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THE JUNCTION EXPRESS

A Guide to Your Community News & Events

JUNCTION
Realty Inc., BROKERAGE
Your Community Realtor
Junction Realty Inc.,
3091 Dundas Street West, Toronto, ON, M6P 1Z9
416-766-2500

September 2008



JUNCTION ARTS FESTIVAL

David Usher Headlines the 2008 Junction Arts Festival

Toronto, ON, July 24, 2008 - The 2008 Junction Arts Festival (September 3 to 7), produced by the Junction Forum for Art & Culture, announces multi award winning recording artist David Usher as the headlining act, who will explode onto the Main Stage in the "Junction City" Square (2960 Dundas St. West at Pacific Ave., Toronto) on Saturday, September 6 at 10:00 p.m. at this year's extravaganza.



The 2008 Junction Arts Festival will take place along one kilometre of Dundas Street West between Keele Street and Quebec Avenue, and will feature eight distinct categories; the **Visual Art Exhibits** (starting Wednesday, September 3), the **Movieola Movie Night** (Thursday, September 4), and the **Live Music Stages**, the **Dance/Street Performance Artists**, the **Poetry Peepshow**, the **KidZone**, the **Green Village**, and the **Historic City** (happening during the weekend street closure on Saturday, September 6 and Sunday, September 7).

The Live Music Stages will rock the festival on three days: Sept. 5, 6 & 7 Junction native Justin Rutledge will kick off the Main Stage concerts on Friday, September 5 at 9:30 p.m. in the "Junction City" Square, which will act as the heart to the festivities at Dundas Street West and Pacific Avenue, hosting the new Friday night concert, Saturday's headline concert (September 6) and the Sunday afternoon jazz concert (September 7), starring the Junction's own Brownman Electric Trio.

The Visual Art Exhibits ignite the party: Beginning Sept. 3 The Juried Art Exhibits will launch the festivities starting on September 3, and the pieces this year were submitted based on three categories of choice; photography, sculpture and painting/drawing. Work from over 70 visual artists, selected by the 2008 Juried Art Exhibits Committee, will be exhibited in traditional art gallery settings at the Academy of Realist Art and the Urbanscape Gallery and at a number of Junction shops and venues, and the winners will be announced on Wednesday, September 3.

Movieola Movie Night: Black & white short classics under the stars, Sept. 4

On Thursday, September 4, starting at 7:00 p.m. in the "Junction City" Square (Dundas St. West and Pacific Ave.), watch under the stars the brightest of Hollywood's actors in classic black and white short films from the golden era of movie making.

Dance/Street Performance Artists animate the festival's weekend streetscape, Sept. 6 & 7

Ten dance-music and theatre companies, whose expertise is street performance, will be transforming and animating the sites and sounds of the Junction Arts Festival weekend celebrations (September 6 and 7). The performing artists will include, springing to life for the second year, The Larchaud Dance Project; combining the fundamental elements of break dance with modern technique to create repertoire based on strength, agility and gravity-defying movement and, from Halifax, artist Veronique Mackenzie with her work 'Citizens'.

Poetry Peepshow: A glimpse into a poet's life, Sept. 6 & 7

In true voyeuristic style, a roster of 12 different writers, for a period of time, will each display their individual and usually private creative processes. The viewer will be offered an intimate experience with writers and poets in the midst of their work.

The KidZone: The Junction Arts Festival welcomes the Art Gallery of Ontario, Sept. 6 & 7

The popular family friendly KidZone (September 6 and 7), beginning at Dundas St. West and Quebec Avenue (west entrance), will also feature the Academy of Realist Art

painting/drawing workshops, the National Film Board animation workshops, the Junction community stage and the Toronto Aerial Dance Company circus workshops.

The Historic City: Happy 100th to the Junction, Sept. 6 & 7

In 1908, the Junction officially became the City of West Toronto by the Province of Ontario and in 2008, to mark this special occasion, the Junction is celebrating its centennial for the entire year, and the 2008 Junction Arts Festival will feature a new zone to honour this event consisting of everything historic. Centred at High Park Avenue and Dundas Street West (September 6 and 7), the Historic City will present The Boom Times; a play in three parts by local actor/historian Neil Ross, plus West Toronto Junction Historical Society walking tours, archival photo exhibits, special street performances and more.

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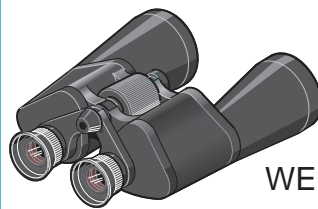
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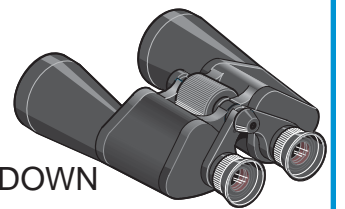
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THE JUNCTION MARKET WATCH



*As of July 2008



WEST TORONTO BREAKDOWN

	Sales	Average Price	Medium Price of List	Average % of List Price
Detached	29	\$614,103	\$600,000	100%
Semi-Detached	24	\$392,229	\$391,292	100%
Condo Apt.	10	\$365,190	\$363,500	99%
Condo Townhouse	2	\$254,000	\$254,000	98%
Att/Row/Townhouse	2	\$372,900	\$372,900	98%

*Avg, DOM is 20 as of 07/2008

Figures are based on the latest 6 months and reflect all MLS sales as reported by the Toronto Real Estate Board. Property values depend on factors besides housing type. Square footage, number of bedrooms, overall condition, upgrades, lot size and specific location are some of the other key factors involved.

** Statistics Above as of July 2008**

Courtesy of: Sal D'Angelo, Broker of Record

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Call Brian Buttigieg at 416-244-4113

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Call Frank Villi at 905-936-4426

Ricardos Green House - Heat and Air Conditioning

Call Ricardo at 647-290-4605



Your Money



Before You Sign Any Contract: 10 Things You Need to Know

(NC)-You've decided to get that cell phone, credit card, or gym membership. Do you know exactly what you are getting into? Before you sign any contract on the dotted line, here are the 10 things you need to know:

- 1. Shop around!** Understand exactly what each company is offering. The more you know, the more you can negotiate. Compare price, guarantee/warranty, duration of contract, and any terms or conditions that are important to you.
- 2. Know who you're dealing with.** Reputation is important, so ask friends or family for references. If you are not sure about a company's reputation, check with the Better Business Bureau or investigate a company online at www.cbabb.ca.
- 3. Negotiate!** Most contracts can be negotiated. Use the information you gathered while shopping around to get the best service and price. If the company or individual wants your business, they will listen to your arguments.

Don't feel pressured - it is your decision to make!

- 4. Pay attention to details before signing a written contract.** Don't rely on verbal promises; make sure any agreements or claims made by the salesperson are written into the contract. Strike out elements you do not want to sign for and have them initialled by you and the salesperson before you sign. Fill all blank spaces so that details cannot be added later by the salesperson.
- 5. Understand everything in the contract before agreeing to it.** Ask more questions or someone knowledgeable for advice if

there are elements you don't understand. And don't forget the fine print; it is part of the contract too! If you feel you need to, have a lawyer review the contract.

- 6. Find out whom to call for help or to lodge a complaint.** Ask the salesperson for a customer service phone number and the steps to take if you need to make a complaint.
- 7. A contract means you are responsible.** It is a legal document, so you will have to live with what you agreed to. Generally, a contract cannot be changed or broken unless you and the other party both agree (see next

tip).

- 8. Know how to get out of it.** Usually, a short period of time is allowed to end a contract without penalty; it's called the "cooling off period" and it should be described in the contract. If not, it doesn't mean you don't have access to it, so check with the Consumer Protection Act of your province. Otherwise, to end a contract before it is over, both parties have to agree and most of the times, it will cost you!
- 9. Sleep on it!** Is this what you really need and want? It's OK to change your mind before signing or agreeing to a contract.
- 10. Once you've agreed to a contract, make sure you get a copy - and keep it!** You may need it later on for reference, or to launch a complaint if you have a problem.

For more information on other financial issues, visit the website of the Financial Consumer Agency of Canada (FCAC) at themoneybelt.ca



your BUSINESS

Small Business Tips: Make Credit Work for You

(NC)-For small business owners whose personal resources can be stretched, financing a business or its growth becomes a critical concern. For many, strategically managing business and personal credit is the difference between creating a large legacy of success and closing up shop for good.

There are many options for both new and existing businesses to secure financing to expand or start a new venture: government grants, venture capital firms and private foundations are examples. Of course, some also turn to relatives or friends who are willing to place their trust in what is hopefully a sound investment.

Banks and other financial institutions are great business allies for those looking to maximize their growth potential. By providing customized solutions based on a business's individual need, entrepreneurs

can uncover equity to help achieve both short and long term business goals. Options may include personal credit - for example, credit cards, vehicle loans or home mortgages - or business credit.

