

Compliments of Dove Investments

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 140



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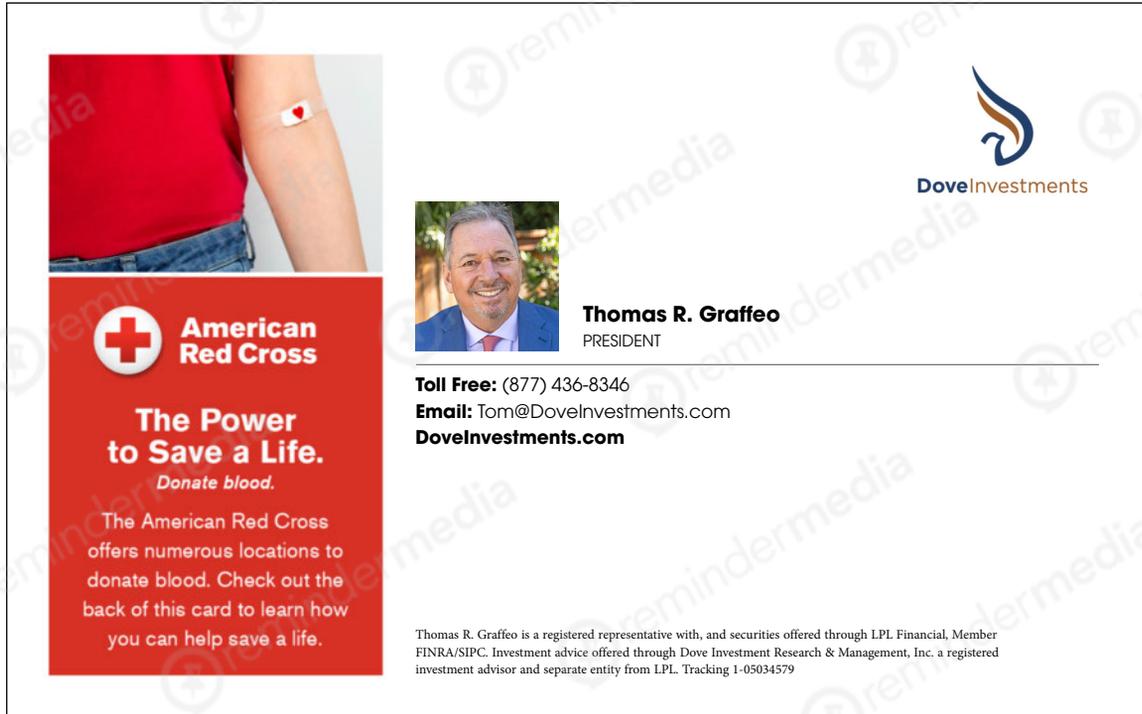


BRIGHT NEW BEGINNINGS

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Front of Tear Out Card 1



The front of the tear-out card features a red background on the left side with the American Red Cross logo and text. On the right side, there is a white background with a photo of Thomas R. Graffeo, his title, and contact information. The Dove Investments logo is in the top right corner.

 **American Red Cross**

The Power to Save a Life.
Donate blood.

The American Red Cross offers numerous locations to donate blood. Check out the back of this card to learn how you can help save a life.

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Back of Tear Out Card 1



The back of the tear-out card features a large image of a person's arm with a bandage on the elbow. To the right of the image is a list of bullet points. At the bottom, there is a red banner with white text.

The Power to Save a Life.
Donate blood.

- Every two seconds, someone in the US needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. There is no substitute for your donation.
- One donation can help save up to three lives. You can donate blood every 56 days and platelets every 7 days.
- The Red Cross has been collecting blood donations since 1940 and holds about 500 blood drives every day.
- Red Cross blood donors embody this principle. Please join us in our mission to maintain a stable blood supply by making your appointment to donate blood today.

To find out where you can donate, visit www.redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).



AMERICAN LIFESTYLE



Dear Bill and Judy,

As we continue our 2026 theme, Growing in Generosity, it's important to recognize that generosity rarely stalls because of a lack of resources. More often, it stalls because of fear. Fear has many voices: What if there isn't enough? What if the future is uncertain?

These questions are understandable. We live in a world that constantly reinforces scarcity and the need to protect what we have. Scripture invites us to live from a different center - one shaped by trust rather than fear. "Trust in the Lord with all your heart and lean not on your own understanding." - Proverbs 3:5

Trust is a decision about where we place our confidence when uncertainty is present. As trust in God grows, fear gradually loosens its grip. Jesus speaks directly to this tension. He acknowledges our tendency to worry about food, clothing, and tomorrow itself. Rather than dismissing those concerns, He gently reframes them, "Your heavenly Father knows that you need them." - Matthew 6:32

At the heart of generosity is the belief that God provides. Fear tells us to hold tightly. Trust allows us to hold with open hands. Instead of asking, "How do I protect what I have?" we begin to ask, "How might God want me to steward what He has entrusted to me?"

Take a moment and reflect on these two questions: Where do you notice fear shaping your financial decisions? What might it look like to respond from trust instead? As we move through this year together, may our growing trust lead us into generosity.

As always, it's a pleasure to send you this magazine.

The Dove Investments Team



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PELLA, IOWA
PHOTO BY DOUGLAS TUPPER

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4 CLEVER USES FOR ICE CUBES

Written by **Allison Gomes**

If you think that ice is just for cooling your drinks and helping with injuries, think again! These simple cubes can assist with all sorts of maintenance tasks, helping you spruce up your home with just a quick visit to the freezer.

Get dents out of your carpet

Rearranging your furniture is a great way to bring a fresh vibe to a room, but the indentations left behind in the carpet can be unsightly. To solve this problem, place enough ice cubes to cover the dent directly on it and let

them melt; as the fibers absorb the water, they will begin to bounce back to their normal shape. Blot the excess moisture with a towel, and use a spoon to lift the fibers upright. If the area still looks distorted once the water is fully dry, you can then fluff the carpet with a soft brush or your fingers.

Clean your garbage disposal

Is your kitchen sink starting to emanate some unpleasant smells? Toss a handful of cubes down the drain, and turn on your disposal—the ice will help remove built-up grime on the blades. You can also freeze vinegar to use instead for an extra deodorizing effect.

Water plants slowly

For potted plants, especially those placed in hard-to-reach spots, try setting a few ice cubes on the soil. As they slowly melt, the water will be gradually absorbed, helping to prevent overwatering while keeping your plants hydrated. Just check to make sure that this approach won't damage them; the frigid temp can cause root damage for certain varieties.

Remove wrinkles from clothes

Say hello to your new favorite clothing hack! Simply toss a few cubes into your dryer with a wrinkled shirt or pair of pants, and set it to high for about ten minutes. The ice will create steam, which will smooth out the problem, saving you the hassle of lugging out your iron and board.

Art serves many purposes, from revealing the artist's or collector's perspective to showing their keen appreciation of the subject matter to making a statement about the world at large. One museum that typifies all three particularly well isn't found in a major metropolitan city but on the outskirts of an expansive animal refuge in the Mountain West: the National Museum of Wildlife Art (NMWA). Take just one trip to this wondrous Wyoming institution, and you'll emerge with a new appreciation of nature, its inhabitants, and those dedicated to honoring it.

The origins

The NMWA was the brainchild of Jackson Hole residents Bill and Joffa Kerr, art enthusiasts who had amassed a collection of some 250 works over the course of three decades and wanted to share it with the world. But it wasn't just any collection—their pieces focused on wildlife, a shared passion of theirs.

