

# ARTS & LIFE

Editor: Wendy Warburton: 613-726-5998 • arts@thecitizen.canwest.com • life@thecitizen.canwest.com

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OTTAWACITIZEN.COM/ENTERTAINMENT

THE OTTAWA CITIZEN, SECTION E

**JUST LIKE YOUR LIFE, ONLY FUNNIER!**

**Avenue Q**  
The Broadway Musical

FIND OUT MORE ABOUT THIS HILARIOUS MUSICAL  
IN THURSDAY'S ENTERTAINMENT SECTION

Avenue Q has not been authorized or approved in any manner by the Jim Henson Company or Sesame Workshop, which have no responsibility for its content.




The manufacturers of Zeltiq provided these before and after photographs to illustrate how the procedure works.

## New 'body sculpting' techniques promise to disintegrate fat cells

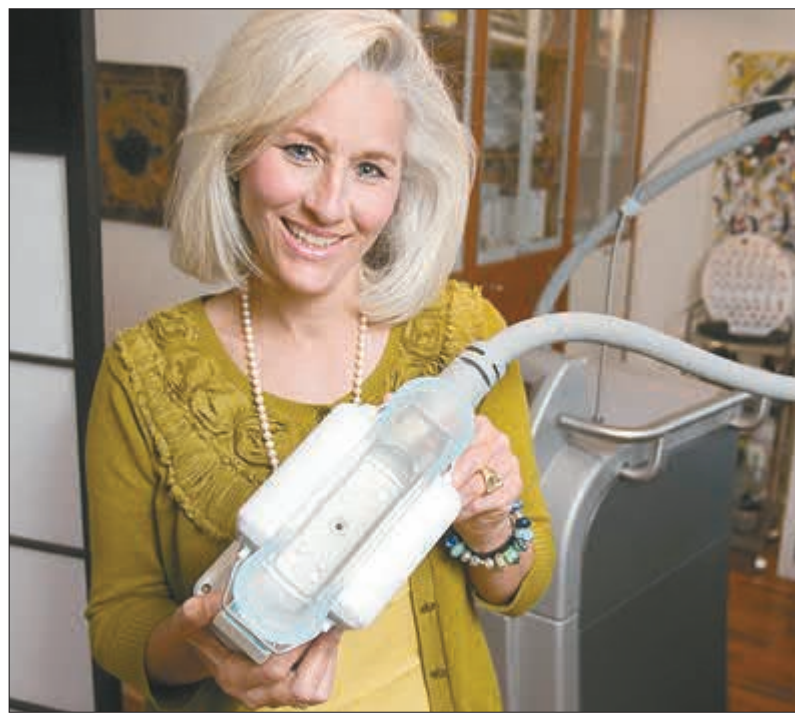
BY JULIE BEUN

**B**ob Tyson is a tall, lean and handsome medical device sales manager with a soft Southern drawl and the lanky clean-cut looks I think of as "early American collegiate." So when he sweetly asks permission to sit in as Ottawa laser and cosmetic medicine specialist Dr. Karen Dover assesses my mummy tummy, which I can't lose despite countless crunches and thousands of kilometres clocked on my runners, it's a blow to my ego.

True, it would never work between us — he lives in North Carolina, has a French bombshell girlfriend and has never met me before in his life — but this isn't how any fantasy date would go. Ever. He's polite and charming. "Look, you're a perfect candidate," he enthuses as Dover examines what's known as the "resistant fat" that cleverly disguises my hard-won abs beneath. He smiles at me encouragingly. "Just great."

I've never had my soft underbelly called "just great" — not even by a sales manager at the launch of a new esthetic treatment device — but even so, I'm prepared to do just about anything short of surgery to be rid of it, including volunteering to try the treatment in the interest of research. And I'm not alone.

Although Canada's overweight and obese demographic continues



PAT MCGRATH, THE OTTAWA CITIZEN

Dr. Karen Dover with the Zeltiq machine that targets 'resistant fat.'

to bulge, there are still 40 per cent of us, according to Statistics Canada, who stay fit, eat well and are close to their ideal weight. Yet as we step into our middle years, there are often pockets of resistant fat around bellies, love handles, girdles and hips, regardless of diet and exercise. Not exactly health-threatening, perhaps, but discouraging all the same.

