

Creative Living

with Sheryl Borden



Miscellaneous
Section I



6800 Series

Table of Contents

Miscellaneous

The Psychology of Color for Interior Design.....	3
Kissing Balls/Pomanders.....	5
Tall Vase Tricks.....	6
5 Ways a Pet's Diet Can Impact Their Health	7
Wrapped Bouquets.....	8
Get a Handle on Your Debt NOW!.....	8
Louix Dor Dempriey Foundation.....	9
Hiring the Right Team	9
EASYdesigns.....	10
Kismet Potions.....	10
Guests	11

The Psychology Of Color For Interior Design



What's your favorite color? And why? Do you have any colors that you don't particularly care for? And do you know why not?

Most likely both of those answers are because of personal (mainly childhood) experiences. The study of color is a true science and colors can affect your state of mind and surprisingly, your physiological state.

Do you find your favorite colors changing with the trends?

Did you know that there's an organization that meets annually to determine the next year's colors? That's why we see all the manufacturers using the same color palette. The color trends and forecasts impact nearly everything. Also, the state of the economy is a strong driver - today's popular neon colors are a reflection of growing financial optimism - a few years ago, people weren't buying anything but neutrals.

Should homeowners just pick their favorite color?

Colors impact us so much, that if we just say our favorite color should be in every room, we are missing an opportunity to put color to work for us. So first we need to learn the basics of Color Psychology. Colors can increase or decrease appetites, encourage people to be more social or introspective and even cause people to concentrate harder at work or be more creative.

For example, temporary holding cells for prisoners are often painted pink to calm them down. Note that it's just the temporary cell because prolonged exposure can cause



more agitation. Visiting sports team locker rooms used to get painted pink but then it became against regulations.

What other examples do you have that reflect on how color is used?

Marketing efforts constantly use color psychology. If a company wants to be taken very seriously and trusted, they often use dark blue in their logo and company materials.



Also, if a company wants to appeal to young buyers, they make something orange. To many young people, orange is fun and exciting; to many older people it is annoying and insincere.



Here are basic colors and their impressions:

- Blue** - peaceful, tranquil, calming, best for concentration, least appetizing; could be depressing, cold
- Green** - comfortable, natural, tranquil; jealousy, artificial
- Yellow** - cheery, warm; most fatiguing to the eye, babies cry more
- Brown** - strength, reliability; sadness, isolation
- Orange** - energetic, exciting; increases appetite; anger
- Red** - enthusiasm, warmth, comfort; hostility, aggression
- Pink** - love, romance, calming; agitation, low energy
- Purple** - royalty, wealth, wisdom, spirituality; artificial
- White** - purity, innocence; cold, bland sterile
- Black** - power; menacing, evil

Our individual biases are most powerful, therefore, colors can be very different things to different people. Can you give an interior design example?

Sure, let's say a couple wants to redecorate their modern style living room. If I were to just start off with the question "What's your favorite color?" she might say bright red/orange/yellow but he could say tan/brown. Already they've reached an impasse. But if I start with emotion - what feeling do they want to have in the room, and they both say that it should be a social space, fun and energetic. Then science says the red/orange/yellow are "energizing" colors.

So is that your solution then? Let the science do all the work?

Almost, but the next question has to be if he or she absolutely hates any shades of those colors. Because our preferences are typically formed early and we really can't change them. Perhaps he had a humiliating experience in a red room at school, he might not remember it and it's



certainly no big deal now. But that could cause him to really feel uncomfortable with red. Respect that... nobody should have to spend time in a place that is conjuring up bad feelings. He'd be afraid of this room.



The great thing about design is that there are always multiple solutions. So for this couple, a happy blending of their colors gives them a warm social lounge.

But what if the scenario has a couple who have very, very different preferences and they're both stubborn?

Let's think of a formal dining room. What if she wants Tiffany blue and silver but he wants Sage Green and Deep Rose? Big challenge. However, if we first start



with the emotions desired in the space, she could be saying dramatic yet cheery, and he says the dining room should look like their country

club, classic and serious.

Yet, they are both really saying drama and luxury...once you get them on that same page and they feel like a team again where there will be no big winner and no big loser, they should be able to relax a little.



We can control our environment and often we should plan our colors so that the environment controls us. We need to plan for our desired feelings in a room, not just a style.

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

Kissing Balls/Pomanders



Supplies we are using:

- Floral Foam: We are using a 3-inch diameter sphere of Oasis Floral Foam.
- Waxed Floral Twine: 1 yard
- Spray Mums: 1.5 bunches
- Two sided ribbon: 1 yard

Prepping the foam sphere: Using 1 yard of waxed floral twine, we'll wrap the foam so that there is a loop at the top of the sphere in order to attach our ribbon at the end of the design. This works well as a two-person job. One to hold the twine on the top of the sphere and one to tie the twine.

