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POOL & SPA Tips
 with Mike Finn

Spa Care Tips #1

That swirling, bubbly vessel of hot water promises hours of fun and relaxation with friends and family. But do you have all the facts you need to keep it safe and enjoyable? Your BioGuard® dealer is the best source when it comes to proper tips for new or established spas.

Sanitation

Proper spa sanitation requires a little more care than that of a pool. Higher water temperatures and a relatively larger bather load are the reasons. Spa water may require adjustments more often for pH, total alkalinity and free chlorine or bromine.

pH

Proper pH (7.4-7.6) keeps the sanitizer active and prevents cloudy water and equipment problems. Hot water, particularly if it is aerated, experiences a gradual increase in pH. Therefore, the steps taken to balance a spa are slightly different from a pool. pH needs to be tested every time the spa is used and immediately afterward.

Mike Finn is owner of Acadian Pools, 134 Guelph St., Georgetown. For more information contact him at 873-3320.



Tooth Chatter
 by ALEX TRENTON,
 Denture therapist

MANAGING HARD TO CHEW FOODS

The first step in managing hard to chew foods is to make sure your teeth and dentures are in good condition. If you have dentures, you should have them checked each year. Even if you are not having any specific discomfort, there could be hidden problems.

The teeth on your denture wear down over the years and become dull. This makes it harder to chew certain foods. Some foods might actually be taking you twice as long to chew, because of dulling teeth. It is worth the time to visit our office and make sure your dentures fit correctly.

If you still find chewing difficult, try changing the method of preparation, instead of the food. For example, try roasting, stewing or boiling meat, and then chop or slice thinly. Use canned or stewed fruits, or drink fruit and vegetable juices. Grate cheeses or use in sauces and eat cottage cheese and yogurts. You may find a blender or food processor helpful when preparing your food.

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Lifetime memberships

The Georgetown Horticultural Society has awarded lifetime memberships to three very deserving members. Pictured above from left, Queta Percy, Marion Boyle and Madge Whitfield were presented with their lifetime membership certificates by the society's 2nd vice president Alison Meeks and president Randall Brandford.

photo by Simon Wilson/HHTW

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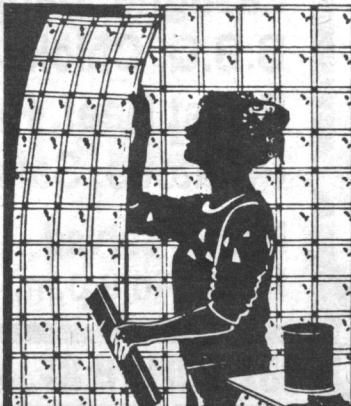
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