

THE METROPOLITAN BUILDER

Greater Houston Edition
themetropolitanbuilder.com



MORRISON

PLUMBING | APPLIANCES | HARDWARE | LIGHTING

Carnegie Signature Collection
Offers Concierge Services

Carnegie Homes & Construction | Houston, Texas

 **expressions**
home gallery
a Morrison Supply Showroom

KITCHEN | BATH | LIGHTING

Houston
6867 Wynnwood Lane
713.861.2343

7071 Southwest Freeway
713.781.2222

expressionshomegallery.com

Discover Excellence.



KitchenAid®

Our Morrison Showroom located at 6867 Wynnwood Lane is now rebranded to Expressions Home Gallery; Morrison's premier showroom brand.



CUSTOM BUILDERS' FIRST CHOICE FOR HIGH QUALITY LUMBER... FAST!

NEXT DAY DELIVERY ON FRAME PACKAGES, SAME DAY ON FILL-IN ORDERS

NEED IT YESTERDAY?

FAMILY OWNED & OPERATED FOR SIX GENERATIONS



WE CARRY:



...AND MORE!

NOW AVAILABLE!



Call **(713) 329-5300**

FRAMING LUMBER PLYWOOD & OSB TREATED LUMBER ANTHONY POWER BEAMS SIDING & TRIM CUSTOM FLOOR TRUSSES

THE METROPOLITAN BUILDER

An Industry Trade Publication | *September/October 2017*



Feature Builder Story

04 Carnegie Signature Collection Offers Concierge Services

By Kathy Bowen Stolz

03 Business Directory

06 Ege Seramik's Epic Collection Offers Epic Benefits

09 Dialogue with a Designer John R Taylor, Allied ASID, CAPS - Designer at Ekλεκtik Interiors

16 The Action Coach How Stress Can Affect Your Work By Doug Winnie

For Local Information Contact:
themetropolitanbuilder@yahoo.com
832-317-4505
www.themetropolitanbuilder.com

5161 San Felipe St. #320
Houston, Texas 77056
832-317-4505

Owner/Publisher
Giselle Bernard

Editor
Kathy Stolz

Magazine Layout & Design
Pamela Larson

Website
www.themetropolitanbuilder.com

Printed in the USA
Chas. P. Young Co.
an RR Donnelley Company
1616 McGowen
Houston, Texas 77004
713.209.8129

The Metropolitan Builder is a local trade publication published monthly in an informative and positive manner. Copies are mailed, free of charge, to building professionals throughout the greater Houston area. The opinions and facts expressed in The Metropolitan Builder magazine are those of the authors or columnist and do not necessarily reflect the views of the publisher, nor do they constitute an endorsement of products or services herein. The Metropolitan Builder strives to ensure the accuracy of the magazine's contents. However, should inaccuracies or omissions occur, we do not assume responsibility. The Metropolitan Builder reserves the right to refuse any advertisement. This publication may not be reproduced, in whole or in part, without the expressed prior written permission of the publisher.

Proud member of the GHBA, the Texas Association of Builders and the NAHB.



PUBLISHER'S NOTE

Giselle Bernard
Publisher

Houston-area homeowners will be scrambling in the months ahead to find builders, remodelers and suppliers to help them put their lives back together after the devastation of Hurricane Harvey in August.

And builders, remodelers, subcontractors and suppliers will have their hands full with the high demand for their products and services as they help rebuild those lives.

Unfortunately, when disaster strikes, the construction “cockroaches” come out of their hiding places to take advantage of the spoil. These “cockroaches” are the companies that will arise seemingly from nowhere to take advantage of those who have suffered from this crisis.

Consumers’ confidence in the construction industry will falter as they try to find reputable professionals to work with. We must ban together, as an industry, to keep this from happening.

That’s why I am putting together a list of vetted building professionals and vendors in order to get the jobs done and done right! Let’s rebuild our cities while keeping the “cockroaches” out!

God bless us all!

BUSINESS DIRECTORY

Network in Action & The Metropolitan Builder bring together a coalition of like-minded individuals who understand the power of building business. All professionals are known personally and professionally and valued for their integrity and outstanding work ethic. They will help you realize your own professional success as you grow your business.

