



Creative Living with
Sheryl Borden
7300 Series
Home, Hearth & Health - II



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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, “Mindfulness of Body Practice” is in Section I on page 3, whereas “Projects From Minwax” is in Section II on page 9.

Projects From Minwax

PALLET PROJECTS



This is an inexpensive way to create gifts for friends or items for your home with projects made from pallets and that do not require advanced wood-working skills or equipment.

Hanging Herb Garden

Materials Needed:

- Assortment of boards, either from discarded pallets or new wood from a home improvement store
- Clay or plastic pots with lips
- Saw for cutting holes for the pots
- Drill and bit for the holes for string or twine
- Medium sandpaper
- Stain and finish

1. Select a half-inch thick board the width and depth of the window you want to hang it in.
2. Mark and cut holes for as many pots as you want, making the holes slightly smaller than the lip of the pot.
3. Drill a pair of holes at either end of the board for the cord or twine you want to suspend the board from inside the window, using a pair of brass cup hooks inserted in to the top of the window frame.
4. Stain the board the color you prefer; after it dries, finish with a clear exterior spar urethane.



Spice Rack

Materials Needed:

- Assortment of boards, either from discarded pallets or new wood from a home improvement store
 - Saw for cutting boards
 - Glue, nails and hammer for assembly
 - Medium sandpaper
 - Spice jars
 - Stain and finish
1. Choose the width and height of your spice rack by where it will hang on your kitchen wall.
 2. Cut the number of boards needed to form the back of the spice rack; lay them face down on your workbench and secure them together with a top and bottom horizontal board glued and tacked to the back side of the boards.
 3. Cut a top horizontal board to a length equal to the width of the back; draw and cut a decorative design as an option for the top board. Lay the top board face down on your workbench, placing it at the top of your back, also still face down. Lay a horizontal board across the back, letting it overlap both the top board and the back; glue and nail, securing the top board to the back.
 4. Turn the assembled back over, then cut two side boards and three shelves. Nail the side boards to either side of the back, then position the three shelves: top, middle, and bottom. Be sure to use actual spice jars to make sure you allow enough room for each jar to be lifted in and out of each shelf.
 5. Measure and cut three narrow strips of wood to span the distance between the two sides, then nail them in place to prevent the spice jars from falling off the shelves.
 6. After a light sanding to soften sharp edges, remove the dust and apply two coats of water-based Polycrylic Protective Finish.



Picture Stand

Materials Needed:

- Assortment of boards, either from discarded pallets or new wood from a home improvement store
- Saw for cutting boards
- Glue, nails and hammer for assembly
- Medium sandpaper
- Frame or matted photographs for display
- Stain and finish

1. Cut two boards approximately five inches wide the length to fit either a space on your wall or a table top. One will be the base and the other the back.
2. Glue and nail them together to form a right-angle triangle.
3. Measure, cut, glue and nail two end pieces to secure the base and the back together.
4. Cut a narrow strip to span the distance between the two ends, then position it approximately two inches from the front of the base. Experiment with different placements of the strip and actual framed photographs to get the angle of the photographs you desire, then tack into place.
5. After a light sanding to soften sharp edges, remove the dust and apply two coats of water-based Polycrylic Protective Finish.

Miniature Pallet Trivets

Materials Needed:

- Assortment of boards, either from discarded pallets or new wood from a home improvement store
- Saw for cutting boards
- Glue, nails and hammer for assembly
- Medium sandpaper
- Stain and finish

1. Duplicate the look of an actual pallet by first cutting three half-inch thick strips whatever length you desire: smaller for glasses, larger for hot serving dishes.
2. Cut several strips to mimic pallet boards, then starting at one end of the three previous strips (right, center and left), nail each of the miniature pallet boards to the three strips, leaving a space between each one to duplicate the appearance of a full-sized pallet.
3. After a light sanding to soften sharp edges, remove the dust and apply two coats of water-based Polycrylic Protective Finish.

NEW LIFE FOR A FAMILY HEIRLOOM

Contrary to some advice, vintage pieces often look better if they are restored rather than covered with paint.

Small Tudor End Table

1. Give the table top a light sanding if needed.
2. Stain the table top in a color similar to the base.
3. After cleaning off any dirt, replace the missing color in the base with additional stain or stain markers.
4. Give both the base and top a clear coat of finish.



