



VOLUME 7
ISSUE 1 | 2025

Select LIFE

OFFICIAL PUBLICATION OF FERTITTA ENTERTAINMENT
LANDRY'S RESTAURANTS & GOLDEN NUGGET



REWRITING THE RULES OF LUXURY

THE BUSINESS OF PEOPLE PG. 4

INS & OUTS OF FASHION PG. 6 | THE MARTINI RENAISSANCE PG. 12



Flavors Fueled By Familia pg. 14

DOS CAMINOS | CHARLOTTE



Dear Guests,

It is my pleasure to welcome you to the newest edition of *Select Life Magazine*! We're excited to share a collection of stories that inspire, entertain, and give you a fresh perspective on living well.

In this issue, I share some insights on what today's consumers are looking for in hospitality (pg. 4). From practical ways to prioritize your health this season (pg. 24) to a deep dive into what's hot and what's not in fashion this season (pg. 6), these features are designed to engage and energize.

And now, *Select Life* goes beyond the page. You can explore these stories—and so much more—anytime, anywhere by visiting landrysinc.com/select-life. As always, our magazine reflects the essence of Landry's Inc., Golden Nugget, and The Post Oak Hotel—brands dedicated to creating unforgettable experiences.

Thank you for being part of the *Select Life* community. Here's to a year filled with discovery, connection, and unforgettable moments.

Warm regards,

Tilman J. Fertitta
Chairman, President and CEO of Landry's, Inc.

TABLE OF CONTENTS

FEATURES

- 4 The Business of People
A Tilman Fertitta hospitality perspective

6 Ins & Outs
Fashion trends to lookout for

12 The Martini Renaissance
How 2025 Is Shaking (and Stirring) Up This Classic Cocktail

14 Flavors Fueled By Familia
Celebrating Mexican cuisine and Dos Caminos culture

22 Shifting Gears
A new era of automotive innovation

24 Be Well This Season
Ways to support your health this season

26 Keeping The Spark Alive
Fiery date ideas

30 Life Beyond The Screen
Rediscovering ways to live
- 34 Tari Eason
Getting to know Houston Rockets' star defender

37 Tech Innovations
Tech innovations to lookout for in 2025

IN EVERY ISSUE

- 2 Landry's Lineup
From restaurant openings to new acquisitions, see what's new this season

16 Golden Nugget Guide
From headlining shows to exclusive promotions and entertainment, never miss the scoop at your local Golden Nugget Hotel & Casino

38 Camera-Ready #SelectLifeShorts
Your unforgettable moments

41 In the Spotlight
A recap of last season's most memorable events, plus, check out who was spotted at your favorite Landry's restaurant

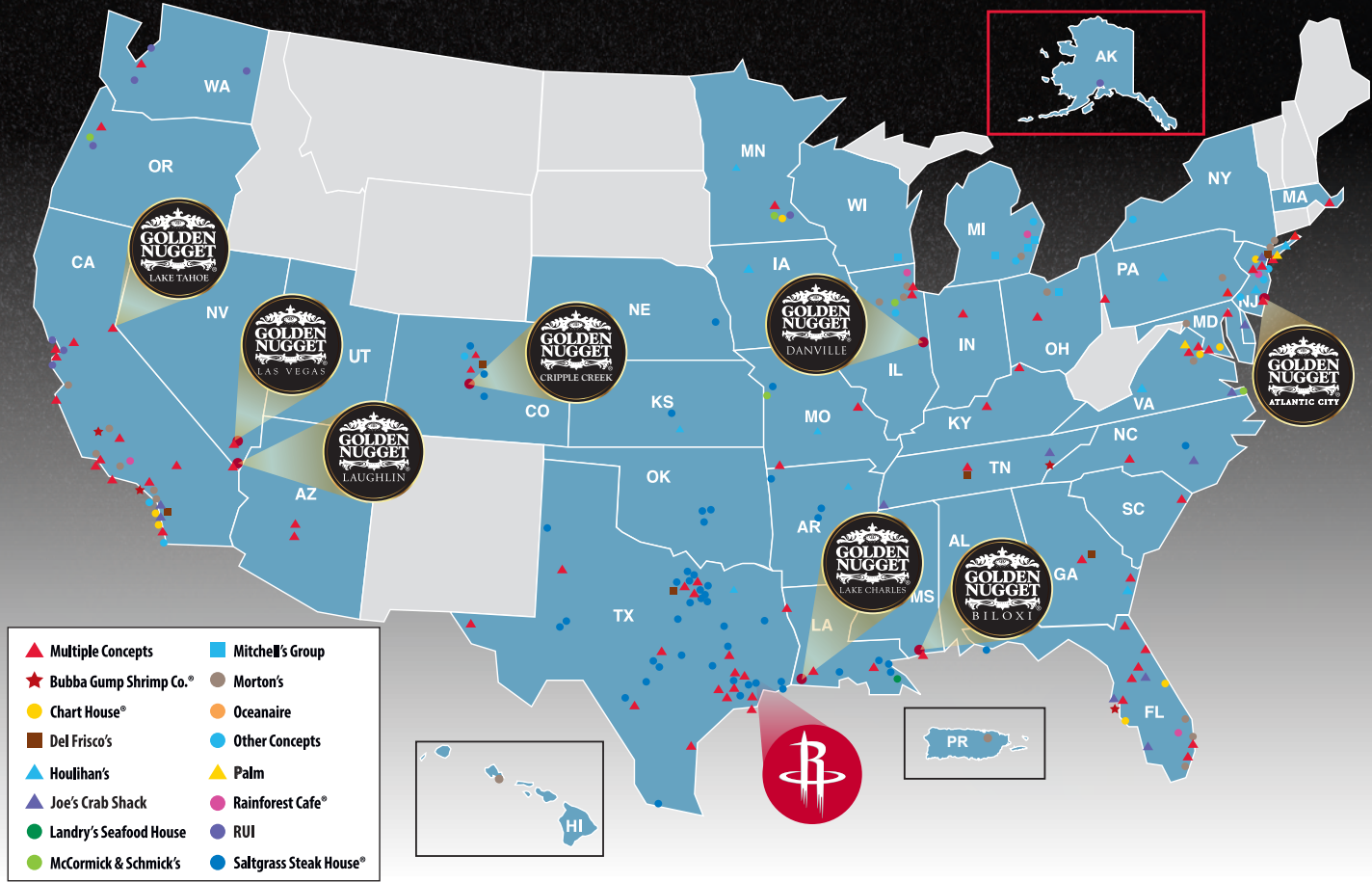
Select **LIFE**
OFFICIAL PUBLICATION OF FERTITTA ENTERTAINMENT
LANDRY'S, INC. & GOLDEN NUGGET

Landry's Inc.
Department of Marketing | 1510 West Loop South | Houston, Texas 77027
Select Life is published by Fertitta Entertainment. All rights reserved.
All prices, services, and dates herein are subject to change without notice. ©2025 Landry's Inc.

