

# INFOGUIDE

## SPOTLIGHT

A guide to what's happening in the York Region area

### THEATRE

■ **JAN. 23:** Second City Comedy at Newmarket Theatre. 953-5122.

■ **TO JAN. 23:** Stage Centre's *The Government Inspector* at Fairview Library Theatre. (416) 299-5557.

■ **JAN. 21 TO 31:** Encore Entertainment's *Chapter Two* at City Playhouse in Vaughan. (416) 733-0558.

■ **JAN. 22 TO FEB. 6:** *Jenny's Story* at Richmond Hill Curtain Club. 773-3434.

### CONCERTS

■ **JAN. 15, 16:** Bob Carlisle at Markham Theatre. (905) 305-7469.

■ **JAN. 19, 20:** The Nylons at Markham Theatre. (905) 305-7469.

### ARTS

■ **TO JAN. 31:** *Before the Land, Beyond the Camera* at Varley Art Gallery, Unionville. (905) 477-9511.

■ *Masks of the Northwest Coast* exhibition at McMichael Canadian Collection in Kleinburg. (905) 893-1121.

### NIGHT OUT

■ **JAN. 16:** Desperado, Eagles tribute band, plays Fullerton's Bar, 6211 Main St., Stouffville. 642-5360.

### ROAD TRIPPING

■ **JAN. 14 TO 16:** Tafelmusik's *La Prima Donna* at Trinity St. Paul's in Toronto. (416) 964-6337.

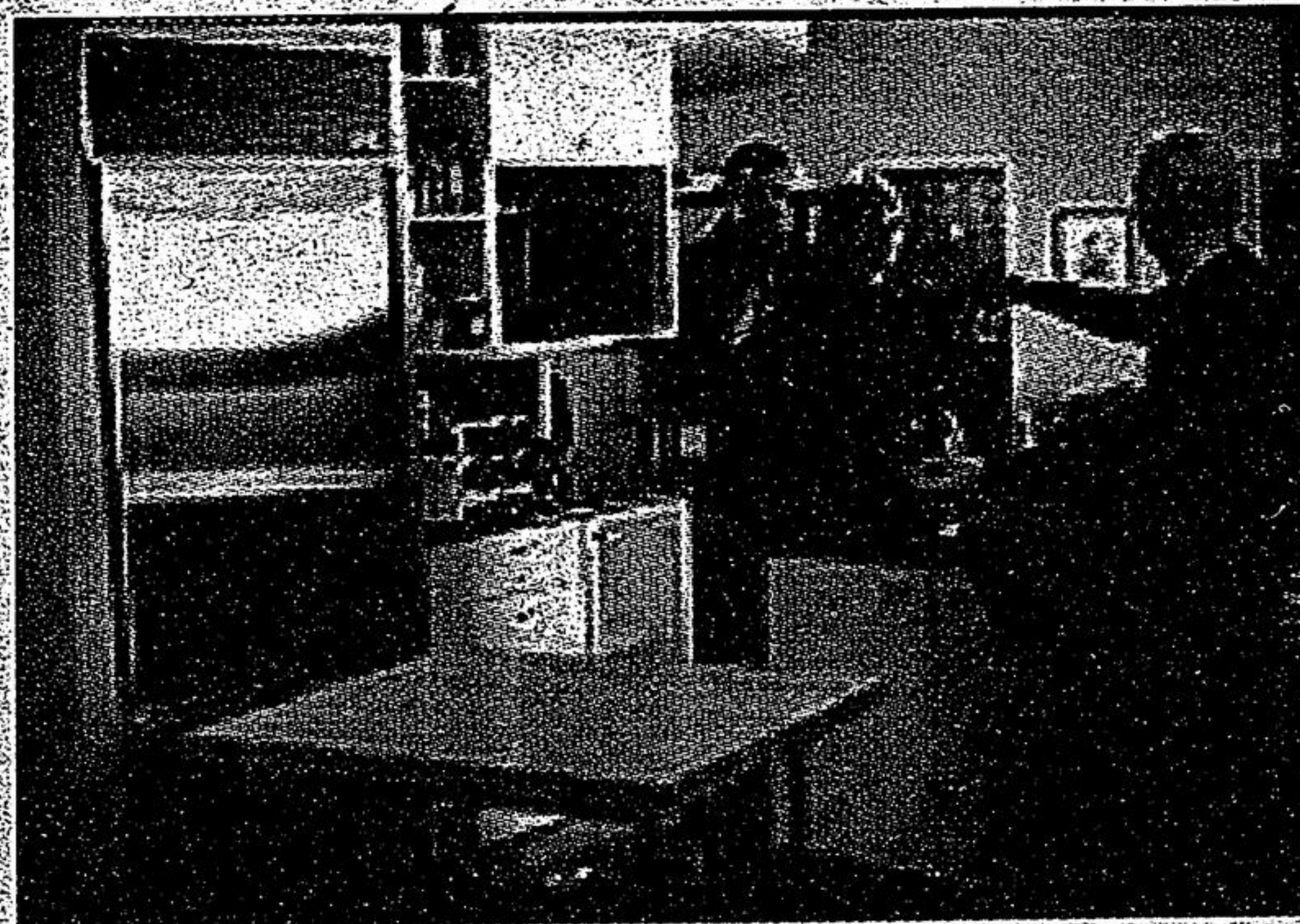
■ **JAN. 15:** Yo-Yo Ma and James Ehnes at Roy Thomson Hall. (416) 872-4255.

