

**SmartChoice**  
MORTGAGES  
RESIDENTIAL/COMMERCIAL  
SmartChoice Mortgages  
3091 Dundas Street West, Toronto, ON, M6P 1Z9  
**416-766-2300**

# 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**

August 2008



## Summer Events In the Junction to Look Out For!

### Summer Concerts

Every Saturday from June 14 to August 2, 2008 starting at 10am, the Junction Train Platform will be alive with entertainment and activities for everyone to enjoy. Local businesses will gather in the Junction Market, where you can also get a circus lesson from Toronto Aerial Dance Theatre, take a walking tour or contribute a story to murmur. All of this will be centered around the noon concerts representing the wide range of cultures making up the Junction. We've been dressing-up the platform area the last few weeks as well - students from the Academy of Realist Art have completed an historic-themed mural and some landscaping has been added to the area to green-it-up. So come up to the Junction for brunch, then head over to the Junction Train Platform to see what's going on.

### Every Saturday

Events, Marketplace, Workshops  
Open from 10am  
The Junction Market  
The (murmur) Project - Audio  
Junction Story Collectors  
Period Costumes - Dress-up & Photos  
Toronto Aerial Dance - Free Circus Lessons

### Saturdays at 1:30pm

West Toronto Junction Historical Society Walking Tours



### CALL TO ARTISTS - Festival Location: Toronto, Ontario

Junction Arts Festival "Centennial Edition" Sept 3 to 7, 2008  
Historic Mind / Modern Eye

This year the Junction is celebrating its 100th anniversary marking its incorporation as West Toronto in 1908. Celebrations are being planned all year, but none as big as the annual Junction Arts Festival. Our aim is to organize the artistic line-up keeping in mind, but not limited to, the festival theme - Historic Mind / Modern Eye. At a time when we are celebrating the Junction's past we do so with one eye on the present and one on the future. The interpretations, visions, stories, hopes and dreams presented will transform this theme into a reality and help define who we are. The Junction.

## INSIDE THIS ISSUE

**Your Money** .....page 2  
*Tips and advice on handling your money*

**Fashion** .....page 3

**Recipes** .....page 4,12  
*Recipes and healthy living*

**Seasonal** .....page 5

**Home and Garden** .....page 6  
*Tips, news and advice*

**Pets** .....page 7  
*Pet tip of the month*

**Feature Homes** .....page 8 & 9

**Parenting/Automotive** .....page 10

**Your Health** .....page 11  
*Health issues and related articles*

**Holiday Event Schedule** .....page 13

**Important Numbers** .....page 13

**Travel** .....page 14  
*Prepare for the Ultimate Vacation!*

**Kids Corner** .....page 14  
*Games, jokes and fascinating facts!*

**Out Of Town Properties** .....page 15  
*Selected homes across North America*

**Featured Listings on Page 8 & 9**

## THE JUNCTION MARKET WATCH

\*As of June 2008

### WEST TORONTO BREAKDOWN

	Sales	Average Price	Medium Price of List	Average % of List Price
Detached	52	\$595,742	\$560,278	99%
Semi-Detached	23	\$416,113	\$400,000	100%
Condo Apt.	6	\$324,333	\$326,250	105%
Condo Townhouse	4	\$279,100	\$280,750	100%
Att/Row/Townhouse	6	\$436,833	\$413,000	101%

\*Avg, DOM is 18 as of 06/2008

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 June 2008\*\*

## GTA Resale Housing Prices Up, Sales Down

July 17, 2008 -- Moderate activity and strong prices continued to characterize the Greater Toronto Area (GTA) resale housing market during the first half of July, Toronto Real Estate Board President Maureen O'Neill announced today.

"The average price in the GTA during the first half of July was \$379,072, which is a one per cent increase from the \$374,254 recorded in the first two weeks of July 2007 and a nine per cent increase from \$346,267 recorded during the same period in July 2006," said Ms. O'Neill.

In the 416 area, the average price was \$419,199, up one per cent from the \$414,321 recorded during first half of July 2007 and up 14 per cent from the \$367,541 recorded during the same period two years ago.

"Continued strength in house prices throughout the GTA indicates that consumers continue to recognize the

value of real estate as a long-term investment," said Ms. O'Neill.

Sales activity remained moderate in the first half of July, with 3,497 homes changing hands in the GTA. This is a decrease of 11 per cent from the 3,947 properties sold in the same period in 2007 but an eight per cent increase from the 3,251 transactions recorded in the first two weeks of July 2006. Sales in the first two weeks of July 2007 saw a 21 per cent increase from mid-July 2006.

In the 416 area there were 1,369 sales, down 17 per cent from the 1,641 recorded during the first two weeks of July 2007 but up eight per cent from the 1,264 sales recorded in the same period in July 2006. Before the Land Transfer Tax went into effect, sales increased 30 per cent in the first half of July 2007 compared to the same period in July 2006.

### FREE REGISTRATION

For contractors or individuals seeking employment in the Junction  
**Call: 416-766-2500**



# Your Money

## ADVICE FOR STUDENT ENTREPRENEURS

(NC)-Stretching every dollar is a way of life for most students, but when Derek Szeto was in university he turned that necessary frugality into a business. Inspired by his own need to save money, he created RedFlagDeals.com, a website that highlights the best deals and coupons around Canada. What started as a hobby is now one of the largest websites in Canada with over a million visitors every month.

He started the website with only \$100 and the time he had between classes and studying. Rather than seeing that as a disadvantage, he saw it as an opportunity. "Because I was a student, everyone was happy to give me advice or help out when they could. I was free to

experiment because I didn't have a family counting on me to put food on the table."

When Szeto graduated from Queen's University in 2005, he had an important decision to make: running RedFlagDeals.com full time or join the workforce with a regular job. Szeto says the decision was easy, "I felt the site was on the cusp of really taking off. If I hadn't given it a shot, I think I would have regretted it the rest of my life." So with the company's first employee, Derek rented a small unairconditioned office in downtown Toronto. "I was definitely bootstrapping the business, but years of being a student entrepreneur had prepared me for that. I was

passionate about what I was doing. That's the key."

That was three years ago. RedFlagDeals.com has since moved to a much larger office and now has twelve employees in Toronto and Montreal. Szeto offers the following advice for budding student entrepreneurs: "When you're in university, you're surrounded by new ideas and people from every walk of life. Absorb it all and take advantage of everything around you. Opportunities are everywhere."

Has Szeto considered going back to university for a post graduate degree? "Well," he says with a smile, "if I ever sell the company, maybe I'll go back and get an MBA and start another business while I'm there."



**WIN \$50**

**WHO SAID THIS?**

*"I used to be indecisive, now I'm not so sure."*

The third caller with the correct answer will win \$25

*"I've had a perfectly wonderful evening. But this wasn't it."*

The fifth caller with the correct answer will win \$25

Call **1-800-330-5709**

Ext. **229**

Please leave your answer, your name, telephone number and city. Only the winners will be contacted.

**What do you THINK?**

We want to know what you think of this newspaper. Do you have any ideas or suggestions on what you would like to see in our upcoming editions? If there is something, let us know. Either send us an email or send us a letter and we will try to include your suggestion in one of our future editions.

The Editor, Sunshine Publishing  
1851 Bowler Drive Pickering,  
Ontario L1V 3E5  
Canada  
Fax: 1-800-330-5709  
E-mail:  
rc@homenewspaper.com

your **BUSINESS**

## Generosity is at the Core of Optician's Success

(NC)-How does one local shop make such a big name for itself?

Give them something to talk about, says Sir Karim Hakimi - which is exactly what he did.

This year marks the 40th anniversary of Canada based, Hakim Optical, and it would appear that the cornerstone of this optician's service philosophy is to deliver far more than anyone expects.

"I truly believe it's important to make a difference in the lives of others," Hakimi is often heard to say. And so, 40 years ago, from his own little laboratory on Elm Street in Toronto, newly landed Iranian

immigrant, Karim Hakimi, began to knock on doors. Prepared for the hard work it would take to build a life in his new homeland, Hakimi fitted customers with eyeglasses during the day and then he worked through the night to grind the lenses he promised them within 24 hours.

Before long, Hakimi's reputation for honest value, quality, and personal attention brought customers flocking to his store. Sometimes it was so busy, customers had to wait outside until someone left-and to fill special needs, Hakimi would often grind lenses for patients with cataracts and other serious eye problems.

Today, the one-person operation has expanded to an optical company with 140 locations in many Canadian provinces, combining to sell at least 1,000 pairs of prescription eyeglasses every day. As importantly, Hakimi is an avid participator in Ride For Sight, an annual motorcycle event for vision oriented charities. Every year, he also donates thousands of eyeglasses to those in need in developing countries.

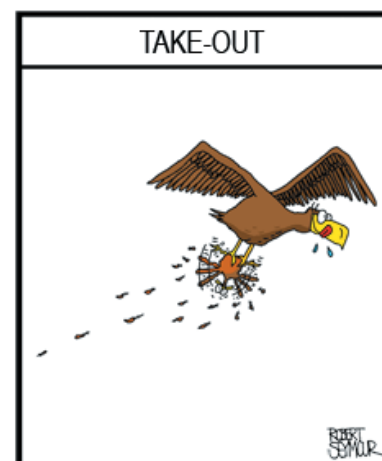
In 2005, during a grand ceremony at Queen's Park, Karim Hakimi was knighted for his dedication to the optical needs of people everywhere.

### A Lens Into The Future

Technology is rapidly improving the way we see and also, how we are seen by others-even though the breakthrough lenses on the horizon, says Hakimi, do sound a little like science fiction. Imagine, for example:

- a lens that will change colour to match our clothes.
- a lens that will help people with sleep disorders get a better night's sleep.
- a lens that will fight macular degeneration.

