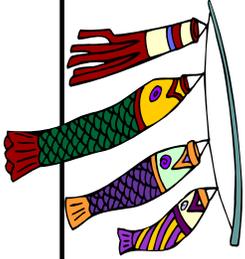


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# Interiors by Susan, LLC Newsletter



## Spring Fever

### For Fun Go Fly a Kite

"True courage is like a kite; a contrary wind raises it higher."

John Petit-Senn



"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."

~W. Earl Hall~



Springtime is a great time to fly a kite. It is a fun and inexpensive activity the whole family can enjoy. It is a chance to get outside after a long winter. We certainly have had our share of cold and snow this year.

Kites first appeared over 3,000 years ago in China. They had all the needed materials. Bamboo was used for the frame and silk for the sail and bridle. After China the kite made its way to Europe followed by America and Australia.

Besides recreation kites have had uses in weather forecasting and in the military. Let's not forget about the experiment of Benjamin Franklin. What Franklin was investigating was whether or not lightning was an electric phenomenon. This seems fairly obvious to most of us today, but we must remember that in Franklin's day the largest sparks they could make were under an inch long! Since lightning is several miles long it is not so obvious that they are the same.

Interiors by Susan, LLC  
Appleton, WI 54914  
Phone: (920)858-2379  
susanb@interiorsbysusan.com  
www.interiorsbysusan.com



## Sunshine Improves Health

Good old fashioned sunshine is a natural solution to help us feel good. Of course it is like so many things it needs to be used in moderation. Where have we heard that before? It applies to everything that is good for us.

Sunshine helps release serotonin, the feel-good brain chemical, allows the body produce vitamin D and assists the brain's hypothalamus and pituitary gland.

Sunlight triggers the brain chemical serotonin that controls sleep patterns,

body temperature and improves our frame of mind, which reduces our chances of depression. Some individuals get Seasonal Affective Disorder (SAD). It results from the lack of sunlight in the winter. Treatment can be either medication or full spectrum light therapy.

Sunlight produces Vitamin D in our body which allows our body to absorb calcium and make our bones strong and slows down the aging process. The body receives 90% of its Vitamin D requirement from sunlight on the skin.

The hypothalamus regulates the "body clock". So if the body does not get enough sunlight it affects the body's ability to function properly.

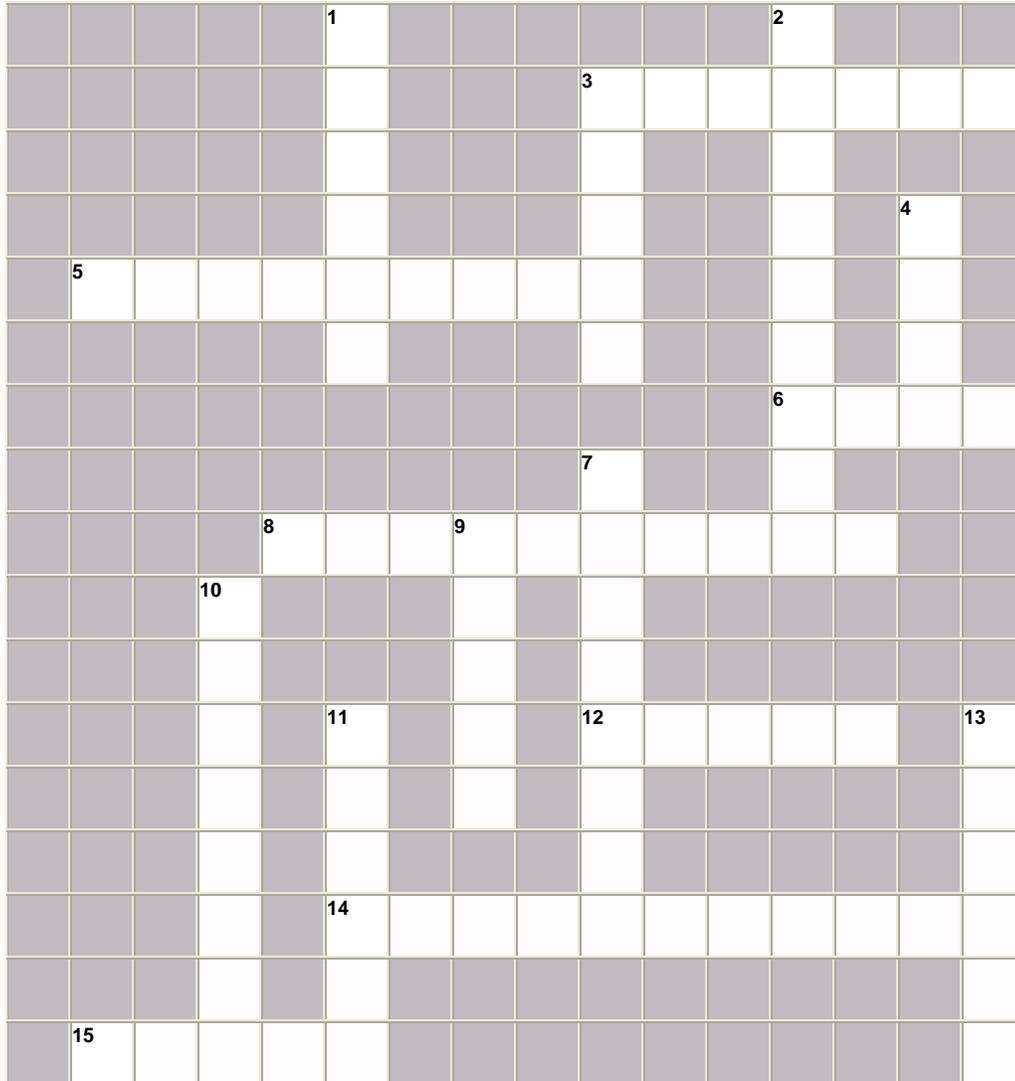
Only five minutes of direct sunlight per day is needed to get the very important benefits our body's need.

That certainly fits the definition of moderation.



# A Designer's Crossword Puzzle

Arthur Wynne invented the first crossword puzzle. He immigrated to the United States wrote the first crossword puzzle for an American newspaper called the New York World. It was published on Sunday, December 21, 1913.



**Down**

1. Most popular sustainable flooring, that actually comes from a grass
2. To be called an Interior Designer a minimum of an \_\_\_\_\_ Degree is required
3. A fresh coat of \_\_\_\_\_; inexpensive way to add color to a room
4. Color connected to sky and water; calming, meditative
7. Chinese practice to create harmony in the home or office (2 words)
9. Best to have \_\_\_\_\_ types of lighting in each room; general, task and accent
10. Knobs, drawer pulls, handles and hinges are collectively known as \_\_\_\_\_
11. The most widely used fiber in the world comes from a seed
13. Use the same \_\_\_\_\_ of fabric or wall covering as each one can be a slightly different shade (2 words)

**Across**

3. Popular pattern; colorful swirled patterns of abstract curved shapes
5. Appleton's Hearthstone Historic Home is of what era?
6. Type of rug used to add visual interest to a space
8. Treatment used to make wood look old and worn
12. An architect's \_\_\_\_\_ is a triangular shaped drawing instrument used for floor plans
14. Classic and generally formal decorating style
15. \_\_\_\_\_ is more than a color it is a movement to improve our environment

Thank you for reading my spring edition.

Susan Barker  
Interior Designer  
Allied Member, ASID  
LEED AP  
920.858.2379