

Creative Living with Sheryl Borden

7600 Series - Home, Hearth and Health



Sheryl Borden
Producer/Host

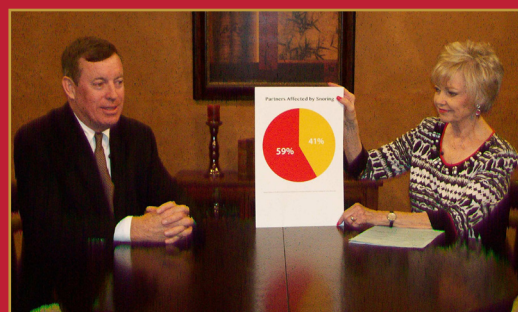


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REMODELING NIGHTMARES

6 Tips to Surviving Your Remodeling Project

If entering your home makes you sigh and you don't know why, it may be time for a revamp. But figuring out just what needs to change can be a difficult proposition. Is it your couch? Your walls? Or does the room just have bad vibes? Here are six tips to help you rework a difficult room.

1. Think about how you use the space. Not just the broad categories - living room, dining room, bedroom. How do you spend your time in the room? Are you watching TV or chatting with friends? Eating dinner at the counter or the kitchen table? Stop thinking in terms of how you'd like to use a room, and start thinking about how you *do use it*. Considering the problems you encounter on a day-to-day basis can help you determine how a room could better suit your needs.

2. Rethink the furniture plan. "Often times the issue is that the coffee table is too small or too big or the chair arrangement isn't cozy or is too cramped," says New York City designer, Young Huh, who says a poor furniture layout is the "number one reason why a room may not be working." Unsure what plan would look best in your space? Huh recommends looking up sample furniture plans online or using a book like Susanna Salk's *Be Your Own Decorator* as a guide.



3. Consider your color story. "Maybe you didn't stick with a color plan and put things together that don't quite belong," Huh says. Look around the room: Does every color make sense? Or, are there pieces that stick out like a sore thumb? You don't have to be an interior designer to create a consistent color scheme. "If everything is a variation of a shade of blue or gray, for instance" or if you choose a few complementary colors and stick carefully within their borders, your room will instantly feel more cohesive.

4. Rehang your artwork. Your room might feel off-kilter because the artwork is in the wrong place. Consider swapping your gallery wall with a large canvas, or hanging your artwork in unconventional locations - like behind the TV or on a skinny wall. Before making permanent changes, consider using a stockpile of Command Strips to try out new arrangements for a few weeks.

5. Pay attention to texture and pattern. A great room has variety, both in texture and in pattern - and an *amazing* room harmonizes those elements. A highly-textured wood console may not be pairing well with the busy pattern on your sofa," Huh says. "If you have multiple patterns or textures, it's best if they are varying styles and scale so they don't compete with each other, but

rather blend and live in harmony." For example, if you have a large floral sofa, pair it with stripes and plain velvet.

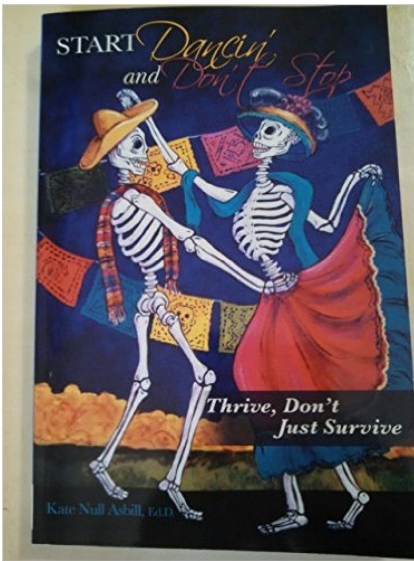
6. Create intimacy with lighting. Relying exclusively on overhead lights is a great way to wash out a room. Instead, focus on creating pockets of intimacy around the spaces you use.

Consider a small light on your kitchen table - or adding two end lamps



flanking your couch and use them instead of switching on the overheads to create a friendlier space.

