

Room for Design

by
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Home decor shapes personalities

Home. When you hear that word, what does it mean to you?

Does it mean a place where love is—a place for fun or to hang your hat? Or does it mean merely a place to eat and sleep or even run from?

To most people home is a refuge where, there is love, security, and comfort—where we get daily reassurance in seeing familiar things such as rooms, furniture, paintings and books, and personal belongings.

Home is where each of us develops his individuality. It is where we eat, speak, dress and relate to other people. Home is where we learn some of the important tasks of living, where we do what we want to do when we don't have to do anything.

Home is where we acquire the cul-

ture that makes us what we are, where we expand to our full growth and capability through day-to-day living.

A HOME SHOULD BE a place where interests and values are established and goals are developed, where children learn to appreciate good books, music, and art, and where one learns respect for things.

There is real value in a well-designed physical environment. It helps set the proper emotional climate for children to grow in and for adults to live in comfortably.

The preferences of young people, their appreciation or lack of appreciation of quality and good design, are outgrowths of the environment in which their tastes develop.

Environmental scientists emphasize the importance of attitudes and character development during the formative years. What can today's young parents do to build in their children awareness and appreciation of good taste?

Perhaps a planned program beginning with the physical home environment in which the characteristics they wish to develop are an integral part would be the most positive approach.

Good decorating is made up of many things—taste, value, style, individuality, comfort, and convenience. It is the art of creating a personal environment shaped with tangible elements through the application of intangible principles. A successful room doesn't just happen. No matter how easy-going or casual it

may look, it will show evidence of basic design principles and will always be attuned to the life-style of the occupant.

THE KEY to successful decorating is suitability. By surrounding yourself with the things that are suitable to your way of life, you express your own taste. Whether taste is good depends upon the ingredients you choose and the manner in which you blend them. The measure of success or failure in decorating one's home is not dependent upon the amount of money spent, but rather upon how those who live there feel about it.

If you develop a meaningful environment for you and your family, one in which all who live there feel comfortable, you will have created a framework within which to nurture good taste and an appreciation of quality and beauty.

What are the ingredients that make up a well-designed room? How can a novice judge what is good and what is not good design? How can one go about achieving good taste?

No one is born with good taste. Taste isn't acquired by accepting each new trend that comes along. Rather, it comes through a deliberate and continuing process of "sifting" out and becoming aware. Training the eye to discriminate between what is good and what isn't good design.

Those interested in developing good taste will find the guidelines I will list next week helpful.

Self management workshop needs smokers and dieters

A smoking withdrawal and weight control clinic which emphasizes self management begins with a free session at 7:30 p.m. Friday in Farmington YMCA, 28100 Farmington Rd.

The clinic was devised by Larry Gettemen, a certified fitness instructor for the YMCA. Gettemen is also a reformed two-and-a-half pack a day smoker who lost 50 pounds after putting into practice some of his own techniques.

"It's absolutely amazing," Gettemen said, "to find what we can achieve when we overcome fear of failure and

the unknown. "A few simple techniques and some useable knowledge can change our entire lives from hard work to play."

He offers a first free session, without any obligation, because he believes his devices are fun ways to neutralize the forces that compel one to do what one does.

He teaches auto-suggestion which is aimed to overcome the hypnotic-like forces that compel one away from what the person really wants. He teaches knowledge systems that ex-

plain how the personality is constructed.

ALL OF HIS methods are those that the participants can test for themselves. His course is without relaxation or meditation techniques.

Persons are invited to the first session without pre-registration. Inquiries will be taken, however, by calling the Y, 553-4028.

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Slimming at the Y

"Slim Living," a diet class, is a pilot course for the YMCA, which begins Wednesday, March 7 in the YMCA building, 28100 Farmington Road.

Six sessions, beginning at 10 a.m., is recommended for the overweight and will become part of the Y's Way to Weight Control program.

Classes include education in proper ways to prepare food for one person or a family, plus foods to choose in restaurants and in social gatherings.

The classes will provide motivation for help in everyday situations, problem-solving, advance planning and behavioral control.

Students will be schooled in calorie intake and expenditure.

The classes will be small and intend to teach lifelong habits to assist in permanent weight control.

Fee is \$10 for a Y member or \$13 for a non-member. Persons already enrolled in a Y fitness class can register for \$7.

Registrations will be taken by calling the Y at 553-4028.

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Cook's Calendar

Free cooking classes.
Learn from the experts.

Lesson on Bread Making

Shirley Franzel, food au-

thority, shows the secrets

of successful bread prepara-

tion to all our friends in

"knead." Get the recipes for

buttery brioche, Greek

whole wheat, and basic

sandwich white. **Rochester**

—Thurs., Feb. 22, 10 a.m.,

1 & 7 p.m. **Redford—Fri.,**

Feb. 23, 10 a.m., 1 & 7 p.m.

Redford—Mon., Feb. 26,

10 a.m. & 1 p.m. **Rochester**

Tues., Feb. 27, 10 a.m. & 1 p.m.

Pizza Perfecto

Marilyn Danko guides you

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Rochester—Thurs., Mar. 1,

10 a.m., 1 & 7 p.m. **Redford**

—Fri., Mar. 2, 10 a.m. & 1 p.m.

7 p.m.

• recipe books • baking pans

• cooking utensils

• cake and food decorating equipment

• cake ornaments

Redford Store: 26770 Grand River (between

Beach & Inkster Rds.), Redford Twp.,

Phone: 537-1500. Hours: Mon.—Thurs., 9:30 a.m.

—6 p.m.; Friday, 9:30 a.m.—9 p.m.; Saturday,

9:30 a.m.—6 p.m.

Rochester Store: GREAT OAKS MALL, Livonia

G. Walton, Rochester. Phone: 622-0402. Hours:

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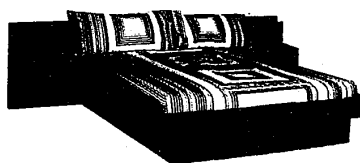
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