

Compliments of Stacey Shanner

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 109



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MINIMALISM VS. **maximalism**

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these styles into the home

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blueberry cornbread WAFFLES



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Back of Tear Out Card 1

SERVES 4–6

blueberry cornbread WAFFLES

ingredients:

1½ c. all-purpose flour
½ c. yellow cornmeal
¼ c. granulated sugar
½ tsp. kosher salt
1½ tsp. baking powder
1¼ c. buttermilk
2 eggs, lightly beaten
½ c. (1 stick) unsalted butter, melted
¾ c. frozen blueberries, thawed

instructions:

1. Preheat your waffle iron.
2. In a large mixing bowl, combine the flour, cornmeal, sugar, salt, and baking powder. Mix the dry ingredients until well combined.
3. In the center of the dry ingredients, make a small well. Add in the buttermilk, eggs, and melted butter. Mix with a whisk until well combined. Then fold the blueberries into the batter.
4. Spray the waffle iron with nonstick cooking spray. Place 1 to 1½ cups of batter onto the iron, and cook until the outer parts are nice and crisp. Repeat until there is no more batter. Serve and enjoy with your favorite toppings.

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Photography by Michael Kartes.



AMERICAN LIFESTYLE

Dear Bill and Judy,

Lions and tigers and bears: oh, my! Ponies and herons and dogs: oh, cute! This issue of American Lifestyle magazine has been given several paws of approval.

It has been said that necessity is the mother of invention, and for Janice Costa this couldn't be more true. Canine Camp Getaway in upstate New York was born from a desire to bring her dog along on vacation. Costa's new business venture took hold at Roaring Brook Ranch with plenty of room for happy dogs to run and swim and play with their owners.

Brian Mock's dogs are light on fluff but heavy on innovation. The Portland, Oregon-based artist taught himself to weld and now makes elaborate sculptures out of scrap metal. Dogs were the initial animals he welded, and commissions rolled in from pet owners wanting metal replicas of their favorite companions. His repertoire has expanded to include other animals, musical instruments, and human figures.

To observe animals in their natural habitat, head to Assateague Island, which straddles the coastline between Maryland and Virginia. The island is home to a bevy of animals, such as deer, frogs, hundreds of species of birds, and, of course, its famous wild ponies. When you're done watching the horses, there are trails to explore, water to kayak, and shells to collect.

Don't be surprised if this issue has you thinking it's time to visit an animal rescue. As always, it's a pleasure to send you this magazine.

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Minimalism vs. Maximalism: Which Style Is Right for You?

written by **rebecca poole** | photography **as noted**

LUDWIG MIES VAN DER ROHE, one of the most renowned modernist architects, was born in nineteenth-century Germany and moved to the United States in 1937. He later became director of the College of Architecture at Chicago's Armour Institute (now the Illinois Institute of Technology). Mies popularized the "less is more" philosophy, specifically in regard to

architecture and design. Over the past few years, this age-old adage has morphed into a design style known as minimalism: a look that draws major influence from Japan and is typically defined in interior design as being clean, uncluttered, neutral or monochromatic, and simple, with emphasis on form, light, and function. On the other side of the spectrum is maximalism, a "more

is more" response to minimalism. Colors, mixing of fabrics and patterns, decoration, and an overall ornate look are what constitute a maximalism approach to interior design.

But is one style better than the other? And what can you specifically do to bring one of these styles into your home? Is there a way to cohesively blend them?



© CreativaStudio/iStock/Getty Images Plus

minimalism

This design aesthetic isn't as austere as you may think, and it isn't only comprised of whites, creams, and harsh lines. Minimalism entails taking a more functional approach to infusing personal touches into the home. You can still have artwork, a centerpiece on the dining room table, and a throw blanket in a pattern you like. It's about looking at your space through a more subdued design lens—keeping items that are both reflective of your personality and serve a purpose. Kari McIntosh, founder of San Mateo-based interior design firm Kari McIntosh Design, lends her expertise on this style: "Sift through and ruthlessly purge your personal belongings, and create storage systems for anything you are keeping out of eyesight. Choose a light, unifying paint color for the home, and focus on clean-lined furnishings with a few large-scale accessories and artwork.

The larger the scale, the less individual objects are needed. Add something like a meaningful mural in sepia tones as an accent." It's also important to keep in mind that a minimalist look doesn't have to require a complete modern renovation. If the bones of your space are more traditional and historical, you can still achieve a minimalist aesthetic.

In order to embrace minimalism, you should ask yourself, "How does each piece in this room inform the next?" For example, how does the pop of blue in this throw blanket on the couch flow into the couch itself or the coffee table next to it? Minimalism is about thoughtfulness and intention at its core. Less may be more in terms of actual things, but when it comes to thinking through the 'how,' it's crucial to make purposeful choices.



© Thorn Yang

PRACTICAL TIPS FOR A MINIMALIST STYLE:

- ✓ Limit a pop of color to one or two in a room, sticking to a neutral palette overall.
- ✓ Declutter, declutter, declutter. Remove anything that doesn't bring a sense of serenity to your space.
- ✓ Instead of a gallery wall, choose one or two pieces of artwork as focal points.
- ✓ For cabinetry, drawers, and countertops, avoid jutting handles and unnatural textures. Try stainless steel, quartz, or marble, with elements that don't poke out.
- ✓ Replace heavy curtains with a sheer material to let more light in.



© Burst



© Christopher Stark

MAXIMALISM

Some people love variety and want to see bursts of vibrant colors and pieces of art in every nook and cranny of their home. This is where maximalism comes into play.

This extravagant style can be traced back to the 1970s, specifically when looking at the art world. During this time, artists embraced colors and patterns, taking a bolder approach to art that expressed the zeitgeist of that time. They aimed to set themselves apart from the minimalistic style of decades prior. Unsurprisingly, maximalism floated its way into the interior design realm shortly thereafter. McIntosh, who is partial to this approach to interior decorating, says, “To achieve a maximalist style at home, choose edgy wallpapers that play with scale, color, and shine, and embrace

deep, rich colors. Don’t forget the fifth wall (the ceiling) to treat with gilding, wallpaper, or a fun cabana paint stripe.”

