



# Entertainment

**BEST BUY** **CORRECTION NOTICE**  
 To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: May 20-26.  
 Product: Rockford Fosgate 300-Watt RMS Mono Block Amplifier. On pg. 4 of the insert in our May 20th flyer, this product is advertised for \$299.99 after a \$100 Savings. It is actually \$299.99 after a \$50 Savings. SKU: 10040348

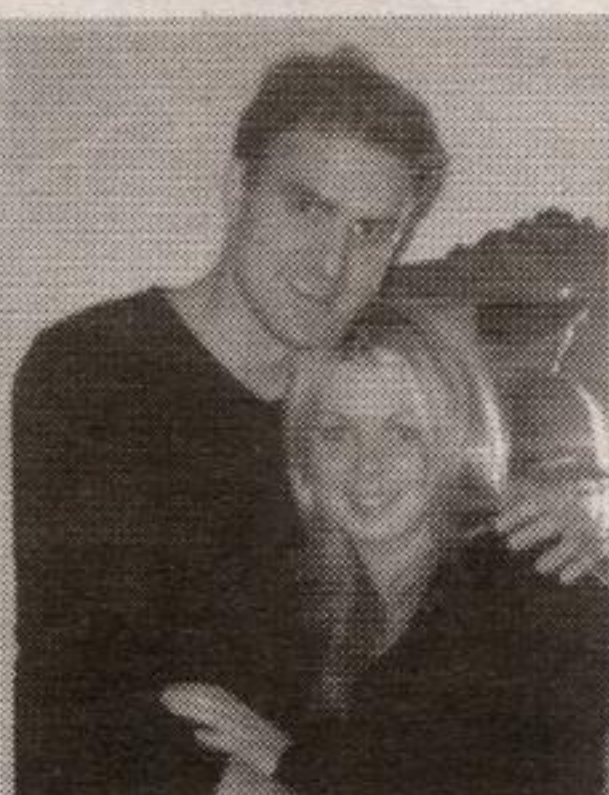


Stick with your high blood pressure treatment, or you may be in for a warty surprise.

Canadian Coalition for High Blood Pressure Prevention and Control  
 http://ccahp.library.mcgill.ca



Daughters Jacquie and Stephanie would like to congratulate their parents, John and Karen Bajic on their 25th Wedding Anniversary. Married May 31, 1980. Best wishes from family and friends.



**Congratulations to MICHAEL COSGROVE and JENNIFER COUKE** on your engagement and Best Wishes for a wonderful wedding on July 23<sup>rd</sup>, 2005!  
*From Your Families*

Friends are invited to their **STAG & DOE** Friday, June 3<sup>rd</sup> at the Argonaut Club in Toronto. Tickets \$20. There will be a bus leaving from Georgetown at 7 p.m. For tickets or information please call Karen at 905-877-3319

Vicki de Kler

## Sailing buff launches book to identify flags

Vicki de Kler of Georgetown is making it much easier for anyone to identify key flags of the world.

The ability to do this quickly and establish what a certain flag signifies has been essential to mariners for centuries and also to armies in battle needing to distinguish friend from foe.

In today's world, travelers can also glean useful information from flags. For example, when a cruise ship is about to set sail the Code flag "P" is flown to advise passengers to hurry back aboard.

As well, people can identify teams at big sporting events by the national flags they carry or insignia that's worn, even when at home watching events on TV.

Now, a handy and innovative colour-coded 64-page guide that de Kler has devised generally permits anyone who sees an unfamiliar flag, to put the right name to it instantly.

"I can do it in about 14 seconds by using key designs in the guide," says de Kler, 75, who has sailed Lake Ontario for more than three decades and in the 1930s as a



Sailing enthusiast Vicki de Kler of Georgetown will launch her book, *A Visual Guide to Flags of the World*, tomorrow.

young child sailed out of the Isle of Wight off England's south coast.

"A freighter captain told me he wished he'd had something like this guide 20 years ago."

