

March 4 - BG Mardi Gras Madness @ La Gala March 15- Aaron Lewis at Skypac from 9am - 9:30pm March 24 - 2023 Run and Walk for children at Ephram White Park @ 6pm March 24 - 25 - SOKY Book Fest at Knicely Conference Center @from 9am-6pm March 31- Comedy Night at Landon's Sugar Shack @7pm

Events Happening in BC

Team Member Spotlight



Meet Wesley! Wesley has been a part of the Hub team since 2021. His hobbies include playing baseball, enjoying time with his family, and being outside. Wesley recently got married this past December and has a little girl who just turned a year old. We are grateful to have Wesley's positive attitude and spunky personality on our team! <u>Neighborly Love</u> – Having a noise concern with a neighbor? A few tips below to help!

1. **Manage expectations** – Is the noise you're experiencing excessive or constant? When sharing walls/floors/ceilings with neighbors, a minimal level of noise is to be expected. If it does not compromise your everyday quality of life, it is not likely excessive.

2. Consider the perspective of your neighbor and give the benefit of the doubt. In most cases, the noise interrupting your peace and quiet won't be from disrespect. Your neighbor most likely is unaware that they may be causing a disruption.

3. Consider telling your neighbor about your experience in a respectful manner. It will be challenging to solve the issue by being confrontational and disrespectful. It could even make the problem worse. If you are not comfortable initiating a conversation, consider writing a polite note to initiate the communication instead. If you don't already know your neighbor, use the opportunity to introduce yourself in a friendly manner. 4. Avoid banging on walls and ceilings to make a point. This can often be a first reaction to noise, but is typically only responded to with banging back. Expecting a solution without a courteous communication first is unrealistic and unlikely.

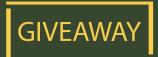
5. If you have spoken with your neighbor and the problem persists, contact The Hub to discuss further options.

<u>Additional tips to help make your home</u> <u>a noise-proof as possible</u>:

 Add area rugs in spaces with no carpet. Rugs and soft materials will absorb sound and keep things quieter. Plus they add beauty to your home without looking like an intentional noise-blocking tool.
Consider a white noise machine, TV/soft music to drown out sound outside noise.

3. Incorporate curtains, pillow or more furniture. Sound waves love to bounce around empty rooms. Filling up your room creates less of an echo, which means more

quiet time for you.



Do you have a neighbor that you appreciate? We want to hear about it! Email us your favorite story, memory, etc. about your neighbor(s) to be entered in to win a \$100 gift card! Please send your email entry to info@hubbg.com. Deadline to enter is Friday, March 10th.