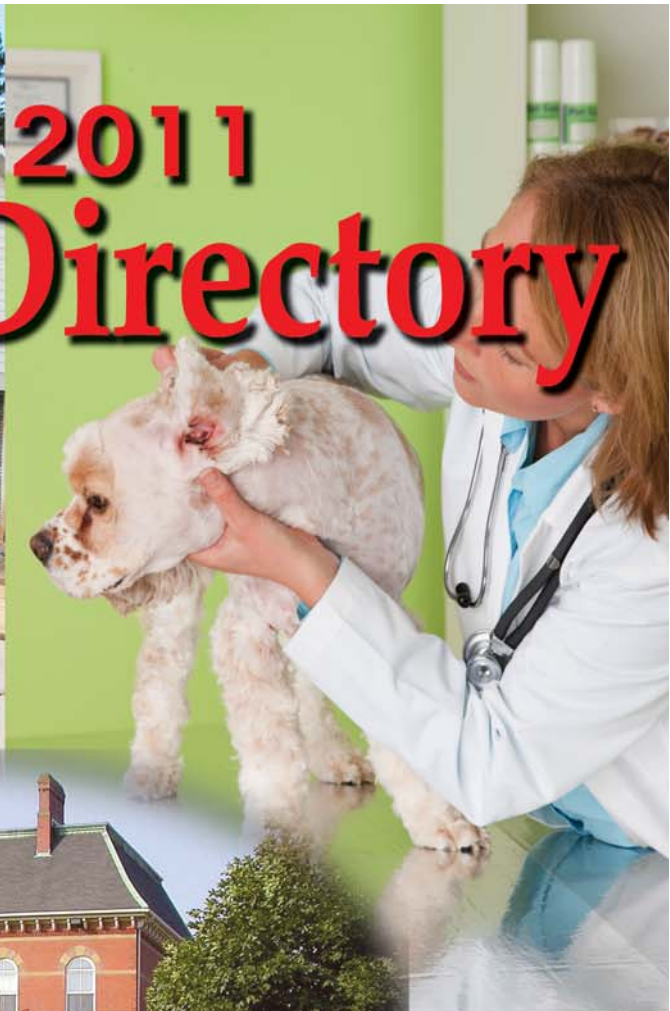
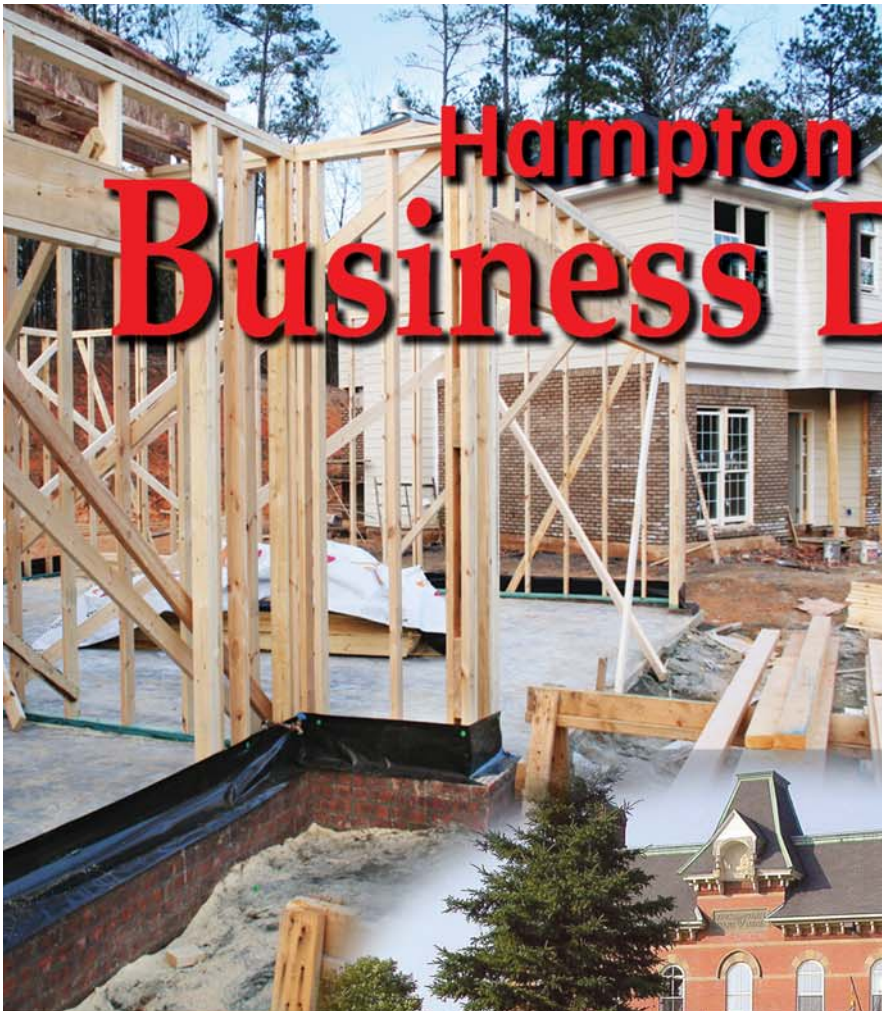


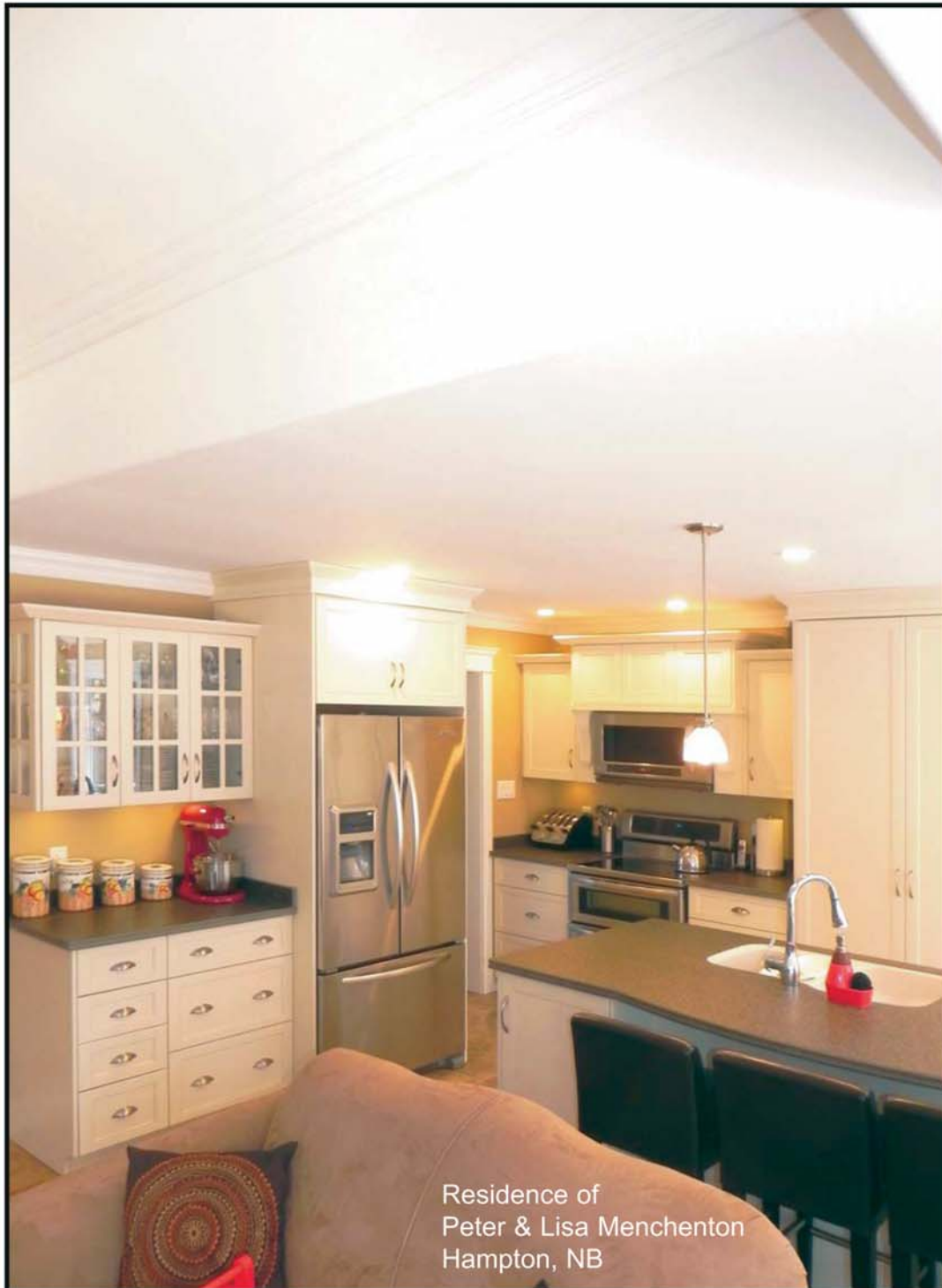
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FIVE THINGS YOU SHOULD ASK ABOUT GIFT CARDS

(NC)—Gift cards and other prepaid cards have become a popular gift-giving option. But they can cost more than the amount printed on the front—and they can mean costs for the gift recipient, too. Before you buy a prepaid card as a gift or for yourself, make sure you know all the costs and conditions these cards carry.

