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From the Publisher

Welcome back, once more, to the Local Biz Magazine!
This issue marks our fifth year in publication, and what an amazing four years it has been.

I would like to welcome back Satrohan Rai, who has contributed several of our features over the last year. In this issue, he tackles the tough question of the pickering airport, covering the many concerned parties, the projects long history, and the pros and cons of beginning construction. Also returning to us is Susan Armstrong, who worked with us on a the home-made halloween costume piece in last year's fall issue. Our own editor, Sherry Hucklebridge, has contributed an article for this run, as she does from time to time, and will go over different strategies for winter-proofing your home.

You can check up on whats going down with this seasons feature films in John Foote's "Film Talk," or get advice from a spiritual viewpoint on some tough questions from Sue-Ann Bavlnka in "Ask Sue-Ann." Corry Hamilton will provide advise on how to recognize when your pet is suffering from allergies in "Taking the Lead," while teen columnist Samantha Burtch Whitteker discusses facing your fears, taking the leap, and reaping the rewards. Shirley Ouellette's fall edition of "Tasteful Talk" will address how to tackle single portions and cooking for one. She also includes a fantastic recipe for Spaghetti Bolognese. In "Coaches Corner," Malachi Brown will talk about first impressions and how to get over the misconceptions you may harbour about the people that you meet. Stephanie Pommells' "Treat Yourself" will discuss the new Toronto-wide health standards that now govern salons, and Ryan Smith's real-estate column will lay out tips and tricks for selling your home privately. Thats all for this time folks! Turn the page, take a look and, most of all, enjoy!

Antoine Elhashem
Publisher

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From the Editor

Hello once again!

Its hard to believe we've come to another fall; the years seem to fly by faster with every one that passes. At least, most of the time they do. I can't help but wish that winter would speed by as fast as it's warmer counterparts. But, alas, it always seems to be the slowest moving, and now it is right over the horizon yet again. I guess that's relativity for you! Folk relativity, anyways - the snow drifts and frigid air slow us down and time is slowed in turn. I think? To be honest, being an editor almost never calls for an indepth knowledge of physics.

Anyways, I am getting ahead of myself. It's still autumn! There is no use prophesizing about the cold to come, we might as well enjoy the splendour of the changing season while it lasts. When I was younger my parents used to take my siblings and I on road trips just to view the varicoloured autumn forests in and around our native Durham. I haven't done it in the past few years but it can be an almost religious experience - sort of like looking up at the night sky and realizing your minute place in the vast universe. Look at me, getting all sentimental about trees.

I think I'm going to leave this particular editorial short and sweet and let you get to enjoying the rest of the Local Biz Fall 2013 content. In celebration of Halloween we have a scary short story for you. It is a first in my editorial career at Local Biz and I'm looking forward to seeing how it goes. But be warned - the spooky content may not be for everyone, so read if you dare!

Sherry Hucklebridge
Editor

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The Graveyard

A short story by Carli Hyde

Erica lay back against the grassy hill and stared up at the stars, half listening to the words of her friend's conversation. "Want a drink?" a voice asked from beside her, and she turned to look at the silhouette of Russ against the full moon. He held out a red plastic cup to her as he sat down. Erica took the cup reluctantly, she wasn't really into drinking, but that was the theme of the evening, and she didn't want to be a stick in the mud.

"Thanks," she replied quietly, returning her gaze to the stars above them.

"No problem" Russ said before sighing heavily, wanting to get Erica's attention, but she was too engrossed in the heavenly bodies above.

"Hey Erica," he continued after a few moments, "Do you, uh, think, we could, maybe, sometime...I mean only if you wanna..." Russ pulled at the grass and stared at his feet as he spoke.

"Huh?" Erica said looking at him with a bewildered look upon her face.

"Hey we decided that we're going to the cemetery!" Amy said, jumping in front of Russ and Erica, "So get your lazy asses up and let's go!"

"Do we have to?" Erica asked her eyes wide.

Amy laughed at Erica's reaction. "Come on Erica! You know ghosts aren't real, besides, it's a Friday the 13th, in October, with a full moon. We HAVE to go."

"It'll be fun" Blake said, reaching down to help Erica up. Erica reached up for his hand, and was glad for the darkness for as their hands touched she was certain her face turned bright red.

"Oh, ok" Erica stammered, avoiding eye contact with Blake, "If you think so." Amy snickered behind her hand, and Russ glared at the two.

The small group made its way to the nearby cemetery, and deftly hopped the stone wall by the driveway. "Guys," Erica squeaked, "are you sure this is a good idea?" A cloud moved over the full moon, casting strange shadows over

the group and the tombstones around them. Erica thought she saw something move and grabbed Blake's arm, eyes wide. Blake smiled warmly at her and placed his hand over hers, the warmth of it making her forget about what had scared her.

"Come on scaredy cat!" Russ said angrily, leading the way deeper into the grave yard, expertly weaving between the tombstones. Amy and Peter followed behind him, chatting about the movie the group had seen earlier in the evening. Blake and Erica took up the rear, her hands still clutching his arm, and his hand still protectively over hers.

The party made its way through the cemetery, heading for the mausoleums in the centre of the graveyard. They were about halfway there when a strangled yelp came from the front of the party. Amy, Peter, Blake and Erica rushed up to where Russ was, but all that was there was his flashlight and cup on the ground. "Something got him!" Erica squeaked, clinging tighter to Blake's arm.

"No" Amy said, trying to sound confident, but her voice shook a bit. "He's just playing a prank on us. He wants us to worry and go looking for him, and he'll just jump out at us somewhere. If we just sit here and wait, he'll get bored and come back." She picked up his flashlight and turned it off before stuffing it in her bag.

"Are you sure?" Erica asked looking around, her eyes as wide as the full moon in the sky.

"You know Russ," Peter said, perching

on one of the nearby tombstones, "He does this sort of shit all the time. Give him ten minutes, and he'll get bored and come back."

"They're probably right" Blake whispered into Erica's ear before leading her over to a nearby tree, and pulling her down to sit at the base of it with him.

Amy, Peter, and Blake continued to drink and talk, waiting for what they thought was the inevitable return of Russ, while Erica jumped at every sound, and was constantly scanning the area for any movement.

"You know, I read that this graveyard is actually haunted" Erica said during a lull in the conversation.

"Yea, I'm sure it is" Peter said rolling his eyes, "I gotta take a leak." He rose from his seat and walked outside of the ring of light from the flashlights.

"Don't pee on someone's grave!" Amy laughed "Or they might come up and get you!" She jumped at Erica, eliciting a scream from the scared girl.

"Not funny Amy!" Erica yelled, hitting her friend's arm.

"AGHHHH!" came a scream from where Peter had walked off.

"P-Peter?" Amy asked, looking into the darkness.

"M-maybe he tripped?" Erica offered, shifting closer to Blake.

Amy picked up one of the flashlights and shone it in the direction Peter went. The light moved over tombstones, and trees, but there was no sign of Peter. She turned back to look at Erica and Blake, "I'm going to look for him."

"We should all go" Blake said, picking up his flashlight as well. He aimed it in the direction that Peter went, just as Peter ran into the light cast by their flashlights, tripped over a root, fell, and flipped on to his back to stare at what had caused him such a fright.

"Peter," Blake said with nervous laughter, "You look like you've seen a—"

A figure stepped up to the edge of the light, barely distinguishable from the tree behind him. The clouds shifted past the moon, illuminating the new comer. The figure was a tall imposing man, garbed in early 1900's fashion, with a terrifying scowl upon his face, and a transparent body. "G-g-ghost!" Peter stammered, scrambling to get up. Blake stared at the ghost that now stepped into the circle of light, frozen with fear. Erica tugged at his arm, urging him to start running, "We've got to go!" She cried. The ghost closed the distance to Peter in a flash, Peter cried out, and threw his arms in front of his face. The deathly figure reached out and grasped Peter, causing him to cry out again. Peter's skin nearest the ghost's hands started to turn blue, and then white, he seemed to be freezing to death in front of their eyes.

Amy cried out and lunged for Peter, but Blake caught her, "there is nothing we can do for him." He said pulling her away from the preoccupied terror, "we have to run." He pushed her towards the entrance of the graveyard, and she stumbled for a few steps, then started sprinting, tears streaming down her face. Blake grabbed Erica and pulled her behind him as he ran after Amy.

Erica was unsure how long they had been running, but it felt like hours - her chest was tight, and her legs burned. She had left her flashlight back where they encountered the ghost, and Blake had dropped his somewhere along the way. The two of them clung to each other's hands, and neither had a clue where

Amy was. Erica hoped that she had made it out, and wondered if they would ever find their way out. She started to slow as exhaustion began to overcome fear, when she tripped over a root and fell, barely throwing out her hands to stop her from face planting. She rolled over and looked at the offending root, at first she couldn't see anything but a vague shadow, but then the clouds moved away from the moon once more and she saw that it wasn't a root that had tripped her but a foot. She looked from the foot up along the leg, her breath catching in her throat; the leg led to a torso propped against the tree trunk, pale white hands

**...Erica put her arm
around her friend,
comforting Amy,
while wondering
why she hadn't cried
herself yet...**

on the ground beside the body looked familiar. She forced her eyes up the torso to the face, as pale as the moon in the sky, with pure white eyes staring out at her. Russ was as dead as anything in the ground. Her breath was finally able to escape her throat in a blood curdling scream. Blake ran back to her, grabbed her hand and hauled her up, pulling her along behind him.

