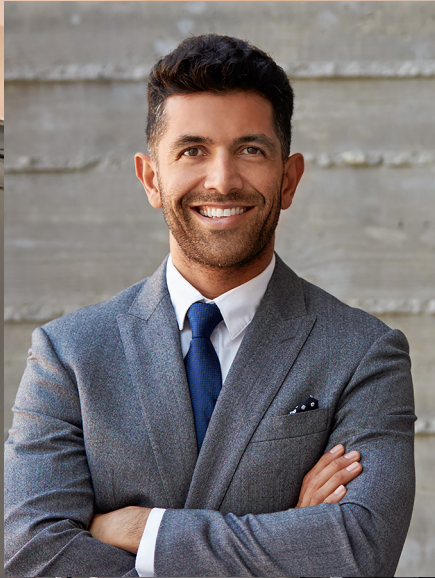


Compliments of Paul Sanders

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 126



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LIGHT IT UP

Stylish lighting ideas
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Cozy Winter Gathering / 02

A New Era of Space Travel / 32

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Front of Tear Out Card 1



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**CACIO
E PEPE**
long pasta

Back of Tear Out Card 1

SERVES
4-6

CACIO E PEPE
long pasta

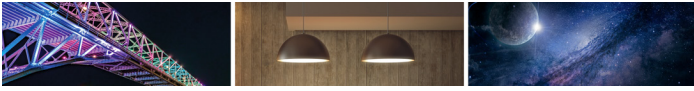
■ **INGREDIENTS**

- 1 tbsp. whole black peppercorns
- 14 oz. fresh or dried bucatini
- 10 oz. pecorino, finely grated

■ **INSTRUCTIONS**

- 1/** Lightly toast the peppercorns in a dry frying pan over medium-high heat for 40-50 seconds, until fragrant and beginning to pop in the pan. Lightly crush using a mortar and pestle. Set aside.
- 2/** Bring a large saucepan of salted water to the boil and cook the pasta until al dente. Drain, reserving 2 c. of the pasta cooking water.
- 3/** Pour 1 c. of the pasta water into a large saucepan over medium-high heat and add the drained pasta. Sprinkle over one-third of the cheese and 3 tsp. of the pepper. Use tongs to quickly and gently toss the cheese and pepper through the pasta to coat. Reduce the heat to low, add half the remaining cheese and half of the remaining water. Continue tossing until the cheese has melted and the sauce is creamy. Add more water if necessary to achieve the desired consistency.
- 4/** Divide the pasta among warmed pasta bowls and top with the remaining pecorino and pepper.

Recipes excerpted from *Pasta Night* by Deborah Kaloper. © Smith Street Books 2022. Photography by Emily Weaving.



AMERICAN LIFESTYLE

Dear Bill and Judy,

If you think of the new year as a book, the first two months (or chapters) are a mere introduction to the story. In other words, there are a lot of pages left to turn. This issue of American Lifestyle is here to inspire you with tips for bringing some stylish and functional lighting into your living spaces, a look at advances in civilian space travel, and a trip to a Southern metropolitan area where you can really let the good times roll.

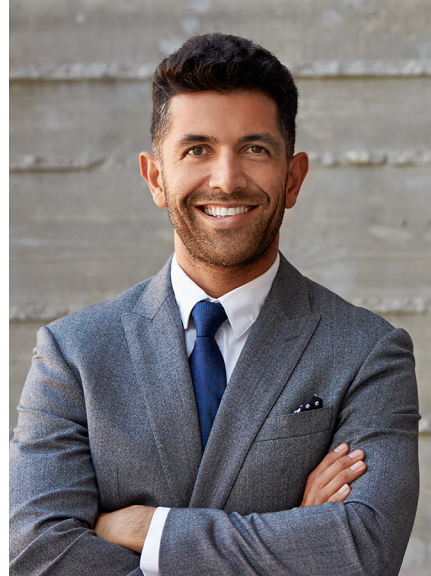
When the holiday lights have come down and the days are shorter, it's more important than ever to keep light flowing through your home. The enclosed guide to improving your home's lighting fixtures can help with everything from the style of lights you choose to layering them elegantly.

In recent years, the news has been abuzz about space travel, and what once seemed like science fiction is quickly becoming reality. However, if you're looking for gravity-defying experiences you can do now, be sure to read the feature in this issue that discusses simulated space experiences, no astronaut training required.

New Orleans might be the first place that comes to mind when mentioning Mardi Gras season. However, there's another Louisiana destination that celebrates the momentous event in its own spectacular way. Inside you'll learn more about Shreveport-Bossier, the state's northwest hub of art, culture, and cuisine.

How will your story unfold this year? As always, it's a pleasure to send you this magazine.

Paul Sanders



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Designed and printed in the USA.



Written by **Shelley Goldstein** / Photography by **Getty Images**

We all need connection and joy to get through the winter season, especially with the temperatures dropping and the days getting shorter. Now is the perfect time to invite friends over to eat, catch up, share, and laugh together.

If you don't know where to start, focus on these key categories to organize and plan a memorable winter get-together.

THEME: Offering some parameters to your guests will help them feel more at ease and confident about what to expect. There is nothing wrong with a general dinner party, but if you want to reduce decision fatigue

and maximize comfort, suggest that everyone come in a flannel shirt or their favorite sweater.

DECOR: Lighting is key for setting the tone for a cozy party. Turn off any harsh or fluorescent lighting, switch on your table lamps, and then add candles for extra warmth and glow. You could even tack up a string of fairy lights if the mood strikes you. Also, if

you are lucky enough to have a fireplace, now is the perfect time to get a blaze going. And if you don't, a fireplace video on the television will radiate cozy vibes even if it's not producing heat.

SOUNDTRACK: Another way to build ambience is by playing music. (As a bonus, it also thwarts the dreaded awkward silence.) Consider what atmosphere you are trying to create when choosing your playlist. Do you want guests to have deep conversations, or do you want to encourage dancing? For the former, consider quietly playing some mellow indie folk tunes or light and easy French pop for a more European attitude. To get partygoers on the dance floor, try a mix of Motown, hip-hop, and popular dance tracks.

FOOD: Nothing says "winter food" like steaming-hot bowls of soup or chili. You could go a step further by introducing a more specific motif like "international cuisine" featuring dishes from other cultures. Or make it a night of hors d'oeuvres and offer tiny bites and cheese plates. Then, for a cozy nightcap, provide hot chocolate and mini marshmallows for your guests. (Just be sure to take note of any food allergies or restrictions so everyone can partake in the feast.)

Most importantly, be a welcoming host, introduce guests to each other, and be ready to draw any stragglers into the conversation so everyone feels included. Happy gathering!



Award-winning baker Don Guerra discusses the long journey to creating his Tucson-based company, Barrio Bread, the art of bread making, and his focus on community.

What inspired you to be a bread baker?