Small Cabinet Door

1. Some items, such as a small cabinet door just need a good cleaning. The first and possibly the only step is to reveal the original finish by removing the accumulated dirt and grime with a wood cabinet cleaner. Wipe clean with a soft cloth.
2. If the original finish has worn away, protect the wood with a coat of a wipe on polyurethane.

Walnut Picture or Mirror Frame

1. If your frame is in excellent shape but looks dry and lifeless, wipe off the dirt, refresh and protect the finish with either an aerosol can of lacquer or a wipe on a version of polyurethane.

Arts & Crafts Footstool

1. Some furniture items are a classic example of "less is more." Rather than refinishing this footstool, cover scratches with a stain marker of the appropriate color, then protect the finish with a coat of paste wax.

UNIQUE 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.

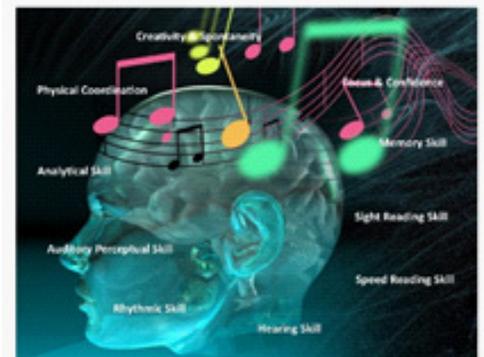
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Music Heals the Brain

Music heals the brain on a neurological level. In simple, everyday language the human brain rewires or restores damaged neural circuits. This miraculous organ also allows an unharmed brain cell to "take over" the damaged area, almost like rezoning of downtown city streets. This ability is called neuroplasticity, so that brain functioning can be at its highest level, despite traumatic injury.

Since ancient times music has been used as a tool for healing. Plato and Aristotle all wrote about it. Native Americans and Africans reference it in their petroglyphs. The Aboriginal people of Australia healed with a musical healing tool for thousands of years. They believed it healed broken bones, muscle tears and illnesses of every kind.

Brain injury due to stroke, trauma or injury causes areas to wither or become nonfunctioning. Research has found that injured areas of the brain can rewire itself.



The brain can change areas which would normally get messages from touch, to other areas, strength of connections between them and even their functions. In some ways the brain bears the footprints of the decisions we have made, the skills we have learned and the actions we have taken.

The process of neuroplasticity isn't a quick or simple one; rather, it takes place throughout your lifetime and can involve many processes. Along with altering your neural synapses and pathways, it can involve changes to your neurons (conduct electricity) vascular cells (transport fluid and nutrients), and glial cells (insulate the neurons).

Neuroplasticity happens continually as you learn and memorize new data, and as your brain develops; however, it can also be spurred by a physical trauma. In such cases, neuroplasticity serves as an adaptive mechanism that allows someone to compensate for function loss after suffering a bodily injury. For example, in the case of a brain injury, neuroplasticity allows the brain to 'rewire' itself in order to restore or maximize brain functioning by rebuilding neural circuits and allowing an uninjured part of the brain to take over the damaged part.

The higher the intelligence the bigger and heavier the brain becomes, because synaptic reorganization occurs with each new skill with more blood flowing into the area and more cells created. Concert pianists' brains weigh 30% more than the average American intellectual due to the intense "exercise" that occurs while playing the piano and memorizing lengthy compositions. Music training and even listening to your favorite songs increases the circuitry and wiring within the brain. The more wiring the greater the ability to remember knowledge, retrieve it and there is a direct increase in the ability to problem solve, i.e. intelligence.

Researchers at the Institute of Music and Neurologic Function, a non-profit research center founded in 1995 in New York City, have seen music decrease agitation and stimulate memory in patients with dementia, help stroke patients recover the power of speech, strengthen muscle groups and increase range of motion in patients beyond the help of traditional rehabilitation.

Music even helps certain patients with Parkinson's disease, traumatic brain injury, stroke or other neuromuscular problems and regain the ability to walk.

1). Raymond Barr, head of the Coronary Care unit at Baltimore's St. Agnes Hospital says, "For adult patients, half an hour of music produces the same effect as ten milligrams of Valium."



