

Lifestyle

Wednesday Oct. 4, 1989

Community Notebook

Great Cover-Up: The troubles surrounding wallpapering are almost as numerous as the choices one must make in selecting the right type of wallcovering. All of this will be sorted out by Kelly Thornton, manager of Sherwood Decorating Centre at Milton Public Library on Wednesday Oct. 11. She'll discuss the latest trends, techniques and practical tips beginning at 7:30 p.m. Tickets cost \$2 and are available at the library. For information call 875-2665.

Coping with Parenthood: Psychology professor George Koblyk will be at E. C. Drury High School next week to present a seminar called "Coping with the stresses of parenthood". He'll show how to not only survive parenthood but enjoy it. The Tuesday Oct. 10 presentation begins at 8 p.m. and tickets sell for \$4 each. Purchase tickets in advance at The Family Place, 878-0121; The Centre, 876-1244; CHERISH Parent/Child Centre, 876-4365; Georgetown Parent/Child Centre at 873-2960.

Wait for Book Bins: Donations of used books to the Milton and District University Women's Club annual Spring Book Sale have kept coming despite the absence of the book bins. The bins will be back Jan. 1, 1990 and contributors are asked to hold onto their used books until then. The book bin locations will include the entrances to Zellers at Milton Mall and Milton Public Library. Proceeds from the book sale go toward a scholarship fund for Milton students.

Hugo Relief Fund: Donations to the American Red Cross's relief efforts for the victims of Hurricane Hugo can be made through the Milton branch of the Canadian Red Cross Society. The American organization is appealing for \$42 million for its emergency disaster relief operation to assist victims of the hurricane on the U.S. mainland, Puerto Rico and the U.S. Virgin Islands. Donations will be accepted at the Milton branch, 190 Main St. between 10 a.m. and 1 p.m. weekdays. For information call 875-1459.

Feeling Frazzled? A free "Mothers' Group" featuring guest speakers, discussions and crafts is offered at CHERISH Parent/Child Centre. Care for pre-schoolers is part of the program which operates at the Optimist Centre on Commercial Street. Transportation will be provided. To find out more about the program call Susan Stuart at 878-2375.

Harvest Home Festival: The sixth annual pumpkin carving contest at Bronte Creek Provincial Park this weekend will produce a new crop of "master carvers". The first 150 cars to arrive at the centre on Sunday and Monday (Oct. 8-9) will receive a free pumpkin to carve in the park at the visitor centre. Entries will be judged in two categories; funniest and scariest. Carving will take place between 1-3:30 p.m. and judging happens at 4 p.m. The park is located just north of the QEW Highway, exit 109, between Oakville and Burlington.

Enjoy Fall Colours: Fall colour reports are being provided by the Ministry of Tourism and Recreation. The progression of the colours, viewing locations and tour possibilities will be outlined for callers who dial toll-free 1-800-ONTARIO.

Street-proofing and karate go hand in hand at Superkids

By KAREN SMITH
KARATE LESSONS AT A Milton martial arts school don't just mean earning a black belt.

For children, it can mean learning to be street-wise and getting better grades.

Those are only two of the objectives Mark Heidt, owner and operator of the local Superkids Karate Inc., works toward in his children's classes.

"The best benefit I see is self-confidence," he explains. "They lose a fear of being in front of people and at the same time, they're having fun."

Incorporated in every children's karate class is a program called Street Smarts, exclusive to Superkids Karate franchises.

Mr. Heidt puts time aside in every one-hour lesson specifically for street-proofing. He teaches his young students not to talk to strangers, how to avoid dangerous situations and what to do if caught in one.

School grades

Other benefits include how to listen and speak more effectively, how to handle upsets and get along with others, he says.

Superkids Karate uses a system designed to go hand-in-hand with the children's progress in school.

As part of this company philosophy, good school averages are required in most cases before Mr. Heidt will enrol students. Children up to 12 years of age must qualify for lessons.

A black belt himself, Mr. Heidt opened his school in Milton two years ago. He has been teaching students the martial arts and training for 11 years.

"I really enjoy teaching. I have a lot of fun with the kids."

And Mr. Heidt believes it's important for his students to have fun as well.

"If they're not enjoying what they're doing, they're not going to stick with it," he says.

20 centuries old

A term used to describe different systems of hand and foot fighting and self-development, the martial arts trace back more than 20 centuries and many different styles are practiced by millions of people world-wide.

Mr. Heidt stresses achieving optimum levels of energy, self-discipline and physical fitness as much as advancing through belt grades.

"Everyone here is going to



grow up to be leaders, not followers.

He teaches them to say no to drugs and yes to a healthy body

and mind as well as to have respect for authority, especially their parents.

"A lot of kids today don't

PHOTO BY STEPHEN UHANEY
As well as the elements of self-defence, martial arts instructor Mark Heidt teaches his students street-proofing, self-discipline, concentration, respect for others and listening skills at Superkids Karate. Above, Mr. Heidt, owner of the Milton karate school, gives students (from left to right) Josh Arnold, 7, Paul Pedulla, 6, and Ryan Clements, 6, a few pointers. Teenagers and adults of all ages also train at the facility located on Main Street East.

have respect for authority," adds Mr. Heidt. "We really keep the parents involved."

Parents are given regular reports on their children's progress and students receive traditional grading as they work toward a coveted black belt.

Mr. Heidt's students don't compete within the company, he says, because that way there's always a loser.

"Our society is too competitive," he adds. "It's push-push, you gotta win."

Some children, both male and female, start as young as age four and there are also many adult students. Overall, Mr. Heidt teaches about 180 children, teenagers and adults.

Superkids Karate Inc. has nine schools in Ontario and 12 across Canada.

For more information, contact the Milton school at 875-1251.

MILTON MALL

55 Ontario Street

We've Got It All!

Monday - Friday • 10:00 am - 9:30 pm
Saturday • 9:30 am - 6:00 pm