



GORD* & MICHELE* DAWE
1-888-656-4348

*"Give Us A Minute Of Your Time And
 We Will Give You Years of Experience"*



Gordon B. Dawe
 *Sales Rep.



Blue Springs Realty (Halton) Corp.

Michele Dawe
 *Sales Rep.



**BRIGHT, SPACIOUS
 BUNGALOW IN
 MATURE AREA OF
 ROCKWOOD
 \$249,900**

Eat-in kitchen with oak cabinets & walkout to large deck & fenced back yard with dog run. Separate dining room, cosy living room, 3 bedrooms. Large unfinished basement with roughed-in washroom. Walk in from attached garage. Close to park & library. Great family neighbourhood. Please call **Gord*** or **Michele*** to view.



NEW

**WHY PAY RENT - WHEN
 YOU CAN OWN YOUR OWN
 CONDOMINIUM
 APARTMENT? \$142,900**

Well maintained 2 bedroom condo close to Highway 8 and 401. Living room and dining room combination with upgraded broadloom and walkout to balcony. Kitchen with oak cabinets, large master bedroom with walk-in closet and 4 pc. ensuite with marble flooring. 3 pc. washroom with marble flooring. All appliances and blinds are included. Condominium features indoor parking, pool, sauna, whirlpool bath and exercise room. Shows 10+.



**MAIN STREET
 COMMERCIAL
 PROPERTY IN ACTON
 \$239,900**

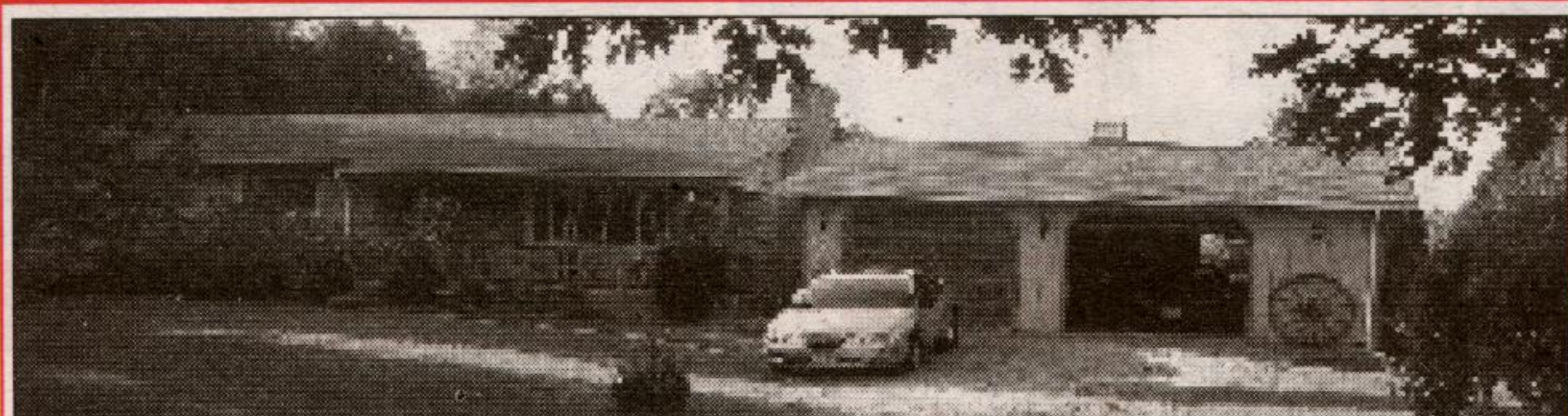
Former Chinese Restaurant plus separate office and large apartment. Garage and parking at rear. Please call **Gord*** for your personal showing.



**OPEN FOR
 ADMIRATION!!
 GUELPH SOUTH
 END
 \$232,000**

The Welcome mat is out on this well cared for 3 bedroom home. Cosy living room overlooking eat-in kitchen with ceramic floors & oak cabinets open to family room with ceramic floors, tongue & groove wood ceiling

with skylights. Gas fireplace & walkout to deck and landscaped back yard. Finished recreation room with 3 pc washroom. Updated gas furnace with central air conditioning. Large paved driveway area for RV. Includes all appliances. Close to schools & shopping.



