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Durham Region Community Publication

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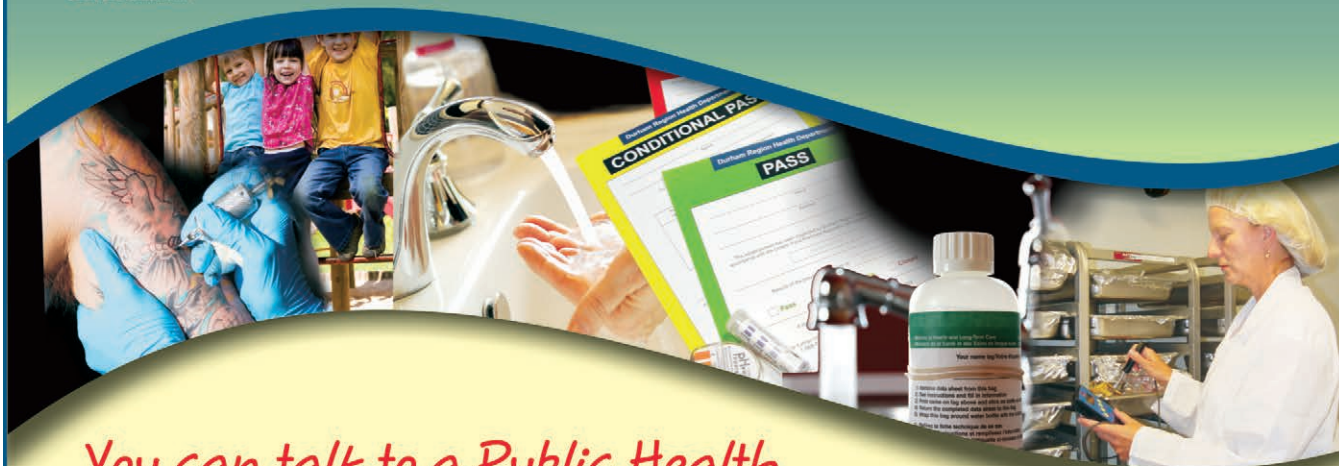
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From the Publisher

I hope you've had a great relaxing summer and took some time to bask in the sunshine. The weather is getting cooler and soon enough, fall will officially make its entrance.

So what's new this fall at The Local Biz Magazine? Well, our website is getting more hits and our blogger family is steadily growing. We have 10 bloggers who blog on a variety of topics including finance and insurance, fitness and health, sports, parenting, travel, humour, personal development and pets, just to name a few. I hope you've had a chance to check them out because they have a lot of great insight to share with you!

On the magazine front, as always, we have a great lineup of feature articles for you, as well as excellent content from our regular columnists. But first, I'm sad to report that our horoscope writer Noanie Beregi is no longer able to write for us. We will definitely miss her, but wish her well in her future pursuits. At the same time, I'd like to take a moment to introduce to you our new horoscope columnist, Julie Antoinette. Julie brings to us her keen sense of intuition and her understanding of the human psyche. I'm sure you'll enjoy discovering what she has to say about you and your future!

Now, let's get to what's in store for you in this issue. Corry Hamilton tells us all about degenerative myelopathy in dogs in "Taking the Lead". Malachi Brown in "The Coach Corner" talks about the difficulty of change, but the importance of doing so in his aptly titled column *Change? No Way!* In "Real Estate Report", Ryan Smith offers up some great tips on how to save money and energy this fall.

Since fall is synonymous with 'back to school' season, Linda Calder in the "The Golden Years" talks about education programs for seniors choosing to head back to the classroom. And for the younger readers out there, Victoria Cozza in "Teens, Tweens & In-Between" offers you some studying tips so you can get good grades in school this year. And who says you can't look good while also getting good grades? Stephanie Pommells shows you simple ways you can keep your hair looking great this fall and some must-have hair items for your locker! Finally, Shirley Ouellette in "Tasteful Talk" helps you snap back into back to school mode by showing you how you can provide nutritious meals for your family while still maintaining your sanity. It can be done and Shirley shows you how!

Make sure to also check out Stephanie Herrera's "At the Box Office" (formerly "The Wonderful World of Entertainment") column, Sue-Ann Bavlnka's "Ask Sue-Ann" column and Julie Antoinette's horoscope predictions for you.

Well, that's about it folks. As the weather gets cooler, the leaves start to fall and we get back into school and work mode, I hope you find a moment to sit back and relax with a copy of the Fall 2014 issue of The Local Biz Magazine.

Antoine Elhashem
Publisher

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From the Editor

Welcome back Durham readers! Summer is now over, and you know what that means, right? It's back to school season! The words 'back to school' can be met with excitement and anticipation, or dread, depending on who you talk to. Some kids love to go back to school, to see their friends again and to start a new school year. Other kids not so much. Me? I loved school! (Not a shock for those who know me well.)

For high school students entering college or university for the first time, going back to school can be quite an exciting yet daunting experience. It's new territory after all. This is why we have a feature article written just for you by Molly Dawe (a second year university student) on how to survive your first year of university. Trust me; you don't want to miss her survival guide. She's got some great tips for you!

Going back to school isn't strictly for kids either. More and more adults today, head back to the classroom to upgrade their skills, learn a new skill or earn another degree. Unfortunately though, for some adults going back to school isn't easy. They may have difficulty reading, writing and understanding information; they may struggle with basic literacy. Phylcia Davis (founder of the KGO Adult Literacy program) examines the issue of adult illiteracy in our society, as well as what is being done in the Durham community to combat it.

Stepping out of our 'back to school' theme, we have a very useful article for expectant and new moms about how to stay connected and find the support they need during this stage of life. There are a lot of great resources available for you in Durham, and writer Ashley Anthony (also a new mom) shows you where to look!

Finally, for those of you who may not be aware, October 27, 2014 is the municipal election in Durham. Not sure who's running for office? Not to worry. Writer Sean Heeger tells us who the incumbents and newcomers are in the different regions of Durham, as well as what positions they are running for. It's your right to vote Durhameers, so make sure you do so this fall!

I hope you enjoy the Fall 2014 issue of The Local Biz Magazine; please share your thoughts with us when you are done reading through it. And as always, if there are talented local writers out there who would like to join our team and write for us, please do not hesitate to contact me.

Wendy Chiavalon
Editor-in-Chief

Have Your Say

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New Mom, New Horizons: **Finding Support & Staying Connected**

When I first found out I was pregnant with my son, I was so ecstatic. We had just gone through a difficult miscarriage and our lives felt swamped with one let down after another. I believed everyone would be supportive and involved. Little did I know that pregnancy was going to be one of the loneliest periods of my life. My partner was working afternoons and I was left at home alone for the entire summer. Friends disappeared and I had few people to talk to, most of whom were busy with their own lives.

Before giving birth I reconnected with my best friend from high school. She had two boys and basked in all the wonders that is motherhood. She added me to a few groups on Facebook and suddenly I realized how much support there is for women that were in the same position as myself.

Durham Region is filled with young families and moms looking to reach out, share and make new friends. It is incredible the reception one receives when expressing fears and looking for someone to talk to, even though they are complete strangers.

Where to Get Started?

Online is the easiest place to start. One of the first pages I signed up for is called Durham Region Moms. It is a local group with over 2000 local moms that talk about everything, share free events and set up local meet and greets. Concerned moms post a range of questions and share local deals, coupons and resources.

From there I added a few other groups called Caring & Sharing and Frugal Mommy, both of which have local sharing communities where moms give away items they are no longer using for absolutely free!

Online communities are also a great place to share thoughts and ideas about motherhood. Both What To Expect and BabyCentre have communities geared right to your due/birth date, so you can ask questions and see where other pregnant women are in their pregnancies, because let's face it... with pregnancy comes a MILLION questions.

Pregnancy and Parenting Support

The hardest part of finding support is being able to admit that you need it. The amount of help that is offered to mothers and young families in the Durham area is inspiring; you just need to reach out and ask.

The Durham Region Health Department offers a wealth of resources for pregnant women, including free online prenatal classes and information and links to preconception and prenatal services in the area. Go to the Pregnancy section of the Durham region website (www.durham.ca) to learn more. If you call Durham Health Connection Line you can connect with a public health nurse who can answer any prenatal questions you have, as well as advise you how to stay healthy during your pregnancy.

Ontario's Healthy Babies Healthy Children program helps families during pregnancy and even after the baby is born until they start

“Meeting other parents can be very intimidating, especially if you are recently a new parent and your local park is full of parental veterans.”

offers ongoing prenatal and pregnancy support. They also provide maternity clothing, diapers, infant formula and baby equipment for free to families struggling to make ends meet. Or, if all you need is someone to talk to, they will lend a listening ear.

Meeting Other Parents

Meeting other parents can be very intimidating, especially if you are recently a new parent and your local park is full of parental veterans. People expect you just to be able to walk up to anyone, strike up a random conversation and become best friends the next day. But for some of us, it isn't as easy as it sounds.

If you're shy, have difficult hours to work around, or if you're intimidated by your local pack of parents at the park, there are many websites and groups where you can find local parents with the same outlook as you in your area that are also looking for someone to connect with. This way you can converse and establish a relationship long before you ever meet face-to-face because let's face it, it's hard to meet new people.

Mamaliciousmamas.com is a group created by two women on maternity leave who always met up for play dates. It has now expanded into its own online group for women to meet up. They hold special events geared to get mamas out of the house and socializing!

Meetup.com/parenting-101-durham-region is another great place to meet other parents and become involved in an array of classes and activities in your community, as is Durham Region Moms. Parentsources.ca also has a wonderful events calendar that is open to everyone.

school. They provide free home visits by a Public Health Nurse and Family Visitors for those who need more support. The Ontario Early Years Centre also offers many services and programs for pregnant women, as well as for parents with children up to six years of age. They can teach you new parenting skills and help your children talk, play and read.

