

Brazos Valley

August 2010

INSITE

EATS & TREATS: A GUIDE TO FOOD & FUN

last blaze of

SUMMER

**MUSIC, FESTIVALS & MORE
AROUND THE BRAZOS VALLEY**

back-to-school

**HEALTHY KID
CHECK-LIST**

get a job

**TOP CAREER
PROSPECTS**

plus

**TOP DOCS
BV PHYSICIANS & SPECIALISTS**



innovative



When it comes to taking care of your spinal health, wouldn't you want to have more options?

Have you been frustrated by people not taking your back or neck pain seriously?

At Brazos Spine, we know that each person is different. Each problem is different. One surgery does not fit all.

Come and talk to us about the latest advancements in spinal diagnostics and surgery.

caring



dedicated



Microsurgery | Minimally Invasive Spine | Complex/Revision Spine
Artificial Disc Replacement | Scoliosis | Trauma

Brazos Spine

Mukund I. Gundanna, M.D.
Troy M. Duley, PA-C.

3201 University Drive East
Suite 255
Bryan, Texas 77802

(979) 774-0411
Toll Free: (877) 774-0411

www.brazosspine.com



Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

Home Instead

SENIOR CARE®

To us, it's personal

Call for a free, no-obligation appointment:

Bryan/College Station/Brenham

979-268-6880

homeinstead.com/409

Each Home Instead Senior Care® franchise office is independently owned and operated.
© 2009 Home Instead, Inc.

DON'T FEAR THE SUMMER



The Original Mineral Make Up

The #1 Choice of Skin Care Professionals

Endorsed by the Skin Cancer Foundation for its protection.



Ask about Dermatalog's full line of custom skincare and sunscreen products.

Where beautiful skin begins.



www.dermataloge.com • 1707 Broadmoor Drive • Bryan • 979.776.7546

AUGUST is the summer month that plays with a handicap: you know it's still summer, but you also know that back-to-school will be upon you before you flip to the next calendar page. It's almost enough to take an edge off **YOUR SUMMER FUN** if you let it. Reading this month's story on all the things I'm supposed to have done before my kids head **BACK TO SCHOOL** is enough to make my eyes glaze over. It's a great story; there are things I didn't know about that ought to give the kids a healthy edge when they hit the books this fall.

But since I edited the story in June, it gave me the sinking feeling my summer had ended ... right at the start. So I'm going to fight back. While editing this month's What's Happening column, I found two mid-August events I've always wanted to attend – Navasota's **BLUES FEST** and Chappel Hill's **LAVENDER FEST** (see page 11) – and I'm going to hang on to the very last days of summer and pack in all the **SWEATY FUN** I can find.

So don't surrender early. Keep your sunscreen and your summer state of mind packed and ready by the back door. Go ahead and schedule all those healthy back-to-school checkups your family needs, but don't surrender to school schedules and strictures until the last possible moment. I'll take summer daze over school daze any day.

– **Angelique Gammon**

Home is where the *Hardwood* is!

Zwernemann
Wood • Carpet • Tile • Laminate
Flooring

2702-A Wildflower
Bryan
(979) 776-2800

We'll help get you back in the game.

Sports, Back & Pain Management Clinic
Lynn Bradford, Physical Therapist - TAMU '88

BODIES IN MOTION → LIFELONG HEALTH

Fast Relief from Pain & Injury

Acute & Chronic Pain • Balance Problems • Tendonitis
Sprains and Strains • Sports Injuries • Headaches • Sciatica • TMJ
Back Disorders • Post-Stroke Rehab • Orthopedic Post-Operative Surgery

Appointments available within 24 Hours
Most Insurance Accepted

2011 E. Villa Maria - Bryan
(979) 776-BACK (2225)

Protect **YOUR** investment...

Serving your pest control needs for over **60 years**

Complete pest and termite control.
Full Service • Free Inspections • Licensed & Insured

Call (979) 822-5524 • 1224 S. College Avenue • Bryan
www.binfordinsectcontrol.com

BINFORD
INSECT CONTROL
Since 1947

INSITE Magazine is published monthly by **Insite Printing & Graphic Services**, 123 E. Wm. J. Bryan Pkwy., Bryan, Texas 77803. (979) 823-5567 www.insitegroup.com Volume 27, Number 5. **Publisher/Editor:** Angelique Gammon; **Account Executive:** Cynthia Kauder; **Graphic Designers:** Alida Bedard; Karen Green. **Editorial Intern:** Stefanie Lewis; **INSITE Magazine** is a division of **The Insite Group, LP**. Reproduction of any part without written permission of the publisher is prohibited. **Insite Printing & Graphic Services Managing Partners:** Kyle DeWitt, Angelique Gammon, Greg Gammon. **General Manager:** Carl Dixon; **Pre-Press Manager:** Mari Brown; **IT Manager:** Glenn Richards; **Office Manager:** Wendy Seward; **Sales & Customer Service:** Molly Barton; Candi Burling; Janice Hellman; Manda Jackson; Marie Lindley; Barbara Wyss; **Production:** Stephen Beatty; Norris Carnes; Marilyn Carey; Don Coburn; Jaimie Colwell; Ricky Conchola; Margie Lowry; Doug Madison; Arthur Maldonado; Brandon Prouse; Frank Ramirez; Jimmy Welch.

CONTENTS

6 WHAT'S HAPPENING Sizzlin' summer events

Music and more around the Brazos Valley
compiled by Stefanie Lewis

7 COMMUNITY OUTREACH Men (and Women) in Black

OPAS is looking for a few good volunteers
by Morgan White

12 LIFE STYLE Healthy Head Start

Back-to-School Check-up for the family
by Stefanie Lewis

19 FUTURE PROSPECTS Get A Job

Where the Jobs Are: Career Planning
by Stefanie Lewis

22 YOUR SOURCE Top Docs

The best in medical and specialty services
Special Advertising Section

5



8



14



23



Departments

PUBLISHER'S DESK *School daze* page 4

WHAT'S HAPPENING *Summer events* page 6

BUSINESS BRIEFS *Notable business news* page 30

EATS & TREATS *Food & fun guide* page 30

FUN TIMES ahead for you and your family!

The 2010-11 OPAS JR season offers two fun-filled events that are sure to keep you and your family on the edge of your seats! There's still time to get the best seats at the best price by reserving your family's season tickets. So don't delay, order your family's tickets today!



**If You Give a
Cat a Cupcake**
a new family musical
Sunday, November 7
2 PM & 4 PM
Rudder Theatre



**Fred Garbo
Inflation Theater Co.**
helium light and hilarious
Friday, March 4 • 7:30 PM
Rudder Auditorium

Sponsored by



OPAS JR is supported by **OPAS
encore**

OPAS JR TICKETS!

MSC Box Office
979-845-1234
www.MSCOPAS.org



Season Tickets Only \$30!



SUMMER/FALL EVENT PLANNER

It's time to grab your guitar and head down to the **Navasota Blues Fest**. The annual festival is a tribute to Navasota bluesman **Mance Lipscomb**. The proceeds go to the Mance Lipscomb Scholarship, which helps Navasota High School graduating seniors continue on to higher education. When the festival was originally started in 1996, one of the main goals of founders Glen Alyn and Nancy Bingham Bouliane was to showcase local musicians. This year, come out on **August 13** at 5:30 p.m. to the Grimes County Expo Center (formerly Grimes County Fairgrounds). Enjoy a cocktail hour with musicians from 6 p.m. to 7 p.m., including free appetizers and half-price beer. Then, from 7 p.m. to midnight, just sit back, relax and enjoy the blues music by the **Blues Brothers, Lorna Willhem and a Handful of Blues**, and **Don Kesee and the Bluesmasters**. Admission for Friday is \$14, or purchase tickets for both days for \$25. Come back on **August 14**, where it kicks off at 11 a.m. when you can receive a free guitar session with **Michael Birnbaum**. The fest doors open at 1 p.m. with blues music going until midnight. Relax to performances by **Sweet Mama Cotton, Steve Howell and His Boys, Gary Boehm and the Texas Bluzcatz, Brad Absher, David Egan and Twenty Years of Trouble, Texas Johnny Boy, Milton Hopkins, Hash Brown and Christian Dozzler**. Saturday admission is \$20. Come experience the blues, Texas style. For more information, visit navasotabluesfest.org.

July 15-16 from 9 a.m. to 12 noon, the **Bryan Police Department** along with the **Children's Museum of the Brazos Valley** presents **Police Camp**. Participants ages 8-12 will learn the tricks and trades of how to be a community hero; campers will even learn how to train police dogs. Cost is \$100 for members and \$120 for non-members. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

July 15-16, 19-23, and 26-30 from 9 a.m. to 4 p.m., the **George Bush Presidential Library and Museum** presents **From Farm to Home: Exploring History Summer Camp**. Campers will discover how agriculture is a part of their daily lives. They will also participate in science, math, social studies, art and Junior Master Gardener activities. For ages 7-11, cost is \$150 per week. For more information call Monica Lerma at (979) 691-4006 or visit the website at bushlibrary.tamu.edu.

July 15 and 29 at 10:30 a.m., join the **Children's Museum of the Brazos Valley** for **Healthy**

Kids. Children will have the opportunity to explore a new way to live an active lifestyle. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

July 15-18, **Navasota Theatre Company** presents **All Aboard for Broadway – A Patriotic Musical**. For tickets and more information, call (936) 825-3195 or visit www.navasotatheatre.com.

July 15 at 6:30 p.m., the **Messina Hof Winery & Resort** presents **Cooking Party** with the **Vintage House Chef**. The theme is International BBQ. For more information or to make reservations, call (800) 736-9463 ext. 234 or visit www.messinahof.com.

July 16 from 6:30 p.m. to 11:30 p.m., the **Bryan/College Station Chamber of Commerce** invites you to **Ladies Nite Las Vegas 2010** at the Hilton Hotel in College Station. You can enjoy a Las Vegas themed evening, complete with a "casino" and live entertainment. For prices

and reservations, call (979) 260-5200, or email either Dena Gaskin at dena@bcschamber.org or Jordan Meserole at jordan@bcschamber.org.

July 16-17, **Brazos Valley Troupe** presents **Beauty and the Beast**. For tickets and more information, call (979) 846-4903 or visit www.bvtroupe.com.

July 17-18, 24-25 and August 1, 7-8, and 14-15, starting at 8 a.m., the **Messina Hof Winery & Resort** presents **Harvest Weekends**. Enjoy grape picking, grape stomping, lunch at the Vintage House Restaurant, and a food and wine pairing party. To make reservations or to get pricing and other information, call (800) 736-9463 ext. 234 or visit www.messinahof.com/harvest10.

July 17, 23, 30, and August 7 and 13 at 6:30 p.m., the **Messina Hof Winery & Resort** presents **Murder Mystery Dinners**. For more information or to make reservations, call (800) 736-9463 ext. 234 or visit www.messinahof.com.

Men (& Women) in Black

Wanted: Community Volunteers to join OPAS



OPAS student volunteer Kate Whitaker and community volunteer Lana Gonzales in Rudder Auditorium, venue for all OPAS performances.

If you're an OPAS regular, you've no doubt seen them. Smartly dressed people in black, directing patrons to their seats, tearing tickets at the entrances and handing out programs. This is the OPAS student committee, a group composed of approximately 40 Texas A&M University students that operate under the Arts and Entertainment sector of the University's Memorial Student Center Student Programs office. It also has strong connections to OPAS, the business, a \$2.5 million a year not-for-profit organization that brings world-class entertainment to the Brazos Valley.

But while Texas A&M enrollment is at an all time high, OPAS student volunteer numbers are at an all time low and have been decreasing steadily for the past decade. To enhance the enthusiastic student committee, OPAS is reaching out to the people they know best: Brazos Valley residents.

