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AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 136

A TROPICAL RETREAT



Joseph C. Collins
Insurance Associate

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SCAN TO SEE
COMMON GAPS IN
COVERAGE.



Front of Tear Out Card 1



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Back of Tear Out Card 1



KEY LIME PIE POPSICLES

MAKES
10
POPSICLES

INSTRUCTIONS

- 1/** Use a fork to mix the key lime juice and condensed milk in a large measuring cup.
- 2/** Carefully pour the liquid mixture into popsicle molds, filling each cavity three quarters of the way full. Place the molds in the freezer. After 1 hour, insert popsicle sticks. Freeze for at least 12 hours total or up to 1 month.
- 3/** When ready to serve, unmold the popsicles and press each side into the graham cracker crumbs, coating all sides completely.

INGREDIENTS

- 2 c. key lime juice (store-bought is fine)
- 2 (14-oz.) cans sweetened condensed milk
- 8 graham crackers, crumbled

Recipes from *Swing By!* by Stephanie Nass. Rizzoli New York, 2024.
Photography by Quentin Bacon.



AMERICAN LIFESTYLE

Dear Bill and Judy,

This time of year is full of happiness and fun, and there are many ways to maximize both, regardless of whether you’re a dedicated vacationer or a homebody. This issue of American Lifestyle provides ample inspiration for doing so, including a look at a popular Wisconsin travel destination, recipes that are perfect for get-togethers, and ideas for relaxing at home.

Along the western shore of Lake Michigan lies a distinctive midwestern paradise: Door County, Wisconsin. Discover all you can do at this serene, historic peninsula, from exploring lighthouses to enjoying its dozens of beaches to even viewing shipwrecks.

Warm weather offers the perfect setting for welcoming guests over for some home-cooked dishes. Enclosed, you’ll find mouthwatering recipes for these occasions, such as a fun pasta twist on a traditional dessert and a simple yet scrumptious key lime pie frozen treat.

For many, there’s no place like home during the dog days. To help revel in your abode’s relaxing vibe, check out the amazing waterfront Tampa design article inside and then give the season-inspired crossword puzzle at the end of the issue a try!

In what ways will you enjoy summertime while it lasts? As always, it’s a pleasure to send you this magazine.

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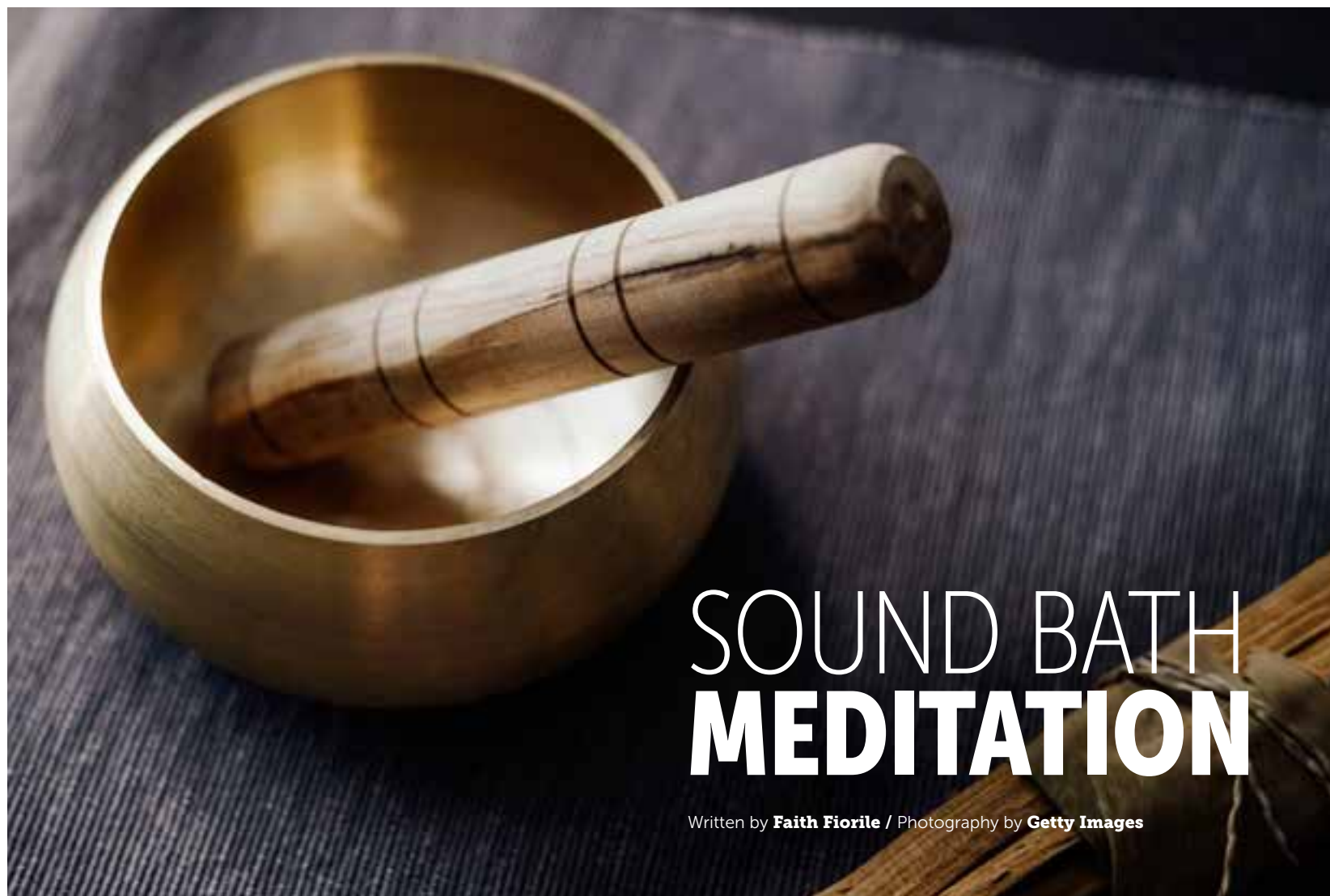


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Written by **Faith Fiorile** / Photography by **Getty Images**



Many people these days are looking for unique and innovative ways to relax, and one peaceful, transforming option is sound bath meditation, a basic but effective technique that encourages mental clarity through the medium of sound frequencies.

What it is

Dating back thousands of years, a sound bath is an introspective experience that's designed to help you shed your cares via calming

noises. It typically takes place in a quiet, gently lit environment and generally lasts thirty to ninety minutes. Participants sit back

on mats or cushions and close their eyes as trained practitioners lightly stroke the edges of crystal bowls with gongs or tuning forks, creating waves of sound that wash over their audience.

