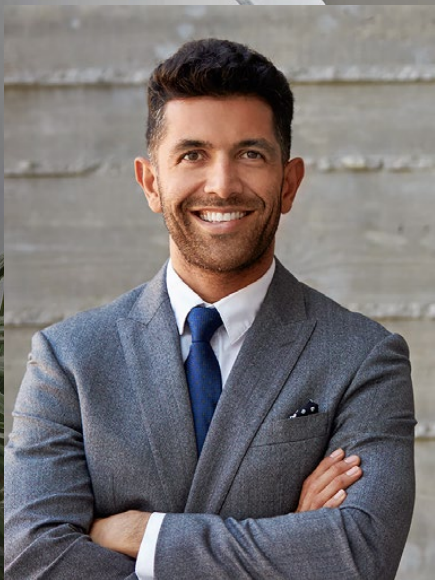


Compliments of Paul Sanders

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 135



Paul Sanders
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MANAGEMENT, LLC**

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MALIBU MINIMALISM

Step inside a blissful
beachfront home / **PAGE 18**

Heavenly Handhelds / **26**

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Front of Tear Out Card 1



CAPRESE
WITH
BALSAMIC
GLAZE



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57 percent of readers save these tear out cards to reference recipes and other helpful tips and pass along your contact info to referrals.

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Back of Tear Out Card 1

INGREDIENTS

- 2 ciabatta rolls, sliced in half
- Olive oil, for brushing
- 1 garlic clove, cut in half
- 3–4 tomatoes, thickly sliced
- 2 balls fresh buffalo mozzarella, sliced
- A few basil leaves

BALSAMIC GLAZE

- 1 c. balsamic vinegar

CAPRESE
WITH BALSAMIC GLAZE

SERVES
2

INSTRUCTIONS

1/ To make the balsamic glaze, place the vinegar in a small saucepan over high heat and bring to the boil. Reduce the heat to low and simmer for about 20 minutes or until the vinegar has reduced by half and coats the back of a spoon.

2/ Preheat a griddle pan to high.

3/ Brush the cut sides of the ciabatta with olive oil then rub with the garlic. Place the ciabatta halves cut side down in the griddle pan and toast until char marks appear. This can take anywhere up to 10 minutes. Placing a plate on top of the ciabatta will help speed up this process and prevent your kitchen from filling up with smoke.

4/ Layer slices of tomato and mozzarella on the bottom half of each ciabatta. Tear over a few basil leaves, then season with salt and plenty of cracked black pepper, and a drizzle of the balsamic glaze.

Recipes excerpted from *The Sandwich Shop: 50 Great Sandwich Recipes* by Lucy Heaver and Aisling Coughlan. Smith Street Gift, 2023. Photography © Chris Middleton



AMERICAN LIFESTYLE

Dear Bill and Judy,

People are often eager to try new experiences this time of year, whether they are daytime excursions or extended stays. This issue of American Lifestyle offers a variety of locations for your consideration, including amazing aquariums, indulgent all-inclusive resorts, and even a museum dedicated to man's best friend.

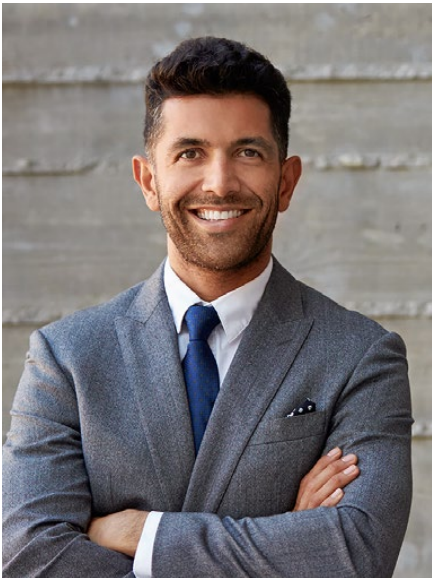
Aquariums provide a rare opportunity for visitors to not only get up close with sea creatures but also learn about them and how to be better stewards of the environment. Inside, you'll find samples of some of the country's best from coast to coast.

For maximum fun with minimal effort, there's nothing quite like all-inclusive resorts. The enclosed article provides several examples of this luxurious experience right here in the States, whether you prefer a serene beach location, a mountainside spa, or a western-style ranch.

If your tastes run a bit more highbrow, a museum may just be the place for you. Check out the feature on New York's AKC Museum of the Dog, which is the perfect place for pooch-loving people to spend an afternoon with canine art, activities, and interactive displays. And speaking of capturing pup portraits, don't miss the pet photographer interview within these pages.

What adventures are on your horizon this season? As always, it's a pleasure to send you this magazine.

Paul Sanders



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THE HEALING POWER OF PETS

Written by **Lauren Kim** / Photography by **Pals for Life**

If you've ever snuggled with a sweet kitty, petted a fluffy rabbit, or been greeted by a joyful puppy, then you know how therapeutic interacting with an animal can be. And research confirms that pets can positively impact our physical and mental well-being, such as by reducing our stress levels and boosting our happiness hormones. So it's no surprise that they are being put to work in various settings to comfort children and adults alike.

Take the folks at the Pennsylvania charity Pals for Life (PFL), which arranges more than two hundred charitable pet visits a year. The organization's volunteers bring their dogs, bunnies, guinea pigs, and other pets in for an evaluation to assess criteria such as personality, obedience, and reaction to various stimuli like loud noises and sudden movements. These animals are then brought on supervised trips to schools, libraries, businesses, and hospitals, either for a simple visit or as part of a more focused program. For instance, its Read to Pet Pals one helps kids improve their literacy, while another provides therapy for children with special needs.



◀ PFL VOLUNTEERS AND THEIR PETS ON THEIR WAY INTO A VISIT.



▲ THERAPY DOG MR. SMART T. PANTS SNUGGLES WITH A STUDENT DURING A COLLEGE VISIT.

The results can be immeasurable, both promoting social interaction and physical activity and bringing smiles to people's faces. During one visit to a local college, a particularly cute PFL therapy bunny named Sprinkles even managed to completely relieve a student's stress. "I was a mess earlier, but now I am totally fine!" she exclaimed.

As research continues on the multiple health benefits animals can provide, therapeutic pets like PFL's will likely only become more of a fixture in hospitals, hospices, and other institutions, helping to heal and uplift everyone they meet.

For more info, visit palsforlife.org

America's Greatest AQUARIUMS

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

Though around **70 percent** of the earth's surface is covered in water, much of this frontier remains a mystery to us. But aquariums offer the special opportunity to get up close with some of the curious, colorful, and sometimes strange beings that occupy our rivers, lakes, and oceans—all while preserving the delicate balance of life in these ecosystems. Here are four of the top such institutions in America, each of which is well worth a dedicated visit.

