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Nicole Bonaccorso is a journalist who covers climate change, the environment, and sustainable living.Highlights:Nicole started writing for Treehugger in July 2021.Her work has appeared on weather.com, AskMen.com, Upworthy, NBC.com, RetailMeNot, Verywell, and Mashable. Nicole has written for weather.com, AskMen.com, Upworthy, NBC.com, RetailMeNot, and Mashable among other publications. She is passionate about climate change and environmental reporting, as well as writing about sustainable living.Nicole's work at Weather.com has won several awards, including a 2018 Atlanta Press Club Award of Excellence for Photo Gallery and the 2018 New York Press Club Award for Internet Feature Photo.Nicole lives in the New York metro area and spends most of her time writing, cooking, and being outdoors. Education Nicole has a bachelor's degree in Writing Arts from Rowan University.Other work:Treehugger Product Review Editorial Guidelines & Mission Treehugger and Dotdash Meredith Our mission at Treehugger, a Dotdash Meredith brand, is to provide advice, clarity, and inspiration for both the eco-savvy and the green living novice. We hope our content gives you the confidence to purchase a better dishwasher, build a green beauty routine, or simply learn more about the world around you. Learn more about us and our editorial process. I am writing on behalf of my mother Joanne Schlosser who passed away April 23, 2016 after a five month battle with Stage IV lung cancer. My mom was a smoker; we always knew she had emphysema and had to have follow up appointments. In late November of 2015, my mom had fallen, breaking bones and requiring surgery. While she was in the hospital, they found a mass - and biopsies lead to the hurtful news of lung cancer. Turns out it was Stage IV and had traveled to her brain. She had the gamma knife which took care of the masses in the brain, and chemotherapy for her lungs. Being told you have about a year to live is scary, but mom fought to the very end. My mom was a frail 84 pounds but with treatment she gained healthy weight back. One moment we thought her tumors were shrinking and things were going well - and then we were told had a paralyzed diaphragm and was basically living off of one lung. Her battle ended on April 23,2016. My mother was a fighter; she was scared but rarely showed it. Please, if something doesn't feel right, get checked, do research and maybe help others. My mom's death has made me open my eyes and want to know everything possible about this nasty cancer. Show Your tax-deductible donation funds lung disease and lung cancer research, new treatments, lung health education, and more. Make a Donation Join over 700,000 people who receive the latest news about lung health, including COVID-19, research, air quality, inspiring stories and resources. Thank you! You will now receive email updates from the American Lung Association. Media Platforms Design TeamBorn and bred amongst elite Hollywood social circles, Nicole Richie is no stranger to stylish entertaining. And the TV star and multi-hyphenate considers her home in Laurel Canyon the ideal place for celebrations. "People are in and out of our house every day and night," says Riche. "They come over, take off their shoes, listen to classic rock and eat good food." Unique personal touches help to create the mood for any party, and some of Nicole's favorites, including candles, rugs, flatware, and holiday decorations, are available for purchase in an upcoming Joss & Main sale event curated by the star.Nicole creates an easy atmosphere with rugs and blankets—laying different rugs on the ground so that guests have room to sit, and keeping white Moroccan wedding blankets within reach in the event that outdoor gatherings get chilly. "I really love the relaxed vibe of friends sitting on the floor, D.L. & Co. candles burning, and listening to music," she says. Fittingly, Richie names D.L. & Co. (as well as Diptyque) candles as an ideal hostess gift, but is also in favor of a decidedly less formal take. "Listen, I'll take some cash!" says the star, whose unfiltered sense of humor is regularly on display in her AOL show, Candidly Nicole.One thing she's serious about: A plethora of blooms. "Flowers are an important detail for me," she says. "Eric Buterbaugh & Botany do my flowers, and we have them on every table." And we're on board with her pre-party clean-up routine. "There's nothing you can do about these kids' awful, neon toys nowadays," she says. "So I collect vintage trunks and put them anywhere in the house that I can. I let [the kids] run wild during the day and then throw everything into trunks at night."Nicole's eclectic Joss & Main sale (featuring items seen below) launches on Tuesday, Nov. 12 at 9 p.m. ET on JossandMain.com.Media Platforms Design Team When you visit the site, Dotdash Meredith and its partners may store or retrieve information on your browser, mostly in the form of cookies. Cookies collect information about your preferences and your devices and are used to make the site work as you expect it to, to understand how you interact with the site, and to show advertisements that are targeted to your interests. You can find out more about our use, change your default settings, and withdraw your consent at any time with effect for the future by visiting Cookies Settings, which can also be found in the footer of the site. So, you want be a cheerleader? Where do you begin? Cheerleading is more than just trying out and being picked for the squad. It's about seeing yourself in a certain way, building physical skills, and presenting yourself in a positive light. It's also about teamwork, memorization, and training. Cheerleading is as much about who you are as what you are. A cheerleader is a leader, a role model, a friend, and an athlete. At times they are a teacher and at other times a student. They can be considered a sports participant or a spectator, depending on where they are and what they are doing. They are looked up to by many and put down by others. It's not always easy being a cheerleader, but the rewards are many. The skills you learn will not only carry with you throughout your lifetime but will help shape who you are or what you become. Cheerleaders are, by definition, positive people. They are also, physically strong and energetic (it takes a lot of hard physical work to