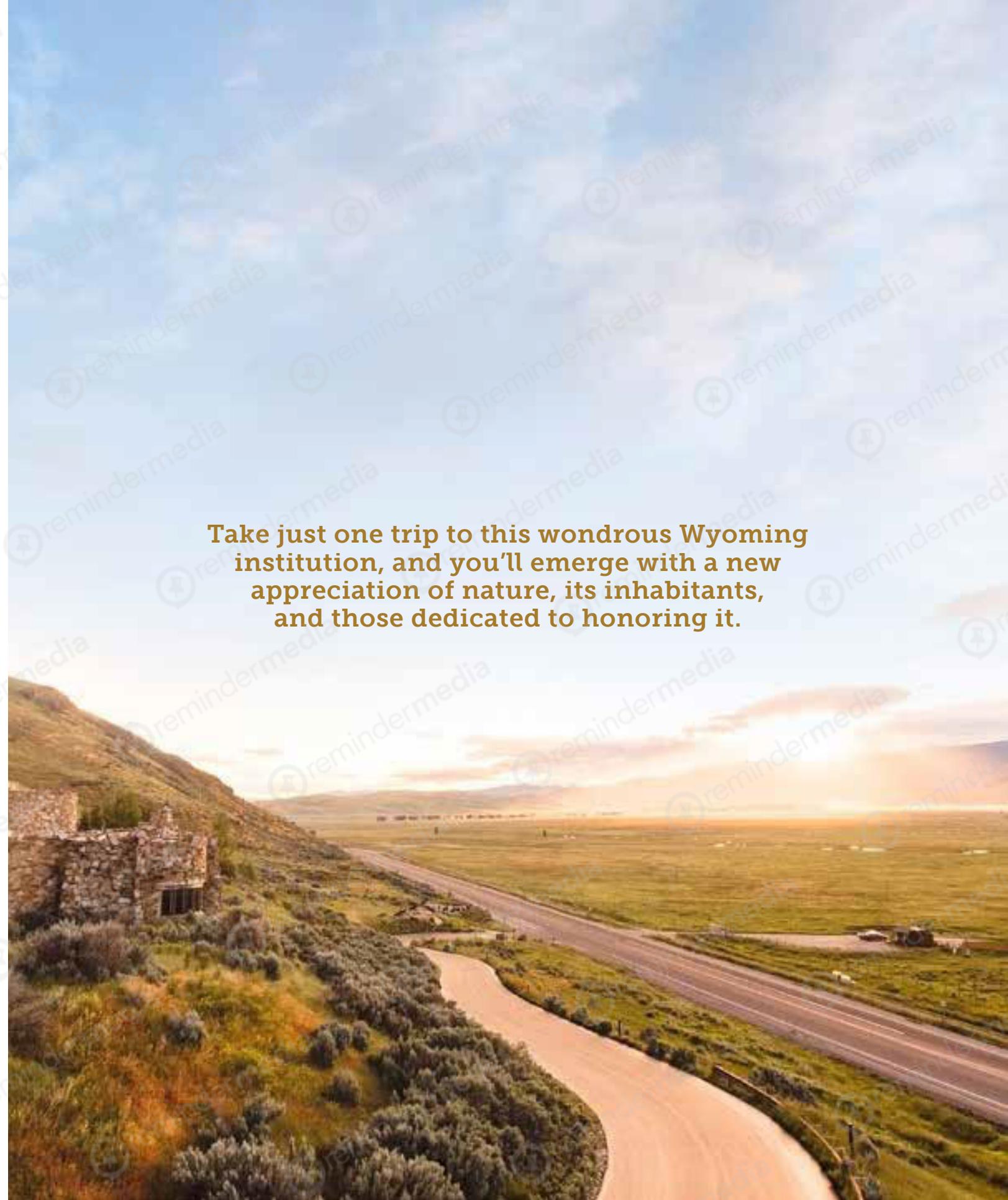
In 1987, their dream came to fruition when they opened the 5,000-square-foot Wildlife of the American West Art Museum in Jackson's Town Square, a small park in the heart of the city. The pair had a grander vision, however, quickly understanding that they would need a larger building for not only their already owned art but also the new pieces they were bringing in. That led to the opening of the National Museum of Wildlife Art, a facility ten times the size of the original, three miles north in 1994.



THE WONDER OF WILDLIFE ART

Written by **Matthew Brady**
Photography courtesy of **the National Museum of Wildlife Art**

Take just one trip to this wondrous Wyoming institution, and you'll emerge with a new appreciation of nature, its inhabitants, and those dedicated to honoring it.





The museum

When you visit, prepare to be amazed even before stepping through the front door. That's because, in a stroke of inspiration, the Kerrs chose to construct their new building right into the side of a mountain butte overlooking the National Elk Preserve, modeling it after the ruins of Scotland's Slains Castle. As a result, its rocky facade blends perfectly into the cliffside, giving it a postcard-like quality, especially when paired with the sanctuary across the way.

Inside, the NMWA features fourteen permanent galleries and is home to more than 5,000 cataloged items, some dating as far back as 2500 BCE. The over 550 artists featured here range from locals to famous names such as Georgia O'Keeffe, Andy Warhol, John James Audubon, and

Carl Rungius. The latter is particularly noteworthy—as one of the world's preeminent wildlife artists, Rungius and his art are a focal point of the museum, which houses the largest collection of his works in the country.

Beyond the brush

In addition to displaying a vast number of pieces to peruse, the NMWA prioritizes education. For example, it welcomes over 3,000 students on free school tours every year, hosts a spring art studio for kids, and provides both high-school internships and an annual college scholarship. It also offers online options such as *Bisoncast*, a video series that discusses both the museum's art and nature as a whole.

In addition, the NMWA aims to foster visitors' connection to the great outdoors through a truly unique artistic experience: its Sculpture Trail. Designed by famed landscape architect Walter Hood and opened in 2012, the three-quarter-mile path is bursting with awe-inspiring wildlife sculptures and plants in the open air. For the most complete experience, be sure to add the Greater Yellowstone Botanical Tour; this audio excursion reveals fascinating information about the area's ecosystem.

It's been said that "the beauty of wildlife must be preserved, for it is the divine canvas of creation." That goes to the heart of the National Museum of Wildlife Art, a place founded to not only share its artists' talents with the world but also connect people with nature.

For more info, visit wildlifeart.org



The over 550 artists featured here range from locals to famous names such as Georgia O'Keeffe, Andy Warhol, John James Audubon, and Carl Rungius.



SPRING-CLEAN YOUR KITCHEN

Written by **Andre Rios**

Spring-cleaning season is upon us! Though not always the most fun activity, engaging in this tradition to eliminate dust and cast off clutter could mean more sanitary spaces, healthier air quality, and satisfyingly sorted storage. And your kitchen may be the best place to start since it gets some of the most grueling treatment. So set aside a weekend and strap on your dish gloves: here is your guide to giving this room a thorough refresh.

Now it's time to give your storage areas some internal affection. Working top to bottom, unload each cabinet, dust the shelves and walls thoroughly, and wash them using a damp, soapy microfiber cloth, getting into every small groove. Wash the exterior doors and hardware, too, using a delicate scrub pad to cut through grease and other grime. Let them dry before rubbing on a layer of wood cabinet cleaner, if appropriate, for polish and ongoing protection.

