



### She'll be lending a hand

Denise Williams of Penetang will be lending a helping hand on Sunday afternoon at two o'clock when the Dock Lunch holds its fifth annual hamburger eating contest at the Penetang waterfront. The contest, which the restaurant holds in conjunction with CKMP radio presents an opportunity for those with hearty appetites to break the standing world's record for most number of hamburgers consumed in a half-hour period. That record currently stands at 21<sup>1</sup>/<sub>2</sub>, according to Dock Lunch owner Nick Boudouris, while the local record stands at 17. There is a \$50 prize for the contestant swallowing the most hamburgers.

# Stress-how your body handles it

by  
**DR. JAMES SCALA**  
Q. How does the body react to stress?

A. Stress prepares the body to handle exceptional situations. The body quickly pumps out what is commonly called adrenalin. The liver mobilizes glycogen to rush to the muscles. This prepares the body for the "fight or flight" syndrome that may have been ideal for our prehistoric ancestors but is less useful when

the cause of the stress is something like speaking in front of a group of people.

Q. Isn't it best just to relax until the stress passes?

A. The effects of stress do not subside quickly. After awhile you might feel chilly. Emotional responses - tears, anger, even laughter - may follow. Fatigue is often the end product of stress.

Q. Shouldn't stress be avoided at all costs?

A. Stress is an inevitable part of living. It can come from bad news or good news. Stage fright, busy traffic, a slow elevator - many normal daily events cause stress. Trying to avoid stress can be stressful in itself.

Q. Is stress ever good for you?

A. Athletes use stress by extending beyond their limits day after day until they reach a state of readiness which previously would have been unachievable. Increased tolerance of stress is a built-in part of many training programs. It doesn't have to be debilitating - it can be the means by

which a person learns to excel.

Q. Does stress affect nutritional requirements?

A. Some things are evident. Water-soluble B and C vitamins are involved in the synthesis of adrenalin. Trace minerals are lost in excessive perspiration.

## MOVIE GUIDE

**ROXY TWIN THEATRES 526-5791**

**ROXY 1**  
Held over  
7 and 9:15  
**RHINESTONE**  
The Knockout Comedy of the Summer!  
STYLISH STALLONE DOLLY PARTON

**ROXY 2** Starts Friday, June 29  
7 and 9:15  
**CANNONBALL RUN III**

---

**PEN TWIN PENETANG 549-2953**

**PEN 1** Starts Friday, June 29 7 and 9:15  
**BACHELOR PARTY**  
Sat. Matinee 1:30 - Footloose

**PEN 2**  
"Final Week"  
6:45 and 9:15  
**INDIANA JONES and the TEMPLE OF DOOM**  
No passes please!  
Sun. July 1 - Four Feature Special 7 p.m.  
1. Footloose 2. Indiana Jones  
3. Flashdance 4. Uncommon Valor

Midland Drive In Theatre 526-2411  
Starts Fri June 29  
**GREMLINS plus VACATION**  
Sun. July 1  
Four Feature 1. Vacation 2. Gremlins  
3. Swing Shift 4. Police Academy

## BARRIE FINE CARS Ltd.



MERCEDES-BENZ



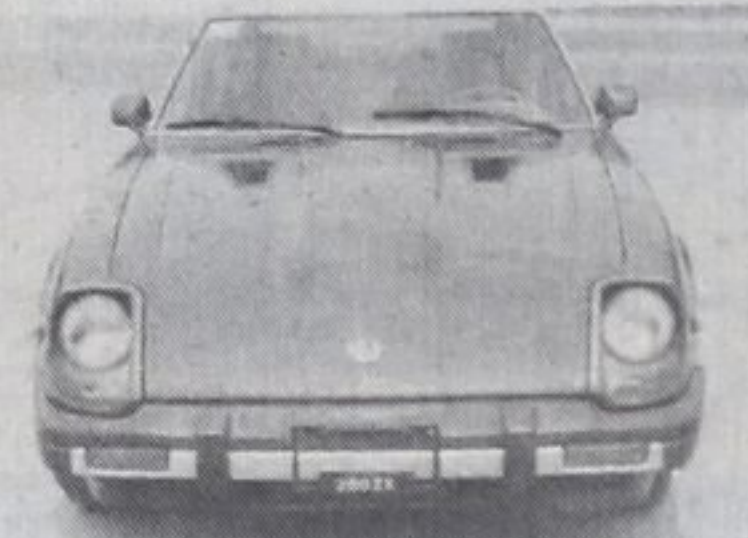
SUBARU

**SAAB**

Same day financing available.  
All used cars 1 year warranty.

Come in and meet our friendly sales staff at  
Barrie Fine Cars.

Stk No. 304-68  
Call Bob 728-1883



1979 - Datsun 280 2x - Loaded with air - done in Burgandy - sharp - 42,000 miles.

Stk No. 303-98-2  
Call Jim 728-1883



1982 - Ford Gran Marquis - 4 dr, loaded - Charcoal ext., 63,000 miles.

Stk No. 303-98-1  
Call Byng 728-1883



1980 - Cadillac Eldorado - Firemist Gold, matching interior - loaded - 62,000 miles.

