

Residents help launch Walk the Hills campaign

STORY AND PHOTO BY JENNIFER ENRIGHT

About 20 Halton Hills residents got out and stepped up to the challenge during the kick off for the Town's Walk the Hills community campaign to get residents more active through walking.

The event attracted local residents to the Gellert Centre on Saturday, June 25, including Mayor Rick Bonnette and his wife Josey as well as Town councillors.

During the launch Terry Alyman, the Town's director of recreation and parks, urged Halton Hills residents to strive to be more physically active. He noted that only 50 per cent of people in Halton Region are active enough to experience health benefits, but he said the goal should be to get more people engaged in physical activity by the year 2010. Alyman said walking is a particularly good activity because it's "low cost and versatile."

Mayor Rick Bonnette said Halton Hills residents are lucky since they live in an area where people feel free to walk. "This is a very safe community where you can enjoy a walk," said Bonnette, who noted that walking is an easy activity that doesn't require any special skill. Walking as well as wheeling for those confined to wheelchairs was chosen for the campaign since it's something most people can do as a form of physical activity.

The Walk the Hills summer campaign runs for eight weeks beginning the first week of July and during that time period walking logs will be available at all Town facilities as well as the Town of Halton Hills website (www.haltonhills.ca). Following the summer campaign, which covers the

Josey Bonnette joined her husband Mayor Rick Bonnette and other Halton Hills residents during the official launch for Walk the Hills, a community campaign to get people more physically active in the area. The kick off included a walk around the path at the grounds by the Gellert Centre followed by a wind down exercise led by Kellie Hayward, an owner and instructor at The Power Zone Fitness Centre in Georgetown.

months of July and August, the Town will launch a second campaign in the fall that lasts from September to October.

Each week, residents are encouraged to track their progress on the log sheets and to rate their success against that of other residents. Activity levels will be calculated and registered on the Town's website.

People can take part by registering in a number of categories including youth, older adult, family, group and adult.

Walking maps, walking tips and tools, and walking links are available at the Town website www.haltonhills.ca.

Walk the Hills is an initiative of Active Halton Hills; a community project that's part of the Active 2010 program funded by the Ontario Ministry of Tourism and Recreation. The goal of Active 2010 is to increase physical activity levels in Ontario by 10 percentage points by 2010.



recreation & entertainment

YOUR GUIDE TO WHERE TO GO & WHAT TO DO IN HALTON

Psychonauts microplay

A GAME REVIEW BY DAVID TIERNEY (CAPTAINSPUD@GMAIL.COM)

Psychonauts is an incredibly imaginative action-adventure game that puts you behind the goggles of Raz, a 10-year-old psychic. Desiring to train his psychic skills, he runs away from home to Whispering Rock Psychic Summer Camp, hoping to be trained as a Psychonaut, a "psychic secret agent". He only stays there for two days, but before he leaves, he'll almost single-handedly thwart a comically bizarre plot to take over the world.

The path to victory in Psychonauts lies in the minds of the people you meet. Each

person's psychic landscape is unique, a metaphor-turned-reality based on that person's personality. Your militaristic coach's mind is a battleground, while the landscape of an insane conspiracy theorist is twisted and packed with secret agents. The monstrous lungfish's mind is... interesting, to say the least.

The actual gameplay is a combination of platform jumping and very simple third-person combat, both of which are aided by the suite of psychic powers you accumulate over the course of the game. In each mind, you have a set of objectives to accomplish (such as destroying a signal tower, or defeating Napoleon at a board game), as well as a myriad of items to collect: colourful Figments littered around each level help you rank up, and appeasing crying luggage helps you clear a person's (get ready for it) Emotional Baggage.

Overall, Psychonauts is one of the best games I've ever played. The story is incredibly funny and well thought-out, and the gameplay never approaches the level of tedium and frustration that a lot of platformers sink into. You can tell the developers had fun making it, which translates into an equally fun play experience on our end.

Platform: Xbox and Playstation 2

Difficulty: The game is challenging without being frustrating.

