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Community bulletin board App

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# COLUMBUS PAINTING SERVICES

THE PAINT COMPANY  
YOU CAN TRUST!

## OUR SERVICES

- ✓ Interior Painting
- ✓ Exterior Painting
- ✓ Cabinet Painting
- ✓ Commercial Painting
- ✓ Walls, Ceilings Trim & Doors



# \$500 OFF

JOB OVER  
\$2000

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rob.ellis7@icloud.com

 **(614)400-8762**

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# LocalMagnifier

COMMUNITY BULLETIN  
BOARD APP

HOWARD COUNTY



WIN

50% OFF

YOUR  
PURCHASED  
EVERY VISIT!

SCAN QR CODE  
To download the app now!





**Why is our formula more effective?**

**REVERSE**  
Our blend of antioxidants, amino acids and herbs combat damage from free radicals and can help reverse the aging process.

**PREVENT**  
Stave off illness and aging with a potent combination of resveratrol, coenzyme Q10, NAC, rosehip powder, astaxanthin and quercetin.

**PRESERVE**  
Combined with a healthy lifestyle, Nutrifly Pro can support your body's regenerative and healing abilities.

**"Take care of your body now, and it won't let you down later"**  
Founder

**Ready for purchase now**  
[www.nutriflypro.com](http://www.nutriflypro.com)

**Now Well-being Matters**

**Resveratrol**  
**Key Features**

- Improves oxidative stress
- Enhances immune system
- Prevents cardiovascular disease
- Improves skin texture
- Reduces visible signs of aging

**Astaxanthin**  
**Key Features**

- Alleviates sore joints and muscles
- Anti-inflammatory
- Boosts immune system
- Reduces lactic acid
- Anti-aging (prevents oxidative aging, wrinkles and skin damage)

**Rose hip Extract**  
**Key Features**

- Prevents collagen production
- Reduces fine lines
- Boosts immune system
- Improves blood circulation

**CoQ10**  
**Key Features**

- Provides antioxidant support
- Reduces stress levels
- Boosts energy and stamina
- Enhances cognitive function
- Combats hepatitis

**NAD**  
**Key Features**

- Stabilizes blood sugar by decreasing inflammation in fat cells
- Plays an important role in your body's detoxification process
- Decreases inflammation in the body
- It may help reduce acne, hair loss, skin, or encourage skin cell regeneration

**What Is Cell Oxidation?**

Free radicals are unstable atoms in the body that damage cells and oxidize organs.

When there is an imbalance in the body of free radicals, cell-oxidation occurs.

Free radicals are caused by stress, environmental pollutants, diet, and lifestyle.

Anti-oxidant molecules in normal, oxidative stress is linked to a loss of illness and disease.

**So how do you treat cell oxidation?**  
The secret is the right blend of amino acids and antioxidants.

**Our Custom Blend is One of a Kind.**  
Our unique, proprietary blend of resveratrol, coenzyme Q10, NAD, rosehip powder, astaxanthin, and quercetin can only be found in Nutrifly Pro.

**At Last, a Supplement You'll Enjoy!**  
A good supplement should be effective and delicious. Nutrifly Pro is both. It can be enjoyed as is, or added to your favorite beverage or smoothie. And it's easy to digest and gentle on your GI tract, so you'll feel and look great.

**Invest in Your Health and Youth.**  
Nutrifly Pro was developed to be all-in-one, which means you don't have to buy multiple supplements any more to meet your health and nutrition needs.