**COURTESY: Latriece Brooks
Brooks Interiors**
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Start Dancin' and Don't Stop

- Chapter 1** - Intentionally Invite Yourself to Live Better Longer
- Chapter 2** - Start Dancin' and Don't Stop
- Chapter 3** - Live Fast, Love Hard, Die Young, and Leave a Beautiful Memory
- Chapter 4** - You Can't Keep a Good Woman Down!
- Chapter 5** - I Wanted to Go; I Went, and I Had a Good Time
- Chapter 6** - Get Up Every Day and Put on Your Face
- Chapter 7** - Go and Do While You Can
- Chapter 8** - Don't Worry, Be Happy
- Chapter 9** - How Come We're Born if We're Just Gonna Die Again?
- Chapter 10** - Visiting the Elderly
- Chapter 11** - If I Sat Down at the Piano. the World Went Away
- Chapter 12** - We Don't Stop Playing Because We Grown Old; We Grow Old Because We Stop Playing
- Chapter 13** - Different Strokes for Different Folks
- Chapter 14** - We All Know Better Than We Do
- Chapter 15** - It's Just What the Doctor Ordered
- Chapter 16** - Exercise - Just Do It

- Chapter 17** - She's a Mean Old Woman
- Chapter 18** - The Chickens Do Come Home to Roost
- Chapter 19** - What Goes Around Comes Around
- Chapter 20** - To Find Out About the Road Ahead, Ask Those Who Have Traveled It
- Chapter 21** - The People We Meet
- Chapter 22** - More People - My People
- Chapter 23** - The Books We Read
- Chapter 24** - Change the Way You Think to Change the Way You Feel
- Chapter 25** - You Can't Give Away What You Don't Have
- Chapter 26** - Get Your House in Order
- Chapter 27** - The Sun Still Shines Behind the Clouds
- Chapter 28** - That's Just Part of Life
- Chapter 29** - Live and Thrive and Until You Die
- Chapter 30** - Do Any Human Beings Ever Realize Life While They Live It?
- Chapter 31** - Love is What Keeps Me Going
- Chapter 32** - In the Final Analysis

The book is in large print, short chapters and has guidance tips at the end of each chapter and questions to ask yourself.

COURTESY: Kate Asbill
Prism Presentations
www.startdancin.com



The Atelier Approach

Every project is an opportunity to integrate lifestyle, functional requirements and personal aesthetics with well-executed design principles. We believe that effective communication is the best tool for assuring a successful project, which is why we would like to share how we approach the actualization of projects at Atelier.

The Design Process

Initial Consultation

After we have spoken on the phone with you to briefly discuss your project, we set up an Initial Consultation. This meeting is for us to fully evaluate the project space and to gather all of the necessary information that our team will need. The Initial Consultation includes the following:

- A complimentary in-home/business/space consultation to evaluate your needs, scope of work and budget.
- **Space Analysis:** understanding possibilities, discussing ideas and goals, functionality of area and offering general suggestions.
- **Visual Dialogue:** review of photos to build rapport and mutually understand the desired aesthetic.
- **Definition** of the functionality, budget, scope and schedule of project.

Agreement & Retainer

We prepare a written, customized agreement outlining the specific areas for your review and approval. We then require a signed agreement and retainer to begin work.

Creation of Design Concept

This is when the fun begins. The designer on your project and a behind-the-scenes team of magic-workers start putting together all of the pieces of your project to make it come together



seamlessly and fabulously. The Design Concept process includes the following:

- Gathering of conceptual ideas such as finish selections, colors, fabrics, furniture & lighting specification sheets. Samples of the above are supplied for visualization.
- Preparing technical drawings if needed to implement your design and properly communicate the intentions to you and the various installers.
- Evaluating design plans with you.
- Refining schemes and finalizing the design plan. General pricing of products will be supplied.

Purchasing

Utilizing necessary experts in the design field to achieve final goals. This could include contractors, wallpaper installers, painters, window treatment experts, electricians, tile installers, carpenters and others.

Project Management & Expert Coordination

We create formal proposals that include each item to be ordered and any important details about each item. The signed proposal, along with the specified deposit, will be required to place all orders. Tax, shipping, delivery and

installation charges are invoiced separately. Approved proposals cannot be canceled, returned or exchanged. In the case of product damage, Atelier will act as your advocate.

Project Completion

Our team manages every step of the process, including but not limited to:

- Placing and tracking orders for goods and services.
- Communicating with vendors and contractors to keep your project on track and moving forward.
- Coordinating delivery and installation.

Our magical behind-the-scenes team has got you covered from start to finish!

We don't stop at project management. We make sure you are 100% happy with every detail! Project finalization includes finishing touches, art and accessories. After a project is finalized, there is the possibility of a photography session of the space upon your approval.



