

CELEBRATING 40 YEARS

Creative Living
with Sheryl Borden



7000 Series



Home, Hearth & Health

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Home, Hearth & Health

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Working With the "Pros" When Building or Remodeling



A LOOK at the BUDGET

more detailed you are, the better off you'll be when talking to professionals. Do you want professional-grade appliances or is the next level down OK? If you have a \$30,000 budget and you want a built-in refrigerator and a 36-inch professional-grade range, any professional will tell you that your budget is going to be tough to meet.

3. Pull tear sheets and create ideabooks of your vision. This can help a professional get an idea of the level of expectation and finish detail required in your project. It's tough to communicate needs clearly, especially about visual things like finishes. Showing professionals photos of kitchen designs you like can help them see your taste level and prompt them to ask the right questions.

4. Get referrals for designers, architects and contractors. Ask friends and relatives for referrals and look at professional portfolios on Houzz to see if their aesthetic matches your own. Call pros to set up phone interviews and see if they'll come meet you in person. Ask if you can visit some of their job sites or other projects. This really helps you see the quality of their work.

5. Check references and ask about fees.

Some homeowners start by hiring a contractor, and others start with a designer or architect and use contractors referred by him or her. Others

hire design-build firms that do it all. Remember, you aren't comparing apples to apples here, so it will take some time to figure out who is the right fit.

6. Meet the pros at your home and start seeing who you like, who asks the right questions, who is willing to give you some rough numbers, and what he

1. Come up with a rough budget of what you want to spend on the overall project. Consider if it will involve related projects like new windows or painting the whole house.

2. Come up with a wish list of everything you want. That means new appliances, cabinets, countertops, tile, flooring, lighting and so on. The

or she needs to do so. Some firms don't work this way; they might have showrooms and you have to meet them on their turf. Many contractors want a full drawing set before they'll bid on a job. Others will be willing to do a walk-through and give you some rough numbers, nothing line-itemed or detailed.

I recommend doing this with an experienced contractor; a novice may underestimate or over-shoot the budget by a wide range. Ideally, having some basic space, electrical, mechanical and lighting plans will help a contractor get you a more accurate estimate. This is only the first phase of pricing. You'll want to reestimate based on detailed, finished plans before signing a contract.

You've decided to remodel your kitchen. Now what? Not knowing where to start, many homeowners fall into two camps. Some start by looking at appliances. Others start by collecting inspiring kitchen photos. Some decide they need more room. Others simply want to upgrade their current kitchen. Homeowners may find themselves in this exploration stage for a year or longer before they start interviewing kitchen designers or general contractors.

Once you've pondered long enough and you're ready to green-light a kitchen remodeling project, then what? We'll start with the following steps, and we'll get into the nitty-gritty details under specific steps as we move through the complete workbook.



Step 1: Think about what you need

This step is all about how you use your kitchen, and finding the layout and features that fit your household's lifestyle. Get ideas from every resource possible, including Houzz guides and photos, kitchen showrooms, books and magazines.

Think about your priorities: how many people will be cooking and gathering here and how they'll need to move around in it. Do you need an addition? Or can you work with your existing kitchen footprint?

If you haven't already, start saving photos of kitchens with features that suit your style. Your collection can



be organized and beautiful like a scrapbook or it can be filled with random, unorganized images.

Step 2: Research and plan

The best place to start is by formulating what's commonly referred to as a scope of work and figuring out your preliminary budget. Both of these may be subject to change, so don't feel like you have only one chance at this.

Step 3: Find the professionals you will need

Even if you're going the DIY route, unless you're building your own kitchen cabinets and doing your own electrical and plumbing, you're going to have to work with a professional at some point. It may be as brief as leaning on your salesperson to help you in selecting and ordering your appliances or cabinets, but it's something to plan on either way.

Step 4: Schematic design

This phase includes sketches, space planning, preliminary floor plans and elevations showing the layout and cabinet sizes. Plus you need a plan in order to figure out what materials will go where, and how many square feet you will need, and ultimately how much this will cost.

Step 5: Fixture and finish specification

Throughout this process and probably long before, you have been saving photos of kitchens you love into your ideabooks and folders. Now you need to make your final selection of finishes and fixtures.

This usually includes:

- Cabinetry construction type, doorstyle, finish and color
- Countertop material
- Refrigerators and other appliances
- Kitchen sink and faucet
- Light fixtures
- Flooring
- Backsplash
- Decorative hardware

Step 6: Work on design development and construction documents

This is the stage when you finalize the design and prepare final floor plans, elevations, details and, if applicable, mechanical and electrical drawings, lighting switch plans, and exterior elevations.

