



ROB PATON LANDSCAPING, INC

Around The House

JUNE, 2011

NEWS THAT HELPS THE FAMILY.

How To Clean Hardwood Floors, Keep Them Beautiful

Now that you have a beautiful hardwood floor, what can you do to protect it and keep it beautiful? Tips from the World Floor Covering Association:

Services this month

- Lawn mowing
- Weed preventative
- Mulching
- Sprinkler maintenance, repairs
- Landscape planting

* Floor mats at entry ways will catch particles like dirt and keep them from scratching the wood. Use a mat by the sink to catch splashes.

* Buy a high quality broom, sweep the floor regularly, and use a vacuum cleaner without a beater bar to get between boards.

* Get a professional cleaning product that will remove tough stains, scuffs and heel marks without dulling the finish.

* Don't wax a wood floor with a urethane finish. Don't wet mop or use excessive water to clean the floor.

* Avoid ammonia cleaners and oil soaps to clean a wood floor. They dull the finish and affect your ability to recoat the floor at a later date.

* Protect your floors from sun damage. Shade floors from the sun's harsh rays. Rotate area rugs and furniture regularly to allow wood floors to age evenly.

* To prevent scratching, cover furniture and table legs with flannel protectors. Always be careful when moving heavy objects across the floor in order to prevent scuffing and scratching.

* Take precautions against every-day scratches. Stiletto heels can dent and scratch hardwood floors. If you have one or more dogs in your home, use runners to protect the floors in their regular walking and running paths.

Inside This Issue:

- **What Your Bones Want To Tell You**
- **Fireworks Safety Tips!**
- **Get A Vacation Home For Good Times**

Plus much, much more!!!



"And just what studies show that losing weight causes global warming?"

Lightning Safety Awareness Week: June 15-19

Lightning can be a beautiful, awe-inspiring spectacle and, as most know, it can also be deadly.

Lightning is an atmospheric discharge of electricity accompanied by thunder.

The leader of a lightning bolt can travel at a speed of up to 140,000 mph. It can reach temperatures up to 54,000 degrees.

There are three types of lightning injuries:

Direct strike: The bolt strikes a person before striking another object, which is the most serious type of strike.

Side flash: The bolt strikes another object, then strikes the person.

Ground current: It strikes an object, then the electrical current travels through the ground to a person.

The National Weather Service reminds us that there is little you can do to substantially reduce your risk if you are outside in a thunderstorm. The only completely safe action is to get inside a safe building or vehicle.

*A safe building is one that is fully enclosed with a roof, walls and floor, and has plumbing or wiring. Once inside, you should take some basic precautions: stay away from showers, sinks, hot tubs, and electronic equipment, such as TVs,

radios, telephones and computers.

* A safe vehicle is any fully enclosed metal topped vehicle.

Unsafe vehicles include convertibles, golf carts, riding mowers, open cab equipment and boats without cabins.

* If you drive into a thunderstorm, slow down and use extra caution. Pull off the road into a safe area, DO NOT leave the vehicle during the storm.

* If you are at a beach or a lake where no safe building is nearby, go to your car. Wait 30 minutes until after the last thunder before going back to the beach.



Watch For Food Allergies

Allergies to some foods, such as peanuts, can be very dangerous, ranging from a minor irritation to a life-threatening reaction called anaphylaxis.

Food allergies cause 30,000 cases of anaphylaxis a year, requiring 2,000 hospitalizations and causing 150 deaths.

What Your Bones Want To Tell You

If your bones could talk, they would first say they are living things that respond to diet and exercise by becoming stronger.

Until age 20 and up to age 30, bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter what your age, regular weight-bearing exercises can not only prevent the loss but can make bones stronger. They

include walking and exercising with hand weights.

Calcium and vitamin D are important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't absorb calcium without vitamin D.

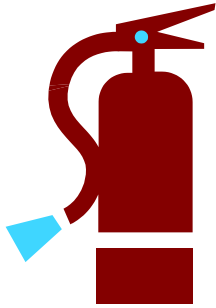
Your spine would have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned,

your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back is tight and hurting, other parts of the body might be responsible. The American Physical Therapy Association says almost all of the leg's thigh muscles are attached to the pelvis, which is interlocked with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles become overworked and cause pain.



Around The House Tip Of The Month: “Outdoor Kitchen Grills: Safety & Fun”



Is there anything more exciting than creating great food on your barbeque island grill? It helps to have the perfect spot though when you first setup your barbeque island. Most people find someplace outside their own house to be just perfect. An outdoor kitchen, including a bbq pit or outdoor bbq island is a real favorite with true bbq pros. There may be lots of options and places around your house that you think are convenient, but the safest place should be your first choice.

