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MUSINGS



PHOTO BY JILL OCKHARDT BLAUFUSS

I have known since I was young that art, design and architecture were of interest to me. Wisps of a cloud became creatures ready to pounce, and then slowly retreated, morphing softly into a beautiful princess. Patterns in nature, from a scraggly oak tree silhouetted against a late fall sunset to the catacomb design in a broken wasp nest intrigued me.

Inspired Home takes design to another level in this issue as we explore art, design and architecture through the eyes and hearts of area people who will inspire you and leave an impact.

Honoring the past has become a way of life for John and Sherri Stern, whose iconic home built by Frank Lloyd Wright's granddaughter, Elizabeth Wright Ingraham has become a treasure they appreciate daily. Read about their devotion to protect their historic home for generations to come.

Inspired Home is honored to introduce you to Herman Novak— talented architectural draftsman, project designer and artist. Respected by all who know him, his gentle smile and kindness remain with those fortunate to meet him. Through architect Phil Stahl's story, you will learn about the raw beauty of Novak's free-hand sketching.

We are excited to share what we love with you! While you are patiently waiting for spring, enjoy reading the Art, Design & Architecture issue! *



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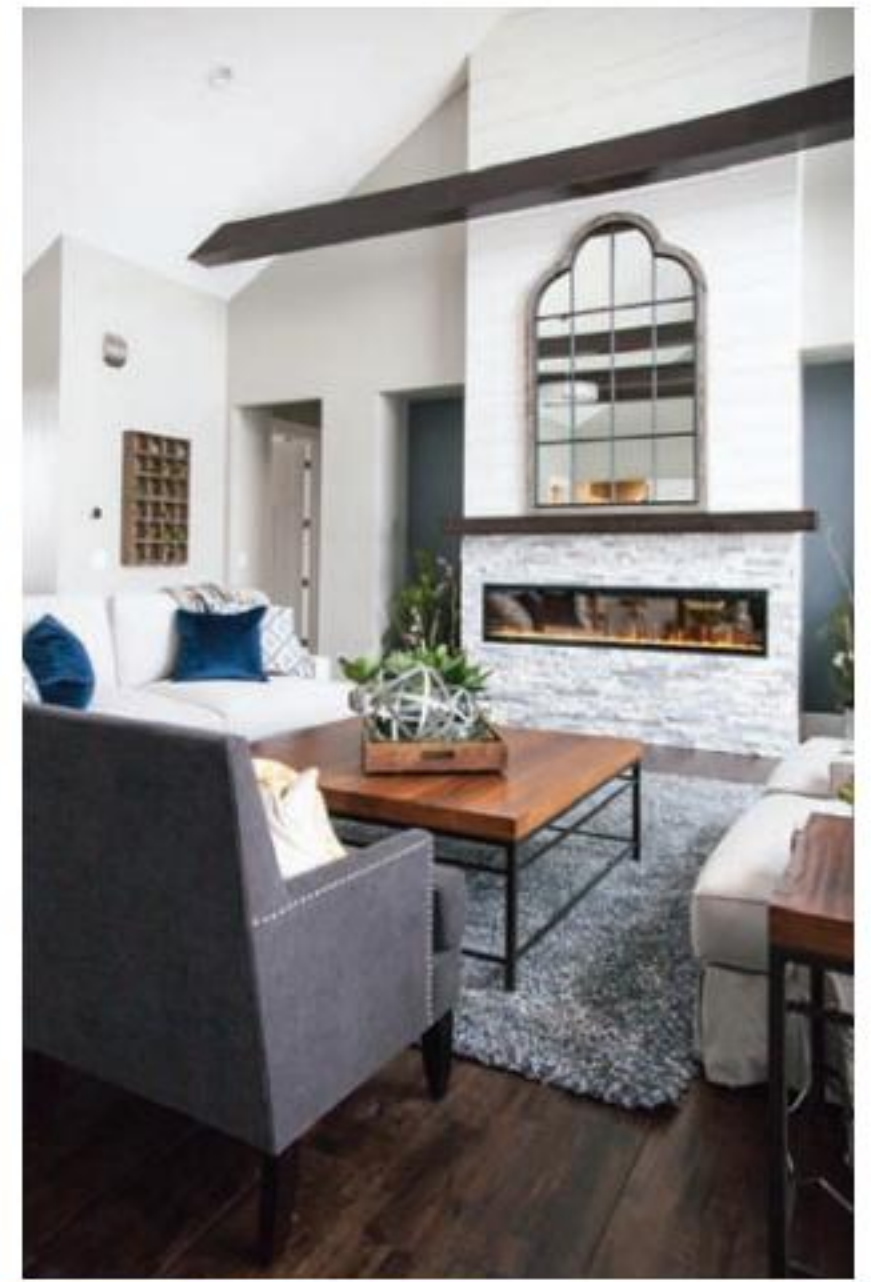
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TERRI FERRAGUT

Every issue, we take great pride in presenting this beautiful local home and lifestyle guide we call *Inspired Home*. Truth of the matter is, without the heart and dedication of this talented and professional team, this publication would not be possible. Issue after issue, their creativity brings *Inspired Home* to your doorstep or area business. They inspire me.

WELCOME TO INSPIRED HOME

Every issue we share a fresh and local approach to your home and life.



SHERI L. FERCHO

An NDSU business graduate, Fercho lives in Fargo with husband Bill, son Ben and their beloved black Lab Jaguar. Fercho appreciates architecture, and

good design. Things that bring joy to her heart—a beautiful rose garden reminiscent of her grandmother's, beautiful landscapes and her faith.

KATE PODOLAK

Kate has always had a love for art and fashion. She enjoys painting abstracts with vibrant colors, spending time with family, traveling and creating recipes in her kitchen. Cuddle time with her cat Ollie is important and she believes the best things in life aren't things.



BAILEY HOVLAND

As an English writing major at Concordia College, Hovland is passionate about writing and social media. "Blending my

obsession for interior design with writing and scrolling through the endless feed of tweets, pins, and Instagram posts is my idea of 'living the dream,'" she says. Hovland enjoys reading, coffee shops, DIY projects and working out.

BERNIE ERICKSON

Specializing in helping his clients make small changes with maximum impact, Erickson is a sales associate with Park Company REALTORS® in Fargo.



WANDA PERKINS

For nearly 20 years, Perkins has creatively written stories about local, national and international people and topics. Her book, *Blessing After Blessing – Seeing God's Blessings in All the Seasons of Life* was published in 2006. An NDSU speech communication graduate, she lives in Fargo with her intelligent rescued dog, Jake.



DAYNA DEL VAL

Del Val is the executive director of The Arts Partnership, where she writes a monthly column on the arts for The Forum, manages two staff members and an active board, and works to support the mission of cultivating the arts in our community through a variety of ways. In other words, she wears 27 hats! She is also a professional actor and writer. She lives in Fargo with her husband and their golden retriever, and she loves when her college-aged son is home on breaks.



ZAINAH HAIDER

Ever since she was young, Haider remembers her parents always taking pictures. "They have inspired me to love photography. We get pretty competitive when we travel, and we see who can take the best pictures," she says. Competition or not, Haider says she will always love photography as an art form.



JOANN OHMA

Ohma has always had a passion for words and how they work together. She loves working behind the scenes at *Inspired Home*, honing and polishing each story into what you read on the page, all while making sure the author's voice shines through.



GRANVILLE WOOD

Wood is an international chef who has worked in London, Stockholm, Toronto, Vancouver, Palm Beach and Houston before moving to Fargo with wife Susie, a doctor with Sanford Health. Most recently he operated The Blue Goose Café in the Plains Art Museum.



LAUREN F. CARLSON

Carlson, a Fargo native and geologist, is a research assistant at Cornell University at the New York Agricultural Experiment Station, where she conducts field work and data collection for the study of shrub willow as bio mass. She enjoys cooking, baking, running, renaissance art and writing.



JILL OCKHARDT BLAUFUSS

Photographing people, businesses, homes and families, Jill Ockhardt Blaufuss places an emphasis on creating technically flawless images, and capturing the spirit, character and emotion of the people and places she photographs. With a background in both photojournalism and video production, Jill also enjoys documentary style video creation for businesses and families.



ASHLEY F. JOHNSON

Ashley Ferragut Johnson, formally from Oklahoma City, has found her way back into the heartland. Living once again in her beloved Fargo—with husband, and two children, she is a Registered Nurse at Sanford Medical Center and writer. She lives for her family, to travel and taste great food and wine. She views life as an adventure, and can't wait to show her children the world.



PHIL STAHL

Stahl began his lifelong passion for all things creative in South Dakota, where time and long landscapes are plentiful. An NDSU architect graduate, with emphasis in art/photography, his two-decade practice with Stahl Architects has led him places to observe life, including Europe and the Middle East. He is an adjunct lecturer at NDSU, national speaker for Intern Development, a regular contributor to regional and national home magazines, and has been featured on HGTV and in Dwell.



GRACE ESTES

Estes has always found writing compelling. Whether it is as simple as writing a card or writing for a local paper, words have great impact on others. She resides in Grand Forks with her husband and spends her free time cooking and hopes to start gardening at the local co-op this summer.



SHAUNA FELLMAN

A small-town girl at heart, Fellman states, "My dream is to raise our kids in the country with days consumed by exploration." Until then, Fellman lives in West Fargo with her husband, John, their two young boys and baby daughter. When not working as a registered nurse, she enjoys traveling, art, cooking, and being outdoors with her family.



ARRANGE A CHANGE WITH THE DRS. OF THE HOUSE



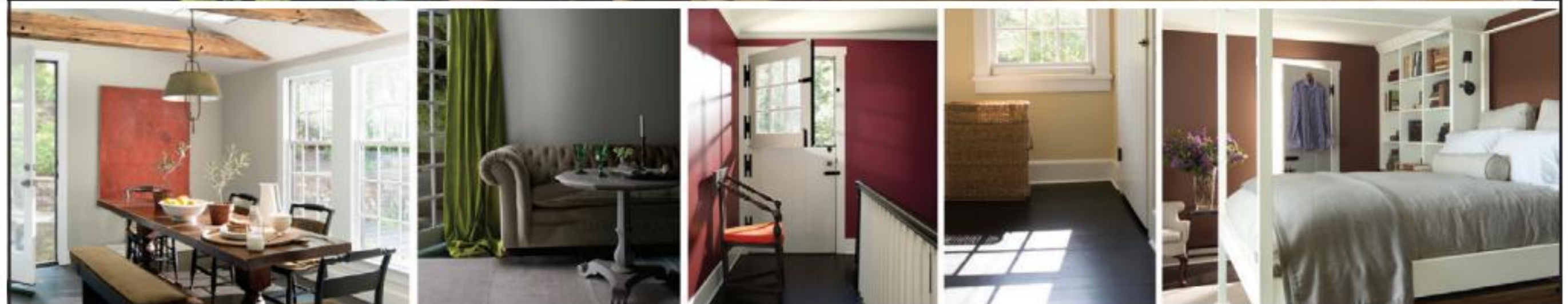
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My yoga life

The ups, downs and in-betweens of fitness

BY BERNIE ERICKSON



What is it about this time of year? Is it the short, cold days and the relentless lack of sunshine? Being cooped up with the ones we love the most to the point where I'm not quite sure why I love them and have absolutely no idea how they could love me? Is it trying to retire the holiday debt before it's time to wrack it up again? Or is it maybe because I look like the pile of snow by the mailbox—a pasty, gray, shapeless blob, crusty on the outside and empty on the inside?

Time to get out and get some exercise.

Having made friends with the treadmill a few years ago, I decided it might be time to try something new, maybe some type of group thing.

Years ago, I discovered the healing qualities of meditation: sitting under the stars, the sound of rushing water turning the noise of the world to a whisper, reflecting on all that was and all that is yet to be and becoming one with the universe—also known as dozing off in the hot tub with a glass of wine.

Always up for something new, I decided to try the latest craze: hot yoga.

Long ago, I came to the unpleasant realization that getting in shape involved either exertion or perspiration, and more often than not, it required both. Hot yoga seemed the perfect way to shape up. Clearing the mind, stretching the muscles, holding a pose and ridding the body of every toxin via perspiration sounded good to me.

Every new life venture tends to require a significant wardrobe investment, so I took out a home equity loan and headed over to the sporting goods store.

I found an eager sales associate and explained what I had in mind. She took me to a rack of slightly form-fitting long-sleeve T-shirts made of hydrothermalwickaway, a synthetic fiber designed to gently banish perspiration. “But isn’t hot yoga all about soaking in sweat?” I asked. She sighed and looked at me with that exasperated look a teacher gives a student who failed third grade math for the fourth time.

The T-shirt was \$96.

I went over to the shoe department and told the sales associate I was joining a hot yoga class and needed the appropriate footwear. He told me that true hot yoga participants went barefoot, something about channeling out the bad mojo.

Whatever.

It’s one thing to join a group of strangers while wearing overpriced T-shirts and dorky shorts that show off my chicken legs; it’s quite another to appear barefoot.

My feet look like the gargoyles on Notre Dame.

Yeah.

Years ago, I discovered the healing qualities of meditation: sitting under the stars, the sound of rushing water turning the noise of the world to a whisper, reflecting on all that was and all that is yet to be and becoming one with the universe—also known as dozing off in the hot tub with a glass of wine.



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Having spent retail years in the mall, I picked up a couple of good behaviors: I like to start my day early, and I appreciate the value of high-quality face cream, cleansing products, hair goop and men’s fragrance.

There’s no way I was going to sweat off \$14 worth of grooming products at some lunch-break workout group. I’d be doing this first thing in the morning.

