

Going Green

Monthly Newsletter From Your Friends at Prestige One Landscaping



Greetings from Roye

Volume 2, Issue 3
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Thought for the Month...

The grand essentials for happiness are something to do, something to love, and something to hope for.

~Chalmers



"The new diet not working out too good, huh, Frank?"

Landscaping Ideas for the Family

Looking for a landscape that the whole family can enjoy? There are plenty of ways to create an outdoor retreat that offers something for all your family members.

A Place to Remember

Scrapbooking isn't the only way to preserve those precious memories. You can create a unique and attractive walkway from homemade stepping stones customized with personal mementos. Simply build your mold, pour in the concrete and then start adding those one-of-a-kind accents after the concrete begins to cure. Things you can add? Handprints, footprints, seashells and colorful pebbles give stepping stones some eye-catching color. You can also have your kids write their names or draw a picture of something like a butterfly or airplane.

A Place to Gather

Giving your family a place to gather outdoor is a great idea and there's several ways to do it. Decks and patios work great in this respect but you might also want to consider a pergola in the center of the yard atop a paving stone floor. Make sure there's plenty of seating, especially if you're going to entertain and include favorite shade-loving plants for a splash of color.

A Place to Eat

Speaking of entertaining, if you plan to do any you might want to consider an outdoor "kitchen" to house your grill and cooking gear. The latest trend in landscaping is to bring the indoors "out" by creating outdoor rooms and the kitchen is a popular way to do that. Your outdoor kitchen can have running water, storage and of course seating in addition to the grill and plenty of counter space to prepare your meals.

A Place to Grow

Gardens aren't just for grownups. Quite the contrary, gardening is an easy and fun way to get your kids involved in outdoor activities. One idea is to create a garden that is just for the kids, complete with favorite fruits and vegetables as well as some well-placed flowers to attract birds and butterflies. In fact, depending upon your available space, there's no rule that says you can't have more than one garden so don't hesitate to mix-it up so that everyone gets to plant their favorites. Tulips, pansies, violas and daffodils are great choices for spring and if you have big shady areas, try planting some bleeding heart.

A Place to Play

Outdoor play space isn't limited to those old metal swing sets anymore. In addition to the commercially-designed playhouses and climbing gyms, you could also add a tree house, a "secret" fort and even an old-fashioned sand box. Also remember that kids love to run so a simple open space complete with balls, bats and similar outdoor toys can often be all you need.

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**Free yard of Premium Cedar Mulch
with Spring clean up. (Minimum of \$250.00)**

I'd Love To Hear From You!!

Whether you'd like to discuss your property or additional services or just want us to stop by and say "Hi," we'd love to hear from you...

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New Rule on Early Retirement

A recent regulation by the Equal Employment Opportunity Commission (EEOC) says employers can spend more on retirees under 65 than those over 65 who are eligible for Medicare.

The commission says the new policy is aimed at protecting retiree benefits. The New York-based Medicare Rights Center says some employers are likely to retain health benefits for retirees under age 65 because of the change. The percentage of employers who offer health coverage to those who retire before Medicare kicks in has dropped from an average of 21.6 percent of private-sector employers in 1997 to about 12.7 percent in 2004, according to the Employee Benefit Research Institute.

A Bit of Laughter...

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight. I was not so pleased. I turned to Mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?" Her mom smiled and said, "Oh, yes, I remember!"

(continued from Page 1)

A Place to Relax

Imagine finishing off your busy day at the office by relaxing and unwinding in your own private backyard retreat. Its not as difficult as you think. You can create a secluded spot with trees, tall plants and even some fencing. Add a few comfy lounge chairs and a trickling fountain and you've got yourself a "zenful" haven. This is also a great place for some aromatherapy so plant some fragrant blooms to appease all your senses.

A Place to Work

If the handyman of the house has trouble finding a place to work, perhaps its time to build him one. A simple work shed can be easily customized with cork boards and shelves for convenient storage and an ample workspace will ensure that all those tools stay inside the shed instead of scattered around on the porch and in the garage.

Want to talk about your landscaping issues? Give us a call – we'd love to help you find the perfect landscaping theme for your property.

Free yard of Premium Cedar Mulch with Spring clean up. (Minimum of \$250.00)

Do You Want To Win a flat of annual flowers installed in your garden?

Take my trivia challenge and you could win!

This is one of my favorite sections. Each month I'll give you a new trivia question. The first person to call my office with the correct answer will win a free flat of annuals installed. Take your best guess, then call me at 816-564-6940.

Here's this month's trivia challenge:

Q. Buildings in the skyline of which city include the Trammel Crow Center, Energy Plaza and Thanksgiving Tower?

A) Memphis B) Dallas C) Philadelphia D) Seattle

Call me right now with your answer! 816-564-6940

Note: Limit one gift per winner per year

Congratulations to last month's winners!

