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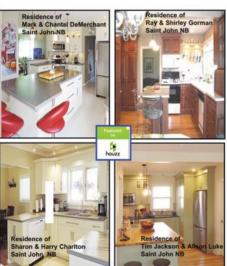
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2018 colour and design trends

(NC) Your home is a treasured place for living, relaxing and hosting guests. Give it new energy with these trending looks.

Lovely lavenders. Move over, millennial pink — this soft shade of violet is the "it colour" this year. Lavenders and lilacs are an evolution of the popular pink, and lend an air of royal sophistication to any space while bringing out beautiful, deeper tones in surrounding accents and furniture.

Statement lighting. Overhead light fixtures make for gorgeous focal points and help you set the ambiance for the room. Choose a stand-out piece that complements your décor, like an artisan chandelier or vintage sconces or pendants.

Warmer metals. Golden brass is becoming a surprisingly warm and subtle substitute for stainless steel and polished nickel. Stay on-trend with brass accents and décor, or dive in with faucet fixtures in your kitchen or bathroom in this unexpected tone.

Bold patterns. Big and bold is the way to go for patterns right now. If you want something more feminine and seasonal, go with boho-inspired florals that look like the work of an artist's paintbrush. Hard geometrics are a fun, modern atternative — think large circles in repetitive, balanced styles. Incorporate the trend with accent pillows or graphic wallcaper.

Intelligent design. Convenience is always in fashion, so look for elements that make life easier. Window treatments with PowerView motorization from Hunter Douglas allow you to operate your shades from anywhere in the world using your mobile device. This must-have feature seamlessly integrates with other whole-home automation systems, like Google Home and Alexa.

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HOMES

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Tins for your laundry room reno from Mike Holmes

(NC) An organized and well-designed laundry room can make everyday chores quicker and easier. Refreshing this space is a great project for spring. As Canada's most trusted contractor and handyman. Mike Holmes has seen it all from faulty venting to amateur plumbing to flooring gone wrong. Here he shares his expertise so you can avoid laundry room letdown.

Make a plan and make it right. As with any home renovation, planning is the key to success. Know the timing and budget for your project, but be flexible. Leave time and money for unexpected delays and surprise discoveries once you get underway

Think multifunction. As you prepare your design and layout, consider all the steps involved in doing laundry, and how you might want to incorporate them into the space. Do you hang a lot of your clothes to dry? Want to fold clothes right in the space? Need shelving for storage? Mapping out what you want before work begins will ensure the final product is a multifunctional room that meets all your needs.

Bring in the professionals. Wiring and plumbing are not DIY projects. Enlist the help of licensed tradespeople who have the necessary permits and qualifications to do the job right. This will help avoid any unnecessary repair costs down the road and prevent safety issues.

Select the right appliances. Spend as much time choosing your appliances as you do your paint colour, and look beyond style to find functionality that will make your life easier. Topload laundry pairs, like GE Appliances' Designer Line Evolution, are making a big comeback because of their ergonomic design, reliable performance and the fact that they don't retain moisture, which can lead to issues with mould and mildew.

Finish with flooring. You want to choose a material that's going to give you the biggest bang for your buck. Holmes' personal pick for this room is tile because it's durable, relatively low maintenance and very easy to clean.

Find more information on appliances at geappliances.ca.

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Pro tips for larger renovation projects

(NC) Major remodels and overhauls are complex renovation projects that can involve a lot of disruption to your normal daily routines. Contractor and design professionals stress the importance of discussing these impacts and planning for how best to deal with them before the work begins.

Knowing what to expect and having a plan for coping with the inevitable but temporary inconveniences that renovation involves can make a real difference to your renovation experience.

Some renovations and additions, such as converting a bungalow to a two-storey home, will require you to move out of your home during much of the construction. There is simply no way to get the work done efficiently if you are living there.

Other projects, such as an addition above an attached garage or a refurbished kinken, may allow you to live with the building project, but there will be inconvenience and disruption that you'll have to plan for. A professional contractor will be able to tell you what to expect and when, so that you can work together to minimize the disruption.

Be realistic about the time a project will take to get started and complete. Consider its full costs, including at least a 10 per cent contingency fund for changes and unexpected conditions, as well as the impact the project will have on the daily operation of your household and family activities.

If your project is likely to last more than a few weeks, it's wise to discuss your project with neighbours. In addition to unavoidable noise and dirt, there will be vehicles parked on the street, disposal bins in the driveway and truck deliveries. Most neighbours will be understanding and accommodating, especially if notified first. Include a requirement for daily clean-up in your

contract so that your home, street and nearby lawns don't end up resembling a construction site. Many professional contractors are part of Reno-Mark, the national program that aims to set the real pros apart. Find one in your community at www.renomark.ca.

