



NIKKI WESLEY / OAKVILLE BEAVER / @halton_photog

BY STUDENTS: Pictured is a watercolour painting by Oakville Trafalgar High School's Antonia Alksnis at the 7th annual secondary school art exhibit, which ran at Halton District School Board New Street Education Centre last week. The exhibit featured hundreds of pieces by high school students in Halton in a variety of media.

Artist eyes

Sovereign House is opening its art show season with an exhibit called Bronte through Artists Eyes.

The show opens tonight (Wednesday). It continues on Saturday and Sunday and closes next Wednesday. Gallery hours are 1-4 p.m. each day.

Sovereign House is located at 7 Water Street in Bronte Bluffs Park.

Polarity concerts

Oakville's Jasmine Virginia will be appearing at a couple of upcoming shows with her Mississauga-based band Polarity.

The group will perform at Milton's E. C. Drury High School at a charity event called Concert for Kenya on Friday (May 25). The event runs 6-10 p.m. while Polarity is expected to appear on stage at 8:15 p.m. Tickets cost \$5 with all proceeds going to charity.

The band will then perform at The

Masonic Lodge in Mississauga's Streetsville neighbourhood on Friday, June 1. The band will perform at 8:30 p.m. Entry is pay what you can.

The five-piece rock group is planning a cross-Canada tour later this summer. For more information, visit www.polaritymusic.com.

Author shortlisted

Oakville author Melodie Campbell has been shortlisted for a writing award.

Author of comedy and crime fiction novels and short stories, Campbell has been named a finalist for the Arthur Ellis Awards for Crime Writing in Canada. Campbell was shortlisted for her short story *The Perfect Mark*, published in *Flash Fiction Magazine*.

The winners will be announced at a gala in Toronto at the end of the month.

The writer was also a finalist in the 2012 Derringer Awards, an international awards program for short fiction.

beauty & spa

How to get bathing suit ready naturally

(NC)—Peel off the layers because summer is here. Its arrival is a welcomed relief from a cold winter, but the hot, sunny months can sometimes cause a bit of anxiety. Maybe we weren't as active during the winter, and enjoyed a few too many Christmas desserts, which are now showing up as extra weight—just when it's time to pull out last summer's bathing suit. Without the convenient bulky

winter sweaters to hide behind, what can we do to get back into shape?

Slow and steady wins the race: This truism might begin with brisk, daily walks. If you haven't worked out all winter, starting off with a hard-hitting, two-hour workout at the gym is probably not a good idea. Of course we want to drop those extra pounds immediately, but consistency, although progress may be slow, is a healthy approach,

with beneficial, long-lasting health benefits.

Natural health products (NHPs) manage weight: Sometimes the body needs a little extra help to manage weight due to stress, hormone imbalances and added sugar consumption. Visiting your local natural health food retailer can provide you with useful information on which products may help the body manage weight naturally. NHPs are naturally occurring substances that are used to restore or maintain good health. They are often made from plants, but can also be made from animals, microorganisms and marine sources and are used to restore or maintain good health. Data shows that more than 70 per cent of Canadians use NHPs such as vitamins and minerals, herbal products, and homeopathic medicines. You can find a natural health food retailer near you by visiting chfa.ca.

Eat up and write it down: Being aware of what you eat each day is an important part of managing weight. Keeping a food diary will help you keep track of extra snacks and calories you may be consuming, without really thinking about it. Try a food diary for 21 days, by then you'll be more aware of what you're eating without having to write everything down.

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