

Compliments of Stacey Shanner

# AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 124



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THE  
POWER OF  
**PINK**



## Front of Tear Out Card 1

### CROWD-PLEASING SPINACH AND RICOTTA RAVIOLI with brown butter and sage

3 sticks (24 tbsp.) butter  
3 lb. spinach and ricotta ravioli,  
cooked al dente, and drained  
1 ¾ tsp. salt  
1 1/8 tsp. ground black pepper  
2 ½ c. grated Parmesan cheese  
¼ c. plus 2 tbsp. chopped  
sage leaves  
1 ¼ c. plus 1 tbsp. olive oil  
3 cloves garlic, minced  
Freshly squeezed juice of ½ lemon  
¼ c. white wine  
40 crack-cracks of black pepper



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## Back of Tear Out Card 1



**MAKES 12–16 SERVINGS**

1. In a large heavy skillet over high heat, melt the butter, and let it thoroughly brown, but not burn.
2. Add the cooked ravioli to a large mixing bowl, pour the butter over them, and then add all of the remaining ingredients, and toss them together so that everything is fully combined before serving immediately, or later, at room temperature, or reheated. In other words, this is a virtually foolproof crowd-pleaser, and it will be very difficult to screw up.

Recipe from © *Occasions to Celebrate* by Alex Hitz, Rizzoli New York, 2022. Photography by Iain Bagwell.





AMERICAN LIFESTYLE

Dear Bill and Judy,

Autumn brings about many changes both in nature and in life. It’s a beautiful time when trees trade their lush green leaves for crisp red and yellow ones and we cycle back to the familiar and comforting in preparation for winter. One of the most beautiful aspects of fall, however, is that it kicks off the season of giving. This issue of American Lifestyle highlights a variety of organizations giving back in extraordinary ways.

Andrea Wasko had a simple mission in mind when she started her company, Quick Pickle Kit: help people feel better by providing them with healthier food options they would actually enjoy. Inside you’ll learn about the inspiration for her business and how it has helped others.

Having a comfortable place to sleep is vital to a child’s well-being, but it isn’t something every child has access to. Enter Sleep in Heavenly Peace, an organization dedicated to providing kids across the country with much-needed beds to help ensure quality sleep. Find out more about this nonprofit’s impact and the joy it brings to children.

Breast cancer is a disease that affects hundreds of thousands of people each year, but a genetic predisposition to the disease is one of the most important markers for early detection. Find out how the Sharsheret organization is raising awareness of the importance of genetic testing and connecting people at every stage of their journey.

In what ways will you impact the lives of others? As always, it’s a pleasure to send you this magazine.

Stacey Shanner



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# PICKLE POWER

interview with **andrea wasko**  
written by **allison gomes**  
photography by **quick pickle kit**



**Andrea Wasko,**  
**owner and**  
**founder of the**  
**Quick Pickle**  
**Kit, shares**

**how her company strives to**  
**make pickling fun and simple**  
**for everyone.**

## What inspired you to start your company?

After spending years in the medical device industry, I saw that many diseases could be prevented if people ate better and exercised. I wanted to help people eat healthier by creating tasty food products they could enjoy. After receiving my MBA in 1996, I decided to leave the corporate world to focus on prevention rather than treatment and started Connoisseur Creations Inc. The Quick Pickle Kit was our first product.

## What is the Quick Pickle Kit?

It's a DIY pickling kit. I grew up canning with my mother in the traditional, laborious way and wanted to develop a kit that provided a safe, quick, simple, and natural way to pickle any vegetable in a fraction of the time and with minimal effort. The Quick Pickle Kit includes a forty-four-page cookbook, a quick-start

guide, a two-liter reusable Italian glass jar, a reusable food-safe rubber gasket, three spice packets, and access to our pickling hotline.

## How does your business give back to others?

We're on a mission to utilize our business and products as tools to create a healthier and more caring world, one Quick Pickle Kit at a time. We empower women and celebrate diversity, provide jobs for adults with disabilities, and volunteer to teach future generations of entrepreneurs. We are passionate about supporting social causes that align with our values to make the world a kinder place, where all people are empowered to



lead their best lives. We also offer our products as healthy fundraising tools for schools and nonprofits, and they keep up to 100 percent of the profits.

Some of the ways we've provided support throughout the years include offering free delivery, giving fresh fruits and vegetables to

neighbors, providing hotel rooms to first responders across the nation during COVID-19 so they would not risk infecting their families, offering scholarships and protective equipment for fire cadets, and rescuing animals from wildfires.

## What's been the most fulfilling part of creating the Quick Pickle Kit?

Working shoulder to shoulder with adults with disabilities has always been one of the most rewarding parts of our business, which is why we have continued to do it for over twenty-six years.

For more info, visit [quickpicklekit.com](http://quickpicklekit.com)





written by **andre rios** photography by **getty**

# THE RIGHT WAY TO DESIGN FOR FALL

**EMBRACE AUTUMN WITH FESTIVE HOME DESIGN IDEAS THAT ARE AS STYLISH AS THEY ARE FAITHFUL TO THEIR INSPIRATION.**

Autumn's attributes are both iconic and beloved, from its cool breezes and amber leaves to its delicious flavors like cinnamon and maple. It's no surprise, then, that the fall months invite home design choices that reflect their natural imagery.

You can make elegant selections that not only add impressive style to every room but also accurately reflect the arboreal beauty of this temperate season. Follow this guide to update your entire home for autumn and embrace natural concepts that you may want to keep long after the final leaves drop.

## **WARM AUTUMN HUES**

Fall is possibly best known for its dramatic colors, so bring these famous hues home and use them in modern



**YOU CAN MAKE ELEGANT SELECTIONS THAT NOT ONLY ADD IMPRESSIVE STYLE TO EVERY ROOM BUT ALSO ACCURATELY REFLECT THE ARBOREAL BEAUTY OF THIS TEMPERATE SEASON.**



ways. Explore sophisticated blends of traditional fall colors muted with neutral undertones like gray that mature them, such as maroon and forest green rather than their primary counterparts. Natural wood tones are perfect complements to these fall hues, as are warm metal fixtures and decor in copper and gold. Each room needs light neutrals to retain a sense of visual calm, so consider a seasonally complementary shade like a very light tan for balance. Dark accents, such as genuine walnut end tables, can round out a room for a complete palette.