Enter Zeltiq, Liposonix, Ultrashape and a whole new generation of non-invasive body-sculpting developments aimed at giving nature a nudge. "These things do not replace good diet and exercise and are not a panacea for obesity," says Dover, who is one of Canada's first seven Zeltiq practitioners located across the country. "Yet all the diet-

ing in the world doesn't seem to impact on these problem areas. This is more about bringing the body in line with the effort put into staying healthy."

The science is appealing enough. Unlike tummy tucks and liposuction, which carry the risk of infection, blood lipid uptake, embolisms and a painful recovery, non-invasive body sculpting uses cold, heat or ultrasound to target and diminish fat cells, which are later metabolized as waste.

(Zeltiq, Ultrashape and Liposonix have been approved by Health Canada for non-invasive fat layer reduction; they await approval of the FDA in the U.S.) The techniques — which produce results over time, rather than immediately — are markedly different. Ultrashape and Liposonix, which are widely available across Canada and cost up to \$2,500 a treatment, use high-intensity ultrasound to target subcutaneous adipose fat. Unlike a low-frequency laser, it can penetrate 2.5 centimetres beneath the skin to emulsify and melt fat, eventually reducing waist circumference by an average 2.8 cm, or one dress size.

But there are downsides. Ultrasound can't target small areas, and it can be painful, with temporary side effects, including redness, bruising and mild burns, discomfort and swelling.

See FAT on PAGE E5

**Upload Yours** airs Thursdays at 10:30 p.m. on The Comedy Network.

### So you think your video is hilarious?

New show airs the best home-made sketches

BY KAT ANGUS

**T**he worst hosting job I've had was hosting a spelling bee in Wolfville, Nova Scotia," comedian Mark Little tells the crowd at the Rivoli in Toronto. "I got fired. A mother from the Yukon didn't like my Nietzsche joke."

So far, though, Little is doing a better job entertaining the audience than he did in Wolfville. The 27-year-old is hosting the launch party for *Upload Yours*, the new Comedy Network series where viewers can submit their funny videos online for the chance to have them aired on TV. It's Canada's answer to *Funny or Die*. Little is the ideal host; his Halifax-based sketch group Picnicface found Internet fame (if not fortune) after Will Ferrell featured their videos on the *Funny or Die* website.

"Two of our sketches got respectable views, but another one, Powerthirst, exploded. Will Ferrell likened it to a poorly-made SNL digital short," Little says. "But he really liked it and spread the word and enough people liked it to keep passing it along, which was a big thing for us."

With *Upload Yours*, established comedians and comedy hopefuls have the opportunity to exhibit their material to a national audience. And because the videos have been chosen from thousands of entries collected over the past several months, for the most part they're funnier and of a better quality than some of the sketches you'd see on a regular weekly sketch show.

See VIDEO on PAGE E5

## The 40-year itch



MARK WILSON, GETTY IMAGES

News that Al and Tipper Gore were separating came as a shock, but divorces among mature couples are rising

BY JULIA LLEWELLYN SMITH

**N**icola Ellis seemed to be on the verge of the golden years. At 60, she was the mother of six children and was semi-retired, living in the home built with the man she'd married 40 years previously.

But one morning Ellis's world collapsed. Out of the blue her husband told her: "I don't love you any longer. I want to go away for a year, and I'll see how I feel about you when I come back."

Former U.S. vice-president Al Gore and his wife Tipper announced they are separating just a couple of weeks after their 40th wedding anniversary.

"I was heartbroken," says Ellis, now 77. "The pain of it will be imprinted on me until the day I die. I hadn't the slightest knowledge that the marriage was under any stress whatsoever. I ended up having a nervous breakdown and was on medication for 18 months."

News of any marriage breakup is sad, but when a couple who have weathered decades together announce they are splitting, it is also profoundly unnerving. Last week Americans were shaken to hear that their former "second couple," Al and Tipper Gore, were separating two weeks after celebrating their 40th wedding anniversary.