A/C & Heating Goodman Manufacturing Edward Neumann, General Accounts Manager 832-799-2956 • edward.neumann@goodmanmfg.com	Digital Marketing, Web & App Development Click & Create James Walters, Principal 281-206-2631 • james@clickandcreate.us	Custom Lumber Scholl Forest Industries Ward Scholl, Managing Partner 713-682-2400 • wscholl@schollforest.com
Bricks Stone & Accessories South Texas Brick & Stone Trey Magee 713-299-8893 • tmagee@comcast.net	Financial Services Professional The Fitzpatrick Group Corey Yarborough, 281-685-5078 • CyarboroughWfitzgrp.com	Managed IT Services Provider Safebit Solutions Eric Flores, IT Sales Manager 832-574-4621 • eflores@safebitsolutions.com
Business Coaching Consultants ActionCOACH Lydia Navo, Leads Trainer & Manager 713-936-3814 • N3marketing@actioncoach.com	Flooring, Countertops & Supplies Baytown Floors Helmi Abboushi, Owner 832-768-7575 • info@baytownfloors.com	Marketing & Event Planning Snaps Marketing, LLC Mary “Ginger” Potthast, Owner 832-858-4332 • ginger@snapsmarketing.com
Catering & Private Dining The Palm Restaurant Lauren Liermann, Sales Manager 713-977-8180 • lliermann@thepalm.com	Foundations & Concrete Work Builders Post Tension Greg Tomlinson, President 281-932-3744 • gtomlinson@builderspt.com	Printing, Marketing, Digital Media Omni Media Partners Kim Flood, Principal 713-376-1112 • kim@omnimediapartners.com
Central Vacuum Systems Airline Central Vacuum Systems King Tiekens, Owner 281-252-0021 • sales@airlinevacuum.com	Garage Doors Thomas Garage Doors John Thomas, Owner 713-725-8737 • jthomasdoor@hotmail.com	Promotional Products Consultant Red Frog Promotions Sherry Cousins, Owner 281-382-7727 • sherry.cousins@redfrogpromos.com
Certified Public Accountant Carl J. Herms, CPA, CGMA Consulting Business Management, Taxes, Construction, Real Estate, Associations 832-767-4297 • cjherms@gmail.com	Hardware CKI Pat & Helen Collins, Owners 281-989-8576 • hcollins2@ckilock.com	Property, Casual & Life Insurance State Farm Angela M. Henry, Agent 832-448-0150 • angela@angelahenryinsurance.com
Commercial Electric Provider Consultant GeoVend International Peter Carrico, Electric Power Consultant 281-513-4681 • peter.carrico@geovendinternational.com	Interior Design Eklektik Interiors Kathy Anderson, RD, Principal Designer 713-398-8596 • kathy@eklektikinteriors.com	Residential - Real Estate Specialist Veranda Realty Group Waukita Ray-Swales, Certified Luxury Homes Specialist 713-628-6801 • waukita@brgtx.com
Custom Countertops W.R. Watson, Inc. Wade Watson, President 281-495-2800 • wwatson@wrwatson.com	Italian Marble Carrara Italian Marble Import Dimitri Menin 619-718-1455 • sales@carraraitalianmarble.com	Title Agency Solutions Title Agency Jermaine Williams, Business Development Executive 713-998-6162 • jwilliams@solutionstitle.com
Custom Home Builder Sabo Custom Builders Ed Sabo, Principal 713-498-2050 • ed@sabocustombuilders.com	Kitchen Bath Lighting & Hardware Expressions Home Gallery Chris Sligh, Builder Sales Manager 713-861-2343 • scsligh@morsco.com	Windows Doors & Shutters Cedar Mill Company Stephen Blalock, Principal 713-539-5162 • steve@cedarmillco.com
Custom Pools Berry Pools John Berry, President 713-824-8182 • john@berrypools.com	Lighting & Accessories Lighting Inc. Gary Steele 713-545-7014 • garysteele@lightinginc.com	



Carnegie Signature Collection Offers Concierge Services

By Kathy Bowen Stolz

Of course you're familiar with concierge services at hotels, corporations and even hospitals, but did you know a Houston builder offers concierge services to his clients?

Arpan Gupta, president of Carnegie Homes & Construction, rewards buyers of luxury homes in his Signature Collection series of homes with an embedded concierge service for two years. At no extra charge those buyers receive landscaping services (manicuring, mowing, maintenance and changing of perennials), HVAC system maintenance, premium appliance training/seminar by SubZero and Wolf technicians and elevator serving. Keeping that elevator working is important, because many of his projects are three-, four- and five-story vertical homes!

