



Fall Home & Garden

September 2017
A Special Supplement to
the Oneida Daily Dispatch

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To Subscribe

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Must-have kitchen remodel features

Homeowners looking to renovate often see room for improvement in their kitchens and bathrooms. The National Association of Home Builder's Remodeling Market Index Survey, which measures conditions in the remodeling market, indicates that, in 2015, the two most common remodeling jobs were bathroom remodels (81 percent) and kitchen remodels (79 percent). According to HGTV and Statistics Brain, a new kitchen remodel for a kitchen measuring 12 by 12 feet may cost homeowners anywhere from \$17,000 to \$37,000. Before investing so much into their remodeling projects, homeowners should think carefully about the features that will improve their time spent at home. When planning a kitchen renovation, homeowners may want to consider the following upgrades to make the room more enjoyable while improving its functionality.

Oversized sink

Although high-efficiency dishwashers are popular, deep sinks to soak soup pots or woks are still useful. Deep sinks may be preferable to double sinks, especially for homeowners who use lots of kitchen tools when preparing meals.

Soft-closing hinges

When replacing cabinets (or just the hardware), consider installing soft-closing hinges and slides on doors and drawers. These devices eliminate slamming and caught fingers, reducing noise and injuries in the kitchen.

Foot-pedal water operation

When outfitting a sink, think about foot controls, which are popular in doctors' offices and hospitals. Turning on the water with the tap of a foot can reduce the transfer of pathogens to faucets from hands during food preparation. These pedals also free up hands for other tasks.

Bottom's up

People likely spend more time raiding the refrigerator than the freezer on any given day. Rather than having to bend down to seek out that favorite flavor of Greek yogurt, choose a model with the fridge on top and freezer on the bottom, especially if anyone in the household has mobility issues. When shopping for refrigerators, French-door style units may offer even more access,

making it easy for homeowners to slide fruit trays, sheet cakes and other large items into the fridge.

Extra lighting

A kitchen should be a balance of form and function. A combination of overhead lighting, decorative lighting and task lighting can illuminate all areas of the space effectively.

Appliance garages

Architectural and design resource Houzz says that appliance garages are popular kitchen additions, too. Set at countertop level, these cabinets allow people to keep small appliances plugged in but tucked neatly behind closed doors.

Kitchen remodels are a sizable investment, and renovations can be customized to make the kitchen more hospitable for all in residence.



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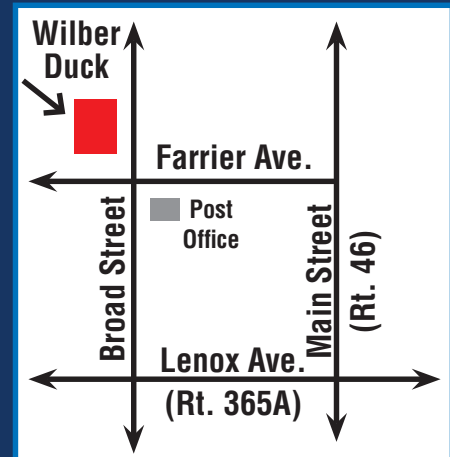
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Millwork can add appeal and a classic feel



Homeowners are discovering that architectural accents can go a long way toward improving both the look and value of their homes. When renovating a space, the term “millwork” may be mentioned by designers and contractors. While it might be a mystery to some, millwork can give rooms unique looks.

Millwork refers to items traditionally made from raw lumber in a sawmill. Examples of millwork include crown molding, base trims, door frames, window casings, chair rails, and paneling. Cabinets may also classify as millwork. Used for both decoration and to increase the functionality of buildings, millwork comes in various types. Generally, millwork is fabricated in two ways. Stock millwork tends to be mass-produced commercial items. These low-cost items are interchangeable and may be widely available at retailers, including home

Architectural millwork can be seen in many areas of a home, including kitchens.

improvement centers. Custom millwork is a product that is custom designed and produced for individuals and special building projects. Sometimes referred to as “architectural millwork,” these pieces may be more ornate and made-to-order. Homeowners who

want to match a focal point of a home or an existing style often turn to custom millwork. Between the 15th and 18th centuries, ornate millwork was largely reserved for royalty or the very wealthy. Skilled carpenters would hand carve each piece, taking weeks to finish most projects. Eventually, millwork became more commonplace. Distinguishing one property from another today could mean turning back to the more distinctive designs of the past. Homeowners looking for ways to enhance their properties can embrace millwork to achieve a luxury feel without a sizable investment. The first step is to choose millwork that will coordinate with the era and style of a home's existing decor. Ornate millwork in an overly modern house may seem out of place. The millwork should match the architectural theme of the home.

