



GAIL & INGRID'S...  
**AUGUST NEWSLETTER**  
 Monthly Tips & Timely Advice!



There's no better way to cool off on a hot summer's day than taking a dip in a cool, refreshing pool. Whether in your own backyard or at a public pool, safety should always come first—and the following tips can help ensure that everyone has a good time.

**Buddy System:** Have your kids practice the buddy system, teaming up with one of their peers to watch out for one another.

**Supervision:** If a lifeguard isn't on duty at a public pool or you've got kids playing in your backyard pool, coordinate to ensure at least one adult is present at all times.

**Education:** Enroll your kids in swimming lessons so they can both gain confidence around water and respect its dangers. Make sure they know where (and where not) to dive.

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Tell her Gail sent you

The following tips from the Department of Energy may help you reduce your energy consumption, and they're free!

- If the area around your air conditioning vents are blocked, clear it out, as this will allow for better ventilation, and your A/C won't have to work as hard.
- When you use a ceiling fan, you can raise the thermostat by roughly four degrees and still keep cool, which could save you a good deal of money over time.
- Hang laundry outside rather than using the dryer to dry your clothes during the summer months. Energy conservation isn't just good for your pocket book—it's essential to the health of our planet!
- During hot days, avoid using the oven—instead, use the microwave or stove, as they radiate far less heat. You can also grill outside and enjoy the waning days of summer, rather than heating up your house.
- Enjoy more candlelit dinners—they're not just romantic, they're making the world a better place by reducing energy use!

**How to make the most of a small yard:**

You might think that keeping a small yard open and loosely planned would make it feel bigger, but the opposite is true. The key to a more spacious feeling is all in the organization. Define the spaces in your small yard and make their purposes clear.



In tight quarters, use available vertical surfaces and plant up. Whether you choose to grow herbs and veggies or lush flowering vines, a vertical garden creates a green oasis.

A small yard will feel more grand if you turn it into a destination. Create an outdoor room with a nicely arranged patio set and grill. Or add a special feature like a fountain, fire pit, or cozy reading nook to make this tiny spot worth the visit.

You can plant trees in a small yard so long as you choose ones that grow up instead of out. Taller, thinner shapes, such as columnar evergreens, and dwarf varieties of shrubs will give you lush landscaping without eating up all your space.



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