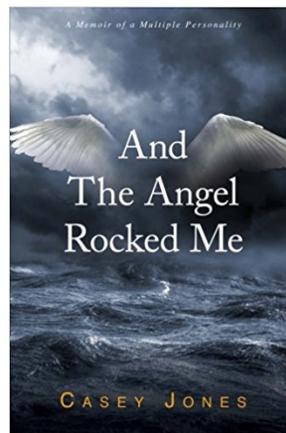
2) Surgeon and pianist Dr. Claudius Conrad frequently listens to Mozart in the operating room, but the surgeon says the music offers significant benefits to his patients as well. He conducted a study in 2007 in which he treated postoperative patients to Mozart sonatas. The patients responded with a reduced need for pain medication, lower blood pressure and lower levels of stress hormones. But Conrad also found that the patients' brains released 50 percent more pituitary growth hormone, which reduces inflammation and promotes healing. His study was published in the December 2007 issue of "Critical Care Medicine." He has found Mozart's pieces especially soothing to the patients. Mozart was often sick himself and may have composed music that made him feel better.

3). In 2004, various British railway stations began piping in recordings of Mozart, Bach and Handel, which resulted in a one-third drop in the number of robberies and other crimes. Psychologists speculate that the relaxing melodies had a tranquilizing effect on potential criminals.

On a side note, some of the most brilliant musicians have what is called synesthesia, they can actually see music in colors or even taste music's vibrations. To Pharrell Williams, the verses of his years-long hit "Happy" have always been yellow and red. Or reddish, pink and orange.

Though it was once thought of as a disorder, it is common to some of the most brilliant musicians. The list of artists who have it is long, including Billy Joel, Kanye West, Lady Gaga. It is believed that there is a bridge between their senses and that most adults have lost this ability, which may occur naturally at the human brain.

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Casey is the author of "And The Angel Rocked Me."

Meditation & Yoga

What is Meditation?

The simple answers to the oft-asked questions, "What is qi gong and meditation and what am I suppose to feel?" are: "The definition can be complex yet simple." And, "You will know it when you experience it."

The outcome of all meditations that I am aware of isn't about being "right", and the more one meditates the more one understands it's not about being right, it's not about ego, it's about letting go of being right and letting go of ego. The by product of this letting go of ego and even thoughts is a sense of relaxation, peace, and for some a spiritual transformation.

What most forms of any meditation have in common and thus can become a definition is: the practice of a specific technique, of which there are many, to achieve a sense of peace, calm, inner happiness, stress reduction, and/or health. Additionally, meditation may lead to a transformation of thought from experiencing the separateness of everything we see in life, to that of a sense of oneness that may feel like an incredible and indescribable feeling of Love or as some describe it, God. Though there are many names of various practices and techniques to accomplish this, the outcome can still be the same.

With so many different names, outcomes, and approaches to meditation, this alone is reason for so many misunderstandings and disagreements.

Mediation comes in many "flavors" from different cultures spanning thousands of years. With all its different forms, styles, intentions, and techniques, it is all still meditation. Rather than getting caught up in the differences, a key here is to find a form that works for you, use it while it works, and feel free to change it if it no longer works for you. Some meditations use movement while others are practiced stationary such as while sitting, standing, or lying down. Qi gong can be practiced with either of the styles.

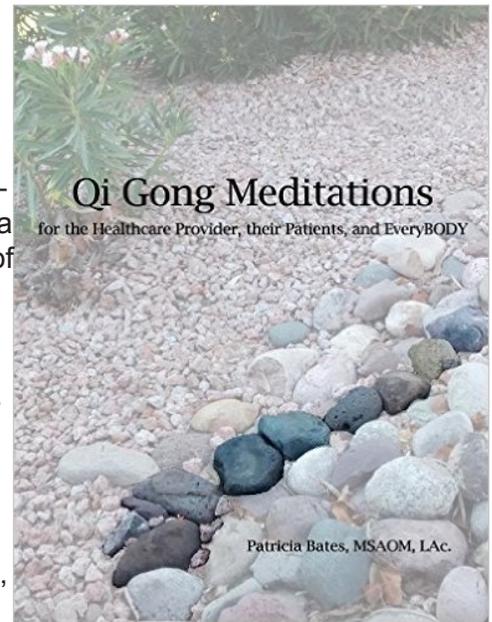
Intentions and outcomes of meditation can include any or all of the following: Sense of Well Being, Relaxation, Stress Reduction, Better Health/Memory, Inner Peace, Spiritual Transformation, Transcendence.

