



# Landscape Aesthetics, Inc.

# Around The House

FEBRUARY, 2011

NEWS THAT HELPS THE FAMILY.



## Our Services Include

- Landscape Design & Planting
- Patios & Raised Patios
- Stonework & Walls
- Steps & Level Transitions
- Front Entries & Walkways
- Fireplaces & Fire Pits
- Poolscapes & Waterfalls
- Outdoor Kitchens
- Fireplaces with Overhead Structures
- Pergolas & Pool Houses
- Spas, Cozy Coves & Pondscapes
- Fencing, Gates & Arbors
- Master Planning & Design
- Snowplowing

## Dealing With Adversity Can Make Us Stronger

Psychologists have discovered that having to deal with two to four devastating events in your life can make you better able to deal with any adverse condition that comes up.

In the past, studies have dealt with the negative effect of such events as assault, unemployment, loss of a parent, and natural disasters. They linked outcomes to poorer mental health and lower life satisfaction that lasted for years.

A new study shows that experiencing adversity can foster resilience. Those with a history of some adversity in their lives showed lower distress levels and higher life satisfaction. They handle more recent adverse events better than others. The study involved 2,398 subjects ranging in age from 16 to 101.

Dr. Mark Seery of the Department of Psychology at the University of Buffalo, says people in general are more resilient than we think. After dealing with a tragedy or adversity, they may develop a "psychological immune system" to help them cope with future misfortunes that come their way. The system tells them "after what I have dealt with in the past, I know I can deal with this."

Those with no experience of adversity find it more difficult to deal with tough times.

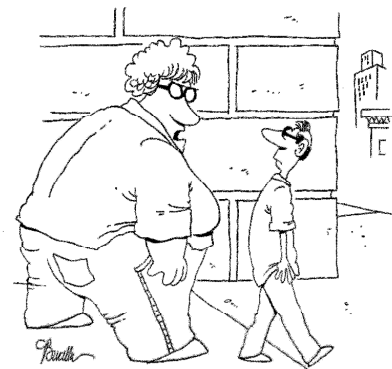
German philosopher Friedrich Nietzsche is often quoted as saying, "What does not destroy me, makes me stronger." But, there is more to it than that.

Resilience expert Ann Masten at the University of Minnesota says we do have a capacity for resilience, but that doesn't mean horrible experiences are good for us. It's important to have community and social networks in place to help people deal with the aftermath of adverse events. Sustained adversity can wear out the psychological immune system and make a person feel hopeless.

## Inside This Issue:

- **Painting Your Home For Resale!**
- **The True Danger of Laser Pointers!**
- **Tips To Protect Your Kidneys!**

**Plus much, much more!!!**



"I figured it out. It's not the jeans that make me look fat...it's you."

## How To Deal With Asphalt Fumes

More than a half million workers are exposed to asphalt fumes every year.

The two main types of work in which heated asphalt is used are road building and the installation of built-up roofing systems, commonly used on hospitals, office buildings and schools.

When asphalt is heated, it releases fumes or droplets that can cause skin irritation and rash, fatigue, reduced appetite, throat and eye irritation and skin cancer, if the fumes are not washed off the skin regularly.

Burns from hot asphalt are a more serious problem and have to be tended to without delay.

It is important to note that many asphalt products, including shingles and roll goods, as well as coatings, mastics and cements, are not heated during application and do not release asphalt fumes. Heated products used for built-up roofing systems stop releasing fumes after the material cools.

While working on high roofs is dangerous for a number of reasons, working on the ground during asphalt paving is more dangerous. Hazards include

vehicle traffic, heavy equipment, machinery and lots of hot asphalt.

According to safetyservices.com, personal protection for road workers includes: high waterproof work boots, safety goggles or safety glasses, chemical resistant heavy-duty gloves, a particulate mask or respirator, hard hat, long sleeved shirts, sturdy pants and barrier creams. Earmuffs or earplugs should allow them to hear traffic.

