

Aerobic Exercise:

What 30 minutes a day can do

Investing 30 minutes a day in aerobic exercise (such as walking, bicycling or swimming) can help you live longer and healthier. In fact, aerobic exercise may be the magic bullet you've been looking for.

Take a look at the health benefits associated with aerobic exercise. See how aerobic exercise affects your heart, lungs and blood flow—and get motivated to reap the rewards!

How your body responds to aerobic exercise

During aerobic exercise, you repeatedly move large muscles in your arms, legs and hips. You'll notice your body's responses quickly.

You'll breathe faster and more deeply. This maximizes the amount of oxygen in your blood. Your heart will beat faster, which increases blood flow to your muscles and back to your lungs. Your small blood vessels

(Continued on page 26)

Saying "Happy New Year!" Around the World

Language	Happy New Year!
Afrikaans	Voorspoedige nuwe jaar
Arabic	Kul 'am wa antum bikhair
Basque	Urte Berri on
Bengali	Shuvo noboborsho
Chinese (Mandarin)	Xin nian yu kuai
Czech	Stastny Novy Rok
Danish	Godt NytÅr
Dutch	Gelukkig nieuwjaar
Esperanto	Bonan Novjaron
Finnish	Onnellista uutta vuotta
French	Bonne année
German	Ein glückliches neues Jahr
Greek	Eutychismenos o kainourgios chronos
Hawaiian	Hauoli Makahiki hou
Hebrew	Shana Tova
Hungarian	Boldog uj evet
Indonesian (Bahasa)	Selamat Tahun Baru
Italian	Felice Anno Nuovo or Buon anno
Japanese	Akemashite Omedetou Gozaimasu
Korean	Sehe Bokmane Bateuseyo
Laotian (Hmong)	Nyob Zoo Xyoo

REAL PEOPLE. REAL RESULTS.

Sheena Jarvis, Airdrie, AB

My health goal was to lose 48 lbs, I have to date lost 51 - yay! My brother lives on Mayne Island, BC, and we visit him every summer. Before I started the program, I could not walk up his steep driveway without gasping for breath and stopping to rest half way. One of my goals was to conquer that driveway - which I have done! Now I am able to go on steep mountain hikes all over Mayne Island and enjoy every minute of it! Additionally, I had always had difficulty sleeping in the past, and would have a hard time getting out of bed in the morning.

Since joining SFL and following the program, my sleep has greatly improved - I rest very well and wake up refreshed in the morning.



My friends and family cannot believe the change in me in the last 6 months, both in appearance and overall health and energy. I even walk faster than I used to! And the best part... it was SO incredibly easy!! The food is delicious, I never went hungry or counted calories, and the results are undeniably amazing. Huge hugs and thanks to my Consultant, Jamie, for helping me stay on track and encouraging me every step of the way.



Airdrie

#302 Station Crossing, 191 Edwards Way SW
948-4424 www.simplyforlife.com

Thinking Real Estate, think "RON ROBERTS - Realtor"



Excellent Location

Great opportunity to own this 1800 sq.ft. +/- former residential property now zoned Commercial District. Excellent location would serve in several uses such as office, business, private school, retail sales, or fitness centre. Offered at \$385,000.



Pride of Ownership

Pride of ownership is evident in this immaculate, fully developed, 3 bedroom, 2 bath bi-level located in the family orientated Silver Creek area. Large south-facing windows make for a sunny lower family room with a gas fireplace to cozy up to on those cold winter nights, a 4 pc bathroom and a flex room that could be used as a 4th bedroom or office. Fully landscaped & fenced with a double detached garage. Very affordable at only \$349,900.



403.650.0523 www.RonRobertsRealtor.com

(Continued from page 25)

(capillaries) will widen to deliver more oxygen to your muscles and carry away waste products, such as carbon dioxide and lactic acid. Your body will even release endorphins, natural painkillers that promote an increased sense of well-being.

