



# LIVE WIRE

## Back to School

It's that time of year again! Time to start getting ready for school. You have just gotten used to sleeping in and lazing around, and come September 8th you will be thrust back into the crazy hectic lifestyle of school, homework and extra curricular activities. Here are a few ideas to get your brain and body adjusted to the school year:

- ✓ Start getting up and going to bed earlier- your body will become used to it in roughly a week and you won't be so tired on the first day of school.
- ✓ Make sure to eat healthy meals at regular times to get into a routine, and always make sure you are eating breakfast.
- ✓ Thinking of trying out for a team? Go out with some friends and practice, whether it's basketball at the park or baseball at the closest field. Come try outs, you'll be glad you got used to the game early.
- ✓ Make sure you have a full supply of pens, pencils, binders and lined paper ahead of time. You don't want to be stuck on the first day of school unprepared, and it'll make everything easier all year if you are organized from the get go.

### Today's Word

**Repudiate:** 1) to refuse to have anything to do with; disown. 2) to refuse to acknowledge, accept or pay

## Wakeboarding

From August 27<sup>th</sup> - August 30<sup>th</sup>, the Canadian Wakeboarding Championship will be in Peterborough at Beavermead Park. Come out with your friends to enjoy the wakeboard competition and freestyle motocross! Live music will also be featured at the event, with Bedouin Soundclash playing on the 29<sup>th</sup> along with local bands The Birthday Boys and The Spades. Tickets can be purchased at the Peterborough Memorial Centre, or on their website at [www.memorialcentre.ca](http://www.memorialcentre.ca). For more information or to volunteer email: [info@kawarthalakeswakeboard.com](mailto:info@kawarthalakeswakeboard.com).

## By The Gallon

Water is one of the most important things your body needs to take in. The Canadian Food Guide recommends that you drink 8 glasses of water a day! That may seem like a lot, but water has plenty of benefits. It will keep you from being dehydrated, and it is a calorie free way to quench your thirst. With August being one of the hottest months of the year, you will probably need to drink more water than usual. If you can, purchase a re-usable water bottle, such as a stainless steel one, instead of drinking countless bottles of water and throwing them away. Plus, refilling is cheaper than buying 24 bottles every week!

## Mayors Youth Award

The Mayor's Youth Award will be presented in Council Chambers in September 2009 to an individual in the community who has "demonstrated an outstanding achievement that has brought positive recognition to the City of Peterborough." If that sounds like someone you know, go to this website and nominate them!  
[http://www.ptboyouth.com/Assets/Peterborough+Youth+Digital+Assets/Documents/Mayor\\$!27s+Youth+Award+form+2009.doc](http://www.ptboyouth.com/Assets/Peterborough+Youth+Digital+Assets/Documents/Mayor$!27s+Youth+Award+form+2009.doc). The nominations stay on file for a year.

## Green Flashing Lights

Once reserved only for volunteer firefighters, green flashing lights are now being used by other volunteer emergency responders. A green flashing light on a vehicle means a volunteer firefighter or medical responder is on their way to an emergency. Please pull over to let them by - you may help save someone's life!

### Website of the Month

[www.technosweat.com](http://www.technosweat.com)

This website is great for anyone who works out to music! If you're having trouble with your current play list, or are looking for a new one to work out to, then this website is for you!