See DIVORCE on PAGE E2

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# Stiles joins forces with Dexter

Julia Stiles has joined the cast of Showtime's *Dexter* for the show's upcoming fifth season. The actress will play "a mysterious young woman who forms a unique relationship with Dexter (Michael C. Hall) in the wake of the death of his wife," the cable network said. Production begins this month and also includes the return of Julie Benz, whose character, Rita, was killed off last season.



BRYAN BEDDER, GETTY IMAGES

**Julia Stiles will play a 'mysterious young woman' in the fifth season of Dexter.**

## COWELL EYES WORLD WITH PENDING SERIES

Now that he's no longer judging *American Idol*, Simon Cowell is filling his schedule up with plenty of other reality offerings. There's *The X-Factor*, the *Idol*-esque singing competition due to premiere in 2011, but now comes the news that Cowell is also planning to stage a *World's Got Talent* series. The caustic Brit has already found success with the *Got Talent* competitions around the world, most notably with *Britain's Got Talent* and *America's Got Talent*. Naturally, Cowell has his sights set on world domina-

tion, and wants to pit the winners of each series against each other in a global competition. Apparently, Cowell has changed his mind about worldwide reality competitions; after *World Idol* aired in 2003, he said it was a big mistake. Should the series go ahead, it would be broadcast to more than 300 million viewers around the world.



KEVIN WINTER, GETTY IMAGES

**Oscar nominee Stanley Tucci has joined the cast of Captain America.**

## TUCCI JOINS CAPTAIN AMERICA

Marvel is plugging holes all over its *Avengers* franchise. In its latest casting news, the studio said that Stanley Tucci will play Dr. Abraham Erskine in *Captain America: The First Avenger*, which comes out next July. The *Julie & Julia* star joins headliner Chris Evans, Sebastian Stan,

Hugo Weaving and Hayley Atwell in the superhero movie. In the early comics, Erskine was a German scientist behind Project Rebirth, the secret experiment that created Captain America. Tucci received an Oscar nomination this year for his role in *The Lovely Bones*.

## KNIGHT AND DAY TO OPEN TWO DAYS SOONER

Fox will release the action comedy *Knight and Day* on June 23, two days earlier than planned. That means Fox's Tom Cruise-Cameron Diaz vehicle is now set to hit multiplexes midweek ahead of the June 25 weekend, when no other wide releases are scheduled. *Knight* also will thus maximize market playtime prior to the release of a couple of rivals the following week. They are vampire threequel *The Twilight Saga: Eclipse* on June 30, and *The Last Airbender* two days later.

## BULLOCK, REYNOLDS REUNITE

The creative team behind *The Proposal* — including ac-

tors Sandra Bullock and Ryan Reynolds, and director Anne Fletcher — are reuniting for an action comedy project. *Most Wanted*, which sold to Universal over the weekend, sees Bullock as a woman on the run with Reynolds as an agent who is supposed to be handling her.

## HUDGENS FILM DELAYED

A box office showdown next month between Hollywood sweethearts Zac Efron and Vanessa Hudgens has been averted. Hudgens' romantic fantasy *Beastly* has been pushed back by almost eight months to March 18 after Efron's similarly themed *Charlie St. Cloud* moved to its original date of July 30. *Beastly* involves an egotistical young man (played by Alex Pettyfer) who is cast under a dark spell and has a year to find a young woman to love. Universal's *St. Cloud* revolves around a young man torn between a lasting bond with his dead brother and feelings for the girl he loves.

CITIZEN NEWS SERVICES

## 1000 Island Playhouse presenting two plays

Thousand Islands Playhouse in Gananoque is presenting two plays in this summer. The musical *Blood Brothers* by Willy Russell (*Educating Rita*, *Shirley Valentine*) opens June 17 at the Springer Theatre and runs to July 31. The tragedy tells the story of twins raised in separate households after their working class mother makes a secret bargain to give one of them to her childless employer. Meanwhile, at the Firehall Theatre, patrons can see the Tarragon Theatre production of *Another Home Invasion* by Joan MacLeod. The one-woman show stars Terry Tweed and tells the story of an aging couple's quest to stay together as they move into a nursing home. It opens June 23 and closes Sept. 17. For ticket information, go to 1000islandsplayhouse.com or call 1-866-382-7020.

