

Fall Home Improvement

LEARNING through labor:

H-D-CAL students work to finish home built from scratch

KING'S HOMETOWN

a family of **Home Décor**

WOOD PANELING is coming back

How mattresses can affect **SLEEP QUALITY**

SPECIAL SUPPLEMENT TO THE HAMPTON CHRONICLE | FALL 2019

Save during **ENERGY AWARENESS MONTH**



6 ways to make bathrooms a safer place

Things to consider before warming up next to your first fire this winter

How you can **ELIMINATE FOOD WASTE**

SAVE during Energy Awareness Month

The holiday shopping season is just around the corner, and local homeowners are searching for easy ways to keep costs low and cash in their pockets. October is Energy Awareness Month, and it's the perfect time for homeowners to assess their energy use.

According to ENERGY STAR®, the average annual energy bill for a typical single-family home in the U.S. is \$2,060.

Local experts with Window World, America's largest replacement window and exterior remodeling company, are helping local families cut costs with Window World's Top

10 Easy Energy-Buster Tips list.

"Doing something as simple as opening the drapes to let in sunlight when it's cold, or closing the drapes to keep a home cool, can help homeowners save money," shares Window World Chairman and CEO Tammy Whitworth. "Many homeowners may not be aware of how much money they're wasting on energy use. Window World's Top 10 Easy Energy-Buster Tips list explains simple measures homeowners can take now to potentially save money down the road."

Window World Top 10 Easy Energy-Buster Tips - Here are 10 easy ways homeowners can cut down the costs of their energy bills this month:

1► INSTALL A PROGRAMMABLE THERMOSTAT to keep temperatures from getting too hot or cold when you're not at home. It may be tempting to crank up the heat as the days get cooler, but the lower the temperature is inside a house, the slower the heat loss.

2► TURN OFF THE LIGHTS WHEN YOU LEAVE A ROOM. It's one of the easiest ways to save money! It costs almost \$20 a year to leave one light on for eight hours a day. (energystar.gov) While you're at it, unplug appliances when they're not in use... keeping them plugged in drains energy!



3► OPEN YOUR DRAPES FOR WARMTH, ESPECIALLY ON SOUTHERN-FACING WINDOWS.

Let your home soak up some natural sunlight instead of turning up the heat.

4► PLANT TREES OUTSIDE YOUR WINDOWS so the shade can help cut air conditioning costs in the summer. Fall is an ideal time to start digging!

Continued on page 3




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From page 2



5► REPLACE YOUR AIR FILTERS

at least every three months. A dirty air filter slows down airflow and makes your system work harder.

6► LOOK FOR THE ENERGY STAR® LABEL

when buying new windows — it means the windows meet strict energy efficiency guidelines set by the U.S. Environmental Protection Agency.

7► CONSIDER INSTALLING DOUBLE- OR TRIPLE-PANE WINDOWS THAT HAVE HIGH-PERFORMANCE GLASS.

The air, or in some cases gas, in between the windowpanes acts as extra insulation. Trained Window World professionals can help homeowners decide what types of windows work best in their climates, and they can install them according to local building codes and specifications.

8► CHECK FOR AIR LEAKS AROUND WINDOWS, DOORS AND PIPES.

Many of these areas can be filled with caulk or special coverings. Additionally, ensure weatherstripping around windows and doors is in good condition and isn't frayed or worn down. You can tell if there's an air leak around your windows by holding your hand close to the edges and determining if there's a draft, or if you see sunlight coming through the edges.

9► TURN DOWN THE TEMPERATURE OF YOUR WATER HEATER

to the warm setting to prevent surges in your bill.

10► SET UP A PROFESSIONAL ENERGY AUDIT

to get a thorough assessment of your home's energy use. You can find information on how to do it yourself or where to find a professional on the U.S. Department of Energy's website.

How you can ELIMINATE FOOD WASTE

A large amount of food in the U.S. is never eaten. However, there are many easy ways families and communities can eliminate food waste in their daily lives, while also protecting the environment.

Each year, more than 66 trillion gallons of water is used to produce food that is estimated to be lost or wasted. Wasted food represents about 8 percent of all global greenhouse gas emissions, according to Food and Agriculture Organization of the United Nations (FAO).

More importantly, according to World Wildlife Fund (WWF), food production is the primary contributor to deforestation, forest degradation, and grassland conversion, harming wildlife and the habitats they call home.

"Finding harmony between agriculture and nature may be the most important social, economic, and ecological issue of this century," says Pete Pearson, WWF's senior director of Food Loss and Waste.

