



PATHWAYS

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East Coast
Landscape, Inc.
301-421-4141

East Coast Landscape is a licensed landscaping company that provides landscape contractor services including landscape design, upgrades and installations. Our experienced landscape designers specialize in peaceful spaces, colorful perennials, garden themes, water gardens and features that are bursting with exciting colors and aromas.

Greetings from Mark President, East Coast Landscape

Dear Clients & Friends,

It's unmistakable: Fall is upon us! School buses are canvassing our neighborhoods; a nice nip in the air greets us when we go to retrieve the morning paper; and the landscape that bursts with color and vibrancy in the summer now is giving way to the onset of Autumn.



With my wife Suzanne and children Sabrina and Sergei.

But the change of seasons should not alter your desire for a wonderful, inviting home exterior.

In fact, fall is the ideal time to plant bulbs and trees (please see article about the benefits of planting mature trees), as well as to undertake major landscape design. And, before the temperatures dip too low there's no time like the present to go forward with the water feature, patio, walkway, or lighting project that you've always wanted. If you're considering beautifying your walkway, patio, or driveway, I hope you will check out the Frequently Asked Questions in this newsletter.

This fall, you can do more than rake leaves (please see tips on how to make the task safer and more enjoyable) to contribute to the beautification of your home's exterior. Whatever your exterior dream project is, I hope you will call East Coast Landscape at 301-421-4141. It would be our pleasure to work with you.

Adding Value to Your Home



Curb appeal – it's a phrase that's familiar to anyone who has ever bought or sold a home. There's no doubt

about it, a home's exterior can either make a wonderful first impression, or it can send a dreaded message to prospective buyers that the inside of your home needs work too.

A home that boasts professionally landscaped property, can add 20 percent to your home's value. That's a figure that is on par with adding a new kitchen or bath.

How much should you invest in your home's exterior? Of course, everyone has different goals and different budgets, but the American Society of Landscape Architects (ASLA)

recommends that homeowners spend about 10 percent of the home's value in landscaping, which – in addition to plant landscaping – may include water features, fences, fire pits, lighting, and garden paths.

Who knows? When you make the outside of your home as inviting, tranquil, and beautiful as it can be, you might just take that "For Sale" sign for good.

A recent U.S. Forest Service survey concluded that trees could increase a home's value by three to seven percent. On the other side of the coin, poor landscape design can actually decrease property values by up to 10 percent, according to a 1994 study published in the Journal of Environmental Horticulture.



Raking Leaves

Safety Tips

Stay dry. Rake leaves when they're dry. Wet leaves are heavier, hard to rake, and more slippery. Wet leaves also can breed mold and mildew, which can be a hardship to allergy sufferers.

Watch your footing. Wear shoes with good traction and support to keep you from slipping and falling. Good foot support has an added benefit: It will keep your back from tiring as easily.

Be aware of your surroundings. Watch out for holes in the ground or objects, such as rocks, branches, roots, or lawn ornaments that can cause you to trip and fall.

You may not need to look any further than your own backyard for some great exercise. Raking leaves gives you a perfect opportunity to get outside, get some fresh air, and get in a workout, not to mention that your yard will look great when you're done.

Raking leaves is considered moderate physical activity, similar to a brisk walk, according to Barbara Ainsworth, an exercise epidemiologist at San Diego State University. It helps build upper-body strength, as well as core (back and stomach) strength.

As you're raking, your core is working to stabilize your body while your arms are moving, says Ainsworth. A 135-pound person could burn about 240 calories raking leaves for an hour.

So grab a rake, a bottle of water, and get started. To make it easier on your body, consider these tips:

Wear layers. It might be cool when you first head out the door, but you'll work up a sweat after you've been raking a while. Layer your clothing – wear a windbreaker or jacket – so you don't get overheated.

Warm up. As with any physical activity, you should warm up your muscles before you start working them. Raking uses muscles in most of your body, says James Weinstein, chairman of the Department of Orthopedics at Dartmouth Medical School. Try walking around the yard, doing some circular arm movements, bending forward and backward, and to each side. You can follow that with some gentle stretches.

Stand and move correctly. Pay attention to your raking posture. Weinstein recommends forming a side base with your feet and holding the rake slightly toward the end of the handle with one hand and three-quarters of the way down with the other. Avoid twisting your spine. Instead, move your whole body (think of a rotating chair), not going farther than your feet will allow. Keep your back naturally aligned. Try to stand as straight as you comfortably can.

Switch sides. People tend to rake on one side of their body. Doing so will increase the

risk of injury. To avoid overuse injury, try switching sides every ten minutes or so. This will help balance out the stress and strain to the lower back that happens from pulling off to the side instead of directly in front of you. It also distributes the strain of your arms and shoulders evenly on both sides.

