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HOME

&

garden

MAY 2013

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SHIRLEY BURTON, OWNER

CREATE A HOME THAT ILLUMINATES YOUR STYLE.



Linda Ryan, Editor

I love tulips!

No flower so aptly showcases the colors of Spring like the tulip. And no city does tulips better than Keukenhof Park, near the city of Lisse in the south of Holland.

Also known as the *Garden of Europe*, Keukenhof is the world's largest flower garden. Over 7,000,000 (seven million) flower bulbs are planted every year. The gardens and four pavilions show a fantastic collection of: tulips, hyacinths, daffodils, orchids, roses, carnations, irises, lilies and many other flowers. You will be overwhelmed by a spectacle of colors and perfumes.

Every year, Keukenhof creates a complete new look according to a central theme. Though the park is only open eight weeks, it attracts over a million visitors each year. It is without a doubt the best place in the world to see tulips.

While the colors will have faded by the time this magazine reaches its audience, this month's cover is a tribute to the majesty of this noble flower.

Linda



Evian is back with a new version: 'Baby & Me.'

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MAY 2013

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*Always be nice**to your chil-**dren because**they are the**ones who will**choose your**rest home.*”*- Phyllis Diller*

10 STEPS to get your GARDEN ready for SUMMER

It seems like finally the cold weather is behind us and we can look forward to warm days and maybe even a bit of alfresco dining if we're lucky!

If you've let your garden go over the winter months, now's the time to get it into shape so that you can enjoy it at its best when the sun does decide to shine.

Online garden centre Plant Me Now has these top 10 tips to get your garden summer-ready:

1 Choose granular feed to slowly feed your lawn over the summer months, but if you have an important event, use a soluble feed a few days before for faster results.

2 Edge your lawn to give a nice, clean line between the lawn and the flowerbed. It's an easy way to make your garden look much tidier!

3 If moss has been a problem, use a moss killer then simply rake it out. You can then over-seed (or re-seed) to thicken the lawn and fill in any empty

patches.

4 Large spaces are perfect for growing a wild flower meadow and various mixes are available to attract different kinds of wildlife (butterflies, ladybirds, bees, etc.) To ensure fresh growth next year, simply mow at the end of the season.

5 Plant perennials in your flowerbeds for beautiful colours that come back year after year; then fill in any gaps with summer bedding plants.

6 If you don't have flowerbeds or a big space to work with, fill pots and containers with beautiful summer bedding plants in a variety of colours.

7 Give dirty patios a good scrub or blast with a pressure washer to remove moss and dirt, ready for welcoming your alfresco dining guests.

8 Make tired wooden garden furniture look as good as new by treating it with teak oil. There's no need to splash out on a new set of chairs and tables.

9 Place solar lights around your patio for a fantastic, eco-friendly way to light up your outdoor space when the sun goes down.

10 Plant some climbers—they're perfect for covering unsightly old fence panels or walls. ◀



Decluttering your home...

HOW TO GET STARTED

Admit it. You've seen the TV shows about hoarding, and they are not pretty. Thankfully, with spring in the air, so is the concept of spring cleaning and de-cluttering. But where do you start figuring out how to declutter your home?

Here are tips from the 4,200 National Association of Professional Organizers (NAPO):

- **START SMALL** If you stand back and survey the room, it can be overwhelming. Instead, pick one drawer. Or pick one room, and then one corner of the room. Just completing one cabinet or one pile of papers in the home office is an accomplishment, and might serve as motivation to continue.

- **FIND YOUR SYSTEM** Just as each person and family is unique, so is each organizational system. Think about your personality and what works for you: Do you stack piles of paper and unread magazines? Perhaps you should invest in a horizontal file folder for storage so you don't bury important documents. Are you a list-maker? Following a list and checking items off are good examples of organization, therefore you already have a partial system.

- **KEEP IT UP** Set a timer for, say, 15 minutes each day to purge your stuff: throw out old receipts, file paid

bills, fill the dishwasher, etc. De-cluttering every day is easier than tackling huge piles once a year ... or less.

- **GO PAPERLESS** Shred important documents when you are through with them. Cancel subscriptions to magazines you don't read. Receive an event invitation? Put the date in your digital calendar and toss the invite in recycling. Type notes and phone numbers directly into your computer or PDA, if you have one. This prevents those tiny scrap papers from cluttering your desk, and less paper is also good for the environment.

- **USE WALL SPACE** It's easy to dump things on surfaces, which then become messy. Instead, put up shelves, bulletin boards, hanging baskets and hooks, and use some of that "wasted space" to your advantage.

- **SORT AND PURGE** There is little order to the process of going through your stuff, deciding what goes where and then simply moving something

to another pile. Instead, if you are de-cluttering a closet, for example, sort the contents into items to throw away, items to donate and items to keep. Put the items back that you determine belong in the closet and the other items in the areas where they belong.

- **INVEST IN STUFF TO ORGANIZE STUFF** Home organization is a burgeoning market, with aisles and Web pages full of inexpensive products to both help you de-clutter (paper shredder, anyone?) and help you get — and stay — organized (under-the-bed storage containers, label makers, etc.). Some household items can have multiple uses, such as using small bowls or jars to serve as catch-alls for keys, coins and other tiny paraphernalia that clutters counters and desks. ◀



How to Eliminate Mold Naturally

MELANIE LASOFF LEVS

Mold and mildew are natural byproducts of summer. That doesn't mean that you want to share your house with the spores, however. Rather than turning to harsh chemicals, such as bleach or borax, to banish mold, there are eco-friendly, natural ways to kill mold at home that won't hurt your family, pets or the environment.

A solution of vinegar

Though you can dilute it with water to cut the pungent scent, vinegar works best as a mold-killer when it's sprayed straight up from a bottle onto the offending area. Leave on

for a few hours, then scrub the mold with a brush. If the vinegar smell bothers you, add a few drops of essential oil, but otherwise, know that the powerful scent will be gone when you return from running errands or going to work. Studies have shown that white vinegar kills 82 percent of mold spores, as well as viruses and bacteria. Vinegar also can prevent mold if you spray it on surfaces and leave it to dry.

