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35
years!



Creative
Living
with Sheryl Borden
6200 Series



Home, Hearth & Health

Table of Contents

Home, Hearth & Health

Bronzed Columns	3
Tumble Marble Backsplash Outlet Plates	3
Innovative Home Products	4
60-30-10 Rule of Design	4
Over-the-Counter Natural Cures	5
Projects From Minwax	6
How to Child-Proof the Exposed Cord on the Back of a Roman Shade	7
Gather, Drop & Fill Technique	8
Bundle & Place Technique	9
On Being Memorable: Nine Keys for Exceptional Change	10
Home, Hearth & Health Guests	11

BRONZED COLUMNS



Paint columns or any accessory to coordinate with oil rubbed bronze cabinet hardware and plumbing fixtures which are predominately being used in new construction today. Shiny gold or brass light fixtures and picture frames can also be given a face lift with this technique.

STEPS

1. Prep-work: Mask and tape off adjoining walls and floors.
2. Spray on a coat of rust colored primer.
3. Spray on a mixture of black and brown latex paint.
4. Begin at the top. Use a brush and damp terry towel to faux gold and copper water-based glazes over black and brown to create heavier and lighter areas where the black still can be seen through the lighter areas.
5. Spray glossy or satin clear coat.(optional)

TUMBLED MARBLE BACKSPLASH OUTLET PLATES

Clean up the clutter of outlets under your backsplash by painting to them to match a popular tile — tumbled marble.

STEPS

1. Unscrew the outlet plates and lay out on brown paper sacks or cardboard. Phone and cable jacks will have to be painted in place since they are wired to the plate.
2. Sand to scuff up the glossy surface and dust off.
3. Apply a primer for glossy surfaces in a dabbing or stippling technique.
4. Apply a beige base coat with satin latex paint.
5. Using a 3" chip brush, thinly dab on a charcoal black latex glaze on random sections of each plate. Go light! The glaze will darken when it dries. If too heavy, dab off with a damp terry cloth towel to lighten it while the glaze is still wet.
6. Using a 3" chip brush, thinly dab on some of each of these color glazes - light taupe, medium taupe and sometimes white depending on the tile.



COURTESY: Jaime Alcorta
Walls of Art
www.walls-of-art.net

INNOVATIVE HOME PRODUCTS

60-30-10 Rule of Design

Getting a room's color combination right can be difficult unless you use a little bit of math. Almost all interior designers follow this easy rule with every room they design -- it is the 60-30-10 Rule. It breaks down like this:

60% dominant color, 30% secondary color and 10% accent color. This helps from not using too many colors (where it can look too busy) or too few in one room (where it can look too boring.) Starting with a 3 color combination is a good starting point on whatever room you are doing.

The 60% is the color of the paint on the main walls; this is the largest amount of color in the space so choose carefully. The 30% is mainly the carpet/tile, furniture and such. This is usually the most neutral of the three colors. The 10% is the accessories, like pillows, window treatments and lamps. Being able to apply this to any room in your home can help you utilize the use of colors in the best way possible.

The best example of this rule is a man's business suit: 60% is the slacks and jacket; 30% is the shirt and 10% is the tie.

After understanding this rule, decorating with colors can be a lot easier when applying this to simple math.

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

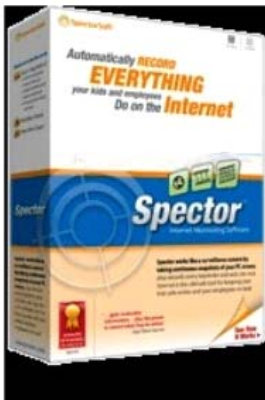


Laura Dellutri, the Healthy Housekeeper, suggests the following appliances to help save time and money:

Wahl Pro-Cut - to save money on your family's haircuts (www.wahl.com)



Spector Pro - to monitor your children on the internet (www.spectorpro.com)



The Fire Blanket - for kitchen fires (www.fbdusa.com)



**COURTESY: Laura Dellutri
Healthy Housekeeper, Inc.
www.healthyhousekeeper.com**

OVER-THE-COUNTER NATURAL CURES

NUTRITIONAL CHEMOTHERAPY

Right now, millions of your cells are committing suicide. Once done, they are cleaned and eliminated from the body courtesy of the immune system, leaving behind only healthy cells. This is a good thing. Your survival depends on this, and it was my first universal cancer truth: all cancer is a normal cellular process that only leads to death when cells fail to commit suicide in response to some type of DNA damage. Rather than “fight” cancer, you simply need to cooperate with your body to ensure that this vital protection mechanism is intact. And the best way to do this is with nutritional chemotherapy.

