



KEEP YOUR COOL
Stylish ways to beat the heat
See Page G3

LIFE AT HOME

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AROUND THE HOUSE

Tips for a safe bathroom

BWARE • Slips and occasional falls are not uncommon in bathtubs and on wet bathroom floors. But they aren't the only safety situations that a person must be aware of in the bathroom.

Here's some tips provided by the Home Safety Council:

- Avoid using cleaning supplies that may leave a residue on floor and bath surfaces.
 - Use nightlights to help light hallways and bathrooms.
 - Medications, including vitamins, prescription drugs and over-the-counter drugs, should have child-resistant caps. Keep medicines and cleaning products in their original containers with the labels intact.
 - Lock medicines, cosmetics and cleaning supplies in a secure cabinet.
 - Never leave children unattended near standing water, such as a bathtub filled with water. Always stay within reach of young children during bath time. Never allow older children to supervise.
 - If you have toddlers, use toilet seat locks and keep bathroom doors closed.
 - When bathing children, monitor bath temperature; turn the cold water on first, then mix in warmer water.
 - Read and follow product use, storage instructions and safety recommendations for cosmetic, personal care and cleaning products.
 - Never touch an electrical appliance when bathing.
 - Make sure electrical appliances, cords and fixtures in your bathroom are listed by an independent testing laboratory such as Underwriters Laboratories (UL). In addition, bathrooms should have ground fault circuit interrupters (GFCIs).
 - Keep small electrical appliances such as hair dryers, curling irons, and razors away from water and unplugged and stored when not in use.
- McClatchy Newspapers

Hotel style at home

TIPS • Here are some hints to help give your bedroom the look of a fine hotel.

- Declutter. Keep dressers and nightstands free of distracting debris.
 - Make the bed the focal point of the room. Centre it against a wall for balance.
 - Use solid white or ivory or sheets and pillowcases with contrasting neutrals for the pillow shams, duvet and/or blanket. Layering the linens adds to the rich look, with a textured throw making a final luxurious statement.
 - Choose an accent colour such as pale turquoise, pond green or orange, but use it sparingly, perhaps in just an accessory or two.
 - Lighting is important, but put it on a dimmer.
 - No patterned fabrics, with the possible exception of a bold stripe in accent pillows.
 - Keep window treatments simple. Nothing fussy. Draperies should contrast with the wall colour.
- McClatchy Newspapers



Moving to the inner city is about more than skyrocketing gas prices

YVONNE JEFFERY
CALGARY HERALD

As the price at the pumps edges ever higher, talk around the water cooler is turning to the cost of commuting — especially the cost of filling a tank of gas. But as some Calgary families are discovering, trading a suburban home for one closer to downtown has benefits well beyond lowering fuel consumption. For them, it's also about the kind of life you want to live.

A year ago, Jillian (who preferred that her last name not be used) moved from a new development in the western reaches of Calgary to an inner-city community just outside downtown.

"It was the draw of the community and the amenities and the lifestyle," she says. "We feel more rooted here... like we live in a smaller town versus a big city, probably because it has a feel of more diversity — there's the old and the new together."

She and her family, including two children aged five and eight, can now walk to a wide

PUTTING THE LIFE BACK IN LIFESTYLE

variety of nearby amenities, from the drugstore and the library, to the pool and the community centre — not to mention a local skating rink, which she says they used almost daily last winter.

"Our lifestyle is much more

active. You can go for a walk just to enjoy walking — there's so much to see and do," she explains.

The location is also relatively close to work for both Jillian and her husband, and just a 10-minute drive to school

for the kids.

But that's not all. "When we work in the yard here, there's people who've lived in the community for 40 years who will stop and talk to us — we started to feel part of an older community," she adds.

All of this despite their original assumption that the area was out of their price range. So how did they manage it?

They didn't sacrifice much square footage, going from 2,000 square feet to 1,800 — but they did give up their detached house in favour of one that's semi-detached (although, with entry doors and gardens on different sides of the building, it still affords both families a significant degree of privacy).

"We haven't found moving from a single-family home to an attached home to be strange at all," says Jillian. "We thought we would, and that was what had prevented us from moving (previously). But the bones of this house and the feeling of the community here convinced us to make the move — it was the right thing to do."

Halyna Tataryn is a real estate agent with Re/Max in Calgary, and has earned an "EcoBroker" designation from U.S.-based EcoBroker International (tatoryngroup.com; ecobroker.com). She has long advocated the worth of living within walking distance of key amenities, having herself moved from Chestermere to inner Calgary several years ago.

"When we moved in from Chestermere, we gained an hour and a half a day by not driving — so I'm converted and now I'm converting others," she says with a good-natured grin.

SEE LIFE, PAGE G2

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