

MARCH 2022 | DAILY JOURNAL

HOME TRENDS

MAGAZINE

very vintage

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LIGHTING: Brighten things up with LEDs // **COLORS:** Create a tranquil refuge



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Timeless pieces

Tips to make your home decor work with antiques.

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LEDs are energy efficient, versatile and easy to install.

HOME TRENDS MAGAZINE

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An Inviting Refuge



Color can make your house a haven

BY FAMILY FEATURES | PHOTO BY GETTY IMAGES

When you think of a haven, you think of a place where you can escape from the chaos of the world, the time is now. Converting your living space into a soul-soothing refuge may be easier than you think as a serene color palette is often all you need to shift the mood of your home.

For many people, the home is a personal sanctuary, and through thoughtful color design, you can discover a renewed sense of balance and ease each time you walk through your front door. Incorporating colors inspired by simplicity and serenity can create spaces that transform the home into a soothing and comfortable space.

A restorative style starts with soft and natural colors; simplicity, approachability and comfort are also essential. Softened tones keep things easy and uncomplicated for spaces that feel balanced and meaningful.

To start creating a peaceful refuge within your home, consider these tips from the experts at HGTV Home by Sherwin-Williams to discover how to use color to paint a sense of calm for all who enter.

PEACE ON THE PORCH

Fuss-free styling on the front porch sets a tone for the ambiance inside. Make sure all who enter know this is a place of calm and comfort by using soft, subtle colors.

A fresh coat of exterior paint — or a new shade on the front door — can help freshen and brighten the space while purposeful, understated furnishings and accessories lend themselves to a graceful welcome.

BALANCED BEDROOM

There's no space quite like the bedroom to command a peaceful presence. A curated palette like the HGTV Home by Sherwin-Williams 2022 Color Collection of the Year offers multiple options that exude peacefulness and facilitate tranquility. The Softened Refuge Collection is composed of 10 soft and simple tones that can be mixed and matched in any combination for a perfectly cohesive look.

One highlight is the 2022 Color of the Year, Aleutian, a washed indigo that is grounded by the warmth of its red undertones and bridges the gap between warm and cool tones. It pairs beautifully with wood tones so you can easily incorporate practical furnishings that lend to an aura of relaxation and comfort.

LAID-BACK LIVING ROOM

Color that mimics the hues found naturally outdoors tend to soothe the soul. Introduce natural calm to a place your family

enjoys congregating by updating walls to a sophisticated organic green that is rooted in nature. Carry the relaxed mood throughout the room with complementing nature-inspired neutrals for your furniture, window treatments and accent pieces.

SUBTLE KITCHEN SPICE

A stark white kitchen may feel crisp and clean, but it lacks the character that color brings. You can keep that airy feeling while infusing some gentle, welcoming warmth. Painted cabinets are on trend, so this is a perfect place to play with color. Use a light neutral taupe for the cabinets then balance with a warm, creamy white on the walls. If you're worried the space may be dull, infuse a bit of color with a neutral blue on the backsplash. The soft hues work harmoniously for a simple but stylish space.

"The Softened Refuge palette is designed to simplify color selection for a perfectly coordinated home design," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Color combinations within the Collection can easily be used to craft spaces that help promote positive physical and mental well-being."

Find more ideas for creating a sanctuary at home at hgtvhomebysherwinwilliams.com.

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CLEAN LIVING

Use smart updates for a healthier home

BY FAMILY FEATURES | PHOTOS BY GETTY IMAGES

Many homeowners looking to improve their living spaces seek out upgrades that can add visual appeal, improve functionality or increase resale value. However, some updates can also benefit the mental and physical health of those who occupy the space.

While making your home healthier can involve simple steps like decluttering, swapping out cleaning products for natural versions and opening windows to let in more fresh air, there are other projects that can be done to create longer-lasting results. Consider these ideas to create spaces that are not only functional and beautiful but also impart a sense of well-being.

APPLY A FRESH COAT OF PAINT

Changing the color of a room can transform your space while also

positively impacting your mood. Bright, warm colors like yellow may be uplifting while cooler shades like beige, pale green and soft blue can be soothing. Repainting can also help prevent mold and mildew growth on walls while repelling dust and allergens. Traditional oil- and latex-based paints give off gases that may cause issues such as eye and respiratory irritation. Look for paints with no volatile organic compounds (VOCs) and that are certified not to contain heavy metals, carcinogens and other harmful compounds.