So ends this process, but before you reload your cabinets, pause and reflect: Do you *really* need all these items? Over time, you may have accumulated a few too many food-storage containers and even some what-the-heck cooking gadgets. Donate or recycle what you don't need, and throw away anything that's in poor condition, including damaged dishware.

CABINET TOPS



These neglected spaces likely don't get much attention, giving you all the more reason to foray into here—the buildup of dust, cobwebs, and other messes may be substantial. First, clear your counters and stovetop in case dust drifts down onto them, then carefully access your cabinet tops with the help of an extendable duster. Use the heavy-duty duster to swipe them clean, paying special attention to corners and cabinet seams.

INNER CABINETS





BACKSPLASH AND COUNTERTOPS

Give these areas an equally rigorous wash, starting with any grout. Using a stiff-bristled brush, simply scrub to remove extra buildup such as grease. To eliminate tougher stains, combine two parts baking soda, one part hydrogen peroxide, and a squirt of liquid dish soap in a spray bottle and apply it to your grout, letting the cleaner sit for five minutes. Wipe it away with a paper towel, and rinse with a wet sponge. Then give the rest of your backsplash and countertops a thorough cleanse; just as with your cabinets, a microfiber cloth with warm water and dish soap will do.

If these surfaces have a sealed material such as marble, consider scheduling a resealing treatment to prevent stains and preserve its beauty. Timing recommendations vary (e.g., every one to three years for granite), so reach out to a countertop-maintenance service for guidance.

To erase the abuse these functional features take, give them a simple soap-and-water scrub, utilizing a soft-bristled brush to work into grime or mineral buildup. For your stovetop, a sprinkle of vinegar and baking soda can help loosen residue, especially under grates. Once finished, wipe dry with a microfiber cloth.

Polishing recommendations for fixtures like your oven exterior and sink depend on the makeup—for example, you can find stainless steel cleaner at your local grocer, but chrome is best polished with a vinegar-based solution. Similarly, brass and nickel have distinct cleaning and polishing guidelines. Research the ideal method for each material to avoid damaging it.

Mysteries may await you inside the oven and microwave, so venture in with your trusty soap and water, also scrubbing interior surfaces with a baking soda/water solution to eliminate stuck-on messes. For extra tough areas, let this cleanser sit for twenty minutes, then spray on a vinegar/water mix and wipe it away. (Note: Your oven may include a self-cleaning feature, but this extreme-heat cycle operates using a ton of energy. Plus, handwashing is more often effective anyway.)

You may want to take this time to tackle your refrigerator as well, emptying out old food and giving its surfaces, drawers, and walls a thorough wash with a soapy sponge. On top of looking cleaner and more organized, you may find that it even smells better as a result.



APPLIANCES AND FAUCETS



FLOORS

Finally, don't forget about your floors. Adhere to typical weekly recommendations for sweeping and mopping based on their material, being sure to work into corners and dusty gaps under appliances like your stove and refrigerator. If you have flooring with grout, such as ceramic tile, follow the aforementioned process to give it a decent cleanse.

And just like that, you're finished! Take a look around you: you're now in the presence of a healthier, cleaner kitchen that sets the backdrop for making cozy weekend morning meals, hosting memory-making celebrations with your loved ones, and everything in between.

WALLPAPER 101

Written by Allison Gomes





Once dismissed as outdated and overwhelming, wallpaper is experiencing a stylish resurgence—and for good reason. Today's designs are a far cry from the busy patterns of your grandmother's living room, offering fresh, modern options that suit nearly every taste and space. Whether you're looking to add a bold accent or subtle texture, these wall coverings make it easy to update virtually any room without taking on a full renovation. But before you dive right in, explore these details to help you make the best choice for your home.



Types of wallpaper

It's important to understand that not all wallpaper is interchangeable, nor is every type suitable for every project. Among the top factors to consider is the application method. Here's a closer look at the three most common varieties:

- **Prepasted** comes with dried paste on the back that you must activate with water before installing. This makes it more permanent than peel-and-stick, but it is still relatively easy to remove. It works best in moderately used spaces, such as formal dining rooms and guest bedrooms.
- **Peel-and-stick**, as the name suggests, has an adhesive backing, essentially making it a giant sticker. Easy to apply and remove, it is a good option for renters and those who like to switch up their spaces often. However, it doesn't always stick well in humid environments depending on the material it's made of.
- **Nonpasted** wallpaper is the most traditional version and takes more skill to hang. But while the installation is more involved, it is arguably the most durable and ideal for long-term designs and high-traffic areas like hallways and entryways.

On top of the different attachment methods, you'll find several types of materials. For instance, vinyl is sturdy and washable—making it perfect for bathrooms and kitchens—whereas paper is a classic, eco-friendly choice with intricate prints but less durability. For a more unique look, you can try grass cloth, which adds texture, depth, and luxury to a space, but it only works well on walls that aren't frequently touched because it's almost impossible to clean. To ensure that you make an informed decision, do your research and consider discussing your options with a professional, whether you're planning to take on the job yourself or hire it out. Their expertise can help guide you in the right direction.

Where to hang it

Wallpaper can work almost anywhere, but it shines most in spaces where it can be a visual focal point. Some great spots include living rooms and bedrooms, entryways and hallways, ceilings for unexpected drama, and even the back panels of bookshelves or nooks. You can apply it to a single wall as an accent or cover the whole room in it—it simply depends on how big of a statement you want to make.

However, avoid using wallpaper in consistently humid rooms, like poorly

ventilated bathrooms, laundry rooms, and some kitchens, unless you opt for a moisture-resistant material like vinyl. Textured walls are another no-go unless you want to go through the hassle of sanding, cleaning, and priming the surface to get a smooth finish. And while peel-and-stick selections can be DIY friendly, you may be better off hiring a professional installer for prepasted and nonpasted ones due to their complexity.

