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39th Annual

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Garden
SHOW

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Saturday, April 1st

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Sunday, April 2nd

10 AM to 4 PM

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Message from the 2023 Home & Garden Show Chair



The 39th Annual Home & Garden Show is BACK and brought to you exclusively by the Las Cruces Home Builders Association and the Garden Center. We have also returned to the Las Cruces Convention Center and **ADMISSION IS FREE!**

Find lots of new ideas, great deals, and well-qualified local experts for all your remodeling, home improvement, and home building needs, all under one roof. You'll find exactly what you're looking for. At the show you can meet hundreds of exhibitors all in one location and learn about and purchase new and exciting products and services. The Home & Garden Show is the most convenient way to discover the best resources in all aspects of home and garden.

It's also a great educational tool! You can speak with many experts in the field and educate yourself on any projects you would like to complete.

During your visit make sure to pick up your Scavenger Hunt Card at the LCHBA table located by the entrance for your chance to win a great daily prize, limited to the first 100 attendees. We have so much happening this weekend be sure to check it all out!

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"My feet feel like they're on fire." "Each step feels like I'm walking through wet paint." "I live in constant fear that I'll fall." "I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from **peripheral neuropathy**. It is estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often mis-diagnosed because of its wide array of symptoms.

Dr. Janet Quintanilla of Sonoma Acupuncture Integrative Health in Las Cruces shares this belief. "I've been treating neuro-pathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my television specials, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Frankie M. of Mesilla testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Frankie would eventually see Dr. Quintanilla on the local news talking about similar symptoms and how she offers a real solution at Sonoma Acupuncture. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Frankie's. They've been told there's no hope. They've been told 'it's just part of getting older'." shares Heather, a Patient Care Technician at Sonoma. "It just breaks my heart but I know how much we can help people like Frankie so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Quintanilla and the staff at Sonoma Acupuncture pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. Lacking nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Dr. Quintanilla. "This usually indicated that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Quintanilla able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy. This is tech that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about Sonoma Acupuncture," Frankie just shared through tears of joy. "My husband and I moved here 3 years ago and he's gone out for a walk almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked with him! And next week we're starting dancing lessons! I am truly living life these days."

According to Frankie's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Heather.

"But more important than those test results is the joy she's expressed being there and hearing about all the amazing things she's able to do so because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions Dr. Quintanilla has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

"This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred" tells the doctor. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love is suffering with chronic pain that presents as burning, tingling, or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call (575)618-6900 to schedule an initial consultation or visit sonoma-acupuncture.com to read more incredible success stories.



Become a Member

Joining the Las Cruces Home Builders Association is the key to unlocking the potential of your business. You will meet other members with common interests that will allow you to exchange ideas, further your education, and help develop policies that will help your business thrive. Membership has the power to increase the visibility of your business and help you to develop the skills and gain the knowledge you'll

need to succeed. This year our President, Jon Strain, with JMS Construction, is continuing our focus to educate our members with free education classes and supporting our partnership with the Las Cruces Public Schools on getting our local youth involved in skilled trades. Being a part of this association has so many rewards!

Nicole Perez
Chief Executive Officer



Other Benefits of Joining the LCHBA:

- Free Education Classes
- Power Advocacy & Representation
- Access to NAHB's Team Expert Advisors
- Critical News & Information
- Valuable Member Discounts
- Committee Participation
- Quarterly Luncheons with Key Speakers
- Awards & Community Recognition

If you would like more information about joining the LCHBA, please contact Executive Director, Nicole Perez, at 575.526.6126 or at nicole@lchba.com.



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Ruby Tuesday • Hooters of Las Cruces
Peter Piper Pizza - Bataan Memorial

VIP Vendor Party
Amador Patio Bar Grill

Speaker Schedule



Saturday April 1, 2023

TIME	TOPIC
11:00-11:50 a.m.	Dr. Stephanie Walker • Growing Terrific Tomatoes in New Mexico
1:00-1:50 p.m.	Linda Miller, CMG, Marcia Wilson, CMG • Birdscapes for Your Yard
2:00-2:50 p.m.	Jill Bills, MG • Future Master Gardeners: An Introduction to Gardening for Kids

Sunday April 2, 2023

TIME	TOPIC
11:00-11:50 a.m.	Marcia Adams, CMG & Marcia Wilson, CMG • Spring Gardening in Las Cruces
1:00-1:50 p.m.	Jeff Anderson, M.S. • Selecting Trees for Drought Stricken Yards
2:00-2:50 p.m.	Sylvia Hacker, CMG • Tree Planting for Success

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Finding ways to make your home reflect your life

By **RICHARD COLTHARP**
Publisher, Las Cruces Bulletin

There's a great recurring scene in "It's a Wonderful Life," where George Bailey, played by Jimmy Stewart grabs a knob on the staircase, and it comes off.

