# Home&Family

## AT HOME WITH OUR FAMILY

# CRAFT BOOK

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# Ken Wingard - Kitchen Succulents

## Materials:

- Succulents
- Kitchen items – bowls, colanders etc. gravel
- Potting soil (preferable a cactus mix or soil containing perlite for good drainage)

## Instructions:

- For kitchen items with no drainage holes, line bottom of item with layer of gravel
- For items with large drainage holes, line with a layer of cheesecloth before adding soil
- Fill item with soil to 1/2" of rim of container
- Plant succulents paying attention to height and color arrangement

# Cameron Mathison - At Home Workouts

**DISCLAIMER: Consult your physician or health care professional before starting this or any other fitness program to determine if it is right for you.

## Upper Body Workout:

### Bicep Curls:

1. Let your elbows hang at your sides. Keeping control by letting your arms relax. Slowly lift only the lower part of your arms up to about the height of your shoulders. Keep your elbows locked.

2. If your arms swing during the bicep curl, then you likely have too much weight in your bags (so lighten them up).

**Pro Tip:** give your arms a squeeze when you are in lift position to make your bicep curls more effective.

### Tricep Extensions:

1. Tricep extensions will work out the back of your arms. Called Triceps because you have three muscles in that area that you are working out.

2. Stagger your stance and bend your upper body slightly angled facing the ground. Support the weight of your body with your hand on your knee. Holding your weight (grocery bag), bring your arm up so that your parallel to the floor. Make sure you keep your arm in a straight horizontal line with your shoulder. You don't want to over lift. Once you are in proper position, just straighten your arm into the extensions.

**Pro Tip:** You can hold your arm straight out and still incorporate the same squeeze as bicep curls to make the extension more effective.

**Pro Tip:** Make sure you aren't leaning too far over- it will cause a lot of stress on your lower back. A slight angle is best.

## Lower Body Workout:

No weights or equipment, no problem. Use everyday household items to workout. Examples: detergent, milk gallons, cans, stock, etc.

**Pro Tip:** load grocery bags with items above to create your desired weight. Make sure to evenly distribute into bags to create balance.

### Squats:

1. Squats are a great exercise to build muscle in your legs and enhance your core strength.

2. Hold bags or weights up to your shoulders. Stand with your feet shoulder width apart. Lower your body as though you are sitting in a chair.

Try to keep your upper body as upright as possible for maximum effect.

**Pro Tip:** gazing and keeping your chin up as you lower will keep your upper body in proper form during the squat.

### Reverse Lunges:

1. Reverse lunges use pretty much the same muscles as squats do. Building muscle in your legs while enhancing your core strength.

2. Start in standing position with both feet together. Take a step back and lower that knee as far down to the floor as you can.

**Pro Tip:** as you step back, make sure the leg in front supporting does not push forward on your knee and over your toe. This will stress the leg and not give you the desired effect from the workout.

**Pro Tip:** once you've stepped back and are in lunge position, you can keep that position and just bend up and down in multiple reps.
The further you step back will create more of a workout. Small steps back are easier, while longer steps will create a more difficult workout for those looking to enhance to another level.

## Core Workout:

### Corner to Corner Reach:

1. Not only will this exercise work your core, but you get the added bonus of legs, back, and shoulder. Great all-around body workout.

Take your grocery bag or weight, reach down to the ground- then lift all the way up over your head to the opposite side.

**Pro Tip:** Make sure to keep the weight as close to your body as you can.

### Floor Twists:

1. Start with your feet out in front of you and your heels down on the ground- with a slight bend and angle to your body.

2. Take your weight/grocery bag and twist from side to side.

3. If you only move the weight from side to side without twisting your body, you'll only be working your arms as opposed to your core.

**Pro Tip:** To take the workout to the next level- lift your heels off the ground.

**Pro Tip:** Make sure you twist all the way to the side and squeeze.

Keep your bellybutton flat as your twist.

# Kym Douglas - Mood Boosting Room Sprays

**Materials:**

- 4 oz or 8 oz glass spray bottle (but you can really use any size you would like)
- Distilled water
- Witch hazel
- Essential oils

**Calm & Relax:**

- Lavender
- Chamomile
- Ylang Ylang
- Rose

**Balance:**

- Lavender
- Clary sage
- Bergamont

# Kym Douglas - Mood Boosting Room Sprays

**Uplift & Boost:**

- Rosemary
- Peppermint
- Wild orange

**Instructions:**

1. Fill the bottle half-way with witch hazel (this helps the oil and water combine and will help the scent last for a longer period of time).

