



VIDYA BALAN AT THE LAUNCH OF THE WRONG TURN BOOK.

A Growing South Asian Oakville Apparel Company Poised To Grow Further

OAKVILLE - While John Oliver, Member of Parliament, Oakville may be used to suits and ties, last week he toured Entrip Custom Clothing, an Oakville grown producer of custom t-shirts. Over 3.5 million custom t-shirts each year are made in the company's 35,000 square foot facility and the company is poised for further expansion and hiring. During the tour, Oliver was struck by the company's rapid growth. Entrip was born in 1999 out of a university dorm room and now employs over 100 full-time staff and is the largest custom apparel decorator in Canada. "One of the best parts of being an MP is seeing small and medium sized businesses in our community thrive and grow," says Oliver. "The growth of Entrip is a remarkable success story and the planned expansion will create even more quality jobs and generate economic activity in our community," says Oliver. Entrip plans to add 40,000 square feet and hire an additional 100 employees within the next five years. The company is also investing in new equipment and technology to enhance production capacity. "I attribute our double digit growth to our continued investment in new technology to increase efficiency and improve the client experience," says Jas Brar, President and CEO, Entrip. "We're also very proud to be one of Canada's top 100 employers paying every employee a living wage - we don't have any minimum wage jobs here." Many of Entrip's



employees are newcomers to Canada. During the tour, MP Oliver witnessed first-hand how custom clothing, hats and many other items are produced and toured the company's warehouse where custom apparel orders are packaged and shipped out to customers across Canada. He also visited Entrip's pre-production department where client artwork is prepared for printing and met the company's Information Services 9 in-house developers who manage all aspects of Entrip's website experience.

SHOW OF SUPPORT FOR MARKHAM-UNIONVILLE NOMINEE SHUSMITA SHARMA



TORONTO - Progressive Conservative Nominee for Markham-Unionville Shusmita Sharma captured hearts while garnering support from the local community for her nomination as the Progressive Conservative candidate for the Markham - Unionville riding. At a recently organized Politics and Dholak/Sangeet: An Evening of Cultural Music and Women from the Progressive Conservative Party, Sharma wowed not just members of the party but also members of the community with her ideas and thoughts. The event, which took place at Sharma's residence, was attended by a number of politicians and Progressive Conservative dignitaries including Senator Asha Seth, Sandra Larmour, President, Ontario PC Women in Politics and PC candidate Sabrina Zuniga among others. There were also a number of prominent members of the public present. "Under the Liberal regime, life has become more difficult for hardworking Ontarians. We need to address deepening concerns around issues such as rapidly increasing hydro rates, health care, and focus on making our communities stronger. I want to ensure these issues are addressed and resolved so that we all thrive in a better Ontario under the leadership of the PC Party caucus," emphasised Sharma, to the crowd. Sharma's values and approach to life have been influenced by her grandmother, who worked as a Municipal Corporator in Mumbai, India and her mother, a doctor. Sharma has a strong background in volunteering and has worked at grassroots level with seniors and youth within the community to better understand the issues that affect them on a day-to-day basis. Sharma is committed to improving health care, creating jobs and putting money back in the hands of hardworking

Ontarians. Sharma is also the founder of Sayaa (South Asian Young Adult Association), an organization that aims to enrich the youth and provide them with a sense of purpose. Over the years, she has raised more than \$200,000 for the Scarborough Hospital Foundation, Hospital for Sick Children, Markham Stouffville Hospital, Heart and Stroke Foundation and other organizations. "Amongst the many concerns I share with Patrick Brown, it's safe to say the top most is hydro rates. Since 2009, under the Liberal regime, the province has given away \$6 billion in surplus electricity. I fully support the mandate of our Ontario PC leader Patrick Brown that we have to find solutions to this bonning dilemma that the Liberals have put us in. Escalating hydro rates are affecting hard-working Ontarians, impoverishing homeowners and driving businesses out of the province. This is also adversely affecting our provinces debt and job rates," stated Sharma.

BEAT SUMMER ACNE USING SIMPLE TIPS

NEW DELHI, (IANS) During summers, most people experience sudden acne breakouts on their face, upper back and chin due to excessive sun exposure. Binge on fiber rich food and maintain a proper cleansing routine to keep acne away, says an expert. Megha Shah, Cosmetologist at Beauty and Curves Clinic, Surat, has rolled out tips that can be incorporated in daily life routine to eliminate or avoid acne in the hot season:

* Say no to acneogenic foods: No matter how often you crave for those ice creams, chocolates, cakes, and pizzas if you want to take control over your acne say no to sugars and refined flour. Certain sea-food and fatty food can also flare up acne.

* Avoid food that causes constipation: A fiber-rich diet including citrus fruits, melons, sprouts work wonders for your gut. A properly functioning excretory system prevents constipation and results in a clean, clear face.

* Cleansing routine: During summers, a lot of dirt and oil gets accumulated on the face, do not forget to wash your face at least twice a day. Use a good exfoliant once a week to shed off dead skin and clean your pores gently. You have to be an ardent follower of a cleansing routine to banish acne during summers. A salicylic acid-based face mask is great to soothe your acne-prone skin. Tea tree oil is also great to avoid acne.

* Change your moisturiser: Moisturising your skin in summer is as important as moisturising it in winter. Therefore, choosing the right lotion is important. Always go for gel-based lotions that don't make your skin greasy. A non-comedogenic product (that doesn't clog your pores) should be selected to avoid acne.

* Ingredients in your products: Retinol, glycolic acid, benzoyl peroxide are some great ingredients to control acne especially in summer. A regular application of night cream with any of these products is a good idea. * Early treatment is the key: In case you feel that acne has aggravated beyond your control, you should visit a dermatologist immediately. Depending on the severity of the problem the doctor will suggest advanced procedures like peels that replenish your skin from within or laser treatment such as non invasive Venus Viva that can support curing active acne and associated flaws.

Electric appliances may impact pacemaker's functioning

LONDON, (IANS) If you are using a pacemaker to regulate your heartbeat, be careful about the proximity to your body of everyday household appliances and electrical tools as these may affect the functioning of the device, warns new research. A pacemaker is a small device that is placed in the chest or abdomen to help control abnormal heart rhythms. This device uses low-energy electrical pulses to prompt the heart to beat at a normal rate and is used to treat problems relating to the rate or rhythm of the heartbeat.

The findings showed that pacemakers are susceptible to electric and magnetic fields (EMF) generated from powerlines, household appliances, electrical tools and entertainment electronics, in particular when programmed to maximum sensitivity or so-called unipolar sensing mode. This EMF interference, depending on factors such as the settings of the implant or strength of the field source with pacemakers, can result in bradycardia, or a slow heart rate.

"Electromagnetic interferences with pacemakers in everyday life can cause harmful interferences," said Andreas Napp, cardiologist at RWTH Aachen University Hospital in Germany. In many cases, holding the appliance, tool or other EMF source at a forearm's length distance - greater than 12 inches - limits the risk of electromagnetic interference. Thus, "in occupational environments, such as the manufacturing industry, an individual risk assessment for workers with a pacemaker is required due to the presence of a strong EMF," Napp added, in the paper appearing in the journal Circulation.

However, using dedicated device programming can effectively measure to reduce the individual risk of interference. For example, doctors can reprogramme pacemakers to a lower sensitivity to reduce EMF susceptibility, Napp said. For the study, the team tested under different conditions the impacts of EMF exposure on 119 patients with pacemakers.

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