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Travel
with
Bruce Hood

**SAIL THE CARIBBEAN - IT'S
A RELAXING 'WAY TO GO!'**



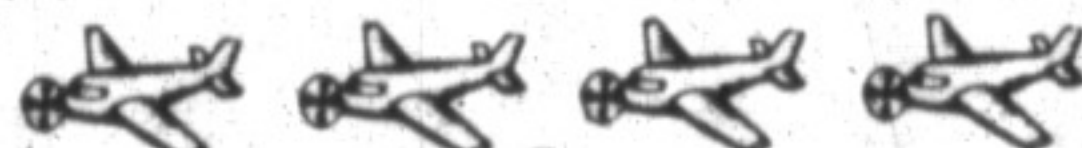
THE VEENDAM, the top rated **HOLLAND AMERICA CRUISE LINES** newest ship was our venue recently for a two day cruise out of Florida to the Bahamas area and back. It was one of its launch cruises to introduce her to the travel industry. She is a beautiful home away from home for a vacation, no matter which of the many itineraries she offers in the upcoming months. An advance purchase 'Caribbean Savings' program, with up to 45% off, is available on her.



MEXICO is much more than Beaches, although their 6000 miles of coastline is what they have become best known for by the tourist population. But that is all changing as the Mayan world, Copper Canyon, Mexico City itself, one of the oldest cities on the continent; and the many more unique areas they offer, are coming front & centre. The eighth most visited country in the world, you can call 8-044-MEXICO for further info.



Seeing all the **TULIPS** in bloom here- (and in our visit to British Columbia some weeks ago!) makes one think of a visit to **HOLLAND!** **RED SEAL TOURS** has a six day 'Dutch Treat' package they offer which looks like a very interesting way to see at least some of this beautiful country. Accommodation, breakfasts daily, car rental, airport transfers and an Amsterdam canal cruise are included in this offering available at less than \$500 p.p.



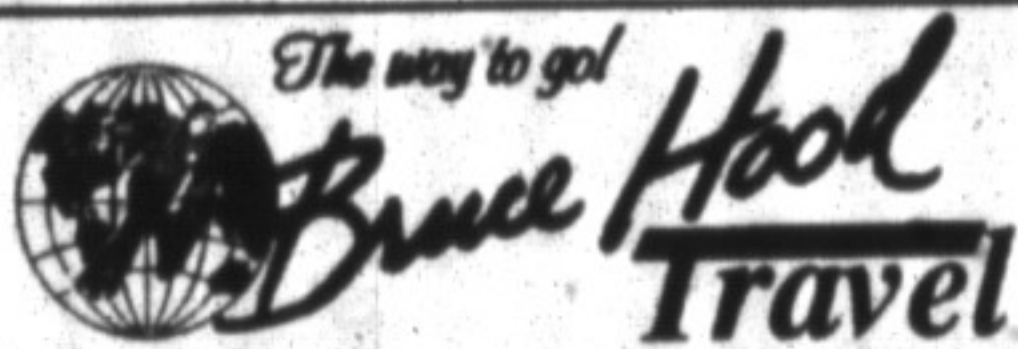
MARYLAND in springtime, or any other time of year for that matter is one of our favourite areas to visit. **BALTIMORE** has much to offer with its new \$40 million inner harbour area, home of the amazing **CAMDEN YARDS** baseball stadium and the popular **NATIONAL AQUARIUM**. There is much history in the **ANNAPOLIS** area, and just up the road there is much to see and do in **WASHINGTON!** Several Tour Operators offer trips - see your local professional travel agent for assistance in planning and booking.



DID YOU KNOW DEPT. Canadian visits to Florida was down some 9% in the first nine months of 1995, - a lot you say well, some 1.4 million of us still made the journey - pretty good representation!



TRAVEL TIP OF THE WEEK: For the busy on-the go traveller, you can get your car serviced while you are away when using **PARK 'N FLY** at the airport. (Some local businesses may offer a service for your vehicle and transport you to the 'port as well!)