Bringing people together from the hotel and kitchen sectors, retail and food service sectors, as well as schools and farms, a report from WWF called "No Food Left Behind," explores how to measure and reduce waste, from field to table. Food waste and loss is a huge environmental issue that everyone can do something about, in their homes and their communities. Use these tips from WWF to get started:

SHOP SMART

The choices you make at the supermarket matter. Monitor what goes in and out of your fridge. Are you buying more than needed and chucking the rest into the garbage? Though great sources of nutrition, about 45 percent of all fruits, vegetables, roots and tubers are wasted, according to the FAO. Use the freezer! Consider making a weekly meal plan that includes frozen meat, seafood, produce and canned products (especially in the off-season) so that you can shop with a realistic sense of what you actually need and not feel pressure from items spoiling. Still left with excess? Compost, but work to reduce what goes in the compost bin!

It's also important to shop for foods grown and raised sustainably. Look for eco-labels on packaging. For example, sustainably caught seafood means the fishery is taking steps to reduce by-catch (fish caught unintentionally) which allows marine wildlife populations to thrive long-term. When it comes to coffee, an eco-label might mean



By doing our part and eliminating food waste, we can help save the land, water and energy upon which people and wildlife depend on to survive.

the product was sourced in an environmentally responsible way. Not seeing eco-labels at your store? Ask your grocer to consider stocking shelves with brands working to eliminate wasteful production practices.

GET SCHOOLS INVOLVED

Schools can do their part to teach kids the value of food by introducing strategies for reducing waste. WWF is working with students and teachers, grades 5-12 in cities nationwide, to conduct food waste audits, and build a connection between food, wild-

life and habitat conservation. The WWF Food Waste Warrior Toolkit is a free resource offering lesson plans integrating math, science and language arts that can be adjusted by grade level.

"Turning the cafeteria into a classroom allows students to immediately understand the impact the food system has on the environment, empowering them to make changes and to be tomorrow's leaders on food waste reduction," says Pearson.

For resources and information about food waste, visit worldwildlife.org/food-waste. (StatePoint)

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THINGS TO CONSIDER BEFORE WARMING UP NEXT TO YOUR FIRST FIRE THIS WINTER

A warm fire can make even the coldest winter day more enjoyable. Fireplaces may not get much use in spring or summer, but come late fall and throughout the winter, the fireplace can be a great place for families to gather.

Before fireplace season hits full swing, homeowners might want to brush up on a few fireplace facts so they can safely enjoy nights spent sitting by the crackling flames. The Chimney Safety Institute of America advises homeowners with fireplaces to hire a CSIA-certified chimney sweep to clean their fireplaces. After a lengthy period of non-use, various issues could be affecting the chimney, many of which might not be noticeable to an untrained eye. Professional, certified chimney sweeps have extensive knowledge of fireplaces, making them valuable resources who can let homeowners know if any safety issues developed since fireplaces were last used. The National Protection Agency recommends that chimneys be swept at least once per year.

A full inspection of the chimney might be in order as well. Chimney service technicians will conduct thorough examinations of readily accessible portions of the chimney exterior and interior and accessible portions of the appliance and the chimney connection.

The CSIA recommends that homeowners who plan to use their chimneys as they have in the past request a Level 1 inspection, which will examine the soundness of the chimney structure and flue as well as the basic appliance installation and connections. Technicians also will verify if the chimney is free of obstruction and combustible deposits.



Homeowners also should inspect their chimney dampers before lighting their first fires of the season. Dampers should open and close smoothly. If not, a service technician can help fix or replace the damper.

Firewood is another thing homeowners must consider before lighting their first fires of the season. The CSIA says that well-seasoned firewood works best, noting that wood that is not well-seasoned will produce more smoke than heat. In addition, the home improvement resource This Old House recommends using dense wood that's been split and stored in a high and dry place for at least six months. Oak is an example of dense wood that, when stored properly, can make for an enjoyable fireplace experience. Avoid softwoods like pine. Pine can produce a lot of creosote, which is a byproduct of wood combustion. Creosote is highly flammable, and as it builds up in a chimney, the risk for a chimney fire increases. Choosing the right wood, making sure it's well-seasoned and having a chimney professionally cleaned can reduce the risk of a creosote-related chimney fire. A Level 1 inspection should determine if there are potentially dangerous levels of creosote deposits in the chimney.

Before nestling up to a fireplace this winter, homeowners should consider a host of factors and safety measures to ensure their fireplaces are safe and ready for the season ahead.



Wood paneling can add a rustic feel to a bathroom.

