

Creative Living

Marie McGee editor/591-2300



Monday, August 15, 1988 O&E

(D)1E



organizing

Dorothy Lehmkuhl

Q. I am a working woman with a family and constantly feel tired. How can I find more energy?

A. If you are physically and mentally healthy, then fatigue can be equated to weight. If you eat fewer calories than you burn, you will lose weight; if you get less rest (and nutrition) then you expend in energy, you will be tired.

Be sure you are physically fit: Eat properly, wear comfortable shoes, and get regular physical check-ups. Discuss your lethargy with your doctor; perhaps you just need more vitamins.

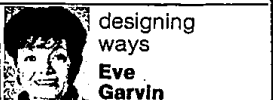
How's your morale? Anxiety and depression can be draining. If you are feeling stressed or disheartened most of the time, concentrate on getting your emotions in order. Regular exercise will help, but don't train for marathons. A moderate exercise program should be adequate for now.

Take breaks during the day before you get exhausted and get enough sleep at night. That sounds simple but you may be listening to the wrong people who insist only a few hours rest is adequate. You may need more. If you are too tense to sleep when you can, study relaxation methods such as concentrating on a single word like "one," or listening to relaxation tapes. Avoid pills and alcohol.

Give yourself credit for what you do and don't be overly responsible for serving others' needs. Assess what you do and quit doing some of it. Don't be too stubborn to give up anything (unless you want to remain tired). Ask yourself if what you are doing today will be remembered a month or a year from now? Starving or abandoning your children would impact your life, but if your home is not so neat, you don't entertain, or you miss a meeting, it may not matter.

Learn to work smart by planning ahead. The busier you are the more important planning is. Enlist as much help as you can from your husband; teach your kids to lend a hand as they grow. Hire as much work done as you can afford. Block out time for yourself every day, making sure your R&R really does leave you relaxed and rested, not even more exhausted.

Most importantly, remember that a consistent weariness should not be a normal state of being.



designing ways

Eve Garvin

YOU CAN double the function of the bedroom by choosing furniture selectively. Apart from the beds you can go in any direction for the other pieces. What you select depends upon your needs and neediness to say the size of your room.

A writing table and chair are a nice addition to a bedroom. In place of matching night stands, use one night table and place a writing table and chair parallel to the bed. A love seat, chaise or chair and ottoman combined with a table and lamp create a nice sitting room ambience and a place for relaxation away from the rest of the house.

Book shelves whether built in or free standing flanking the bed is an interesting look.



Santa Fe touch

Step inside this kitchen and you feel you're in Santa Fe. That's the whole idea, according to the Armstrong interior designers who created it. The furniture and

accessories reflect the rich Native American and Spanish heritage of Santa Fe so popular today in home design.



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Balloting to determine public's favorite house

Hot weather has not melted the public's enthusiasm to see the latest in new houses at Homearama-Summer in West Bloomfield, where "The People's Choice" poll will again determine the public's favorite homes, according to Herbert Lawson, president of the sponsoring Builders Association of Southeastern Michigan.

To be taken the weekend of Aug. 13 and 14, the poll is a repeat of the one that created so much interest at Homearama-Spring in Clinton Township in June.

LAWSON POINTED OUT that new home sales were up 6.4 percent nationally in June (U.S. Dept. of Commerce, Aug. 3), bearing out his earlier statements of a continuing strong housing market and large attendance at Homearama-Summer.

"We were either very wise or very lucky in moving our hours to evenings-only during the week, 7 p.m. to 11 p.m., which escapes the heat of the day," said Dennis P. Dickstein, chairman of the event for BASM.

Daytime viewing is also available at Homearama-Summer from 11 a.m. to 11 p.m. on Saturdays and Sundays. It runs seven days a week through Aug. 28.

The People's Choice poll will be taken by giving a ballot to each person when he or she arrives at Homearama and asking them to deposit it in a ballot box on the way out.

The 18 "new idea" houses of Homearama, each built by a different team of builders, architects, interior designers and landscapers, are in the Autumn Ridge subdivision. They are valued at \$250,000 to \$525,000.

Parking for Homearama is in the free, paved lot of West Bloomfield High School, on the east side of Orchard Lake Road north of Walnut Lake Road. Complimentary shuttle bus service is provided to the Homearama site.

Homearama admission price is \$4 per person, which includes an extensive plan book covering all homes.

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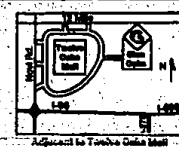


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Graining by smoke

A furniture decorating technique used on painted pieces in the 19th century was called "smoke-graining."

A candle was held close to a freshly painted, tacky surface and moved in circles. The heat and soot from the candle made a smoky cloud pattern in the paint. It remained when the paint hardened.

"Smoke-grained" furniture was popular in New England in the early 1800s. Such a finish in good condition adds much to the value of a piece.

Plank down

To make a work area for you and a changing table for the baby, top a grouping of bookcases, filing cabinets or chests of drawers with a long plank or flush door.

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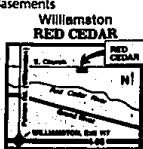
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