

Stephanie C. Johnston

Ad Traffic Manager~Spotlight Writer

Stephanie Johnston enters a bookstore. The shelves are crammed full of soft leather-bound books. She finds an unlikely visitor lying on the floor, a white slinky and stretchy feline. The feline purrs as it rubs up to her leg. Scooping up the animal, she enters the Publishing section. This story is one that Stephanie knows all too well. After friends and family told her to find a new place to share her many puns, she found Langara College. When not in the local bookstore, she's often painting with colour or asking questions since she is inspired by the unusual and unlikely. This program has helped her see her love for books and soft things in a new way. Be sure to ask her what the last good book was she read and what she loved about school.



How to make Chai Rooibos tea with Manuka honey			
Supplies Needed - Chai Rooibos tea - Manuka golden honey - kettle with water - teaspoon	Open Chai Rooibos teabag.	Add Chai Rooibos to favorite mug.	Boil kettle with water to 100°C Be careful - it is hot!

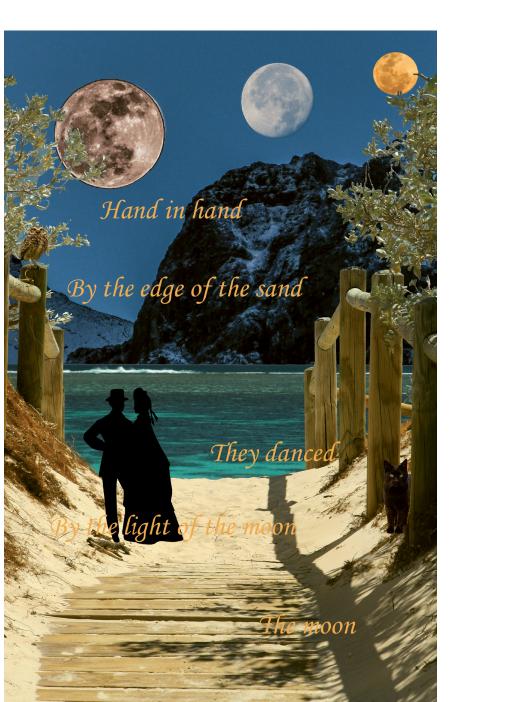


from Namibia's capital of Windhoek o the South African border, require lanning, packing, perseverance and und self-reliance. Factoring in

2. La Farola, Cuba Start: Cajobabo End: Baracoa Distance: 34 miles (55km) Hailed as one of the sev



South Afric

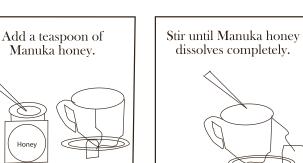


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Add water to favorite mug.







TRAVEL & MORE

. . \$4.77

Seasonal

Pumpkin cheesecake

Pumpkin pie a la mode

Mango puree madness \$4.50

Pumpkin pie a la mode \$3.75

Trio of seasonal fruits & whipped cream \$5.50



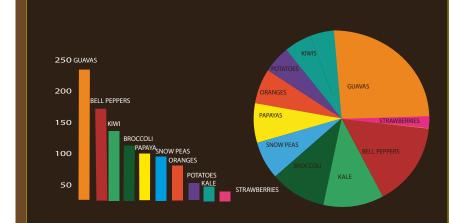
engineering marvels of Cuba, La roadhouses, campgrounds and great attractions, an ideal itinerary is to head Farola (the lighthouse road) links the beach hamlet of Cajobabo on south-west to Sesriem for a visit to the arid Caribbean coast with the Sossusvlei's red dunes and salt pans, nation's beguiling oldest city, Baracoa. Measuring 34 miles (55km) in length, then turn south via Helmeringhauser and Seeheim to pause in Hobas and the road traverses the steep-sided Sierra view Fish River Canyon (rivalling del Puril, snaking its way precipitously the Grand Canyon), and then point through a landscape of granite cliffs south again to Felix Unite, near the and pine-scented cloud forest before Noordoewer international crossing

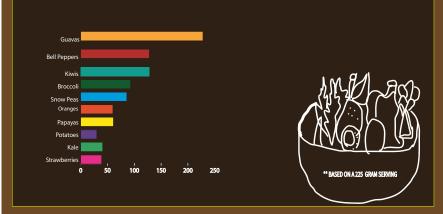
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The Top Ten Sources of Vitamin C in Fruits & Vegetables

KIWI - 93 MG - citrus to lower bad types of cholestrol PAPAYAS - 61 MG - acts as anti-inflammatory for the brain RANGES - 53 MG - well known globe fruit is international OTATOES - 42 MG - improve blood sugar regulatation



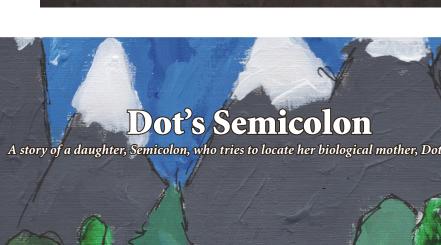




" She typed furiously and accurately, knowing that the answers were not where she expected them surrounding her birth ..." - Dot's Semicolon

"A thrilling hunt of hopeful self-discovery!" - Simon & Schuster

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Harriet's Story

After being adopted at the tender age of thirteen days old, Harriet grew up wondering what would happen if she were to reconnect with her biologcal family. After decades of questioning and hours of time consuming interogrations with various sources (including the Adoption Reunion Registry) she decided to tell her story as Semicolon. She felt inspired to tell her tale, as many adoptees feel isolated and alone but should never feel they do not have a story to tell.



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www.langpub.ca



Dot's Semicolon