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Perfect vour perennial garden this spring

(NC) Benairing your garden after an extreme winter can take some time and effort. But consistency is key to keening your blooms fresh and full year after year. Mark Beaty, live goods merchant at The Home Denot Canada, shares tips on how to prepare your garden and help your perennials thrive.

Preliminary cleanup. Fluctuating temperatures, frost and salt can all damage your garden throughout the winter, so you want to act quickly to help your plants recover. Once the ground has thawed, clean up any fallen braches, twigs and debris from flowerbeds. Remove any frost-burned leaves and, on a warmer day, soak the soil in your garden with a hose or sprinkler to help flush the salt and any lasting winter residue.

Picking your plants. Perennials can be planted as soon as the ground is workable. Each variety has a distinct blooming period lasting several weeks, so choose plants with different bloom times to ensure continuous colour. While regional assortment varies, some of our most popular perennials are hostas (easy to grow and perfect for shaded gardens). lavender, daylilles (great for attracting hummingbirds and butter-



flies), dianthus, iris and phlox (with a beautiful fresh fragrance).

Maintaining your perennials. In the first few weeks, newly planted perennials require daily watering to thrive. Keep soil moist to one inch below the surface by watering every day before 10 a.m. or after 6 p.m. throughout the summer. Prune older, dried flowers to encourage new growth, and at the end of the season, cut your perennials back to 6 to 12" above the soil level. This will help encourage growth the following season.

Find more information and determine the perfect perennials for your garden online at homedepot.ca/garden-club. www.newscanada.com



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Brunswick Nurseries Proud to be your local garden center for 42 years

owner Duncan Kelbaugh says...



When spring comes, I love to immerse myself in gardening ... with my customers by day, with my wife Betty in our vegetable and flower gardens at home in the evening, I'm a happy boy when I'm weeding. edging, and pruning. That white wooly blanket under my chin is Fern, the trained weeding poodle.



I love helping people with their weedy, overgrown or tired-looking beds and creating beautiful new gardens. And we have plenty of plants at the Garden Center that deer don't like. So lets get at it!!

Remains of Your Loved One... What to do?

In earlier times when a loved one passed a Traditional Burial was the only option. Now that cremations have become popular there are more choices for the family and Cemeteries are constantly adapting themselves to supnort these choices

Traditionally one burial plot was purchased for each person, but now cremated remains can be placed in the plot along with another Family Member.

Columbariums are another option as they accommodate cremated remains above ground. In some cemeteries, sections with smaller size lots have been designed for single and double cremations.

We all grieve in our own way, so there is no right or wrong way for handling our loyed ones remains

Some individuals choose to keep the urn at home on the mantle or in the bedroom as a way of staying close to their loved one. While others feel more comfortable in going to a cemetery where everyone can visit on their

Some family members do not feel relaxed if the remains are in the home. on display. The large amount of visitors to our Cemeteries twelve months of the year validates the comfort of visiting in a cemetery.

Maybe a compromise would be to have the ashes at home for a brief period of time and then choose a burial location.

Safety of the urn is another concern. There are no worries about house fires, water damage or misplacement if the urn is safely in a cemetery.

Spreading of ashes has become popular, however this does not leave a permanently marked location for the family to visit and remember. One option could be to spread some of the ashes and retain some for burial purposes.

I helped a family with their monument choice: one parent's ashes are at home in a double urn for when the other parent joins. Even so, the son told me that after a family event he went to the cemetery where the monument had been placed just to reflect.

In summary: Consider the safety of Urn and feelings of everyone involved when deciding on what to do with your loved ones remains.

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Watch for these 5 real estate trends

(NC) Changing interest rates and mortgage rules have left people across the country buzzing about what's going on in the housing market. Whether you're a young adult who's hoping to purchase your first home, a boomer who's looking to downsize, or someone in between, check out these emerging trends based on Statistics Canada's census data.

Condo nation: The condo boom continues, with almost 1.9 million households choosing this space-saving and cost-conscious housing option. Unsurprisingly, among Canadian cities Vancouver has the highest proportion of households living in condos, followed by Calgary and Abbotsford-Mission.

Millennial movements: Young adults aged 24 to 30 have a lower homeownership rate than baby boomers had at the same age. This may be partly because the number of those living with their parents is rising. However, many other factors, such as the cost of shelter are also involved.

Seniors staying put: People aged 65 and older are more likely to own their homes in 2016 than a decade ago, suggesting that they are more often willing to age in place, rather than to move into a retirement home or downsize into a rental anartment.

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Money talks: Property values vary greatly between cities. In Canada, the average value of an owner-occupied dwelling in 2016 was \$443,058. Meanwhile, it was \$1,005,920 in Vancouver, compared with \$734,924 in Toronto and \$366,974 in Montréal.

Ownership rates: Overall, the rate of households who own their home in Canada has remained relatively stable since 2006, with 67.8 per cent reporting ownership in 2016. However, broken down by province, the picture changes slightly: homeownership rates declined in the Atlantic provinces, Ontario, British Columbia and Nunavut, and increased in Quehec and the Northwest Territories.

