

Neighbors of SEABROOK



MEET TONY BELL,
PUBLISHER OF NEIGHBORS OF SEABROOK

*Connecting Seabrook through
media, marketing & signature events*

COVER PHOTO BY ADORABELLA PHOTOGRAPHY

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LOOK, MOM *I Made it.*

Top of the world. Publisher of Neighbors of Seabrook. Close to the water, surrounded by great people, somehow getting away with calling this work.

This month, I figured I'd finally make the magazine about me.

Yes, I said it.

Almost everything in this issue is either written by me, about me, or about something I absolutely love. So if you've ever wondered what goes on in my head, first of all, I'm sorry. Second, this issue should answer a few questions.

I'm talking about my sons, TJ and Dayan, who will always be my favorite athletes. I'm sharing my obsession with concert posters and one of my favorite artists, Chuck Sperry. I'm also talking about foie gras, caviar, and toasted brioche—because apparently subtlety was not the theme this month.

You'll also get a closer look at Bell Empire Media & Events, along with my take on gratuity—and why, these days, tipping can sometimes feel more like a solicitation than something earned through great service.

At this point in my life, I can honestly say I really enjoy what I do. I get to tell stories, promote great businesses, create events, meet interesting people, and somehow tie all of it together.

Through everything, my priorities stay the same: God first, family second, and then my community—you all.

I hope you enjoy this issue and learn a little more about me along the way.

And if you see me out and about, come say hello. I'm usually pretty easy to find.

Probably talking.

Definitely eating.

And more than likely planning something fun that I hope you'll want to be a part of.

If you're curious about what I'm cooking up next, follow along at BellEmpire.media.

Until then, I'll see you around Kemah.

Mic drop.



Tony

Publisher, *Neighbors of Seabrook*

Neighbors of SEABROOK

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CONTENT SUBMISSION DEADLINES

Content Due.....	Edition Date
October 20, 2026	December 2026
November 20, 2026	January 2026
December 20, 2026.....	February 2026
January 20, 2026	March 2027
February 20, 2027	April 2027

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THIS MONTH, IT'S ALL ABOUT ME

The Story Behind the Publisher of Neighbors of Seabrook

BY TONY BELL · PHOTOS BY ADORABELLA PHOTOGRAPHY

For the first time since becoming publisher of *Kemah Living* in December 2023—and later *Neighbors of Seabrook* in September 2025—I realized I had never really taken the time to introduce myself or tell the story of how I got here.

So, this month, I thought I would.

I was born in Sacramento, California, and grew up with two sisters, each of us about a year and a half apart. Sports were a major part of my childhood, especially baseball.

My father played professional baseball, following a family tradition that went back to my great-grandfather, Herman Bell, who won the 1926 World Series with the St. Louis Cardinals. I played seriously and was groomed from an early age to continue that tradition.

Life, however, rarely follows the exact path someone else imagines for you.

My parents divorced, and during high school I attended three different schools—two in California and my final one in Las Vegas. I played baseball at all three and eventually won a Nevada state championship my senior year.

But by then, something had changed.

I still loved baseball, but I realized that playing professionally was no longer the dream I had for myself. I also had a coach who took the game far more seriously than I believed youth sports should be taken. There was a lot of yelling and pressure, and it affected my love for the game.

That experience stayed with me. It is one reason I care so much today about how we coach children. Sports should teach discipline, resilience, teamwork and confidence. They should challenge kids—but they shouldn't steal their joy.

During my senior year, I also got my first restaurant job as a busser at a steakhouse in Las Vegas. I had no idea that hospitality would become such a huge part of my life.

I worked my way through the restaurant business and eventually into fine dining. Las Vegas exposed me to some of the highest standards in hospitality, and I had the opportunity to work around names like Wolfgang Puck, Gordon Ramsay and Paul Bartolotta, while also experiencing the influence of legendary chefs like Charlie Trotter.



I was trained in environments where exceptional service wasn't an option—it was the expectation.