### Higher Fiber Diet Can Improve Breathing

The National Institute of Environmental Health Sciences studied middle-aged people with chronic obstructive pulmonary disease (COPD). Those who had the highest daily fiber intake had better lung function than those with the lowest fiber intake.

**Recommended intake:** 30 to 38 grams for men, 21 to 25 grams for women.

## Painting Your Home For Resale

Here's some advice from home stagers.

First, never ignore the ceiling when you are preparing your house for sale. You might not notice the ceiling yourself but buyers do notice flaws in paint and texture in ceilings. Fresh paint on the walls always makes an old paint job or a ceiling seem dingy.

For ceilings, white bounces light to make a room look brighter and larger. Choose a shade of white that compliments your wall color.

For heavily textured ceilings such as a swirled plaster, popcorn or lace

finish, white is always the best color. Paint carefully so that the finish is even and no depressions in the pattern are ignored. Unpainted spots tend to stand out in patterned ceilings.

If your ceiling is smooth plaster, you can paint it in a light color complimentary to the walls. A tinted ceiling can dramatically change the whole look of a room, so make sure the color you choose is not too dark or unusual.

If your ceilings are high, you can paint any color that goes with the rest of the room. To make ceilings feel lower, and if you have enough light in the room,

consider painting them a slightly darker color than the walls.

For average height or low ceilings, consider using a lighter tint of the wall color. It makes the ceiling part of the decor.

Always choose neutral colors for walls when you are planning to sell your home. It doesn't matter how much you love your wall colors. When you are planning to sell, you have to start looking at your home with the eyes of a stranger. People have different opinions about color. Don't make your home stand out because a potential buyer hates the wall color.

***Landscape Aesthetics, Inc.***

***Around The House Tip Of The Month:  
Focusing On Color: Painting Your World***

Wherever we go, we respond to color, though its effect is often underestimated. Color use is important to us in our homes and workplaces.

If you are selling a house, you will want to choose different colors than those you might use for your own home. See the advice for home sellers on page 2 of this issue.

If you just purchased a house, you can add some of your own personality with paint.

HGTV's Shari Hiller says color accounts for 60 percent of our response to a room. Here is some advice.

**Living room:** Start with colors you love from something in the room. Consider colors from artwork, a rug, dishes, an accessory or furniture for a main color or accent. Buy two or three quarts of paint. Paint sample boards to hold up to the furniture, fabrics and surfaces you choose.

If you aren't sure where to begin with a color, experiment in a bathroom, a small hall or area between rooms. **The dining room:** Do you want the area to feel social and stimulating or be formal and quiet? Warmer, contrasting and somewhat brighter colors add to a sociable atmosphere. Deeper blue-greens and neutral colors make the dining area more formal.

**The monochromatic color scheme:** In any room, one color need not be boring. You can create bold or subtle variations within one color group with contrasting paint finishes. It helps to use matte finish paint for walls and slightly shiny eggshell paint for wood trim. The paint will appear to be a slightly different color. It can be attractive to paint an entire wall in a lighter or darker hue of the same color.

White or off-white tint can be a striking accent when used as trim with a monochromatic color group.

**For bedrooms:** Softer, cool colors and neutrals create a quiet feeling.

**Children's bedrooms:** Stay away from bright and intense wall colors, which are said to lead to unrest and irritability.

For an accent color in any room, select a warmer color, more toward reds, or a cooler color more toward blues, to compliment your main color group.

**How to solve sudoku puzzles**

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

**Presidents Day Sudoku**

				5				
	1		9		3	6		
9		3	1			2		
3	7					1		
	9		6		1		8	
		8					3	2
		5			2	4		6
		9	8		5		7	
				9				

**Answer Key on Page 8**

**Living Walls Go Green!**

Architects are expanding on the idea of roof gardens by creating exterior wall gardens. While roof gardens have long been touted as an eco-friendly, energy-saving idea, the notion of making walls into gardens never took root in design circles until recently. Now, architects are calling on hardy perennials such as *Pachysandra terminalis* to create a stunning new look in building design, according to Time.

