



Creative Living

with Sheryl Borden



6600 Series
Home, Hearth &
Health - I



Table of Contents

Home, Hearth & Health

Entertaining with Ease - Stress Free	I-3
Louix Dor Dempriey Foundation.....	I-4
Bringing Indoor Decor Outside	I-5
Kimball Starr Interior Design.....	I-6
Minwax Solutions.....	I-7
EASYdesigns.....	I-8
“Plan-Your-Room” Room Planner.....	I-9
Staged to Sell or Rent	II-10
National Diabetes Prevention Program	II-11
What’s Hot in Bathroom Design?	II-12
Bronzed Columns	II-13
Build a Healthier Heart and a Healthier Life	II-14
The Organic Skincare Movement.....	II-15
Guests	II-16

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.



Entertaining With Ease - Stress Free!

You don't have a lot of room for guests. **Tried and True Solution:** Make extra seating with folding chairs and table. **Stressbuster Shortcut:** Putting extra furniture in the room makes it seem even smaller than it is. Just entertain buffet style. Serve a menu of casual finger food. Or just invite people over for a dessert buffet. And use lighting to transform the room. Decorate with candlelight. Or set small spotlights on the floor, directing the light up on the walls.

Oven capacity insufficient to cook for a crowd. **Tried and True Solution:** Use chafing dishes or hot plates to warm the food; or keep heated items warm in an insulated unit. **Stressbuster Shortcut:** Add extra oven racks. You can buy Jobar's three-tiered slim oven rack that will slip in beside a roasting pan and hold small casserole dishes, and you can also buy a wide three-tiered oven insert that will hold a trio of cookie sheets to bake three batches at a time or warm large quantities of hors d'oeuvres, such as mini-pizzas. www.whateverworks.com

Table too small to hold all the buffet items. **Tried and True Solution:** Consider using your kitchen for part of the buffet. Don't put dishes and flatware on the main table so there will be room for the serving dishes. **Stressbuster Shortcut:** You can find three-tier buffet servers online or at retailers like J.C. Penney and Target. Some look very elegant on the table and really solve the space problem. You might even consider buying a second. You can position the multi-level trays at different angles to allow access from any side.

No budget for major table decorations. **Tried and True Solution:** Use pillar candles of different sizes on mirrors, or heap baskets with items like pinecones and leaves or ornaments. **Stressbuster Shortcut:** The Candle Carver is a tool that carves a shallow depression in fruits and vegetables, the perfect size

to hold a tea light candle. Take an ordinary apple, make it into a candleholder, and surround it with flowers for a centerpiece, or use it as a place-setting decoration.

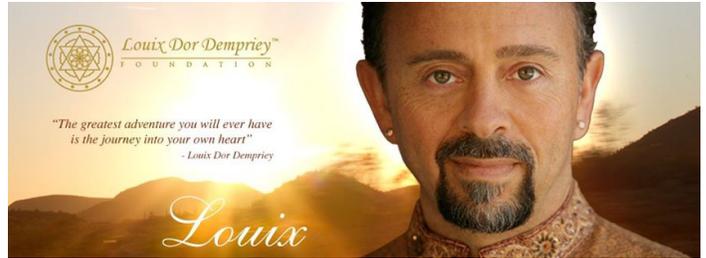
You don't have enough china for all your guests. **Tried and True Solution:** Put out paper plates or plastic dishware. **Stressbuster Shortcut:** I like serving food on a sturdy plate, so I check out the discount departments or stores for bargain-price dishes. Sometimes you can find a quantity of them for a dollar or less. Snap them up to use for entertaining over and over again. Add some inexpensive cloth napkins, a table runner (less expensive than tablecloths or placemats), some candles and ribbons (around the napkins or on the wine glass stems), and you can set a beautiful table for very little cost.

