

Senior Games Program

BY ANN KORNUTA

Elderly residents in Halton can stay active in a fun way with the Ontario Senior Games program. With the population in Halton growing older, more seniors are looking for ways to stay fit, stay active, and stay involved locally. These residents do not fit the stereotype of the inactive fifty-five plus seniors and go for gold in their silver years. With over 700 participants in Halton alone, the Senior Games Program promotes friendly competition, fellowship and social activities for seniors in the form of sports and recreational programs.

For three years, Bud Branson has worked as the chairman and district coordinator for the Halton district #21 helping to push the program to its fullest.

"Each district does their own thing based on a format that is approved by the provincial origination," Bud explained. "Every district runs fifteen events if they can and can always add extra events. This year we tried slow pitch base ball."

The Senior Games have something for everyone looking to be active and to have fun. "All of the events have been successful and we get a good turnout. The most popular are our card games, bowling, golf and lawn bowling," Bud said.

The Senior Games are run by senior volunteers for the benefit of Halton residents 55 years and older. It is just part of the province wide network known as the Ontario Senior Games Association, which has been around for

the past fifteen years. To date, the OSGA provincial office sits in Toronto and is divided into forty districts within Ontario. Each district chooses their activities based on a format approved by the provincial origination.

"We have provincial games every year rotating between winter and summer. At the winter games, called Winterfest, Halton sent forty people to Barrie to compete. Next year in the summer, the Activefest games will take place in Hamilton where we expect to send a minimum of fifty people to that event," Bud said.

The organization works closely with the senior centres in Halton, but is not directly associated with them. "Where they cannot handle some of our events, such as the card games, we approach the retirement homes and they sponsor our events where they can. We try to get as many people involved as we can. We try to have local events."

The Halton district is always trying to find new ways to make it more attractive to people. "Having to go on to provincial games is exciting for our members. Meeting up with 1200 people from across the province is a great experience and a real plum for participating in the games," Bud said.

If you are fifty five years or older and want to get out, make friends and have fun the Halton Senior Games might be for you. To find out more you can log onto their website at www.seniorgameshalton.org or you can call Bud at (905) 637-1209.

recreation & entertainment

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

Furon Attacks! microplay

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

Title: Destroy All Humans!

ESRB Rating: Teen

Age appropriateness: Tough to say... the game contains a fair bit of crude language, so while younger kids will love it, you as a parent may not want them to hear it. I'd guess somewhere around 13+.

The Furons are dying; their race is able to propagate itself only through the use of cloning. However, after hundreds of generations of cloning clones, the genetic resources of their race are beginning to break down, and they need to find a source of clean Furon DNA. Fortunately, they hid a big stock of it a few thousand years ago... on Earth. Every Human being has a piece of Furon DNA hidden inside their brain, and the Furons plan to dig it out. They send an agent, Cryptosporidium-146, to Earth to collect some clean DNA for extraction, but alas, he makes a slight navigational error and lands his ship on top of a nuclear missile. Oops. In the aftermath, he's captured by the filthy Earthan natives. The Furon Empire cannot stand for this affront... they must have revenge! They must... Destroy All Humans!

Ahem. Don't worry, I haven't ruined anything for you... that's all covered in the first ten minutes of cutscenes. The game casts you as Cryptosporidium-147 (and eventually, as you die repeatedly, his clones Cryptosporidium-148, 149, 150...), and tasks you with finding and recovering your predecessor, collecting enough Furon DNA to jump-start the Furon race, and hey, while we're at it, what say we enslave the human race? Your missions are given to you by the extremely entertaining Orthopox (who is literally the guy from Invader Zim doing an almost-British accent), and consist of everything from capturing (read: probing) random humans to orchestrating the mass hypnosis of the United States. The scene-setting is excellently done; the game takes place in the 50s, and everywhere you go, everyone who sees your massive-headed green frame shouts, "Aaaaahh!! It's the commies!" Even the men in black who hunt you think you're just part of some communist plot or other.

Kerry Stratton to be conductor of Czech Orchestra

Kerry Stratton, long time conductor and music director of the Toronto Philharmonia and Huntsville Festival of the Arts, will begin in 2006 leading an orchestra in the Czech Republic.