Pennsylvania's Longwood Gardens boasts North America's largest living garden wall. At 3,590 square feet, it's 50 percent bigger than the previous record holder, PNC Bank in Pittsburgh. In South America, the InterContinental Hotel in Santiago, Chile, has unveiled its 17,000 square foot living wall.

These living walls require expensive drip irrigation and electronic monitoring systems so the plants don't dry out.



**20 Old Quarry Road, Bernardsville, NJ 07924**  
**908-766-7200**

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## Beware of The Laser Pointer!

The latest generation of high-powered laser pointers offer a brightness thousands of times stronger than looking at the sun, eye-safety experts warn.

The new pointers exceed Food and Drug Administration 5-milliwatt power limits on manufacturers' sales of laser pointers to consumers. But higher powered pointers are available online for as little as \$20. Some being sold generate as much as 700 milliwatts of power.

Lasers deliver a beam of focused light, usually on a single wavelength. The eye focuses the light narrowly, which can scar the retina.

A New England Journal of Medicine report described a 15-year-old boy who scarred the retina of both his eyes after creating a "light show" in a mirror with a 150-milliwatt laser pointer. According to Switzerland's Lucerne Cantonal Hospital, even an inadvertent glance into the laser can cause immediate eye injury.

Green laser pointers can be very dangerous, the experts warn. They often emit light in wavelengths that don't trigger the eye to blink in order to block out the light. They can cause "flash blindness," a temporary loss of vision that can last several minutes.

The laser pointers can generate a very powerful beam even when powered by small batteries. Some of these hazardous devices are being sold online as party toys and gifts for older children, according to photonics Professor Thomas Baer of Stanford University

### Healthy Tip Of The Month: "Protect Your Brain: Work Up A Sweat!"

Harvard researchers have come to some conclusions about how much exercise will protect you from dementia. They say people engaging in moderate to heavy physical activity are 45 percent less likely to develop any kind of brain problems.

## Planned road signs to move away from all capital

CAN YOU QUICKLY READ THIS? Or, is this easier to read?

The federal government is requiring cities across the country to change street-name signs from all capital letters to capital and lowercase letters. The government says they are easier to read.

Cities, states and localities will also be required to make new traffic warning signs that better reflect light from a vehicle's headlights. They will be easier to see at night, especially by older drivers. The Federal Highway Administration (FHWA) gives cities and towns until 2015 to make the changes. New signs will improve visibility of roadside signs like stop, yield and railroad crossings.

If cities don't comply, they will be in danger of losing federal funds. If states don't comply, they could be liable in lawsuits, especially those filed in crashes attributed to non-compliant signs, the FHWA says.

Their research shows that older drivers especially are better able to read signs when they are written in both capital and small letters. FHWA director Victor Mendez says as drivers get older, they want to make sure they can easily read the signs. The changes were proposed in 2007 and included in last year's periodic update to the federal code governing public streets and roads.

Cities and states are not pleased with the changes. They have already cut their budgets, most have no extra funds for the change. The government might extend the deadline.

## Use These Five Tips To Protect Your Kidneys

Each one of your two kidneys has about a million tiny filtering units in it. That might seem more than enough to do a good filtering job, but they have a lot to do and are easy to harm.

The kidneys remove sodium and water to maintain the fluid balance in your body, and they eliminate urea caused by protein breakdown.

They also work to fine-tune levels of calcium, phosphorus and potassium, and they help to regulate the acid balance in your blood.

If you have diabetes, high blood pressure or heart disease, you have a high risk of killing off some of

those million filtering units. Smoking, being overweight and having high cholesterol also threaten to break them down.

To save your kidneys, take these steps.

\* Carefully control diabetes, which is the most common cause of kidney failure. Talk with your doctor about how exercise, food, medications and stress affect your blood sugar, according to doctors at the Mayo Clinic.

