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DECORATE YOUR HOME ON A BUDGET

STAY BIG ON STYLE, LOW ON COST

I often find myself looking for new ways to update my home decor. Whether that be for the season or for the holidays, it's always nice to refresh a living space every once in a while. I tend to get bored looking at the same decor all year long, but I realized it can be a bit costly to constantly change it up. Thankfully, there are still cost-efficient ways to keep your home decor looking aesthetically pleasing. Here are some tips and tricks to spice up your home without breaking the bank.

Repurpose what you already have.

You don't necessarily need to throw out all of your existing decor in order to spice things up. Many of the things you already have may simply need a transformation to make them feel brand-new again. These can become fun DIY projects you can work on, such as repainting a dresser or switching out different frames for a photo. Repurposing old items into new treasures can be a perfect fit since you already know these pieces will work well in your space.

Shop at antique shops and estate sales.

You can get the best deals on home decor at antique shops and estate sales. These are excellent places to find slightly used items such as art, vases, frames, and even kitchenware. You can even purchase larger items like furniture or mirrors, too. Antique stores sell some pretty interesting pieces for a good price — or even items you can refurbish to make new again. Try painting some old glassware before putting it on an open shelf; this can add a nice pop of color to any room.

As for estate sales, a lot of the items sold have typically been collecting dust or sitting unused, so it's a great way to let others enjoy treasured items. The estate organizer is trying to get their client as much value as possible for their belongings, but you can try to negotiate the price. It never hurts to ask!

Add a plant or two.

Whether fake or real, plants are a great way to brighten any room. They can really pull a space together and make it feel much cozier. Having plants around encourages a happier and healthier lifestyle, too, as they release oxygen and eliminate harmful toxins in the air. You can often find



potted plants in stylish containers at places like Trader Joe's or Target, so you won't have to spend extra money on fancy pots. You can also repaint them if you'd like, depending on your own style.

Try stick and peel wallpaper.

This is great for people who live in apartments and can't paint their walls. But it can work for any type of home. A big benefit of stick and peel wallpaper is that it is easy to apply and even remove. It doesn't leave any sticky residue behind, and you can use it multiple times on different walls, over an entire area, or as an accent. It comes in many designs and colors, so you have an array of choices to infuse into your own style.

Depending on your living space and budget, refreshing your home decor can be a lot less difficult than you think. If you go with the flow of your own taste and style, you will save money and ensure you're happy with your efforts.

SETTING BOUNDARIES FOR YOUR TEENS

As children grow older, some tend to engage in more risky behaviors. They like to test their parents' patience and limits to see what they can actually get away with. But when you establish boundaries with your older children, it can set them up for success and teach them a thing or two about responsibility.

Creating Boundaries That Reflect Your Values

You cannot simply say the rules — your actions must reinforce them if you want them to be followed. They must also reflect the positive values that mean the most to you, as they will influence how your children see you. The clearer your values are, the easier it is to express and communicate them to your older kids, and the more likely they are to follow along with the boundaries that respect those values.

Here is a list of core family values to consider:

- **Positive relationships** — whether that be with family members, friends, coworkers, or even strangers
- **Priorities** — define what matters to your family first
- **Honesty** — creating a judgment-free space to be open and speak freely
- **Responsibility** — taking accountability for one's mistakes
- **Respect** — learning how to communicate boundaries effectively

Be Supportive, Not Enabling

Supporting someone is helping them do something they might not be able to do themselves in the right conditions, whereas enabling is stepping in and mitigating consequences that would otherwise be a result of a negative choice. Enabling is an undesirable behavior that can



occur when parents give in to complaints or demands to avoid conflict. Instead of avoiding possible conflict, it's best to support your older children while they navigate through your rules. Allow them to have questions or make mistakes. That way you can provide a framework where they have the ability to act and make decisions on their own.

Setting rules or boundaries for your older kids is an essential tool that aids in their development. Over time, the process will help lay the foundations for them to become self-regulating adults.



"I want to take a moment to give a big thank you to Herrman & Herrman for all they have done to help me. They are very prompt with relaying information, and the level of service they have provided cannot be matched. I am so thankful for them and all that they've done for me. Thank you!"

—Austin W.

"I got hit a while ago on my bike. I called my friend Eric from Herrman & Herrman, and they contacted me immediately. The case is going great, and I couldn't be happier. I definitely will recommend them."

—Homer F.

"I have used the services from Herrman & Herrman twice. Both times I was treated with kindness and respect. The paralegal and attorney who worked on my cases were very knowledgeable. They were very concerned with my and my children's well-being. I highly recommend them."

—Mayra R.