Her fear renewed, she ran like her life depended on it, which it just might. Blake and Erica ran full tilt, narrowly avoiding tombstones, unsure of which way they were going. The clouds spent most of the time in front of the moon, making it impossible to see anything other than what was right in front of

them, or to discern which was the way out.

The two collided with something, and screamed as they fell over. They scrambled to get away from whatever had knocked them down. Erica recognized Amy trying to hide behind a nearby tombstone, and she almost cried out in relief, but fear of being discovered kept her quiet. "Amy" she whispered.

Amy poked her head out from behind the tombstone, and the relief was blatant on her face. "I thought you two were done for sure." She said, choking back tears and crawling over to them, her eyes nervously scanning the area.

"We're alright" Blake said hollowly, crouching next to the girls, "but we found Russ."

Amy looked confused, "What do you mean-," realization swept across her face. "Oh," she began to cry "not Russ."

Erica put her arm around her friend, comforting Amy, while wondering why she hadn't cried herself yet.

"I told you guys that this place was actually haunted."

"We should have listened to you," Amy said through her tears.

"What do you know about this ghost?" Blake asked, and the two girls looked at him with bewildered looks upon their faces.

"Well, any knowledge about it might help us figure out how to kill it."

"Kill it?!" Amy wailed. "We just need to get out of here, get home."

"Can you even kill a ghost?" Erica asked.

"I don't know," Blake said, "Maybe if we know more about who this ghost is."

"Well, I read that there was a man who died in 1907 named Cedric Blackwood, who was known for his cruelty" Erica said, "He would keep servants in his cellar and torture them to death. Then one night he was taking a new girl to the cellar, and his cook attacked him, trying

to free the girl. She grabbed a fire poker and stabbed him with it. Urban legend has it that he haunts his grave site on full moons, sucking the life out of anyone he encounters."

"How does any of that help us?" Amy asked, wiping the tears from her face, "we should just go."

"How long have we been running?" Blake asked her, and she looked at him sheepishly before shrugging.

"We can't find our way out, not with these clouds, or when we can't think straight 'cause of fear. We need to fight back."

"How?" Erica asked, "nothing I told you says how to kill him."

"Maybe if we use what killed him the first time?" Blake offered.

"A fire poker?" Erica asked skeptically, "where are we going to find one of those in a graveyard?"

"Fire pokers are made of iron, right?" Blake said, "so what if we just stab him with an iron rod?"

"Where will we find one of those?" Amy asked.

"The fixtures on some of the mausoleums are iron" Blake said a glint in his eye.

"Ok, so we stab him with an iron rod that we steal off of some poor person's grave" Erica said, "what if that doesn't work?"

"We die" Blake said flatly.

Erica noticed movement out of the corner of her eye, and saw the ghost of Cedric Blackwood moving towards them. "RUN!" She screamed, leaping to her feet and taking off towards what she hoped was the centre of the graveyard and the mausoleums.

Somewhere along the way the three friends got separated, and when Erica found her way to the mausoleums there was no one there. She hoped that her friends were both alive and well, but she wasn't about to waste time looking for

them, she needed to find an iron stick with which to kill a ghost.

Erica moved about the mausoleums, pulling on various attachments and fixtures of them, looking for something that she might be able to pry off for a weapon. She had been doing this for a few moments when she heard something coming up behind her; she quickly ducked behind the nearest wall and looked around to see what had made the sound. The clouds shifted and the full moon shone down on Blake and Amy walking up to the mausoleums. Erica let out a sigh of relief and came out from her hiding spot. The two jumped at

...She hoped that her friends were both alive and well, but she wasn't about to waste time looking for them...

her sudden appearance, then embraced her happily. "We thought you'd been caught." Blake said, his voice catching slightly.

"Not yet," Erica replied before gesturing to the mausoleums, "nothing seems to be loose."

"How many have you tried?" Blake asked as the clouds covered the moon once more, casting shadows on the trio.

"Just these two here." Erica said pointing at the two nearest crypts.

"Let's spread out," Blake said, "not too far." He added, seeing the worried look on Amy's face. The girls agreed and they split up, trying to find anything even slightly loose that they could pry off.

The trio had searched almost all of the

crypts when Cedric reappeared. Erica had just finished searching hers and turned to tell Amy that she was moving on, when she saw the ghost behind her friend, reaching out. "NO!" Erica cried, lunging at Amy. She caught Amy around the middle and knocked her down before Cedric could touch her. He let out a wail that made the girls heads feel like they were stuffed with cotton and razor blades. Blake ran over to help the girls up, but as he got close the ghost grabbed him and threw him aside, his face twisted by rage.

"You will not escape" Cedric said calmly as he bent down to grab Erica. Amy pushed her out of the way, and Cedric grabbed her instead. Amy let out a cry as her arms began to freeze where they were in contact with the ghost, her chest tightening from the cold emanating off of Cedric.

"Don't give up!" Erica cried out, as she helped Blake up, "we'll find something."

"We don't have time," Blake said as Erica looked to the nearest mausoleum for a weapon, "look at her." Amy's arms were fully white already, and her chest was blue, rapidly turning white.

Erica let out a scream and launched herself at Cedric, knocking him back as she collided with his midsection. He released Amy, and she let out a gasp as her lungs began to warm up again. Erica stood back up, her whole body freezing, and looked down at Cedric, who was gasping as well. Erica had knocked him onto a small iron fence that surrounded the nearby mausoleum; a few of the iron spikes had penetrated his chest. He glared pure menace at Erica, which caused her to feel even colder than before, before dissolving into the ground. As he dissolved, so did the clouds in the sky.

Carli Hyde is an aspiring fiction writer and part-time Durham region resident. She draws inspiration from the word around her, and tries to see the fantastic in the mundane.

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The Evolution of ~~FAST~~ Fresh FOOD

By Susan Armstrong



I recently lost a fair amount of weight with exercise and diet. My biggest problem has been keeping it off while running a busy family household in both home and on the road. The weekly cottage pilgrimage's of the summer more often than not involved that quick bite at a fast food joint to keep the kids fed, avoiding at least one whiney "are we there yet" statement. With Thanksgiving approaching, many of us will be faced with this dilemma once more as we migrate towards distant cottages, relations, or a combination of both. We will also be headed for the enormous Thanksgiving feasts that will certainly await us on the other side, and balancing the weekend's festivities, a healthy diet and the needs of a family can prove to be a tightrope walk.

As a Mom with high blood pressure (huh, I wonder why), I have to be very careful with what I eat. Couple that with kids who are fussy eaters and fast food can be very complicated. Twenty years ago, when I started the parenting journey, our fast food consisted mostly of McDonalds or other burger joints between here and cottage country because, overall, there wasn't a lot of choice. These fast food restaurants had menus that mostly consisted of greasy burgers, fries and sugar-laden carbonated drinks. As for a good cup of survival coffee; forget it!

Back when this summer's cottage runs began, I advised the family that there would be no fast food stops, the food was just too unhealthy for us (especially me, I can't resist just a couple of my children's fries when they're around). I was promptly corrected by a family member who has started working in Taco Del Mar - I was advised there are very healthy fast food options that didn't include fries, and maybe I should reconsider.

To wit, I set out to get the facts and have discovered that we've come a long way, baby, when it comes to fast food. Please keep in mind that the research for this article is not even remotely scientific, unless four whining kids and two rushed adults sitting in traffic, in need of a cocktail, are an adequate research base. I will, however, caveat that all my data is +/- 10% using standard market research variances (haha).

I took our family's old standby, McDonalds, and added in Subway, Taco Del Mar and Tim Horton's to the mix to see how my families cottage road food would stack up (these restaurants are all numerous enough to be on the way to and from the cottage).

NUTRITION 101

It is said the devil is in the details and the four horsemen of the fast food apocalypse are fat, sodium carbohydrates and calories. It is the great gainer of weight for me and the great aggravator of hyperactive behaviour in my children. I picked our family's four favourite beef-based items from each of the restaurants to base my comparisons and this is how they stacked up. My husband and all my children are serious carnivores, my apologies to all non-beef eaters.

