

# Herbal Magic<sup>®</sup>

WEIGHT LOSS & NUTRITION CENTRES

CALL TODAY FOR YOUR  
FREE CONSULTATION!

November is  
Courage to Change Month  
at Herbal Magic

### Help support your local women's shelter.

Help women and children whose lives have been affected by abuse. \$25 from each program sold goes to a local women's shelter.

We're also requesting "nurture donations" such as toilet paper, facial tissue, paper plates and cups and pillows



COURAGE  
to change



It's not just what you lose, it's what you gain.  
Help support the Courage to Change Campaign.



Tiffany lost  
47 pounds and  
55 inches!

**GUARANTEED  
RESULTS!**

Without Permanent Dieting

### You CAN Do It ... with Help From Herbal Magic

- #1 in the Weight Loss Industry!
- Lose 2 to 7 pounds per week!
- Personalized weight loss programs
- Private, one-on-one counselling
- Learn how to prepare healthy meals using grocery store food
- We encourage and support you every step of the way!

Airdrie - Canadian Tire Mall

**948-6165**

We now have over  
340 locations  
across Canada!

Calgary - Country Hills Blvd.

**226-9272**

**HISAM'S  
BARBER  
SHOP**




**Ph: 945.3771**

**Luxstone Plaza (By 7-11)**  
**Monday - Friday 9 - 6 Saturday 8 - 4**

For every  
action, there  
is an equal  
and opposite  
government  
program.

**ACTION JACKSONS**







**Jim**  
Associate Broker

**Donna**  
Agent

**Brenda**  
Agent

**Jimmy**  
Agent

**www.actionjacksons.ca**  
**948-0088**

Your local family of realtors Re/Max House of Real Estate

**ROAST EASY**

**BARBEQUE & CATERING**

**On Location Catering For Any Occasion**

Ask About:  
**SEASONAL STAFF PARTIES!**

**968-3070**

murray@roasteasy.ca ~ www.roasteasy.ca

*I love when the stewardess says,  
"Your seat cushion becomes a  
floatation device." Well, why  
doesn't the plane just become  
a boat?"*

*~Steve Shaffer~*

**INSURANCE SOLUTIONS FOR YOUR  
AUTO • BUSINESS • HOME**



**CANADA BROKERLINK  
INSURANCE. IN PERSON™**

WWW.BROKERLINK.CA

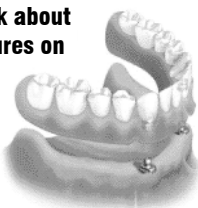
**Airdrie 948-6401**  
**Carstairs 337-3244 Crossfield 946-4355**

**WOODSIDE  
denture centre**

**Dental Coverage  
for  
Seniors Is Here**

**free consultations**

Be sure to ask about  
our overdentures on  
implants



**Station Crossing**  
**#1B, 409 - 1st Ave NW**  
**Airdrie**

**Convenient Parking**

**948-0954**

**cosmetic specialists**

**OUR CANADIAN MILITARY**

*~Author Unknown~*

The average age of the Canadian military man is 19 years. He is a short haired, tight-muscled kid who, under normal circumstances is considered by society as half man, half boy. Not yet dry behind the ears, not old enough to buy a beer, but old enough to die for his country. He never really cared much for work and he would rather wax his own car than wash his father's; but he has never collected unemployment either.

He's a recent High School graduate; he was probably an average student, pursued some form of sport activities, drives a ten year old jalopy, and has a steady girlfriend that either broke up with him when he left, or swears to be waiting when he returns from half a world away. He listens to rock and roll or hip-hop or rap or jazz or swing and 155mm howitzer.

He is 10 or 15 pounds lighter now than when he was at home because he is working or fighting from before dawn to well after dusk. He has trouble spelling, thus letter writing is a pain for him, but he can field strip a rifle in 30 seconds and reassemble it in less time in the dark.