SHEDD AQUARIUM – CHICAGO

Occupying a lakefront marble structure known as Neptune's Temple (which warrants a trip for its breathtaking architecture alone), Chicago's tremendous aquarium positions guests face-to-face with a whopping 32,000-plus animals, including beluga whales, sturgeons, stingrays, and corals. If you're strapped for time, you can book a guided Must-See Tour to take in the aquarium's highlights in about an hour—and get the chance to safely touch live jellyfish. However you plan your day, be sure to witness the Wild Reef, a stunning habitat populated by diverse species of sharks and fish, as well as the Abbot Oceanarium, a showcase of adorable aquatic mammals like sea lions and Pacific white-sided dolphins at play.

For more info, visit sheddaquarium.org



PHOTOS COURTESY OF SHEDD AQUARIUM



MONTEREY BAY
AQUARIUM – CALIFORNIA

Located on the state’s scenic Pacific oceanfront sits a magnificent aquarium that is regarded for its tremendous ecological impact. This site boasts a massive collection of over 80,000 animals and plants, such as green sea turtles, hammerhead sharks, giant clams, and the world’s largest kelp forest not found in the wild. While the Monterey Bay Aquarium isn’t the most affordable attraction—tickets for adults start at \$65—its nonprofit status enables it to direct these funds toward momentous conservation efforts, including recovering the threatened Pacific bluefin tuna population. This aquarium is also the originator of the well-known Seafood Watch program, which sets sustainability standards for seafood sourcing around the world.

For more info, visit montereybayaquarium.org



PHOTOS COURTESY OF MONTEREY BAY AQUARIUM



PHOTOS COURTESY OF NEW ENGLAND AQUARIUM/VANESSA KAHN

NEW ENGLAND AQUARIUM – BOSTON

A noteworthy site on Boston’s iconic harbor, the New England Aquarium host thousands of species of aquatic life, from adorable African penguins to playful California sea lions to ferocious schools of piranhas. Visitors are invited to explore the depths of the Amazon rainforest, an Indo-Pacific coral reef, and other far-off ecosystems, and they can also learn about the Anderson Cabot Center for Ocean Life’s important work, which includes rehabilitating sea turtles, protecting North Atlantic right whales, and preserving other threatened aquatic life. As noted on the aquarium’s website, “We aim to inspire people to form a deeper connection to the ocean and take action to protect it.”

For more info, visit neaq.org

TENNESSEE AQUARIUM
– CHATTANOOGA

Stop by this popular waterfront landmark to view North American river otters, lake sturgeons, and other species within its two distinctive crystalline-glass buildings. You can also observe land animals such as lemurs, chameleons, and butterflies and enjoy popular films and aquatic-life documentaries in its tremendous IMAX theater. One of the most unique elements of this institution, though, is its geographically sequenced exhibits that help visitors trace the path of aquatic life from mountainous bodies of water to the ocean. For even greater immersion, book a Deeper Dives tour to witness team members caring for animal life—you can even try shark feeding!

For more info, visit tnaqua.org

Aquariums large and small are essential for not only maintaining our waterways but also educating the populace. If you live near one, consider paying it a visit or even becoming a member to ensure that its important work can continue. And if you must travel to access one, be sure to add the aforementioned eye-opening sites to your list of must-see destinations.



PHOTO COURTESY OF DOUG STRICKLAND/TENNESSEE AQUARIUM



MIDDLE, BOTTOM PHOTOS COURTESY OF TODD STAILEY/TENNESSEE AQUARIUM



CREATE YOUR BLOSSOM BLISS

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



This time of year provides a perfect opportunity to brighten your home with vibrant flowers. Regardless of your gardening skills, there are plenty of simple yet effective ways to surround yourself with their loveliness. Here are just three to consider.

Plant a container garden

Rather than having to plant a huge flower bed, you can enjoy plenty of color simply by creating a summer container garden. Anything from a repurposed tin to a bucket can work, though you'll want to drill a hole using a quarter-inch bit to ensure good drainage. Use a wood-drill bit for a resin planter, a sharp, black-oxide twist bit for a plastic planter, and a masonry bit for a terra-cotta or ceramic pot (soaking it overnight to make the drilling easier). If your container is larger than 14 inches in diameter, it may need more than one hole for proper drainage.

Once your vessel is ready, fill it with a lightweight, nutrient-rich potting mix specially made for gardening in containers, then plant your flowers of choice. Ones like coneflowers, lantanas, zinnias, and begonias are ideal for warm-weather gardening; you can purchase full-grown versions of them at your local nursery. Just be sure to double-check their water and sunlight needs. Coneflowers, lantanas, and zinnias all require plenty of sun, while begonias prefer ample shade. Also consider setting up an inexpensive solar drip-irrigation system to make watering your container garden easier.

Grow a cutting garden

One of the most pleasant perks of planting summer flowers is having them at the ready for DIY floral arrangements. When deciding on what to grow, opt for cut-and-come-again varieties, such as cosmos, dahlias, marigolds, or sweet peas, that can produce more blooms after each cutting. You can consult with your local nursey to determine which may thrive best in your area.

To create an arrangement, first fill a vase three-fourths full with water and add some soluble flower food according to the package instructions. Then clip your blooms using garden snips—never paper scissors, which aren't sharp enough and can damage the stems—and at a 45-degree angle to help them absorb the water more readily. Doing this in the morning, before they have time to dehydrate in the sun, may



enable them to last longer. Place them immediately in the vase and arrange them as you please, and you'll have a gorgeous centerpiece to complement any room in your home.

Create colorful art

Want to be able to savor the beauty of your flowers forever? Try a technique called flower pounding: place them on a piece of fabric or paper over a hard surface, cover them with a paper towel, and gently hammer them to transfer their pigments onto your medium. Flowers that are flatter and have more color, including daisies and petunias, will work best. If you like, you can add various embellishments to your resulting artwork, such as by doodling around them with calligraphy pens or gluing on some colorful sequins.

Another method you can try is to create pressed flowers using your microwave. Clip a few blooms, put them between two paper towels, and set them in your appliance with a heavy plate on top. Heat them for one minute, and check if they are dry. If not, warm them in thirty-second intervals until they're ready. Then glue them onto cardstock to display in a frame or place them between two pieces of contact paper and secure them in an embroidery hoop to craft a translucent suncatcher. With such enduring artwork, you can gaze at your gorgeous flowers even long after summer's end.



A SIT-DOWN WITH A DOG PHOTOGRAPHER

Interview with **Sarah DeRemer**
Written by **Matthew Brady**

Los Angeles-based **Sarah DeRemer** discusses the rewards and challenges of shooting pics of pooches for a living.

Tell us about yourself. Have you always loved dogs?

I've always been drawn to them. I had two Lhasa apsos growing up and started working in rescue when I was eleven and then at a vet's office at age fourteen. I even studied animal science at UC Davis for a year and did research studies at its vet school before switching to a studio art major. However, I still worked in vet medicine through graduation.

I then taught English in Seoul for three years; that's when my Photoshop work started going viral. I backpacked for a year before returning home, expecting to live abroad again, but instead got a job doing social media content and dog photography. Everything snowballed from there.

Have you always been interested in photography?

Yes. As a child, I constantly played around with my mom's camera, and I've always carried one with me while traveling. I'm completely self-taught, though—I've never even attended a photography class. I love taking photos and editing them; the latter is where I apply my understanding of color and composition from my art degree.