Some types of business credit options include:

- **Short-term loans** - probably the most common type of business credit. Usually paid off within a year and can help a business temporarily in need of assistance overcome a brief or seasonal lull in cash flow.
- **Intermediate-term loans** - typically have maturity dates between one to three years and can help businesses increase their working capital, open new offices or purchase new equipment.
- **Long-term loans** - usually arranged when the scheduled repayment is expected to exceed one year. Assets could be a new building or land, or a new computer system. The

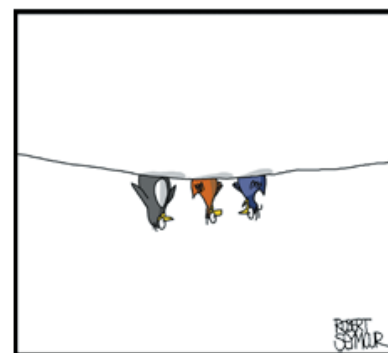
principal is repaid over a period of time and is directly related to the useful life of the asset.

Customizing loans to best suit the needs of a business is common - and critical - when dealing with any bank or financial institution.

"Business owners must make credit decisions based on their needs and their business profile," said Christine Morris, vice president of Business Banking for a major Canadian Financial Institution. "Repayment schedules and interest rates can be flexible enough to assist a business as it is today and where it wants to be tomorrow."

A financial injection can be just the boost a business needs to grow to the next level. You can see what business credit options can do to help grow your business online at www.tdcanadatrust.com/smallb business.

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fashion

Get the Best in Beauty for Fall

(NC)-Be-jeweled. Be-dazzled. Be bold. Because this fall, the drama queen is back. That's the message that was broadcast loud and clear across all the fall fashion and beauty runways.

The eyes say it all.

This season, you can shine and look fine in shimmering golds, or create a truly regal look with rich jewel-tone shades. And of course, soft and subtle smoky eyes in shades of grey are always a classic, timeless choice.

According to Debra Joseph, director of marketing, e-business and communications at Mary Kay Cosmetics Ltd., the glamorous must-have look of the season can easily be made your own by embracing gorgeous colour.

"Keep dark, saturated jewel tones close to the base of

the lash. Then make sure you blend the colour well so it fades up toward the brow bone," she advises.

To achieve this look, Joseph suggests Mary Kay Mineral Eye Colour in navy blue or sweet plum as the perfect shades. And to define the eye and amp up the drama, just add Mary Kay liquid eyeliner.

Bronze goddess.

Joseph also recommends swirling on bronzer after you've applied your foundation to add a little sparkle. Then, to get your glow on, apply highlighting powder to the high points of the face - the tops of the cheekbones and the bridge of the nose.

Luscious lips take centre stage.

Now for the perfect pout. The trick for full, glamorous lips is to first line your lips

along the outer edge of the lip, fill them with lip liner and follow-up with lipstick and lip gloss for a look that lasts. For a bold look, line your lips with Mary Kay lip liner in red, and then use Mary Kay's creme lipstick in pink melon to fill them in, finishing with Mary Kay Nourishine lip gloss in berry sparkle for megawatt shine.

Glamorous in gold.

Nothing says red-carpet ready like sparking gold complexions and "notice-me" lips. Mary Kay's limited edition All Things Glamorous Colour Collection allows you to lavish yourself in this luxurious trend.

"It can be difficult to translate the red carpet look into your everyday life," comments Joseph. "That's why Mary Kay's All Things Glamorous Colour Collection offers a more subtle way to capture the golden looks of the season. The Mary Kay Mineral Shimmer Powder in canary diamonds can be used sparingly for a light, fresh-faced glow - or all over the face for a more dramatic night-out-on-the-town effect."

And because this look is



all about glitz and glamour, Joseph suggests adding a subtle touch of sparkle to the lips with Mary Kay creme lipstick in one of three limited-edition shades: berry luxe, champagne or couture pink.

Whether you choose to

glam it up in gold or dazzle with jewels, you'll be ready for your close-up when the holidays arrive.

Want a customized look to take you through the season? Create it online at www.marykay.ca or toll-free at 1-866-455-5454.

CANADIAN CORNER

Did You Know?

CF Gene Discovered



The defect-carrying gene that causes cystic fibrosis (CF) was identified by a molecular biologist at the Hospital for Sick Children in Toronto. Lap-Chee Tsui and his team of scientists made the discovery in July 1989.

Fashion Meets Function in Back Packs

(NC)-With kids heading back to school, now is the time to consider purchasing that all important backpack. While form and function are of utmost importance, you also want to consider the issues of comfort, support and appropriate size.

Just like children, backpacks come in all shapes and sizes. The Alberta College and Association of Chiropractors (ACAC) offers the following tips for picking the right pack for your child:

- Choose a backpack that is proportionate to body size and not larger than what is needed. The top of the backpack should not extend higher than the top of the shoulder, and the bottom should not fall below the top of the hipbone.
- Select a backpack made of lightweight material (vinyl or canvas instead of leather).
- The shoulder straps should be



at least two inches wide, adjustable and padded. Ensure that they do not cut into or fit too snugly around the arms and armpits. Poorly designed shoulder straps can dig deep into the muscles and put strain on the nerves.

- A backpack should have a padded back for added protection and comfort.
- A hip strap or waist belt helps to effectively redistribute as much as 50 to 70 per cent of the weight off the shoulders and spine onto the pelvis,

equalizing the strain on the bones, joints and muscles.

- Choose a backpack that has several individual pockets instead of one large compartment-this will help to distribute the weight evenly and keep contents from shifting.

Explore other backpack options, such as one with wheels and a pull handle for easy rolling.

To ensure that your child's back is healthy and strong consult a chiropractor. A chiropractor can teach you and your child how to pack, lift and carry their backpack properly to prevent injury. Regular spinal check ups for children can prevent back problems before they start.

More information, including where to find a chiropractor near you can be found online at www.albertachiro.com.

Recipes

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Chili Lime Cod

Serves 2

- | | | | |
|---------|--|---------|---------------|
| 1 | 8 to 12 oz Cod Fillet, about 1/2 in thick, cut in half | | |
| or 2 | 6 oz Cod Tenderloins, about 1 in thick | | |
| 2 tbsp | Lime juice, freshly squeezed | | |
| 2 tbsp | Butter, melted | 1/4 tsp | Salt |
| 1 tbsp | Parsley, chopped fresh | 1 tsp | Vegetable Oil |
| 1/2 tsp | Chili Powder | 1/2 tsp | Garlic Powder |
| Pinch | Cayenne Pepper (about 1/16 tsp) | | |

In a small bowl prepare rub with the vegetable oil, chili powder, garlic powder, salt and a pinch of cayenne pepper.

Spoon the rub on top of cod, spreading evenly. If needed, tuck any thin parts of fillet underneath for even cooking.

Put prepared cod in a large Ziploc Zip `n Steam microwave steam cooking bag, placing thicker portions toward outer edge of bag. Seal bag and place in microwave.

Cook on full power for 3 1/2 to 4 minutes or until cod is cooked through and flakes easily. Use 3 1/2 minutes for 1/2 in thick pieces and 4 minutes for 1 in thick pieces. If needed, continue microwaving at 30 second intervals until cod is done.

Allow bag to stand 1 minute before handling. Carefully open bag. Use spatula to remove cod from bag.

Spoon 2 tbsp freshly squeezed lime juice over cod. Garnish with 1 tbsp chopped fresh parsley and serve with 2 tbsp melted butter, if desired.

Italian Stuffed Mushrooms

Serves 4 (or 8 appetizers)

- | | |
|---------|--|
| 8 | Large Jumbo or Stuffer fresh Mushrooms |
| 1/2 cup | Bread Crumbs, fresh |
| 1/4 cup | Mozzarella Cheese, shredded |
| 2 | Garlic Cloves, finely minced |
| 4 | Black Olives, finely chopped and pitted |
| 2 tbsp | Sun-dried Tomatoes in oil, finely chopped |
| 2 tbsp | Artichoke Hearts, finely chopped marinated |
| 2 tbsp | Green or Sweet Onion, finely chopped |
| 2 tbsp | Light Mayonnaise |
| 1/2 tsp | Dried Oregano or Basil |
| 1/4 cup | Olive Oil |
| 1 tbsp | Parmesan Cheese, grated |

Remove the stems from the mushrooms and finely chop. In a medium bowl, combine chopped stems, bread crumbs, mozzarella cheese, garlic, olives, tomatoes, artichokes, onion, mayonnaise and oregano; mix well. Brush oil on outside of mushroom caps. Spoon filling evenly into caps, mounding as necessary and place in shallow baking pan. Sprinkle parmesan on top. Bake in 425°F oven for 15-20 minutes or until mushrooms are heated through.