### BirdBreath



E-mail: rc@homenewspaper.com  
Websites: www.SunshinePublishing.ca  
www.Sunshine-Publishing.com  
www.HomesNewspaper.com

1851 Bowler Drive  
PICKERING, ON L1V 3E5  
In the United States:  
One Townline Circle  
ROCHESTER, NY 14623

Call or Fax Toll Free:  
**1-800-330-5709**

Sunshine Publishing produces monthly publications featuring family-value articles on a wide variety of topics. It is independently owned and operated and is not affiliated with any real estate association, board or company. Opinions expressed are those of the writers and not necessarily those of the Publisher or advertisers. The Publisher regrets any inaccuracies contained herein, but accepts no liability for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of any advertisement beyond the amount paid for such advertisement space. Errors must be brought to the newspaper immediately and before any subsequent insertion of the advertisement. The publisher will not be responsible for errors after the first publication of any advertisement. We reserve the right to restrict all ads to their proper classifications and to edit or reject any copy. Printed on Recycled Paper.

# fashion

## Summer Skin SOS Checklist

### Expert Advice on Maintaining Wrinkle-free Skin During the Summer

(NC)-With the sun in full intensity and years of daily sun exposure without proper

protection from UV rays, our skin goes through noticeable changes. Signs of sun damage

range from freckles, age spots, spider veins on the face, rough and leathery skin, fine wrinkles that disappear when stretched, loose skin and a blotchy complexion.

With repeated exposure to the sun, the skin loses the ability to repair itself, and the damage accumulates.

To maintain beautiful skin throughout the summer months, Meredith Farley, a make-up artist and skin specialist, suggests that Canadians adhere to a simple summer skin beauty checklist:

- **Use sunscreen.**  
We know we should apply sunscreen (minimum of SPF 30) to skin 20 minutes before going outside, now we just need to do it consistently.

- **Wear sunglasses.**  
To prevent crow's feet, tiny lines around the eyes that can be caused by excessive squinting, wear sunglasses.
- **Reverse the signs of aging.**  
If you are already starting to show some wrinkles or volume loss, try facial treatments like Botox that work below the skin's surface to treat fine lines and wrinkles. And a facial filler like Juvéderm to help fill in lost volume and stimulate collagen production.
- **Diminish age spots.**  
Laser and light-based technologies (IPL) use light energy to heat specific areas in the skin

to diminish blood vessels and unwanted brown spots, create new collagen, and reverse the effects of sun-induced aging.

"UV rays break down the collagen in our skin and attacks our elastin levels, which is what can leave it looking loose, wrinkled, thick and cracked," says Meredith. "Sunscreen is the number one anti-aging tip, but if the damage has been done, it will take more than anti-aging creams, that work only on the surface, to make a difference on the appearance of your skin."

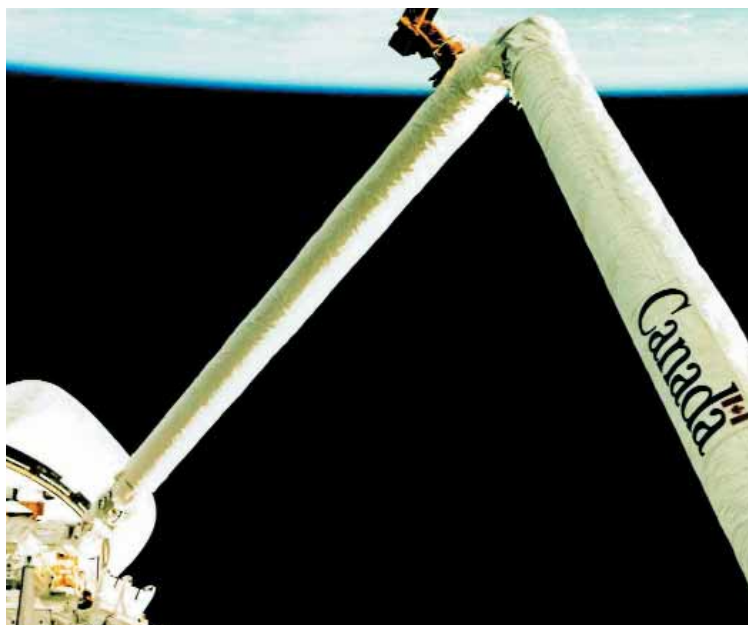
For more information about cosmetic treatments that fight the signs of aging caused by the sun, please visit [www.FACEinstitute.ca](http://www.FACEinstitute.ca).



## CANADIAN CORNER

*Did You Know?*

### The CANADARM



developed by National Research Council of Canada scientists, first went into space in November 1981 on the second launch of the shuttle orbiter Columbia.

## Tips to Consider When Purchasing Your Next Timepiece

(NUI) - Have you heard the expression, "There are not enough hours in the day?" With minutes becoming increasingly more precious with each day that passes, now is the perfect opportunity to consider time, and more importantly, how you tell it. If you're like many people, you know the right watch is the ultimate power accessory, and you want a timepiece that shows the world exactly what you're made of.

According to a national survey, there are several key points to keep in mind when buying a luxury watch, including:

- **Swiss made:**  
Today, watches are produced in a myriad of countries worldwide. However, when you invest in a timepiece from Switzerland, you're purchasing a piece of tradition. The Swiss have excelled in the art of watchmaking for more than a century, and Swiss-made watches boast unparalleled craftsmanship, quality and a rich history.
- **Versatility:**  
Look for a timepiece that complements your busy lifestyle, and can transition seamlessly from a morning run to the boardroom to a casual weekend.

- **Features:**  
In this age of technology and innovation, watches do more than simply tell time. Many high-end timepieces have a second time zone, alarms, perpetual calendar and other useful functions.

A favourite of golf champion Tiger Woods, TAG Heuer's Aquaracer Chronotimer with multi-functional digital and analog time takes the luxury timepiece to an elevated level.

Accurate to one one-hundredth of a second, the chronograph has a backlit dial that features an analog time display with central hour, minute and second hands along with a digital read-out that goes beyond just gadgetry.

The Chronotimer's oversized countdown function enables wearers to time everything from the last few seconds of a regatta to the rhythm of a work out routine. An alarm and dual

time zone setting comes in handy during business travel or driving trips, while a perpetual calendar eliminates the need to constantly re-set the date.

This oversized, elegant watch is available on a stainless steel bracelet or black rubber strap, both with a black or new, bright yellow dial. If you have any questions about the Aquaracer Chronotimer or other TAG Heuer products, please visit [www.tagheuer.com](http://www.tagheuer.com).



# Recipes

[More Recipes on Page 12](#)


## Barbecue Peameal Bacon Roast

Serves 4

- 1/2 cup Barbecue Sauce
- 1/4 cup Marmalade or Peach Jam, melted
- 2 tbsp Grainy Mustard
- 2 tbsp Maple Syrup
- 1 1/2 lbs Whole Peameal Bacon Roast
- 1 pkg Cheddar Cheese Pasta with Broccoli & Carrots, prepared according to package directions

Preheat the barbecue to medium-high and grease the grate. Combine the barbecue sauce, jam, mustard, maple syrup and cider vinegar in a microwave-safe bowl and heat on high, stirring often, for 2 minutes or until smooth and glossy. Let cool slightly.

Brush a third of the sauce over the peameal roast. Grill, turning and basting often, for 10 minutes or until the roast is evenly marked. Turn the burner directly under the meat off and set the remaining burner(s) to medium-low. Close the lid and roast over indirect heat, turning and basting occasionally, for 30 minutes or until an instant-read thermometer inserted into the meat registers 160° F. Transfer to a carving board and let stand for 5 minutes. Slice and serve with Cheddar Cheese Pasta.

## Deluxe Cheeseburger Salad

Serves 6

- 4 Sesame Seed Hamburger Buns
- 1 Small Red Onion, divided
- 2 Plum Tomatoes
- 3/4 lb. Lean Ground Beef
- 1/2 cup Pickles, finely diced
- 3/4 cup Ketchup
- 1 tbsp Yellow Mustard
- 8 cups Romaine Lettuce, thinly sliced
- 1 cup Cheddar Cheese, shredded

Preheat the oven to 425°F. Slice the bun tops into 1/4 inch strips. Arrange the buns in a single layer on a large bar pan, then bake them until they look toasted, about eight to 10 minutes. Allow the buns to cool.

Use a mandoline or a sharp knife to cut half of the onion into thin rings. Cut tomatoes into quarters lengthwise and slice crosswise. In a sauté pan, cook the ground beef over medium-high heat for five to seven minutes, or until the meat becomes brown. Break the beef into crumbles. Chop the remaining onion. Finely dice pickles. In a large bowl, combine the onion, pickles, ketchup and mustard. Add the cooked ground beef, and mix well.

To serve, put the lettuce on a large platter, then spoon the beef mixture over the lettuce. Top the salad with cheese, tomatoes and sliced onion. Arrange the toasted hamburger buns around the edge of the plate and serve.



## Peanut Butter & Blackberry Jam Cupcakes

Serves 16 Cupcakes

Cupcakes:

- 1 tbsp Apple Cider Vinegar
- 1 1/2 cups Milk
- 2 1/4 cups All-purpose Flour
- 2 tsp Baking Powder
- 1/2 tsp ea. Baking Soda, Kosher Salt
- 1 1/4 cups Sugar
- 1/2 cup Canola Oil
- 1 1/2 tsp Vanilla Extract
- 1/2 tsp Almond Extract

Preheat the oven to 350°F. Line 16 muffin cups with cupcake liners. Mix the vinegar with the milk and set aside.

In a large mixing bowl, stir the flour, sugar, baking powder, baking soda and salt. In another mixing bowl, whisk the milk mixture, canola oil, vanilla and almond extract. Add the wet ingredients to the dry ingredients and beat until smooth.

Fill each muffin cup with 1/4 cup of batter. Bake for 15 to 20 minutes, until toothpicks come out clean. Remove from the oven. Cool completely.

Peanut Butter Frosting:

- 1/2 cup Unsalted Butter, at room temperature
- 1 cup Smooth Peanut Butter
- 1 (8 oz.) Cream Cheese, at room temperature
- 4 cups Confectioner's sugar
- 1 tbsp Cream

Beat the butter, peanut butter and cream cheese with a hand or standing mixer on medium speed until light and fluffy. Slowly add the confectioner's sugar and continue to mix until the frosting is smooth, mix in the cream and continue to mix until it reaches a good spreading consistency.