Stk No. 304-67  
Call Byng 728-1883



1979 - Plymouth Caravelle - 2 dr, V-8 automatic, sharp, 42,000 miles.

Stk No. 304-51-1  
Call Jim 728-1883



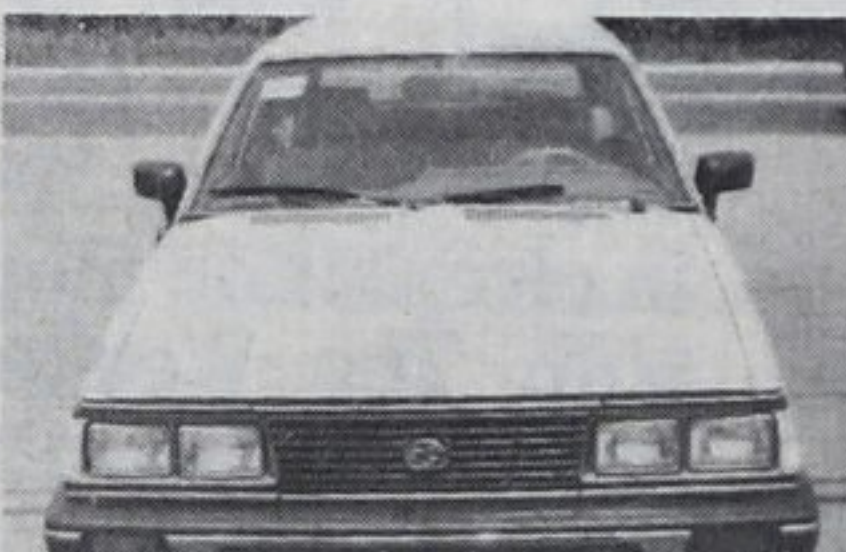
1981 - Subaru - 4 dr, 4 cyl, 5 speed, Metallic Blue, just arrived - 39,000 miles.

Stk No. 304-56  
Call Bob 728-1883



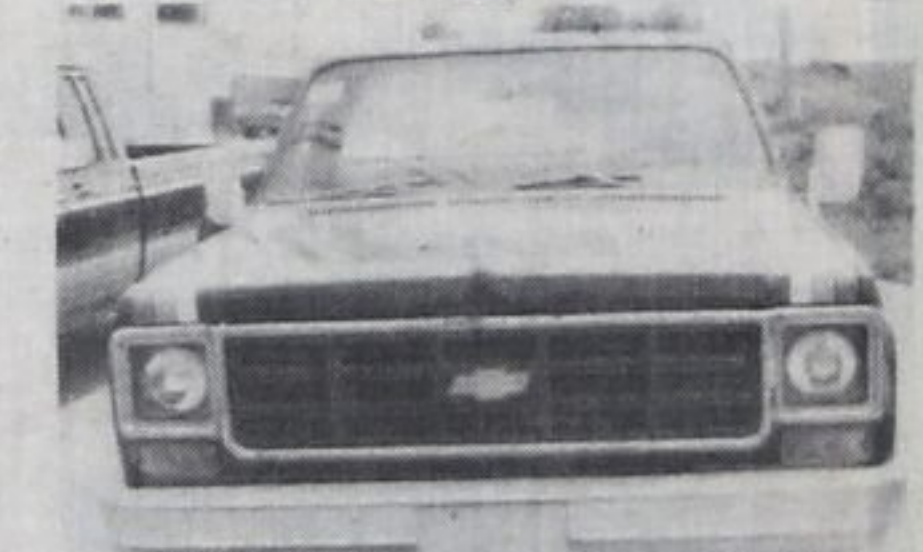
1981 - Dodge Van - 3/4 ton, automatic V-8, new paint, ready to go - 43,000 miles.

Stk No. 304-28-1  
Call Bob 728-1883



1983 - Subaru Wagon - 4 x 4 with 4 speed, like new - 21,000 miles.

Stk No. 303-43  
Call Byng 728-1883



1978 - Chev 1/2 T Truck - Chocolate Brown, V-8 automatic - 49,000 miles.

We need your trade. Ask about our 12 month used car warranty.

### SALES CONSULTANTS:

Byng Mayor - 728-1883

Jim Sneddon - 728-1883

Bob Dodds - 728-1883

### HOURS:

Monday - Thursday 9A.M. - 9P.M.

Friday - Saturday 9A.M. - 5P.M.

290 Young Street (Old Hwy. 11 South)  
Barrie 728-1883

## Now Appearing Four Nights Only

## Melanie Martyn



When:

FRIDAY	June 29	9 pm - 1 am
SATURDAY	June 30	9 pm - 1 am
SUNDAY		7 pm - 11 pm
MONDAY	July 2	5 pm - 9 pm

Where: **WASAGA GOLF & COUNTRY CLUB** July 1

DINING ROOM OPEN NIGHTLY

Sunday brunch 10:30 A.M. to 2:30 P.M.

GOLFERS

Wednesday Men's Night

Thursday Ladies Night

PHONE FOR RESERVATIONS

**429-5600**

445 Golf Course Road

Wasaga Beach