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A pain in the neck

Shirley Chimonides (left) explains her neck pain to chiropractor Dr. Lisa Bridges, who is demonstrating how neck problems can be caused on a model of a spine. The Ontario Street chiropractor recently ran a free one day screening clinic at Milton Mall.

Photo by
Graham Paine



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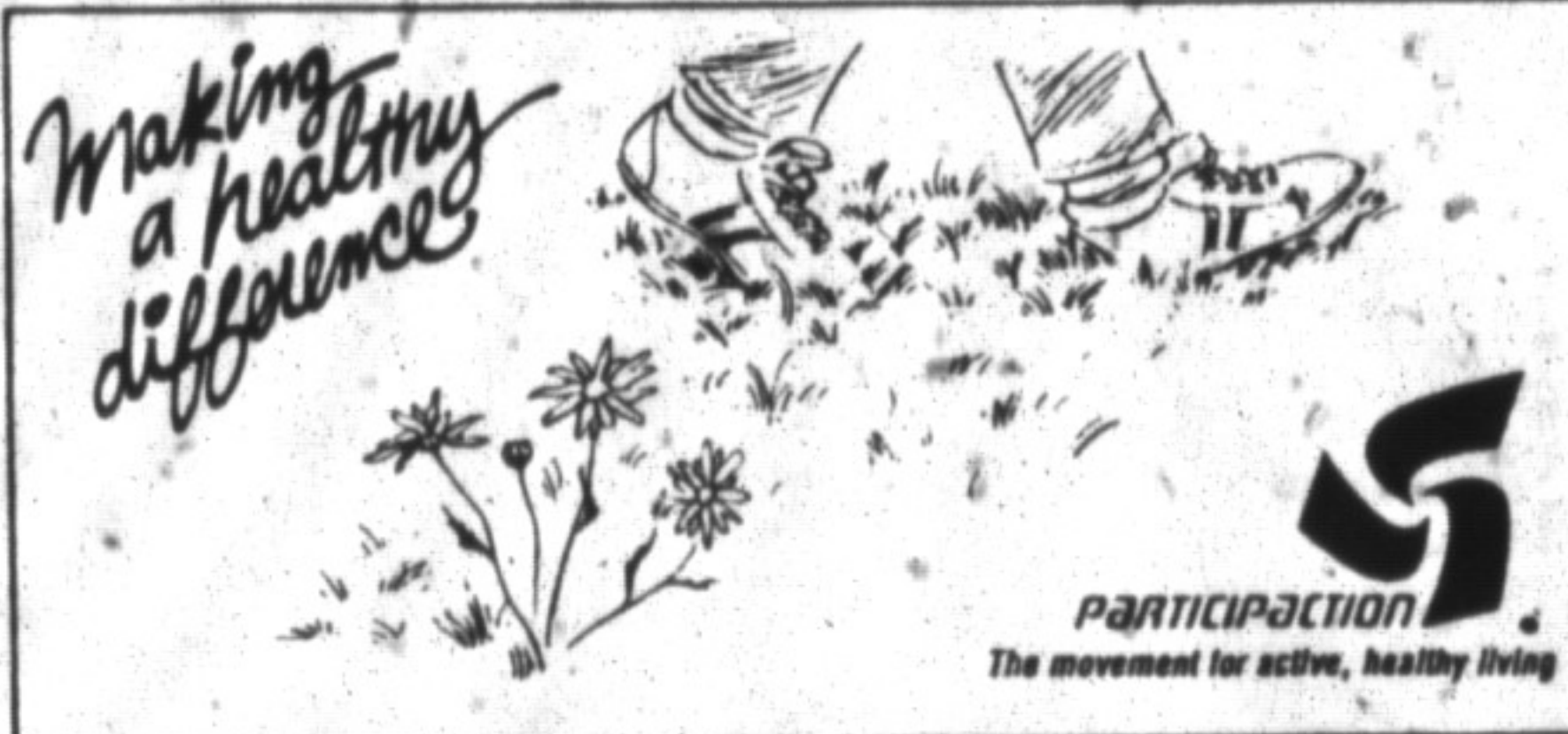
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