At varying points in the movie, he's confused, angry or happy when he grabs the knob. Those knobs actually have a name. They're called Newel posts. In the end, when he's realized it really is a wonderful life, George kisses the Newel post when it

comes off. He sees it as an endearing quirk about the home he and his wife, Mary, have built from a crumbling, abandoned fixer-upper.

Whether or not you have a Newel post, there's probably something you'd love to repair, replace or renovate when it comes to your home, your patio, your garden, your garage, or some part of your property.

Now that we're emerging from the pandemic, a time many of us spent inordinate amounts of time in our homes, you may be weary of certain

parts of your house, or perhaps your home office.

As you stroll up and down the aisles, visiting with vendors at the Las Cruces Home Builders Association Home & Garden Show, you're going to get some great ideas, large and small.

And why not?

For most, our homes are the largest financial investment we'll ever make, so we might as well make them the way we want them.

Whether you're



fixing up a 50-year-old house, or decorating a 50-day-old house, there are lots of professionals in Las Cruces

who can help you get to your destination.

Living in southern New Mexico, we are blessed with weather that enables to be out-

side much of the year. More and more people are creating outdoor living spaces at their homes to take advantage of that weather.

In the summer months, we can add shade structures and fans to cool things down and enjoy our lack of humidity.

And sometimes, the coldest months are the best times to be out-

doors with friends and family when you've added a fire place, a kiva, an outdoor heater or other feature to help fend off winter's chill.

We hope you make it to this year's Home and Garden show, with its free admission and many helpful vendors, with some great ideas to make your house the home you've been wanting.

THE LAS CRUCES Bulletin

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SHOW**



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LAS CRUCES HOME BUILDERS ASSOCIATION MISSION STATEMENT

As the voice of the building industry, the Las Cruces Home Builders Association seeks to support the community and local businesses by providing educational opportunities, advocating for the regulations that benefit a strong housing market, and ensuring members are provided the resources they need to continue improving the quality of life in Las Cruces.

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Las Cruces Bulletin

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Participate in the LCHBA Scavenger Hunt for your chance to win

Make sure to stop by the Las Cruces Home Builders Association (LCHBA) table inside the show entrance to pick up your scavenger hunt card. Visit each sponsor's booth to receive their stamp on the back of the card. To complete your card, return to the LCHBA table for your final stamp to be entered in our daily drawings.

Saturday:

4 piece Terrace View Woven Patio Set with black finish green cushions
Sponsored by 1st NM Bank

Sunday:

Char-Broil 5 burner gas grill (propane not included)
Sponsored by Monarch Dream Homes

*Card must be stamped by all sponsors to be eligible to win. One entry per family. Must be 18 or older to win. Limited to the first 100 attendees each day.



Integrating nature into your interior design

This spring home improvement season, get inspired by the outdoors with biophilic design.

“Biophilic design – the concept of integrating nature into interior design – is not only gorgeous, it fosters a healthy living environment, promotes happiness and comfort, and reduces stress,” says Jennifer Kline, multimedia graphic artist at ProVia. “There are many ways to reap these wellness benefits while adding vitality to your living spaces.”

To connect to the natural world within your home, consider these ideas:

FOSTER TRANQUILITY

Taking a stroll through the forest can summon feelings of tranquility. Capture this inner peace at home from the moment you step inside with a fiberglass woodgrain entry door. Those from ProVia provide authentic-looking woodgrain textures, such as oak, cherry, mahogany, knotty alder and fir, and can accommodate various door glass

enhancements. Engineered for energy efficiency, they’re also a sustainable choice, helping you protect the natural world as you embrace its splendor. Other design choices, such as exposed rustic ceiling timbers, rich hardwood furniture, warm hardwood floors and vinyl woodgrain windows can help you carry the forest motif throughout the home, while imbuing interiors with richness and warmth.

