DEUT HOME IMPROVEMENT





SEASONS

Getting an early start on spring

Brandpoint

morning frost appears and erty value. the first snowflakes start looking forward to spring. Images of green leaves, red and orange blossoms, fresh vegetables and herbs help keep the cold winter days manageable as you wait for the ground to thaw so you can start planting. A good green thumb knows early starts in the garden or yard ensure lush, healthy plants, especially if you're planting trees.

Many people do not realize that they shouldn't wait for summer. Young trees do best when they are put into the ground in spring and have ample time to establish themselves in the soil before either extremes of heat of cold hit.

daydreams include planting trees, it's important to know you'll need to be ready to plant early. Winter is an opportunity to begin planning.

are practical and beautiful or other trees selected for practical and as beautiful thrive when planted. as a tree. It's no wonder

simple reasons why:

1. A mature tree can add As soon as the first up to \$10,000 to your prop-

2. Trees can reduce ento pile up, many begin ergy costs by providing shade to a house in the summer.

> 3. Trees naturally offset carbon emissions.

4. Because many change from season to season, trees add a variety of different colors to your yard and allow for a range of creative choices and com-

5. Trees help make memories. Watching a tree grow in your yard from year to year builds a connection between you, your family, your home and the memories you make there.

An easy way to get

The nonprofit Arbor Day Foundation is encourag-Therefore, if part of ing people to get an early your winter landscaping start on their tree planting this year by offering 10 free flowering trees with a \$10 membership. Which 10 flowering trees a new member will receive is based on what the Five simple ways trees state forester recommends Few things can be so your area to ensure they

The 6 to 12-inch trees are that with the rising pop- guaranteed to grow and self lifestyle, more people to be shipped in March



ularity of the do-it-your- are currently scheduled As soon as the first morning frost appears and the first snowflakes start to pile up, many begin looking forward to spring

in their yard. Here are five for optimal, early season ready getting excited about arborday.org/earlyplanting rive at the right time for

are deciding to plant trees or April, a perfect time planting. So if you're al- spring projects, visit www. to make sure your trees ar- planting where you live.



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HOMES

Tips and tricks for solving 6 common kitchen design dilemmas

Brandpoint

Kitchen design is an art form, one where function and beauty harmoniously co-exist. Achieving that balance, however, isn't always easy. When renovating a kitchen, homeowners can find themselves facing challenging design dilemmas. And they are not alone.

"When redesigning or refreshing a kitchen, the goal is to create a space that is hardworking, yet beautiful," says Nate Berkus, renowned designer and artistic advisor to LG Studio. "Look for items that really represent who you are and your design personality, and you'll create an area you and your family will love both now and 10 years

Berkus points to six common kitchen design dilemmas and offers suggestions on how homeowners can create a space that is functional, and also beautiful.

1. Space challenges

When you don't have enough room for the large table your family needs, get creative. Consider building an L-shaped bench around a farm table and adding extra chairs. It's a clever use of space and will create a cozy nook where your family can gather for meals, or kids can do homework. Plus, the bench can double as storage space so it's extra hardworking.

2. Last year's - or last decade's - cabinets

Cabinets are one of the first things you notice in any kitchen, and they're also one of the most important in terms of functionality. If your cabinets provide ample space but look dated, Berkus suggests giving them a facelift. "I always appreciate a simple, clean style, but with cabinets I tell my clients they shouldn't be afraid to mix it up," he says.

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"I recommend sticking with a neutral palette for cabinets, whether you're installing brand new ones or painting your existing cabinets," Berkus says. "White, charcoal and gray will always be elegant, and you can't go wrong with black

- it's absolutely one of my favorites. It makes a dramatic statement and looks fantastic paired with stainless steel appliances."

3. Small budgets, big

When you long for that sleek, built-in look but don't want to break the bank, counter-depth appliances are a great design choice. They seamlessly integrate with cabinetry no matter what the material, supporting that clean look you ultimately want your kitchen

"I'm obsessed with LG Studio's three-door counter-depth refrigerator,' Berkus says. "The door-indoor feature is one of my favorites." The refrigerator also features a sophisticated, pro-style, flat-door design inspired by Berkus that gives it a premium look. LG Studio's slide-in ranges, with designs also inspired by Berkus, are another great option to help homeowners achieve a custom, built-in aesthetic.

