

The Inside Track...

IS YOUR HOME MAKING YOU SICK?

Is the air in your home making you sick? It can be as innocuous as a persistent cough, rash or headache. But, for the very young, the elderly and those with respiratory disease, the effects of indoor air contamination can be far more serious.

Recognizing the symptoms of poor air quality is the first step toward fixing the problem. Bad air can be the cause any of the following symptoms:

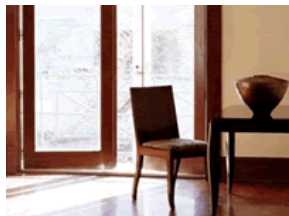
- Fatigue
- Headaches
- Cold or flu symptoms such as coughing, congestion and sneezing
- Redness or irritation of the eyes
- Irritation of the nose or throat
- Dry, chapped or irritated skin
- Allergies
- Asthma attacks

Your home may have bad air if you or your family continuously experience any of these indicators, primarily when spending time at home.

In some cases the cause is obvious. Cigarette smoke and pet dander, particularly in poorly ventilated areas, are common culprits. But in many cases, the source is hard to identify. You may be able to locate the source by centring your attention in rooms where symptoms are more severe. Your basement is a good place to start, as basements are breeding grounds for mould. Look for damp areas, mould and mildew and dust accumulation. Is there a musty smell in the air? Is drywall, carpet or drapery stained or discoloured? Chemical fumes from a recent renovation or fumes from an attached garage or workshop could also

be to blame.

Every home should have a carbon monoxide detector. Carbon monoxide is an odourless gas caused by combustion sources like gas appliances, wood stoves/fireplaces and automobiles. Initial warning signs of carbon monoxide poisoning



include sore throat, dizziness, headache and sleepiness - prolonged exposure can be fatal. Carbon monoxide detectors are available commercially and are required by law in

some Canadian districts.

Solving the problem can be as easy as removing the source. Mould can be destroyed by cleansing the area with a mixture of one part chlorine bleach to four parts water. Wash the area thoroughly and let it stand for about 15 minutes before rinsing. To avoid recurrence, ensure that the affected area remains free of moisture. Contaminated carpet, underlay and furniture should be removed and discarded.

Routinely change furnace and air conditioner filters and keep your home clean and dust free. When removing the source is not possible or proves ineffective, there are other measures you can take:

- Improve ventilation in affected rooms
- Humid air can cause and exacerbate air quality. Consider purchasing a dehumidifier
- An air filtration system can be installed in the home

When symptoms are severe it is best to rely on a professional. Hire an environmental consulting company to analyze the air in your home, identify the cause and recommend a solution.

BUSINESS SPOTLIGHT

Located in the heart of downtown Belleville is this month's Business is Essenzia Eyewear. Essenzia offers its customers an exciting option for eyewear.

Allen & Stacey Kechichian opened their doors to Belleville approximately three years ago, giving the area a new way of thinking about their eyes.

Essenzia carries select European styles and

eyewear for everyone! Designer frames, sunglasses and contact lenses are just a few of the great products available at Essenzia! We would like to thank Essenzia for their support!

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END YOUR SUMMER GARDENING PROBLEMS...

As the last few weeks of summer give way to fall many of us will still be spending time out in the garden, entertaining, relaxing, and enjoying the time in the sun before the winter.

The grass is not greener

If your grass is suffering due to lack of care, it may be time to evaluate your fertilizing, watering, and mowing schedule. But another alternative is to replace it all together. Alternative ground covers can provide greenery without all the drudgery. Clover can be a remarkably easy alternative

Don't miss out on fall foliage

Although many of our Canadian trees, including the iconic maple, don't lack for fall impact, some planning can add even more colour to your garden over the fall. Try sumac red chokeberry, and tor spirea.

Winter blahs

When planning a garden don't forget to incorporate some evergreen and other plants of winter interest. **Grey and faded decks and fencing**

As long as the wood is still sound, you can clean and revive your deck and fencing. First, inspect the area to see whether there is a stain or sealer on the wood. If you can see stain left in low-traffic areas, use a stripper in the area to get rid of it, following the manufacturer's instructions.

Lack of privacy

The long term solution may be to plant fast-growing shrubbery, but there's also a this-year fix: try using matching stepladders as a makeshift arbor to shield your yard from the neighbour's, and train vines up as well as placing plants on the steps. Tall container plants can also help to create a green fence of sorts.

Swimming pool ate garden
If your backyard seems to be all

pool, take heart. There is a solution: free-standing containers. Choose clay, metal, or wood planters and place them around the pool to create a sense of greenery and style.



Keep weeds at bay

If weeds seem to be taking over try the following weed-busting tips. Where possible, dig weeds out by hand – but be sure to reseed the lawn. If they are in the grass. In flowerbeds, once weeded spread mulch between the flowers to keep them from re-growing.

Last chance to get that garden in tip top shape. Grab your shovel, gloves and watering can, and enjoy the outdoors while you can, the cold is just around the corner!

DOES MARKETING REALLY MATTER?

The marketing question is often raised to agents when homeowners are thinking of listing their homes.

The idea of assuming that your home will sell itself is one that is wonderful in theory but often falls short when put to use.

Even the most luxurious or tidy home will sit on the market for weeks sometimes months longer than it should, because of a poor marketing strategy.

To successfully sell your home The Carson Girls have assembled a variety of tools including; their superior website,

Impressive packages for Buyers, Real Estate ads, and radio campaigns. This comprehensive marketing strategy will provide a competitive edge when selling your home. Which often translates directly into better prices and quicker sales. You get to move on with the assurance that you and your home are taken care of in the best way.

For more information contact
Connie Or Julie
info@thecarsongirls.com

“Your Referrals are very important to our business. Please pass our name along to your friends & family when they require any Real Estate services!”

-Connie & Julie Carson



The Carson Girls

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