On the cover: The Seduction Spritz at Del Frisco's Grille
Managing Editor: Courtney Goodson | **Art Direction:** Joel Ashby
Electronic copy online at: landrysinc.com/select-life



Spectacular Restaurants for Casual & Fine Dining
Luxurious Hotels, Resorts & Casinos



LANDRYSINC.COM

STEAKING ITS CLAIM



THE GARDEN AT THE PENTHOUSE DEBUT

Mastro's Restaurants is raising the bar in Beverly Hills with the debut of The Garden at The Penthouse, a stunning rooftop terrace that offers a fresh take on fine dining. Accessed via a private elevator, this 1,654-square-foot space features lush greenery, a living moss wall, and panoramic views of the Beverly Hills skyline. With plush seating for 80 and a retractable roof, it's a perfect

backdrop for sunset cocktails or late-night soirées. Guests will indulge in Mastro's signature cuisine, world-class service, and live entertainment, including DJs and electric violinists, creating an exclusive, Ibiza-inspired atmosphere. The Garden is open Thursday through Saturday for dinner, offering a luxurious escape in the heart of Beverly Hills.

MASTRO'S STEAKHOUSE DEBUTS IN COLUMBUS

Mastro's Steakhouse has brought its signature luxury dining experience to Columbus, Ohio, with the grand opening of its newest location at 3965 New Bond Street on February 7th. Known for its exceptional seafood and steaks, the Columbus spot is a first-to-market venue, featuring two main dining rooms, a private dining space, two outdoor patios, a double-faced bar, piano lounge, and a semi-private wine room. Mastro's is known for a menu that blends the best in quality and variety, offering 16 cuts of USDA Prime steaks, Japanese A5 Wagyu, and True A5 Kobe Beef, alongside fresh seafood, raw bar selections, and unique sushi creations. Their iconic sides, like lobster mashed potatoes and the towering seafood

platter, are fan favorites, as are desserts like the warm butter cake that consistently earns rave reviews.



THE ART OF *Indulgence*

PRIME STEAKS

SUCCULENT SEAFOOD

AWARD-WINNING WINES

EXCEPTIONAL SERVICE

LIVE ENTERTAINMENT



Now Open in
Columbus, Ohio

MASTRO'S
RESTAURANTS

MASTROS.COM   



A PERSPECTIVE FROM TILMAN FERTITTA
By Courtney Goodson

the BUSINESS of PEOPLE

In the world of business, finding the sweet spot for what consumers truly want can feel like walking a double-edged sword. While markets shift and consumer expectations rise, one principle remains timeless: hospitality. For Tilman Fertitta, the billionaire entrepreneur and CEO of Landry's, Inc., hospitality is not just an industry—it is an art form. Steering an empire crossing restaurants, hotels, and casinos, Fertitta has grasped the complex dance of making people feel seen, heard, and appreciated.

His philosophy of hospitality is not limited to white tablecloth dining or luxury hotels; it's integrated into every aspect of his businesses. "Hospitality," Fertitta often says, "is about making someone feel better than they did when they walked through your door." It's this commitment to people, paired with sharp business acumen, that has propelled Fertitta to the top of the industry.



"At the end of the day, people want to feel cared for, that's what hospitality is all about." — **Tilman Fertitta**

THE PEOPLE BEHIND THE PROFITS

At the heart of Fertitta's empire lies a simple but overwhelming truth: businesses are built on people. Whether it's the employees who create memorable experiences or the guests who visit establishments, Fertitta's approach is rooted in human connection.

In a recent conversation, he shared a pivotal insight: "You can't fake hospitality. It's either in your DNA, or it's not. Customers know when it's genuine, and that's what keeps them coming back." This philosophy is reflected in the way Fertitta invests in his teams, ensuring they are equipped with both the skills and mindset to deliver excellence.

SCALING THE INTANGIBLE

The challenge for any entrepreneur is scaling an experience that feels personal. Fertitta has solved this by incorporating his values into every aspect of his businesses. Training programs, leadership development, and a relentless focus

on customer feedback ensure that each interaction reflects the Fertitta standard.

But it's not just about systems and processes. Fertitta emphasizes the importance of empowering employees to take ownership of their roles. "Hospitality isn't just a job," he says. "It's a mindset." This belief has fostered a culture of pride and accountability across his company.

LESSONS FOR ASPIRING LEADERS

Fertitta's journey offers valuable lessons for leaders across industries. Success, he argues, is a subtle balance of intuition and execution. "You have to trust your gut, but you also have to know the numbers," he explains. "The magic happens when you bring the two together."

He also stresses the importance of resilience and adaptability. In an industry that can be as unpredictable as it is rewarding, Fertitta has navigated economic downturns, shifting consumer trends, and technological disruptions—all while

expanding his portfolio. "You can't get too comfortable," he says. "The moment you stop innovating is the moment you start falling behind."

THE FUTURE OF HOSPITALITY

Looking ahead, Fertitta is optimistic about the future of hospitality. While technology and data will play a growing role in enhancing the customer experience, he believes the human element will remain irreplaceable. "At the end of the day," he reflects, "people want to feel cared for, that's what hospitality is all about."

As Fertitta continues to push the boundaries of his industry, his commitment to the art of hospitality serves as a reminder of what truly matters in business: the people. Regardless if service is expressed through a perfectly guests who visit building businesses—he's creating moments that last a lifetime.

In&Outs

By Shelby Slavik

Fashion trends in 2024 varied wildly depending on what corner of the internet you found yourself in. Skinny jeans were out, the 2000's are now "vintage" and micro-trends ruled. As the new year ushers in a new era of fashion trends we've put together a list of trending closet must-haves and vanishing styles you might want to lay to rest.

ANIMAL PRINT

Leopard print has been spotted on the runway with printed trench coats, cardigans and even dresses. Bold animal prints are no longer relegated to wild nights out but are now a prominent pattern for everyday wear.

BREEZY BOHO

Boho is still going strong heading into 2025. Flared denim, vintage cowboy boots and flowy tops are all very on trend this season.

MOD MINI'S

Designers are rolling out 60's inspired mod miniskirts and belted minidresses that will take your spring wardrobe to the next level. Cropped jackets and sleek pedal-pusher trousers are also making a comeback with this trend.

SPORTY SPICE

Love it or hate it, athleisure is here to stay. Pastel-colored Pilates skorts, and versatile leggings are predicted to become staples in your wardrobe. Other interesting sports-inspired trends on the rise include rugby tops, jerseys and tennis dresses.

LUXE TEXTURES

Plush, statement-making fabrics are defining the year, with cropped fur coats leading the charge. A modern take on vintage glamour, this trend blends warmth with effortless edge, making it a must-have for layering in style. Whether draped over casual streetwear or paired with evening-wear, luxe textures are all about bold, tactile elegance this year.

