

## Phase I of lake trail nearing completion; looking to accept bids on Phase II

#### By: JEFF McDoNALD reporter@monticellonews.net

On Friday, March 31, Monticello Mayor Jason Akers and Jeff Newton met with members of the Advance-Monticellonian to discuss the current status of the Lake Monticello Trail project.

According to Newton, the project is still in Phase I. He stated that the loops and skill portion of Phase I, which is approximately four miles, are very near completion, and that the advocacy group will need build a couple of bridges to cover some of the areas that are prone to holding water. There have been a few change orders made to the project.

The first of these changes is a removal of a proposed pump track. This track was removed, and an additional 1.18 miles of trail will be added. Newton added that the ultimate goal is to have a pump track built inside the city limits at some point. This will help to offer kids a place to ride, as well as those who may not have transportation to travel to the lake. Newton added that a track in town can also be used as a way to advertise the larger experience at Lake Monticello. The second change order will see another 1.4 miles of track added to the plan. When asked for a time line on when the work crew estimates these two additions would be complete, Newton said it was going to be at least 60 days but probably more.

Newton said he is trying to work with the Monticello Advertising and Promotions Committee to get signage for the trail. He and Akers agreed that the head of the trail need a nice sign that people could take photographs in front of. There will also need to be maps and markers along the trail to help keep people on track and minimize the chance of someone getting lost.

Newton and Mayor Akers emphasized that this trail is a multipurpose trail, it is not just being built for biking. This trail can be used for walking, jogging, photography, bird watching, and it will give people a chance to access points on the lake that have only been accessible by boat in the past.

Akers added, "This trail is a great alternative source of fitness for those who aren't in to traditional sports, and want to do more than walk on a track."

On Wednesday, April 5, the Facebook page for Lakewoods Trail announced that the Phase I loops will have a grand opening on Saturday, May 6, 2023. This will include the approximately 4 miles of non-motorized trails for biking and hiking. The event plans to have music, food trucks, and much more.









## Monarch Butterfly migration is a sight to behold

#### By: JEFF McDoNALD reporter@monticellonews.net

Spring has sprung! Springtime brings to mind many things; new leaves budding on the trees, flowers freshly blooming, and for a lot of us, the dreaded pollen. However, there is another occurrence that many Arkansans look forward to, the spring migration of the Monarch Butterfly.

Beginning in late March, the Monarchs begin their trip north from Mexico where they spend the late fall and winter. Their ultimate spring destination is to make it to the northern most areas of the United States and the southern most areas of Canada.

As the Monarchs begin to travel north, they will begin to lay their eggs. This entire generation of butterflies will die, but the next or "first generation" will continue the journey north. It will take three to four generations to complete the epic trek.

Arkansas is an important part of the migratory fly way. It is important to maintain quality habitat for these magnificent tourists. Arkansans are encouraged to plant seasonal flowers that provide nectar for the adult monarchs as well as milkweed, which serves to host the Monarch caterpil-

#### lars. Habitat preservation is be-

coming more important as the number of Monarchs has been on a steady decline in recent years. The National Wildlife Federation estimates that the number of Monarch Butterflies is approximately 334,479.

Due to this continued dwindling in numbers, the Monarch was placed on the endangered species list in July 2022. It is thought that the reason Monarch numbers have consistently dropped is due to loss of habitat from deforestation and the increased use of pesticides.

The Arkansas Game and Fish Commission has started the Monarch and Pollinator Conservation program to help ensure that the Monarchs have a proper and thriving habitat for both the spring and fall migrations. This includes en-

couraging Arkansans to plant native flowers and milkweed. They are also running a tracking program which will help to understand the times of year the butterflies



are most likely to be seen, and it will also help to see how the population is dispersed throughout the state.

If you enjoy seeing the Monarchs during their journey, consider offering habitat for

them at your home. This will increase your likelihood of seeing them, and it will provide them with a healthy environment. It is time for us to act before it is too late and we lose this wonderful creature for ever.

## Birds are abundant in Drew County

#### BY: KAY SPURLOCK

Fee Lark, Town Bird, Red Bird, Chicken Hawk, Buzzard and Hoot Owl. I was born in and have lived in Drew County all of my life and, as a child the aforementioned list of bird names was about the extent of my knowledge when it came to birds.

Since those days I have become, what one might call, a bird nerd. If you're looking for a hobby that will enhance your appreciation for nature, then birding just might be for you.

Drew County is a haven for birds if you know where to look, and sometimes you simply have to be in the right place at the right time.

In my backyard alone I have Northern Cardinals, Carolina Chickadees, Carolina Wrens, Mourning Doves, American Crows, and Tufted Titmouse pretty much year round. These active birds can be observed while looking out of a kitchen window, sitting on a porch or deck. Expensive equipment isn't necessary, although a pair of bin-

#### oculars is nice to have.

The different seasons bring their own little birdy surprises. Spring brings many migratory birds. Take the Ruby-throated Hummingbird, for instance. I look forward to their arrival around the end of March or first of April. These tiny speed demons will keep you entertained and busy filling feeders until they begin their southward migration in the Fall. I'm going to take a moment here to discourage the use of nectar that includes red dye. A 1:4 ratio of white granulated sugar and water is all that is needed.