**THE KEY TO CONTEMPORARY NATURAL DECOR IS CONFINING THEM IN SOME WAY, SUCH AS WITHIN A FRAME, CONTAINER, OR BORDER.**

You can choose to redecorate or paint rooms in these seasonal colors or simply hunt for festive decor. Pay attention to how colors might clash with one another, though. Review the overall color palette of every room before you make your fall decor choices. You can purchase a color wheel from your local hardware store or find one online to craft visually pleasing color combinations.

**TOUCHES OF NATURE**

Anyone who appreciates crisp orange leaves and dropping acorns will understand the appeal of bringing natural foliage indoors. Luckily, fall offers many options for decor. Chrysanthemums and marigolds are alight with bright blooms this time of year, and colorful twigs may drop within footsteps of your front door.

The key to contemporary natural decor is confining them in some way, such as within a frame, container, or border. This can make otherwise messy objects appear neat and curated. Place a branch of preserved yellow leaves inside a framed shadow box, and display it atop a sideboard or hutch. Drape olive branches within the borders of a dining room table runner, then scatter found objects like acorns throughout for a rustic yet fashionable setting. As for those adorable varieties of multicolored pumpkins, display them on a serving tray or lay them at angles in a long centerpiece bowl.

**FESTIVE AND REFINED**

To modernize your fall decor, make artistic or even avant-garde choices with your seasonal accents. One of the most popular examples of this is decorative pumpkins painted in unnatural colors like black or made of surprising materials like glass. Cornucopias have also historically been popular fall centerpieces, but choosing one in unusual colors and unexpected materials will make for an art-forward abode.

If you're artistic, you could even craft your own seasonal trimmings. For example, you could paint a



canvas with an abstract leaf pattern using the colors in your home for inspiration. Frame and hang your works to legitimize them, and your guests may ask where you acquired these inspiring pieces. You can also paint decorative accents like pottery, jewelry boxes, and candlesticks in seasonal yet stylish colors.

**HOMELY HALLOWEEN**

One of fall's most anticipated holidays tends to err on the side of busy, chaotic decor. If you'd prefer to achieve elegance throughout October rather than imitate a haunted house,

design with the intention of gothic-yet-glamorous neatness.

Despite their garishness, Halloween colors have elegant and refined potential; it all depends on how you use them. Start by assessing the dominant color palette of each room. For bright and airy rooms, decorate with black, silver, and shades of dark gray, each of which adds visual balance. For darker, more mature rooms, consider brightening them up with flairs of orange, red, and bronze. If you prefer to be subtle with your decor, simply swapping out throws,

pillows, vases, and other accents for ones in classic Halloween colors will do the trick.

Take inspiration from one of the holiday's most elegant and storied references—historic Victorian manors—and shop for decor that's vintage and refined while still festive. Examples include chic candelabras, eye-catching gilded wall mirrors, crimson drapes, and vases of black roses. If you'd prefer a modern take on Halloween, select classic favorites like jack-o'-lanterns and bats in surprising colors and materials.



### COZY FABRICS AND UPHOLSTERY

As fall progresses, temperatures may settle somewhere between comfortable and chilly depending on where you reside. If you can host outdoors, embrace autumn aesthetics on your porch, patio, deck, or poolside by adorning them with warm fabrics like throw blankets, pillows, and rugs. Indoor patterns like plaid work nicely outdoors, too, as do sophisticated colors like eggplant, olive green, and mustard. Decorating these spaces for fall can

seamlessly blend your indoor and outdoor decorative concepts.

If you live in a region where emblazoned autumn leaves and ripe pumpkins are foreign imagery, adjusting your outdoor color palette is a worthy substitution for fall views. Decorate your outdoor dining, accent, and cocktail tables with native plants that grow in fall colors. For example, orange canna flowers and yellow yucca are vibrant yet hardy in warm climates. Top it off with decorative lights, such

as candles, fairy lights, or lanterns in an autumn palette, to add an elegant touch.

When decorating with fall foliage that betrays your area code, though, confine these accents to the indoors, where decor like red leaves and cornucopias will be less jarring. However, no one could blame you for throwing your arms around autumn. It's one of the most comfortable seasons and offers limitless design potential—no matter where you live.



When decorating with fall foliage that betrays your area code, confine these accents to the indoors, where decor like red leaves and cornucopias will be less jarring.





# AN UNBREAKABLE CHAIN

interview with **elana silber**  
written by **alexa bricker**  
photography courtesy of **sharsheret**



**ELANA SILBER, CEO OF THE NONPROFIT SHARSHERET (SHAR-SHEH-RET), EXPLAINS THE ORGANIZATION'S HISTORY AND HOW IT SEEKS TO RAISE AWARENESS OF THE RISK OF BREAST AND OVARIAN CANCERS AMONG YOUNG WOMEN, INCLUDING FOR A PARTICULARLY VULNERABLE GROUP—WOMEN OF ASHKENAZI JEWISH DESCENT.**

## **Why was Sharsheret founded?**

Sharsheret was founded in 2001 by a young Jewish woman named Rochelle Shoretz, an otherwise healthy mom who was diagnosed with breast cancer at twenty-eight. After her diagnosis, she consulted with aunts and grandmothers in her community, but they didn't seem to understand her unique issues. Eventually she was introduced to Lauryn Weiser, another young mom

diagnosed with the disease. Lauryn helped carry Rochelle through her diagnosis and treatment.

They realized they had an opportunity to help other young women with breast cancer, and in 2002, they set a goal to help at least five. By the end of that year, they had worked with roughly 1,000 women, at which point they knew there was a need that wasn't being met.



They decided on the name Sharsheret because it's Hebrew for "chain." Sharsheret is based on a peer support network—the same way Lauryn was a peer supporter for Rochelle. They wanted to help connect women with similar diagnoses, backgrounds, ages, and concerns and match them one-to-one, all by phone and email.

## **What were some of the unique concerns they wanted to address?**

Rochelle and Lauryn found that women took great comfort in having a peer supporter, but they still struggled with cosmetic side effects like hair loss and skin changes. So they created a program that helps pay for high-quality wigs and cold caps. Then they had women asking for resources to help them care for their children while in treatment, so they created what we call a Busy Box filled with toys and educational

materials. All of the programs at Sharsheret have been developed as a direct response to the needs of the women we serve.