LONG CARDIGANS

Cropped jackets and accentuated waistlines are hot right now. Long cardigans traditionally pair with skinny jeans, making them a thing of the past.

CHUNKY SHOES

Clunky dad shoes and platform tennis shoes are on the way out. Elegant ballet flats, sleek knee-high boots, and versatile sneakers are the trending footwear.

CLEAN GIRL MAKEUP

Skincare and minimalism were all the rage in 2024. While dewy fresh complexions are here to stay, micro-aggressive trends like "clean girl" makeup are out. Experimental makeup and fun beauty trends are predicted to make a comeback while replacing minimalist looks.





ELEGANT FOOTWEAR

Sky high heels and stiletto boots are fading into the background while understated slingback kitten heels are in the spotlight currently. Classic leather riding boots are also making a resurgence as they replace ankle booties.

COASTAL COOL

Coastal cool mixes East Coast prep with nautical style for an effortlessly trendy yet moneyed aesthetic. This trend is popping up with cutting-edged brands meaning it will be ubiquitous within the next couple of months.

THE PERFECT TRENCH

Spring is a season of in-between temperatures and unpredictable showers, making the trench coat the ideal outer wear to protect you from winter's messy transition. This super chic outer wear can be paired with nearly any outfit for an instant and iconic upgrade.

CHECKS AND GINGHAM

This classic pattern was found on spring runways and is projected to be a staple for your springtime wardrobe. Checks and gingham pair perfectly with a multitude of colors and makes the perfect cute and breezy sundress.

FRESH COLORS

Fresh spring colors like pale pink and buttery yellow are minimalist friendly, while being approachably sweet for spring. These light happy colors perfectly compliment most neutral colors and fit many different styles.

NEW BUSINESS CASUAL

Whether you know her as the corporate baddie or the office siren, the new business casual style is here to stay. As 'return to office' is hitting the nation with full force an upscale, effortless version of women's business casual is also on the rise. To achieve this look at work, focus on fashionable blazers, tailored trousers and pointy toed heels.

TORY BURCH

THE ULTIMATE STEAKHOUSE DINING EXPERIENCE



REVEL IN A COMBINATION OF FLAIR AND PERFECTLY
SEASONED CUTS AND DECADENT SIDES.

STRIP HOUSE
Steakhouse & Cocktail Lounge

LAS VEGAS | NEW YORK

STRIPHOUSE.COM



THE MARTINI RENAISSANCE

How 2025 Is Shaking (and Stirring) Up This Classic Cocktail

BY SELECT LIFE STAFF

If there's one drink that has stood the test of time while constantly reinventing itself, it's the martini. The past few years have seen a nostalgic return to classic cocktails, but 2025 is proving that the martini isn't just making a comeback—it's taking center stage in ways we've never seen before. From futuristic flavors to avant-garde presentations, here's how this iconic drink is getting a modern makeover.

The Year of the Martini

Why is this the year of the martini? Blame it on a mix of post-pandemic sophistication, a collective thirst for luxury, and social media's obsession with aesthetically pleasing drinks. The martini, with its sleek glass and timeless appeal, is a natural fit for this moment. Cocktail bars are elevating their martini menus with rare spirits, botanical infusions, and high-tech mixology techniques that redefine what this classic drink can be.

Beyond Gin and Vodka: The Ingredient Revolution

While the gin vs. vodka debate remains alive and well, today's mixologists are thinking beyond tradition. Mezcal martinis with a smoky twist, soju-based martinis with an umami kick, and even non-alcoholic renditions made with complex botanical distillations are making waves. Expect to see ingredients like yuzu, saffron, black garlic, and coconut-washed spirits bringing unexpected depth to your next sip.

The Dirty Martini Gets Dirtier

Love a dirty martini? Get ready for an even brinier, bolder experience. Bartenders are embracing house-made olive brines, pickled elements, and umami-rich additions like miso and anchovy to create complex savory profiles. The "black olive martini," featuring squid ink for a jet-black aesthetic and a touch of saline mystery, is becoming a must-try menu item in high-end bars.

Ice, Glassware, and Presentation: The Details Matter

It's not just about what's in the glass—it's about the entire experience. Crystal-clear hand-carved ice spheres, sculptural glassware, and high-end garnishes like edible gold flakes or caviar bumps are turning the simple act of drinking a martini into an art form. Expect to see cocktails served in frozen glasses, martinis presented under smoke-filled domes, and even glow-in-the-dark variations making their way into ultra-trendy lounges.

Espresso Martini 2.0

The espresso martini has had a vice grip on cocktail culture for the past few years, and this year is no different. Think matcha espresso martinis, cold brew-infused versions, and even nitro martinis served straight from a tap. Baristas and bartenders are collaborating to create the ultimate hybrid drink for caffeine lovers who refuse to compromise on elegance.

The Home Martini Boom

With more people investing in home bars, crafting the perfect martini at home has become a hobby and a statement. Artisanal vermouth brands, specialty bitters, and custom ice molds are flooding the market. TikTok and Instagram are filled with at-home mixologists showing off their DIY martini recipes, sparking a new wave of cocktail culture that's just as polished as what you'd find in a five-star hotel.

The Future of the Martini

It's evident that the martini is more than a drink—it's a movement. Whether you're sipping a high-tech, AI-curated concoction or indulging in an ultra-classic version at a chic rooftop bar, one thing is clear: the martini isn't just here to stay, it's leading the way in cocktail innovation. So raise your glass—this is the year of the martini, and the best is yet to come.



FLAVORS FUELED BY *Familia*

Dos Caminos: A Place to Celebrate Mexican Food and Connect with the Community.

BY SELECT LIFE STAFF

As Dos Caminos continues to expand, it does so with a purpose: to unite cultures through food and create unforgettable experiences. What began in New York City has flourished in the Queen City, transforming into a vibrant gathering place where warm service, authentic flavors, and bold design come together. At Dos Caminos, a meal is more than just food—it's a celebration of Mexico.



Path to Growth and Vision for the Future

Dos Caminos isn't resting on its laurels. The team has outlined a clear vision for continued growth:

- 1. Listening to Guests:** Constant communication with diners is at the heart of the restaurant's evolution. Managers and staff connect with every table, ensuring each guest feels heard and valued.
- 2. Menu Innovation:** The team is committed to crafting recipes that blend tradition with modern flair, using local vendors and delivering bold, flavorful dishes.
- 3. Uniting Experiences:** Unique events like Cinco de Mayo and Día de Muertos have highlighted enthusiasm for Mexican culture.

The Secret Ingredient: La Familia

Behind every flavorful dish and every welcoming smile is the "Familia Team." Over 70% of Dos Caminos' employees have been with the restaurant since its opening, a testament to the culture of collaboration and respect cultivated within its walls. "We are one" is more than a motto—it's a guiding principle.

