

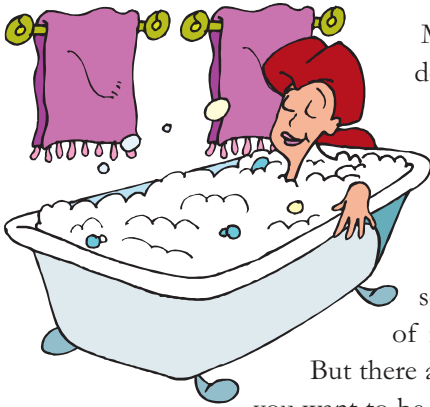
HOME-VIEWS

Monthly Newsletter for Today's Homeowner

March 2007



How to create a peaceful space at home just for you



Most people don't have a spare room in their house or apartment that can be dedicated to the sole purpose of finding peace.

But there are times when you want to be alone and undisturbed in order to reduce stress, reignite your energy, and prepare yourself for various tasks that need to be done.

Sometimes the bedroom or bathroom is the only available room for this purpose. If you are living with other people and you want to be alone for a while, consider telling them politely that you need some time out and ask them not to disturb you.

Subtle lighting instead of bright lighting from one source makes a room feel more comfortable. Opening the shades or curtains to view the outdoors can prove helpful. If there is no view, paintings or prints of landscapes, ocean views, flowers, or sunsets can be effective. Lighting candles and listening to soft peaceful music also creates a restful atmosphere.

If there is a television in the room, consider turning it off. Soothing waterfall bowls or tabletop fountains create a naturally pleasing sound that is relaxing and enjoyable. When you surround yourself with peaceful images and sounds, your subconscious mind will absorb and process them in a peaceful and healthy way.



"It's not a budget, sweetheart, it's a spending plan!"

Many people feel that life is becoming more and more difficult because the cost of living keeps rising while their incomes are not rising fast enough. One way to manage finances effectively is to create a budget.

Successful businesses operate within planned budgets, and the budgeting concept can also be successfully applied to individuals and families.

A budget lets you control your money instead of allowing your money to control you, and it tells you whether or not you are living within your means before you find out the hard way that you are not. If you do not like to budget yourself because you feel a budget traps you,

try to think more positively of a budget as a spending plan.

Money is a tool that enables you to reach your material goals in life. A spending plan shows you exactly where your money goes, and it includes a mechanism to help you save for things that

are important to you, such as a new house, a new car, a comfortable retirement, a college education, travel, and more.

For couples and families, a spending plan can help focus on common goals, and it can even bring people closer together through discussions where they learn to negotiate agreements with each other and reduce the number of arguments about money.



Did you know?



The term "buck," a slang reference to the U.S. dollar, originated in the Old West when buckskin was a common medium of exchange with Native Americans.

Later, as currency replaced the barter system, people still referred to a dollar as a buck.

Spring into a healthy lawn and garden

Efficient lawn watering can lower water consumption by as much as 50%. Lawns should be watered during the early morning hours before the sun comes up because cooler morning temperatures facilitate more efficient water absorption at the root level, whereas watering during the day increases water consumption due to evaporation and causes wet grass to be burned by the hot sun.

Set lawnmower blades at a height of 2-3 inches. Longer grass retains more moisture because it shades the roots. Frequent light watering is not good for a lawn because it encourages

shallow roots that are less tolerant of dry spells and are more susceptible to damage from insects. Aerate soil in April to create channels that fill up with water and allow deeper saturation to the roots.

If you are thinking about planting new trees, bushes, or flowers, consider selecting native, drought-resistant varieties. In April, nurseries will be well stocked with new plants. Apply 2-4 inches of aged tree bark mulch around plants and keep it away from the stem or trunk. Mulch will reduce the soil temperature, slow the evaporation rate, retain moisture, insulate



plant roots, and keep weed growth to a minimum. Put a shallow waterway ditch around trees and other plants for water to collect and drain slowly to the roots. Consider installing drip irrigation systems because they are the most efficient method of watering your garden growth.

How to maintain a physically healthy heart

A high level of cholesterol and other fats in the bloodstream is considered to be a major risk factor for coronary heart disease because these substances cannot dissolve in the blood and too much cholesterol can clog the arteries. The two main types of fat found in food are **saturated** and **unsaturated**. Saturated fat increases blood cholesterol despite the fact that the body naturally manufactures all the cholesterol that it needs. Saturated fat is found mostly in foods that come from animals, including beef, lamb, pork, poultry with skin, milk, butter, egg yolks, cheese, and lard. A high content of saturated fat can also be found in palm oil, coconut oil, and cocoa butter. Choose foods that are lower in saturated fat to reduce



your risk of developing clogged arteries.

In addition, choose foods that are high in fiber. There are two types of fiber – **soluble** and **insoluble**. Soluble fiber is particularly helpful in lowering cholesterol levels and in reducing the chance of developing coronary heart disease. Good sources of soluble fiber are oats, dried beans and peas, lentils, apples, and citrus fruits. There is no cholesterol in fruits, vegetables, beans, and grains. Insoluble fiber (found in whole-grain foods, cereals, wheat bran, and many fruits and vegetables) soaks up water like a sponge, adding bulk and helping to prevent constipation. Avoid fried foods whenever possible and instead bake, roast, broil, or stew meats.

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Cooking Class at Woodcrest Estates
Sunday, March 25 from 1-4

Next month
Grand Opening at Valley Farm Estates

We're never too busy for your referrals!