Although some do-it-yourselfers can successfully install prefabricated millwork, for custom designs and a truly seamless look, it is important to have millwork professionally installed. Individuals should research carpenters who specialize in millwork and verify their license and reputation through a consumer protection agency. Popular types of millwork include crown molding, corbels, wainscoting, and custom bookcases. Homeowners may not realize that millwork can be added to spaces of all sizes to give them an air of sophistication. Although millwork was traditionally formed from hardwoods, eco-friendly homeowners can now find millwork crafted from synthetic materials and even reclaimed woods. Millwork can add that special touch to the interior or exterior of a home. Learn more by visiting worldmillworkalliance.com.

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Antimicrobial tiles help create sanitary spaces

Tile can be a worthy addition to rooms with potential moisture issues or areas in a home that may routinely necessitate quick cleanup. Because they are not damaged by constant contact with water, tiled floors and walls are often found in bathrooms, kitchens, laundry rooms, and entryways. Although tile is resilient, it is not impervious to the microorganisms that tend to proliferate in areas where moisture and humidity

are commonplace. Microbes can grow rapidly in warm areas, especially if food is present. Mold or mildew issues also can become problematic seemingly overnight. But certain modifications can help homeowners alleviate the proliferation of microorganisms. Various manufacturers have developed their own innovative tile that contributes to cleaner, and sometimes more eco-friendly, home environments. The application

of certain treatments can make ceramic tiles even more impervious to water and moisture. Some tile may help reduce the spread of certain strains of bacteria, such as E. coli and staph, without requiring the application of potentially harsh chemical detergents. Others treatments may protect against yeast, molds and fungi that can cause stains and odors and result in the degradation of tile.

Antimicrobial products inhibit the growth of microorganisms and suppress their reproduction. For example, tiles with Microban® protection employ an antimicrobial agent built into the product during the manufacturing process. When microbes touch the product surface, the agent penetrates the cell wall of the microorganism. Other tiles are treated with micrometric particles of titanium dioxide (TiO₂), which is activated by sunlight or artificial light. This causes a photocatalysis process, which is responsible for the product's antipollution and bactericidal properties. Examples

of TiO₂-treated tiles include Active Clean Air & Antibacterial Ceramic™. Antimicrobial ceramic tile can be advantageous in rooms where sanitation and hygiene are an utmost priority. This includes not only public places, but private residences. Worktops and floors where microbes can be transferred are particularly beneficial areas to install antimicrobial tile. A potential side effect of antimicrobial tile is a reduction in reliance on harsh cleaning products. Although regular washing is recommended, residents may not need to use odoriferous or strong chemical cleaners to sanitize their homes. This helps improve indoor air quality and reduce the potential contamination of the environment from chemical runoff. Homeowners thinking of installing antimicrobial tile in their homes should discuss their options with a tile retailer or contractor during the planning stages.



Did You Know?

According to the U.S. Centers for Disease Control and Prevention and the U.S. Environmental Protection Agency, there are no safe levels of lead. Lead is particularly harmful to children's health. Exposure to lead can stunt children's growth while also contributing to behavioral and learning problems. Anemia, reduced growth of fetuses in pregnant women, cardiovascular effects, and reproductive problems also are side effects of lead exposure. Many people once came into contact with lead via lead-based paints, which have been banned in the United States for consumer use since 1978. But lead also can be lurking in water supplies. The EPA says that between 10 and 20 percent of instances of lead exposure can be traced to contaminated water. Homes built before 1986 are the biggest risk factors for lead plumbing. As of January 2014, all newly installed water fixtures, pipes and fittings must meet new lead-free requirements. But within the United States, public water suppliers and existing homes do not need to retrofit. The National Drinking Water Advisory Council found around 7.3 million lead service lines currently deliver water to customers. Homeowners can request testing through their local water supplier or conduct certified home tests.



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Fall lawn care tips

Spring and summer may be the seasons most often associated with landscaping and lawn care, but tending to lawns and gardens is a year-round job. If lawn and garden responsibilities dip considerably in winter, then fall is the last significant chance before the new year that homeowners will have to address the landscaping around their homes. Fall lawn care differs from spring and summer lawn care, even if the warm temperatures of summer linger into autumn. Homeowners who want their lawns to thrive year-round can take advantage of the welcoming weather of fall to address any existing or potential issues.

Keep mowing, but adjust how you mow. It's important that homeowners continue to mow their lawns so long as grass is growing. But as fall transitions into winter, lower the blades so the grass is cut shorter while remaining mindful that no blade of grass should ever be trimmed by more than one-third. Lowering the blades will allow more sunlight to reach the grass in the months ahead.

