



LIVE WIRE

The Olympics Are Coming to Town!

Winter Sports

Winter Coat Do's and Don'ts

It's that time of year again, and we are all gearing up for our long, Canadian winter ahead of us. Every store we can imagine sells good looking, seemingly warm winter jackets. But how can you pick one that will REALLY keep you warm? Here's how:

- 1) Decide what kind of winter coat you want- are you an avid skier or do you only wear a winter coat when getting in and out of your car? Once you have narrowed it down, it will be easier to select one that suits your needs. Remember to buy a coat that is versatile, so that you can wear it with anything.
 - 2) The warmest coat is a down- filled coat.
 - 3) Quality is the most important thing when buying a winter coat, especially in Canada because we use ours for such a long period of time. Brands that have caught our attention are Columbia and North Face.
- Try to keep warm this winter by purchasing a winter jacket to suit your needs!

Today's Word

Dulcet: 1. pleasing to the ear, melodious, harmonious. 2. Generally pleasing, soothing or agreeable.

This is a very exciting year for Canadians all across our country! This year, Vancouver is hosting the 2010 Olympics. The Olympic torch will start it's journey across Canada on October 30, 2009 in Victoria, B.C. One of it's stops will be right here in Peterborough on December 15, 2009! This is an event you will not want to miss. Even more exciting is that anyone could have the chance to carry the torch! Check out www.icoke.ca/en/liveolympic or www.carrythetorch.com for more details. Applicants can apply to carry the torch anywhere in Canada.

Beat the Winter Blahs

Winter can bring the "Winter Blah's", but here are a few fun ways to bring your mood up when the cold weather has you down!

- 1) Exercise- Exercise releases endorphins into your body and improves your mood for the better.
- 2) Perk up your house with bright objects, such as a brightly coloured vase. This will help increase your mood, and the bright colours will remind you of summer.
- 3) Get outside- Although it may be cold and snowy, the fresh air will make you feel much better than you did before you went outside.
- 4) Avoid eating heavy- the more you stuff yourself, the less you will feel like being active and getting outside.

Interested in trying a new winter sport this winter? Well, here are some fun winter sports that you may be interested in giving a shot!

- 1- Cross Country Skiing
- 2- Snowboarding
- 3- Alpine Skiing
- 4- Figure Skating
- 5- Ice Hockey
- 6- Speed Skating
- 7- Sledding
- 8- Curling
- 9- Ringette
- 10- Snow Mobiling
- 11- Ice Fishing

Many of these can be found in and around the Peterborough area. There are plenty of snowmobile tracks all around, and the Oshawa Ski Club and Devils Elbow Ski Area are just a bit of a drive away.

Website of the Month

www.vancouver2010.com

Here you will find all you need to know about the Olympic Games. It has the schedule, and biographies of all of the Canadian Athletes and sports.