

Make your house cost-efficient

If you keep your home-building cash aimed at energy efficiency, all the rest of the savings will fall nicely into place. With a little guidance, experts say, a tight budget can deliver much more than you expect.

"Step one is to find out what upgrades are worth spending your money on, especially materials and features that can't be changed once the house is built," says Todd Blyth at Nudura, a leading name in building technologies. "To achieve maximum energy efficiency and lifestyle comfort, aim initially for the strongest most durable walls, ceilings, and floors. This is the single most important decision you will make and there may be more choices than you think."

One of the newest advancements, Blyth continued, is an innovative system for building walls of concrete instead of wood. "Concrete is the choice material for responsible construction, but it also brings the



homeowner far superior structural, comfort, and human health benefits. The Nudura system (www.nudura.com) delivers pre-assembled forms to the building site, each one to be stacked, reinforced, and then filled with concrete. Once locked together (like Lego) the system creates a solid, monolithic building envelope and has shown to cut energy bills significantly, often as high as 50 to 70 percent."

When developing a priority list for upgrades, also consider the latest technology in solar power, water management, drainage, windows, siding, heating/cooling, ventilation, plumbing, electrical, and outdoor irrigation. In addition, homeowners are advised to lean towards the 'integrated design' where each component of the house is planned in advance with collective sustainability objectives. This will guarantee top performance by the entire structure.

—www.newscanada.com

Ask The Professionals

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Elayne M. Tanner

Q: My 6 year old is starting grade one this year. Do the dynamics in our family impact him?

A: A three year study has shown that there are only 3 family types. They examined the impact of these family types on 6 year old children's social and emotional development and readiness for school. The three types of families are:

1. Enmeshed

This family is overly emotionally involved with each other. They are meddling with a lot of emotion and conflict. The children from this type of family have an emotional immaturity because they have learned to rely on others to solve their problems. They do not get along well with other children and find social situations difficult. Their insecurity leaves them unsure about their identity.

2. Disengaged

This family type is the opposite of the enmeshed family. Members do not talk to each other, communication is poor and interactions are cold. The family members are controlling and emotionally withdrawn. Communication is most often negative. Children raised in this type of family experience heightened levels of depression, anxiety and acting out aggressive behaviour. They tend to be insecure and do not talk about their emotions. These children are easy targets for peer pressured activities, self harm and bullying. They do not feel worthwhile and are insecure even when hiding it by using back talk.

3. Cohesive

This is the family type to strive for. Interaction in this family is harmonious. There is emotional warmth and the rules are clear and flexible. There are defined roles for parents and for children. Children grow up feeling supported, confident, strong and resilient. They believe in themselves and feel worthwhile. This family type raises independent young adults that are able to resist peer pressure. These children will achieve goals and able to resist drugs and other self-harming behaviours. This study found that the children who do well in the first year of school continue to do well throughout life and are more able to deal with traumatic childhood events. Elayne Tanner can be your family coach to help you get and stay on track to raise healthy children.



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Q: I was diagnosed with Lateral Epicondylitis, can you explain what it is and how I can get it better!

A: Lateral Epicondylitis or "Tennis Elbow" is one of the most common repetitive overuse injuries. It is the result of repetitive overuse of the forearm extensor muscles with activities like gripping or computer mousing and typing. Typically, people complain of either constant aching pain or intermittent sharp pain in the outside region of the elbow during and after activity. The pain gradually becomes worse and weakness can develop the longer the condition persists.

Typical treatment includes strengthening and flexibility exercises combined with manual therapy techniques and modalities such as ultrasound and acupuncture. In addition, we may recommend bracing and a review of your work station.

Want Answers... Ask Questions

Drop off or mail to: The Independent & Free Press,
Georgetown Market Place,
280 Guelph St., Unit 29, Georgetown, ON L7G 4B1
or e-mail your questions to:
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www.dizzyhelper.com Jenni Veneruz PT



Q: I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?

A: BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age.

The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.

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Q: What are Independent Living Suites?

A: Independent Living Suites are usually apartment-style accommodations for self-sufficient seniors. Generally, these seniors no longer want the responsibility of maintaining a home but want minimal support to maintain or enhance their life-style.

Cost-wise, these can be rental, condominium, or life-lease units with various options in sizes and service packages.

If it is a rental unit, there is normally a base fee for the suite which usually includes activities, at least one meal and 24 hour staffing. Depending on needs and wishes, you can add various services such as extra meals, housekeeping and laundry.

In short, this is just one of many options when seniors are looking to downsize. Whether it is the right choice for you will depend on your cognitive abilities, wants and needs.

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Q: How do I get my kids to brush their teeth?

A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush your teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

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Q: I have recently separated. When can I get a divorce?

A: There are 3 grounds for a divorce:

1. Living separate and apart for one year;
2. Adultery;
3. Cruelty.

People rarely proceed with a divorce based on adultery and/or cruelty as it is time consuming and expensive. The majority seek a divorce based on their having lived separate and apart for one year.

If you have other issues to settle such as custody/access, child or spousal support and the division of property, it is usually less expensive and time consuming to first negotiate the terms of a Separation Agreement. A Separation Agreement may include all of the outstanding issues except a divorce. Once the Separation Agreement has been negotiated you can then proceed with the divorce on an "uncontested basis." There would likely be no Court attendance necessary if all other issues were settled by a Separation Agreement which could be done prior to one year after you separated.

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