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## 5 things to know for Thursday, March 5, 2015



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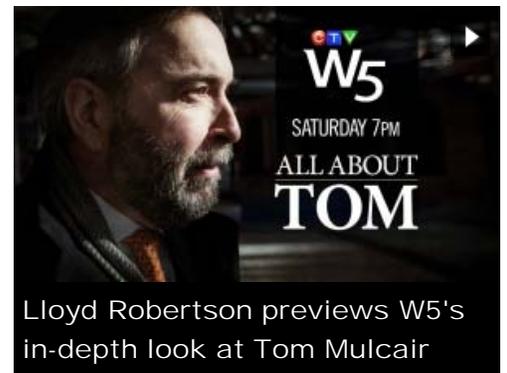
Here's what you need to know this Thursday morning: Canadians holding back on big purchases, yet another warning about our sugar intake, an attack on an ambassador in South Korea, a fake soldier pleads guilty, a paralyzed teen's determination. Plus, one more thing that could help you recover more quickly than usual after we 'spring forward' with the arrival of daylight saving time this weekend.

1. Financial worries: Concerns about the declining value of the Canadian dollar are prompting many Canadians to reconsider buying big-ticket items. A [new Nanos/CTV News poll shows](#) that more than half of Canadians plan to delay a major purchase in the next three months. However, those surveyed were less concerned about their employment situation and property values.
2. Ambassador attack: [A knife attack that wounded the U.S. ambassador to South Korea](#), Mark Lippert, is the latest act of political violence in a deeply divided nation. "South and North Korea should be reunified," the attacker shouted as he slashed Lippert. But hours after the attack, Lippert has said he's "doing well and in great spirits" and said he'd be back to work.
3. Slashing sugar: You've probably heard about the World Health Organization's latest warning: put down that doughnut, Coke or fruit juice and try to limit your sugar intake to six to 12



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teaspoons per day. But that's easier said than done when there are so many hidden sugars in the foods we eat every day. [In this infographic](#), we break down where sugar comes from in an average Canadian's diet.

4. 'Phoney soldier' pleads guilty: [Franck Gervais pleaded guilty](#) for unlawfully sporting a Canadian Armed Forces ceremonial dress uniform at a Remembrance Day service on Parliament Hill last year. Gervais was spotted after he was interviewed on a live television broadcast. A police investigation found that the Quebec man "was not currently and has never been employed by the Canadian Armed Forces."

5. An inspiring goal: A Nova Scotia teen says she won't let a devastating injury keep her from attending her high-school prom in June. [Ashley MacLean-Kearse](#) was paralyzed from the chest down after being shot during a home invasion in Cole Harbour, N.S. Three months and a lot of hard work later, the teen's recovery has surpassed doctors' expectations.

One more thing ... as we prepare to "spring forward" with the arrival of daylight saving time this weekend.

The arrival of Daylight Saving Time means most Canadians will be losing an hour of sleep this weekend as we "spring forward." Most of us will adjust to the time change within a day or two, even if it means an initial grouchy breakfast on Sunday. But for others, the switch can be much harder.

Teens, diehard "night owls" and those with sleep disorders all struggle with waking up early and losing that extra hour of sleep. But sleep expert Kai-Florian Storch, a researcher with the Douglas Mental Health University Institute and McGill University, says there are a [few things we can do to get better sleep, even with one less hour of it](#). [Read more...](#)



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