

# Tips to avoid the buildup of clutter

goes by, items that are not stored or discarded when they've lost their utility can gradually take over a space, creating a claustrophobic, cluttered feeling that can affect how people feel in their homes.

Clutter is not something to be taken lightly. A study published in the journal Personality and Social Psychology Bulletin found that women who characterized their living spaces as cluttered or marked by unfinished

depression than women who described their homes as restful and restorative. Though clutter the first place.

sions take when individu- toys, including old devic-

piling and creating a cluttered look.

is often discussed in terms they're no longer used. devices like tablets, smartweekly buildup of clutter. That's cleaning sessions. Clean- a lesson parents know ing is a chore few look well, as kids outgrow toys, forward to, and that reluc- which can then pile up and tance may be a byproduct contribute to overcrowded of infrequent cleanings. toy chests and play rooms. The less a home is cleaned, Adults also have a hard the longer cleaning ses- time discarding their own

Clutter has a way of tak- projects were more likely als get around to it. Weekly es. As kids outgrow toys, make a mess as you look storage space and prevent prevent items from stock- ones to discard before find. they're replaced with new items. The same goes for •Discard items when adults, who can wipe old tually contribute to the they've purchased replace-

> stored items. Even the make it easier to identify most well-organized person can fall victim to clutdifficult to find. When revamping storage sys-

ing over a home. As time to experience fatigue and cleaning sessions can help let them choose which for stored items you can't the buildup of clutter. Clear, stackable plastic bins and drawers make it easier to find what you're looking for, reducing the likelihood that of removing it, there's also Holding on to items you phones and laptops clean items will end up on the many ways to prevent it in no longer use will even- and discard them once floor or strewn about. If you don't want to replace existing storage bins, label •Make it easy to find them if they're not clear to what's inside.

• Donate clothing. Much ter if stored items prove like kids' toys and adults devices should be discardtems, choose clear, stack- used, old clothes can be make for a more relaxing able drawers so you won't donated to create more and restful home.

Clutter is often described as something visible to the naked eye, but clutter can also build up in dresser drawers and behind closet doors. Periodically go through closets and dressers and remove items you no longer wear, donating them if they're still in good shape and discarding them if they're not.

Clutter can quickly take over a home. A proactive approach that emphasized when they're no longer es clutter prevention can

# **Get your home winter-ready**

(MS) — If boots, a warm hat and a tunedup snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation — Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furthe air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure stable indoor air

2. Seal Windows and **Doors** — If not properprit for heat loss. To keep dation problems. the warm air inside, in- 5. Roof and Gutters save thousands in energy spect the weather-stripwindows and doors for leaks, rot or decay. Repair or replace structural framing, and caulk inside and out, if necessary.

3. Insulate well — One of the easiest and most effective defenses against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance, such as Roxul Comfortbatt insulation. This type of mineral wool insulation makes installation simple. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt can also be used to top or replace old attic insula-



tion. Aim for an R-50 or a damaged or even miss-

depth of 16 inches. 4. Backyard Care potential damage by trimthrashing against electrical wires and your home's sprinkler systems to prevent freezing. Ensure rain to prevent flooding. ly sealed, windows and or snow drains away from doors can be a major cul- the house to avoid foun- ventative maintenance, a

 Inspect your roof for costs and repair bills over ping around your home's shingles that are warped, the lifetime of your home.

ing to prevent a future leak. Use roofing cement nace or boiler on, replace Save your property from and a caulking gun to seal joints where water ming overgrown trees could penetrate, such as and shrubs to prevent around the chimney, skyice-laden branches from lights or vent pipes. Make sure that your gutters and downspouts are secureexterior. Drain/shut off ly fastened. Downspouts any exterior faucets and should extend at least five feet away from the home

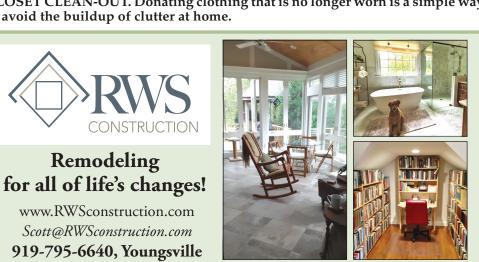
When it comes to prelittle time and effort can







CLOSET CLEAN-OUT. Donating clothing that is no longer worn is a simple way to avoid the buildup of clutter at home.