You do events, corporate shoots, and individual sessions. Is your process different for each?

For events, I basically just show up and shoot, but commercial jobs require





planning. I have to find a location, a dog, and anything else needed to highlight the product. Also, many larger companies are particular about how exactly they want a product displayed because it's more important than the dog's pose. And as for private sessions, I first have conversations with the owners to understand their pet's personality. Those shoots are often more artistic.

You smiled when you said that. Do you enjoy that artistry?

I do, but I also like the predictability of commercial shoots: I know exactly what the clients want and what to do, and I use a dog that listens. With private sessions, the dogs are sometimes disinterested, so I must improvise. The unexpected nature of those sittings is fun, though, and I find it hilarious when a dog does their own thing (even if it makes my job more difficult). I get more amazing impromptu shots too.

What are your go-to tricks for getting stellar shots?

First and foremost, the dog *must* be happy to be there. I keep the

vibe abundantly positive, mainly through treats and funny noises. When they enter my studio, I'll toss a treat on the backdrop, give them more as I fire the flash, and then gradually take them through all the steps. If a dog is nervous, I'll sometimes ask the owner to sit near them and hold them on a leash, which I'll photoshop out later, or I'll just do headshots. There are different methods for each type of behavior; which I use depends on the dog's personality and comfort level.

You're known for dog photos, but do you ever photograph cats?

Yes, I'll take photos of any animals. I have fewer cat shoots, but I do them occasionally for commercial and private clients. Cats are tricky because even the bravest ones coming to my studio are often scared out of their minds just leaving their houses. And when I go to cats' homes, I must wait for them to grace me with their presence and hope they feel like participating. You can't usually coerce a cat into doing anything. In contrast, I can just pretend to wave something at a dog, and they get excited.





“

The most rewarding shoots are the ones where the images aren't just technically good but also clearly capture a special bond between an owner and their pet.



Has this unexpected career provided unexpected experiences?

Definitely. For example, I once photographed a Yorkie “wedding” in Beverly Hills. And more recently, I did pro bono work at a maximum-security prison in central California photographing Level III and IV violent inmates enrolled in a dog-training program. Through it, men of different backgrounds are paired with a dog, which they care for 24/7 and train for six weeks before it goes up for adoption. The pod is now known for having the prison’s lowest recidivism rate and very little fighting. These men never stood a chance, but they now see a future for themselves. It’s a great reminder of how dogs can change people’s lives.

On your website, you say that you’re as passionate about people’s pets as they are. What’s most meaningful about your occupation?

The most rewarding shoots are the ones where the images aren’t just technically good but also clearly capture a special bond between an owner and their pet, especially if it’s an end-of-life session. It’s a gift getting to help people celebrate their incredible, joyful bundles of love.

For more info, visit sarahderemer.com



MAKING MALIBU DESIGN MAGIC

Interview with **Gianpiero Gaglione**
Written by **Andre Rios**
Photography by **Maxime Lemoine**



Interior designer **Gianpiero Gaglione** discusses how he transformed a close-knit family's spacious, ultracontemporary home into one that matches the warmth of its surroundings.

WOULD YOU SHARE YOUR DESIGN BACKGROUND?

I graduated from Middlesex University with a degree in furniture design, and my first job was with a lighting company, where I crafted small-scale fixtures. Then I worked with a furniture-design business in the UK, which exposed me to a range of different styles and allowed me to develop my skills in turning rough images into products. I later designed for an agency called MBDS and have traveled to places like Singapore, New York, Hong Kong, and India for various design projects.

Once I moved to LA, I started working with designer Kelly Wearstler but eventually moved on to form my own interior design firm. I'm now coming up on my fifth year in business, and I've been very proud of our work. I've learned that, as a designer, I can affect the entire experience of a space. It's so satisfying to find and create products that execute my clients' visions.

TELL US ABOUT THE HOME IN THIS PROJECT AND YOUR APPROACH TO ITS DESIGN:

The house was designed by Steven Kent, a very particular and detail-oriented architect. The house is super contemporary and makes a strong statement with its huge windows, large, open plan, and immaculate minimalist aspects. For example, most of the lighting is recessed

canned fixtures, and there are no door jambs in the house; the doors are flush with the walls and tall enough to reach the ceiling, which makes for beautiful vistas without hinges or any other visual clutter.

Additionally, this home sits on a triangular plot of land on a hill that's surrounded by green space. It was designed in a linear way so that every bedroom faces the ocean and has a wonderful view. They feel like individual suites with their own bathrooms, walk-in closets, and balconies.

The clients are a couple with adult kids who have moved away, but they wanted a home that would entice their children to come back and visit. They also prefer more lived-in, Anglophile, and traditional-style decor. So as I learned more about them, I realized that I had to bridge their preferences with what would feel right for the architectural surroundings.

HOW DID YOU EXECUTE THIS GOAL?

When architects like Kent create very contemporary spaces, they don't want a designer to toss a load of details



The house is super contemporary and makes a strong statement with its huge windows, large, open plan, and immaculate minimalist aspects.



inside it that mess with their vision and throw off its energy. That's why our work was delicate.

Starting with the materials, I chose ones that appear calm and inviting to take the edge off and make the spaces feel comfortable without the need for excessive decor. There are no shiny materials—each one is slightly worn. For example, the kitchen counters have a rough, leathered finish, and in the bedrooms, the sheets are Parachute linens and the beds are upholstered in Matouk Schumacher linen, all of which appear neutral but soothing. Meanwhile, the bedroom rugs are all soft Swedish wool by Kasthall, and the living room one is by Erik Lindström.

