

College Station Parks and Recreation offers multiple opportunities to get your daily dose of Vitamin D while completing your daily step and calorie burning count. The City of College Station has 10 parks that offer outdoor exercise equipment and more than 40 parks with walking, jogging, and nature trails. Not to mention the multiple parks with volleyball, basketball, and tennis courts, as well as numerous open practice fields if you're looking for a friendly team competition to get your heart rate up.

There's no question that a healthy lifestyle and daily exercise are imperative for overall health, longevity and the enjoyment of life. Nature offers multiple health benefits, including restoring focus, improving cognitive function and elevating moods. The combination of fitness and nature is a dynamic duo!

Here are the top five benefits of outdoor exercise:

SUNSHINE

Vitamin D strengthens your immune system, makes bones stronger, and actually improves your mood.

MENTAL STIMULATION

The constant change of scenery excites and stimulates your brain, not only giving your body a work out, but your mind as well.

STRESS RELIEF

Exercising in nature alleviates stress, and combats anxiety.

NEW EXERCISES

Outdoor training exercises your body in different ways by using various surfaces.

NO FEES

Mother Nature's all-inclusive gym is free of charge and accessible to all!



Check out all of College Station's outdoor exercise stations. You can combine your cardio workout on our park trails with a total body workout on the equipment at one of our locations below:

3 BARRACKS PARK

3105 Cullen Tr. 15 Exercise Stations 4500-Sq. Ft. Fitness Area Park Curfew: 11 p.m. to 5 a.m.

BROTHERS POND

3100 Rio Grande Blvd. 10 Exercise Stations ½-Mile Lighted Walking Trail Park Curfew: 11 p.m. to 5 a.m.

CREEK VIEW PARK

1001 Eagle Ave.
6 Exercise Stations
½-Mile Lighted Walking Trail
Park Curfew: 11 p.m. to 5 a.m.

JACK & DOROTHY MILLER PARK

501 Rock Prairie Rd. 1 Exercise Station 1/3-Mile Walking Trail Park Curfew: 11 p.m. to 5 a.m.

SANDSTONE PARK

1700 Sebesta Rd.
1 Exercise Station
1/3-Mile Walking Trail
Park Curfew: 11 p.m. to 5 a.m.

SOUTHWEST PARK

300 Southwest Pkwy. 3 Various Exercise Stations 1/3-Mile Lighted Walking Trail Park Curfew: 11 p.m. to 5 a.m.

2 STEPHEN C. BEACHY CENTRAL PARK

1000 Krenek Tap Rd. 10 Various Exercise Stations 1-Mile Lighted Walking Trail Park Curfew: 1 to 5 a.m.

THOMAS PARK

1300 James Pkwy.
5 Exercise Stations, 750 sq. ft. fitness area
1-Mile Lighted Walking Trail
Park Curfew: 1 to 5 a.m.

1 WOLF PEN CREEK PARK

1015 Colgate St.
6 Exercise Stations, 750 sq. ft. fitness area
2-Mile Lighted Walking Trail
Park Curfew: 1 to 5 a.m.

WALLACE LAKE PARK

4200 WS Phillips Pkwy. 5 Various Exercise Stations 1/8-Mile Lighted Walking Trail Park Curfew: 11 p.m. to 5 a.m.

Visit cstx.gov/parks for a complete list of all park features, trails and athletic facilities.

BUTTERFLY GARDENS

AT YOUR HOME,
NEIGHBORHOOD PARK,
& OTHER PUBLIC PLACES

by A&M Garden Club

Parightly colored butterflies can be a welcome addition to your garden and community. Attracting butterflies involves incorporating plants that serve the needs of all life stages of the butterfly. Monarch butterflies need places to lay eggs, food plants for their larvae (caterpillars), places to form chrysalides and nectar sources for adults.

Include native plants with milkweed and continuous-blooming annuals in clusters of color. Include host plants near your nectar plants or mixed together. Flowers should be colorful and oriented upward, making a platform for the butterfly to land and walk on. Adult butterflies are attracted to red, yellow, orange, pink and purple blossoms that are flat-topped or clustered and short flower tubes.

Plant good nectar sources in full sun from mid-morning to mid-afternoon. Plant so that when one plant stops blooming, another begins. Use trees, shrub layers, with some low-growing perennials and vines, intermixed with flowering annuals. Different heights also provide shelter for monarchs.

