



**Workshop  
for Women**

"Building Your Home Improvement Skills"

# Workshop News

**"Building Your Home Improvement Skills"**

## Staying Cool on the Cheap!

### Announcements

#### Learn to Design and Install a New Closet!

2 Dates to choose from:

Monday June 11  
6 pm - 8 pm  
Monday July 23  
6 pm - 8 pm  
**\$40.00**

Class size is limited!  
(see article below)

[June 2007 Schedule](#)

#### Father's Day Fun Facts

1. So thankful to her father was Mrs. John B. Dodd, of Spokane, Washington, that she pushed for an annual Father's Day Observance in 1909. Her own father was a civil war veteran and was widowed when his wife died in childbirth. He was left with six children to raise.
2. The word "Dad" dates back to the sixteenth century. It may have originated with the Welsh word Tad, meaning father, which later mutated to Dad.
3. There are approximately 66.3 million fathers in the United States.
4. Neckties lead the list of Father's Day gifts.... and there are 10,416 men's clothing stores around the country.

#### Staying Cool Now

1. Install white window shades or mini-blinds.
2. Close south and west-facing curtains during the day.
3. Install awnings or hang tightly woven screens or bamboo shades outside south-facing windows.
4. Apply low-e films on windows. These can reduce the heat gain through glass without eliminating visibility. Remember, These films will also reduce the warmth of the sun during the winter months though.
5. Check for cracks around your windows, and seal them with appropriate caulk or weather stripping.
6. Use portable fans or the "Fan Only" setting on your heating system's thermostat to keep the air moving.
7. Install ceiling fans in rooms you would like to cool.

Note: Keep in mind that the fan really isn't cooling the room. Like a breeze on a hot summer day, it's the blowing air moving across your body that makes you feel cooler.

8. Minimize mid-day washing and drying clothes, showering, and cooking.
9. Unless you absolutely need them, turn off incandescent lights and heat-generating appliances.
10. When it's time to cook, opt for the barbecue instead of the oven and cook top.

#### Staying Cool in the Future

1. If the attic isn't already insulated or is under-insulated, insulate it NOW. This will give you the greatest change in comfort for the least amount of expense.
2. Plant now to provide shade in the future. Trees, large bushes, and vines can provide shade and cooling evaporation.
3. Consider installing an energy efficient air conditioner or purchasing one of the new portable air-conditioners.

#### Keeping Yourself Cool!

1. Drink lots of water and natural juices. Avoid alcoholic beverages, coffee and colas.
2. Take cool baths or showers.
3. Wear loose, light cotton clothing.
4. Do not eat heavy meals. Avoid cooking with your oven.
5. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
6. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

## Design Your Own Closet!

Are you tired of stuffing your clothes into that closet?

Have you been dreaming about a well organized closet with room for everything?

How about learning to design and install the perfect closet for YOU?

Register for one of 2 clinics coming up in June and July.

Monday June 11th at 6 pm  
or  
Monday July 23rd at 6 pm

Dennis Deden from Next Day Closets will be facilitating the clinic. You will learn the ins and outs of closet design techniques and how to design your closet to maximize space and accessibility. You will learn all the steps re-

quired to install the closet components yourself and will leave the clinic with your custom closet design. You must register and pay in advance. You will be emailed a design sheet to fill out and bring with you to the clinic.

Register Today!