Homes in the Carnegie Signature Collection fall in the \$2- to 8-million range, Gupta said, while other homes typically range from \$500,000 to \$1.5 million. According to Gupta, the company has completed more than 100 homes. He noted proudly that no two homes have had the same finishes to date. "It does take a bit more work to make each



home unique, but it's worth it."

He began to dabble in the larger luxury homes in 2014, deciding to expand the concierge services his staff was already providing to its clients. Because many of his homebuyers were out of town or working long hours, they weren't able to connect with utility companies or landscapers, for example. Gupta said his staff wanted to take the burden off their homebuyers' hands by coordinating those connections.

"I think of Carnegie Homes as a customer service company that happens to build homes," Gupta stated.

Gupta's path to building is rather unconventional. Although he completed medical school (expecting to be an interventional cardiologist), he never practiced medicine. "I enjoyed medicine, and thought it was a way to give back [to the community]. But I was always interested in all facets of construction and real estate. Medicine is great, but I really like the idea of creating architecture and leaving a mark on the community or city that comes with building.

"I bought my first rental property, a condo, while I was in college. Then I bought a few more condos. And while I was in med school, I did some large remodels."

Calling himself a "little bit of a gambler and a little bit of a contrarian," Arpan got an opportunity to build two custom

spec homes in the Galleria section of Houston in 2009. During “the worse market in history,” Gupta thought, “there was no place to go but up.”

Gupta decided to pay homage to the legacy of Andrew Carnegie, the industrialist known for supporting education and the arts in his philanthropy, when he named his company Carnegie Homes & Construction. “I found inspiration in Carnegie’s rags-to-riches story and felt he embodied quality, luxury and class.”

Gupta too emphasizes quality in his work. People were so impressed with the artistry and attention to detail in those initial spec homes that Gupta said he was able to build on that reputation. From those two houses, he expanded to eight, then 16 and now 30 to 50 homes a year and 12 employees. Half of the staff is in the field as superintendents, project managers and warranty specialists. The other half is in the office as interior designers, purchasing agents and administrators.

“Unfortunately I’m no longer able to get to know every single buyer personally, but I know the buyers are in great hands because my team can handle anything. I make it a point to surround myself with great people.”

With completed projects in the Galleria area, River Oaks, West University, the Heights, Memorial Park and the Woodlands, Carnegie Homes & Construction specializes in all styles of construction. It uses architects from three premier Houston firms rather than have an architect on staff.

“Architects often have expertise in a particular style or areas. We provide the same ease of expertise as many design-build firms do. But we don’t believe in forcing our clients to stick with an in-house designer who seldom is as established as the architects we use. We just absorb the architectural costs for our buyers. This way they have a better, higher quality of design and experience without the price tag.”

Arpan, a New Jersey native who has lived in Houston since he was four years old, is constantly on the lookout for new property. “I drive my family crazy because I spend weekends and evenings looking.” He looks for property in areas where he detects an undercurrent of excitement, such as a sense of community or new walkability.

Sometimes he converts a commercial property to residential. Sometimes he tears down an older home and re-plats the area to allow several vertical homes in the same space. “Nothing is off limits.”

He’s really excited about a new project called The Masterson Oaks at Westmoreland. It is in the

Continued on page 14





12902 Mula Lane
Stafford, TX 77477
P. 281.495.2800
F. 713.583.0676
wwatson@wrwatson.com



COUNTERTOPS

Laminate | Solid Surface | Granite | Quartz



W.R. Watson's State-of-the-Art Granite & Quartz Fabrication Plant Utilizes Computerized Saws, Edge Profilers, Cranes and Vacuum Lifts



Trey Magee
South Texas Brick & Stone, LLC

cell (713) 299-8893
office (281) 759-3100
fax (281) 759-3101
tmagee8@comcast.net

14110 Katy Freeway
Houston, Texas 77079-1032
Showroom 8715 A Katy Freeway

www.SouthTexasBrick.com

Ege Seramik's Epic Collection Offers Epic Benefits

Ege Seramik's most recent collection of tile offers a multitude of benefits in both design and durability. The slightly textured, matte finish of the Epic Collection beautifully replicates the natural look, warmth and charm of real wood.