It started when I was just a kid. We didn't have a lot of money, so my mom made basic whole-wheat loaves and my nana tortillas, both of which I loved having in our home. The aroma! We also always had a lot of people around and fed them.

My entrepreneurship grew from working with my dad. When I was eight years old, he had me shining shoes at his barbershop. I quickly learned that I enjoyed work in itself: always being busy and providing a service.

Where did you learn the tools of your trade?

I worked at a bakery in Flagstaff, which gave me that familiar, comforting feeling of fresh-baked bread made in a tight environment. My first night there, I said to myself, *This is what I'm going to do for the rest of my life.*

I also love the art and science of baking and sharing something beautiful with my community. So when I went to college, I majored in cultural anthropology. That, combined with my entrepreneurship and love of bread, led to my business model. I don't have a traditional bakery—it's more like a community-based research bread lab.

You were also a teacher. How did that come about?

I opened my first bakery in 1995. By 2001, it had gotten too big for me, and I wasn't a strong enough leader to manage it.



Monika Watecka

GRAINS *for good*

Interview with **Don Guerra**
Written by **Matthew Brady**
Photography **as noted**



I decided to sell it and get my teaching credentials; I then taught public school for seven years.

When I opened Barrio Bread years later, I applied many teaching principles, such as lesson planning, public speaking, management, and leadership, to the company so I could get the best out of my staff. That has made such a difference. Now I teach bread making on breadlessons.com, hold in-person classes, and do consulting.

At one point, you had an oven in your garage. Would you tell us about that?

I had originally planned to open Barrio Bread as a brick-and-mortar bakery, but the economic collapse of 2008 prevented me from doing so. I knew I could either go back to teaching or take

a different route, so I installed an oven in my garage and ran my bakery out of it for almost eight years. That was one of the most challenging times of my life because I was working in a 450-square-foot space while developing a business by myself. It was lonely at times, and I sometimes questioned if I was on the right path.

Thankfully, I was. My brick-and-mortar opened the day before Thanksgiving in 2016. I sold 450 loaves in around ninety minutes; I had been selling 900 loaves a *week* out of my garage. The community was there, literally lined up and ready to support me and my mission.

How important is using healthy ingredients to you?

I'm committed to sourcing from two local farms, BKW Farms and Hayden Flour Mills. At Barrio Bread, we use ancient, heritage, and modern wheats, and our breads are primarily made of three ingredients: flour, water, and salt. There are no fillers, so they're low glycemic and low gluten. This matches what consumers are demanding now: they want to know where their food comes from and what you're doing to support your local economy and the environment. I love my community, and I love creating something good for them now and in the future.

However, this is not just about feeding my community; it's also an obligation to ensure that everything the farmers grow gets turned into food. They now realize that this is both sustainable *and* a good



“ I sculpt my bread to make it look beautiful, but it took a *lot* of work to learn how.

investment. I am so thankful for them and Native Seeds/SEARCH, a local organization I work with that's helping farmers grow these ancient varieties. It's a circular, hyperlocal model that has global adoption, and it's fun to see people embracing it.

That's why I recently created Barrio Grains, which further fosters full sustainability with my farmers by using up all their crops. I can't feed everyone, but I can supply flours and grains and teach people how to make bread so they can both feed themselves and learn the craft of bread making.

Would you discuss the art of bread making?

Bread truly is both an art and a science, and you must have respect for it. I sculpt my bread to make it look beautiful, but it took a *lot* of work to learn how. Using heritage flours was a totally new experience: I was a mad scientist doing culinary experiments to perfect the quality of the pigments and flavors.

It wasn't pretty—the bread didn't always look good—so I created my first stencil, the cactus. That ramped up the bread's popularity immediately. The bread also got better because I figured out how to correctly combine the flours; now it looks great *and* tastes great.

What are your most popular varieties?

We have thirty breads, so there's something for everyone. But some are more popular, such as the Einkorn,



© Janelle Gleeson

“ I’m trying to create efficiency in what I do to not only pay farmers a good wage but also ensure that everyone in my community can eat.



© Don Guerra

which people are crazy about because it’s the lowest in gluten and the most nutritious. I have people lining up an hour before we open to make sure they get that bread. We also have fun flavors like Jalapeño-Cheddar, and the Cranberry-Walnut and the Heritage breads always sell fast.

You recently won a James Beard Award. Is that validation for your mission?

Totally. It validates that I chose the right path three decades ago. But I’ve still got a lot of work to do; I’m not sitting back and resting on my laurels. I’m going to use this exposure to continue creating believers in my community who understand what we need to do to strengthen our



© Don Guerra

food economy and maximize our culinary possibilities. It’s kind of like waking up the world in my own way—I want people to know that there are a lot of choices other than white, wheat, and rye. I see that happening when a kid asks their parent for the ancient-grain Khorasan bread because it’s their favorite.

What does your Tucson community mean to you?

It’s everything. In fact, it’s the focus of the Barrio Bread mission statement: connecting community through bread. I went from peddling loaves out of the back of my minivan to having a garage bakery to creating a future-forward



© Aaron Bugaj

business for only one reason—Tucsonans wanted it to thrive.

I’ve also found that if you make the meaning first, the money will follow. I’m trying to create efficiency in what I do to not only pay farmers a good wage but also ensure that everyone in my community can eat. Nothing goes in the trash; what doesn’t get eaten goes to local shelters.

In seemingly every photo of you, you’re smiling. Is that a reflection of all this?

Absolutely. It’s funny you say that because my partner and I have a one-year-old daughter who smiles nonstop. We’re always curious

about what’s going on in her head. I think she sees us smiling all the time, so it’s natural for her. It’s truly authentic.

Similarly, my passion, pride, and happiness are authentic. This has been the greatest life experiment, entrepreneurial experiment, and gastronomy experiment I could have hoped for. I’m thankful for what I’ve been able to accomplish, the constant challenges, and getting to do what I love. It’s fun and never gets old, and that’s why it comes through as a smile.

For more info, visit barriobread.com

South of France in Southern California

Interview with **Mark Cutler and Nichole Schulze**
Written by **Shelley Goldstein**
Photography by **Brandon McGanty**



CutlerSchulze, an interior design partnership based in Los Angeles, made a couple's dreams come true with a French-inspired home that incorporates modern touches to create something that still feels authentic to California.

How did you both come to have a career in interior design?

Nichole: I have a background in art history and was originally interested in pursuing a career in the museum field, but after dabbling in it a bit, I realized it wasn't where I saw myself in the long term. I took a few design-related classes and it just clicked, so I pursued an interior design degree. Now I can't imagine doing anything else.

Mark: I grew up in Australia and always wanted to be an architect. When I came to the United States, I was given the opportunity to work on interiors and caught the bug. It is so much more immediate than architecture. I love working closely with clients and helping to bring their dreams to life.

How did the two of you meet? What makes your partnership successful?

