



PETER LEE, RECORD STAFF

Southwood Secondary School's Chisomo Mchaina (front right) will be heading to the Arctic with teacher Christopher Giesler (front left). Students (from left) Juan Pablo Jou, 16, Tori Stone, 16, Mallory Vanier, 14, and Megan Hempel, 17, are ground crew members.

## Health & Fitness

### Snowboarding tops outdoor U.S. injury list

By Stephanie Nano

More people are hurt snowboarding than any other outdoor activity, accounting for a quarter of emergency room visits, according to the first national study in the United States to estimate recreational injuries.

Trailing snowboarding are sledding and hiking, researchers at the U.S. Centers for Disease Control and Prevention report in the journal *Wilderness and Environmental Medicine*.

The most common problems were broken bones and sprains, accounting for half of all cases. About seven per cent of ER visits were for concussions or other brain injuries.

"We want people to participate in outdoor recreational activities. But we want people to recognize that there's cause for concern and people can and do get injured," study co-author Arlene Greenspan said.

She said injuries can be avoided through planning and preparation: making sure your fitness level and skills match the activity and using proper equipment such as helmets.

Greenspan said the study is the first to look at injuries from all activities, instead of individual sports or geographic areas.

The researchers looked at data on nonfatal injuries from outdoor activities treated at 63 hospitals in 2004 and 2005. They calculated that almost 213,000 people annually were treated for such injuries across the U.S. About half of those injured are young, between ages 10 and 24 and half of the injuries are caused by falls.

Males are injured at twice the rate of females, but the research didn't look at the reasons.

Nearly 26 per cent of the injuries were from snowboarding followed by sledding (11 per cent); hiking (six per cent); mountain biking, personal watercraft, water skiing or tubing (four per cent); fishing (three per cent) and swimming (two per cent).

The Associated Press

# Bound for the Arctic

By Karen Kawawada, Record staff

**CAMBRIDGE** — Climate change and dance. Oceanography and blogging. It'll be an Arctic adventure unlike any other.

Cambridge student Chisomo Mchaina, 15, is one of 28 teens from around the world chosen to go on a two-week ocean expedition from Iceland to Baffin Island. It will make her a witness to climate change and later a voice raised against it.

Mchaina is a bit worried about getting cold or seasick, but far outweighing that is her excitement about seeing the Arctic and learning.

"I'm looking forward to learning about other people's perspectives about what to do to combat this problem... if we're at a point where we can't go back or if we can repair the Earth and come back from where we are," she said.

Southwood Secondary School is one of 15 high schools across Canada participating in the Cape Farewell expedition organized by the British Council. This is the second year there will be a youth voyage.

The idea is to use both arts and science to

teach students about climate change and have them express what they learn.

Each chosen high school can send one student. There will be students from each province and territory, as well as students from Britain, Germany, Brazil, Ireland and Mexico.

Southwood geography teacher Christopher Giesler is also going on the trip. He'll be a mentor and facilitator and will help a permafrost specialist with his scientific work, he said.

The 16 other adult participants include a filmmaker, a geomorphologist, a dancer, a biogeographer, an illustrator and an oceanographer.

The students will do scientific experiments, create art in various media and do regular video conferencing and blogging, said Southwood teacher Nathan Maier.

A big part of the trip, and particularly of the one-week orientation in Toronto beforehand, is learning how to communicate effectively, said Patti Leather, executive director of the rare nature reserve in Cambridge.

"It's not just about the students who get to go; it's what they can learn and bring home to

their community."

Rare is sponsoring Mchaina and another Canadian student. The school is also doing some of its own fundraising through eco-friendly projects such as selling seedlings and reusable water bottles, said Giesler and Maier.

Although the participants will burn fossil fuels to fly to the start of the trip in Iceland, as well as to sail to Baffin Island, there will be enough carbon offsets purchased to make the trip carbon-neutral, the teachers added.

The project isn't just about the students going on the trip.

Nearly 40 students are part of the Cape Farewell collective at Southwood and five, including Mchaina, are designated leaders who will lead activities next school year such as environmental initiatives in the school and talking to children and people in the community about climate change.

Megan Hempel, 17, is one of the "ground crew" and will go on the trip if Mchaina can't. She's excited about being part of the project.

"It's a chance to help make a difference," she said.

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# Museum tries to build on Goodall momentum

► **Dinosaurs** continued from page D1

While those numbers and high fundraising levels can't be achieved all the time, the museum is determined to keep impressing visitors.

"Is Goodall a blip? I don't think so," Marskell said. "I think it's the beginning of something that Waterloo Region will be very, very proud of."

The current exhibit, A Celebration of Canada's North: An Arctic Adventure, may not have the same dazzle as Goodall or moving dinosaurs, but it's no less intriguing. The exhibit, which runs to Labour Day, features a new direction for the museum with its collaboration with Macdonald Stewart Art Centre in Guelph. Curated by Cam-

bridge Galleries, 85 Inuit drawings and Inuit artifacts, as well as art from Nunavut elementary school students are on display.

A travelling interactive display, produced by Science North in Sudbury, and displays by students from Wilfrid Laurier University's environmental sciences and geography departments, also tell kids about the science, nature and wildlife of the North.