Digital imaging and high-tech manufacturing bring this tile to life with true-to-life texture. All tiles are printed with wide-ranging visual diversity, resulting in an authentic looking floor. Epic's non-glossy finish makes it less slippery than glazed or polished tiles; it's ideal for high foot-traffic areas.

EPIC is produced as a 6" x 36" porcelain plank tile, suitable for residential to moderate commercial use. It is available in three colors: white, anthracite and brown.

Since 1972, Ege Seramik has been a major global supplier of top-quality ceramic and porcelain tile materials. To meet the demand of customers in the United States and Canada, Ege Seramik America (established 1991) has been serving a strong and loyal cadre of active North American customers from its stateside headquarters in Georgia. For years, Ege Seramik has been the number one Turkish product exported to the North American continent.

To learn more about Ege Seramik and to view the entire product line, visit www.egeseramik.com or contact the firm directly at Ege Seramik America, Inc. 1721 Oakbrook Drive, Suite C Norcross, GA 30093 or phone 678- 291-0888.

Builders Post-Tension



Since 2001

pti POST-TENSIONING
INSTITUTE

CERTIFIED PLANTS

HOUSTON (281) 873-9500
DALLAS/FORT WORTH (817) 529-9500

Serving Our Customers Since 2001
www.builderspt.com



“BPT is Customer Service”

BUILDERS POST-TENSION is an American owned and operated full service concrete reinforcement materials supply company founded in 2001. We have 2 offices in the Houston and Dallas/Fort Worth areas serving the great state of Texas and the entire USA. Our management team has well over 150+ years experience in the Post-Tension Industry and can service all our Customers various needs.



BPT HOUSTON (281) 873-9500 or email gmadrey@builderspt.com
BPT DFW (817) 529-9500 or email jgraves@builderspt.com

- PTI Certified Plants
- Standard and Encapsulated PT Systems
- Slab on Ground and Elevated Projects
- Servicing Home Builders, Contractors and Turnkey Concrete Contractors
- Single Family and Multi Family Foundations
- Tennis Courts
- Bulk Rebar and PT Material Sales
- Post-Tension System Repairs
- Engineering Coordination
- Turnkey Concrete Contractors Referrals Available
- CPU's and Walk In Customers are Always Welcome!

American Owned



and Operated

Serving the Houston Area
SINCE 2004

Baytown Floors offers a spectacular selection of the world's most popular
**WOODS • LAMINATES
CARPETS • TILE
DECORATIVE ELEMENTS**

We also offer showers with mud-set shower pans, tub surrounds, Jacuzzis, fireplaces, stone work, staircases, granite and backslashes.

Baytown is insured and bonded, capable of handling any job from A to Z as a complete turnkey operation.

We would welcome the opportunity to bid on your next project and show you the high level of service and quality of work that have defined our company.

Baytown Floors
TILE - GRANITE - WOOD - CARPET - LAMINATE

7910 North Highway 146
Baytown, Texas 77523
281.573.4400
baytownflooring.com

Lighting Inc.

Established 1959
LIGHTING BEAUTIFUL SPACES SINCE 1959

HOUSTON LIGHTING SHOWROOM: 4218 RICHMOND AVENUE
HOUSTON, TX 77027 | 713.623.6500

HOUSTON PLUMB. & HARDWARE SHOWROOM: 4205 RICHMOND AVE.
HOUSTON, TX 77027 | 713.599.1536

THE WOODLANDS: 255 ED ENGLISH DR.
SHENANDOAH, TX 77385 | 936.271.2335

www.lightinginc.com

CARRARA

ITALIAN MARBLE IMPORT
Countertops, Flooring & Wall Tile

We bring you the highest quality in luxury marble, at the best competitive prices with fast and reliable delivery.

A Texas based direct importer of authentic Italian Marble & granite slabs providing you with:

- impeccable service
- offering you the latest in trends
- making your needs number one

8617 Westheimer Rd, Houston Texas 77063
832-986-5114 • 832-986-5869
sale@carraraitalianmarble.com
www.carraraitalianmarble.com

Cedar Mill Co.