Spring also brings in Black and White Warblers, Northern Parulas and Blue-gray Gnatcatchers which can be identified by sound alone. These birds won't come to a feeder, but they are easily seen and heard in the trees around your home or while taking a walk. The Rose-breasted Grosbeak is always a welcome Spring migrant along with the Indigo Buntings.

Summer bring in Orchard Orioles, Yel-See **BIRDS** Page 4



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#### SPRING INSIDE-OUT

### **BIRDS**

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low-breasted Chats, Yellow-billed Cuckoos, Summer Tanagers and sometimes Baltimore Orioles, just to name a few. If I'm lucky, I might see the colorful Painted Bunting.

Fall, in my experience, has always been a slow time for birding. Although many of the Summer birds linger into the Fall. Around about November I start listening for the White-throated Sparrow and Dark-eyed Juncos that come in to join the backyard regulars.

Drew county also has a few of what we birders call hot spots. Lake Monticello at its peak fill is where I saw my first Blacknecked Stilt and Black Scoter.

Several species of waterfowl also used the lake as home during the Winter months: Ring-necked Ducks, Ruddy Ducks, Buffle-



Sparrows.

Sparrow.

Sparrows, Vesper Sparrows and Le'Contes

Another hot spot is the Warren Prairie

Natural Area, which encompasses parts of

Drew and Bradley counties, where several clusters of the Red-cockaded Woodpecker

can be found. The open barren areas of the

WPNA are where I saw my first Henslow's

Gee's Landing and Ozment Bluff accesses

of the Saline River are good birding areas,

too. Standing on a sandbar at Gee's Landing is where I saw my first Swallow-tailed

Kite. Driving through Old 16th Section Rd.

is where I was blessed with my first sighting

Black-necked Stilt

heads, Pied-billed Grebes and sometimes a Common Goldeneye along with Bald Eagles and Osprey. Even the land surrounding the lake can be full of surprises such as Lark



Rufous Allen's Hummingbird

Photo by Kay Spurlock



Yellow-breasted Chat

Photo by Kay Spurlock

Drew Co. The Upland Sandpiper, Peregrine Falcon and Sedge Wren have been seen while cutting through on Wilmar Tram and Palmetto Flat roads.

A couple of years ago I was gifted with the appearance of a overwintering Rufous/ Allen's Hummingbird in my yard. I had already taken down my feeders, but I had a Pineapple Sage in full bloom. Once I saw the hummer I put my feeder out again and placed a light bulb near it to keep it from freezing on the cold nights. Rufus, as I named him, stayed with me from November until the first frost in January killed the Pineapple Sage blooms. It's surprise moments like this that keep me excited about birding.

There are so many more birds I've seen since 2006 when I first became serious about birding, but if I listed them all it might fill an entire page.

Remember the names of those birds as I knew them in my childhood? I have since learned their proper names: Eastern Meadowlark, House Sparrow, Northern Cardinal, Red-tailed Hawk, Turkey Vulture and Barred Owl.

I have traveled to other locations in Arkansas such as Heber Springs to see the Trumpeter Swans and all the way to Dierks for a wayward Brown Booby. Yet it's nice to know I can see a great variety of birds, common and uncommon, right here in Drew County.



SPRING INSIDE-OUT

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## How to prepare soil for spring planting

Spring is a season of rejuvenation, and perhaps nowhere is that rebirth more noticeable than in the yard. Each spring, grass begins to grow again as inviting landscapes beckon people outdoors.

Extra sunlight and rising temperatures make spring a great time to plant flowers, grasses and trees. To ensure successful planting, homeowners must take steps to prepare the soil. Healthy soil can provide the ideal conditions for roots to take hold, helping plants establish themselves before potentially harsh summer conditions arrive. Preparing soil might seem like an extensive job, but a simple approach may be all that's necessary to create conditions that promote plant growth this spring.

• Clean up the previous months' mess. Whether homeowners live in regions marked by year-round warmth or places where winter typically features heavy snowfall, it's a good idea to clean up an area prior to spring planting. Fallen leaves, rocks, grass clippings, and other debris can contribute to compacted soil that makes it hard for plants to establish strong, healthy root systems. Clear away any debris prior to planting before taking the next step in your soil preparation routine.

 Loosen the soil. Once debris has been cleared away, loosen the soil. Depending on the size of the area where you'll be planting, you may need to invest in tools like a shovel, spade, spading fork, and/or a lawn edger. If you're planting in a small area, such as a deck planter box that still has soil from last year's planting inside it, you can either clean the box and replace the soil entirely or dig around with a hand-

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## Bite back against Lyme disease

that sprout each spring and summer lies a stealth predator just waiting for its chance at an easy meal. Ticks may be small in stature, but their impact on bite victims is potentially significant. Preventing Lyme disease and other tickborne illnesses comes down to following some key steps.