Gingery Plum Tart with Potato Pastry

Serves 8-10

Pastry:

- | | |
|---------|-----------------------------|
| 2 cups | All-purpose Flour |
| 3 tbsp | Granulated Sugar |
| 3/4 cup | Butter, cubed |
| 1/3 cup | Potatoes, mashed and cooled |
| 1 | Egg, beaten |

Filling:

- | | |
|-----------|---------------------------------------|
| 2/3 cup | Granulated Sugar |
| 1/4 cup | All-purpose Flour |
| 1/2 tsp | Ground Ginger |
| 1-1/2 lbs | Ripe Black Plums (about 7), quartered |
| 1/4 cup | Ginger, chopped crystallized |
| 1 tbsp | Butter, melted |
| 2 tsp | Sugar, coarse |

In large bowl, combine flour and sugar. Using pastry cutter or fingers cut in butter until coarse crumbs form. Add potato and mix until well combined. Drizzle egg over top and toss until moistened. Scrape onto well-floured surface and knead gently to form soft dough. Shape into disc and wrap with plastic wrap; refrigerate for 30 minutes or until chilled.

Roll out dough on floured parchment paper into 14-inch circle. Place on cookie sheet or inverted baking sheet.

Filling: In bowl, combine sugar, flour and ginger. Spread half over bottom of pastry leaving 2-inch border around edge. Place plums cut side up over top and sprinkle with crystallized ginger and remaining sugar mixture. Fold up pastry to make border around plums. Brush pastry with butter and sprinkle with coarse sugar. Bake in 400°F oven 40 minutes or until pastry is golden and fruit is tender and bubbly. Let cool before serving.





Make Your School Year Matter

Ten Must Haves for Updating Back-to-School Wardrobes

(NC)-Get kids back to school in style with the top-ten must-haves of the season. From the latest trends to the greatest styles, Sears has everything kids need to make the grade, and all at affordable prices.

Top-Ten Back to School Must-Haves:

- 1. Denim** - Whether you're a boy or girl, tween or teen, jeans are a staple in your wardrobe. If you love the designer look, but don't like the hefty designer price tag, look for designer-inspired embellishments such as dark wash, skinny fit and back-pocket detailing that mimic the features found on high-end jeans. This season, Sears has an expanded assortment of trendy, premium-type denim, including great styles from, Nevada, Levi's, Point Zero and Union Bay, Timberland, and celebrity-inspired Phat Farm, G-Unit and Sean John.
- 2. 2-in-1 Tees** - The layered look is back and stronger than ever this season for both boys and girls. Boys love long sleeve tees or thermal henleys under their graphic tees or polo shirts; while girls also layer their tees under graphic tees or spaghetti strap tops.
- 3. Graphic Tees** - Express your attitude with a graphic print tee. With many different colours, styles and prints to choose from, these are sure to be a hit with both gals and gents alike.
- 4. Polo Shirts** - Polo shirts definitely aren't just for avid golfers anymore! Boys love the option of solid or striped, collared up or down. When the temperatures make it too cold to wear on their own, layering a long sleeve tee or thermal shirt looks even hotter.
- 5. Stripes** - Say it with stripes this season; thick or thin, horizontal or vertical, stripes seem to be found on everything this fall! Whether you wear them preppy, edgy, nautical or nice, stripes are a must-

have in every closet.

6. Cargo Pants

- Not only are they functional and comfortable, but stylish too! Look to updates this fall for boys in fabrications, vintage washes, printing and pocket details. Girls have transformed the look with cargo capris, roll-ups and skirts.

7. Babydoll

- For girls, babydoll tops and dresses are the hottest must-have of the season! Short sleeve, long sleeve, or sleeveless, the babydoll top comes in a variety of styles and colours. When the weather gets cooler, the best way to wear this trend into the winter months is layered with a great pair of leggings.

8. Sporty

- Stylish n' sporty is fresh and fashionable this season with boys hanging out in track pants and sports logo tees. Girls are also cool and comfortable this season with trendy matching track-suits.



9. Accessorize-It

- Belts are a great way to spice up your back-to-school wardrobe. This fall, thinner .vs. thicker cinch-belts that sit firmly on the waist are bringing shape to this season's knits and dresses.

10. Fab Footwear

- When it comes to shoes for school this year, girls will still be falling for flats. Ballerina round-toe style shoes are not only cute, but comfortable. Boys will stick to athletic sneakers such as the funky new Airwalk® skate shoes, available in a wide variety of colours.

(NC)-After a long fun summer, the last place kids want to be is back in the classroom. One way for parents and teachers to get kids excited about the school year ahead is to give them a challenge or a goal for the year. Something meaningful they can work toward with both their minds and their hearts. "Kids like taking on projects that make a difference outside of the classroom," says Bruce Herzog, CEO, Christian Children's Fund of Canada, an international children's organization offering opportunities for students to get involved with during the year that help children-in-need.

The organization's website www.ccfcanda.ca offers a number of ideas that students can use to make a difference this school year:



Service auction - Raise charitable funds by auctioning off services, like mowing the lawn, shoveling snow, or piano lessons. The possibilities are endless.

Pancake or Spaghetti Supper

- Serve up a big dish of fun while helping children and families-in-need. Perfect for any class size to organize, this tasty fundraiser also gives parents, teachers and students a chance to mingle.

Concert

- Give budding stars in your family or circle of friends the opportunity to show off their talent. Arrange an event with a few bands at a school, community hall, old theatre or a church. Everyone likes a night of good music and every note will sound sweeter because of who the proceeds are helping.

School Olympics

- Gather a few teams and hold your own Olympic Games. Athletes can gather pledges to benefit a worthy cause.

More ideas about making the most of your school year are available online at www.ccfcanda.ca.

Back-to-School Dorm Room Decorating Guide

(NC)-Sears Canada helps students transform campus dorms into cool, comfortable and stylish digs. Sears has functional, space-saving and stylish ideas for students to decorate their dorm rooms or apartments on an affordable student budget.

Dorm rooms house three functions: sleeping, studying, and socializing. Study and sleep zones require tranquil, non-distracting environments with both ambience and focal lighting; while areas that serve a social function command more energetic themes and accessories.

Space is a premium in most dorm rooms. Invest in pieces that are versatile and multi-purpose. Maximize space with a multi-functional davenport with a bed or couch option and a handy storage compartment underneath, such as the Style factory Davenport. Storage ottomans, or modular storage boxes like the Fresco Home Faux-Suede storage

units that can be shifted or stacked are also a great idea for extra seating and ideal for storing unsightly items.

To ensure some studying privacy in your dorm room, use a triple-screen photo panel, a great way to separate your space, as well as keep treasured photos of family and friends. Need a study area, or a place to pull those all-



nighters? The Sears every-day priced glass cart is the perfect solution, it's airy and space-saving, only \$149.97. Don't forget to add a great lamp for extra focal lighting.

Make rooms warm and inviting for socializing with a chic art deco hand-carved rug, available in trendy designs and patterns. Add some comfy bean bag chairs for extra seating for study pals, the wipe clean bags are available in a variety of fashionable colours, \$39.99 for small-sized, and \$69.99 for large. Decorating a dorm room is about more than just making a small, temporary accommodation feel like home. It's also about creating an environment that utilizes the space efficiently, while adding colour to a student's tenure on campus.

All of these must-have items and more are found in the Sears Canada Fall 2008 catalogue. For more great ideas, visit a Sears department store, or www.sears.ca.

Your Home & Garden

tips, news and advice for homeowners



TIPS FOR FALL LAWNS AND GARDEN CARE

(NC)-The cool, wet months of the fall are ideal conditions to prepare your lawn and garden for the cold months ahead. Here are a few tips to help your garden survive the winter and thrive in the spring:

- Remove any debris, leaves and diseased foliage from your lawn and garden.
- Continue to mow your lawn at a height of around 2.5 inches as long as it is actively growing.
- Overseed and aerate your lawn. The cool and wet conditions of fall make it the perfect time to overseed your lawn with a pure premium grass seed for a thicker lawn that will crowd out weeds in spring.
- Repair any damaged spots now, while temperatures are cool and there's more rainfall and heavier dew. Try a product like Scotts Patch Master lawn repair mix for an all-in-one solution.
- Apply a winter care fertilizer approximately four weeks before you expect frost. The fall is the most important application of fertilizer because it helps your lawn emerge healthier in spring after a long winter.

- Plant any flower bulbs in the fall to provide welcome blooms at the first sign of spring. Feed bulbs with an organic choice bone meal.
- Add a layer of mulch to new plants and rake leaves onto flowerbeds and around shrubs to create a warm blanket to protect against the cold.
- Be sure to clean out all your gardening tools and spreaders and lubricate any pivot points or axles. Clean all tools using a wire brush and spray bare

metal parts with a penetrating oil to prevent rust.

- Tightly seal all packages and store all fertilizers and chemicals in a cool dry place.
- Drain water from all hoses and coil and hang them properly so they won't split, sag or kink.

To speak with a Scotts expert on lawn care call 1-866-436-7645. For a Scotts Garden expert call 1-866-436-8477 or visit www.Scotts.ca.



Warm Up to Spas and Hot Tubs

(NC)-Every year, more people are turning to spas and hot tubs as a way to relax, unwind and relieve their aches and pains. One of the reasons they are so popular is that they can be enjoyed year round - indoors or outdoors - allowing you to make the most of your leisure time regardless of the weather.