Design Principles: This design can be accomplished using small face flowers that don't stick out very far. Good choices include: daisy mums, button mums, spray mums and carnations.

TIP: Cut the stems of the mums only about 1.5 inches long. Be careful as you push each stem into the foam so that the petals of the flowers don't fall out!

First: If the stems are not very strong, it may be good to pre-poke the foam with a small pick or other stem – so the stems will slip easily into the foam.

Second: After securing twine on to the foam, start adding the mums in a line starting from the top – following along the line of the twine.

Finally: Keep adding mums next to the first line of mums so that you cannot see any of the green foam or until all of the foam is covered evenly.



About Pomanders:

Silver Perfume Pomander



Silver and gold pomanders were worn in the late Middle Ages through the 17th century and contained perfumes to ward off bad smells. Source: bountifultreasures.

Orange Pomanders



To create fun patterns on citrus, score with a citrus stripe and then stud oranges or lemons with whole cloves. Source: CountryLiving.com

Ribbon Pomanders



Use different patterns of ribbon. Create small loops of 4-inch pieces and attach to a 6-inch Styrofoam ball with pins until it is covered. Source: weddingpaperdivas.com

Modern Floral Design



Instead of attaching a ribbon, floral pomanders can be decorated with lily grass as shown above and used as a fun centerpiece to complement any table setting.

COURTESY: Casey Schwartz
Flower Duet
www.flowerduet.com

Tall Vase Tricks



About Color: The Color Explosion: Nineteenth Century American Lithography from the Jay T. Last Collection. Much like how our inkjet printers of today made color copies affordable to the masses, the lithographs of the late nineteenth century brought color to the masses. From the Huntington site: "In the 19th century, color lithography created a communication revolution and brought art, literature, and music to the masses. The process had a dramatic impact on consumer culture, too, as colorful and appealing product labels began to influence advertising, branding, and customer choices. Everything from cigar boxes to children's games suddenly exploded with color."

Vase: We are using a tall glass vase with a slightly flared top. We are adding tape to the top of the vase in a grid pattern.

First: Fill the vase with water and floral food. Dry the top of the mouth of the vase and add the grid of floral tape. Use a water-friendly tape.

Second: Clean the flowers. Keep some of the greenery on the stems of the roses – everything that will be above the water line in the vase should stay on the rose. This helps fill out the design.

Finally: Place blooms in the vase starting in the middle, making sure the large blooms are at the base of the vase and the smaller blooms and tallest blooms are at the top of the design.

Just remember: large = low and tall = small in floral design.



Flower Types used in this floral design:



Roses have been part of floral design for centuries and continue to be extremely popular in the floral trade. Condition roses for many hours before designing with them if you purchased them from a wholesale vendor.



Chrysanthemums last a long time as a cut flower and spider mums are a great option to add color and a fun texture to any design. Often these come in little netted covers. Be very careful when removing these covers so you don't pull off any petals.



Known as a line flower, these flowers are sensitive to light and heat. They will turn toward the light. If you want your snaps to stand tall, put them in a dark, cool room (like the garage or a closet) to get them to "snap to attention."



Also known as Dianthus, these are the most popular cut flower in Britain. Although not as popular here in the U.S., these flowers are one of few that still hold a magical scent. Most flowers in the cut floral trade have lost their scents due to hybrid techniques.

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



Keeping your pet healthy is not easy with dry, commercial pet foods. Dogs and cats are naturally carnivores, so it's imperative to feed them a diet rich in animal protein, but devoid of plant-based protein or over-processed dry food. Hound & Gatos is dedicated to producing grain free dog food and cat food that will help your pet avoid painful conditions like cat urinary tract infection or dog upset stomach. Our "Paleolithic pet food" will keep your pet feeling their best.

Cats and dogs naturally get most of their water from their food, so feeding them commercial dry food is unnatural and leads to conditions like cat urinary tract infection. Dog upset stomach can be avoided with our grain free dog food that helps give your canine companions the nutrients and water-rich diet they need, along with the flavor they crave. With human-grade meat that satisfies your cat or dog and keeps them out of the vet's office, Hound & Gatos pet foods will help your furry friends live long, happy lives.

5 Ways a Pet's Diet Can Impact Their Health

It is estimated that, across the country, we have some 70 million dogs and 86 million cats. That pet population supports a massive pet food industry. However, most people don't give a lot of thought to the pet food they buy, often making purchases based on advertising or price. The consequence of doing this can be dire for pets. The more one knows about pet food, the better off they will be in keeping their animals healthy.

