

Compliments of Julianne Lepo CDFA® & Katie Weibel CFP®

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 106



*Happy
Holidays*

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Front of Tear Out Card 1

gramma's BUCKWHEAT PANCAKES

For the flax egg:

1 tbsp. ground flax meal
3 tbsp. water

For the pancakes:

1 c. buckwheat flour
½ c. white whole-wheat pastry flour
1 tsp. baking soda
1 tsp. cinnamon
2 c. unsweetened nondairy milk
(almond, soy, or any nondairy
milk you prefer)
1 banana
1 tsp. vanilla extract
Pinch of Himalayan pink salt
Toppings of choice (optional)



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Back of Tear Out Card 1

1. Mix the flax meal and water in a bowl and set aside until the mixture thickens, about 10 minutes.
2. Place the prepared flax egg and the pancake ingredients in a high-powered blender and blitz until mixed. Ten seconds should be plenty of time—you don't want to overblend.
3. Heat a nonstick skillet and pour the batter into circles of your desired size. We like to make them silver-dollar size and stack them high when they're done. We find they cook really well and are manageable when you don't go too big. When the pancakes start to bubble on top, it's time to flip them over. As they finish cooking, slide the spatula underneath them and set them onto plates.
4. Top with coconut yogurt and your favorite fruit.

Recipe from *The Yoga Plate: Bring Your Practice into the Kitchen with 108 Simple & Nourishing Vegan Recipes* by Tamal and Victoria Dodge. © 2019 Tamal Dodge and Victoria Dodge.





AMERICAN LIFESTYLE

Dear Bill and Judy,

Turning Tides Financial, llc welcomes the opportunity to share this American Lifestyle magazine with you and your clients!

American Lifestyle is a celebration of the flavor and flair of life in the United States, that allows the reader to travel on a journey through the nation's sights, sounds, smells, and tastes. Turning Tides is excited to provide you with this gorgeous publication!

As CEO of Turning Tides Financial, I can relate with how challenging it is to find time to enjoy this magazine. However, I believe once you feast your eyes on the beautiful photography, delicious recipes, and relevant articles, you'll be glad you did!

Your time is valuable, it is possible that Turning Tides Financial can help you enjoy your days more, save some time and help your clients. We focus on financial planning, helping our clients understand their financial needs for both personal and business as well as offer investment management. In addition, we help clients prepare for estate planning and divorce financial preparation and strategies. I would love the chance to connect with you to see how I can help you and your firm.

Feel free to share this issue with friends and colleagues and encourage them to reach out to me. I would love to hear what they think of American Lifestyle magazine. I look forward to hearing from you!

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CEO, Financial Advisor

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The holidays are here again—may the joy of the season carry you through to 2021!





HERE WE GO A-SAILING

written by shelley goldstein | photography by shelley rose photography

GIVEN THAT SEATTLE HAS A
combined two hundred miles of
freshwater and saltwater shoreline,
it should come as no surprise that
boats are kind of a big deal here. And
they're not just used for warm-weather
activities, either. The end of November
marks the beginning of the Argosy
Cruises Christmas Ship Festival, a
beloved Pacific Northwest tradition that
features festive on-boat activities and
choir performances enjoyed by both
those aboard and those on shore.

Argosy Cruises is a family-owned
Washington State institution, first
founded in 1949 as the Spring Street
Water Taxi with trips across Elliott Bay.
In 1951, it was upgraded to Seattle
Harbor Tours, and, in 1962, they began
ferrying visitors to Blake Island to learn
about Tillicum Village and the history
of Northwest Native American tribes.
Eventually, the *Spirit of Seattle* was
added to the fleet, becoming the new
official Christmas Ship in 1987. Since
then, many other cruise experiences have
been added, and Seattle Harbor Tours
transitioned into the Argosy Cruises it
is today.

The Christmas Ship Festival runs
until the grand finale on December
23. The two-and-a-half-hour cruises
run on various weeknights as well as
both afternoons and evenings on the
weekend. Departure sites vary from
docks located in the heart of the city,
like Lake Union Park, to surrounding
cities like Poulsbo, located twenty-
five miles northwest of downtown
Seattle. Each cruise also makes two
performance stops at waterfront parks
along the route.

One of the most popular Christmas
Ship Festival events is the Parade

of Boats, which involves a bevy of decorated boats motoring and floating their way from Lake Union through to the Fremont Cut. Boat owners in the community are encouraged to join, and Facebook polls determine the winners of categories like “Best Holiday Sailboat” and “Most Unique.”

What makes the Christmas Ship Festival even more special? There are three ways to experience it—on board the *Spirit of Seattle*, on board the 21st Follow Boat, or at an onshore event, where the music from the ship is broadcasted through big speakers on the top deck.

For many festival goers, an evening on the Christmas Ship is an annual tradition for the whole family, both young and old. For me, it was a brand-new experience, and I was delighted by the twinkly lights of the *Spirit of Seattle* as I waited my turn to board the ship in South Lake Union. A Santa Claus waved me over for a photo, and I smiled like an excited eight-year-old. As I stepped onto the ship, I was greeted by an outgoing gentleman with a reindeer hat on, which felt promising. We boarded onto the lower deck, which featured a kids’ craft corner, made cozy with red, green, and yellow throw pillows and fairy lights. The red, neon candy canes made the whole nook look like an elf workshop.

Anxious to explore the rest of the ship, I headed up one flight of stairs to the main deck, similarly festooned in lights, along with garland, ribbons, and ornaments. Rows of chairs faced the front of the ship, with bench seating along the perimeter and a bar at the back. There was still one more deck to explore, but I had to go past the bar and outside to get there. (Wearing warm clothing was indeed a helpful tip



from the Argosy website.) A short set of outdoor stairs later, the open-air top deck stretched in front of me in all its glory. On one side was a giant chimney and two giant-sized presents (which were actually speakers). In the middle of the deck was a towering Christmas tree, aglow with lights and decorated with gold bows. People snuggled together in front of it to take selfies. Despite the chilly air, watching the city go by from this vantage point was almost meditative. There was a cool trick of reverberation when the ship passed certain structures, making it sound like the houses and apartment buildings

“

A short set of outdoor stairs later, the open-air top deck stretched in front of me in all its glory. On one side was a giant chimney and two giant-sized presents (which were actually speakers). In the middle of the deck was a towering Christmas tree, aglow with lights and decorated with gold bows.





were broadcasting the music that was actually coming from the speakers on the deck. I'm sure there's a scientific explanation, but suffice to say it added to the experience even without me understanding it.

I pried myself away from the romance of city lights and went inside to thaw. I spotted the man in the reindeer hat, who had positioned himself at the front of the rows of chairs as emcee of the evening. Armed with a microphone, a family-friendly sense of humor, and prizes like blinking light necklaces, he held court with holiday-themed trivia, like "What was the name of the little blond elf in the stop-motion version of *Rudolph the Red-Nosed Reindeer*?" (Answer: Hermey.) I don't know if his antics followed a script of any sort, but he was quite skilled at entertaining off the cuff. At one point, he challenged a family of five adults, who were all sporting ugly Christmas sweaters, to a runway walk-off. The winner sealed his victory by improvising an Irish jig to much audience applause. Later in the night, the emcee performed a G-rated Christmas-themed rap song as the kids bobbed and flailed around to the beat. Yes, it was as hilarious as it sounds.

One can really work up an appetite listening to trivia, and luckily the *Spirit of Seattle* had box meals and snack plates available for prepurchase, as well as at the bar. FareStart Catering, an organization that teaches life and work skills to those who are disadvantaged by poverty, prepared the food for the cruises. Revelers could also buy holiday cocktails (and kid-friendly mocktails) at the bar. And a gift shop corner near the bar had some assorted bagged snacks and holiday-themed socks and ties!

“

Armed with a microphone, a family-friendly sense of humor, and prizes like blinking light necklaces, he held court with holiday-themed trivia, like "What was the name of the little blond elf in the stop-motion version of *Rudolph the Red-Nosed Reindeer*?"

