

HAPPY NEW YOU!!



2008 Extreme Pita Challenge !!

If you are ready for a Life Style Change you'll have to
"Get The Scoop"
 for complete details and information on this year's challenge.

Look and feel great in 2008 !!

BUSINESS DIRECTORY

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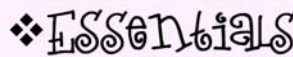
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	<p>FEATURE LISTING: 292191 Butte \$1,100,600 Acreage living at its finest. Outstanding curb appeal. Home with large windows throughout. Prof. day has walk-in closet. Lrg. family rm. with wood floors. Hardwood, 3 bedrooms up with bonus room, lrg. master bedroom. 2 heated triple garages, with 2 RV parking pads, 1 with RV power hook up. Fabulous acreage has something for the whole family to enjoy.</p>		<p>921 Spring Haven Crt. SE \$269,900 Perfectly affordable home on a private lot backing onto a 24x26 heated and detached garage. 3 bedrooms plus den, gas f/p, all app. incl. Master bedroom ensuite w/ jetted tub.</p>	
	<p>32 Sunridge Cl. NW \$359,900 Fabulous home. Open concept living area, large ceilings, large windows, granite flooring. West-facing, pie-shaped lot. 2 full bathrooms, master has 4 pc. ensuite. Basement has plenty of storage space.</p>		<p>8.5 Acres \$449,900 Affordable living at its best. Private best design 2000 sq.ft. home. 2 steel Quonsets (16'x38' & 24' x 30'), a pole shed (16'x38') & a huge garage (35'x40').</p>	<p>Acreages WANTED! We have a high demand for acreages, and are looking for some local acreages to offer our clients! Call us today if you have an acreage you'd like to sell!</p>

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New Year's Resolutions for Teens

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my health through physical activity and nutrition.
- I will resist peer pressure to try cigarettes, drugs and alcohol.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day - at the most - on these activities.
- I will be nice to my parents, teachers and elders and show respect to them.
- I will help out in my community - through volunteering, working with community groups or by joining a group that helps people in need.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.

DOES YOUR EQUIPMENT STINK?

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