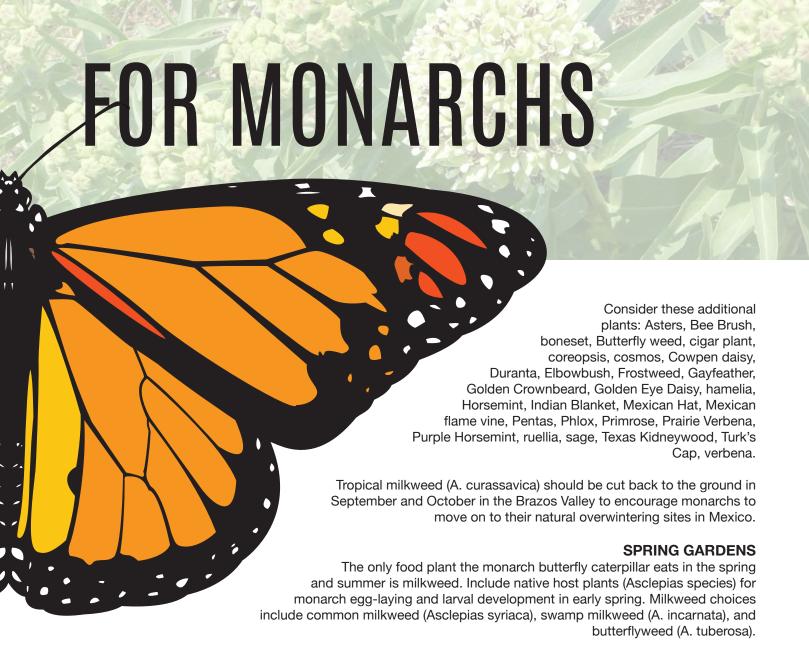
Other garden features might include a place for butterflies to rest and to warm their wings for flight. Place flat stones in your garden to provide space for butterflies to rest and bask in the sun. Provide sunny areas out of the wind. A puddling feature is wet sand and mud with compost for needed minerals and salts. Some butterflies like over ripe fruit such as bananas. Insecticides should not be used in or near the butterfly garden.

Your butterfly garden can be at your home, in a park, near a school or cultural building, or in a corridor area. An 8-feet by 12-feet area provides a habitat and makes locating the flowers easy for the butterflies. Potted plants or a container garden save space and allow you to bring the butterflies closer for convenient viewing. Use a sunny patio, balcony, or windowsill for your butterfly plants.

FALL GARDENS

When the monarchs fly south in September and October, they need ample nectar sources to fuel their flight, trees or other protection at night for roosting, and connected habitats. Plant nectar sources using a mix of native plants and late-season bloomers and continuous-blooming perennial and annual plants.

Choose these nectar plants: Rudbeckia (Black-Eyed Susan), Zinnia, Plumbago, Candlestick (Cassia), Goldenrod, Buddleia, Pipe-vine, Purple Mistflower, Passion-vine, Tithonia, Sedum, Partridge pea (Senna), Sunflower, Gomphrena, Hollyhock, Salvia, Purple Coneflower, Citrus, Lantana, Joe-Pye Weed.



Grow native flowering plants throughout the year. By conserving and connecting monarch habitat, we benefit other plants and animals, including pollinators for our food supply.

READY TO START YOUR OWN BUTTERFLY GARDEN?

Stop by Stephen C. Beachy Central Park Office at 1000 Krenek Tap Road, Monday-Friday from 8 a.m. to 5 p.m. to receive two free milkweed seed packets for your household. You can also register to start a butterfly garden at a local park. Seed packets will cover more than 20 square feet.

College Station Parks and Recreation has provided seeds for 3-5 acres of community parks. Veterans Park & Athletic Complex, Richard Carter Park, Stephen C Beachy Central Park, Memorial Cemetery, and Aggie Field of Honor were planted with milkweed earlier this year.

Register your butterfly garden online at **AMGardenClub.com**. Let's be sure that monarchs always have a place to find nectar flowers and milkweed.

The A&M Garden Club is a federated club with National Garden Clubs, Inc. Compiled by Jane Cohen, Butterfly Chair; Helen Quinn, President, Judith Schafer

OVERA GUP OF GUFFEE

by Kelly Kelbly Recreation Manager

he only thing better than a good cup of coffee in the morning is to share a cup with good company. I had the pleasure of working at the Southwood Community Center for close to a decade. If you're familiar with Southwood, you know we serve the best coffee around. Before his passing, Bob Meyer would show up every morning to sit in the lobby with me over that first cup.

