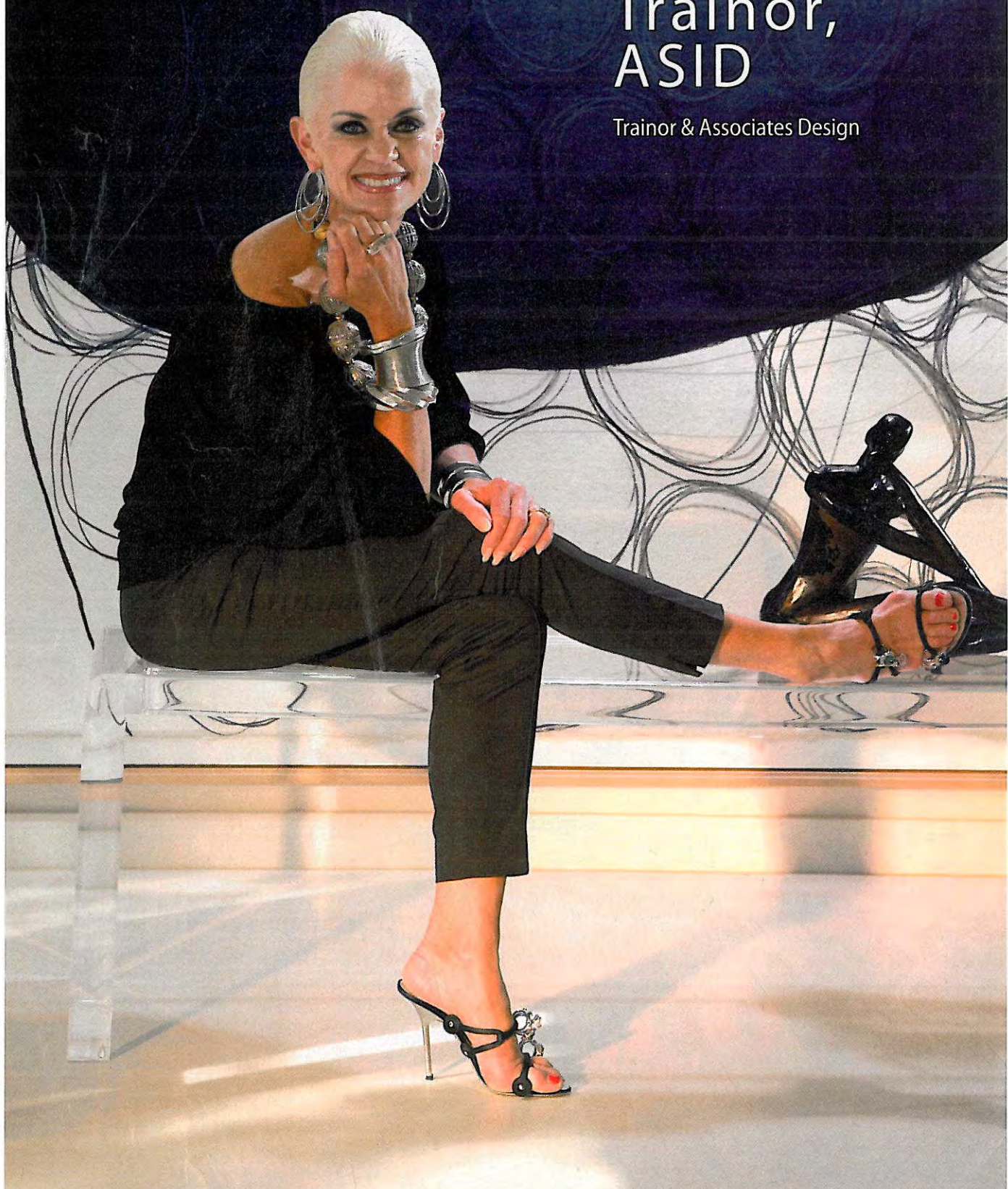


Paulette Trainor, ASID

Trainor & Associates Design



Former Lodi farm girl Paulette Trainor remembers herself as an 8-year-old declaring to her father, "I want to be an interior designer."

"I don't know where that came from," she says. "My mother was very creative with crafts and sewing and cooking, but living in the country, I wasn't exposed to fine art and design. My father looked at me and said, 'So how are you going to make a living?'"

With gusto, Dad—with gusto. Throughout the past 24 years, Trainor has been building a reputation as one of Sacramento's most sought-after tastemakers and community heroines. In addition to belonging to the Friends of the Sacramento Crisis Nurseries, she also serves on the boards of the Center for Contemporary Art and B Street Theatre. In 2003, Trainor and design colleague Roberta "Bobbe" Brown received the People Helping People Unsung Heroes Award from the Community Services Planning Council for their work with the Crisis Nurseries.

With a slicked-back platinum 'do and Flintstone-size bling that announces her every approach, this trim, 5-foot-3 dynamo (usually draped in Donna Karan black or white) defines style as "a creative expression of one's taste and the creation of the individuality that results from that taste."

While most of us can only dream of kickin' it Trainor-style, we can pick up a few hints from the design guru herself. Here are a few things she unabashedly adores.

WALL COLOR: "I have a couple that I love. One is Benjamin Moore Silver Satin. I like it because it's soft and warm and complements a range of materials like stone, porcelain and metal. And then I have a new one: Wendigo by Pratt & Lambert, a dark brown/black. It does the same thing as white in the opposite way—anything you put in the space pops out because of the background. My own interior and exterior (at home) is a custom color based on the trunks of birch trees."

ARTFULLY SPEAKING: "I love to use original art and sculpture. Even if you don't have any furniture, start with the art. My favorite artists are Robert Motherwell, Robert Kelly, Richard Serra and Helen Frankenthaler. It's hard because I love a lot of artists, but these in particular are bold, dramatic and sophisticated."

FABRICS: "Silk velvets and silk mohairs. They are so luxurious—tactile and inviting."

JEWELRY: "Everywhere I go, I look at jewelry. I like chunky, big jewelry—sterling silver."

SHOES: "I don't have a favorite brand. I'm not a Manolo Blahnik fan because his heels aren't high enough for me."

MAKEUP: "I have turned pretty boring when it comes to brands because I'm allergic to parabens, a

preservative they put in cosmetics. I use Cos-Medix, a line I purchase through my aesthetician, and Jane Iredale."



WORKOUT GEAR: "I'm a runner and do weight training and Pilates. I like New Balance running shoes—always from Fleet Feet, where

they fit me with the shoes. And I love the workout clothes that Rose Zahnn carries at Healthy Habits (Fitness and Yoga Studio)."

ENTERTAINING TIP: "Just do it. Don't be intimidated by entertaining. The bottom line is, people are thrilled to be invited over—even if you just open up a can of soup. My favorite quote regarding cooking is from Julia Child: 'What the hell.' If it doesn't turn out, scramble some eggs."

MUST-READ: "*Depths of Glory* by Irving Stone. It's about Camille Pissarro and the Impressionist movement he started in France. The book talks about the different artists and the struggles they went through both personally and professionally—and it's still like that today. I think every artist should read this book."

GUILTY PLEASURE: "Häagen-Dazs Cherry Fudge Truffle. I'll eat a whole pint in one sitting."—Dayna Dunteman

