

# *Creative Living* *with Sheryl Borden*



**6900 Series - Home Hearth & Health - Section I**

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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, “Mudroom Design” is in Section I on page 3, whereas “Transformation of Kitchens in the 20th Century” is in Section II on page 9.**

## Mudroom Design

### Q. Why would someone want to create a mudroom in the home?

A. The mudroom is designed to be a "walk-through" space - often times right off the kitchen - providing an area between the outside, messy, muddy world and your neatly designed home. It's the perfect space to store your family's jackets, shoes, snow pants, and muddy sports equipment out of sight. We often see homeowners combine their mudroom with their current laundry room, and with the right cabinetry and organization solutions we can ensure homeowners make the most of their space.

### Q. How can a homeowner make their mudroom stylish and functional?

A. Similar to a remodeling project in a major room of your home, like the kitchen or bathroom, the key to a successful mudroom remodel is to choose elements that will create a cohesive design throughout, yet remain fashionable and functional well into the future.

### Q. What are some design elements that you recommend homeowners incorporate into their mudroom?

- A.
- A stylish, shallow bench - whether standalone or built into a wall - is a must-have in your mudroom to provide a spot to slip on your shoes, or drop your briefcase or shopping bag.
  - Low hanging hooks are perfect for homeowners with young kids to hang jackets or sweaters.
  - Storage is the key - particularly for a multifunctional mudroom/laundry room. Open cubbies, wall-to-wall cabinetry or standalone storage pieces can cut down the clutter and bring order to your family's outerwear and laundry.

### Q. For homeowners who use their mudroom as a laundry room, too, how can they combine cabinetry design styles with bulky appliances like a washer, dryer and washtub?

A. Washers and dryers today offer stylish, sleek designs and in a variety of colors or finishes, making it easy to pair trend-forward cabinetry, flooring, paint and more with your appliances. If you cannot purchase brand new appliances for your space, tuck them away within a built-in closet or cabinet.

### Q. What are some upgrades homeowners can make to make their mudroom and/or laundry room more trend-forward.



A. With color, design styles and the right textiles/products, you can do a lot with limited space. Some popular trends for the whole home, include:

**Darker, richer woods** - Homeowners are moving toward medium- and dark-colored woodgrains for their cabinetry pieces. Maple and cherry are two popular wood choices that bring out the rich gray and brown tones being used throughout the home.

**Earthy colors** - Cabinet finishes in fresh, earthy hues can add a subtle radiance when used in the home. Pairing dark graphite colors with glossy white accents to create a high-contrast design is one of the favorite ways to incorporate these natural color palettes into a room. For example, a deep mineral-toned thermofoil finish offers a deep-in-the-earth color that works beautifully with white mouldings, countertops and fixtures. A lighter shade of gray in the floor brings out the best of both tones.

**Traditional vs. transitional styles** - Transitional and contemporary design are among the most popular design styles today. However, modern cabinets can have potential to clash with traditional elements in other rooms, especially when remodeling older homes. Choose cabinets with design elements that easily transition across differing styles and bridge the gap between your design for a contemporary kitchen and the traditional reality of an older home.

COURTESY: Andy Wells  
MasterBrand Cabinets, Inc.  
[www.masterbrand.com](http://www.masterbrand.com)

# Supplement Savvy: What, How Much, Why, and When?

**M**ore than one out of every two adults are taking nutritional supplements, making them the most popped pills in America. Are we wasting our money? Would we be just as well, or better, off without them, or would everyone benefit from a daily vitamin pill? Even if supplements are a good idea, how do you know what and how much to take, what to avoid, and how to avoid spending too much. How do we know when we're getting our money's worth? Elizabeth Somer, registered dietitian and author of *Essential Guide to Vitamins & Minerals* and *Eat Your Way to Sexy* is here to set the record straight.



## 1. I've always heard that people should get their vitamins from food. Do we really need supplements?

You're referring to the first commandment in nutrition that states, "Thou shalt meet all your nutritional needs from a balanced diet." That means all a person has to do is consume daily 9 servings of colorful fruits and vegetables, 6 whole grains, 3 glasses of low-fat milk, and 2 servings of extra-lean meat, chicken, fish, or legumes. Sounds reasonable, but there's a catch - most people aren't doing it. In fact, only a measly one out of every 100 people meet even minimum standards for a balanced diet. Every national nutrition survey dating back to the 1960s repeatedly finds that Americans' diets are low in everything from vitamin A to zinc. Growing bodies need large amounts of nutrients, yet studies repeatedly



find that children's diets are lacking in nutrients important for growth, development, healing, brain function, learning, and more. So, to fill in the gaps on the days when you or your child doesn't eat perfectly,



it makes sense to take a supplement or two.

