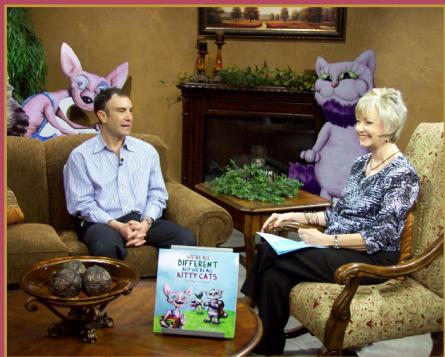




Creative Living

with Sheryl Borden



6600 Series
Home, Hearth &
Health - II



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Home, Hearth & Health

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Entertaining with Ease - Stress Free” is in Section I on page 3, whereas “Staged to Sell or Rent” is in Section II on page 10.

STAGED TO SELL OR RENT

Staged homes are proven to sell or rent faster and for a higher amount than comparable non-staged properties. Truly successful staging occurs when the potential customer envisions themselves in an idealized life. A setting which is memorable yet does not limit their future personalization, they need to say "I would love to live this way."

Remember back to when you were last looking at houses, do you recall identifying each one with a name like "the boring house" or "the house with the dirt yard" or "the messy house"? Truth is, we all use memory triggers, therefore you want to create a positive impression. With CASTLE Design Studio staging, your house could become "the beautiful entry courtyard house" or "the great entertaining house" or "the house with the gorgeous living room".



Staging services start with a consultation with you and your realtor. Knowing your competition will help us focus on differentiating and playing up the best attributes of your property.

STAGED FOR AN EVENT OR SEASON



Are you hosting an event or want your home decorated for each season? CASTLE Design Studio can make your event one of a kind and make your home a perfect reflection of winter, spring, summer and fall, plus holidays. Changing the accent colors, types of accessories and art can transform your home, inside and outside!

Kitchen (left)

Luxurious materials and high end appliances make for a striking kitchen. Often the kitchen is a potential buyer's most important room.



Office (right)

Bright colors freshen up an office while keeping it neat and organized for open houses.



Pantry Perfection (left)

Various organizing elements can be used to perfect a pantry. Sugar, flour, baking powder in magazine files...why not?

When your house is on the market and your family still lives there, set yourself up for success by placing everyday objects into nice containers. Potential home buyers are ok with a lived-in quality if it is done well.

COURTESY: Diane Romick
CASTLE Design Studio LLC
www.castledesignstudio.com

National Diabetes Prevention Program

COMPONENTS



Training: Increase Workforce

Train the workforce that can implement the program cost effectively.



Recognition Program: Assure Quality

Implement a recognition program that will:

- Assure quality.
- Lead to reimbursement.
- Allow CDC to develop a program registry.



Intervention Sites: Deliver Program

Develop intervention sites that will build infrastructure and provide the program.



Health Marketing: Support Program Uptake

Increase referrals to and use of the prevention program.

The CDC-led National Diabetes Prevention Program is designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes. It is based on the Diabetes Prevention Program research study led by the National Institutes of Health and supported by Centers for Disease Control and Prevention. The lifestyle program in this study showed that making modest behavior changes, such as improving food choices and increasing physical activity to at least 150 minutes per week, helped participants lose 5% to 7% of their body weight. These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people at high risk for diabetes. People with prediabetes are more likely to develop heart disease and stroke.

Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month). The National Diabetes Prevention Program encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes in the United States.

The inaugural partners of the National Diabetes Prevention Program were the Y (also known as YMCA of the USA) and UnitedHealth Group (UHG). These partner organizations were instrumental in starting up the national program and continue to expand the reach of evidence-based lifestyle programs. CDC is enthusiastic about other organizations becoming involved in the National Diabetes Prevention Program.

How can the program prevent or delay the onset of type 2 diabetes?

