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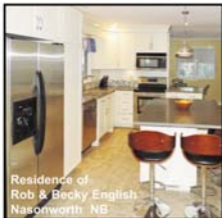


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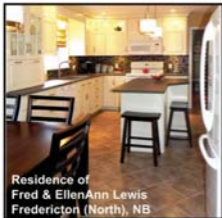
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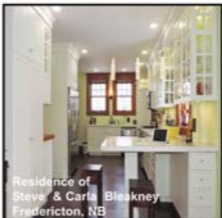
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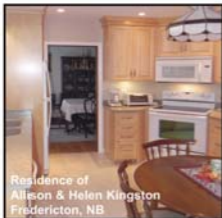
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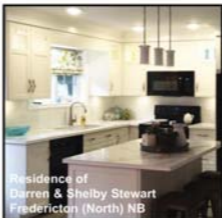
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Contents


2018 trends for the bathroom.....	5
Essential lawn care tips from the pro	6
Want a top-notch paint job? Be prepared.....	7
Add clean air to your healthy living routine.....	8
Transform your backyard into an extension of your home...9	
5 rooms you can brighten with a skylight.....	10
Essential summer home improvement tips	11
Renegotiating your mortgage?	12
Why a finished basement is worth the wait	14
Using technology during an emergency.....	15
It's all about the mix in kitchen design for 2018.....	16
Reduce your energy bill with smart technology.....	16
Ancient elements inspire modern architecture trends.....	17
Great tips for hiring a renovation contractor	18
Renovating? Some DIY projects to avoid.....	19
Kitchen Talk by Jim Lawrence	20
Brian Gluckstein's fresh spring picks.....	21
Homes Directory ads	22-23
How to protect your skin this summer	22




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2018 trends for the bathroom

(NC) Did you know that bathrooms were the most renovated space in 2017? This has become a popular space for upgrading thanks to the at-home spa trend, which looks at the bathroom as not just a utilitarian necessity, but as an extension of the rest of the home that can be luxurious and revitalizing.

Need some inspiration for refreshing your bathroom? Check out these top trends favoured by designers and homeowners alike.

Bold lighting. Use lighting strategically to set the ambiance for the space. Try warm brass globe sconces for an industrial aesthetic that feels very now; or use bold vanity lighting for a touch of Hollywood glamour.

Dramatic accents. Create a defining style statement with a standout element, like a skylight. Velux's solar-powered venting skylight brings in natural daylight while allowing you to let steam out after a hot bath or shower. Enjoy privacy, an unobstructed view and a sophisticated design touch.

Modern metals. Warmer hues like brass and gold are making a comeback, and bring in some depth and complement the neutral greys that are popular on walls. Matte black is another option for the fashion-forward; it has a contemporary heritage vibe that looks great against whites and other neutrals.

Unique tiles. Go beyond the subway tile and opt for quirky shapes and mixed tiles that add some flair and interest to any bathroom. Penny rounds, honeycomb, hexagon and diamond are exciting options to try.

High-tech accessories. Enjoy conveniences you never knew you needed like self-cleaning toilets that make housework a breeze; underfloor heating systems you'll really appreciate come winter; wireless entertainment systems for your favourite shows and music; and under-counter appliances like a refrigerator to store beverages and organic lotions.

Find more inspiration online at moredaylight.ca/SpaRenos.
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Essential lawncare tips from the pro

(NC) Now's the time to get outside and survey lawns, gardens and shrubs to see how they weathered the winter. After a long period of dormancy, plants and turf are ready to grow during what amounts to a short season for most of Canada.

To maximize the health, resiliency and growth of your plants, regular feeding is required. All plants require nitrogen, potassium and phosphorus to grow. Nitrogen boosts growth and green colour. Phosphorus feeds seedlings and stimulates new root growth. And potassium provides all around vigour and health and strengthens resistance to disease and stress.