• Learn how common Lyme disease is. Lyme disease affects an estimated 476,000 people each year in the United States alone, according to the Center for Disease Control and Prevention's Division of Vector-Borne Diseases. Lyme disease is most common in New England, the mid-Atlantic states and the upper Midwest. Between 2009 and 2022, the Government of Canada reported 17,080 human cases of Lyme disease across Canada. However, instances of Lyme disease are likely underreported due to undiagnosed cases.

• Know which ticks carry Lyme disease. The black-legged deer tick and the Western black-legged tick carry the Lyme disease spirochete. The black-legged tick is native to the northeastern, mid-Atlantic and north-central U.S., while the western black-legged tick is found on the Pacific coast.

• Wear light-colored clothing outdoors. When traveling in areas where ticks reside, it is important to wear light-colored clothing. Long pants and tall socks, longsleeved shirts, and hats also should be worn. It is easier to spot ticks on light-colored clothing, and covering up prevents ticks from gaining easy access to skin.

• Know where to expect ticks. John's Hopkins Medicine says black-legged ticks live in moist and humid environments, particularly in and near wooded or grassy areas. Walking through leaves and bushes or through tall grasses can disturb ticks and enable them to jump onto people or pets. To avoid ticks, walk in the center of trails and avoid tall vegetation.

• Be mindful of pets. Even if you do not venture outdoors into tick-laden environments, your dog may. He or she can car-

Among the tall grasses and wildflowers ry ticks into the house where they may end up on you or other family members. Prescription tick repellent products are available from veterinarians, and there are topical solutions and collars that can keep ticks away.

• Remove ticks quickly and correctly. The CDC says if a tick is removed in less than 24 hours from when it first attached, the chances of getting Lyme disease is very small. Remove a tick with fine-tipped tweezers as soon as it is noticed, being cautious to remove all mouth parts. Try not to squeeze the tick, as it can regurgitate saliva and other fluids when squeezed.

• Repel ticks when possible. Create less favorable conditions for ticks. Use a product containing DEET or permethrin on clothing to repel ticks. Some people use chemical-control agents on their properties to reduce the number of ticks in the yard. Discourage deer from the property, as they can carry many ticks, by erecting fences and removing vegetation that deer eat.

Various strategies can help people reduce their risk for Lyme disease.



Ticks are small and hard to spot, especially when they're in tall grasses.



## How to create more privacy on your property

An inviting backyard can serve as a welcome retreat from the hustle and bustle of daily life. After a long day at the office or an exhausting day spent transporting kids to and fro, it's hard to resist the allure of a peaceful outdoor space in which to unwind.

Privacy is a key component of any backyard oasis. Some homes may be so remote that privacy isn't an issue. But many suburban homeowners recognize they might need to tweak their landscapes if they hope to create a private oasis outside.

#### Fencing or planting?

Most homeowners looking to create more privacy on their property will have to choose between fencing and planting. Fencing provides immediate privacy because, once it's installed, no one can see into the yard. Fencing also doesn't require watering or other immediate upkeep, which will be necessary when planting to ensure tree roots can establish themselves.

But planting has its benefits as well. Planting for privacy is essentially creating a living fence that can grow over time and provide even more privacy as trees reach maturity. Plants also tend to be less costly than fencing. The home renovation experts at BobVila.com estimate that fencing projects typically cost between \$1,667 and \$4,075. However, fencing projects can cost considerably more than \$4,000, especially for homeowners with large properties they want to enclose. Large, mature trees can be expensive, though it's unlikely they will cost as much as fencing. In addition, fencing requires more maintenance and will potentially need to be replaced, while native trees won't require much upkeep and can last for generations.

#### **Planting**

Homeowners who choose to plant for privacy will next have to decide which type of plants to add to their properties. Ever-



greens provide year-round privacy because they don't shed their leaves, so these are the ones most often chosen when creating a living fence. A number of varieties of evergreen trees can do the job, but it's important that homeowners consult with a landscape architect prior to choosing trees so they can ensure the trees will thrive when faced with the growing conditions on their properties. During such a consultation, homeowners may discuss the following popular privacy trees.

• Leyland cypress: The Arbor Day Foundation® notes that the Leyland cypress is popular for hedges and boundaries, likely because a typical tree reaches a mature height of 60'-70' and can spread as wide as 25'. The Leyland cypress grows fast, which may appeal to homeowners who don't want to wait to establish privacy.

• Green Giant Arborvitae: There are different varieties of the arborvitae, but the Green Giant tends to be the go-to option for privacy. The ADF notes that Green Giants will grow up to three feet per year until they reach maturity, providing a fast-growing option for privacy planters. The Green Giant can spread as wide as 20 feet at maturity, which is another attribute that makes it so popular among homeowners desiring privacy.