Mark: Nichole had previously worked for a friend of mine, who made the introduction. It's hard to find design partners who are so collaborative, and that openness to new ideas was evident as we began to work more closely on projects over time. We worked together for ten years before finally deciding to formalize our partnership in 2022.

We approach design in different ways that complement each other. Nichole is certainly more organized, while I tend to be a little looser, but together we create designs that are rooted in the families we create for. We both embody our philosophy of interior design as a form of portraiture.



We utilized modern elements and contrasted them with stone walls and distressed wood to help create a home that was European inspired but didn't feel out of place in Southern California.

Does that mean each project is planned and designed by both of you?

Nichole: That is correct. We both have input across all projects, and we develop palettes, layouts, details, and schemes together. We believe it makes for a stronger design since we balance each other out and bring different ideas to the table.

How would you describe your individual styles?

Mark: The words that come to mind are casual and eclectic. I am an avid collector of most everything, especially art, so my style is constantly changing and evolving.

Nichole: On a personal level, I prefer a more tailored, structural look. I dislike clutter, so everything I own is very intentional or has some sort of sentimental value.



Tell us about this French farmhouse. How did you construct the house to reflect this style?

Mark: The clients had been to France and fell in love with it. So we worked closely with architect John Reed to evoke the feel of a house from the South of France without being so overdone that it looked like a pastiche, or imitation. To achieve that, we utilized modern elements and contrasted them with stone walls and distressed wood to help create a home that was European inspired but didn't feel out of place in Southern California.

How did you approach the design of this project?

Nichole: Designing such a large space is always a challenge. We'll often break such spaces down into smaller segments so that each one



informs the next. Pattern, repetition, and symmetry really helped with this project. The architecture was so strong, we couldn't fight it. There are, of course, little quirks here and there to make sure the design doesn't get too serious, but, in general, we couldn't have elements in discord with each other.

Mark: Creating a home like this is like writing a novel—you want to have pieces that are emotional

hooks to either a specific place or a feeling. It makes the space richer and gives it a sense of place. For instance, the black-and-white-patterned floor in the foyer was inspired by an old bank in San Francisco the clients had visited.

How did you decide on the furnishings and colors for the primary bedroom?

Mark: We did a buying trip to France and brought back a lot of

the antique pieces in the bedroom. Having elements like that can really help build meaning into the design. Other pieces, such as the bedside tables, came from their former home; we refinished and upholstered the panels to transform them into something that would work in the new space.

Nichole: We kept the color palette deliberately soft and quiet so as not to compete with the prominently beamed ceiling.



Accenting with dark woods also tied the room together.

The office is such a warm and richly textured space. What was your goal for this room?

Mark: We wanted to evoke a European-style library with tall ceilings and deep-toned wood. The goal was to make it feel like an old space that had a young family living in it. We chose an art deco desk

and a contemporary rug so the furniture felt like a mismatched collection that had grown over time. That sort of loose arrangement can make a space feel timeless since it's not locked into a particular era or style.

Would you discuss the eclectic art in the guest bedroom?

Mark: The walls are colored plaster. It gives the home such an immediate, grounded feel, as though it had been there and lived in from the get-go. The artwork on the mobile is a series of postcards written by guests who had stayed with the homeowners. It's a lovely feature that tells the story of their friends and family. A local artist who's also a family friend created the art on the wall specifically for that room.

What is the through line in the house that keeps it cohesive?

Mark: The hardest part of this project was the idea that we were creating the "feeling" of France and not an imitation of it—it would have been easy to get a bunch of design images and simply copy the details. Instead, we spent a lot of time analyzing images and spaces, trying to work out how they made us feel and how we could translate that into a new home in Los Angeles.

Nichole: To that end, French style runs throughout the house, from the antiques we bought in Paris to the re-creations that were made here; each piece in the home was selected because it helped to tell the story of the family that lives there. Henry David Thoreau once wrote about going confidently in the direction of your dreams and living the life you imagined. This house embodies that idea of making a dream a physical reality.

For more info, visit cutlerschulze.com



The artwork on the mobile is a series of postcards written by guests who had stayed with the homeowners.



LIGHT IT UP

Written by **Lauren Kim** / Photography by **Getty Images**

WHEN IT COMES to good interior design, there are many factors to consider, including style, color, and texture. But perhaps the most important of these by far, especially in the darker and shorter days of winter, is lighting. (Switch off your home's lamps and overhead fixtures on an overcast day or after the sun has set, and you'll see why.) Without adequate light, the beauty of everything in your home, from the artwork to the furnishings, will be dimmed. To improve the function and livability of your home, consider implementing these tips on how to best use lighting to illuminate your spaces.

Layer it

Your home's interior will look its best when you incorporate at least two different kinds of artificial light sources in a space, whether it's ambient, accent, or task lighting.

Ambient lighting

To strike a good balance in a room, first select an ambient source of light—one that is bright enough to illuminate most of the space. A good choice is overhead lighting, which could include options like a chandelier or recessed ceiling lights. Whatever fixture you choose, its size should be appropriate for the room. A simple way to determine this is to measure the length and width of the room in feet and add those numbers together, the sum of which will tell you the diameter in inches that your light fixture should be. So if you have



a 10-foot-by-12-foot room, the ceiling fixture should be about 22 inches wide.

Accent lighting

Once you've decided on your ambient lighting, add accent lighting to bring warmth into the space and showcase its special features. For instance, you could add a table lamp to highlight a console table in your living room or set uplights on the floor to put focus on a colorful houseplant collection. And don't forget the corners of your rooms; you could utilize beautiful torchieres or table lamps to illuminate these often overlooked areas.



Task lighting

Depending on the room and how you use it, you may also want to include lighting that can amplify and facilitate the function of the space. Examples include a desk lamp brightening a workspace in a home office and a floor lamp providing light in a reading nook.

Suit your space

Though each room should have a mix of ambient, accent, and task lighting, which ones work best will depend on the space's unique function, look, and feel. Consider these room-by-room suggestions.



light with a linen shade, some wall sconces, and one or two bedside lamps for nighttime reading.

Bathroom

An oversized pendant light in the center of the space can brighten what might be an otherwise dark room. Eradicate shadows by placing a backlit mirror on the wall behind the vanity, and if you have a freestanding tub, draw attention to it by hanging a glamorous chandelier above it.



Living room

Place a semiflush drum ceiling fixture in the center, layer in an arched reading light over the sofa and a table lamp on a console table, and put a floor lamp in a corner or two to balance the space.

Kitchen

Recessed ceiling lights can brighten this area, LED strip lights tacked underneath upper cabinets will provide useful task lighting, and a chandelier hung over the kitchen table may lend extra style and ambience.

