

■ HOME

DESIGN | TWIST | SET



Flower Power:  
The easy-to-grow *Tradescantia virginiana*.

LABOR DAY DOESN'T HAVE TO BE THE END OF A MAGIC GARDEN. LEEANN LAVIN, LANDSCAPE ARCHITECT AND DIRECTOR OF THE BROOKLYN BOTANICAL GARDENS, SHARES HER SECRETS TO FALL IN FULL BLOOM



True to the name, *Lythrum hyssagifolium* (Love-Lies-Bleeding) brings a splash of color.

# FALL OF COLOR

The arrival of fall brings with it the habitual seasonal swap: Tank tops turn into cozy, downy turtlenecks, while flip-flops make way for fur-trimmed boots. The same holds true for your garden. Pastel pinks and baby blues are replaced with warm, rich color like metallic schemes of red, orange, copper, gold and purple, to complement autumn's tawny earth tones. Fall is also a great time to think texture. The feathery inflorescence or plumes of ornamental grasses and the decorative display of berries add a touch of softened elegance to the season. And what is a garden without fragrance? Autumn offerings provide scent-sational bursts of surprising fragrance.

While it sounds magical, most gardeners give up come Labor Day, not realizing the garden variety offered for fall. Annuals and perennials of all types are available to keep your garden blooming through the season. Here, Lavin shares some ideas on how to keep your garden a-grow.

## COLOR-FULL

Adding a punch of color come fall is a quick and easy way to keep your garden gorgeous. Go for the ever-popular Coleus, an attractive plant with chocolate, chocolate or red-pattered foliage. Orange and red Danias, seasonal Chrysanthemums and Asters are also a delightful way to fresher up a stale, end-of-the-summer garden. Likewise, fall's yellow-gold and pumpkin-colored Helianthus, otherwise known as sunflowers, give the gar-

den a seasonal sensibility similar to the way a corduroy jacket makes that fall transition work for knicks. Mid-autumn is a perfect time to plant some First Light, also a sunflower, with its hundreds of golden yellow flowers and dark brown eyes. Lemon Queen is another good choice. This tall, upright sunflower forms clumps of green leaves topped with sprays of soft yellow daisies. And for that punch of rich color still in the sunflower family, plant some Coppola for its swirled, copper-red flower that fades to burnt orange come fall. These prodigious fall bloomers stand up to the splendor of ornamental grasses.

Soaking up ornamental grasses, with their glorious colors ranging from creamy bronze to golden honey to red and metallic blue, their rich tapestry is a perfect addition to the season's landscape. Sedums are also an excellent choice, adding color and texture at the same time. They're interesting plants for containers, rock gardens and in a perennial garden. Their succulent, fleshy leaves range from green to red to burgundy to bronze. The flower clusters are flat-topped and include yellow, pink and red.

## FOREVER GREEN

If your garden is currently dominated by annuals and summer-blooming perennials, now is the time to think about adding trees, attractive evergreens or deciduous shrubs—especially those that showcase berries and fall fruit. Not only do the splashes of color—from deep purple to orange and bright red—offer an explosion of energy to a fall

garden, they also attract a variety of pollinators, including birds and butterflies. Some of my favorites are the Callicarpa (a.k.a. the American Beautyberry), with their clusters of purple or white berries, the spring-blooming Mahonia, which display blue-black, grape-like clusters of fruit, and the Nandina for its showy red fruit along with its reddish leaf tint throughout the winter. And the very fashion-forward Katsura tree keeps pace with the seasons by changing color from a bronze-purple in spring to a blue-green in summer to an apricot-yellow in autumn, which smells of everyone's boardwalk favorite—cotton candy.

The Chaste tree is another late summer/early fall bloomer that is both fragrant and beautiful. With color spikes that range from blue to pink, they look just like lilacs. For rich, outstanding color, you won't be able to resist the winter blooming Camellias. These evergreen shrubs showcase glorious fall shades of raspberry, white and red in October and November. Or you can delight in the romance and charm of our own native New Jersey Blueberry, which turns red and yellow in the fall.

