



Creative Living

with Sheryl Borden
6300 Series



Home, Hearth & Health

Table of Contents

Home, Hearth & Health

Walls of Art Projects	3
“Plan-Your-Room” Room Planner.....	4
One-Step Furniture Makeovers	5
How to Convert an Old Shade so it is Safety-Compliant...6	
Mixing Succulents and Fresh Flowers.....	7
Long and Low Centerpieces.....	8
The Upholstery Studio	9
Strong Women, Strong Bones.....	10
Lactose Intolerance	10
Home, Hearth & Health Guests.....	11

Walls of Art Projects

EMBOSSSED DESIGNS

Add random raised stenciling to walls for extra impact. Many popular fabrics have a damask pattern and you can use this pattern randomly on the wall.

STEPS

1. Draw level guide lines in chalk around the room where you wish to apply the stencil. Lay them out in a high, low and middle triangle pattern and try not to have any of them at the exact same level.
2. Tape up stencil and thickly trowel joint compound over the stencil. Remove stencil starting from a top corner. Let dry and sand edges a little if desired.
3. Paint a solid satin base color. For this example, I used a medium gold.
4. A brown glaze can be applied over the wall to add an aged plaster look. Then you can reapply the stencil and brush on contrasting colors like metallic bronze, red and black.
5. Add some faded paint on versions of the stencil. Using the stencils, register marks and chalk level marks, stencil to fill in a section of the damask pattern with brown glaze.

You can also use a colored plaster like venetian or lusterstone to complete the embossed design. Then while still wet push jewels into the plaster.



FURNITURE VANITY

You can make a built-in vanity look new by applying a furniture finish.

STEPS

1. Add embellishments, like wood applique scroll-work to the fake drawer under the sink and furniture feet under the kick space.
2. Lightly sand and prime surface. I always like to tint my primer close to the color I am going to paint.
3. Paint satin latex base color. For this example, I am using a sage green.
4. Paint a black band inside the framed molding.
5. Randomly tip the edges with black paint to achieve a more distressed look.
6. Antique with a brown glaze (oil or latex). Brush on a coat making sure you have it in all the crevices. Wipe off most of the glaze on the top surfaces leaving it in the recesses of the framed molding.



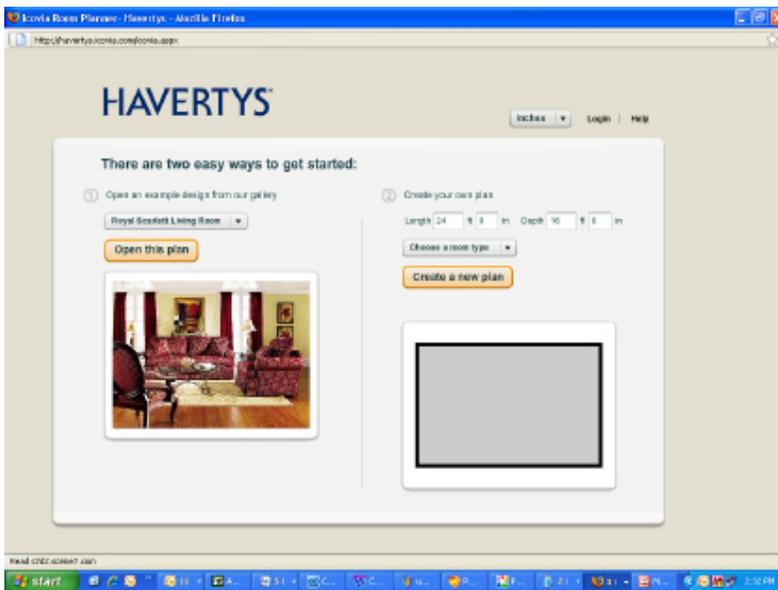
COURTESY: Jaime Alcorta
Walls of Art
www.walls-of-art.net