There was one more very important piece of the puzzle—music! the Northwest Girlchoir sailed along with guests and performed twenty-minute programs at both scheduled stops, accompanied by a pianist. Their beautiful harmonies were broadcast over outdoor speakers so people onshore could enjoy the serenade, too. The musical groups change with each sailing, so various local choral groups are featured. Conductor Sara Boos led a rousing sing-along of "Rudolph the Red-Nosed Reindeer," making creative gestures as prompts for our jubilant, but possibly forgetful, audience.

It wouldn't be a proper Christmas Ship without a reading of *'Twas the Night Before Christmas*, and this time Santa Claus did the honors, while surrounded by children gazing up at him from their perches on the floor. (Meanwhile, the man with the reindeer hat took a much-needed break.) As the reading unfolded, staff set up a display of Santa photos from preboarding, available for purchase as souvenirs of a night to remember. I stepped out for one last breath of cold air, this time out the front doors of the main deck. My favorite view was from the outside looking in, peering through the breath-frosted windows as they created an ethereal vignette that looked like something out of a kids' storybook.

If you enjoy testing your knowledge of Christmas trivia, taking selfies against a city backdrop, and connecting with your family and friends over glasses of buttered rum, the Christmas Ship Festival is a Pacific Northwest tradition worth checking out.

For more info, visit argosycruises.com

*Editor's Note: Argosy Cruises has canceled its 2020 Christmas Ship Festival due to COVID-19.

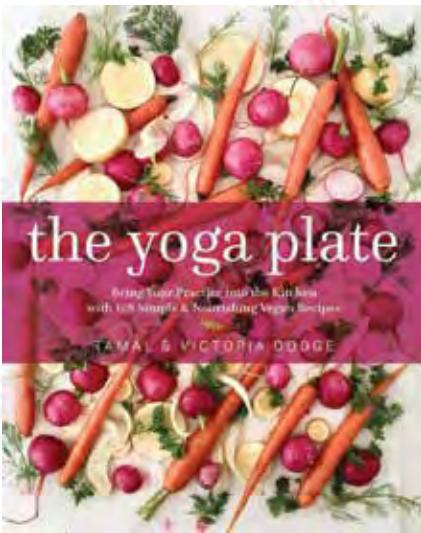


COMFORT FOOD FOR COZY DAYS

recipes by tamal and victoria dodge | photography by victoria dodge



Recipes from *The Yoga Plate: Bring Your Practice into the Kitchen with 108 Simple & Nourishing Vegan Recipes* by Tamal and Victoria Dodge. © 2019 Tamal Dodge and Victoria Dodge.



This truly is the most delicious and easy-to-make recipe in the world. Throw everything into the blender and voilà! Use it for a sandwich spread, a dip for raw veggies, or a spread for just plain old pitas. It's a great source of plant-based protein that even kids love.

Makes about 2 cups

1½ cups cooked organic garbanzo beans
½ cup tahini
3 tablespoons olive oil
1 clove garlic, peeled
½ cup fresh lemon juice
¼ cup water
¾ teaspoon Himalayan pink salt
Pepper to taste

SUGGESTED TOPPINGS

Paprika
Parsley sprigs
Toasted pine nuts
Drizzle of olive oil

classic hummus

1. Put all of the ingredients into a food processor or blender and mix until smooth, stopping to scrape down the sides with a spatula as needed. This may need several rounds of processing to get smooth.

2. Top with paprika, parsley, toasted pine nuts, and a drizzle of olive oil, and you will have a beautiful side.



When it's cold outside, we turn to soups. A great soup can make you feel just as good as sitting by a wood stove on a wintry day. This Cozy Winter White Bean Soup will warm your heart and nourish your body. It'll sustain that warmth, too, filling you up and giving you energy to carry you right through the day. It's full of nutrients and protein. Pair it with some crusty whole-grain bread to make the perfect meal.

Serves 6–8

2 tablespoons olive oil
1 medium onion, diced (about 1 cup)
2 stalks celery, diced
3 cloves garlic, peeled and minced
2 cans white beans, drained and rinsed
2 medium potatoes, diced (about 2 cups)
2 large carrots, diced
1 tablespoon finely chopped parsley
1 teaspoon Himalayan pink salt
6 cups vegetable broth
1 cup water
Salt and pepper to taste

cozy winter white bean soup

1. In a large soup pot, heat the olive oil over medium heat. Add onion, celery, and garlic and cook until the vegetables are tender.

2. Add the beans, potatoes, carrots, parsley, salt, 6 cups of broth, and 1 cup of water. Bring to a boil. Reduce the heat, cover, and simmer for about 1 hour. If necessary, add more water and salt and pepper to taste.

Tip: Store in an airtight container for up to 1 week.



Pancakes are so comforting, it's no surprise that millions of people around the world enjoy them day after day. They are the perfect dish to bring people together. We don't usually think of them, however, as a healthy breakfast treat. This recipe is not only delicious but it is packed with whole grains, protein, omega-3s, potassium, and fiber. We like to cover these beautiful, rustic pancakes with coconut yogurt, fresh berries, and some maple syrup.

Serves 3-4

FOR THE FLAX EGG

1 tablespoon ground flax meal
3 tablespoons water

FOR THE PANCAKES

1 cup buckwheat flour
½ cup white whole-wheat pastry flour
1 teaspoon baking soda
1 teaspoon cinnamon
2 cups unsweetened nondairy milk (almond, soy, or any nondairy milk you prefer)
1 banana
1 teaspoon vanilla extract
Pinch of Himalayan pink salt
Toppings of choice (optional)

gramma's buckwheat pancakes

1. Mix the flax meal and water in a bowl and set aside until the mixture thickens, about 10 minutes.

2. Place the prepared flax egg and the pancake ingredients in a high-powered blender and blitz until mixed. Ten seconds should be plenty of time—you don't want to overblend.

3. Heat a nonstick skillet and pour the batter into circles of your desired size. We like to make them silver-dollar size and stack them high when they're done. We find they cook really well and are manageable when you don't go too big. When the pancakes start to bubble on top, it's time to flip them over. As they finish cooking, slide the spatula underneath them and set them onto plates.

4. Top with coconut yogurt and your favorite fruit.



These melt-in-your-mouth, soft, chewy peanut butter cookies will have you hooked from the first bite. A perennial favorite in our house, this recipe is often doubled because we love it so much. It's a wholesome treat that appeals to adults and children alike.

Makes 1 dozen

**1½ cups brown rice flour
½ teaspoon baking soda
½ teaspoon Himalayan pink salt
½ cup organic creamy peanut butter
½ cup maple syrup
¼ cup olive oil
½ teaspoon vanilla extract**

guilt-free, gluten-free peanut butter cookies

1. Preheat the oven to 350 degrees F. Line a medium-size baking sheet with parchment paper.
2. In a medium-size bowl, stir the flour, baking soda, and salt together.
3. In a separate bowl stir together the peanut butter, maple syrup, olive oil, and vanilla extract. Make sure your peanut butter is soft and almost runny to start. If it's not, warm it up in a pan first until it softens up.
4. Pour the flour mixture over the peanut butter mixture and stir until barely combined. It will still look a bit dusty. Let the dough sit for 5 minutes, and then give it one more quick stir.
5. Drop the dough by heaping tablespoons onto the parchment paper-lined baking sheet. Gently press down on each one gently with the back of a fork to get a crisscross effect. If your fork sticks to the dough, just run it under hot water before each crisscross.
6. Bake for 10 minutes. Let the cookies cool for 10 minutes before removing them from the baking sheet.

Tip: If you do not have brown rice flour, you can substitute whole-wheat, spelt, and/or oat flour. All will work in this recipe. Just remember that if you use whole-wheat or spelt, the cookies will not be gluten free.

life illustrated

interview with **rebecca green** | written by **matthew brady**



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REBECCA GREEN

Multifaceted is an apt word to describe artist and author Rebecca Green's life, from her clients to her materials and mediums to the places she's called home. Green discusses her path to success, process for illustrating a book, and sources of inspiration.

Were you a fan of any illustrators growing up? Who are your current favorites?

As a child, I was fascinated by types of images, more so than who was creating them. I remember being drawn to illustrations that had hidden details or side stories—characters that were telling their own quiet narrative alongside the storied text. Currently, I'm inspired by the work of Roger Duvoisin, JooHee Yoon, Jillian Tamaki, Sang Miao, and 100% Orange. I love the simplicity and skilled spontaneity of these illustrators.

