



## LIVE WIRE

### Is your Relationship Safe?

It is important to know the difference between a good relationship and a bad one. If you are currently in a bad relationship here's are some suggestions to get help:

Tell your partner that their behaviour scares you and needs to stop. Let them know that you are not responsible for their behavior. Do not become isolated; talk to other people, sometimes the only option is to break-up; if that sounds scary then get help from a parent, teacher or police officer. Help is available contact your guidance office or YWCA Women's Safety Network at 743-3526.

### Beat the Winter Blahs!

Everyone is feeling it this time of year. It's that feeling that you are caged in and need to get out. Don't worry you will get through it and here's how. On a sunny winter day, bundle up and go for a run or build a snowman. Try a winter sport such as snowshoeing, skiing, or snowboarding. You will get a great workout and have a lot of fun at the same time. Later on reward yourself with a treat by the fire.

If you are finding that the nights are long rent a couple movies and invite some friends over. Each friend could bring a different ingredient to make cookies. You could also try a game night or potluck party.

### Mayor's Youth Award and Certificate

The Mayor's Award and Certificate will recognize three recipients three times per calendar year during City Council meetings.

Award recipients will have demonstrated an outstanding achievement that has brought positive recognition to the City of Peterborough. Nominations will be accepted on a continuous basis. Nomination forms are available online at [www.recreationpeterborough.ca](http://www.recreationpeterborough.ca)

### Summer Employment Opportunities! Recreation Division Hiring now for the Following Positions:

- \*Summer Aquatics Program
- \*Junior Park Program
- \*Peterborough Sport & Wellness Centre
- \*Youth Camp and Aquatics
- \*Peterborough Marina Staff

Community Services Department  
Recreation Division  
(705)742-7777 ext.1873  
[www.recreationpeterborough.ca](http://www.recreationpeterborough.ca)

### Exercising in the Cold

Head in the wind: Choose a route to walk or jog in by the direction the wind is blowing. If the wind is blowing onto your back you may not feel as chilled. You may not get as sweaty either.

Sunscreen: Just because it's winter doesn't mean that the sun's rays are

less dangerous. Snow reflects the sun's rays so sunburn is possible even if you are cold. Don't forget to get a special lip balm with SPF so that your lips don't burn or chap. Dress in Layers: Layer on clothes so that you can take off and put back on at different times throughout your workout.

Drink lot of Fluids: Don't forget to drink before after and during your workout, even if your not thirsty. Cold air has a drying effect, which can increase the risk of becoming dehydrated. Dehydration increases the risk of frostbite, so drink up!

### Save money by turning down the heat

For every 1 degree Celsius (2 degrees Fahrenheit) you lower your thermostat, you save 2% on your heating bill. A reduction of 3 degrees Celsius (5 degrees Fahrenheit) at night and when you are out during the day provides optimal savings. Consider getting a programmable thermostat to make the changes automatically.

### Sleepy Snacks

Going to bed with an empty stomach or after a heavy meal can interfere with your sleep. Having a snack that is low in fat and easy to digest is a better choice. Here are a few examples:

- Cereal and milk
  - Fresh fruit and yogurt
  - Oatmeal with raisins
  - Digestive cookies and milk
  - Piece of toast with a small banana
  - Multigrain bagel, toasted and lightly buttered.
- Sleep tight, don't let the bed bugs bite!

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