LET LIGHT IN

“If you’re lacking natural light, it’s time to open those blinds and drapes and let the sunlight stream through your windows. It may also be time to consider a few enhancements that will help you enjoy more sunshine and observe your natural surroundings, even when you can’t be outdoors,” says Kline.

For kitchens and breakfast nooks, bathrooms and dens, consider vinyl garden windows, which invite more light into your space and include shelves ideal for housing indoor plants, such as



PHOTO FROM STATE POINT MEDIA

SEE **NATURE**, PAGE 19

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LCHBA Upcoming Events

Showcase of Homes

April 28th-30th & May 5th-7th

May Luncheon

May 11th

Spring Swing Golf Tournament

May 26th, Sonoma Ranch Golf Club

August Luncheon

August 10th

Jackalope Cup

September 22nd, Top Golf
On Sale June 5th

Build My Future

October 13th, Location TBD

Mascaraed Casino Night

Membership Appreciation Night
October 29th

November Luncheon

November 9th

Christmas Food Drive

December 21st

Tyson Brown Memorial

build
my future 2023

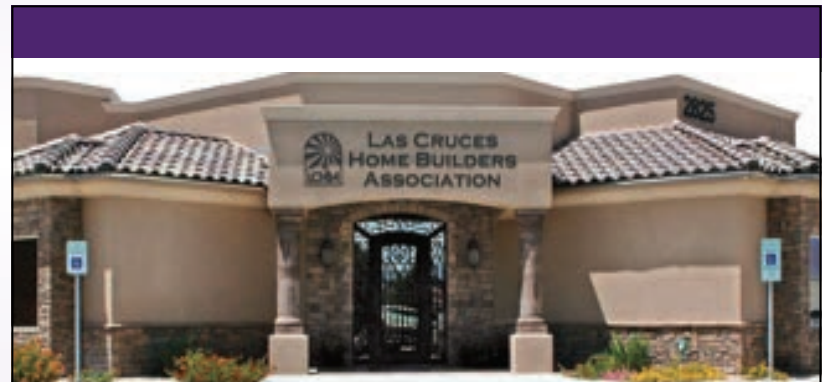
Construction Career Day & Industry Showcase

The LCHBA Build My Future event has partnered with the Las Cruces public Schools to give local high school students the opportunity to have a day to work in the Construction Industry through an interactive showcase. Area employers, organizations, and educational institutions are invited to participate as sponsors and exhibitors.

Friday, October 13th

9 am — 2 pm
Location: TBD

Learning labs will allow students to try their hands at various construction industry practices.



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Showcase Dates

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 Sundays 12pm – 5pm

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Age groups are 5 & under, 6-8, and 9+

*All entries received must be colored on site at the Las Cruces Home Builders Association (LCHBA) Home & Garden Show located at the Las Cruces Convention Center. To submit entries, drop them off at the LCHBA Information Desk. Pictures must be colored with crayons or colored pencils provided at the coloring contest booth. Entries are limited to 1 per child per age group. Children and grandchildren of the LCHBA employees and board members are not eligible to participate. Contest is subject to all applicable federal, state and local laws and is void where prohibited by law. Entries become the property of the LCHBA unless other arrangements are made by entrants. Winners agree to have their name and entry used for publicity purposes. Winners will be announced Thursday, April 6, 2023 live on Facebook and winner's legal guardian will be notified.



PRIZES

Peter Piper Pizza - Kids packs for first-third place
Ruby Tuesday - Children's meal vouchers for first-third place
Hooters of Las Cruces - Food vouchers for first-third place

New tax credits increase appeal of heat pumps for homeowners

BULLETIN REPORT

More and more people are turning to heat pumps to heat and cool their homes. It is estimated 18 million American households already use them. With new energy incentives being offered, and more homeowners choosing greener technologies, that number is expected to rise dramatically.

What is a heat pump? Heat pumps are powered by electricity and transfer heat using refrigerant. Heat pump technology moves heat outside your home in warmer months and pulls heat into your home during cooler months. Here are three reasons to consider one for your home:

1. Sustainability. Heat pumps are electric and don't burn fossil fuels like furnaces do, making them more

environmentally friendly. In fact, heat pumps are becoming the heating, ventilation, and air conditioning (HVAC) industry go-to for reducing consumers' carbon footprints.