Age appropriateness: The bulk of the game is relatively tame, though the end stages are more intense (an abandoned asylum and a creepy circus made of meat). Recommended for ages 12 or over.

Rating: 4.5/5

Top 10 Rentals

THE MAGIC OF THE MOVIES AT HOME

This week's Top Ten Movie Rentals brought to you by



- | | |
|----------------------|-------------------------------|
| 1. The Pacifier | 6. The Jacket |
| 2. Hostage | 7. Be Cool |
| 3. Hitch | 8. Diary of a Mad Black Woman |
| 4. Miss Congeniality | 9. The Aviator |
| 5. Coach Carter | 10. National Treasure |

New Releases

Pacifier

Vin Diesel, Brittany Snow, Max Thieriot, Morgan York

A navy seal finds himself out of water when he is assigned to protect a family of five out of control kids. Now he's finding out what tough really is when he pits his combat skills against diapering, den-mothering and drivers education.

Diary of a Mad Black Woman

Kimberly Elise, Steve Harris, Tyler Perry

After a seemingly perfect life with her husband, Helen McCarter gets kicked out of her home when her husband announces he wants a divorce. With all of her possessions packed in a moving van, Helen starts on her journey to put the pieces of her life back together. Through the assistance of her friends, family, faith, and a twist of fate, Helen finds the strength and empowerment she needs to get control of her circumstances.

Mr & Mrs Smith

Titled after the 1941 Alfred Hitchcock film, Mr. and Mrs. Smith is the story of two highly skilled assassins that are married and unaware of one another's profession. Starring Angelina Jolie and Brad Pitt, this film makes being married seem like one gigantic joy ride. After five years of marital bliss, Mr. and Mrs. Smith cross paths on the professional level when they are each sent on a high level hit. Without realizing that they are working for rival agencies as top secret hit people, the Smith's are pitted against one another in the wittiest, battle of the sexes the big screen has seen for a long time!

Although Mr. and Mrs. Smith is all about the danger and excitement of being an assassin, this comes only second to the romantic comedy that a viewer would not expect from this film. There are a variety of action scenes, complete with bombs, physical maneuvers and general violence in the film, however, all this unexpectedly brings the two leading characters closer

film review

BY LAURA COOK

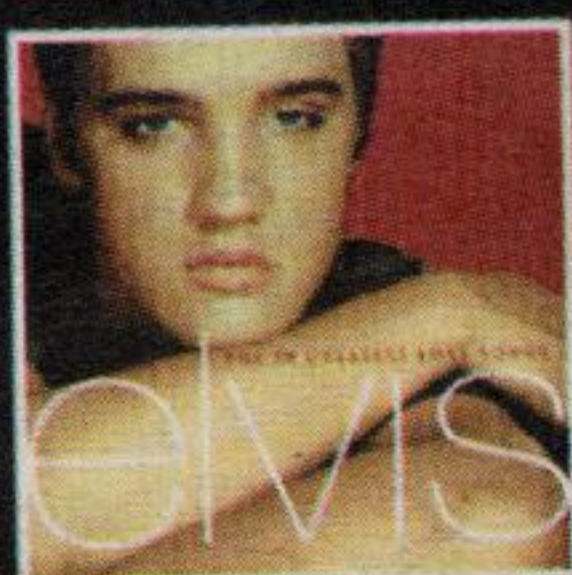
when they are forced to pay more attention to one another after five years of being married. Will learning the truth about each other actually save Mr. and Mrs. Smith's marriage?

Directed by Doug Liman, this film is both sophisticated and witty with lots of action and eye candy for both sexes. The cinematography is done by Boxan Bajelli who makes each environment pop with varying color schemes and moods to match each scene. Mr. and Mrs. Smith has a running time of one hundred and fifteen minutes and an MPAA rating of PG-13, for sequences of violence, intense action, sexual content and brief strong language. Although it is definitely not your typical romantic comedy, this film is a great compromise between action and love story!

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prime time radio

All Time Favourites



★ BEATLES ★ FRANK SINATRA ★ NAT KING COLE
★ TONY BENNETT ★ DIONNE WARWICK ★ TOM JONES

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