The key word? Fun. Maximalism should evoke a sense of playfulness. Are there souvenirs you’ve been hiding in your attic? Dust them off and put them on full display. Can’t decide between yellow paint or a patterned wallpaper for the walls? Maximalism says, “To heck with it—use both.” McIntosh continues, saying, “Anything in multiples makes a charming statement if it’s gathered in bookshelves or custom framed. Some examples include pottery collections, vintage pennants, or even framed menus from Michelin-starred restaurants. I have done each of these for clients. Add fabric and trims whenever possible through pillows or a draped vintage textile.”



© Julie Aagaard

Merging of Styles

Minimalism and maximalism don’t have to be mutually exclusive. You can have a colorful and boldly wallpapered bedroom while keeping your living room airy and monochromatic. Or you can layer textures and objects in the same room, while sticking to a neutral color palette. Think like a minimalist *and* a maximalist.

PRACTICAL TIPS FOR A MAXIMALIST STYLE:

- ✦ Floral, abstract, striped, animal, or geometric-printed wallpapers are fair game.
- ✦ Layer various textures, colors, patterns, and fabrics.
- ✦ Accessorize with statement pieces, such as stacks of books, antiques, throw pillows of varying patterns, and other eclectic items.
- ✦ Add an assortment of plants. A boho design style is often associated with maximalism for this very reason.
- ✦ Maximalism favors the bold, so don’t be afraid to pull out all your flea market finds or finally buy that leopard print wallpaper you’ve had your eye on. Infusing the space with your personal style will make your artistic expression shine brightly.



© emre can



BRIAN MOCK'S METAL MARVELS

interview with **brian mock** | written by **matthew brady**



“Heavy metal” has a different meaning for artist Brian Mock, who transforms scrap materials into life-like sculptures. The self-described Metal Evolutionist talks about how he found his life’s work in this medium and its unique challenges and rewards.

Tell us about your art background:

I grew up outside Portland, Oregon. School never interested me much, but art always did. I loved doodling as a kid and spent many hours drawing, painting, and woodworking as a young adult. I just liked the process of creating.

Have you always thought outside the box when it comes to art?

Yes. Part of my creative process has always been figuring out how to make something from whatever is on hand, which forces you to think outside the box a lot. I used to make my drawing pads out of scrap paper I collected from trash bins at the printshop where

my dad worked and bird feeders from broken fence boards I’d find on the side of the road.

Was metal sculpting your vision all along, or did you experience an “aha!” moment that led you down this path?

For me, metal sculpting was more like a happy accident. I had some minor success with selling my woodwork—car sculptures, bird feeders, and wine boxes—and thought it’d be fun to incorporate some metal embellishments into the work. So I taught myself to weld, not knowing that I’d have a natural knack for it and enjoy the process so much.

THE FIRST ANIMALS I MADE WERE DOGS BECAUSE PORTLAND IS A VERY DOG-FRIENDLY CITY. PEOPLE LOVED THEM AND STARTED COMMISSIONING ME TO SCULPT THEIR OWN DOGS, AND THEN OTHER PETS, AND EVENTUALLY THEIR FAVORITE ANIMALS—WHICH IS GREAT, BECAUSE I LOVE ANIMALS AND ENJOY CRAFTING THEM.



What is your process? Where do you get the parts for your sculptures?

I always research a subject before I sculpt it. If it's an animal, I gather lots of images from different angles, and then I draw out a rough sketch of what I plan to make. I spend a lot of time sorting and sifting through materials, too. Most of the metal I've collected over the years has come from the scrap bins of machine shops, auto shops, and recycling centers. I've also received countless donations from generous people cleaning out their families' garages or basements.

Tell us about the tools of your trade:

I use a MIG wire-feed welder for the welding. MIG welding, or gas metal arc welding, heats the metal by sending a high-current electric arc between the pieces of metal to be joined and an electrode, which in this case is a consumable spool of wire that's continuously fed through the welder. I also use countless other tools, such as cutting discs, grinders, power tools, hammers, and an anvil, and I've modified many of them to meet my specific needs.

What does your shop look like?

Even though I've basically accumulated my own personal scrapyard, my workshop is actually very neat and organized. When people visit the shop, they're often surprised by how tidy it is—I think they expect to see me literally working out of a junk heap. But most of the material is contained in bins and kept on shelving in my twenty-by-twenty storage structure.

How did animals become the subject you're known for?

The first animals I made were dogs because Portland is a very dog-friendly city. People loved them and started

commissioning me to sculpt their own dogs, and then other pets, and eventually their favorite animals—which is great, because I love animals and enjoy crafting them.

Your sculptures have such amazing detail. What techniques do you use to achieve this?

Thank you. I do spend a lot of time trying to get details right. I think that's what makes sculptures like animals truly come to life—when I can achieve the right shape of a nostril or a muscle. I keep an inspiration board hanging in my shop for whatever I'm working on to refer to again and again until I'm happy with the details.

As someone who makes masterpieces through upcycling, what does recycling mean to you?

Recycling has always been a big part of my life, since it goes hand in hand with my resourceful nature. I even reuse the sweepings from the shop floor to create small sculptures. In fact, the term Metal Evolutionist came to mind as I was literally watching the metal I worked with evolve from one thing (a nut or a screw) into something completely different (a dog or a lion). So it felt like a fitting title. Over the years, I feel very fortunate to have created not just a lifestyle but an entire profession around it.

Which has been your largest sculpture to date?

It'd be a tie between the ten-foot Paul Revere on his horse at the Revere Hotel in Boston and the life-sized grizzly bear. Both were big undertakings in different ways. I ended up making the Paul Revere sculpture in five different sections that I welded together onsite so the sculpture could fit through the hotel's



front door. And the grizzly was made entirely out of aluminum, unlike my other works, which are mixed, mostly ferrous metals.

How heavy are your figures? Is creating, delivering, and displaying them difficult?

