

Active Living in North Texas

liveit

July/August 2020

THE *Beauty* ISSUE

Looking beautiful starts by feeling beautiful.

Local Flavor
Ten:One

Boardwalk
Lake Weatherford Park

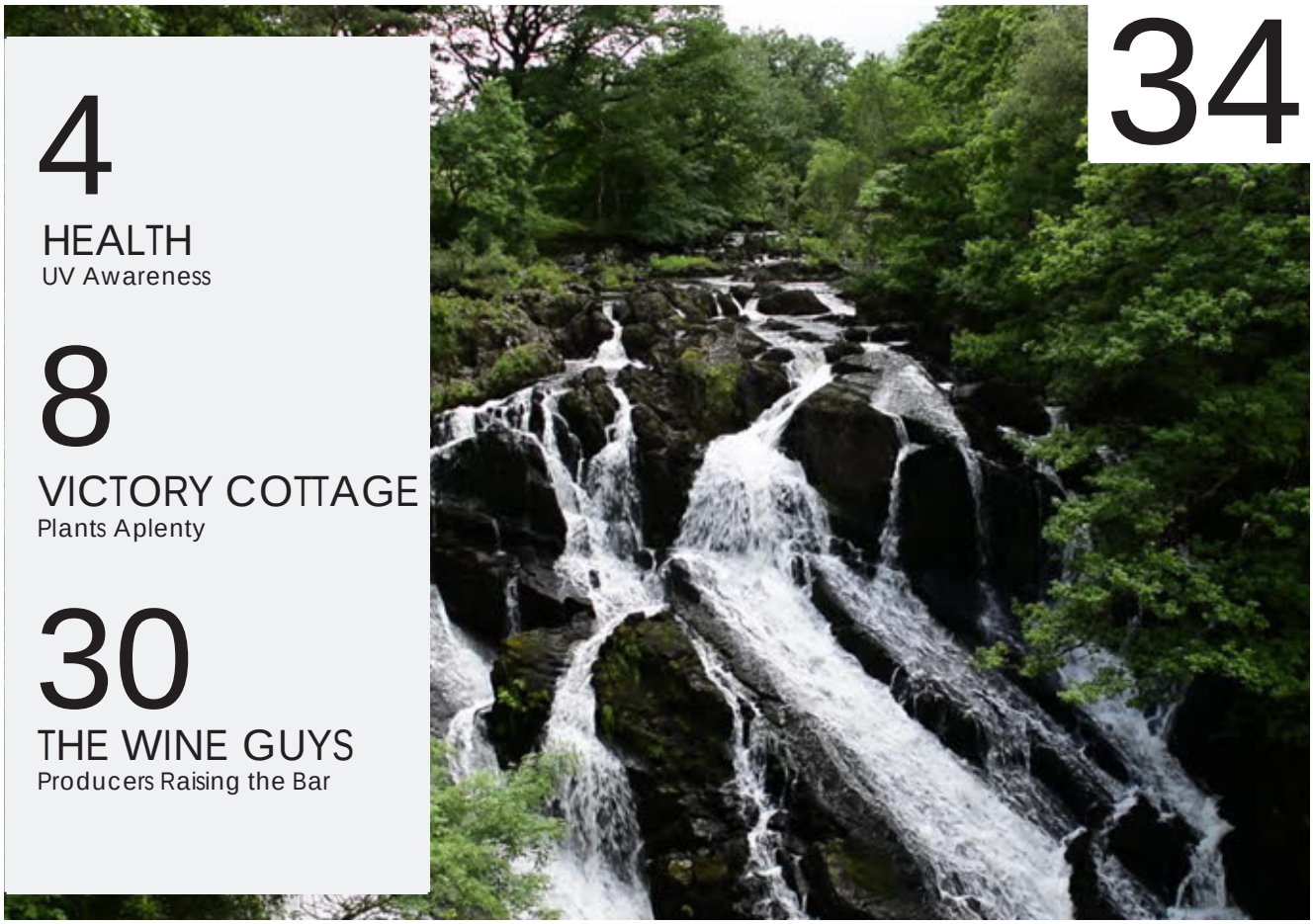
The Garden Guy
Wedgewood Blue

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hello readers,

Welcome to the July/August issue of LiveIt magazine, the one we have dubbed our "Beauty" issue.

I'll let you in on a secret, creating a beauty issue in the middle of a global pandemic when many of us couldn't recall the last time we fixed our hair or put on makeup wasn't exactly the easiest task.

However, as restrictions began to ease and I ventured into public once again, I remembered how great it felt to get dressed up, have those pesky roots colored and put on a little mascara. About that time, I came across a quote by author Julia Quinn, "But looking beautiful, I think, isn't as important as feeling beautiful." These words of wisdom resonated with me. I believe true beauty is on the inside, and is expressed on the outside through confidence and a bright smile.

I hope we can all learn to see the true beauty in each of us, no matter the color of our skin, sex, age, color of our hair or eyes, and any other physical trait.

Our contributors have outdone themselves once again. After reading Donna Long's 'Local Flavor,' I am dying to try the cheese and beer shop Ten:One in Denton, Texas. She also brings us to Conwy, Wales, yet another stop I am putting on my travel list.

Meanwhile, Mandi Dietz takes us to a destination close to home with Lake Weatherford. The Garden Guy stuns us with Angelface Wedgewood Blue, while Kassie Pounds discusses decorating with plants in 'Victory Cottage.' Joshua Campbell shines a spotlight on James Brewer T.K. Ranch in this month's 'Good Works,' Brent Shaw helps us with our finances and The Wine Guys provide us with a good alternative to bottled wine for those picnics and boat trips. Don't forget to take a trip down memory lane with the movie Caddyshack in 'Tee Time with Tom.'

Visit our website at www.liveittexas.com where you can subscribe to an online edition. Don't forget to submit photos of your beloved pets, your favorite recipe, photos from your favorite community activities or story ideas for an upcoming issue. Follow us on Facebook, Instagram and Twitter for more from LiveIt magazine. May you have a happy and blessed end to your summer.

Best wishes,

Dani Blackburn

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ON THE COVER

True beauty shines on the outside when we look and feel out best on the inside. Find ways to care for your body and feel confident in the July/August issue of LiveIt magaine. (Photo courtesy Metro Creative)

How to be safe in the sun

UV Safety Awareness Month

By Metro Creative Connection

A relaxing day outdoors soaking up some of the sun's rays is how many people prefer to spend their free time when the weather allows. While the very vision of a warm summer afternoon spent outdoors can invoke positive feelings, it's important that people take protective measures before going outside and continue to do so while they're out there.

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight.

UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin.

Overexposure to these rays can lead to skin cancer. The ACS notes there are no safe UV rays, so it is imperative that people take UV protection seriously.

The following are some of the many ways to protect yourself while still enjoying sunny days outdoors.

Go out at the right times of day. The ACS notes UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and 4 p.m., so staying inside during these hours can protect your skin. This is especially important in the spring and summer, as the ACS says UV rays are stronger during these seasons than other times of year.

Employ the shadow test when going outside. It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment.

According to the ACS, if your shadow is shorter than you, that means the sun's rays are at their strongest. This simple test can help people immediately determine how strong the sun's rays are, compelling them to be extra cautious if necessary.



Hats with a brim that is at least two to three inches all around protects vulnerable areas. (Courtesy photo)

Apply sunscreen early and reapply often. The ACS recommends using sunscreens with broad spectrum protection that protect the skin from both UVA and UVB rays and applying them before leaving the house and reapplying often while outdoors.

When choosing a sunscreen, choose one with a minimum sun protection factor, or SPF, of 30. Understanding SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB ray exposure for each 30 minutes he or she spends in the sun, so one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected.

Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp.

Choose a hat with a dark, nonreflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.

Sun protection is important year-round, and especially so during spring and summer.

James Bruner TK Ranch

Caring for those with special needs

By Joshua Campbell

Individuals with special needs sometimes require special care.

Back in 1984, one family decided that, for at least some individuals, the best type of care is long term care with a Christian foundation. This family had two such individuals, step-brothers Terry and Keith, who could benefit from the type of care of which the family dreamt.

Rather than sit back and hope for someone else to meet the need, Terry and Keith's family jumped into action.

From that dream, a 70-acre ranch nestled in Montague County currently called The James Bruner TK Ranch was born. According to administrator Elizabeth Dunn, the ranch is still very much a "family affair."

The ranch, staffed by Dunn and seven others, currently houses 27 residents between three dorms, two for men, one for women. Each dorm has a staff member as a "house parent."

Dunn stated the facility is at peak capacity, with only two spots open in the men's dorms.

While the ranch could house more, and Dunn said they are licensed to do so, they would rather keep the full-time residents at a threshold that allows for respite care.

Respite care, Dunn explained, allows for short term stays for families that need a place for their special needs members to hang out when necessary.

Unfortunately, due to the current pandemic, this service is temporarily suspended.

Aside from the dorms, the ranch has a multi-purpose building which includes a gym, a pool, and a meeting area.