## EXOTICA

For a touch of the unexpected, try the easy-to-grow, but often overlooked, Toad Lily. I've used this in my gardens for years and continuously receive compliments over the beauty of these orchid look-alikes, with their white, or purple and white flowers. Get into the spirit of the season with festive Chinese Lanterns. Shaped like tiny pumpkins and sporting the same orange hue, they're fun additions to a garden or containers. Or try the very unusual, reddish-purple annual Love Lies Bleeding. With their fuzzy, drooping tassels, they provide a dramatic display for the garden bed or the container.

Leeann Lavin is an award-winning, certified landscape designer. She is the owner of Duchess Designs, a garden design and build firm, and is the designer and manufacturer of The Garden Pendant Collection®, the first hand-painted lightweight hanging planter collectible. For more information, go to [www.duchess-designs.com](http://www.duchess-designs.com)



*Garden variety: Fall flowers in full bloom*

# BRAVE NEW WORLD

## GO HIGH DESIGN WITH STYLISH YARD ART FROM CHURCH STREET GARDENS

This season it's time to embellish—your garden, that is. Spruce up your outdoor space with gorgeous containers, stunning garden sanctuaries, serene fountains and brilliant sconces.

According to design guru Jane Black, owner of Church Street Gardens in Little Silver, formerly of Colts Neck, "Garden ornaments are intrinsically linked to that of landscape and garden design, and complement the overall look of a finished garden room." Classic garden art includes urns, obelisks, statues, fountains and furniture, such as

benches and seats, and should match the style or period of the overall garden design. "We can help determine your garden style, from the English garden to the French Baroque to the traditional Italian, and we can suggest the appropriate garden ornaments that will complement and complete the overall look," adds Black.

With design enthusiasts taking their cue from the fashion world, the modern trend in garden art is to mix styles. And thanks to new space age materials, garden art is now much more affordable.



*Stone Face Statues are a great addition to any yard*

garden art is now much more affordable.

In the past, garden antiques were made from the original, natural materials of stone, marble, and bronze. Today, reproductions have the look of the original, but are half the cost and are usually half the weight. Black raves about hypertufa, a material composed of cement, sand and peat moss, used in anything from containers to fountains. She applauds its adherence to an original limestone or sandstone look and notes its durability to withstand the change of seasons.

Still not sure how to go about delving in the new world of garden couture? Black suggests starting out small with some simple lawn ball or large stone balls of varying sizes. "You can't beat them," she says. "They're our best seller. They're reasonably priced and add an architectural element that is very primal." At Black's store, you can find anything from a \$10 item and to genuine, one-of-a-kind antiques that cost a whole lot more. And you thought a birdbath was big deal.

—L.L.

PHOTOGRAPHY BY LINDAROWEPHOTO.COM



**The Emperor's New Throne**

Who else but famed designer Philippe Starck would dare mess with a king? Reinventing the classic Louis XVI armchair for über-design company Kartell, the postmodern triumph of technical innovation and history is available in translucent, opaque, black and white. **Philippe Starck Ghost Chair, Design Within Reach, Princeton, NJ 609.921.0899, www.dwr.com**



**Light My Fire**

The enticing aroma of exotic Asian woods, such as fresh cypress, Indian cedar and sandalwood, create the perfect aromas for fall. **Voluspa Sawara Cypress Candle, Robert Legere Home, Asbury Park, NJ 732.869.9399**

**Floral Décor**

Organic forms meet man-made materials in updated versions of traditional silver vases. These sleek and fluted vessels make a dramatic statement alone or arranged in a grouping. **Platinum Gourd Vases, NIV Interior Design, Short Hills, NJ 973. 912.9700**



**Viva La France**

This ivory and gold decorated porcelain urn is a little formal, a little fun and a whole lotta French. So treat yourself to a little bling – you've earned it! **Agostino, Red Bank, NJ 732.345.7301**

**Groove Thing**

For those seeking a bit of nostalgia, dig this lamp for some refined retro. Milky white glass in an exaggerated bottle shape contrasts distinctly against the rich chocolate brown silk drum shade—groovy, baby. **Ricky Longneck Lamp, Storehouse, Shrewsbury, NJ 732.530.5161, www.storehouse.com**



**Shine on**

These lacquer nesting tables are anything but lackluster. Their clean and simple '70s-style lines add a sexy feel to any room—shag carpet sold separately. **Space, Red Bank, NJ 732.224.1006**