“Plan-Your-Room” Room Planner

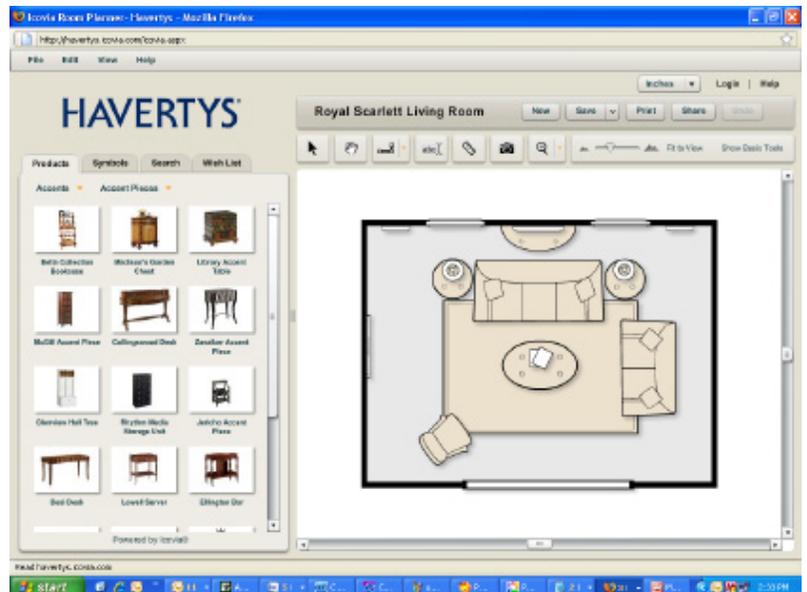
Arrange your room like a professional with our exceptionally easy-to-use Room Planner. Save time and know that your furniture will fit before buying it by creating the perfect set-up.

Just enter the dimensions of any room in your home and the furniture that will be in it. You can also drag and drop furniture from our website directly into the room planner and rearrange as you like. Save, email and print your designs. You can even bring them to one of our sales associates for helpful advice.

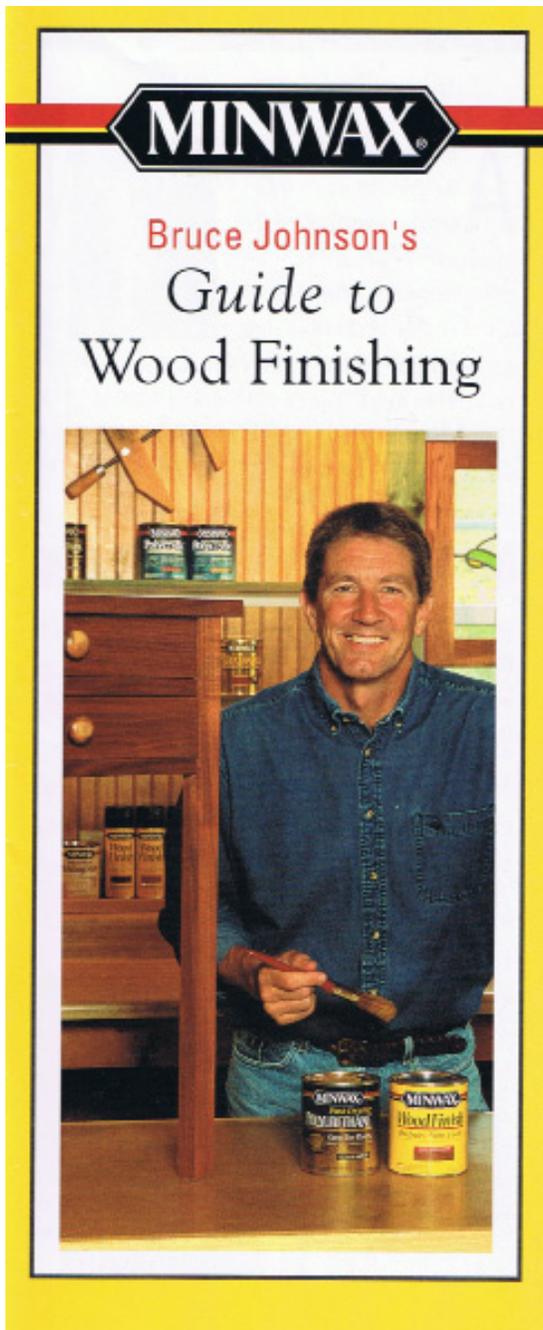
Enjoy getting ahead of the game with our Room Planner.