When it comes to lawns, feeding promotes a thick, healthy turf that can fight off weeds and withstand drought conditions. Fertilizer provides nutrients in the proper amounts. Review your options at your local lawn and garden centre by reading the fertilizer bag label or by testing your soil with a home kit or professional lawn care service.

The three numbers on the bag indicate the ratio of three key nutrients included in all fertilizers: nitrogen, phosphorus and potassium, listed in this order. For example, if a bag reads 21-4-3 it contains 21 per cent nitrogen, 4 per cent phosphorus and 3 per cent potassium.

Know the size of your lawn and buy only what you need. Follow the in-

structions on the bag and remember that more is not always better. Use a good quality lawn fertilizer spreader or a handheld model to distribute fertilizer evenly.

Feed your lawn every other month beginning in the spring. A lawn fed three to four times a year develops a deep root system to resist heat, drought and wear. It also develops thick green top growth to naturally resist weeds, disease and insects. Canadian holidays are an easy way to remember best times to feed your lawn — think Easter, Victoria Day, Labour Day and Thanksgiving.

To keep fertilizer on the grass and prevent it from running off into sewers, sweep any stray granules on driveways, patios and sidewalks back onto your lawn where it can do its job.

Find more information online at greenerworld.ca.
www.newscanada.com



Want a top-notch paint job? Be prepared

(NC) Painting is a simple, cost-effective way to update the appearance of a room, but there are vital steps you need to take in order to achieve professional results.

Don't skip prep. Making sure your desired project space is clean and ready to go prior to painting will avoid mishaps. First, clean the walls from the bottom up with a sponge and mild detergent solution. Be sure to rinse the sponge frequently and wait for the walls to dry. Once this is completed, cover and protect anything you don't want paint on. Make sure to apply painter's tape to baseboards, trim, windows and doors.

Tools are your best friends. Choosing the right tape, rollers, trays, tape and brushes for specific surfaces is important, whether you are a DIYer or a pro. The appropriate tools can improve your painting experience and save you a headache down the line.

A quality tape, such as Painter's Mate Ultra, is essential for remarkable results. It's formulated with PaintSync Technology which allows better adhesion to most surfaces, including those that are hard to stick to, without damaging what's underneath.

A common mistake people make with tape is leaving it on for too long, causing it to rip off some of the colour on the walls. A pro tip is to remove the painter's tape before the paint fully dries.

Remember, a quality brush applies paint smoothly and evenly and is comfortable, too. Whatever you do, don't skimp on the brush. Use a one-to-two-inch, nylon or polyester angled brush, because it can be used with all coatings. Be sure to choose a roller that is suited to both the surface you are painting and the type of paint you are using.

You need primer. Whether you're painting interior walls or exterior siding, a coat of



primer is key to obtaining top-notch results. Primer serves three main functions. It blocks stains and resinous knots from bleeding through, limits the number of coats needed for full coverage, and improves adhesion to reduce blisters and extend the life of the top-coat.

Find more painting projects and tips online at painters-mategreen.com.
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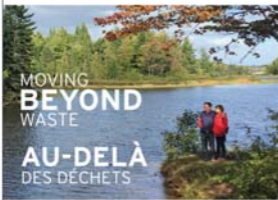
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Add clean air to your healthy living routine

(NC) Health and wellness is no longer a trend, but a way of life. We look to eat nutritious foods and filter the water we drink. But what about the air we breathe?

Living in Canada, many of us don't consider air quality a health priority. Outdoor air pollution such as smog may not affect the everyday lives of many of us.

However, according to the U.S. Environmental Protection Agency, the air quality inside the home can be up to five times worse. On average, we spend 90 per cent of our time indoors, so it's a smart idea to consider air quality as part of our health routine.

Indoor air quality can be affected by a surprising number of items in the home, such as a fresh coat of paint, scented candles, cleaning solvents or perfumes. The EPA notes that these items and others can emit volatile organic compounds, potentially causing short- and long-term adverse health effects. A recent study published by Science Magazine notes that other pollution sources like gas stoves, cooking fumes and pet dander can emit odours and particles affecting the air quality.