I’m starting to think personal trainers make up stage names just like movie stars. First there was Guntyr (GOON-tar) the snarly drill master that gave up, put me on a treadmill and then disappeared. Now I would be attending a class taught by Summer-Breeze.

Seriously. Summer-Breeze. Summer-Breeze Thorkelson.

We all sat on the floor in a circle with our feet pointed toward the center. Summer-Breeze cranked up the heat and coached us on some breathing exercises.

Innnnn (pause) aaaaaaand out. Innnn (pause) aaaaaand out.

This seemed easy.

Next, Summer-Breeze told us to move our feet apart, clear our mind, place our hands on the floor in front of us and do the controlled breathing exercise as our hands gradually made their way to our ankles.

Mine got stuck at my knees, and that was that.

By the third repetition of this, sweat was running into my eyes, my hands still refused to travel farther south than my knees, and someone in the room had obviously flushed out some sweat glands somewhere, because the room was starting to reek.

Then we did some things on our hands and knees, did some standing-on-one-foot poses that seemed an awful lot like a sobriety test and then closed out the hour with more of the breathing exercises.

Before I knew it, the six-week session had passed.

And a funny thing happened. I looked a full 2 inches taller because my hunched-over-computer posture was going away. My skin got brighter and clearer. And the leg stretch, hands-on-the-floor thing had gone from stopping at my knees to making it nearly mid-calf.

Maybe another six-week session might be in order. ✱



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Joyce, Fargo Operations Manager



Brad, Stone Specialist

Don Faulkner, professor of architecture and landscape architecture at North Dakota State University created these vessels, artistic impressions of world famous architects. Using high-fire ceramics using 2 different clays, Faulkner explores commonalities between the medium and architecture itself. *



The Centre Pompidou-Metz, museum of modern art in France

Shiguru Ban

A Pritzker Price winning architect from Tokyo, Ban uses inexpensive materials in inventive and often geometrical lines. He uses themes and methods found in traditional Japanese architecture such as the 'universal' floor allowing a space to flow from room to room. Here, Faulkner chose to explore the curvilinear geometric patterns.

Luis Barragan

A Mexican Pritzker winning architect, Barragan is the father of Mexican minimalism. His work, influenced by time spent in Europe, Morocco and North Africa, used simple, yet elegant elements such as walls to create serene architectural compositions. In this piece, Faulkner translated Barragan's horizontal design into a vertical.



Cuadra San Cristóbal, Mexican equestrian estate, Mexico City



World Trade Center Transportation Hub, New York City

Santiago Calatrava

Born in Spain, Calatrava practices in Zurich and New York. He incorporates neofuturistic ideas strongly tied to the human body, bridging the gap between structural engineering and architecture. Faulkner crated "bones" on the outside, twisted by the heat of firing.

Frank Gehry

Canadian born American architect, Gehry has been labeled the most important architect of our age. Rooted in modernism, his work disrupts all expectations creating astonishing buildings all over the world. Here Faulkner expresses exterior architectural surprise with unexpected surface elements.



Weisman Art Museum, University of Minnesota, Minneapolis

Michael Graves

Graves was the premier post-modernist architect producing work worldwide from his offices in New York. He designed countless products for Alessi and Target believing that everyone deserved well designed things in their lives. Faulkner chose to use historical architectural features in his ceramic tribute to his life and work.



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Zaha Hadid

An Iraqi born British Pritzker Prize winner, Hadid was dubbed the "queen of the curve" liberating architectural geometry and dubbed most famous female architect in the world when she died in March 2016. Her buildings seem to melt, bend and curve-organically and sculpturally.



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Jacques Herzog & Pierre de Meuron

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Tate Modern cultural venue, London, England with perforated brick allowing building to "glow" at night.





Seagram Building, New York City

Ludvig Mies van der Rohe

German-born, van der Rohe is considered one of the 20th century's greatest architects. By defining open space with revealed industrial materials used in construction, he helped to define modern architecture of our time. He valued a straight forward approach to design focused on the building's use and structure without added decoration.*

MAD (Ma Yansong)

MAD Architects founder, Ma Yansong, is a rising star on the international architecture scene. With offices in Beijing and Los Angeles he designs organic and highly technical buildings reflecting the human relationship to nature resulting in surreal structures. Faulkner's design references stacked lily pad leaves in an organic tower.



Lucas Museum of Narrative Arts,
Los Angeles, California



Model shown here: Oakland

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↑ Herman Novak, a North Dakota native, has been Fargo's premier architectural artist for the past 50 years.

Architectural drafting and design

The beautiful art of hand-drawn sketching

BY PHILIP S. STAHL, AIA | IMAGES COURTESY HERMAN NOVAK

The computer is an amazing piece of technology, one that inspires and awes. "How did they do that?" has been an exclamation of anyone who has witnessed its capabilities. Architects are no different. Each new generation entering the workforce brings with them technology the previous generation only dreamed of having.

Architects from the great cathedral era of the master builder had knowledge of all the trades: quarrying, stone masonry, wood carpentry. The master builder, usually the head mason, would draw with a stick on smooth sand tablets, communicating a three-dimensional building project via a two-dimensional instrument. This

◀ On the boards: This West Fargo prairie modern is a collaboration of Stahl Architects, Land Elements and Designer Homes. Novak prepared a series of renderings for the owners to understand and discuss the design in three dimensions.



▲ On the Avalon Event Center project, (formerly Playmakers, Fargo) Novak worked with Denise Drake Interior Design, Stahl Architects and owners to turn a former nightclub into a beautiful wedding and conference venue.

required different views of the same object. If the master builder were building a church, he would need to lay out the overall structure to understand the foundation. He would then draw the foundation plan and floor plan at every level and continue on with elevations, looking at the cathedral “straight on” at every direction. Dimensions would then give the different trades the information they needed to construct or carve every element that would be pieced together to make an entire project come to life.

The Renaissance era introduced unprecedented artists and mathematicians who understood perspective, depth perception and how to create a two-dimensional image that looked three-dimensional.

The architects became adept at translating their three-dimensional ideas into not just two-dimensional “flat” images, they but could also draft their ideas using perspective, showing the financiers of the project their vision.

◀ This West Fargo prairie modern residence is shown in a backyard vignette. Landscape architects Land Elements worked with Novak to show plantings, water features and materials of their designs to gain feedback and approval.





“It is like someone tracing over a photo, with accurate vanishing points and perspective to create realistic depth perception. This was Kodak or Polaroid in the flesh!”

Phil Stahl



Mechanical and architectural drafting by hand using parallel rule, triangles, protractors and compasses became a skill to be taught by the science of mathematics and the understanding of depth perception. It was challenging even to the most talented and creative people at their initial exposure to this rigid art form. Add to this the ability to colorize drawings with marker, colored pencil, watercolor or paint. Among architects and draftsman, natural talent launches a select few to the top.

My North Dakota State University architecture class was talented, but out of 30 or so, only three were so amazing that we jealously craved their talent. These students were able to sketch what they envisioned in their head, and they naturally sketched—without drafting tools—in three dimensions. Their coloring skill did not lag far behind.



↑ ↑ ← The Thomas Residence, south of Sioux Falls SD, overlooks Newton Hills State Park. Architect Phil Stahl, asked Novak to show various color schemes to help owners decide material selections.

↑ ← The Swift Lake home on Little McDonald MN sits on a 40 foot bluff on this clear lake. Native MN White pine adorns the middle gable with a king post truss. Novak rendered this image as a marketing tool for the architect.

← Interior of the Swift home project is shown here. Novak, like most architects, share a love for classic Stickley furniture of the Craftsman era as seen sketched into this image to compliment the wood work.

The dawn of computer-aided drafting—or CAD—brought the less talented up a notch, for the computer combined all the drafting tools along with the mathematics of perspective into a software package. Firms today commonly use programs such as Google's SketchUp and AutoDesk's Revit to prepare presentation-quality images for the client to understand what the designer envisions. These programs can add a "sketchy" quality to the lines to provide the faux human touch to the imagery. Is the hand-drawn sketch becoming a lost art form? No, not if you ask my friend Herman Novak.

Herman studied architectural drafting at the North Dakota State College of Science in Wahpeton and has served as project designer and master builder for more than 40 years. Herman is well loved and respected in the interior design and architecture community.

I met Herman in 2000, partnering on projects. I observed a master at his craft, sketching free-hand architectural designs that colleagues were verbalizing while at the conference table, many times right in front of the clients. His miraculous work is like tracing over a photo, with accurate vanishing points and perspective to have realistic depth perception. He was Kodak or Polaroid in the flesh. Herman's skill continued, adding a splash of color and finished shades and shadows with a marker to make images pop.

Working with him, I noted his requests for actual project materials, allowing him the best vehicle to achieve the most accurate of rendering. I saw with my own eyes how a complicated carpet pattern would come to life on an interior sketch.

Clients commonly request his drawings to frame and hang on the wall in their homes or businesses. That, my friends, is what I call beautiful art. My deepest respects go to this gentleman. I hope you enjoy Herman's talent in these images as much as I have through the years. *



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GARDEN

Simply Succulents

Enjoy the versatile beauty of this special plant

BY BAILEY HOVLAND



Due to their impressive ability to retain water and tolerate neglect, succulents require little effort and lend themselves to novice gardeners who lack a "green thumb."



Lush green leaves tinged on the end with a deep shade of violet open upwards as if masquerading a flower. Thick stems climb high, punctuated by soft green spikes. Lemon-lime tendrils burst from stems obscured by their abundance. These plants, hardy and full of life, are succulents. You can imagine them as a hybrid between an average houseplant and a cactus.

Their leaves and stems resemble sturdier versions of houseplants, yet their ability to retain water for a longer period mimics the cactus. Cacti are considered succulents with an extraordinary ability to store water. Due to their impressive ability to retain water and tolerate neglect, succulents require little effort and lend themselves to novice gardeners who lack a "green thumb."

Succulents come in innumerable sizes and shapes — perfect for personalizing your home. Whether you plant them in ornate teacups for an eclectic vibe or in traditional pots, they

↑ With sprawling stems, complete with bulbous leaves; dark green stalks that reach for the sky; and smooth leaves that spill gently over the rim of the planter — these three plants exemplify the vast variety of succulent beauty.

↓ These succulents are uniquely displayed in a modern geometric terrarium, which displays the plants and the artfully layered soil through the copper-edged glass panes.



← A gorgeous arrangement of ivy-green and eggplant-purple succulents thrives in this delicate, sky-blue teacup and saucer.



↑ From the purple points on the tops of the Sempervivum “Mahogany” plants to the fiery red and orange leaves of the Crassula Capitella “Campfires,” this succulent arrangement dazzles with its array of color.

give life to a space and provide the greenery that Midwestern early springs are often without. Their versatility adds to their functionality. I have seen them displayed in antiques, such as tin tea containers in coffee shops; in minuscule pots attached to magnets on the fridge; and in large planters that rest on front door steps.

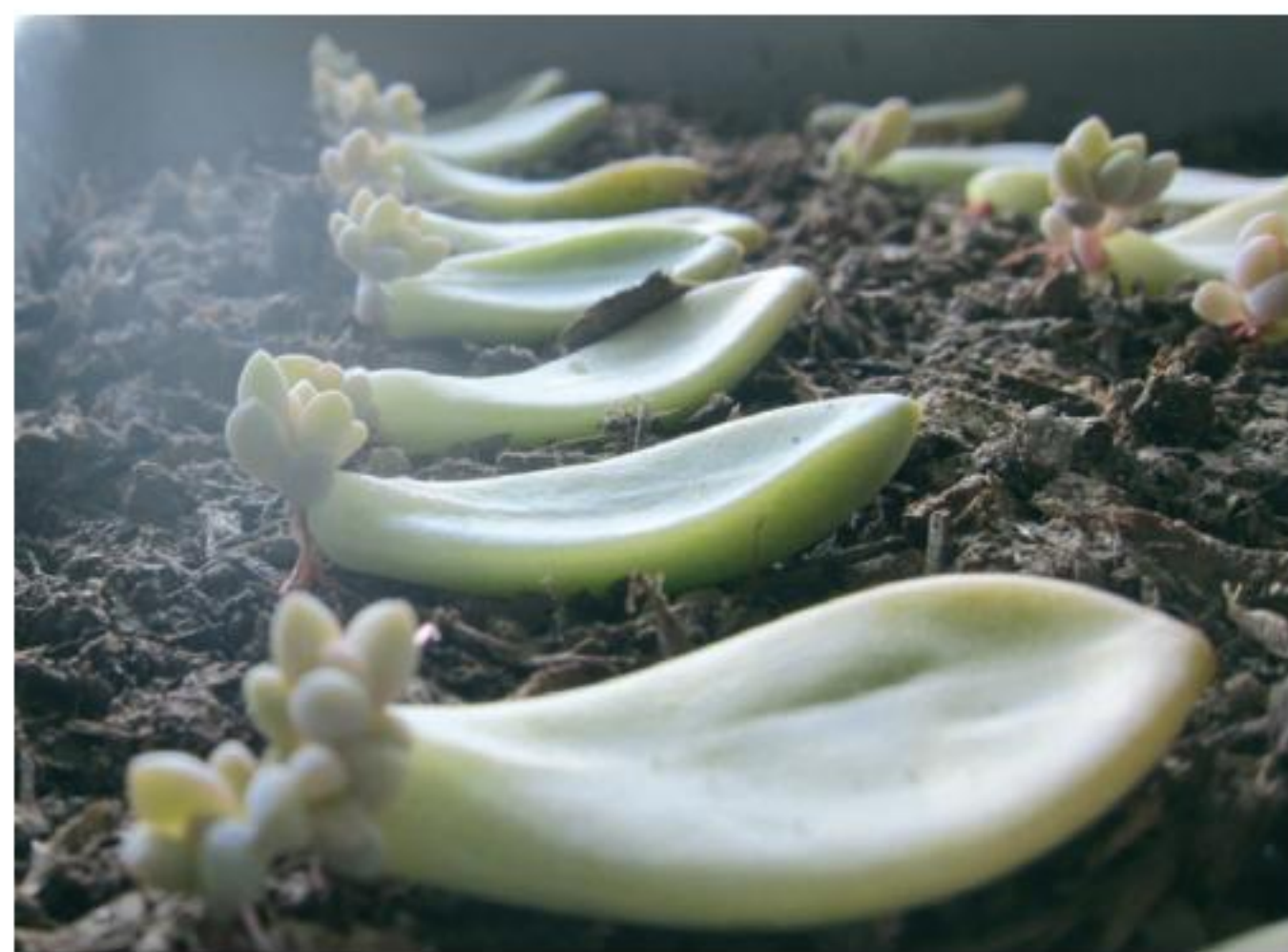
If you are a modernist, go for an edgier look and put them in glass, geometric terrariums. To achieve a more organic style, grow your succulents in mason jars, hand-decorated ceramic pots or outdoors in a wooden stump.