While the body produces healthy cells, individual cells must possess the ability to self-destruct when they become cancerous. This critical process is termed “programmed cell death,” or *apoptosis*, and it’s induced by nutrient logic – select nutrients found in nature.

Just as your body can’t activate metabolism without sufficient water, your cells cannot protect you from cancer, courtesy of programmed cell death, without nutritional chemo-therapy. In short, nutrient logic “helps your body help itself.” Over the last two decades or so, several nutrients have been identified that help cancer cells activate this survival mechanism when needed. That’s why I call it nutritional chemotherapy: these nontoxic compounds work directly with the body, not against it, to stop cancer cells from proliferating.

These discoveries have given rise to the identification of Mother Nature’s most potent weapon against cancer: turmeric. Not only does the commonly used spice give cancer cells a biological smack-down, but it also can prevent unruly and invasive cancer tumors from spreading.

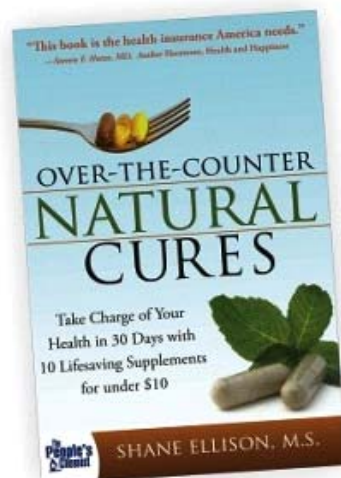
Read more about this and other topics in Shane’s book, which is available in most bookstores and online.

DIABETES & OBESITY

Using natural product screening, chemists have discovered the only blockbuster diabetes drug. It successfully lowers blood sugar, triglycerides, and A1C levels while increasing insulin sensitivity - and without a single negative side effect. This drug is commonly known as cinnamon! Cinnamon is positioned to save modern society from the type 2 diabetes epidemic.

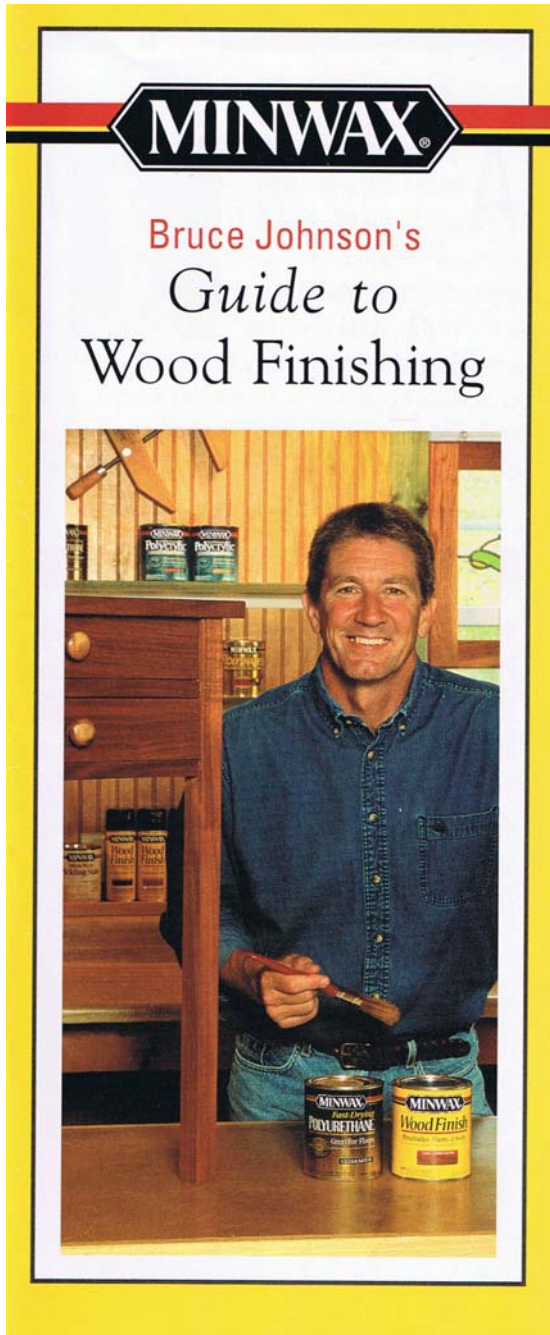
Cinnamon doesn’t simply mask the insulin-resistant symptoms of high blood sugar. It is powerfully effective at overcoming bad blood because it activates the essential reaction known as phosphorylation. In other words, cinnamon increases insulin sensitivity by mimicking all the positive effects of insulin. When consumed, cinnamon rushes to muscle cells, attaches to them and does what insulin cannot: it triggers the uptake of glucose and other lifesaving nutrients from the blood by eliciting phosphorylation. It brings numb, insulin-resistant cells back to life and maximizes hormonal intelligence.