What was your road to getting published like?

I've been drawing my entire life, but I never thought it could be an actual career. After taking a couple of community college courses, I decided to attend art school at Kendall College of Art and Design in Grand Rapids, Michigan. I loved narrative work and design—I didn't really know the term *illustrator* then—so I enrolled first in the graphic design program. When I realized all my designs were actually narrative paintings, I switched programs and got my BFA in illustration.

After graduation, my career consisted of fine art, design, and editorial illustration. Before signing a contract for my own book, I'd illustrated two classics: *Little Women* by Louisa May Alcott



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I remember being drawn to illustrations that had hidden details or side stories—characters that were telling their own quiet narrative alongside the storied text.



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REBECCA
GREEN '18

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I work primarily in acrylic gouache and colored pencil. I love experimenting, so I also use water-soluble crayons, cut paper, ink, and more. What I value most about gouache (besides its vibrancy) is that there are so many ways to paint with it.

(for the Folio Society) and *A Little Princess* by Frances Hodgson Burnett (for Salamandra Publishing). I was interested in picture books but had little experience with them. When I wrote my book, *How to Make Friends with a Ghost*, I viewed it more as a limited zine than an actual children's book. I was thrilled when I got an offer to publish it with my editor, Tara, at Tundra Books. She'd visited my website to hire me for another job based on my illustrations for *A Little Princess* when she saw my book on my blog. It wasn't the traditional



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I'm supposed to be making, especially in publishing. The project timelines are long, and by the time the book comes out, I've already moved on style-wise—yet I still have to promote the book, which for an illustrator is like a calling card. When getting hired by clients or publishers, it's often for a style of work they've seen from me before, which makes sense. It's therefore beneficial to work with an art director who trusts my vision and gives me creative freedom to grow as an artist. Aside from dreaming about developing an alter ego (which I do!), I also switch up materials quite often to keep myself challenged.

Have you always worked best with a set routine, or was that something you arrived at slowly?

I realized quickly after graduation that routine is key. As freelancers, it's easy to get swept up in the tide of everyday life if we don't have boundaries around our work. Setting a time for work not only signals to others that we're serious about our career but also helps to curb our own anxieties about not having a "real job." Additionally, it's helpful to understand our personal creative process to harness efficiency. For example, I am most productive (creatively and technically) immediately after waking, so I usually draw and paint early in the morning and reserve my business and menial tasks for the afternoon.

Being a freelance artist grants you a certain amount of autonomy and freedom. What does that mean to you?

It means everything to me. I'm so grateful for it, though I'm sure there are times I take it for granted. I worked many jobs in high school and college, and my family mostly works in factories, which means they don't often travel or

path of submitting a manuscript, but it all worked out in a roundabout way. I signed on with a children's book agent, who handled the contract with Tundra and opened more doors in the publishing world for me to illustrate for other authors.

What medium do you work in?

I work primarily in acrylic gouache and colored pencil. I love experimenting, so I also use water-soluble crayons, cut paper, ink, and more. What I value most about gouache (besides its vibrancy) is

that there are so many ways to paint with it. You can apply it watery and thin, textured and lush, opaque, or dry-brushed.

Your style is very recognizable. Are there times when you dream of creating something different, perhaps in a different medium?

Yes! I deal with this tension every day. From my perspective, my work changes constantly, though I realize that, from the outside, it's hard to see it. I often feel limited by a perceived idea of what



I FINALLY FEEL CONFIDENT ENOUGH TO PURSUE WRITING—FOR A LONG TIME, I DIDN'T CONSIDER MYSELF AN AUTHOR, WHICH KEPT ME FOCUSED ON ILLUSTRATING.

have time to pursue things they love. In that respect, I'm wildly lucky, not only to have freedom in my schedule but also the ability to focus on my passion.

How long does it take you to complete a piece?

I wish it was predictable. The same illustration can take two hours or it can take two days. Sometimes I have to do multiple drafts of something to really narrow down its essence. I strive for spontaneity even though my work is quite controlled. When I'm in a 'flow state' and the art gods are on my side, I can surprise myself and make things quite quickly. Other times, it feels like

I'm being dragged through the mud and I just can't get things right—so those pieces take way too long.

You were born in Michigan, have lived in Arizona, Colorado, and Tennessee, and currently reside in Japan. How have your travels inspired you and your work?

In all the places my husband and I have lived or traveled, I've been drawn to historical buildings, muted colors and textures, stories from people (especially older generations), and the atmosphere. Regarding our move to Japan, we wanted to move overseas before settling down in the US, and my husband has always had a fascination with Japanese culture. He's a high-school English teacher, so it was easy for him to get a job here teaching English, and I'm lucky enough to be able to work from anywhere. It's tough for me to articulate what an incredible experience it's been, as I've been humbled, inspired, and moved in ways I didn't anticipate. I'm quite inspired by the picture books here, the care in the details, and the subtle, lived-in nature of so many buildings.

Animals are a common theme in your illustrations. Are you an animal lover? Which are your favorites to draw?

I'm absolutely an animal lover. I almost majored in animal sciences. With my profession, though, I'm able to collaborate with amazing naturalists like Sy Montgomery. I illustrated her memoir, *How to Be a Good Creature*, and, most recently, the picture-book version, *Becoming a Good Creature*. So I'm lucky that I get to combine two big parts of my life: animals and painting. I love drawing rabbits and mice—their ears can be so expressive. In contrast, horses and other hooved animals are

so hard to draw. You don't realize how oddly proportioned their legs are until you draw them!

What's the dynamic between you as an illustrator and the author you're working with?

This may come as a surprise, but I have very little contact with the authors I illustrate for. I work with the editor or art director on projects, and while they'll get input and approval from the author, I don't directly communicate with them. This balance keeps the book at the forefront of the conversation, especially when the marketing and sales teams also have a say. It takes a community to make a good picture book, and this distance is really healthy. Once the project gets rolling, though, the author or I usually will reach out just to extend our excitement or gratitude. We'll also communicate more when the book is released so we can be on the same page for marketing and events.

Do you hope to write more? How does writing satisfy you creatively versus illustrating?

Yes, I have lots of plans for books! I finally feel confident enough to pursue writing—for a long time, I didn't consider myself an author, which kept me focused on illustrating. As far as picture books go, the wonderful thing about writing and illustrating your own content is that you have more control over it. Also, since this endeavor is new for me, I don't feel the pressure around it like I do when I'm making visual art.

What's the top piece of advice you'd give to someone who's considering a career in illustration?