2. Control. Newer two-stage and variable speed heat pumps offer high- and low-stage heating to warm your space when outdoor weather changes; they operate more efficiently for longer periods of time at lower speeds and use less energy.

3. Technology. Heat pumps today are more advanced than ever and handle both heating and cooling by redistributing air. Carrier's Infinity 24 Heat Pump with Greenspeed Intelligence operates at temperatures down to -15 degrees Fahrenheit, making heat pumps an advanced solution for mild and colder climates. Does your region get colder than that? Heat pumps can be com-

bined with a gas furnace for a dual fuel system that is energy efficient and cost effective.

GET THE RIGHT SIZE

There are several factors that go into picking your ideal heat pump. The size of your home, climate, sun exposure, desired features and ductwork all play into the size of heat pump. An undersized unit will work overtime to hit target temperatures. A unit that is too large will achieve the temperature before its cycle is complete and waste energy.

MONEY-SAVING TIPS

Heat pumps, including installation, can range anywhere from \$3,000 to \$15,000 or more. Thankfully, there are many cost-saving options for homeowners.

The Inflation Reduction Act of 2022 includes federal tax credits that reward homeowners for purchasing

certain high-efficiency HVAC equipment, including many of Carrier's line of heat pumps. Up to \$8,000 in tax credits are available for all-electric heat pumps.

Lower energy consumption means energy bill savings, up to \$500 on energy bills every year in some cases. Look for Energy Star certification and Seasonal Energy Efficiency Ratio (SEER) ratings. The SEER rating is like your car's mileage per gallon – the higher the number, the greater the potential for savings.

Many manufacturers and utility companies also offer rebates and low-rate financing. For example, Carrier's heat pump rebate offerings are listed on their website. At the time of this publication, up to \$1,300 in rebates are being offered for most units.

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Home construction more than building a house

BY MIKE COOK

“It was a very, very humbling experience. I couldn’t ever imagine how rewarding it was until I did it,” local builder and Las Cruces Home Builders Association (LCHBA) president Jon Strain said about being a part of the Home Builders’ Casa for a Cause program.

Through the fundraiser, which began a decade ago, a local builder volunteers to build a home in Las Cruces and works with contractors, subcontractors and

suppliers who provide their services and materials at or below cost to reduce the price of the house as much as possible. Once the house is built, it goes up for sale at or above the current market price.

Because costs have been substantially reduced, the profit is much higher. LCHBA distributes that profit each year to local nonprofits.

Casa for a Cause has raised about



John Strain and his wife, Tina.

\$400,000 since it began in 2014, said Strain. His JMS Construction was the lead builder last year, raising \$65,000 for donation, he said.

This year, French Brothers Homes is



Attendees gather in February for the groundbreaking of the 2022 Casa for a Cause house, built by JMS Construction.

the lead builder for Casa for a Cause, Strain said. Next year, for the project’s 10th anniversary, Hakes Brothers will again be the lead builder, as they were for the very first Casa for a Cause – then called Anniversary House.

A total of 13 local nonprofits divided more than \$50,000 at last year’s Casa for a Cause banquet.

“It’s very rewarding to go to that ceremony and pass those checks out,” Strain said.

Instead of making a \$5,000 donation to Tutti Bambini, which sells gently used children’s clothing, stuffed animals and toys, books, furniture and more to help children challenged by

poverty and special needs, Strain built two storage sheds for the nonprofit, located at 300 El Molina Blvd. Lowe’s Home Improvement and L&P Building Supply donated materials and helped with the construction, Strain said.

Tutti Bambini founder Sister Beth (who also helped found Jardin de los Niños, the Las Cruces daycare and education program for homeless and near homeless children and their families) “has become a very good friend,” Strain said. “I am so humbled and in awe of what she does. I’m so absolutely blessed to know her and get to

work with her.”

LCHBA, which was founded in 1959, also sponsors Education House and Build My Future.

The Education House project gives Organ Mountain High School students the opportunity to participate in building a home in Las Cruces every year, Strain said. KT Homes is taking the lead on this year’s construction, he said.

