



# Refreshing Ideas



Photo by: L. Drapeau

## Autumn Greetings

Another Fall is upon us as the nights are getting colder and the leaves are celebrating their 15 minutes of fame. It has been a gorgeous display for us this year which has set an incredible backdrop for apple picking, trips to the pumpkin patch and sporting events that see us all enjoying the annual homecoming with friends and family.

It is the perfect time of year for giving thanks for the positive things in our lives. I look forward to numerous gatherings which find my family circled around the kitchen island catching up on our lives and eating up a pot luck feast. In this issue of *Refreshing News*, I reminisce about the holidays of the past and offer you suggestions on making your holidays this year memorable and stress free.

This year, my thanks include the many wonderful projects I have worked with amazing clients. I am excited to share the story and pictures of a major Makeover that was completed in September, so please be sure to go on the website for all the details and the unbelievable before and after photographs:

[www.parkerhouse-designs.com](http://www.parkerhouse-designs.com)

I wish you a holiday season filled with all the

### TIP

Make an affordable and beautiful centerpiece for your holiday table!

Core out an multicolored pumpkin, place a vase inside and create your own floral arrangement with fresh or dried flowers found locally at the grocery store.

### OR

Place a large pillar candle on a cake plate with a pedestal. Surround the candle with evergreen branches and pinecones from the back yard.

things that you love and are thankful for.

Warm Regards,

*Amy*

## The Ultimate Gift

Are you looking for the perfect gift for the "person who has everything" on your list? Look no more because Parker House Designs is now offering Gift Certificates!

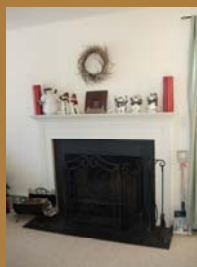
So, if your Mom's furniture has been in the same spot for 30+ years and she wants a change or your child wants to update his/her room...treat them to some professional help.

This is the affordable gift idea for your loved ones that keeps on giving as they enjoy rejuvenated spaces in their homes all year long. All gift certificates are artfully packaged for you so you will have one less gift to wrap on Christmas Eve.

Call today for more details (603) 513-1684 or come visit me at the Alton Central School on November 21<sup>st</sup> between 6-8 pm.



## Holiday Magic



BEFORE



AFTER

### Imagine this...

You go to work in the morning and come back to your home completely adorned for the holiday season. Your decorations have taken on new life as they set a cozy backdrop for all of your holiday festivities. What could be better than that?

I would love to have this dream come true for you! I am now filling my Holiday Decorating schedule so please call soon so you don't miss out on this incredible opportunity.

I can create unique displays on tables or mantles or completely makeover your home using the beautiful decorations that you already own!! Reduce your stress this season by taking advantage of this affordable service.

Call today **603.513.1684** with your wish list and I will customize the perfect package for you!

**PS: There is also a clean-up option for after the holidays so your decorations can be packed away for you. Dreamy huh?**

*~Tidings of Comfort & Joy~*

## Table Topics

When I was young, I can remember one of my Aunts knocking on the table and declaring “table topics”. This was a light-hearted way of telling us kids to change the subject away from any questionable language or controversial topic that may have been heating up around the table. Even today, now that I am all grown-up with many new additions to our family, there is the occasional need for a “table topic” knock from time to time. Most people can relate to a group of adult siblings coming together and regressing to an adolescent level of humor and bickering. My

sister, cousins and I found it hilarious when we would hear the rapping on the dining room table. It has become a funny anecdote for our family gatherings. Our table may be a little bigger today and there may be a few more of us squeezed around it but the smiles and the laughter are the same.

As you prepare for your gatherings and possible “table topic” moments, it may be time to introduce a new piece of furniture to help with seating, storage or serving. Distinctive Forest Creations has a solution for you whether you need additional

chairs, a full dining set, a sideboard or even a customized island to add preparation space to your kitchen. All items can be custom finished to match your existing pieces or in a new color and finish to enhance the other furnishings in the room.

Stop by and visit Mike and Michele on 22 Main Street in Rochester, NH. They are currently running a special on Dining Room Sets so that you can have yours delivered in plenty of time for your next gathering. Be sure to check out their updated website at:

[www.distinctiveforestcreations.com](http://www.distinctiveforestcreations.com)



## Keep Your Sanity Tips

How exciting that the holidays are just around the corner! With rising costs, many people are not only staying home but are hosting gatherings to bring friends and family together. If you are thinking about entertaining at your place, here are a few tips:

1. Create a varied menu of items that can be prepared ahead of time. Using this menu to make a detailed shopping list is key. This all but eliminates the stress involved with meal time

and you can spend more time visiting with your guests.

2. Don't get overwhelmed with cleaning – simply choose a room each day in the week prior to the event and give it a good once over. Once it is in tip top shape, daily spot checks won't take any time at all. For great ideas and humorous advice regarding the cleanliness of your home, log onto [www.FlyLady.net](http://www.FlyLady.net) where the definition of CHAOS is “Can't Have Anyone Over Syndrome”.

3. Have fun decorating! **Use the things that you already own** in new, creative ways. Mix them up with some items from nature (leaves, berries, pinecones) for table arrangements or place them as mini collections on decorative plates or trays. Add splashes of seasonal colors with table runners, napkins or colored glassware. The options are endless and inexpensive.
4. Lastly, be sure to take lots of pictures to preserve these special times. Use the

photographs in coming years for place holders or photo collages to share with those who are dear to you.



FEATURED PROJECT

September was a great month for Parker House Designs as we saw the completion of a home office that began in January of 2008.

This project started with a partially finished basement and was transformed into a highly efficient, professional office space. The renovation included much needed storage and room for two workstations.

All work was completed by the home/business owners after a complete Design Plan was created by Parker House Designs.

To see this amazing transformation, check out the full project details on the website:  
[www.parkerhouse-designs.com](http://www.parkerhouse-designs.com)

## It's Easy Being GREEN

Did you know that bamboo linen products have a silk-like feel to them? Green products are becoming more accessible and affordable. Sheets and towels that are made from organic cotton and bamboo are just a couple of the latest linens to hit the marketplace.

Pesticides and harsh chemicals are used in the production of cotton and are passed onto the consumer in items that we use on a daily basis such as bath towels, face cloths and sheet sets. Organic cotton is a wonderful alternative and can be compared to organic fruits and vegetables in the grocery store. They are free of pesticides and are not chemically treated during the production process. The cost may be a bit higher than non-organic options but you will have peace of mind that the product is organic and eco-friendly.

There are also linens created from highly

sustainable bamboo. For example, “*Bamboo Moon* towels are made of that fast-growing fiber that's anti-microbial and hypoallergenic while being 60% more absorbent than Egyptian cotton.”- [www.bamboomoon.net](http://www.bamboomoon.net)

Bamboo products are also mold, mildew and static resistant as well as being highly durable. These fabrics are considered great for people with sensitive skin and are breathable to keep you cool in warm weather.

When it is time to update your linens at home, be sure to consider some of these exciting new products – you'll be amazed at how soft, comfortable and durable they are.

For more information on bamboo linen products, go online to: [www.bamboomoon.net](http://www.bamboomoon.net) and <http://allshadesofgreenblog.blogspot.com/2008/08/eco-friendly-linens.html>.