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Spring 2014

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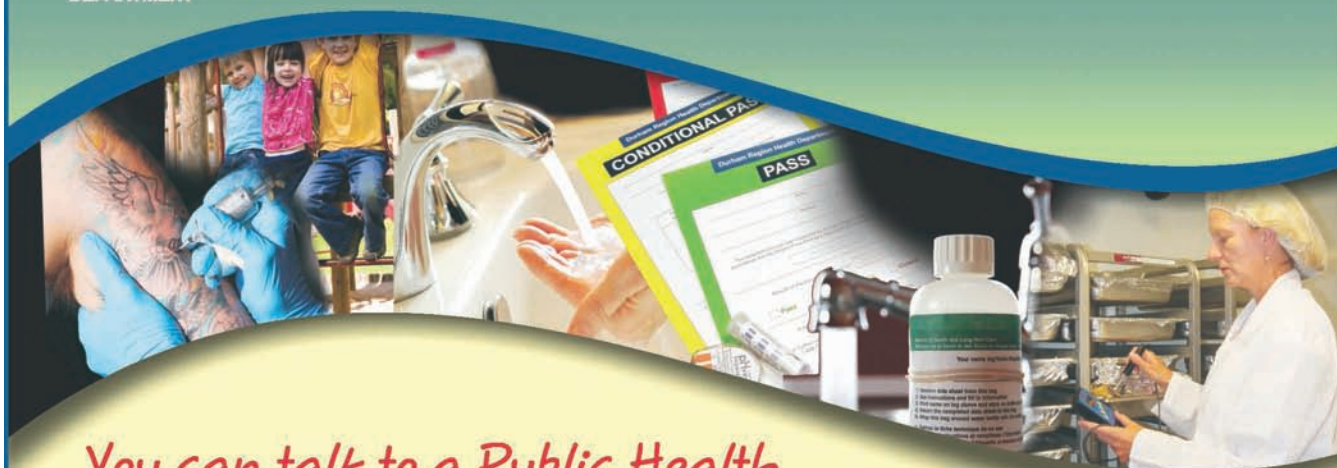


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Spring 2014

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From the Publisher

Welcome to The Local Biz Magazine - Spring 2014 Issue! This is going to be an exciting year for us with a lot of creative developments planned for the magazine, as well as a revamped online presence featuring dynamic weekly and monthly content; so be on the lookout for that!

In this issue of the magazine, we have some new names that you will see, and I would like to take a moment now to introduce them to you. Firstly, I would like to start off with a warm welcome to our new Editor-in-Chief Wendy Chiavalon. Wendy's encounter with this magazine is best described as serendipitous, for both the magazine and herself. The Local Biz Magazine was in search of an editor, and Wendy happened to be looking for writing and editorial work at the same time. Wendy brings with her a passion for writing, researching and editing. She is a freelance writer whose work has been published in various print and on-line publications. She also has an academic background in research, and has taught research methodology to university students. We look forward to working with her at the magazine.

We also have some new columnists joining our team. I am pleased to introduce to you Victoria Cozza as our new teen columnist, Stephanie Herrera as our new entertainment columnist, and Linda Calder (whose name you may be already familiar with) as our new senior columnist. We are delighted to inform you that we will be starting a new senior column to cater to our growing senior readership, but I'm going to let Linda tell you more about that in her article, "The Good Ol' Days: Reflections of a Baby Boomer". Additionally, we have some very interesting feature articles for you having to do with gardening, chiropractic care and motorcycle culture. Reading material for everyone in the family to enjoy!

Finally, don't forget to check out our returning columnists. In this issue, Corry Hamilton talks about chiropractic care for your pets in "Taking the Lead". Malachi Brown in "The Coach Corner" talks about the importance of living your life with urgency. Stephanie Pommells shows you how to successfully go from dark to light hair this spring in "Treat Yourself". Ryan Smith gives you tips on how you can increase your chances of selling your home in the spring time in "Real Estate Report" (formerly Consumers Report); and Shirley Ouellette in "Tasteful Talk" shows you how, with a little bit of planning you can enjoy healthier home cooked meals. Make sure to also read Sue-Ann Bavlnka's "Ask Sue-Ann" column, as well as Noanie Beregi's horoscope predictions for you.

As you can see, there is a lot to check out in the Spring 2014 issue of The Local Biz Magazine, and I hope you enjoy reading it as much as we enjoyed planning and writing it!

Antoine Elhashem
Publisher

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From the Editor

I believe that everything in life (good or bad) happens for a reason. We may not know what the reason is, or even understand it, but regardless it was meant to happen. How I came to be Editor-in-Chief of The Local Biz Magazine for example, can be viewed in the same light.

On a cool, autumn day last year, I was randomly Googling stuff online (as I'm sure a lot of you do from time to time), and I stumbled upon INspired Creative, the advertising agency. I contacted the agency to see if they had any writing / editing opportunities available. I hit the 'send' button on my email without a second thought. I figured my email would get lost in cyberspace (or ignored), and I would never hear back from anyone. To my surprise, I did hear back from Antoine (the founder of INspired Creative and publisher of this magazine), that very afternoon. Although there weren't any openings at the agency, there happened to be a vacant spot for the Editor-in-Chief position at The Local Biz Magazine. The timing between this vacant position and my inquiry with Antoine couldn't have been more perfectly aligned. It was a sign; it was a connection that was meant to be. The magazine was looking for an editor, and I was given an opportunity to do what I love doing. Needless to say, I jumped on it and the rest is history.

I feel extremely blessed to be the Editor-in-Chief of an awesome magazine catered to an awesome community of which I am a part of. (Yes, I love the word awesome.) I am looking forward to being part of The Local Biz team, working with our regular columnists, whom you have come to know over the years, as well as our new columnists and feature writers.

I am also excited to tell you about the interesting feature articles we have for you in this issue. For those of you who love to garden and feel the urge to plant early (but can't due to cool weather temperatures), we will show you a simple and cost-effective way to grow your own seedlings indoors. And since we're on the topic of gardening, we thought an article tackling (back) pain and other kinds of ailments and aches would also be fitting. We are fortunate enough to have two chiropractors in the Durham area share with us their knowledge of chiropractic care and adjustment styles. Finally, given that spring is the season when motorcycle enthusiasts start to hit the road once again, we have an interesting piece from Durham Bikers that gives us a glimpse into motorcycle club culture.

I hope you enjoy the Spring 2014 issue of The Local Biz Magazine, and as always, please feel free to send us your thoughts, opinions and ideas when you are done reading through it. Your feedback is valuable to us and helps us determine what content you would like to see in future issues of this magazine.

Wendy Chiavalon
Editor-in-Chief

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The Urge to Plant Early?

Why Not Grow

Seedlings

Indoors

by Wendy Chiavalon



It happens every spring. The days get longer, the temperature gets warmer, the snow starts melting, garden centres start to open up...and enthusiastic gardeners get the urge – the urge to start planting in their gardens on the first warm weekend of the season.

But alas, even though winter is officially over, it may not be done with us just yet. While in certain parts of our neighbour to the south, the end of March signals the beginning of spring and gardening season, here that's not the case. Often times, Mother Nature has one last trick up her sleeve, and those of us who have lived through many a Canadian winter know that can mean

anything from a snow storm at the end of March, to cooler than normal temperatures in April. In rare circumstances, these cool temperatures can stretch well into May, but let's hope that's not the case this spring. (I recall a Victoria Day weekend in 2009 that was too cold for a patio party, let alone planting!)

So what do you do when you have the urge to get your garden started early, but the weather isn't cooperating just yet? You start planting indoors. You plant seeds and grow your own seedlings and later, when the weather is warm enough, you transplant these seedlings to your outdoor garden. Doing so doesn't have to be difficult or costly. In fact, most of the items you need to grow seedlings indoors can be found at your local grocery store (yes, I said grocery store), nursery or any store that has a garden section. Keep in mind too, that most of the information you will read applies to both flower and vegetable gardening; however, for the purpose of this article I will focus on the latter.

Items Needed

Seeds – Pick seeds for vegetables that you like, but keep in mind that certain vegetable plants are better suited for growing from seed indoors than others. For instance, tomato and pepper plants take a long time to mature before they start producing. Growing these two types of plants indoors from seeds allows them a chance to develop into healthy seedlings that are then easily transplanted into your outdoor garden. On the other hand, lettuce, rapini, swiss chard, radicchio, peas and various herbs can be planted straight from seed outdoors. Always make sure to carefully read the planting instructions on your seed packets before planting indoors or outdoors.

Potting Soil – Potting soil contains all the necessary nutrients needed to help your seedlings grow and develop.

Masking Tape and Pen – To avoid confusion, label your containers so you know which seed / seedling is in which container.



Plastic blue / pink containers – At my grocery store, mushrooms are sold in plastic blue or pink containers. Once you use the mushrooms, wash and save these containers. They are ideal for planting seedlings; all you need to do is add a few holes to the bottoms of the containers to allow for drainage. The seeds and potting soil will go in these containers if

you plan to use them.

Clear plastic containers – Strawberries, blueberries and kiwis are often sold in clear plastic containers. Along with the plastic blue / pink containers mentioned above, these clear containers are also ideal for planting seedlings. These containers already come with holes at the top, bottom and (sometimes) sides, and when you close the lid create a natural greenhouse effect! The seeds and potting soil will go in these containers if you plan to use them.

