A Fresh Start
is in the offing

By Joel M. Lerner
WASHINGTON
WALTERS GARDEN

Cultivate feng shui in the garden

WHAT'S THIS ABOUT? A guide to some of the key concepts
in the ancient discipline known as feng shui.

Harmony in the garden Feng shui was developed to balance, harmony, and
health and well-being in living spaces. It teaches
that energy flows in your environment, and how to
channel it for the greatest benefit. The ancient Chinese
believed that energy flows in nature, and that balance
and harmony create an inviting environment.

What makes a feng shui design successful?

A feng shui design is successful when it

1. Enhances a sense of well-being and
peace of mind.
2. Harmonizes energy in a space.
3. Encourages prosperity and growth.
4. Fosters creativity and inspiration.

How to apply feng shui principles

1. Define your goals: What do you want to achieve?
2. Assess your environment: Analyze your space.
3. Use feng shui tools: Tools like the bagua can help

1. A Fresh Start
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2. Chinese culture
and history

3. Modern
applications

4. Design
principles

5. Case
studies

6. Conclusion

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Reflecting on your life, what do you want to achieve?

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Designing a successful feng shui garden

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3. Use feng shui tools: Tools like the bagua can help

1. Use natural materials: Incorporate local materials.
2. Use plants and flowers: Choose plants that

1. Grounding and stability

2. Creativity and inspiration

3. Health and well-being

4. Prosperity and abundance

5. Relationship and love

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COTTON GIN

CONTACT PERMA-FRAME

ready to transform the utilitarian farm structures into their home.

As the Home of the Month selection panel commented, the Walnut Hill Cotton Gin "represents several turning points." On June 13, 2002, the 105th anniversary of the cotton gin in the United States, the 20-acre Walnut Hill Cotton Gin was placed on the National Register of Historic Places. It is the last cotton gin in the country to remain on its original site in its original form. Three cotton gins had been restored, but the couple’s first challenge, to transform the utilitarian farm structures into their home, was to turn the Cotton Gin into a residence. The couple decided to adapt the Cotton Gin for their purposes, keeping as much of the original structure as possible.

Today the gin is a bright and airy residence. Smith and Troutman replaced some of the beams to ensure the building’s integrity. Smith says he is grateful to those who did the earlier deconstruction, unintentionally creating a dramatic openness where spinning beams now function as areas for conversation. The window patterning and trimless interior detailing are attentively consistent with the Secretary of the Interior’s Standards for Rehabilitation of historic buildings in order to satisfy the property’s restrictive covenants and to take advantage of state tax credits.

Restoration specialist Pat Schell assisted the challenging project. The appearance of the exterior is intentionally true to the original. The siding required careful repair and protection. The window patterning and trimless detailing are attentively consistent with all photographs. Smith remarks, "The window pattern and trimless detailing were once used for building cotton, maintaining high and airy views from the inside. The old red tin roof remains. On the inside, Smith took inspiration from urban loft living. The plan flows freely with few doors or partitions, an aspect of the design that Smith and Troutman admit might not suit everyone, but fits their lifestyle and personal aesthetic." Smith adapted a palette of simple contemporary materials for the added elements of the house. For instance, a very deep and wide yet sturdy stairway served the building for decades, but the couple chose to insert a hand-hewn stair and wood alternative for easier climbing. Now the two staircases stand side by side in a graceful pairing of old and new.

Adaptive reuse is also a prudent approach to green building, conserving materials and embodied energy. Sustainable design principles were a priority throughout the conversion.

In the case of the Cotton Gin, Smith specified a spray foam product that uses rapidly renewable soy oil in place of petroleum. Its high efficiency heating and cooling system, the well-sealed building envelope minimizes the home’s energy consumption. Other eco-friendly material choices include straw-bale chimney doors, low-emissivity windows and doors, non-toxic coatings and new flooring. To replace some flooring that had been previously removed, Smith milled local Southern pine beams down by Hurricane Free.

 your chateau will never be the same.

4th Annual Tree Lighting
November 24, 2007 on the Common

Bring your friends and family to our annual tree lighting and begin the holiday season with a host of activities including musical, dance and ice skating performances — and a guest appearance by Santa!

5:45 - Duke Raleigh Hospital Holiday Festival on Ice
This lively show will delight all on the Duke Raleigh Hospital Ice Skating Rink.

6:00 - Ina Claire School of Irish Dance Performance
The Ina Claire School has presented a love of tradition and Irish dancing since 1999.

6:30 - Blue Long Leaf Opera Musica! Performance
These talented performers will bring life to traditional songs of the season.

6:45 - Santa Arrival and Tree Lighting

7:00 - Holiday Sing-a-long

Poster A: Monet's Normandy

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$15.95 EACH, $25.00 PER SET

Poster B: Monet's Giverny

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SATURDAY, NOVEMBER 24, 2007, 6E, FINAL
Dining dishes changed with the times

By Raean and Trudy Koon

Food from dinners and other meals dishes and changed the way Americans eat. With the change in food came a change in dishes. In the late 18th century, dishes were on the table when guests sat down. The first course had to be soup or fish, served promptly for the host, hostess or server. Soup was served from a large soup tureen that usually had matching utensils and cups.

**Entrees**

During the 19th century, dining tables could seat only one dish and cup, but inspectors for soup and gravy and control vegetable dishes. Wealthy entitled sets of dishes with the family crest as part of the design. There were many types of plates and bowls needed in a set, because a dinner party had as many as 14 courses, each with its own plates and utensils. Soup tureens were still used at large parties, especially for holidays like Thanksgiving. But today, the tureen rarely matches the other diners'ware.

**Crockery**

In the 1960s, a wooden rocking chair that’s at least 30 years old. The piece may tell the owner that “E.H. Conant and Sons” or “Musser Chair Makers” or “Conant Ball.” But before dating an item, look carefully at the company. Can you identify the maker? Are any identifying marks on the item itself?

**Ironwork**

As early as 1877 and still collect California Ramon figures. I found a 10-inch figure with red hair and coned pants. It is only 10 inches high in this set. It has a small, thin, wooden plaques, fish, tori, cows, flowers, handkerchiefs, roses, stationery and even paper pattern books. You can have a tool that you made to paint a car window. Since it’s not too old, it’s still inexpensive — less than $15.

**Wine and beer**

If your old tablecloths have yellowed, try the old-fashioned method. Soak the fabric in a mixture of four parts warm water, one part vinegar. Rinse with cold water.

**Teas**

If you are planning a tea party, try the cold-brewed tea. A cold-brewed tea is less bitter. Bring your guests to the tea party:

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**Editorial Note**

The resulting medley of maple, beech, and hickory is an example of the hand-carved wooden rocking chairs made by Conant Ball. The chairs were used by families in the late 19th century, and their design has evolved over time.

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**About the Author**

Rick Smith added elements from simple contemporary materials to the staircase. The new staircase makes for easier climbing.