**Nutrifly Pro**  
www.nutriflypro.com  
info@nutriflypro.com



614 PAINTERS

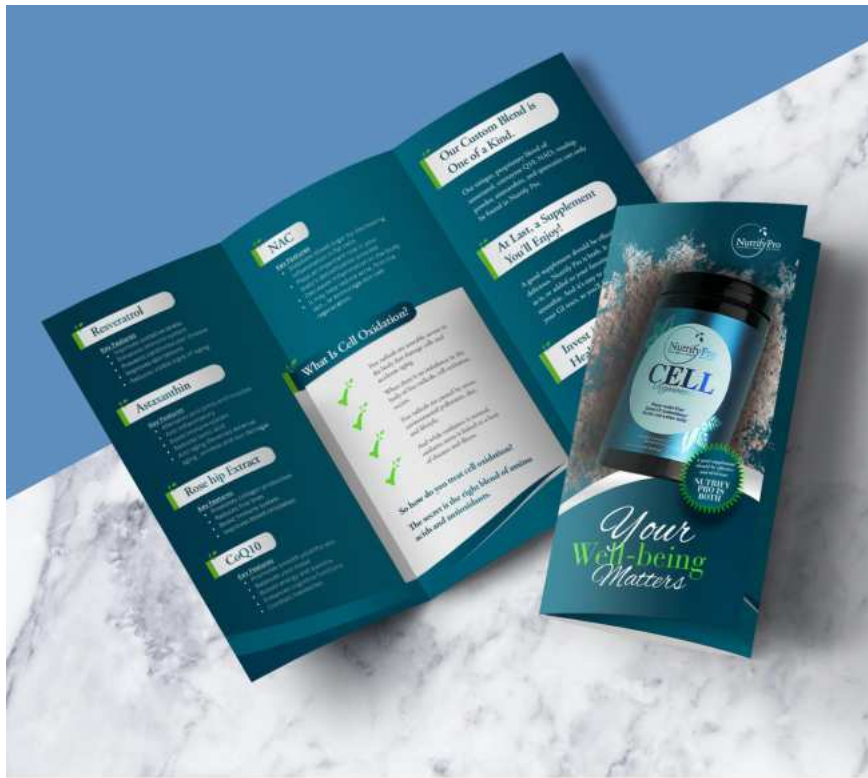
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Why is our formula more effective?

**REVERSE**  
Our blend of antioxidants, amino acids and herbs combat damage from free radicals and can help reverse the aging process.

**PREVENT**  
Stave off illness and aging with a potent combination of resveratrol, coenzyme Q10, NAC, rosehip powder, astaxanthin and quercetin.

**PRESERVE**  
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"Take care of your body now, and it won't let you down later"  
Founder

Ready for purchase NOW

Your Well-being Matters

www.nutriflypro.com

NUTRIFLY PRO IS BOTH

**Resveratrol**

**Key Features**

- Improves oxidative stress
- Supports immune system
- Prevents cardiovascular disease
- Improves skin texture
- Reduces visible signs of aging

**Astaxanthin**

**Key Features**

- Alleviates some joint and muscle
- Anti-inflammatory
- Boosts immune system
- Reduces joint pain
- Anti-aging, decreases external aging, wrinkles and skin damage

**Rose hip Extract**

**Key Features**

- Stimulates collagen production
- Reduces free radicals
- Boosts immune system
- Improves blood circulation

**CoQ10**

**Key Features**

- Improves smooth, youthful skin
- Antioxidant your mood
- Boosts energy and stamina
- Enhances cognitive functions
- Combats headaches

**NAC**

**Key Features**

- Stabilizes blood sugar by decreasing inflammation in fat cells
- Plays an important role in your body's detoxification process
- Decreases inflammation in the body
- It may help reduce acne, fine lines, skin, or wrinkleage and cell regeneration

**What Is Cell Oxidation?**

Free radicals are unstable atoms in the body that disrupt cell and oxidize aging.

When there is an imbalance in the body of free radicals, cell oxidation occurs.

Free radicals are caused by stress, environmental pollutants, diet, and lifestyle.

And while oxidation is normal, oxidative stress is linked to a host of disease and illness.

