



### MARLOW

The Marlow, an undeniable investment piece. Every girl needs that one bag to dress up any outfit. A Mavrick & Mere classic where simplicity goes into hand with edge.



12



MAVRICK & MERE



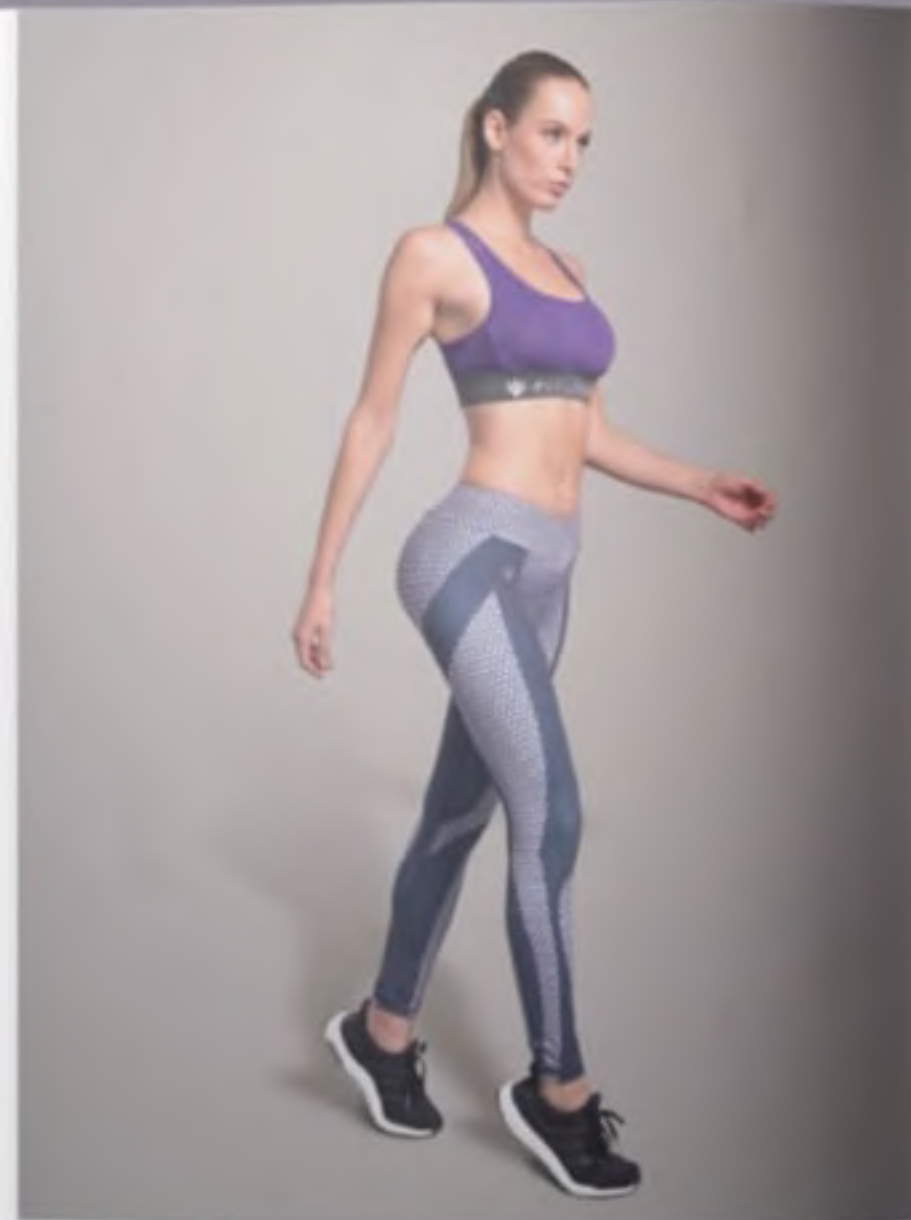




**FITLEGEND**  
SEE NO LIMIT



**LIVING  
LEGEND**

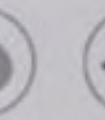
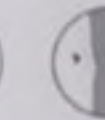
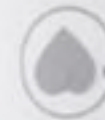


VENUS LUXE BUM FORMING V - GRAY

**CELEBRITY-chic design.** Uniquely streamlined honeycomb design to contour your derriere and give you that curvy lift with strategically positioned lines so you can strut around the gym and outdoors with more confidence. Flattering high waistband for a more attractive look and provide extra waist coverage. Moisture-wicking material ensures a cool workout by moving sweat away from the body to the surface of the fabric for faster evaporation. Added spandex elasticity for more freedom of movement and support flow of motion.

#### HIGHLIGHTS

- BUM-FORMING design
- NO-TUMMY CONTOUR high geometric waistband
- BUM enhancing design with strategically positioned lines
- Super fabric like second skin to give you freedom of motion
- Sweat-wicking



Material: 75% polyester, 25% spandex





### MONTÉ

It's for Meric, the trendsetters, seeking an accessory with a twist. The Monté is our answer. It's designed for its functionality, so that as it moves with your body, the top access point opened by double-locked tabs and an ample sized separate flap for all your essentials.

16



MAVRICK & MERE



# Giving 180

180 degrees means turning in a different direction and turning toward in depth or opinion. At CrossWay we want giving to become more than a once-a-year activity. Giving can also be more than gifts—it can be time and talents as well. 180 days is our goal. To not only give of time, talents, and treasures during the Christmas Season, but to commit to be giving people for the next 180 days.

Let's journey together as followers of Christ to be generous people as a way of life.

**Giving Tree:**  
Located in the Lobby & decorated and with color-coded gift tags.

**Red Tags:**  
Gifts that are needed in the community. All gifts are needed. Gifts are accepted through December 11.

**Green Tags:**  
Gifts that are needed in the church and community. Gifts are accepted through December 11.

**Blue Tags:**  
Gifts that are needed in the church and community. Gifts are accepted through December 11.

**Gold Tags:**  
Gifts that are needed in the church and community. Gifts are accepted through December 11.

**Silver Tags:**  
Gifts that are needed in the church and community. Gifts are accepted through December 11.

**Giving Tags:**  
The color-coded tags help guide you in giving treasures, time, and talents.

For more info and to register, visit [CrossWay.org/events](http://CrossWay.org/events).  
God blesses if you have been involved during Giving 180. We would love to have your experience! Please send your story to [stories@crossway.org](mailto:stories@crossway.org).

**QUIT**  
Smoking  
Today



vaperlot.com

Why smoke? Just vape!

CROWN POINT, TOBAGO  
(Next to 'D' COLOSSEUM Shopping Mall)



vaperlot.com

E-cigarettes • E-Liquid • NRDS • Vape Gear & Accessories



MAIN STORE, The Falls at WEST MALL

GASPARILLO MALL, South Trinidad



VAPING VS SMOKING

- With/Without Nicotine
- No Cravings
- Use Indoors
- No Smoker's Cough
- No Wheezing
- No 4000+ Toxins
- No Fire Hazards
- No Lingering Bad Odour
- No Black Lips

NO QUARRELIN WIFE

- Up to x4 greater risk of coronary heart disease.
- Up to x3 greater risk of dying from chronic obstructive lung disease.
- Up to x23 greater risk of developing lung cancer in men.



