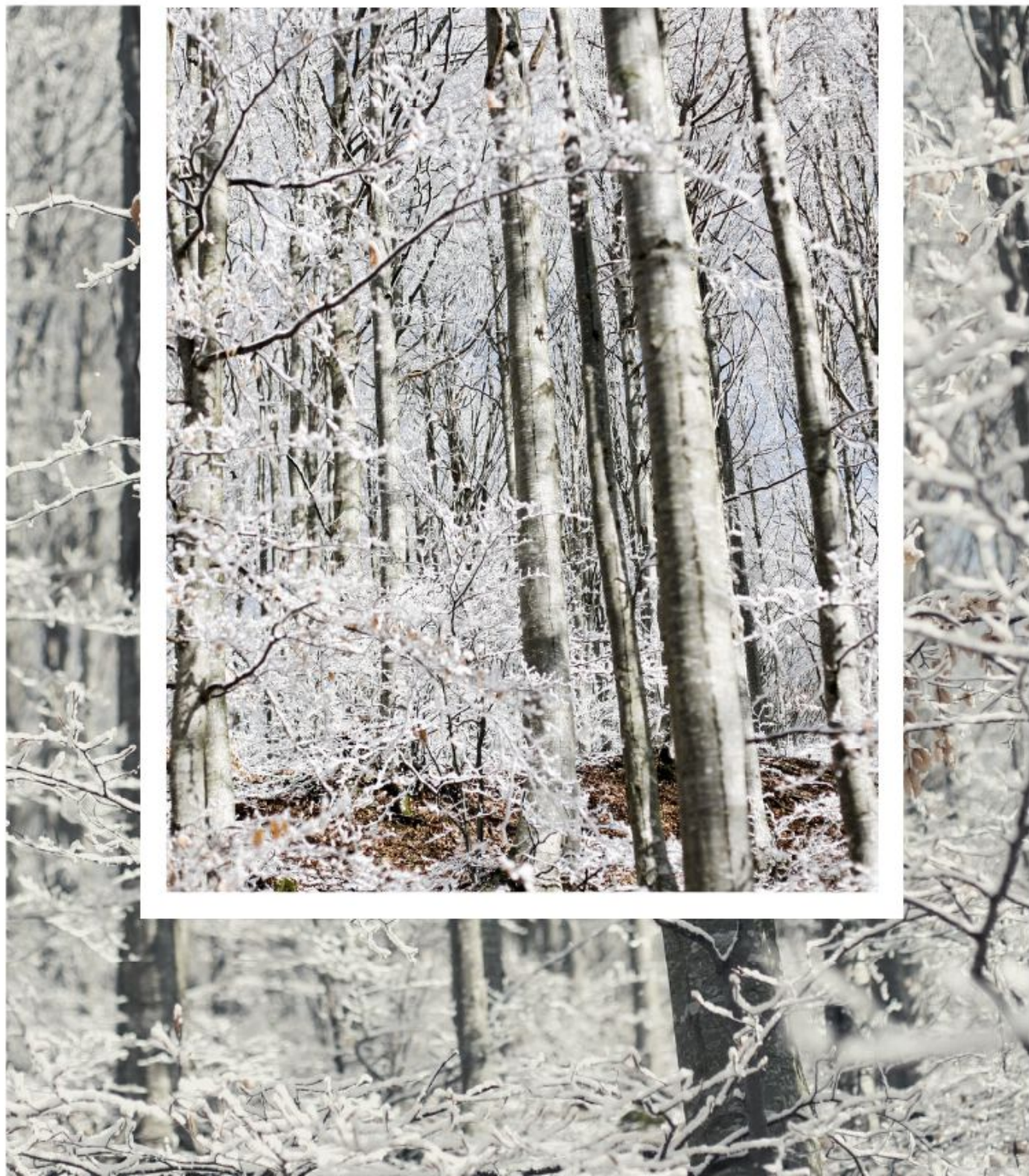


JANUARY 2024

# ITALY

A & M CLUB





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## CIAO A TUTTI! & HOWDY AGS!



**Happy 2024!** It's that time when we make plans for the future and consider the changes we'd like to implement in our daily lives. As we embark on a new year filled with possibilities, it is with great pleasure that we extend our warmest greetings to each and every member of the *Italy A&M Club* community.

January has arrived, bringing with it a sense of renewal and the promise of exciting adventures ahead.

In this month's edition of our e-magazine, we've have a collection of stories, features, and updates that capture the essence of our club. As we raise our glasses to toast the beginning of 2024, let us also celebrate the bonds that tie us together.

In the pages that follow, you'll find a blend of cultural insights, travel inspirations, and glimpses into Italy in January.

This month we will compare *the cost of skiing in Colorado vs. the Italian Alps*. A quick look at *winter fashion trends in Italy for 2024*, the breathtaking *region of Campania*, and a wonderful recipe for *Tortellini with Brown Butter and Sage*, *New Years Resolutions*, *a campus and sports update* along with our *Ask an Italy Aggie* column where we meet *2Lt. Simrun Head '23*, plus much, much more.

We hope you enjoy the format and if you have any questions let us know. We are committed to bringing you engaging and insightful content, and we look forward to sharing the wonders of Italy with you in the pages of each issue. As always, your feedback and suggestions are highly valued, and we encourage you to reach out to us with your thoughts and ideas. Be sure to download the material. Over time the issues will roll off and not be available for review.

Thank you for being an integral part of our community. Here's to a January filled with joy, laughter, and the shared pursuit of all that makes the *Italy A&M Club* an extraordinary enclave.

Thanks, ciao and Gig'em!

Ryan '91



# PIZZA MARGHERITA

## BRIEF HISTORY OF HOW IT GOT ITS NAME

*P*izza Margherita was born in the southern Italian city of Naples. It's widely believed that in 1889, local pizza maker by the name of Raffaele Esposito, invented Pizza Margherita in honor of the Queen of Italy, Margherita of Savoy, and the unification of Italy.

She had traveled to Naples with King Umberto I. Esposito and his wife were admitted to the royal kitchens to prepare this dish as he saw fit. Deeming the traditional garlic topping to be unfit for the royal palate, Esposito instead prepared three different pizzas, the last of which used a combination of tomatoes, mozzarella cheese and basil to emulate the red, white, and green of the Italian flag. Queen Margherita, having never had pizza before, enjoyed the dish so much that she had her head of table services send Esposito a letter to commend his pizzas, stating that they "were found to be delicious."

He then named the pizza in her honor.

# TEXAS A&M CAMPUS REMEMBERED



## FRANCIS HALL

*F*rancis Hall (1913) was designed by Rolland Adelsperger, college architect and professor of architecture and architectural engineering, in a highly distinctive Romanesque style for the School of Veterinary Medicine. The proposed design exceeded the budget. The architectural firm of Endress and Watkin reduced the size and changed the exterior design to match other buildings. Completed in 1918, it is a classically proportioned three-story reinforced concrete building with brick and cast stone exterior. The façade has brick pilasters with Doric and Ionic capitals and projecting balconies. The third floor is marked by cast stone quoins. The entire building is capped by a brick parapet wall. Named after Mark Francis Hall, the father of veterinary medicine at Texas A&M.