There are also many other organizations that offer support, especially to low-income families. Rose of Durham is a charitable, non-profit organization that offers many free programs and services for young parents including counselling, prenatal classes and parent support groups. The Pregnancy Help Centre of Durham located in Ajax and Oshawa

Finally, don't forget your local library, or the government and non-profit organizations mentioned earlier. All offer many classes and activities where you can meet and interact with other moms, babies and families!

Connect With Old Friends

People grow apart when they are young, but now that we have easy-to-use social media, it is effortless to reconnect with old friends that you once forgot. Everyone likes to know that you're thinking about him or her, so why don't you rekindle that once close relationship and reconnect with old friends that now have children. Even if their children are older, these friends can still offer some great advice and perhaps meet up with you and your baby for play dates!

Did you know that when babies are around older children they pick up skills faster? When you take your baby over to a friend's house that has older children, you will notice that your baby suddenly found inspiration to do the unexpected. So don't rule out people you already know because of an age gap; most of the time that will work to your benefit.

With older children, also comes hand-me-downs, tales of tantrums and advice on how to avoid the ball cage when walking into department stores. (I learned that one from my 2-year-old niece.) So don't be discouraged if the moms in your area have older children because the *bigger* the children to play with, the *bigger* the influence for your own baby.

What NOT To Do

The best way to avoid meeting people is to never leave your house. People aren't going to come knocking on your door, pestering you to come out to play if you're being anti-social to begin with! Put on a smile and a comfortable pair of shoes and go for a walk. Fresh air is good for you and your baby's health, so get up and get out there!

Open up and let yourself be vulnerable. Embrace the strange and get out of your comfort zone because that is when you meet the best people. Loneliness breeds depression. (Trust me, because I have been there.) Try something you wouldn't normally do. In the end, you will never regret making a new and possibly life-long friend for both you and your baby!

Ashley Anthony is a print and broadcast journalism graduate and recently a new Mom. She decided years ago that she wanted it all in life. She is one of the lucky few that has a wicked cool newborn (aka Monster), a supportive partner, and a hilarious dog and cat duo. You can follow her crazy cloth diapering, breastfeeding throwing the book out the window ways on her website Smashed Phoenix.



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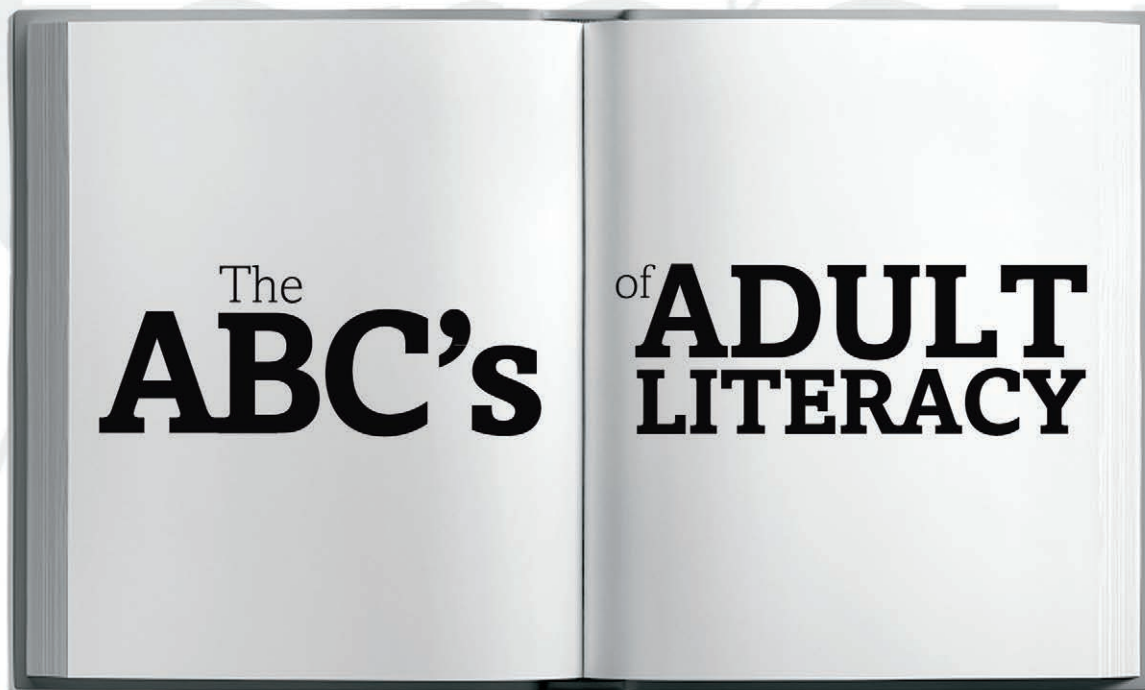
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In an information-driven world, the ability to read, write and understand information is obviously very important. This is basic literacy. But did you know that 4 out of 10 Canadian adults struggle with basic literacy? Or by 2025, nearly 9 million Canadians will *not* have the essential literacy skills required to be successful in society? Alarming....isn't it? Yet, adult literacy is not an issue that is heavily discussed for reasons of stigma, shame and the denial that an issue like this even exists in Canada. However, it should be, because it has the greatest socio-economic impact in our society.

What is Adult Literacy?

So what exactly is adult literacy? Adult literacy essentially is the ability to interpret, understand and communicate information in order to function in everyday life. Adult literacy is measured on a scale from Level 1 to Level 5. An adult who functions at Level 1 struggles with basic reading, writing and math. They may have for instance, difficulty understanding the amount of medication to give to a child, or difficulty following directions in a cookbook. An adult at Level 2 can only understand simple material that is clearly laid out. Complex information they will have difficulty with. For instance, they may have trouble completing a job application. Level 3 is considered the *minimum* threshold in order to function in society and to perform tasks in everyday life. It is roughly equivalent to a high school diploma. Levels 4 and 5 are often

clumped together. At Levels 4 and 5, an adult is able to integrate several sources of information and solve more complex problems. They can interpret complicated information and make inferences based on a limited amount of information.

One important thing to keep in mind though is, when talking about literacy, the words "illiteracy" or "illiterate" are no longer used among literacy advocates anymore. This is because if a person is "illiterate" they would not be able to read or write at all, and this doesn't reflect the majority of Canadians. The majority of Canadians can read and write, but the *level* at which they do so varies drastically. What is important then is to determine the level of literacy a person possesses and to classify them accordingly. For instance, an adult who functions at a Level 1 or Level 2 literacy level is said to have "low literacy".

Why is Adult Literacy Important?

When an adult lacks basic literacy skills, it permeates all aspects of their lives. How can they apply for a job? Read to their children? Understand their child's report card? Follow directions? Or even go grocery shopping? Tasks that you and I take for granted are extremely difficult for the 40% of individuals in this country who struggle with literacy.

There are also psychological and emotional affects of adult literacy. Adults with poor literacy skills often suffer from low self-esteem, low motivation and low self-efficacy. This coupled with the fact that adults who lack basic reading, writing and math skills are generally low-income paints a very troubling picture. What it boils down to is poverty. From my perspective, I examine the issue and implications of adult literacy through a triad-relationship. When adults lack the basic skills of reading, writing and math, they also lack formal education and are low-income. This creates a cycle that this difficult to break out of if adults are not provided with the proper support. More problematic, is that parents who struggle with literacy tend to have children who struggle with it as well. Basically, what we have then is generational poverty as a result of low literacy.

Adult literacy is a very complex issue because it is not just solely about reading, writing and math. It is about understanding not only the individual, but the institutional structures that are in place that inadvertently (or advertently) put barriers for individuals to *not* have the opportunities in order to progress and become productive members of society. In some cases, adults do not have the encouragement or motivation to seek help, so they often just "get by". This in turn can lead to issues of mental health (depression, addiction, anxiety etc.). Adult literacy then is about *empowering* individuals to achieve their goals, so they have the opportunity to progress and become productive members of society.

Essential Skills

Over the last few years, the Government of Canada has made some strides in addressing and highlighting the importance of adult literacy. Under the Ministry of Employment and Social Development Canada (ESDC), the government has created a framework called Essential Skills. The Essential Skills framework include the four literacy skills (reading, writing, numeracy and document use), with 5 essential skills (computer use, thinking, working with others, oral communication and continuous learning). According to the ESDC, these essential skills are used in every job and at different levels of complexity.

They help people to find and get a job, as well as enable them to adapt and succeed in the workplace.

The main goal with the Essential Skills framework (and among policy holders in general) is to help adults find jobs in the workplace. This policy shift also applies to the Province of Ontario. Within the province, there is a framework entitled the Ontario Adult Literacy Curriculum Framework (OACLF) which is under the umbrella of Employment Ontario and is administered by the Ministry of Training, Colleges and Universities. This framework is used as a tool in the development of adult learners and programming delivered by Literacy and Basic Skills programs in Ontario. The OACLF is basically a checklist of tasks that literacy educators use in order to determine if an adult learner is either fulfilling (or not fulfilling) the task based on certain levels.

As the province has shifted its direction on employment, most tasks will focus on workplace skills. Organizations such as the Literacy Network of Durham Region, Toronto District School Board's Essential Skills Upgrading Program, as well as The John Howard Society of Durham all receive funding from Employment Ontario. Sadly, it has come to the point where in order to qualify for funding by the federal government and province, programs need to have an emphasis on employment rather than addressing adult literacy from a holistic approach. Also, recent funding cutbacks to many adult literacy programs throughout the country, indicate the government's shift towards more employment based programming and projects. Copian (formally known as the National Adult Literacy Database; a national catalogue of adult literacy resources) recently shut its doors after 25 years as a result of cuts to its funding. I was an avid user of this resource and I am disappointed to see it go. However, there is a campaign to bring Copian back. Go to <http://copian.ca/federal-literacy-funding> to donate or to write a comment of support.

Literacy in Durham Region

According to the Literacy Council of Durham Region, 22% of individuals in Durham have problems with literacy. This statistic is quite alarming considering approximately 650,895 people live in the region (data from Durham.ca Commissioner's Report from February 2014). This means 143,196 of 650,895 people struggle with literacy in Durham! Fortunately, there are a number of organizations and agencies within the Durham area devoting their efforts to not only bringing attention to the issue, but also providing the needed services to adult learners.