Bedroom

Softer lighting will make this room feel cozier, so think about installing an overhead fixture such as a drum flush-mount ceiling



Choose hue and brightness

Another consideration when designing a home's lighting is the type of bulbs you use. These days, the most commonly used ones are LEDs—which are also the most energy efficient. For your main living spaces, pick ones with a warm glow. If you need a bulb for bright task lighting, such as for a laundry or craft room, get one that's about 5,000 kelvin. You can also consider the bulb's lumen rating, which describes its brightness, when buying LEDs.

For a more tailored option, select dimmable LED bulbs with an LED-compatible dimmer to easily dial their brightness up and down. Lampshades can also soften

lighting and bring in personality and style. If you want a moody look, choose thicker lampshades in dark colors; for an airy appearance, go with light-colored ones. Similarly, clear glass lampshades will allow more light to shine through while opaque ones will cut down the brightness.

Create a focal point

Light fixtures can do more than just illuminate a space—when chosen wisely, they can also help shape the vibe of the room. For instance, a crystal chandelier can add elegance to a dining room and a traditional Tiffany-style lamp can lend a classic look to a study.

When it comes to selecting the most appropriate fixtures for your home, think of style first. Here are some popular options:

Black and brass metals

These finishes will look great whether your design style is traditional, midcentury modern, or transitional. And don't be afraid to mix these metals in the same space.

Natural fixtures

Choosing ceiling lights, lamps, and other fixtures made from sustainable and eco-friendly materials like jute, wood, and glass can add a cozy or rustic look to your home.

Smart lights

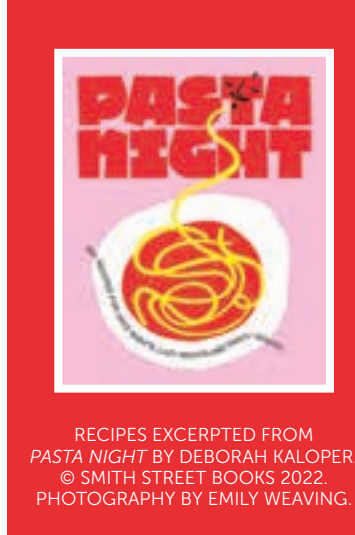
Go with this option if your style is modern or if you'd like to use technology such as a smart home assistant to turn lights on and off or dim them. Most varieties will also allow you to change the color of the light.





Recipes by **DEBORAH KALOPER**
Photography by **EMILY WEAVING**

THE PROMISE *of pasta*



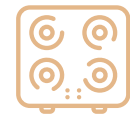
RECIPES EXCERPTED FROM
PASTA NIGHT BY DEBORAH KALOPER.
© SMITH STREET BOOKS 2022.
PHOTOGRAPHY BY EMILY WEAVING.

CACCIO E PEPE

long pasta



Serves 4-6



INGREDIENTS

- 1 tablespoon whole black peppercorns
- 14 ounces fresh or dried bucatini
- 10 ounces pecorino, finely grated

- 1/ Lightly toast the peppercorns in a dry frying pan over medium-high heat for 40-50 seconds, until fragrant and beginning to pop in the pan. Lightly crush using a mortar and pestle. Set aside.
- 2/ Bring a large saucepan of salted water to the boil and cook the pasta until al dente. Drain, reserving 2 cups of the pasta cooking water.
- 3/ Pour 1 cup of the pasta water into a large saucepan over medium-high heat and add the drained pasta. Sprinkle over one-third of the cheese and 3 teaspoons of the pepper. Use tongs to quickly and gently toss the cheese and pepper through the pasta to coat. Reduce the heat to low, add half the remaining cheese and half of the remaining water. Continue tossing until the cheese has melted and the sauce is creamy. Add more water if necessary to achieve the desired consistency.
- 4/ Divide the pasta among warmed pasta bowls and top with the remaining pecorino and pepper.



BAKED ZITI *with* SPICY FENNEL *and* PORK SAUSAGE *short-cut pasta*



Serves 8+



Preheat oven
to 350°F



INGREDIENTS

2 tablespoons extra virgin olive oil,
plus extra for greasing

¾ ounce butter

½ onion, finely diced

1 pound 7 ounces Italian pork
sausages, casings removed

2 garlic cloves, finely diced

½ teaspoon fennel seeds, crushed

½ teaspoon dried chili flakes, crushed

27 fluid ounces passata
(puréed tomatoes)

1 cup chicken stock

Handful of basil leaves

Sea salt and freshly cracked
black pepper

1 pound 2 ounces dried ziti

9 ounces fresh mozzarella,
thinly sliced

1¾ ounces pecorino, finely grated

1 cup good-quality firm ricotta

1/ Preheat the oven to 350°F. Grease a 13 inch x 9 inch baking dish with oil.

2/ Heat the oil and butter in a large frying pan over medium–low heat. Add the onion and sauté for 5–7 minutes, until soft and translucent. Crumble in the sausage meat and cook for 7–9 minutes, until well browned, then add the garlic, fennel seeds and chili flakes and sauté for 1 minute or until fragrant. Pour in the passata and stock and simmer for 15–20 minutes, until the sauce has thickened slightly and the sausage is cooked through. Stir in the basil leaves and season to taste with salt and pepper.

3/ Meanwhile, bring a large saucepan of salted water to the boil and cook the ziti to 1 minute less than al dente. Drain and toss the ziti through the cooked sauce.

4/ Spoon half the ziti mixture into the baking dish and top with half the mozzarella and half the pecorino. Repeat with the remaining ziti, mozzarella and pecorino, then dollop large spoonfuls of ricotta over the top. Cover the dish with a sheet of baking paper, followed by a sheet of foil and bake for 15 minutes. Remove the foil and paper and bake for a further 15–20 minutes until the cheese has melted and the sauce is bubbling.

5/ Allow to rest for 5 minutes before serving.



PESTO ALLA TRAPANESE

short-cut pasta



Serves 4-6



INGREDIENTS

1 pound 2 ounces fresh or dried busiate
Shaved ricotta salata, to serve

SICILIAN PESTO

14 ounces ripe cherry tomatoes
3 garlic cloves, peeled
Handful of basil leaves
3½ ounces blanched almonds, lightly toasted
3½ ounces pecorino, finely grated
Good pinch of dried chili flakes
½ cup extra virgin olive oil
Sea salt and freshly cracked black pepper

1/ To make the pesto, place the tomatoes, garlic, basil, almonds, pecorino and chili flakes in the bowl of a food processor and blitz to a paste. With the motor running, slowly drizzle in the oil until completely incorporated. Transfer to a large bowl and season to taste with salt and pepper.

2/ Cook the busiate in a large saucepan of salted boiling water until al dente. Drain and toss through the pesto until the pasta is completely coated in the sauce.

3/ Divide the pasta among warmed pasta bowls and top with shavings of ricotta salata.



