

Create Your Own Centerpiece

By Marie Vetrano

Make your own delightful autumn centerpiece with assistance from the Bowdabra bowmaker and craft tool (which was developed as a third hand, holding your materials in place, freeing you to unleash your creativity. The Bowdabra enables even the novice to make professional bows as well as a host of designer craft projects. Jazz up your holiday decor or spruce up a party with fancy bows and accessories. More information about the kit, where to buy and inspiring designs can be found at www.bowdabra.com.

Supplies

- Candle ring wreath from a craft store.
- Any fall ribbon.
- Sunflower or fall flower picks found at your local craft store.
- Fall berry, acorn, pinecone or other fall themed decorative picks found at your local craft store.
- Large candle (candle pictured is 6 inches tall, three inches wide).
- Glass cylinder that will cover your candle (cylinder pictured is 4 inches wide, 7-1/2 inches tall).
- BowDabra #BOW1003, Bow wire, scissors, hot glue, pencil.

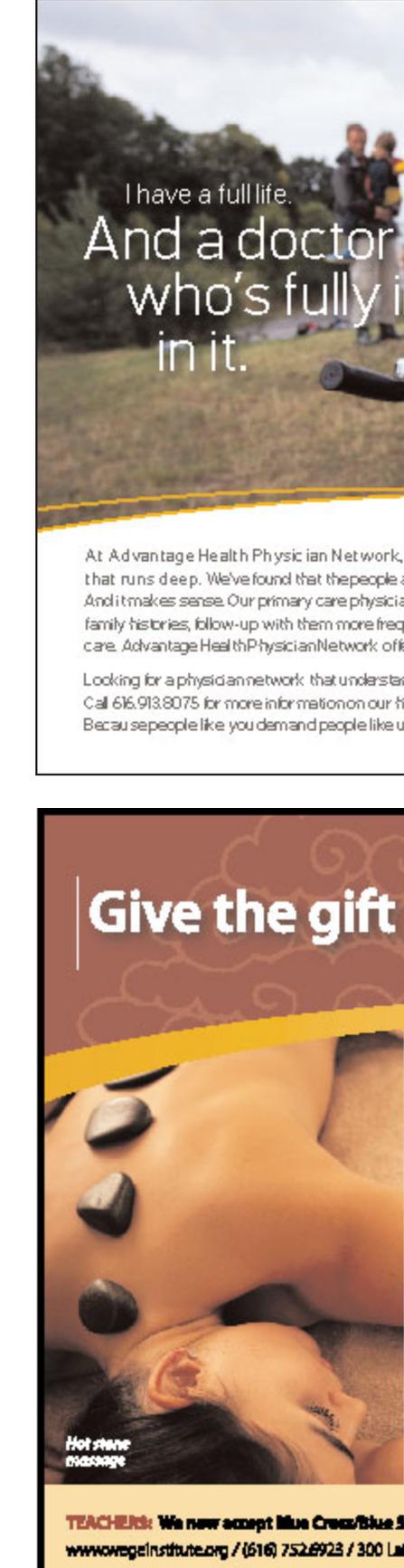


Instructions

- 1 Cut wire to 30" then fold in half. Place lengthwise into Bowdabra and tuck ends underneath. (I cut the wire longer to use as extra embellishment in this project.)
- 2 Cut ribbon into a 20" length. Fold ribbon ends lengthwise and dovetail the ends. Slide the center of the tails into Bowdabra.
- 3 Place a berry pick into the Bowdabra on each side, then place a third berry pick into either side.
- 4 Make a 6" bow with 3 loops on each side. Bring wire ends up to the center, slide ends through loop and pull wire straight up. Remove bow from Bowdabra and tie wire in back.
- 5 Make 2 more 5" bows without tails or berry picks.
- 6 Tie each bow onto the candle wreath and bring extra wire around to the front. Fluff bows and curl the wire ends around a pencil. Adjust the berries and the tails on the main ribbon to your liking.
- 7 Remove sunflowers from stems and hot glue to the center of each bow.
- 8 Glue 3 more sunflowers onto the wreath between the ribbons.
- 9 Place glass cylinder in center of the wreath along with your choice of candle.



Many owner-operated craft shops stock Bowdabra. Check with your local craft supply store. Bowdabras can be also found at Michael's, Hancock Fabrics, ACMoore and Garden Ridge. They are available online at www.Bowdabra.com. Priced at \$15 to \$30 depending on the kit configuration.



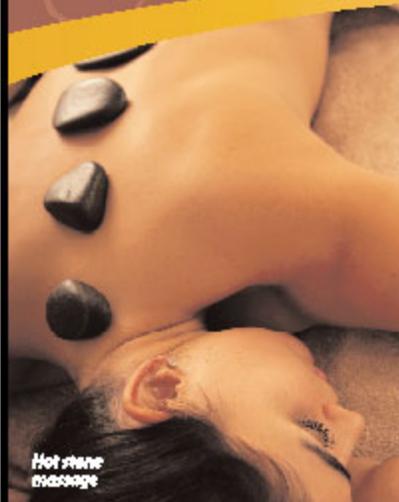
I have a full life.
And a doctor
who's fully invested
in it.

At Advantage Health Physician Network, understanding our patients inside and out is a commitment that runs deep. We've found that the people attracted to us are those who expect a more involved relationship with their doctors. And it makes sense. Our primary care physicians and specialists are in constant communication with their patients, delve deeper into their family histories, follow-up with them more frequently and make themselves highly accessible through same day appointments and after hours care. Advantage Health Physician Network offers a more complete experience for people who demand more.

Looking for a physician network that understands the value of relationships?
Call 616.913.8075 for more information on our highly qualified network of physicians.
Because people like you demand people like us.

**ADVANTAGE HEALTH
PHYSICIAN NETWORK**
Complete care. For people like you.

Give the gift of good health this season.



Hot stone
massage

Treat your loved ones to 60 minutes of relaxation with a gift certificate to The Wege Institute. With over 15 forms of therapeutic massage—and many other holistic treatments—we can rejuvenate the mind, body and spirit of everyone on your list.

**HOLIDAY MASSAGE SPECIAL:
BUY 5 SESSIONS, GET 1 FREE!**

To purchase gift certificates or schedule a massage, please call **(616) 752.6923**.
(Holiday special good until January 1, 2008.)

TEACHERS: We now accept Blue Cross/Blue Shield MESSA Insurance for massage therapy!
www.wegeinstitute.org / (616) 752.6923 / 300 Lafayette Ave., Suite 2014 / Grand Rapids, Michigan

 **SANT MARY'S**
THE WEGE INSTITUTE