The Literacy Network of Durham Region (LiNDR), located in Oshawa promotes and facilitates the development and delivery of lifelong learning opportunities. They also help adults find a program that provides free literacy or upgrading classes in the community. All you have to do is call or email them. Check the LiNDR website (www.lindr.on.ca) for more information.

Another organization is The John Howard Society of Durham Region (JHS) in Oshawa. JHS is a non-profit, social service agency dedicated to helping individuals by offering programs and services in a variety of areas including literacy. Their Adult Skills Upgrading program is for individuals 19+ who want to improve their spelling, reading, writing or math skills in order to find a job, earn a school credit, go to university or college or just gain independence. The JHS program is free and targeted to each individual's needs. It also provides one-on-one support. Individuals can work at their own pace and on their own schedule. Intake is continuous, just call or email to inquire. For more information, check out www.jhslearn.ca

Finally, there is the Literacy Council of Durham Region (LCDR). The LCDR is a volunteer organization that teaches literacy to adults. It follows the "Each One, Teach One" principle whereby tutors (which are volunteers), identify a learner's needs first, and then design a teaching program to meet the learner's goals. This means that each individual's program is unique. So for instance, an adult who wishes to upgrade their skills so that they can write work emails and work reports for their job will have a different program from someone who wishes to upgrade their skills so they can read and order food from a restaurant menu. Same needs - different goals. In fact, the goal with the LCDR (and most literacy programs out there) is to help the learner meet their *specific* goal, whatever their goal may be. The LCDR is located in Oshawa. Visit www.literacydurham.ca for more information.

Also worth mentioning is that both Durham boards of Education offer literacy, basic skills and adult upgrading courses under their Continuing Education program. Check their respective websites for more information.

*When an
adult lacks
basic literacy
skills, it
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of their
lives.*

Get Involved!

The goal towards increasing adult literacy in Canada is ongoing. How can you help? Well, the organizations mentioned above are great places to volunteer and devote your time once a week. I encourage you to learn more about them and reach out to them. I volunteered as an adult literacy tutor helping a 44-year male improve his reading skills. It was an experience that has changed my life for the better! (Plus I learned a lot about Jamaican cooking since he worked at a restaurant!)

My experience as an adult literacy tutor is also what got me started to do the work that I do with adult learners. Based on the alarming reality that approximately 56% of residents in my community lack the basic skills that are equivalent to a high school diploma, I started a community-based program that assists

adults 21 years and older with their reading, writing and math skills. In a small group setting, we meet once a week and help learners in their own personal, employment and educational goals for improving their literacy skills. Since starting this grassroots program more than a year ago, my passion has been further ignited to continue to bring the issue of literacy to the forefront and to provide the needed support to adults in my community. Durham readers, I encourage you to do the same in your community. Learn more about adult literacy. Find out how you can be part of the solution. Volunteer to be a tutor in a literacy organization and help someone improve their literacy skills. Or perhaps if the need is high enough, consider starting a small literacy program in your community. Whatever you do, I urge you to join the cause to help improve adult literacy.

In order to erase the stigma and shame associated with low literacy in our society, we must be able to not only understand the complexities of it, but most importantly approach it with a sense of compassion and a non-judgemental frame of mind. When that happens, then not only are we progressing as a whole, but we are also ensuring that no one is left behind.

Phylicia Davis is the Founder and Program Coordinator of the KGO Adult Literacy Program (KGO-ALP). The KGO-ALP assists adults ages 21 and older with their literacy skills in East Scarborough. A passionate advocate for adult learners, Phylcia will be starting her Masters of Education in Adult Education and Community Development at the University of Toronto this fall.



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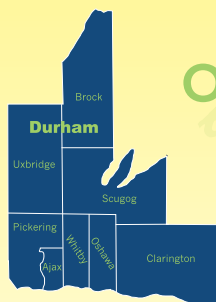
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Fall Events Calendar

September 12, 2014

A Spirit Walk (Pickering)

Honour the memory of local rebels as we celebrate the 175th anniversary of the Rebellion of 1837. Join Backwoods Players for the play of the events that led to this history-altering uprising and how Pickering took part. Cost: \$18
Location: Pickering Museum Village
Website: www.pickering.ca/museum
Email: museum@pickering.ca
Phone: 905.683.8401

September 13, 2014

Birds, Beavers and Butterflies (Whitby)

Fun for the whole family! A great opportunity to learn about nature, see wonderful shows and get out in the outdoors. Admission: Adults \$5, Kids \$2, Families \$10
Location: Thickson's Woods Nature Reserve
Website: www.thicksonswoods.com
Email: smorgan@sympatico.ca
Phone: 905-655-4895

September 14, 2014

Teddy Bear Day (Uxbridge)

Children 12 and under ride FREE when carrying their Teddy Bear (all children with Teddy Bears must be accompanied by an adult with a maximum of 2 children per adult). Dr. Bear will be checking out Teddys (and other loved plush animals)
Location: Uxbridge Train Station
Website: www.ydhr.ca
Email: ydhr@ydhr.ca
Phone: 905-852-3696

September 18 2014

Durham Storytelling Gathering (Oshawa)

Come Listen. Come Tell. Catch the Magic.
Location: Northview Community Centre
Website: www.durhamfolklorestorytellers.ca
Email: durhamstorytellers@gmail.com
Phone: 905-697-0701

Habitat for Humanity Durham's Annual Golf Tournament (Oshawa)

Join us for our Annual Golf Tournament Benefiting Centre Towne in Oshawa! Cost: \$250.00 per golfer, and includes, 18 holes with golf cart, access to the putting green and driving range, a BBQ lunch and Banquet Dinner, as well as a Silent Auction and Prizes. Sponsorship Packages are also available.
Location: Oshawa Golf & Curling Club
Email: deb@habitatdurham.com
Phone: 905-428-7434 ext. 24

September 27, 2014

Newcomers Free Bus Tour (Whitby)

A fun, family-friendly event designed to introduce the Town to new immigrants who are settling in Whitby, or any new Whitby resident.
Location: Whitby Public Library, Central Branch
Website: www.whitby.ca/diversity
Email: diversity@whitby.ca
Phone: 905-430-4310

Oshawa Doors Open – Free Camp-X Walking Tour

Location: Intrepid Park - Oshawa
Website: <http://www.camp-x.com/camp-xtours2014.html>
Email: lphodgson@camp-x.com
Phone: 289-828-5529

October 4, 2014

Newcastle Harvest Festival 2014

Fun for the whole family! Farm fresh produce, games and activities, Classic Car show, Antique tractor show, Pancake Breakfast, Kids Crafts, Arts and Craft also Vendor booths, Food Truck Alley, Animal Show, Petting Zoo, Live Entertainment, Hamburger Eating Contest, Win a Free BBQ draw, Clarington In a Jar Contest, Best Dressed Scarecrow Contest, Lions Walk for Dog Guides, Pumpkin Giveaway, Octoberfest in the Town Hall.
Location: Downtown Newcastle
Website: www.facebook.com/newcastleharvestfestival
Email: victoria.sautner@specialtywealth.com
Phone: 905 987 3866 ext. 101

October 18, 2014

Halloween Theme Trains (Uxbridge)

On board the decorated trains are ghosts, ghouls, and other entertainment for young and old alike with lots of Halloween activities and prizes for best costumes. Kids (up to 12 years) dressed in their best and scariest Halloween costumes will travel FREE (Max 2 children per adult). Fares apply for adults, seniors and teenagers. All children will receive a loot bag upon departing the train.
Location: Uxbridge Train Station
Website: www.ydhr.ca
Email: ydhr@ydhr.ca
Phone: 905-852-3696

Pumpkinville (Ajax)

Horse-drawn wagon rides, pumpkin patch and family pumpkin carving contest, inflatable rides, Haunted House, face painting, children's activities, live entertainment, interactive experiences, a haunted trail walk and more. FREE admission with nominal fees for food, beverages and some activities.
Location: Greenwood Conservation Area
Website: www.ajax.ca
Email: stacy.toole@ajax.ca
Phone: 905-619-2529 ext. 7248

October 24, 2014

Ganaraska Region Conservation Authority's Halloween Howl (Clarington)

Get into the Halloween spirit during this spooky night in the Ganaraska Forest. Carve pumpkins, enjoy an interactive and fun campfire, and then go on a guided night hike through the forest.
Location: Ganaraska Forest Centre
Website: www.ganaraskaforestcentre.ca
Email: info@grca.on.ca
Phone: 905.885.8173

October 25, 2014

Beethoven Violin Concerto – Ontario Philharmonic with Etsuko Kimura, violinist (Oshawa)

Ontario Philharmonic welcomes Etsuko Kimura to stage as our Guest Soloist
Location: UOIT's Historic Regent Theatre
Email: laura@ontariophil.ca
Phone: 905-721.3399 ext. 2

October 26, 2014

Halloween Harvest (Pickering)

Fall fun for the family. Capture the flavour of fall and celebrate Halloween in our pioneer community with heritage food, crafts, and activities. See the fortune teller and listen to ghost stories. Includes the Gas & Steam Barn at full tilt! Special event admission applies.
Location: Pickering Museum Village
Website: www.pickering.ca/museum
Email: museum@pickering.ca
Phone: 905.683.8401

November 8, 2014

Autumn Art Festival (Port Perry)

Art by local artists
Location: Scout Hall

November 16, 2014

Newcastle 10th Santa Claus Parade

A wonderful community event. Begins with fireworks at 5:30 p.m.
Website: www.villageofnewcastle.ca
Email: newcastlesantaparade@gmail.com

November 28, 2014

Christmas in Clarington Country

A mall-free shopping tour featuring artists & activities! Special Home Decor, Luxurious Bath and Body Products, Gourmet Treats, Wines, Gifts of Warmth and Comfort...everything you need to get into the Holiday Spirit!
Location: 4720 Old Scugog Road
Website: www.thesprucetree.com
Email: thesprucetree@rogers.com
Phone: 905 263 2944

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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Region wide – **1 800 452 0688**



"helping those in distress to cope..."