# Modern kitchen features to consider

popular rooms in many homes. Kitchens are where families tend to congregate during holiday celebrations, and many a child has tackled their homework as mom or dad prepares dinner just a few steps away.

With so much time spent in the kitchen, it's no wonder kitchen renovations are popular. In fact, data from the National Association of Home Builders indicates kitchens are the most popular room to remodel. Whether homeowners are planning a full scale remodel or a few tweaks to update the room, the following are three popular features of modern kitchens.

### 1. Kitchen island

A recent survey from the interior design experts at Houzz found that kitchen islands are popular

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enjoy eating at kitchen today's preparing meals on typivariety of shapes and sizlized in small kitchens most nights of the week. when homeowners want the extra prep space but think the kitchen would be too cramped if a permanent island were added.

2. Deep sink The popularity of farm-

It's well documented for a variety of reasons. house style sinks is proof that kitchens are the most Fifty-eight percent of re- that large and deep sinks spondents indicated they are sought-after among islands, while 49 percent Farmhouse sinks may be reported they like islands best suited to a particular for entertaining. Forty-five aesthetic, but a 2021 study percent of respondents like from the National Assosocializing around kitchen ciation of Home Builders islands. Islands provide found that side-by-side a versatile functionality double sinks and walkthat comes in handy when in pantries were the most popular of 30 listed kitchcal weeknights and when en features. That study hosting friends and family surveyed more than 3,200 on special occasions like recent and prospective the holidays and birth- home buyers. Deep sinks days. Islands come in a are especially useful for people who love to cook, es and can be customized making them a solid addito fit just about any space. tion to any kitchen where Mobile islands can be uti- home chefs ply their trade horizons and cook more ate such space. A walk-in with close quarters.

### 3. Storage

indicated, kitchen stor- materials. expand their culinary tractor about how to cre-tional space in kitchens cater to their every need.



The island is just one of many popular upgrades to kitchen remodels.

elaborate meals, they

pantry can do the trick, need extra places to store but homeowners with specialty pots and pans, kitchens where space is As the NAHB study ingredients and other more limited may need to Homeown- get a little more creative. age space is sought after ers looking to add more Sliding-door pantries and among modern home- storage in the kitchen can roll-out shelving in existowners. As home cooks consult with a local con- ing cabinets can add func-

Modern kitchens are visual marvels and highly functional spaces. A new island, a deep sink and some extra storage space can help homeowners transform their existing kitchens into spaces that

### Alarms don't last forever - remember to replace (BPT) - Being a home- these devices is easy - keep to install alarms high on the right alarms for your

responsibilities. Seasonal repairs and more can add up - both on your to-do list and in your budget. But many home maintenance projects are simple and inexpensive, and they can help provide peace of mind.

Take smoke and carbon monoxide (CO) alarms, for example. Maintaining the alarms to sound. On their operation. duty 24/7, alarms don't last forever and need to be er - remember to replace. replaced at least every 10 It's important to select years depending on your model.

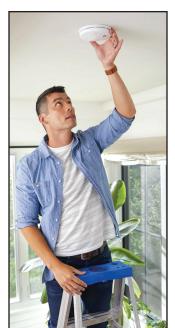
First Alert, the most trusted name in fire safety\*, recommends the following "alarm checklist" to help you and your family protect what matters most.

Test and maintain your alarms. In addition to regular alarm testing, the batteries should be replaced every six months. A good rule of thumb is to change batteries when the majority of Americans adjust their CIOCKS.

Install the proper protection - every level, every bedroom. The National Fire Protection Association (NFPA) recommends installing alarms on every level of your home, including the basement and inside every bedroom. Because smoke rises, be sure

owner comes with a lot of them free of dust build- the wall or ceiling. Don't up and test them regular- install alarms near doors, upkeep, roof and gutter ly by simply pressing the windows or ducts, where maintenance, plumbing test button and waiting for drafts may interfere with

Alarms don't last forev-



When preparing for seasonal changes, don't forget the alarms.

home. Newer homes are generally wired for hardwired smoke and CO alarms. When they reach the end of their useful life, replace them with new hardwired alarms. In older homes and apartments without hardwired alarms, when your alarms expire, a convenient upgrade option is a 10-year sealed battery alarm, which eliminates battery replacement and late-night battery chirps for a decade. And, if your alarms are more than 10 years old - or you simply don't know how old they are - the safest bet is to replace them.

