

Storms tough on power supplier

From page 1.

for the public meeting.

"One of the high-voltage cables, the 44,000-volt cable, it was breaking down," Mr. Smeaton said.

The insulation was deteriorating, causing intermittent faults, but the problem was undetectable and would correct itself with the flip of a breaker, according to Mr. Smeaton.

But on Aug. 25 in the early morning hours, "that cable finally failed violently," he said. "That 44,000-volt system should be restored to normal (last night) or this weekend."

The second issue, which affected the same customers in Stouffville's east end south of Hoover Park Drive, had to do with a 16,000-volt system failure.

"We had a bad switching unit in a subdivision underground," Mr. Smeaton said. "It was knocking out the feeder."

That system, along with two other similarly-aged switching units are being replaced.

This summer's weather, which found it storming in one part of the region and simul-

taneously bright and sunny in another area, also wreaked havoc with the local power supply.

That included an outage in Stouffville on Monday.

"(Customers) need to understand, our 44,000-volt system goes quite a great distance," Mr. Smeaton said. "There could have been lightning activity in other areas" affecting supply to Whitchurch-Stouffville.

No matter the reason, it has some businesses scrambling.

Enough to prompt Glen Scholey to call The Sun-Tribune about the outages this week.

When Mr. Scholey moved here 13 years ago, he quickly realized that if he was going to continue to work from home, he'd need some back-up help. So he bought an uninterruptible power supply connector.

"Really, all it does is give you the opportunity to save your work and shut down," said Mr. Scholey, an editor and writer.

Even the town has back-up generators for its offices, as well as its two fire halls, but the latter are for use in disaster situations.

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7, Stouffville Sun-Tribune ■ www.yorkregion.com ■ Saturday, Sept. 4, 2010



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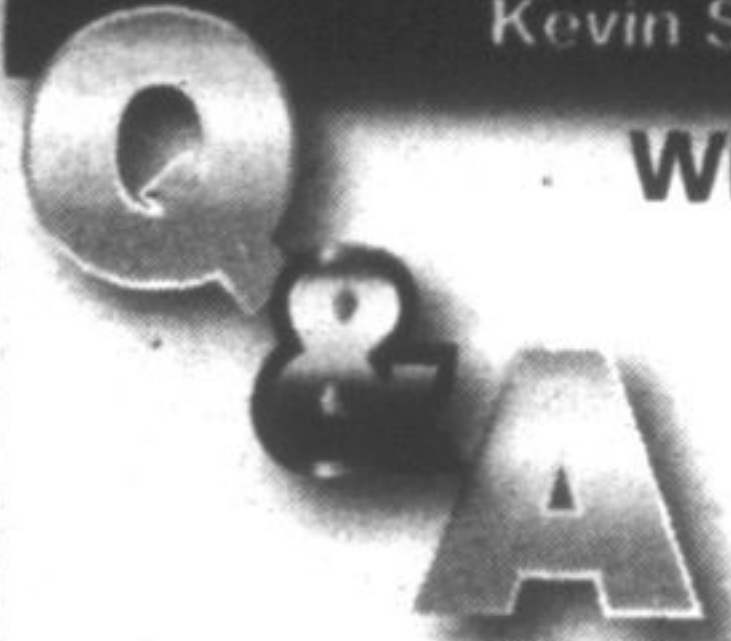
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**ASK THE
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Personal Trainer

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**What is Basal
 Metabolic
 Rate or
 BMR?**



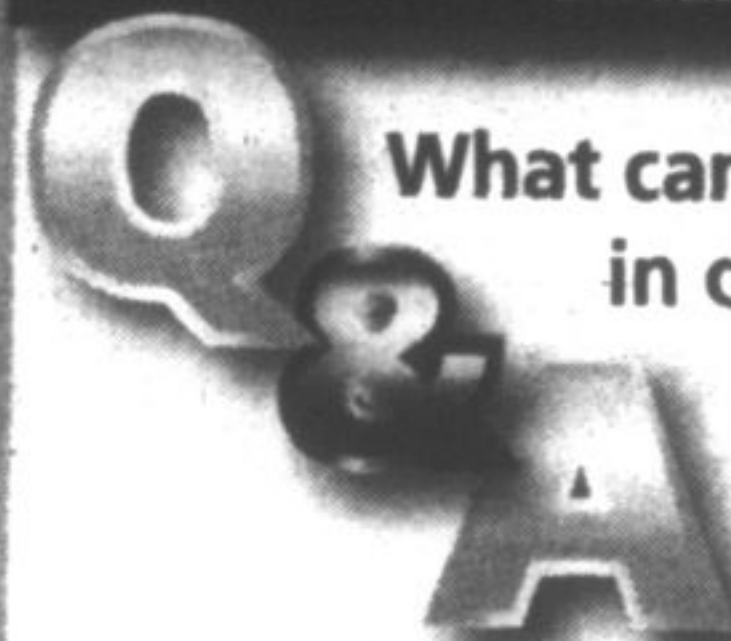
The Basal Metabolic Rate is the amount of energy a person uses while at rest, when the digestive system is not working hard. The amount of energy the body releases during this state is the amount required for the body's vital organs (heart, lungs, liver, etc) to function. As it relates to fitness, increasing lean muscle mass also increases a person's BMR. This number plays a factor in determining the amount of calories per day an individual requires, based on their metabolism. Factors such as food and drinks consumed prior to, as well as stress, illness and amount of sleep affect a person's BMR.



