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3 Ways to Save the Planet in Your Own Backyard

(StatePoint) “Think globally, act locally” is a motto that everyone should take to heart. With that in mind, here are three great ways to save the planet in your very own backyard this fall:

- 1. Save the lives of birds:** North America has lost more than one in four birds in the last 50 years, according to the Audubon Society. Amid this alarming trend, you can make the skies safer for birds by mitigating the chance of window strikes, one of the more common threats birds face. Research shows that applying decals that reflect ultraviolet sunlight to your home’s windows can substantially reduce the likelihood of this occurring. Check out the bird decals from WindowAlert, which feature patterns that give the appearance of slightly frosted translucent glass, but glow like a spotlight for birds. The brand also makes WindowAlert UV Liquid, a high-tech liquid that offers even greater protection when applied between decals.
- 2. Start a compost bin:** Composting food scraps and yard waste is one action you can take with multiple benefits. It’s not just an excellent way to reduce the amount of trash you send to the landfill, your finished compost can be added to your lawn and garden to help plants thrive without chemical fertilizers. Be sure to read up on best practices before you get started so that you only toss compostable items into the mix, and so you strike the right balance between nitrogen and carbon.
- 3. Go low maintenance:** You can swap out your conventional lawn for a meadow (which is comprised of native plants already adapted to thrive in your region), xeriscaping (a drought-resistant option requiring no mowing and little to no irrigation) or by simply letting your grass grow wild and free. By conserving natural resources, you can help make a difference at home this fall.

Window Weatherization 101



(StatePoint) Prepping windows for cold, gusty weather are essential no matter your home’s age, but what exactly needs to be done? Read on for the ultimate breakdown of how to seal windows and protect your home from the winter chill.

Step 1 – Test for Air Leaks. Any style of window could have small air leaks that allow drafts and moisture to enter without your knowledge. Check your windows’ seals by lighting a match or candle and seeing if the smoke is affected by a breeze. The smoke trail can help pinpoint any small cracks you should address while weatherizing.

Step 2 – Fill the Seals. Reinforcing the seal around the entire window frame will ensure it’s ready for cold weather. Using a product such as Duck brand Foam Weatherstrip Seals will help form a solid barrier around window edges, thanks to self-adhesive foam strips that block drafts. This can help lower utility costs by stopping leaks. Updating these seals every few years helps keep the window frame in the best possible shape

and maintains protection from the winter winds.

Step 3 – Restore with Paint. Updating your window with a fresh coat of primer and either paint or stain helps keep it in great condition for a change in season. Not only will it provide a new look, but paint or stain also creates a tight seal around the wood framework and acts as an additional barrier for pinhole cracks or air leaks.

Step 4 – Insulate the Frame. Winter weather can be brutal in certain regions. Rolled Window Insulation Kits are crystal clear and create an additional cold-air barrier for when you need extra protection on top of foam seals. The window kit film comes in an easy-to-use roll of shrink film, which means no measuring is needed, and excess film can be cut once applied. Once secured to indoor window frames, the film provides an airtight seal that can be removed once warmer weather arrives.

Step 5 – Add Thermal Protection. After preparing your window for the approaching winter winds, swap out your everyday curtains for thicker, thermal fabric window treatments. These insulating curtains typically have two or three layers of thick fabric, combined with a layer of acrylic foam, to prevent air infiltration and cold.

Precautionary steps to seal in warm air and keep out potential drafts will help reduce energy costs this winter – and help protect the longevity (and comfort) of your home.

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