

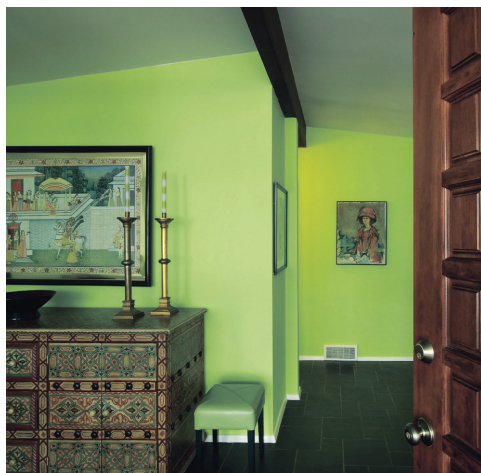
# Let colour express welcome in your home's entry or foyer

First impressions are important. It's a tenet that guides what we wear, what we say, and how we behave when meeting someone for the first time.

It also influences the design of a building lobby, a restaurant, or shop, establishing the image of a business. So, when you open the front door of your home to guests, what impression does your entrance make? What does it say about you, your family, your personality, and your style?

"A home's entrance is the extension of the welcome mat," said Benjamin Moore Paints colour expert Sharon Grech. "So, whether it's a postage stamp size that's just a step in from the outdoors, a long narrow corridor, or a grand and spacious foyer, don't neglect it in your decorating plans. Even if there's no room for a lick of furniture, give careful thought to your colour choices, because that can set the tone for all that's inside the hub of your life."

Let a cheerful green greets guests, such as pear green 2028-40. According to Grech, it's a crisp, bright hue on the cool side of the colour spectrum that also can take on a sunny glow. A bold blast of colour like this also can help announce that your decorating style is



very daring and bold.

In the tiniest of entries, Grech suggested one colour is best for both walls and ceilings.

While most people end up using the same colour in the entry that adds continuity with the other interior colours, Grech advised to think about what's on the other side of the door. "If you live by water, go with a blue or other calming watery hue reflective of what's in view. Or, if you're surrounded by woods, think about an earthy tone."

More colour ideas can be found online at [www.benjaminmoore.com](http://www.benjaminmoore.com).

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## Ask The Professionals

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Marta Masley  
B.Sc.(PT), M.C.P.A.

**Q:** The season for my favourite hobby - gardening - is approaching. I want to make sure that this year I am prepared, and don't end up hurting my neck and back as I did shortly into last year's season. Is there anything that I can do to prevent injury?

**A:** First of all, you are on the right track by seeking "prevention" advice rather than waiting until you have sustained an injury. Gardening can be just as strenuous as any other sport, putting your body in awkward positions, involving repetitive movements and requiring stamina. Therefore, it requires a warm up and strategy like other sports. A warm up will include stretches that are held for 20-30 seconds and repeated 3 times. Important areas to stretch before gardening are: neck, shoulders and low back. Aside from preparing your body for gardening, you should utilize the appropriate tools to make the task easier on you. Ergonomic tools are designed to minimize the stress on your body so that you can enjoy your gardening. Ensure that your work is directly in front of you and at an appropriate height. **The less reaching, twisting, bending that you have to do, the easier it will be on your body. Finally, know how to pace yourself and when to stop. Take a break when you feel any discomfort or pain. You don't want to put an early end to your hobby this year!**

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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:** What are the different types of custody?

**A:** 1. **Sole Custody** - the parent with whom the children resides makes all the decisions concerning the children. The other parent has a right to see the children and a right to information about the children.

2. **Joint Custody** - the children live primarily with one parent and the other parent has a right to see the children. Both parents make major decisions about the children together.

3. **Shared Custody** - the children generally live one-half of the time with each parent often on a week on /week off schedule. Both parents make major decisions jointly. The parents should live relatively close to each other so that the children may attend the same school, activities, etc.

4. **Split Custody** - This situation occurs when the children do not live together. For instance one child may live with one parent and the other child resides with the other parent. It does not often occur.

There are pros and cons to each type of parenting and you should speak to a lawyer before making any decisions.



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Christoph Summer  
Owner/Administrator

**Q:** My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

**A:** First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because any move, at any age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only need to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

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