[www.facebook.com/vaperlot](http://www.facebook.com/vaperlot)



[www.instagram.com/vaperlot](http://www.instagram.com/vaperlot)



[www.vaperlot.com](http://www.vaperlot.com)

**NORTH**

- Main Store West Mall 223-Vape(8273)
- My Medicine Bag, West Bee's Diego Martin.(632-2273)
- Quikpharm, Ariapita Ave. (628-5748)
- QuikPharm, Queen/Fredrick St. POS (627-0180)
- St. James pharmacy. (622-0321)
- Bottlestop, Maraval. (222-4229)

**EAST**

MEDI-TIME Pharmacy Lyndon St. UWI, 663-MED (6334)

**CENTRAL**

Peter Bovell, Chaguanas Main Rd (222-5646)

**SOUTH**

- CENTER PLUS Pharmacy DEBE (222-5801),
- SRS Pharmacy Vistabella (653-7777),
- Park Views Drugs Palmiste (223-7508)
- Ralph's Pharmacy, Penal (647-7075)
- 'D' Health Store, Rousillac Main Rd. (757-1917)
- Pharmakon, Mucurapo Market st. (657-7937)
- Pharma-Assist, AVOCAT (384-2624/310-7388)
- Southern Drugs, P.town (222-5981)



# High Rise Luxury

EXPERIENCE  
UNBEATABLE LIFESTYLE



## JUST LISTED!

Luxury condo with decorator touches just listed at the premier destination and highly desirable address of 88 East San Fernando Street Designer appointed one bedroom, one bath home is yours on the seventh floor with high tech features, endless views at the center of it all and above it all.

**888-588-0020**

## ALL THIS AND MORE

All within a short stroll to marvelous restaurants, entertainment, museums, shops and much more.

The New Safeway Market is at the first floor of the 88! Your pantry now exceeds all your dreams. Not to be missed, incomparable, come see it today.



## LAURA BELLA

LICENSE NO: 1195505

OFFICE: 408-499-3549

DIRECT: 888-588-0020

SAN JOSE, CA 95113

CALL 888-588-0020 TO SCHEDULE A PRIVATE VIEWING





Travel Queen Specialist Presents

# CRUISE INTO SUMMER

Sailing  
from

June 22, 2019

Miami

1st Deposit Due 07/18/2018

**\$25 Per Person**

2nd Deposit Due 02/18/2019

**\$150 Per Person**

Remaining Balance Due 04/18/2019

**\*PRICES ARE PER PERSON\***

Ocean View Cabins starting at  
**\$769.40**

*Day Port of call Arrival Time Departure Time*

Sat Miami 0400pm	Sun Nassau, The Bahamas 0800am 0500pm	Mon Halfmoon Cay, The Bahamas 0730am 0330pm	Tues Grand Turk 1100am 0500pm	Wed Fun Day at Sea	Thur Miami 0800am
------------------------	--	--	--	--------------------------	-------------------------



*BONUS \$25 OBC Per Cabin  
Bottle of Red Wine Per Cabin*



**July 20th 2019**

*Sailing from*

**New Orleans**

**Travel Queen Specialist Presents**

*Sail The Seas Cruise*

**\*PRICES ARE PER PERSON\***

Ocean View Cabins starting at  
**\$690.40**

Balcony starting at  
**\$815.40**

1st Deposit Due 07/18/2018  
**\$25 Per Person**

2nd Deposit Due 03/18/2019  
**\$150 Per Person**

Remaining Balance Due 05/16/2019

**No  
Passports  
Needed**

Gratuity  
Not Included

**DAY PORT OF CALL ARRIVAL TIME DEPARTURE TIME**

Saturday  
New Orleans  
0400pm

Sunday  
Fun Day  
At Sea

Monday  
Cozumel Mexico  
0800am 0500pm

Tuesday  
Yucatan (Progreso)  
Mexico  
0900am 0500pm

Wednesday  
Fun Day  
at Sea

Thursday  
New Orleans  
0800am

**BONUS \*\$50.00 OBC Per Cabin\***

Email address: [travelwithtonika@gmail.com](mailto:travelwithtonika@gmail.com)

Phone: 334-202-0537



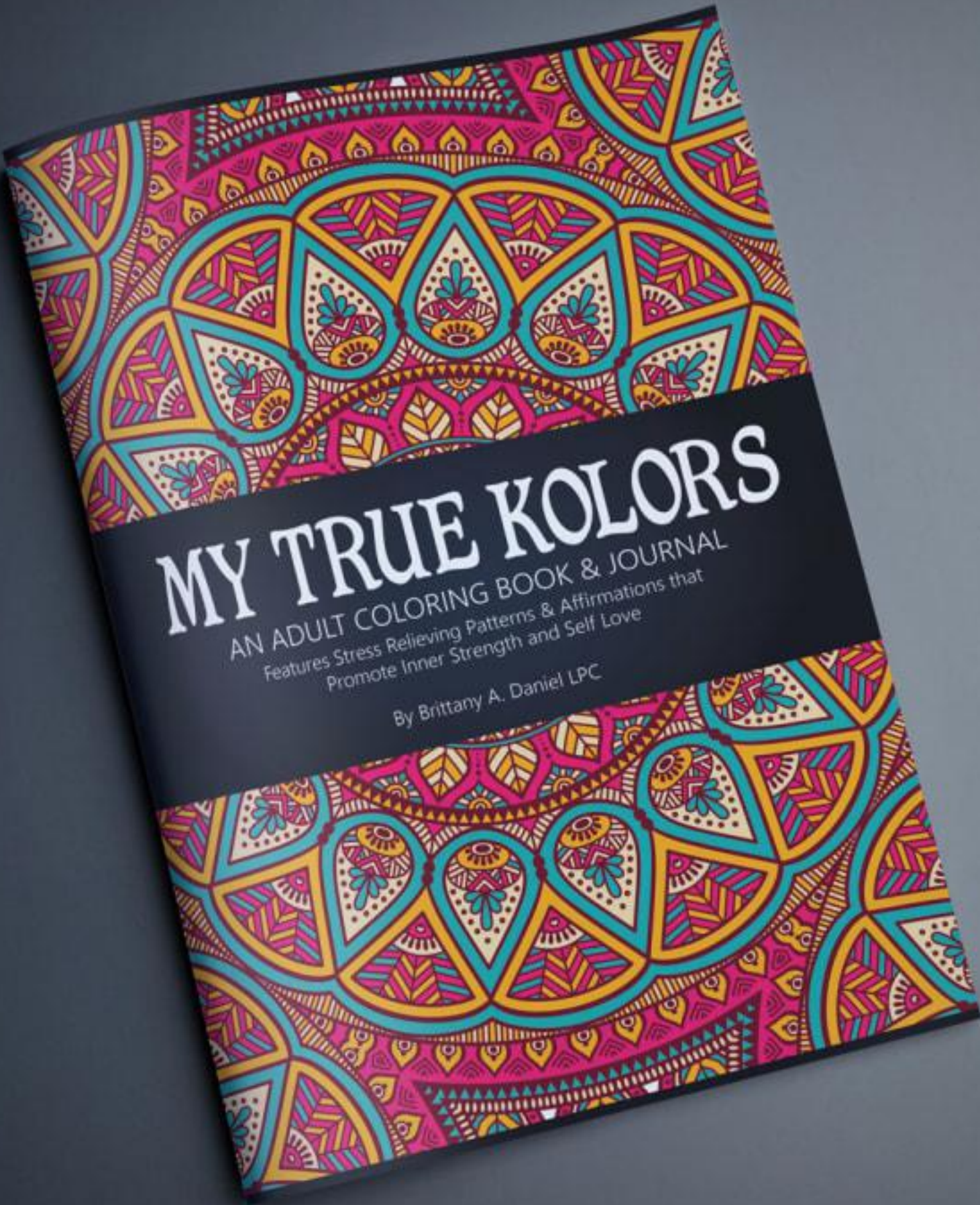
LEAVE ME  
THE FUCK ALONE,  
SUSAN.





