

it

A daily compendium of useful tips, offbeat facts and heartwarming tales to brighten your life

PRIMP IT

Labelling system will ease your move

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Moving can test anyone's organizational mettle. Not to mention the frustrating inevitability that all your dishes will end up in storage and your winter coats in the kitchen. No wonder many of the recently moved swear they'll never do it again.

But of course, moving happens. And Smart Move Tape, available from U-Haul, claims it will make your next move smoother.

The colour-coded packing tape has the destination room printed on it, making taping and labelling boxes a one-step process.

The same effect could likely be achieved with a marker and some clear writing, but there is certainly an appeal to anything that can shave a few minutes off packing time.

A clear labelling system helps movers leave boxes in the right location, assisting your unpacking efforts later.



The tape rolls include labels for bedrooms (one to four) open first, fragile, storage, kitchen, dining room, living room, bathroom and office. They start at \$2.95 a roll.

yourhome.ca

SAY IT

'If we don't solve our own problems, other people will'

Pierre Trudeau, New Year's message, 1980. On this day in 1968 Pierre Elliott Trudeau was chosen leader of the Liberal party. Compiled by the



PONDER IT

Teenage years could last until 28

"Mother Nature is providential," one Dr. William Galvin observed. "She gives us 12 years to develop a love for our children before turning them into teenagers."

Galvin might want to revisit his math.

Our celebrated teenage years are often regarded as the expanse from 12 to 21.

Now, says an adolescent psychologist, some researchers have pegged the beginning of adolescence at as young as 8 years old and the end at as old as 28.

"When I tell parents the way their 26-year-old is behaving could be down to adolescence, they literally fall off their chair," Australian doctor Darryl Cross says on the Adelaide Now website. "It's the same when we're talking about an 8-year-old."

"It's related to earlier physical changes with the younger kids, and social changes, such as staying at home longer, with the older ones."

The key to dealing with this ever-expanding definition is "setting and monitoring

boundaries" both earlier and later in their children's adolescence, another adolescent psychologist, Michael Carr-Gregg, tells Adelaide Now.

"The truth is, when you've got a young child, you should be monitoring how often they're on the Internet, what they're looking at.

"And if you've got an adult child in their 20s who you feel should be moving out, then sit down with them and discuss what they need to do. Too many just let it go."

Or you could just adopt the philosophy espoused online by one Dan Bennett: "There's nothing wrong with the younger generation that becoming taxpayers won't cure."

John Sakamoto



SHUTTERSTOCK PHOTO ILLUSTRATION

TECH IT

Hairy men of the world have united

ROBERT CRIBB
STAFF REPORTER

Manscaping may no longer be dismissed as mere fad.

Marketing and sales figures continue to show steady growth in DIY male shearing.

Hairy men of the world have united, holding up their personal grooming devices in solidarity — symbols of emancipation from their evolutionary hair shirts.

The curse of full-body manes has proven a lucrative blessing for electric shaver manufacturers.

Among the quickly expanding array of options is Remington's Titanium PG-360 "personal groomer," an eight-in-one machine with a vast collection of shaving heads that snap onto a grooming device that sits proudly atop the bathroom counter in black and silver (\$35; Wal-Mart, Bay, Sears and Personal Edge).

The sheer number of attachments speaks to the quickly growing willingness of men to attend to every conceivable grooming detail.

There's the "foil" shaver attachment made specifically to craft the "beard line." The beard line gets its own attachment entirely, it seems.

Switch over to the rotary nose/ear trimmer for ears and eyebrows, the instructions recommend.

Then, switch again to the "detail trimmer" for handling such grooming challenges as the nape of the neck, sideburns, mustache and beard.

And, of course, the shaver and its adjustable combs can delve well below the neck line — and the belt line — for more intimate trimming strictly at your own risk.

At this rate, you should finish your grooming regimen by Thursday.

It's a long way from our fathers' two-minute morning routine featuring \$2 shaving foam and a disposable Bic razor.

But this is the age of designer hair art — manicured five-o'clock shadows that remain unchanged for months, goatees, subtle patterns carved from whiskers in unmentionable areas.

It's a new form of body sculpting that requires proper sculpting tools.

And the Remington is certainly adaptable.

There's even a "neckliner" — a crescent-shaped piece of plastic you place at the hair line at the back of your neck. With your back to a mirror, the idea is to clean up stray hairs while protecting yourself from creating a lopsided horror show back there.