"We are a volunteer organization," says executive director Anne Black. "This is not new to us. It is just one more aspect; the means to a greater end." The OPAS board of directors is made up of community

volunteers, its student committee is made up of student volunteers, and volunteers assist with additional programs like the annual Camp OPAS, school performances for area elementary students, and last year's International Howdy Project.

The academic and economic pressures of today's university students are much different than the pressures of students 40 years ago. Heavy class schedules, a four-year deadline, and a pressure to build an impressive resume have resulted in less and less time for extracurricular activities. The new community volunteers would serve as that "extra something" that makes the experience of every OPAS patron one to remember.

The duties of the new volunteers would include working alongside the current student committee ushering, ticket tearing, greeting patrons at the University Center Garage, doorman greeters and program distributors. The new volunteer program also offers an opportunity for those community members who do not routinely attend OPAS events to see how the details of the house operations work for a performance.

"The OPAS student committee is already so passionate about the patrons and the arts," says OPAS student committee chair Alexei Bushunow. "Working with the volunteers will allow us to provide the patrons with even better service. We can carry out our duties with more efficiency and make performance nights run even smoother.

"This is such a great opportunity for both the community and the student committee to come together and benefit from helping our OPAS patrons," he says. "With OPAS, the more you put in to it, the more you get out of it."

Interested applicants should visit www.mscompas.org or email office manager Shanna Wright at swright@msc.tamu.edu for more information. *i*

The 2010-2011 OPAS Season:

Main Stage



- 1 The Manhattan Transfer**
September 25, 2010 (Sponsored by Allstate)
International jazz and pop icon comes to Rudder Auditorium!
- 2 Burn the Floor**
October 27-28, 2010
It's ballroom: reinvented.
- 3 An Irish Christmas with Ronan Tynan**
November 30, 2010
Internationally renowned tenor celebrates the holidays
- 4 Disney's Beauty and the Beast**
December 11-12, 2010 (sponsored by Aggieland Credit Union)
A Disney family favorite!
- 5 Monty Python's Spamalot**
January 18-19, 2011
2005 Tony Award winner: Best Musical
- 6 The Color Purple**
February 8-9, 2011 (sponsored by Wells Fargo)
Pulitzer Prize-winning novel comes to life
- 7 Mamma Mia!**
February 22-24
The world's number one show!

THEY'LL SETTLE IN NICELY
WITHOUT HAVING TO SETTLE



ALL THE COMFORTS OF HOME, AND THEN SOME

A place to kick off your shoes, sit back and relax. Step into your comfort zone at Hawthorn Suites by Wyndham. Enjoy a warm inviting atmosphere, and spacious suites with kitchens, all so you can truly make yourself at home and stay awhile.

- Just Steps from the Beach
- Free Internet
- Complimentary hot breakfast buffet
- Guest laundry and convenience store



HAWTHORN
SUITES BY WYNDHAM
at The Victorian Resort & Conference Center
6300 Seawall • Galveston
www.hawthorn.com
800.231.6363



We proudly welcome Wyndham Rewards® members. Sign up today at hawthorn.com and we'll reward you with points or miles...every time you stay with us.

© 2010 Hawthorn Suites Franchising, Inc. All rights reserved.
All Hawthorn Suites hotels are independently owned and operated.

**SPECIALTIES
PHOTOGRAPHY**

*Special Moments
Special Photographs*



979-696-9898 524 University Dr E specialphoto.com



**Promotional
Marketing**

Office: (979) 589-2638
Cell: (979) 324-8440

Now offering Mobile Marketing
text campaigns right to
your customers cell phones!
call for details on this
innovative marketing medium.



*Growing Your Business
Is Our Business!*

- Name Branding
- Special Events
- Customer Appreciation
- Safety Programs
- Employee Recognition
- Fund Raisers

**Laser Engraving Services
now available on
Awards, Trophies,
Plaques, Pens, Glasses
& many other lasered products**



Coupon

Good for \$25.00 off a setup
or
Free setup on any laser product

Valid through 12/31/2010 one per customer

July 19 at 7:30 p.m., the **University Summer Performance Series** presents **The Killdares** at the Annenberg Presidential Conference Center. Tickets are \$20 or \$5 for students. For tickets and more information, call the MSC box office at (979) 845-1234 or visit boxoffice.tamu.edu.

July 19-23, the **Brazos Valley Museum of Natural History** presents their annual **summer day camp** specializing in bringing children and nature together. This week's theme is **Crazy Critters**. For more information or to register, call (979) 776-2195.

July 19-23 from 9 a.m. to 12 noon, **Mark Sutter of Primitive Texas Living Skills** and the **Children's Museum of the Brazos Valley** present **Wilderness Survival Adventure Camp**. Participants ages 7-16 years in this week-long camp will learn skills to survive in the wilderness. Some activities will include designing and making shelter, tools for not getting lost, animal tracking and lots of other survival tips. Cost is \$100 for members and \$120 for non-members. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

July 19 from 10 a.m. to 11 a.m., the **Children's Museum of the Brazos Valley** presents **ChildeNinos**, a parent-training workshop that will be accompanied by an hour of cultural demonstration with bilingual stories, games, songs, and activities for the entire family. Participants are able to tour and partake in museum activities after attending. For more information, call Adilia at (979) 229-5627.

July 20 from 7:30 p.m. to 9:30

p.m., the **City of College Station** hosts **Teen Pool Night** at Adamson Lagoon located in Bee Creek Park. Admission is \$6. Ages 11-15 are invited to enjoy music, games and fun. For more information, call (979) 764-3735 or visit cstx.gov/pools.

July 21 from 11:30 a.m. to 1 p.m., the **Historic Preservation Committee** and the **Senior Advisory Committee** invite speakers to come to the College Station Conference Center to share their knowledge of local history with members of the community. Lunch will be served for \$5 a person. For more information and to make reservations, call (979) 764-3491 or email Anne Boykin at aboykin@cstx.gov.

July 25 at 7 p.m., the **Theatre Company** invites you to its **Preview Party**. Admission is free. There will be complimentary hors d'oeuvres and a preview show. For more information, call (979) 799-1302 or visit www.theheatwecompany.com/current

July 25 and August 29, the **Messina Hof Winery & Resort** hosts **Wine Appreciation Classes**. Classes are \$19.95 a person. For more information or to make reservations, call (800) 736-9463 ext. 234 or visit www.messinahof.com.

July 26-30, the **Brazos Valley Museum of Natural History** presents their annual **summer day camp** specializing in bringing children and nature together. This week's theme is **The Six Flags Over Texas**. For more information or to register, call (979) 776-2195.

July 26-30, the **Children's Museum of the Brazos Valley**

presents **Art Camps** for 4- to 12-year-olds. With the help of local artists and art professionals, participants will experience drawing and painting and various other creative mediums. Cost is \$100 for members and \$120 for non-members. For camp times for different age groups and other information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

July 28 at 10 a.m. at **Barnes & Noble**, the **SCBWI** will hold their monthly **Schmooze**. This month's topic is TBA. For more information, call (979) 696-8158 or visit www.scbwi-brazosvalley.org.

July 30 through August 1, **Navasota Theatre Company** presents **Annie Jr.** For tickets and more information, call (936) 825-3195 or visit www.navasotatheatre.com.

August 6-8, and 13-15, the **Theatre Company** presents **Into the Woods**, a musical fairy tale. For showtime listings, tickets and more information, call (979) 779-1302 or visit www.theatrecompany.com/current.

August 7 at 7 p.m., the **Brazos Valley African American Museum** hosts the **African American Museum Benefit Rodeo** at the Brazos County Expo center. Tickets are \$10. For more information, visit BrazosCountyExpo.com.

August 7-8, 14-15, 21-22, 28-29, find out what learning was like in the 1850's at **Washington School Daze** on Saturday and Sunday, 10 a.m. until 5 p.m. at Washington-on-the-Brazos State Historic Site in Washington. For details call (936) 878-2214 or visit www.birthplaceoftexas.com.

www.birthplaceoftexas.com.

August 14, the **Outlaw Monster Trucks** presents the **Outlaw Monster Truck Show**, with tough trucks, monster trucks, quad racing

Intimate Gatherings

(series sponsored by Ashford Square Realty, Sterling Auto Group, and St. Joseph Express)



1



2



3



4

1 American Bluegrass Masters

October 14, 2010
Direct from the Grand Ole Opry.

2 Time for Three

November 18, 2010
Refreshing! A genre all their own.

3 Bus Stop

March 22, 2011
William Ing's American classic

4 Nat King Cole Remembered

April 6-9, Miramont Country Club
"Unforgettable" in every way.

and motorcycles. Show times and ticket information coming soon. For more information, visit BrazosCountyExpo.com.

August 14, enjoy a morning or afternoon of lavender cutting,

JOHN R. CLARK AND ASSOCIATES

Real Estate Services - Commercial • Land • Investment

FEATURED PROPERTY FOR SALE
4.128 ACRES, STATE HIGHWAY 6



- LOCATED JUST SOUTH OF THE SH6 & FM 2818 INTERSECTION IN BRYAN
- 4.128 ACRES, FULLY PLATTED AND ZONED INDUSTRIAL
- ALL UTILITIES INCLUDING HEAVY POWER ARE ON-SITE
OFFERED FOR SALE AT: \$386,603

VOICE (979) 268-6840 FAX (979) 268-6841
WWW.JOHNCLARK.COM INFO@JOHNCLARK.COM



Coming Soon!

The Brazos Valley's
Choice for Food & Fun

Restaurants • Clubs • Day Spas
Golf Courses • Retreats • Day Trips
Outdoor Activities • Family Fun

Call 979.823.5567
for more information.



OPAS JR.

(series sponsored by OPAS Encore!)



1



2

1 **If You Give a Cat a Cupcake**
November 7, 2010
A hijinx-filled family musical

2 **Fred Garbo Inflatable Theater Co.**
March 4, 2011
(sponsored by Bluebell Creameries)
Inflatable family fun

All events performed in the Rudder Theater Complex at Texas A&M University. Evening performances begin at 7:30 p.m., matinee performances begin at 2 p.m.

crafts, local vendors and many other activities at the **Chappell Hill Lavender Fest**. Throughout the day, tour other local venues in the Chappell Hill area from 9 a.m. to 3 p.m. Admission is free. Visit Chappell Hill Lavender Farm, 2250 Dillard Rd., Chappell Hill; call (979) 251-8114 or visit www.chappellhilllavender.com.

August 14 from 9 a.m. to 3 p.m., visit the **Lavender Fest** in partnership with **Windy Winery** with activities at both locations. For more information on "Tour de Lavender," visit www.madisoncountyartscouncil.net or call (939) 348-5230.

August 20-21, the **Texas A&M Wildlife and Fisheries Department** and the **Texas Wildlife Association** present the **Wildlife Shortcourse & Texas Big Game Awards** at the Brazos County Expo.

The Big Game Awards will be from 1 p.m. to 5 p.m. on August 21. For more information, visit BrazosCountyExpo.com.

August 21 from 9 a.m. to 2 p.m., the **Brazos Valley Driving and Riding Club** presents **Equestrian Market Day** at the Brazos County Expo center. You can buy, sell or trade all equine related items. Admission is free. For more information, visit BrazosCountyExpo.com.

August 24-26 from 5:30 p.m. to 9:30 p.m., the **City of College Station** is offering a **Compost Training Class**, where you can learn to compost in your own backyard. There will be a field trip on August 28 from 9 a.m. to 5 p.m. Cost is \$15 a person. For more information, call (979) 764-3806 or visit www.cstx.gov/bvswma.

August 28 at 6 p.m., **St. Andrew's Episcopal Church** will host a **Taizé Prayer Service** (a service of song, silence and scripture). St. Andrew's is located in Downtown Bryan at 217 W. 26th St. Call (979) 822-5176 or visit www.standresbcs.org for more information.