The benefits

Sound bath recipients are enthusiastic about the experience, saying it creates a certain catharsis and joy. They often report notable decreases in stress and claim to feel lighter and more balanced after a session, among other benefits. In fact, studies have shown that adults who had finished a sound bath had lower blood pressure, heart rates, and respiratory rates. Another study, by Frontiers in Immunology, found that sound therapy can increase the production of immune-boosting proteins.

Where to experience them

Sound baths are easily accessible, making them an ideal meditative mini retreat for many. You can sign up for group sessions at a wellness center or yoga studio, listen to prepared sound bath recordings right at home, or, if truly inspired, even purchase instruments to create your own peaceful experience.

Sound baths can provide a mesmerizing approach to your wellness routine. By combining ancient practices with modern techniques, they invite you to enjoy true serenity, paving the way to a more balanced lifestyle.



ELEVATE YOUR HOME *with Art*

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

To get a feel for what you might like, consider browsing galleries and museums or peruse social media platforms like Pinterest, Instagram, and Etsy to discover up-and-coming artists and browse their portfolios.

ART CAN HAVE AN AWESOME

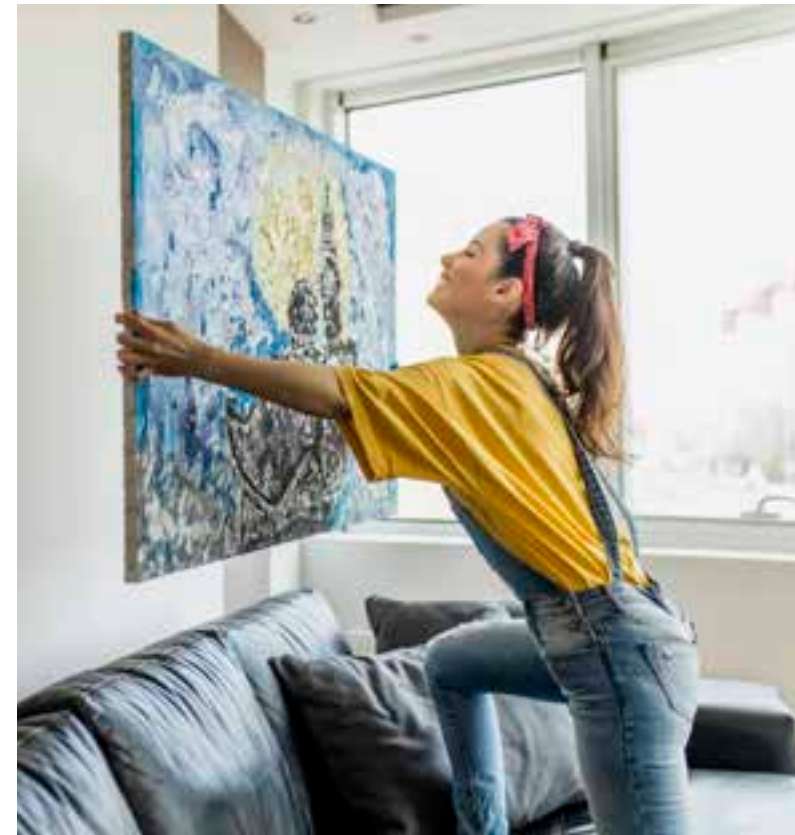
power to inspire and touch our emotions, but there is something especially profound about an original piece. With such a vast pool of amazing works to choose from, selecting just one to start your collection can be a daunting and expensive experience. If you're looking to add a high-end and unique composition to your home, utilize this guide to streamline the process and help you choose something that can enhance your life for years to come.

Select well

A critical first step in buying art is getting to know what speaks to you most. For example, if you enjoy the serenity of impressionistic nature scenes, a painting reminiscent of Claude Monet's *The Water-Lily Pond* might be a good choice. Meanwhile, an abstract creation like Jackson Pollock's colorful

Convergence may be more fitting if you're looking for something more modern. Also factor in your preferred medium, whether you'd like a painting, photographic print, sculpture, or another art form. To get a feel for what you might like, consider browsing galleries and museums or peruse social media platforms like Pinterest, Instagram, and Etsy to discover up-and-coming artists and browse their portfolios.

Think about where the art will live in your home, taking into account the room's style and color and whether you want the work to complement those factors or contrast them for a more vibrant look. Just as importantly, measure the space where you intend to display your new acquisition to ensure that it will fit perfectly; this will help you avoid the common mistake of choosing one that's too small,



which may cause it to be dwarfed by empty space. As a general guideline, any artwork mounted on a wall should cover about 60 to 75 percent of it, excluding areas obscured by furniture or moldings. An alternative is to combine it with other pieces to create a gallery wall that fits an equivalent amount of space.

Set your budget

Given that original art can vary widely in cost, it's essential to set a budget before you shop. Having one can help you identify the best places for you to search for art within your price range—such as at a high-end gallery or an art school showing.

What you can expect to pay for a work of art can vary quite widely, of course, depending on factors like the artist's celebrity, the medium, and how in demand or rare their work is. For help finding fine art that fits both your budget and aesthetics, consider hiring an art consultant or interior designer to select and price art pieces for you. Another option is to shop at an online retailer like Artfinder, where you can find abstract paintings, sculptures, and collages signed by artists for anywhere from about \$30 to several thousand dollars. Works at art fairs tend to have a smaller range: from \$100 to a couple thousand dollars. Vintage or preowned works, which you may find at secondhand shops, are another affordable consideration.



If possible, view any piece you're contemplating in person before buying it to fully gauge its craftsmanship and personal impact.

No matter what you decide to spend, though, aim to buy art that brings you happiness rather than trying to identify something that may make a profit since it could take years, or even generations, to increase in value—so focus on the impact it can have on you right now in your home.

Authenticate the artwork

As with any other important purchase, be sure to do your due diligence. If possible, view any piece you're contemplating in person before buying it to fully gauge its craftsmanship and personal impact. It's also wise to research its artist and seller to ensure their credibility; always ask for a signed certificate of authenticity (COA) to verify the artwork's origin and pertinent history, including previous ownership.

Selecting and purchasing art for your home can be a complicated and long journey, but if you've carefully done your research, it will bring joy and beauty to your living space for years to come.

AN OUTDOOR

WISCONSIN WONDER

Written by **Matthew Brady**
Photography **as noted**

When you think of vacation possibilities, your mind may immediately turn to America's coasts. After all, what's more quintessentially summer than sand and surf? But don't overlook destinations located near the country's thousands of landlocked waterways, which provide equal opportunities to soak up some rays, bask in water adventures, and create a lifetime of memories.