What aerobic exercise does for your health

Regardless of your age, weight or athletic ability, aerobic exercise is good for you. As your body adapts to regular aerobic exercise, you'll get stronger and more efficient. Consider some of the many ways that aerobic exercise can help you feel better and enjoy life to the fullest.

Regular aerobic exercise can:

- * Reduce health risks. Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.
- * Help you manage chronic conditions. Aerobic exercise helps lower high blood pressure, control blood sugar and relieve chronic muscle pain. If you've had a heart attack, aerobic exercise can help prevent subsequent attacks.
- * Keep excess pounds at bay. Combined with a healthy diet, aerobic exercise can help you lose weight and keep it off.
- * Ward off viral illnesses. Aerobic exercise activates your immune system. This leaves you less susceptible to minor viral illnesses, such as colds and flu.
- * Keep your arteries clear. Aerobic exercise increases the concentration of high-density lipoprotein (HDL, or "good") cholesterol and decreases the concentration of low-density lipoprotein (LDL, or "bad") cholesterol in your blood. The potential result? Less buildup of

plaques in your arteries.

- * Strengthen your heart. A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.
 - * Boost your mood. Aerobic exercise can ease the gloominess of depression and reduce the tension associated with anxiety, as well as promote relaxation.
 - * Increase your stamina. Aerobic exercise may make you tired in the short term. But over the long term, you'll enjoy increased stamina and reduced fatigue.
 - * Stay active and independent as you get older. Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Aerobic exercise also keeps your mind sharp. Researchers say that at least 30 minutes of aerobic exercise three days a week can reduce cognitive decline in older adults.
- Need more convincing? People who engage in regular aerobic exercise appear to live longer than those who don't.

Start Slowly

Check with your doctor before you begin to exercise. Once you have your doctor's OK, start slowly. You might walk five minutes in the morning and five minutes in the evening. The next day, add a few minutes to each walking session. Pick up the pace a bit, too. Soon, you could be walking briskly for 30 minutes a day and reaping all the benefits of regular aerobic exercise. Other options might include cross-country skiing, aerobic dancing, swimming, stair climbing, bicycling, jogging, elliptical training or rowing. If you have a condition that limits your ability to exercise, ask your doctor about alternatives. If you have arthritis, for example, aquatic exercises may give you the benefits of aerobic exercise without stressing your joints. Live longer and stay healthier with just 30 minutes of aerobic exercise a day!

JOB MARKET AND THIS & THAT

View ONLINE at www.heresthescoop.com

Are you a business who is short-staffed? Need a little help, or a lot? Have something to put in the This & That Section?

Call 403-948-5529 or E-Mail: thisandthat@telus.net.

Business Services/Realtor's Real Estate/Employment text ads: \$15/week

Misc. For Sale/Vehicles For Sale/Other: \$7.50 for 2 weeks. Add a picture for \$10 (for 2 wks.)

Ads must be placed 1 full week in advance. Deadline is Wednesday at 5PM for the following week's issue.

Contact Us Direct Monday – Friday 9:00am – 5:00pm / Located at: 2903 Kingsview Blvd., Bay 402, Airdrie

Main Office: Lois Jones (403) 948-5529 loisscoop@telus.net

General Manager/Distribution Guru: Al Jones (403) 948-5529 Al@heresthescoop.com

Sales and Marketing: Lois Jones loisscoop@telus.net (403) 948-5529 / Karen Wilson karenscoop@telus.net

Graphics Department: Trudy Lovstad / Jason Trudeau graphics@heresthescoop.com



ANNOUNCEMENTS/ PERSONAL

NARCOTICS ANONYMOUS 403-569-3427, www.chinookna.org, Mon. 8:30PM, Airdrie Basic Text 103 Group, United Church Chapel Basement (use side office door) 216 – 1st Ave NE.

ALCOHOLICS ANONYMOUS: Meets at the Christian Education Centre (United Church) Mon. & Thurs. at 8:30 pm. Contact Dave for information at 403-948-1425.