Air purifiers capture indoor air pollutants that are invisible to the human eye. The Dyson Pure Cool HEPA Air Purifier and Fan automatically detects VOCs, allergens and pollutants in the air and uses a HEPA filter to remove 99.97 per cent of these microscopic particles down to 0.3 microns and projects cleaner air into a room.

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Transform your backyard into an extension of your home

(NC) Summer is almost here and now is the time to prepare our outdoor spaces for the season. To help maximize your living areas, Sharon Grech, Benjamin Moore colour and design expert, shares tips on how to bring the latest looks to your open-air escape.

Dine al fresco. Backyard patio areas traditionally connected to the exterior of the home to gain easy access from the inside. Consider pushing your al fresco dining areas further out into the yard for a unique and ambient experience. "Cooking under the stars is the perfect way to spend time with family and friends while embracing the weather throughout the summer months," says Grech. Barbecues, fire pits and outdoor wood-ovens are great options for cooking when entertaining guests, as most of the cooking can be done right there.

Create an outdoor oasis. Injecting colourful accessories into your landscape is one of the simplest and most cost-effective ways to elevate a backyard and make it feel like an extension of your home. Whether it's bright, colourful ornate items or hand-crafted outdoor rugs, adding colour to your backyard will create a vibrant and inviting retreat. Flower boxes, string lights and cushions are great ways to make a backyard feel like a serene and inviting oasis.

Deck design. Create areas of interest by using both semi-transparent and solid stains on your deck and rails. "I like to apply a natural, lighter stain on the deck, with a darker solid stain to enhance vertical architectural features like the railing," says Grech. If your wood is new or in great shape, treat it with a simple translucent or semi-transparent stain like Benjamin Moore Arborcoat to heighten natural wood colour. Semi-solid stains are great for covering imperfections, allowing some of the grain and texture of the wood to show through, while solid stains are more like paint and leave an opaque colour and texture. "You can test the different translucencies and colours with pint sample cans. It's always best to try-before-you-buy," recommends Grech.

Find more information and colour inspiration at www.benjaminmoore.ca.
www.newscanada.com





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5 rooms you can brighten with a skylight

(NC) Adding a skylight can enhance any space, making it lighter, brighter, fresher and more cheerful. A skylight can also improve our experience indoors, where we spend 90 per cent of our time but the air quality is three to five times worse than outdoors.

In addition to the health benefits of more natural light, skylights reduce the need for artificial light and can lower electricity costs delivering twice the amount of light as vertical windows allowing for daylight to penetrate the center of the home. Here are five rooms that would be even better with one of these light solutions.

Bathroom. By adding a venting skylight, you can allow in an abundance of natural daylight while also letting the steam out after a hot bath or shower. Plus, did you know that the best lighting for make-up application is natural light? A skylight can let you enjoy privacy, an unobstructed view and a sophisticated design touch in your bathroom.

Kitchen. Programmable skylights from Velux will let in natural light and they give you the control to properly air out your home and keep your kitchen fresh during and after cooking. By opening your skylight, gases like hot air, cooking odours and toxins escape through the roof.

Living room. Make this popular space feel bigger with a skylight — you can even combine multiple units to create an architectural statement. Add a solar-powered blind to reduce the glare on your television and other screens.

Home office. Incorporate more natural light into

your home office or studio to increase productivity, minimize mistakes and improve your mood. Working in natural light will also lessen eyestrain, which can help reduce headaches.

Attic/loft conversion. By converting your attic into a functional loft, you can add more usable square footage, increasing the value of your home. Keep the space bright, airy and open by including a skylight in your new design, leaving you with views of the sky and not your neighbour's roof, exterior side wall or bathroom. This will allow you to transform your dark attic space into a practical bright space flooded with natural light.