**So how do you treat cell oxidation?**

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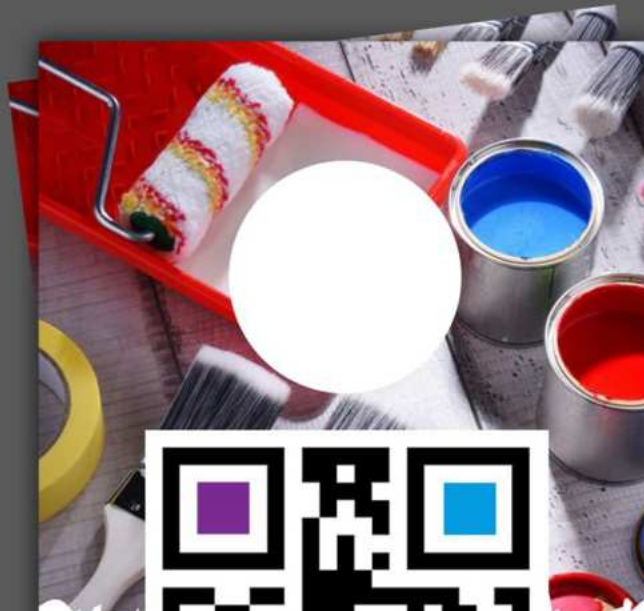
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ANY PAINTING JOB OVER \$2000



**614**  
PAINTERS

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- ✔ Exterior painting
- ✔ Cabinet painting
- ✔ Commercial painting
- ✔ Walls ceilings trim & doors

**REQUEST FREE QUOTE**  
**(614) 400-8762**

[WWW.614PAINTERS.COM](http://WWW.614PAINTERS.COM)



# Columbus Painting Services

## Our Services

- ✓ Interior painting
- ✓ Exterior painting
- ✓ Cabinet painting
- ✓ Commercial painting
- ✓ Walls ceilings trim
- ✓ Doors



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Community  
Unit Everybody  
Sign with me

## TWO AFTER SCHOOL PROGRAMS

### Program one:

On the job coding certificate training to enter high paying tech careers this occurs on Mondays & Wednesdays from 3:30 to 5:30. Teens make \$15/hr starting at 10 hours a week. Snacks and transportation provided

### Program Two

K-3rd grade Literacy tutoring centered in the arts in small groups, one on ones students experience various art forms from professional artists. Students also attend field trips receive transportation from school and home and yummy snacks

### Community events:

Tech student graduation and info session with technology centered departments from big and small companies who want to diversify talent.  
Open house each quarter to invite donors, community members, and parents to experience the program hands on  
Summer camp with professional artists, do service learning projects, field trips, literacy support and intervention.

✉ info@30kft.art    🌐 www.30kft.art  
📍 1351 Arcade St. Saint Paul Mn, 55106

(651) 210-3454









# 3RD Annual RYAN GATGENS

## MEMORIAL GOLF DAY

AT CLIFTON SPRINGS GOLF CLUB


# 12<sup>TH</sup>

# MARCH

# 2023



**▶▶ PLAY:**

From 7:30am onwards

Tee offs available at 7:30am, 10:30am, 1:30pm

9 Hole 4 Person Ambrose Tournament

All abilities welcome

BBQ breakfast & lunch included  
400 person field

**▶▶ SPONSOR:**

Sponsorship Packages Available  
Enquire Within

**(03) 5251-3391**

92 - 94 Clearwater Drive, Clifton Springs  
admin@cliftonspringsgolfclub.com.au

**▶▶ ADULT FUN:**

Live Music until 8:30pm

Twilight Market

Major Raffles

Food Trucks

Coffee Van

All Day BBQ

Bar

**▶▶ FOR THE MINIS:**

11am - 3pm

Fun Farm 2 U

Jumping castles

Mini Golf

Lawn Games

Papcorn, Ice cream, Fairy Floss etc

Live Music All Day

Fireworks

Kids Raffles



present:

# RYAN GATGENS

## MEMORIAL GOLF DAY

📍 Clifton Springs Golf Club

12  
-  
03  
-  
23

**PLAY**

From 7:30am onwards  
Tee offs available at 7:30am, 10:30am, 1:30pm  
9 Hole 4 Person Ambrose Tournament  
All abilities welcome  
BBQ breakfast & lunch included  
400 person field



### FOR THE MINIS

11am - 3pm  
Fun Farm 2 U  
Jumping castles  
Mini Golf  
Lawn Games  
Popcorn, Ice cream, Fairy Floss etc  
Live Music All Day  
Fireworks  
Kids Raffles

### ADULT FUN

Live Music until 8:30pm  
Twilight Market  
Major Raffles  
Food Trucks  
Coffee Van  
All Day BBQ  
Bar

Sponsorship Packages Available Enquire Within

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