Blanche Quick, won a 8"-10" Koi!! (The first to call in)

The Wizard of Oz said "hearts will never be practical until they are unbreakable."

Thanks For The Kind Words

"Thank you! We appreciate how nicely everything turned out."

Kerry and Trish J. Lee's Summit, MO

Tai Chi Can Ease Pain



Tai chi is technically one of the martial arts, but its emphasis on slow, fluid movement seems also to be effective against chronic back pain.

Tai Chi is one of a number of mind-body techniques, such as meditation and yoga, that are increasingly prescribed for chronic pain. The Tai Chi exercise programs, or sets, are like slow dances, emphasizing graceful, gentle, but continuous, movement. Proponents of Tai Chi have long claimed their practice reduces stress, depression, and anxiety while increasing strength, balance and flexibility. According to Pain Medicine (September 2007), studies show that meditation and Tai Chi improved functioning in older adults with chronic low back pain. Researchers reported that Tai Chi's mind-body interaction is effective and safe.

New FICO Score

Fair Isaac Corporation, maker of the FICO credit score used by 90 percent of banks, says its new scores will do a better job at predicting which borrowers will default on a loan.

Called the FICO 08, it will be more forgiving of the occasional late payment but will take a harder line on repeat offenders. They predict that the new system will reduce default rates by 5 percent to 15 percent.

Breakfast Health Benefit

Eating a whole-grain breakfast seven times a week has been associated with a 28 percent lower risk of heart failure, according to statistics from the Physicians Health Study. Researchers analyzed data from 1982 through 2006 on 21,410 male physicians at an average age of 53.7 years.

Eating whole-grain cereal more often also had heart-health benefits. The risk of heart failure decreased by 22 percent in those who ate it two to six times per week and by 14 percent in those who ate whole grain cereal once per week.

Congratulations To Our Client Of The Month!

Every month, we choose a very special *Client of the Month*. It's my way of acknowledging good friends and saying "thanks" to those who support Prestige One Landscaping with referrals, word of mouth and repeat business. Watch for your name here in an upcoming month - you might be the next *Client of the Month*!

This month's Client of the Month is

Marta W., Kansas City

Thank You! Thank You! Thank You!

Thanks to YOU our business is growing! There's no better compliment we can receive than a positive referral from a valued client. We are truly grateful for the trust and confidence that so many of you have expressed.

If you know a friend, neighbor, or family member who may be considering the services we offer - it would be the highest compliment to refer them to us. I'll make sure they get extra special attention and care. Or, if there're any additional services that we may provide for you, please let us know. Instead of growing our business from the outside, we prefer to pay closer attention to our existing clients and their referrals.

Brain Food

Columbia University Medical Center reports that the risk of Alzheimer's disease and other dementia can be reduced by 40 percent if your diet is rich in fruits, nuts, legumes, whole grains, fish, and olive oil. Risk will be reduced by 76 percent if you drink fruit or vegetable juice three times a week.

Landscaping Question Corner...

Q. I want a vegetable garden but don't have a lot of space. What vegetables grow well in containers?

A. There are actually a number of edibles that can be grown in a container so you'll have plenty of varieties to choose from.

Tomatoes grow really well in any container that's at least 6 inches deep, however remember the bigger the pot, the bigger your plant (and its fruits) will be. In addition, any viney plant should have some sort of "stake" or cage to help support the weight of the branches.

Spinach, beans and peppers - both bell and jalapeno - are also good choices for container gardens as are broccoli, beets, cabbage and carrots.

Different vegetables have different growth requirements so be sure to read the instructions on the back of your seed packet. Corn for example does better if sown directly into the soil while tomato plants do well when transplanted from a smaller pot.

Do You Have a Question You Want Answered?

I love hearing from all my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about anything relating to landscaping. If you have a question, please give us a call. Perhaps I'll feature you in a future issue!



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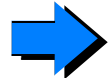
Famous Birthdays in March

Does your birthday fall in March? Did you know you share it with some pretty famous people? Here's a few names you might know with March birthdays:

- Jessica Biel, 1982
- Mary Wilson, 1944
- Rachel Weisz, 1971
- Kathy Ireland, 1963
- Carrie Underwood, 1983
- Sam Donaldson, 1934
- Gary Sinise, 1955
- Queen Latifah, 1970
- Rick Dees, 1951
- Mike Kennedy, 1970
- Nora Jones, 1979
- Bob Mackie, 1940
- Bob Costas, 1952

Happy Birthday!

What's Inside...



- ⇒ *Landscaping Ideas for the Family*
- ⇒ *New Rules on Early Retirement*
- ⇒ *What vegetables grow well in containers? Find out in our Landscaping Question Corner!*
- ⇒ *Take the trivia challenge and you could win a free flat of annuals installed!*
- ⇒ *Are YOU our client of the month???*
- ⇒ *And More!!*

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