*To assemble:*

1 cup marionberry or blackberry jam  
With a sharp paring knife, cut a cone-shaped hole into the top of each cupcake. Cut the cone portion off, leaving only a top cap. Spoon approximately one tablespoon of jam into each cupcake. Replace top. Frost with peanut butter frosting, using a large (5/8" opening) star tip and a pastry bag. Swirl tops. Place one fresh blackberry on each cupcake.





# Seasonal

## HELPFUL HINTS:

### Make Your Summer Driving Vacation Memorable

(NC)-Summer road trips are where memories are made. It could be a couple's first romantic get-away, or the chaotic misadventures of a family piling into a packed car and ready to spend hours driving each other crazy.

Enterprise Rent-A-Car has some helpful tips on ways to maximize fun, minimize costs and help create summer road trip memories that will last a lifetime.

- **Why not rent?**  
Renting a car instead of using your own can be a smart choice. Rental cars are usually less than two years old and more fuel-efficient than older cars; making for a safe and cost-effective journey.
- **Next stop Jenniferville.**  
Let your child choose and name a destination on your route. Let them own part of their vacation.
- **Kids sleep better with full stomachs.**  
Packing a cooler with healthier snacks means less stopping and better eating. Happy kids mean happy parents.
- **Be flexible.**  
Remember it's a vacation - if a road is

closed, take an alternate route. If you see something interesting, stop and get a closer look.

Try to remember that sometimes the fun

is in the journey itself, not just the destination. You can reserve a rental car for your driving vacation online at [www.enterprise.com](http://www.enterprise.com).



## Teachers Spend Their Own Money on School Supplies, Study

(NC) - A new study by Staples Business Depot and Angus Reid Strategies shows 34 per cent of Canadian students will start school this year without even the most basic school supplies, and teachers will spend their own money to try and restore the balance. The survey points to an alarming reliance on teachers to pay for school supplies.



One in five teachers say half of all their students start the year without the supplies they need. Compared to five years ago, Canadian teachers say the number of students who start a new school year without the supplies they need is increasing.

Quebec and Ontario seem to be at opposite ends of the school supply spectrum. Teachers from Ontario indicate the highest proportion of students starting the school year without all of the proper essentials, while teachers from Quebec indicate the lowest (41 per cent versus 28 per cent respectively).

While the cost of school supplies is the biggest contributor (72 per cent), the results also suggest a disconnect between the school and the student in understanding who is responsible for purchasing which supplies.

Staples Business Depot has launched its annual school supply drive to try to tackle the problem. Between August 9 and September 7, customers are encouraged to purchase school supplies and donate them to local schools and charities through Staples Business Depot stores. Last year, Staples raised \$300,000 in donated school supplies across the country. To find out how to donate within your community, stop by your local Staples Business Depot store or visit [www.staples.com](http://www.staples.com).

## TEN WAYS TO SAVOUR SUMMER

(NC)-As the long, lazy days of August arrive, keep it fresh with these fun ideas from Lever 2000 ([www.homebasics.ca](http://www.homebasics.ca)). They're guaranteed to help you relive the joys of your childhood, while savouring the moments that will fuel your kids' nostalgia when they're older.

### Heed the call of the ice cream truck.

Go for ice cream cones on the hottest day of the year. So what if it melts down your arm - that's what sprinklers are for.



### Have a summer snowball fight.

If you have an indoor ice arena in your town, there should always be a big pile of snow at the side of the building. Take a couple of coolers, fill them up and have a snowball fight in a heat wave.



### Host an outdoor movie night.

Rent a projector and a few of your favourite classic summer movies. Hang a sheet up as a screen and make lots of popcorn because word will quickly spread through your neighbourhood that it's movie time.



### Pack an old-fashioned picnic.

Keep it simple: sandwiches, bottled drinks, cookies and fruit - and don't forget the blanket.

### Swim in real water.

Nothing beats dipping your toes into the cold waters of a lake or the ocean, then bracing yourself for the shock of a full-body dip.



### Make a summer scrapbook.

Include everything in it - even the little stuff - to help keep the memories of summer alive through the winter.

### Carve a watermelon.

Enjoy the sweet taste of summer. Have a seed-spitting contest.

### Take in an afternoon baseball game.

Or soccer or football. Eat hot dogs, cotton candy and drink pop while cheering on the home team.

### Have a bonfire.

Sing campfire songs, tell scary stories, and make some ooey gooey s'mores.



### Pick your own fruit and vegetables.

Visit a farm and get in touch with where food really comes from.

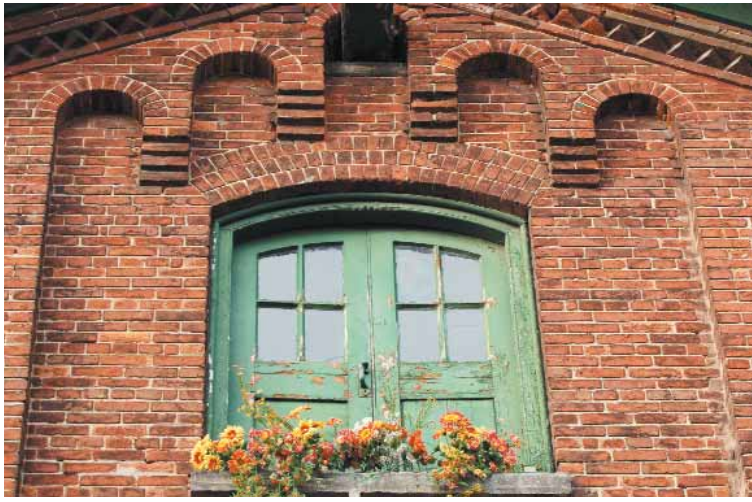
# Your Home & Garden

tips, news and advice for homeowners



## BUILDING BASICS: MASONRY PRODUCTS REDUCE YOUR CARBON FOOTPRINT

(NC)-The smoggy days of summer have all of us concerned about air quality and remind us that we all need to do our part to preserve the environment. Green building is a hot topic and we are bombarded with new products that we should include in our homes - from



burn and therefore do not release any toxic emissions when exposed to fire. A masonry-constructed home is fire resistant and will maintain its structural integrity during a fire.

construction to decoration - to reduce our carbon footprint.

For those of you feeling overwhelmed, consider bringing your environmental contribution back to basics with the choices you make when building or renovating your home. Incorporating masonry products - clay brick, concrete block and natural or manufactured stone - into your home is one of the easiest and most basic ways to build a green home, according to MasonryWorx, Ontario's leading industry association for masonry suppliers, contractors and manufacturers.

The construction materials that our homes are built with

can have an immense effect on the environment and even the indoor air quality of our homes. Certain materials can release volatile organic compounds (VOCs) through a process called out-gassing. VOCs have been known to cause discomfort, and in some cases have been linked to more serious health concerns. Masonry products emit few-to-no VOCs and provide a naturally beautiful finish that eliminates the need for paint and other finishes, which could emit VOCs.

In the event of fire, masonry products further protect the environment (and our health) because they do not

An emerging trend in green living is considering the distance the products we use have to travel to arrive at our doorstep. More and more of us are buying local - whether it be the food we eat, the clothes we wear, or even the building materials we choose. Ontario's Greater Horseshoe Area is home to many brick, block and stone manufacturing plants. When buying a home made of these materials you are buying locally, and taking another step to reducing your carbon footprint.

You can learn more about green building and the benefits of masonry products online at [masonryworx.ca](http://masonryworx.ca).

## Working Around the House and Yard: BEWARE OF WIRES



third parties, you must instruct them to maintain a minimum clearance of three metres (ten feet) from the electric wires at all times. This means that the temporary storage of supplies and/or equipment within the security zone is also strictly prohibited. This Hydro-Québec Guideline must be scrupulously observed.

(NC)-In Québec, the spring and summer weather entices us to come out of our houses and take care of the thousand and one little repairs and improvements to the house and yard. Be that as it may, remember the watchword: BE VIGILANT. Keep your eyes on the electric wires that surround your property.

Never work within three metres (ten feet) feet from electric wires. You could be risking your life. If tree branches and leaves hid the wires, call Hydro-Québec. The primary source of electric accidents is the do-it-yourselfer who attempts to clear growth from around electric wires. Consult the experts to find out how you can make your workplace safer.

Furthermore, if your construction / renovation project (siding, roofing, chimney sweeping) requires you to hire

Do you intend to install a parabolic antenna? We strongly recommend that you contact a specialist for the purpose. However, if you decide to do the job yourself, remember that if the wind catches in your antenna and carries it towards the electric wires, DO NOT TRY TO STOP IT. Otherwise the contact of the antenna with the electric wires could cause you a serious electrical shock, and may even electrocute you. REMEMBER, it is strictly forbidden to install a parabolic antenna on a Hydro-Québec pole. You could be held responsible for any damage caused by any such unauthorized installation.

In short: Watch out for the wires, and call Hydro-Québec.

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

answers on page 14

## crossword

1	2	3	4	5	6	7	8	9	10	11	
12			13			14					
15		16				17					
18			19	20			21				
22	23			24			25				
26			27			28					
29			30			31			32	33	34
			35			36			37		
38	39	40		41			42				
43			44			45					
46			47			48	49			50	51
52						53			54		
55						56			57		

### ACROSS

- 1. A fabric with prominent rounded crosswise ribs
- 4. Package (abbrev.)
- 7. A broad flat body part (as of the shoulder or tongue)
- 12. Alias
- 13. The side of something that is sheltered from the wind
- 14. Hooks
- 15. An actor's portrayal of someone in a play
- 17. Departures
- 18. Holiday (abbrev.)
- 19. Confederate soldier
- 21. Observe
- 22. Assist or encourage
- 24. Not or
- 25. His and \_
- 26. Mountain
- 27. Most favorables
- 29. A person who has received a degree from a college or university

### DOWN

- 1. Knock
- 2. Supplement with difficulty
- 3. Nouveau-riche
- 4. A group of countries in special alliance
- 5. The habitat of wild animals
- 6. Memorized
- 7. Bulla
- 8. Illumination unit
- 9. Take part in a rebellion
- 10. Dissuade
- 11. S S S
- 16. Seated
- 20. Copyread
- 22. A fabric woven from goat and camel hair
- 23. Sound unit
- 24. Indifference
- 25. Possessed
- 27. The smallest whole number or a numeral representing this number
- 28. In-between
- 30. Wife
- 32. Visualize

- 33. Take in solid food
- 34. Austrian currency (abbrev.)
- 36. Used esp in medicine and photography and in dyes
- 38. Thick stew made of rice and chicken and small game
- 39. Rubber wheels
- 40. Alar
- 42. Angular unit
- 44. Any of several candies
- 45. Isodor \_ , American Nobel physicist
- 47. Neither
- 49. Cablegram (abbrev.)
- 50. Taxi
- 51. Monetary unit

answers on page 14

## Pet Tip of the Month

# Pets Aren't the Ones Putting Their Paws in the Treat Jar

## Getting the Skinny on Pet Obesity and Pet Food

(NC)-As the human obesity epidemic grows many people are forgetting about our four-legged friends. According to the Canadian Veterinary Medical Association (CVMA), 35 percent of Canadian pets are overweight\*, a statistic they, in partnership with Hill's Pet Nutrition, would like to change.