Find more inspiration online at moredaylight.ca/5rooms.
www.newscanada.com



Essential summer home improvement tips

(NC) Last year we saw record rainfall in many parts of Canada over the warmer months. Before the first summer storm hits this year, take some time to protect your property against flooding.

Protect doors and windows. Put weather protection sealant around basement windows and the base of ground-level doors. Install flood shields or barriers for basement windows and doors, making sure the tops of the shields extend above ground level.

Safeguard water systems. Install backwater valves or plugs for drains, toilets and other sewer connections. Make sure your sump pump is working and install a battery-operated backup, in case of a power failure.

Facilitate drainage. Water should drain away from your property and neighbouring properties. Check that your roof and eaves are draining properly in heavy rains and make sure downspouts extend at least two metres away from your basement wall.

Prepare for flooding. Raise large appliances, furnaces, hot water heaters and electrical panels up on wood or cement blocks above the potential water level. If an item can't be raised, consider anchoring it and protecting it with a floodwall or shield. Move furniture, valuables and electronics to the safest place in your

property that is least likely to be affected by flooding.

Add some greenery. Consider planting a "rain garden" by using landscaping as way to catch and disperse water in the soil near your property. Use native plants and vegetation that will resist soil erosion.

Check outdoor grading. Make sure that your lot is properly graded. If possible, build up the ground around your property so that water can drain away from basement walls.

Find more information at www.canada.ca/flood-ready.
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Renegotiating your mortgage?

(NC) There's so much to think about when renegotiating your mortgage. You may be shopping around for the best rate, you may have to pay fees to switch lenders, and your bank will likely offer you a readvanceable mortgage.

Some banks bundle other financial products, like car loans or credit cards, together under a readvanceable mortgage — a term mortgage combined with a home equity line of credit. This is typically offered at an attractive interest rate.

While a readvanceable mortgage has its benefits, be aware of the fees that apply and the risks of tying different credit products together before signing on the dotted line.

HELOC debt is different than other forms of debt. Unlike a credit card or unsecured line of credit, a HELOC is secured by using your home as collateral. While HELOC interest rates are often lower than other forms of credit, they are variable. At any time, banks can demand that you repay your HELOC or increase your interest rate. If you can't pay back the money you owe, you may lose your home or have no choice but to sell it.

Compared to a home equity loan — a lump sum loan with a fixed interest rate, term and repayment schedule — a HELOC works more like a credit card. Your available balance decreases as you borrow and increases as you pay it back, up to a certain credit limit. Some HELOC credit limits increase automatically as you pay down your mortgage.

To switch lenders the next time your mortgage is up for renewal, you may first need to repay all credit products tied together under your readvanceable mortgage. And there are additional legal fees you wouldn't incur when moving a traditional mortgage.

When deciding your strategy, think long-

term. Are you planning to use your home's equity to fund your retirement? How long do you plan on staying in your home? How will you use your HELOC — for renovations, to invest, to consolidate higher interest debt, for emergencies, for a second home, for a vacation? How would interest rate hikes, job loss or illness impact your ability to repay your debt? Would a HELOC tempt you to use your home like an ATM?

If a HELOC is the right product for you, stick to a plan to pay it off fully and avoid continually borrowing against your home's equity. Learn more online at canada.ca/it-pays-to-know.

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Why a finished basement is worth the wait

(NC) Moving into a newly built home is exciting. Once the boxes are unpacked, most owners want to put their own personal stamp on the space, starting with the unfinished basement.

But there are good reasons why it's better to put the dream of a perfect game room, man cave or music room on hold for at least a year after moving in.

Almost all new homes in Ontario come with a new home warranty that lasts seven years. The warranty coverage for the first year is the most comprehensive and protects against defects in work and materials.

But renovations can risk voiding the warranty on certain elements in the basement. Additionally, many building materials dry out, settle and even shrink in the first year, and cracks or leaks are easier to spot with no obstructions.

