

For the Week of:

December 27, 2007  
- January 2, 2008

ISSUE #321

Weekly  
Community  
Magazine

~ Priceless ~

*Happy New Year!*

# Here's the Scoop

No News is "Good" News!

Produced and distributed by ADvance Distribution this week to over 14,500 homes and businesses in Airdrie and surrounding areas. Reach us at [Heresthescoop@shaw.ca](mailto:Heresthescoop@shaw.ca) or call 948-5529



## Spirit of the Season

*Written By Al Jones*

The day I turned eighteen,  
Like yesterday I recall,  
Friends took me out to a bar,  
For my first taste of alcohol.

We poured the spirits freely.  
We drank down large amounts.  
How we managed to get back home  
The next day, we could not account.

We thought that we were grown up.  
Drinking till all was a blur.  
We'd drink to the point of blacking out.  
We'd stumble and we'd slur.

But the dumbest thing we ever did,  
Was get behind the wheel.  
We thought that we could handle it,  
To us it was no big deal.

Of course we all knew better.  
We'd been warned and we'd been told,  
But we thought that we knew better,  
A few more spirits for the road.

A drink to the spirit of Christmas,  
It seemed like a good reason.  
A drink to the spirit of the New Year,  
A drink to the spirit of the season.

*(Continued on page 2)*

## Treasure Cove Collectables

805 Eastlake Blvd., Airdrie 948-3214 Email: [quongw@telus.net](mailto:quongw@telus.net)

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Dec. 24 9-5; Dec. 25 & 26 Closed; Dec. 31 9-5; Jan. 1 closed  
Sale Prices in effect to January 12 2008

(Continued from page 1)

We were so easily convinced,  
As we wobbled and we weaved,  
To have one more glass of spirits,  
One more glass before we leave.

But all that changed a few years later,  
When I was twenty one,  
Something happened New Years Eve,  
That altered all our fun.

We wished each other a Happy New Year,  
Just the night before,  
The next day we heard a friend had died,  
He was one of a total four.

Suspicion of drunk driving,  
Later turned out to be fact,  
Why didn't someone stop him?  
Why didn't someone act?

Now the taxi number's handy,  
A designated driver is on call,  
We no longer take our chances,  
When consuming alcohol.

Many road sides have memorials,  
Ghosts of drivers in the past,  
That had one more spirit for the road,  
And then died in a fatal crash.

So if someone suggests, 'One more for the road',  
Best pretend that you don't hear it,  
There's no need to have one more for the road,  
Because it's already claimed many a spirit.



## NUTRITION and WEIGHT MANAGEMENT

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and a Happy New Year!

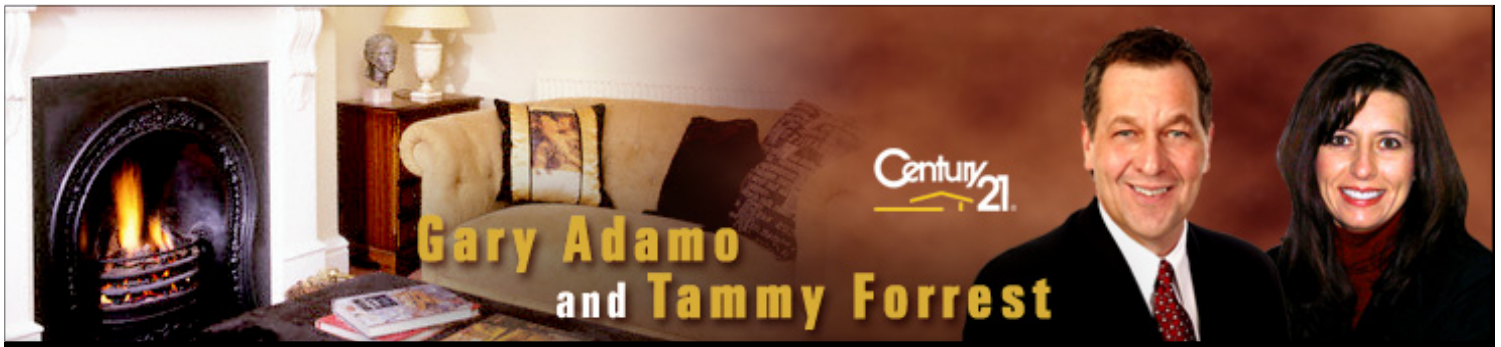


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**Gary Adamo  
and Tammy Forrest**

# Happy New Year!

# 2008

This year, 2008, may you  
celebrate new beginnings.

May health and happiness  
be at your doorstep.

May you always see the  
good in things.