Many pet owners may wonder why it matters if their pet is a little "soft" around the middle, but an extra eight pounds on a pet equals an extra 30 pounds on a human adult\*\*. Couple that with the increase in associated health issues, including diabetes, arthritis, heart disease and high blood pressure, and our pet's pudge actually poses a real risk to its overall health and quality of life.

One of the easiest ways to begin fighting the battle of the bulge is with the right nutrition and feeding practices. The following feeding guidelines are recommended for overweight or obese pets:

- Feed your pet only the recommended amount of food, as indicated by your veterinarian or on the food package
- Use an 8 oz measuring cup when serving the food to avoid overfeeding
- When choosing a weight management or "light" pet food, check that the product meets the labeling standards outlined by the Association of American Feed Control Officials (AAFCO).

- Dry formulas must not exceed 3,100 kcal (canine formulas) and 3,250 kcal (feline formulas) per kilogram of food, while canned formulas must not exceed 900 kcal

(canine formulas) and 950 kcal (feline formulas) per kilogram of food.

- This ensures your pet is actually eating a true light product. Hill's Pet Nutrition offers a variety of Science Diet® and Prescription Diet® pet foods designed to aid in weight loss and weight maintenance in pets, which meet the AAFCO light labeling standards.

Other ways to alter feeding practices include replacing traditional treats with other rewards such as a long walk or game of fetch in the park and not giving in to begging for extra treats or table scraps.

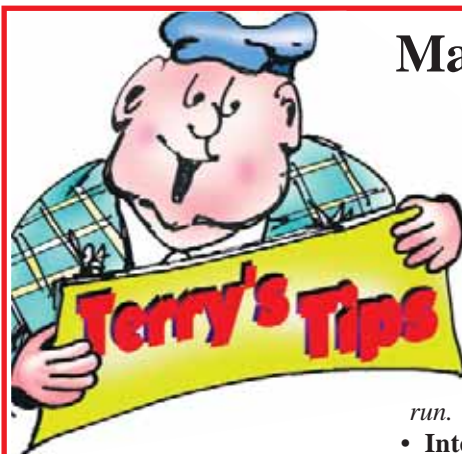
"You may be met with some initial resistance when changing both the rewards system and feeding practices," says Dr. Diane Frank, Veterinary Behaviourist and President-Elect of the CVMA. "Pets are highly adaptable and will learn new behaviours quickly. They will be happier and healthier animals because of it."

Pets can't choose what they eat or how much they are given, so it's up to pet owners to make the right decisions for them.

For more information please visit [www.petfitness.ca](http://www.petfitness.ca) and [www.animalhealthcare.ca](http://www.animalhealthcare.ca).

\*Lund et al., International Journal of Applied Veterinary Medicine, 2005.

\*\* Comparison based on 150-lb (68 kg) human and a 40-lb (18 kg) dog.



## Make Sure Your Contractor is Fiscally Sound

improve operational efficiency and control costs."

*Kaiel offers some tips to help make sure your contractor will be around for the long*

*run.*

(ARA) – In the current challenging housing market, many homeowners are looking to remodel their homes instead of building or buying. But even with the increase in renovations, construction work is still scarce, and many contractors are finding it hard to stay afloat. Consumers need to protect themselves from ending up with a half-finished project and a contractor who ends up in bankruptcy court.

"Consumers would be surprised to know that so many builders and remodelers do their accounting out of a shoebox," says Dianne Kaiel, product marketing manager for Sage Software, makers of the popular Peachtree Accounting, Sage Master Builder and Sage Timberline Office software. "Using simple software helps

- **Interview the contractors you're considering and make sure to check references.** Get the names, addresses and phone numbers of at least three clients who used the contractor for jobs similar to yours.
- **Look for a well-established company and find out how long they've been in business.** Check with the Better Business Bureau and consumer review sites to find out if the company has any complaints against them.
- **Find out if the contractor has all the proper licensing and registration necessary for your province.** Make sure the license is current.
- **Ask how they do their accounting.** Larger and more reputable companies often use Sage Master Builder or Sage Timberline Office. If a

contractor has invested in tools that make his or her business more productive and efficient, it's a good sign they'll work to keep your bottom line in mind as well.

- **Ask if your project will require a permit.** Cities and provinces require permits for most building projects, so be suspicious if the contractor immediately says no permit is required or asks you to get the permits.
- **Find out if subcontractors will be used on your project and, if the answer is yes, get their licensing and registration information as well.**
- **Get copies of insurance certificates and make sure they're current.** If a contractor does not have insurance, you could be held liable for any injuries or damages that occur during the project.

For more information on interviewing contractors, visit [www.ftc.gov](http://www.ftc.gov). For more information on the benefits of Sage accounting software, visit [www.SageSoftware.com](http://www.SageSoftware.com).

## "HOW TO" CORNER



### How to Clean and Care for Outdoor Furniture

(ARA) - When spring rains rinse and refresh the outdoors, decks, patios and everything on them get a bath, too. But, once it's dry you see the remaining film that stays: dirt, bird droppings, sticky tree sap and buds, and whatever other debris that gets carried in the wind to land on your patio. These outdoor elements and others cause your furniture to stain, discolour and wear out much faster.

Keeping patio furniture looking like new for a long period of time is not difficult. Proper cleaning and maintenance will extend the life of your furniture. Here are some tips to caring for your outdoor patio furniture:

- **Wash it with a good cleaner at the beginning of the season and then once a week squirt it off with a hose.** Both dirt and chlorine will deteriorate patio furniture.
- **When cleaning vinyl patio furniture, never use a harsh brush or bleach.** The brush may create pores in the vinyl, damaging it and causing it to lose its shape. Plus, the bleach will deteriorate the vinyl.
- **Check to make sure that none of the bolts holding the**

**furniture together are rusty.** Replace them if they are, and tighten them thoroughly.

- **If the paint on aluminum furniture is in poor condition, rub it gently with a piece of fine steel wool or sandpaper to smooth it out.** Next, take some standard car-wash polish to buff the furniture back to its original luster.
- **Touch up wrought-iron furniture immediately if bare metal is exposed to prevent rusting.** A rust-resistant primer on the spots will help the rust from spreading under the paint.
- **Wicker furniture will stay looking its best if it is kept in the shade, as the sun tends to dry it out.** If the wicker finish is damaged, bring it back to life by using a permanent marking pen that matches the colour to blend away the exposed areas. To give a piece a whole new look, spray paint each piece with outdoor spray paint.
- **Don't forget to clean your glass patio table.** Remove the glass top carefully, over the grass (so it doesn't shatter if you drop it).

- **Put furniture away for the winter by covering it with plastic, and storing in a dry basement or garage.** If it must be kept outside, cover it with a tarp.

So when you're ready for the first cleaning of the year, you need something gentle and strong to bring your outdoor investments back to looking like new.

CLR Outdoor Furniture Cleaner safely and effectively cleans furniture, umbrellas, cushions, children's play equipment, awnings, barbecue grills -- all made to withstand the elements, but still need a little help. Outdoor Furniture Cleaner contains UV protectants to protect furniture from fading and discolouration. This special formula is non-abrasive and safe to use on resin, plastic rattan, wicker, wood wrought iron, vinyl, PVC and canvas. It is biodegradable and will not harm flowers and grass.

For more household tips, to see what other CLR products can do for you or to locate a CLR retailer, log on to [www.jelmar.com](http://www.jelmar.com), or call (800) 323-5497.



**Sal D'Angelo**  
Broker of Record



Your

*Junction Realty Inc., is Committed to Promote the Junction Community. T*



**"SPONSER OF GIANT STEP TORONTO!"**  
**SUPPORTING CHILDREN WITH AUTISM**

# HOMES CURRENTLY



**Eglinton/Allen Rd**

- Bright Open Concept
- 3 Bedrooms
- 3 Washrooms
- Finished Basement with Separate Entrance
- Prime Location Close to Eglinton West Subway



**Dundas St. W & Keele St**

- 3 + 1 Bedrooms
  - 15.33 x 98.67 Foot Lot
  - Totally Renovated
  - Finished Basement
  - Close to All Amenities
- SOLD SOLD SOLD SOLD**



**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 St. W & Quebec Ave**

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

## FINTRAC

The Financial Transactions and Reports Analysis Centre of Canada, or FINTRAC, is Canada's financial intelligence unit, a specialized agency created to collect, analyze and disclose financial information and intelligence on suspected money laundering and terrorist activities financing .

When purchasing a home there have also been certain requirements that must be met in order for the transaction to go through. As of June 23, 2008 FINTRAC has revised these requirements and there are new ones that have come into effect.

**New Requirements Include;**

**Identification Verification Requirements**  
Collecting Personal Information  
Before dealing with individual forms, it is important to know the details of the personal information Realtors must collect for FINTRAC compliance.

The information REALTORS® must keep on file (depending on the situation) must include the individual involved, including name, address, date-of-birth, occupation or principal business, the type of ID provided and unique ID number as verification of this personal

information. There are also new requirements for verifying identification of a client if there is no face-to-face meeting where that information can be collected and recorded.

