

Katy bride-to-be Chelsea Akard and her fiancé Clint Carr will exchange vows during a ceremony this July at Bear Creek United Methodist Church.

Katy newlywed Lacey Jimeno recently married her husband Edwin Jimeno during a ceremony held at Agave Road in February.



12

Bridal Trends FOR 2012

The latest wedding looks to help you shine on your special day

Written by Julie Estep | Photography by Jason Lehecka

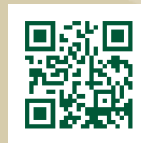


From cowboy boots to bright bouquets, Katy brides are putting their own fun and romantic spin on their big day. See what will be hot when you tie the knot with a little help from Katy brides and brides-to-be, and event planner JoAnn S. Woodward of Schwartz and Woodward. "When couples take the time to think about what is important to them and bring those elements to the wedding and reception, it provides such a special moment for their guests," shares Woodward. "Guests walk away saying, 'That was so Lindsay and Brian!'" Taking a cue from one of the world's most famous royal brides, Kate Middleton, these trends are sure to inspire your wedding style.

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1 Lace Sleeves

Middleton's wedding dress garnered so much international attention that it has its own Facebook page. So what better way to make a bride feel like royalty than by wearing a dress fit for a princess? Lace sleeves are timeless and offer a softer, more romantic feel than strapless gowns by bringing in touches of Victorian elegance.

2 A Splash of Bright Color

The hot wedding colors for 2012 will be ivories and creams with a splash of tangerine - a twist on last year's coral. Katie Rhodes Wimberley loves how the tangerine flowers in her bouquet really pop in pictures against the more muted palette. "Just don't go overboard on color to keep it elegant, timeless, and romantic," shares Woodward.

3 A Twist on the Wedding Cake

Brides of 2012 want to give their guests as much taste variety as possible, whether that means having two flavors in each bite of their wedding cake or replacing the traditional groom's cake with the couple's favorite dessert. Local bride Chelsea Akard and her groom are considering a chocolate cake with a raspberry center. Wimberley and her husband chose an amaretto cake with cream cheese filling. "I think most people put the

cake in their mouths thinking it was just white cake with white icing, but they were pleasantly surprised," she shares. Also popular, says Woodward, are cake pops and mini desserts.

4 Natural Hair and Makeup

Middleton reportedly did her own hair and makeup for the big day. Katy brides are also opting for soft, natural makeup and loose, lightly curled hair. "They want to look like themselves, only a little better," Woodward says. Akard, a summer bride, agrees. "I want my fiancé to recognize me when I walk down the aisle," she shares. "I don't wear a lot of makeup regularly, so on my wedding day, I want to look like myself."

5 Repurposed Items as Décor

Budget-friendly, repurposed items will play a key role in décor for 2012 for their vintage feel. Ashton Bramlett, who recently married her husband Mark, used mason jars filled with wildflowers to give her wedding a garden vibe. "It's simple, but elegant," she says. Lindsay Dawson, another Katy bride, included her mother's and mother-in-law's wedding dresses and family wedding and anniversary photos in a special display for guests to enjoy before the reception. The display was the perfect way to honor brides and the importance of family through the generations.

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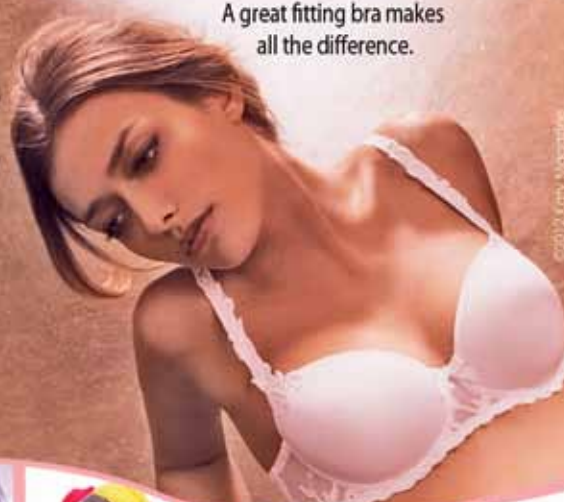


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Proposal:
On a snowy trail
in Colorado



Lacey Jimeno
Husband:
Edwin Jimeno
Proposal:
On the beach in
Mancora, Peru

6 Trimmed Guest List

Partly due to the economy and price per guest, weddings are becoming smaller and more intimate affairs. “My clients are inviting only those people that they can’t possibly imagine not having at their wedding,” shares Woodward. Akard wants to keep numbers under 150. “I don’t want to be at my wedding reception and see someone and think, ‘Who is that?’” says Akard. “It will feel more special if we look around and know everyone at our wedding.”

7 Ditching the High Heels

Katy brides want their weddings to be all about comfort and fun, and sometimes that means losing the heels after the ceremony. Wimberley opted to forego heels entirely at her Katy wedding, walking down the aisle in white slippers and then changing into her cowboy boots for the reception. Other footwear includes matching flip-flops or even sneakers for the wedding party.

8 Signature Cocktails

For those Katy brides whose budget may not include an open bar, a cocktail station is a great way to go. Couples can choose one or two drinks or a signature concoction that goes with the theme of their wedding. Wimberley opted for margarita machines. “Looking back, I wouldn’t have had it any other way,” she shares. “The margaritas tasted great, and I think everyone enjoyed them.”

9 Moving Outside of Traditional Venues

Brides have an increasing number of venues to choose from in the Katy area, most with beautiful outdoor settings. Bramlett decided to wed at the Brookwood Community, so that her ceremony and reception could be at the same location. Also, if you opt for an outdoor altar, most of the décor comes from the natural beauty of your serene surroundings. Wimberley and her husband Jake tied the knot at Agave Road in Katy, hosting their reception there afterwards. “Even though we didn’t get married in a church, our pastor still married us and gave a traditional Christian ceremony,” she shares.

10 Creative Guestbooks

A guestbook no longer means just signatures. At her spring 2012 wedding, Bramlett had a wishing tree. “Everyone [could] hang their wish on a branch, and years later, we can look at their wishes for us,” she says. Woodward’s brides have even rented a photo booth, so guests can make a picture guestbook. Dawson asked friends and family to sign the mat around a framed photo of the couple, and it now hangs in their bedroom. “We get to enjoy our ‘guestbook’ every day,” she says.