# YEAR IN REVIEW: STORIES THAT DEFINED 2023 AT TEXAS A&M

*From historic campus milestones to the final frontier of human exploration, here are 12 things that made Aggieland great this year.*



To read more about the 12 things that made Aggieland great this past year, click [here](#)

## HOW TO MAKE HEALTHY EATING HABITS STICK IN THE NEW YEAR

*Texas A&M AgriLife experts offer 10 tips to make healthy eating attainable and sustainable.*

*T*he start of the new year offers a chance to reflect on the past and set goals for the future. Many of us aim to improve ourselves, but, unfortunately, New Year's resolutions are often quickly abandoned because they are unrealistic or too difficult to maintain.

This is especially true for resolutions centered around physical health, like healthy eating. Instead of relying on strict rules and super-human discipline, [Texas A&M AgriLife Extension Service](#) experts have shared tips for establishing realistic healthy eating goals that can endure through January and beyond.

To read more about new year healthy eating habits click [here](#)





# HOW TO SET — AND KEEP — YOUR NEW YEAR'S RESOLUTIONS

*From creating goals to evaluating them, wellness experts offer advice on how to identify and achieve desired changes for 2023.*

**R**ealistic goals and expectations combined with a holistic look at health and wellness are essential to make and keep New Year's resolutions, according to Texas A&M AgriLife Extension Service experts.

"Three reasons people fail at keeping their New Year's resolutions are that what they hope to do is unreasonable, the person expects an unrealistic benefit or the person wasn't physically or emotionally prepared to make a change," said Jenna Anding, a registered dietitian nutritionist and a professor and AgriLife Extension specialist in the [Department of Nutrition](#) at Texas A&M College of Agriculture and Life Sciences.

Most older adults tend to shy away from resolutions, while those who take up the challenge for the upcoming year are more likely to be younger or middle-aged, Anding said.

"Statistics also suggest older adults who do make resolutions are not very successful at keeping them," she said. "But that's not to say resolutions don't work. In fact, at whatever age, those who make resolutions tend to have more success at stopping bad habits and adopting better habits when compared to those who don't make resolutions at all."

Anding said we make resolutions because the New Year serves as a marker or reminder for us to step back and reevaluate our lives, then identify any changes needed to improve them. She said some of the top New Year's resolutions include:

- Eating healthier/losing weight
- Getting more exercise
- Spending less and saving more
- Being more organized
- Dedicating more time with friends and family
- Finding more "me" time
- Quitting smoking or drinking



## Evaluating New Year's Resolutions

When thinking about the resolutions you want to keep, it's a good idea to look at your health multidimensionally to achieve optimal health and well-being, said Miquela Smith, AgriLife Extension program specialist – health.

"Most people know the basics of maintaining their physical health, including physical activity and well-balanced nutrition," she said. "However, there are other aspects of your life to consider, such as emotional, intellectual, spiritual, social and occupational wellness."

When setting resolutions to achieve optimal health, people may focus on two or three dimensions but lose sight of the others, Smith said. "You may be eating well, but are you fostering meaningful social connections and maintaining adequate boundaries between your job and the rest of your life?" Smith said. "Developing a well-balanced life is vital for personal wellness, but can differ depending on environment, culture, circumstance, resources and other factors."

To read the full article on how to set and keep your new years resolutions click [here](#)

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# MARK ZORAN NAMED FIRST DEAN OF THE COLLEGE OF ARTS AND SCIENCES

*Zoran, a professor of biology and a neuroscientist, had been serving as interim dean since August.*



Dr. Mark J. Zoran has been named dean of the [College of Arts and Sciences](#) at Texas A&M University, effective Jan.

1.

“Dean Zoran is a distinguished leader and educator and brings a vision for the future and preeminence of the College of Arts and Sciences that will expand and strengthen its reputation for excellence in student success, research impact and as the vital academic foundation at Texas A&M,” said Dr. Alan Sams, provost and executive vice president.

“I truly believe that our combined impacts across the liberal arts, humanities and sciences have never been more important to the civic and cultural education, as well as the future career success, of our students,” Zoran said.

Zoran is a professor of biology and neuroscience and has been serving as interim dean in the College of Arts and Sciences since Aug. 1. Prior to that, he served as the executive associate dean in Arts and Sciences since the college’s creation in September 2022, and in the same role in the former College of Sciences since 2018. Zoran also served as the associate dean for graduate studies and faculty affairs in the former College of Science and as acting associate provost for graduate and professional studies from 2017-18.

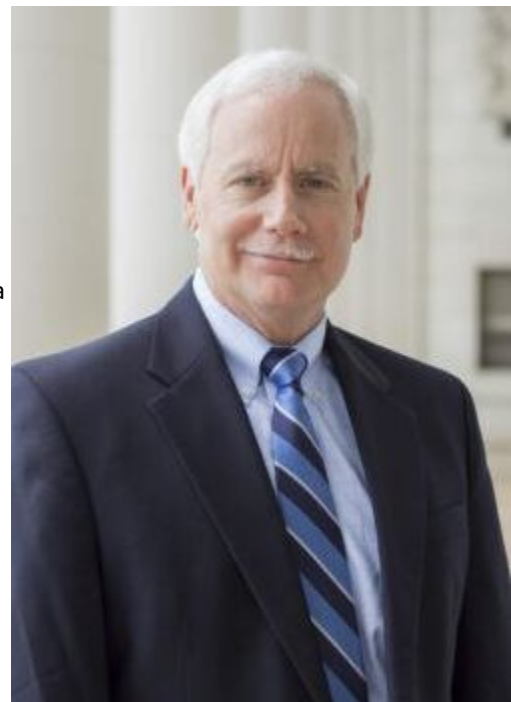
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“I am grateful to President Welsh and Provost Sams for the opportunity to lead the new College of Arts and Sciences at Texas A&M as we develop our shared vision for the college and university, including advancing our faculty, supporting our staff and enhancing our students’ success,” Zoran said.

A native of DePue, Illinois, Zoran earned a master’s degree in biological sciences from Illinois State University in 1981 and a doctorate in zoology/neurobiology from Iowa State University in 1987. He completed postdoctoral research at Iowa State prior to joining the Department of Biology at Texas A&M in 1991, where he also is an affiliated faculty member with the Center for Biological Clocks Research and the Texas A&M Institute for Neuroscience.

Sams added, “I look forward to working with Dean Zoran and the remarkable achievements in store under his leadership.”

*Dr. Mark J. Zoran, a professor of biology and a neuroscientist at Texas A&M University, has been appointed dean of the Texas A&M College of Arts and Sciences, effective Jan. 1.*







Italy



January



Mood



Winter fashion in Italy often blends sophistication with warmth. Consider these trends and style tips for a chic and cozy look.

# Italianan Winter Fashion

## **Italian Wool and Cashmere:**

Embrace the quality and warmth of Italian wool and cashmere in your wardrobe, focusing on well-crafted pieces that endure the season.

**Luxurious Layers:** Experiment with layering, combining stylish sweaters, tailored coats, and statement scarves for both fashion and function.

**Statement Outerwear:** Invest in a classic, tailored coat or a statement jacket. Italian fashion often emphasizes the elegance of outerwear as a key component of winter style.

**Leather Accents:** Incorporate leather elements, like gloves, boots, or a sleek leather jacket, to add an edgy touch to your winter ensemble.





