

FAMILY FIVE

Clara's Dream melds two traditions in world première

Shumka Dancers join Ukrainian folk company

CLARA'S DREAM

In a groundbreaking production, Ukrainian folk dance is applied to the classic tale of *The Nutcracker* for the first time ever. Combining forces to create *Clara's Dream: A Ukrainian Folk Ballet*, Edmonton's Ukrainian Shumka Dancers and Kyiv's Virsky Ukrainian Folk Dance Company present its world première, filled with traditional Ukrainian Christmas symbolism in its beautiful costumes and sets.

When: Friday, Jan. 11, and Saturday, Jan. 12, 7:30 p.m.

Where: Northern Alberta Jubilee Auditorium

Admission: Starting at \$32.65, available through Ticketmaster
Information: 780-451-8000, or shumka.com

THE FAST LANE

Blast the winter blues away by getting ready to ride as the Edmonton Motorcycle Show rolls up for a weekend of bike culture.

Featuring a long list of exhibitors including Triumph Motorcycles, Honda Canada, and BMW, there'll be tons to look at and shop for including many lady-specific vendors, entertaining thrill rider shows, and a chance for kids six to 12 to take a ride on a Yamaha TT-R off-road motorcycle for free.

When: Friday, Jan. 11, noon to 9 p.m.; Saturday, Jan. 12, 10 a.m. to 8 p.m.; Sunday, Jan. 13, 10 a.m. to 5 p.m.

Where: Edmonton Expo Centre,



SUPPLIED

Members of Virsky Ukrainian Folk Dance Company perform a scene in *Clara's Dream*.

Northlands.

Admission: \$14, adult; \$10, senior and youth 6 to 14; children 6 and under, free.

Information: edmontonmotorcycleshow.ca

CHILL OUT

Deep Freeze: A Byzantine Winter Festival is back again for another fun-filled year in the Alberta Avenue ice and snow.

Head down for activities like ice and snow carvings, dance workshops and performances, heritage activities, and tobogganing, along with many others based around this year's theme, *Surf's Up: a Snow to Sand Winter Adventure*.

When: Saturday, Jan. 12, and Sunday, Jan. 13,

Where: 118th Avenue between 92nd and 94th Streets

Admission: Free; donations accepted.

Information: 780-471-1580, or artsontheave.org

MEET THE JAYS

Baseball fans, get your memorabilia out and head to West Edmonton Mall as members of the Toronto Blue Jays drop by for an autograph session. J.P. Arencibia, Anthony Gose, Drew Hutchinson, and Colby Rasmus will be taking some time after their other activities, including visiting the Stollery Children's Hospital and CFB Edmonton, to meet and greet fans.

When: Sunday, Jan. 13, 2 to 3:30 p.m.

Where: NewCap Radio Stage, West Edmonton Mall.

Information: toronto.bluejays.mlb.com

MATILDA MOVIE

Take the family out for an

afternoon matinee courtesy Metro Cinema.

This Saturday, they're screening the film version of Roald Dahl's classic book *Matilda*, directed by Danny DeVito. It's the tale of a young girl who develops telekinetic powers and uses them to right wrongs and help her favourite teacher, Miss Honey, find her late father's missing will. Best of all, children 12 and under get in for free.

When: Saturday, Jan. 12, 2 p.m.

Where: Garneau Theatre, 8712 109th St.

Admission: \$8, adult; \$6, student and senior

Information: 780-425-9212, or metrocinema.org

Family Five is compiled and written by Robin Schroffel. If you have ideas for the column, email livingwell@edmontonjournal.com with Family Five in the subject line.

HEALTH

Walking is an exercise routine with staying power



MICHAEL ROIZEN and MEHMET OZ
You Docs

Q: Do I really need to do extreme workouts to get in good shape? Infomercials make it seem that only gut-busting, joint-slammng callisthenics do the job. — Frank L.

A: Ever since Jack LaLanne first broadcast his fitness show and Jane Fonda videos urged us to "feel the burn," fitness crazes have swept across North America like a Zamboni over an ice rink, promising to shine up your surface by grinding you down.

The names of today's popular routines say it all: Insanity; Hip Hop Abs Extreme; TurboFire.

We, on the other hand, advocate a much easier-to-stick-to approach to physical activity: walking (and if you are ready after a month of daily walking and cardio, moderate weightlifting). Walking can be easygoing or intense; it's something everyone knows how to do, and all you need is a good pair of walking shoes.

How does our often-recommended 10,000 steps a day stack up to those extreme workouts in terms of improved health, a longer life and a younger RealAge? We think it comes out light years ahead, and here's why:

The psychological benefits of a walking routine: Drop-out rates in intense programs are high, and that builds discouragement. Sticking to a daily walking routine fuels self-esteem. **The aches-and-pains-conquering benefits:** Stretching out your

The weight-loss benefits: Walking is a longer-duration, lower-intensity exercise that can burn more fat than a short, intense workout.

The cardiovascular benefits: You'll reduce your risk of heart disease, stroke and high blood pressure. And for you folks who already have high blood pressure or heart disease, it's a safe way to improve cardio.

The diabetes-fighting benefits: Walking can stabilize blood sugar levels and make you less insulin resistant without risking a blood sugar plunge that can accompany intense exercise.

And that still leaves the brain-enhancing, head-turning, sexual-health-improving, self-confidence-boosting and money-saving benefits.

Q: My husband smokes and, although he never does it around the kids, the smell lingers in the car and on his clothes. How can I convince him that leftover smoke smell matters? —Ellen W.

A: You're right about what we call third-hand smoke (THS). First-hand smoke is inhaled into the lungs. Second-hand smoke clouds the air and is inhaled by everyone else. And then, after the smoke clears, there's residue behind. That's THS. It's toxic, and some of the carcinogens it deposits, which can be picked up by others, include hydrogen cyanide, butane, toluene, arsenic, lead, carbon monoxide and polonium 210.

So the goal is to help your husband quit smoking completely. He'll need support. The most effective programs offer a combination of a nicotine withdrawal system, a work-out plan, support groups, and friends and family who understand how the quitter's mood shifts might be tough to take. Suggest your husband check