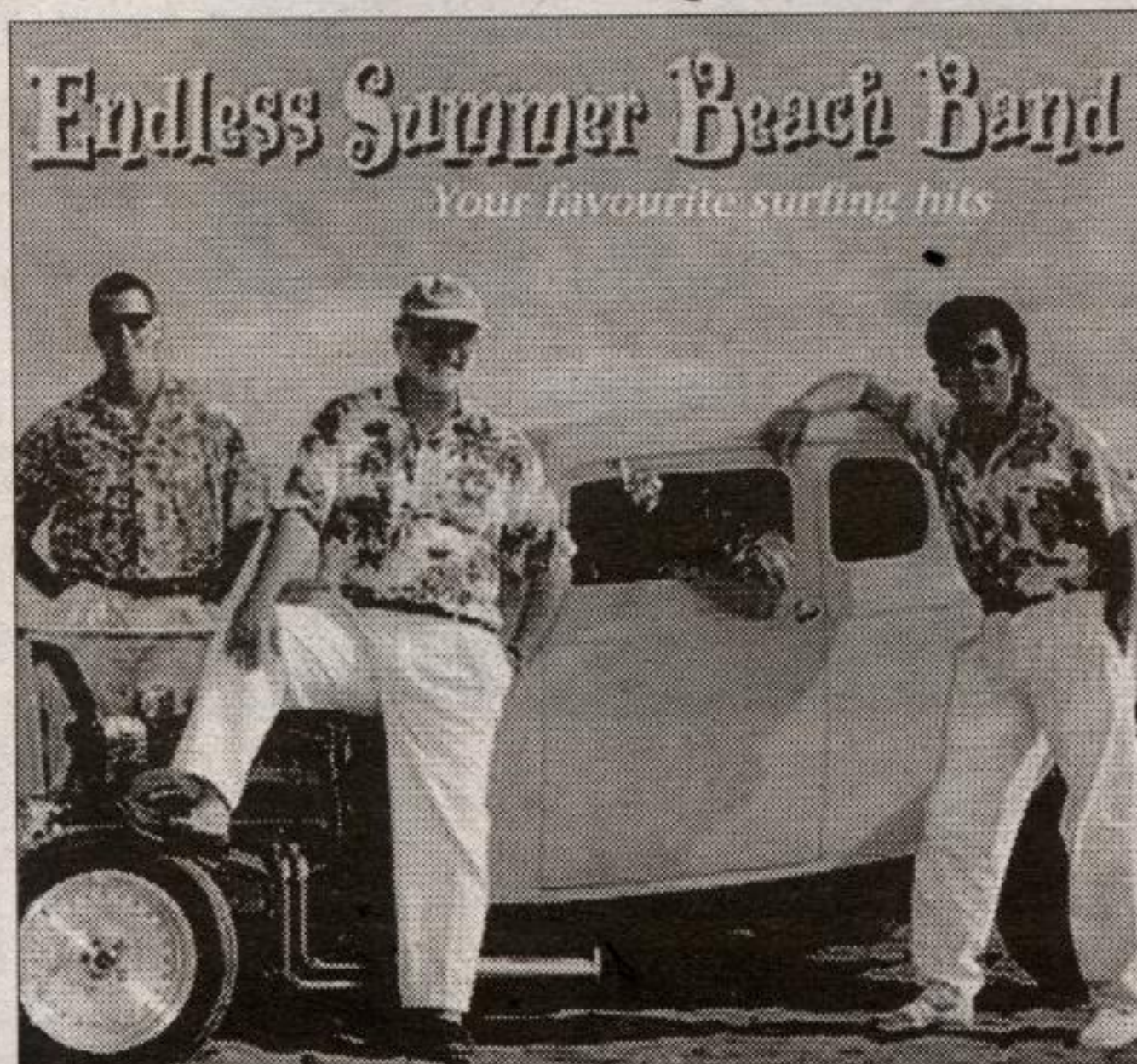
The almost pocket-size soft cover book *A Visual Guide to Flags*

of the World comes from Nimbus Publishing Ltd. of Halifax, Nova Scotia at \$12.95 and will be launched for general sale Saturday at Bookers, a bookstore in Oakville, a short drive from where de Kler