# Italian Winter Wear

**Neutral Palette with Pops of Color:** Stick to a neutral color palette for your base, and introduce pops of color through accessories, such as a vibrant handbag, briefcase, backpack or a bold pair of boots or shoes.

**Knee-High Boots:** For women opt for knee-high boots to keep your legs warm while adding a touch of elegance to your winter attire. Pair them with skirts, dresses, or tucked-in trousers.

**Tailored Silhouettes:** Choose tailored silhouettes that flatter your figure. Tailoring is a key aspect of Italian fashion, creating a polished and put-together appearance.

**Stylish Scarves:** Elevate any outfit with a stylish Italian scarf. It not only adds warmth but also serves as a versatile accessory to enhance your overall look.

**Plaid Patterns:** Embrace classic Italian patterns like plaid, which can be incorporated into coats, skirts, or accessories for a timeless and on-trend appearance.

**Hats and Caps:** Complete your winter look with a stylish hat or cap. Not only do they add to your outfit, but they also provide an extra layer of warmth.

**Remember,** the key to Italian winter fashion is achieving a balance between style and comfort, creating a look that is both sophisticated and practical for colder temperatures.

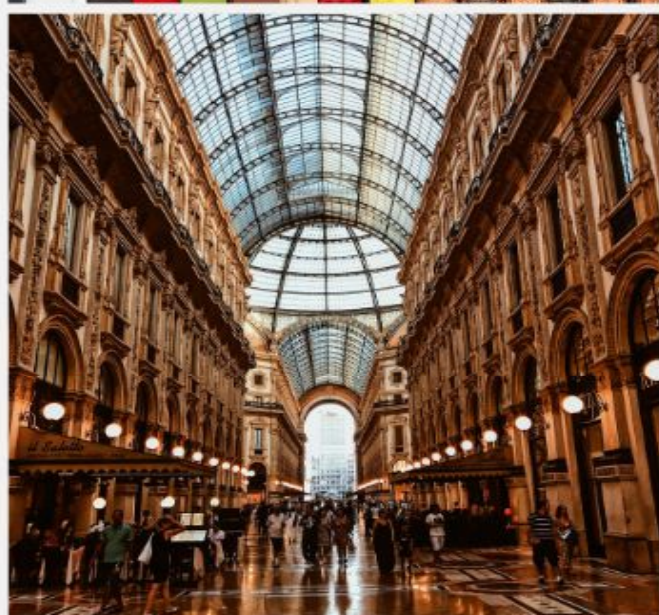
**When all else fails wear what you like!**

# Winter Fashion Accessories

During the winter season, various accessories play a crucial role in completing a stylish and functional look: Scarves, Woolen Hats and Caps, Leather Gloves, Designer Sunglasses. These accessories not only serve a functional purpose in keeping individuals warm during the winter months but also contribute to the overall aesthetic of Italian winter fashion, reflecting the country's commitment to style and craftsmanship.









# Italian

ALPINE SKIING

Unveil the Majesty of Winter

EXPERIENCE THRILLING SLOPES AND ALPINE ELEGANCE IN  
THE ITALIAN ALPS - YOUR ULTIMATE SKI ADVENTURE AWAITS!"



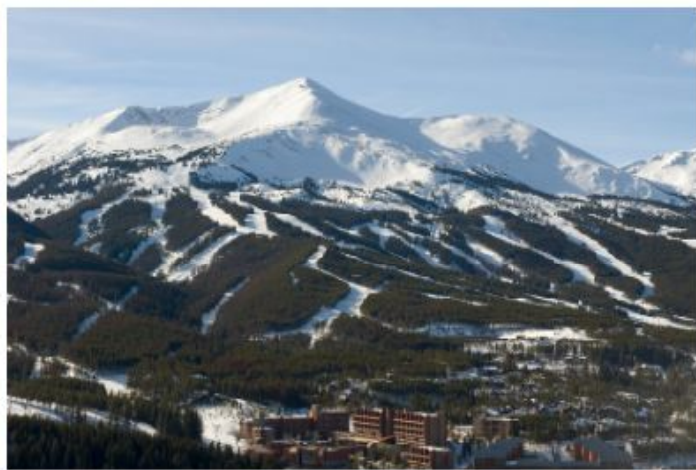


## Snow Skiing in Colorado vs Italy

Nestled in the heart of the Rocky Mountains, Breckenridge, Colorado, offers a quintessential American ski experience. Boasting vast and well-groomed slopes, Breckenridge is a haven for skiers and snowboarders of all levels. The town exudes a charming, alpine ambiance with its historic Main Street lined with shops and restaurants. Visitors can expect powdery snow, state-of-the-art ski resorts, and a vibrant après-ski scene. Breckenridge's family-friendly atmosphere, coupled with its extensive trail system and modern amenities, makes it an ideal destination for those seeking a classic American winter sports adventure.

The Italian Alps, on the other hand, present a captivating blend of alpine splendor, rich history, and diverse cultural experiences. Stretching across Northern Italy, the Italian Alps encompass renowned ski regions like the Dolomites and the Aosta Valley. Skiers and snowboarders are treated to breathtaking mountain vistas, charming alpine villages, and a culinary scene that seamlessly integrates with the local traditions. The Italian Alps offer a unique fusion of world-class skiing and the warmth of Italian hospitality. Beyond the slopes, visitors can immerse themselves in the region's cultural treasures, indulge in delectable cuisine, and appreciate the timeless charm that defines winter in the Italian Alps. Whether seeking challenging descents or leisurely runs, the Italian Alps provide a multifaceted winter sports experience imbued with history and alpine allure.





# Breckenridge, Colorado, an iconic winter wonderland beckoning snow enthusiasts from around the globe.

## **Breckenridge, CO:**

### **1. Travel Costs from Houston, TX:**

- Flights: Roundtrip flights from Houston to Denver (nearest major airport) can range from \$300 to \$600 per person, depending on factors like booking time and airline choice.
- Ground Transportation: Shuttle services or car rentals can add another \$100 to \$500, depending on preferences.

### **2. Lodging:**

Accommodations in Breckenridge vary widely. Budget options may start around \$150 per night, while more upscale options can exceed \$1,500 per night.

### **3. Lift Tickets:**

Lift ticket prices in Breckenridge typically range from \$100 to \$200 per day, depending on factors like the time of season and whether tickets are purchased in advance.

### **4. Ski Rentals:**

Ski rental packages can range from \$30 to \$120 per day, depending on the quality of equipment and any additional gear needed.

### **5. Food:**

Dining out in Breckenridge can vary from affordable options like fast food or casual dining (\$15-\$30 per person) to upscale restaurants with prices exceeding \$80 per person.





# Italian Alps, where the snow-clad peaks and centuries-old traditions converge to create an unparalleled paradise.

## Italian Alps:

### 1. Travel Costs from Houston, TX:

- Flights: Roundtrip flights from Houston to major Italian airports like Milan or Turin can range from \$700 to \$1,200, depending on factors like the airline, time of booking, and season.
- Ground Transportation: Depending on the ski resort's location, ground transportation costs (rental car, train, or shuttle) may range from \$100 to \$300.

### 2. Lodging:

Accommodations in the Italian Alps can vary widely. Budget options may start around €100–€150 per night, while more luxurious options can exceed €300 per night.

### 3. Lift Tickets:

Lift ticket prices in the Italian Alps typically range from €40 to €80 per day, depending on the resort and time of season.