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11 Friday and Sunday Weddings

With Middleton's wedding to England's Prince William having taken place on a Friday, it's becoming more popular to marry on a day other than Saturday. Many brides find that their dream venue is booked every Saturday for the next year, and off-day weddings can actually be a much more affordable option. In her winter wedding, Dawson walked down the aisle on a Thursday in order to book preferred vendors after a short engagement. It also allowed her more time with guests. "[I enjoyed] the continued presence of family and friends who stayed in town for the holiday," she shares. Wimberley's and Bramlett's nuptials both fell on a Sunday.

12 Mood Lighting

The right lighting can transform a dull space into a soft, serene, and even whimsical setting for your ceremony or reception. Woodward has seen a drop in the amount spent on flowers as brides incorporate more candles into their decorating scheme. Bramlett used lanterns to line the aisle, adding a rosy glow to her ceremony. "It's a much cheaper and more beautiful and romantic route than flowers," she shares. Akard will use candles, candelabras, and Christmas lights. "Guests [will] feel like they are spending an evening in a French city," she says.

Making Your Wedding Your Own

Lace gowns aside, the biggest influence Middleton had over weddings of 2012 is that she taught brides it is okay to bend the rules a little. If you don't like a tradition, do something fun and new. "I always interview our couples to see what kinds of foods they like, what kinds of music they like to dance to, and what they like and don't like about weddings they have attended," shares Woodward. "Putting time and attention in to making your guests feel comfortable and including them in the couple's story makes one wedding so different from another." The most important thing is that your wedding reflects who you and your groom are as a couple. **KM**

JULIE ESTEP is Katy born and bred and wishes to congratulate all the beautiful Katy brides of 2012.



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When choosing colors for flowers, accents, and gowns, Woodward advises each bride to select shades that make her feel beautiful to wear and be surrounded by



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Special thanks to all of Katy Magazine's bridal models and congratulations on your recent or upcoming nuptials!



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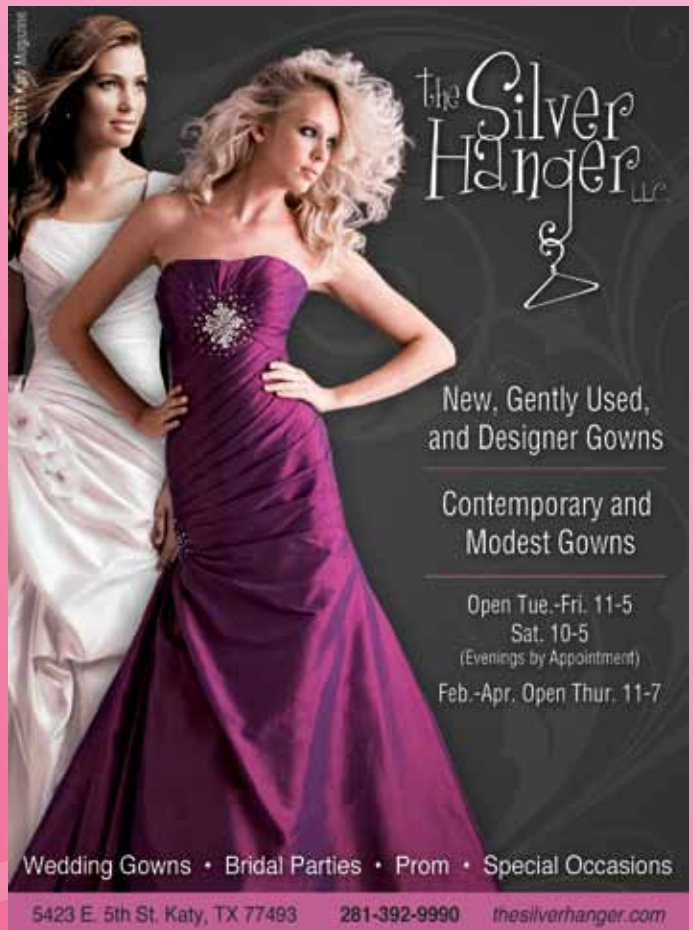
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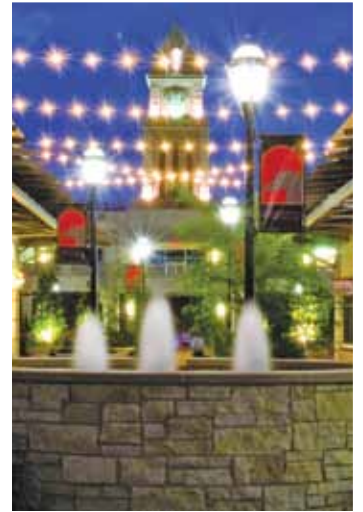
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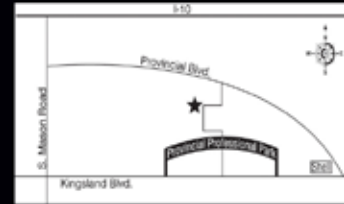
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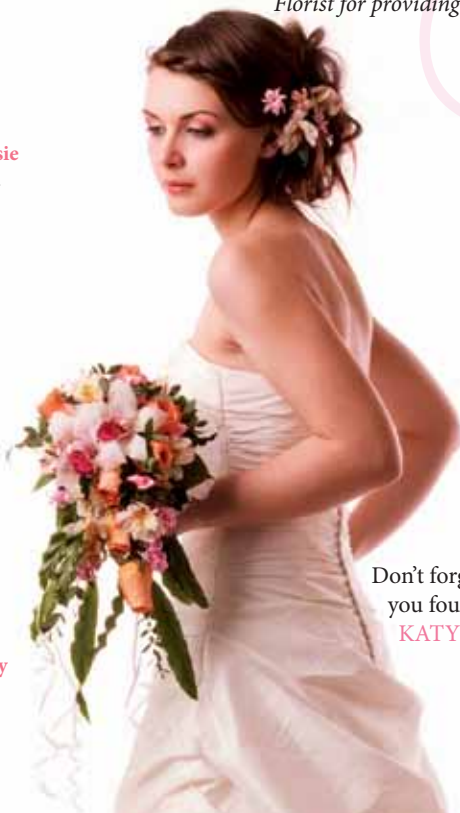
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Celebrating the award with her sons,
James (left) and Rian (right)

Story and Photography by Katrina Katsarelis

Going the extra mile for her guests at the Hampton Inn in Katy is something Lea Dender-Holton does every day. But it's not every day she gets a phone call from Hilton corporate announcing she has been selected as one of the CEO's Warmth and Light Award winners and will be receiving \$10,000. Lea has worked at the Hilton franchise for seven years and is currently the general manager and director of franchise development for Kievans Hospitality.



