

Compliments of Tobin Seven, Principal Broker / Army Veteran

# AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 111



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## conjuring a home

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ISSUE 111

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## Front of Tear Out Card 1

### ARUGULA AND AVOCADO SALAD

with jalapeño vinaigrette

3 to 4 tbsp. pickled jalapeño slices, chopped, plus ¼ c. pickling liquid

2 tbsp. extra-virgin olive oil

Kosher salt and ground black pepper


4 c. lightly packed baby arugula

3 radishes, halved and thinly sliced or ½ English cucumber, halved lengthwise and thinly sliced

1 c. lightly packed fresh cilantro or 4 scallions, thinly sliced on the diagonal

¼ c. pumpkin seeds, toasted



2 ripe but firm avocados, halved, pitted, peeled and sliced



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## Back of Tear Out Card 1

1. In a large bowl, whisk together the jalapeños and their liquid, the oil and ¼ teaspoon pepper.
2. Add the arugula, radishes, cilantro and half of the pumpkin seeds, then toss. Season with salt and pepper. Fold in the avocado.
3. Transfer to a serving bowl, then sprinkle with the remaining pumpkin seeds.

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**SERVES 4**







# AMERICAN LIFESTYLE

Sometimes life gives you lemons and throws curveballs at the same time. The last couple of years have been a global lesson in patience and perseverance. Other battles are not as universal, but finding community to lean on can make all the difference. This issue of American Lifestyle magazine highlights organizations and people working to create supportive spaces for their fellow humans.

SHARE, a nonprofit based in New York City, connects women who are facing breast, ovarian, or uterine cancer. Its 24-hour national helpline is available for anyone who needs an empathetic ear. It also hosts biweekly support groups that offer advice and community for both cancer patients and their caregivers.

Casting for Recovery is another organization established to support women, specifically those dealing with breast cancer. Its two-and-a-half-day retreats allow women to reconnect with nature and teach them how to fly-fish in beautiful locations across the country. The connections made during this time often result in lifelong friendships.

Siblings Bradford and Bryan Manning were both diagnosed with Stargardt disease, a rare eye condition that causes blindness. Recognizing their need for a smoother shopping experience and wanting to make a difference, they launched Two Blind Brothers, an apparel line with ultra-soft clothes and tags in braille. All of the proceeds are donated to finding a cure for blindness.

Whether in-person or virtually, reaching out for support and community helps us all stay connected. As always, it's a pleasure to send you this magazine.

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# SHARE TO CARE

written by **matthew brady** | photography by **SHARE**



**IN THE UNITED STATES ALONE,** an estimated 400,000 women are diagnosed with breast cancer, ovarian cancer, or uterine cancer each year.

One organization dedicated to removing any feelings of isolation and strengthening the bonds between such women is SHARE, a New York City-based nonprofit that works to “connect these women with the unique support of survivors and peers, creating a community where no one has to face



breast, ovarian, uterine or metastatic breast cancer alone.”

SHARE provides free access to support in several ways. For example, its 24-hour national helpline is 100 percent womaned by volunteers who are cancer survivors or caretakers for those with cancer, who can lend an empathetic ear to someone who is newly diagnosed because they’ve been there. In addition, it offers biweekly, peer-led support groups to help foster community and share coping techniques for both women with cancer and caregivers.

Education is an important aspect of the organization’s work as well. SHARE provides access to dozens of educational programs led by some of the world’s leading surgeons, oncologists, therapists,

and counselors to help women advocate for themselves and lead their best lives.

And that means *all* women. SHARE pays particular attention to underserved women—many of its volunteers are underserved women themselves helping others in their communities, whether it’s through outreach, support, education, self-advocating, or getting access to health care. The nonprofit’s outreach programming includes SHARE Ambassadors, who specifically focus on educating Latina, African American, and Caribbean communities about health. Even its helpline offers assistance in nineteen languages, and it has an entirely Spanish-language site called LatinaSHARE.

When you’re facing a serious medical condition, some of your best friends are knowledge, empowerment, and relationships. Ultimately, they’re exactly what women with breast, ovarian, uterine, or metastatic breast cancer receive from SHARE.

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



# CLOTHES

## FOR A CURE

interview with **bradford and bryan manning** | written by **matthew brady** | photography by **two blind brothers**

*As children, siblings Bradford and Bryan Manning were diagnosed with Stargardt disease, an eye condition that causes blindness. Undaunted, they forged successful careers before founding Two Blind Brothers, a clothing company that donates 100 percent of its profits to finding a cure for blindness.*

**Tell us about yourselves. What did you do before Two Blind Brothers?**

**Bryan:** We grew up in Virginia and both graduated from UVA. Brad did investment banking and private equity work in New York. I moved to Boston and then New York, doing sales for big data companies.

**Were you diagnosed with Stargardt disease at the same time? How did your parents respond?**

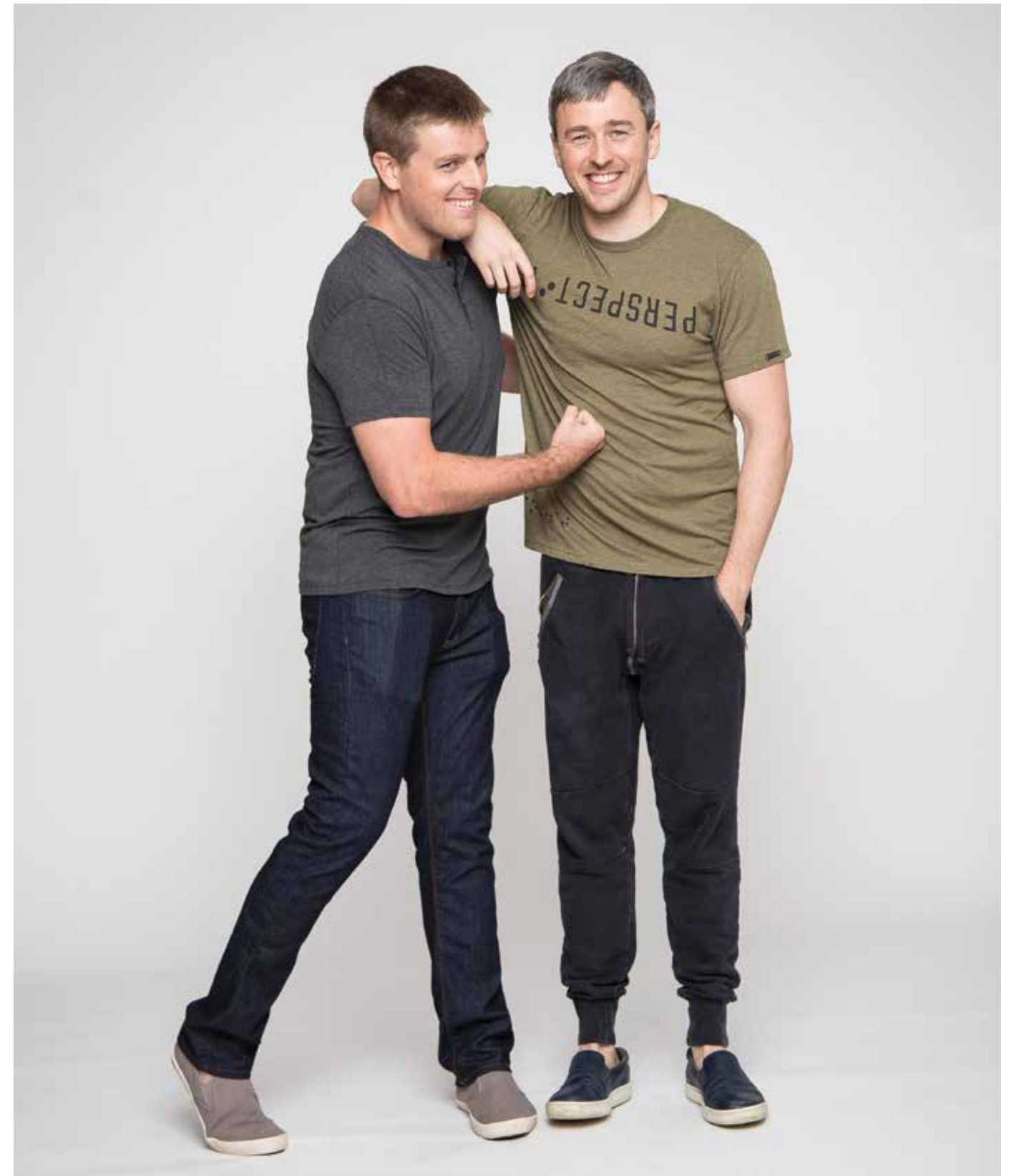
**Bryan:** We were both diagnosed at age seven. I got diagnosed five years after Brad.

