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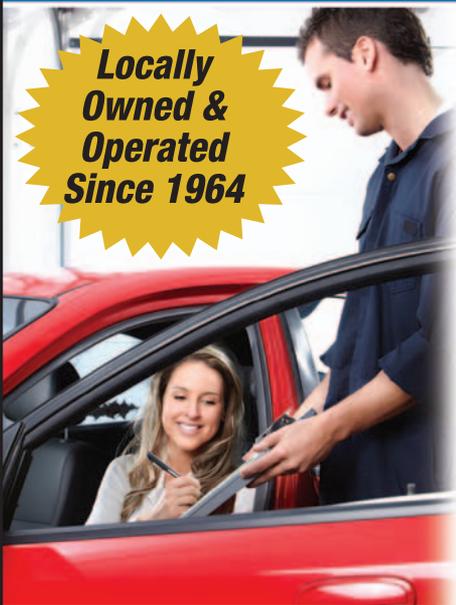


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The Importance of Roof Cleaning

By Zach Maynard

A roof stained with black streaks and dark stains not only detracts from your home's curb appeal, but the shingles are also being damaged, diminishing the life of your roof. Fortunately you can extend the life and beauty of your roof with an algae treatment.

A professional roof cleaning service can safely remove roof stains with non-pressure roof washing combined with environmentally safe, and biodegradable cleaners. It is important to avoid the use of power washers because asphalt shingles are not designed to withstand any pressure, and permanent damage will result. Professional roof cleaning extends the life of your roof, and prevents the expense of roof replacement.

Many Cape Cod homes are affected by roof algae, moss, mold, and mildew. These organisms tend to flourish on the north side of the roof, where the most shade is present, and moisture tends to accumulate. The algae and mold will continue to grow and spread rapidly if the roof is not cleaned and treated, and ultimately it will damage your roof. If the roof is not treated, these stains can cause granule loss, and roof leaks may develop. Not only is the roof at risk of damage, but a roof



covered in algae retains heat during the hot summer months, resulting in higher energy bills for cooling expenses.

Make sure that you contact a certified roof cleaning company that has workers comp insurance, general liability insurance, and offers a warranty package with their service. The warranty will verify that they are using a process that actually kills the algae, instead of just cleaning the surface, allowing the algae to return quickly. A proper treatment will kill the algae at the roots, preventing its return for years!

About the Author: Zach Maynard is a certified roof cleaner, and owner of A to Z Roof Cleaning. They have cleaned & serviced thousands of roofs throughout Cape Cod since 2005. He can be reached at 774-678-4085.

Hurricane Season 2013



NOAA has predicted that the hurricane season is shaping up to be above normal with the possibility that it could be very active. "Our confidence for an above-normal season is still high because the predicted atmospheric and oceanic conditions that are favorable for storm development have materialized," said Gerry Bell, Ph.D., lead seasonal hurricane forecaster at NOAA's

Climate Prediction Center, a division of the National Weather Service. "Also, two of the four named storms to-date formed in the deep tropical Atlantic, which historically is an indicator of an active season."

The conditions in place now are similar to those that have produced many active Atlantic hurricane seasons since 1995, and include above-average Atlantic sea surface temperatures and a stronger rainy season in West Africa, which produces wind patterns that help turn storm systems there into tropical storms and hurricanes. The updated outlook calls for a 70 percent chance of an above-normal season. Across the Atlantic Basin for the entire season – June 1 to November 30 – NOAA projects a 70 percent chance for each of the following ranges: 13-19 named storms, 6-9 hurricanes and 3-5 major hurricanes.

In addition to hurricanes, Nor'easters which occur frequently in this region also cause significant damage from strong winds, heavy rain, and flying debris. There are many things you can do before a serious storm is forecasted to protect your home and keep your family safe.

Falling trees and limbs are one of the greatest dangers to life and property during a hurricane or Nor'Easter. Homeowners should take care of tree maintenance before a hurricane is forecasted. Pruning and removing dead and damaged tree limbs from trees reduces the number of branches which can become projectiles or fall on your house during a wind storm. Damage to homes and power lines can be prevented or reduced by pruning, and the removal of any dead trees. Regularly pruned trees are healthier, more attractive and safer.

A standby generator will give you peace of mind during the next power outage because you will have the power to keep your home and family comfortable, safe and secure. If your power goes out, a standby generator will turn on automatically and keep your heat, air conditioning, water and lights running. An automatic standby generator works by monitoring utility voltage 24/7. When your electricity is interrupted, the generator detects the problem and the automatic transfer switch safely disconnects the utility line and transfers to generator power within seconds. It will also power your refrigerator and freezer, preventing food spoilage which can sometimes result in hundreds of dollars' worth of food having to be thrown away. Instead of having to move into a hotel, a generator will allow you to bathe, cook, do laundry or even watch TV in comfort, without having to leave your home during a power outage. And if the phone lines are down, you will have security knowing that you can keep your cell phone charged.

Much of the damage from hurricanes can be prevented by storm shutters for the windows and doors. Nothing can replace the loss of cherished family photos, furniture or vital business documents so it is smart to protect your property with durable hurricane screens and shutters. Hurricane shutters are affordable, lightweight, and easy to deploy with the push of a button, or you can even have the option to operate them remotely via the internet. Hurricane shutters also provide protection from break-ins and vandalism which makes them ideal for those second homes.