**Collecting Entity Information**

If there is an entity (corporation, partnership, charity, etc) involved in the transaction, the broker or agent must verify its existence. The existence of the entity must be confirmed within 30 days of the transaction by presentation of:

- a partnership agreement; or
- the articles of association;
- or any other original document confirming the legal existence.

In addition, you must also confirm the names of the corporation's Directors.

**Receipt of Funds**

A Receipt of Funds record is required by the Proceeds of Crime (Money Laundering) and Terrorist Financing Act for every amount of funds that a REALTOR® receives in the course of a single real estate transaction. It is the responsibility of the broker to ensure that a record is kept for five years from the date it was



**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

created.

**Privacy Issues**

The requirement that REALTORS® confirm identification also increases a REALTOR®'s responsibility under the Personal Information Protection and Electronic Documents Act

(PIPEDA). The antimoney laundering legislation has now defined a new category of information which it deems "necessary" for the purposes identified.

FOR MORE INFORMATION PLEASE VISIT [WWW.FINTRAC.GC.CA](http://WWW.FINTRAC.GC.CA)

**J.R. Grassby**  
C: 416.880.2440  
S: 416.916.7853  
**BIG DADDY'S DVD SHOP**  
3044 DUNDAS ST. WEST  
THE JUNCTION

**JANIS REES**  
PHOTOGRAPHER  
2990 DUNDAS STREET WEST . TORONTO . ONTARIO . M6P 1Z3  
TEL: 416 . 255 . 9143 FAX 416 . 255 . 9145  
WWW.KALEIDOSCOPEPHOTOGRAPHY.COM  
JANIS@KALEIDOSCOPEPHOTOGRAPHY.COM

**LAVISHY**  
THE BOUTIQUE  
3095 Dundas St. W.  
Toronto ON M6P 1Z9  
Phone: 416-767-7472  
Web: www.lavishy.biz  
(Dundas St. W & Quebec Ave.)

# Community Realtor



**Joseph Pittelli**  
Sales Representative

*The Most Vibrant Up and Coming Patch of Hipster Real Estate in Toronto!*

## Y LISTED FOR SALE

**"SPONSOR OF GIANT STEP TORONTO!"**  
**SUPPORTING CHILDREN WITH AUTISM**



### Davenport/Caledonia

- Great Location
- Large Store Front
- Ideal for Offices, Cafes, Galleries Etc...
- All Utilities Included in Rent
- 800 Sq Ft



### 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



### Bloor/Synington

- Close to New Film Studio Complex
- 2 Bedrooms
- 2 Washrooms
- HUGE Wrap Around Windows with Southern Exposure
- Mint Condition. Move In & Enjoy!



### Annette St & Fairview Ave

- 4 + 1 Bedrooms
- 7 + 2 Rooms
- 2 Washrooms
- New Roof
- Finished Basement with Separate Entrance
- Hardwood Through-Out!

## 10 Home Improvement Tips to Increase Its Market Value

**1. Give your kitchen a facelift.** The kitchen is the heart of any home, so spend a few hundred dollars to pump it up! You can replace the kitchen faucet set, add new cabinet door handles, and update old lighting fixtures. If you have a dark or small kitchen, make it look larger and brighter by using a lighter finish on the cabinets. If the kitchen countertop is outdated, consider using a Laminate countertop. They are inexpensive and comes in all kinds colors and patterns, some of which resemble much more expensive solid surface materials, such as stone or tile.

**2. Liven up the bathroom.** Buy "expensive-looking" hardware for taps and showers and get a sophisticated new look without cleaning out your wallet. Like in the kitchen, soft lighting and warm colours here can go a long way in increasing home value. If your bathroom requires any plumbing or electrical fixing, get a professional to do it.

**3. Add a fresh coat of paint.** New paint makes everything look clean and bright, and you can do it yourself relatively cheaply on interior walls. Paint with a neutral color such as beige. It will make the house seem larger, and it will be inoffensive to buyers. And don't forget the ceiling. Paint the trim a contrasting color.

**4. Add wood trim and corncing** These are cheap and easy do it yourself, but can add tons of "WOW" factor to the look of your home. Simple ceiling trim and armchair railing are the easiest and most typical upgrades found in newer homes. To make an even bolder statement, paint the walls a neutral, flat color and paint the trim a high gloss white.

**5. Consider your flooring options.** If your home has hardwood floors covered with carpeting, consider restoring the original hardwood floors, particularly if the carpeting is old and worn. If not, you can shampoo

or steam clean your carpets, or use a dry cleaning system, which requires no water or steamer, and dries instantly while killing virtually all mold and bacteria. Apply according to the manufacturer's instructions, and then vacuum. You'd be surprised how much better your carpet will look after a good cleaning.

**6. Brighten up lights.** Consider replacing the dinning room's lights with an eye-catching chandelier. Create a comfortable ambience with recessed lighting that is controlled with dimmer switches to provide the appropriate amount of light for different activities.

**7. Install modern light switches and outlets.** Some of the new style switches can be easily installed using the wires already running to the old switches. Just be sure to turn off the power to the room or entire house before doing any work. The new outlets look nice, and give the impression that the electrical wiring in the house is

newer than it really is.

**8. Create more storage.** Extra storage is always a plus. You don't need to renovate to add more storage space, you can create more space for free and without remodelling your home! Revamping your existing closets can do the job. Many old houses lack closet space. If you have cramped storage areas, add do-it-yourself wire and laminate closet systems to bedrooms.

**9. Reframe your entry.** The front door is the statement that you make in your house, and a front door in need of work gives a wrong first impression. Refinish the front door with a new coat of paint. Replace that worn, flimsy little knob on your main entry door with a more substantial-looking handle-and-lock set. A nice, big piece of hardware signals newcomers that this is a solid home. While you are preparing the door for the finish coat, be sure to check the weather stripping for damage. With soaring

energy costs, adding some new weather stripping can quickly pay you back in utility savings. Placing planters on either side of the front door will also enhance the image of your entry.

**10. Landscape the front yard.** A nicely mowed lawn, a few well-placed shrubs and a swept walkway makes a great first impression. Get your green thumb on, install some new sod, plant a few evergreen shrubs, and give your front yard a good cleanup. This will draw attention to your home and change people's perception of your home.

Ready to renovate but on a tight budget? Spend money on what can be seen vs. what can't be seen. Think new door handles, not new doors, and spiffed-up appliance fronts, not new appliances. Fix up the exterior first, then the interior. If you put some of these tips in action, you will boost your home's value and live happily ever after in your dreams home. Enjoy!

**SOLNIK & SOLNIK**  
PROFESSIONAL CORPORATION  
Barristers and Solicitors  
Notaries Public

2991 Dundas St. W.  
Toronto, ON. M6P 1Z4

Manny S. Solnik,  
B.A., LL. B.

Tel: (416) 767-7506  
Fax: (416) 767-4738

manny@solnikandsolnik.com  
solnickandsolnik.com

*Pamela Roussel*  
**ANTIQUES**

416.534.3833

342 High Park Ave. Toronto, ON Canada M6P

gallery  
**Singidunum**  
Danka Jovanovic

3103 Dundas St. W.  
Toronto, ON M6P 1Z9

Tel: 416-766-0300  
Fax: 416-766-0700  
Email: singidunum@bellnet.ca

# Parenting

and families

## BACK TO SCHOOL MADE EASY

(NC)-Each year families are faced with the collective challenge of switching from the relative ease of summer activities, to the strict routine of back to school. The best way to make this transition a smooth one is to ease into it as much as possible. Ripping off the bandage is not the best approach here.

Students may have the three Rs but parents have the three Ps for back to school: plan, prepare and practice.

### Plan for back-to-school needs

You pledge every year to avoid shopping at the last minute. This year make it happen by putting together a realistic plan for making all your back to school purchases. Go through the kids' closets and school supply lists early and make a complete list of what they need. Plan one trip to the shoe store, a separate outing for clothes and another for school materials - don't even try to do it all at once. To cut down on shopping time,



visit a window shop or even buy some items online. Think back on the hours you spent in line last year and you should have all the motivation you need to do it differently this year.

### Prepare all the "stuff"

Now that you've got all their new clothes and supplies, you need to label everything - unless you want to spend time bent over the lost and found, or spend money replacing items. Electronic label makers date

back almost 20 years when Brother introduced their popular P-touch brand. Today, they can be purchased in most office supplies stores, or online at places like [www.brother.ca](http://www.brother.ca).

"Our P-touch labellers are ideal for busy families because they work on clothing, food containers and even expensive items like laptops. They are compact and make it fast and easy to type, print, peel, and stick laminated labels on-the-go," says Brian Caldwell, senior product

manager at Brother Canada. "Our tapes are available in various colours and sizes, and are so durable that they move from freezer to microwave without peeling or fading."

Once you've organized everything that needs a label, let the kids be in charge of this project - it's a great way to get them involved and excited about the new school year.

### Practice the new routine

Another way to make the change a smooth one is to slowly ramp up to the new schedule. Start making mealtimes at a regular hour and avoid late nights in the two weeks leading up to school. The week before school starts, do a practice run of school bus etiquette or the walking route. And a few days before the 'big day' have a family meeting to go through any changes in this year's routine.

By getting ahead of the game you can make it much easier on yourself, and your children, and all start off on the right foot.

## Drive Into a Cleaner Future

(NC)-We all know that air pollution is a serious concern and that motor vehicles are a major contributor. But is there anything one person can do? Fortunately, there are smart driving choices you can make to improve the quality of the air we breathe every day: choices that are both effective and easy to live with.



For example, it's easy to choose a Partial Zero Emission Vehicle-PZEV for short. PZEV technology reduces a gasoline engine's tailpipe and fuel evaporative emissions to near zero. In fact, gasoline vehicles meeting PZEV emission standards can have lower emissions than hybrid or alternative fuel vehicles. In polluted urban environments, the car's exhaust can even be cleaner than the air outside the car.

That's because PZEV technology scrubs the exhaust of hydrocarbons, oxides of nitrogen, carbon monoxide, formaldehyde and tiny particles that create smog and irritate lungs. The Subaru Legacy PZEV and Outback PZEV Plus are two examples of vehicles that control emissions so effectively they're among the cleanest and most fuel-efficient vehicles on the market. The U.S. Environmental Protection Agency includes them in its Green Vehicle Guide.

