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A&M CLUB

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CONTENT

CIAO A TUTI AND HOWDY, AGS!

*A*s the summer sun reaches its peak, we find ourselves

immersed in the enchanting allure of Italy in August. It's a time of festivity and celebration. From north to south, the country is teeming with cultural events and colorful traditions that capture the essence of Italian life. Prepare to witness the joyful chaos of the Palio di Siena, a centuries-old horse race that engulfs the medieval city of Siena in an electrifying atmosphere. Experience the melodious symphonies that resonate through the historic amphitheater of Verona during the world-famous opera festival. And let the vibrant bursts of fireworks illuminate the night sky as you revel in the enchanting magic of *Ferragosto*, a national holiday that epitomizes the Italian spirit of togetherness.

While the cities come alive with merriment, the Italian coastline beckons with its sun-soaked beaches and crystal-clear waters. From the picturesque Amalfi Coast to the glamorous shores of Sicily, Italy's coastal gems offer respite from the summer heat and an opportunity to indulge in the pleasures of *la dolce vita*. Bask in the golden rays of the sun, savor a refreshing gelato, and allow yourself to be swept away by the gentle sea breeze. August in Italy feels like all of Europe is on holiday...and at times I think they are.

August in College Station is far different. The heat is the same but classes are about to begin, students are returning and the campus comes alive with the hustle and bustle through the city. Traffic, restaurants, and of course fall sports are all on the horizon.

Seize the opportunity to embrace the magic of August. Let its warmth envelop you, its beauty captivate you, and its charm beckon you to soak up a few more rays of sunshine as summer comes to a close.

This month we will highlight **Sicily** and club member **Heather Clary '07** will take us on a journey of the region she calls home. We will also embrace the art of **riposo** and learn about **ways to beat the summer heat**. **A look into** the culture of **bocce ball** and an **Aggie sports update**, along with club members favorite August **recipe**. Read about one of our exceptional club members with 12 questions as we get to know a little bit about Heather in our **Ask an Italy Ag** column and a few other updates as well.

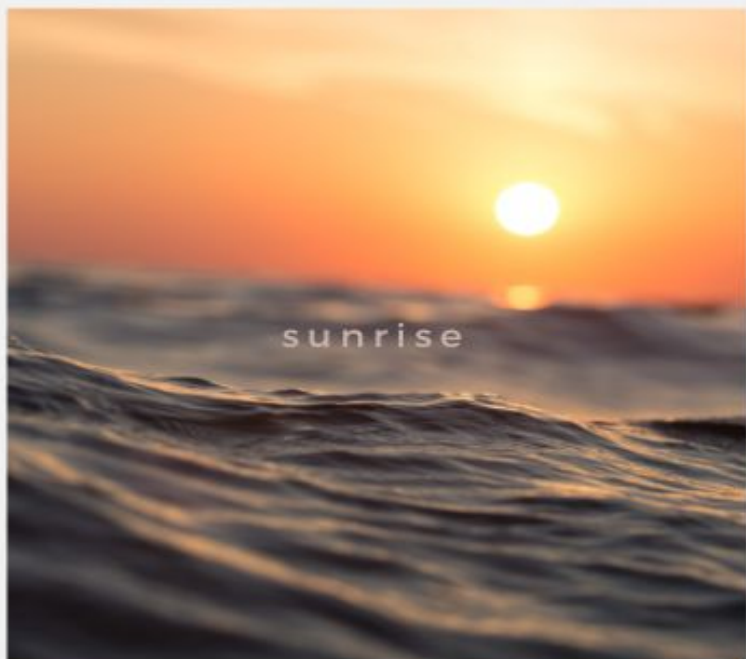


We hope you enjoy the information and let us know if there is anything you would like to see in future updates.

Thanks, Ciao and Gig'em!

Ryan '91

Scoates Hall (1932), originally known as the Agricultural Engineering Building, was designed by Frederick E. Giesecke, in a classical revival style. The south entrance has a decorative two-storied element with intricate carvings and beautiful ironwork frames, lamps and grillwork. The facade is decorated with ornamental cornices and symbols in cast stone including goat heads and owl figures. The second floor interior hall ceiling has ornamental ironwork and agricultural motifs. The building is named in honor of Daniels Scoates, professor and head of the Department of Agricultural Engineering from 1919-1939. It was intended as part of a never completed agricultural quadrangle.





THE ART OF THE RIPOSO

*T*he Italians have dealt with very hot summers for a very long time. So they have come up with a genius way to make the most of their day without having to suffer in the heat. In other words, they take an extended lunch break – called *riposo* – of two to four hours during the hottest time of the day. Smaller shops, offices, and even some museums and large shopping centers pull the shutters down around 1 pm each afternoon. Then, they reopen between 3.30 and 4.30 pm and stay open until 7:30 or in some cases until 8:00 pm. This is especially valid for the smaller Italian cities and towns.

You may find it a bit frustrating and counterproductive at the start. You may even complain about the waste of time and being unable to shop in the early afternoon. Yet, it will be in your interest to adopt *riposo* as an integral part of your Italian experience. Taking a break during the hottest hours of the day will allow you to relax and freshen up.

An afternoon nap or relaxing by the pool will also give you the energy to stay out much later in the evening. This is when temperatures cool off a little bit. Historic piazzas and streets liven up with the traditional Italian evening stroll called *passeggiata*. Dressed in their nicest clothes, the locals come out for a walk and to meet up with friends.

Take part in this authentic Italian ritual. Then sit at an outside table to people-watch with an *aperitivo* in hand. Follow with a nice and relaxed supper under the starry Italian sky.

Getting used to *riposo* was one of the best things to do. Being able to switch off for a couple of hours in the afternoon (mainly in summer and not so much in winter!) is such a luxury.

In summer, the early afternoon hours in Italy can be suffocatingly hot. It's difficult to do anything outside as the excruciating feeling of melting in the sun eliminates any joy you might have otherwise derived from sightseeing or work. With everything closed, you can't run errands either.