Remove leaves as they fall. Much like apple-picking and foliage, raking leaves is synonymous with fall. Some homeowners may wait to pick up a rake until all of the trees on their properties are bare. However, allowing fallen



leaves to sit on the ground for extended periods of time can have an adverse effect on grass. Leaves left to sit on the lawn may ultimately suffocate the grass by forming an impenetrable wall that deprives the lawn of sunlight and oxygen. The result is dead grass and possibly even fungal disease. Leaves may not need to be raked every day, but homeowners should periodically rake and remove leaves from their grass, even if there are plenty left to fall still hanging on the trees.

Repair bald spots. Summer exacts a toll on lawns in various ways, and even homeowners with green thumbs may end up with a lawn filled with bald spots come September. Autumn is a great time to repair these bald spots. Lawn repair mixes like Scotts® PatchMaster contain mulch, seed and fertilizer to repair bald spots, which can begin to recover in as little as seven days. Before applying such products, remove dead grass and loosen the top few inches of soil. Follow any additional manufacturer instructions as well.

Aerate the turf. Aerating reduces soil compacting, facilitating the delivery of fertilizer and water to a lawn's roots. While many homeowners, and particularly those who take pride in tending to their own lawns, can successfully aerate their own turf, it's best to first have soil tested so you know which amendments to add after the ground has been aerated. Gardening centers and home improvement stores sell soil testing kits that measure the pH of soil, but homeowners who want to test for nutrients or heavy metals in their soil may need to send their samples to a lab for further testing. Fall lawn care provides a great reason to spend some time in the yard before the arrival of winter.



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Rooms can serve double duty

Many homes do not have space for guest rooms, kids' play areas and home theater lounges that are possible in homes with substantial square footage. But they may not be missing out at all. While large homes remain popular, many people are embracing the benefits of smaller residences. Small homes help homeowners save money, require less maintenance, have smaller environmental impact, and reduce the temptation to accumulate "stuff." Owners of small homes or apartments can still enjoy the benefits of larger spaces, they just need to equip rooms to perform double duty.

Living room/guest room

Entertaining guests is easier when there's a dedicated space where visitors can feel at home. When furnishing a living room, keep the guest room in mind. A sofa that opens up to a bed or a convertible

sectional can be a comfortable place for guests to lay their heads. Side tables provide guests with places to store their belongings, and an empty storage chest can house bed linens or guests' clothing.

Den/playroom

Children tend to accumulate toys and games. And as kids grow from children to young adults, their list of must-have items — from video gaming systems to other electronics — grows along with them. Storage can make a room functional for both adults and children. Devote an entire wall to a closet or drawer system where toys can be stored out of sight when necessary. Storage ottomans can be used for extra seating while also providing somewhere for homeowners to stash stuffed animals or games for easy access. When choosing furniture, look for fabrics that are resistant to stains and modular pieces that can be moved around



A trundle sofa bed enables overnight guests to sleep comfortably right in the living room or den.

as necessary to create room for playing or entertaining.

Bedroom/home office

In 2015, 24 percent of employed people in the United States did some or all of their work at home, says the Bureau of Labor Statistics. Bringing work home means men and women will need a space to work. In tight quarters, bedrooms may be the only available area.

An armoire-style desk will blend in with the decor and can hide paperwork and electronics behind doors. Otherwise, a makeup vanity can serve the dual purpose of providing a place to get ready for a night out and a ready space to house a laptop during the day. In smaller homes, homeowners may be forced to turn rooms into dual purpose areas.

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Corral entryway clutter



The entryway to a home is the first thing guests experience when coming inside. It also can be the first place residents drop their belongings after long days at school or work. As a result, entryways can quickly be consumed by clutter. Taming such messes takes a mixture of ingenuity and planning.

Homeowners hoping to clear their entryways of clutter must first decide what they want to get out of the space. Will it simply be a decorative spot with photos and other home decor on display? Or is functionality the primary goal?

Once that decision has been made, take inventory of which items, such as shoes, keys, umbrellas or coats, need to be in the area, which don't (i.e., old mail). To make things more organized, rearrange the former while removing the latter. Next it is time to assess storage needs and what's already available. User-friendly storage items may need to be purchased to make the room as functional as possible. The following ideas also can help bring order to the space.

Create a command center. Create a central location where items are neat, orderly and within reach. Use a bulletin board, dry-erase

calendar or something that can house schedules and important notices. Hooks can hold keys, chargers and more.

