



Janice Ykema,
"Canadian
Landscape."

Submitted photo

Colour and Form Society take over Red Door Gallery

The Red Door Gallery's new show, featuring members of The Colour and Form Society, is filling the gallery with vibrant colour and varied styles.

Each artist takes an identical format canvas and creates a unique work of art. This size means that a piece of original art can be purchased from \$300. The work is high quality, since the Ontario based society selects its members by jury, according to their work.

The opening reception and Meet the Artists will take place this Saturday, Feb. 11 from 2-4 p.m.

Now in its 64th year, the Society today reflects the broad Canadian multicultural mosaic. The show has been curated by Judy Daley, also curator of the Helson Gallery at the Halton Hills Cultural Centre, and Steve Wilson, CFS, SCA, SOVA who was the president at Beaux-Arts from 2003-07 and Director of Exhibitions for the Society of Canadian Artists 2012-14.

The show continues until March 4. The Gallery is open Tuesday-Saturday from 12-5 p.m. For more information, visit www.red-doorgallery.ca

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Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: My children play a lot of sports. Should they be stretching to prepare for activity?

A: Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wrigs out" muscles which possess irritating chemicals such as lactic acid.

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Q: How do I get my kids to brush their teeth?

A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush their teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.