If there are any issues in the basement, builder repairs may require removing dry-wall and any other obstructions. Once repaired, the builder will not be responsible for replacing any work and material you supplied when finishing your basement or for secondary damage caused by leaks.

If you feel you can't wait to renovate your basement or any other part of your new home, work in stages. Do the work after the different warranties (one-year, two-year and seven-year) expire. For this, you need to understand your warranty coverage.

Also, be sure to hire a professional. They can complete the job with the least impact on the builder's work and materials, which means less impact on your warranty. Another advantage is that they can offer their own warranty on their work. Keep a record of exactly what was done in case you ever have a disagreement with your builder about claimed defects.

It's important to remember that the new home warranty only covers the work and materials provided by the builder, so proceed with caution when the urge to renovate strikes.

Find more information on how to protect your new home and its warranty online at tarion.com.

www.newscanada.com



Using technology during an emergency

(NC) We use smartphones and social media to send emails, share funny memes and binge-watch our favourite shows. But in the event of a disaster or major emergency, these tools can become vital in helping you and your family get in touch and stay informed.

Whether it's a power outage, flood or natural disaster, here are some tips to keep in mind for using technology in an emergency:

Use non-voice channels. If possible, communicate via text messaging, email or social media. These use less bandwidth than voice communications and may work even when phone service doesn't.

Keep conversations brief. If you must use a phone, make the call short and convey only vital information to emergency personnel and family. This will also conserve your phone's battery.

Wait 10 seconds before redialing. If you're unable to complete a call, this short wait can help reduce network congestion. Remember that cordless phones rely on electricity and will not work during a power outage. So, if you have a landline, keep at least one corded phone in your home.

Stock up your emergency kit. Keep extra batteries or a charger for your mobile device. Consider getting a solar-powered, crank or vehicle phone charger. If you don't have a cell phone, keep a prepaid phone card in your emergency kit.

Listen for updates. The Alert Ready system is designed to deliver critical and potentially life-saving alerts to Canadians through television, radio and now mobile. Keep an eye or ear out for these alerts, which will override regularly scheduled programming and send you text messages in a threat to life situation. Visit alertrready.ca for more information and to find out if your phone is compatible.

Save your safe meeting location. If you have a smartphone, add this spot to its mapping application so you can easily navigate to it in a pinch.

Conserve your battery. Reduce your smartphone's screen's brightness, set it to airplane mode, and close apps you are not using — you never know how long a power outage will last.

Know who to call. Remember, in an emergency or to save a life, call 9-1-1 for help. You cannot currently text 9-1-1. If you are not experiencing an emergency, do not call this number. If your area offers 3-1-1 service or another information system, call that number for non-emergencies.

Find more information at www.getprepared.ca.

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It's all about the mix in kitchen design for 2018

(NC) A recent study found that we spend three years on average of our life preparing meals. Not to mention time spent putting away groceries, cleaning, and just grabbing a cup of tea. It's no wonder so many of us get the itch to change up the look of our kitchen spaces.

If you're planning an update, this year's biggest trend is all about bringing texture, colours and patterns back to the place we spend so much time. Here are a few ways to bring that idea to life.

Two-tone cabinetry. Light-coloured upper cabinets and dark lower cabinets are a beautiful way to bring in some colour; even a neutral grey will do the trick. Ready to push it further? Consider distinct materials — like white cabinetry with beautiful walnut drawer faces — for added dimension and warmth.

Appliances matter. Kitchen appliances play a huge role in setting the tone, and innovative new finishes mean you can truly consider the design implications of your choices. GE Appliances, for example, now offer an innovative finish called Black Slate under their Café lineup. The deep charcoal matte finish is bold, contemporary and versatile enough to match nearly any décor. Plus, the matte texture hides fingerprints and virtually eliminates smudges.