UPGRADE YOUR FLOORING

Made of natural materials, hardwood flooring is not only attractive but is a hygienic, easy-to-clean choice. The organic beauty and grain of the wood creates an intrinsic connection to nature. You can set the

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ADD NATURAL LIGHT

If your home lacks adequate natural lighting, adding or replacing windows and skylights can allow more sunlight into your living space. This offers several benefits, including an improved sense of well-being and increased productivity, not to mention the potential cost savings when you install energy-efficient versions. Additionally, light-blocking shades and adjustable light technologies can work with natural circadian rhythms to enhance sleep.

MODERNIZE THE KITCHEN

From appliances to countertops, there are a variety of kitchen upgrades that can make your space healthier. Incorporating automated technology like a touchless faucet can reduce the amount of contact with germs while a water filtration system can improve the quality of your drinking water. Updating your countertops with a non-porous material like quartz, which replicates the look of natural stone, provides a contemporary aesthetic, and the antimicrobial surface will not harbor bacteria or viruses.

CREATE A BATHROOM OASIS

Even a small space like the bathroom can benefit from wellness-focused updates. Soaking tubs and spa showers with hydrotherapy showerheads can help reduce stress and provide a mental respite. Additionally, a heated towel rack not only brings a touch of luxury but can reduce energy usage and keep towels free of mold and mildew between washes. Touchless faucets and toilets can also help reduce the spread of germs while bringing convenience.



OLD SCHOOL STYLE

The modern and the vintage can coexist in peace

BY JENN WILLHITE | PHOTOS BY ADOBE STOCK



Introducing antique or vintage items to your home's decor can add more than just personality to a room's ambiance. Area antique dealers and collectors say people are rediscovering the art of taking the old and discarded and breathing into them new life and purpose so they blend perfectly in imaginative ways with their existing decor.

"Vintage things to me have character," says Jennifer Shireman, owner of Vintage Whimsy in Franklin. "It may not be in perfect condition, but it has been loved and it is being loved again. While things may be less expensive to buy new, I think overall in the long run your vintage things will be around for years to come."

Currently, many antique shoppers are seeking farmhouse-style items, Shireman says.

From locally sourced vintage grain sacks that, with a little

whip stitch, make perfect outdoor pillows or table runners to wooden dough bowls that can be repurposed as table centerpieces, shoppers are looking for pieces that can serve multiple purposes, Shireman says.

"Right now, we are going into spring and gardening, so people will take the old Radio Red Flyer wagons and make them into a planter or they will put it up on legs and make a bar cart for their patio," Shireman says. "Another one is the old washtubs. If you can find them, they make really great beverage holders. If you are having a party or cookout, you can fill it with ice and put drinks in it. I don't think that will ever go out of style because it is such a fun way to reuse those old washtubs."

Shireman says oftentimes people with modern homes and existing decor visit the store looking for statement pieces. Items like vintage area rugs and original artwork are usually among the top treasures sought.

Original artwork, whether it be composed in oils or acrylics, is a great way to not only add some personality to bare walls, but it also introduces color and character to a room, Shireman adds.

"Right now we are selling a lot of mirrors," Shireman says. "Vintage gold mirrors have really become popular. A lot of people are using one large one or a grouping of mirrors to display as a cluster on the wall."

Vintage books are popular and not for reasons one might think. Yes, some people still shop for books to collect and read, but there's a growing segment of shoppers who are seeking books of particular colors to make a statement.

"Vintage books are a really easy way to bring vintage character with a modern flare, because you can display them by color," Shireman says. "When they are displayed it is vintage but yet with a modern presentation."

A few years ago shoppers were all about white and neutral-colored items, however, today that focus has shifted to color and lots of it.

"People are looking for things to bring more of a pop of color and I think color sometimes equals happiness," she says. "I think we all need a little of that and maybe that is the reason that has been changing."

Another check in the plus column for shopping vintage is durability.

"Even if you are more modern [in your taste], you can take an old piece and paint it and it looks completely different," Shireman says. "I think people want to do that and add to that the fact that the furniture is made better and you can't get anything like it at the box stores right now. And it is one of a kind."