Staying inside or by the pool would be a respite, an opportunity to relax, and extra time to enjoy *La Dolce Vita!*

TEXAS A&M PRESIDENT KATHY BANKS TO RETIRE IMMEDIATELY

*DEAN MARK WELSH NAMED ACTING PRESIDENT IN
WAKE OF HIRING CONTROVERSY.*

 Chancellor John Sharp announced Dean Mark A.

Welsh III as acting President after Texas A&M University President M. Katherine Banks submitted a letter late Thursday announcing she would retire immediately.

The announcement comes after the Faculty Senate passed a resolution Wednesday to create a fact-finding committee into the mishandling of the hiring of Dr. Kathleen McElroy, a University of Texas professor, former *New York Times* journalist and graduate of Texas A&M University, class of 1981.

In June, the university announced the hiring of McElroy to revive the school's journalism program, but that fell apart as the details of the job offer changed from a position with the possibility of tenure to a one-year professor of practice appointment, with the option to renew.

At the Faculty Senate meeting Wednesday, President Banks denied knowing about the changes in the job offer but took responsibility for a flawed hiring process after a wave of national publicity suggesting McElroy, who has done research on diversity and inclusion, was a victim of "anti-woke" hysteria and outside interference in the faculty hiring process.

Public universities in Texas are in the middle of eliminating offices of Diversity, Equity and Inclusion to comply with recent state legislation.


To learn more about the leadership changes click [here](#).

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A statue of the former Texas governor — affectionately called "Sully" — is one of the most iconic landmarks on campus, situated in the heart of campus in the Academic Plaza. Those passing by the statue will notice stacks of pennies piled on the statue's base, each placed there by current students for good luck on exams.



HOW TO STAY SAFE AND HEALTHY DURING THE ONGOING HEAT WAVE

A Texas A&M physician explains the signs of heat-related illness and how to protect yourself and your loved ones.

Amid the historic heat wave blanketing much of Europe and the US and with most of Texas in triple-digit temperatures — people around the globe are at risk for a variety of heat-related illnesses and injuries. The brutally high temperatures have been linked to numerous deaths and the heat continues to push global power grids to their limits.

“With these conditions expected to persist, it’s important for people of all ages to take charge of their health and wellness”, says Dr. Jason McKnight, a clinical associate professor in the Department of Primary Care and Rural Medicine at the Texas A&M University School of Medicine.

McKnight recently explained the signs of major heat-related illnesses such as heat exhaustion and heatstroke, and to lay out some practical tips for staying safe and cool as things continue to heat up this summer.

As we experience this period of dangerously high temperatures, what are some of the main health risks we should be aware of?

Any time you’re dealing with high temperatures — and particularly in this area of the state, coupled with high humidity — you always have to worry about what we call heat-related illness or heat injury. Some of these heat-related illnesses are more of a nuisance, like a sunburn or heat cramps, which are pretty easily managed symptomatically. However, when you progress toward the more serious heat-related illnesses like heat exhaustion or heatstroke, those can result in hospitalization, long-term complications such as organ failure, and even death. So it’s something that we definitely have to take seriously and pay attention to.

What are some signs that you’re experiencing a serious heat-related illness?

With heat exhaustion, if you’re outside working or you’re exposed to the heat and you start feeling weak, extremely tired, possibly lightheaded, those are signs that you may be experiencing heat exhaustion. That’s your body’s warning sign that you need to get out of the heat and you need to take some aggressive and quick measures to improve the situation.

For that, its recommend getting out of the heat, shedding off any kind of excess clothing, actively cooling yourself with cool water, washcloths or ice, and then drinking lots of fluids. It’s a must to replenish the fluids that you’ve lost through sweating.

When you start moving into heat stroke you start seeing signs or symptoms of confusion, or being nonresponsive. If that’s happening to you, you’re probably not going to recognize it yourself, so ideally there’s someone around you that is recognizing it. That is definitely a medical emergency and you should call 911.



Who is most at risk for these kinds of conditions?

There are a few groups at higher risk of heat-related injury or illness. Those who are very young, like babies, are not fully able to regulate their temperatures as well as an adult. The elderly are definitely more at risk, as is anyone who has to exert themselves a lot in an outdoor setting in these temperatures, like construction workers, athletes or anybody who works outside during the summer. Certain chronic illnesses can put you more at risk for these things, as can certain medications. There are a few different medication classes that affect your body's ability to sweat and regulate your temperature. So if you're on any of those medicines, you may be more likely to experience heat exhaustion or heatstroke even if the temperatures are not quite as high as what we typically worry about.

What steps should we take to protect our own health and safety?

If you can avoid being outside during ***the hottest times of the day***, then do so. ***Usually 2 to 5 p.m. tends to be the hottest time of the day.***

If you have to go outside, wear light, loose-fitting clothing. That's going to allow you to sweat and dissipate heat more appropriately.

Stay hydrated. You always want to push water, that's the best thing you can drink. However, if you are doing a lot of work outside and you're sweating a lot, you're also losing electrolytes. So you should be mixing in some electrolyte-containing drinks at some point, whether it's sports drinks or any kind of water supplement with electrolytes.

Last, **take frequent breaks.** If you have to be outside and you have to be exerting yourself in this heat, try to take a break and get out of the heat at least every 30-60 minutes. Then make sure that you're hydrated and you're feeling okay before resuming activity.

How can we look out for the health and safety of our friends, neighbors and loved ones?

If you know somebody who's out in the elements, working outside, and they seem like they're not acting like themselves — maybe they even seem drunk, or they're confused, or you find someone who's completely nonresponsive — those are obvious reasons to seek medical assistance. For the elderly and those groups that are at higher risk, even if you find them indoors — maybe their air conditioner isn't working or they were outside recently — and you start to see some of those symptoms, it's a good idea to seek medical attention, just to be safe rather than sorry.

With high temperatures expected to persist, what should we be doing to protect our long-term wellness throughout the summer and beyond?