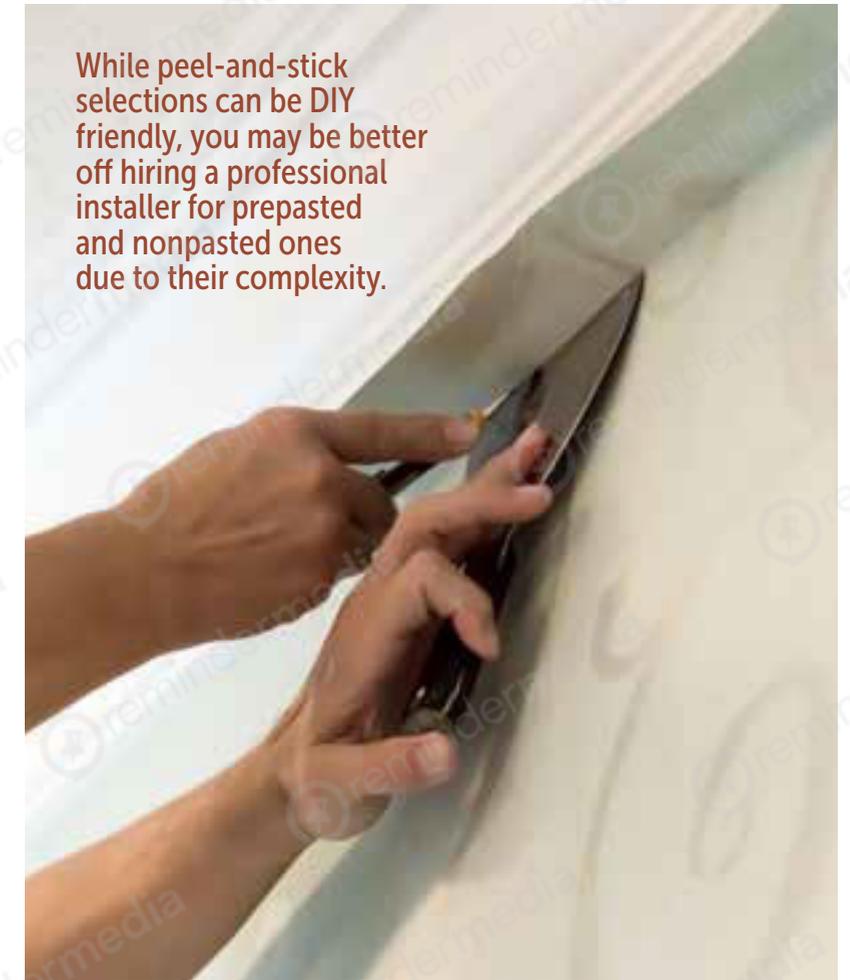
Purchasing wallpaper

The range of available wallpaper is impressively plentiful. Retailers like Home Depot and Lowe's sell budget-friendly options in both classic and trending styles, while boutique and designer brands like Anthropologie, Chasing Paper, and Rifle Paper Co. offer a large variety of curated collections. Further, online-only shops like RoomMates, Wallism, and Spoonflower provide everything from simple patterns to full-wall murals.

Before you buy, order a sample (especially if shopping online) so you can gauge the wallpaper's quality and assess how it would work with the rest of your home's design. As for how much to get, carefully measure the height and width of each wall you plan to cover, multiplying the numbers to calculate the



While peel-and-stick selections can be DIY friendly, you may be better off hiring a professional installer for prepasted and nonpasted ones due to their complexity.



total square footage needed. Depending on the pattern, you might be able to subtract the area of doors and windows, but only if the wallpaper has a repeating pattern; mural styles typically require full coverage so that the design aligns properly.

Further, make sure to overestimate by 15 to 20 percent to account for pattern matching, trimming, and any mistakes. Many online retailers offer calculators to help determine how much to order

based on your measurements and the specific product. Always double-check your numbers—ordering too little can lead to mismatched pieces, especially with specialty options or individually dyed batches.

Wallpaper is a wonderful design tool that lets you express your style in a bold, tangible way. With a bit of consideration, you can find the right ones to enhance your spaces and bring a polished yet unique touch to your home.

REVAMPING SECOND-STORY SANCTUARIES

Interview with **Dana Schwartz**
Written by **Andre Rios**
Photography by **Jenn Verrier**



When a Maryland couple approached interior designer **Dana Schwartz** to transform their four second-story bedrooms into private guest suites, they received more than they could have hoped for: eclectic-yet-elegant retreats that smack of individuality.

Would you tell us about your design background?

After graduating college with a bachelor's in English, I had a few editorial and social media jobs. But I just didn't love my career and wanted to do something I was more passionate about. So I went to design school in 2011 and worked for three interior designers, gaining valuable experience in the industry. I then opened my own firm in 2019.

How would you define your sense of style?

I would say my style is to add a little color and some funky, unexpected stuff to every home to freshen it up. However, not every client wants that. Thankfully, the homeowners of this project let me go a little crazy, which I loved.

But I'm not the kind of designer you go to for a specific look. Though I hope that clients come to me for my elevated style, my goal is always to bring *their* vision to life and make their home feel



Adding a hanging chair to this bedroom was the final cherry on top of the fun we were trying to infuse into the space. The window seat is an additional place to read or play—and, as a bonus, prevents fighting over the chair!

HANGING CHAIR
Anthropologie Peacock
Hanging Chair

WALLPAPER
Elitis Panama
in Divali

WINDOW FABRIC
Designers Guild
Saraille in Celadon

CEILING FAN
Savoy House
Wetherby Ceiling Fan





like them, not like me. The results should never be a copy-and-paste of the other designs I do. That's why it's really important for me to get to know my clients well.

How did this couple approach you?

They saw an article about one of my projects that was actually in their Silver Springs, Maryland neighborhood and enjoyed its use of color. They wanted to infuse more life into four second-story guest bedrooms in their home, so they reached out to me.

The clients built this house almost twenty years ago when they were raising their family, and the kids' bedrooms looked very childish—they weren't very appropriate for adults staying over, even their now grown children. The homeowners travel a lot and, inspired by the



hotels and resorts they've stayed at, wanted each room to feel like an elegant guest suite.

What choices did you make to execute this concept?

There were some initial struggles because we had to fully renovate two bedrooms: the blue one and the one with magnolia wallpaper, which used to be connected by a guest Jack and Jill bath. A lot of construction

was necessary before we even got to the design process, and that was a little tricky to execute. We had to move doors around, including an attic entryway, and modify plumbing—probably the least fun part of any project.

The actual design process started with wallpaper. The clients loved the idea of using very textured products, so we explored different options before landing on choices

that I could design around. I used those jumping-off points for each bedroom to decide on furniture and smaller decor, and then the rest kind of fell into place.

Every room has its own personality, even though they're all similar in size. For example, the gray one feels glamorous with its floral wallpaper and subtle-patterned bedding. Meanwhile, the blue one leans more masculine



This glamorous and serene guest suite features a magnolia print mural, cool colors, and zinc metal nightstands to balance the feminine and masculine elements of the design.

- | | |
|--|--|
| WALLPAPER
Phillip Jeffries
Blossom in
Purple Umber | TRIM COLOR
Benjamin Moore
Elephant Gray |
| NIGHTSTANDS
Made Goods
Wallace Nightstand | BED SKIRT
Standard Textile
Circa Bed Wrap |
| LAMPS
HomeGoods | RUG
Stanton Irvine
in Platinum |

thanks to the restored antique bed and grass cloth wallpaper. The same is true of the en suite bathrooms—features like the floral mirror in the green one and horsetail sconce in the reddish one help give each suite a unique feel. Now when people visit, they can say, “I want the purple room” or “I like the blue one.”

The coffee bar centered in the main hallway was also key.



↑ This colorful room features a teal sectional to serve as a funky lounge space for guests. Then when an extra sleeping area is needed, it transforms into a Murphy bed.

- | | | |
|--|---|---|
| WALLPAPER
The Grove
Hollywood Hills | COFFEE TABLE
Arteriors Meadow
Coffee Table | RUG
Stanton Soliman
Bay in Onyx |
| MURPHY BED/SECTIONAL
Kali Bed with Swing
Chaise Sectional | LEATHER BEAN BAGS
West Elm
Modern Lounger | CEILING FAN
Minka Aire Sleek
Ceiling Fan |

← This is the most masculine guest suite, featuring tone-on-tone colors pulled from the paint-drip textured wallpaper. The headboard wall is narrow, so we hung brass floating shelves next to each side of the bed to act as a place for guests' phones and accessories.

- | | | |
|--|---|--|
| WALLPAPER
Phillip Jeffries
Glazier Blue Slate | TRIM + HEADBOARD
PAINT COLOR
Benjamin Moore
Evening Dove | FLOATING SHELF/
NIGHTSTAND
Artemest Amber
Burnished Brass Shelf |
|--|---|--|

Since people in their twenties or older may be staying here, we had to elevate the design from a former kid's bedroom. But I was glad to be able to preserve this one's youthful energy. We worked with my contractor to reinforce the ceiling so it could hold up the beds.