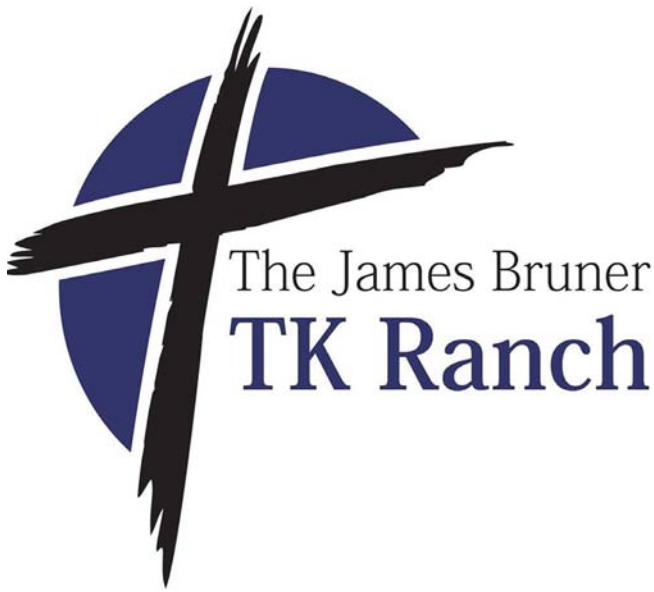
Dunn explained the residents use this facility for crafts, bingo, and community meals.

When asked about volunteering, Dunn said it is the residents who do the volunteer work.

The James Bruner TK Ranch partners with local Meals on Wheels and various other community organizations, including local churches.

Some of the residents work off-site, and the ranch provides transportation services to get them to work, as well as taking them to doctor's appointments and other errands.

The most important thing the ranch does for its residents, said Dunn, is providing a stable environment for its residents.



Back in 1984, one family decided that, for at least some individuals, the best type of care is long term care with a Christian foundation. From that dream, a 70-acre ranch nestled in Montague County, currently called The James Bruner TK Ranch, was born and continues to help those with special needs.

In addition, the ranch allows for the family members to rest easy knowing their loved ones are being well taken care of.

The James Bruner TK Ranch, while licensed by the state, receives no government funding.

It depends upon not only the monthly fee for resident stay, which has, on occasion, been discounted for residents' families facing financial difficulty, but also on generous donations from others.

The ranch also accepts donations of food items and everyday household goods. Dunn said the residents occasionally get to dine on venison donated by local hunters.

If you want to learn more about The James Bruner TK Ranch, you can visit their website at Tkranch.org, or you can find them on Facebook at: https://www.facebook.com/JamesBrunerTKRanch.

Financial Review:
The Ever-Changing Life

By Brent Shaw, Modern Woodmen, Fraternal Financial | m.brent.shaw@mwarep.org

Over these last few months, many of us have taken an impromptu break from regular routines to quarantine and social distance. Through this, an unexpected blessing has come about with being able to spend more time with our families and those we love. I know some of you are thinking, being trapped in the house with the family for months isn't as much of a blessing as I am making it out to be.

Either way, we have had time to reflect on what matters most to us. I began to think about what I am doing to protect and provide for them financially.

One of the major ways to provide and protect your loved ones can be covered by life insurance. Most people have life insurance in some form, but when is the last time you have sat down and re-evaluated your needs?

Today let's look at how to maximize your portfolio by ensuring your life insurance complements your changing needs through life.

At what stages in life does life insurance need to be reevaluated?

From changing jobs, getting married, having one kid, and then whoops another kid, life is ever-changing and often unexpected at times. As we build and grow our nest egg, the roll of life insurance changes based on an individual's need. For instance, you took out a 30-year term policy for $100,000 at age 35. At the time, you were a newly married couple that wanted protection to pay off the house should something happen. That policy met the needs of the current situation.

Now fast forward 30 years, and that term policy is almost up. Once it is over, that's it. In this scenario, the term policy did what it was supposed to do, it covered you for the time period you needed, and now the house is paid for.



As we build and grow our nest egg, the roll of life insurance changes based on an individual's needs. (Courtesy photo)

What also has happened is that you have now developed a need for life insurance for estate planning. Ideally, you have spent the last 30 years growing your retirement and other investments with your financial advisor, and there is a need to be able to pass on that wealth to our beneficiaries.

A whole life policy that stays with you for the rest of your life is one of the few ways to pass wealth on tax-free.

Some policies may even offer the option for conversion of that earlier term to a whole life policy, but that will typically include an increase in premium. That is why it is important to review your life policy at least annually with a qualified life insurance professional and/or financial advisor.

What should I be looking at when I am reviewing my policy?

When you identify it is time to reevaluate your life insurance, it may seem to be a challenging task. You can reduce that headache by asking these three questions about your life insurance.

1. What am I protecting with this life insurance? When you think about the purpose of the insurance you have, it is often as simple as providing income for your loved ones or college education for your kids if something should happen to you. As I mentioned earlier, this is a very dynamic and changing answer as life marches on. The kids have graduated from college, and the investment savings is more than enough to provide, so the amount of coverage you have could be more than enough, or maybe other obligations mean you now need more coverage. This is a chance to dive into what you want to see provided for at this given moment if the unexpected should happen.

2. Whom do I want these dollars to benefit? One of the vital portions of your policy that needs to be looked over at least yearly

is the beneficiary. We have established that life is ever-changing and whom we want to utilize the dollars also changes. For instance, you have more grandkids, a different spouse, or maybe the life contract was originally taken to protect a business you are no longer running. Whatever the case may be, make sure the people you want to benefit from your life insurance are named on the policy; otherwise, there could be undesired consequences. No matter what you have placed in a will or made with written last wishes, contract law dictates that whoever is on the life contract as a beneficiary is going to receive the funds. A life insurance policy is a contract that is settled outside of probate or before the will is enforced. The same could apply for your other investments, such as a retirement account or transfer on death accounts. Deciding who your beneficiaries are is an important task that may need adjustment several times in life. Review your policy beneficiaries today with an advisor and attorney to guarantee your loved ones are covered.

3. How does this policy complement my whole portfolio? How your life insurance supports your other investments dictates what type of policy and at what amount is right for you. As you continue to generate income, contribute to your retirement account or other investments, one aspect of a whole life policy is the cash value. There are many types of whole life, but typically if you get a whole life policy, it has an accumulating cash value with it. That cash can be utilized like a fixed savings account that pays a guaranteed interest. This can be completely out of the influence of the stock market, and the cash can be used in many ways to further benefit you down the road. The cash value could also be used to convert your policy to a paid-up option that better suits your current situation. This is another excellent topic to visit with a life insurance professional about.

Last note

While life insurance is just one portion of your whole portfolio, it is one of the foundational pieces. Every single person has a unique financial portfolio that requires a custom review with a financial representative. That includes your life policy. You want your expectations and needs to match your life coverage.

We never know what God has in store for us like a pandemic or even a tornado, but we do take comfort that we will make it through to the other side. Maximizing your portfolio's potential requires upkeep and working with a professional can make that maintenance a breeze.



Plants Aplenty in Decor

By Kassie Pounds

Plants have always had a place in our homes. When I was growing up, it seems like I remember most of the plants we had were either gifts, or from a funeral when a loved one passed away.

When I got married and we bought a house of our own, plants were the furthest thing from my mind because I have what I like to call an "off-green" thumb.

Off-green means I'm not the worst at it, but sure not the best either.

After I gave birth to two babies at one time and have managed to keep them, and myself, alive, I figure I can do most anything. So I gave plants a try.

Even though plants have always graced most of our homes at some point, they are actually trending right now.

They're having a huge moment, and I couldn't love it more. I started out a few years ago with a fiddle leaf fig tree, and have just kept going from there.

Plusses to Plants:

1. Plants are an easy, typically inexpensive way to change up decor.
2. There are so many cute planters and pots out there, you may find yourself buying the pots before the plants. (Guilty here.)
3. Plants add so much life to a space and blend with any decor style.
4. Plants are air purifiers and some are even good for allergies, or keeping insects at bay.
5. Research has shown plants are a natural mood booster and stress reliever.
6. Plain and simple: plants are just pretty.

I'm not one to jump on every trend, but this is one I can get onboard with and keep even after the trend has passed.



Plants are definitely trending right now, with many cute options for planters and pots available. (Photo courtesy Kassie Pounds)

I've even found myself thinking about a tiny "greenhouse" of sorts for the backyard, that of course will be decorated appropriately (the husband hasn't heard this one yet, shhh).

I do believe my thumb is looking greener as I type.

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Angelface Wedgewood Blue

Will Make You a Believer in Summer Snapdragons

By Norman Winter, Horticulturist, Author, and Speaker | Facebook @NormanWinterTheGarden Guy

The day you look at a Wedgewood Blue Summer Snapdragon is the day you will get hooked and believe anything is possible with today's flowers. It looks as though each flower is a rare piece of hand painted porcelain. Wedgewood Blue is part of the Angelface series of summer snapdragons which represents nine different selections with pages of awards.

If you are about ready to hit the pause button on The Garden Guy and ask what in the world is a summer snapdragon, I don't blame you. I would return by asking do you know this flower by the name of angelonia? The industry spent a number of years calling the plants angelonias and many continue the trend and that is okay.

Then others like Proven Winners switched to summer snapdragon which is about perfect. Botanically speaking they are Angelonia angustifolia and native from Mexico to the West Indies, Central and parts of South America.

They are indeed as much a snapdragon as the cool season Antirrhinum majus from Europe that many grow as a fall planted annual.

If you look at the flower close-up, you indeed see what looks like a mouth with some tiny chompers.

The next thing you may be thinking is that this is the middle of summer and your landscape is already tired. This is precisely why a pick me up with a couple of trays of Angelface summer snapdragons is just what is needed.

They will give your landscape the color it needs until pansy planting time in October.



Angelface Blue abgelonia or summer snapdragon thrills in this container with Supertunia Royal Magenta, Supertunia Royal Velvet and Supertunia Sharon. (Photo courtesy of Proven Winners)

The Garden Guy has been growing Angelface Perfectly Pink and attracting a lot of attention with its large flowers and sturdy robust branching, I am using them as thriller plants in smoke stack typed containers with Lemon Coral Sedum and Whirlwind Blue Scaevola.