Your entertainment food budget is small and your time is limited. **Tried and True Solution:** Have a potluck party, where all the guests bring a covered dish. **Stressbuster Shortcut:** Split the cost of the meal and divide up the effort of preparation by holding a progressive dinner. Three or four couples participate, and the whole party goes to a different house for each course: appetizers, salad, main entree, and dessert.

You don't know what to serve. **Tried and True Solution:** Pasta. Who doesn't like pasta? Answer: the folks on diets, the people with wheat issues, and the people who won't eat a sauce if it has meat or fish in it. **Stressbuster Shortcut:** Go online and look for recipes. You can search by ingredient. Or try a soup party. Make one for the vegetarians, one with fish, one with meat or chicken, and you've satisfied everyone's dining issues. They can all be made ahead, they're easy to reheat, and you can just add store-bought bread and cheese.

No time to clean the house to perfection. **Tried and True Solution:** Knock yourself out and feel guilty you haven't done the job. **Stressbuster Shortcut:** Focus JUST on the places your guests will visit: lavatory, and living room. Wipe counters in the bathroom, dustbust the hairs from the floor, swipe the toilet, and make sure you've got clean towels, soap, and toilet paper. Hide anything else behind the shower curtain. In the living room, vacuum the high-traffic area, gather up any junk in a laundry basket and hide it behind the shower curtain. Turn the lights low and put on soft music.

Louix Dor Dempriey Foundation



In a society where the paradigm of “I consume therefore I exist” one can ask himself what is the meaning or the use of having a real life Guru, or even if there is really a need for a Guru in modern times? The answer is Yes. Louix Dor Dempriey is a spiritual Master who has made it his mission to help others restore their inherent divinity and live in unconditional love. Using contemporary and practical tools, as well as examples from his own journey to God-realization, Louix teaches how to attain self-mastery and lasting inner peace and joy. His non-denominational, timeless expressions of Divine truth guide people from all spiritual and religious paths, as well as all social, economic, and cultural backgrounds, to create peace, unity, tolerance, compassion, humility, and love amongst all the peoples of the world.

His seminars, retreats and workshops focus on helping people with everything from finding inner peace and forgiveness, to eating a diet that is more in alignment with nature.

Weaving timeless Truths into sage counsel, Louix empowers everyone to attain self-mastery over life circumstances. He selflessly offers His wisdom to all who seek his guidance with an open heart.

In 2007, the Louix Dor Dempriey Foundation in Laguna Hills, CA was established to help spread His teachings and to serve individuals and communities worldwide, through its educational programs and humanitarian service initiatives.

Flies swarming when you eat outdoors. **Tried and True Solution:** Keep the food in containers with plastic lids or cover with plastic wrap or foil. **Stressbuster Shortcut:** Cover the whole table with a giant nylon “food umbrella” 17” x 49” x 27”. It pops open and closed with the press of a button, stores compactly. I love this because it makes guests feel better about eating at your outdoor and even indoor buffets. www.shop.com

Shaping burgers for a crowd. **Tried and True Solution:** Roll the meat into a ball, and then press the hamburger down. **Stressbuster Shortcut:** A non-stick aluminum press lets you make dozens of uniformly sized patties in no time, exactly the thickness you like (up to 1 1/2”). www.taylorgifts.com

Barbecue grill needs sanitizing. Cleaning the grill is one of the sloppiest jobs I can think of. Most of them are too big to fit easily in the sink. And you could use a whole roll of paper towels cleaning off the residue. **Tried and True Solution:** You don’t even have to touch the grill to get it ready for use. Just leave it in place over burning hot coals for ten minutes. **Stressbuster Shortcut:** Spray Nine BBQ Grill Cleaner not only gets rid of the grease, fat and burned-on food, it also has a hospital-grade disinfectant that kills e-coli, salmonella and other germs. www.spraynine.com

Can’t see when you’re cooking after dark. **Tried and True Solution:** Have the barbecue chef wear a miner’s cap. **Stressbuster Shortcut:** Pegasus Associates’ Clamp-On Barbecue light fits snugly to the side of the grill and lights it up with a 20-watt halogen bulb. Even after the sun has long gone down, the barbecue chef can turn out burgers done exactly to each guest’s taste. www.pegasuslighting.com

Menu planning and timing is so tricky. **Tried and True Solution:** Serve sandwiches, cold cuts, and other items that can be cooked in advance. **Stressbuster Shortcut:** Rely on your crock-pot. One-pot dishes make menu planning easy, slow cooking means you don’t have to watch the pot, and you don’t have to worry that the food will be overcooked if guests are late.