KT Homes home-builders of Las Cruces started Education House alongside Organ Mountain High School, said LCHBA Executive Officer Nicole Perez. The program is now in its

SEE CONSTRUCTION, PAGE 19

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How to shop for spring household essentials with ease

BULLETIN REPORT

Whatever your spring plans include: cleaning your living spaces top to bottom or taking up an outdoor fitness routine, you'll likely need some household supplies to fuel your seasonal endeavors.

With so many new products being introduced all the time on both store shelves and online, you may be wondering which items have already passed muster with other consumers. Fortunately, resources exist to help you quickly hone in on the best of the bunch. Product of the Year USA, the largest consumer-voted awards program centered around product innovation, recently announced the winners of the 2023 Product of the Year Awards. Determined through a national study of 40,000



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Consumers can be pre-conditioned to use the same products they've always used, but every year, new items are introduced.

American shoppers in partnership with Kantar, a global leader in consumer research, each winner's packaging boasts a red seal of approval.

"Today's savvy consumers expect products that are smart, efficient and easy to use. At the same time, the amount of access they have to different merchandise is unprec-

edented," says Mike Nolan, global CEO of Product of the Year Management. "We're proud to be providing shoppers and their families with trusted guidance and information as they sort through their many options."

Demonstrating the ever-evolving trends seen in the U.S. market, the year's winners are a round-up of the top products for function, design, packing or ingredients. As you stock up on spring essentials, consider the following 16 winners in household and personal care categories:

- Auto Dish Care | Cascade Platinum Plus – Procter & Gamble
- Car Care | Rain-X Truck & SUV Wiper Blade – ITW Global Brands/ Rain-X
- Children's Health | Children's ZYRTEC Allergy Chewables – Johnson & Johnson Consumer Health
- Digestive Health | Dulcolax

Chewy Fruit Bites – Sanofi Consumer Healthcare

- Home Cleaning | FamilyGuard Brand Disinfectants – S.C. Johnson & Son

- Home Essentials | Ziploc Endurables – S.C. Johnson & Son

- Mattress | Nectar Premier Mattress – Resident Home LLC

- Weight Management | Nature's Bounty Optimal Solutions Metabolism Booster – Nestlé Health Science

- Wellness Supplement | Nature Made Wellblends – Pharmavite LLC

- Women's Daily Supplement | Nature's Bounty Optimal Solutions Advanced Hair Skin & Nails – Nestlé Health Science

Whether you tend to shop for household essentials online or in brick-and-mortar stores, it's smart to rely on resources that can help you make better choices.

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Spring clean your home office

BULLETIN REPORT

In the pursuit of work-life balance, you may mentally compartmentalize your home office from the rest of the house. But that doesn't mean this space should get a pass where spring cleaning is concerned. Here are three easy ways to spruce up your workspace this season:

1. **File:** Make time to finally tackle that growing stack of paperwork. Decide what needs to be filed away, what needs to be shredded, and what can simply be recycled. (This would be a good time to manage those digital files as well.) If you don't already have a dedicated filing system, put one in place to keep things organized moving forward. Short on floor space? Use a wall-mounted paper organizer instead of a traditional filing cabinet.

2. **Dust:** Improve indoor air quality for healthier, happier working hours. Periodically dust your desk, your computer and monitor, the baseboards, lamps and the tops of ceiling fans. Vacuum the carpet and rugs and sweep the floor. Also, con-



sider using an air purifier to reduce dust, allergens and other air pollutants. If you're not sensitive to pollen, invite a fresh breeze by cracking open a window on warmer days.

3. **Disinfect:** After a rough cold and flu season, it's a good idea to reset your workspace by disinfecting the items you touch most frequently, such as doorknobs, cabinet handles, light switches, your keyboard, your mouse, landline receivers and handheld devices. This is especially important to add to your checklist if your home office is visited by clients or colleagues.

-- StatePoint Media

NATURE, CONTINUED FROM 11
fragrant herbs. Their three-dimensional design helps give rooms an airy, spacious feel. Family rooms and bedrooms are great locations for vinyl picture windows, which let in large amounts of light while providing unobstructed views of outdoor scenery. Need inspiration? Visit ProVia's Window Photo Gallery at www.provia.com/windows.

To brighten your foyer, add an entry door with glass. Energy efficient sliding glass patio doors also let in sunlight, and give you the option to invite fresh air into your home or enjoy the melodies of singing birds on nice days. Skylights can flood small or closed-off spaces such as walk-in closets or bathrooms with light and give you views of blue

skies.