• Eastern White Pine: The ADF notes that

the eastern white pine, which can reach heights as high as 80 feet, is favored in spacious yards. That's likely due to its height and its potential spread, which can reach 40 feet. Homeowners who choose the eastern white pine might like it for its resemblance to a Christmas tree, and in fact it is widely used for that purpose. The privacy provided by the eastern white pine is significant, but it might be best suited to especially large properties.

Whether it's fencing or planting, homeowners have many options to consider as they seek to create more privacy on their properties.

## SOIL

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held trowel, cultivator and/or weeder. It's important to loosen all of the soil around where you will ultimately plant prior to planting to ensure water can reach the roots and help them establish themselves once planting is completed.

• Test and, if necessary, amend the soil. A simple pH test can help determine the acidity or alkalinity of the soil. This is an important step as soil that is too acidic or alkaline can decrease the availability of nutrients the plants will need to thrive. In addition to conducting a pH test, which can be purchased at little cost at a local home improvement store, homeowners can contact their local Cooperative Extension Service to test their soil quality. These tests will reveal soil pH, but also can shed light on the texture of the soil and other components. Once the test is conducted, the local Coop Extension Service may recommend amendments to improve the nutritional quality of the soil so new plants can thrive.

Soil conditions go a long way toward determining if new plants will thrive. Preparing the soil prior to spring planting can ensure a successful season.



# Spring cleaning pointers

Spring is a season of renewal. When the flowers are blooming and the trees are budding and the weather is pleasantly warm, people often feel inspired to make changes around their homes. Work may begin with culling belongings and organizing essentials.

There is debate regarding where the practice of "spring cleaning" originated. Some researchers link it to certain religious groups. It has long been an ancient Jewish custom to thoroughly clean a house in preparation for the springtime feast of Passover. The house is scoured to remove any yeast bread, or chametz, from the home. Similarly, members of the Greek Orthodox church celebrate "Clean Week," which is a week of cleaning before Lent. In Iranian culture, families spend days cleaning prior to the Persian New Year, which begins on the spring equinox.

Spring cleaning also has some secular roots. For instance, in the 1800s, Londoners routinely cleared their homes of grime and soot that accumulated over the winter.

Spring cleaning is still a ritual for many today. As people embark on their plans to tidy up, these tips can help them along.

#### Tackle one big task a day

Who hasn't started one project only to be distracted into moving along to another room? This often occurs when people discover something out of place in one space and then move that item where it belongs, only to find a new cleaning task at hand in that space. Inefficiency can make you give up on spring cleaning prematurely. Agree to address one room/task a day. Keep a basket or box handy to store errant items until you move on to the next room.

#### Stock up on supplies

Prepare all of the cleaning supplies in advance. Put together a tool kit of sorts with the equipment you need, including mops, brooms, rags, cleansers, and the like. Orga-



nization can keep you on course.

## Harness your strengths and weaknesses

Some people clean because they are

stressed or angry, others do so to avoid other tasks. Keep personality in mind when establishing a cleaning schedule. For example, clean at night if you're a night owl, or

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## Spring activities for families to enjoy together



Spring is one of the most popular seasons of the year. After several months of chilly temperatures in many regions, spring provides a welcome reprieve from the cold.

Moderate temperatures makes it much more comfortable and inviting to venture outdoors, particularly for families with children who might not adapt to the cold as well as adults. The following are some family-friendly activities that make the most of spring renewal.

#### Visit botanic gardens

If there's a botanical garden nearby, a visit in spring is a great time to soak in the beauty of nature. That's because an abundance of flowers bloom during the spring, meaning a garden will be in peak form. Visitors can meander through rows of rose bushes or tour the labyrinth of trimmed hedges. Beautiful, flowering cherry trees, with their delicate pink or white petals, also are sights to behold in spring.

#### Prepare a home garden

Visiting a garden is one thing, creating one at home is another. In addition to planning a vegetable garden to enjoy tasty pickings throughout summer, you can devote some property to flowers that will attract wildlife. Check with a garden center about which flowers and plants attract butterflies and other beneficial insects. Many garden centers sell butterfly and hummingbird mixes to attract wildlife.

#### Go animal watching

Flowers are not the only thing on display come the spring. Many animals, including birds, are born this time of year. Baby animals are not only adorable, they can be entertaining to watch grow. Families can spend time viewing the animals that visit their yards or surrounding parks, being careful to keep their distance. Adults may be quite protective of their young, so it's better to watch from the lens of a camera

or with binoculars. Always resist the urge to help a baby animal who seems like it was abandoned. The parent may be a short distance away gathering food or trying to avoid drawing attention to the young to deter predators.

#### Get out on the water

A bright, warm day is an ideal time to enjoy the open water. Spring is a season when many marinas reopen and avid boaters put their vessels back into the water. You also can venture into streams or lakes aboard kayaks or canoes, getting exercise and seeing the scenery in the process. Bring a fishing pole along and cast it into the water for a few hours of recreation.