Something that can help everyone is to stay healthy and in shape year-round. If you are deconditioned and not used to being out exercising in this heat, then now may not be the time to do that. But getting healthy, exercising, being a healthy weight, not smoking, minimizing alcohol intake, those are all things we can do that will help in the short term, but also in the long run as well.



accostato il rug
253



THE MOST PHOTOGRAPHED
THING IN ALL OF ROME THIS SUMMER

NEW AGGIE BARN RISES BETWEEN AUSTIN AND COLLEGE STATION

A newly constructed barn sits on a hill

overlooking Highway 21 between College Station and Austin. This barn is not ordinary, as it sports a painted “Howdy!” for all who pass on the highway to see. Most recognizable of all is the barn color: Aggie maroon.



The barn includes family class years and a family tree.

Barn owners Betsy '72 and Bob Carpenter '70 both started their college careers at Baylor. Bob soon realized that Baylor wasn't the right fit and made the move to College Station. Betsy, having met Bob through a date set up by Bob's sister, followed Bob to Aggieland and was among the first classes of women to attend Texas A&M. “There were only 50 of us,” she said.

Later while living in Bastrop, Betsy attended the University of Texas for her master's and doctoral degrees, but remained an Aggie at heart. She has class rings from both UT and A&M, but says the Aggie Ring is “something special; it's a bond.”

When the Carpenters inherited the Highway 21 property from Betsy's mother in January 2023, plans soon arose to transform it into a place to honor their Aggie heritage and “for the enjoyment of [their] family and friends.” The property – named the Kauffman Owens (KO) Ranch after Betsy's parents – is south of Highway 21 between Paige and Manheim.

Construction began Feb. 15 on the barn and Bob's private shop, which can also be seen from the highway and features a large “WHOOPI!” on its side. The exteriors of the barns were finished near the end of March, with the larger barn's interior and Aggie graphic finished by July. Artwork on the large barn includes family Class years and a family tree.

As Fish Camp namesakes for 2023, Betsy and Bob welcomed their camp counselors to the barn in July. While visiting, counselors were treated to fun and games including a hayride and karaoke. Betsy's hope for the weekend was for the visiting counselors to view the barn property “as a special place to come and enjoy nature ... and just have a respite from the world's hectic pace.”

The barn is rooted in A&M spirit and traditions, and Betsy hopes it can be a “place to start new traditions.”

LEADERSHIP

*I*nspiring others to follow through the
strength of one's character.



Betsy '72 and Bob '70 Carpenter

August, 2023

Farfalle

PASTA WITH

chicken & chorizo

FARFALLE
(PRONOUNCED "FAR-FALL-AY")

is a type of pasta that is
also known as bow tie
pasta or butterfly pasta
for its signature shape.

FARFALLE PASTA
DATES BACK TO
THE 1500S,

*originating in Northern
Italy in the Emilia-
Romagna and Lombardia
regions.*

PASTA

*Best Food for
Your Mood*

Recipe submitted by: William Larza – Club member and friend of Texas A&M

FARFALLE PASTA WITH CHICKEN & CHORIZO

*I*n this classic Italian recipe we made a few Texas adjustments. When we are in Italy we use a mild Italian sausage made by a local farmer we know but when we are at home in Texas we substitute that with chorizo, which adds just a little southwest kick. Our family has enjoyed this for well over 20 years. We hope you do as well.

Hint: Chorizo is a spicy pork sausage widely used in Spanish and Mexican cuisine. It is normally available from good delicatessens.

Ingredients

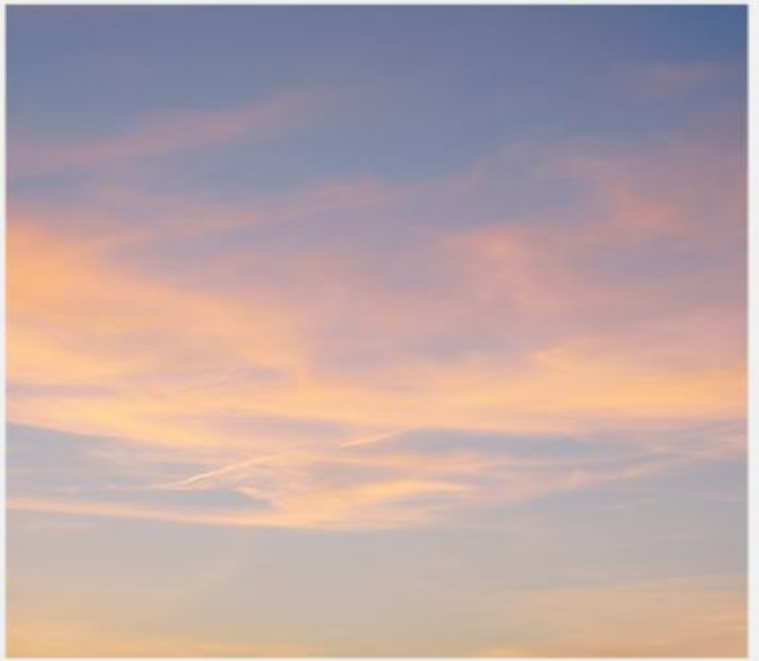
12 ounces farfalle pasta
1 1/2 tablespoons *Riparbella EVOO*
2 -3 spicy or mild Italian or chorizo sausages (spicy pork sausage)
24 ounces bonless skinless chicken breast halves
2 small fresh red chilies, seeded and chopped (this is optional depending on your taste)
6 green onions, sliced
2/3 cup sun-dried tomato pesto
1 1/4 cups whipping cream
1/4 cup grated parmesan cheese

Directions

1. Cook pasta in a large saucepan of boiling water according to the package instructions
2. Drain
3. Meanwhile, cut the sausage into 3/4 in slices or crumbled (our sons preferred choice) and cut the chicken breasts into bite sized strips. Set aside.
4. Heat olive oil in a large skillet
5. Add the chorizo or Italian sausage and cook, stirring, over high heat for 2 minutes or until brown
6. Add the chicken strips, chilies and green onions and cook, stirring, for 5 minutes, or until the chicken is lightly browned.
7. Stir in the pesto and cream and simmer for 5 minutes, or until the chicken is tender
8. Remove from the heat and stir in the Parmesan
9. Toss with the pasta and serve at once