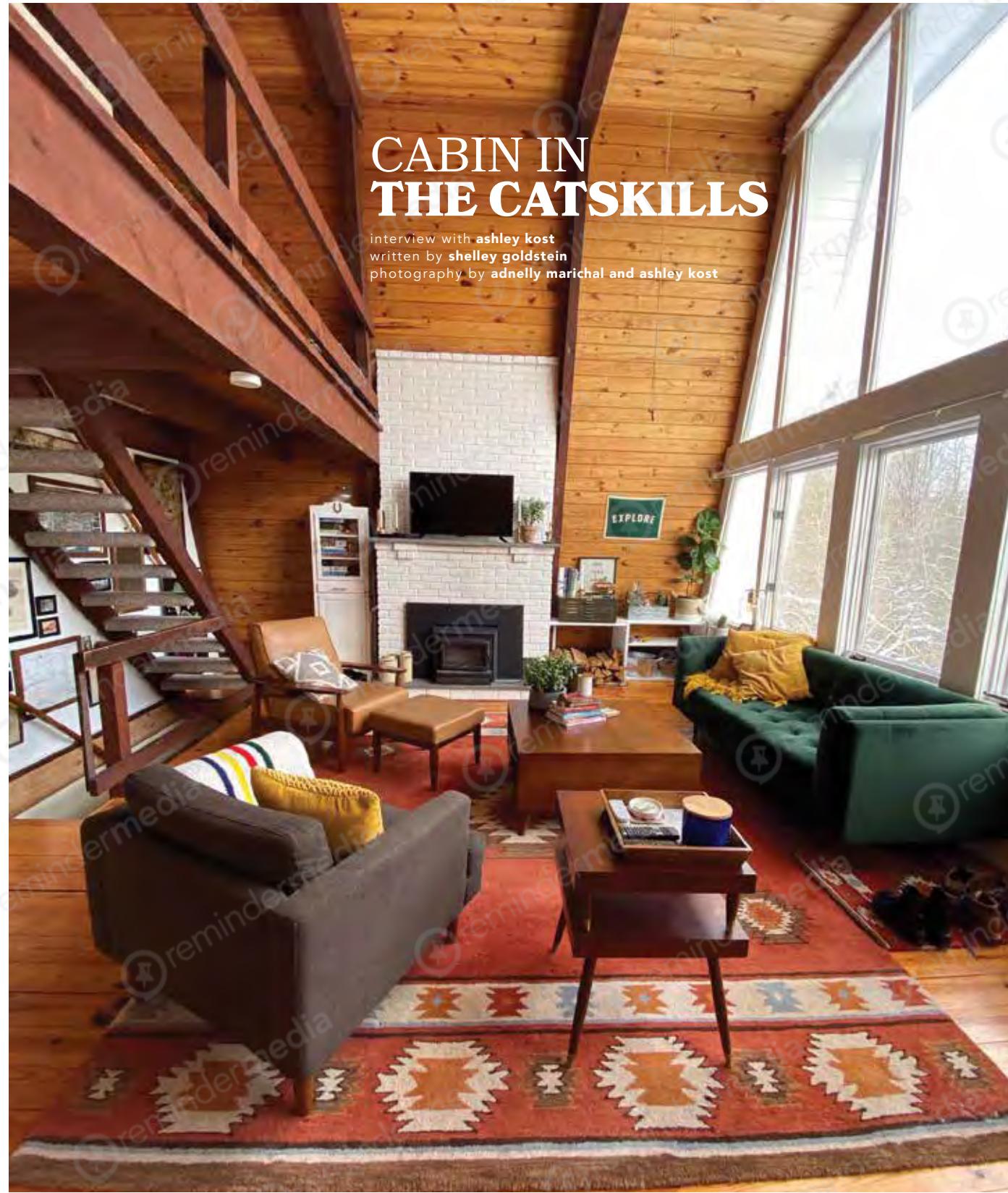
When I was starting out, I asked Susy Pilgrim Waters this question, and her answer has remained at the forefront



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of my own process: make the work you want to get. If you have work in your portfolio that does not reflect your dream job, take it out. You have the power, especially at the beginning, to steer your career in the direction you want. Clients will hire you for what they see, not what you think you can create in the future. Besides that, make connections often, be kind, send work in on time, and make sure you have a community of other artists who understand and support your goals and dreams.

For more info, visit myblankpaper.com or follow Rebecca on Instagram @rebeccagreenillustration



CABIN IN THE CATSKILLS

interview with **ashley kost**

written by **shelley goldstein**

photography by **adnelly marichal and ashley kost**



Ashley and Brendan Kost, a Brooklyn couple with an eye for design, set their sights on renovating a getaway rental cabin in Roxbury, New York.

What is the story behind the Poko Lodge? Were you looking specifically for a cabin to renovate? Do you have a house elsewhere?

My husband and I live full time in Brooklyn. We had been living in New York City for a long time and were starting to get run down by it. We talked about making a permanent move but just weren't ready to pull the trigger. One weekend, we stayed at an adorable Airbnb in upstate New York, and on the drive home, we decided we could do that. The next weekend, we made an appointment with a local real estate agent.

What is the meaning of Poko?

Poko is the first two letters of my maiden name and my married name. We wanted to come up with something personal to us, and it also had a fun ring to it.

What drew you to Roxbury?

My husband and I got married in Roxbury in 2015. We remembered the

lack of stylish lodging options for our wedding guests and immediately saw the rental potential. There are actually three wedding venues within five minutes of our cabin!

Did you know right away this cabin was for you? Had you toured many others?

We saw about ten other homes during our search, and we actually made an offer on another cabin about a mile away from ours. Someone else came in with an all-cash offer at the last minute, and we just couldn't compete with that. Discouraged, I was searching the map later that day to see if there was anything new, and there it was. We wound up loving our cabin even more than the original one.

Had you ever renovated a space before the Poko Lodge?

I had experience making affordable changes to various Brooklyn apartments, but this was my first big project. I was so excited to have the freedom to do whatever I wanted!

Do you have a background in interior design?

I have a background in design but no formal interior design training. I've just always had a passion for it. My mom does, too—I definitely get it from her. If a room doesn't feel right, it bothers me so much.

Can you describe the cabin before you started?

The 1,200-square-foot home was built in the 1990s and has three bedrooms. The previous owners had taken really good care of it, so there wasn't much to do other than cosmetic changes. We knew immediately that we needed to paint everything. We did a full paint job

on the exterior, and we painted all of the interior rooms and the fireplace white. We kept all of the wood natural, so I wanted everything else to feel very bright.

Will you talk about the bold yellow stripe on the side of the cabin?

Yellow is my favorite color. When we were designing the cabin, I could not stop drawing inspiration from the movie *Moonrise Kingdom*. I wanted the house to feel childlike and colorful like that movie. I also thought it was a great way to get people to notice the house—we have cars slow down all the time to take photos.



What did you envision for your cabin?

The fact that our cabin was going to be a weekend/rental home meant that we could have more fun with the design. I wanted people to see it and think of vacation. We played on that with lots of color and quirky furniture. Our target demographic is people like us—young professionals and families looking for a quick weekend escape from New York City.

What was the most challenging part of the renovation? What were some upgrades that made the biggest difference?

The most challenging part was trying to stay within a reasonable budget. There were, and still are, many things that I would like to renovate, but we also had to furnish the house. We had to decide what was a priority to get the house up and running. Each year, we like to plan a few new projects. In 2020, it was to extend the deck and possibly add a hot tub. Painting and switching out light fixtures made a huge difference. Also, the retro mint-green fridge is usually the

first thing people comment on when they walk in.

Did you find the process stressful?

It was a surprisingly smooth process in many ways. One thing that we found stressful was the pace in which projects are completed upstate. We are both really intense and were looking for immediate satisfaction, but that's just not the way it is in upstate New York. Many projects took much longer to complete than anticipated, and we had to learn to be patient.

When a room wasn't quite coming together, what tricks did you use?

I am very visual and indecisive, so it was difficult at times. Pinterest helped me a lot during the design process—I would add all of the elements of the room that I was working on (furniture, paint color, rugs, etc.) to a board and print it out. I am designing a nursery right now in our Brooklyn apartment and am still using this method. It's probably not the fastest method, but it works for me.



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My favorite piece on the wall actually came from my dad. He is a big saver and has so many things from his childhood in pristine condition. In the '60s, his family went on a vacation to the Catskill Game Farm, and he still had the park map from that trip.

What is your favorite room in the house, and why?

The family room is our favorite—it's the showstopper of the house and the main reason we fell in love with it. There is a floor-to-ceiling window wall, a woodburning fireplace, and a gallery wall. This is the room everyone gathers in, and the views are beautiful.

How did you choose what to put on the gallery wall in the family room? Will you talk about a few gems?

I am a huge antiquing nerd—it's one of my favorite pastimes, so it was quite fun for me to build this collection. That being said, my favorite piece on the wall actually came from my dad. He is a big saver and has so many things from his childhood in pristine condition. In the '60s, his family went on a vacation to the Catskill Game Farm, and he still had the park map from that trip. We framed it and then really built around that. We also have a hand-drawn outline of our property on the wall, from when the cabin was first built—I love that.

Where do you look for inspiration?

I look at other people's homes and antique stores. I'm fascinated by people who collect things, too. I like to see the owner's personality shine through in their home. You can tell so much

about someone's life by their home and their belongings.

Do people book the cabin all year long? What are the slow months?

