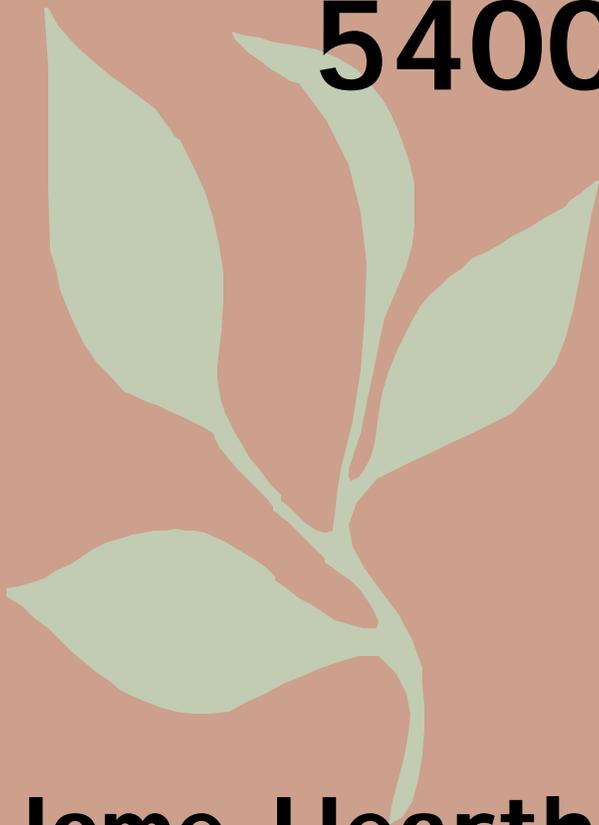


**The Seasons of
Creative Living
5400 Series**



Home, Hearth & Health Section

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For the following information/instructions, type (or copy and paste) the websites into your browser.

Bathroom Updates - <http://www.kenw.org/cl/clvol5hh.pdf> - go to page 7

Wallpaper Trends - <http://www.kenw.org/cl/lifestyleshh2.pdf> - go to page 9

Lip Balms & Bath Fizzies - <http://www.kenw.org/cl/5200hb.pdf> - go to page 4



Lynn Hack-Gerhart

Color 101 – Furniture Staining

Lynn Gerhart is the spokesperson for QRB Industries, and here's her story. My father, Ron Hack started QRB in 1963 while working as an X-ray technician. My parents bought an old house and store on the highway in Niles Michigan. My dad decided to put the commercial property to good use so he started out selling fruit. Later on he began to visit the dump and pick out old discarded furniture. He taught himself how to reupholster and started a small used furniture store.

He bought some paint remover to refinish some of the furniture but wasn't happy with what he found. None of the products worked very well, they damaged the furniture, and were expensive. Having some background in chemistry he decided to make something for himself.

He came up with something he liked and refined it over time. Customers coming into our store asked him what he was using that did such a nice job. After explaining it was his own concoction many of them insisted he sell them some. He would have them bring in a jar and he would fill it for a couple dollars. Soon he decided to design a label and start marketing his new invention. He called it QRB for "Quick Restored Beauty".

My father came home from the hospital one day and told my mom "I quit my job today!" My mother was very concerned, being the conservative one in the family. But it has worked out quite nicely. Later my father added Instant Finish, Match-a-Color Stain, and Scratch-Remover to the product line.

Over the years much of our advertising has been by word of mouth and we have a loyal following of customers. We think this is due largely to the fact that we are not just trying to sell a product but to teach people how to refinish furniture. In 1981 we started doing local television shows. We often could not show our product but we would announce that we would be at a flea-market or a fair and that people could bring their own furniture to try it on. This proved to be a big success and thereafter we were convinced that *teaching* people how to refinish was the best approach. We have great products and we are sure you will agree if you try them.

COURTESY: Lynn Hack-Gerhart
QRB Industries
www.qrb.com



What is SANE?

Sexual Assault Nurse Examiner (SANE) is a sub-specialty of a registered nurse currently certified in:

- Basic Life Support
- Advanced Cardiac Life Support
- Trauma Nurse



Registered nurses must complete at least 60 hours of didactic study followed by an intense clinical regimen. Additional dedicated continuing education courses are also required for SANE certification. SANE nurses deliver excellent medical care with improved evidence collection, thus greatly increasing the prosecution and conviction of sex offenders.

What does SANE do?

- Provides private, confidential treatment regardless of race, age, gender or sexual orientation
- Conducts a medical/forensic examination with written documentation
- Provides treatment for sexually transmitted infections and pregnancy prevention
- Assists victims in filing sexual assault reports with appropriate law enforcement
- Promotes post-assault treatment by providing information on Mental Health resources, counseling availability, and local support networks.