It's important to have finishes and fixtures selected at this time, since this is what will be considered in the final pricing from the contractor.

Step 7: Get contractor estimates

If you don't already have a licensed contractor on your project, your next step is to find one to carry the project through. It's good to get at least 3 different contractor estimates.

Step 8: Get ready for demo

Time to get that schedule firmed up and plan on cleaning out the cabinets, putting what you don't need in storage and - if you're living in the house during construction - setting up a temporary kitchen. Preparation and organization can save your sanity.

Discuss the logistics ahead of time with your contractor. Will you meet once a week for updates? Will you have to be out of the house for certain tasks like demo or flooring? What about debris removal and dust? What is a typical work day for the crew? Getting all this ahead of time can make for a smoother ride.

Step 9: Surviving the dreaded punch list

Once construction is over, there's always a little list of items that are missing, wrong or forgotten about. It can be informal or any way you want to work. It usually takes more than one visit to correct these items, so prepare yourself for this.

**COURTESY: Latricee Brooks
Brooks Interior**
www.brooksinteriorsllc.com



Picture Hanging Tips

A lot of people are still unaware of all the gadgets available for hanging pictures or mirrors. There is no need to find a stud when you use the proper tool. Hanging pictures at eye level is confusing since people are all different heights. A standard measurement for an “average eye level” is where the center of the piece of art (or mirror) to be hung is 57” off the floor. When this standard is used, harmony is created among all the pictures in your home, and they will always hang in relationship from one to another from their centers - not their sides. This standard takes the guess work out of the question of whether the pictures should be hung higher or lower.



Hanging a group of pictures using butcher paper:

- Roll out your paper to the measurement of the space you want the pictures to consume.
- Use a chalkline to mark the center of the picture grouping at eye level - 57”.
- Lay out your pictures to get the exact spacing that you want. Generally 2-3” apart.
- Now, trace around the frames.
- Use the same method with the tape attached to the back side of the frame.
- Mark the nail hole.
- Then remove the tape and attach it to the matching frame on the butcher paper.
- Repeat for all frames.
- Now attach the butcher paper to the wall, making sure the center of the grouping is at 57”.
- Hammer all nails in “straight.”
- Remove paper. Attach picture to wall.
-

Hanging frames with 2 hooks:

Hanging frames on your wall can either be a “walk in the park” or your worst nightmare! Use the following instructions to hang frames with the dreaded “two hook” back easily and on the first try.

- When you have decided where to place the picture on the wall, find the center of the picture just like I stated above. Place your mark at 57”.
- Take your tape and attach it to the top of the frame. Add another piece of tape, if necessary, so that you can mark the exact spot where the nails or screws need to go.
- Remove the tape.
- Measure from the center of the picture to the nail hole and mark the spot. Place your tape on the wall. Use your level for accuracy. Note: I also use my tape measure one more time to see if I’m the same distance from the floor on both nail holes.
- As you hammer the nail into the wall, make sure that you are nailing it straight into the wall (not at an angle.)
- Repeat for second nail.
- Remove your tape. Attach your picture onto the nails.

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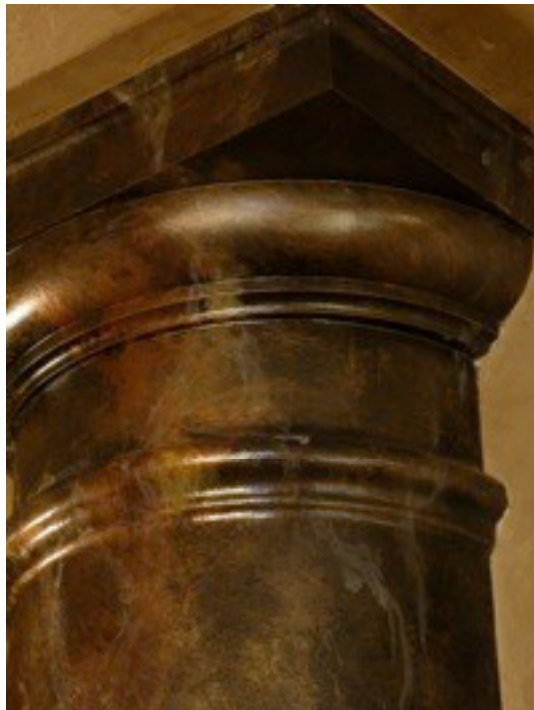
BRONZED COLUMNS

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)

COURTESY: Jaime Alcorta
Walls of Art
www.walls-of-art.net



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

OPTICAL ILLUSIONS IN INTERIOR DESIGN

It seems that interior designers and decorators have many tricks that they employ to make a room seem different: some rooms seem larger, windows appear more grand. What is their secret?