**Brad:** I have a vague memory of when Bryan was diagnosed; part of me was secretly happy to have a companion in

this. We're lucky that our parents never made us feel like we were going to be less capable. We attribute a lot of who we are today to them.

**Bryan:** As we've gotten older, we've been able to talk to our parents more candidly about that time. They knew that we were going to pick up on whatever cues they put out, so they told us that, yes, it would be a challenge, but we'd figure it out—secretly, though, they were devastated. But they kept the ship even-keeled throughout the storm.

Our mom also said they would try to guide us into activities and friendships without telling us what we could or couldn't do. In high school, I played



Bryan and Bradford Manning



“

The lifeblood of the business is building, maintaining, and empowering the community that we wouldn't be here without. That is our best success. And if we can inspire others to build businesses like ours—to raise awareness and funds for hearing loss or autism or dementia—that would be the biggest success we could ever hope for.

football. Brad got into swimming. Their effort was really important to our development at that age. Now, running a business, a lot of those same skills are necessary: being your own advocate, trying everything you can, working around problems, and adapting to bad situations.

#### Where did the Two Blind Brothers idea come from?

**Brad:** It was a serendipitous moment. In 2016, Bryan and I were walking around New York talking about a kid named Yannick Duwe, who had a rare eye condition called Leber congenital amaurosis, which usually causes complete blindness. Yannick was one of the first patients treated in a gene therapy clinical trial, and it reversed his condition. And we'd always been close to the Foundation Fighting Blindness, which had funded some of that trial's early research.

We went into a clothing store and lost track of each other. If you are visually impaired or blind, shopping can be a pain if you can't see the sizes, labels, prices, or colors. When we realized we'd bought the exact same shirt, we thought that making such shopping experiences easier could be a fun way for us to make this research field tangible. It didn't start with a big business aspiration. It

was “Let's do something nice for the Foundation Fighting Blindness” while making shirts that we would like to wear.

#### When did the business take off?

**Brad:** When we launched in May 2016 at a Foundation Fighting Blindness event, we had a website and products to sell to that community. A friend who was a part-time videographer did a video on our story, which we put on social media. We suddenly saw some traction and started to get a few local news inquiries.

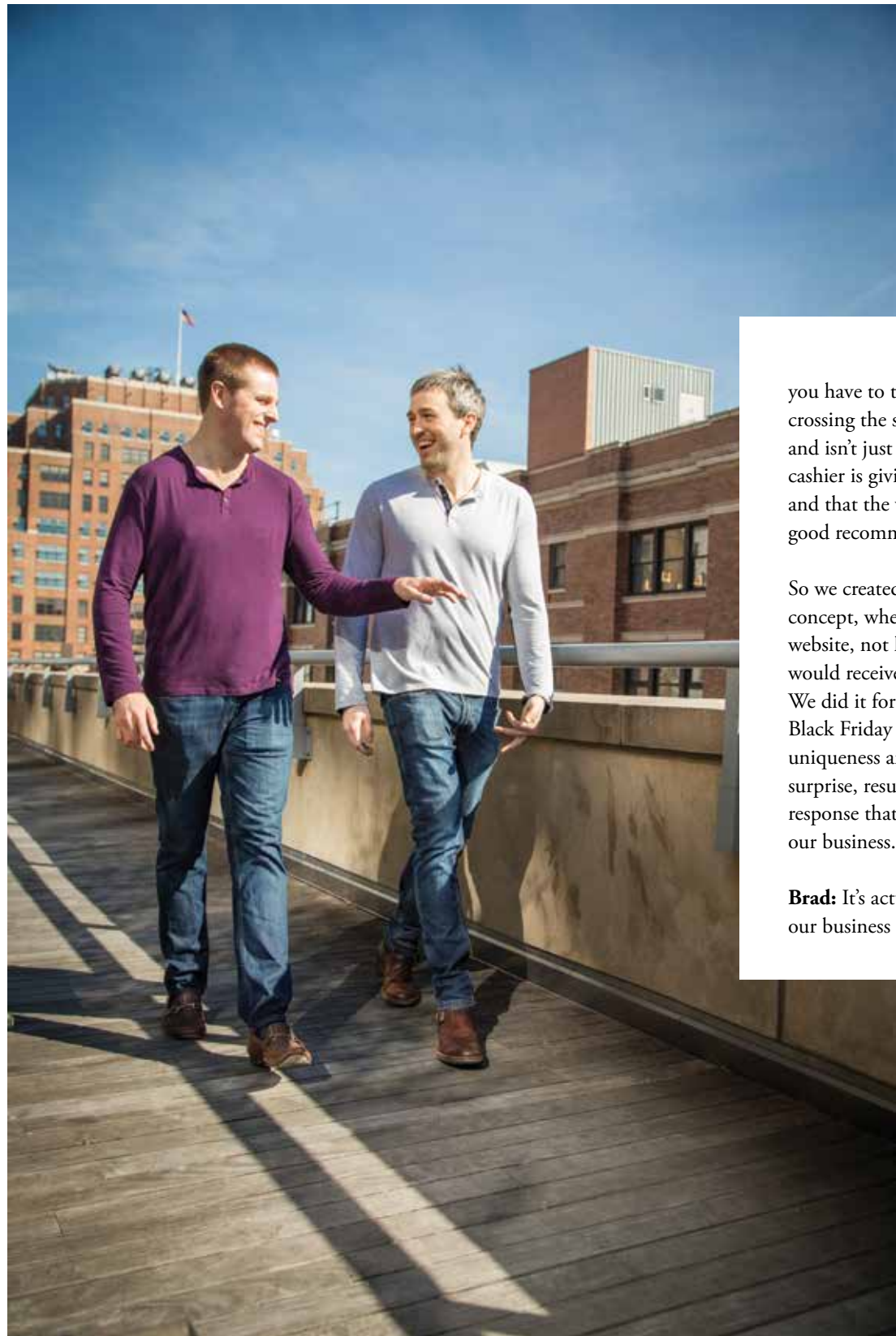
Then we got some really lucky publicity. We were invited to be on *The Ellen DeGeneres Show* on January 4, 2017. That led to a waterfall of press coverage, including *NBC Nightly News* two weeks later. By the end of January, we had six months of back orders. We had no employees, other than a part-time assistant. That's when we invested in adding more people, upgrading the production, and hiring a team to help us build a proper ecommerce website.

#### Who gets credit for the Shop Blind Challenge?

**Bryan:** This is going to break my heart. I have to give credit to Brad. [Laughs] Truthfully, when you are blind or visually impaired, trust is so important:







you have to trust that the guy who's crossing the street can see the streetlight and isn't just walking in traffic, that a cashier is giving you the right change, and that the waiter is giving you a good recommendation.

So we created this "mystery box" concept, where people shopped on our website, not knowing at all what they would receive—they'd have to trust us. We did it for two weeks in 2017 as a Black Friday idea. Its authenticity and uniqueness and, frankly, the fun of the surprise, resulted in such a wonderful response that it's become a huge part of our business.

**Brad:** It's actually around 90 percent of our business during the holidays.

#### What are some of your other popular items?

**Brad:** People love our socks. They are super soft, and we have a cool pattern on them around the middle of the foot that looks like a typical dot design, but it's actually braille artwork that says, "Thanks to you, we are one step closer to finding a cure."

People also love our main collection items like our hoodies and Henleys. We use this really nice triblend fabric that people often say is the softest item in their closet. Our quality is a principle of our brand, along with research and empowerment—we'll never sacrifice that. It has helped us stand out as a clothing brand.

#### Whose idea was it to put braille on your clothing?

**Bryan:** My wife's. We were trying to come up with ways for the line to be accessible. The braille on the bottom right-hand hem of most of our garments says the color of the shirt. A woman reached out to us and summed up its importance really well, saying that she could use an app on her phone to tell her the color, but sometimes she just wants to get dressed in the morning without needing help, which made her so happy. It was an awesome moment.

**Brad:** Bryan and I are greatly impacted by stories like this, which is not something we expected when we first started—but it's what we get the most enjoyment out of now.

#### What does perspective mean to you, not just regarding your vision but your outlook on life?

**Bryan:** Great question. It's always been one of our biggest struggles because, for example, how do you describe the color



blue to somebody who's never seen it? We have a button on our website that gives you an idea of what it's like when there's something missing in the middle of your vision. It shows that you can navigate it, but you have to be a little creative. Personally, I try to be a very positive person because this disease is going to be with me until there's a cure. How you decide to deal with it can dictate a lot.

