

Live birds bring art show to life

Live owls and hawks will be watching local wildlife artists as they demonstrate and show their work at the third annual Christmas Wildlife Art Show and Sale December 2.

Mountsberg Wildlife Centre will be transformed into a wildlife art gallery with a unique twist — real wildlife.

Several live birds of prey from Mountsberg's bird of prey rehabilitation program will be shown among the artists who often use the birds as subjects.

Many local artists will be displaying their original work along with print art by well-known artists like Robert Bateman, Ron Parker, Brent Townsend, Norman Knott, Bev Doolittle and John Serrey-Lester.

Proceeds from the sale and show from noon to 5 p.m. will be used by the Halton Region Conservation Foundation for the wildlife centre expansion project.

A three-year, \$600,000 fundraising campaign recently began which will build an addition to the Interpretive Centre, bird of prey facility and make improvements to the Wildlife Walkway and bird banding program.

Mountsberg Wildlife Centre is located 5 kilometres west of Campbellville on Milborough Line.

For more information, call Mountsberg (weekends) at 854-2276 or the Halton Region Conservation Authority (weekdays) at 336-1158.

Diets zap energy and fitness, health dept. warns

While a diet may take off unwanted pounds, Halton Region health department warns it could also zap you of much needed energy.

"Dieting can deny your body its required nutrient intake and thereby lead to loss of energy," advises a health department information release.

"Calories subsequently become harder to burn off, leaving the dieter at potential risk of other, more serious physical problems — such as heart disease and osteoporosis."

Maintaining healthy weight and nutrition is especially difficult for the maturing woman.

Even though male counterparts are just as likely to neglect to adjust for a decreasing need for calories, their metabolic rate's decline is slower and much steadier to women's at the time of menopause.

Compounding the problem is the fact that women's variable hormones make steady weight loss more difficult than men's.

This often leads them into an unhealthy pattern of 'yo-yo dieting' — constant weight loss and gain — which puts even greater strain on the body.

As well there is the psychological disadvantage.

Because society places so much value on thin, ideal female bodies, women of all ages tend to strive for a standard of perfection that, given their individual genetic and metabolic makeups, may well prove unrealistic and at worst, physically dangerous.

Halton Region health department advises all women to become aware of and accept whatever limitations their bodies have.

"Healthy weight should not be based on abstract height or charts or impossible ideals. Instead, what is important is that one feels healthy and energetic."



Photo by JOHN WARREN

Head hockey mom

Hockey equipment, mits, hats and some edible goodies were sold on Saturday to support minor hockey. The bazaar was organized by Milton Hockey Moms, headed by president Pat Haringa who got into the spirit of the event for the photographer.

Gregory S. Fredericks, D.T. DENTURE THERAPY CLINIC

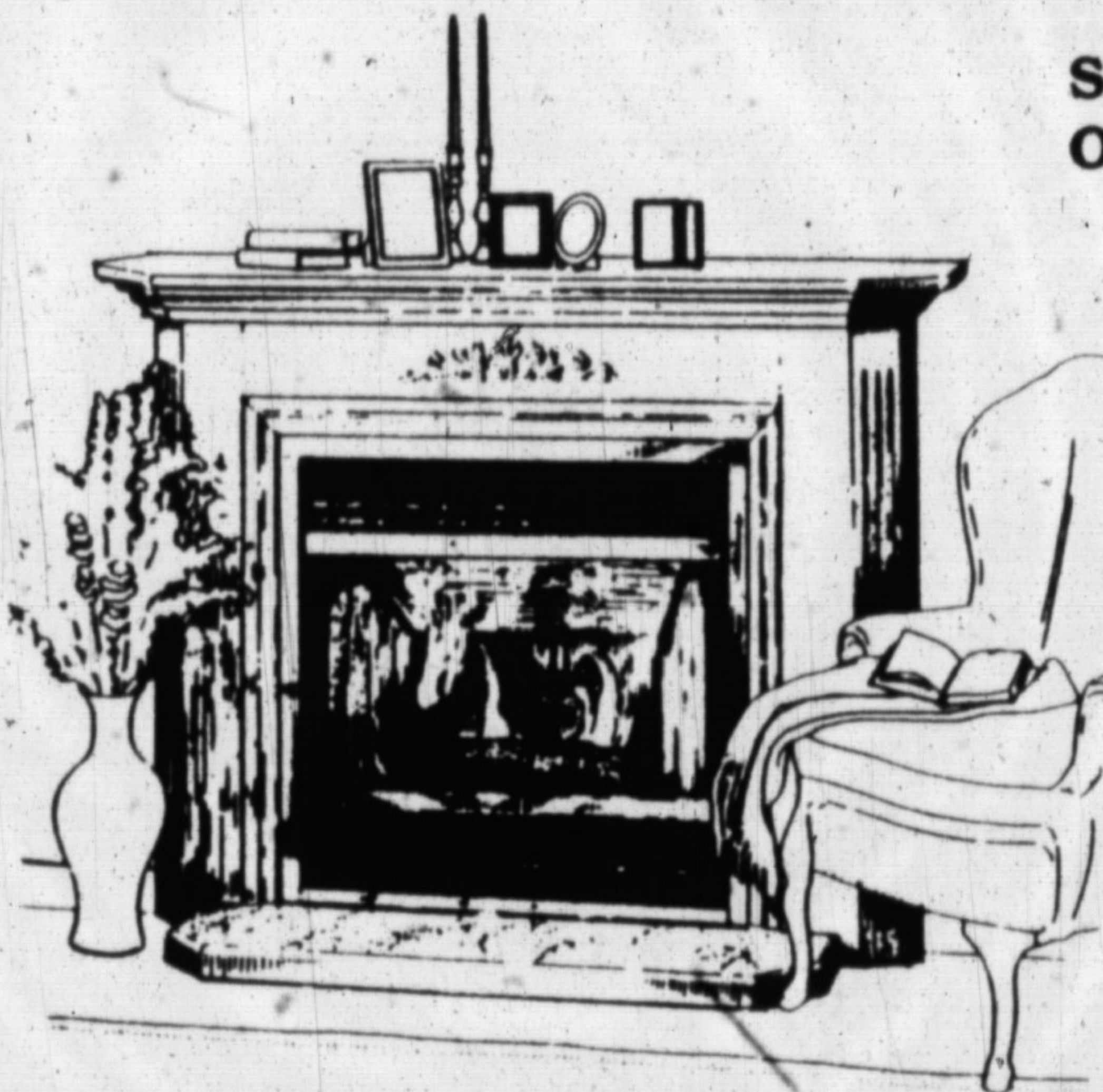
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