Find more information at www.statcan.gc.ca/census.

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Top 10 ways to revive your dated house

(NC) Our homes are where memories are made, our retreat from the world, However, daily living, growing families, and time can leave your home looking less than its best. Fortunately, there's plenty you can do to breathe new life into a well-loved space. These top DIY projects will ensure your home looks and performs its best.

Clean. A neat and tidy home instantly brightens the space. creating a great foundation for other improvements.

Paint. This is the easiest way to quickly transform the look of a dated room. Don't forget to paint the trim to really make it DOD.

Consider replacing worn flooring. Update with hardwoods or choose more affordable ontions such as laminate or vinyl plank flooring. Eco-friendly options like bamboo or cork flooring have grown in popularity, while today's assortment of tiles can also create a stunning look

Address the comfort factor. Taking measures to make your home more energy efficient can dramatically improve everyday comfort and save you money. The easiest way to start is by simply topping up your attic insulation. Many contractors recommend a fire-safe, mould- and water-resistant stone wool insulation like Rockwool Comfortbatt. Made from stone, it's durable and easy to install. This important update can potentially save you hundreds in annual heating costs, and it only takes about a day or so to complete. Make simple swaps. New light fixtures or hardware on cab-

inetry can provide your room with an instant refresh. Give cabinets a new coat of paint if they look tired or dated. Let there be light. Replace heavy drapes with sheer window

coverings or blinds to flood the home with as much natural light as possible. Open up the space. Remove excess furniture and all signs

of clutter. Organize closets and pantries. Open windows to allow fresh air inside. Accessorize, Add inviting elements like fresh flowers, throws

or toss cushions. Does your room have a distinct focal point? Carefully chosen and placed accents or artwork can really make it stand out. Create curb appeal. Clean and pressure-wash the driveway

and walkways. Cut the grass, pull weeds, and trim shrubs. Consider planting annuals to add colour. Paint your front door and house numbers. Reboot your entry-way. It's simple, but it sets the tone.

Make sure it's bright, open and functions effectively. Install some clever storage solutions - there are plenty of options even for small spaces. It should always feel good to walk through the front door. After all, there's no place like home. www.newscanada.com



Lancaster Mall is your community place

At Lancaster Mall, your community place, there is something for people of all ages. We invite you and your family to join us on Saturday, March 31st for a day of fun. We have lots of activities happening throughout the day. The Easter Bunny will be hopping throughout the mall giving out maps to our Annual Easter Egg Hunt. There will be treasures hidden for kids to search out and find throughout the mall. Make sure to bring your camera to get a picture with the Easter Bunny. A Bouncy Castle will also be on-site for children to enjoy. While here you can fill out a ballot to win one of two (2) bikes; one for a boy and one for a girl.

Spring is in the air and Lancaster Mall will have more events and contests over the next few months. Stay up-to-date with what's going on at Lancaster Mall by following us on Facebook (@lancastersj), Instagram (@lancastermallsj), or our website www.lancastermall.ca.





he #wastewise

Did you know that City of Saint John garbage collectors pick up garbage and compost from over 500 households a day? You can help to ensure they work safely and efficiently for you by following these #wastewise guidelines:

- NO small bags such as grocery bags and small kitchen bin bags.
- NO construction and demolition materials.
- NO loose garbage that is not bagged or bundled.
- Indicate dangerous items like broken glass.
- Register twice a year for Bulky Items Pick Up Service.
- Dispose of your household hazardous waste such as batteries, bleach and paint for free at the Crane Mountain Landfill.

For more information, visit www.saintjohn.ca/wastewise or call 658-4455.





Unwelcomed "Guests" of Garbage and Compost

As the milder weather approaches, some residents experience unwelcomed visitors poking around their garbage bins. Bodents are a nuisance and can cause messes around our properties. Putting all food waste into the compost and not your garbage will keep your garbage from smelling and attracting critters. However, compost carts can also become troublesome in attracting pests.

"Mice. rats. raccoons and birds are attracted to the smell of food," says Katherine Shannon, Operations Manager for the City of Saint John Solid Waste Services. There are ways to reduce the smell your compost produces to keep pests away"

The City of Saint John and the Fundy Begion Service Commission recommend the following tips:

- . Store your compost cart out of direct sunlight.
- . I av newspaper at the bottom of your compost cart to absorb
- moisture and smells . I aver vard waste between your compost bags to absorb moisture
- . If you have a deep freezer, store full compostable bags in a box in the freezer and only put out on
- collection day. . Wrap food waste in newspaper. brown bags or special compostable
- . Hang a rag, soaked in bleach, inside your cart. Do NOT soak the contents of your cart in bleach though - that is too much!
- . Add baking soda or garden lime to
- help absorb odors. Use bungee cords or rope to secure





Did you know that landfill fees are 4 times higher for garbage than for compost? Considering that 40% of household waste is compostable, there is a dollarsand-sense logic to composting in addition to being Waste Wise. For more information and Waste Wise tips, visit www.saintiohn.ca/wastewise.