Leadership with Purpose

The leadership at Dos Caminos exemplifies dedication and vision. General Manager Daniel Tejada, a Peruvian with over 20 years of experience across multiple countries, combines his expertise with a background in Human Resources and Marketing to build a model of culinary excellence and community leadership. Meanwhile, Executive Chef Francisco Recinos, a Guatemalan talent with a rich culinary history in Mexico, leads the Charlotte kitchen with patience, tolerance, and passion, crafting the flavors that define Dos Caminos.

Discover, Share, Celebrate

At Dos Caminos, every visit is an invitation to explore flavors, connect with others, and celebrate life. As the team proudly states, "We didn't invent tortillas or tequila, but we make wonders with them."

Come for the food, stay for the community, and leave with unforgettable memories.

// *At Dos Caminos, a meal is more than just food—it's a celebration of Mexico.*

A Culinary Journey Like No Other

Dos Caminos offers a unique balance between tradition and innovation. From the best Margaritas in town to delicious tacos and handcrafted moles, every dish tells a story steeped in rich Mexican flavors. Exclusive creations at locations such as Charlotte, like the "Queen City Margarita," exemplify their passion for pushing culinary boundaries. This bold black cocktail, designed specifically for Charlotte, has quickly become a favorite among guests.



SEASON OF FORTUNE

**AT THE GOLDEN NUGGET,
EVERY MOMENT SPARKLES WITH POSSIBILITY.**

From the electric pulse of Las Vegas to the tranquil shores of Lake Tahoe and the storied charm of Atlantic City, our iconic destinations redefine luxury and adventure. Explore exceptional dining, indulge in our lavish accommodations, and live the thrill of world-class gaming and exclusive events. Every visit to Golden Nugget is a chance to create your own golden moments.



ATLANTIC CITY

SENATOR FRANK S. FARLEY STATE MARINA

A boater's paradise with 630 floating slips and dockage for vessels up to 300 feet. Set in the scenic Absecon Bay, this well-protected harbor offers seasonal, winter, and transient rentals, plus exclusive marina and resort perks. Dock, unwind, and step right into award-winning dining, nonstop entertainment, and the electric casino scene at Golden Nugget Atlantic City.



CRIPPLE CREEK

APRIL CASINO PROMOTIONS

\$50,000 BIG BUCKS BONANZA
APRIL 4 – 26 | FRIDAYS AND SATURDAYS
6 PM – 10:30 PM

Grand Finale April 26 at 10:30 PM – two grand prize winners will each receive \$5,000 in cash!

\$15,000 TREASURE THURSDAYS
Drawings every 30 minutes from 6 PM – 9 PM on the casino floor.

EXPLORE ALL THESE GOLDEN OPPORTUNITIES AND MORE BY VISITING [GOLDENNUGGET.COM](https://goldennugget.com).



LAKE CHARLES

H2O POOL + BAR

The largest and splashiest pool complex on the Gulf Coast, H2O Pool + Bar brings the perfect mix of relaxation and energy. Swim, sip, and soak up the scene in a vibrant atmosphere designed for the ultimate poolside escape.

EVENTS AND ENTERTAINMENT

- DRU HILL**
Saturday, April 12 | 8PM
- RED HAUTE DRESS**
April 19

- CHASE MATTHEW**
Friday, April 25 | 8:30PM
- RANDY ROGERS BAND**
Saturday, May 3 | 8PM
- DANE COOK**
Friday, May 16 | 8PM

LAKE TAHOE

DINING AT CHART HOUSE

Perched atop a hill with breathtaking Lake Tahoe views, Chart House offers a seafood dining experience as legendary as its location. From prime rib and Mac Nut Mahi to signature cocktails and decadent desserts, every meal comes with a side of stunning sunsets and natural beauty. Whether it's happy hour specials or a front-row seat to the Fourth of July fireworks, this elevated dining spot is always a standout.



APRIL CASINO PROMOTIONS

SCRATCH YOUR WAY TO FREE PLAY | TUESDAYS

Participate in the promotion by earning 150 slot points the week prior. The top 5 point earners will be drawn every Tuesday at 5 PM, with the top winner receiving \$500 in Free Play, second place \$250, third place \$125, fourth place \$75, and fifth place \$50.

WINE DOWN WEDNESDAYS | EVERY WEDNESDAY

Earn 500 points to redeem a bottle of select wine or spirits. You can play to earn up to 5 bottles.

**SHOW ME THE HONEY
EVERY OTHER SATURDAY IN APRIL**

Earn up to \$1,000 in Free Slot Play by earning 25 points per entry. Winners will select a honey stick and measure it for the corresponding Free Slot Play. There will be 6 winners each night, and 12 total winners for the month.



MAY CASINO PROMOTIONS

ROLLIN' FOR FREE PLAY

On most Saturdays in May (3, 10, 17, 31), there will be one drawing per night. Three winners will be chosen, and participants will have two chances to roll doubles for corresponding Free Play prizes. Rolling double 1's wins \$1,000 in Free Play.

MYSTERY MULTIPLIER

Every Monday in May, earn a Mystery Multiplier!

MAY EVENTS

CRAB FEED | MAY 24 AT 4PM

In the Revolution Ballroom, enjoy a delicious Crab Feed. Tickets are \$99 (price subject to change) and include 1 wristband, 2 drink tickets, and up to 3 lbs. of Dungeness Crab, plus live entertainment and a cash bar.

UFC 315

Free viewing at the Center Bar on Saturday, May 10, 2025 | 7 PM.

EXPLORE ALL THESE GOLDEN OPPORTUNITIES AND MORE BY VISITING [GOLDENNUGGET.COM](https://www.goldennugget.com).

LAS VEGAS

A seamless blend of luxury, adventure, and relaxation defines the experience at Golden Nugget Las Vegas. The \$30 million award-winning Tank Pool features a breathtaking 200,000-gallon shark tank aquarium, surrounded by 17 private cabanas across three levels, offering an unforgettable escape. Just steps away, the Salon & Spa provides a tranquil retreat with curated wellness experiences designed to restore balance, promote mindfulness, and rejuvenate the body. Whether seeking excitement or serenity, every moment is crafted for indulgence.



APRIL CASINO PROMOTIONS

\$100,000 ITS RAINING ACES BLACKJACK TOURNAMENT | APRIL 25 – 24
Enter for \$500 and play for a \$50,000 Grand Prize. Register Friday from 4-7 PM with promo chip drawings, then compete in tournament play on Saturday and Sunday!

\$15,000 SPRING FLING | APRIL 14 - 16
Spin your way to big rewards with the \$15,000 Spring Fling Slot Tournament, happening April 14-16! For just a \$50 entry fee, you can join the action for a chance to win daily prizes of \$5,000—register between 9am-Noon, Monday through Wednesday! Play 1, 2, or all 3 days!