COURTESY: Lacy Jones
Havertys Furniture
www.havertys.com



ONE-STEP FURNITURE MAKEOVERS



One-Step Furniture Makeovers

In this segment, Bruce highlights quick and easy furniture “makeovers” for folks that don’t have a lot of time and want to start and finish a project in one day.

Using previously finished pieces of furniture, Bruce showed what finishes could be covered without stripping the piece.

He also explained an easy method for figuring out what type of finish people might be dealing with and talked about the best one-step products to breathe new life into an old piece.

Bruce showed a small piece of furniture that was in desperate need of a pick-me-up. He said it could be a small sitting chair or end table that has been around for years and is crying out for some TLC.

Using this piece of furniture, Bruce went over the first steps of evaluating the piece to see what you’re working with as well as gently cleaning the existing finish. Then, he moved on to the quick and easy steps needed to rejuvenate the furniture piece. This resulted in a brand new finish for a small investment of time and money. He said that kitchen cabinets are also a great choice for this type of quick makeover.

COURTESY: Bruce Johnson
Minwax
www.minwax.com

How to Convert an Old Shade so it is Safety-Compliant

Safety standards for the manufacture (sewing) of corded window treatments been revised recently to make shades much safer. To eliminate the possibility of accidental strangulation from the cords on the back of the shade, the cords must be shrouded. Furthermore, the shroud must be attached to the shade in small enough intervals to prevent the formation of a hazardous loop. It is easy to convert an existing Roman shade into a safety-compliant shade.

First you should examine the spacing of your lift rings. If they are less than or equal to 8-inches apart in the vertical direction, you simply need to add a cord shroud and re-string the shade. If they are more than 8-inches apart, you will need to sew on more lift rings.

Lift rings are less than or equal to 8-inches apart in the vertical direction: Remove your shade from the mounting board. Pull each lift cord out of the mounting board hardware and column of lift rings. Leave the cord tied to the bottom lift ring. If necessary, reinforce the thread holding the rings to the shade. 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.

String the lift cord up through the loops of the shroud and through each lift ring.



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.

Lift rings are more than 8-inches apart and you do NOT have internal battens: Remove your shade from the mounting board. Pull each lift cord out of the mounting board hardware and column of lift rings. Leave the cord tied to the bottom lift ring. If necessary, reinforce the thread holding the rings to the shade. Add lift rings half-way between each of the existing rings and one additional one above your last ring in each column. You will have twice the number of lift rings as before. Follow the directions above to shroud the lift cord.

Lift rings are more than 8-inches apart and you do have internal battens: Remove your shade from the mounting board. Remove all lift rings and cord. Add internal battens half-way between each existing batten and one above the top battens. Continue with the directions directly above.

Courtesy: Terrell Sundermann
TerrellDesigns
www.TerrellDesigns.com

Mixing Succulents & Fresh Flowers

Tips for keeping succulents fresh:

- Soak floral foam in fresh water only – no floral food
- Keep floral foam wet – water every 3 days
- Remove Succulents from soil and cut away roots. Keep a stem if possible.
- Use picks to secure stems/rosettes into foam
- Pre-poke foam when stems are too large or too delicate

Resources:

- *Crazy About Cacti & Succulents* – Ray Rogers
- *Hardy Succulents* – Gwen Moore Kelaidis
- *The Illustrated Encyclopedia of Succulents* – Gordon Rowley

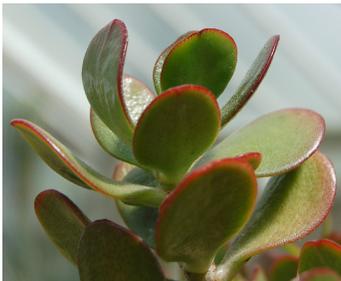
Suppliers:

- The Huntington Library Plant Sale (twice yearly)
- Kobata Growers – Los Angeles Floral District
- Kimura Wholesale Florist – Los Angeles Floral District
- California Cactus Center - cactuscenter.com Pasadena



About the Succulents & Flowers:

Crassula ovata



Crassula ovata is also known as the Jade Plant – or Money Plant. These come in solid green with touches of red as well as variegated.

