



A Tradition: “Creative Living”



With your host, Sheryl Borden!

5900 Series
Home & Hearth - Section I

Table of Contents

Home & Hearth

Kitchen Tips From the Healthy Housekeeper	I-3
Museums of New Mexico	I-4
Creating the Perfect Ambiance for Special Occasions	I-6
I'll Take Door Number One!	I-7
Know Your Knots	II-9
First Things First: Define Clutter	II-10
Making a Valance	II-11
Guests	II-15

Due to the size of this section, it has been divided into two sections which will enable it to be downloaded much more quickly. For instance “Kitchen Tips From the Healthy Housekeeper” is in Section I on page 3 whereas “Know Your Knots ” is in Section II on page 9.



KITCHEN TIPS FROM THE HEALTHY HOUSEKEEPER

Regardless of the time of year, busy moms and dads can feel stressed out with kid's activities, homework and car pooling. How do you keep your kitchen running smoothly after a busy day of catering to busy schedules? Laura Dellutri shares tips from her new book "The Overworked Mom's Stress Free Home Keeping"

Tip #1: EAT MORE LEFTOVERS

No one has time to cook, and too many families are throwing away thousands of dollars in leftovers. Laura tells viewers why people don't like leftovers and how to change that. Laura gives creative recipe ideas for leftovers from her book and shows a new refrigerator that keeps odors from blending inside the refrigerator.

(www.frigidaire.com)

Tip #2: STAY ORGANIZED

Nothing looks more unsightly than mushy mush brownies, cupcakes or deviled eggs. The new Baker's sto-nogo organizer keeps mom looking pretty savvy at the bake sale.

(www.bakers-sto-n-go.com)

Tip #3: STOP STICKING TO YOUR FLOOR

Walking around barefoot can be a sticky experience in some homes with spilled juices and cookie crumbs. Laura shows the fastest way to clean your floors without pulling out an old mop and bucket. (www.swiffer.com)

Tip #4: BANISH THE DUSTBUNNIES!

Nothing is worse than having a kitchen with cobwebs from the ceiling. It's unappetizing to say the least. Getting your home completely clean doesn't have to take you days. For dusting, I like to use the Swiffer Duster Extendable handle because it extends up to three feet to trap and lock dust and allergens in high, low and tight places. It can reach all the places a cloth can't!

(www.swiffer.com)

Tip #5: STOP SPRAYING ALL THE CLEANER!

Magic Eraser with Febreze does 3 times the cleaning versus an all purpose spray. All you have to do is just add water."

(www.mrclean.com)

Tip #6: STOP RUINING YOUR COOKIE SHEETS

A new cookie sheet never looks the same once something gets burned on it. Not to mention cleaning up can be a mess. Now they make cookie sheet liners that wipe clean with a paper towel and are safe for the dishwasher.

(www.chefsplanet.com)

TIP #7: NO MORE LEMONS IN THE GARBAGE DISPOSAL

Food particles are the culprits when it comes to causing odors in the garbage disposal. What is the solution? Disposer Care is deodorizing and moves the grunge from your disposer.

(www.disposercare.com)

**COURTESY: Laura Dellutri
Healthy Housekeeper Inc.**

www.lauradellutri.com





On February 19, 1909, the New Mexico Territorial Legislature passed a law establishing the Museum of New Mexico, designating the historic Palace of the Governors on the north side of the Santa Fe Plaza as its home.

Nearly a century later, those pre-statehood ambitions of the New Mexico Territory's leaders have grown into what is widely considered to be the nation's largest system of state-run museums, historic monuments and other arts and cultural programs, all of which are under the Department of Cultural Affairs.

The following is a brief description of the museums, monuments and cultural programs that comprise the Museum of New Mexico:

Palace of the Governors (New Mexico History Museum)



The Palace of the Governors, on the Plaza, built from 1609 to 1610, has served as New Mexico's history museum since its founding by the Territorial Legislature in 1909.

The building itself is considered the oldest continuously occupied public building in the United States. The museum's collection of more than 17,000 historical objects documents the Spanish Colonial, Mexican, American Territorial, and recent eras in New Mexico history. Items date from the time of the earliest Spanish explorations in the 16th century and chronicle 223 years of Spanish administrative control, 25 years as part of Mexico, 66 years as a territory of the United States, and from statehood in 1912 to the present.

New Mexico Museum of Art (formerly Museum of Fine Arts)

The New Mexico Museum of Art, on the Plaza, was

founded in 1917 as the Fine Art Gallery of the Museum of New Mexico. The museum is housed in a spectacular Pueblo Revival building designed by I. H. and William M. Rapp, it was based on their New Mexico building at the Panama-California Exposition (1915). The museum's architecture inaugurated what has come to be known as "Santa Fe Style." For more than 90 years, the Museum has collected and exhibited work by leading artists from New Mexico and elsewhere. This tradition continues today.