Medium-sized dogs weigh about a hundred pounds, and large-scale sculptures can weigh anywhere from four hundred to one thousand pounds. This does make logistics difficult at times. I have a hydraulic lift table, which can raise and lower a sculpture as I'm working on it, and a very patient wife, who helps me muscle the sculptures around for photo shoots. Many of my clients use their own freight services for shipping, but I've established good relationships with a couple freight drivers that I can count on to pick up my crated work when clients don't have their own. I also custom-build all my own wooden shipping crates.

Who are your primary clients?

Most of my business comes from corporate clients, largely in the hospitality industry, or from private collectors, and it's almost all commissioned. I actually can't remember the last time I made a sculpture just for fun, which is a good problem to have for my business but can sometimes feel constraining as an artist. The positives definitely outweigh the negatives, though—I like listening to clients' ideas and then bringing them to life. Plus, I get to make a living doing what I love, and there's nothing better than that.

Which sculptures are you most proud of? Is it ever tough to let them go?

One that comes to mind is *Crouching Man*, an installation I did for the Hotel



Monaco in Washington, DC, because I feel like I was really able to capture the mood and edginess of the piece the client was looking for.

I was more attached to my sculptures in the beginning because I was doing fewer commissions and making them more for myself, unsure if they'd even sell. Now, doing commissions, I start the projects knowing that they already belong to someone else, so they're easier to let go of. I just make sure to take a lot of good photos!

What's next?

I have some neat installation projects coming up, including a seven-and-a-half-foot guitar for the Hard Rock Hotel in Dublin and a large wine bottle for a winery in California's Napa Valley. The long-term plan is to keep accepting new challenges that push and inspire me to grow as an artist.

For more info, visit brianmock.com

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Recycling has always been a big part of my life, since it goes hand in hand with my resourceful nature.



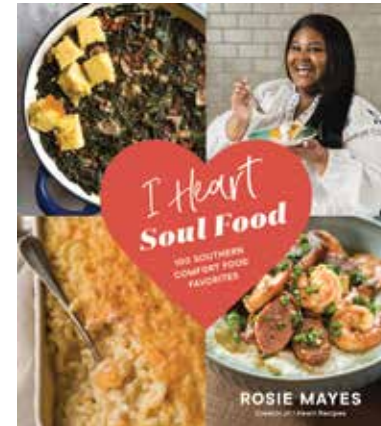


HEART AND SOUL

recipes by **rosie mayes** | photography by **michael kartes**



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When making true Southern fried chicken, I believe less is better. You do not need ten herbs and seasonings, a complicated twenty-four-hour brine, or an egg mixture for this chicken. The secret to this chicken is the buttermilk soak—and you don't need any extra salt, because the buttermilk is already salty. And when you take it out of the soak, you don't need to rinse it at all, because that buttermilk is what will help the breading stick. This is some easygoing chicken, just let the buttermilk work its magic.

Serves 4

2 pounds chicken pieces, rinsed and trimmed of fat

4 to 6 cups buttermilk

1 teaspoon poultry seasoning

2 teaspoons kosher salt, divided

2 teaspoons garlic powder, divided

2 teaspoons onion powder, divided

1 teaspoon ground black pepper

1½ cups all-purpose flour

1 teaspoon smoked paprika

1 teaspoon ground white pepper

2 cups canola or corn oil, for deep-frying

southern fried chicken

1. In a large bowl, combine the chicken and the buttermilk. Cover the bowl and place in the refrigerator for 3 to 4 hours. Then drain the buttermilk from the chicken, but do not rinse it.

2. In the same bowl, season the chicken with the poultry seasoning, 1 teaspoon of the salt, 1 teaspoon of the garlic powder, 1 teaspoon of the onion powder, and the black pepper. Rub the seasonings all over the chicken, then set the bowl aside.

3. In a separate large bowl, add the flour and the remaining seasonings: 1 teaspoon of salt, 1 teaspoon of garlic powder, 1 teaspoon of onion powder, paprika, and white pepper. Mix well. Coat the chicken with the seasoned flour two times.

4. In a deep-frying pan or deep fryer, heat the oil to 360 degrees F and deep-fry the chicken for about 10 to 15 minutes, or until golden brown and there is no blood when you pierce a piece down to the bone. Remove the chicken pieces and let them sit for 5 minutes before serving.



These waffles are a combination of my son's two favorite foods (waffles and cornbread) and one of mine (blueberries). When I was growing up, we used to go out to breakfast at a local restaurant near my hometown of Seattle. While the restaurant still exists, which is amazing, it sadly no longer makes blueberry cornbread waffles. I missed the heartiness that the cornmeal adds to the batter and the dots of blue from the fruit embedded inside, so I took the idea into my own kitchen and figured out just how they made them. I serve these piled up with all my favorite toppings, all at once: butter, whipped cream, fresh blueberries, and maple syrup.

Serves 4–6

1½ cups all-purpose flour
½ cup yellow cornmeal
¼ cup granulated sugar
½ teaspoon kosher salt
1½ teaspoons baking powder
1¼ cups buttermilk
2 eggs, lightly beaten
½ cup (1 stick) unsalted butter, melted
¾ cup frozen blueberries, thawed

blueberry cornbread waffles

1. Preheat your waffle iron.
2. In a large mixing bowl, combine the flour, cornmeal, sugar, salt, and baking powder. Mix the dry ingredients until well combined.
3. In the center of the dry ingredients, make a small well. Add in the buttermilk, eggs, and melted butter. Mix with a whisk until well combined. Then fold the blueberries into the batter.
4. Spray the waffle iron with nonstick cooking spray. Place 1 to 1½ cups of batter onto the iron, and cook until the outer parts are nice and crisp. Repeat until there is no more batter. Serve and enjoy with your favorite toppings.



Y'all already know how much I love lasagna, so when I sat down to dinner in Baton Rouge and someone served me this dish that was like a Southern spin on it, you know I fell in love. The crushed Ritz crackers on the bottom just soak up all the great tomato juices, and the layer on top gives it a buttery, crunchy crust. In between, it's all melty, creamy, cheesy greatness.