Happily, environmental awareness does not come at the expense of comfort or performance; the PZEV Legacy and Outback are still equipped with the advanced Subaru Symmetrical full-time All-Wheel Drive System, a 170-horsepower boxer engine, and a host of high-end equipment like power windows and heated seats.

So please take a stand against smog-we'll all breathe easier.

## Automotive NEWS



## Get the AWD Advantage Without the SUV Price Tag

(NC)-If you love the safety and driving confidence of an SUV, but cringe at the cost of filling the tank, we've got good news for you.

It's possible to get the advantages of a four-wheel-drive system-especially great traction in a wide variety of weather and road conditions-in all-wheel-drive vehicles that combine the 4WD performance of a truck with the fuel economy, performance and handling, and easy-to-park dimensions of a car.

There are many reasons it takes a lot of gas to run a traditional SUV: most are built on truck platforms, so they're large and heavy; it takes a big engine to move all that weight around; and, because less aerodynamic than most cars, SUVs have to work harder to overcome air resistance.

Fortunately, there are alternatives, such as the



Symmetrical All-Wheel Drive system from Subaru. This is a full-time system that combines a powerful aluminum boxer engine, a strong but lightweight transmission and centre differential, and an aerodynamic alloy body frame that's designed for maximum occupant protection. The result is a great combination of strength for safety and rigidity for handling and durability.

Just as important, this Symmetrical AWD system is designed to be extremely compact and well balanced, with a low centre of gravity. That means a very low risk of rollover-and makes room for a long-travel suspension that keeps the ride comfortable even on life's bumpiest roads.

And fuel economy is competitive with North America's most popular compact and mid-size family

cars.

So, if you want great traction and handling and great fuel economy, an All-Wheel Drive vehicle is an excellent choice.

More tips to reduce gas consumption:

Maintain your vehicle-it will run smoother and waste less energy.

Slow down-you use 20% more fuel going 120 km/h compared to 100 km/h.

Check tire pressure-the wrong pressure can increase gas use up to 3%.

Don't idle-if you're going to sit for more than 30 seconds, turn the engine off.

Plan trips-do more than one errand at a time; avoid rush hour if possible; pick routes with fewer stoplights and less traffic.

Car pool-share the ride and leave a second or third car at home.

# Your Health

## Back to School Means Back to Routines

(NC)-Back-to-school is a time to shop for new clothes and school supplies. It is also a time to get back into healthy routines

and to think about eating nutritious snacks, lunches and dinners.

However, there is an increase in obesity in our children. The Heart and Stroke Foundation is working to change this trend. Healthy eating and increased physical activity are the best solutions. One important way the Foundation is helping Canadians to eat well is through the Heart and Stroke Health Check food

information program.

Tami O'Dette, mother of two, wants to ensure she is setting the right example for her children about healthy eating. "I am doing my best to incorporate Canada's Food Guide into our meals and snacks to give my children the right energy for school. Grocery shopping can be overwhelming at times, but choosing foods with the Heart and Stroke Health Check symbol is a quick way for me to identify foods that are healthy."

The Health Check program was designed for this exact purpose.

"Health Check was developed by an expert panel of nutrition experts who established its nutrient criteria," says Dr. Marco Di Buono, Director, Research, Heart and Stroke Foundation of Ontario. "This not-for-profit food information initiative evaluates products on the basis of total fat, saturated fat, trans fat, fibre, sodium,

calcium, sugar, vitamins and minerals. The Health Check symbol ensures that the food or menu item has been evaluated by the Heart and Stroke Foundation's registered dietitians and is a healthy choice."

Meal planning is one of the most important steps to eating well. Meal preparation is much less stressful when dinner is planned in advance. Plan your meals for the week to save you time and to help meet your family's nutritional needs. The Heart and Stroke Foundation website [heartandstroke.ca](http://heartandstroke.ca) is a great resource for families looking for healthy recipes for dinner and kid-friendly lunches. It is also updated regularly with tips on how to shop for food, make healthier choices and keep active.

To receive exclusive Heart and Stroke recipes, sign up for Healthline, the Foundation's free monthly e-newsletter at [heartandstroke.ca/subscribe](http://heartandstroke.ca/subscribe).



## Be Your Own Olympian 10 Ways By:

(NC)-In Beijing, athletes from around the world are gathering to compete. Across Canada, health researchers, supported by the Canadian Institutes of Health Research, are uncovering the positive benefits of physical activity for people of all ages and abilities.

OK, so we're not going to take up triathlons, play competitive basketball or become Olympic-calibre athletes. But we can all add more movement to our daily lives - even the smallest choices can add up to a big difference!



## health news

### WEIGHT LOSS IS MAXIMIZED WITH 3 WORKOUT RULES

(NC)-We do agree that the key to permanent weight loss and true fitness is a lifetime commitment to exercise and eating right.

But hey, there must be a shortcut to this goal in there somewhere?

"Yes there is," says Sammie Richards creator of Booty Camp Fitness, a program that invites women to laugh, jump, lunge, and punch their way to a great-looking body.

"Just like learning

to eat right step by step, we must also learn to exercise that way."

Don't waste your time, for example, on routines or machines that fail you, she says. Instead, here are the three key principles to give you the most efficient, weight loss workout every time, courtesy of [BootyCampFitness.com](http://BootyCampFitness.com):

**1. High Intensity Interval Training (HIIT)** - Forget walking for 60 minutes every day, who has time for that? A 10-15 minute HIIT cardio workout burns more fat. If you spent 15 minutes doing HIIT on a stationary bike, for

example, it would be the "calorie burning" equivalent to 60 minutes of walking.

- 2. Combine Resistance & Cardio Training** - Not only do you burn more calories during the workout if you combine cardio with resistance training, but it boosts your metabolism after the workout because of the resistance portion. For example, cardio alone will boost your metabolism for three to six hours, and resistance training continues to burn increased calories for 24 to 48 hours post-workout.
- 3. Muscle is Metabolism** - Lifting weights or body sculpting isn't enough. You need to challenge your muscles by working them harder and harder each time. Progressive strength training can be done with body weight, free weights, or machines. All that matters is that it's progressive and it's challenging enough to force the muscles to make improvements. For example, each additional pound of lean muscle mass will burn an additional 50 calories or so, per day.

- 1. Put on a pedometer.** 10,000 steps a day can improve your fitness and make you feel better.
- 2. Driving somewhere?** Park your car in the furthest possible spot from your destination.
- 3. Public transit gets you there - but it doesn't have to take you all the way there.** Get off a stop or two early and walk the rest of the way.
- 4. Having a meeting?** Why not take it outside and walk while you talk?
- 5. Stay away from that e-mail; put down that phone.** Walk down the hall to see your co-workers in person.
- 6. Take the stairs instead of the elevator up to your office.**
- 7. It's coffee time - why not walk over to the coffee shop that's a few blocks away?**
- 8. Skip the pre-chopped stir fry veggies.** Stand at the counter and chop them yourself.
- 9. It's summer - so get out in the garden.** Mow the lawn, rake the grass, prune and weed.
- 10. Stretch to reach those high shelves; squat to get to those low shelves.**



For more information, visit [www.impact.cihrgc.ca](http://www.impact.cihrgc.ca).

# Recipes

More Recipes on Page 4



## Strip Loin with Garlic Grilled Asparagus

Serves 4

- 3/4 cup Diana Marinade, Steak Spice Flavour, divided
- 2 tbsp Worcestershire Sauce
- 4 thick Strip Loin Steaks, about 2 lb.
- 1/4 cup Butter
- 6 cloves Garlic minced
- 1 lb Asparagus Spears, blanched
- Lemon Wedges

Stir Diana Marinade with Worcestershire Sauce. Pour 2/3 cup of the marinade mixture over the steaks; marinate for 30 minutes, turning once. Meanwhile, combine remaining marinade mixture, butter and garlic in a small saucepan. Cook, stirring, over medium heat until saucy and fragrant: keep warm.

Preheat grill to medium-high. Remove steaks from marinade and pat dry. Discard used marinade. Grill steaks for 4 to 5 minutes per side or until cooked to preferred doneness. Brush steaks with enough butter mixture to lightly coat; rest for 5 minutes.

Meanwhile, grill the asparagus for 5 minutes, turning and basting with remaining butter mixture. Transfer to a serving platter and top with the steaks. Serve with lemon wedges.

## Orange Blossom Pork Dumplings

Serves 12

- 2/3 lb Cooked Lean Ground Pork
- 3 Green Shallots, thinly sliced
- 2 cloves Garlic
- Orange Zest
- 1/3 cup Olive Oil
- 3-4 drops Orange Blossom Essence
- 1/4 cup Fish Flavoured Sauce
- 4 tbsp Sugar
- 1 pkg Wonton Wrappers

Mix all of the ingredients except for the wonton wrappers in a large bowl.

Place a tablespoon of the mixture onto the middle of each wonton square.

Fold the wonton square over the filling in order to form a triangle.

To properly close the wonton, apply a coat of water-flour mixture onto the inside contour of the wrapper and apply pressure to ensure they will not open during cooking. Freeze the dumplings until ready to serve.

### Accompanying Sauce

- 1 cups Coconut Milk
- 1/4 cup Rice Wine Vinegar
- 3 tbsp Sugar
- 1 tbsp Chilli Powder
- 1/4 cup Soya Sauce
- 5 tbsp Plain Yogurt

Combine all ingredients and mix in a blender. Serve with the dumplings in a side dish.



## Apple Mint Chutney

- 2 cups Fresh Mint, roughly chopped
- 1/2 cup Italian Parsley, chopped
- 3 cups Granny Smith Apples, diced and peeled
- 1 cup Red Onion, diced
- 1/2 cup Sultana Raisins
- 1 cup Brown Sugar
- 2 cups Apple Cider Vinegar
- 1 tbsp Whole Mustard Seed
- 1 tbsp Coriander Seed
- 1 Cinnamon Stick
- 1 tsp Coarse Salt
- 3- 2 oz. pkgs Pectin Crystals

Combine all the ingredients, except for pectin, in a large stainless steel pot.