Keep it covered. Covered bins can serve as a seating area and also a place to store shoes, hats and scarves.

Create cabinet space. Store items in cabinets so they are organized but out of sight. This way belongings are not just left on an entryway table.

Create another drop zone. If the entryway is too small to serve its purpose, outfit another room or area that also can do the job. This can be a laundry room or mudroom area. Install shelves, a bench, cabinets and hooks. Just be sure this space is close enough to the entryway to make it useful.

Go vertical. An easy way to keep things neater is to remove items from the floor and embrace vertical storage. Shoe racks, hooks for purses and a cabinet for coats may do the trick. Clutter can accumulate in entryways. But some simple adjustments can quickly revamp the space to make it neater and much more functional.

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Bold colors add vitality to homes



Lavender and deep blue

Analogous colors are three colors that sit side-by-side on the color wheel and share a common denominator in terms of shade. Lavender, blue and an orchid pink are examples of such hues. This cool, regal combination can add femininity to a bedroom or even drama to another space in the house. If painting the walls dark blue or lavender seems scary, opt for a neutral shade on walls and then dress up the space with inky and violet accents.

Turquoise and brick red

Enhance the "wow" factor with these bold colors. Although they are striking, when they work together, they also can impart a soothing feel, particularly since they are often inspired by Asian influences. Feature a light turquoise sofa with red throw pillows. Or dress up meals with a red tablecloth on the dining table and turquoise, white and red, patterned place mats.

Gray and yellow

Yellow is a pick-me-up color any time of the year, but, when combined with a gray, it's toned down to be soothing instead of startling. This color combination is popular in kitchens, nurseries and entryways. Have fun in the kitchen with mottled gray stone countertops, pale yellow walls and canary café curtains. Color can affect mood and transform spaces with just a small investment of time and money. Homeowners can experiment with color palettes so rooms remain vibrant all year long.

Whether it's Independence Day, St. Patrick's Day or the holiday season, the bold hues that are synonymous with these events add a splash of color to rooms that can use a little design lift.

While some colors may be synonymous with certain times of year, homeowners can employ bold colors in their homes all year long. By embracing bold painting and decorating styles, homeowners can use fresh color palettes to make rooms more inviting and colorful. These popular color combinations can provide inspiration.

Green and pink

Colors on opposite ends of the color wheel will always complement each other. Green paired with pink (a lighter shade of green's opposite, red) calls to mind the great outdoors. These hues can add a touch of floral spring sunshine even when that season has long since passed. Opt for a deep green and a carnation pink for maximum impact. And don't forget a vase full of fresh blooms as the finishing factor.

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Create more closet space without major renovations

Closet space is at a premium in many homes and apartments. Many older homes were not built to accommodate large wardrobes, while rental properties are often designed to maximize living space at the expense of storage. Closets vary depending on the size of the home, but many tend to be a minimum of 24 inches deep so they can store garments without the clothes brushing against the walls. Bedroom and hallway closets can be four feet in length or more. Walk-in closets are the largest options, but such spaces tend to only be available in modern homes or custom-built properties.

It is not always practical or possible to undergo renovations to create more closet space. Apart from moving to a new residence, homeowners or renters must evaluate the space they have and make some more efficient choices in how they utilize available areas.

Clear out clutter

The first step to more closet space is to eliminate unused items. Clothing that no longer fits or items that can be stored elsewhere should be removed from the closet. Donate as much as possible. Some organizations will even pick up donations at your convenience.

Upgrade hangers and rods

Replace existing hangers with slimmer, more uniform alternatives that more easily fit into your closet. In addition, remove empty hangers, which are likely just taking up space.

Consider dual closet rods if space will allow them. Hang the second rod below an area reserved for shorter clothing to achieve a two-tiered design. Grouping short items together also can free up valuable floor space.

Stack taller

Many closets are as tall as the ceilings of the rooms where they're located. However, the upper area may go unused because if it is not easy to reach. Install shelving above the closet rod with small swing-out style cabinet doors to

offer access. In such areas, store seasonal items that you won't need to reach for each day. Keep a step stool close by for easy accessibility.

In small rooms, homeowners may want to find another way to utilize vertical space. A loft bed, which raises the bed up to a level where it might be on the top bunk of a bunk bed, will free up plenty of storage space beneath the bed. This can be turned into a floor closet.

Create storage for small items

Bookends, bins, boxes and drawers can be used to contain items that don't easily conform to closets. These may be purses, scarves, ties, and more. Don't overlook the possibilities of hanging items on the wall inside the closet or on the back of closet doors.

When finishing closet makeovers, be sure to install lighting inside the closet so items are more visible.