Hospitality taught me that the smallest details matter. It taught me to anticipate people's needs, work as a team and create an experience they remember long after they leave.

Vegas also introduced me to another passion: events.

I loved bringing people together, throwing parties, creating experiences and connecting people who otherwise might never meet. Before long, I became a promoter, and in a city where relationships matter, I seemed to know everybody.

But Vegas also has another side.

Growing up there, one of the things that kept me grounded was my faith.

My mother was my spiritual leader. She always reminded me that God would never give me more than I could handle. When life became difficult, the answer was always the same: go to church, surrender it and trust Him.



I learned to play bass guitar and began serving through music and worship at churches I attended in Las Vegas. In a city famous for temptation and excess, church gave me direction and reminded me that life needed to have a purpose beyond myself.

Then my greatest purpose arrived.

First came my son TJ, followed about a year and a half later by Dayan.

Being their father changed everything.

I coached them in sports, cooked for them, introduced them to baseball, basketball and soccer, enrolled them in jiu-jitsu and watched them grow stronger, more confident and more independent.

Eventually, though, the restaurant lifestyle started costing me something I wasn't willing to keep giving up.

Hospitality means nights, weekends and holidays. I missed too many practices, too many evenings and too many moments with my boys.

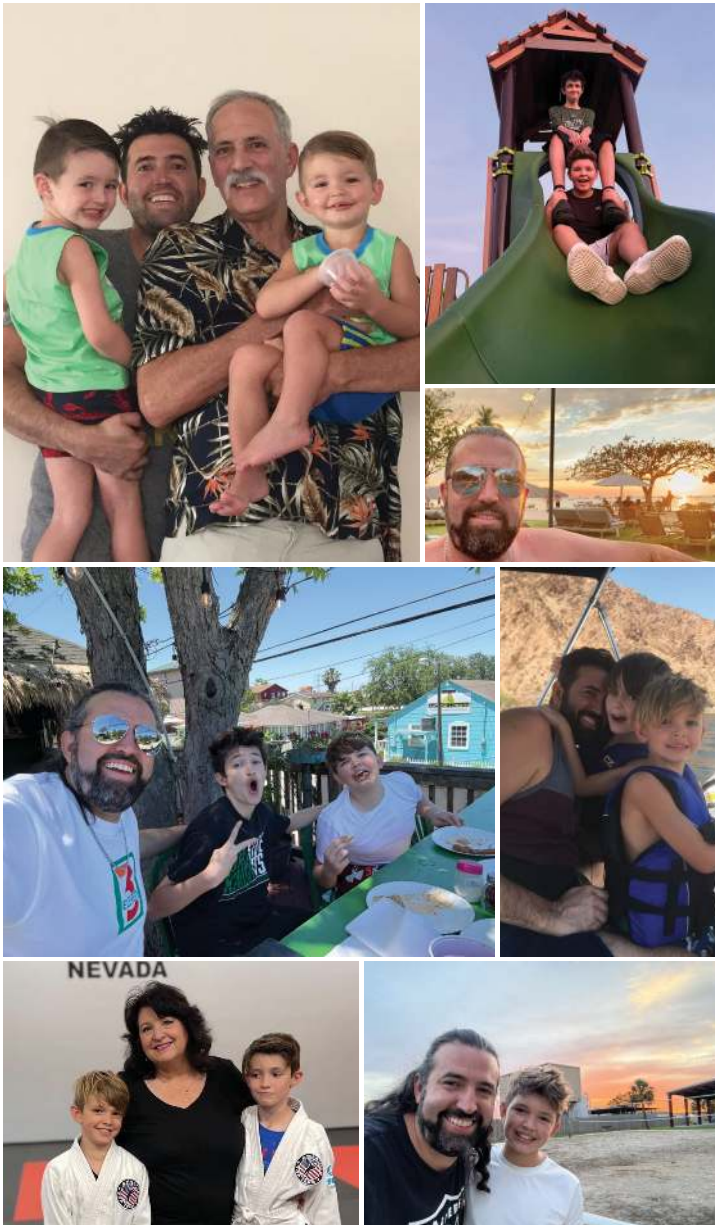
Something had to change.