Deciding who to hire for your renovation

(NC) You've been planning your home renovation for months. attended all the home chowe and spent countless hours online looking at inspiration boards and photos. Vαιι'να alen intorviewed numerous contractors, checked their references and received written price quotes from those you are interested in hiring.



Now it's time to decide who will be doing the job. Once you have met with the contractors who are bidding on your job, you should review each set of

bid documents carefully. Compare every aspect of their bids - the description of the work, specifications (materials and products), price and allowances, deposit and payment milestones, project schedule and any additional recommendations or ideas.

While overall price is important, it is only one factor. Many homeowners who have successfully completed major home renovations speak about the importance of peace of mind and working with a renovator they trust and feel confident in.

If you have a particularly strong sense of confidence in one of the renovators, they are probably your best choice, even if their price is not the lowest. In the end, you should choose the renovator based on your sense of the overall value they can provide.

If any prospective con-

tractors suggest they can offer a better price if you nay them in cash and skip the paperwork, you should eliminate them from further consideration. They are essentially saving they cheat on their taxes and lie to the government, and you shouldn't expect they will treat you any better. You may also be implicated in future audits.

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

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Create the ideal cottage rental with these simple renovations

(NC) Summer is around the corner, and there are few warmweather activities more enjoyable than spending a weekend at the cottage. For those times when you can't possibly get away, why not generate some extra income by renting it out? To increase your cottage's appeal to potential renters, consider adding some desirable amenities.

Refresh your dock. There's no time better than the summer to fish, swim, and soak up the sun. Your dock can be a central location for activities, however, there's nothing worse than coming away from a weekend up north with slivers from an old dock. Take time at the beginning of the season to smooth out old wood by sanding and sealing it. Consider installing a new dock if you notice any safety hazards, like loose boards or jagged edges - vinyl and plastic options offer low-maintenance solutions.

Expand your entertaining space outside. Part of the fun of staying at a cottage is enjoying the great outdoors, so be sure to create a comfortable exterior where your quests can relax. An outdoor cooking and entertaining space adds an extra touch of luxury. Make it complete by adding a preparation and cleanup station, including a functioning sink, Complement a rustic faucet with Saniflo's Sanivite, a compact drain water pump that's easy to install and designed to handle the hard water that often comes with cottage living.

Ensure excellent functionality. Most cottages are based in somewhat remote locations, meaning their water and waste systems use cisterns and sentic beds. To avoid any issues



when renting your place, plan ahead by regularly scheduling water delivery and sewage removal services. Give your cottage an update with the Sanibest Pro, a complete plumbing system designed for heavy-duty use. This unit can easily be installed above the floor allowing cottage owners to install a complete bathroom or laundry room in as little as one day, without breaking the concrete or the bank. With a few simple changes, you and your renters can make

the best of cottage season, www.newscanada.com

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3 secrets for a great flooring upgrade

(NC) There's more to getting new flooring than just choosing tiles you like and having them installed. Make these tile secrets part of your project and you'll get better, more beautiful and longer-lasting results.

- 1. Get crack-free floors. Durability is key with ceramic and porcelain tile floors and the best way to ensure that your new tiles and grout remain crack-free is to install an uncoupling membrane underneath the tiles. These are dimpled plastic sheet materials that go down at the beginning of the installation and work by allowing the tiles abuffloor to move slightly from side to side in relation to each other. Adding this small detail might seem unimportant, but it can make all the difference in terms of your tile floor remaining crack-free over time, especially with tiles installed over wooden subfloors.
- 2. Use transition strips. Got a tile installation that won't sit entirely between walls? Will tile edges be exposed, perhaps where they meet another type of flooring? This is where transition strips can help. The best are available in different metals, finishes and shapes, but all deliver the same thing a refined, finished appearance where tile edges would normally remain visible.
- 3. Hire a contractor the smart way. Need a tile contractor to make your home more beautiful? Always insist on a full written contract before the work starts. This should include the contractor's warranty on their work, so any problems that arise can be resolved properly. Hiring someone without a contract is risky and can leave you facing expensive repairs or an unfinished job. Real professionals always put it in writting.

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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Smart ideas when designing small spaces

(NC) As homes become smaller and we adopt a more minimalist lifestyle, interior décor is offering fresh solutions to furnish tighter spots. Here are some big ideas to maximize your mini space.

Consider your routine. Be realistic about your daily habits and how you use the space so you can prioritize furniture and layout. Do you really eat at the dining table, or do you bring your plate to the couch? Do you work from home, or can you do away with that stately desk? Make your floor plan work for your lifestyle and you'll free up space in unexpected places.