■ **TO JAN. 17:** *Slavas Snowshow* at Royal Alexandra Theatre. (416) 872-1212.

■ **JAN. 19:** *The Number 14* opens at Royal Alexandra Theatre. (416) 872-1212.

## FILM CLIPS

WHAT'S NEW AT THE MOVIES



*Hurlyburly* is the adaptation of an award-winning play about the excesses of mid-1980s Hollywood.

**Hurlyburly**  
Opens in theatres this week.

**STARRING:** Sean Penn, Meg Ryan, Kevin Spacey, Chazz Palminteri, Gary Shandling, Robin Penn Wright and Anna Paquin. Directed by Anthony Drazan.

**BARE MEG-ED:** While Sean Penn is getting a lot of attention for his Oscar-potential performance, there's just as much buzz about the fact that Meg Ryan, usually Miss Goody-Goody, plays a striptease dancer.

**THE STORY:** It's an adaptation of David Rabe's award-winning off-Broadway play about

cocaine binges and other excesses among the rich and famous in '80s Hollywood.

**MORE BIG NEWS:** The challenge for Rabe and co-writer Drazan was to make this intimate theatre piece, which originally took place in a condo living room, come alive on the big screen. "It's meant to be a roller-coaster ride — not of action, but of emotions," Drazan says. "We wanted it to be intense, to demand the audience invest themselves, but also to be as wickedly funny as the play."

## NEW ON VIDEO

SNAPSHOTS OF THIS WEEK'S RELEASES

This week's video releases, along with some capsule reviews from film critics:

**The Truman Show** with Jim Carrey and Ed Harris: "A brilliant Orwellian satire-cum-thriller about a world where television has finally triumphed over humanity. The ending beats any thriller out there. Don't miss it." (Star)

**Dance With Me** with Vanessa L. Williams and Kris Kristofferson: "Moves at a jerky pace and is at least a half-hour too long. But it looks good and tries hard." (Sun)

**54** with Mike Myers and Ryan Phillippe: "Dismal movie about the fabled Studio 54 New York night club manages to make sex, drugs and disco look boring." (Star)

Other films scheduled for release this week include the actioner *Point Blank* with Mickey Rourke and the sci-fi thriller *The Shadow Men* with Eric Roberts and Sherilyn Fenn.

## FACT-FINDER

Insight into some of life's ordinary issues and problems

### This week:

My New Year's resolution is to eat healthier meals. How do I approach creating a well-balanced diet?

### Watch your fat and fibre

Even if you don't have much time to prepare meals or eat well, try to follow a few rules:

- Reduce your total fat intake, particularly saturated fat.
- Of the fat you eat, lean towards unsaturated fat.
- Increase dietary fibre intake.
- Reduce your salt intake.

### Read all about it

Pay attention to labels and particularly fat.

• Look at both the amount and type of fat you eat. Different types impact your cardiovascular health differently.

• Saturated and trans fats are shown to raise blood cholesterol which increase risk of heart disease.

• Saturated fat is found in foods from animal sources such as butter, meat and lard.

• Trans fat is found mostly in foods that contain partially hydrogenated vegetable oil, such as cookies, pastries and crackers.

• Unsaturated fat has been shown to actually lower cholesterol.

It is found in fish and some vegetable-based foods such as vegetable oil and soft, non-hydrogenated margarine.

### For more information:

The Heart and Stroke Foundation at 709-4899.

(The information was provided by the Heart and Stroke Foundation and Becel.)

Does government have you confused? I think my child is having problems at school. How do I get Meals on Wheels for my parents? If you're in the dark about an issue, bylaw or service, send us your query and we'll do our best to provide the information.

• We welcome your submissions to INFOGUIDE • Fax: (905) 294-1538 • E-mail: econsun@istar.ca • Mail: 9 Heritage Road, Markham, Ont., L3P 1M3 •

## Hair Fashion 2000

5051 Hwy. 7, Unit 8  
Unionville  
Across From  
Markville Shopping Centre  
**479-2002**  
Space Available for  
Esthetician and Hair Dresser.

We at Hair Fashion 2000 welcome Nancy to our team. With her many years of experience in hair fashion, we invite you to let her design a new winter look for you.

### Special Introductory Offers

<p>LADIES' CONSULTATION CUT &amp; STYLE <b>\$22.00</b> <small>Reg. \$34</small></p> <p><small>G.S.T. Extra Available with Nancy only Expires Feb. 15/99 Valid with this coupon only.</small></p>	<p>PERM SPECIAL <b>\$45.00</b> <small>Reg. \$80 &amp; up</small></p> <p><small>G.S.T. Extra, long hair extra. Available with Nancy only. Includes shampoo, conditioner, cut, style consultation. Does not include spiral perms. Expires Feb. 15/99. Valid with this coupon only.</small></p>
<p>FOIL HIGHLIGHTS <b>\$45.00</b> <small>Reg. \$70 &amp; up</small></p> <p><small>G.S.T. Extra Available only with Nancy. Hair cut and long hair extra. Expires Feb. 15/99. Valid with this coupon only.</small></p>	<p>MEN'S CUT &amp; STYLE <b>\$10.00</b> <small>Reg. \$20 &amp; up</small></p> <p><small>G.S.T. Extra Available with Nancy only Expires Feb. 15/99. Valid with this coupon only.</small></p>