### 4. Ski Rentals:

Ski rental packages can range from €20 to €40 per day, depending on the quality of equipment and any additional gear needed.

### 5. Food:

Dining out in the Italian Alps can range from €15–€40 per person for casual dining, while upscale restaurants may charge €50 or more per person.





### Ski "The Roof of Europe" -

With some 20 resorts and 800 kilometers of runs, skiers, regardless of ability level, you'll never have a lack for choice. You can cross-border ski between Italy and France in La Thuile and Courmayeur; and between Italy and Switzerland at Cervinia. It's a once in a lifetime experience.

#### **Considerations:**

- **Exchange Rates:** Keep in mind currency exchange rates, as they can significantly impact costs when converting between USD and Euros.
- **Duration of Stay:** Longer stays may allow for better deals on accommodations and lift tickets.
- **Package Deals:** Both destinations offer package deals that may include lodging, lift tickets, and rentals at a bundled price.

Ultimately, the choice between Breckenridge, CO and the Italian Alps depends on personal preferences, skiing priorities, and budget considerations. It's advisable to thoroughly research and compare costs based on specific travel plans and preferences.

Skiing in Italy is an unappareled experience that is not as expensive as you think.

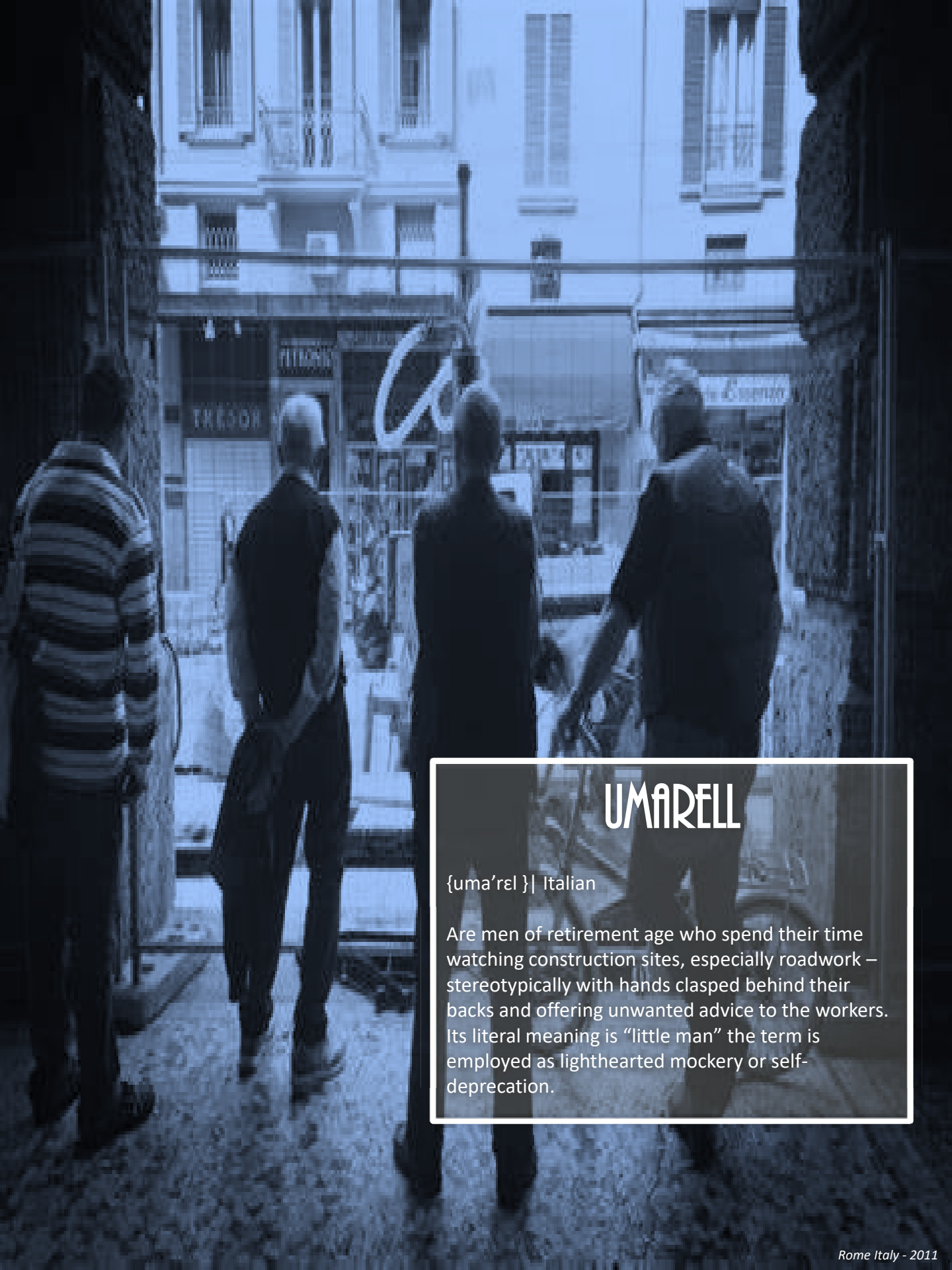


An aerial photograph of a small, snow-covered town nestled at the base of a massive, rugged mountain. The mountain's peak is sharp and covered in snow, with patches of dark rock visible. The slopes are steep and covered in a mix of snow and dark evergreen trees. The town below has numerous buildings with snow-laden roofs, some with colorful facades. A large, open, snow-covered field lies between the town and the mountain. The sky is blue with scattered white clouds. The text "Fill your life with adventures, not things." is overlaid in a large, white, serif font across the middle of the image.

Fill your life  
with adventures,  
not things.

FINNISH PROVERB





## UMARELL

{uma'rel }| Italian

Are men of retirement age who spend their time watching construction sites, especially roadwork – stereotypically with hands clasped behind their backs and offering unwanted advice to the workers. Its literal meaning is “little man” the term is employed as lighthearted mockery or self-deprecation.





# WINTER ESCAPDES



## WHERE TO GO THIS WINTER

Winter in Italy unveils a different, quieter side of this enchanting country, offering a unique and serene travel experience away from the bustling crowds of the warmer months. From the snow-capped peaks of the Dolomites to the historic charm of Rome and the culinary delights of Bologna, Italy in winter is a treasure trove waiting to be discovered.

For those seeking the thrill of winter sports and breathtaking alpine landscapes, the Dolomites in northern Italy provide an idyllic escape. Nestled in the heart of the Alps, this region transforms into a winter wonderland, inviting enthusiasts to partake in skiing, snowboarding, and other exhilarating activities.

Charming alpine villages, adorned with festive lights, add a touch of magic to the snowy scenery, creating a postcard-perfect setting for an unforgettable winter retreat.

Venturing to Venice during the winter months offers a different perspective on the city of canals. Without the summer crowds, the narrow streets and iconic landmarks take on a more intimate ambiance. A romantic gondola ride along the serene canals becomes an even more enchanting experience, and the city's rich cultural offerings, from art to cuisine, can be savored at a leisurely pace.

Rome, the eternal city, reveals its timeless beauty in winter. The Colosseum, Roman Forum, and Vatican City stand against the backdrop of a quieter, more contemplative atmosphere. Mild winter weather makes exploring these historic sites a pleasant experience, allowing visitors to immerse themselves in the grandeur of ancient architecture and art without the sweltering heat of the summer months.

