

Glick flick hilarious

BY ANNE BRODIE
On Movies

JIMINY GLICK
IN LALAWOOD

Starring, written by Martin Short.
Also starring Jan Hooks, John
Michael Higgins and
Elizabeth Perkins.
In theatres now

Jiminy Glick, the portly and hilariously inept celebrity interviewer, from the crazy mind of Martin Short and star of Primetime Glick, has been assigned to cover the Toronto International Film Festival.

So the roly-poly reporter from Butte, Montana, with his long-winded questions so reminiscent of the late Brian Linehan, heads east, with wife Dixie and twin boys Matthew and Modine. He is unable to snare a single interview because he's considered a hick from a small market and celebs have bigger fish to fry.

But because he falls asleep during the festival presentation of *Growing Up Gandhi* and doesn't wake up till the end credits, he opts to write a glowing, sycophantic review.

And because it's the only good review the film gets, Glick is granted an exclusive interview with the star, the Johnny Depp-esque Ben DiCarlo.

Don't laugh—I've actually

seen critics fall asleep during opening credits and wake up for the closing, then write rave reviews.

Given Glick's idiosyncrasies and DiCarlo's out of control narcissism, it's an utter waste of videotape.

Back at their hotel, the Glicks stumble across filmmaker David Lynch, sitting in the hotel's seedy bar, talking darkly about long roads, corruption and evil, in the seductive, hypnotic way that Lynch actually speaks, surrounded by cigarette smoke.

Short plays Lynch in an astounding imitation. Lynch is obsessing about the long ago murder of Lana Turner's mobster boyfriend, Johnny Stampanato, and a film he plans to make of it. Did Turner or her daughter Cheryl Crane actually do the foul deed?

Then, a fading starlet visiting Toronto is murdered under similar circumstances.

In any case, the plot is just a frame for the one-liners, misunderstandings and comic genius of Short.

I've always loved the TV character of Jiminy Glick. He asks pointless questions, makes idiotic remarks, loses focus and even physically assaults his guests. And he's fabulously funny.

Short's performance is sinfully delicious.

We want too much, expert says

—From page 32.

out nightshade foods, which include tomatoes, potatoes, eggplants and peppers, wheat and dairy products, sugar and processed foods and found it definitely helped.

She has had her own health food store, The Healing Force, on Stouffville's Main Street for the past two years.

Reading books with positive messages such as *The Power of Intention* by Dr. Wayne Dyer and *Anatomy of the Spirit: Seven Stages of Power and Healing* by Carolyn Myss are helpful.

Attending Landmark seminars have been empowering to her and her clients. At the workshops, people review what's happened in their lives and the stories they've built around them.

But the stories they remember aren't necessarily what happened. They can simply become recurring complaints that cut off people from the fullness of life.

The three-day course is described as a guided dialogue, usually with 75 to 250 people.

People air the experiences they've perceived as traumatic, whether it be their parents' divorce, irritating siblings or unreasonable spouses.

Members of the group have a chance to respond and people can change the way they look at their past.

"You just let things go," Ms Joyce said. "You have to learn to respect yourself. You are worth it."

But stress isn't always associated with the bad things in life, said Stef-

More information about coping with stress available at:

www.landmarkeducation.com

Kathryn Winning and Associates, Markham, 905-477-2343

The Healing Force, Stouffville, 905-642-8643

York Region's Virtual Community Resource Centre at www.yorkregion-vrc.com/stress_on_the_job.htm

fanie Pelleboer, senior therapist with Catholic Community Services in Richmond Hill.

It can also come with good things, such as the birth of a baby or a wedding.

"Stress seems to be part of most of my clients' stories," Ms Pelleboer said.

She agrees a hectic lifestyle and the culture of materialism are huge factors in creating stress.

Wanting too many things can lead to financial stress, something she often sees in her practice as a marriage and family therapist.

The people who cope most successfully are those with a more relaxed attitude to life and a support network of family and friends.

People who cope better with stress are more resilient and often know how to take better care of themselves than those who have a harder time when the going gets tough.

Ms Pelleboer teaches clients to change the way they look at problems, with internal talks such as, "I can handle this, there is a lot going

on but I can manage it' and finally, 'I got through this', instead of dwelling on negative statements.

Planning your thoughts and walking through a potentially stressful situation beforehand mentally can often alleviate a person's reaction to the situation.

Tips on combating stress on the job and other areas of life are available by logging on to York Region's Virtual Community Resource Centre (www.yorkregion-vrc.com/stress_on_the_job.htm).

Advice on fighting the workplace blahs include cutting down on caffeine, making your environment more pleasant and reducing background noise. In short, changing for the better whatever can be changed.

While a structured method might work for some people, however, others will gain more by just lying down and reading a good book.

The trick is to find what works for you.

A Newmarket woman found herself crying uncontrollably in the local hospital emergency room a couple of weeks ago. Holding down a demanding sales job while raising two teenagers, stress finally got the better of her after her father died.

What she really needs to do, she admitted, is have more fun and not worry about things she can't change. Expectations are high, especially for women who have opportunities the previous generation didn't have.

"But maybe I don't want to do all that," said the woman, who didn't want to be identified.

"Maybe I just want to stay home

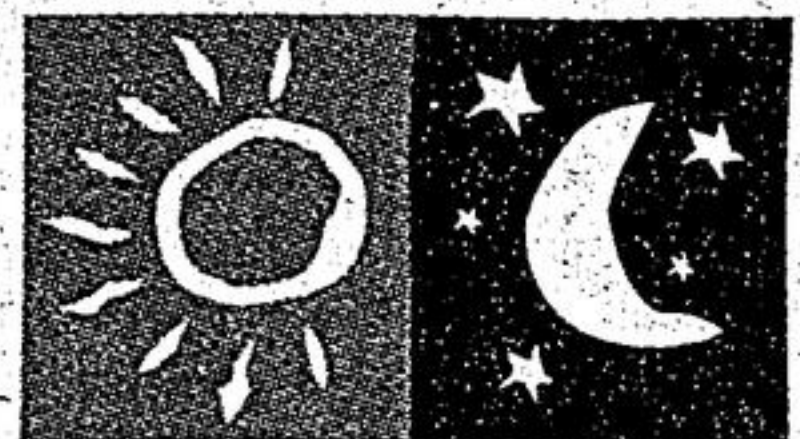
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