	McDonald's Big Mac	Subway Steak 6"	Taco Del Mar Shredded Beef (Mondito) Burrito	Tim Hortons Tuscan Chicken Pannini
Weight(g)	209	304	272	274
Fat (g)	29	18	14	21
Sodium (mg)	1020	1370	1080	1670
Carbs (g)	44	52	65	61
Calories	540	520	460	530

**The above chart gives you the basic break down of the comparable beef items on each menu. Tim Horton's does not offer a beef entree so I picked the hot grilled sandwich for comparison. Also I tried to provide similar serving sized to allow a fair comparison.*

I'll start with what my personal issues are and work to the family from there. Like many individuals in my position, I have high blood pressure and sodium is a major contributor. I've been advised to keep my sodium intake under 1750mg per day. So, clearly, in my case the only menu items I can eat without living the rest of the day on carrot sticks and water are the McDonalds Big Mac (this one surprised me) and the Taco Del Mar Burrito.

However, and I'm sure I'm not alone in this either, I also have to watch my fat intake. As with many women, if I look at fast food the wrong way I gain five pounds and have to work out for six hours just to make up for my food sins. To keep my weight reasonable, the 29g of the Big Mac put it in the 'no no' category. While I was very surprised that the carbs in the Big Mac come in at the lowest, I was even more surprised to see the Tim's sandwich statistics. I always thought their sandwiches were very healthy. I guess, from a personal perspective I would pick the Burrito as the most balanced fast food for my personal dietary needs. More over, I have learned that a quick nutrition check before any fast food must be the deciding factor before I open that wallet and put that food in my mouth (and on my hips).

From the perspective of my family, I worry about my children's fat and overall caloric intake. If, by some miracle, I have a say in the fast food choice I will probably recommend the Subway sub or the Taco Del Mar burrito for our next quick meal. I also like that these two chains allow choices of what you put on your meal, you can control how much cheese, if any, goes on. As you all know, cheese is extremely high in sodium and fat. I have found there are a lot of vegetable choices and/or, as I like to call them, 'fast food guilt absolvers.' Hey, if you add vegetables with your meal, it's at least a little better for you, right? So pile on the lettuce, peppers and tomatoes.

As for my husband, he never gains weight, has perfect cholesterol and fat levels and is low on sodium, so he can eat anywhere and anytime he likes. I don't recommend you write the editor over this fact, as I have tried numerous courses of submitting complaints to the justice system of fate, and have had no results. I considered taking his vote out of my highly scientific research but that would leave a research group of five and that's just too small to be accurate.

THE OLDEST FAMILY ARGUMENT; TASTE VS. HEALTH

Let's face it; kids (and sometimes spouses) are fussy. No matter how much you promote that quinoa burger on a mushroom cap bun as the holy grail of healthy food, they won't eat it. It may look like a burger, it may smell like a burger, but it's not and they know it. If my family is going to eat healthy it has to be with regular food out of a grocery store but put together so salt, carb, calories and fat are balanced. Fast food has defiantly come a long way, but it still has sodium and fat levels that are often too high to be healthy. However, these corporations are smart, they know that salt and fat enhance flavour and preserve food for longer shelf life. I was disappointed to learn that even McDonalds Salads are laden with sodium to enhance their looks and flavour, and that's before you add the dressings! It's a balance; if one fast food chain cuts sodium to reasonable levels they would sacrifice popular taste expectations and, ultimately, clientele. This evolutionary process of adding excess fat and salt took over fifty years to get to this unhealthy level, and will take time to return to normal levels. I was pleasantly surprised that french fries are not even on the menu of three of the restaurants reviewed. Furthermore, Tim's, McDonald's and Subway now offer a low calorie, low fat, low sodium yogurt parfait. I can say that, given the new face of fast food chains, I will allow fast food once in a while now, instead of once in a blue moon.



HOW FAST IS FAST?: HEALTHY VS FAST, THE BOTTOM LINE;

You can't beat McDonalds at how fast their drive thru is. Conversely, fresh food takes time. My family has decided to, from now on, stop the car, get out and take those twenty minutes to get Taco's or Sub's. Even the Tim's drive through can take twenty minutes if you order a sandwich each for six persons. So, if you must, McDonalds is the fastest. However, if you have the few extra minutes I think it's worth it to take the time to have fresh fast food. Another option is to stop at a grocery store and simply throw together a picnic-esque meal; fresh fruit, juice boxes, a loaf of bread and lunch meats go a long way. All said and done, after a long trip home on a Sunday night, any option is still faster than unpacking the car, emptying the cooler and cooking dinner.



SPECIAL NEEDS, GLUTEN, SUGAR'S

I have several friends who have specialized food needs; some cannot eat gluten, some have diabetes, and I even have one friend who has the dubious honour of having both gluten allergies and diabetes. Only two of the chains I reviewed for this article had gluten free options. Tim Horton's now has gluten free macarons, which I did not personally try, but have been told that they are great. However, that is not really an option for persons with diabetes who have to limit fast sugars to control insulin, and is not really a meal option, but I expect they do go great with a small regular coffee. To my surprise and pleasure, Taco del Mar has several gluten free options on their menu, including hard and soft tacos. As our society is becoming more aware of the effects of gluten on persons with learning disabilities as well as arthritis and other physical issues I think this is one fast food evolutionary trait that is worth not only watching, but encouraging as a consumer. As for my friends, with diabetes I'm told sodium is a big factor in controlling blood sugars, so I think the sodium issue has a long way to come before the exclusion of many potential consumers is curtailed. This is where a quick stop at a grocery store really becomes the best option.



DRINKS

I don't buy bottled water or pop. This is my lame attempt at saving the environment and my kid's teeth. When we travel as a family I pack reusable water bottles, filled from the tap. All the food chains researched for this article offered pretty much the same drink options and the answer was, for our family, always 'no thanks.' McDonalds and Tim's now offer exotic smoothy beverages which are very tasty, but loaded with sugars. These drinks can be a treat on their own, in the same category as an ice cream cone. As a policy, our family treats them as such and does not order them with food. I will buy a coffee going up to the cottage and coming home, but other than that, water is where it's at. I realize that this option is not for every family, but I encourage all readers to try this single, guilt free option. Most food outlets make 300% on their drinks. I mean really, \$2.00 for water? Then that plastic is in the environment forever. If you take in a reusable water bottle, every one of these chains will add ice and refill it from their tap or water dispenser for free! For our family that's a \$12.00 saving on every outing.



THE WINNER

I surveyed our official sample of consumers (my family of six) and the winner was... Taco Del Mar. I will be filing a complaint to my editor, as now the family expects more trips to Taco Del Mar and we can't leave the house with at least one of the kids asking; the good news is that they no longer ask for McDonalds. This saves them from the double whammy of burgers and fries and it saves me from myself. If the kids have fries I always say yes when they share some and then the hips pay! This article was enlightening to research, although I'm definitely poorer for taking the family out so often for the fast food.

Overall, I'd say that, over these last twenty years or so, fast food has started the evolutionary process to fresh food. Hopefully our children and grandchildren will someday be able to walk into any fast/fresh food chain and order a burrito, burger or sub with complete trust and knowledge that it won't affect their long term health with the damaging effects of sodium, carbs and fat and sugars. Until then anything, even a burrito, is a treat best limited to 'once in a while.'

Susan Armstrong is a professional piano teacher located in Ajax. She is a proud mother of four and, in her spare time, she enjoys writing, reading and experiencing all that life has to offer.



Film Talk

by John Foote

2013 LOOKS PROMISING AT THE MOVIES!

There will be new films from the likes of acclaimed directors Martin Scorsese, Alexander Payne, Spike Lee, Ridley Scott, Steve McQueen, Paul Greengrass, Jason Reitman, George Clooney, Sofia Coppola and Neill Bloomkamp, to name a few. As well as expected Oscar-calibre performances from Leonardo Di Caprio (twice), Meryl Streep, Tom Hanks (twice again), George Clooney, Brad Pitt, Michael Fassbender, Carey Mulligan, Naomi Watts, Nicole Kidman, Forest Whitaker, and Kate Winslet. This should make 2013 quite a year.

Frankly, after the extraordinary film year that was 2012, this one has a lot to live up too. Any year with a new Martin Scorsese film is a good year for me. This year he will give us *The Wolf of Wall Street* with Di Caprio again, his actor of choice, but helped by a strong cast, including Oscar winner Jean Du Jardin, Jonah Hill and Matthew McConaughey, who seems to be everywhere this year. Di Caprio is said to give the finest performance of his career as a stock broker who refuses to take part in illegal dealings within his firm and is stalked for it.

Alexander Payne has evolved into one of America's finest story tellers, focusing on people in his films - intimate works that explore the plight of ordinary folks struggling to get through their existence. His last film, *The Descendants* (2011) won him an Oscar for Best Screenplay, and for me was the best film of the year. George Clooney gave the finest performance of his career in the picture and was robbed of an Oscar for Best Actor. Payne's new work, the black and white *Nebraska*, will feature something very special for fans of

seventies cinema. Bruce Dern, the brilliant character-actor of that decade has landed the lead role over such brilliant actors as Gene Hackman, Robert Duvall and Jack Nicholson, who recommended the actor for the part. With just a single Oscar nomination in a fine career, I am hoping Dern delivers what I know he can and becomes the frontrunner for the Academy Award as Best Actor.

