

**TROPHIES PLUS & Fowler's rameworks**

*Merry Christmas from the management and staff*

#11, 400 Main Street N  
Airdrie, Alberta  
T4B 2N1

Ph: (403) 948-3744  
Fax: (403) 948-3727

*"Everytime you smile at someone, it is an action of love, a gift to that person, a beautiful thing."  
- Mother Teresa*

**AIRDRIE AUTOBODY**  
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**Phone: (403) 948-2018**

**CHORE LIST**

My parents are both busy professional people and have trouble finding time for chores and home maintenance. On weekends they each make a list of things to be done. Father's list is never completely crossed off, but Mother's always is. Puzzled, I asked her how she managed that.

"Simple," she answered with a satisfied grin. "I do the chore first, and then I put it on the list and cross it off!"

**FORGIVENESS**

Two men were talking. The first says, "My wife has the worst memory I ever heard of."

The second man replies, "Forgets everything, eh?"

"No, she remembers everything."

**CHRISTMAS GIFT SUGGESTIONS**

*By Oren Arnold*

- Christmas gift suggestions:
- To your enemy, forgiveness.
  - To an opponent, tolerance.
  - To a friend, your heart.
  - To a customer, service.
  - To all, charity.
  - To every child, a good example.
  - To yourself, respect.

**Check Out These Great Stocking Stuffer Ideas**

**See instore for details**

**#3, 2145 Summerfield Blvd. Airdrie**

**403.912.0512**



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**East Lake I.D.A. Pharmacy**  
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1861 Meadowbrook Drive S.E. Airdrie (403) 948 4200  
Store Hours: Monday - Friday 9 - 8 Saturday 9 - 5 & Sunday 11 - 4

**Saturday Night**  
**Karaoke**  
**in the**  
**Lounge**

**121 Edmonton Tr.**  
**Airdrie ~ Ph: 948-3838**

**Best Western**

**This Spot's For You!**



*Please forward your submission about your business to: heresthescoop@shaw.ca, or phone 948-5529 for more info.*

*This week's announcement is brought to you from our friends at the Airdrie Yoga Studio, 216, 125 Main St., Ph: 945-1825.*

**Ladies Get Fit! Boot Camp**

Ladies Get Fit! Boot Camp is an 8 week program focused on getting active. The program is designed to challenge the body and introduce women to many different types of moderate to high level cardio activities-including circuit training, belly dance, pilates, running, worldbeat, butts and guts, and bootcamp. The idea is that most of the activities will be new to you, and are designed to add flavour to your personal workout program.

Presented by Airdrie Yoga Studio, Simply For Life, Big Bear's Fitness Centre, and ENRG Training Systems, Ladies Get Fit! Boot Camp offers cardio workouts and seminars on fitness and nutrition. If you want to look great for that winter vacation, check out Ladies Get Fit! Boot Camp. This is a great chance to try out the different facilities in Airdrie and see what works best for you.

Ladies Get Fit! Boot Camp includes three times weekly cardio workouts for 8 weeks, introduction to all participating facilities, two half hour seminars, initial and follow up consultation including a nutritional consult. All fitness levels can participate, however, this is a moderate to high level cardio program and doctor's approval is recommended for those who have not been active in the past year. The next session runs in January. Call 945-1825 to register as space is limited.

Man: Is there any way for long life?  
Doctor: Get married.  
Man: Will it help?  
Doctor: No, but the thought of long life will never come.

**SHOP**  
**"Down Home"**  
**Gift Certificates Available**  
**END OF WINTER SALE**  
**BEFORE THE END OF WINTER**  
**SAVE UP TO 40% OFF**  
**starting Boxing Day until Jan. 6/08**

**COWBOY UP**  
**WESTERN STYLE**

**TEL: 912-6300** Towerlane Mall #A112  
(Across from Goldworks)  
Locally owned and operated


# Sin Sational Pre-Christmas Blowout!

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**30 % OFF ENTIRE INVENTORY  
DEC 22, 23 & 24**

**Hours of Operation**  
Dec 22 10am-9pm  
Dec 23 10am-5pm  
Dec 24 10am-4pm

**403-945-0388 Yankee Valley Plaza**



New Year's Party At  
**KILLARNEY'S**  
IRISH PUB &  
RESTAURANT

Doors Open - 6:00pm  
Dinner - 6:30pm  
Reservations Required  
From the Carvery Meal  
DJ and Dance  
Noise Makers & Party Favors  
Champagne @ Midnight  
Assorted Sandwiches, Coffee @ 12:30am  
Only \$85.00 per couple

Call Today to book your spot!  
**948-1943**

**JUST IN  
TIME FOR  
CHRISTMAS...**



\* Not exactly as shown

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