ALCOHOLICS ANONYMOUS - 126B Main St. (entrance in back alley). Mon-Wed-Fri. noon meetings 12:00-1:00pm. Evenings Mon. (C), Tues. (C), Sat. (O) - 8:00pm start. If you have any questions or need someone to talk to, please call Brian or Nancy at 403-946-4908 or 403-869-4928.

Airdrie open door AL-ANON meeting. Is someone's drinking affecting you? Meetings held every Thursday 8:30 – 9:30 pm in the basement of the United Church, Side entrance, 216 – 1st Ave N.E. Airdrie. Call Annette at 948-1081 or Betty at 403-912-1925.

BUSINESS SERVICES

SAY IT WITH YARD CARDS

SURPRISE BIRTHDAY CARDS FOR THE YARD!



403-850-0975
airdrieyardcards.com

**Birthdays
Anniversaries
Congrats
Retirement
Births
Gotcha
Graduation**



850-0975
airdrieyardcards.com

**Flamingos
Buzzards
Beer Mugs
Cows
Dinosaurs
Hearts
Hockey Pucks**

403-850-0975

yardcardsairdrie.com

BUSINESS SERVICES



**WELCOME
WAGON**
SINCE 1930

A Neighbourhood
Tradition Since 1930

Welcome Wagon Reaches:

- New residents
- New mothers
- Brides-to-be
- New businesses

New Residents & New Mothers
Call Susie Spurgeon: 403 829 1773

New Businesses
Call Shira Baijoo: 403 945 9971

Brides - to - Be and Baby Shower
Call Stacey Zimmer-Otteson: 403 980 2025

www.welcomewagon.ca

BUSINESS SERVICES

RESIDENTIAL AND COMMERCIAL CLEANING

Residential and Commercial Cleaning available, experienced, insured and registered. Airdrie and area. All natural products. 403-671-4051. 25/15

COMMUNITY EVENTS

Airdrie Over 50 Club Annual General Meeting, January 21st, 2009 at 7pm in the club room, 275 Jensen Dr. 18/Jan. 8

FIREWOOD

FIREWOOD FOR SALE. Birch or Pine. Call 403-226-0468. 02/Jan

FOUND

I have found a small, black cat in the Thorburn Drive area. If you think it may be yours, please call me at 403-510-7214.

FREE

We are now offering to the local community, Free Truck Saturdays - Driver Included. Phone Airdrie Online Auto Sales at 403-813-5091 and book our very basic truck, a 1995 Dodge Ram 1500 for up to 4 hours on a Saturday, driver included. You load and unload. We haul in the local area free. Need something hauled to the transfer site? We can help. We are not liable for damage. We do not carry moving blankets. 4/Jan22

MISCELLANEOUS FOR SALE

Air Hockey table, 7 ft x 3 ft 8" wide, \$300. Exercise bike, \$250. 403-241-1477. 25/01

8x4 ft pool table, 2 sets of balls & cue sticks. \$300 obo, large stereo, lots of records, nice piece of furniture \$200, chesterfield and chairs \$200, Bedroom suite, bed with compartment headboard, dresser with full mirror \$300, Radial arm overhead saw with large table and drawers \$350 obo, 8" table saw \$150, 150 PSI Air compressor with hose and nailer \$300. Call 403-241-1477. 25/01

Advertise your items here for only \$5 for 2 weeks! Call Here's the Scoop at 403-948-5529 to book your ad today!