George Clooney has won Oscars for acting and producing, with nominations for directing, writing and more acting, making his newest film *Monuments Men* one of the major Oscar contenders of the year. The film tells the story of a group of men charged with saving the great works of art from museums in Nazi occupied Europe, to keep the works out of the hands of Hitler. Clooney directs and writes, and is in the film along with Matt Damon, Jean Du Jardin, Kate Blanchett and Bill Murray.

Tom Hanks will have two chances to win a third Academy Award for Best Actor, and roles which might put him in the Oscar race for the first time since 2000, when he was nominated and should have won for *Cast Away* (2000). He will portray the title character Captain Phillips in the film directed by Paul Greengrass about the ship taken by Somali pirates in 2009, and then will portray no less than Walt Disney in *Saving Mr. Banks*, a film about the making of the Disney classic *Mary Poppins* (1964). Hollywood has shown a love for movies about movies recently, and I think his work as Disney is the more likely choice.

Three time Oscar winner and seventeen time nominee Meryl Streep seems a cinch to be nominated for her role as the drug-addicted cancer patient in August's *Osage County*, based on the Pulitzer Prize winning play. Julia Roberts and Sam Shepard co-star, but it's Streep's film.

Jason Reitman, a two time Best Director nominee (for *Juno* (2007) and *Up in the Air*

(2009)) could earn a third for *Labor Day*, in which the great Kate Winslet portrays a single mom that picks up a hitchhiker who will altar the lives of herself and her child. Look for Winslet to land in the Best Actress category and to go toe to toe with Streep.

The highly anticipated *American Hustle* is directed by David O. Russell, now one of the top directors in America, and explores the Adscam scandal. Recent Oscar winner Jennifer Lawrence stars with an ensemble cast.

Naomi Watts will portray the Princess of Wales in the upcoming biopic *Diana*, while Nicole Kidman plays a different sort of royalty in *Grace of Monaco* as the Oscar winning actress who gave it up for life as a Princess. Each could land in the Oscar race, with Watts the more likely.

Forest Whitaker, under the direction of Lee Daniels portrays a butler for four American presidents in *The Butler*. Robin Williams will portray Ike, James Marsden is JFK, John Cusack is Nixon and Alan Rickman is Reagan with Jane Fonda as Nancy Reagan. The film is produced by Oprah Winfrey and looks to be an exciting role for the great Whitaker who was terrifying as Idi Amin in *The Last King of Scotland* (2006). Daniels gave us the superb *Precious* (2009), which contained some stunning performances.

Steve McQueen will bring *12 Years a Slave* to the screen, while Ridley Scott gives us *The Counselor*, each featuring potentially award-worthy work from the wonderfully gifted Michael Fassbender.

It looks like a heck of a year folks! See you at the movies.

.....
JOHN H. FOOTE... is an internationally known film critic/ historian.

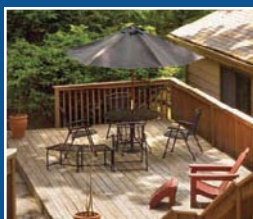
He has been quoted in the Los Angeles and New York Times, London Guardian, the Globe and Mail, Chicago Tribune, and the New York Post.

John lectures Film History and Film Genre at Humber College, and is former Director of the Toronto film School. He also writes for Awards Circuit, one of the web's top movie sites, and freelances for The Wrap, the top industry site.



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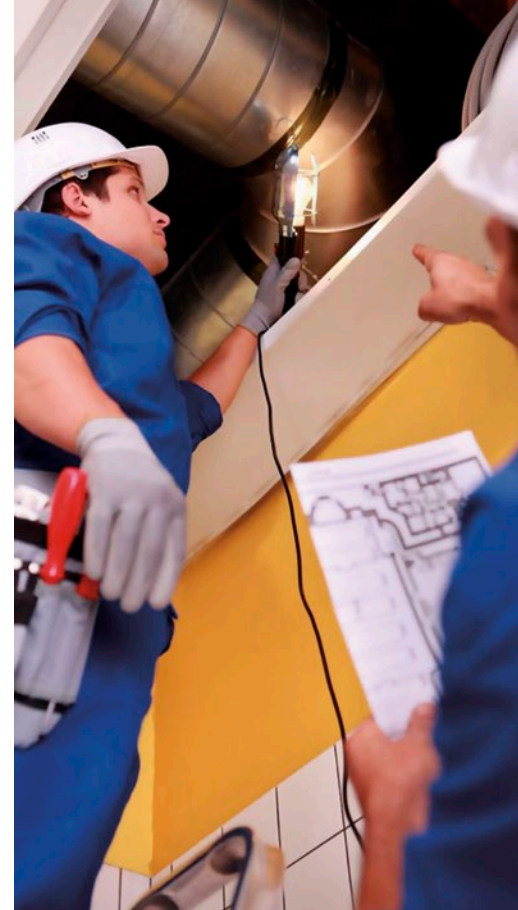
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WINTERIZE YOUR HOME

By Sherry Hucklebridge



IT IS EASY TO GET CAUGHT UP IN THE BEAUTIFUL, TEMPERATE AUTUMN ATMOSPHERE, BUT WITH OLD MAN WINTER PEERING AT US FROM AROUND THE CORNER IT IS IMPORTANT TO START THE NECESSARY PREPARATIONS NOW. FOR ALL CANADIANS THIS MEANS SECURING A WINTER COAT, BOOTS, HATS, MITTENS AND SCARVES. THE CAR OWNERS AMONG YOU WILL BE CHANGING OVER TO SNOW TIRES, BRINGING OUT THE WINDOW SCRAPER AND LOADING UP ON SALT FOR THE DRIVEWAY. FOR HOME OWNERS, THE WINTERIZATION OF THE HOUSE IS OF EQUAL IMPORTANCE IN THIS ANNUAL RITUAL. NOT EVERY HOUSE OR OWNER HAS THE SAME WINTER NEEDS, SO THIS YEAR WE HAVE COMPILED A DIVERSE LIST OF WINTERIZATION PRACTICES THAT CAN BE MIXED AND MATCHED TO SUIT THE INDIVIDUAL PERSON AND PLACE. SO WHETHER YOU'RE AN OLD HAND OR HAVE FOUND YOURSELF A PROUD, FIRST-TIME OWNER OF A NEW HOUSE, YOU CAN DEVELOP A WINTERIZATION ROUTINE THAT WORKS WITH YOU AND YOUR PROPERTY;



The Bare Necessities;

For those with a busy schedule or a limited budget it is often hard to take on too many elaborate winterization projects, even if they are only seasonal. However, as most home owners are aware, it is often more costly and time consuming not to regularly preform household maintenance. In this section we lay out the necessary, must-be-done tasks of domestic winterization;

Cleaning the Gutters: This dreaded, oft-overlooked chore can be handled one of two ways - on your own or through a contractor. With either option, regular, biannual maintenance prevents the job from becoming painfully expensive or excessively laborious. If you don't keep your gutters in shape you will find yourself dealing with irritating rooftop waterfalls, dangerous clusters of icicles and even structural damage to your house as water seeps into the walls and ceilings.

If you would prefer to have the task handled by a professional, then make sure to compare the estimates of several local providers before making a final decision. However, if you are the handy type, and decide to tackle the gutters on your own, then the process is simple; using a ladder, scrape the debris (leaves, twigs, etc.) out of the gutter and into a garbage bag using a spade or small rake. Begin just under a meter away from the downspout, making sure not to let any debris fall in. Bring several bags up and let them fall to the ground when full (don't forget to tie them). When you have cleared the first section of gutter in arms reach, move the ladder and repeat. When the whole gutter is clear, rinse with a hose. This will also apprise you of any leaks that need to be sealed (sealant is purchasable at most hardware stores).

Ducts: Ducts are what carry much-needed heat from the furnace to the rest of your house, so ensuring that there is minimal loss in this transaction is plain common sense. Sealing

and insulating your ducts is an easy way to get the most bang for your buck when it comes to heating. It may be necessary to have a professional seal and/or insulate difficult to reach ducts, but DIY duct winterization is not out of the question. Many hardware stores keep the necessary materials in stock, and HVACQuick has an extremely comprehensive guide for safe and effective DIY duct sealing; http://www.hvacquick.com/howtos/howto_ductsealing.php.

Block Leaks: Leaks are a common occurrence, in most houses, which go largely unnoticed, especially in warmer season. Detecting and fixing leaks are both simple processes; simply walk around your house (especially near drafty areas like windows, outlets and door frames) with a lit candle or incense stick. Increased air flow will tell you where outside air is leaking in, and then the spot can be sealed with outlet gaskets or caulking (remember to get weather-resistant caulking when sealing out of doors).

Check the Furnace:

Checking your furnace is a fairly straight forward procedure; simply turn it on and check for any lasting unusual smell (a strong, short-lasting smell is normal). For more in-depth maintenance the furnace should be professionally cleaned and tuned, something which should also be done annually. The furnace also requires monthly filter changes throughout the winter to avoid impeding air flow or even starting a fire.



