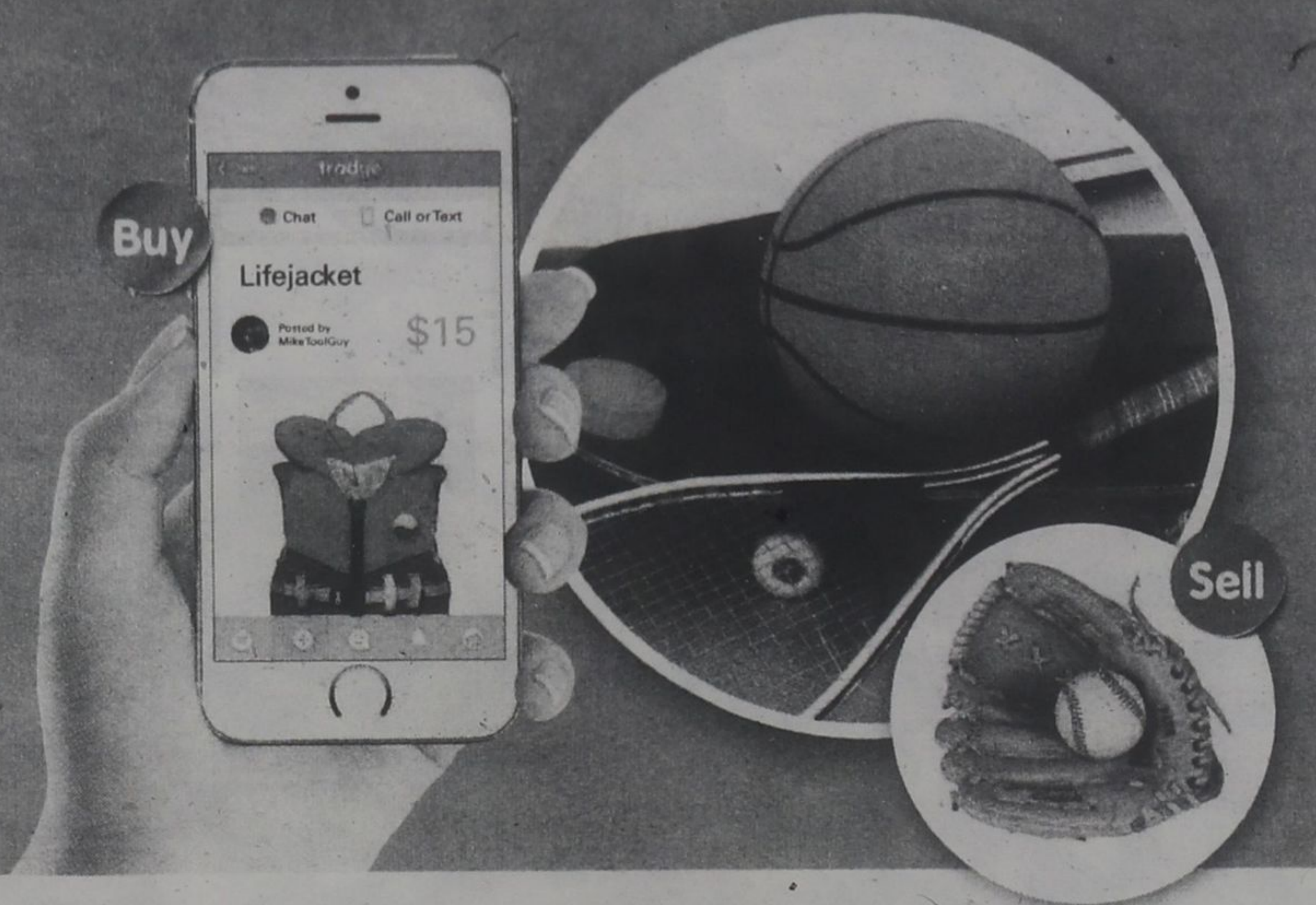


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## Five easy home updates for summer

Your home comes alive this time of year, with barbecues, entertaining and long weekend parties. Give it a makeover with these Do It Yourself projects recommended by Health Canada that will make it a cool, comfortable and inviting space for everyone to enjoy

### Grow your greenery

If you live in a house, give your green thumb a whirl and plant trees on the south or west side where the sun hits during the hottest part of the day. Tree-shaded spots could be as much as 5°C cooler than the surrounding area, helping to cool your home inside and out.

### Freshen up fabrics

Switch up wintertime materials like knits and fleece for loose, light-coloured tex-



pattern or bold colours so you'll actually want to drink more water.

### Deck out your patio

Keep your home cooler by cooking on the grill. Make your outdoor living space more inviting. Ensure there are shaded areas for cooling off — colourful wide umbrellas can help. Set up a hydration station with a pitcher of fruit-flavoured water.

### Retreat to your cool space

During extreme heat, it may be a good idea to stay indoors to take a break from the heat. But that doesn't mean you can't do a fun activity — visit your local swimming pool, public library or mall to cool off. You can also create a reading nook in a cooler part of the home for curling up with the latest summer read. (NC)

tiles made of breathable fabric. Choose linens and cottons for your pillows and throws.

### Stay hydrated

During the summer, it's important to drink plenty of cool liquids before you feel thirsty to decrease your risk of dehydration. Update your glassware or water bottle to something with a fun

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“A big **THANK YOU** to everyone who stopped by the Royal LePage Meadowtowne Tent at the fairgrounds for the Milton Canada Day festivities! We are happy to announce the **WINNERS** of our annual draw..... Philip Y. of Milton who won Cineplex movie passes courtesy of Brady Atkinson of Benchmark Home Inspections; Rabia N. of Milton who won a Giant Golden Goose Pool Float and \$100 gift card courtesy of Cannonball Pools; and our Grand Prize Winner..... Sandra S. of Milton who won a Dyna-Glo Barbeque courtesy of Kelly Miobertolo - TD Mobile Mortgage Specialist. Another big Thank You to Paquette Travers law firm for sponsoring Cartoon Bob and allowing our guests to get a **FREE** caricature! Congratulations to all of this years winners and we look forward to seeing you all again next year!!”

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