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## January -- Fresh Snow, Fresh Start, Fresh Ideas For A Great New Year

January marks the start of a new year! Many of us set goals, plan vacations, start home projects, celebrate new beginnings... and take time to enjoy the many adventures that await us in the Capital Region and Adirondacks of Upstate New York!

### In this issue:

[New Year's Resolutions](#) | [Plan A Capital Region Mini-Vacation](#) | [Freshen Up Your Home With A Brand New Look](#)

Enter to Win  
**FREE TICKETS**  
to the  
**Harlem Globetrotters**  
Glens Falls Civic Center | February 27, 2008 7:00 pm

## Happy New Year!

### Setting 2008 New Year's Resolutions?

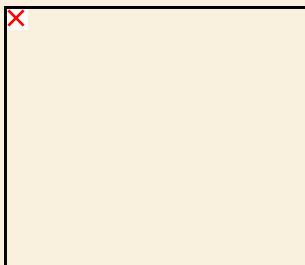


If you are like many of us, the **New Year brings new goals ...and new temptations!** Staying on track with resolutions and developing new habits may be difficult as the weeks progress, so check out our great [tips for keeping your New Year's resolutions](#) on Albany.com.

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## Vacation is a Great Stress Reducer

### Luckily, You Don't Have to Go Far to Get Away...



**All that holiday planning, shopping and celebrating can be tiring.** You may be desperately longing to get away and relax. If plans of a Caribbean vacation seem too far off the 'possible' list, consider going on a **mini-vacation in the Albany area.**

Plan a spectacular ski weekend!

There are [several ski centers](#)

within easy reach of the Capital District. Visit a [museum](#), catch a show ([Rascal Flatts is coming to the TU Center](#)), eat out at a nice [restaurant](#), take a day trip to nearby [Saratoga Springs](#), [indulge in a day at the spa](#), stay in a [cozy hotel](#)... Make time for yourself, and make time to relax after the holidays, and you may gain a fresh perspective on the New Year. You won't regret

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# WEST MOUNTAIN

## SKI RESORT

59 West Mountain Road, Glens Falls  
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At West Mountain Ski Resort, you will find **great rates for skiing, snowboarding and tubing!**

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## WEST MOUNTAIN

### Special Offer

**8-Hour Lift Ticket**  
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## Ready To Update Your Home With A Fresh New Look?

*The holidays may be over - but post-holiday home decorating has just begun!*



**Time to tuck away the holiday candles and take those glittering snowmen and holiday lights out of the window.** As you find yourself packing up your festive decorations, you may suddenly feel that your home seems a little bare. Now is a perfect time to **[give your home décor a design boost!](#)** Whether you

hire a professional or decide to do it yourself, winter is a great time to tackle indoor projects and give your home a fresh new look after the holidays.

**To find home design specialists and renovation businesses** in the Capital Region, visit our **[Albany.com guide to home and garden](#)**. For more tips on home decorating - visit our partner site at [Saratoga.com](#) for some great **[home decorating tips](#)** and **[home and garden articles!](#)**

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*Escape to the Adirondacks...*

Nestled amid the picturesque Adirondack Mountains, [Friends Lake Inn](#) is the perfect place for a romantic getaway or a relaxing weekend escape.

Experience the best in service and warm hospitality at this beautiful Adirondack Inn as you enjoy luxurious accommodations with breathtaking views of the lake. [more](#)

Have a date in mind?

*Check Availability!*

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