

## How to eliminate excess moisture in your bathroom

(NC)—There's nothing like a long relaxing hot bath or a soothing shower to revitalize the body and spirit. The problem is these necessary indulgences can also lead to steamy mirrors, damp walls and fogged windows — true signs of excess moisture and that your bathroom isn't properly ventilated.

These signs of excess moisture are more than just annoying, they could also indicate developing problems like mold and mildew, ruined insulation, and wood rot. Spot ventilation solutions from manufacturers like Broan can clear the air quickly and efficiently, removing potential problems before they invite themselves into your home.

Today's homes are built airtight for efficiency. But that means moisture and airborne pollutants stay where they are unless they are vented away. Eliminating excess moisture keeps your home dry and comfortable and can help avoid mold and mildew. Volatile organic compounds (VOCs), "outgas" from construction materials as well as allergens, dust, cooking vapor and what the kids bring home from school are more reasons why good

ventilation is critical.

"Often times customers are confused by what they need in order to adequately ventilate the bathroom," explained Matthew Cripps, product manager for bath fans at Broan-NuTone Canada. "Using a simple rule of thumb: one square foot equals the need of one CFM. Therefore an average bathroom of 100 square feet would require a minimum of 100 CFM to get proper ventilation."

Other things to consider when buying a bath fan or home ventilation system are quiet operation, blower power, and decorative design, or you may want something that's virtually invisible.

Conventional fans are noisier and less appealing visually than newer products like the Broan Quiet Series Fans, Cripps added. The Quiet Series Fans offer extremely quiet operation while also consuming less energy ultimately costing less over time. And this is important if you're going to spend all your time reconnecting in your new bathroom spa. More information on bath fans can be found online at [www.broan.ca](http://www.broan.ca).

### Health Tips:

## Attack your home's allergens with a central vacuum system

(NC)—If you were to look at your carpet through a microscope, you would probably be sick to your stomach. That's because you would have 10 million microorganisms per square foot staring right back at you.

Many of these tiny creatures are harmless bacteria that fall off our skin. But most of this collection of "house dust" comes from animal dander, fur, mold or mildew spores and dust mites. Of course there is a lot of other debris in carpeting too: bits of food, flakes of dead skin, and small particles of soil tracked in from the outdoors, chemicals and pesticides from your garage or lawn and who knows what else.

If you are allergic to any of the debris from this potpourri of bacteria, you can easily start sneezing, coughing, wheezing, or even have a full-blown asthma attack. Children can be more quickly affected simply because they are shorter, and their noses are closer to the floor.

Most believe the solution is simply to vacuum away this collection of debris with their traditional vacuum cleaner to ensure a clean healthy environment. The fact is, conventional upright and tank-type vacuum cleaners have such poor filters that these very small particles pass through the filter and are blown around the room. As a result, while you're vacuuming, your ordinary vacuum cleaner is exhausting the very dust you've collected back into the air and redistributing it

around your home and aggravating your allergies or asthma.

### Effective Solution

Fortunately there is an effective solution, according to Karina Lecours, marketing services manager for Venmar Broan-NuTone, the country's leader in indoor air quality solutions. "All house dust and their allergens vacuumed up with a central vacuum system can be removed from the living areas...for good," she said.

The latest technology in the marketplace, the NuTone central vacuum system provides you with a solution that will effectively eliminate particles down to 0.3 microns in size — the real problem for allergy and asthma sufferers.

### Special Filtration

The new NuTone central vacuum system differs from your regular home vacuum cleaner because of its special filtration capabilities. An ordinary vacuum cleaner only removes particles 35 microns or larger in size. The NuTone central vacuum system features bags and filters with HEPA filter media able to capture and eliminate up to 99.97% of all particles down to and including 0.3 microns — the size of some bacteria. This means the dust you pick up is trapped in the vacuum, not blown through the exhaust.

It also features Teflon anti-stick coating to reduce the sticking of dirt to filtration media and Microban antimicrobial product protection to inhibit the potential growth of odor causing microbes.