Serves 8

Vegetable oil, for greasing
3 tablespoons extra-virgin olive oil
1 large yellow onion, diced
2 pounds roma tomatoes, diced
2 tablespoons chopped fresh basil
2 teaspoons kosher salt
1 teaspoon chopped fresh thyme
½ teaspoon ground black pepper
2 cups mayonnaise
2 cups shredded sharp cheddar cheese
1 cup shredded Havarti cheese
2½ sleeves of Ritz crackers, crushed, divided

cheesy tomato pie

- 1.** Preheat the oven to 350 degrees F. Lightly oil a 9-by-13-inch baking dish.
- 2.** In a large sauté pan over medium-high heat, drizzle in the olive oil. Once the oil is hot, add the onions and cook until tender, 3 to 5 minutes.
- 3.** Next, add in the tomatoes, basil, salt, thyme, and pepper. Stir. Cook for 15 minutes, then turn off the heat and set the pan to the side.
- 4.** In a large mixing bowl, combine the mayonnaise, cheddar, and Havarti. Set aside.
- 5.** In the baking dish, sprinkle ⅓ of the crushed Ritz crackers (save 1 cup for the topping!). Make sure that it is spread evenly on the bottom. Pour half of the tomato mixture on top of the Ritz crackers. Repeat the layers.
- 6.** Top the layers with the mayonnaise-and-cheese mixture and smooth out. Sprinkle the remaining 1 cup crushed Ritz on top. Bake uncovered for 45 minutes. Remove from the oven and let sit for 15 minutes before serving.



I don't usually love sponge cakes, because they're often a little dry for me. So when I wanted to make my own recipe, I needed to do something different. For this one, I use sweet potatoes the way some bakers use applesauce—the potatoes add tons of moisture but not much flavor (they do add a little color, though, which is fun). The result is so good that I ended up formulating it to make two at a time because it always goes so fast. To serve them, I just sprinkle them with a little powdered sugar before I put them out.

Serves 16

6 eggs at room temperature
1 cup granulated sugar
1 cup plus 1 tablespoon all-purpose flour
½ teaspoon baking powder
¼ teaspoon kosher salt
3 tablespoons mashed sweet potatoes
1 teaspoon vanilla extract

sweet potato sponge cake

- 1.** Preheat the oven to 350 degrees F. Spray two 9-inch cake pans with baking spray, or grease and flour them.
- 2.** In a large mixing bowl, beat the eggs with a handheld mixer on high speed for 1 to 2 minutes. Slowly start adding in the sugar, and continue to beat the eggs until they thicken and are nice and fluffy, about 5 minutes.
- 3.** In a medium bowl, combine the flour, baking powder, and salt. Whisk together until well incorporated. Set the bowl to the side.
- 4.** Add the mashed sweet potatoes and vanilla into the bowl with the fluffy eggs and stir, then sprinkle in the flour mixture. Slowly fold the ingredients until well incorporated, but don't overmix.
- 5.** Pour the cake batter evenly into each cake pan. Bake for 25 to 30 minutes. Remove from the oven and place the pans upside down on wire racks. Let cool for 5 minutes before removing the cakes from the pans, then let the cakes cool completely before serving.

foals, *fowl*, and fun

written by **matthew brady** | photography by **national park service**

FOR OVER A DECADE, ONE OF MY family's favorite vacation spots has been Ocean City, Maryland. With white-sand beaches, a famous boardwalk, and decadent Thrasher's french fries among its many attractions, this resort town has always been a welcome summer destination.

Then, a few years ago, our usual trek took a wild turn when we traveled about fifteen minutes farther south and visited Assateague Island—a place teeming with nature, discovery, and adventure.

WINDS OF CHANGE
Though there have been many inlets in this area since the 1600s, this remarkable island didn't exist until 1933, when an immense two-day hurricane ripped through the Delmarva area. In fact, the storm was so strong, it separated the land that would become Assateague Island from the southern Ocean City region on Fenwick Island. In doing so, it created an inlet between the two land masses and a new thirty-seven-mile long barrier island, which extended into Virginia's Chincoteague National Wildlife Refuge. The Army Corps of Engineers fortified the inlet and have been maintaining it ever since.

The intent in the 1950s was to build up the Maryland side of Assateague into a resort town, but another large storm in 1962 literally laid those plans to waste. Three years later, Assateague Island was officially dubbed a government-owned public National Seashore.

SOMETHING FOR EVERYBODY
On average, around two million people visit the island each year, and for good reason—it's an eclectic outdoor paradise. To get started, you can visit the Assateague Island Visitor Center, located



AS A BARRIER ISLAND, ASSATEAGUE ISLAND IS A NATURAL HABITAT FOR BOTH LAND AND SEA CREATURES ALIKE.

on the edge of Maryland's mainland, where you can pick up a map to plan your day, admire Assateague exhibits, and listen to a ranger discuss all there is to do. When you're ready to start your journey, the nearby Verrazano Bridge takes you over Sinepuxent Bay to the island—and, as a welcome surprise, you can drive over it or keep your car parked at the visitor center and bike or walk the span to truly soak in the views.

Once on the island, you'll find an endless stretch of pristine beach to explore, including Assateague State Park, the only oceanfront park in Maryland. Here you can enjoy activities like

swimming, surfing, collecting shells (up to a gallon per person!), and fishing. Along the beach in both Maryland and Virginia are OSV zones, where you can ride your over-sand vehicle or horse (with a permit) on the beach. On the bay side of the island, you can hit the water in a kayak or canoe—you can use your own or rent one—to get up-close and personal with the water teeming with life.

If you enjoy roughing it, Assateague certainly has you covered. In addition to hiking the beach, you can bike or walk through miles of trails: in Maryland, there are three half-mile loops to enjoy,



while the Virginia district has several trails spanning over ten miles to explore.

And what trip would be complete without camping under the stars while hearing the ocean's crashing waves? On the Maryland side of the island, there are over 150 campsites. You can camp near the beach on the ocean side or bay side, both of which offer picnic tables and fire rings, and there are even campsites for horses in the OSV zones. Whichever suits your needs, you'll find that nothing beats living out in nature in all its glory.

THE ANIMALS OF ASSATEAGUE

As a barrier island, Assateague Island is a natural habitat for both land and sea creatures alike. On our first visit, we walked the bridges over the bayside trails and stopped to watch in astonishment as fellow visitors (including kids) waded into the murky marsh, nets in hand, to do some crabbing. A little farther down we saw egrets standing in the water, likewise stalking their prey.