Spas and hot tubs are available in preformed acrylic or thermoplastic spa shell designs that are lowered into the deck for a permanent installation or as portable models in a spa skirt or cabinet that can be moved to a new location if your move.

Permanent concrete inground spas are also popular either on their own or installed as part of a pool installation. The advantage of a concrete spa is its versatility. It can be custom-designed into virtually any size or shape and can be finished in mosaic tile, block glass or colourful coatings.

For those who want a hot tub for an aquatic workout - nothing can beat a swim spa. These rectangular-shaped units are equipped with powerful jets, propellers or paddle wheels that create a counter-current for swim-in-place exercising. Some swim spas also include bungee-cord and paddle-type devices for rowing exercises that

improve muscle strength in the arms, as well as a warm water spa area where bathers can sit down and relax after a strenuous workout. A swim spa can be installed inground, flush with the deck, or as a portable, above-ground unit.

Soft-sided spas are another option. These lightweight, circular-shaped models are made of dense foam and are small enough to take with you for a weekend at the cottage - just empty them and roll them through the door and into a van or truck for the ultimate in portability.

For traditionalists, it's a wooden hot tub or nothing. Made from cedar staves held together with metal hoops, circular-shaped wooden hot tubs offer a deep soak and are the perfect complement to wooden decks and patio furniture.

More information is available online at www.poolcouncil.ca, or toll free, 1-800-879-7066.



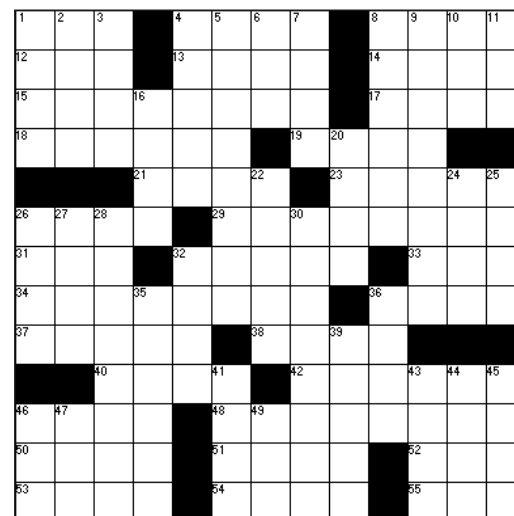
SUDOKU

How Do I Do It?

The objective is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?

		4	7				5	
6							2	
9	7			2			3	1
		3	2	7				4
			4	6	5			
7				3	8		5	
1		6		4			7	5
		8						3
		3				1	6	

crossword



ACROSS

- CNN's founder
- Selfs
- Sorrels
- News organization
- Ignorant fool
- Lotto
- About geodesy
- ___ Ladd, actor
- Liquid body substances
- Register electronically
- A platform raised above the surrounding level to give prominence to the person on it
- Italian monetary units
- Strays
- An animal or plant that lives in or on another and from which it obtains nourishment
- Large brownish-green New Zealand parrot

DOWN

- Boats
- A sword similar to a foil but with a heavier blade
- Christian ___, designer
- Excessive fluid accumulation in tissues
- Chitchatted
- Near, against
- A subdivision of some denomination
- Camelopard
- Speed
- A collection of anecdotes about a person or place
- Man-child
- Informal clothes
- Expression of sorrow or pity
- Trade
- Egyptian Sun god
- Monetary unit
- Supplements with difficulty
- Take back
- Arcs
- Sound with resonance
- A measured portion of medicine
- Peace
- Dress
- Source of chocolate
- He fiddled
- Framework for holding objects
- About organ of hearing
- Welt
- Single Lens Reflex
- Vietnamese currency unit
- Weight unit

Pet Tip of the Month

Protect Your Pet Against Fleas and Other Pests

(NC)-Parasites are a persistent health issue facing dogs and cats. They are organisms that get nourishment by feeding on or within another animal. The most common parasites in dogs and cats are worms, as the majority of all puppies and kittens acquire intestinal worms either before or after birth. Worms are only one member of the parasite family; other common parasites include fleas, ticks and ear mites.

Fleas and ticks are among the most common parasites and both can be detected on your pet's skin. If you are worried about either of these pests, be sure to examine your pet on a regular basis especially if he spends a lot of time outside. Thankfully, there are ways to protect your pet from these pesky parasites. Ask your veterinarian about using a preventative product such as Revolution, a broad-spectrum

topical product for fleas, ticks and internal parasites like heartworm. Revolution is easily applied once a month.

Roundworm is another common internal parasite that can affect your pet at any age, and may be detected in a stool sample taken from your pet. Through keeping your pet's living quarters clean, you can minimize the chances roundworm will become an issue. Heartworm, another well-known internal parasite, can enter a dog's bloodstream through the bite of an infected mosquito. Treatment options can be dangerous, and heartworm symptoms may not appear until six months after infection, so preventative actions are key to protecting your pet.

Rather than deal with parasites when they happen, go talk to your veterinarian and protect your pet against members of the parasite family.



FACTOID



India's criminal courts acquitted over a million defendants in 1999, more than the next 48 surveyed countries combined.

Women make up more than 10% of the prison population in only five countries: Thailand, Qatar, Paraguay, Costa Rica, and Singapore.



Fall Home Maintenance Checklist



(NC)-Colder weather, shorter days and falling leaves mean it's time to get your home ready for the winter months. Fall home maintenance involves more than raking leaves and storing garden furniture. It requires attention to your roof and gutters, your foundation, faucets and windows, and even your ceiling fans.

"Winter can be hard on a house, so we recommend a number of steps to prepare your home for the increased cold and moisture," said Colin Smyth, AmeriSpec of Canada. "There are things that most homeowners don't even think of that can make a huge difference."

The following are some tips from AmeriSpec to make sure you're ready for the winter months:

- **Protect the outside faucets** - For those who do not have freeze-proof faucets, it is

important to shut off the indoor water valve and make sure the outside faucet is completely drained.

- **Clean and reverse the ceiling fans** - Turn the fan off, clean and oil the motor, clean and dry the blades and reverse the air flow direction to push warm air down.
- **Replace batteries in the smoke detectors and test the smoke alarms** - Batteries should be replaced twice a year and all smoke alarms should be tested weekly.
- **Apply weather-stripping to windows and doors** - Even insulated windows and doors require additional reinforcement for winter. Weather-stripping reduces drafts and saves on heating bills.
- **Caulk around window and door casings to keep out air and water** - If your house has wood siding with

window frames that stand out from the siding, caulk the top and sides of the frame. Don't caulk under the sill - that space should be left open to allow moisture inside the wall to escape. If your house is brick or stone, with window frames that are set into the finish material, caulk all four edges of each frame - where the brick mould meets the masonry.

- **Fix up your gutters** - Ensure there are no leaves or other debris in your gutters in order to prevent overflow and leakage during heavy snow or rain.

AmeriSpec home inspectors offer great tips on home maintenance and improvements. More information on common home maintenance subjects and professional home inspections can be found at www.amerispec.ca.

"HOW TO" CORNER



Create a Contemporary, Minimalist Kitchen

(NC)-The move towards contemporary design is one of the hottest trends today. A minimalist space is characterized by a focus on essential shapes, materials and surfaces, and this approach to design can make a dramatic statement in the kitchen.

- If you are starting from scratch, design cabinets to hold all your small appliances, so the countertops remain clutter-free. If you are looking to simply revamp your current space to make it more contemporary, keep track of what utensils and small appliances you use for one week. At the end of the week, anything that wasn't touched should be stored, while those items that were reached for often should be placed where they can be easily accessed.
- Update appliances to a modern stainless or black finish for a crisp, clean look.
- For a quick fix, replace the hardware on cupboard doors with a clean-lined, simple

handle. Look for either a brushed stainless steel or nickel finish to complete the look.

- When considering lighting, warm and simple is best. Avoid highly decorative chandeliers and look for something with a clean shape and finish.
- Keep the space looking neat and coordinated with matching faucets. Hansgrohe's new contemporary collection, Talis S, features a pull-down faucet, a prep faucet for the

bar or island as well as a potfiller for near the stove. This offering features modern styling and maximum functionality, and provides a structured look and feel.

- When choosing a colour scheme, keep it simple with one or two shades of neutral. For a bold statement, add a bright accent colour, such as red, in small doses throughout the space.

More information is available online at hansgrohe-usa.com.





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Broker of Record



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HOMES CURRENTLY



Dundas/ Quebec

- Retail Store
- Three 2 Bdrm Apts
- Roof Top Deck
- Lot 15.33 x 104 Ft
- Great Location in Trendy Junction
- Store Currently being used a Coffee
- Shop w/ Enclosed Outdoor Sitting Area



Keele/Dundas

- Store with Apt
- 20 X 150 Ft Lot
- 4,000 Sq Ft
- Lots of Walk By Traffic



Annette/Humberside

- Fabulous Family Home
- 5 + 1 Bedrooms
- 4 Washrooms
- Basement Apt. with Sep. Entrance
- Eat In Kitchen with Solarium
- Walking Distance to Bloor West & High Park Junction Area



Dundas/High Park Ave

- 3 Retail Stores
- 3 X 3 Bdrm Apt 2nd Floor
- 3 X 1 Bdrm apt on 3rd Floor
- 3 Lofts on Main Floor
- 13 Washrooms
- Great Opportunity

Government of Canada Moves to Protect, Strengthen Canadian Housing Market

On July 9, the Department of Finance announced adjustments to the rules for government guaranteed mortgages aimed at protecting the strengthening the Canadian housing market. CMHC supports the new parameters and the government's ongoing efforts to maintain a strong Canadian housing market.

