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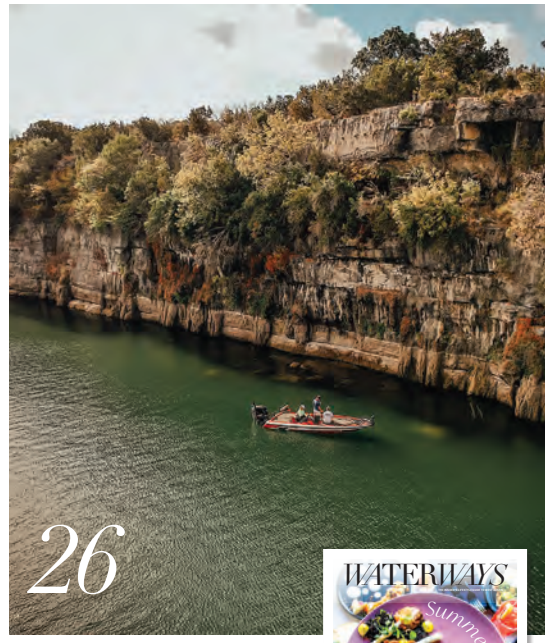


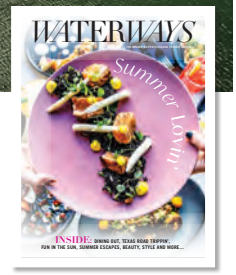











**ON THE COVER:** Take a break from home-cooked meals and check out new Austin restaurant, Plank. It's the perfect spot to please your palate, engage your sense of adventure and escape your home's four walls while enjoying your new-found freedom. Photography by Richard Casteel. The Summer Lovin' section begins on page 21.

CLOCKWISE FROM TOP LEFT: PHOTOGRAPHY BY RICHARD CASTEEL; COURTESY OF FRANKLY ORGANIC VODKA; COURTESY OF CAPTAIN EXPERIENCES; COURTESY OF THE TREMONT HOUSE; COURTESY OF NORTH STAR MALL

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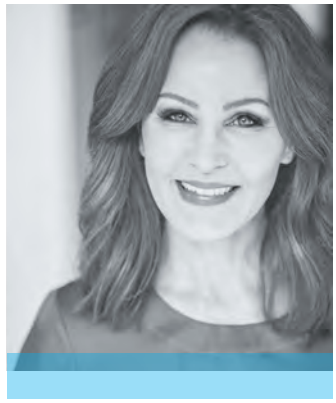
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# CONTRIBUTORS




Dutch
**SIMMONS**

Dutch has been shortlisted for the Texas Observer's Short Fiction Award and the Julia Peterkin Flash Fiction Prize. His short stories have been featured in numerous literary magazines. His debut novel, *Return By* is currently being edited.



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Before transitioning into her career as a stylist and image consultant, Edith "Edie" Henry worked as an actress, model, makeup artist and interior designer. She moved to Texas in 2009 and has served as the fashion editor for the digital publication *Texas Lifestyle Magazine*.



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Cindy Brzostowski is a freelance writer focusing on lifestyle content. Her work has been published in *Thrillist*, Forbes.com, *TripSavvy*, and *Architectural Digest* among other publications. A born-and-raised Texan and a UT Austin graduate, she enjoys writing stories about her home state.



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A full-time freelance writer and editor, Shelley Seale has been published in *National Geographic*, *The Guardian*, *Austin Woman* and *Texas Monthly*, among others. She has also authored or contributed to several books, including *The Not So Good, Rather Inadequate Circus* and *How to Travel the World for Free (Or Pretty Damn Near It!)*.



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An avid reader, writer and seeker of knowledge, Jamie has three college degrees she rarely needs to use and tons more life experience she uses all the time. Outside of *Waterways*, her work has been featured in *Hill Country View* and *Georgetown View* magazines. When not reading and writing, she can be found building websites, crafting or working out.

TOP ROW: DUTCH SIMMONS; ELIZABETH HAN PHOTOGRAPHY; ANASTASIA CHERNYKH PHOTOGRAPHY;
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As the Real Estate Market continues to expand in our area, I am happy to announce that I have added a business Partner, **Michael Kern.**



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## A Sensational Summer Beckons

When I was thinking about Christmas in July the other day, it struck me that with the world starting to open back up, we can take the notion of Christmas in July a step further: Celebrate New Year's Eve in June! A celebration is in order even if it's just doing all the "old normal" things we took for granted before 2020.

To quote the title of a Dr. Seuss book, "Oh, the places you'll go!" As I think about all the places I'll go, the friends I'll see and the things I'll do, I feel a bit like a jack-in-the-box ready to bust out of this box we've all been trapped in. I want to do it all! Prince is singing "Party Like It's 1999" over and over in my head, but I replace "1999" with "2021." But what to do and where to go first?

This Summer Lovin' issue should help answer that question. It's packed with ideas, such as enjoying family fun at Dreamland, taking a supercar out for a spin on a racetrack, trying out some sustainable restaurants, and just for fun, some organic vodka cocktail recipes and a summer reading list.

I've always loved summertime, but this one promises to be one of the best summers ever because last summer was so...well...you were there. But let's make this one so memorable that it makes up for lost time. Let's party like it's 2021!



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# Say Hello to a New Summer Beverage

## *This Austin-Based, 100% Organic Vodka is Ready to Sip*

*By Cindy Brzostowski*

As the Texas heat rolls in, you may find yourself thirsting for a refreshing cocktail. Before you break out your go-to spirit in your liquor cabinet, there's a local brand worth giving a shot. Based in Austin, the award-winning brand is all about bringing healthy ingredients into your alcoholic beverage—and it makes for perfect summer sipping whether you're enjoying it on the rocks or in a mixed drink.

Launched in 2018, Frankly Organic Vodka was cofounded by Philip and Kristen Risk. When the couple set out to create the brand, they both brought years of experience working in consumer packaged goods to the cocktail table as well as a passion for healthy living. The latter is readily apparent in the ingredients they've incorporated into their product.

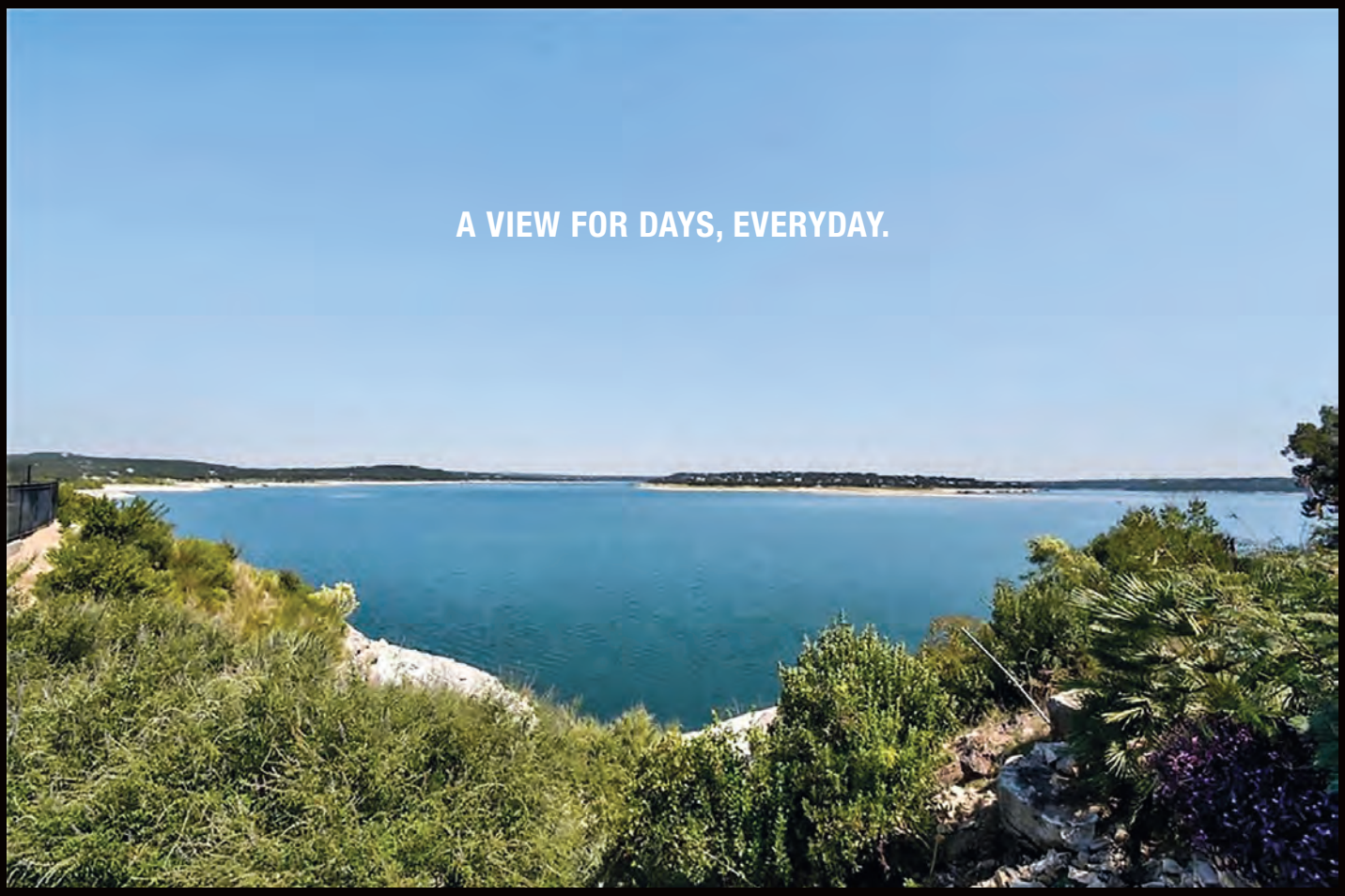
Frankly comes in five flavors: original, strawberry, grapefruit, pomegranate and apple. The handcrafted, small-batch varietals are made with organic fruits, roots and botanicals, resulting in deeply layered flavor profiles. For example, the apple vodka has hints of ginger root, lemon juice, cayenne, wild cherry bark and maple syrup. Taste the grapefruit vodka, and you'll find it's balanced with apples, Ceylon cinnamon, lemon juice, maple syrup and maca root.