SURVIVING THE **FIRST** YEAR OF COLLEGE OR UNIVERSITY

One of the most overwhelming periods in anyone's life is the time between graduating high school and embarking upon their post-secondary path, whether that is college or university. Justified anxiety about how to deal with new academic challenges, form new friendships, take on greater independence, or even just how to stay sane are at the forefront of recent graduates' minds. Here in Durham Region, we are lucky to have institutions like UOIT and Durham College close by, but perhaps you chose to pursue your dreams somewhere farther from home; maybe a few hours away, or even across the country. As someone who this time last year took the plunge of living not too far away from home, but nevertheless on my own at a residence in a small college at the University of Toronto – St. George campus, I'd like to take the time to explain how I got over my fears of entering this new world.

Finding Friends & Having A Social Life

One of the most helpful things you can do to kick start your social life is to attend your frosh or orientation week, and follow any social media accounts that your school runs. This will help you to make initial connections with people you will likely be coming into contact with, and stay in the loop about

upcoming events. The majority of the people that I met during frosh didn't end up forming my close group of friends, but it is still great to get a feel for the type of people that make up your program or faculty. This is not to say that all programs consist of certain "type" of people at all. In fact, the one acquaintance I did initially feel connected to because of being in the same program (political science / international relations) ended up switching to geology, while I ended up declaring English as my major. Later on, I met one of my closest friends when we sat next to each other in our first philosophy lecture, where I'm pretty sure neither of us cared about the trial of Socrates, but rather our shared interest in music which spawned an impromptu sing-along of "How to Be a Heartbreaker" by Marina and the Diamonds. Don't worry about being awkward, and, if you want to really leave an impression in people's minds, now is the chance to do that by showing them your glowing, zany, unique personality. I'm pretty sure that seeming friendly but a little "different" is a good thing, compared to seeming closed-off or aloof.

From what I've found, at high school there is a much more limited pool of people from which to form friendships, and once you graduate, you might find (but not always) that you were only friends with certain people just



because you saw them every day. Now that you're at college or university, you can actively seek out the people with whom you share things in common. If your school is large enough, there will be hundreds of clubs and teams that reflect wide-ranging interests, from shared cultural heritage, to concern for the environment, to hula hooping or Doctor Who. If one of your frosh events is a clubs/team fair, be sure to attend and leave your contact info with as many groups as possible.

Don't believe either that you have to be intensely academic all the time just because of your school's reputation, or the fact that you're now in a post-secondary setting. In my case, I found within my community many people eager to hold movie nights, play Cards against Humanity, go to a vintage fashion crawl, talk about feminism, marathon Game of Thrones, and attend a plethora of concerts. And probably any other things you can imagine you'd want to do with your new friends too.

The main point is to not be discouraged even if you seem to be the odd one out at first, because likely people are just holding off on revealing all their interesting quirks right away. Who knows, maybe the shyest person during frosh will end up being your new best friend! Remember, when it comes to having a rewarding social life on campus, stay connected, try to put yourself in new situations, and speak to as many people as possible, even if you don't seem to click right away.

Academic Challenges & Meeting Your Goals

Next, let's consider how you are going to be successful academically this year. Depending on your study habits in high school, college or university could come as a huge wake-up call in terms of the effort required to get the grades you desire. Generally, there will be far fewer assignments, but the major assignments that you are given will be worth a greater percentage of your final mark. The marks you receive will generally reflect a combination of the effort you put into your work and variables you can't control for, such as if your TA is incredibly grumpy or if your writing was solid but you chose the easiest paper topic from the list and didn't say anything

that hasn't been said by others before. Your grades might initially drop about 10-15% from high school, but what is considered a "good grade" is also a bit lower, so things tend to even out.

Because you are not evaluated daily, it is also very easy to slack off and not finish readings in time for lectures. If you'd much rather catch up on sleep after spending the night out, that's your choice to make. Although, it would seem smart to me to get any partying done on nights when you don't have a 9 am or 10 am class the next morning, and especially not on St. Patrick's Day if it falls on a Monday before you have a midterm.

What about studying? Ah yes, while in high school you are confined to a classroom for six hours or more, now you might find you have a maximum of two or three hours of class a day, and some days maybe even none. The result is that you'll be spending most of your time not in class, but—you guessed it—studying. If study groups are not your style, it might be best to find your own secluded spot at the library. Studying with friends can usually only work if everyone faces away from each other and then convenes every half hour or so to discuss the material or go over answers.

"The main point is to not be discouraged even if you seem to be the odd one out at first, because likely people are just holding off on revealing all their interesting quirks right away."

SURVIVING THE **FIRST** YEAR OF COLLEGE/ UNIVERSITY



If you're facing your friend the entire time, it's hard not to get distracted, break into a staring contest, or pull up a funny YouTube video on your phone.

Which brings me to the greatest threat to succeeding in your academics – the Internet. That's right, blame those addicting BuzzFeed quizzes urging you to figure out which *Orange Is The New Black* character you are, when you should really be writing an essay about Plato's theory of the tripartite soul. If you plan to do well this year, consider printing out notes to have physical copies to study from, or better yet, take all your notes on pen and paper. If you want to be a laptop note-taker, here's some caution: I've seen people in lectures with upwards of 10 tabs open; once I saw a girl watch two full episodes of *Buffy the Vampire Slayer* muted with captions on while also minimizing the screen to take notes. Don't be the person who sends mass e-mails to everyone in a course, begging to pay for notes come exam time because the ones you made were inadequate. Not only is purchasing notes (or buying an essay from one of many services you will see advertised on campus) ethically wrong, but your parents are likely the ones paying for your education, and it seems wrong to me that you wouldn't engage with your learning and try your hardest on your own. Besides that, academic offenses are serious. It is better to protect yourself from accusations of plagiarism by over-citing, even if that means adding fifty extra footnotes to your paper. If you have concerns about your ability to complete an assignment, send an e-mail to your TA. Most are fourth-year students who've been through it all before, and in my experience they will do their best to accommodate you.

When it comes to academics, the main thing is to develop good study habits and good note-taking skills. The ability to stay disciplined and focused when need be also helps. If you don't feel adequate about your own learning strategies, do not

be afraid to ask for help. There is lots of support available for students seeking academic help.

Living Situations & Packing Tips

Beyond what you should expect socially and academically, it's important to talk about some of the practicalities involved with moving on to this next phase of your life. If you'll be living away from home, it's important that you know whether you will be living on-campus or off, and complete any applications for residence. In searching for off-campus housing, investigate the time it will take for you to reach each of your classes, and whether or not the building is student-friendly. Will you be living with a room-mate or in a single room? Learn to do laundry and cook—these are basic life skills that many students take for granted if they have parents at home who have performed these tasks for them over the years.

When packing for your big move, make sure you've read the guidelines about what your residence or building allows in your room. Smoking is probably a 'no', and large appliances like microwaves or mini bar-fridges may or may not be allowed in student dorms. Most student residences probably have amenities like laundry or weight/work-out rooms; that's another thing to check into. At my school, a gym membership along with other services like access to counselling and health services were all included with the cost of paying tuition.

In figuring out what to pack, I find it best to start with major things like furniture, bedding, pillows, any small appliances like a kettle or electric hot plate, a desk lamp, laundry basket (maybe one on wheels), and at least two bath and hand towels, as well as toiletries. Most people will have their own laptop and a printer in their room, so don't forget to try out



“Remember, even Harry Potter had to follow the rules when packing for Hogwarts... When packing, it’s crucial to *only* bring what you will truly need.”



these items before leaving home if buying them new. Bring all chargers you’ll need and an Ethernet cable if you’re unaware of the reliability of the WiFi connection at your school. Also, any college or university student needs an abundance of paper plates and cutlery, mugs, and dry foods to snack on. Rice cakes and peanut butter aren’t the most glamorous of foods, but they will soon become your staples.

As for clothing, there might be a desire to dress a bit showy at first, but once first semester midterms are in full swing, nobody will judge you for wearing comfortable clothing that you can slip on in a hurry and still look put together in. Think long sleeve tees and sweaters for those crisp fall months. There’s no harm either in packing a long overcoat and slippers in case you’re dragged out of bed by a fire alarm either.

Remember, even Harry Potter had to follow the rules when packing for Hogwarts—each student may bring only one of the following: a cat, a rat, a toad, or an owl. When packing, it’s crucial to *only* bring what you will truly need.

On a personal and final note, living on-campus requires that you have common courtesy for your floor mates. Don’t be someone who feels the need to cook a piece of fish in the communal kitchen at 8 pm, setting off the fire alarm while people are trying to get ready for a charity ball, and leaving the hall smelling of fish for two weeks. Trust me, not cool...

Well, that’s about all I can say from what I’ve surmised as a first-year university survivor. I’m sure after reading this far, you’re now inspired to get out there, make some of your own memories, and face your own challenges along the road that will lead you to wherever it is you hope to be. Here’s a quote from one of my favourite poets, Walt Whitman: “*Not I, nor anyone else, can travel that road for you. You must travel it by yourself. It is not far. It is within reach.*” Good luck!

Molly Dawe is a second year student at the University of Toronto, St. George, doing a specialist degree in English. She loves going to concerts, blogging, reading, and spending time with her dog, a 9-year old golden-doodle.

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The Many Faces of POLITICS

To vote or not to vote; that's what thousands of us ask ourselves every time there's an election. Many people wonder, "What's the point? None of the candidates are good, so why bother with my opinion". To others, the reason is simple – they just don't care. Me? I've been going out to vote since I turned 18, and sure there have been times when I've seen that no matter what happens we'll be stuck with a government and leader who isn't exactly the best. But if you don't go out and vote, then you'll for sure be stuck with a candidate that could end up being the worst of the lot.