A noteworthy midwestern place that fits such a description to a T is Door County, Wisconsin. When you discover all there is to do and see at this charming peninsula dividing Lake Michigan and Green Bay, you may never want to leave.

Photo by Mike Tittel

SISTER BAY



WASHINGTON
ISLAND FERRY

Photo by Dan Eggert

BY THE NUMBERS

Although you may have never previously heard of this quirkily named place (more on that next), it is an endlessly fascinating locale. Here are some fun facts and figures that bear this out:

- It's a 70-mile-long stretch of land occupying nearly 500 square miles total, including around 300 miles of shoreline, and it has nineteen communities to explore, from Southern Door County to Washington Island in the north.
- The population is approximately 30,000 people, but it gets over *eighty times* more tourists: 2.5 million per year.
- Something you'll quickly notice that's lacking is chain restaurants. Outside the area's lone city, Sturgeon Bay, there aren't any among its hundred-plus dining establishments, so Door County cuisine is as fresh as it gets.
- Speaking of food, the region is known for its cherries. At its peak in the mid 1900s, Door County produced 10 percent of the world's cherry output—fifty million pounds per year. Today, that number is between about eight and fifteen million.
- The forty-fifth parallel north runs through this part of Wisconsin, allowing you to stand exactly halfway in the middle of our hemisphere. Be sure to get a photo of one of the two markers that denote this point.

HISTORY AND CULTURE

For such an enticing place, the region's name has surprisingly ominous origins. Where Lake Michigan and Green Bay meet at the top of the peninsula, the waters tend to be rough and the winds tricky, a well-known fact that goes back centuries—hence why French explorers named the passage *Porte Des Morts*, or Death's Door. So Door County was a logical name choice when it was founded in 1851.

Naturally, interest in maritime history is high here. Be sure to check out the Wisconsin Maritime Trail, which has trail markers detailing the hundreds of vessels that have sunk in these waters over the centuries. And consider visiting either of the county's museums: the Door County Maritime Museum in Sturgeon Bay to learn all about the area's nautical history and the Death's Door Maritime Museum, farther north in Gills Rock, to find out more about its fishing traditions.

For more artistic types, there are also plenty of creative endeavors to suit your fancy, from galleries to museums to theatrical performances. One popular choice is Peninsula Players Theatre, the country's oldest residential summer theater. It sits on the western shore of Green Bay in Fish Creek, offering Broadway-quality productions each year in the heart of nature. For another option, nearby Northern Sky Theater produces both outdoor summertime plays at Peninsula State Park and indoor ones during summer and fall.



WHITE GULL INN
CHERRY STUFFED
FRENCH TOAST

Photo by Jon Jarosh



PENINSULA
PLAYERS THEATRE

Photo by Len Villano

FUN AT, IN, AND UNDER THE WATER

Being surrounded by so much water guarantees that you'll have plenty to do in Door County, especially this season—it is known as the Cape Cod of the Midwest for a reason, after all. Whether you're interested in swimming, participating in water sports, or just plain relaxing, it has you covered with fifty-three swimming beaches available to the public. Schoolhouse Beach on Washington Island may be the most remarkable of the bunch because of its sheer seclusion and millions of smooth limestone rocks that cover its shores. But don't discount the mainland options a little farther south, such as Sister Bay's tranquil Sand Bay Beach or the mile-long sandy oasis that is Whitefish Dunes Beach, which is tucked away in its titular state park. Door County also has six lakes, the largest inland one being 1,000-acre Kangaroo Lake, so there are ample opportunities for fun, from fishing to being enthralled by the lapping waters.

In addition, Door County is a must-visit area for people who are enamored of lighthouses. With eleven in all (four open for tours), it has one of the most concentrated collections of these structures in the country. The oldest of the group, Pottawatomie Lighthouse, provides views from atop Rock Island at the very northern tip of the county—its original structure even predated the state of Wisconsin by a dozen

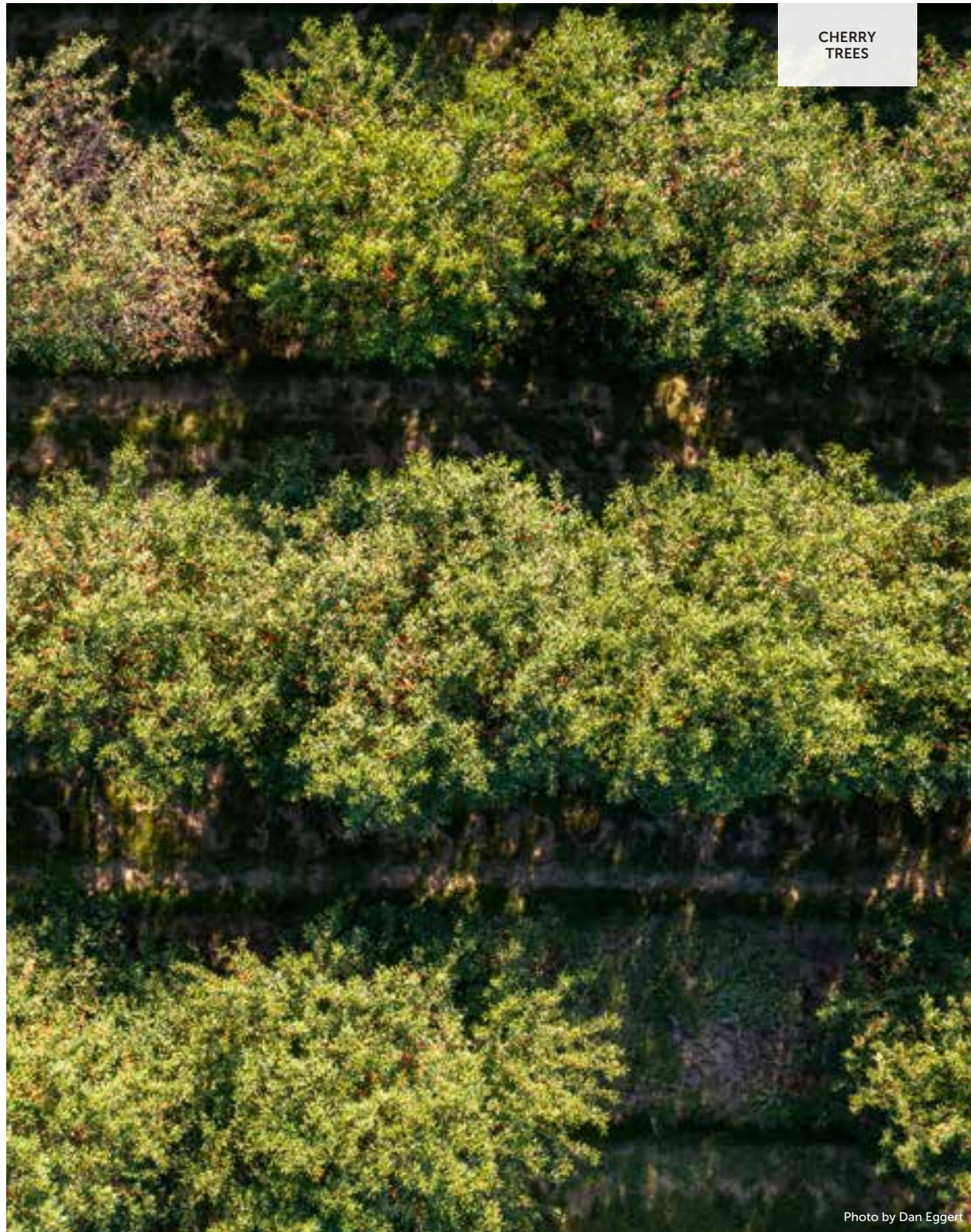
years. Meanwhile, the popular Cana Island Lighthouse rises over the coast on Door Peninsula, providing breathtaking views of Lake Michigan. To help celebrate this heritage, the county holds June and October festivals that provide special tours of the lighthouses and more.

