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*Winter*  
**2018**

# HOME TREND PREDICTIONS

23rd [and Fourth] talks 2018's home style trends

Mother-daughter duo, Janet Longe and Jamie Davies, launched interior design firm, 23rd [and Fourth] in 2012. Their expansive showroom on Excelsior Avenue is full of furniture, design inspiration, and floor-to-ceiling-stacks of samples to suit every style (they reupholster too!). With two sets of eyes focused on the details, the pair predicts these 5 home trends for 2018:

## (NOT YOUR GRANDMA'S) WALLPAPER



No more dusty, demure patterns of the past! Wallpaper's revival is all about bold, risky prints, says Davies, who chose a whimsical bumble bee wallpaper for one of the 2017 Showcase condos that 23rd [and Fourth] did the interior design for on Phila Street. If you dare to try this trend, do it in a small space "you can still close the door to" Davies says, like a powder room or guest bath.

## WAVE GOODBYE TO ALL-WHITE

All-white kitchens are on their way out, says Davies. Aside from being nearly impossible to keep clean, the sterile look of all-white might be good for food preparation, but bad for functioning as the inviting center of your home. Davies predicts that colorful cabinets will be make their way into kitchens over the next year, especially in shades of navy and deep greens.

## ANIMAL HIDES & FURS (FAUX IS FINE!)

Incorporating animal hides and/or furs helps add depth and texture to any interior. Whether authentic or faux, Davies anticipates more people will use animal materials to accentuate floors and furniture. Two easy ways to try the trend are by layering hides on top of an area rug or adding oversized sheepskin floor pillows to any common space.



## BACK TO BASICS

Simplicity is making a statement in home style. Decorating shouldn't mean making a trip to HomeGoods to buy something for every nook and cranny of a room at once. Instead, Davies suggests choosing meaningful pieces over time so your aesthetic ends up being authentic and intentional. Less clutter will also make your space look larger and cleaner.



## LET METALS MINGLE

Brushed gold is going to be huge, and you can incorporate it even if you have stainless steel appliances, says Davies. The idea that metals need to match is a myth - you can absolutely mix metals. Like something in chrome and something in bronze? Do both! Go bold or go home.

# COFFEE, TEA & COCOA

Froth beats frost! Specialty drinks to try this winter



## French Toast Latte

Sweet steamed milk over espresso + caramel, cinnamon & maple

## Death Wish Nitro

The World's Strongest Coffee, cold brewed with rich, creamy nitrogen infusion



## Maple Latte

Uncommon Grounds' in-house roasted espresso blend, steamed milk & McLure's (made in New York) Maple Syrup

Uncommon Grounds, Saratoga Springs

## Cafe Au Lait

(gluten, dairy & sugar free) Organic Colombian coffee & unsweetened vanilla almond milk au lait



## Peppermint Hot Chocolate

Double hot chocolate, homemade marshmallows & whipped cream, peppermint sprinkles & a peppermint stick

Plum Dandy, Saratoga Springs



## House Coffee

Fair-trade organic & roasted locally in Gloversville; available in House roast, Dark roast & "Frosty's Favorite" (seasonal) with notes of cinnamon, nutmeg & vanilla

The Iron Roast, Ballston Spa

## Matcha

Smooth & lightly sweet, their Matcha Wako leaves are handpicked & ground to order for a perfect umami flavor



## House Chai

Blend of Assam black tea with organic green cardamom, whole cloves, bay leaf, cracked pepper, fennel seed & ginger

Saratoga Tea & Honey Co., Saratoga Springs

## Egg Nog Latte

Smooth espresso blended with Battenkill Valley egg nog & seasonal spices. Coming soon: exclusive micro-lots.

Kru Coffee, Saratoga Springs



And for a fantastic cup of coffee any day of the week, visit Stewart's at any of their 330+ locations!



# HOT AND BOTHERED?

5 tips to avoid home heating issues

## TAKE CARE OF YOUR CONDENSER

Outdoor condenser units are made to be all-weather, but it's a good idea to cover them during the winter to protect them from leaves and debris. Most newer systems are direct vent, so just make sure that the PVC vent and fresh air pipes are clear from shrubs and obstructions.

## MOVE IT OR LOSE IT

Have a ceiling fan? Most models have a switch that allows you to control the direction of the spin. In the winter, switch the rotation to clockwise and leave the fan on low. It will pull cold air up & move warm air trapped near the ceiling downwards. During summer, fans should spin counter-clockwise on a medium to high speed.

## CLEAN THOSE DIRTY DUCTS

Dust, debris and bacteria travel through HVAC systems and collect in the vents that blow warm air through your home. This can aggravate allergies in the winter and reduce your system's efficiency. To clean them, turn your HVAC system off and remove the grills from each vent. Brush off any dust, hair or cobwebs, and scrub them using an old toothbrush and mixture of vinegar and water. Lastly, vacuum up any loose dust or debris that has accumulated in the duct connected to the open vent before reattaching the vents to the wall.

## SET IT AND FORGET IT

Programmable thermostats are the easiest, most affordable way to upgrade your HVAC system. Handy homeowners may even be able to install them themselves. You can find a good quality smart thermostat for under \$100, which can save you 10%-30% on energy bills (according to the EPA) by automating your home's heating/cooling schedule.