What fees apply? Fees vary by card. There may be a fee for activation, making purchases, checking your balance, customizing, replacing or loading more money onto your card. There may also be monthly maintenance or dormancy fees. Make sure you understand all terms and conditions and pass this information to the gift card recipient.

Where can the card be used? Retail cards can generally be used only at a single store or group of stores, such as a chain or a shopping mall. Other cards that are branded with a payment card network's logo, such as Visa, MasterCard or American Express, can be used with most merchants.

Will the card expire? It might. Check the terms and conditions. Be sure to ask what happens to the money on the card if it expires.

What happens if the card is lost or stolen? Keep proof of payment or provide it to the person receiving the card. Some issuers may replace the card, although they may charge a fee to do so.

Do I have other payment options? Compare the costs and benefits of using gift cards versus other forms of payment. For gift-giving, cash might be a better choice. If you're buying for yourself, a debit or credit card may have lower fees or be more convenient.

The Financial Consumer Agency of Canada has more information on prepaid cards at fcac.gc.ca.
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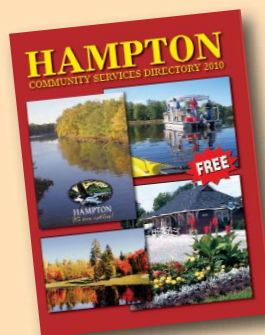
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Directory Index

FIVE THINGS YOU SHOULD ASK ABOUT GIFT CARDS.....P 4
 DIGITAL WALLETS SAVE CANADIANS TIME AND MONEYP 6
 ASK THE INSURANCE EXPERT:P 7
 SUMMER TRAVEL TIPS FOR FAMILIESP 8
 COMMUNITY SERVICESP 10
 DON'T MAKE THE MISTAKE OF THINKING
 A WILL IS NOT A PRIORITYP 19
 SUGGESTIONS FOR SLEEPLESSNESS.....P 24
 WHAT TO LOOK FOR IN AN HDMI CABLEP 26
 TIPS FOR REACHING YOUR ULTIMATE FITNESS GOALP 26
 HOW YOUR CHOICES AT THE
 GROCERY STORE IMPACT THE PLANET.....P 27
 KICK-OFF THE SCHOOL YEAR IN THE KITCHEN.....P 31
 FOR PET'S SAKE, TAKE THIS QUIZ.....P 32
 BUILD UP A PLAN FOR A SMART RENOVATIONP 32
 LAPTOP BUYING TIPS FOR STUDENTS.....P 33
 SAVINGS TIPS FOR COUPLES.....P 33
 ONLINE SHOPPING – WHAT YOU NEED TO KNOW.....P 34
 10 WAYS TO AVOID DRIVER DISTRACTIONS.....P 35
 KITCHEN TALK - SPACE FOR GATHERINGP 36
 DIRECTORY YELLOW PAGEP 38



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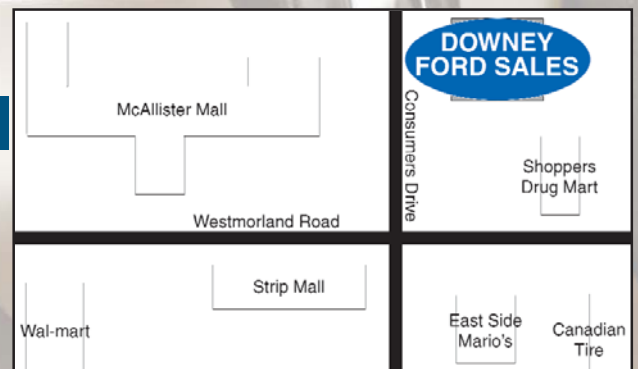
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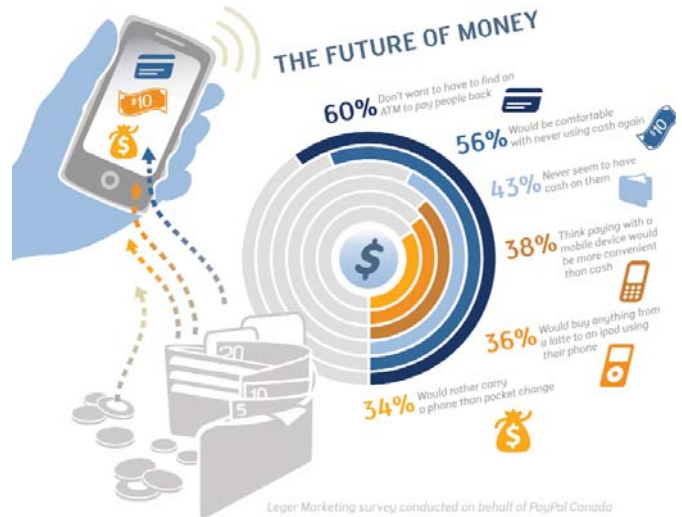
(NC)—Many Canadians are frustrated when they turn out empty pockets looking for cash to pay for something. In a recent survey by Leger Marketing, 43 per cent of Canadians admitted they never carry enough cash on them. Increasingly, Canadians are turning away from cash and relying on the convenience of digital wallets. What is a digital wallet? It is a service that allows users to access money from bank accounts, credit cards and other sources (like a PayPal account) to pay for items or send money to people with a computer, smartphone, or Internet-connected device.

Are Canadians ready to go digital? According to the survey, 56 percent of Canadians are comfortable with the idea of never handling cash. This is particularly true among people between the ages of 18-34, 42 percent of whom view a digital wallet accessed through their smartphone as an easier and more efficient way of completing transactions.

Imagine never needing to run to the bank machine to take out money to pay someone back, contribute to an office pool or split a restaurant bill. It is already possible to simply transfer money from your mobile phone or computer. This convenience is one reason why more than four million Canadians already use PayPal as their digital wallet. Nicky Mezo, head of marketing for PayPal Canada, explains a few of the features that have made a digital wallet so appealing to Canadians:

Buy goods on the go—Purchase items with a smartphone in just a few clicks. No need to enter credit card numbers, shipping addresses and billing details.

Transfer money on the spot—Quickly chip in with the exact portion of a restaurant bill. A digital wallet means that money can be transferred to a friend right at the table, without overpaying or running for an ATM.



Avoid ATMs and banking fees—60 percent of Canadians don't want to find a bank machine every time they need to pay someone back. With a digital wallet, ATMs and banking fees can be avoided. It is free to send money to virtually anyone in Canada using your PayPal balance or bank balance.

It is free to sign-up for a PayPal account and the PayPal mobile app for iPhone, Android or Blackberry is also free to download. (www.paypal.ca)

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Q. In a few weeks I will be leaving for a two-month vacation. My friend told me that my insurance requires that someone check on my house regularly while I'm away. Is this true? If so, how often does the house need to be checked? U

A. Your friend is right. After you have been away for three days, somebody must go into your home daily. This is to protect your home against the damage that could be caused if your plumbing freezes or if there are problems with your heating or air-conditioning systems.

Q. I have some valuable jewellery that I inherited. My insurance broker tells me I should have it "scheduled," whatever that means! I thought it was already covered under my homeowners policy -- and now I'm supposed to pay more to have it "scheduled"? How come?

A. That's a gem of a question, but there's a good reason for scheduling your jewellery --and it has nothing to do with timetables! Picture this. You come home from a night out at the movies, only to find that your house has been broken into and all your valuable jewellery stolen. You call your insurance broker, who informs you that your jewellery is covered for only \$2,000 on your homeowners policy if it was stolen. And yet, you know it was worth much more than that. That's where scheduling comes in -- to fill the gap between what your typical homeowners policy covers and the value of your jewellery.

"Scheduling," in insurance lingo, is an optional "extra" that beefs up your insurance coverage. You would schedule items like jewellery or furs, so

you could recover their current value if they were damaged, lost, or stolen. Your homeowners policy generally pays only up to a limit of \$2,000 for a theft loss, so if your jewellery is worth more than that, you should have it scheduled. Another advantage to scheduling is that usually, you do not have to pay a deductible (the portion of the claim that you agree to pay) in the event of a loss, as you would for a claim under your homeowners policy.

You should also have your valuables appraised, so you know how much insurance you need. Be sure to keep the appraisal up to date, as your jewellery may appreciate in value, and you want to have the appropriate amount of insurance. (Conversely, if it depreciates, you could be paying too much to insure it.) Also, keep any receipts to verify ownership of your valuables. This is particularly important for items like camera equipment that you would not normally have appraised, since it probably will depreciate in value.

Finally, keep all your valuables locked up, either in a safe on your premises, or in a safety-deposit box. While you can buy insurance to cover the cost of replacing your precious heirlooms, you can never replace their sentimental value.

Note: The preceding information is based on Insurance Bureau of Canada's guideline wordings. Remember, policies vary, so when in doubt, consult your insurance representative.

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SUMMER TRAVEL TIPS FOR FAMILIES By Sarah Twomey

(NC)—Finally, school's out and summer's here! Time to pack the bags and take the long-awaited family vacation. Whether you're staying in Canada, heading to the US or venturing further abroad, make sure you're well prepared before you travel. Here's a list to help you get organized.