Robert "Bob" Meyer was a loyal member of Southwood. He served on our Senior Advisory Committee, participated in a number of our programs and activities and volunteered each year assisting head start kids at Pool Trout Fish Out. Bob and his lovely wife, Wanda, never had children.

After Wanda passed away, Bob adopted the staff and other members of Southwood as his family. That's the true heart of Parks and Recreation.

We're the parents who help with homework until mom and dad can make it home from work. We're the coach to that little kid desperately trying to learn a layup. We're there to help you learn to swim. Then, when you're left alone in your older years, we're there to keep you company and enhance your quality of life. When we're lucky, our lives are touched by serving you.

During my last years at the community center, I found myself arriving just a little earlier to greet Mr. Meyer when he walked up. His perspective and insight each morning were truly something I came to cherish as I went about my daily routine. We like to convince ourselves we're here to make a difference in your life when, in reality, it often turns out the other way. Thank you, Mr. Meyer, for being a bright spot in my world.

As it turns out, Mr. Meyer did not just impact me. His presence was felt by many of our other seniors as well. You see, the beauty of who he was isn't that he was a great man who accomplished great things. The simplicity is what makes him truly special. He was a good man who served others.

That's why in August we dedicated a plaque honoring Mr. and Mrs. Meyer at Southwood Community Center.



by Jessica Jones MSI – Branch Manager at the Larry J. Ringer Library

here are two ways to look at what the library means to our community: the stories and the statistics.

The statistics say...

A library is books, story times, activities, meeting space, and interaction with librarians and circulation staff.

Our patrons say...

So much more!

We hear stories from parents, grandparents, children, college students, teens, and adults about ways the library enriches their lives. Statistics may cite 77 people at a Monday morning program, but what's hidden in those numbers are families from all walks of life gathering to watch children learn and play with books, bubbles, songs, parachutes, and puppets.

The statistics might say that we had a program on a Tuesday afternoon with 10 people in attendance, but patrons see a chance to practice their English in a judgment-free setting. They make friends, learn skills and leave feeling accomplished.

Reference interaction numbers don't show a teen's face lighting up when we tell them the book they are looking for is on the shelf waiting for them. Patron registration numbers don't show a new resident excited to be getting a library card, which is often the first thing they do to feel invested in their new community.

Sometimes, the numbers convey more than just a quantity. Statistics for the Tuesday morning program on June 21 showed 744 people in attendance. The Eagle published a series of photos from this event that shows children outside having fun, but those photos can't depict all 744 people. Mere numbers also can't show our appreciation for the more than 3,000 hours our volunteers have logged so far this year. These numbers communicate engagement, need, and positive feedback for what we do.

Numbers will never be able to fully express the joy we see in this building on a daily basis, but they do reinforce our efficacy and commitment to the City of College Station. We have a schedule full of programs for this fall (check them out in this guide!) with more to come, and we hope to see you soon at the Larry J. Ringer Library.

FROM THE DIRECTOR



Fall is my absolute favorite time of the year. For those of us lucky enough to live in the incredible College Station-Bryan community, fall brings a renewed interest in a sport that greatly impacts all of us -- football! Whether it's at the college, pro or high school levels, 'tis the season.

I admit I love football. But if you aren't consumed by that particular sport, check out the sports offerings facilitated by the College Station Parks and Recreation Department, many with the help of our community partner organizations. Sports leagues include youth and adult soccer, adult softball, girls' softball, youth and adult volleyball, youth and adult tennis, youth baseball, adult kickball, Start Smart football, Ultimate Frisbee, youth flag football, Pop Warner football, and Challenger soccer.

If sports is not your thing, there are a myriad of other activities, programs, parks and special events listed in our Fall Activity Guide. Hopefully, there is something for everyone. Have fun!!!

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David Schmitz | Parks & Recreation Director City of College Station

VISIT A PARK DAY

FRIDAY, OCT. 7

Are you spending enough time outdoors? Chances are, the answer is no! According to the Centers for Disease Control, childhood obesity has reached unprecedented levels. Americans spend as much as \$147 million in direct and indirect costs related to health issues that are entirely preventable.