#### Your company's focus is to find a cure for blindness. Tell us about that business perspective:

**Brad:** We always say that we're not the greatest example if you want to make a lot of money because you'd never choose to compete in the clothing business and expect to succeed. Yet, to date, we've donated over \$750,000 to the Foundation Fighting Blindness. The lesson we learned is that if you have a sincere passion for something, you'll be surprised at how you find and attract a community that's equally excited about it.

#### How do you ultimately define success?

**Bryan:** When we first started, it was being able to donate money to help early-stage retinal researchers find a cure, and that's still our top success metric. But we have business goals we try to hit, too—without using outside capital. The third thing that's become so important is community. The lifeblood of the business is building, maintaining, and empowering the community that we wouldn't be here without. That is our best success. And if we can inspire others to build businesses like ours—to raise awareness and funds for hearing loss or autism or dementia—that would be the biggest success we could ever hope for.

**Brad:** And if the parents of a child who's diagnosed with Stargardt's sees our content or interviews and it helps them realize that it's not as bad as they may think, then that's a huge win for us.

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



# French Bakery at Home

recipes by christophe felder and camille lesecq  
photography by laurent fau

Excerpted from © *Petite Patisserie* by Christophe Felder and Camille Lescq, Rizzoli New York, 2020.  
Photography © Laurent Fau.



When it comes to baking at home, simplicity is often the secret behind the most memorable treats. In fact, that's the purpose behind Christophe Felder and Camille Lescq's cookbook *Petite Patisserie*, which inspires you to find your inner pastry chef with easy-to-make yet elegant recipes.

Makes 15 macaroons

**1⅓ cups unsweetened shredded coconut**  
**2 cups granulated sugar**  
**7 egg whites, lightly beaten**  
**½ cup all-purpose flour**

## jacky's coconut macaroons

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. In a medium bowl, using a wooden spoon, stir the shredded coconut with the sugar, then beat in the egg whites.
2. Place the bowl over a saucepan of simmering water and heat to 140°F, stirring constantly, until the ingredients form a batter. Remove from the heat and stir in the flour. Pipe or spoon large balls onto the baking sheet.
3. Bake for 12 to 15 minutes, until golden, rotating the pan halfway through, so the macaroons color evenly. Transfer carefully to a rack to cool.





Serves 8

**1 stick plus 1 teaspoon unsalted butter,  
room temperature, plus more  
for brushing**

**1/3 cup granulated sugar, plus more  
for sprinkling**

**1½ tablespoons honey, preferably lavender**

**2 eggs, room temperature**

**5 clementines**

**1 cup plus 2 tablespoons all-purpose flour**

**2 teaspoons baking powder**

**Confectioners' sugar for dusting**

## upside-down clementine cake

- 1.** Preheat the oven to 350°F. Brush the cake pan with butter and sprinkle with granulated sugar. In a large bowl, cream the butter with the granulated sugar and honey. Beat in the eggs, one by one.
- 2.** Using a fine grater, zest the clementines. Stir the zest into the batter. Squeeze 2 of the clementines and stir the juice into the batter.
- 3.** Combine the flour and baking powder together in a medium-sized bowl. Gradually add the flour mixture to the batter until combined, being careful not to overbeat the batter.
- 4.** Peel the remaining 3 clementines and cut crosswise into slices just under ½ inch thick. Arrange the clementine slices in the pan and pour in the batter.
- 5.** Bake for 25 to 30 minutes. Let the cake cool to room temperature in the pan, then turn out and dust with confectioners' sugar.

**Note:** Eggs are more easily incorporated into any batter if they're at room temperature rather than cold out of the refrigerator.





Serves 7

**7 Golden Delicious apples**  
**Juice of 1 lemon**  
**Julienned zest and juice of 2 oranges**  
**2 teaspoons vanilla sugar (see Note)**  
**2 pinches freshly grated nutmeg**  
**2 pinches freshly ground pepper**  
**2 pinches cinnamon**  
**2 teaspoons unsalted butter**  
**2 tablespoons honey**  
**Cinnamon sticks for decorating, optional**

## spiced baked apples

1. Preheat the oven to 300°F. Peel the apples and core them. Brush with lemon juice to discourage browning.
2. In a small saucepan, warm the orange juice with the zest, vanilla sugar, spices, butter, and honey, swirling the pan, until melted.
3. Fit the apples snugly into an ovenproof dish. Drizzle with the spiced orange juice and cover with foil. Reduce the oven temperature to 250°F and bake for 2 hours, turning the apples occasionally. If you like, decorate them with cinnamon sticks just before serving.

**Note:** If you don't have ready-made vanilla sugar, prepare your own by storing used, dried vanilla beans in a closed jar of sugar for at least 1 week. Simply replace any sugar you use to have a permanent supply on hand.





*Serves 2 to 3 hungry chocolate lovers*

**6 tablespoons unsalted butter,  
plus more for brushing**  
**¼ cup all-purpose flour, plus more for dusting**  
**3½ oz. 70% dark chocolate**  
**3 eggs**  
**½ cup plus 1 tablespoon granulated sugar**  
**1 teaspoon unsweetened cocoa powder, sifted**  
**1 tablespoon milk**

## **molten chocolate mug cakes**

- 1.** Brush 3 mugs with butter and dust with flour. Chill for at least 1 hour before starting the recipe.
- 2.** Using a knife, chop the chocolate. In a medium bowl set over a saucepan of simmering water, melt the chocolate with the butter, stirring occasionally, until smooth and lukewarm.
- 3.** In a medium bowl, using an electric beater, whisk the eggs with the sugar but don't let the mixture lighten in color. Whisk in the melted chocolate and butter. Whisk in the flour, cocoa powder, and milk.
- 4.** Divide the batter among the mugs and chill for at least 1 hour. The cold batter will cook less in the center, creating a molten texture.
- 5.** Preheat the oven to 400°F. Bake for 7 to 8 minutes, until the surface starts to crack but the batter remains wobbly below.



# CONJURING A HOME

interview with **aditya khilnani** | written by **rebecca poole** | photography by **conjure**



Conjure cofounders Daniel Ramirez and Aditya Khilnani

*When it comes to measuring your quality of life, oftentimes, the space you call home is a thought that often follows. Conjure is a New York-based furniture rental company that recognizes the power of furnishing your space with pieces that resonate with and reflect your personality. Here, COO and cofounder Aditya Khilnani talks about Conjure's ethos and the magic found in impermanence.*

## **What was the impetus for starting this innovative company?**

[Cofounder] Daniel Ramirez and I were continually frustrated by the lack of stylish and affordable home furniture options while we were living in rental apartments. It was painful to find a second home for the furniture and then see so much of it ending up on the curbsides of New York. For a generation constantly on the move, we believed there had to be a better solution that addressed the design, environmental, and convenience needs of our customer base.

## **Who is your primary customer base?**

New Yorkers in their midtwenties to late thirties who are frequently on the move and seeking to upgrade their home interiors. The average millennial now moves twelve times before buying a home, so we aim to serve their needs with flexible and affordable furniture rentals.







A fundamental vision in founding Conjure has always been to make beautiful design accessible. We try to find a balance between classic and avant-garde with stylish yet user-friendly pieces—just like the melting pot of cultures which is so defining of the city.

### Would you talk about some of the highs and lows of building a company?

That's a great question. Fortunately, it has been mostly highs—seeing the team evolve and grow into an organization, working with super-talented designers to curate collections, and receiving strong customer feedback on our products and service. Of course, there were moments of stress, particularly in the early days of the organization when we were hand-delivering the furniture to homes.

### How does the rental process work?

After selecting your furniture and signing a lease online, our team delivers and fully assembles the furniture in your apartment within four to seven business days. At the end of the lease, the customer has the option to renew the lease, buy the furniture, swap it, or return it (and the Conjure team collects everything from the home). Leases are flexible: three to twelve months for as little as sixty-nine dollars per month.

### Do you believe a home is a reflection of who you are?

Our homes tell us so much about our personalities. Furniture often reflects your personal style the most, while the collectibles are an amalgamation of memories from different adventures. Conjure tries to make it easy for customers to choose from diverse collections (from midcentury modern classics to Hollywood Regency luxurious pieces) that represent a variety of personal styles and still leave plenty of room to add finishing touches that tell your story.

Also, Conjure is the first in the industry to launch the Bazaar, a curated marketplace of limited-edition home

accessories and small collector items uniquely created by talented local designers. The Bazaar serves as a portal for inspiration to help customers complete their homes with beautiful collectibles such as rugs, wallpaper, coffee table books, art, and more.