GET CRAFTY WITH MOTHER NATURE

WITH HOMEMADE BIRD FEEDERS!

Our feathered friends may need a hand when their food sources are scarce or when winter rolls around, which is where bird feeders come in! Making homemade bird feeders is a fun way for you and your family to be creative while learning about birds and other local fauna. You can create a bird feeder in many ways and encourage kids to get crafty!

Gather your supplies.

Most homemade bird feeders can be made with materials you can find in your own home! Recycled items such as toilet paper rolls, cereal boxes, egg cartons, milk jugs, paper plates and bowls, or even pine cones from the yard are perfect building blocks.



Whatever you choose to build with, make sure the feeder is accessible to the birds! Cut holes so the birds can peck at the food and craft a place for them to perch on. If you're hanging the feeder, cut holes for twine and ensure it won't hang too low.

For food, you can use regular bird seed from the store, or you can use items from your own fridge. (As part of the project, take a little time to look online for safe bird food suggestions if you don't use seed.) You can adhere seeds and pieces of fruit and veggies to the side of the feeder with peanut butter — no glue required!

Jazz it up!

This is where kids can personalize their own bird feeder. Using bird-safe paints (such as oil-based, latex, acrylic, or watercolor), your kids can design their own bird feeders with bright colors or designs that express their personalities or interests. Be sure not to paint the inside of the feeder, as birds may scratch and consume the paint while trying to reach the food.

Then all you have left is to find the perfect spot. Try to find a space where you can see the birds but with enough distance so you don't scare them away. After that, hang it up and watch the flocks come to you!

Homemade bird feeders can be a great way to get your kids involved with Mother Nature and teach them how to care for and observe wild animals, all while being good to the environment.



RESTAURANT-STYLE CHICKEN MARSALA

INGREDIENTS

- 1 cup flour, for dredging
- Salt and pepper, to taste
- 4 boneless, skinless chicken breasts, pounded to 1/4-inch thick
- 1/4 cup extra-virgin olive oil
- 4 oz prosciutto, thinly sliced
- 8 oz mushrooms
- 1/2 cup Marsala wine
- 1/2 cup chicken stock
- 2 tbsp butter

DIRECTIONS

1. In a bowl, mix flour, salt, and pepper until evenly distributed.
2. Add chicken to flour mixture and coat all sides. Shake off any excess.
3. In a large skillet over medium-high heat, add olive oil. Once hot, add chicken to the skillet. Work in batches if pieces don't all fit in the pan. Cook each side for 5 minutes until golden brown.
4. Remove chicken to a platter.
5. Lower heat to medium. Add prosciutto to pan and sauté for 1 minute. Add mushrooms and sauté until browned, about 5 minutes.
6. Add Marsala to skillet. Let it come to a boil, then add the chicken stock and simmer for 1 minute.
7. Stir in the butter and add chicken back into the skillet. Let simmer gently for an additional minute, then serve.

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**1201 3RD ST.
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LULU THE PIG IS A HERO!

SHE SAVED HER OWNER FROM A HEART ATTACK

Lulu captured the hearts of the Altsmans when their daughter asked them to pet-sit her overweight pot-bellied pig. The pair quickly fell in love with Lulu, and their bond got stronger each day. This relationship was literally life-saving when the wife suffered a heart attack one August afternoon. Jo

Ann Altsman was home alone with Lulu and their dog, Bear, when the incident occurred. Her husband was off on a fishing trip, and the pair didn't have any neighbors nearby.

Bear began to bark to try and get someone's attention, but Lulu knew she had to do something before it was too late. So, she made her way

out of the doggie door, which badly scraped her belly as she exited. Lulu had never left the yard, but today was different. To get some attention, she decided to lie down in the middle of the road and play dead until a car stopped to check on her. After several minutes of lying on the street, several cars passed by but didn't stop. So, she checked on her owner, then squeezed through the doggie door and lay down on the road again.

After 45 minutes, a gentleman on a motorcycle pulled over to check on Lulu. She immediately perked up and began walking toward the house, leaving a trail of blood behind her as she walked. The man followed Lulu and found Altsman unconscious on the ground. He quickly dialed 911 and asked for assistance. When the medics put her owner in the ambulance, Lulu attempted to get in with them. Of course, she couldn't come, so she began to squeal as she watched the medics take her mom away. Thankfully, Lulu's wounds were attended to, and Altsman received life-saving open-heart surgery at the Beaver Medical Center.

Because of her loyalty and creative thinking, this pot-bellied pig became a celebrity overnight! She was a guest on "The Oprah Winfrey Show" and the "Late Show With David Letterman." Everyone fell in love with Lulu and her heroism.

Thank you, Lulu, for being a loyal and brave pet!