**COURTESY: Laura Dellutri
Healthy Housekeeper Inc.
www.lauradellutri.com**

**COURTESY: Louix Dor Dempriey
Spiritual Master & President/CEO
www.Louix.org**

Bringing Indoor Decor Outside

The best thing about candles and some candle holders is they can be used both inside the home and also outside on your patio or deck. This weathered zinc lantern (right) is made of textured metal frame, prism tempered glass and is weather-resistant. You could use a tealight tree inside, or a round pillar candle or even a 3-wick candle. A jar candle would also work well. (\$100.00.)

The GloLite pillar candle shown inside the zinc lantern provides a soft flicker that highlights the beauty of the clear and patterned glass. The GloLites (3-piece pillar garden in honeydew is \$45.00) are also used in these three small clear pillar holders (\$8.00 each) as well as in the large thumbprint pillar hurricane, which is made of hand-blown

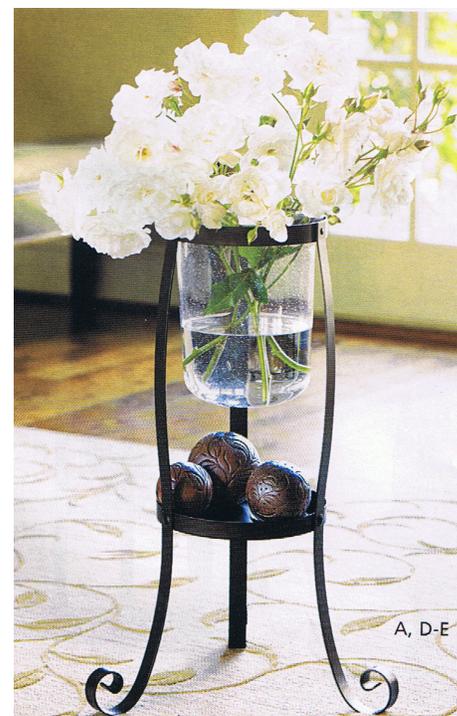


glass so no two are every alike! This hurricane candle holder includes leveling beads to stabilize the pillar. (\$50.00)

Another great idea is to use hurricane candle holders as ice buckets or to hold fresh flowers (see

right). This rustic scroll floor stand is the perfect way to showcase your PartyLite hurricanes. Crafted with simple curved lines and a classic bronze finish, it complements every decorating style. Try a different hurricane each season for a quick and easy room update.

The floor stand is made of bronze-finished metal and is \$85.00. The lower tray also shows off some of your accent pieces.



**COURTESY: Christine Alt
PartyLite**
www.partylite.com

Kimball Starr Interior Design

NOTES

At Kimball Starr we believe comfort, balance, and livability are the key to successful design.



We work with clients to create successful interiors tailored to client needs in both residences and commercial spaces. By working with a diverse team of architects, contractors, and talented artisans, our focus is on interior detailing, thoughtful finish selections, and custom-built furnishings to transform your space into a beautiful and intelligently planned interior. Whether you've worked with a designer before or it's your first time, we're with you every step of the way.