THIS DESIGN TREND IS COMING BACK

Design trends come and go, but some have a funny way of resurfacing years after they first became popular. Homeowners who may have been considering renovating their home to remove a design element they believe to be passé might want to see if that feature has experienced a resurgence in popularity. In fact, one of the more derided home decor trends of yesteryear has slowly crept back into style, albeit in moderation.

Wood paneling is back and better than ever, advise many design professionals. It's the formerly ugly duckling that filled homes starting in the 1950s, creating drab dens and faux-wood family rooms.

Paneling had long been an element of choice because it is relatively easy to install and can camouflage problem walls in a home, like those covered in boisterous wallpaper prints.

Wood paneling reach the peak of its popularity in the 1970s, and since then homeowners have been tearing down these faux offenders for years or masking them in paint to brighten up spaces. However, the experts at Apartment Therapy report that wood paneling in shades of brown are making a comeback in cozy spots such as dens

or studies. The warm tones of wood paneling elicit a retro vibe. But unlike their fake predecessors, today's paneled walls are being outfitted in real wood, making them more eco-friendly and stylish than ever before.

Designers have flocked to reclaimed wood and veneer panelings to incorporate them into design elements. And while wood paneling used to be hung vertically, designers now experiment with hanging paneling.

Many people no longer use paneling to cover an entire space. Paneling is used sparingly as an accent wall or another feature for character. Wood walls can be stained in a rich mahogany to look upscale or be weathered and rustic.

Homeowners ready to re-embrace wood paneling can choose to enhance one wall in a room. Think about the space above a fireplace or a strip of wall behind a sitting chair and side table. Paneling also can serve as a headboard behind a bed in a master suite. Painted horizontally, paneling can add dimension and texture to walls, even in a bathroom.

Wood paneling is slowly making a comeback, proving that no design trend every truly goes away.



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1 REDUCE SLIPPERY SURFACES

Wet tile is a recipe for slick conditions. Bath rugs with rubber backing can provide traction in the bathroom, as can nonslip mats placed on the floor of the bathtub or shower enclosure. Water-resistant flooring made from recycled rubber is another option. It is softer, less slippery and more forgiving than traditional tile flooring.

2 DISCARD OLD MEDICATIONS

Clean out the medicine cabinet of old or expired medications, including both prescription and over-the-counter drugs. This reduces the likelihood of medication confusion, and does not put potentially harmful pills and syrups into the hands of children.

SIX WAYS to make BATHROOMS A SAFER PLACE

Homes should be safe havens. But each year injuries in and around the home contribute to millions of medical visits and many fatalities each year.

Although anywhere in a home can be the scene of an accident, bathrooms tend to be the most dangerous room in the house. Slippery tile, the presence of water, stockpiled medications, and many sharp and hard edges in a small space

pose several different hazards in the bathroom, particularly for young children and people age 65 and up. The Centers for Disease Control and Prevention says falls, which can result in serious injuries like hip fractures and head trauma, are the cause of 80 percent of all bathroom accidents.

Many bathroom accidents are preventable with some easy modifications.

3 INSTALL LEVER-STYLE FIXTURES

Round knobs in the bathroom can be difficult to grasp, especially for the elderly or those with arthritis. Lever-style fixtures are easier to maneuver and can help alleviate scalding from not being able to adequately adjust the water temperature.

4 INSTALL MOTION-DETECTING LIGHTS

These lights turn on automatically upon detecting movement, making them beneficial for people who routinely visit the bathroom in the middle of the night. Adequate illumination also can help reduce fall risk.

5 INSTALL GRAB BARS

Properly installed grab bars around the shower and toilet area can provide leverage and stability. AARP says many injuries to seniors occur when they are attempting to sit or get up from the toilet. Grab bars or an elevated toilet seat can help.

6 UTILIZE TRANSFER BENCHES AND SHOWER SEATS

A transfer bench can help reduce injuries that occur when trying to climb over a tub wall. Benches are placed outside of the tub and a person sits and then swings his legs over the ledge. Transfer benches also can be used in conjunction with shower seats. This is a chair or bench that allows people to sit while they shower.



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Students in the Hampton-Dumont-CAL building trades program put the finishing touches on the deck on the front of the home they've worked to build from the ground up.

▲ Junior Tomas Cavazos nails in a board on the deck of the home Hampton-Dumont-CAL students are working to build from the ground up.

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LEARNING THROUGH LABOR

H-D-CAL students work to finish home built from scratch

BY GREG FORBES

Looking at the property at Seventh Avenue NE, it's hard to tell the plot was just a hole in the ground not much more than a year ago. On a chilly Thursday morning, Hampton-Dumont-CAL Building Trades instructor Dave Harms and his students work to complete a deck in the front and back of a home that now fills the vacant space. Last year, students in Harms' classes began the project from scratch, building the foundation and the basement first, then sides and a roof and ending the year working on the interior.