The easiest way to harness the benefits of cinnamon is to buy it organically and use it before meals three times per day. Cinnamon’s positive effect on health is a stark reminder that nutrient logic is man’s best bet for optimal health.



COURTESY: Shane Ellison
Author & Chemist
www.thepeopleschemist.com

PROJECTS FROM MINWAX



ONE STOOL – THREE DIFFERENT LOOKS

Today's consumers don't want to spend a lot of money on one-of-a-kind furniture, but at the same time, they don't want "cookie cutter" design either. There are so many options available to custom decorate your furniture. Bruce

Johnson showed three distinction looks on an unfinished wood stool.

Traditional: Warm wood tones never go out of style. You can get a "hand rubbed" look using Minwax Water-Based Wood Stain. A rich American walnut finish will bring out the beauty of the wood complemented by a protective coat of Water Based polycrylic.

Children's Room: Whether they need a stool to stand up at the bathroom sink to brush their teeth, or to pick out their clothes from the closet, any child would love a colorful foot stool decorated in their favorite color or colors. Try using bright contemporary colors from the Express Color line to achieve an energetic look that will quickly become a child's favorite piece of furniture. For an extra level of protection, finish the stool with Minwax Polycrylic.

Modern: You can also use a sleek combination of colors to achieve a modern look perfect for a contemporary setting. Use Polyshades, a one-step stain and finish, which is easy to do and allows you to achieve an entirely different and fresh look with the sweep of a brush.

RECLAIMING OLD DOORS TO CREATE A NEW LOOK

Old doors, the good ones at least, never really die; they just come off their hinges and retire to flea markets waiting for some TLC. Reclaimed doors from barns, porches, even outdoor sheds, can be recycled and turned into a beautiful headboard, room divider or even a coffee table.

The first step is to sand off the old varnish and then apply a rich, penetrating oil-based stain – Minwax Wood Finish. After this, apply Fast-Drying Polyurethane, a protective clean finish that will further enhance the beauty of the door.

COURTESY: Bruce Johnson
Furniture Refinisher, syndicated columnist
www.minwax.com

How to Child-Proof the Exposed Cord on the Back of a Roman Shade

New Safety Standards require that you “shroud” the lift cords (those on the back of the shade) if you are selling your shade. In addition, the spacing of the lift rings where the shroud is attached to the shade can only be a maximum of 8-inches. These new standards prevent the creation of a hazardous loop that could cause accidental strangulation of a young child.

Plan the folding of your shade so that the spacing between your lift rings is less than or equal to 8-inches. An easy way to do this is to use the online Hardware and Folding Calculator on www.TerrellDesigns.com. Be sure to specify the shade option as Safety-Compliant. There are complete instructions on making a Safety-Compliant shade on the web site as well.

Make your shade the normal way: hem the bottom of both the front decorator fabric and lining, sew the side seams and then close the top of the shade using Velcro. Sew on the lift rings using a heavy-duty thread that is at least 50% polyester, which is UV-resistant. You will be tying the cord shroud to the shade around this thread as if you were making a shank button.

Lay the shade upside down on a work surface. Tie the shroud (a polyester cord with small loops spaced 1-inch apart) around the thread on the lowest lift ring.



Tie the shroud to all of the remaining rings in each column making sure it is tight between the rings. After all columns are done, attach the mounting board and staple the shroud onto the board.



Tie the lift cord (brown in the photo below) to the bottom lift ring and string it through the loops of the shroud and through each lift ring in that column. String the cords out the side of the mounting board.



When you pull the lift cord it slides through the loops in the shroud and the shade folds up along the rows of lift rings. The shroud gathers up between the rings. The lift cord cannot be pulled away from the back of the shade into a hazardous loop because it is contained by the shroud which is attached to the shade.

Courtesy: **Terrell Sundermann**
Terrell Designs
www.TerrellDesigns.com

f l o w e r d u e t

Gather, Drop & Fill Technique

VASE: Use a low vase that is opaque. A metal cube vase would work that is about 4 inches x 4 inches. Fill the vase with water and floral food about 3/4 full.

PREP: Prep the flowers – condition them. See your other tips sheets for instructions on how to do this.

CLEAN: Clean the flowers. Take off all the greenery.

Most of the stems will be below the water line inside the vase. **GATHER:** Gather 1/2 the total stems into one hand – alternating stems – like you are making a small bouquet in your hand. **DROP:** Measure the stems and cut them a little longer than you think you need. Place them in the vase and let them fall where they may. At this point, you may need to re-cut the stems a bit shorter.

