



Thank You!!

A special Thank You goes out to everyone who help donate to our Operation Christmas Tree Fundraiser. The trees were sent out on November 29 and the troops should be receiving them in a few short weeks.

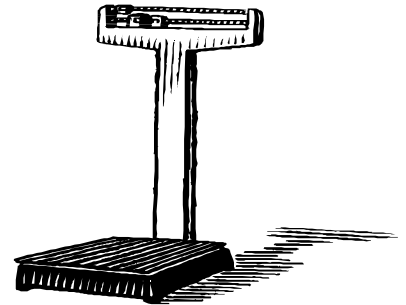
We are all preparing for the upcoming winter weather by breaking out the winter coats, gloves, hats and scarves. Unfortunately not all families can afford these kinds of warm clothing for winter. In order to help needed families out we are taking up a winter clothing drive. Just bring in your new, old or used winter duds and help out a deserving family. This is a great way to get rid of winter things that you kids have grown out of, just don't fit any more or just to make room in the closet for some brand new ones!

We did it! What did we do? We (the staff) finished the first week of the *Novolife* cleanse and weight loss program. On week one, the hardest, we lost on avg 10 pounds each and numerous inches; and we're all feeling great. Wendy and I haven't felt this healthy and energetic in years. It was hard trying not to eat my weight in fried turkey and cornbread stuffing, but I'm still on track with

It Works!!

phase 2-the rapid weight loss phase; now that I've trained my body to burn fat. Burning stored fat is the absolute last step in fueling the body. Our body wants to store fat, not burn it. That's why many of us will exercise like crazy and eat like birds and still not loose weight. You have to reboot your metabolism, and that's what *Novolife* does. If I can control myself around the Mexican

food and BBQ in Texas at Christmas, I hope to be down near my college weight by the end of the first month. *Novolife* is now available here!



Winter Clothing Drive



Condition Of the Week

Do you have heel pain? Recent research by Italian doctors found that needling, such as dry needling available here, has shown something I've already known and practiced: Dry needling eliminates pain associated with plantar fasciitis. If you or a loved one has been suffering with heel pain, give us a call!

