



LIFE AT HOME

DECOR • DOMESTIC ARTS • RENOVATIONS • RENTALS • RESALE

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AROUND THE HOUSE

Yummy colours allowed on decorating diet

PAINT • Dip into a can of Maple Syrup or Custard and then slather it on your walls. No, you're not having a toddler moment, you're redecorating.

Beauti-Tone Paint has a new colour palette called the Decorating Diet, making it possible for you to have your Cheesecake without gaining any weight.

Since we all have comfort foods that cheer us up when we're emotionally starved, the idea is to feed the soul with a brush. Decorating Diet paints include browns such as Brownie and Chocolate Chip, taupes like Toasted Coconut and Coffee Crisp and yellows such as Cupcake and Cream Pie. Best of all, you'll burn up to 400 calories an hour while painting, according to the folks at Beauti-Tone.

The Decorating Diet colour palette and Beauti-Tone paints are available at Home Hardware.

— Lisa Kadane, Calgary Herald

Take a shine toward spring

DECOR • Winter can use a hint of sparkle. And with metallics looking to be big in spring fashions, some furniture is beginning to adapt the look.

"Metallics of gold, silver and platinum are working their way into the home front," said Penny Eudy, product manager of upholstery for La-Z-Boy. "They are a great way to add a sense of fun to the neutral colours that are so popular right now."

Among new furnishing products from La-Z-Boy are a sofa with a touch of shimmer and a chair and ottoman with nailhead trim. Some of the designs are by Todd Oldham, branching out from fashion into home design of late and also hosting Bravo's Top Design reality TV show. His designs include the Sparkle Box Lamp, a blue box table lamp (\$299) and the Sparkle Table, with a shimmering silver or sepia mirror (\$499). www.lazboy.com

— The Associated Press

Kitchen rot is hot

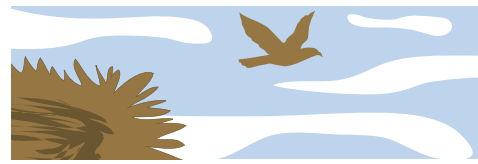
COMPOSTING • Canadians generate more garbage per person than just about any other country in the world, and what's worse, nearly half of it could be composted, according to the Composting Council of Canada.

Nearly two-thirds of us could compost or have access to 130 composting programs across the country, but many people still feel unsure of what to do.

With that in mind, author Ken Thompson has produced a book that mixes expert science with experimentalism and fun and proves that rot is hot. His witty approach covers all would-be composters need to know to get started. "Making compost is like cooking: the secret is in the correct ingredients, plus knowing what to leave out. But don't worry — unlike baking a cake, getting the proportions right is not critical, baking time is up to you, and garbage ingredients are a positive advantage," he writes.

Thompson is a plant ecologist at the University of Sheffield in the U.K. His book *Compost*, \$16.06 at amazon.ca, is published by DK Publishing.

— Calgary Herald



How do you decorate your first home away from Mom and Dad?

It's a question we posed in our Ultimate Starter Home contest, and young Calgarians answered. We picked three winners whose pads prove it's possible to set up house in style on a budget.

Today	Vanessa's retro condo
March 10	Vanessa's contemporary condo
March 17	Mary's boutique chic condo



Photos, Lorraine Hjalte, Calgary Herald
Vanessa Barretto's Bankview condo is retro cool with unique items such as red appliances, a '70s coffee table and a shelf with a Rubik's Cube and Magic 8 Ball.

Retro COOL

With a \$500 budget, Vanessa Barretto's 500-square-foot condo is a blast from the past

LISA KADANE
CALGARY HERALD

She was born almost a decade after Hungarian Erno Rubik invented the Rubik's Cube, but that hasn't stopped Vanessa Barretto from taking the coolest bits of 1970s kitsch and applying them to her Bankview condo.

The petite and ebullient 24-year-old calls the look of her first pad "retro cool." She says the idea to reach back 30 years for decorating inspiration came after her boss gave her a mosaic pebble-tile coffee table — built in shop class decades ago — as a housewarming gift.

With that as a foundation, combined with patterned grey berber carpet and a geometric dining room mirror that came with the condo, Barretto ran with the whole retro theme.

At Superstore, she bought black and white throw pillows patterned with fun geometric shapes to add spunk to the couch. Abstract art painted by her mom hangs above the couch and adds further funk to the room, Barretto's favourite. No round TV with rabbit ears here — Barretto's boyfriend gave her

Style file

Name: Vanessa Barretto
Age: 24
Profession: Marketing co-ordinator
Condo details: A 500-square-foot, one-bedroom in Bankview, purchased in 2006
Cost: Under \$200,000
Amount spent decorating: \$500
Where she shopped: Superstore, IKEA, Linens 'n Things, JYSK
Tips for fellow Calgarians leaving the nest:
■ Accept help/donations from friends and family
■ Shop the sales
■ "One of the best pieces of advice my mom gave me: As you see things you like, buy them." Barretto started collecting kitchen items, lamps and other accessories two years before she moved out of mom's house. That way, the cash outlay was manageable when she moved into her condo.

a flat-screen television for Christmas, helping to further confer cool status on the space.

Rewriting another page from the '70s, when avocado-green and mustard-yellow appliances were popular, Barretto picked up a red toaster and coffee maker for the kitchen and a red DVD player on sale at Superstore.

SEE RETRO, PAGE G2



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347 Sierra Nevada Place, SW \$525,000

Wonderful cul-de-sac location, 3 bedroom 2-storey with walkout basement (awaiting your future development plans), 1977 s.f. with vaulted living room, formal dining, main floor den + family room, newer deck, fence, sprinkler system.



33 Discovery Ridge View, SW \$799,900

Quiet location, backing west onto a greenbelt, spacious 2418 s.f. 2-storey with developed basement, 4 + 1 bedrooms, main floor den/sitting Rm, main floor family room, huge master bedroom w/ sitting area, games Rm & 5th bedroom down.



92 Strathlea Place, SW \$899,000

This is 'the' location, backing onto the ravine in desirable Spring Haven! Beautiful, open plan 2-storey with fully developed walkout basement, over 3300 s.f. of development, music room w/ French doors & bow window, 3 + 1 bedrooms.