LET IT GROW

To give your home a welcoming, fresh feel, add various houseplants and indulge in fresh-cut flowers. A windowsill with small plants of varying shades of green can add texture, while larger potted plants near doorways help guests feel welcome. Fill dark, underutilized spaces with



Above: Thirteen local nonprofit and charitable organizations split more than \$50,000 from the Las Cruces Home Builders Association's annual Casa for a Cause project in 2022.

CONSTRUCTION, CONTINUED FROM PAGE 15

second year and plans are underway for a third home building in 2023-24.

During the annual Build My Future, area high school students spend the day with building contractors, subcontractors and suppliers getting hands on experience working with professions to learn about welding, stucco, sheetrock, electrical work, running pipe and much more.

The program lets "kids crawl all over it, put hands on it," Strain said.

It also gives them the opportunity to learn about a trade that offers good, high-paying jobs without having to spend thousands of dollars on a four-year college degree, Strain said.

Strain said this year's Build My Future is expected to double in size from last year, with about 1,000 high school students participating. The event will be held in October.

"Las Cruces is a great place to live and build," Strain said. "I think the future is very bright."

taller plants and place bright, lightly-scented garden flowers in such spots as the kitchen island and coffee tables. Use earthen or wood-carved vases for additional warmth.

CREATE DRAMA

From the warm brown tones of a picturesque southwestern mesa to the cool, earthy feel of quarried rock, manufactured stone veneer adds rug-

ged texture, intriguing patterns and shapes, and a variety of hues straight from Earth's natural color palette.

Whether you're creating a focal point in a bedroom with an accent wall, adding character to your kitchen with a stone veneer backsplash, surrounding a tub with stone veneer for a spa-like bathroom, or highlighting your fireplace, different

stone profiles and grout colors can help you customize the look. Experiment with combinations using ProVia's visualizer tool found at provia.com/stone/grout-visualizer.

"Incorporating biophilic elements into your interior design can transform your home into a warm respite from your busy life," says Kline.

-- StatePoint Media

Don't toss that 'junk.' It may be valuable

BULLETIN REPORT

It's time to hit the garage, basement, attic and closets for that age-old task of spring cleaning. Before hauling unwanted possessions to the curb, you may be surprised to learn they might be valuable -- especially if you have sports cards and memorabilia gathering dust.

With prices of sports cards rising in recent years, take time to determine if yours are valuable and how to best sell them.

"Older sports cards and memorabilia aren't just highly collectible; they can be worth lots of money. Recent sales of scarce vintage cards have topped anywhere from thousands of dollars to tens of thousands, even hundreds of thousands. And really rare cards can go higher," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports auction house that helps families identify and sell valuable items.

Crisafulli has assisted people in selling such keepsakes as a grandparent's autograph collec-

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Maybe some of your old closet-fillers could fill your wallet instead of the landfill.

tion and an uncle's childhood baseball cards, for tens of thousands of dollars. In one life-changing event, he helped a family determine that a base-

ball bat that spent decades protecting their home was used by Hall of Famer Lou Gehrig -- and Love of the Game Auctions sold it for almost half a million dollars. The key is understanding what makes old sports collectibles valuable. To help, Crisafulli is sharing some tips:

OLDER IS USUALLY PRICIER

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be worth a lot of money, especially those depicting stars. Do you have cards of Hall of Famers? Even non-stars from the early days of a sport can be worth big bucks, especially if the cards have no creases and retain sharp corners and original gloss.

If you want to sell sports items for the most money, consider a specialty auction, such as Love of the Game, which has the expertise to properly research sports ephemera and maintains bidder lists of collectors specializing in sports. More information is available at loveofthegameauctions.com.