MISCELLANEOUS FOR SALE

Supplies for sale: .25 per item or will accept best offer. Binders, 11x17 in black; 1" binder in black, grey, blue, white; 2" binder in black, 3 1/2" binder in white, Green data binders. Binding cases. Large file folder holder, folders with large fasteners, fold back clips, 'The Dean' payroll book, accounting ledger 6 columns, accounting ledger 12 columns. Alphabetical tab dividers, laser/ink jet printer indexes, index marker pages, rapid indexes 1-31, view transparent dividers. Certificate blanks: silver trim, blue trim, green with seals. Letterhead: Ivory linen, parchment natural. Business card paper. Three tier literature holder. Duotangs in teal, green, dark blue, red, yellow, and blue. Duotangs with inside folder: green, dark green, yellow, orange, aqua blue, red, purple, blue. Glue: white in bottles, Envelopes: double mailing in a variety of sizes, catalogue, Tyvek large, large brown, 5x11 1/2" brown, carton opener, finger tips, rulers: 6", folding, metric. Manilla Scrap & drawing books, Paint brushes: in a variety of sizes. Ph: 403-948-5529. /open

4 Gestetner 8 SM machines. All for \$200.00 As Is. Call 403-948-5529. /open

COLLECTABLE: Old Wringer Washing machine for baby clothes. Made by Montreal Fitting Manufacturing Company. Used in the early 1900's. Asking \$300.00 Call 403 945 8774 evenings please. 18/open

Get rid of your **CLUTTER!**

List it here for only \$7.50 for 2 weeks!

Phone Here's the Scoop 403-948-5529

REAL ESTATE

We Do "Housework"!

DAN and CHEZ PETERS
403-234-0714
 RE/MAX Mountain Aire
www.calgarybuyeragent.com

Merry Christmas To All our Female Friends

Author Unknown.

*If I were ol' Santa, you know what I'd do
I'd dump silly gifts that are given to you
And deliver some things
just inside your front door
Things you have lost, but treasured before.*

*I'd give you back all your maidenly vigor,
And to go along with it, a neat tiny figure.
Then restore the old color
that once graced your hair
Before rinses and bleaches
took residence there.*

*I'd bring back the shape
with which you were gifted
So things now suspended need not be uplifted.
I'd draw in your tummy and
smooth down your back
Till you'd be a dream in those tight fitting slacks.*

*I'd remove all your wrinkles
and leave only one chin
So you wouldn't spend hours
rubbing grease on your skin.
You'd never have flashes or queer dizzy spells,
And you wouldn't hear noises
like ringing of bells.*

*No sore aching feet and no corns on your toes,
No searching for spectacles
when they're right on your nose.
Not a shot would you take
in your arm, hip or fanny,
From a doctor who thinks
you're a nervous old granny.*

*You'd never have a headache,
so no pills would you take.
And no heating pad needed
since your muscles won't ache.
Yes, if I were Santa, you'd never look stupid,
You'd be a cute little chick
with the romance of a cupid.*

*I'd give a lift to your heart
when those wolves start to whistle,
And the joys of your heart
would be light as a thistle.
But alas! I'm not Santa. I'm simply just me,
The matronest of matrons you ever did see.*

*I wish I could tell you all the symptoms I've got,
But I'm due at my doctor's for an estrogen shot.
Even though we've grown older,
this wish is sincere,
Merry Christmas to you
and a Happy New Year!*

RANDOM ACTS OF KINDNESS

A heartfelt thanks to Phil Nielson from the Willowbrook Area that snow blows a skating area on the creek for the neighborhood folks to enjoy. Thanks so much for caring for the children in the area.

VEHICLES, CAMPERS & ACCESSORIES

www.airdrieonlineautosales.com /open

STOP!

Looking for a good, used vehicle? Vehicles warrantied. Credit & financing available. Call Earl 403-945-1331 or 403-945-3758. /open



1995 GMC 1 Ton Crew Cab long box, 6.5 Turbo diesel. Immaculate truck with only 149,000 kms. All factory options as well as 4" custom exhaust, power extending/tilt mirrors, Roll-n-lock tonneau and 5th wheel tailgate. Best maintained truck out there, ready to pull your trailer. \$10,200. Call Michele 403-948-1850. /open

WANTED

Do you need Meals on Wheels delivered to you? We deliver Monday to Friday, around noon. Senior or anyone who needs meals, please phone 403-815-1400 for more information.

