



Southwestern Ontario

Station Break

March 2007

HOW TO BOOST YOUR BRAINPOWER

Do you sometimes feel as if your brain is running on empty? Here's how to keep it in shape so you can pump up your problem solving abilities, fight forgetfulness and think more clearly and creatively:

Practice mentally.

Studies of athletes indicate that imagining a tennis serve or ski run between competitions can boost performance. Possible reason: Mental rehearsals may build mental "muscle" by sparking the brain connections needed during the real thing.

Focus your attention.

To help remember "where" – if you tend to misplace your car keys, for example, say to yourself, "I'm placing the keys on the shelf by the hallway mirror." To help remember "when" – Note the weather, the day's headline news or what you're wearing at the time of performing a task.

Use it or lose it.

Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Smart moves – Learn a new language, study a new subject, play games like checkers and do crosswords and other puzzles.

Keep fit.

Evidence shows that people in their 70s and 80s who stay healthy can expand their brainpower – and easily match the mental abilities of a 30 year old. Helpful – Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders – Read more; eat more fruits and vegetables; use rhymes and acronyms to help remember facts and names.

Source: *Top Health – The Health Promotion and Wellness Newsletter.*



Staff Lunch April 9th

Casa Salsa will be serving up their delicious Mexican cuisine for CTV staff on Monday **April 9** from **12 – 2 pm** in the cafeteria. The Time Out Café will be closed that day. Please join us for lunch; a portion of the proceeds will be going to United Way.



United Way
of Kitchener-Waterloo and Area



There will also be a silent auction on a select number of GREAT items...details coming soon! April 9th from 12 – 2 pm. Eating, shopping, fundraising...what's not to love?



New Faces



Niall McGee - Videographer



Jennifer Young -Reception



Victoria Gorobets – News Intern

King Street Cooks

CRISPY SHRIMP BURGERS

Ingredients

1 tablespoon unsalted butter
 2 large eggs plus 1 egg beaten
 ¼ cup chopped yellow onions
 2 cups fine breadcrumbs
 ¼ cup chopped celery
 ½ cup unbleached all purpose flour
 ¼ cup chopped green bell pepper
 2 teaspoons Creole seasoning – recipes follows
 1 ½ teaspoons salt
 2 tablespoons water
 ¼ teaspoon cayenne
 ¼ cup vegetable oil
 2 pounds medium size shrimp, peeled,
 8 hamburger buns, toasted
 deveined and chopped
 Tartar sauce
 2 teaspoons chopped garlic
 Shredded lettuce
 ¼ cup chopped green onions or scallions
 Sliced vine ripened tomatoes
Creole Seasoning
 2 ½ tablespoons paprika
 1 tablespoon onion powder
 2 tablespoons salt
 1 tablespoon cayenne pepper
 2 tablespoons garlic powder
 1 tablespoon dried oregano
 1 tablespoon black pepper
 1 tablespoon dried thyme

In a large skillet, melt the butter over medium heat. Add the onions, celery, bell pepper, salt and cayenne. Cook, stirring until soft for about 6 minutes. Add the shrimp and cook, stirring for 3 minutes. Transfer the mixture to a large mixing bowl and let cool slightly. Add the garlic, green onions, 2 of the eggs, and 1 cup of the breadcrumbs. Stir to mix well. Divide into 8 equal portions and form into patties. Put the flour in a shallow bowl and season with the remaining 1 teaspoon of the Creole seasoning. Put the beaten egg in another shallow bowl, add the water and beat lightly. Heat the vegetable oil in 2 large skillets over medium heat. Dredge each patty first in the flour, then in the egg mixture, then in the breadcrumbs, turning to coat completely and shaking off any excess. Cook 4 patties at a time in each skillet until lightly browned – 5 to 6 minutes on each side. Drain on paper towels. To serve, spread both sides of each toasted bun with some of the tartar sauce, place a patty on the bottom half of the bun, dress with lettuce and tomatoes, and top with the other bun half.

- compliments of t and j seafoods

Happy Anniversary!

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|---------------------------|---------------|
| Tom Keller | Apr 23 - 28 |
| Wolf Urschel | Apr 19 - 25 |
| Kendra Roberts | Apr 23 - 6 |
| Carla Fitzsimmons-Pettitt | Apr 12 - 5 |
| Jennifer Baker | Apr 16 - 2 |
| Julie Schanzenbacher | Apr 3 - 1 yr. |
| Joel Bowey | Apr 17 - 1 |
| Michael Taylor | Apr 20 - 1 |



Happy Birthday!

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|------------------|----------|
| Darren Stevenson | Apr 4th |
| Kyle Bowden | Apr 4th |
| Art Baumunk | Apr 6th |
| Bob Pronyk | Apr 8th |
| Ashley Cross | Apr 9th |
| Frank Parsons | Apr 14th |
| Rick Smith | Apr 16th |
| Tom Keller | Apr 23rd |
| Pamela Sahli | Apr 24th |

Jamie wins Media Idol!!



Congratulations to Jamie Niven on his win of Media Idol held recently in London. Jamie's singing of "Midnight Hour" and "Bright Lights" won him the title – the first ever for a CTV employee. His \$1,000 winnings will go to Kitchener's House of Friendship.