Lea Dender-Holton with Hampton Inn colleagues Kim Remlinger (left) and Stephanie Hayes (right)

Honoring Each Guests' Unique Needs

Lea says she makes it a point to honor each guest's unique needs and has gone to extreme measures for her customers. She has fostered pets of guests who found their way to the Hampton Inn after being displaced by a hurricane. She has also raced to the airport to deliver a forgotten computer to a customer. And she even organized a charity drive, collecting baby items for a needy guest - an expectant mother who was down on her luck. "Being in the hospitality industry gives me the opportunity to carry out proudly the desires of Conrad Hilton, founder of Hilton Worldwide," Lea says.

Celebrating with Friends and Family

At a recent ceremony held at Hasta la Pasta, Hilton Worldwide's CEO Christopher Nassetta sent a heartfelt video message congratulating Lea for demonstrating exceptional customer service and hospitality at Katy's Hampton Inn. Lea says she is thrilled to be recognized by Hilton as one of only 10 recipients each year worldwide. She is grateful for the the monetary award, as well. "I'm going to use it to get caught up, which is always a struggle when you're a single mom," she says. Lea is also taking a little time for herself - a weeklong cruise with her two best friends. "This award really confirms for me I'm where I belong in my career and doing what I am supposed to do," she shares. KM

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Photo by Andres Quintero



Ricky Feild and his wife Melinda with their sons Jace, Justin, and Dwaine

A man with short dark hair, wearing a black long-sleeved shirt and blue jeans, is sitting on the ground in a grassy field. He is looking towards the camera with a slight smile. The background shows a clear blue sky and some trees in the distance.

The Hottest *Police Dad* in America

Local deputy Ricky Feild lives in Katy

Written by Noreen Stavinoha

When *iVillage*, an online magazine for women, announced its Hottest Dads in America contest to celebrate Father's Day last year, Melinda Feild of Katy was sure she had a winner right in her own home. It didn't take her long to fill out the application form and send it off, along with the best photo she could find. In her mind, her husband Ricky Feild was already a winner, but she thought it would be nice for him to get national recognition. "He's such a good role model for his boys, and he's such a great dad," Melinda shares. Her hunch ended up being right on, and along with being named one of the hottest dads in America, Ricky got to make an appearance on the *Today Show*.

Accepting His Title

The contest was divided into 10 different categories, and Ricky, a Harris County Sheriff's Office deputy, was named the Hottest Dad in the police and fireman category. The award definitely came as a pleasant surprise. "I didn't know about it until about 10 days before we flew to New York," says Ricky. "Melinda told me she had entered me in the contest and that the grand prize was a trip to the Bahamas. If you were a finalist in your category, the prize was a \$200 gift certificate from Sears. I'm thinking hardware, tools, and such, and that didn't sound too bad."

At first, he honestly didn't think he'd won. "It was an honor, and it was a shock," he recalls. He acknowledges, though, that the gift certificate to Sears was put to good use. Along with some new hardware, he got to travel to New York City and make an appearance on the *Today Show*, along with the other winners.

While the trip was short and fast - a whirlwind, according to Melinda - it was filled with memorable moments. The wives were with the winners in the green room before the show began and they all got to meet Gene Simmons and his wife, along with the priest who married England's Prince William and Kate Middleton, while they were waiting.

Celebrity for a Day

When they finally made their appearance on the *Today Show*, each dad was given a few seconds to say something about himself. Ricky was asked if it was true that he writes love notes to his wife every day. "Every morning, I either text or email a message to help her start her day off right," acknowledges Ricky. To everyone's

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Primrose School of Kelliwood
281.828.1600

Primrose School of North Mason Creek
281.492.7400

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Along with making an appearance on the Today Show, Ricky was also interviewed for MSNBC's Digital Cafe



surprise, when they left the studio afterward, fans standing outside asked for the dad's autographs. "We felt like celebrities for a few minutes," Ricky shares, with a grin.

Of course, Ricky's fellow officers couldn't let the occasion pass without doing something special, too. When he reported back to work, he found his patrol car filled with pink balloons, and he had to endure some good-natured ribbing.

A Great Dad and Role Model

Being a loving and attentive husband - which in itself provides a great lesson for his three sons - wasn't all the contest was about, though. After all, the title was Hottest Dad, so those qualities that make him a great father to sons Dwaine, 17, Justin, 8, and Jace, 3, were what earned him his category's top spot.

Ricky sees fatherhood as a blessing and enjoys watching his boys grow up and doing things with them. He takes his role in their lives seriously, teaching them the morals and skills they need to live their lives well. "Every time he promises something, he does it," Justin shares. "And he never tells a lie." Ricky makes it a priority to spend time with his sons, and hunting trips have become a cherished family tradition.

Inspired to Serve

Just like hunting, being a law enforcement officer is a family tradition for Ricky. His older brother is a police sergeant with the Katy Police Department, and like most younger brothers, Ricky looks up to him. He also had a friend who was a DPS trooper. Both of those men encouraged Ricky to go into law enforcement because of their own satisfaction with their careers, so years ago, he decided to enroll in the Gus George Police Academy in Fort Bend County.

"I thought it would be rewarding and would give me an opportunity to help people, and it has," shares Ricky, adding, "After 17 years, it's still gratifying." KM

NOREEN STAVINOHA lives in Katy with her husband and miniature schnauzer and loves to tell the stories of interesting people.

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Hooray! It's Katy Magazine's Annual SUMMER CAMP Sneak Peek

Summer is the perfect time for kids to embark on new learning adventures and make lifelong friends along the way. Fortunately, the Katy area offers many fun summer camps to keep your cutie entertained. With activities like exploring outer space and movie making, you are sure to find the perfect camp to pique your Katy kid's interests and talents.