It's a cool idea, assuming you can

hold the device straight while clipping. This move requires circus-like flexibility and the concentration of Buddha.

That said, men will undergo nearly any discomfort to avoid having to go to a salon and pay a few bucks to get their neck, or other places, cleaned up.

There are some shortcomings here. The plastic combs that allow you to control the length of your hair feel flimsy and prone to slipping. When you're in the midst of a precision job, a slipping comb can wreak tragic results.

At times the device had a hard time slicing through my unusually thick mini-beard — a struggle that triggered unforgivable ripping of hair from root followed by anguished pain. It got better with familiarity, though.

In all, a helpful bathroom companion for the price. But like any new relationship, this one will require a serious time commitment.



Microwave vs. crockpot in the bedroom

MICROWAVE from E1

The University of Missouri researcher shared her secrets during a steamy phone interview from her home in Columbia, Mo.

Q: You talk about the "epidemic of lost desire" and women reduced to "duty sex." Why don't men feel the same way?

A: Women today are multitasking and so stressed out. Biologically, emotionally, women's sexuality is much more influenced by outside forces than men's. My gynecologist tells this story: A man could be standing knee deep in a pile of pig poop and an attractive woman will walk by and he'll think: "I want to have sex." A woman can be ready, on her way to the bedroom and see a pile of dirty socks on the floor. Boom, there goes her sex drive.

Q: One of your clients, in your book, describes men as microwaves and women as crockpots?

A: Women take almost three times as long as men to warm up sexually. Up to 25 or 30 minutes isn't unusual. In fact, it takes a woman an average of 11 minutes from stimulation to orgasm. A man takes four minutes from the beginning of intercourse to orgasm.

Q: You devote a lot of space to "oral sex" — the need for you and your partner to talk about your likes and dislikes, the need for provocative pillow talk.

A: This is so important: Busy brains are not for the bedroom. I have so many clients tell me that they're not there during sex. One was rewriting her resumé in her head. You have to have "mindful" sex, turn off your busy brain and fully immerse yourself in the sensations. We can train ourselves to do that.

Q: I'll admit, I was surprised that 70 per cent of women don't reach orgasm during intercourse.

A: That comes as a surprise to most women. Intercourse is not "it" for women. The clitoris is "it." Find

out where she likes to be touched. That is how most women have an orgasm.

Q: So much for spontaneity. Is it true that sex can actually be better when it's scheduled?

A: Spontaneous sex is a total and complete myth. But most people are very resistant to the idea of scheduling sex — I have one client who puts it on the calendar with a red heart — until they realize they've never really had spontaneous sex. What they've had is well-orchestrated sex. Scheduling sex really helps tired women because it takes away that tension: "Oh, I'm so tired. I hope he doesn't want to do it tonight."

Q: You list a bunch of "spices" — vibrators, erotic board games, lubricants — important for making sex hot again. But watching *The Notebook*?

A: It's not my personal favourite, but women are visual. They don't like degrading porn but they love a good erotic scene. And *The Note-*

book does the job.

Q: A number of women in your book talk about how their husbands love to grab their breasts while they are doing the dishes. How did men get the idea that is a turn on?

A: I have no idea, but I hear this so often. The men say, "I'm just trying to be playful." The women say, "It would be a turn-on if you grabbed a tea towel instead." (Laughter.)

Q: I walk around my house and see things that need to be fixed. You say women should be walking around looking for new places to have sex?

A: You'll like your house a lot better if you see it as an erotic playground (laughter.) We hit the bed and we just want to go to sleep. So go to sleep. There are plenty of other places that don't have that association — like the kitchen table.



Get the TV out of the bedroom, says psychologist Laurie Mintz.

Q: If you could offer men one tip for giving their partners the best night of sex of their lives, what would it be?

A: That's going to vary for every woman, so the very first thing you need to ask her is: "What is your dream night?"

Q: It sounds like we all need to clean out our bedrooms — get rid of the TV, pictures of our parents, piles of bills and dirty socks?

A: You cannot get aroused if you are distracted. An Italian study found that couples who didn't have TVs in their bedrooms were twice as likely to have sex as those who did.

Q: How did your husband feel about you writing the book?

A: He's taken a lot of teasing about it: "You lucky guy. I'm not getting any. My wife is too tired."

"Can you get your wife to talk to my wife?"

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