



✓ Passing the bucks

The RCMP's National Security Investigations Section (NSIS) present a cheque for \$400 to the Rose Cherry Foundation at the RCMP High Point Drive headquarters Wednesday. Accepting the cheque on behalf of the foundation were (left) Rita Albin-Curtis and Joyce Hagevik while presenting their donation were (right) Dave Merchant and Vicky Chartrand as other members of the NSIS look on.

Photo by
GRAHAM PAINE

ACHIEVE A HEALTHY WEIGHT

Seats still available!

Attend the free seminar, *Achieve a Healthy Weight*, Thursday, January 20th and let the experts explain how to effectively attain a healthy weight. Being overweight can lead to serious health problems such as diabetes, heart disease, certain cancers, high blood pressure, high cholesterol levels, sleep apnea and osteoarthritis. Even a small weight loss can improve your health.

Mary Forhan, Occupational Therapist, will explain why losing weight is so difficult in the context of the demands that we face. Karri Koach, Registered Dietitian, will provide the scientific background to explain why regular and balanced meals are so important and how to fit them into even the busiest lifestyle. Wendy Davis, Kinesiologist (Exercise physiologist), will explain the value of regular activity in boosting the metabolism and improving health. Dr. Ronnie Aronson, Endocrinologist and specialist in Obesity, will review the medical background and the research advances that offer promising help for overweight people. A question period will follow.

This seminar will be held at the Milton District High School at 396 Williams Avenue. Displays and refreshments will be available between 6:30 and 7:00 p.m. and the presentations will commence at 7:00 p.m.

To reserve a seat, please call 338-4379.

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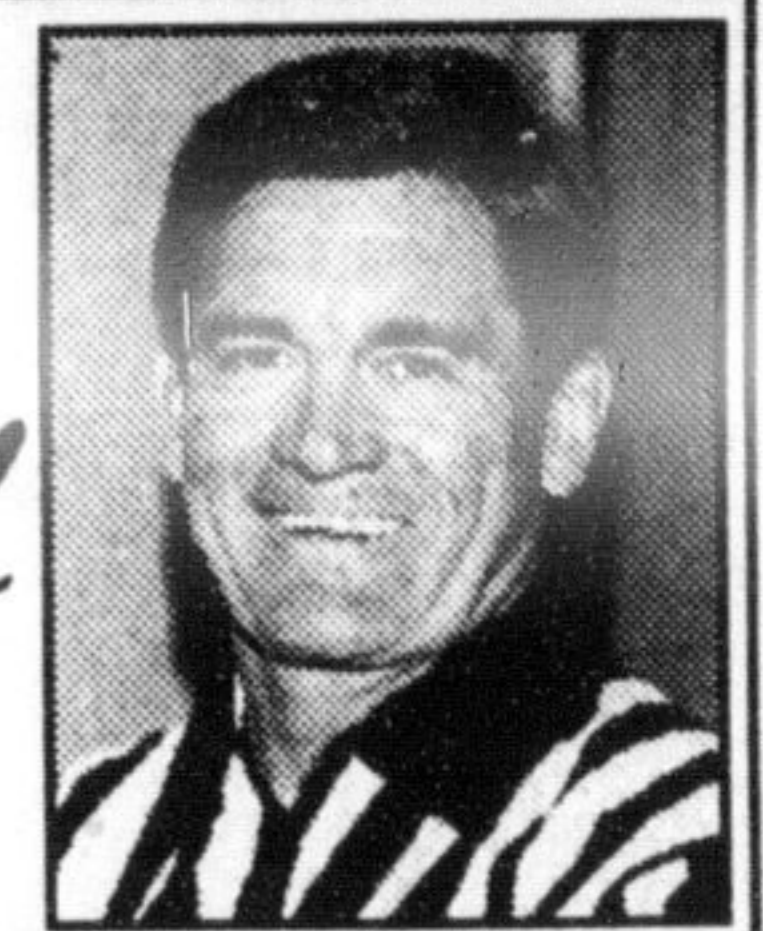
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CHOOSE TO CRUISE!

A RECORD NUMBER OF NEW CRUISE INDUSTRY BERTHS (beds on ships!) — 17,663 — are lined up for 2000, according to a report from Cruise Lines International Association (CLIA). These new berths represent an incremental increase of more than 50 percent over any previous year. An estimated six million people went on cruises last year, and the cruiselines continue to build to meet the demands of more and more new cruise vacationers. It's time for you to 'Choose a Cruise' - see your local professional travel and cruise official today.



QE2 GETS US\$18-MILLION FACELIFT

The huge program included new furnishings, draperies, carpeting and woodwork throughout the vessel. In addition, Harrods, the London-based luxury department store, has been added to the shops in the ship's Royal Promenade. Two new Grand Suites, category QS, were also added. Other enhancements include refurbished public bathrooms, new classic teak steamer chairs, a redesigned photo gallery, re-carpeted gymnasium and new directional signage. Sounds inviting, doesn't it!



GET A VIDEO OF A CRUISESHIP WITH ITS ITINERARY TO HELP YOU DECIDE - Princess Cruises has released a new video on Alaska to show the advantages of seeing more of the 49th state with its "Voyage of the Glaciers" Gulf of Alaska cruises. The tape provides potential passengers with an opportunity to view many of the region's top 10 cruise attractions, half of which lie beyond the traditional Inside Passage route, says Princess. Viewers will also be introduced to the company's cruisetour offerings, as well as the "what you want, when you want" options aboard Princess ships. See your travel agent to receive a free copy or call 1-800-421-1700.

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