### Do you select pieces for your customers?

Conjure offers a full range of home furniture, including pieces for your living room, bedroom, dining room, and office. Customers can select individual pieces and create their own basket of goods or select precurated packages. For example, we partnered with Adam Charlap Hyman, a renowned New York-based interior architect, to curate four distinct collections inspired by different neighborhoods (the West Village, the East Village, Tribeca, and Soho). These prearranged sets can also help the customer with interior design.

### Is New York the primary source of inspiration for the various collections?

A fundamental vision in founding Conjure has always been to make beautiful design accessible. We try to find a balance between classic and avant-garde with stylish yet user-friendly pieces—just like the melting pot of cultures which is so defining of the city. Within just a few square miles of downtown Manhattan, the architectural style and spirit of the neighborhoods vary so much, and this density of design inspiration served as a foundation for our collections.

The beauty of a rental is that it's not permanent. As your personal style evolves, we believe so should your furniture. Our flexible ownership



program makes it easy to trade pieces and packages and transfer credits from any rental piece to another. This reduces the risk level of experimenting with, say, a velvet love seat.

### Does this also help to eliminate waste.

Yes, the sourced products are high quality and therefore built to last. We also implement other initiatives to help eliminate waste, thus contributing to reducing the 9.8 million tons of furniture that ends up in landfills every year. Conjure invests in cleaning and repair services to ensure customers receive furniture that looks like new. We develop donation partnerships to find a home for the furniture after its rental life as well. Recently, the company donated hundreds of pieces to Habitat for Humanity, one of our main donation partners. Our ongoing partnership with the Parsons School of Design helps

to review our entire supply chain and develop a methodology to track and rank sustainable efforts across the organization.

### Are there plans to expand outside of New York?

Conjure was created first and foremost with renters in mind, specifically in New York City where there are millions of them. Having invested in operating capabilities near the city, Conjure is able to deliver to all five boroughs and nearby New Jersey cities. With this latest round of funding, we are planning to expand delivery outside of the current service areas to other bustling cities where renters need affordable and stylish furniture options, too.





#### Do you have some general interior design tips?

Mix and match! Designing is a constant evolution, so you should have fun. The more risk you take in your home, the more you will push boundaries and continue to understand what drives your personal style. Here are some of my personal favorites:

- **Great lighting** makes a difference, particularly during the winter. Yellow lights offer a warmer, cozier feeling when compared to white lights.
- **Personalize your home** with plants and flowers, coffee table books, and candles.
- **Wallpaper** is a great way to transform your home and separate different rooms.
- **Frame a lot** of your favorite photographs that remind you of great memories with friends and family.

#### What do you see for the future of the design and furniture market?

The home furnishings market has seen strong growth during the pandemic, as more people are spending time at home and allocating disposable income toward furniture. I believe this trend will continue and we will see consumers demanding higher-quality products for fairer prices, flexibility in the way they enjoy these pieces without the hassle of ownership, and more transparency when it comes to materials and the manufacturing process.

For more info, visit [conjure.co](https://conjure.co)



written by alexa bricker | photography by sylvan heights bird park

# WARRIORS FOR THE WINGED

*There are currently more than 35,500 species on the verge of extinction—and 1,223 of them are birds. But thanks to the Sylvan Heights Bird Park and its founder, Mike Lubbock, many endangered avian species are getting another opportunity for survival.*



Mike Lubbock

## “THE WATERFOWL MAN”

Lubbock has had a passion for birds, especially waterfowl, since he was a child growing up on his family’s farm in England. He began his career at seventeen working for the Wildfowl & Wetlands Trust, which is where he established himself as a well-respected researcher. It was there that he also began to study different breeding techniques and pioneered a completely new approach that has helped save numerous species. “I took part in trips to various places like Africa and Australia and established the process of bringing eggs from the wild back to base to hatch and rear the birds,” Lubbock says. “We had many first breedings of species because of using this method.” Instead of attempting to breed birds that had already learned natural behaviors and migratory patterns, hatching birds in captivity, raising them until maturity, and breeding them proved to be much more effective and, in some cases, less time-consuming.

Due to the success of this method, including bringing an Australian species of duck back from the brink of extinction in just nine months, Lubbock decided to make his own migration to the United States in 1981, with the goal of growing his collection

American flamingo



and establishing a breeding complex. In 1989, with the help of a partner, he established the Sylvan Heights Waterfowl Center, which has grown to be the largest avian collection of its kind anywhere in the world.

**FASCINATING FLOCKS**

Over thirty years later, the breeding center and park—now called Sylvan Heights Bird Park—has 260 different species of birds, 160 of them being waterfowl, and over 2,000 birds total. Lubbock notes that the park’s location in the hilly marshlands of Scotland Neck, North Carolina, makes it perfect for both breeding and displaying the hundreds of varieties of birds it houses. And because there are so many different types of birds from all over the world, each continent is given its own designated area and distinctive exhibition.

Lubbock notes that, despite many of the birds coming from completely different climates than that of Scotland Neck, waterfowl are particularly adaptable. “Waterfowl are very easy to house because you can keep a lot of species together,” he says. “They are unique because they have down feathers, the inner feathers that keep them warm and make them, in a sense, waterproof. Even species that come from places like Africa climatize quite well.” The open water within the park is fed by well water, which keeps it at a constant 56 degrees all year long. And the park puts species like parrots, which would have trouble withstanding a North Carolina winter, in warm shelters until they can be returned to their exhibits.

There are currently eleven different sections of the park, including Wings of the Tropics, Endangered, Eurasia,



Plum-headed parakeet



Over thirty years later, the breeding center and park—now called Sylvan Heights Bird Park—has 260 different species of birds, 160 of them being waterfowl, and over 2,000 birds total.



Seriema

and even a special section dedicated entirely to its three different species of flamingos—the most popular birds in the park, according to Lubbock. Visitors can take their time meandering through these sections to view and learn about the different species, including parrots, pheasants, and ducks, among others, many of which live exclusively in the park because of their endangered status.

While many of the exhibits are enclosed, Lubbock decided to open a special area to make the park more hands-on. “We wanted the park to be interactive,” he says, “so four years after we opened, we built what we call the Landing Zone. People can go in, purchase a feed stick,

and interact with about 300 budgies [parakeets]. The birds come down to feed from the sticks, giving visitors a very close look. We’re trying to entertain people but also teach them where the birds come from and their place in the world.”

**IMPLANTING KNOWLEDGE**

Education is at the forefront of the mission and vision of the park. There is a small staff of educators who help answer visitor questions at the exhibits and who are available to explain in depth about the protection and conservation of the species on display. There is also a larger staff at the park’s breeding center who is responsible for taking eggs from the





Victoria crowned pigeon

**IN PLACES WITH HIGH CONCENTRATIONS OF ENDANGERED SPECIES, HE AND HIS TEAM WORK TOGETHER WITH GOVERNMENTS AND RESIDENTS TO EDUCATE THEM ON THE IMPORTANCE OF PROTECTING THESE BIRDS.**



Budgerigar

park or from the wild, hatching the birds, and rearing them until they can be released. The center currently hatches about 1,500 birds each year.

In the past twenty years, over 650 individuals have worked at and received training through Sylvan Heights and have gone on to pursue careers in zoology and conservation—something Lubbock is particularly proud of.

Although 2020 brought many unique challenges for maintaining its educational programs, the park has switched gears to offer virtual science programs and field trips that allow preschool-age children all the way up to



Eurasian eagle-owl

twelfth grade the opportunity to learn about endangered species of birds in an interactive way. There are also a variety of in-person programs that put children directly into nature by allowing them to explore the marshlands of the park, collect specimens, and learn about some of the scientific methods that are helping to preserve endangered species all over the world. And in the summer months, Sylvan Heights offers a handful of camps that teach about a wide variety of topics, including etymology (the study of insects) and ornithology (the study of birds), as well as gardening and lab experiments.

**A SAFE HAVEN**

The majority of endangered avian species have become at risk because of habitat loss, something that can be monitored, Lubbock says, but, in some cases, not completely controlled. In places with high concentrations of endangered species, he and his team work together with governments and residents to educate them on the importance of protecting these birds. “If the birds don’t have a habitat they can go back to, there is nowhere to release them,” Lubbock says. “A lot of the species we deal with are from countries where developers are cutting down trees to create areas for more farmland or other purposes, and we are trying to get them to put aside

areas of reserve so there is somewhere we can redirect the birds.”

For nearly every species Lubbock has worked so hard to save, Sylvan Heights has become an ideal safe haven—giving these populations a second chance that they otherwise would never have had, all the while educating and engaging the public about some of the most important, diverse, and colorful creatures in the world.