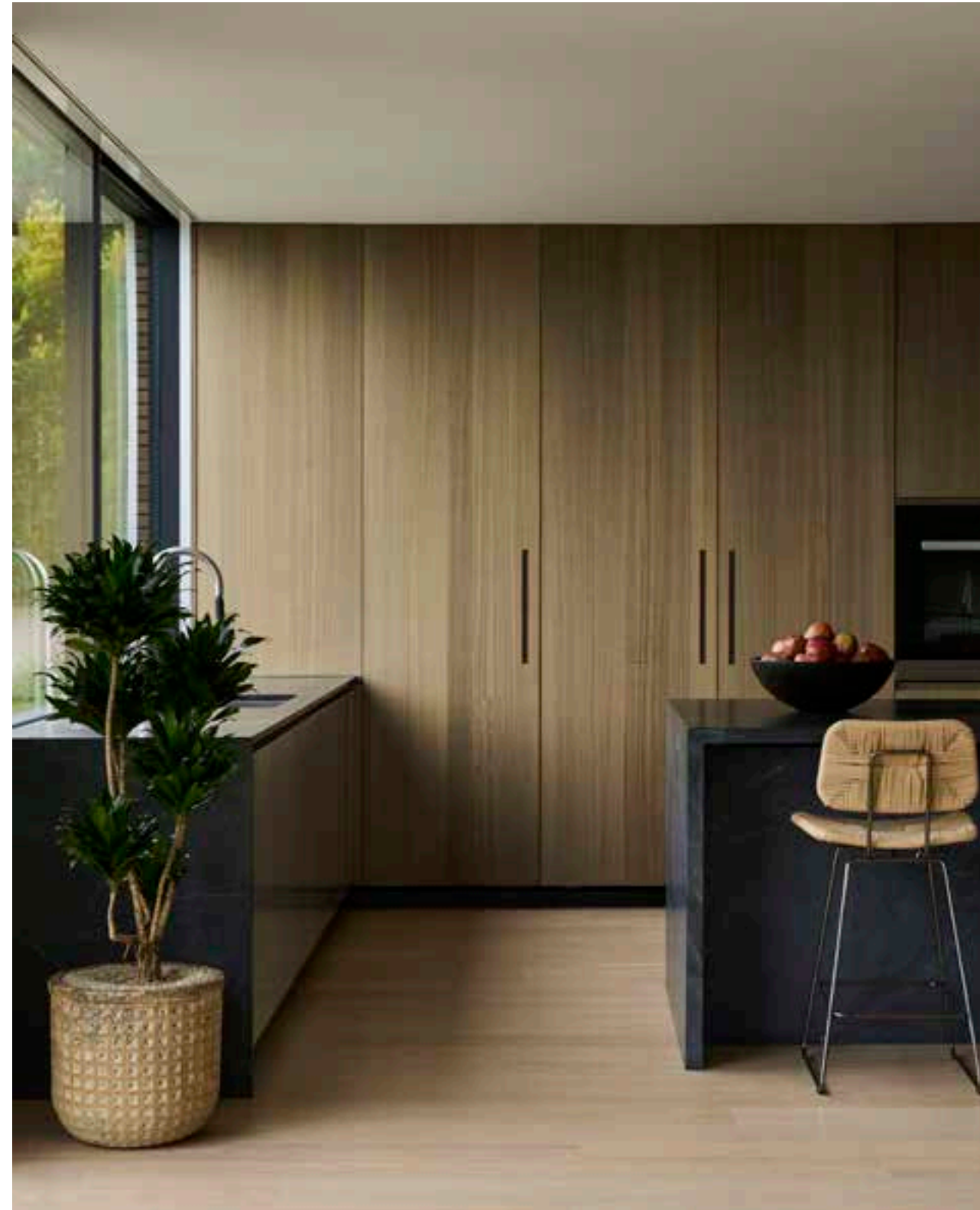
I also took great care with the colors. Take that living room rug, which is slightly green to tie in with the other greens in the space and make everything feel cozy. The

leather bookshelf in that room is olive green, and the Flexform sofa is a complimentary dove gray. Because they match the plant life outside the windows, the resulting look is cohesive and relaxing. I'm very pleased with how that worked out.

Besides the interiors, I had control over the furnishings in the outdoor spaces like the patio and balconies. Everything is white, which feels clean and fresh. When you stand at the lower end of the property, it looks striking with the matching umbrellas, exterior paint, and furniture on each balcony.

WHICH ROOM IN THE HOUSE ENDED UP BEING YOUR FAVORITE?

I'd have to say the primary bedroom. It's massive, so I was tasked with filling the space without overwhelming it with too much furniture. Again, we





didn't want to create clutter, so we scaled up the decor to eat into all that space. The bedside table lamps are huge—about thirty inches tall and eighteen inches in diameter—and the bed by Design Quest Custom is over sixteen feet wide. I'm happy with how spacious yet comfortable the room feels, and I especially love the seating ledge by the fireplace because it's large but decorated to look cozy.

WHAT IS THE KEY TO BRIDGING COMFORT WITH A CONTEMPORARY FEEL?

It's essential to have small vignettes, or pockets of intimacy, throughout the house, like a comfortable bench in the foyer or a small seating area in the bedroom. These spaces make you feel at home and invite you to enjoy them with others.

Neatness is also essential. In this home, we were always careful to maintain a tidy appearance. The bar area in the kitchen, for instance, has cabinets that help conceal all the goods stocked there, and the retractable blinds in the living room help create shade but can also be raised to sit flush with the ceiling.

There is a lot of community space in the house we designed, so although it's very modern and clean, it never feels unwelcoming. I think the clients are going to be very successful in enticing their kids back to visit. I'd love to live there myself!

For more info, visit gg-id.com





HEAVENLY HANDHELDS

Recipes by **LUCY HEAVER AND AISLING COUGHLAN**
Photography by **CHRIS MIDDLETON**



CAPRESE *with balsamic glaze*

INGREDIENTS

2 ciabatta rolls, sliced in half
Olive oil, for brushing
1 garlic clove, cut in half
3–4 tomatoes, thickly sliced
2 balls fresh buffalo mozzarella, sliced
A few basil leaves

BALSAMIC GLAZE

1 cup balsamic vinegar

INSTRUCTIONS

1/ To make the balsamic glaze, place the vinegar in a small saucepan over high heat and bring to the boil. Reduce the heat to low and simmer for about 20 minutes or until the vinegar has reduced by half and coats the back of a spoon.

2/ Preheat a griddle pan to high.

3/ Brush the cut sides of the ciabatta with olive oil then rub with the garlic. Place the ciabatta halves cut side down in the griddle pan and toast until char marks appear. This can take anywhere up to 10 minutes. Placing a plate on top of the ciabatta will help speed up this process and prevent your kitchen from filling up with smoke.

4/ Layer slices of tomato and mozzarella on the bottom half of each ciabatta. Tear over a few basil leaves, then season with salt and plenty of cracked black pepper, and a drizzle of the balsamic glaze.



RECIPES EXCERPTED FROM *THE SANDWICH SHOP: 50 GREAT SANDWICH RECIPES* BY LUCY HEAVER AND AISLING COUGHLAN. SMITH STREET GIFT, 2023. PHOTOGRAPHY © CHRIS MIDDLETON



Get the rest of
the recipes here.



Serves 2

CHICKEN

gyro

INGREDIENTS

14 oz. boneless, skinless chicken
breasts or thighs
½ tablespoon olive oil
2 Greek pita breads
1 tomato, diced
2–3 thin slices red onion
2 handfuls shredded lettuce
½ cup tzatziki

MARINADE

½ teaspoon dried oregano
½ teaspoon smoked paprika
2 tablespoons Greek-style yoghurt
2 tablespoons lemon juice
2 tablespoons olive oil

INSTRUCTIONS

1/ To make the marinade, combine the ingredients in a bowl, along with a pinch of salt and pepper. If using chicken breast, slice it in half horizontally, so that each breast becomes two thinner pieces. Add to the marinade, mix well to coat then chill in the fridge for 1–2 hours.

2/ Preheat the oven to 340°F.

3/ Preheat a barbecue or griddle pan to high and brush with the oil. Drain any excess marinade from the chicken and transfer the chicken to the barbecue. Cook the chicken for 5–8 minutes, turning once, until cooked through. Shred the meat using two forks.

4/ Warm the pita in the oven for 2–3 minutes. Tear two large squares of baking paper, slightly larger than the pita bread.

5/ To assemble, place the pita on the baking paper. Add the tomato, red onion, chicken and lettuce and spoon over several dollops of tzatziki. Tightly roll each gyro in the baking paper and serve.



