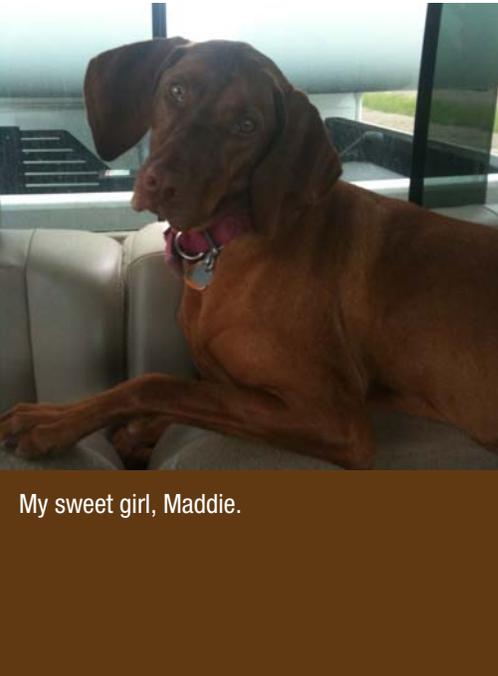




IMPORTANT NEWS ON REAL ESTATE AND YOUR COMMUNITY

AREA REAL ESTATE

NEWS & VIEWS



My sweet girl, Maddie.

Fall Checklist to Keep Your Home and Family More Comfortable

Fall is here and high energy prices can take their toll on your wallet. It's important to take steps to create a more energy-efficient home to keep your home warm and comfortable in the coming months.

Check Weather Stripping: The use of weather stripping is one of the most important, and easiest solutions for energy savings in your home. Gaps around doors and windows let cold air into your home even if they're small. Check exterior doors and windows to see if the weather strip is doing its' job, is clean and undamaged. If replacement is needed, local hardware or home improvement stores most likely carry what you need, or contact a handyman if you prefer.

Upgrade your Thermostat: If you have an older thermostat, consider replacing it with a new programmable one. Programmable thermostats are digital, typically very accurate and can help better maintain temperature levels in your home. They are easy to program for various times of day as well as days of the week to adjust to your active schedules.

Check and Seal Heating Ducts: Although crawling around a crawlspace or attic isn't always fun, it's the only way to examine and repair heating ducts. Look for gaps between ducts and fittings, and seal them with qualified metallic tape (not regular duct tape which doesn't last). Also check to be sure ducts are off the ground and stable.

Change Furnace Filters: Before winter hits, it's a good time to replace furnace filters - an easy and inexpensive task that can increase efficiency and comfort in your home.

Check Insulation Levels: Improving insulation levels can be a very effective way to increase your comfort and energy efficiency, so check the amount and condition of all visible insulation in the attic, under floors, in skylight shafts and near ductwork. If repairs or installation is necessary, tackle the DIY (do-it-yourself) project yourself or consider hiring a qualified contractor depending on the type and way installation is needed.

Check Smoke Detectors: When the time changes (November 3rd this year), it is perfect timing to check your smoke detectors. Install new batteries and test them to make sure they are operating properly. If you have an older home with few detectors, you may want to install additional ones outside each bedroom or make sure you have at least one on each floor of the home.

Install a Carbon Monoxide Detector: If you have gas utilities or appliances in your home, there is always a possibility of carbon monoxide poisoning with any malfunction. Protect your family and your home by installing one or more carbon monoxide detectors. They are inexpensive, easy to install, and available at most local hardware and home improvement stores.

Clean and Service Fireplaces and Woodstoves: Many homeowners prefer to hire a qualified repairman or chimney sweep to check functionality in fireplaces and woodstoves. You must make sure that gas, wood and pellet-burning fireplaces and stoves are clean and operating correctly. Qualified and licensed servicemen will check door gaskets, blower operation, flues, flue caps, thermostats and any other aspects of the appliances.

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: FIVE IDEAS FOR REPURPOSING UNUSED ITEMS

You undoubtedly have some items in your home that you'd like to get rid of or you're having trouble finding a use for. Rather than throwing them out, consider repurposing them. Here are a few ideas for inspiration:

1. Turn an old dresser into a kitchen island: Do you have a beat-up old dresser that's currently an eyesore? Dress it up with some bright new paint, and then put it in your kitchen. You'll suddenly have a new surface for preparing food, as well as a colorful accent piece.
2. Use that old door as a table or desk surface: Just pick up some table legs from IKEA or order some online, attach them to the door, and now you've got a cool repurposed workspace.
3. Convert a wooden ladder into a bookshelf: Attach the ladder to the wall horizontally. The ladder frame will support the bottom of your books, the rungs will serve as dividers, and the wall itself will keep the books from falling off.
4. Make a rack out of a wood shutter: Attach the shutter to the wall, and the slots will be perfect for organizing your envelopes and mail. Add hooks for keys and clothespins to attach other objects.
5. Add a chalkboard surface to a coffee table: This is a great one for the kids. Get some chalkboard spraypaint from a home improvement store, and use it on your old coffee table. It's the perfect play surface for Legos, action figures, and more.



My happy boy, Alex.

DON'T JUST SIT THERE, TAKE A STAND!

Does your job require you to be seated for six or more hours a day? If so, research suggests you may want to consider changing up your routine at work so that you're not spending quite so much time chained to your desk. Sitting for extended periods every day can have a negative effect on your health, including an increase in the risk of heart disease and certain types of cancer. Sitting for extended periods slows down electrical activity in your muscles and your calorie-burning rate drops to one calorie per minute.

However, there are some pretty simple rules you can follow to counter the effects of sitting all day while at work:

1. Remember to stand up and stretch once per hour
2. Get 30 minutes of exercise each day.

Pretty simple, right?



GO BRONCO'S!

About Me

I am a licensed real estate agent in Colorado, specializing in Northern Colorado, including Fort Collins, Loveland, Greeley, Wellington, Windsor and the surrounding areas. If you are buying or selling your home, don't hesitate to call me. Now YOU have a friend in real estate!!



Call me today to
schedule a free
consultation.
970.214.4911

Cathy Lund

Associate Broker

Fax 970.689.3950

cathy@ccpco.net

www.cathyscoloradoproperties.com

Resident Realty

P.O. Box 271124

Fort Collins, Co 80527



Resident Realty
P.O. Box 271124
Fort Collins, Co 80527

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