## 2. What about reports we hear that say supplements don't prevent heart disease or cancer. Doesn't that mean we are wasting our money?

Absolutely not! Let's put this in perspective. If a study came out finding that water didn't lower heart

disease risk, would you stop drinking water? Or, if a study came out showing that fruits and vegetables did not lower cancer risk, would that be your excuse for never eating



another carrot? Hopefully not. Water and the compounds in vegetables are essential nutrients. They can't be made by the body. They must come from the diet. Vitamins and minerals also are essential nutrients. If we don't get enough of even one of the 15 vitamins or 20+ minerals, the consequences are very serious, including in some cases death.

## 3. But these studies found that taking those vitamins in supplement form didn't improve our health risks.

You can't take a pill and expect it to save your life. Supplements are one factor in a healthy diet and lifestyle that has been shown to help keep you slim, boost mood, extend life and the healthy years, and lower the chances of having to take medication. That's why they are called "supplements" not substitutes. Adults and children should be making sure that we get optimal amounts of all those essential nutrients, along with eating a good diet, exercising every day, maintaining a healthy body weight, not smoking, and embracing all the habits that lead to good health today and down the road.

## 4. What should a person consider when faced with that wall of pills, powders, and potions?

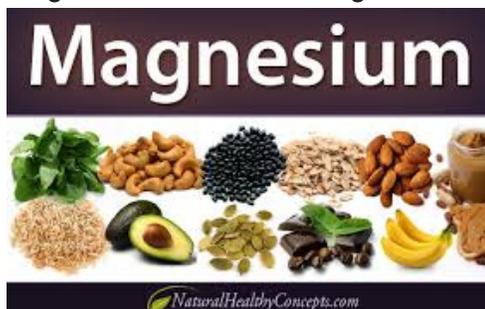
There are four steps in choosing the best, and least expensive, supplements for adults and kids:

**1. Multi:** A moderate-dose, broad-range multiple vitamin and mineral is the place to start. Nutrients are supplied as teams in food, so if your diet is low in one nutrient, it's a sure bet it's low in others, too. A multiple is a convenient, inexpensive way to supply a balance of nutrients, while avoiding secondary deficiencies that result when you take too much of one nutrient and crowd out another. For example, many of the minerals compete for absorption, so taking a large dose of one, such as iron, could result in a



deficiency of another, such as copper or zinc. Take a good multi and you won't have to worry about that. Select a broad-range multiple that supplies as close to 100%, but no more than 300%, of the Daily Value for a wide variety of vitamins and minerals. For quality sake, stick with the major brands, such as Centrum or Nature Made, or with a product with the USP quality seal that guarantees high standards. Most of these are inexpensive. If you or your child don't get daily servings of dark green leafy vegetables, then consider a multi that contains this important compound.

**2. Minerals:** When it comes to calcium or magnesium, you and your children need so much of these minerals that the multi pill would be the size of a golf ball. Typically, multis give only lip service to these nutrients. You need calcium to keep your bones, skin, nerves, and muscle in tip top shape, while magnesium is critical for coping with stress, maintaining a healthy heartbeat and blood pressure, and improving muscle, nerve, and bones. Unless you include at least three servings daily of calcium-rich milk products or fortified soymilk and lots of magnesium-rich soybeans, nuts, and wheat germ, you should supplement these two minerals. A word of caution here. When it comes to magnesium, more is not better. Magnesium is the active ingredient in Milk of Magnesia, which means you could be a bit "looser" than you'd like if you exceed the upper limit.



**3. Omega-3s:** If you don't consume at least 2 servings a week of fatty fish, such as salmon, mackerel, or herring, then take an omega-3 DHA supplement. Up to 97% of the omega-3s in the brain and up to 93% of the omega-3s in the retina of the eyes is DHA. From infants to adults, this omega-3 is important for brain health and vision. An adult needs at least 220mg of the omega-3 DHA, and possibly up to 900mg/day to support brain and heart health for men and women, For children, one study found that supplementing with DHA improved reading scores by up to 50%!



**4. Vitamin D:** For adults, if the multi or calcium does not have at least 1000 IU, then consider a separate supplement here, since you can't get enough from food and optimal intake is associated with lowered risk for muscle weakness, gum disease, diabetes, insulin resistance, arthritis, multiple sclerosis, hypertension, and certain cancers, including colon, breast, pancreas, and prostate cancers. Vitamin D also reduces the incidence of falls by up to 60% in seniors. Talk to your pediatrician about supplements in general and vitamin D specifically.