Consistent with the government's direction, CMHC will no longer be accepting mortgage insurance applications for 40-year amortizations or 100 per cent loan-to-value mortgages on or after October 15, 2008. Those mortgages with a 40-year amortization and the 100 per cent loan-to-value mortgages already insured by CMHC are not affected. CMHC

mortgage insurance coverage on these mortgages is good for the entire life of the mortgage.

However, CMHC will continue to offer mortgage loan insurance for amortizations of up to 35 years and up to 95 per cent of the value of the property, and will continue to offer a wide range of innovative products that meet the needs of borrowers.

CMHC will also continue to offer CMHC Flex Down, which offers homebuyers the flexibility of purchasing a home using a wider range of sources for their down payment - including borrowed funds and lender cash-back incentives

-www.cmhc-schl.gc.ca



Dundas St. W & Medland/High Park

- Great Location
- Store with Office Space
- Established Shoe Business
- 6,105 Total Square Footage
- Very Well Maintained Building
- Up and Coming Trendy Junction Area

On Friday August 1, the Government of Canada issued a release on the extension of the Canada Mortgage Bond program and new disclosure measures for mortgage insurance. To view a copy of the release please visit www.smartchoicemortgages.ca and check in the Mortgage Information section under heading Canada Mortgage Bond.

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Dundas St. W & Quebec Ave

- Store with 2 Apartments
- Fully Renovated
- Prime Junction Location
- 2,700 Sq Ft
- Great to Live/WorkBusiness



Dundas St. W & Quebec Ave

- Store with 3 Bedroom Apartment
- Gorgeous Deck on 2nd floor
- Newly Renovated Store
- Built In Garage @ Rear
- Great Opportunity to Start Up Business



Dundas/Clendenan

- Large Store with 6 Apts
- Opportunity to Invest in One of Toronto's Fastest Growing Communities on Dundas Street
- Extensive Renovations have been Completed



Dundas / Runnymede

- Adjacent to Public Parking Lot
- Spacious Office Space with Boardroom with Kitchenette
- Completely Renovated 2nd Floor
- 2 Bdrm Apt.
- Great Location!!

GTA Resale Housing Stable in July

With 7,806 transactions recorded last month, the Greater Toronto Area (GTA) resale housing market continued at a moderate pace in July, Toronto Real Estate Board (TREB) President Maureen O'Neill announced today.

Prices remained stable throughout the GTA in July. At \$371,427 the average price increased slightly more than one per cent from \$366,012 recorded in July 2007 and nine per cent from the \$342,034 figure of two years ago.

In the City of Toronto the average price of \$395,342 increased less than one per cent from the July 2007 price of \$395,044 and 10 per cent from the July 2006 figure of \$360,409.

In the City of Toronto 3,132 sales were recorded, down 14 per cent from July 2007's 3,640 transactions but up 10 per cent from the 2,852 sales recorded two

years ago in 2006. Comparing July 2007 with July 2006, a period before the Land Transfer tax went into effect in Toronto, sales increased 28 per cent.

From a year-to-date perspective, the GTA's 51,249 sales in 2008 have declined 14 per cent from the 59,339 reached at this time a year ago.

In addition to stable prices, the list to sale price ratio, at 98 per cent, remains unchanged from a year ago.

"While homeowners continue to see healthy returns, it is taking slightly longer to achieve a sale; the average time on market has increased to 33 days compared to 31 days a year ago," said Ms. O'Neill. "This may be due to that fact that there is now more choice available to homebuyers; there are currently 26,543 active listings, a 28 per cent increase from a year ago."

Junction Homecoming

Saturday, September 6, 2008
Vine Avenue Park in The Junction

(north of Dundas between McMurray & Pacific)

11 am to 4 pm

Come for an exciting day to reconnect with current and former Junction residents. If you've ever lived or worked in the Junction join our Homecoming Picnic to meet celebrities, political figures, historians and make new friends.

Free entertainment and free refreshments! Bring your Junction stories and be eligible to win great prizes generously donated by local businesses. Or send your stories ahead of time to junctionhomecoming@yahoo.com or visit www.facebook.com, "Junction Homecoming Centennial Birthday Bash". Donations are welcome, but come for the fun!

For info call: 416 767-9068.

416.916.2368

Michelle Vella, BA, RNCP
Heather Osler, H.D.



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Parenting

and families

Don't Let Back-to-School be a Pain in the Neck

(NC)-Look at that list of school supplies: books, binders, notebooks, markers, shoes and a backpack to carry it all. It is a heavy load, and if not carried correctly it can be a pain in the back-literally.

Carrying a heavy load unevenly or improperly can result in poor posture and even distort the spinal column, causing muscle strain, headaches, back, neck and arm pain and even nerve damage. The Alberta College and Association of Chiropractors (ACAC) provides the following simple backpack rules.

Pick the right pack

- Choose a lightweight material.
- The pack should have padded straps and back, and the top should not extend past the top of the shoulders. The bottom should not fall below the top of the hipbone.
- A hip or waist belt helps redistribute weight away from the shoulders and spine.

Pack it light

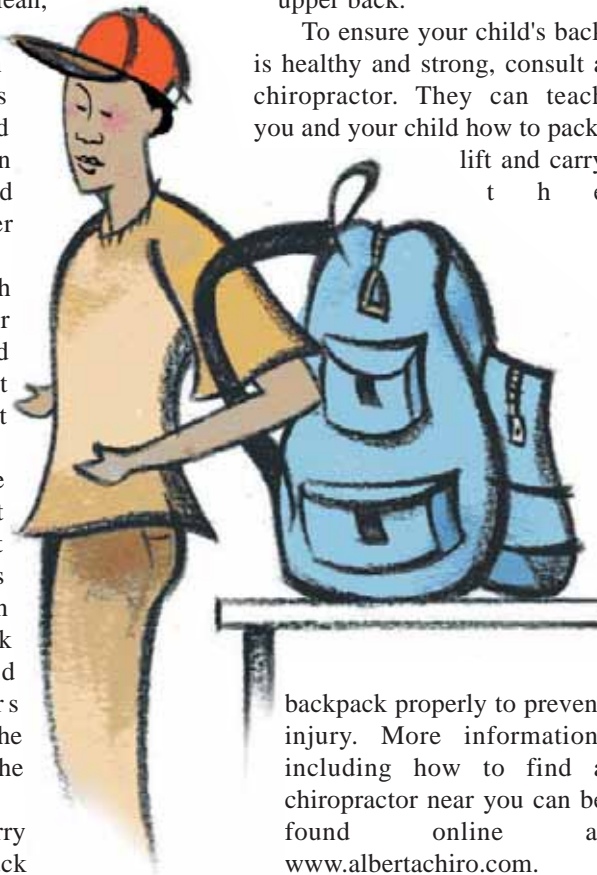
- Watch the weight. If your child is in grades K-6, try to keep the weight of the pack below 10 per cent of your child's body weight. Older students can carry up to 15 per cent.
- Do not overload the pack-only carry what is needed. Spread the weight throughout the pack.
- Pack the heaviest items closer to the body so the heaviest weight is closest to the centre of gravity.
- Pack any odd-shaped or sharp items on the outside so they do not dig into the back.

Lift it right

- Squat or kneel to pick up the backpack and place it on a counter, chair or table at waist height before slipping it on.
- Avoid twisting when lifting.
- Use both hands to check the weight of the backpack.
- Lift with the legs, bend at the knees. Put on one shoulder strap at a time and adjust straps to fit the shoulders.

Wear it right

- Do not sling the backpack on one side-this can cause the spine to lean, putting stress on the joints and muscles in the mid and lower back.
- Use both shoulder straps and adjust them to fit snugly.
- Use the waist strap-it reduces strain on the back and transfers some of the load to the hips.
- Do not carry the back



pack too low-this causes the wearer to lean forward, putting the weight on the upper back.

To ensure your child's back is healthy and strong, consult a chiropractor. They can teach you and your child how to pack, lift and carry

backpack properly to prevent injury. More information, including how to find a chiropractor near you can be found online at www.albertachiro.com.

Get in Step With Today's Kids

(NC)-To better organize the space in your children's rooms, eliminate clutter and provide the kids with a room they'll want to spend time in, follow these tips from Sally Morse, director of creative services for Hunter Douglas, Canada's leading manufacturer of custom window fashions:

For an inexpensive headboard that also has shelf space, Morse suggests painting a ladder in bright colours. Brighten up standard white or wood-tone storage units with brightly coloured paint or fun decals. A glue gun can transform an inexpensive lamp into something personal and pretty with the addition of cheerful buttons.



