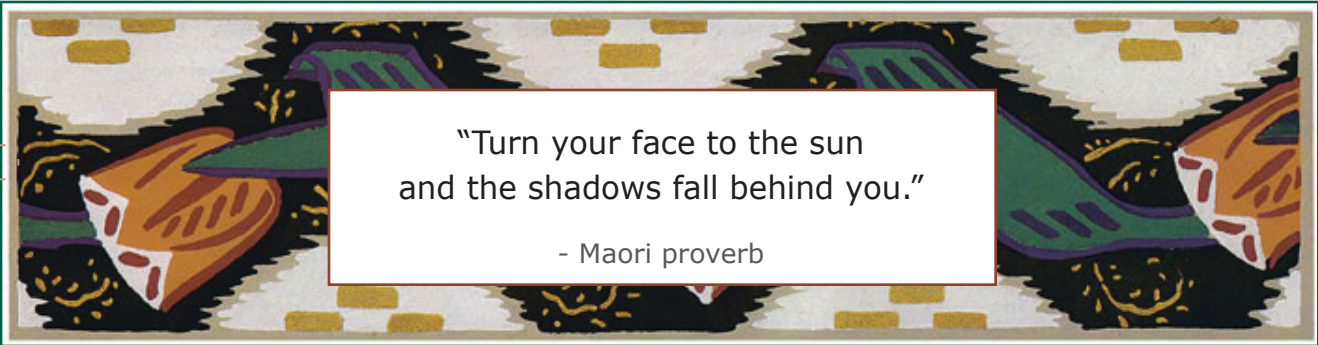


Cut on the dotted line. Hole punch circle and add decorative ribbon for individual book marks.



After 30, a body has a mind of its own.

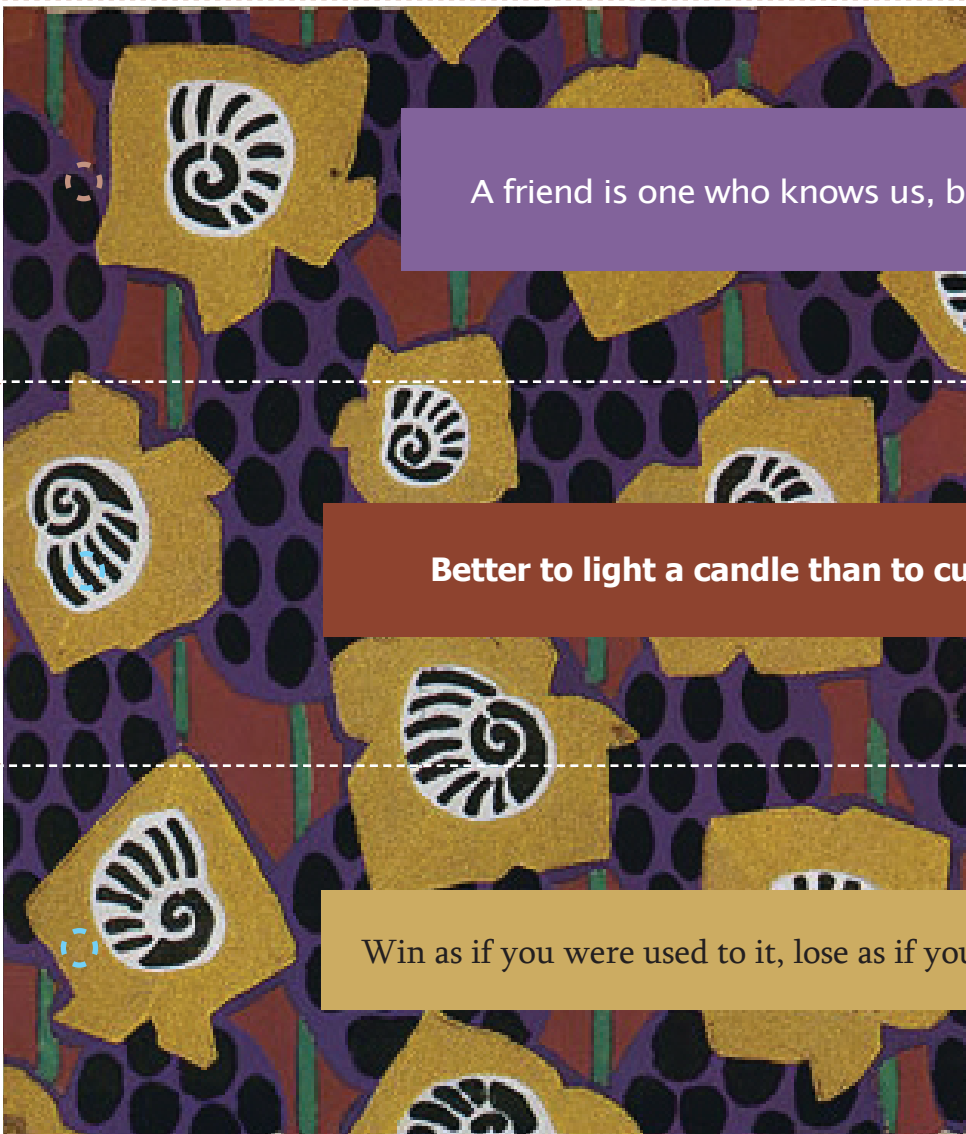
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"Turn your face to the sun
and the shadows fall behind you."

- Maori proverb

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A friend is one who knows us, but loves us anyway.

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Better to light a candle than to curse the darkness.

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Win as if you were used to it, lose as if you enjoyed it for a change.

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