

ENTERTAINMENT



Burt Lancaster plays a Texas oil millionaire who decides to buy a Scottish fishing village as the site of a new oil refinery in the movie *Local Hero*. The film alternates between beguiling and boring, according to reviewer Ian Bailey.

Markham Movie Scene

'Local Hero' is both beguiling and boring

By IAN BAILEY
In *Local Hero*, Scottish writer-director Bill Forsyth chronicles the seduction of a Houston oil company's corporate values by the simple, sentimental values they perceive in a Scottish village where they want to build a refinery.
The fact that the villagers are eager to sell their way of life for the millions they're offered is a joke played out during the visit of the company representative (Peter Riger). When their greed becomes obvious, Forsyth tosses in other devices to keep things moving, but they are wearisome exercises in a film that quickly establishes itself as alternately beguiling and boring.
On the positive side, *Local Hero* is a mostly charming exercise in the sort of sentimentality John Ford touched in his *How Green Was My Valley*. It is also saddled with a quirky Monty Pythonesque sense of humor, but it doesn't really move. It is so laid back that at its most maudlin it nearly fades off the screen.
The film features some charming characterizations by a cast ranging from Peter Capaldi as a Scottish geologist in love with a mermaid, to Denis Lawson as the wily owner of a local inn who doubles as chef, bartender, and local accountant, as well as a splendid performance by Burt Lancaster as the daffy, astronomy-crazed owner of the oil company.
Forsyth has a tendency for establishing running gags, which are first original, then mumbly — yet, they are samples of the bright flashes of wit that make the entire exercise interesting and mark Forsyth as a talent to be watched. *Local Hero* is a film whose success rests on a personal level

with the appeal that its setting exerts on the prospective movie goer.
Local Hero is playing at Markville Cinemas.
NOTE: Markville Cinemas has picked up the Odeon feature, E.T., the winner of four (mainly technical) Oscars at the Academy Awards this year. Thornhill Square has Gandhi, winner of eight Oscars including the big three — Best Picture, Best Director, and Best Actor, as well as Tootsie with Jessica Lange in her Best Supporting Actress role.
Has anyone ever really seen one of the much advertised Famous Players Litterbags?

Concert band to play May 1

The Markham Concert Band will start its 1983 season with a Spring Festival of Band Music on Sunday, May 1, at 7:30 p.m., upstairs in the old arena at Hwy. 7 and 48.
A special feature will be the first appearance of a beginners concert band. The program of popular and light classical music will also include a performance of *The Happy-Go-Lucky Flute* by Judy Sanderson, and two numbers by the band's woodwind quartet.
A well-known member of the Markham Little Theatre, John Storey, will be the master of ceremonies.
Tickets are \$2.50 for adults and \$1 for children. Attendance is limited to 140. For tickets, phone 294-2037.
Senior citizens will be able to hear the same concert free at a special performance on Monday, April 25, at 7:30 p.m., in St. Patrick's Church hall.
The Markham Kinsmen Club is providing transportation for those who need it, and refreshments during intermission.
For information, phone 294-2333.

Mary Lou Fallis featured

YSO winds up season with Vivaldi Concerto

York Symphony Orchestra winds up its 1982-83 season on Friday, April 29, at the Thornhill Community Centre and Saturday, April 30, at Aurora High School, presenting the Vivaldi Concerto For Four Violins, conducted by Mike Adamson, Concertmaster, and featuring Grant Campbell, Ines Pagliari, Angela Cox and Linda Cart.

Soprano Mary Lou Fallis is a featured guest and will be performing *Laughing Song* from *Fledermaus*, and *Voices Of Spring* by Strauss, and *Deh Vieni* from *Figaro*, and *Vorrei Spiegarmi* by Mozart.

Romeo and Juliet by Tchaikowsky is another featured work being presented by the orchestra and to round out the evening, *Tales From The Vienna Woods* by Strauss, and the *Poet And Peasant Overture* by Von Suppe will be performed.

