



Volunteers Needed

The 2007 (IFWLA) World Women's Lacrosse Championship at Trent University is in need of volunteers. For more information follow this link www.2007womensu19worldlacrosse.com You can also contact dadams@fivecountie.on.ca This is a great opportunity to get some of those volunteer hours signed off, and have fun at the same time.

Get your spook on this summer

If you are looking for something different to do with your evenings this summer then check out these cool tours. Little Lake Cemetery offers 3 different tours: Seats of the Mighty, Victorian Mourning, and Tragic Tales. All tours are on Sundays at 4pm and cost \$5/person. Meet at the Chapel in the Little Lake Cemetery. Another great tour to check out is the Eerie Ashburnham tour. The tours happen on Fridays at 9pm. The cost is \$10/person. Meet at the park by Quaker Oats. Both of these tours are suitable for the whole family. So grab a brave friend and come out and learn about Peterborough's mysterious side.

Self-esteem

One of the biggest worries for adolescents is their appearance. Changing body shape, hair in unlikely places, spots breaking out no wonder teenagers spend so

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much time looking in the mirror. If you are feeling down in the dumps about your appearance then maybe you can find comfort in the fact that it is happening to all your friends at the same time.

Speedy Trail Mix

A quick snack to munch on the go this summer:
4 cups air popped popcorn
2 cups TEDDY GRAHAMS
Graham Snacks, any flavor
1 cup diced dried fruit mix
MIX all ingredients in large bowl.
Store in airtight container. For more great recipes visit www.kraft.ca

Mayor's Youth Award

Upcoming award ceremony on Monday September 10, 2007. The ceremony will take place in the council chambers at City Hall. Nominations are still being accepted. Forms are available at www.city.peterborough.on.ca

Top 5 downloads: Get them while there hot!

- Here are the top 5 current downloads. Add them to your Ipod for some fresh new beats.
1. Sound of Your Voice: Barenaked Ladies
 2. Candyman: Christina Aguilera
 3. It's Not Over: Daughtry
 4. Girlfriend: Avril Lavigne
 5. Say It Right: Nelly Furtado

Festival of Lights

Don't forget to check out the entertainment going on at Del Crary Park on Wednesdays and Saturdays at 8pm. Bring your family and enjoy the great evening entertainment with music and fireworks. Check out the schedule at www.festivaloflights.ca.

Get into the Groove

Exercise and fitness are part of looking good, feeling good and being healthy. Yet the teenage years are the time when many people give up exercise and sport. Girls should keep up exercise that they enjoy because it helps prevent conditions like osteoporosis or 'thinning of the bones' that are more common in women. Guys should keep up exercise because of the importance of muscular strength and cardio endurance. Playing sports or keeping fit will help give you the confidence to feel good about your body, the way that you look, and your abilities - something every teenager could do with. Surveys show that most adolescents would like to be fitter.

Peterborough Folk Festival

The folk festival is happening on Sunday August 26, 2007 at Nicholls Oval Park. They are in need of volunteers. Please contact them at: pffvolunteers@gmail.com or check out their website: www.peterboroughfolkfestival.org

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.
estewart@city.peterborough.on.ca

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We welcome newsletter contributions from community groups.