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Set rooms apart with colour. Developing a unique style for each space can create the feeling of a larger home. Give every room a distinct colour palette that you use from the walls to the accessories. so that each feels defined and distinct with its own mond and character

Go vertical. One of the biggest mistakes people make in tiny living spaces is neglecting everything above eve level. But this leaves out valuable square footage. Utilize empty walls for added shelving and hanging storage, wall-mounted lighting and even a vertical herb or flower garden.

Spread the light. Natural light can make everything look brighter, bigger and more inviting. For a seamless look at the window, choose pared down designs and add visual interest with beautiful fabrics. Sonnette cellular roller shades from Hunter Douglas combine the energy-efficient construction of a cellular shade with the clean lines and simplicity of a roller shade. The innovative curved shape gently diffuses light, providing ambiance to all angles of your room.

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Top 5 ways to turn vour bathroom into a spa-like retreat

by Scott McGillivray

(NC) Today's busy lifestyles leave many of us craying a quick recharge. And there's no place like home to relax and unwind, so why not create a spa-like sanctuary where you can do just that? Here are some too tips on how to make it amaz-

Start with what's behind the walls. There's nothing less relaxing than dealing with a mould problem - a common issue in bathrooms. The wrong type of insulation can be especially vulnerable, so look for one that contractors trust just for this purpose. I recommend an insulation called Rockwool Safe 'n' Sound, It's made from stone, so it repels water and won't promote mould, mildew or rot, It'll also help create a peaceful retreat, thanks to excellent sound absorption.

It's all about the water feature. Whether it's a multi-head rain shower set against a backdrop of luxurious stone tile or a large, free-standing tub, nothing melts tension away and relaxes the muscles like water. Ontions abound and can be pricey, but remember, the water feature is the centrepiece of the space, and you'll use it every single day for years.

Create a warm space. A cold floor can abruptly end your calming experience. Radiant in-floor heating is one feature that, once you have it, you'll never know how you lived without it

Let nature inspire. Recreate a spa aesthetic with natural materials like teak, bamboo or stone.

Lighting and music, Incorporating waterproof wireless controls for music and lighting let you set the mood and tone for the ultimate unwind. If you're on a budget, add a pop of elegance with a beautiful light fixture on a dimmer and complement with aromatic candles.

Accessorize. From plush towels and robes to fresh flowers



or greenery, add some elements that make your bathroom. feel like a five-star hotel. Beduce visual clutter by storing toiletries or other items in decorative baskets or jars.

My advice is to relax, unwind, and tune out the world for a little while. Make it a guilt-free indulgence, because after all. we take hetter care of others when we take care of ourselves too



Scott McGillivray is the host of the hit HGTV series Income Property and Moving the McGillivrays, a full-time real estate investor contractor. author, and educator,



3 tips for designing your dream kitchen island

(NC) From bold patterns to stand-out pieces, the kitchen is getting a lot of attention from designers this year. Whether you are planning a reno or new build, these tips may inspire you to create the perfect trendy kitchen island you've always wanted.

Make it the focal point

A kitchen island is a natural place for family and guests to congregate, so make it the centerpiece it deserves to be. Not only do marble and granite countertops look luxurious and add significant value to your home, but the natural stone accents also provide a durable workspace that is easy to maintain. Consider completing the aesthetic with a stand-out light fixture to really make a statement.

Make it double-duty

Adding an island to your kitchen is an excellent solution for creating extra storage and counter space for cooking and food preparation. With a few chairs. it often doubles as a breakfast bar, but why stop there? Add an integrated beverage fridge and shelving to store your cocktail glasses for a built-in bar - convenient for frequent entertainers.

Make it functional

Add more function to your basic kitchen island with the addition of a cooktop, sink or dishwasher, Don't

let complicated or expensive plumbing work stand in your way. The Sanivite drain water pump from Saniflo is ideally suited for use anywhere in the home where additional plumbing fixtures are needed. This abovefloor pump is small enough to fit conveniently within a cabinet without taking up too much space, making it the perfect plumbing solution for your kitchen island.



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Top 5 DIY projects to help you live better

(NC) Household chores and endless projects can seem like a thankless job, but regular home maintenance is important to ensure your home's safety, comfort and long-term durability. If your to-

do list is ever growing, there's no need to feel overwhelmed. Focus on this list of musttackle jobs to not only improve your home, but your daily living, as well.

Insulate well. Ensuring your home is well insulated will improve your comfort, while saving you money by keeping heating and cooling costs in check. The right insulation —

ideally a non-combustible, inorganic product — can also improve your home's fire safety and air quality dense insulation with non-directional fibre composition will also help control sound for a more peaceful space overall. Many contractors recomment Picokwool stone wool insulation, like Comfortbatt and Safe 'n' Sound. Both resist fire up to 1,177° C and, because they repel moisture, aren't susceptible to mould, mildew or rot. They also offer excellent sound absorption and are easy to install.

