

LAKE NORMAN

Woman

CELEBRATING THE SUCCESS OF WOMEN

TEN

KEY STRATEGIES
for maintaining
a positive
attitude

5 little things we
can do each day
to nourish our
sense of gratitude



LKNW
gift
GUIDE
INSIDE!

mission
ACCOMPLISHED!

Dr. Kara K. Lembo and Dr. Lindsay S. Montgomery

attitude, gratitude,
& LATITUDE



YOUR ROOM FULL OF *fabrics*

I am one of those people. You know who I am talking about. I walk through a store and have to touch and feel everything: the feel of the cashmere, the leather jacket, the silk blouse. This drives my husband bonkers. But we see with all of our senses.

The look of the fabric is appealing, but the true test is how it feels. Textures make us feel warm and cozy—and colors can have the same effect. Fall colors are still one of the most popular palettes chosen for the home. So how do designers layer all of these fabrics, colors, patterns, and textures to get the room to sizzle? The following are a few tricks.

STEPS FOR DESIGN—INSPIRED BY FABRIC:

1 *Pick your color palette* which can come from your favorite rug, a painting, a photograph in a magazine, or a single fabulous fabric.

2 *Gather swatches* that complement or match your inspiration piece.

3 *Determine how many pieces* in the room will be textiles.

4 *Get a bulletin board* and start pinning up the fabrics you choose. Put up larger swatches you are considering for a sofa or draperies, smaller swatches for accents such as pillows. This will allow you to see the impact each fabric and texture will have in the overall plan.

5 *Review your board* for the variation of sheen, color, balance, durability, mood, scale and density (*read right sidebar*).

6 *Once you have gone through* all of these steps and changed and tweaked your selections, leave it alone for at least a day. Walk back in with a fresh outlook and consider your choices. Another trick is to take a picture of your board and consider the picture as you would a magazine photograph.

7 *Choose your paint* once your furnishings are on order. Remember paint always comes last!



Starr Miller is the president and principal designer at StarrMiller Interior Design, Inc. Contact her at 704.896.3321 or visit www.starrmiller.com.



TIPS FOR CHOOSING YOUR FABRICS

- **Have you varied the sheen of the fabrics?** Make sure they are not all shiny or all velvet and cozy. Throw a chenille in to offset the shine or a leather to offset the warm and cozy velvet.
- **Do the fabrics suit the mood you want to set?** Are they too formal? Too casual?
- **Are the fabrics of varying scale?** If all the patterns are the same size, you have not added dimension to the room. The pattern most important to your design should have the most prominent scale.
- **Have you moved your most important color around the room?** Is the color balanced? If your accent color is red, is the room composed so that you see pops of red as your eye moves around the room? Great painters use color and texture to move your eye around a painting. Your fabrics should do the same for your room.
- **Now consider the density of the patterns.** Look at how much of the background of the fabric you can see. A busy, small pattern without much background is best when matched with a large, open pattern. Too much small pattern and the eyes get tired and will read them all as a muddled solid.
- **Are the fabrics durable for the use you have planned?** Most of today's fabrics are both beautiful and durable for inside and outside design.