White Styrofoam trays – Meat (e.g. pork chops, steak etc.) often tends to be packaged in white Styrofoam trays. Once you have used the meat, wash the trays *thoroughly* and set aside. Sometimes fruits and vegetables may also be

packaged in these trays. These trays will be used as “drainage trays” for water. The plastic blue / pink and clear plastic containers will be placed on top of these drainage trays.

Sunny spot in your house – Think back to science class and that lovely word you were taught – photosynthesis. Photosynthesis is the process whereby plants convert light energy from the sun into chemical energy they can use. To successfully grow plants from seed indoors, you need to place your seedlings in front of a sunny window preferably on the south side of your house. (Because we live in the Northern Hemisphere, the south side of your house gets the best sun exposure.)

Small greenhouse (optional) – Although it isn't necessary to use a greenhouse for indoor planting, there are advantages to doing so. (1) Seedlings placed in a greenhouse in front of a sunny window tend to fare better than those placed in front of a sunny window without a greenhouse. This is because a greenhouse helps maintain the ideal climate



your seedlings need to survive and thrive. A greenhouse holds the heat coming in from a sunny window extremely well, maintaining a nice warm temperature for your seedlings to grow. (2) A greenhouse also helps retain moisture which means you don't have to water your seedlings as frequently! (3) An extra bonus is that for pet owners, a

greenhouse can protect your seedlings from being eaten by your pets. This last point comes from experience. Our cat has happily nibbled on, uprooted and ultimately killed several of our seedlings in previous years. Lesson learned; we bought a mini-greenhouse.

When to Start Growing Seedlings

This is debateable and comes from experience. Last spring, my husband and I started growing our seedlings in early April, but we found that our tomato plants were not strong enough to be transplanted outdoors, and as a result didn't fare as well as they had in previous years. This spring, we plan to start our seedlings even earlier – mid to end March –

so that they have ample time to reach maturity before being planted outdoors. Experience will tell you how early you need to start planting. What works for one gardener in one house may not necessarily work for another. You may not get the timing right the first time, but you'll eventually figure out what works for you.

How to Do It

Once you have determined which seeds you would like to plant, use masking tape and a pen to label your containers so you know which seedlings will be planted in which container. Make sure to prick some holes (to allow excess water to drip down) at the bottom of the pink / blue containers if you are using them. There is no need to do this to the clear containers as they already have holes at the bottom.

Place each container on a drainage or white Styrofoam tray. Put



potting soil in each of the containers and fill to the top. Place your seeds in the soil. Make sure to carefully read and follow the instructions on the seed packet regarding seed depth and seed spacing. If planting in the clear plastic containers, you can close the lid to create a greenhouse effect. As the seedlings start to sprout from the seeds, you will

eventually have to open the lid to allow them room to grow.

Once the seeds have been placed in the potting soil, water the bottom (i.e. put water in the drainage tray). Putting water in the drainage tray as opposed to on top of the soil, allows the seedlings to absorb the water as needed. Watering the soil can also cause the seeds to shift in the container. Additionally, overwatering can wash too much soil off the seeds leaving them exposed and vulnerable.

If using a greenhouse, place all the trays in the greenhouse and zip up. Place the greenhouse in front of a sunny window. If not using a greenhouse, place the trays on a small table or on a mat on the floor in front of a sunny spot in your house.

Always check the soil on a regular basis to ensure that it's slightly damp. Water the drainage tray as needed. While fully

grown plants can be forgiving if the soil is too wet or dry, you have to be extra careful when caring for seedlings. The logic is simple. If the soil is too dry, the plants will die; if it's too wet, the plants will also die. Aim for balance.

Over the next few weeks, with proper care, you will notice tiny little seedlings start to emerge from the seeds you



planted. Eventually these seedlings will grow taller, stronger and healthier and will be ready to be transplanted into your outdoor garden.

When to Transplant Seedlings Outdoors

The best time to transplant your seedlings outdoors is when your soil is dry enough to be tilled (either with a tiller / cultivator or shovel). In early spring, soil can still be wet from melting snow and April showers, so it needs time to thoroughly dry. An easy way to tell if your soil is fully dry and ready for planting is to pick up some soil in your hand. If it's heavy, clumpy or compact, then the soil is still wet. If it's light and loose, then it's dry.

Planting seedlings in dry soil ensures that the seedlings roots have a chance to spread. Restricted root growth will eventually kill a plant. Follow package directions on how far to space your seedlings when planting outdoors. Don't overcrowd, as this can result in poor plant growth and individual plants competing for resources, not to mention difficulty navigating through your garden patch.

Your outdoor soil also needs to contain enough nutrients to help your seedlings further develop and mature. (The potting soil you started your seedlings in already contained the essential nutrients needed.) Mixing in your own compost is always beneficial, but there are also many other natural products available on the market to help with various soil

conditions. Speak to someone at your local garden centre for advice on what you can do to improve your soil.

In addition to your soil being dry, outside temperatures should also be warming up, as would be the case end of May, after the Victoria Day long weekend. Always pay attention to the forecast. You need to ensure that temperatures are warm enough in the

day and night time to sustain your seedlings. Overnight frost is especially dangerous. It will kill your little seedlings, especially considering that up until this point, they have only been treated to warm, tropical-like temperatures which you have created for them indoors. In order to ease the transition from indoors to outdoors, some gardeners move their entire greenhouse (with the seedlings still in the containers) outdoors for a few days. This allows the seedlings a chance to adjust to the change in their environment conditions before being completely removed from the greenhouse and being planted in the garden patch outside.

Why Bother?

You may be reading this article and wonder, why bother? Why go through the hassle of collecting containers to grow seedlings indoors, when you can just buy the seedlings from the store and plant them directly outside? Well, there are a number of advantages to growing seedlings indoors, particularly for vegetable producing plants:

1. Cost-Effectiveness

It is much cheaper to grow your own seedlings than it is to buy seedlings. Consider the price you pay for a packet of seeds and

how many seeds you get in that one packet. Each seed yields 1 seedling. That's a lot of plants in one packet for a minimal cost! Now consider the price you pay to buy just 1 seedling, for example, 1 tomato plant. In most cases, it will cost you more than an entire packet of seeds! A much cheaper option of course than even buying seeds, would be to save seeds from vegetables you grew or bought from the grocery store or farmers market.

2. You know what you are planting and eating

When you plant your own seeds, you know the beginnings of the plant you will eventually eat. You will be assured that no chemical was added to make the plant bigger or the vegetable more perfect looking. (Natural produce usually isn't perfectly symmetrical.) When you buy a plant, you don't know exactly where that plant came from and in what conditions it was produced. The same can be said for buying vegetables from certain grocery stores. How that vegetable got to the store and in what conditions it was grown in, is unknown to you. I don't know about you, but I like to know what goes into my food, and planting from seed allows me that.

3. You are eating organic

There is a huge market for organic food nowadays. But organic food is expensive and rightly so! According to Eat Right Ontario, "...organic foods are foods that are grown and harvested without the use of synthetic (man-made) pesticides and fertilizers, genetically modified organisms (GMOs), antibiotics and growth hormones." If you think about it, growing plants from seed in your own garden is organic too; we just don't tend to call it that. By growing your own seedlings, you get to eat organically for a fraction of the cost.

4. It's rewarding

Growing a plant from a tiny seed to maturity is a mix of dedication, experience and love. For some gardeners, it's the equivalent of raising a child from a baby to an adult in a few short months. And if you think about it, it's true. If it wasn't for you, that tiny seed would never make it to an adult plant. Now that's something to be proud of!

So this spring, go ahead and feed your urge to plant early. Grow your own plants from seeds indoors. I guarantee that once you start doing so, it'll become an annual tradition to ring in the start of a new gardening season!


Wendy Chiavalon is the editor-in-chief of The Local Biz Magazine. She and her husband love to garden, and look forward to gardening season each year. In her spare time, she doubles as a cake-decorator, baking and decorating cakes for special occasions.

Want To Save Even More Money?

Save Seeds from Vegetables You Grew Or Bought!

Saving seeds from vegetables you grew in your garden or bought from the grocery store or farmers market is easy. Choose a ripened vegetable. Cut the vegetable carefully and scoop out the seeds from within. Put the seeds in a fine mesh metal strainer, and rinse under lukewarm water until just the seeds are left (no flesh). Tap out the excess water and place the seeds onto wax paper to air dry fully. This takes about a week or longer. Seeds need to be thoroughly dried before storing and / or planting. Pick the seeds off the wax paper, place in a paper towel and label. These seeds can either be planted right away, or stored for the following gardening season. Typically, seeds are good for up to 2 years.

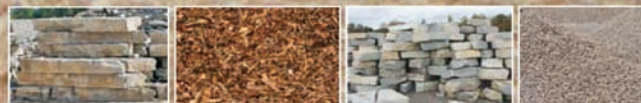
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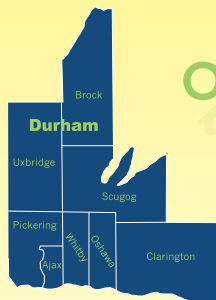
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With spring being just around the corner, you know that gardening season is just around the corner too. And with gardening season, comes back pain season. That is, there tends to be a spike in back pain cases around the time gardening season starts to kick into full gear. It's no surprise either. All that bending, lifting of heavy objects, kneeling, squatting and hunching over in awkward positions (so you don't fall into your garden patch on top of your plants), is bound to take its toll on you, especially considering you haven't been doing movements of those sorts since last summer!

