

How To Reach Your Peak

Talk to a mountain climber. They often speak of their experiences as sacred journeys. For some, climbing a cliff brings them to the edge of life and death. Whether on a moderate alpine rock climb or Mount Everest, staying mindful of your needs is vital. Imagine one of these people, scaling a boulder -- so adventurous. Actually, climbing is not spontaneous travel at all. You have to know every single rock and piece of equipment, and train months, sometimes years, in advance. With application, comes a greater sense of fulfillment, which takes time and patience.

The first lesson: Embrace the fact that we are all different. People come in many shapes, sizes, and ability levels, and each of our unique physiologies plays the central role in determining what it takes for us to adequately prepare for a chosen objective, according to the American Alpine Institute (AAI). So it is important to start training gradually, and of course, to stay hydrated. How soon is too soon to start training? It is never too soon, but it can be too late. Even experts admit that work, personal life and mental health can get in the way of training. Do you have a gym membership and use it? Then a few months of training should do the trick. A bit of a couch potato? Invest at least a year.



The second, rather obvious piece of advice: Climbing is the best training for climbing. If getting outside is a challenge, then simulate what you would experience on a real climb. Hiking, stairs, skiing, swimming, trail running, and mountain biking all do the trick. Indoor activities can also prepare you. AAI recommends a low intensity

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Archi-fact:

Construction of the Tabiat bridge which is the Ionic Building of the Month started in 2010, using a total of 2,000 tons of steel and 13,041 cubic yards of concrete before it was finished in October 2014.

Construction of the bridge over a large highway was described as a big challenge, with temporary platforms built to ensure that nothing fell onto the road below.

Iconic Building Of The Month

The Tabiat Bridge, Tehran, Iran



all photos on this page are credited to: Wikipedia

An organic exterior suits the calming feeling on the Tabiat Bridge (Nature Bridge) in Tehran, Iran. Iranian architect Leila Araghian designed the bridge as a gathering place where people could spend time, rather than just cross over it. At 26 years old, she designed what became the third symbol of Tehran.

Late in 2014, the 886 foot long Nature Bridge was born. Pedestrians and bicyclists take breaks to enjoy the flourishing flowers and stunning views. The bridge has three layers: one for a café gallery, another for walking, running and biking, and a third for viewing the highway and Alborz mountains, according to Reallran.org. The multi-level design encourages visitors to linger. The young architect purposefully designed three tree-like columns to blend with the surrounding natural wonders. The curved body offers visitors different perspectives, creating a sense of mystery about the destination and inspiring users to continue exploring.

Araghian, the designer, says it is a symbolic bridge between eastern and western cultures: She earned a master of architecture degree from the University of British Columbia. The Tabiat Bridge won three awards in Iran and The Popular Choice prize in the Highways and Bridges category of Architizer 2015 A+ Awards.



Archi-Quote

The Ionic Building of the Month is a bridge, but not just a bridge. It is a building in it's own right.

The architect, Lelie Araghian of this bridge spoke about the design once it was opened.

“I didn’t want it to be just a bridge which people would use to get from one park to another, I wanted it to be a place for people to stay and ponder, not simply pass.” “It’s a good feeling to see people are enjoying it, to see them sitting on the benches or just hanging out.”

Go Ahead And Fly

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cardio session to target cardio-fitness and move the blood through the muscles broken down during the workout.

Third, plan ahead. Create a weekly schedule for exercise and rest days. Set specific goals. Be patient with your body. And finally, tackle that mountain. Professional climber and guide Coley Gentzel eats fatty foods to build up stores because heading into the mountains, where he expects to burn lots of calories.

Even if you're not a mountain climber, what is your workout? We each have something that gets our blood flowing. Take a moment. Plan how you can reach your highest potential. As Coley does, journal on the whole experience. Conquer that learning curve; reflect on what you enjoy and what you could do better in the future. Climbing is the best training for climbing. So do what you want to do, every day, and you will reach that peak.



Archi-Speak

Can you find all these mountain terms?

Altitude	Crevasse	Peak
Range	Summit	
P A C H W I K V H O W R Y D E		
E E M P X P E Y W T C T G I Y		
A B J U X E Z R U M D U R T P		
K U C R E V A S S E O X Q X T		
F P D S A M S E K I Q Z S F I		
D K C M R J H W R T C Y T Z F		
L O I A P J D J H S L K T L Y		
J L T L T N W Q S U R X G F E		
J K T B R P J D O C M H D M R		
X R O F Z M L S H Q M B L K I		
D U N N T A M V T C G B U H R		
O J T I W R Z P Y N A I A P O		
Q X O L G D R A N G E N U L K		
D G D A L T I T U D E U I C P		
V V Z K S G B S U M M I T O Q		

Ask M

In the James Bond books and movies the character "M" heads the Secret British Intelligence Service known as MI 6, of which James Bond is Agent 007. When contemplating adding on to your home or building, renovating or building a new home or building you should have someone like "M" on your side. Each month the "Ask M" column will answer a reader's question to place more information at your finger tips. **This month's question is...**

How come architects do not use the real sizes of the wood for building on their plans? For example a 2x4 is NOT 2" by 4".

Patty G.

Patty,

I get this question many times. The reason is that the 2 by 4 was originally 2" by 4" when what we call "stick" building started and the 2 by 4s were first made in lumber mills for the construction industry. However they were what we call "rough hewn lumber" which means they were rough to the touch and difficult to work with when installing finished wall material like sheet rock. The lumber mill industry then started to trim the lumber so that it would be more consistent and smoother. They started with the original 2 by 4 and when they were done trimming it was much smaller. Since wood is sold by the mills by the "board feet" which was based on the size they continued to use the original term 2 by 4. Since "the industry" establishes the terminology, architects use the manufacturers terminology. Thence the "nominal 2" by 4".

Email your questions to info@designMgroup.com, and in the subject line type in "Ask M". We look forward to hearing from you and hope we can answer the questions to everyone's satisfaction.

Want to speak with the Architect

Do you have questions but do not know where to start?

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About

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President



photo credit: Jenna Glatzer

Marcus Marino, RA, AIA, NCARB is a leading architect in New York City. He received a Bachelors of Architecture from the prestigious Pratt Institute and a Masters in the Science of Architecture and Urban Design from Columbia University Graduate School of Architecture, Planning and Preservation. He received his license to practice architecture in New York State in 1981 and is licensed in a number of other States. Marcus Marino has served on numerous Governmental Panels and serves as an expert consultant to other architectural firms and legal firms. He is the former Vice President of Public Advocacy of the New York State American Institute of Architects.

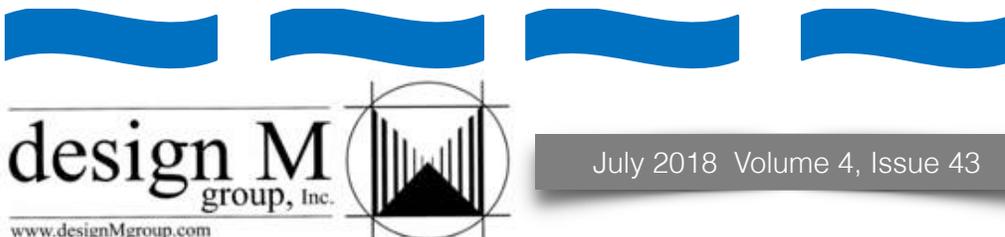
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