# Peace and Tranquility

Carol Drummond



# MY TRUE KOLORS

AN ADULT COLORING BOOK & JOURNAL  
Features Stress Relieving Patterns & Affirmations that  
Promote Inner Strength and Self Love

By Brittany A. Daniel LPC



Shanghai

上海



**DR. BECKMAN**

**JOINS**

**SPRING HILL EYECARE PLLC**



★ ★ ★ ★ **APRIL 14, 2018** ★ ★ ★ ★

**5238 MAIN STREET**  
SPRING HILL, TN 37174

**HOSHMEH REAL ESTATE TEAM**

## LISTING SPECIAL

**Dear Neighbor**

I am reaching out to you with a limited time offer. As a "For Sale by Owner" you can easily be left off of the radar as you are not visible to agents working with the qualified, active buyers YOU NEED to win your home. This results in more time on the market as well as a much lower sales price.

As a promotion, I will pay the fees for not one... not two... BUT THREE different MLS associations to post your house for sale giving it access to 800+ Realtors, their buyers and EVERYONE online.

This will of course also include the exact same excellent service that you can only receive through The HishmeH Real Estate Team @ Coldwell Banker Legacy.

---

**YOUR LISTING AGREEMENT WILL INCLUDE**

- MLS Entry, Bowling Green, Glasgow and Etowah, exposing you to every buyer and agent in the I-65 corridor and beyond.
- Your home will be featured on dozens of websites including Realtor.com, Homes.com, Trulia.com and Zillow.com
- High Quality Photos w/ Drone Capability and Videos
- Listing will be a FEATURED property on [www.hishmeh.com](http://www.hishmeh.com)
- Listing will be promoted using pro-active marketing methods
- MEGA Open House will be performed (in select cases)
- Showings will be conducted by a licensed real estate professional and buyers will be pre-screened to ensure their viability, saving you time by not showing your home to unqualified buyers.
- All essential paperwork will be handled by us, Roy, John and/or Raymond HishmeH, relieving you of the stress and liability of preparing your own contract. Contract will be handled from offer to close to insure you the best experience possible.

*In this active market, with all of the new disclosure laws set in place, it is in your best interest to have an experienced agent in your corner.*

**FOR MORE DETAILS**  
CALL or TEXT  
270-218-0074 or 270-528-4170  
[WWW.HISHMEH.COM/SOL](http://WWW.HISHMEH.COM/SOL)

**COLDWELL BANKER**



The one & only Original  
**BRAZILIAN BLOWOUT**

**NOW**  
**Aed 799**  
WAS  
~~Aed 2000~~



dubai **first**  
STAY AHEAD

If you had the opportunity to create the perfect Dubai Moment, what would it be?



As we celebrate the re-launch of our Dubai Moments card, we invite you to describe your dream in the comments below, and the one with the most likes will win a Rivoli voucher worth AED 700!



عيد الأضْحى مبارك

عيد الأضْحى مبارك



SCROLL DOWN



Heritage Acres Market LLC is excited to offer Host-A-Hive!

## Why should you Host-A-Hive?



Host-A-Hive is a unique educational opportunity for children and adults, and backyard hives are a great conversation piece. Beehives can be located anywhere - in a backyard, on a rooftop, urban development, or commercial business.



Host-A-Hive is also an excellent opportunity for restaurants, hotels, parks, and businesses - offer out honeycomb to your clients, sell your branded honey in your gift shop, or gift honey to clients and team members.



We manage our bees with completely natural, sustainable practices and do not medicate or chemically treat our bees, so you'll receive the freshest and healthiest raw honey, honeycomb and beeswax possible.



Experience a significant increase in garden yields and flower production.



With several affordable options to choose from, you can Host-A-Hive that is either fully managed by us so you never have to get close to the bees, or you can suit up and join us!