Perhaps the most memorable water-based activity to be had, though, is exploring some of Lake Michigan's aforementioned shipwrecks, dozens of which can be viewed via a clear-bottom kayak tour or boat tour. As if that awe-inspiring option wasn't enough, experienced snorkelers and scuba divers can also opt to swim down and see some of the wreckages firsthand.

GETTING OUT IN NATURE

Beyond its many beach opportunities, Door County offers so much to do in the great outdoors itself. With five state parks and twenty county ones making up over 23,000 total acres of public and preserved land, it's a nature lover's paradise. A good example of this is picturesque Cave Point County Park, located on the eastern shore near Jacksonport. It boasts a myriad of trails to hike, majestic limestone cliffs above to gaze at, and dozens of caverns below to traverse by kayak. Biking is big for both locals and tourists as well, so be sure to download the free bicycling map from the county website so you can see all the sights on a two-wheeler.





CHERRY TREES

Photo by Dan Eggert

Cherry picking is a must on any itinerary, of course, especially during peak season in mid-to-late summer. Seaquist Farms in particular is famous for its tart varieties and bounty of cherry products; it also produces apples in fall. Fancy some grapes instead? You'll find not only acres of vineyards in the county but also several wineries—there's even a



FRAGRANT ISLE LAVENDER FARM & SHOP

Photo by Dan Eggert

wine trail you can follow. But for perhaps the truest taste of Door County culinary culture, take in the centuries-old tradition of fish boils: kerosene-fueled, flame-filled spectacles where a dish of whitefish, potatoes, and onions is prepared over a roaring bonfire.

To surround yourself with a different sort of crop, hop a ferry to Washington Island to see its thousands of mesmerizing lavender plants, which are also in season during midsummer. While there, be sure to stop by Fragrant Isle Lavender Farm & Shop, where you'll be inundated with options for bringing the purple plant home with you. And for arguably the most complete back-to-nature experience, consider visiting the Farm, a sixty-year-old "living museum of rural America" located in Sturgeon Bay. Here you can lose yourself in agricultural life while visiting numerous farm animals, including oddities like a punk-looking Polish crested rooster and earless and fainting goats.

Door County, Wisconsin, is an ideal midwestern summer vacation destination, providing memory-filled experiences for all. Whether you enjoy history, biking, hiking, water escapades, or lounging on the beach, you'll find that the door to adventure is always open when you travel here.

For more info, visit doorcounty.com



STYLING *A SUNNY* **TAMPA BAY** **ABODE**

Interview with: **Lorna Gross**
Written by: **Andre Rios**
Photography by: **Nick Mele**

Interior designer **Lorna Gross** explains how she imbued a waterfront Tampa Bay home with comfort and class while crafting remarkable outdoor spaces that beckon its owners to enjoy the seaside scenery.

Would you tell us about your design experience?

I earned my interior design degree from Marymount University in Virginia. I worked for a couple of design firms, including one that styled large estates and palaces in the Middle East. There, I learned about project management, drafting, and virtually every area of the industry that you could touch.

I have had my own firm for about sixteen years now. We are based in the DC area—North Bethesda, Maryland—but we have served clients all over North America and in London.

What is your approach to design?

I feel that there's a difference between chasing your own creative freedom and serving your clients the right way. Some designers have signature styles, and people go to them for that specific look, but our firm is known for personalization because no two clients are the

same; that's why you see a huge variety of styles in our portfolio. I get a kick out of peeling back the layers to understand who my clients are and enjoy designing in such a way that makes it difficult for people to copy and repeat my work. I don't think that someone should leave their house, go next door, and see the same things—every home should totally express who each owner is as an individual.

What was your inspiration when designing this home?

This was actually the second of three projects I did for the clients. Their former residence was a Virginia estate home that was more woodsy and charming versus this waterfront Tampa Bay property, which has now become their permanent residence. They like the area because of the beautiful water, obviously, but also the local amenities.

They wanted this place to feel a little bit more Floridian, so I brought in brighter colors like sea green, aqua, salmon, and turquoise for a serene atmosphere. It was also critical for me to honor the location and the view. In every space, I either wanted to have furniture face the water or accent it or let the scenery speak for itself.

Because I designed for them before, the clients had full trust in me and I could make choices





“Subtle touches of tropical colors, like ones in modern artwork, also give this home a unique feel compared to a typical beach house.”

quickly since I was already aligned with their lifestyle and personalities. For example, the dining area and open living room are more fun, buoyant, and vibrant. But with them being introverts, I felt like they also needed quiet and private spaces they could retreat to, such as the primary bedroom. There, I paired the serene bed with soothing accent wallpaper and a seating area where they can put their feet up and have tea.

How did you craft a calming vibe that also feels engaging?

Color was so important to this home. I used warm shades versus sterile and cold ones, which make people not want to approach a room, and I made areas with neutral hues inviting by incorporating a lot of different materials and patterns. For instance, the upstairs loft has swivel chairs with a warm, natural texture, and in the primary bedroom, materials like rope and burlap and some patterned pillows add texture. Subtle touches of tropical colors, like ones in modern artwork, also give this home a unique feel compared to a typical beach house.

What was your strategy for designing the outdoor spaces?

The house has several exterior areas for hosting, which was

exciting for me—I got to make each one feel a little different. Every spot has a distinct color scheme because the personality and intention of a space should come through subliminally as you move through it.