I was amazed at the quick branching giving multiple blooming stems. Gardeners, I promise you will love it.

Angelface Wedgewood Blue, the variety I mentioned first has won awards from Oregon State University east to Cornell in New York, so you may be wondering, how abut the hot humid south?



King Tut Umbrella Papyrus, Angel Face Wedgwood Blue Angelonia and Superbells Apricot Punch create an artistic masterpice.



Angelface Perfectly Pink, Lemon Coral Sedum and Whirlwind Blue scaevola provide three part harmony. (Photos courtesy Norman Winter)

Well it was Top Performer and Best of the Best in University of Georgia Trials and Perfect Score All Summer at Oklahoma State University. Don't forget its native range is hot humid sweltering and lots of rain.

One of the most elegant uses I ever had the opportunity to see and photograph was a container with King Tut papyrus grass as a tall but airy thriller and Angelface Wedge Blue used as a drop dead gorgeous mid-level thriller. Superbells Apricot Punch calibrachoa was the spiller that also mesmerized.

The Angelface series offers four standard selections that reach 18 to 30-inches in height, and two extra-sized, Super Blue and Super White that can reach a whopping 40 inches. The newest are three that trail and go by the name Cascade, Cascade White, Cascade Pink and Cascade Blue.

Those that trail or cascade reach up to 14-inches in height, but with the ability to spread near 30-inches

Growing is easy. Select a site in full sun for best blooming. Know this plant is so tough you can now as a July landscape pick-me-up. Though it is rough and persevering please do not stick in tight, concrete-like soil.

Before you plant, incorporate two to three inches of organic matter in to your bed, or better yet plant on rained beds using a prepared landscape mix.

Angelonias are terrific, low maintenance, worry free plants. They will work superbly in a "grandma's cottage garden" type landscape and yet have the ability to look at home next to bananas or elephant ears in a tropical style garden.

The Angelface Series has won 143 awards, so the real issue is to make sure 2020 is the year you give them a try.


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Tips to help men look their best

By Metro Creative Connection

Though television commercials might give the impression that beauty and grooming concerns are exclusive to women, men like to look good, too.

In fact, according to the market research firm Euromonitor International, retail sales of male grooming products at Procter & Gamble exceeded $11 billion in 2016.

While men many never spend as much money on beauty grooming products as women (a survey of 3,000 women conducted by online beauty retailer SkinStore found that women in the United States spend roughly $300,000 on their faces alone during their lifetimes), that does not mean they aren't equally as concerned about their appearances as women. Men who want to look their youthful best can consider the following tips.

Cover gray hairs. Men who aren't ready to go gray but are anyway can find products designed specifically for men who want to conceal their gray hairs.

Avoid dyes that might bleach all hair, including those that are not gray, opting instead for a product that tints gray hairs without affecting hairs that still boast their natural colors.

Maintain your beard. The beard boom continues, but men who want to look sharp and well-groomed should make an effort to trim any wild facial hair they may have.

Beard combs are designed to minimize damage to facial hair when used and can help to smooth facial hair that can appear unkempt. Some barbers even specialize in grooming beards, which can be helpful for men who are short on time or those with especially long beards that could use a little love and attention.

Protect your face. Skin dries with age, but men can take steps to protect their skin and keep it glowing as they grow older. When spending time outdoors, always wear sunscreen with a minimum SPF of 30 and, ideally, one that includes moisturizer as well.



While men many never spend as much money on beauty grooming products as women (a survey of 3,000 women conducted by online beauty retailer SkinStore found women in the United States spend roughly $300,000 on their faces alone during their lifetimes), that does not mean they aren't equally as concerned about their appearances as women. (Courtesy photo)

Exposure to the sun without adequate protection can lead to the formation of lines and wrinkles while increasing a man's risk for skin cancer. Night creams that contain retinol can help smooth wrinkles and give skin a more even-toned look.

Prescription night creams tend to be considerably more potent than over-the-counter alternatives.

Make an effort to reduce stress. Stress produces a host of negative side effects, some of which can indirectly affect appearance. Some people dealing with stress end up suffering from insomnia, which can contribute to bags under the eyes. Stress can adversely affect hydration of the skin, contributing to dry skin.

Stress also can contribute to hormonal imbalances that lead to skin conditions such as acne, psoriasis and eczema. If stress is a problem, make a concerted effort to reduce it, even working with a physician to reduce stress when necessary.

Men are concerned about their appearances just like women. There are many simple ways for men to address their appearance so they look and feel better.

the liveit list





Summer Beauty Essentials

The Best Products for Under the Sun

1. Too Faced Waterproof Mascara, Ulta Beauty, $25
2. Wetbrush Paddle Shine with Argon Oil, Kohls, $14.99
3. St. Tropez Self Bronzing Mousse, Sephora, $44
4. Sun Bum SPF70 Sunscreen Lotion, CVS, $15.49
5. Herbivore Botanicals After Sun Skin Soothing Aloe Mist, Nordstrom, $20
6. Vera Bradley+Venus Razor, Target, $6.99
7. Healthy Sexy Hair Tri-Wheat Leave In Conditioner, JcPenney, $16.11











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Caddyshack 40th Anniversary:

Actors take us back to the shack

By Tom Ward | www.teetimewithtom.com

This year marks the 40th anniversary of the film Caddyshack, which was released in July 1980 to underwhelming reviews by the film critics. Nevertheless, the film gained cult status over the years scoring with fans worldwide because of its slapstick comedy, unforgettable characters and endlessly quotable dialogue.

Nowadays, the screwball comedy is considered a classic.

I spoke with two actors that had a front row seat to all the hijinks going on and off camera. Scott Colomby and Peter Berkrot played the D'Annunzio brothers in the film that caddied at the fictional Bushwood C.C.

Before Caddyshack, Colomby worked steadily with guest starring roles on episodic television like One Day at a Time, a recurring role on NBC's daytime drama, Days of Our Lives, as well as feature films and television movies. For Berkrot, Caddyshack would be his first film.

Caddyshack was written by Doug Kenney, Harold Ramis and Brian Doyle-Murray. Colomby said the original script was all about the caddies.

"The adults were all peripheral characters. It was all based on the Murray brothers growing up working on a golf course. The reason the script changed was because we had a hurricane.

A lot of our sets were blown down so after that a lot of it was improvised. The original script compared to improvised sketches that came off dramatically changed the film," Colomby stated.

Tell me about working with Rodney Dangerfield and your relationship with him off the set.

"I became friends with Rodney immediately. When Rodney would hang with other people he was always on, telling jokes. With me he would come into my room and ask me what I was doing today. I told him I was going to town to do my laundry and he wanted me to wait for him as he went and got his laundry.

He came back with a pillowcase of clothes. I was thinking he could afford to have anything sent out, but instead he would rather go to the laundry mat with me. He just wanted to hang out and not have to be on," Colomby recalled.

"In the film there is a scene where I asked him, 'What do you got in here, rocks?' referring to his big golf bag. He had a television, radio and a beer spicket in it. Rodney says, 'When I was your age I would lug ice up five or six flights of stairs.' Now what that meant I have no idea. Then I dropped the golf bag and said, 'So what?' Then Rodney says, 'So what? So let's dance!' Then he turns on the music and the funny thing is we didn't rehearse that scene. Rodney broke out in that dance and I put my head in my hands to cover it, leaning into the golf bag because I thought I was going to fall on my butt laughing."



Despite underwhelming reviews upon the release of Caddyshack in July 1980, the film gained cult status over the years, scoring with fans worldwide because of its slapstick comedy, unforgettable characters and endlessly quotable dialogue. Nowadays, the screwball comedy is considered a classic. (Courtesy photos)

For his first feature film Berkrot was thrown into the lion's den with the iconic funny man Bill Murray. I asked Berkrot to tell me about his famous Dalai Lama scene with Bill Murray.

"I was told to be on the set after lunch and I walk into the shack and there is Bill Murray holding this

big rusty scythe," Berkot said. "He starts swinging it near my face and I was so surprised I think it was pure panic or else I would have never spoken up.

In retrospect I'm surprised I said anything, but I told him, 'No way you're going to stab me with that thing.' Then he says, 'Ah alright on second thought,' and then he picks up this pitchfork and the rest is history.

During each take, Bill would try new things to keep it fresh and unpredictable. I remember at one point, I asked him to take it easy with the pitchfork because it hurt. He tells me, 'Quit whining Berkrot!'

That scene took about seven hours to shoot.

I do remember by the end of the day shooting that scene I looked like I had hives. My entire neck and chest were covered with spots where the pitchfork poked me.

It was a heightened event as I'm having a scene with Bill Murray and I was totally aware of how cool it was while at the same time trying to maintain some sort of semblance of the character."

Colomby mentioned to me that every set he has ever worked on is different, but the Caddyshack set was the best one by far.

"I came up with an interesting observation that there was no class separation between the cast and crew especially at the parties," Colomby added.

"I think because of that there was a really bonding that happened as it became us against the world."

Why do you think your film has endured for all these years?

"Caddyshack initially got killed by the critics when it came out. However, when VHS tapes were available for people to rent in the 1980's that film was saved by sports teams and rock musicians that played it on their buses," Colomby reflected.

"I would liken it to another film called 'It's a Wonderful Life.' Same thing happened to that film when it came out, it was widely panned. It wasn't till TV came along and the film started playing during the holidays every year that it grew in popularity.