EGYPTIAN *falafel*

INGREDIENTS

6–8 falafel (chilled, store bought)
2 large Lebanese flatbreads
2 handfuls shredded iceberg lettuce
1 tablespoon Turkish pickled chilies
8–10 pickled turnips
2 dill pickles (gherkins),
quartered lengthways
2 tomatoes, thickly sliced

TAHINI SAUCE

2 tablespoons tahini
Juice of ½ lemon
1 small garlic clove, crushed

INSTRUCTIONS

- 1/** To make the tahini sauce, place the ingredients and 3 tablespoons water in a small screw-top jar, close the lid and shake well until combined.
- 2/** Cook the falafel according to the packet instructions.
- 3/** Dry-fry the flatbreads in a large frying pan over high heat for about 30 seconds on each side, until soft and warmed through. Set aside and keep warm.
- 4/** Place the shredded lettuce in a line on one side of each wrap. Sit the falafel on top and drizzle over lots of tahini sauce. Test-run a pickled chili. Most Turkish pickled chilies are relatively mild, but some can be very spicy, so deseed them if necessary before adding to your wraps. Top with a few pickled turnips, the dill pickles and tomato. Add another drizzle of tahini sauce, then fold up the bottom of the wrap and roll over the shorter side, trying to catch all of the ingredients as you roll. Roll up completely and serve while still warm.



ULTIMATE *salad wrap*

INGREDIENTS

4 squares mountain bread or similar
2¾ oz. cashew cheese
4 lettuce leaves, shredded
4 slices pickled beetroot
½ carrot, finely grated
½ avocado mashed with
1 teaspoon lemon juice
½ small cucumber, sliced
¼ red capsicum (bell pepper),
thinly sliced

¼ red onion, thinly sliced
2 small handfuls alfalfa sprouts
Small handful sunflower
kernels (optional)

TAHINI SAUCE

2 tablespoons tahini
Juice of ½ lemon
1 small garlic clove, crushed

INSTRUCTIONS

- 1/** Make the tahini sauce by combining the ingredients and 3 tablespoons water in a small screw-top jar, close the lid and shake well until combined.
- 2/** For each wrap, lay two squares of mountain bread on top of each other. Roughly spread the cashew cheese onto the bread and arrange the lettuce in a line on one side of each wrap.
- 3/** Layer on the remaining ingredients, finishing with a large drizzle of tahini sauce and a sprinkling of sunflower kernels, if using. Season with black pepper.
- 4/** Fold over the bottom of each wrap and roll over the shorter side, trying to catch all of the ingredients as you roll. Roll up completely and serve.

5 ALL-INCLUSIVE

resorts you have to see

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

With its endless opportunities for sun, adventure, and relaxation, summer is truly the perfect time to travel. The logistics of crafting such a vacation, though, can sometimes be overwhelming. If you're looking to simplify your planning, all-inclusive resorts offer a seamless experience where everything is taken care of in one package. From gourmet dining to thrilling activities, these five resorts provide everything you need for a stress-free getaway.

Bungalows Key Largo – Florida

An adults-only destination, Bungalows Key Largo is a serene escape from the everyday. Set on 11.5 waterfront acres, it offers 135 individual bungalows located either along the water or in lush gardens that are designed with coastal elegance. Each features a private veranda and an outdoor rain shower and soaking tub, blending indoor and outdoor living with high-end finishes and soothing, nature-inspired decor.

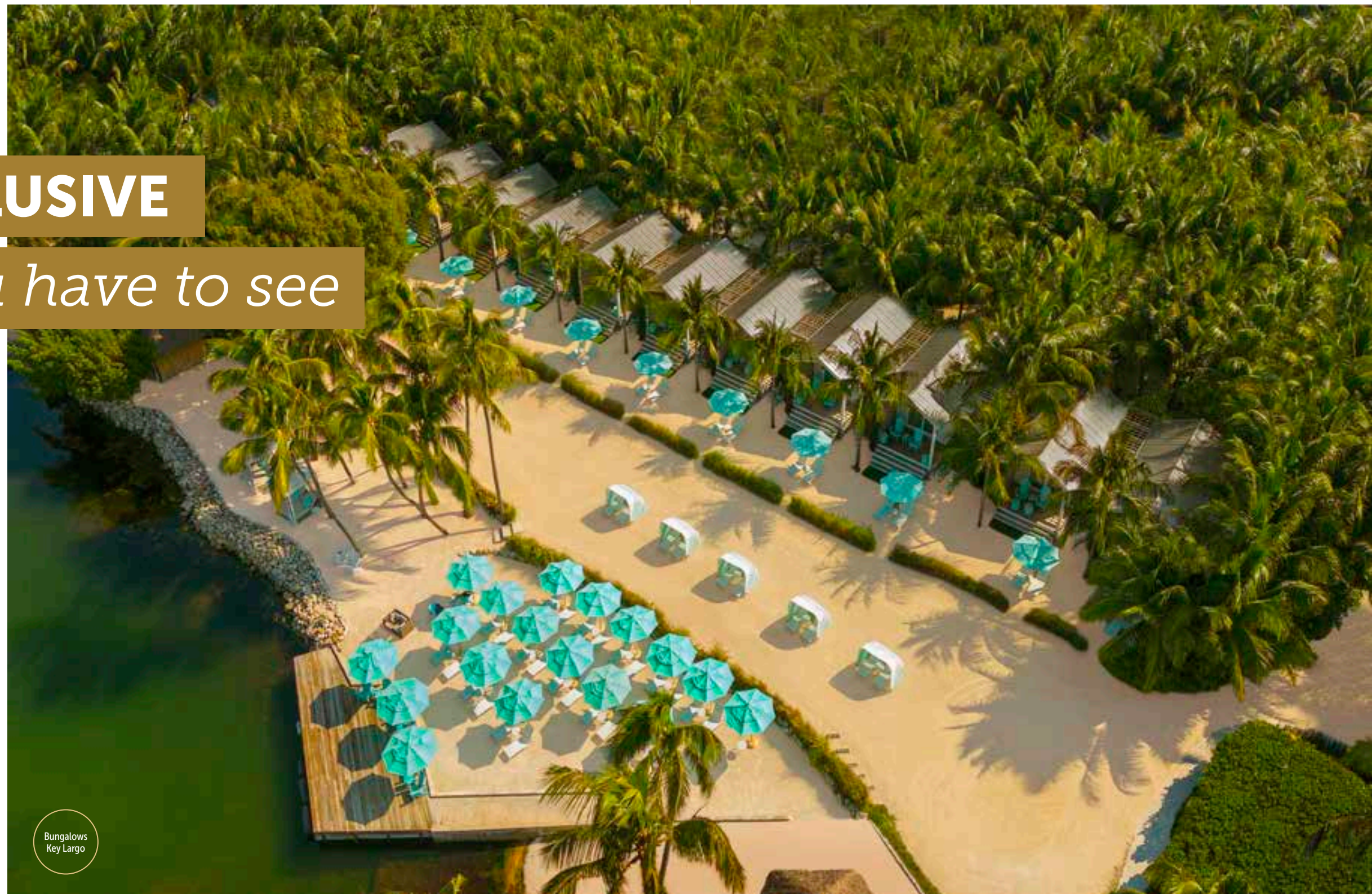


PHOTO COURTESY OF BUNGALOWS KEY LARGO

Dining and premium drinks are included in the stay, with three distinct restaurants to choose from. Stop at Fish Tales for a casual buffet breakfast, swing by Sea Señor for a lunch of fresh, local seafood with a Mexican flair, and enjoy fine dining in the evening at Bogie & Bacall's. And although not included in the nightly rate, the resort also provides in-room dining for those seeking a more intimate experience.