PASTA E FAGIOLI

short-cut pasta



Serves 4-6



INGREDIENTS

2 tablespoons extra virgin olive oil
1 small onion, finely diced
1 carrot, finely diced
1 celery stalk, finely diced
2 garlic cloves, minced
1 teaspoon finely chopped rosemary leaves
14 ounces tin crushed tomatoes
6 cups chicken stock
1 small smoked ham hock

1 fresh or dried bay leaf
14 ounces tin cannellini beans, drained and rinsed
Small handful of chopped parsley
3½ ounces dried elbow macaroni or ditalini pasta
Sea salt and freshly cracked black pepper
Freshly grated parmesan, to serve

1/ Heat the oil in a large saucepan over medium heat. Add the onion, carrot and celery and sauté for 5–7 minutes, until the onion becomes translucent and the vegetables are soft. Add the garlic and rosemary and sauté for 1 minute or until fragrant. Add the tomatoes, stock, ham hock and bay leaf and bring to the boil. Reduce the heat to medium–low and simmer for 50–60 minutes, until the ham hock is cooked through.

2/ Remove the ham hock from the soup and set aside to cool. Remove the meat from the bone and shred into bite-sized pieces. Discard the skin and bone and return the ham to the soup. Add the beans and parsley and stir to combine.

3/ Cook the pasta in a large saucepan of salted boiling water until al dente. Drain and set aside.

4/ Transfer 2 cups of the ham soup to a blender and purée until smooth. Return the mixture to the pan, add the pasta and stir through. Season to taste with salt, if needed, and pepper.

5/ Divide the pasta soup among warm pasta bowls and serve topped with grated parmesan.

A NEW ERA

of space travel

Written by **Bonnie Joffe** / Photography by **Getty Images**

Just a few short years ago, the famous *Star Trek* motto “to boldly go where no man has gone before” seemed like mere science fiction, but it’s quickly becoming a reality. The budding space tourism industry has the potential to not only change the way we think about and interact with the universe but also enable us to explore the unknown. Before we know it, civilians will have an exciting opportunity to experience the thrill of weightlessness and view the beauty of our planet from space—and that is only the beginning.

Defining space travel

Generally speaking, experts consider the edge of space to begin around fifty to sixty miles above the earth’s mean sea level. According to Jane Reifert, vice president of marketing at Incredible Adventures, a space-themed adventure park in Sarasota, Florida, there are two types of space travel: orbital and suborbital. She notes that the distinctions between them are their travel speed, altitude above the earth, and duration. For example,



an orbital craft must reach 17,400 miles per hour to remain in space and achieve at least one orbit (which takes approximately ninety minutes, depending on the altitude). In contrast, the speed for a suborbital spacecraft is much slower, ranging between 2,200 to 3,700 miles per hour. As a result, it does not have the power to orbit and will come back down to earth when the engines shut off.

The future of space travel

Companies such as Virgin Galactic, SpaceX, and Blue Origin are competing for the top spot in this space race, each having invested billions of dollars over the past few decades. In fact, some projects are already in their design stages. For instance, prominent space company Orbital Assembly Corporation is set to begin construction of the Voyager Station, a rotating space hotel, by 2026 and open it in 2027. Orbiting 200 miles above the earth's surface, the hotel will mimic the gravity of Mars and accommodate approximately 280 guests. It plans on offering resort-like amenities, including a restaurant and bar (with space food, of course), a gym, an entertainment center, and areas for rest and relaxation.

Although the pricing for this adventure is still not confirmed, it's estimated that it will cost as much as \$5 million for a three-day stay. Other forms of space tourism are expected to be equally pricey: a Virgin Galactic suborbital space ride would be about \$450,000 and a SpaceX orbital flight nearly \$10 million.

However, Reifert explains that there's more to space tourism than simply buying a ticket. First, she says, you'd have to prequalify, which involves going through centrifuge training to determine if you can withstand the intense pull of gravity (g-force). This training will gauge how your body reacts to the pressure and teach you breathing techniques to improve your tolerance level.

Of course, we're still many years away from any of these space adventures being ready. In the meantime,



there are several affordable ways to simulate the space experience right here on earth's surface.

Be an astronaut for a day

Per Reifert, more than fifteen million people visit space-themed resorts, museums, space camps, and NASA's visitor centers annually. And due to the increased interest in civilian space travel, more of these resorts and attractions are currently being developed. "If you're a space enthusiast and want to experience various types of spaceflights, there are several out-of-this-world adventures to choose from," Reifert remarks.

SpaceBalloon

Beginning in 2024, Space Perspective will take passengers up to twenty-five miles above the

With new technological advancements and the public's increased curiosity about space travel, space tourism is expected to grow far beyond our wildest imaginations.

earth's surface. Here, they will have a 360-degree view of the earth, which they can share with family and friends thanks to the availability of Wi-Fi aboard. In addition, this carbon-neutral, pressurized space capsule can fit an entire football stadium inside it, making it roomy enough for guests to move around the ship and enjoy the sensation of floating in space. You'll even be able to book this vessel for a wedding.

Zero-gravity flights

Places like Incredible Adventures provide the opportunity to experience the effects of weightlessness and floating with their zero-gravity flights. Before taking off on the Florida park's Commander 700 aircraft, an FAA-certified flight instructor will provide instruction on what to expect and how to tolerate the pull of gravity. The freefall you feel when returning to earth from this parabolic flight will be an unforgettable, life-changing event.

Aerobatic flights

An aerobatic flight can also satisfy a desire to experience g-force—and give you the thrill of your life. During this high-intensity ride, a pilot performs air stunts such as loops, torque rolls, spirals, and inverted spins. With the abrupt changes in altitude and the acceleration and deceleration in speed, you will feel a sense of weightlessness and pull of gravity of up to 4-g.

With new technological advancements and the public's increased curiosity about space travel, space tourism is expected to grow far beyond our wildest imaginations. And as it becomes more affordable—possibly by midcentury—your desire to be launched into space may become a reality.

BAKOWSKI BRIDGE OF LIGHTS

A LOUISIANA GEM

Written by **Allison Gomes** / Photography **as noted**

© Kyle Johnson

EAST BANK DISTRICT



© Kyle Johnson

EAST BANK DISTRICT



© Kyle Johnson

NEW ORLEANS may be one of the top cities to visit in the country, but northwest Louisiana is home to another historic area worth seeing—Shreveport and Bossier (BO-zher) City, commonly referred to as Shreveport-Bossier. Pioneers first came to the region in the 1830s, recognizing the great potential of the area. Today there are eleven distinct neighborhoods and districts full of historic sights, endlessly delicious dining options, and vivacious nightlife events. Get lost wandering the streets of downtown Shreveport or exploring the East Bank District of Bossier City, and don't be afraid to *laissez les bon temps rouler*—let the good times roll!