**Heritage Acres Market LLC**  
[www.HeritageAcresMarket.com](http://www.HeritageAcresMarket.com)  
**(719) 647-7754**

Cadiz, KY  
GoCADIZ.com

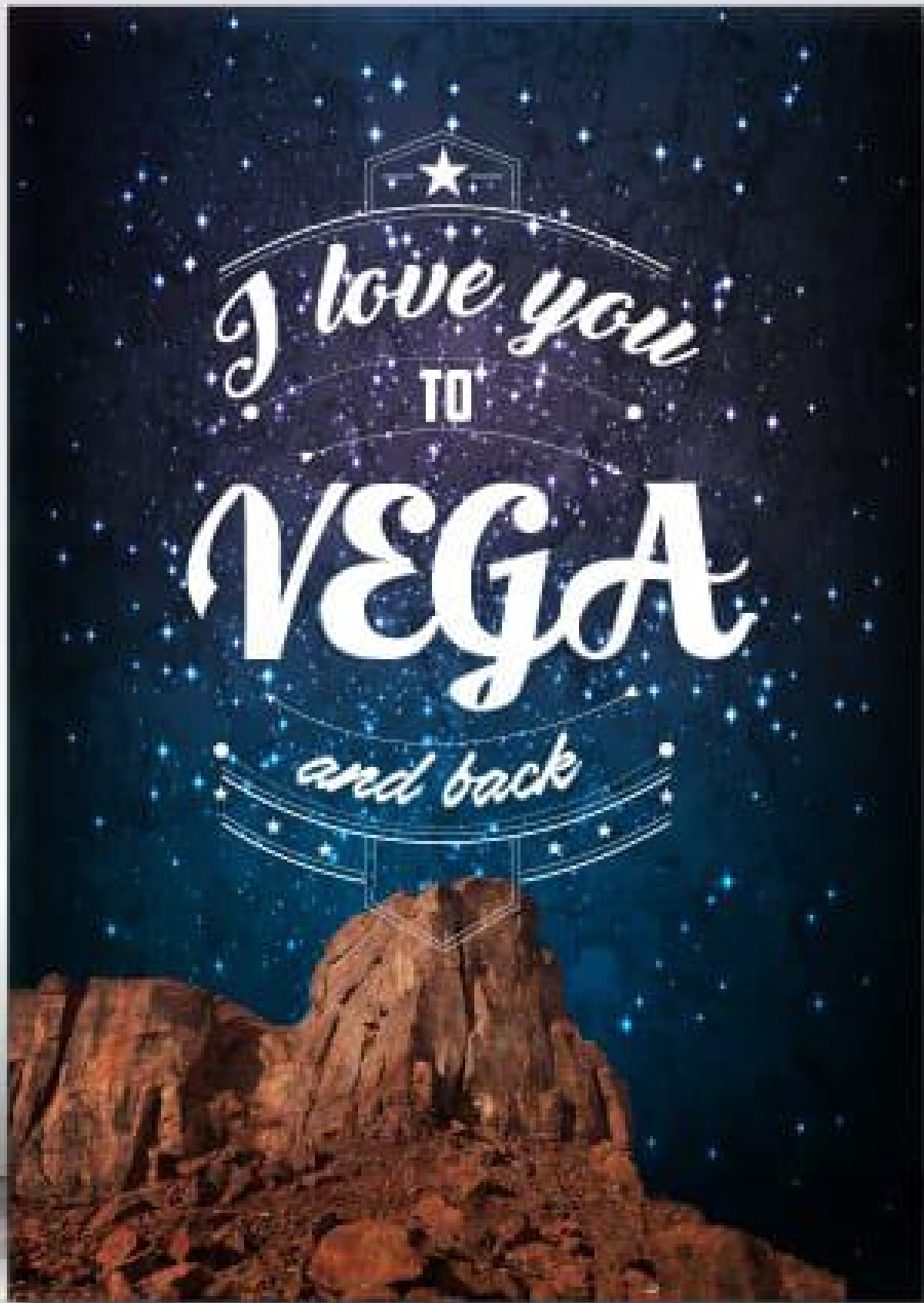


# 4-MINUTE

## Family Vacation Planner

And if you feel like adding a short paragraph to describe this publication then you can do that here. And if you feel like adding a short paragraph to describe this publication then you can do that here. And if you feel like adding a short paragraph to describe this publication then you can do that here.