## **How do Sharsheret's programs support breast cancer awareness among people of all ages?**

Our organization has three areas of focus. We educate the community through five hundred to six hundred annual events, provide financial assistance to low-income patients for nonmedical services that improve quality of life, and offer one-on-one support for women and families facing cancer treatment.

We also believe in educating early. Sharsheret offers programs starting at the high school level that center on what we call Pink Day; it's a way to raise awareness in teenagers on the importance of healthy living and family history. In addition, a lot of diagnosed women have children in





high school, so we launched another program in schools to help students interact with peers who have a parent with breast cancer. We also created a film called *My Second Backpack*, in which kids share their families' experiences with breast cancer.

At the university level, Sharsheret is a national philanthropy for AEPi, the largest Jewish fraternity in the world. Every chapter is required to host a charity event for us, but we also continue our theme of education and teach college students about healthy living as they shift from adolescence into adulthood. Family history is hugely important with this group—a twenty-three-year-old woman whose mother was diagnosed with breast cancer at thirty-three really needs to be working with a doctor to start screening herself early.





**You mentioned that Sharsheret holds hundreds of events annually. Tell us about some of them:**

In addition to our peer-to-peer support programs and youth education, our five offices in New York, New Jersey, Los Angeles, Chicago, and Florida hold a large number of annual fundraisers. In LA, for example, we've done a 5K dash, and in New Jersey and Long Island we've held a barbecue in the summer.

Each year, typically starting in October, we also do what we call Teal and Pink Shabbat. We work with people at the community level to help them organize their own events at a synagogue or community kitchen, and we provide a calendar on our website so that people might find an event near them. This event is for education, but it also serves as a platform for people in the community to share their experiences. We even provide a recipe for making your own pink challah bread.

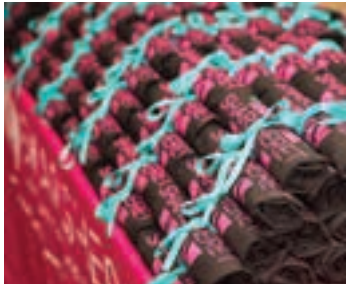
Also in October, we hold a summit called Pink, Teal, and You, which incorporates information from a lot of our other programs. Over the course of a week, we work to spread awareness through national webinars and partner with about one hundred different organizations to get the word out.

**What role do genetics and genetic testing play in your education initiatives?**

We have twelve social workers and a genetic counselor on-site who work with people across the country and from all demographics to make sure they have the information they need. Our goal is to empower women and families with this knowledge to help prevent or catch cancer early.



The average woman might not need a mammogram or ultrasound until she's forty, but everything changes depending on family history. Many people think this is only important on the mother's side, but that's not the case. When there's a genetic mutation—the most well-known being the BRCA gene mutation—it can come from the mother or the father. Also, one in forty Jewish women of Ashkenazi descent carries the BRCA mutation versus one in five hundred in the general population. Jewish families are at a much higher risk for hereditary breast or ovarian cancer. This is important for men, too, because this gene mutation poses an increased risk of prostate, pancreatic, and male breast cancers.



**How has Sharsheret's impact in the breast cancer awareness community grown in the past twenty-plus years?**

Today, we have forty full-time staff members and a budget of \$5.1 million. We serve on the CDC's Advisory Committee on Breast Cancer in Young Women, and a few years ago I was chair. We also have an ongoing partnership with the CDC and NIH to develop programs for young breast cancer survivors.

In the last twenty-plus years, we've been able to take Sharsheret from a support group to a national network, and we are very proud of that. But even though we've grown into a larger organization, when you call us, you still feel like you're our number one focus.

For more info, visit [sharsheret.org](https://www.sharsheret.org)





# sweet DREAMS

interview with [luke mickelson](#) | written by [matthew brady](#) | photography by [sleep in heavenly peace](#)

*Sleep in Heavenly Peace (SHP) founder and executive director Luke Mickelson discusses his nonprofit's mission to build and deliver beds to children in need, how his organization impacts lives, and the joy that comes from helping others.*

**Tell us a little bit about yourself. Why did you start Sleep in Heavenly Peace?**

I'm a farm kid from a small Idaho town who was raised by a single mom of five. As an adult, I've always enjoyed mentoring kids, whether as a coach, in church, or as a Boy Scout leader. In 2012, I learned that a family in our community was trying to make

ends meet and that their kids were sleeping on the floor. Even though I had never built a piece of furniture, I was determined to build a bed for them. I went into my garage, did all the measuring and planning, and got my scouts involved. They loved the idea—the purpose behind it was meaningful to them. They even delivered the bed themselves.

**What happened next?**

I expected that to be it. Later that year, though, I was sitting depressed on the couch a few weeks before Christmas, going through a sort of midlife crisis. My kids started complaining about not getting an Xbox for Christmas—yet other kids didn't even have beds. I knew I could either stay in that state or

get off the couch and teach my kids something, so I took them right out to the garage to build another bunk bed. We had so much fun. The problem was, I didn't know what to do with the bed! [*Laughs*]

I put it on Facebook and said it was free for any child who didn't have one. To my surprise, I was inundated





**// Before 2018, we had built around 2,000 total beds, and now we build around 800 to 1,000 beds a weekend. We've delivered around 140,000 in just the past five years.**

with not only requests for the bed but also messages from friends asking how they could help.

#### **Who did you end up giving the bed to?**

I wanted this bed to go to a special home, and I gave it to a six-year-old girl named Hailey. She had just come out of homelessness—she had mostly been living out of the back seat of her mom's car since she was born. Hailey finally had a bedroom, though, and she eagerly showed it off to me and my friend Jordan, who helped me deliver the bed. It wasn't in great shape. What stood out most,



though, was the pile of clothes in the corner. We quickly realized that was what she had been sleeping on. When we started bringing the pieces in and putting the bed together, she erupted with joy once she realized what it was. Tears were streaming down her mom's face too. Having been raised by a single mom myself, that really touched me.

This experience changed me almost instantly. On the ride home, I told Jordan, "No kid's going to sleep on the floor in my town if I have anything to do with it."