Echeveria



Also called Hens and Chickens: Baby plants (chickens) “hatch” near the base of the main plant (hen). These come in a variety of shapes and shades of greens.

Celosia



Celosia, which are native to Africa, are brilliant in appearance and have two looks. One is a striking flame-like flower head and the other has a flower head referred to as cockscomb.

Spray Roses



Spray Roses are a darling cluster of 6-10 rose flowers at the end of a stem. Colors match full headed roses beautifully.

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

Long & Low Centerpieces

Horizontal Floral Design

1. Secure a piece of foam that extends above the rim of the container in order to allow you to place horizontal stems.
2. Establish the framework height and width.
 - a. Insert flower or foliage stems to establish the length of the design. Insert deeply into the foam angling them downward into the foam.
 - b. Insert two more stems to establish the narrow width of the framework. Keep these stems shorter.
 - c. Place a flower or foliage stem in the center to set the height limit for your bouquet.
3. Add more flowers and foliage near the rim of the container. When viewed from above, these flower heads and foliage tips should form an oval or diamond shape.
4. Add flowers and foliage to fill in the body of the design and conceal the foam.
5. Don't be tempted to add too many flowers. Keep the profile of the design low.
6. Finally, add filler flowers and foliage to complete the design.



This design has 3 Anthuriums, 5 Roses, 6 Croton leaves, 3 Lisianthus, 6 Dendrobium Orchids, and 3 stems Daisy Mums.

Dendrobium Orchids



Also known as Singapore orchids, this spray flowers come in lavenders, pinks, greens and whites. Individual blossoms are great for corsages or leis. Vase life is 7-10 days. Often best if soaked in water for 15 to 30 minutes.

Anthurium



These cut flowers last 2 to 3 weeks or more; however they do bruise easily, so handle with care. They like humidity so mist often with water. If the bracts look wilted, immerse entire stem in water for 15 to 30 minutes.

Croton Leaves



Also Codiaeum (koh-die-EE-um) – Colorful, variegated, bold patterns on leaves. Wide range of colors including red, orange, pink, green, yellow and white. Vase life 1 week.

**COURTESY: Casey Schwartz
Flower Duet**

www.flowerduet.com



www.upholsterystudio.com
1-800-433-7440



We currently offer 5 Headboard Collections. In each collection you receive step-by-step instructions, full size patterns and the DVD to create multiple styles/shapes of headboards. Complete kits are available, all you need is your fabric.

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Collection 1

Do It Yourself - Easy as 1,2,3!

INCLUDED:
• Full-Size Patterns with Easy-to-Read Directions and Detailed Illustrations for Twin, Full, Queen & King Size
• Step-by-Step DVD with Extras, Including Helpful Design Hints

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Variations Included in this Package

Included in the Programs:
• Step-by-step instructions to create headboards
• Decouring Tips for planning your room, using color, bedding and accessories for different room combinations
• Fabric application techniques for three styles with options for wood trim and various fabrics
• Full size patterns for the frame, foam and fabric.

Fabric Requirements:
Full Size: 34" wide
Twin/Queen/Full/No-King: 33 yds.
King/No-King: 34 yds.
Twin or No-King: 3 yds.

Main Supplies:
12" Plywood Panel (1)
2" Foam (1)
1" Bonded Polyester Top Layer Fabric (1)

Major Tools Needed:
Saber Saw
Electric Stapler

FINISHED FRAME SIZES:
Twin 24" high x 57" wide
Full 34" high x 54" wide
Queen 36" high x 60" wide
King 34" high x 80" wide

It is Available with all supplies and material needed - No supply list except using fabric to fit your size!

www.HomeDecor1-2-3.com
DVD Run Time: Hour (90 Min.), Hour (Optional)
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Headboard Collection #1 offers 2 shapes; flat across the top with either square corners or rounded corners.