How big are icebergs? (Only 10 per cent of an iceberg is above the water line.) What's the distance from Kitchener to the North Pole? (5,167 km) What's the tallest known iceberg? (Spotted in 1957 in Melville Bay, Greenland, it was 168 metres above sea level, as high as a 55-storey building.) Stand on a scale and compare your weight to

that of a polar bear. (I'm like a nine-month-old polar bear.)

Meanwhile, the dinosaur exhibit, which runs July to mid-January, is certain to bring in kids and adults in the summer who can't get enough of the critters, said Marskell, whose exposure to dinosaurs up to now has been mostly through Steven Spielberg movies.

"I saw *Jurassic Park*," he said, laughing. "I know they'll chase jeeps, rip the lids off and eat the people inside. They're such amazing creatures."

The museum wants to collaborate with the University of Waterloo's earth sciences museum on fossil information and other dino facts. Fossil displays and multimedia and interactive stations will help teach about dinosaurs' life

and times. The museum's summer camps are designed around the Arctic and dinosaur themes.

Carter Lewis, 6, is looking forward to learning more about dinosaurs, especially his favourite, pterodactyl.

"I've never seen a real dinosaur because they were around when everybody was old," he said. "Only God can see them. He was born a long, long time ago."

Dinosaurs' size fascinates kids, said Carter's grandmother, Pat Lewis-Taylor, a former teacher. And learning about them "teaches them that we share this Earth with so many wonderful and vibrant creatures."

"The lesson I'd like them to draw from this is nothing lasts forever. The world is constantly

changing but we need to learn everything we can about those changes."

Angela Steckly, 6, knows a thing or two about the dinosaurs' demise.

"I'm thinking a meteor came down and hit them," she said.

"They lived 1,110 years ago," guessed Tristan Williams, 7, a Grade 2 student from Brisbane Public School in Erin.

James Skinner, 6, has dinosaurs on his bedspread and plastic dinosaurs scattered among his toys.

"They're very cool," said James' mother, Carolyn English. "They had such power and it's the mystery of why they are not around any more."

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## ArithmeCode by Dave Mitchell

Find the value of each symbol below by doing the arithmetic. Replace each symbol with the letter which corresponds to its value to find the *ArithmeCode* word below. Category: **COATED**

- i  $(74 \div 2) - (51 \div 3) - (90 \div 6) = \bullet$
- ii  $(\bullet \times 4) - (120\% \text{ of } \bullet) - 13 = \blacksquare$
- iii  $1/3 \text{ of } (\blacksquare + \bullet + \bullet + \blacksquare) = \blacklozenge$
- iv  $(\blacklozenge - \blacksquare) + (\bullet \times \blacklozenge \times \blacksquare) = \square$
- v  $75\% \text{ of } (\square + \blacklozenge + \bullet) = \blacklozenge$

A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	2	3	4	5	6	7	8	9	10	11	12	13	14
O	P	Q	R	S	T	U	V	W	X	Y	Z		
15	16	17	18	19	20	21	22	23	24	25	26	27	

The *ArithmeCode* word is:



*ArithmeCode* answer from previous puzzle: **NEXT** © 2008

Booklets of 100 puzzles available at \$10 each. Standard version (as above), VOL I or VOL II. Junior, Integer versions and Beginner version also available. Cheque payable to ArithmeCode, 143 White Pine Cr., Waterloo, ON N2V 1B3. Visit [www.arithme.com](http://www.arithme.com) for more info. 561

## CLASS NOTES

### St. Nicholas students earn new gym equipment

St. Nicholas School students in Waterloo have run, jumped, crunched and pushed up their way to getting new gym equipment. The Go Active! Fitness Challenge, sponsored by McDonald's Canada and the Canadian Olympic Committee, has students tested on six exercises, in the fall and again in spring. On average, Ontario students improved nearly seven per cent. One St. Nicholas class participated and earned \$200 in credits for gym equipment from Wintergreen, a Canadian educational materials company.

### Bluevale student wins trip to Germany

A Bluevale Collegiate student is heading to Germany this summer after winning a month-long, all-expenses-paid trip through a German essay

contest organized by the German Foreign Affairs Ministry. Grade 11 student Curtis Girvin will join others from around the world on the trip. His essay described the world in 2030. Eric McQuay and Lisa Horn, also of Bluevale, also received awards in the contest.

### Reporter, cartoonist recognized for efforts

A cub reporter and editorial cartoonist from Elmira District Secondary School were honoured recently at the Toronto Star High School Newspaper Awards. Brittany Straus won first place in the long feature writing category and Vanessa Aberle came second in editorial cartooning. The students worked on the Lancer Lines school paper.

### St. Augustine works to green schoolyard

St. Augustine School in Cam-

bridge is trying to raise \$39,000 to green its schoolyard. The playground has little seating or shelter from the sun and wind. Over three years, the school wants to add trees, a walking path and a sandbox. The school has raised nearly \$10,000, including grants from Toyota and TD Bank. It wants to meet its fundraising goal by September 2010.

### Intramurals programs recognized for excellence

Two Cambridge schools have been recognized for their outstanding intramurals programs. Silverheights Public School and Preston High School received awards from the Canadian Intramural Recreation Association. The awards recognize schools that promote a variety of activities and participation for all.

Record staff