

EAST COAST LANDSCAPE DESIGN

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THE BENEFITS OF USING A
PROFESSIONAL

1

4 GREAT OUTDOOR
ACTIVITIES FOR KIDS

2

SUMMER SAFETY TIPS FOR
THE KIDS

3

FOR OUR FRIENDS & NEIGHBORS

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THE BENEFITS OF USING A PROFFESIONAL.

In a recent New York Times article, writer Susan Saulny shared the hazards homeowners face when trying to perform home improvement or landscaping projects without partnering with a competent company. Here are a couple of our favorites:

"When the toilet in Carol Taddei's master bathroom began to break down a few months ago, she decided it would be cheaper to buy a new one than pay for repairs. Ever frugal, Ms. Taddei, a retired paralegal, then took her economizing a step further, figuring she could save even more by installing the new toilet herself.

Initially, things looked good with the flushing and the swishing. That is, until the ceiling collapsed in the room below the new (leaky) toilet. Rushing to get supplies for a repair, Ms. Taddei clipped a pole in her garage. It ripped the bumper off her car, and later, several shelves holding flower pots and garden tools collapsed over her head.

"It just kept getting worse," Ms. Taddei said, ruefully describing what came out to be a \$3,000, three-day renovation at her home, finished by a professional.

Lately there has come a class of ambitious do-it-yourselfers who are tackling things that, before, might have been left to paid professionals. Many like



Ms. Taddei have learned that being thrifty sometimes comes at a high price and can bring along with it a new scourge of the times: saver's remorse.

"Oh, tell me about it," Ms. Taddei said. "Sometimes it's better just to bite the bullet."

Another potentially serious result of taking on a professional's job with an amateurs experience is your own health and well being.

"While there is no national database that tracks do-it-yourself home injuries in recessions, experts say that there does seem to be an increase in the kind of accidents and mishaps that come with spending more time at home, based mostly on anecdotal evidence," Ms. Saulny went on to write.

"We are seeing an increase in minor injuries, sprains and contusions," said Dr. Peter Lamelas, who operates four urgent care centers in Florida."

"We've been seeing a lot of musculoskeletal problems from people lifting heavy things, maybe moving or doing things they're not accustomed to," Dr. Lamelas said. "A lot of back injuries, shoulder injuries and lacerations."

With the potential injury to health, home and pocketbook, it's wise to work with a pro when undertaking improvement projects. Take a look at one more DIY gone awry, as shared by Ms. Saulny:

"In suburban Baltimore, Lynne Sherman was the temporary fix when her husband's attempt to dig a pond and ended up puncturing a pipe, which sent water spouting across the entire yard.

"My husband said, 'How hard could it be to dig a hole?'" Ms. Sherman, 50, said of the project gone awry, which cost \$2500.00 to fix, and about which her husband swore her to secrecy. "You can't print what his reaction was, and I started that nervous laughter, 'Oh, God what do we do?' Now I have to say, we don't do things ourselves anymore."

email the expert

Q – I hear a knocking in my water pipes whenever someone uses the bathroom located in my basement. Can you offer any tips I can try before I call in a plumber?

- Marv Lowe

A – Marv you can try turning off the main water valve in your house. Be sure to do this when all plumbing is in the off position of your home; shutting off the main water valve will stop any water from entering your home.

Next, turn on all of the faucets and flush every toilet in your home to drain the plumbing. Do this for as long as it takes to stop any water from coming out. When you are certain everything has been drained as dry as possible, shut off all of the faucets.

Then go back to your main valve and very slowly turn it back on. The knocking sound should be eliminated, because you have allowed the air compression chambers to refill with air.

You can e-mail the Expert by sending your questions to mark@eclandscapedesign.com. Please be sure to include your name and phone number in case additional information is required to answer your question.

THANK YOU FRIENDS FOR YOUR REFERRALS

We cannot thank enough everyone who has referred EAST COAST LANDSCAPE DESIGN to their friends or family this past month. Your kind actions are really what make us a success. While we don't have enough room to mention everyone, here are a few:

Mr. and Mrs. Greg Haledjian referred John Goode
Tom Vickers referred Matt Johnson
Hercules Fence referred Michael Gresco

Would you like to have the nicest home in the neighborhood?

Do you know we are experts in a variety of home improvement projects? If you're considering a new project for your home, please give us a call. We'll be happy to answer all of your questions and provide you with our expert advice for free.

Here's a list of some of the projects we specialize in:

Outdoor Kitchens	Architectural Designs
Fireplaces and Firepits	Low-voltage Lighting
Patios and Walkways	Ponds and Waterfalls
Stone Retaining Walls	Rainwater Reharvesting

famous quote

"A patriot must always be ready to defend his country against his government."

Edward Abbey

4 Great Outdoor Activities for Kids

Feed the Animals: Find a local farm or petting zoo that has animals you can touch. Opportunities to pet, feed, brush, and otherwise interact with animals is a unique experience that can have a calming effect on many children.