The easy propagation of this species is a big plus, making it simple to expand your collection of succulents throughout the home for little to no cost. If a succulent is beginning to grow larger than its container or you simply want another plant for your office, pull off a full leaf, taking care to get the entire base. Drying the leaf is an essential step to avoid rot, so allow them to air-dry for a couple days. You will know when it is ready to be planted when the severed end has hardened and callused. Next, place the cuttings on a tray of well-drained cacti or succulent soil in indirect light. Water rarely and in a couple of weeks, the parent begins drying, pink roots sprout and the “baby” will become visible. Transfer the babies to pots using cacti or succulent soil. Lay directly on top of the soil and they will take root!

The popularity of this unique plant is growing. The term #plantmom

has been adopted as a hashtag across various forms of social media profiles flaunting their “specimens” to followers. Instagram accounts are dedicated to creative and unique ways to embellish the home using these diverse plants.

With hardiness, beauty and ease of propagation, succulents are coming on strong — so move over traditional houseplant. There's a new member of the Kingdom Plantae in town, and its name is succulent. *



↑ Here is a natural, visual testimony to show the ease of succulent propagation — further demonstrating just how easy it is to multiply your entire succulent collection.

Plant Talk

Inspired Home asked J.D. Shotwell, fifth-generation Shotwell and vice-president of Shotwell Floral Company of Fargo, for tips on succulents.

J.D.: Succulents can be grown inside or outside, but like many plants they need plenty of light. They require strong, filtered light — at least a couple of hours of direct light. Their preference is cactus soil, but a good soil-less potting mix will work. Fertilizing is important, especially during the winter months, when they are not receiving as much sunlight. Don't water as thoroughly as you would a regular green plant — a little goes a long way.

Also, most varieties of succulents are prone to aphids and mealy bug, small, white fluffy specs that look like cotton, so use an insecticide as preventative maintenance.

J.D. suggests: If you are trying to grow succulents indoors, buy plants with bright green leaves (instead of gray, blue or purple leaves). If planting succulents in the ground outside, you might want to consider adding sand to the soil for extra drainage. Succulents prefer direct light outside and heat!

Burro's Tail: Extremely delicate leaves will fall off at the slightest touch, so place burro's tail in a spot where it won't be disturbed. A *Sedum morganianum* has bluish green leaves and when blooming, has tiny red flowers.

Aloe Vera: Hardy indoors or out, aloe is your friend. With more than 250 species of aloe, the one known as "true aloe" is aloe vera (*Aloe barbadensis*).

Pencil Cactus: *Euphorbia tirucalli* hails from Africa and earned its pencil cactus nickname for the shape of its branches.

Paddle Plant: An exception to the "bright green leaves only" rule, *Kalanchoe* will thrive indoors in indirect or bright light. A *Kalanchoe luciae* looks like it's wearing lipstick on the edge of its leaves. The rosy edge makes it a good candidate to combine with other red or purple leaved succulents. ✱

Hens and Chicks: Grow in tight clusters that look like rosettes. Hens and chicks spreads quickly to fill a container or a bare, sunny spot in a dry garden. There are thousands of varieties of *Sempervivum* with leaf colors ranging from deep green to pale blue to purple-tinged. ✱



J. D. Shotwell

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“I really consider Scan Design as being perfect partners, as we both share high ethical and environmental standards with a love and appreciation for good, clean designs with quality craftsmanship.”

Bo Jensen, Skovby operations manager

Working in a quaint workshop as a Danish cabinetmaker in 1933, Thorvald Rasmussen took great pride in crafting furniture pieces from a variety of natural woods. Word soon spread of his quality craftsmanship, as he and his son, Villy, fulfilled orders. Today, more than 80 years later, his grandsons Preben and Jørgen Rasmussen continue the tradition of their grandfather's craft.

Internationally respected and recognized, Skovby now operates from three factories in Denmark. The company's commitment to innovative designs, cutting-edge business technology and minimal environmental impact is unprecedented. Each piece of furniture is meticulously crafted, expressing simple, clean lines, superb standards and natural materials.

Skovby's versatile dining tables are just one example of how the company beautifully merges flexibility and practicality into everyday living. For more than 25 years, designer M. Arch. Per Hånsbæk has partnered in creating outstanding designs that have generated global popularity. “Skovby creates timeless products that have an equal balance between design and functionality,” explains Bo Jensen, Skovby operations manager. “Some of their dining tables have a unique, patented leaf mechanism which allows additional seating capability.”



↑ Mary Larsien-Cantrell stands in her large showroom at Scan Design in Fargo.



← Skovby's #27 Dining Table depicts simplicity and elegance. Three extension leaves easily store beneath the tabletop allowing seating for 8 people. With the purchase of additional leaves, this magnificent table seats up to 20 guests.



↑ Prefer to dine within a round setting? Skovby's #32 Dining Table features a unique extension system utilizing a spring beneath a triangle in the table's center. It easily inserts three additional leaves, extending to seat 6 to 9 guests.

→ Inviting and functional, the #32 Dining Table is available in a variety of options to customize your dining experience.



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← For those desiring a rustic setting, with a hint of retro, Skovby's Plank Table offers seating from 8 to 10 guests. Shown with Skovby's #40 Sleigh Chairs, this dining table is contemporary and welcoming.



↑ The Plank Table simply extends to accommodate additional guests.

Another dining table features a push-button mechanism that adjusts table heights. Combined with a wide variety of finishes, including several hardwoods, veneers, soap-finishes and glass, these dining tables offer an array of distinguishing choices that complement every home's décor.

"Skovby's patented mechanisms truly make life a bit easier," adds Mary Larsien-Cantrell, Scan Design president in Fargo. "Customers are amazed by how simply their tables expand, almost like magic. But what I like best is hearing how customers still love their Skovby table many years later."

Producing furniture with care, intelligence and skill, Larsien-Cantrell says Skovby's approach is one of partnership, support and long-term relationships with their customers. Over the years, she has developed an enduring friendship with Jensen. During the 1990s, Jensen visited Larsien-Cantrell, who was managing a store in Minneapolis. "Throughout

the years, we have shared many meals and good laughs," she recalls. "Twice I have visited their modern factory in Denmark, and both times, they hung an American flag for us."

With functional and contemporary designs and quality craftsmanship that endures, Skovby continues to excel in creating furniture that intrigues preferences throughout the world. Boasting that they are 100 percent Danish and 100 percent Danish design, the company strives to continually create improvements within their employees' work environment, as well as their impact on the world's environment.

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“Customers are amazed by how simply their tables expand, almost like magic. But what I like best is hearing how customers still love their Skovby table many years later.”

Mary Larsien-Cantrell
Scan Design president in Fargo.



↑ For those customers requiring adjustable heights, Skovby's #30 Dining Table simply raises or lowers using a push button from beneath the tabletop. Seating for 8 to 12 guests.



↑ Versatile within any décor, Skovby's #30 Table is shown with #50 Dining Chairs which feature adjustable height, creating a practical and beautiful dining setting.



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“Nearly 25 percent of our workers have been with Skovby for more than 25 years,” notes Jensen. “We follow the strictest environmental standards in the world and use only water-based stains and lacquers. Wood waste and sawdust are recycled and utilized to warm up our factories. Absolutely nothing is wasted. I really consider Scan Design as being perfect partners, as we both share high ethical and environmental standards with a love and appreciation for good, clean designs with quality craftsmanship.”

Now spanning three generations of craftsmanship and leadership, Thorvald Rasmussen's honest and dedicated hard-working resolve continues. Inspiring people around the world, Skovby's tradition of excellence in quality furniture designs will likely be enjoyed for years to come. *

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A man with short dark hair, wearing a black V-neck sweater and dark blue jeans, stands in a bright, modern kitchen. He is leaning his right hand on a white marble kitchen island and has his left hand in his pocket. The kitchen features white cabinetry, a subway tile backsplash, and a dark countertop. A large bouquet of white daisies in a rustic metal bucket sits on the island. In the background, there are glass-fronted upper cabinets and a small potted plant on the counter.

Standing in the Paulus home is friend and architect
Jan Mevold, Mevold Studio.

Envisioning Family

*Captivating views inspire
farmhouse appeal and
superior craftsmanship
in design.*

BY WANDA M. PERKINS
PHOTOGRAPHY BY JILL OCKHARDT BLAUFUSS

A rustic, distressed-wood farm table with handy benches for the children was chosen for the dining area. Overhead, a playful cable light fixture and a nearby metal side table offers the perfect spot to display farmhouse-style items.





↑ Seated left to right is the entire Paulus family: Carter, Kenny, Grace, Danielle and Mason.

Avid hockey enthusiasts Kenny and Danielle Paulus and their three children, Carter, Grace and Mason, thought building a home on a picturesque Shadow Creek lot in West Fargo seemed ideal. If only they could find a way to keep the pond frozen for skating all year long.

“Working in the development, construction and project management business, I’ve always wanted to tackle the home-building process,” Danielle admits. “The opportunity to have a backyard pond for Kenny and the boys to play hockey was really what sold us.”

Open, elegant and inviting, the Paulus home combines modern convenience with farmhouse character.



↑ Pictured is designer Denise Drake who coordinated the selection of colors, finishes and furnishings for the Paulus home.



↑ Handy to the kitchen, the butler's pantry includes a wine cooler and appliances, using everyday family items, like children's rain boots, for interest.



↑ A beautiful, quartz island with a waterfall edge offers a wonderful family gathering spot with six barstools. Above the white kitchen cabinetry, a mirrored, metal farm clock adds focal charm.

Dark-stained poplar ceiling beams, peaked ceilings, shiplap, a stacked-stone fireplace and easy-care furnishings all combine to create an inviting family room.





↑ The home's front exterior shows modern, craftsman-style with slate blue and khaki Smart Siding and Ledge stone accents that complement dark garage doors and impressive crisp white trim work.



↑ From the rear and pond side of the Paulus home, square white architectural columns showcase a spacious upper deck and lower seating area.

They contacted friend and architect Jan Mevold of Mevold Studio and also relied upon designer Denise Drake to select all the finishes, colors and furnishings. "We met on-site to discuss their requirements and how to best utilize the natural site conditions while maximizing the views and beauty from the home," Mevold recalls. "After developing a concept design to meet the family's needs, builder's budget and timing, I refined the design based on conversations and feedback throughout the design process."

The couple sold their home in Reile's Acres, moved into an apartment during the design process, spent hours researching various home

styles featured on Houzz, and watched HGTV's Fixer Upper. "Jan listened to our needs and wants and focused on incorporating them. He envisioned the house as a lake home with many windows," Danielle says. "We didn't realize the impact the natural light would make. Denise successfully pulled off the farmhouse look we desired by using unique design features like waterfall islands, wallpaper niches, shiplap, barnwood and generous trim work throughout the home. It's truly amazing!"

↓ Rustic, paned mirrors frame artwork above the fireplace in the sunroom. Shiplap, neutral furnishings and gorgeous pond views make this room a family favorite.







← The lower-level bar with its metal bar stools, rustic wood wall and ceilings and granite waterfall-edge island perfectly complements the nautical trio of metal and rope-accentuated light fixtures.

↑ Their lower-level family room features a fireplace, relaxing furnishings and walk-out, French doors to a patio.

Construction on the modern, craftsman-style rambler began with Spire Custom Homes' team of exceptional builders. The main level and walkout basement feature 2,720 square feet. Mevold added an 840-square-foot bonus room above the garage and incorporated a secret play space above Mason's room, complete with a metal, pull-down ladder, a private escape from little sister Grace.

Slate blue and khaki Smart Siding with Ledge stone accents and white trim create a nautical curb appeal and complement dark garage doors. An arched entrance and inviting porch play center stage to peaked rooflines, expansive Andersen windows, square architectural columns and a circular driveway.

Inside, the family room's 19-foot peaked ceilings and massive windows boast peaceful pond views. A stacked-stone fireplace is topped with shiplap. Around the corner, a cheery sunroom with an additional fireplace offers another cozy gathering spot.

"This project embodied a young family that works hard and plays hard. They desired a casual, youthful and comfortable space where their children could grow," Drake explains. "As in their lake home, Danielle was attracted to colorful, textural items that were easily maintained, like



↑ Grace is seated with the remote control, ready to watch her favorite movie in the downstairs theater room.