Plan your trip with care:

- Before you buy your tickets, make sure that all is well at your destination. Visit the Foreign Affairs and International Trade Canada website to review the special travel reports and advisories.
- Confirm whether you'll need a visa or any other travel documents. Then make sure that everyone in the family has updated travel documents.
- Photocopy all the travel documents and give copies to a trusted friend or family-member as a precaution. Remember to keep a copy for yourself also.

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- Cancel the newspapers, turn off the water and set up timers for a few lamps around the house. These will make your home look occupied while you're away.
- Forward or stop mail delivery.
- Tell a trusted friend or family-member about your plans and ask them to keep an eye on your place while you're away.

Financial Preparations:

- Let your bank and credit card company know about your travel plans to avoid any confusion or service disruption.
- Most importantly, buy travel insurance. While this may seem like an obvious step, many people may not be aware that it's becoming a requisite document along with a passport. This has been the case in Cuba since May 2010.

"Cuban officials now require visitors to provide proof that they can cover their own medical costs. Subsequently, the Cuba Tourist Board advised that Canadians could present their provincial health insurance cards as proof of medical insurance. But supplemental travel insurance is necessary because the provincial health insurance plans only offer minimum medical coverage abroad." said François Morel, sales consultant at Desjardins Financial Security.

Remember when buying travel insurance that:

- It's convenient: It can be bought on the internet or by phone.
- It's flexible: You'll find the right policy that suits your family's needs based on everyone's age, health situation and the trip duration.
- It's reliable: Coverage provides 24/7 medical assistance support so you know you can count on someone in case of an emergency.

Regardless of whether you're out of the country for a day or for several weeks, accidents or illnesses happen all the time. Hospital stays abroad can amount into the tens of thousands of dollars, so having reliable travel insurance is essential.

For more information about travel insurance, consult your insurance provider. Or for immediate answers, visit the Going on a Trip section at www.desjardinslifeinsurance.com.

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Rotary Club of Hampton

Rotary is an organization of business and professional leaders which provides humanitarian service, encourages high ethical standards in all vocations, and builds goodwill and peace in the world. Rotary is an opportunity for members to build lifelong friendships and experience the personal fulfillment of providing volunteer service to others.

The Rotary Club of Hampton, admitted to Rotary International on 18 November 1983, today, members meet each Monday at the Hampton Seniors Resource Center at 6:00 p.m., visitors welcomed. The club has consistently addressed Rotary's four avenues of service: club, vocational, community and international. The club provides bursaries to selected high school graduates from the Hampton area. The club actively supports a variety of projects including several international humanitarian and educational projects such as Gifts for Africa, various district-organized projects, Rotary International Youth Exchange, Rotary Disaster Relief and Rotary Group Exchange. Local activities include support to the Hampton Food Basket, Community Christmas Tree, literacy initiatives, Hampton Victim Services, RCMP Minor Sports, Camp Rotary, the D.A.R.E. program and Junior Achievement.

The Club raises funds through donations and projects including Ladies Diamond Night, the Sportsman's Dinner, Annual Giant Book Sale and the Christmas Grocery Draw.

The Rotary motto is "Service Above Self".



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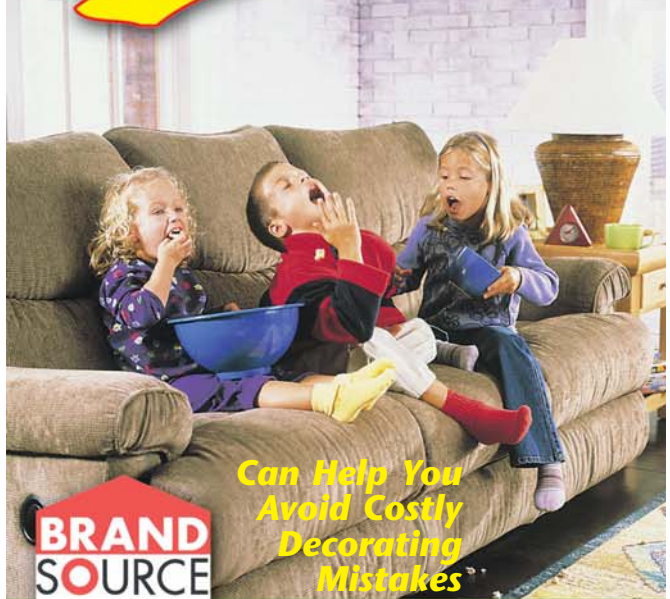
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The directory of community-based services provides information on health wellness, social and human services programs.

The directory is intended to be a source of information to incorporate the promotion of health and wellness along with the curative, restorative and rehabilitation services to the citizens of the Hampton, Kennebecasis Valley and Greater Saint John areas.

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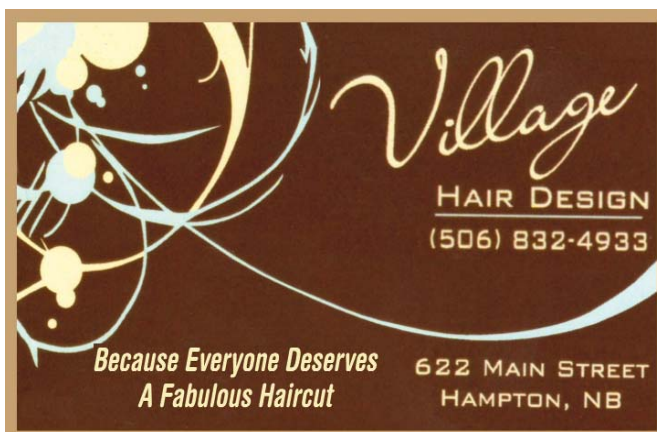
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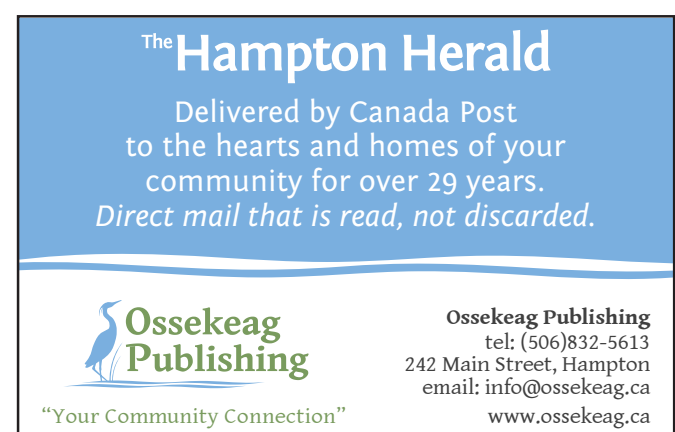
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(NC)—Did you know that many Canadians mistakenly believe that having a will is not a priority? Nothing could be further from the truth. In fact, a will is probably the most important document you will ever write.

If you die without a will, the province in which you live will decide how to distribute your estate. And if you have children who are minors, the provincial government (through the Public Trustee) will decide who will raise and care for them. Children might be taken into public custody until guardians are identified.

The provincial government has its own common and impersonal formulas for the distribution of your estate. Some money or assets may end up going to places and persons you may have not intended.

For example, under these laws, each child would receive a proportion of the Estate created by a pre-established formula. So a son or daughter who was already well-established, completed university and had their own home and a secure income, might end up receiving the same amount as another child with very different needs.

As well, without a will there could be no special gifts to your lifelong friend, or a bequest to your favourite community or non-profit organization such as a health charity or a group like Amnesty International. In sum, no concerns for your thoughts on the size of any bequests to anyone would be addressed without a proper will.

Avoid family disputes

Having a proper will also goes a long way to preventing family tiffs. A current study showed that one in five Canadians has experienced family disputes over inheritances.

It is likely many of these involved circumstances where there was no will. With a properly-written will the guesswork is eliminated, and the family is clear on your intentions. The emotional turmoil which is natural at such a time can be greatly reduced by having made your wishes clear in a written will.

Avoid unnecessary delays and costs

Another compelling reason to have a will is to save money. Many people mistakenly think their estates are too small to warrant having a will, but the contrary is true.

The smaller the estate, the greater the need to have things settled quickly. Without a will, a person's affairs are managed by provincial authorities, who often have hundreds of files to attend to, which could cause unnecessary delays and extra costs.

There are many reasons why people never get around to writing a will, including the belief that it is costly—a common misconception, and it doesn't have to be.

For a free information package on wills and bequests, please write to Amnesty International, 312 Laurier Avenue East, Suite #500, Ottawa, Ontario, K1N 1H9.