In Florence, the birthplace of the Renaissance, winter beckons with fewer tourists and a more authentic connection to the city's artistic heritage. The Uffizi Gallery and the Accademia Gallery, home to masterpieces by Michelangelo and other renowned artists, become intimate spaces for contemplation and appreciation.

For a taste of southern Italy's winter charm, Sicily offers a mild climate and a wealth of cultural and natural attractions. Explore ancient ruins, meander through charming coastal towns, and savor the unique flavors of Sicilian cuisine in a more relaxed setting.



Further north, the city of Turin combines elegant architecture with a vibrant cultural scene. In winter, the nearby Alps beckon with opportunities for skiing and winter sports, providing a perfect balance of urban sophistication and outdoor adventure.



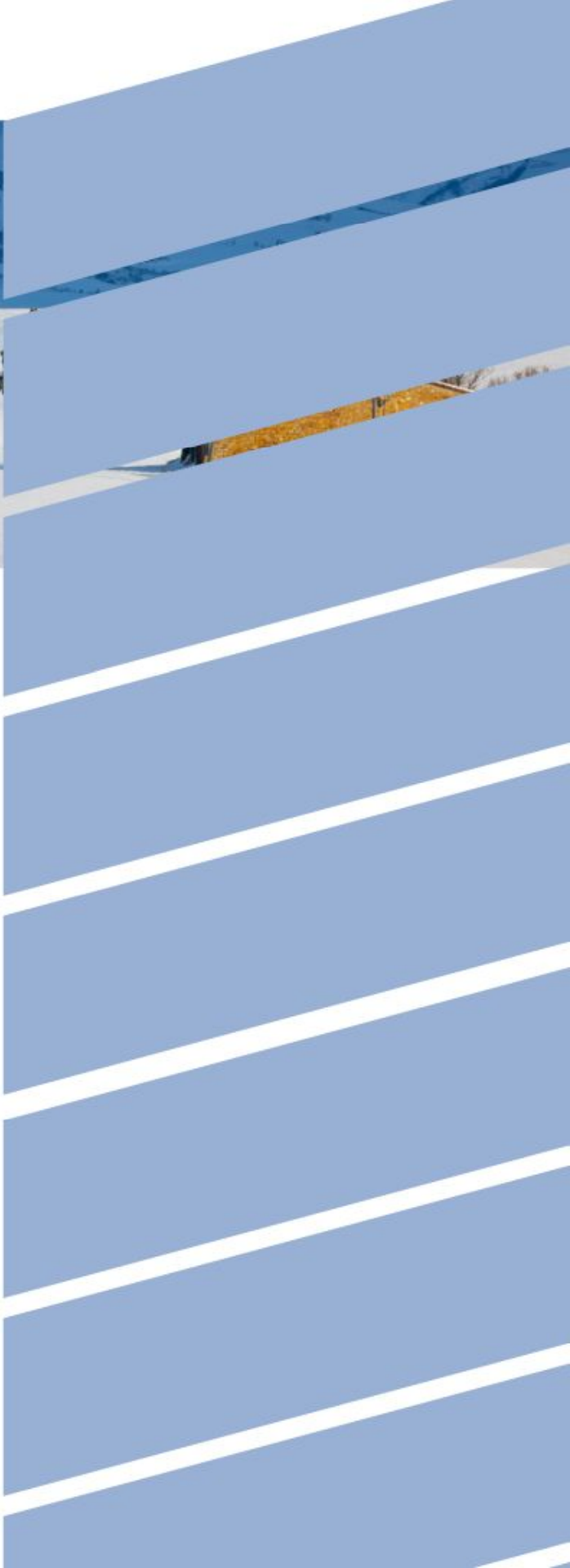


# PLACES TO VISIT

The Amalfi Coast, often associated with summer's sun-soaked allure, unveils a different kind of beauty in winter. The coastal towns, less crowded and bathed in soft winter light, exude tranquility. Visit historic sites such as Pompeii and Herculaneum without the summer throngs, and indulge in the region's delectable cuisine with a backdrop of Mediterranean serenity.

Bologna, with its rich history and culinary traditions, offers a delightful winter escape. The city's medieval architecture and local markets provide a glimpse into its past, while the warmth of Bolognese hospitality and cuisine will leave a lasting impression.

Italy in winter is a tapestry of diverse experiences, from the snowy peaks of the north to the milder climates of the south. Whether you seek winter sports, cultural exploration, or culinary delights, Italy's winter wonders await, promising a journey through time and tranquility that will linger in the heart long after the snow has melted.



# CHI HA TEMPO NON ASPETTI TEMPO

Popular Italian Saying About Life and It's Meaning:

**"Chi ha tempo non aspetti tempo."**

**Who has time, shouldn't wait for time.**

**Meaning:** something said to invite someone to stop procrastinating and putting off until tomorrow what they can do today.



A man in a grey t-shirt is sitting on a bed, holding his head and lower back in pain. The background is a light-colored wall with vertical lines.

*Me in college:*

**I can do whatever I want.**

*Me after I hit my  
mid 50's:*

**I can do whatever 800mg  
of Ibuprofen will allow  
me to do.**



# CAMPANIA

## A CULINARY AND CULTURAL ODYSSEY





# CAMPANIA

**C**ampania, a region in southern Italy, beckons travelers with a mesmerizing blend of historical treasures, breathtaking landscapes, and a culinary heritage that rivals any in the country. This enchanting region, nestled between the Tyrrhenian Sea and the Apennine Mountains, offers a diverse array of experiences that captivate the senses and immerse visitors in the heart of Italian culture.

**Historical Marvels:** Campania is home to some of Italy's most iconic historical sites, including the renowned ancient city of Pompeii. A visit to this archaeological marvel allows travelers to step back in time, exploring remarkably preserved ruins that vividly tell the story of life in a Roman city frozen in the shadow of Mount Vesuvius. The nearby Herculaneum and the Greek temples of Paestum further enrich the historical tapestry of the region. Pompeii is well known for being destroyed by Mount Vesuvius erupting back in 79 AD – and for good reason. Before the eruption, it was a holiday destination for wealthy ancient Romans, who built villas, wineries, and even hotels and swimming pools here.

Around Pompeii, a new town has sprung up, providing many hotels, shops, and restaurants, making it convenient for people to visit the ancient city. Pompeii is a time capsule; picture ancient streets with grooves from carts that trundled through them thousands of years ago, intricate mosaics, ancient graffiti, and food stalls.

**Natural Splendors:** The Amalfi Coast, a UNESCO World Heritage site, is a jewel in Campania's crown, boasting dramatic cliffs, colorful villages, and azure waters. A drive along the winding Amalfi Drive offers breathtaking views, while the island of Capri, with its azure grotto and panoramic vistas, is a short boat ride away. This jewel of the Mediterranean sees a jumble of picturesque buildings clinging to the sides of cliffs for a slice of the quintessential dolce vita. This area lures many visitors to the hillside towns of Ravello, Positano, and Amalfi itself. The gem-like waters splash against the pastel houses and mix with the green hills for a brilliantly intense color palette.