Cadiz Trigg County Tourism and Convention Commission © 2018

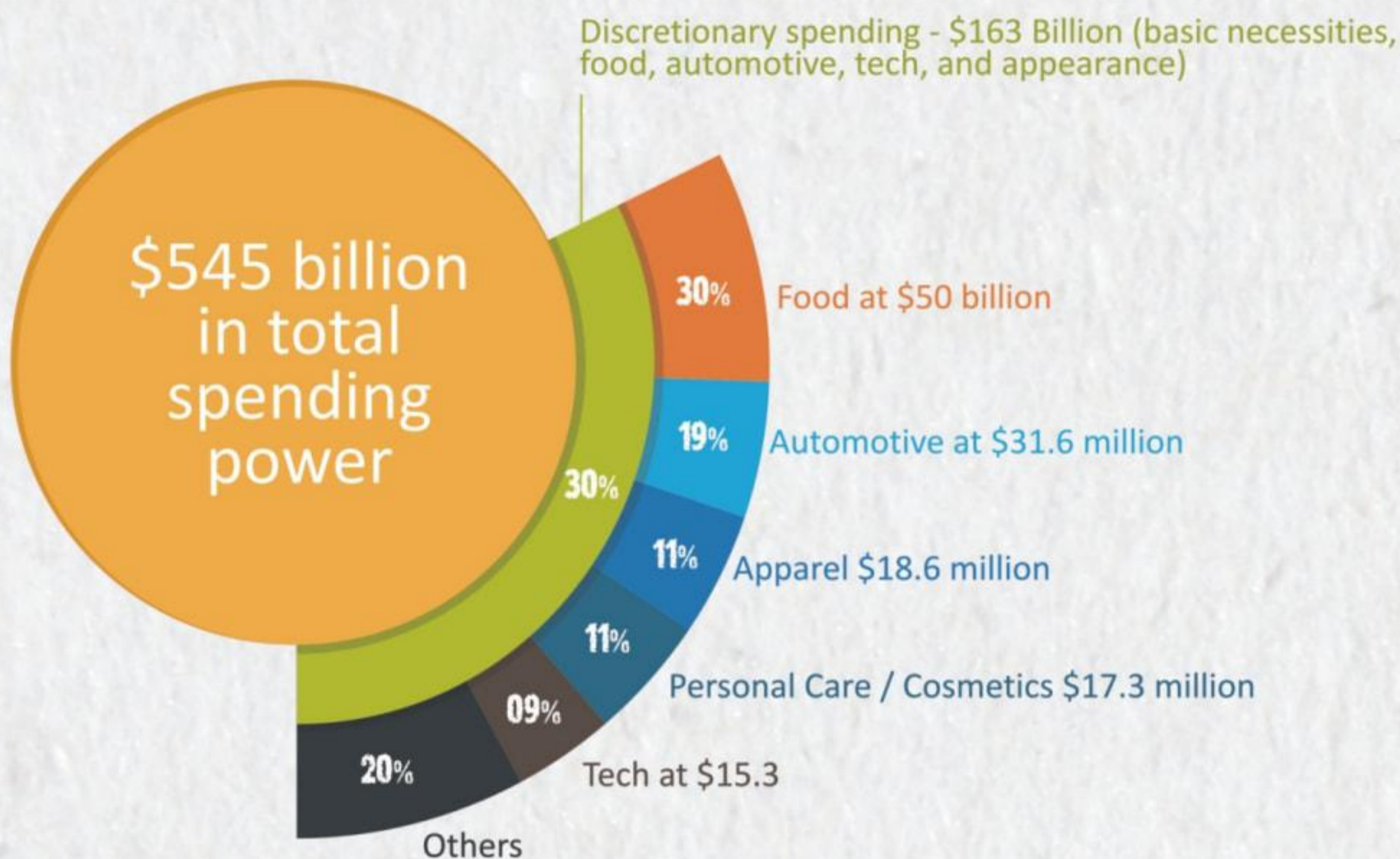


# How College Students Spend Their Money



21.6 Million College Students  
42% Males 58% Females

## Top 5 Discretionary Expenditures

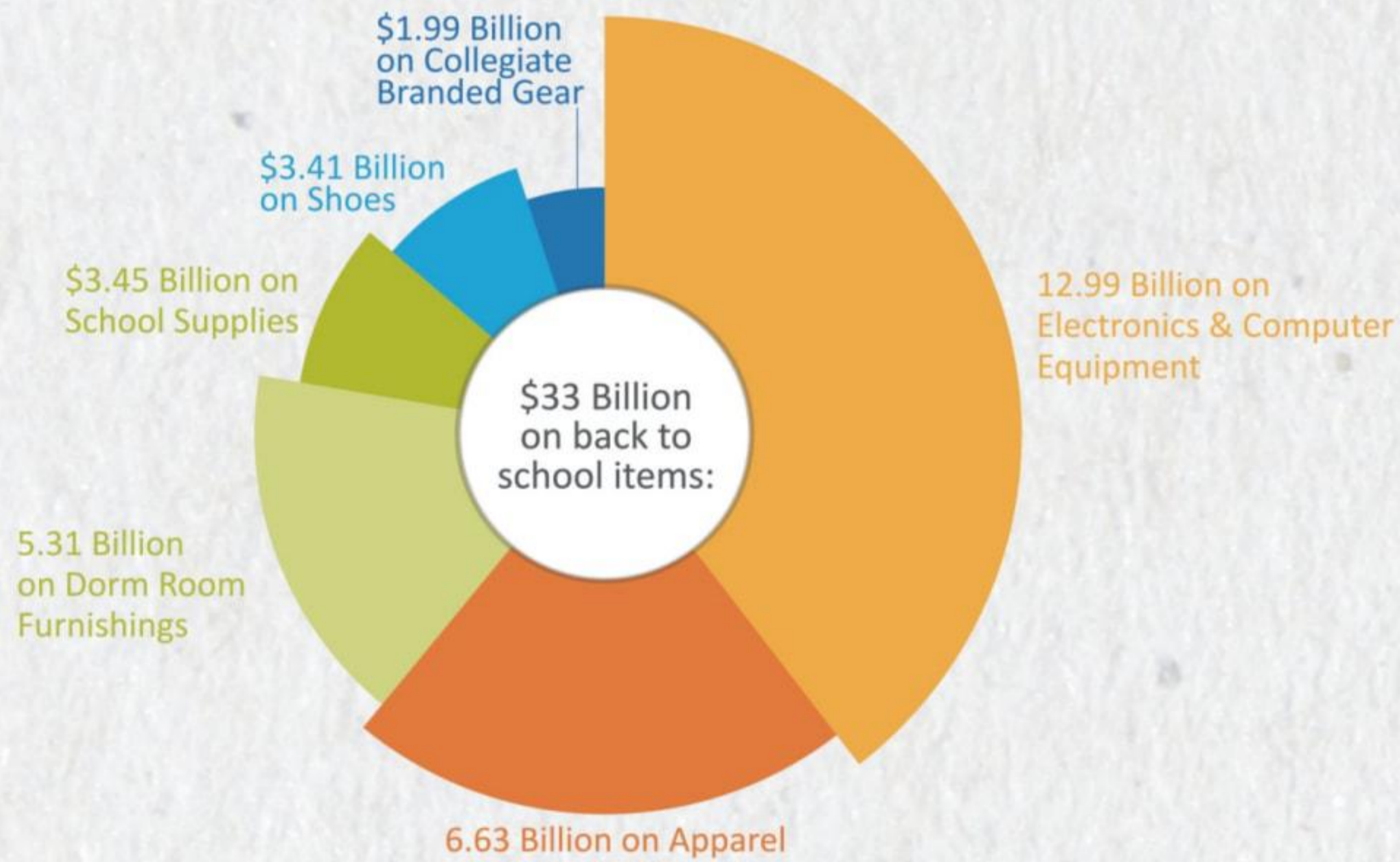


## Top 5 Types of Ads/Media Students Find Appealing

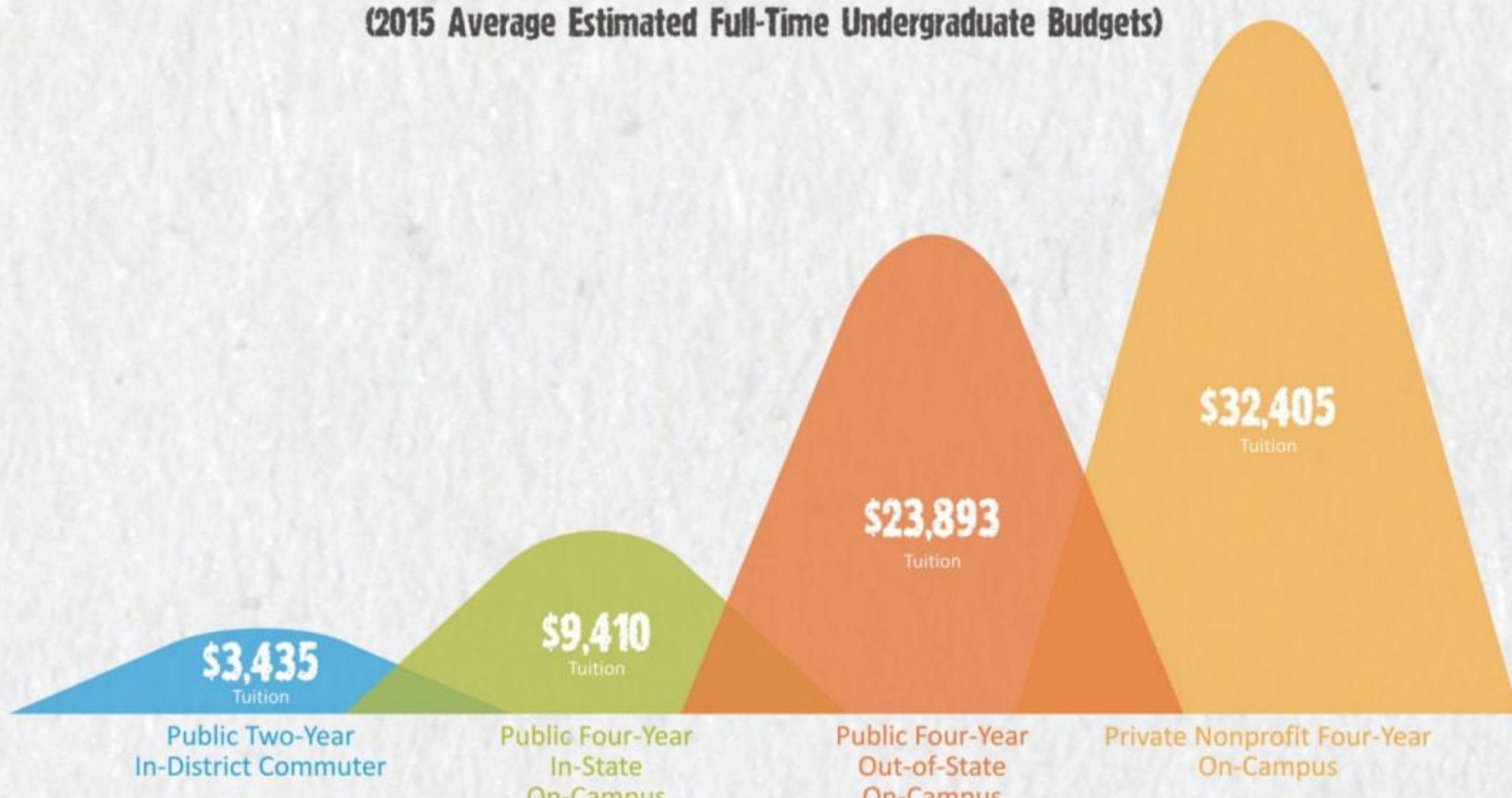


- | Rank | Males                    | Females         |
|------|--------------------------|-----------------|
| 1    | Video Games              | Upcoming Movies |
| 2    | Upcoming Movies          | Health & Beauty |
| 3    | Tech Products            | Fashion         |
| 4    | News Products & Services | Video Games     |
| 5    | Cars & Trucks            | Tech Products   |