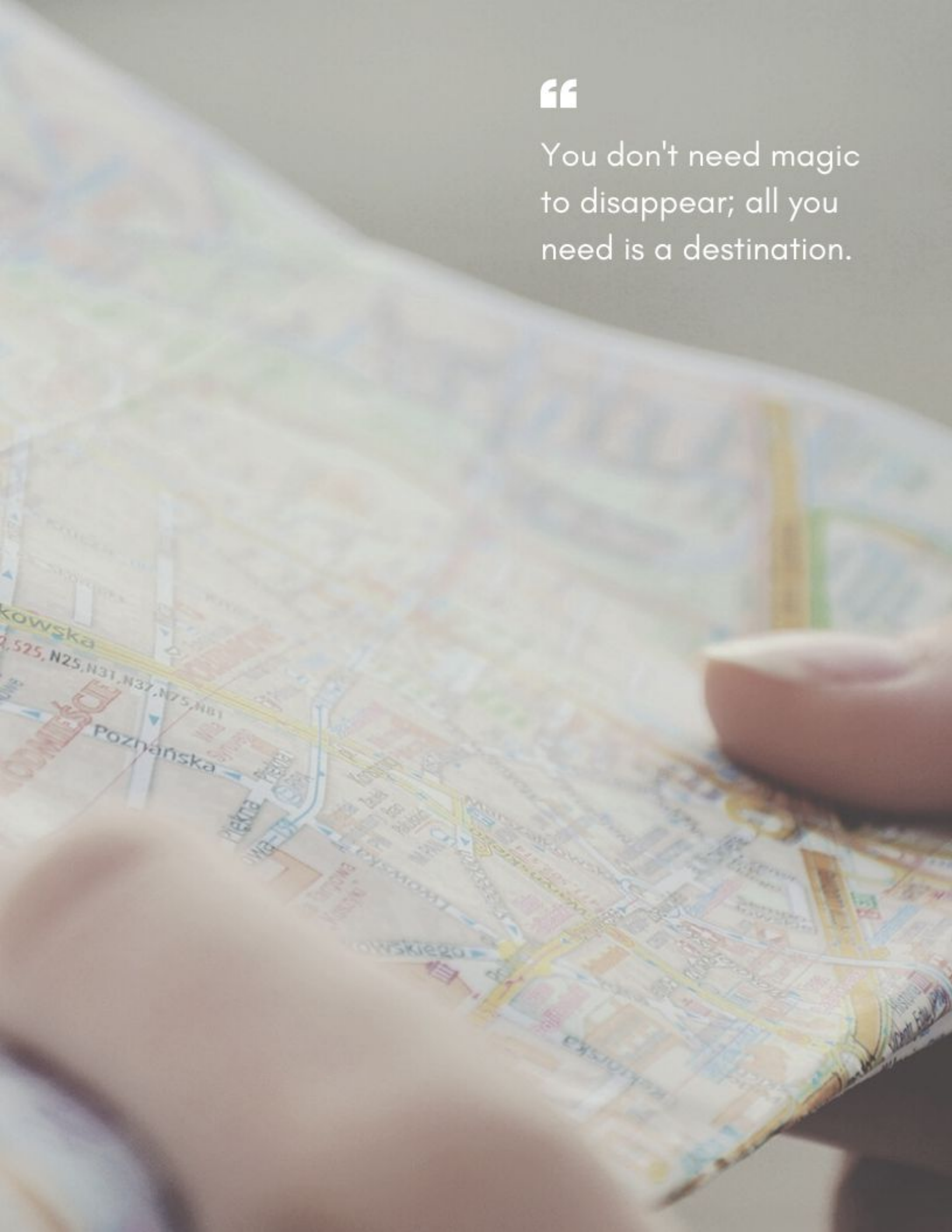
Buon Appetito!





“

You don't need magic
to disappear; all you
need is a destination.





SICILY

A JOURNEY THROUGH HISTORY, CULTURE,
AND CUISINE



SICILY



Standing in the heart of the Mediterranean Sea, Sicily beckons

travelers with its diverse landscapes, rich history, and captivating culture. As the largest island in the Mediterranean, Sicily boasts an alluring blend of ancient ruins, medieval architecture, pristine beaches, and delectable cuisine. This enchanting island has been shaped by a myriad of civilizations throughout the centuries, leaving behind a mosaic of influences that continue to fascinate visitors to this day.

Sicily's remarkable past, from the ancient Greeks and Romans to the Byzantine, Arab, and Norman influences have shaped what it is today. Explore the archaeological wonders of Agrigento's Valley of the Temples, the remarkably preserved mosaics at the Villa Romana del Casale in Piazza Armerina, and the Greek Theater of Taormina, offering panoramic views of Mount Etna. Sicily's historic cities like Palermo, Syracuse, and Catania showcase an extraordinary amalgamation of architectural styles, each narrating a unique story of the island's past. From the grandeur of Norman palaces to the graceful Baroque facades, the island is a living museum of ancient civilizations.

The island's vibrant culture is deeply rooted in its arts, music, festivals, and religious celebrations. Sicily's lively folk traditions, such as the time-honored Sicilian puppet theater known as **"Opera dei Pupi,"** which still enchants audiences today. You can witness the fervor of religious events, like the Feast of Saint Agatha in Catania, where locals come together to honor their patron saint in a grand procession. The captivating allure of Sicilian music, from the operas of Bellini and Puccini to traditional folk songs, adds an unforgettable dimension to the island's cultural richness.