#### **How did you go about keeping that vow?**

I wanted to help more people, so I started looking for wood and tools. Lowe's immediately stepped in; they've been our top partner since we started in 2012. We took our family's Christmas budget, bought what we needed, and ended up building twenty-two more beds and delivering them by Christmas that same year.

The cool thing was how many people came out of the woodwork to help after seeing my initial Facebook post. My garage was filled with food, toys, sheets, and mattresses to take with the beds. And almost every night for

those three weeks before Christmas, when I was working on the beds, people would just show up to assist me. I didn't even know some of them, and others I hadn't seen for twenty years.

#### **How quickly did you expand? How many beds have you delivered?**

Between 2012 and 2017, SHP had only two local chapters in Idaho. Once we started expanding in 2017, especially into California, it exploded. Then, in 2018, we were featured on Mike Rowe's show *Returning the Favor*. Within a year, we had gotten 5,000 new chapter requests and added 128 chapters. To date, we have over 330 chapters in four countries. Before 2018, we had built around 2,000 total beds, and now we build around 800 to 1,000 beds a weekend. We've delivered around 140,000 in just the past five years.

#### **Do you only make bunk beds? Are they all the same size?**

When we became a nonprofit, I decided we would only build and provide twin-sized beds for kids: bunk beds or bunks that could be





split into single beds. Each one is built exactly the same down to the screw holes, whether it's in Texas, Alaska, Canada, or Bermuda.

However, quicker and more efficient isn't what we're looking for; we could eliminate three stages of our process and speed up the builds. But we want to provide more service opportunities for more people, not reduce the need for volunteers.

**Would you discuss the practical skills you're teaching?**

From day one, we've enjoyed giving volunteers who have no experience with drills, sanders, and saws (and might even be afraid of these tools) the opportunity to use them. So we're now partnering with SkillsUSA to develop a program with workshop teachers to use SHP as a course. For a semester, a student can build twenty beds and help them get delivered. They learn construction skills, get service opportunities, have fun, and gain perspective. How cool is that?

**How many requests do you get? What are your lead times?**

Our chapter presidents have complete autonomy to review applications and select the people most in need. Most chapters have one to two hundred applications per year, but some have up to 4,000. We receive about 60,000 yearly applications with an average request of 2.2 beds. We have far more applications than beds we can build, and our application numbers keep going up. If you apply, some chapters respond within a few days, while others take a bit longer. Some beds are delivered within days, whereas others take months.



**// In at least 3 percent of the population, kids don't have beds. So if you live in a town of 100,000, then 3,000 kids don't have beds on average.**



**What does a bed mean to a child who doesn't have one?**

When I delivered that first bed, I quickly learned that it's about more than just a poor night's sleep. Mike Rowe told me after filming that he realized people call any room with a bed in it a bedroom and also say, "It's time to go to bed." But if you don't have a bed, then it's not a bedroom. And it's not time for bed; it's time to lay down.

It's hard to think about how that impacts a child. There are studies on poor sleep, but there isn't a lot of research on child bedlessness, especially its psychological impact—such as not having a safe place of your own or not wanting to have friends over because you're embarrassed. It's detrimental. When we deliver a bed, we make sure the kid knows it's theirs. During deliveries, many kids are super shy, but as soon as they realize we're putting together their bed, they light up. Seeing that melts your heart.

**What misperceptions exist about this issue?**

I get two comments when I tell people what I do. The first is "It's not that bad. Every child has a bed." Well, no. In at least 3 percent of the population, kids don't have beds. So if you live in a town of 100,000, then 3,000 kids don't have beds on average. The second reaction is "But this doesn't happen here." Yes, it does—it's happening right next door. If these people could go on just one of our bed deliveries, they'd be changed after seeing the child's reaction.

**Has service always been ingrained in you? How does helping others change lives?**

My mom and I were very close, and she influenced me a lot. She never missed a game and was my number one fan. I really respected her. And I always wanted to help, especially once I became the only man in the house at age fifteen.

I was also impacted by a particular instance of kindness. One year, we weren't going to have much of a



Christmas. My older brother had left, and it was just me, my three sisters, and my mom. When my mom walked outside one day, there was an envelope with \$1,500 in our mailbox. I told her, "I want to be the person who does that."

If you want true joy, you've got to stop focusing on yourself and see how you can help someone else. That's what SHP volunteers experience. So many people walk away from build days covered in sawdust but crying or smiling—all because they were part of a group working with the shared goal of giving kids a place to sleep. Everyone coming together



and working together is, frankly, what I think this country needs and humanity needs today.

For more info, visit [shpbeds.org](http://shpbeds.org)



# A FALL FEAST

recipes by alex hitz | photography by iain bagwell

RECIPES FROM  
© OCCASIONS TO  
CELEBRATE BY  
ALEX HITZ, RIZZOLI  
NEW YORK, 2022.  
PHOTOGRAPHS  
© IAIN BAGWELL.



## louise's upside-down chicken

**1 (4-pound) whole roasting chicken**

**1 pound baby potatoes, halved**

**2 onions, halved, and cut into wedges**

**4 carrots, quartered, and  
sliced into large pieces on the bias**

**1 tablespoon salt**

**1½ teaspoons ground black pepper**

**2 sticks butter,  
cut into 16 tablespoons, divided**

**3 tablespoons  
chopped fresh rosemary, divided**

**1 lemon, halved**

**2 sprigs fresh rosemary,  
plus more to garnish**

*Makes 4–6 servings*

**1.** Preheat the oven to 450°F.

**2.** Add the chicken, potatoes, onions, and carrots to a large mixing bowl with the salt and pepper, and toss them together so that every bit of the salt and pepper is fully incorporated with the chicken and vegetables.

**3.** Arrange the vegetables in the bottom of a heavy roasting pan. Scatter 8 tablespoons of the butter, and 1 tablespoon of the chopped rosemary, on the vegetables. Put the lemon and 2 sprigs of rosemary inside the cavity of the chicken, and place the chicken breast-side down on a roasting rack over the vegetables. Scatter the remaining 8 tablespoons of butter and the remaining 2 tablespoons of chopped rosemary on top of the chicken.