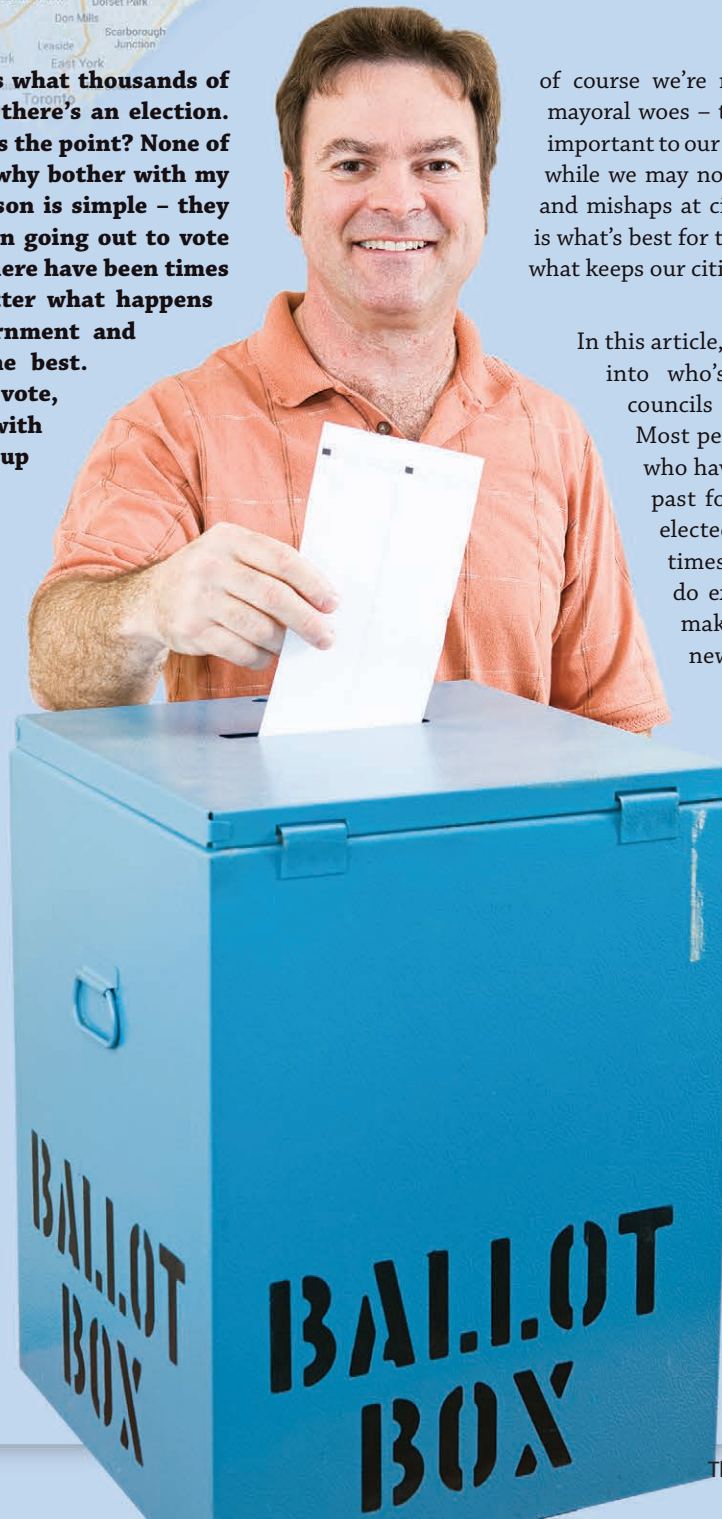
We just got out of a provincial election for Ontario, and let's face it we all knew the candidates and their platforms weren't the best. You either took one side of the political spectrum or the other, and in the end voters chose the safe route and back up the current government. But I'm not writing today about Kathleen Wynne, and I'm definitely not going to be discussing Harper and the federal government. This is about the government and upcoming election that hits us all closest to home – the municipal election on October 27, 2014.

Even though it might not be as high profile as the federal and provincial elections –

of course we're not including Toronto and it's mayoral woes – the municipal election is just as important to our everyday lives as the others. And while we may not all get to hear about scandals and mishaps at city hall, the less action we have is what's best for the municipal government as it's what keeps our cities running.

In this article, I'll be giving you a little insight into who's running for seats on city councils throughout Durham Region. Most people on the list are incumbents who have been doing these jobs for the past four years, and many have been elected to their positions multiple times because in my opinion, they do exemplary jobs and continue to make their city better with each new term.

The candidates listed below are running for their city council as of July 11th, but many more can join the race as the cut-off date to announce candidacy isn't until September 11th. Incumbents listed below are currently serving on council and will be running for re-election unless stated otherwise. Please note, we at The Local Biz Magazine do *not* officially support any candidate and this article isn't meant to influence *who* you vote for. Rather, it's to inform you of the candidates in your area, so you will get out there and vote!





Township of Scugog

The Township of Scugog which was established in 1974 was originally divided between the townships of Reach and Cartwright, but the creation of Lake Scugog (via a dam) in 1834 created Scugog Island and effectively separated Scugog from its former townships. When Durham was created, the Scugog we know today was created after putting Scugog, Reach, Cartwright, and Port Perry together.

The Incumbents:

Mayor - Chuck Mercier
Regional Councillor - Bobbie Drew
Ward 1 Councillor - Larry Corrigan
(is NOT running for council in the 2014 election as of July 11th)
Ward 2 Councillor - John R Hancock
Ward 3 Councillor - Jim Howard
(is NOT running for council in the 2014 election as of July 11th)
Ward 4 Councillor - Wilma Wotten
Ward 5 Councillor - Howard Danson

The Newcomers:

Mayor - Tom Rowett
Regional Councillor - Mark Reid
Ward 1 Councillor - Joe Mahoney
Ward 2 Councillor - Joana Guido
Ward 3 Councillor - Bill McKee, Don Kett
Ward 4 Councillor - Aaron Hopkins
Ward 5 Councillor - Jennifer Back
Regional Chair - Michael Deegan,
Roger Anderson

Township of Brock

Originally part of York County, Brock was named after Major General Sir Isaac Brock. This township includes Beaverton, Cannington, and was amalgamated with Thorah Township when it was restructured and includes the ghost-town of Vroomanton.

The Incumbents:

Mayor - Terry Clayton
Regional Councillor - Debbie Bath
(Will be running for Mayor in the 2014 election as of July 11th)
Ward 1 Councillor - Mike Manchester
(is NOT running for council in the 2014 election as of July 11th)
Ward 2 Councillor - Randy Skinner
Ward 3 Councillor - Walter Schummer
(is NOT running for council in the 2014 election as of July 11th)

Ward 4 Councillor - Keith Shier
Ward 5 Councillor - W.E. Ted Smith
(Will be running for Regional Councillor in the 2014 election as of July 11th)

The Newcomers:

Mayor - Dorothy Sanderson, John Grant
Regional Councillor - Penny Judge,
Joe Allin
Ward 1 Councillor - Barb Smith,
Gord Lodwick
Ward 2 Councillor *(No opposition to the incumbent)*
Ward 3 Councillor - Kim Bouwmeester,
Mike Parliament
Ward 4 Councillor - Therese Miller
Ward 5 Councillor - Allan MacLean
Simpson, Lynn Campbell, David Marquis,
Tony Laundrie

Township of Uxbridge

Uxbridge is known as the trail capital of Canada with over 220km of trails. It also houses the York Durham Heritage Railway. Originally it was established in 1850 and was named for Uxbridge England. The communities that belong to the Township of Uxbridge include Uxbridge, Coppins Corners, Goodwood, Leaskdale, Sandford, Siloam, Victoria's Corner, and Zephyr.

The Incumbents:

Mayor - Gerri Lynn O'Connor
Regional Councillor - Jack Ballinger
Ward 1 Councillor - Beverly Northeast
Ward 2 Councillor - Pat Molloy
Ward 3 Councillor - Pat Mikuse
Ward 4 Councillor - Jacob Mantle
(is NOT running for council in the 2014 election as of July 11th)
Ward 5 Councillor - Gordon Highet
(is NOT running for council in the 2014 election as of July 11th)

The Newcomers:

Mayor - Bob Shepherd, Ted Eng
Regional Councillor - Jon Taylor
Ward 1 Councillor - Sally Brady,
Pamela Beach
Ward 2 Councillor *(No opposition to the incumbent)*
Ward 3 Councillor - Bob Harrison
Ward 4 Councillor - Dave Granic,
Fred Bryan, Conrad Boyce
Ward 5 Councillor - Joy Whalen

Municipality of Clarington

The municipality of Clarington was originally created in 1973 after it merged with the Town of Bowmanville, as well as the townships of Clarke and Darlington. Clarington took its name after almost 20 years of being known as Newcastle. It has four major urban communities which include Bowmanville, Courtice, Newcastle, and Orono, but it also has over 20 rural communities within it.

The Incumbents:

Mayor - Adrian Foster
Regional Councillor Wards 1 & 2 -
Mary Novak
Regional Councillor Wards 3 & 4 -
Willie Woo has
Ward 1 Councillor - Joe Neal
(Will be running for regional councillor Wards 1 & 2 in the 2014 election as of July 11th)
Ward 2 Councillor - Ron Hooper
Ward 3 Councillor - Corinna Trail
Ward 4 Councillor - Wendy Partner

The Newcomers:

Mayor *(No opposition to the incumbent)*
Regional Councillor Wards 1 & 2
(No newcomers to the race as of July 11th)
Regional Councillor Wards 3 & 4
(No opposition to the incumbent)
Ward 1 Councillor - Steven Conway,
Sami Elhajjeh, Thomas Sheehan,
Steven Cooke, Dave Wilson
Ward 2 Councillor *(No opposition to the incumbent)*
Ward 3 Councillor - Tracey Ali, Bonnie
Seto, Mark Alan Canning
Ward 4 Councillor - Ron Hovianseian,
Kevin Anyan

City of Oshawa

Oshawa is known as the largest region in Durham and has been around since 1850. As of 2011, Oshawa has become the automotive capital of Canada, and is even home to the General Motors Centre Arena.