Missed a Scoop?

Check it out on

www.heresthescoop.com

VOLUNTEER OPPORTUNITIES

Come join our group of dedicated community members who have a heart for feeding the hungry! As a member of the governance Board of Directors, you will be part of the team that provides overall leadership and guidance to the Airdrie Food Bank. For our mission, values, required commitment, and other details about the opportunity, please check out <http://airdriefoodbank.com/board.pdf> or write denise@airdriefoodbank.com.

VOLUNTEER OPPORTUNITIES

Would you like to volunteer and be part of Meals on Wheels? We are going to need and welcome, new board members. Our General Meeting will be held on Feb 12, 2009 at Nose Creek Museum. We could sure use your help.

Get Involved In Your Community...

VOLUNTEER!

SAFeway

your **future** starts now!

Link Your Future to the Safeway Team

Now hiring for
Retail Grocery Store Positions including:

- Meat Cutters
- Bakers
- Meat Wrappers
- Deli Clerks
- Competitive wages paid weekly
- Wage increases every 500 hours
- Credit for previous retail experience
- Flexible schedules

ideas
"I have ideas."

plans
"I have plans."

You've come to the right place.

At Safeway, the possibilities are endless. It starts with an environment where everyone's contributions matter, an excellent training program, flexible work schedules and, of course, the best advancement opportunities. Because it's not just about work, it's about working your way up.

goals
"I have goals."

Link your future to the Safeway Team

Apply at your Airdrie Safeway Store - 505 Main Street, Airdrie or www.whyus.ca

An Equal Opportunity Employer

WWW.JEFFANDDEB.COM • Call 403-560-8808



CHOOSE FROM OUR 3
UNBEATABLE COMMISSION PLANS

Not meant to solicit those already under contract

Jeff & Debbie Seegmiller - It's the Experience ...



Meet Mary Yuill, Our New
TEAM COORDINATOR

SAVE TIME & MONEY

CALL TODAY 403-560-8808

FEATURE LISTING!

733 Canoe Ave. \$629,000

- Loaded with upgrades
- Hardwood, Granite
- Basement in floor
- Garage Heating RI
- Executive ensuite
- SO MUCH MORE!



70 - 203 Lynnview Road SE \$238,900

MLS# C3332141

- 2 Story 3 Bed
- New Windows
- Fantastic Views
- Landscaped & More!
- New Carpets



745 Canoe Ave. \$679,000

- 2820 sq ft
- 10 Year Warranty
- Loaded with upgrades
- Hardwood, Granite,
- Executive ensuite
- SO MUCH MORE!



255 Morningside Green \$469,900

- MLS# C3317921
- 2229 sq.ft
 - 9' Ceilings
 - Open Floor Plan
 - 3 Bedrooms



741 Canoe Ave. \$649,000

- 2700 sq ft
- 10 Year Warranty
- Loaded with upgrades
- Hardwood, Granite,
- Executive ensuite
- SO MUCH MORE!



106 Morningside Point \$499,900

- MLS# C3316964
- 2209 sq.ft
 - 9' Ceilings
 - Open Floor Plan
 - Walk Out Bsmt



223 Bayside Landing - \$599,000

- #MLS # C3348883
- 2500 sqft of open concept design
 - Fully Finished Walk Out lot in FANTASTIC Airdrie location!



737 Canoe Ave. \$629,000

- 2665 sq ft
- 10 Year Warranty
- Loaded with upgrades
- Hardwood, Granite,
- Executive ensuite
- SO MUCH MORE!



FREE HOME EVALUATION! CALL 403-560-8808 OR VISIT US ONLINE

ASK ABOUT OUR **GUARANTEED** HOME SELLING SYSTEM



MORTGAGE INTELLIGENCE

lendingteam.ca

Make Us Part of Your Team!

