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*"The race of mankind would
 perish did they cease to aid each
 other. We cannot exist without
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 need aid have a right to ask it
 from their fellow-men; and no
 one who has the power of
 granting can refuse it without
 guilt."*

~Walter Scott~

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LETTER FROM THE EDITOR

~Written By: Lois Jones~

*Happy Anniversary!! Happy Anniversary!! Happy Anniversary!!
 Haaaaaaappy Anniversary...*

Come on folks sing it with me!! Here's The Scoop goes karaoke!! October 26th marked our 10 year anniversary with ADvance Distribution and, November 1st marks our 5th anniversary with Here's The Scoop. Boy! Time really does fly when you're having fun!

I think anniversaries are something that really should be celebrated. Whether you are celebrating a marriage, business, coaching, etc., anniversaries are a time to sit and reflect on what was, what is, and what's ahead. When I look back to where we were 10 years ago and to where we are now, it's mesmerizing. One day you'll be able to pick up my memoirs and laugh along with me. It really is something to celebrate.

Nobody said it would be easy and "Nobody" was right. Building a business is a struggle in itself but, working along side your spouse can definitely add to the drama. I was at a Chamber of Commerce meeting one day and a lady sitting at my table had "working with spouse" down as her greatest achievement. I have to admit, that is one of our greatest achievements too. Al and I have always complemented each other, he's a real "go-getter" and I'm an excellent delegator.

I'm not going to walk down memory lane with you on the birth of Here's the Scoop, instead, I am going to share with you some of our successes. I answered the phone one afternoon and there was a young lady on the other end of the phone asking if Al was in. When I told her he wasn't but I'd be glad to help her, or get a message to Al, she said, "I just called to thank him for possibly saving my life and the life of others." I wasn't quite sure what to say so I think I said "UH.". She had read Al's front page poem titled "Forever Young" and it hit home. She told me she was 17 and driving-while-under-the-influence was something that she did, as did the friends she hung around with. When she read Al's poem, she made an affirmation to herself not to do this again. As much as this message is constantly out there



FROM THE BOOK LIVE AND LEARN AND PASS IT ON

I've learned that
 anticipation is often better
 than the real thing.
 ~ Age 46

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CHECK OUT PAGES 25 - 30 FOR THE NEW 'JOB MARKET' AND THIS & THAT' SECTION



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in government ads, paper ads, and TV ads, it was Al's poem that changed this young gal's outlook on the choices she made and the consequences thereof. That, to me, is reason to celebrate.

We have used stories from across the country, and for many different events. You all know I hate the news but, I do know it's also a reality. Doesn't mean I have to like it! Recently, in our own little town here, crime is at an all time high. When a senior lady gets her purse lifted while shopping, businesses having to recoup the cost of vandals and, the latest brutal assault on a man, I question many things. I just have to have hope that one day, someone, who knows who is doing these hate crimes, will read something and perhaps come forward and do the right thing. Crime Stoppers is in place for a reason. Anonymity allows you to contact them and you will not be identified. Please help make a difference.

Recently I was flagged down in the parking lot at the grocery store. This woman was telling me how much she loved our paper. When she is done with the paper she sends them to her family in Edmonton.

She asked me how long we'd been in business and I said, "Well, next month marks our 5th anniversary." She was amazed and asked me if I had a favorite story that Al has written. I told her I had two favorites that he's written. She started, "Oh, was it the one he wrote for your anniversary??" "No," I answered. "What about the beautiful story he wrote about his Mom?" "Nope," I answered. "Well, it must have been the one he wrote about the fellow he helped that was down on his luck and was looking at committing suicide." Although well written, again my reply was no. She named a few more stories that Al has obviously touched her heart with and then finally she asked me, "Which ones have impacted you?"

Like the young lady that was touched by the poem, I to was impacted by two of Al's stories, they are:

Issue #77, dated April 24th, 2003, titled "The Spirit of a Handshake" and the other one is Issue # Technically 119, although it says "Special Digest Issue", dated February 12th, 2004, titled "I Broke My Word". Everyone is touched by what they read and, all of us in different ways. Some are moved to make life altering changes, others will slough it off, and some just feel warm and fuzzy inside. These two stories did that for me.

Just for fun, and because we are celebrating, if you can show me those two issues, you can be entered into a draw for a chance to win \$150 in Pharmasave/Store Upstairs gift certificates. Last year I asked for a copy of our very first issue, so I know from that experience that I have some collectors out there!

From the bottom of our hearts we **thank you** for your continued support. Keep the jokes coming and the stories flying. I would like to think that the good in this world far out weighs the bad. As such, we will continue to share the many GOOD things in this community, as we continue to bring inspiration, laughter, virtues and fun into your homes. Thank you to our many loyal advertisers and you the readers, you are a very important part of who we are.

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Penny's Tip of the Week

*Q: For toning and just general fitness, how many times a week should I do weights? How much cardio should I do?
~Submitted By: Ken~*

Mostly it depends on how much time you have to dedicate to getting in better shape. To improve your cardiovascular health, a minimum of 20 minutes three times a week will definitely get you on the right track. Start at a moderate pace and slowly increase your intensity. As far as weights go, try starting with 20 to 30 minutes, two or three times a week. Don't forget about stretching, it's a very important component of fitness, which is often overlooked. If you need help getting started or getting into the fitness habit, Big Bear's Fitness Centre has very experienced Personal Trainers on staff.

Have a question for Penny? Email it to heresthescoop@shaw.ca

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that's final!**

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After a laborious two-week criminal trial in a very high profile bank robbery case, the jury finally ended its 14 hours of deliberations and entered the courtroom to deliver its verdict to the judge. The judge turns to the jury foreman and asks:

"Has the jury reached a verdict in this case?"

"Yes we have, your honor," the foreman responded.

"Would you please pass it to me,"

The judge declared, as he motioned for the bailiff to retrieve the verdict slip from the foreman and deliver it to him.

After the judge reads the verdict himself, he delivers the verdict slip back to his bailiff to be returned to the foreman and instructs the foreman,

"Please read your verdict to the court."

"We find the defendant NOT GUILTY of all four counts of bank robbery," stated the foreman.

The family and friends of the defendant jump for joy at the sound of the "not guilty" verdict and hug each other as they shout expressions of divine gratitude. The defendant's attorney turns to his client and asks:

"So, what do you think about that?"

The defendant looks around the courtroom slowly with a bewildered look on his face and then turns to his defense attorney and says:

"I'm real confused here. Does this mean that I have to give all the money back?"