

# Manhattan PLANT EXPERTS INC.



Certified  
**WBENC**  
Women's Business Enterprise

MAR  
2009  
Volume 2  
Edition 3

## Eve's Green Corner of Life

Plants are a vital part of our goings and comings in life. As we breathe in and exhale, our counter parts "the plants" purify the air which ultimately becomes our "breath of life." The latter part of the 20<sup>th</sup> Century became very fixed on creating ways to improve health through scientific means. Air purifiers hit the scene, some, more sophisticated than others. These machines cannot replace in any way or means the function of naturally produced purified air. We need to improve consciousness on the organic level through plants. Sustainability is what we need to strive for. Increasing plant life in our offices and homes will increase productivity, improve health and reduce negative mood swings commonly referred to as "Office rage."

We're supporters of the "green" movement. Collectively we can make this earth a cleaner and healthier place to live. Why not start today!

~ Eve Degrezia



## An Amazing Story

"Hi Pam. It was great connecting with you while we were talking about your Verizon account. I didn't realize that we all have plants in common. So as you know, my mom tells me that the Snake plant she gave me was from as far back as the 50's or maybe even the 40's. It was in her mother's front room in her home in Watervliet, NY. She took it with her when she got married and moved.

I remember it being in a black wicker basket in our bay window in Plattsburgh, NY in the 70s and 80s.

And I took it when I moved out too.



Now, the plant is easily 3 times as big and sitting in my living room in Latham, NY. A three generation plant! If it could only talk."

~ Debbie Jojo

## THE NEWEST RAGE – OFFICE RAGE

Everyone has the bad day at work. The train is late, the boss lands an unexpected pile of work on your desk, your computer goes on the blink and the coffee machine has broken down. But what happens when every day is a bad one and your frustration is escalating out of control.

Anger in the workplace is an increasingly common problem. Due to the economic meltdown and increase in workload due to work force cutbacks, stress in the workplace, anger and rage has hit an all-time high.

It is fact that plants calm the environment. Surround the person with most of the stress with plants. You will see the difference in demeanor.

## PLANT OF THE MONTH

### The Snake Plant

is the ultimate for those without a green thumb. Prefers moderate to bright light. It is poisonous, so keep away from kids and pets.



## OUR GIFT TO YOU!



**BOUNCE  
BACK IN  
MARCH  
with Our  
St. Patrick's  
Day  
Beach Ball**