It's our responsibility to ensure that we get away from the screens and into the sunlight. The U.S. Surgeon General says increases in physical activity are directly linked to a reduction in chronic diseases such congestive heart failure, stroke, high blood pressure and diabetes. It pays to get outside!

But how? The National Recreation and Park Association's annual Visit a Park Day is Friday, Oct. 7. Use this day (and every day) to get outside and experience life beyond computers and smartphones, and get back to connecting to the natural world.

Whether you experience a new park, plant a tree or just go for a stroll around the block, take the chance to see just a little bit more of the outside than you normally do. While you're at it, get on social media and use hashtags **#VAPD** and **#CSTXparks** to share your adventures.



INDIAN WARS DEDICATION (SEPT. 21)

The Brazos Valley Veterans Memorial board will dedicate a new bronze statue near the Indian Wars site at Veterans Park and Athletic Complex in College Station on Wednesday, Sept. 21 at 5:30 p.m. Admission is free.

Created by local artist, J. Payne Lara, the statue will depict a Native American from the Tonkawa Tribe scouting with a Buffalo Soldier from the 9th Cavalry Regiment of the U.S. Army. Historically, the 9th Cavalry was one of a few segregated African American regiments. They served with distinction and valor in combat during the Indian and Spanish American Wars.

Event activities will include a presentation on the history of the Buffalo Soldier from board member Bill Youngkin and keynote remarks from Judge Eddie Harrison, a heritage preservationist and board member of the Texas Center for African American Living History. Harrison is also an active member of the Buffalo Soldiers National Museum in Houston, Texas. The Indian Wars site recognizes the various military campaigns fought by the Buffalo Soldiers and other U.S. military regiments from 1790 to 1891.

VETERANS DAY CEREMONY (NOV. 11)

The Brazos Valley Veterans Memorial Board's annual Veterans Day Ceremony is Friday, Nov. 11 at 4:30 p.m., in the Louis L. Adam Memorial Plaza of Veterans Park and Athletic Complex. Activities will commence with the Honor Wall Roll Call, a reading of military veteran names recently added to the memorial's Wall of Honor.

Other activities include a special recognition of Brazos Valley Heroes (Service Medley), keynote remarks, and special presentations of the Advocate and Patriot awards.

Following the event, the City will host a viewing of *Max*, a movie about a Malinois dog that helped American Marines in Afghanistan return to the United States. See **page 18** of this guide for complete event details.



WALL OF HONOR (ALL YEAR)

The board of the Memorial for All Veterans continuously accepts applications for placement of military veterans' names on the Wall of Honor. The Wall of Honor, a centerpiece of the Brazos Valley Veterans Memorial, is a patriotic and reverent tribute to all of the veterans (living, deceased, or currently serving) of our Armed Forces. The Wall provides an opportunity to honor the sacrifices made by your family members, friends, fellow service men and women, and serves as an educational experience for generations to come.

Learn more about Memorial events: **bvvm.org** • info@bvvm.org • 979.696.6247

WREATHS ACROSS AMERICA (DEC. 17)

Wreaths Across America will be honoring local, fallen veterans by hosting a wreath-laying ceremony in the Aggie Field of Honor, College Station, Bryan City and Oakwood Cemeteries on Saturday, Dec. 17 at 11 a.m. The wreaths are made from balsam fir and stand for one of seven services: Army, Marines, Navy, Air Force, Coast Guard, Merchant Marine and POW/MIA. The wreaths are sponsored by public donations and are \$15 each.

The deadline to purchase a wreath for the 2016 holiday ceremony is Nov. 29. Purchase a Wreaths Across America wreath at:

facebook.com/waacsafoh.



A couple of years ago, the City of College Station made a decision that would not only shape the direction of its Parks and Recreation Department, but the way people outside our community see us as a tourism destination.

In academic circles, it's referred to as Parks, Recreation and Tourism Sciences, but the tourism part is usually dropped when applied to typical parks and recreation departments. However, College Station's city management made the commitment to emphasize tourism as a way for our community to display what we locals already knew — College Station is a great place to visit and live.

We then joined forces with the Bryan-College Station Convention and Visitors Bureau, the City of Bryan, Texas A&M and local organizations to completely transform the local athletic tourism landscape. This movement has never been more apparent than in 2016 when the City of College Station will host 67 athletic events with five of those events being state championships, three regional championships, and one national championship.

