

Are you prepared in case of an emergency?

A major fire, flood or chemical spill has just happened in your community and you are ordered to evacuate. You have to leave your home quickly and don't have time to pack food, clothes and personal belongings. You don't know when you'll be able to go home again — if ever.

This is a situation faced by thousands of Canadians each year and to mark this week as Emergency Preparedness Week 2007, the Canadian

Red Cross is encouraging people to prepare now in order to minimize their distress in the event of a disaster.

The Canadian Red Cross is joining Emergency Management Ontario and Public Safety Canada in encouraging people to be self-sufficient for at least 72 hours following a disaster.

The Red Cross recommends the following items be included in a home disaster kit: a flashlight and batteries, a radio and batteries, toilet paper and

personal supplies, a first aid kit, canned food and bottled water, a manual can opener, one change of clothing and shoes, blankets or sleeping bags, extra car keys, cash, a whistle to attract atten-

tion, important papers such as identification and personal documents and medication.

The batteries and food in the kit should be replaced once each year.

FIRST AID Canadian Red Cross

People who take first aid training reduce their personal injuries by up to 30%.



Big event planned just for youth

Activities galore are being planned as part of Saturday's Youth-a-palooza event.

Teens and young adults are invited to come out for a day planned just for them from 1 to 11 p.m. at the Lions Sports Park, 77 Thompson Rd.

The event — geared toward youth aged 13 to 24 — is in celebration of National Youth Week and is being put on by the Milton Mayor's Youth Advisory Council.

Activities will include games and contests, sumo wrestling, giant twister, a rock climbing wall and a skateboard and BMX jam session.

Youths will also be able to challenge a police officer at the Thunder Force obstacle course.

A \$5 wristband includes a barbecue

lunch, unlimited use of air bounce games and the climbing wall, entertainment, one free henna tattoo and \$1 off the evening band show admission.

Throughout the entire afternoon there'll be ongoing performances and entertainment by Edison Sunrise, the Milton District High School Improv Team, This is Progress, Super Cheer, So Key, Skillshine and The Randalls.

The evening band show will run from 7 to 11 p.m. at the Lions Club Hall, upstairs at Memorial Arena. Performing will be Stan Punch, Apathy Unseen, Lifestory: Monologue, and Oceans.

The cost for the show is \$5.

For more information, call (905) 878-7252, ext. 2754 or visit www.milton.ca.



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