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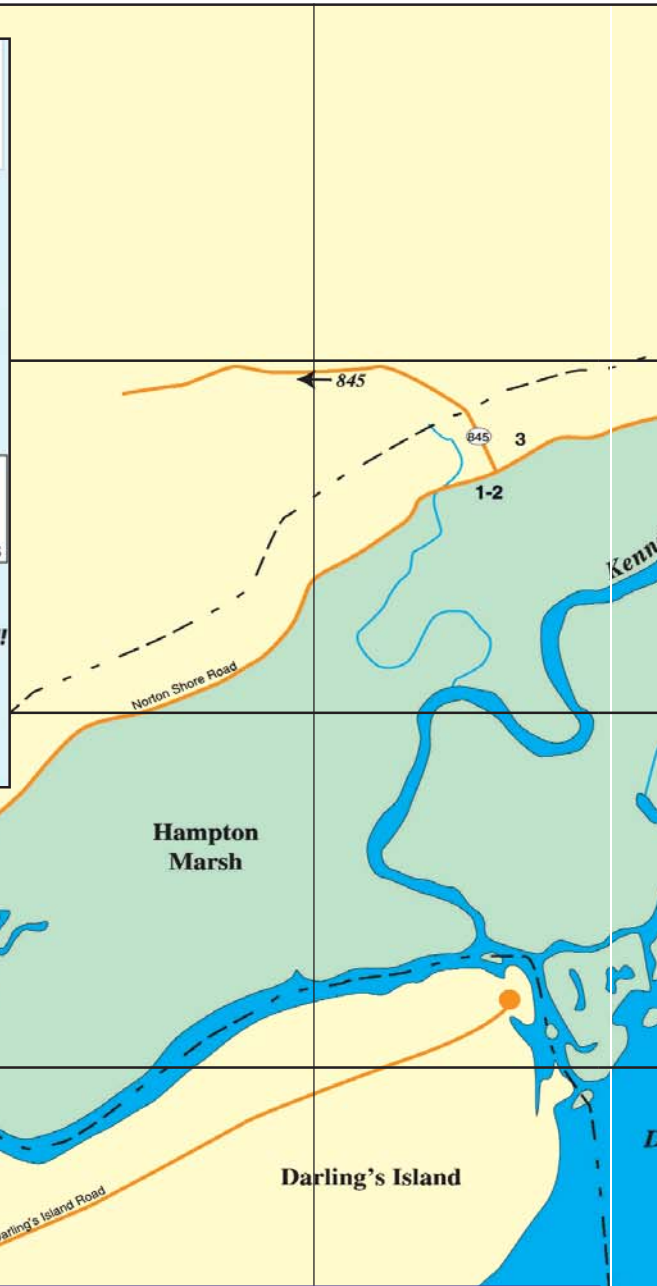
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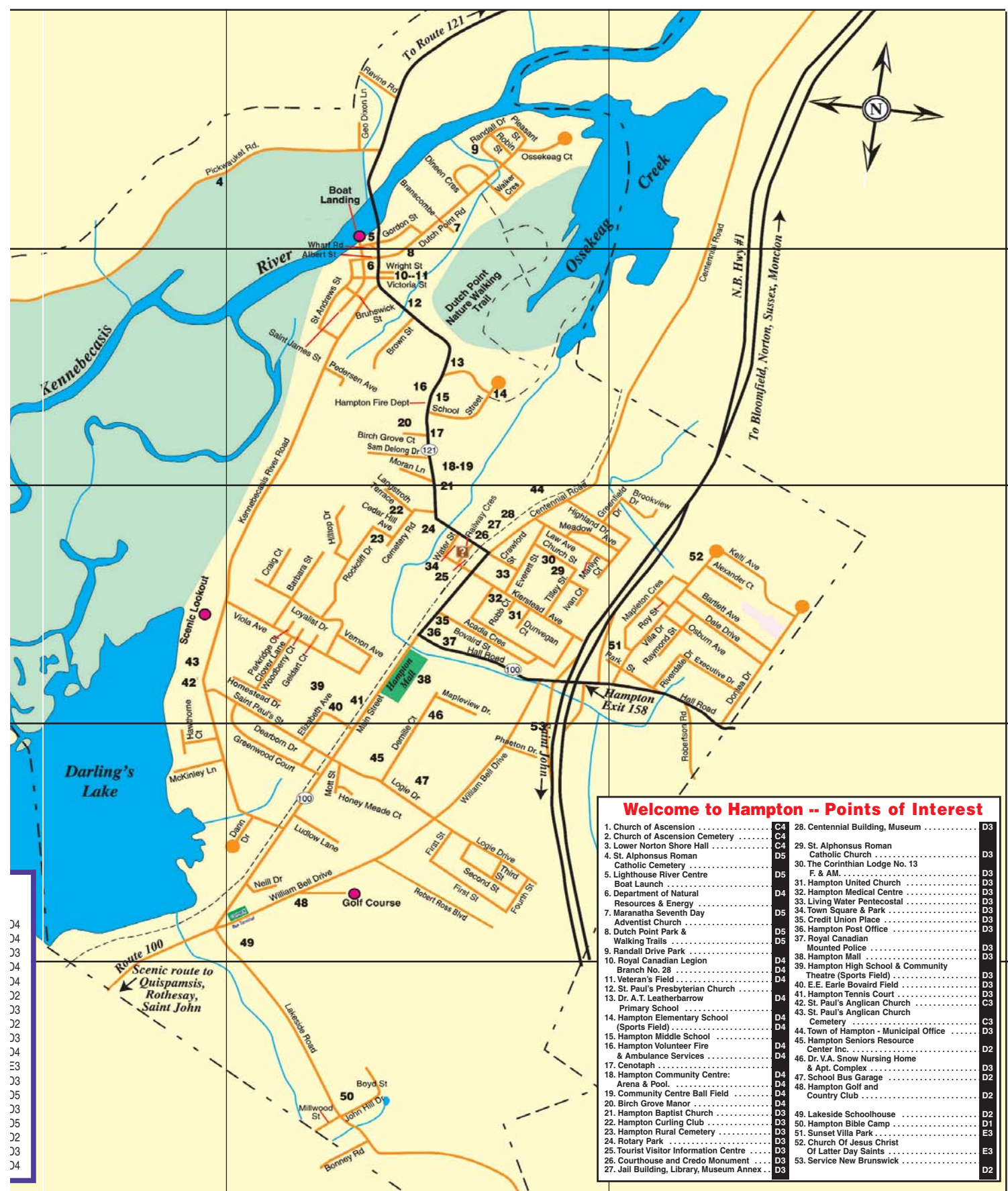
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Albert Street.....D5	Dearborn Drive.....D2	Ivan Court.....D3	Neill Drive.....D2	Saint James Street.....D4
Alexander Ct.....E3	Demille Court.....D2,D3	John Hill Drive.....D1	Norton Shore Road.....B3,B4	Saint Paul's Street.....D2,D3
Barbara Street.....D3	Dineen Crescent.....D5	Kelti Avenue.....E3	Osburn Avenue.....E3	San Delong Drive.....D4
Bartlett Avenue.....E3	Donlea Drive.....E3	Kennebecasis River Rd.....D2,D3,D4	Ossekeag Court.....D5	School Street.....D4
Birch Grove Court.....D4	Dunvegan Court.....D3	Ketchum Road.....A3,B3	Park Street.....E3	Second Street.....D2
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Bovaird Street.....D3	Elizabeth Avenue.....D2,D3	Lakeside Road.....D1	Pedersen Avenue.....D4	Third Street.....D2
Boyd Street.....D1	Everett Street.....D3	Langstroth Terrace.....D3,D4	Phaeton Dr.....D2	Vernon Avenue.....D3
Branscombe Lane.....D5	Executive Dr.....E3	Law Avenue.....D3	Pickwauket Road.....C5,D5	Victoria Street.....D4
Brookview Drive.....E3	First Street.....D2	Logie Drive.....D2	Pleasant Street.....D5	Villa Drive.....E3
Brown Street.....D4	Fourth Street.....D2	Lower Norton Shore Rd.....A2,B2	Railway Crescent.....D3	Ravine Road.....D5
Brunswick Street.....D4	Geldart Court.....D3	Loyalist Drive.....D3	Randall Drive.....D5	Raymond Street.....E3
Cedar Hill Avenue.....D3	George Dixon Lane.....D5	Ludlow Lane.....D2	Ravine Road.....D5	Riverdale Drive.....E3
Centennial Road.....D3,E4,E5	Gordon Street.....D5	Main Street.....D2,D3	Robb Court.....D3	Robertson Road.....E2,E3
Cemetery Road.....D3	Greenfield Drive.....E3	Mapleton Crescent.....E3	Robert Ross Blvd.....D2	Robin Street.....D5
Church Street.....D3	Greenwood Court.....D2	Mapleview Dr.....D2	Robb Court.....D3	Rockcliffe Drive.....D3
Clover Lane.....D3	Hall Road.....D3,E3	Marilyn Court.....E3	Wharf Road.....D5	Roy Street.....E3
Craig Court.....D3	Hawthorne Court.....C2,C3	McKinley Lane.....C2,D2	William Bell Drive.....D2	
Crawford Street.....D3	Highland Drive.....D3,E3	Meadow Avenue.....D3,E3	Woodberry Court.....D3	
Dale Drive.....E3	Hilltop Drive.....D3	Millwood Street.....D1	Wright Street.....D4	
Dann Drive.....D2	Homestead Dr.....D3	Moran Lane.....D4		

