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*I'm still on that same jumpy, bumpy, wash-rinse-and-repeat record. I'm stopping. Right now. I think. Or maybe I'm not. It's all too scary to contemplate...* Posted by J.M. Tewkesbury at 12/27/2007 9 comments: Labels: 40x40, And So This Is Christmas, Thoughts While I Commute. Wednesday, December 26, 2007 . A Capitol Christmas. Christmas Tree on the West Lawn of the Capitol. Christmas Day dawned ...

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**The Chronicles of Tewkesbury: December 2007**

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**Bumpy Jumpy in North Sussex Horsham RH13 9GE**

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**Excellent experience - Thames Rockets, London Traveller ...**

*Overall, I'd say keep an eye on your protein and iron intake, and consider getting a supplement: Perfectil Plus Nails has folic acid, B vitamins, iron and zinc, as well as co-enzyme Q10 ...*

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**What Do Bumpy, Ridged Nails Mean? Treatments & Advice**

*A hatch with a truly inspired look, New Citroën C3 stands out from the crowd thanks to its distinctive and bold design.With the option of 97 exterior colour combinations, each one is unique.When it comes to comfort, New Citroën C3 sets the benchmark with its new Advanced Comfort Seats and supple suspension. It is both modern and connected, and also offers up to 11 driver assistance systems ...*