**4.** Roast the chicken at 450°F for at least 75 minutes total, as follows: After the first 25 minutes, turn the chicken on its side and roast it for 25 more minutes, then turn chicken on its other side and roast it for an additional 25 minutes. If an instant-read thermometer inserted into the thickest part of the meat reaches the proper temperature (165°F) after three 25-minute rotations, then the chicken is done. If the chicken is not done, roast it breast-side-down until it reaches the proper temperature. The breast of the chicken should never be up during roasting.

**5.** Remove the chicken and vegetables from the oven, and let them rest for at least 15 minutes before arranging them on a warm serving platter. Garnish the chicken and vegetables with rosemary sprigs, and serve.





## crowd-pleasing spinach and ricotta ravioli with brown butter and sage

**3 sticks (24 tablespoons) butter**

**3 pounds spinach and ricotta ravioli,  
cooked al dente, and drained**

**1¾ teaspoons salt**

**1½ teaspoons ground black pepper**

**2½ cups grated Parmesan cheese**

**¼ cup plus 2 tablespoons  
chopped sage leaves**

**1¼ cups plus 1 tablespoon olive oil**

**3 cloves garlic, minced**

**Freshly squeezed juice of ½ lemon**

**¼ cup white wine**

**40 crack-cracks of black pepper**

*Makes 12–16 servings*

**1.** In a large heavy skillet over high heat, melt the butter, and let it thoroughly brown, but not burn.

**2.** Add the cooked ravioli to a large mixing bowl, pour the butter over them, and then add all of the remaining ingredients, and toss them together so that everything is fully combined before serving immediately, or later, at room temperature, or reheated. In other words, this is a virtually foolproof crowd-pleaser, and it will be very difficult to screw up.





# le “st. germain”

**FOR THE CROUTONS:**

- 1½ cups ½-inch cubes of French baguette
- 1 stick (8 tablespoons) butter, melted
- ½ teaspoon salt

**FOR THE SOUP:**

- 6 tablespoons butter
- The white parts of 3 leeks, coarsely chopped
- 4 cups chicken stock
- 2 cups heavy cream
- 4 (10-ounce) packages frozen peas, thawed
- 4 cups chopped lettuce
- ¾ cup chopped fresh mint leaves
- 1¼ teaspoons salt
- ½ teaspoon white pepper

Makes 8 servings

**TO MAKE THE CROUTONS:**

1. Preheat the oven to 350°F.
2. Combine the cubed bread, melted butter, and salt in a mixing bowl and toss them until the bread is fully coated.
3. Place the cubes in a single layer on an unlined baking sheet and toast them in the preheated oven for 10 minutes. Remove them from the oven, let them cool, and store them in an airtight container. The croutons can be made up to three days in advance.

**TO MAKE THE SOUP:**

1. In a large, heavy stockpot over medium-high heat, melt the butter. When the foaming has subsided, add the leeks and sauté them until they are soft, 12 to 15 minutes. Add the stock and cream, bring the mixture to a boil, and then turn it down to a simmer. Add the peas and lettuce, and simmer the soup until the peas are just tender, 8 to 10 minutes.
2. Remove the soup from the heat, and puree it in batches, if necessary, in the bowl of a food processor fitted with the metal blade. Add the mint, salt, and pepper to the soup, and serve it immediately, or store it in the refrigerator for up to three days before reheating and serving. Scatter the croutons on top just before serving.





A 1940s

# HOME RESTORATION

written by **bonnie joffe** | interview with **kevie murphy** | photography by **michael partenio**



**Kevie Murphy is the founder** and principal designer of k.a. murphy interiors, a high-end residential interior design firm in New York City and Long Island. Here she shares her inspiration and process for restoring her twentieth-century home.

**How did you get started in interior design?**  
My husband and I purchased a Brooklyn Heights co-op that required extensive renovations. As the project unfolded, I realized how much I loved the process of redesigning and reconstructing it. So, in 2014, I enrolled in the New York School of Interior Design to embark on a new and exciting career. Shortly after, I was involved in several

parent groups in New York City and started to receive referrals from them. In 2017, I finally got my first paying client and my business began growing exponentially. Since then, I've hired three full-time employees and two contractors.

**What led you to purchase your current home?**  
We decided to move back to Long Island in 2015 because we were outgrowing our home in Brooklyn Heights and needed more space. We were lucky enough to find Elderfields Road, a 1940s home located in the Flower Hill neighborhood of Manhasset, Long Island. It is situated on a one-acre corner lot, is 7,200 square feet, and has six bedrooms and ten





bathrooms. The home needed a gut renovation due to extensive water damage and a collapsed ceiling, among other issues, but we knew that the bones of the house were just fine. Its charm and character were bar none, and it provided the space we needed for our large family—all four kids would be able to have their own rooms. It took nine months to restore and renovate it before we could finally take residence.

**What structural renovations did you make?**  
We did not expand the size of our home since 90 percent of the walls remained intact, but we needed to remove the original plaster to replace all of its operational systems. Our goal

was to work with what we had by keeping the home's overall footprint and original character while bringing in the comforts of the twenty-first century. However, we completely redesigned the kitchen and mudroom as well as the conservatory ceiling in our family room to give it a dramatic, domed look.

**How would you define your style for this project?**  
My overall goal was to integrate traditional and modern decor. Every area of the home was thoughtfully designed with its own unique character by incorporating bold colors and warm neutrals and interspersing fun, colorful fabrics throughout. For example,



I set the tone and color palette of the foyer by adding eclectic fuchsia-and-turquoise-colored wallpaper that complemented the winding staircase, black-and-white diamond-tiled flooring, ceiling molding, and a Persian-inspired Pierre Frey wallpaper with jade-toned animal and bloom motifs throughout. This paper dictated the color palette for all of the surrounding rooms. I incorporated

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My overall goal was to integrate traditional and modern decor. Every area of the home was thoughtfully designed with its own unique character by incorporating bold colors and warm neutrals and interspersing fun, colorful fabrics throughout.





these colors with antiques and traditional chesterfield sofas to retain the home's old-world charm.

**What was your vision for the conservatory?**

My vision was to construct a space where the whole family could comfortably congregate to watch movies, spend random Saturday nights hanging out, and celebrate birthdays, holidays, and other important events. I began the redesign by replacing the flatwood-beamed ceiling with a dome, which added light to the room, giving it a more dramatic effect. There are also lots of windows overlooking the backyard, which contribute to the room's natural light. I used satin paint on the walls to give them a plastered appearance and swirled the paint to create a vintage look.

