



Home building tips

Make your home 'green' and healthy

Going "green" is not solely for our planet's future. Developing a responsible, sustainable lifestyle can have immediate health benefits for you too— especially if it starts with your home.

During construction, the main objective is to build a home that is safe, attractive and comfortable. This wish list invariably includes staying on budget but with superior materials and fixtures for low, future maintenance. And these days, of course, there is one more priority.

"Green choices are also top-of-mind for homeowners as they start to build," says Todd Blyth at Nudura Corporation, a leading name in building systems. "People are asking about the use of sustainable materials and are very interested in building methods that deliver energy efficiency without impacting the environment. No wonder then, that the innovative use of concrete, not wood, is in high demand."

Mould Control

If your home is built with traditional stick framing, mould growth is a risk due to its inherent natural moisture. The alternative is concrete— and the more eco-conscious companies like Nudura, have developed pre-assembled forms filled with reinforced concrete for this purpose. Providing double the insulation, this is an energy efficient system that delivers benefits to both the environment and to the occupant's health. The company's Lego-

like building forms have foam panels (EPS) all of which creates an easy-to- assemble, energy efficient envelope.

"If uncontrolled, the adverse health effects of air-bourn mould spores can range from a mild irritation to allergies or severe illness," Blyth explained. "Our research has shown that the Nudura EPS foam will not propagate mould growth even under laboratory conditions that are designed to generate the most problematic mould conditions. When the forms are filled with concrete it creates a reinforced monolithic wall that virtually eliminates

any gaps where mould could potentially develop."

As importantly, pre-assembled forms make houses easier and quicker to construct. Maintenance costs are projected lower due to the resulting durability and energy efficiency— and current research data shows that buildings with this concrete innovation are up to nine times stronger, provide far more fire protection, far more sound insulation and can produce energy savings of up to 70 percent. More information is available online at Nudura.com.

—News Canada

Build a healthier 'green' home

The efficiency of the home we live in is at the core of environmental responsibility.

When building, or renovating, for example, the right questions and decisions will put you in complete control of the construction materials—and anyone prone to allergies, will have even more incentive to do so.

Paying attention to your home's structural elements— and eliminating wood— will go a long way to control illness-causing mould for example. Instead, consider the benefits of concrete. Take a look at the innovative, pre-assembled concrete forms supplied by Nudura, for example.

It is reported that this company's Lego-like system— using foam panels (EPS) held together with polypropylene webs and reinforced concrete—makes construction easier and faster. It delivers double the insulation and for those looking to control allergy-causing mould spores, this concrete alternative eliminates gaps in our walls where moisture collects. Additional data shows that buildings using the EPS system are up to nine times stronger, provide far more fire protection, far more sound insulation and can produce energy savings of up to 70 percent. More information is available online at Nudura.com.

—News Canada

Rectangles or ovals,

IT'S ELEGANCE

that's anything but square.

Area Rugs can provide just the right touch to enrich your home with beauty. Versatile and attractive, area rugs can create a stunning focal point in any room. Carpet Barn Carpet One has a vast assortment of distinctive area rugs in a large variety of styles, colors, sizes and patterns. You'll find hot new designer fashions, timeless traditional patterns and dozens of choices for any room in your home.



Unique Warranties
Exclusive Brands

Personal Service
Certified Installation

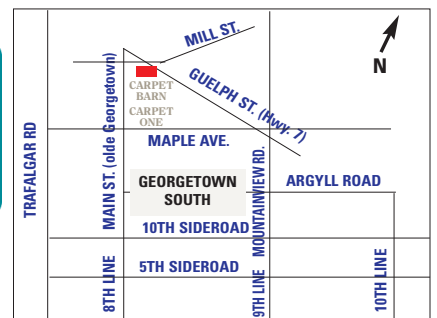
CALL US FOR YOUR "FREE" IN-HOME ESTIMATE

CARPET BARN CARPET ONE



26 Guelph St, Georgetown • 905 877-9896 carpetone.com • 1-800-CARPET-1

(Downtown Georgetown)



Locally owned & operated by neighbours you've known & trusted for over 35 years!