I think the two films have a parallel. When the general public found these films after they were initially released, they have been seen over and over for decades now. The great director Frank Capra who did that movie which came out in 1946, the reviews were horrible and a phrase was coined called 'Capri-corn'.

Meaning something is too corny. When that film comes out every Christmas time it isn't too corny and it's a wonderful, beautiful film as was our film Caddyshack."



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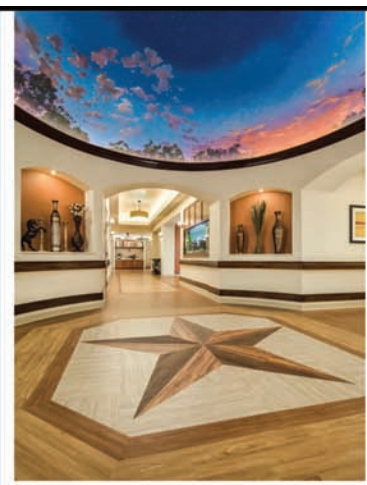
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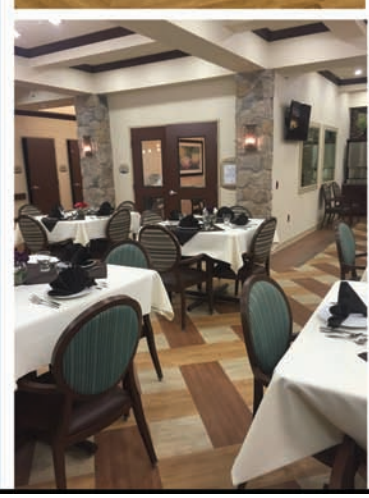
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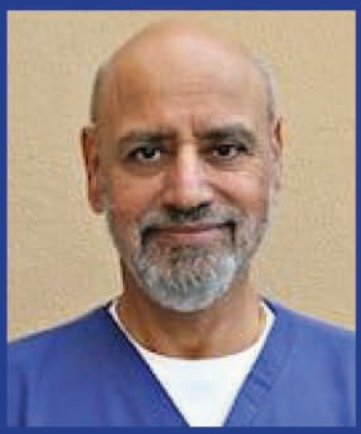
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THE *Beauty* ISSUE

"Looking beautiful isn't as important as feeling beautiful." - Julia Quinn



Too often in today's society we allow the media and others' point of view dictate how we feel about ourselves. We are constantly comparing our own beauty to those who have perfect skin, a flatter stomach, longer hair, and the list goes on as we hold ourselves to a very unrealistic level. Only when we realize beauty is on the inside can we feel our best on the outside. However, sometimes a little help from our dentist, hair stylist and even a surgeon can help us be our most confident self. At the end of the day, being comfortable in our own skin is what true beauty is all about. For this Beauty issue, we have rounded up a few ideas for feeling confident with help from local experts.

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Diet and Exercise

The best way to feel confident is by taking care of your body, and that starts with a healthy diet and exercise. The rewards of being physically fit extend beyond just a slimmer waist and toned abs; it can improve overall health, decrease anxiety and make you happier with the reflection you see in the mirror. While weight loss has major health benefits, it also is good for the skin.

That workout glow is caused when blood circulation increases, delivering much needed nutrients and oxygen to skin cells. This repairs damaged skin and increases collagen production. Sweat also flushes out toxins that cause clogged pores and as a result, acne.

Once those toxins have reached the surface of your skin, make sure to wash your face after a workout. If it dries, it becomes the perfect home for acne.

Diet is just as important, if not more so, than exercise with all the same benefits – a healthier lifestyle, slimmer waist, improved mood and glowing skin.

A low sugar diet is great for acne prone skin, and many dermatologists recommend removing dairy as well. When the body is lacking essential nutrients from eating too many processed foods, it can be seen immediately in the skin, nails and hair.

Meanwhile, consuming too much sugar and caffeine also can prevent the body from absorbing nutrients from the healthy foods you are eating. Without zinc and iron, the body can experience hair loss, breakouts and brittle nails.

What are some good foods for the body? Try a diet that includes fatty fish, sweet potatoes, carrots, oranges, spinach, broccoli and tomatoes. Don't forget to stay hydrated by drinking plenty of water throughout the day. Make sure to speak with your doctor on other diet options to look and feel your best.

Dermatology

Sometimes, even with correct diet and exercise combined with proper face washing, skin problems occur that we simply can't solve on our own. That is when your local dermatologist comes in handy.

A dermatologist can help with everyday skin care, injured skin, sun protection, hair and scalp care and even nail care. Sometimes we want a little more as our skin ages, wrinkles and dark spots appear. Do you wish your skin had a more even tone or you could get rid of those pesky dark spots? Microbrasion might be the answer you are looking for, a non-invasive treatment that can make your complexion appear brighter and smoother.

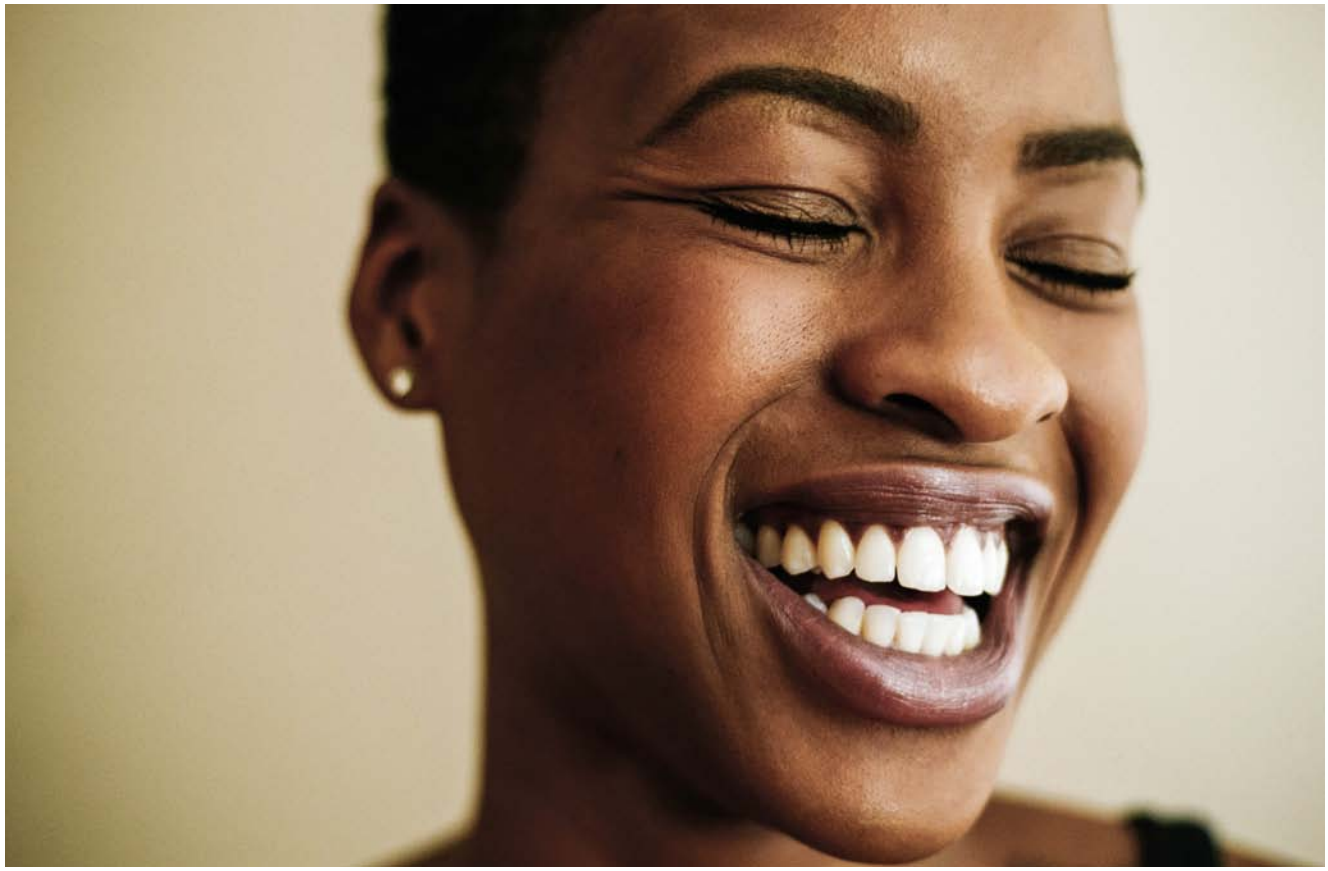
A dermatologist can even help with unwanted cellulite through acoustic wave therapy. Options include laser treatment, subcision where a needle is inserted under the skin to break up the tough bands beneath; vacuum assisted precise tissue release which also breaks up tough bands by using a device that contains small blades to cut through them; carboxytherapy where gas is inserted just beneath the skin; creams and lotions; endermologie, which gives you a deep massage while lifting up the skin; lonithermie cellulite reduction treatments, which cover the cellulite with algae, clay or both, then electrodes are attached to the area and wrapped in plastic where a mild electric current is used; radiofrequency, which



The best way to feel confident is by taking care of your body, and that starts with a healthy diet and exercise.



A dermatologist can help your skin appear more youthful and give you that extra boost of self-confidence. (Courtesy photos)



A smile is almost always the first thing someone notices about you. (Courtesy photo)

heats the cellulite; laser assisted liposuction, removing small amounts of fat; ultrasound liposcultping, a noninvasive procedure targeting and destroying fat and much more. If stubborn fat won't budge after diet and exercise, liposuction might also be the answer. Unwanted hair also can begin popping up on our face, neck and other areas of the body as we age, or we just come to a point where we get tired of shaving. Dermatologists can provide laser hair removal, which can be used on most parts of the body, and help with unwanted scars, stretch marks or wrinkles. Wrinkle treatments typically include botox, a popular cosmetic treatment which can be done in a single office visit and fillers, which help restore the fullness to lips, the face and even hands. There are several options a dermatologist can use to help your skin appear more youthful and give you that extra boost of self-confidence.

