



The TurfMutt Foundation’s Tips to Create a Weather-Resilient Backyard

As extreme weather events and unpredictable storms become the new normal, homeowners are looking for ways to safeguard their properties. According to the TurfMutt Foundation, which advocates for the care and use of managed green spaces, homeowners can help their property—and family and pets—bounce back quickly after a storm with a few proactive steps.

“Our backyards are more than just beautiful, they’re also environmental superheroes that help manage stormwater runoff, combat erosion and provide vital shelter for wildlife,” says Kris Kiser, President and CEO of the TurfMutt Foundation. “By investing a little time into maintenance and smart landscape choices, we can build resilient outdoor spaces that stand up to severe weather.”

The TurfMutt Foundation offers the following tips to storm proof the landscape:

Maintain the “Living Sponge”

A healthy lawn acts like a natural filtration and drainage system, capturing stormwater runoff and reducing erosion. Choose the right grass for your microclimate and lifestyle, mow to the appropriate height for your species, and water wisely to keep the “living sponge” of your lawn healthy.

Keep Water Moving

Make sure gutters, downspouts and drainage paths are free of leaves, twigs and other yard debris. Adding a strategically-placed, shallow rain garden of native vegetation can capture stormwater runoff and allow it to safely soak into the ground.

Tend to Your Trees

Downed branches can quickly damage roofs, vehicles and powerlines. Healthy, well-pruned trees are less likely to break and cause harm during a storm. Take on the task yourself or hire a professional.

Remember “Right Plant, Right Place”

When planting in your yard, choose native trees, shrubs and grasses. These plants are adapted to your local climate, which means they’ll be more resistant to winds and flooding. The right plants that thrive in your microclimate also can support pollinators and other backyard wildlife.

Clear the Projectiles

When you know a storm is about to hit, survey your yard for items that could turn into dangerous hazards. Secure patio furniture, umbrellas, grills, trash cans and other items. Move potted plants inside.

“Storm-proofing isn’t just about immediate preparation, it’s also about long-term stewardship,” Kiser adds. “A healthy yard is a resilient yard that ensures your favorite green space is ready for backyarding fun again as soon as the sun comes out.”

For more information about the benefits of managed landscapes and outdoor living, visit [TurfMutt.com](#).

Services

EXTERIOR & INTERIOR PAINTING, 1 or 2 story homes, barns, churches, garages, and decks. Call John. Home 217-965-3470.

TFN

CENTRAL ILLINOIS HOUSE PAINTING. Interior/Exterior. Homes, businesses, barns, machine sheds and decks, etc. References and Free Estimates. Call Mike 217-250-5460.

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Garage Sales

LARGE SUMMER GARAGE SALE - 211 W. Oak, Palmyra. Starts July 9 on Thursday, Friday, Saturday from 9 a.m. - 5 p.m. Will run every week, same days, until August 29th. Boys 6 mo to 3; girls newborn to 18; jr. girls XS to 2X; mens. Pageant/prom dress; scrubs; lots of nice shoes. Bunk bed (no mattresses); entertainment center. Lots more!

7/9-7/16

Miscellaneous

THE NATIONAL ALLIANCE ON MENTAL ILLNESS SOUTH-WESTERN ILLINOIS has support meetings for mental illness via Zoom every Thursday 7-8:30 PM. Contact Pat Rudloff, silverlining6@charter.net, to receive the Zoom link or the address for an in-person meeting.

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AA 24-HOUR HOTLINE for problem drinkers—1-800-307-6600. Al-Anon 24-hour hotline – 618-463-2429.

TFN

Miscellaneous

EMOTIONS ANONYMOUS Meetings 6 p.m. Tuesdays, at Locust Street Resource Center, 320 S. Locust Street, Carlinville 217-710-3705 or 217-272-4560.

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Illinois Valley Senior Citizens Menu

Carlinville
217-716-2337
Benld
217-835-3174

Monday, July 20
Beef Stroganoff,
Dinner Roll,
Tomato & Zucchini,
Rosey Applesauce

Tuesday, July 21
Chicken Pot Pie,
Biscuit,
Pickled Beets,
Pears

Wednesday, July 22
Spaghetti,
Garlic Bread,
Romaine Salad w/
Dressing,
Mandarin Oranges,
Chocolate Pudding

Thursday, July 23
Ham & Beans,
Cornbread,
Vinegar Coleslaw,
Apricots

Friday, July 24
Turkey,
Bread,
Lima Beans,
Sliced Carrots,
Apple Crisp

Meal reservations must be made by 11:00 a.m. on the day BEFORE you wish to receive a meal.

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Call (217) 854-2534 for more details.

SUDOKU

		2				3		7
3								
	1					2	8	
		7		2				
9		4	3				5	
6	8	3			9			
			2		1	6		9
	7							
				6	8		7	

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	7	5	8	9	4	1	6	2
8	2	1	3	5	6	9	7	4
6	4	9	1	7	2	8	3	5
2	1	7	6	4	5	3	8	9
9	5	8	7	1	3	4	2	6
4	3	6	9	2	8	7	5	1
5	8	2	4	3	9	6	1	7
1	6	4	2	8	7	5	9	3
7	9	3	5	6	1	2	4	8

AT THE GRILL

WORD SEARCH

V T Z B M T C R N H M I I G A H N N W L
S R S U R B E E D M M V C S I S H E A T
K G U R V E G E T A B L E S S E U H T T
E T A G V S O P L C D K D C S A T O O H
W E P E V K Y P R D D R Y K H R N N P M
E M Z R A L E L I O A U D F F I G Z A B
R O W D D O A C P Y P I E T V S C R K L
S A P S S E E O K S F A D T O K I K A O
O I N F S O G C C O U D N D P N N R E D
G N I N O S A E S R C O F E A R S D M N
R U P O E B O W A F A W I D N U A U S E
C L A T A B A M I R N H E C M K K G N L
K Z A M Y V H Y G G O W C M I Z I O I Z
Z R Y K B P U E R A L F E F Y L Z L K Z
G V A L U T A P S A S R N M E D E G P I
D M Z S E G A S U A S L L U F K A D W S
E R U T A R E P M E T K Y U F V O Y W S
N L C W E E C R K F L E M A L F A M I T
H L W E H Y L K A T C W R M N Y K G S Y
Z H K A Y K A E T S R D B A R B E C U E

Find the words hidden vertically, horizontally, diagonally, and backwards.

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WORDS

BACKYARD	GRATE	SKEWERS
BARBECUE	HEAT	SMOKE
BURGER	MARINADE	SPATULA
CHARCOAL	PROPANE	STEAK
CHICKEN	SAUSAGES	SUMMER
DELICIOUS	SEAR	TEMPERATURE
FLAME	SEASONING	TONGS
FLAREUP	SIZZLE	VEGETABLES