It's all about optical illusions. One example has to do with draperies. You want to take into account that when a drapery fabric is attention-getting – either through the pattern or through high contrast colors - the eye will be kept inside more. So perhaps for a great view, keep the drapery fabric closer to the wall color and for a not-so-great view, choose a beautifully patterned drapery fabric. Make windows appear larger by placing long draperies higher and wider than the windows.

Another way to utilize this type of distortion illusion is with our flooring. Whichever way the lines move across the floor, we perceive that direction to be the longest. This subtle difference can make a room seem wider or deeper. One caveat is that flooring should be planned for the entire space. All the rooms that will connect should employ the same flooring, so find the best direction for everywhere.

What about tile that is laid at an angle? Placing square tiles on an angle will expand a room in both directions. This is seen most often in small spaces, like entryways, kitchens and baths.

Another tip is to accent a fireplace with art and objects that are a little smaller. This lets the fireplace be the largest element in the room and serves as the focal point.

Another illusion that designers work with is called color distortions. One color issue that is debated all the time: to make a room feel larger, do you paint a light color or a dark color? Light colors advance and dark colors recede but very few people would be up for painting a small living room dark – what about you?

According to Romick, “My opinion is that our brains and preconceived notions can over-ride anything, so if you think that a dark room will feel smaller, it will.” My question for clients is: when would you typically use the space? Day or night? Plus, most important – which is their favorite time? Are they night owls or early birds? Do they turn bright lights on at night or dim lights just for ambiance? But also for a room's size, layering impacts how a room appears – it gets complicated. This is one reason why choosing an interior designer or decorator can be so helpful. With their expertise, they can show you how to make the same colors look different and different colors look the same.

It's all about pulling together fabrics or favorite objects that look “off” – or not a cohesive collection. Be sure to judge and test colors in the actual room and with all components, layering the colors as they would be in the room.

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



COLD & FLU SEASON TIPS for Over Worked Moms and Dads

Almost 70% of Americans go to work sick according to a new survey and most kids average up to 10 colds a year throughout childhood. The average person experiences 233 colds in a lifetime. But what's a parent to do when the sniffles and coughing begin to clear and a new round of symptoms recycle the household family members?

1. Clean & Sanitize your family's toothbrush daily. Toothbrushes hold germs that make you SICK and contribute to recycling your cold germs for months. *Solution:* Daily cleaning with a toothbrush sanitizer holder or



sterilize toothbrushes in boiling water. By destroying the DNA in bacteria, the UV light sanitizes your toothbrush and gets rid of microorganisms and kills salmonella and E. coli. *Effectiveness:* Uses the same germicidal technology (UV) as hospitals and dental offices to kill micro-organisms.

2. Clean & sanitize remote controls for TV and video games. These high contact surfaces spread germs like wildfire.

Solution: Re-trace your sick family member's steps and clean all the surfaces they may have touched. Include remote controls, door knobs, bathroom fixtures, even the toilet handle. Wash and sanitize family members' hands frequently throughout the day.



3. Clean & conquer the germs. Sick people tend to spread germs on high contact areas. Teach your family to throw away the tissue and wash their hands each time they sneeze or cough.

Solution: Keep plenty of tissues on hand, and keep a trash can next to the sick person's bed so dirty tissues end up in the trash and not on the floor or bedding.



4. Isolate & Comfort. Keep the infected family member contained to one room. For quick cleaning use an Ultra Violet wand to kill germs.



If they roam the home, they contaminate everyone else! Comfort them with all the extras: chicken soup, cough drops, soft tissue, plenty of liquids and lots of TLC.

5. Carry hand sanitizer or wash hands frequently. 'Tis the season to share everyone's germs on door knobs, handles, light switches, computers and more. Frequent hand washing can help eliminate colds from spreading.



6. Avoid red, raw noses! Use a good tissue like Puffs Plus with the Scent of Vicks. The combination of softness and Vicks actually comforts and soothes you so you can get through your busy day.