The Incumbents:

Mayor - John G. Henry
Regional Councillors - John R. Aker, Bob
Chapman, Nancy Diamond, Amy England,
Tito-Dante Marimpietri, John Neal, Nester
Pidwerbecki



City Councillors - Roger Bouma (*Will be running for Regional Councillor in the 2014 election as of July 11th*), Doug Sanders, Bruce Wood

The Newcomers

Mayor - Lou Devuono

Dan Hammond - Joe Ingino, Adam White, Donald Fred Woermke

Regional Councillors - Dan Carter, Debbie Grills, Shane Kelly, Bill Longworth, Mac Moreau, David Purdy, Tariq Rana, Chris Topple, Adam Wagstaffe

City Councillors - Gail Bates, Joshua Bickle, Derek Giberson, Jeff Goodall, Rick Kerr, Brian Nicholson, Stuart Smith, Bill Steele, Diane Stephen

Town of Whitby

Around since 1855, Whitby has been home to a number of notable residents like Jim Flaherty, NHL stars Adam Foote and Joe Nieuwendyk, and writer Leslie McFarlane. Most of Whitby is urban, but much of the northern area belongs to rural communities like Ashburn, Brooklin, Myrtle, and Myrtle Station.

The Incumbents:

Mayor - Pat Perkins

Deputy Mayor - Don Mitchell (Also Regional Councillor) (*Will be running for Mayor in the 2014 election as of July 11th*)

Regional Councillors - Lorne Coe, Joe Drumm

North Ward Councillor - Derrick Gleed

West Ward Councillor - Elizabeth Roy (*Will be running for Regional Councillor in the 2014 election as of July 11th*)

Centre Ward Councillor - Michael G. Emm

East Ward Councillor - Ken Montague

The Newcomers:

Mayor - Lumy Omat, Ros Whitby

Regional Councillors - John Dolstra, Stacey Leadbetter

North Ward Councillor - Bill Windrem

West Ward Councillor - Chris Butryn, Matt Cardwell, Les Kariunas, Chris Leahy

Centre Ward Councillor - Peter Bereczki, Vera A. Felgemacher, Dave Sansom, Shirley Scott, Scott Templeton

East Ward Councillor - Ajay Krishnan, Ira Michael Peters, Steve Yamada

City Of Pickering

The town farthest to the west of Durham and bordering Scarborough was first established as a township in 1811 and has since grown into a city since the 2000s. The City of Pickering at one point used to include Ajax, but they are now separate districts, each with their own governing council.

The Incumbents:

Mayor - Dave Ryan

Regional Councillor Ward 1 -

Jennifer O'Connell

Regional Councillor Ward 2 - Bill McLean

Regional Councillor Ward 3 -

Peter Rodrigues

Councillor Ward 1 - Kevin Ashe

Councillor Ward 2 - Doug Dickerson -

Councillor Ward 3 - David Pickles

(*Will be running for Regional Councillor Ward 3 in the 2014 election as of July 11th*)

The Newcomers:

Mayor - Edoh Apaloo, Maurice Brenner

Regional Councillor Ward 1 -

Myrna Picotte, Shawn Sandrasagara, Nick Tsatsakos

Regional Councillor Ward 2 -

Keith Falconer

Regional Councillor Ward 3

(*No newcomers to council as of July 11th*)

Councillor Ward 1 - Deborah Bissett, Lisa Robinson

Councillor Ward 2 - Ian Cumming, Cody Morrison

Councillor Ward 3 - Shaheen Butt, Rick Johnson, Nick Nikopoulos, Malcolm Schell

Town of Ajax

Named after HMS Ajax the Royal Navy cruiser, Ajax is known as the city by the lake. One of the later establishments in 1955, Ajax was once part of Pickering and is now one of the fastest growing in terms of population and economy.

The Incumbents:

Mayor - Steve Parish

Regional Councillor Wards 1 & 2 - Shaun Collier

Regional Councillor Wards 3 & 4 - Colleen Jordan

Councillor Ward 1 - Marilyn Crawford

Councillor Ward 2 - Renrick Ashby

Councillor Ward 3 - Joanne Dies

Councillor Ward 4 - Pat Brown

The Newcomers:

Mayor - Waran Vaithilingam

Regional Councillor Wards 1 & 2 - Tyrone H. Fernando

Regional Councillor Wards 3 & 4 (No opposition to the incumbent)

Councillor Ward 1 - Nadine Walker

Councillor Ward 2 - Nancy Henry, Paul Mitchell, Rob Tyler Morin

Councillor Ward 3 (No opposition to the incumbent)

Councillor Ward 4 - Kurtis McAleer

Durham District School Board Trustee - Gina Heeger

Now that you know the list of incumbents and newcomers in Durham region for the 2014 municipal election, we encourage you to get to know them better. Becoming an informed voter is *exactly* what's needed to help keep our cities running. By getting out there, listening to debates and looking into each candidate, we can all learn what they stand for and who best represents our needs.

So go on Durham, learn what each candidates platform is and what they would do for your city if elected. And then on October 27, 2014, get out there and vote! Make the decision to cast your ballot; don't be one of the people who sit by the wayside and let the answers to their questions and issues be pushed aside. Get out there, get yourself informed, and finally, help elect the people *you* want to see working for you and your city!

Sean Heeger is a 22 year old journalism student from Ajax. A once passionate law student, he finished studies at UOIT in the field of criminology, but discovered his love for journalism after he started and ran the UOIT Torch newspaper. Now ready to start in this field, he looks forward to beginning school for journalism and writing full-time. Sean also writes for The Local Biz Magazine online where you can read his sports blog 'For the Love of Goals'. For more information about the 2014 Municipal Election visit www.durham.ca

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AT THE BOX OFFICE by Stephanie Herrera

Summer went by in the blink of an eye! While those eyes are open, check out the upcoming movies this fall that will be sure to amaze! For The Kid In Us All

If you are a fan of The Hunger Games, you'll really enjoy the latest book adapted to film, **The Maze Runner** starting September 19th. The story begins when Thomas wakes up trapped in a massive maze with a group of other boys. He has no memory of the outside world other than strange dreams about a mysterious organization known as W.C.K.D. Only by piecing together fragments of his past (with clues he discovers in the maze), can Thomas hope to uncover his true purpose and a way to escape.

Fans of the children's book **Alexander and the Terrible, Horrible, No Good, Very Bad Day** are in for a treat with the live action adaptation. A twist on the book, we meet Alexander as he experiences the most terrible and horrible day of his young life. When Alexander tells his upbeat family about his disastrous day, he finds little sympathy and begins to wonder if bad things only happen to him. He soon learns he is not alone when he discovers that his entire family is living through their own terrible, horrible, no good, very bad day. Anyone who says there is no such thing as a bad day just hasn't had one, and this one starts October 10th.

Thriller & Action

On October 24th, check out **Kingsman: The Secret Service**. A suave, old-school British superspy recruits an unrefined but promising street kid into his agency's ultra-competitive training program just as a global threat emerges from a twisted American entrepreneur. This movie has a James Bond meets The Fast and Furious feel that is an adrenaline rush with class!

If you're up for a true sci-fi film, check out **Interstellar** (November 7th), a space travel story about a group of explorers who travel through a worm hole and into another dimension. Based on real science, the film will explore the mind-bending territory of black holes and gravity waves and touch on some of the hypotheses that Albert Einstein chased but never could prove.

Comedy

Barely Lethal has a Never Been Kissed meets 21 Jump Street feel. Special Ops Agent Megan fakes her own death and enrolls in a suburban high school. Hoping to live the life of a "normal" teenager, she discovers that being popular, dating, and fitting in isn't as easy as she thought. Complicating matters is Victoria, her former handler and current nemesis, who enlists rival teen Special Agent Heather to go undercover at her high school and capture her.

One of the most anticipated comedies this fall is the return of the characters Lloyd and Harry in **Dumb and Dumber To**. The plot follows Harry Dunne (Jeff Daniels) and Lloyd Christmas (Jim Carrey) 20 years later trying to track down one of their children.

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

It's the Most Wonderful Time of the Year!

Schools back on! Science and math and tests, oh my! It's the time of the year to tie up those sun-kissed locks and get down to business. This doesn't mean however that we have to sacrifice looking good. It just means a change in the regime. As we roll into fall, here are some handy tips we need to keep in mind.

Product Changes

With the change of weather, our skin and hair needs change. You'll want to use products that are multifunctional (to save time), but more hydrating. A really good shampoo and conditioner are always a good place to start. Pick up some litre duos. This time of year they are usually available and it'll definitely save you some money! Follow up with a light styling cream like KMS Silk Sheen Styling Lotion. It's really versatile so you can head out with very little fuss. Get a skin moisturizer with a little more oomph as well; the air is getting chilly and you'll be thankful for the added moisture. I'm a big fan of the Smash Box CC Cream; it's an all-in-one product that needs pretty much nothing else for a quick sheer coverage application.

Styling Options

Thank goodness ponytails and braids are still in style this year! Nothing is easier than a ponytail. If you're brave, you can always sport a super trendy short hair cut like Big Bang Theory's, Kaley Cuoco. The softer sombre look for hair color is a great way to have a very low maintenance pop of color. Soft lilacs and bolder colors are making a huge come back. You might want to avoid them though, if spending time on homework is more important than spending time in the salon.

The Locker List

So aside from mirrors, wipe boards and pencil holders, I thought of some other stuff for the locker list. As someone who hates to be somewhere unprepared, here are a few things one might need just in case.

Bobby Pins/hair ties – Great for that annoying piece of hair that keeps hanging in your eyes or, a quick updo!

Baby Wipes – So many reasons! Quick make up remover; spilled lunch on shirt remover; temporary flyaway hair tamer.

Hairspray – If bobby pins just don't cut it, hairspray can help!

Dry Shampoo – Useful if you didn't have time to wash your hair, or first period is gym.

Other useful items include a brush, deodorant, lotion and lip balm

Keep these simple things in mind to have great looking hair this fall season!

Stephanie Pommells is a hair dresser and salon owner of 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 also enjoys writing and researching the latest techniques in order to expand her expertise.