## In 2013, cost break down on back to school items



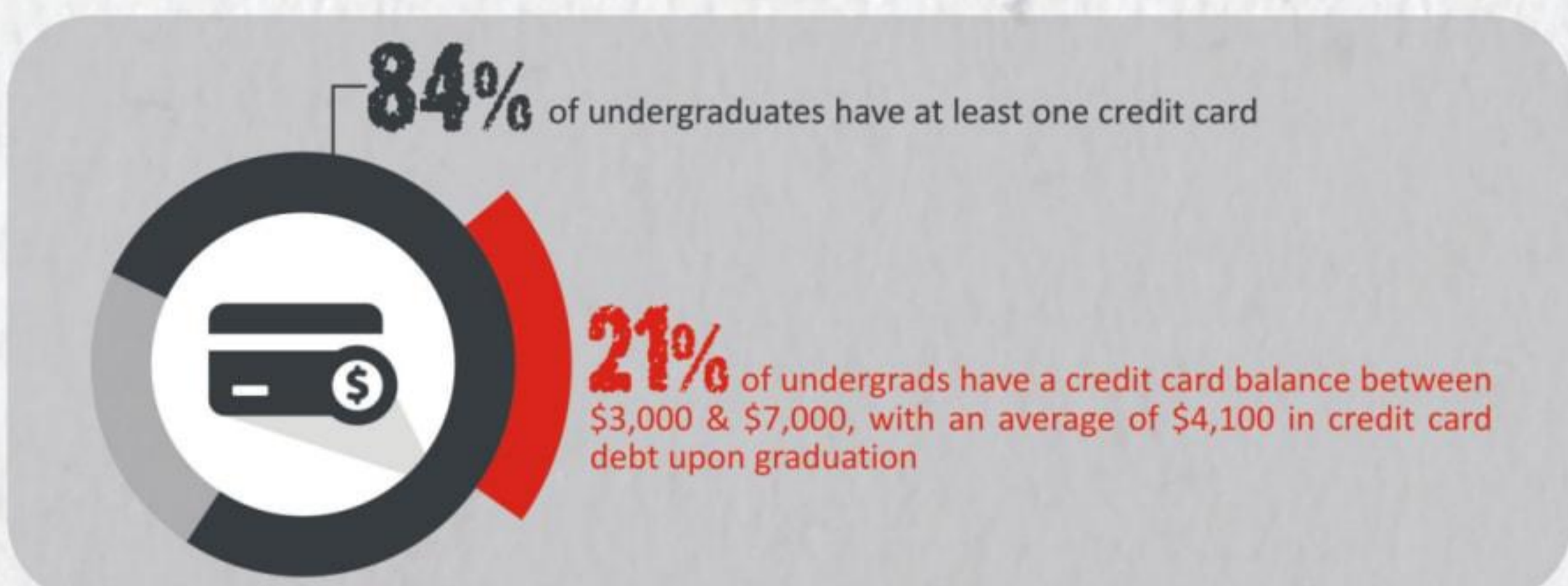
## Cost of Tuition Breakdown (2015 Average Estimated Full-Time Undergraduate Budgets)



## Cost of Room and Board Breakdown (2015 Average Estimated Full-Time Undergraduate Budgets)



## Cost of Books / Supplies Breakdown (2015 Average Estimated Full-Time Undergraduate Budgets)



### Sources:

re:fuel Agency - Crux Research - 14th annual College Explorer Survey  
[http://www.refuelagency.com/wp-content/themes/refuelagency/college\\_explorer/college\\_explorer\\_2014\\_high\\_level\\_review.pdf](http://www.refuelagency.com/wp-content/themes/refuelagency/college_explorer/college_explorer_2014_high_level_review.pdf)  
 Black Enterprise / eCampus  
<http://www.blackenterprise.com/money/infographic-where-college-students-spend-money/>  
 College Board  
<http://trends.collegeboard.org/college-pricing/figures-tables/average-estimated-undergraduate-budgets-2015-16>  
 Nationwide Bank  
<http://www.nationwide.com/college-student-spending-habits-infographic.jsp>





# **H Fitness**

Helping Everyone achieve an Active Lifestyle

## **Fitness Mix**

For Women Only

**6:30pm**

**Wednesday**

**5th September**

For 10 weeks

**Bishop Gore School**

**Sketty**



**0794 001 5580**

**info@h-fitness.co.uk**



**CLUB NUTRITION**  
SUPPLEMENTS AND APPAREL

# 40% OFF

**ON ALL PROTIEIN SHAKES**

Best prices on  
**TOP BRAND SUPPLEMENTS**



**OUR LOCATION**



# Results & Outcomes Achieved

*100% of participants agree the training was effective and relevant to their development.*



*Training consisted of nine (9) development areas.*



*Total of 100 hours of virtual training collectively*

*80% of participants strongly agree/agree that the training they are receiving is relevant to their role/position.*



*Successful completion of six (6) months of virtual training*

*The Better Chip®*





*Tweed Valley  
Publishing*

ZETA PHI BETA SORORITY, INC.