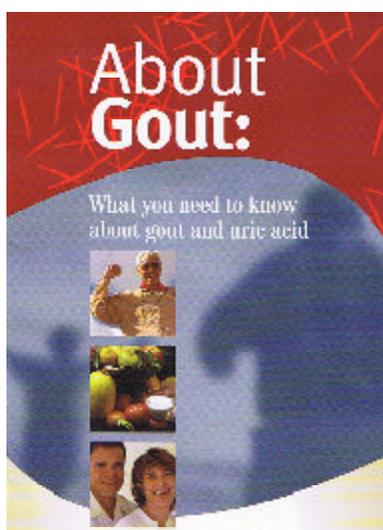


Sexual assault is no respecter of persons. Regardless of age, ethnicity, religion or sex—no one is exempt.

Did you know?

The national statistics reveal that one (1) in every three (3) women and one (1) in every five (5) men will suffer some type of sexual abuse or assault in their lifetime.

**COURTESY: Amber Hamilton
SANE**



Managing Gout

Gout is a form of arthritis. It is characterized by sudden and severe episodes of painful, warm and swollen joints. Gout is caused by an accumulation of sodium urate crystals in the joints. These crystals form when there is an abnormally high level of uric acid in the body.

Diagnosis of Gout

Gout can occasionally be difficult for physicians to diagnose. The symptoms mimic several other conditions. To confirm a diagnosis of gout, physicians typically draw fluid from a person's inflamed joint and view it under a microscope. If a patient has gout, the physician will almost always see urate crystals. The absence of crystals does not completely rule out a diagnosis of gout.

Risk Factors for Gout

- * Obesity - a Body Mass Index (BMI) of 30 or higher
- * Joint injury - urate crystals are more likely to form in a joint that was previously damaged
- * Diuretic medicines (taken for high blood pressure, leg swelling or heart failure) - can decrease the kidney's ability to remove uric acid, resulting in hyperuricemia
- * Untreated high blood pressure, diabetes or high cholesterol
- * High levels of serum triglycerides (a fatty substance) in the blood - associated with an increased risk of heart disease
- * Chemotherapy - the breakdown and turnover of cells leads to an increased production of uric acid
- * Kidney disease
- * Genetics - one out of four people with gout have a family history of the condition
- * Hyperuricemia - elevated uric acid levels

Triggers for Gout

- * Regular, excessive alcohol intake, especially beer; or a drinking "binge"
- * Surgery or sudden severe illness
- * Consumption of large quantities of purine-rich foods, especially meat products
- * Radiation therapy
- * Crash diets, particularly high-protein fad diets
- * Starting a uric acid-lowering treatment medicine (even though it may be the correct long-term therapy)

Treatment for Gout

The goals of gout treatment are to ease the pain associated with acute attacks, prevent future attacks and avoid the formation of tophi and kidney stones. The treatment of gout can be approached two ways - management of pain and lifestyle adjustments:

- * **Management of Pain** - Medications are used to treat the pain of acute gout attacks and to lower uric acid levels.
- * **Lifestyle Adjustments** - A healthy, balanced diet can help maintain a healthy body weight. Regular exercise is important, too. Patients are advised to drink lots of water and a minimal amount of alcohol.

Medications that treat acute attacks are aimed at reducing pain and swelling, and may include:

- * **Nonsteroidal anti-inflammatory drugs (NSAIDs)**, Colchicine, Oral Glucocorticosteroids and Adrenocorticotropic Hormone (ACTH).

Medications to lower uric acid levels and prevent future attacks may include:

- * **Probenecid and Allopurinol.** It is important not to start or stop use of these medications during an attack.

* **Men over the age of 40 are more likely than women (of the same age) to suffer from gout**

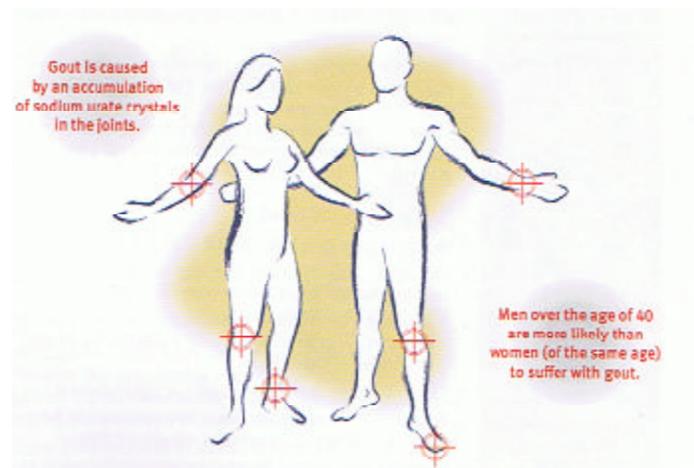
* **Women typically do not suffer from gout until after menopause**

* **Gout is often hereditary and when it develops in men before the age of 30, it can be especially severe**

* **Gout is one of the most painful types of arthritis, with a pain level equivalent to childbirth or the fracture of long bones, such as the femur, according to gout sufferers**

* **Approximately 60 percent of patients will experience a second gout attack within the first year of their initial attack**

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Home, Hearth & Health Guests

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