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BROCHURE AND COVER DESIGN





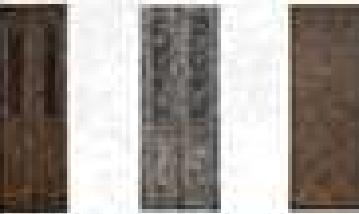
VINTAGE DOORS AND INTERIOR RESTORATION

VINTAGE DECOR
IRON ARTS
ANTIQUE DOORS
INTERIOR DECOR

HOME IMPROVEMENT



Inspired by her travels around the world, interior and exterior designer Stacey Frye has put together a unique collection of vintage doors which will create a stunning architectural focal point in any room. Her doors also feature individually designed solid wood doors repurposed in Mexico with a few twists to give a beautifully aged look.




Detailed design details such as feature moldings, new original hardware and traditional panel styles all custom complete this timeless vintage look. There are 11 types of vintage doors in a range of colors and finishes. The doors come in standard sizes and custom sizes. Doors can also be made to fit any space. If you are looking to replace those plain doors with an affordable piece of architectural art, then look no further than Vintage Doors and Interiors.

vintagedoorandinterior@gmail.com

www.vintagedoorandinterior.com



[f](https://www.facebook.com/vintagedoorandinterior) [i](https://www.instagram.com/vintagedoorandinterior/)

vintagedoorandinterior

Stacey Frye 336-689-7834
Jonathan Frye 336-508-2516

vintagedoorandinterior@gmail.com

www.vintagedoorandinterior.com

HOW CARBON TAX WORKS

1 GOVERNMENT
The Nova Scotia government is implementing a carbon tax to reduce our carbon footprint.

2 ENERGY COMPANIES
Big energy companies (NS Power, Irving, etc.) are charged a carbon tax to incentivize them to run cleaner companies and reduce their carbon footprint.

3 HOME OWNERS
Big energy companies do not get the added costs from carbon tax. Instead, they pass their costs on to offset their costs. Customers (YOU) must pay.

BARK U BOARDING MENU

SCHOOL HOURS

Day	Pick Up	Drop Off	Hours
Monday - Friday	7am	6pm	7am - 6pm 7am - 9pm 9am - 10pm
Saturday	Pick Up	Drop Off	8am - 4pm 8am - 10pm 8am - 11pm
Sunday	Pick Up	Drop Off	8am - 12pm 8am - 1pm 8am - 10pm

Housing

Type	Price
Standard	\$69
Lounge	\$99
Rent-a-Bed	\$89 (Whole Day)

Transportation

Type	Price
AM Pick-up (Includes day of daycare)	\$40
PM Pick-up	\$30
Taxi (Per trip)	\$40
Round trip (includes day of daycare)	\$40

100 DAYS

THE RULES ARE SIMPLE, DAILY FOR 100 DAYS, YOU MUST DO THE FOLLOWING:

1. Drink 1 gallon of water
2. Create 1 new, healthy meal.
3. Go outside for 30 minutes.
4. Read 10 pages of any self-help book.
5. Save \$5.00 daily.
6. Give up 1 thing.
7. Do 1 thing you enjoy doing.

IF YOU FAIL, YOU MUST START OVER AT DAY 1 & DO BETTER, BUT QUESTIONS? GOOD!

Some details before you commit..