So the lanai, for example, is a little more formal; it’s structured a bit traditionally for a more classic aesthetic. And then the seating area around the pool is more contemporary and casual. I kind of see it as a “martini spot” where the clients can hang out with friends and look out at the gulf view and the pool’s infinity edge. In addition, the furniture has a nice combination of pieces with hosting and solitary purposes. If they want to lay out, there’s a stunning spot for that, or they can put their feet up and have a conversation. There’s even a sectional where the clients can entertain a larger group of people.

Which was the most challenging space to design?

I’d say the lanai since it’s very elongated. It’s sometimes difficult to design long and narrow spaces because you don’t want to overfurnish and crowd them, but you also don’t want to underfurnish them to the point that they’re sterile. So we incorporated different purposes into the lanai: there’s space for cooking, eating, and formal lounging and a spot way in the



back where the clients can sit by themselves to read a book or just take in the view.

Another challenge was the exterior walls of the house, which had to be hurricane proof because it's right on the waterfront. Such walls can make a home feel harsh like a fortress, so you'll see that one of them in the backyard has drapery on it, which intentionally softens what would otherwise be a harder aesthetic.

What are some upcoming outdoor design trends that appeal to you?

I'm excited about where outdoor living is going because it really is *living*. This home is a good example of how far these features have come—you can do virtually everything outside that you can inside. Exterior kitchen appliances, TVs, and lighting are so much more advanced. Products have different curves and finishes instead of looking standard and practical. Up until maybe six years ago, outdoor textiles were still somewhat flat, but processes have improved so that you can have beautifully soft, colorful fabrics that are still weather resistant. As a designer, that gives me more flexibility to create a better, more interesting outdoor aesthetic that allows my clients to lounge.

For more info, visit lornagross.com



PREMIER PARTY RECIPES

Recipes by **STEPHANIE NASS** / Photography **AS NOTED**

Photo by Quentin Bacon



RECIPES FROM *SWING BY!*
BY STEPHANIE NASS. RIZZOLI NEW YORK,
2024. PHOTOGRAPHY BY STOCKTON
JOHNSON AND QUENTIN BACON.



Get the rest of
the recipes here!



Makes 10
popsicles

KEY LIME PIE *popsicles*

The tart sweetness of key lime pie is so refreshing on a hot day.
I adapted this flavor profile to a frozen treat to make it even better.

INGREDIENTS

- 2 cups key lime juice (store-bought is fine)
- 2 (14-ounce) cans sweetened condensed milk
- 8 graham crackers, crumbled

INSTRUCTIONS

- 1/** Use a fork to mix the key lime juice and condensed milk in a large measuring cup.
- 2/** Carefully pour the liquid mixture into popsicle molds, filling each cavity three quarters of the way full. Place the molds in the freezer. After 1 hour, insert popsicle sticks. Freeze for at least 12 hours total or up to 1 month.
- 3/** When ready to serve, unmold the popsicles and press each side into the graham cracker crumbs, coating all sides completely.



Photo by Stockton Johnson

CACIO E PEPE

I love dishes that are theatrical and incorporate their preparation into how they are presented. Preparing this pasta dish in a giant wheel of cheese in front of guests is a wow. You can source the wheel online, from a food distributor, or (with enough advance notice) potentially from your local grocer. After the event, you can grate and freeze the cheese for future use.



Serves 8

INGREDIENTS

60-pound wheel Pecorino Romano, hollowed out at the top to form a bowl shape (approximately 2 to 4 inches deep; use pieces removed to grate)

3 pounds spaghetti, cooked until almost al dente and tossed in olive oil

Salt

2 cups freshly grated Pecorino Romano

Black pepper

INSTRUCTIONS

1/ Move your cheese wheel so it is beside your pasta pot and visible to guests.

2/ In a pot of boiling salted water, reheat individual servings of cooked pasta for 1 to 2 minutes. As the pot boils down and water runs lower, you can add additional water (and salt).

3/ Using tongs, transfer the reheated pasta to the well of the cheese wheel. Add ½ cup pasta water and a sprinkle of the grated cheese. Toss the pasta around the well until it is coated with a slippery cheese sauce.

4/ Transfer the pasta to a plate and freshly crack black pepper over the top. Serve immediately. Continue this process until all guests are served.



RIGATONI *cannoli*

I was determined to create a pasta-derived dessert to surprise and delight. I thought of cannoli, a dessert beloved by my family, best bought on Arthur Avenue in the Bronx or Mulberry Street in Lower Manhattan. It occurred to me that rigatoni's wide tubular shape is similar to cannoli. Bam! Fried rigatoni could become the cannoli tube, filled with sweetened ricotta and cocoa powder.



Makes about
30 cannoli;
serves 8

INGREDIENTS

½ pound of rigatoni	2 tablespoons granulated sugar
Kosher salt	1 cup whole milk ricotta
Vegetable oil	2 tablespoons confectioners' sugar
2 tablespoons ground cinnamon	Cocoa powder

INSTRUCTIONS

- 1/** Cook the rigatoni in a pot of salted boiling water according to the package instructions. Once tender, drain the pasta. Set aside pieces that have broken. Blot the winners dry with paper towels. Roll them in about a tablespoon of oil so that they don't stick together.
- 2/** Heat 1 inch oil in a medium saucepan on medium-high heat until very hot but not smoking. Line a large plate with paper towels. Gradually, add the rigatoni noodles, so as to not overcrowd the pan, and fry until golden and crisp, about 2 minutes. Remove with a slotted spoon and drain on the paper towels. Add more oil to the pan, if needed, and continue frying the remaining pasta.
- 3/** In a shallow bowl or on a small plate, use a fork to combine the cinnamon and granulated sugar.
- 4/** While the rigatoni is still warm, roll in the sugar-cinnamon mixture, shaking off excess. Place on a clean plate and continue to roll the remaining pasta.
- 5/** In a medium bowl, combine the ricotta and confectioners' sugar until incorporated. Transfer the mixture to a piping bag using a rubber spatula. Snip the tip of the piping bag and fill each rigatoni with the ricotta mixture.
- 6/** Set the filled cannoli on a serving platter. Garnish with a dusting of cocoa powder and serve.



Photo by Quentin Bacon

EMERALD

kale salad

Inspired by my favorite salad at the Palm Beach Grill, this recipe is adapted for a pool party anywhere you are. The ingredient list for the dressing is a bit long, but the alchemy of all the flavors makes it totally worthwhile, plus you'll likely have leftover dressing that can be enjoyed for several days.



