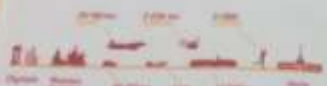




Sochi 2014!



OLYMPIC TORCH RELAY SOCHI-2014



More than 65 000 km
125 days

83 regions
More than 2 000 torchbearers

The Sochi 2014 Torch Relay



Olympic Torch On An Emotional Journey Across Russia

The Olympic torch is set to begin its journey across Russia on Monday, July 14, 2014, in the Far East city of Khabarovsk. The torch will travel across the country, visiting 83 regions and more than 2,000 torchbearers.



GO CANADA



burj khalifa

mega tall buildings!!



ego and ingenuity?!!



cn tower



one-mile high (1.6 km) tower
2020?

one - kilometer high



kingdom tower in Jeddah

The New York Marathon

The Route



The Marathon



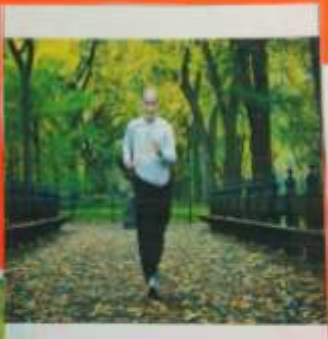
The Logo

ING 
NEW YORK CITY
MARATHON

GARDENING FOUND TO BOOST LIFESPAN!



Research reveals
Gardening Found to Boost Lifespan
By [Name]
[Small, illegible text]



Gardening Found to Boost Lifespan!!



People in this age group tend to spend a greater amount of their active day performing routine activities and say that they find it difficult to achieve the recommended levels of daily exercise.



food for thought

EATING WELL ON A BUDGET™



Sesame Street Characters Help Kids To Eat Right

Parents often say the words "eat right" to their kids. But how do they know what to eat? The answer is simple: eat the things a character on Sesame Street is eating. From Elmo's favorite apples to Cookie Monster's cookies, the Sesame Street characters are always eating right.



Parents often say the words "eat right" to their kids. But how do they know what to eat? The answer is simple: eat the things a character on Sesame Street is eating. From Elmo's favorite apples to Cookie Monster's cookies, the Sesame Street characters are always eating right.

Parents often say the words "eat right" to their kids. But how do they know what to eat? The answer is simple: eat the things a character on Sesame Street is eating. From Elmo's favorite apples to Cookie Monster's cookies, the Sesame Street characters are always eating right.

Parents often say the words "eat right" to their kids. But how do they know what to eat? The answer is simple: eat the things a character on Sesame Street is eating. From Elmo's favorite apples to Cookie Monster's cookies, the Sesame Street characters are always eating right.





Hayley Wickenheiser Canadian Flag Bearer!!

Hayley Wickenheiser will be the flag bearer for this years olympics in Sochi. Hayley has been in the summer and winter olympics. In the winter olympics Hayley is going to play hockey and in the summer olympics Hayley played softball. Hayley has won 4 medals one silver and three gold. Hayley has been in six olympics one summer and five winter.

Hayley has been the captain for the Canadian national women's hockey team for the last seven years. Hayley will wear an 'A' on her jersey in Sochi. This will be the seventh time a female athlete has carried the flag for Canada in the opening ceremonies. Hayley said "I hope if I do and in wearing the flag I will be able to look back and say I OHS that I carried the flag". Hayley is not sure if this is going to be her last olympics or not, only time will tell.





It's Lehner time

Lehner makes opportunity for team

ANDERSON VS LEHNER



Ottawa vs. Philadelphia

Team	W	L	OTL	Pts
Ottawa	1	1	0	2
Philadelphia	1	1	0	2

Ottawa vs. Columbus

Team	W	L	OTL	Pts
Ottawa	1	1	0	2
Columbus	1	1	0	2



ANDERSON VS LEHNER

CHASING THE SAME GOAL

Ottawa vs. Florida

Team	W	L	OTL	Pts
Ottawa	1	1	0	2
Florida	1	1	0	2