Sensi Smart Thermostat + Wi-Fi  
\$93 on Amazon, #1 seller in  
Thermostat Controllers

## BATTERIES OR BUST

Going out of town? If your thermostat uses batteries, it's a good idea to replace or test them before your trip. It would be unfortunate for your batteries to die while you're away, but it does happen! A home heating mishap can ruin any vacation or be a nightmare to return to. Fresh, new batteries can help prevent any untimely problems, meaning less stress whether you're home or away!

## BONUS TIP

### GARAGE DOORS LOCK UP WITHOUT LUBE

Garage doors not opening is the most common winter issue reported by homeowners. Metal tends to contract in the cold, causing springs and other pieces to seize up. Prevent these issues by cleaning and lubricating your door's metal parts. Grease hardens in winter, so start by checking hinges and cracks for old grease and remove any buildup by working a grease solvent into cracks with an old toothbrush and wiping it away. Finish by applying a cold weather-rated lubricant to metal springs, hinges and rollers to keep your door moving smoothly.

# #MOVINGWITHROOHAN

Meet Molly & James McDonough

"We started looking for our first home in May 2016. I grew up here in Saratoga, so we really wanted to find something close to town. We were also working with a limited budget. When we were ready to start searching - I was pregnant at the time - we decided to work with Palma [Pedrick] because I've known her since I was little and she helped all my siblings find houses. She came highly recommended by many.



Saratoga's a very desirable area, so we knew it would be a little difficult finding something on a tight budget. At one point, we found and almost bought a house, but it fell through. It was disappointing at the time, but in August, we found another home we loved. We knew this was "the one" mostly because of the awesome location. It's close to East Side Rec [Park], close to my parents (who are only four blocks away), close to downtown, and the neighborhood is safe, walkable, and our daughter will even be able to walk to school when she's old enough. Everything just seemed to fall into place with this house.

We closed in mid-October, did renovations (my father and husband replaced the carpet with hardwood, painted, and fixed the cabinets) and we moved in the weekend before Christmas. Overall, the process was a lot longer than I thought it would be - about 2 years looking for a house. But in the end, everything went smoothly; we can't thank Palma enough.

My advice to other first time buyers would be to be open and honest with your Realtor®. We had a close relationship with Palma, so it was easy to talk to her and work with her. Most importantly, be patient. If offers fall through, it doesn't mean it's the end of the world. Other options will come along...everything happens for a reason."

Congratulations McDonough family!



## KRISTIE ROOHAN'S POT ROAST

Warm up with this mouth-watering family recipe

- 1 (3-4lb) beef chuck roast
- 1 28oz can fire roasted tomatoes
- 1lb shallots, whole & peeled
- 3 cloves garlic, chopped
- 2lbs sweet potatoes, 1" cubes
- 2lbs butternut squash, 1" cubes
- 2lbs carrots, peeled & sliced
- 2 bay leaves
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- Kosher salt
- Freshly ground pepper
- Olive oil

1. Preheat oven to 325°F
2. Season beef generously with salt & pepper
3. Add olive oil to a large Dutch oven
4. Brown beef thoroughly on all sides
5. Add tomatoes, shallots, garlic, bay leaves, thyme, rosemary
6. Cover, cook for about 90 minutes
7. Add sweet potatoes, butternut squash, carrots and season again with salt and pepper
8. Cover, cook another 90 min. or until beef is fork tender
9. Slice & serve with vegetables & pot juices

# Roohan Realty

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## LOCAL EVENTS

What's going on this winter

- 13 Hattie's Mardi Gras Party
- 15 Martin Luther King Jr. Day
- 20 A Purple Tie Affair
- Soroptimist Cabin Fever Luncheon
- Murder Mystery at the Museum
- 27 Frost Faire
- Wilton Bicentennial Kick Off Gala
- Saratoga Central Catholic Winter Gala

JANUARY

- 2 Groundhog Day
- 3 Chowderfest (Augie's at Roohan)
- Red Cross Fire & Ice Gala
- 4 Superbowl Sunday
- 9-11 Frozen Springs Pond Hockey Tourney
- 10 Winterfest at Wilton Wildlife Preserve
- 16-18 Flurry Festival
- 19 Presidents' Day
- 20-25 Saratoga Beer Week

FEBRUARY

- 2-4 Home & Lifestyle Show
- 4 90th Academy Awards
- 11 **Daylight Savings** (turn clocks ahead)
- 17-18 Sports & Fitness Summer Expo
- 20 Spring begins

MARCH

## BEST TIME TO BUY...

Save this winter with well-timed home purchases



PAINT

**Cheaper because:**  
Most paint is sold during warm summer months



FURNITURE

**Cheaper because:**  
Stores need room for new inventory released in February



CARPET

**Cheaper because:**  
Most recarpet before holidays or during summer season



HUMIDIFIERS

**Cheaper because:**  
Retailers need to make room for warm weather products



TELEVISIONS

**Cheaper because:**  
Super Bowl TV sales - save an average of 22% if you buy by Feb. 5



MATTRESSES

**Cheaper because:**  
Presidents' Day sales knock off on average 40% of retail price



LUGGAGE

**Cheaper because:**  
March is between peak vacation seasons - big sales



GARDENING TOOLS

**Cheaper because:** Stores like Lowe's, Home Depot & Ace Hardware host Spring Black Friday sales



CHINA/FLATWARE

**Cheaper because:**  
It's past the holidays, pre-wedding season, & marked down to move