Fabric underfoot. No time or budget for a full kitchen reno? Bring the trend to life for under \$100 by adding a rug to your space. A vintage rug can create warmth, both in look and feel as well as literally on cooler mornings. Just avoid rugs that have a high pile. Kitchens are too high-traffic for anything shaggy, which will only attract dirt and be difficult to clean. Stick with a rug that has a flat weave.

Find more information on black slate appliances at geappliances.ca.

www.newscanada.com

Reduce your energy bill with smart home technology

(NC) Everyone looks for ways to save money on their energy bills. Fortunately, with the rise of smart home technology and eco-friendly products, going green has never been easier. Naomi Resnick, manager of environmental sustainability at The Home Depot Canada, offers a few helpful tips to get started.

Up your lighting game. You've already made the switch from incandescent light bulbs to LEDs and you're reaping the rewards on your energy bill. Take your lighting to the next level by investing in Wi-Fi-enabled light bulbs. Have you ever left the house for work or vacation and wondered if you left the lights on? Check in remotely and control individual lights with just a simple touch on your smartphone or tablet.

Switch to smart controls. Did you know you can install smart switches, dimmers and outlets so you can control your lights, appliances and electronics from anywhere in the world? Enable features like "geofencing" — a type of technology used to create a virtual geographic boundary around your property — to automatically turn lights on and off when you leave or approach home, or to notify you when you've left the lights on.

Upgrade your thermostat. Imagine a thermostat that was intelligent enough to know your local weather, day-to-day schedule and preferred comfort level. Programmable smart thermostats such as the ecobee3 lite can save you up to 23 per cent* in heating and cooling costs. This clever yet sleek device pairs with room sensors by self-adjusting the temperature to help manage hot or cold spots in your home and tracks occupancy, making your house even more energy efficient when you are away.

Invest in appliances. With advancements in smart appliances — like laundry dryers that measure moisture levels to automatically adjust drying times — investing in intelligent models pays off in the long run. When researching your next purchase, look for an Energy Star certified appliance to find the most efficient model for your home.

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Ancient elements inspire modern architecture trends

(NC) Drawing inspiration from the past can yield unexpected results and lend a timeless quality to any space. When balanced with modern elements, ancient elements in the home can create a look that is fresh, unique and classic, but still very of the moment.

Thinking about doing a major makeover or a few strategic upgrades? Then take a page from history and incorporate some ancient elements into your modern renovation project.

Reimagined materials. Futuristic stainless steel is on the way out, with today's materials getting their cue from the past. Warmer metals are a popular choice, with brass and gold leading the charge. Try the trend at home with some budget-friendly updates, like gold plumbing fixtures in the bathroom or brass hardware on kitchen cabinets. Another ancient material making a comeback is marble, which can look gorgeous as tile. More adventurous renovators can try marble wallpaper, a chic and inexpensive twist that's trending on Pinterest boards and designer plans alike.

Statement pieces. Think of the great architectural buildings in Europe, like the Roman Pantheon, which was the first to have an opening in the roof to bring daylight and illumination to the centre. While the design concept was revolutionary, the opening lacked glass panes to keep the elements out. But this idea of getting more daylight through the roof is a great trend to try in your own home in 2018. Today's skylights, like the ones from Velux, feature flat glass for energy efficiency and are factory-engineered to keep the elements out. They add drama and style to the home while reducing the need for artificial light, lowering electricity costs and improving mood. Programmable skylights even allow you to open and close the window, helping to achieve optimal indoor air quality that's important for a good night's sleep and children's learning abilities.

Natural connections. Take a cue from yesteryear's more relaxed lifestyles, when we spent more time outdoors and our indoor spaces were more intertwined with the outside world. Start by adding more greenery to your home. Houseplants like the *Cereus peruvianus*, the perfect cactus that blooms at night, complement both more delicate and rustic looks; while blooming florals balance out colder, more contemporary spaces nicely. Woven textiles are very trendy in 2018 and look great in practical pieces like pretty storage baskets that can disguise unsightly clutter.