How you deal with back pain also varies. Troublesome back pain can lead people to try different things in order to alleviate that pain. Some people reach for over-the-counter pain medications such as Advil, Aleve or Robaxcet, while others prefer topical creams such as RUB A535. Some people may try acupuncture or even aromatherapy using a mixture of essential oils such as chamomile, lavender, peppermint, rosemary etc., that help ease discomfort. A rare few may turn to prescription drugs. But there is a new and growing majority of people who are seeking out chiropractic care, not just to deal with back pain, but *also* to deal with numerous other types of aches and ailments.

What is Chiropractic Care?

The word "chiropractic" is an ancient Greek word meaning "done by hand". Chiropractors perform manual (i.e. done by hand) adjustments of the vertebrae of the spine and other parts of the body. An adjustment can help to relieve pain and restore normal functioning to your body.

Chiropractic care is not limited to back pain, but can be used to deal with various types of pain which often stem from problems in the spine. The Canadian Chiropractic Association (CCA) explains this well: *"Our body's information highway – our nervous system – is protected by our spine. The nervous system travels out between the vertebrae or joints of the spine to carry messages from the brain to every corner of your body. Stress and strain on the vertebrae can put pressure on the nerves in the affected area. That is why a problem with your spine can have far-reaching effects causing symptoms such as arm or leg pain."* According to the CCA, the most common reasons people seek out a chiropractor are for back pain, neck pain, headache, whiplash, strains and sprains from daily activities, repetitive strain injuries, work and sports-related injuries, arthritis and restricted movement in the back, shoulders, neck or limbs.

However, having an explicit problem is not the only reason to seek out chiropractic care. More and more people nowadays visit the chiropractor to help *maintain* a healthy spine and joints. Just as you would take your car for a regular tune-up, the body needs a tune-up now and then as well. The age range of patients receiving chiropractic care is also varied. Chiropractors treat babies all the way to seniors and everyone in-between. Pregnant women for instance, often turn to chiropractors to help ease back discomfort during pregnancy.

The benefits of chiropractic care are numerous too. According to the CCA, those who visit a chiropractor can look forward to improved movement in neck, shoulders, back and torso; better posture; relief from headaches, neck and back pain; as well as improved flexibility, just to name a few.

Chiropractic Techniques

This may come as a surprise to you, but not all chiropractors are alike. There are many different types of chiropractors, and many different chiropractic techniques. For this article, we are fortunate enough to have two chiropractors in the Durham area share with us their knowledge of chiropractic care, and explain to us the technique they use to treat patients at their clinic.

Dr. Will Mauch – The Gonstead Technique

When Dr. Clarence Gonstead graduated in 1923, the technical skills of the typical graduating chiropractor were crude and rudimentary. Dr. Gonstead changed that and gave the profession a logical and bio-mechanically sound system for practicing chiropractic. With a gift for solving mechanical problems, he developed his own ideas on subluxations (misalignments between bones putting pressure on nerves), x-rays, and adjusting bones through the empirical data he gathered from his practice. Although not his intent, Dr. Gonstead redefined the very nature of chiropractic. With the adoption of the Gonstead technique by the Palmer School of Chiropractic in the early 1960s, his technique assisted the profession in restoring chiropractic to its full-spine roots.

Mechanics has always guided Gonstead's thought process which was constantly refined during his fifty years of practice. Gonstead developed the Disc Concept to better explain the mechanism of vertebral subluxation. The prevailing theory at the time was the

idea that the vertebral bone was causing nerve pressure. Gonstead instead insisted that the vertebral disc was the primary culprit of nerve pressure. The Gonstead Disc Concept would later become recognized as a model for understanding discogenic back pain.

The core principle of the Gonstead Technique is the "Foundation Theory" – the body's foundation is formed by the pelvis. When this bony structure is level, there will be maximum balance and stability in the spinal column. When the pelvic girdle or any of the bones making up the spinal column become tilted or rotated out of their proper position, dramatic changes may occur in the body. These misalignments can cause pressure on the discs that separate the vertebrae. Vertebra can become misaligned either from the cumulative effects of several minor episodes, excessive sitting or from a single accident. Nature frequently is able to cope with damage to the spinal column without assistance. Sometimes though, misaligned vertebrae can be too much for nature to deal with effectively.

In order to more fully understand what occurs, we should know that the discs are really pads between the vertebrae and consist of a gelatinous centre surrounded by fibers of cartilage. When there is misalignment of a vertebra, there is uneven pressure on the disc causing it to swell and protrude. You've likely heard this referred to as a slipped or herniated disc. Chiropractors refer to this condition as a "subluxation" when it results in the pinching or compressing of a nerve. The compressed nerve often becomes inflamed and impedes the proper transmission of impulses from the brain to the body. A seemingly endless list of ailments and pain may be brought about by these subluxations.

The Gonstead Chiropractor goes beyond what many chiropractors consider a spinal assessment, by conducting a thorough analysis of the spine using five criteria to detect the presence of the vertebral subluxation complex:

- 1. Visualization** — Visualization is a way to cross-reference all the other findings. A chiropractor is an expert in looking for subtle changes in posture and movement which could indicate any problems.
- 2. Instrumentation** — The instrument of choice in the Gonstead System is the Nervoscope. The Nervoscope detects uneven distributions of heat along the spine which can be indicative of nerve pressure.
- 3. Static Palpation** — Feeling the spine in a stationary position.
- 4. Motion Palpation** — Feeling the spine while moving and bending it at various angles.
- 5. X-Ray Analysis** — X-ray films enable chiropractors to visualize the entire structure of the spine. This is helpful in evaluating posture, joint and disc integrity, vertebral subluxations and ruling out any pathologies that may be present or contributing to the patient's condition.

After a complete analysis, the Gonstead chiropractor is ready to deliver any necessary adjustments. The focus of the Gonstead adjustment is to be as specific, precise and accurate as possible, addressing *only* the problem areas. Great care is taken to ensure a bio-mechanically correct position and precise thrust to provide the most accurate and painless adjustment possible. It is the goal of the Gonstead chiropractor to restore and maintain optimal health by locating and correcting any interference to the nervous system caused by vertebral subluxation.

Dr. Jillka Kapadia – Biophysics

Most people think that by feeling good, their body is healthy and in the best condition it can be. However, this is not completely true. The reason being, symptoms unfortunately don't tell us everything. Feeling pain or discomfort is a good indication that our body is not functioning well, but sometimes we feel no pain or have no symptoms at all, therefore leaving us with no indication that our body is not in perfect health. Specialized technology is used for assessing the nervous system, which allows us to check your body for nerve damage. A treatment protocol unique to 5% of the chiropractic

profession is implemented, which not only allows you to feel good, but also improves your posture while avoiding drugs and surgery.

Our office uses the Chiropractic Biophysics Technique. Biophysics was originally founded by Dr. Donald Harrison. Dr. Harrison's entry into chiropractic was motivated by a visit to the chiropractor to deal with back pain after standard medical treatment had failed. He went on to study chiropractic at Western States Chiropractic College and earned his Doctor of Chiropractic degree in 1979.

Biophysics is different from other chiropractic techniques because it emphasizes optimal spinal position and posture while at the same time documenting improvements in pain and functional based outcomes. Biophysics can actually change the structure of a person's spine. For instance, if your head is forward, from activities such as gardening, where you look down for long periods of time or also a common problem with the excessive amounts of computer usage, texting and reading; biophysics can help bring it back to normal, and bring your head back over your shoulders. If your shoulders are uneven, biophysics can change the structure to even them out. What does this mean for your nervous system? If you have bad posture, and you get massages, acupuncture, physiotherapy, and go to the gym (all good things), this will help you feel better but your posture won't improve. Biophysics can change your posture, which normalizes your nervous system so the body can function the way it is supposed to function, and that's true wellness.

There was a study published about posture and health in a medical journal in 2004. The researchers found that people who had poor posture (hyperkyphotic posture) had a higher mortality rate and a greater chance of heart attacks and heart disease. This research study showed the importance of proper posture and the effects it can have on your overall health.

We have seen patients with many different types of complaints such as heart burn, sinus infections, asthma and allergies, migraines, fertility issues, neck pain, and back pain. By improving their posture and allowing their nervous system to work properly, their

symptoms have disappeared and their overall health has increased significantly. For instance, we had one patient who suffered from debilitating headaches everyday for over 20 years. After less than 6 months of care, her headaches were completely gone and her body was able to function better. She is more productive at work and enjoys a greater quality of life.

Posture is the window to your spine, and if your posture is not normal, your nervous system is being damaged as it cannot communicate with your body the way it should. Most of our posture issues start when we are kids. This is why it is so important for children to also receive chiropractic care, to prevent them from having postural issues, ear infections, as well as asthma and allergies. Research has also shown that children under chiropractic care are able to focus better and achieve higher grades in school, because their body is functioning at its optimal level.

Most people go to the dentist every six months to keep their teeth healthy, but haven't seen a chiropractor, or don't have their spine checked regularly, which has a greater impact on the bodies overall health and healing ability. By seeing a chiropractor on a regular basis and making sure your spine is in proper alignment and your posture is also healthy, you can ensure a better, healthier and longer life.