"The fruits and roots are sourced from small farmers who practice sustainable agriculture and value biodiversity," says Kristen. "They respect our environment by abstaining from the use of synthetic pesticides, fertilizers and herbicides. Organic farming is more labor-intensive, yet we believe it yields a harvest with tastier produce."

In addition to Frankly being organic, gluten-free and kosher-certified, you won't find any refined sugars, artificial flavors or artificial colors in the vodkas. All of this is a plus for those of us who seek products with natural ingredients and clean labels—but may not have thought about it when it comes to vodka.

Early on, the Risks discovered how rare transparency is in the spirits industry. "Consumers rarely give much thought to what is actually in the spirits they drink, and >>

PHOTOGRAPHY BY KIM DANIELS; ARISA CHATTASA




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*The handcrafted, small-batch varietals are made with organic fruits, roots and botanicals, resulting in deeply layered flavor profiles.*

at the time, we hadn't either," Philip admits. "During our research, it was unsettling that we didn't know exactly what was in the beverages we were ingesting, and we wanted to change that. So, we display our ingredients and nutritional content clearly on our packaging because, frankly, we have nothing to hide."

Kristen adds her own frank comments: "Frankly is the first spirits brand to include ingredients along with nutritional content on the label. Transparency is at the core of our brand, and we want to showcase the fact that Frankly uses 'better for you' ingredients in a way that's easy for consumers to understand."

Frankly Organic Vodka was initially available only in Texas and Arizona, but this year, they're expanding to 45 states and will soon be found in Whole Foods markets nationwide. With each bottle of Frankly that you purchase, you can feel even better knowing that the company donates one percent of revenue to local animal welfare organizations in states where the product is distributed.

You may still be pondering the all-important question of how it tastes. If you're used to drinking your vodka with orange juice or soda, you might be surprised at how delicious Frankly is straight or over ice. The incredibly smooth, slightly sweet taste is the result of a precise production process that distills the liquid five times before it's slow-filtered.

A bit of simple mixology using Frankly varietals, however, adds an element of fun. Below are two recipes from Frankly to inspire your summer imbibing. **For more recipes and information on where to buy Frankly, visit franklyvodka.com.**

## Salty Cinnamon Dog

2 oz Frankly Organic Grapefruit Vodka
½ tsp kosher salt
Zest from 1 lime
½ fresh-squeezed lime juice
Pinch of cinnamon
4 oz sparkling grapefruit juice

Blend salt and zest. Smear lime on rim of glass and dip in salt. Add to glass: ice, Frankly Organic Vodka, cinnamon, lime and grapefruit juices. Stir and garnish with a grapefruit slice.

## Strawberry Basil Lemonade

2 oz Frankly Organic Strawberry Vodka
1 oz fresh-squeezed lemon juice
1 oz basil simple syrup
2 oz sparkling water

Mix Frankly Organic Vodka, lemon juice, basil simple syrup and sparkling water. Garnish with basil leaves and strawberry or lemon slices.




PHOTOGRAPHY BY OLENA SERGIENKO; COURTESY OF FRANKLY ORGANIC VODKA

Check out Eileen's listings on *The Open House Show*, Sundays at 11:30 on

KVUE abc




## #RunfortheMillion

Eileen qualified for the *Run for the Million* in Vegas in August. Watch for her on YouTube, and The Last Cowboy on Paramount Network.

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# *Nailing It!*

### *Getting the Most Out of Your Mani*

Publisher Jackie McGrath recently sat down with Carla Hatler, owner of Austin's Lacquer Nail Studio, to hear her expert advice on getting the most out of a manicure.

**Jackie:** I love getting manicures, but I get so disappointed when they don't last that long. What can I do to make sure I'm getting the most out of my mani?

**Carla:** I know, it's such a bummer, right? You want to get some wear out of your nails. Three factors go into this: how your mani is executed, the products used and the care you give your nails afterward. Whether you are doing your nails yourself or having them done, the technique matters. You want to make sure that your nails are clean and cleansed of all oils and that you cap the free edge of the nail with every coat. Creating this seal will help ensure a longer-lasting manicure. With summer coming up, people should know they should *not* go swimming or take a long, hot bath for at least 24 hours after a mani-pedi with regular polish. The polish can slide right off so that there's not enough time for it to fully dry and adhere to the nail. Gel and ultra polish should be fine, though.

**Jackie:** What is your favorite nail product for longer-lasting manicures?

**Carla:** My latest obsession is what we call ultra polish – it goes on and is removed like regular polish, but you can get two to three weeks of wear without chipping. It's non-toxic, vegan and developed by a female chemist in the US. I can take it off myself without having to go to the salon or damaging my nails. You can put your shoes on or dig in your purse five minutes after it dries because it dries in five minutes.

**Jackie:** Where do we get this magic polish?

**Carla:** We offer it in our services and sell mini-kits at the salon. It's made by Dazzle Dry. There are not many salons that offer their products.

**Jackie:** How long should we expect a manicure to last?

**Carla:** Regular polish should last about three days; gel or ultra can last one to two weeks. Some people can go three to four weeks and their gel or ultra polish still looks perfect, but I do not recommend that. Having product on for that long can lead to brittle, dry nails; white spots are a common sign of dryness from prolonged polish wear. Take your polish off immediately when it starts chipping because chipped nails lead to peeling nails. If you are prone to peeling nails, you might get less wear time with any nail product.

**Jackie:** What else can we do to make our manicures last longer?

PHOTOGRAPHY COURTESY OF LACQUER NAIL STUDIO











**Carla:** Regardless of the type of polish or gel you choose, it's important to keep your nails flexible. Dry, brittle nails lead to more chipping, cracking and flaking. Really, the best thing to do is invest in a good cuticle oil to apply daily. I like to keep a bottle on my bedside table and apply before I go to sleep. That way, I'm not at risk of washing it off when I wash my hands. Also, don't use your nails as tools! Don't use them to pry things open and then get upset when your nails break or chip.

**Jackie:** Do you have a favorite cuticle oil?

**Carla:** Hands-down, Dadi' Oil. These are organic, high-quality oils made in the US by Famous Names. You can even use them on your body; I have a big bottle at home I like to use on really dry skin. They do not sell directly to consumers, so beware of online stores – you may not get the authentic product or may overpay. If you need something a little more moisturizing, I'm also a huge fan of Maxus Nails' Jojobalieve It Butter. It's like a moisturizing balm for your nails and cuticles. I have this one nail that loves to split once it gets to a certain length, so I started putting this on at night after my cuticle oil, and my nail stopped splitting!

**Jackie:** How do you find these products?

**Carla:** I am always on the lookout for the best of the best. Sometimes, that comes from smaller companies that have a passion for quality over quantity.

**Jackie:** What can our readers do at home?

**Carla:** DIY nails have become really popular over the past year, and some people are getting great at it. You can buy a kit or use what you have at home. Just follow the same steps you would in a salon, and keep up with your cuticle oil or balm. But sometimes, you just want someone else to do the work. I get it!

**ABOUT LACQUER:** Lacquer is a top-rated luxury nail studio in Austin with two locations: Downtown in the 2nd Street District and North Austin near The Domain. Lacquer specializes in soakless, natural nail services using the highest quality products available in a safe and clean environment. It's a Certified Safe Salon and Ethical Beauty provider. Appointments can be booked at *ilovelacquer.com* or by calling (512) 476-1211.





# *Color Your World*

***Patterns and Prints for Everybody (and every body)!***

*By Edith Henry*

Summer is right around the corner in Texas (right after our two days of spring). And with it comes a riot of colors—all the beautiful bright hues and soft pastels that make up sunny spring and summer days.

Fashion trends tend to follow the seasons, so just as the flowers are blooming all around us, so are colorful prints and patterned pieces, which are reaching store shelves and apparel websites in full force.

But what can we do with all the patterns? Can anyone wear them? What about patterns for petite, tall and full-size gals? Do you choose bold prints for big personalities and smaller prints for quiet types? How do you mix prints? Do printed shoes complement a solid outfit? Do leopard-print items go with anything?

Let me answer some of these "colorful" questions that often create a kaleidoscope themselves in our minds when we think about how and who and where to wear these patterns.

