at Campion Chiropractic want to remind everyone that those milestones don't have to be painful! Persistent aches and pains are the body's early warning signs that you may have a problem that needs to be evaluated. To return to celebrating those milestones, schedule an assessment with the doctors at Campion Chiropractic to help you put the "happy" back in every birthday.

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www.hospicebrazosvalley.org

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Hospice Brazos Valley It's About Living

The care at Hospice Brazos Valley centers on the patient's ability to live life to the fullest. We believe our patients value the treatment of the whole person – body, mind and spirit. Everyone involved in our mission values a plan for delivering care that is dedicated to achieving quality of life as defined by our patients.

Each member of the palliative care team supports dignity and provides companionship and valuable assistance to patients and caregivers at every stage of life. Hospice care enables patients living with a terminal illness to remain comfortable at home or in a homelike setting, with the support of family and caregivers. Our

goal is to advocate for patients to live as independently and comfortably as possible, and to assist in achieving end-of-life goals.

For more information about Hospice Brazos Valley services in Bryan/College Station, Brenham, LaGrange and the Inpatient Facility, visit hospicebrazosvalley.com.

Crestview A state-of-the-art Life Care retirement community

Located on 25 acres and surrounded by a mile-long nature trail, Crestview Life Care Community, in Bryan, has been serving Brazos Valley seniors since 1964. At this redeveloped, state-of-the-art Life Care community, you'll find spacious independent living apartment homes, assisted living apartment homes, memory support apartment homes, skilled nursing and rehab suites – all complimented with a maintenance-free lifestyle.

Crestview encompasses three distinct areas of care, each dedicated to providing



The Garden:

Memory Support at Crestview

To catch a better glimpse of this lifestyle, call Eva at 979-776-4778.

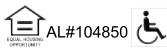


Safe and Sound. And happy, too!

That's how we describe the pampered residents of The Garden. Here, residents enjoy an environment rich with memory support activities inspired by the Montessori Method. Music fills the halls; comfort-food aromas drift from the kitchen. Days include sensory games, roundtable discussions, dancing, and even baking cookies in the country kitchen. **It is life the way it used to be—the way they remember it.**



Celebrating 50



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2505 East Villa Maria Rd. • Bryan, TX 77802
www.crestviewrc.org

the highest quality lifestyle for seniors. Arbor Oaks independent living offers a leisure-filled lifestyle with inspiring social opportunities, all with the financial security of Life Care, which makes future health-care costs predictable and low. The Forest Assisted Living and The Garden Memory Care provide care that enables seniors to develop confidence and regain a measure of independence that can make daily living a joy again. At The Haven at Crestview, we provide skilled nursing care to maximize the physical, cognitive, emotional, social, and spiritual potential of our residents.

For more information on the new Crestview Life Care community, call (979) 776-4778, or visit www.crestviewrc.org.

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For more information on the services available through the Brazos Valley Rehabilitation Center, call (979) 776-2872.

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For more information about natural or shelled pecans, Royalty Pecan Delicacies and even recipes, visit RoyaltyPecans.com. Shop online or visit the Orchard Store at 10600 State Hwy 21 E, Caldwell, 77836 or call (979) 272-3904 or visit www.royaltyppecans.com.

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Visit AerofitClubs.com for a complete list of services, locations and phone numbers.

Brazos Valley MedSpa, LLC Return to Youthful Brilliance

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Is your child's behavior is out of control? You may be asking, "Why is this happening? What are we going to do?" Children act out for a variety of reasons. Now is the time to address the issues. The Kids Counselor does not just put a Band-Aid on the problem. She uses a four-stage approach to understand and treat the goals of your child's misbehavior.

The Kids Counselor will help you and your child gain insight into

his/her behavior to tackle life's ups and downs. Call (979) 571-8857 for more information or visit www.thekidscounselor.net.

Michael K. Reece D.D.S.

Finally, A Beautiful Denture Solution

Many people would rather live with bad teeth than with dentures. Sound familiar? It's something Dr. Michael Reece has heard repeatedly in his career as a leading restorative and cosmetic dentist. This decades-long problem is what motivated Dr. Reece to bring "Facelift Dentures," the latest technology in neuromuscular cosmetic dentures, to his Brazos Valley patients.

For dentistry in general, the making of dentures is fast becoming a lost art. In fact, most dentists do not really like to make dentures because the results are so unpredictable. Making a quality denture takes time and is more expense than the typical economy denture. That's because most dentures today do not replace the bone – as much as 50% to 75% of structural bone in the face and jaw -- that is lost after teeth are removed. This makes the denture wearer both look older and gives an unnatural, artificial smile.

Dr. Reece explains the difference behind neuromuscular dentures, also known as "Facelift" dentures: "Treatment lies in achieving and maintaining optimum muscle relaxation and function. You want to build the bite at the position where the muscles will best function. This coincides with the same position that provides the greatest facial support. In other words, the dentures that function best also look best."



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NP-C, CAC, C-LHRP

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So remarkable is this alternative to economy and traditional dentures that the neuromuscular denture Dr. Reece creates for many patients is their first denture: "They have been putting off dealing with bad teeth because they didn't want a conventional denture," explains Dr. Reece.

"You have all seen a person's face 'sink in' when they remove their dentures," says Dr. Reece. "We've made neuromuscular dentures for patients who looked 20 years younger when we were finished, and they could eat normally again!"

This process takes an average of three visits and is much more expensive than the economy version. Patients who choose "Facelift Dentures" say it is a positive solution that provides a younger, healthy-looking – and beautiful – smile.

For more information about whether "Facelift Dentures" would be a good fit for you, call Dr. Reece at (979) 846-6515 or visit drreece@drreece.com.

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Running 26.2 miles may seem daunting, but for 73-year-old Bryan businessman Ramiro Galindo, completing this marathon feat has become something of a tradition.

by Amber Cassady

R

Ramiro Galindo is not shy about sharing his view that using age as an excuse to not exercise is “bogus.” He also isn’t shy about challenging his friends to follow the exercise pathway to good health.

Galindo will turn 74 on October 5, just before he will compete in the BCS Marathon on December 9, bringing his personal marathon count to 14. Galindo last ran a marathon to celebrate his 70th birthday. This time, he is using the commemorative start of his 75th year of a healthy, productive lifestyle to inspire and challenge his friends.

As Galindo runs among the more than 3,000 runners expected at the BCS Marathon, he’ll be joined by a team of 150 people he has personally rallied to run for a cause greater than physical fitness – running to

raise money for children in Bolivia. Whatever Galindo’s 75th year team raises in donations will be used to help poor children get an education and to have a chance at a better life. Galindo has vowed to match whatever amount of money his teammates raise.

“This is what America is all about,” he says proudly. “This is the community that we belong to.”

Galindo’s is a lifetime dedicated to fitness. It began in the early 1970s when Galindo picked up what he thought was a book about aviation, one of his favorite interests. It was actually about aerobics – human conditioning. He thought it was fantastic and started running with his brother, keeping track of points and making a friendly contest out of staying in shape.

He got to the point where he was spending so many hours a day exercising that he had the thought, “Why not make this a job?” He then took the idea a step further and decided to build an emporium of fitness where families could come and be active together. The AeroFit

Health & Fitness Center was born and construction started in 1983 for a 1984 opening.

“Since that day, AeroFit has been the epitome of fitness in the [Bryan/College Station] area and a place where sick people can get better, broken hearts can heal, and obese people can transform their bodies,” says Galindo.

In 1999, Galindo sold AeroFit to his management team. AeroFit owners Kathy Langlotz and Larry Isham, who have been with the company since the mid 1980s, continue the drive to offer facilities where the first priority is improving member health.