"The increase in confidence that comes from a smile makeover is literally life changing. We have seen patients get promotions or better jobs and even get engaged and married," Dr. Van Tassell said. "As the saying goes, when you look good, you feel good."

Cosmetic Dentistry

According to the Academy of General Dentistry, 96 percent of those surveyed believe a smile is important to a person's appearance. It's no wonder, a smile is almost always the first thing someone notices about you. A genuine, bright smile shows you are approachable and enhances your appearance. However, it also is a direct reflection of how you feel about yourself.

Remember, looking beautiful starts by feeling beautiful. Some can take advantage of a naturally beautiful smile, but what happens if your teeth are chipped, have turned yellow or worn down? Fortunately, there are top notch cosmetic dentists in North Texas to help redeem that beautiful smile and create a more confident you.

"A study conducted in the UK showed that smiling can stimulate your brain's reward system as much as 2,000 chocolate bars or winning $25,000," Dr. Dustin Van Tassell with StarImage Dentistry said. "When someone is self conscious about their smile and does not feel comfortable smiling, they are missing out on

Continued on page 24



A hair stylist knows the importance of looking and feeling your best. (Courtesy photo)

Continued from page 23

a substantial amount of joy in their life. Smiling can also reduce stress hormones, increase mood enhancing hormones and can even lower your blood pressure."

What is cosmetic dentistry? It utilizes technology to help improve the aesthetic of your smile and teeth. It also can help fix any trauma.

"Cosmetic dentistry can go a long way into making you not only look great, but also being the healthiest you can be. An additional benefit when combining a smile makeover with fixing the way your teeth fit together, it is like having a non-surgical face lift to get rid of wrinkles around your lips, cheeks and neck."

"As a stylist I want to enhance what God has given each guest," Harris said. "I never want to cover up or hide someone, but i want to pull from their best features and draw focus to that."

There are many services cosmetic dentistry covers, but a few include teeth whitening to help restore a bright smile after years of coffee and other foods doing their damage to the color of the teeth. Microabrasion is available, which also helps return the teeth to a bright white by removing layers of tooth enamel to get rid of stains.

A procedure becoming more popular is dental reshaping and contouring, which involves reshaping and changing the position of the teeth. Veneers are thin shells added to the teeth, while dental implants are an excellent alternative for those who have lost a tooth.

Many suffer from some form of gum disease during their lifetime, making the teeth appear less healthy. Gum rejuvenation can help restore your confidence while providing long term health benefits.

The impact on your wallet can be quite the concern, but you might be surprised at just how affordable cosmetic dentistry can be. Pain also can be a worry, but many procedures are minimally invasive. For example, teeth whitening is virtually pain free. Technology is constantly improving to provide pain free experiences and quicker recoveries. It never hurts to contact your local cosmetic dermatologist to find out for sure what the cost will be and the options for pain management. After all, there's nothing more beautiful than a bright smile, and cosmetic dentists have witnessed the impact it can have in their patients' lives.

"The increase in confidence that comes from a smile makeover is literally life changing. We have seen patients get promotions or better jobs and even get engaged and married," Dr. Van Tassell said. "As the saying goes, when you look good, you feel good."

Hair

After almost two months of social distancing and being unable to visit our favorite stylist, we now know how important our hairdresser is – as if we didn't already know. Tending to our roots and getting a trim, or even a complete style makeover, is the quickest

and easiest way to look and feel our best. In fact, almost 70 percent of women say they feel more beautiful after a fresh hair color. However, your stylist can do so much more than just cut and color your hair.

"I love being a part of making someone feel better about themselves," Jennifer Harris, owner of The Element Salon & Spa in Bowie, said. "Your hair is something you wear every day. A great haircut or color can boost your confidence."

As people age, hair changes. The hair loses melanin pigment and therefore grays. Many embrace their gray hair, after all, they've earned it, but some want the option of color or highlights. Hair also becomes less dense and smaller according to the United States National Library of Medicine. Each person loses an average of 100 hairs a day, and if those are not replaced as quickly as they once were, thinning and balding may appear.

While thinning and balding are largely based on genetics, the majority of people will experience some sort of age-related hair loss.

Hormonal changes during menopause can add on to the noticeable thinning, but you can work with your stylist to decide on a new cut that can help camouflage the loss, making it less noticeable. A stylist can recommend products that do not contain harsh chemicals and styling tips that do not require as much heat because your hairdresser knows the importance of looking and feeling your best.

"As a stylist I want to enhance what God has given each guest," Harris said. "I never want to cover up or hide someone, but i want to pull from their best features and draw focus to that."

Bariatric

Bariatric surgery is not a decision to be taken lightly, and not one you make in order to feel prettier. It is a decision based on creating a healthier version of you, but an added benefit is the confidence boost you gain when you are no longer concerned about the weight you carry.

Weight loss surgery helps you lose weight while reducing the risk of life-threatening weight-related health problems, such as high blood pressure, Type 2 diabetes, heart disease, stroke, sleep apnea and more. The surgery is for those with a body mass index of 40 or higher, extreme obesity, or if you have a BMI of 35 to 39.9 with a serious weight-related health problem. A patient is required to meet certain medical guidelines to qualify and go through an extensive screening process.

Bariatric surgery causes weight loss by restricting the amount of food your stomach can hold. This can cause malabsorption of nutrients or a combination of malabsorption and gastric restriction. Hormonal changes also are possible.

Many weight loss surgeries are now minimally invasive. The most common is sleeve gastrectomy, gastric bypass, adjustable gastric band and biliopancreatic diversion with duodenal switch. Each surgery has its advantages and disadvantages, and only you and your bariatric doctor can determine which is the right fit for you.



An added benefit to the health gains of bariatric surgery is a boost in self confidence. (Courtesy photo)

"I met my goal weight and my ability to do things and my stamina has been fantastic," said Bev Ridenhour, a retired school teacher from Haslett who chose surgery after she became tired of the yoyo dieting.

"I split entrees with my husband instead of ordering two separate ones. You also can't drink 30 minutes before or after, so i have water and if I order an unsweet tea, I take it home. I don't even think about those choices now. I feel much healthier, I look much healthier. I was able to get in the bounce house at my grandson's birthday party and jump and play, something I couldn't have done before," explained Ridenhour.

While losing weight can give us that extra boost of confidence, it is not about meeting certain beauty standards or reaching a certain size. Losing weight is about feeling good, being able to move our bodies in order to exercise the way we want and simply enjoying life. After all, no one is more beautiful than a confident soul who enjoys every day to the fullest.

Resources:

American Academy of Cosmetic Dentistry, https://aacd.com/

American Academy of Dermatology, https://www.aad.org/public/everyday-care/skin-care-basics/care/skin-care-in-your-40s-and-50s

American Society for Metabolic and Bariatric Surgery, https://asmbs.org/patients/bariatric-surgery-procedures

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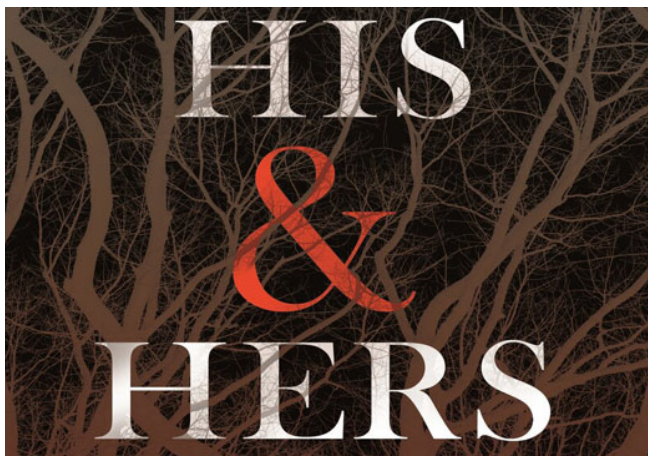






Must Have Media

Books



His & Hers

On July 28 comes "His and Hers," by Alice Feeney. Anna Andrews has her dream job as a television presenter. When assigned to cover a murder in her hometown, she is reluctant to go, but when the victim turns out to be one of her childhood friends, she can't leave. Meanwhile, DCI Jack Harper decides not to tell anyone he knew the victim, until he realizes he is a suspect in his own murder investigation. One of them knows more than they are letting on, and someone isn't telling the truth.

Hulu



Taste the Nation

Taste the Nation with Padma Lakshmi, host of the cooking competition program Top Chef, launches on Hulu June 19. Each 30-minute episode will focus on a single dish that was passed down through generations as Padma breaks bread with Americans across the country in order to explore the relationship between our food, our humanity and our history. During Taste the Nation, Padma Lakshmi will study how the dish has created and expanded each community she visits.

Netflix



Rocky

Rocky has streamed on Netflix several times over the past few years, and all five of the movies are set to return in August. The first film, Rocky, and its five sequels center around the boxing career of the fictional Rocky Balboa, played by Sylvester Stallone. Rocky is a small-time boxer from Philadelphia who takes on the reigning world heavyweight champion, Apollo Creed. The seventh and eighth spin-off-sequels, Creed and Creed II, focus on the son of Apollo Creed.