First, yes, everyone can wear patterns. Some people might not simply because they don't like them, but for those of us who do like and want to wear patterns, what we wear and how we pair them can be the difference between looking like a street-smart fashionista and a hot mess.

It's best to know the basics of what prints do visually. Just as black is slimming, patterns play with the volume of the garment they're on. The general guidelines are that large prints and horizontal stripes increase volume (make you look larger) whereas small prints and vertical stripes decrease volume. These are only guidelines though. Everybody and every body is different, so petite women can wear bold large prints and carry it off, and not all horizontal stripes make everyone appear larger. The best way to know if you can wear a pattern is to try it on to see if you are wearing it or if it is wearing you!

Most often, if you're short and petite, large prints can overwhelm your proportions. Ideally, print pattern elements should be smaller than your fist. If you go larger than that, they might overwhelm your petite frame and make you look "swallowed up."

For full figures, we automatically think that horizontal stripes are a "no-no," while vertical stripes always work. But this isn't always true. It's dependent on the precise clothing combinations (pairings). Prints that are too big can divide up the body in strange ways that look >>

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unflattering on anyone. Floral patterns almost always look great, though, as do leopard prints and medium-sized polka dots.

If you've been graced with the gift of height, it's time to embrace prints. For those who are curvy and tall or straight and tall, keep these tips in mind:

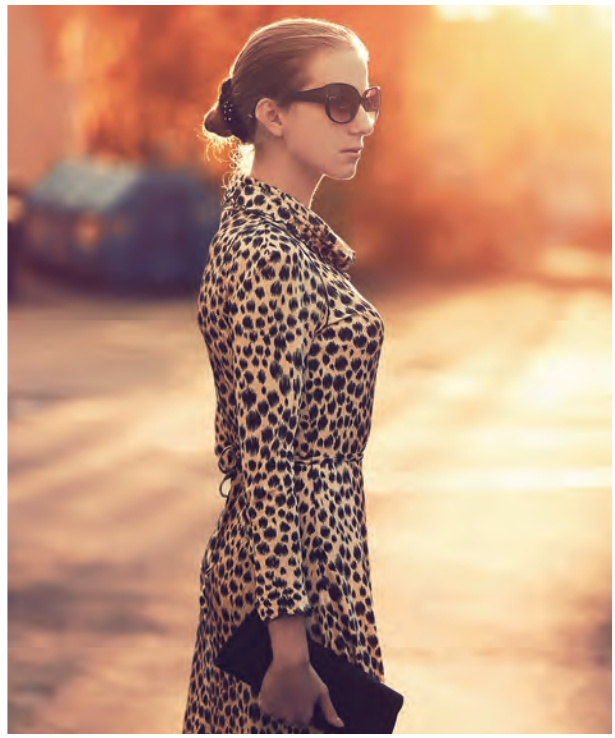
- Wear larger prints, such as a floral maxi dress or a skirt with an oversized pattern.

- If a head-to-toe print is too much for you, break it up by wearing just a large-printed top or bottom.

- Small prints can work, but try them in a bold, all-over look like a midi or maxi dress or even cute slacks. A smaller item like a top or skirt may appear too proportionally small.

While you can wear anything from gingham to florals to stripes with style, you can add some pizzazz to your look with a single tee or skirt, freshening up the basics that form the building blocks of your wardrobe.

Mixing patterns can get pretty scary and stress-inducing for some, so here are a few ways to dip your toe in or completely take the plunge:



*The best way to know if you can wear a pattern is to try it on to see if you are wearing it or if it is wearing you!*

- Choose one print to dominate and one as an accent.
- Mix prints of relative sizes.
- Keep your fabrics in the same color family.
- Pick two different prints that share a single color.
- Pair mixed prints with neutrals for "grounding."
- If you want to use the same pattern, invert the colors.
- Use the same pattern in a different proportion or direction.
- Regard stripes as neutral.
- Textured fabrics count as a print.
- Pair the same print in contrasting colors.
- Use printed accessories for a subtle touch.
- When in doubt, polka dots and stripes always work.
- And, yes, leopard print is also a neutral!



There are no unbreakable rules to follow in anything style-related, and that goes for wearing patterns too. You can wear a bold print if your personality is a bit reserved just as a ditsy floral print can work on someone with a big personality—if the individual is comfortable and confident in wearing those items. The bottom line is that your style is yours and yours alone, so be as bold and creative (or as reserved) as you wish. Be a voice, not an echo!

# FAB FINDS FOR SUMMER

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**: @360Uno 360uno.com**



## LAKEWAY BOTANICALS

Located at 2906 Medical Arts St, Ste. A, ATX 78705, Lakeway Botanicals was founded by Lisa Mahfouz after CBD helped her rescue dog Remi, and offers certified organic hemp-derived CBD farm-to-family (and pets) products.

**: @Lakewaybotatanicals**
**www.lakewaybotanicals.com**




## URBANE OBJECTS

Haven, a home fragrance by Urbane Objects, transforms your home into a relaxing summer oasis with refreshing, natural notes of sandal-wood, copal, and vetiver. Made from all-natural, ethically sourced essential oils, it provides a light, yet earthy musk that mellows into a clean finish.

**urbaneobjects.com**



## LAKEWAY SPINE CENTER

Lakeway Spine offers chiropractic care, non-surgical spinal decompression, and clinical massage therapy. A board-certified spinal decompression specialist, Dr. Andrea Luise provides a safe, gentle, effective approach to managing disc disorders.

**lakewayspine.com**

**: LakewaySpineCenter**




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# Summer Lovin'



SENSATIONAL SUSTAINABLE RESTAURANTS

QUIRKY SUMMER ROAD TRIP STOPS

THE GREAT OUTDOORS

PHOTOGRAPHY BY RICHARD CASTEEL

# Dining OUT Again?

## *Local restaurants show our planet some love*

*by SHELLEY SEALE*

**With summer arriving and vaccinations putting our fears of eating out in the rearview mirror, many of us are ready to start enjoying restaurant dining again.**

**Today's restaurants aren't just taking the health and safety of their customers more seriously than ever, some are also boosting their commitment to being responsible stewards of our planet. Eco-conscious Greater Austin is home to numerous restaurants with sustainability as a core part of their mission.**

**Here are just three of them, including a newcomer to the local scene and classic favorites.**

### PLANK SEAFOOD PROVISIONS >

Centrally located in The Domain, this new arrival offers some of the freshest seafood you can find in Central Texas. The catches are flown in daily, and the incredible raw bar offers a variety of oysters, tuna, shrimp and king crab—along with decadent, over-the-top seafood towers.













Small plates and entrees such as sauteed mussels, wood-grilled salmon, bigeye tuna and beef fillet are designed to be shared. Vegetables don't get short shrift; the coal fired beet salad is out of this world, nor do the barbecued okra or crispy Brussels sprouts disappoint. Many of these dishes pack an extra flavor punch from the wood-fired grill, and eighty percent of the menu is gluten-free.

Plank originated in Omaha, Nebraska—the steak capital of America but far from any ocean. The founder had lived in San Diego and, upon returning to Omaha, missed fresh seafood. The solution? He would start his own restaurant and fly it in fresh! His mission included sourcing this seafood in a way that protects the planet, so Plank partnered with Monterey Bay Aquarium's Seafood Watch® and created its own Conscious Earth program with a commitment to environmentally responsible sourcing and an oath to lead the restaurant industry in seafood sustainability.

**11410 Century Oaks Terrace, Suite 136, Austin, (737) 234-1122, plankseafood.com**

*continued...*



PHOTOGRAPHY BY RICHARD CASTEEL














## < APIS RESTAURANT & APIARY

Have you ever eaten at a restaurant that has its own beehives? If not, make a beeline for buzz-worthy Apis. This Spicewood spot is named for—and inspired by—the ecologically critical honeybee. It's much more than a restaurant. Overlooking the Pedernales River, Apis has its own hives, garden and chicken coops spread across six acres that supply the kitchen with produce and honey.

Regarding the house honey, consider ordering dishes and specialty cocktails made with it, which include cornbread that combines Apis' honey with smoked pork belly and The Queen's Nectar (amaro, honey, grapefruit, Prosecco and Peychaud's). Other locally-sourced items on the menu include a Wagyu New York Strip from Strube Ranch and a seven-day dry-aged duck breast. The desserts are wildly inventive; check out the chai-spiced opera cake with lemongrass sorbet and Korean pear or the hopped bee pollen pavlova.

Apis is reopening this summer and looking forward to welcoming diners back to the restaurant as well as its Farm dinner events and the Pedernales Farmers' Market (held on-site every Sunday from 10 a.m. to 2 p.m.). Already open, thanks to spacious outdoor seating, is Apis' sister restaurant, the adjacent Pizzeria Sorellina, which serves scratch-made pizzas cooked in an authentic wood-fired brick oven.

**23526 Highway 71 West, Spicewood,**
**(512) 436-8918, apisrestaurant.com**

THIS PAGE: APIS PHOTOGRAPHY BY KIP SIKORA. OPPOSITE PAGE: PHOTOGRAPHY COURTESY OF JACK ALLEN'S KITCHEN





## JACK ALLEN'S KITCHEN >

Many restaurants aim to source locally as much as possible, but chef/owner Jack Allen Gilmore takes this trend to a whole new level—and has been doing so for more than a decade. Gilmore's dedication to local farmers and purveyors brings the bounty for the kitchen's elevated, Southern-inspired comfort food and serves as his inspiration for the menu.

