

horoscope saturday

TOMORROW'S BIRTHDAY

This year, you befriend many. More often than not, you won't make the first move. In any case, do remember a hard-learned lesson: No one can control anyone. The only person you can control is yourself. So don't bother with balance of power or control issues. If you are single, many potential admirers surround you. The issue is: Who should you choose? You might date several people; many will meet "the one" this year. If you are attached, this year allows you to socialize more than ever. Let your sweetie take the lead. Learn from Sagittarius.

♈ ARIES (MARCH 21-APRIL 19)

Reach out, knowing what you want. Watch out for a tendency to overdo

it. How you handle someone could be very different from in the past. Though you might not be comfortable with someone's ebullient caring, know that it is sincere.

♉ TAURUS (APRIL 20-MAY 20)

Act as if it is a people day, and a people day it will be. Sometimes you could find a situation challenging. Know that you will find answers, even though you might feel discomfort with new ideas.

♊ GEMINI (MAY 21-JUNE 20)

As you adjust to different situations, you demonstrate your flexibility. Your sign is known for this quality. Basics and core values guide your ideas and imagination. Others seek you out. Recognize what you have to offer.

♋ CANCER (JUNE 21-JULY 22)

Your ability to understand and get past an immediate issue colours your day. Investigate possibilities, never closing a door. Sometimes the strangest mix of people, situations and ideas work. Trust your ingenuity.

♌ LEO (JULY 23-AUG. 22)

Your creative juices come forward no matter what is occurring. You seem to be able to give extra support to an older relative or friend. Caring seems to emanate from you. Allow the romantic to emerge and delight others.

♍ VIRGO (AUG. 23-SEPT. 22)

Staying close to home feels right. Express what you feel is absolutely necessary, though if you are feeling uncomfortable or awkward, don't hesitate to tell it like it is. Home base is the best place at the moment.

♎ LIBRA (SEPT. 23-OCT. 22)

Keep talking about what is important and significant. Speak about your priorities. Understand exactly why you are nervous or uptight. Someone holds back or doesn't let you know the total story. Sensing something is off, you could be ill at ease.

♏ SCORPIO (OCT. 23-NOV. 21)

Keep talking about what is important and significant. Speak about your priorities. Understand exactly why you are nervous or uptight. Someone holds back or doesn't let you know the total story. Sensing something is off, you could be ill at ease.

♐ SAGITTARIUS (NOV. 22-DEC. 21)

Naturally, you put your best foot forward. What is going on behind the scenes with a loved one? You might not be hearing the whole story but only selected parts. Knowing when to back out could make a big difference.

♑ CAPRICORN (DEC. 22-JAN. 19)

Know when to take your leave. Know when even a little is too much. The wise Goat will take off where he or she is more comfortable and can achieve a lot more. Question alternatives that surround travel or a potential seminar.

♒ AQUARIUS (JAN. 20-FEB. 18)

Where you are heading could be more significant than you know. Investigate a situation involving funds and perhaps a very important friendship. You might not be getting all the facts. Emphasize goals or a key friendship.

♓ PISCES (FEB. 19-MARCH 20)

Pressure builds, as you are in the limelight and responsible. Keep expressing yourself; speak about limits. You might encounter a challenge, leaving you wondering what to do. So do others.

Jacqueline Bigar is on the internet at www.jacquelinebigar.com.



MARLA ARNDT
fitness bootcamp

You're never too old to build muscle

Strength training has incredible benefits for everyone, but especially for seniors.

Experts believe resistance exercise may stall declines in strength and muscle mass for decades.

The National Institute on Aging believes that when older people lose their ability to do things on their own, it doesn't happen just because they have aged. More likely it is because they have become inactive.

It's never too late to start a resistance-exercise program. Strength training is the fastest way to improve muscle strength and endurance. It is also highly effective at keeping extra weight off. The increase in muscle strength and endurance allows a person to perform everyday tasks with less effort and for longer periods of time. Many changes in muscle tissue that are associated with age are caused by disuse.