LAMBDA  
GAMMA  
ZETA

CHAPTER, 1981

HOWARD COUNTY, MARYLAND





INSURANCE

*Writers of America*



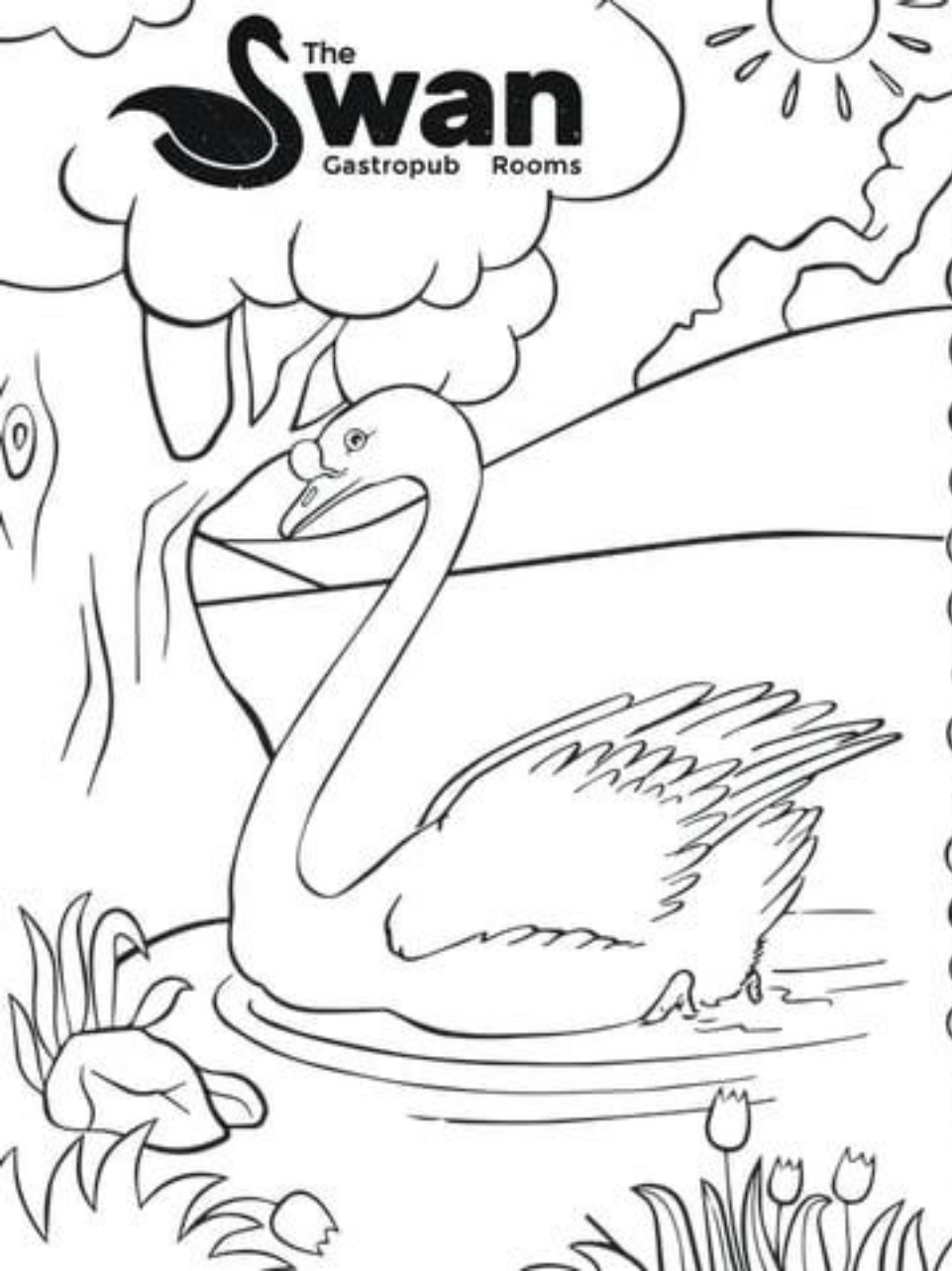
**PCC RADIO**

Creating Tomorrow Today



— AMERICAN —  
**POLARITY**  
**THERAPY**  
— ASSOCIATION —





## Menu

£8.95 for 8 courses  
Including a drink

£5.95 for  
1 course

£8 for  
dessert

### Starter



Nachos

### Mains

Choose from:

- Gluten Free Sausages
- Fish Fingers
- Pasta with tomato sauce

### Sides

(choose one option)

- Chips
- Mash
- Salad

### Add Your Veg

(choose one option)

- Carrots
- Peas
- Baked Beans

### Alternatively, create your own wrap

choose from:

Cheese or Fish Fingers served with mixed leaves, carrot and cucumber

### Desserts

Milk and cookies

2 scoops of Ice Cream

Mini Sticky Toffee Pudding, served with vanilla ice cream

Mini chocolate mousse cake and whipped cream



Little Acorns

MENU



MAIN COURSE

LASAGNE  
BEEF BURGERS  
BATTERED FISH GULLIONS  
SAUSAGES AND CRISP  
CRISPED CHICKEN GULLIONS  
MONEY BREADS AVAILABLE ON SUNDAYS

£6.50

DESSERTS

WHOLE CHOCOLATE CAKE  
WITH VANILLA SAUCE AND BERRIES  
3 SCOPES OF ICE CREAM  
VANILLA, CHOCOLATE OR BERRY  
WITH WHIPPED CREAM AND SAUCE

£2.75

DRINKS

- 1.75 HOT DRINKS  
HOT CHOCOLATE  
HOT MILK
- 1.50 FRUIT SMOOTHIES
- 1.50 MANGO MILK

7th JULY

SKIPPY FRIES  
HARD CUT CORN  
MASHED POTATO  
FRIES  
BETWIX BAKED BEANS  
TOMATO AND CUCUMBER  
CABLE BREAD



FIND 7 DIFFERENCES



ES APPLE BURGER  
 O CHOCOLATE VISOS  
 U POTATO LNMGE  
 L BEANS AVANI  
 K EADQTYEKJEAQ  
 HICKEN VBBAAARMO  
 A CABTY WAFFLE ICEM

CHICKEN	FISH	BURGER	FRIES	POTATO	BEANS	BREAD
CHOCOLATE	ICE CREAM	WAFFLE	MILKSHAKE	APPLE	MANGO	



**THE 3300**  
Cafe & Grill

**\$ 5.99**

CHICKEN FINGERS W/ FRIES  
 CHEESEBURGER W/ FRIES  
 HOT DOG W/ FRIES  
 GRILLED CHEESE W/ CHIPS  
 RAVIOLI W/ MEATBALLS

PASTA  
 PENNE, FETTUCCINE, RIGATONI W/ MARINARA  
 ADD MEATBALLS, MAC N CHEESE

ALL KIDS MEALS COME W/ 1 DRINK CHOICE  
 & A COOKIE: MILK, CHOC MILK,  
 APPLE JUICE, OR FOUNTAIN BEV.

**Find the Words!**

Chicken  
 Meat ball  
 Food  
 Cookie  
 Cheese  
 Mac  
 Fish  
 Pasta  
 Rigatoni  
 Hot dog

**Maze Runner**

Dot  
 2  
 Dot

X N E M E A T B A L L  
 H A A I A F O O D P H  
 E B I A A K A R S A A O  
 E A A C A S O T S C S T  
 S A Q A K A A O A A O  
 E A R A K A E A A C Y A O  
 A A F I S H U A A A K G  
 M A C A R I G A T O N I

**Color Me**

**THE 3300**  
Cafe & Grill

**\$ 5.99**

Chicken Fingers w/ fries  
 Cheeseburger w/ fries  
 Hot Dog w/ fries  
 Grilled Cheese w/ chips  
 Ravioli w/ meatballs

Pasta  
 penne, fettuccine, rigatoni  
 w/ marinara  
 add meatballs, Mac N Cheese

All kids meals come w/ 1 drink choice  
 & a cookie: milk, choc milk,  
 apple juice, or fountain bev.