August 28 from 7 a.m. to 7 p.m., join the **Brazos Valley American Petroleum Institute** for the **2010 API Skeet Shoot** at the Brazos Valley 4-H Range in Snook, Texas. For more information, visit www.brazosvalleyapi.com

PLAN AHEAD

September 11, join the **Burleson County Chamber of Commerce** for the **26th Annual Kolache Festival**. Learn the Czech philosophy, see Czech crafts, dance to polka and eat true Czech food. For

more information, call (979) 567-0000 or email festival@burlesoncountytx.com.

September 19, from 12 noon to 4 p.m., the **Bridal Association of the Brazos Valley** presents the **2010 Fall Bridal Show and Benefit** at the Hilton in College Station. Stroll through aisles of the Brazos Valley's best wedding and party vendors. Advanced ticket sales begin August 10. For more information, call (979) 571-1465 or visit www.ido-ido.org/events

CONTINUING EVENTS

Every Monday from 10:30 a.m. to 5 p.m., join the **Children's Museum of the Brazos Valley** for **Monday Madness** with a special activity for that day. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

Every Wednesday at 10:30 a.m., join the **Children's Museum of the Brazos Valley** for **Wild, Wacky Wednesday** with a different special guest each week. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

Every Saturday at 10:30 a.m. and 3:30 p.m., join the **Children's Museum of the Brazos Valley** for **Scientific Saturdays**, where children will have the opportunity to discover scientific truths through fun, staff-led experiments. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

Through July 17, the **Round Top Festival Institute** will present various music programs throughout the week as part of the **Round Top Music**

Festival. For more information call (979) 249-3129 or visit www.festivalhill.org.

Through July 31, the **MSC Forsyth Gallery** presents a **Plein Air Exhibition**, featuring artists from Plein Air Austin. For more information, call (979) 845-9251 or visit <http://forsyth.tamu.edu>.

Through August 11, the **Star of the Republic Museum** presents **The Bison: American Icon**. Originating from the C. M. Russell Museum in Great Falls, Montana, the exhibit explores the meaning and significance of this iconic creature from the Plains Indian culture of the 1800s through the commercial and national symbol of the present. For more information, call (936) 878-2462 or visit www.starmuseum.org.

Through August 11, the **Brazos Valley Museum of Natural History** presents **Lee and Grant**. Visitors can explore how we should evaluate these two crucial figures in the twenty-first century. For more information, call (979) 2195 or visit www.brazosvalleymuseum.org.

Through August 2010, the **George Bush Presidential Library and Museum** presents **The Culture of Wine**, which will unravel the mystery, magic and making of wine. For more information, call (979) 691-4000 or visit bushlibrary.tamu.edu.

Through December 31, **The Children's Museum of the Brazos Valley** presents **Reading Rocks**. Join the museum as they present story time every day of the month at 11 a.m. and 2 p.m. For additional information, call (979) 779-KIDS (5437) or visit www.mymuseum.com. *i*

Get In Touch Fresh on the 15th Deadlines

Email press releases about coming events by the deadlines below to: agammon@insitegroup.com

September What's Happening
(out on August 15)
Submission deadline: July 15

October What's Happening
(out on September 15)
Submission deadline: August 15

November What's Happening
(out on October 15)
Submission deadline: September 15

Phone: (979) 823-5567
On the Web: www.insitegroup.com

INSITE

INSITE Delivered To Your Door

1 Year, \$12.95 / 2 Years, \$19.95

Call 1-800-364-2665
or visit www.insitegroup.com

PICK UP INSITE MAGAZINE

Insite Printing
Wm. J. Bryan Pky., downtown Bryan

Visitor's Center
Main Street, downtown Bryan

B/CS Chamber of Commerce
E. 29th St., Bryan

Convention & Visitor's Bureau
University drive, CS

C&J Barbecue
Texas Ave., Bryan
Southwest Parkway, CS
Hwy. 30 & 158, CS

Brookshire Brothers
Hwy. 36 N, Caldwell

Subway
E. Washington, Navasota
Hwy. 105, Brenham
Market St., Brenham
Inside Wal-Mart, Brenham

Back to School Family Health Check-Up



What immunizations does my child need to be ready for school?

Vaccine	Kindergarten <i>(If not received)</i>	3rd grade <i>9 years</i>	7th-8th grade <i>12 years</i>	College <i>18 years</i>
Hepatitis A	2 doses			
Hepatitis B	3 doses			
Measles, mumps, rubella (MMR)	2 doses			
Varicella	1-2 doses		2 doses	
Tetanus, diphtheria, acellular pertussis (Tdap)	3-5 doses		1 dose (at least 5 years after last dose)	1 dose (10 years after last Tdap)
Gardasil		3 doses (not required)		
Meningococcal			1 dose (if not received)	
Polio	3-4 doses			

With summer coming to an end, make sure checking up on your child's health is on the top of your back-to-school checklist. Many health check-ups should be done yearly, like eye exams and dental hygiene, says Dr. Michael Ruggiero. "Eyes develop until you finish growing, and a lot of the eye problems that can come up, especially vision problems, are age related," he says.

Your athlete's pre-participation examination, or PPE, may also be on your checklist. While they are required only every two years in Texas, Dr. Jesse Parr of University Pediatric Association says, "PPE is designed simply to address and find conditions that would make participation in sport dangerous to the young person. The overwhelming majority of such conditions are medical and very few are musculoskeletal." For that reason, Parr recommends parents take children, even adolescents, to see their physician every year for a well-child exam.

Part of that doctor's visit should include a check on immunizations. Some guidelines have changed over the years, so you and your doctor will want to review your child's immunization record.

The Texas Health Department offers a program called ImmTrack that allows your child's immunization records to be stored in a state-wide system. That way, says Ana

Jerma, ImmTrack specialist for Brazos County, even if you switch doctors or move to another part of Texas, your child's immunization record stays up-to-date. To sign up, simply ask at your doctor's office or visit the Brazos County Health Department with your child's shot record.

Parents of boys may be surprised to learn the Gardasil vaccine is now recommended

in 2009 by the FDA for use in males."

The vaccine is approved for boys and girls ages nine to 26. The vaccine is recommended beginning at age nine to develop immunity protection before children become sexually active. Sicilio relates the protection offered by Gardasil to another vaccine, one for hepatitis B, which is routinely given to infants while they are still in the hospital. Even though the

This generation of children is the first generation in the history of America that is at risk of having a lower life expectancy than their parents because of lifestyle issues.

– Dr. Jesse Parr

for boys as well as girls. Gardasil, a relatively new vaccine, was originally approved for girls to protect against human papillomavirus, or HPV, a leading cause of cervical cancer and genital warts. Beginning this year, Gardasil also is approved for boys and adolescent males to protect against transmission of HPV-causing cervical cancer and genital warts.

"(HPV) is often acquired in females from asymptomatic males," says Scott & White Pediatrician Dr. Mark Sicilio. "In response to that, the authorities have looked and done extensive research and Gardasil was approved

hepatitis B vaccine protects against a sexually transmitted disease, when studies confirmed it could successfully be administered to newborns and infants, most eagerly accepted the recommendation. The logic behind both vaccines is the same as driving the speed limit while buckled up and not drunk, says Sicilio. Most of us don't drive drunk, unbuckled and speeding, not just in the event we cause an accident, but to protect our loved ones if others aren't safe. It is important to get children vaccinated before they become sexually active. "We're just trying to prevent disease, not to condone promiscuous sexual activity," he says.

Sicilio recommends parents check with their health insurance company about coverage of the Gardasil vaccine. Although the vaccine is not required by the state or schools, "We strongly recommend it," says Sicilio. "I think it's a good thing to immunize boys and girls, personally."

The HPV vaccine is given in three doses and costs approximately \$125 per dose if not covered by an insurance plan. However, the Brazos Valley Health Department offers the vaccine to boys and girls ages 9-18 for only \$5 per dose. Parents can call the Brazos Valley Health Department at (979) 361-440. For more information on the vaccine, talk to your child's doctor or visit www.Gardasil.com.

While you're at your back-to-school check-up, you should go ahead and schedule an appointment for mid-September for your entire family to get the seasonal flu shot as soon as it becomes available. This year, Sicilio

For more information on your family's health, contact these resources:

Texas Department of State Health Services

www.dshs.state.tx.us

Click Immunization Requirements

College Station Independent School District

www.csisd.org

Click Departments, then Health Services

Brazos County Health Department

(ImmTrack)

(979) 361-4440

www.brazoshealth.org

Gardasil

www.Gardasil.com

Centers for Disease Control

www.cdc.gov

For tips on how you and your family can eat healthier, visit www.mypyramid.gov

To find out more about **Attention Deficit Disorder**, the symptoms and how it could affect your child's life, visit the Children and Adults with Attention Deficit/Hyperactivity Disorder website at www.CHADD.org.

Brazos Valley Satellite of CHADD

(979) 690-6816

<http://www.chadd.net/template.cfm?affid=80D&p=about>

Katherine Jahnke, Director
brazos-valley@chadd.net

Date: August 8 "Behavioral Problems and Coping Strategies"

Time: 7 p.m. to 8:30 p.m.

Where: Christ United Methodist Church annex, 4203 State Hwy 6 South, College Station, Texas

BRIDGING THE GAP

College Tech Prep Works For Students

Brazos Valley College
Tech Prep Partnership

Contact your high school counselor
or call (979) 209-7202



Gastric Sleeve Services, Lap-Band System® & Gastric Bypass

Take
control
of
your
life
today!

General & Bariatric Surgical Associates
located in the St. Joseph Professional Building
2700 East 29th Street, Suite 105 - Bryan, TX
(979) 776-5631

For more information, visit our website:
www.GBSABCS.com
Now accepting Scott & White Insurance

*Bariatrics not covered



Dr. Richard Alford



Dr. Bryan D. Parrent



Dr. Michael Steines

Your only group of
specialized physicians
in this area for Full
Bariatric Services.

Laura



BEFORE



AFTER

Raymond



BEFORE



AFTER

* Actual Patients



says, the seasonal flu shot will be combined with last year's H1N1 vaccine to reduce the number of immunizations needed for flu season.

For those who are suspicious of flu vaccines, it's important to understand how the seasonal flu vaccines are designed. Ruggiero says the Centers for Disease Control study possible flu virus strains and predict which ones are most likely to affect us. Once they've decided, they create a flu vaccine that protects against the most probable strains, meaning that each vaccine protects against multiple strains of the flu virus. "When we miss, it's because it came from south and we expected it to come from west," Ruggiero says.

Sicilio concurs that when someone receives a flu vaccine but still comes down with the flu, their illness probably is not

caused by the flu shot. The most likely culprit is a flu strain that was not included in the seasonal vaccine. Sicilio strongly recommends flu vaccines for children, and Ruggiero adds, "Everybody should be vaccinated for flu."

One health check that Ruggiero would like for all parents to talk with their child's doctor about is screening for Attention Deficit / Hyperactivity Disorder (AD/HD). "To me," Ruggiero says, "that is something that is a very, very important thing to be aware of in your school-age kids. I believe that every kid should be at least screened one way or the other." Learning patterns, says Ruggiero, are generally set by the fourth or fifth grade. By then, it's very difficult to change those patterns to help students learn. Right now, Ruggiero says, "It's more of a crisis

management. It's more like when a kid has a problem they go and look for it." He advocates a proactive approach rather than a reactionary one once problems or difficulties are already present. To give your child the most advantages possible, "the earlier the better" Ruggiero says, when it comes to testing for AD/HD.

Healthy children need a healthy environment. As you and the kids settle into the school routine, make sure your home routine is designed to keep everyone as healthy, both physically and emotionally, as possible.

Childhood obesity rates in this area have tripled in the last 25 to 30 years, says Parr. One of the main causes is what he calls "screen time: everything that's sitting there in front of some kind of electronic device." That includes watching television, playing video games, texting, and social networking websites.

