

Fall
Home Accent
and
Car Care

Itemizer-Observer
Section C
October 19, 2016

**Car Care
starts on
page 10**

Cozy, clean and comfortable:

5 steps for getting your home autumn-ready

(BPT) - If cooler autumn weather makes you want to get inside your home to redecorate, add new furnishings or take other steps to settle in, you're not alone.

Rainy, snowy, cold or otherwise inclement weather makes us more productive overall because we're less motivated to spend leisure time outside, according to research from Harvard Business School. That helps explain why we often get the urge to improve our surroundings, shop for new furniture or set out great-smelling candles for our homes this time of year.

That's highly convenient, since it's never too early to start sprucing up your home and refreshing décor for the impending holiday season. And that nest-feathering doesn't have to break the bank; there are plenty of ways to make your home warm, cozy and beautiful that don't require a huge budget. Here are a few suggestions:

1. A big fall cleaning actually makes more sense than a spring cleaning, since you'll be spending so much more time inside. Before settling in, make an effort to wash walls, clean floors and carpets, wipe down windows and polish all woodwork with lemon- or orange-scented oil.

2. Start stocking your kitchen with ingredients for traditional cold-weather foods like soups, stews, casseroles, fondue or homemade bread. For dessert, there's nothing as comforting as the smell of warm baked goods like cinnamon rolls or gingersnap or chocolate chip cookies. Studies show we're instinctively drawn to certain foods during the colder months.

3. Update your décor with a new living room, dining room or bedroom set from Big Lots, enhancing your family's comfort without putting you in debt. The stylish designs, rich finishes and up-to-date color palettes of the brand's new collections can help create a cozy atmos-



phere that encourages your family to relax indoors together this fall and winter.

4. Walk around your home and take a fresh look at your wall hangings, artwork and accent pieces. Are they being displayed to their best advantage, or are there better arrangements that could complement your furniture and color schemes? Seek a different perspective by taking everything down and starting anew, or check Pinterest.com for some inspiration. You might also browse home furnishings stores like Big Lots to check out the newest styles and colors.

5. Take an objective look at your interior lighting and determine whether upgrades are in order. A wealth of research points to how lighting directly affects mood, and the last thing you want in the fall and winter months is to struggle with under-lit rooms that make you tired or less productive. These days, good lighting is available at all price points.

Ready? Now that you've set the stage, get out your calendar and start scheduling fun autumn get-togethers with family and friends. Jump into the season by setting up family game nights, beer and wine tasting parties, football-viewing events and all kinds of other seasonal celebrations.



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Your October Garden To Do Lists

Maintenance and Clean Up

- Recycle disease-free plant material and kitchen vegetable and fruit scraps into compost. Don't compost diseased plants unless you are using the "hot compost" method (120 degrees to 150 degrees Fahrenheit).
- Drain or blow out your irrigation system, insulate valve mechanisms, in preparation of winter.
- Use newspaper or cardboard covered by mulch to discourage winter and spring annual weeds or remove a lawn area for conversion to garden beds. For conversion, work in the paper and mulch as organic matter once the lawn grass has died.
- Clean and paint greenhouses and cold frames for plant storage and winter growth.
- Harvest sunflower heads; use seed for birdseed or roast for personal use.
- Dig and store potatoes; keep in darkness, moderate humidity, temperature about 40°F. Discard unused potatoes if they sprout. Don't use as seed potatoes for next year.
- Harvest and immediately dry filberts and walnuts; dry at 95 degrees to 100 degrees Fahrenheit.
- Ripen green tomatoes indoors. Check often and discard rotting fruit.
- Harvest and store apples; keep at about 40°F, moderate humidity.
- Place mulch over roots of roses, azaleas, rhododendrons and berries for winter protection.
- Trim or stake bushy herbaceous perennials to prevent wind damage.
- To suppress future pest problems, clean up annual flower beds by removing diseased plant materials, overwintering areas for insect pests; mulch with manure or garden compost to feed the soil and suppress weeds.
- Cover asparagus and rhubarb beds with a mulch of manure or compost.
- Clean, sharpen and oil tools and equipment before storing for winter.
- Store garden supplies and fertilizers in a safe, dry place out of reach of children.
- Prune out dead fruiting canes in raspberries.
- **Western Oregon:** Harvest squash and pumpkins; keep in dry area at 55 degrees to 60 degrees Fahrenheit.
- **Western Oregon:** Spade organic material and lime into garden soil, as indicated by soil test results (if necessary and the weather permits).