FILL: Using the rest of the stems of flowers, fill in the gaps in the arrangement, taking care to alternate flowers so that you don't have any Roses touching each other and so that they are the main focal flower in the design. **MAKE IT LAST:** Fill the vase every 2-3 days with fresh water combined with floral food.



In the example above, we used roses, calla lilies and misty blue, but you can easily make this a more casual design with Carnations, Alstroemeria and Solidago

Rose



The Rose is the national flower of the United States, New York State, and the Flower for the Month of June.

Were valued for their beauty and symbolism by the Greeks and Romans, cultivated by the Chinese and popular in Europe in the 18th century.

Good alternate flowers to use: Any face flower like Carnations, Mums, Peonies, Gerber Daisies.

Alstroemeria or Peruvian Lily



Commonly called the Peruvian Lily or Lily of the Incas, is a South American genus of about 50 species. Almost all of the species are restricted to one of two distinct centers of diversity, one in central Chile, the other in eastern Brazil. Species of *Alstroemeria* from Chile are winter-growing plants while those of Brazil are summer-growing.

Good alternate flowers to use: Small flowers like Spray Roses, Spray Mini Carnations, Spray Mums.

Misty Blue



Misty Blue's Botanical name is *Limonium*, which is s an ancient Greek name, probably derived from the word "meadow."

Good alternate flowers to use: All filler flowers including Baby's Breath, Solidago, Wax Flower, Statice.

**COURTESY: Casey Schwartz
Flower Duet
www.flowerduet.com**

f l o w e r d u e t

Bundle & Place Technique

Design Principles: Small, compact arrangements can make a big statement when they are full of flowers. They can be moved to many locations in a home and fit in well. We will be bundling our stems together in mini sets and placing them in a way to feature each flower's attributes.

First: Clean the stems of the flowers. Make sure there is no greenery left on the stems below the water line.

Next: Keep stems long as you gather and bind your stems together. This way you can cut them to the size you need when you are ready to place.

Add flowers: Bundle in sets of 3-5 flowers, totaling 3 sets for placement.



Flowers used in this floral design:

Hydrangea



Hydrangeas like lots of water. Be sure to cut the stems cleanly to allow water to be easily absorbed. The longer they stay on the plant, the longer they will last in a vase.

All color hydrangeas turn into "antique green" blooms when dried.

Snap Dragons



These line flowers are commonly known as **snapdragons** from the flowers' resemblance to the face of a **dragon** that opens and closes its mouth when laterally squeezed

Alstroemeria



These cluster flowers are commonly called the Peruvian Lily or Lily of the Incas.

They are hardy, come in a vast amount of colors and last 2-3 weeks in a vase.

Roses



The Rose is the national flower of the United States

Were valued for their beauty and symbolism by the Greeks and Romans, cultivated by the Chinese and popular in Europe in the 18th century.

**COURTESY: Casey Schwartz
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www.flowerduet.com**

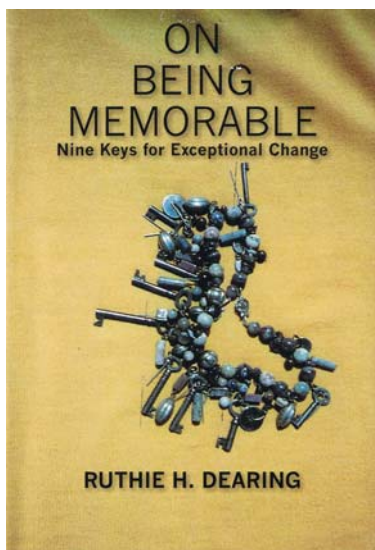
On Being Memorable: Nine Keys for Exceptional Change

On Being Memorable provides a holistic approach to personal behavioral change combining a variety of different factors, including self-image, behaviors, creativity, power, good health, poise and altruism, bringing together all of these components using the STAR Approach to implement exceptional, lasting behavioral changes.

Using the STAR Approach for change is different. Rather than trying to eliminate a weakness, concentrated efforts focusing on your positive characteristics and traits will cut in half the time and effort needed to create the new image you desire. When applied with discipline and commitment, the STAR Approach works through reinforcement of your positive attributes and behaviors to help attain your goal effectively and completely.

On Being Memorable encourages and teaches new methods and strategies to reinforce successful skills and attributes that lead to positive behavioral changes and the creation of a most extraordinary and unforgettable person!

**COURTESY: Ruthie H. Dearing
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Home, Hearth + Health Guests

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