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





# A PARISIAN STATE OF MIND

interview with **marie burgos** | written by **shelley goldstein** | photography by **francis augustine**

*Paris-born Marie Burgos went looking for interior design classes as a creative hobby to explore while working in food industry management. The hobby soon turned into a career and the bicoastal designer started her own firm in New York City in 2008.*

## **How would you describe your design style?**

My design style is a combination of my unique family heritage and my experiences. My family is from Martinique, a beautiful island full of colors and natural tropical inspirations. I was born and raised in Paris, a land of grand architecture and amazing fashion. My travels and life in some of the busiest cities of the world, like Paris, London, and New York, led me to search for more peaceful interiors. I discovered the feng shui philosophy, which promotes balance and harmony, and suddenly my direct surroundings took on a higher level of importance. I integrate the five natural elements—water, wood, fire, earth, and metal—into my designs. These can be represented with shapes, textures, and colors. I also balance the two opposite forces of yin and yang by harmonizing light and dark colors, soft and hard surfaces, and straight lines paired with curves.





**What did your path to designer look like?**

I am the granddaughter of a fisherman on my mother's side and a sugarcane field worker on my father's side, so my path to design was not an obvious one. I got a bachelor's degree in business and marketing and worked in food industry management in four different countries. Much later, I began taking interior design classes at New York University as a hobby, and that hobby became my life.

I launched my firm in 2008 while I was working full time in a different field. That August, I quit my corporate career to dedicate my time to design, and I have never looked back. My first project was a one-bedroom remodel in Manhattan. I still know this client today and my latest contract, signed last week, is a referral from her. I'm now a bicoastal

designer, designing lofts, townhouses, hotel suites, and offices, and I also launched my first furniture collection in 2018.

**What was the overall goal of the West Village residence?**

The goal of this project was to create a space for my client and his family that resonated with their French cultural background, reflected their personalities, and provided different areas throughout that felt luxurious yet casual. It had to be tailored with comfort, fun, and culture in mind, with a boutique hotel mood that made them feel like they were at home yet also on a weekend retreat.

My client wanted to be able to see all his family from any angle in the home. This was an entire remodel, where several



**MUCH LATER, I BEGAN TAKING INTERIOR DESIGN CLASSES AT NEW YORK UNIVERSITY AS A HOBBY, AND THAT HOBBY BECAME MY LIFE.**



walls were removed to create this great room. Flooring, lighting, and features such as the custom library and fireplace were integrated to create an area perfect for family life and entertaining.

**How would you describe the style of this space?**

With its many art pieces, deep tones, and rich textures, the design of this place has global inspiration. It was about bringing in casual luxury with a mix of solid woods, beautiful fabrics, soft leathers, rich metal finishes, and striking lighting. Two walls were removed: one to open the kitchen and dining area into the living space and the other to open the office and screening room to the living room. I incorporated deep color tones and showcased art from the client's personal collection to liven up the walls and make the home more personalized.

**What is your favorite part of the home?**

Standing in the doorway of the office pocket door and looking into the living room—the colors are nurturing, the seating looks inviting, and this fun art piece, *Cachou Lajaunie*, always put a smile on my face with its bright colors.

**That dining room lighting feature is so unique. Was it custom-made or found?**

The piece was entirely designed and fabricated by me. I had it made by a local welder.

**What was the concept behind the wide banquette seating?**

This apartment is on the second floor of a West Village luxury building, and the streets are full of lovely trees and people strolling on their way to the park or to cafés. My client loves taking his coffee on the window seat and watching people



**STANDING IN THE DOORWAY OF THE OFFICE POCKET DOOR AND LOOKING INTO THE LIVING ROOM—THE COLORS ARE NURTURING, THE SEATING LOOKS INVITING, AND THIS FUN ART PIECE, *CACHOU LAJAUNIE*, ALWAYS PUT A SMILE ON MY FACE WITH ITS BRIGHT COLORS.**

passing by like they do in Paris. So we made it more comfortable for him. I created a custom, cushioned daybed with a pullout table on the side to place his cup of coffee. There is also some space for books under the daybed, and the adjacent millwork holds magazines.

**The primary bedroom has a luxury hotel vibe. How did you make that happen?**

I was going for a Haussmann-style Parisian apartment feel. My client has

this beautiful light oak bed, which he loves, and it was the perfect anchor point for the rest of the bedroom suite design. We stayed with clean lines and no molding on the walls, since the ceiling has a number of structural and architectural beams. I dressed the walls in rich, warm tones. The floating bookcase and floating nightstands were custom made in the same wood for a seamless look. We carried on with the warm tones with a bright orange on the Vladimir Kagan Contour chaise lounge and the Gamba wool rug by Jan Kath. The lamps are all black for a more intimate touch.

**The number of built-ins in the space is amazing. Were these original or were they design choices?**

Everything was custom made. My client is a collector, so each art piece, object, and memorabilia had to have a dedicated place. We designed the millwork and adjusted walls where needed to host the art pieces—not the other way around.

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

In this space, I used a lot of warm tones to create the boutique hotel mood my client was after, but I love White Dove by Benjamin Moore. I love the classic, softly shaded white; it's light and luminous at the same time. I also like to use more striking moody shades, such as Dior Gray by Benjamin Moore.

**What is your biggest design pet peeve?**

I am not a fan of monochromatic, all-beige interiors. The lack of personality and life is simply depressing to me. Life is inspired by nature, and there is a world of colors and textures out there!





“

I dressed the walls in rich, warm tones. The floating bookcase and floating nightstands were custom made in the same wood for a seamless look.



**Do you have any advice for someone who is struggling to get a space to come together?**

Only integrate what you absolutely love in your home. If you are not sure about a piece, it is probably not the right one. Use your intuition.

**What is your dream project?**

I love to design for families, as I get to please both the little people and the grown-ups, so family homes in general have been some of my favorite projects. But my dream project would be to design a full boutique hotel, which has so many different spaces that all create a home away from home for many people.

**You've lived in several of the top cities in the world. Which one resonates with you the most?**

I am a New Yorker. I met my husband in New York, despite the fact that our

families are not only from the same island but also the same town and the same street. Who would have guessed? Both of our children were born in Brooklyn. New York is where I changed careers to find my path as a designer. It's a city that will embrace you and challenge you to make your dreams a reality.

**How do you handle setbacks?**

Setbacks can be frustrating, but there are always solutions, and it is usually only a matter of time before things get resolved. With kindness, you can overcome the challenges. If you stay calm, people will listen and will want to help. And once you have built those relationships, it is for the long haul, whether they're contractors, millworkers, artisans, or clients. People come first in this business.

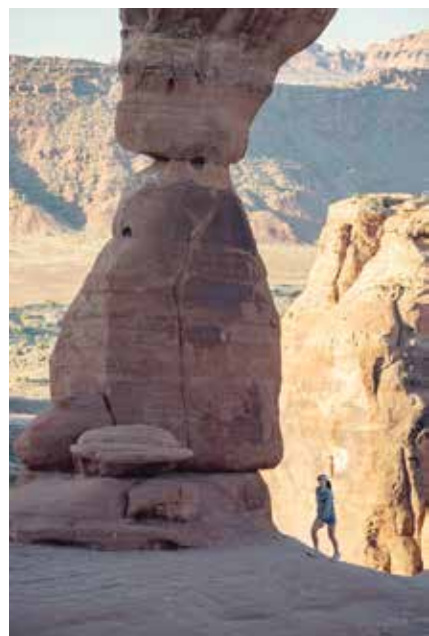
For more info, visit [marieburgosdesign.com](http://marieburgosdesign.com)





# *From Arches to Zion:* *UTAH'S NATIONAL PARKS*

written by **jenny fey** | photography by **juliann itter**



**IF UTAH HASN'T BEEN HIGH ON YOUR** must-visit list, you may want to reconsider. From breathtaking vistas and snow-capped mountains to towering hoodoos (tall, skinny spires of rock) and deep red canyons, Utah's wilderness really does have it all. Even if you don't have the time to turn your minivan into an RV to hit the open road, at least consider checking out The Mighty Five. This aptly named group of national parks consists of Arches, Canyonlands, Capitol Reef, Bryce Canyon, and Zion and winds its way through southern Utah, creating a delightful road-trip experience. For two of my friends and me, our new work-from-home model allowed us to take the two-week trip and enjoy the natural beauty of some of our nation's greatest parks.