Pest Monitoring and Management

- Remove and dispose of windfall apples that might be harboring apple maggot or codling moth larvae.
- Rake and destroy diseased leaves (apple, cherry, rose, etc.), or hot compost diseased leaves.
- Spray apple and stone fruit trees at leaf fall to prevent various fungal and bacterial diseases. For more information, see *Managing Diseases and Insects in Home Orchards* (PDF - EC 631).
- If moles and gophers are a problem, consider traps.
- **Western Oregon:** Control fall-germinating lawn weeds while they are small. Hand weeding and weeding tools are particularly effective at this stage.
- Monitor landscape plants for problems. Don't treat unless a problem is identified.

Planting/Propagation

- Dig and divide rhubarb. (Should be done about every 4 years.)
- Plant garlic for harvesting next summer.
- Propagate chrysanthemums, fuchsias, and geraniums by stem cuttings.
- Save seeds from the vegetable and flower garden. Dry, date, label, and store in a cool and dry location.
- Plant ground covers and shrubs.
- Dig and store geraniums, tuberous begonias, dahlias, and gladiolas.
- Pot and store tulips and daffodils to force into early bloom, indoors, in December and January.

Houseplants and Indoor Gardening

- **Early October:** Reduce water, place in cool area (50-55 degrees Fahrenheit) and increase time in shade or darkness (12-14 hours) to force Christmas cactus to bloom in late December.
- Place hanging pots of fuchsias where they won't freeze. Don't cut back until spring.
- **Western Oregon:** Check/treat houseplants for disease and insects before bringing indoors.

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Five DIY projects to liven up your office

(BPT) — Whether you go into the office every day or work from home, most of us probably spend a lot more time at our desk than anywhere else. Why not take some time to make it a space that you can enjoy? With some creativity and individual flare, you can transform a utilitarian work station into a personalized think tank that is as stylish and unique as you.

Best of all, you don't have to hire a contractor to do this. Whether you're a pro DIYer or new to the crafting game, here are five simple ways to make a serious design statement in your office.

Add color

It's truly amazing what vibrant or soothing colors can do for a space! So where to begin? Try this: Take a quick inventory of everything in your office that looks dull, flat or just plain. This could be a wicker basket, a lamp or even a coat rack! Try using a high quality general purpose spray paint such as Krylon COVERMAXX. It's a paint and primer in one, resulting in premium coverage and superior color in one simple coat! Whatever color you choose - red, green or blue - the transformation will astonish you and the bright bold colors are bound to put a spring in your step, even on a stressful work day.



Go green and fill your space with plants!

If you already have a plant or two in your office, why not buy more? In most cases, you'll want to select plants that thrive in low-light conditions. Now, the true creative work is in how you choose to arrange your plants. Rather than just placing them on your desk, look into hangers and wall hooks - all of which will create a winning combination where nature meets design.