Tea tree oil solution:

Tea tree oil, though effective as a natural mold remover, is more expensive than some other eco-friendly remedies, but just two teaspoons of tea tree oil mixed with two cups of water can last you a while. Spray

the solution onto the mold spores but do not rinse. Tea tree oil also has a strong scent, which will dissipate within a few days.

Hydrogen peroxide

Spray three percent hydrogen peroxide from a bottle onto the moldy surface and leave on for about 10 minutes. Scrub clean, then wipe with a damp cloth to remove residual mold spores.

You can also use hydrogen peroxide—Baking soda and vinegar together, and then store the bottle in a dark area (as light breaks down the potency of the hydrogen peroxide).

Citrus seed extract and water

Unlike vinegar and tea tree oil, citrus seed extract (such as grapefruit) does not have an odor. Dilute about 20 drops of extract with 2 cups of water, mix in a spray bottle and spray onto the mold. As with the other solutions, do not rinse.

Baking soda

Used with vinegar and water or alone with water, baking soda is effective at removing mold naturally. Dissolve baking soda into water or water-and-vinegar solution, and spray onto surface. Let it sit, then scrub and wipe with a damp cloth. Baking soda is a natural disinfectant and very mild, so this solution will clean mold without leaving behind a scent.

How do you prevent mold naturally? Wipe damp surfaces frequently, run a cool mist humidifier, spray vinegar onto damp surfaces such as showers when you're through, and, above all, be vigilant about leaks. Mold is natural, but in the house, not so much. ◀



Reel Mowers Make a Comeback

Thanks to concerns about pollution and rising gas prices, reel mowers are becoming popular once again.

One of the biggest misconceptions about reel mowers is that reel mowers are too hard to push and take more work than gas mowers. However, modern reel mowers are lighter, better designed, easier to push, and cut better than old models.

There are of course some disad-

vantages to using a manual mower, and they do take some effort to push, but they aren't any harder to push than an 80 pound gas mower that isn't self propelled. And with a reel mower you do not have to deal with the loud noise, the vibrations or the dirt, leaves and exhaust that get blown out from a gas mower. Reel mowers are a much more pleasant and safer experience to mow with.

Reel mowers offer a number of key advantages over gas-guzzling rotary mowers:

- Reel mowers cost less than gas mowers.
- Reel mowers are environmentally friendly.
- Reel mowers are better for your

grass. Unlike gas mowers which tear the grass, reel mowers cut the grass like scissors, leaving a fine spray of cuttings as mulch.

- Reel mowers are lightweight.
- Reel mowers are quiet.
- Reel mowers require very little maintenance.
- Reel mowers are just as easy to push as much heavier motorized mowers.
- Reel mowers do not blow exhaust or harmful fumes.
- Reel mowers are much less dangerous than gas mowers since they do not fling debris around.
- Reel mowers are much easier to transport and store. ◀

the Psychology of Color

what colors
to paint your
home & why.

Office

Blue: Most productive color.

Bedroom

Green: Tranquility and Health.

Girl's Room

Pink: Calming, Warm.

Kitchen

Yellow: Increases metabolism
brightens room, gives you energy.

Living Room

Lavender: Calms the nerves,
allows relaxation.

Dining Room

Red: Encourages Appetite.

Color Psychology

YELLOW

- Cheerful or warm
- Most likely to strain eyes or cause eye fatigue
- Makes Babies Cry
Don't paint a baby's room yellow, because they are more prone to crying.

BLUE

- The color most preferred by men
- Calmness or serenity
- Most used color for offices
People are more productive in blue rooms
- Curbs appetite
- Associated with water and peace

PRIMARY COLORS:

RED

- Evokes strong emotions
- Encourages appetite
(many restaurants use red in their signage/ads)
- Passion or intensity
- Red roses symbolize love

Studies show that red can make you do poorly on exams!
"Red is hypothesized to impair performance on achievement tasks, because red is associated with the danger of failure in achievement contexts and evokes avoidance motivation."

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Think Your House is Clean?



YOU MAY THINK YOUR HOUSE IS CLEAN, BUT BEHIND THAT POLISHED EXTERIOR AND FLORAL SCENT LURKS A LOT OF FILTH LIKE BACTERIA, MOLD AND MITES. CHECK THESE ITEMS THAT WILL MAKE YOU THINK TWICE BEFORE YOU CALL IT “HOME CLEAN HOME.”

■ Your refrigerator

The whole intention of a refrigerator is to prevent grossness (in the form of spoilage and decay) ... so why does yours sometimes smell so foul?

We all let things go and cold temperatures don't actually totally stop the spread of mold, bacteria and the like; they just slow them, since microbes move and reproduce a whole lot slower in the cold.

And, by the way, mold likes to move. So if you have some moldy strawberries in your fridge, there are probably mold spores floating around the air in there, ready to land on whatever else you put in there.

Now you know why plastic wrap is such a good idea.

■ Your garbage pail

So, it makes sense, right? All the food scraps that you don't eat wind up in your trash.

If you had wanted this stuff to stay fresh so you could

eat it, you would have put it in the fridge, but you didn't.

Now, at room temperature and with plenty of organic material to chomp through, bacteria and fungi thrive and your trash bin starts to stink. Spoilage is, in essence, microbe-caused decomposition and everyone knows that garbage pails are full of spoiled food.

So, thanks to those microbes, your trash now also contains a lot of sliminess and smelliness. Not to mention a whole lotta life-forms.

■ Your drain

Drains are gross.

Hey, there's a reason plumbers cost so much. Some parts of your home, like drains, just act like giant incubators, as reservoirs for ick.

But what about drain bugs? It turns out your drains may not be quite as disgusting as you think. Most bathroom bugs enter through cracks, crevices and doors. They end up in bathtubs and kitchen sinks only because

they get trapped and can't climb out.

Or, maybe because they smell that disgusting, rotting food that's trapped in your kitchen drain or (eek) garbage disposal. Might make sense to give that a good scrub—and make sure you use some bleach while you're at it.

■ Your vacuum cleaner (and bag)

Your carpet is a perfect home for a lot of nasty stuff.

Wet shoes drag in moisture and dirt, spills lead to mildew and mold, bacteria breeds in the dark recesses. Carpets, particularly those of the wall-to-wall variety, can be pretty nasty: as many as 200,000 bacteria can lurk per square inch (remember that the next time you lie down on a rug).