Decorate the walls to reflect your child's special interests - hang a tutu on the wall for a budding ballerina and for your little league star create a window valance with a bat. Make curtains from blue denim and add giant red pockets where your little leaguer can stash his treasure instead of heaping them on the floor.

For privacy and soft, diffused light control at the window, use the Playful Possibilities collection from Nantucket window shadings, a casual, limited product offering for the budget-minded consumer that allows you to mix and match fabrics and hardware in colors like Spinnaker Blue, Yellow Canopy, Limeade and Cotton Candy. To address the hazards to young children that can be posed by window covering cords, Hunter Douglas has pioneered safety at the window with the LiteRise Touch System for cordless operation as well single-cord lift systems, break-away tassels and cord stops, cord tensioners, wand/cord controls and other safety options.

More information is available online at www.hunterdouglas.ca or toll-free at 1-800-265-1363.

Automotive NEWS



Fixing Your Fuel Economy

(NC)-Gas prices have become a key concern for today's motorists. In fact, a study conducted by Corporate Research Associates Inc. says that the price of gasoline is now the single most important issue facing most Canadians. So, besides taking public transportation when appropriate, Jay Buckley technical training manager for Honeywell CPG, has a list of maintenance tips to help combat the \$1.30-plus per litre price tag.

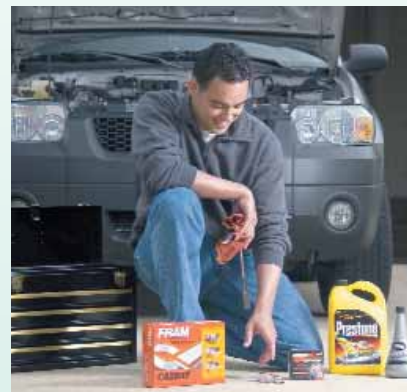
1. Don't use a high octane fuel if your vehicle doesn't require it. Using a lower octane fuel is not harmful to your engine, and using a higher octane fuel doesn't always lead to higher fuel economy.
2. Combine errands when it makes sense. Try to forecast what trips you need to make during the week and pool together any that are in the same area. This will help

eliminate unnecessary trips.

3. Have your worn and dirty spark plugs changed. Despite popular belief, there are several vehicles that require a tune up before 160,000 kilometers. According to the National Institute for Automotive Service Excellence, old, worn and dirty spark plugs are prone to misfires, reducing fuel efficiency as much as 30 percent. "When changing spark plugs, consider upgrading to ones that provide a faster, more efficient burn," said Buckley. "Autolite XP Xtreme Performance spark plugs ignite the gas and air mixture inside the cylinders more efficiently, resulting in improved throttle response and acceleration for top fuel efficiency over the life of the plug."
4. Replace your clogged air filter about once per year or

every 20,000 kilometers depending on driving conditions. According to the Be Car Care Aware Canada website, and Natural Resources Canada, replacing a clogged air filter can actually improve fuel economy by as much as 10 percent. "That means if you typically spend \$200 per month in fueling your vehicle, you could save up to \$20," said Buckley, who recommends trying a Fram air filter since most of them feature bright white fibers that make it easy to spot when a replacement is necessary. They are available at major automotive retailers.

5. Finally, if a vehicle has intake valve and fuel injector deposits, the engine has to work harder to run. Using a fuel additive like Prestone Complete Fuel System



Cleaner every 6,400 kilometers helps improve acceleration and fuel economy by helping to unclog fuel injectors and clean intake valves and combustion chambers.

"Maintaining vehicles with good quality spark plugs and air filters, in addition to utilizing a fuel additive and using the right fuel, can help consumers save money at the pump. For more information and gas-saving tips, motorists can log on to www.fram.com.

Your Health

Baby Boomers are Missing Something in the Bedroom

(NC)-Just because you're getting older doesn't mean you should be getting less sleep, but Canadian Boomers between the ages of 43 and 62 are developing an unhealthy relationship with their bed when they need its support the most.

Quality sleep actually becomes more important as we age, but over 40 per cent of Canada's Baby Boomers are getting less and worse quality sleep than they did ten years ago, according to recent research from the Better Sleep Council Canada. Looking ahead ten years, one-quarter of Boomers expect to get even less sleep than they do today.

"Sleep is a missing link when it comes to Boomers and health," said family physician Dr. Alan Kaplan. "While many lose sleep from stress, aching bodies and health issues, lack of sleep can make these conditions worse. A key prescription for better health is better quality

sleep - and that means paying attention to your sleep habits and your bed."

The Better Sleep Council Canada recommends this five-step prescription to better Boomer health:

- **Get your back up:** if you have back pain, stretch at night and in the morning, and learn an exercise routine to strengthen your core stomach and back muscles.
- **Tackle stress during the day:** determine what the source of your stress is and tackle it during the day, not night. Keep a notepad by your bed for last minute notes, and find a routine like reading to calm your mind before hitting the sack
- **Act your age:** when it comes to physical activity. Overly rugged sports can cause body aches and pains that impact sleep; inactive Boomers should start a regular exercise routine to keep fit and help

facilitate sleep

- **Ask:** what are you lying on? Check your mattress regularly for comfort, support and hygiene. Night sweats can cause the mattress to break down faster and dust mites and other allergens can stir respiratory issues. Replace every eight to 10 years.

- **Tell your doctor:** if you can't determine what is waking you up at night, or suspect a medical issue, see your doctor for help

Wondering if your sleep habits could be impacting your health? Take this Boomer-specific sleep quiz at www.bettersleep.ca.



Back to School Stresses Can Bring on Skin Issues

(NC) - With busy workloads and new social pressures, back to school season can be a hectic time for kids. However, it can be even harder for the up to one in four Canadian children who suffer from the dry, red, itchy skin of eczema. The changing temperature in fall and elevated stress levels can trigger eczema flare-ups, which can be worrying to the many parents who have difficulty getting control of their child's symptoms.

Dr Charles Lynde, a dermatologist and well known eczema expert, says there is no one easy solution for managing and treating eczema symptoms.



"A multi-level treatment routine is necessary to minimize the severity and duration of eczema flare-ups for kids," says Dr. Lynde. "Parents worried about harsh cleansers and fragrant moisturizers that irritate their child's eczema prone skin can now turn to a line of products, Spectro Kids EczemaCare, that are designed to promote good skin health and are available without a prescription." An easy way to remember the elements of effective eczema management is the 4Rs:

- Recognizing potential triggers, such as stress, changing temperatures, food allergens, and fragrant soaps or detergents.
- Removing irritants with a soap-free cleanser.
- Restoring and protecting the skin with a good moisturizer.
- Regulating eczema flare-ups with a medicated cream.

For children under 12, see your doctor for medicated products to treat flare-ups.

More information about kids' eczema can be found at www.eczemaguide.ca.

health news

Eating Well - Part of the Recipe to Living Well with Arthritis

(NC) - If you are one of the nearly 4.5 million Canadians with arthritis, healthy eating can help you live better with this disease. The Arthritis Society has teamed up with the Dietitians of Canada to provide some tips to help improve your eating habits and keep you active so that you can continue to enjoy the things you love to do.

1. Tune in to moderation with portion sizes: use the portion sizes in Eating Well with Canada's Food Guide (www.healthcanada.gc.ca/foodguide) to help you cut back without cutting out any of the food groups. When serving meals and dining out, choose smaller portions to prevent you from overeating. Over time, this approach will help you maintain a healthy body weight and avoid weight gain, thereby reducing stress on your joints.
2. Energize yourself with healthy eating to reduce the fatigue often experienced by people with arthritis. Eating the right variety of foods can help people with arthritis maintain the energy they require to continue doing the

things they love.

3. Set manageable, healthy eating goals with no more than one or two new habits per month. You'll be more successful in the long run if you make gradual changes. As an example, if you're aiming to lose weight, try using smaller plates or try portioning foods away from the table to change your eating habits. Use EATracker at www.dietitians.ca/eatracker to assess your current intake and to set realistic goals.
4. Plan your meals in advance. Grocery shopping is much easier when you make a shopping list from a menu plan. Planning also supports your efforts to enjoy your favorite treats in moderation. What you eat regularly is what matters most to your overall health and weight management.
5. Avoid trying to make up for unhealthy eating habits with vitamins and minerals. Food is what gives you energy and nutrients. There are times, however, when supplements are needed to promote health. Consult a registered dietitian or your family

doctor about your need for additional supplements.

6. Start your day with breakfast, eat balanced meals regularly and have healthy snacks in between. You should be eating every three to four hours and snacking wisely.
7. Listen to your body. Eat when you are hungry and stop before you get too full to help you from eating more food than you need and to prevent weight gain.

Eating well and staying active can help to decrease the risk of chronic diseases, such as arthritis. By incorporating these tips you will be able to maintain



a healthy lifestyle and stay energized. For more healthy eating advice that you can trust, visit www.dietitians.ca and, for information about arthritis, go to www.arthritis.ca.