To learn more fire and CO safety tips, or to find a retailer near you, visit firstalert.com.

\*First Alert Brand Trust Survey, March 2023 - Results are based on the responses of 1,043 adult homeowners, ages 25 and older, living in the United States who completed an online survey asking them to choose from six brands in the smoke, fire and carbon monoxide protection space.





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# Give yourself a raise with square foot gardening

Does your landscape have drainage problems? Are you limited to a confined space to have a garden or flower bed? If so, you can still be successful growing your plants by creating raised beds. These beds can be useful for growing vegetables, annuals, bulbous plants, herbaceous perennials, or whatever you desire.

A raised bed can be just what it sounds like: a mound of dirt. Generally, to prevent erosion a barrier is built. However, a barrier is not always needed. Barriers are often site dependent. If a barrier is desired there is no need to try to build a fort around the soil. The bed can be as high as you wish or as low to the ground as you wish. The material used to build the bed can be whatever you select.

A simple weekend's work: Select your site and make sure you locate the bed in an area that will suit the plants you intend can be used.



to grow. Next, prepare the soil by loosening/tilling the existing soil to a depth of eight to ten inches. This will aid in drainage, improve aeration, and allow you to remove weeds, rocks, and other debris. Then, choose the materials that you want to build your raised bed with. Finally, determine the filler you will be using to make the raised bed complete. Now, you are ready to build and plant.

er, some materials may be stucco the cinder blocks if better suited for certain ar- you wish. eas. The following are some

(2-by-8s, 2-by-10s, 4-by-4s, how much you enjoy workand easy way to make a raised bed.

 Landscape timbers, treated 3-by-5s with curved sides, is another simple material to use. These can be stacked three or four high.

•Railroad ties are large and bulky, but can be used. The old ties do not look as good as new ones; however, they are cheaper and they do not contain the heavy amounts of creosote that the new ones do. Typically, railroad ties are not a good choice to build vegetable gardens with due to the possible creosote leaching into the soil.

• Bricks and cinder blocks The materials you choose may blend in better and are to use is up to you. Howev- extremely durable. You can

•Stone is extremely easy examples of materials that to use. You can either drystack the stone or mortar it. prove drainage and aerate little time and effort, you

• Pressure-treated wood You might be surprised at or 6-by-6s) and a handful of ing with the stone because nails or bolts will be a quick it is similar to putting a puzzle together.

Soil additives for a raised bed garden can vary. Bagged products such as topsoil, potting soil, humus, or soil conditioner are available. These are all excellent materials that have been treated, so there is little chance of an introduction of weeds or diseases. Screened topsoil is a cheaper alternative if you have some available or you can buy it. Compost is an excellent additive. I once heard someone refer to it as "black gold." You can make your own compost by composting your leaves, any grass clippings you might have, and vegetable scraps. Compost will help add nutrients to your soil in the bed. Rocks may used in many home landalso be used as an additive. scapes and some of the Pea-gravel or small sized most exquisite landscapes pebbles can be used to im-



Raised beds continue to grow in popularity

the soil. The small stone can you have experienced those small creatures. The voles do not like the sharp rocks.

Raised beds are widely across the country. With a

can give yourself a raised also aid in vole control if bed garden that is easy to manage.

For more information about raised beds or square foot gardening, contact your local Franklin County Cooperative Extension Office at 919-496-3344. You can also visit the website at www.franklin.ces.ncsu.edu.

# Pesky fire ants are here to stay in NC

By Charles Mitchell Director, N.C. Cooperative Extension, Franklin County Center

Have you experienced problems with fire ants this summer and fall? Due to recent rains, we have seen an abundance of mounds showing up everywhere. ants have spread throughout much of the south and east-

ern parts of NC, and they

Fire ant mounds vary in size due to the size of the colony. For example, a mound that is two feet in diameter and 18 inches high may contain about 100,000 workers, may fly as far as ten miles winged several-hundred adults and one queen. The ever, most queens descend mounds are often located in to the ground within much

question most have is: How can even be found around do you control these horrible house foundations or inside houses.

During the spring and summer, winged males and females leave the mound and mate in the air. After mating, females become queens and from the parent colony. Howopen areas such as pastures, shorter distances. Only a very

are moving west. The main fields, large lawns, etc. They small percentage of queens usually more environmensurvive after landing. Most queens are killed by foragants. If a queen survives, she or with an insecticidal bait. eggs to begin a new colony. In the fall, many small colonies of fire ants will appear. ter. Then thoroughly wet the Many of the colonies will not survive the winter unless the two feet around the mound. weather is mild.