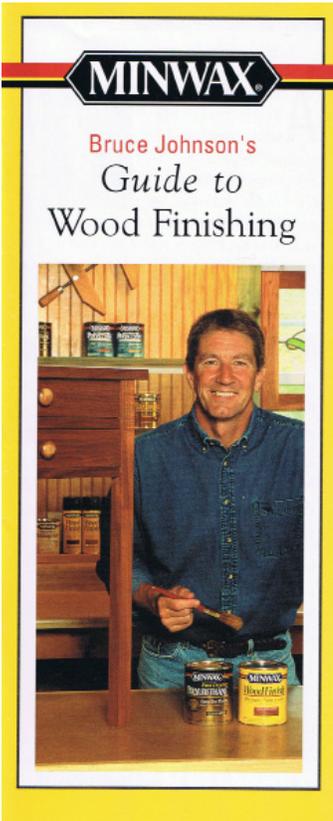
Kimball Starr Interior Design services include:

- Design remodels for bathrooms, kitchens, entire homes, and commercial spaces
- Space planning for maximizing interior flow and layout
- Selection and buying of furnishings, antiques, floor coverings, lighting, accessories, and art
- Color consultations for rooms, furniture and paint, entire homes, and building exteriors
- Custom furniture design providing unique pieces specified to your needs
- Sustainable design using environmentally conscious building materials, furniture, finishes, and fixtures
- Healthful interiors for people with chemical sensitivities and compromised immune systems
- Commercial design specializing in restaurant, retail, and boutique hotels

We provide initial complimentary one-hour consultations to give you a chance to meet us and share more about your interior design project. So take the leap and let's get started on "changing your life one room at a time!"

COURTESY: Kimball Starr
Kimball Starr Interior Design
www.kimballstarr.com

Minwax Solutions



“Storage Solutions”

Everyone is always looking for storage solutions in the bedroom. Whether it's overflowing drawers or closets bursting at the seams, everyone could use a little help figuring out some creative ways to store their stuff.

Bruce has an idea that will ease the storage crunch and help out the environment by repurposing some old dresser drawers that he picked up at a local flea market.

First, he found a few drawers that were covered in grime, although Bruce made sure that the wood was basically sturdy and in good shape. To tackle the grime and reveal the wood beneath it, Bruce used Minwax® Wood Cabinet Cleaner. Then he

touched up the scratches with Minwax® Wood Finish™ Stain Marker in a matching wood tone.

To restore the old finish, Bruce used rags and applied Minwax® Wipe-On Poly, a clear topcoat that provides protection. He used two different methods to create the under bed storage bins. On the first larger drawer he installed swivel castors because there was more room under the bed for the extra height of castors.

On the second smaller drawer, Bruce hammered some glides to the bottom of the drawer so it could easily slide under a lower bedframe.

“Picture Frames Enjoy a Second Act as Jewelry Storage”

Picture frames are always in abundance at yard sales or flea markets, so here's a smart idea to repurpose a wood frame to create a pretty jewelry storage box. In this segment, Bruce used pliers to remove the old backing from the picture frame. He cleaned off the grime from the old frame using Minwax® Wood Cabinet Cleaner. He revived the worn walnut frame finish with Minwax® Wipe-On Poly. He then stained the birch plywood backing for the jewelry case and protected it with Minwax® Polyurethane. Using cup holder hooks, he demonstrated how to screw them into the plywood for holding



necklaces, earrings and bracelets.

Bruce showed viewers another frame treatment, this time using a gilded frame. Here, Bruce used corkboard as the backing for the frame. The two finished frames illustrate the creative ways frames can be repurposed as attractive and functional jewelry holders.



COURTESY: Bruce Johnson
Minwax
www.minwax.com





EASYdesigns

interior DESIGN & real estate STAGING

EASYdesigns is an award winning interior design & real estate staging firm located in Cherry Hill, NJ. We believe decorating or staging your home should be easy and enjoyable. The process shouldn't create undue stress. Our goal is to help make any design changes to your home more easily and to make it a pleasurable experience.

EASYdesigns – interior design & staging made easy!