Bungalows Key Largo is focused on relaxation and wellness,

inviting guests to enjoy massages, facials, and other treatments at the Zen Garden Spa, participate in daily yoga classes, or get a workout in at the open-air fitness center or in one of two large outdoor pools. For more active pursuits, consider embarking on a kayaking, paddleboarding, or snorkeling excursion or taking a sunset sail through the Florida Bay. No matter what you choose, you're guaranteed to have an unforgettable experience.

For more info, visit bungalowskeylargo.com

Grand Hotel – Mackinac Island, Michigan

Opened in 1887, Grand Hotel is a National Historic Landmark that's renowned for its striking architecture, most notably its front porch. At 660 feet, it is the world's largest and is lined with white rocking chairs, allowing guests to relax as they take in breathtaking views of the Straits of Mackinac. Inside, the hotel features beautifully appointed rooms, suites, and cottages, each uniquely decorated with period furnishings and vibrant colors. There are a variety of packages



Grand Hotel



to choose from—such as the American Plan, which includes breakfast, lunch, and dinner as well as all resort amenities—enabling you to pick the one that works best for you and your family.

With the hotel located on Mackinac Island, guests are in for a family-friendly experience unlike anything else. No motorized vehicles are allowed on the island; everyone arrives by ferry or plane and travels by foot, horse-drawn carriage, or bicycle during their stay. Nonetheless, all activities are easily accessible, including swimming in the Esther Williams Swimming Pool, golfing on the scenic 18-hole course (appropriately named the Jewel), and horseback riding along a bridle path. You can also gather with family and friends on the Grand's lawn to play croquet, cornhole, and other beloved lawn games.

Dining at Grand Hotel is a lavish experience thanks to its selection of thirteen restaurants and bars. Options range from the formal Main Dining Room, where gourmet American cuisine is served amid elegant chandeliers and panoramic views, to more casual venues like the Jockey Club. It's a tradition to dress up for dinner while visiting, and guests are encouraged to don their finer attire in the Main Dining Room after 6:00 p.m. and in the main areas of the resort after 6:30 p.m., making the stay a truly elegant occasion.