↑ A blue leather chair and chunky wool throw, combined with padded green headboard and royal blue pillows and paint create a luxurious master suite.

← ← Grace's sunny and sweet bedroom features shades of soft blue and pink.

← Even Grace's tiny shoes are organized and accessorized in farmhouse style!

“This project embodied a young family that works hard and plays hard. They desired a casual, youthful and comfortable space where their children could grow.”

~ Denise Drake, designer

distressed coffee and end tables, linen slip covers and washable upholstery. Combining these concepts with farmhouse accessories, photos, artifacts and textural details created the easy-living home they needed.”

Across the great room, the dining area features a rustic, distressed-wood farm table with benches perfect for children. A sleek, silver-and-glass cable light fixture and coordinating wallcovering add elegance. Beautiful quartz kitchen countertops complement white cabinetry, brushed nickel hardware, high-end appliances and black granite accents. Overhead LED can lighting and oversized circular silver mesh light fixtures showcase hand-scraped wood flooring in rich walnut. A nearby butler’s pantry, mudroom, laundry room and magnificent powder room invite functionality into this family-focused floorplan.

Even the master suite is conveniently located to promote beautiful views. Complete with gray subway tile, heated ceramic flooring, a walk-in glass shower and a custom-designed closet space, the suite provides a relaxing respite for busy parents.

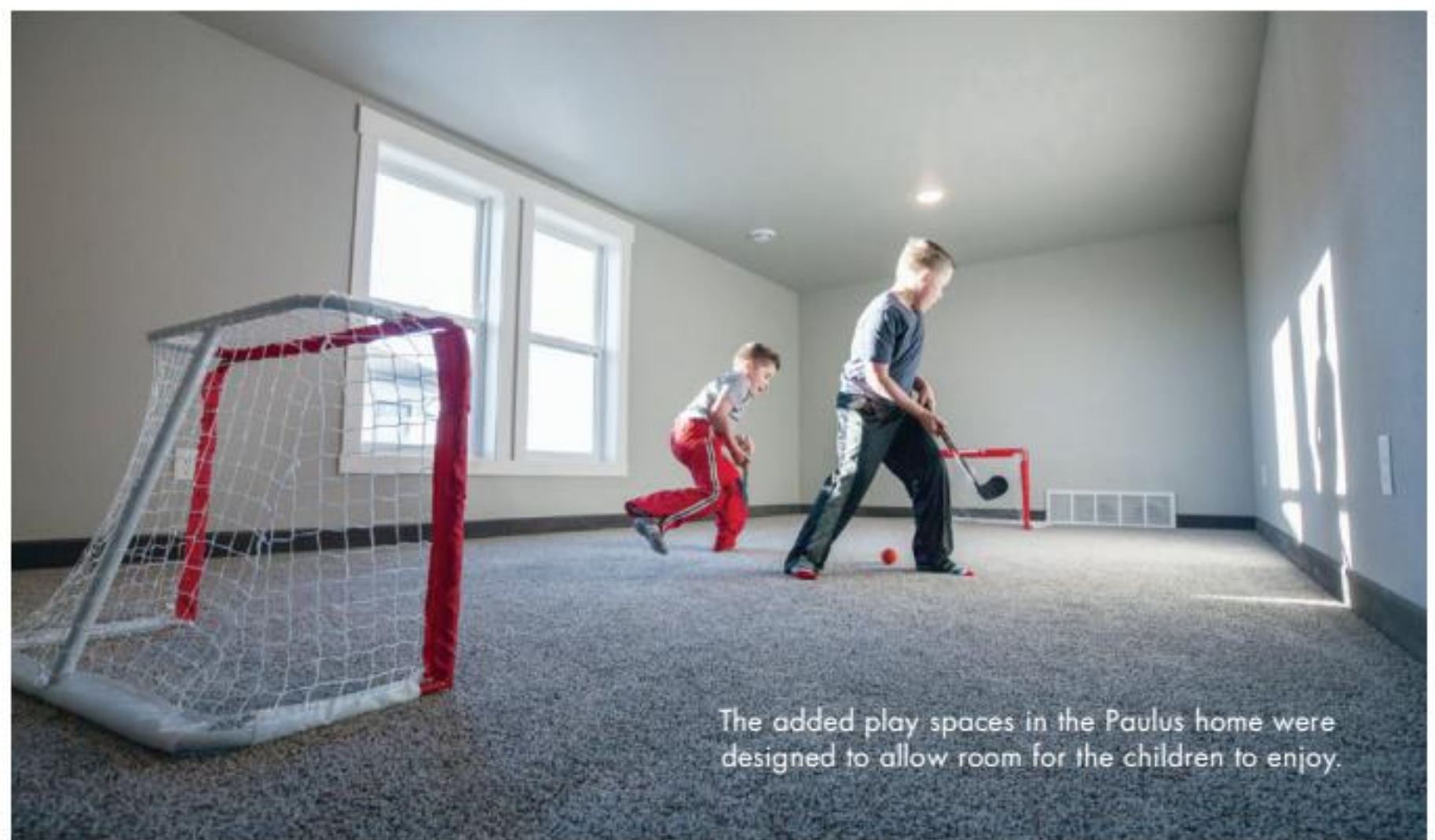
“Deciding upon 10-foot ceilings and 8-foot doors enhanced the spacious look we wanted,” Kenny notes. “My favorite feature is the downstairs theater room, mostly because my wife gave me 100 percent design control!”

When not working as a software development manager, Kenny enjoys the cozy lower level with large walkout sliding doors. Carter’s hockey room is also downstairs, along with an additional bedroom, bath, large family room and bar area with an insulated wine cellar.

For now, cuddling with the kids, enjoying Saturday morning cartoons, enjoying a cup of coffee and hockey, hockey, hockey—that’s one family’s happy reality. ✱



Mason loves his bedroom too, especially the metal, pull-down escape ladder to his secret play area.



The added play spaces in the Paulus home were designed to allow room for the children to enjoy.

Contributors:

Contractor: Spire Custom Homes | Architect: Mevold Studio | Interior Design: Denise Drake Interior Design | Lighting: Valley Lights | Flooring: STC Flooring | Fireplace: Hebron Brick | Cabinetry: Clearwater Cabinets | Countertops: Northern Stone | Sound System: Spire Custom Homes | Windows: Anderson | Floral Designs: Shirley Stavedahl | Furniture: HOM/Gabberts Fine Furnishings

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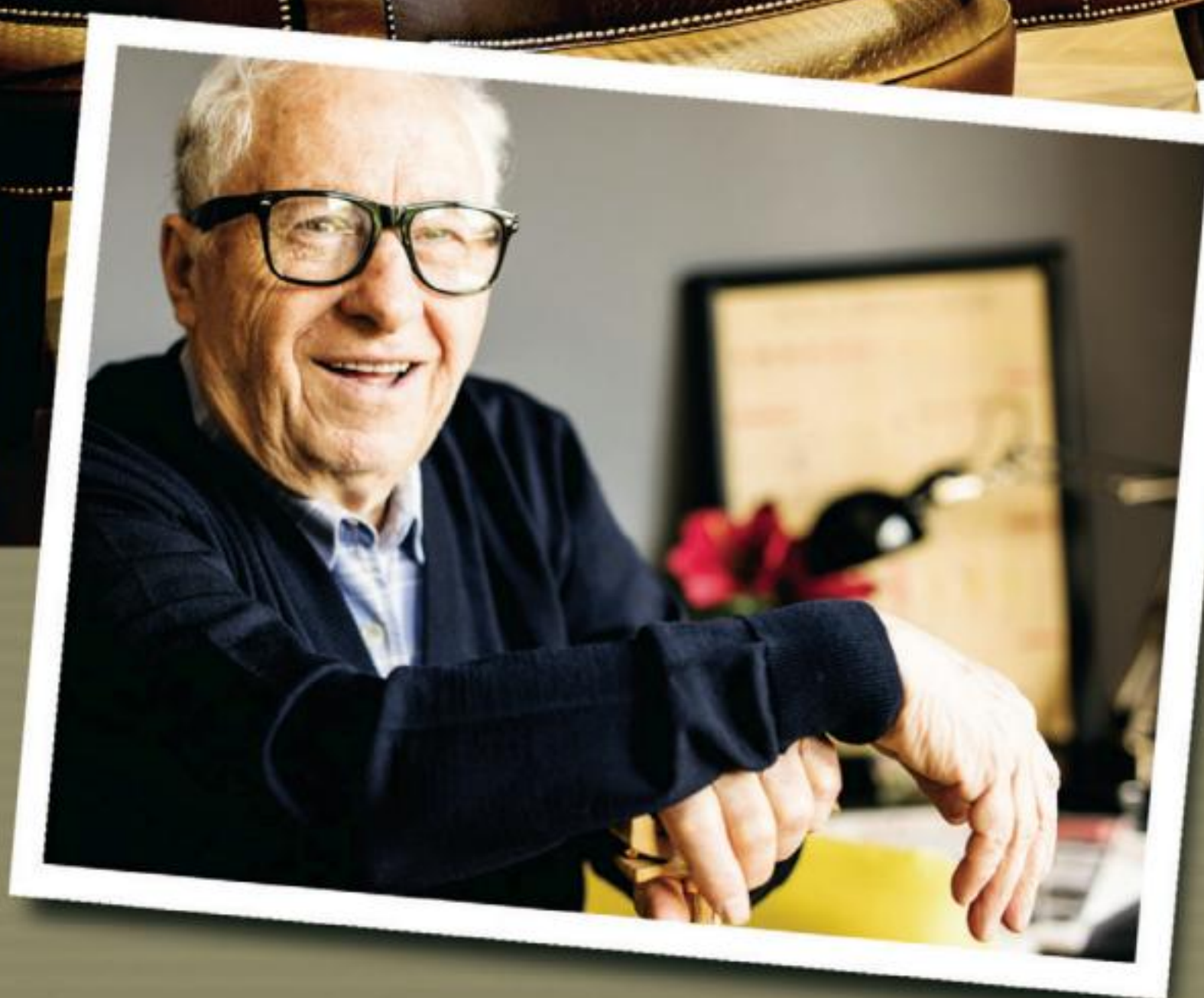


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The welcoming foyer of the Elizabeth Wright Ingraham-designed home is exquisitely complimented by a stunning trio of brick, rich woods and natural light.

ARCHITECTURAL ICON OFFERS BEAUTY AND HISTORY

Making the right decision for the “Wright” reasons

BY JAMES FERRAGUT | PHOTOGRAPHY BY JILL OCKHARDT BLAUFUSS



↑The Stern home exterior reflects the inherent architectural themes of Elizabeth Wright-Ingraham's grandfather, Frank Lloyd Wright. His organic signature often featured an L-shaped design that graced terraced gardens and cantilevered overhangs for passive solar energy. Photo by Zainah Haider

Imagine waking up in a different home every morning for 34 years. That is how John and Sherri Stern feel. Every day the Sterns see their home in new ways with each passing hour. It could be the way the light streams through the narrow “clerestory” windows to the east in the morning. Sitting at their dining room table looking through the kitchen windows, their view perfectly showcases congruent, symmetrical angles artfully intersecting the precise lines of the exterior copper and brass trim elements of the roofline.

The Sterns have been living in the only remaining house in Fargo-Moorhead designed by the Elizabeth Wright Ingraham, granddaughter of America's most influential architect Frank Lloyd Wright.



↑ John and Sherri Stern stand near an original hanging light, the light-harvesting clerestory windows and the horizontally grained wood built-ins, typical of "Wrightian" influence. Photo by Zainah Haider



↑ The openness of the cantilevered overhangs lends testimony to the harmony between humanity and its environment- an important design theme in Wright architecture. Photo by Zainah Haider

In 1956, original owner, George Anderson, contacted Frank Lloyd Wright asking him to design their Fargo home. The architect famously replied, "I have 10 more years left in me and 20 years of commissioned projects ahead of me. I wouldn't take another job for \$1 million." Wright recommended his granddaughter, a young and ambitious architect in her own right. She accepted the



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Natural light floods the Stern kitchen which was remodeled in keeping with the unique design characteristics that define the "Wrightian" architectural style.



↑ An interesting view for them is through their kitchen window which provides a perfect "frame" for the beauty of the intersecting lines of the cantilevered overhang. Photo by Zainah Haider

commission for the Fargo home and the rest is architectural history.

Stern credits his well-traveled mother for encouraging his interests in architecture, classical music and the fine arts at an early age. He first experienced a Frank Lloyd Wright building at age 8, touring the world-famous Guggenheim Museum in Manhattan.

As a child, Stern would ride his bike past the architectural icon that is his home now to visit friends who lived down the street. He remembers how the homes along River Road seemed to embrace the woods leading to the Red River. He recalls "the magnetic mysteriousness" of the flat roof design and the symmetry of the angles with the undeniable awareness that there was no other home like it.

Stern has said that living in his home is like being inside a continuous, transitional work of art. "The house seems to change moods minute

→ A stunning original star pendant hangs in perfect balance with a ceramic art collection and with original Hebron bricks that were custom made for the original owners, to match the size used by Frank Lloyd Wright- longer and more narrow.



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KAREN ANDERSON
 DESIGN CONSULTANT



"The house seems to change moods
minute by minute at the mercy of the
sun, clouds and season."

John Stern



Brick, glass and light is a beautiful reoccurring design element in the Stern home as seen here in the living room.



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↑ A sun room provides a beautiful view and a quiet spot for reading a book or a game of scrabble. The beauty of nature seems to "enter" the home—another aspect of Wright design.

by minute at the mercy of the sun, clouds and season," he adds. Wright Ingraham's visionary "prairie-style architecture," the use of organic materials, low horizontal lines and the natural openness is what invites light and nature to reveal the true soul of their home.