He can recite to you the nomenclature of a machine gun or grenade launcher and use either one effectively if he must. He digs foxholes and latrines and can apply first aid like a professional.

He can march until he is told to stop or stop until he is told to march. He obeys orders instantly and without hesitation, but he is not without spirit or individual dignity. He is self-sufficient.

He has two sets of fatigues: he washes one and wears the other. He keeps his canteens full and his feet dry.

He sometimes forgets to brush his teeth, but never to clean his rifle.

He can cook his own meals, mend his own clothes, and fix his own hurts. If you're thirsty, he'll share his water with you; if you are

**DEFINE:  
De ting  
you get  
for  
breaking  
de law.**

**Panda FLOWERS** Weekly Feature



**Roses**  
\$12.95 + up  
per dozen

Panda Flowers - Airdrie  
Tower Lane II Plaza  
Main St., Airdrie, AB.

Ph: (403) 912-0022  
Fax: (403) 912-0023

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

*Cream* body & bath [www.creambodyandbath.com](http://www.creambodyandbath.com)



The PERFECT  
bra for plunging  
necklines!

#206 - 304 Main Street • (403) 945-3114

hungry, his food. He'll even split his ammunition with you in the midst of battle when you run low. He has learned to use his hands like weapons and weapons like they were his hands. He can save your life - or take it, because that is his job. He will often do twice the work of a civilian, draw half the pay and still find ironic humour in it all. He has seen more suffering and death than he should have in his short lifetime! He has stood atop mountains of dead bodies, and helped to create them. He has wept in public and in private, for friends who have fallen in combat and is unashamed. He feels every note of the National Anthem vibrate through his body while at rigid attention, while tempering the burning desire to 'square away' those around him who haven't bothered to stand, remove their hat, or even stop talking. In an odd twist, day in and day out, far from home, he defends their right to be disrespectful. Just as did his Father, Grandfather, and Great-grandfather; he is paying the price for our freedom. Beardless or not, he is not a boy. He is the Canadian Fighting Man that has kept this country free for over 200 years. He has asked nothing in return, except our friendship and understanding. Remember him, always, for he has earned our respect and admiration with his blood. And now we even have women over there in danger, doing their part in this tradition of going to War when our nation calls us to do so. "Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen."

100%  FREE ESTIMATES! Seniors Discount!



**999-BROS**  
(2767)  
**969-BROS**

**TRASH BROS.**

Fast, Reliable & Professional ~ Commercial & Residential Loading & Clean-Up (inc. home, office, yard)  
Old Appliance & Furniture Removal  
Construction & Reno Debris Removal ~ 24/7, 7 Days/Week.  
Locally Owned & Operated.

*"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity."*  
~Keshavan Nair~

**WINTERIZE NOW**  
Be very relieved later!

**BRIDGESTONE** **Firestone**

**Smart**  
**AUTOMOTIVE**  
Personalized Service Professional Car Care

**948-0400** **145 East Lake Blvd**

**25 Years**

**INTERIORS BY MARLENE**

**WHERE AIRDRIE SHOPS!**

Blinds~Shutters~ Drapery~Toppers  
Color Consulting  
**BEST Prices BEST Service**



Marlene Weaver 948-4787

When you're finally holding all the cards, why does everyone else decide to play chess?

AIRDRIE'S HALLMARK PRESENTS

**12 Days of Christmas**  
Nov. 1<sup>st</sup> to Nov. 12<sup>th</sup>

Shop in November... Have fun in December

SNOWMAN ORNAMENT SET  
Our gift to you with a purchase of \$45.00 or more.  **Hallmark**

**948-3875 Towerlane Mall, Airdrie**

**A FEW BOARDS SHORT LTD.** 


**SIDING, SOFFIT AND FASCIA**

*Yes! We do window installations.*

Exceptional service at affordable prices.

**948-5673 or 860-2982**

When it comes to your health, I recommend frequent doses of that rare commodity — common sense.