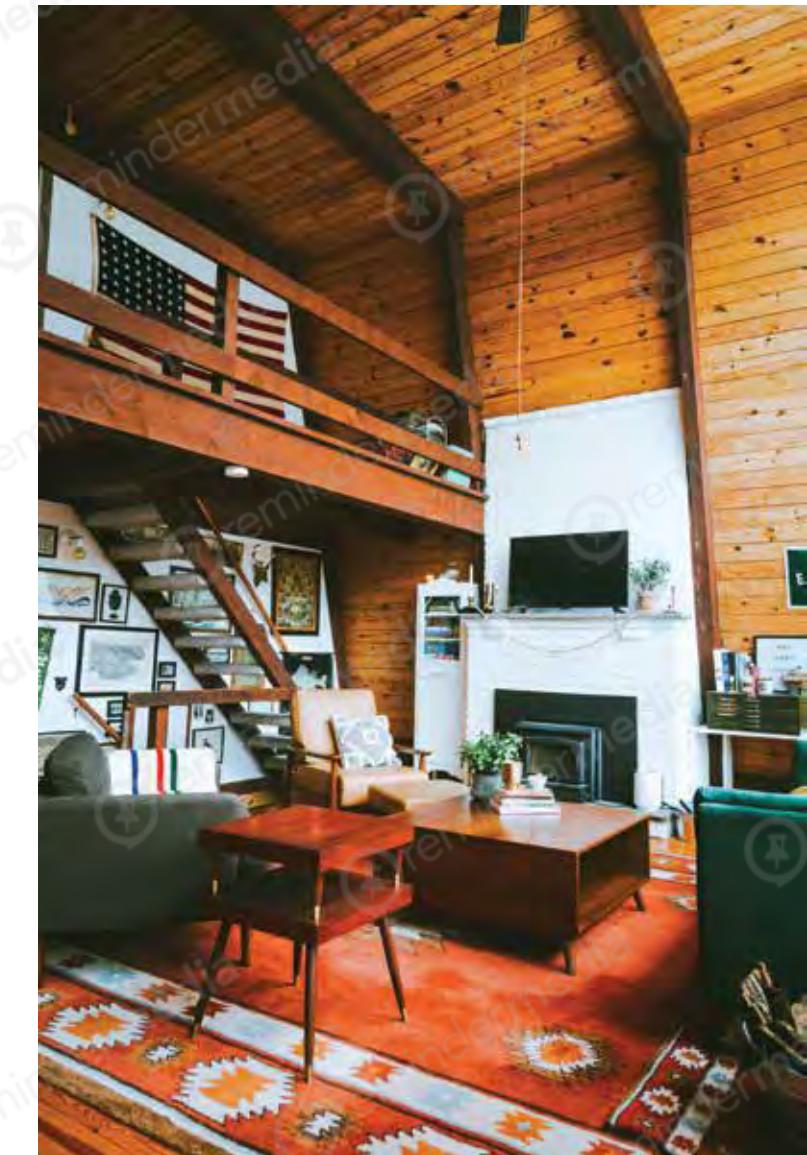
They do. The Catskill Mountains are great to visit during every season. In the summer, we have wedding guests, hikers, and outdoorsy types, and in the winter we have a lot of skiers. We're a five-minute drive from Plattekill Mountain and twenty minutes from Belleayre Mountain. The slow months are usually March and April, but I think that's because people don't realize that it's still very much a winter wonderland during those months. Last April, we had over five feet of snow!

If you have a guest book, what is some of the best feedback you've been given?

One guest made a painting of our home and left it in the guest book. We love getting personal thank-you notes like that and now have it hanging on our gallery wall.

Is it stressful to own a rental home?

Sometimes. Because we don't live in the area full time, it's hard to not have control with the everyday maintenance. We have a group of awesome local people who help us take care of the



house, but we like to check in as much as we can.

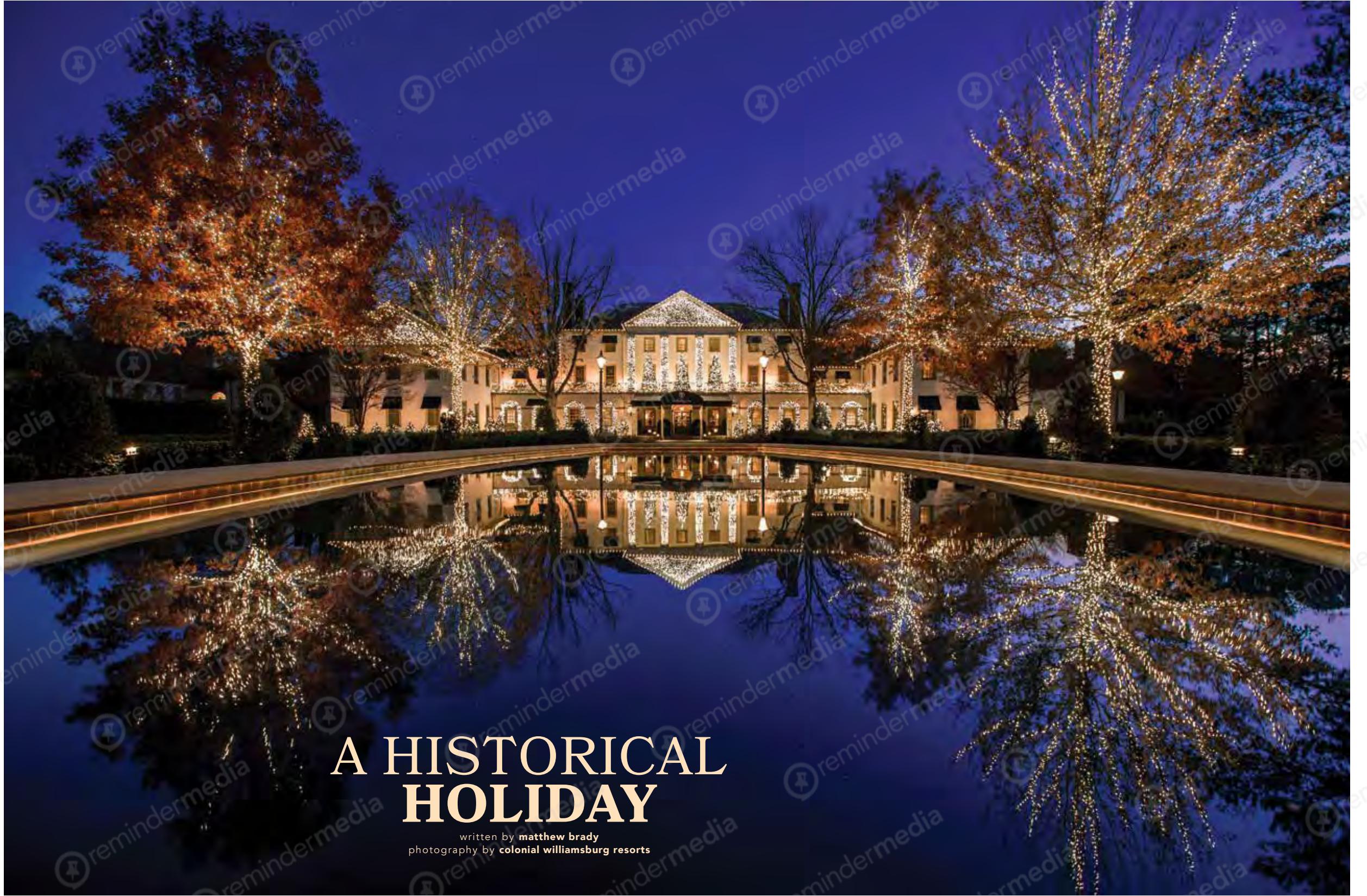
What are the most loved amenities?

People are looking to relax, especially families with kids, so they always appreciate our collection of games, records, and movies. We want our guests to have lots to do without ever having to leave the cabin.

What is some advice you would give to others hoping to create a rental cabin?

Don't follow the latest design trends—people are searching through tons of homes when looking for an Airbnb rental, and you want yours to stand out.

For more info, follow @pokolodge on Instagram



A HISTORICAL HOLIDAY

written by matthew brady
photography by colonial williamsburg resorts

T.S. ELIOT ONCE APTLY DESCRIBED
tradition as “how the vitality of the past enriches the life of the present.”

Most would agree that there's no better time for traditions than the holiday season. And perhaps nowhere else in the country brings centuries-old historical customs to life during this special time of year quite like Colonial Williamsburg in Virginia.

TRIBUTE AND TRADITION
Williamsburg, Virginia, has a storied history. Founded in 1632, it became the capital of the Virginia colony in 1699 (remaining that way until 1780) and served as one of America's first established cities. In addition, it was an important place of political discourse that played a key role in the American Revolution.