And where does it all go?

Either in your vacuum's bag or out its exhaust. You throw that bag out, right? But what about the vacuum cleaner's brush? Do you ever clean that?

One study found mold, bacteria and fecal matter in those brushes. Ick.

What can you do? Well, you can clean the brush, invest in a vacuum with a HEPA filter, or maybe even attack things head on with a new vacuum that zaps all your filth with UV light right when it enters the brushes. Who knew vacuums were so high-tech?

■ Your toilet

OK, it's kind of a no-brainer: your toilet is disgusting ... but not as disgusting as it could be.

At least it gets washed out with every flush. Still, everything that goes in there is really gross, and as a repository for pretty much all the fecal matter in your house, it really isn't the cleanest surface.

And what about the infamous toilet seat? Should you sit on it? Look, you probably wouldn't want to lick it, but a toilet seat is far from the dirtiest thing out there.

If your immune system is relatively healthy, you prob-

ably won't have to worry about any STDs, common colds or hepatitis viruses that may be lurking.

When it comes down to it, your own skin is pretty good at keeping you safe.

■ Your toothbrush

It's probably not what you wanted to hear, but your toothbrush (and anything else left out in your bathroom) may be really, really disgusting.

The reason? That foul beast living next door to your toothbrush. That's right, it's your toilet.

If you don't close the lid when you flush, you can actually aerosolize all the filth (including fecal bacteria) that lurk in the ceramic monster.

And a toothbrush, with its moist, bacteria-friendly environment and plenty of microbe-ready hiding spots in between its bristles, might be the home of a bacterium's dreams.

Please, just close the lid. Is it that hard to do?

■ Your loofah or washcloth or sponge

You need water to live, right? Well, so do bacteria and viruses.

Microbes generally like humid environments. They also tend to like to hide from the deadly UV rays in light. So what stays wet and has lots of little cavities that get nice and shady and dark?

Why, it's that sponge in your kitchen sink or the loofah





in your shower.

Don't freak out too much. Much of the life growing in that loofah has ancestral roots on your own body, so you're pretty well acclimated.

In fact, some of it may be of the "good" kind of flora and fauna, the kind that fight off the bad guys and give your immune system a helping hand from time to time.

Still, a single bacteria cell can multiply into an army of a billion overnight, so maybe it's time to buy a new kitchen sponge, huh?

■ Your sheets

Did you know that you shed as many as 1.5 million skin flakes every hour? And do you know what really like skin flakes? Dust mites.

That's right, the disgusting, dead-skin eating, allergen-causing bugs are all over your bedding.

And if that's not bad enough, you know what's also possibly a bedfellow? Fecal bacteria.

Thinking that you'd better go home and wash your sheets, like, NOW? Well, be careful: you might want to leave out your underwear.

The washing machine itself can be a source of the above-mentioned fecal bacteria (from underwear and towels) and those germs can and will survive detergent, cold water and a dryer's heat.

To be safe, you can bleach the hell out of everything, scald it in hot water, dry it in the UV-rich rays of the sun and wash your underwear separately from your sheets and towels.

You can also invest in some silver or copper or bamboo-infused anti-bacterial sheets.

■ Your books and papers

Ever heard of book lice?

They live in paper, but they're not particular: they'll take flour, grain or cardboard if that's all you got.

Also known as psocids, the small, colorless insects feed on the mold and mildew that grow on books.

Relax, they don't bite humans ...but they are really disgusting and can reach infestation proportions pretty quickly. How quickly? Well, parthenogenesis isn't unheard of in psocids, meaning the females can lay eggs without ever having mated.

It's kind of a favorable trait, if you're looking to build your population.

■ And also... You

At the end of the day, YOU are pretty disgusting.

Your body is home to a wide array of microbes, from bacteria and viruses to bugs and parasites.

There are 10 times as many bacterial cells as human cells in the ecosystem that is your body—and as many as 182 different species of bacteria live on your skin alone.

Yep, if you're looking for the biggest source of grossness in your home, you need look no further than your own fingers, feet and belly button, not to mention those disease-carrying mucous membranes.

Much of your own co-habitants are harmless to you, but can potentially cause problems for other humans. So, if you wanted to be super-safe, you could simply avoid all human contact.

Sounds like a plan. ◀

article resource

- **Removing vinyl flooring**
- **Circuit breakers vs fuses**
- **Sump pump constantly runs**
- **White chalk on concrete**
- **Covering paint with wallpaper**
- **The energy use of a fridge**

Q I am replacing old vinyl flooring with ceramic tile. The vinyl is 17 years old and I have tried just about everything to remove it but nothing seems to work. A job that should take a day is weeks. Can I put the ceramic tile on top of the vinyl without the grout cracking?

A No. If you leave the vinyl in place and install tile on top your work will suffer. You will need to strip the floor to the subfloor (plywood) and start from there. Sounds like the vinyl was applied using a tough adhesive of some kind. You can either keep at it with the heat (carefully, naked

flame is incredibly dangerous) and try sliding a long pry-bar along the floor, putting a little muscle into the motion. Sometimes old vinyl can chip off in large chunks.

If the vinyl was applied directly to the subfloor your only



other option might be to remove the old subfloor and reinstall a new one, and then apply your thinset and tiles on that.

If you have a plywood (not particle board) sub floor you can try sanding off the floor. This is dusty and messy but works (rent a floor sander). Remember to keep it moving, because it will quickly eat into the very subfloor you wish to save. ◀

Q Are there any benefits to using circuit breakers instead of fuses?

A The main difference between circuit breakers and fuses is that circuit breakers can be reset while fuses operate only once and then must be replaced. If your breakers or fuses trip repeatedly, call an electrician because you may have a problem with your electrical system. ◀

Q I have a water leak in the sump pump pit. The water is slowly rushing in from the side wall of the pit, and causes my pump to run continually. How I can stop this leak, even though water is constantly running from it?

A Your sump pump appears to be doing approximately what it is supposed to do. Your main course of action may simply be to ensure that the pump continues to work reliably by keeping up with regular maintenance and



considering backup power for the pump if power failures of more than a few minutes in duration are at all likely.