House specialties include chorizo-stuffed pork tenderloin medallions, slow-braised beef barbacoa enchiladas and a crispy salmon with roasted tomatillo sauce. The kitchen is also known for its "we'll chicken-fry anything" mantra—you'll find chicken-fried chicken breast, pork chop and even a New York strip on the menu.

The sustainability aspect of Jack Allen's isn't limited to the food. Gilmore is also dedicated to community service, helping to cultivate a healthy community through both food and donations. The restaurant has contributed money to charities such as the Lone Star Paralysis Foundation and an employee who was diagnosed with leukemia. It also established an employee relief fund when the pandemic lockdown hit and supports several other restaurant workers' assistance programs.

**7720 Highway 71 West, Austin (plus three other Greater Austin locations and a fourth to open by fall in Cedar Park), (512) 852-8558, jackallenskitchen.com**









### Peaches & Bees

*from Team Apis*

***The bar team from Apis won a spirited competition at the 2019 Official Drink of Austin event with the "Peaches & Bees," featuring Treaty Oak Red Handed Bourbon, house-made Fredericksburg peach nectar, lemon, lime and yuzu juice, Chateau d'Arton Creme de Peche, honey syrup, egg white and a pickled peach garnish.***



***Ingredients***

*½ oz fresh lemon juice*
*½ oz blend of fresh lime juice and yuzu juice (5:1 ratio)*
*½ oz honey syrup (using honey from Apis' on-site hives)*
*¼ oz D'Arton creme de peche*
*1 oz house-made peach nectar*
*2 oz Treaty Oak Red Handed bourbon*
*1 egg white*

***Directions***

*Dry shake all ingredients to emulsify*

*Add ice and shake again*
*Strain into a rocks glass over a large ice cube*

*Garnish with a pickled peach slice*










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PHOTOGRAPHY COURTESY OF CAPTAIN EXPERIENCES, DREAM LAND LONGHORN RACING ACADEMY

# *Fun* IN THE SUN

## THESE SPOTS OFFER GOOD TIMES IN THE GREAT OUTDOORS

*By Jamie Twitchel*



**Winter has sung its swan song, and spring's cool breezes have given way to summer sunshine. Flowers and trees in full bloom, a cloudless blue sky that seems to go on forever, and the sun's warmth combine to call us out of the confines of our homes and into the great outdoors. While Austin and the Hill Country are chock-full of fantastic spots to camp, hike, bike and paddle, there are many more not-so-hidden gems waiting to be discovered. To that end, get your summer started right with these fun, family-friendly activities found both on and off the beaten path.**

### Adventure Awaits

Explore the outdoors, breathe fresh air, escape the crowds and enjoy some time as a family or group of friends out on the water while fishing with the help of Austin-based Captain Experiences. Their services make booking fishing guides simple, effective and trustworthy.

Your adventure begins by choosing a trip from more than 200 destinations and 1,000 experiences around the globe. Once you find something intriguing, check out the verified reviews so you know what to expect before booking. All guides are licensed, insured and vetted for their knowledge and experience, and if your guide decides you won't be able to fish due to weather, you're free to book a new trip or get a full refund.

Offering trips as close to home as Lake Travis, South Padre Island and Galveston and as far-flung as Tulum (Mexico), Caracas (Venezuela), and even the Zambezi River (Zambia), Captain Experiences makes it easy to find the adventure you've been craving for the last year. Want to fish at night? There's a trip for that. Want to see alligators in the Everglades? Or maybe a river safari where you can try catching the elusive Tigerfish is more your style. Regardless, Captain Experiences has you covered. ***captainexperiences.com >>***

## Feeding the Need for Speed

Get your adrenaline pumping and sate your inner speed demon with an Exotic Supercar driving experience from Longhorn Racing Academy. While they offer a multitude of driving packages for the track at Circuit of the Americas in Austin and Harris Hill Raceway in San Marcos, all of them let adults with a valid driver's license take their place behind the wheel of a Lamborghini Huracán Performante, 991.2 Porsche 911 GT3, or the all-new Porsche Cayman GTS 4.0. With speeds topping 200 mph, driving one of these pulse-pounding beauties is the only legal way to put yourself in the shoes of Sebastian Vettel and Sergio Perez—outside of qualifying for Formula One.

Experiences include a mandatory classroom session to review the track and racing terminology. Then it's showtime as you grab your helmet and take the driver's seat of your Exotic Supercar. A personal, in-car instructor is in the passenger seat to guide you around the track and, as soon as your foot hits the gas pedal, speed limits on the streets no longer apply!





But don't think adults get to have all the fun on the track. Those aged twelve and older can participate in a high-speed ride-along, when an instructor takes the wheel and unleashes the Exotic Supercar's maximum potential. Offered separately or as part of the driving experience, this is the ultimate thrill ride from start to finish!

***www.longhornracingacademy.com***

## A Land of Leisure

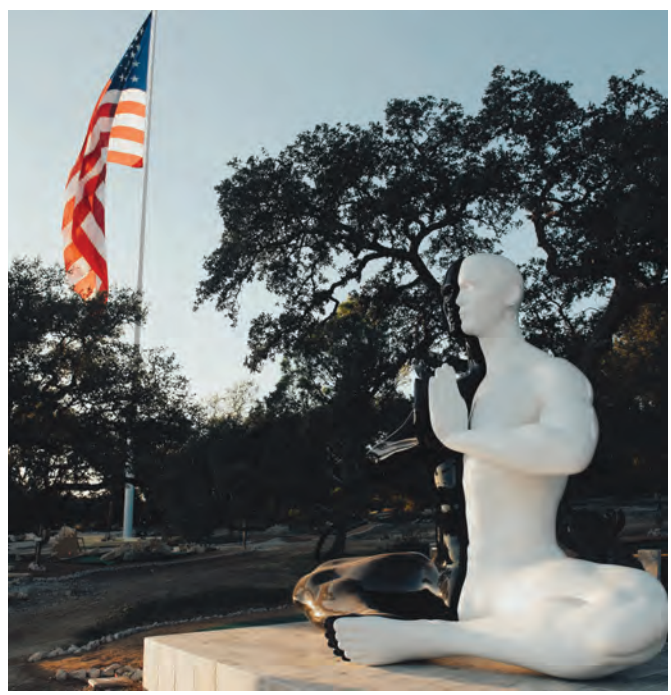
Set on 64 acres in Dripping Springs, Dreamland offers fun for the whole family, including your pooch. Awe-inspiring sculptures and murals greet guests as they enter and enjoy this outdoor entertainment and recreation venue, with live music in a variety of genres filling the air.

An expansive sports bar and beer garden offering 40 wines and 50 local beers, hard seltzers, ciders and kombuchas await, so adults can imbibe beverages and brews while watching TV sports, and the kids can play at the adjacent playscape and splash pad. Well-behaved, leashed dogs are welcome in designated areas around the venue too.

Those seeking more action can play pickleball on the four, weather-protected, lighted courts or head to the mini-golf courses. Competitive players will love the Challenge Course, an 18-hole course with three difficulty levels, while casual players can hit the shorter 18-hole Dream Course. There is also a Texas-shaped putting green in the beer garden where players can practice between sips.

Besides all of this fun in the sun at Dreamland, children will love Kid's Day, when they can enjoy activities like face painting, a petting zoo, a barrel train and balloon animals on the first Saturday of each month. As a bonus, kids with a birthday during that month can enjoy all activities for free.

***dreamlanddstx.com***



PHOTOGRAPHY COURTESY OF LONGHORN RACING ACADEMY; DREAMLAND

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# HIT *THE* ROAD

## ADD THESE QUIRKY STOPS TO YOUR SUMMER ROAD TRIP

*By Cindy Brzostowski*



PHOTOGRAPHY BY BEN SHANKS; OPPOSITE PAGE: COURTESY OF THE DINOSAUR PARK; PHOTOGRAPHY BY THE MILL PHOTOGRAPHY STUDIO

**What's a road trip without some unusual pit stops along the way?** Rather than only breaking up long hours on the highway with the necessary coffee and bathroom breaks, taking a quick detour to a quirky attraction or two can make for a much more memorable drive. As you depart Austin for your intended destination this summer, see if you can squeeze in a visit to one of these unique spots.

### SAY HELLO TO A SUPERSTAR SQUIRREL

Drive down Highway 71 toward Bastrop and you won't be able to miss Berdoll Pecan Candy & Gift Company. All you have to do is look for the giant squirrel statue! Ms. Pearl, as she's called, stands at 14 feet tall and has been attracting curious travelers since 2011.

Come take your picture with the Texas landmark, and then pop into the shop to sample Berdoll's famous pecan pies and candies. If the store is closed when you swing by, you can still sample their treats thanks to a 24-hour pecan pie vending machine.