- There are No Excuses. No Exceptions. If you fail any of the daily tasks, you must start over. Don't lie or cheat.
- **YOU GET OUT WHAT YOU PUT IN!** Let me say that again, **YOU GET OUT WHAT YOU PUT IN!**
- You must take a before and after picture and document a weight goal.
- You must document all tasks daily. Just think, when you're done you will have a bomb ass book of your own success.
- **Drink 1 gallon of water** - Five 25oz bottles of water is almost 1 gallon. 1 gallon = 128oz. Want to make this easier?
- **Create 1 new, healthy meal** - Healthy does not mean complicated. I encourage you to create new, SIMPLE meals that you actually enjoy. Healthy is what you define it as. McDonald's is not healthy. I suggest writing a strict diet and sticking to it.
- **Go outside for 30 minutes** - You do not have to exercise or workout every day. **EVERYDAY** you should. Doing outside can simply be watching your kids playing outside or taking a walk. The 30 minutes must be consecutive. Remember you get out what you put in!
- **Read 10 pages of any self-help book** - a self-help book is defined as one that is written with the intention to instruct its readers on solving personal problems. Lord of the Rings is not a self-help book.
- **Save \$5.00 daily** - Yes, \$5.00. Not \$2.00 on Monday and \$3.00 on Payday Friday. \$5.00 per day. If you can only save \$4.00 one day you fail. Once you're done, spend the \$500.00 on your new business venture, start a savings, invest in your future or buy that expensive outfit you've been looking at to reward yourself! However you spend it is up to you. I guarantee you once you get a nest egg of money you will not want to spend it though.
- **Give up 1 thing** - The one thing you give up must be specific and consistent throughout the challenge. For example, if you give up drinking beer must be for the duration of the challenge. I implore you to give up a vice that you have been unable to quit for years. You can thank me later. Again, you get out what you put in.
- **Do 1 thing you enjoy** - The one thing that you enjoy doing can be anything and can differ each day; however, this must be pre-planned and documented. You can't say on Day 2 that yesterday I saw a bear because I enjoyed it.

Lastly, don't expect to sit around and drink water and expect to lose 20% of your body fat and feel like a brand new you. By creating these habits and improving them together you will not only help you lose weight, but you will completely improve your quality of life like you've never experienced. Let's be honest, the first couple weeks are going to suck as you cut your vice and develop new habits, but the only thing that stands between you and everything you've ever dreamed of is 100 Days!

Anwendungsbereich - zu merken
Das neue Maklerrecht 2020

Maklerprovision für Verkäufer ab 2021

Wohnimmobilien - EFH und ETW

- Verträge mit Verbrauchern § 666 b BGB
- Makler als Vertragspartner
- Vorlage mit Vertrag ab 03.12.2020
- Für alle Mietverträge ab 03.12.2020 das alle Flächen



Our System

N = Network to elite architect and designers
D = Digitized framework and diverse connections
H = Heuristic method for evaluation candidates for the ideal placement

- Communication
- Position Specification
- Research & Candidate Identification
- Interview & Presentation
- Selection, Refining & Closure

Limited Time!
Receive 30% OFF for the next 7 days ONLY

Places are filling fast

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Laser Therapy Pain Free Pain Relief

At Kingston Spinal Clinic we are now offering cutting edge high intensity laser therapy (HILT) also known as Cossi IV Laser. This quick, safe and painless therapy stimulates cells and produces energy at the cellular level. It quickly reduces pain and inflammation, accelerates healing and recovery, and improves circulation amongst many other benefits.

Our patients have been amazed at how fast they are recovering from long term pain with just a few simple treatments. The process is painless and you will feel great no time.

We use HILT as part of our treatment for many musculoskeletal injuries and chronic pain conditions including but not limited to:

- Sports and workplace injuries such as fractures, muscle strains, ligament sprains and joint problems
- Back and neck pain
- Sciatica
- Myofascial trigger points
- Tendonitis
- Arthritis
- Nerve pain / injury
- Fibromyalgia
- Trigeminal neuralgia
- Bunions
- Tennis / golfer's elbow
- Carpal tunnel syndrome and RSI
- Pantar fasciae
- Frozen shoulder and rotator cuff dysfunction
- Lymphoedema
- Chronic regional pain syndrome

LEGAL OPERATORS
www.legaloperators.com

December 2nd, 2PM PST | 4PM CT | 5PM EST

WHAT'S NEXT?

THE FUTURE OF LIFE AND WORK POST-PANDEMIC

Mark Ross
Principal at Deloitte Legal Business Services

Casey Flaherty
Director of Legal Project Management at Baker McKenzie

Anna Lozynski
Executive General Counsel L'Oréal | Author | Thought Leader

Katherine King
Chief Operating Officer/Co-founder of Dazychain

D. **Baker McKenzie.** **L'ORÉAL** **dazychain**

WOMANHOOD
BECOMING A QUEEN IT TAKES A VILLAGE FOLLOWERS: THE NEW TREND BOYS II MEN HONORING THY TEMPLE WE CREATE WHAT WE BELIEVE

AL-KHEM PUBLISHING, INC
ZAZA ALI