For more info, visit grandhotel.com

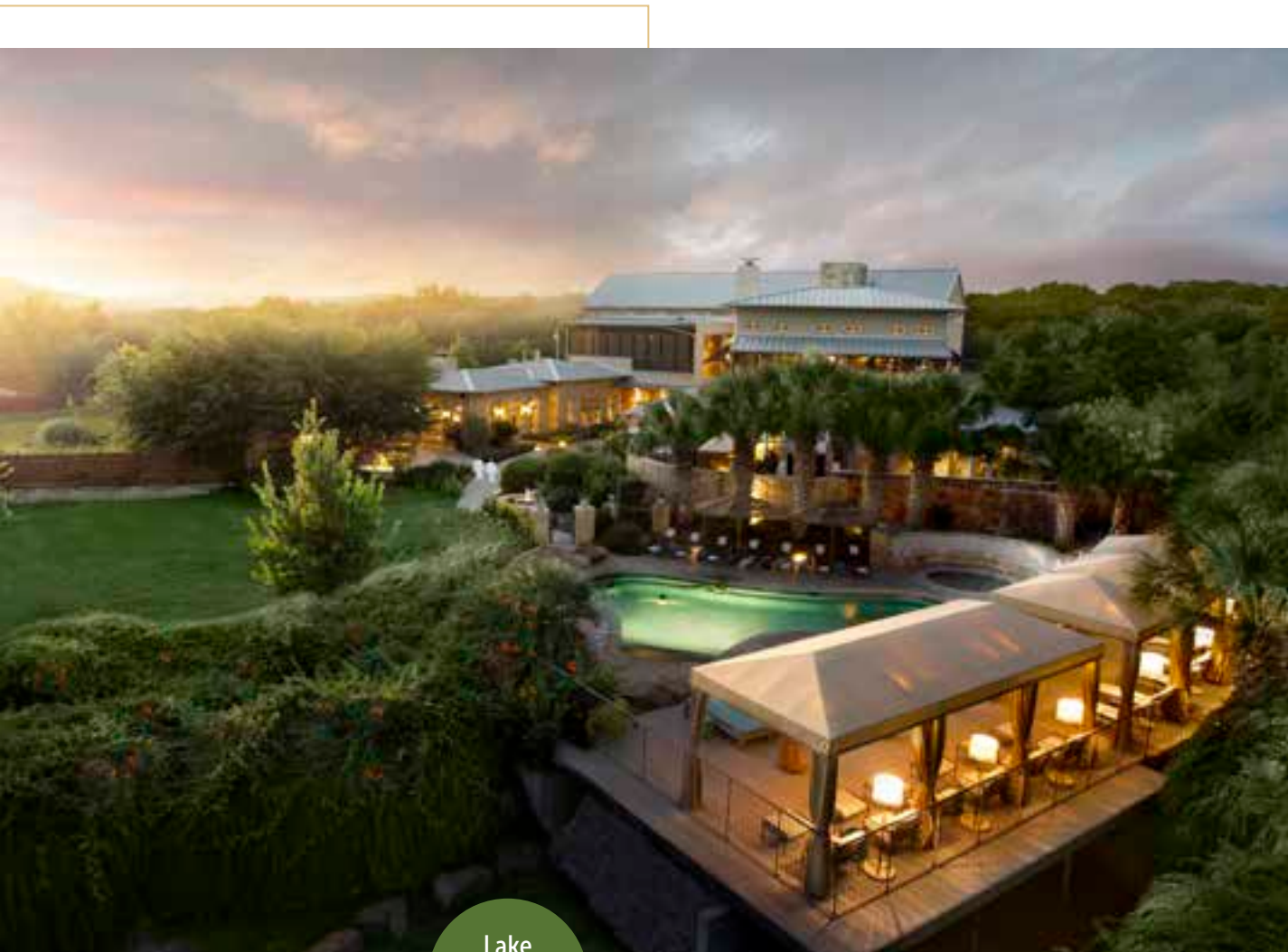


Bungalows Key Largo

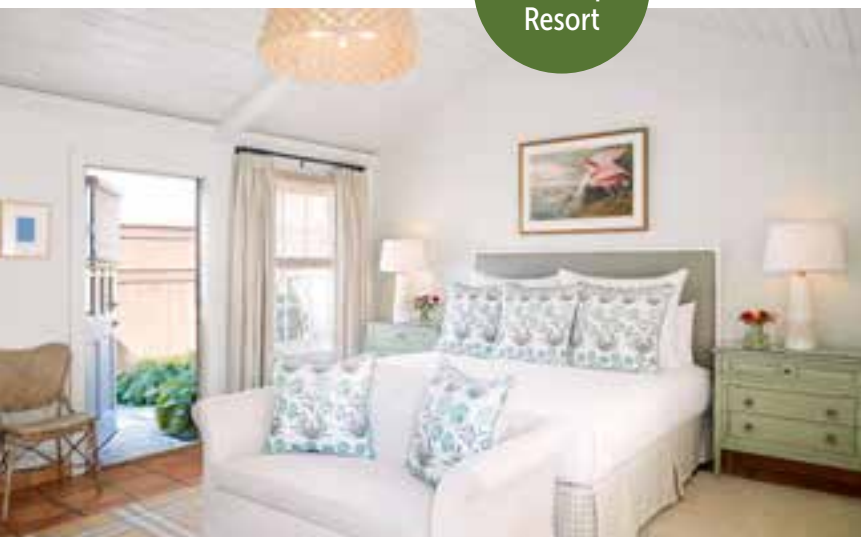


PHOTOS COURTESY OF BUNGALOWS KEY LARGO

PHOTOS COURTESY OF GRAND HOTEL



Lake Austin Spa Resort



PHOTOS COURTESY OF LAKE AUSTIN SPA RESORT

Lake Austin Spa Resort – Texas

If you want to focus on your well-being, this retreat—known for its serene environment and personalized service—may be for you. Just thirty minutes from Austin, the resort has forty exclusive cottages that are the ideal marriage of relaxation and sophistication. Each stay includes all meals and nonalcoholic beverages, spa access, use of the paddleboards, kayaks, and hydrobikes, and wellness events.

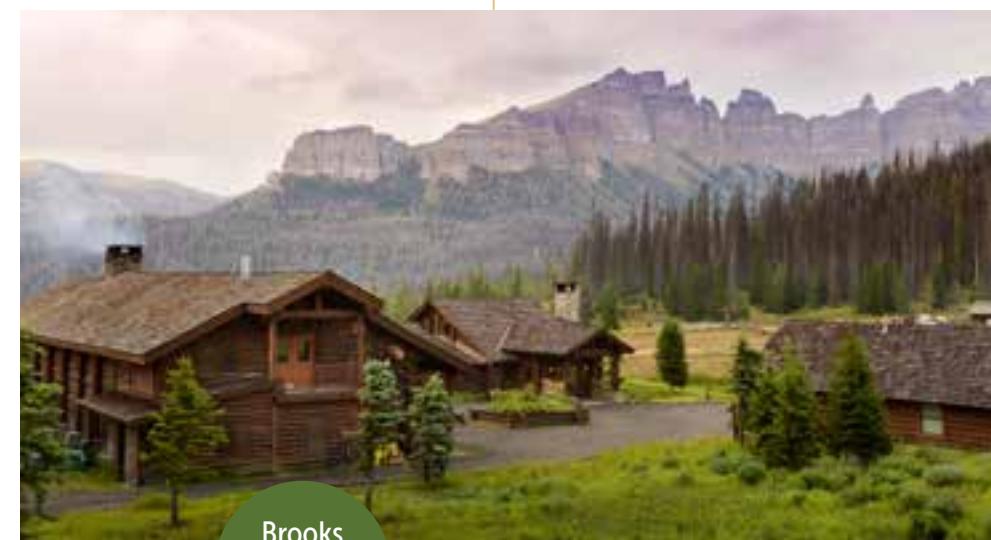
The resort emphasizes holistic wellness, providing a wide range of activities like fitness classes, yoga, meditation, and aquatic therapy. Perhaps not surprisingly, a highlight of the resort is the LakeHouse Spa, an award-winning oasis that offers a comprehensive array of treatments, including massages, facials, body wraps, and hydrotherapy. The spa also features a Junior Olympic-length heated lap pool, hot tubs, and private treatment suites, all designed to promote tranquility and restoration.

Even more, you'll find healthy garden-to-table cuisine here, with menus crafted from fruits and vegetables produced by the resort's garden and other natural ingredients from local farmers. The culinary team's dishes are both nutritious and flavorful, creating dining experiences you won't soon forget. Such focus on guests' overall wellness makes Lake Austin Spa Resort an ideal destination for a rejuvenating getaway.

For more info, visit lakeaustin.com

Brooks Lake Lodge & Spa – Dubois, Wyoming

Nestled in Wyoming's Rocky Mountains, Brooks Lake Lodge & Spa is a historic retreat offering luxury amid the rugged beauty of the great outdoors. The century-old resort retains its rustic charm with log cabin architecture, stone fireplaces, and handcrafted furniture. Accommodations include eight private cabins and seven lodge rooms, making for a maximum of thirty-six guests total at the resort each night. There's even a one-to-one ratio of staff to guests, ensuring that every visitor gets the highest quality of service during their stay.



Brooks Lake Lodge & Spa



PHOTOS COURTESY OF BROOKS LAKE LODGE & SPA

The lodge is a year-round destination, resulting a variety of outdoor activities for those both young and old. In summer, guests can explore hiking trails, enjoy horseback riding, and experience fly-fishing, canoeing, and archery, while winter transforms the area into a snowy paradise that's perfect for cross-country skiing, snowmobiling, downhill tubing, and snowshoeing. On top of that, the resort's proximity to Shoshone National Forest, Grand Teton National Park, and Yellowstone National Park only adds to its allure for nature enthusiasts.

Dining is always a gourmet experience at Brooks Lake Lodge & Spa, featuring meals crafted from locally sourced ingredients. Unwind after a day of adventure at the tearoom, where you can enjoy a wide assortment of cheeses, fruits, and cookies as well as coffee, tea, and hot cocoa, and enjoy sophisticated takes on classic comfort dishes in the Great Hall for dinner. Overall, the lodge's remote and serene atmosphere makes it an ideal escape for those seeking peace and a connection with nature.

For more info, visit brookslake.com

Alisal Ranch – Santa Ynez Valley, California

Sitting on 10,500 acres, this resort blends western charm with rustic elegance, giving guests an authentic ranch experience that will appeal to families and couples alike. It features a variety of lodging options, including houses, cottages, and studios, making it a great destination for parties both

large and small. The nightly rate for each one includes breakfast, dinner, drinks, and various activities, with children six and under staying for free.

Alisal Ranch has ranch-style dining each day and menus highlighting seasonal and local ingredients. Enjoy a formal dining experience at the Ranch Room, or step outside to partake in one of the many special events throughout summer, the best of which may just be a rodeo barbecue featuring performances by local wranglers.

The resort is renowned for its extensive outdoor activities, including horseback riding, guided trail rides, cattle drives, and fishing and paddleboarding on the destination's private lake. Guests can also enjoy golfing, tennis, archery, and a variety of children's programs. Between the scenic surroundings, diverse activities, and rustic elegance, you're guaranteed to have a unique experience immersed in the ranch lifestyle while savoring the comforts of a high-end resort.