The Bottom Line

So there you have it folks. Two chiropractors with two different adjustment techniques that can help you feel better. We hope that we have provided you with some information about the growing field of chiropractic, and we encourage you to learn more about it. There are many great chiropractors in the Durham area, so check them out and find one that best suits your needs.

.....
Dr. Will Mauch is a Gonstead Chiropractor and owner of Whitby Chiropractic and Physiotherapy Centre in Whitby. He graduated from Palmer College of Chiropractic in 2002 with his Doctor of Chiropractic degree. He holds a Bachelor of Science in Cognitive Science from the University of Toronto, and was also a Registered Massage Therapist graduating from the Sutherland and Chan School of Massage Therapy. He has guest lectured on the Gonstead technique at the Canadian Memorial Chiropractic College. You can check out what his patients are saying about him and the Gonstead technique on www.ratemds.com.

Dr. Jillka Kapadia is the owner of Unique Family Chiropractic in Ajax. She graduated from Logan College of Chiropractic in St Louis, MO in 2003 with her Doctor of Chiropractic degree. She holds a Bachelor of Science in Neuroscience from the University of Toronto and a Bachelor of Science in Human Biology from Logan College of Chiropractic. She has been the official chiropractor for several professional sports teams and has worked with personal trainers, athletic trainers and coaches to help improve athletic performance. She also cares for pregnant women, children, infants and newborns. She is dedicated to educating our community about the benefits of chiropractic and wellness care. She strives for excellence and maintaining a healthy community for all.

Introduction and conclusion written by **Wendy Chiavalon**

"Find the
subluxation, accept
it where you find
it, correct it and
leave it alone."

C.S. Gonstead



Spring Events Calendar

March 2

2014 Victorian Afternoon Tea Fundraiser (Ajax)

Fundraiser for Second Chance Wildlife Sanctuary and Humane Society Durham Region. **FREE**
Location: Vandermeer Nursery, 588 Lakeridge Rd. Ajax, ON

March 7

RMG Fridays March (Oshawa)

Celebrating local talent. **FREE**. Cash Bar. All ages welcome. Fundraising by donation to support RMG Fridays.
Website: www.rmg.on.ca
Email: nodonnell@rmg.on.ca
Phone: 905-576-3000 ext. 106

March 9

OPG Second Sundays (Oshawa)

Drop-in 1pm to 3pm. **FREE** Family Fun!
Website: www.rmg.on.ca
Email: esweeney@rmg.on.ca
Phone: 905-576-3000 ext. 108

March 11

OPG Free Family Swim (Pickering)

FREE family swim sponsored by Ontario Power Generation.
Location: Pickering Recreation Complex, 1867 Valley Farm Road, Pickering, ON
Contact: Karen Coleman
Phone: 905-683-6582

March 14

Breaking it Down YOUTH Talent Show (Ajax)

Come showcase your talent (playing music, singing, acting, etc.) and meet the hosts of the new show Breaking it Down! Admission is a non-perishable food item. Register by March 5.
Location: Faith Five Fellowship of Ministries, 1748 Westney Rd., Ajax, ON
Contact: Renae
Phone: 905-427-7438
Email: faith5fom@hotmail.com

March 22

Swing into Spring @ WindReach Farm (Ashburn)

Learn how the fleece gets from the sheep to sweater. Sheep shearing (10-12), petting zoo, wagon rides, interactive wool demos and more. Bring your own lunch and dress for the weather.
Website: <http://www.windreachfarm.org/events/upcoming-events/>
Email: sara.coswah@windreachfarm.org
Phone: 905-655-5827

March 23

Sunday Afternoon Big Band (Pickering)

Featuring George Lake Big Band for the listening and dancing pleasure of local adults 55+. Light refreshments will be served. \$6 pp. Tickets on sale at East Shore CC and Pickering Recreation Complex (1867 Valley Farm Road, Pickering, ON)
Contact: Kim Bradley
Phone: 905-420-4660 ext 2078

March 28

Whitby Brass Band Spring Celebration Concert

With Special Guests: The Durham Regional Police Pipes and Drum Band. Adults \$15, Students/Seniors \$10.
Location: Hebron Christian Reformed Church, 4240 Anderson St, Whitby, ON
Website: www.WhitbyBrassBand.com
Email: mail@whitbybrassband.com
Phone: 905-666-2049

March 27 – April 6

Monty Python's SPAMALOT (Port Perry)

Tickets: \$24 for Adults; \$18 Youth (16 & under); \$20 Groups of 10 or more
Website: www.townhall1873.ca
Email: townhall1873marketing@gmail.com
Phone: 905-985-8181

April 12

Vertical Vegetables Workshop (Pickering)

FREE workshop, registration required. Learn how to grow amazing things in small spaces and find inspiration to get outside. Local expert Ken Brown will share innovative, simple and inexpensive ways to use vertical space to increase the amount of foods that you can grow. Location: Claremont Community Centre, 4941 Old Brock Road, Claremont, ON
Phone: 905-683-7575
Email: customer@pickering.ca

April 19

Run for the Diamond, Uxbridge Half Marathon

Half Marathon Run, a 10K/5K Trail Run and/Walk, and a Kids Dash all within the Trail Capital of Canada. Easter egg hunt and a fun family day! Net Proceeds benefit the Uxbridge Cottage Hospital.
Website: www.uxbridgehalfmarathon.com
Email: katharinegranger3@gmail.com
Phone: 415-986-2159

April 20

Silver Screen Sundays - Easter Parade (Ajax)

Celebrate the stars of the Silver Screen on the 3rd Sunday of every month at 3 p.m. Re-live classic movie moments in an intimate and unique art house setting. \$5.00 - St. Francis Centre, 78 Church Street South, Ajax, ON
Contact: Michelle Dunne
Phone: 905-619-2529 x2787 (ARTS)
Email: michelle.dunne@ajax.ca

April 25 – April 27

Spring Art Festival Oshawa Art Assoc.

Art show & sale held in the camp samac grounds. 74 painters and 2 potters.
Website: www.oshawaartassociation.com
Email: aaa@backwellqs.com
Phone: 905-576-4547

April 26 & April 27

Clarington Women's Show

Admission - \$5.00, unless your birthday

happens to fall on either the Saturday or Sunday, when special surprises await you.
Website: www.ontarioshow.com
Email: info@ontarioshow.com
Phone: 613-587-4609

April 28 – May 9

Oshawa-Whitby Kiwanis Music Festival 2014

Forty Third Annual Oshawa-Whitby Kiwanis Music Festival takes place at 5 or more venues
Website: www.oshawawhitbykifest.ca
Email: info@oshawawhitbykifest.ca
Phone: 905-430-1455

May 4

Durham Steps for Life Walk (Pickering)

Durham residents are invited to support families who are living in the aftermath of a workplace tragedy on Sunday, May 4 at the annual Durham Steps for Life Walk.
Contact: Cheryl Johnston
Phone: 905-839-1151 ext 7467
Email: cheryl.johnston@opg.com
Website: <http://www.stepsforlife.ca>

May 10

Ganaraska Region Conservation Authority's Put Some Spring In Your Step! (Clarington)

Join us in a search for flowers and spring birds during Migratory Bird Week. Enjoy a guided ecology walk through the Ganaraska Forest. Don't forget your binoculars and birding and flower guides!
Website: <http://www.ganaraskaforestcentre.ca>
Email: info@grca.on.ca
Phone: 905-885-8173

May 14 – May 24

Durham Fringe Festival (Oshawa)

A celebration of local and international theatre in select venues. See comedies, musicals, dramas, clowns, buskers and more from around the world.
Website: www.durhamfringe.com
Email: mark@durhamfringe.com

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.

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THE OPEN ROAD AWAITS

MOTORCYCLE SEASON IS AROUND THE CORNER!

It's that time of year again for motorcycle shows to run their circuit around the country. The lure of the motorcycle show is like the aroma of ribs cooking at a rib fest. The smoke draws you in and before you know it, you are up to your elbows in sauce. Similarly, just when you thought you were able to get the siren call of riding out of your mind, the season begins all over again!

MOTORCYCLE RIDING: THEN VS. NOW

Most people will say that getting old sucks, and while this may be true in other areas of life, it just isn't true for motorcycle riding. Motorcycle riding at a later stage in life allows you the opportunity to slow down, look around and appreciate the beauty surrounding you. We are fortunate enough to live in Durham, a great part of the country where there are always new routes to find, new restaurants to try and new attractions to explore. Riding at a later stage in life also changes how you look at riding. For instance, what you ride, and the amount of time

you spend on the bike changes. However, the basic reason for riding doesn't change the impact it has on the mind and body; it is liberating, giving you a sense of freedom.

Younger riders tend to like the solitary act of riding, getting out and exploring what the open road has in store for them. Getting back to riding at a later stage in life doesn't necessarily dull this feeling of exploration; however, the experience is more enjoyable

when shared with others. In a society that is becoming more individually focused through technology such as social media, many people find that they really crave a past time where they can share something with a friend or two. Hopping on your motorcycle and hitting the road with other riders allows you to redirect your focus from the little screen to the great panacea provided by nature.



Getting Ready To Ride--Tanks Full, Bladders Empty!

MOTORCYCLE CLUB CULTURE

Motorcycle club riding in particular is becoming increasingly popular, because it really takes the enjoyment of riding to another level. There are a number of different types of clubs available to riders. These range from manufacturer based clubs requiring a specific brand of motorcycle in order to be a member, to clubs based on the type of bike one rides such as sport or cruiser. There are also clubs based on specific interests and job types. Finally, there are clubs that are solely based on the simple shared bond of riding together *regardless* of the type of bike or manufacturer or personal interest. The common thread weaving together each of these organizations is the love of riding. These groups of people have come together to share the camaraderie of this similar interest and something as simple as developing and growing friendships.