#### Make wind chimes

Enhance the garden or decor around the home by making wind chimes or other percussion items that can create beautiful music when spring breezes blow. Commercially available kits are sold, but wind chimes also can be made from items like bamboo or even strung shells.

These are just a few family-friendly activities to enjoy this spring.

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## CLEANING

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wait until you are feeling antsy before embarking on a "calm down cleaning."

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#### Tackle seasonal chores first

Some tasks need to get done to prepare for the spring and summer season. These may include cleaning the grill and sorting through outdoor furniture and decor. Spring cleaning may involve readying the pool for another year of use, or cleaning out rain gutters to prepare for spring storms. Tackle time-dependent tasks first and then move on to others that are less time-sensitive.

#### Spread out the work

Some people like to devote full weekends to spring cleaning, but that can be overwhelming for others. Breaking down cleaning tasks into 15- to 30-minute intervals each day can make the job more tolerable.

Spring cleaning season has arrived, and certain tips can make the job more efficient and manageable.



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#### SPRING INSIDE-OUT

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## The basics of fertilizing a lawn

Spring marks the return of lawn and garden season. Lawns often bear the brunt of winter's wrath, so spring is a great time to nurse them back to health, and fertilizing can be an essential component of that process.

Fertilizing a lawn can be intimidating. An array of fertilizers, with each seemingly designed to address a different issue, can make homeowners' heads spin when visiting their local lawn and garden center. However, fertilizing is a very simple task that any homeowner can tackle. In fact, fears about fertilizing are often unfounded and can be overcome with some basic knowledge of the process.

• Identify which type of grass is in the yard. The home improvement experts at HGTV note that turfgrass is divided into two categories: cool-season grass and warm-season grass. A local lawn and garden center can help homeowners identify which type of grass is in the yard, and this often depends on location. Fescue, bluegrass and perennial ryegrass are some examples of cool-season grasses, while Bermuda, bahia, St. Augustine, and zoysia are considered warm-season grasses. Identifying which type of grass is in the lawn is important because that will indicate when to fertilize. Cool-season grasses are typically best fertilized in early spring, while warm-season lawns can benefit from an application just before especially warm temperatures arrive.

• Survey the lawn to identify which spreader to use. A small yard or a thriving lawn with only a few bald or unsightly patches may not



need a full application of fertilizer. In such instances, a hand spreader can suffice. For larger lawns and areas, a broadcast spreader is the ideal option. Spreaders have multiple settings, and the fertilizer package will indicate which setting to utilize when using the product.

• Test the soil prior to purchasing fertilizer. The lawn experts at Pennington® note that a simple soil test can reveal soil pH and phosphorous and potassium levels. Soil tests can be purchased at most home improvement stores and lawn and garden centers, and they can help homeowners determine which fertilizer will most benefit their lawns.

• Water the lawn prior to fertilizing. The experts at Scotts® recommend a good watering a few days prior to fertilizing a lawn. Such an approach ensures the soil is ready to accept the fertilizer once it's applied.

• Follow the instructions carefully. Detailed instructions are typically provided on fertilizer product packaging. Once homeowners have identified and purchased the product they need, they can simply follow the instructions on the packaging, including how and when to water after application, which can make fertilizing less intimidating.

Fertilizing in spring can help a lawn recover from the previous summer and winter, ensuring it's lush and green when summer entertaining season arrives.

## Signs a home exterior needs updating



Upgrading a driveway and walkway is one way to update a home's exterior and restore its curb appeal.

Renovations are a great way for homeowners to reshape their homes. Some may aspire to renovate so their home is more reflective of their personal taste, while others may do so in an effort to make their homes better align with modern styles and sensibilities. Regardless of why a homeowner chooses to renovate, the need to do so is often evident to the naked eye, especially when the time comes to update home exteriors.

Curb appeal is often discussed in regard to the effects it can have when selling a home. But curb appeal is equally important for homeowners who aren't putting their homes on the market. A well-maintained, aesthetically appealing home is a source of pride, while a home with fading curb appeal can make homeowners feel a little sheepish. Homeowners who want their homes to maintain their curb appeal can look for signs that it's time to update their home exteriors.

• Curling shingles: The roof may not be the first thing people think of when pondering curb appeal, but a damaged roof can contribute to problems that ultimately affect the exterior and interior of the home. Multiple curling shingles indicate it's time to replace the roof. The sight of curling shingles is not pretty, but the larger issue in such instances is the potential for costly water damage when water gets in through the affected shingles.

• Dated entry door: Many home improvement experts insist they can determine when a home was built or most recently renovated simply by looking at the front door. Steel and glass doors are popular in modern homes, so homeowners with front doors with ornate designs and oval glass inserts can likely benefit from an upgrade to their entryway. A modern front door can make a statement and real estate experts note how popular updated front doors are among buyers.