## K'Naan coming to Deep River

Deep River has landed one of the world's hottest pop-rap stars, K'Naan, to headline its annual festival on the August long weekend. The Toronto rapper plays Summerfest Sunday Aug. 1 at the band shell on The Campus, near the high school, with opening act The Planet Smashers. K'Naan, a multiple Juno Award winner, came to international attention after his song, *Wavin' Flag*, was chosen as one of the anthems for soccer's World Cup. Summerfest celebrates its 20th anniversary this year, and runs from July 29 to Aug. 1. Tickets are \$25 for the whole festival, available at the door. Other headliners have yet to be booked. Check www.summerfest.ca for more details.

# Edmonton man writes world's 'most beautiful' tweet

BY KEITH GEREN

## EDMONTON

Turns out brevity really is the soul of wit: an Edmonton professor has been judged to have written the most beautiful tweet in the world.

Marc MacKenzie's post on Twitter was chosen as the top entry among thousands submitted to the Hay Festival in the United Kingdom. British comedian and broadcaster

Stephen Fry selected the winner.

"I believe we can build a better world! Of course, it'll take a whole lot of rock, water & dirt. Also, not sure where to put it," tweeted MacKenzie, who's Twitter name is marc-mack.

Since his victory was announced, the 41-year-old father has been inundated with interview requests, including from the BBC and CNN.

"It was a take on the optimism people express about building a better world, turning that expression on its head," MacKenzie said of his winning 140-character-or-less submission. "I thought, what if we took that expression a bit literally?"

"Beauty is very personal thing. Humour is very personal thing."

MacKenzie, a University of Alberta professor and med-

ical physicist at the Cross Cancer Institute, began using Twitter about 14 months ago after people told him they enjoyed seeing his funny status updates on Facebook.

He said he's made a habit of writing down and then posting humorous or oddball thoughts when they occur to him, whether at work, on the street or at the dinner table with his family. Often they are unique insights on everyday

life or twisted takes on common phrases.

"I love George Carlin, the Onion, Stephen Colbert, anyone who does satire well."

There is no monetary prize for his victory, but MacKenzie's reward is receiving a greatly expanded audience. His number of followers has jumped from 160 to more than 1,600 overnight.

CANWEST NEWS SERVICE

# Body: Treatment lives up to its 'non-invasive' reputation

Continued from PAGE E1

"These technologies can destroy any tissue and absolutely melt fat and it works," observes Dr. Jay Burns, one of North America's most respected plastic surgeons and an early adopter of some "non-invasive" techniques. "Some of the safety concerns about burning skin and elevated lipid (blood fat) levels in blood are not going to be insurmountable."

Increasingly, he says patients in his Dallas surgery who don't need liposuction but have problem areas are asking for Zeltiq, which can cost between \$700 and \$1,000 per one-hour cycle. Patients usually require several cycles.

Zeltiq is considered by some to be a revolutionary technology. Based on the discovery of cryolipolysis by two Harvard University researchers, Zeltiq uses precisely controlled cooling rather than heat. Because fat is far more susceptible to cold than is muscle or skin, cryolipolysis quickly causes apoptosis or programmed cell death in the fat alone, leaving surrounding tissues and muscle intact. As the cells enter apoptosis, the body's scavenger-like macrophages initiate a defence mechanism and carry away the dead cells.

Slowly, over the course of two to four months, the resistant fat disappears, and is metabolized as waste through the liver. Unlike more invasive techniques like liposuction and abdominoplasty, there is no downtime. In a recently completed multi-

centre study of 341 patients, Burns consistently found an average fat loss of 25 per cent and no side effects.

And as I discover, the procedure itself is not painful, although it is initially a bit uncomfortable. My fatty tissue (otherwise known as mummy tummy) is slowly pulled into a 6 cm by 18 cm plastic suction cup, where two plates chill it. Aside from the initial cold and a tugging sensation, the whole treatment lives up to its "non-invasive" tag.