WINDOWS DOORS SHUTTERS

Offering a wide variety of beautiful, high quality windows, doors & shutters, custom fit to meet your specifications and architectural design

Best warranties in the industry
Guaranteed on time delivery

As a former builder, Steve knows what builders want and need
Why Would You Shop Anywhere Else?
www.cedarmillco.com

Corporate Office and Showroom
2121 Brittmoore Rd Suite 200
Houston, Texas 77043
713 984-2600
steve@cedarmillco.com



Dialogue with a Designer

John R Taylor, Allied ASID, CAPS - Designer at Eklektik Interiors

Houston-based Carrara Italian Marble Import is the market's "go to" source of authentic Grade A marble, a natural mountain stone imported directly from the city of Carrara, which is located in the northern tip of Tuscany. While most companies offer Grades B and C marble, mainly originating from China, India or Pakistan, Carrara Italian Marble Import deals solely with Grade A marble.

Carrara Italian Marble Import oversees the process from start to finish and is able to certify the authenticity of every stone. Using special machinery manufactured in Italy, Carrara can customize the size of the marble to meet the specific needs of each customer. Slab sizes include 24 x 24-, 18 x 18- and 6 x12-foot lengths. These outstanding stones are shipped from the quarry in Tuscany to the seaport of Verona and on to the Port of Houston. With the elimination of the middle man, Carrara Italian Marble Import customers receive the absolute best marble and granite for an excellent price.

This month Carrara Italian Marble Import, the rising star and "go to" company for natural stone products in Texas, speaks with John R Taylor, Allied ASID, CAPS. Born and raised on the island of Barbados, John worked in the construction industry for a number of years before obtaining his first degree, a BSc in construction science, from Texas A&M University – Commerce. He returned to Barbados to continue working as a project manager, but

after three years he started to feel the pull toward interior design. John obtained his second degree from The Art Institute of Houston in 2015, a BFA in interior design (with honors), and started working at Eklektik Interiors as an intern.

Using his knowledge in construction and his long-standing love for design, John is able to combine these talents to achieve well-planned spaces that exceed each client's desires. He is an Allied ASID member and has recently become a Certified Aging-In-Place Specialist. John also volunteers with the Houston Furniture Bank D.I.V.A.S., an organization that furnishes houses for individuals who are less than fortunate, is an avid foodie, dedicated husband and father to two miniature schnauzers!

Carrara Italian Marble Import: How can an experienced interior designer help custom home builders or remodeling contractors with their building or remodeling projects?

John R Taylor: As an interior designer, I am always looking at house plans, lighting products and RCPs (reflected ceiling plan) and new designs for specific areas in the house, as well as new products and finish materials. Builders have so much on their plates, their mindsets are normally to get the project completed. Because of this mindset, they might not be aware of new design concepts

Continued on page 10

Continued from page 9

for storage in a master bathroom or a better use of space in a kitchen or butler's pantry. As an interior designer, I have as my main goal to work with custom home builders to suggest design elements that will help set them apart from other builders. A well-planned home with all the right trimmings will come across as a more custom experience than one that has fixtures from your local hardware store. Those details are what a buyer will notice.

Carrara Italian Marble Import: *What sets you apart from other designers?*

John R Taylor: In my opinion, my love of construction, from the beginning of a project to the end, is what sets me apart. My background in construction helps to give me a much better understanding of what can and should be done in a space, and this pairs with interior design like hand and glove. I have had the opportunity to work on several new builds and remodels, and it is always so rewarding to have

a client become excited by my design, to have them say "I would have never thought of that," and to love the end result. This process doesn't happen overnight. It can take weeks of planning and research, but it is all time well spent when the ultimate reward is a happy client, and one that will refer you to all of their colleagues!

Carrara Italian Marble Import: *How do you begin the materials selection process when working with builders' and remodelers' clients?*

John R Taylor: Know the budget! Builders are great with giving a budgetary number for the finish selections. My task as a designer is to try and find products that look great and that are within or under budget, a task that is not always easy. I have found that having a great relationship with your vendor and reps will help make the selections process much easier. I also like to meet with the clients to get their input on how they plan to use specific spaces. If I can find a product that comes in under budget that the clients love, then I'm able to increase the budget for another application in another area of the house.

Carrara Italian Marble Import: *What are some common mistakes made by builders and homeowners?*

John R Taylor: Underestimating the importance of great lighting and door hardware has to be the main mistake. These products don't have to be tremendously expensive to make a huge impact. Having overhead lighting in common areas on dimmers is also something that is often overlooked.