• Unsightly landscaping: It's not only the physical components of the home that may suggest an update is necessary. Homeowners without a green thumb may have exterior landscaping that has seen better days. If a spring or summer day spent tending to your landscaping is not your ideal weekend pastime, then consider replacing unsightly landscaping with low-maintenance plants or hardscaping. These alternatives to more needy plants can create curb appeal without requiring any extra work for homeowners.

• Cracked driveways/walkways: If the driveway looks like a busy road at the end of snow plowing season, chances are that's ad-

versely affecting the impression people have of your home. In addition, cracked walkways indicate a need for renovations, as these areas are front and center when welcoming guests.

Updating a home's exterior can restore curb appeal and help homeowners feel better about their properties.



## **Common allergy triggers**

The human body is a well-oiled machine that is a wonder of biological efficiency when working properly. The body's immune system is integral to keeping a person healthy, and it does that by recognizing foreign invaders, such as viruses and bacteria, and then launching an attack to eradicate them. Sometimes, however, the body treats outside substances as harmful when they're really just nuisances. This is the case with allergens.

Allergens, according to eMedicine Health, trigger an immune system response to various substances the body deems harmful. In turn, the body overreacts to these substances, triggering allergic reactions. Allergic reactions may occur in one person and not another. The immune system produces antibodies, which can cause certain effects, including inflammation of the skin, sinuses, digestive system, or airways, depending on the allergen, according to the Mayo Clinic.

Many things can trigger allergies, and the Centers for Disease Control and Prevention estimates that more than 50 million people in the United States have allergies. Here's a look at some of the more common allergies that tend to rear their heads when weather warms up.

#### Pollen

The air is filled with pollen come the spring and summer. Freshly blooming grasses, trees, flowers, and even weeds produce an abundance of pollen this time of year. It may coat vehicles outside and make its way indoors when people throw open windows to enjoy warm breezes.

Pollen allergies are quite common and cause runny, stuffy nose, itchy eyes, sneezing, watery eyes, and itchiness of the skin or roof of the mouth in some instances. Decongestants tend to be recommended when pollen count is high. It's also best to leave windows closed during these times.

#### Mold

Mold are very small fungi with spores that float in the breeze like pollen. Mold thrives in damp areas. Mold may grow unchecked after spring rains or in piles of damp leaves. It also can be found in musty basements or bathrooms. Using a dehumidifier indoors can help alleviate mold, but outdoors it may be a little more challenging to control. When doing yard work in damp areas, wear a mask to avoid breathing in spores.



#### **Dust mites**

Chances are the arrival of spring may trigger the desire to do a little cleaning. In turn, it's highly likely that dust will be disturbed, and along with it, dust mites. WebMD says dust mites are microscopic and people may not even know they are around. Keeping a home free of dusty items can reduce dust mite numbers. Also, cover mattresses, pillows and wash sheets weekly in hot water to help alleviate dust mite infiltration.

#### **Insect stings**

We tend to think of allergens in terms of

small substances that are inhaled, but insects that are abundant in the warm weather can be troublesome, too. An insect sting or bite can cause hives, itching, swelling, shortness of breath, or even anaphylaxis. While there's no definitive way to avoid all insects, people can opt against brightly colored clothes and scented lotions or cosmetics. Insect repellents and skipping sweet foods or beverages at outdoor meals also may help.

Allergens are common this time of year, and people can take caution to feel better if they suffer allergies.

## Budget-friendly ways to freshen up your home's exterior

As any homeowner knows, renovation projects tend to cost a lot of money. The average cost of a home renovation is difficult to gauge, as such endeavors run the gamut from complex projects like a kitchen overhaul to simpler ones like painting a room inside a home. Indeed, the National Association of the Remodeling Industry notes that scope is what drives the cost of a renovation project.

Though there might not be an "average cost" of a renovation project, homeowners can expect to spend thousands of dollars on projects that are not very small in scale. Navigating such an expense at a time when inflation remains high might be difficult for some homeowners looking to maintain the appearance of their home exteriors. However, there are many budget-friendly ways homeowners can tend to the exterior of their properties.

• Power washing: Power washing won't break the bank but it can revive the look of a home. Power washing removes dirt and grime from the siding of a home and a power washing can be used to clean porches, walkways and patios as well. Hardware chains like Home Depot and Lowes typically rent power washers, but homeowners who don't want to do it themselves can hire a professional for a few hundred dollars, if not less. Power washing after winter can be a good idea, as the elements can take a toll on a home's exterior. A good power washing before spring and summer entertaining season can thus give a home a fresh, clean look without breaking the bank.

• Furnished front porch: A furnished front porch can serve as a welcome sign to neighbors and provide a great place to relax with a morning cup of coffee and a good book. Homeowners with a small porch won't need to bust their budgets to upgrade their front porch furnishings. Some small chairs with bright cushions, a small table and a rug underfoot can revamp an entryway at low cost.