Our Decorating Philosophy

We love to make our client's design ideas a reality. Every project begins with an inspiration. An inspiration is not just a picture or color that sparked the vision of a space we are changing. It is also



the mood we want to create in that space. Do you want to feel warm & comfortable? Or reflect a cool sophisticated cosmopolitan style? Once we determine what that mood is – for you - our job is creating that reality. Whether you are decorating an entire new home or simply refreshing a room, capturing your vision and mood is our goal.

Our Real Estate Staging Philosophy

You've decided you want to sell your home – fast and for top dollar. For years, statistics have shown staged homes sell more quickly and for higher prices than non-staged homes. We bring a trained eye to our client's home. We will see what improvements, enhancements and furnishings are needed to create a home that will appeal to a wide range of buyers. Helping a potential buyer envision living in your home is the first and best step – toward selling your home.

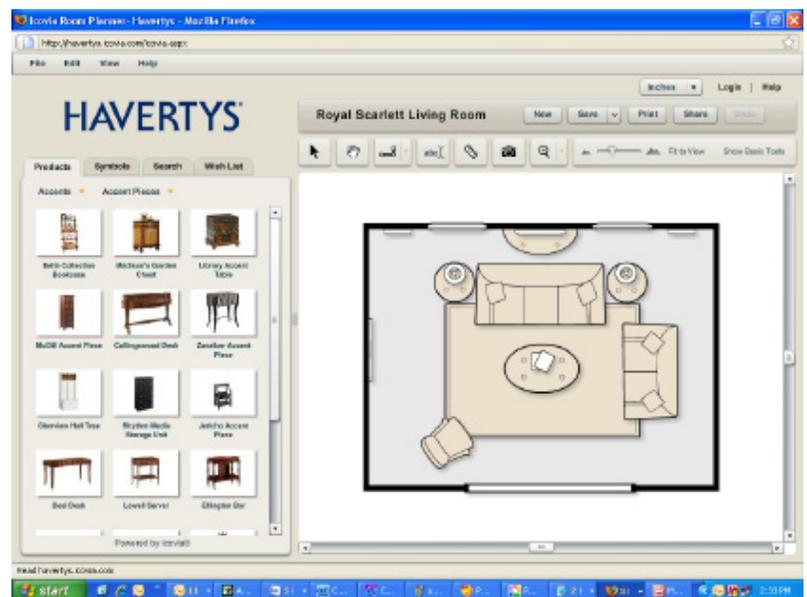
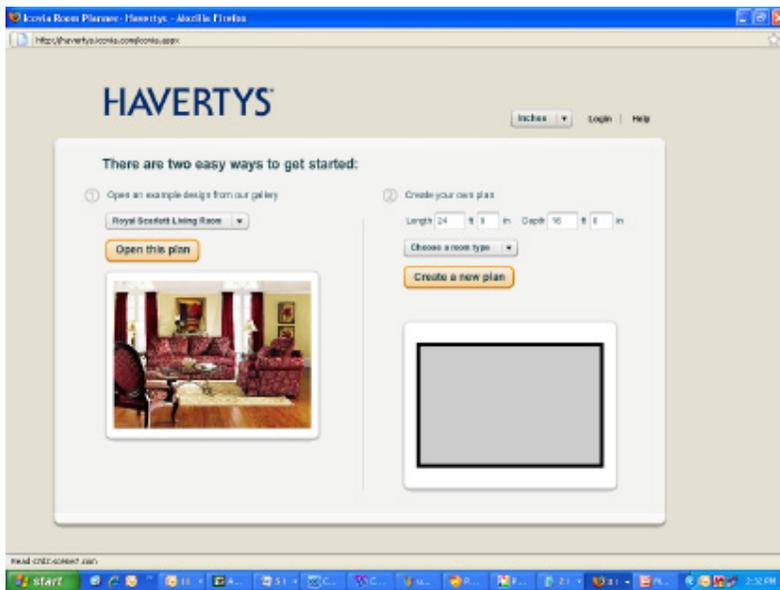
COURTESY: Beth Secosky
EASYdesigns, LLC
www.easydesigns.biz

“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