APRIL ENTERTAINMENT

GORDIE BROWN
Thursdays & Saturdays | 7:30PM

AMBROSIA
April 18 | 8PM

LAUGHLIN

APRIL CASINO PROMOTIONS

CARD SHARKS | EVERY SATURDAY IN APRIL 7 PM & 9 PM
\$20,000 Guaranteed Prize Pool! Join the action for your chance to win big – are you ready to play your hand?

MAY CASINO PROMOTIONS

FIELD OF DREAMS DRAWINGS SATURDAYS IN MAY AT 7:00 PM AND 9:00 PM
\$25,000 Guaranteed Prize Pool!
All promotions are located at the Promotions Area.

APRIL ENTERTAINMENT

FRIDAY - APRIL 4 AND APRIL 18 SUNRISE SUNSET
Rush Lounge | 8 PM – Midnight | No Cover

FRIDAY - APRIL 11 AND APRIL 25 JUKEBOX HITS
Rush Lounge | 8 PM – 11 PM | No Cover

SATURDAY NIGHTS PARTY BOYZ PRODUCTIONS
Rush Lounge | Starting at 10 PM | No Cover

MAY ENTERTAINMENT

FRIDAY - MAY 2, 16, 30 – SUNRISE SUNSET
Rush Lounge | 8 PM – Midnight | No Cover

SATURDAY NIGHTS PARTY BOYZ PRODUCTIONS
Rush Lounge | Starting at 10 PM | No Cover



FERTITTA CLEAR

FERTITTA
AUTOMOTIVE'S
NEW ERA OF
EXCELLENCE

BY SELECT LIFE STAFF

The hum of a well-tuned engine, the thrill of a perfectly crafted machine, the legacy of a name that signifies trust—these are the elements that define Fertitta Automotive Group. In a state where cars are more than just vehicles, but extensions of identity and ambition, the group's expansion marks an exciting new chapter in Texas' automotive landscape.

FERTITTA
CHEVROLET

A LEGACY IN MOTION

For decades, Fertitta Automotive has been more than a dealership; it has been a trusted companion on the roads of Houston and beyond. Rooted in a philosophy of excellence and community connection, the group has grown from a single dealership into a diverse and prestigious network. Now, that legacy is evolving once more, as Norman Frede Chevrolet transforms into Fertitta Chevrolet, blending a history of reliability with the future of automotive service and innovation.

Chevrolet has long been a staple in American driveways, from family-friendly SUVs to rugged trucks built for hard work. Fertitta Chevrolet carries that tradition forward, not just as a place to buy a car, but as a hub where drivers find vehicles that fit their lives, supported by a team that values relationships as much as reliability.

MORE THAN A COLLECTION, A PHILOSOPHY

Fertitta Automotive's passion for craftsmanship and customer experience is best embodied in its Post Oak Collection, home to some of the world's most coveted luxury brands. Bentley, Rolls-Royce, Bugatti, and Karma don't just represent high-end automotive engineering; they symbolize a commitment to artistry, innovation, and an uncompromising standard of excellence. Now, with the inclusion of Lotus and Chevrolet, the Fertitta portfolio extends its reach—from the handcrafted precision of a supercar to the everyday dependability of a trusted pickup.

LOOKING AHEAD

With locations spanning Houston, The Woodlands, and Clear Lake, Fertitta Automotive Group is poised for continued growth and innovation. The expansion into Chevrolet and Lotus solidifies its commitment to delivering exceptional customer experiences while further cementing Houston's status as a hub for automotive excellence.



A NEW ERA OF PERFORMANCE

But the road to innovation doesn't stop there. The arrival of Lotus at Fertitta Automotive injects a new energy into Houston's luxury car scene. A name synonymous with precision and performance, Lotus is more than just a brand—it's an experience. Whether it's the aerodynamic elegance of a sports car carving through the streets or the meticulous engineering beneath the hood, this addition brings an exhilarating new dimension to the Fertitta family.

THE ROAD AHEAD

With locations spanning Houston, The Woodlands, and Clear Lake, Fertitta Automotive continues to push forward, not just in selling vehicles, but in shaping the future of car ownership. Whether through personalized service, a curated luxury experience, or a dedication to community involvement, the group remains steadfast in its mission: to drive forward with purpose, passion, and an unwavering dedication to those who turn to them for more than just a car.

This isn't just about expansion—it's about evolution. And for Fertitta Automotive, the journey is just getting started.



VISIT [HTTP://POSTOAKMOTORS.COM/DEALERSHIPS](http://postoakmotors.com/dealerships) FOR MORE INFORMATION.

BE WELL THIS SEASON

By Shelby Slavik

Protect your immune system this year. While seasonal sickness may seem inevitable, there are many science-backed ways to support your health and keep you thriving early on in the year.



VIPARITA KARANI (Legs-Up-the-Wall Pose)

BENEFITS: Relieves stress, enhances lymphatic drainage, and reduces inflammation.

HOW TO DO IT: Lie on your back and extend your legs up a wall, making a 90-degree angle with your torso. Relax your arms by your sides.

BALASANA (Child's Pose)

BENEFITS: Calms the nervous system, reduces stress, and improves blood flow to the head and face.

HOW TO DO IT: Start on your knees, fold forward, and stretch your arms out in front of you or by your sides.

MATSYASANA (Fish Pose)

BENEFITS: Opens up the lungs and chest, aiding respiratory health and reducing stress.

HOW TO DO IT: Lie on your back, place your hands under your hips, and arch your chest upward, keeping your head and shoulders on the mat.

Asanas | Poses

Recommended poses for a boosted immune system this season.

BHUJANGASANA (Cobra Pose)

BENEFITS: Opens the lungs and chest, stimulates the thymus (an immune-supporting gland), and reduces stress.

HOW TO DO IT: Lie on your stomach, place your hands under your shoulders, and gently lift your upper body while keeping your hips grounded.

SETU BANDHASANA (Bridge Pose)

BENEFITS: Improves circulation, opens the chest, and stimulates the thyroid, which can support metabolism and immune function.

HOW TO DO IT: Lie on your back, bend your knees, and lift your hips toward the ceiling while keeping your feet and shoulders grounded.

ANJANEYASANA (Low Lunge)

BENEFITS: Opens up the chest and lungs, improves circulation, and reduces tension in the hip flexors.

HOW TO DO IT: Step one foot forward and lower your other knee to the mat. Raise your arms and lift your chest, keeping your shoulders relaxed.

SAVASANA (Corpse Pose)

BENEFITS: Encourages deep relaxation, which reduces stress and enhances immune response.

HOW TO DO IT: Lie flat on your back with your arms and legs relaxed. Close your eyes and focus on deep, steady breathing.

WE

sat down with functional wellness guru, reiki master, yoga teacher and founder of Infinite U, Quincee Evans to discuss effective ways to reduce stress and nourish your physical and mental health amidst end of year chaos and new year fatigue.

When asked about the seasonal benefits of doing yoga Evans states, I recommend looking at the seasons and tapping into the elements to determine which poses will counterbalance the effects of the season.