7. Disinfect the DISHES! Add 1/4 cup bleach to your dishwashing cycle. Most dishwashers cannot disinfect tough germs if the water temperature isn't hot enough or you run your dishwasher without the drying cycle.



8. Keep a clean home and stop the spread of germs! Use antibacterial cleaning products on the high contact surfaces in your home. I use a Swiffer WetJet on my floors and the Mr. Clean disinfecting wipes on sink handles, door knobs, refrigerator handles, railings and remote controls. Both kill up to 99.9% of germs!



COURTESY: Laura Dellutri
Healthy Housekeeper, Inc.
www.healthyhousekeeper.com

DUST MITE TIPS

- Cover (encase) your bedding with allergen protective coverings. Tape the zippers of the protective coverings.

- Wash your sheets and pillow-cases in hot (130+ degree) water weekly.



- Clean carpets and rugs or treat them with Dust mite-Allergen Spray or tannic acid.

- Hire only Certified Carpet Cleaners with the PCCA designation.



- Routinely apply 3M Scotchguard carpet protector on your carpets to keep moisture from getting into the pad when spills occur.

- Vacuum with a true HEPA, ULNA or Central Vacuum System regularly. Maintain indoor humidity below 50%. Reduced dust = reduced dust mites!

- Avoid upholstered furniture and dust collecting items within the home which cannot be washed.

- Keep clothing tucked away in closets and drawers and keep the closet doors shut.

- Use electrostatic and high filtration (at least .3 microns) furnace and air conditioner filters and change them monthly.

- Put the pillows in zippered dust proof encasings and/or wash the pillows weekly with the bedding.



- Avoid lying on upholstered furniture or on your carpets. It's disgusting, but dust mites feed on the dead skin cells we leave behind.



- Use wood, leather or vinyl furniture instead of upholstered furniture in the bedroom to cut down on dust mite friendly habitats.

- Anyone with a dust mite allergy should not vacuum or be in a room while it is being vacuumed.



- Put children's stuffed animals in the freezer overnight (encased in a plastic bag) to kill dust mites that may be embedded in the fur. Vacuum them after removing them from the freezer because the dust mite feces are actually what triggers the asthma and allergy attack.

- Keep the indoor moisture low. The ideal humidity level is 30-40%. Use an air conditioner or dehumidifier in warm climates to decrease the humidity. Clean the dehumidifier regularly.

- Humidifiers/vaporizers are not recommended because they will increase humidity in the room and create a favorable environment for dust mites. If you must use a humidifier, clean it daily to prevent mold growth.

- Chemical solutions may be helpful. Acaricides (a chemical that kills dust mites) must be applied regularly to carpeting or upholstered furniture. This solution will not remove any preexisting mite droppings. A tannic acid solution, applied as directed, can help neutralize the allergen in mite droppings. There are different types of chemicals, both wet and dry, to clean dust mites.

For more information, go to www.nationalallergysupply.com

COURTESY: Laura Dellutri
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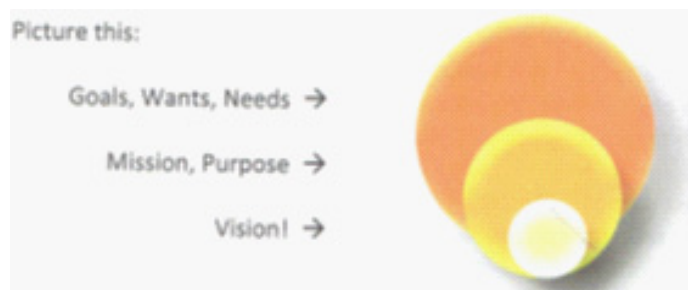
Creating a Life Vision

We were all put on this beautiful planet, in this abundant world, for a REASON, each of us unique. We all desire to be self-defined. So why do we spend so much time letting others define it for us? The best part of unleashing your Inner Hottie is finally understanding that this whole process is an inside job: to discover your life purpose, to live in abundance, to revel in self-love and acceptance, and to serve at your highest level in your greatest good!

You cannot live this way if you are letting someone else write the agenda. You are in charge of writing your own script! What stories do you want to be telling someday from your rocking chair? Come on! Make them juicy, exciting, and HOT!!

To unleash your Inner Sexy Fit requires **DAILY ACTION STEPS** so you can hit your Hottie bulls-eye. Sure, crappy things happen. Even tragedy will strike your life and knock you to your knees. But if you develop your resilience muscle and keep self-love and acceptance at the core of how you live on a daily basis, you will be AMAZED by how your life looks and feels.

