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## HOMEOWNER'S UPDATE

### Lighting Trends: Combining Art and Light

Within the spaces of your home, the clever combination of light and art allows you to create a special atmosphere – from joyful and bright to tranquil and calming. Unique pairings of light and art can make your home the perfect reflection of your style.

Begin by taking a fresh look at your artwork and deciding whether some of the pieces would look better in different rooms. Well-placed art provides a sense of balance and interest, so carefully consider placement.

Abstract art is the perfect focal point when a room calls for a dramatic, oversize piece. Showcased by bright overhead lights, abstract art can make the room feel spacious and lively. Avoid having multiple focal points, as they can compete for attention, and take advantage of the natural light in larger rooms.

Ambient (also called general) lighting can create a relaxing and calming environment. "White" light bulbs range in hue from warm yellow to cooler blue. The light bulbs you choose for table lamps, pendants and floor lamps can be used in a variety of ways to draw attention to artwork throughout your home.

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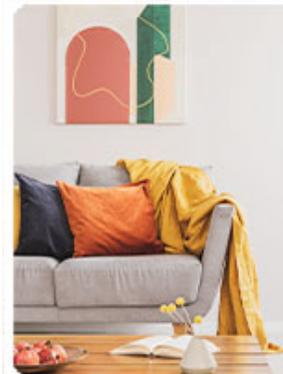
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### DIY Tabletop Fire Bowl

Are you looking to add warmth and ambience to your outdoor table? A DIY fire bowl may be just what you need. Follow these easy instructions to create a stylish centerpiece for after-dark enjoyment.

#### What you'll need:

1. Large ceramic pot or planter
2. Decorative, heat-resistant rocks

3. 1-3 small gel fuel cans
4. Long-reach candle lighter

**Instructions:**

Fill your choice of ceramic container about  $\frac{3}{4}$  full with heat-resistant rocks. Depending on the size of the container, carefully place 1-3 gel fuel cans on top of the rocks, then secure with additional rocks around the cans. Light with a long-reach candle lighter. Your fire bowl should provide about 2 hours of heat. Allow it to cool completely, then safely dispose of empty cans.

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## How to Clean a Mattress

Most people agree that one of life's little pleasures is getting into bed at the end of a long day. Crisp sheets and a fresh mattress can help you relax and get a good night's sleep. But how often do you think about the cleanliness of your mattress?

We spend one-third of our lives in bed. Skin cells, hair, dust, and other allergens can collect on a mattress, but cleaning one can be quick and simple.

1. Start by removing and washing your sheets.
2. Vacuum the mattress and spot treat as needed.
3. Deodorize and refresh by lightly sprinkling baking soda across the top.
4. Wait 10 minutes before vacuuming up the baking soda.
5. Remake the bed with fresh sheets and look forward to a restful slumber.

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## Give Your Home a Guest-Friendly Makeover

As the holidays approach, many of us will be spending more time at home with friends and family. However, not everyone's house is ready to host guests at a moment's notice. Take some time and consider these ideas to help make your home warm and welcoming.

**Get Comfy**

The key to making your home a haven is not to place comfort over style but to incorporate comfort into your design. Investing in a soft couch layered with pillows and blankets for optimal comfort, or adding textures, such as a fluffy rug in the dining room in contrast to a smooth hardwood table, are some ways to give your home a welcoming feel.

**Think Color**

A simple way to boost your home's atmosphere is by incorporating soft colors, either with simple accessories, like artwork or throw pillows, or by repainting a wall or room in your house. While cool-toned colors can help with relaxation, warm colors like reds, browns and oranges can make a room feel more cozy and intimate. You can also use lighting to amplify coziness by choosing light bulbs that give off a warmer glow.

**Express Personality**

When preparing for guests, we tend to rush through our house to declutter and hide anything we deem too personal. But too few items in a room can give it a stark and sterile appearance. As you clean for company, be sure to keep a few personal touches, knickknacks and memorabilia around to make your home feel like a familiar and charming space.

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## Mini Sweet Potato Casseroles

### Ingredients

6-8 large sweet potatoes, baked  
½ tsp. cinnamon  
¾ cup almond milk  
¼ tsp. nutmeg  
1 tsp. vanilla extract  
1 Tbsp. coconut sugar

### For topping:

¼ cup almond flour  
¾ cup rolled oats  
1 cup pecan pieces  
5 Tbsp. butter or ghee  
5 Tbsp. coconut sugar  
1 tsp. vanilla  
½ tsp. cinnamon

### Directions

Preheat oven to 350° F. Coat 8 ramekins with cooking spray and place on a baking sheet.

Slice sweet potatoes in half, scoop pulp into a large bowl and discard skins. Add cinnamon, almond milk, nutmeg, vanilla extract, and coconut sugar. Whip sweet potato mixture with a hand mixer until smooth. Divide evenly into prepared ramekins.

In a separate bowl, mix together all topping ingredients. Sprinkle on top of each ramekin. Bake for 20-25 minutes until tops are golden brown. Serve warm.

*Serves 8*



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