> Fire ants prefer oily and greasy foods. They also feed on many other insects and swarm out and sting the intruder.

> Controlling these ants is almost impossible. However, your goal should be to manage the ants with chemical control and non-chemical control tactics. There are two approaches to chemical control. Each mound can be treated with an insecticide, or it can be broadcast over a wide area infested with fire ant colonies. Individual mound treatments are

tally friendly and effective. Mounds can be treated with ing ants, especially other fire a liquid or dust insecticide sheds her wings, burrows If a liquid is used the mound into the ground, and lays must be drenched at a rate of approximately one gallon per six inches of mound diameground to a distance of about The reason for this is that you need to reach the queen in order to kill the colony.

Ant baits are extremefrom that standpoint, could ly effective. These baits are be considered beneficial. To essentially a mixture of an find food, workers forage insecticide and a food that around their mound often is attractive to fire ants. The in underground tunnels that worker ants carry particles of radiate from the mound. If the bait back to the mound the mound is disturbed, ants and feed them to the immature ants and the queen. Keep in mind that even when the bait kills the queen, the workers may be active inside the mound for several weeks before the colony finally disappears.

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should only be used in the case of potential human harm or when high mound densities are present over large areas. One disadvantage to broadcast treatments is that they can alter ant communities by killing all the native ants and turning the ant community into a dominated fire ant community.

The key to reducing fire ant infestations indoors is prevention, which means removing exposed food sources that may attract them. Properly labeled indoor insecticides can be used if nests are found inside dwellings or buildings. Baits are not recommended for indoor use due to the chance of attracting more ant species indoors.

For more information about fire ants and their management, contact your local Franklin County Cooperative Extension Office at 919-496-3344. You can also visit the website at www.franklin. treatments ces.ncsu.edu.



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### Small renovations that make a big difference

2020, people across the globe More time at home com-

Home renovation projects were forced to spend much pelled millions of homeowndays of the COVID-19 pan- the globe sought to prevent demic. Throughout much of the spread of COVID-19.

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were high on homeowners' of their time at home as lead- ers to invest more in their priority lists during the early ers and governments across properties, thus sparking a renovation boom.

By early 2023, the renovation boom that marked the initial days of the pandemic appeared to have burst. In May 2023, a popular home improvement retailer reported its sales had fallen by 4.5 percent in the first quarter of the year and that its income had fallen by more than 6 percent from the same period a year earlier. That marked the end of what CEO Ted Decker characterized as "a three-year period of unprecedented growth" in the home improvement sector.

The home improvement chains' decline in sales was attributed to a number of factors, including a pivot among homeowners from large projects to smaller renovations. Inflation and the looming threat of a recession have led many homeowners to emphasize smaller projects. With that in mind, the following are some small

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renovations that can have a more vibrant. Outside, apply big impact.

gardless of where storage is added, be it the kitchen or a home office or a laundry ing can add a touch of eleroom, extra space to keep items out of view can dramatically alter the look of a home. Unused kitchen walls can be transformed with some inexpensive, easily hanged shelves, while some laundry pedestals with storage drawers can help keep washrooms clear of clutter.

•Polish floors: Elbow grease might be the biggest expenditure when cleaning hardwood floors. The wood flooring experts at Bona® advise homeowners to polish their floors once every two to four months depending on how much foot traffic the floors get. A fresh polishing can make floors look brand new and ensures dirt and dust are not hanging around

as uninvited houseguests. • Paint: Painting is another inexpensive option for budget-conscious homeowners who want to update their homes. There's no shortage of places in a home, both inside and out, where a fresh coat of paint can make a statement without breaking the bank. Fading paint on bedroom walls and kitchen cabinets can be painted over with a fresh coat of the same color or even something

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a fresh coat to a wooden deck • Storage addition: Re- or paint over brick siding to

create a whole new look. Molding: Crown moldgance to any room. Rooms can be transformed in a single weekend with the installation of new or replacement crown molding. A simple molding installation is a task many do-it-yourselfers can

handle on their own, while homeowners with less DIY experience may benefit from hiring a contractor to create a layered molding look.

Homeowners are pivoting away from costly renovations to more budget-conscious projects. Various less expensive undertakings can transform spaces at a fraction of the cost of more extensive renovations.



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