**The parlor is a beautiful, colorful room. How did you decide on the colors and design?**

My inspiration for the parlor came from the pink and orange colors of the chinoiserie wallpaper in my foyer. I wanted it to be colorful, bright, and a comfortable place to relax. It was a challenging renovation due to its

narrow, shallow shape; we ended up removing the chimney to maximize the space. We also had to account for the bow window when designing the room's layout. I started by placing a traditional chesterfield sofa custom made to fit in front of it, spicing it up by using crushed pink velvet upholstery. I then added a colorful swivel chair, a large ottoman, and throw pillows to tie in with the foyer's theme. Also, hanging several gold mirrors on the parlor walls—I even painted some gold to enhance their color—created a fun, eye-catching focal point for the room.

**How did you transition this theme into the dining room?**

I always wanted to create a blowout formal dining room using wallpaper from Gracie Studio, a New York-based company that manufactures hand-painted chinoiserie wallpaper. I chose one that has a gold metallic effect; coupled with the neutral paint colors, it gives off a subtle yet dramatic, elegant tone. It was a great way to transition from the bold colors and decor in the adjoining foyer and parlor. I also added a rustic, hardwood-painted table, complemented by big, comfy chairs

MY INSPIRATION FOR THE PARLOR CAME FROM THE PINK AND ORANGE COLORS OF THE CHINOISERIE WALLPAPER IN MY FOYER.







with leather seats and taupe-and-beige silk patterned fabric on the back to tie in with the other neutral colors.

**You've said that a living room defines a person's style. How does it define yours?**

The living room is a great space to try new things, and I believe it should set the tone for the rest of the home. In



ours, I focused on English architecture with medallion plaster reliefs on the ceiling and new molding and paneling. I also used modern lighting, which added a nice contrast to the more traditional decor. Finally, I incorporated bright colors and statement pieces to really elevate the space.

**Your motto is "Home is your memory maker." How did you incorporate that into this project?**

A home should be where a lifetime of memories are made—a safe space where you share life events and feel loved and comforted. It's where you surround yourself with family heirlooms, family



photos, and travel memorabilia. For instance, I saved my kids' baby bathing suits and mounted them in shadow boxes so I could cherish them forever.

**What are your top three design tips?**

First, make sure that the seating in your family room is as open and conversational as possible. The goal is to create an inclusive atmosphere that is conducive



to family and social get-togethers. Also, do not sleep on wallpaper. It's a fantastic component to any room design—it's better than paint. The effect wallpaper has will be transformational. Finally, don't underestimate the importance of throw pillows. Everyone loves a colorful, comfortable throw pillow.

For more info, visit [kamurphyinteriors.com](http://kamurphyinteriors.com)



#### APPROACHING THE GROUNDS FOR SCULPTURE

park and museum in Hamilton, New Jersey, is like passing through a storybook or tumbling into Alice's rabbit hole. Along the way, you might pass colorful shapes emerging from the earth, giant figures stretching high above you, and even ordinary people just going about their day—were they not made of stone.

These fanciful shapes and figures are the brainchild of the late sculptor Seward Johnson (aka John Seward Johnson II) of the Johnson & Johnson pharmaceutical family. In 1992, he founded the forty-two-acre sculpture park, a welcoming place for those who love art or are looking for a pleasant escape from everyday life. As you meander through the ground's peaceful trails, woods, and gardens, you'll be greeted by sculptures at every turn. The park is home to the works of 150 artists, including Johnson, Magdalena Abakanowicz, Bruce Beasley, Carlos Dorrien, Philip Grausman, and George Segal.

Unlike art housed in typical museums, the masterpieces here aren't designed to be viewed from a safe, respectable distance. Instead, they are meant to be experienced up close. You can snap an angst-filled selfie against Johnson's colorful three-dimensional rendition of Edvard Munch's *The Scream* or tread carefully within *The Awakening*, a seventy-foot-long metal sculpture of a giant struggling to free himself from the earth. You could also wait quietly with the somber men in Segal's life-sized bronze work, *Depression Breadline*.

# MELDING ART AND NATURE

Grounds for Sculpture offers amazing views of modern art against a beautiful backdrop of woods, gardens, and fountains.

written by lauren kim | photography as noted



THE PARK IS HOME TO THE WORKS OF 150 ARTISTS, INCLUDING [SEWARD] JOHNSON, MAGDALENA ABAKANOWICZ, BRUCE BEASLEY, CARLOS DORRIEN, PHILIP GRAUSMAN, AND GEORGE SEGAL.

MONUMENTAL SCULPTURES

As you venture deeper into the property, you'll notice that Grounds for Sculpture expertly takes art to new heights—many of its works are vast in size, with some topping two stories or more. It can be a monumental task to pick favorites here, but towering pieces like Johnson's *Daydream*, inspired by Henri Matisse's oil painting *The Dance*, command attention. This sparkling ensemble replicates the easy, fluid movement of Matisse's dancers while also casting its image onto a dappled pond in the park's meadow.

Another example is Abakanowicz's stark *Space of Stone*, carved from gray-and-black granite, which has a foreboding quality and is reminiscent of Stonehenge or a super-sized chess board. Other must-see sculptures include Johnson's fourteen-feet-tall *God Bless America*, which brings to life Grant Wood's iconic *American Gothic* painting, and Dorrien's massive *The Nine Muses*, a seven-year labor of love that sits almost magically above a water lily-filled pool and brings to mind ancient Greek ruins.

IMMERSE YOURSELF IN NATURE

It's easy to forget that Grounds for Sculpture is firmly ensconced in suburbia, especially since its magnificent creations beautifully coexist with its surroundings. For instance, Grausman's *Leucantha* emerges from a quiet, mist-shrouded pond, and Johnson's *If It Were Time* is blissfully set against the lake's sparkling waters, making it resemble the seaside resort that Monet skillfully portrays in his painting *Garden at Sainte-Adresse*.

In fact, because the art pieces are so well intertwined with their natural surroundings, you may enjoy a different experience each time you visit, depending on the season. In fall, you can look up at the dazzling autumn foliage while walking through the Red Maple Allée, which is flanked on either side by delicate Japanese maple trees. Isaac Witkin's *Garden State* looks especially stark against the cold, white snow of winter, while in spring and summer, the property's lake, reflecting pools, and wildflower meadow are perfect places for communing with Mother Nature.