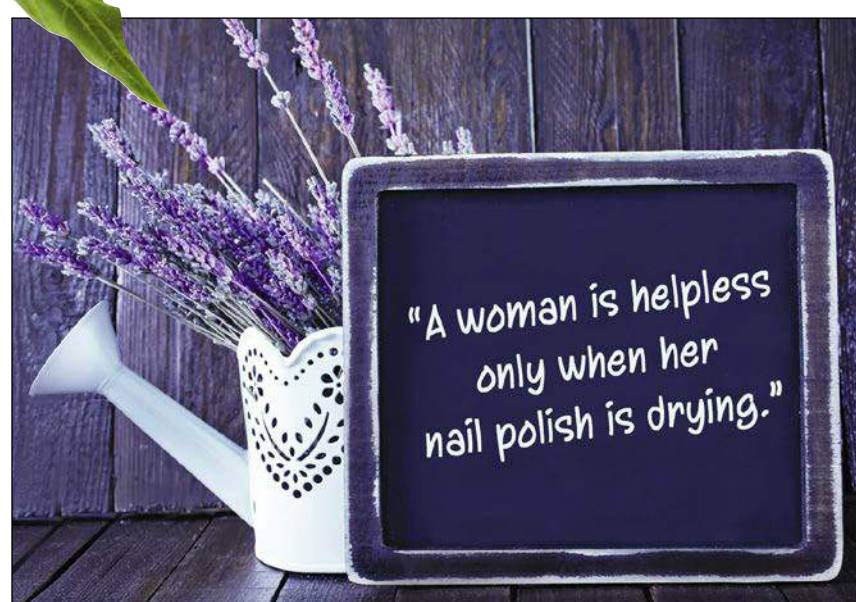
Write it out on a chalkboard

If you're someone who stays organized by writing out your schedule or to-do list each week, a chalkboard is the perfect addition to your workspace. Rather than buying a board, pick up a can of Krylon Chalkboard Paint. Simply spray it on wood, metal or glass and once it dries, you'll have your very own custom chalkboard that works with chalk or chalkboard markers.



Declutter in style

We're all more productive when we're organized, so getting rid of clutter is a must do in every office. Make organizing fun by incorporating bold colors! Use bright file folders to keep track of important documents or create your own supply containers using mason jars to keep all of your desk items in one place. To add additional flare, spray your mason jars or glass containers with Krylon Stained Glass paint. This paint creates a beautiful translucent color on any glass surface and comes in a variety of exciting colors like royal purple and cobalt blue.



Revitalize your old stuff

Telephones, paperweights, old figurines - pretty much anything you might otherwise call junk - can make a strong artistic statement in your office. All you need is a canister of Krylon Colormaster Paint and Primer in new and trendy, Rose Gold. With a coat of rose gold paint and a metallic shine, any old thing can be turned into an amazing decorative item.

Feeling inspired to revitalize your office? Check out Krylon.com for more information on products and project inspiration!

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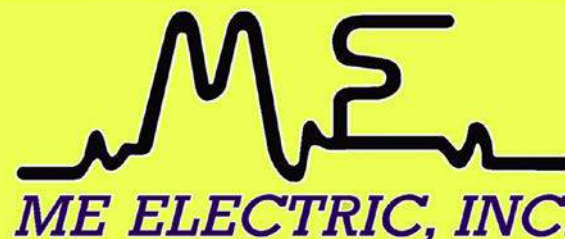
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Simple ways to freshen your home inside and out

(BPT) - Looking for some easy ways to breathe new life into your home? Whether it's the air inside or the decor itself, freshening things up can make your home look and feel more welcoming at any time of year. You don't need a lot of time or money to reinvigorate your home; just a few simple and affordable, yet high-impact DIY projects will do the trick.

Here are a few projects you can easily accomplish in a single weekend:

- **Paint an accent wall, trim or ceiling.** Decorators often say painting is one of the easiest and most affordable ways to freshen your home's appearance. You don't have to redo an entire room in order to leverage the freshening power of paint. Simply painting a single accent wall for a pop of color, using paint to create graphic wall art, or repainting the trim or ceiling will create a whole new look. If you're looking for inspiration or simple solutions to help seamlessly transform your space, Dutch Boy Paint offers unique project ideas and easy-to-follow how-tos that will make the process a breeze.

Choosing the right paint for the job can also ensure the painting project is a breeze, from start to finish. Dutch Boy Refresh paint + primer with Arm & Hammer odor Eliminating Technology, eliminates the need for a separate primer. It saves time since you don't have to take that extra step of priming first. Plus, it's great for reducing common household odors.

Refresh paint is a perfect choice for laundry rooms, bathrooms, kitchens, mudrooms and even kids rooms. It gives you added assurance that your home will smell fresh and clean.

- **Don't forget about your furry family members.** You may love your pets, but the truth is they can contribute to a stuffy atmosphere in your home.