Go Fishing: A stick, some string, and some bait are all you need to get started. Or you can pick up an inexpensive, used fishing pole at a yard sale. Find out where the locals fish, and try your hand at this fun, relaxing sport appropriate for kids of all ages.

Examine Bugs: You can buy all sorts of bug kits, but any see-through container will do. Provide dirt, leaves, and rocks for your bug's habitat. Use a magnifying glass to get up close and personal.

Pick Some Berries: Many farms offer opportunities to pick your own berries. Check around to see what fruits are in season. You bring your own container, and then pay a per pound price for what you pick. Kids of all ages can get into the spirit of this fun and often messy activity. Plus, the kids will get a real kick out of eating berries they pick themselves.

THE OPPOSITE OF WISDOM TEETH ...



GLASBERGEN

JUST FOR LAUGHS :)

Here are a few laughs you can share with your children:

Why do golfers carry an extra pairs of pants? - Because they might get a hole in one.

What do you call a frozen policeman? - A copsicle.

What did the rug say to the floor? - I've got you covered.

What's better than a talking dog? - A spelling bee.

Summer Safety Tips for the Kids

Summer is here and the kids are out of school! Unfortunately that also exposes them to some additional hazards. Here are some good tips to help keep the brood happy and safe throughout the summer:

SUN EXPOSURE

The first, and best, line of defense against the sun is covering up. It's recommended to have the kids wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave. It's a good idea to stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult (Reapply sunscreen every two hours, or after swimming or sweating).

POOL SAFETY

You want to be sure to keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool. Choose a

shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.

A good rule is to avoid inflatable swimming aids such as "floaties" if at all possible. They are not a substitute for approved life vests and can give children a false sense of security.

BUG SAFETY

Don't use scented soaps, perfumes or hair sprays on your child. Also avoid combination sunscreen/insect repellent products because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.

Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.

For a comprehensive list of Summer Safety Tips by the American Academy of Pediatrics go to www.aap.org/advocacy/releases/su mmertips.cfm.

trivia challenge

Barry Bonds holds the record for most homeruns in a MLB season, but Sammy Sosa holds the record for the most in a single month. How many did he hit?

- A: 17
- B: 19
- C: 20
- D: 22

The first correct answer faxed to **301 - 476-7483** or e-mailed to mark@eclandscapedesign.com will be this month's winner of 2 Movie Passes at any AMC theater.

If you wanted to visit the world's tallest roller coaster. Where would you go?

A: New Jersey

CHECK OUT OUR WEBSITE.....

EASTCOASTLANDSCAPEDESIGN.COM

WE WELCOME OUR NEW FRIENDS INTO THE EAST COAST LANDSCAPE DESIGN FAMILY

We believe in treating all of our clients like personal friends. We are excited to welcome each of our new members. At **East Coast Landscape Design** we appreciate the opportunity to serve you and hope to see you again very soon. Here are just a few of our newest friends

- § The Liljestrand family of Ijamsville
- § The Burwell family of Bethesda
- § The Ruiz Family of Ellicott City
- § The Sigman Family of Potomac

Thank you and welcome to everyone who recently joined our East Coast Landscape Design family... we couldn't do it without YOU!

REFER YOUR FRIENDS & FAMILY AND GET 2 FREE MOVIE TICKETS!

Many of our customers "find" us as a result of word of mouth. This simple, yet gracious, act by our customers has allowed us to be successful. For this generosity, we offer our gratitude and a token of our appreciation through our Referral Reward Program!

Here's how:

1. Simply refer someone to our services by sharing our name, phone number, email or by giving them this newsletter.
2. Ask them to mention your name.
3. When your referral becomes our client we will mail you 2 FREE movie tickets from **EAST COAST LANDSCAPE DESIGN**.

When you refer your friends, neighbors or family, you've helped our business grow. Offering you this reward is our way of letting you know just how much we appreciate your actions

Remember to tell your friends to mention you when they call.

Sudoku Puzzler

The Rules of Sudoku (sūdoku²)

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

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

For the solution to this issue's Sudoku Puzzler, email us at mark@eclandscapedesign.com



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Green

Save Energy

Tip

Choose the cold cycle on your washing machine. Around 90% of the energy used by washing machines goes to simply heating the water.

EMAIL ADDRESS REQUEST: Thanks so much for sending us your email information. If you have not yet replied to East Coast Landscape Design with your current email information please do so soon. Having this information is crucial to keeping an open communication with our clients. Rest assured that we never divulge your information. It is for our office purposes only. We thank you in advance for your trust. Please submit your email to mark@eclandscapedesign.com.



THANK YOU FOR THE KIND WORDS!

Very professional and reliable. Mark came out to do an estimate and stayed for 2 hours in the rain to give me a comprehensive idea of his vision! He is easy to get hold of, everyone at the company was extremely friendly, and the results are beautiful. Overall a great company.

Brett Alcaprese