Why is creating a life vision so important? Because creating a vision statement is the framework necessary to creating a powerful and amazing life! It provides the direction necessary to how you live each and every day.



At the center of you is your vision, your Inner Hottie target bulls-eye. That is what your ideal life is going to look like when you are living your life all in. This is where the good stuff starts and ends.

Let's start with creating your Living Sexy Fit vision! So you are ready to make a big change in how you live your life, but you just cannot figure out where to start.

What happens is, because we don't put a plan and structure around our dream, our commitment wa-

vers. And then the stinkin' thinkin' cycle begins anew, and BAM, we find our head in the fridge looking to feed our disappointment and disgust. Why do we keep doing this?

Well, unless you have a crystal clear vision of what you want and how your life will be different when you achieve it, you will end up beating yourself to a pulp because all you see and experience is your failure. So can we all agree to stop this nonsense?

Vision Statement: A guiding light that shines in the darkness, illuminating your hopes and dreams. Your vision statement is a written description of how you want to live your most amazing life. It serves as a guideline for how you live every day.

To create a vision that motivates, encourages and drives you, consider the following:

1. What is the most positive and affirming mental image you can create of yourself in the not-too-far-off future?
2. Where are you?
3. What are you doing?
4. Who are you with?
5. What are you wearing?
6. How is the weather?
7. What emotions are you experiencing as you celebrate your Living Sexy Fit life?

OK, now it is time to put pen to paper and write down IN DETAIL your vision for yourself, including what you will be doing and who you will be with.

Be sure to write in the present tense
Write about things you enjoy doing on a daily basis
Write about what you value
Write about what fulfills you
Answer this: In my amazing living sexy fit vision, I am...

COURTESY: Kate McKay
Fitness Coach & Author
www.kate-mckay.com



The Role Metabolism Plays in Fitness

What does metabolism mean anyway? Metabolism is the process by which food is broken down and converted into energy, which fuels your body right down to the cellular level. Often, people who excessively diet can sabotage their metabolism; however, the truth is that *very few people genetically have "slow metabolism."* You can speed up your metabolism by putting the following healthy habits into practice today,

1. Increase your muscle mass. People with higher levels of muscle tend to have a higher resting metabolic rate. That means you burn more calories just chilling out than less muscular folks do because muscle burns more calories than fat.

According to the American Council on Exercise (ACE), each pound of fat burns only 2 calories a day, while muscle burns between 35 and 50 calories per day.

2. Focus on intensity in your cardio program. Doing sustained-level intensity is great, but performing a higher level of cardio (or HIIT training) will be more effective at increasing your metabolic rate. Examples of HIIT are a Spin class, a varied program on a treadmill or elliptical machine, and a jog workout of varying intensity for a minimum of 20 minutes to get your heart pumping and metabolism burning.



3. Embrace grazing. Studies show that eating more frequently each day keeps the metabolism elevated. As a result, you will burn more calories throughout the day, even at rest. Choose healthy lean proteins and vegetables as your primary meal sources, with moderate amounts of fruit and healthy fats.

4. Eat more protein. First, protein makes you feel full longer due to its dense makeup, reducing your need to binge on carbs to reach the same level of satiation. In addition, your body burns more calories to break



down proteins (8 calories per gram for proteins vs. 4 for carbs). If you want a lean physique, your lean protein consumption must increase. Chicken, turkey, fish, and the occasional beef and pork are your best sources for increasing your metabolism and providing longer-lasting satiation.

Vegans take note: Although vegans have a greater challenge in balancing your protein to carb ratio, it is possible with careful planning and proper education.

5. Eat your fiber! Higher-fiber foods (oatmeal, flax-seed, brown rice, sweet potatoes, asparagus, broccoli, green beans) provide steady, long-lasting



energy and make you feel full and satisfied longer.

6. Drink up! A moderate amount of caffeine (1 to 2 cups a day) raises your metabolism slightly, increases concentration and improves heart health. Green tea also contains antioxidants that boost the immune system.

7. Eat your healthy fats! Mono-unsaturated fats like olive oil help reduce cholesterol, triglycerides, and blood pressure. Polyunsaturated fats such as walnuts, almonds, flaxseeds, and salmon, are filled with omega-3s and reduce triglycerides and inflammation in the body. Coconut oil has also shown to kill off sugar cravings.