Carrara Italian Marble Import: *What would be your recommendation for "what to do first" in a decorating project when working with the builders and/or homeowners?*

John R Taylor: Figure out how the homeowners will use each space and design accordingly. There's no use in designing a space that won't be functional. If a homeowner can have long-lasting functionality in their home, they will be able to enjoy it much more.

Continued on page 13



GET COMFORTABLE WITH OUR FAMILY!

Goodman, as an organization, is extremely focused on the residential new home and renovation market and we strive to develop products and programs that result in long-term relationships. Goodman[®] and Amana[®] brand systems feature outstanding limited warranties*, products with legendary performance, offering high-efficiency systems up to 18 SEER. Whether you build two or 200 plus homes per year Goodman has systems and builder programs that can help you grow your business. Builders can qualify for one of two builder programs when using Goodman or Amana brand HVAC systems. And one of the best things is that both Goodman and Amana brand products are proudly designed, engineered and assembled in the United States.



* Complete warranty details available from your local dealer or at www.amana-hac.com. To receive the Lifetime Unit Replacement Limited Warranty, Lifetime Compressor Limited Warranty, Lifetime Heat Exchanger Limited Warranty (in each case, for as long as you own your home), and 10-Year Parts Limited Warranty online registration must be completed within 60 days of installation. Online registration is not required in California or Quebec.



C.K.I.
WHOLESALE LOCK SUPPLY INC.

Hellen Collins
hcollins2@ckilock.com

10020 Sussex
Houston, TX 77041

Cell: (281) 989-8576
Office: (713) 462-0704
Fax: (713) 462-7130
Toll Free: 1-866-445-5230

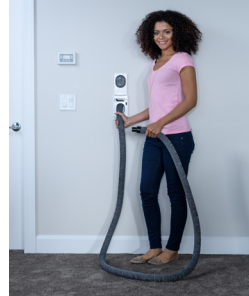


WWW.CKILOCK.COM




AIRLINE VACUUM
CENTRAL VACUUM SYSTEMS
281-252-0075
www.airlinevacuum.com

For Your Home and Garage



*Call or stop by our showroom
today for more information*

**Central Vacs with Retractable
Hose Systems are the
Ultimate Cleaning Convenience!**

VACUFLO *Hide-A-Hose*
BUILT-IN CENTRAL VACUUM SYSTEMS

Written Insured
**New Home
Warranties**

**A Solid
Foundation
for Your Business**



Texas Strong for Over 35 Years!



MARK SMILEY
800-445-8173
sales@homeoftexas.com
www.homeoftexas.com/MetroBldr

Signature
CONCRETE
OF HOUSTON

Commercial - Residential
Turnkey Concrete

832-370-4113 ♦ 832-257-2601

Continued from page 10

Carrara Italian Marble Import: What fascinates you and how have you incorporated that into your designs?

John R Taylor: Lighting, bars and wine rooms, these are a few of my favorite things! LED lighting continues to improve in leaps and bounds, and I always enjoy figuring out new ways to incorporate it into designs. Both wet and dry bars have been showing up in quite a few projects, along with dedicated wine rooms or beautiful wine displays. Combining LED in these areas can give a look that is totally unique and will help to accentuate each space.

Carrara Italian Marble Import: What has been your most challenging project and why?

John R Taylor: My most challenging project to date would be a remodel I did for a husband and wife who needed to make their home ADA-compliant and -accessible. It was a remodel of necessity, as the wife had suffered a stroke and was partially paralyzed and needed assistance from her husband to navigate their home. This project started just as I had earned my Certified Aging-In-Place designation, so there was a lot of research that had to be done to ensure everything was perfect for the clients. The biggest part of the process was ensuring that every area of the house was accessible to her, with the correct turning radiuses, counter heights, switch locations and door openings. We also had to remove all the different types of flooring and install one flooring product, an LVP, that ran through the entire ground floor, eliminating transition points. It was a labor of love, getting to know the clients and seeing how happy they both were once the project was completed.

Carrara Italian Marble Import: What motivated you to go into the interior design field?