"For example, the winter months can be cooler and wet, therefore you would balance by raising the fire in the body through asanas, poses and breath."

If longer nights, and seasonal depression have got you feeling down, consider immune boosting yoga poses, breathwork and mindfulness practices scientifically proven to elevate your mood.

Evans recommends incorporating yoga into your daily routine for maximum benefits. According to her, "Yoga stimulates the lymphatic system and facilitates the removal of toxins, thereby strengthening the body against infections and illnesses. Certain poses enhance blood flow to the head and activate the thyroid gland which regulates immune function," which can be especially helpful during cold and flu season.

KEEPING THE SPARK ALIVE

BY SELECT LIFE STAFF

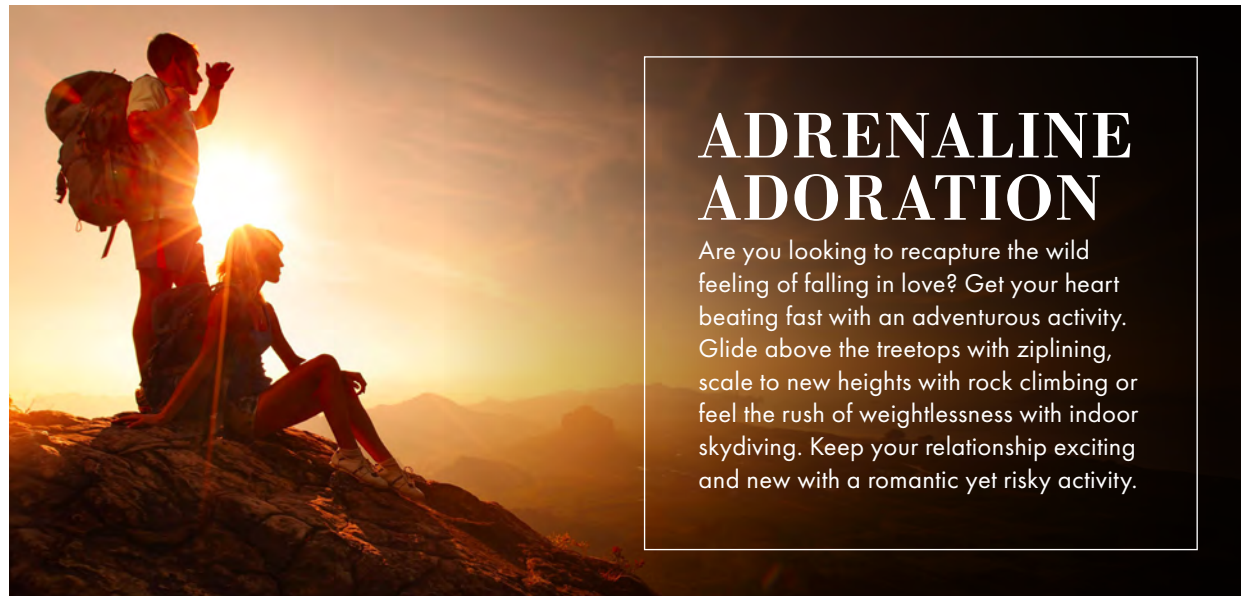
Stoke the flame of everlasting love with fiery date night ideas.

Don't settle for lackluster dates and boring routines, instead create the exhilarating and fulfilling love life you deserve. Jump into 2025 with fresh new ideas to spice up date night with your favorite person. Make new memories with your long-term partner or wow your latest companion with a showstopping romantic experience.



PARTNER'S POLAR PLUNGE

Connect to the cold with a winter wellness retreat in the Netherlands. Fans of fitness know all about the famous "Iceman", Wim Hof who is known for his staggering feats of athletic prowess including climbing Mount Everest shirtless and running a half-marathon barefoot in subzero temperatures. Create your own jaw dropping arctic adventure as a couple with the Wim Hof winter expedition. This intense Polish getaway includes invigorating ice baths, relaxing breath work classes and shirtless snowy hikes all conducted by certified instructors.



ADRENALINE ADORATION

Are you looking to recapture the wild feeling of falling in love? Get your heart beating fast with an adventurous activity. Glide above the treetops with ziplining, scale to new heights with rock climbing or feel the rush of weightlessness with indoor skydiving. Keep your relationship exciting and new with a romantic yet risky activity.

A LUXE SURPRISE

There is something incredibly romantic about a surprise planned by the one you love. Shower your love interest with an unforgettable surprise date sure to blow them away. Book a helicopter ride to their favorite restaurant anywhere in the world or rent a limo before heading to an enthralling concert by their favorite artist. Whether big or small, a thoughtful surprise date is sure to spark butterflies in your relationship.



DISTILL PASSION

Discover the intricate art of spirit production with a distillery tour. Take a peek at the magic happening behind the scenes at some of the world's most famous distilleries. Explore the fabled bourbon trail in Kentucky with stops at Angel's Envy Distillery, Woodford Reserve Distillery and Maker's Mark Distillery, making up part of a well-known lineup. If you prefer a European flair, visit the maverick whisky makers at Glenfiddich Distillery in Scotland or the Jameson Distillery in Dublin, Ireland.



SOULMATES SET SAIL

Cruising the waves while sipping an ice-cold beverage is the pinnacle of luxury. Spoil your sweetheart with a jaw dropping date featuring an upscale boating excursion. Set sail for sunny seaside havens like the glittering Amalfi Coast, the pristine waters off the coast of Fiji or the temperate shores of The Hamptons.



SNOWY SLOPES

Taking a romantic trip to a ski resort offers an escape that is both exhilarating and relaxing. Hit the snowy slopes during the day and relax in the hot tub, or in front of a crackling fire, by night. There are a variety of luxury ski resorts dotting the Swiss Alps that would be a picturesque backdrop to your romantic getaway.



SALSA SWEETHEARTS

Whisk your partner away to a night of dancing with a salsa dancing class. This can be as simple as booking classes at your local studio, or you can go all out and visit Puerto Rico, the birthplace of salsa dancing, to learn from the masters. Dancing with your partner is unbelievably romantic and will surely make your loved one swoon.



BIG CITY LIGHTS

Holding hands under the twinkling lights of Manhattan skyscrapers may be one of the most fairytale romance date spots for couples to experience. Booking a romantic trip to Manhattan is a dream come true for those who love the bright city lights, bustling streets, and never-ending stream of exciting activities. Grab a filthy martini at the immensely popular Soho restaurant, The Corner Store, before catching a show on Broadway and finishing the night with a late-night bite to eat at the neighborhood deli. Planning a date for your special someone in New York City offers endless possibilities to make cherished memories.



BEACHSIDE BLISS

Take your lover on an island escape with a Hawaiian Luau. Luxuriate in the beautiful scenery of crystal-clear waves and white sand beaches while learning about local culture. Enjoy live music and dancing, fresh local cuisine and vibrant fire dancing for a date night that is red hot.