Louisiana classics

Louisiana is home to a breadth of diverse cultures, fascinating history, beautiful creatures, and unique cuisine. And a trip to Shreveport-Bossier wouldn't be complete without taking part in some of what makes it such a special place. The region hosts a variety of different festivals throughout the year, giving you the ability to plan your trip around the events that interest you most. Nothing quite compares to Shreveport-Bossier's Mardi Gras celebrations, which see a host of parades and parties in January and February. Catch beads as they're thrown from the

floats along the parade routes, and enjoy a delicious king's cake from Lilah's King Cakes or Lowder Baking Company. Later in the year, you can take a ride in a hot-air balloon during summer's Red River Balloon Rally or have fun at the State Fair of Louisiana in October and November.

Cajun and creole cuisines are staples of Louisiana, and there's no shortage of places to try favorites like gumbo, jambalaya, po'boy sandwiches, and boiled crawfish. However, Shreveport is home to one special delicacy—Shreveport-style stuffed shrimp. Originating in the historic Black-owned restaurant Freeman & Harris Café, this dish consists of large shrimp that are stuffed with a creole dressing, then deep-fried and served with spicy tartar sauce. Though the café is now closed, you can find these filled crustaceans at numerous restaurants in the area.

Louisiana is also home to one of the largest alligator populations in the world, with more than a million of the creatures living in the state. While you may spot a few in the wild, you can also get up close and personal with them at the Gators and Friends adventure park in Greenwood, which has over 150 alligators located throughout its property. If you're feeling particularly adventurous, you can ride a 750-foot zip line over the main gator pond for a thrilling, spectacular view. For something a little tamer, head downtown to the Shreveport Aquarium and see its baby alligators from a safe distance. While you're

there, observe some of the other 300-plus species and 1,000 animals, and stop in to feed a stingray or pet a few moon jellies.

Artistic wonders

As you explore Shreveport-Bossier, you'll notice it features dozens of statues, murals, and museums. Art has historically played a significant part in the area's story, and its numerous public art installations offer visitors a chance to see and experience that history. Check out the bronze Elvis Presley statue, located in front of the Shreveport Municipal Auditorium, that commemorates the singer's first local performance at the Louisiana Hayride program in 1954. You'll also find *ART the Dalmatian*—which was created by two local Academy Award-winning animators, William Joyce and Brandon Oldenburg—standing guard in front of a former fire station. While the 19½-foot creation is beautiful to behold at any point during the day, it comes to life at night due to its color-changing LED spots.

The Texas Street Bridge, which connects Shreveport to Bossier, is a significant part of the region's skyline, and in 2022, it received an upgrade—it's now home to the Bakowski Bridge of Lights, which features 13,000 LED interactive lights that illuminate the landmark. Intended to highlight the revitalization of the area, the bridge features an ever-changing schedule of light shows, so each night may be full of surprises.

ELVIS STATUE AT SHREVEPORT MUNICIPAL AUDITORIUM



© Shannon Palmer

RED RIVER BALLOON RALLY



© Kyle Johnson

ART THE DALMATIAN



© Shreveport-Bossier Convention and Tourism Bureau

Found in the Highland area, the R.W. Norton Art Gallery is filled with art spanning four millennia. Its teaching museum offers visitors the chance to explore more than four hundred paintings from over one hundred different artists and houses hundreds of wood, bronze, silver, and marble sculptures. Take your time roaming the different exhibits before making your way to the gallery's botanical gardens. Marketed as "fusing art and nature," the gardens boast nearly forty acres of landscape filled with thousands of plants, though they're perhaps most known for their azaleas, which spring to life in March and April each year.

Outdoor adventures

With countless opportunities for outdoor recreation, Shreveport-Bossier is a wonderful destination for your next



SHREVEPORT AQUARIUM

© Kyle Johnson



SHREVEPORT-STYLE STUFFED SHRIMP

© Chris Jay



CRAWFISH IN SHREVEPORT

© Chelsa King

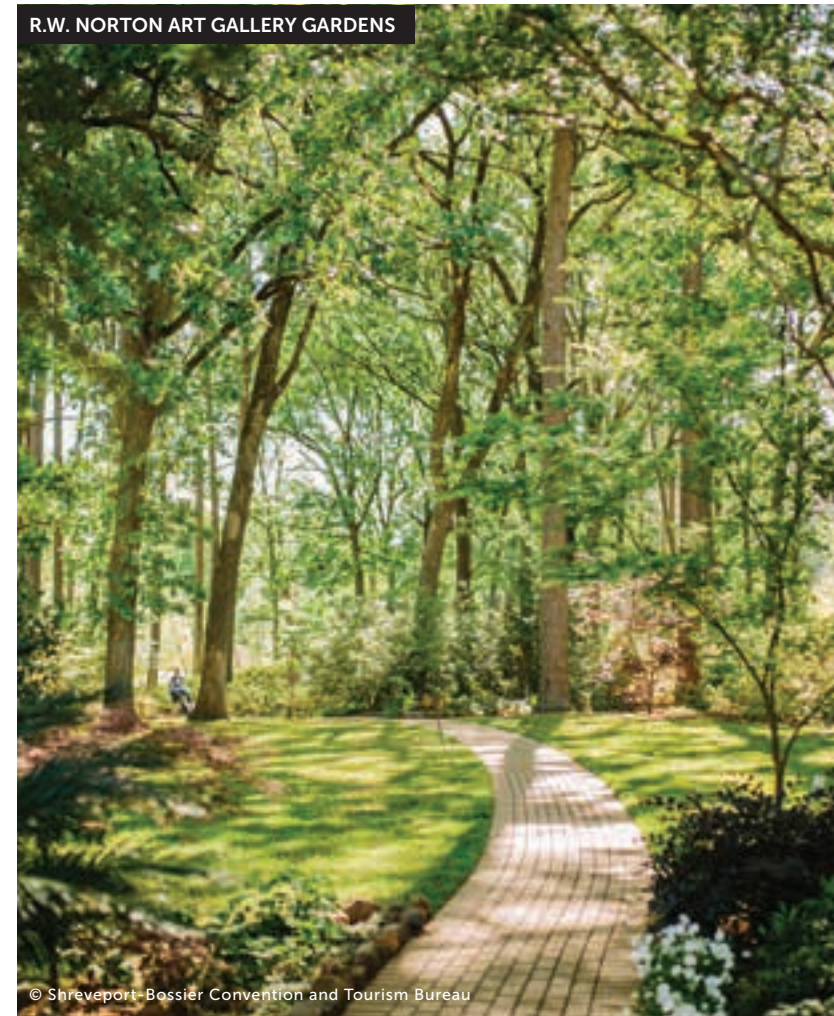
adventure. Whether you want to bird-watch or explore marshes teeming with wildlife, you'll get an unforgettable experience at the Red River National Wildlife Refuge in South Bossier. The refuge works to conserve, protect, and enhance the lives of native Louisiana wildlife and offers a variety of activities, including hiking, biking, and fishing. With eighteen hiking trails ranging from one-fifth of a mile to nearly five and a half miles, you have many opportunities to explore the refuge, encounter wildlife, and take in the beautiful greenery the state is known for.