John R Taylor: I think at some point in time everyone fancies themselves a designer. I had always loved the idea of using items to create a beautiful space, personalized to my tastes, and limited only by my imagination. While I was working as a project manager in Barbados, I had the chance to interact with the interior designer on a large villa I was working on. I had to help her place furniture in the villa, including CAD drawings for her, to help verify that furniture would fit correctly! Normally, my contract ended once the construction was completed, but the clients had asked us to help the interior designer install furniture. Seeing this side of the coin helped to open my eyes to a whole new aspect of the design world and was enough to whet my appetite and entice me to pursue this career.

Carrara Italian Marble Import: What is your favorite design style?

John R Taylor: I don't have any one favorite. I love the challenge of designing per the specific taste of each of my clients. I have had quite a few clients that have a transitional style, but they all have that one thing that sets them apart. Maybe they want to incorporate an edgy light fixture, or they like the industrial look, but don't want it used throughout the entire house.

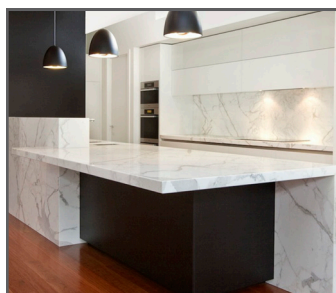
Carrara Italian Marble Import: How to you keep yourself up to date with current design trends in the market?

John R Taylor: The internet is a great tool for this. I also glean information and inspiration any time I travel.



You may contact
John R Taylor,
Allied ASID, CAPS,
at
Eklektik Interiors,
1300 Shepherd Drive.
Houston TX, 77007,

or by email at
John @eklektikinteriors.com
or by phone at
832.804.6300.




CARRARA
ITALIAN MARBLE IMPORT

Countertops, Flooring & Wall Tile

*We bring you the highest quality in luxury marble,
at the best competitive prices with fast and reliable delivery.*

A Texas based direct importer of authentic Italian Marble & granite slabs providing you with:
• Impeccable service • Offering you the latest in trends
• Making your needs number one

8617 Westheimer Rd, Houston Texas 77063 • 832-986-5114 • 832-986-5869
sale@carraraitalianmarble.com • www.carraraitalianmarble.com



Continued from page 5

Westmoreland Historic District, which was an extension of Louisiana Avenue in the late 19th century. Carnegie is building 15 single-family, detached homes in the \$750,000-\$1.2 million range; they will be comprised of 2 ½, 3 or 4 stories.

But in order to implement Arpan's vision for the development of this property, certain restrictions written in the 1920s had to be changed. Those changes required notarized approvals from 75 percent of all the landowners in the historic district. And those notarized signatures had to be acquired within one year of the request! For some builders, this task would seem insurmountable, but Arpan and his team were undeterred, he said, and achieved 76 percent approval in 363 days. But this was no simple door-to-door campaign. These signatures came from owners as far away as Singapore!

"We're saving a 300-year-old oak tree and are building a park around it as a homage to the area's history. This is a labor of love, that's for sure," Gupta stated.

In order to serve the growing number of spiritually-focused homebuyers seeking Carnegie's services, the company specializes in architectural design and construction governed by the principles of Feng Shui and Vastu Shastra,



which translates to the “science of architecture.” These principles determine energy flow throughout the home and impact design, layout, measurements, ground preparation, space arrangement and spatial geometry.

His team considers such things as the placement of ovens and showers so that fire and water are not on top of each other. They may have to reorient a home to face a different direction or to compensate for longitude and latitude. They may have to round the edges of sheet rock to a quarter-inch bull nose because sharp edges will cut the energy and be a negative force in a house. “But we are tolerant and respectful of others’ beliefs. These are truly custom homes,” Gupta noted.

*For more information about
Carnegie Signature Collection and
Carnegies Homes & Construction,
visit www.carnegiehomes.com
or call 281-501-9311
or email info@carnegiehomes.com.
The office is located at
4215 Washington Ave., Houston, TX 77007*





The Action Coach

How Stress Can Affect Your Work

By Doug Winnie

On a scale of 1 to 10, how high is your stress level? I'm betting your answer is a 7 or higher. There is so much grabbing at our attention these days that it can be hard to get done the things that need to be done -- leaving us overworked and stressed.

Managing stress is extremely important to the health and wellbeing of you, your family and your business. The most common thing people stress out about is money and their team. In order to make more money, they think they have to work more hours -- instead of hiring more team. When you work more hours, you neglect your relationship with your loved ones and, most importantly, yourself. This is when stress intensifies from a mental state of chaos to physical symptoms, such as headaches, insomnia, a weakened immune system, and ... the list goes on and on. How can you run a healthy business if you are not healthy yourself?

