



### Cemetery Tour

Trent Valley Archives hosts a Tour of Little Lake Cemetery every Sunday from 4 - 5 p.m. at the Cemetery (Haggart St., Peterborough). Participants experience a historical tour through this lovely garden cemetery. Tours differ each month; August - Tragic Tales). Tickets are \$10 per person. For more information call (705) 745-4404.

### Walking to save more than a buck

Why walk? Anyone can do it, it provides an opportunity to combine commuting and exercise, walking takes no special gear, to decrease stress and increase quality of life. Physical activity does not need to be strenuous for an individual to reap significant health benefits. Even a 30-minute walk to work will bring about measurable benefits. Walking is an affordable form of transportation - it's free! The average family has to work for more than 6 weeks to pay a year's car expenses. Walking, rather than driving to your destination, reduces traffic congestion. Many streets and highways are forced to carry more traffic than they were designed to handle, resulting in wasted time and energy, driver frustration, pollution and gridlock. For every mile a car is driven, a pound of carbon monoxide is produced and released into the atmosphere. Every mile walked is a pound of carbon dioxide saved.

## LIVE WIRE

### Last Camping Trip of the Summer

Bring a first-aid kit, which includes treatments for food and insect allergies. On group outings, leaders need to know about a child's life-threatening food or insect allergies and be ready to deal with them. Ensure that children are kept a safe distance from the fire. Remember that after a campfire is extinguished the embers remain dangerously hot for hours later. Keep sand or water near the campfire to put out the fire. Food attracts wild animals and insects. If possible, store it in a cooler in your car, not in your tent.

### It's Here...Back to School

We all knew it was going to happen... it's almost time to go back to school. Watch the flyers for sales to save money on all your back to school supplies!

### Babysitting Course

St. John Ambulance offers a babysitting course from 9 a.m. - 4 p.m. on Saturday August 23, 2008 at the fire hall on Sherbrooke Street in Peterborough. This award-winning course is available to children ages 11-14. Participants are asked to bring a lunch. The course fee is \$50, which includes a book and certificate. This is a great first job and a great way to earn money. For more information or to register, call (705) 745-0331.

### Fuel Efficiency at it's Best

The most fuel-efficient 2008 model on the lot, the hybrid Toyota Prius, gets 48 mpg in the city and 45 on the highway. The least fuel-efficient 2008 SUV, the Mercedes-Benz G 55 AMG, gets just 11 mpg in the city and 13 on the highway. In other words, you'll go almost four times as far on a tank of gas in the Prius. That's a big difference! If you're in the market for a used car, consult the federal government's fueleconomy.gov site, which provides fuel-economy information about most cars, trucks and SUVs on the road.

### Out of this World Shake

If you are looking for a drink that is good for you and will cool you down quick, try this one out!

Ingredients:

(Imperial) Ingredient Quantity  
1/2 banana, peeled and sliced  
1 cup unsweetened frozen berries  
1 cup (strawberries, blueberries, blackberries)  
1/2 cup low-fat (1 per cent) milk  
1/2 cup frozen 100 per cent unsweetened orange juice concentrate

Preparation: Place all ingredients in a blender container. Cover tightly.

Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again. Pour into 2 glasses and serve. Makes 2 servings.

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