In fact, Assateague is a bird-watcher's paradise, especially in Chincoteague. Since it is a key location along the Atlantic Flyway for birds, hundreds of species are present throughout the year,

including blackbirds, blue herons, snow geese, owls, and bald eagles. If you ever sought to glimpse a North American bird, you will probably find it on Assateague Island.

There are many other types of wildlife to experience here as well, including deer, frogs, toads, foxes, and opossums. Off the coast, don't be surprised if you see dolphins or even whales frolicking in the water as you enjoy the cool ocean breeze on the beach.



“ In all, over two hundred horses reside on Assateague Island: a herd of approximately seventy-five on the Maryland side and 150 fenced in the refuge in Virginia.

A PONY PARADISE

However, Assateague’s main attraction by far is its majestic wild horses, which are believed to have roamed here since the seventeenth century. As you drive down Bayberry Drive in the island’s Maryland district, you’ll likely see them grazing nonchalantly on the side of the road—and when you reach the beach, you may witness the spectacular scene of the horses galloping on the beach. In all, over two hundred horses reside on Assateague Island: a herd of approximately seventy-five on the Maryland side and 150 fenced in the refuge in Virginia.

You’re welcome to take photos of the horses to your heart’s content; however, for safety purposes, you need to stay at least forty feet away. (This pales in comparison to the 150-foot distance you need to keep between yourself and any seals that may be on the beach.) And, although the horses are indeed free to roam, the National Park Service monitors their health on the Maryland side, while the Chincoteague Volunteer Fire Company manages the Virginia herd, also known as the Chincoteague ponies.

Assateague Island National Seashore has something for everyone, from the ocean to marshes, from surfing to canoeing, from camping to biking, and from history to horses. On this small piece of paradise along the Atlantic Ocean, you’ll find a place where you can truly live life on the edge.

For more info, visit nps.gov/asis





A SLICE OF PURPOSE

interview with **maya-camille broussard** | written by **shelley goldstein** | photography by **Lindsay Widdel**

Pictured: Spinach, Feta, and Bacon Quiche



Chicago native Maya-Camille Broussard channels her creativity and desire to serve her community into her bakery Justice of the Pies, named in honor of her late father.

What did the path to Justice of the Pies look like? Did you pursue other business ventures before this one?

I received my bachelor's degree in fine art from Howard University and my master's degree in theater arts from Northwestern University. My arts background led me to do a lot of outreach teaching on the South and West Sides of Chicago. Shortly after leaving a stint as an art teacher at an elementary school, I opened up Three Peas Art Lounge, an art gallery and bar. A week before the gallery was slated to open, my dad, Steve, passed away. While at the funeral, my cousin suggested that I start a foundation baking pies with kids in memory of him. (He loved pies.)

What is the mission of your business?

Our mission is to be stewards for fairness and equality and to champion causes where we see ourselves being useful. My dad inspired the idea for my bakery, but he didn't inspire my mission per se. I've always lived a purpose-driven life, and my purpose is to do good and always look for ways to be of service to others.

Were you and your dad alike?

My dad and I were actually very different people. He was the life of the party and extremely extroverted. I'm more reserved and very much an introvert. His humor was more slapstick, whereas mine is more dry. He would go with the flow and see where the chips might fall. I am a consummate planner and highly organized. However, he always wanted me to be as independent as possible.



When I first started the business, I would ask people to taste my pies. Now I'm more confident and experienced, so I don't really need anyone else's opinion.

How does being hearing-impaired influence how you show up in the world?

Having a disability means I show up in the world ready to work thrice as hard to prove that I'm just as (if not more) capable than any able-bodied person.

How often do you create new pies? What inspires your flavor ideas?

I don't have a strict timeline that determines how often I create new pies. I try out a new recipe when the spirit moves me or when a restaurant partner is seeking a new flavor. I just recently created a Passion Fruit Key Lime Pie that was inspired by Goose Island Beer Company's SPF fruit ale. The ale has notes of passion fruit, and I worked to find ways to incorporate that flavor into a pie.

Do you have certain people you trust to taste your pies and give honest feedback?

When I first started the business, I would ask people to taste my pies. Now I'm more confident and experienced, so I don't really need anyone else's opinion. My team and I may do some research and development in the kitchen, and we'll taste new baked goods internally. I have highly evolved senses of smell and taste (when you lose one sense, your brain adapts by giving more sensory information to another sense), so I know

when something needs to stay on the menu or if it belongs in the trash bin.

What is rewarding about building your own business? What do you fear?

The reward is having a certain control over my destiny. And the fear is always failure.

Where did the idea originate for your I Knead Love workshop? Will you talk about a memorable interaction with the kids?

I worked with an organization called Dream On Education when we initially began the culinary workshop, which teaches basic kitchen skills. It was such a great experience that I decided to continue it and work with other organizations such as the Maria Kaupas Center and the Black Law Student Association in Northwestern University's Law School. There was one young lady at a workshop who had a reputation as a disrupter. She turned out to be my most focused and most talented student. She produced the prettiest pies and quiches that day, and she was working intensely to show me that she could do a good job. Oftentimes, the kids who are seen as troublemakers need more stimulation and an outlet for creativity to show their capabilities. I was told afterward that she was the main kid asking when she could come back to do another



Pictured: Strawberry Basil Key Lime Pie

workshop. She's not a disrupter—she's just misunderstood. She's likely bored and not being challenged enough.

What pie is your favorite to make?
Salted Caramel Peach Pie.

How do you feel when you're baking?

Honestly, when I'm in the zone and there's a certain hum in the kitchen, I can feel invigorated. Other times, when I'm frazzled and there's a lot happening all at once, I can feel burned out and ready to throw it all away.

How would you describe your process when it comes to creating new pies?

If I'm moved to create something or if recent travels or some sort of other experience inspires a new idea, I run with it and test it out. Sometimes it works out really well, and sometimes I may need to shelve the idea until I can fully think through how I want to tackle it. In 2016, I made a Cucumber Key Lime Pie that tasted amazing but held up disastrously as a slice. I reapproached that flavor several years later when I considered presenting the pie for the 2020 James Beard Awards' meal kit.