Take it easy. Take your time, especially if you're not used to yard work or aren't physically active. Don't try to rake the whole yard at once. Stop and take a break after 10 or 20 minutes. Drink some water and do some light stretching.

Cool down. When you're done raking, do some more stretching. A warm bath will help relax those tense muscles too.

Check Out Some Extreme Makeovers

You don't need to watch your favorite television programs to view "extreme makeovers." Check out our "before and after" designs on our website, www.eclandscapedesign.com. You'll see how professional landscaping can make a real difference to a home's beauty and value.

And to keep your yard looking top shape, we recommend East Coast Lawn. East Coast Lawn (not to be confused with East Coast Landscape) will professionally maintain your lawn, ornamental shrubs, and trees. Give them a call at 301-963-2011.



Before
A well-maintained, but outdated look.

After
A fresh, contemporary, inviting design.





Walkways, Patios and Other Hardscapes – A Path to Beauty

The fall is an ideal time to beautify your walkways and patios. Options are plentiful, so to help you determine what choice is best for you I've included the following list of the most Frequently Asked Questions that we've fielded at East Coast Landscape. I hope they are helpful to you. If you have additional questions, please let me know.



With pavers you can go from drab to dramatic.

Q: What is the difference between "clay pavers and concrete pavers"?

A: Clay pavers are made with real clay that is mixed, extruded and baked in a kiln at very high temperatures and concrete pavers are made with a special blend of concrete and coloring that is compacted at very high pressures in a special machine.

Q: Which type of paver is better?

A: There is very little difference between pavers in general. The important difference is the maker of the pavers. Paving materials can vary from one manufacturer to the next. The qualities that make a paver perfect are its compressive strength, water absorption rate and abrasion index.

Q: What happens if I have to do a repair job below the paving? Does it leave an unsightly patch mark?

A: No, that is one of the long-term benefits to installing flexible paving. Because all interlocking paving is flexible, it can also resist cracking.

Q: Can you do any other types of specialty masonry?

A: Yes, our tradesmen are fully trained masonry professionals. We specialize in matching almost any material and seamlessly installing it so that the repair is undetectable in most cases.

Q: What does "interlocking paving" mean?

A: Interlocking paving is a misleading term. What actually constitutes interlocking is really a dynamic function containing three different components. They are "rotational interlock" (resistance to tipping), "horizontal interlock" (resistance to spreading), and "vertical interlock" (resistance to sinking)". So, that means for lasting quality you need good containment, good sub-base and proper paver thickness. Thicker pavers for driveways; thinner pavers for patios.

Q: After you're done paving the work surfaces, should I seal it?

A: Yes, it protects it from leaky cars that might leave oil stains and it stays cleaner for much longer if you seal it right away. Remember, when it's sealed it only takes a hose to clean it off. We use breathable type sealers that protect against just about anything.

Q: What can be done to restore ugly faded old concrete?

A: In most situations faded concrete can be renewed by re-coloring it using various tints & stains.

Why You Should Consider Tree and Shrub Planting

The two most obvious reasons to plant trees and shrubs are to enhance beauty and increase shade, but there are other reasons as well.

Trees and shrubs can help create a calming environment. They can provide privacy, as well as reduce glare and reflection. And, a professional landscape can add to the value of a home. An added economic benefit is that a tree-shaded home can be more energy efficient.

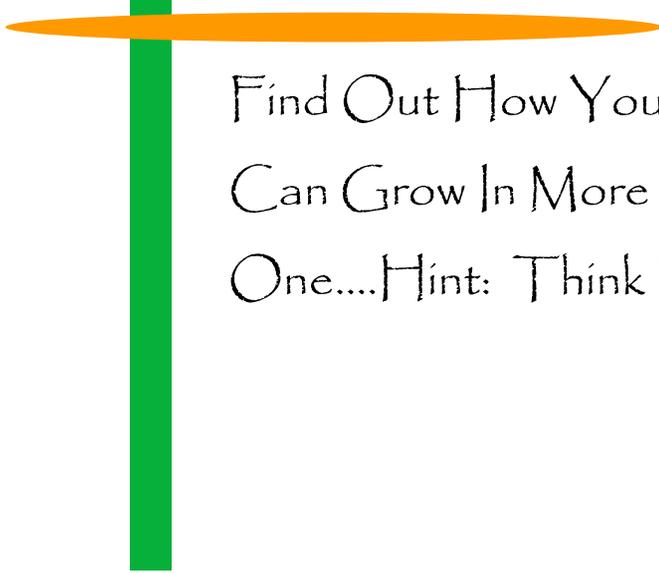
Call East Coast Landscape – we'll be pleased to work with you in creating a beautiful, functional landscape.



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Your Exterior Decorator!

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Find Out How Your Home's Exterior
Can Grow In More Ways Than
One....Hint: Think Resell Value!

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