Eventually, we moved to Texas.

Taking my boys out of Las Vegas and giving them the opportunity to grow up here is still one of the best decisions I believe I've made. Texas offered strong schools, competitive sports and a different environment in which to grow.

I also made a decision when I arrived: I wasn't going back into restaurants.

Vegas had given me an incredibly high standard for hospitality, service and teamwork. Rather than return to that business, I began looking for another way to use everything I had learned about people, relationships and experiences.





That eventually led me to publishing.

Today, I publish *Kemah Living* and *Neighbors of Seabrook*. Together, these magazines give me something I genuinely value: a platform to highlight families, businesses, community leaders and positive stories throughout Bay Area Houston.

They also helped create something bigger.

Through Bell Empire Media & Events, I have been able to combine media, marketing, relationships and my lifelong love of creating experiences. I'm now developing events alongside the publications, including Bourbon & Bubbles with Chef David Skinner of Eculent.

In many ways, it feels like everything has come full circle.

Hospitality taught me how to serve people. Vegas taught me how to create experiences. Sports taught me perseverance. Fatherhood taught me what really matters. Faith continues to remind me why any of it matters at all.

Today, I attend Clear Creek Community Church at the East 96 campus. I'm running two publications, building Bell Empire Media & Events, creating new experiences and, most importantly, trying to be the best father I can be.

None of it is always easy.

There are personalities, politics and disagreements that come with trying to bring people together. But I have met incredible people throughout this community on both sides of the bridge, and I believe there is far more that connects us than divides us.

That is what I want these magazines to represent.

I want to be a publisher, a connector and someone fortunate enough to have a platform that can focus on what is good in our families, businesses and communities.

At the end of the day, my priorities are simple:

Serve God first. Serve family. Then serve the community.

That's what I'm trying to do.

Thank you for reading these magazines each month, supporting the businesses that make them possible, and allowing me to be a small part of your homes and your community.

I am incredibly blessed to have two amazing sons, to call Texas home and to share a little bit of life with you every month.

I hope you enjoy the journey.

And I'll talk to you soon.



MY FAVORITE ATHLETES
IN THE WORLD:

TJ & Dayan



BY TONY BELL

Sports have always been a big part of the Bell family. My great-grandfather, Herman Bell, was a professional baseball player who won the 1926 World Series with the St. Louis Cardinals and later led the National League in saves in 1930. So when I became a father, I couldn't wait to introduce my sons, TJ and Dayan, to sports.

I started by coaching both of them in baseball. For several years, we spent countless hours at the ball-park and won several Little League championships together. At the time, I thought baseball would become our family's main sport.

TJ and Dayan had other plans.

TJ began gravitating toward soccer and later basketball. Around second and third grade, both boys also began training in jiu-jitsu while we lived in Las Vegas. They practiced for years, competed in tournaments, won medals and eventually earned their gray belts.

When we moved to Texas, sports became even more competitive, and swimming entered the picture. Both boys joined the Seabrook Stingrays, and at just eight

years old, Dayan won a gold medal in the backstroke at the championship meet.

Today, TJ plays soccer for the Bayside Intermediate team, and I still have the privilege of coaching him in basketball. Dayan continues to excel in the pool as a high-level swimmer with the League City Sharks. Watching them find their own sports and develop their own strengths has been one of the greatest joys of being their dad.

They will always be my favorite athletes—not because of championships, medals or wins, but because I've watched them struggle, improve, compete and keep trying when something was difficult.

My dad once told me, "Son, you have to practice. You can't just depend on your talent." He also taught me two lessons I've never forgotten: "The worst thing in life is wasted talent," and, "If it was easy, anyone could do it."