1

A

B

C



Welcome to Hampton -- Points of Interest

1. Church of Ascension	C4	28. Centennial Building, Museum	D3
2. Church of Ascension Cemetery	C4	29. St. Alphonsus Roman Catholic Church	D3
3. Lower Norton Shore Hall	D5	30. The Corinthian Lodge No. 13 F. & AM.	D3
4. St. Alphonsus Roman Catholic Cemetery	D5	31. Hampton United Church	D3
5. Lighthouse River Centre Boat Launch	D5	32. Hampton Medical Centre	D3
6. Department of Natural Resources & Energy	D4	33. Living Water Pentecostal	D3
7. Maranatha Seventh Day Adventist Church	D5	34. Town Square & Park	D3
8. Dutch Point Park & Walking Trails	D5	35. Credit Union Place	D3
9. Randall Drive Park	D5	36. Hampton Post Office	D3
10. Royal Canadian Legion Branch No. 28	D4	37. Royal Canadian Mounted Police	D3
11. Veteran's Field	D4	38. Hampton Mall	D3
12. St. Paul's Presbyterian Church	D4	39. Hampton High School & Community Theatre (Sports Field)	D3
13. Dr. A. T. Leatherbarrow Primary School	D4	40. E.E. Earle Bovaird Field	D3
14. Hampton Elementary School (Sports Field)	D4	41. Hampton Tennis Court	D3
15. Hampton Middle School	D4	42. St. Paul's Anglican Church	C3
16. Hampton Volunteer Fire & Ambulance Services	D4	43. St. Paul's Anglican Church Cemetery	C3
17. Cenotaph	D4	44. Town of Hampton - Municipal Office	D3
18. Hampton Community Centre: Arena & Pool	D4	45. Hampton Seniors Resource Center Inc.	D2
19. Community Centre Ball Field	D4	46. Dr. V.A. Snow Nursing Home & Apt. Complex	D3
20. Birch Grove Manor	D4	47. School Bus Garage	D2
21. Hampton Baptist Church	D3	48. Hampton Golf and Country Club	D2
22. Hampton Curling Club	D3	49. Lakeside Schoolhouse	D2
23. Hampton Rural Cemetery	D3	50. Hampton Bible Camp	D1
24. Rotary Park	D3	51. Sunset Villa Park	E3
25. Tourist Visitor Information Centre	D3	52. Church Of Jesus Christ Of Latter Day Saints	E3
26. Courthouse and Credo Monument	D3	53. Service New Brunswick	D2
27. Jail Building, Library, Museum Annex	D3		

C **D** **E**

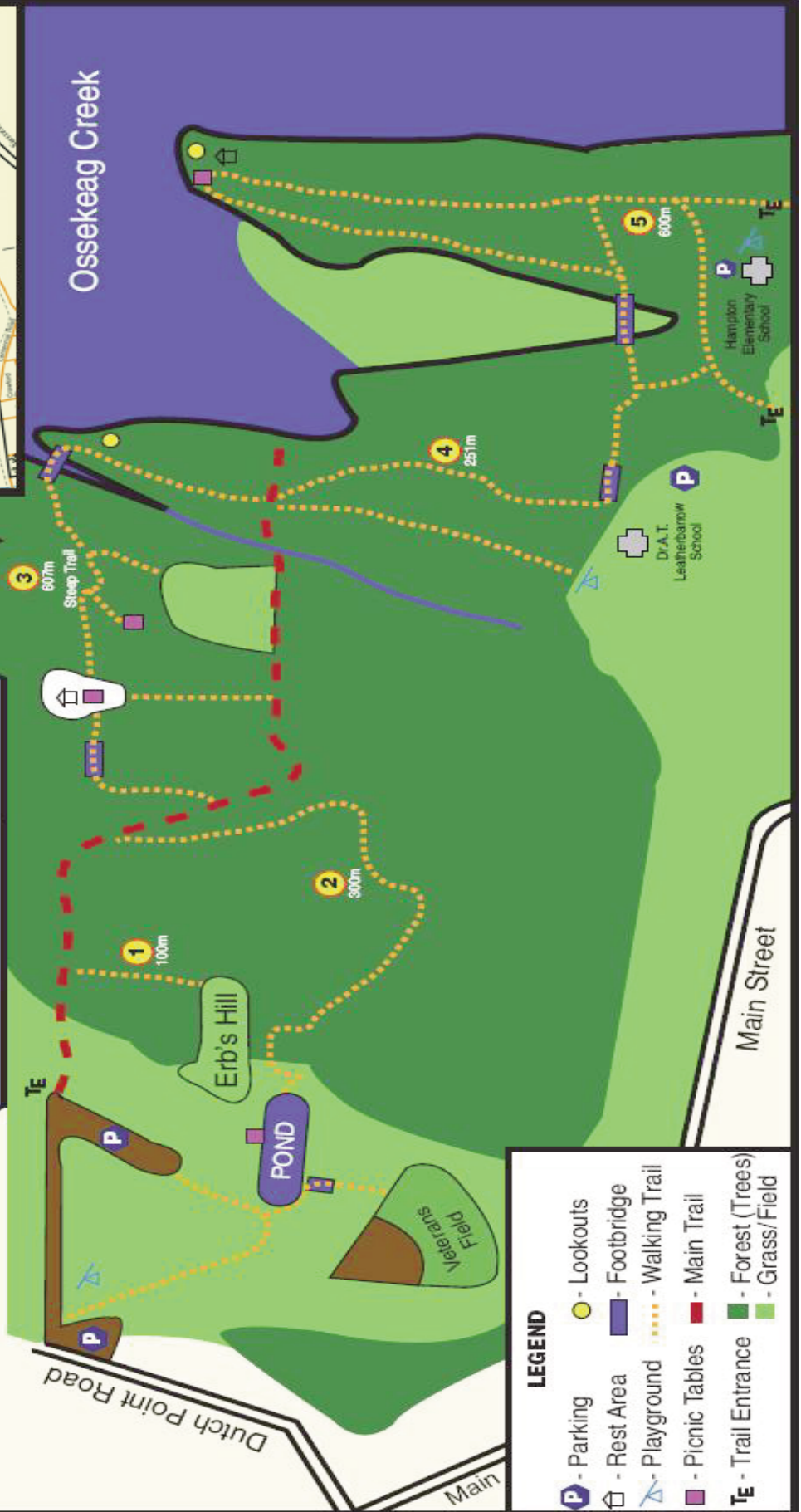
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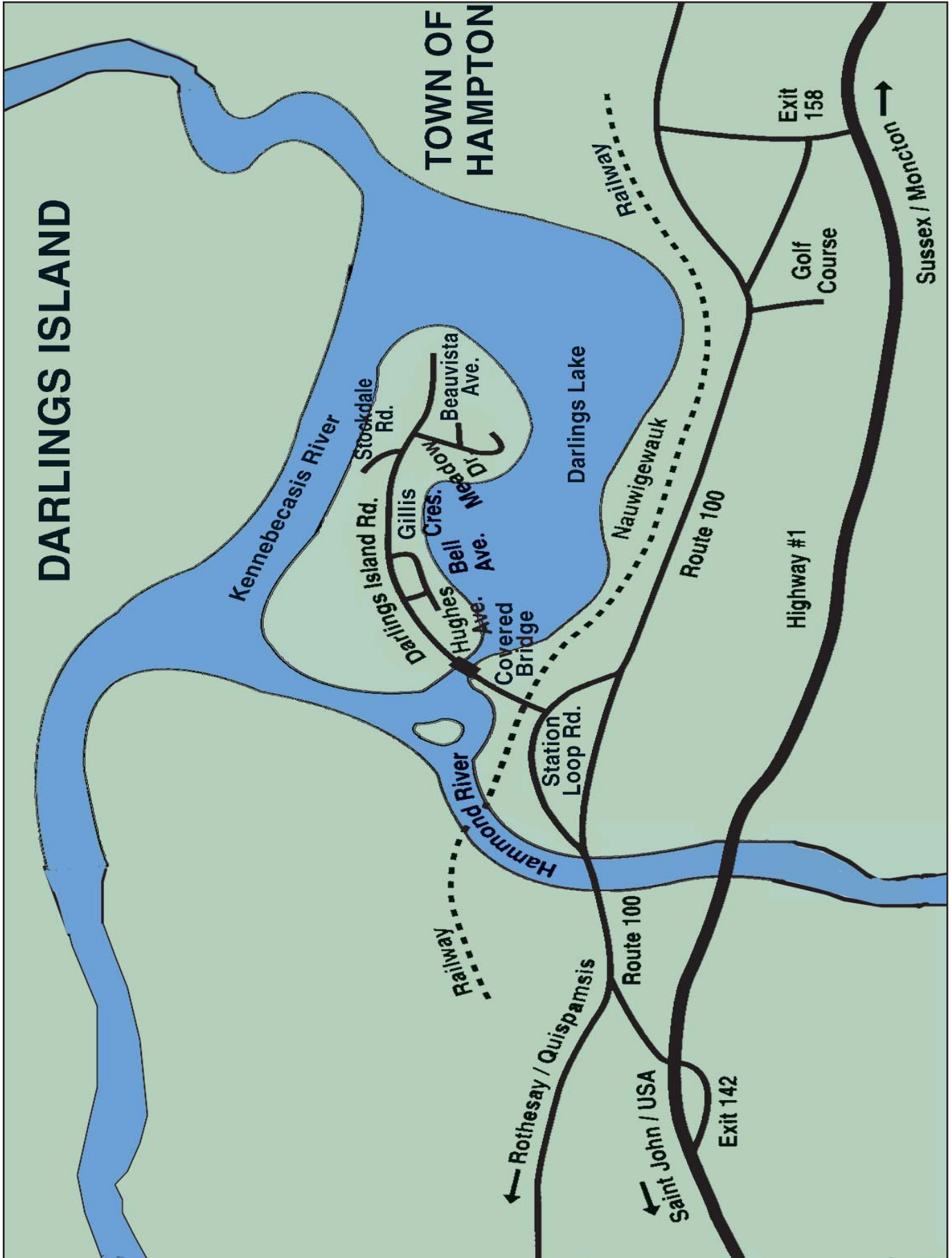
DUTCH POINT TRAIL SYSTEM