***2626 TX-71 | Cedar Creek, TX***
***berdollpecanfarm.com***



### PRETEND YOU'RE IN PREHISTORIC TIMES

Sure, you could check out some dinosaur fossils or skeletons in a museum—or, you can walk among realistic, life-size dinosaur statues in a natural environment. The Dinosaur Park in Cedar Creek is a family-friendly outdoor museum that seeks to offer visitors a better understanding of what dinosaurs were like when they were alive.

Walking along the park's trail, you'll come across various dinosaur replicas with scientifically correct sizes and features, from the chicken-sized Compsognathus to the 123-foot-long Diplodocus. Yes, there's a T. rex here too! Along with the statuary, the Dinosaur Park has a fossil dig and playground.

***893 Union Chapel Road | Cedar Creek, TX***
***thedinopark.com***



### SEE A TEXAS VERSION OF A GLOBAL ATTRACTION

You may not be able to visit the real-deal Stonehenge in England right now, but did you know there's a Stonehenge II just past Kerrville? This version of the megalithic circle is 90 percent of the height and 60 percent of the width of the original.

The origins of this Stonehenge are better known than that one across the pond. This one was created as an art project by the late Al Shepperd and his neighbor Doug Hill more than two decades ago before it was moved to the Hill >>








Country Arts Foundation campus. It's free to visit and open from dawn to dusk. While you're there, keep an eye out for the two replica Moai (Easter Island heads) also at the site.

***120 Point Theatre Road S. | Ingram, TX***
***hcaf.com/stonehenge-ii***

## GO WILD AT AN EXOTIC ANIMAL ZOO

The Animal World & Snake Farm Zoo in New Braunfels is home to more than 500 different animals—from exotic mammals to plenty of snakes and reptiles. Some of the most exotic inhabitants are the white lions, lemurs, jaguars, fennec foxes, a Burmese python, and a black mamba.

Particularly avid animal lovers might want to book an animal encounter with the "animal ambassador" of their choosing, facilitated by a zookeeper. Whether you can hold the animal depends on the "ambassador" you choose. Keep an eye on the zoo's calendar for other visitor events and photo opportunities.

***5640 IH 35 S. | New Braunfels, TX***
***awsfzoo.com***

## SEARCH FOR THOUSANDS OF HIPPOS

Hutto's mascot is probably not the animal you'd expect. Calling itself the "Hippo Capital of Texas," Hutto claims to be the only community in the country with the hippo as its mascot. There are said to be 3,000 concrete hippos around town, each one painted in a unique style. The heavyweight champion is 14,000-pound Henrietta, who moved in (who's going to stop her?) in 1982 at a spot near the town's Chamber of Commerce office.

While the origins of this hippo obsession are still shrouded in a bit of mystery, one popular local legend tells of a time a hippo got loose during a circus train's layover.

***East Street | Hutto, TX***
***ihutto.com/huttohippos***

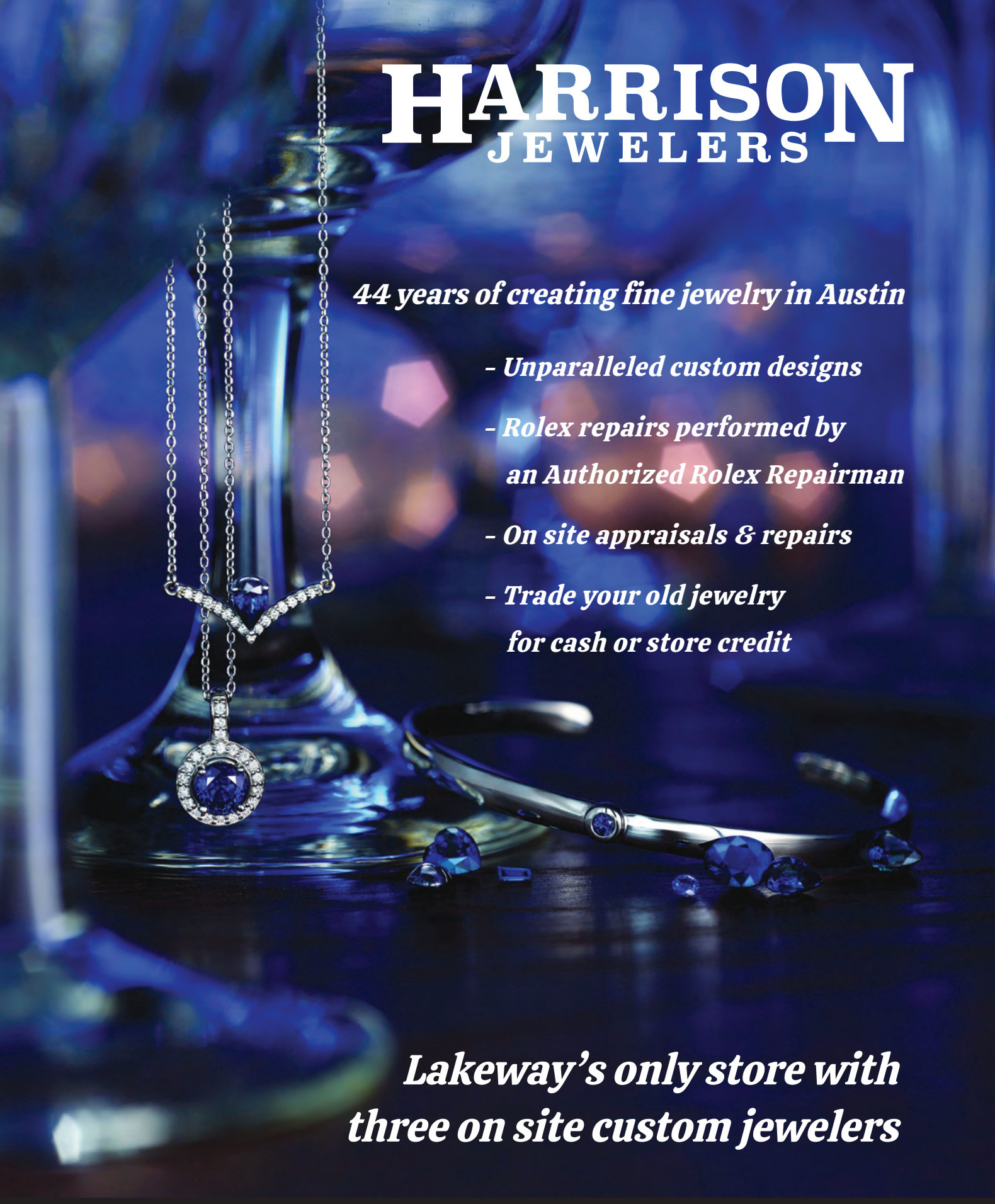
## ADMIRE THE WORLD'S LARGEST COWBOY BOOTS

If your road trip brings you down to San Antonio, take a detour to North Star Mall to see the World's Largest Cowboy Boots. Originally displayed near the White House, these 35-foot-tall concrete boots have been standing tall at the mall for just over 40 years.

The iconic boots were made by Bob "Daddy-O" Wade, a Texas artist famous for his giant, whimsical sculptures. In 2014, the *Guinness Book of World Records* recognized it as the "largest cowboy boot sculpture."

***60 Northwest Loop 410, #18 | San Antonio, TX***
***roadsideamerica.com/story/7815***

PHOTOGRAPHY COURTESY OF NORTH STAR MALL; ANIMAL WORLD & SNAKE FARM ZOO; @CITYOFHUTTO




2127 Lohmans Crossing, #300 Lakeway | 512.266.1715 | www.harrisonjewelerslakeway.com



# Galveston Two Ways: Romantic R&R or Family Fun

*By Shelley Seale*

**If you love summer, there's no better place to head for a Texas road trip than the coastal town of Galveston. My family has been going there for vacations since the 1960s, and it's a place like no other in the country. On the one hand, it's a typical beach town: miles of sand and shore, watersports, oceanside resorts and condos, and plenty of fresh seafood. On the other hand, it's a historic Victorian town full of gorgeous 1800s mansions, cobblestone streets, downtown warehouse lofts and a lively arts scene.**

**That's the best of both worlds if you ask me. And there are two ways to enjoy Galveston Island: as a romantic getaway or as a fun family destination. Here we'll lay out the perfect itinerary for both.**

### Galveston for Lovers

The pretty downtown streets make for perfect hand-in-hand strolling. Check in at The Tremont House, a luxury boutique hotel built in 1839, the year Galveston was founded. The elegant hotel features high ceilings, hardwood floors and custom-crafted furnishings, along with exemplary service. Don't miss the rooftop terrace bar or the stunning original

PHOTO COURTESY OF LANDRY'S; OPPOSITE PAGE CLOCKWISE FROM TOP RIGHT: GALVESTON CONVENTION & VISITOR'S BUREAU; TREMONT HOUSE