## **RAFTING ON THE COLORADO RIVER**

Our adventure started in Moab, as many good adventures do. After taking a wrong turn, my friends and I were fortunate enough to end up on the

ABOVE AND RIGHT: Arches National Park



Upper Colorado River Scenic Byway (U-128). This spectacular route parallels the Colorado River and provides beautiful views of the Fisher Towers and La Sal Mountains. Pro tip: get your friend to drive; you won't want to miss a second of this stunning landscape.

Arches National Park and the surrounding areas hold enough adventure to keep one occupied for days, weeks, and possibly months at a time. While dirt biking, four-wheeling, and rock climbing are all valid options, there is something to be said for seeing the park by water. There are many different tour groups that offer a variety of ways to get onto the Colorado River, including kayaks, jet boats, and rafts. Several tour groups offer half- or full-day options, and some even provide multiday excursions.

After weighing our options, including price, availability, and time, we decided to take a rafting trip with Navtec Expeditions. This half-day journey included a guide who was strong enough to paddle the raft the entire seven miles down the Colorado River while we soaked in the scenery around us. We were shown historical and natural sites along the river, including areas that BASE jumpers like to frequent. When we wanted to cool off, the mild-to-moderate rapids obliged with cool splashes of water, and we were even able to swim at some points. The tour finished at a beach off U-128, where we enjoyed time in the cool water and hot sun while jet boaters and kayakers passed by us in the canyon. The entire rafting experience provided a unique view of Arches and the surrounding areas and is definitely recommended.

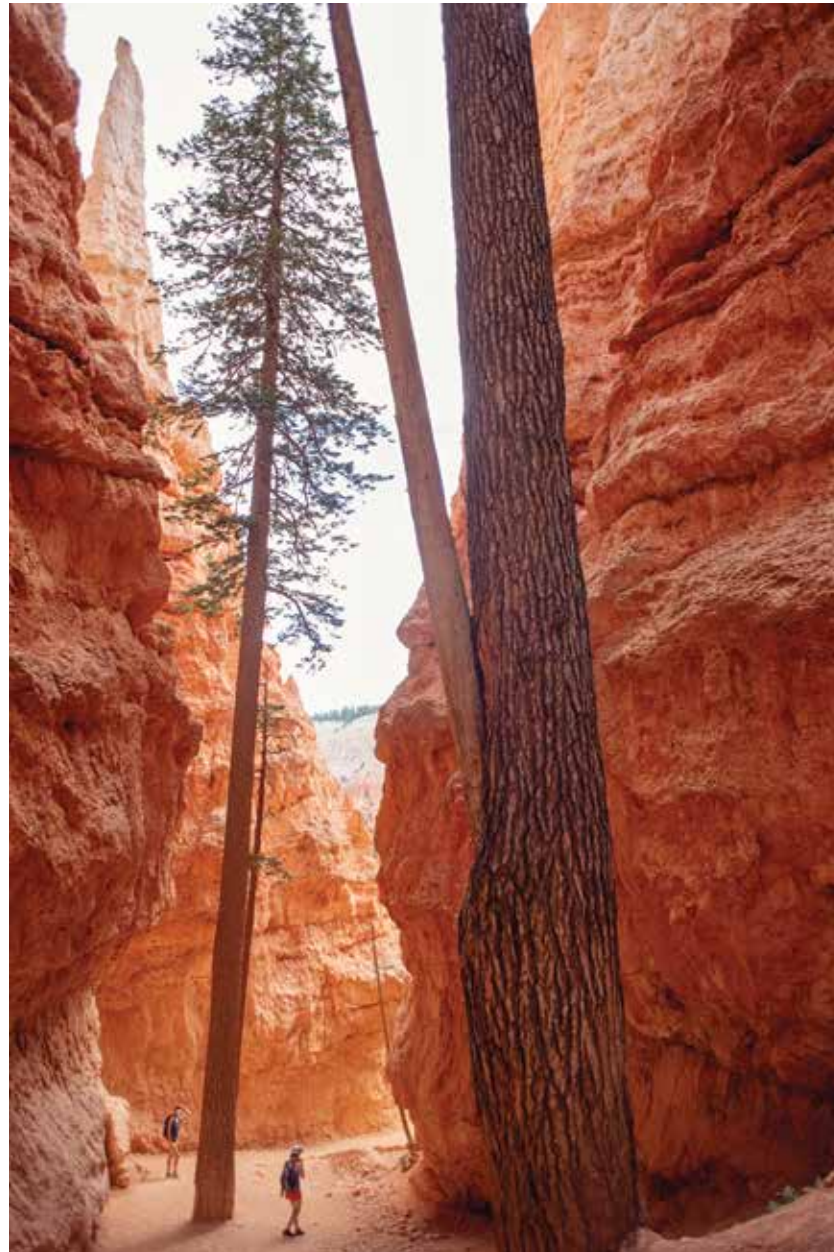
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Bryce Canyon stands in stark contrast to Utah's other national parks. Instead of towering mountains, the park is a series of natural amphitheaters carved into the edge of the high plateau.

Between hikes in Arches and our river-rafting trip, we spent a half day in Canyonlands National Park. The park is approximately thirty minutes from Arches and provides more breathtaking scenery and epic hikes. We spent an evening taking photos and relaxing near the incredible Mesa Arch. The arch sits on the edge of a 500-foot cliff that drops another 1,200 feet to Buck Canyon. The mountain backdrops and the elegant arch provided the perfect stargazing opportunity.

#### TAKING THE SCENIC ROUTE

The route from Arches to Bryce Canyon National Park is one taken by countless individuals every year. Despite its popularity, it remains a relatively unpopulated stretch of highway with limited amenities along the route. We discovered this the hard way as we took Scenic Byway 24 by way of Capitol Reef National Park. Capitol Reef sits comfortably between Canyonlands and Bryce Canyon and is well worth a stop. The park's landscape is magnificent and also offers the opportunity to explore local history. You can find out more about the Native Americans who inhabited the area and admire their ancient petroglyphs. You can also explore the Fruita Historic District and the twenty-two orchards that still bear fruit, remnants of pioneer settlers who planted them in 1880.



Various views of Bryce Canyon National Park

All the elements needed for road-trip giddiness were in place: windows down, music spilling onto the open road, and snacks from a small-town café. This excitement came to a jarring halt, though, as our car got a flat tire just outside Hanksville, Utah, near Goblin Valley State Park. Pro tip: do not attempt to drive through a desert without tire-changing equipment.

Unable to obtain tools via flagging down passing cars, we resorted to calling trusty AAA. It appeared we were genuinely in the middle of nowhere, but disappointment melted away as the beauty of the desert and the open road enchanted us with a fiery sunset. After reading poetry by headlamp and drawing sketches in the dark, our AAA hero arrived at 10:00 p.m. to change our tire. With our wheels back in action, we drove through the night, stopping briefly at Capitol Reef around midnight, and arrived at our destination, Ruby's Inn Campground, at about 2:00 a.m.



### HIKING THE HOODOOS

Bryce Canyon stands in stark contrast to Utah's other national parks. Instead of towering mountains, the park is a series of natural amphitheaters carved into the edge of the high plateau. The elevation at Bryce is higher than in the other parks, so be prepared to pack some heavier clothes, especially if you plan on camping!

This park also offers avid hikers and not-so-avid hikers alike the opportunity to enjoy its beauty. You can take in the park along the ridge of the plateau or spend time hiking through the rock spires and hoodoos after a steep jaunt into the Bryce Amphitheater. The hike out can be quite strenuous, so ensure that you have plenty of water and time for needed breaks. It's easy to get caught up in the colorful rock formations and natural wonders around you. Bryce Canyon struck us as otherworldly and one of the most unique places any of us had ever seen.

### SUNSET ON THE MESA

Driving through Zion National Park is a sacred experience and one I'd recommend to anyone. It inspires the same awe one has when walking into a cathedral: the space is quiet, you feel small, and the world feels so big. Hiking through Zion is just as spectacular, with canyon vistas, waterfalls, dramatic views of the Virgin River, and sandstone cliffs revered by climbers. We spent a great deal of time hiking and biking in Zion. Pro tip: it is 100 percent worth it to wake up before the sun and start hiking early before the heat sets in. Your achy body will thank you later in the day.

