



# Sunshine Coast Daily

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WEDNESDAY

PRICE \$1

## HEALTHY TIPS FOR A TOP YEAR

SIX-PAGE JUMP INTO 2011 INSIDE



## NIGHT OF GUP NIGHTS

— STARTS ON PAGE 24

— STYLISH RACING: FULL S

# SMARKE MEARLY KILLS GOAST MAM



Well done, Jess,  
Young Australian  
of the Year