The Fargo Historical Society has recognized their home as an "Architectural Treasure" and it is in the process of being listed on the National Register of Historic Places, authorized by the National Historic Preservation Act of 1966.

Stern recalls a recurring dream he had as a young boy in which he found himself on a train traveling through the countryside. The train stops in a heavily wooded area near a river by a house that he was drawn to, but could not see clearly. That dream means now more than ever to Stern.

Nearly 34 years later, their home on the Red stands tall and proud and as Stern says, it is our job to love it, maintain it and protect it."



← A lovely area of respite, this lush garden provides the perfect back drop for the Frank Lloyd Wright inspired garden fountain and two garden sprite reproductions from the originals in the Midway Garden Complex in Chicago.

→ Verdant green, terracotta and nature's realm provide a beautiful setting for the home the Sterns have nurtured with as much tender loving care as a treasured friend.





↑ The Stern family's rich heritage of music and support of the performing arts plays off the background of the historic architectural legacy of the brick, mortar and natural light.

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UPDATE:

After the 2009 flood, the topic of protection plans involving Stern's neighborhood began to take shape, including the destruction probability of all the homes. Above the 100-year flood plain, the Sterns said they would not sell and still hold fast to that belief today.

In May 2016, a city plan to tear down all the houses on the riverside of the street was presented — saving their home was not part of it and the flood protection talk continued.

In late November 2016, all riverside homeowners received letters reading they had 45 days to accept a buy-out from the city for this project or legal action would be taken.

Stern immediately organized a campaign reaching out to everyone he could to contact city commissioners about the home's plight. He received word from the State Historic Society (responsible for vetting applications for the National Register) that their home would qualify, encouraging completion of the



↑ Sherri Stern relaxes in the living room, surrounded by everything she loves—her art, music and beautiful architecture.

process for the National Register.

January 2017, in a city commission meeting, the Stern home issue was re-addressed and with a 3-2 vote, it was decided to proceed with the floodwall project demolitions with the exception of the Stern home. Then referred to the Historic Preservation Commission, it was voted unanimously to save the home.

At the time of this interview, the Sterns remain hopeful that the architectural and historical beauty they call home remains safe.*



Inspired Home last spoke with Elizabeth Wright Ingraham in 2008. In January, 2013, we spoke with her daughter Christine Ingraham to learn that Elizabeth had retired. Elizabeth Wright Ingraham died of congestive heart failure, September 15, 2013 at the age of 91.

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INSPIRED ART

Artist:
Kate Podolak



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When artist Kate Podolak thinks back to her childhood, she remembers one of adventure and creativity. "My mother always had me painting or doing some type of art project. I give a lot of credit to her because she shaped who I am today as an artist."

Podolak enjoys working with different mediums from acrylic paint to black ink wash which is a particular favorite. Inspired by her travels abroad and her love of nature, animals, and bright colors, new ideas present themselves daily. Eager to put them onto canvas or paper, they become original pieces born of her emotions.

"I love watching people light up when they see their commissioned piece of artwork for the first time. It brings a big smile to my face knowing that they love what I did for them."

The reward for Podolak is a gratifying one. "The client receiving my artwork may see something completely different than me. I created it using my own artistic vision but everyone else will have their own interpretation. I want to inspire people and encourage them to have their own impression of my work. That is what makes art so special, it gives everyone a voice."*



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Aging Pets

Caring for your senior dog

BY ASHLEY FERRAGUT JOHNSON



↑ The graying of the muzzle and around the eyes of this healthy senior German Shepherd is in contrast to the young pup sitting near.

↑ A Boxer is considered to be a senior at 7 or 8 years of age, but still requires daily walks for exercise to lead a healthy life.

As we get older, we take proactive steps to make the aging process smoother and easier. We pay closer attention to our diets, visit our doctor regularly, and try to remain active. Maybe we start taking more vitamins, and occasionally take Ibuprofen for unpreventable aches and pains. Some of these same ideas can be utilized to assure a positive transition for our aging family pets. We reached out to our good friend at West Fargo Animal Hospital, Dr. Amy Anderson, to weigh in on the topic of senior pets.

It is important to anticipate our pet's needs and to pay attention to changes in their activities of daily living. "If you are noticing that pets seem stiff, sore, or are slow to get up after resting, it is quite likely they are experiencing some level of arthritis, or degenerative joint disease." In these cases, there are many things we as pet owners can do to ease their pain. Minor adjustments can be made around the home to make



↑ Known as the "hip lift" or "support harness", this sling gives your pets' hindquarters the helpful boost they need from a sitting to standing position or up and down stairs.

getting from point A to point B easier for your furry friend. Dr. Anderson suggests utilizing adaptations such as ramps and pet stairs for cars or furniture to be used to help your pet hop down from the couch, up on to the bed or to simply navigate the house easier. There are also "assistance slings" that can be purchased for dogs to aid them in going from a lying position to standing.

Just as in humans, pets may begin to have trouble with their hearing and vision, so pay attention to whether your pet begins "startling easily, sleeping through your return after a long day at work, or has difficulty finding treats on the floor or bumps into things. These are signs that your pet's senses may be failing." Keep your home free of clutter and debris, so Bruno has a better chance of moving to and fro.

It is also imperative to provide our aging animals with a sense of purpose each day and allow them to partake in physical activity and the things they enjoy. If your family pet is no longer able to sustain long summer runs or fetch the tennis ball as before, it might be time to research some alternative physical activities. Search your local listings for pet-friendly services such as aqua therapy.

"Light to moderate regular exercise is very important for aging pets to keep their joints mobile and pain free," Dr. Anderson says. "Acupuncture and massage are alternative therapies that are generally free from side effects and can help to relieve pain and muscle tension." It's no surprise that things such as massage and acupuncture, which can provide great relief for two-legged patients, would

It is imperative to provide our aging animals with a sense of purpose each day and allow them to partake in physical activity and the things they enjoy.

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elicit the same responses in those with four.

Lastly, let's not forget one very important aspect of the daily lives of our animals ... what we feed them. As with any human or animal, what we put into our bodies can have drastic effects on our health and emotional well-being. Feeding a specialty senior diet food can also help because these often have important added vitamins, supplements such as glucosamine chondroitin for joints and high fiber to aid in the all-important bowel procedures. You should speak to your veterinarian before making such changes in diet, of course, but these minor tweaks in what they ingest may put a little pep in your pet's step.

While many age-related ailments in our pets are unavoidable, certain things are more worrisome than others. Some of the more serious symptoms that may be cause for concern are increased water consumption, frequent vomiting, diarrhea, persistent coughing or weight loss. Dr. Anderson says all these things can be reason for concern and would certainly warrant a trip to your local vet.

Paying attention to your pet's physical and emotional cues can give good insight into how they are feeling. Provide your pet options for alternative physical activity, splurge for the specialty senior diet food and give them a boost if they need a helping hand getting into bed. And, of course, give them all the love they can handle ... it's important that we respect our elders. 🐾



↑ Dr. Amy Anderson

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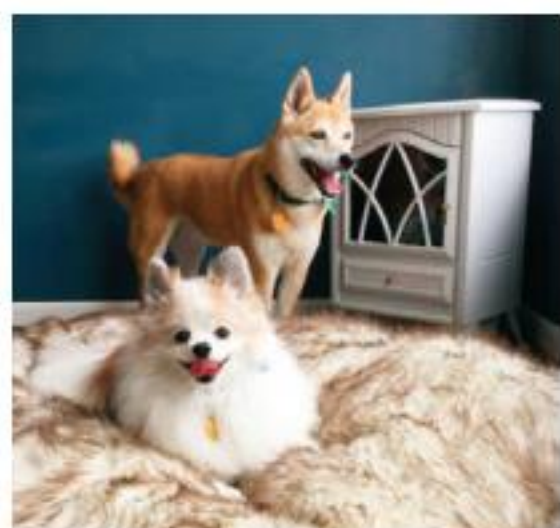


Hope Dagoberg
Supervising Manager
and "Daniel"

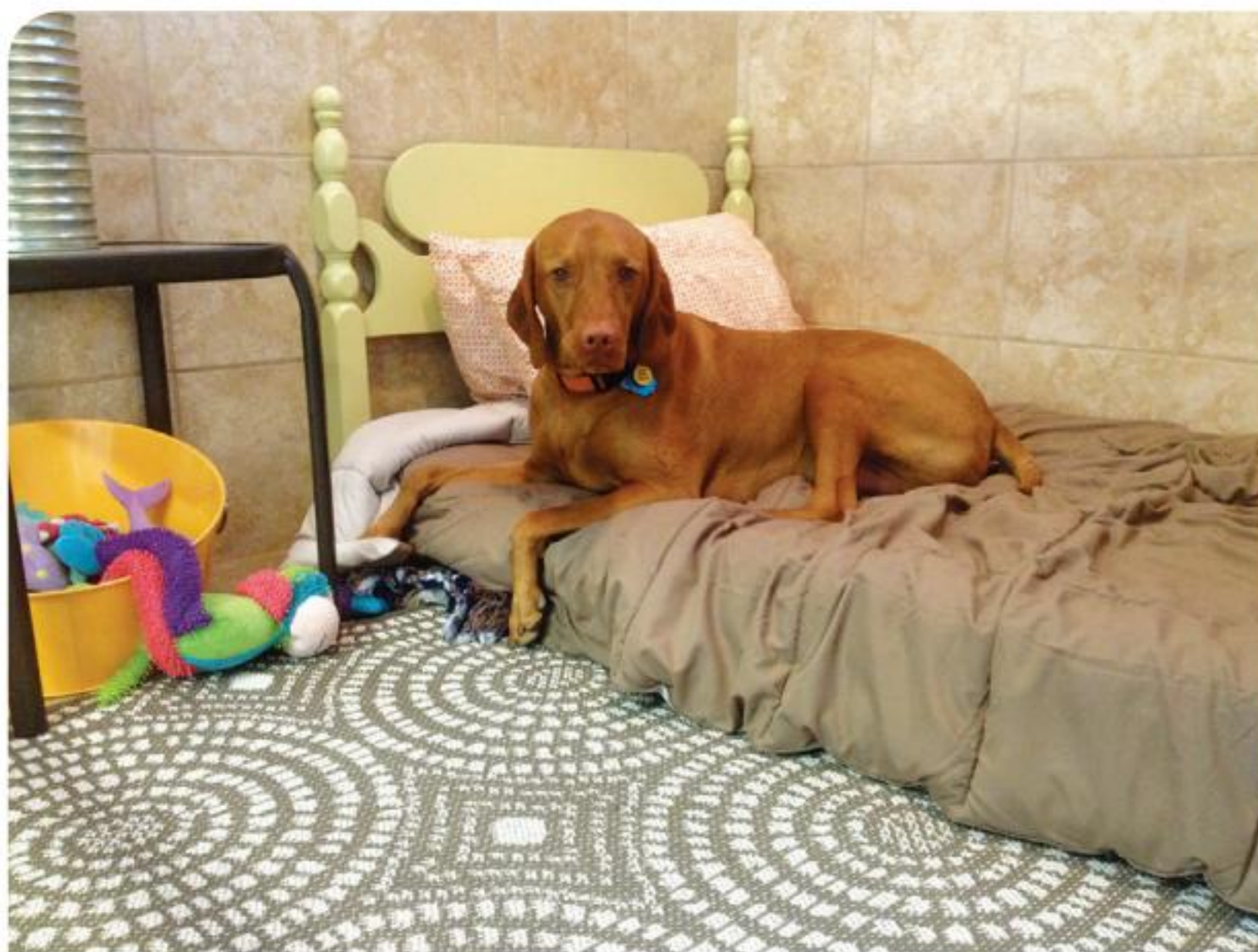
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The America I believe in

Walking through history in Washington D.C.