Galindo is president and CEO of The Galindo Group, which includes some 14 different businesses. Galindo says he has the energy required to run a large, successful corporation because he exercises daily.

Galindo lists the wealth of benefits that go along with being active with number one being mental health. “Lots of people go through heartache and dark periods of existence at some point in their life,” he says. “Running

stimulates metabolism in the brain, which allows it to fight off depression and other sad and lonely feelings.”

Galindo also loves to run because it is a great defense against Parkinson’s disease, Alzheimer’s and some cancers. “One brother came down with Parkinson’s and my family has genes for Alzheimer’s,” he says. “Running helps me directly put these diseases further off in the future.” Galindo was hospitalized for a month recovering from prostate cancer surgery just a year ago but has returned to full health.

Between marathons, Galindo enjoys participating in different half marathons and 10K races to keep up with training and to stay in good running shape. Also high on his list of benefits of staying fit is the ability to continue working and to have more confidence in life from a trim, youthful appearance.

“Make fitness a lifestyle for yourself,” says Galindo as advice to those seeking better overall health. “You will develop a willpower to accomplish whatever you want.” **i**

Marathon

L

LOOK AT YOUR MENTAL PICTURE of a marathon runner: is it a college-age sylph with a high pony or a hard-body twenty-year-old dude running for the beer after the race? You need to get a new picture. "Most people would be surprised to learn that when the expected 3,000+ runners line up at the start of the Scott&White Healthcare BCS Marathon + Half Marathon, the average runner is a 32-year-old mother with a couple of children who has never done sports competitively," says race director Chris Field.

With 2,350 runners already registered for the December 9 marathon and half marathon, the

Who runs marathons? Why should you care?

by Angeliqe Gammon

single largest demographic by far is women age 30-39. Men comprise 55 percent of the marathon registrants; women are dominating the half marathon at 68 percent. Why does it matter? Because regardless of your age or fitness background, whether you are in the race or cheering runners somewhere along the course, "everybody who goes to a marathon is inspired," says Field. Inspiration could easily be the BCS Marathon's theme.

INSPIRING FITNESS

"When we announced [the first BCS Marathon] in summer 2011, we knew of one local running club that had about 25 members," says Field. "A year later after the success of the



first marathon, eight running clubs have formed and the original club has tripled in size and has about 75 members. Every trainer in town has watched this trend and has started a running club because clients demand it because of the race."

INSPIRING FAMILIES

"This year, we've added a kids marathon presented by Scott&White Healthcare," says Field. "It started because Dr. Eddie Coulson, superintendent of CSISD, ran his first half marathon last year. We set up a meeting about a kids marathon; he was seeing families and kids running together. We wanted to give them an outlet for that."

From that meeting, Field met with Dr. Tommy Wallis, BISD superintendent, and the result has been to bring a running program into every single elementary school in Bryan and College Station. The goal of the Kids Marathon is to get the 13,000 elementary school age children across B/CS running

and living a healthy lifestyle. This will culminate in the 1.2 mile Kids Marathon the day before the big races. There is even a training tracker PDF that kids and parents can download from the BCSMarathon.com website. "The

Scott&White Healthcare BCS Marathon + Half Marathon

BCSmarathon.com
Email: info@bcsmarathon.com
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Registration for runners, race-day volunteers including Course Marshals & Cheering Stations

Spectator Guide

Download <http://bcsmarathon.com/the-race/spectator-guide/>

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Open to all children ages 3-12, the 1.2 mile, untimed race begins at Wolf Pen Creek. Register and download a Training Log at BCSmarathon.com. Race fee is \$7 and includes a custom finisher's medal for every child. Children ages 3-4 will run with their parents. Flights for are for children 5-6, 7-8, 9-10, and 11-12.

T

goal was for kids to be active during fall with the cherry on top being running the 1.2 miles of trails of Wolf Pen Creek on the day of the Kids Marathon so parents can cheer on their kids,” explains Field.

INSPIRING TO GIVE BACK

“The heart of whole race came out of Mercy Project’s need to raise money,” says Field of the nonprofit he founded with his wife Stacey to end child slavery in Ghana, Africa. Based in Bryan/College Station, Mercy Project works to create economic development projects in villages and communities in Ghana where an estimated 7,000 children work as modern day slaves. In addition to raising funds for Mercy Project, the BCS Marathon + Half Marathon has designated other local charities to receive funds.

Last year, the \$72,000 that the marathon raised was evenly split between Mercy Project and Still Creek Ranch, a Bryan nonprofit that provides a stable home environment and education for children and teens. This year, three charities will receive funds: the Mercy Project, S.O.S. (Save Our Streets) Ministries and the Down Syndrome Association of the Brazos Valley.

Field says that S.O.S. Ministries and the Down Syndrome Association will receive up to \$25,000 each, with

remaining funds going to The Mercy Project. “We don’t look at this as a charity event,” says Field. “It’s a first class race that also raises money for charity, but our whole motivation in putting on this race is raising money for charity – local charities – from The Mercy Project, which is based here, to the Down Syndrome Association and S.O.S. Ministries.”

He stresses that 100 percent of the race profits go to charity noting that everyone working on BCS Marathon is an unpaid volunteer.

“Mercy Project pays its employees’ salary, but they get nothing extra for doing marathon, from the time put in by our 12-person committee to the several thousand hours [to be race director], no one gets paid for putting on the marathon – 100 percent goes to charities.”



BCS MARATHON 2011

INSPIRE CIVIC PRIDE

Outside the running community, “I’m not sure people grasp how significant this is,” says Field. “We have runners from 27 states registered. Name another event outside Aggie football that brings that many people to town from other states. Bryan/College Station has a world-class marathon” beating out the more established 15-20 marathons around the state to be rated by runners the top marathon in Texas on the independent running site marathonguide.com. Giving runners a top race is

about more than prestige; it’s direct economic impact. As BCS Marathon’s host hotel, the Hilton has been sold out the night before the race for months. With last year’s race capped at 1,500 runners, the economic impact was estimated at \$400,000. With this year’s expected 3,000 runners, the estimated impact is \$750,000.

INSPIRING PEOPLE TO GET INVOLVED

“It’s a big need,” says Field, who is looking for enough volunteers for a ratio of one volunteer for every six runners on course. That’s as many as 500 volunteers on race day alone. From 75-100 volunteers are needed to be Course Marshals, people stationed around the course to keep track of

who have stepped up the challenge of running a marathon or half marathon.

“The race starts at 7 a.m. with the last finishers at 1:30 p.m. We want to take these people and give them creative license to have fun – costumes, music, instruments, whatever,” says Field of the Cheering Station volunteers.

INSPIRATION TO JUST COME WATCH

Just like the 80,000 fans who fill Texas A&M’s stadium on game days, Field wants to inspire the community to spend a few hours on December 9 cheering on all the runners in the BCS Marathon + Half Marathon,

whether you know someone in the race or not.

“There are 800,000 people along the course at the Houston marathon, two million in New York,” says Field. “This is an opportunity to show who we are as a city – friendly, supportive. It’s a chance to say thank you for coming to our city to so many out-of-towners and just open up the door on our hospitality and show them what we already know: B/CS has the nicest folks you’ve ever met.” There a bonus for anyone who pulls up a chair, maybe before or after church Sunday, December 9, anywhere along the race route even if for just a half hour to cheer people

who have stepped up to meet a fitness challenge.

“I have never met anybody who has come out and watched a marathon who has not been inspired,” say Field. “Lots of people are surprised in some ways because of preconceived notions every runner is super fit. That’s not the trend. Seeing lots of runners who look like you going 13 or 26 miles is motivating and inspiring. People think, ‘I can start working on being more fit.’” **i**

the safety of runners. “Our eyes and ears on the course,” explains Field.