I hope one day TJ and Dayan pass those same lessons on to their own children, because sports teach discipline, perseverance and character—lessons that are an important part of becoming a man.



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Injury Prevention and Recovery in Fitness



BY CHRIS GARCIA

Injuries are an unfortunate reality in fitness, but with the right strategies, they can be minimized and managed effectively. Understanding how to prevent and recover from injuries is crucial for maintaining long-term health and achieving your fitness goals.

1. PROPER FORM AND TECHNIQUE

One of the most common causes of injury is poor form. Whether you're lifting weights, running, or performing bodyweight exercises, using the correct technique is vital. Poor form not only reduces the effectiveness of your workout but also puts undue stress on your joints and muscles. To prevent injury, start with lighter weights or lower intensity until you've mastered the correct form. Consider working with a personal trainer to ensure your technique is sound.

2. WARM-UP AND COOL DOWN

Warming up prepares your body for the demands of exercise by increasing blood flow to the muscles and improving flexibility. A proper warm-up should last 5-10 minutes and include dynamic stretches or light cardio activities like jogging or cycling. Cooling down after your workout is equally important. It helps to gradually lower your heart rate and stretch out the muscles you've worked, reducing stiffness and soreness.

3. LISTEN TO YOUR BODY

Your body is an excellent communicator if you pay attention. Pushing through pain is often glorified in fitness, but it can lead to serious injuries. Learn to distinguish between discomfort and pain—discomfort can be normal when challenging yourself, but pain is a sign that something is wrong. If you feel sharp or persistent pain, stop the activity immediately and seek professional advice.

4. IMPORTANCE OF REST AND RECOVERY

Rest is just as important as the workout itself. Overtraining can lead to fatigue, decreased performance, and a higher risk of injury. Incorporate rest days into your routine and focus on recovery techniques such as foam rolling, stretching, and hydration. Adequate sleep is also crucial, as it's during rest that your muscles repair and grow.

5. RECOVERY STRATEGIES

If you do experience an injury, taking the right steps early on can speed up recovery. RICE (Rest, Ice, Compression, Elevation) is a

tried-and-true method for treating acute injuries. For more severe injuries, seeking medical attention and possibly physical therapy is essential to ensure proper healing and prevent re-injury.

CONCLUSION

Preventing and recovering from injuries is about listening to your body, using proper techniques, and valuing rest as much as exercise. By incorporating these strategies, you can maintain a safe, effective fitness routine that keeps you on track toward your goals.



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Starting Solids

When, What, and How to Feed Your Baby



BY ANGELINA FARELLA, MD, A BRIGHTER TOMORROW PEDIATRICS

Your baby has been thriving on breast milk or formula, but eventually every parent wonders when it's time to introduce solids. After more than 20 years of guiding families through this stage, I've found that the process is smoother and healthier when parents wait until around six months of age.

The key factor isn't just age, but **developmental readiness**. Babies need enough trunk strength to sit upright on their own. Around six months, most can lean forward or to the side and recover to a steady, centered sitting position. This stability is important because it allows them to swallow more safely and manage new textures. For preemies, parents may need to "correct" for gestational age. For example, a baby born six weeks early may not be ready until seven to seven and a half months. Still, some preemies reach the milestone right on time—readiness is always about skills, not just age.

I always remind parents that **feeding is parent-led, not baby-led** at this stage. An infant's gastrointestinal system is still developing—gut flora, pH levels, and digestive enzymes are maturing. That's why breast milk is so well tolerated; it contains enzymes and proteins

already broken down for easy absorption. Solids should only be introduced once the gut is prepared to handle them.

When beginning, I recommend starting with pureed green vegetables. Families can easily steam and blend them, then freeze in ice cube trays for one-ounce portions. This method is cost-effective, allows for variety, and keeps ingredients fresh. Each cube is about the same size as a jar of store-bought puree, but with the peace of mind of knowing exactly what's in it. While packaged baby food is convenient, homemade options often provide cleaner nutrition and fresher flavor.