In general, sump pumps are the last solution for keeping a basement dry. If possible, your house should have good

surface grading to drain water away from the house, a good foundation drain, good waterproofing on the outside of the basement walls, and the roof should drain away from the foundation using gutters and downspouts.

If your basement floor level is below the water table during some portion of the year or during heavy rain, then even a well-designed foundation drain may fail. A sump pump may be your only solution. You should have the system checked by a plumbing contractor. If the sump is filling so fast that the pump is running most of the time, then it may be undersized for the load. ◀

Q What is the cause of the white chalky substance on my basement walls?

Efflorescence. Concrete is made of three materials, stone, lime cement, and stone. What you are seeing is a chemical breakdown of the bonding agent that holds your wall together. The water that is inside of your foundation wall will, over time, leech the lime cement out of the wall, leaving nothing to hold it together. ◀

Q My bedroom has dark blue painted walls and I want to partly wallpaper the room. Do I need to paint over the dark color with white paint first?

A It is advisable that the wall underneath should be a similar color to the wall paper you are going to hang in case the paper shrinks over time or it is not perfectly matched. This will prevent a noticeable blue line showing up along the seams. Also if the paper is quite thin and light in color, the dark blue could show through. ◀

Q How can I reduce the energy consumption of my fridge?

A There are a number of quick and easy ways to reduce the energy consumption of your fridge. These include:

Reducing the number of times you open the door of your fridge/freezer. For example, when taking out ingredients for cooking, or when putting the weekly shop away, organizing your food first will mean that you can put everything into the fridge/freezer, or take everything out, at the same time.

Always let food cool down before putting it into the fridge. The fridge has to consume more energy to cool down hot food.

Remember to cover the food in the fridge. Uncovered food releases moisture which makes the fridge use more energy during the defrost cycle. ◀



10 Things You Need to **KNOW** When **BUYING** a **HOME**

DON'T BUY IF YOU CAN'T STAY PUT

If you can't commit to remaining in one place for at least a few years, then owning is probably not for you, at least not yet. With the transaction costs of buying and selling a home, you may end up losing money if you sell any sooner—even in a rising market. When prices are falling, it's an even worse proposition.

START BY SHORING UP YOUR CREDIT

Since you most likely will need to get a mortgage to buy a house, you must make sure your credit history is as clean as possible. A few months before you start house hunting, get copies of your credit report. Make sure the facts are correct, and fix any problems you discover.

AIM FOR A HOME YOU CAN AFFORD

The rule of thumb is that you can buy housing that runs about two-and-one-half times your



annual salary. But you'll do better to use one of many calculators available online to get a better handle on how your income, debts, and expenses affect what you can afford.

4 IF YOU CAN'T PUT DOWN THE USUAL 20 PERCENT, YOU MAY STILL QUALIFY FOR A LOAN

There are a variety of public and private lenders who, if you qualify, offer low-interest mortgages that require a small down payment.

5 BUY IN A DISTRICT WITH GOOD SCHOOLS

In most areas, this advice applies even if you don't have school-age children. Reason: When it comes time to sell, you'll learn that strong school districts are a top priority for many home buyers, thus helping to boost property values.

6 GET PROFESSIONAL HELP

Even though the Internet gives buyers unprecedented access to home listings, most new buyers (and many more experienced ones) are better off using a professional agent. Look for an exclusive buyer agent, if possible, who will have your interests at heart and can help you with strategies during the bidding process.

7 CHOOSE CAREFULLY BETWEEN POINTS AND RATE

When picking a mortgage, you usu-

ally have the option of paying additional points—a portion of the interest that you pay at closing—in exchange for a lower interest rate. If you stay in the house for a long time—say three to five years or more—it's usually a better deal to take the points. The lower interest rate will save you more in the long run.

8 BEFORE HOUSE HUNTING, GET PRE-APPROVED

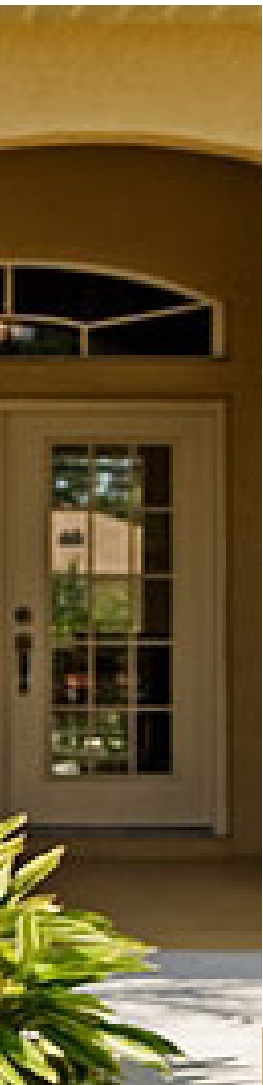
Getting pre-approved will save you the grief of looking at houses you can't afford and put you in a better position to make a serious offer when you do find the right house. Not to be confused with pre-qualification, which is based on a cursory review of your finances, pre-approval from a lender is based on your actual income, debt and credit history.

9 DO YOUR HOMEWORK BEFORE BIDDING

Your opening bid should be based on the sales trend of similar homes in the neighborhood. So before making it, consider sales of similar homes in the last three months. If homes have recently sold at 5 percent less than the asking price, you should make a bid that's about eight to 10 percent lower than what the seller is asking.

10 HIRE A HOME INSPECTOR

Sure, your lender will require a home appraisal anyway. But that's just the bank's way of determining whether the house is worth the price you've agreed to pay. Separately, you should hire your own home inspector, preferably an engineer with experience in doing home surveys in the area where you are buying. His or her job will be to point out potential problems that could require costly repairs down the road. ◀





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Kitchen Range Hoods: WHICH ONE IS BEST?

BY MICHAEL BURR

Fresh salmon fillets are reason enough. But that's really just a start. Because cooking smoke and greasy build-up are more than unpleasant... they're unhealthy. In fact, cooking churns out airborne contaminants like nothing else in the home can. This concentration of contaminants requires effective ventilation.

Range hoods, positioned above the cooktop, absorb, filter, and redistribute air in the kitchen. They filter out smoke, grease, odors, and fumes, serving to make the kitchen cleaner, safer, and more comfortable.