Pictured: Bleu Cheese Praline Pear Pie

Although I ended up not using the recipe as part of the meal kit, I was able to improve the solidity in which the pie held up as a slice. I'm still working on it, but I'm really happy with its progress.

What words do you live by?

My mom always says, "The fist that is closed to giving is the same fist that is closed to receiving." I've been very blessed with abundance, and I am grateful for what I have and for where I am in life. I sleep in a comfortable bed. I have access to food. I have a delivery van that allows to me make deliveries more easily. I am able to travel, and I have friends and family across the world. I'm good, and I can share a bit of that goodness with someone else.

How do you feel about the term "life's purpose?"

Just like the term "soul mate," I believe you can have more than one. I'm living life in the present.

Do you have big dreams for the next five years? Ten years?

I have overarching goals, but I've learned to not put a timetable on those goals. They will happen when they're supposed to happen. People wanted me to have a storefront location, like, yesterday. It isn't time yet. The time is approaching rather soon, but not before it's supposed to.

For more info, visit [justiceofthepies.com](https://www.justiceofthepies.com)

MY DAD INSPIRED THE IDEA FOR MY BAKERY, BUT HE DIDN'T INSPIRE MY MISSION PER SE. I'VE ALWAYS LIVED A PURPOSE-DRIVEN LIFE, AND MY PURPOSE IS TO DO GOOD AND ALWAYS LOOK FOR WAYS TO BE OF SERVICE TO OTHERS.



WHERE EVERY DOG HAS ITS DAY

interview with **janice costa**
written by **matthew brady**
photography **canine camp getaway, unless noted**

© Joe St. Pierre



If you're a dog owner, then you've probably experienced a quandary about taking vacations. Janice Costa, founder of Canine Camp Getaway, discusses why her Lake George, New York, retreat is the ultimate solution for you and your four-legged friend.

Tell us about your love of dogs:

I've had dogs my entire life. After we lost our longtime family dog, a lab, I went to shelters all around New York looking for one. Instead, I adopted an enormous, unfriendly-looking shepherd mix who fiercely guarded me in my new home. I had no idea what to do; I had adopted Cujo.

Trainers kept telling me that I should put her to sleep or give her back to the shelter. Finally, one trainer informed me that she was a work dog and needed a job; without one, she took on the role



of guard dog. He offered to train her, and I had to find work for her. We did obedience classes, agility training, and dog shows. I fell in love with dog sports and got to know a lot of dog people.

Did this lead to your idea for Canine Camp Getaway?

Yes. At the time, I was traveling a lot for my job. It was hard for me, and it wasn't fair to her. I wanted to take her on vacation, but hotels then weren't pet friendly. That's when I wondered, "Wouldn't it be great if I got a bunch of friends together to take our dogs on vacation?"

That evolved into me thinking it was a good idea for a business. Well, *nobody* else thought it was. I started calling hotels, focusing on upstate New York, where I'd spent summers as a little girl on Lake George. However, when I explained what I wanted to do, they'd hang up on me. Eventually, I found a place that agreed to try it, Roaring Brook Ranch.

I pulled together a staff that included a veterinarian, my original dog trainer, and a few others, and we did a small summer camp that included health seminars and different dog sports. We only had twenty-seven campers, and it rained like crazy. But everyone had fun and said there was nothing else like it. It's grown pretty much every year since.

How has it grown?

After the initial camp got to about seventy campers, it was time to do a second event in autumn. So, in 2013,

we started doing two camps per year. Now we generally get one hundred campers in June and anywhere from seventy-five to ninety in September.

I also became a therapy dog evaluator, so we offer therapy dog prep classes and testing. We've had hundreds graduate through the program, which I love because there's a ripple effect of helping others beyond the camp. That's also why we do a lot of charitable events, like holding silent auctions and visiting food banks, and give back to various animal charities.

We now have two veterinarians on staff, and we've added dog yoga, canine freestyle dance, and more. We'll usually do a seminar on cancer prevention, including easy ways to keep dogs healthier through diet. We want people to have fun, but we also want to give them tools to help their dogs live longer, healthier lives.

Tell us about Roaring Brook Ranch:

What I liked about this place when we started was there was room to grow. There were approximately 135 rooms, and it had a huge conference center with four rooms, so I could do four indoor classes.

It's also on three hundred acres of land, including hiking trails and several big fields, so I'll generally have eight different activities going on at once. During the day, we try to give everyone a lot of space because that's part of the joy of being in the country—it's nice to be able to just have wide-open areas for



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People don't usually let dogs truly run free. Society has rules: you can't chase that; you can't do that. Here they can.

you and your dog. There are nighttime activities, too, such as a dog-themed game show, dog bingo, and a dog-themed movie.

Is there a sense of community?

From day one, I wanted this to be a friendly place. Nobody here talks about their jobs or their statuses. It's all about one authentic connection: we love our dogs. That makes it so much easier to meet other people. My yearly campers are also amazing, taking the initiative to make new people feel at home.

As a result, people stay in touch long after camp via group emails and an alumni Facebook group that most of the campers belong to and everybody else sends good wishes; if a dog is sick, everybody else sends good wishes; if a dog wins a sports event, people are excited. It's far beyond anything I ever could have dreamed up when I started this.

Do the pooches find pals as well?

It's amazing. Visitors get off the New York State Thruway to go into Lake George, and the dogs start barking like crazy. They know *exactly* where they are heading. The dogs make friends every year and light up when they see each other.

What are some of the more popular activities?

People don't usually let dogs truly run free. Society has rules: you can't chase that; you can't do that. Here they can. In fact, many dogs run right out of the cars when they arrive because they're excited and have so much pent-up energy. So we encourage them to take off around our giant field dedicated to lure coursing, which is a very popular activity. Some enjoy the agility activities and can't wait to run the obstacles.

The dogs love the pool, too. You see labs and golden retrievers running and jumping in, and tennis balls are flying everywhere. We've got a little bichon that rides its boogie board and then jumps off. Some swim, and others (especially little dogs) just hang out on floats and relax.