Increased sedentary behavior and decreased opportunities for physical activities in school are putting children at risk of dire future consequences. "This generation of children is the first generation in the history of America that is at risk of having a lower

For more information on after-school programs, contact these local resources:

Kids Klub

(979) 764-5430

For information: www.cstx.gov/kidsklub

To enroll: www.my.csisd.org

An enrichment and recreation-based after-school program for College Station ISD enrolled students from kindergarten through sixth grade. Students participate in games, arts and crafts, and gym and outside play, as well as 30 minutes of dedicated homework time. Kids Klub also offers special enrichment clubs for specific interests like science, outdoor activities, or Spanish. Cost is \$115 a month per child. Those who qualify can get a reduced rate. For more information, call or visit the resources above.

Champions Extended Learning

(979) 209-7084

www.discoverchampions.com

An after-school program available to pre-school to 12-year-old students of Bryan ISD public schools. Includes school activities, a 30-45 minute outside play period, sports zone, and nutritional education with an afternoon snack. Cost is \$50 for the family, \$37 to attend 3-5 days a week, or \$32 to attend 1-2 days a week. For more information or to enroll, call or visit the resources above.

Did you know...?

- **TEXTING WHILE DRIVING** is as dangerous as driving with a blood alcohol level of 0.13%, over 1.5 times the legal limit
- **SMOKING KILLS** more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined
- **ONE SOFT DRINK** a day is 32 pounds of sugar a year
- **40% OF BONE MASS** is accumulated during adolescence
- **OF THE ROUGHLY 400,000 KIDS WHO BECOME NEW REGULAR, DAILY SMOKERS** each year, almost a third will ultimately die from it
- **ABOUT 7 PERCENT** of the American population has AD/HD
- **FRUIT JUICE** is about a teaspoon of sugar in each 1 oz of drink
- **SMOKERS LOSE** an average of 13 to 14 years of life because of their smoking



THE PHARMACY SHOP Where new technology combines with old fashioned service

Over 35 Years of Service in Bryan-College Station

Offering Much More Than Routine Prescription Dispensing...

- Special formula compounding
- Individual patient counseling
- Training in the use of in-home monitoring & treatment devices

Now offering diabetic/therapeutic shoes

Convenient Drive-thru window
2300 De Lee Street • Bryan, Texas 77802
(979) 776-6800

(Across from St. Joseph Hospital)
2007 Newman 10, Eagle Reader's Choice 4 years running

Brazos Valley Long Term Care Pharmacy

The Brazos Valley's First Exclusive Long Term Care Pharmacy

- Unit Dose Packaging • Free Delivery
- Monthly Billing • Pharmacy Consulting

2302 De Lee St. • Bryan • (979) 776-6813

life expectancy than their parents because of lifestyle issues," Parr says.

Nationally, schools are cutting back on recess or time allowed for physical activity. "That's why I like these after school programs like Kids Klub in College Station and Champions in Bryan," Parr says. "There are after-school activities at the school place for working on your homework, but also play opportunities that are in a safe environment."

Parr recommends that parents create a tight routine for their children and monitor how much screen time and physical activity children get. He says kids should have no more than two hours of non school-related screen time per day, and at least one hour of physical activity every day.

Another big part of keeping your children healthy is keeping track of what they eat. "Working families and parents working all day long, it's not likely that

"The juice industry has gotten everybody convinced that juice is healthy," Parr says. "To a degree, some juice is healthy, but fruit's better. Most juice is sugar water; it's just empty calories."

you're going to come home to a home-prepared meal," Parr says, "but there are semi-prepared meals that you can buy in stores." He suggests fully prepared meals from the meat section or frozen food section, frozen vegetables and fresh fruit. He also recommends slow-cooker meals, which can be healthy and convenient.

Though he doesn't recommend eating fast food, he does maintain that healthy choices can be made when eating at fast food restaurants. His recommendation is to decrease saturated fats and sugar, especially sweetened beverages like sodas and juices.

"The juice industry has gotten everybody convinced that juice is healthy," Parr says. "To a degree, some juice is healthy, but fruit's better. Most juice is sugar water; it's just empty calories."

Finally, at the end of the day, it's time for you and your kids to relax. To help your kids get healthier sleep, Parr suggests not letting them watch exciting television shows or play intense video games late at night. "Kids may need a wind-down period," Parr says. He also recommends avoiding large meals just before bed. As for the right amount of sleep your kids need, he simply suggests "enough so that they don't fall asleep every time they get quiet during the day."

Signs that they might not be getting enough sleep are excessive drowsiness during the day, irritability, decreasing academic performance, irregular sleeping patterns and snoring. "Pretty much if they're not doing those things, whatever number of hours of sleep they're getting is probably adequate," Parr says, "and if they're doing those things, then it's not adequate."

Parr's last piece of advice for parents sending kids back to school is to be interested in your child's education. "Ask about how they're doing, inquire, have expectations, be interested in what they're doing and not just in their sports but in their academics as well." He recommends that parents pay close attention to signs that their child might be struggling, and to contact the child's physician as soon as possible to see if there is a medical reason for their poor academic performance. "It's unlikely that school will be any more important to your child than their school is to you," he notes.

So this year, make sure you send your children back to school with as many advantages as possible to ensure their success. *i*

SUPPORT
Comfort
encouragement
care

HospiceBrazosValley.org

Bryan: 979.821.2266
Brenham: 979.277.9525
LaGrange: 979.968.6913





Don't send your child to bed hungry, but avoid large meals within an hour or two of bedtime

Basic Principles of Sleep Hygiene for Children:

- Have a set bedtime and bedtime routine
- Bedtime and wake-up time should be about the same time (within an hour) on school nights and non-school nights
- Make the hour before bed shared quiet time – no high-energy activities
- Don't send your child to bed hungry, but avoid large meals within an hour or two of bedtime
- Avoid products containing caffeine for at least several hours before bedtime
- Make sure your child spends time outside every day
- Keep your child's bedroom quiet and dark (night lights are acceptable)
- Keep your child's bedroom at a comfortable temperature (<75°)
- Don't use your child's bedroom for time-out or punishment
- Keep the television set out of your child's bedroom

**From Nelson Textbook of Pediatrics 2010*

Basic Principles of Sleep Hygiene for Adolescents:

- Wake up and go to bed at the same time every night (within an hour)
- Avoid sleeping in on weekends
- Naps should be short (less than an hour) and in the early- to mid-afternoon
- Spend time outside every day
- Exercise regularly
- Use your bed for sleeping only – don't study, read, listen to music, watch television, etc.
- Have a quiet or wind-down time of 30-60 minutes right before bed
- Don't go to bed hungry, but avoid eating a large meal within an hour before bed
- Avoid caffeine from dinner on
- Do not use alcohol
- Do not smoke at least one hour before bed
- Don't use sleeping pills, melatonin, or over-the-counter sleep aids unless specifically recommended by your doctor

**From Nelson Textbook of Pediatrics 2010*

How much sleep is adequate for my child, on average?

Age	Average Sleep Duration in a 24 Hour Period	Sleep Patterns
0-3 months	16-20 hours total	1-4 hour sleep periods, followed by 1-2 hour awake periods
3-12 months	14-15 hours at beginning, 13-14 hours later	3-4 hour sleep periods at beginning, 6-8 hour sleep periods later
1-3 years	12-14 hours	1 nap a day, night waking
3-6 years	11-12 hours	Napping declines at age 5
6-12 years	10 hours	Low levels of daytime sleepiness, increased discrepancy in amount of sleep on school vs. non-school night
>12 years	9 hours ideal, 7 hours actual	Often irregular depending on lifestyle

**From Nelson Textbook of Pediatrics 2010*

St. Joseph Catholic School



Educating the Mind, Body,
and Spirit since 1894.

"Our Leaders of Tomorrow"

Reader's Choice Award
2010

Best Private School

Best of the Brazos
2009, 2008, 2007, 2006

Call today to
schedule your family's
personal tour.



Secondary Campus: 979-822-6641 • 600 South Coulter, Bryan, TX 77803
Elementary Campus: 979-822-6643 • 901 East Wm. Joel Bryan, Bryan, TX 77803
Visit us on the web at: www.stjosephschoolbcs.org



BRAZOS VALLEY REHABILITATION CENTER

*Providing comprehensive rehabilitation services
to adults & children since 1957.*



- Occupational Therapy
- Physical Therapy
- Speech-Language Therapy
- Hippotherapy
- Aquatic Therapy
- Sensory Integration Therapy
- Assistive Technology

We accept most medical
insurance, including:
**Blue Cross Blue Shield
Scott & White • Aetna
Worker's Compensation
Medicare • Medicaid**
*Financial Assistance is
available to those in need.*

1318 Memorial Drive • Bryan, Tx 77802
(979)776-2872
www.east-texas.easterseals.com

Come for the evening...
...come back for the food and atmosphere

CENARIE

Authentic Italian

A casually elegant
atmosphere

Family Owned and Operated
Unique Selection of
Fine Italian Wines
Cozy Banquet Facilities
Open for Lunch
Mon-Fri 11 - 2
Dinner
Mon-Thurs 5 - 9:30
Fri-Sat 5 - 10

Tel: (979) 696-7311
404 University Drive East
College Station



Get A Job

For graduates or those seeking a new career, your guide to **WHERE THE JOBS ARE**

While the national trends for unemployment have been far from rosy this past year, there are a few bright spots in the local job market. Dr. Jim Gaines, a research economist at the Texas A&M University Real Estate Center, points to data from the Monthly Review of the Texas Economy showing that in April, Bryan/College Station had the third lowest unemployment rate in the state at 5.9% compared to an average of 8.1% for Texas. Bryan/College Station also showed the highest employment growth rate in Texas at 2.3% compared with the state average of -0.4%.

Even with those encouraging numbers, the local job market is not without its challenges. Brazos County typically has a low unemployment rate, says Tom Wilkinson Jr., executive director of the Brazos Valley Council of Governments. Even so, he notes, “We have more people on unemployment than we’ve

had in many years past.”

Whether you’re looking to land a job here upon graduation or you’re looking for a new career after a layoff, the first step is figuring out what types of jobs are available here in the Brazos Valley. The largest individual

Since 2008 when the Texas A&M Health Science Center College of Nursing began offering BSN degrees, 100% of the nursing students seeking employment had a job offer at the time of graduation.

employers locally are Texas A&M University, Sanderson Farms, Blue Bell Ice Cream, Monterey Mushrooms, Inc., Nucor Corp., and Kent Moore Cabinets, Ltd.

According to the Monthly Review of the Texas Economy, the fastest growing industries in Texas from April 2009 to April 2010 were education, health services and government. Wilkinson and Trish Buck, program manager of Brazos Valley Workforce

Solutions, have a long and encouraging list of successful or expanding local job areas: healthcare, lab technicians in biotechnology, retail, food service, mining, energy, oil and gas, first responders (firemen, policemen, EMTs), math and science educators,

accounting, manufacturing, electricians, plumbers, locksmiths, master carpenters, and commercial construction.

**BACK TO SCHOOL:
Nursing & Business Good
Advanced Degree Options**

Nurses are an integral part of the healthcare industry and currently are needed in areas



Saint Michael's Episcopal School

A classical education to develop all your child's gifts

Is your student COLLEGE BOUND?

100%

of 2010 Seniors
were accepted to their
first choice college.

\$230,300

were awarded to our
graduates in merit
scholarships and grants.

Find out how!

Join us for

DOMUS APERTA "Open House"

Thursday, August 12
2pm - 6 pm

Campus Tours every 20 minutes
Refreshments

Special welcome
by Head of School

Dr. Kathryn Lucchese at 3 pm



**Tuition scholarships
and financial aid
available**

*Ask for an application
at the Open House.*

APPLICATION FEE WAIVED AT OPEN HOUSE

2500 South College, Bryan www.stmes.net 822-2715

including critical care, emergency room, labor and delivery, neo-natal intensive care and medical/surgical units, says Kathryn Cochran, MSN, RN, and assistant dean of student affairs at the Texas A&M Health Science Center College of Nursing. Some of the career opportunities available to registered nurses pursuing advanced degrees include anesthesia, family health, pediatrics, oncology, women's health, mental health, emergency medicine, acute care, gerontology, education and administration. Since 2008 when the college began offering BSN degrees, Cochran says 100% of the nursing students seeking employment had a job offer at the time of graduation.

