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Miltonians get ready to celebrate

For the thousands who will attend Milton's annual Canada Day celebrations Friday, it will be an entertainment-packed extravaganza.

From a Veteran's Breakfast to a dazzling BMX Stunt Show, festivities will be non-stop all day at the fairgrounds, culminating with a huge fireworks display as darkness descends.

The event will begin as it does every year with the Veterans' Breakfast in Victoria Park at Town Hall, followed by a brief ceremony at the cenotaph and a parade to the Milton Fair Grounds.

Immediately following the opening ceremonies and the swearing in of new Canadians, the entertainment will begin.

New this year is the Jagger BMX Stunt Show featuring professional BMX riders executing aerial stunts and tricks. There will be two shows, at 2:30 and 5 p.m.

Returning this year will be Circus Jonathon, a one-man comic, unicyclist and juggler, and Kidz Zone with paddle boats, face painting, gladiator air joust, air maze and bounce carousel, playdough centre, petting zoo, and much, much more.

There will be no shortage of exotic interactive animal exhibits and shows including Little Ray's Reptile Zoo's Giant Snakes of the World, Hamilton Reptile's Travelling Reptile Show and the Muskoka Animal



GRAHAM PAINE / CANADIAN CHAMPION

Residents attending local Canada Day festivities at the fairgrounds Friday will likely see the event's mascot, Milton the Moose, around.

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Children way too inactive, study finds

By Christina Comisso
CANADIAN CHAMPION STAFF

What are your kids doing after school? Most likely, not much.

Canadian children were given an 'F' when it comes to physical activity levels.

"When we think about the day, our kids probably spend from the time they wake up to when they're done school fairly inactive. A lot of people think their kids are active all day. That's not the case," said Yvette Munro, vice-chair of Active Healthy Kids Canada.

"What are kids doing between the 3 to 6 p.m. period? Parents are still at work or juggling things at home, and kids are spending most of the time being inactive," she said during a presentation in Milton last week.

According to a new study, most kids are spending about 14 minutes out of a possible 180 being active after the school day is done.

Members of Active Halton, the Oakville YMCA, the Region's health department and other local organizations gathered for the release of Active Healthy Kids' annual report card. This year's focus was on after school hours.

"This is our seventh report card, and the grades are not getting that much better," said Munro. "Kids are spending a lot of time indoors, and there's not a lot of space for them to run around. Parents, for lots of reasons, are more reluctant to say go outside and play."

Munro called it "nature deficit disorder."

A mere four per cent of girls and nine

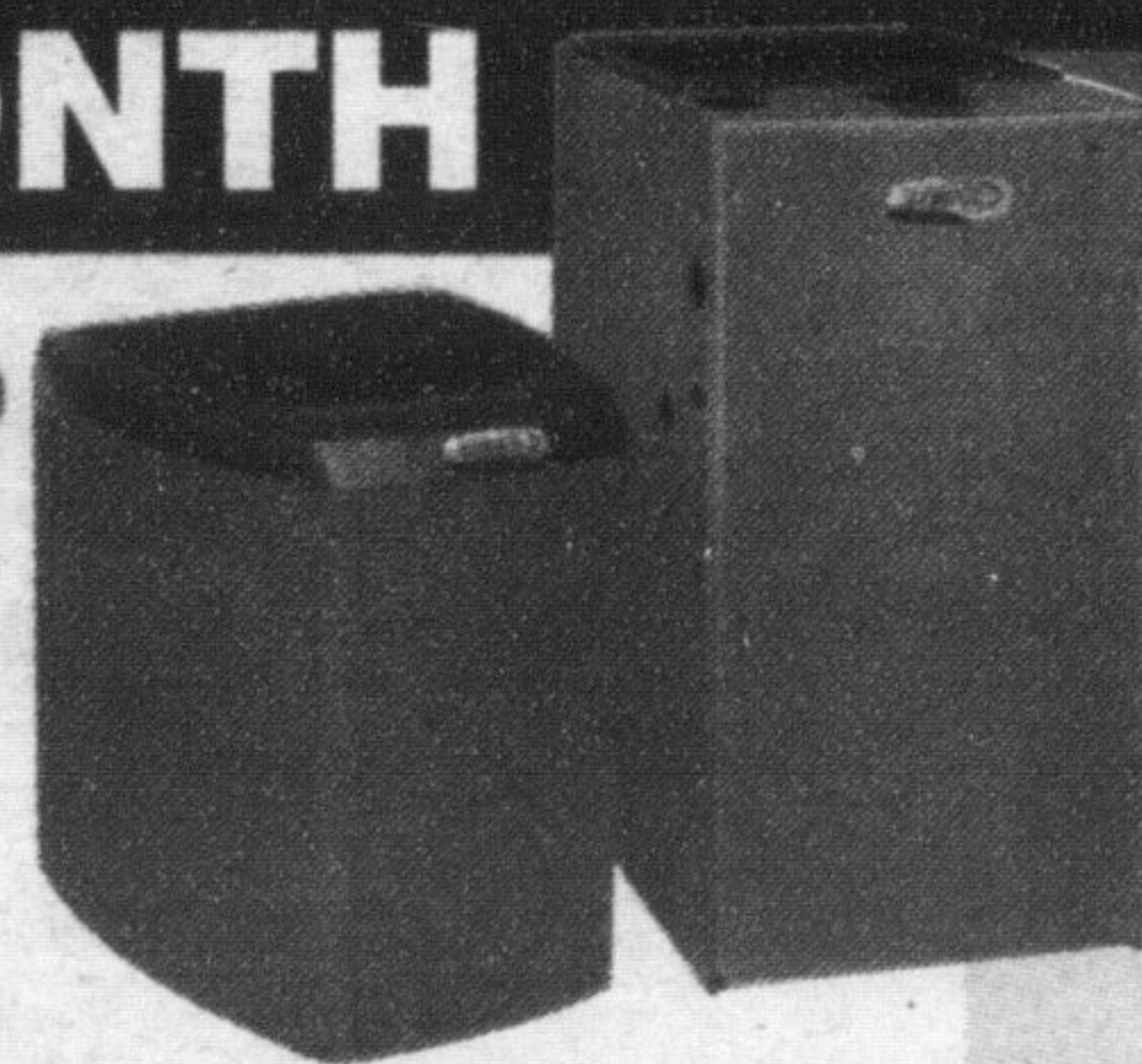
• see SCREEN on page A2

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