8. Stay hydrated. When the body does not have enough water, several functions slow down, including the ability to burn calories. Muscles are roughly 65% to 70% water, so if they are not fully hydrated, they cannot perform as effectively, thus decreasing your calorie burn. Also, the body is not as efficient at burning fat when it is not hydrated for down shifting your metabolism.

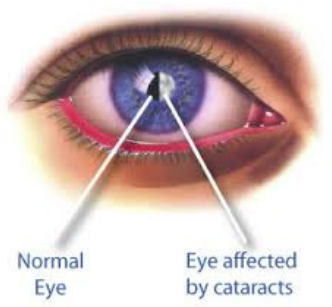
COURTESY: Kate McKay
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Tips for Seniors to Protect their Vision

- According to the American Federation for the Blind, there are increasingly more people who are experiencing eye problems. This is especially true of those over the age of 65, when they report severe eye problems increase significantly.

- Experts also predict that things are going to become bleaker, citing that by 2030, the number of aging Americans with vision loss will double. The good news is that there are things seniors can do in order to protect their vision and address eye problems.

- The four most common age-related eye diseases that people are experiencing in the country include glaucoma, cataracts, macular degeneration, and diabetic retinopathy.



- While these conditions are leaving many seniors with vision loss, Dr. Kondrot takes a natural approach to prevention and healing with his patients.

His approach has helped numerous people to prevent and reverse eye diseases and vision loss.

Here are several tips that Dr. Kondrot recommends that seniors follow in order to help protect their vision:

- **Diet.** It is crucial that people clean up their diet in order to maintain good eye health throughout the years. This includes eating a lot of fruits and vegetables and making sure to eat a diet that is high in organic foods. This way the toxins don't make their way into the body. It is also important to drink plenty of water.

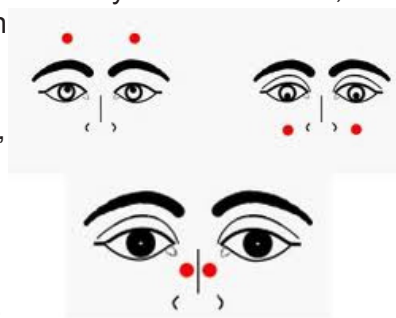
- **Vitamins.** Opt for a vitamin that will help provide good eye health. Look for vitamins that are all natural, have been designed to help you avoid macular degeneration and glaucoma, and provide optic nerve support.

- **Stress reduction.** Many people do not realize the connection between stress and health, including that of the eyes. Be sure to find ways to de-stress and relax in order to help protect your vision.

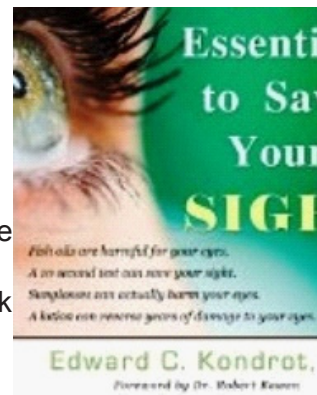


- **Eye exercises.** No matter what age you are at, you can begin doing eye exercises in order to help relax the eyes. To help keep the eyes from becoming dry, try to blink often. This will help to keep the eye surface moist and prevent it from drying out. Try opening and closing your eyes in

a slower motion, giving your eye more time to become moistened. Also, try an exercise referred to as "palming." For this, you close your eyes and gently rest the heels of your hands on your cheekbones, covering your eyes with your palms. Imagine and visualize blackness. At the same time, feel your breathing. Breathe deeply, slowly, and evenly, through your nose. The slower you breathe, the better.



- **Avoid surgery.** As much as you can, try to avoid having any type of eye surgery. Eye surgery should always be an absolute last resort. Before undergoing eye surgeries, first try natural therapy approaches to addressing any eye conditions you may have.



Dr. Kondrot, the world's only board-certified ophthalmologist and board-certified homeopathic physician, founded the Healing The Eye & Wellness Center, located just north of Tampa, Fla. The center offers alternative and homeopathic routes to vision therapies, which focus on such conditions as macular degeneration, glaucoma, dry eye, cataracts, and others. His advanced programs have helped people from around the world restore their vision. The center sits on 50 acres of land and features a 14,000 square foot state-of-the art complex, an organic ranch, jogging trails, swimming pool, hot tub, and more. He is also author of three best-selling books, including "10 Essentials to Save Your Sight" (Advantage Media Group, July 2012), and president of the Arizona Homeopathic and Integrative Medical Association.

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