Add storage. This is an easy DIY project that can tremendously improve the way your home functions. Built-in's are especially popular because they can create an impressive focal point. Assembling store-bought

units can also work with a tight budget. Ultimately, the goal is to give everything a place and to decrease clutter.

Paint. It's amazing how transformative paint can be. It can completely alter the way you feel about your home, creating an instant refresh and a foundation to anchor other updates.

Establish "me" space. Consider your interests and hobbies, then work on creating a special place in your home where you can truly relax or unwind. Whether this means

turning your bathroom into a spa-like oasis with some new tile or fixtures or creating a recreational retreat, having a room that helps you recharge is great for your mental health

Extend your living space. This doesn't have to mean an expensive addition. Consider simple improvements like refinishing unused areas of your home, like the basement, or re-purposing existing space, like a cluttered storage or laundry room that causes you stress. You might also bring an indoor feel to your outdoor space by building a patio or deck with comfortable seating and lighting to create somewhere that you can rest or entertain.

Ultimately, home improvements that help you live better can seemingly provide double the return. The ROI can be measured in enjoyment, as well as equity.





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Where to start when looking for window coverings

(NC) The perfect window treatment should do more than just cover a window. It can make a big difference in your home, managing its daily illumination, privacy and energy management needs and adding value and style to any room.

Whether it's for your kitchen, bedroom or living room, here are the features to keep in mind during your search.

Light control. Harsh light at the window? The right window covering can transform sunlight into a wonderful soft glow and help protect your furnishings from damaging UV rays. On the other hand, if you're looking for more light, opt for a treatment designed to help channel light deeper into your room, filling dark corners and reducing the need for electrical lighting.

Energy efficiency. You can keep your rooms warmer in the winter and cooler in the summer and save on home bills with energy-efficient products. Look for products engineered with innovative cellular air pockets that can block up to 50 per cent of the heat transfer at the window. Smart home shade automation. Imagine your shades moving automatically to the exact position you prefer for the specific lighting effect you love or adjusting themselves for the optimal energy efficiency throughout the day, For this revolutionary hands-free experience, check out the PowerView motorization system from Hunter Douglas that automatically moves your shades according to schedules you so chedules you so

Beautiful, unique designs. The right window fashion can become an interior's focal point, setting style throughout your home. Choose textures, finishes and colour combinations that complement your space in durable materials for long-term reliability.

Safety, Kids and pets are innately curious about the world around them, so even basic household items like window coverings can turn into potential hazards. Look for enhanced safety features that reduce the risk of accidents, like cordless and motorized operating systems, retractable lift cords, cord tensioners and wand controls.

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Benefits abound with this top home improvement

by Scott McGillivray

(NC) If you're looking for a renovation project that will provide excellent return on investment, there's one improvement that's hard to overlook: hetter insulating your existing home. It's not as flashy as some upgrades, but provides a whole host of advantages to the home and homeowner.



First and foremost, proper insulation levels help regulate indoor temperatures year-round, providing greater comfort to occupants. This can have many benefits from improved mood to better sleen.

A well-insulated home will typically cost less to heat or cool, providing monthly savings that can really add up over time.

Hate disruptive outdoor noise or indoor sound that seems to travel from room to room? Soundproofing insulation can help create a guiet, more relaxing environment, lowering stress levels and improving your sense of well-being.

Many older homes harbour mould, often as a result of moisture that has condensed inside the walls or attic. When renovating or building, always



opt for an insulation made of inorganic materials. I suggest insulating with a quality stone wool insulation like Rockwool Comfortbatt. It will repel water and resist the growth of mould and mildew, protecting your air quality and your investment.

Did you know insulation can add important passive fire protection to your home? Choose a product made from natural materials, like stone, which have a high melting point. In my own renovations, I use Rockwool Safe 'n' Sound because it can resist fire up to 1,177°C. Installed in walls and between floors, non-combustible insulation can protect escape routes during a fire and provide critical extra time to cet to safety.

There are few improvements that can simultaneously increase safety, quiet, comfort and savings. So, think about the places in your home where you can insulate to instantly create a better, more efficient indoor environment.

Scott McGillivray is the host of the hit HGTV series Income Property and Moving the McGillivrays, a full-time real estate investor, contractor, author, and educator.

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"Kitchen Talk" BY Jim Lawrence

Kitchen designing with pros

A kitchen make over goes through three stages: Before, Designs and After. A real kitchen renovation does take a little longer than the typical 30 minutes TV kitchen renovation programs. Unlike the TV make overs and the one shown in this article, a lot more does occur between the before and after. How do you make sure that your project goes smoothly and immely? Plan, delegate and use professionals to help that project come together. A professional kitchen designer typically can really bring a project together for you from start to finish. First a good designer will listen to your ideas, or maybe lack of ideas to start your project.