A Child's Reflection Passport to Fun

875 S. Fry Rd.
281-492-1229
achildsreflection.net

Kids who have completed kindergarten through those who are 12 can embark on a passport to fun, with three to four field trips per week to places like skating rinks, bowling alleys, swimming pools, and museums. Children will also participate in a variety of activities that are focused on different cultures and countries around the world. **F, P**

See ad on page 136

British Private Prep

2 locations
281-394-7737
bpps.gs

British Private Prep offers an enriching day camp for students in kindergarten through fifth grade running from June 4 to Aug. 24. Students will enjoy up to four fun field trips each week. You can register your cutie for just one week or all summer long. **F**

See ad on page 130

Camp Katy Camp Katy Technology Camp

6139 Highway Blvd., #209
281-397-3770
campkaty.com

Camp Katy is designed for campers age 5 to 17 years old and runs from June 4 through Aug. 17. Day and overnight camps are available, with programs like game design, movie production, computers, and graphic design. **F, S**

See ad on page 84

Discovery Schoolhouse Camp Discovery

4900 Falcon Landing
281-401-9828
discovery-schoolhouse.com

Campers will explore weather, fossils, countries, space, and more through field trips, crafts, cooking, experiments, and guest speakers. Running from June 4 to Aug. 17, Camp Discovery is open to children who have completed kindergarten through those in fifth grade. Discovery Schoolhouse also offers full- and part-time summer schedules for infants through children in pre-kindergarten. **F, P**

See ad on page 72

Faith West Academy Camp West

2225 Porter Rd.
281-391-5683
faithwest.org

Children in kindergarten through sixth grade can choose from four day camps, with each including access to a sports complex with a double gymnasium, a rock wall, swimming, fishing, and many more fun activities. **F, P**

See ad on page 84

First United Methodist Church Katy

5601 Fifth St.
281-391-2121
firstmethodistkaty.com

Kids in elementary can have a blast at vacation Bible school June 25 to 29, cooking camp July 16 to 20, art camp July 30 to Aug. 3, and music, art, dance, and drama (MADD) camp Aug. 6 to 10. Preschool age children are invited to attend Go Camp, with two sessions held from July 9 to 27.

P, V

See ad on page 51



Foundations Academy

Starring Me

20817 Westheimer Pkwy.

281-599-1200

foundations-academy.com

Kids ages 5 to 12 can enjoy crafts, games, cooking projects, plays, talent shows, field trips, and more fun activities, creating a "Starring Me" book as a souvenir of all of their adventures. **F, P**

See ad on page 143

Grandma's House Child Care Center

World of Artists

14840 Branch Forest Dr.

281-496-3105

westoakprivate.com

With a theme of World of Artists, summer camp at Grandma's House will let children who have completed kindergarten to those who are 12 years old explore different famous artists. Children will also enjoy three to four off-site field trips a week, including bowling, skating, swimming, visiting the movies, and other artist-related sites. **F, P**

Katy Family YMCA

YMCA Summer Specialty Camps and Summer Sports Skills Camps

22807 Westheimer Pkwy.

281-392-5055

ymcahouston.org

The YMCA's Summer Sports Skills Camp is designed for kids ages 6 to 14, and will focus on everything from basketball, baseball, and soccer to football, tennis, and volleyball. Former Harlem Globetrotter Melvin Adams will also lead an inspirational camp. Summer Specialty Camps allow kids to explore their interests in theater arts, cheer, dance, drill team, tae kwon do, karate do, and jump roping. **F, P**

See ad on page 140

Katy's Early Childhood Enrichment Center

25403 Kingsland Blvd.

281-693-1999

katyecec.com

Your child can choose from a variety of age-appropriate, fun, and safe activities in an environment that encourages active play, exploring new interests, and socializing, with space provided for quiet reading. Many exciting field trips are planned, like putt putt golf, skating, museum visits, a trip to the Houston Zoo, movies, and a trip to Minute Maid Park. **F, P**

See ad on page 147

Kids 'R' Kids

Camp Tremendous Time Travelers

6 locations

kidsrkidskaty.com

Kids in kindergarten through those 12 years old are invited to attend Camp Tremendous Time Travelers. They can have fun traveling through the past, learning about the prehistoric era, ancient civilizations, famous explorers, and moving west, as well as looking to the future. **F, P**

See ad on page 141

Life Time Fitness

23211 Cinco Ranch Blvd.

281-644-5319

lifefitness.com

Kids ages 5 to 12 can enjoy a variety of camps focusing on activities and themes like rock climbing, sports, and art. Camps may differ, but most last from 8 a.m. to 6 p.m. Visit the Life Time Fitness Activity Desk for more information. **F, P**



Painting with a Twist

Kids Kamp with a Twist

2020E S. Fry Blvd.

281-578-8862

paintingwithatwist.com/katy

Kids ages 6 and up can choose from seven sessions, running from June 4 to Aug. 24. The camp provides a light snack and drink as young artists learn more about the featured painting's theme. **F, P**

See ad on page 65

Primrose School

3 locations

281-693-7711

primroseschools.com

Primrose School offers a variety of camps, including cheerleading and dance, drama, science, cooking, soccer, baseball, and basketball. Camp will run for 10 weeks, with each of the five sessions lasting two weeks. Register or learn more by visiting any one of their Katy campuses. **F, P**

See ad on page 46

Second Baptist Church West Campus

19449 Katy Fwy.

713-465-3408

second.org

Second Baptist Church West Campus will host a variety of summer programs for kids of all ages. The Rockadilly vacation Bible school runs from June 9 to 12 for kids 4 years old through those in fifth grade. Your fourth- and fifth-graders won't want to miss the children's camp at Carolina Creek in Huntsville from June 18 to 22, followed by the sixth-grade trip Aug. 5 to 10. A junior high beach retreat will take place June 10 to 15 in South Padre Island, and a high school beach retreat will take place in Gulf Shores, AL from June 3 to 8. **F, P, S, V**

See ad on page 89

Smith Ranch

25440 Beckendorff Rd.

281-371-3318

smithranchkaty.com

Children ages 5 to 14 can enjoy activities like horseback riding, paddle boating, gymnastics, water activities, movies, and games. Camps run four days a week from 8 a.m. to 4 p.m., with four sessions offered between June 4 and 26. **F, P**

See ad on page 50

The Fellowship at Cinco Ranch

Camp Cove

22765 Westheimer Pkwy.

281-395-3950

thefellowship.org

Camp Cove is geared towards children ages 2 to 8, with three weeklong sessions, from June 4 to 21 featuring games, crafts, and sports and focusing on the wonders of God. Children ages 2 to 3 (who are not potty trained) will be able to participate in the morning stay-and-play sessions only. **F, P**

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24025 Cinco Village Center Blvd.