Simply forcing muscles to work on a regular basis significantly improves their capacity to do work. Resistance training can also improve circulation, coordination, balance, bone, and ligament strength. The after-burn and healing of the stretched muscle is what makes resistance training effective at increasing the metabolism to burn more calories and build muscles mass. For each pound of muscle you add, you will burn an additional 50 calories per day. Yet many seniors lose fitness and battle weight due to lack of training, not just aging.

A new study provides more evidence that exercise may be the fountain of youth. Research conducted on seniors in Canada shows weight training can actually reverse aging in the muscle tissue of healthy senior citizens.

Before exercise training, the older adults were 59 per cent weaker than the younger adults. After the training, the strength of the older adults improved by about 50 per cent. In a classic study in a Boston nursing home, 100 residents ranging from 72 to 98 years of age performed resistance exercise three times a week for 10 weeks. Muscle strength increased 113 per cent, walking speed increased by almost 12 per cent and thigh-muscle area increased 2.7 per cent.

Resistance or strength training has repeatedly been shown to be a safe and effective method of reversing muscle loss in the elderly. At around the age of 45, we begin to have a decline in muscle mass at a rate of about one per cent per year. Resistance training exercise is perhaps the most powerful exercise technique available when done correctly and a benefit for every age group. It will increase strength, tone, functionality, bone density and overall health. However, the benefits of weight lifting for seniors can be life changing. Remember, muscle doesn't know age.

- Resistance training can:
- improve walking ability;
 - provide greater ease in performing day-to-day tasks;
 - maintain independence;
 - help in prevention of broken bones;
 - increase strength, balance, and agility, making it less likely to suffer a nasty fall;
 - build bone mass in the spine and the hip;
 - relief from arthritis pain by strengthening the muscles, tendons, and ligaments around joints;
 - dramatically improve range of motion;
 - lead to healthy weight loss;
 - let you sleep better;
 - ease mild to moderate depression.

Resistance exercise is worth it. You'll gain strength, endurance, and confidence. It feels great to feel strong, and I encourage you to give it a try. It's never too late to start.

Guelph-based personal trainer Marla Arndt owns and operates Frameworks Fitness Studio. She can be reached via her website at www.frameworksfitness.com. Her column appears every other week.

Drayton Festival Theatre
DRAYTON

The Odd Couple
A Mismatched Comedy
By NEIL SIMON
Directed by ADAM FURFARO

Join us for the comic event of the season, as a wirthful battle of wits erupts between two mismatched roommates.

June 3 to June 20
Box Office: 519-638-5555
draytonfestivaltheatre.com

WILL FERRELL

LAND OF THE LOST

RELATIVITY MEDIA | THIS FILM CONTAINS DEPICTIONS OF TOBACCO CONSUMPTION | © 2009 UNIVERSAL STUDIOS

STARTS TODAY! Check Theatre Directory or www.universalpictures.ca for Locations and Showtimes | PG PARENTAL STRONG CAUTION LANGUAGE MAY OFFEND

THE FAMILY COMEDY OF THE SUMMER!

NIGHT AT THE MUSEUM
BATTLE OF THE SMITHSONIAN

NOW PLAYING! Check theatre directories or log onto www.cineplex.com or www.filmdate.ca for locations and showtimes

Worried about wandering?

Call for **SAFELY HOME Wandering Registry**

Guelph 519-836-7672

Alzheimer Society
GUELPH-WILLINGTON

TRI-CITY • SHRINE CIRCUS • JUNE 19 THRU JUNE 21

SHRINE CIRCUS
3rd ANNUAL All New 2009 Show!

GUELPH - BRANTFORD - CAMBRIDGE
Cambridge Centre - 355 Hespeler Road
Fri., June 19 at 7:30 pm • Sat., June 20 at 12 Noon, 4:00 pm & 7:30 pm
Sun., June 21 at 1:00 pm & 5:00 pm

ALL TICKETS \$20.00 (All taxes included)

BUY ONE GET ONE FREE!!!