- 1 Erb's Hill Trail
- 2 Wetmore's Walk
- 3 Coleman's Trail
- 4 Pendergrass Trail
- 5 Haden Hill's Loop



LEGEND

- Parking	- Lookouts
- Rest Area	- Footbridge
- Playground	- Walking Trail
- Picnic Tables	- Main Trail
- Trail Entrance	- Forest (Trees)
	- Grass/Field



SUGGESTIONS FOR SLEEPLESSNESS

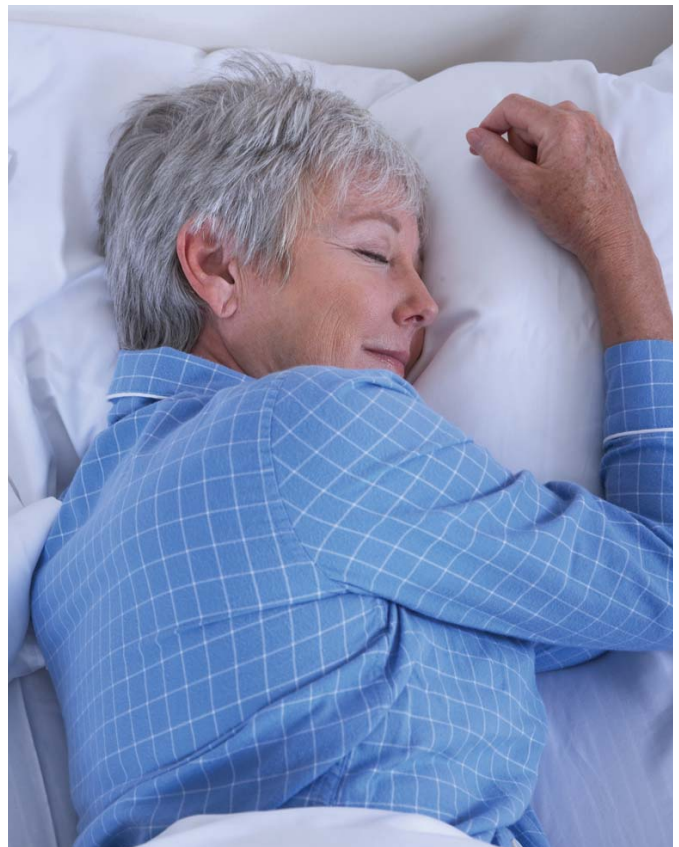
Insomnia is a difficulty in falling asleep, in staying asleep or in sleeping soundly. Let's look at the most common reasons for sleeping problems and what might help resolve them.

If you fall asleep but wake up in the middle of the night and can't get back to sleep, you may simply have low blood sugar (hypoglycemia). Make sure you have a small snack at bedtime that contains a protein food and a complex carbohydrate eg. whole grain cracker and cheese, hummus and corn chips, yogurt and multigrain toast or half a turkey sandwich which contains the amino acid tryptophan inducing sleep. Avoid foods that contain caffeine which are too stimulating in the evening.

If you have trouble falling asleep, try taking 500mg of calcium with magnesium plus vitamin D. These minerals are often called nature's tranquilizers due to the fact that they nourish the nervous system, helping us calm down and relax.

Vitamin C increases the absorption of minerals, so take them together. Conditions such as anxiety and depression are often associated with sleep disturbances and can be helped by increasing the blood levels of vitamin D.

Stress management is key to being able to fall asleep. B-Complex during the day replenishes the nervous system and a product called Stress Relief Complex contains two amino acids, Ashwagandha herb and Beta-sitosterol, a natural plant sterol. This blend of natural ingredients provide quick relief from tension, decreases the production of Cortisol and aids in stress-related insomnia. Be sure to pull down the shades or



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close the curtains to make your bedroom dark, encouraging your body to make melatonin.

For women hormone imbalance can cause insomnia. A deficiency of natural progesterone during menopause can lead to hot flashes which disrupt sleep.

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PICKWAUKET LIONS CLUB

Under the shadow of the Pickwauket Mountain

What a great year! The Pickwauket Lions Club has been very active this year with many worthwhile projects in the Hampton area including our Monthly breakfasts at the Lower Norton Shore Community Centre, the Annual Purina Walk for Guide Dogs at the local Community Centre, our recent construction of a wheelchair ramp at the Trinity Church in Springfield and so many more special projects. Our Lions Club has been together now for over six Years with a strong membership core. Many of our members are couples which makes for a friendly entertaining club! We meet every 2nd and 4th Monday's at the Lower Norton Shore Hall at the base of the Pickwauket Mountain. If you are interested in our club activities and you would like to visit one of our meetings, call Membership Chair Don Smith 832 3827.

Club Address:
50 Donlea Dr., Hampton, NB E5N 5K3
<http://pickwauket.lionwap.org>
Email: pwklions@nbnet.nb.ca



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Hampton Lions Club

The Hampton Lions Club is a Service organization mad up of civic minded men and women, who volunteer their time and resources to help improve their community.

Here is a partial list of some of the Lions projects that are done here in Hampton:

- Bursary Program**
- Community Services**
- Diabetes**
- Drug Awareness**
- Eyeglasses**
- Food Basket/Huggy Lion**
- Junior Achievement**
- Safe Grad**
- Terry Fox Run**

These are just a few of our community projects that are sponsored by the Lions Club.

Our major fundraiser is our Tuesday Night Bingo at the Royal Canadian Legion. Doors open at 5:30pm with early games starting at 6:30pm and regular games at 7:00pm. Continuation of bonanza game and after games to follow our regular program. Our bingo is now SMOKE FREE.

Some of our other events are the Annual "Cruise to the Town" - our very popular car show. The yearly Casino Night to raise money for the D.A.R.E. program. We are also involved with Canada Days and the Santa Claus Parade.

For further information on any of the Lions projects or on how to join the Lions Club, please contact any member of the Lions Club or call Jim Simpkins at 832-0914.



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WHAT TO LOOK FOR IN AN HDMI CABLE

By J.R. Morris

(NC)—As an HDTV owner, you probably already know the importance of using HDMI cables to connect your TV to all of your components. Where it would take nine analog cables per device to get the same result (three video cables and six audio cables), HDMI cables pack a punch in one single cable that delivers the absolute best quality high-definition video and high-resolution audio.

With so many options available, what are some things you should consider when purchasing an HDMI cable? The experts at Sanus, makers of home theatre accessories, have some tips:

- **Purchase based on intended use** - HDMI cables are rated based on their performance capabilities, so make sure you buy based on your specific needs. If all you need is a cable that can transmit 1080i or 720p video, a standard HDMI cable will do the trick. Other cables come with a 1080p rating for full HD capabilities. If you want to utilize the functionality of an internet-enabled HDTV, an HDMI cable with ethernet will be required.

- **Real features pay off** - A perfectly good reason to pay a little bit more for an HDMI cable is if it offers features with real benefits. Sanus offers an HDMI cable with a swiveling head that makes connection easier in hard-to-reach ports, such as behind a mounted TV. The company also has a super slim version that's ideal for TVs mounted on ultra-thin mounts because of its smaller connector and super flexible cable.

- **Measure first** - It's common to underestimate the amount of cable footage needed. Consider your home theatre setup and measure the distance from the outputs on your TV to the outputs on your device. Remember to include extra length for running the cable behind furniture or through a mounting arm if your TV is mounted on the wall.

More information can be found online at www.sanus.com.
www.newscanada.com

TIPS FOR REACHING YOUR ULTIMATE FITNESS GOAL

(NC)—Everyone starts a new fitness regime with the best of intentions. The problem is sticking with it to reach the ultimate goal. Motivation is essential, and creating an all-encompassing fitness program helps you to become more invested to see it through. Here are some tips to help stay on track:

1. Write down your ultimate goal, and include multiple stages along the way. This way, you work towards each stage, rather than feel intimidated by the end result. Also, writing down goals helps to prevent faltering.
2. Track your progress. Keep a nutrition and exercise journal to maintain a healthy diet and to know when you're ready to increase your work out intensity.
3. Reward yourself when you reach a goal. Celebrate with something small for hitting small goals, and something big when you hit milestone goals.
4. Enjoy it. Select activities you enjoy, find satisfying, and that give you a feeling of accomplishment. Success leads to increased motivation to be physically active.
5. Stay hydrated. It will help you to recover better and faster in between workouts and your performance will increase.
6. Maintain a healthy diet. Eat nutrient-dense foods such as whole grains, lean proteins, fruits, and vegetables.
7. Don't ignore post-exercise recovery. The body craves nutrients after a workout to help repair tissues and prepare for the next challenge. Chocolate milk, such as Neilson's The Ultimate, is a great source of protein, calcium and electrolytes, and a delicious way to kick-start the recovery process.

Reaching your ultimate fitness goal usually means adjusting your lifestyle. Whether it's incorporating more activity, consuming less salt and sugar, or adding more wholesome options to every meal, creating a plan for all aspects of the change will keep you motivated. Improved fitness will not only help you reach your ultimate goal, but you'll also feel better and live healthier.