281-392-1912

goddardschool.com

From a New York state of mind to an Alaskan adventure, Hooray for the USA features lots of kid-friendly educational explorations, cultural events, and special visitors. Children will learn the Texas two-step and fly to a Hawaiian hideaway before their Maine event. **F, P**

See ad on page 59

The ISchool

Project Idea Summer Camp 2012

26440 FM 1093

832-222-9220

the-ischool.com/projectideakids.com

Children ages 5 to 12 can enjoy weekly themes that include ahoy matey, Camp Half-Blood, who dunnit, Hogwarts Express, CSI, rock camp, cooking camp, and more. With so many fun themes to choose from, your child's imagination is sure to run wild. **F, P**

See ad on page 149

The Learning Experience

21418 Kingsland Blvd.

832-321-4418

thelearningexperience.com

Kids ages 2 and up can engage in exciting, hands-on activities with weekly themed curriculum. With so many chances for fun learning, your child is sure to make some wonderful memories along the way. **F, P**

See ad on page 50

The Little Gym of Katy Anytime Summertime Camps

23010A Highland Knolls

281-347-1400

thelittlegym.com

Children ages 3 to 8 (must be potty trained) can enjoy a variety of fun activities, with each week featuring a new theme that incorporates gymnastics, group activities, games, crafts, and snacks. Camps run from June 4 to Aug. 24, with morning and afternoon options. **P**

See ad on page 149

Tiger Land Child Care Center

Oh, the Places You Will Go

5315 E. Fifth St.

281-391-8750

tigerlanddayschool.com

Children who have completed kindergarten through those who are 12 years old are invited to attend, enjoying a variety of arts and crafts, cooking activities, and sports. Campers will also take two to three off-site field trips per week. **F, P**

See ad on page 133

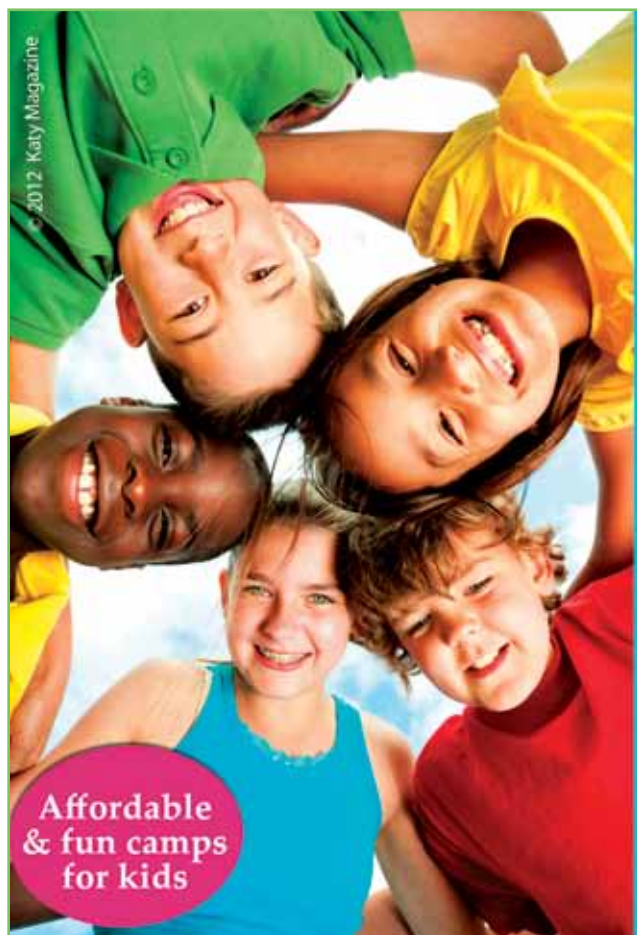
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S = Sleepover

V = Vacation Bible School



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July 30-August 3

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firstmethodistkaty.com



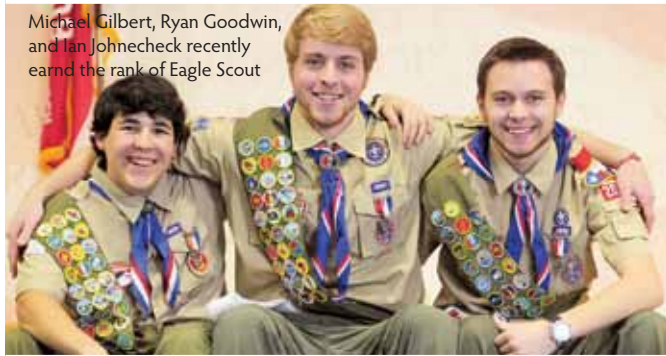
first united methodist church 5601 Fifth Street Katy, TX 281-391-2121



Webelos in Pack 548 recently celebrated earning the Arrow of Light award



Brownies in Troop 19394 visit with Life Flight pilots



Michael Gilbert, Ryan Goodwin, and Ian Johncheck recently earned the rank of Eagle Scout



Nick Christoffersen celebrates earning his Eagle Scout rank



David Bjerkaas recently earned the rank of Eagle Scout



Boy Scouts in Troop 557 recently celebrated advancing in rank

SCOUTING NEWS



We love our Katy scouts

Pack 548 Webelos Earn Arrow of Light

Webelos II in Pack 548 recently celebrated earning the Arrow of Light award during the annual Webelos Woods event at Camp Brosig. The Arrow of Light is the highest honor a Cub Scout can receive before becoming a Boy Scout.

Brownies Enjoy Weekend of Learning

Second-grade Brownies in Troop 19394 recently took their first weekend outing, attending smile school at Dr. Larry Caldwell's pediatric dental office. Afterwards, they toured a local fire station, where they learned about fire safety, and saw a Life Flight helicopter up close.

Troop 209 Recognizes Eagle Scouts

Katy Boy Scout Troop 209, sponsored by St. Peter's United Methodist Church, recently recognized Michael Gilbert, Ryan Goodwin, and Ian Johncheck for achieving the rank of Eagle Scout. Gilbert's Eagle Scout project benefited St. Bartholomew Roman Catholic Church's youth program; Goodwin's project benefited the Katy Heritage Society; and Johncheck's project benefited the Texas Wildlife Rehabilitation Coalition.

Christoffersen Celebrates Eagle Scout Rank

Nick Christoffersen of Boy Scout Troop 557 recently celebrated earning his Eagle Scout award. Christoffersen helped organize the West Houston Fall Fishing Tournament at Mary Jo Peckham Park as his Eagle Scout project, helping to secure sponsors, donations, and volunteers. He is currently a junior at Katy High School.

Bjerkaas Earns Eagle Scout Rank

David Bjerkaas of Troop 584, sponsored by the Fellowship of Cinco Ranch, recently achieved his Eagle Scout rank. For his Eagle Project, he led a group of 31 people from around the community in the construction of three sturdy picnic tables for Redeemer Community Church. Bjerkaas is a junior at Cinco Ranch High School.

Troop 557 Scouts Advance in Rank

Katy Boy Scout Troop 557 recently celebrated several scouts advancing to the new ranks of Scout, Tenderfoot, First Class, Star, and Life. Scouts who advanced include Elliott, Kyle, Morgan, Tanner, Joel, Ashton, Kevin, David, Christopher, Vincent, Aaron, Trevor, Tony, and Peter (not pictured).

Do you have scouting news you would like to share with the community?