**5. Finale:** Keep in mind that a supplement should complement an excellent diet and can fill in the nutritional gaps on those days when you don't eat quite perfectly. You can't live on hamburgers and french fries, then take a supplement and think you're doing well! In short, supplements are just that .... they supplement, not substitute for, a good diet.

**COURTESY: Elizabeth Somer, M.A., R.D.**  
[www.elizabethsomer.com](http://www.elizabethsomer.com)

## Pick Paint Colors for Your Home

Items to consider when choosing paint colors:

- a. The mood you want to set
- b. The activities to be performed in the space
- c. The quality of the space's natural light
- d. Existing finishes and furnishings
- e. Adjacent rooms and color flow throughout the house

Other considerations include:

- a. Types of sheens
- b. Choose a color on the paint chip that's one level more muted than you'd think would work
- c. Paint your chosen sample and view it at different times of the day and night and in different places in the room you'll be painting.



**COURTESY: Kimball Starr**  
**Kimball Starr Interior Design**  
[www.kimballstarr.com](http://www.kimballstarr.com)

## Design Tips for Small Space Living

Some of the challenges of small space living include:

- a. Space can feel cramped
- b. Difficult to entertain or you lack dedicated areas for accomplishing tasks
- c. Storage space

Solutions for living large in small spaces involve adjusting 3 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:

- a. Reflective surfaces
- b. Using color and pattern
- c. Furniture style



Solutions for maximizing activities the space allows is choosing furniture that serves dual purpose, such as:



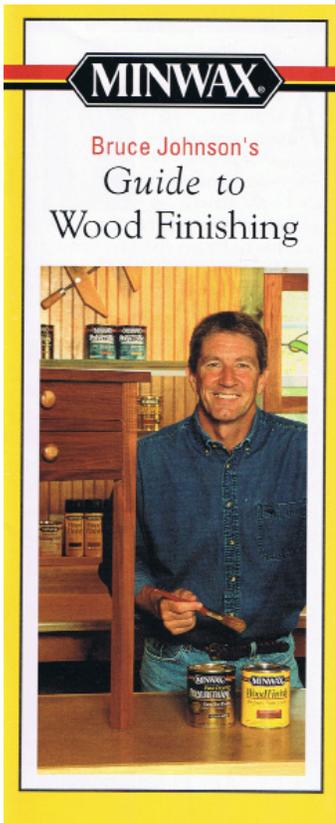
- a. Adjustable height tables
- b. Under seat storage
- c. Coffee tables with storage inside

Solutions for maximizing your storage:

- a. Built-ins
- b. Wall beds
- c. Under stair storage
- d. Go vertical with storage to utilize the wall space.

**COURTESY: Kimball Starr**  
**Kimball Starr Interior Design**  
[www.kimballstarr.com](http://www.kimballstarr.com)

# Minwax Projects



## 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.



## Giant Wooden Ruler Growth Chart

Bruce Johnson's clever interpretation of a child's growth chart involves a do-it-yourself six foot wooden ruler. Instead of using a door frame or wall to mark height milestones, Bruce suggested making this portable memento that easily folds up for storage or when you are moving to another location.

Starting with a six-foot pine board, Bruce prepared the wood by first sanding it and then applying Minwax® Pre-Stain Wood Conditioner, which is an important first step to insure even absorption of the stain when using a soft wood



like pine. Using Minwax® Polyshades®, a one-step stain and finish, Bruce applied the product. He then explained how to measure, mark and tape the ruler hash marks. Finally, he used Min-

wax® Gel Stain, a unique non-drip formula, to create the ruler's line measurements.



For the wooden numerals, Bruce used Minwax® Express Color Wiping Stain and Finish which has a vibrant palette of colors and wood tones.

**COURTESY: Bruce Johnson**  
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# Headboards

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.

**Headboard Collection #1** offers 2 shapes; flat across the top with either square corners or rounded corners.

**Headboard Collection #2** offers 3 shapes; degrees of arch of the crown of the headboard. Slightly arched, medium arched and very pronounced arch.

**Headboard Collection #3** offers 3 shapes; from a slight hump in the middle to a pronounced up and down dip in the middle.

**Headboard Collection #4** offers 2 shapes; both very curvy with very pronounced dips.

**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  
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