Founded in 1835, the Karlovyvarysky (Karlsbad) Symphony Orchestra has over 200 concerts per season, and tours extensively through Spain, Germany, Italy, and France as part of its schedule.

Stratton says, "I look forward to being Principal Guest Conductor of such a wonderful group of musicians. It's an unexpected honour. An additional advantage is that the schedule will let me record with two other great European orchestras, and conduct several others in concert."

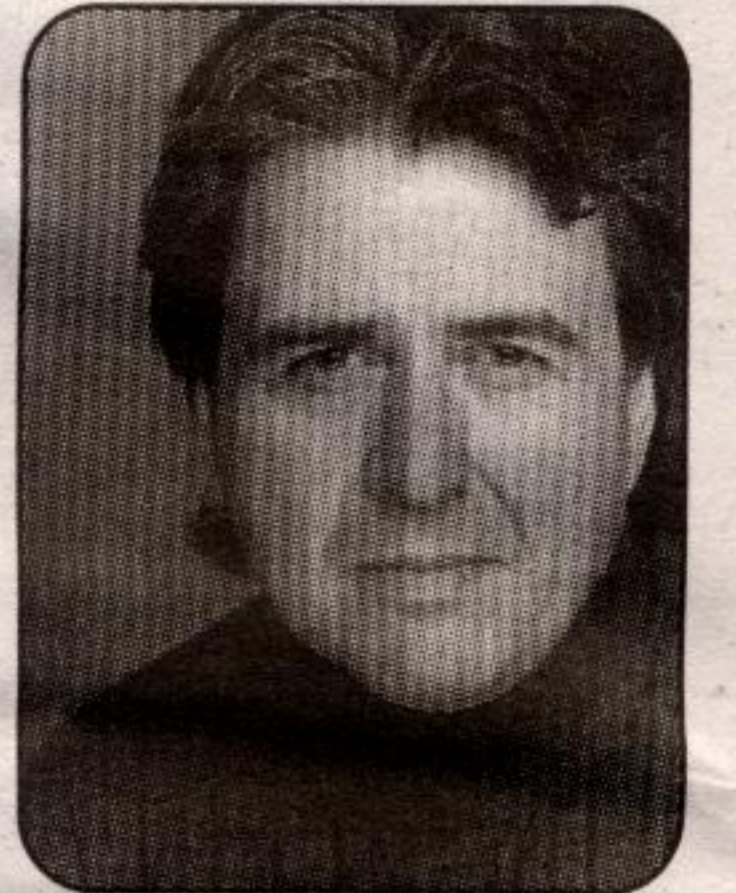
Many of music's greatest names have been involved with the Karlsbad-based orchestra. Dvorak chose it to premiere his New World Symphony in Europe in 1894. Stars including cellists Pablo Casals and Mstislav Rostropovitch plus violinist David Oistrach, have appeared with the orchestra.

Stratton first appeared with the Karlovyvarysky Symphony Orchestra in May 2005 conducting Smetana's tone poem cycle 'Ma Vlast.'

This wasn't his first immersion in the culture of the country. In 2000, he was presented with the Masaryk award for his understanding and appreciation of Czech music and culture.

Stratton, who has performed in fifteen countries, recently conducted the Beijing Symphony Orchestra in a concert held in the Forbidden City and was the first Canadian to conduct the St Petersburg Camerata in the Winter Palace.