# Weekend SPOTLIGHT



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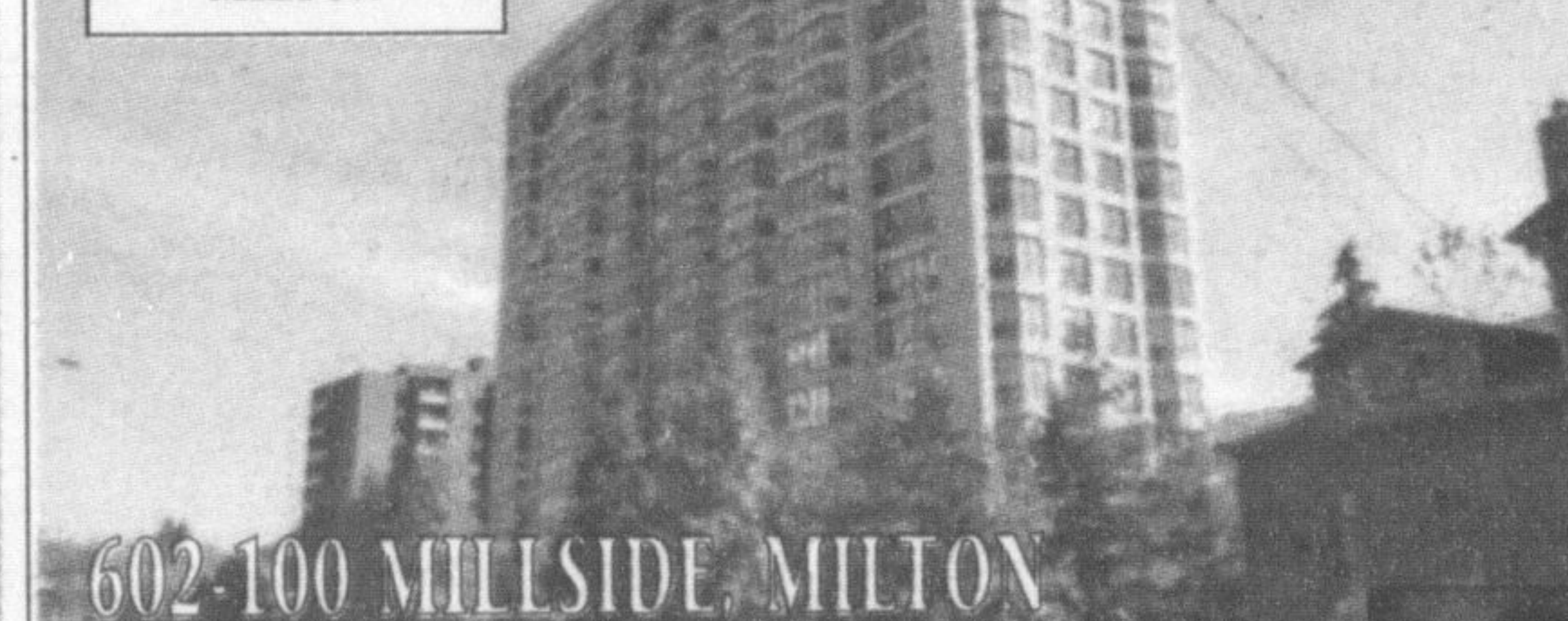


OPEN HOUSE  
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2-4 P.M.  
1229 BOOK DRIVE  
MILTON

401 to James Snow  
Pky. South to Main  
West to Maple  
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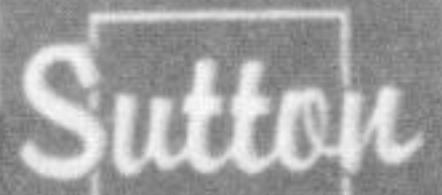
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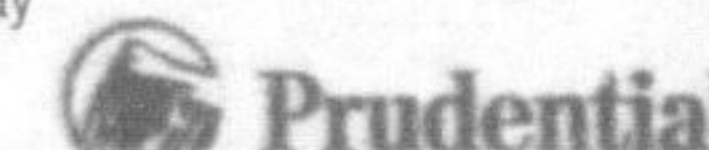


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