This summer destination is also popular with hikers who travel the towns by foot; these retain a rustic way of life, with fishing being one of the primary industries. Each town features a different atmosphere – and a selection of beautiful hotels and home stays – but all are perfect for a day along this storied coastline.

Capri is a picture-perfect island known for its glitz and glamour, where high cliffs drop off into the depths of the sparkling blue sea. There's a mild climate here, and some beautiful, rocky nature to enjoy. The Romans



*A view from inside the Blue Grotto of Capri.*

liked Capri too; Emperor Tiberius built a palace and numerous villas here.

Similarly, in modern times, it became a spot for the rich and famous to holiday. The Blue Grotto is a spectacular cave with azure waters which draws travelers from far and wide; the Marina Grande features a fun, seaside resort atmosphere around its beachfront. Accommodation here edges towards the high-end, but there are still some more modest options.

Sorrento is a rustic resort town set high above the Mediterranean, with breathtaking vistas out across the Gulf of Naples to Mount Vesuvius. This seaside town was a popular summer vacation spot for Ancient Greeks and Romans. Today, its mild climate, attractive streets, and friendly locals keep Sorrento popular. There's a lot to do: Piazza Tasso is always full of hustle and bustle; Corso Italia is lined with cafes, restaurants, and shops; and Piazza Vittoria is home to the ruins of the Temple of Venus. Elsewhere, there's the Romanesque duomo (cathedral) dating back to the 1400s. With a variety of lodgings tucked down charming streets, Sorrento is a good base for exploring Campania.

The city of Naples is a mix of energy, history, gritty streets, and some amazing food. One of the oldest ancient cities in Europe, Naples can trace its history back to the 9th century BC, when it was settled as an Ancient Greek colony. As such, there are archaeological museums that showcase items from Pompeii and Herculaneum, as well as other sights, like Roman villas and aqueducts around the city.

A trip to Naples wouldn't be complete without food – and that means pizza. This is where the world-famous dish was born. The city shouldn't be missed.

Salerno is a fun and friendly port city situated between the Amalfi Coast and Cilento National Park. Although the city saw much damage during World War II (it was the site of the Allied landings), its whitewashed buildings and terracotta tiles are still very attractive. There's also a historic center featuring a labyrinth of alleyways dotted with monuments.

After dark, Salerno comes alive, with the many shops, restaurants, and bars of the Movida district open till late, and plenty of locals enjoying the nightlife. Ferries depart from here to the Amalfi Coast. As it's a lesser-visited destination, accommodation in Salerno is more affordable.



THE RUINS OF POMPEII WITH MOUNT VESUVIUS IN THE DISTANCE.





Afternoon sunset in the Irpinia wine region around *Avellino*, a town in *Campania* about 40 km east of *Naples*.

*I*ndulging in Campania's culinary delights is a celebration of flavors, reflecting the region's agricultural abundance and coastal bounty. Naples, the birthplace of pizza, beckons with pizzerias serving up the quintessential Neapolitan pie—thin, crispy crusts adorned with simple, high-quality ingredients like San Marzano tomatoes and buffalo mozzarella. For seafood aficionados, the Amalfi Coast offers delectable dishes like "scialatielli ai frutti di mare," a pasta delight with an array of fresh seafood.

#### **Foods to Savor in Campania:**

***Pizza Margherita in Naples:*** Experience the authentic taste of Naples with a visit to one of its historic pizzerias, such as Da Michele or Sorbillo, and savor a classic Pizza Margherita.

***Limoncello in Amalfi:*** The Amalfi Coast is renowned for its fragrant lemons, and a visit to this region is incomplete without sipping on the local Limoncello, a refreshing lemon liqueur.

***Sfogliatella and Baba in Naples:*** Delight your taste buds with Naples' famous pastries, the sfogliatella and baba. These sweet treats, often enjoyed with a shot of espresso, showcase the region's pastry-making prowess.

***Mozzarella di Bufala in Caserta:*** Head to the plains of Caserta to taste the creamy, rich Mozzarella di Bufala, crafted from the milk of water buffaloes. Pair it with fresh tomatoes and basil for a true taste of the region.

***Wine Tasting in Irpinia:*** Explore the vineyards of Irpinia, known for producing exceptional wines like Taurasi. Wine enthusiasts can indulge in tastings surrounded by picturesque landscapes.

#### **Festivals and Traditions:**

Campania hosts a myriad of festivals and traditions that provide a deeper insight into the region's vibrant culture. The Festa dei Gigli in Nola, with its elaborate processions and towering lilies, and the historic Regata Storica delle Repubbliche Marinare in Amalfi are just a glimpse into the rich history of local festivities.

***Soaking in the Local Vibe:*** Whether strolling through the charming streets of Sorrento, sipping espresso in a bustling Naples cafe, or meandering through the historic center of Salerno, visitors can absorb the authentic essence of Campania. The region's warm hospitality and the genuine warmth of its people create an inviting atmosphere that lingers in the memory long after departure.

Campania unfolds as a captivating destination that transcends the ordinary, inviting travelers to savor the richness of its history, indulge in its culinary treasures, and immerse themselves in the natural and cultural wonders that make this region a true gem in the heart of Italy.

# TORTELLINI WITH BROWN BUTTER AND SAGE





# Tortellini With Brown Butter and Sage

Store-bought tortellini are the kind of weeknight hack we can get behind—especially when they're tossed with plenty of garlicky brown butter and toasty walnuts. Any variety of stuffed pasta will work here (ravioli, agnolotti, etc.), though we're partial to a classic cheese filling regardless of shape; it'll really let that sage-y sauce shine. Just make sure to buy the fresh stuff from the refrigerated (or frozen!) section of the store, and avoid weird shelf-stable versions at all costs.

## INGREDIENTS

Kosher salt  
¾ cup walnuts  
5 garlic cloves  
½ cup (1 stick) unsalted butter  
16 sage leaves  
Freshly ground black pepper  
1lb. store-bought cheese tortellini or tortelloni  
2 tsp. apple cider vinegar  
2 oz. Parmesan, finely grated (about ½ cup)

## DIRECTIONS:

1. Bring a large pot of well-salted water to a boil. Meanwhile, do some prep. First, chop **¾ cup walnuts** so they're roughly the size of peas.
2. Smash **5 garlic cloves**, peel, and discard skins. (You don't want the cloves to be obliterated, but smashed enough create plenty of surface area.)
3. Cut **½ cup (1 stick) unsalted butter** into 8 pieces and transfer to a large skillet. Heat skillet over medium-low and cook butter, swirling often, until just melted, 2–3 minutes.
4. Add walnuts and garlic and continue to cook, stirring often with a heatproof spatula, until nuts and garlic are light golden brown and butter solids are browned as well, 3–4 minutes longer. It will get very foamy and hard to see the bottom of the skillet, so use spatula to drag through butter—you should leave a trail of little brown specks in your wake (a.k.a. toasty, delicious milk solids).
5. Add **16 sage leaves** and cook (still over medium-low heat), stirring constantly, until sage crackles and is dark green and crisp, about 1 minute longer. Remove skillet from heat. **Hot tip:** If you think things are getting too dark, add a splash or two of pasta cooking water to the hot pan; this will halt the browning process. Season with **1½ tsp. salt** and **½ tsp. pepper**.
6. Cook **1 lb. store-bought cheese tortellini (or other stuffed pasta)** in boiling salted water and set a timer according to package directions, but start checking doneness a minute early. Fresh pasta packages are often a little generous with their cook times, so it pays to check sooner rather than later—you don't want falling-apart pasta! Stir pasta once or twice as it cooks to ensure it cooks evenly.
7. When pasta is cooked, drain and transfer to butter sauce. Return skillet to medium heat and cook, stirring and tossing, until pasta is well coated in sauce, about 30 seconds. Remove from heat and stir in **2 tsp. apple cider vinegar**. Taste sauce and add more **salt** if needed.
8. Divide tortellini among plates. Sprinkle with **2 oz. Parmesan** and a few good cranks of **pepper**.