For interest and comparison purposes below is a brief summary of one of the most popular practices from around the world that is associated with meditation.

Yoga:

Of Sanskrit root, yoga translates as: to join

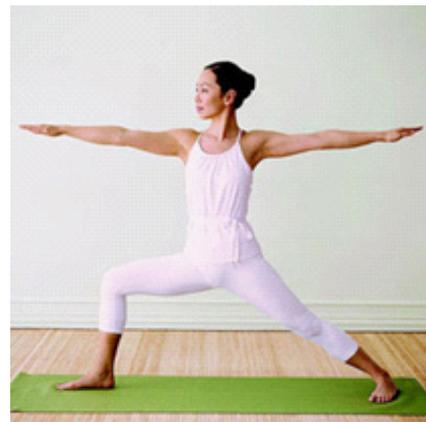
together. Though not known for being a religion, I was once told that yoga means, at one with God. (And the way that we practiced it, I felt as if I was one with God.) Yoga is a health system with its roots in ancient India believed to date back 4,000 years. Its many postures, or asanas, are practiced as a way to achieve Samadhi, or becoming aware of an all-pervasive-pure-Bliss, aka: God. This is considered the reward for the disciplined. Practitioner may experience a sensation of losing the boundaries of one-self into the universe. It is always good to have the support and understanding of a teacher who has traversed these techniques on their own journey to help keep you on the yoga path, mitigate any fear, confirm the process, and share in the joy you are bound to encounter.



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Making Your Own Toolbag

Creating a Toolbag for Life, Living, and Love combines crafting with self-help and can help you take action to make changes that better your life. From being aware of areas in your life that you want to change to creating the action that makes the change, crafting a life-action tool card is a fun reminder to help us carry out that action.

Good clues that there is an area of your life you would like to change include: thinking about it over and over, being angry about something; and just knowing that there is something in your life not making you happy. The following steps are one way to help resolve problems:

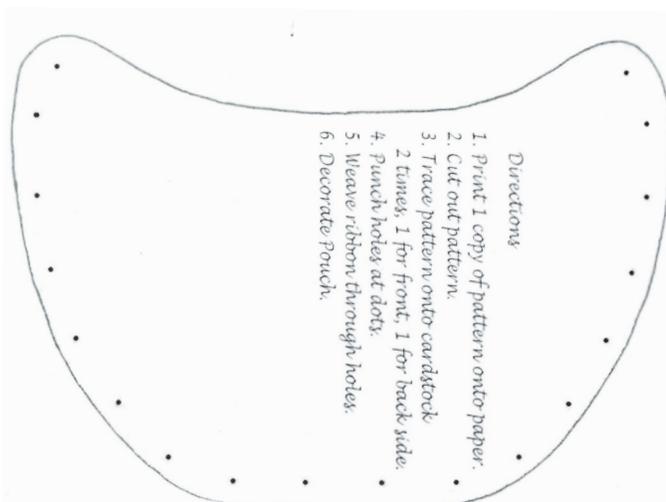
1. State and write down in a clear manner one area of change you would like to make. Start with only one change at a time as if you try to resolve more than one area at a time, it can complicate rather than simplify the solution.
2. Write down what would help you resolve this change. To get your thoughts out of your head, write down everything that comes to mind. Once on paper, hone in on simplifying your solution using action, versus passive words that will work as reminders for you to follow through.
3. Next comes the creative part - making your life-action card. Draw and cut out a shape, then write your action thought on it. Then have fun and decorate it any way you would like.
4. After you make your tool card, make a toolbag to hold the collection of cards you will make.

Now you will create your own toolbag to consolidate and hold the tool cards you crafted. Having your tools, i.e. thoughts to help actively improve yourself, collected in one place can help you stay organized and in turn remind you to use them. The more aware you are of the tools you have available, the more you are to use them, especially during times of need. And, the more you use these tools, the more they will become habit.

Additionally, having one place to collect your tools makes it easy to do a tool "inventory". Every once in a while it is interesting to go over your tools not only as a reminder of what has worked for you in the past but also to see and appreciate the changes and growth you have made.