**5892 Main St., Stouffville
 905.642.6300
 snapfitness.com/stouffville**

Dental

Dr. Jasmin Fitch



**What can the athlete
 in our home do
 to prevent
 a mouth
 injury?**



The dental profession unanimously supports wearing a mouthguard in a variety of sports to help protect you from serious injury including broken teeth, soft tissue lacerations and concussions. Providing the best protection, are sportsguards fabricated in a dentist office. They are custom filled and are therefore the most comfortable and least likely to interfere with speech or breathing. Another alternative is the "boil and bite" mouthguard, which tends to be bulkier, doesn't last as long and may become loose with wear. Remember to regularly check your athlete's mouthguard for wear and proper fit especially in growing children!

**Dr. Jasmin Fitch
 Park Drive Dental Centre Stouffville
 905.640.6688**

Jeweller

Scott Silver



**Where did the
 engagement ring
 originate?**



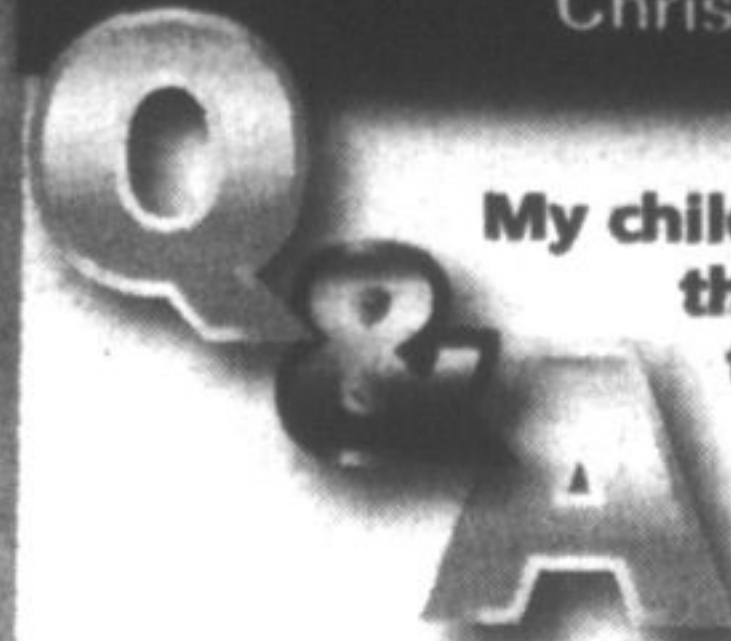
A diamond is considered to be the genuine expression of love. Precious diamonds leave tell tale signs of numerous romances from the past. It is said that the first engagement ring was unveiled in 1215 by Pope Innocent III, who desired a longer waiting period between engagement and marriage, and as a sign that a man and a woman are awaiting marriage, the engagement ring was born.

In those times, gold and other metals were used by the typical man, and diamonds were used by the aristocrats for their engagement rings. Considering that diamonds are a girl's best friend, they hold a special place in a woman's heart - and what better approach than to start your life together by offering her a diamond engagement ring?

EVANGELOS JEWELLERY 5892 Main St., Stouffville (beside Giant Tiger) 905.642.8028

Stouffville Taekwondo Karate Inc.

Chris Ridabock



**My child is about to take
 the bus to school for
 the first time. What
 are some good
 safety tips?**



Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well back from the road until the school bus makes a full stop and the doors open. Walk at least three meters (10 feet) away when crossing in front of the bus and that anywhere they can touch the bus is the "danger zone" where the driver cannot see them! Never run to or from the bus. Have fun, stay safe!



**Chris Ridabock is a Taekwondo black belt
 and instructor at STK.
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