Develop a Family Action Plan and make sure everyone in your family knows what the plan is and where your emergency meeting spot is. Teach young children how and when to dial 911 during an emergency, both with a regular landline phone as well as a cell phone. Label and familiarize yourself and other responsible family members with the locations of the circuit breaker box, main water shutoff, and any gas line shutoffs. Investigate your home's vulnerability to storm surge, flooding and wind, and check your insurance coverage. Take photos or videos of your home's interior and exterior for insurance purposes, and store them at a friend's or relative's house.

"The peak of the hurricane season is almost upon us and it's important to remain prepared for hurricanes through November," said Joe Nimmich, FEMA Associate Administrator for Response and Recovery. "Make sure to review your family emergency plan, check that your emergency kit is stocked and consider insurance options. Learn more about how you can prepare for hurricanes at www.ready.gov/hurricanes."

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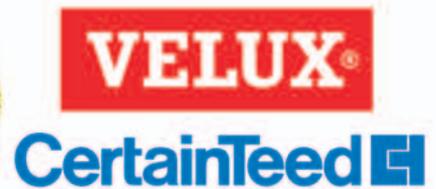


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Fall Home Maintenance

Fall is the time to discover and resolve minor problems before they become expensive repairs. Start preparing your home for the colder weather with this checklist and keep your home and family protected. Many energy saving home improvements will help lower your utility bills and may qualify for tax credits or rebates to help offset the cost.

Exterior

- Clean gutters & downspouts
- Examine foundation for any cracks
- Inspect the roof for damage and missing or loose shingles
- Remove & store window screens and install storm doors & windows
- Repair cracks & seal driveway
- Repair peeling paint
- Septic system should be pumped every 3 years
- Trim any tree limbs that are dangerously close to power lines or the roof of your house



Interior

- Change batteries in smoke and CO detectors
- Check windows for drafts, loose frames or cracked panes
- Chimney inspected & cleaned
- Set or buy a programmable thermostat
- Tune up heating system & replace air filters

Yard & Garden

- Drain/winterize lawn irrigation system and swimming pools
- Reseed lawn in problem areas
- Turn off and drain outdoor showers & faucets

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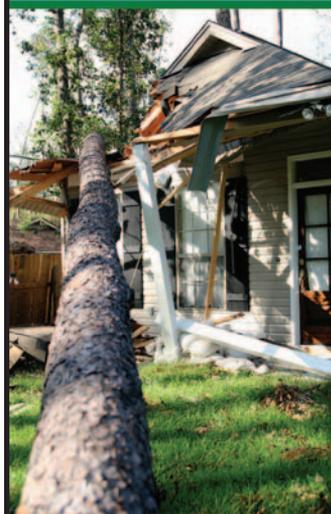


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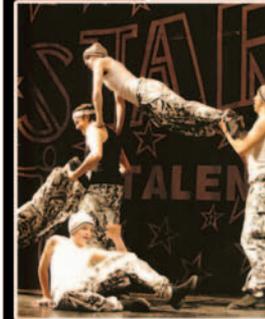
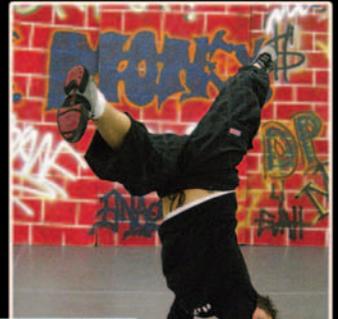
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Improve Your Putting Skills & You Will Shoot Lower Scores!

By Kevin Cullivan, Cape & Islands Golf Shop

You may be asking yourself, "What can I do to take strokes off my score?" How about practicing your putting skills? It's fun and easy to do. It doesn't take a lot of time and it will have an immediate impact on your scores. Unless you're a PGA pro—and maybe if you are one—your putting game could probably use a little polishing. First, ask us here at Cape & Islands Golf Shop about your putter options and

what items you will need for home practice. Then take a look at these five tips from the Steven McDaniel Golf Academy:

1. Vision and Visualization. The first thing you need to do is understand the way your eyes and brain work. Knowing your dominant eye will tell you if you have cross-side or same-side tendencies, both of which affect your stance and ball position. Also be aware of any deficiencies in your depth perception. If you have trouble with visualization—picturing how to get the ball from the putter to the hole—putting lines on the ball or the putter may help. (C&I Tip: Many pros use a straight line drawn on their ball to line up putts; especially the short ones).

2. Improve the "roll" of the ball. Is your ball prone to skidding or jumping? You may be placing it too far forward or back, or your tempo may be off. (C&I Tip: You will want to catch

the ball at the lowest point of the stroke or just as the putter begins to move up. There are many putters on the market that help get the ball rolling quickly). To improve tempo, use a tick-tock or 1-2, back and forth, pendulum-type movement.

3. Read the green. Of course, your indoor "green" will be different from the grassy one on the golf course, but it needs to be read nonetheless. The process of forming a hypothesis about where your ball will roll and then seeing whether you were right forms good visualization habits, indoors or out. (C&I Tip: The vast majority of puts are not straight. Take into account the surrounding topography. In areas where there is a lot of grain in the greens pay attention to the sun. Most grain grows toward the setting sun).

4. Get the ball rolling asap. Correctly reading your shot won't do much good if you don't start the ball out on the right line. Try placing a target ball a meter from your position and hit another ball straight at it. The idea is to hit the ball so that it kicks forward. You should be able to easily see if you have a tendency to hit to the right or the left. (See the McDaniel Academy website for this drill and two others.).

Practice, practice, practice. McDaniel suggests a 30 minute practice session: five minutes each on tempo, aim, starting on the proper line, roll, green-reading, then finish with more tempo practice.

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