© David Michael Howarth Photography



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© David W. Steele

CLOCKWISE FROM FAR LEFT: Magdalena Abakanowicz, 'Space of Stone,' 2002, stone: Barre grey granite, Pennsylvania black granite, 152 in x 181 ft x 69 ft, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist or Artist's Estate

Emilie Benes Brzezinski, 'Lintel,' 1993, bronze, 128 in x 117 in x 28 in, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist or Artist's Estate

Carlos Dorrien, 'The Nine Muses,' 1990-97, granite, 132 in x 240 in x 360 in, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist or Artist's Estate

Philip Grausman, 'Leucantha,' 1993, aluminum, 108 in x 118 in x 118 in, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist or Artist's Estate

Leonda Finke, 'Standing Figure from Women in the Sun,' 1988, bronze, 70 in x 33 in x 18 in, 3/6, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist's Estate





© David W. Steele



© David W. Steele

**THIS PAGE:**  
William T. Wiley, 'To Marcel Duchamp,' 1887-1968, Artist, Tool and Die Maker', 1968, stainless steel, 84 x 112 x 90 inches, Original Gift of Mr. and Mrs. Sabol, © Artist's Estate

Joel Perlman, 'High Spirit,' 1998, aluminum, 246 x 100 x 41 inches, Grounds For Sculpture, Gift of The Seward Johnson Atelier, © Artist or Artist's Estate

Grounds For Sculpture  
Monet Bridge

**OPPOSITE PAGE:**  
Grounds For Sculpture Maple Allée



© David Michael Howarth Photography



© Alex Silagyi

#### ENDLESS OFFERINGS

Even when the weather is less than perfect, you can still enjoy Grounds for Sculpture's indoor galleries and revolving art exhibitions. For instance, *Local Voices: Memories, Stories, and Portraits* offers an insightful look at New Jersey's Indian community through oral, audio, and visual presentations gathered by artist and journalist Madhusmita Bora. In addition, *Spiral Q: The Parade* highlights the art and work of Philadelphia-based Spiral Q, an organization that encourages social

change through the creative use of puppets. Both exhibits belong to the sculpture park and museum's *Perspectives* series, which runs through January 7, 2024. And if that weren't enough, Grounds for Sculpture also offers children's programs, exercise and wellness classes, lectures, workshops, and concerts throughout the year.

Finally, you can savor French gourmet cuisine without crossing the Atlantic at the park's upscale eatery, Rat's Restaurant. While dining

there, you can delight in waterside views designed by Seward that are incredibly reminiscent of Monet's famous lily pond in Giverny, France.

No matter what time of year you visit, Grounds for Sculpture offers an intriguing mix of art and nature that will make your experience unforgettable.

For more info, visit  
[groundsforsculpture.org](https://www.groundsforsculpture.org)



# A SLEEPY HOLLOW HALLOWEEN

written by **matthew brady**  
photography **as noted**



© Margaret Fox

When famed American writer Washington Irving published “The Legend of Sleepy Hollow,” he didn’t actually reside in the titular New York village—or the United States, for that matter. Rather, he composed his most well-known work while living in England. But the Tarrytown area of the Hudson Valley, which he had visited decades earlier, couldn’t easily be forgotten. And it inspired a work of classic literature.

You, too, will be inspired and charmed when you visit Sleepy Hollow and its surrounding villages, especially during autumn.

## THE HISTORY OF SLEEPY HOLLOW

The land on which this village sits was originally named Philipsburg in honor of the lord who owned the 52,000-acre plot, and the manor within it, during the seventeenth century. It was renamed North Tarrytown in 1883 as a sister village to Tarrytown, which lies less than a mile south.

At the start of the twentieth century, General Motors opened a plant in North Tarrytown, thus attracting an influx of workers and wealthy residents. However, by the end of the century the plant was on the verge of closing, leaving the town in financial peril. To draw interest from visitors and stave off ruin, the town embraced what it had long been known for and officially renamed itself Sleepy Hollow in 1996.





© Margaret Fox



@sleepyhollowspellbound



@sleepyhollowspellbound



© Margaret Fox

Located only twenty-five miles north of New York City, the village is easy to drive or even take the train to if you're touring the Big Apple. When you visit, don't be surprised by the area's modest size. Sleepy Hollow takes up only a two-mile stretch of land along the Hudson River, which makes it the perfect day trip or weekend getaway.

### MANSIONS, MANORS, AND MORE

One of the most striking aspects of this Empire State enclave is how rife it is with elegant historic homes. No trip here would be complete without touring at least a few of them—just make sure to check each site's schedule for its end-of-season date so you don't miss out.

#### Kykuit

Get an inside look at Kykuit, the former home of one of America's most famous families, the Rockefellers. With an impressive 36,000 square feet and forty rooms, you can easily make a day of touring and snapping photos of this estate, the name of which appropriately means "lookout" in Dutch.

#### Philipsburg Manor

Step back in time to the eighteenth century with a visit to the former headquarters of the Philipsburg estate. This living history museum teaches you about how life was back then for the Dutch colonists, slaves, and American Indians residing in the manor together.

#### Lyndhurst Mansion

This stunning example of Gothic Revival architecture in Tarrytown

can be visited through the end of the year, but a special Halloween event, Lyndhurst After Dark, is not to be missed. Only occurring on October 19–22 and 26–30, it's a prime opportunity to tour the mansion by candlelight.

#### Sunnyside

Appropriately located in Irvington, a village about fifteen minutes south of Sleepy Hollow, stands Washington Irving's estate, Sunnyside. Here you can view many of Irving's belongings and learn more about how he designed his home from the ground up. For Halloween, special events surrounding "The Legend of Sleepy Hollow" are offered, including a one-man performance of the story.

#### Armour-Stiner House

This unique example of Victorian architecture, also located in Irvington, earns its well-known moniker, the Octagon House. Various tours of this one-of-a-kind domed home are available, but reservations are required since it's privately owned.

### A HALLOWEEN HAVEN

Of course, who wouldn't want to visit Sleepy Hollow and its surrounding area in October? And the villages don't disappoint. With several historic sites and Halloween-themed events to experience, you'll be sure to get goosebumps no matter which you choose.

