

Health, Beauty & Fitness



Flipping for CAS-HH

Paul Ravalli, executive director of the MedRehab Group Inc, at 99 Sinclair Ave., flipped hamburgers and sausages during a recent charity barbecue to officially open the business, with all proceeds in aid of Cancer Assistance Services of Halton Hills (CAS-HH). The event ran from 12 p.m. until 4 p.m. in the parking lot, and also offered a silent auction as well.

Photo by Ted Brown

Three apples a day can keep the 'weight' away

Take charge of your health in 2004 with the help of Ontario fruit and vegetables! Whether you simply want to boost your overall health or are trying to shed a few extra pounds, a diet rich in Ontario's best produce will help. Here's how:

- The fibre solution: Finished supper, but still not feeling full? The problem may be a lack of sufficient fibre in your diet. Fibre-rich foods give you that "I'm full" feeling faster than low-fibre foods. Add fibre to your diet with Ontario apples, pears, potatoes, rutabaga, cabbage, carrots and more. The added bonus? High-fibre diets are associated with reduced rates of heart disease and some cancers.

- Three apples a day keeps the weight away: Ontario apples can help you lose weight. How? One recent study found that dieters who ate three apples a day were more successful in their efforts than those who didn't eat apples. How can apples help? They're a sweet treat and they're fibre-rich, both factors that can reduce the urge to eat other less nutritious and higher-calorie foods.

- The "just plain healthy" option: Even if you're not trying to lose weight, Ontario fruits and vegetables can help boost your body's nutritional needs the natural way.

—Foodland Ontario



Documentary films at Raves

W Network production team story producer Mary Frymire (left) and cameraman Colin Akoon filmed at Raves Hair Fashions on Guelph St. recently as part of a documentary entitled *Don't Stand Still*. The program deals with the accomplishments of several women, including local resident Joanne Daquano (white T-shirt), and her fight against cancer. As part of the program, Daquano's husband Mike, and their kids, Dylan, 11, Dean, 10 and Darcy, 8 (in the chair) had their hair cut by Raves staffer Angela Cree, during Raves' promotion in which they donated all monies raised by haircuts that day to Daquano's participation with Hungry Hollow Hooters, in their Weekend to End Breast Cancer in Toronto. The documentary is slated to air in the new year.

Photo by Ted Brown

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