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How to make bedrooms more conducive to sleep



Insufficient sleep causes more problems than many people may know. Fatigue after a poor night's sleep might seem like an inconvenience that can be easily rectified, but the long-term effects of insufficient sleep are significant. According to the National Sleep Foundation, researchers have found a link between insufficient sleep and an elevated risk for type 2 diabetes. In one such study exploring that potential link, researchers asked healthy adults to sleep just four hours per night for six nights. At the conclusion of that

period, participants' ability to break down glucose had decreased by an average of 40 percent and reached levels that are consistent with those of older adults at risk for diabetes.

Insufficient sleep may be linked to any of a host of factors, including one's bedroom environment. An environment that promotes restful sleep can help people suffering from insomnia or restlessness improve the quality of their sleep. The NSF offers the following tips to make bedrooms more conducive to sleep.

Set the right temperature. The NSF notes that research indicates a bedroom temperature of roughly 65 F makes for the best sleep. Human beings' body temperatures rise and fall throughout the day, reaching their lowest level around 5 a.m. each day before slowly

climbing as morning begins. A room that is too warm overnight may interfere with this natural dip, leading to restlessness. If necessary, install a programmable thermostat in the bedroom so the temperature in the room remains steady and in line with your body's natural temperature fluctuations.

Address allergens. Some people may trace their sleeping difficulties to allergies. Dust and pollen in the bedroom can make for a disruptive night's sleep. Wash bedding once per week in hot water if dust mites are proving problematic. If pillows cannot be washed, dry them using high heat to kill dust mites. In addition, cover the mattress in a mattress protector that guards against allergens and dust mites. If pollen is finding its way into the bedroom, always keep bedroom windows closed during allergy season.

Use a white noise machine. Noise is another potential contributor to poor sleep. The NSF notes

that some people may have their sleep interrupted by noise even if they don't know it. White noise machines are often used to help infants sleep, but such machines can be just as effective at helping adults. The NSF notes that the constant ambient sound created by white noise machines masks activity both inside and outside the house, helping men and women enjoy more restful sleep.

Draw blinds, shades or curtains. Waking up to sunlight each day might be nice, but that morning sunlight may be interrupting your sleep. Early morning rays from the sun might be triggering your body to wake up before it's had adequate rest, so make sure blinds, shades and curtains are drawn before going to bed at night so you are not woken up prematurely in the morning. Making bedrooms more conducive to sleep is one way men and women can improve the quality of their nightly sleep.

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What is a smart home?



Refrigerators that inform their owners when it's time to buy more eggs and thermostats that learn homeowners' heating and cooling preferences may once have seemed like futuristic ideas straight out of a sci-fi movie. However, such products are no longer a dream but a reality. The term "smart home" refers to a residence that has appliances, HVAC, lighting, entertainment systems, security, and many more devices that

communicate with one another. Such devices can be controlled remotely, according to SmartHomeUSA, an automation product retailer. Proponents of smart home technology say features can help people save money on utilities and conserve natural resources, all the while providing peace of mind to homeowners. In 2016, 80 million smart home devices were delivered worldwide. That marks a 64 percent increase from 2015, according to the research data firm IHS Markit. The smart home trend is only expected to grow in coming years. Although there's interest in smart home technology, the industry remains fragmented. Consumers are trying to figure out which devices are simply fun and which provide practical benefits. Furthermore, the range of smart devices is expanding rapidly, making potential compatibility issues a concern. Companies that plan to educate consumers further about the advantages of smart home features and are open to standardization may have the best chances of survival. Those interested in dabbling in some smart home technology and testing the waters may want to start with the following household items.

Smart bulbs: Manufacturers offer various types of smart light bulbs. Some are color-changing, others react to doorbells or alarms, and others can simulate typical lighting patterns when homeowners are away. Integrated apps enable remote access to scheduling so people can arrive home to a well-lit house.

Home security: Wi-Fi enabled doorbells with video capabilities allow residents to see who is at the door without having to open it. Cameras can even be accessed remotely, simulating that someone is at home at all times. Never wonder if you've locked the door again with smart locks that can be engaged via a smartphone. Make sure that homes are secured or that pets are behaving while out with smart cameras.

Flood sensor: Get peace of mind against damaging floods with Wi-Fi flood sensors.

Appliances: A new breed of smart appliances can make it possible for users to turn on the washing machine while out of the house, close refrigerator doors from afar or even start their vacuum cleaners remotely. Smart technology is taking over and is likely to continue changing the way people live and work.

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Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action. Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

Light: Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

Worn shingles: Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

Moss: Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

Age: Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years. Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.



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