4. Unattractive, inefficient lighting

most important design elements in any room, and it's the one thing people often overlook when re-designing their kitchens. "Lighting can instantly change the whole feel of a space," Berkus says. "I believe it is one of the most important decisions you can make in sion any room, especially the kitchen, which, let's be honest, is usually the hardest working room in your home."

both useful and beautiful, remember to light the room you also want a breakfast Use varying materials in layers - from above, under bar where your family can and finishes, like a wood or cabinets to illuminate work sit for meals and snacks? paint color that's different areas and all-around accent. Will you need extra room

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Kitchen design is an art form, one where function and beauty harmoniously co-exist.

Lighting is one of the It's also such an easy way to add a whole lot of personality to your kitchen. Opt for vintage sconces and brass or metallic lighting fixtures. They will instantly up the design ante and make the space feel decidedly layered and interesting.

5. Counter space confu-

Figuring out how much counter space vou'll need is always tricky. Start by considering all the ways you'll be using your coun-To create lighting that is ters. You'll need food prep areas, of course, but will from the rest of the kitchen. lighting to create ambiance. for countertop appliances?

always double the amount of counter space you think vou'll need," Berkus says. "You can never have too much, especially if you like to cook and entertain."

6. The slate is simply too

kitchen can seem appealing, but it can also be daunt-

"My rule of thumb is, to ing to design and decorate. ily to relax in."

"Don't be afraid to do something unexpected in the kitchen to break up the space," Berkus says. "I love the idea of creating an unexpected seating area in in your home that brings your kitchen. Shop your the whole family together, weekend flea markets or A large, open-concept online stores for a vintage flect your sense of personal sofa, coffee table and rug to style." set up an area for your fam-

Ultimately, Berkus says, keep in mind that the kitchen truly is the heart of the home. "Kitchen design is about creating a space and is the best place to re-



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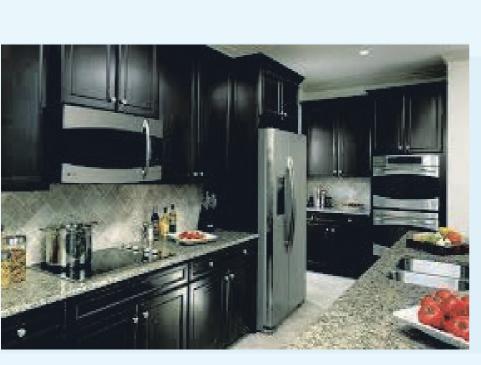
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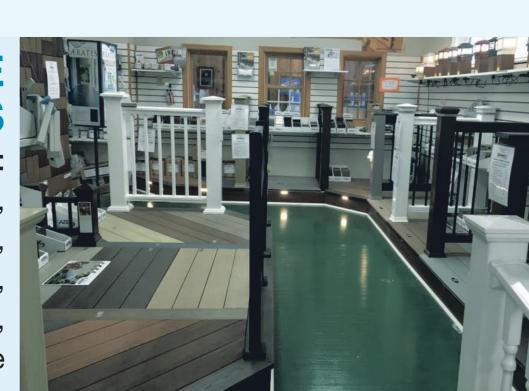
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Spring Home IMPROVEMENT





Hoarding on the rise: How to spot the warning signs

Brandpoint

Think of that family member or friend whose home is nearly clogged with clutter; how do you describe them? How do you address the situation? The terms you use and actions you take can have a serious impact on that individual's situation and mental state.

Hoarding is more common than many realize. Recent estimates show that as many as five percent of Americans may meet the criteria for hoarding disorder, that's up to 15 million people. Hoarding is also now recognized as its own mental health disorder by the American Psychiatric Association.