A job that is completely stress-free doesn't exist. Stress shouldn't necessarily be perceived as a bad thing; it is what motivates you to respond to danger, meet deadlines and

think about the future. With deadlines to meet, people to please, standards to uphold, and new markets to enter, your job will always present challenges and circumstances that force you out of a state of perpetual complacency. But, as is true with all things, an excess of stress can eventually result in a number of physical and mental symptoms that will endanger your health and wellbeing over the long term.

Your body is designed to withstand some degree of stress. What your body is not designed to do is maintain a constant fight-or-flight response over a long period of time. Whether it is your personal life, your family or your job, the effects of excessive levels of stress will eventually bleed into the other parts of your life.

Your job performance will especially begin to suffer: You can't deal with setbacks as easily, you lose your temper more often, you don't think clearly and, if ignored long enough, you will experience burnout. These deleterious effects are not irreversible, but the root cause of your stress has to be dealt with.

Here are a few tips for reducing stress:

- Keep a to-do-today list. Create the list at the end of the day for tomorrow, or at the very beginning of every day (yes, including your days off). Make sure the most important (not the easiest) is done first.
- Create calendar entries with times to manage your tasks for the day. Make a commitment to do the most important item every day.
- Learn to delegate all tasks which are below your pay grade (and consider your pay grade to be at least \$75 per hour; we like our clients to consider \$150-\$200 per hour to be their minimum pay grade!)
- Finally, ask for help; there are plenty of people out there who have the skills, have the experience and have a desire to help you become more successful with less stress.

What's your plan for reducing stress? Write your plan and take action today!

Doug Winnie, owner of ActionCOACH Business Coaching, is an international public speaker, profit strategist and award-winning business and executive coach.

For more information on how Doug can help you build a better business, contact him at n3marketing@actioncoach.com or 713-936-3814

6 Steps to a Better Business .
 Make Your Business Work So That You Don't Have To!

ARE YOU LOOKING TO GROW YOUR



Time, Team & Profits?

**REGISTER TODAY (FOR FREE) FOR OUR
 2-HR BUSINESS LUNCH + LEARN
 TAUGHT BY ONE OF THE TOP BUSINESS
 COACHES IN THE WORLD!**

<http://bit.ly/metrobuilder>

713.936.3814
www.BusinessAsATool.com

ActionCOACH®
 business coaching

DOORS THAT SUIT YOUR DESIGN STYLE.

HOUSTON'S FINEST HOMES CHOOSE THOMAS GARAGE DOOR.



Building or Remodeling? Choose a Custom Door.

Get the Strength of Steel & the beauty of wood handcrafted from the finest cedar, cypress or redwood. Smooth & rough finishes available. Custom doors made to fit your home with over 30 years of experience. It's an affordable way to update your curb appeal.



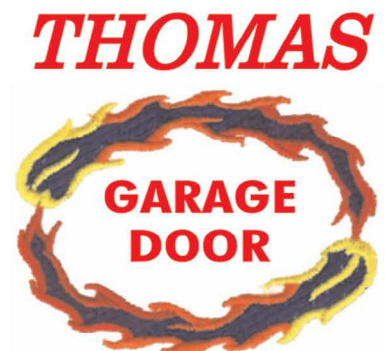
Short Lead Times
Great Pricing
Professional Installation
(We don't buy 'em, we BUILD 'em!)

Handcrafted in Houston by the
Master Door Maker
John Thomas

713-725-8787
FREE ESTIMATES



Visit our photo gallery & shop door styles at:
www.jthomasdoor.com | jthomasdoor@hotmail.com



The Metropolitan Builder
5161 San Felipe Street #320
Houston, Texas 77056

PRESORTED
STANDARD
US POSTAGE
PAID
PERMIT NO. 144
N. HOUSTON, TEXAS



KITCHEN | BATH | LIGHTING

Houston
6867 Wynnwood Lane
713.861.2343

7071 Southwest Freeway
713.781.2222

expressionshomegallery.com

Discover Excellence.



Our Morrison Showroom located at 6867 Wynnwood Lane is now rebranded to Expressions Home Gallery; Morrison's premier showroom brand.