COURTESY: Erika Rundiks & Katie Schroder
Atelier Interior Design
www.atelierid.com

IT'S ALL ABOUT THE AIRWAYS!

What is the most important nutrient for any living being? Why air, of course! We can't survive long without it, yet many cultures put no emphasis on either airway development or breathing skills, believing we lack control over these. Instead, we "manage" airway problems like snoring and obstructive sleep apnea (OSA) late in life, with great misery and expense along the way. Currently, about 1 in 15 adults have moderate to severe obstructive apnea. Most have no idea, though they may wake up exhausted, have headaches, a dry mouth, sexual dysfunction, and even depression.

OSA happens when something, usually the tongue, blocks the airway during sleep. Breathing muscles struggle to open the choked airway. Breathing generally resumes with a loud gasp, snort, or body jerk.

Can children have obstructive apnea? Absolutely! And it can cause severe behavior and learning problems as well as permanent brain damage. OSA in adults aggravates virtually every chronic disease and triples stroke risks, partly because a squirt of stress hormone enters the blood stream every time they choke, and that can be hundreds of times a night. This is what raises blood sugars, damages blood vessels, and shuts down the brain. It also reduces oxygen flow to vital organs and can cause irregular heartbeats.

Have you ever wondered ...

... why so many kids have crowded teeth, eventually need wisdom teeth extracted, or why growing numbers of children have ear infections, ADHD, asthma, jaw joint discomfort, you name it? These symptoms, and at least 30 other health issues, are generally late stage signs of incorrect breathing and underdeveloping airways due to poor oral posture. Yes, genetics play a role in how facial bones grow, but less than most realize. Think about it. How do orthodontic braces work? Slow, steady pressure over time move the teeth and reshape the jawbones into how they are set. Facial muscles, including the tongue, do the same – guide facial growth – and thus airways from birth.

For children who still have a lot of growth potential, correct answers to the following self-assessment allows expansion of the middle face's airway space and the forward growth jaws need to accommodate

all teeth without crowding. Adults benefit as well. Correct posture prevents further damage and actually builds more tongue and airway space.

Oral posture self-assessment:

1. Are your lips together or apart?
2. Right now, where is your tongue resting? Is it on the floor of your mouth or the roof? If it is up, is just the tip of your tongue resting up or is it suctioned to the roof front to back? Does the tip touch your front teeth?
3. The swallow is harder to assess, but basically a correct swallow involves almost no facial muscles. One should be able to swallow with the lips apart. Only the back part of the tongue should move. It lifts during the swallow.

How familiar is the left facial profile? The weak chin, flattened cheekbones, and strained face? She mouth



breathed all her life and so had more vertical growth than forward growth. In fact, the lower 2/3 of her face did not expand appropriately, so her airway spaces

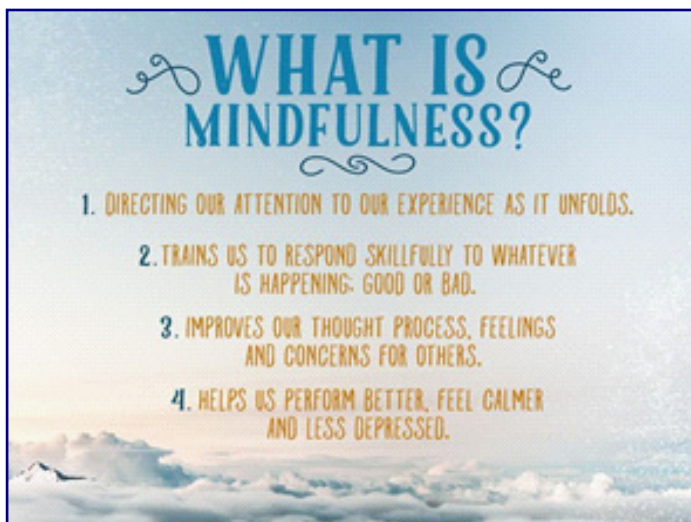
are tiny. Within 3 years, an aware dentist using a novel orthodontic approach, was able to maximize the remaining forward growth potential. She still had to allow her mid-face sinus spaces and both jaws to expand forward and out. In the right image, her face is less strained, her lips fuller, her cheekbones more pronounced. Even her nostrils are now larger because she started to use them. Her tongue has adequate space now as well!

