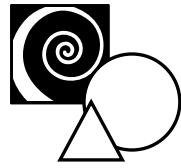
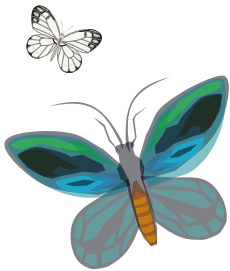




Spring 2008
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Interiors by Susan, LLC Newsletter



"April hath put a
spirit of youth in
everything"

William
Shakespeare



"The first day of
spring is one thing,
and the first spring
day is another. The
difference between
them is something as
great as a month."

Henry Van Dyke



Spring Time

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Beautiful Butterflies

Butterflies are among the most beautiful of creatures and are important to the environment. They help pollinate flowering plants and serve as food to birds and other animals. They serve as a barometer of the health of our overall surroundings. Their numbers decrease when pollution is high. The population also diminishes from the loss of wetlands, prairies and woodlands.

This explains why we saw more of them as children then we do today.

Butterfly Facts

Butterflies can see red, green and yellow.

Butterflies range in size from a tiny 1/8" to as large as 11".

Approximately 24,000 species of butterflies exist.

Top butterfly speed is 12 miles per hour.

Monarch butterflies travel from the Great Lakes to the Gulf of Mexico, a distance of about 2,000 miles, and return north again in the spring (www.thebutterflysite.com).



Tiptoe through the Tulips

Tulips are one of the world's most recognized and loved flowers. The meaning of tulips is perfect love. Each color of flower carries its own special significance. Red tulips are associated with true love, while purple symbolizes royalty. The yellow ones meaning has changed over time from hopeless love to an expression of cheerfulness and sunshine.

The tulip arrived in the Netherlands in 1593 from Turkey, where it played an important part of the culture and art of the time. The tulip continues to be a very popular spring flower. They are easy to grow; they come in incredible number of colors, heights and shapes. There are over 3,000 different registered varieties of cultivated tulips.

Every year billions of tulips are cultivated. The majority are grown and exported from Holland.

Even if going to Holland is not an option. There is another option just across Lake Michigan. It is Holland, Michigan which has a Tulip Time Festival every May. It will be held May 3-10, 2008. Check out their website for more details (www.holland.org).





Declutter Your Space

Spring is a time to rejuvenate the mind, the body and the spirit. There are many methods to accomplish this. One is to reorganize and straighten your home. Comfort and clutter cannot co-exist so give up the mess and peace of mind will follow.

more, the process can begin.

Get rid of items that are no longer useful. This can include;

Magazines you meant to read, but no longer have time for.

Expired Medications

Clothes you no longer wear

Sunscreen that is expired or more then one year old

Extra bags; paper or plastic

Makeup samples that have never been used

Once some of these are accomplished the feeling will be gratifying. You may want to redecorate, and if so I can help.

Susan Barker
Interior Designer
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"Comfort and clutter cannot co-exist"



"Look deep into nature, and then you will understand everything better"

Albert Einstein

Walk in the Great Outdoors

Nature has healing qualities that have been known for centuries. People intuitively turn to outdoor and nature-loving activities as a way of relaxing and improving their well being. This can include meditating near a stream of water, stopping to smell the roses, lying in a field of wildflowers or hiking through the woods.

outdoors. He has been quoted to say, "Nature cures-not the physician".

Spring provides a great opportunity to get out and enjoy the grass, the trees and the flowers. A walk in nature offers many therapeutic effects, which includes peace of mind, reduced stress and depression and improved overall health.

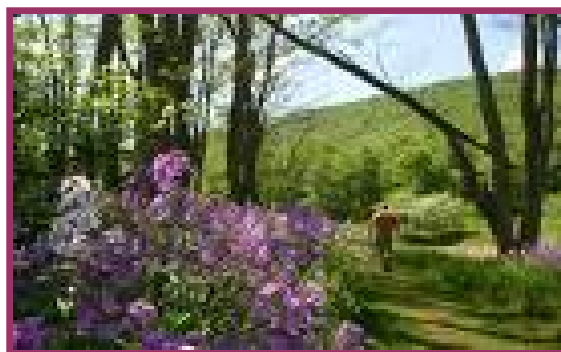
The Fox Valley has beautiful places to enjoy including the Gordon Bubolz Nature Preserve,

located in Outagamie County. It is a 775 acre independent, nonprofit wildlife preserve and environmental education facility. Individuals can walk, jog, hike or ski the 8 mile scenic trail. It travels through meadows, cedar swamp, forest, prairie and pond habitats.

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I hope you enjoyed my newsletter. It was a pleasure to research the various stories and share them with you. Remember April showers bring May flowers!

Susan Barker
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