No visit to Sicily would be complete without seeing towering Mount Etna, Europe's highest active volcano, on the idyllic Aeolian Islands. Sicily's landscapes are incredibly diverse filled with lush vineyards, citrus orchards, and olive groves. Explore Zingaro Nature Reserve's untouched beauty, the breathtaking Scala dei Turchi's white cliffs, and the serene salt pans of Trapani. Whether it's the crystalline waters of San Vito Lo Capo or the rugged terrain of the Nebrodi Mountains, Sicily offers a plethora of natural wonders waiting to be discovered.

Sicilian cuisine is a culinary delight, shaped by centuries of trade, invasions, and cultural exchanges. Sicilians and travelers savor the island's mouthwatering dishes, from the iconic Arancini and pasta alla Norma to the succulent swordfish involtini. Delve into the world of street food, where bustling markets offer tantalizing treats like panelle and sfincione. The fertile land produces an abundance of fruits, vegetables, and olives that give life to the island's flavorful dishes. Additionally, Sicilian wines, such as Nero d'Avola and Marsala, have gained international acclaim, adding a touch of sophistication to the island's culinary scene.

Away from the bustling cities, Sicily's small villages are a treasure trove of charm and authenticity. Visitors meander through medieval alleyways and quaint piazzas, exploring the enchanting villages of Erice, Cefalù, and Savoca. The Aeolian Islands offer a unique blend of volcanic beauty and tranquil Mediterranean lifestyle. Sicily's villages offer a glimpse into the island's traditional way of life, where warm hospitality and a slower pace



of living create an unforgettable experience for travelers seeking an escape from the modern world.

Sicilians have a profound love for festivities, all of which are vibrant and lively celebrations. From the colorful Carnivals of Acireale and Sciacca to the solemn Holy Week processions, every event reflects Sicily's deep-rooted cultural heritage. Delve into the joyous Festa di Sant'Agata in Catania, the mystical atmosphere of the Processione dei Misteri in Trapani, and the unique Easter celebrations in Enna, showcasing the island's devotion to its traditions.

As awareness of sustainable travel grows, Sicily embraces eco-friendly initiatives to preserve its natural beauty and cultural heritage. There are numerous efforts taken by local communities and organizations to promote responsible tourism, such as eco-lodges, organic farms, and wildlife conservation projects. Leaving the traditional cities and exploring the benefits of agritourism and how it allows travelers to immerse themselves in Sicily's rural life while contributing to the local economy is very common through out Italy and can be a wonderful way to experience Sicily.

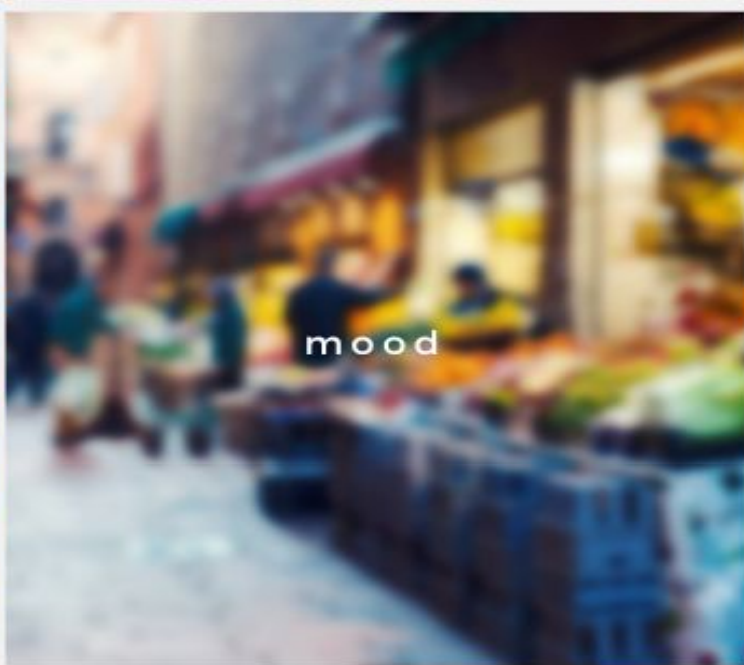
Sicily is a captivating island that weaves together a charming tapestry of history, culture, and natural beauty. From ancient ruins and Baroque splendor to mouthwatering cuisine and warm-hearted locals, every aspect of Sicily leaves an indelible mark on the hearts of those fortunate enough to call it home or for those who come to visit.



