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**FREE
UPGRADES**

Next to
the beautiful
40 acre
Nose Creek
Park

Starting at \$314,900+GST, 1220 – 1420 sq ft
single car garage, 2 & 3 bedrooms,
professionally designed interiors



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for details & private showings

www.AirdrieTownHomes.com

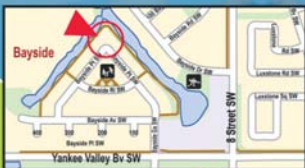
Floor Plans - Virtual Tour - Pricing & Availability

Pure Luxury... Town Homes

**FREE
UPGRADES**

located on the canals of Airdrie

Starting at \$379,900+GST • 1325 sq/ft, 3 bedrooms
Single car garage • Professionally designed interiors



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for details & private showings

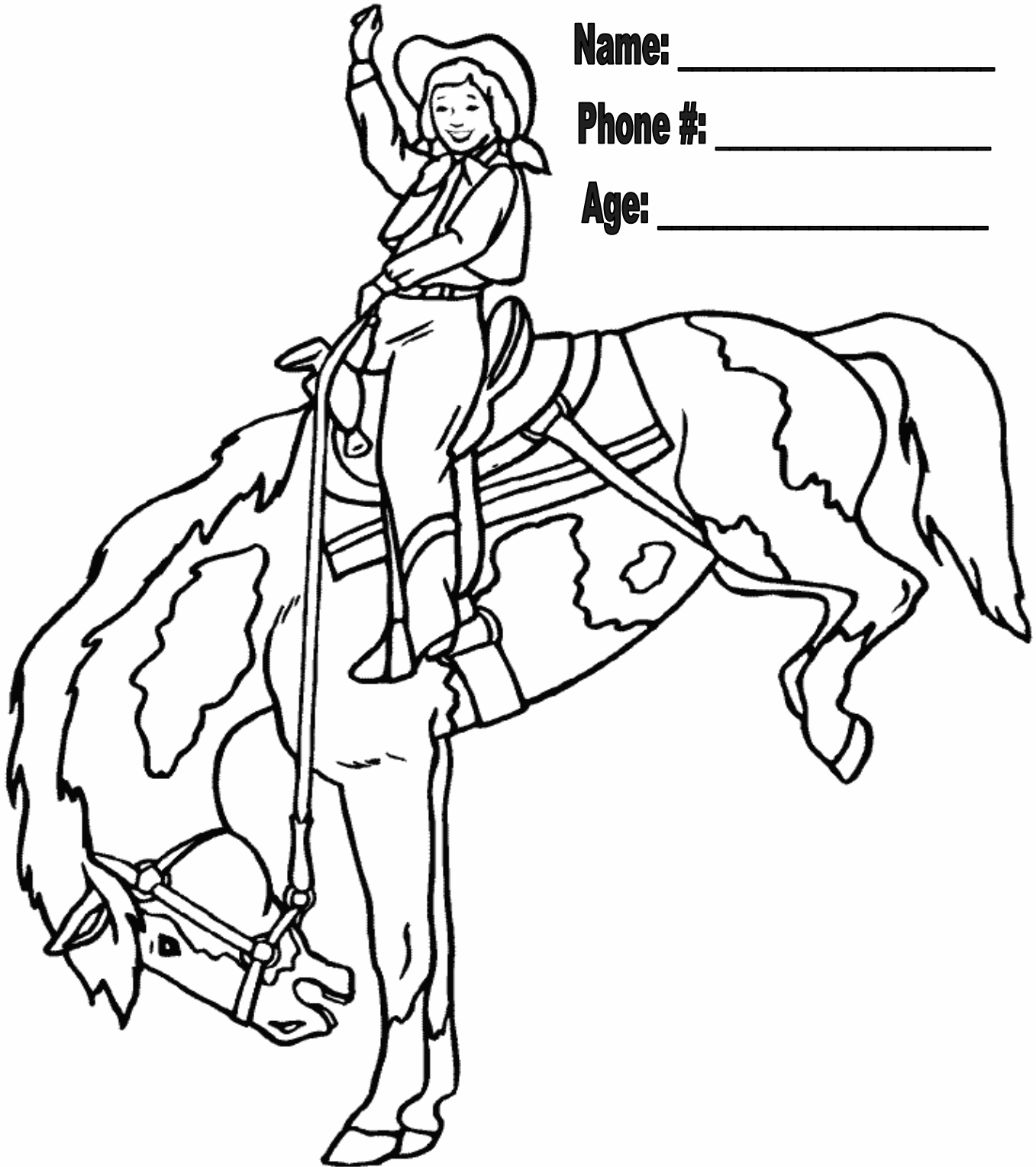
www.AirdrieTownHomes.com

Floor Plans - Virtual Tour - Pricing & Availability

It's Rodeo Season

Colour this cowboy and drop it off between 9am - 5pm or mail your finished artwork to either of the following addresses:
Here's the Scoop - Bay 402, 2903 Kingsview Blvd., SE, Airdrie (Our new offices)
Here's the Scoop - Box 126, 203—304 Main St. S, Airdrie (This is the UPS store located on Main Street)

The winning artwork will be framed and on location at our new office building located at the King's Heights' address above.
The lucky winner will receive Airdrie Pro Rodeo Tickets and Roxy Theatre movie passes. All artwork will be collected Tuesday, June 24th and the lucky winner will be drawn Wednesday morning. GOOD LUCK!!