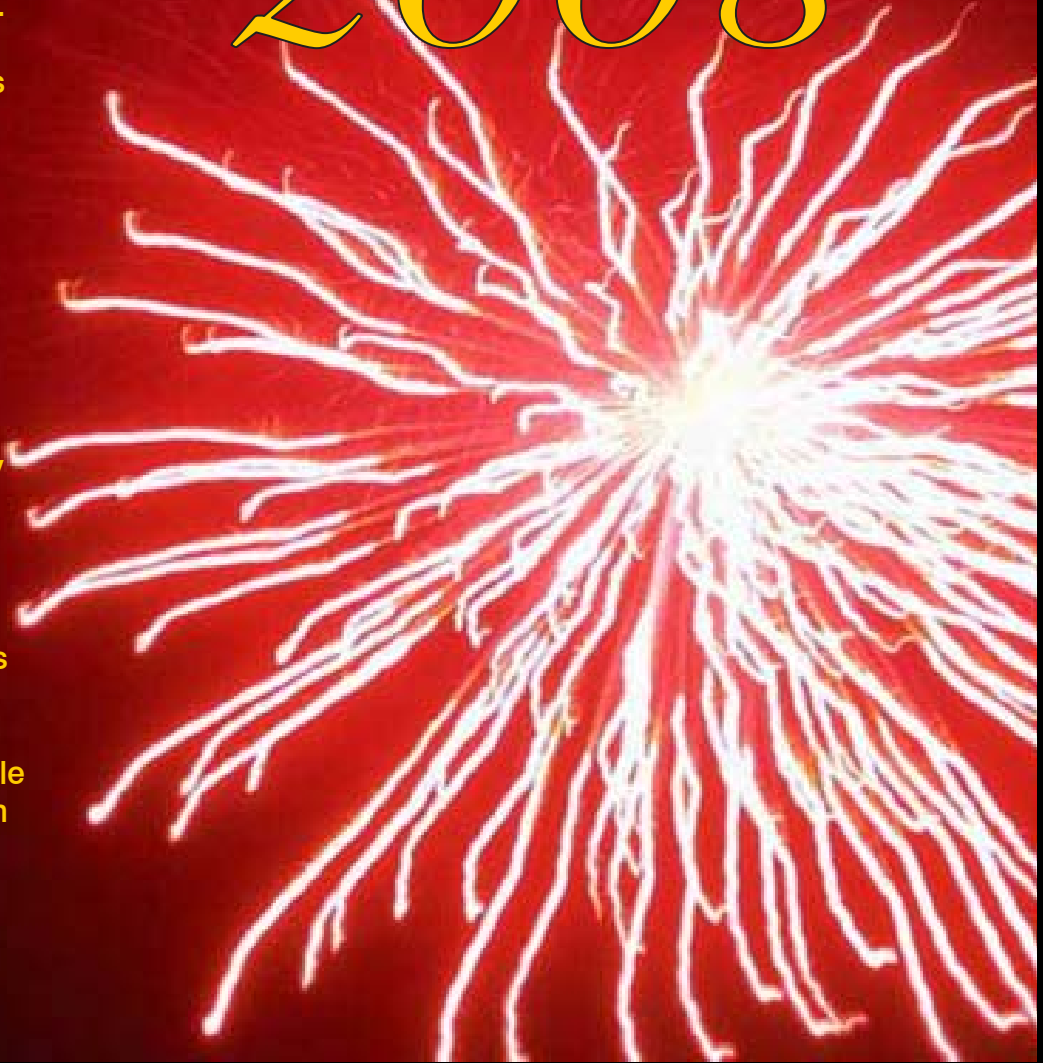
May your family be your  
best asset.

May you focus on the  
privileges that our country  
offers us.

May everything you do  
benefit someone else,  
realizing in the end that it's  
benefiting you, too.

May you always have a smile  
on your face and a song in  
your heart.

This is our wish for you.



**Gary Adamo & Tammy Forrest**  
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*"The best  
of blessings,  
a contented  
mind."*

- Horace

## Virtue of the Week

### Moderation

Moderation is creating a healthy balance in your life between work and play, rest and exercise. You don't overdo or get swept away by the things you like. You use your self discipline to take charge of your life and your time.

You are practicing **moderation** when you:

- Get enough of what you need, no more, no less
- Use self discipline to stop yourself from overdoing
- Take care of your health
- Balance work and play in your life
- Know your own limits and set boundaries for yourself
- Are content with enough

#### Affirmation

I am moderate. I am thankful and content to get what I need.  
I use my time and energy wisely. My life is well balanced.

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*"Moderation  
in all  
things."*

- Terence

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**Warm Wishes**

**This Holiday Season**

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