***Buon Appetito!***

2024

# New Year Resolutions in Italy

New Year – New You

The history of setting  
new years resolutions  
dates back over 4,000  
years

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## Aspirations

Every New Year, thousands of people around the world celebrate by making a resolution or a wish. From eating grapes to jumping waves and burning wish papers, there are lots of different ways to do it. So how did it all begin? We look at the history of New Year's resolutions and how they have changed through time.

## Babylonia



The very first New Year's resolutions dates happened over 4,000 years ago. The first recorded people to celebrate a new year were the ancient Babylonians. Their new year celebration was a 12-day festival called Akitu, which began at the start of the spring planting season in March. During the celebrations, Babylonians would make resolutions to their gods. But they probably didn't make any promises to exercise more, save more money, or start a new hobby. The Babylonians usually pledge their loyalty to the king and made promises to pay their debts and returned borrowed items to their rightful owners. They believed that if they kept their resolutions, the gods would treat them favorably that year. But, if they broke their promises, they would get on the bad side of the gods.



## Ancient Rome

The modern day Gregorian New Year began in ancient Rome in 46 B.C., when Emperor Julius Caesar introduced a new calendar and declared January 1 as the start of the new year. The Romans originally began the new year starting in March (like the Babylonians), but moved it to January to honour the Roman god Janus. He was a two-faced god who could look back to the past year and forward to the new year. At the new year, the Romans would offer sacrifices to Janus and make resolutions for good behaviour.

## Medieval Times

New Year's resolutions continued into the Middle Ages. Knights would make an annual "Peacock Vow" at the end of the year. They would renew their resolution to maintain the values of knighthood by putting their hands on a live or roasted peacock. By the 17th century, New Year's resolutions were becoming more common. In 1671, Scottish writer Anne Halkett wrote several resolutions in her diary on January 2, such as "I will not offend anymore".



## First Recorded Use of New Year's Resolutions



In the 18th century, Christians would hold mass on New Year's Eve or New Year's Day. Worshippers could reflect on the past year and make resolutions to do better in the year ahead. In 1802, people were satirising the practice of New Year's resolutions. Walker's Hibernian Magazine published joke resolutions such as: "Statesmen have resolved to have no other object in view than the good of their country..." In 1813, a Boston newspaper published the first recorded use of the phrase 'New Year resolution':

"And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behaviour, and with the full belief that they shall thus expiate and wipe away all their former faults."

Over two centuries later, New Year's resolutions are a common practice around the world from North America, Europe, to Asia. Whether they're rooted in religion, culture, or an entirely individual practice, these resolutions take different shapes in many different countries.

# BUONI PROPOSITI

## United States

Resolutions are a big part of new year celebrations in the US. At the start of 2023, 23% of people resolved to live healthier, while 21% were focused on personal improvement and happiness and 20% resolved to lose weight. However, of the 41% of Americans who make New Year's resolutions, only 9% followed through on them.

## Italy

In Italy, New Year's resolutions are called buoni propositi, or "good intentions." These resolutions are often similar to those made in the US, such as exercising more or quitting smoking. Some Italians also have luck-bringing traditions. You can eat fatty pork to fatten wallets, or eat black-eyed peas for good fortune. It's said that some Italians also wear red underwear at New Year to bring good luck in the year ahead.

## Top Ten Italian New Years Resolutions

1. Dimagrire / Mangiare meno  
English meaning: to lose weight / eat less
2. Mettersi in forma / Fare più esercizio fisico  
English meaning: to get fit / to do more physical exercise
3. Bere meno alcol  
English meaning: to drink less alcohol
4. Mangiare meglio  
English meaning: to eat better
5. Smettere di fumare  
English meaning: to quit smoking



6. Saldare tutti i debiti  
English meaning: to get out of debt
7. Risparmiare più soldi  
English meaning: to save more money
8. Trovare un lavoro migliore  
English meaning: to find a better job
9. Passare più tempo con la famiglia  
English meaning: to spend more time with the family
10. Fare delle nuove amicizie  
English meaning: to make new friends

## What are your 2024 Resolutions?



# ASK AN ITALY AGGIE - 12 QUESTIONS

## SIMRUN HEAD '23

### 2LT, MEDICAL SERVICE CORPS OFFICER, VICENZA, ITALY

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

*A. I was born and raised in LaGrange, KY, then I moved to Seattle, WA for about 5 years in elementary school. My family and I then moved to Austin, TX where I have spent the majority of my life. My mom is Punjabi and my dad is White, so I am a hybrid! I love to spend time with the people that I love. It is a bonus if we are doing something outside! I love to go on hikes, ski, rock climb, and explore! I also enjoy just spending time at home watching movies and cooking/baking.*

**2 Why did you choose to attend Texas A&M, how did you select your major and why?**

*A: I wanted to go to Texas A&M because of the Army ROTC program and the Corps of Cadets. I believed that this program would help me grow as a leader with many opportunities and connections. My big brother was also going there! I studied Psychology with the intent of going into Physical Therapy or becoming a Physician's Assistant. I plan on going down the clinical path after some time in the Army.*

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

*A. My favorite memory from Texas A&M was probably when the seniors got bussed back from March to the Brazos and we had a tailgate on the side of Reed Arena. I enjoyed this so much because all of the seniors in the Corps of Cadets were celebrating our last moments in college together, and we got to witness our underclassmen assume their positions for the following year to continue the legacy.*

**4. What's the number one priority for your lifetime?**

*A. My number one priority in life would be to maintain my relationship and connection with God. My faith serves as a very strong foundation in my life and gives me the strength to conquer anything I set my mind to.*

**5. Why did you choose to serve in the military?**

*A. I chose to serve in the military to give back to the country that gave my family so many opportunities for a safe and fruitful life. I wanted to play an active role in protecting my loved ones. I also joined for personal/leader development and unique opportunities!*

**6. What's the number one thing you wish more people knew about you?**

*A. I wish more people knew that I am always down for a good time and that I like to laugh!*

**7. What's something that scares you, but you do it anyway?**

*A. I wouldn't say it "scares" me, but being uncomfortable can be nerve racking; it can develop you in so many ways. I like to put myself in uncomfortable situations whether it is physical or mental so that I can learn and grow.*

**8. If you could give a 10-minute presentation on any subject, what would it be?**

*A. I would give a presentation on how to live a life with no regrets. I think that life is about your mindset, and I would love to share my thoughts with others.*

**9. Where's your favorite place you've ever traveled and what made it so special?**

*A. I loved going to Norway and Sweden because we got to stay with locals in a little town and it was the most peaceful and beautiful area. Norway had the most grandiose fjords and it was mind blowing.*