**In the Throw**

This luxe mohair throw looks as good draped over your shoulders on a chilly night as it does over a chaise or sofa. It's a must-have of the season because of its versatility and too-good-to-be-true price. **Mohair Throw, Target stores, www.target.com**



the new classics

**Cover Model**

Vintage, contemporary and custom hand-screened wall coverings add a burst of flavor to any room. Models, movie stars and other taste aficionados dress their spaces in these distinct designs. **Flavor Paper's Dauphine Collection Wallpaper in Bywater Blue or Good and Plenty, www.flavorleague.com**



# Mold: a Growing Health Hazard.

## The best tips for getting mold out of your home.

We've all heard the headlines about sick buildings and the dangers of mold. The scary thing is that we all have mold in our homes already. So how do you know if the level of mold in your home is normal or if you have a health hazard growing behind your walls? Stuart Periman, president of NationDry Waterproofing and certified mold remediation expert offers this advice to eliminate mold from the air your family breathes.

### Is mold dangerous?

Molds can be hazardous and according to government toxicologists, they can affect us in four ways depending on the nature of the mold involved:

- Mild to severe allergic reactions
- Infection
- Irritation (sinus, headaches, dizziness)
- Toxicity (causes a wide variety of health problems ranging from chronic fatigue, memory loss, immune deficiencies and reproductive issues)

### How do I know if I have a mold problem?

The signs that you have a mold problem include:

- A damp basement or basement where the humidity is over 55%
- Visible stains or mold on walls, floors or ceiling - especially from water damage
- A musty odor
- Your home has suffered a roof, basement or plumbing leak

"If you have one or more of these signs, you should get your home tested right away," states Stuart Periman. "Mold can quickly become a problem if moist or damp areas are ignored for any period of time. Mold also damages what it grows on: the longer it grows, the more damage it can cause," concludes Periman.



### What are the essential steps for mold remediation?

"There are four critical steps in mold remediation," states Periman. "Miss one and your mold will be back. Don't settle for partial solutions, they don't work."

1. Fix the moisture problem or mold will grow again. Fixing the problem area can include basement waterproofing, foundation repair, roof repair and installation of humidity control equipment.

2. Contain the contaminated area. Seal the area off and use negative air machines during remediation to insure that the mold won't spread through the home while the area is being treated.
3. Use a professional-grade EPA-registered mold disinfectant to clean the area. Bleach is useless as a cleaner since the active ingredient in bleach evaporates after 15 seconds. What you have left is water and mold grows where there's water.
4. Apply an antimicrobial shield on to the contaminated area. The shield serves two purposes, 1) to trap and suffocate the existing mold and 2) to prevent future mold from growing in the same place.

### Get an independent mold test.

NationDry recommends that you do not get your mold test from the same company that does the remediation. Be wary of cheap or free tests from any remediation company, it's a conflict of interest and the test gives you no protection that the job will get done right. A quality test from a company should cost about \$500. The home should be tested both before and after the remediation to insure that the work was completed. "When NationDry remediates your problem, we will keep at it until the post test shows the home is healthy," states Periman.

### Hire a certified mold remediation specialist.

Make sure your mold remediation company is certified and ask if they have Contractors Pollution Liability Insurance. Mold is not covered under general liability insurance. It's an extra policy the company has to buy and it will give you added protection in case the mold returns.

### Treating mold damage the right way.



1. Mold Damage on Floor Joists



2. Clean Floor Joists after Disinfection



3. Antimicrobial Shield is Applied to Prevent Future Occurrence

### About NationDry Waterproofing.

NationDry Waterproofing has over 30 years of combined experience in basement waterproofing, interior and exterior drainage, certified mold remediation and foundation repair. Listed on Qualified Remodelers Top 500 List, they service New Jersey, New York, Delaware and Pennsylvania. For more information, call 1-888-474-4648 or visit [www.nationdry.com](http://www.nationdry.com).



# House of Calm

SIX WAYS  
TO IMPROVE  
YOUR HEALTH,  
HAPPINESS  
AND VITALITY

BY JAYME BARRETT



All photos by Jenni Coolidge from *Feng Shui Your Life*



Your home is a reflection of your soul; a place where your physical, emotional and mental health should thrive.

