

Safety for winter activities

As families prepare for winter, a very important part of it is teaching and keeping children safe for winter outdoor activities and play.

Parents are the primary person in this regard. We encourage you to teach and help your children first-hand by getting out, joining in and having fun!

The first task in preparing your children to have a safe winter is dressing them properly for outdoor play to prevent frostbite.

Remember to tuck in all scarves so they will not get caught and choke your child. Consider the wind chill factor.

The most sensible way to dress your children for winter days, is loose, layered clothing. This allows air to circulate between the layers and so provide extra insulation.

Warn your children against touching their tongues to metal objects as they may stick.

Walking can also be a hazard in the winter. High snow banks obscure vision, cars need more time to stop at cross walks and children should watch for cars coming

out of driveways.

Conditions may be very icy and cause many falls. Children should be warned against walking under icicles that could fall and injure them.

Snow Tunnels and Snowballs

Building snow tunnels and igloos should be supervised because of the danger of snow collapsing and burying the child.

Caution your children against throwing snowballs as they may contain ice and seriously injure a playmate.

Sleighs and Children

Riding sleighs and toboggans can be fun but also can be dangerous. There are no brakes and only limited ways of steering clear of trouble such as trees or objects in the way.

Warn your children against tobogganing or sliding down snow banks onto roadways or busy streets. Riders may tumble off onto packed snow and ice, therefore a helmet is

the only way to protect the head.

Road Hockey

Children should be encouraged to play road hockey in a safe area and not on the streets. Children may feel more stable playing on asphalt rather than on ice but they may trip, stumble and fall.

Again it is important to wear a helmet and also extra padding. If they are playing close to the road, children should be taught to always watch for cars, snow blowers and snow ploughs.

Skating

Children are encouraged to use designated outdoor skating areas. They should avoid ponds, creeks, lakes and rivers due to the possibility of ice cracking and breaking. Once again it is wise to wear a helmet when skating.

Children who are well prepared with safety precautions for winter outdoor activities will have a safe, enjoyable and fun-filled winter.

Phil's Basement



It's funny how to us 'oldsters', showers are just a way to get clean as quickly as possible. I swear that I can get in and out of there in 10 minutes and so can Em, my wife. But we have 14-year-old twins, Belinda and Kyle, who have made shower-taking an art form. They get in there and boldly stay where no one has stayed before — for hours.

In any case, these kids seem to need hot showers like the cat needs kibble. They need 'em hot, and they need 'em often. If you have kids who have suddenly discovered the need to be squeaky-clean 24 hours a day, here are some ways to help you handle it, courtesy of The Hydro.

Water heating accounts for 20 per cent of your typical energy bill. And that isn't just from showers. One-quarter of the hot water our family uses is for laundry, so we make sure we adjust the water levels according to how much laundry we're doing. We also never run the dishwasher unless it's full. Not overloaded, just full.

We all take showers instead of baths and that helps, because with the energy-efficient showerhead I just installed we're reducing the amount of hot water we use by at least half. (The kids haven't noticed, and

I'm not telling them!)

Em is our official leaky-tap fixer. She fixes them because the dripping drives her crazy, but here's an interesting fact: a tap leaking at one drop per second means 800 litres (175 gallons) of hot water a month. I figure that's six loonies a month slipping down the drain. That's 72 bucks a year.

I also insulated the hot water pipes. If you insulate the first one or two metres (three to six feet) of hot water pipe from the water heater, hot water will arrive at the faucet at higher temperatures and it'll also get there more quickly. It's easy to install and you can get it at your hardware or home improvement store.

So there you go. Even if our kids aren't the most perfect in the world, they're certainly the cleanest by far. Now, if we could just find some way for them to do their homework in the shower, we'd be off to the races!

This newspaper, in conjunction with Ontario Hydro, is bringing you Phil's Basement to help "bring home" ideas on how to save energy. To receive a Water Heating Kit, call Ontario Hydro at 1-800-263-9000 and tell them Phil sent you.

Recycled reading for cats

People with pet cats are getting the chance to go 'green' and help the environment.

A new brand of cat litter, made from recycled newspapers, has been developed and launched by a New Brunswick manufacturer.

Called Yesterday's News, the litter is produced by Canbrands International Ltd., of Moncton.

The company, which spent four years on research and development, estimates that the average cat will use enough of the litter in a year to absorb all the newspapers an average family reads and recycles in the same period.

The average Canadian family reads almost three kilograms' worth of newspapers a week -- close to 300 kilograms a year.

Three kilograms is about the same weight as an ordinary size bag of cat litter.

About 28 tonnes of newspa-

pers are processed by the firm each week to produce the litter, which is made of 75 per cent newsprint.

Besides using up some of the old newspapers piling up in warehouses waiting for paper makers to build recycling plants, the product has other advantages.

Canbrands says: it is four times more absorbent than traditional clay, stays odor-free longer, is non allergenic, does

not stick to the litter tray and can be flushed down the toilet in small amounts.

Once the cat is finished with it, the litter makes good compost and garden mulch, say the manufacturers. This enables customers to recycle the newsprint twice.

Yesterday's News is distributed by Canada Packers Inc.'s Shur-Gain division and is sold by supermarkets, pet stores and veterinarians.

It's A Girl!!

Shawn, Jason and Mark are thrilled to announce the arrival of their new baby sister,

Tiffany Joan,

born on January 16, weighing 8lbs, 1/2 oz.

at the Port Arthur General Hospital.

Proud parents are Aino and Daryl

LeBlanc. Proud grandparents are

Jack and Avila Richardson of

Schreiber, Ont., and Elias and Emily

Leblanc of New Richmond, Que.



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Thank You

The Residents of Birchwood Terrace would like to send a special thank you to all their Terrace Bay - Schreiber friends, organizations and volunteers who donated gifts, entertainment and time during the year of 1990.

Your kindness is deeply appreciated. God Bless and all the best in 1991.



Reg Belair, M.P. will be at the Terrace Bay Municipal Office on February 6th from 3:00 to 4:30. For an appointment with Mr. Belair please call zenith 21240.

Thank You

We would like to thank the Legion Ladies Auxilliary of Schreiber for our New Years Baby Shower and to all who donated gifts.

Jim & Yvonne McGrath and family