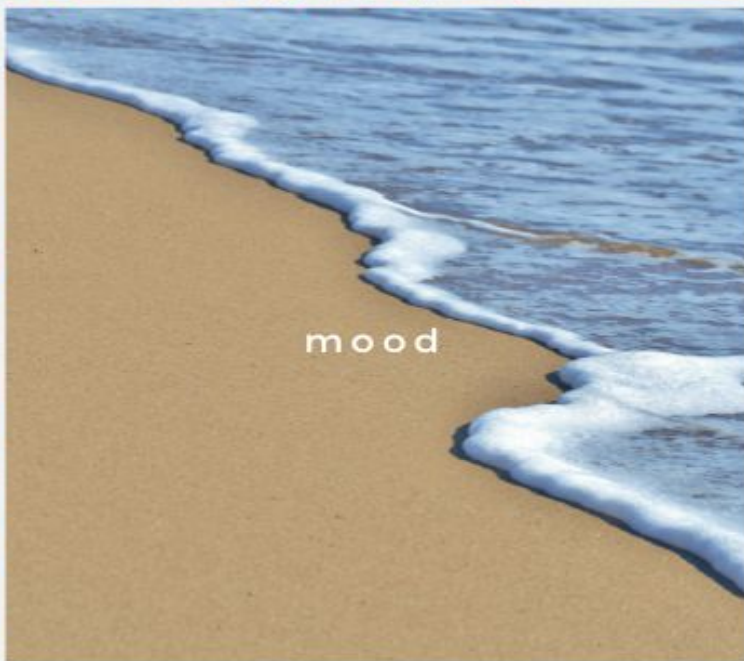
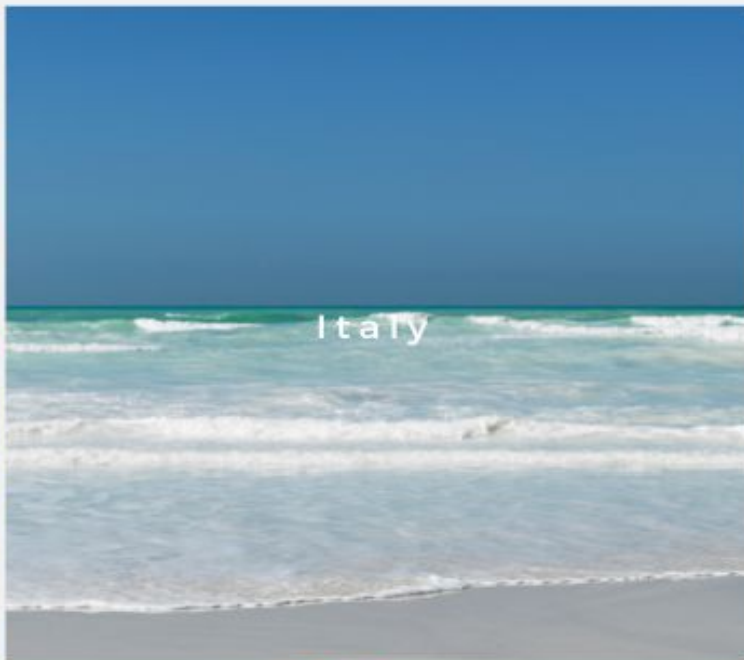
*The **Opera dei Pupi** in English: "Opera of the Puppets") is a marionette theatrical representation of Frankish romantic poems traditionally performed in Sicily, Italy. Inscribed in the UNESCO's List of the Oral and Intangible Heritage of Humanity in 2001, it dates back to the third decade of the nineteenth century, and was particularly successful among the middle and lower classes, becoming one of Sicily's most significant expressions of history and cultural identity.*



Mount **Etna**, or simply **Etna** is an active stratovolcano on the east coast of Sicily, in the Metropolitan City of Catania, between the cities of Messina and Catania. It lies above the convergent plate margin between the African Plate and the Eurasian Plate. It is one of the tallest active volcanoes in Europe.







BOCCE

Bocce Ball: A timeless tradition of skill and camaraderie.



BALL

Italy, a land steeped in history, culture, and rich traditions, boasts one of its most cherished pastimes: the game of bocce. For centuries, bocce has held a special place in the hearts of Italians, transcending generations and serving as a symbol of leisure, camaraderie, and skill. This beloved game, which has its origins in ancient times, remains an integral part of Italian social life and continues to be played with fervor and enthusiasm throughout the country.

The origins of bocce can be traced back to the time of the Roman Empire when soldiers and citizens played a similar game with stones. Over time, the sport evolved into the bocce we know today, played with wooden balls and under specific rules. The game is simple at its core: players take turns rolling their bocce balls towards a smaller target ball known as the "pallino." The objective is to get their bocce balls as close as possible to the pallino while strategizing to disrupt their opponents' shots.

One of the reasons bocce has endured for centuries is its accessibility. Unlike some other sports that demand athletic prowess, bocce is a game that can be played by people of all ages and physical abilities. Whether in a small village square, on a sandy beach, or in a dedicated bocce court, the charm of the game lies in its adaptability and inclusiveness.



Parco della Casine Florence— September 2015

However, what truly sets bocce apart is the sense of community and camaraderie it fosters. For Italians, bocce is more than just a game; it is a social occasion that brings friends and family together. The sport provides a space for people to bond, share laughter, and engage in friendly competition. It is not uncommon to witness animated discussions and playful banter as players strategize their next moves or celebrate a well-placed shot. Bocce transcends age and status, making it a powerful tool for creating lasting memories and forging strong relationships.

In Italy, bocce is not merely a seasonal pastime; it is a year-round tradition. From the warm summer evenings to the chilly winter afternoons, dedicated players can be found honing their skills or engaging in friendly contests. Local bocce clubs and tournaments add to the excitement, drawing players and spectators alike from all walks of life.

The significance of bocce in Italian culture goes beyond the physical act of playing. The game embodies important values like patience, strategy, and sportsmanship. It teaches players to gracefully accept victories and defeats, fostering a sense of humility and respect. Moreover, bocce reinforces the concept of "taking it easy" or "dolce far niente," a quintessential Italian philosophy that emphasizes enjoying life's simple pleasures and taking time to savor moments of leisure.

Bocce is an indelible part of Italy's cultural fabric, cherished and celebrated by Italians across the nation. As a game that encourages bonding, relaxation, and the expression of true Italian spirit, bocce continues to thrive and evolve while preserving its ancient roots. So the next time you find yourself strolling through a quaint Italian town or attending a local festa, keep an eye out for the spirited game of bocce, and you'll witness firsthand the passion and joy it brings to the Italian way of life.



AGGIE FAMILY MOURNS LOSS OF FOOTBALL DEFENSIVE ENDS COACH TERRY PRICE '90

*T*exas A&M football letterman and longtime Southeastern Conference football coach Terry Price passed away on June 23, 2023, he was 55 years old.

“Terry was not only a great Aggie, football coach and recruiter, he was an even better husband, father and man,” Aggie head coach Jimbo Fisher said. “The impact he had on this program and his players is immeasurable. Our football family has suffered an incredible loss. We will continue to hold Kenya and the boys in our thoughts and prayers.”

