



CORRECTION NOTICE

On page 9 of our June 20 - June 26 flyer, an error occurred.

The Bell 3120 Digital Satellite System, Sku 10009747 was incorrectly advertised with the price of \$69.99 after \$100 mail-in rebate. The product is actually \$69.99 after \$100 programming credit. Pricing details are: \$199.99 - \$30 gift card - \$100 programming credit = \$69.99.

We sincerely apologize for any inconvenience this may have caused our valued customers.



CORRECTION NOTICE

On page 4 of our June 20 - June 26 flyer, an error occurred.

Resident Evil: Dead Aim for PlayStation®2, Sku 10029572 is advertised as including a Guncon 2 gun. It actually includes a gun that is Guncon 2 compatible.

We sincerely apologize for any inconvenience this may have caused our valued customers.

Important facts about water

One of nature's best medicines

(TF) - Most people know that every cell, tissue and organ in the body needs water to function properly, and as long as

you drink about eight glasses a day you're on the path to good health, right? Well, not necessarily.

While eight glasses (approximately 8-ounces each) is a great starting point, the amount of water your body needs is also determined by body size, activity level and even the air temperature around you. If you live at a high altitude, in a hot or cold climate or regularly exercise, you will probably need to drink more than eight glasses each day. Staying properly hydrated is even more important for pregnant and nursing mothers, young children, smokers and seniors. Here's a good rule of thumb: divide your weight in half. The number, in ounces, is the amount of water you should drink. For example, a 160-pound person should consume at least 80 ounces (ten 8-ounce servings) of water each day.

Water is also one of nature's best medicines. Research suggests that it not only aids digestion and boosts physical endurance, but also may help fight the common cold, migraines, and even reduce the risk of some cancers. Tap into more tips for health and hydration courtesy of Culligan, manufacturers of water softeners, filtration systems and bottled water (www.culligan.com).

• Drink hydrating beverages

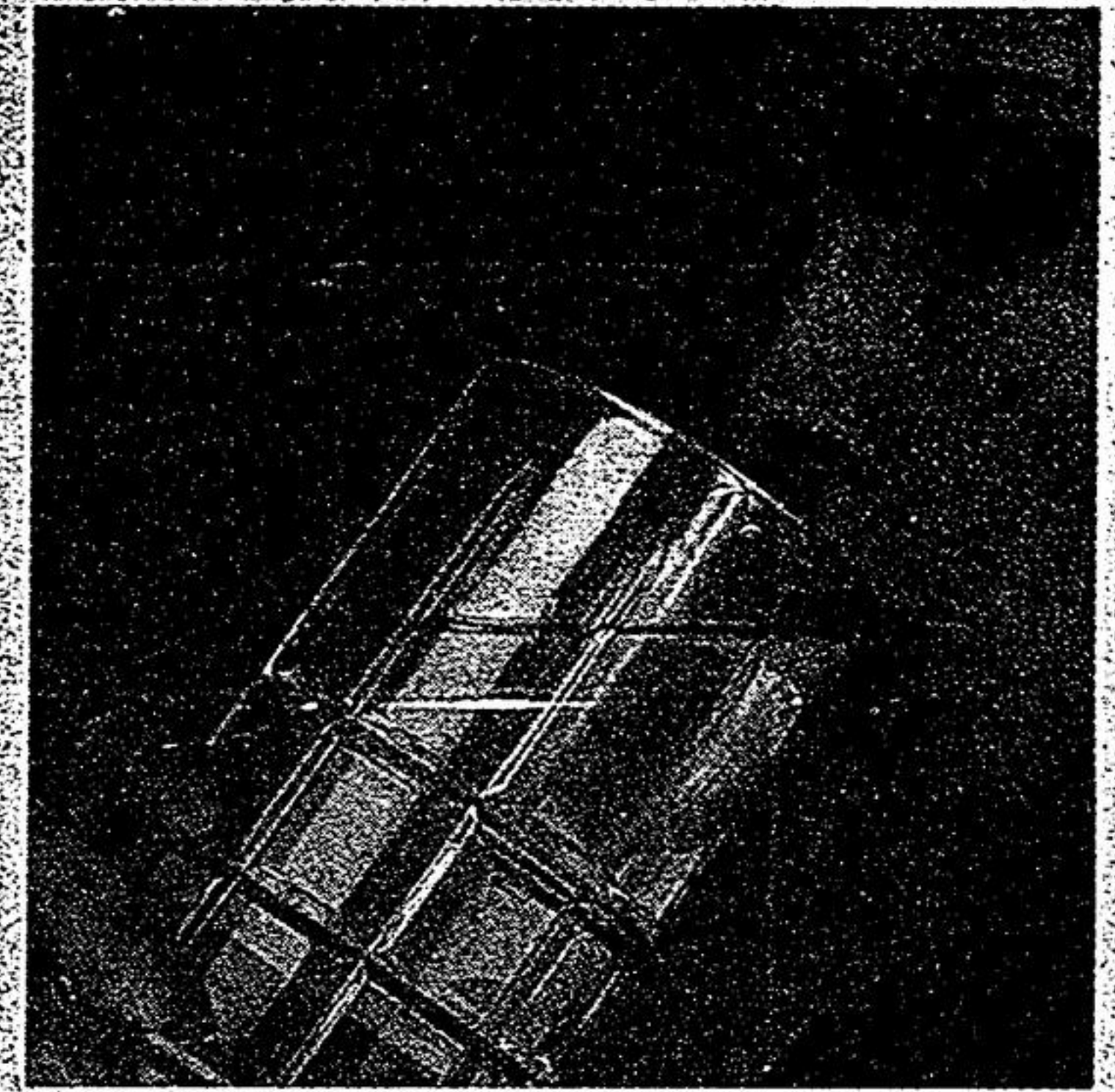
The healthful effects of beverages like water, milk, juice and decaffeinated soft drinks can be undermined by drinking beverages that contain caffeine or alcohol, like coffee, tea, soda and beer. These beverages actually aid in dehydration through increased urination. To help counter their effects, drink an equal amount of water for every caffeinated or alcoholic drink.

• Don't wait until you're thirsty

By the time your brain registers feelings of thirst, your body could be well on its way to dehydration.

• Incorporate water into your daily schedule

Say your body requires 80 ounces of water per day. How the heck are you supposed to make time to drink all of that? Make it a routine: drink a glass or two upon waking, after brushing your



DRINKING EIGHT GLASSES of water per day is a great starting point, but the amount of water your body needs is also determined by body size, activity level and even the air temperature around you.

teeth, with meals, before and after workouts, and at bedtime.

• Drink "good-looking" water

The simplest of drinks doesn't have to mean the dullest. Make your water more pleasing by adding a slice of lemon, lime, or even orange.

• Find ways to cook water into your diet

Hot cereal, pasta and soup are good ways to increase water consumption and, because water can take the edge off hunger, help you consume fewer calories.

• Improve your home water

To ensure the greatest benefits of water for you and your family, or if you're unhappy with the taste or smell of your tap water, contact your local health department, water utility or a state-certified testing laboratory for a home water-quality analysis.

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