"A lot of people don't want to believe their loved one could be a hoarder," says extreme cleaning expert Matt Paxton. "We want to believe the situation isn't that serious, but the truth is that hoarding isn't just something vou see on TV. It happens everywhere, and real people suffer from it every day."

as the in-house expert on hoarding cleanup for ServiceMaster Restore, provides specialized handson training to the company's franchisees across the country. To help you recognize whether your loved one is truly suffering from hoarding disorder, and to learn how you can help them get the professional help they need, Paxton offers these tips:



Paxton, now serving Think of that family member or friend whose home is nearly clogged with clutter; how do you describe them?

by not allowing people into the help they need. their homes or private living spaces. Sometimes peoing will cut off all communication to friends and family

hoarding have a tendency feel like you're being shut to be extremely secretive out, don't give up; it just about their problem. They means you have to work may even attempt to hide it harder to stay in this perfrom friends and loved ones son's life and help them get

 Recognize common triggers. Hoarding is often ple who suffer from hoard-triggered by a traumatic event in someone's life the loss of a loved one, a diin fear that their hoarding vorce, cancer or job loss. A

this void with physical stuff, which adds up over

ones who may be going through a tough time; are they purchasing items to an extreme? It's important to recognize that they may need help from an expert, and soon.

 Seek professional help. • Spot the symptoms. tendencies will be exposed person begins hoarding be- help someone who suffers fessional cleaning services, order," says Paxton.

People who suffer from to the outside world. If you cause they are trying to fill from hoarding - and most people don't - ask for assistance before attempting time. Think of your loved to handle it yourself. People who suffer from hoarding are not just collectors, they have a psychological attachment to their belongings - something that the average person is not equipped to handle on his or her own. Remember, If you don't know how to hoarding is a disorder. Pro-

like ServiceMaster Restore, can provide compassionate cleaning services for hoarding, and also refer you to local mental health professionals across the country to help ensure your loved ones get the professional help they need. It's also important to have a professional check for the physical safety and the many hazards that may exist in a hoarded home.

• Don't escalate the crisis. Attempting to clean something up on your own is not only dangerous, it can also be detrimental to the person who suffers from hoarding. Mental health experts warn against throwing things away or making threats about ending a relationship with someone who suffers from hoarding. Both of these practices often do more harm than good. Compassion is key when dealing with a hoarding situation.

Paxton urges the importance of understanding that every hoarding situation is unique and requires special attention, especially if harmful contaminants are present.

This is where professional companies experienced in construction and repair work, as well as cleaning and de-cluttering, can be particularly helpful.

"Together with Service-Master Restore, we can help more of those-in-need and have a real impact on the lives of those suffering from this mental health dis-

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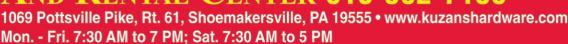






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GREEN LIVING

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Every homeowner can remember a time when they wondered, "Did I lock the front door this morning?" Or, "Did I leave a light on?" Others can attest to that feeling of dread knowing their air conditioner is running full blast while they're away on a weekend trip. There's nothing worse than worrying about the security of your home - or your rising electric bill - while you're

Fortunately, recent advancements in home technology offer peace of mind when it comes to energy efficiency, security and time savings. Almost any home can be put on "autopilot" without breaking the bank. Many areas of the home can benefit from some simple technology upgrades.

Efficiency

home accounts for 50 percent or more of a home's energy bill, so it's important to incorporate the latest technology to make it as easy as possible to be as efficient as

"We have seen some great advancements in home technology that maximize the energy efficiency of heating and cooling products," says Kyle Golden, an energy efficiency expert with Lennox, a leading provider of home comfort solutions. "For example, as thermostats become more advanced, homeowners now have the ability to optimize home comfort and energy savings."

One example of these smart thermostats is the Lennox iComfort S30. Homeowners can maximize energy savings through its one-touch smart away mode. which detects when family

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Heating and cooling a members leave and return to the home and automatically adjusts to an energy-efficient setting. The iComfort S30 also is the only thermostat that offers first-of-itskind real-time air quality monitoring.

Water usage also is a concern when it comes to efficiency. Homeowners can cut down on water bills by using home sprinkler systems that incorporate Wi-Fi technology. These systems allow homeowners to start or stop sprinklers from anywhere, avoiding water waste when heavy rains have already saturated the lawn. Many systems now even include wireless capabilities that prevent sprinklers from activating during rain or freezing temperatures.