Prediabetes means a person has a blood glucose (blood sugar) level that is higher than normal but not high enough to be classified as diabetes. The CDC estimates that more than one third of adult Americans and half of all adults aged 65 years and older have prediabetes. People with prediabetes have an increased risk of developing type 2 diabetes that can lead to serious health problems, such as vision loss, lower limb amputations, and kidney disease. Although the statistics are alarming, tools are available to help manage diabetes and prevent new cases.

Studies have shown that people with prediabetes who lose a modest amount of weight (5% to 7%) and in-

increase their physical activity to 150 minutes a week can prevent or delay the onset of type 2 diabetes. Participants in the program get help and support to make and sustain lifestyle changes needed to prevent type 2 diabetes. The National Diabetes Prevention Program is a 12-month program that has demonstrated effectiveness in improving the health of people with prediabetes. Participants meet in a group setting and learn about important changes that can help prevent type 2 diabetes, such as losing a modest amount of weight, being more physically active, and managing stress.

The National Diabetes Prevention Program teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.

Participants aim to lose 5% to 7% of their body weight by reducing fat and calories, and by being physically active for 150 minutes a week (for a person weighing 200 pounds, the goal would be to lose 10 to 14 pounds.) Participants get useful information about eating nutritious foods, eating the right portion sizes, reading food labels, and adding physical activity. The group interaction during the 16-week core program is crucial to the program's success. With a supportive group to cheer their successes and empathize with their setbacks, participants don't have to make lifestyle changes alone. The 6-month period of time after the core program is critical to the maintaining healthy lifestyle changes. Participants may have setbacks during this period but continue to work through these challenges with the help of the lifestyle coach and other group members by sharing successful ways to help stay focused and by reviewing curriculum content to reinforce continued positive strategies for maintaining healthy weight loss.

COURTESY: Shannon Wooton
NM Cooperative Extension Service
<http://www.cdc.gov/diabetes/prevention/about.htm>



What's Hot in Bathroom Design?

It's hard to talk about Bathroom design without talking a little about some budgets and statistics. I think Home Remodeling shows do a disservice in that they don't show the real story behind budgets and remodels. They are typically much costlier and take longer than you see on "reality TV". The good news is they have a strong ROI. It's different per demographic area but many markets see as much as 90% to 100% ROI when they remodel a kitchen or bath correctly. Typically you will spend about 10% of your homes' value on a bath remodel. There is a lot of plumbing and electrical work, not much less than a kitchen and you're working in much tighter spaces - often times on second levels.

Gadgets and trends:

- Emerging trends seem to be anything that reminds you of a luxury hotel bathroom. Bring that vacation home and see it everyday
- Grey and blue mixed with marble and white are also very popular
- You also see much cleaner, more contemporary lines and higher contrasts, in any house style. People feel like they can be a little more contemporary in the master bath as they are typically the only ones who see it
- Lighting, lighting, lighting!
- Freestanding bathtubs
- Drama with tile
- Heated floors are and have been very popular; once you have them you will never want to live without them. Now people are wanting heated shower seats and just about any other hard surface
- Kohler makes a showerhead that sings to you, basically talks via Bluetooth to your music stash.
- Colored water in baths, soothes and calms you. (Color therapy.)
- Bidet toilet seats that also are heated and vent air are also popular.

COURTESY: Jenny Rausch
Karr Bick Kitchen & Bath
www.karrbick.com

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 can still 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 them 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

Build a Healthier Heart and a Healthier Life

Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. The good news is that heart disease is preventable! The American Heart Association designates February as the time for all Americans to take a look at how they can prevent heart disease and achieve a healthier lifestyle. There are four top ways to avoid heart disease and feel better. Stop smoking, reduce fat, increase fiber, fruit (and veggies) are the things viewers can do today to lower their risk of heart disease.

Stop Smoking!