See LOCAL, pg. 11

# BIG CHILL DANCE

Featuring



**SATURDAY JUNE 4TH, 2005**  
 Mold-Masters SportsPlex

• Tickets - \$20

In conjunction with the Halton Hills Chamber of Commerce B.I.G. Show

Tickets available at :

- LOTTO CENTRE
- McMASTERS MEATS
- GEORGETOWN LADIES POWDER PUFF LEAGUE
- MOLD-MASTERS SPORTSPLEX
- EMERALD ISLE

- HALTON HILLS CHAMBER OF COMMERCE
- JV CLOTHING
- KING PIZZA & SUBMARINE
- VISION 2000 TRAVEL
- GEORGETOWN CINEMA 3

• Restricted to 19 years old or over

"Proceeds to the Halton Hills Sports Museum and Resource Centre"

**BEST BUY** **CORRECTION NOTICE**  
 To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: May 20-26.  
 Product: Sony 5-Disc Micro HiFi System with AM/FM Tuner. On pg. 6 of our May 20th flyer, this product is advertised with the wrong image of a Panasonic Micro System (10060275). SKU:10060228

**BEST BUY** **CORRECTION NOTICE**  
 To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: May 20-26.  
 Product: Samsung 1GB MP3/WMA Player On pg. 1 of our May 20 flyer, this product is incorrectly advertised with a 1GB capacity when it is actually 512MB. A limited quantity (20 per store) of the 1GB MP3 Player (10056790) will be available at the advertised price of \$129.99 after which customers may purchase it at the correct price, \$219.99. SKU:10056797

**BEST BUY** **CORRECTION NOTICE**  
 To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: May 20-26.  
 Product: Nikon 5.0 Megapixel Digital Camera On pg. 15 of our May 20th flyer, this product is advertised correctly in the price tag for \$369.99. In the equation below, the price should equal \$369.99 instead of \$299.99. SKU:10059633

**BEST BUY** **CORRECTION NOTICE**  
 To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: May 20-26.  
 Product: Digimate 20" Flat-Panel LCD TV. On pg. 1 of our May 20th flyer, this TV is advertised with a \$200 Savings. It is actually a \$100 Savings. SKU: 10060910

**GEORGETOWN CINEMAS**  
 235 GUELPH STREET  
 873-1999

**1 MADAGASCAR**  
 Daily 6:45 p.m. & 9:00 p.m.  
 Sat. & Sun. 2:00 p.m.


**2 STAR WARS EPISODE III**  
 Frightening Scenes - Violence  
 Friday 6:45 p.m. & 9:20 p.m.  
 Sat. & Sun. 2:00 p.m., 6:45 p.m., 9:20 p.m.  
 Mon. thru Thurs. 6:45 p.m.

**3 THE LONGEST YARD**  
 Daily 6:45 p.m. & 9:00 p.m.  
 Sat. & Sun. 2:00 p.m.

**GIFT CERTIFICATES AVAILABLE**  
 Lotto Centre - Georgetown Market Place

www.cinemas3.ca  
 Theatre Parking Available at Rear

**THE POWER ZONE**  
 FITNESS CENTRE  
 Zone  
 905-702-1774  
**FIT TIP**




Brad Keeling  
 Certified Personal Trainer

Staying hydrated is extremely important while working out. The reason being it ensures peak muscle performance and more energy for your workouts. 8 cups a day is recommended, but exercise, heat and humidity can alter your water needs. Here are some tips to keep in mind:

1. Drink water early and often. 2 cups of water 2 hours before you work out, then an additional 1/2 cup or 3/4 cup for every 15 minutes of exercise.
2. Have something to drink before you feel thirsty, this is the first noticeable sign of dehydration. Other signs include fatigue, headache, nausea, and light-headedness.
3. Water is the best thing for exercise under 1 hour. When you exercise past that, sports drinks that have carbohydrates and electrolytes can be beneficial.

Bring this Fit Tip into The Power Zone for a free work out!

**Cool or Clueless?**



Is there really any question?

There's no doubt about it: smoking pollutes your body and takes years off your life. Cigarettes are very addictive, very expensive and very unpleasant for those around you. If you do smoke and have thought about quitting, prove to yourself you can do it. It takes a lot of hard work and dedication, but you can live smoke-free if you try.