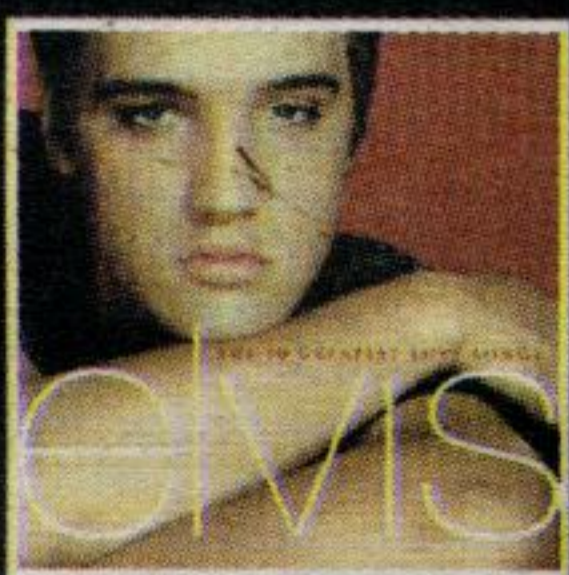
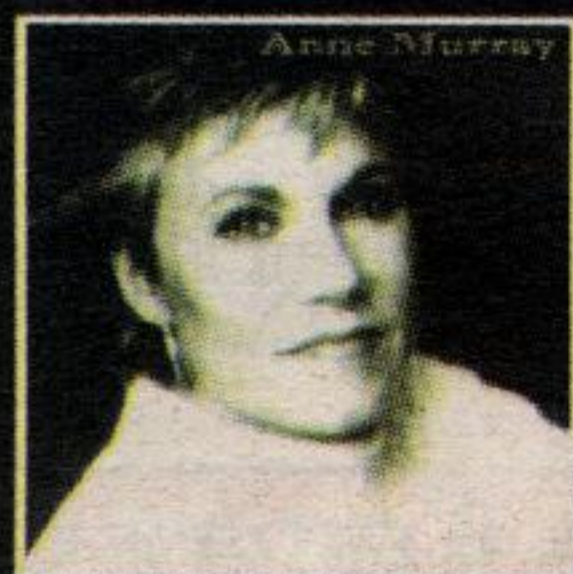
In addition to his appointment with the Karlovyvarysky Symphony Orchestra, Stratton has concerts scheduled in the Czech Republic, Austria, and Germany. He'll also be leading the Nuremberg Symphony, and the Prague Radio Symphony Orchestra in recordings sessions for new CD's.



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Top 10 Rentals

THE MAGIC OF THE MOVIES AT HOME

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



- | | |
|----------------------|------------------------|
| 1. Hide & Seek | 6. Hitch |
| 2. The Pacifier | 7. Miss Congeniality 2 |
| 3. Hostage | 8. Cursed |
| 4. Coach Carter | 9. Be Cool |
| 5. Bride & Prejudice | 10. Are We There Yet? |

New Releases

Hide And Seek

Robert DeNiro, Dakota Fanning

At their new home in upstate New York, newly widowed psychologist David Callaway (DeNiro) tries desperately to help his traumatized daughter Emily (Fanning) deal with her mother's death. But before long, both David and Emily are being terrorized by someone - or something - named Charlie: a "friend" who may or may not be imaginary but is definitely the stuff nightmares are made of! Ready or not... "you'll be jumping out of your seat".

Bride & Prejudice

Aishwarya Rai, Martin Henderson

Sparks immediately fly as a love/hate relationship ignites between a small-town beauty and a wealthy American who's visiting her modest Indian village! In a swirl of music, dance and comic misunderstandings, these opposites continue to attract and repel one another in a riotous romance that spans three continents!

Bewitched

For those of us who remember the original television series, this hilarious romantic comedy plays on both memories and dreams of the audience. Nicole Kidman as Isabel/Samantha, along with an all star cast of Will Ferrell playing Jack Wyatt, Shirley MacLaine as the mother, Endora, and Michael Caine as Isabel's warlock father, Nigel, all cast a spell on the audience as they delve into reproducing one of television's most memorable sitcoms.

After moving out to California's San Fernando Valley, Isabel (Kidman) is turning over a new leaf and has vowed to stop being a witch. Although somewhat naïve, she is good-natured and determined to be normal. Amidst this new resolve, Isabel attempts decorating her new house and even goes to a bookstore where she meets Jack Wyatt; a tall, charming actor who is looking for a Samantha to star in his new updated version of "Bewitched". Convinced that Isabel has the perfect nose

film review

BY LAURA COOK

to play the part, he recruits her to an audition.

Eventually taking the part as Samantha on the new "Bewitched", Isabel falls for Jack and his seemingly normal life. This spices up the film a great deal when Isabel casts aside her newfound normalcy for a small love spell. Will Jack stick around if he finds out Isabel is a real witch?

Columbia Pictures *Bewitched* is an adorable and clean-cut recreation of some classic characters from the past. The film is a refreshingly wholesome story of an outsider trying to make her way in a new town. Rated PG-13, for some language, including sex and drug references, and partial nudity, this film is a terrific break from reality.