 **Airdrie Yoga Studio**  
 Yoga and so much more!  
[www.airdrieyoga.com](http://www.airdrieyoga.com) 945-1825  
 #216, 125 Main Street

**Belly Dance Classes**  
 Wednesdays 9:15-10:15 am, 8-9:00 pm  
 Thursdays 8:30-9:30 pm  
 Register or Drop-ins!

**Canadian Pizza Unlimited**

**WE DELIVER! 310-8080**

*"To achieve the impossible, one must think the absurd; to look where everyone else has looked, but to see what no one else has seen."*  
 ~Unknown~

**Is your dog over 7 years old? (A senior?) Are YOU a senior?**

**NOVEMBER IS SENIOR'S MONTH!**

- Seniors receive **10% OFF** supplies & grooming (excluding dog food)
- Senior pets receive **10% OFF** supplies & supplements

*Come in and see what we have for your aging pet!*

**Airdrie Dog & Pony**  
 Health Nutrition and Maintenance  
[www.airdriedogandpony.ca](http://www.airdriedogandpony.ca) Ph: (403) 945-3375

#107, 2002 Luxstone Blvd., Airdrie, AB Open at 7am M - F 9am Sat.

**LADIES AT HOME DEPOT**

Two women, one old and one young, are pushing their carts around Home Depot when they collide. The old gal says to the young woman, "Sorry about that. I'm looking for my husband, and I guess I wasn't paying attention to where I was going." The young woman says, "That's OK. It's a coincidence. I'm looking for my husband too. I can't find him and I'm getting a little desperate." The old lady says, "Well, maybe we can help each other. What does your husband look like?" The young woman says, "Well, he's 27 yrs old, tall, with wavy brown hair, blue eyes, a great butt and he's wearing tight jeans and work boots with a tight black T shirt. What does your husband look like?" The old woman says, "Doesn't matter... let's look for yours."

**WHAT'S UNDER YOUR BED?**

A young man went to see a psychiatrist. When he got there, he said, "I've got problems. Every time I go to bed, I think there's somebody under it. I'm scared. I think I'm going crazy." "Just put yourself in my hands for one year," said the shrink. "Come talk to me three times a week and we should be able to get rid of those fears." "How much do you charge?" asked the man. "Eighty dollars per visit," replied the doctor. "I'll sleep on it," said the man. Six months later, the doctor met the man on the street. "Why didn't you ever come to see about those fears you were having"? asked the psychiatrist. "Well eighty bucks a visit three times a week for a year is an awful lot of money! A friend cured me for \$10... I was so happy to have saved all that money, I went and bought me a new pickup!" "Is that so! And how, may I ask, did your friend cure you?" "He told me to cut the legs off the bed! Ain't nobody under there now!"

**Such A Deal**

**HOT DEALS!** **Fruits & Veggies**

**OPEN TO THE PUBLIC!**  
 GROCERY & MISC. WE BUY/SELL  
 SALVAGE, CLAIMS MERCHANDISE, DISTRESS STOCK

**FRESH MEAT ~ BUTCHER ON SITE UNTIL 4 PM DAILY!**  
 Fresh frozen local grown, hormone free beef!!  
 Frozen Goods, Produce, Canned Goods...& more!

**LOW... LOW... LOW PRICES!**

400 MAIN STREET N. AIRDRIE  
 MON-FRI 9AM-7PM © SAT 9-6 © SUN 10-6

[www.airdrieonline.com/suchadeal](http://www.airdrieonline.com/suchadeal)

**NO DEALS TO BIG OR SMALL**

**STAND IN LINE**

"Well," snarled the tough old sergeant to the bewildered private. "I suppose after you get discharged from the army you'll be waiting for me to die so you can come and spit on my grave." "Not me, Sarge!" the private replied. "After I get out of the army, I ain't never going to stand in line again!"

~ ~ ~ ~ ~

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."