Wash pet bedding, litter boxes and cloth toys regularly. Contain pet clutter by placing your pup's or kitty's toys in a pretty basket where he or she can reach them.

- **Add some indoor greens.** Plants not only make a room look bright and homey, their ability to filter carbon dioxide and other airborne pollutants can help make your home smell fresher, too.

- **Give your kitchen some TLC.** Like most, you probably spend a lot of time in your kitchen. However, you don't need to do a complete makeover to give your kitchen a fresh look. Start by decluttering countertops and dropping some lemon rinds down the garbage disposal.

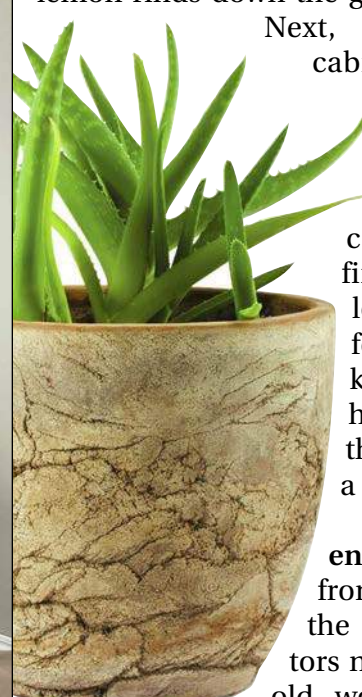
Next, replace dated cabinet hardware with new handles, knobs and pulls. Adding in a faucet in a contemporary finish will go a long way too; as a focal point of the kitchen, it will help tie everything together in a subtle way.

- **Upgrade your entryway.** The front door is one of the first things visitors notice. If yours is old, worn and outdated, replacing it with a new one can be an easy, cost-effective way to improve the appearance of your home's exterior. Even if your door is in good shape, painting it a bright, appealing color can make your home's facade look fresher and more inviting. Be sure to use a paint formulated for doors, such as Dutch Boy Cabinet, Door & Trim paint.

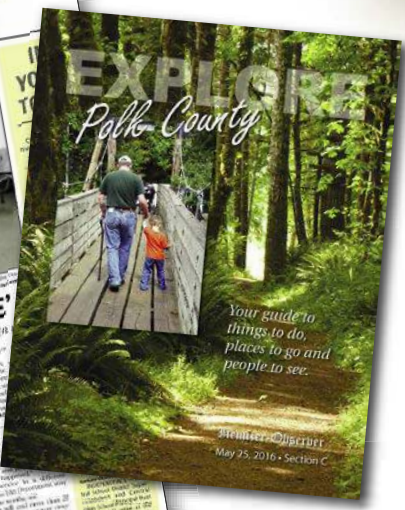
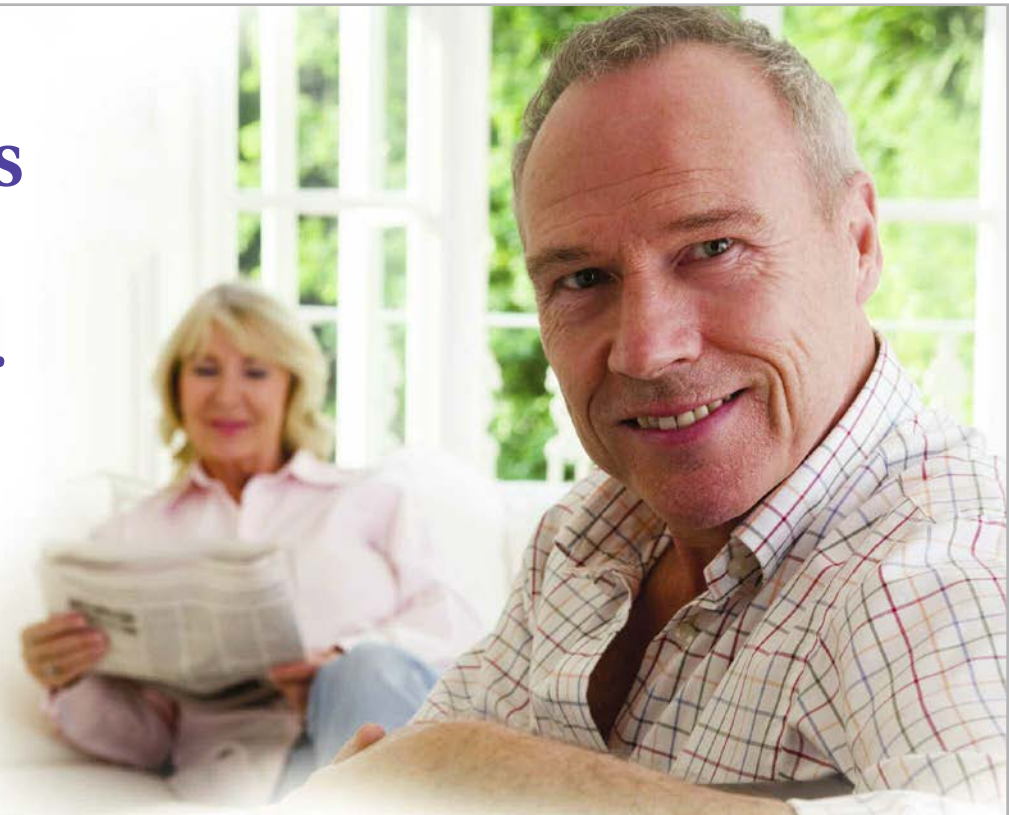
Add decorative lighting fixtures like sconces or a hanging light, dress up front steps with potted flowers and wash sidelights and windows around the entry.