The easiest and most fun way to volunteer may be to sign up as a Cheering Station – groups strategically placed on the course where it’s challenging or it gets lonely to be a runner, there to motivate the runners to stay the distance.

Who can be a Cheering Station? Anybody, say Field, from groups of five and up, civic groups like Rotary or Lions Club; Girl or Boy Scout troops; Sunday School classes; office groups, Bunco groups ... any group that wants to inspire runners

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Zumba!



"It doesn't seem like exercise."

"It's like a shindig."

"I've lost 50 pounds."

"The time flies by."

"I like to dance."

"I like the music."

"You can burn up to 1,000 calories."

"I've lost 50 pounds."

Four months ago, I walked into a Zumbathon hosted by Piranha Fitness benefitting The Princess Project not having a clue what Zumba was except some kind of exercise. The music was too loud, I learned 42 ways my hips didn't move, and I signed up on the spot. That kind of sums up Zumba.

Earplugs cured the volume thing, and I'd say I'm down to about 12 ways my hips don't move, but hey, they're Gaelic. It takes a while to overcome centuries of isolation from Latin influence.

Party Like You Mean It

Giuliana Alcala,
Instructor

Sherry Cochran, 61

Martah Guebana, 54

Estela R. Moreno, 67

Sharon Banister, 60

Debbie Carter, 57

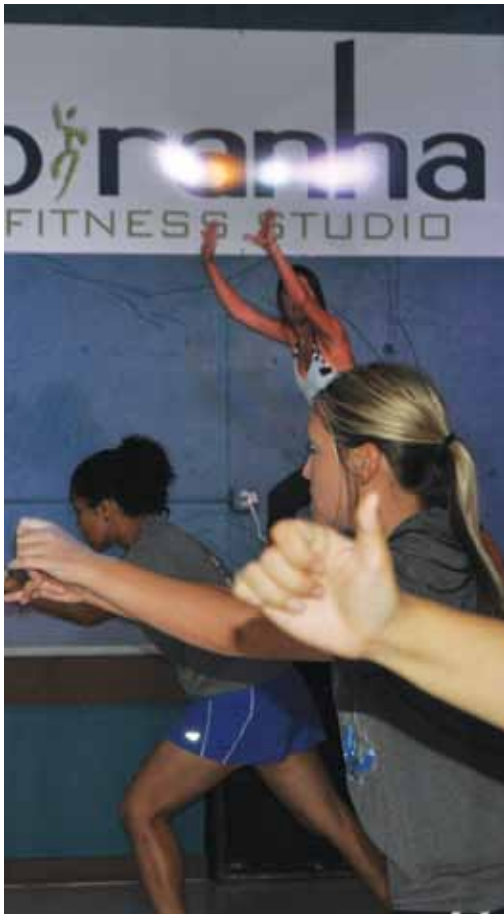
Sharon Lee, 60

What hasn't changed is the extraordinary demographics of Zumba classes at Piranha Fitness. I've sweated next to as many college students as other women clearly joining me in the 50+ & Fabulous category, plus a few preteens and teens who come with their moms. Men are the only scarcity in the otherwise all-over-the-map age and ethnic appeal of Zumba. For a laugh-out-loud explanation of this anomaly, I highly

recommend the "Should Men Do Zumba?" article by Joe Donatelli on LiveStrong.com recently posted on Piranha's Facebook page. Donatelli ultimately decides the answer is yes, mostly because once you get the moves figured out, Zumba is an intense cardio workout if you want it to be.

Which is probably the secret to its appeal: you can go as hard or as easy as the music (and your body) moves you. Owner Lindsay Cobb just celebrated

Piranha Fitness' one-year anniversary and even she has been surprised with the diversity of her classes. Piranha's pricing structure (\$14.95/month, no contract, unlimited fitness classes) is clearly aimed at bringing an affordable fitness outlet to underserved markets, and members can upgrade to include power training, which involves Olympic



weightlifting. Cobb also offers Piloxing (a hybrid of Pilates, boxing and dance) and yoga classes at the fitness level. It's a combination that's working for both her sold-out evening power training classes and her Zumba devotees. As a young entrepreneur, Cobb is already looking for the next exercise trend with recorded and eventually streaming video workouts in the works.

From the start, Cobb also has incorporated fundraising into her business plan, hosting Zumbathons for nonprofits that want to raise funds and fitness. Up next is the Party in Pink Zumbathon scheduled for October 13, 9 a.m. to 11 a.m. The \$10 admission goes to Susan G. Komen for the Cure; no membership required.

While I'm still loyal to my workout buddy and our trainer Coach Cliff, I'm also loyal to Zumba. It's a flashback to my Eighties aerobic instructor days if I'd played Latin music instead of Michael Jackson. It's a full-body sweat. I get to compete against my own hips.

So what is Zumba and why do 8-year-olds to 68-year-olds like it? Guess you'll just have to walk in and find out for yourself. *i*



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Best Bets

Inflammation is a part of the body's natural defense system against injury and disease: the immune system calls up cells to devour or disrupt invaders and the inflammation eventually goes away.

Chronic inflammation is another story – it is actually a disease – when the system has gone into overdrive and instead of protecting our body it starts to kill us, slowly but surely. Doctors and researchers are starting to admit that chronic inflammation is the main contributing factor to all the chronic degenerative diseases, and the root cause of the two greatest killers in America:

cancer and heart disease. The two biggest factors that affect chronic inflammation in our body? What we eat and how we exercise. Some foods, like sugar, cause chronic inflammation. Other foods, like cinnamon, have properties that naturally reduce inflammation.

Knowing a food's inflammatory properties is a different perspective from the way we have traditionally talked about a healthy diet.

"When you are going to eat an anti-inflammatory diet," explains Heather Duchscher, "eat lots of whole, rich foods. Go as close to nature as possible. The closer you can get to the way food is actually grown the better.

Stay away from pre-packaged and processed." As assistant manager of Brazos Natural Foods, Duchscher has another bit of advice for those looking for a healthier way to shop: "It's about being adventurous and liberating yourself to try foods that you never heard of before."

Awareness prepares the way for practical tips on what kind of foods to actually be looking for and Texas A&M University dietician Meghan Windham offers this perspective: "Food is medicine. Inside of fad diets or dangerous pills, it is basic nutrition that we need to focus on for a base of an anti-inflammatory consumption of food."

COLORFUL PRODUCE

Windham's first recommendation is one everyone has heard before: eat lots of fruits and veggies. The key with finding the best fresh produce is to look for the brighter and deeper colors. She encourages eating a rainbow of fruits and vegetables like bright orange carrots and dark green spinach. When choosing between iceberg and Romaine lettuce, pick the Romaine for its darker color and most benefit for the body.

Herbalist Jennifer Atkins, who co-hosts "Rethinking Green" on KEOS radio, helps decipher the color benefits of foods. "Some foods have affinities to certain organs or systems," she shares, "such as those with high sulfur content for connective tissue and the liver. For example, [foods] with high oligomeric proanthocyanadins (OPC's) tend to be those with purple-blue pigments and have affinity to the capillaries. Those with high carotenoid content are mainly the red-orange pigments and help protect lipid complexes in the body as well as cardiovascular system.

"There are foods which are rich in protective compounds such as berries, dark leafy greens, turmeric, ginger, carrots, pumpkin, sweet potato, tomatoes, ripe peppers, rosemary, basil, peaches, raisins, onions, garlic, cruciferous vegetables like Brussels sprouts and bok choy, olives and their oil."

Windham offers the very practical advice to stick to the perimeter of the grocery store because the inside aisles contain all the processed foods like frozen dinners and packaged cookies that are chock full of emulsifiers, artificial flavor enhancers and sugars that will wreak havoc on the body.