Find more information online at moredaylight.ca/archtrends.
www.newscanada.com



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Great tips for hiring a renovation contractor

(NC) If your home needs a refresh, consider opting for the services of a licensed and qualified contractor for projects that are beyond your DIY skills. Use these tips to select the right one:

Find a contractor you can trust and are comfortable with. Check out the renovator thoroughly. Ask lots of questions when you meet, talk with previous customers, and visit past or current projects. Don't underestimate the importance of a comfortable personal fit so that you feel they are easy to talk with and are responsive.

Find out what services the contractor offers. Many professional renovation contractors also provide design and planning services that add value to the process. A true pro will point out opportunities for improving your design and any alternative that can save you money or improve the overall quality of your project.

Make sure you have a detailed written contract. A professional contractor will always provide a complete written contract that spells out everything, including their warranty. Never settle for anything less than this. Working with a contractor who does business the right way means not having to lie awake at night worrying what the final costs will be, or if the job will even get finished. A cash deal with no contract is no deal at all.

Know what to expect. Ask a lot of questions before any work begins. Who will be at your home for each portion of the work? How will your day-to-day living be impacted? Should you consider moving out during any portion of the construction process? What if want to

make changes? The more you know upfront about the whole process, the less anxious you'll feel.

Take an active role throughout the project. The best renovation results come from good communication be-



tween you and your renovation contractor. Ask for regular updates and know how to get hold of the contractor if you have questions or concerns. Be prepared to spend time going over drawings, monitoring the project's progress and fully discussing decisions.

Don't expect a problem-free renovation. The bigger the project, the more likely you'll run into the unexpected, such as existing deficiencies hidden in the walls, delays in special orders or bad weather. Be flexible and understand that some things are beyond the contractor's control.

The Canadian Home Builder's Association offers free information on how to hire a contractor the smart and safe way. Find more information at www.getitinwriting.ca.

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Renovating? Some DIY projects to avoid

(NC) Unless you have technical qualifications and a lot of experience, there are some projects and types of work that you are better off leaving to the pros. These are the ones that involve safety risks for you and your family, and it is better to let a professional do the work.

Plumbing, electrical and gas repairs and installations. Depending on provincial regulations, a licensed contractor may be necessary by law. Make sure you know the rules where you live. For the sake of your family's safety, work involving electricity and/or gas service should only be done by a qualified and licensed contractor. Because this type of work can result in a safety hazard if done incorrectly, permits are usually required.

Roofing or other exterior work involving heights. These projects require proper safety equipment that must be correctly used. If you don't have such equipment and know how to use it properly, don't take chances — hire a pro.



Asbestos removal. You should always use a professional for this tricky project, and provincial laws likely require it. Don't risk your health by doing this work on your own.

The Canadian Home Builder's Association offers free information on how to hire a contractor the smart and safe way. Find more information at www.getitwriting.ca. www.newscanada.com

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Kitchen Talk" BY Jim Lawrence

Kitchen Reno with no layout changes? Most unlikely !

As a professional kitchen designer I often hear from the homeowners that the layout has to stay the same, because they may think that is the only way it will work, or other designers has told them that, or maybe they think it cost too much to move the layout around. May I respectfully add, that all of the above being most likely is not true.

It is possible that the layout has to stay the same. I would have to say no changes would be the extreme exception , for example I have designed and installed not 100s but 1000s of kitchens, I can only think of one or two, that we did not make any changes to the layouts and those were rental units.

As a professional designer, when I look at the old kitchen, and should main layout have to stay the same, then I and the homeowner start looking at and exploring, the small changes to enhance the make over. A few small changes can add up to big impacts.

Take small changes then add Avondale's special seamless sinks and counters, these will give you the granite look and quality of granite for Formica prices, you will have a whole new kitchen with the WOW-Factor.