- **Some sources of stuffiness may surprise you.** That old shower curtain not only makes your bathroom look shabby, it can detract from the air quality in the room as mildew builds up over time. Replace old shower curtains with something bright and appealing, and be sure to clean the grate on the bathroom vent fan. Stuffiness hides in the laundry room, too. Cleaning dryer vents and the washing machine regularly, and keeping laundry items and accessories organized can help make even a small laundry area feel fresh.

Freshening around the home doesn't have to be a seasonal project. With a few simple steps, you can create a new look and feel in and around your home at any time of year. For more on these products and inspiration for your next paint project, visit www.dutchboy.com



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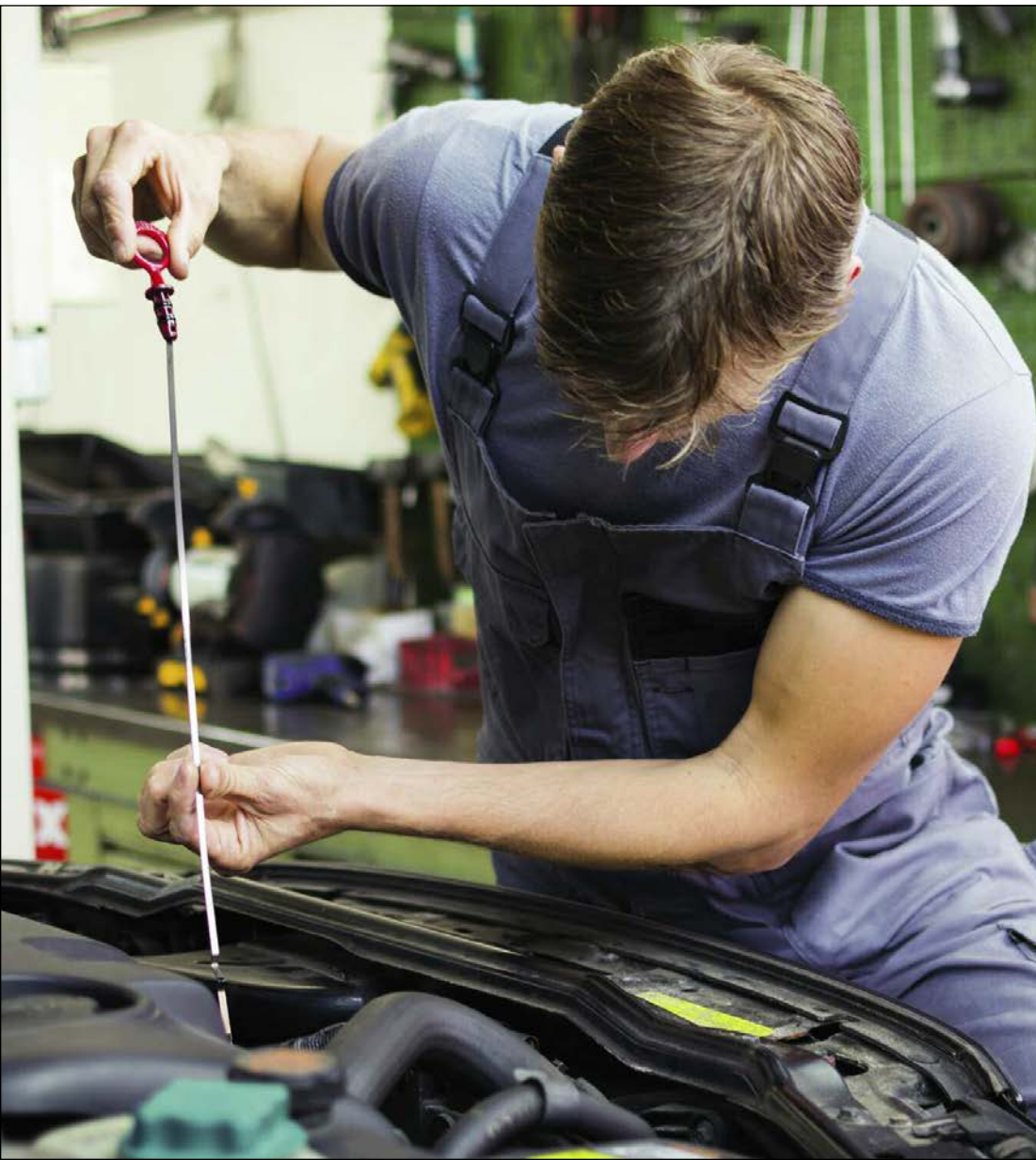
October is Fall Car Care Month

A Little Auto Care Goes A Long Way

BETHESDA, Md., Oct. 5, 2016 /PRNewswire-USNewswire/ — Basic auto care goes a long way toward improving the safety and dependability of a vehicle. Whether you do it yourself or visit a trusted professional technician, the non-profit Car Care Council recommends 10 Fall Car Care Month maintenance procedures to help make sure your car is operating at its best before winter arrives.

"Fall Car Care Month in October is the ideal time to give your car some extra attention before harsh winter weather sets in," said Rich White, executive director, Car Care Council. "Taking a little time for auto care now can help you avoid the headaches of a costly emergency breakdown later."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at <http://media.carcare.org>. To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.car-care.org.



1. Check all fluids, including engine oil, power steering, brake and transmission as well as windshield washer solvent and antifreeze/coolant.

2. Check the hoses and belts to make sure they are not cracked, brittle, frayed, loose or showing signs of excessive wear.

3. Check the battery and replace if necessary. Make sure the connection is clean, tight and corrosion-free.

4. Check the brake system annually and have the brake linings, rotors and drums inspected at each oil change.

5. Inspect the exhaust system for leaks, damage and broken supports or hangers if there is an unusual noise. Exhaust leaks can be dangerous and must be corrected without delay.

6. Check the engine to make sure it is delivering the best balance of power and fuel economy and producing the lowest level of emissions.

7. Check the heating, ventilating and air conditioning (HVAC) system as proper heating and cooling performance is critical for interior comfort and safety reasons, such as defrosting.

8. Inspect the steering and suspension system annually, including shock absorbers, struts and chassis parts such as ball joints, tie rod ends and other related components.

9. Check the tires, including tire pressure and tread. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.

10. Check the wipers and lighting so that you can see and be seen. Check that all interior and exterior lighting is working properly and replace worn wiper blades so you can see clearly when driving during precipitation.