- 20% of the US population continues to smoke
- All health care professionals agree smoking cessation is the number one “must-do”
- Smoking destroys arteries and contributes to stroke; stroke is the leading cause of death
- Smoking negatively impacts the health of others -- especially children



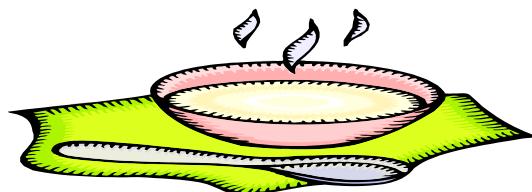
Choose the Right Fat

- the type of fat is even more important than the amount of fat
- Saturated fat (solid and animal fat) is the biggest dietary contributor to heart disease
 - CDC also calls on folks to lower dietary trans fats
 - Omega-3 rich foods promote heart health
 - avocado, soft spreads, nuts, seed and other are sources of “healthier” fats



Fill up on Fiber

- 25-35 grams of fiber/day is recommended; most Americans consume 10-15 grams!
- the type of fiber influences heart disease - soluble fiber actually binds cholesterol in the body before it causes a problem
- oatmeal is a good source AND many other foods are higher, such as beans, lima beans, and Brussels sprouts



Fruits (and veggies) = Added Benefits:

- new Harvard study showed 32% decreased risk of heart attack among women who consumed berries three times per week. Compounds in the pigment are believed to provide protection
- color remains the operative word - red, purple, green, yellow, orange, etc. contain antioxidants that protect the heart from damage.



COURTESY: Pat Baird
Registered Dietitian & Author
www.americanheart.org



The Organic Skincare Movement

A positive attitude is half the battle, passion and purpose is the other. Beauty belongs to those who believe in the power of their dreams.
Eleanor Roosevelt

Throughout history there are a multitude of examples we can point to that demonstrate how a positive attitude is important to helping people overcome life's curve balls and obstacles. This also applies to becoming successful in business.

Henry Ford once said "Whether you think you can or think you can't, you're right." It was a philosophy that he put to the test becoming a highly respected and successful businessman. The idea, that having a positive attitude, has been touted by many leaders as being a key component to achieving success, regardless of the field you enter.

Vincene Parrinello is a prime example of what the positive attitude can overcome and succeed. A breast cancer survivor, she went from being a pediatric clinical office nurse to a patented skin care inventor, A GOLD Medal Inventor Winner for Wai Hope products in the Therapeutic Division of the World's Largest Invention Convention and a respected, pioneer organic skin care product expert, that has changed the way cosmetic chemists look at formulating skin care. Vincene's company, Wai Hope is a thriving company she began on a shoestring budget in late 2007 to now, her company has gross sales that exceed \$1.5 million. She had no marketing/ publicity budget for the first four years!

Her product line consists of balanced skin cleansers, a marine based toner and sea-

ter recharging mist. She also has moisturizers, masks and serums made with this specialized "freshly brewed concentrated broth" and a unique delivery system that helps skin "rebloom". Special skin care collection kits are available on the company's website.

The key ingredient that sets Wai Hope apart from other organic skin care lines is the Wai Restructured Water, the specialized "freshly brewed broth" that every product is made with instead of the regular primary ingredient in formulations - the water. Some of the most vitamin intensive seaweeds, such as the Red Fijian Seaweed, Hijiki, Kombu, Nori, Wakame, Dulse, Sea Lettuce, Padina Pavonica, Atlantic Kelp, Hawaiian and Polynesian Red Marine Algae and Blue Green Algae, are a part of this specialized skin replenishing broth.

Along with the rare Red Fijian seaweed, there are 13 others, teas, fruits and flowers that comprise the patented and patent pending delivery system Wai Hope Organic Skincare is made with.

Wai Hope's mission also focuses on the positive. No Matter What. The company aims to protect the environment while supplying people with effective, organic skin care formulas. The focus remains a balanced harmony of formulated skin care to help people look and feel their best, not compromising the well being of the earth to do this.

COURTESY: Vincene Parrinello
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Home, Hearth & Health Guests

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