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HOW YOUR CHOICES AT THE GROCERY STORE IMPACT THE PLANET

(NC)—Next time you're in the grocery store consider how the choices you make can help the environment.

According to Robert Wager, molecular biology and biochemistry researcher at Vancouver Island University, contemporary farming tools like plant biotechnology are things consumers who care about the environment should consider.

"Agricultural biotechnology offers a set of techniques that will help the world produce more food in a safer, more efficient manner that can help protect the remaining wilderness while reducing the impact of agriculture," Wager says.

Jeff Nelson, chief executive officer of Ducks Unlimited Canada, agrees.

"The agricultural industry plays an important role in providing sustainable solutions to challenges, particularly in the area of conservation of natural resources such as land and water," he says.

Another way that farmers who use plant sciences help protect the environment is through conservation tillage.

Stephen Vandervalk, an Alberta farmer and president of Grain Growers of Canada, says that in years gone by farmers had to make several passes across their fields to do things like add nutrients and control weeds.

The result was a reduction in soil quality and erosion.

With the advent of herbicide tolerant crops, farmers have been able to adopt conservation tilling practices which reduce the number of times they need to disturb the soil on their fields.

"On my farm, tillage is the enemy," Vandervalk says. "It releases carbon to the atmosphere as well as precious moisture. We burn far less fuel and our soil organic matter from these practices has increased 25 to 30 per cent."

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RE-IGNITE THE FLAME WITH DELICIOUS GRILLED HONEY GARLIC BURGERS

(NC)—With hot, lazy days spent lounging poolside it's easy to fall into a culinary rut. This summer, rather than serving bland burgers and dull dogs, try spicing up your seasonal favourites with a few basic ingredients. But you don't have to spend hours prepping in the kitchen to create crowd-pleasing cookouts. Simply switch off the oven, fire up the grill, add some flavour and let the sweet aromas of outdoor grilling fill the air.

For a dish to help inspire your culinary creativity, try the honey garlic burger recipe below. Paired with sweet and sour mayonnaise, these flavours are sure to turn a boring beef burger into a gourmet summer delight.

Honey Garlic Burgers with Sweet and Sour Mayonnaise

1 ½ lb (675g) lean ground beef

½ cup (125mL) green onion, finely chopped

1 cup (250mL) VH Honey Garlic Sauce

1 egg

1/3 cup (80mL) bread crumbs



½ cup (125mL) mayonnaise

½ cup (125mL) VH Sweet and Sour Sauce

PAM Grilling Spray

Directions:

1. In a large bowl mix together beef and onion.

2. Spray grill with PAM Grilling Spray, heat grill to medium-high heat and cook burgers until cooked through, about 10 minutes.

3. While burgers are grilling stir together VH Sweet and Sour Sauce and mayonnaise.

4. Serve cooked burger on buns with fresh lettuce and large dollop of sweet and sour mayonnaise.

Serves 6

Too busy to whip up dinner? Consider picking up a few VH Steamers, VH's new line of frozen entrees. Jam-packed with crisp vegetables and Asian-inspired flavours, these quick and easy meals can be prepped in less than five minutes.

Additional recipe ideas can be found online www.vhsauces.com. Hands-on recipe demonstrations or episodes of VH's webseries Life Unjarred are available at www.lifeunjarred.com.

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Hampton River Runners

The Hampton River Runners is a running group in Hampton that attracts runners from Hampton and the surrounding area. Runners of all ages and abilities, from serious runner to beginners are welcomed. Activities of the club are varied but mainly revolve around the group run on Saturday morning at 8 a.m.

Saturday's run starts and finishes at the Hampton High School where showers and change facilities are available.

Following this the group goes for breakfast at Holly's Restaurant. This part seems to be more popular than the run.

The club runs year round and is open to anyone with a pair of sneakers and a desire to run. For more information contact Darrell, 832-3233.

Vivien Myles Fowler Community Library

17 Centennial Road, Hampton



Initially located in the Court House basement, the library was moved to the Jail House in 1983.

The library now offers an excellent collection of children's books. If you're a history buff you're sure to appreciate the library's unique selection of historical collections, biographies and stories on past wars.

There also is a nice selection of mystery, murder and science fiction novels, autobiographies, and children stories.

Winter library hours:
Tues, Weds, Thurs
2 p.m. - 4:30 p.m.
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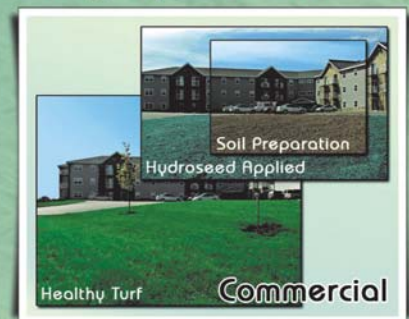
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KICK-OFF THE SCHOOL YEAR IN THE KITCHEN

(NC)—September is a busy time for the whole family. From soccer practice to piano lessons, kids and parents are in and out of the house at all hours of the day. While this hectic time of year can have everyone longing for the lazy days of summer, there are ways to make the back-to-school transition easier—and it all starts in the kitchen.

Start the day off right

Because breakfast is the most important meal of the day, it is essential to incorporate it into your morning routine. Taking a few minutes to sit down at the kitchen table and eat a nutritious breakfast before everyone rushes out the door will provide the whole family with the energy to make it through the busy morning.

Keep cleaning simple

After a full day of activity the kitchen can look a little worse-for-wear. Cleaning it doesn't have to involve getting down on your hands and knees and using elbow grease. Multi-purpose products like affresh, a kitchen appliance cleaner, easily clean fingerprints, smudges and food from small appliances and kitchen surfaces, so your kitchen will be ready for another action-packed day.

Divide and conquer

Get the whole family involved in meal preparation and assign different tasks to each family member. From chopping vegetables to mixing ingredients there is a job for everyone. By splitting the mealtime responsibilities the whole process takes less time and if you make extra everyone can pack leftovers for lunch the next day.

Create a workspace

The kitchen table isn't just for eating. It is also a great place to sit down and get some work done. With easy access to snacks, good overhead lighting and parents' help close at hand, the kitchen is an encouraging work environment and makes the task of doing homework go by much faster.

More information is available online at www.affresh.ca.

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FOR PET'S SAKE, TAKE THIS QUIZ

(NC)—Is there a puppy or kitten in your life? When it comes to their nutritional needs it's possible for puppies and kittens to get too much of some things and too little of others.

Look at the list below and ask yourself if your puppy or kitten needs more or less of each item. Then, check the answers to see if you know how to give your pet a head start on a long and healthy life. You can also get more information about puppy and kitten nutrition at facebook.com/sciencedietcanada.

1. Calories/food energy
2. Human food
3. DHA (docosahexaenoic acid)
4. Phosphorous
5. Taurine

Answers

1. More – Your puppy or kitten is likely very active and requires a pet food formula that meets their daily calorie requirements; 2. Less – Avoid giving your puppy or kitten human food treats, which can contribute to obesity and other issues like dental disease; 3. More – DHA is a natural omega-3 fatty acid that's essential in the development of the brain and nervous system; 4. Less – Some pet foods advertised as 'right for all life stages' contain excess amounts of phosphorous that can contribute to kidney and urinary problems. Look for a pet food like Hill's Science Diet that offers formulas to meet a puppy or kitten's special needs; 5. More – Taurine is an amino acid that kittens, in particular, need for good heart and eye health.

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BUILD UP A PLAN FOR A SMART RENOVATION

By Gillian Birch

(NC)—Canadians love to renovate. A survey by the Canadian Mortgage and Housing Corporation found that 40 percent of households in ten Canadian markets renovated their home. The same survey found that about three quarters of households used a contractor to do all, or at least some, of their renovations.

Everyone has heard a construction/contractor horror story, either through a friend, family member or on a home improvement television program. Whether it is work not performed to code or customer specifications, projects taking longer than expected, or costs going way over budget, home renovations can be a stressful endeavour.

"Spending thousands of dollars on your home is a big decision, so selecting the right contractor is an important step," said Wayne Ross, insurance expert at Aviva Canada. "And while stories of renovation headaches are frequent, there are thousands of reputable contractors out there. A little preparation beforehand will certainly ease the stress." Ross offers these renovation tips to ensure homeowners finish their summer renovation projects with better success:

- Connect with previous customers: Ask your friends for referrals of contractors that they've used, especially on similar projects. Request additional referrals from possible candidates.
- Look for consistency and permanence: The ideal service provider has a physical business office and address and has been in business for a number of years under the same name.
- Do a legal check: Ensure contractors are licensed by your province and that they have insurance, meaning they are covered if they are injured during the project.
- Notify your insurer: Contact your insurance broker to discuss if any of the renovations will require an adjustment to your home policy.

By following these simple tips, you'll finish your summer renovation projects with success. More information is available from your insurance broker or at avivacanada.com.