For more info, visit alisalranch.com

This season, take your vacation to the next level by staying at one of these all-inclusive resorts, where you can savor good food, good fun, and good company and create memories that will last a lifetime.



Alisal Ranch



PHOTOS COURTESY OF ALISAL RANCH

A FETCHING *museum*

Written by **Matthew Brady** / Photography courtesy of **Museum of the Dog**

MUSEUMS HAVE LONG BEEN

popular destinations, providing a place for kids and adults alike to lose themselves in a day of discovery and wonder. Common iterations of these treasured institutions include science, art, and history, but there are plenty of quirkier options to choose from as well—including, surprisingly, dogs. If you're interested to learn all about our four-legged friends, then you must visit the AKC Museum of the Dog in New York City.

CULTURE AND HISTORY

The American Kennel Club opened this museum (also known as the MoD) on Madison Avenue in

1982 before moving it to St. Louis, Missouri, five years later. It had a thirty-year-plus stint there before returning home to New York in 2019, where it joined the AKC headquarters in midtown Manhattan.

Dog lovers will be amazed by the sheer volume of art and education at the MoD, including the endless array of dog-focused fine art and artifacts in its permanent collection, one of the largest of its kind on earth. Whether you prefer watercolors or drawings, paintings or prints, or ceramics or bronze sculptures, you'll find amazing pieces that will dazzle you. Gaze at paintings honoring the





canine companions of famous people, from British monarchs to US presidents, as well as artifacts dating back centuries—there’s even a dog fossil that’s millions of years old. And if you want to learn more about your pooch’s breed, you can scour some of the AKC Library and Archive’s 4,000 volumes on dogs either online or by appointment in person.

FUN FOR ALL

Some may find museums overly stuffy, but you don’t have to worry about that here thanks to the MoD’s hands-on entertainment, particularly its engaging interactive displays. For example, you can discover everything about your favorite dog breeds in a snap, including their physical and emotional traits, and the important roles dogs play in many professions. Or try teaching a virtual dog named Molly new tricks in Puppy Training 101, and then see how well she learned your commands. There’s even a Find Your Match kiosk that pairs you with your dog doppelgänger.

Time your visit right, and you can also attend one of the museum’s regular events. A particularly popular one is the monthly Breed Spotlight, which provides information, art projects, and more about that month’s featured type, selected from the over two hundred breeds recognized by the AKC. Another is the after-hours art class, where you can participate in a craft such as pastels or printmaking.

Of course, why should the fun be relegated only to humans? That’s the mindset behind the MoD’s Furry Fridays, a generally biweekly program that allows you and your canine companion to wander the institution’s halls together after hours. (Just be sure to purchase tickets ahead of time since they sell out fast.) Meanwhile, children can bring their stuffed four-legged friends to Paws to Read on





SPECIAL ATTRACTIONS

Much like other cultural institutions, the AKC Museum of the Dog offers one-of-a-kind temporary exhibitions throughout the year on top of its regular offerings. From June through August, you can enjoy learning about pooches in pop culture with the exhibit *Double Exposure: Famous Dogs Portrayed in Different Media*. The museum then closes 2025 with some local flavor: *Dogs and The New Yorker*, running from September through December.

In addition, you'll find stimulating seasonal offerings on the MoD calendar. For example, during summer, it hosts free outdoor craft events for adults and kids, and come September, you can watch Paws on Parade, a parade and social held at nearby Bryant Park. And the holidays are howling at the museum, with special happenings for you and your four-legged friend.

Open Wednesday through Sunday, you'll have a doggone good time at this must-see museum dedicated to man's best friend. So next time you're in the Big Apple, be sure to stop by to savor the culture of canines.

For more info, visit museumofthedog.org



Wednesday mornings for reading and education, then let their inner artist loose at the second-floor activity table—their masterpieces could even end up on display on the museum's community wall.

And the excitement doesn't need to end after you've experienced this magical place. Before you leave, make sure to stop by the museum store, where both kids and kids at heart can choose from dog-focused toys, books, and more. (The online store offers even more to choose from.) In addition, check out MoD at Home, a portal that includes activities such as canine word searches, drawing activities, and coloring pages.



A SCENIC WONDER IN THE MIDWEST

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

Located in the heart of Iowa sits an outdoor marvel: the High Trestle Trail, which stretches twenty-five miles through five towns and four counties. With its remarkable fusion of natural beauty and modern engineering, the trail has quickly become one of the Midwest's most popular recreational destinations since its grand opening in 2011.

The highlight of the trail is the High Trestle Trail Bridge, one of the largest such bridges in the world. This striking structure

is a half mile long and thirteen stories high and spans the Des Moines River. Once dedicated to trains, it was transformed into a pedestrian and bicycle bridge that offers breathtaking views of the surrounding landscape. The design is inspired by the area's rich mining history, featuring forty-one steel frames set at varying angles to represent the support structures commonly found in mine shafts. And at night, it comes alive with blue LED lights, providing a surreal and unforgettable experience.



PHOTO COURTESY OF IOWA NATURAL HERITAGE FOUNDATION

The trail itself is mostly paved and flat, making it accessible for people of all ages and fitness levels. While traversing the path, visitors can enjoy a variety of landscapes, including rolling farmland and dense forests, for a peaceful

escape from the hustle and bustle of city life. So whether you're a seasoned cyclist, casual hiker, or simply looking to enjoy the great outdoors this season, the High Trestle Trail is a unique and serene destination you're guaranteed to love.

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RISK REVIEW

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SERVES 2

CHICKEN gyro

INGREDIENTS

- 14 oz. boneless, skinless chicken breasts or thighs
- ½ tbsp. olive oil
- 2 Greek pita breads
- 1 tomato, diced
- 2–3 thin slices red onion
- 2 handfuls shredded lettuce
- ½ c. tzatziki

MARINADE

- ½ tsp. dried oregano
- ½ tsp. smoked paprika
- 2 tbsp. Greek-style yoghurt
- 2 tbsp. lemon juice
- 2 tbsp. olive oil

INSTRUCTIONS

- 1/** To make the marinade, combine the ingredients in a bowl, along with a pinch of salt and pepper. If using chicken breast, slice it in half horizontally, so that each breast becomes two thinner pieces. Add to the marinade, mix well to coat then chill in the fridge for 1–2 hours.
- 2/** Preheat the oven to 340°F.
- 3/** Preheat a barbecue or griddle pan to high and brush with the oil. Drain any excess marinade from the chicken and transfer the chicken to the barbecue. Cook the chicken for 5–8 minutes, turning once, until cooked through. Shred the meat using two forks.
- 4/** Warm the pita in the oven for 2–3 minutes. Tear two large squares of baking paper, slightly larger than the pita bread.
- 5/** To assemble, place the pita on the baking paper. Add the tomato, red onion, chicken and lettuce and spoon over several dollops of tzatziki. Tightly roll each gyro in the baking paper and serve.

Recipes excerpted from *The Sandwich Shop: 50 Great Sandwich Recipes* by Lucy Heaver and Aisling Coughlan. Smith Street Gift, 2023. Photography © Chris Middleton

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