#### Old Dutch Church and Burying Ground

Built in the seventeenth century, this church is a primary setting in "The Legend of Sleepy Hollow," its grounds serving as the spooky realm



© Tim Grajek

### HEADLESS HORSEMAN BRIDGE

As the name indicates, this is the bridge—actually, a newer replacement built to honor the story—that was a key setting in Irving's tale. When you stand on it, you can almost hear the ominous hooves of the ghostly rider's steed as it chases Ichabod Crane.



of the Headless Horseman. In real life, it is a National Historic Landmark and the final resting place for some of the people who inspired Irving’s story. As a bonus, it’s only a ten-minute walk from the equally interesting Sleepy Hollow Cemetery.

**Sleepy Hollow Cemetery**

For a village that only recently topped 10,000 residents, it’s impressive how many well-known historical figures are buried here. In addition to Irving’s plot, you can find those of cosmetics guru Elizabeth Arden, automobile company founder Walter Chrysler, industrial tycoon Andrew Carnegie, and several members of the Rockefeller dynasty.

**Must-see events**

The area’s most dazzling Halloween experience by far is the Great Jack O’Lantern Blaze, a spectacular display that takes place about fifteen minutes north at Croton-on-Hudson’s Van Cortlandt Manor. Keep your cameras handy since the Blaze features over 7,000 illuminated, handcrafted pumpkins spread across the eighteenth-century property.

Tarrytown also hosts an annual Halloween parade that’s worth witnessing for the sheer spectacle of it all, which includes an appearance by none other than the Headless Horseman himself. Block parties and street fairs also abound in the Sleepy Hollow area during this time of year.

Perhaps more than any place in America, the village of Sleepy Hollow is associated with pumpkins, legends, and Halloween, making it an ideal haunt for history buffs, literature lovers, and nature enthusiasts alike.

For more info, visit [hudsonvalley.org](http://hudsonvalley.org) or [visitsleepyhollow.com](http://visitsleepyhollow.com)



**OF COURSE, WHO WOULDN'T WANT TO VISIT SLEEPY HOLLOW AND ITS SURROUNDING AREA IN OCTOBER? AND THE VILLAGES DON'T DISAPPOINT. WITH SEVERAL HISTORIC SITES AND HALLOWEEN-THEMED EVENTS TO EXPERIENCE, YOU'LL BE SURE TO GET GOOSEBUMPS NO MATTER WHICH YOU CHOOSE.**



# THE HILLS ARE ALIVE

written by **allison gomes** photography by **getty**

**Dubbed the heartland of the Inland Pacific Northwest, the picturesque Palouse region located on the Washington-Idaho border is known for its rolling hills and thousands of miles of wheat fields.**

The landscape is a vibrant green in spring and turns to a beautiful gold for the fall harvest, making it a photographer's dream destination.

There are many areas to explore, but perhaps the best place to take in Palouse's beauty is at Kamiak Butte. Hike through its trails to see some of the most amazing views of the area, and catch up to a 360-degree view of the entire region at the top of its summit. On a clear day, you may even glimpse the Blue Mountains to the south and the Rocky Mountains to the east.

To get the full experience, roll your windows down and take a long drive across the Palouse Scenic Byway. The area is home to Washington State's official waterfall, Palouse Falls, but it is also filled with beautiful sites and friendly locals in the cities of Pullman, Colfax, Moscow, and Palouse.

Awash with rich history and stories worth sharing, the Palouse region is a hidden treasure just waiting to be explored.

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**Stacey Shanner**

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**(866) 458-4226**



## Front of Tear Out Card 2

### louise's upside-down CHICKEN

1 (4-lb.) whole roasting chicken  
1 lb. baby potatoes, halved  
2 onions, halved, and cut  
into wedges  
4 carrots, quartered, and sliced  
into large pieces on the bias  
1 tbsp. salt  
1½ tsp. ground black pepper  
2 sticks butter, cut into  
16 tbsp., divided  
3 tbsp. chopped fresh  
rosemary, divided  
1 lemon, halved  
2 sprigs fresh rosemary,  
plus more to garnish



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## Back of Tear Out Card 2



**MAKES 4-6 SERVINGS**

1. Preheat the oven to 450°F.
2. Add the chicken, potatoes, onions, and carrots to a large mixing bowl with the salt and pepper, and toss them together so that every bit of the salt and pepper is fully incorporated with the chicken and vegetables.
3. Arrange the vegetables in the bottom of a heavy roasting pan. Scatter 8 tbsp. of the butter, and 1 tbsp. of the chopped rosemary, on the vegetables. Put the lemon and 2 sprigs of rosemary inside the cavity of the chicken, and place the chicken breast-side down on a roasting rack over the vegetables. Scatter the remaining 8 tbsp. of butter and the remaining 2 tbsp. of chopped rosemary on top of the chicken.
4. Roast the chicken at 450°F for at least 75 minutes total, as follows: After the first 25 minutes, turn the chicken on its side and roast it for 25 more minutes, then turn chicken on its other side and roast it for an additional 25 minutes. If an instant-read thermometer inserted into the thickest part of the meat reaches the proper temperature (165°F) after three 25-minute rotations, then the chicken is done. If the chicken is not done, roast it breast-side-down until it reaches the proper temperature. The breast of the chicken should never be up during roasting.
5. Remove the chicken and vegetables from the oven, and let them rest for at least 15 minutes before arranging them on a warm serving platter. Garnish the chicken and vegetables with rosemary sprigs, and serve.

Recipe from © *Occasions to Celebrate* by Alex Hitz, Rizzoli New York, 2022.  
Photography by Iain Bagwell.



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*The Smith Family*  
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Stacey is the best of the best! Our family was very pleased with her services, especially Snowball, our little pup! She listened to all of our concerns, wants, needs, and dreams. Stacey is totally awesome! I will be sharing her information with everyone that I know.



*The Miller Family*  
Manayunk

Stacey was very patient with us, even though we were very picky. She knew how important it was for us to have a great experience and great service. We would definitely refer Stacey to all of our friends and family.



*The Austin Family*  
Manayunk

Stacey is truly a very impressive person. She works fast, efficiently, and effectively. Her services are top of the line and we were very satisfied with her work. We love Stacey!



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