I also love the connecting bedroom with its fun Murphy bed. My clients wanted to create a lounge space where guests' kids could hang out together and a nanny could sleep if any families brought one with them. That meant the room had to be functional for both sleep and socializing, and I think it came out perfectly.

Which current design trends do you enjoy?

I love burl wood—it has such a unique, elegant texture. In the last two years or so, a lot of furniture and decor have been made with it, which I appreciate. I also enjoy the tone-on-tone look—same-colored walls, furniture, etc.—because it's really elegant. I used that approach for the blue bedroom in this project.

What is your number one design tip?

I would say that when you're shopping for larger, pricier pieces like armchairs and sofas, keeping things neutral makes the most sense. Then have fun with pillows and other decor that include pops of color. You don't have to invest a lot of money in these items and can easily change them out after a year or two as trends change.

My clients asked for a convenient drink station near the bedrooms to prevent guests from having to come downstairs for refreshments. So we installed a sink and cabinets for storing food and drinks, and inside the lower drawers are a refrigerator and freezer. And the faucet is a hot/cold tap, allowing people to make tea, etc. These elements suited the hotel concept nicely.

Do you have a favorite feature of this project?

I have a couple. I'm obsessed with the bunk beds in the purple room because they're so fun and stylish.

For more info, visit danaschwartzdesign.com



Flavorful FRENCH FARE

Recipes by **HUBERT DELORME** and **VINCENT BOUÉ**
Photography by **CLAY McLACHLAN**

©Clay McLachlan, from *The Complete Book of French Cooking*, Flammarion



SCAN THE QR CODE
for the full cookbook.

RECIPES FROM *THE COMPLETE BOOK OF FRENCH COOKING* BY HUBERT DELORME AND VINCENT BOUÉ. FLAMMARION 2023. PHOTOGRAPHY BY CLAY McLACHLAN.

CREAMED LETTUCE SOUP *(velouté choisy)*



Serves 8



CHEF'S NOTE

Use this recipe with other vegetables, such as broccoli, cauliflower, and zucchini (courgette).



DID YOU KNOW?

Any dish that bears the name "Choisy" contains lettuce as its predominant ingredient. A Choisy omelet is filled with creamed shredded lettuce, while a Sole Choisy is garnished with julienned lettuce.

INGREDIENTS

2½ lettuces	2 tablespoons butter for the lettuce chiffonade
2 leek whites	8 slices sandwich loaf
5½ tablespoons butter, for the leeks	Oil for frying
Generous ¾ cup flour	A few sprigs chervil, for garnish
9 cups clear white veal stock	Salt, freshly ground pepper
⅔ cup heavy cream	
2 egg yolks	

INSTRUCTIONS

- 1/ Remove and discard the hearts of two of the lettuces and blanch the leaves whole. Peel, wash, and cut the leek whites. Sweat the leek white in the butter. Add the flour and stir with a spatula. Pour in the veal stock and bring the liquid to a boil, stirring constantly. Add the blanched lettuce leaves. Cook for 30–45 minutes, until the lettuce is cooked. Process or blend and strain through a chinois.
- 2/ Combine the cream and egg yolk and mix into the strained soup in a mixing bowl to thicken it. Season with salt and pepper.
- 3/ Cut the half lettuce into a chiffonade. Sweat the chiffonade briefly in the butter. Add it to the velouté.
- 4/ Cut the bread into small cubes (less than ½ in.). Fry them in a pan and drain on a paper towel.
- 5/ Pour the soup into a soup plate or tureen. Garnish with a nice sprig of chervil and a few croutons.



rolled mushroom OMIELET



Serves 6



CHEF'S NOTES

Contrary to popular belief, a good omelet is barely browned or golden. A pale color is a guarantee that the texture will be just right.

Use a mixture of fresh, frozen, and canned mushrooms if you wish.

INGREDIENTS

1½ cups button mushrooms	½ bunch chives, snipped, for garnish
2 tablespoons plus 4 tablespoons clarified butter	Fine sea salt, freshly ground pepper
15 eggs	

INSTRUCTIONS

- 1/ Wipe the mushrooms with a damp cloth, or brush with a dry brush, and cut them into quarters.
- 2/ Melt 2 tablespoons butter over high heat and, when it is sizzling, sauté the mushrooms. Season with salt and pepper.
- 3/ Break the eggs into a mixing bowl. Season and beat, using a whisk or a fork.
- 4/ Grease a nonstick pan with most of the remaining butter (set aside a little to clarify and brush over the omelet) and heat it. When it is hot, pour the eggs in and cook over high heat, constantly folding over the coagulated edges towards the center as the omelet cooks. It must be creamy and the omelet must not brown. Add some of the quartered button mushrooms.
- 5/ Tilt the pan downward holding the handle upward. Roll the omelet over itself, from top to bottom, with a fork.
- 6/ Give it a nice gloss with a little clarified butter.
- 7/ Arrange the remaining mushrooms on the serving dish and scatter with snipped chives.



CHICKEN BREASTS

with baby vegetables



Serves 6

INGREDIENTS

6 chicken breasts
3 tablespoons butter, to sauté the chicken
2 cups vegetable broth
2 tablespoons cornstarch or 1½ tablespoons butter, to thicken the sauce (optional)

2 bunches of baby vegetables, such as carrots, zucchini (courgettes), fennel, onions
2 tablespoons butter, clarified, for the vegetables
Fine sea salt, freshly ground pepper

INSTRUCTIONS

1/ Preheat the oven to 350°F.

2/ Trim the skins of the breasts and make incisions in the skin. Season with salt and pepper. Sauté them, skin side down, in the butter, using an ovenproof pan or skillet. Pour the vegetable broth over the chicken pieces. Finish the cooking in the oven. This will take 25–30 minutes.

3/ Remove the chicken breasts from the pan and reduce the cooking liquid to one quarter of its volume. Use a little butter or starch to thicken it. Whisk in 1½ tablespoons butter, or dilute 2 tablespoons cornstarch in a little liquid before pouring it into the liquid. Bring to a boil and remove from the heat. Adjust the seasoning.

4/ Cook the vegetables separately in a pot of salted boiling water. To remove the thin skin of the carrots when they are cooked, simply press them downward with your fingers. Give the vegetables a nice gloss by brushing them with the clarified butter.

5/ Cut the breasts into thin strips. Arrange the chicken strips in the plates with the baby vegetables in attractive rows.



CHEF'S NOTE

Baby vegetables are best left slightly crunchy, so don't over-boil them. If you use this boiling method, you can also marinate them afterward.



cherry CLAFOUTIS



Serves 8



DID YOU KNOW?

A clafoutis is a simple dessert that was traditionally made in the country when cherries were harvested. When cherry season is over, the recipe works equally well with many other fruits.

INGREDIENTS

1 lb. black cherries
½ cup sugar, divided
1⅓ cups cake flour
1 teaspoon fine salt
3 eggs, beaten

1¼ cups full cream milk
2 tablespoons butter, melted
1 vanilla bean, slit, seeds scraped out
Confectioners' sugar, for dusting

INSTRUCTIONS

- 1/ Wash the cherries and remove the stalks. Sprinkle them with half of the sugar and leave to rest for 30–40 minutes.
- 2/ Preheat the oven to 350°F.
- 3/ In a mixing bowl, combine the flour and the remaining sugar. Add the salt and energetically whisk in the beaten eggs so that there are no lumps. Stir in the melted butter and the vanilla seeds.
- 4/ Place the cherries (leave the pits in) in a cake mold or silicone flan mold. Fill it with the batter.
- 5/ Bake for 40–45 minutes. Test for doneness: it should be very soft, and when you insert the tip of a knife some steam will rise.
- 6/ Dust with the confectioners' sugar as soon as you remove it from the oven and serve hot or warm.



