

Jan. 9-22, 2010. Vol 24, No 14. FREE.

goqnotes.com



qnotes

arts. entertainment. news. views.

a healthier you

**one-on-one: choosing the
right personal trainer**

**tips-n-tricks: ideas and strategies
for a better new year to come**

2010: the year ahead

plus ▶

qnotes gets a makeover | curiously silent | what if: next decade