

garden

By Roger Myers

Roger Myers is the President and Founder of American Beauty Landscaping. Established in 1979, ABL is the Valley's industry leader with more than 100 national, state and local awards to its landscape design and build credit.



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GARDENING IS GOOD FOR YOU!



“No matter how long the winter – spring is sure to follow.”

- old proverb

My favorite time of year is here again, I so enjoy putting away the snow shovel, and getting out the rakes, spades, and roto-tiller. Although, gardening for many is a total waste of time, others find it completely therapeutic! Did

you know that “gardening” is the most popular past time of any kind in the United States? Yep, it even surpasses football and baseball. Sorry guys.

Here are some other gardening facts:

- You can burn as many calories in 45 minutes of gardening, as in 30 minutes of aerobics. One hour of weeding burns 300 calories, the same as walking, while mowing with a push mower, burns 500 calories an hour! (The same as playing one hour of tennis!)
- In one study women over 50 who worked in their gardens at least once a week had higher bone density, than those who walked, swam, or did aerobics.
- Workers with a view of natural elements, such as trees and flowers, experience less job pressure, were more satisfied with their jobs and reported fewer ailments and headaches than those who either had no outside view or could only see built elements from their windows.

Source – Kaplan 1988 “Copying with Daily Hassles”



30 YEARS OF CUSTOMER LOYALTY

At American Beauty Landscaping, we love doing what we do. Though the work can sometimes be a challenge, having loyal satisfied customers always makes it rewarding. After 30 years of business here in the Mahoning Valley, I still look forward to going to work each day, despite the long summer hours, and then the special challenges winter brings.



That spring in 1979 in Poland, Ohio I did not set out to build a full-service landscape company. I simply decided to landscape my own new home myself. Being a teacher at Poland Schools, gave me little horticultural experience, but it did teach me how to get along with people, later proving to be a tremendous asset as the company grew.

Having come from a family with agricultural roots (pardon the pun), my love of Art, (my second major at Kent State University) creating an attractive functional design wasn't that hard for me.

My home turned out beautifully, the growing neighborhood asked for my help, and “the rest is history” as they say! 30 years later, 17 trucks, 5 acres of property and 35 employees, all going to work each day to help make this valley a more beautiful place in which to work and live has been a rewarding proposition.

Thank you to our loyal clients, friends and suppliers who have helped to make this company grow. We look forward to serving you for many years to come.

Roger A. Myers
CEO/American Beauty Landscaping 1979- 2009

For more information visit us at www.AmericanBeautyLandscaping.com