Here in Durham Region, there are a number of motorcycle clubs that represent many and more of these group types. The resource shared by all clubs and riders in Durham is the extensive rural road network that weaves through the different and diverse communities located on the north shore of Lake Ontario. These roads provide everyone with the link to enjoy these surroundings and be a part of the ride, instead of just driving from point A to point B. Motorcyclists share the mindset that it isn't the destination, but the journey that matters.

The motorcycling fraternity also shares a strong sense of community. In this community there are many facets, most

importantly the support for fellow riders – a kinship that is evident by the air handshake that riders share as they pass each other. Equally as important is the support that bikers provide for community activities. Many clubs often sponsor, organize or attend ride events. These rides are predominantly charity focused, supporting local, regional and national programs. For instance, some of the rides that the Durham Bikers Motorcycle Club have attended in the Durham Region include: The Ride for Sick Kids, The Ride for Big Brothers and Big Sisters, Sylvia's Ride, The Ride for Dad and more.

A great way to see a new area or region is to attend a ride or event held in another area. Some of these events include the famous Friday the 13th ride to Port Dover, the Highway of Heroes ride in support Canada's Service men and women and, the Ride for Sight, just to name a few. There are also events such as the Freedom Ride to End MS in Kitchener, which has started attracting a number of clubs from around the province. These events give riders a chance to mingle with riders from other clubs, get to know each other and strike friendships that are renewed every time they run into each other. You don't realize that you have formed a friendship until you are at another event and run into someone whom you met previously.

Given that the riding season here in Ontario is short, there are a limited number of weekends that provide the time for all of these rides to take place. Some weekends have multiple rides



Pit Stop for Lunch

scheduled, which makes it difficult to attend all of them. It is tough to choose, so you go to those rides for which you have either provided previous support to or those that will fit in your schedule. This is particularly hard for those of us who are attendees because every ride is a good one.



The Club On the Road--Enjoying the Journey

BIKER MISCONCEPTIONS

Over the past number of years, there have been quite a number of articles written in the general media about motorcycles, motorcyclists and motorcycle culture. Some media outlets have devoted regular columns to the topic. Many are positive, though some are not. There are those who understand the diversity of our sub-culture and the activities in which we take part, as well as those who don't know what we're about but are keen to understand us better.

Then there are those who either don't understand us, or are moored in the way things were (or how they want them to be), that they look to create restrictions and challenge those who don't fit their mold. For instance, we are beginning to see an increase in restrictions through items such as noise control by-laws and equipment checks that target the motorcycling community. If these restrictions were applied on a universal basis (and not just towards the motorcycling community), then there wouldn't be a problem. As an example, lawn care companies use equipment that cause more noise and create more of a health impact on individuals, communities and the environment, yet they are not subjected to these by-laws. Communities that continue to target motorcycle groups will remove the positive economic impact that these groups can have on their communities. Just as with snowmobilers, the communities that welcome them see great financial returns. The same holds true for communities that welcome motorcycle riders. Put simply, we too travel with cash and credit cards.

Often times, misconceptions about bikers can be avoided by just getting to know us. There have been many a time when my fellow riders have stopped to chat with a passerby wanting to have a closer look at our bikes, or just have a chat about riding. The people who approached us were not intimidated by the bike, the leather or the riders, nor should they be. We don't bite!

More and more non-riders too, are beginning to understand

THE TEN COMMANDMENTS OF GROUP RIDING

- I. Arrive at a group ride ready to ride - this means with a full tank of gas, appropriate clothing for the weather, well-rested and fed, and a bike in safe operating condition. Riding is no fun if you are too hot or too cold, and your friends would rather ride than wrench on your bike or get gas for you.
- II. Make sure everyone is aware of the proposed route and extended stops, such as lunch, fuel and sightseeing stops. It is always a good idea to prepare a map of the route with these stops indicated. It is critical that each rider have the cell phone number of the leaders, even better is to exchange numbers among all riders.
- III. The ride is self-paced. Ride at a speed with which you feel comfortable, no one should feel pressure to keep up with anyone else. People naturally feel the need to keep up with the rider ahead but, remember, riding outside their limits is the main reason riders get hurt - if your heart is racing it is your body telling you to slow down! It is not the point of the ride to have someone get hurt.
- IV. Ride in a staggered formation with a minimum of two seconds between you and the rider directly in front of you. This allows you to use the entire lane to ride in and gives you an extra margin of safety.
- V. Ride your ride, not the rider's in front of you. Make sure you keep looking down the road and through the corners, not at the bike ahead of you. Honestly, this is one of the biggest challenges of riding in a group.
- VI. A group of motorcycles is not considered a 'single vehicle', so be courteous and allow cars to enter/exit the highway or change lanes. Make sure you let the riders behind you know what is going on (*this applies to other hazards, as well*).
- VII. At least one of the riders ahead of you will wait at every point where you might make a wrong turn.
- VIII. Similarly, you are expected to wait at intersections and other decision points until the person behind you shows up, if there is one.
- IX. Plan brief stops throughout the ride to let everyone regroup, make sure everyone is present, check gas supplies and to allow for rests. Plus it is an opportunity to chat about the wonderful section you just rode.
- X. If you decide to split off from the ride you must let at least one other person know you are leaving. At a minimum, communicate via cell phone or text message.

Dustin Kassman lives and rides in Oregon where he teaches motorcycle safety for the Team Oregon Motorcycle Safety Program.


the lure and the mindset of those who are riders. This past November for instance, during the Remembrance Day ceremonies on Parliament Hill, it was heartening to watch the march past the Governor General of Canada, as he accepted the salute from the different branches of services and government agencies. It was especially interesting to see the Veterans Motorcycle Club marching in their leather gear and having their salute accepted by the Governor General. Such events should set an example for other communities that tend to hold negative attitudes towards bikers.


RIDING IN THE DURHAM REGION

Fortunately, Durham Region is home to a thriving and supportive biker community. Motorcyclists have some of the best clubs available to them in the area. In these organizations are many individuals who have a great deal of knowledge of the region from the shores of Lake Ontario to the shores of Lake Simcoe; from Stouffville and Mount Albert to the shores of Lake Scugog and down to Bowmanville. These riders have travelled all of the back roads and know where the 'twisties' are hidden, and how to get you to the most spectacular colours of fall in Algonquin. They can take you on a journey through the Kawartha's, or on an adventure that will take you to the big rallies held around the country.



Take some time to think about the type of riding that you do and would like to enjoy. Do some research on the motorcycle clubs in the area that you may be interested in joining. There are many, many riding clubs out there. Finally, get on your bike, share your experiences with other riders and make some new friends. The open road awaits you. Live Free - Ride Free.

'Big Wheel' is a member of the Durham Bikers Motorcycle Club (DBMC) located in Durham region. The DBMC is a social cohesion of women and men who share a common passion — riding motorcycles. Our members love to travel, socialize and make new friends. The Durham Bikers Motorcycle Club supports many charity rides, charity events and, community and fundraising events, however, we are not tied to a single agency or organization. Our club is sponsored by no one allowing the membership to make all decisions regarding the direction of the club, its activities, events, rides and participations. All members have a voice in ride and trip planning as well as the affairs of the club.


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THE GOOD OL' DAYS

REFLECTIONS OF A BABY BOOMER

I was born exactly one year after V-J Day, so I am one of the first batches of post-war baby boom babies. For those of you who aren't familiar with the term, V-J Day was Victory over Japan Day, when Japan surrendered to the allies, officially ending WWII on August 15, 1945. My Dad left the small town of Holyhead in North Wales to join the Royal Navy. His ship arrived near Middlesbrough in Yorkshire, England, and that's where he met my Mam. Mam and Dad married on September 22, 1945. They had me the following August.

Our family lived a contented life in Middlesbrough for over ten years. Then, in the spring of 1956, my parents saw an advertisement in the paper, most likely placed by the Canadian government. There was going to be a town hall meeting with information about

immigrating to Canada. Mam and Dad attended that meeting and before we knew it, we were moving to Canada. Dad left first, sailing on the *Empress of Scotland* in April 1956. Mam, my sister and I later followed on the *Homeric*, arriving on September 21, 1956. At that time, ship was still the primary way immigrants travelled to Canada.

We landed in Quebec City and later travelled by train to Toronto. We stayed in a small basement apartment in Scarborough, off of Kennedy Road. I remember doing my Girl Guide hikes along Ellesmere Rd. when it was just a dirt road! What a contrast from the busy street it is today! Not long after, we bought our first fridge, our first phone, our first car and of course, our first TV. Ironically, the first thing we saw when we plugged in our TV was a hockey game.

THE 60'S

I became a teenager four and a half months before the sixties began. The sixties were a wonderful time to 'come of age'. We could go to coffee houses in Yorkville and talk to singers like Gordon Lightfoot after they'd done a few tunes. I remember the first mini-skirts and tie dye T-shirts (that we tie dyed ourselves). I wonder what the senior citizens back then thought of that! We had hippies, flower power, free love and The Pill. There was a sense of freedom in the air!