To preserve this significance, oil tycoon John D. Rockefeller Jr. created Colonial Williamsburg in the 1920s as “a shrine of history and beauty ... dedicated to the lives of the nation's builders.” A half century later, Colonial Williamsburg made an intentional effort to represent a fuller social history of then-underrepresented people, such as women and African Americans, which it continues to this day.

Spanning over three hundred acres, Colonial Williamsburg is, in the truest sense, a re-creation of an eighteenth-century town—from the buildings to the period dress to the activities. When you spend the holidays here, you experience them as they were hundreds of years ago.

PRESIDENTS AND PYROTECHNICS
There's so much to do and see as you traipse around Colonial Williamsburg



during the holidays. The festivities begin in November with music, dance, and George Washington giving a Thanksgiving proclamation to officially kick off the season. The magic then shifts into high gear with the annual Grand Illumination festivities that take place in the Historic Area on the west side of Colonial Williamsburg. The Grand Illumination features hours of holiday music, special dinners, and holiday programming, and culminates with the Virginia sky being lit up by fireworks (an eighteenth-century tradition in itself), followed by a procession of fifes and drums.

Once the holiday season begins, there are seemingly endless opportunities to take in the sights and sounds of a truly old-fashioned celebration. The musical performances range from traditional folk music to English country music, from fiddle performances to Elizabethan music played on lutes and viols. And, of course, you'll find plenty of caroling from different centuries. Even Thomas

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Once the holiday season begins, there are seemingly endless opportunities to take in the sights and sounds of a truly old-fashioned celebration.



Jefferson and James Madison introduce you to their favorite holiday classics at Hennage Auditorium.

Are you a history buff? Then you must also see the Hennage programs where dignitaries such as George and Martha Washington, Thomas and Martha Jefferson, James Madison, and Alexander Hamilton discuss historic holiday events that affected their lives and the country; in addition, a visit to the Capitol building (a re-creation of the original building built in 1705) takes you to where history took place in the 1700s. Other storytelling includes tales about holiday traditions from other countries and eras, anecdotes from former slaves, accounts of Native American traditions, and a popular folktale called Super Happy Fishmastide—where Jug Broke Theatre Company performers sing about a “magical beast who was said to save good souls lost at sea and return them home to their families in Virginia at Christmas.”

If you enjoy handiwork, you can watch and listen to craftspeople—including potters, bookbinders, blacksmiths, and carpenters—as they ply their trades throughout town. If you want to join in on the crafting, you can learn how to create eighteenth-century wreaths, decorations, and candles.

However, nothing beats just taking in the sights and sounds of the season in the town itself. Romantics can enjoy



horse-drawn carriage rides around town for a bit of nostalgia, and there are more old-fashioned illumination events—including lighting the Christmas tree at Market Square in December—to awaken the kid in everyone. For more time well spent, take a guided walking tour of Colonial Williamsburg's buildings and marvel at their all-natural, period-specific decorations, and go on the tour of the town's historic homes, all decked out in festive splendor for the holidays. (Fun fact: Williamsburg popularized the tradition of placing a single candle in the window.) As a special nod to the holidays, on Christmas Eve the programming includes the firing of Christmas guns,

a tradition that dates back to the 1700s, at Market Square.

If you want a little bit of twenty-first-century holiday spirit, don't fret—Colonial Williamsburg has you covered. It boasts museums (including several art museums, where you can learn about the past in a modern setting), an arboretum and gardens decked out for the holidays, and modern shopping and dining galore at Merchants Square, right outside of the Historic Area.

EAT, DRINK, AND BE MERRY

Feasting with friends and family is synonymous with celebrating the season, and there are plenty of historical dining

options to choose from in Colonial Williamsburg—including sharing the dinner table with some historical icons.

For example, Duke of Gloucester Street—the main thoroughfare, which Franklin D. Roosevelt dubbed “the most historic avenue in America”—features a pair of eighteenth-century-inspired dining destinations next door to one another. At Shields Tavern and the King's Arms Tavern, you'll be regaled with period music, dress, and hearty fare, such Apple-Brined Chicken at Shields, and Hunter's Game Pye and Soupe Befitting the Gentry at King's Arms. A mere five-minute walk away on South Waller Street, you'll find



a seafood-based restaurant called Christiana Campbell's Tavern, which George Washington frequented. All three eateries offer special three-course meals on Thanksgiving, and they are open on Christmas Day as well.

In December, you can opt to share food and drinks with Thomas Jefferson himself at King's Arms Tavern—you'll walk away with both a full stomach and stories to tell. And speaking of stories, at the Williamsburg Inn you can enjoy tea or dinner with the holiday season's greatest storyteller, Charles Dickens, as reenacted by his great-great grandson, Gerald Dickens.

If you and your family would prefer something a little more twenty-first century during your visit, you're in luck. Places like the Rockefeller Room and the Social Terrace at Williamsburg Inn offer high-end dining options, whereas places like Huzzah's Eatery, near the town's visitor center, offer more kid-friendly fare.

Back in the eighteenth century, America was still trying to find its way as it established its independence from England. As such, it held on to customs it brought from the homeland while establishing new ones in a new land. That gift of tradition—taking the good from the past while delighting

in promise of the present day—is the essence of what's celebrated during the holiday season at Colonial Williamsburg in Virginia, making it truly unlike any other destination in America.

For more info, visit colonialwilliamsburg.org or colonialwilliamsburghotels.com

*Editor's Note: Colonial Williamsburg's holiday events may be affected by COVID-19. Check colonialwilliamsburg.org for the latest updates.

A GOLDEN STATE OF DESIGN

interview with **jenn feldman** | written by **rebecca poole** | photography by **amy bartlam**



From fashion to beauty to interior design, from New York City to sunny Los Angeles, Jenn Feldman's career path has been a colorful one. What started with a win in an Oprah Winfrey design contest in 2007 led to the launch of Feldman's interior design firm, which has since morphed into one of LA's finest.

How did you get started in design?

I studied art history, studio art, and psychology at Michigan State University, but, interestingly, I never thought of design as a field I could thrive in. Design, color, and objects were always my passion—something that I knew organically and was very connected to, but I didn't understand the translation into a career path until much later in life. I designed my first home in Beverly Hills, and I submitted photos to a callout in Oprah's home magazine. The next thing I knew, Nate Berkus was at my door saying I won. Oprah really does change lives; I can speak from experience!

You describe your design style as "sophisticated, timeless, and bespoke." How do you incorporate this trademark into all of your projects?

I always like to think of a project as a trifecta. It's our job to merge the client's wishes, the objective design needs of the house, and the Jenn Feldman Designs DNA together. Somehow in that unique recipe, we have created a trademark that comes to the forefront of each project.

You previously worked in the fashion and beauty industries. Are there similarities between those worlds and working in design?

There are so many similarities—the beauty business is all about packaging and selling units that work together. Fashion is all about color, texture, and



finding the right fit and the right shape. I think it all marries together in interior design. Design is form and function at its finest.

What did you carry over from your experiences in those industries?

The personal connection that exists between people and products. I always ask my clients, "How do you want to feel?" Do they like to curl up in a chair in the morning and drink coffee? Do they like to gather around an island and have a party? I consider my job a portal to those emotions in the environments we create.



DESIGN IS IN EVERY FIBER OF MY BEING, AND IT'S THE LENS THROUGH WHICH I SEE THE WORLD—COLOR, LIGHT, AND CREATION.



What inspires you the most? Do you have a favorite part of designing?
Travel, film, fashion, flea markets, and art. I'm always looking at art. I'm constantly inspired by the found and the fabricated. I love to see what someone makes, and I love to see what I can find on a treasure hunt. If I'm ever lost, you'll probably find me at the very end of a tiny alley at the bottom of a Parisian flea market. In a past life, I'm sure I was selling lamps in an artist's village next to Picasso's studio.

How do you mix styles together to create a unified look—one that achieves that high-low quality you're known for?
Hmmm ... should I tell you? [Laughs] I wish there was a perfect secret sauce. I always think of the design process like I imagine a songwriter writes a song. There are highs and lows and an interesting story being told, a repeating chorus, and a rhythm that beats throughout to make it all come together. I design the same way.