Check alarms: Instead of just pushing the test button, it is a good idea to test fire alarms with real smoke (from a lighter, frying pan, cigarette, etc.) at least once a year. The Fire Marshals Public Safety council recommends even more frequent monthly testing. Testing with real smoke ensures that the detector is still functional and the battery hasn't just died. The OFM (Office of the Fire Marshal) also recommends that fire alarms be replaced every ten years.

The Conservative Approach;

On top of your regular, par-for the course yearly maintenance, there are many things you can do to ensure that your house will be as efficient as possible at holding in the heat through the winter. Not only does this keep things cozy, but many of these heat-conservative approaches will lower the cost of your heating.

Winterize Windows: There are several extra ways to prevent heat from leaking out of your windows, and all are only a trip to the hardware store away. There is the insulation option (often conveniently in a kit), which involves the application of shrink plastic and insulates the glass as well as the frame. The downside to this is that it can slightly cloud the windows and may bother more aesthetically driven home-owners. Another extremely cost effective technique is heavy, layered curtains - a provision that has guarded against the cold for centuries.

Heating the Garage: Insulating and/or heating your garage is a great way to prevent heat loss, as it shares a wall with some of the most frequently used areas of a house - often the kitchen or living room. Even just adding insulation to the back of sliding garage doors is a huge step in the right direction, and is a process that can easily be undertaken as a DIY project (with advice from experts at the local hardware store). As for a heating system, most people will probably need to have one professionally installed, which may run you up several hundred dollars.

Reverse the Direction on Ceiling Fans: This is an extremely simple way to keep things warm that slips most peoples minds. Merely reversing the direction of your ceiling fans keeps rising hot air in the body of rooms where it is needed the most.

The Green Alternative;

With a looming oil crisis and the threat of global warming, the push to go green has never been bigger. There are several ways to incorporate green solutions into your household winterization. While green solutions can be costly, they often help save on energy, have added health and safety benefits and, of course, help preserve our environment.

Insulation: HowStuffWorks.com has compiled a list of five of the most effective, renewable, and cost efficient alternative insulation options;

- **Sheep's Wool:** Nature did it first and did it best - sheep's wool is fibrous and traps air, which means it keeps a house warm in the winter and cool in the summer. Therefore, you will not have to adjust your thermostat as often as you normally would. Wool can also absorb air moisture without losing its heat-capturing ability, making it more fire resistant. According to How Stuff Works, "Specifically, the outer layer of wool fibre is resistant to water. However, the fibre's inner layer loves water and can absorb about one-third of its weight in moisture without ever feeling damp. And when wool becomes moist, it generates heat, which in turn prevents condensation." The downside is that this is an expensive option for most homeowners.
- **Cotton:** Being both an easily recycled and renewable resource, cotton is not only similar to fiberglass, but an extremely green solution. Cotton also has several other advantages over fiberglass; it does not contain formaldehyde, repels insects, will not aggravate respiratory problems, absorbs moisture, and may even be treated to become fire-proof. The only real drawback is the cost of cotton, which is significantly more expensive than fiberglass.
- **Aerogel:** Made by removing the liquid from silica under high temperature/pressure, Aerogel is a scientific innovation. Light, and almost entirely composed of air, it is the molecular structure of this substance that prevents the transfer of heat. Again, the biggest obstacle in this alternative solution is the price tag, with Aerogel costing up to \$2 a foot (according to How Stuff Works).
- **Polystyrene:** Although polystyrene is actually plastic (not usually considered a green material) the amount of energy it helps save qualifies it for the label. The rigid, easy to install foam boards can also add extra structural support to your home, although it does also come in a spray foam form.
- **Icynene:** This spray-on foam is made from castor oil and is one of the most effective insulations available. It is applied in thin layers that rapidly expand, absorbing air that remains in place. This not only insulates but prevents mold by allowing vapour to escape. Icynene is so thorough that it may require a ventilation system to be installed, which does add to its already high cost.



Programmable Thermostat: Investing in a programmable thermostat ensures that you are not heating an empty house - a huge waste of energy. You can set your programmable thermostat to reduce the temperature of your house when you are away or when you sleep, and then bring the heat back up when needed. Recommended by the David Suzuki Foundation, a programmable thermostat can be a big saver and a green solution.

Solar Heater: Installing a solar heater gives you access to the free, renewable energy of our sun. While it is difficult to rely completely on solar power for heating your house, solar energy is a great way to unburden your regular heating system. It can be used for garages, hot tubs and domestic water and can be employed in space heaters. For the ambitious among you, there are many DIY solar heating projects that can increase your green efficiency and, while we will not try to cover them here, they are easily accessible online.

We hope that we have given you a good foundation from which to develop/improve your annual winterization routine. Remember - a little extra effort today can save you a ton of headache tomorrow. So get to it, Durham Region, and have a safe and warm year!

Sherry Hucklebridge is the editor-in-chief of this very magazine (The Local Biz Magazine). In her spare time she reads, draws, and is a full time linguistics student at the University of Toronto.

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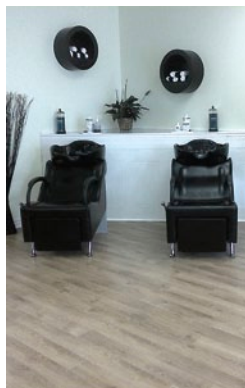
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Friday Night at the Foster Memorial

Thomas Foster Memorial
Uxbridge
www.fostermemorial.com

September 11th - 22nd

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www.durhamsavourtheseason.ca/

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Ajax
www.msduham.com/chapter-events/
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September 12 – 21st

A Spirit Walk

Pickering
Pickering Museum Village
pickering.ca/museum

September 14th

Taste Festival

Holy Family Parish, 91 Ribblesdale Drive
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www.holyfamilywhitby.ca

September 19th - September 29th

Durham Folklore Storytelling

Locations around Durham
www.durhamfolklorestorytellers.ca

September 20th- October 20th

Celtic Thunder - Mythology

General Motors Centre
Oshawa
generalmotorscentre.com

October 4th-6th

Oshawa Art Association Fall Art Festival 2013

Camp Samac
Oshawa
oshawaartassociation.com

October 5th

Newcastle Fall Car, Truck and Tractor Show

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Newcastle
www.facebook.com/NewcastleRona

October 19th - 20th

19th Annual Port Perry Antique Show & Sale

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October 25th

'Fright at the Museum!' Halloween Scavenger Hunt and Mystery

Uxbridge Historical Centre, 7239
Concession Road 6
Uxbridge
www.uxbridgehistoricalcentre.com

October 26th

Tricks and Treats

Pickering Museum Village, 2365
Concession Road 6
Pickering
Pickering.ca/museum

November 3rd

The New Bowmanville Dollhouse and Miniature Sale

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bowmanvilleminiaturesale.dave-sawyer.com

November 7th-10th

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November 9th

Santa Clause Parade

Ajax Town Hall / Gelanna Road to
Pickering Town Centre
Ajax / Pickering
www.ajax.ca/en/ / pickering.ca/
greatevents

November 11th

Remembrance Day Service

Pickering Civic Complex
Durham Region
pickering.ca/greatevents

November 15th - 18th

Tree Lighting

Downtown
Scugog
www.discoverportperry.ca

November 23rd

Port Perry Santa Claus Parade

Downtown
Scugog
www.discoverportperry.ca

November 23rd - December 1st

Sinbad the Sailor

Pickering Museum Village, 2365 6th
Concession Rd.
Pickering
Pickering.ca/museum

For events that may have been added after the publication date and other ideas to plan your perfect day in Durham Region, visit www.durhamtourism.ca.

The Tale of The **PICKERING AIRPORT**

By Satrohan Rai

Here is a list of things that may shock you to discover are over the age of forty: the Sears Tower, the cell phone, Jim Parsons (Sheldon on *The Big Bang Theory*), and plans to build a Pickering airport.

That's right, folks. In the time it took to build a record-breaking building (and have that record broken), create a revolution in communication, and become a middling television star, a few good people still cannot agree on where these planes should take off and land.

The conflict is a long and bitter tale;

As the sixties were ending, Transport Canada concluded that Toronto Pearson International Airport would be unable to be Toronto's sole provider for air traffic indefinitely. With neighbouring hubs too small or underdeveloped to use, Transport Canada saw the need to begin planning for the future. At this time, Pickering was largely undeveloped and occupied mostly by farmers and small communities expanding at a snail's pace. Capitalizing on the chance to grab wide swaths of virgin land, and offering the owners very fair prices, the federal government believed the hardest part of their venture was done.

Almost immediately after the government expropriated the tracts of farmland northeast of Toronto in 1972, community protest and activism mounted. 7530 hectares were earmarked for the airport, stretching into Markham and Uxbridge, and construction was set to begin soon. The residents, able to live in the area until construction would eventually force them out, were expected to populate a satellite town of Cedarwood that would be built jointly with the airport. However, after being met with surprising resistance, the Government of Ontario halted progress and decided not to build the sewers and roads needed to service the site. One of the most vocal opponents, Land Over Landings,



Land Over Landing protestors in action

takes the lion's share of credit for halting the airport's progress.