Museum of International Folk Art

The Museum of International Folk Art, opened to the public in 1953, houses the world's largest collection of international folk art. Located two miles southeast of the historic downtown plaza on Museum Hill™, the museum features works from over 100 countries ranging from ceramics to furniture, textiles to devotional art, with long-term exhibitions. Changing and traveling exhibitions are offered in the Bartlett Wing and exhibitions highlighting textiles are featured in the Neutrogena Wing.



Museum of Indian Arts and Culture/Laboratory of Anthropology

The Laboratory of Anthropology opened in 1931 and was involved in several projects centered around archaeological and anthropological research in New Mexico.

As the Lab outgrew its collections storage and exhibition space, the Museum of Indian Arts and Culture was founded in 1987 and is located next to the Lab on Museum Hill™. The Buchsbaum Gallery displays ceramics from the region's pueblos. Five changing galleries present exhibits on subjects ranging from archaeological excavations to contemporary art. In addition, an outdoor sculpture garden offers rotating exhibits of works by Native American sculptors.

New Mexico State Monuments

The New Mexico State Monuments have been part of the Museum system since their designation in 1931. The State Monument system has over the years pre-served for the public nineteen important historical sites. With sites located throughout the state, the State Monument system has the unique role of pro-viding (great) outreach.



Museum of New Mexico Office of Archaeological Studies

The Office of Archaeological Studies, founded in 1952, conducts archaeological research projects throughout New Mexico. Its mission is to collect and share information about prehistoric and historic sites across the state. The office serves state and federal agencies and private organizations needing archaeological studies performed as part of their projects. The office also provides ethnographic and historical studies. It has an award-winning educational outreach program, which directly interacts with New Mexicans in order to educate them about archaeology and answer their questions. Many of the projects make use of a dedicated corps of volunteers. The office provides training opportunities for university students and also collaborates on archaeological projects with our neighbor, Mexico. The office has five specialized laboratories, a small library and a publications department. It has nationally recognized specialists in pottery, botany and osteology. Its archaeomagnetic dating laboratory is one of two full-time laboratories in the United States dedicated to this dating technique.

Center for Museum Resources

The Center for Museum Resources handles many of the administrative and other support functions for the museums and monuments, such as exhibitions design and fabrication, conservation, (admissions) visitor tour groups, and marketing. The Museum of New Mexico was placed within the larger Office of Cultural Affairs, now the Department of Cultural Affairs, in the late 1970's and was joined with the New Mexico Museum of Space History in Alamogordo, established in 1976, and later the Museum of Natural History & Science in Albuquerque (1986), Farm & Ranch Heritage Museum in Las Cruces (1998), and the National Hispanic Cultural Center in Albuquerque (2000). Cultural Affairs, which was elevated to Governor's Cabinet Department level status in 2004, also includes the State Library, New Mexico Arts and the Historic Preservation Office.

COURTESY: Pamela Kelly
Museum of New Mexico
www.museumofnewmexico.org



Creating the Perfect Ambiance for Special Occasions

According to Rita Fuentes, Senior Regional Vice President, PartyLite, “You don’t need to be a party planner or spend a lot of money to make beautiful centerpieces for your special celebration! Whether it’s a bridal shower, important anniversary or birthday, quinceanera, graduation or a wedding, PartyLite can help.” Rita shows how to use color, light, flowers, accessories and personal touches to create the perfect ambiance for a special centerpiece.



Triumphant Trio

A mirrored surface enhances illumination. Add candles for sheer perfection.



Timeless Elegance

Combine texture and tone for sheer beauty that never goes out of style.



By the Sea

Take inspiration from the outdoors and bring the beauty of nature to your reception.



Golden Sparkle

Fashion a gloriously rich display and make every occasion special.

COURTESY: Rita Fuentes
PartyLite
www.partylite.com

I'll Take Door Number One!

Tired of your blah kitchen? Want a little more verve, a little fashion, a more comfortable look, an update? You can accomplish all of these with a little paint, a little design, and maybe, a hardware change or two.

The cabinets in today's new homes are exquisite. Styles range from ultra modern to timeless traditional. The finishes are just as grand, smooth lacquers over expensive woods, glass-like glosses, multi-layered finishes and distressed finishes that make these cabinets appear to have been made hundreds of years ago.

You can accomplish many of these and update your kitchen in the process.

Following are instructions for two types of finishes, the distressed finish and the antique finish, each designed to give your cabinets the look of years of use.

The antique finish is the simpler finish to accomplish. It is mainly just applying two different colors of paint, one to cover, and one to highlight detail.

Distressing is a little more complicated. It involves layers of paint and stain, sanding and finishing.

Basic instructions:

First clean all surfaces to be painted with TSP. Trisodium phosphate can be purchased at most hardware or paint stores, and comes pre-mixed or in powder form. If you use the powder, be sure to label your mix container and keep the solution out of the reach of children or pets.