Much of the newfound sense of adventure in refurbishing old items for one's home decor can be credited to the plethora of DIY design shows on TV networks, such as Magnolia, Shireman says.

"Nobody really wants to decorate completely in antiques anymore," she says. "But they may have a more modern home and they just want to find some pieces that will give their home a little more character and make it a little cozier and a lot of times adding vintage really helps do that."

Julie Stewart, owner of Salvage Sisters Antique Market in Franklin, says it is entirely possible to find a vintage treasure and seamlessly take it from store shelf to home as is.

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Seeing how items are incorporated in displays often helps alleviate the pressure of having to come up with one's own inspiration, she says.

"We do get people who come in with tape measure in hand and know exactly what they want," Stewart says. "Some will say, 'I didn't think about doing that' or 'I didn't think about using that for this'"

Stewart says it is not uncommon for people to seek advice on how to make their vintage items 'work together.' Other times, people come in with a magazine or clipping in hand saying, "We want something like this," Stewart explains.

And, for some, simply finding the right piece and using it 'as is' is all they're after.

"They can come in here and get it already done and plop it into their house and all is good," Stewart says. "They don't have to find all the pieces and parts. They see it displayed here and know, 'I can take it home and display it just like that.'"

Kelsie Strout, manager of Madison Street Salvage, says her store receives item donations on a daily basis and with that comes a steady rotation of items throughout the store. Operating as a 501(c)(3) nonprofit, Strout's store offers an eclectic blend of old and new items that are considered either antique or vintage, she says.

Many of the furniture and lighting fixtures Strout currently has on hand have been salvaged from Johnson county historical homes and sites, she says. And those items come from all over, she adds.

"We've made trips to Indianapolis and all over the state," she says. "We've even had opportunities to salvage old barn wood. We will get whoever is on hand among our volunteers and we will try to save as much as we can in the time span we are allotted. Then we bring it back here and try to sell it."

The store is a frequent stop for collectors on a regular basis and for those shoppers who are on a mission for one item, or a small group of items, Strout and her staff maintain a "wish list."

Customers will leave their name and contact info along with a description of what they are looking for and when those items come through the store Strout and her staff notify the customer, she says.

Strout says it is good to keep an open mind when antique shopping regardless if you are on a mission for a single item or are open to whatever you may find.

"If you see something, and your heart is set on it, you might want to get it then and there," she says. "One man's trash is another man's treasure."





THE RIGHT LIGHT

LEDs offer versatility, efficiency, long life

BY MENARDS | PHOTO BY ADOBE STOCK



Known for high energy efficiency, LED lighting has a great potential impact on energy savings. LED lights use less energy and last considerably longer than traditional incandescent lighting.

ADVANTAGES

- Energy efficient
LED lights are up to 80% more efficient than traditional lighting. 95% of the energy in LEDs is converted into light and only 5% is wasted heat. LED lights also draw in less power, reducing energy costs and bulb replacements.
- Non-toxic, improved safety and environmentally safe

LED lights contain no toxic elements. LED lights are made with epoxy lenses, not glass, and are much more resistant to breaking or shattering.

- Less lights, more life

The average LED light lasts for 50,000-100,000 or more operating hours. LED lights last approximately 2-4 times as long as most fluorescent, metal halide and sodium vapor lights. LED lights last 40 times longer than the average incandescent bulbs.

- Design flexibility

LED lights can be used in a wide variety of applications – from home lighting to industrial and commercial to grow lights that help plants grow better and faster. In recent years, improvements in technology have created dimming capabilities and various color temperatures in LED lights, resulting in an increase in popularity and allowing you to change a room's mood.

MOST COMMON USAGES

- Industrial and commercial lighting
- Kitchen under-cabinet lighting
- Recessed downlights
- Replacement bulbs
- Holiday or decorative lights

RECESSED LIGHTING

Recessed lights have become very popular in new homes and as upgrades in new home renovations. Sometimes referred to as “can lighting,” these lights can be dimmable, controlled by dimmer switches and create a nice mood or accent to a room, or in other cases serve to illuminate a work station.

Below are some of the best reasons to install recessed lighting in your home.

- Room Placement

An important benefit of installing recessed lighting is being able to place the lights in your desired location.

Recessed lights lessen the need for other fixtures which creates more living space.