Outdoor Kitchen Safety

Look for a spot that does not have trees or shrubs hanging over it or nearby. Keep away from busy areas. You don't want someone to accidentally run into the grill or bump it. Make sure it is positioned so it is stable. Keep a 5 to 10 feet space from anything that is flammable. If you have a pet or have friends that bring over their pets make sure it is situated so pets will not get burned or bump it into something that could get burned. Most grill masters have a water hose hooked up and ready in case of an emergency near their bbq islands.

Outdoor Kitchens & Other BBQ Grilling Tips

Never use a grill indoors. This is very dangerous. For people in an apartment check with your administration or local fire chief for restrictions on using a grill on a balcony or roof top terrace. Using an electric grill might be a good option if you can't use the others safely.

A really fun bbq experience is out camping. This is a great way to connect with nature and enjoy some fantastic food. Keep a fire at least 15 feet from your tent and camping supplies.

Make sure you take care of yourself and use the correct tools for the job. Tongs, spatulas and well insulated oven mitts will help keep you safe and allow you to do your best bbq job! Never wear loose clothing near an open flame or grill.

It is important to raise the lid of the grill before lighting the gas. You do not want the gas to build up inside the lid. If the grill doesn't light up right away, wait a few minutes before trying again. Five minutes is good for this.

Before you pull that grill out from storage to use, it is good to give it a thorough inspection before starting to grill with it. Make sure that tanks were stored upright and kept out of extreme heat.

Once you are sure all is safe to begin your bbq adventure, put your heart into it and see what new creations you can grill up this year. There are many rubs, marinades, sauces and salsa's to tempt you. So go out and make some memories this grilling season with your friends and family on your bbq island or outdoor kitchen grill!

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.

Funtime Sudoku

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

Answer Key on Page 6

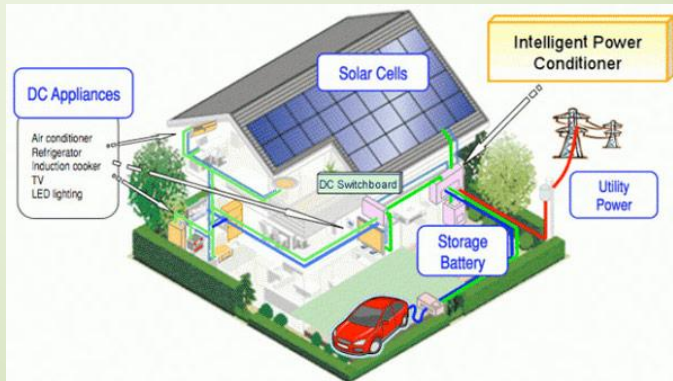
Store Fitting Rooms Get A Makeover!

Clothing and department stores are realizing that fitting rooms are places where decisions are made.

Customers are more likely to buy if the fitting room has pleasant lighting, plenty of hooks to hang clothing on, adjustable three-way mirrors and space to move around. They should be a few degrees warmer than the store.

Prospective buyers will not feel rushed when trying on clothes if the store has a place nearby for companions to wait, a gathering spot with comfortable chairs and a sofa.

Because customers are likely to buy more if a store associate is present, some fitting rooms have a button to push to call for help. The associate can get a different size or comment on the attractiveness, color and fit of the clothing.



Sharp begins Eco House evaluation in Japan, aims for eco-friendly tech mecca

Looking at vacation homes in [Osaka](#), are you? If you happen upon a blueprint that looks anything like the crib shown above, we're guessing that it'll cost you a pretty penny. Er, yen. Sharp has just started the evaluation process on its newly completed Eco House -- an abode that aims to emit precisely [zero carbon emissions](#) while not compromising on the technology within it. It's outfitted with a cadre of energy-saving appliances and AQUOS TVs, all networked in via HEMS and programmed to display energy usage to whatever landlord decides to stop by for the day. Not surprisingly, some of the energy is being sourced from photovoltaic modules, and we're told that a downright absurd 180-inch LCD will be "evaluated for suitability to today's green-conscious world." Something tells us the company won't have too many issues finding volunteers to occupy the joint.



Fireworks Safety

Fireworks consumption increased by 635 percent between 1976 and 2008, the last year for which totals are available. During this same period, fireworks-related injuries decreased dramatically, according to the American Pyrotechnics Association, mainly because of educational initiatives.

Today, many households create big demonstrations using fireworks that should probably only be used by professionals, which increases risks. Fireworks provide hours of wholesome family entertainment, but they must be used carefully and only by adults.

The Association warns consumers to keep a hose and bucket of water nearby in case of emergencies. If a firework doesn't ignite, don't try to relight it. Instead, wait 15 to 20 minutes then soak it with water. Always read and follow all the warnings and instructions that appear on the packaging.