It's also about scale and spatial planning; you can't cut corners on how large the space is for a proper rug or how many windows a room has for correctly tailored drapery. If you can dress the bones of the space properly, the rest of the items fall into place.

Tell us about the gallery wall in the foyer in this LA project. What was your vision for this entrance?
There can never be too much art in a home! It was actually my client's idea





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It was actually my client's idea when we were debating what would look best on the wall. I remember her saying, "Well, can't we just use the whole wall and put all of the art here?"

when we were debating what would look best on the wall. I remember her saying, "Well, can't we just use the whole wall and put all of the art here?" That was all I needed to hear. I love when a client goes out of their comfort zone and allows the process to happen. It's one of my favorite projects to this day.

This interior is very bright. How was this achieved?

Although the house already had plenty of natural light flowing into it, don't ever underestimate the power of clean white paint and upgraded overhead lighting. Those two elements can completely change the way a home feels.

You played with a few different wallpapers for this project. How does this set the tone for a room?

Wallpaper adds texture and warmth to a space. It allows for there to be different feelings and emotions from room to room. Whether it's for color, design, or just for feel, it's always part of how my firm designs homes.

Describe some of the various rooms and how you incorporated the family's lifestyle into them:

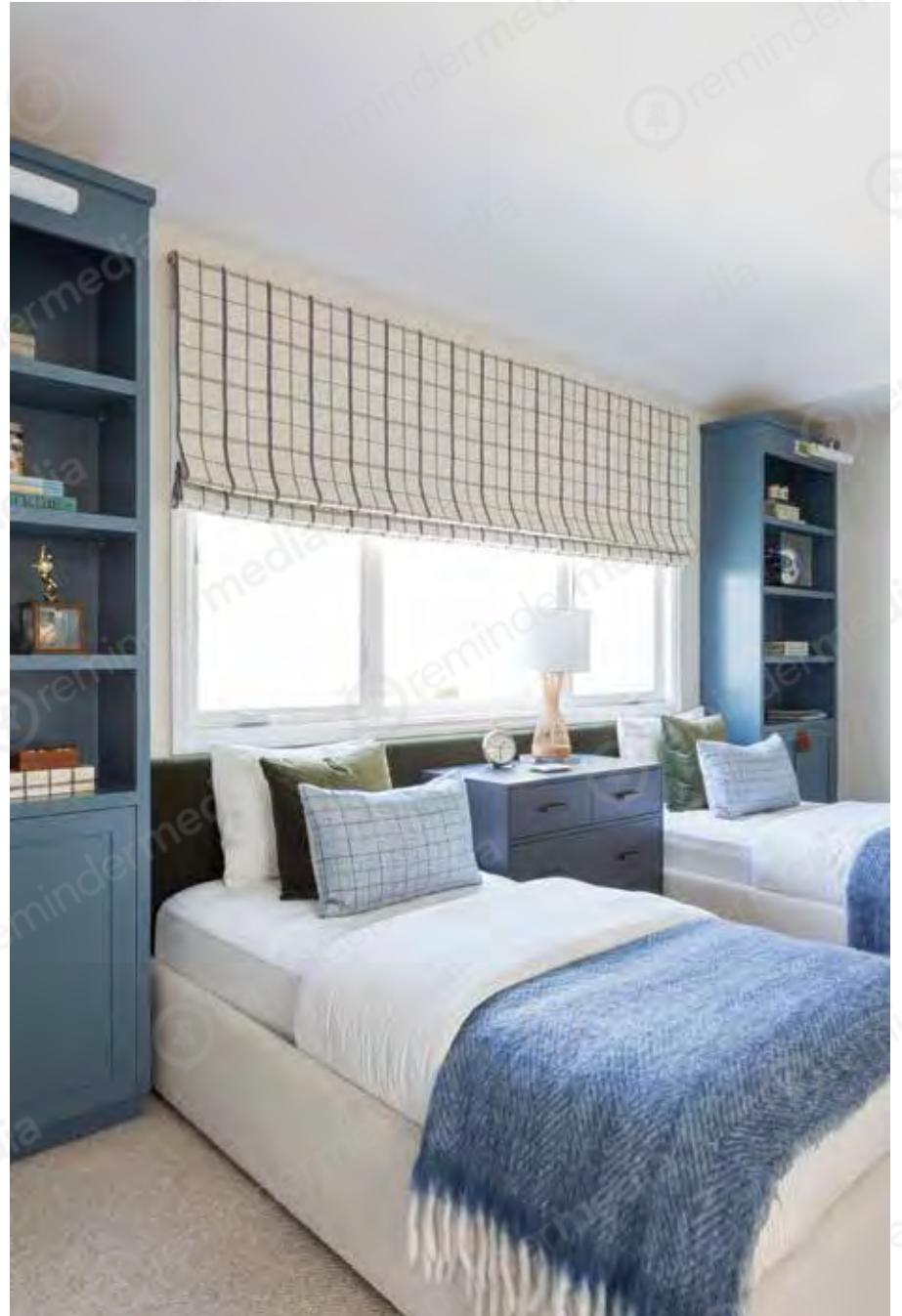
The playroom, otherwise known as "the blue room," was designed to be a side den and TV room, playroom, and homework hub for the nine-year-old twin boys. This room gets tons of play and overage from the pool on swimming party days.



These amazing brothers love to be together and chose to stay in the same room when we redesigned around the “big kid” conversation. Double beds, double pillows, double bookcases, and double trouble! There’s also a sofa to sit and read on at the end of each day, or for their dog, Bear, to take a good nap. The kitchen has a large, open layout that leads into the main family room. Long countertops provide the perfect serving area for entertaining, and glass-front upper cabinets keep the space bright and clean. Beautiful pops of color come through on all the displayed china and vintage glassware (a shared passion between me and the client). We upgraded to all-new appliances and changed both the stone and backsplash tile to all-white materials, making the space tonal, textural, and timeless.

What are your top design tips?

Always carry a Magic Eraser with you to an install. And order one more yard of fabric than you think you’ll need.



Is interior design a competitive industry in LA?

I like to think there’s a living room for all of us to design. But, at the end of the day, I am as much of a businesswoman as I am a creative force. It’s truly a balancing act of both sides of my brain: managing a budget and a bottom line, and coordinating schedules, timing, and production, all the while bringing fresh ideas to our clients. I’m passionate about all of it, and I love that I found a career that brings both sides of my brain together.

What does being an interior designer mean to you?

Design is in every fiber of my being, and it’s the lens through which I see the world—color, light, and creation. I’m sure I’ll continue to reinvent who I am as a designer, and what inspires me will continually change, but I like to think this wasn’t a choice for me. Design is who I am and the way I live my life.

For more info, visit jennfeldmandesigns.com



POP TO THE TOP

interview with **tali parnes** | written by **alexa bricker** | photography by **tali parnes**

When you picture cake pops, you probably think of simple-looking, bite-sized balls of icing-covered cake. These treats have certainly grown in popularity, and they can be found in many bakeries across the United States. Baker Tali Parnes has built her business on taking the traditional idea of a cake pop and turning it on its head. Her California-based shop, Talipop, is producing some of the most incredible designs that are almost too cute to eat ... almost.



Have you always had a passion for baking?

Ever since I was young, I have been crafty and artistic. The owner of the day care I attended used to tell my mother that I would be up, wanting to draw and paint, while the rest of the kids were sleeping. I never really had a passion for baking—although I did love to create edible art from food my mother cooked. Every Friday we would have a big family dinner, and I was in charge of decorating the plates and the whole table setup.

When did you decide to pursue a culinary career?

I remember watching the television show *Cake Boss* and being immediately

hooked. The first time I saw it, I excitedly yelled, “This is what I want to do!” I had never been as passionate about anything as I was about sculpted cakes. I wanted to know everything about the field, so I took classes, bought numerous books, and worked and volunteered in as many bakeries as I could to gain experience. I did everything possible to pursue my dream.

How did you make the transition from traditional cakes to cake pops? Was it a hard process to learn?