There are numerous problems with the pet food industry, including that liver is not being properly labeled so that buyers know which source it originates from. Therefore, pets may be allergic to chicken or beef and may end up getting it in their food without their own knowledge. There are many things to know about

pet food, beyond the colorful package and flashy advertisements. Here are 5 things to know about pet food:



1. FDA Regulated. The pet food industry is regulated by the Food & Drug Administration (FDA,) which is the same government body that watches over the human food supply in the country. As such, pet foods must follow FDA preparation guidelines to help keep them safe for pet consumption.

2. Lots of recalls. Even though the FDA regulates the industry, plenty of recalls still occur. News headlines from time to time warn of pet food that has made it to the shelves that may be potentially harmful if consumed, potentially causing illness or even death. One big issue that may lead to a pet food recall is the threat of salmonella.

3. Big Industry. The pet food industry is a massive industry, with Americans spending over \$21 billion annually to buy food for their pets, according to the American Pet Products Assn. Walk the aisle of any



grocery or pet store, and it is easy to see that there are many choices available to the consumer.

4. Beware of ingredients. Many pet food brands put out food that is filled with ingredients that people should steer clear of because they can cause digestive and health problems for their pets. These include things like meat by-products, corn, soy, rendered animal fats, wheat, sugar and artificial anything. These are ingredients that cats and dogs would not eat in nature, and they will prevent pets from thriving.

5. There is something better. Everyone with a pet should become a label reader, avoiding those foods that include the above-listed ingredients. They should opt for foods that contain high-quality sources of protein for optimal health.



COURTESY: Will Post
Hound & Gatos Pet Food Corp.
www.houndgatos.com

Wrapped Bouquets

Tips

- Choose 2 premium flowers and 1 filler for a go-to recipe.
- Use green or white tissue paper to match any color combo of flowers, or use brown butcher paper for a country/rustic look.
- Add in one exotic flower as a focal point such as protea or an orchid, for an unusual design
- Use a ribbon that matches the color of one of the flowers or twine/raffia for a country/rustic look.

COURTESY: Carly Cylinder
Flour LA & Flour LA Jr.
www.flourla.com

Get a Handle on Your Debt NOW!

According to the US Census Bureau, approximately 69% of households in the US. hold some form of debt. Taking a proactive approach to paying off debt now instead of later, will positively impact your life, including relieving stress and allowing you to save money in the long run.



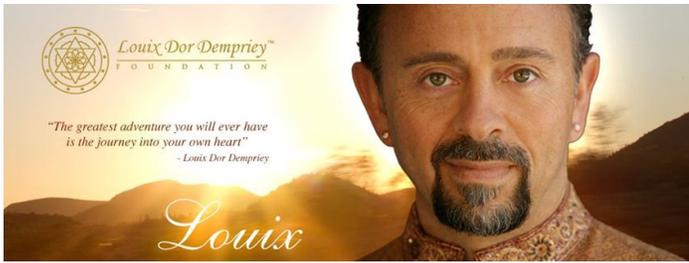
Here are 5 reasons to get a handle on your debt NOW!

- 1. Lowers stress and anxiety.** The elimination of debt will greatly relieve your stress and anxiety when you don't have to worry about financial payments, savings and due dates.
- 2. Paying interest is giving your wealth to others.** The longer you stay in debt, the more you will end up owing. Paying off your debts now will save you money in the future.
- 3. It's never too late.** The law of compounding will work at any age. Investing your money wisely and watching it grow at a compounded interest will expand your wealth.
- 4. Your debt will not go away by itself.** Unfortunately, debt does not disappear and pushing it off for a later date will not erase the money you owe. By tackling the issue now, you can move towards financial freedom.
- 5. Improve personal relationships.** Fights about finances is one of the leading causes of divorce. Living debt-free can put you in a better position to enjoy time with family and friends.

Gary Barnes International is a Denver-based business that was founded by Gary Barnes, a successful entrepreneur and business coach. Gary, who has successfully built 3 businesses from the ground up, is an international speaker, sales trainer and author. He offers high-performance business and sales coach boot camps as well as a home-study course. For more information, visit his website.

COURTESY: Gary Barnes
Gary Barnes International
www.garybarnesinternational.com

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.

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



Hiring the Right Team

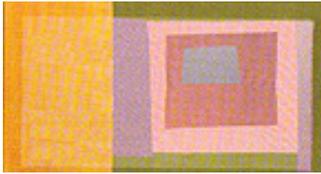
Jenny Rausch, interior designer and owner of Karr Bick Kitchen & Bath, explains why it's important to hire the right team when you're undertaking a remodeling project. She says that typically these four individuals/groups make up a good team: General Contractor, Architect (sometimes), Kitchen or Bath Designer and Interior Designer (if budget allows.)