Myofunctional Therapy

Her orthodontist didn't accomplish this facial and airway transformation alone. Jenny worked with a myofunctional therapist to help retrain her orofacial muscles and brain to gain correct oral posture by re-patterning habits – toning some muscles and extinguishing other patterns in a way that created more space for her tongue. The training created muscle memory, just as one would perfect a tennis swing. Myofunctional therapy is used to build better airways in children and adults.

**COURTESY: Carol Vander Stoep
RDH, OMT & Author
www.mouthmattersbook.com**

Body Scan/Progressive Body Awareness



Background:

The purpose of this body scan mindfulness exercise is simply to notice your body. It is not necessarily about relaxing your body, however this may occur as a kind of side effect. It is simply about being aware of your body, in this present moment.

Usually, our response to bodily pain or discomfort is to distract ourselves or to try and numb the pain. In this exercise you will accept and notice with gentle curiosity your body in its comfort and discomfort.

Sit or lie down in a comfortable position, making sure that you do not have any constriction. Loosen any tight clothing.

Starting with your feet, pay attention to the physical feelings in them: any pain, discomfort, coolness, warmth, tension, tightness, whatever. Simply pay attention to the physical feelings and sensations. Don't judge them as good or bad, don't try to change them, just be aware of them.

Slowly allow your awareness to drift up from your feet to your lower legs, again simply paying attention to any physical sensations in that part of your body, including any tightness, pain or discomfort. Then slowly let your awareness drift further up your body, doing the same gentle

noticing for all of the parts of your body – your upper legs, hips, buttocks, pelvic region, stomach, chest, your lower back, upper back, fingers and hands, lower arms, upper arms, shoulders, neck, your head, forehead, temples, face – eyes, cheeks, nose, mouth, jaw line.

Then let your awareness drift gently and slowly back down your body, noticing any other places where there is pain, discomfort or tension and simply noticing this, until your awareness settles back at your feet.

Commence doing this exercise just for 5 minutes. It can be done sitting down in a chair or lying in bed. Over time, don't worry about how long it takes – just allow yourself to pay attention to the sensations in your body. If, while doing this exercise, thoughts intrude, that's okay – just notice the thoughts, notice yourself noticing the thoughts and gently guide your awareness back to your body.

Note: One variation on this is to focus on parts of your body that you don't like – do this in front of a mirror, noticing your thoughts and feelings as you do the exercise.



COURTESY: Michelle Ontiveros
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How To Select the Right Paint For Your Home

Painting is a quick and cheap way to give an old room a breath of fresh air or to make your house more sellable if you are putting it on the market.

Which paint should you choose?

Paint comes in a variety of sheens as well as in either oil or latex. Latex paint is the most commonly and preferred paint type to use because of its ease of clean up and long lasting durability. It also tends to be more fade resistant and breathes better than oil, resulting in less blistering of the paint. I recommend using a latex paint for most of your walls and household uses. However, oil based paint is great for priming real wood moldings and trim as it tends to seal stains and knots from the wood better than a latex paint would. It does take longer to dry than a latex paint though, so plan for more drying time.

Which sheen should I select?

The glossier the paint, the easier it is to clean up. If you have small children and the room you are painting has high traffic, like in a playroom, or tends to get grease on the wall such as in a kitchen, opt for high gloss sheen as you can easily wipe the wall down with a damp sponge. This will however make blemishes and imperfections in your wall more apparent and in rooms such as living rooms, could give off an unpleasant shine. High gloss is also great for trim and will give the trim a nice finished look, complementing the flatter sheen of your walls.

Semi-gloss would also be a good choice for kitchens and baths as well as trim providing you with ease of washability and less shine than the gloss. It is also slightly cheaper than the gloss finish and is a very common alternative. Satin sheens have a satiny smooth finish to them and could also be used in kitchens, baths and hallways. This may be a good choice if you really want some gloss and paint that can clean easily without the shine of a gloss.

If you have walls with lots of imperfections, select a flat or matte paint. You can usually get away with one coat of paint with a flat. The downside to this paint is that it does not stand up well to a good cleaning and does tend to show dirt more so choose this for rooms that will not get lots of fingerprints and dirt on them. Probably the most popular sheen is eggshell, which hides imperfections like a flat does but is easier to wash, so more durable and smoother to the touch.

Which color should I choose?

If you are in the process of selling your house, select a white or off-white color as the choice for walls. This will allow the buyer to easily cover the wall with their choice of color and will give your rooms a brighter and clean appearance.