Specializing in:

- Self Employed Mortgages
- Quick Service
- Solutions for Clients with Bruised Credit
- Refinancing Options
- Best Discounted Rates



Sherry Jenkins

Mortgage Consultant, AMP

Phone: 403-804-3694

Fax: 403-948-5541

sherry@lendingteam.ca



Airdrie's Experienced Real Estate Lawyers

HORNE WYTRYCHOWSKI

Barristers & Solicitors

- ◆ House Sales and Purchases
- ◆ Second Mortgages
- ◆ Refinancing
- ◆ Commercial Mortgages

Phone: 403-912-3565

#8, 620 - 1st Ave N.W. Airdrie

www.airdrielawyers.com



BUSINESS DIRECTORY

AIR CONDITIONING & REFRIGERATION

HERITAGE REFRIGERATION, AIR CONDITIONING & HEATING



SALES AND SERVICE
COMMERCIAL &
RESIDENTIAL
403-948-7798

Serving
Airdrie &
Surrounding
Areas



DRIVER EDUCATION

AIRDRIE DRIVING SCHOOL

Next Classes: Jan. 2, 5, 7, 12, 14
(403) 948-2120

www.airdriedrivingschool.com



Thanks for looking
at our directory!

HEATING & AIR CONDITIONING

AIRDRIE AIR LTD.

- Air Conditioning & Heating -
- Commercial & Residential -
Visit our website at:

www.AirdrieAir.com

Serving Airdrie & Area

403-205-7247

CARDS & GIFTS

Towerlane Mall II



403-948-3875

Hallmark
AIRDRIE

When you care enough to send the very best!

FITNESS

Curves
YOUR CURVES WILL
AMAZE YOU!

GET A TOTAL BODY WORKOUT
IN A TOTAL OF 30 MINUTES.

curves.com

403-912-4936

#107, 304 Main Street
Airdrie, AB T4B 3C3



PLUMBING & HEATING SERVICES

Monty's

403-815-8186

Plumbing & Heating Service Inc.

Airdrie, Alberta

RESIDENTIAL • LIGHT COMMERCIAL

"Serving your Plumbing & Heating Needs"

Monty Barnes

"Locally Owned & Operated"

Email: montysplumbing@shaw.ca

CARPENTRY

Vey's Carpentry & Painting Airdrie

Garages - Sheds - Decks - Roofing
Exterior - Interior
Home Repairs - No Job Too Small!

Selwyn Vey Cell: 403-988-9282

FREE ESTIMATES

GLASS REPAIR

Serving Airdrie and area.

We offer new Windshields & Chip repairs, Business,
Commercial & Storefront Glass installation. Visit our showroom



AIRDRIE WINDSHIELD & GLASS

for Framed Mirrors and Customized Glass Decor items.

403-948-6625 for more info.

REAL ESTATE SERVICES



Maxwell Westview Realty **Ray Maynard**

Ray Maynard ~ 403-945-1990

ADvance Distribution

Since 1996

~ Design ~ Print ~ Deliver

WEEKLY FLYER DELIVERY
in clear, recycled, plastic bags.

"Your Business Success Is In The Bag"

Business Cards ~ Marketing Materials ~ Websites

PH: (403) 948 - 5529 Email: advancedistribution@shaw.ca



NOT ADVERTISING ...
IS LIKE

WAVING

IN THE DARK!

Only you know you're there!

To get noticed, call Karen Wilson at 403-948-5529



2007 Outstanding Achievement Award Winners



Airdrie's #1 2004 to 2007
Real Estate Office Office Centurion

TERRI STEPHENS

Ph: 403-827-4663

Visit me online

terri.s@shaw.ca

www.terristephens.com

Ring in the New Year
with a NEW Home!



• 152 Country Hills Villas N.W 2 stry, 3 bed, 2 bath home with single garage.
Ideal location, shopping, movie theatre, restaurants all nearby, move in and enjoy! Under \$290K MLS # C3351089.

• 410,140 Sagewood Blvd. 2 Bedroom bungalow style townhouse.
All appliances included. Plenty of room, low maintenance lifestyle.
\$198,900 MLS # C3359369.