"Patients work on their laptops, read a book or watch the football game," says Burns. "The only painful thing is spending the time it takes to do it."

Each cycle takes an hour and because of the suction cup size, only a certain amount of fatty tissue can be treated at once. Patients might require several cycles to target stomach fat.

Immediately after the treatment, my mummy tummy is numb, cold and disconcertingly like chicken fat. Still, I later noticed few side effects, which were minimal and included a bit of tenderness, disconcerting numbness, and mild aches and pains that disappeared within a week.

"The chilling action takes advantage of the natural vulnerability of fat to cold," explains Dover. "The fat is crystallized and broken down, and is eventually consumed without any impact on the liver or heart function, short or long-term. What is long-term is the result. It'll work on anyone, but we'll see the quickest and

most obvious results on someone who is reasonably fit and close to their ideal weight."

And I can back her up: Within four weeks, I've noticed a visible reduction in my mummy tummy, a more comfortable fit in my low-cut jeans and an overall smoother appearance. I'm thrilled and can't wait to see what the final results will look like in another month.

Although relatively new, the technology has already earned a reputation among plastic surgeons as a positive tool in their kit, says Dr. Jason Pozner, a leading practitioner in Boca Raton who was so impressed with Zeltiq that he released a video of himself using the machine on Youtube.

"I love this device. Unlike most things, it has very consistent results," he says. "Liposuction can remove more fat per session, but there is downtime and possible complications. This has neither."

And while "surgery is still the gold standard, and will deliver the best results you'll ever get," adds Burns, non-invasive technology is increasingly gaining favour among patients who wouldn't traditionally consider liposuction or other procedures.

"When you can do something that doesn't create much downtime and has predictable results, no matter what it is, there is a market for that," he says.

"My feeling is that people will always want a magic wand, and so we are obliged to find it."

# Video: Hard to make TV show of sketches

Continued from PAGE E1

One video, called *The Owl and the Man*, features, well, a man in an oversized owl costume dealing with an intellectually deficient man; another, *An Inconvenient Proposal*, is a rap ode to *An Inconvenient Truth* producer Laurie David.

"The shows a lot of sketch comedy reasons on television don't last more than a couple of seasons is that it's really hard to make a show full of good sketches every week," Little explains.

"On the Internet, if you think of that as an entire sketch show, you can always be assured that the links people are sending you are the good sketches. So you can devote half an hour on the Internet and see the best groups with different ideas."

Little himself is involved in many aspects of the Canadian comedy community.

After participating in the Canadian Improv Games while growing up in Vancouver, he moved to Halifax and formed Picnicface with other like-minded funny people. A few years ago, he got over his initial prejudice against standup comedy and tried it himself.

"I was that ignorant, improv kid who shut himself off to standup — sometimes you think of standup, and all you think of is that cliché of that smarmy comic making airplane jokes and being mean to the audience," he remembers. "Then I was at a party with another improviser who sat in a kitchen with me, telling me Mitch Hedberg jokes for about 45 minutes."

"I was just sitting in a puddle of my own tears because I was laughing so hard. I couldn't believe I'd been so stupid."

His early attempts at standup were ambitious, though, he admits, not necessarily that funny.

"It took me about three years to write what could be essentially con-

sidered a punch line."

The effort paid off, though: in 2009, Little won Yuk Yuk's Great Canadian Laugh-Off. The victory not only helped Little raise his profile, but the \$25,000 prize allowed him to focus more on comedy, which he says is a good thing because he's never really succeeded at having a regular job.

"One, I just didn't show up until it was assumed that I was fired. Another one, I just left in the middle of the day because my comedy group was having a meeting," he says, laughing uncomfortably. "My bosses were confused more than anything."

"Nobody just leaves, closes the store and just lets it be closed at peak hours before the night shift person comes in. It's insane! So I need to keep working in comedy ... or else I'm just going to die on the street."

CANWEST NEWS SERVICE

OTTAWA CITIZEN

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