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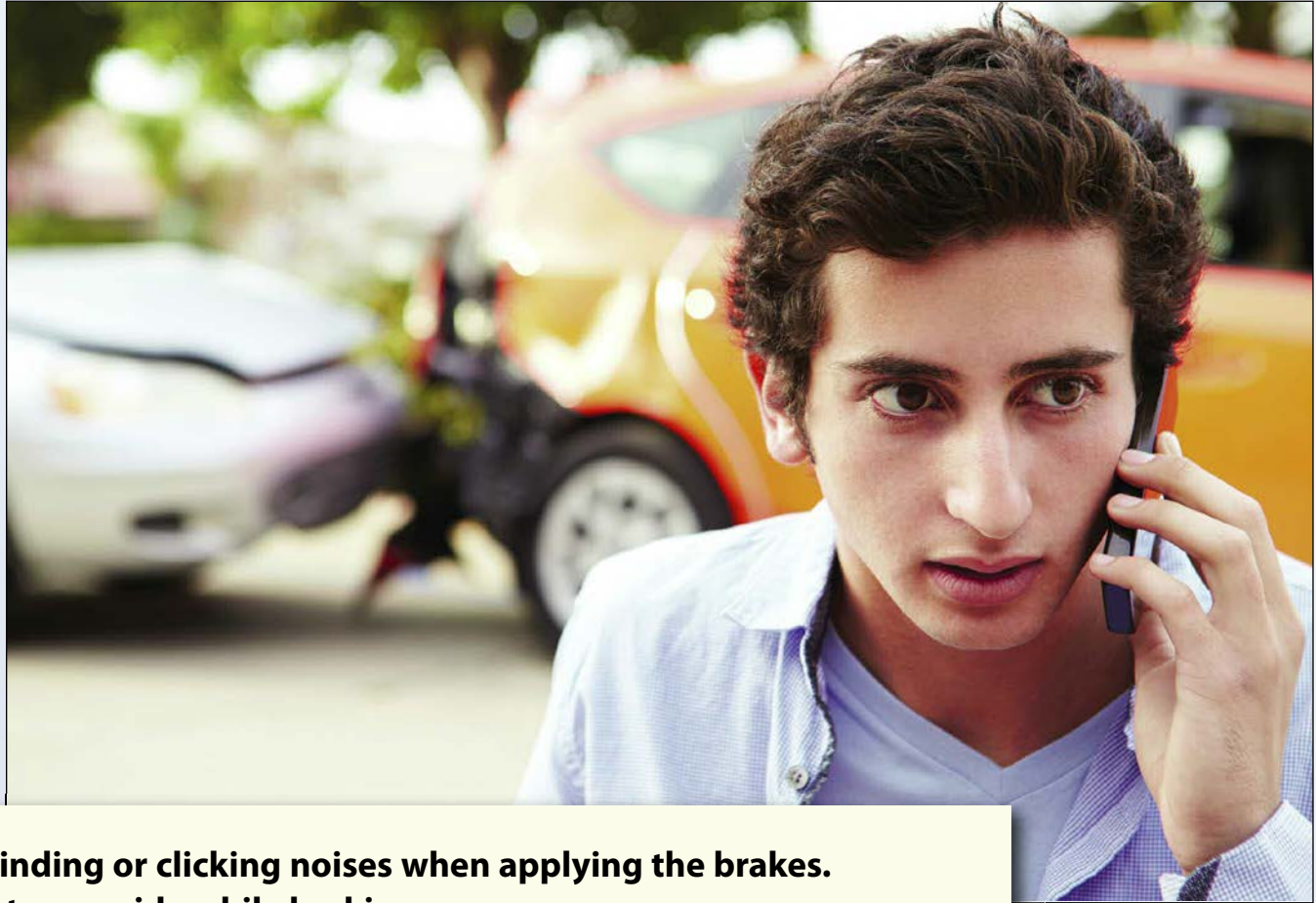
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Are your brakes trying to tell you something?

BETHESDA, Md., PRNewswire/ — If your brakes are trying to tell you something, you should pay attention. A properly operating brake system helps ensure safe vehicle control and operation and it should be checked immediately if you suspect any problems, says the non-profit Car Care Council.