Our push for more state, regional and national events has already paid dividends as we've secured the 2018-19 TAAF Games of Texas and the 2016 American Softball Association's 16-and-Under National Championship. These are huge events that will attract tens of thousands of participants and supporters to our community.

That success was evident when we won the bid for the 2016 U.S. Youth Soccer Region III Presidents Cup, which will bring in more than

120 of the best soccer teams from 13 states for six days in June. It's been a dozen years since a Presidents Cup regional was hosted in Texas and it's never been held in College Station. In other words, it's a big deal.

The dynamic partnership of College Station, Bryan, CVB, Texas A&M University and community is what sets our community apart from other competing cities and makes us a key player in the sports tourism industry nationwide.

2016 SUMMER TOURNAMENT SCHEDULE

May 21-22	U.S. Club Soccer Cup
May 28-30	Copa Rayadas Soccer
May 28-29	USSSA Baseball
June 4-5	USSSA Baseball
June 4-5	ASA Softball
June 10-12	IFA/VTD GFP State Softball
June 14-19	US Youth Soccer Pres. Cup
June 18-19	BVGSA Softball
June 25-26	Primetime Sports 7v7 Football
July 7-9	Texas State 7v7 Football
July 8-9	TAAF Track & Field
July 11-15	Texas Soccer Academy
July 16	Jerrod Johnson Camp, 7v7 Fbl.
July 21-24	Aggieland SSUSA Softball
July 23-24	NUC Sports
July 30-31	PB&J Ultimate Frisbee
Aug. 1-7	ASA/USA 16U Softball Champ.
Aug. 11	Kick'in It for Jim Kickball
Aug. 12-13	USSSA Baseball
Aug. 27-28	Aggieland Friendship Cup

CSTX.GOV/SPORTS



S ensors on our lightning prediction and warning systems analyze the electrostatic field in the atmosphere. This allows us to predict the possible occurrence of lightning 8-20 minutes before it could potentially strike. If you hear...

LONG HORN BLAST & STROBE LIGHT

Clear the field or area and seek shelter!

THREE SHORT HORN BLASTS

It's safe to return to normal park activities.

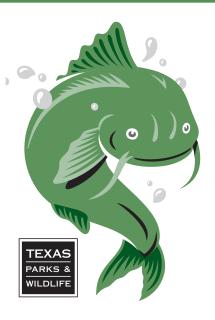
What if I see lightning or hear thunder, but there is no alarm, or it doesn't sound? Clear the field or area and wait until 30 minutes after the last known occurance.

Alarm systems are located at the following parks: Bee Creek Park, Brian Bachmann Community Park, Jack & Dorothy Miller Park, Sandstone Park, Stephen C. Beachy Central Park, Thomas Park, Veterans Park & Athletic Complex, Wayne Smith Athletic Complex, and Wolf Pen Creek Park.

QUICK TIPS ON LIGHTNING & THUNDER

- If you hear thunder, lightning is close enough to strike you.
- Find an enclosed building (not dugouts or sheds) or look for an enclosed, metaltopped vehicle with windows up.
- Avoid using any plumbing during lightning storms. Lightning strikes can impart an electrical charge to the metal pipes.
- Avoid standing on wet or moist surfaces.
 Electrical currents will travel through the ground where water is present.
- Do not lean on or sit against walls during lightning storms. Sometimes lightning can reach the electrical wiring in walls.

For more information on lightning safety, visit **lightningsafety.noaa.gov**.



NEIGHBORHOOD FISHIN

REEL FUN CLOSE TO HOME

A s part of national "Go Fish Day" on Saturday, June 18, City of College Station Parks & Recreation will partner with Texas Parks and Wildlife to provide "reel" fun and family fishing opportunities through the Neighborhood Fishin' Program. No big boats or fancy fishing gear required!

On June 18, the Stephen C. Beachy Central Park pond will be stocked with channel catfish for parents and children to harvest.

Kids under 17 years of age are allowed to fish for free, but adults must purchase a license with a freshwater stamp. Licenses are available at Academy, Gander Mountain, Walmart, HEB, Burdett & Son Outdoor Adventure, or online at tpwd.texas.gov.

Participants are welcome to fish from dawn to dusk, but there is a limit of five catfish and five trout per day, per person to keep.

Central Park, located just south of Krenek Tap Road in College Station, is surrounded by 10 acres of dense woods with nature trails and a two-acre pond with multiple fishing piers and bank access. The pond's central location and quality fishing opportunities make it an ideal place to visit.