Email it to editor@katymagazine.com. Please do not send photography protected by copyright.

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Written by Cherri Northcutt

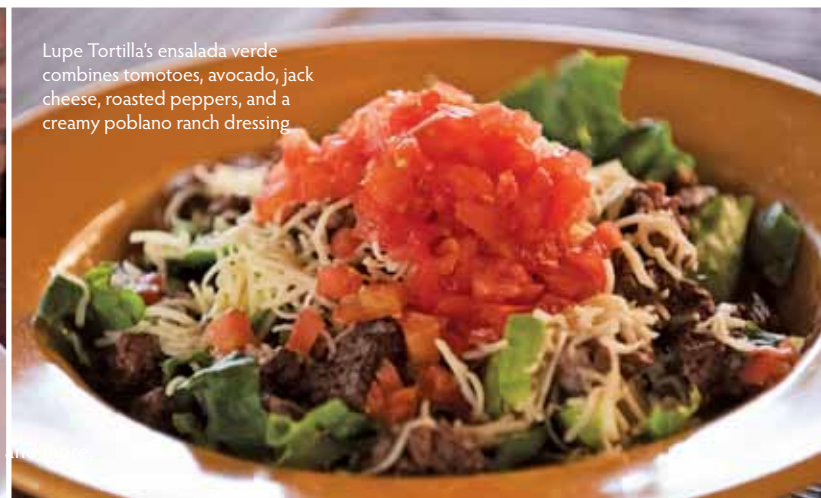


Photo by Kristyn Robertson

Black Walnut Cafe's sirloin steak salad comes loaded with Angus beef, grilled asparagus, green apples, Asiago dressing, walnuts, gorgonzola, and garlic bread



La Madeleine's Mediterranean salad pairs olives and artichoke hearts with feta cheese and marjoram-infused vinaigrette



Lupe Tortilla's ensalada verde combines tomatoes, avocado, jack cheese, roasted peppers, and a creamy poblano ranch dressing

If you have ever heard yourself say, "I'll just have a salad," then this dining guide is for you. There are no wimpy side salads here. These Katy restaurants serve up some big, delicious salads full of fresh, crisp veggies and a wide variety of meats, cheeses, and tasty ingredients from all over the world. Add your favorite dressing for a healthy, satisfying meal.

Antonia's Cucina Italiana

2001 Katy Mills Blvd.
281-644-6000

For Caesar salad lovers, Antonia's has some delectable choices. Their insalata alla Caesar begins with crispy romaine lettuce, herbs, croutons, and their homemade creamy Caesar dressing. To that, you can add anchovies, grilled chicken, or grilled shrimp. If you're craving a taste of the sea, their grilled salmon salad combines fresh salmon with mixed greens, tomato, bruschetta relish, and aged balsamic reduction.

Black Walnut Café

23233 Cinco Ranch Blvd.
281-371-2233

For a fun, relaxed dining experience, try this trendy spot in Cinco Ranch that's been grabbing the attention of Katyites since its recent opening. Black Walnut Café's Asian tuna salad comes with fresh seared ahi tuna, sesame seeds, cabbage, mint, carrots, cilantro, peanuts, bean sprouts, snow peas, wasabi aioli, and spicy Asian dressing for an exotic flavor that can't be beat. For the meat lover, there's the sirloin steak salad. With mouthwatering grilled Angus beef, house greens, julienned green apples, honey ginger marinade, gorgonzola, walnuts, grilled asparagus, Asiago dressing, and garlic bread on the side, this salad is both hearty and healthy.

Clay's Restaurant

17717 Clay Rd.
281-859-8773

Clay's is known for its comfort food, but the salads are delicious, as well. "The food is awesome, and there's an outdoor play place for the kids," shares Katy mom Carol LaBreche. She enjoys the Hawaiian chicken salad with marinated chicken breast over fresh greens, tomatoes, cucumber, bacon, purple onion, cheese, and grilled pineapple. The taco salad, another house favorite, adds a kick to a bed of greens, with your choice of beef or chicken topped with queso, sour cream, and salsa.

La Madeleine

23322 Mercantile Pkwy.
281-395-2888

This charming French café has a wide variety of tempting salads. Their tomato basil pesto pasta salad is sure to dazzle your taste buds, with bowtie pasta, basil, spinach, sun-dried tomatoes, green onions, parmesan, and pesto in a garlic dressing. For a flavor straight from the French Riviera, be sure to try their Mediterranean salad. Tomatoes, cucumbers, eggs, olives, artichoke hearts, green onions, and feta cheese are all tossed in a marjoram-infused vinaigrette for a delicious, yet healthy dish.

Lupe Tortilla

703 W. Grand Pkwy. S.
281-392-2322

College student and Katyite Steve Gilchrist loves going to Lupe Tortilla. "It's got a fun atmosphere and great food," Gilchrist says. He enjoys their fajita taco salad with chicken, lettuce, guacamole, pico de gallo, cheese, sour cream, tomatoes, and a jalapeno lime vinaigrette. For a bold, fresh flavor, try their ensalada verde, with baby mixed greens, tomatoes, avocado, jack cheese, and roasted peppers topped with a creamy poblano ranch dressing.

Panera Bread

19502 Katy Fwy.
281-398-6444

LaCenterra
Cinco Ranch Blvd.
281-395-6100

Served in a huge bowl with a baguette, Panera's salads are a real treat. For a filling, yet light dish, try the chopped chicken cobb salad. Romaine lettuce is topped with smoked bacon, gorgonzola, tomatoes, and hard-boiled eggs chopped and tossed with herb vinaigrette. Another delicious option straight from the southwest is the barbecue chopped chicken salad, with romaine lettuce, black beans, roasted corn, and tortilla strips, drizzled with ranch dressing and barbecue sauce.