Formed in the parlour of Eli Barclay's Melody Farm, People Or Planes was a grassroots movement created by residents of the Pickering federal lands. Frequent sit-ins, marching through Queen's Park, bearing a casket labeled "Mother Nature" and disabling bulldozers, the protesters were aggressive in their stance. No airport in modern history has ever stirred such

emotion and retaliation as the proposed Pickering site. Successful in their endeavour, the group retired, only to revive itself years later as Land Over Landings when airport talks reopened in the late seventies, eighties, nineties and new millennium.

Inspired by the ambitious Montreal-Mirabel International Airport, built in 1975 (anticipating a huge increase in air traffic through Quebec's busiest city which never materialized) Land Over Landings continued to fight against any development in the federal lands. After years of stagnation, Ottawa made a move to sell off much of the land in 1984, but that, too, was met with fierce reaction from the always-vigilant residents. Fearing that economic development would destroy the surrounding farming area, the government was forced to sit on the land and wait.

Tensions reached a boiling point in 1995 when, yet again, Transport Canada gave the green light to begin developing and preparing the land for an airport. Breathing new life into the protesters, VOCAL (Voters Organized to Cancel the Airport Lands) formed, successfully fending off the advances with their protests and demonstrations. The collective groups of protesters

begin taking action to designate several century-old houses and establishments as heritage sites to further hinder any development of the land they stand on.

Like clockwork, the first decade of the 2000s saw another attempt to finally begin laying groundwork. The Greater Toronto Airport Authority opened a half-million dollar Pickering Airport Site Office in the Brougham Bentley House, eviction notices were sent out and land was designated for specific purposes - but again nothing unfolded. Pearson received a handful of new runways and expands their grounds, precipitating a reaction from activists who believed it signalled an end to developing a Pickering airport. The government, undeterred, simply stated that the expansions were necessary and foreseen.

Unable to reach a compromise with residents and maintaining that a new airport must be created to take pressure off Pearson International, the government has simply been leasing the land in the interim years. Stuck in limbo, sometimes the federal landlords will re-rent houses out, other times they will board them up. The inconsistency simply serves to irk the residents. Several abandoned homes have simply collapsed due to the ravages of time, been vandalized countless times or, in a few instances, reduced to ash by arson. Over the years, several residents have been subjected to eviction notices in fruitless anticipation of construction. Businesses are unable to establish a long-term presence in the area due to the ambiguous and conflicting decisions the government makes concerning the land. Despite all this, it has been a relatively calm existence for the remaining residents willing to tolerate the uneasy situation.

However, as a wise man once wrote, "some old wounds never truly heal, and bleed again at the slightest word."

Now, after a June 2013 announcement by Finance Minister Jim Flaherty asserting that the expropriated land will be used for an airport, economic development and green space, residents are brushing off their old signs and taking their message back to the streets. In a decision made by Flaherty, he literally barred members of Land Over Landings from attending the announcement, effectively vilifying



From top to bottom: People or Planes protester; Land over Landings demonstration; One of many houses abandoned in order to make way for the new airport.

the individuals. Instead of showing sympathy or understanding towards the group's plight, he chose to fuel the contention between the two sides. One can admire his ability to be bold in such a contentious position, though he, Transport Canada and the Greater Toronto Airports Authority must act diplomatically if they want to reach their objectives.

The Land Over Landings website is the ultimate symbol of their antiquated fight; information on First Nations and pioneer times stand beside black and white photos proclaiming "17% USE AIRPORTS - 100% USE FOOD." It is understandable - the residence are trying to preserve something they hold very close to them and consider priceless.

The current plan, the foundation of which can be found in the "Needs Assessment Study

- Pickering Lands" report located on Transport Canada's website, indicates that even with reliever airports being built in Hamilton and Waterloo, an additional airport will still be needed by 2027, at the earliest, or 2037 given a "pessimistic" traffic forecast. Furthermore, the report states that, "it is inconceivable that a large parcel of land comparable in size to the Pickering Lands could be amassed again in the future. Even if an alternate site could be identified, the financial and social costs associated with such an endeavour would likely render it implausible." Basically, the government has an overwhelming asset, knows it's good for something (green areas, an airport, or farming, it's very versatile land; the Sean Penn of land), and would look trifling and extravagant if they simply gave it up.

Of the original 7530 hectares, only about a third of that is set aside for the airport; 2000 hectares will be integrated into the Rouge National Urban Park and 2100 will be reserved for miscellaneous development. The remaining area, bookended by the York-Durham town line and Brock Road and sandwiched by Highway 7 and Oak Ridges, lies the furthest from Toronto. Though everything is still on paper, it appears Transport Canada's plans are more concrete and precise than earlier attempts. Flaherty's timeline sees construction beginning in 2017 and continuing until the airport opens in 2027. As of this writing, around only a hundred homes remain in the federal lands and that number will only get smaller.

Whether or not the land becomes a sprawling airport, rolling fields and conservation areas, farmland, or any possible combinations thereof, the absolute worse use of resources would be to continue this futile discourse. There is valuable land full of potential sitting unused and neglected, and both sides have nothing to show for their four decades of bickering. We are a society that craves progress but fears change, and the hypothetical Pickering airport is a shining testament to that.

Your friendly neighbourhood Satrohan can usually be found running up and down Highway 2, or furiously writing and article minutes before it's due. He is currently studying business at Ryerson University.

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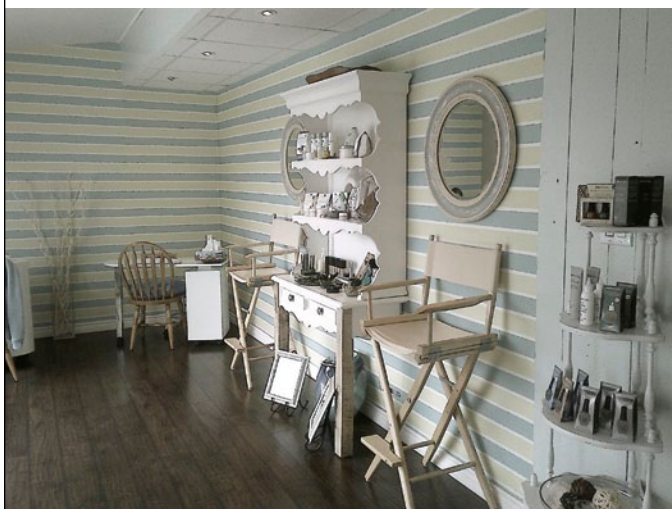
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Treat Yourself
by Stephanie Pommells

Things are changing for the better in salons!

Beginning on July 1st Toronto Public Health implemented 'Body Safe,' Toronto's new inspection and disclosure program to better improve the health of the public within the salon environment. In short, you know those green pass stickers in the windows of restaurants? Well, salons will have them now as well. Salons that provide hairdressing/hairstyling and barbering, tattooing, ear/body piercing, electrolysis, manicures and pedicures, and aesthetics are all included in this program. Now, depending on when a salons licence renewal date is, your fav salon may not have one for awhile.

Inspection results have also begun to be posted, as of July 1st, at Toronto.ca/health/bodySAFE.

As a consumer it is so important to support a salon that meets the standards of the Ministry of Health and Long Term Care's infection prevention and control.

Another thing that is changing is that salon professionals are expected to be registered with Ontario College of Trade. This organization is the first of its kind in North America. It is there to protect the public's interest by regulating and promoting the skilled trades. As of April 2013 skilled trades professionals have been accountable for governing and regulating their industry, just as nurses, teachers and doctors do. The benefits for the public include the ability to file complaints and an investigation and discipline process that protect the public from unqualified, incompetent or unfit practitioners. There is also now a public register which provides the consumer with confidence that members are qualified to do the work of their trade.

I wouldn't want a person who is not qualified as a dentist working in my mouth, why would I want a person who is not qualified as a hairstylist to do my hair? Many of the services in a salon require extensive knowledge and experience to perform. Not only are harsh chemicals used, my head is literally in their hands. I want the confidence that comes with knowing that I am well taken care of!

Stephanie Pommells is a hair dresser and salon owner at Pure Sense Salon. With her artistic sense and impeccable attention to detail she enjoys working with clients to give them what they need. She enjoys writing and researching the latest techniques in order to expand her expertise.

Consumer Report

by Ryan Smith

Selling Privately?

Answering Phoned Inquiries The Right Way!

For those of you who are selling your home on your own, Kudos to you! It's important that you are prepared, and are ready to expect a lot of people "intruding" on your privacy. If you decided to list your home with a professional real estate agent, then there is less to worry about, as most of the calls and inquiries will be handled by them. So if you decided to take on the big job of selling it yourself, you are in for an exciting ride and we want to prepare you for it!