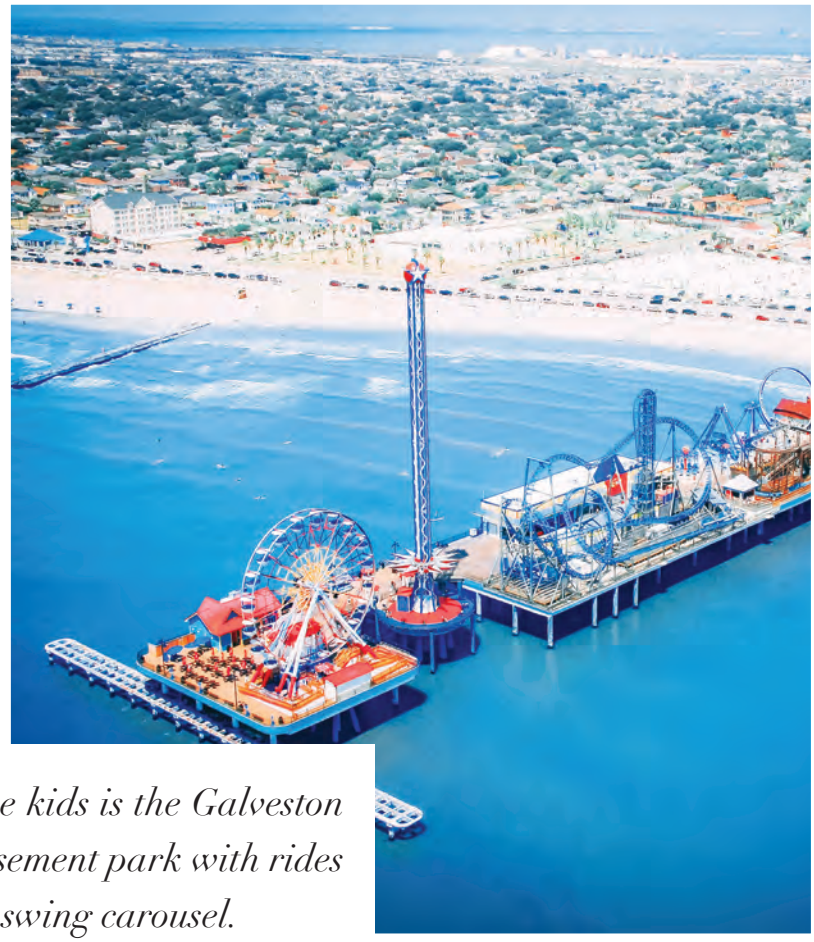
nineteenth-century rosewood bar in the lobby's Toujouse Bar.

From The Tremont, you can easily walk anywhere downtown, including the many art galleries, antique shops and boutiques as well as The Grand 1894 Opera House and several museums. Enjoy romantic dinners at spots such as BLVD. Seafood and Vargas Cut & Catch, perhaps followed by cocktails at the sumptuous Hearsay on the Strand, where you might take a moment to gaze up at the magnificent chandelier and wrought-iron balcony.

When it's time to head to the beach, don't think that it's only for kids. A new business, Down to Picnic, sets up lavish, romantic picnics right on the sand, complete with fresh flowers, candles, low wooden tables, pillows and antique umbrellas. Afterward, a waterside walk as the sun sets is the perfect ending to the day.

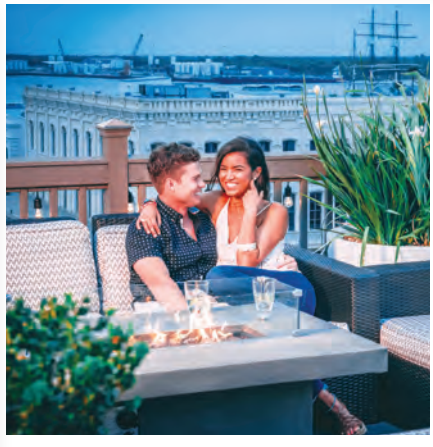
**Galveston for Families**

Family members of all ages will love Galveston Island. There are so many things to do, from >>



*Another place sure to be a hit with the kids is the Galveston Island Historic Pleasure Pier, an amusement park with rides including roller coasters and a classic swing carousel.*









renting bicycles and four-wheelers for zooming along the boardwalk to beach play and a plethora of child-friendly activities such as go-carts, mini-golfing and kite flying.

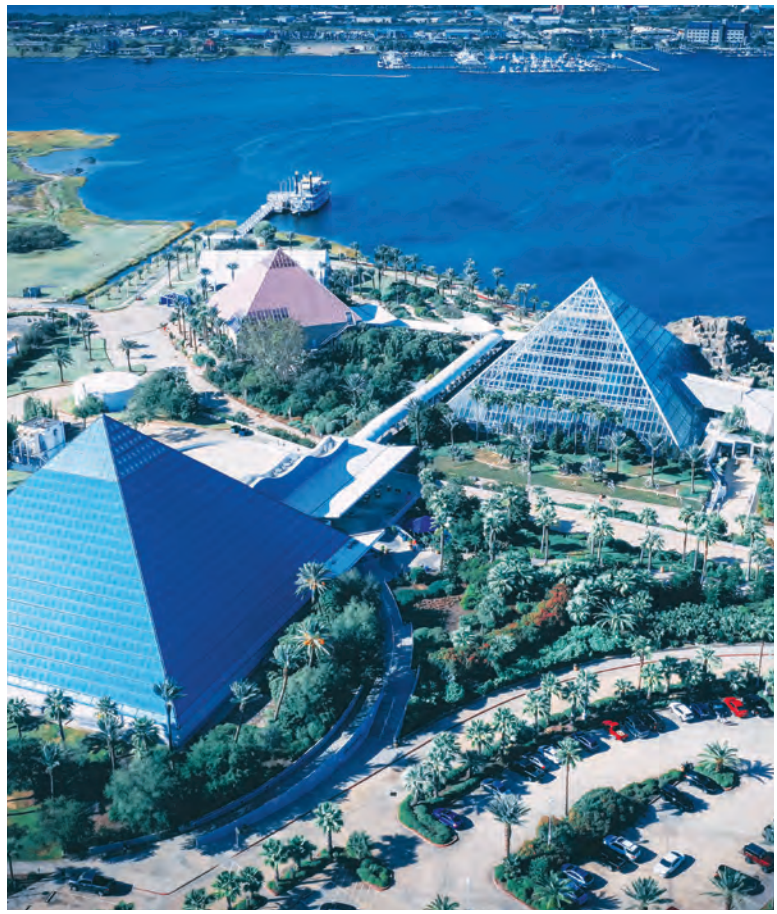
One place you shouldn't miss is Moody Gardens, a mainstay of the island since 1983. Spread over 242 acres, this nonprofit destination explores nature and promotes conservation with an aquarium, rainforest pyramid, discovery museum and 3D and 4D theaters. Once the kids can't handle any more hands-on learning, they can join you for a paddlewheel boat tour or head over to the zipline, ropes course, lazy river, playground or beach. There's even an onsite golf course, spa and hotel!

Another place sure to be a hit with the kids is the Galveston Island Historic Pleasure Pier, an amusement park with rides including roller coasters and a classic swing carousel—all on a wooden pier stretching 1,130 feet over the Gulf of Mexico. The pier also offers carnival games, concessions, gift shops and restaurants such as Bubba Gump Shrimp Co.

A can't-miss family dining spot is the Rainforest Cafe. There are four in Texas and 17 nationwide, but it's the only Rainforest Cafe with its own ride—a "volcano" boat ride through the "rainforest" that's Disneyland-worthy. Kids will never get bored in the restaurant as it's filled with dozens of animatronic animals, colorful aquariums with coral reef fish and an indoor "thunderstorm" that roars through every thirty minutes. The food is excellent too.

**Pack your Bags**

Less than four hours from Greater Austin, Galveston is an easy drive yet a world away. Whether you are looking to spend some romantic time as a couple or some quality family time, you can't go wrong in Galveston, seaside jewel of the Lone Star State.







CLOCKWISE FROM TOP: COURTESY OF GALVESTON CONVENTION & VISITOR'S BUREAU; TREMONT HOUSE

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# BOTHERED.

*and doing something about it.*

Kids are out for the summer! Looking for creative activities that add growth, empathy, and a sense of accomplishment? Why not ask what bothers *them* — you might be surprised at the conversation it sparks! There are so many ways to involve kids in making a difference. For ideas, just hop over to the resources page on stayingbothered.com – there's a section specifically designed for families and kids. It's never too early to find your passion and commit to action in order to change the world!

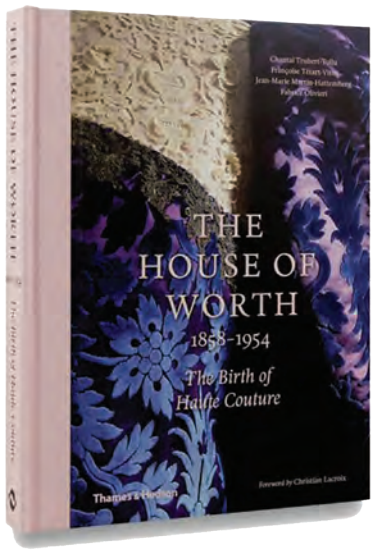
*The Amelio family is #StayingBothered*
*Join them at stayingbothered.com*



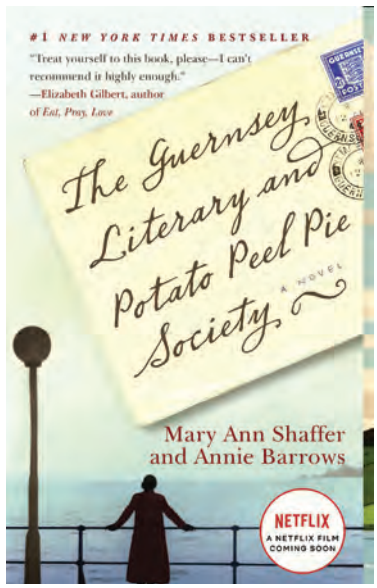


# Sizzling Summer Reads

**Books for the Beach and Beyond** *By Jamie Twitchel*




**The House of Worth: The Birth of Haute Couture**
*by Chantal Trubert-Tollu*
Both tribute and homage to Charles Frederick Worth, *The House of Worth* shows readers how, after arriving in Paris in 1845 at age 20, Worth went on to build one of the world's most prominent and successful fashion houses. Through the use of striking ensembles, paintings and documents from family archives and the best fashion collections from museums around the world, we learn how Worth, inspired by fine art and luxurious fabrics, dictated styles and silhouettes to his elite clientele while building a brand that has withstood the test of time.




