

Lance fighting cancer

As cyclist Lance Armstrong competes in the Tour de France, he's still making huge strides in his fight against cancer — only this time he's teaming up with Gossip Girl writer Jessica Queller in a video telling the story of her mother's battle with cancer. TVGUIDE.COM

Going Out

Metro's 7th Heaven: Metro taps what's hot right now

1 Hell's Kitchen Season 6

TV Sixteen fresh aspirants face the culinary devil — celebrity chef Gordon Ramsay — and his forked tongue in a season that promises to be "the most shocking ever." This time the top prize has a Canadian twist. The winner gets to be the head chef of the Araxi restaurant in Whistler, B.C., the home of the 2010 Winter Olympics.



2 Humpday

FILM Straight men gone gay? Not quite — but the Sundance Film Festival favourite definitely ups the ante on the bromance. The story revolves around two thirty-something male friends who decide to enter a porn contest by filming themselves making love to each other. Much awkward hilarity and revelations about male bonding ensue.

3 Watchmen

DVD Here's a thought: Instead of filling the coffers of Michael Bay (the man behind the insufferable Transformers sequel and other such monstrosities), why not rent (or buy) this CGI-driven, superhero flick that's not afraid to show its heart and head? Director Zack Snyder's take on the "unfilmable" comic-book classic may not be perfect but the attempt is bold enough to deserve a second look.



4 'Splosion Man

VIDEO GAME It's being hailed as the sleeper hit of the gaming world. Available for the Xbox 360 Live Arcade, Twisted Pixel's quirky title about a man who wreaks havoc on evil scientists after breaking loose in a research facility has quietly captured the imagination and hearts of both gamers and critics.

5 Billy Talent III: Billy Talent

ALBUM The Toronto-based screamo rockers knocked out Black Eyed Peas from the No. 1 spot on Canadian charts this week with their third studio effort. It's no fluke either. The foursome accomplished the chart-winning feat in 2006 as well with their second album.

6 Retro swimwear

FASHION You can make a splash without showing a lot of skin — that was the general message at recent Miami Beach fashion shows. Designers displayed many high-waisted and ruffled looks. As for shape, it was all about the bandeau and the monokini (attached bikini) or cutout one-pieces.



7 The Angel's Game: Carlos Ruiz Zafón

BOOK The current literary superstar of Spain returns with another novel that's burning up the book charts. But The Angel's Game no straight-up crowd-pleaser. The author of the 12-million-selling The Shadow of the Wind conjures up a rare masterpiece — one that perfectly blends low-brow thrills with true fictional insight.

Mix of Six

Ottawa Turkish Festival

When: Friday, 2 to 9 p.m., Saturday and Sunday 9 a.m. to 9 p.m.

Where: Confederation Park

Visitors will get an opportunity to celebrate and learn about Turkish culture, heritage and cuisine at this free annual festival, featuring a display of art, folk dance, music and gourmet food.

and Model Engineers this Sunday, and see their model trains and steam machines. Kids can enjoy activities and workshops and take a ride on a model train. Admission: \$7/adult, \$5 student, \$18/family. For more information visit Ottawa.ca/museums.

Carnivale Lune Bleue

When: Began Thursday and runs until August 30, 5 p.m. to midnight

Where: Hog's Back Park

Inspired by the travelling carnivals from the 1930s, Carnivale Lune Bleue is a surreal, bizarre and entertaining escape to another time and place. For tickets and information visit carnivalelunebleue.com.

Antiquefest

When: Saturday and Sunday, 10 a.m. to 5 p.m.

Where: Morrisburg

The 11th annual Antiquefest will feature thousands of antiques and collectibles from over 40 vendors along the shore of the Morrisburg waterfront, on the banks of the St. Lawrence River. Admission \$5 for

both days. Visit morrisburgionsclub.ca for more information.

Dinner theatre

When: Friday, Saturday and Sunday, 6:30 to 9 p.m.

Where: Woodroffe United Church

Suzart Productions presents The Taffetas, a fresh and fun musical revue with popular music from the 1950s. The show focuses on four singing sisters who are making their national television debut. Admission \$40 per person.

Advertisement for The Ottawa Folk Festival 2009, featuring Bruce Cockburn, Steven Page, and The Sadies. Includes ticket information and contact details.

Advertisement for Dave's Drum Shop, Ottawa's only drum shop, with contact information and website.

Advertisement for Breyers Moments featuring Brian and Colleen, with a testimonial about enjoying Breyers Double Churn Chocolate Cheesecake.

Advertisement for Breyers Moments featuring Beth, with a testimonial about enjoying Breyers Double Churn Ice Cream.

Advertisement for a contest to win a year's supply of Breyers Double Churn Ice Cream, with details on how to enter.

Advertisement for water coolers, encouraging readers to watch metrotube of the day.

All Aboard!

When: Sunday, 10 a.m. to 5 p.m.

Where: Cumberland Heritage Village Museum

Families can visit the Ottawa Valley Live Steamers