**10. If you could have dinner with anybody in the world from across history, who would it be and why?**

*A. I would have dinner with my Nanaji (Mom's dad). My Nanaji recently passed and I wish I could spend one more second with him. I feel like he had all the answers to life, and his presence was just a light.*

**11. What's the best advice you've ever received?**

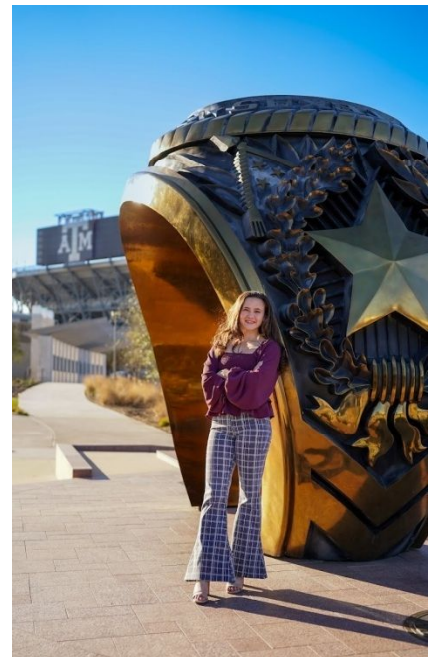
*A. The best advice I ever received was to try anything and everything you want to in life. This ranges from schools, programs, degrees, foods, travels, classes, reaching out to people, etc. Life is too short to wonder what could've been. Try and experience everything you can get your hands on.*

**12. Take Sides – with this question you have to choose your preference between the following dichotomies. The Bold and **maroon** colored are 2 Lt Heads selections:**


- **Road trip across the country** or sail around the world?
- Live in an urban or **rural setting**?
- **Swimming in the ocean** or camping in the woods?
- Spend your summer vacation **at a beach resort** or exploring a new city?
- Go on **a safari in Africa** or experience life in Antarctica?
- Spend the **holiday somewhere exotic** or explore some local attractions closer to home?
- Read a book about history or **watch a documentary about current events**?
- **Eating a healthy meal** or enjoying a sugary snack?
- **Take a hot air balloon ride** or drive a race car?
- **A night owl who prefers to stay up late** or an early bird who's always up with the sun?
- Fancy restaurants or your **favorite delivery spot**?
- **Long hikes in nature** or surfing the waves of the ocean?
- **Outdoor activities (e.g., camping, fishing)** or indoor ones (e.g., board games, video gaming)?
- Have the newest gadget or **stick with what you know works well for you**?
- **Sightseeing cultural attractions** or lounging by the pool all day?
- **Museums full of fascinating artifacts** or amusement parks full of thrilling rides?
- **Texas** or Italy (**I like both, but Texas is home**)
- European Soccer or **Aggie Football**
- **White wine** or red wine
- **Pizza** or Pasta

**2Lt. Simrun Head, Aggie Class of '23 is currently serving as the Medical Service Corps Officer and works in the Brigade Medical Supply Office at the U.S. ARMY GARRISON VICENZA/CASERMA EDERLE in Vicenza Italy.**

*"Basically we support the entire brigade in organizing and distributing all medical equipment. I am stationed in Vicenza, and I got based here by putting Italy as my number one choice for a duty station and getting matched! I see myself staying in the Army for awhile and taking each opportunity as it comes!"*







I enjoy taking a nap on the  
sofa before taking myself to  
bed for my main sleep.  
I call it a  
Snorsd'oeuvre.



## Statistics Student Devotes Class Project To Helping Aggie Baseball Team

*Drew Kearny '25 analyzed the team's pitching data, helping to refine its strategies for player development.*

[Click for more information](#)

## Aggies Earn United Soccer Coaches Team Ethics and Sportsmanship Award

The Texas A&M Women Soccer Team were honored for their character and integrity.

[Click for more information](#)

## Women's Tennis Garner No. 2 ITA Preseason Ranking

The Texas A&M women's tennis team garnered their highest preseason ranking in program history.

[Click for more information](#)



## HEADLINES

BASEBALL: [Aggies Ranked 7<sup>th</sup> In Preseason Poll](#)

SOFTBALL: [Get to Know: Trinity Cannon](#)

BASEBALL: [Montgomery, LaViolette Named Preseason All-Americans](#)

BASKETBALL (M): [Texas A&M knocks off #6 Kentucky at home](#)

BASKETBALL (W): [The Places We Haven't Been](#)

FOOTBALL: [Head Coach Mike Elko, Aggies Welcome Early Signing Class](#)





# THE ITALY A&M CLUB NEEDS YOUR ASSISTANCE



## The Italy A&M Club Needs Your Help!

### • BREAKING NEWS

**UPDATE** – The Association of Former Students is assisting us with building out our clubs website! I can't thank them enough for the help. We also will have a *Facebook* page to accompany our *Instagram* postings. These mediums will allow us to post news articles, our monthly newsletters, *Instagram* postings and other social media. So everyone is aware our newsletter reaches out to almost 1,000 readers each month. Thank you all for your contributions to its success.

### • Italy A&M Club Scholarship

The club is exploring the possibility of establishing a scholarship program. The scholarship would be available to club members who live in Italy but are attending Texas A&M, their family members who are attending Texas A&M or possibly students who are studying abroad from Texas A&M in Italy (semester abroad program).

We are considering hosting a silent auction to help raise funds for the scholarship. If you are interested in donating to the auction or in the establishment of the scholarship please reach out to me directly.



### • News – Extra, Extra Read All About it!

Please feel free to share any photos, news articles, announcements, births, graduations, Silver Taps, career changes or any other news you would like to share with the club. We will find ways to include them in the regular updates.

### • Logo

We are looking to create our clubs logo and will be asking for assistance from The Association of Former Students Marketing Department. We need to generate a few ideas for our logo. If you have any ideas or thoughts please let me know.

### • Recipes

Feel free to submit your favorite recipe(s) to be include with the monthly/periodic updates. We would love to share them with the group.

### • Feedback

Please provide feedback on this format, the content and any ideas you may have on ways we can generate additional engagement. Please encourage other people to join the club and to follow us on *Instagram*.

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Instagram: [italy\\_am\\_club](https://www.instagram.com/italy_am_club)

# PAROLE FINALI



We want to express our deepest gratitude to each and every one of you for being an integral part of the Italy A&M Club.

This month's e-magazine has been a labor of love, weaving together stories that reflect the richness of Italy. From the warmth of shared moments to the thrill of new adventures, our collective journey continues to unfold in beautiful and unexpected ways.

As we step into the new year, let us carry with us the spirit of unity, friendship, and the unwavering commitment to making each moment count. The coming months hold the promise of exciting gatherings, cultural explorations, and shared laughter that will undoubtedly enrich all of our lives.

Thank you for your continued enthusiasm, support, and for making our club the extraordinary community that it is. May the year ahead be filled with joy, discovery, and countless memories that we create together.

As we move toward February, we have a sneak peak at topics and articles we hope to cover. A deep dive into weddings in Italy, St. Valentines, the history of Romeo and Juliet, and more of the most beautiful locations and places in Italy.

We look forward to sharing many more incredible moments with you in the coming month and throughout the year.

Wishing each you a wonderful and prosperous 2024, filled with love, laughter, and the spirit of Italy.

Ciao for now!

Thanks 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)