SATURATED FATS & INFLAMMATION

"Stay away from saturated fats that clog your arteries," advises Windham. "A way to judge the type of fat is whether it is solid at room temperature or not. For example, fat on a steak or butter are both solid at room temp and the saturated fat you don't want. Unsaturated fats are liquid at room temperature and the kind of fat your body actually needs."

While Windham advises this as a dietician, Atkins holds some differing views on these kinds of fats as an herbalist.

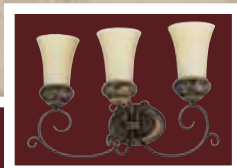
Atkins emphasized that saturated fats are good by explaining where they get their name. "Saturated, meaning there are not any 'open spots' on the molecule, hence they are less prone to oxidation," she says. "Oxidized fats – of any type – are what can create the plaques, are what are inflammatory in the body. Think of how flax oil is in well-sealed, opaque bottles, kept in the fridge. They are extra-long-chain fatty acids, polysaturates (lots of vulnerable spots on the molecule), and the reason they are stored like that is because they are the most prone to oxidation from light, heat and exposure to

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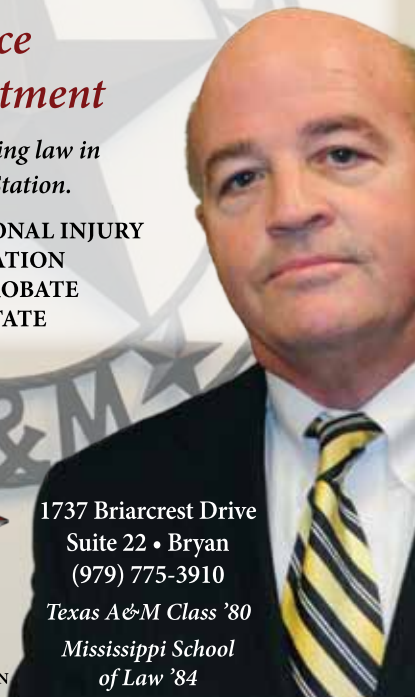
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When: *Wednesdays, 4:00pm to 7:00pm*

Where: *Village Foods Shopping Center parking lot, 1760 Briarcrest Drive, Bryan*

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Howdy Farm sells memberships to students and others in the community. For \$240, a person receives an allotment of vegetables for 12 weeks. Membership information can be found at <http://studentfarm.tamu.edu>.

BRAZOS GROWS

Brazosgrows.org provides a list of local farms and the resources provided at each. Search by farm name or food type. <http://brazosgrows.org/2009/12/14/be-a-locavore-local-food-resources/>

oxygen. Other oils are, too, though they oxidize more slowly the more saturated they are."

DON'T SAY THAT FOUR-LETTER WORD

"The four-letter word that I always steer away from: diet," Windham candidly explain. She instead encourages people to make all foods fit in moderation. "It's about having a long-term plan that you can continue," she says. The problem with many diets is that they are too extreme and impractical for long-term maintenance and in return only provide temporary weight loss as opposed to a prolonged healthy lifestyle.

"While diets claim to work, there are certain nutrients missing that lead to deficiencies," says Windham. She would strongly encourage any client doing the Paleo diet to take calcium supplements. It's a

challenging plan, which according to health.usanews.com, cuts out all dairy, sugar, legumes and grains.

For more in-depth information about anti-inflammatory foods and their positive effects, Atkins recommends visiting the American Herbalists Guild (AHG), the Rodale Institute and the Weston A. Price Foundation online.

GET GROWING

"Local farm shares give you the opportunity to get food while it still has the most nutrients in it," says Allise Burris, environmental activist and co-host of the "Rethinking Green" radio program on KEOS (89.1 FM).

"Processing and transportation can cause food to lose a lot of its good nutrition. The food you get from local farmers won't have synthetic chemicals and provide more of the antioxidants that help

your body fight disease and function well."

These factors inspired Duchscher to found the Brazos Locavores, an organization that helps connect Brazos Valley eaters with local producers and supports lifestyles of wise eating. The group takes field trips to Bryan/College Station farms, dairies and orchards. Participants learn about the importance of eating local and chat with local producers face-to-face. Burris is also involved with the Locavores.

"At the core of being a Locavore is eating locally sourced food produced within 100 miles of the [Brazos Valley] that can be delivered soon after harvesting with the most nutrients still in the produce," explains Burris. "You are also preventing all the diesel used in long transportation and supporting your local farmers to prevent America from becoming dependent solely

on lower quality mass agricultural production."

The Distributed Urban Farming Initiative (DUF), launched by Jose Quintana and his wife Joan, owners Advent GX, works in cooperation with the city of Bryan and coincides with groups like the Locavores because of their mission to turn unused urban areas into life-giving gardens. These urban farms serve as community classrooms for learning how to produce and cook highly nutritional foods that will not lose their value in shipping.

"There are ways to grow food on fences or patios," Joan says excitedly. "You can use any piece of land as a potential venue for growing food. Even people that do not have backyards can grow their own food." Jose says the goal is for DUF to have four urban gardens planted in Bryan within the next few months. *i*

RETHINKING GREEN Allise Burris and Jenn Atkins host the Rethinking Green radio show each Wednesday night from 6:00pm to 7:00pm on KEOS (89.1 FM). From creating natural room scents for your home to free compost giveaways, Rethinking Green speaks to many practical and helpful ways to live a greener and healthier lifestyle.

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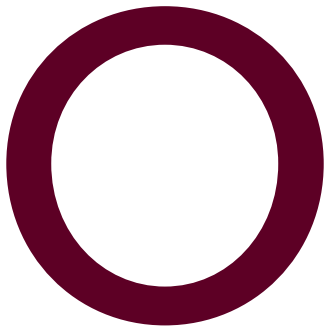
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Injured veteran Dave Inbody has his life back. His journey offers lessons of how each of us can help our Wounded Warriors recover.

by Amber Cassady

David Inbody stands for the first time in a temporary prosthetic foot on October 22, 2010, at the Center for the Intrepid, San Antonio.



On July 15, 2010, nine months after deploying to Afghanistan, Army Capt. David Inbody's life exploded. An Improvised Explosive Device (IED) that had been set for Inbody's convoy hit its target.

"A lot of violent groups didn't like the Americans or Afghan government presence there," says Inbody. He

was riding in a large armored truck when the bomb went off with devastating repercussions. Inbody suffered life-altering injuries including one that led to the amputation of his right foot below the ankle.

Inbody's army commanders began trying to reach his wife Tiffany at work, many time zones away at Texas A&M University's General Services Complex in College Station. Tiffany had stepped out of her office for a meeting, and for the first time since her husband's deployment, left her cell phone behind.

Tiffany returned to 10 missed calls on her cell phone, but no messages; she knew something was horribly wrong. Tiffany says she was in shock: everything was in slow motion as the phone once more began to ring. She

answered to hear Major Normand on the line telling her that her husband was injured and that all the injuries were confined to his right side.

Now it was Tiffany's job to make calls: to hers and David's parents and to make arrangements for the couple's two children. All the while David was enduring a grueling journey that included bare-bones military planes and minor surgeries as he was transported from Afghanistan to Germany and then to the United States. Back in the USA, David and Tiffany would finally end their long separation with a tearful reunion, along with David's parents, at the Walter Reed Army Hospital in Washington D.C.

Ten days of operations and treatment later, David was reunited

with his children, Daniel, 5, and Morgan, 3, when he was transported again, this time with his wife, on a 14-hour trip in a military plane to the Brooke Army Medical Center in San Antonio.

Inbody would spend a month at a medical center inpatient undergoing surgeries and another one and a half months being fitted for a prosthetic foot.