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Collection 2

Do It Yourself - Easy as 1,2,3!

INCLUDED:
• Full-Size Patterns with Easy-to-Read Directions and Detailed Illustrations for Twin, Full, Queen & King Size
• Step-by-Step DVD with Extras, Including Helpful Design Hints

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Variations Included in this Package

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www.HomeDecor1-2-3.com
DVD Run Time: Hour (90 Min.), Hour (Optional)
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Headboard Collection #2 offers 3 shapes; degrees of arch of the crown of the headboard. Slightly arched, medium arched and very pronounced arch.

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Collection 3

Do It Yourself - Easy as 1,2,3!

INCLUDED:
• Full-Size Patterns with Easy-to-Read Directions and Detailed Illustrations for Twin, Full, Queen & King Size
• Step-by-Step DVD with Extras, Including Helpful Design Hints

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Variations Included in this Package

Included in the Programs:
• Step-by-step instructions to create headboards
• Decouring Tips for planning your room, using color, bedding and accessories for different room combinations
• Fabric application techniques for three styles with options for wood trim and various fabrics
• Full size patterns for the frame, foam and fabric.

Fabric Requirements:
Full Size: 34" wide
Twin/Queen/Full/No-King: 33 yds.
King/No-King: 34 yds.
Twin or No-King: 3 yds.

Main Supplies:
12" Plywood Panel (1)
2" Foam (1)
1" Bonded Polyester Top Layer Fabric (1)

Major Tools Needed:
Saber Saw
Electric Stapler

FINISHED FRAME SIZES:
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Queen 36" high x 60" wide
King 34" high x 80" wide

It is Available with all supplies and material needed - No supply list except using fabric to fit your size!

www.HomeDecor1-2-3.com
DVD Run Time: Hour (90 Min.), Hour (Optional)
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Headboard Collection #3 offers 3 shapes; from a slight hump in the middle to a pronounced up and down dip in the middle.

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Collection 4

Do It Yourself - Easy as 1,2,3!

INCLUDED:
• Full-Size Patterns with Easy-to-Read Directions and Detailed Illustrations for Twin, Full, Queen & King Size
• Step-by-Step DVD with Extras, Including Helpful Design Hints

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Variations Included in this Package

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• Decouring Tips for planning your room, using color, bedding and accessories for different room combinations
• Fabric application techniques for three styles with options for wood trim and various fabrics
• Full size patterns for the frame, foam and fabric.

Fabric Requirements:
Full Size: 34" wide
Twin/Queen/Full/No-King: 33 yds.
King/No-King: 34 yds.
Twin or No-King: 3 yds.

Main Supplies:
12" Plywood Panel (1)
2" Foam (1)
1" Bonded Polyester Top Layer Fabric (1)

Major Tools Needed:
Saber Saw
Electric Stapler

FINISHED FRAME SIZES:
Twin 24" high x 57" wide
Full 34" high x 54" wide
Queen 36" high x 60" wide
King 34" high x 80" wide

It is Available with all supplies and material needed - No supply list except using fabric to fit your size!

www.HomeDecor1-2-3.com
DVD Run Time: Hour (90 Min.), Hour (Optional)
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Headboard Collection #4 offers 2 shapes; both very curvy with very pronounced dips.

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Collection 5

Do It Yourself - Easy as 1,2,3!

INCLUDED:
• Full-Size Patterns with Easy-to-Read Directions and Detailed Illustrations for Twin, Full, Queen & King Size
• Step-by-Step DVD with Extras, Including Helpful Design Hints

HOME DECOR 1-2-3 Making Designer Headboards
Headboard Variations Included in this Package

Included in the Programs:
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• Decouring Tips for planning your room, using color, bedding and accessories for different room combinations
• Fabric application techniques for three styles with options for wood trim and various fabrics
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Main Supplies:
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2" Foam (1)
1" Bonded Polyester Top Layer Fabric (1)

Major Tools Needed:
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Electric Stapler

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Full 34" high x 54" wide
Queen 36" high x 60" wide
King 34" high x 80" wide

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www.HomeDecor1-2-3.com
DVD Run Time: Hour (90 Min.), Hour (Optional)
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Headboard Collection #5 offers 3 shapes; one with a flat top and cut-outs on the corners, one slightly arched with cut-outs and one slightly arched and flat on the ends.