Do you have designers block, on your kitchen makeover? Or have you had a design done and it just does not excite you? Check out www.AvondaleKitchens.com, we have professional designers in your area every week. You may be pleasantly surprised with what they can come up with.

This article was written by Jim Lawrence
www.AvondaleKitchens.com
They have designers in your area every week doing professional designs and quotes. Check them out on the following:
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Brian Gluckstein's fresh spring picks

(NC) Spring is in the air, which means it's time to get your home revitalized and ready for the new season. From colour to décor, Canadian interior designer and home décor pro Brian Gluckstein shares a few of his favourites for spring.

Pretty in pink. Versatile with a touch of sweetness, nothing says renewal like a beautiful shade of blush. "Pale pink hues can be incredibly flattering colour choices for bedrooms, bathrooms and dressing rooms," says Gluckstein. Much like a neutral, pale pinks are soft and warm and can add the perfect touch of elegance to any space. "Benjamin Moore Pleasant Pink 2094-60 is a beautiful choice for a fresh, light blush and very on-trend with the millennial pink look we're seeing a lot of."

Make the neighbours green with envy. There is something special about the combination made by grey and green. Grey-green colours are the perfect extension of the grey trend with a subtle hint of colour to freshen up a space for spring. "Benjamin Moore Carolina Gull 2138-40 is a beautiful hue to warm up your space for spring," says Gluckstein. To add a modern touch and invigorate a traditional space, try pairing gold accents with grey-green colours.

Grey from the ground up. Simplicity is bliss, which is why some of us always turn to hues of grey to achieve that simple and elegant look in our homes. Grey has the ability to make a space feel fresh, breezy and open. "Look for a blue grey that pairs beautifully with light, grey washed floors," says Gluckstein. To create an illusion of higher ceilings, he recommends painting out base, trim and doors to match the walls.

Find more information at www.benjaminmoore.ca.
www.newscanada.com

An infographic with a light blue background. At the top, the letters '3P's' are written in large, white, stylized font. In the center, a blue silhouette of a person is shown from the side, dropping a blue cube into a blue trash bin. The trash bin has a green checkmark on its front. To the right of the person is a blue toilet with a red 'X' on its tank. Below the illustration, the text reads: "Don't flush that; it doesn't go away! Only three things should go down your toilet ... pee, poo and toilet paper - the 3P's. Anything else can clog or damage the sewer pipes, so put it in the garbage instead." At the bottom left, there are social media icons for Facebook and Twitter. At the bottom right, the logo for "Fredericton" is displayed in blue, with the website "fredericton.ca/donotflush" underneath it.

Don't flush that; it doesn't go away!
Only three things should go down your toilet ...
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How to protect your skin this summer

(NC) Buying new beauty and grooming products is always exciting. But before you start using your new products, it's important to slowly introduce the new formulas into your daily routine.

Everyone's skin is different, so it's important to ensure that the ingredients of your personal care products are compatible with your skin. If you're using a product that is new to you, conduct a personal product patch test to rule out sensitivities or a reaction first. This is especially important for children and people with sensitive skin.

To conduct a patch test, follow the product's directions and apply a tiny amount on a small part of the body, such as the inside of your elbow or your inner arm. Ideally, wait 24 hours and if the product causes a reaction, wash it off as quickly as possible. If you haven't experienced a reaction within this timeframe, proceed with integrating the product into your daily routine.



When shopping for personal care products for children or adults with sensitive skin, look for a gentle formula that will be non-irritating, especially for products that you will use every day, like soaps and sunscreen. The new Banana Boat Simply Protect kids and baby sunscreen lotion is a mild, mineral-based tear-free formula that is specially formulated to be gentle enough for your child's skin and offers SPF 50+ protection. Active adults can try the sport variety, which provides up to 80 minutes of water-resistant protection and is oxybenzone, paraben and added fragrance free.

Find more information at www.bananaboat.ca.
www.newscanada.com

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