



Drug Free Lawn

- A National Cancer Institute study indicated that children are as much as six times more likely to get childhood leukemia when pesticides are used in the home and garden.

- A report from the Journal of the National Cancer Institute suggests that non-Hodgkin's lymphoma may be linked to pesticide exposure.

- The EPA considers 95% of the pesticides used on residential lawns probable or possible carcinogens.

Why not give it try?

Why not entertain a few of these creative ideas? After all what have you got to lose?

-One lead pencil can write over 50,000 words.

-Entertain a sick friend with a little joke: Laughter can reduce pain and aid in the healing process.

-Just one hug per day significantly decreases stress.

-Turn off the tap while you brush your teeth and you'll save 8 gallons of water.

Blow It Off

Chewing gum can reduce stress and improve performance. People who chomped during a mild stress test had a 16 percent less of the hormone cortisol than those who took the test gum free. Their attention and memory scores also increased. Chewing boosts blood flow to the jaw and perhaps the brain. Added O2 may boost mental sharpness, and if you're on top of your game you'll feel less stressed.

LIVE WIRE

Things to look forward to in spring that you might have forgot about

1. The hope of bright sunshine for a few days in a row.
2. The first pretty little spring flowers poking out of the dirt.
3. Waking up to tweeting birds outside the window.
4. Seeing the rain through the rays of sunshine.
5. Sweeping away the dead winter leaves from the front porch.
6. Cleaning out the planting beds & pots.
7. Replacing the crunchy plants by the front door with happy spring flowers.
8. Walking out the door with just a sweater on instead of a down parka.
9. Putting away the layers of cozy winter stuff and lightening up for spring.
10. Smiling at the tulips on the table.
11. Opening a window for fresh air to clear out the stale air of winter.

What do you look forward to?

The Mayor's Youth Award

The next Mayor's Youth Award Ceremony will be held on Monday May 4, 2009 at 6:30 pm in Council Chambers. Congratulations to our recipients: Miss Samantha Sherman and Mr. David Bullock. The next Award Ceremony will take place in September. Nomination forms are available online at www.ptboyouth.com.

The Blue Sky Event

The Peterborough Youth Council Presents

National Youth Week May 3 – 9 2009

In recognition of National Youth Week, the City of Peterborough's Youth Council is hosting an opportunity for the community to celebrate youth.

Please join the Youth Council and 16 community partners on **Tuesday May 5, 2009** at Del Carry Park from 3:00 pm to 8:00 pm for some great music and fun.

Featured Bands: Vultures of Pop Culture, Deadman's Switch, Audiotistic, Candle Cave Ensemble Part II, Full Throttle

Enjoy fantastic outdoor activities including:

1. Giant Twister Game
2. Local youth bands playing on Del Crary Park Stage
3. Henna Tattoos
4. Art projects

This event is dedicated to the celebration of youth and their active participation in our community.

It's **FREE** and we encourage all ages to attend. For further information please contact the Recreation Division at 742-7777 extension 1805.

We hope to see you **May 5th** at the park.

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

If you do not wish to receive this newsletter, please email estewart@city.peterborough.on.ca.
We welcome newsletter contributions from community groups.

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