Choosing which one is best depends upon the intended purpose. From the standard hood fan found in most 'cookie-cutter' houses to a professional workhorse for the home chef, range hoods come in hundreds of different styles, sizes and prices. Here is a review of the most popular choices:

OVER THE RANGE MICROWAVE

The combination of a hood fan and microwave is a perfect solution when space is at a premium. This allows a microwave to be positioned where nothing else other than a fan would be located and the built-in fan is normally adequate for the everyday kitchen. These can be vented to the outside or set to re-circulate the air back into the kitchen through the appliances built in charcoal filter which removes some of the cooking smells from the air. The appliance does reduce the headroom over your cooking platform so if you use tall pots be warned that your access will be somewhat restricted. OTR's as they are known are very popular and inexpensive.





They don't always look the best so shop around to find one that is attractive as much as it is functional.

COPPER HOOD

The use of a copper range hood, without any sort of visual clue, would lead most people to assume it would be of a classical, traditional appearance. However, that does not necessarily have to be the case. This kitchen features shaker style cabinetry with an applied moulding in a darker tone on Maple, a style that is very popular indeed. The copper hood sets the kitchen apart, giving the room an individual style and obvious flair. It also raises the kerb appeal of the property.

It is a bold decision to go away from the norm but the rewards are there to be seen and you will certainly want to show it off. Copper hoods are typically sourced from a local fabricator and a quick search on the internet should deliver you some suppliers. These hoods can be custom designed to fit the size and style you want or you can select from numerous 'standard' models.



CHIMNEY HOOD

Typically used in a modern/contemporary setting, the chimney hood offers a dramatic feature in the kitchen. The hood fan makes a bold style statement as it sits in its own space, occupying centre stage over the cooking hub. From the simple stainless steel triangular shape units most commonly seen to the over-sized industrial looking designs, there are plenty to choose from. Price can vary from the mid hundred's to several thousands of dollars.

This type of hood adds a European feel to your kitchen and most appliance manufacturers produce this style of fan. Be careful again with this type of hood fan, they are commonly rated for high CFM values which can mean expensive alterations to your furnace with a makeup air addition. Some chimney hoods can re-circulate the air but most will require the venting to go to the outside so consider your exhaust route when planning this kind of installation.

WOOD HOOD

A wood hood says character, be that traditional



or contemporary. With a vast range of styles and customization options the look and feel of your hood can be designed to fit your taste.

A wood hood integrates superbly with the rest of your kitchen cabinetry and the look is exquisite. There are multiple opportunities for a wood hood to break code due to building code requirements so make sure your designer knows the limitations before getting carried away with the design.

INTEGRATED FAN

This type of fan is fairly new in the North American market. It is designed to be compact and hidden from view when closed with a cabinet door applied to its front face. To use, just pull the front of the unit towards you and the fan grill becomes visible from the bottom and it starts to function. This is a smart little unit that is suited to the clean and simple lines of a contemporary kitchen.

DOWNDRAFT VENTILATION

Sometimes there is a need to vent cooking fumes downwards as no other venting solution will work. A downdraft unit sucks air downwards and through ducting to the outside. Downdraft units can be integrated into ranges or cook tops or supplied as a separate unit for installation behind the cooking appliance. Do consider where the ducting will run and note the appliance is normally rated at 600 cfm or more.

PROFESSIONAL HOOD FAN

A professional hood fan is a workhorse, built to extract the cooking fumes from a busy chef's kitchen. If your range or cook top has more BTU's than the space shuttle then this is for you. You may want the look more than the pure grunt of the fan.

These hoods look and feel like they belong in a professional kitchen. Most have very powerful exhaust fans so be sure to check with your renovator/supplier and check if you need make up air installed to meet local building code. Most major appliance manufacturers offer these kind of hoods. ◀



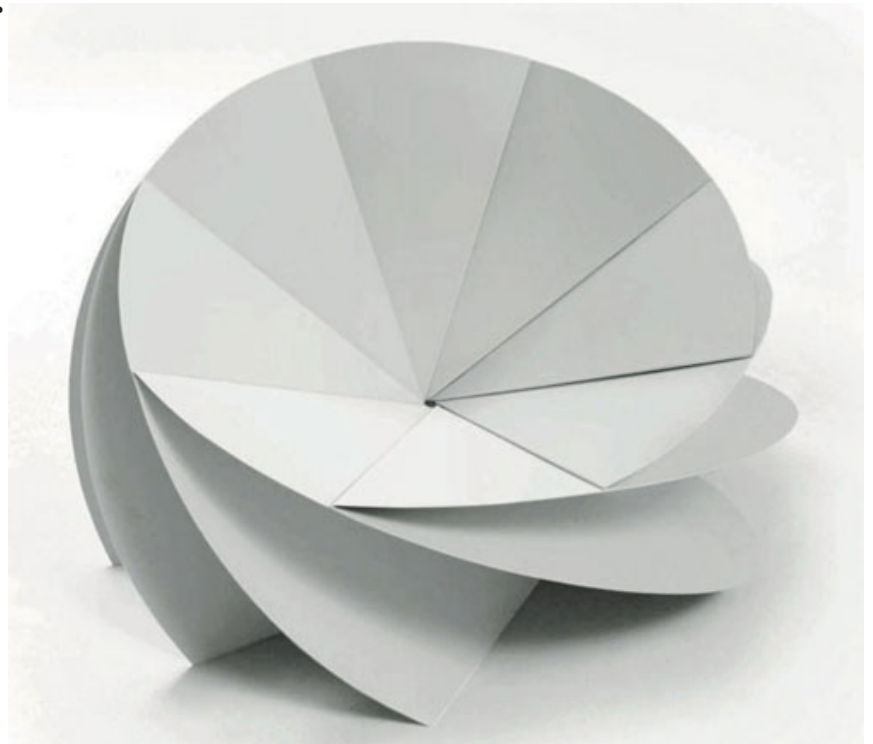


Rethinking the
CHAIR





It's exciting to see that designers keep coming with new and beautiful furniture that not only has a practical use, but also looks contemporary and improves the overall design of your living space.



