



LIVE WIRE

It's Salsa Time!!!

The word *salsa* is Spanish for sauce. Like the music and dance of the same name, the condiment we call salsa is hot in every sense of the word. Why not try your hand at making and preserving your own fiery salsa? The popular Mexican cold sauce of tomatoes, onions, chiles, and cilantro came to be regarded as salsa in the years following Spanish settlement in the New World. Because the hot chile pepper (*capsicum genus*) is native to South and Central America, the fiery mixtures have their roots in Caribbean, South and Central American cooking. Somewhere along the centuries, spicy salsa also came to be known as *pico de gallo*, which translates as "rooster's beak." A quick Google search suggests several explanations for the term.

Did you know?

When we sleep, our bodies enter into a recovery process. The blood supply to our muscles increases allowing us to recover from the physical stresses of the day, categorizing and storing it away for future use. If you lived to be 80 years old, and got an average of eight hours sleep each night, you would've spent between 230,000 hours of your life sleeping! That's almost 26 year's spent between the sheets! The material in most mattresses deteriorates by 75 percent after 10 years of regular use.

Poverty Myths

In this month's "Poverty Myths" we hope to dispel another myth surrounding poverty. Many people assume that full-time workers earn enough money to support their families. This is a myth. There are many single parents who not only work full-time but complete several hours of overtime just to make ends meet. Poverty does not only refer to those with low income but also to those who lack certain human, physical or social qualities or specialty skills to thrive in society. Just because someone has a full-time job does not mean they are able to dodge the stress and despair of poverty. Look for another poverty myth is next month's E-Newsletter!

7 ways you can tell something is a GOOD thing

1. Good things are "small" ideas that are quick, clever, simple, and smart
2. Good things make you say, "I wish I knew that before!"
3. Good things come with clear, concise instructions and beautiful photos.
4. Good things don't take a lot of time, or a lot of money.
5. You won't forget them.
6. You feel good using them.
7. Good things only get better with time.

Writing with roses

The Victorians telegraphed detailed messages with the flowers in a bouquet especially the eloquent rose. The same colour could mean different things; a note or number of blooms on a stem would clarify the message. Yellow is for friendship or jealousy; white, innocence or silence. Red? Nothing but true love!!!!!!!



The Yawn Factor

Though many believe it's a sign we need some shuteye, recent research showed that yawning might actually have a cooling effect on our brains, which helps us stay awake and alert.

The cooling theory also suggests the 'contagiousness' of yawning stems from ancient hard-wired ritual that helped groups stay alert and detect approaching danger.

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.
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