



Benedict Arnold

By Wayne and Tamara

While visiting his family six days before our 20th anniversary, my husband sent me an email saying we weren't happy together and he wanted a separation. But he never moved out. We lived day by day.

The last five months he's emotionally and financially abandoned me and our three children. He blames all our marital problems on me. Needless to say after digging around I found out he's been having an affair for nine months. Days he was supposedly taking trips to our tree farms, he was with her and never called our kids. He even took her to our family vacation spot.

I think she represents freedom and absence of responsibility since her kids are grown. They can take off anytime and do whatever. I'm hoping she's just a booty call, but how do I deal with this home-wrecker if he's stupid enough to marry her?

My husband's first wife cheated on him and he was a basket case from it, so why would he do it to me? My lawyer will serve him in three days for divorce due to adultery. My heart is shattered, my soul broken forever.

How do I move on and trust another man again? What about my 10 and 14-year-old daughters? He looked them in the eye last month and told them women are evil and he would never get in a relationship again. Do I let them know what a lying, cheating, dishonorable man he is? Carissa

Carissa, you have to tell your children the truth because an adulterer will tell them a lie. Your husband not only deceived you, he set up a new life for himself while stringing you along. You can't do that to your kids. How can you teach them honesty if you allow lies to stand in the middle of the family? Who can they believe if you start lying to them, too?

There's another reason to tell the truth. Women who aren't forthright with their children, while their former husband is telling them whoppers, are often abandoned by those children when they grow older. Dad becomes the good guy while mom is labeled the one who broke up the family.

Calling his daughters evil is a vile act. It is psychological abuse of the first order, and it damages all three children. Your husband is eating away at his daughters' self-esteem and encouraging his son to demean women. A man who says things like that needs to be out of the house and away from young lives who need nurturance, not cruelty.

Your husband has not learned or grown from the experience of his first marriage. Notifying you by email was a cowardly act. It gives us his character in a nutshell. It invalidates his claim about your failings. But there is an obvious psychological explanation. He knows he is in the wrong.

Good recycles good, just as bad recycles bad. Honesty in relationships promotes more honesty; dishonesty promotes dishonesty. You must provide your children with what is right, but how can you do that when your heart is shattered?

The answer is simple. What you are going through follows a predictable pattern. If you try to find your way out by yourself, you are likely to flounder. But if you take the guidance of those who have been there before, you will recover more quickly than you can now imagine.

Depression, anger, denial, and grief are only a few of the emotions cycling through your head. An excellent way to recover from this trauma and begin your new life is by reading "Rebuilding," a book by Bruce Fisher and Robert Alberti.

And let your children know the facts. Their father got a girlfriend, and when you are married, you are not allowed to do that. If a person wants out of a marriage, the honorable course is divorce, not deceit





Invisible Danger in Your Home

Common Sense Health – Diana Gifford-Jones

"An ounce of prevention is worth a pound of cure." That advice applies to smoke detectors, carbon monoxide alarms and the care needed to avoid a myriad of household accidents. But don't neglect to protect yourself and your families from another avoidable problem and a leading cause of lung cancer. Radon is an invisible, odourless, tasteless radioactive gas that can accumulate inside our homes. It's a simple test that determines if you need to take action. It's tragic when someone learns that radon exposure may be the cause of a lung cancer diagnosis. But thousands of deaths annually are attributed to it. It is the leading cause of lung cancer among non-smokers and the second-leading cause overall after smoking. Yet many have never tested their homes.

Why are we neglectful when the cause of the problem is well understood?

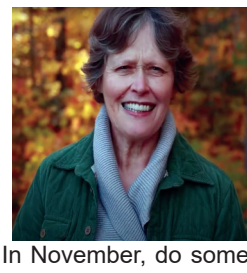
In the sixteenth century, a mysterious respiratory illness was evident among miners in Europe. Georgius Agricola, a German physician and mineralogist, wrote about it in his 1556 work De Re Metallica. In 1879, physicians studying miners in Germany identified lung cancer as a possible explanation for the unusually high death rate. It took decades more for scientists to uncover the full dangers of radon. The connection between exposure and lung cancer became firmly established in the 1950s, and subsequent research demonstrated that it was not confined to miners. The same naturally occurring gas could enter ordinary homes from the ground beneath.