According to Cochran, the College of Nursing offers three tracks for those interested in a career in nursing: a four-year, generic program; an accelerated, 15-month program for those who have a degree in another field; and 12-month or 24-month RN to BSN programs for registered nurses looking for an advanced degree. The RN to BSN program is designed for working nurses and offers a combination of online courses, classroom courses and part-time study.

Another solid career performer in a challenging economy is the graduate program of the Mays Business School at Texas A&M University. From 2003 to 2008, between 98% and 100% of advanced degree graduates were employed by August of their graduating year, says Jim Dixey, director of the Graduate Business Career Services. That figure was down slightly for 2009 with 88% of graduates reporting they had found employment by August. Still, says Dixey, those figures place Texas A&M Mays graduates ahead of most other universities.

While their graduates pursue many different career paths, the Mays Business School MBA and Masters business graduates generally accept offers in finance and accounting, consulting, operations and production, management information services, and marketing and sales, says Dixey. About half Mays MBAs and Masters business graduates end up leaving Texas to pursue a career, he says.

KRAGUPATHI GASTROENTEROLOGY
Specialization in Diagnosis & Treating

- Abdominal Pain
- Gallstones
- Ulcers
- Diarrhea
- Constipation
- Hepatitis
- Pancreatitis
- Colon Cancer Screening
- Endoscopy
- Removal Intestinal Polyps
- ERCP
- Sphincterotomy
- Liver Biopsy

Dr. K. Ragupathi
Gastroenterology
(979) 693-6641

After Hours & Emergencies (979) 361-5082
1602 Rock Prairie Rd., Ste. 200 • College Station
Most insurance plans accepted
www.drdragupathi.com

HOW TO FIND A JOB

There are several key steps along every successful search-to-job path. “You must take a very active role in the job search process by creating an effective resume and making sure it has been reviewed,” says Samantha Wilson, director of campus programs at the Texas A&M Career Center. “Polishing your interview skills, understanding the market using a variety of channels for research, building a strong

boat,” says Wilkinson.

Workforce Solutions offers career aptitude testing to match skills with careers and job openings and also can help with job training. “We can provide the funding to assist somebody to train for a new skill if they have been laid off from a job or if they meet certain low-income categories,” Wilkinson says.

Training programs offered by Workforce Solutions range from a six-week certificate program to a two-year associate’s degree from Blinn College. If Blinn does not offer the training needed for a specific job, says

Where there’s the will to find a job, there’s a Brazos Valley resource available to find a way to make it happen.

network of people willing to assist you using such tools as the Aggie Network, accessing resources that provide employer contacts, and starting the job search early” are other success builders, says Wilson.

Wilkinson wants anyone trying to get back in the job market to know that Workforce Solutions Brazos Valley can help overcome a variety of obstacles, from job training to access to childcare. For job openings, Wilkinson suggests visiting the website workintexas.com. “Anybody can go look and see what jobs are out there and see if they have the skills,” he says. If you find something that sounds interesting, “you can apply for that job basically online,” says Wilkinson.

He also recommends a trip to Workforce Solutions Brazos Valley, a state-funded, employer-driven job program with offices on E. 29th Street in Bryan as well as locations in each of the surrounding counties. Job seekers can meet with a career counselor, use computer resources or attend the weekly jobs club. “You learn a lot from other people who are in the same

Buck, Workforce Solutions can arrange for classes at Austin Community College or Texas State Technical College in Waco. In those situations, Wilkinson says, Workforce Solutions can coordinate housing subsidies with other agencies or possibly fund a portion of gas expenses for commuting. “Most of our people who go into a training get the job before they finish,” says Wilkinson.

For job seekers who are currently collecting unemployment insurance, Buck recommends the Texas Back to Work program. Employers who hire eligible unemployment claimants can earn a \$2000 wage subsidy if they are pre-registered with the program. Another program helps parents who want to find a job but who are struggling to pay for childcare. “This is assistance to help eligible job seekers go back to work, where we help them by paying a portion of the childcare,” says Wilkinson.

Where there’s the will to find a job, there’s a Brazos Valley resource available to find a way to make it happen. *i*



TRENDS

For more information on the current economy, visit the Texas A&M University Real Estate Center at <http://recenter.tamu.edu>. To see the Monthly Review of the Texas Economy, click Monthly Review of the Texas Economy under Publications.

RESOURCES

For information about the Texas A&M University Health Sciences Center College of Nursing, visit <http://nursing.tamhsc.edu>. Application deadlines for the three nursing tracks are: Accelerated, August 1; Generic, February 1, 2011; and RN to BSN, February 1, 2011.

To see what jobs are available in the Brazos Valley, visit www.workintexas.com or the Workforce Solutions Brazos Valley’s website at www.bvjobs.net or <http://www.bvcog.org/>.

State of Texas: Workforce Solutions
Brazos Valley
3991 East 29th Street, Bryan
(800) 386-7200

2010

TOP DOCS

SERVICE. SKILL. DEDICATION.

BRAZOS VALLEY PHYSICIANS & SPECIALISTS

Dr. Ron Bartay



HELPING
PATIENTS
STAY
HEALTHY
NATURALLY

Dr. Ron Bartay is a chiropractor who didn't have to just study books to know how well Chiropractic works, since he was a patient of it as early as his high school years.

"Back when I was a high school student athlete I had numerous sports injuries," Bartay explains. "In my case the pain had progressed with no one event as the cause. The pain in my mid-back was so intense that anytime I played sports – or even tried to type a report in class – I was in agonizing pain."

That's when his mother decided to try Chiropractic care to relieve her son's pain.

"I had a cousin who was a chiropractor but I didn't know what it was or what he did. He did a complete exam, took some x-rays, and pointed out a curvature in my spine. Then I started getting adjustments to my spine. The adjustment didn't hurt- it actually felt good. I got relief and I was able to once again play sports without pain."

Chiropractic care keeps the spine in alignment, relieving pressure on nerves and muscles, allowing all the parts to work in harmony with each other — not fighting against each other. And regular, scheduled adjustments will keep those body parts in tune.

Many patients usually visit a Chiropractor initially due to a specific event or pain injury: recurring headaches, joint pain, pinched nerves, or some other injury to the neck or spine. After a series of treatments to relieve the pain and correct the spinal alignment, Dr. Bartay advises a Wellness regimen to maintain that alignment and keep the injury from recurring.

"In today's medical world, there is a philosophy of treating the symptoms," says Bartay. "With Chiropractic, we focus on treating the condition. It's definitely a pro-active methodology of taking control

of your health and fitness."

Chiropractic is the natural, safe, DRUG-FREE way to stay healthy. And, Chiropractic is safe for teenagers, adults, seniors - even newborns and infants! Bartay Chiropractic treats their patients in a state-of-the-art facility with the most advanced technology and therapies available, including Cold Laser Therapy and Decompression Therapy.

"We've had great success with patients undergoing Decompression Therapy since installing our Decompression unit in 2009," says Bartay. "Patients who thought their only relief was going to come from surgery have chosen to first try Decompression, and we've seen upwards of an 80% success rate in keeping them out of the operating room!"

Cold Laser Therapy has also been clinically successful in treating everything from joint pain to bone spurs, cold sores, and even sinus trouble. Bartay Chiropractic also offers care and treatment of sports injuries, rotator cuff problems, carpal tunnel syndrome, repetitive stress injuries, and tennis elbow, among many other bone, joint, and muscle injuries.

Bartay Chiropractic also offers Spinal Care Classes open to the public each Monday of the month at 5:30 pm. This class teaches the patient special exercises to strengthen and support the spine, and provides tips on how to relieve back and muscle pain and even avoid it in the future.

Bartay Chiropractic operates out of their clinic offices in Brenham, at 352 Stone Hill Drive. Initial consultations are available by appointment by calling (979) 836-5591. For new patients, forms can be downloaded and completed prior to your first visit from their website at www.BartayChiropractic.com.

Dr. Usha Venkatraj

Hope Cancer Center began with one doctor's idea to create a home-like atmosphere for patients battling cancer, a warm, friendly environment tuned towards treating the complete person by providing physical, psychological and emotional support. The staff of Hope Cancer Center and Dr. Venkatraj have complete faith in this approach in treating cancer patients. Hope Cancer Center began in January 2000 when Venkatraj opened her practice in Bryan emphasizing compassion, concern and a caring touch. Venkatraj sums up her philosophy, "My main focus as an oncologist is to preserve quality of life and let patients live a normal life while treating their cancer at the same time employing state of the art treatment protocols." She also serves as a board member at American cancer society and director of the College station cancer center.

The background of Venkatraj is impressive. From her early work with clinical trials involving breast cancer to a medical leadership role as the Co-Director of Albert Einstein Breast Center in New York to running her own practice in the Brazos Valley, she has never lost sight of the importance of compassionate care and complete honesty. She explains, "Patient trust is a great thing to have when working to combat a disease such as cancer. It's always the best option to be honest and to explain all scenarios and possibilities so individuals can make informed decisions."

Today most treatments for cancer are available right here in the Brazos valley. Patients at the hope cancer Center get individualized care with personal attention. Dr. Venkatraj listens to patient concerns and suggests possible coping mechanisms such as support groups, exercise, music or spirituality. She emphasizes that emotional and spiritual wellbeing is a critical part of cancer treatment. Venkatraj explains another key coping mechanism, "The emotional support of the family is invaluable for most cancer patients. Here in the Brazos Valley, families really come together to support each other through the difficult times."

Venkatraj, the mother of three children, strives to get involved in the community, particularly kids to promote healthy lifestyles and minimize their risk for developing cancer. She firmly believes in prevention and early detection of cancer is the best way to beat this disease. By speaking to children at schools about the dangers of smoking and alcohol abuse, she hopes to impact children's lives in a positive way. She speaks at American Cancer Society functions and to senior citizens about the importance of regular check-ups.

For health concerns or more information about Dr. Venkatraj, please call (979) 693-2900. Hope Cancer Center...even the name indicates a bright outlook for cancer care.



**HOPE THAT
HAS POWER
TO HELP
HEAL**

Dr. Bill Birdwell & Dr. Stephen Wright

Family & Cosmetic Dentistry

The association of *Dr. Bill Birdwell* and *Dr. Stephen Wright* in 2006 began a winning partnership for their patients and their community. The hallmark of their dental practice is platinum service: To go beyond the patient's expectations and to deliver care at the highest level.

Dr. Birdwell opened his practice 34 years ago and has given both time and energy to his profession and community. Recognized in 2001 as Texas Dentist of the Year, he is a graduate of UT Dental Branch at Houston and was named Alumnus of the Year in 2005. He was recently honored by the BVCAA for helping establish a dental clinic for the underserved in Brazos County. He is a Fellow in the Academy of General Dentistry and a member of the American Academy of Cosmetic Dentistry.

Dr. Wright is a graduate of UT San Antonio School of Dentistry and the Misch Institute for Implantology. He, too, gives time and energy to his profession and community. He is past president of the Brazos Valley District Dental Society and a Texas Dental Association delegate. Locally, he is President of the CSISD Education Foundation and an Deacon at Grace Bible Church.

Drs. Birdwell & Wright believe that a caring dental team is one secret to their success. Their staff members share the dentists' commitment to care and compassion for each patient. "Patients trust well-trained, caring team members. When patients trust, they listen and learn. They become informed patients who value their teeth and make better choices regarding their health."

Drs. Birdwell & Wright invite new patients to come in for an initial visit dedicated to listening and gathering information. Both dentists believe it is only through listening to their patients concerns, wants and needs, that trust can occur. "We have new technology enabling us to provide the highest level of care. For example, we offer implants (man-made roots) that anchor a removable denture, crown or bridge, helping the patient to chew better than ever. We can improve a patient's smile with ceramic veneers and crowns that function and feel like natural teeth. When the patient is ready to go from good to great, the possibilities are amazing!"