**The Guernsey Literary and Potato Peel Pie Society**
*by Mary Ann Shaffer and Annie Barrows*
As London emerges from World War II, writer Juliet Ashton is seeking out her next book subject. Oddly, she finds it in a letter from a native on the island of Guernsey—written by a man she has never met who came across her name by chance. Their continued correspondence draws Juliet into his world and the lives of his fellow bibliophiles in The Guernsey Literary and Potato Peel Pie Society, so much so that she decides to join them in Guernsey. When she does, what she discovers changes her forever.




**Make Something Good Today: A Memoir**
*by Erin and Ben Napier*
This memoir by the hosts of HGTV's Home Town gives readers an intimate look into their work and personal lives. Through family photographs, personal stories and sketches, the Napiers show how ingenuity and authenticity, combined with Ben's carpentry skills and Erin's impeccable taste in design, transformed their small, tight-knit town.




**Texas Hill Country: A Scenic Journey**
*by Eric Pohl*
Pictures often convey what words fail to, and words may never be enough to truly describe the beauty of Texas Hill Country. With 153 color photos of spring-fed streams and wooded canyons, rugged limestone peaks and rolling grasslands and wildflower meadows, this coffee-table book captures and conveys its majesty and grandeur.

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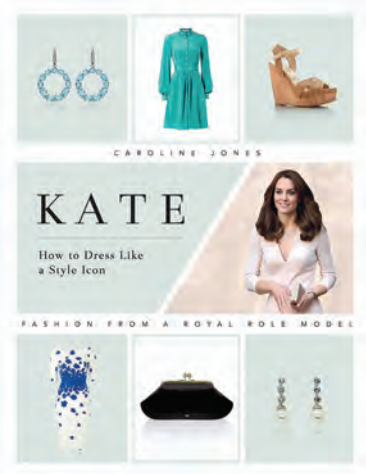
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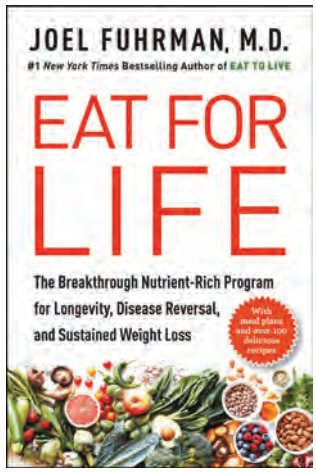

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**Kate: How to Dress Like a Style Icon: Fashion from a Royal Role Model**

*by Caroline Jones*

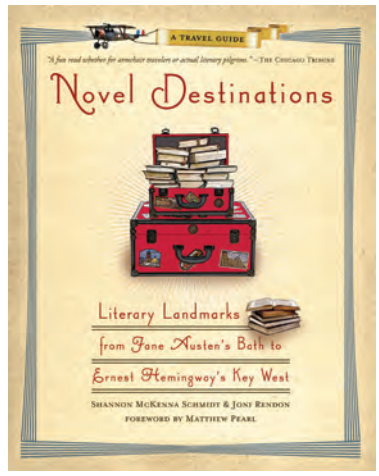
Whether commoner or duchess, Kate Middleton has always been a trendsetter. Her simple yet gorgeous style has women around the world emulating her wardrobe, jewelry, accessories and cosmetic choices. Complete with 50 of Kate's top outfits, along with her style secrets, beauty tricks, and favorite designers and stores, this book is a must-have for those who love all things "Kate."




**Eat for Life: The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss**

*by Joel Fuhrman M.D.*

As Americans continue to consume massive amounts of fats, proteins and carbohydrates while consuming minimal amounts of vitamins, minerals and phytonutrients, lifespans grow shorter and energy, health and vitality go down the drain. With *Eat for Life's* science-backed, nutrition-based program, you can prevent and reverse this trend within three to six months. It's a bold claim, but the tens of thousands who've followed and succeeded with the program vouch for its validity.




**Novel Destinations**

*by Joni Rendon and Shannon McKenna Schmidt*

The bane of book lovers everywhere is leaving their beloved literary worlds behind as they come to the last page of a book. But, with the help of *Novel Destinations*, bibliophiles can visit more than 500 real-life literary destinations across the United States and Europe. Full of color images, reading suggestions and information on walking tours, literary festivals, authors' houses and museums, you may soon find yourself roaming Franz Kafka's Prague or staying in Hemingway's favorite hotel in Sun Valley.




**Texit: Why and How Texas Will Leave the Union**

*by Daniel Miller*

Why would any state ever want to leave the Union? In *Texit*, the common objections, grievances, motivations, process and practicality of Texas' secession are laid out, along with the historical and cultural foundations of Texans' desire for independence. Author Daniel Miller also provides a scenario of what an independent Texas might look like.

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# *Time to Join the Self Love Revolution*

*Advice from Self Love Mentor Jonathan Troen*

*By Cindy Brzostowski*




Let's try an experiment based on the work of motivational author Louise Hay: Go to a mirror, look at your reflection, and tell yourself, "I love you." Could you do it without a second thought? In 2015, Jonathan Troen couldn't bring himself to say the words. That eye-opening moment helped kick-start his journey that led to launching the Self Love Revolution three years later.

Troen's Self Love Revolution is designed to help people find joy inside themselves, or as he cheerfully puts it, "to help us all become our own best friends." These days, Troen welcomes people into the movement as a life mastery coach and self love mentor based in Austin. We spoke with Troen to get his advice on what it takes to go from self-sabotage to self-compassion.

### Our Own Worst Enemy

Raise your hand if you sometimes feel like your own worst enemy. "We talk to ourselves in ways we would never allow others to talk to us. We've become our own abusers," Troen says. "Self love flips the script so that we can begin to become friends with ourselves—so that we can accept ourselves as we are."

Troen believes that one of the reasons self-sabotage is such a common struggle is that we're taught to compete and constantly forced to compare ourselves to others. "Comparison closes the door to joy," he explains. "If we want to create a healthy society, we need to stop teaching comparison and start teaching connection instead, especially connection to ourselves."

### The Pillars of Self Love

So, how do we start building this healthier, more compassionate connection to ourselves? Troen explains the four main pillars to practice:

**Acceptance:** "We have to learn to accept ourselves and accept our emotions as they are. As long as you fight anger, it will rule you. As long as you fight sadness, it will take over you. Stop the fight. Be kind to yourself and your emotions. When you stop fighting yourself, you get your freedom and power back."

**Gratitude:** "I know it sounds cliché, but it's only cliché because it really works and is really important. You can't live a life of joy and happiness without gratitude."

**Forgiveness:** "This was the last part of the puzzle for me. When I discovered forgiveness and started practicing it regularly, I really began to understand how all the different pieces fit together. And while there are multiple paths of forgiveness, forgiveness of self is the most important part." >>

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**Self Love:** "This is simply talking kindly to yourself. Celebrating yourself. Treating yourself as you would treat your own best friend."

If you're just starting out on your self love journey, Troen suggests picking one pillar and practicing it for a week or more until you feel confident enough to build on it. Your start can be as simple as saying one kind thing to yourself every day.

"Just pick one thing you like about yourself or one thing you did well today, and celebrate that. Do this every day," Troen says. "After a while, you'll find you will come up with more than one thing as your brain begins to train itself to look for positive things. It's literally a rewiring of your neural pathways."

### Practice Makes Perfect

As with many things in life, practice and repetition are the keys to success when it comes to self love. Troen compares it to brushing your teeth: Do it every day and your teeth stay healthy; stop and they begin to rot. He stresses that for self love to work, you have to do it day in and day out.

If you're feeling nervous or uncomfortable about the journey, that's okay. "When we can allow ourselves to be with the unknown and the uncomfortable, our world changes," Troen says. "If this self love thing scares you, that's a big message from the universe to take action and begin practicing now."

### The Power of Kindness

While self love may seem like an inward practice, Troen emphasizes that the results are outward. "Where we practice self love, we are kinder to ourselves, and then we are kinder to others. When we are kinder to others, we are more connected. If you want to live in a kinder and more connected world, self love is the simplest path."