Perry's Steakhouse & Grille

LaCenterra
23501 Cinco Ranch Blvd.
281-347-3600

General Manager Marty Miller describes Perry's as elegant dining in a warm, inviting atmosphere. His favorite salad is the tequila lime chicken, which pairs a sweet spring mix of lettuces, with pico de gallo, roasted pumpkin seed, grated Cotija cheese, grilled chicken, tortilla strips, and Perry's own tequila lime dressing. For a taste of the Mediterranean, try the warm spinach and shrimp salad. "For this salad, we start with

The Asian tuna salad at Black Walnut Café layers ahi tuna over a bed of fresh veggies drizzled in a spicy Asian dressing



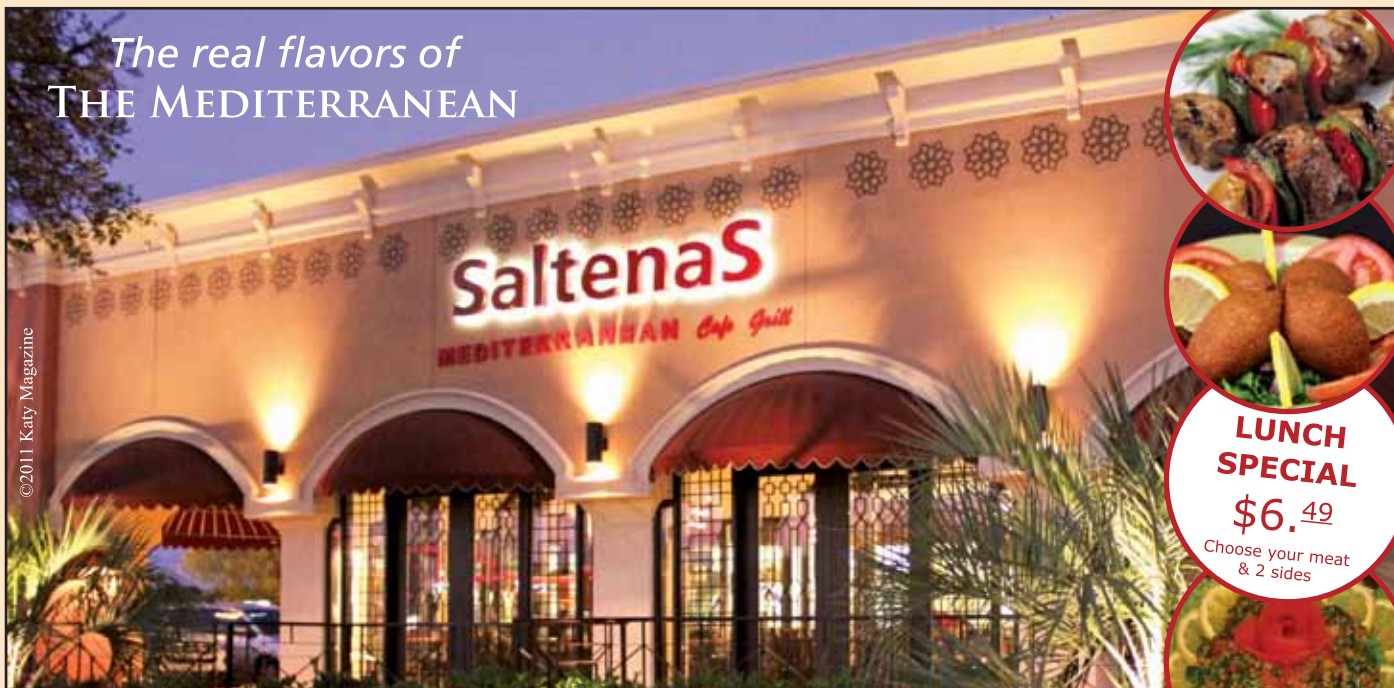
Photo by Kristyn Robertson

Panera Bread dishes up a variety of delicious salads, including several seasonal selections



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baby spinach and add red onions, silver dollar mushrooms, boiled egg, [and] grilled shrimp, and top it off with a bacon vinaigrette dressing,” shares Miller.

Red Oak Grill

2004 S. Mason Rd.
281-392-2612

You will always be treated to service with a smile at this family-owned Mediterranean-American eatery. Red Oak Grill has been in Katy for six years offering burgers, sandwiches, pita wraps, and much more. “We also have some very refreshing salads,” says Manager Eric Salman. The Greek salad, a popular choice among Katy diners, layers black olives, cucumbers, grape tomatoes, red onions, and feta cheese for a tasty combination. If you want to add chicken, Salman says, “We take a whole chicken breast, cut it up, and put it on the salad.” Another Katy favorite is the club salad, loaded with bacon, turkey, ham, [and] chicken, along with cheese, lettuce, and tomatoes.

Salt and Pepper

811 Ave. D
281-347-6803

Salt and Pepper in the heart of old Katy is an elegant gourmet restaurant with a number of unique salad dishes. Owner Lucy Gascon recommends the avocado stuffed with chicken salad. “People like it, because it’s fresh and homemade every day,” she says. The dish features an avocado stuffed with the restaurant’s delectable homemade pineapple and walnut



Saltenas Mediterranean Grill uses a wide variety of fresh vegetables, exotic spices, and cultural favorites like pomegranate molasses in their salads.

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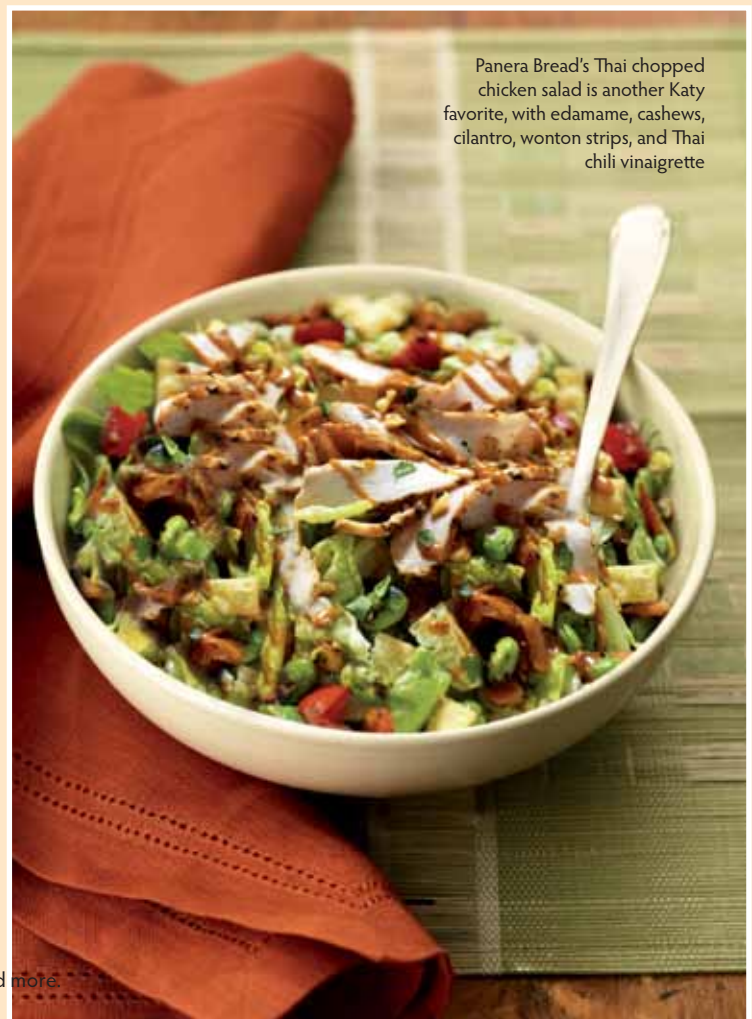
chicken salad, served over lettuce, tomato, cucumber, purple onions, orange wedges, raisins, almonds, carrots, shredded cheese, and croutons and drizzled with creamy cilantro dressing. For something unique, Gascon suggests the Lumynar Star salad. "It's named [after] me and co-owner Myrna Pena," she explains. This salad includes smoked turkey, honey ham, roast beef, pepper jack, Swiss, American, and Feta cheeses.

