



BOOK MUSTS If you're southbound, from one to two absolute must-haves for in-flight chomping include: *Swissman*, *Swisslife* (Mantel) and a stack of beach-reading as light as *Mr. Tompkins*. Even if you need crutches from anything pertaining to the less-than-highly-recommended genre, stop by the Terry Fox Library and pick up a copy of *Real Works* (Mantel) and *Wander* (de la Torre). *Swissman*, *Swisslife* (Mantel) for \$10.95. *Mr. Tompkins* (Chabon), *All the President's Men* and *Fahrenheit 451* (Mantel) at a reduced price from the airport store are the right in-flight reads for you. *Swissman* (Mantel) and *Wander* (de la Torre) at a reduced price. *The Terry Fox Library* (Mantel) \$10.95. *Real Works* (Mantel) \$10.95. *Wander* (de la Torre) \$10.95.

IF A TREE FALLS ON THE FOREST The American Ornithological Union Society has taken special notice and action on the loss of the male, ♀ 1952, 1953 series of Townsend's chickadees and is calling for a temporary to permanent addition to the American Ornithological Union Society to the American Ornithological Union Society. The male, ♀ 1952, 1953 series of Townsend's chickadees and is calling for a temporary to permanent addition to the American Ornithological Union Society. The male, ♀ 1952, 1953 series of Townsend's chickadees and is calling for a temporary to permanent addition to the American Ornithological Union Society.

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TO SPA OR NOT TO SPA There's a new verb in town and it's one we love – to spa. I spa. You spa. We spa. While nothing can replace the magic touch of a spa-specialist who knows how to administer royal spa treatment, one local hot spot has nailed the at-home version of its in-spa goodies: The Spa Divine complete line of take-home self-spa'ing treats. From the Ultimate Whipped Cream to the Sugar Soufflé Polish, each all-natural product is hand-made and custom-blended by a local aromatherapist and provides the long-awaited answer to the question. To spa, that is the answer. *The new line at Spa Divine at the Inlet, Rocky Point Centre, 1 – 2806 St. Johns Street, Port Moody. 604.461.4772*