Remove cabinet contents, even if you do not intend to paint the cabinet interiors. Clean the surfaces and let dry.

Run your hand over the cabinet surfaces. If they are rough in small spots, sand those areas until smooth.

Repair any holes and cracks, sand as necessary.

Both techniques are easier if you work on a flat surface. Removing the cabinet doors will allow you to do this. Don't forget to number or mark your doors and drawers for ease of replacement. In older homes, many cabinet drawers and doors may appear to be the same size, but age and conditions may have caused them to shrink or expand.

Remove pulls, knobs and hinges and place everything in zip lock bags.

If you are changing hardware, place one set of

handles, hinges, knobs and their fasteners in a zip lock bag to take with you when you're shopping. It's awful to get home and find that the beautiful, new hardware

you've chosen won't fit the existing holes, or the knob screw isn't long enough or worse yet, too long.

If your cabinets are dark and you wish to paint them a light color, it may be necessary to apply and let dry a good primer sealer to all surfaces you wish to change.

Paint or stain the surfaces the desired color. Let dry.

TO ANTIQUE:

Follow basic instructions. Mix your antiquing glaze. I use one part paint, one part water and one part latex glaze. If you are antiquing over oil base paint, use oil base glaze, one half glaze, one half paint.

Don't mix up too much. Most of the time a quart of mixed glaze will do a large kitchen, full of cabinets. Apply the glaze with a brush or sponge roller to the seams and details of the cabinet doors. If using latex glaze, work quickly to wipe off excess glaze. A wet rag will take off more glaze than dry one.

Keep a bucket of water and a wet rag close to dab up mistakes.

Change your water and rags frequently, to keep your antiquing consistent.

When you have finished one surface, move on to the next. Having an assistant to help you will greatly expedite this process.

Let the surfaces dry. Replace hardware. Rehang doors and replace drawers.



Decorating Any Room in Your House on a Budget

TO DISTRESS:

Follow all basic instructions except filling the holes and cracks. You can repair and sand the doors and drawer fronts if you wish, but cracks and holes will add to the patina of age.

If your surfaces are fairly new, you may wish to add some additional scratches, holes and dents. I have used heavy chains, nails, meat tenderizers and an assortment of hammers, screwdrivers, keys and faux finishing tools to add more distress to surfaces. Experiment before you tackle your doors and drawer fronts. Buy a small piece of soft pine and practice your distressing technique. Find out what makes the best marks. Be careful, safety first.. wear eye protection.

Sand all surfaces. Prime if necessary. Paint on base color. This is the color you want to show when the layers of paint have been sanded back. Let dry.

Paint on top color. Let dry.

Some instructions for distressing will tell you to use candle wax over the areas you want to distress, such as edges and rub areas. Personally, I like applying layers of paint and stain. If you sand off too much, you can always put some back.

After your layers are dry, sand selected areas with medium grit sandpaper or sanding sponge. Sand gently, the layer underneath will show up quickly. If you are satisfied with that area, stop, and move on. If not, continue sanding. In some areas, sand down to the bare wood or the first layer of paint. The more work you do, the better the result.

When you are satisfied with your results, stop. Wipe off all of the dust.

To seal, apply a coat of paste wax. Let dry and buff. The wax is a temporary barrier that will wear off in time and add to the new patina.

For a permanent seal, apply satin water or oil based polyurethane.

**COURTESY: Joan Hultman
Woman's Work Faux Finishing and More**



Lacy Jones, Visual Coordinator for Havertys Furniture in Lubbock, TX, talked about several ways to re-decorate any room in your house without spending a lot of money. With many people on a budget today, they still want their home to look great.

First of all, you need to start without spending a dime. **De-clutter and Re-arrange.** Just by getting the clutter (like the things you don't use or need) out of the area can really help you decide if you want to re-arrange.

Try moving the furniture in different ways, but always remember the focal point in the room. Next, always fix rather than toss. Look at the pieces that you really don't like anymore (if it's because of the color or it is just broken, you can repair or paint for a lot less than buying brand new things.)

These three things will help you decide what needs to be bought before you get started. Then determine what will give you the most "bang for your buck." If you need a fresh new coat of paint to liven-up an area, that is something really cheap that can completely transform any room. Changing things like window treatments, comforters, floor rugs or just new pillows on your sofa can help add new looks for just a little. Buying these items in bold trendy colors can get your room up-to-date and add color to your neutrals. Look at your existing accessories: are they out dated or are you just tired of looking at them? Just by replacing some of them, like lamps, candle sticks, floral, and wall art, can give you that new look you want.

Don't think you have to do all these things to get the result you want. Just pick a couple that will benefit you and your room the most. The costs of these items are very low and can add so much to any room in the house.

**COURTESY: Lacy Jones
Havertys Furniture
www.havertys.com**