• Window box installation: Installing window box planters is another cost-effective way to brighten up a home's exterior. Homeowners can hang window boxes outside windows on the front of their homes and then fill them with brightly colored





## **Colorful flowers around Drew County**











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## AGFC hears proposal to change 2023-24 waterfowl season dates

#### SPECIAL TO THE ADVANCE

The Arkansas Game and Fish Commission recently heard the first reading of a proposal to shift the first segment of the 2023-24 duck season from the current season structure to one that opens the weekend before Thanksgiving.

Specklebelly, Canada and Light Goose seasons will also change with this modification, as will the Special Youth Waterfowl Hunt and Special Active Duty Military and

#### Veteran Hunt.

The proposed waterfowl season dates are: Duck, Coot and Merganser — Nov. 18-26, Dec. 9-23, Dec. 27-Jan. 31

White-fronted Goose — Oct. 28-Nov. 10, Nov. 18-26, Dec. 9-23, Dec. 27-Jan. 31 Canada Goose — Sept. 1-Oct. 15, Nov. 18-

26, Dec. 9-23, Dec. 27-Jan. 31 Snow, Blue and Ross's Goose Season –

Oct. 28-Nov. 10, Nov. 18-26, Dec. 9-23, Dec.

See WATERFOWL Page 15









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## EXTERIOR

Continued from Page 11

flowers to add an inviting pop of color to their home exteriors. The experts at Better Homes & Gardens urge homeowners to take weight into consideration before buying window planters. Keep in mind that soil and developed plants can be heavy, so look for a sturdy box as well as one that has drainage holes. • Replace hardware: Another simple way to freshen up a stale exterior is to replace hardware. Door knobs, knockers, house numbers, and even the mailbox can appear dated after a while. Replacing these items is inexpensive and quick but can have a profound impact on how the exterior of a home appears to residents and visitors.

Exterior renovations need not break the bank. Various simple and inexpensive tweaks can quickly revitalize the exterior of a home.



#### What to know about landscape lighting

Home improvement trends come and go, and one trend that has become wildly popular in recent years is recognizable in yards every night. Landscape lighting has transformed how people see and enjoy their properties at night, making it one of the more sought-after upgrades among modern homeowners.

Curb appeal is often seen through the lens of how homes appear during daylight hours, but landscape lighting can make homes look better and more modern, and potentially safer, after the sun goes down. With such potential, landscape lighting is worth exploring for homeowners looking to upgrade their properties.

## Are there different types of landscape lighting?

When considering landscape lighting, homeowners should know that there are various options to consider. According to the lighting experts at Lumens, spotlights project a concentrated and narrow beam of light that's usually around 45 degrees. Spotlights are often chosen to highlight specific features on a property, like a component of the landscaping. Individuals who want to cast light over wider, more general areas may consider floodlights, which Lumens notes spread light up to 120 degrees.

Inground lighting is among the more sophisticated landscape lighting options. Lumens notes that inground lighting illuminates the whole of a tree or structure, often creating a dramatic look. These circle-shaped lights also are great at illuminating walkways and driveways.

Post lights are another outdoor lighting option, and these are often used to light up long walkways and pathways so it's easier and safer to navigate dark areas at night.

#### Is landscape lighting a job a

#### **DIYer can handle?**

Many homeowners consider a do-ityourself approach when pondering a potential home renovation, and a landscape lighting project is likely to inspire such curiosity as well. The home experts at HGTV note that the feasibility of DIY in regard to a landscape lighting project depends on the type of lighting homeowners want to install and where they want to install it. Replacing an existing electrical fixture may be well within the skill of a seasoned DIYer, but installing a new fixture is a job best left to the professionals. Homeowners whose homes currently have no or very little landscape lighting are almost certainly better off working with a professional. Solar lighting that does not require any electrical work can be installed quickly and easily by anyone, but such options may not provide the look homeowners are aiming for.

#### How much lighting is necessary?

The amount of lighting homeowners want to install is up to them. If the home currently has little or no landscape lighting, a consultation with a professional can help to determine how much lighting to install and where to install it. When discussing landscape lighting, homeowners may want to inquire about dimmers. Dimmers can increase or decrease lighting depending on the situation. For example, homeowners may want a little extra light during a party, but less when relaxing alone outside at night. Dimmers allow homeowners to adjust as necessary.

Landscape lighting is a popular home renovation trend. Homeowners considering adding landscape lighting to their property are urged to work with a skilled professional to devise and install a set-up that makes their homes more appealing at night.



#### SPRING INSIDE-OUT

## WATERFOWL

Continued from Page 13

27-Jan. 31

Special Youth Waterfowl Hunt — Dec. 2 and Feb. 3

Veteran and Active Duty Military Waterfowl Hunt — Feb. 3

The Commission also heard the first reading of clarifications to current regulations. The first clarification will set the Arkansas Highway 360 bridge as the boundary for the 10-inch minimum length limit for harvesting crappie on Lake Erling. The second clarification will amend the existing definition of a "resident" in the AGFC Code of Regulations. This change will clarify that people enrolled as full-time students outside of Arkansas can qualify as a resident if they were an Arkansas resident at the time of enrollment and that nonresidents who are enrolled as full-time students at a college or university in Arkansas who reside in the state during the school year may also qualify as a "resident" in regard to AGFC regulations.