There are designers out there that can come into your home, and sit down and right on the spot work the designs and ideas with you. Normally if both spouses are interested in the project they should both be there to sit in on the first design session. A really good designer will keep this process moving along, engage you both in the preliminary ideas and concepts so it is easy, informative and entertaining.

As the concepts are-leid out and a floor plan is generated, usually with professional input, ideas that you thought not possible will come to light. Your designer should be able to turn them into 3D designs that will bring your new kitchen concepts to life.

Once the designs are complete your designer will be able to quickly generate a complete budget for you. If you do not have a contractor to do the renovation part of the project, the designer can usually suggest to you the right sized and reliable contractor for your project.

So...in short, the best way to get that kitchen with the "Wow Factor" is to work with pro's.

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: www.AvondaleKitchen.com www.Houzz.com www.foxondaleKitchensAndBaths Contact them directly at 800-551-4112 or book them through your favorite decorator or contractor.





The Keays Family would like to express their thanks to the following supporters and numerous animous contributors who offered their support to Charlotte as she undergoes her cancer treatment.



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3 steps to a new roof

(NC) A sound roof protects your home and family, but after a particularly rough winter it is vulnerable to wear and tear. Jack Rende, senior merchant for building materials at the Home Depot Canada shares three steps to a roof that stops leaks and increases curb appeal.

Self-Inspection. Sun, snow, ice, branches and wind can all age or damage rooling materials. Common signs you may need to replace your roof include missing, bilstering and curring shingles; deteriorating chimney flashing; and shingle granules in the gutters. Other signs include water stains, leaks, mould, mildew and daylight peeking through roof boards in the attraction.

In-home consultation. At the initial consultation, an installations services consultant assesses and measures the root, presents samples, discusses a budget and outlines the timeline. To best prepare for this appointment, catalogue any damage; note any personal style, brand and colour preferences; and determine your budget. Factors to consider when choosing a roof are style, colour, durability, warranties and installation. For an on-trend look with great quality, consider



inition colour blends and Advanced Protection technology.

Removal and replacement. Arrange a pre-installation inspection as well as an installation date for your new roof. Removal of existing roofing materials includes the delivery of disposal brins to ensure a thorough cleanup is accomplished. Once the project is complete, the installer reviews the project and performs a final inspection.

For more information on replacing your roof visit Home Depot Canada in-store or online at homedepot.ca. www.newscanada.com

Moving on up: Should you buy or sell first?

(NC) In Canada's evolving real estate markets, both buying and selling a home are very personal decisions. Add buying and selling at the same time, and the process becomes even trickier. The path up the property ladder is different for every one and which to do first depends on your unique circumstances.

"Buying and selling a home at the same time is no small endeavour and involves extensive research and a clear understanding of all the steps involved," explains Nicole Wells, vice-president of home equity finance at RBC.

Here are some things to consider before making a move:

Should I sell first? The upside of selling first is that you will know how much money you have to work with, and it's also easier to get new financing when you need it. However, if there are delays or challenges finding the right new home for you, you may incur additional rent and storage costs in the interim.

Should I buy first? In this case, you will have time to plan your move and get your current home ready to sell. However, closing dates on both the purchase and sale may not line up

and if your home doesn't sell for a while, you'll be stuck with two mortgages at once and a higher debt-to-income ratio.

Add a contract contingency. Whether you're buying or selling, try to add a contingency to your contract that lines up the closing dates to bridge the in-between period. This isn't always possible, as it depends on the market and whether the buyer/seller is willing to agree to an extended or reduced period of time.

Know the markets. Research prices in the areas where you're buying and selling. Does the market favour buyers or sellers? This is the best way to decide which move to make first. As a rule of thumb, you want to sell first in a buyers' market and do the contrary in one that favours sellers.

Consider rental revenue. Research the rental market in your area and calculate the cost versus profit ratio of renting out your home to tenants, rather than selling it. It could be financially advantageous, and real estate could be a great way to diversify your investment portfolio.

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Common Spring Lawn Issues

In the early part of the growing season, while the grass is just starting to grow and green up again for another year, many lawn issues are more noticeable than at other times of the year. Such things as moss, bare spots, and yellow grass splictches are initiatingly evident and many homeowners would prefer to deal with the issue now so they can enjoy a beautiful lawn all season lond.