Starting solids is about more than filling a tummy—it's a milestone that helps shape lifelong habits. Parents are teaching babies to explore flavors, to share meals as a family, and to build routines around the table. Some of the sweetest early memories are made during these messy, joyful first meals.

At the six-month well visit, I walk families through each step so they feel prepared. With patience and encouragement, the transition to solids can be a positive, memorable chapter in a child's first year.



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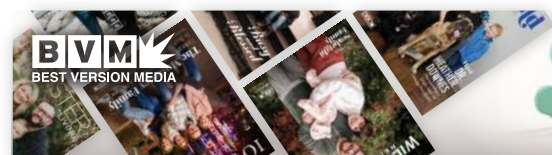




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BUILDING THE BELL EMPIRE



BY TONY BELL
Bell Empire Media & Events was founded in 2022 as a way to bring everything I do under one roof.

The name itself has always meant something deeper to me. My goal was to build something that could eventually be passed down to my sons—an empire a king could one day hand down to his two princes.

Today, Bell Empire has two primary branches: media and events.

The media side includes *Kemah Living* and *Neighbors of Seabrook*, reaching approximately 7,500 homes throughout the Bay Area Houston community. Through those publications and our marketing services, we help local businesses grow through multi-channel marketing that includes print, digital advertising, SEO and website development.

But over time, another opportunity became impossible to ignore: events.

I've always had a passion for creating experiences that people remember. After years of throwing parties and events in Las Vegas, I knew that same energy could be brought to the Bay Area.

It started small with business networking events at Kemah Gardens and later a business and food expo. Then, last year, the City of Kemah asked me to help with its Trunk-or-Treat. I invited local restaurants, added food to the experience and helped transform it into a Trunk-or-Treat & Eat that drew roughly 2,000 to 3,000 people.

This year, it returns as **Trunk-or-Treat Shop & Eat** in the Lighthouse District parking area, bringing together local businesses, restaurants and families for an even bigger community experience.

Bell Empire is also launching **Bourbon & Bubbles**, an intimate, invitation-only, dress-to-impress culinary experience at Eculent that will take place quarterly—bringing a little taste of Vegas to the Bay Area.



These events represent the next chapter for Bell Empire: combining the reach of media and marketing with the power of bringing people together in person.

Bell Empire Media & Events continues to grow, but the mission remains simple: help businesses connect, create memorable experiences and build something worth passing down.

Learn more at BellEmpire.media, KemahTrunkorTreat.com and BourbonAndBubblesTX.com.

I look forward to seeing you there.



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ARTIST OF THE MONTH:

From Concert Tees to Fine Art: Why Chuck Sperry Is My Favorite Artist

BY TONY BELL

I've always been an avid concertgoer, and when I lived in Las Vegas, there was never a shortage of incredible bands rolling through town. For years, part of the ritual was buying a concert T-shirt—something tangible I could take home to remember the night. Somewhere around shirt number 60, though, I realized I needed a new souvenir.

I've always been an avid concertgoer, and when I lived in Las Vegas, there was never a shortage of incredible bands rolling through town. For years, part of the ritual was buying a concert T-shirt—something tangible I could take home to remember the night. Somewhere around shirt number 60, though, I realized I needed a new souvenir.

In the summer of 2018, I noticed a concert poster at a merch stand, and it completely changed the way I looked at concert memorabilia. The artwork was by Chuck Sperry: a striking female figure surrounded by intricate floral patterns, layered colors and the kind of detail that makes you stop and stare.

I had to have it.

That purchase sent me down the rabbit hole.

I began collecting posters from shows I attended, then from concerts and artists around the country—and occasionally around the world. Along the way, I discovered artists I still love, including NC Winters, Dane Henry Jr., Todd Slater, Luke Martin, James Flames and Emek. At one point, my collection grew to more than 200 posters.

But Sperry has always remained my favorite.