EDITOR'S NOTE

Traditional cherry clafoutis is often made with whole cherries for extra flavor, but use discretion for safety reasons. If you choose to leave the pits in, be sure to let guests know before serving.

picturesque PELLA

Written by **Matthew Brady**
Photography courtesy of **Pella Historical
Museums & Tulip Time**, unless noted



PHOTO BY DOUGLAS TUPPER



PHOTO BY KATHARINE VOGEL-GSM PROJECT





America has long been considered a melting pot, a convergence of many different people from all around the world. It's no surprise, then, that certain parts of the country are associated with specific cultures—Florida's Little Havana and Massachusetts's Boston being just two notable examples.

Take a trip to the heartland, and you'll discover a similarly unique place that celebrates all things Dutch: Pella, Iowa. Located less than an hour southeast from Des Moines, this city is primarily known for its annual Tulip Time festival but has so much more to offer to the curious traveler. So put on your klompen (wooden shoes) for an unforgettable, fascinating trek through this hidden Midwestern gem that's been dubbed America's Dutch Treasure.

PELLA'S PAST AND PRESENT

As with many other founding stories, Pella's began as a search for a better life. In 1847, the Reverend Hendrik Scholte led four ships with several hundred colonists to the New World in search of religious freedom. After over four months of travel, the group finally settled in northwestern Iowa's Marion County, where they purchased 18,000 acres of land and thirty-five farms.



Step back into history by learning about the Scholtes, touring their indoor and outdoor spaces, and even observing some of their belongings.

One of the city's earliest residents would go on to become renowned in his own right: Wyatt Earp. Over his life and in the decades following, Earp gained fame as a lawman and gunslinger in the American West, reportedly never suffering a wound in any of his fights. He and his family called Pella home for the better part of 1849 through 1864 before they made their way to California.

Today, Pella boasts around 11,000 citizens and is an impressively inviting place that continues to embrace its past. For example, both the Reverend Scholte's and Earp's original homes have been preserved and are open to visitors; there's also a Wyatt Earp Day held in late September every year. The city even has its own Dutch dialect, called Pella Dutch.

DOWNTOWN PELLA

Of Pella's many wonderful aspects, perhaps the most appealing is how easy it is to see so many sites via walking. A good place to begin is at the visitor center, where you can pick up useful information such as maps and itineraries. Then simply stroll across the street to the Scholte House Museum & Gardens, the original 1848 home and property of the city's



founder. Step back into history by learning about the Scholtes, touring their indoor and outdoor spaces, and even observing some of their belongings.

Cross over to Main Street, and you'll venture into the heart of downtown Pella. Among its many unique experiences include catching a show at the Pella Opera House, a restored historic venue with a nearly century-old organ. If you arrive at the right time, you may also be greeted by the Klokkenspel next door, whose mechanical figures dance as a 147-bell, computer-driven carillon plays dulcet chimes.

Another must-visit attraction is the Molengracht Plaza and Canal, located in the city's business district. Here you can feel yourself transported to the nineteenth-century Netherlands thanks to the serene, lapping waters of its 5,720-foot waterway and beautiful brick buildings, all built to mimic their overseas counterparts.

There are ample shopping opportunities downtown as well, from books to clothing to antiques. As far as dining, you'll find both national chains and upscale and casual local establishments—including, naturally, several Dutch-focused ones. And don't forget to treat yourself to authentic baked goods! Whether you're craving hand-crafted chocolates, cupcakes, or pastries, you have plenty of options to choose from.

THE VILLAGE

Just around the corner from the opera house, be sure to take a tour of the Historical Village, a preserved collection of twenty-two buildings, many from the 1800s. A few highlights are the gristmill; the blacksmith shop; the Wyatt Earp Experience, a self-guided tour through Earp's childhood home; and Werkplaats, a replica of a shop that produces the iconic Dutch shoes.

Also looming over the village is the Vermeer Windmill, one of the tallest working windmills in North America (and one of five total in the city). It was actually built in the Netherlands and then shipped to and reassembled in Pella, so when you climb it, you feel like you're experiencing the real Dutch deal—because you are.

OUTDOOR ACTIVITIES

This part of Iowa is filled with chances to get out in nature. For instance, Pella has over fifteen city parks, including Cordova Park, which has the Midwest's tallest observation tower in a public park and ten miles of bike trails. Meanwhile, Central Park lives up to its name at the center of the city, offering a bucolic area with scores of flowers (including tulips in April and May) and smile-inducing structures like its Tulip Tower, fountain, and, of course, windmill. A few blocks north, Sunken Gardens Park even has a pond in the shape of a wooden shoe!

One of the city's earliest residents would go on to become renowned in his own right: Wyatt Earp.



PHOTO BY KATHARINE VOGEL—GSM PROJECT



Vermeer Windmill



PHOTO BY TROY HUGEN

Gristmill

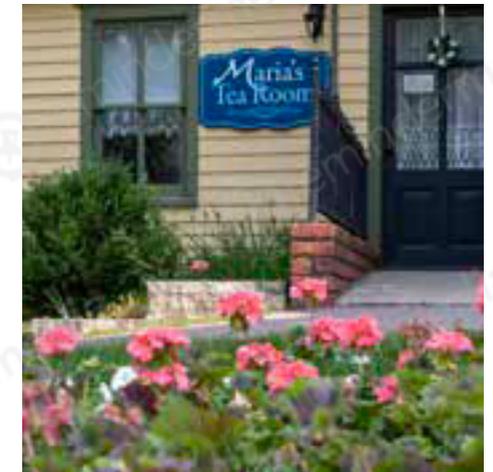


PHOTO BY DOUGLAS TUPPER



PHOTO BY DOUGLAS TUPPER

To up the ante on your outdoor adventures, head just west of the city to Lake Red Rock, the state's largest lake. With up to 17,000 square acres of water and 35,000 acres of land to enjoy—including shoreline areas scattered with its namesake rocks—it offers something for every adventurer. Do you seek a more casual experience? You can enjoy ample fishing opportunities as you take in the picturesque views. And for more action, try a water sport like stand-up paddleboarding or hit one of the many biking or walking trails.

ANDREW SCHNEIDER, KNIA



TULIP TIME AND OTHER EVENTS

As mentioned earlier, the Tulip Time extravaganza goes all out in a frenzy of Dutch heritage celebrations, creating a feast for the senses. The highlight, of course, is the flowers themselves: some 300,000 are on display throughout the town to lend a vibrant backdrop for the event. In

ANDREW SCHNEIDER, KNIA



addition, you can experience Dutch-focused parades, songs and dances, performances, crafts, and more.

The festival is held Thursday through Saturday on the first weekend of May (May 7-9 this year), but if you can't make it, Pella offers many other amazing events throughout the year. Visit in July, for instance, to attend the Lake Red Rock Balloonfest, which includes rides, live music, a boat parade, and dozens of giant hot-air balloons. Or if you

come during the holidays, you'll find yourself mesmerized by Kerstmarkt (Pella's outdoor Christmas market) and its Christmas Tour of Homes.

Sometimes, the best destinations are off the beaten path, and Pella, Iowa, is a stellar example of this. If you're taking I-80 through the central US, do yourself a favor and add it to your itinerary—this charming, one-of-a-kind city will give you ample reasons to go Dutch.