The April concert has long been planned as a family night theme and, there is something for everyone in the family to enjoy.

The performances begin at 8:30 p.m. and tickets may be obtained at the information kiosk at Thornhill Square Shopping Mall, Sam The Record Man at both Markville Shopping Centre and Hillcrest Mall, The Spinning Wheel in Newmarket, and Biggs' Gallery in Aurora.

Early Bird subscriptions will be sold at both concerts for the 1983-84 season at discount prices.

For information call 475-0948 or 727-1525.



Mary Lou Fallis is the guest soloist for the York Symphony Orchestra's Lollipops concert, slated for Friday, April 29 at the Thornhill Community Centre.

A Taste of Nutrition

Pros, cons relating to goat's milk value

By HELEN FEDYCK
York Region Nutritionist

Goat's milk is gaining popularity in North America. Some of this popularity is due to a preference for the flavor. But much of it is due to the claims made that goat's milk is more nutritious than cow's milk; that it is superior to cow's milk for babies; or that people suffering from allergies to cow's milk are able to drink goat's milk.

Although the use of goat's milk is relatively new to most of us, it has been used extensively in Central and Southern Europe for centuries. Cheese-making from goat's milk is of national economic importance in many areas such as France, Switzerland, Norway, Greece, Italy and the Middle East. Now dairy farmers with goats are starting to gain a greater portion of the dairy market in North America.

THE FACTS
Before you rush out to buy some goat's milk, look at some of the facts that surround the claims for its superiority.

Compare the Nutrients — The key nutrients that we expect to obtain from milk are protein, calcium, riboflavin, vitamin A and vitamin D. The key nutrients

and several other nutrients in goat's milk compare favorably with cow's milk. However, vitamin D and folic acid are much lower in the goat's milk.

Vitamin D is necessary for formation and maintenance of healthy bones and teeth. Currently in Canada, it is mandatory for vitamin D to be added to cow's milk sold as fluid milk, canned milk or powdered. However, it is unlawful to add vitamin D or any other vitamins to milk other than cow's milk. Anyone replacing all or most of their milk consumption with goat's milk will need a supplemental source of vitamin D.

Folic acid is necessary for healthy red blood cell formation and it is readily available in our food supply. However, for babies who are receiving only milk, a folic acid supplement would be necessary if goat's milk is used.

FOR BABIES
Physicians and nutritionists do not recommend unmodified milk of any kind, nor home-prepared formulas from such milk for infants under six months of age. There is a special concern in using

goat's milk because of the levels of folic acid and vitamin D. Vitamin D is available in infant supplements, however, folic acid presents a problem.

If goat's milk is used for babies, a folic acid supplement of 50 micrograms per day is necessary to prevent megaloblastic anemia. It is not currently possible to purchase folic acid in a form to allow the addition of such a small amount. Therefore, at this time it is not advisable to use fresh pasteurized goat's milk for babies.

FOR ALLERGIES
A new trend is to substitute goat's milk in the diet of people allergic to cow's milk. Although many will be allergic to goat's milk as well, about one-third will find it a good calcium-rich alternative.

At this time goat's milk costs 50 per cent more than cow's milk. Although you may choose to spend the money for taste preferences, it is not necessary from a nutritional point of view.

Just as for cow's milk, Ontario laws require that goat's milk be pasteurized before being sold. In fact, it is illegal to sell, offer for sale or even give away unpasteurized milk. Because unpasteurized

milk can be hazardous to your health, make sure that you drink only pasteurized goat's milk.

Children and adults who choose to drink goat's milk can do so safely if it is pasteurized and supplemented with vitamin D. Goat's milk is not recommended for use in infant formulas.

FOR FAST RESULTS

Economist and Sun 294-2200
The Tribune 640-2100

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Book now for weekends beginning April 29, 1983. For information and reservations call your travel agent or (416) 961-8000. Single supplement available for \$60.00.

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