Security

Homeowners can rest easy thanks to automated systems that ensure their home is safe and secure. Companies now offer products that check, open and



There's nothing worse than worrying about the security of your home, or your rising electric bill, while you're away.

residents of the home. If cooking setting by using a close garage doors directly from a smartphone, tablet

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that's not enough, new technologies send texts or email barcode on a dish and autoupdates when doors are matically adjusts to the corlocked or unlocked, and can remotely lock doors through particular product. Ovens Wi-Fi. And for those who equipped with Wi-Fi allow are wondering who's there when they're not, there are on a mobile device and put now door bells that allow homeowners to see on their phones who's at their door time while enjoying the

Time savings

ances now integrate technologies to streamline the the time it takes to beg their day-to-day routines of home- child to stop playing video owners, allowing for maximum time savings. Con- automatically limits the sumers can take the hassle time spent on an electronic out of finding the perfect device.

microwave that can scan a rect time and power for the cooks to monitor their meals the crock pot to shame.

Families can also save remotely, from any location. convenience of home automation. Wi-Fi-enabled mailboxes send text or email Finally, kitchen appli- alerts when mail has arrived. Parents can even save games by using a tool that

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Reduce seasonal allergies and improve air quality

Affecting almost 50 million people in the United States, seasonal allergies like hay fever primarily start to escalate as fall progresses, according to the American College of Allergy, Asthma & Immunology. Now is the perfect time to start to take measures to reduce and potentially eliminate additional airborne triggers, such as ragweed. which often worsen symp-

Instead of moving to a new climate to avoid allergies, take a few quick and easy steps to significantly reduce indoor air pollutants, which can heighten the effects of allergic reactions.

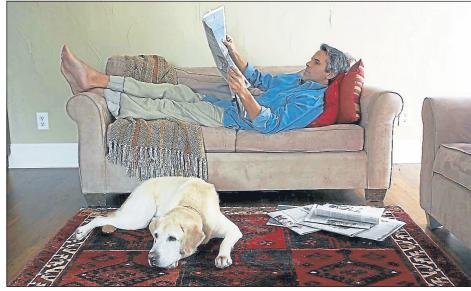
Manage your home's

Even though it's hard to defend against the pollen and other allergy spikes that occur during the changing of seasons, there are many different steps you can take in your home to limit the impact of airborne pollutants.

1. Regulate dust. Control dust mites by using antidust mite covers and washing sheets in hot water about once a week.

2. Avoid smoke. Avoid non-ventilated and smoky rooms that could increase nose, throat and eye irrita-

3. Manage pet dander. If possible, keep pets off of furniture and out of the bedroom and bathroom to reduce the spread of their



Affecting almost 50 million people in the United States, seasonal allergies like hay fever primarily start to escalate into the winter months.

Improve the air inside between 30-60 percent will of dust mites. Simple actions vour home

As the weather continues to get colder around the country, people will be spending more time indoors with the windows closed. Lack of ventilation can often cause buildup of particles in the air.

1. Filter first. Help reduce these irritants by installing an AccuClean Whole-Home Filtration System from American Standard Heating & Air Conditioning. The revolutionary system is 100 times more effective than a standard 1-inch throwaway filter, removing up to 99.98 percent of allergens from the air.

2. Control moisture. Keeping your home's humidity

help prevent the gathering like turning on a fan when

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bathing or cooking, using a projects kick off, keep a few dehumidifier, and not overwatering plants are all quick ways to keep the humidity levels down.

Avoid pollutants during home renovation projects

Being cooped up during colder weather is ofhome renovation projects that have been put off while summer sun. Before these the home.

things in mind to help reduce in-home air pollutants.

 Cover up. When tearing down or putting up drywall, ensure the room is sealed off from the rest of house by putting up plastic sheets over doors and closten a time to work on the ing vents. Sealing the room will minimize the spread of dust and other particles you were enjoying the warm from entering the rest of

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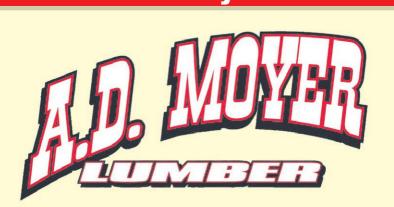
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