A local favorite, the 136-mile Boom or Bust Byway moves through four parishes—Caddo, Bossier, Webster, and Claiborne. Highlighting the resilience of the Louisiana people through various periods of economic highs and industrial lows, this scenic, historic route is full of surprises and hidden treasures around each bend. You may come across unique museums, endless forests, classic Southern dining, or even

BOOM OR BUST BYWAY



© Shreveport-Bossier Convention and Tourism Bureau



R.W. NORTON ART GALLERY GARDENS

© Shreveport-Bossier Convention and Tourism Bureau

EAST BANK DISTRICT



© Kyle Johnson

fields of old oil equipment from decades past located next to a quaint town filled with local shops and treats.

If you're looking to get outdoors but aren't interested in a hike or drive, consider visiting the East Bank District and Plaza in Bossier. Open since 2017, it has become a vibrant and popular part of the city. On any given night, you can hop between dozens of local businesses, restaurants, and taverns, or you could catch a live musical performance in the plaza or at Hurricane Alley, an outdoor music venue. If you're looking for even more options, the district is within walking distance of the riverfront Louisiana Boardwalk Outlets, your one-stop shop for all your entertainment, shopping, and dining needs.

A trip to Shreveport-Bossier is guaranteed to be full of surprises. It perfectly encompasses all that makes Louisiana such a unique place while adding its own special something that you won't find anywhere else. With delicious food, friendly locals, and exciting activities for all ages, it's a great destination for your next getaway.

For more info, visit shreveport-bossier.org

ADVANCING *the arts for all*

Written by **Andre Rios** / Photography **as noted**

When you think of “the arts,” you might recall a single static object like a painting in a museum. But the arts don’t exist in a vacuum. They are broad, impactful, diverse, and of utmost value to communities across the nation, enriching our lives and representing segments of American culture. Thankfully, organizations like the Western States Arts Federation (WESTAF) work hard to bolster artists and arts institutions, making these works available to all.

A mission for creativity

Founded in 1974, WESTAF is one of six major regional arts organizations

in the country. It covers the largest area, operating in the western states and various US territories. As its mission statement indicates, “WESTAF weaves technology, diverse thought leadership, and innovation to energize, network, and fund public sector arts agencies and communities.”

In other words, the organization encourages broad artist success and arts preservation. It conducts this work via three main departments: Web Services for the Arts (WSA), Equity, Social Responsibility, and Inclusion (SRI), and Alliances, Advocacy, and Policy (AAP). Each of the members and services within these realms helps advance particular creative interests.



CLOCKWISE TOP LEFT:

The Dinosaurs of Santa Monica (1989).
By Claude and Françoise-Xavier LaLanne.
City of Santa Monica, California.
Photo by William Short.

Eastgate (2021). By DeWitt Godfrey.
Arts & Venues Denver - Public Art Program.
Photo by Thaddeus Rowe.

The Dinosaurs of Santa Monica (1989).
By Claude and Françoise-Xavier LaLanne.
City of Santa Monica, California.
Photo by William Short.

Impatient Optimist (2015). By Janet Echelman.
The Bill and Melinda Gates Foundation.
Photo by Sean Airhart.

Content for this article was contributed by:
Leah Horn, director of marketing and communications, WESTAF
Lori Goldstein, manager, Public Art Archive, WESTAF
Christina Villa, director of business, WESTAF
Alison Verplaetse, archivist, Public Art Archive, WESTAF



WESTAF Equity & Inclusion Committee (EIC).
Photo by Lila Lee.



A Resurrection in Four Stanzas (2021).
By April Banks. City of Santa Monica,
California. Photo by Leroy Hamilton.

Web Services for the Arts

This division connects artists and art enthusiasts with work opportunities and provides helpful tools that arts organizations across the country can utilize to manage industry tasks. These include mobile-optimized websites that offer low-cost or free solutions for hosting and accessing art submission requests, grants, and public art collections. WESTAF’s

paid web services are fundraising tools that help the organization as a whole reinvest in other art programs.

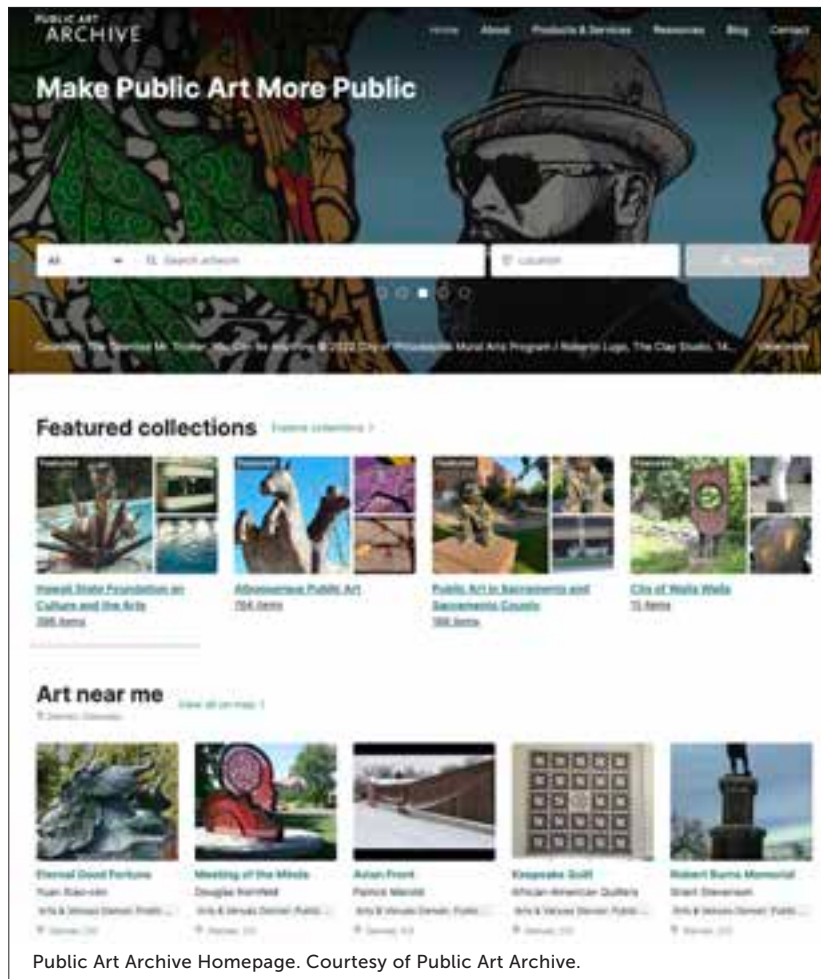
These platforms also provide digital social networks for nationwide arts opportunities outreach. With the organization’s help, artists, galleries, and other arts organizations can market their work to a much broader audience.