Bring to a boil, reduce to simmer, stirring often for approximately 1 hour.

Add three 2 oz packages of pectin crystals.

Simmer for another 20 minutes. Cool chutney to room temperature.

Pour into sterilized jars, leaving 1/2 inch head space; seal (To sterilize jars, place both lids and jars in boiling water for 15 minutes before filling).

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](mailto:info@homesnewspaper.com) or fax it to 1-800-330-5709

# "GREEN" YOUR COMMUNITY FOR JUST A FEW DOLLARS A MONTH

(NC)-The recent TD Friends of the Environment Foundation 'How Green Are You?' Survey found that the majority of Canadians are dedicated to making green choices as part of their daily lives. In fact, when it comes to being environmentally-friendly, 96% of Canadians gave themselves a passing grade.

One simple way that you can help support environmental projects in your community is to donate to TD Friends of the Environment Foundation (TD FEF). TD FEF allows Canadians to work together to donate funds to local community organizations dedicated to protecting Canada's environment and wildlife. 100% of your donation goes to environmental projects in your community. TD FEF allows donors to set up regular monthly contributions for as little as \$5 per month and each local TD FEF chapter decides what environmental and wildlife projects to fund.

In the last 18 years, TD FEF has provided more than \$45 million in support of over 17,000 environmental grassroots projects from coast to coast, including:

- **TD Great Canadian Shoreline Cleanup:**

In 2007 alone, TD FEF's contributions helped organize over 52,000 volunteers who cleaned 1,240 sites covering nearly 1,800 kilometres of shoreline, collecting more than 87,000 kilograms of garbage. You can register for this year's cleanup at [www.vanaqua.org/cleanup](http://www.vanaqua.org/cleanup).

- **Canadian Peregrine Foundation:** Dedicated to the preservation and conservation of endangered and threatened birds of prey across Canada.
- **Vision 20/20:** An environmental studies camp for junior high school

students in Halifax. Students learn to explore their environment and to question what helps and harms the environment.

- **Safe Drinking Water Foundation:**

The Foundation's Operation Water Drop program allows Canadian youth across the country to test the safety of their local water. Students learn about the importance of safe drinking water and its implications on the environment.

For more information and to get involved in your community, visit [www.fef.ca](http://www.fef.ca).



# Stay Safe From Summer Storms



(NC)-Winter's fury may be long forgotten, but unexpected summer storms can be just as dangerous. Heavy rains, strong winds, and lightning strikes can cause serious damage to property and threaten the safety of you and your family.

Severe summer storms can be large, slow-moving systems that cause flooding as they hang around for days, or quick-moving thunderstorms that seem to come out of nowhere-sometimes bringing intense downpours, hail, or even tornadoes.

With these potential severe weather conditions, it is important to know what to do to prepare and protect yourself:

*Watch for signs of an impending storm, including:*

- **Hot muggy days and warm uncomfortable nights**
- **A build-up of clouds near or before noon that struggle to reach high altitudes**
- **South or southeast winds that increase and become gusty in the afternoon**
- **Clouds that stand straight up or appear to tilt and have cauliflower edges**
- **Dark clouds approaching from the west**
- **Frequent lightning at night**
- **A long, horizontal roll or shelf of clouds approaching from a distance**

Listen to weatheradio, local radio and television broadcasts for information and advice.

Monitor [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca) for severe weather watches and warnings and up-to-the-minute maps of areas affected by severe weather.

Have an emergency plan for you and your family-whether you're at home, work, or play. Tips are available online at [www.getprepared.ca](http://www.getprepared.ca).

Assemble emergency kits for your home and car, and update them routinely.

Use the 30-30 rule for lightning safety. Take shelter when you count less than 30 seconds between lightning and thunder, and stay there for 30 minutes after the last thunder.

## This Month in History August

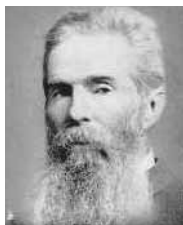


1962 - Apartheid opponent Nelson Mandela was arrested by security police in South Africa. He was then tried and sentenced to five years in prison. In 1963, he was placed on trial for sabotage, high treason and conspiracy to overthrow the government and was sentenced to life in prison. A worldwide campaign to free him began in the 1980s and resulted in his release on February 11, 1990, at age 71 after 27 years in prison. In 1993, Mandela shared the Nobel Peace Prize with South Africa's President F.W. de Klerk

for their peaceful efforts to bring a nonracial democracy to South Africa. In April 1994, black South Africans voted for the first time in an election that brought Mandela the presidency of South Africa.

1492 - Christopher Columbus set sail from Palos, Spain, with three ships, Nina, Pinta and Santa Maria. Seeking a westerly route to the Far East, he instead landed on October 12 in the Bahamas, thinking it was an outlying Japanese island.

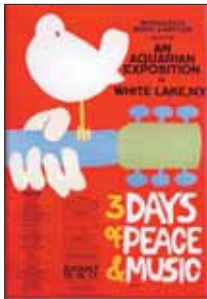
1819 Moby Dick author Herman Melville (1819 - 1891) was born in New York



1583 - The first English colony in North America was founded by Sir Humphrey Gilbert, an English navigator and explorer. He sighted the Newfoundland coast and took possession of the area around St. John's harbour in the name of the Queen.



1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being chased by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.



1969 - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 bands and drew a crowd of more than 300,000 young people. The event came to symbolize the counter-culture movement of the 60's.

1934 - In Germany, a plebiscite was held in which 89.9 percent of German voters approved granting Chancellor Adolf Hitler additional powers, including the office of president.

1945 - The Soviet Union declared war on Japan and sent troops into Japanese-held Manchuria.

1991 - Soviet hard-line Communists staged a coup, temporarily removing Mikhail Gorbachev from power. The coup failed within 72 hours as democratic reformer Boris Yeltsin rallied the people. Yeltsin then became the leading power in the country. The Communist Party was soon banned and by December the Soviet Union itself disintegrated.



1838 - Slavery was abolished in Jamaica. It had been introduced by Spanish settlers 300 years earlier, in 1509.

1980 - Solidarity, the Polish trade union, was formed at Gdansk, Poland. Led by Lech Walesa, Solidarity opposed Communist rule and was outlawed in 1981. Seven years later, the re-legalization of Solidarity occurred and the government agreed to hold partially free parliamentary elections. Solidarity candidates scored stunning victories in the elections that followed, gaining power in Poland and paving the way for the downfall of Communism there.





## Saving the Earth While Travelling It

(NUI) – These days, most people understand that "going green" doesn't mean you're eating more vegetables or that you're taking a trip to Ireland, but rather you're driving a Prius instead of a SUV, you're recycling bottles and cans rather than throwing them away or you're doing your part to help the loggerhead sea turtles who are on the verge of extinction.

There are many ways to go green. And they don't just start and end at home.

The travel industry is now offering vacationers, or ecotourists, a new way of exploring the world. In contrast to their camera-toting counterparts of a few years ago, ecotourists, it is now said in the industry, "Leave nothing but footprints and take nothing but memories."

If your goal is to be more environmentally conscious - either to save the creatures around your home or the turtles in the sea - these tips can help you treat the planet in a kinder, gentler fashion:

- **Skip the rental.** Instead of renting a car, use hotel vans, buses and subways to reduce pollution.
- **Do your research.** Plenty of businesses are now on board with protecting the environment by recycling and reusing everything from auto glass (one B&B installed a blue tile floor using this method) to stained tablecloths. Spend your travel dollars supporting establishments like

these.

- **Be sensitive to the ecosystem.** Leaving a lighter footprint wherever you go includes doing so on both land and sea. While most people may consider themselves environmentally and culturally sensitive when travelling, some activities can still be harmful to creatures that call the ocean their home, says Oceana, an environmental advocacy group. *Consider this:* Of the seven species of sea turtles worldwide, all but one call North American waters home. However, environmental threats from humans during the last few decades have contributed to the aquatic reptile's rapidly dwindling numbers. From pollution to vehicles driving on hidden nesting sites, to the mass destruction of the species as a result of commercial fishing, many human activities threaten sea turtle populations around the world.

- **Do some research.** Look for ways to help the environmental efforts that are being taken. Certain plants and animals, like the sea turtle, are being threatened with extinction. Look for groups like Oceana, and ask what you can do to help.

For more information on reducing pollution and preventing the irreversible collapse of sea life, visit [www.Oceana.org](http://www.Oceana.org).



## Kids Corner

### Did You Know

The word "Salary" was derived from the Latin *salarium* referring to the salt allotment for soldiers in the Roman army.



### SPOT THE DIFFERENCE



There are 12 differences between these pictures. How many can you find?



### History & Other Interesting Stuff

- A snail can sleep for three years.
- An ostrich's eye is bigger than its brain.
- Men can read smaller print than women can; women can hear better.
- Rubber bands last longer when refrigerated.
- No word in the English language rhymes with month, orange, silver, or purple.
- There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

1. Line on man's right shoe is missing. 2. Circle on sneaker missing. 3. Line under dog's nose missing. 4. Line on bottom of man's shoe missing. 5. Man's watch is black. 6. Dot on shirt is colored in. 7. Post on sign colored in. 8. Bandage on leg moved. 9. Group of trees moved. 10. Tail on dog is facing down. 11. Pocket on shorts is shorter. 12. Pants are shorter.