Moss: Moss is a common problem in lawn areas which experience excessive shade, but moss can occur just as easily in the middle of lawns also. Generally speaking, it enjoys the type of acidic, compacted, moist soil that grass has a difficult time sustaining itself in and therefore it starts taking over the area. Moss is not really a "weed" and therefore does not respond to traditional methods of weed control. However, since moss does not have much in the way of a root system, it is easily raked off the surface of the soil. In doing so, you will be left with bare soil spots that can be topdressed and seeded. Take care to choose a seed that enjoys shade or you will quickly run into the same difficulty of a non-flourishing grass that again gets taken over by moss! Approaches to avoid moss are to thin trees in the area causing shade, aerate the soil to reduce soil compaction. and lime the lawn annually to keep the pH of the soil more balanced

Bare Spots: The reasons for the appearance of bare spots in lawns are many and varied, but there are a few common threads that could lead to this issue. One is old lawn damage from insect activity that might be many years old and if it was never reseeded, the old thatch has finally disappeared and left nothing but bare earth. Another reason could be that the bare spot(s) was once occupied by a dense weed or moss that suffocated the lawn in that area. Once the weed was killed off or removed, it left a blank spot where it once occupied space. The grass did not grow in that area, but it was not as noticeable because the foliage of the weed was green like the surrounding lawn. There may be other reasons that contribute to this phenomena of bare spots on lawns. However, it is rectifiable through either a topdressing and overseeding service or, in more extensive cases, a tilling and lawn renovation service. It is wise to consult a landscape professional to get their experienced opinion on your issue and how to fix it.

Yellow Spots: The reasons for yellowing grass are probably even more extensive than for bare spots on lawns. They can range from dog urine problems to winterkill damage to subsuriace insect activity. Dog urine spots, in theory, can be controlled by training your dog to do his/her business in a specific area off the lawn if at all possible. However, as we all know, some dogs listen better than others! If you know your dog has peed in a certain spot on your lawn, you can try to dilute the effects of the urea by watering it thoroughly. Some practices also include mixing some sugar in the water before watering. The yellowing effect comes about essentially because of a nitrogen burn. If the burn was not too severe, the grass in that spot might green up considerably instead of turning yellow. A blotchy yellowish area that is larger than a dog urine spot might be

winterfall especially in a winter that saw a lot of snow and/or loe buildup. More than likely those winterfall areas will be seen in parts of the lawn that held the snowice the longest into the spring. Sliceseeding or overseeding may be needed to reintroduce grass in the damaged area. Finally, yellowish spots that have grown in size or number quickly or that other creatures have a great interest in as they pick at the sod could be an indication of insect activity. Grubs are becoming more prevalent each year and chew on the roots of the grass. They are most active in the Spring and Fall of the year and heavy populations should be controlled by a chemical control designed for substance insects. If yellow spots appear in the middle of summer in big. I yellow spots appear in the middle of summer in big. I yellow spots grade in the school feel of summer in big. I yellow spots grade in the school feel of summer in big. I yellow spots grade in the probled of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in big. I yellow spots grade in the middle of summer in the problem that the problem the maintenance in the spots of the problem that maintenance is a section of the problem that the problem that maintenance is a section of the problem that mai

Most lawn issues can be kept to a minimum with a little bit of vigilance, a little bit of effort and ship with a little bit of effort and all bit has one of the seeding some problem spots on your lawn is in your future (ideal yin May or ind-August to mid-September), we have great news for you! New varieties of seed have been developed that news for you! New varieties of seed have been developed that permitted you with less welforting and that are more weed and insect resistant. Talk to us at! Uthan Landscaping about our NEVL outsom blind grass seed that will give you the results you're after with less effort than before. It's never been so easy to GROW GREEN!



Genius small bathroom makeover ideas

(NC) Looking for your next reno project? Consider transforming your bathroom - the most renovated room in 2017 - with a few strategic upgrades so you can enjoy a relaxing pasis and boost your property's resale value. Whether you're looking to refresh your ensuite or a powder room, use these tricks to make the most of every square foot.

Savvy storage solutions, Maximize limited space by incorporating streamlined and efficient organizing and storage options. Think floating glass shelves to hold toiletries, built-in shelves and shower niches to house mood-setting décor and towels, and pullout drawers and desk travs to keep iewelry and makeup tidy.

Mix DIY with smart shopping. To keep your budget





floors. You can also go with more expensive tile and flooring in a small bathroom because you'll need less material than you would in a larger space.

Opt for stylish resourceful fixtures. When upgrading your plumbing fixtures, choose efficient models that will make your life easier in the end. Make cleaning easier with the VorMax Plus self-cleaning toilet from American Standard, Available at Home Depot, this innovative toilet cleans and freshens with its Lysol Fresh Infuser every time you flush. Its smart design reduces the clutter of having multiple





755 Rothesay Ave., Saint John, NB

cleaning supplies and its antimicrobial surface eliminates buildup and dirt that cling onto conventional bowls.

Bring on the bold. Don't be afraid to add fashion and flair small bathrooms can benefit from character and charm that create visual interest and please the eye. Pick one or two features to play up. For a contemporary cottage look, try an oversized mirror framed in distressed wood. For a serious spa vibe, choose a luxurious showerhead, large tiles and plush accessories. www.newscanada.com

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