



LIVE WIRE

Turn your idea into Cash

Do you have a great idea that would benefit the community? Make it a reality! The United Way is offering grants up to \$300 to help high school students design and implement projects that make a positive contribution to the community. In the past students have been granted money for creating classroom education programs about HIV/AIDS, also for designing art to spread awareness about poverty, and supporting development for young people in the community. To apply for a grant, contact Liz Maxwell at the United Way at (705) 742-8839 or lm Maxwell@peterborough.ca

Eat Right over the Phone

If you need to figure out the latest nutritional fad or fact, then give this idea a try. The Eat Right Ontario Telephone Service is there to assist you Monday through Friday from 9am-5pm. Simply pick up the phone and dial 1-877-510-510-2. A registered Dietitian will help you out with whatever it is you are wondering about. For example you may want to inquire about tips on food allergies.

Accident Alert

Playgrounds are second only to motor vehicle accidents, when it comes to injuries to children 19 year old and under. Ontario's emergency department received 8,734 visits due to playground injuries in 2004-2005. Read more about the report at www.cihi.ca

After School Snack: Apple Nachos

Ingredients:

- 6 Triscuit Crackers
- ½ of a medium apple, cut into 6 slices
- 1 Kraft Singles Process Cheese Product, Slice into quarters
- ½ tsp. COMPLIMENTS ground cinnamon and sugar

Directions:

1. Top crackers with apple slices; place on a microwaveable plate. Place Singles quarters on apples.
2. Microwave on high for 30 seconds or until Singles melt. Sprinkle with cinnamon sugar.

For more great recipes visit www.kraft.ca

World Record Walk
 The Ontario World Record Walk 2007 is aiming to break the existing Guinness World Record for the largest number of people walking one kilometre simultaneously. Anyone can be part of the event. For more information visit www.worldrecordwalk.ca

Making the best of it

You're not the only one feeling bummed out that summer is over. Make the best of it by taking your homework outside. Find a tree and take a seat. Just because you have homework doesn't mean you can't have fun getting it done. Plus, it's never as bad when you're outside.

Preventing Global Warming

Global Warming can be prevented by all of us. For example, if we don't use our air conditioners as often, if as a family we spend time in the same room, if we decrease our time watching TV, and if we continue to recycle. If each of us is conscious of this serious problem, we should start to see a big effect.

For the Health of it!

Tips to get you moving for the Health of it.

1. Establish a personal physical activity pattern.
2. Discover your personal barriers and work to overcome them.
3. Set a personal physical activity goal and strive to achieve it.
4. Avoid trying to do too much too soon.
5. Practice safety precautions when engaging in activities.
6. Form a group and make it more fun.
7. Keep yourself motivated by varying your activities.
8. Make your school or work environment work for you.
9. Make your home environment work for you.
10. Enjoy yourself.

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