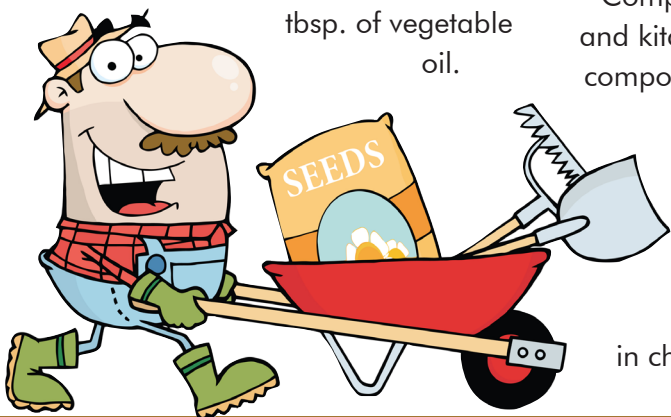
4 Eco Friendly Remedies for Gardeners

BY MOIRA CLUNE

A healthy garden produces the most fruits, flowers and vegetables. Garden centers have aisles of products to combat common problems, but you can protect your plants from pests, drought and poor nutrition with home remedies. The ingredients are readily available, inexpensive and non-toxic.

INSECT PESTS

Insects are the bane of most gardeners and many resort to expensive toxic preparations to battle these invaders. Before you reach for the poisons, drench your plants with soapy dishwater. This mild insecticidal soap kills aphids, mealybugs and mites. A more aggressive formula can be made by adding 2 tbsp. of liquid red pepper sauce and 1 tbsp. of vegetable oil.



DEER

Although they are bold enough to invade and destroy your garden, deer are afraid of people and dogs. Gardeners can exploit this fear to protect their plants. If you (or your dog) are not the type to sleep under the stars, you can spook deer and rabbits with hair. Spread it around your plants to impart a “human” smell. Similarly, groom your dog and distribute her fur around vulnerable plants.

Drill holes in bars of fragrant soap and hang these from the branches of your plants. Rotten eggs can deter deer; simply mix an egg with 1 quart of water and spray it on your plants. Add 1 tbsp. of hot sauce to the mix to make it a smell and taste repellent.

FERTILIZERS

Compost made from lawn, garden and kitchen waste is the best-known compost but it is not the only one.

Horse and chicken manure can be composted and used as a soil amendment and fertilizer. Alternatively, make a “manure tea” by wrapping 1 cup of manure in cheesecloth and steeping for

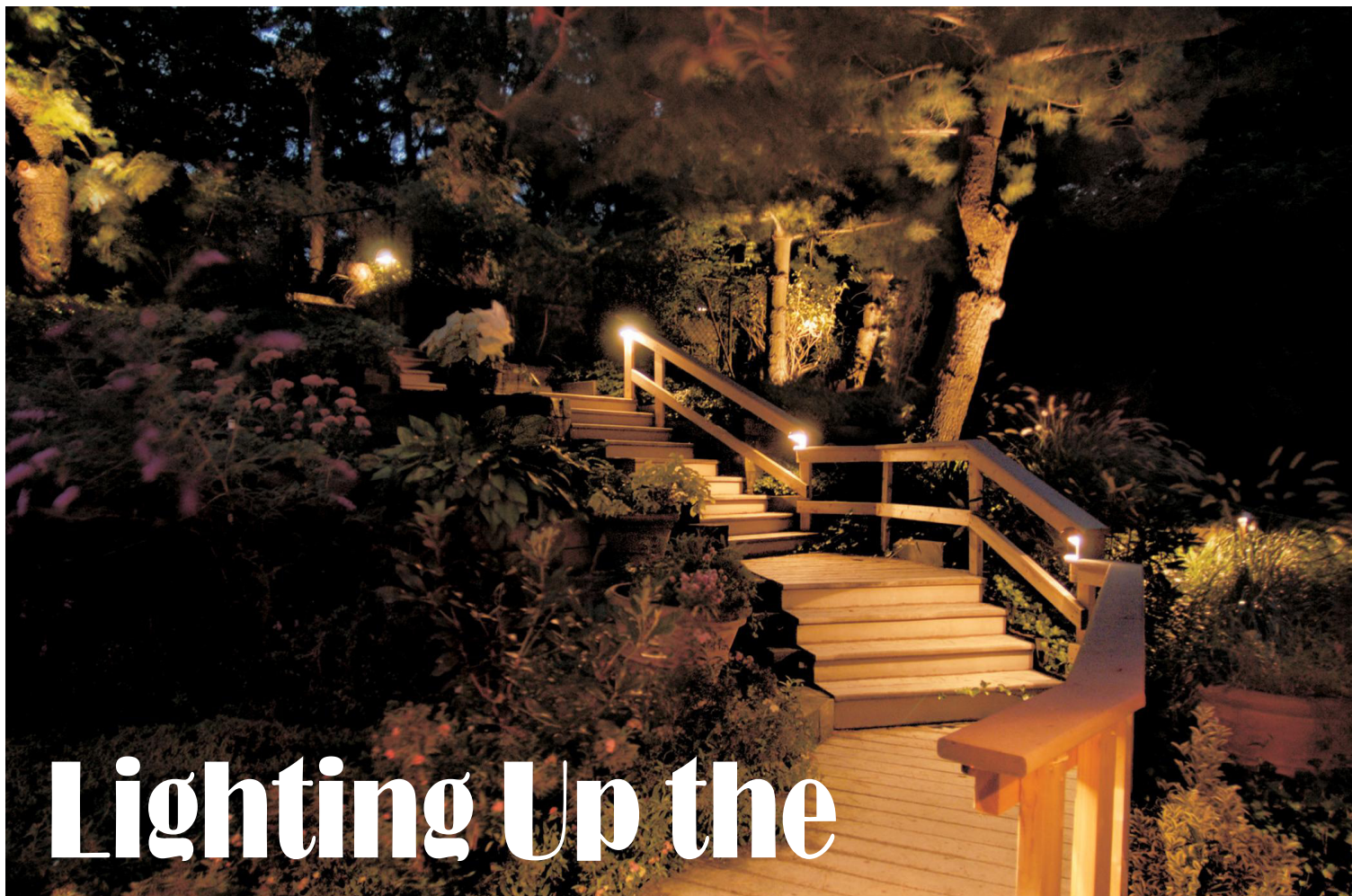
24 hours in 1 gallon of water. This mild, all-purpose tonic can be used on indoor and outdoor garden plants. For acid loving plants, sprinkle used coffee grounds around the base of the plant to raise pH.