A San Francisco-based artist and screen printer, Sperry has created rock posters for decades, including work for Bill Graham Presents and Goldenvoice. His work has also crossed into the fine-art world, appearing in galleries and museum collections. Many of his best-known works feature female figures, floral ornamentation and mythological muses, all rendered in his unmistakable psychedelic style.

Eventually, I decided artwork this beautiful shouldn't spend its life hidden in a portfolio or flat file. I began framing my favorites and putting them where they belonged—on the walls.

Today, I still keep roughly 100 posters, but the ones that earn wall space are the special ones. And more often than not, those are Chuck Sperry's.

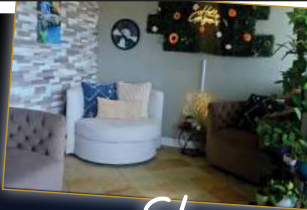
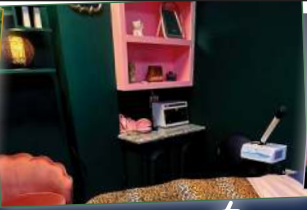
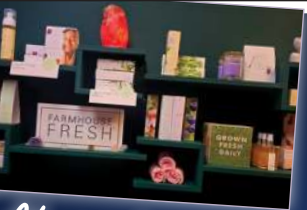
I'll probably always collect his work. Yes, the subject matter is easy on the eyes—but every piece also feels alive and instantly recognizable. I'm fortunate to own the pieces pictured here, and happy to share one of my favorite hobbies and the artist who helped start it all.

Learn more at ChuckSperry.net.






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OCTOBER 2026



OCTOBER 3RD

INSPIRED ABILITIES MARKET KEMAH

608 Bradford Ave

Time: 12-5 pm

Cost: Free

Inspired Abilities Market is an inclusive community market celebrating talented makers, artists, and entrepreneurs of all abilities.

<https://www.facebook.com/KTXEvents>

OCTOBER 3RD

SEABROOK FARMER'S MARKET

1209 Main St

Time: 10 am-2 pm

Cost: Free

Fresh produce, raw milk, local meats, honey, & other goods — all from amazing local vendors. 1st & 3rd Saturday monthly.

<https://www.facebook.com/TexasMarkets>

OCTOBER 10TH

"OFF THE WALL" KEMAH ART WALK

Jimmy Walker Community Center

800 Harris Ave

Time: 4-8pm

Cost: Free

Enjoy an evening art walk while sipping on complimentary beer/wine and taking in the beauty around you.

<https://www.facebook.com/DiscoverKemah/events>

OCTOBER 11TH

KEMAH SUNDAY FUNDAY MARKET

608 Bradford Ave

Time: 11 am -4 pm

Cost: Free

A fun market on the green space on Bradford Ave between 6th St & 7th St. The 2nd Sunday monthly.

<https://www.facebook.com/KTXEvents>

OCTOBER 17TH

BARKTOBERFEST

Galveston Bay Brewing

902 Marina Bay Dr.

Time: 11 am-3 pm

Cost: Free

Vendors, beer, food, silent auction, raffle, costume contest, microchips, and live music all benefitting Bay Area Pet Adoptions.

<https://www.facebook.com/events/1732703407875699>

OCTOBER 22ND-24TH

39TH HARVEST MOON REGATTA

Lakewood Yacht Club

Time: HMR Race Start 2 pm

Cost: Varies

Lakewood Yacht Club is honored to present their 38th Annual Race to Port Aransas.

<https://www.harvestmoonregatta.com>

OCTOBER 24TH

COSTUME PAW PARADE

Rex L Meador Park

2400 Hammer St

Time: 10 am- 12 pm

Cost: Free

A festive pet parade featuring costume contests, hayrides, pup cups, games, crafts, photo opportunities, and more! Seabrook Animal Control will also offer microchipping, with the first 25 chips free and \$10 each thereafter.

