

Creative Living

with Sheryl Borden



Home, Hearth & Health
Section I



6800 Series

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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, “Designing Kitchen Cabinets” is in Section I on page 3, whereas “Foods That Feed Your Brain” is in Section II on page 10.

Designing Kitchen Cabinets

More and more homeowners are choosing to remodel their homes today to meet current or future needs, rather than sell. What room of the home is the most popular to renovate?

By far, the kitchen is the most commonly remodeled room in the home. For many homeowners, the kitchen typically sees the most foot traffic and activity day in and day out, so a kitchen remodel – when done right and on-trend – can increase your property value in the long run.

What tips do you have for homeowners who are considering a kitchen remodel?

Home remodeling for the long term is a popular trend right now for homeowners, but it can be challenging, as newer designs may clash with the existing style of the home. The key to a successful remodel is to choose elements that will create a cohesive design throughout, yet remain fashionable and functional well into the future.

As a designer, how do you stay abreast of the latest and greatest trends in home design?

From the shores of France to the hustle and bustle of Mumbai or the rainforest of South America, I am constantly on the move in search of new inspiration from fashion, fabric and color – all of which translate into home design and, in my case, cabinetry.

What are some of the most popular trends in kitchen design on the horizon?



There are a number of exciting new design trends and color palettes already in play in home remodeling and some I suspect will continue to become more and more popular.



- **Designing with a purpose** – At Master-Brand, we continue to see a shift in kitchen designing toward a more thoughtful and purposeful approach. No longer is it a puzzle of how many boxes can fit between two walls. Today, no matter the homeowner's budget, we design with purpose, style and overall function in mind. As a result, we have seen an increased use of horizontal orientation of cabinetry (less stacking / wall cabinetry); larger, easy-to-access drawers with beautiful organization inserts to compliment a room's cleaner aesthetics; and cabinetry banking, which arranges a room based on its functional uses such as baking, refrigeration, volume storage, etc.

- **Neutral Color Palettes** – Today, many homeowners are passing on bright, bold colors, especially in the kitchen and instead choosing neutral colors and clean styles that work well with a variety of design elements. Many new earthy, neutral color palettes provide warmth and blend well with the rest of the house. You can create a dramatic impact with neutral hues by carrying them throughout the kitchen in various textures, such as flooring, a backsplash or cabinets.

- **Art Deco** – Art Deco design from the 1920s has remained very much in vogue. It is a timeless look and works very well with the on-trend neutral color palettes – particularly varying shades of gray. Art Deco can easily translate into your kitchen or bathroom cabinetry by adding bold horizontal and vertical lines of color, door styles and hardware, or frosted glass cabinet door inserts, chrome fixtures and silver-toned hardware.



- It's also important to take a look at what items in your kitchen need to be readily accessible at all times. Is it important that your 7-year-old get his own cup or plate from the cabinet for a snack? Or, is it more important for you to have all of your baking ingredients and bakeware in one central location near the stove?
- From there, you can design your kitchen based on your specific wants, needs and vision.

COURTESY: Andy Wells
MasterBrand Cabinets, Inc.
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- **Color Confidence** – Even though many homeowners continue to play it safe with neutral color palettes throughout the home, many are developing what I like to call “Color Confidence.” They are adding a splash of color in unexpected places like inside the cabinets or along one panel of the kitchen island.

These are great tips for bringing your home into the 21st century. Beyond updating the design and style, what have you found are the largest drivers behind homeowners looking to remodel?

Functionality and storage.

At MasterBrand, we are always looking for new solutions and technology to help our homeowners create a space that is functional, accessible and organized. We have a full line of organizational cabinetry solutions for the kitchen with cabinet inserts that help homeowners make the most of their storage space in the kitchen to organize their pots and pans, spices, utensils – you name it. One way homeowners can determine which organization solutions are right for them is to examine the functionality of their kitchen as a whole.

- For example, where do you spend the most time in your kitchen? Is it at the kitchen island doing homework with your kids, or at the table entertaining friends, or by the stove cooking up your favorite recipe?

