

Body and home out of hibernation. Roof over your head. Recipes for sunshine

# PORT JERVIS



8 ways to connect  
with your kid

New Business  
in the Spotlight:

BUNGALOW37

Art that moves us

## CHANGE MAKERS 2018

Who decides who I am?

The influence of the Built World

# Cooper Boone

*"I'm able to create new good memories as opposed to repairing bad ones."*



**C**ooper Boone is the charismatic owner of Foundry42+ and also the Vice President of the newly formed Historic Downtown Merchants Association of Port Jervis. This association aims to bring together, represent, and facilitate the growth of the consumer-facing business of Port Jervis. A good fit, since to most of us, Cooper represents all that is laid-back, jovial, delicious, and trendy. Both he and his businesses are the result of a long and varied journey.

*"My goal is to make design accessible, not aspirational."*

Cooper was born to parents of meagre means. "They were huge foodies. We used to harvest wild watercress and rice, my father made wine. It was spectacular, lots of adventure." Cooper grew up in St Joseph, Minnesota, a 2,000-people town with a big art scene. Legends such as John Houseman and Cunningham passed through the college town, and young Cooper couldn't get enough. "Art saved me – absolutely." Cooper's guidance counselor told him he wouldn't make it to college. But Cooper rose to the challenge: not only did he go to college, but he got his doctorate in clinical child psychology from the Minnesota School of Professional Psychology. "Saying 'No' to me has never worked," he declares. His residency in New York City focused on pediatric AIDs. But today's medications did not yet exist, leaving him to "hospice work," he says,

his voice markedly sombre. "I saw lots of children – and their infected families – through dying." After his residency, Cooper opened a private practice in Manhattan. Post-9/11, his relationship with Mark, his partner of now seventeen years, got serious and his work intensified. He developed classic professional "compassion fatigue," felt burnt out, and had to admit he wasn't happy. He had to listen to his own advice and make a change, and he switched to music.

During these years, Cooper wrote music, performed, and toured. He appeared at Country Living Magazine's events and on Paula Deen's live TV cooking shows, often as the vocalist of the opening music act.

Mark and Cooper had both owned holiday homes in this region for two decades, so when it came time to shift gears again they looked to Port Jervis. "We have wanted to do something here for years," Cooper says. "Port has amazing bones, great access, and is a treasure trove of stellar people and community."

Although performing took a back seat, Cooper is inseparable from his music. He describes it as story-driven inspirational Country Bluegrass. His ability to move people through his music won him a Christian music award. "If I'm driving by myself, I'm usually writing music," Cooper says. But while he misses the people, and the collaborative creative process of making their "song babies," he doesn't miss the action. Neither does he miss practicing psychology: "It's a big price to pay to carry all those stories on your soul." And what's to miss, if, at this point in his life, Cooper can bring everything he loves to the forefront, and the storefront of Foundry42+.

We know Cooper's passion for food: "I love baking, it's science. And cooking, there's more creativity and forgiveness in it. I love small bites because I'm a grazer; so I love when something is always coming out that people can taste... But then I love big meals too. I love it all!"

*"Port has amazing bones, great access, and a treasure trove of stellar people and community."*

There's no doubt that food is about much more for Cooper than a solution to hunger, ingredients, calories, or nutrients. It's about soul. It's about everything that's good, about travel and cultures, about matching the needs of our bodies and the energy of our spirits. "It's a psychological connecting thing between people," he says. "A disarming thing that allows people to be real with one another. I wish politicians did more around food."

*"Food is a disarming thing that allows people to be real with one another."*

Then there's décor. "Coming from the world of not much, my mother had this amazing capacity to make an ordinary object look beautiful." Downside? You don't want to be driving behind Cooper and Mark on a highway. "I make my husband stop at every garage sale or flea market we pass," Cooper laughs. "I love salvaging what someone would ordinarily throw in the trash. What most see as junk, I see as possibility."

But for Cooper, it's not about the beautiful things per se. "Being a good designer is about being a good listener. People need to arrive at things in their own time." He recalls hours spent helping a person realize they needed a way to honor their deceased father, and how he ended up making a chair quilted from

the father's shirts. "It's about creating meaning and something that lasts. How many people get to do that?"