**"ONE OF A KIND" COUNTRY BUNGALOW ON
 2.23 TREED & MANICURED ACRES - \$379,900**

Approx. 1500 sq. ft. bungalow. Large living room with bay window & woodburning insert. Separate dining room with walkout to 20x20 deck. Eat-in kitchen. Main floor laundry with walkout to 21' x 10' deck. 3 & 4 pc. washrooms. Large master bedroom with double closets & upgraded broadloom. Finished recreation room with woodstove & wet bar. Central vac. Detached oversized double garage. "One of a kind" country property. Postcard setting.



A fireplace, airtight windows, carpeting, family pets can all lead to bad air quality according to the Lung Association's website, www.YourHealthyHome.ca

Lung Association launches website

Your home's bad air quality could be history with these tips

Take a quick look around your home and you too will realize that truth can be more scary than fiction, so says The Lung Association in its fall launch of www.YourHealthyHome.ca, which helps consumers fight off hidden enemies and keep their indoor air healthy.

Leading a tour through an east Toronto home, Brian Stocks, Air Quality manager for The Lung Association a.k.a., Healthy Homes, unveiled some of the dastardly culprits that rob families of optimal health.

Today, chemicals are one of the prime offenders, often stored under the kitchen or bathroom sink. As well, vapours from some types of carpeting, window coverings and other furnishings, are emitted throughout your home, often trapped inside because today's home is airtight.

"Homes now are becoming more energy-efficient, which means air is sealed inside for greater warmth in the winter and cooling during the summer months," says Stocks. "But it also means airborne contaminants can remain trapped inside as well, and that can have a damaging effect on your family's health. What you don't look for can really hurt you."

The Lung Association's new website, www.YourHealthyHome.ca does the sleuth work for consumers, pointing out common problem areas and offering elementary solutions.

Consumers wanting to dig out their magnifying glass can conduct their own surveillance on the air quality enemy. Beware— dangerous elements include:

- Where there is steam and humidity, there is the potential for mould so be sure to run fans in the kitchen and bathrooms when needed.
- That lovely aroma of a fire burning is deceiving. If you can smell your fire, that means there are carcinogens and other compounds in the air.
- Most family pets have dander, which can trigger asthma and act as an irritant for many individuals.
- Microscopic animals, such as the dust mite, feed off human skin and hair. They can be eliminated by wash-

ing pillows, bedding and stuffed animals at high temperatures.

- Your furnace acts like the lungs in your home. Use of a high efficiency pleated filter can help remove many of the smaller particles from the air.

- Check your basement for mould. The bacteria from mould can travel throughout your home. Look for cracks in your foundation— these can allow seepage of moisture and radon into your home.

- Provide a place outdoors for guests who choose to smoke. Tobacco smoke is one of the leading triggers for asthma.

- Use a central vacuum system to remove dust to a sealed canister outside of the living area.

The Lung Association's Healthy Home program assists consumers interested in keeping their home healthy, particularly those who may have a family member suffering from asthma or chronic obstructive pulmonary disease. The new website offers an on-line home tour, among other features, designed to heighten awareness of the indoor air quality problem and ways to alleviate it.

"The majority of people assume our air problem is largely outdoors," says Stocks. "But we spend up to 90 percent of our time indoors and can make major improvements to our home environment applying relatively simple remedies."

Consumers are invited to take part in The Lung Association's website launch promotion by logging on to www.YourHealthyHome.ca and can enter for the chance to win a Beam Central Vacuum System.

The Lung Association would like to thank its Presenting Educational Sponsor, Beam and its Educational Partner, Filtrete by 3M, for making this website possible.

The Lung Association is a registered charity that provides information and funding for research to improve lung health. Its focus is on prevention and control of asthma, chronic lung disease, tobacco cessation and prevention, air quality and its effects on lung health.

For further information on lung health, please call 1-888-566-5864.