Once he became mobile, Inbody moved next door to one of the nation's premiere poly-trauma rehabilitation facilities for America's service men and women: The Center for the Intrepid.

"Center for the Intrepid is an amazing place for wounded warriors, but what made a big difference for the entire family," says David "was the

Brazos Charities to Raise Funds for the Warrior and Family Support Center

A new nonprofit in town has as focused its first-year mission on raising funds that will help care for wounded veterans and their families. Founded by Mitch Morehead and other Brazos Valley residents who had a desire to support deserving organizations, Brazos Charities will select a worthy organization to support each year.

This year, in honor of Veteran's Day and those who serve our country, Brazos Charities will raise funds for the Warrior and Family Support Center at the Center for the Intrepid, Brooke Army Medical Center, Fort Sam Houston, San Antonio.

Saluting Our Wounded Warriors on November 16

The community is invited to join Brazos Charities for its inaugural fundraiser, "Saluting Our Wounded Warriors," featuring former Navy SEAL and New York Times best-selling author Marcus Luttrell on November 16.

Sponsorships, tables and individual tickets are all available for this reception and seated dinner at the George Bush Presidential Library Center. For more information on the event, visit <http://brazoscharities.org/2012-saluting-our-wounded-warriors/>, call (979) 822-3520 or email information@brazoscharities.org.

Daniel, 5, and Morgan, 3, see their father for the first time after his injury at Brooke Army Medical Center August, 2010.



S

Warrior and Family Support Center and the community built up there to support all warriors and their families."

From August through November, David learned how to use his

replacement limb and worked through intensive physical therapy. Tiffany recalls how difficult it was to see her husband go from being able to run and walk to not being able to take a step without crutches until late October of his rehab.

Today, David has come full circle able to live much as he did before his tour of duty: active, working, caring for his family, and staying in shape.

"I get up everyday and live life," he says. The only difference for David now, he says candidly, is that he can run when he wants to and not when the Army tells him to. David was fitted with a special running spring-foot prosthetic, similar to the ones most people saw during the 2012 summer Olympics worn by Oscar Pistorius. David says that most people tell him they cannot tell he has a prosthetic when he is wearing jeans or pants.

"I am still dealing with small things," he says, "but they're minor

irritants in the bigger scheme." David and Tiffany have reached another family milestone since David's return to health. The couple's third child, Matthew, recently turned one year old.

The aftermath of David's injuries presented challenges for both David and Tiffany including months of a life of hospital visits and physical therapy sessions. The Inbody's, like many other families of wounded warriors, found comfort at the Warrior and Family Support Center (WFSC) located at the Center for the Intrepid; the people there were a constant source of help in their time of need. Being able to get away from the hospital environment and escape to a haven at WFSC or what Tiffany likes to refer to as the "living room," proved invaluable.

The Inbody's say sharing their story of David's injury and recovery is a way to say thank you to the WFSC. "You get dropped off in San Antonio

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and do not know anyone and then you have people at the WFSC wrap their arms around you and say they are going to give you the help you need,” says David. “That support is really critical.”

David’s message is that a place like WFSC that allows for family to stay close is a vital part of every injured warrior’s healing and recovery process.

“Its like a living room to the community while you are there,” Tiffany says. “[WFSC] created a comfortable structure that gives you an opportunity to get out of the hospital and do something that isn’t related to what you are dealing with. This may not seem like a big deal normally, but it makes a big difference when your world becomes medications, decisions, movement; your whole world becomes the injury and being able to get away from that helps so much.”

David talks about the amazing variety of activities that the WFSC

makes available. “They provide good food on a busy hospital schedule. They help fly down additional family to visit that the army can’t provide. They give out tickets to see the Spurs or minor league hockey, and there are trips for the kids to places like the Children’s Museum or the San Antonio Zoo.”

The WFSC also offers free counseling services. Mothers and spouses get to be a part of weekly sessions about coping with emotional stress and learning how they can best help their wounded loved ones. Tiffany says they were a noteworthy help to her own morale during that time.

“Its important for people to know there are a lot of hard things to sort through in that experience,” explains Tiffany. “It’s a process to get to where you can talk about what happened in a way that is helpful to others. We can help give perspective to others that there are places [like WFSC] that do great, great things to support the wounded warriors in our country.”

For more information about the Warrior and Family Support Center, visit <http://www.bamc.amedd.army.mil/military/wfsc/>

For more information about how to support our local wounded warriors and to help repay the debt all Americans owe for the sacrifices they have made in service to our nation, visit BrazosCharities.org. **i**

Daniel, David, Tiffany and Morgan Inbody enjoy a trip to Sea World in San Antonio arranged by the Center for the Intrepid, August 6, 2010.

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Create



From Nothing, Something Beautiful

A&M Architecture Professor Channels Creativity Into Woodcarvings

by Megan Jarvie

Rodney Hill's most famous piece of work may be the recently carved ceremonial mace that was presented to Her Highness of Qatar (above). Officials at Texas A&M University requested that Hill depict in carving the history of Arab culture in science from the beginning of time to the present. Originally, Texas A&M had sent another mace to the Qatar campus, but when a new mace was carved for the College Station campus, officials in Qatar enlisted Hill to help create a new mace for that campus as well. The Qatar mace incorporates 134 pearls and 100 troy ounces of sterling silver in the design, and is widely considered to be the most elaborate mace in the world. Cast screen doors, Houston Capital Bank (right).



bachelor of architecture. He then moved on to graduate school at the University of California, Berkeley, where he received what he describes as a one-of-a-kind education attending Berkeley during the protests of the Sixties. While most of his fellow classmates were boycotting class to march in protests, Hill was receiving one-on-one training from some of the finest teachers in the world including the famous sculptor Arnaldo Pomodoro who taught for a semester at Berkeley. Though unexpected, Hill soaked up this unique learning opportunity, saying he learned so much from world-class artisans simply because the time was ripe to learn.

His woodcarving profession also sprang from unorthodox beginnings. Before Hill attended Berkeley, he was busy remodeling an old house in Highland Park in Dallas.



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The lady who lived there had ornate wooden stairs and wanted the restorations to be intricately carved, but she did not know any woodcarvers. So Hill took on the task after hours. He would go to work everyday and then head over to her house in the evening to carve from around six o'clock until 10 o'clock in the evening. After he finished that job, word spread of his talent and he was hired to complete various woodcarving jobs from Highland Park

Methodist Church in Dallas, the State of Texas Seal in Constitution Hall in Washington DC, to the ceremonial key to the Bush Presidential Library. Though he says wood is his favorite medium to carve, he can carve in anything.

Since Hill has arrived at Texas A&M University, he has been commissioned to do several projects for the university. Most recently, he carved the ceremonial mace for the university, and he and his wife Susan worked

together on the seven-paneled wood sculptures that grace the hallway of the Memorial Student Center. The seven-paneled wall depicts the centennial history of Texas A&M, and Hill spent several months in the library researching the past so as to be able to display it correctly.

Hill's wife is a talented painter and woodcarver as well, and they have developed their artistic skills into a hobby they enjoy together. Rodney

Hill says Susan does half of the carvings. "I do the design and research on all the sculptures," says Hill. "Susan has a background in art from Duke and Tulane and almost majored in art. Her father, who was an MD, said she needed a profession so she ended up as a physical therapist and went to physical therapy school at Stanford.

"We also do bronzes together. We carve the pieces in plaster and send them to the foundry. We can work

on the same areas without conflict," he notes, saying, "we have worked so long together, we anticipate what the other had in mind."