In ancient times, it protected us from the elements and from harm. It made for a safe haven, which in turn allowed one to sleep soundly, eat peacefully and play joyfully. It functions similarly today, protecting us from the outside, as well as providing a place to rest and rejuvenate our mind and body.

But while we use our homes as a place to unwind, we also use them to let off steam and collect clutter (newspaper pile-ups, bills, sentimental bric-a-brac). The art of feng shui asserts that when the energy in your home is abundant and flowing properly, it positively affects your life. Your energy must flow freely and when it doesn't, problems occur. In essence, peaceful, organized surroundings promote balance and well being, both physically and emotionally. By incorporating nature's life force energy, harmonious furniture arrangements and soothing sounds and sights, your home becomes a sanctuary of vibrant health. Here, six tips for creating a home that nourishes your body, mind and spirit.

**Remove your shoes before entering your home.** Make it a ritual to leave the stress of your job, traffic jams and bad days outside. It's a purposeful way to make your home a haven, only allowing peaceful energy to come inside. The simple act of removing your shoes is symbolic of casting off the worries and troubles, as well as the dirt, of the outside world.



**Clean your space and clear clutter.** Clutter disrupts your life. When it's rampant, you feel stressed about everything. You can't find your keys, important letters, the right belt or a cherished memento. Disorder creates mayhem and hinders your ability to find peace. Make sure that your bedroom, closet and bathroom are in order. If

you can begin your day with calm, you have a better chance of feeling centered as you go out into the world. One of the best antidotes to stress is an organized living environment.

**Surround yourself with an abundance of light, fresh air and greenery.** Open the doors and windows and invite nature in. As



Jayne Barrett, best-selling author of *Feng Shui Your Life*, is the leading authority on inspired living. Barrett empowers individuals to design their lives for increased balance, energy and motivation. As a certified feng shui consultant, her transformational work with individuals, businesses and corporations has made her a sought-after speaker, private consultant and TV personality. For information and free newsletters, visit [www.jaynebarrett.com](http://www.jaynebarrett.com).

night draws near, avoid bright light for at least an hour before bed. Instead allow your body's natural cycle to slowly move towards night. Use soft light in the bathroom and place dimmers in rooms you spend a good deal of time. For more harmony, oxygen and life force, accessorize with plants. Choose ones that look happy as opposed to those with downward falling, droopy leaves.

**Get more sleep by creating a wonderful place to rest your head.** It's preferable to choose a bedroom that's located away from the noisy street. From a feng shui perspective, the best position for your bed is in the back corner of the room, opposite the door. This site provides grounding because of the solid wall behind the bed, the expanded view of the room and door, and protection from fast moving energy entering the space. Also, if possible, refrain from watching television before bed as it drains your energy. The violence and negative news can be absorbed into your subconscious and may cause unpleasant dreams.

**Choose colors that help you unwind.** Incorporate blues, lavenders, greens, peaches and other soothing earth tones into your home. Whether it's wall color, bedding, artwork, fabrics or decorative objects, soft, neutral colors provide a sense of calm. Ask yourself what color would make you feel happy and peaceful, then find a way to introduce it into your home. Try lighting a blue, lavender or crème-colored candle for relaxation. Let your intuition guide you.

**Soothing sounds of nature make for a calming environment.** Play a tape or CD of natural sounds, such as gentle waves, mountain streams, chirping birds or a gentle breeze through the trees. When you listen to sounds of nature, your heart rate slows down, your breathing becomes more expansive and your nerves are calmed. Make sure it's a recording that's made from the actual sounds of nature, not electronically produced, since the life force energy emanating from natural surroundings will be healing for your body and mind.

The bottom line: When your space is calm, your thoughts slow down and you can begin to hear the guidance from your soul. Your spirit is renewed when you create a home that invites you to sit still, stop doing and just be. At these moments, your environment offers you a place to restore your physical and spiritual energy. When you design a healthy living environment, you will feel relaxed, rejuvenated and inspired.



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# PERFECTLY SET FOUR WAYS TO DRESS UP YOUR TABLE

PHOTOGRAPHY BY LINDA ROWE



## FALL ELEGANCE

Rustic colors and seasonal patterns are a welcome alternative to traditional table top wear.