However, you should take full advantage of the hundreds of paint selections and brochures at your local paint store as well as talk to a salesperson about the various color schemes for the look you want. You can change the feel of any room in your house with a little planning and some color, varying the shades for a certain look or feel.

A good rule of thumb is to remember the color wheel. Primary colors are red, yellow and blue. These are on the color wheel at 12:00, 4:00 and 8:00 respectively. Combining any of these will give you a secondary color (i.e. purple, orange). Colors near each other on the color wheel, such as blue and purple, are analogous to each other and will allow one color to stand out more. Colors opposite each other on the color wheel, such as green and red, are complementary to one another and will nicely play off each other. Staying within the same shade of color (i.e. greens) will give you a subtle and soothing look. Painting with cool colors, such as blues, greens and purples, makes small rooms appear larger and more airy while colors, such as reds, yellows and oranges, will give a room a more vibrant appearance. You can vary the warmth even with a red or yellow by choosing muted shades of those colors, such as pink, peach or a buttery yellow. Warm colors have cool ones as their complementary colors while cool colors have warm complements. Shades are either pure or vibrant, muted (which are less intense than their vibrant counterparts) or shaded (the darker colors in the same color scheme).



COURTESY: Megan Hamilton
www.sageandjune.com



Upgrade Cabinet Hardware

What should we keep in mind while shopping?

o **Usability/Function** How frequently will you be using the hardware? If you access the drawer/door multiple times each day be sure to select something that is easy and comfortable to grip and will hold up to a little bit of abuse.

Where are the knobs or pulls being used? If you're going to be installing them in the kitchen be sure to choose something that can be easily cleaned, avoid intricate knobs with carvings that dirt and grime can get stuck in.

o **Size** Is the height or length of the knob or drawer pull you're considering larger or smaller than the previous one? If so, take time to make sure it won't catch clothing, or damage another piece of furniture when the door/drawer swings open.

o **Price point** How many pulls or knobs do you need? If you are replacing the knobs on your kitchen cabinets you could be looking at spending a lot of dough. Decide on a budget before falling in love with something you can't afford.

o **Replacement** Buy a few extra knobs. It's annoying, especially if you are buying expensive hardware, but it's good to have a backup just in case something breaks. And it'll be much cheaper down the road than having to buy all new hardware if that particular knob/pull is out of production.

o **Timeline** Special orders may take a significantly longer time to process. Nail down a timeline and wait until the new knobs/pulls come in before removing your existing ones.

How do you remove the existing knobs?

o It's extremely easy to change out your old hardware. Simply grab a screwdriver (don't use an electric drill) and carefully remove the screw from the backside of the drawer or cabinet.

If you find you're becoming restless with your kitchen cabinets, instead of overhauling them (an intensive process) consider updating the hardware. This simple fix can majorly transform the look, taking the cabinets from boring to exciting. New hardware can make inexpensive pieces look luxe, and bring vintage pieces closer to the modern realm.

How much do they cost?

Knobs and drawer pulls range dramatically in price; you can find them from as little as \$.99 each, up to hundreds of dollars for one-of-a-kind handmade works. They are readily available online, and at most home decor shops, as well as hardware stores where you'll often find a surprisingly wide variety of options.

What are some tips to upgrade kitchen cabinet hardware?

Before you head to the store:

- Count the number of drawer pulls/knobs you need to replace.
- Snap a close-up of the existing knobs on the piece of furniture or door on which you plan to replace the hardware.
- Take an overall photo of the room for inspiration and color matching when you're out shopping.
- Measure the distance between the attachment points on pulls. The hardware will list this as the "Center to Center" dimension, or "CC", or "drill centers". You'll save yourself time and trouble by buying new pulls with the same CC, otherwise you're looking at filling the existing holes and drilling new ones.

- o If your knob or pull doesn't have a screw, look for a nut and washer; unscrew the nut and slide off the washer, and pull the knob out from the front of the drawer.

- o Remove the nut and washer from your new knob and slide the knob through the existing hole in the drawer.