Hill did more than 250 welded pieces before coming to Texas A&M and he worked his way through graduate school at Berkeley as a teaching assistant but also by selling welded sculptures through galleries in the Cannery and Ghirardelli Square in San Francisco. Just some of the galleries where Hill

1 Walnut, commissioned; 2 Walnut, Highland Park Methodist Church, Dallas; 3 Walnut & Pecan, Greenvine Lutheran Church, Greenvine; 4 Walnut, Brazos Valley Rehab Center; 5 Mantel piece, commission for ranch house in Wyoming; 6 Bronze, Silver Taps Memorial, Texas A&M University; 7 Walnut, Christ hand with crown of thorns; 8 Bronze & carved walnut sculpture for the Texas A&M Qatar campus

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exhibited include Ghirardelli Square and Igor Meade Gallery in San Francisco; University Museum of Fine Arts, Berkeley, California; Sutton Gallery, New Orleans, Louisiana; Country Gallery, New York, New York; One Main Place Gallery, Dallas; Dubose Gallery, Houston; and the Houston Museum of Fine Arts.

Hill teaches at Texas A&M where he is one of the most sought-after professors because his teaching style has stayed close to his roots: his focus is on creativity and making something out of nothing. It does not have to be woodcarving, in fact, he encourages students to find what they are good at and pursue it. For example he is

one of the faculty founders of the new Startup student incubator for students (in any major) that have inventions and businesses along with Richard Lester, Don Lewis, Blake Petty and Dean Jorge Vanegas.

Though Hill could easily make woodcarving a fulltime profession, he says he has stayed with teaching because

he loves to challenge students to find ways of being creative. In addition to his popularity as a professor, Hill was recently honored as a Fellow in the American Institute of Architects because of his many contributions in architectural education, a distinction that was only extended to three educators this year.

From the homegrown art projects of his youth to bringing home the drive to be creative in his students, to creating beautiful objects that will last for generations, Rodney Hill has come full circle in nurturing the art in all of us. *i*



9 Walnut, Highland Park Methodist Church, Dallas; 10 Walnut & polychrome, St. Thomas Episcopal Church, College Station; 11 Walnut & polychrome, St. Thomas Episcopal Church, College Station; 12 Trophy for Texas Society of Architects for Herman Miller sponsored competition; 13 Walnut & Bronze, Texas A&M University Library; 14 Walnut & Maple, commission for Victor Lohle, London, England



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1. The Theatre Company of Bryan/ College Station Tejas Center, Bryan (979) 779-1302 thetheatrecompany.com
 Performance times are Fridays and Saturdays at 7 p.m. and Saturdays and Sundays at 2 p.m.
The Music Man
 September 21 through October 7
 Halloween Show: Rocky Horror
 Precast is October 26-27.
 Performances are October 26, 8 p.m., and October 27 at 8 pm and at 12 midnight.

Academy for the Visual & Performing Arts
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Cassatt String Quartet
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 Acclaimed as one of America's outstanding ensembles, the Manhattan based Cassatt String Quartet has performed throughout North America, Europe, and the Far East, with appearances at New York's Alice Tully Hall and Weill Recital Hall at Carnegie Hall, the Tanglewood Music Theatre, the Kennedy Center and the Library of Congress in Washington, DC, the Theatre des Champs Elysees in Paris and Maeda Hall in Tokyo. The Quartet has been presented on major radio stations such as National Public Radio's Performance Today, Boston's WGBH, New York's WQXR and WNYC, and on Canada's CBC Radio and Radio France.

1. Brazos Valley Symphony Orchestra
 (979) 696-6100
 Bsvo.org
 Experience the Symphony's breathtaking concerts this season and find time to support the orchestra's top-notch fundraisers as well.

European Romance, Rudder Theater
 October 7, 5 p.m.
 The Symphony kicks off its 31st season with orchestral classics and internationally acclaimed pianist Inon Barnatan joins the orchestra in performing Saint-Saens' Piano



Concert No. 2. Maestro Bussiki and the orchestra will close with Brahms' Symphony No. 4.

Golf Tournament Fundraiser
 Pebble Creek Country Club, October 8
 Support the Symphony Orchestra while enjoying this 18-hole championship golf course designed for both challenge and enjoyment.
Ode To Joy, Rudder Theater
 November 4, 5 p.m.
 Metropolitan Opera Star Emily Pulley and Grammy Award Winner Sasha Cooke headline the highly anticipated performance of Beethoven's Ninth Symphony. This genius will be brought to life by the Brazos Valley Symphony, the Brazos Valley Chorale and the Texas A&M Century Singers.

Junction 505 Harvest Moon Fundraiser & Live Auction
 October 11, 6 p.m. to 9 p.m., Hilton Hotel and Conference Center
 All proceeds from dinner and auction will benefit Junction 505, an organization dedicated to enhancing the quality of life for adults with disabilities by providing them with the opportunity to join the mainstream in employment. Drinks will be served at 6 p.m. and dinner at 7 p.m. Tickets are \$55. To register or for more information, call Junction 505 at (979) 846-3670 or email susie@j505.org.

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Unless otherwise noted, performances are at First

Presbyterian Church, 1100 Carter Creek Parkway, Bryan. Admission to all concerts is free and free childcare is provided for concerts performed at First Presbyterian Church.

Los Angeles Guitar Quartet, Rudder Theatre, Texas A&M University
 October 25, 7:30 p.m.
 The Grammy Award-winning (2005) LAGQ has for more than 30 years been one of the most revered and versatile musical ensembles with repertoire including Baroque, Classical, Bluegrass,

Flamenco, Rock, New Age, and new arrangements by the quartet and by other contemporary composers. The concert is free of charge with a reception after and is co-sponsored by the Department of Performance Studies at Texas A&M University.

2. MSC OPAS
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Catch Me If You Can
October 29-30, 7:30 pm

This big-hearted musical adventure is based on an astonishing real-life story of being young, in love... and in deep, deep trouble!

Intimate Gatherings

These performances take place in Rudder Theater with the exception of the Anne Hampton Calloway concert, which will take place at the Miramont Country Club.

Ray Benson: A Rare Solo Acoustic Performance

October 11, 7:30 pm

The Philadelphia-born, six-foot seven-inch front man and founder of the world-renowned Western swing band Asleep at the Wheel comes to Rudder for a very rare acoustic concert.

Pride and Prejudice

November 1, 7:30 p.m.

Starring the acclaimed British screen and stage duo of Nicholas Hornmann (*Kramer Vs. Kramer*) and Jane Carr (*Dear John*), L.A. Theatre Works' superlative company brings this stunning adaptation to life.

MSC OPAS Jr.

All productions take place in Rudder Theater on the Texas A&M University campus.

Not Afraid of the Dark

October 13, 7 p.m.

Nationally known children's entertainer Joe Scruggs has teamed with the Austin Ballet for the show that glows featuring vibrantly colored costumes, dancing bubbles, exciting special effects and mesmerizing choreography by Stephen Mills to dispel children's fear of the dark.

Hwy 36 Art Trail 2012

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(a comedy play)

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Brazos Valley Walk to End Alzheimer's

November 3, Wolf Pen Creek Amphitheatre, 1015 Colgate, College Station,

There is no cost to participate, but walkers who raise \$100 or more receive a 2012 Walk t-shirt.

The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support, and research programs. There are more than 340,000 Texans living with Alzheimer's disease, and more than 1.1 million family members providing care for them. The Walk to End Alzheimer's is a 3.1-mile, family (& dog!) friendly event. Participants will have the opportunity to take part in the Promise Garden ceremony, honoring persons living with Alzheimer's disease, their caregivers, those we have lost to the disease, and celebrating the vision of a world without Alzheimer's. Information about local programs and services, clinical trials, and advocacy will be available. Register online at <http://act.alz.org/brazos> or by calling 800.272.3900.

3. Brazos Valley Chorale

(979) 776-1776

bvchorale.org

Beethoven's Boldest, Rudder Auditorium

November 4, 5 p.m.