• Want to get noticed Free Home Evaluation
List your home here today!

"Everything I touch turns to SOLD!"



DIANE DACH

Call 403-813-3161

dax@nucleus.com • dianedach.com

HAPPY NEW YEAR!

DIDSBURY WHAT A GREAT PRICE: \$245,000

THIS home features an island kitchen with plenty of white cabinets & storage and a nice eating area. There is access from the kitchen onto a south facing covered deck. There are 3 nice sized bedrooms, the master has a 2 pc ensuite. The basement has large windows and awaits your development. Back alley access and a big back yard leave plenty of room to construct a garage.

WHAT A GREAT PRICE: \$194,900

GREAT value for this beautiful condo. Three bedrooms, large bright living room, kitchen, dining room, insuite laundry, 5 appliances, new rugs, windows and siding. Assigned parking stall as well as visitor parking. Close to schools, recreation center and shopping. Don't miss this one.

WHAT A GREAT PRICE: \$157,900

WONDERFUL starter home. Great location-quiet street backing onto elementary school yard. Huge bathroom, with corner soaker tub & ceramic tile flooring. Fantastic open concept, large living room & eating area. Renovations include new shingles, new hardwood floor in living room, painted cupboards, new hot water tank & much much more.

Selling Your Home in 2009 - Courtesy of Bill Jones, Realtor, Century 21, Castlewood Agencies

With the 2008 fall real estate season just about behind us, it's time to start thinking about the next big season. I'm talking about the spring real estate market! It is a well known fact that spring is a great time to buy and sell houses. But what most people don't know is that winter is the perfect time to get things done around your home to prepare it for selling.

1. Cut the clutter: If you're like most people, you've accumulated a lot of stuff over the years. Moving provides a great incentive to finally get rid of the junk you've been hoarding. Starting now will give you ample time to take that trip down memory lane as you go through old papers, letters, photographs and other mementos. If you set aside a couple hours to do this each weekend, by February you will have weeded out a lot and moving will be much less stressful.
2. Paint the interior: Nothing will give you more bang for the home improvement buck than a fresh coat of paint. Keep your potential buyer in mind and go for a neutral palette. Using the same color family in adjoining rooms will improve the flow of the house and tie everything together. And remember, neutral does not necessarily mean white or beige.
3. Donate to a good cause: This is the time to edit your wardrobe. Take everything out of the closet and force yourself to let go of those 80's outfits and any-

thing else you haven't worn in a year. Be ruthless about what you get rid of. You will thank yourself when it comes time to move. This is also a great time to collect all the winter coats, boots and gloves your family has outgrown or grown tired of and donate them to the needy. Several organizations do winter coat drives for the homeless this time of year and would be thrilled to have your cast-offs.

4. Make a list of needed repairs: Go through your house, inside and out, and look at it objectively, as a buyer would. Write down everything that needs fixing. These are things you simply must take care of before listing your house. Otherwise, buyers will see small problems and wonder what bigger problems await them.

5. Call your Century 21, Local Real Estate Expert, Bill Jones, for a Free No Obligation Market Analysis of your home. That way you can start doing the numbers for your next purchase early. Bill will also give you a good idea of anything you may have overlooked.

Being prepared for the spring market means you can list your house ahead of those people that weren't as prepared. Sell early and enjoy your summer in a new home!



Call: BILL JONES
403-701-1739

b_jones8@telus.net www.My-Realty.ca



EDGEWATER - 2-Storey

Attractive 3 bdrm, 2-storey home on choice landscaped lot has a sunny, south-facing backyard. Features a full oak pkg. with a cozy kitchen, family room w/ gas f/p, dining rm. & 2 pc. bath on main flr. Master bdrm. has a 3 pc. ensuite. Basement is fully developed with a rec. room. Heated garage & huge back deck. Virtual Tour On-line at: www.tinyurl.com/10elsmore