ANY SEAT ANY SHOW ANY AGE
THIS COUPON IS REDEEMABLE AT:
ticketmaster
service charge may apply

TO OBTAIN YOUR TICKETS ON LINE GO TO www.ticketmaster.ca
LOOK FOR OUR CIRCUS LINK AND TYPE "FZ" TO RECEIVE THE DISCOUNT PRICE

Lottery Emporium (Cambridge Centre)
Shrine Circus Big Top Box Office (On Site)
Box Office Opens 18 am on performance days
Limited availability. Not valid with any other offer. No cash value. Limit one ticket per coupon. Subject to available seating.

CINEMA SHOWTIMES
SHOWTIMES VALID FRI., JUNE 5 - WED., JUNE 10

GUELPH GALAXY
519-763-9188

ANGELS & DEMONS (14A)
FRI - SAT -- 12:00 3:15 6:35 10:10
SUN -- 12:00 3:15 6:35
MON - WED -- 6:35 10:10
DRAG ME TO HELL (14A)
FRI - SUN -- 12:50 3:50 7:10 10:00
MON - WED -- 7:10 10:00
LAND OF THE LOST (PG)
FRI - SUN -- 12:40 3:45 7:20 10:25
MON - TUE -- 7:20 10:25
WED -- 1:00 7:20 10:25
NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG)
FRI - SUN -- 12:05 3:00 6:30 9:30
MON - WED -- 6:30 9:30
STAR TREK (PG)
FRI - SAT -- 3:25 7:00 10:20
SUN -- 12:10 3:25 7:00 10:20
MON - WED -- 7:00 10:20

TERMINATOR SALVATION (PG)
FRI - SUN -- 12:35 3:40 6:55 10:05
MON - WED -- 6:55 10:05
UP (PG)
FRI - SUN -- 12:30 3:30 6:45 9:40
MON - TUE -- 6:45 9:40
WED -- 1:00 6:45 9:40
UP 3D (PG)
FRI - SUN -- 11:45AM 2:20 5:00 7:40 10:15
MON - WED -- 7:40 10:15
THE HANGOVER (PG)
FRI - SUN -- 1:00 3:55 7:30 10:30
MON - WED -- 7:30 10:30
THE METROPOLITAN OPERA: THE AUDITION (PG)
SAT -- 1:00
WWE: EXTREME RULES (PG)
SUN -- 8:00
X-MEN ORIGINS: WOLVERINE (PG)
FRI - SAT -- 12:25 3:35 6:40 9:50
SUN -- 12:25 3:35 9:50
MON - WED -- 6:40 9:50

MUSTANG DRIVE-IN
519-824-5431
UP & RACE TO WITCH MOUNTAIN
FRI., SAT., SUN & TUES
GATES OPEN AT 8PM

BOOKSHELF CINEMA
519-821-3311
LEMON ON TREE
FRI. 6:45; SAT. 6:45; SUN. 6:45; MON. 6:45
ONE WEEK
FRI. 9:00; SAT. 9:00; SUN. 9:00; MON. 9:00; TUE. 7:00
THE NECESSITIES OF LIFE
TUE. 9:00; WED. 6:45
PONTIPOOL
WED. 8:45

Movies on the web:
www.guelphmercury.com

NIGHTLIFE SHOWTIMES LISTINGS FOR THURSDAY IN THURSDAYS NIGHTLIFE

ONTARIO FILM REVIEW BOARD CLASSIFICATIONS
G Suitable for all
PG Parental guidance advised
14A Persons younger than 14 must be accompanied by an adult
18A Persons younger than 18 must be accompanied by an adult
R Restricted to persons 18 or older

GUELPH & DISTRICT Multicultural FESTIVAL 2009

Riverside Park - June 12-14

ACTIVITIES

- Cultural Performances
- Children's Tent
- Food from Around the World
- Community Information Displays
- Raffle Prizes

and much more...

LIVE MUSIC

- Fever
- D Eve Archer Band
- Steerage Celtic Rock
- The Kramdens
- Toonies
- Yoruba Factor
- The Canned Goods (youth band)

Fireworks SATURDAY AT DUSK

Free Admission! www.gdmf.ca Free Parking