For accommodations, we chose the Zion Wright Family Ranch on the Smith



Zion National Park

Mesa, approximately thirty minutes from the park. It is advertised as an off-the-grid experience, which translates to no running water, unmarked sites, and limited bathroom facilities; it is rustic, but the views can't be beat. The owners of the campground raised thirteen children and have been living on the land for the last six generations. Their sons and grandsons are the famous World Champion Saddle Bronc Riding Wrights. The family offers sunset horseback rides you can book up to a day in advance. The patriarch of the family, Bill Wright, was our trail guide, and he pointed out many areas of interest, like Kolob Canyons, as well as provided some history of the mesa. The ride wound its way around the mesa, overlooking parts of Zion National Park. Bill made sure to stop for photo opportunities and showed us his favorite view from his land. One of his grandsons was the ranch hand and entertained the riders with humorous stories about school and his daredevil

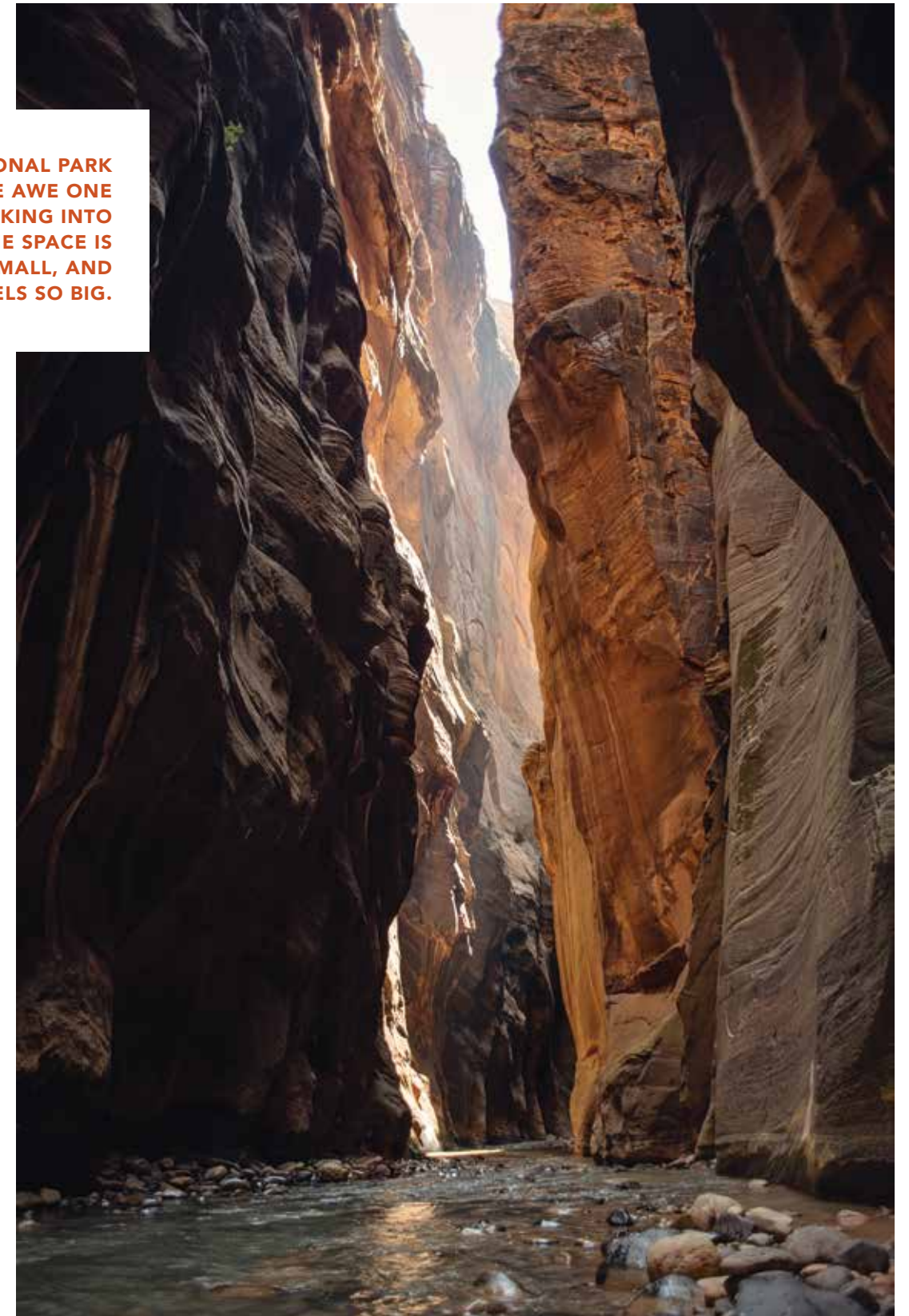
riding abilities. The horseback ride provided a wonderful end to a long day of exploration in the Zion area. Later that night, the darkness of the secluded ranch offered a star-filled sky to remember.

### THE MIGHTY FIVE

Journeying through Utah's national parks was the highlight of a year made difficult by COVID-19. The parks cultivated within me a sense of renewal. Nature, unaffected by the virus, has stayed the same. In fact, it has thrived due to less pollution and fewer crowds, offering a stark contrast to our ever-changing society. This was a welcome reminder to me as I viewed the towering Colorado River cliffs and star-filled sky above Mesa Arch in awed silence. To echo my words from earlier, if Utah has not been on your travel list, reconsider. Your body and soul will thank you.

For more info, go to [visitutah.com](https://www.visitutah.com)

ZION NATIONAL PARK  
INSPIRES THE SAME AWE ONE  
HAS WHEN WALKING INTO  
A CATHEDRAL: THE SPACE IS  
QUIET, YOU FEEL SMALL, AND  
THE WORLD FEELS SO BIG.







# REELING IN HOPE

interview with **lise lozelle** | written by **matthew brady** | photography by **casting for recovery**

*Fishing has long been known as a peaceful, bonding activity. One organization that has a unique purpose for this recreational pursuit is Casting for Recovery, which has served over 10,000 women affected by breast cancer through their weekend retreat program. Now celebrating its twenty-fifth anniversary in 2021, Casting for Recovery (CfR) has cast its net throughout America, with dozens of retreats available each year. Lise Lozelle, CfR's marketing director, talks about the organization's mission and impact.*

## Tell us how all this started:

It started with two friends fishing: Dr. Benita Walton, a surgeon; and Gwenn Perkins Bogart, a professional angler. They started talking about how the gentle movement and motion of casting would be good for women recovering from breast cancer surgery or radiation. So, along with some other friends in their community in Vermont, they decided to start a fly-fishing program in 1996 with one retreat. In 2021, we plan to host fifty-two retreats in forty-five states.

## CfR originated in Vermont, so how did it end up based in Montana?

[Laughs] Good question. Our previous executive director lived in Bozeman, Montana. For her first few years on the job, she commuted back and forth between Montana and Vermont. In the summer of 2017, we made the decision to relocate the office to Bozeman. The Mountain West is America's epicenter for fly-fishing, and a lot of our national sponsors are also based in the region. So it made sense to relocate.

## Yet you live in Texas. Is your organization remote?

We've had a virtual model for a long time. Our national program director is based here with me in Austin, and we also have three staff members in Vermont, one in Pittsburgh, one in Denver, one in Wyoming, and two in Montana. Even though COVID-19 didn't change our work setup, it changed everything for us because we had a year with no retreats.

## That sounds disappointing. How did you help the women virtually?

We did three significant things. First, we offered a program for our alumnae called the Pink Fly Club, which featured a series of educational outreach videos on things like nutrition, mindfulness, nature, and fly-fishing. This was a shift for us to actively keep the alumnae connected, and we've received a lot of positive feedback.

We also offered resources and information to women who had applied for a retreat but couldn't attend due to COVID-19. We stayed connected with them and offered them some helpful tools to get ready for when



they can go to a retreat. We also have a partnership with Trout Unlimited, which generously offered a free one-year membership to the women that applied in 2020. That's a great resource because it connects them to their local fly-fishing communities where they can learn more about fly-fishing and conservation efforts.

Finally, for our volunteer leaders we started a monthly Facebook Live video series called the Dry Bag, where we pick a different topic and provide relevant information to help people with their programs, fundraising, and outreach.

## Who organizes the retreats?

We have an army of over 1,800 volunteers across the country that help run our programs on the ground. They get trained and are given resources, and we help to secure their retreat locations. We provide all the gear—a retreat box with everything that they would need—and the curriculum. Each program

takes on its own unique flavor because each location is different. The takeaway is similar, though: even though you're fishing in different water and it's run by different volunteers, the program "magic" is the same.

## How long are the retreats? What do they entail?

They're two-and-a-half days. Each retreat is run by a retreat leader, and there's a team of women that help support the weekend along with anglers plus oncology and mental health professionals.

Participants arrive on Friday and get comfortable. On Saturday, they learn the basics of fly-fishing, a little about entomology, and why we fly-fish. There's a medical talk and lunch and a little bit of light exercise. Later, they have dinner and an evening circle activity, which allows the participants to talk about whatever they want. On Sunday morning, we pair each woman with her



own individual fly-fishing guide to fish. A lot of women who've seen *A River Runs Through It* hope that Brad Pitt might show up and be their guide. [Laughs]

It's always interesting to see how connections over the weekend so often turn into a super-tight bond and a lifelong friendship. Women come in as strangers and they leave as family, which is an amazing transformation to see.