become a cheerleader)confident (cheerleaders are out in front of crowds all the time, and need to project positive confidence in themselves and their team)good team players (cheerleading is all about working together)disciplined (you'll be learning and practicing routines that you must learn by heart)hard-working (you'll be practicing long, hard hours)willing to play by the rules (cheerleading competitions are all about following very specific rules to the letter)able to take constructive criticism (you can only improve if you're able to respond positively to criticism from coaches)eager to learn new things (you'll be learning new moves and cheers all the time) In addition, a good cheerleader must have: a good strong voice for cheeringa healthy lifestyle (eating and sleeping right and avoiding drugs and alcohol are key to being a strong athlete)the ability to manage multiple demands at the same time (cheerleading takes a lot of time and energy, but you must also be able to complete your schoolwork and handle other responsibilities) The road to becoming a cheerleader starts with education. Learn all you can about every part of cheerleading and you'll be off to a good start. Here are some tips for collecting the information you need: Talk to the coach or adviser of the squad you're trying out for and find out the requirements. If possible, talk to current cheerleaders.Attend a performance of the squad you're interested in. Watch them closely and observe their skills and abilities.Get to know the cheerleaders in your school. If you can become friendly with some of the girls, you'll learn more about what it takes to join the squad; at the same time, you'll also have friends eager to support you during tryouts.Watch tryouts. If you're allowed, go to tryouts the year before you plan to try out yourself. Watch to see what the coach is asking for and take notes.If you don't know something, don't be afraid to ask questions.If you'll be cheering for a sport, learn about that sport. Know when to cheer and when not to. Cheerleading is physically demanding; in fact, it can be tougher than some varsity sports. That's because cheerleaders must be as strong and flexible as gymnasts, as graceful as dancers, and have the lung capacity of runners. What's more, while athletes can grimace and sweat, cheerleaders must always have a smile on their faces and look their best. To get in shape, enroll in some classes, or attend a camp or clinic (this might not always be possible as a lot of camps/clinics are for squads only). Check local gyms, recreation departments, and colleges for cheerleading, gymnastics/tumbling, and dance classes to take. Learn as much as you can from sources like books, videos, friends, cheerleaders, and the internet. Take some time every day to practice moves until you feel you're ready. Below are some areas to concentrate on: When you visit the site, Dotdash Meredith and its partners may store or retrieve information on your browser, mostly in the form of cookies. Cookies collect information about your preferences and your devices and are used to make the site work as you expect it to, to understand how you interact with the site, and to show advertisements that are targeted to your interests. You can find out more about our use, change your default settings, and withdraw your consent at any time with effect for the future by visiting Cookies Settings, which can also be found in the footer of the site. HGTV's Nicole Curtis is full of surprises. The 38-year-old Rehab Addict star wears many hats, but she's best known for her ability to breathe new life into rundown houses. Here, we've compiled 17 facts you might not have known about this home renovation expert—get ready to love Nicole even more than you already do! 1. She has two dogs, and they're adorable. View full post on InstagramView full post on InstagramBoth Lucy and Max, who make frequent appearances on Rehab Addict, are rescue dogs. 2. After going to school in Georgia, Florida, and Michigan, she started her own cleaning business. Nicole told that AZ Central that, initially, she had planned on going into law, but then ended up in education. However, she quit school just shy of earning her degree to start a one-woman cleaning business. 3. She has a 16-year-old son named Ethan. View full post on FacebookView full post on Instagram 4. She once bought a house for \$1. According to CBS Minnesota, she bought the decrepit house in Minneapolis, Minnesota in 2012 for \$1, then spent around \$100,000 to fix it up and put it on the market for \$145,000. 5. She is from just outside Detroit, Michigan. View full post on TwitterNicole grew up in Lake Orion, Michigan. 6. Her family and friends help her with her projects. View full post on FacebookView full post on FacebookIt that's not teamwork, then what is? 7. Every house she renovates has an American flag out front. View full post on InstagramView full post on FacebookAccording to The Weekly Standard, Nicole hangs a flag outside of every property she renovates. USA all the way! 8. She loves yardwork. View full post on TwitterView full post on Twitter 9. She bought her first home at 18 years old. "My first home purchase was a heap bought via land contract in Tampa, Florida," she told Quirky Inspired. "I couldn't afford a 'pretty home' so I bought the ugliest 1945 Ranch for \$52,000. My house payment was \$596.42 a month and I waitressed and sold cell phone contracts while going to school to afford it." 10. Her spirit animal is a honeybadger. View full post on Twitter 11. Need reno tips? Check out her videos on the HGTV website. If she's talking, we're listening. 12. She likes to stay active. View full post on TwitterKayaking, running, wake-boarding ... the list goes on. 13. She recently bought back her grandparents' old home in Ohio. View full post on FacebookLook out for it in season 7! 14. She is arguably one of the most down-to-earth TV hosts out there. As she told the website Do It Yourself, "You're not going to interview many hosts who wake up at 7 in the morning and go to their job site with their own money, their crew, and their financial future at stake ... It's not all rainbows and lollipops." 15. She loves what she does. View full post on Youtubelt couldn't be more evident how much she loves old homes—something we can definitely relate to! Keep doing you, Nicole.

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