Harms said that while there's still work to be done before eventually selling the home to a buyer, he's impressed with the work that the students have accomplished to this point.

"It's been fulfilling," he said. "Kids have taken ownership in the project and it's instilling in them a sense of pride in what they're doing."

While this year's group of students is an entirely different batch from last year's, Harms said he's still noticed a dedication and ambition from this year's classes towards the projects. Students arrive early, listen attentively and work to complete the task in front of them. Harms said that the students show a willingness to learn, no matter the size of the task.

"I showed kids how to mud and put drywall tape on and make the seams look better," he said. "It's a lot of individual skill they have to work on repetitively to get good at it." Harms added that in order to get through the more mundane and repetitive tasks associated with building the home, he encourages his students to set goals for themselves and make it an individual, personal contest of sorts.

"I tell them to have a small goal of what they're doing," he said. "By doing that, they can push themselves. It's the idea that if you do something repetitive, you still have to make it enjoyable." Junior Tomas Cavazos said that he appreciates all the tasks the students are asked to do – even the seemingly small ones. Each step of the project, he said, is important to both the house's functionality and its aesthetic value.

"There's tons of stuff that I've learned that I like doing. Some of it is little tedious stuff that can be annoying but it tidies up the house and make it look better," he said, adding that he's also learned valuable life skills that will help in various scenarios. "We have to think ahead of what you're doing before you do it."

Harms said that while the purpose of the project is to teach students the basics of home construction, he's also allowing them to experiment with less traditional building methods. On the

back deck, he said they're working with a compound angled pattern, which allows for a more modern look. He said by introducing a mix of traditional techniques and newer methods, students can learn an array of skills that will translate well to real-world jobs.

"It comes down to taking ownership of it and enjoying what they're doing too," he said. "They have to enjoy what they're doing if they want to move on to a trade that consumes the rest of their life."

Junior Bryan Flores said he joined the project as a way to explore construction as a possible career and while he's still unsure of his future occupation, he has picked up skills that will help him later in life.

"If I ever need anything like this done in my house, I can do some of it myself," he said.

Flores added that he's been able to pick up on the skills quickly because of the chance to use them in a real-life setting instead of learning through a textbook or dry erase board.

"You're in front of it and you get to learn," he said. "In other classes, they just draw it out and you don't really know what to do until you actually get to do it." ■

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EASY WAYS TO CLEAN UP LEAVES

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

LAWN MOWER

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

RAKE

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

LAWN SWEEPER

This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

LEAF BLOWERS

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.



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How **MATTRESSES** affect SLEEP QUALITY

People make many renovations around their homes to improve their quality of life. When attention turns to the bedroom, some changes can greatly affect quality of sleep.

The temperature of the bedroom, its configuration and lighting can impact a person's ability to get a good night's sleep. However, the item that may bear the most influence is the mattress.

The Better Sleep Council says whether one wakes up feeling rested and healthy depends largely on the age of a mattress and its condition. A good mattress should alleviate pressure on joints while providing bodily support. It should not be a contributor to aches and pains. Mattresses that are seven years or older may need to be replaced.

A century or two ago, mattresses were constructed of whatever people had on hand—from feathers to pine needles to straw. That's all changed today. But even though there are many options, it's key for people to discover which material is right for them.



Latex mattresses are coveted due to their **durability and comfort**. Latex also conforms to the body, but more generally than memory foam, so it bounces back quickly. One of the biggest draws to latex mattresses is **how natural they are**. Latex is made from natural rubber. Cost can be prohibitive, however, as latex mattresses tend to be expensive.

Latex

Gel foam

Gel foam mattresses **bounce back to their original form** when pressure is released. Hollow columns in the mattress allow for increased air flow that improves this pressure release and **enables people to sleep coolly and comfortably**. Sometimes gel is paired with memory foam for a hybrid mattress.

Innerspring

Innerspring (also called coil) mattresses have been around for some time. These metal springs provide **internal support**. The number of coils, types of coils and distribution pattern throughout the mattress impacts how well the bed will conform to the body. These mattresses may be **best for back or stomach sleepers** due to their level of support. Keep in mind that innerspring mattresses may have limited durability and may start to sag after just a few years.

Memory foam

Memory foam mattresses are relatively recent additions to the market. According to the mattress shopping resource The Sleep Judge, memory foam mattresses may eventually replace innerspring mattresses. Famous for its ability to **contour to the shape of the user's body**, memory foam envelops a person and absorbs energy. This means there's less motion transfer. That's a big plus when sleeping with a partner who moves around in bed. **Memory foam provides a high level of pressure point relief and promotes proper spine alignment.**

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Korin Krukow works with her mother at King's Hometown and Korner Window to provide home décor from the floor to the walls.