\* Make every effort to control hypertension. High blood pressure damages small blood vessels in the kidneys and can cause kidney disease.

\* Avoid taking too many pain killers. Long-term use of over-the-counter pain killers can damage the kidneys.

\* Eat with kidney health in mind. Avoid eating too much meat. Talk to your doctor if you already have kidney disease about how to achieve a low-protein diet. Reducing protein in your diet will slow the progression of chronic kidney disease.

\* If you smoke, quit now. Smoking and using other tobacco products makes kidney and heart disease worse. If you don't already have kidney or heart disease, smoking significantly increases your risk of both.

**Call Today To Learn  
How To Save On  
Your Next Home  
Project**

**(908) 766-7200**

## Coarse Sea Salt Moves Into Many Food Products

In 2010, 1,350 new food products with sea salt as an ingredient made their way into American food markets and restaurants. One new product guru says sea salt has the potential to grow as fast as low-carb foods did.

It got plenty of press when Wendy's unveiled its new-style french fries. As advertised, they are made with russet potatoes, cut with the skin on, and sprinkled with sea salt.

Marketers at Wendy's say consumers associate sea salt with good, natural things. They think the typically bigger salt granules add more flavor.

Campbell's, the soup maker, was among the first to begin using it. The company now sells 200 reduced sodium products made with sea salt.

Whole Foods launched 365 of its Everyday Value house brand foods made with sea salt. The products include nuts and potato

chips.

Target uses sea salt in its Archer Farms store brand's Sea Salt, and other products.

Some nutritionists, however, say sea salt tastes the same as common table salt and just makes foods cost more.

**SEND A REFERRAL: GET A PRIZE**

For every referral you send our way that becomes a new client and books a new project for \$10,000 or more, you will receive a tree planted on your property from our in-house tree growing nursery.

By referring your family, friends & neighbors, you've helped our business grow. Offering these special rewards is our way of saying, **"Thank you, you're the best!"**

Without you, we couldn't do what we do. To take advantage of our Referral Reward Program, just fill out the enclosed referral sheet and either fax or send it in. That's all there is to it!

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If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at (908) 766-7200.

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**Referrals: If you run out of room, please feel free to use a separate sheet of paper.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_



**Yes! Feel free to use my name as a reference when you contact the referrals!**

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 Please call (908)766-7200 for more details

**Landscape Aesthetics Inc.**  
 Valid thru February 2011

Landscape Aesthetics, Inc. has been creating beautiful outdoor living spaces for over 20 years. Our creativity and expertise in developing unique, breathtaking designs are unsurpassed in originality and craftsmanship. We provide full service New Jersey Landscaping and design including finely crafted stone walls, patios and walks, fabulous outdoor fireplaces and kitchens, picturesque plantings, stunning pools and waterfalls, poolscape renovations, masonry, landscape management services as well as a tree growing nursery.

Our clients have found an added richness of fine outdoor living with our designs. Instead of a vacation, how about having us create a stress-free 'staycation' in your own backyard with an exciting new poolscape. Consider replacing your existing wood deck with the timeless beauty of a finely-crafted raised stone patio which is maintenance free. How about also equipping that patio with an outdoor kitchen. You can also extend your outdoor living season by adding the elegance and warmth of a crackling fire in one of our exquisite outdoor fireplaces.

By incorporating various outdoor elements such as space, plantings, water, landform and ornament into our designs, we create unique living spaces that create enjoyable memories to last a lifetime.

8	4	6	2	5	7	9	1	3
2	1	7	9	4	3	6	5	8
9	5	3	1	8	6	2	4	7
3	7	4	5	2	8	1	6	9
5	9	2	6	3	1	7	8	4
1	6	8	4	7	9	5	3	2
7	8	5	3	1	2	4	9	6
4	2	9	8	6	5	3	7	1
6	3	1	7	9	4	8	2	5

**ANSWER KEY**