She goes on to say that there's a good chance someone will cry during the remodel project! Whether it's you, your contractor, husband, or designer, having the right team will shorten the duration of the tears, plus a solution will probably come more quickly if the team is cohesive.

Kitchen and bath projects last weeks, sometimes months, and you want to like the people you have hired, and you want them to like each other. If they have worked together before, they already know how to communicate with each other. Communication is key.

Another reason for having the right team is that you have a crew invested in making sure your project gets completed quickly and efficiently. Everyone has a job to do and everyone knows his or her role. They know what you don't know (i.e. plans, permits, codes, inspectors) and are used to sailing the consumer through the process. If you give them a budget they should know how to get you there and in the end, it will save you time and time is money!

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

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 and 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



Essential Oils and Absolutes are the concentrated extracts of plants, barks, grasses, seeds and fruits. These powerful oils have the energy to affect people on many levels through their connection with the limbic system, a part of our brain that stores memories. Aromatherapy is the use of these amazing essences in a pure form or mixed with a base as in our Kismet Potions products. When applied topically or used to scent your personal space, oils can affect the physical and mental body, invoke deeper spiritual awareness and also be effective for esthetic purposes.

All of our Essential Oils and Absolutes are of the utmost purity and are tested with the most advanced procedures, such as gas chromatography, mass spectrometry and light refraction. We have cultivated relationships over the last 10 years with our suppliers so we have the assurance of the utmost quality.

Kismet Potions synergies are lovingly created in small 120 ml batches to assure that each fragrance is true to its original form.

Every oil is hand picked for its purity. Perfumer Kris Wrede has over 17 years of experience in choosing the most lavish combinations to please every olfactory palette. All the blends are therapeutic on every level and adhere to the traditions of perfumery, using top, middle and base notes to round out each blend for a subtle yet powerful finish.

Synergies can be added to unscented body products, skin care, environmental fragrances, candles, perfumes and colognes. These are for companies who wish to use the purest and most effective organic and wildy grown oils to make their products stand out in the market. Individuals that want the highest quality and most effective products for themselves and their family can also use these synergies. Essential synergies are the pure fragrance... masterful blends of essential oils specially created to enhance each individual oil for maximum benefit of the blend.

COURTESY: Kris Wrede
Kismet Potions
www.kismetpotions.com

Miscellaneous Guests

Gary C. Barnes

Gary Barnes International
3500 S. Wadsworth Blvd., Suite 203
Denver, CO 80235
303-915-3025
gary@garybarnesinternational.com
www.garybarnesinternational.com

Carly Cylinder

Flour LA & Flour LA Jr.
619 Eastern Pkwy. #3W
Brooklyn, NY 11213
310-739-0162
carlycylinder@yahoo.com
www.flourla.com

Louix Dor Dempriey

Louix Dor Dempriey Foundation
25602 Alicia Parkway #407
Laguna Hills, Ca 92653
888-288-3735
louix@louix.org
www.louix.org

Curt Jaynes

GardenSource Landscape & Nursery
42405 US 70
Portales, NM 88130
575-356-8773
garden_source@yahoo.com

Will Post

Hound & Gatos Pet Foods Corp.
P O Box 11750
Atlanta, GA 30355
770-845-0000
w@houndgatos.com
www.houndgatos.com

Kristina Rachel

Rachel Claire Collection
4879 Winton Way
San Jose, CA 95124
866-992-3319
Rachel@shoprachelclaire.com
www.shoprachelclaire.com

Jenny Rausch

Karr Bick Kitchen & Design
2715 Mercantile Cir.
Brentwood, MO 63122
314-486-8467
jenny@karrbick.com
www.karrbick.com

Diane Romick

Castle Design Studio LLC
12 Gentle Breeze
Newport Coast, CA 92657
949-228-1196
dromick@live.com
www.castledesignstudio.com

Casey Schwartz

Flower Duet
P O Box 7000
Redondo Beach, CA 90277
310-792-4968
casey@flowerduet.com
www.flowerduet.com

Beth Secosky

EASYdesigns, LLC
21 Harrowgate Drive
Cherry Hill, NJ 08003
609-560-6346
secosky@msn.com
www.easydesigns.biz

Kris Wrede

Kismet Potions
10700 Academy Rd. NE, Ste. 721
Albuquerque, NM 87111
505-275-6508
505-231-5257 (cell)
kismetpotions@comcast.net
www.kismetpotions.com