Is this your full-time job? If not, how do you juggle it with your career?

I've worked full time in the kitchen-and-bath design industry for over twenty-five years. I do some freelance writing and pet-friendly design, and I'm starting a video blog. But camp is something that is always there in my mind because it takes a lot of planning. By November, my right-hand woman and I will start working on next year's camp.

I'm sure if I calculated how much money I make for the hours I put in, I'd be horrified. *[Laughs]* But it was never about money. This was initially a gift to my dog: I wanted to know when she is old and lying by the fireplace that she can think, "Wow. Remember that time I was in the pool and I had the best time?"

Is this what makes Canine Camp Getaway special?

People love their dogs, but they tend to multitask and not fully engage with them because there's so much going on. Here you break away from it all and truly engage with your dog, which I think is special. Because of the experience and education, your dog is going to have a better quality of life. It's a vacation that a regular pet owner would go on as well as a hardcore dog sport person.



© Joe St. Pierre



What has been the most rewarding aspect of this venture?

We are increasingly a lonely and disconnected society. We have so much technology, but we don't connect the way people did years ago. Dogs make people feel connected, loved, and understood. As somebody who is single, I can tell you: I have a close-knit family who lives nearby, but my dogs are my family.

Connecting with other people who love their dogs and seeing the world the way you do is extraordinary. I think that's part of why these Canine Camp

relationships hold up year after year. No matter who you are or your life situation, the only thing that matters is that we all love dogs—and that creates an instant connection.

So the most rewarding part is absolutely the community. I never imagined the community that we would build—I just wanted to take my dog on vacation and get other people to do it, too. If my legacy is that I created something where people connect and make each other's lives better, I'm happy with that.

For more info, visit caninecampgetaway.com



KEITA TURNER MIXMASTER OF STYLE

interview with **keita turner**
written by **shelley goldstein**
photography by **brad bunyea**
styled by **betty r. turner**

New York-based design powerhouse Keita Turner is a master of layering—whether it's colors, finishes, fabrics, or patterns—and uses her eye for style to create spaces that elevate the human experience.

How would you describe your design philosophy and style?

I am an interior designer whose business is about creating transformative, fashionably classic environments that uplift the human spirit. Using their lifestyle as a template, I design interiors that convey the inspirations, spirits, and habits of my clients. Design is all about suitability.

What is your background in design?

After graduating from Rhode Island School of Design, I moved to New York City to pursue a career in the fashion industry. Several years after establishing myself as a successful fashion designer in a very cutthroat industry, I decided I needed a major change in my career and lifestyle. I made the transition to interior design by studying at the School of Visual Arts and at the Pratt Institute. After working on both residential and commercial projects for Betty R. Turner Interiors, my mother's interior design firm in Saint Louis, Missouri, I struck out on my own.

You were chosen to design a space in the Alden Parkes Showhouse in North Carolina. Will you explain the concept of a showhouse?

Designer showhouses are temporary designer showcase installations where we can push boundaries and stretch our creativity beyond the practical

limitations and typical client-imposed budgets. Some designer showhouses are held in showroom or gallery spaces, but the majority of them are located in newly constructed or renovated homes and then put on the market for sale. Many are affiliated with charitable organizations, with proceeds from showhouse ticket sales going to support fundraising efforts. Because designer show houses are generally known as industry events where designers can present their most luxurious, over-the-top, and unusually bold designs, they make great venues for home decor and design enthusiasts to view the work of top local tradespeople and gather new interior design ideas or trends for their own homes.

What inspires your bold color palettes?

I first learned how to “see” color through my mother’s tutelage. As a classically trained fine artist, my mother taught me how to choose and use color naturalistically. She explained how artists recreate the conventional colors we see without actually imitating them at face value. I love bringing in colors from the endless combinations and possibilities nature provides. I also find wonderful color inspiration from the couture fashion houses and editorial fashion photography each season during fashion week.

What is the secret to layering so many patterns and colors in one space?

I really think about the colors found in nature and how they coexist harmoniously, and then I translate that vision into an interior space. Once the color palette is determined, it’s a matter of specifying materials, textiles, and surfaces that will make the

perfect cohesive marriage of balance, proportion, scale, line, and weight.

How did you go about doing this in the Alden Parkes Showhouse living room?

I chose the wallpaper first. I absolutely loved the yellow leaf-printed wallpaper by Anna French and Thibaut. This yellow-enveloped room makes me feel happy, optimistic, and lighthearted. After I had selected the wallpaper, I knew I wanted to introduce two matching olive-green velvet sofas. The yellow ended up being a perfect backdrop for the timeless furnishings we selected from Alden Parkes. One of our favorite pieces was the white-leaf-framed mirror. We redefined tradition by introducing some modern artwork hung asymmetrically and by tablescaping the classic chest-of-drawers with a mid-century-inspired table lamp.

What are your thoughts on coffee tables? You went in two very different directions in the Alden Parkes Showhouse.

Selecting the perfect coffee table can be tricky, even for a seasoned designer. For the living room, I knew I needed a large enough coffee table surface to accommodate seating from all four sides while providing the ideal distance from the edge of the sofas and chairs. I chose six glass bunching tables by Alden Parkes to create the perfect large surface. The glass top helps to keep the space from becoming too heavy and bulky. For the master bedroom sitting room, I chose a trio of modernist, solid-matte-black, geometric, triangular tables to counterbalance some of the traditional furnishings within the space.



Was the bed frame custom-upholstered?

Yes! We reupholstered an Alden Parkes bed frame in a printed Thibaut fabric to both complement and contrast the wallpaper in the room. It was a bold design decision to lay pattern on top of pattern, but the cohesive color palette and gold-leaf trim around the headboard kept the patterns from competing with one another.

What is your biggest design pet peeve?

My biggest pet peeve is walking into a home and seeing artwork hung way too high. Generally speaking, a piece of artwork should be hung at eye level with the center of the piece anywhere from fifty-eight to sixty inches from the floor. Of course, these rules may be adjusted for gallery walls.