## KIDS MENU

### Special Burgers



Options #01	\$13.00
Options #02	\$13.00
Options #03	\$13.00
Options #04	\$13.00
Options #05	\$13.00



### Pizza



Options #06	\$10.00
Options #07	\$10.00
Options #08	\$10.00
Options #09	\$10.00
Options #10	\$10.00
Options #11	\$10.00
Options #12	\$10.00

### Drinks



Options #01	\$10.00
Options #02	\$10.00
Options #03	\$10.00
Options #04	\$10.00
Options #05	\$10.00



### Dessert

### Ice-Cream



Options #01	\$10.00
Options #02	\$10.00
Options #03	\$10.00
Options #04	\$10.00
Options #05	\$10.00

Options #06	\$10.00
Options #07	\$10.00
Options #08	\$10.00
Options #09	\$10.00
Options #10	\$10.00
Options #11	\$10.00
Options #12	\$10.00



**DI FRABO**  
Ristorante Italiana

*Kids Menu*

*Pepperoni Pizza*



*Pepperoni  
Pizza*

Shredded mozzarella,  
San Marzano  
tomato sauce

**\$ 9.00**

Hand cut French Fries **\$ 4.00**

*Paghetti and  
Polpetta*

Meatballs, Sugo  
di pomodoro, parmesan  
cheese

**\$ 9.00**



*Fettuccine Alfredo  
with chicken*

Cream sauce,  
garlic and  
parmesan cheese

**\$ 9.00**



*Chicken Bilt  
Parini*

Grilled chicken breast,  
bacon, lettuce, tomato  
and mayonaise

**\$ 8.00**



*Focaccia*

Homemade bread.  
Your First Focaccia is  
on Us!

**\$ 2.00**



Comes with a  
Soft Drink,  
Milk or Juice Box  
Milk + Juice Box Refill  
**\$1.00**



Comes with a  
Soft Drink,  
Milk or Juice Box  
Milk + Juice Box Refill  
**\$1.00**



# BLU\*STAR GRILL

Comes with a  
Soft Drink,  
Milk or Juice Box  
Milk + Juice Box Refill  
**\$1.00**







(12 & Under) **\$4.50**  
Fried Chicken Tenders with French Fries  
Fresh Grilled Burger with French Fries  
Grilled Cheese with French Fries  
Mac n' Cheese + Fruit Cup

Gluten-Free French Fries with Quinoa Protein Toss or  
Apple Cider Vinegar. Quinoa Protein Toss for \$1.50

# Maze



# Cross Word

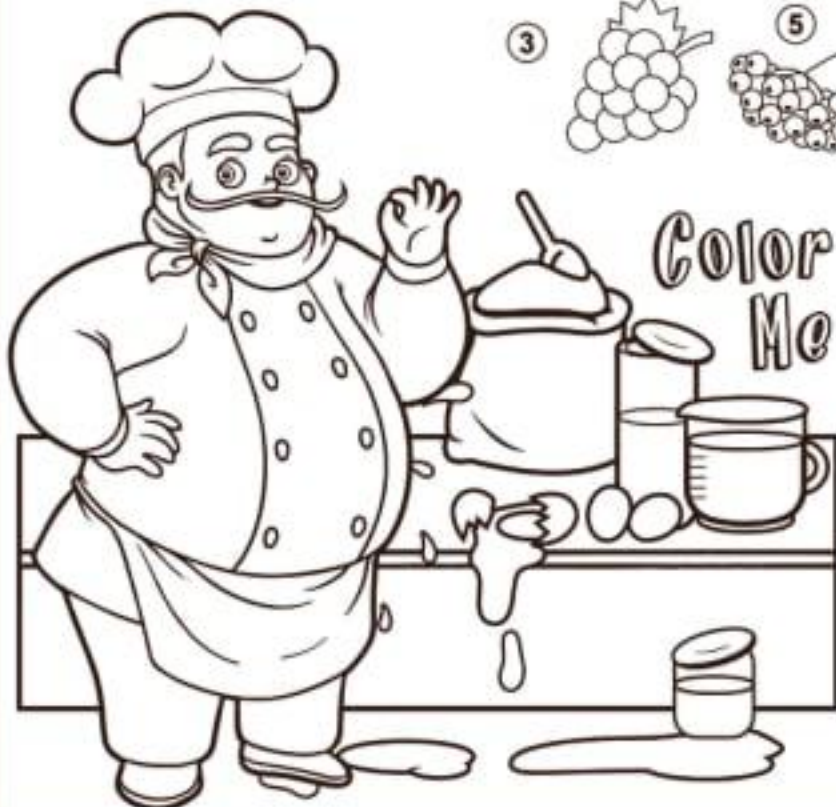
1  2  3  4  5  6 

1			3	4		5	6












# Word Search

- CHICKEN MEAT BALL FOOD COOKIE
- CHEESE MAC FISH PASTA RIGATONI
- HOT DOG CASTLE SAND PIZZA WATER
- BURGER SEA FAMILY SURFING

V C A F A M I L Y A P A S T A M W  
 W H A A H X M I T H V R E G R U B  
 T I K S X O M E A T A F I S H A N  
 N C O B T Z T R I G A T O N I X P  
 H K U S C L W D E Y T N L Y X P E  
 J E T Y E V E Y O T A B A L L X I  
 V N S J N A B O A G A Z A A A B K  
 U W S A N D I M A C A W Z A A U O  
 S U R F I N G W B Y W Z C I A W O  
 C H E E S E O W F O O D U I P T C




# Tic Tac Toe

54.  53.  52.  51.  50.  49.  48.  47.  46.  45.  44. 

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43

WINNER: \_\_\_\_\_

Dot To Dot



# Fresh Bread



Brown Bread is a delicious blend of whole grains and wheat that can be an excellent source of many nutrients, including magnesium, iron, vitamin B3, and dietary fiber. It may also have some health benefits in preventing certain diseases like diabetes, cancer, and heart disease.

# Fruit Cake



Brown Bread is a delicious blend of whole grains and wheat that can be an excellent source of many nutrients, including magnesium, iron, vitamin B3, and dietary fiber. It may also have some health benefits in preventing certain diseases like diabetes, cancer, and heart disease.



Shikarpuri  
www.shikarpuri.com

# Special Menu

One of the best crunchies that you can have with tea are now available in our outlets all over the Pakistan. Its crispness and softness will blow your mind and mouth.



DISCOUNT UP TO

20%



## Classic Supreme

Some of us have a dedicated favorite, but perhaps no cake is more universally topped with candles than the classic yellow cake with chocolate frosting.

کلاسیک سپریم



Shikarpuri  
www.shikarpuri.com

# Choco Lava

*All the flavor to the door of your house*



# Special tasty PIZZA

ONLY 2000



PIZZA  
LETT  
AS





Shikarpuri  
[www.shikarpuri.com](http://www.shikarpuri.com)

*Delicious*

**BEST  
BREAD**  
IN THE CITY

Brown Bread is a delicious blend of whole grains and wheat that can be an excellent source of many nutrients, including magnesium, iron, vitamin B3, and dietary fiber. It may also have some health benefits in preventing certain diseases like diabetes, cancer, and heart disease.



# Special Delicious Chocolate cake

ONLY  
1440



FREE DELIVERY  
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