"All the biologists and technicians in our office take our own families to fish at Stephen C. Beachy Central Park Pond when we have the chance!"

Alice Best Texas Parks & Wildlife fisheries biologist

The Neighborhood Fishin' Program began in 2007, although Texas Parks and Wildlife has been stocking Central Park Pond since 1981. They aim to stock 280 channel catfish every two weeks during warmer months and 225 rainbow trout every two weeks from November to February.

Over the years, Texas Parks and Wildlife has stocked 64,112 channel catfish through 177 stocking events and 39,439 rainbow trout through 94 stocking events at Central Park Pond. The fish are stocked from several state-owned and private hatcheries.

Although, Central Park is the only pond that is frequently stocked year-round, a variety of underwater life is swimming around in Brothers Pond Park, Cy Miller Park, Gabbard Park, and John Crompton Park. Like Central Park, each pond has piers and bank access.

For more information about Texas Parks & Wildlife, visit tpwd.texas.gov.



A ccording to the Centers for Disease Control and Prevention, 10 people die from unintentional drowning a day. With swimming being one of the most popular summer activities, it's important to keep these safety tips in mind whenever you are in, on or around water.

- Ensure that everyone in your family learns to swim well.
- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy.
- Actively supervise kids or designate a responsible adult to supervise—even if lifeguards are present. Always stay within arm's reach of young children and avoid distractions.
- If you go boating, wear a life jacket. Most boating fatalities occur from drowning.
- Establish rules for your family and enforce them without fail. For example, teach children to always ask permission to go near water, and set limits based on each person's ability.
- Avoid alcohol. Alcohol impairs judgment, balance, coordination, and it reduces the body's ability to stay warm.
- If a child is missing, check the water first.

- Be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- Enroll in first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

HOME POOL AND HOT TUB SAFETY

- Install and use barriers around your entire pool area that are at least 4-feet high with gates that are self-closing and open outward and away from the pool.
- If you have an above-ground or inflatable pool, remove access ladders and safely cover the pool when it's not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture and playground equipment.
- Keep toys that are not in use away from the pool and out of sight.
- Have emergency equipment nearby, such as reaching or throwing life-saving devices, life jackets and a first aid kit.



FROM THE DIRECTOR

July is designated as National Parks and Recreation Month, but for College Station, every month is focused on parks and recreation. Our motto is "We provide good things in life," and to support that tag line, here's a quick update on some of the projects your city parks staff are working on:



RINGER LIBRARY EXPANSION & RENOVATION

Ringer Library wiil soon increase from 16,000 to 28,000 square feet to provide more space for the children's area, an identified teen area, additional study and meeting areas, a large community room, new technology and internet capacity, and additional parking.

LINCOLN RECREATION CENTER EXPANSION & RENOVATION

The Lincoln Recreation Center will undergo a complete renovation and the construction of an additional building that includes a full gymnasium and several activity rooms. These upgrades will allow us to meet the growing demand for recreational activities. Completion is scheduled for 2017.

LICK CREEK PARK NATURE CENTER

A new nature center is coming to Lick Creek Park! The facility will be a focal point for the park and will have a strong educational component. The park trail system will also receive new signage and maps. The entry from Pebble Creek Parkway will be the site of a trailhead for the Lick Creek Hike and Bike Trail that winds more than three miles across town and ends at Creek View Park. Lick Creek Park is sure to become one of College Station's favorites!

VETERANS PARK AND ATHLETIC COMPLEX EXPANSION

The construction of two more artificial turf fields are underway on the University Drive side of Veteran's Park, bringing the total number of full-size athletic fields to 13. The park will also receive other upgrades such as seating, shade structures, a playground, restrooms, and a splash pad. Since the complex is expected to target visitor-based sporting events and tournaments, the new fields and upgrades at this site will be funded through the city's hotel occupancy tax revenue.

FUN FOR ALL PLAYGROUND AT CENTRAL PARK

This destination inclusive playground will provide a safe atmosphere for special needs individuals. The 4-acre playground space will serve various ability levels while incorporating educational aspects and challenges to spark imagination. Amenities include: chair swings and specially designed playgrounds for persons of limited mobility, sensory areas for those with Autism, a splash pad and water play area, nature trails, a multi-sports field, gardens, pond and pier for fishing, and interactive elements to encourage social play.

David Schmitz | Parks & Recreation Director City of College Station