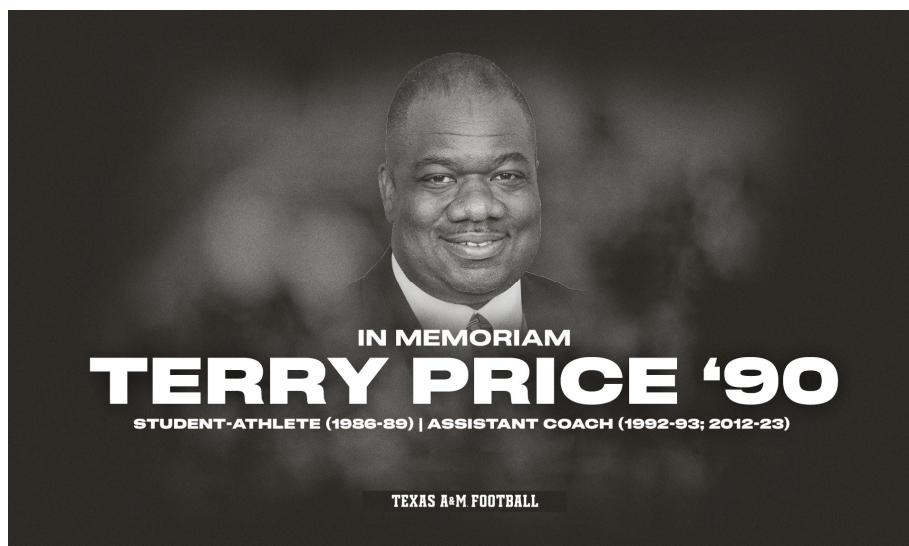
Price, known around Aggieland as “TP”, was born April 5, 1968, in Atlanta, Georgia and played high school football at Plano High School in the Dallas/Fort Worth area. Price was recruited by Aggie football coach Jackie Sherrill and played on the defensive line for coach R.C. Slocum. A four-year letterman (1986-89), Terry helped the Aggies win Southwest Conference titles in 1986 and 1987 and led the Aggie defensive line in tackles as a junior and senior. His senior season he was named All-SWC and earned honorable mention All-America honors by The Sporting News. During his playing days, the Aggies lost only three games on Kyle Field.

Terry was drafted in the 10th round of the 1990 NFL Draft by the Chicago Bears. He played two seasons in the NFL for the Bears and the Miami Dolphins before returning to finish his degree and begin his coaching career on Coach Slocum’s staff in 1992.

After serving on the Aggie coaching staff in 1992 and 1993, Terry moved to Western Kentucky where he coached defensive line and was the strength coach in 1994. In 1995, Terry began his SEC coaching career as an assistant at Ole Miss (1995-98) before moving to Auburn (1999-2008) and then back to Ole Miss (2009-11). After the 2011 season, he accepted a position at Texas Tech before he was hired back at Texas A&M under head coach Kevin Sumlin in 2012. Price has remained on the Aggie defensive coaching staff since that time serving with head coach Jimbo Fisher.

An excellent recruiter and developer of young men, Price worked with NFL standouts such as Myles Garrett, Justin Madubuike and DeMarvin Leal among others. An accomplished grill master, TP’s barbecuing skills were legendary.

Terry is survived by his wife, Kenya, and children Alexander and Devin.



AGGIE SPORTS UPDATE



All American | The Dat Nguyen Story

[Click to watch the video](#)



Abadie Claims Silver on Opening Day of U23 NACAC Championships.

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HEADLINES

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WOMENS BASKETBALL: [Taylor Leads USA to Gold at 2023 FIBA World Cup](#)

TRACK: [Schulman, Arnold Secure U23 NACAC Championship Titles on Day Two](#)

WOMEN'S VOLLEYBALL: [CLICK here for the 2023 Volleyball Schedule](#)





CEFA LÙ LUNGOMARE BEACH - SICILY

Choose from several beaches at Cefalù, one of Sicily's best-known coastal resorts. **The vast expanse of golden sand** on the main Lungomare beach is the most popular with families, thanks to its facilities and its safe, shallow water.

To the west of Cefalù, the sandy Mazzafero beach comprises a main beach, equipped with umbrellas and bars, and several smaller beaches amongst the surrounding rocks.

Just outside Cefalù, Caldura beach is best for exploring and snorkeling and is accessed via a flight of steps.

Alternatively, the two shingle beaches at Sant'Ambrogio, around 5km from Cefalù, provide a much quieter option for anyone looking for a quiet spot to read and swim.



Sunset Polignano a Mare - Puglia - July 2021

POLIGNANO A MARE -PUGLIA

*L*ooking for a location filled with beaches? Polignano a Mare has plenty to choose from and is home to some of the best beaches in Puglia!

Polignano a Mare beach is lined with beautiful cliffs that perfectly contrast the bright blue waters. If a daredevil is in the crowd, cliff diving is prevalent. Along with the scenic beaches, there is a picture-perfect port that will have everyone reaching for their camera.

Looking to enjoy the water from another angle? There are kayak tours around Polignano a Mare for an alternate view of the beach! These tours are relaxed enough for all skill sets to participate. You'll get an up-close view of the cliffs and caves surrounding one of the best coast towns in Italy.

Porto Bianco highlights the unique city built on cliffs and overlooking the Adriatic Sea so make sure to visit it on your Puglia itinerary!

ASK AN ITALY AGGIE - 12 QUESTIONS

HEATHER CLARY '07

1. Tell us a little about yourself. Where you grew up, what your interests were, family, pets?

A: Howdy! I currently reside in Troina, located near Mt. Etna in Sicily. I grew up in Houston, Texas. I have amazing and successful adult children along with two small dogs. My life partner brings out the best in me and allows me to follow my dreams – I would not be living in Italy without his love and support. My interests are quilting and rowing.

2. Why did you choose to attend Texas A&M, and what did you study and why?

A: The first time stepping onto campus, I knew it was home and where I wanted to attend. I studied Political Science due to my interests in law and government.

3. What was your favorite memory from your time at Texas A&M and why?

A: I Love My Aggie Football Home Games! There is not a single university in the world that can compete with the Aggieland Spirit of an Aggie Football Home Game.

4. If you had to eat one meal for the rest of your life, what would it be?

A: Pesto and Pasta

5. If you had a chance to attend college now, are there classes you would like to take this time around and what classes would you not take again and why?