BE TOURISTS IN YOUR OWN TOWN

Going on a great date doesn't have to mean traveling abroad to a fancy destination. Explore your local city with fresh eyes and make lasting memories with your partner. Seek out prominent restaurants and bars, visit local museums or try a popular attraction. Romanticizing your city is a great way to build connection and foster appreciation for your relationship as it is in the moment.



ART & ALIENS

Abduct your partner for a romantic weekend in Marfa Texas, a small place with big character, made popular for its art exhibits and flickering lights rumored to be from aliens. This quaint little town is located in the desolate Chihuahuan Desert and boasts a variety of eclectic restaurants, local stores and art installations by Donald Judd. This interesting little art town offers luxurious resort accommodation or quirky lodging options like the Marfa Yacht Club where guests stay in 1930's model Airstream trailers for an unforgettablely vintage date.



ENJOY THE OPERA

Treat your sweetheart to a breathtaking date night by visiting an Italian opera house. Famous theaters in Italy where you can have the true opera experience include Teatro alla Scala, Teatro di San Carlo, and Arena di Verona. Make this date night utterly elegant by donning a ballgown or tuxedo to make the experience picture perfect.

LIFE

BEYOND THE SCREEN

BY SHELBY SLAVIK

In the age of information, the barrage of emails, texts, social media likes, and calls is seemingly never ending. While modern technological advances have many benefits to society, the constant availability and overload of content can cause harm in the long run. The average American spends 4 hours and 37 minutes looking at their phone every day and a staggering 45% of Americans feel they are addicted to their phones.



How to rediscover life beyond the screen.

Phone addiction is a serious problem that is plaguing almost half of the country's population. Social media is the most common culprit, especially among younger generations. Studies have shown that spending too much time on social media can disrupt sleep, cause isolation

and can lead to depression, loneliness and low self-esteem. The good news is cutting out screen time has a profoundly positive effect on mental health, increases productivity and raises life satisfaction. Interested in unplugging and becoming a better version of yourself? Embarking on a digital detox retreat can be a great way to recharge your inner light and reconnect with yourself.

BEST DIGITAL DETOX RETREATS IN 2025

SEDONA MAGO RETREAT CENTER

Location: Sedona, Arizona

Escape to the breathtaking Arizona desert with a digital detox retreat at Sedona Mao Retreat Center. Explore ancient teachings combined with modern methods to help you achieve balance and a lasting transformation. Take a dip in the meditation lake, wander the healing gardens, and bask in the rejuvenating power of the area’s red rocks and leave with a clearer head and a more focused energy.



SPA MONTAGE

Location: Laguna Beach, California

Montage’s highly experienced therapists bring unparalleled expertise, having undergone extensive specialized education and training to deliver truly personalized therapies tailored to individual needs. With thoughtful attention and a global approach to wellness, the Elements of Wellness rituals have been crafted to inspire rejuvenation, transformation, and a profound sense of stillness, offering a truly bespoke experience designed to restore balance and vitality.



Montage Laguna Beach, Laguna Beach, California

HARI HARA CENTER FOR AWAKENING

Location: Krong Siem Reap, Cambodia

Escape to a sacred oasis of awakening at the Hari Hara center in lush Cambodia. Embark on the retreats six-day journey of self-discovery which combines digital detox with a schedule of mindful meditation, yoga and wholesome vegan cuisine. This popular wellness destination has guided thousands of people into a newfound sense of aliveness and renewed vigor for life.



Post Oak Hotel, Houston, Texas

THE SPA AT THE POST OAK HOTEL

Location: Houston, Texas

Upgrade your digital detox with a luxury stay at the elegant Post Oak Hotel, located in the dazzling Uptown area of Houston. Ditch the screens and step into a world of unparalleled wellness at the Post Oak Spa. This innovative spa offers an array of luxurious treatments inspired by the diverse international heritage of Houston. Skincare biohacking, personalized rituals, and wellness treatments are all available for spa guests as well as cutting edge amenities like the aroma steam room and multi-sensory shower experience. By implementing a holistic approach to wellness and relaxation, The Post Oak Spa is a healing oasis for those detoxing from technology.



1600 WEST LOOP SOUTH | HOUSTON, TEXAS 77027 | THEPOSTOAK.COM | 346.227.5000

ANYTHING BUT ORDINARY.

EXPERIENCE ONE-OF-A-KIND HOSPITALITY AT THE ONLY FORBES FIVE-STAR HOTEL AND SPA IN TEXAS.

The Post Oak Hotel offers elegant accommodations, refined service, signature dining, and sophisticated amenities.

Whether savoring the unmatched culinary excellence of Bloom & Bee or Mastro’s Steakhouse, unwinding with the ancient healing rituals of The Spa, or exploring the upscale River Oaks District for an unmatched shopping experience, The Post Oak Hotel is sure to embrace every desire of business and leisure travelers alike.





TARI EASON

GET TO KNOW THE HOUSTON ROCKETS' STAR DEFENDER

PHOTOGRAPHER Alex Bierends de Haan

Q&A WITH TARI EASON

Since being drafted by the Rockets in 2022 and moving to Houston, what have you enjoyed about the city?

The overall atmosphere of the city has been great. It's a family atmosphere. I feel like this city has taken me in as their own and everyone has been good to me. People show love when they see me. I already feel like a Houstonian.

You and Jabari Smith Jr. were drafted in the same class in 2022. What is your relationship like on and off the court?

We are brothers. That's my life-long brother. That's someone that I hope comes to my wedding, is a part of my life journey – everything. I appreciate him and I think he appreciates me. We have great chemistry on the court, but it's not just about basketball. I don't take it for granted at all.

Last year the Rockets made a special edition Tari Eason Spider-Man bobblehead. When did you begin to become a fan of Spider-Man and how come?

I have always been a fan of Spider-Man. I've always just been a fan of superheroes; that's kind of my thing. Ever since I was young, superheroes inspired me, and I thought the bobblehead was really cool.

What has it been like working out at the Memorial Hermann Training Center?

I love it there. The new facility is great. It's up to date, everything

is new. The energy around the facility is great. Everything looks amazing throughout the whole place. I think it's been helpful for the players, and it's also given our team a whole lot of momentum.

What are some of your goals on the court?

I want to make an all-defensive team, compete as hard as I can and do whatever it takes to win.

What hobbies do you have outside of basketball?

I like to listen to music, sometimes I even like to make music. 50 cent is my favorite artist and who I'm listening to the most.

You have always made it a point to keep your family close. Why's that so important to you and what's the relationship like with your siblings?

It's a great relationship. Being the oldest, I feel like it's my responsibility to show them the way. I want to be an example that we can do big things in whatever you want to do. Whether that's playing basketball like me or being in the corporate world, you can do whatever you want if you put the work in. I hope that I set the example of showing up to work every day and show them that they can do it, too.