BY BAILEY HOVLAND

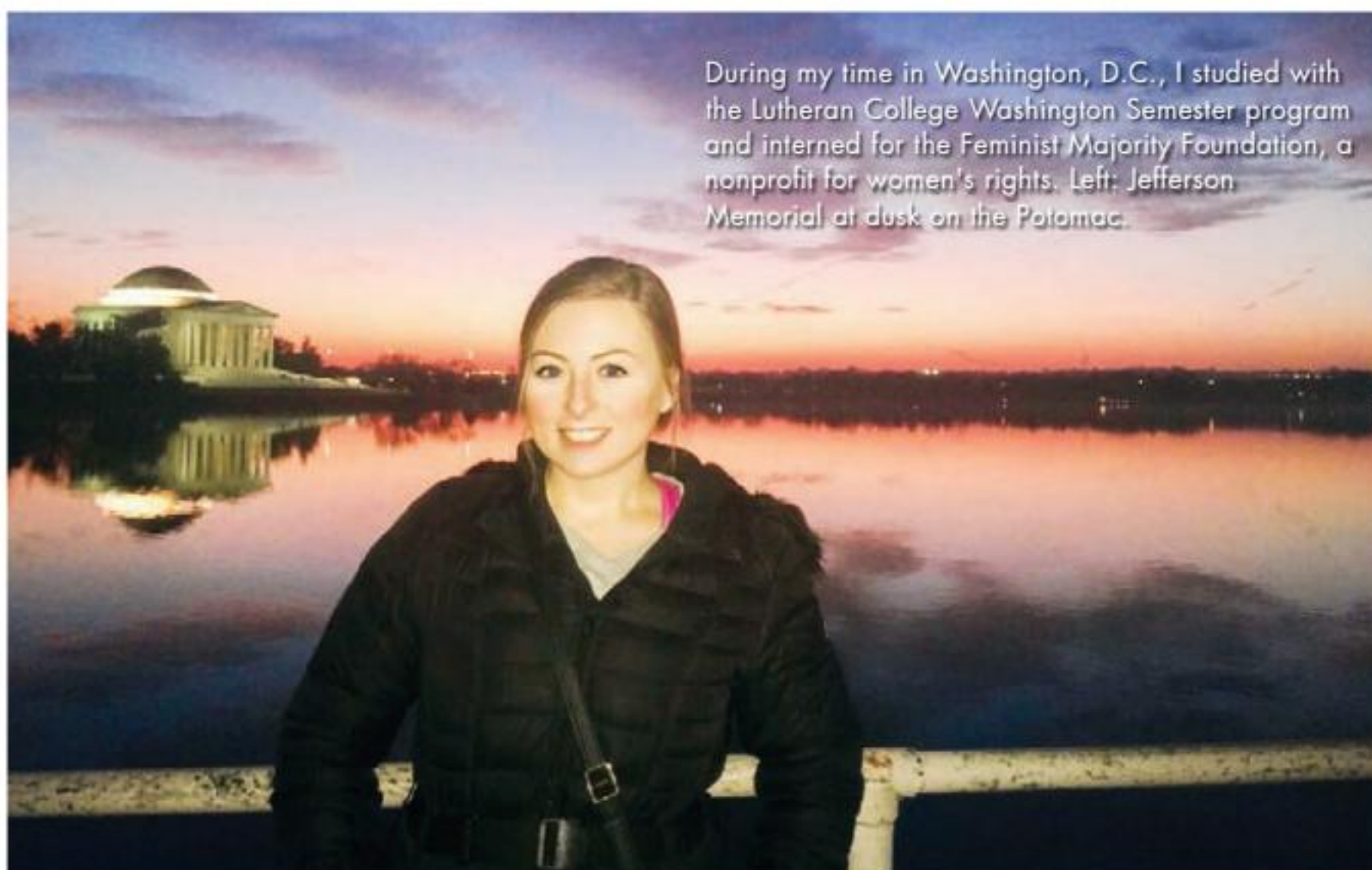
It's Saturday morning, and the air of Washington, D.C., is permeated with humidity. I descend underground to the dark tunnels of the metro, waiting for an orange line train to take me away. A light approaches from afar, glowing brighter and brighter as the rumbling of the metro fills the cavernous room. I board the train, and it takes off, winding beneath the stone men bravely struggling to raise the American flag at the Iwo Jima monument and the marble headstones of Arlington National Cemetery.

I exit the terminal at Arlington, scaling the escalator to meet a few colleagues at the cemetery to begin a morning stroll of monumental significance; we are going to make an official tour of the monuments in D.C. As we begin, we walk across the Arlington Memorial Bridge, scanning the Potomac River as kayakers paddle by and small yachts cruise the lazy currents.

First stop: the Lincoln Memorial. Made of 28 pieces of Georgian marble, Honest Abe gazes solemnly over the

← Abraham Lincoln, our nation's 16th president, sits as the figurehead of the Capitol reflecting pool. A leader during one of the most divisive times in our nation's history, he represents America's strength and resilience.

↑ In the middle of the marble, neoclassic dome, Thomas Jefferson oversees the Potomac waters of the Tidal Basin with a stern expression. His memorial is inscribed with quotes about equality and freedom for his fellow man.



During my time in Washington, D.C., I studied with the Lutheran College Washington Semester program and interned for the Feminist Majority Foundation, a nonprofit for women's rights. Left: Jefferson Memorial at dusk on the Potomac.



Looking down from the inscription marking where Dr. King gave his famous "I Have a Dream" speech, people from all over America and the world take in the history and beauty of the national mall.

We are, in fact, one nation of individuals, a diverse population of human beings who, like me, feel hope.

reflecting pool, past the steps from which Martin Luther King Jr. gave his "I Have a Dream" speech of hope for the future. The engraved slab memorializing Dr. King brought to my mind thoughts of my country. What would this man, so passionately outspoken about a nation of love, peace and freedom, think about the United States government and the American people at this time? Our country seems to be divided so precisely that a bridge of understanding and thoughtful conversation sometimes seems unlikely and implausible.

We move on to the Jefferson Memorial and see the stern president who authored the Declaration of Independence. He stands tall as his eyes survey the calm waters of the Tidal Basin. Yet again, I am reminded of America and our current struggles. Jefferson, both slave opponent and owner, believed in equal rights for all men—a paradox within himself. Torn in two, one side listening to his moral compass and the other submitting to societal norms.

Leaving Jefferson to his thoughts, we circle around the Tidal Basin and continue to the Washington Monument, the stately middleman between a stoic Abraham Lincoln and the United States Capitol. Modeled after the obelisks of Egypt, the 555-foot monument evokes the endurance of ancient civilizations and is an embodiment of the respect and gratitude America feels for its most indispensable Founding Father.

We are, in fact, one nation of individuals, a diverse population of human beings who, like me, feel hope. The Washington Monument towers over me with strength, power and confidence, imploring me to believe in the resiliency of our nation and our ability to knit ourselves together when we need to the most. This is the America I believe in and the America that so many people proudly call home. ✱



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↑ Stacked tomato, avocado and mozzarella embellish this delectable lobster salad creating vertical fanfare. The surprise element of this 'salad' equals Frank Gehry's design approach above.



Food, Art & Architecture

BY CHEF GRANVILLE WOOD

Architects and chefs might seem to be strange bedfellows, but they do share similar disciplines for inspiration: textures, shapes, color and the pursuit of perfection. These are not positions for modest men and women, for the shared commodity is ego and bucket loads of confidence. This is because once your work is out there, you can't take it back and the detractors will be loud.

The similarity between architects and chefs is that both begin with a concept, a stream of consciousness to create something. Early on you adhere to the fundamentals, you respect the weight of the past. Then you begin to ask why and then more importantly,



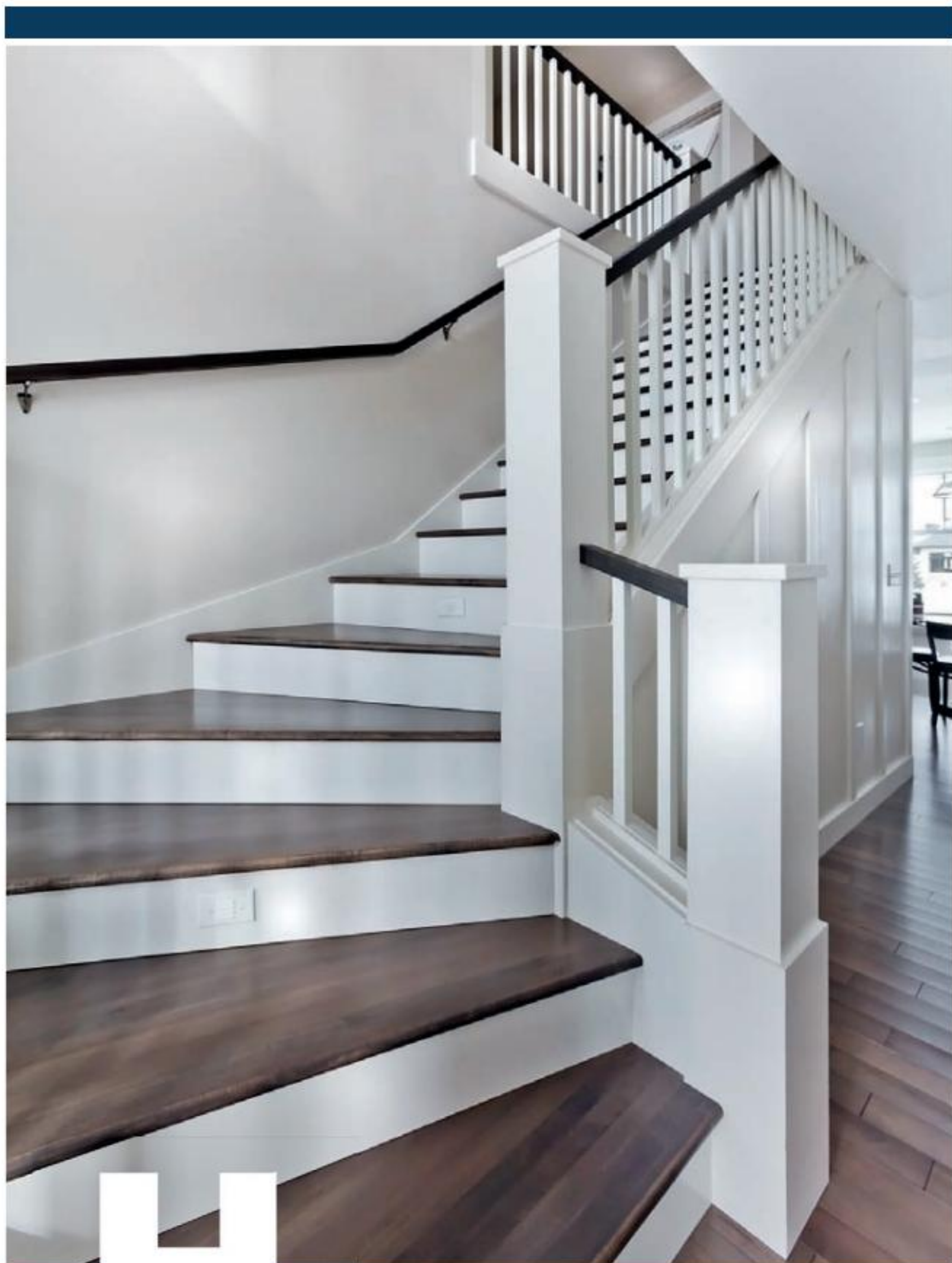
↑ Frank Gehry's swirling metals seem to come alive appropriately at the Center for Brain Health in Las Vegas. Gehry's creative approach pushed conventional design boundaries.

why not? While respecting the discipline and the pursuit of perfection, you throw out the rules. Chefs, architects, designers and artists go through phases. They are connected and influence each other.

The Seventies brought exciting times with the completion of the twin towers of the World Trade Center, the tallest free-standing building

The similarity between architects and chefs is that both begin with a concept, a stream of consciousness to create something. Early on you adhere to the fundamentals, you respect the weight of the past. Then you begin to ask why and then more importantly, why not?

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in the United States. The same can't be said of the food for that time. Quiche was the high point, along with Hamburger Helper, and restaurants were featuring ho-hum salad bars. The epitome of French cuisine in the iconic Le Pavilion closed and a shining star, Chez Panisse, opened in San Francisco, an inspiration to chefs across the country still today.

Chefs like Alice Waters and her Chez Panisse brought a sensibility and subtle restraint to a food scene dominated by chains like TGIF. Chez Panisse replaced the "fern" bar and fake Tiffany lamp genre with a more natural, homey, organic feel. This was reflected in the food as well with locally sourced items, homegrown vegetables and herbs. The food was country French — simple, flavorful and soulful. Alice Waters would be to food what Frank Lloyd Wright would be to organic architecture.

It was the Eighties, "tall food" came to fruition at the Gotham Bar and Grill in New York. Chef Alfred Portale unwittingly started a trend that would become the New American Cuisine movement. With spiraling, tall salads of avocado and lobster, Portale found a way to take the ingredients of a dish and "build up" instead of using the expanse of the plate.

This approach to design and presentation would take off, but not without some controversy. Diners were amazed and yet





↑ A bittersweet chocolate box, caramelized pear and spun sugar cellophane, demonstrate intricate design elements much like a towering architectural structure.

↓ This chocolate macaroon with a maraschino chocolate sphere, exemplifies the complexities of design incorporated into the creation of this dessert.



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↑ Another gastronomic love affair with color, texture and artistic design is defined by this impressive plating, which appeals visually and creates a satisfying meal.

baffled by what was in front of them, as some dishes seemed unapproachable, not unlike a Frank Gehry structure. Chefs coast to coast were getting onboard this trend and it soon became an adulterated norm.

The Eighties brought us \$65 bottles of olive oil and 50-year-old balsamic vinegar. Squeeze bottles dispensed infused oils and tweezers were used to delicately place micro greens on top of architectural food masterpieces. These were indulgent times. In Palm Beach, we were flying in truffles from Italy and Dover sole and scallops from England — even though we had the Atlantic Ocean steps away from our kitchen door.

As a student of art, I clearly remember the

first time I saw the work of Piet Mondrian — “Broadway Boogie Woogie.” Years later, I made use of his bold primary colors with sauces on dessert plates. The Modernism movement and Frank Gehry’s flights of fantasy seen in great architectural works like IAC Headquarters in New York or the Guggenheim Museum Bilbao in Spain reinforced that once you had a grasp of the fundamentals you could push boundaries.

Modern cooking and those boundaries were about to be shattered by a restaurant perched on the coast of Catalonia in Spain.

Ferran Adri, chef of El Bulli in Spain, introduced the world to molecular gastronomy, which started a global tsunami



↑ Chef Alfred Portale of the Gotham Bar and Grill in New York City, unwittingly began a trend of “tall food” with this stunning avocado and lobster salad.

in culinary circles, not unlike Gehry with his use of metals and wildly curved buildings. Ferran made people question what was food. He made a peach seem to be Foie gras or pearls of apple juice appear to be caviar. Chef or mad scientist? His vision influenced a whole new era of chefs in which the overall restaurant experience was conspired between owner, architects and interior designers for a complete sensory event.