A: I enjoyed all my classes besides my Statistic classes (they were required) - I would love to take the NEW BBQ class. Who does not enjoy BBQ?

6. What do you wish your younger self knew about your current role?

A: There is no shame in being an educator. Most of the world places educators on pedestals because of the importance in educating children.

7. If you could have coffee with any historical figure, who would you choose, what would you talk about?

*A: One fascinating historical figure to have coffee with would be **Leonardo da Vinci**, the Italian polymath of the Renaissance era. Leonardo was not only a brilliant painter known for masterpieces like the Mona Lisa and The Last Supper but also an engineer, scientist, mathematician, anatomist, and inventor.*

If I were to have coffee with Leonardo da Vinci, I would be eager to discuss a wide range of subjects, including:

Art and creativity - I would love to delve into his artistic process, sources of inspiration, and techniques that made his paintings so captivating.

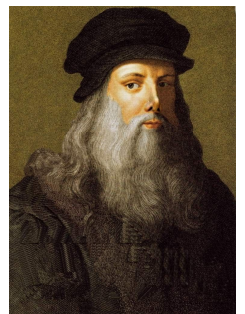
Science and inventions - Leonardo's scientific observations and inventions were far ahead of his time. We could discuss his ideas about anatomy, mechanics, flight, and other scientific discoveries.

Philosophy and ethics - Understanding Leonardo's views on life, morality, and philosophy would be enlightening, given his keen interest in human nature and society.

Historical events and politics - As a witness to significant historical events, it would be fascinating to hear his perspectives on the political landscape of his time.

Personal experiences and challenges - Exploring the trials and triumphs of his life and how he navigated the complexities of being a polymath in the Renaissance era would be captivating.

Legacy and impact - We could discuss how he perceives his own legacy and how he feels about being an enduring symbol of creativity and human potential.



8. What is a common myth about your job or field of expertise?

A: Common myth about being in education is that we only work Monday-Friday from 8:00am-3:00pm.

9. What's one question you wish that I asked you? Now answer that question.

A: How did you make your way to Tronina in Sicily? I studied the Battle of Troina at university. A few years ago, I was watching a news program and they were talking about Euro Homes in Troina. I knew it was a sign. I did not purchase a Euro Home in Troina but I did find a wonderful house in Troina that I call home.

10. What do you miss most about Aggieland?

A: I miss the traditions as a university student.

11. If three wishes were granted to you, what would you wish for?

A.. Not Being Selfish-

Wish One - Global Harmony and Peace: A wish for an end to all conflicts and violence in the world, fostering a planet where people from different backgrounds can live in harmony, understanding, and cooperation.

Wish Two - Environmental Sustainability: A wish to restore and protect the environment, ensuring a balanced ecosystem for future generations, with clean air, water, and sustainable practices to mitigate climate change and preserve biodiversity.

Wish Three - Universal Knowledge and Understanding: A wish to promote education and understanding across the world, giving everyone access to knowledge, healthcare, and technology to uplift societies and eliminate inequality and poverty.

Being Selfish-

Wish One - Win a large lottery!

Wish Two - Health and Happiness for me and my family!

Wish Three - Texas A&M undefeated in all sports!

12. Take Sides – choose your preference between the following dichotomies. The Bold and maroon colored are Heather's selections:

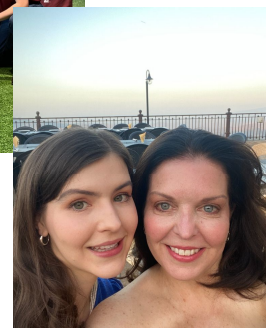
- **Dinner party** or picnic
- Texas or **Italy**
- Coffee or **tea**
- **Lose your sense of taste** or your sense of smell
- Magical strength or an **invisibility cape**
- European Soccer or **Aggie Football**
- Tater tots or **French fries**
- Emails or **meetings**
- **Elf** or Die Hard
- White wine or **red wine**
- Go out or **stay in**
- **Paris** or NYC
- **TV Series** or YouTube
- Have **your browsing history public**, or everyone read your texts
- **Sleep** or binge-watching
- Ice or **no ice**
- **Curtains** or blinds
- **House sit** or dog sit
- Cards or **board games**
- Gnocchi or **ravioli**



*Heather
fishing in Mexico*



*Heather's
son Matthew
with Reveille*



*Heather
and
her
daughter
Morgan*

PAROLE FINALI

*A*s August comes to an end in Italy, there is a palpable shift in the atmosphere that signals the approaching transition from summer to autumn. The scorching heat that characterized the peak of the season begins to ease, and a pleasant breeze starts to grace the Italian landscapes. The end of August often brings a sense of bittersweet nostalgia, as the carefree days of summer vacation draw to a close, and people begin to prepare for the return to their daily routines.

In the coastal regions of Italy, the beaches continue to be popular destinations as locals and tourists savor the last days of warm sunshine. The beach towns are alive with laughter, music, and the clinking of glasses, as people indulge in the renowned Italian hospitality. Families and friends gather for one last seaside escape, creating cherished memories that will be cherished until the next summer arrives.

In the cities, the pace starts to pick up once more, and there is a sense of renewal in the air. Italians are well-known for their love of festivals and events, and the end of August sees a variety of celebrations taking place across the country. Traditional processions, music concerts, and cultural fairs animate the streets and squares, adding a vibrant touch to the urban life.

As the sun sets on the last day of August, there is a mixture of wistfulness and anticipation for the upcoming autumn. The bounty of the summer harvest graces tables with ripe fruits, exquisite wines, and delectable dishes, as Italians celebrate the abundance of the season. With the arrival of September, Italy will transition gracefully into a new phase. In Aggieland classes will begin, the anticipation of fall sports, tailgating before and after football games and the renewal of traditions and friendships begins anew. So take a moment and embrace the beauty of the season while cherishing the memories of the summer that has just passed.

Ciao and Gig'em!

Ryan '91

P.S. Be sure to follow us on **Instagram** at: [italy_am_club](https://www.instagram.com/italy_am_club)