Serves 8

INGREDIENTS

DRESSING

- ¾ cup peanut oil
- ¼ cup rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon freshly squeezed lemon juice
- 2 teaspoons honey
- 1½ teaspoons Dijon mustard
- 1 teaspoon sesame oil
- 1 teaspoon Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- 1 garlic clove, minced

SALAD

- 2 bunches lacinato kale, stemmed and thinly sliced
- ¾ cup unsalted roasted peanuts, roughly chopped
- 5 ounces Pecorino Romano, grated (about ¼ cup)
- 1 rotisserie chicken, skinned and shredded

INSTRUCTIONS

Make the dressing:

In a large measuring cup, combine the peanut oil, rice vinegar, soy sauce, lemon juice, honey, Dijon mustard, sesame oil, Worcestershire sauce, pepper, and garlic and whisk to thoroughly incorporate.

Make the salad:

- 1/ In a large serving bowl and with clean hands, massage the kale for about 3 minutes until the leaves soften.
- 2/ Add the peanuts, Pecorino Romano, and chicken and toss together. Pour ¼ cup of the dressing on the salad and toss. If the salad seems too dry, add another ¼ cup. Leftover dressing can be refrigerated in an airtight container for up to 1 week.
- 3/ Place the salad in a serving bowl, if passing at the table, or on individual salad plates. Serve immediately.



ELECTRIC VS. GAS VEHICLES

Written by **Faith Fiorile** / Photography by **Getty Images**

From the legendary muscle cars of the 1960s to the family-friendly SUVs of the 2000s, automobiles have changed drastically over the decades. Today we're seeing another shift with the rise of environmental consciousness and sustainability. More and more consumers are considering switching from gas-powered to electric vehicles (EVs), weighing essential factors such as the wider effects on the planet, expenses, and their lifestyle.

Environmental impact

There are numerous reasons for the growing curiosity about electric cars. First, many buyers are looking for greener substitutes, and these types of vehicles produce zero tailpipe emissions—thus lowering their carbon footprint. That said, the production of EV batteries can involve the extraction of certain raw materials like lithium and nickel, which is thought to negatively affect the environment. When you consider this factor and the fact that the energy used to manufacture and charge these vehicles depends on the energy sources in any given region, the electric vehicle choice may not seem as clear-cut.

Of course, gas vehicles' impact on the planet, including relying on fossil fuels and increasing air pollution and greenhouse gas emissions, also begs serious questions about their viability. This factor alone can sway the average consumer to opt for an EV.

Reliability

One of the most important benefits of electric autos is that they can be charged at home, which can be done overnight and usually costs less than refilling a gas-powered car. In addition, the increasing



ubiquity of charging stations facilitates easier travel across great distances for owners of electric vehicles.

Still, there are some drawbacks. For example, even if current models have ranges of between 200 and 350 miles on a single charge, range anxiety—the stress of running out of battery power—remains a reality. In addition, as indicated earlier, it still takes longer to charge EVs compared to pulling up to a pump and refilling within minutes, which is especially crucial in areas where there are fewer fast-charging stations. In contrast, gas-powered options tend to be advantageous when it comes to fuel



prevalence, thanks to our nation's well-established, gas-station-centric infrastructure.

Safety

Electric vehicles have a lower center of gravity because of their battery placement, which, along with being heavier, helps to improve stability and lessen their rollover risk. Many of them also feature modern safety systems such as accident detection and autonomous braking. In addition, battery fires are somewhat rare, even though they have caught people's attention, especially in relation to major accidents.

Gas vehicles are generally considered passenger safe and offer many of the same safety features as EVs, such as airbags, stability control, and driver assistance systems. Unsurprisingly, though, considering the flammable oils they contain, the risk of fuel fires is always a concern for people who own traditional vehicles.

Cost

Typically speaking, an electric vehicle's starting cost is going to be higher, primarily because of the battery. Whereas the price of a new small gas-powered car could vary anywhere from \$20,000 to \$25,000, an electric counterpart is usually between \$30,000 and \$40,000—however, government programs like the clean vehicle tax credit can help lessen this price gap. And since EVs have fewer moving parts and are, on average, less expensive to maintain, the lifetime cost of gas and electric vehicles balances out somewhat.

Ultimately, which side you come down on in this ongoing dilemma largely depends on your individual priorities and lifestyle. Do your homework and stay informed about automotive trends, and you can make the best vehicle-buying decision for you.



FOUR EXTRAORDINARY *FALL FESTIVALS*

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

THE END OF SUMMER marks a period of transition, when you turn your attention to back-to-school preparations and cool days ahead. But the season's exhilarating energy doesn't have to end—instead, greet autumn with joy at one of these popular festivals across the country. Here are four noteworthy ones that offer satisfying merriment to send you off into the cooler months on a high note.

1 New York Renaissance Faire

(Weekends from August 17–October 6 and Labor Day)

Located outside the New York City metro area in the town of Tuxedo, this annual event bridges summer and fall with eight weekends of historical fun. Step back in time with your loved ones—and your imagination—to visit the age of Queen Elizabeth I and Shakespeare in a forested fantasyland and quaint English village. Shop for handmade goods, behold intricate period costumes (or wear your own!), and take in spirited events like jousting and fire-whipping demonstrations. Adults can also partake in a pub crawl through the village taverns, while children are invited to the Court of Queen Elizabeth for a one-of-a-kind knighting ceremony that will make them feel like heroes for the day.

For more info, visit renfair.com/ny



Photos courtesy of New York Renaissance Faire



Photo by Travis Trautt

2 Bumbershoot

(August 31–September 1)

Those who seek alternatives to typical Labor Day celebrations like backyard barbecues and pool parties need look no further than Bumbershoot. Held annually in the heart of Seattle, this electrifying music, art, and food festival invites music-lovers to gather before its massive stage and relish performances from artists across various genres. In celebration of the Pacific Northwest's characteristically eccentric culture, you can expect to witness other escapades on full display as well, from wrestling and performance art to car shows and a cat circus.

For more info, visit bumbershoot.com



Photo by Jim Bennett

3 Colorado Springs Labor Day Lift Off

(August 31–September 2)

Every Labor Day weekend, the skies above the Rocky Mountains become speckled with inflatable artwork during this enormous hot-air balloon festival. Here, you can lay out your picnic blanket or stroll among food vendors while marveling at the inflatable vessels. Look out for classic balloons and quirky ones alike—past highlights include a giant Pepsi-branded football and a flying Darth Vader helmet. If you're brave enough, you can even climb into a balloon basket and enjoy a nearly hour-long ride. Then be sure to stick around after dusk to witness the vessels illuminating the night sky. "With early morning balloon launches, a 5K run, live entertainment, skydiving demonstrations, and evening balloon glows, this is one weekend you won't want to miss," writes Colorado Springs' tourism board.