Finally, there are the events he calls memory-making parties. "With Foundry42+ I'm able to create new, good memories, as opposed to repairing bad ones."

Is it any wonder that Cooper says, "Port has revitalized my spirit for some magical reason. I really love coming to work every day and meeting the amazing cast of people who come through our doors." With Foundry42+, Cooper has combined all of the lives he has lived under one roof, cuddled up with a frothy coffee, under a plush throw and chatting up a storm.

What's next for Cooper? Ensuring he doesn't miss a single beat of "this incredible beginning of metamorphosis that's so beautiful; instilling hope into a community that really needs it." And cultivating that curiosity, power, sense of gliding through life, and delight in his daughters and in anybody whose life he can touch.

What if we tend to overcomplicate things? What if most troubles are indeed soothed – if not prevented – by nurturing our souls? He'd know.

A hot chocolate and that pillow please, Dr. Boone.

- Cleanse your home of clutter – make room for what this summer might bring.
- Organize your closets, basement, and pantries – end the winter hibernation.
- Change one color accent to make it fresh – tell your mind change's afoot!



## Refresh your nest for spring

By Cooper Boone

## HOME & NEST



### Summer can never come fast enough – so nudge it along

You can use plants and color to give lingering winter blahs the boot. Flowering branches bring spring indoors, and succulents are a no-fuss fix for introducing plant material into your home. The psychology of color goes as far back as ancient Chinese lore, and each color evokes a certain “Chi” so choose wisely!

#### This Season's Colors

Marigold Yellow

Sea Foam Green

Indigo Blue



#### This season's textures

Plush and velvety, rich in texture and pattern.

#### Got style?

It is a myth that you either have style or you don't. This makes many people feel like style is beyond them. I believe that style is all about your spirit manifesting around you, so it resides in everyone.

It can be as simple as preserving the history of what you're working with – rough-hewn wood slats covering your dining room wall, a fireplace

chipped here and there, a weathered table – while making it your own with a fresh coat of paint, a new mantel, a colorful runner. Simple choices, small items, even fresh flowers can do that for you, and before you know it – you've got style.

#### Change: love and fear

There's another thing most of us face when looking to freshen up our space: we want change, but we're afraid of it. Psychologically, these two opposite urges exist in us all the time. Curiosity keeps us moving forward, and fear makes sure we don't walk off a cliff. Acknowledge both impulses, and think back to how you handle it elsewhere: perhaps when you moved interstate? Took your first job? Had a baby? Chances are, you carefully thought about the big picture, honed in on

what you want, what you don't want, and then chunked the journey into steps that weren't too overwhelming. Why not take the same approach here? Chances are you're looking to change things up because you feel different, so take a moment to figure that out, or come talk to us: nothing gives me as much joy as knowing that I've helped find a way to honor what's happening in you right now. Pinterest is a great tool to begin the conversation: browse to see what moves you, save ideas, and let us see if we can make them work with your home.

#### Picking an interior style

If you're working with one of the older homes, given their architectural character you may find yourself exploring a Modern Farmhouse

décor style: it's a way to accent and freshen rustic details. As such, you'll find lots of Modern Farmhouse elements at Foundry42+.

#### Why go eclectic

A distinct style can be beautiful, but it's also inflexible. However impressive, a stark black-and-white Art Deco home will be unforgiving to that new throw you got for your birthday (unless it is white), your kid's first sculpture, or a memento from your last trip with friends. So for me personally, that's off the table.

An eclectic style – easy with the Modern Farmhouse aesthetic – allows me to freshen a space without a complete remodel. So it's stress-free if I want to sprinkle yellows and blues to get spring into my home: a few pillows, a piece of art, flowering plants, pulling books with colourful spines into a pile on the coffee table, and I'm done! If I want a bit more, I can paint an accent wall next weekend.

*Cooper Boone is the owner of Foundry42+ that offers food, décor, events, and design services. LOCAL 142 offers foods from within a 142-mile radius of the store, which features décor items sourced both locally and from overseas. Events range from acoustic music through kids' story time to set-menu dinners. Look to Change Makers 2018 feature article to learn more about Cooper.*



All photos by: Michael Bloom