Saltenas Mediterranean Grill

981 S. Mason Rd.
281-398-4711
See ad on page 56

When you first walk in to Saltenas, you will immediately be struck by their exotic décor. The restaurant features colorful handmade chandeliers imported from Istanbul, beaded buffet lights from Syria, and intricate painted tiles from Morocco. Saltenas in Katy is the first U.S. location of this international restaurant, which has locations in Russia, Turkey, and Jordan. They offer a variety of fresh salads. Manager Mohamad Khanboutli recommends their most popular salad, the tabouleh with mixed vegetables, olive oil, mint, tomato, parsley, crash wheat, lemon, and onion. Another customer favorite, the Fatoush combines fresh vegetables, roasted bread, sumac, pomegranate molasses, lemon, and olive oil for a palate-pleasing flavor. **KM**

CHERRI NORTHCUTT loves eating out with family and friends. She has lived and dined in Katy for over 11 years.



Panera Bread's Thai chopped chicken salad is another Katy favorite, with edamame, cashews, cilantro, wonton strips, and Thai chili vinaigrette

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The Ancient Art of Feng Shui

Written by Katrina Katsarelis

How these simple, ancient techniques are believed to add positive energy and family harmony to your Katy home

Feng shui entryways are well-lit, uncluttered, and usually painted in lighter colors. Gold is the color that promotes wealth.

FENG SHUI (pronounced fung shway) is the ancient Chinese art of placement that means “wind and water.” The objective is to balance the elements and encourage the flow of *chi*, which means “life force” or “positive energy.” Experts believe improving one’s harmonious environment will naturally promote good health, wealth, family unity, and happiness. Here are a few simple ways you can add a touch of feng shui to your Katy home.



Always have an even number of chairs in the dining room.

The Dining Room

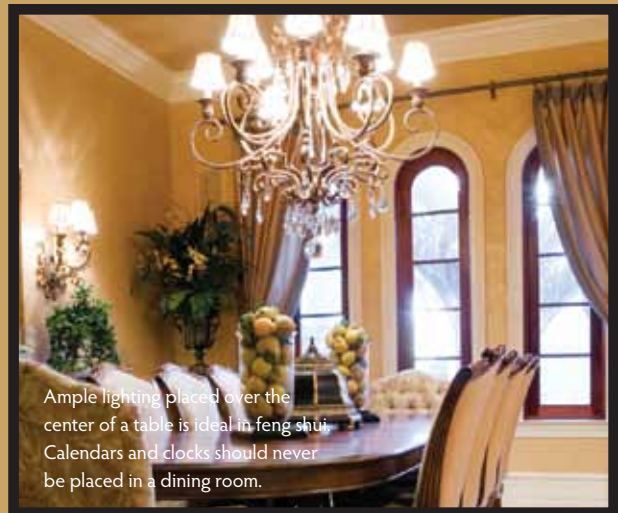
The number one rule is the dining room table should always be the focal point of the space; round, oval, and octagon shaped tables are preferred over square. Avoid harsh angles or heavy dark furniture. Always have an even number of chairs (with comfortable backs) around the table.

DINING ROOM DO'S AND DON'TS

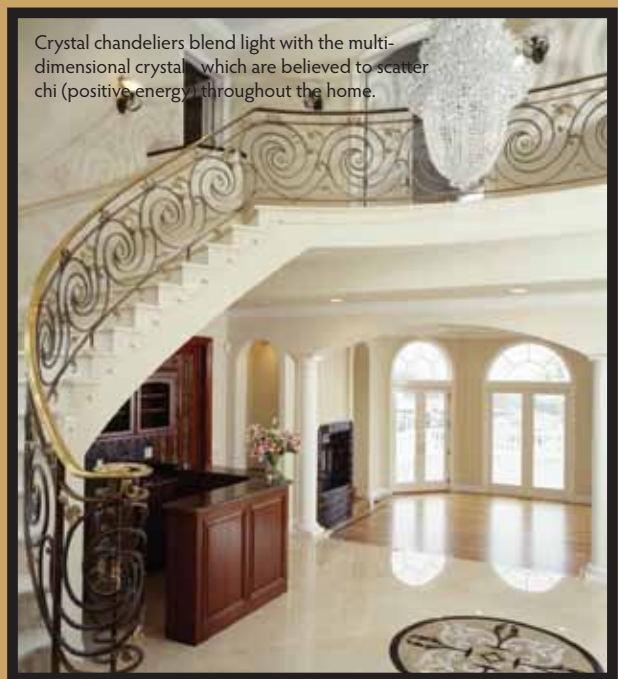
Table centerpieces should not block eye contact among the diners. Clocks or calendars should never be placed in a dining room. Landscape paintings, framed art, and mirrors are ideal for the dining room.

USE LINENS AND GOOD SILVER

Making use of your linens, china, and silver is considered good feng shui. A tablecloth is better than placemats, because it is said to bring about family unity. If you’re dieting, use blue linens, dishes, and placemats, as they are believed to decrease the appetite and improve one’s health.



Ample lighting placed over the center of a table is ideal in feng shui. Calendars and clocks should never be placed in a dining room.



Crystal chandeliers blend light with the multi-dimensional crystal which are believed to scatter chi (positive energy) throughout the home.

The Entryway

For maximum positivity, choose light fixtures that give off as much light as possible. Hanging a crystal chandelier from the center of the ceiling adds a burst of positive energy to the space. Sconces are also encouraged in the foyer. Mirrors, placed at a height that reflects the light, are the perfect accent for an entryway.

A WELCOMING FOYER

As the transition area from outside to inside, all entryway items that obstruct positive energy from coming in should be removed. Don’t let the entry become a dumping ground for shoes, mail, backpacks, and toys. Consoles and foyer cabinets are a frequent fixture in feng shui homes.

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