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Welcome home – unexpectedly useful housewarming gifts

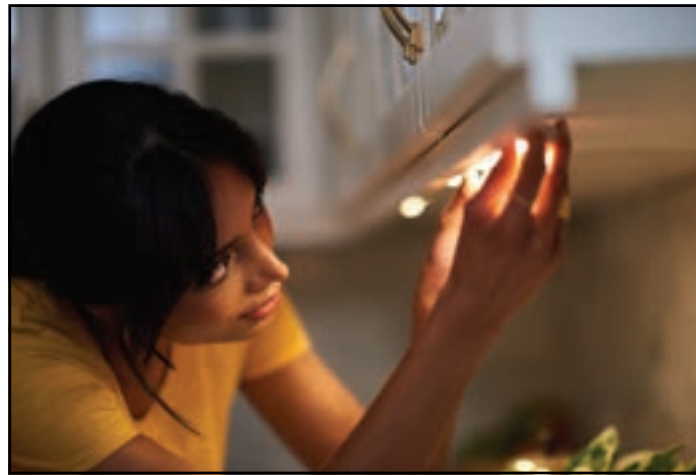
BULLETIN REPORT

Attending a housewarming is a great way to celebrate a friend's new home, but how do you find the perfect present to accompany the visit? These unique gift ideas are not only bound to make a statement, they're incredibly useful to boot.

Fix-It Essentials: For practicality at its absolute best, pack up some must-haves for the house. Include a hammer, screwdrivers and some Original Duck Tape brand duct tape to help your friends get all those initial DIY projects handled – and cover bases for any future projects and everyday fixes that may pop up.

Plant Some Love: Flowers are always a great way to brighten a day, but why not offer something that can brighten a space for years to come and grow with the household? Bring over a gorgeous houseplant or orchid for a gift that lasts and makes your friends think of you every time they see it. Tie on a sweet note and a ribbon for a fun,

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Whether for your own home or someone else's, there are some great ideas out there for a housewarming.

personal touch.

Organization Must-Haves: Create a welcome home gift that will prove useful for years to come. Put together a basket that includes all those essentials we sometimes forget, like high-quality hangers, drawer organizers, rubber bands and paper clips for paperwork. Include

additional essentials, such as Duck Tape for securing miscellaneous items, photos and temporary seasonal décor, along with EasyLiner Brand Shelf Liner with Clorox for upgraded home organization.

Stock the Bar: Wine is fine, but why not equip your friends with what they need to entertain in the future? Bring over a favorite spirit, mixer and cocktail recipe book to keep the party going. Round out this gift with a cute set of rocks glasses or drink shaker.


Take a Photo: In the age of digital photography, you can help make memories more permanent. Bring your newly relocated friends a large empty photo album and toss in a few disposable cameras or instant film camera to start capturing the fun right away. Kick off the entries by including a photo of yourself.

Gift giving at a housewarming doesn't have to be stressful. By getting creative with a variety of useful items, you can help make a house a home while making a lasting impression on those you love.

--StatePoint Media

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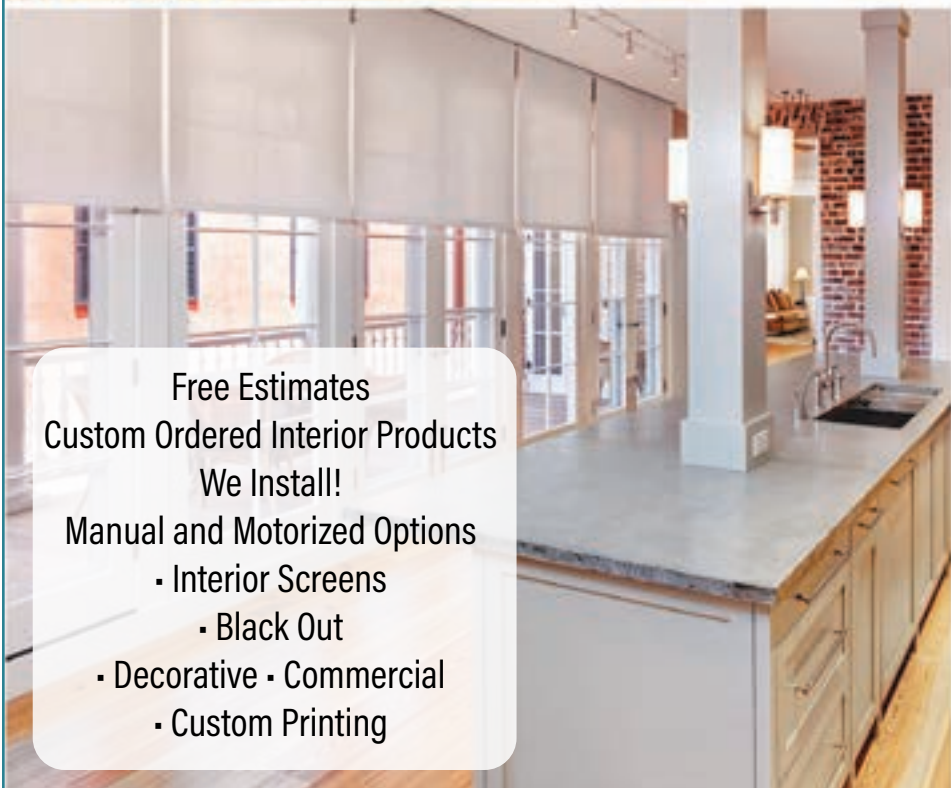
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Bugged by bugs? Take action in your home