2. Fill the rest of the bottle with distilled water.

3. Add 30 drops of your favorite essential oils depending on the benefits you want to achieve. Add less or more to your personal preference.

4. Put on sprayer top and shake well to blend.

5. Finish off with a spring of dried flowers and herbs.

# Shirley Bovshow's Tips for Growing Herbs & Veggies

## Materials:

- Seeds
- Seed starting mix or potting soil
- Repurposed egg crate or food grade container like yogurt cup
- Plastic baggy

These are the basics for starting an herb and vegetable garden using containers in a very small space such as a patio or balcony.

**1. Sunlight:** Assess how much direct sunlight your site gets as this will dictate WHAT you can grow. The larger the crop, (large, beefy tomatoes, watermelon, pumpkins), the more direct sunlight you will need.

- Up to 6 hours direct sunlight- You can grow most any herb and vegetable.
- Between 6 to 8 hours of direct sunlight- You can grow larger crops.

**2. Buy seeds or herb and vegetable plants?**

Starting herbs and vegetables from seed is more economical and there are more varieties to choose from, but they take longer to grow versus a container plant. When you use container grown plants, you will be able to harvest your first crop 6 weeks earlier than if you had planted from seed.

If you live in a cold climate area, you can still enjoy the benefits of using seeds if you start your seeds indoors at least 6 weeks before the last expected frost date. When warm weather arrives, plant your indoor-grown herbs and vegetables in a larger container and place outdoors.

**Herb Growing Tip:** Some herbs are "slow growers" while others are "fast growers." As a beginner, I suggest buying slow growing herbs in plant form so you can enjoy immediate gratification!

Plant "fast" growing herbs from seed. You can actually plant seeds every few weeks throughout the growing season for a continuous supply of herbs!

Example of slow growing herbs to buy as plants:

- Oregano, mints, thyme, sage

Example of fast-growing herbs to plant from seed:

- Basil, chamomile, cilantro, parsley

**3. How To Start Herbs From Seed**

Fill your container with seed starting mix, or potting soil and spray with water to slightly moisten.

Plant 2 seeds at depth indicated on the seed packet in each container, or egg carton cell

Cover with plastic baggy to keep soil humid but not soaking wet!

Place your container on a warm surface out of direct sunlight until the seeds sprout. When the seeds have two sets of leaves, remove baggie and place in bright sunlight and continue growing.

Water when the soil starts to feel just a little dry.

Replant in a larger container as needed

**4. Vegetable plants - seeds or plants?**

Vegetable plants also have fast and slow growers. If it is late in the season- Mid April and beyond, buy vegetable plants for slow growers such as tomatoes, eggplants, peppers, and cucumbers.

Fast growing vegetables that you can plant from seeds include; beets, carrots, lettuce, radishes. As a matter of fact, you can sow seeds for these crops every few weeks for a continuous supply throughout the growing season.

**5. What types of containers and soil should I use?**

Herbs and vegetables grow well in terra cotta, plastic pots, or wood. The most important factor when growing food in a small space is to use containers that are taller than they are wide. Make use of vertical space, rather than filling up your patio floor with wall to wall containers. The exception to this is if you are planting a few different herbs or crops together.

Get creative with your small space! Place potted plants at different heights using old stools, tables, benches, you can even use bricks!

Use potting soil for both herbs and vegetables!

DIY a vertical garden structure like Shirley's that you see in the video using a tomato trellis as a support cage to hang wire baskets filled with herbs and greens!

Look for "rail planters" that are designed to straddle and sit on block walls and railings!

You can do it! I'm here to help you.

# Orly Shani - Hidden Message Pillow

## Materials:

- 1 yard of reversible sequin fabric
- Fabric paint in 2 colors
- Paint brush
- Paper to create heart pattern

## Instructions:

1. Measure your pillow Insert and Cut your fabric to that measurement.
2. Fold fabric in half and sew side seams shut.
3. Place pillow inside and sew closed the opening.
4. Place you heart stencil on the pillow and paint an outline.
5. Fill in the heart with paint.
6. Be sure to paint in feather like, downward strokes so that the paint does not go to the other side of the sequin.

7. Apply a second coat for more saturated color.

8. Once that's dry paint on your word, following the same technique.

# Maria Provenzano - Seashell Centerpiece

## Materials:

- Seashells
- Wood board
- Hot glue gun
- Multi-purpose adhesive for wood and glass
- Mod Podge
- Bristle paintbrush
- Sand
- Glass votive
- Battery-powered candles
- **Optional:** Rope

## Instructions:

- Glue the glass votives onto the wood board with the multi-purpose adhesive.
- Once the glue has dried, attach the seashells onto the board around the votives with the hot glue; pile the shells onto the board to completely cover it.
- Use a bristle paintbrush to add Mod Podge into all the little open spaces.