Select a toolbag pattern or make your own using designs and decorations based on what makes you happy or feel good in your heart. As you begin this project remind yourself of why you are doing this process - your feelings can range from being happy or excited, to relaxing and meditative, or just because you feel you need it. When you finish your toolbag, keep it in a place where you will see it and regularly go through it. It is a part of you. At one point, I found that hanging my toolbag on my refrigerator with a magnet made me smile as if it were my inner child's art project that my mom hung with pride.

There are many tool bag patterns with directions at the end of Patricia's book. After you select the style you want, print the pattern and follow the directions on each pattern. You can do this by yourself, with your kids, or with friends. Most important, have fun.



Directions:

Enlarge the pattern to the left to the size you want.

1. Print 1 copy of pattern on to paper
2. Cut out pattern
3. Trace pattern onto cardstock two times (1 for the front and 1 for the back side.)
4. Punch holes at dots.
5. Weave ribbon through holes
6. Decorate your pouch as desired.

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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

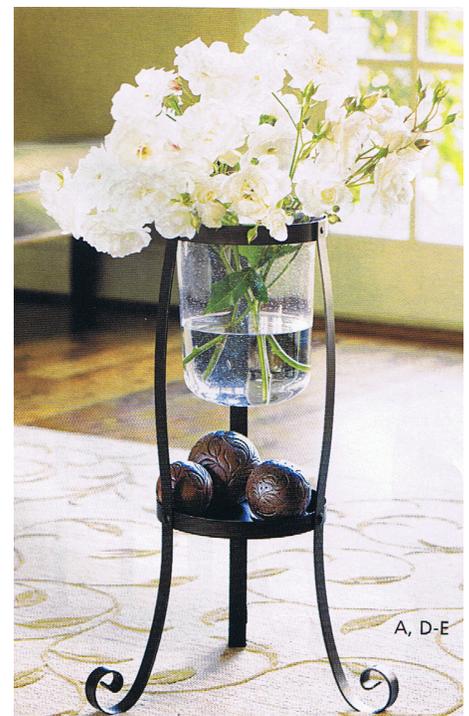


glass so no two are ever alike! This hurricane candle holder includes leveling beads to stabilize the pillar. (\$50.00)

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
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Pediatric Dentistry

The design for dentistry came from a perceived need related to an industry driven mistake. Starting during and after WWII, the population in general had disposable income for the first time. Toothpaste is one of the first things people buy with “discretionary income”.

All popular brands of toothpaste were 30% sucrose, touching off a massive epidemic of decay. The “Greatest Generation” returning from WWII represented a general population that for the first time in history had access to higher education through the GI bill.

These thousands of now educated professionals also set out to transform rural America to the most advanced country in the world. They got most things right. i.e. the interstate highway system, the intercoastal waterway, and anticipated the needs of a growing population in terms of educational and medical infrastructure. What they got wrong was the future need for dentists. The figures used to calculate the future need was thrown off by the toothpaste industry induced epidemic of decay. When the reason for the epidemic of decay was removed, the sugar in the toothpaste, there was not a corresponding shift in the dental profession that reflected the needs of the public. Rather than freestanding mini clinics manned by a few dentists trained to repair the ravages of decay, the focus should have been on training prevention specialists.

The pediatric population is faced with the problems created by the mini clinics that need a massive influx of patients with serious problems just to meet the massive overhead associated with running these mini clinics. The most lucrative portion of the pediatric practices is dentistry requiring heavy sedation.

We also see very aggressive “selling” of heavy sedation and very little “full disclosure” or informed consent. Most heavy sedation is accompanied by steroids to control an unlikely nausea.

There is a general lack of disclosure that steroid use is associated with shortened stature in males. Some research has shown that multiple exposures to heavy sedation are associated with “brain dysfunction”. These children have rapidly developing brains that are more vulnerable to damage. If there is no pain,

there is very little dentistry requiring immediate attention.

Universally, what we see on “second opinion” visits is:

- Over diagnosis
- Overtreatment
- Lack of prevention

Prevention is the most effective treatment for decay. Pediatric decay can mostly be stopped simply by educating the parents. Initiate the child into the dental practice when the child is six months old. Most parents coming into our practice for a “second opinion” for their children have not been instructed in simple preventive hygiene procedures that can and will prevent future decay.

Prevention of pediatric decay starts BEFORE the child is born and preferably before conception. The oral bioflora of the child comes from the placenta of the mother, which reflects her oral bioflora. Minimize decay in the prospective parents. Having the pregnant parents initiate effective oral hygiene methods will alter the mother’s oral bioflora. Emphasize the use of baking soda and Xylitol for the mother-to-be.