Calcium prevents blossom-end rot in tomatoes; mix two or three calcium tablets, 1 tbsp. of dry milk or pulverized eggshells into the soil around the base of the plant to prevent this condition.

WATERING

Drip irrigation is the best way to water plants. It concentrates the water at the soil level so that very little is wasted. For larger plants, drill or poke several 1/8-inch holes around the base of a bucket or jug and fill it with water. Allow the container to drain slowly, watering your plants as it does so.

When planting potted plants, bury a length of PVC pipe into which several 1/8-inch holes have been drilled. Allow several inches of the pipe to extend out of the soil. Pour water into this “spout” to be sure the deep roots of the plant receive adequate moisture. ◀



Lighting Up the

Night Sky

OUTDOOR LIGHTING CAN CREATE ONE OF THE MOST ATTRACTIVE PLACES FOR ENTERTAINING GUESTS.

Most homes simply don't light their outdoors, leaving it as dead space. However, the outdoors can be a vibrant part of your home at night, and few things are more memorable than visiting someone's well-lit back yard. Outdoor lighting is rightly called a "frontier", as it claims new territory for human living.

Using the right outdoor lighting can drastically improve the use of space in the home and create one of the most attractive places for entertaining guests. Outdoor light-

ing is basically the same as indoor lighting, but without the ready access to walls and ceilings that can hold light fixtures and reflect light.

Outdoor lighting includes a combination of task lighting for performing activities such as cooking and swimming, ambient lighting for filling secondary areas with light and accent lighting for highlighting architectural details and plants. At the end of the day, outdoor lighting is the same as indoor lighting. It is just a matter of recognizing the special needs created by climate and the lack of walls and ceilings.

Special Requirements

All outdoor lighting must meet special requirements that indoor lighting need not meet. However, the list is smaller than you might think, and the requirements can be easily accommodated once you know what you are looking for:

► **Low Voltage:** Most outdoor lighting is low voltage, from 12V light bulbs to 24V light bulbs, rather than the indoor 120 volts. The primary reason for this is safety, as most areas require that 120 volt currents be buried at least 18 inches underground. This means two things: first, outdoor lights are naturally dimmer than indoor lights, and second, outdoor lights will require a transformer. Any outdoor lighting ideas will need to take voltage into account.

► **Winterization:** If you live in an area where it snows (or, more strictly, an area where the ground can freeze), you'll need to make sure that you use winter-ready lighting fixtures. Not all outdoor lighting fixtures are winter-ready, so be sure that you ask before making any purchases. Even waterproof fixtures such as fiber optic outdoor lighting should be checked for winter readiness.

► **Dark Sky:** Some cities have "dark sky" rules in place that seek to prevent light pollution. Many fixtures are available that may not meet the rules in your city. In general, these rules disallow lights from shining upwards into the sky, usually at about a 90 degree arc.

Lighting Decks and Patios

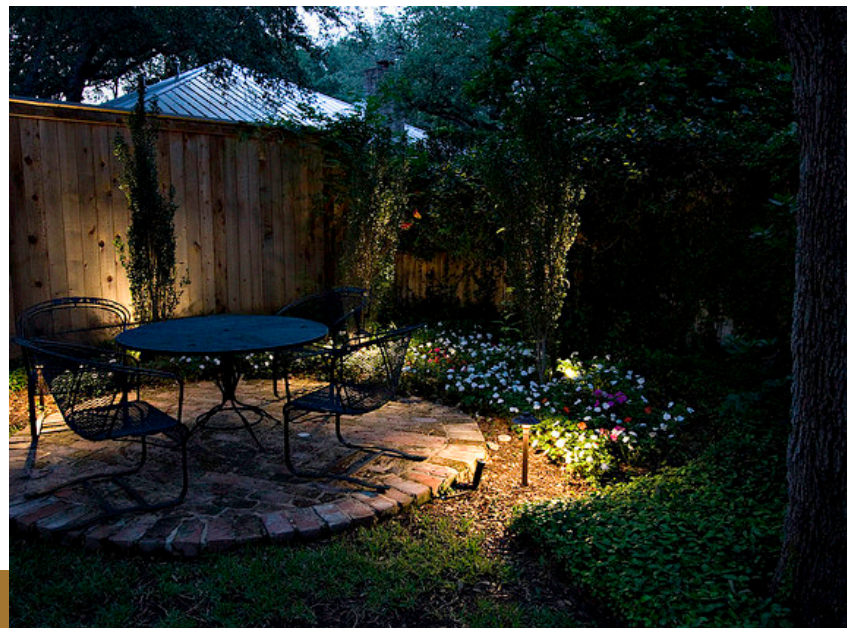
For the most part, your entertaining will be done in a smaller area of your backyard, usually a deck or patio, and there are numerous great outdoor lighting ideas for these areas, from contemporary to mission-style outdoor lighting. Decks and patios can be small, attached to the side of the house, or quite extensive. Lighting decks and patios is almost exactly like lighting indoor rooms.

You should use a combination of ambient and task lighting to light the primary entertaining area. Task lighting should be used on the barbecue and on any



areas where people eat, ensuring that there is enough light for these activities. Ambient lighting can be created by shining light onto the walls or deck and having it bounce onto the faces of those who are on the patio, or by shining it downward from trees, lighting the area more directly.

Whatever outdoor lighting ideas you use for your deck or patio, it is better not to make the common mistake of using one or two bright lights to light the entire patio. This has the same effect that it does indoors: it creates a "glare bomb" that is both unpleasant to look at and actually dims the overall light by forcing your irises to contract.



Lighting Your Trees

Since you don't really have walls in your yard and since you don't have a ceiling at all, your trees are your next best thing. They can serve to frame and structure your outdoor space, so that people don't feel like there is a giant black hole looming over their heads. Lighting trees is one of the most attractive ways of improving the overall appearance of your yard.