Mottahedda Sacred  
Bird and Butterfly china  
Rumson China and Glass,  
Rumson, NJ 732.842.2327,  
[www.rumsonchina.com](http://www.rumsonchina.com)

Ashanti Zimbabwe flatware  
Neiman Marcus, The Mall at  
Short Hills, Short Hills, NJ  
973.912.0080,  
[www.neimanmarcus.com](http://www.neimanmarcus.com)

Varga Springtime stemware  
Neiman Marcus, The Mall at  
Short Hills, Short Hills, NJ  
973.912.0080,  
[www.neimanmarcus.com](http://www.neimanmarcus.com)

Kim Seybert charger  
Neiman Marcus, The Mall at  
Short Hills, Short Hills, NJ  
973.912.0080,  
[www.neimanmarcus.com](http://www.neimanmarcus.com)

Diamond matelasse overlet  
Restoration Hardware, Red  
Bank, NJ 732.212.0991,  
[www.restorationhardware.com](http://www.restorationhardware.com)

Branches from Red Bank Florist  
Red Bank, NJ 732.530.4056

Scalloped plate  
Anthropologie, Short Hills, NJ  
973.921.1908,  
www.anthropologie.com

Plate with lace detail  
Anthropologie, Short Hills, NJ  
973.921.1908,  
www.anthropologie.com

Tea pot  
Anthropologie,  
Short Hills, NJ 973.921.1908,  
www.anthropologie.com

Juliska water glass and goblet  
Byford & Mills, Little Silver, NJ  
732.842.5778

Lace and eyelet napkin  
Target, Ocean, NJ  
732.918.7812,  
www.target.com

Flowers by Andi's  
Bayhead, NJ 732.892.5564



## HIGH TEA

Serve up some British charm with old-fashioned countryside settings made with antique impressions, such as vintage florals, lace detailing and scalloped edges.



Kate Spade Library Lane  
Pink place setting  
Macy's, Monmouth Mall,  
Eatontown, NJ 732.542.1212,  
[www.macys.com](http://www.macys.com)

Kate Spade Green Stripe  
Accent plate  
Macy's, Monmouth Mall,  
Eatontown, NJ 732.542.1212,  
[www.macys.com](http://www.macys.com)

Kate Spade Larabee Road  
Green tidbit plate  
Macy's, Monmouth Mall,  
Eatontown, NJ 732.542.1212,  
[www.macys.com](http://www.macys.com)

Vera Wang Chime flatware  
Macy's, Monmouth Mall,  
Eatontown, NJ 732.542.1212,  
[www.macys.com](http://www.macys.com)

Kate Spade Larabee  
Dot stemware  
Macy's, Monmouth Mall,  
Eatontown, NJ, 732.542.1212,  
[www.macys.com](http://www.macys.com)

Ralph Lauren flat sheet  
as tablecloth  
Bloomingdales, The Mall at  
Short Hills, Short Hills, NJ  
973.548.2200,  
[www.bloomingdales.com](http://www.bloomingdales.com)

Flowers by Jerry Rose Floral  
and Event Design  
Maplewood, NJ 973.762.1085

## LET'S DO LUNCH

Elegant patterns in playful colors  
make for a cheery afternoon with the girls.

Calvin Klein Bergen wine glasses  
Bloomingdale's,  
The Mall at Short Hills, Short Hills,  
NJ 973. 548.2200,  
[www.bloomingdales.com](http://www.bloomingdales.com)

Rectangle hors d'oeuvres plates  
Target, Ocean,  
NJ, 732.918.7812,  
[www.target.com](http://www.target.com)

Square wood hors d'oeuvre plates  
Pottery Barn,  
The Grove, Shrewsbury,  
NJ 732.212.1333,  
[www.potterybarn.com](http://www.potterybarn.com)

Chopping block  
William Sonoma, The Grove,  
Shrewsbury, NJ 732.747.0128  
[www.williams-sonoma.com](http://www.williams-sonoma.com)

Placemat  
Pottery Barn,  
The Grove, Shrewsbury, NJ  
732.212.1333,  
[www.potterybarn.com](http://www.potterybarn.com)

Lemons  
Whole Foods, Middletown,  
NJ 732. 758.1688,  
[www.wholefoods.com](http://www.wholefoods.com)



## STREAM LINES

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