Showtime



The Chi

Many premier dates are still up in the air as filming is made difficult by coronavirus, but season 3 of the Showtime drama The Chi is set to premier July 5. On Chicago's south side, an average day finds kids prepping for school as their parents head off to work, young adults trying to make a living and the elders keeping an eye on things from their front porch. In this tough neighborhood, dangers threaten to squash dreams and simple decisions can have life or death consequences.





Cheese and beer

What do they have in common?

By Donna Long

What do Cheese and beer have in common? For starters, Justin Bonard - owner, Cicerone, and chief cheesemonger of Denton's only artisan cheese shop, Ten:One. Justin, a 16-year resident of Denton, started developing a love for fine artisanal cheese during his training as a cicerone. A cicerone is a certified beer connoisseur trained in the art of selecting, acquiring, and serving today's wide range of beers. A cicerone for beer is the equivalent of a sommelier for wine. When you come across one, you know they are serious about their passion.

After much investigation, many draining of pints, and sampling of truly artisanal cheese from around the world, Justin decided that Denton needed a special place for beer and cheese. A place where small groups of friends could gather and relax in a casual atmosphere. A place where he could share his love and knowledge of spectacularly unique pairings between cheese and beer. Thus, the Ten:One Artisanal Cheese Shop was born.

During a recent interview with Justin, I asked him what was up with the name Ten:One? His response was, "It's a ratio. It takes 10 pounds of milk to create one pound of cheese." My response, "Ah, that makes sense," and it is interesting to know.

Focusing on the attributes of quality and perfection, Ten:One sources both its cheese and beer from around the world including a few favorite local dairy farms stretching from Pure Luck in Dripping Springs to Eagle Mountain in Lipan and Brazos Valley Cheese in Waco to Latte Da in Flower Mound.

Justin pointed out his artisanal cheese shop is not like the typical cheese aisle at the grocery store. His cheese is not prepackaged in plastic sleeves that will last for months on end in your fridge. Ten:One cheeses are fresh and many are created in wheels using old-world techniques sealed in specialty cheese paper or wax. The cheese is then carefully aged in temperature-controlled settings. When you purchase cheese from Ten:One, they cut it to your specifications directly from the wheel.

Justin states one of the more common mistakes people make during their first visit to an artisan cheese shop is over buying. He says there are two problems with this. The first one being that much of that cheese will go bad because the customer cannot eat it fast enough.

The other problem is the customer will miss out on unique specialty cheese that the shop may only get in once or twice a month or year. He says the best way to buy cheese is to only get enough that will last a week or two, that way you will not miss out on their weekly changing selection.

Whether you are a cheese newbie anxious to learn more (did you know there are 46 different types of blue cheese?) or you are an old hand that wants to learn the finesse of pairing cheese, Ten:One has you covered. They offer specialty curated classes at least twice a month in their shop. No two classes are the same because they hand select six types of cheese to pair with a specific beer and wine. They will discuss notes, flavors, and a bit of history about the cheese, why it pairs well, and how to make your own choices. Register for a class either at the Ten:One shop or on their website.

From pickles to sausages and cheese to beer the knowledgeable staff at Ten:One have a passion for what they do. Whether you are looking for a cow-milk based cheese or you are looking for something a bit more exotic like a buffalo-milk based cheese, they will help you with your choices to create a stunning charcuterie board for a special meal or your next gathering. For hours and classes visit their website at tenonecheese.com.

Grilled Corn



Ingredients

Corn cobs
Salt
Pepper
Butter
*You also will need paper towels and tinfoil.

Directions

1. Preheat grill to 350 to 400 degrees. If cooking on a gas grill, turn it to medium.
2. Remove the husks, including all the strings.
3. Wrap a wet paper towel around each cob.
4. After wrapping in the paper towel, wrap in tin foil.
5. Place the wrapped corn cobs on the grill and close the lid, letting them cook for around 10 minutes.
6. Flip and cook another 10 minutes.
7. Remove from heat and unwrap each cob. Add butter, salt, pepper, garlic salt, parmesan cheese or whatever seasoning you prefer.

Canned Wines

Quality Producers Raising the Bar

By Tom Marquardt and Patrick Darr

We once thought that canned wines would be a fad enjoyed only by a handful of people more focused on convenience than quality. Generally, that still may be true, but several quality producers – Sterling, Coppola, Bonterra, Ste. Michelle Estates – have raised the bar ever so slightly.

Canned wines represent only one percent of the wine market, but sales are growing. Wine Spectator reports can sales are up nearly 70 percent in the United States.

Are people shifting? Not really. The traditional wine package added screw tops decades ago. Then there were boxes, kegs and now cans. It is all about marketing innovation.

Bottles always have been challenges for people on boats and picnics because they are unwieldy and subject to breakage. Plus, bottles do not always fit into coolers and you need cups or glasses.

You also are stuck with, say, a pinot noir or a chardonnay. With cans, you can bring a variety, chill them in a cooler, and eliminate the cups, and they are great if you can't finish a bottle.

Now that there is some quality wine behind the names, cans present a reasonable option if you're looking for a basic wine to drink with sandwiches, pasta or other picnic fare, but lest you think drinking wine from a can is a phenomenal wine experience, think again.

We tried nearly 20 canned wines and it was hard to ignore the taste of aluminum. Added to the off-flavors is that your mind wants to drink canned wine like you drink canned soda or canned beer – with gulps, not sips.

The solution to this head game is to pour the wine in a glass or cup, but that defeats the convenience of a can, doesn't it?



The Wine Guys prefer a bottle of Provence rosé to a picnic, but the right canned wine can be a reasonable option. (Courtesy photo)

If you can will yourself to sip from a can, look out. A 375ml can is a half of a bottle of wine at 12.5 percent alcohol by volume; beer is about five percent ABV.

You're going to feel the effects of alcohol pretty quickly if you drink a can of wine like you drink a can of beer.

Perhaps for that reason, many producers have gone to a smaller can. There is a 187ml can that is about a fourth of a bottle of wine and a 250ml can that is about a third of a bottle.

For us, the can experience makes wine just another alcoholic beverage. We'd rather take a bottle of Provence rosé to a picnic and live with its inconvenience. The sound of a cork beats the sound of pulling back a flip tab.

Having said all of this, we were impressed with several canned wines when we drank them from a glass. Here are a few recom-

mendations:

• **The Family Coppola Sofia Mini Blanc de Blancs ($5/187ml).** Coppola makes good wine at all levels and this sparkling wine made from pinot blanc, riesling and muscat grapes is an enjoyable way to celebrate life alone without having to open an entire bottle.

• **The Family Coppola Sofia Rosé ($20/four-pack/187ml).** Syrah, grenache and pinot noir are blended in this crisp, strawberry-like rosé.

• **Underwood Pinot Noir ($28/four-pack, 375ml).** From the Umpqua Valley region of Oregon, this light-bodied pinot noir has strawberry and cherry flavors with a touch of herbs.

• **Prophecy Sauvignon Blanc ($10/2-pack, 250 ml).** This producer wins first place for the best-looking can, and what's inside is good too. We liked this New Zealand sauvignon blanc for its varietal grapefruit and lychee flavors. We also liked the pinot noir from this producer.

• **Oregon White Pinot Gris ($7/375 ml)**. Peach and mango flavors.

• **Dark Horse Pinot Noir ($50/12-pack/375ml)**. Simple black cherry flavors with a touch of herbs.

• **Sterling Chardonnay ($7.50/375ml)**. Nice and clean apple flavors in a beautifully shaped bottle.

Wine picks

• **Legacy Chardonnay 2015 ($75).** Jess Jackson established this label in 1990 to take wine quality to a new level. Using top-shelf grapes grown 1,600 feet up the Alexander Mountain Estate, Legacy is complex and rich in style. Very aromatic with a silky texture and tropical fruit notes.

• **Grounded Wine Co. Steady State Cabernet Sauvignon 2016 ($65).** A product of Josh Phelps and Steph Slaughter, this new blend uses all of the Bordeaux grape varieties to make a colossal, well-structured wine with a floral and mature nose and cherry flavors with hints of currants and herbs.

• **Renzo Masi Erta e China Rosso di Toscana 2017 ($16)**. The name meaning ascent and descent in Italian symbolizes the pattern of the vines that resemble the spokes of a wheel.

An even blend of sangiovese and cabernet sauvignon, this uncomplicated super Tuscan wine has forward black cherry and herbal notes. A delicious wine to enjoy with grilled foods, pasta and pizza.

• **Peachy Canyon Paso Robles Petite Sirah 2016 ($36)**. A soaring star in the petite sirah world, this inky and hedonistic wine abounds in fruit flavors of plums and blackberries with a delicate hint of anise.

• **Légende St. Emilion 2016 ($45).** A product of Domaines Barons de Rothschild (Lafite), this knock off is worth the money. Merlot accounts for 85 percent of the wine with cabernet franc making up the difference.

Cherry and blueberry flavors with soft tannins makes it a simple, quaffable wine. The 2015 Légende Paulliac **($55)** is dominated by cabernet sauvigon with the balance made up of merlot. Both are good wines that don't require a lot of aging.