Recipes

More Recipes on Page 4



Vegetable, Egg and Noodle Stir-Fry

Serves 3

- 1 pkg (6 oz.) Uncooked Chow Mein Stir-fry Noodles (soba noodles)
- 2 tsp Cooking Oil
- 1 cup Asparagus spears, diagonally sliced (about 4 oz.)
- 2 tsp Sesame Seeds
- 1 1/2 cups Trimmed Enoki or Trimmed and Sliced Oyster Mushrooms (about 3.5 oz. pkg)
- 3 Eggs
- 1/4 cup Skim or Low-fat Milk
- Stir-fry, Teriyaki or Hoisin Sauce, optional

Cook noodles according to package directions. Drain. Rinse with cold water and drain well. Set aside. In 10- to 12-inch omelet pan, skillet or wok over medium heat, heat oil until just hot enough to sizzle a drop of water. Add asparagus and seeds. Cook, stirring occasionally, until asparagus is tender, about 3 to 4 minutes. Add mushrooms. Cook, stirring occasionally, until mushrooms are lightly browned, about 1 minute. Add reserved noodles. Cook, stirring occasionally, until noodles are heated through, about 1 to 2 minutes.

In small bowl, beat together eggs and milk until blended. Pour over asparagus/noodle mixture. As egg mixture begins to set, gently stir. Continue cooking until eggs are thickened and no visible liquid egg remains. Do not stir constantly. Serve topped with sauce, if desired.

Microwave: On range-top, cook noodles according to package directions. Drain. Rinse with cold water and drain well. Set aside. In pie plate, stir together oil, asparagus and sesame seeds. Cover with plastic wrap. Cook on full power until asparagus is tender, about 2 minutes. Add mushrooms. Cover. Cook on full power until slightly soft, about 30 seconds. In small bowl, beat together eggs and milk until blended. Pour over asparagus mixture. Cook on full power, uncovered, 1 minute. Stir. Cook on full power, stirring every 30 seconds, until almost set, about 1 1/2 minutes. If necessary, let stand until eggs are thickened and no visible liquid egg remains, about 1 minute. Stir into reserved noodles. Serve topped with sauce, if desired.

Herb Grilled Vegetables

Serves 6

- 1/2 cup Chicken Broth
- 1/2 teaspoon Dried Thyme Leaves, crushed
- 1/8 teaspoon Ground Black Pepper
- 1 large Red Onion, thickly sliced (about 1 cup)
- 1 large Red or Green Pepper, cut into wide strips (about 2 cups)
- 1 medium Zucchini or Yellow Squash, thickly sliced (about 1 1/2 cups)
- 2 cups Large Mushrooms

Stir the broth, thyme and black pepper in a small bowl. Brush the vegetables with the broth mixture.

Lightly oil the grill rack and heat the grill to medium. Grill the vegetables for 10 minutes or until they are tender-crisp, turning over once during cooking and brushing often with the broth mixture.



Blueberry-Mango Colada Salad

Serves 4

- 2 cups Fresh Blueberries
- 2 Mangos, peeled, seeded and chopped (about 1-3/4 cups)
- 1/4 cup Frozen Pina Colada Mix, thawed

In a large bowl, toss blueberries, mangos and pina colada mix. Into four martini glasses or dessert dishes, spoon fruit mixture, dividing evenly. Garnish with blueberries, mango slices and thin lime slices threaded onto long toothpicks, if desired.

Send us your favourite recipe!

If you have a great family recipe that you would like to share, send it to us. Each month we will pick one recipe and feature it on one of our recipe pages. e-mail it to: info@homesnewspaper.com or fax it to 1-800-330-5709

The Science of Sound Redefines Relaxation in the Tub

(NC)-With so much commotion in our daily lives - schedules to follow, kids to pick up, obligations to hold, and of course, the headache of traffic - it's more important than ever for the home to be a sanctuary. Or, in the case of most busy households, it's important that at least one room in the home be peaceful enough to escape into bliss and serenity.

The trend of spa-like home bathrooms certainly isn't new; the lavatory has always been the place for privacy and quiet time in the home. But now, in the age of technology-enhanced living spaces and luxurious but attainable design, there is a new development in everyone's favourite part of the loo: the tub.

Kohler, the leader in bathroom design, has created the ultimate bathing experience with the VibrAcoustic tub. Inspired by the science of water and sound, this incredibly invigorating and restful bathroom experience epitomizes the idea of a relaxing

soak in the tub after a hard day's work. VibrAcoustic technology adapts sound-wave vibration, proven to ease stress and enhance well-being.

But how exactly does the science of sound and water work to relax the body? The vibrations soothe the body at its very core with four preset original compositions that are experienced through the water - Awakening, Solitude, Letting Go and finally, Transcendence. Breathing and heart rate slow to the echoing rhythms of the vibrations, which enhance the body's ability to relax.

Awakening, the first

composition, delivers upbeat soundscapes to stimulate the body. Solitude is designed to promote deep relaxation and breathing with universal tones that ebb and flow. The Letting Go composition consists of undulating rhythms that help the body sink into a meditative place. Transcendence is designed to integrate the body and soul with pulsating beats that encourage the mind to wander.

Sound like heaven in a tub? It's not far from it - the experience of bathing has never been more blissful. Just be sure to lock the bathroom door.



Let Gadgets Do the Work in Your Kitchen



(NC)-Today, more women are working two jobs: outside the home and at home. Time (or lack thereof) is a common complaint among all working women. Luckily, companies are easing the pain of household chores-especially in the kitchen.

Faucets with Functionality

From washing pots and baby bottles - to watering plants, your kitchen faucet is a workhorse and a focal point. So, don't settle for a plain-jane design, choose a faucet that provides both function and fashion.

Pullout models, such as Ascent from ShowHouse by Moen feature high-arc designs, beautiful styling and

Moen's unique, multi-function spray options - spray, stream or Moen's patented pause mode.

Let Robots Do the Chores

Today's house-cleaning robots get the job done when it comes to cleaning kitchen floors. New robotic floor-washing vacuums, such as the Scooba from iRobot, use sensors to navigate around a kitchen, vacuuming, washing and drying floors. That means more time to spend with friends and family rather than cleaning up after them.

Find a New Kind of Fast Food

After a long day, preparing a home-cooked meal seems like a daunting task. However, there's a new twist to get home-cooked meals fast. Referred to as "take and bake" or "fix and freeze," these new businesses allow women to spend one evening preparing several weeks worth of great-tasting meals. Women on-the-go can simply assemble the recipe and package for freezing. That means a quick, healthy meal-without the mess.

Enjoy a Quick Cup of Joe

Often a caffeine boost in the morning is just what the doctor ordered. New one-cup coffee brewing systems provide a quick cup before running out the door. The small size creates less clutter on countertops and single-serving pots brew a fresh cup in less than a minute. Plus, there is no measuring, no filters, no grounds to clean up and no waste.

By adding a few conveniences to the kitchen, working women will soon be able to spend less time "working" on their household jobs and more time enjoying being at home.

For more information on ShowHouse by Moen products, call 1-800-465-6130.

This Month in History

September



1666 - The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

1930 - French aviators Dieudonne Coste and Maurice Bellonte made the first non-stop flight from Europe to the USA.

1972 - Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.

1997 - Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.



Birthday - September 7 - Queen Elizabeth I (1533-1603) was born in Greenwich Palace. She was the daughter of King Henry VIII and Anne Boleyn. She ascended the throne in 1558 at age 25. During her reign, Britain became a world power by defeating the Spanish Armada. The Anglican Church was also fully established.



1986 - Bishop Desmond Tutu became Archbishop of Cape Town, South Africa, the first black head of South Africa's Anglicans.



1812 - Napoleon and his troops first entered Moscow as the retreating Russians set the city on fire. Napoleon found it was impossible to stay through the winter in the ruined city. He then began a retreat from Moscow which became one of the great disasters of military history. Fewer than 20,000 of the original 500,000 men with him survived the Russian campaign.

1977 - Steve Biko, the South African black civil rights leader, died while he was in police detention.

1982 - Princess Grace of Monaco died following an accident in which her car plunged off a mountain road in Monte Carlo. Her daughter Stephanie, also in the car, survived and was treated for shock and bruises. Princess Grace (Grace Kelly) was a Hollywood actress who met Prince Rainier III of Monaco during filming of the Hitchcock film To Catch a Thief. She then gave up a successful acting career and married him in 1956.



1960 - The Organization of Petroleum Exporting Countries (OPEC) was formed by representatives of oil-producing countries meeting in Baghdad.



1908 - General Motors was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan.

Out-Of-Town Properties

For information on any of these listings or other properties in these areas, call 1-800-330-5709



PICKERING, ON

Absolutely Spectacular Home In Prestigious 'Fox Hollow' Community. Shows To Perfection! Many Recent Upgrades Including All Windows, Furnace And Roof Resingled. Extensive Hardwood Flooring. Basement Needs Only Carpet To Be Finished. Open Concept Kitchen And Family Room.