Seasonal Decorating & Buying Tips for Candles

It's important to start with timeless, versatile accessories, and it only takes a few basic pieces, which is especially nice if you live in a small home or if you like to keep life simple. Using different candles, you can change up what's inside as you see in the examples below.

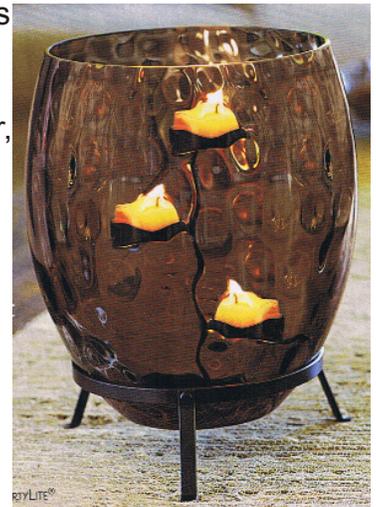
Customizable Tealight Centerpiece

A silver metal tealight tray sits elegantly on top of a hand-blown glass base displaying treasures like seashells, flowers or colored marbles. Arrange the contents of this beautiful centerpiece to match your home's décor or change it seasonally.



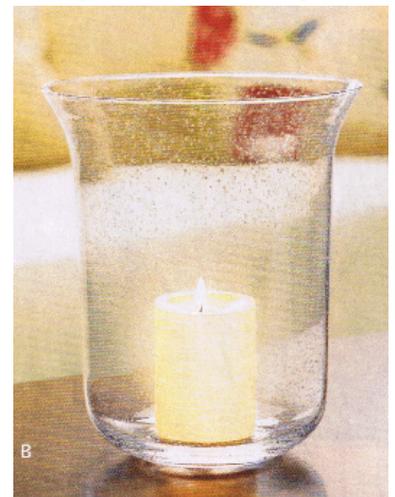
Twilight Mist Hurricane

Dimpled glass hurricane on metal stand. Includes leveling beads to stabilize pillar. 10" h, 6 3/4" dia. (Use with round pillar, tealight tree, large tealight tree, votive cup, jar)



Bubble Glass Hurricane

Hand blown glass, 10 1/2" h, 9 1/4" dia. (Use with round pillar, large tealight tree) Looks great in the Rustic Scroll Floor Stand (next page.)



The Rustic Scroll Floor Stand

This is the perfect way to Showcase your Party-Lite 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.



Expressions ScentGlow Warmer!

Get creative — customize your Expressions ScentGlow Warmer! Download our templates at partylite.com, keyword: **express it** or use your own craft and scrapbooking supplies. Glass with ceramic base and dish. White cord. 5 3/4" h, 5 1/4" dia. (Below)



Tips on buying candles

Quality: What you pay can mean there's a difference

Fragrance: You shouldn't buy based on fragrance alone

Buy Smart: Then you'll get the most out of what you buy

Look for:

- length of burn time & quality of burn
- what is the minimum burn time for pillars and 3-wicks to prevent tunneling
- liquifying wax in tealight or votive
- the right wick for the right candle shape
- little or no sooting
- consistent fragrance and color throughout
- completely burns



COURTESY: Christine Alt
PartyLite Independent Consultant
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Kimball Starr Interior Design

At Kimball Starr we believe comfort, balance, and livability are the keys 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.

Design tips for small space living include:

Some of the challenges of not having enough living space are the feeling of being cramped, difficult to entertain or lack of dedicated areas for accomplishing tasks and certainly not enough storage space.

Solutions for living large in small spaces involve adjusting three areas: the overall look of the space, activities that the space allows and available storage.



Solutions for making a small space look and feel larger than it is include: reflective surfaces, using color and pattern and the correct furniture style.



Solutions for maximizing activities the space allows is choosing furniture that serves dual purpose such as: adjustable height tables, under seat storage and choosing coffee tables with storage inside.



Some solutions for maximizing your storage are to consider built-ins, wall beds, under stair storage and go vertical with storage to utilize the wall space instead of the floor space.

