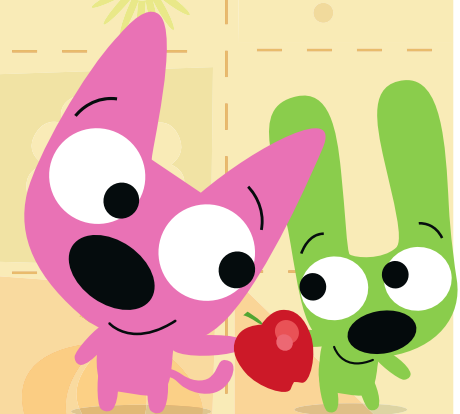


NOVEMBER 2008

November
is good nutrition month!



sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1 all saint's day
2 daylight savings ends	3	4 election day	5 national donut day	6	7	8
9 sadie hawkin's day	10	11 veterans day	12	13	14 national clean out your refrigerator day	15
16 button day	17	18	19	20	21 world hello day	22
23	24	25	26 national cake day	27 happy thanksgiving!	28	29
30	1 DECEMBER	2	3	4	5 	6