



Tips for Making Good New Year's Resolutions

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Create a Plan: A good plan will tell you what to do next and what are all of the steps required to complete the goal.
2. Create Your Plan
IMMEDIATELY: Create the plan the first few days of January to harness your motivation. After that, most people forget their resolutions completely. It is imperative that you begin creating your plan immediately.
3. Write Down Your Resolution and Plan: Commit your resolution and plan to writing someplace, such as a notebook or journal.
4. Think "Year Round," Not Just New Year's: Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.
And finally...
5. Remain Flexible: Expect that your plan can and will change.

Easy Trail Mix Cereal Bars

If you are looking for something to start you up on those cold winter mornings then try this quick easy recipe.

- 1) PLACE 2 Tbsp. butter and 1/2 cup Kraft Peanut Butter in large

microwavable bowl. Microwave on medium 1 minute; stir.

LIVE WIRE

- 2) ADD 4 cups Jet-Puffed Mini Marshmallows; toss to coat. Microwave an additional 1-1/2 min. or until marshmallows are puffed; stir until well blended. Add 6 cups Post Selects Banana Nut Crunch Cereal; mix well.
- 3) PRESS cereal mixture firmly into 9-inch square pan. Let stand 1 hour or until set before cutting into 20 bars to serve.

Store bars in airtight container at room temperature up to 3 days.

For more great recipe ideas visit www.kraft.ca

Accreditation Launch Party!

The City of Peterborough is an accredited HIGH FIVE organization. As an accredited organization our commitment to quality sport and recreation programs for the children of Peterborough is our first priority. Watch for our celebratory launch party in 2008.

What cause our teeth to turn Yellow?

If coffee doesn't get to them, age will. Dark pigments in foods, beverages, and cigarette smoke can bind to your enamel, staining the surface of your teeth. If you're concerned, you might try using a straw when you drink dark-colored juice or cola to minimize its contact with your teeth. Tannic acid, the bitter compound in coffee, tea, and wine, can also cause yellow or brown stains when it combines with

other particles on your teeth. Dairy products and saliva help neutralize this acid, so add a splash of milk to your coffee and stimulate saliva production by chewing sugarless gum. No matter what you do, though, your teeth will yellow as you age. Deep grayish blue discoloration in the dentin (the material beneath the enamel) is usually hereditary, but teeth may also turn gray if they break or are knocked so hard that the roots die or if they were exposed frequently to the antibiotic tetracycline while they were still developing.

Volunteers Needed

Kawartha Food Share is in need of volunteers to help in the warehouse. This would be a great opportunity to get some of your volunteer hours accounted for. This opportunity would involve sorting, packing and distributing food. It would also involve some administrative activities. If interested please contact them at (705) 745-5377 or volunteer@kawarthafoodshare.com

Beat the Winter Blahs... Turn the Light On

If you are feeling the winter blahs then try turning on a few lights. This will hopefully give you that boost of energy you need without having to go to the doctor for a prescription.

Spread it Around

Instead of jam on your toast, spread on fruit-sweetened yogurt. It contains the kind of bacteria that boosts the immune system and the fruit adds sweetness without the extra sugar from the jam.

If you do not wish to receive this newsletter, please email estewart@city.peterborough.on.ca.

We welcome newsletter contributions from community groups.

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