COURTESY: Kimball Starr
Kimball Starr Interior Design
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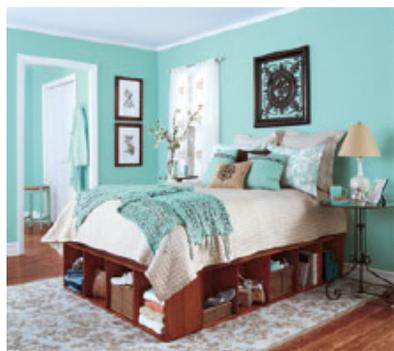


Makes and Keeps Wood Beautiful™

Minwax Projects

STORAGE SOLUTIONS!

Apartment and lofts offer all kinds of special benefits, such as open floor plans and low-maintenance living. Unfortunately, finding enough storage can be a problem. After the closets fill up and there are still more things to put away, where's it all going to go? Here's a great storage solution that doesn't take up any more space than your own bed. Modeled after the traditional captain's bed, this system uses simple modules that offer a creative way of adding storage



by keeping your things organized, but also out in the open for easy access.

Made of solid pine, these modules can often be found at unfinished furniture stores, but you could just as easily have them custom-made

by a local lumberyard or cabinet shop. With the box spring placed on the modules to support the mattress, the mattress ends up sitting higher, which is very much in style today. Plus you'll sleep soundly knowing that there's finally a place for everything.

Project Pointers

This project used pine for the modules, but that's not the only way to go. Other readily available woods include oak, maple, poplar and mahogany. Go to a hardwood specialty store, and your choices will broaden to include cherry, walnut, ash and many others. In a project like this you get to pick the wood that'll best match your décor or help it to evolve.

You can store just about anything in under-bed cubes. These pine modules were treated with Minwax® Pre-Stain Conditioner, and then they were stained with Minwax® Wood Finish™



Red Chestnut and topcoated with Minwax® Fast-Drying Polyurethane in a semi-gloss sheen.



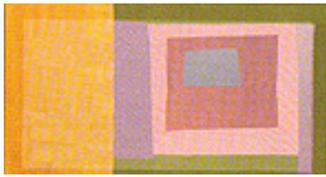
RECLAIMING OLD DOORS TO CREATE A NEW LOOK

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



EASYdesigns

interior DESIGN & real estate STAGING

Color Made Easy: Selecting a Color Palette

How does an interior designer go about helping a client select the right paint color for their space? Beth Secosky, owner of EASYdesigns, LLC says that is one of the most common questions she is asked. Here are her suggestions:

Choosing paint colors for an empty room is difficult - it's like closing your eyes and pointing to a paint chip in a paint desk. Unless you are certain that you want a white room, there are some important considerations.



It is important for the client to participate in the process. Also, recognize that they are probably close to selecting the right color but may not know it.

Here are some of the secrets that the pros use to select the right paint colors for client's homes.



1. An inspiration is the best place to start. Do you have a colorful area rug you'd like to use in the room? Maybe a piece of artwork? Is there furniture or fabric that you'll use in the room? Often that one decorative piece will provide the entire palette.

2. Many people think neutral is beige, when today there are a huge variety of neutrals available. The most neutral of all color is gray. Softer colors of blue, taupes, greens and grays are all beautiful neutrals. Even more saturated darker colors can be neutral when gray or white is in the mix.

Professionally decorated rooms always have variations of the same color scheme. If a room is blue and brown (for example) you'll find various shades of blue (navy, powder, teal) and brown (beige, taupes, chocolate.) Varying the color shades will add interest whereas using the same color repeatedly in a room will create a very monochromatic scheme.

4. Samples, Samples, Samples!!! Even the best of designers often try several choices before the perfect color is discovered. When testing more than one color, paint each sample color at least 3 feet away from the others. Test your samples in the room you are using them in - and on all the walls. Look at the samples in different lights (daylight, sun light, indoor lighting.) A sample seen in a store under florescent lighting will look very different in natural light.

5. When you think you have found the perfect color, consider selecting a color 1 or 2 shades lighter (on the same paint chip.) Lighter colors are more flexible when mixing with other colors in a space.

6. Here is a good rule of thumb. Neutral walls look great with colorful artwork and richly textured furniture and window treatments. Colorful walls look great with neutral furnishings and complimentary colors.



COURTESY: Beth Secosky
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