Please call (979) 776-4843, and visit www.birdwellwrightdds.com



**PLATINUM
SERVICE
STARTS HERE**

Texas A&M Physicians

Elevating the level of care in our communities



DR. CARGILE

In a time of economic uncertainty and health care reform, *Texas A&M Physicians* provide primary and specialty solutions for health.

As Texas A&M Health Science Center (HSC) College of Medicine faculty physicians, our doctors access the most current medical knowledge and research, offering patients a unique resource in addition to medical care.

Regardless of economic status, gender or age, patients rely on our family medicine doctors to provide continuing and comprehensive health care for the physical needs of themselves and their families.

Beyond day-to-day treatment of primary physical needs, Texas A&M Physicians also offers specialty care such as psychiatry and behavioral health, as well as neurology. Our services range from assessing and addressing stroke symptoms to evaluating mental health problems and creating treatment plans.



DR. RAMIREZ

Serving the Brazos Valley

The doctors of Texas A&M Physicians do more than just see patients. Through their association with the HSC-College of Medicine, they offer something unique among Brazos Valley health care professionals—academic expertise and advanced research. They also combine their mission of education and medicine to train future health care providers of tomorrow.

With the experience of established doctors and the energy of residents and medical students, Texas A&M Physicians works to fulfill its promise of better health care for Brazos Valley residents.

Texas A&M Physicians depicted from top to bottom are Dr. Christopher Cargile,



DR. McCLELLAN

psychiatry and behavioral health; Dr. Carmen Ramirez, neurology; and Dr. David McClellan, family medicine.

Regardless of economic status, gender or age, patients rely on our family medicine doctors to provide continuing and comprehensive health care for the physical needs of themselves and their families.

Family medicine appointments can be scheduled at (979) 776-8440.

Psychiatry and behavioral health appointments can be scheduled at (979) 774-8200.

Neurology appointments can be scheduled at (979) 774-8229.

Texas A&M Physicians leverage the collaboration, research and expertise of the HSC-College of Medicine to provide patients of our area with expertise of the established doctors and energy of residents and medical students, producing a healthier community and fulfilling the promise of better future health care.



TEXAS A&M PHYSICIANS

Dr. Carmen T. Ramirez

Exceptional care through individualized neurological treatment

As one of a handful of neurologists in the Brazos Valley, *Carmen T. Ramirez, M.D., M.Sc.*, is uniquely qualified to serve the neurological needs of residents here. From neck pain and headaches to stroke assessment and recovery, Dr. Ramirez and her team provide compassionate care based on the most current medical knowledge and research.

Using the latest technology in neurological diagnosis and treatment, Dr. Ramirez employs the only specially trained EEG/EMG technologist in the community.

Using the latest technology in neurological diagnosis and treatment, Dr. Ramirez employs the only specially trained EEG/EMG technologist in the community. This technologist uses an electroencephalogram (EEG) to study the electrical current within the brain and an electromyogram (EMG) to record electrical activity of muscles. Together with the technologist, Dr. Ramirez monitors and evaluates a patient's neurological activity

over time by using a mobile EEG device that the patient wears for 24 hours to record brain activity.

Dr. Ramirez serves as assistant professor of internal medicine at the Texas A&M Health Science Center (HSC) College of Medicine. She also serves the HSC-College of Medicine as a member of the Texas A&M Physicians, a group of faculty-physicians throughout the community who provide primary and specialty solutions for health.

Dr. Ramirez received a bachelor's degree in microbiology and immunology from the University of Miami in 1990 and went on to earn a master's degree in pharmacology from the University of Ottawa in 1993. She received her medical degree from the University of Ottawa in 1997. From 1997-2001, Dr. Ramirez completed an internship in internal medicine and a residency in neurology at the University of Miami Jackson Memorial Hospital.

Dr. Ramirez and her husband enjoy keeping up with their three children, Alex, Lucas and Isabella.

Referrals and appointments can be made by calling (979) 774-8229.



**CURRENT
KNOWLEDGE AND
COMPASSIONATE
CARE**

Dr. William Marr

Dr. William Marr is proud to offer the latest in multifocal lens technology for the correction of cataracts. Cataracts often affect those in their 60s or older. Those affected by the condition have blurry or dark vision due to the natural discoloration of the eye's lens due to aging, and if left untreated, cataracts can lead to blindness. The only treatment available is a surgical procedure involving lens implants, a common procedure that has been in use for 30 years.

The lens implant procedure can usually be completed by Dr. Marr in 10 to 15 minutes, and vision is restored quickly in most cases. Vision usually continues to improve in the weeks following the procedure. The ReZoom™ Multifocal lens, offered at Marr Eye Center, is a clear, foldable implant made of an acrylic material that is highly refractive. It has uniquely proportioned visual zones that provide it with its major advantage, full range vision due to multiple focal points. Most people can see well anywhere, including near, mid-range or far away.

Dr. Marr explains the importance of the new technology, "About 92% of those who received the technology in the ReZoom™ Multifocal lens reported wearing glasses either 'never' or 'occasionally,' quite an exciting prospect for those experiencing vision problems of this type."

Dr. Marr received his undergraduate degree at Texas A&M University, and completed his medical education at the University of Texas Medical School at San Antonio. His internship in Categorical Internal Medicine and his residency in Ophthalmology were completed at Scott & White Memorial Hospital in Temple. Dr. Marr is a member of the Texas Medical Association as well as the Texas Ophthalmologic Association and the Brazos-Robertson County Medical Society. He is an active fellow of the American Academy of Ophthalmology and holds an appointment on staff at Texas A&M Health Science Center.

Symptoms of cataracts include one or more of the following: difficulty reading, difficulty seeing close objects, difficulty seeing to drive, especially at night, changing glasses prescriptions and needing bifocals. Not all patients are good candidates for multifocal lens implant technology. An examination at Marr Eye Center can help determine if you are a potential candidate for this exciting technology.

Marr Eye Center is currently celebrating 25 years of helping patients in the Brazos Valley.

To learn more about vision improvement and increasing your quality of life, contact Dr. Marr's office at (979) 776-7564.



**CLEARLY
THE MOST
ADVANCED
CATARACT CARE**

Dr. Ricardo Pocurull and Dr. Rajpreet Singh



DR. POCURULL



DR. SINGH

Arthritis and Osteoporosis Clinic

Dr. Ricardo Pocurull and *Dr. Rajpreet Singh* of Arthritis and Osteoporosis Clinic (AOC) are the only board certified Rheumatologists in the Brazos Valley. With three new biologics approved this year for Rheumatoid Arthritis (Cimzia, Simponi, and Actemra) and one for Osteoporosis (Prolia), Drs Pocurull and Singh are committed to providing state of the art care for Rheumatic Diseases. They have established an Early Arthritis Clinic to help identify and treat patients with Rheumatoid Arthritis early and assertively. They also have developed a comprehensive program for Fibromyalgia, a chronic and painful condition that is difficult to diagnose and treat.

Both Drs Pocurull and Singh are the only Rheumatologists trained in the use of musculoskeletal ultrasound which complements Xray's and MRI's. Research has shown that ultrasound detects changes from Rheumatoid Arthritis up to two years earlier than Xray's. Also, the use of ultrasound to guide joint injection improves not only the accuracy and infect

of the injections but also patient comfort. When a doctor administers injections with ultrasound, they don't have to "search" for the right spot blindly with a needle. The ultrasound makes the injection procedure much smoother and less painful.

AOC also has a state of the art bone density machine to help accurately diagnose and monitor Osteoporosis, a condition that is increasing in prevalence. Screening is important as osteoporosis causes no symptoms until the patient experiences a fracture.

In a rapidly changing environment with emerging

In a rapidly changing environment with emerging treatment options, experience and knowledge of the field of arthritis is increasingly important.

treatment options, experience and knowledge of the field of arthritis is increasingly important. The board certified physicians at the AOC will work with you to provide an accurate and timely diagnosis and establish a comprehensive treatment plan. Visit us at AOCBV.COM

Dr. Michael Reece

Can a new smile change your future? Find out with new adult cosmetic braces and the 6 Month Smile program offered by *Dr. Michael Reece*. The visual and entertainment media have gradually established high esthetic standards for viewers by exposing them to beautiful faces and brilliant smiles. Innovations in cosmetic dentistry like the 6 Month Smile program have made superior cosmetic results affordable not just for celebrities but even to people outside the entertainment industry. These clear braces are faster and more effective than other adult cosmetic braces,

giving amazing results in just six months.

Realize your dreams of a gorgeous, healthy, comfortable smile. Dr. Reece's exceptional dental practice offers services ranging from cosmetic dental procedures, like teeth whitening and porcelain veneers, to comprehensive restorative dentistry, such as dental implants, full mouth reconstruction and

dental treatment for chronic headaches.

The entire office was designed for your comfort and excellent dental care. With more than 100 years of combined experience, Dr. Reece and his team invest in education each year because the exciting world of dentistry changes constantly, and they are dedicated to giving patients the best care and state-of-the-art technology.

In addition to numerous local awards, Dr. Reece has been chosen by Texas Monthly Magazine as "Texas Super Dentist" four years in a row. His practice is open to all patients around the Brazos Valley who are seeking routine, restorative or cosmetic dentistry, as well as those patients seeking relief from headaches,

Innovations in cosmetic dentistry like the 6 month Smile program have made superior cosmetic results affordable for everyone.

neck and facial pain and sleep apnea through specialized neuromuscular dentistry techniques. Call (979) 846-6515 to schedule a consultation or visit www.drreece.com for more information.

STRAIGHT INTO THE FUTURE



The Cancer Clinic

In every profession there are those that stand out - those that rise above the average and the commonplace. It usually isn't a position they seek, but something that evolves naturally from a commitment, a passion for what they do.

People see this. They feel it. They know its sincerity and genuineness intuitively. In the profession of cancer care, we are fortunate to have three individuals who have achieved this same level of unspoken respect and recognition. They are Drs. Tripathy, Jenkins and Fleener. Together they are simply known as the *Cancer Clinic*.

While there are a lot of positive words that patients use to describe these three talented individuals, perhaps no other words are used more than compassion and competency.

Diverse in background, education, and individual specialization, these three physicians together have come to comprise a medical practice that is now seen by many patients as the premier destination for advanced cancer treatment.

This destination status didn't come by chance, but rather by design, stemming from a collaborative effort begun over 20 years ago by Dr. Tripathy, the founder of the Cancer Clinic.

Today, patients can truly call this area a cancer

treatment destination. The Cancer Clinic's commitment to seeing new patients within 24 hours is still a vital and core value of the practice and a great source of comfort to those who have just learned they have cancer. Maybe most importantly, patients no longer have to travel great distances knowing with full confidence that every aspect of cancer treatment is available in-depth locally.

Growing demand in recent years has also meant more than just adding physicians. It has also meant expansion of the Cancer Clinic facilities. Now open, it has been an instant success with patients and their families and fittingly symbolic of the forward-thinking and investment in patients' well-being that are vital when creating a true cancer destination.

Recognition has followed the Cancer Clinic. Dr. Jenkins has been recognized five times by Texas Monthly as a top cancer doctor. In 2009, the Cancer Clinic received its third Eagle Reader's Choice Award. Add in Insite's Top Doc designation, and it is easy to see how the Cancer Clinic has become preferred choice of many patients. To doctors Tripathy, Jenkins and Fleener the awards have been a nice compliment to their commitment to make the Cancer Clinic the best cancer care destination available.



RECOGNIZED
FOR A
PASSION FOR
COMPASSION

Dr. Malcolm Rude

Personalized care with unique patient goals in mind...that sums up the philosophy of Bryan plastic surgeon, *Dr. Malcolm Rude*. He takes pride in focusing on each patient's objectives while offering state of the art surgical techniques right here in the Brazos Valley. His skill and expertise is enhanced by his warm, open and honest nature.