"While an annual brake inspection is a good way to ensure brake safety, motorists should not ignore signs that their brakes need attention," said Rich White, executive director, Car Care Council. "Knowing the key warning signs that your brakes may need maintenance will go a long way toward keeping you and others safe on the road."

The Car Care Council reminds motorists to look for the following warning signs that their brakes need to be inspected:



- **Noise:** screeching, grinding or clicking noises when applying the brakes.
- **Pulling:** vehicle pulls to one side while braking.
- **Low Pedal:** brake pedal nearly touches the floor before engaging.
- **Hard Pedal:** must apply extreme pressure to the pedal before brakes engage.
- **Grabbing:** brakes grab at the slightest touch to the pedal.
- **Vibration:** brake pedal vibrates or pulses, even under normal braking conditions.
- **Light:** brake light is illuminated on your vehicle's dashboard.

Because brakes are a normal wear item on any vehicle, they will eventually need to be replaced. Factors that can affect brake wear include driving habits, operating conditions, vehicle

type and the quality of the brake lining material. Be sure to avoid letting brakes get to the 'metal-to-metal' point as that can mean expensive rotor or drum replacement.

The Car Care Council offers a free custom service schedule and email reminder service to help car owners remember to have their brakes inspected and take better care of their vehicles. It is an easy-to-use resource designed to help motorists drive smart, save money and make informed decisions.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org.





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Six ways you could be killing your car

BETHESDA, Md./PRNewswire-USNewswire/— Owning a car can be a dream or a nightmare depending on how well you take care of your vehicle, says the non-profit Car Care Council. The following are six things that many motorists do that can harm their car and their wallet.

1. Ignoring the check engine light. Ignoring an illuminated check engine light can result in serious engine trouble and costly repairs. At the very least, this warning light could alert you to an engine problem that is negatively impacting fuel economy.

2. Failing to change fluids and filters. Many fluids are required for the operation and protection of vehicle systems and components. Checking fluid levels regularly, along with the filters, helps ensure that your vehicle runs dependably and extends vehicle life.

3. Neglecting your tires. Your vehicle's tires should be checked frequently for inflation and tread depth. Underinflated tires can wear out more quickly, needing to be replaced sooner, and can negatively impact safety, gas mileage and performance.

4. Not following a service schedule. Because many car parts and components wear out or become damaged over time, vehicles need to be routinely serviced in order to perform optimally. Routine inspections and timely repairs will help keep your car running efficiently and will help you avoid more expensive repairs down the road.

5. Keeping a dirty car. Allowing your car to go too long without a wash leads to buildup of damaging chemicals and dirt, increases the potential for rust from road salt and interferes with proper visibility needed for safe driving.

6. Being a severe driver. Whether it's stop-and-go traffic, extreme weather, rough roads or heavy loads, it can sometimes be difficult to limit severe driving conditions. However, you can drive smart and improve fuel economy by observing the speed limit; avoiding aggressive driving, including quick starts and stops; not hauling unnecessary items; and keeping your vehicle properly tuned.

"Because auto care isn't always a top priority for car owners, they might not realize they are doing things that adversely affect the performance, safety and value of their car," said Rich White, executive director, Car Care Council. "Routine maintenance can go a long way toward saving money, avoiding headaches and protecting your vehicle investment."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at <http://media.car-care.org>. To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.car-care.org.

Keep an Emergency Kit Inside Your Car

You'll obviously want a spare tire and the tools to change out a flat, but it's a good idea to keep some extra material in the trunk as well. Bottles of engine oil, washer fluid and coolant also come in handy. An ice scraper is a necessity.

Flashlights and flares are helpful if you're stuck on the road late at night when visibility levels are low. Even if you're wearing a coat, an extra pair of gloves, boots or even a blanket can keep you warm and dry if your heating unit isn't working properly.



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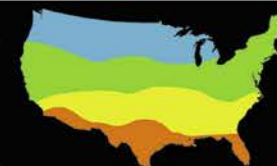


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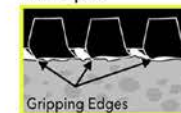


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