As an independent home seller, you will more than likely be bombarded by a long line of emails and unending phone calls from potential buyers (if you market it properly, that is, but let's save that for another article). Answering emails may not pose much of a problem, since you have time to compose your thoughts and you can answer at your own convenience (and, much of the time, cut and paste duplicate answers). But handling phoned inquiries is a whole other animal;

When selling your home privately, one thing to keep in mind about handling buyers over the phone is that - contrary to what you may think - you are not invisible. The person on the other end of the line can sense your mood! If you're angry, bored or irritated, they can feel your emotions through the tremor of your voice, even though they can't see your facial expressions. With this in mind, try to be warm and friendly. In the real estate industry, the top producers that do a lot of telephone sales usually have a mirror set up to their work station to ensure they are always smiling! It works! No matter how inane their questions are, do not show your irritation.

Once you learn to master the phone, it's important that you know every little thing about your home. Buyers want to know, and they want to know now! I'm pretty positive that you know the basics (how many bedrooms, toilets, how many cars can the garage accommodate, etc.) but you should also be prepared to answer other unexpected questions (i.e. what type of electrical wiring does it have? Is there any UFFI in the house? What about Asbestos?). Nothing will irk a buyer more than someone who does not know much about what they are selling.

It would be best if you could attend to all phoned-in inquiries yourself. However, in the eventuality that you can't stay at home, make sure that you leave specific instructions with someone who would be capable of taking these calls. If you have children, a spouse or roommates, it is imperative that they either get the calls to you, or that they know how to answer the calls correctly. If no one can do the job well, then make sure you can be reached through your cell phone.

So if you are considering selling your own home, be sure you are aware of what responsibilities come with it!

Ryan runs a real estate team serving the Durham Region. In his free time he is actively involved in many charities and community events. He is the current president of JCI Whitby and sits on number of local charity boards. When he is not selling houses he is giving back to his community.

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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

"In case you never get a second chance: don't be afraid! And if you do get a second chance? You take it!" –C. JoyBell C.

You have been waiting all day for this and the moment is almost here. You have many different emotions and feelings rushing through you, but you can't back down now. Slowly but surely you make your way forward, closer and closer. The gate opens and you step inside, you take your seat and buckle up. You wait and soon you begin to move. Gradually at first, like always, to build up your adrenaline. You start the climb and hold on while a million butterflies dance in your stomach. You can see the drop up ahead and then, it comes. You fly down the hill, at top speed for what feels like forever but is only a few seconds. The worst is over and you continue to enjoy your ride, laughing and screaming until you come to a stop. You get out of your car and say "let's ride it again!"

This is how it feels from the beginning, when you get in line, right to the end when you walk away still feeling a little dazed from your experience; with your hair flying around, eyes squinting, and arms high up in the air as you speed along the track. Going from being terrified on your first run to wanting to ride it a fifth time that day.

I will admit I am not the biggest fan of roller coasters, especially ones with big drops. I mean huge drops like the Leviathan; I never pictured myself on that ride in a million years. However sometimes a wave of confidence or excitement just hits you and, in the moment, you go for it. I went on it and was terrified, but I loved it! I am so glad I went on it and for anyone out there who doesn't think they could ride a roller coaster like that, try it because you might see, like I did, just how fun it can be if you live a little.

In life why should we be scared of doing something and then regret it later on? Whether it is as simple as riding a scary roller coaster or stepping out of your comfort zone entirely, sometimes it can be a good thing and when it's over you will be happy that you took a chance. Life is about living to the fullest and doing everything you want to because anything is possible, so just go for it.

Samantha Burtch Whitteker is a 15 year old with long blonde hair and blue eyes. She loves to shop; babysit to make money to go shopping, read and write. When she can't express herself through words she writes. She loves living in Port Perry with her family.

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Tasteful Talk

by Shirley Ouellette



Fall is one of my favourite times of the year; which is lucky, since our summer started so late, and with the thunder storms and crazy humid temperatures “climate change” is no longer a theory - it is clearly here to stay. Our local farmers have been dealing with the ups and downs of nature since they first broke ground to plant food and I am confident they will rise to this challenge as the seasons change into their ever lengthening stride and continue to supply us with the nutritious produce that we all love..

So, what can we expect in our farmer's markets this fall? Practically everything! Last fall we talked about jarring all that lovely local produce in pickles, jams and tomato sauce to ensure you capture the taste of the season and enjoy it again in the dead of winter. Picking your own is one of the best ways to get good value as well as getting closer to your food and the farmers who grow it; this can also be a fun day out for the family, getting everyone involved in both the picking and the preparation of storing.

I often focus on large, busy families, with parents who run their children all over Durham to hockey, baseball and any number of extracurricular activities. However, recently I have had questions from both young and older friends who are living alone and want to eat healthy and cook for themselves, but find there is too much waste when trying to make single portions. It does take planning, just like cooking for a big, busy family, but it is not as daunting as it sounds. This is where going to your local butcher really pays off, instead of buying super-saver club packs, you can get single portions, sausages and ground meat in the quantities you want. To save energy you should always cook at least two portions and freeze one. Buy strong, double-lined freezer bags and clearly label and date each meal; you can also keep inventory, a practice my own father swears by, to help you plan your daily meals. One of the most important points is to stop thinking of cooking as a chore. Feeding oneself is a necessity, and although we no longer have to hunt and forage for our food, but we should want to be a part of the process. As always, vote at the cash register Durhameers and buy local, farm-fresh food.

Shirley Ouellette grew up in the far south west of England. Since living in Canada she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits.



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We support local craft and microbreweries on tap, and have 40 adventurous bottles on our beer list. Flights to sample the various beers are available. Our wine list is also not your customary list, we want take our guests on a wine tour that is unpretentious, fun and an opportunity to pair fabulous wines with wonderful dishes, for high value. We have sampled, and loved each and every bottle. There are local Ontario wines, from new cult wineries in Niagara, to a robust international list.

Our setting is unique. The buildings are historical, the original bank in town, and the original hardware store. They have been lovingly restored over 18 months, and the result is a relaxed, neighborhood atmosphere, with a modern touch. The design brought together ideas from all of us to create something that reflects our passions, and our inspirations. Architectural features include a coffered tin ceiling on the bank side, a more urban feel in the 'hardware store' with exposed brick and beam. You can snug down for dinner in the private vault, or lounge on couches on a large patio in the summer. We wanted to create a cozy, neighborhood atmosphere, comfortable and warm.

We also support local musicians, and regularly have jazz, blues, Motown and local talent on our patio and indoors. You can subscribe for brew, wine and music events on our site at www.1847bistro.com, or check us out on Facebook.

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Tasteful Recipes

by Shirley Ouellette

Spaghetti Bolognese

Makes 4 portions



This is not only a family favourite, it is also the perfect dish to freeze in single portions. If you are freezing pasta too, freeze it separately from the sauce and, once defrosted, drop into boiling water for 3 minutes to heat through before tossing in the hot sauce.

You will need...

- 1 lb ground beef
- 4 rashers of double smoked bacon, chopped
- 2 lbs fresh roma tomatoes, roughly chopped or 26oz can of plum tomatoes
- 1 cooking onion, finely chopped
- 1 large clove of garlic, crushed
- 1 teaspoon each of dried basil and oregano
- 2 dried bay leaves
- ½ teaspoon kosher salt and fresh ground black pepper
- ¼ cup red wine
- 10 ozs dried spaghetti, try whole wheat, rice or a herbed variety for a change
- Fresh basil leaves, ribboned
- Fresh parmesan cheese, grated

How it's done...

First, make the tomato sauce by putting tomatoes, onion, garlic and dried herbs in a large, heavy-bottom saucepan (which helps prevent the sauce from sticking). I don't skin or remove the seeds from the tomatoes, as there is so much nutrition that can be lost in the process and it is a messy job. Bring the sauce to a gentle simmer. Simmer until the sauce has reduced by a third (approximately 2 hours). Remove bay leaves and add the salt and pepper for taste. In a non-stick pan, cook the bacon over medium heat, do not add extra oil - the fat will render out soon enough. When the bacon is cooked but not crisp, add the ground beef. Break it up to cook, but try to keep it quite chunky. When the meat is brown, add the red wine and turn down to low. Bring to boil a large pan of salted water and add the spaghetti to cook, this usually takes 8-10 minutes. Drain and keep warm. Turn up the heat on the meat, make sure the wine has mostly reduced and ladle over the tomato sauce, scraping up and mixing all the juices from the meat as you go. Once bubbling, turn off the heat and add the spaghetti: toss until coated. Serve in warm pasta bowls topped with fresh basil ribbons and Parmesan cheese. If you add a Caesar salad and garlic bread... well, everyone will be sure to scrape their plates clean!

Did you know?

One 3oz serving of lean ground beef supplies almost all the vitamin B12 you need in a day. If you are watching your fat intake and cholesterol, choose the leanest ground beef you can, with around 5% fat, and omit the bacon from this dish, which will save you about 100 calories per portion.

Wine pick for this dish?