"Beauty is intensely personal," explains Dr. Rude. "As people age, the effects of gravity, exposure to the sun and the stresses of daily life can be seen in their bodies and faces. Cosmetic procedures can't stop this aging process, but they can set back the clock, improving the most visible signs of aging."

Dr. Rude received a Bachelor of Science degree from Texas A&M University in 1993. He went on to pursue research in medical school that led to publications in well-respected medical journals. During his three year plastic surgery residency, he conducted research in both cosmetic and reconstructive plastic surgery and presented his research at both state and national scientific meetings. He opened his own plastic surgery practice in the Brazos Valley in 2004.

Breast surgery and body contouring are specialties of Dr. Rude, and he is a Board Certified

plastic surgeon with knowledge of the finest techniques available. He also performs facial cosmetic surgery, and offers Botox, Radiesse, laser treatment and skin care. His extended training in general plastics has also afforded him the ability to diagnose and treat a wide variety of disorders, facial cosmetic surgery and all the reconstructive techniques of modern plastic surgery.

Patient education is the cornerstone of Dr. Rude's practice. He takes the time to understand the aesthetic goals of his patients and helps each one find the best course of action to take. Dr. Rude's experience and judgment, along with a helpful and friendly office staff, enable each patient to receive the most personalized attention and care without having to leave town.

"We are committed to ensuring that each patient will receive quality care as well as have total confidence in our superior service, which caters to each patient's individual needs," explains Dr. Rude.

Dr. Rude's office is located at 2304 De Lee Street in Bryan. For more information about services or to set up an appointment, please call (979) 776-8825 today or visit his website at www.drrude.com.



BECAUSE
BEAUTY IS
PERSONAL

Dr. Terry Jones – Dermatologe



**HELPING PUT
YOUR BEST
FACE FORWARD**

Who knows more about skin than a dermatologist? After years of being asked by patients which beauty products and treatments would help their skin stay healthy looking, **Dr. Terry Jones** opened Dermatologe Medical Spa. His 30 years of experience helping develop pharmaceuticals for everything from acne to psoriasis led Dr. Jones to formulate his own line of skin care products.

“The science, and the ingredients, behind a product have to be good,” says Dr. Jones about Dermatologe’s full line of lotions and body scrubs, acne wash and sunscreens, even skin lightening pads for sun and age spots.

That’s the reason Dermatologe also carries the Jane Iredale Collection, the original mineral makeup collection. Endorsed by the Skin Cancer Foundation for its protection and celebrities for its beautiful results, Jane Iredale Makeup Collection is the #1 choice of skin care professionals offering the best value – and beauty – for your money.

Dermatologe offers the latest and most effective medical spa treatments including no down-time laser peels, Botox and derma fillers, microdermabrasion and more. Dr. Jones continues to listen to what his patients are seeking in the health and beauty through

his active dermatology practice and then make only the most effective beauty solutions available through the Dermatologe Medical Spa facility.

For simply the finest value in a full line of makeup and skin protection products backed by science, call Dermatologe for a skin analysis and makeup consultation to make this the most beautiful summer yet for your skin. “It’s all about value,” says Dr. Jones, “and healthy, beautiful skin.”

Who are Dermatologe clients? Teens who need microdermabrasion or photo therapy to help manage acne. Busy moms who want value and trust in their skin care and makeup products. Men and women who want the best available for younger looking skin. Anyone who wants to know that the medical spa product or service they are purchasing is backed by Dr. Jones’ 30 years of dermatology experience.

For health and beauty products and medical spa treatments backed by experience and scientific research, call or visit Dr. Terry Jones’ Dermatologe Medical Spa and Laser Center. It’s where beautiful skin begins. Visit www.dermatologe.com or call (979) 776-SKIN.

Brazos Valley Foot Care



**COMPREHENSIVE
PODIATRIC
SERVICES**

Putting patients first has been the cornerstone of Brazos Valley Foot Care since 1970. Originally opened by Dr. Jacob Beal, the podiatry practice continues to provide the highest quality services in the Brazos Valley area. Today the practice is managed by Dr. Brian Abbey and owned by **Dr. Abbey, Dr. Eduardo Oriuela** and **Dr. Robert Aguilar**. Dr. Aguilar’s office is in Brenham. Dr. Julie Albert’s office is on the Med Campus in the Medical Arts Building in College Station.

The doctors most often treat patients that are sent to them from family doctors and satisfied patients, and they provide comprehensive podiatric services throughout the area. In addition, they are the only local practice that offers services to home bound patients who are under the care of a home health service. The doctors also have satellite practices in Marlin, Rosebud, Brenham, Navasota, Caldwell and Somerville in order to more fully serve the Brazos Valley area.

The friendly, caring and efficient staff at Brazos Valley Foot Care will make your visit as convenient and pleasant as possible. The doctors’ conservative approach to foot care explores all possible treatments before the more invasive option of surgery. They will work with you to find the best way to offer comfort and relief.

“We always try to help each other to make sure that our patients get the best care and services possible,” says Dr. Abbey. “We are often acknowledged by our patients as truly caring about their wellbeing.”

The dedication of the doctors and staff has earned Brazos Valley Foot Care the accolades of being voted Best Podiatrist in The Eagle Readers’ Choice poll and

“We always try to help each other to make sure that our patients get the best care and services possible,”

the Best of the Brazos each of the past four years. As for the future, the practice will continue to offer the most comprehensive foot care in the Brazos Valley Area.

For more information, or to schedule an appointment, please call 979. 776.6060 or visit www.brazosvalleyfootcare.com.

Dr. Donna H. Canney MD PhD

Sometimes you feel like your body is not working correctly; something is just wrong. Routine tests all come back “normal”. Your doctor talks to you about aging, stress, depression, lifestyle, et cetera. You feel frustrated and depressed because your body seems to be failing you and won’t get better.

Dr. Donna Canney loves to solve a difficult problem like this and to find a diagnosis that can lead to appropriate and individualized treatment. She comes from a research background, so digging deeply for answers comes both naturally and through years of training. Dr. Canney says, “It takes more than fifteen minutes to get a thorough history of the problem, go through records of previous workups, and look for patterns and other clues needed to solve the problem. You have to look at the whole person, not just a set of symptoms.” Any needed lab or imaging studies are ordered through standard facilities that are convenient and cost-effective for the patient. Treatments include evidence-based medical approaches, proven alternative therapies, and sometimes just plain common sense.

Her background is impressive. Dr. Canney has a Ph.D. degree in Anatomy and Physiology from Cornell University, where she was recognized nationally for her work with pituitary hormones in bats. She did her

medical training at Texas A&M College of Medicine with much of her clinical experience done at Scott & White Hospital in Temple, Texas. She did her 3-year Family Medicine residency at San Jacinto Methodist Hospital through Baylor College of Medicine. Dr. Canney served as Chief Resident there and left with honors in teaching as well as the Best Resident Research Award. She is board-certified in Family Medicine, and is a Fellow of the American Academy of Family Physicians.

Practicing in Navasota since 2001, Dr. Canney was recognized as the “Best Doctor in Grimes County” in the 2006 Navasota Examiner’s reader’s survey.

Dr. Canney’s clinic is newly remodeled in a historic building in downtown Navasota. Patients say they find it a healing environment with growing plants and soothing colors that comfort and uplift. They say the healing process begins even before they see the doctor.

To consult with Dr. Canney about a problem you are having, please call (936) 825-1721 for an appointment.



**TAKING TIME
MEANS BEST
PATIENT CARE
AND RESULTS**

Elms Orthodontics

Since 1991, **Dr. Troy N. Elms** has been creating beautiful lasting smiles for both children and adults in the Brazos Valley. A Diplomate of the American Board of Orthodontics, he is one of only two board certified orthodontists in Bryan/College Station. For that reason, you can be certain that Dr. Elms and his team will provide you with the highest quality of orthodontic treatment available. Elms Orthodontics utilizes the most advanced treatment techniques including heat-activated memory wires, self-ligating braces, clear (non-staining) braces and smaller braces. All of these enhance the process of helping you achieve the smile that you have always wished for, in the shortest amount of time.

Recognized as the **ONLY** Premiere Provider for Invisalign in Bryan/College Station, Dr. Elms is ranked in the top 5 percent of all dental professionals in the United States for his experience with aligner therapy. A growing number of patients have discovered the advantages of using these removable and invisible plastic straighteners to accomplish the same goals as traditional braces. Many adults who would otherwise require extensive and expensive cosmetic dentistry have reaped tremendous benefits from aligners. With no metal and no fuss, Invisalign

can create a beautiful result using your own natural teeth at a fraction of the cost of veneers or full mouth restorations.

Dr. Elms and his team would like to welcome you to visit their office for a consultation. Located at 1501 Emerald Parkway in College Station, the facility is state of the art and more. The office is conveniently located right on the Highway 6 Bypass and is equipped with the latest technology in digital dental radiography, photography and orthodontic diagnostics. Part of the fun includes a 14-seat movie theater, game room and chair-side game systems.

Dr. Elms recently began offering a free shuttle service to his patients in Bryan/College Station schools. The Orthomobile is available to his patients and makes Elms Orthodontics a leader in quality patient care.

To schedule an appointment for your child or yourself, please call (979) 693-6300 or 1-(866) 693-0656 or for more information, visit www.drelms.com.



**LATEST
STYLES MAKE
BEAUTIFUL
SMILES**

Jeff Herrington of **Jeff Herrington Communications** in Dallas (www.jeffherrington.com) will spill the secrets for delivering effective web communication on October 14 from 9 a.m. to 12 noon for the **Brazos Valley IABC fall workshop**. It will be held at Christopher's World Grille in Bryan with lunch from 12 noon to 1:30 p.m. He'll teach how to compose everything from sentences to paragraphs to make your web content user-friendly, as well as how to make headlines and teasers to reel in readers. Each participant will also receive a free workbook to keep as a reference. Cost is \$80 for IABC members, \$100 for non-members, and \$60 for students. To register and pay, visit bv.iabc.com, or for questions regarding group discounts, email Mary Vinnedge at m-vinnedge@tamu.edu.



The **Girl Scouts of Central Texas** recently named **Sandra Trainor**, College Station, one of its **2010 Women of Distinction**. She and other honorees from the Girl Scouts of Central Texas service area were honored at a recent dinner in Killeen. Pictured are past Women of Distinction who treated Sandra to lunch to celebrate her selection. (l to r) **Diane Jones Meier, Joyce Cavanaugh, Sandra Trainor, Sandra Gossett, and Jeannette Phariss**.

The **Board of Directors** of the **Brazos Valley Veterans Memorial** has commissioned noted Navasota artist **J. Payne Lara** to create the first of 18 planned sculptures to be located along the newly completed **Lynn Stuart Pathway**. Lara's works are located throughout Bryan and College Station and include the striking Civil War memorial sculpture in Anderson. Additional memorials are planned for each of the 17 principal United States wars and the War

for Texas Independence. The vision of the Board is to complete all 18 memorials before the celebration of the 250th anniversary of the United States in 2026. Funding for these statues and sites is by tax-free donation. For more information about the Lynn Stuart Pathway and the Memorial for all Veterans of the Brazos Valley, Inc., call (979) 450-3296 or email info@bvvm.org.