BULLETIN REPORT

It can be tempting to think bugs simply disappear in the cooler months. The truth is, many bug species have evolved to survive all year long, sometimes hiding in the warm nooks and crannies in and around homes. Others go into a hibernation-like state.

“Bugs can be a lot smarter and more resilient than you may realize. Even if you don’t see household pests right now, some may still be waiting in your home for those first warm days to signal them to become active, search for food and find a mate,” says Emma Klingman, senior products research at Zevo, a maker of pest control products with naturally inspired ingredients you can feel good about.

To prep your home for bug season and outsmart pests, follow these three steps:

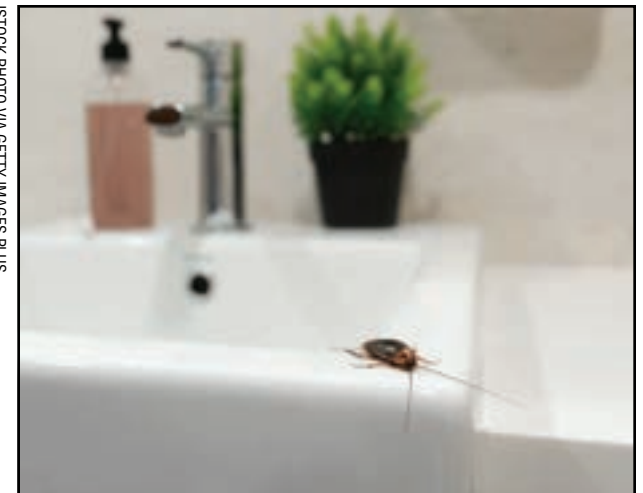
1. Tidy up: Household pests love snacking just as much as people do, but you don’t need to play host to them. After meals, wipe down tables, counters and other kitchen surfaces. Be sure to

regularly sweep and vacuum crumbs, as well as mop up to eliminate sticky food residue. Keep a tightly fitting lid on your garbage bin, and rinse cans and jars before recycling them.

2. Be ready: Even an immaculate home will face pest problems at some point. That’s why it is important to have tools on hand to catch a problem early, before it becomes a much bigger one. Zevo’s Instant Action sprays target and shut down biological pathways found in insects, not in people or pets. It’s also smart to use these traps in potential problem areas, such as near trash cans and fruit bowls and near toilet bowls and drains.

3. Safeguard the yard: Defending your yard from pesky pests will not only improve the comfort of your home’s outdoor spaces, it will help prevent insects from finding their way indoors. Be sure to eliminate standing water by properly tending to your lawn and by periodically clearing downspouts of debris. Any water feature in your garden should use running water. If you have a patio or deck, consider screening it in. If you don’t love the look of screened walls, installing

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Nobody wants nasty bugs, but there are steps homeowners can take to reduce or eliminate them.

ceiling fans can be an effective alternative. Run the fans whenever you entertain to deter unwanted guests, such as mosquitos, from crashing the party.

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LCHBA's Casa for a Cause, and a special tribute



At the Las Cruces Home Builders Association banquet in December 2022, board president Kelly Fort brought to the stage a man who helped start the association back in 1959, Eddie Binns. Binns got a plaque for his many years of service, but also, LCHBA created an homage to Binns by re-naming its events center "Eddie's

Event Hall."

The annual Build My Future event, held at Rawson Builders Supply, gets high school and middle school students in front of construction professionals to learn the many different employment opportunities available in the field.

The students also get hands-on experience doing the work.



Eddie Binns and Kelly Fort; local students participate and hear from experts in Build My Future; the recently christened "Eddie's Event Hall."



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