Music wise, Elvis's fame still carried over from the fifties, but the Beatles were fast gaining popularity in the sixties. My friends and I watched the Ed Sullivan show with anticipation, waiting for Ed to point to the stage and say, "The Beatles!" How shocked our fathers were with their long hair. We didn't care; we loved The Beatles! We played their LPs and 45s over and over until our parents threatened to break them if we didn't stop!

Those of you who were around then will also remember that the sixties was the last time the Leafs won the Stanley cup – 1967 to be exact. I have pictures of one of the victory parades—black and white of course, as colour film wasn't around then.

In 1967, I travelled to Montréal for Expo 67. We were celebrating a hundred years since Confederation (July 1, 1867). How many times did we sing "Ca-n-A DA" and "On-tar-i-ar-i-ar-io"? We were so proud to be Canadian and to see our flag raised! Not everyone may know this, but the Canadian flag we know today only *officially* came to be at the stroke of noon on February 15, 1965. Before that, Canada had the Canadian Red Ensign Flag bearing the Union Jack and the shield of the royal arms of Canada.

But there was also a darker side to the sixties...

In October 1962, we watched as Russian ships headed to Cuba carrying nuclear weapons that would be aimed at the United States and Canada. President Kennedy stared down the Russians and the ships turned back. Then, on November 22, 1963 President Kennedy was assassinated as he rode in a motorcade through Dallas, Texas. We spent the weekend glued to our TVs, watching the funeral, little John's salute, the brave widow and the riderless horse. Before the decade was over, two more popular leaders would be dead at the hands of assassins: Robert Kennedy and Martin Luther King.

THE 70'S, 80'S AND 90'S

For those of us who lived through it, the 60's proved to be an exciting time. But this excitement couldn't last forever. For the next few decades, we had to be grown-ups. Many of us got married, bought houses and started families. My son was born in 1976.

The nineties was a decade that ushered in some new changes for me. My son was ready to drive by 1992. He was out there on the cruel roads without me. I could no

longer hold his hand to cross the road! Then he was off to the big city for university. When he visited for the summer, he brought his PC with him and introduced me to the internet. I eventually got rid of my old Apple computer, bought my first PC and got on the internet. In 1998, I retired from teaching and moved to Oshawa to be closer to my family.

THE 2000'S

As we entered the new millennium, Y2K was on the minds of everyone. What would happen when the calendar changed from 1999 to 2000? Everyone was worried, but January 1, 2000 arrived and everything remained as it was. A year later though, and we were shaken up by the terrorist attacks that took place in New York City. All of a sudden, Canadian soldiers changed from being peacekeepers to combat soldiers. We were saddened as our young men traveled the Highway of Heroes.

This was the time when many of us baby boomers became grandparents for the first time. What a wonderful stage in life! I was so happy with the arrival of my grandson in 2004!

This was also the period when the oldest group of baby boomers started to officially become senior citizens. The year was 2011 for me. I didn't suddenly feel old. I didn't search for a rocking chair. Sixty-five didn't feel old to me, and nowadays it is no longer even considered that old. I am part of the new sub-culture of Zoomers. Zoomers are baby boomers who are getting older but still enjoying life. They take care of their health with proper diet and exercise. They like to travel. *Stop acting your age and start living your life* – that statement best describes Zoomers.

I've done a lot of living since I came to Canada all those years ago. I arrived when I was 10 years old, and am now a senior citizen, a Boomer and a Zoomer. I have a sixty-seven year old body, but there is still an eighteen year old hiding inside. It took a lot of living to reach this fine old age, and I've still got a lot more living left to do!

THE GOLDEN YEARS

The Local Biz magazine will be starting a new senior's column called *The Golden Years*, and I am pleased to tell you that I will be the columnist for it. The column will launch in our Summer 2014 issue and will cover topics like health, travel, retirement, volunteering, internet and phone scams; just to name a few. I hope you'll join me regularly as I strive to bring you information relevant to the golden years of your life.

"Do not regret growing old. It's a privilege denied to many."

Linda Calder is a retired teacher. She likes to write and enjoys spending time with her family. She also enjoys going on cruises, taking pictures and scrapbooking.

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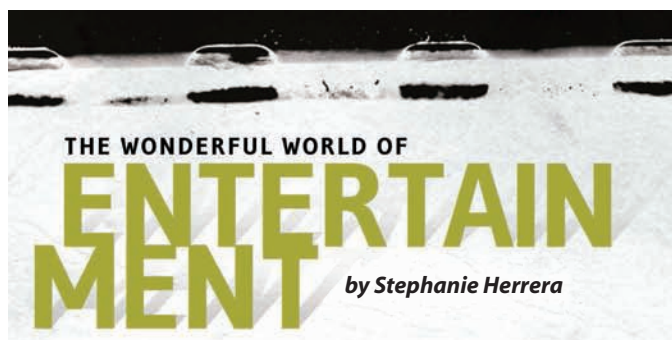
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It's hard to tell with all the ice storms and frost quakes, but spring is just around the corner and in terms of upcoming movies, it's shaping up to be fantastic!

Kids

A great line up of movies for the entire family with the next installments of some family favorites including **"Muppets Most Wanted"**, which takes the entire Muppets cast on a global tour selling out theaters across Europe. But mayhem follows the Muppets as they find themselves unwittingly entangled in an international crime caper headed by Constantine—the World's Number One Criminal—and his dastardly sidekick played by Ricky Gervais. The film also stars Tina Fey as Nadya, a feisty prison guard.

In **"How to Train Your Dragon 2"**, we find our hero Hiccup more mature as are his adventures, as he and his faithful dragon Toothless must protect the peace and save the future from the power-hungry Drago.

Action

Chris Evans is reprising his role in **"Captain America: The Winter Soldier"**. Steve Rogers a.k.a. Captain America becomes embroiled in a web of intrigue that threatens to put the world at risk. Joining forces with the Black Widow, Rogers struggles to expose the ever-widening conspiracy while fighting off professional assassins sent to silence him at every turn. When the full scope of the villainous plot is revealed, Captain America and the Black Widow enlist the help of a new ally, the Falcon. However, they soon find themselves up against an unexpected and formidable enemy—the Winter Soldier.

"X-Men: Days of Future Past" brings back some of our most loved X-men characters, set partially in an alternate future where surviving mutants have been penned in concentration camps. Giant robots called Sentinels patrol America and most of the X-Men have been hunted and killed.

Thrillers

A high calibre of actors in a run of promising thrillers, including Johnny Depp and Morgan Freeman in **"Transcendence"**, a Sci-Fi drama involving artificial intelligence and highly controversial experiments that get out of hand. Elijah Wood and John Cusack help unfold a story of a talented pianist with stage fright and a performance that may end his life in **"Grand Piano"**.

Comedies

For a lighter side try **"The Love Punch"**, a romantic movie about Richard (Pierce Brosnan) and Kate (Emma Thompson), a divorced couple who, after their pension is stolen by an unscrupulous businessman, reunite to steal it back. There's also **"A Million Ways to Die in the West"** with a stellar cast including Charlize Theron, Seth MacFarlane, Sarah Silverman and Liam Neeson. If you like a dark comedy with stunning cinematography, check out **"The Grand Budapest Hotel"** starring Ralph Fiennes, Bill Murray and more!

Stephanie Herrera is an Entertainment Specialist, speaking, teaching, and writing about Improv, Comedy and Life through her company, Durham Improv & Acting Studio. She is an award winning actor and singer performing regularly on screen and stage.

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Treat Yourself

by Stephanie Pommells

I've seen the light

So you've decided to go from dark to light for spring. If you have coloured your hair a luscious and rich dark brown colour (almost deep ebony), you may not know this, but getting that Kim K blonde look is not easy to get. It took the stylists about 7 hours to achieve the look for her. Fame or not, it will be approximately the same for you.

Let's start with why?

I'm going to use non-hair dresser language to explain this. When you colour your hair, the colour molecules get imbedded into the cortex of the hair (middle of the hair shaft) where they take up residence, snuggling in really deep into the inner part of the hair strand. The cuticle (outer layer) of the hair shaft closes around them making it really difficult to get them out. (They are too comfy.) It is different with natural dark hair – a bit easier. The melanin (colour molecule) is easier to get out of the hair.

Patience is a virtue!

Usually, going lighter is done in several steps. The stylist may decide to use a colour remover, bleach or a series of highlight appointments to get you there. One thing for sure is that hoping for a blonde in the first appointment is ambitious. Doing it in steps ensures the colour has depth. It prevents the colour from looking hollow and artificial. Going slowly also keeps the hair's integrity intact, making sure the hair is in the most optimum condition possible. It's going to be a long and strenuous road, and the healthier the hair is in the beginning, the better the result in the end.

It doesn't end at the salon

After you get that sought after light colour, you must work on maintaining the health of your hair. Right after you leave the salon, your first 3-5 washes of your hair will probably feel great. The colour seals the outer cuticle of the hair shut, and if the salon did their job properly, then they also shampooed your hair with an acid based shampoo. This returns your hair to the proper pH balance.

If you do not use the proper products to take care of your hair at home, that healthy feeling hair will soon start to disappear. Make sure to use a colour care shampoo and conditioner, as well as a treatment once a week for at least 2 months post-blonde. You can reduce the amount of treatments down to once every 2 weeks after that. One of my favorites for treatment is by Mon Platin - Honey Olive Oil treatment. It's pretty heavy, so it will nourish and last a long time. Only a little is needed to do the trick.