Equity, Social Responsibility, and Inclusion

WESTAF began its “equity journey” as a formal initiative in 2000 and has since become an advocate for cultural equity, focusing heavily on arts leadership development. To achieve these efforts, it has created a diverse network of leaders aspiring to advance underrepresented artist demographics within their communities.

Its SRI division aims to provide equity-centered creative learning experiences and funding opportunities, connecting and inspiring artists, leaders, and communities to build a wholly inclusive arts and culture sector. It works with a wide variety of communities, including active-duty military personnel, veterans, people of color, low-income individuals, and aging adults.

Recently, SRI launched the Black, Indigenous, and People of



Public Art Archive Homepage. Courtesy of Public Art Archive.

Color Artist Fund to advance the careers of BIPOC artists living and working in WESTAF’s region. The program helps provide generous funding and project support, prioritizing lifting up communities in need across the western region. This involves improving diversity in artist grants, which assists artists of color in accessing the necessary funds to fuel their creative projects.

Alliances, Advocacy, and Policy

According to Leah Horn, director of marketing and communications

for WESTAF, “the AAP division connects, coordinates, and mobilizes a nationwide network of artists, administrators, public officials, and influencers.” This network includes career artists and their fervent supporters who drive awareness of arts-related policy issues. It has worked hard to support arts-friendly legislation and offer more artistic enrichment to the public.

For example, in February 2023, AAP members convened the annual Arts Leadership and

Advocacy Seminar in Washington, DC, alongside other creative organizations. The event featured a series of interactive discussions with speakers and arts-field experts to advocate for pro-arts policy. Participants also met with members of Congress to discuss important issues in their cultural communities.

WESTAF’s notable projects

Because it has such a broad and impactful range of services, WESTAF is continuously identifying ways to generate positive change for artists and their communities. Here are two chief examples of how it has achieved this in recent years.

Recharge the Arts

The WSA program known as Call for Entry (CaFÉ) offers artists tools to search and apply for opportunities to showcase their work, including exhibitions and galleries, promotes artists’ work, and highlights industry topics on its website. In 2022, it organized such a project called Recharge the Arts, for which it interviewed and shared the stories of five artists—from a pool of thousands of entries—whose work had been inspired by worldwide events.

Independent Artist Podcast

Another recent WESTAF project is courtesy of its ZAPApplication service, which provides technology solutions to art fairs and festivals throughout the country. The service helped sponsor the Independent Artist Podcast, a show that allows niche groups



Recharge the Arts Campaign Image. Image Courtesy of Justine Chapel, CaFÉ.

of creatives to connect and share stories of their lives as traveling, exhibiting artists, inspire other arts professionals, and educate the public about the industry.

The Public Art Archive

One key program that WESTAF has sponsored, the Public Art Archive (PAA), operates under the mission “to make public art more public.” This service acts as the ultimate digital public art resource for professionals, such as art curators, historians, researchers, and urban planners, as well as art enthusiasts and tourists. It delivers rich background stories about public artworks like sculptures and street art across the nation,

lifting them up as “dynamic, interconnected keepers of history.” The PAA’s newly redesigned site makes engagement with local art more accessible and attainable, especially to those who are not directly involved in the arts field.

Since the program’s founding in 2010, the PAA has become one of the largest interactive databases of public art in the nation, documenting over 20,000 artwork records representing work from over 13,000 artists and creative collaborators. Featuring interactive maps and driving/walking directions to all cataloged artworks, the PAA is an open invitation for visitors to explore and examine public art across the country.

Additionally, the PAA aims to redefine public art as more than just monumental sculptures and classical fountains. According to PAA team members Lori Goldstein and Alison Verplaetse, “The diverse works that constitute public art add value, interest, and impact to their environments and communities. They engender community pride, identity, and engagement by creating shared

history, celebrating cultural heritage, providing social commentary, or creating sites of placemaking.” In that way, street art and other less classical works are seen as equally culturally significant. To help promote this view, the PAA provides a platform for artists at all levels of training—or prestige.

It also affords resources for independent artists and arts organizations to showcase their work to the public absolutely free, increasing their outreach and publicizing their projects. And just as WESTAF’s “equity journey” indicates, the PAA functions from the perspective that public art is an expression of the unique identities of all people. For example, its program leaders engage in continued outreach to foster the work of rural, BIPOC, and LGBTQ+ artists and those with disabilities. In doing so, the organization helps promote and preserve these essential perspectives in the public art canon.

Whether you are an artist, arts organization member, student, passionate arts enthusiast, or cultural tourist, there are many free resources available to you through WESTAF’s network of services. With its continued work, those who are involved in or appreciate the arts can enjoy a bevy of enriching opportunities.

For more info, visit westaf.org and publicartarchive.org



Recharge the Arts Campaign Image. Courtesy of Justine Chapel, CaFÉ.



Pretty Dancer (2021).
By Daniel Merkwitz-Bustos.
Photo by Daniel Merkwitz-Bustos.

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PASTA E FAGIOLI
short-cut pasta



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Back of Tear Out Card 2

SERVES
4-6

PASTA E FAGIOLI
short-cut pasta

■ INGREDIENTS

- 2 tbsp. extra virgin olive oil
- 1 small onion, finely diced
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 2 garlic cloves, minced
- 1 tsp. finely chopped rosemary leaves
- 14 oz. tin crushed tomatoes
- 6 c. chicken stock
- 1 small smoked ham hock
- 1 fresh or dried bay leaf
- 14 oz. tin cannellini beans, drained and rinsed
- Small handful of chopped parsley
- 3½ oz. dried elbow macaroni or ditalini pasta
- Sea salt and freshly cracked black pepper
- Freshly grated parmesan, to serve

■ INSTRUCTIONS

- 1/ Heat the oil in a large saucepan over medium heat. Add the onion, carrot and celery and sauté for 5–7 minutes, until the onion becomes translucent and the vegetables are soft. Add the garlic and rosemary and sauté for 1 minute or until fragrant. Add the tomatoes, stock, ham hock and bay leaf and bring to the boil. Reduce the heat to medium–low and simmer for 50–60 minutes, until the ham hock is cooked through.
- 2/ Remove the ham hock from the soup and set aside to cool. Remove the meat from the bone and shred into bite-sized pieces. Discard the skin and bone and return the ham to the soup. Add the beans and parsley and stir to combine.
- 3/ Cook the pasta in a large saucepan of salted boiling water until al dente. Drain and set aside.
- 4/ Transfer 2 c. of the ham soup to a blender and purée until smooth. Return the mixture to the pan, add the pasta and stir through. Season to taste with salt, if needed, and pepper.
- 5/ Divide the pasta soup among warm pasta bowls and serve topped with grated parmesan.

Recipes excerpted from *Pasta Night* by Deborah Kaloper. © Smith Street Books 2022. Photography by Emily Weaving.

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