Radon is produced by the natural breakdown of uranium in soil and rock. It seeps through cracks in foundations, gaps around pipes, floor drains and other openings. Outdoors, it disperses into the atmosphere. Indoors, particularly in enclosed lower levels of buildings, it can accumulate.

Many homes have some radon, but concentrations vary. Your neighbour's reassuring test result tells little about your own house. Neither the age of the building nor its price is a reliable indicator of safety. A new, expensive home can have elevated levels just as an older house can.

The danger is not that a person breathes radon once or twice. It is prolonged exposure. As radon decays, radioactive particles can be inhaled and damage cells lining the lungs, increasing the risk of cancer. Smoking compounds that risk. The first step is to test your home. Do-it-yourself radon test kits are available, or you can hire a measurement professional. Testing is best done over a period of at least three months, ideally during the fall or winter, when closed windows and heating patterns can make the results more representative of indoor exposure. Follow the kit's instructions carefully and place the detector on the lowest level of the home that you regularly occupy. Next, understand the result. If a properly conducted long-term test exceeds acceptable levels, you need to take corrective action. There is no "risk-free" level, so the objective should be to reduce exposure as much as reasonably possible. If levels are high, contact a certified radon mitigation professional. The most common solution involves installing a system that draws radon from beneath the foundation and vents it safely outdoors. The home should be tested again after mitigation to confirm that the system is working. Buying a house? Ask whether a long-term radon test has been done and request the results. Renovating? Consider radon testing as part of the project, particularly if you are finishing a basement or changing how the home is ventilated. And if you have a private well, ask a qualified professional whether radon in the water warrants attention.

"Better safe than sorry." Another easy, well used line. But you must walk the talk. .



Eco Christmas Gift Ideas

By Larraine Roulston

Contemplating homemade Christmas gifts? November is a good month to begin the preparation before the December panic sets in. While thinking about your own family and close friends, making Christmas gifts for those less fortunate makes the holiday season even more special.

In November, do some of your Christmas gift shopping at a local craft or church bazaar event. This not only saves delivery transportation, but also keeps money circulating within the community.

Some businesses and retailers display a Christmas tree with clothes pegs to donate homemade socks, mitts, and toques, for organizations like the Salvation Army. If you are a novice knitter, now is a good time to get started. Wool is often found in thrift stores or can be unraveled from a worn sweater that you no longer wish to wear.

Several years ago, a friend of mine baked decorative fruit breads to give to each of her neighbourhood friends and acquaintances, which included her letter carrier, garbage collectors, and milk man - who were all pleased to be on her list.

To keep textiles that are unsuitable for donations, and even ripped fabric grocery bags from being trashed, cut them into strips. Braid strips together, then with another strip weave them to make a small rag rug for pets. Rag rugs are not sown and should be washed gently. Pet rugs are welcomed at animal shelters and at thrift shores. They are also useful around the home.

Homemade jars of jams, jellies, or pickled veggies make wonderful gifts and are always appreciated.

Dehydrated fruit also makes an ideal gift as they are high in fibre, vitamins, and complex carbohydrates. My grandmother always sent me a Christmas box of her dried apples. To make them, remove the cores and slice evenly into rings across the core centres. Immerse in water, adding a little salt or lemon juice to prevent them from turning brown. To oven dry, preheat to 120 F. Pat dry, arrange in a single layer on a baking sheet, leaving the oven door slightly open, and bake for 1 hour. Occasionally move the pieces around. Turn up the oven to 140 F for 3-6 hours until completely dry. An alternative is to air dry on a thin pole in front of an open fire.

If you compost indoors using a vermicomposter, you can bag the red wigglers' castings. These hardy little worms are champion recyclers and can consume roughly half their own weight in organic material each day, producing nutrient-rich castings that help build healthy soil. In their 'sea' of damp cellulose covering, they transform both this bedding and veggie/fruit peelings into nitrogen-rich castings (worm poo) known as the 'Cadillac of Compost'. The castings contain beneficial bacteria and other microorganisms that help make nutrients more available to plant roots. These little industrious workers, with 5 hearts, love to give the gift of their 'black gold'.

This year, if you are not already doing so, escape the modern-day commercial Christmas financial pressures, and enjoy a simpler way to celebrate.