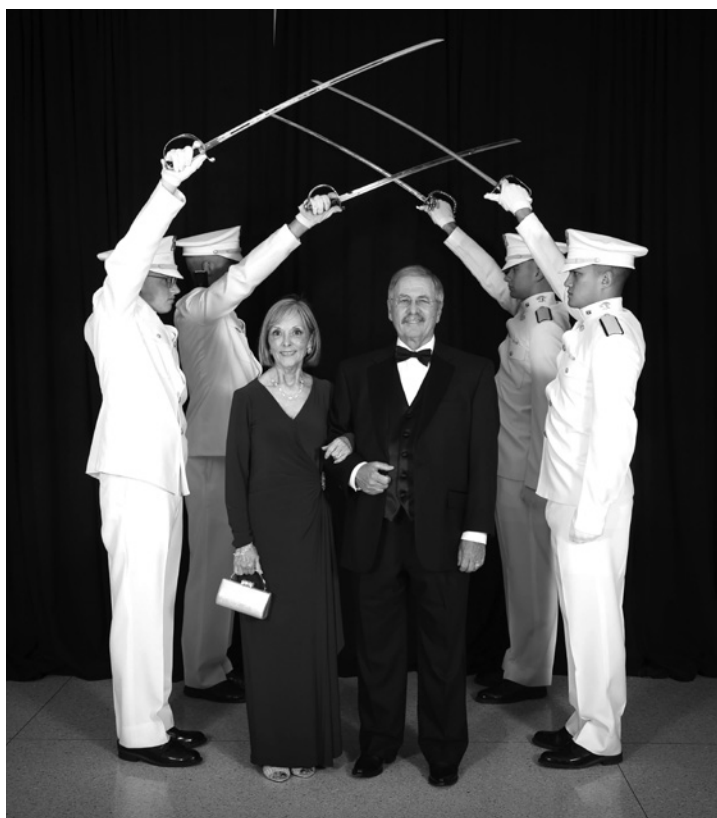




SENIOR AND VOLUNTEER SPOTLIGHT

by Jackie Devine and Jill Bright



Recently, local Cypress seniors visited the George Bush Presidential Library and Museum. Bill and Beth Wilson accompanied me out to the lovely Barbara Bush memorial and gardens. On the way, Bill told me of the time he spends at A&M because of his involvement with the Corps of Cadets.

As a Missourian, I knew little Corps history and asked Bill to grant me an interview. He agreed but said the Texas Aggie Corps of Cadets Association had just published an article on Beth and him---of which I requested and received in short order. It was a perfect accounting of my friends and their dedication to the things they hold dear. Jill Bright, the author of the article, graciously granted me permission to reprint it. I hope you enjoy reading it as much as I did.

Volunteer Spotlight: Bill & Beth Wilson

by Jill Bright

When William “Bill” and Beth Wilson took their son, Jonathan ’08, to Freshman Orientation Week (FOW) in 2004, little did they know that the Corps of Cadets would not only change his life but theirs too. Jonathan is a first-generation Aggie and, much to the Wilson’s delight, chose to join the Corps.

As a senior in high school, Jonathan spent the night with Squadron (SQ) 2, and thought he would be a Gator. At FOW, however, he was assigned to SQ 3, and he became a Thunderbird, although he remained friends with the Gators. Taking an active role in Jonathan’s Corps experience, the Wilsons came to College Station for all of the march ins, reviews, and outfit BBQs. They met other SQ 3 parents and quickly developed a friendship with Henry ’66 and Linda Goodwin, whose son, Michael ’03, was in SQ3.

The Wilsons started helping at the outfit BBQs and attending the Goodwin’s tailgate. The Wilsons met Don Crawford, Executive Director of the Texas Aggie Corps of Cadets Association (CCA), at the CCA trailer, which began the foundation for a relationship that still goes strong to this day. As CCA members, Crawford asked them to volunteer at Rally to the Guidons in 2009. “I remember being surrounded by Ol’ Ags waiting to get their shirts,” recalls Bill. “There was so much excitement in the room and we just loved it! We were hooked.” Since that time, the Wilsons have rarely missed the opportunity to volunteer at CCA and Corps events.

In 2015, the Wilsons chose to move to Cypress—exactly 67 miles from the A&M Koldus garage—in order to be closer to College Station. “We really wanted to be close enough that we could reach College Station easily and not need to spend the night,” says Bill.

Although Jonathan graduated in 2009 (with a bachelor’s and a master’s degree), the Wilsons never stopped attending SQ 3 BBQs. They would purposely seek out those Cadets whose parents lived out of state and most likely could not visit often and try to make them feel special and part of a “family away from their family.” They have

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“adopted” Cadets and are known to some as “my Aggie Parents.”

Bill is blessed with the love of photography and has taken photos of Ca-dets for the last 14 years. Each time he returns to Aggieland, his backpack is loaded with photos in separate Ziploc bags with different years and outfits on them to hand out accordingly. He also faithfully shares his photos with the CCA to be passed on to other parents through the CCA's Flickr* account.