For more info, go to visitpella.com



PHOTO BY DOUGLAS TUPPER



PHOTO BY DOUGLAS TUPPER



ANDREW SCHNEIDER, KNIA

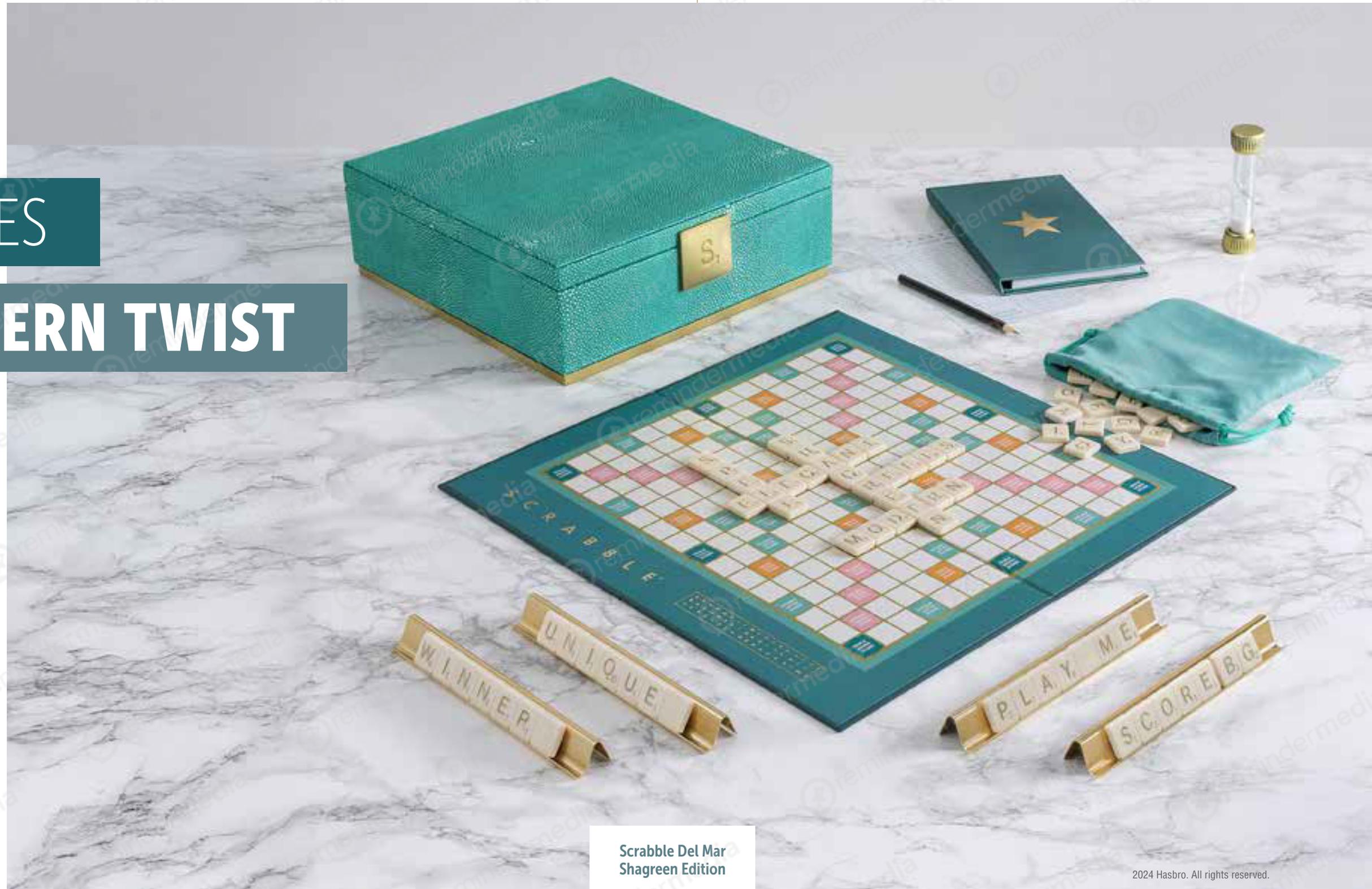
VINTAGE GAMES

WITH A MODERN TWIST

Interview with **Kerry Addis**
Written by **Allison Gomes**
Photography courtesy of **WS Game Company**

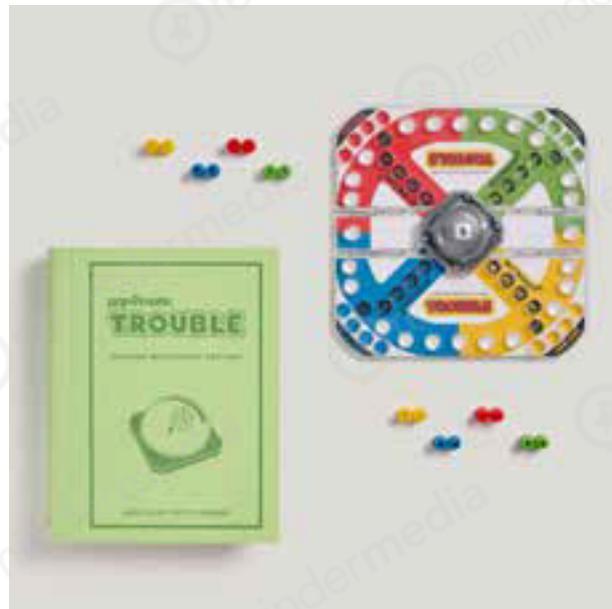


Kerry Addis, co-owner and chief operating officer of WS Game Company, discusses the organization's history and unique approach to designing new versions of classic board games.



Scrabble Del Mar
Shagreen Edition

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Our Vintage Bookshelf collection is a perfect example of how games can live in your home as part of your decor. We have twenty-two in this line, including Risk, Boggle, and Trouble, that are packaged to look like fabric-wrapped, hardback books, blending nostalgic design with an upscale feel.

TELL US ABOUT YOURSELF AND YOUR COMPANY:

I grew up in the board game business, learning the craft from my father, Dana Silva, who cofounded WS Game Company with Mike Doyle in 2000. They were both Parker Brothers and Milton Bradley employees until their office closed due to restructuring. They decided that instead of moving their families, they would use their forty years of combined experience to work as consultants for Hasbro Games to create premium games for their key national accounts.

The business earned a Hasbro licensee contract in 2009 and has collaborated with partners

globally to bring board games into consumers' homes as functional decor ever since. Today, I'm co-owner and COO and run the company with my brother, Jonathan Silva. I help oversee the creative process from start to finish for our growing product portfolio.

WHAT MAKES WS GAME COMPANY'S PRODUCTS SO SPECIAL?

As kids, we always had the latest and greatest board games at our fingertips, but the sheer number of them in our house got to be a bit unwieldy. They wound up living on huge shelves in our basement—out of sight and often out of mind. But at WS Game Company, our goal is to keep games at the *forefront*

of your mind, and that's easiest when you see them every day.

Our Vintage Bookshelf collection is a perfect example of how games can live in your home as part of your decor. We have twenty-two in this line, including Risk, Boggle, and Trouble, that are packaged to look like fabric-wrapped, hardback books, blending nostalgic design with an upscale feel. They look amazing on a bookcase or shelf, and you can easily grab one to play anytime you want.