For more info, visit coloradospringslabordayliftoff.com



Getty Images

4 State Fair of Texas

(September 27–October 20)

Pack your sunscreen, cowboy hat, and appetite for this romp known as "the most Texan place on earth." For twenty-four days, Dallas's Fair Park explodes into a celebration filled with carnival rides, live music, a much-anticipated college football game known as the Red River Rivalry, and—perhaps most famously—deep-fried everything. Concessionaires roll up their sleeves to compete for Big Tex Choice Awards, whipping up decadent treats ranging from old reliables like "corny dogs" to must-try innovations, including cookie butter nachos and Oktoberfest pizza. This event may take place in autumn, but the Texas heat and indulgent eats will make you feel like summer is still in full swing.

For more info, visit bigtex.com



Photo Credit: State Fair of Texas/Kevin Brown



Photo Credit: State Fair of Texas/Kevin Brown

AMERICA'S FASCINATION *with Fantasy Sports*

Interview with **Ian Allan**
Written by **Matthew Brady**
Photography by **Getty Images, unless noted**



Get *Fantasy Football Index* here.



Fantasy sports pioneer **Ian Allan**, cofounder of the industry's first and longest-running magazine, *Fantasy Football Index*, discusses the activity's origins and why people love it so much.

Who started fantasy sports?

Its origins are generally credited to a man named Bill Winkenbach, who was actually a limited partner of the Oakland Raiders. He dabbled in things like fantasy golf before coming up with his football idea in 1962. He brainstormed rules with a pair of sportswriters and started the first fantasy football league.

How did your publication come about?

Fantasy Football Index started as a college project when I was at the University of Washington in the 1980s. I worked on the student newspaper there with fellow journalism major Bruce Taylor, and we ended up becoming roommates. Bruce had to come up with a creative idea for a business class and then take a step to implement it—he decided to start a fantasy football magazine since to that point, only football publications existed, not fantasy-focused ones. He made me the writer, and we created the first issue and started distributing it.

In your opinion, why are fantasy sports so popular?

I think it's mainly because they're interactive. Before fantasy sports, you'd go to a game, and your job as a fan was to sit and cheer when your team scored, boo the other team, and hope yours won. But through this activity, you can do something more active: create your very own team and try to figure out how to make it stronger. In fantasy football specifically, you draft NFL players—quarterbacks, running backs, wide receivers, etc.—and then pit your team against others in your league. So you've got some skin in the game, even if you're not really a football fan, and that's a very powerful thing.

Camaraderie is also a big part of the appeal. It's like a college or family reunion for a lot of people. Everyone in my fantasy football leagues enjoys getting together for our draft each year, checking in with our old friends, and then having our shared experience of going through the season. No matter the sport,

Headshot courtesy of Ian Allan



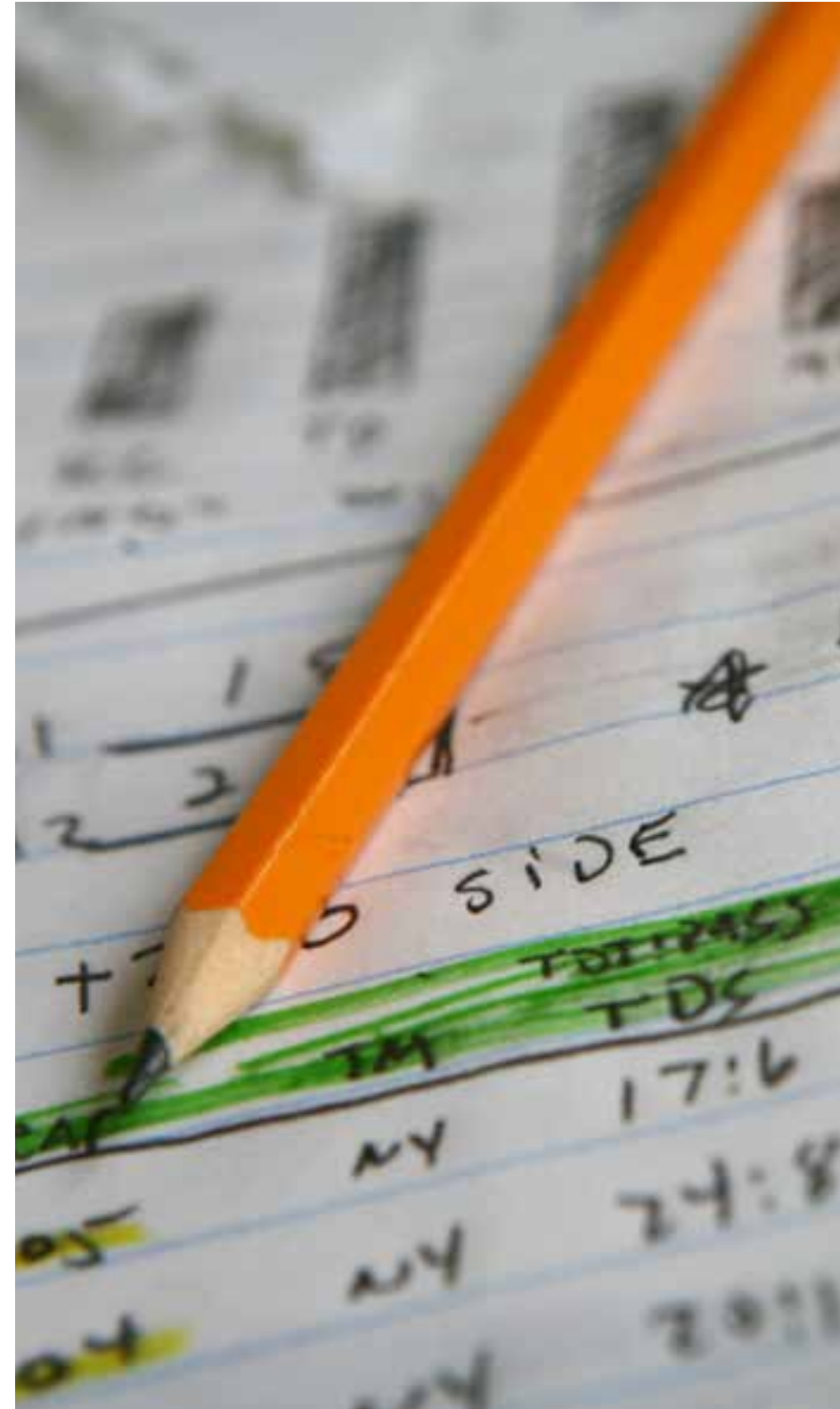
money usually isn't the primary motivator. For me, it's more about competing against my eleven buddies and trying to emerge with the championship.

Are there any downsides, such as the activity impacting your real life?

It can certainly get addicting or overwhelming. Some people have ten, twenty, or even a hundred teams. I can't do that. When I get to five teams, it feels like they all start blending together. In 2024, I was actually in only one fantasy football league for the first time ever—even when I started playing in 1986, I was in two leagues. Today, because of my job, I can get the same enjoyment from providing numbers, tendencies, trivia, and advice to *Fantasy Football Index* followers as I do from playing it.