Real Estate Report

by Ryan Smith

Save Money AND Energy

As we roll into fall, many of you will begin cranking up the heat. It's a dreadful thought for some. Not because winter is around the corner, but because that means huge heating bills! There are things you can do about it to make it a little less scary though. I want to share some simple and inexpensive things you can do to ensure you put more money in your pocket, and keep more heat in your home.

Many home owners don't even realize that they have heating problems and could be wasting money and energy and not even know it. By following up on problems, you can lower energy bills by 5% to 30% annually. With annual energy bills now in the thousands of dollars each year, investing in fixes or energy-efficient replacement products could save you a ton of money. Leave the deerstalker hat and magnifying glass behind. To be an energy detective, all you need is a flashlight, screwdriver, paint stirrer, tape measure, and—not just for serenity's sake—a stick of incense.

1. Hunt down drafts. Hold a lit stick of incense near windows, doors, electrical outlets, range hoods, plumbing and ceiling fixtures, attic hatches, and ceiling fans in bathrooms—anywhere drafts might sneak in. Watch for smoke movement. Note what sources need caulk, sealant, weather-stripping, or insulation.

2. Check attic insulation. Winter or summer, insulation does the most good when it's overhead, so start with the attic. First, do you have insulation? If the insulation you see covers the tops of the joists by several inches, you probably have enough. If the insulation is only even with the tops of the joists, you probably need to add insulation.

3. Check wall insulation. Remove electrical outlet covers to see if your wall contains insulation. Shut off power to the receptacle before probing beside the electrical box with a wooden paint stirrer. Check some switch boxes as well. Their higher wall location lets you see if blown-in insulation has settled.

4. Look for stains on insulation. These often indicate air leaks from a hole behind the insulation, such as a duct hole or crack in an exterior wall. Seal gaps with caulk or spray foam insulation.

5. Inspect exposed ducts. Look for obvious holes and whether joints are sealed. Heating, ventilation, and cooling (HVAC) ducts are made of thin metal and easily conduct heat. Consider insulating them. Uninsulated or poorly insulated ducts in unconditioned spaces can lose 10% to 30% of the energy used to heat and cool your home.

6. Check anything that goes through an exterior wall. Examine dryer ducts, plumbing lines under sinks and vanities; anything that pierces a wall. Any gaps around it should be sealed with spray foam insulation or caulk.

So now that you know what to do, get out and check for those sneaky leaks. And remember to stay warm this fall. Your family and wallet will thank you!

.....
Ryan Smith 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

"30 years from now, it won't matter what shoes you wore, how your hair looked, or what jeans you bought. What will matter is what you learned and how you used it." - Unknown

It is fall once again readers! The leaves are falling and the weather is getting cooler. I hope you all had excellent summers that were full of trying new things. My family, friends, and I had a great time doing things we've never done before. Sadly, our two months of freedom are now over and another school year has begun.

Since school has started up again, I thought I could give you some tips on studying so you can get the best grades possible this year.

One studying technique I use often is cue cards. I find them very helpful because I write out all the things I need to know and then I quiz myself on it when I'm done. If you don't like cue cards, you can just make study notes in general. Put all your information on one page. Writing out the things you need to know actually does help your brain remember them later on.

Another thing you can do is have a friend or family member test you. Have them ask you questions out loud and see if you can answer them. If you know the answer before they are done asking, you're ready. If you really need to think about it, a little more studying should be done.

Lastly, don't just memorize the things you need to remember, know them. All throughout my elementary years, I memorized the information I needed to know and then afterwards forgot about it. Once I got to high school, I realized that this trick won't be helping me much longer. I had to really know and understand what I was learning in order to do well. So my advice to you is, know what you're learning and *really* understand the things you're studying; it will help you in the long run.

Finally, I want you all to remember the quote mentioned above this school year. In life, a pair of jeans or new shoes won't help you. Like the quote says, what matters is what you learned and how you used it. A new school year is a great time to set new goals, dream new dreams and start with a clean slate. So don't worry about the material things in life, because at the end of the day, they don't really matter.

Victoria Cozza is a 15 year old, grade 10 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



We had such a late start to summer this year, and already it's fall and the kids are heading back to school or college / university. For some, it may even be the first stint away from home at university.

For many families, the summer is a wonderful time when you don't have to get the kids up for school, make packed lunches or plan dinners. A lot of after school activities stop too, so no rushing off to hockey practice, soccer or music lessons. Even people with no children to worry about seem to slow down during the summer and enjoy long weekends, summer hours at work or vacations. We tend to eat lighter meals and more salads, so less food prep and cooking is required especially when the barbeque is king!

So how do you snap back into the hustle and bustle of September and meet all the demands it brings? How do you make sure you and your family eat nutritious meals while keeping your sanity? Organization and planning is the key to harmony in the home. Firstly, you need to keep a good stocked pantry of essentials that your family regularly uses. When you only have to grab fresh produce on your way home it makes things a lot easier.

The weekends are a great time to get organized. Make a menu for the week taking into account any after school activities or late work nights. Buy the provisions you need to complete the menus. Try to keep away from fast food and take-out. A good quality pizza once a week when you are really pushed for time is not the end of the world; but make it a rare occasion rather than the general fallback position.

A really good staple to use is ground meat; not only does it tend to be more cost effective than other meat but it is also generally a favourite with kids and quick to cook. We like to use a blend of pork, veal and beef, but we also use chicken, turkey and lamb for certain recipes. Make sure you buy good quality meat preferably organic, or at least guaranteed to be free from hormones, antibiotics and other harmful chemicals. Going to a local butcher and getting to know them helps you make informed purchases as they know where their meat comes from and can often give you some great cooking tips. We buy several pounds of ground meat at a time and make meatballs, sausages (you don't need skins), shepherd's pie, Bolognese and burgers; we keep some in the fridge for immediate use and portion off the rest and freeze for later.

Don't forget, your farmer's markets are usually open until late October and will often have some great deals on produce that you can buy in bulk to preserve for the coming winter months. As always, vote at the cash register Durhameer's and support your community by buying from Durham's local food producers.

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

Beef & Dumpling Bake

You will need...

2 lbs of Ground Meat
1 Large Onion, finely chopped
2 Cloves of Garlic, finely chopped
1 28 oz Can of Tomatoes, chopped
2 tbsp Tomato Paste
1 tbsp Vegetable Oil
6 ozs Flour, plus 1 tbsp
1 Heaped tsp of Baking Powder
3 ozs Beef Suet
½ tsp Dried Mixed Herbs
Sea Salt & Freshly Ground Black Pepper



How it's done...

This is a dish my mother used to make for us regularly and its origins are from the north of England when meat was scarce and you had to make your pennies go a long way; this meal will serve 6 people.

Preheat the oven to 400°F. In a large sauté pan, add the oil and warm over moderate heat. Then add the onion and garlic and cook gently until transparent. Add the meat and break up with a spatula cooking until it is brown and no pink remains. Transfer to an oven proof dish with a capacity of about 12-14 cups. Put the chopped tomatoes and tomato paste into the pan and heat but do not boil. Mix the 1 tablespoon of flour with enough water to make a smooth loose paste, stir into the tomato mixture and bring to a simmer until slightly thickened. Pour into the dish with the meat and mix well. Season with salt and pepper. Now put the dish into the preheated oven.

Next, make the dumplings by mixing in a bowl the flour, baking powder, suet, dried herbs and some salt and pepper. Stir in enough cold water, approx. ¼ cup, to make a soft but not too sticky dough. Keeping your hands lightly floured, form the dough into 12 small balls. Take the meat sauce out of the oven which should now be bubbling, and carefully drop the dumplings onto the surface; they should not be submerged. Put back into the oven for 20-25 minutes until the dumplings have puffed up and are golden brown on top. Serve with fresh vegetables or salad.

Did you know?

4 ozs of ground lean beef is 243 calories and 21 grams of protein, compared to 4 ozs of New York steak at 258 calories and 23 grams of protein. There is not much difference, except the price!

Wine pick for this dish

Just like steak, this lean ground beef dish works well with a good red wine. Try Angel's Gate Pinot Noir VQA from the vintages section for \$14.95. It is light bodied and fruity.



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Taking THE Lead by Corry Hamilton



Canine Degenerative Myelopathy

You start to notice that your dog is having difficulty getting up and walking. You are noticing tremors in his back legs, and that his back nails are worn down. You wonder if he hurt himself or because he's over five, whether arthritis is setting in. You take him in to the vet and after some tests; you are told your dog has degenerative myelopathy.

So what is degenerative myelopathy? Degenerative myelopathy is an autoimmune disease that attacks the nervous system causing a loss of myelin and axons. The nerves of the spinal cord are being destroyed, resulting in muscles no longer working and finally your dog being unable to walk. This can be a very scary diagnosis as most dogs will generally be paralyzed between six months to three years of being diagnosed.

Now here is the good news. Degenerative myelopathy is thought to be painless. If you are willing to work with your dog, massage, hydrotherapy and physiotherapy can be very helpful. Anti-inflammatory and immune boosting diets and supplements may also help with slowing the progression of the disease. You may also want to invest in a rear end harness to not only help your dog, but to also save your back by lifting them properly. Investing in a wheelchair to aid in your dog's mobility can help keep them active.

While degenerative myelopathy is an incurable disease, it does not have to be a depressing diagnosis. It can be the beginning of a new relationship with your dog. Work on finding creative mobility solutions. Continue to build on that incredible bond you share and enjoy the time you have with them.

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:

I have a daughter that is 9 years old and she hears the dead. This is not something that has happened in our family before and frankly, I was really skeptical at first. Quite often our daughter would be telling us about the lady standing in the corner and of course, we did not or could not see her. Until one day she came to my husband and myself and told us something about my husband's father that had passed that even my husband did not know. When she told us the story, we asked her how did she know this and her reply was, "I was standing there; I saw the whole thing". She could tell us detail that seemed to be so farfetched at the time. My husband went to a trusted family member and confirmed each detail. Now I believe her and need your help. She cannot sleep in her room at night and has not for years. School is such a stressful place for her with her gift. What do I do Sue-Ann?

