

Improve your home's air quality

Did you know that Canadians spend nearly 90 per cent of their time indoors? This is especially true in colder months. Consequently, concern about indoor air quality is increasing – and rightly so.

Air pollution and contaminants can be found in abundance throughout our homes in products and materials that we are in contact with every day. Poor air quality can be caused by household chemicals, by biological pollutants such as mould, mildew, and dust mites, and by off-gassing from building materials and HVAC systems. Advancements in home construction have also created dwellings that are more airtight than ever before which seal in harmful pollutants. The potential health implications can be serious.

Health Canada indicates that incidences of asthma have increased fourfold in the past 15 years. Furthermore, 52 per cent of those households linked poor indoor air quality as a direct cause. Yet, even as the issue's prevalence grows, homeowners can take some preventative measures and precautions to safeguard their health and improve indoor air quality, as follows:

- Store varnishes, paint, and solvents outside of the home. Opt for a storage area with good ventilation to deter the effects of off-

gassing. Paints, varnishes and solvents can emit volatile organic compounds (VOCs) that are potentially harmful to human health and the environment.

- Prevent and remove all household mould. Ensure there is adequate ventilation in rooms prone to water vapour, namely the washroom. Likewise, fix leaks in pipes, walls or floors or on the roof. Invest in a dehumidifier to control humidity levels in your home. Mould and mildew are known contributors to allergies and asthma.

- Invest in an air purifier. Our homes routinely harbour pet dander, dust, dust mites and other allergens, as well as harmful VOCs. An effective solution to improve indoor air is to use a high-quality air purifier with an electrostatic precipitator, like the Oreck ProShield. This type of air purifier, featuring an advancement called Truman Cell technology, will also capture and destroy allergens and dust, as well as larger particles like hair and lint. Look for a unit with an 'oxygenator' stage that converts ozone to oxygen for cleaner air.

- Introduce house plants into your home. Some plants can be very effective at improving air quality and even removing harmful VOCs like benzene and formaldehyde.

UGLY Kitchen Cabinets?

At Miracle Method **WE FIX UGLY!**

*Don't replace...
Refinish!*

- **SAVE THOUSANDS!!**
- Little disruption in your home
- Only the highest quality lacquers used



WE CAN FINISH:

- Wooden doors
- Melamine
- Thermo foil doors (even if they are peeling and cracked)

WE ALSO REPAIR AND REFINISH

- Bathtubs • Countertops
- Tile Showers and Walls
- Fiberglass Tubs and Showers

Call for a free in home estimate
905 494-1915



Miracle Method
SURFACE REFINISHING

VISIT OUR SHOWROOM
247 Armstrong Avenue Unit 10 Georgetown

Monday-Friday, 8:30 to 4:30.
Evenings and weekends by appointment.
MiracleMethod.com/brampton

Each Miracle Method franchise independently owned and operated

See our work at MiracleMethod.com/brampton

Country Reflections
The Vintage Shoppe

the little Acton store...
with so much more!

New....
FURNITURE PAINT/ PLASTER PAINT

ANTIQUES & One-of-a Kinds

COLLECTABLES

LAMPE-BERGER

GIFTS



We do CUSTOM WORK
on your pieces or our finds.

39 MILL STREET, ACTON

Tues & Wed 10-5, Thurs 10-6, Fri 10-5, Sat 10-4, Sun 11-4, Closed Mon

WePaintSiding.com



Faded and dated? **Get it Painted!**

Have a beautiful home for
1/4 the Price
of siding replacement!

Personalize your home with a
custom colour scheme

Lasts **15+ years** on
aluminum and vinyl surfaces

Book your **free estimate** at
WePaintSiding.com

Call 905-703-1221 or go online
and visit our FAQ page for details



LEATHERTOWN LUMBER

ENTER FOR A CHANCE TO **WIN**
\$5000.00 towards a Home Renovation
from Castle Building Centres
Contest open September 15th to November 15th 2015
Visit Castle.ca for a list of participating Castle locations and complete contest rules.

BE PREPARED FOR FALL



4 Ft. Aluminum 5" Gutter Guard
Easy to install. Protects gutter, downspout and drain from leaves, stones and other debris.

WHILE SUPPLIES LAST / UNTIL OCTOBER 31

DOOR BUSTERS
\$19.99 REG \$32.99
MintCraft™ 3-1/2-Lb. Michigan Axe
Single bit. 33" fiberglass handle.

\$16.99 REG \$28.99
Ceramic Heater Fan
750/1500 watts. Features adjustable thermostat

DOOR BUSTERS
\$249.99 REG \$299.99
DEWALT
20 Volt Max Cordless Drill/Driver/Impact Driver
Includes 1/2" Drill/Driver, 1/4" Impact Driver, (2) Li-Ion battery packs, charger, (2) belt hooks, bit holder & kit bag.



264 Main Street North, Acton
519-853-1970 **416-601-1259**

www.leathertownlumber.ca • Mon-Fri 7-6; Sat 8-4; Closed Sun