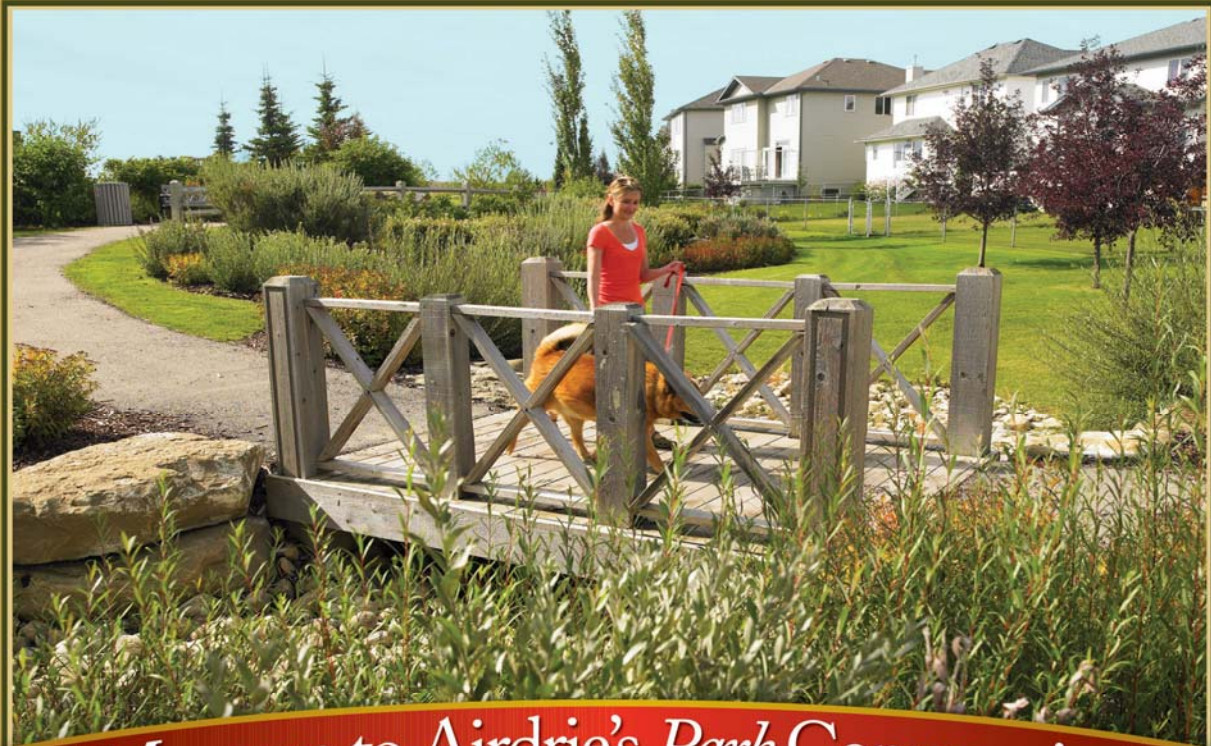


Name: _____

Phone #: _____

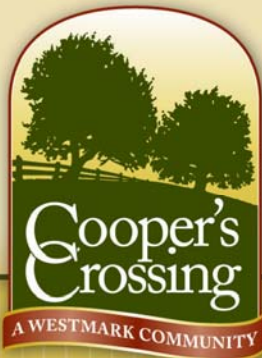
Age: _____

K
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Move up to Airdrie's *Park* Community!

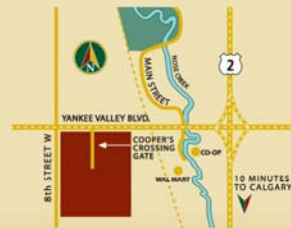
This estate style community is big on greenspace and traditional appeal. More than 50% of our lots back onto linear parkland, with miles of recreational trails to explore. This is a place to raise your kids, and where your kids will want to raise their kids. Come and see for yourself.



4 Impressive Show Homes to see!

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 "If we see you smoking, we will assume you are on fire and take appropriate action."

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Penny's Tip of the Week

There are so many weight loss, metabolism boosters and fat blockers on the market these days, can you tell me what you would recommend?

Submitted by: Mary

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 BY FOREST RIVER

My recommendation is a very passionate DON'T TAKE ANY OF THEM!!!! The companies that make and distribute these products just want your money. They are counting on people wanting a quick fix or a magic pill to help them lose weight.