Signed: Concerned Mother

A. Believing her is the beginning of good things. By believing her, you lift part of the fear that is attached to this gift. Being able to verify in detail what she is seeing and hearing will go a long way to build her confidence with her gift and possibly gifts. With age and maturity, she will become who she was meant to be. You need a great deal of maturity to get through this, so do not rush the process or allow anyone to question her if she sees their dead relative. Your daughter needs to live a life and have a childhood; there will be lots of time for that if her gift is meant to be used in that way. In the meantime, getting through childhood unscathed by stigma, judgement and fear is your first priority. School can be a very stressful place without this gift, and it only increases with it because there is so much that exists within a school. When you are sensitive, you feel all the emotions that are attached to everyone around you and that can become quite overwhelming. Spiritual beliefs play a huge roll in who she will become. Recognizing that there are many ways to worship, if you and your husband are not already practising some type of faith regularly, now is the time to address that. Your daughter needs a firm stronghold in her conviction and beliefs in God. The unseen world is a very complicated place and if you have no belief system it gets more complicated. Faith is the best gift that you can give her as it will get her through what is to come, not only with her gift but with her life. You can contact me at www.divinelane.com and we can discuss this further when you are ready.

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

Change? No Way!

I am the way I am. I can't change. Change is hard. Change is uncomfortable. I want to change, but am afraid. What if others do not like me? What will my family and friends think?

The list goes on...

Have you heard, or said any (or some variation) of the above as to why change is not for you, even though you desire it?

Another season is approaching. You said you would change at the end of winter that came and went. Then it was I will change at the start of summer, the new year, my next birthday. How about when the kids get older or when I get married? I want to change my career. I want to go back to school. I want to take up a new hobby. You get the idea. Another day passes... same old same old.

How do we change?

The answer is simple; the execution is essential. If you are willing to change, you can start living a more abundant life. You would be experiencing new adventures, working at a job that brings fulfillment, traveling, being fully engaged in all your relationships, being comfortable with who you desire to be and living life in the present, rather than someday.

What makes change so hard?

One reason I know for sure is Fear. Fear keeps us hostage in our most undesirable circumstances and places. How often have we thought about changing, only to resort back to our comfort zone? We know intellectually very little growth happens in comfort, yet we settle there. We don't want to take the risk. What if I fail? Let's look at that. In most of these situations, what is the worst that will happen? People will think we are crazy starting or trying something new.

If we do nothing however, time will still pass by. That course you wanted to take; that new hobby you were going to take up; that trip. All the things that were going to take too long, your inaction will *not* stop the time from passing. You would have completed that course, taken that trip, improved your relationships, and now you would be on to a new area of growth in your life.

Fear is illusionary. Don't fall victim to the mirage of fear. Set that goal, and then refuse to give into fear. As you step into a new situation, it's going to feel a little scary at first. The great news is that the fear will pass. Remember riding your bike for the first couple of times? How long was it before the fear was gone? Don't tell yourself, "I'm older now, so it's different." In a very short time, as you see the new positive situation unfolding, you will be asking yourself, what took me so long, what was I afraid of?


A recent survey of palliative care workers reported these were the most common responses from people who didn't have very long to live: I wish I'd had the courage to live a life true to myself, not the life others expected of me. I wish I didn't work so hard. I wish I'd had the courage to express my feelings. I wish I had stayed in touch with my friends.



Live the life God intended for you.


Change? Yes! Start today, your life depends on it.

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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The Golden Years

When September rolls around, I feel the need to buy a brand new outfit, as well as a lunch pail with a thermos. And of course, I also feel the urge to get some brand new notebooks and pencils that are yet to be sharpened!

When September arrives, the world seems to start again no matter how old we are. While our grandchildren head back to school, so too do some of us. Both Durham Boards of Education offer Continuing Education programs for adults who wish to further their education in some way. Programs are offered throughout the region. There are credit courses (e.g. Geography, Chemistry etc.) as well as non-credit courses (e.g. Vegan Cooking, Belly Dancing etc.). You can complete high school if you didn't complete it when you were younger. Computer courses are offered. ESL, language and citizenship classes are also available for newcomers to Canada, as are literacy programs for those struggling with basic literacy. (On a side note, for those wishing to upgrade their literacy skills, we have a feature article this issue about literacy organizations and literacy and basic skills programs offered in Durham.)

Some seniors may choose to head back to university or college. According to the Ministry of Training, Colleges and Universities, in Ontario in 2013-2014, 1,538 university students were 60+ years of age. This number reflects enrolment at all levels (Undergraduate, Masters and PhD). Here in Durham Region, we are blessed with UOIT, Trent University (Oshawa Campus) and Durham College, who offer a myriad of programs and courses to suit your interests. Did you know also that seniors may be eligible for FREE tuition at some universities in Ontario? York and Ryerson for instance, are two universities that may waive all or part of the tuition fees for adults 60+ wanting to go back to school. Check with the university you are interested in to see if they offer this incentive as well.

Many of us also head back to Senior Citizen Centres which offer countless activities we can take part in. Once you are a member, a whole world of possibilities opens up for you. Like to workout? There are activities for those who need a gentle workout, as well as activities for those looking for something more energetic. Love to dance? You can do it. There are also various classes for artists (or for those who dream of being artists). Writing classes are available. Classes in Science and History are often offered. If you want to familiarize yourself with your computer and learn how to use it properly, you can do that too! (I'm hoping there will be a course that teaches me how to navigate Windows 8.1 on my computer. Don't get me started on the problems I had using it!) By the way, if you are 'new in town', Senior Centres are also a great way to meet people, make friends and become part of the community!

So if you choose to head back to the classroom this fall, know that there are countless options available to suit your needs throughout the Durham Region. And remember, you're never too old to learn; you're never too old to go 'back to school'.

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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Horoscope (SEPTEMBER 2014 - NOVEMBER 2014)

by Julie Antoinette

Aquarius (Jan. 20th - Feb. 19th)

Taking the next step in your relationship will come into focus. Will you move in together? Marry or start a family? If you are single, love relationships beginning at this time could last many years. This is a time to consider long term commitments and your relationship to commitment in particular. Commitment doesn't necessarily mean loss of freedom. It's time to redefine your definitions.

Pisces (Feb. 20th - March 20th)

You've had an incredibly successful year professionally. This streak will surely last. However, it seems you've neglected your creative side. You've heard the whispers and felt the nudges. Your inner child is tugging at your pant leg for a play date. Indulge your little you. You'll be so glad you did.

Aries (March 21st - April 20th)

Be careful that your mental pride does not negatively influence your personal life or create controversy with loved ones. Creativity and support from your professional environment will be abundant. Pay special attention to partnerships, both personal and professional. Balancing your attention between these two areas will increase your energy and success.

Taurus (April 21st - May 21st)

A burst of new creative energy comes to you with added support from your professional contacts. This is a good time to overcome competition as you will be soaring to new heights. Your reservoir of social contacts also greatly increases. Enjoy and nurture the new growth in your social and professional life because it will benefit your projects and dreams in unexpected ways.

Gemini (May 22nd - June 21st)

The planets urge you to slow down and replenish. As the final months of 2014 wind down, take stock of your accomplishments and dreams. What dreams remain unaccomplished? Did they fall by the wayside in favour of other's dreams or plans? This drains you and may result in regret and depression long term. Remember, there's no crime in putting yourself first, but it is a crime over time if you don't. Hope deferred makes the heart sick.

Cancer (June 22nd - July 22nd)

Are you feeling exasperated? Do the results match your expectations? Likely not lately and the disappointment and frustration of it wears on you. Lighten up! There are hidden treasures to be found when expectations are temporarily suspended. The planets invite you to go on a treasure hunt and leave your agenda behind. What you find will fill you with delight.

Leo (July 23rd - Aug. 22nd)

You've worked diligently and maintained your laser-like focus. This has benefited you immensely and brought you many profitable returns. You're definitely not one to rest on your laurels, so don't worry that you'll become lazy or complacent. However, take notice of your communication with others. Could you be a little gentler in your delivery? A task master is nothing without a happy and cooperative entourage.

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

It's time to reap what you've sown. If you want to know what you've sown, take a look around you. Now is the harvest time for what was planted months ago. Take time to consider what you've taken in and what needs to be let go in career, relationship, health and family matters. Consider what will be planted for next season. Be selective.

Libra (Sept. 24th - Oct. 23rd)

Do you feel invisible? Not to worry, truth and beauty prevail over brute force and aggression. Your scales of justice bring the zero-point balance needed in any conflict with your poise and diplomatic grace. Right now your gentle interventions speak volumes and change outcomes. Let yourself be heard.

Scorpio (Oct. 24th - Nov. 22nd)

You may feel out of sorts. But don't worry, this is just a phase of transformation for you and nothing you can't handle. Many endings signal new beginnings. Some of which you are quite happy about, others, not so happy. Take courage, there is no one better equipped than you to handle this dark limbo-state because you understand more than most that you can't have change without change.

Sagittarius (Nov. 23rd - Dec. 21st)

Lady Luck and Lady Love walk with you now as opportunities for friendships and flirtations abound! Don't be afraid to fall in love because sparks of new beginnings always present themselves in clusters of new doors to choose from. New doors also open on your career front where the old no longer meets your thirst for new challenges and directions. You're ready to forge new frontiers and reinvent your life. Best of luck!

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

Your attention is needed on the homefront. Your career must take a back seat. Don't worry, professional transition is underway as an opportunity more worthy of your dedication presents itself. Relationships under the burden of frustration cannot weather the coming winter months. Accept invitations to dinners with friends and go out dancing to revive your connection.

Written by Julie Antoinette. Julie is a Sociology and Psychology graduate, a Psychotherapy Intern and a lifelong student of the psyche. In her free time, she is a crochet adventurer and musical muse. In writing this horoscope, she intends to intuitively uncover messages from these astrological archetypes which are part of us all collectively, and guide you into your future. As above, so below.

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