



## LIVE WIRE

### To tan or not to tan?

Now that summer is approaching we are all looking forward to achieving that summer glow. Is tanning indoors any safer than outdoors? Here are the facts:

Ultraviolet radiation causes skin cancer

UVR is present in tanning lamps as well as in the sun and it can cause: premature skin aging, eye damage, and skin reactions.

Indoor tanning lights give off 5 times as much UVA as the sun.

They involve equipment that is not regulated by health officials. Skin damage can be immediate, long term and permanent. Sun bed users who are less than 30 years old and tan more than 10 times per year are 8 times more likely to develop malignant melanoma: the deadliest form of skin cancer. An lastly a base tan through artificial tanning does not protect the skin from burning.

Now that you know the facts you can't pretend you are oblivious to them. Make sun safe decisions this summer.

### Fresh Looks

Spring 2007: Top 10 Must-Haves:

1. Shift dress
2. Supersize sunglasses
3. Sporty-chic tracksuit
4. Oversize transparent plastic bag
5. Stacked chunky bangles
6. Flouncy, frilly floral frock
7. Space-age silver
8. 80's Bold and bright colours
9. Dramatic headbands
10. Futuristic wedges

### West Nile Virus

*What is it?* It is a virus that is transmitted by mosquitoes that become infected by feeding on an infected bird. Most humans will not experience any symptoms when infected, although some will. It can progress to a very serious illness. Symptoms usually develop between 2-15 days later. They include fever, headache, body ache, nausea, vomiting and rash.

*How can you protect yourself?*

Cover up: wear light colored long sleeves and pants with minimal patterns.

Wear Bugspray: Make sure it contains a product called DEET. When spraying make sure you are in a well-ventilated area, away from food. Also avoid spraying on open wounds.

Clean up: Remove standing water from your home. Mosquitoes like to use these areas as their breeding grounds.

### Canada Day Parade

July 1<sup>st</sup> at 1pm. Starting at City Hall in Peterborough, Ontario.  
Come on out and show your Canada Day colors.

### Did you Know?

An allergic reaction happens when our immune system thinks that something is harming our body. When it comes across that something (like pollen) it reacts by

releasing antibodies to try and protect us. This causes a chemical called histamine to be released. Histamine's effect on us causes the variety of symptoms we experience to our nose, eyes, throat, etc... That's why most allergy medications are called antihistamines!

### Mix And Match Kabobs

Now that the BBQ is ready to go, make good use of, rather than cooking indoors with this quick and easy new recipe.

Mix & match your recipe from these options and serve over prepared rice...  
*boneless chicken whole mushrooms, oranges and peppers, sirloin steak onions, mangoes and peppers, pork tenderloin, apples, onions and cherry tomatoes, meatless zucchini, pineapple and peppers.*

Then follow our 3 simple steps: MARINATE cubed meat (1/4 lb. per person) in Kraft Dressing in large glass dish or reusable bag for 1 hour. SKEWER meat and cubed vegetables/fruit alternatively and brush with extra dressing. GRILL for about 20 minutes turning once. Serve over prepared rice.

### Top 5 Downloaded Songs

- 1) Rihanna featuring Jay-Z - Umbrella
- 2) Fall Out Boy - Thanks for the Memories
- 3) Akon - Don't Matter
- 4) Beyonce and Shakira - Beautiful Liar
- 5) Avril Lavigne - Girlfriend

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.  
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