KING'S HOMETOWN

a family of home decor

BY TRAVIS FISCHER

Home improvement means more than just new sidings and shingles. The home's interior needs attention too and that's what King's Hometown in Ackley specializes in.

For decades now the Main Street business has served the community under one name or another but, since being purchased by Deb and Mike King in 1997, King's Hometown has been the go-to place for furniture and flooring.

Offering both flooring and a selection of furniture, King's Hometown can deliver a hardwood floor and a couch or recliner to put on it.

Power recliners in particular have become increasingly popular in recent years and the Kings make sure to keep a selection suitable for customers of various heights and weights.

"We keep a variety of sizes in stock," said Korin Krukow, King's daughter.

In 2007, King Hometown really became a family business as the Kings partnered with Korner Window, their daughter's custom window treatment business.

Krukow studied interior design in college and worked at JCPenney before starting her own business providing a selection of drapes, shades, and blinds.

"I never really wanted to do anything else," said Krukow.

The family partnership is a natural fit, allowing customers to take care of their floors and windows in one stop. And though the two businesses are technically independent, their shared space and family ties leaves a lot of room for crossover, happy to help each other with their sides of the business.

Keeping up with the latest trends and styles can be a challenge, but it keeps things interesting as tastes in home décor change over time.

"When I started in '07 we were selling lots of carpets. Now we're selling more wood surface floors," said Krukow.

The farm house style is popular right now but the King family keeps an eye on the latest trends through trade magazines and shows in order to stay on top of things.



Reclining sets sold at King's Home Furniture in Ackley.

Trade shows and auctions are another good way to keep apprised of what people are looking for.

The way they get the word out about their business has changed as well over the years. Servicing a wide area, the internet has proven invaluable in letting area homeowners know about the little Main Street shop. Both King's Hometown and Korner Window have their own websites and social media pages to showcase their selections and keep in touch with customers.

"We can't be in just Ackley," said Krukow.

Right now the businesses are making plans for holiday open houses, which not only give people with busy jobs a chance to step in after-hours and see their selection, but also serves as a chance to build relationships in the small community.

"It's nice being in a small town," said Krukow.

4 Tips for Higher-Quality Sleep

Sleep is essential to good health. Unfortunately, over a third of Americans are not getting enough sleep, according to The Centers for Disease Control and Prevention. Over time, sleep deprivation can take a toll on one's overall wellness.

"Like air, water and food, sleep is like fuel for your body," says Dr. Janet Kennedy, sleep specialist at Leesa, a mattress company on a mission to help consumers get better sleep.

Do you have trouble getting to sleep or staying asleep? If you're feeling more wired than tired at bedtime, it may be time to improve your sleep routine. Check out Dr. Kennedy's suggestions for a better night's rest:

- **Cool down:** If your first quiet moment to relax comes when you get into bed, your mind will race to try to get all its thinking done. Shut down phones and other devices at least one hour before bed and set an even earlier cutoff time for work. Much the way the body needs a cooldown period after exercise, your mind needs a cooldown period to process the day and unwind before transitioning into sleep mode.

- **Make a routine:** Bedtime routines are important, but they don't have to be elaborate. It helps to create a series of steps to be done in a consistent order. This could include stretching, breathing exercises or journaling.

"I recommend keeping it simple and ending by reading fiction," says Dr. Kennedy. "Reading is one of the most powerful sleep associations I have found. It gives the mind a place to go while the body settles down and tells you when it's ready to sleep."

- **Create a sanctuary:** No matter what type sleeper you are, your pillows and mattress should properly support and align the neck and spine so your body will relax quickly, instead of struggling to find a comfortable sleeping position. Temperature control is also important for drifting into sleep. Pillows and bedding should stay cool through the night. Look for a mattress designed to offer superior support as well as breathability and temperature regulation, such as those from Leesa. The brand also offers hybrid pillows made with fibers featuring a ventilated gel comfort layer.

- **Don't struggle:** If you aren't falling asleep as quickly as you want, or if you are struggling with insomnia, stop trying to fall asleep. The body knows how to sleep and will sleep when it's ready. Wait until you are very sleepy before going to bed and then read, listen to an audio book, or do something quiet to distract your mind until sleep comes to you.

Sleep is meant to restore the mind and body, not cause stress, so if you're having trouble getting enough of it, it may be time to tweak your nighttime routine. (StatePoint)



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