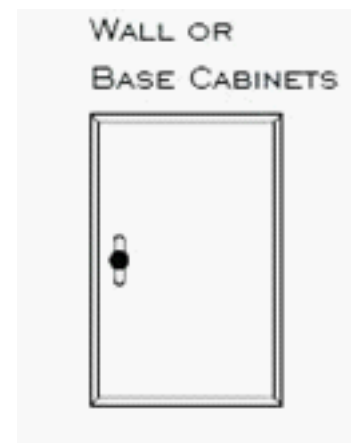
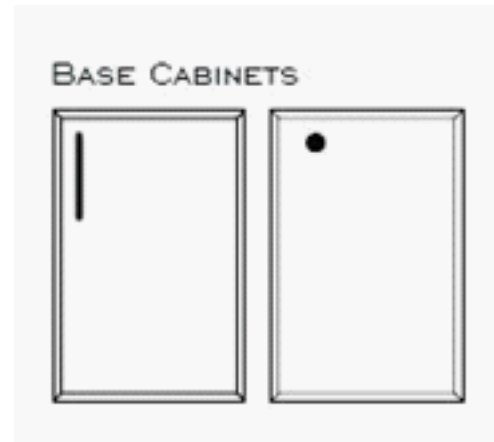
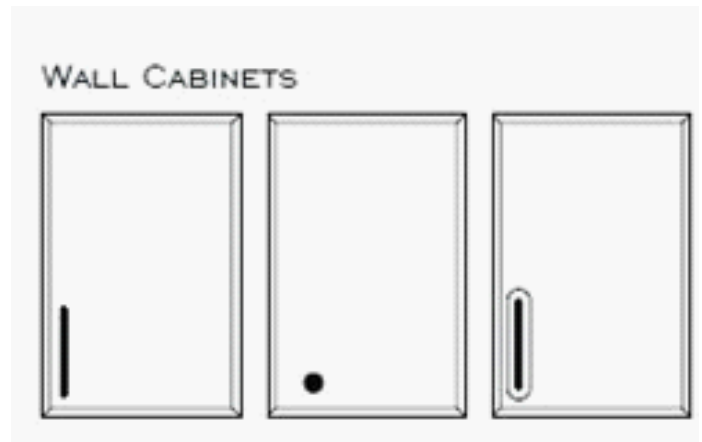
- o Place the washer on the bolt and hold it in place with the nut. Be sure to twist it so that it sits flush with the backside of your drawer or door.

- o Twist the nut as tightly as you can. It's possible that you'll have to tighten the nut from time to time if you feel the knob getting wiggly.

Any other creative tips?

- o Try choosing new hardware from a range of styles and finishes.

- o Change a knob from a handle to a pull: Measure the spread (distance between the two screws) and position them over the original hole so that they are equally spaced on each side. Fill the original hole (and any uneven surrounding areas) with wood putty. After the wood putty has dried completely, sand smooth with medium to fine grit sandpaper, removing all excess filler. Paint or stain the filled area, then drill holes to fit the new screws for your pulls in the area previously marked. Touch up any remaining marked areas with paint or stain and enjoy your upgrade!



**COURTESY: Mitch Teller
Softlites LLC**

LAYER YOUR BED LIKE A STYLIST

Ever wondered how stylists make beds look so stunning? Whether you want a modern, monochromatic look or an all-out, drop-dead bed, read on for our insider tips.



1. Make the bed with the flat sheet **wrong** side up, and plenty of room at the top to fold over your blanket or quilt.
2. Use a pair of large Euro square pillows to add height to the bed and layer in pattern or texture. A good rule of thumb: Match your Euro shams to your duvet or quilt. Use 3 Euro squares for a king bed.
3. Use pillow shams instead of pillowcases to give a more finished look to standard pillows. Match these to your sheets, or use them to layer in another color or pattern. Use king-size shams plus pillows for a king bed.
4. If you like lots of layers (or for adjustable warmth), add a quilt or blanket. Place your duvet on top, turned halfway down, with the quilt either flat or turned down over it. Or, fold your duvet in thirds at the foot of the bed. Introduce a new texture, pattern or color on the duvet, such as cut jacquard, cotton or velvet.
5. Add boudoir plus throw pillows, using them to layer in texture (we love furry Mongolian lamb), embroidered or beaded embellishments, or luxe velvet or silk. A long bolster is another good choice, especially on a king bed.

6. Add a soft throw at the foot of the bed for a final flourish - this is also a good way to break up the expanse of a king bed. Go for faux fur if you want an extra touch of luxe!

Bonus Points

For an extra - plush look, stuff 2 inserts (or choose a duvet one size larger) into your duvet cover.

Add a featherbed beneath your fitted sheet for extra softness.

If company's coming and you really want to impress, plug in your iron next to the bed, place a towel beneath the folded - over portion of your top sheet, and iron or steam it.

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Home, Hearth & Health Guests

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