When I was building sculpted cakes, I would always end up with scraps. Being conscious of what was going to waste, I wanted to try to find a use for



MY DESIGNS REQUIRE SPECIAL SKILLS LIKE DRAWING AND SCULPTING. ANYONE CAN MAKE BASIC CAKE POPS, BUT I REALLY WANTED TO TAKE IT TO A WHOLE NEW LEVEL. I USUALLY PRESENT MYSELF AS AN ARTIST RATHER THAN A BAKER.

them. Serendipitously, I stumbled upon a book about cake pops, and I fell in love with them because they are such an interesting dessert. It took me about a year to study how to make cake pops, and it was definitely difficult. But I'm glad I didn't give up because now I get to share them with so many people who adore them just as much as I do.

Some of your cake pops are nontraditional and very intricate in their shapes. How did you start creating these more complicated designs?

The more challenging cake pops require dexterity and a lot of patience. For particularly tough designs, it's crucial to plan ahead and go over all of the steps required. This is all a part of the initial creative process before any of the baking even begins.

You've created so many fun cake pop designs, such as cars, teacups, dinosaurs, and even television characters. How do you come up with new ideas?

I am inspired by everything: childhood memories, people I meet, items I have in my house, and things I see while walking down the street. The teacup cake pops, for example, were inspired by my grandmother's tea set. As a child, I spent a lot of time in her beautiful kitchen, and I remembered a teacup that sat on top of a shelf in her pantry. I couldn't think of a design to do other than the one on that teacup.

What kind of flavors and fillings do you use? How do you come up with new varieties?

My background is Eastern European and Middle Eastern, so my kitchen is full of unique spices and flavors that I like to incorporate into my cake pops.

I once made a mango-cardamom pop, and it was a huge hit. I have learned, though, that most of my clients prefer basic flavors like chocolate and vanilla, so I typically stick with those, but I make them pop with secret ingredients. I also like to come up with the design first and then think about the flavor. I recommend pairing certain designs with flavors depending on the client's theme, the colors of the event they are having, etc.

What are some of the most popular cake pops you make? What designs have been your favorite?

The most popular cake pops are, without a doubt, the unicorn pops and baby dinosaur pops. I've made them so many times I can actually do it with my eyes closed. As far as my favorite design, I would say the pops I made of Van Gogh's *Starry Night*. I made them for a wedding, and I was so honored the bride and groom trusted me to turn one of the most well-known paintings of all time into a cake pop. Their reaction was the best part, and that's why I do what I do.

Do you consider your cake pop creations to be a form of art?

Absolutely! My designs require special skills like drawing and sculpting. Anyone can make basic cake pops, but I really wanted to take it to a whole new level. I usually present myself as an artist rather than a baker. It's so important to me that my clients enjoy the way the cake pops look as well as how they taste.

You discussed your concern for sustainability and how it prompted you to start making cake pops. In what ways do you maintain that practice through your business?

We definitely care about the environment at Talipop. We always use boxes made from recycled materials

for packaging. When creating the cake pops, we only use reusable tools to cut back on the amount of trash we're producing. When people ask why I love cake pops so much, I say that part of the reason is because it saves on forks, plates, and napkins!

What has been most rewarding about running your own bake shop? What has been most challenging?

The most rewarding part is getting to make people of all ages feel special. I've seen so many smiles and happy tears, and I've heard so much laughter and the oohs and ahhs upon first sight. The most challenging aspect was that I had to wear so many different hats when I first started—artist and designer, manager and customer service representative, digital marketing director and photographer, driver and dishwasher. Sometimes I get overwhelmed thinking about everything I had to do on my own.

Where can people buy your cake pops?

Although we don't have a storefront, we are working on an online shop so that people across the country can enjoy these treats. Currently, orders can be placed via our website, for pickup or delivery within Southern California. But it's my dream to open a few different locations throughout the US.

*Editor's Note: Talipop has temporarily closed due to COVID-19. For business updates, follow Talipop on Instagram @talipopsart





© The Biltmore Company



© Jim Sullivan, Castello di Amorosa



© Laura Goldenberger Photography | Montezuma

CASTLE FEVER IN AMERICA

When you think of the world's greatest castles, you probably think of Europe. But did you know the United States has many of these spectacular structures, too? The picturesque locations featured here are must-sees if you're interested in admiring some of the most special architecture this country has to offer.

Biltmore Estate, North Carolina
The name Vanderbilt is synonymous with wealth in America, and when George Vanderbilt officially opened Biltmore Estate in 1895, it immediately became one of the most famous homes in the country. The mansion, which has a whopping thirty-five bedrooms and forty-three bathrooms, became accessible to the public in 1930 to help increase tourism during the Great Depression. For more info, visit [biltmore.com](#)

Castello di Amorosa, California
A visit to this Northern California castle and winery will make you feel like you were transported back to thirteenth-century Italy—which was exactly its builder's intent. In 1994, Dario Sattui

continued his family's wine legacy by overseeing Castello di Amorosa's construction. The castle is made from thousands of antique bricks that were sourced from Europe, and it features everything you'd expect from a castle, including a drawbridge and an armory. For more info, visit [castellodiamorosa.com](#)

Boldt Castle, New York
This impressive castle in New York's 1000 Islands region was built by George Boldt, owner of New York City's famed Waldorf Astoria hotel, as a testament of love for his wife. Sadly, she passed away before construction was finished, leaving the 120-room mansion to decay. Seventy-three years later, the restoration process began. The castle is

now available for weddings and tours, and it is even a port of entry for people traveling from Canada.

For more info, visit [boldtcastle.com](#)

Montezuma Castle, Arizona

It may not look like a traditional castle, but this twenty-room structure carved into Arizona's limestone cliffs is certainly one of the oldest. It was built by the Sinagua people, who inhabited the area between the twelfth and fourteenth centuries, and was officially declared a national monument in 1906 by President Theodore Roosevelt—helping to preserve it for future generations.

For more info, visit [nps.gov/moca](#)

written by **alexa bricker**



Cinnamon Sugar Pie Crust Chips

Bite-sized crust chips give you the freedom to enjoy any pie flavor your taste buds desire.

Easy as PIE CHIPS

With its flaky crust and decadent filling, pie is an American favorite. However, if you're looking for a unique way to enjoy a classic dessert, scoop your way into flavor with these crispy pie chips that you can pair with pie-inspired dips.

- 1 c. all-purpose flour
- 3 tbsp. cold water
- 1/4 tsp. salt
- 1/2 tsp. apple cider vinegar
- 10 tbsp. cold unsalted butter
- 1 1/2 tsp. solid vegetable shortening
- 1/4 c. cinnamon-sugar mixture

step one • Preheat the oven to 425°F.

step two • Mix together the flour and salt, and cut in the butter and shortening with a fork.

step three • Combine water and vinegar. Add it to the flour mixture, and mix with a fork until a smooth dough forms, adding in more water at 1/2-tbsp. increments, if needed.

step four • Form the dough into a ball, dust with flour, and roll into an 11-inch circle.

step five • Cut the dough into different shapes with a cookie cutter, coat the shapes in the cinnamon-sugar mixture, and bake for 15 minutes.

Tip: Mix pumpkin with cream cheese or use apple pie filling to use with the pie chips.

Front of Tear Out Card 2

cozy winter WHITE BEAN SOUP

2 tbsp. olive oil
1 medium onion, diced (about 1 cup)
2 stalks celery, diced
3 cloves garlic, peeled and minced
2 cans white beans, drained and rinsed
2 medium potatoes, diced (about 2 cups)
2 large carrots, diced
1 tbsp. finely chopped parsley
1 tsp. Himalayan pink salt
6 c. vegetable broth
1 c. water
Salt and pepper to taste



Julianne Lepo CDFA® & Katie Weibel CFP®

Founder & CEO

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Back of Tear Out Card 2

1. In a large soup pot, heat the olive oil over medium heat. Add onion, celery, and garlic and cook until the vegetables are tender.
2. Add the beans, potatoes, carrots, parsley, salt, 6 cups of broth, and 1 cup of water. Bring to a boil. Reduce the heat, cover, and simmer for about 1 hour. If necessary, add more water and salt and pepper to taste.

Tip: Store in an airtight container for up to 1 week.

Recipe from *The Yoga Plate: Bring Your Practice into the Kitchen with 108 Simple & Nourishing Vegan Recipes* by Tamal and Victoria Dodge. © 2019 Tamal Dodge and Victoria Dodge.



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Julianne Lepo CDFA® & Katie Weibel CFP®

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