Stephanie Pommells is a hair dresser and salon owner at Stevie P's Hair 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.

Real Estate Report

by Ryan Smith

Spring Into Action: Get Your Home Sold!

You've all heard it... The spring market is a great time to sell a home. Not only is the weather great, but things just feel more fresh. After a long cold winter stuck indoors, people want to get outdoors. And who wouldn't!? The flowers are in bloom, the sun is shining, the birds are chirping, the grass is green again and of course, the snow is gone! In our area, the vast majority of homes are sold during the spring and summer months. This means there are a lot of buyers out looking, and lots of willing sellers. But keep in mind, there is going to be that much more competition on the market. If you want to ensure your home is the one that sells faster and for more money, you are going to have to make sure it shows its best!

The spring market brings a lot of buyers, but it also brings some much needed touch ups to get your home ready for sale. Here are some important (but often overlooked) things you should do to prepare your home:

Since curb appeal is so important when selling your home, let's start with the lawn. The lawn tends to get hit pretty hard over the winter with all the snow, mud and rain. It can lead to a soggy mess. Once the snow is gone and you get some sun, it should be dry enough to start reviving your lawn back to life. Aspiration is the key to a healthy lawn, so make sure to remove any debris that accumulated over the winter. Aerating the lawn should be your next step. You can do this by renting an aerator or hiring someone to do it for you. This will allow air, water and fertilizers to get into the soil and bring your lawn back to its former glory. This is also a good time to start watching for weeds. A good looking lawn is one of the keys to first impressions!

You are also going to want to check for any damage or build up that's happened over the winter. There will likely be some minor touch ups and general maintenance things that will need to be addressed. Be sure to do a thorough cleaning of your gutters too! It's time to give your home a good cleaning. Now is the time to bust out that power washer you had stored away. This will help get rid of any discolouration and dirt that accumulated over the last few months. While you have the power washer out, be sure to do your driveway, sidewalks and deck too. This should help give you a much better "WOW" when buyers are approaching your home.

If you are considering selling your home this spring, make sure you have a fighting chance. Don't miss this opportunity to have your home show its best, and to attract the greatest number of buyers. Happy selling!

.....
Ryan works as a full time real estate professional. In his free time, he is actively involved in many charities and community events. As a past president of JCI Durham, he has given much of his free time to a number of local charities and organizations. When he is not selling houses he enjoys giving back to his community.

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Teens, Tweens & In-Between

by Victoria Cozza

"Our eyes are placed in front of us because it is more important to look ahead than look back." – Unknown

Allow me to introduce myself. My name is Victoria and I am a 14 year old, grade nine student from Ajax. I love to read, write, sing, dance and spend time with my family and friends. As some of you may have guessed, I am the new writer for *Teens, Tweens & In-Between*, and I am very excited to be given this opportunity to write for you!

Spring is all about new beginnings, fresh starts and looking forward to a new season after the long, cold, icy winter we just had. We are no longer required to wear our big clunky boots, or bundle ourselves in coats, hats, scarves and mittens. Spring allows us to look forward to the nice warm weather that is to come. This spring is a new beginning for me as well. As mentioned earlier, it will be my first time writing for a magazine. It will be a chance for me to try something I've never done before. I am looking forward to the year to come.

What about you? What are some things you are looking forward to this spring?

If you are a high school student like me, you know that exams are now over and we are full swing into our second semester. Let's not forget too, that March Break is just around the corner. March Break is something everyone I know looks forward to! It's that one week in March, where we as students get to kick back and relax. Personally, my friends and I don't typically travel over the March Break. I don't mind either. I like to enjoy my time off at home. I love picking up a good book and spending the day reading, or hanging out with my friends and getting caught up on any assignments. Even though my friends and I don't travel, there are plenty of things we can do over the March Break right here. For instance, we can do things like public skate or swimming, going to the theatre, bowling, arcades, or indoor mini golf, just to name a few.

So whatever you decide or plan to do over the break, I hope it's filled with plenty of relaxation, fun with friends and of course, a great book! ;)

Victoria Cozza is a 14 year old, grade 9 student in Ajax. She loves singing, playing piano and reading. She also loves music and dance and is a part-time competitive dance student. She loves spending her free time with her family and friends.

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Tasteful Talk

by Shirley Ouellette



Welcome to the spring of 2014. It only seems like yesterday we welcomed 2013. I do believe that as you get older, your perception of time changes and the hours, days and months slip by like a movie on fast forward. Whether you are single, married and/or have a big family to move around from hockey practice to piano lessons, there just does not seem to be enough time to do the things we plan on a daily basis. Something has to give and it can often be our mealtimes that suffer. Instead of sitting down and eating a home cooked meal; it is easier to stop by a fast food window or order a pizza, or other "grab and go" food items which often get eaten in the car. A lot of these fast foods are so refined and processed they give nothing to your body. In fact, they can take away as your body tries to digest substances that are not naturally occurring in the regular food chain. It has been proven too, that most of these highly processed foods cannot sustain you; they give little or no nourishment to your body leaving you physically and mentally hungry, which can lead to depression and higher occurrences of Attention Deficit Disorder in young children. So how do you limit the amount of fast food solutions to your busy day? The answer is quite simply, planning.

- Keep your pantry stocked with basics, including rice, pasta, dried beans, canned tomatoes, tuna etc.
- When you cook a meal, make extra and freeze portions.
- Roast off meats and veggies on the weekend and keep in the fridge for the week ahead.
- Cook Monday's meal on Sunday. Monday always seems like the hardest day to get organized.
- If you have kids that are always "starving" as soon as they get in the door, have healthy snacks available to keep them occupied while you prepare dinner.
- If you do have to order in, get a good quality pizza with a whole wheat crust, no extra cheese or processed meat, and serve with a big green salad or a homemade slaw.

Eating more meals at home is not only healthier, but it also saves you money and encourages your family to enjoy quality time together. So Durhameers, make a new resolution to eat at home more often, and to buy local produce whenever there is a choice and support our farmers. Salute!

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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Tasteful Recipes

by Shirley Ouellette

Broccoli Slaw

You will need...

4 Broccoli Stems
2 Large Carrots
¼ Red Cabbage
1 Tsp Dijon Mustard
1 Tsp Honey
¼ Cup Cider Vinegar
½ Cup Olive Oil
Sea Salt and Fresh Ground Black Pepper to taste



How it's done...

This broccoli slaw is not only packed with vitamins, it also encourages children to eat raw vegetables. If you make a large amount, it keeps well in the fridge for five days. I do not add onion to my slaw as if you intend to keep it, the onion will turn somewhat sour and can spoil the whole batch. If you do not have a shredder or mandolin slicer, it would be wise to invest in one. They are not expensive and will soon become your best friend. (A processor makes this slaw too fine; you want long matchsticks.)

Scrub the broccoli stems and carrots under warm running water; do not peel. Cut into matchstick size pieces. Shred the red cabbage finely with a sharp knife, then wash and dry. Combine the vegetables in a large bowl. In a jug or bowl, put the mustard, honey and vinegar; mix well with a fork. Slowly drizzle in the olive oil whisking with the fork constantly to create some emulsification. Add salt and pepper to taste. Pour a small amount over the slaw until just lightly coated – don't overdo it; save the rest of the dressing to use on salads. If you are serving the slaw with different meals, change it up by adding nuts, seeds, dried fruit, apple or pear. This is a great versatile side that will go with any grilled meat or fish.

Did you know?

Most vitamins and phytonutrients are destroyed or damaged when cooked. Eating raw fruits and vegetables, preferably organic, will increase the vitamins and micronutrients in your diet and you'll feel the difference immediately. Just 3ozs of raw broccoli is only 30 calories and is high in fibre, calcium, iron, and vitamin A and C.

Wine pick for this dish

Now that spring is here, it is nice to start enjoying lighter wines again. Strewn Winery Riesling Gewürztraminer VQA from Niagara goes well with raw vegetables and the acidity of the vinaigrette dressing; a snip at \$11.95 a bottle. Salute!

Taking THE Lead by Corry Hamilton



Animal Chiropractic Care 101

Has your pet had a spill on the ice? Are they having difficulty moving or getting up after sitting / laying down for a while? Do they seem "off"? Are they not grooming themselves regularly or seem to be in pain?

Then you may want to consider looking for an animal chiropractor.

While many people believe that animal chiropractic care is a relatively new field, it has actually been around since the 1900's. Chiropractic is primarily concerned with the biomechanics and neuromuscular function of the spine. Basically, the spine houses and protects the spinal cord which is responsible for sending signals to all the neural pathways. When it is injured or damaged, the signals have a greater difficulty being transmitted; resulting in the body showing signs of weakness in many areas.

Like us, your pets can benefit from chiropractic care too. When your pet's joints are misaligned, this causes pressure on the nerves that surround them. Careful manipulation of the joints both manually or with an instrument releases the pressure and resolves many problems.

So, what will you expect at a chiropractic appointment? The doctor will listen and ask questions, as well as look at or take x-rays and do a physical examination (stance, gait, and measure pain and muscle weakness). They will then design a program of adjustments for your pet.

In general, your pet will not experience any pain from the adjustments, but may be uncomfortable as the body reacts to being put back into alignment. Your pet may be quite lethargic after a treatment and then find a new level of energy within 24-48 hours.

The number of adjustments will depend on how long the issues have been going on, but usually you will see an improvement in gait and pain with the first treatment.