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One of our favorite pieces was the white-leaf-framed mirror. We redefined tradition by introducing some modern artwork hung asymmetrically and by tablescaping the classic chest-of-drawers with a mid-century-inspired table lamp.



FOR THE MASTER BEDROOM SITTING ROOM, I CHOSE A TRIO OF MODERNIST, SOLID-MATTE-BLACK, GEOMETRIC, TRIANGULAR TABLES TO COUNTERBALANCE SOME OF THE TRADITIONAL FURNISHINGS WITHIN THE SPACE.

What design changes have the most transformative power while being kind to the budget?

Repainting your home's interior or exterior walls provides the most obvious transformation while also being budget friendly. I also believe upgrading or refreshing your throw pillows and linens, as well as incorporating green plants or indoor trees into your space, can have transformative power.

What do you advise clients to splurge on?

I definitely advise my clients to splurge on the best-quality mattress, bed frame, and upholstered seating their budget will allow, because they will spend most of their time using these important home furnishings on a regular basis.

Do you have a couple of go-to paint colors you find yourself using over and over?

I try not to repeat the same colors too often or use the same colors from one client project to the next. However, some of my favorite white paints to use are Benjamin Moore's Cloud White, White Dove, and Swiss Coffee, and Sherwin-Williams's Alabaster.

Is it OK to mix finishes in the same room? How do you execute this while making the room look cohesive?

I consider myself somewhat of a mixmaster. Don't be afraid to mix unconventional color combinations, patterns, textures, finishes, and furnishing styles authentic to or attributed to different eras. You'll be surprised how well it works and makes for a more interesting layered interior.

What traits make you a good designer?

The desire to help make people's lives more enriching and productive is a necessary trait to being a good designer. I personally understand the positive or negative effect an environment can have on the satisfaction or success of one's life or business. Prior to going into business for myself, I transformed my residence into a personal oasis of serenity from my then stress-filled life. I quickly discovered that my well-designed space went beyond just my personal satisfaction and had far-reaching influence on my friends and the people around me. Friends and guests would ask if I could create something special for their homes. That's when I recognized the importance of improving human life and experiences through the designed environment.

What is the most recent thing you've experienced that has deeply inspired you?

I have found the resiliency and compassion of many Americans during these challenging times of uncertainty and unrest to be quite inspiring. It has been an amazing show of hope and love to witness the individuals and entities who are in a position to support those disproportionately affected by the pandemic step up to the plate to help the country get back to a better, healthier place.

For more info, visit keitaturnerdesign.com



GOING GREEN AT HOME

written by **alexa bricker** | photography by **Lum3n**

There's no question that store shelves are changing. Where once a mere handful of choices resided for household products, there are now hundreds (if not thousands) of choices, many of which provide alternative formulas with consumer and environmental safety in mind.

If you've been thinking about making the switch to these eco-friendly home brands, there's no time like the present. Below are just a few options that can help ensure your home—and the planet—is a healthier and happier environment to live, work, and play in.

LIVEWALL

If you've ever strolled through a greenhouse or an arboretum, you know how magical walls made from living materials can be. Aside from providing a dreamlike appearance, these walls also do a whole lot of good: from purifying the air to supplying food. LiveWall is a company dedicated to installing various types of plant walls in commercial and residential settings. It offers both indoor and outdoor installations, and, according to the LiveWall website, can provide benefits such as "easing anxiety, reducing noise, increasing oxygen, and saving energy."

For more info, visit livewall.com

BRANCH BASICS

There are a myriad of household-product subscription services on the market, but Branch Basics is doing things a little bit differently. Instead of shipping a box of premixed cleaners, this company ships concentrated solutions and reusable bottles so consumers can save money and reduce their plastic waste. Popular kits include the Starter Kit + Oxygen Boost, which contains thirty-three ounces of concentrated cleaner, three spray bottles, a foaming wash bottle, laundry bottle, and oxygen boost—covering almost all of your cleaning needs—as well as a trial kit and travel-sized kits for on-the-go cleaning. The best part? All products are non-GMO, plant- and mineral-based, and biodegradable.

For more info, visit branchbasics.com

ECOVIBE

As its name suggests, EcoVibe is dedicated to offering products that combine positive style with sustainable and environmentally friendly practices. Its online shop sells a large variety of home goods such as planters, lighting, wall decor, kitchenware, and even curated gift sets. You can also feel good about every purchase you make, as EcoVibe donates 1 percent of all online sales to 1% for the Planet—a network of businesses and organizations working to support environmental causes.

For more info, visit ecovibestyle.com



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Front of Tear Out Card 2



cheesy TOMATO PIE



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Back of Tear Out Card 2

SERVES 8

cheesy TOMATO PIE

ingredients:

Vegetable oil, for greasing
3 tbsp. extra-virgin olive oil
1 large yellow onion, diced
2 lb. roma tomatoes, diced
2 tbsp. chopped fresh basil
2 tsp. kosher salt
1 tsp. chopped fresh thyme
½ tsp. ground black pepper
2 c. mayonnaise
2 c. shredded sharp cheddar cheese
1 c. shredded Havarti cheese
2½ sleeves of Ritz crackers, crushed, divided

instructions:

1. Preheat the oven to 350 degrees F. Lightly oil a 9-by-13-inch baking dish.
2. In a large sauté pan over medium-high heat, drizzle in the olive oil. Once the oil is hot, add the onions and cook until tender, 3 to 5 minutes.
3. Next, add in the tomatoes, basil, salt, thyme, and pepper. Stir. Cook for 15 minutes, then turn off the heat and set the pan to the side.
4. In a large mixing bowl, combine the mayonnaise, cheddar, and Havarti. Set aside.
5. In the baking dish, sprinkle ⅓ of the crushed Ritz crackers (save 1 cup for the topping!). Make sure that it is spread evenly on the bottom. Pour half of the tomato mixture on top of the Ritz crackers. Repeat the layers.
6. Top the layers with the mayonnaise-and-cheese mixture and smooth out. Sprinkle the remaining 1 cup crushed Ritz on top. Bake uncovered for 45 minutes. Remove from the oven and let sit for 15 minutes before serving.

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