

Shop. Learn. Be Healthy!

We at Cannon Pharmacy understand family and community.



That's why we take a special interest in everyone who walks through our doors. Our friendly staff strives to deliver a level of customer service unheard of in today's industry. Stop by today to see what you are missing. We would love to earn your business!



Free delivery service to the entire Lake Norman Area!

receive \$20 per person for transferring 2 or more prescriptions

(704)658-9870 521 East Plaza Drive, Mooresville, NC www.cannonpharmacies.com





An online resource for health and wellness information

HGTV'S TWO DAY MAKEOVER: fact or fiction?

WHEN YOU WATCH your favorite HGTV program, you see the host of the show meet the excited homeowners and then the handsome carpenter runs in ready to go to work. The makeover looks as if it was completed from beginning to end in only one or two days! What you don't see is the months of work taking place behind the scenes that provide the illusion of an immediate home makeover. This article will take you through a real-life example of how long it really takes! I worked as an interior designer for a show on the network, and my example is a bathroom makeover on HGTV's "Save My Bath."

MAY — You have applied to be on a show by sending in your application, video, and reasons why you would make a great candidate.

AUGUST — The production company scouting team drops by to speak with you and put together the "pitch" for your show. At this point, you may or may not make it on the program, but you are under consideration.

SEPTEMBER — The production team meets to decide which applicants are the best fit for programming.

OCTOBER — The production team chooses the interior designer who will design your space. The designer then receives a copy of the pitch and video of you talking about your needs and requirements. The video goes on to show a complete walk through of your home to help the designer pinpoint your style. Also included is a very rough line drawing of the dimensions of the space and a long list of vendors that have offered consideration should the designer choose their products.

The designer then chooses a design theme, designs everything including the space plan, flooring, lighting, electrical, and plumbing plans. She puts together computer drawings that the contractor will use, determines the homeowner "craft project" (my first one was making homemade soap), and determines every single item that will make it into the space. She

design plan that will be used by the scriptwriter.

NOVEMBER — The production staff will take the order list the designer provides and order the items. If something cannot be provided in time, the production team will