REP		BDL		BLADE
AKA		LEE		LURES
PERSONA				EXITS
	VAC		REB	SEE
ABET		AND		HERS
BEN		OPTIMA		
ALUHNA				TIDIES
		RETIED		MAC
PTAS		HOD		MATH
OIL		KYD		RIG
IRANI				ITALICS
LETOS		NEB		NAE
USERS		ELI		EBN

crossword

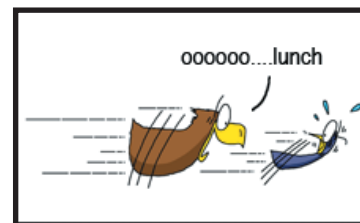
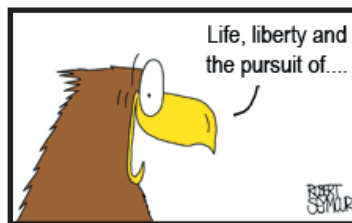
solution

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

SUDOKU

solution

### BirdBreath



# Out-Of-Town Properties

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



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



**2 BELLINGHAM, WA**  
Watch the sun rise over Mt. Baker from this immaculate 3-bedroom, 2.5-bath custom home on Lummi Island's east side. Uninterrupted mountain and city views across the sparkling waters of Hales Passage



**3 BONITA SPRINGS, FL.**  
Attractive Key West style home with 3 Bed, 2 bath, 1647 under air and 2820 total sq. ft. Plantation shutters throughout, hardware floors, tile, window seats, 2 wrap around decks. Home is located on an oversized lot



**4 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!



**5 PUGWASH, NS**  
22 year old country home, barn, and fencing. Private setting back off the road. Attached garage (36X44). Training rink is 60 feet in diameter and is sand covered. Barn has running water. There are 2 turn out areas with electric fencing. 715 feet of road frontage on this 6.8 acre surveyed private lot.



**6 BANCROFT, ON**  
**Steenburg Lake**  
Two storey cottage, Northwest exposure, 3 bd rms, large kitchen, pine cupboards, dining room, living room + rec room, sunroom, den, walk out basement, large deck, double garage, bunkie, & workshop. Child friendly shoreline with sandy bottom.



**7 MESA, AZ**  
6 Bedrooms plus Den and Loft, HUGE cul-de-sac lot with RV gate & parking, Sports court and grassy play area



**8 WOODBRIDGE, ON**  
Unbelievable value! Fully Renovated 3 + 2 Bedroom Home on large lot. Enjoy your summer in your own beautiful underground pool. Nothing to do but move in. This beauty features, brand new kitchen, finished basement, engineered dark wood flooring, fresh designer Paint and much more. To view this property call Nasira today and book your appointment.



**9 BRAMPTON, ON.**  
\*\*\*Power of Sale\*\*\*Great 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!!



**10 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



**11 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



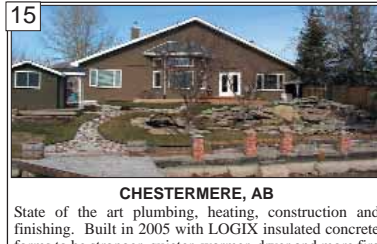
**12 TORONTO, ON.**  
Dundas St. W & Quebec Ave  
• Store with 3 Bedroom Apartment • Gorgeous Deck on 2nd floor • Newly Renovated Store • Built In Garage @ Rear • Great Opportunity to Start Up Business



**13 CALGARY, AB.**  
• Stunning Renovations • Fabulous Mountain Views • Exotic Hardwood • Awesome 2 Storey Fireplace • Beautiful Kitchen with Granite • 2nd Floor Computer Niche with Built-In Desk • 2nd Floor Laundry • His and Hers Vanities in Ensuite • Fully Developed Basement • Sound system on Main, Lower and Backyard



**14 BANCROFT, ON**  
**Unique Property**  
Two cottages for the price of one! Original square timber log cottage, 3 bedrooms, large front deck + wrap around verandah, birch cupboards. Guest cottage with stone fireplace, 3 bedrooms, loft, high ceilings, screen porch



**15 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.



**16 WASAGA BEACH, ON**  
Beachfront living. Great views of Georgian Bay. Year round 4 bdrm, 4 bath home on a 50'x 210 beachfront lot. Open concept main flr living. Liv/din area offers vaulted ceilings w/gas F/P. adj din/rm & kitchen w/all built-in appliances. Fully finished lower level and more.



**17 KINCARDINE, ON**  
Perfect Lakefront 3 bedroom year round cottage located steps to Pine river harbour. Very private lot with detached double garage and separate Bunkie.



**18 WOODBRIDGE, ON**  
Shows like a Model! This Gorgeous 4 Bedroom with Double Car Garage is finished like a Show piece. Loaded with Extras including Stone Front, Wainscoting in Main Hall, California Shutters, Hardwood Floors on 1st Floor, Cedar Deck, Gas Fireplace and much more. This home is priced to Sell.



**19 TORONTO, ON.**  
Annette St & Fairview Ave  
• 4 + 1 Bedrooms • 7 + 2 Rooms • 2 Washrooms • New Roof • Finished Basement with Separate Entrance • Hardwood Through-Out!



**20 WASAGA BEACH, ON**  
Location says it all with this incredible beachfront property located on the shores of Georgian Bay. Over 4,500sf. Vaulted ceilings, spacious liv/rm & formal din/area. Open concept kit, din/area & fam/rm. Newly finished lower area. Lrg deck off liv/rm & private beachfront deck.



**21 MESA, AZ**  
25x15 Living Room plus 15x13 Family Room, Tile throughout home, vaulted ceilings, water softener, epoxy floors in garage, Mountain views



**22 CALGARY, AB**  
• Fantastic Location • Easy Walk to Fish Creek Park • Meticulous! • Corian Countertop in Kitchen • Bosch Dishwasher, Smooth Top Stove • Beautiful Corner Brick Fireplace • Huge Master Bedroom • Large Family Room on Lower Level • Lovely Southwest Backyard



**23 PUGWASH, NS**  
Watch the sun set on the ocean from your front deck. Roof deck for cool days and rainy days. Warm salt water good swimming in area of recreational cottages, near golf and marina, only a minute to village of Pugwash. Shed 10x12, rock retainer wall for erosion control.



**24 BELLINGHAM, WA**  
Island Estate  
Waterfront home on Lummi Island with 100' of beach, 4.3 private and peaceful acres, and view of Mt. Baker. This new contemporary home features 4 BD, 2.5 BA, vaulted ceilings, a central staircase, and curved glass wall to enjoy the view.



**25 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



**26 KINGSTON, ON**  
Lovely Caraco built family home in newer condition. Generous use of hardwood, open concept w/vaulted ceilings in great room, 3 bedrooms, 1 1/2 baths, kitchen w/dishwasher, patio doors to deck and fenced yard. Close to CFB, city, golf and shopping.



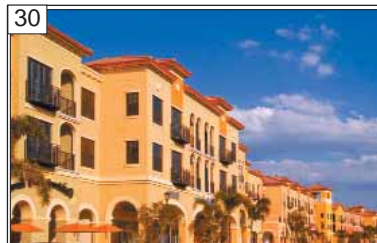
**27 SAN DIEGO, CA**  
2bd/1bth 1002 esf. Spanish Style home with all new hardwood floors, dual pane windows, granite counters, stainless steel appliances. Master suite opens to backyard. Decorative Fireplace w/builtins.



**28 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!



**29 MILFORD, NJ**  
Great Lakefront Home on Greenwood Lake. Private Location, Amazing Lake Views, 150 Feet Lakefront, 2 Decks, 2 Docks, Tons of Windows, Hardwood Floors and Much More!



**30 BONITA SPRINGS, FL**  
3 bed, 2 baths, 1489 under air, 1733 total sq. ft. top floor unit w/fantastic lake views. Mediterranean architecture in this upscale, urban living condo only steps from shopping, dining & movie theatres. Included w/granite, marble countertops, ceramic tile, hurricane impact windows.

To have your home listed on this page, call 1-800-330-5709

Listings on this page are selected by the publisher and not by any individual Realtor, Agent or Broker

# SmartChoice

## MORTGAGES

RESIDENTIAL/COMMERCIAL

Apply for your SmartChoice Mortgage On-Line Today

**BEST RATES**  
5 YEAR  
4% Variable\*

# 416.766.2300

[www.smartchoicemortgages.ca](http://www.smartchoicemortgages.ca)

Consolidate  
Your Debts all  
in 1 Payment

\*Subject to change without notice.

# VESUVIO

PIZZERIA & SPAGHETTI HOUSE



3010 Dundas St. W. Toronto, ON  
(416) 763-4191



**St Clair Motor Service for Nissan**  
3275 Dundas Street West, Toronto, ON M6P 2A5  
**416-762-7537**



[www.sweetsfromtheearth.com](http://www.sweetsfromtheearth.com)

Long gone are the days of dry, bland  
vegan desserts....

All of our products are:

- 100% Vegan (dairy & egg-free, no animal by-products)
- Naturally Lactose & Cholesterol-free
- Non-hydrogenated & Trans Fat-free
- Low in Saturated Fats
- Made Without Added Refined Sugars
- Preservative-free
- GMO-free
- Made with Minimally Processed Ingredients of the Highest Quality



A healthier way to satisfy your sweet tooth without compromising flavour!

406 Pacific Avenue, Toronto  
**647-436-2004**

# Latitude 44

Gallery - Framing - Decor

With over 25 years of quality corporate and  
retail experience we have the answers!

**MaryAnn DiBernardo**  
**Janet DiBernardo**

2900 Dundas Street West ~ Toronto  
416-769-2900

[www.latitude44gallery.ca](http://www.latitude44gallery.ca)

As Part Of The Bloor West Art  
Tour

LATITUDE 44 GALLERY  
Presents

NEW PAINTINGS BY  
Heather Michele Yelland

May 30th, 31st & June 1st  
Closing Reception  
June 1st 2-7 PM  
call: 416-769-2900

To view some of Heather's work  
please visit our Gallery page

# Taylor Shoes



Since 1920, at the same location, Taylor's Shoes has  
provided superb personal service, competitive prices,  
and shoes expertly fitted by our knowledgeable staff.  
Your feet are measured at each visit. We sell quality  
brand name shoes for men and women.

**416-769-2045**

*To Advertise*  
**Your Business**  
**Here**  
*Call*

**416-766-2500**

ACADEMY OF  
REALIST ART

**Colleen  
Johnston**

President



2968 Dundas Street West, Suite 200  
Toronto, Ontario M6P 1Y8  
Tel: (416) 766-1280 Fax: (416) 766-3403  
info@AcademyofRealistArt.com  
www.AcademyofRealistArt.com

416-766-2500

Your  
Community  
Realtor

# JUNCTION

Realty Inc., BROKERAGE



bringing people and properties together  
Independently Owned and Operated

[www.junctionrealty.ca](http://www.junctionrealty.ca)

Curious about the  
value of your home?  
Call for a Free Market  
Evaluation