As one could imagine, the Wilsons are in high demand because of their devotion and loyalty to volunteering. When people ask them to volunteer, Bill says, “We would love too, but let me check our calendar.” He checks his calendar to make sure there is not a CCA or Corps event that conflicts. “The CCA and the Corps are our number one priority,” says Bill. “We will not miss a CCA event!” In the past ten years, Bill can recall only missing a few, and only recently because of the birth of their grandson, Wesley.

When the Wilsons are not volunteering for the CCA or the Corps, they are active in the Harris County Republican Party and spend as much time with their grandson as possible. A recent photo received of Wesley from Bill included a note that says: “Sending you a photo of why we need to stay in good health. Eighteen years from now, I want to be at FOW when our grandson checks into the Corps.” What a legacy to carry on with proud grandparents right there to cheer him on from the sidelines.

The Wilsons are not only Aggie parents, but also Aggies for life. After the first visit to A&M they fell in love with the University, the Corps of Cadets, and with the CCA. “We volunteer because the CCA strongly supports the Corps,” says Bill. “The Corps makes leaders and the Cadets are some of the finest young people we have ever known.” The Wilsons have played a large role volunteering at the

(Continued on Page 3)

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CCA for many years. The CCA could not do it without Bill and Beth and we are honored to have them not only as wonderful volunteers, but also as members since 2004! Thank you Bill and Beth for all you do for the CCA!

The Corps is known as the “Keepers of the Spirit and Guardians of Tradition” because the cadets are charged with preservation and execution of time-honored traditions. Whether it’s the Ross Volunteer Company conducting a three-volley salute at Silver Taps or Aggie Muster, Parsons Mounted Cavalry firing the Spirit of ’02 cannon every time the Aggie football team scores, or caring for Reveille, Texas A&M’s official mascot, the Corps of Cadets ensures Texas A&M traditions live on, just as they have for over 140 years.

If you are interested in finding more out about the Corps of Cadets Association, please checkout their website: corpsofcadets.org.



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Trunk or Treat 2018

OCTOBER 26, 6-10PM

Republic Gymnastics and Dance is hosting our 1st Trunk-or-Treat!

This event is OPEN to the PUBLIC! So please come enjoy the Halloween spirit with us at REPUBLIC! Join us for:

- Vendors
- Shaved Ice & Food Trucks
- Face Painting donated by Night Light Pediatrics
- Photo Booth donated by Case by Case Photo Events
- Activities
- Games
- Costume Contests

ENTRY: DONATION of non-perishable FOOD items

Republic will be donating all non-perishable FOOD items to the AMAZING local organization Cy-Fair Helping Hands which focuses on helping kiddos specifically within CFISD. With Thanksgiving coming up what better way to help and support those in need than to provide items that could make their holiday a bit better. We appreciate any and all donations!



St. Peter's Fall Bazaar

St. Peter's Anglican Church announces their Fall Bazaar, to be held on Friday, November 2 and Saturday, November 3, 2018, at the church at 19915 Cypress Church Road, Cypress, Texas 77433. You are invited to come and shop and visit where we will have vendor booths of homemade items, a bake sale and a New to You booth. There will be two quilts and various gift items for raffle. Doors open at 8:00 AM and we will end at 3:00 PM each day, and there will be lots of gift ideas for all ages. Our theme this year is Olde World Bazaar and Toys.

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10 Tips for a Healthy Fall

by Laura McMullen

SEEYA, SUMMER

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

THINK BEYOND PIES AND JACK-O-LANTERNS

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

GET YOUR FLU SHOT

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

AND WHILE YOU'RE AT IT, STEER CLEAR OF THE COMMON COLD, TOO

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

SIGN OUT OF FACEBOOK, DITCH THE FALL LINEUP AND HEAD OUTSIDE

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

AND WHILE YOU'RE OUTSIDE, GET A WORKOUT

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

SCARE OFF THOSE HALLOWEEN CANDY CRAVINGS

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy

for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

EAT LIKE AN ATHLETE – NOT A COUCH POTATO – ON GAME DAY

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

BUY IN-SEASON VEGGIES, SUCH AS BEETS, BROCCOLI AND BRUSSELS SPROUTS

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

ENJOY A HEALTHIER THANKSGIVING

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

GIVE BACK

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.



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Halloween Safety Tips

by Centers for Disease Control and Prevention

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Expecting trick-or-treaters or party guests??

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

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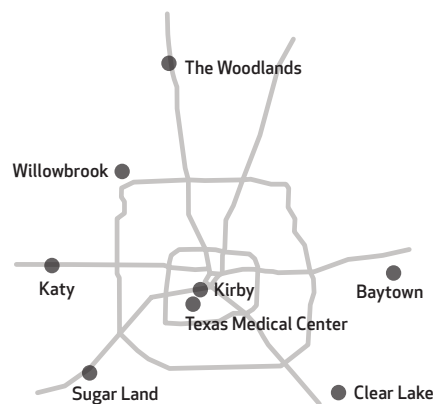
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