<https://www.seabrooktx.gov/Calendar.aspx?EID=2133>

OCTOBER 24TH

GUIDED KAYAK TOURS

Armand Bayou Nature Center

8500 Bay Area Blvd, Pasadena, TX 77507

Time: 7 am- 10:30 am

Cost: \$50 per person

Come explore the beauty of Armand Bayou with us on a guided kayak adventure! Participants must be 16 or older and an adult must accompany children under 18. Registration is required.

<https://www.abnc.org/kayak-tours>

OCTOBER 29TH

TRUNK OR TREAT, SHOP AND EAT

608 Bradford Ave

Time: 5-8pm

Cost: Free

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Gratuity Gone Wild

How We Lost Sight of Real Service



Excellent service provided by Chris from Aliberto's in Kemah



BY TONY BELL

When someone goes out to eat, the experience is judged on three core factors: the quality of the food, the atmosphere of the restaurant, and the level of service provided. When all three work together, dining out feels worth the time and money. But when even one of those elements fails—especially service—the entire experience can be ruined.

The reason I'm bringing this up is that I've spent over 20 years at the highest level of hospitality in Las Vegas, working with chefs like Wolfgang Puck, Gordon Ramsay, Paul Bar-

tolotta, and Charlie Trotter. I've been trained in Forbes, Michelin, and James Beard standards. In other words, I know firsthand what it means to truly earn a gratuity through genuine hospitality and skillful service.

Today, we live in a world where gratuity has become less about earning and more about obligation. Instead of tipping being a reflection of great service, customers are increasingly pressured into tipping before service even happens. Drive-thrus, coffee shops, and fast-casual counters now flip a screen around with preset tip percentages,

subtly shaming customers into paying more regardless of the experience. This isn't hospitality—it's solicitation.

Tipping was never meant to be automatic. It was designed to reward effort, attentiveness, and genuine care. Yet somewhere along the way, expectations shifted. Subpar service has become normalized, while a 20 percent tip is treated as mandatory. The problem isn't that customers don't value service—the problem is that service standards have declined while tip expectations have increased.

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FOIE GRAS & CAVIAR ON TOASTED BRIOCHE



BY CHEF DAVID SKINNER, ECULENT

Few combinations say indulgence quite like foie gras, caviar and brioche—and this elegant bite served at Eculent brings all three together beautifully.

WHAT ARE THEY?

FOIE GRAS is the liver of a specially fattened duck or goose, prized for its rich, buttery flavor.

CAVIAR is the salt-cured roe, or eggs, of sturgeon, ranging in flavor from delicate and buttery to briny and nutty.

BRIOCHE is a rich French bread made with butter and eggs, giving it a soft texture and slight sweetness.

INGREDIENTS

- 6 oz raw foie gras or prepared torchon
- 2 oz cream cheese, softened
- 4 slices brioche
- 1 oz caviar
- Mother-of-pearl caviar spoon

PREPARATION

If using prepared foie gras, skip the poaching step. Bring it to room temperature, then whip with the cream cheese until smooth and creamy.

If using raw foie gras, remove any veins, place it in a pot and cover with white wine. Poach at a low simmer for about 5 minutes. Remove from the heat and allow to cool.

Transfer the foie gras to a blender and blend until smooth, adding a small amount of poaching liquid as needed. Place in a mixer and gradually beat in the softened cream cheese until thick and smooth. Transfer to a piping bag fitted with a star tip.

Trim the crusts from the brioche, cut each slice diagonally into two triangles and toast at 350°F until golden.

Pipe the foie gras mixture onto each piece of brioche. Using a mother-of-pearl spoon, place a small spoonful of caviar in the center.

Serve immediately. The combination delivers a luxurious balance of creamy, savory, salty and slightly sweet flavors in every bite.

Experience this dish at Eculent in Kemah. Reservations are highly encouraged, with walk-ins available depending on the evening.

For dining hours, menus and reservations, visit [Eculent.com](https://www.eculent.com).



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