The Brazos Valley Chorale, Texas A&M Century Singers and the Brazos Valley Symphony Orchestra will be joined by Metropolitan Opera star Emily Pulley, Grammy Award winner Sasha Cooke, and Chris Hoffman. Marcello Bussiki will be conducting the concert.

4. Hospice Annual Holiday Wreath & Door Charm Sale

During the month of October, order 22-inch handcrafted wreaths of fresh, fragrant evergreens decorated with red velvet weatherproof bows and pine cones. Wreaths are \$30 and Door Charms are \$25. Purchases can be mailed directly to anyone within the continental U.S. for an additional \$15 shipping fee. Local deliveries in the B/CS area will be made to your door the week after Thanksgiving. Orders can be mailed to Hospice Auxiliary of Brazos Valley, P.O. Box 9756, College Station, TX 77842. For more information, call Maxine Rooney (979) 589-2096 or Felicity Longnecker (979) 690-0553. Forms may be requested by email at maxinerooney@agristar.net and/or <http://www.hospicebrazosvalley.org/> In Brenham, call Hospice Brenham at (979) 277-9525 for wreath information. All proceeds benefit Hospice Brazos.

Hospice Holiday Houston Nutcracker Market

November 9, 8 a.m.- 5 p.m.

The \$60 cost includes travel, snacks and admission with bus pick-up and drop off Penny's, corner of Post Oak Mall. RSVP by November 2 for this great day of shopping and fun with friends. The community is invited.

Hospice Austin Jr. League Holiday Market Bus Trip

November 16, 8 a.m. to 5 p.m.

The \$60 cost includes travel, snacks and admission with bus pick-up and drop off Penny's, corner of Post Oak Mall. RSVP by November 9. The community is invited.

Taylor Made Gluten Free Bakery
www.TaylorMadeGlutenFree.com

November 8 beginning at 6:30pm at The Brazos Cotton Exchange in Downtown Bryan, Taylor Made Gluten Free Bakery will celebrate its second anniversary by hosting a Gluten Free cooking and baking contest in conjunction with the Gluten Intolerance Group of the Brazos Valley. Both professionals and amateurs are invited to submit sweet and/or savory items. Celebrity judges will determine the winners while guests enjoy tasting all the submissions. Go to www.TaylorMadeGlutenFree.com for entry information.

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DINING / CATERING

BENJAMIN KNOX WINE DEPOT & EVENT RENTAL, www.BenjaminKnox.com, 405

University Dr. E, CS (979) 696-5669. Enjoy Happy Hour 5-7pm everyday. Thursday's Wine & Food Paring with Chef Tai Mobile Bistro also features live music. Try new wines by the glass every week plus live music on Friday. Ask about our Event Rentals. M-F 12 noon-8pm, Th-Sat 12noon-12am

BLUE BAKER, www.bluebaker.com, 800

University Dr, CS (979) 268-3096; 201 Dominik, CS (979) 696-5055, Blue Baker is an artisan bakery and café featuring breads baked from scratch, pastries, sandwiches, soup, fresh tossed salads and brick-oven pizzas. Try some cookies for the perfect finish! Open daily 7am-10pm

BUPPY'S CATERING, www.Buppys.com, 506

Sulphur Springs, Bryan (979) 779-6417. Any food. Anytime. Buppy's feeds people – Dine at Buppy's and let them cater your events. China, linen, table and chair rentals for on-site catering or use Buppy's private Party Room. Lunch buffet Tues-Friday 10:30a.m.-6:00p.m., closed Monday. Dinner buffet, Frist Friday of each month, 5:00p.m.-8:30p.m

C&J BBQ, www.cjbbq.com, 105 Southwest Parkway,

College Station, (979) 696-7900; 1010 S. Texas Ave, Bryan, (979) 822-6033; 4304 Harvey Rd, College Station, (979) 776-8969. Voted Best BBQ in the Brazos Valley, C&J offers all your favorite Texas barbecue and fixings. Catering and banquet rooms are available at the Bryan location. M-Th 10:30 a.m.-8:30 p.m., F-Sa 10:30 a.m.-9 p.m.; Su 11 a.m.-3 p.m. (hours may vary by location).

CAFÉ ECCELL, www.cafeeccell.com, 101 Church

Ave., CS (979) 846-7908. Café Eccell is a pizza and wine bistro located in College Station 's Old City Hall that offers wood fired pizza, fresh seafood and more! Lunch M-Th 11am-2pm; F & Su 11am-5pm; Sa 12pm-5pm; Dinner M-Su 5pm-10pm

CAFFE' CAPRI ITALIAN RESTAURANT,

www.theplaceforitalian.com, 222 N. Main St., Bryan (979) 822-2675. This award winning downtown restaurant has been serving creative and reasonably priced Italian dishes for 15 years. Enjoy their art deco interior, local art display and upbeat atmosphere. Lunch M-F 11am-2pm; Dinner M-Th 6pm-9pm; F-Sa 5pm-9pm

CASA RODRIGUEZ, www.casarod.com, 300 N.

Bryan Ave., Bryan (979) 779-0916. Casa Rodriguez has been serving Bryan and College Station for more than 30 years. Their menu consists of traditional Mexican food recipes that have kept the locals and visitors coming back for more. M 11am-2pm; Tu-Th 7am-9pm; F 7am-9:30pm; Sa 8am-9:30pm; Su 8am-8pm

CHRISTOPHER'S WORLD GRILLE,

www.christophersworldgrille.com, 5001 Boonville Rd., Bryan (979) 776-2181. A trip to Christopher's World Grille, in the historic Andrews House in Bryan, is a fine dining experience that can best be described as food with Mediterranean, Italian, coastal French, and South Pacific influences with a touch of Louisiana thrown in.

Lunch M-Su 11am-2pm; Dinner Su-Th 5pm-9pm; F-Sa 5pm-10pm

CENARE RESTAURANT, www.gotocenare.com, 404 University Dr E, CS (979) 696-7311. Cenare offers a variety of authentic Italian cuisine and beautifully presented dishes. Whether you are looking for an intimate evening, a nice place for the entire family or a place to host your next event, Cenare is a great choice. M-F 11am-2pm, M-Th 5-9:30pm, F-Sa 5-10pm

DOWNTOWN BRYAN ASSOCIATION, www.DowntownBryan.com, 213 S. Main St., Bryan (979) 822-4920. With the area's highest concentration of locally owned businesses and a host of art, music and events year-round, there's virtually nothing you can't do Downtown! Eat, shop, stay – do it Downtown.

LA BODEGA, www.bodegatacos.com, 102 Church Ave., CS (979) 691-8226. La Bodega is a Baja taco bar located on Northgate. Choose from their wide selection of tacos made from the freshest ingredients alongside specialty drinks and other great menu options. Live music can be heard W-Su nights. M-Su 11am-10pm

LASALLE HOTEL, www.magnoliahotels.com/college-station/bryan-college-station, 120 S. Main Street, Downtown Bryan 1-888-915-1110. Stay at the LaSalle Hotel for serious business; play after! Offering corporate and group rates, conference and meeting rooms. The LaSalle Hotel Café & Bar is open for breakfast, lunch and dinner everyday. The executive chef on staff will assist you with your catering needs.