#### What are some other takeaways?

These women who attend are usually busy taking care of everyone else but themselves, so this retreat allows us to take care of them for a weekend. But it also allows them to form a community that they didn't necessarily know they needed—interestingly, over 70 percent have never been to a support group before. Now they have these thirteen other women who get it. It's a pretty powerful thing.

And we're really proud of the fact that, going into our twenty-fifth anniversary, we have a 100 percent alumnae referral rate. Even though these women may not fish again, they do say that their fishing day was one of the best days of their life. We've had testimonials that say it rivals the birth of their children or their wedding day. And lots of women have said if they're having a bad day, they'll think back to that morning on the water and what it felt like: how calm it was and how they didn't have any worries.

That's one of the great parts about getting back to nature. In fact, if there's something positive that's come out of COVID-19, it's that the world has been reminded of the healing power of nature. So many people are visiting our national parks, going on walks while



It's always interesting to see how connections over the weekend so often turn into a super-tight bond and a lifelong friendship. Women come in as strangers and they leave as family, which is an amazing transformation to see.

taking in the birds chirping, breathing fresh air, and getting their toes in the grass. I think it has helped people to understand the power of what we do, even if they don't fully understand the fly-fishing aspect.

#### You also offer specialized retreats. What was the inspiration for that?

Because we're a relatively small nonprofit, we take all the information we get back from our past participants and modify the program as needed. Our most successful specialty retreat is for women with advanced breast cancer. These women may feel uncomfortable speaking freely about their experience because, for others, there's such a huge fear of recurrence. So we started a ten-woman retreat for women with metastatic breast cancer, and it was incredibly successful. I also volunteer for CfR here in Texas, and this retreat is my favorite, which may sound strange. But the women in that retreat have such a will to live and want to experience everything and do everything, and they have so much positive energy even when they're sick.

We've also done other things, such as retreats for Native American women and other women of color. In fact, we've focused a lot of effort in trying to reach underserved women, who may need us the most, long before where we are now in our current cultural moment. We've been very diverse for a very long time—breast cancer doesn't discriminate. Sometimes it's counterintuitive because people associate fly-fishing with older white men, and that's not us.



#### What is CfR doing to celebrate twenty-five years? What do you hope to see going forward for the next twenty-five years?

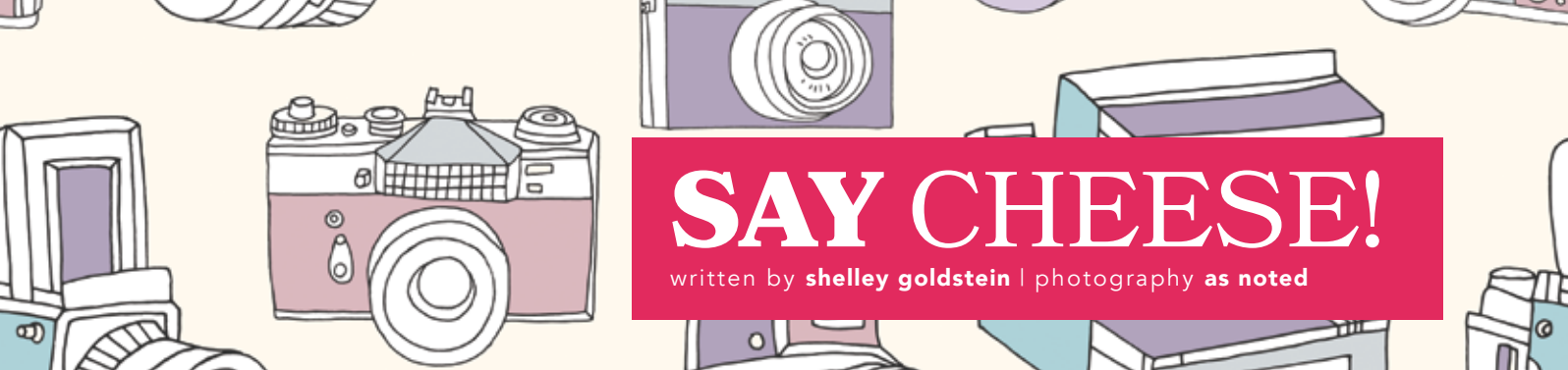
We're going to do some special things for the twenty-fifth, including offering collectible gear and other products. We're also in the midst of putting together a beautiful coffee table book that captures the gorgeous photography from twenty-five years of retreats, powerful quotes, and some history. Of course, we'll have some big fundraising campaigns around it as well.

Personally, my hope is that CfR continues to thoughtfully grow. We had a goal of serving over 10,000 women, which we met. And I hope that we serve 10,000 more and then some, while offering the same beautiful experiences, staying true to our mission, and maintaining the magic of what CFR provides.

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

LOTS OF WOMEN HAVE SAID IF THEY'RE HAVING A BAD DAY, THEY'LL THINK BACK TO THAT MORNING ON THE WATER AND WHAT IT FELT LIKE: HOW CALM IT WAS AND HOW THEY DIDN'T HAVE ANY WORRIES.





Regardless of how many or how few humans (or pets) you have to wrangle, **getting a good holiday photo** can be a stressful endeavor.

Coordinating everyone's blinks and smiles is a skill all its own. Fortunately, the advancements in smartphones have made getting a good photo more accessible to everyone. Grab your phone or camera, and let's get started!



© Georgijevic/E+/Getty Images



© monkeybusinessimages/iStock/Getty Images

#### OUTFITS:

- It's best to stick to two or three colors. Neutrals are great, with pops of color in a vest, scarf, tie, or hat. Matching outfits will make your photo look dated. Let people express their personalities for a more authentic photo.

#### LOCATION, LOCATION, LOCATION:

- Taking your photo shoot outside will give you the advantage of natural light. Golden hour (an hour after sunrise or an hour before sunset) will give you the warmest light. Position everybody with their backs to the sun.
- Check your background, making sure there aren't trees coming out of anyone's head.
- If you want to get fancy, some nurseries or orchards offer a photo setup for free or a small fee.
- Indoor photos work best if you position everyone facing a window that offers indirect sunlight.

#### GETTING THE SHOT:

- Set up a tripod and use your camera's self-timer feature if you want to be in the photo. Or, if need be, snag a neighbor to help.
- To avoid some faces being blurry, line up your group so everyone is on the same plane. (Imagine there is a window in front of them and everyone's forehead is touching it.)
- Place your group a distance away from the backdrop, and turn on portrait mode for a dreamy, blurry background.
- Zoom with your feet. Instead of using digital zoom, physically move yourself closer to your subjects. This will help you avoid pixelated photos.
- If your subjects are prone to blinking at the wrong time, tell everyone to close their eyes and open them on your command.
- Laugh! Holiday photos are a chance to put your arms around loved ones and enjoy the connection. Don't let the quest for a perfect photo stand in the way of joy.

# eight

The number of seconds it takes a buyer to decide if they are attracted to your home or not.



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## Front of Tear Out Card 2

### FISH SANDWICHES with tahini and yogurt



- ½ c. plain whole-milk yogurt
- ¼ c. tahini
- 2 tsp. ground coriander, divided
- 1½ tsp. ground cumin, divided
- Kosher salt and ground black pepper
- 2 tbsp. extra-virgin olive oil
- Four 4 oz. skinless haddock fillets
- 4 French rolls or Kaiser rolls, toasted



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## Back of Tear Out Card 2

1. Heat the broiler with a rack about 4 inches from the element.
2. Mix the yogurt, tahini, ½ teaspoon coriander, ½ teaspoon cumin and ½ teaspoon salt; set aside. In another bowl, mix the oil with the remaining 1½ teaspoons coriander, the remaining 1 teaspoon cumin, ½ teaspoon salt and 1 teaspoon pepper.
3. Place the fillets on a wire rack set over a broiler-safe rimmed baking sheet, then brush with the spiced oil. Broil until the fish flakes easily, about 4 minutes. Serve on toasted rolls spread with the yogurt-tahini mixture.

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**SERVES 4**



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minimalism sells

### **Too much furniture can clutter a home (among other things).**

When trying to sell your home, it is important to depersonalize and neutralize the space as much as possible, so that a potential buyer can picture it as their own. Less is always more, so conquer the clutter and sell.

**As a Real Estate professional, I will help you with these little details that move homes from "FOR SALE" to "SOLD".**



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