# Maria Provenzano - Seashell Centerpiece

- Sprinkle the sand over the glue and add sand inside the votives.
- Allow it the glue to dry.
- Once the glue has dried, use a dry bristle brush to brush away any excess sand.
- Add the battery-powered candles into the sand in the votives.

**Tip:** Add a rope around the outside of the wood base to give it a finished look; this can be attached with hot glue

# Larissa Wohl's Pet Anxiety Busters

Animal shelters and rescues are seeing adoption numbers they've never seen before! It's amazing news and has helped many home and families feel more complete! That said, in preparation for when we do return to work, it's vital we, pet parents, start training our new pets to be calm when we aren't around.

To do that, Pet Rescue Expert Larissa Wohl has the following tips:

1. Stick to a strict schedule and go through the motions as if you're going to work. Wake up, feed your pet, give them plenty of exercise and then pretend you're going to work. Leave them alone in the house for a few minutes, multiple times a day. Start with just a couple minutes and work up to longer stretches. This will teach your pet that being home alone isn't a bad thing and that Mom and Dad will return.

2. Always remember to be cool, calm and collected when you leave home and return home. Making your exit and entrance a big deal can trigger your dog's anxiety. Just act like you're going to grab the mail.

3. Create distance between you and your dog even when you ARE HOME! Your dog should not be allowed to follow you 24/7 if they suffer from separation anxiety. This will only make the problem worse. Start by creating a "space" for your dog. It can be a dog bed, a crate, a pen, etc...

Place your pet in its space and use an audible correction when they attempt to leave and return them to their "space" immediately. As they start to realize they need to stay in place, you can slowly work on backing away. As they get better at staying, try going into another room, sitting on the couch, etc... The goal is for your dog to stay in its "space" until you give them the command to come out.

Again, start small and do this for just a few minutes, multiple times a day. Keep the sessions short, fun and full of praise or treats. This is a great way for you to bond with your pet and should always be a positive and happy experience.

4. Utilize products! There are some amazing products on the market that can help with separation anxiety. A couple of my favorites are Kong treat dispensers and the RelaxoPet Pro Dog Relaxation Device.

   Kong toys enable you to stuff treats inside and make your dog work at them to get the treats out! It stimulates them physically and mentally and acts as a great distraction.

   The RelaxoPet Pro is a wireless speaker that detects your dog's noises and anxiety levels. It will automatically turn on and emit a calming frequency to relax your pets. You can also use a function that emits soft, calming music audible to humans AND dogs.

For more information check out:

https://www.kongcompany.com/

https://en.relaxopet.com/

**IMPORTANT SAFETY NOTE:** Never leave your pet alone with toys that they can tear apart. This can lead to choking, obstructions and even death. Always supervise your pets with any products they can break apart and search for highly indestructible toys for added safety.

# Debbie Matenopoulos - Ice Cream Bar

**Materials:**

### Ice Cream Bar:

- Ice cream
- Decorative pails
- Waffle cones
- Waffle bowls
- Toppings of your choice (sprinkles, candy, gummy bears, nuts, etc.)

### Magic Chocolate Shell:

- 2 cups chocolate chips (regular, dark or semi-sweet)
- 1/4 cup coconut oil
- Egg carton

### Ice Cream Cone Holder:

- Egg carton
- Scissors

# Debbie Matenopoulos - Ice Cream Bar

**Directions:**

## Chocolate Magic Shell:

- Blend chocolate chips and coconut oil together in a microwave safe container
- Heat up the mixture in 30 second increments in the microwave until melted
- Once the chocolate chips are melted, remove the mixture from the microwave and stir until smooth
- Set it aside as you prepare your ice cream cones or bowls

## Ice Cream Cones/Bowls:

Make sure your ice cream is super hard before putting on the chocolate to create the chocolate magic shell. This can be done by placing your ice cream in cones or bowls and then placing them in the freezer for one hour. Debbie's secret to placing pre-scooped ice cream cones in the freezer is a homemade ice cream cone holder made using an egg carton.

