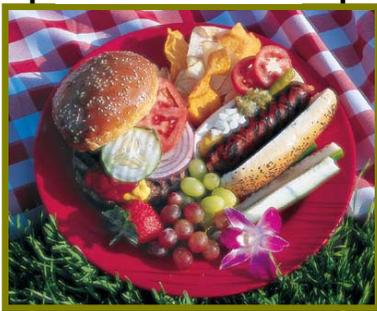


Summer 2010  
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# Interiors by Susan LLC Newsletter

## Summer Is So Fine



Life is like riding a bicycle  
- in order to keep your  
balance, you must keep  
moving.

~Albert Einstein~



[casanovasadventures.com](http://casanovasadventures.com)

### Picnics ~ Fun and Tasty

Summer time is a great time for a picnic. Enjoy the sights, sounds and smells of the outdoors. A blanket or a picnic table in the backyard is one option. Another is to go a local park or explore new parks in your area. It is amazing how many there are when one really looks. One next to water is always fun and inviting.

When going on a picnic bring a blanket along and

consider a leisurely nap after you have finished eating. It can be peaceful and relaxing way to spend a summer day.

The menu you select can be as simple or fancy as you want it to be. It is important that it is something you truly enjoy. Hamburgers and bratwurst are always a favorite. Sandwiches are also a great choice. Chips and fresh fruit are always

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great to have on the side. Plan a picnic on the next sunny day and get back to nature and relax like we are meant to.



### Bicycling in Wisconsin

#### A Healthy Way to See the Sights

Wow, biking is good for our body, our mind and our environment. Now that the Wisconsin summer has arrived and the weather continues to cooperate we each have the perfect opportunity to get out and enjoy the beauty of our great state. Beauty is as close as our own backyard. A person does not need to go very far to find an inviting view with the appeal of trees, grass and birds. The sights and sounds of the outdoors can be enjoyed for such a short period of time in the Midwest so why not benefit from them.

The benefits of good old fashioned pedal bikes are many. They include toned and trim leg muscles, reduced levels of stress, anxiety, depression, and a healthier heart. It is also a great way to spend quality time with family and friends, meet new people, and see new sites.

So now that you know about all the great reasons to get out and use pedal power. Try it today.

Biking is an activity that is available for the novice all the way up to the expert. Each person can find what

works for them.

Appleton manufactures an organic bike from eco-friendly bamboo. To learn more about this unique bicycle option check out [www.organicbikes.com](http://www.organicbikes.com).





I perhaps owe having become a painter to flowers.

~ Claude Monet ~

## Potted Flowers Add Pizzazz

The addition of flowers to a house makes it a home; warm and welcoming. It adds that special touch that is like a smile, it helps to make your home more inviting to your guests.

Pink, red, orange, yellow, coral, blush and purple are some of the colors of some of the most beautiful flowers. These include begonias, impatiens, marigolds, petunias, snap dragons, daisies and geraniums to name just a few that can be added to your home.

Put the flowers into planters. They can be added to the front porch, the back patio and along the garage. Today there are so many types of pottery and containers to display flowers in. The pots come in all shapes, styles and sizes. If the look you want is bright, funky and contemporary pots in the bright oranges, pinks, greens and turquoise are available. If you prefer more of the earth tone color palette there are many options at your local stores.

Flowers, flowers, flowers are so beautiful and add so much brightness and life to a home. Add that special touch today!



## Salvaged Furniture A Green Design Trend

The trend in decorating continues to be green, eco-friendly and sustainable. This gives homeowners the chance to reuse and repurpose existing furniture pieces as well as find antiques. It is fashionable to have a mixture of old and new in your home. Many items can be found right here in the Fox Cities.

Urban Evolutions located in Menasha, WI makes one-of-a-kind furniture and accessories from reclaimed vintage materials. They began their story in 1995 and are now selling their pieces throughout the United States. They have a showroom on Valley Road that includes beds, tables, storage and display pieces plus a tin collection.

Each of the pieces is unique. For example the Hilton Door Beds were originally made from doors from the Beloit Hilton Hotel in Beloit, Wisconsin. Today the door beds are made with Russian Birch doors and antique tin salvaged from buildings throughout the U.S. Check out their website at [www.urbanevolutions.com](http://www.urbanevolutions.com) or their showroom.

Other great ways to find furniture and accessories can include looking through your own basement, attic or closet. If that does not prove successful than garage sales, flea markets, consignment shops, thrift shops and antiques stores may have just the item you have been dreaming about.



Thank you for reading my summer edition.

Call today for an appointment to freshen up your home or office. Summer is a great time to make changes.

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