How would you describe your style and fashion sense?

My fashion sense is calm and collected. I think a lot of it is influenced growing up in Los Angeles and kind of around

"I WANT TO MAKE AN ALL-DEFENSIVE TEAM, COMPETE AS HARD AS I CAN AND DO WHATEVER IT TAKES TO WIN."

skater culture. It's long baggy shorts, loosely fitted pants. I've added some New York influence with some of the loud, gaudy pieces, too. I enjoy putting outfits together and taking inspiration from different places.

Who is your biggest inspiration & why?

My mom. Seeing what she did for me and my brother at such a young age is inspiring. She had me at 21. I'm 23 now so to understand the perspective of how young she was and doing such a great job of taking care of me and my brother – it means everything to me. I want to do everything I can to give back to her.

FIN Houston Rockets



PHOTOGRAPHER Logan Rieley



TECH INNOVATIONS

THE
NEXT
BIG
THINGS

BY SELECT LIFE STAFF

If you blink, you might miss it. The pace of technological change heading into 2025 is that fast. Those jaw-dropping sci-fi ideas you once thought belonged only in the movies? Yeah, they're here—reshaping how we live, connect, and even heal. From medicine to the way we socialize, buckle up, because the future is coming in hot. We're diving into some of the coolest innovations poised to shake up health, communication, and entertainment—industries that are redefining what's possible.

HEALTH

AI IS TAKING MEDICINE TO GENIUS LEVELS

Imagine this: wearable devices that detect diseases before your body even knows something's off, or robots performing surgery with laser precision. Sounds wild, right? Not anymore. Artificial Intelligence (AI) is breaking barriers in medicine, and it's not stopping anytime soon.

"AI lets us uncover health patterns that would take humans decades to identify," says Dr. Elena Morales, a top biomedical tech expert. AI tools are already diagnosing diseases earlier than ever, crafting personalized treatments, and slashing healthcare costs. The result? Medicine that's faster, smarter, and more accessible. AI-assisted robotic surgery, for instance, reduces the risk of error and recovery time, making it a game-changer in critical care.

This is the kind of tech that doesn't just save lives—it transforms them.

COMMUNICATION

SAY HELLO TO YOUR HOLOGRAPHIC CO-WORKERS

Ever wondered when Star Wars-style holograms would stop being sci-fi and start being your next Zoom call? Enter Extended Reality (XR)—a fusion of augmented and virtual reality that's turning remote communication into a mind-blowingly immersive experience.

"The combination of XR and 5G is about to make virtual meetings feel as real as sitting across a table," explains Mark Chen, a leading industry analyst. Imagine this: you pop on a headset, and suddenly you're in a lifelike boardroom with colleagues scattered across the globe. Classrooms, social events, even family dinners could soon feel tangible, regardless of where you are.

Digital connections are getting an upgrade—one that makes distance irrelevant.

ENTERTAINMENT

AI: THE CREATIVE GENIUS YOU NEVER KNEW YOU NEEDED

Entertainment is stepping into its next evolution, powered by—you guessed it—AI. This isn't just about Netflix knowing your guilty pleasure rom-coms. We're talking full-on AI-generated music, films, and games tailored to your every mood and preference.

"AI is putting pro-level creative tools into the hands of anyone with an idea," says digital strategist Rachel Liu. Think virtual concerts that make you forget you're watching from your couch, or video games that shift storylines in real time based on your decisions and emotions.

The line between creator and consumer? It's about to blur in the best way possible.



As mind-blowing as these innovations are, they're also bringing big questions to the table. Will AI-powered medicine make healthcare fairer or leave some people behind? Can XR redefine work-life balance, or will it make us too connected? And how will industries handle creativity when AI is part of the process?

One thing's for sure: winter 2025 isn't just ushering in the future—it's dropping it right in our laps. These technologies aren't just ideas anymore. They're here, and they're ready to revolutionize how we see the world—and ourselves.

WELCOME TO TOMORROW. YOU'RE GOING TO LOVE IT.

CAMERA READY

DO IT FOR THE 'GRAM – AND SELECT LIFE!

We love seeing all your favorite Landry's and Golden Nugget moments on Instagram. That's why we're inviting you to share and tag them using **#SELECTLIFESHOTS**. You may just see your photo in our next issue!

#SELECTLIFESHOTS



LA GRIGLIA
@court_cambell



JOE'S CRAB SHACK
@joshua_puente



SIMON & SEAFORT'S
@ak.lv.foodie



GANDY DANCER
@hungryglo



PRIME VIEWS

Every Occasion.
Every Dinner.



CH
CHART HOUSE®
CHART-HOUSE.COM

IN THE SPOTLIGHT

Most recent **celebrity sightings** at your favorite Landry's restaurants, events, hotels, and casinos.



MATTHEW MCCONAUGHEY AND WIFE CAMILA ALVES MCCONAUGHEY in **Dos Caminos** Time Square with his Pantalones Tequila.

TAYLOR SWIFT AND TRAVIS KELCE SPOTTED AT DEL FRISCO'S GRILLE
The couple were caught out for a dinner night out at **Del Frisco's Grille** in New York City.

MARIAH CAREY AND ANDERSON PAAK stepped out for dinner at **Catch Steak** in Aspen, Colorado.

DODGERS STAR MAX MUNCY & WIFE KELLIE celebrated the day they exchanged vows with a dinner date at **Del Frisco's Double Eagle Steakhouse** in Indianapolis.

LOVE IS BLIND SEASON 7 STAR BRITTANY WISNIEWSKI AND FAMOUS MUSICIAN MOD SUN at **Catch Steak** Los Angeles.

*Do you feel that?
It's the pulse of Houston.
And it starts here. With
over 60 global luxury
brands, local boutiques,
and fine dining, featuring*

HERMÈS
DIOR
CARTIER
HARRY WINSTON
PATEK PHILIPPE AT
DE BOULLE
BALMAIN
DOLCE & GABBANA
VAN CLEEF & ARPELS
STEFANO RICCI
BRUNELLO CUCINELLI
ZIMMERMANN
BRIONI
KITON
BIOLOGIQUE RECHERCHE
BACCARAT
HÄSTENS
SAINT BERNARD
L'AGENCE
ALICE + OLIVIA
FRANCES VALENTINE
LOVESHACKFANCY
JENNI KAYNE
CYNTHIA ROWLEY
VENUS ET FLEUR

STEAK 48
LE COLONIAL
AZUMI
MAD
BARI RISTORANTE
TOULOUSE
LITTLE HEN
OJO DE AGUA

IPIC THEATERS
EQUINOX
THE POST OAK HOTEL
AT UPTOWN HOUSTON

THE DISTRICT. IT'S A MOVEMENT.



RIVER
OAKS **DISTRICT**

4444 WESTHEIMER ROAD • HOUSTON, TX 77027 • RIVEROAKSDISTRICT.COM