Do your research and talk to your vet about finding an animal chiropractor in your area. I've personally seen how effective an animal chiropractor can be, and my clients were amazed how quickly their pets recovered..

We loved the name of Corry's business so much, that 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 beloved Grandmother died recently. She is the first family member that I have lost. We had a very close relationship and I miss her terribly. My Grandmother was the person that I would go to for advice and she was my best friend. My question is about guardian angels. Does my Grandmother become my guardian angel now? I have never understood what happens when people pass on, and it would give me great comfort to know that she was watching over me and protecting me. Signed: Missing Grandma

First of all, I am so sorry for your loss. My experience with this is that when a loved one passes, a part of who they were when they were here on this earth plane stays attached here. As long as there is someone here that holds them here with love in their heart. Please know that your Grandmother hears your thoughts and your words. There is a difference between Guardian Angels and those who have passed from the human condition. Angels have never had human life and reside next to God within the divine realm. An Angel's role and responsibility is different than that of someone who has had human life and passed on. Your Grandmother is part of the Divine, but her journey is different than that of an Angel. Know that the love that you had for each other extends beyond human life, and although she is not in her body anymore she continues to exist in a different way now. Know that she is aware of everything that is happening in your life and she continues to love you as she did when she was here.

Dear Sue-Ann:

I need help understanding why I feel the way I do. My long term relationship ended about six months ago. The break up was a long time coming and I have made peace with it. My job has become drudgery to go to every day. It is a very negative environment. I am a man that is getting ready to retire. I have dreamt about this for years, and now although I am ready to do it I have lost motivation. I do not know what to do with my life; I feel depressed and do not know why. Can you help? Signed: Ready to Retire...I think?

A. When you focus on the negative energy of the day-to-day, quite often you can unconsciously become it. Transition from the way things were to something new can be more overwhelming than you would have perceived. Just those two things combined could create anxiety and perceived feelings of negativity. It is time to inject some humour and laughter back into your day-to-day. Search out those things that make you laugh so you can have something to counteract the negative environment. Smile and stay in the moment as you move into your next stage of life. Think about what emotional freedom really means to you and enjoy!

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

The **COACH** Corner

by Malachi Brown

Live your life with urgency!

Will another year pass you by? Or will you even be here in 2015? How much would your life, priorities, relationships, quest for success, your faith, the pursuit of money all look if you knew you had a limited amount of time to live?

We all want to matter, to be successful. How much are you putting into this pursuit, and are you pursuing what's really important to you? Are you following someone else's dream? Are you allowing others to dictate how your life should be lived out?

Stop.

I would like this spring, this year to be a new season for you; plant seeds into good ground this year. Plant seeds that will yield a harvest that will excite you! I challenge you to plant seeds that will allow your passions to come bursting forth each and every day.

Live your life with urgency *not* busyness.

A couple of situations brought this to the forefront of my mind just before writing this article. A couple of weeks ago my wife was in touch with one of our suppliers from a previous business. They had a long conversation about the future and plans that would make this happen. There was never a thought that these plans would not happen. A few days later this person wasn't feeling well. She went to the hospital where it was discovered she needed major heart surgery. In the speed in which this happened, she wasn't convinced this was a proper diagnosis.

Extra time was requested as she wanted to get a second opinion.

In the interim, her condition got worse. She was rushed back to the hospital. A surgery was now attempted, but it was not successful. After a brief conversation with the nurse on duty regarding the patient's condition, she reminded us that we were on the palliative care floor. Do you know what this means, the nurse asked us? It will be just a matter of days before she will pass away, answering her own question.

We called the very next day to inquire about the patient's condition, only to be told she had passed away during the night.

Was this what this lady was planning only a month before? How different would her life look if she knew?

On a second more cheerful note, I had a conversation with a young lady over her frustration with chasing the North American dream. She and her husband along with their three children desperately want to move somewhere warm and set up a new life. Based on both their occupations, this could be done.

Why is she struggling with her decision? Her fear, what would family and friends think? Will she be seen as irresponsible? Could she make it, has she thought it through, what about money, etc? It was all concerns about what other people would think about her choice. In hearing her story and knowing them, I know they would be successful in their pursuit.

How many of us are in these same situations? Living as if we have all the time in the world, or spending our time worrying about what others think.



You have one life to live. Live it based on what your life is calling you to. Don't be afraid to live the life God intended you to live.

Live with urgency, confidence and without fear in 2014.

Malachi of Dennis Brown & Associates applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to have.



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Horoscope (MARCH 2014 - MAY 2014)

by Noanie Beregi

Aquarius (Jan. 20th - Feb. 18th)

You have stepped through the mirror to start anew, and the end of something in the past is only a reflection that is slowly fading behind you. This anew is a challenge that you had resisted, but now you hold it in the palm of your hand, be it a trip, a change in career, or a return to school; whatever it is, it is good.

Pisces (Feb. 19th - March 20th)

Dearest Piscean, you have walked the tight rope long enough, and now inner balance is upon you. You now hold the feminine and the masculine energies with equal force. That force that you feel will allow you to expand in the areas of communication, insight, intuition, and vision.

Aries (March 21st- April 19th)

It is all about communicating this spring for you lovely Aries. Your transformation is complete. It's time to teach the gifts that have been bestowed upon you. Remembering that the subject is best delivered in a clear, concise, and logical manner.

Taurus (April 20th - May 20th)

You are holding back in one or all of these areas; finance, health, and/or relationships. Go with your gut feeling because that fear is there to make you aware that to succeed, you need to take things one step at a time. If you are not absolutely sure about something, hold off until you are.

Gemini (May 21st - June 20th)

Leadership and wisdom are your greatest assets, and it is time to bring those qualities to the forefront. Think and dream big, as you have the ability to build strong foundations for great change, and in doing so, creating what is needed for future generations to thrive. Look to the past fathers of our nations for guidance.

Cancer (June 21st- July 21st)

You have suffered disappointment and you are still holding it in the clutches of your heart. Wisdom knows that in giving pleasures to others, you can heal the effects of sadness and torment. In doing so, you will be renewed and regenerated and you will be rewarded with the release of such angst.

Leo (July 22nd - Aug. 22nd)

Patterns are replaying over and over again in your life, and you are missing the message, which is

why you feel "stuck". Regain your power by learning from these lessons and do not allow yourself to make the same mistakes over and over again.

Virgo (Aug. 23rd - Sept. 22nd)

Win, win, and win on all levels. Your winning streak continues mentally, emotionally, financially, and spiritually. Life in its abundance is available to you at this time. You now understand that the positive energy that you sent out is now returning with incredible dividends.

Libra (Sept. 23rd - Oct. 22nd)

You have just realized that self-reliance and true independence is the cross that you bear in this lifetime. This is a journey that you once took in your younger years, and that fear has kept you from that path today. As the leaves sprout from the trees, you will have mastered the lesson of self-reliance. You will begin to enjoy the strength gained from being able to stand and prosper on your own mentally, emotionally, financially, and spiritually.

Scorpio (Oct. 23rd - Nov. 21st)

You, dear Scorpio, do not like anything artificial, and you have the uncanny ability to see things as they really are. Major internal change is happening within you at this time. Those ideas that no longer ring true, are slowly burning away, and through health, exercise, and diet, you will be transformed like the phoenix from its own ashes.

Sagittarius (Nov. 22nd - Dec. 21st)

The gloves are off, as you have gained a sense of your own personal energy, power and vitality. Time to move out into the ring of life and demonstrate your talents of self-assurance to the world; no longer is there a sensation of self-doubt. You are working from a solid foundation of self-knowledge, and others will be drawn to your confidence.

Capricorn (Dec. 22nd - Jan. 19th)

You are motivated by stimulation and movement and work best when you have your hands in many projects with little regard for anything dull, boring, or routine. As they say, the only constant is change and you thrive on change. You are in your glory, as this spring, you are on a roll, a time of great motion, your career, your residence, and your interests are all on the chopping block. There is also an ease with moving into high states of consciousness and awareness.

Noanie is guided by our planetary mix. Her connection with her intuitive process allows her to guide you gently into your futures. Noanie is also a Wellness Detective and is well versed in muscle testing for food and environmental sensitivities. She uses her knowledge at the Brooklin Family Health Centre assisting Dr. Robert Johnston's patients find the root cause of their pain and inflammation, and with lifestyle changes, shows them how they can secure the road to health and wellness.



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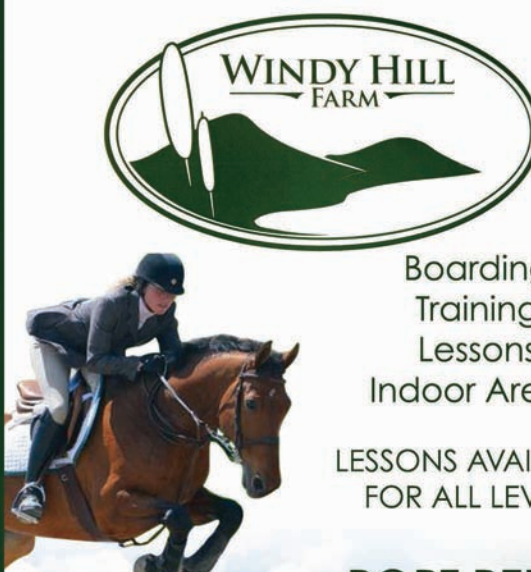
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