Casting uplights on trees can provide the sense of a canopy above. An uplight shines light up into the leaves of the trees, making its branches more visible (note that this would be ruled out by most dark sky statutes). Alternatively, you can actually light down from trees. This cre-



ates a nice quality of light that almost has the texture of moonlight when it hits the ground, as it will be dimmer and carry with it the shadows of the leaves.

When lighting trees, you should be careful about color. Redder lights, like halogen and incandescent lights, look great on human skin and terrible on plants, as it makes them look like they are withering and dying. Instead, you should use a very white light, like a fluorescent light or a filter to change the color to something that makes the plants look good. As with most outdoor lighting ideas, this must be balanced, as some redness needs to be

added to the light if it will then be used for human faces.

Path Lighting

Outdoor path lighting represents an important part of outdoor lighting ideas. Path lighting is actually quite interesting, as it tells us something about human psychology. Path lighting both tells us where a path is and shows us the path. Or to put it in technical terms, it is both information lighting and task lighting.

In other words, we will look at path lighting, and we will understand where the path is going, based on where we see the lights going. However, there is a real problem with this. Once we understand where the path is going, we stop actually looking at the path. This can lead people to trip and fall because of some obstruction.

So, if your path includes obstructions, such as cobblestones, steps or slabs, try to light the stones themselves as well as possible, without having lights marking (but not lighting) the path like signposts. Mushroom-shaped posts are great for this, as they light the ground below themselves, but don't directly hit people's faces. LED outdoor lighting provides just the right level of illumination. On the other hand, if the path has few obstructions, feel free to use light posts that mark the path, as people are unlikely to trip. Be sure in any case to light well any steps that people might encounter.

Putting It All Together

Outdoor lighting ideas represent the most exciting area of home lighting design. In some ways they are a frontier for home lighting, literally claiming new territory for living through the proper use of light.

In the end, outdoor lighting is the same as indoor lighting, but there are still a number of different things that must be taken into account along the way. Each area of the yard has its own lighting requirements and can become a part of this newly explored frontier when it is lit correctly. ◀

Green Wisdom from Our GRANDPARENTS



BY HEATHER GUNTHER

Our grandparents (or great-grandparents)—children of the Great Depression—could teach us a thing or two about going green on a budget. “Use it up, wear it out, make it do, or do without,” recalled one elderly woman when asked about what she learned as a child during the Great Depression.

Their carbon footprint was uber-small—they used less water, less fuel, created less waste and imported fewer goods than we do. They took these actions out of necessity as opposed to our modern-day desire to help the planet, but the ecological impact is just as powerful.

Here are seven lessons we can borrow from our elders that are easy on the wallet, and have significant environmental impact. Perhaps more importantly, they are easy to implement and relevant to our modern lifestyles—no extolling the virtues of

riding a horse to work!

Grow local

Last spring, the Obama family’s decision to plant a kitchen garden at the White House garnered so much attention that you would have thought it was an off-the-wall publicity



stunt. But the house garden concept has been around for many years, and local food had a reserved spot on our grandparents’ menu. The benefits of growing your own fruits and veggies are numerous, and you can’t get more local than your own backyard.

Brown bag it

Eating out used to be an occasional

event for older generations, often reserved for birthdays or anniversaries. Nowadays, the average North American eats out about four times a week and spends nearly \$3,000 yearly in take-out food, according to Restaurant.org. The waste created by take-out packaging alone is enough to make you think twice, but when you factor in the money you can save by eating at home or by bringing your own lunch to work or school—in a reusable container, of course—you can see why your grandma eschewed eating out on a regular basis.

Let it all hang it out

Before the clothes dryer became a standard appliance in every



American household, your grandmother simply took advantage of a sunny day, some rope or cord, clothespins, and voila! No cost, no maintenance, no carbon footprint. Clothes dryers have come a long way in energy efficiency over recent years, but the average home clothes dryer has a carbon footprint of about 4.4 lbs. of carbon dioxide per load of laundry. According to a recent Wall Street Journal article, “the biggest

was legendary in my family, asking that question with confused sincerity.

Buy less

Anytime you buy something, you (and the environment) are paying way more for it than just the sticker price. There is the cost of resources used to make it, advertise it, transport it, maintain it, and inevitably, to dispose of it. The amount of stuff our grandparents bought on a regular basis pales in comparison to the indulgent spending habits of our generation.

Game time

When our grandparents were younger, playing card games or board games was a popular form of entertainment. As a little girl, I remember spending hours playing gin rummy in

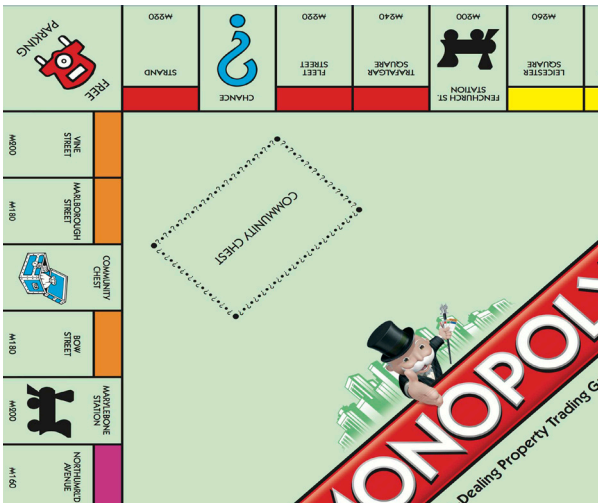
my grandmother’s kitchen, with my handful of cards tucked in an aluminum foil box because I couldn’t

hold all my cards. In comparison to electronic gaming systems like Wii, Nintendo or Xbox, cards and board games provided hours of entertainment with little on the environment or the wallet.

Rain, rain, don’t go away’

Here’s another commonsense green lesson to take away from our grandparents’ time. Rain is free. We pay for water. Why not collect free rainwater and slash the water bill? A rain barrel will save most homeowners about 1,300 gallons of water during the peak summer months. Also, diverting water from storm drains can alleviate stressed water systems and conserve limited resources, especially if you live in an arid climate. ◀

article resource



way to cut the environmental impact of cleaning clothes is to stop using a clothes dryer.”

Kick the bottle

“Why in the world would I pay money for water in a bottle when there is perfectly good water coming out of my kitchen tap ... for free?” I can just hear my late grandfather, whose frugality



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