***For more wisdom, check out Troen's Self Love Revolution MasterClass at SelfLoveRevolution.com.***

**Troen's Recommended Reading**

- Any book written by Louise Hay
- *The Four Agreements* by Don Miguel Ruiz
- *A New Earth* by Eckhart Tolle
- *Peace is Every Step* by Thich Nhat Hanh




*"I know it sounds cliché, but it's only cliché because it really works and is really important. You can't live a life of joy and happiness without gratitude."*



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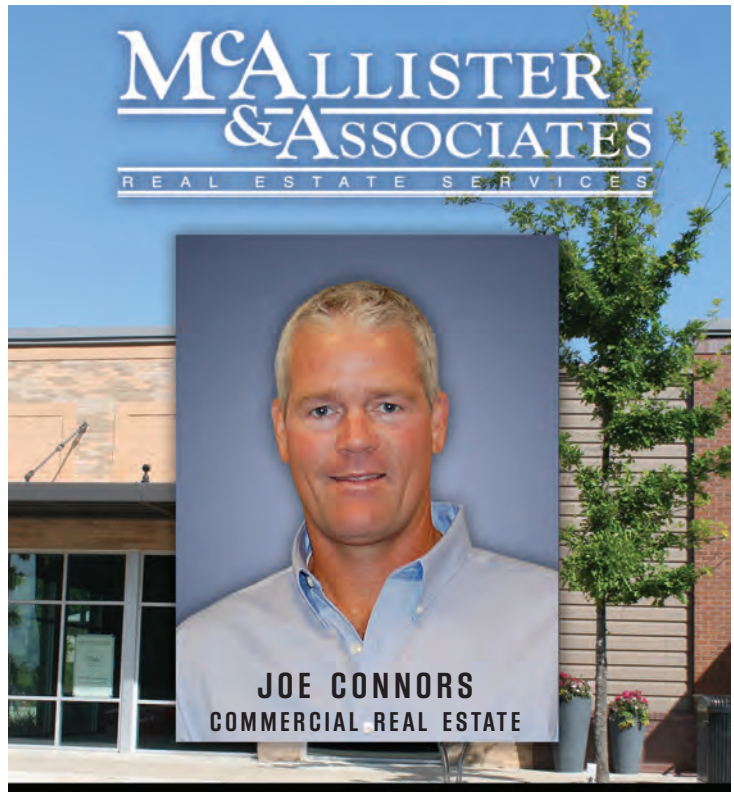
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## *From Austin to Australia with Love*

*By Dutch Simmons*

**I was 11 years old when *Grease* hit the Austin movie theaters in 1978. My crush on Olivia Newton-John was immediate and all-consuming. I didn't know which version of Sandy I loved more: the charming doe-eyed cheerleader who I longed to date or the leather-clad bad girl who stirred up feelings I didn't quite understand.**

I knew little about her except that she was from an exotic land called Australia. All I knew about Australia was that it was a vast desert surrounded by oceans where everything was trying to kill you: sharks, snakes and spiders. She was the finest export the country's promoters could have imagined; I assumed that everyone looked like her.

I began to set aside a portion of my allowance and then a portion of my summer job pay in high school to cover the cost of a transpacific journey. I would one day find a "Sandy" of my own.

Despite my best efforts at saving, it became quite apparent that Australia was not only very far away but extremely expensive to reach.

Why was it so expensive to visit a vast desert overrun by koalas, kangaroos, snakes and spiders—and surrounded by sharks? Perhaps thousands of other teenage boys also knew about the apparent goldmine of blonde, blue-eyed girls with exotic accents just waiting to be discovered (or so I assumed). But I was convinced that the cost and the risk would be worth it.

I made another investment in high school, too—in myself. I joined a gym once I realized that no good Aussie woman would want some gangly teen when the likes of Crocodile Dundee were running around all bare-sleeved and wielding machetes.

I realized that even if it took longer than expected to add muscles, it would be important for me to be at least somewhat appealing to the girls of boring old Austin, too. Yet the only thing they shared with Australian girls was the first four letters of their place of residence. Beyond that, they were literally and figuratively worlds apart.

My Australian fetish earned me the nickname "Crock Dundee." I went through alternating stages of feeling flattered or embarrassed. While most kids fell deep into the Eighties goth vibe and worshipped at the altar of The Cure and The Sisters Of Mercy, I went all-in on Midnight Oil, INXS, and naturally, the guys who practically created the new Australian National Anthem—Men at Work.

As a teenager, I remained diligent in saving for my dream trip. College loomed on the horizon, and a potential semester abroad in Australia was not out of the question. Worst-case scenario, I could use the money to buy a few cases of Foster's and live the dream from my dorm. >>

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At the University of Texas, I studied International Relations. I regarded the school as a community college because I lived in Austin, but it held the key to my happiness.

At the beginning of my junior year, my dream beckoned. Through a joint program with the University of Melbourne, I would be able to spend my spring semester abroad. Australia and "Sandy" were closer to becoming a reality; I could put my obsession with Olivia Newton-John aside for the time being.

I could barely contain myself on the evening of the informational meeting. I wasn't a nerd in the traditional sense, but I sat in the front of the class, ready to answer any questions and share the depths of my knowledge with the rest of my classmates. Perhaps I could be the professor's assistant.

From the back of the class, a voice called to me. She was a wild Tasmanian honey, sweeter than Olivia Newton-John and laden with the promise of treasures from the land down under. I held my breath as she announced that she would be the professor's assistant for the semester in Austin. It was a subtle blow but immediately forgotten as she lured me in with her siren song. She would be accompanying us during our Melbourne studies after serving as the coordinator in Austin.

What would I tell my parents? I hadn't even stepped foot on the soil of my obsession and had already found the woman of my dreams. Surely she would want to introduce me to her family while we studied there. Attempting to appear nonchalant, I turned in my seat to see my angel whose every sentence had an upward lilt as if she was asking a question.

I was stunned by the vision before me. Thick, black, ropy hair. Skin the color of pure coal with piercing black eyes that radiated joyous mischief. She looked like nothing I had expected of an Aussie lass. And yet, as she waxed poetic about her family's native aboriginal lands, I was wholly consumed by her passion and fire.

As the semester went on, she taught me and my classmates about the parallels between the treatment of America's Native Americans and Australia's Aboriginals. She spoke with fierce pride and drew on generations of knowledge. I was in love beyond compare.

Under the pretense of class-specific study help, I asked her to join me for coffee. Coffees became beers, beers became intimate dinners, then weekends exploring Texas. By the end of the semester, she was as enamored with me and Texas as I was with her and Australia.

We sat hand in hand as the plane taxied down the runway. I was 23 hours plus a layover away from my wildest fantasies coming true. And come true they did. When the program ended, her family invited me to spend the summer with them.

At the end of the summer, I had mustered enough courage to ask her father for her hand in marriage. It was an antiquated gesture; she would have made up her own mind without his input, but I wanted to show respect. His initial response was less than favorable, but over time, I wore him down. Contingent on a promise of waiting until after graduation and graduate school, he gave me his blessing. I was going to be an anthropologist studying in the Southern Hemisphere with his daughter in tow.

A few years of waiting was water off a duck's back. I had already waited a lifetime to meet her and make my dream a reality. Her name was Boondie, Aboriginal for "hardened clump of sand."

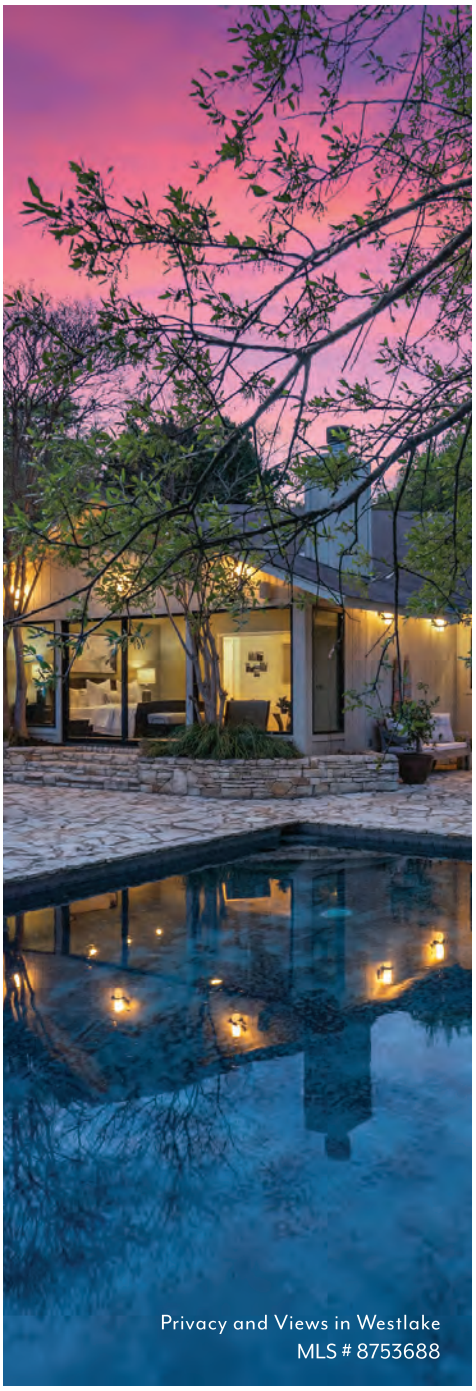
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