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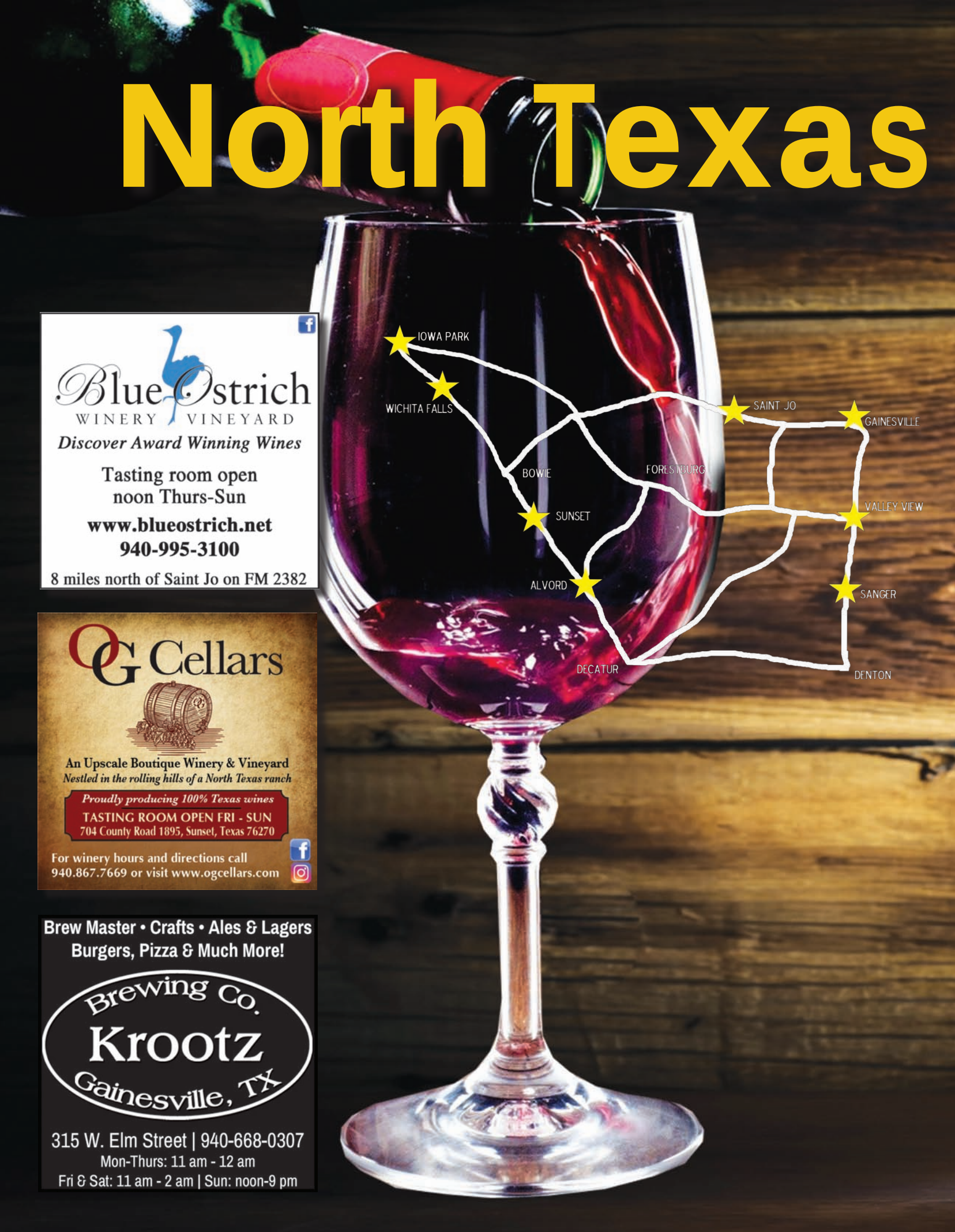
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5611 FM 2382, Saint Jo | www.blueostrich.net

Hook and Ladder Wine & Coffee Co.
616 7th Street, Wichita Falls | www.coffeesandwine.com

Horseshoe Bend Cellars Vineyard & Winery
3399 Peterson Rd. South, Iowa Park | www.horseshoebendcellars.com

Krootz Brewing Co.
315 W. Elm Street, Gainesville | www.krootzbrewingcompany.com

Marker Cellars
1484 CR 2585, Alvord | www.markercellars.com

OG Cellars Winery & Vineyard
704 County Road 1895, Sunset | www.ogcellars.com







Exploring Conwy, Wales

A Medieval Market Town

By Donna Long

Located at the top of Wales on the edge of St. George's Channel is Conwy, a walled market and fishing town with roots dating to the Roman Empire. Formidable stone walls with passageways and lookout towers encircle the medieval city on three land sides allowing an unobstructed view of the channel branching off the Irish Sea. The Snowdonia Mountains line the horizon to the west. The mountains, which are comprised of volcanic rock, are draped with low growing grass over its craggy rock formations that give way to valleys formed a millennia ago by ice age glaciers.

Conwy and its surrounding areas are one of the most popular places to visit in Wales because of the memorable sights and unique places to discover. Additionally, Conwy is the only place in Europe where you can visit exceptionally preserved and historically significant castles as well as hear Europe's oldest living language - Welsh.



Conwy Castle and its surrounding areas are one of the most popular places to visit in Wales. (Courtesy photo)

Conwy Castle

Construction of Conwy Castle began in 1283 on the site of Deganwy Castle which was built for King Henry III and near the site of an early Middle-Aged fortress that was struck by lightning and burned in 812 AD. When you visit Conwy Castle, you will be treated to the best preserved medieval royal apartments in all of Britain, surpassing even the Tower of London. This castle, whose stonework is now gray with age on the outside was originally a gleaming white lime - brightly shinning, seemingly to announce its luxuriousness to visiting royals.

Today, visitors can explore by way of spiral staircases and ingenious servants' passages that connect rooms throughout the castle. The King's Great Chamber, also known as the 'watching chamber' was built above the chapel so nobility could view religious services in privacy. The chamber was beautifully decorated and equipped with its own latrine.

A Glimpse into Medieval Merchant Lives

The Aberconwy House has survived six centuries of turbulent history and is one of the oldest dateable houses in Wales. Historians performed a tree-ring analysis of the roof timbers showing the structure was built around 1417-1420 with Kentish influence. Originally built by English merchants that settled in Conwy to trade along the Welsh/English border, it was one of the first structures to be built within the great walls of Conwy.

Plas Mawr is another beautifully preserved building that displays the life of medieval merchants. Designed in the Elizabethan style of the 16th-century, it has undergone very few significant architectural changes since the time of its original construction. In 1993, the Welsh Heritage agency restored Plas Mawr from natural aging and refurbished many of the rooms to offer a better glimpse of life in 1665. The elaborate gardens also were replanted to reflect their Renaissance splendor. Plas Mawr also is the home of the Royal Cambrian Academy of Art.

Plas Mawr's original owners were wealthy merchants with high social status within the community. A visit to both the Aberconwy House and Plas Mawr will show the stark differences between the two.

The Smallest House in Britain

Overlooking the edge of St. George's Channel and nestled onto the end of a row of houses near the walls of Conwy Castle is Britain's smallest house. The Quay House, with a footprint measuring a mere 72" across, 122" high, and 120" deep and painted fire-engine red. Within this tiny footprint, there is a bedroom, a kitchen,



The Aberconwy House has survived six centuries of turbulent history. (Photo courtesy Donna Long)



Quay House, Britain's smallest house. (Photo courtesy Donna Long)

and a living room.

Perhaps, the original forerunner to today's tiny homes, the Quay House remained a residence for more than 300 years, from the 16th century until 1900. Robert Jones, the last resident of the Quay House was forced to move from the home when it was deemed unfit for human habitation. Mr. Jones was a fisherman by trade, a rather tall fisherman with a height of 6'3". Mr. Jones was nearly as tall as the house he lived in.

Trefriw Woollen Mills

Though not located in Conwy, but just outside in the neighboring town of Trefriw, is a woolen mill worth renting a car to visit. Situated on the banks of the Crafnant River is Trefriw Woollen Mills where they card, spin, dye, and weave wool on-site to manufacture tweeds, authentic Welsh tapestry bedspreads, travel blankets, and wool bags. Trefriw has been weaving tapestry bedspreads with Welsh geometric patterns for more than 100 years. Take time to tour the working mill museum. Check hours and open dates on their website https://www.t-w-m.co.uk/.

Plan on spending an afternoon in Trefriw. Explore the shops and have a pint or two at one of the pubs. There also is a very picturesque short hike with boardwalks and benches to Fairy Falls. A 25-foot tall waterfall cascades over an angled rockface that was created from glaciers sliding down the valley during the last ice age.

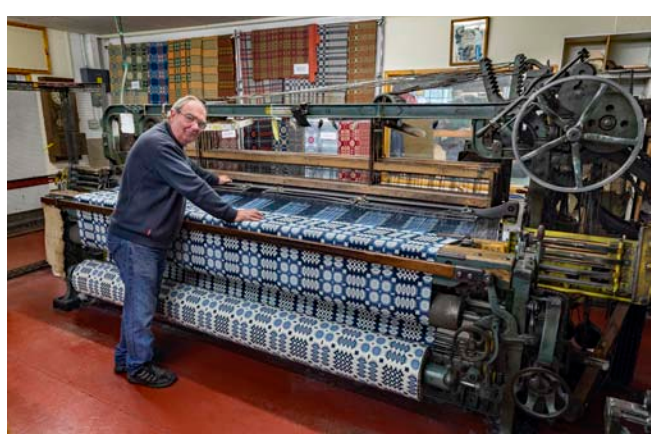
High Street Shopping

Located in the heart of the historic downtown town within the walls of Conwy Castle is Conwy's shopping avenue, High Street. Taking an afternoon to stroll along High Street and explore the many shops

Continued on page 37



Authentic Welsh tapestry bedding. (Photo by Trefriw Wollen Mills)



Weaving at Trefriw Wollen Mills. (Photo courtesy Trefriw Wollen Mills)


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Continued from page 35

and have a pint with some bangers and mash or a shepherd's pie at one of the pubs is definitely recommended.