Today, we have returned to our culinary roots. The concept of farm to table in communities has become firmly embedded in how we think about food. The intricacies of eating well involve freshness, local food sources and the natural goodness of a more organic approach to our dining experience. Frank Lloyd Wright would be proud. *

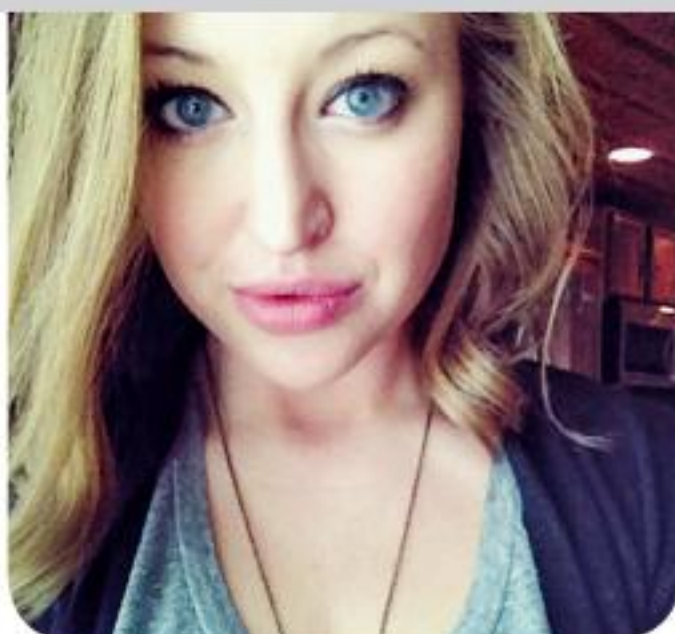
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↓ Roast lobster, frico and eggplant salad are graced with an artistic drizzle of balsamic reduction—defining this meal as an artful experience for the diner.



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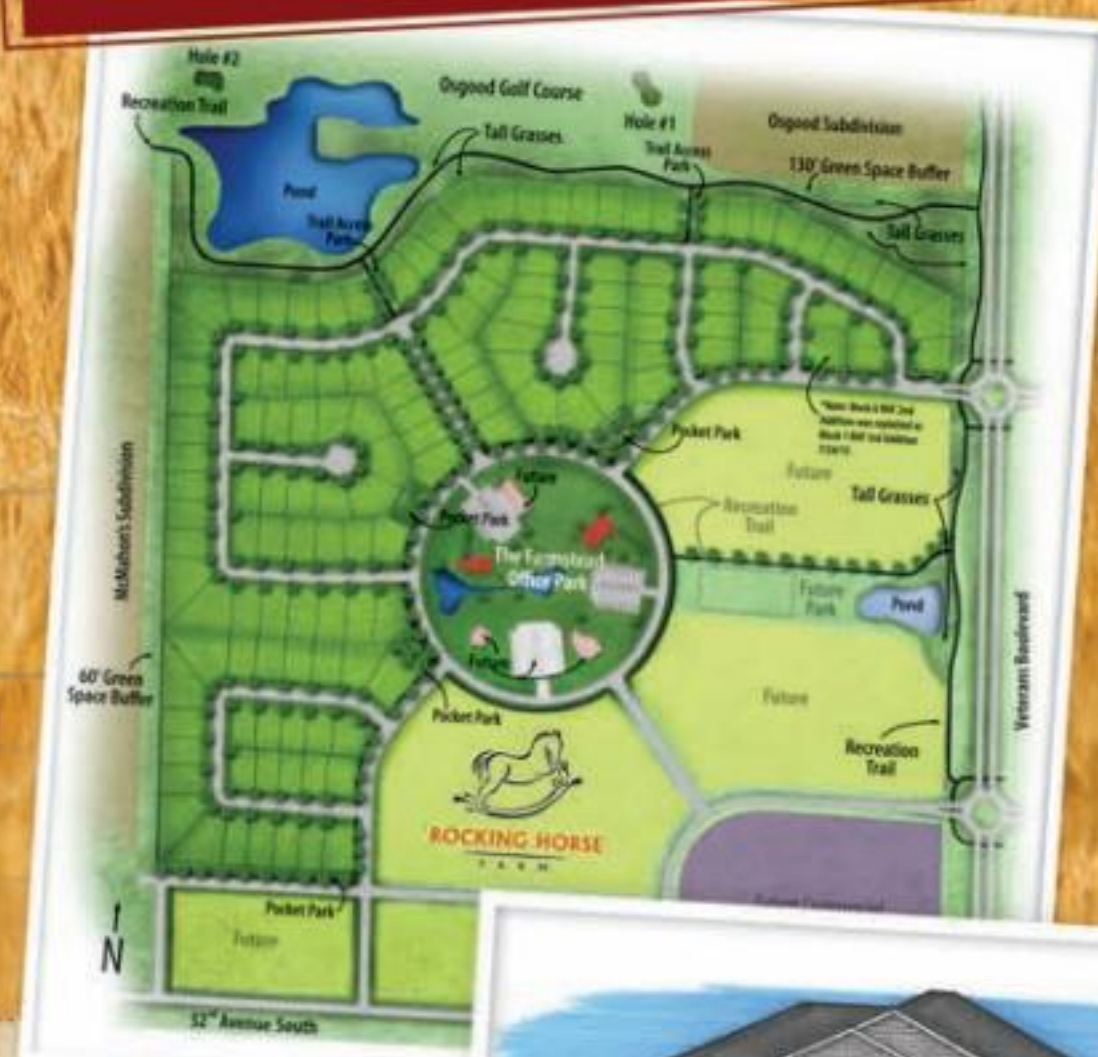
The artwork on this bottle is by Italian artist Marco Sassone, an Italian-American expressionist painter. Don and Rhonda Carano of the Ferrari-Carano winery have the original hanging in their office in Sonoma. If you ever find yourself in the Sonoma area, I highly recommend visiting this winery. It is one of the most beautiful properties in the region.

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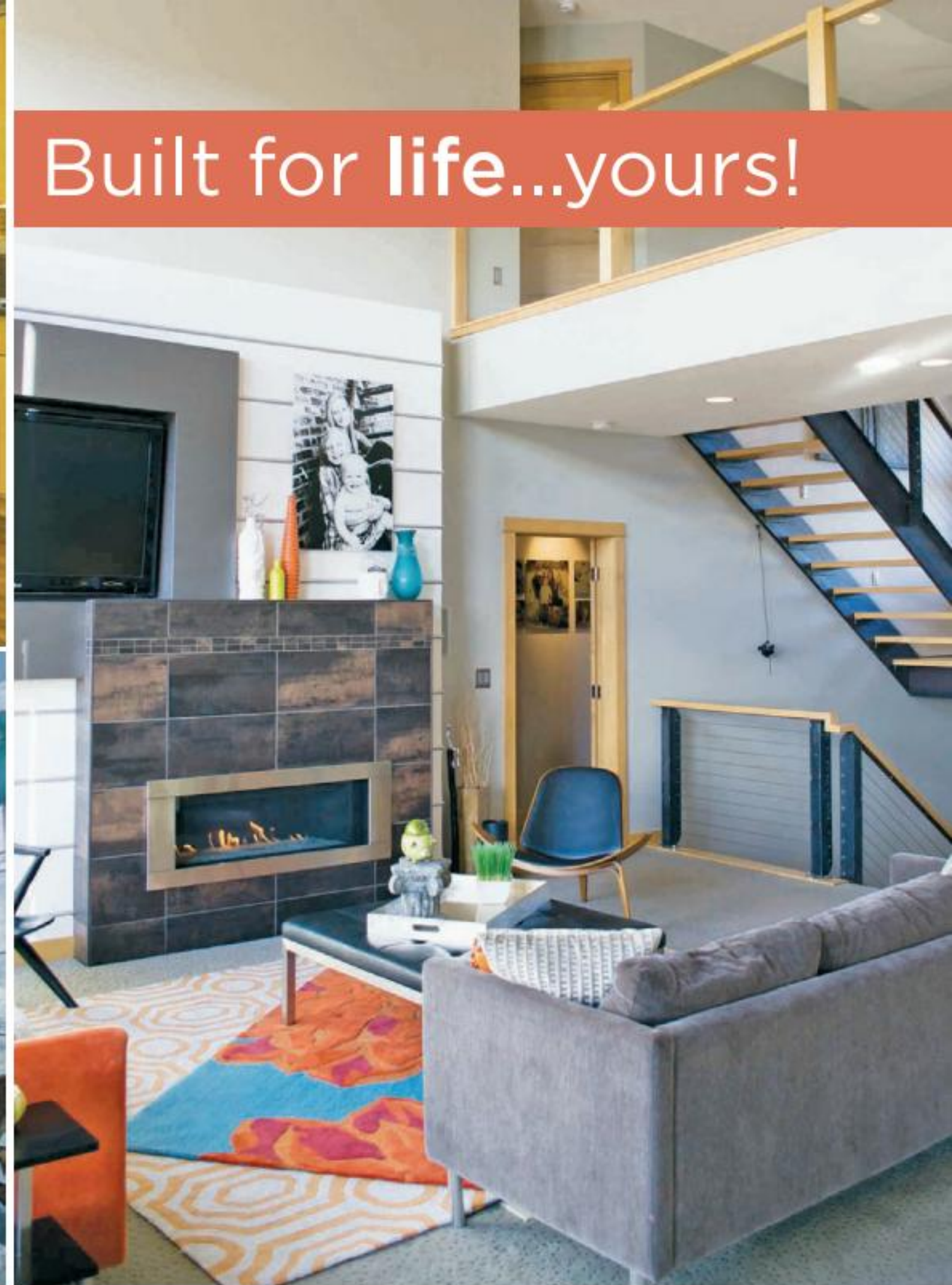


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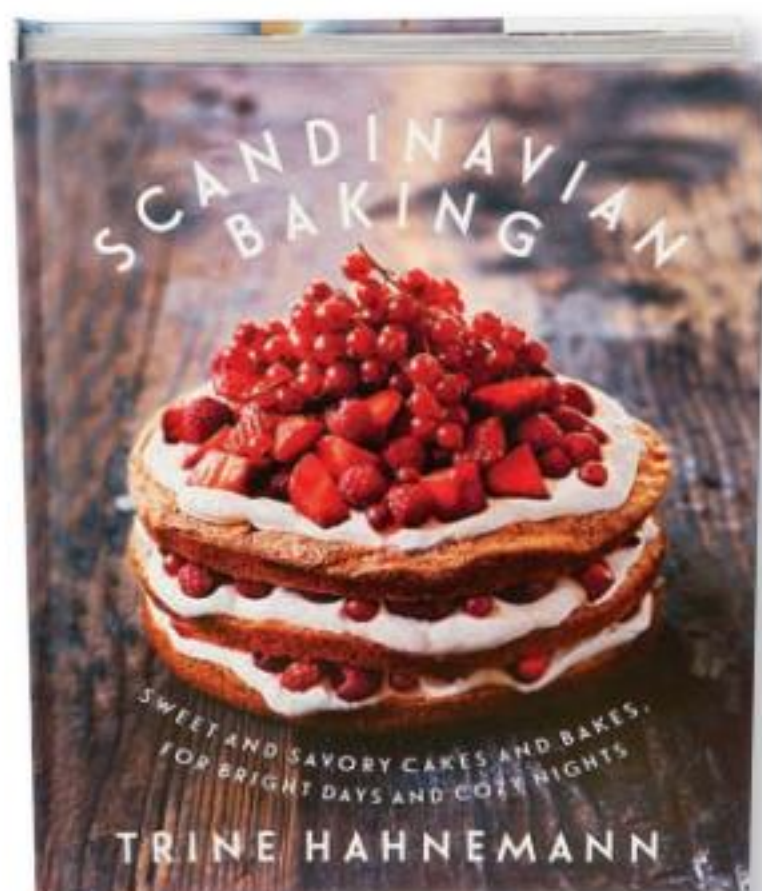
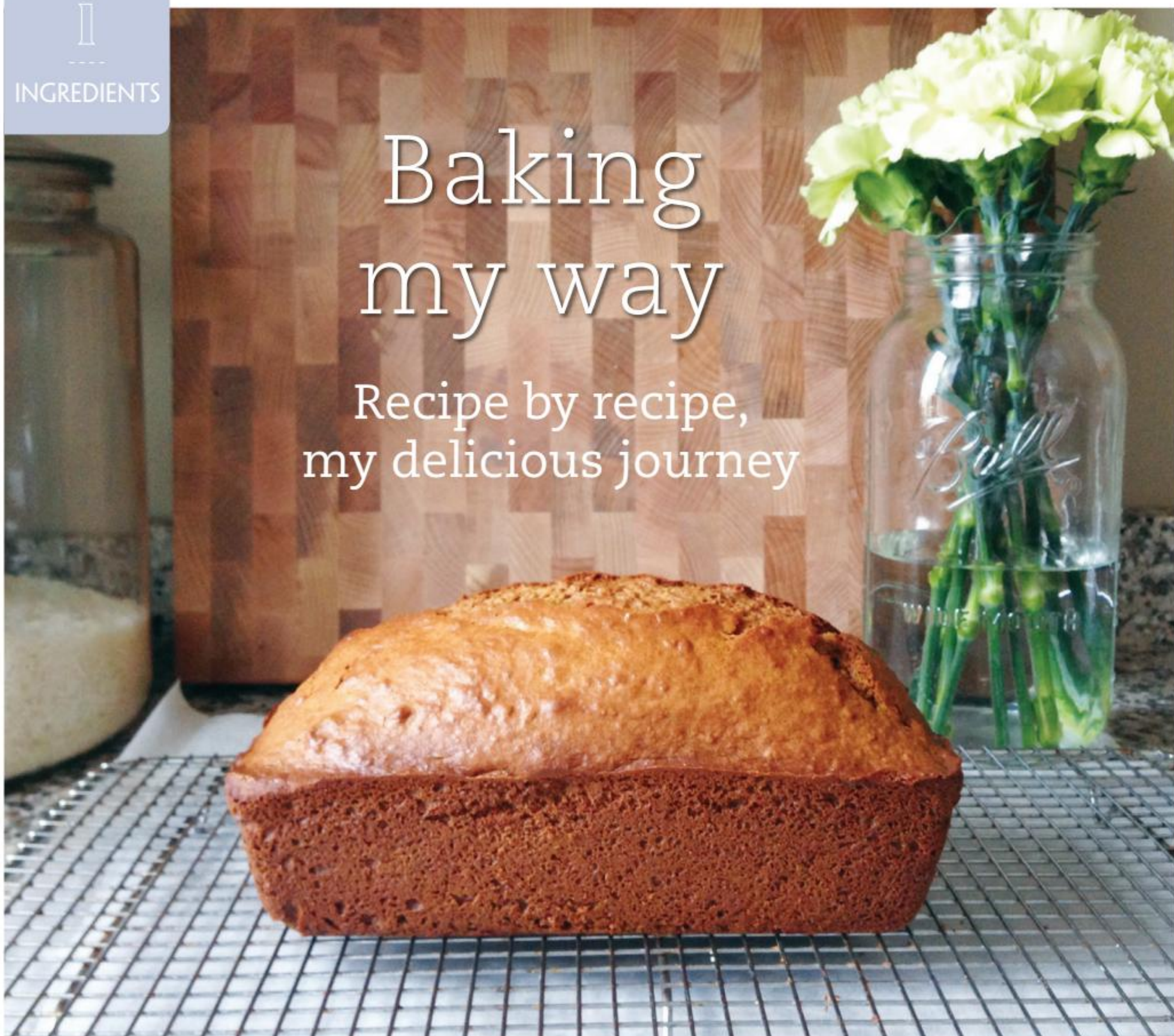
Jason Plecity