For all our games, we include storage for the parts so you can display the container without worrying about losing any pieces. The material choices and finishes are very important as well, and we offer products in a range of options—including wood, glass, metal, fabric, and leather—so everyone can find something that matches their aesthetic.

IS THERE ONE ITEM THAT PEOPLE SEEM TO LOVE MOST?

Anything from the Vintage Bookshelf collection, really. Board games as decor is very popular right now, so those editions are flying off the shelves. The wide selection in this line has sparked viral treasure hunts



Scrabble
Aura Edition

among collectors looking to complete their sets. Social media is also filled with videos of people styling their games in various ways throughout their homes. It's amazing to see how it's getting more people to play games with their family and friends!

HOW DO YOU APPROACH REIMAGINING A WELL-KNOWN GAME?

We start by taking a wider look at our overall offerings to determine what's missing—whether it's a certain aesthetic, functionality, or price point. Our design team then explores color trends, materials, and printing techniques while always keeping gameplay and

storage in mind. Based on all those details, we create samples and refine the design until we feel we've developed the best product for people to enjoy.

As a Hasbro licensee, collaboration is a key part of the development process for nearly every game we produce. When we have a new concept, we present it to the Hasbro team, which gives them a chance to provide feedback before we get too far along. We also stay in touch throughout development to ensure that we incorporate all their latest brand guidelines and they're able to approve every design component.



Monopoly
Bianco Edition

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ARE THERE ANY CHALLENGES THAT COME WITH SUCH ADAPTATIONS?

The most difficult thing is adding value without adding a lot of extra parts. The game of Sorry!, for example, only requires a board, a deck of cards, and sixteen movers, but we also included a card box so the cards can be neatly stored when not in play. (Plus, we swapped out the standard plastic movers for painted wood ones.) In addition, we generally use more premium card stock and printing techniques, improving the overall quality. These subtle changes can make a major difference in your tactile experience of a game and how likely you are to play it again.

HOW DO YOU UPDATE A GAME WITHOUT LOSING WHAT MADE IT SPECIAL IN THE FIRST PLACE?

The original versions of the games bring a sense of nostalgia and so many memories for people, and we think it's important to maintain that connection when possible. Fortunately, the early editions of many Hasbro games are simple and elegant, so it's not too difficult to incorporate their vintage looks into our premium designs. By switching up the materials, refining the color palette, and playing with scale, we can make something old feel modern but still classic.

For more info, visit
wsgamecompany.com



FOODS THAT FIGHT INFLAMMATION

Written by **Andre Rios**

Reddening skin, stiff joints, and persistent pain—these symptoms of inflammation can make it feel like your body is sabotaging itself. Ironically, this process is actually a key component of your immune response and a tool for restoring damaged tissue. But if it becomes more severe or chronic, it may potentially do more harm than good. Luckily, there are certain nutritious foods that can help you better regulate it for optimal health.

Avocados

It's time to start springing for that side of guacamole: the unsaturated fatty acids, vitamins, and minerals in this savory fruit may rein in inflammatory cells.

Meal tips: Smash a fresh avocado, adding a pinch of seasoning and fresh lemon or lime juice. Smear this mixture onto a sandwich as a substitute for mayonnaise, or serve it on toast as a low-effort side.

Fatty fish

The omega-3 fatty acids in fish like salmon and tuna offer a treasure trove of health perks, including decreasing your body's production of inflammatory chemicals.

Meal tips: Swap at least two meals a week for fish-based dishes, baking them with olive oil, fresh lemon slices, and a flavor-packed spice mix like Cajun blackening seasoning.

Nuts

Eating these crunchy, bite-sized treats regularly could help keep inflammatory markers of C-reactive protein and more under control, potentially reducing your risk of heart disease and arthritis as well as some cancers.

Meal tips: For an instant snack or salad topper, toast your favorite nuts in an ungreased frying pan until fragrant and golden brown, then remove and sprinkle with a pinch of salt.

Olive oil

A Mediterranean superfood, olive oil offers tremendous anti-inflammatory properties, including oleocanthal, a chemical so advantageous that it's similar to taking ibuprofen.

Meal tips: Swap butter, coconut oil, and other less beneficial options for olive oil when preparing virtually any savory dish.

**Talk to your doctor before making any dietary changes.*



With the days becoming longer and temperatures warming up, spring is the perfect time of year to enjoy some fresh air. Challenge yourself this season by adding more outdoor activities to your life. Here are four ideas to get you started:

- 1 Plant a garden.** Whether it's just a few potted plants or a full-blown landscape, gardening will help you burn a few extra calories and add some curb appeal to your home. Try being creative by choosing unfamiliar plants that catch your eye—you may be pleasantly surprised by the results.
- 2 Plan a walk.** Check out some local parks in your area that have nature trails. You can go alone to enjoy the scenery in solitude or catch up with a good friend or family member, all while getting into shape. Then, after your walk, treat yourself to a healthy picnic lunch. You may just want to make this a regular outing.
- 3 Play outdoor games.** Many adults forget how fun games can be, so remind yourself with a round of tennis, capture the flag, or bocce ball. All of these are good for your physical well-being and great ways to socialize. Local gyms or community centers offer such classes and activities, or you could always organize games with loved ones in your own backyard.
- 4 Visit a local zoo or farm.** Spring is an ideal time to visit one of these places because of the new arrivals. A day appreciating adorable baby animals can help put you in a great mood, and you may not even realize how many steps you take when you stroll from one to the next.

Here's to enjoying this season to the fullest!

Front of Tear Out Card 2



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CHERRY CLAFOUTIS

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Back of Tear Out Card 2

CHERRY CLAFOUTIS

SERVES 8

INGREDIENTS

- 1 lb. black cherries
- ½ c. sugar, divided
- 1⅓ c. cake flour
- 1 tsp. fine salt
- 3 eggs, beaten
- 1¼ c. full cream milk
- 2 tbsp. butter, melted
- 1 vanilla bean, slit, seeds scraped out
- Confectioners' sugar, for dusting

DID YOU KNOW?
A clafoutis is a simple dessert that was traditionally made in the country when cherries were harvested. When cherry season is over, the recipe works equally well with many other fruits.

INSTRUCTIONS

- 1/ Wash the cherries and remove the stalks. Sprinkle them with half of the sugar and leave to rest for 30–40 minutes.
- 2/ Preheat the oven to 350°F.
- 3/ In a mixing bowl, combine the flour and the remaining sugar. Add the salt and energetically whisk in the beaten eggs so that there are no lumps. Stir in the melted butter and the vanilla seeds.
- 4/ Place the cherries (leave the pits in) in a cake mold or silicone flan mold. Fill it with the batter.
- 5/ Bake for 40–45 minutes. Test for doneness: it should be very soft, and when you insert the tip of a knife some steam will rise.
- 6/ Dust with the confectioners' sugar as soon as you remove it from the oven and serve hot or warm.

EDITOR'S NOTE
Traditional cherry clafoutis is often made with whole cherries for extra flavor, but use discretion for safety reasons. If you choose to leave the pits in, be sure to let guests know before serving.

Recipes from *The Complete Book of French Cooking* by Hubert Delorme and Vincent Boué. Flammarion 2023. Photography by Clay McLachlan.

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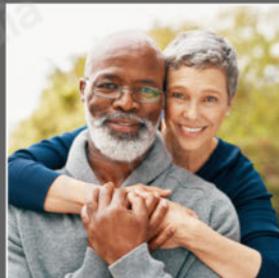
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