And the line between fantasy and reality can easily blur, such as when you are playing against someone in your league who has players from your favorite pro team: you're almost forced to root for the latter to fail so your fantasy team can win. It happens all the time. I think there's often a tipping point when you have to decide whether you care more about your fake team or your real-life one. Would you rather win your league or have your favorite pro team win the Super Bowl? Personally, I flipped over to the fantasy side long ago.



“Camaraderie is also a big part of the appeal. It’s like a college or family reunion for a lot of people.”

I also try to separate fantasy sports from real life whenever I can, which is probably a good suggestion for anyone involved in it. Whether I'm participating in fantasy leagues or spending time with my wife, Denise, I want to be totally present. For example, leading up to and during the football season, I'm often working seven days a week and cranking out a lot of hours. But the past few Februaries, Denise and I have gone to Hawaii, where I largely detach myself from the sport. And in our day-to-day life, I only share *People* magazine-type stories with her. She's more interested in the personality dynamics of fantasy sports, like who's annoyed at who in the league, but that's it. I don't discuss my teams with her.

Overall, how has the fantasy sports experience been for you?

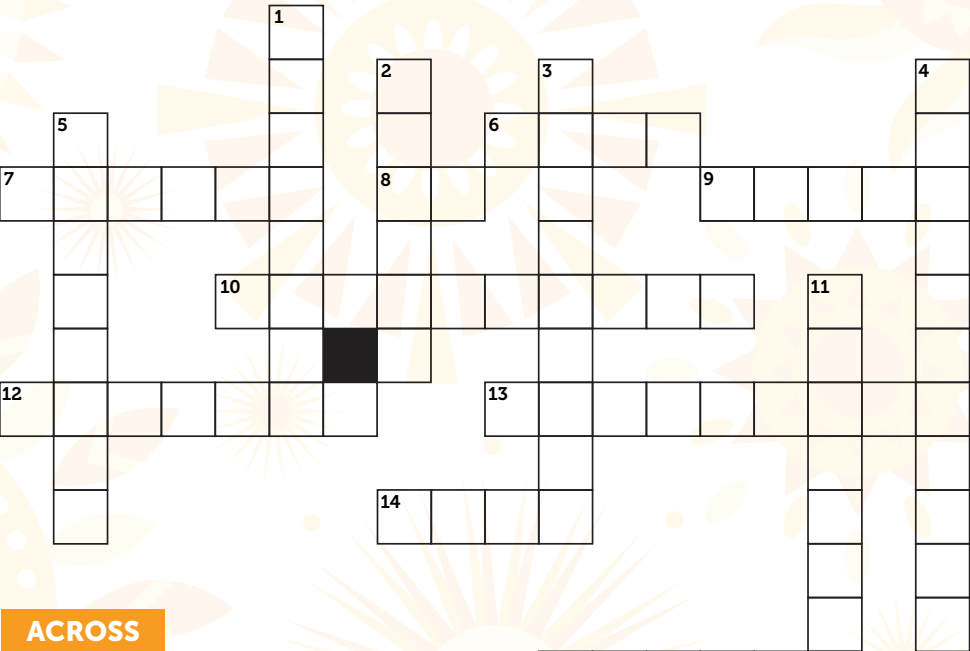
I've been blessed. It has provided so many fun times and bonding experiences since I started playing it, which is the main reason people join. I could have done any number of things with my life, but I happened to stumble onto fantasy football at the perfect time and place, and my life has been enriched because of it.

For more info, visit fantasyindex.com

SUMMER VIBES CROSSWORD

Challenge yourself to find some of the best activities, foods, and places to enjoy this season!

Created by **Lauren Kim**



ACROSS

- 6 Beach shade tree
- 7 A festive Fourth of July event
- 8 Home on wheels
- 9 Poolside read
- 10 Summer fruit
- 12 Lightning bug
- 13 Explosive display
- 14 Stars and stripes
- 15 Ocean voyage
- 18 Where the Declaration of Independence was signed
- 19 Quick photograph
- 20 Longest or shortest day of the year

DOWN

- 1 America's pastime
- 2 Frozen fruit dessert
- 3 Colorful hobby
- 4 Site of Old Faithful
- 5 Getaway
- 11 Backyard gathering
- 15 Seaside
- 16 Make a splash
- 17 Outdoor meal

ANSWERS
Across: 6. Palm, 7. Parade, 8. RV, 9. Novel, 10. Watermelon, 12. Firefly, 13. Fireworks, 14. Flag, 15. Cruise, 18. Philadelphia, 19. Snapshot, 20. Solstice
Down: 1. Baseball, 2. Sorbet, 3. Gardening, 4. Yellowstone, 5. Vacation, 11. Barbecue, 15. Coastal, 16. Swim, 17. Picnic

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Back of Tear Out Card 2

RIGATONI CANNOLI

**MAKES ABOUT 30 CANNOLI;
SERVES 8**

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• ½ lb. of rigatoni• Kosher salt• Vegetable oil• 2 tbsp. ground cinnamon• 2 tbsp. granulated sugar• 1 c. whole milk ricotta• 2 tbsp. confectioners' sugar• Cocoa powder	<p>1/ Cook the rigatoni in a pot of salted boiling water according to the package instructions. Once tender, drain the pasta. Set aside pieces that have broken. Blot the winners dry with paper towels. Roll them in about a tablespoon of oil so that they don't stick together.</p> <p>2/ Heat 1 in. oil in a medium saucepan on medium-high heat until very hot but not smoking. Line a large plate with paper towels. Gradually, add the rigatoni noodles, so as to not overcrowd the pan, and fry until golden and crisp, about 2 minutes. Remove with a slotted spoon and drain on the paper towels. Add more oil to the pan, if needed, and continue frying the remaining pasta.</p> <p>3/ In a shallow bowl or on a small plate, use a fork to combine the cinnamon and granulated sugar.</p> <p>4/ While the rigatoni is still warm, roll in the sugar-cinnamon mixture, shaking off excess. Place on a clean plate and continue to roll the remaining pasta.</p> <p>5/ In a medium bowl, combine the ricotta and confectioners' sugar until incorporated. Transfer the mixture to a piping bag using a rubber spatula. Snip the tip of the piping bag and fill each rigatoni with the ricotta mixture.</p> <p>6/ Set the filled cannoli on a serving platter. Garnish with a dusting of cocoa powder and serve.</p>

Recipes from *Swing By!* by Stephanie Nass, Rizzoli New York, 2024. Photography by Stockton Johnson.

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