SHIPWRECK BAR & GRILL, (979) 823-SHIP, www.shipwreckbcs.com, 206 E Villa Maria, Bryan in 'The Boat.' Bringing you scary big crawfish, oysters, shrimp, catfish, plus grilled Mahi Mahi and Tailapia with plenty of chicken and buger and fries options, too. Lunch specials, specialty drinks and desserts round out the Shipwreck experience. Private parties on the deck & off-site catering. Mon-Sat 11am-10pm, Sun 11am-9pm

THE REPUBLIC, www.therepublic1836.com, 701 University Dr. E., CS (979) 260-4120. Recently receiving the designation of AAA four diamond steak house, The Republic offers a variety of gourmet steak options, seafood, wine, and whiskey. Their focus is on the use of fine, locally grown foods and simple Texas cooking in an elegant setting. M-Sa 5pm-10pm

THE TAP, www.tapbcs.com, 815 Harvey Rd., CS (979) 696-5570. The Tap is a former train depot transformed into a sports bar and restaurant. This local favorite has more than 30 TVs, darts, pool tables, NTN trivia, dominoes, two huge porches, occasional live music, and a piano bar. Their menu consists of lunch specials, burgers, sandwiches, and free peanuts. M-Sa 11am-2pm

VERITAS, www.veritaswineandbistro.com, 830 University Dr. E., Ste. 400, CS (979) 268-3251. Classically-trained chefs offer creative cuisine in a casual, contemporary setting. Veritas embraces usage of organic and local produce, wild caught seafood flown in directly from the source, as well as poultry and meat raised naturally. Highly-trained associates and wine stewards can guide you through an award-winning wine list, which has garnered Wine Spectator's

Award of Excellence (2007-2010). Lunch M-Sa 11am-2pm; Dinner Su-Th 5:30-9:30pm; F-Sa 2-11pm

THE VILLAGE CAFÉ DOWNTOWN, www.thevillagedowntown.com, 210 W. 26th St, Bryan (979) 703-8514. The Village Café is at once a restaurant, a coffee house, an art gallery, and a live and special event venue. Enjoy live music every Thursday, Friday and Saturday nights and weekend lunch. Su-M 8 a.m.-5 p.m., Tues 8 a.m.-9 p.m., W-F 8 a.m.-12 a.m., Sa 8 a.m.-2 a.m

THE VINAGE HOUSE RESTAURANT, www.messinahof.com, 4545 Old Reliance Road, Bryan, (979) 778-9463 ext. 231. Dine in a unique setting among barrels of wine or overlooking the vineyard while you enjoy fresh food grown locally wine Messina Hof wines incorporated into every dish. W-Sa 11 a.m.-9 p.m. Su 11 a.m.-6 p.m

SWEET TREATS

TRUMAN CHOCOLATES, www.trumanchocolates.com, 4407 South Texas Ave., Bryan (979) 260-4519. Truman Chocolates is your source for exquisitely handcrafted gourmet chocolates. Each chocolate is made of only the finest ingredients and carefully designed to maximize your sensory experience. M-F 9am-6pm; Sa 10am-3pm

ENTERTAINMENT & ATTRACTIONS

BRAZOS BINGO, www.BrazosBingo.com, 1805 Briarcrest Drive across from Bryan High, Bryan (979) 776-0999. For Charity Bingo at its best, Brazos Bingo has Family Nights, Aggie Nights and an enclosed, non-smoking section. Enjoy great food at great prices at the Brazos City Grill or call about the Party Room – great for private business events. Brazos Bingo supports the following charities: Elks Lodge #859, Brazos Valley Council on Alcohol and Substance Abuse, St. Joseph Church, and Bubba Moore Memorial Group, Inc. Open 7 days a week

TEXAS RENAISSANCE FESTIVAL, www.texrenfest.com, 21778 FM 1774, Todd Mission. (936) 894-2516. Step back in time at the Texas Renaissance Festival, open Saturdays, Sundays and Thanksgiving Friday October 6 through November 25. Discount tickets are available for groups; ask onsite camping in the Field's of New Market Campground. Create the royal wedding of your dreams and make sure to visit during School Days November 6-7.

THE VILLA AT MESSINA HOF, www.messinahof.com, 4545 Old Reliance Road, Bryan (979) 778-9463, toll free (800) 736-9463. The Villa at Messina Hof offers you a night (or nights) to remember spent in pampered luxury at one of America's Most Romantic Inns. With 11 beautifully appointed rooms, a winery tour and tasting, evening wine and cheese reception in the Wine Bar and a delicious European-style champagne breakfast.

DINING REWARD PROGRAM

THE TASTE OF B/CS, www.tasteofBCS.com. Now you can join the original, independent Rewards Program that earns points at every participating locally owned restaurant. Earn \$10 back for every \$150 points

and use your reward at any of the 26 participating restaurants. Text 'JOIN' to (979) 227-4455 or sign up at any participating restaurant & Facebook

BURLESON COUNTY

DINING / SHOPPING

BOONDOCKS BAR & CAFE, 17930 State Hwy 36 South, Somerville, (979) 596-1900. Take a trip across the river for seafood at its best. Fresh handbreaded seafood, shrimp gumbo, crabs, catfish, oysters, frog legs and fried, grilled or boiled shrimp. Daily Specials: Tu-Sun 11am-9pm

MAD HATTER'S TEA ROOM, www.masfajitas.com Caldwell: 305 State Hwy 36, (979) 567-4007; Taylor: 2600 W 2nd St. (512) 352-9292; Round Rock: 1700 E Plain Valley Blvd., Suite 300, (512) 716-1332. Fajitas to perfection, plus specialty platters available: Fajitas, seafood, soups and salads. Great appetizers and mouthwatering desserts. Come visit the new bar in the Caldwell location with Happy Hour Specials Monday through Thursday. Call for catering information. Breakfast 7 a.m.-11 a.m. every day; Sun-Thur 7 a.m.-9 p.m.; Fri-Sat 7 a.m.-10 p.m

MASFAJITAS MEXICAN RESTAURANT, www.madhatterstearoom.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's cozy eatery provides tantalizing treats and generous portions bursting with flavor, a unique selection of gift items, gourmet coffees, and specialty teas. Open for breakfast and lunch and special events by appointment. W-Sa 8am-5pm

WASHINGTON COUNTY

DINING / CATERING

DESIGN II, www.design2caters.com, 12000 S Austin, Brenham. Taste the delectable talents of David Folshinsky, a Full Service Event Coordinator and Catering Professional. For weddings, showers, parties and special events in and around Bryan/College Station, Brenham, Austin and Houston, the event will be perfect including ice sculptures, floral design and specialty cakes and desserts. Contact David through his website or by calling (979) 830-0450.

FUNKY ART CAFÉ, 202 W. Commerce St., Brenham (979) 836-5220. Delicious and different, Funky Art Café in Brenham offers enticing entrees to please the palate. Or choose a sandwich or savory soup before shopping in its companion retail shop The Pomegranate to find trinkets, gift ideas and kitchen gadgets. M-Fr 11am-2pm; Sa 11am-3pm

SOUTHERN FLYER, www.brenhammunicipalairport.com, 3001 Aviation Way, Brenham (979) 836-5462. Whether flying in or driving up, Southern Flyer is a great place to land with great eats! The 50s-style diner is a blast from the past with waitresses who serve up your food in poodle skirts. Bringing together fun and food at a relaxing and enjoyable destination! Su-Th 11am-3pm, F-Sa 11am-9pm

Listings provided as a service. Insite is not responsible for errors or omissions.

For menus, maps and directions, visit InsiteBrazosValley.com/eats-and-treats

There's a reason we're already one of the best ranked marathons in the state of Texas

(Runner Ratings on Marathonguide.com)

12.09.12

Bryan-College Station, TX



2012

BCS MARATHON

+ half marathon



Big Race Perks, Small Town Charm

Don't miss our post-race party with BBQ, Beer, Breakfast Tacos and Margaritas



Volunteers Needed

Sign up to volunteer on race day at bcsmarathon.com/volunteers



Go to bcsmarathon.com to register

2500+ runners are already registered. Go claim your spot for race day!