All of the proposed changes will be open for public comment for the next 30 days. The Commission is expected to vote at its April 20 meeting. Comments may be submitted via email at AskAGFC@agfc.ar.gov.

During his address to the Commission, AGFC Director Austin Booth announced two initiatives: the creation of a new AGFC Advisory Council and the introduction of a conservation income tax credit to be submitted to the Arkansas General Assembly next week.

"Beginning next month we will convene the Game and Fish Advisory Council," Booth said. "The advisory council will serve three primary purposes: To provide the Arkansas Game and Fish Commission and commissioners with input on how we as an agency can better serve hunters and anglers throughout the state; to aid the agency in communication and awareness surrounding important issues concerning conservation and regulation in Arkansas; and leading volunteer and partnership projects around the state."

Booth explained that the advisory council and its subordinate panels will not replace current processes the AGFC uses to conduct science-based research and conservation, but would enhance the agency's ability to spread its conservation mission and provide an opportunity for the public to "roll their sleeves up with me, the agency staff and the commissioners to work more closely together and build a broader tent of conservation in Arkansas."

Arkansas technology entrepreneur, author and conservationist Brent Birch was chosen as the first member of the new council to share his passion for waterfowl conservation. He briefly spoke about how he felt this initiative could play an important role not only in helping bring messages from the public to the director and Commission, but also to help spread awareness and educate the public about the motivations behind some of the AGFC's actions.

Booth also announced the initiative to create the Private Lands Conservation Tax Credit, which will be submitted to the Arkansas General Assembly for consideration. Through this credit, landowners who engage in approved conservation activities could offset the costs of those actions through up to \$10,000 in income tax credits.

Under the proposal, tax credits would be given for wetland management, such as flooding rice fields in winter, managing for moist-soil habitat, bottomland hardwood forest management and improving water-control structures for waterfowl habitat manipulation. Restoration of upland habitats through prescribed fire, prescribed or rotational grazing and conversion of pastures to native plant communities also would see tax incentives. Opening public access to private waters and measures to reduce erosion and sediment in Arkansas streams and lakes would be eligible for tax credits as well. Finally, expenses for control of invasive plants and removal of feral hogs through approved trapping techniques could be used as a tax credit if the initiative is approved by the Arkansas General Assembly.

"We know the number one obstacle to putting habitat on private land is not landowner desire, but landowner resources," Booth said.

Booth said both of the new initiatives are a continued effort of the AGFC to give more Arkansans the tools they need to become a more powerful component in Arkansas's conservation legacy.

"Conservation is only as good as its people," Booth said. "As we continue to fight for habitat directly related to our communities, our identity as The Natural State, and our wildlife and outdoor recreation economy, the most important tool we have is Arkansans. And now is the time to do it. We remain totally deferential to the legislative priorities and sequence, but when the legislature is ready, so are we."

The Commission also authorized Booth to complete real estate transactions to purchase two tracts of land bordering existing wildlife management areas. Nearly 34 acres of land adjacent to Dave Donaldson Black River WMA in Clay County will be added to that hunting area. A larger, 156-acre tract adjacent to Scott Henderson Gulf Mountain WMA in Van Buren County will also be purchased to increase the amount of public access for outdoor recreation in Arkansas.

In other business, the Commission:

• Heard from Deke Whitbeck, president of the Arkansas Game and Fish Foundation, who announced the kickoff of the Foundation's new Corporate Partnership Program.

• Heard from Terry Thompson with the Arkansas Chapter of the National Wild Turkey Federation, who formally recognized AGFC Wildlife Officer First Class Audrey Bush as Arkansas's NWTF Wildlife Officer of the Year as well as the National Wild Turkey Federation's National Wildlife Officer of the Year. This is the first time a woman has been honored with this award.

• Heard from Matthew Irvin, AGFC stream habitat coordinator, who presented the Caddo River Fish Habitat Enhancement Project.

• Heard from Wes Wright, AGFC elk program coordinator, who presented the 2022 Arkansas elk harvest results and an overview of the 2023 elk population surveys.

• Authorized the AGFC Legal Division to act on behalf of a wildlife officer who has been named in a lawsuit for actions he performed during the course of his AGFC duties.

• Held a moment of silence for Jack Holt Jr. who died March 5. Holt was a former Arkansas Attorney General and former Chief Justice of the Arkansas Supreme Court. He also volunteered and contracted with the AGFC to be the agency's administrative hearing officer from 1998-2010.

• Recognized eight employees with a combined 180 years of service to the natural resources of Arkansas.

A complete video of the meeting is available on the AGFC's YouTube Channel.



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