

2010



New Years Resolutions

By Debi Robison

The New Year is traditionally a time to reflect on the changes we want or need to make. However, many Americans seem to make and often break the same resolutions each year. We are all familiar with them – "Spend more time with family & friends; lose weight; get in shape; quit smoking; get out of debt; get organized; etc."

Since 2010 is the start of a new decade, I would like to suggest starting a new trend. This year, consider adding some ecologically and economically-friendly resolutions to your list:

- Shop locally and support Troutville and Botetourt County economies.
• Use reusable or canvas bags when you shop.
• Save fuel and money by taking a walk or riding a bicycle whenever possible; combine your trips to the store; join a car pool or use public transportation.
• Plant a tree.
• Replace old light bulbs with energy and dollar-saving LED bulbs.
• Use steel water containers instead of plastic water bottles.
• Use recycled paper whenever possible.
• Support Troutville Elementary School by recycling paper, plastic and aluminum cans at the canisters located next to the school.

Community Mixer at the Pomegranate Tuesday, January 19th at 6:00 p.m.

If you have never been to the new restaurant in town, now is your chance to go and see what it's all about! January 19th has been set aside for anyone living in Botetourt County to come and join a great gathering of neighbors.

The cost is \$15.00 per person, which will include a heavy hors d'oeuvre buffet. Special drink prices will also be available. Seating is limited, so be sure to call 966-6052 and make your reservation by January 15th.

Hope to See You There!!

Sassy Sisters are Dancing into the Next Decade!!

"Ladies Night In" is starting back up on January 5th. This is an exercise class for women at the Troutville Town Hall every Tuesday and Thursday, 5:30pm-6:30pm.

Open to all ladies in Botetourt County who want to



We Stretch....We Dance....We Laugh! It's an hour of Fun and Fellowship - and IT'S FREE!!

All ages welcome - Come on and join us!!

Call to sign up - Space is limited. 819-6335



In light of recent national and international events, please remember to take time to pray for peace and the safety of our men and women, civilian and military, at home and abroad.

"A RESOLVE FOR EVERY MORNING OF THE NEW YEAR"

I will, this day, try to live a simple, sincere and serene life; repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and a child-like trust in God.

Written in 1915 by Bishop John H. Vincent