The most commonly diseased area in the human body is the distal of the first pediatric molars which erupt when the child is likely still on a soft, cariogenic diet. Simply teaching the parents how to clean BEHIND the first primary molar will stop the need for this most common pediatric dental treatment.

Once a child reaches 2.5 years of age, there is a natural increasing resistance to decay due to the “maturation of enamel” phenomena which applies to both permanent and pediatric dentition. If there is a reasonable diet, teeth literally become more resistant to decay as time passes and the need for invasive dentistry lessens accordingly. As the child approaches nine years of age, the question is if the tooth will last until it will shed naturally or should we intervene with a restoration?

If children are properly “nurtured” in the dental practice from an early age, many of these children will become very manageable and compliant by the age of three and the vast majority will be manageable for preventive measures by the age of four. This doesn’t mean that you will be able to throw a child in a chair and administer several injections. The goal is to use only topical anesthetics.

The most important step in “nurturing” a child to accept preventive measures is in having the parents successfully use a toothbrush effectively daily. The patient must be plaque free. If not, this is a sign of effective resistance by the child and a harbinger of failure. The dental professional contribution to “nurturing” a child is to acclimate the child to having the dental professional spray water and air in the mouth while suctioning.

If the above are accomplished, the dentist can do virtually any procedure in the child’s mouth. **The goal of pediatric dentistry is to stop the decay without traumatizing the child.** Pediatric dentition has different innervations than adult dentition. There is very little feeling in the dentin of pediatric teeth. There is no need for heavy-handed treatment modalities. Most repair of pediatric decay can be accomplished quite comfortably without anesthetic.

By properly removing the early decay aided by topical anesthetic, warm water, a very slow speed drill, and air-abrasion, the vast majority of pediatric dentistry can be accomplished without the trauma associated with injections and the high speed drill.

What are the solutions to the problems both dentists and patients face for transforming pediatric dentistry to a patient centered health science?

- First, an understanding of the genesis of any microbial related disease, the acid-base balance. Tip the oral environment to the acidic side, and this permits acidogenic microbes to survive and thrive in the acidic environment
- Understand that the disease of dental caries comes from an oral microflora that is shared by all members of the family.
- Pathogenic microbes have a higher metabolic rate than probiotic microbes, requiring an acidic environment.
- Neutralize the acids associated with decay. Baking soda has a positive pH, and will neutralize acids, which have a negative pH.
- The technology exists that would painlessly allow an ultrasonic device used to extend the preparations into sound tooth structure to give enough bulk to resist damage to a properly bonded restoration.

What to look for in a MIPD dentist:

- Is there a significant emphasis put on prevention or is the practice simply a hunt and search based practice, looking for things to fix?

- The first visit should emphasize education and prevention, typically with very little interaction with the dentist.



- An interview with a parent is imperative to success.
 - Does the parent/guardian accompany the child or does the child disappear behind a closed door at any time?
 - Is there pressure on the bill payer to act immediately?
 - Is the initial examination done with one of the decay diagnosing aids? Time and again it has been shown that decay is microscopic in origin thus using the common dental pick is NOT an accurate way to diagnose decay or the severity of decay.
 - A dental laser or filtered light system can be used to detect decay accurately and a decision can be made regarding severity of decay and the need to intervene.
 - If the patients/guardian alters the reasons for decay, the teeth can and do heal without the need for intervention.
 - Does the dentist use magnification? The very small areas of decay that are the genesis of future breakdown are difficult to see.
 - Are SS crowns the treatment of choice in the practice? Any half blind person can grind enough tooth structure down to snap on a stainless steel crown. Some practices don’t even grind the tooth down, simply forcing the SS form over the tooth, which are good excuses not to use magnification.
 - Does the dentist routinely use injectable anesthesia? Most pediatric dentistry can be accomplished without the need for anesthesia.
 - Does the dentist routinely do “Pulpectomies”? Pulpectomies are partial or complete pediatric root canals. If the dentist routinely does pulpectomies, the dentist simply doesn’t understand the tooth structure of his patients.
 - Does the dentist routinely use air abrasion on most preparations? Air abrasion, slow speed drill, ultrasonics, and the high speed drill are all different forms of energy and have entirely different functions.

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