Use fireworks on a hard surface or on a strong piece of plywood to ensure its stability, not on grass. Wear safety glasses.

The noise and lights of fireworks can frighten animals. The association says it's best to leave them inside the house.

Drivers Try To Beat The System With Red-Light Camera Detectors



Cities are increasingly installing cameras at dangerous intersections to detect red-light runners. As you might expect, some drivers are using technology to try to beat the system.

Red-light cameras snap a photo of a car's license plate, if the driver runs a light. The car owner then gets a traffic ticket in the mail.

The Insurance Institute for Highway Safety says the cameras reduced the rate of fatal red-light running accidents by 24 percent in 2004-2008. Had the cameras been installed in all cities with populations above 200,000, 815 deaths might have been prevented.

Drivers are now looking for ways to avoid pricey citations for red-light running, according to USA Today. But at the same time, cash-strapped police agencies want to increase revenue.

Some drivers are using devices that give them a heads-up when it's time to stop or slow down. They include Cobra's iRadar, which can connect with an iPhone and Fuzz Alert, which works with iPads and iPhones.

How bad is that?

One police officer says he's "all for them" and even provides GPS companies with information about where the cameras are. He believes devices and apps make drivers more aware of where they are. When they slow down for a red light, that's what he wants.

PhantomAlert works on TomTom GPS navigation systems. One user says the device has made him even more aware while he's driving. He thinks drivers aren't paying a lot of attention, especially on roads they drive repeatedly. The warning system makes them more aware of everything that's going on.

Health Tip Of The Month: "Health Habits And AMD Risk"

New research on the Women's Health Initiative shows that women who eat right, exercise and don't smoke are 71 percent less likely to develop age-related macular degeneration (AMD), the leading cause of blindness in older Americans. The research was done at the University of Wisconsin.

A Vacation Home For Fun Times, Investment Returns

Glorious summer days at the lake...the grandkids frolicking at the shore...or a warm fireplace as you wait for the perfect powder at your ski retreat.

A vacation home builds memories and it can be a great investment. In most vacation hot spots, second-home prices are at five-year lows. Some in California and Florida can be had for 47 percent below their 2006 price. Bargains are likely to be available within a couple of hundred miles from where you live.

* There's more to a vacation place than fun and up-front bargains. In the future, the home will be an appreciating asset. Economists say prices are already rising and will continue to rise for at least the next five years.

* The home is a better deal if it's rentable. The rental potential puts money in your pocket, but it also increases resale value.

* The typical vacation property rents out about 17 weeks a year, according to HomeAway.com. Ask a property management company how much comparable properties rent for by the week. While the rent won't pay all your expenses, it will help with the mortgage, utilities, taxes and maintenance.

* You will meet and become friends with an entirely new group of people when you own a vacation home. Lifelong friends are made with neighbors and in the community.

* You'll have tax benefits.

Rent it out for less than two weeks, and you won't have to report the income to the IRS.

* As with any rental property, distance is important. Less than 200 miles from your primary home is best.

* When the property is classified as a second home, you'll get about the same interest rate and terms as on a home loan, according to HSH Associates.

* If you need the rental property income to qualify for a mortgage, it will be classified as an investment property. The down payment will be higher and the interest rate will be about 1 percent more.



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

ANSWER KEY



Use Of The 'Open House' Declines In Real Estate Circles

Some real estate agents still like open houses. They say most prospective buyers walk through the house, then ask what else the agent has to offer. So they get a new client.

Agents also say an open house is an opportunity to get feedback about what is and isn't attractive about a house. Too many open houses can send a signal that it's a tough property to move.

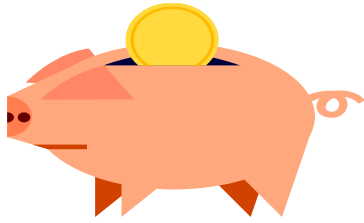
See-it-to-believe-it homes may still benefit from an

open house. In some cases, a house is too unique to market without one.

Other agents question the effectiveness of open houses or don't hold them at all, unless the seller insists on it. They say their sales come from contacts with other agents, from qualified buyers who have contacted them, and from the multiple listing service. They give qualified prospects a private tour of the home. When the multiple listing service shows that many people are

interested in a home, an open house could be in order. The agent emails everyone who looked at the MLS listing. According to MSN Real Estate, many sellers are leery of having an open house. They worry about letting complete strangers roam through their home with access to electronics, jewelry, prescription drugs and personal information.

Other home sellers don't want neighbors and non-buyers wasting their time just to look at their decor.



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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 _____

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

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