Merchants to make note of is Bon Bons at Stilwells - they offer decadent handmade Belgian chocolates from around Europe that are absolutely incredible. Yesteryears Toy Shop has a unique selection of toys - some of which I had not seen on the average toy store shelf. The Galleon Fish and Chips is a good place to stop for fresh casual local cuisine. Just off High Street on Lancaster Square is another good place to rest your feet - the Bank of Conwy. No, this is not a bank to exchange currency, at least not anymore, but they do have good food, local brews on tap, and occasional live music. I would suggest grabbing a stool by the window to watch people meander by.

Royal Cambrian Academy of Art

Wales has been a thriving destination for artisans since the 18th century. British artists flocked to Conwy to capture the rugged mountains and crystal-clear rivers on canvas. The Royal Cambrian Academy of Art (RCA) was officially recognized by Queen Victoria in 1882 when she commanded the Academy be designated as Royal.

The RCA is open year-round in Plas Mawr to delight visitors with an ever-changing exhibit of local Welsh artisans. You can discover both traditional and contemporary art in a variety of mediums from paintings to sculptures. During normal circumstances, the Academy hosts events ranging from artists' lectures to live jazz performances to children's art school. If RCA is on your list to visit, I would recommend a visit to their website, rcaconwy.org, to see what events will be going on during your stay in Conwy.

The Mussel scene in Conwy

In the 16th century, Conwy was a freshwater pearl mecca center harvesting as much as four kilograms of pearls per week. The pearls were sent to jewelers in London where they were set as centerpieces. One particularly beautiful pearl harvested from Conwy was set as part of the Crown Jewels.

Fishing for mussels has been a tradition in Conwy for hundreds of years. The mussel beds located at the mouth of the Conwy estuary have been fished with the rake method for generations allowing this industry to be a natural and renewable resource for the town of Conwy. By using the traditional raking method instead of dredging, the fishermen only collect the largest mussels allowing the smaller mussels to grow to maturity.

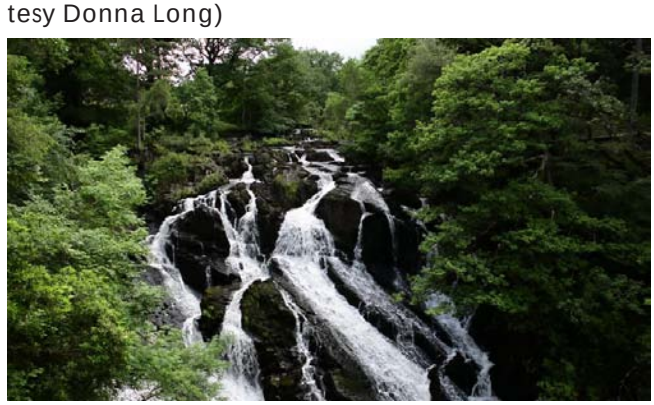
Conwy mussels are some of the largest available on the market and because they are harvested right there in Conwy, they will be incredibly fresh with a mild taste. I definitely suggest you give them a try if they are in season.



Fishing for mussels has been a tradition in Conwy for hundreds of years. (Courtesy photo)



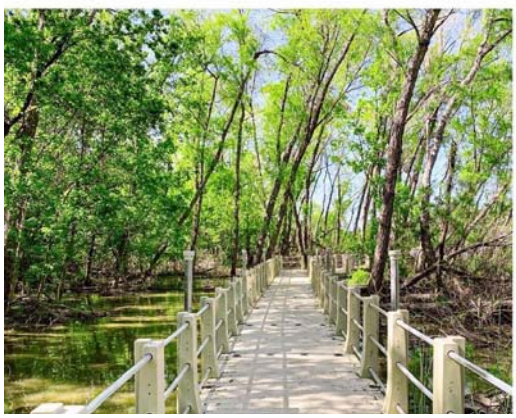
Conwy offers something for everyone. (Photo courtesy Donna Long)

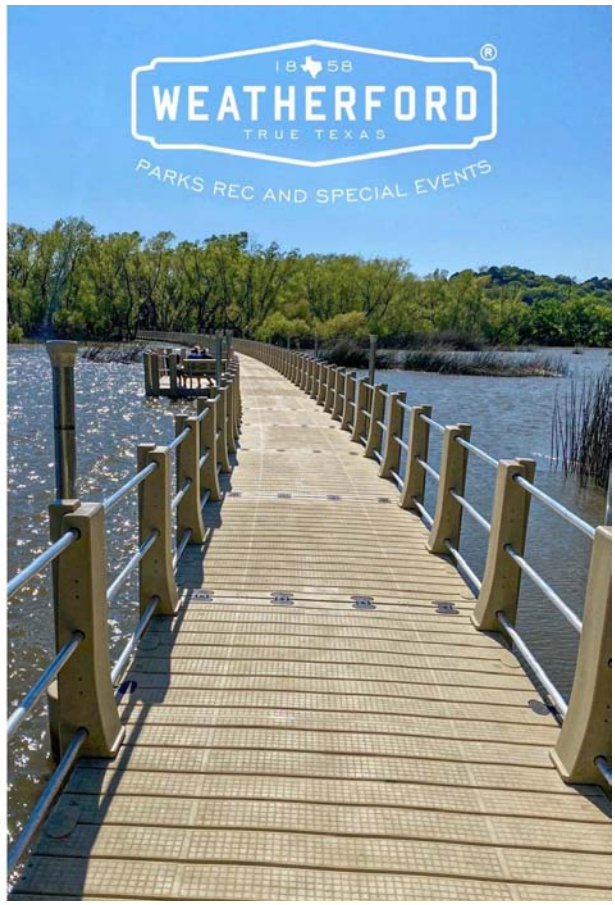


Visitors can hike along Fairy Falls. (Courtesy photo)

Regardless if you are a history buff, a foodie, or you like to get off-the-beaten-path to explore trails less traveled, Conwy has something for you and your traveling partner - if you have one. Go and explore Conwy Castle, check out the 15th-century merchant houses, hike along Fairy Falls, watch how Welsh tapestries have been woven for more than 100 years, and when you visit the Quay House, don't forget to duck.







Lake Weatherford Park

Offers the Nation's Longest Floating Boardwalk

By Mandi Dietz

Experience nature like no other via a new, record-setting walkway, bestowed the nation's longest floating boardwalk, at Parker County's Lake Weatherford Park.

Be one with nature with a stroll across more than 4,300 feet of floating planks, creating the longest of its kind in the country. Currently, the park's name pends, due to its newness.

The site was set to be unveiled in June, and receive a name. Invited to partake in the naming process, community members made suggestions on the Weatherford Parks and Recreation's Facebook page. Suggestions made included names inspired by local nature, such as a visiting bald eagle and blooming American lotus plants, and impactful people, including local business owners and Isaac Parker, the politician and jurist for which Parker County is called.

Built along the lake's shallow, northeast end, the park connects East Lake Drive and West Lake Drive, underneath the Farm to Market Road 730 N bridge. Although somewhat short of a mile, the boardwalk offers ample opportunities to unite with nature. From hiking and fishing for largemouth bass, sunfish, channel catfish and crappie to taking pictures or a break on one of several benches, to sitting and enjoying a good book, conversation or the sounds of water and wildlife, it's a nice, new addition to the neighborhood. Solar-powered lights illuminate the trail at night.

When open to the public, some parts of the area may close occasionally to continue work over the next few months, and eventually, the park could expand more across the lake. Coming soon, an informational kiosk will provide an educational tool for visitors. Whether field trips, a family picnic, exercise, quiet time, or sports, observe nature from the view of the new Lake Weatherford Park and its record-setting attraction, the nation's longest floating boardwalk.



The storm rolls in...

One of the most exciting things to photograph is a storm. A large supercell develops, bringing strong winds, and tons of lightning along with other threats. This one was taken just east of Saint Jo. While taking these storm pics can be fun, they also can be some of the most dangerous ones to take with lightning going off every three seconds and can reach up to as far as 10 miles away from the storm at any given second. (Photo and description by Jon Nunneley)

Coming soon...

Saturday, July 18



Calling all Beatles fans!



Find their tunes in Bowie, Texas with Sgt. Pepper's Lonely Bluegrass Band. Imagine the music of the Fab four shaken up with infusions of bluegrass and jazz, and topped off with a classical twist. The result: a satisfying musical cocktail!

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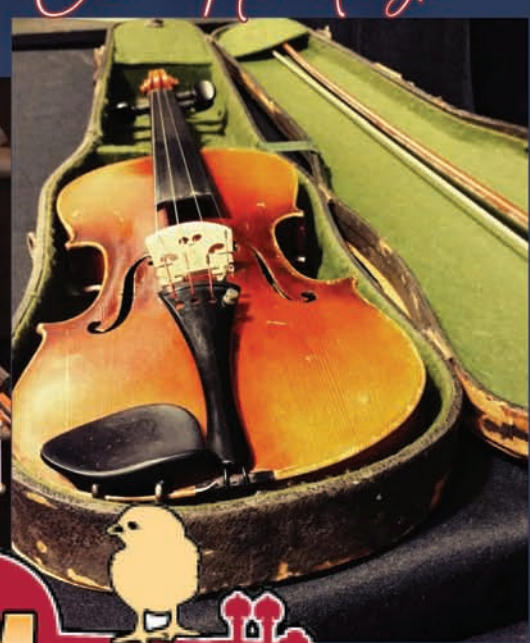
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