The **Brazos Valley Museum of Natural History** has been selected to receive a grant from the **National Endowment for the Humanities (NEH)**. The grant selection process included peer review and specialist review along with deliberation by the National Council on the Humanities and the Office of the Chairman. The Museum's funded project, a special showing of a Civil War exhibit entitled Lee and Grant, has also been designated as an NEH "We the People" project. The Lee and Grant exhibit was organized by the Virginia Historical Society and encourages visitors to explore the lives, careers, and historical impact of these two Civil War generals. Drawing upon a rich assortment of documents, letters, historic photographs, paintings, prints, reproduction clothing, accoutrements, and other materials from nationally significant collections, Lee and Grant offers a biographic comparison of the two men. The exhibit will be supplemented with material relevant to local Brazos Valley Civil War stories and will be on display at the Museum from June 16 through August 11. Admission to the Museum and the Museum's permanent galleries and traveling exhibits is \$5 for adults; \$4 for children, students, and seniors. Members and children 3 and under are free. The Museum, located in the Brazos Center on Briarcrest Drive, is open to the public Tuesday through Saturday from 10 a.m. to 5 p.m. For additional information about this and other Museum events and exhibits, call (979) 776-2195 or visit www.brazosvalleymuseum.org.

The **Texas Land Title Association (TLTA)** recently announced **Debra**

Hernandez and **Charles Marino**, both with **University Title Company**, have successfully completed the requirements and passed the examination to earn professional designations. Debra Hernandez earned the designation of **CESA – Certified Escrow Settlement Associate**, while Charles Marino earned the designation **CTIA – Certified Title Insurance Associate**. Hernandez and Marino join an elite class of CESA and CTIA professionals. The TLTA Certification program launched in 2009, and currently there are only 77 Certified Title Insurance Designees throughout the state of Texas. Hernandez and Marino are Escrow Officers at University Title, where Hernandez has been employed for 13 years, and Marino has been employed for 17 years.



The **City of College Station's Heritage Programs** recently presented Bryan resident **Barbara Althaus** with the **President's Call to Service Lifetime Achievement Award**. The national honor was offered in recognition of her 4,040 hours of volunteer service completed last year. The majority of Althaus' work involved extensive research on the history of El Camino Real de los Tejas, Texas' only national historic trail, found in north Brazos County. Althaus' research will be used to document early settlers in the Brazos Valley in future additions to Veteran's Park. Althaus also volunteered many hours promoting Brazos County history through her work on the Brazos County Historical Commission and volunteering for the city's Heritage Programs. For more information about volunteering for Heritage Programs, contact Heritage Programs Coordinator Anne Boykin at (979) 764.3491 or aboykin@cstx.gov. *i*

BRYAN-COLLEGE STATION

DINING / CATERING

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! M-F 7am-10pm, Sa-Su 8am-10pm

C&J BBQ, www.cjbbq.com, 105 Southwest Pkwy, CS (979) 696-7900; 1010 South Texas Ave., Bryan (979) 822-6033; 4304 Harvey Rd., CS (979) 776-8969. Voted Best BBQ in the Brazos Valley, C&J offers all your favorite Texas barbeque such as sliced beef, jalapeno sausage, pork loin, turkey, chicken, or ribs. Catering and banquet rooms are available. M-Th 10:30am-8:30pm; F-Sa 10:30am-9pm; Su 11am-3pm, Hours may vary among locations.

CAFÉ ECCELL, www.cafeeccell.com, 101 Church Ave., CS (979) 846-7908. Café Eccell really is a true grill and fresh seafood bistro. Located in College Station's Old City Hall, the café offers fresh seafood daily and a kitchen that fires up with food that excites the senses. 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. Serving breakfast on weekends. M 11am-2pm; T-Th 11am-9pm; F 11am-9:30pm; Sa 8am-9:30pm; Su 8am-8pm

CHICKEN OIL CO., www.dixiechicken.com/chickenoil, 3600 S. College Ave., Bryan (979) 846-3306. Chicken Oil Co. opened in Bryan, Texas as a gas station and burger shop in 1977. Since then it has become one of the most unique restaurants in the world. It is most recognized for its delicious hamburgers, one uniquely called the Death Burger. Su-Th 11am-9pm; F-Sa 11am-10pm

CHRISTOPHER'S WORLD GRILLE, www.christopherworldgrille.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

DIXIE CHICKEN, www.dixiechicken.com, 307 University Dr., CS (979) 846-2322. Thirsty beer drinkers regularly flock to the Dixie Chicken to play bones, shoot pool, listen to their favorite Texas music and be with good friends. Choose from a variety of menu options including made to order burgers, hang down sausage, and cheddar cheese on the wheel. M-Su 10am-2am

DOUBLE DAVE'S, www.doubledaves.com. Your neighborhood pizza works with 3 area locations: Boonville Rd., B; Texas Ave., CS; Longmire, CS, Try original items from Double Dave's legendary menu including Peproni rolls, stromboli, stuffers and handmade specialty pizzas. Su-Th 11am-10pm,

F-S 11am-11pm, Buffet available at select times: 11am-2pm daily, M & W 5:30pm-9pm

EPICURES CATERING, www.epicurescatering.net, 2319 Texas Ave. S., CS (979) 695-0985. As a full service catering company, Epicures specializes in weddings, receptions, business functions, conventions, reunions, celebrations, bridal showers, company luncheons and more. Epicures also offers private dining facilities for parties from 20 to 200. Epicures is also equipped to handle last minute plans with our new line of Epicurean Packs, a complete meal featuring favorite dishes prepackaged and ready-to-go.

JOSE'S RESTAURANT, www.joses-zaraperestaurants.com, 3824 S. Texas Ave., Bryan (979) 268-0036; 308 North Main, Bryan (979) 779-8702. Discover the taste of Old Mexico at Jose's Restaurant. Choose from traditional dishes such as enchiladas and quesadillas, or savor specialties like pollo a la parrilla, steak ranchero, or carne asada a la tampiquena. Mixed drinks are also available. T-Su 11am-9:45pm

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

LUIGI'S PATIO RISTORANTE, www.luigispatoristorante.com, Rock Prairie Rd. and Hwy. 6, CS (979) 693-2742. Luigi's is an Italian patio restaurant experience that transports you to Italy. You may choose to dine in a beautiful, cozy Italian villa-style home interior or eat "outside" on the patio where all the piazza town center activity happens—but it's all indoors! Tu-F 11:30am-2pm; Tu-Su open nightly at 5:30pm; Brunch Su 11:30am-2pm

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

VILLAGE CAFÉ, www.thevillagedowntown.com, 210 W. 26th St., Bryan (979) 703-8514. The Village is a wonderful cafe by day featuring local and organic foods and fabulous locally roasted "What's the Buzz" coffee. Art979 is an art gallery by night featuring local art, art events and Texas wine and beer. M 8am-5pm, T-W 8am-10pm, Th-F 8am-12am, Sa 8am-2am, Su 8am-8pm

SWEET TREATS

TRUMAN CHOCOLATES, www.trumanchocolates.com, 4407 South Texas Ave., Bryan (979) 260-4519. Truman Chocolates is your source for exquisitely handcrafted gour-

met 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 AND ATTRACTIONS

BRAZOS COTTON EXCHANGE, www.brazoscottonexchange.com, Howell Building, 200 South Main, Third Floor Bryan (979) 575-4181. A venue of timeless beauty with picturesque views of historic downtown and the Bryan skyline, the Cotton Exchange is the perfect place for any occasion. Simplify your event planning by choosing the facility that has all amenities needed for your next function.

B-CS CHAMBER OF COMMERCE, www.bcschamber.org, 4001 E. 29th St., Ste. 175, Bryan (979) 260-5200. "We can accomplish collectively what no one business can do alone." Spring and summer events include Epicurean Extravaganza, Chamber Day, Job Fair, Celebrity Softball Classic and Ladies Nite. Call for more event details or to request membership information.

THE THEATRE COMPANY, www.theatrecompany.com, Corner of Villa Maria and Texas Ave., Bryan (979) 779-1302. The Theatre Company is a community theater performance group dedicated to the presentation of high quality productions suitable for family audiences at an affordable price. The group strives to provide community enrichment for all ages. Call for production dates and times.

U PAINT-IT, www.upaintit.com, 900 Harvey Road, Ste. 5A, CS (979) 695-1500. U Paint-It is a contemporary paint-it yourself pottery studio. They provide the materials for you to design and paint your chosen ceramic piece. Then they glaze and fire your piece and in 5-7 days you'll have a personal masterpiece and keepsake! T 11am-8pm; W 10am-10pm Th-Sa 11am-8pm; Su 2pm-6pm

BURLESON COUNTY

DINING / CATERING

JP'S TACO EXPRESS, 410 SH 36 S, Caldwell (979) 567-0611. Homestyle Mexican food at its best! Enjoy delicious breakfast tacos made to order, mouth-watering fajitas tacos, gorditas and chalupas. JP's uses homemade tortillas and offers service with a smile in Burleson County. Try the M-F 6am-3pm, Sa 6am-2pm

MAD HATTER'S TEA ROOM, www.madhatterstea.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

MASFAJITAS, www.masfajitas.com, 305 Highway 36 S., Caldwell (979) 567-4007. Masfajitas' Tex-Mex menu consists of all your favorites including a variety of fajita options, enchiladas, tacos, and nachos. Seafood entrees are also available for a taste tempting combination of flavors. Call Masfajitas for your next party or event. Su-M 11am-9pm

SHOPPING

MAD HATTER'S TEA ROOM, www.madhatterstea.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's offers a unique selection of gift items, gourmet coffees, and specialty teas. Ladies' apparel, jewelry and accessories make for a pleasant shopping excursion. W-Sa 8am-5pm

SLOVACEK'S, www.slovacek.com, 9423 Highway 60 W., Snook (979) 272-3333. In 1957, Uncle John Slovacek, a friendly guy from Snook, dropped his amateur status and

turned professional sausage maker. Today, Slovacek's offers their great sausage in retail locations around the Brazos Valley, including their retail store in Snook. You'll find it alongside fresh meats and gourmet gift ideas. M-F 6-8; Sa 7-8; Su 10-8

ENTERTAINMENT AND ATTRACTIONS

ROYALTY PECANS, www.royaltypecans.com, 10600 SH 21 E., Caldwell (8 Miles West of Bryan) (979) 272-3904. A brand new look for a Brazos Valley tradition. A new facility open to the public year-round offering items such as Texas fancy pecan halves and a line of gifts, gourmet breads and mouth watering flavored pecans. Excellent day trip from anywhere in the Brazos Valley. M-F 10am-4pm, Sa 10am-2pm. Cafe available for events only.

THEATRE GUILD OF BURLESON COUNTY, (979) 567-2308. The Theatre Guild of Burleson County is a nonprofit organization whose mission is to enrich, educate and entertain as well as create opportunities for community participation in a broad range of quality and affordable theatrical productions. For information about productions or auditions, please contact Texas Agrilife Extension Service, Burleson County.

WASHINGTON COUNTY

DINING / CATERING

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

ENTERTAINMENT AND ATTRACTIONS

WASHINGTON COUNTY CHAMBER OF COMMERCE, www.brenhamtexas.com (979)836-3695. Take a deep breath...and picture yourself driving winding country roads and visiting quiet villages – all in Washington County, located between Houston and Austin on Hwy. 290. Brenham, the county seat and home of Blue Bell ice cream, is a bustling small town of about 14,000 friendly folks with an historic downtown filled with shops and dining options. Many attractions for the entire family—come play with us!

AREA EXCURSIONS

OIL RANCH, www.oilranch.com, 23501 Macedonia, Hockley (281) 859-1616. A short trip from the Brazos Valley, Oil Ranch offers family fun, corporate events and school field trips. Conveniently located between Waller and Magnolia, it's the perfect place for birthday parties, family reunions and company picnics. Fun activities for kids include a pool, train rides, putt-putt golf, a petting zoo, hay rides and much more. Please call for group rates or corporate event planning.

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

Skilled. Experienced. Compassionate.

The great physicians at College Station Medical Center.

For 79 years, College Station Medical Center has met the healthcare needs of the Brazos Valley community. With a dedicated and experienced medical staff that offers many specialties ranging from emergency medicine and advanced surgical services to cardiovascular care and much more, the quality care you need is here at College Station Medical Center.

For more information or a physician referral, call (979) 693-2762 or visit us online at csmedcenter.com.

College Station Medical Center

