

Home Front



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5 easy DIY projects to tackle this winter

(BPT) – The winter months are the perfect time to dig in and tackle easy DIY projects for an updated home you’ll enjoy all year long. These five simple home improvement projects are incredibly easy, affordable and can be completed in three hours or less.

Marvelous mirrors. Mirror, mirror, on the wall, you’re looking a little shabby. Mirrors are timeless decor options, but the frames can look dated over time. Breathe new life into an old mirror by painting the frame a rich, modern color that pops within the current color scheme. Another idea is to clean the frame and adhere mosaic tiles along the edge for a crafty, custom look.

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Sleep & your dream house: Interesting facts



A good night’s sleep is more important than you might think. While rising early and burning the midnight oil are worn like badges of honor in this “always on” culture of ours, the truth is that sleep is crucial. Did you know... Sleep loss can mean the decline of mental skills, including attention span, memory, mood, logical reasoning, and math skills. Sleep deprived people have trouble recalling pleasant experiences, but can easily recall negative experiences. Sleep improves your mood and in a recent study of professional violinists showed that a good

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Clever kitchen hacks



You probably don’t need a scientific study to tell you that the kitchen is one of the most used spaces in a family home. It serves as a hub for food, a communal space for gathering, and often a message center for family traffic. Some consider it the “brain” of the home. While giant master bedrooms might sound nice, a kitchen with abundant space can be surprisingly satisfying! Unfortunately, many homes have kitchens which are small or overrun by clutter. The mess can be a major barrier to enjoying the space, and without some systems in place to keep it

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Save the date for Restaurant Week



Enjoy 3-course meals at over 120 Central Ohio restaurants at great prices. This event runs January 22- 27. And even better, \$1 will be donated to the OSUCCC-James Cancer Hospital and Solove Research Institute for every Restaurant Week photo tagged #EAT614 on Instagram.

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Inquiries:

614-565-8161

Teresa@TeresaButler.com

Worthington Realty

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PO Box 111
Worthington, OH 43085



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Our mailing address is:

Worthington Realty, PO Box 111, Worthington, OH 43085

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