BELLINGHAM, WA

Immaculate 3 BD, 2.5 BA craftsman style home, boasting vaulted ceilings and a fireplace to enjoy on crisp autumn evenings. Open kitchen with eating bar looks out onto flat fenced back yard perfect for late summer bbqs and croquet. Enjoy this safe, serene home just minutes away from city amenities.



BONITA SPRINGS, FL.

3 Bed+Den, 3.5 Bath, 3014 under air, 5693 total sf Courtyard home w/beautiful expansive views of lake, golf course & woods. Numerous upgrades thru-out, crown molding, plantation shutters, tile, hardwood floors, custom built-ins, Bose surround sound. Stunning gourmet kitchen, w/granite countertops, 42" cherry cabinets w/crown molding, decorative tile.



MISSISSAUGA, ON

Lovely 4 bdrm detached home! Prof finished basement! Upgrd cabinets, kitchen island & great breakfast area! Close to parks, golf courses, shopping & Community Centre!



PUGWASH, NS

2 storey brick home has hardwood floors, fireplace, apartment, garage, & much more.



BANCROFT, ON

Fabulous waterfront home 1700' shoreline, 34 acres, landscaped yard, 3 bedrms, granite counters, custom maple cupboards, pine cathedral ceiling, ceramic floors, & floor to ceiling stone fireplace.



MESA, AZ

2 Master Suites, both rooms have backyard access, great room floorplan, fireplace, formal dining plus breakfast bar, patio and gazebo in backyard



WOODBIDGE, ON

Awesome 4 bedroom 2153 Sqf Semi with double car garage. The designer colours add to the wood floors and neutral ceramics. This home boasts Formal Sitting Room as well as a Family Room with Gas Fireplace. Gorgeous Eat-in Kitchen with W/O to private yard and Garden Shed.



BRAMPTON, ON.

Power of SaleGreat for first time Buyers !! 3 bedroom semi detached located in Brampton. Home features 2 washrooms, 2 kitchens, finished basement and private driveway. Basement has wet bar and fireplace. Don't miss out on this great deal!!



KINCARDINE, ON

Year round home or cottage. This home has just been moved to this location and features a brand new foundation and septic system. Total open concept main floor with kitchen, dining and living room. Large private lot close to the beach



SAN DIEGO, CA

2 bd/1bth, 1002 esf. Head to Toe remodel! Classic Spanish style bungalow with all new hardwood floors, dual pane vinyl windows, granite counters, stainless steel appliances, custom kitchen cabinets, designer fixtures, and more! Lrg Master suite opens to backyard. Decorative fireplace w/built-ins throughout. Extra laundry room with added storage



TORONTO, ON.

Dundas St. W & Quebec Ave • Fabulous Family Home • 5 + 1 Bedrooms • 4 Washrooms • Basement Apt. with Sep. Entrance • Eat In Kitchen with Solarium • Walking Distance to Bloor West & High Park Junction Area



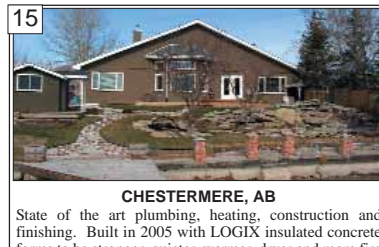
CALGARY, AB.

Beautiful Home, Great Floorplan, Excellent Location on quiet street! Wonderful Open Concept home is Elegant and Inviting. This Jayman "Kennedy" home gleams with rich, dark hardwood through most of the main level. Gorgeous Kitchen with Maple Cabinets, breakfast bar, black appliances, large nook, rounded drywall corners. Call for more information



BANCROFT, ON

Year round home gorgeous sunset view. Public launch just a minute away. Home features level lot, wrap around deck, 3 bedrooms, 2 bathrooms, open concept living area, lg rec room, feildstone bar, W/O basement



CHESTERMERE, AB

State of the art plumbing, heating, construction and finishing. Built in 2005 with LOGIX insulated concrete forms to be stronger, quieter, warmer, dryer and more fire resistant. This 2,685 sq. ft. custom designed bungalow has 4 bedrooms and 3.5 baths. Heated floors finished with hickory with tile in the baths & carpet in the bedrooms. Master en suite w/steam shower and a n air-mass tub. 80' wide lot with 1/2 mile of lake between you & the other shore. The yard is landscaped with water falls, ponds, rock paths & intimate areas for entertaining.



WASAGA BEACH, ON

Stunning custom built home. 4 bdrms, vaulted ceilings, custom wrought-iron railings, hardwood flrs thru-out, spacious gourmet kit. w/black cherry cabinets, island, & great rm w/2-sided F/P. Lrg mstr bdrm w/ensuite & Jacuzzi. Finished lower level.



NAPLES, FL

OVER \$100,000 in luxurious upgrades, add to the Old World charm of this 2 story Mediterranean style home, 24' marble travertine floors, 10' coffered ceilings, crown moldings, granite countertops and bar with upgraded appliances in the kitchen, recessed Plasma TV and a laser fireplace in the great room. The private pool with the lake in the background gives total privacy. The master bedroom suite has beautiful wooden floors.



WOODBIDGE, ON

4 Bedroom Family Home (2767Sq Ft) Thousands \$\$ Spent On Upgrades! 9 Ft Ceilings. Cherry Colour Hardwood Floors Oak Stairways. Upgraded Kitchen With Extended Cherry Colour Cabinets. Backsplash California Shutters. Two Master Bedrooms. Every Room Attached To Washroom With W/I Closet. Great Layout!



TORONTO, ON.

• Adjacent to Public Parking Lot • Spacious Office Space with Boardroom with Kitchennette • Completely Renovated 2nd Floor 2 Bdrm Apt. • Great Location!!



WASAGA BEACH, ON

Successful Year-Round Hotel. Nestled in the heart of tourism. 27 unit hotel and cottage court with future potential. Three ac corner property. Fourteen suites in 11,000sf hotel incl. full kitchen, living/dining area & jacuzzi tubs. Ten cottages, outdoor heated pools, 2 hot tubs & more.



MESA, AZ

5 Bedrooms plus 20x19 Bonus Room, HUGE inside laundry room with storage galore, balcony off Master with city & mnt views, heated pool & spa



CALGARY, AB

FABULOUS, UPDATED Home in WONDERFUL Location! This home has had many major RENOVATIONS over the past few years. Refinished HARDWOOD in Living Room, Hallway and Bedrooms. SPACIOUS Country Kitchen features CERAMIC Floor, White Cabinets, Pantry and Built-In COMPUTER Desk. Two Full Bathrooms have been renovated. Call for more information



PUGWASH, NS

Oceanfront 3 bedroom furnished cottage, private warm salt water sandy beach, detached bunkie with fridge that sleeps 4. Mature treed private lot near end of road.



BELLINGHAM, WA

One of the finest views in Bellingham can be enjoyed from the wrap-around deck of this 3 BD, 2.5 BA Northwestern contemporary home. Interior features include soaring ceilings, a dramatic stone fireplace, and cedar accents.



BRAMPTON, ON

• 5 bedrooms • 3 washrooms • 2 bedroom basement apartment • Separate entrance • 2 car garage with 2 parking spaces • Gas fire place in family rm • Potential basement income rental • All Appliance Included



KINGSTON, ON

4 bedrooms, 2½ baths, eat-in kitchen, family room w/ fireplace and over 20 foot ceilings, separate dining room, hardwood, ceramic, central air, lovely wrap around veranda, spacious foyer, second level laundry, professionally decorated, main floor office, lovely corner lot directly across from the park. Clost to CFB, city and 401



SAN DIEGO, CA

2bd/1bth 1002 esf. Spanish Style home with all new hardwood floors, dual pane windows, granite counters, stainless steel appliances. Master suite opens to backyard. Decorative Fireplace w/builtins.



MISSISSAUGA, ON

Rare 2 bdrm plus den layout ! Lovely sundeck view! 1 bus to Subway and Sq 1. Steps to shops, school and park. 1 year old Mattamy!



NAPLES, FL

Fantastic newly built home. Long water views to the north and west. Great docking. Wonderful outdoor living area with summer kitchen, large pool and spa. Custom cabinetry, great crown molding, stainless appliances and beautiful Canterra Iron front doors. Many upgrades incl. whole house generator. Great family neighborhood.



BONITA SPRINGS, FL

For the avid golfer must see this 2 bed/2 bath, 1333 sf. Condo w/bundled golf. Vaulted ceilings, carpet main living areas, large eat-in kitchen & great views of the golf course and lake. Includes membership to commons club w/fitness center, enrichment center, beach club & Rosie Spoonbills restaurant.

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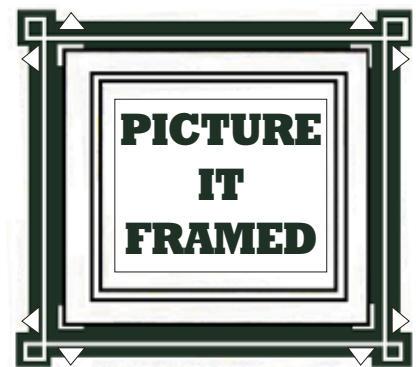
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