



LIVE WIRE

Tips for Safe Snow Shovelling

If you're new to this country, you should know that we have two winter traditions: cursing the snow for having the audacity to fall in March; and bragging to anyone south of Windsor about how long our winters are.

There are three things to keep in mind for safe snow shovelling:

1. Protect your heart
2. Prevent injuries
3. Stay warm

Treat shovelling like any other form of exercise and warm up before starting. Your heart needs to get ready for the rigours, so take a walk around the block for a quick cardio workout and get your lungs used to the cold air. Your snow shovel needs will depend on where you live and how much snow you get. Generally, though, new ergonomic shovels are designed for pushing and dumping, not lifting and tossing. Make sure to use your legs, and not your back for leverage.

Did you know?

A snowflake's decent can be quite slow-easily several hours-since even the heaviest flake falls no faster than one mile per hour.

Hungry?

Having a well-balanced meal may seem like the most ordinary, basic thing today to most of us, but for many in our community this is just not a reality.

This is where Brock Street Mission Open Door Food Program comes in. A group dedicated to providing wholesome, healthy, well-balanced meals to those who cannot afford to eat. Many of these people have stable housing but don't have enough money to buy groceries for the month.

How to Whiten Linens with Lemons

Damask napkins, linens, even white socks can be whitened on the stove: Fill a pot with water and a few slices of fresh lemon, and bring to a boil. Turn off heat, add linens and let soak for up to an hour; launder as usual. For extra brightening, spread them out in the sunlight to dry.

Plexiglas- Dateline 1931

William Chalmers was pursuing a PhD in chemistry at McGill University when he happened upon an economical way to make the transparent, shatter-resistant polymethyl methacrylate using acetone and hydrogen cyanide. Being more of a Scientist than an inentrepreneur, Chalmers didn't fully comprehend the commercial viability of his findings. He patented his discovery of the Plexiglas and sold the right to the chemical formula to Imperial Chemical Industries for \$5000. While that seemed like a large sum back in the early 30's, if he had negotiated a royalty arrangement his family would have been set for generations. His discovery has since found a myriad of commercial applications, everything from spectator protection to airplane windows to police riot gear.

The Peterborough Youth Council Presents The 7th Annual Leadership Development Day

Wednesday March 25th 2009
9:00am – 3:00pm

A FREE Event for Youth Ages 12 – 19

Join us for a day of conversation,
activity, and learning
Workshops, Food, and Fun

For more information please contact
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Peterborough, Recreation Division in
conjunction with the Peterborough
Youth Council.
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