- Lighting Quality

Recessed lights create a clean, crisp look for a home or business.

Recessed lights are available in a wide range of colors and temperatures to meet your individual preferences.

- Dimmable

Dimming recessed lights allows you to create or change the mood in a room.

- Easy to Install — Easy to Use

Compared to other canned lights, recessed lights are easy to install and sit tightly against the ceiling for a great appearance.

Plus, with a flip of a switch an entire room or area can be well lit with no effort.

- Social Responsibility

LED bulbs use significantly less energy, and because of their long life, they also decrease the number of light bulbs that end up in landfill sites.

LED bulbs in recessed lighting fixtures are cool to the touch as compared to incandescent lights.

In summary, there are many benefits of installing recessed lights in the construction or renovation of a home. There are numerous options, styles and models of recessed lights available in the market, plus a growing number of LED bulbs to complete the project.



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BEAUTIFUL BATHROOMS

Give this most important room an upgrade

BY MENARDS | PHOTO BY ADOBE STOCK

Your bathroom is the most intimate room in your house, so why shouldn't it be beautiful? Whether it's wear and tear or needs a change, an easy update might be just the solution.

Here are some areas to look at when updating your bathroom:

SHOWERHEADS AND FAUCETS

Types/Features

Showerheads:

Fixed mount, handheld, combo showerhead, slide bar, etc.

Multiple spray settings, 2-in-1 combined, rain, etc.

Faucets:

One handle, two handle, widespread, vessel, etc.

Finishes:

Stainless steel, chrome, brushed nickel and bronze are a few of the most common finishes. The finish is very important, so ask yourself some questions — Does it go well with your shower or vanity? Do you want a shiny finish or matte finish look?

VANITIES AND VANITY TOPS

Vanities are another big piece to look at for your bathroom. A new vanity or vanity top can really change the style of a room in its entirety. Vanities come in a variety of types, colors and styles. Two of the main types are freestanding and wall mounted.

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LIGHTING

The key to good lighting in your bathroom is layering. Think about the areas that need lighting, such as around the mirror and the tub area, which are the most important. Also consider the color that the light bulbs give off, that can change the whole mood of the room.

HARDWARE

Complete your bathroom with matching hardware. You can match things like towel rods, toilet paper holders, hooks and bath cabinet knobs to your faucet, showerhead and even lighting fixtures. Looking at these little details can add that extra touch to make your bathroom your own.

PAINT AND BACK SPLASHES

A fresh coat of paint can change the whole atmosphere of a room. Determine what color will compliment your vanity, faucet and hardware. You can even spruce up the vanity with a coat of paint. Another option is to place a back splash to give you an accent to your bathroom.

TOILET

Models — The two main models are one-piece and two-piece. One-piece has the tank attached, while a two-piece has a detached tank.

Bowls — Elongated and round are the two typical shapes of toilet bowls. Elongated bowls are typically the most popular for being a larger seat where the round bowls are smaller.



Choosing the right sink for your space

BY MENARDS | PHOTO BY ADOBE STOCK

Before shopping for a new sink, explore the different sizes, styles and materials that may influence your decision.

BUYING GUIDE

Determine your style

Look for the right fit to match your space and lifestyle.

Choose your material

Consider the durability and the maintenance it will require.

Measure the space

Take into consideration things like height, existing footprints and installation types — accurate measurements are key.

COMMON TYPES OF SINKS

Bathroom sinks

- Vessel sinks rest on top of a bathroom vanity or countertop and make a dramatic design statement

providing choices like circles, ovals, rectangles and squares in a variety of materials.

- Drop-in sinks have the rim of the sink sitting above your countertop or vanity and they provide flexibility since they can also be wall-mounted.

- Wall-mount sinks provides a clean and contemporary look and are available in a variety of sizes and shapes to fit your bathroom's needs.

Kitchen sinks

- Apron front sinks eliminate damage to countertops due to the exposed front panel and are available in two styles, a single basin and a split basin.

- Dual-mount sinks can be mounted as a drop-in sink or an under-mount. The flat rim makes it easy to wipe from the counter directly into the sink.

Utility sinks

- Floor-mount utility tubs provides an extra-deep basin useful for soaking, cleaning and heavy-duty washing, and are available in different sizes and depths.