- Take one empty egg carton (that held at least one dozen eggs)
- Cut holes in the top lid of the egg carton
- Close the carton and place the ice cream cones in each hole
- Scoop ice cream into each cone (or bowl)
- Place the egg carton tray of cones, or the ice cream bowls, into the freezer uncovered for about 1 hour so the ice cream can get super hard

## Ice Cream Bar:

- Place toppings, pre-scooped ice cream cones and bowls on your counter or table
- Dip your super cold and hard cream cone into the chocolate or drizzle chocolate over your ice cream bowl
- Add your favorite toppings and enjoy

# Lawrence Zarian's Summer Dress Style Tips

Lawrence Zarian is sharing tips from home on how to impress in a Summer dress.

Macie is not your average maxi dress. With slits on both sides of this dress and cold shoulder sleeves, Connected Apparel designed this dress to show off just the right amount of skin this Summer. Made from floral print stretch jersey knit, Macie can be dressed up or down, depending on the occasion. Note the ruching in the cold shoulder sleeves for that added touch of femininity.

**$90.00, www.connectedapparel.com**

This black and white polka dot dress is ideal for every woman. It's one glorious dress that can be worn 4-ways. Thanks to its effortless silhouette, super soft fabric and fun print, this dress will provide maximum comfort and durability for those long summer days. Definitely, pretty in polka dots. $69.95 The vintage inspired strappy heels finish off the look to perfection.

**$69.95, www.lanebryant.com**

Maggie takes the idea of a functional dress up a notch. With its two pockets and abstract tie-dye print, Maggie is not only a great option for work (just add a cardigan), but also for casual Summer outings. Connected Apparel knows that a comfortable, yet stylish dress is what we're all looking for these days and you can confidently wear this fit-and-flare all day and night long.

**$80.00, www.connectedapparel.com**

# Ali Fedotowsky-Manno - DIY Bunny & Teddy Bear Wash Cloths

**Materials:**

**Bunny Wash Cloth:**

- Hair tie/rubber band
- Washcloth
- Ribbon

**Teddy Bear Wash Cloth:**

- Hand towel
- 3 hair ties/rubber bands (Two clear ones if possible)
- Ribbon

**Instructions:**

## Bunny Wash Cloth:

1. Fold wash cloth and have to make a triangle.
2. Start from the longest side of the triangle and start creating a tight role until the entire washcloth is rolled up
3. Fold in half.
4. Fold in half again.
5. From the rounded end of your wash cloth put a rubber band/hair ties over it to create the head of the bunny.
6. Pull ears up to create the bunny ears.
7. Tie a ribbon around the hair tie/rubber band to hide it. And tie-in a bow.

## Teddy Bear Washcloth:

1. Fold hand towel into thirds as if you were folding it to put it away. Then unfold 1/3.
2. Tightly roll up both sides of the hand towel until they meet in the middle.
3. Find the center of the towel where the thick side and the thinner side meet. Then twist it in half pulling up the thin side in front of the thick side. Leave 1 inch from the bottom of the thick side to where you pull up the thin side. You are creating the legs and the arms with this step.
4. Tie a rubber band around the top of the hand towel to create the head of the bear.
5. Finesse the hand towel to mold the head and shape the ears.
6. Tie the remaining two hair ties/rubber bands to secure the ears. If you have clear hair ties this works best for the steps so they blend in.
7. Tie a rubber around the neck of the teddy bear to hide that hair tie/rubber band and tie it in a bow.

# Cameron & Leila Mathison – DIY Rose Perfume

## Materials:

- Distilled water
- Vodka
- Mason jar
- Unscented Jojoba oil (or fragrant free essential oil)
- Perfume bottle
- Strainer

## Optional:

- Medium size glass, plastic bowl or measuring cup to hold liquid
- Wooden spoon
- Small funnel

## Instructions:

1. Pick flowers from your rose garden or local florist.

   **Note:** A very fragrance hybrid tea rose, John Paul II, was used to create this particular perfume.

2. Add a cup of rose petals into your mason jar.

3. Pour 1/2 cup of vodka to the mason jar.

4. Let the mixture sit in the jar for 24 hours. This helps break down the petals and pull out the essence, or scent of the roses.

5. After 24 hours take a wooden spoon or similar tool and smash the rose petals in the mason jar to release their oils.

6. Add 3 drops of unscented jojoba oil (or essential oil) to the jar.

7. Add 3 cups of distilled water to the jar and let the mixture sit for 7 days in a cool dry place.

   **Note:** After a few days open up the jar and smash the rose petals to release more oil. Wait another few days and repeat.

8. After a week of setting, strain the rose petals out of the mason jar mixture.

9. Add the resulting liquid to an empty perfume bottle.