

lake norman

# WOMAN

CELEBRATING THE SUCCESS OF WOMEN

## *different* by DESIGN

featuring  
THE JOURNEY OF  
AN ALZHEIMER'S  
CARETAKER

WAYS TO  
**FLUFF**  
*your empty nest*

**5** FUN THINGS  
*for the family*



HOME  
sweet  
home

# different by design

BY:  
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*Never look backwards or  
you'll fall down the stairs.*

—Rudyard Kipling

**STAIRCASES BRING UP** so many visual memories: Scarlett O'Hara running down the red-carpeted steps in her red velvet dressing gown; the perfect bridal shot of a bride with her back to you, train tumbling down the stairs; or the young ingénue coming down the steps in her pretty dress, ready to meet her first date.

So often stairs are in the front entrance or the foyer of the home, and they set the mood for your home. Shouldn't they tell guests who you are and what to expect? Shouldn't *you* have a perfect place to pose and make your entrance?

These ideas  
can help you  
update your  
staircase:

## ADD A RUNNER

Add a runner up the stairs to insure that you have traction when running in your stocking feet. It's even better if you add a border to the design for interest. This is also a great place in your home to add a wonderful pattern without having to commit to it on a grand scale. Remember to look for a dense, durable high quality rug or carpet with a short pile so it will endure high-traffic wear and tear.

## PAINT THE RISERS

**ONE EASY WAY TO ADD SOME ZING IS TO PAINT THE RISERS. IT COULD BE BOLD AND COLORFUL. IT COULD BE WILD AND ZANY. STILL, IT HAS MORE TO DO WITH WHO YOU ARE AND HOW YOU EXPRESS WHO YOU ARE. TRY THESE:**



- 1 Ombre paint: deep, darkest color on the lowest step, tinted with a bit more white as you move up each step.
- 2 Each step is painted with a stencil design two levels darker than the main color of the riser. It gives a bit of depth and interest without a distracting "look at me" effect.
- 3 Rainbow or pastel colors
- 4 Google "painted riser" for countless options.

## CHANGE YOUR BALUSTERS

1 | If you have wooden balusters you may change them to iron, but be advised you will most likely need a shoe placed on the bottom where the baluster meets your step. This will cover the larger round hole left by the wooden picket.

2 | A great, crisp look is to paint the rails and newel posts black. I like to do this with a white picket for its

strong contrasting effect. This look does not work as well with iron balusters as the contrast is lost.

3 | If you're building and thinking of iron or wooden balusters, think beyond the ordinary. This is a great place to make a design choice. Keep to the lines of your home and design aesthetic, and make a choice that enhances the overall effect.



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