For rich meat sauces and stews we suggest Angels Gate Merlot VQA (\$13.95). Bright ruby red colour; aromas of blackcurrant and vanilla with notes of plum and spice; dry, medium bodied, with juicy red berry fruit flavours, with a touch of spice and rounded tannins on the finish. Salute!

Taking the Lead



by Corry Hamilton

Is It Really Allergies?

Now that fall has arrived, you notice that your dog has stopped scratching and that their hair is growing back. Were they really suffering from seasonal allergies, or have they been battling a yeast infection?

Here are a few questions you may want to ask yourself:

1. Were they constantly licking/chewing their paws and were they the colour of rust?
2. Did they scratch their ears and shake their head a lot?
3. Did their symptoms start up in the spring and disappear in the fall?
4. Did they lose hair on their tail and upper back?
5. Did you see tiny black dots on their belly and grey or rust discolouration around their genital?
6. Did they have a foul smell and greasy fur?
7. Did you see any black skin where there was hair loss?

If you answered yes to most of these questions, your dog was most likely suffering from a yeast infection rather than seasonal allergies (grass/pollens).

Skin is a reflection of what is going on in the body and when there is an over production of yeast, the body is out of balance and reacts in a way similar to an allergic reaction. You can ask your vet to test for yeast, which is really a fungal infection, and begin treatment.

A homemade, yet effective option is to go to your pharmacist and ask for sulphur (no, it won't smell like rotten eggs) and combine it with lard to form an ointment (one part sulphur: two parts lard). Rub it into the affected areas for a few days and you should see an improvement. You will also want to limit or eliminate simple sugars from the diet; so read the food/treat labels and look at going grain-free. Your dog will thank you!

We loved the name of Corry's business, so much, we decided to name her column Taking the Lead. Corry's furry family is full of special needs animals and when she isn't planning her next great international adventure, you can find her curled up with a book, snapping pictures or taking a nap with her cats.



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Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

My Mother passed a couple of years ago. We were very close and I miss her every day. Often we talked, before she passed, about how if she could get a sign to me from the other side that she would. I have not noticed anything. No real sign. I have felt her energy around me from time-to-time, but that is about it. I have noticed that I feel her at Christmas or my birthday, but the other day I just randomly felt her around me. Is this normal or am I missing something?

I get this question more often than you would think. Quite often there is displaced energy from the previous owners that still exists in the house. Acknowledging that we do coexist with many things and that spirits exist everywhere, sometimes what was attached to the first owners continues to linger. Also, if you are sensitive, then adjusting to the new energy around you could take a bit of time. If energy and spirit was not an issue in your last house, it should not be an issue in this one. Claim your space and your house. Stand in the middle of your home and declare it. Having the house blessed will also facilitate a smooth transition into the new space and clear any residual past energies.

Dear Sue-Ann:

I have been happily married for over 15 years. I have met another man, he is married, and we have been having an affair for over a year now. I never thought I would find myself in this type of a situation. The new man has made it very clear that he does not intend to leave his wife and that this is nothing more than an affair. I know it's wrong, but I cannot stay away. I am addicted to how he makes me feel. I feel like I can truly be me with this man and I do not have that in my marriage. My current husband is a good man and a good father. It is not my intention to hurt him. I am so confused. Any suggestions?

You say that you were happily married, yet fell into the arms of another. That says that something within you was not satisfied. Having the affair lifted expectations and boundaries that exist in your current marriage and are no longer working for you. The man that you are having the affair with has no intentions of leaving his wife, so this relationship will have to come to an end. You may want to consider that you have not become addicted to the new man, but you have become addicted to how you feel when you are with the new man. The affair was the catalyst to a much needed change within. Doing the work to identify what it is that you stand for and what it takes to be you would be a good start. Then bring those changes into your existing world and begin to rework your previous life choices.

Blessings,
Sue-Ann

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. Host and Community Producer of Divine Lane on Rogers Cable 10, Tuesday's at 9 pm. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com

You Don't Even Know Me

A couple weeks ago I had to travel outside of the city to see a client; I stopped on the way at the golden arches to grab a coffee. On my way out, a young girl was on her way in. As we maneuvered to get through the door, I was given one of those looks that said "I'm dismissing you, now get out of my way."

I thought, as I got back to my car, that young lady in those couple of seconds had made an evaluation of me, based on no hard evidence as to who she believes me to be as a person. I remember thinking "she has no idea who I am, what my story is, what has been my journey or who I am really."

Now, I know the books all tell us we have only a few seconds to make an impression on someone. That sounds good, but how crazy is it really. What a shallow way to evaluate someone. A week later I happen to be waiting in my car when another car pulled up beside mine. The gentleman in the car was playing his music very loudly. I started making judgments about him, to make his impression worse he hopped out of his car, music still blaring, and started to proceed into the store. At this point the movie in my head is getting worse about him. How dare he play his music so loud and, even worse, he was leaving his car running with his music still blaring.

I was thinking all kinds of negative thoughts and I was about to tell him how inappropriate his actions were. As he got closer to my window he gave me the biggest, warmest smile and asked me how I was doing. Well, so much for my speech; he totally disarmed me. I realize in that moment that I didn't know this young man. What was his story, what is his journey? I too made the same mistake the young lady made with me.

How well do we know others, and how much of the stories that we make up about them are even close to reality?

A few days later I was visiting an office I have been visiting for over a year. I greeted the receptionist as I always do, and then went in for my appointment. On the way out, I was doing our usual parting stories when the conversation got really serious. I had mentioned something about raising children in today's world when she started to tell me about challenges her and her husband had, which led to him taking his life. Wow, wasn't expecting that in a non-coaching role.

After a very long conversation, with all the details, I realized I really didn't know her.

How about you, how well do you know the people both in your life and around you? Get to know people - let's stop trying to make the shallow right impression in ten seconds or less. People's lives are more complicated than that - get to really know them.

I need to have people *really* know me, and for me to know them, how about you?



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WALK IN'S ALSO WELCOME

Horoscope (June 2013 - August 2013)

by Noanie Beregi

Aquarius (Jan. 21st – Feb. 19th)

Intuition, independence, self-trust, and self-resourcefulness are the principles of the universe you now represent. You have long put to rest the revolving door of worry and fear and you are starting to enjoy your new wings. The fall season finds you on a sure footed journey towards self-growth.

Pisces (Feb. 20th – March 20th)

'Show your strength' is my message for you, dearest Piscean. There is an increase in your intuition, insight, and spiritual vision and an even greater desire to share your new spiritual awareness with others.

Aries (March 21st – April 20th)

Balance and wholeness are on the menu for you, my sweet Aries. You are at the tipping point of great changes which will bring new expansion and balance into your external life and your physical experience. You will not be able to stop it, best to sit back and enjoy the ride.

Taurus (April 21st – May 20th)

With the new changes that have taken form in the last few months you now recognize that you are gifted with dynamic energy and leadership and this gift has a strong desire to be expressed. Success is imminent.

Gemini (May 21st – June 21st)

Through the windows of the last three months you have found emotional balance. You are torn by the difference between the calm grounded feeling you feel inside your heart, and the turmoil you see in your external world. You know that the changes you have set within will soon reflect in the outer world as you have decided to lead by example.

Cancer (June 21st – July 21st)

You have special skills when it comes to logic and thinking, and your interest is peaked with scientific facts. In your mind are many ideas ready to be communicated to a world in need of new and better paths to health and wellness. Your great talent of clear and concise communication allows you to convey the truth from the soap box of your choice.

Leo (July 22nd – Aug. 22nd)

You are having difficulty with your romantic relationship as you have the inability to tolerate delusion, illusion, deception in self or others; you are genuinely gifted in spotting dishonesty. Remembering this dishonesty could be with you.

Virgo (Aug. 23rd – Sept. 22nd)

Hanging in limbo does not last forever, and that is where you feel you have been for the last few months. Your time has come to act upon the thoughts and dreams you have held so dear to your heart. The only thing holding you back from your venture is you.

Libra (Sept. 23rd – Oct. 22nd)

You are rewarded for letting go of some pretty deep disappointments from your past. For that, lovely Libra, you are experiencing the renewal of your emotional nature, giving way to a feeling of pleasure and joy. Out of this experience of pleasure, you can easily give pleasure to others.

Scorpio (Oct. 23rd – Nov. 21st)

During the next three months, you will spend your time learning and teaching. This is also a time to explore new avenues such as contemplation, meditation, dreams, and spiritual practices.

Sagittarius (Nov. 22nd – Dec. 21st)

The universe is asking you to step forward and utilize the gift of communication and, in doing so, you will transform difficult situations that you may be experiencing personally or professionally.

Capricorn (Dec. 22nd – Jan. 20th)

Bone cutting changes are taking place within you. You are shedding old habits, beliefs, and attitudes and releasing something new and totally different.

A long-time resident of Durham, Noanie is guided by our planetary mix. Her connection with her intuitive process allows for this entire concept to materialize. Enjoy reading your horoscopes and with each and every word she sends out the power of healing to all that are intrigued.

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