Taking these types of products is not the way to go. You don't need a pill to increase your metabolism. There are healthy ways to permanently increase your metabolism. These products are STIMULANTS. They artificially increase your physiological functions while you are taking them. Chances are, you will immediately drop some weight; however, stop taking them, and your metabolism will plummet even lower than when you started, resulting in weight gain, so then chances are you will buy more product.

Email your question for Penny to: Heresthescoop@shaw.ca
 For your complete fitness centre, check out Big Bear's.
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40-MINUTE BARBECUED CHICKEN

Prep: 5 min
Ready In: 40 min
Serves: 4



Ingredients:

3 lb. chicken pieces (legs, wings, and thighs)
1 bottle (425 mL) BULL'S-EYE Barbecue Sauce, any flavour

PREHEAT greased grill, of gas barbecue, to high heat. Place chicken pieces in resealable plastic bag. Add barbecue sauce; close bag and shake gently to coat.

PLACE chicken, skin side down, on right-hand side of grill about 2 min. or until grill marks are on chicken. Meanwhile, poke a few holes into a sheet of foil with fork; place on left-hand side of grill. Move chicken, grill mark side up, onto foil. Close lid, turn off left-hand side burner and leave right-hand side burner on high.

GRILL chicken 35 min. or until cooked through and juices run clear. (Do not lift lid on grill while chicken is cooking.)

Note

Size and temperature of grills will vary so cooking time is approximate. Larger pieces of chicken will take a little longer to cook.

Nutritional Info

Serving Size = 1/8 th recipe
Calories 258
Total fat 14.3 g
Saturated fat 4.0 g
Cholesterol 76 mg
Sodium 352 mg
Carbohydrate 11.9 g
Dietary fibre 0 g
Protein 19.2 g
Vitamin A 8 %DV
Vitamin C 0 %DV
Calcium 2 %DV
Iron 18 %DV



Airdrie's Farmers Market has moved!

We're now all inside the
C.E. Building (by the United Church)
204 - First Avenue N.E

Saturdays, June 7th - Sept 20th
10 am - 1 pm

Please stop in, have a coffee and check us out!

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Sandy at 948-2826

Terri Stephens



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 rearrange the
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95th Birthday

"Look at ME!" boasted the fit old man to a group of young people. "Every morning I do fifty push-ups, fifty sit-ups and walk two miles. I'm fit as a fiddle! And you want to know why? I don't smoke, I don't drink, I don't stay up late, and I don't chase after women!"

He smiled at them, teeth white, eyes glittering, "And tomorrow, I'm going to celebrate my 95th birthday!"

"Oh, really?" drawled one of the young onlookers, "How?"

No More Boys

When Donna found out she was pregnant, she told the good news to anyone who would listen. But her 4-year-old son overheard some of his parents' private conversations. One day when Donna and her 4-year-old were shopping a woman asked the little boy if he was excited about the new baby.

"Yes!" the 4-year-old said, "and I know what we are going to name it, too. If it's a girl we're going to call her Christina, and if it's another boy we're going to call it quits!"



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Janet Marie Norman, AMP

Non-Plumber's Helper

Because I couldn't unplug the toilet with a plunger, I had to dismantle the entire fixture, no small feat for a non-plumber.

Jammed inside the drain was a purple rubber dinosaur, which belonged to my five-year-old son.

I painstakingly got all the toilet parts together again, the tank filled, and I flushed it. However, it didn't work much better than before!

As I pondered what to do next, my son walked into the bathroom. I pointed to the purple dinosaur I had just dislodged and told him that the toilet still wasn't working.

"Did you get the green one, too?" he asked.

Tongue Twister

If one doctor doctors another doctor does the doctor who doctors the doctor doctor the doctor the way the doctor he is doctoring doctors? Or does the doctor doctor the way the doctor who doctors doctors?

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NOTHING

Kathryn's 5-year-old developed a strong interest in spelling once she learned to spell STOP. After that, she tried to figure out her own words. From the back seat of the car she'd ask, "Mom, what does FGRPL spell?"

"Nothing," Kathryn said.

Sitting at breakfast she'd suddenly ask, "Mom, what does DOEB spell?"

"Nothing," Kathryn answered.

This went on for several weeks. Then one afternoon as they sat coloring in her room she asked, "Mom, what does LMDZ spell?"

Kathryn smiled at her and said, "Nothing, sweetheart."

The 5-year-old carefully set down her crayon, sighed and said, "Boy, there sure are a lot of ways to spell Nothing!"

NOTE PAD

With four daughters and one son always dashing to school activities and part-time jobs, our schedule was hectic. To add to this, we kept running out of household supplies. I instructed them all to let me know when they used the last of any item by writing it down on a note pad on the refrigerator. As a reminder, I wrote at the top: "IF WE ARE OUT OF IT, WRITE IT DOWN."

When I checked the pad a few days later, to my delight I found the following message: "MOM, YOU MAY BE A BIT OLD-FASHIONED, BUT YOU ARE NOT 'OUT OF IT.'"

This COULD have been YOUR spot!

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