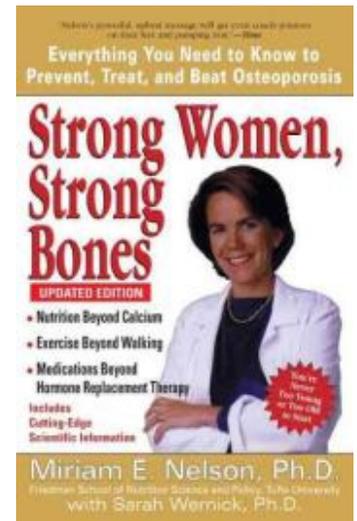
COURTESY: Rebecca Peck
The Upholstery Studio
www.upholsterystudio.com

STRONG WOMEN, STRONG BONES

Shannon Wooton, Extension Home Economist-Chaves County, uses the book "Strong Women, Strong Bones" as the resource for teaching a program in her area on the importance of good nutrition and exercise. This program was developed by Dr. Miriam Nelson at Tufts University and is based upon extensive scientific research.

No group in our society can benefit more from regularly performed exercise than middle-aged and older adults. Scientific research has demonstrated that exercise with weights (strength training) will increase strength, muscle mass, and bone density in middle-aged and older women.

Strengthening exercises also reduce the risk of numerous chronic diseases, such as diabetes, heart disease, osteoporosis and arthritis. Psychological health is positively affected as well. Strength training has been shown to reduce depression and improve sleep, and it contributes to a sense of well being among older individuals.



COURTESY: Shannon Wooton
NM Cooperative Extension Service
www.chaves-extension.nmsu.edu

Lactose Intolerance

Low-fat and fat-free milk, cheese, and yogurt are nutrient-rich foods and a key component of a healthful diet. Yet, people may avoid these foods because of concerns about lactose intolerance. Eliminating dairy foods may not only be unnecessary to manage lactose intolerance, but it also may lead to nutrient shortcomings which may result in adverse health effects, concluded an expert panel convened by the National Institutes of Health (NIH) to examine lactose intolerance and health.

Lactose intolerance is described as gastrointestinal disturbances that may be experienced following intake of an amount of lactose (i.e. natural milk sugar) greater than the body's ability to digest and absorb it. Lactose maldigestion is a genetically controlled decline in the activity of lactase, the enzyme necessary to digest lactose. A diagnosis of lactose maldigestion does not mean that an individual will experience lactose intolerance (digestive discomfort).

The following are some of the conclusions of the NIH expert panel, along with findings from recently published research.

- The true prevalence of lactose intolerance in the general U.S. population is unknown. However, new research indicates that its prevalence may be much lower than previously estimated.
- A major concern is that individuals with lactose intolerance may avoid dairy foods and consume insuffi-

cient amounts of nutrients found in dairy foods such as calcium and vitamin D, among others. This, in turn, may predispose them to increased risk of osteoporosis as well as other adverse health outcomes.

- Adults and adolescents diagnosed with lactose malabsorption have been shown to tolerate at least 12 g of lactose (equivalent to the amount in 1 cup of milk or yogurt) at one time, particularly if ingested with other foods, with little or no discomfort. There is some evidence to suggest that regularly consuming lactose may increase the amount that can be tolerated by adults and adolescents with lactose malabsorption.
- Strategies to manage lactose intolerance should be individualized and can include consuming small amounts of milk at a time, preferably with food, yogurt with live and active cultures, natural cheeses, and lactose-free dairy foods (i.e. lactose-free milk). Lactose-free milk, which comes in various fat levels and flavors, is real milk just without the lactose. Although non-dairy milk substitutes, such as soy beverages, may be recommended for those with lactose intolerance, acceptance of such products should be considered.

COURTESY: Sara Robbins
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Home, Hearth & Health Guests

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