INGREDIENTS

Baking my way

Recipe by recipe,
my delicious journey



STORY AND PHOTOGRAPHY BY LAUREN FERRAGUT CARLSON

The more I bake my way through my favorite Scandinavian cookbooks, I realize “warm spices” or “winter spices” are not confined to just cold winter months. Growing up, cinnamon, nutmeg, clove and allspice took center stage in October and were nonexistent by January.

My all-time favorite is the floral spice of cardamom, which I equate to kringla and Christmas; however, this is not the case in Scandinavian baking. Cinnamon buns with clove, cardamom cake and rolls flavored with nutmeg make an appearance all year round. They are also delightfully prevalent in savory cooking, such as Swedish meatballs.



↑ Nothing is more relaxing to me than trying a new recipe.

In my favorite pastime of cookbook perusing, I recently came across honey cake with orange butter cream, which I immediately wanted to give a try. This cake is filled with the lovely warmth of cinnamon, ginger, clove and orange zest, and although it may sound very wintry, it is often enjoyed in the Nordic springtime. The natural sweetener is honey, which was used historically before sugar became widely available. Honey cakes have been part of the Scandinavian baking tradition for more than 200 years, the most famous originating from Denmark.

This cake is a dense, spicy, citrus-forward flavor experience. It is not uncommon traditionally to leave the butter cream and orange glaze out of the recipe, but personally, I definitely would not, because the orange glaze zest brightens the deep, warm spice experience of the cake.

This gratifying cake stands well on its own and is perfect for toasting because it is so incredibly and deliciously dense. I enjoy using for it for French toast; however, I proudly call it Scandinavian toast.

The cake is simple to make. The only advice I have to offer you is to spray your liquid measuring cup with oil to ease the release of the flavorful honey to savor every tasteful drop.



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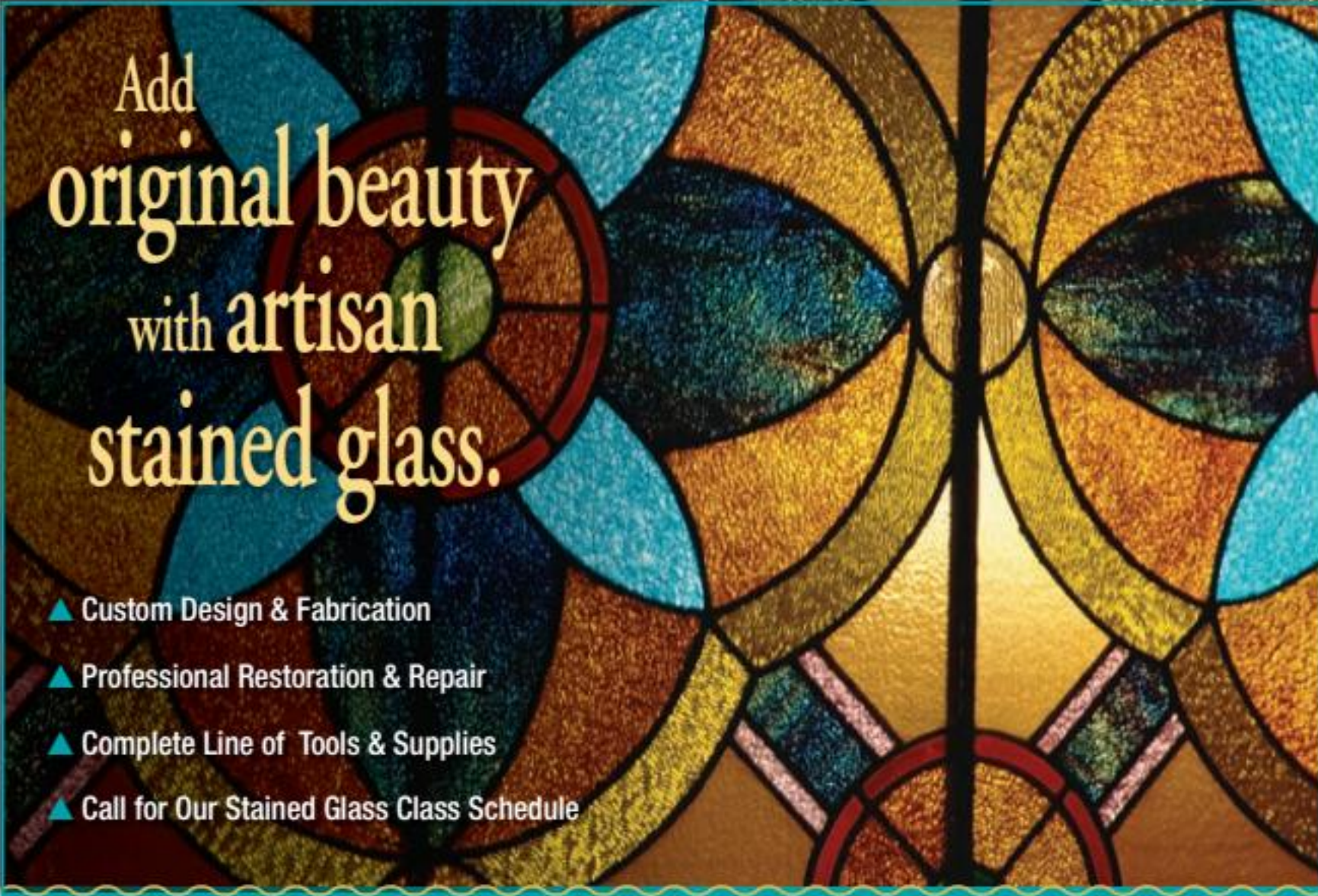
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paul@stainedglassfargo.com

↓ The warm spice flavor of cinnamon, cloves and ginger laced with the natural goodness of honey are the key players in the delicious cake.



↓ Fresh organic oranges and orange zest pack a flavorful pop of natural goodness that mingles with the creamy texture of buttercream.



↓ Three beautiful layers of flavor come alive with a frosting glaze of fresh orange zest, orange juice and fresh butter.



SCANDINAVIAN HONEY CAKE WITH ORANGE BUTTER CREAM



CAKE:

- 7 tablespoons butter, plus more for baking dish
- 4½ ounces honey
- 3 eggs, lightly beaten
- ⅓ cup soft brown sugar
- 2⅓ cups all-purpose flour
- 1½ teaspoons bicarbonate of soda
- 3 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground cloves
- 2 tablespoons finely grated organic orange zest
- ⅞ cup crème fraîche

BUTTER CREAM:

- 1⅓ cups butter, softened
- 1¼ cups powdered sugar
- Finely grated zest of 2 organic oranges

FROSTING:

- 2–3 tablespoons orange juice
- 1⅓ cups powdered sugar
- 1 tablespoon finely grated organic orange zest

PREPARATION: FOR CAKE

Preheat the oven to 350°. Butter a 12-by-4½-inch pan and line the base with parchment paper.

Melt the butter and honey in a saucepan and let cool a little. Meanwhile, mix the eggs and brown sugar together until pale yellow. Sift in the flour, baking soda and all the spices. Fold in gently; then do the same with the honey mixture. Finally, fold in the zest and crème fraîche. Pour into the prepared tin.

Bake 1 hour. A toothpick or skewer should come out clean.

Meanwhile, make the buttercream. In a small bowl, beat all the ingredients until smooth. When the cake is cooled, cut it horizontally into thirds with a serrated knife. Spread the buttercream to the bottom and middle layers; then reassemble the cake.

Mix all the ingredients for the frosting and spread it over the top. Let the frosting set before serving.

This cake is wonderful with strong black coffee or espresso.



CRÈME FRAÎCHE

What is crème fraîche?

Originating in the Brittany and Normandy regions of France, crème fraîche is used throughout Europe. A French favorite, crème fraîche is an exquisitely rich, cultured cream with a thick, creamy texture and a tart, slightly nutty flavor. Incredibly versatile, crème fraîche may be used as a base for dips and sauces, as an ingredient in baking or as a simple topping for pies and soups. Unlike sour cream, crème fraîche will not curdle over high heat or separate when mixed with wine or vinegar. It retains a rich, smooth texture and adds depth of flavor, perfect for soups and sauces. Whipped and sweetened, it makes a delicious dollop of rich flavor on top of your favorite desserts. A simple rule to follow: Use crème fraîche as an enhancement to any recipe that calls for sour cream.

Although you may easily find this cream at your local market, making it at home is easy!

Here is a favorite of mine.

Combine 1 cup whipping cream and 2 tablespoons cultured buttermilk in a glass container. Cover and let stand at room temperature (about 70°F) from 8 to 24 hours, or until very thick. Stir well before covering. The cream will keep about 2 weeks in the refrigerator.

EASY ADDITIONS FOR GREAT FLAVOR

Fresh Herbed Cream Sauce: No cooking here. Simply blend 1/2 cup crème fraîche with 1 teaspoon each finely sliced chives and fresh tarragon. Add about 1/4 teaspoon lemon juice and salt and pepper to taste. Serves 6 people. Streak a little over pieces of grilled, baked or poached salmon, sole or scallops. Herbs could be pureed with a little shallot and stirred into the cream for a pale green color.

Pan Sauces: Stir a generous tablespoon into defatted pan sauces after pan grilling poultry, fish or vegetables. Bring to a simmer, taste for balance, and pour over foods.

Soups: Reduce the amount of cream called for in your favorite cream soup by half and substitute crème fraîche.

With Fruits: A few spoonfuls of crème fraîche lift fruit flavors. Try over berries, ripe peaches or nectarines or on sauteed pears. The cream could be lightly sweetened, flavored with a little lemon, orange or vanilla.

Imagination is everything. Try crème fraîche in other dishes as well. Streak it over mousses and jelled sweets or savories. Finish an appetizer plate of marinated leek or grilled scallions and asparagus with a zigzag of crème fraîche. It is classic in beef stroganoff instead of sour cream. *



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The architectural continuum

BY DAYNA DEL VAL



Tower of London historic castle and Her Majesty's Royal Palace London, England

I have been thinking about design and aesthetic lately. I have been pondering why we put buildings and homes on historic registries and dictate how they can be improved or renovated, why we pay to enter famous homes and other structures from times past. What's the point? What do they have to tell us about where we have been and where we are going?

My husband and I were in London years ago and climbed to the top of Westminster Tower. It was a typical stone turret that looked like a set piece for an Errol Flynn film. We got to the top, and I was reading about the tower. It and an attached castle were built in 800. The castle burned down in 1200, but the tower remains.

Think about what you just read. I was standing in a building that had been built more than 1,200 years ago—1,200 years!

I had to laugh out loud when I read the signage because my mind simply couldn't grasp the span of time I was reading about.

In the United States, we go to Boston or Philadelphia and marvel at buildings that are 300 years old. It seems that everywhere you turn, there's a marker recognizing how each building was somehow attached to Betsy Ross or Ben Franklin or another famous founder of this nation.

Those buildings make history a relevant part of our time now. To stand on the steps of a place where a historical person once stood is to feel the great thread that tethers us all together through time. Even to stand and ponder all the previous people who have been in this very same spot is to force our minds to try to comprehend the great mass of humanity that has come before us and will

come after us.

It's art and architecture that allow our contemporary selves to begin to try to see our place in the vast linear expanse of time. To enter an architect's vision from the Renaissance, to gaze upon an ancient Roman artist's statue, to walk through the halls of the great cathedrals is to begin to see how both inspired and insignificant

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we really are.

Art and architecture preserve the great historical periods of time, and they show us who we were as a people. By observing these two areas, we can see how we have evolved, how cultures have risen and fallen, how society has moved through time.

The aesthetic of humanity is really preserved in our buildings and in our art. I wonder what generations from now will think of what we leave behind. *

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