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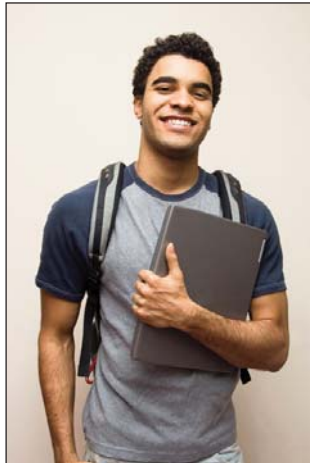
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LAPTOP BUYING TIPS FOR STUDENTS

(NC)—Tablets are the latest must-have gadget, and given their pricing, you might consider them a better deal than a laptop for school. But laptops still come out ahead for things like taking notes, research, and writing essays, and they can win in terms of price as well. Here are some laptop buying tips from shopping experts at RedFlagDeals.com:



- Don't buy the first laptop you see or can put your hands on. Do some research beforehand. Read some product reviews and get a feel for features and general pricing.
- Visit bargain hunting websites like RedFlagDeals.com—between coupons and special offers you can get a functional productivity laptop for \$400–\$500 dollars.
- School work comes first. When it comes down to it, you probably don't need a \$3000 laptop with all of the trimmings to be productive.
- Size matters. It might be nice to watch movies on a big laptop screen, but space is a luxury in some classrooms and lecture halls. A smaller laptop will be easier on your back, too.
- Save some money for accessories. You'll probably want a flash drive, carrying case, and wireless mouse, among other things.

Just like in school, doing your homework when buying your laptop will pay off. If you make an informed purchase, you can get a laptop that meets your needs and saves money.

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SAVINGS TIPS FOR COUPLES

Are you and your partner strategic savers?

(NC)—The Canada Deposit Insurance Corporation (CDIC) is an organization that exists solely to protect your savings in the event your financial institution fails or goes bankrupt. Couples can take advantage of different types of eligible deposits to maximize their savings protection. Here's how:

- Have separate bank accounts – CDIC provides up to \$100,000 in coverage per depositor, per institution for any accounts you hold in your own name.
- Open a joint account too – joint accounts are insured separately from deposits held in one name up to a maximum of \$100,000.
- Open a spousal RRSP – CDIC insures eligible deposits held in an RRSP separately from other eligible deposits, up to \$100,000. In the case of a spousal RRSP, the contributor and the owner are different people. Eligible contributions are added to other registered deposits in the name of the spouse or common-law partner for whom the plan is established – not with deposits in the contributor's name.

It is important to note that not all deposits and products are covered by CDIC. Mutual funds; stocks; bonds; treasury bills; term deposits that mature in more than five years; and foreign currency deposits such as U.S. currency accounts are examples of investments that are not covered. Visit cdic.ca for all the details.

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ONLINE SHOPPING – WHAT YOU NEED TO KNOW

(NC)—The average Canadian spent about \$550 shopping online over the past year with almost three million households reporting some kind of online purchase*. And why not? Online shopping is fast, convenient and allows you to comparison shop at the click of a mouse.

While most shopping sites are credible, there are those that prey on trusting consumers.

To protect yourself while shopping online, follow these tips:

- Know who you're dealing with. Look for phone numbers, e-mail addresses and street addresses so you can follow up if needed.
- Know exactly what you're buying. The vendor should tell you every thing you need to know about the product to make a satisfactory purchase, such as size, colour, weight, texture, warranties and other features.



- Know what you're agreeing to. Look for detailed information about the terms of sale, the company's privacy, complaint policies and the expected delivery date and costs.
- Read the return policy. The vendor should outline the return policy and any fees associated with it such as shipping costs.
- Know exactly what you're paying. Ask for the total price, including taxes, shipping, insurance and handling. International orders may be subject to customs and brokerage fees.
- Look for secure payment methods. Look for an icon of a closed pad lock and for an address with https:// as the "s" indicates a secure site.
- Be cautious. Never give your credit card information before entering a site and never buy into unsolicited offers you receive by e-mail.



The Canadian Consumer Handbook (www.consumerhandbook.ca), produced by federal, provincial and territorial governments, offers great tips for safe online shopping.

Sources: *Ipsos Canadian Inter@ctive Reid Report, 2010 Fact Guide.

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10 WAYS TO AVOID DRIVER DISTRACTIONS

(NC)—2011 is Canada's Year of Road Safety. You owe it to your passengers, other road users and yourself to re-think road safety and operate your vehicle as safely as possible. Driver distractions, such as texting and talking on cell phones are on the rise in Canada. Even talking on a hands-free cell phone can take your mind off driving.

Follow these tips from Transport Canada to stay focused behind the wheel and avoid getting into an accident:

If you're the driver:

- Never talk or text on your cell phone while driving.
- Before you drive, turn off your phone, set the ringer to "mute" and/or put your phone away. Use voice mail and call back later.
- Don't surf your radio, CD player or iPod and never eat, drink or comb your hair while driving.
- Always follow the anti-distraction driving laws in your area.
- Set a good example for your friends and family.
- Drive defensively. Even if you're not distracted, others may be.

If you're a passenger:

- Offer to handle any calls.
- Tell the driver to stop.

If you use a navigation system:

- Use it responsibly.
- Follow the manufacturer's installation instructions. Attach the device securely where it's easy to see and doesn't block your view of the road.
- Don't change settings or input information while driving.

Transport Canada and its provincial and territorial counterparts have launched a national public awareness campaign to prevent Canadians from making calls and texting behind the wheel of a motorized vehicle. The campaign (www.leavethephonealone.ca) invites drivers of all ages to take the pledge to "Leave the phone alone."

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"Kitchen Talk"

By Jim Lawrence

Space for Gathering

When you think of gathering it could mean many things to many people. Some homes are open to friends and family seven days a week. Others see gatherings more as a special occasion time with a party theme involved. For most people either of these descriptions mean lots of people and not enough space to enjoy them.

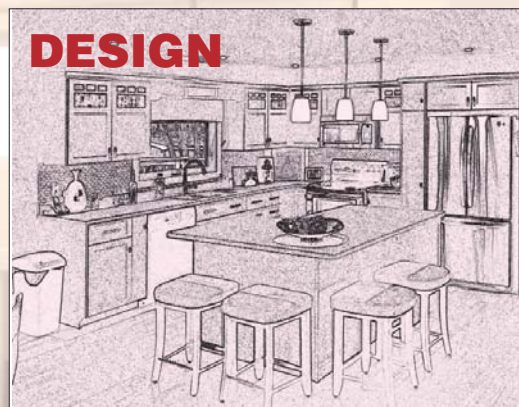
Fortunately gathering rooms off of the open concept kitchen is a popular footprint in today's homes. Actually this brings the kitchen into part of the gathering so there are no boundaries that block off the enjoyment of a gathering while the work often done in the kitchen is going on. It brings an intimacy to the occasion by including everyone at the same time and makes for a closeness that everyone involved in.

The open concept kitchen has got to be one of the greatest ways to use your space to the best advantage. With the proper designs it can be a multi cook space and entertainment area. There are tricks of design to keep the eaters out of the main work area and still give the workers room. Try adding an auxiliary single sink to an island to give access to water or to be a prep area for veggies, etc. Also keeping any bar stool areas to the outside perimeter of the cabinets provides a makeshift audience for the ones preparing the feast, turning the cook area into the stage.

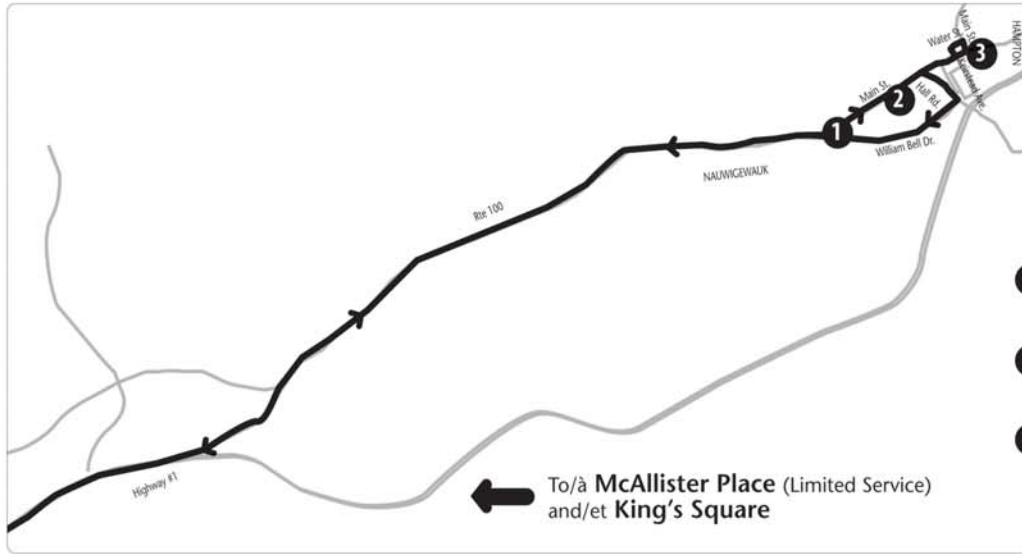
An island also makes a great buffet serving area with easy access all the way around. A multi level island counter will also act as a slight barrier to the great room seating area so the mess going on in the kitchen to whip up a tasty meal is concealed, and hey, what if there are a few dirty dishes in the sink, no one notices.

I have never heard of a homeowner who opened up their kitchen in to another room and regretted it. It makes your home feel so much more comfortable and makes entertaining a breeze.

*This article was written by
Jim Lawrence
of www.AvondaleKitchens.com
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	7:06*	7:07*	7:10*	7:17*			7:45*
	6:55*	7:31*	7:32*	7:35*	7:42*		8:07*
	8:15*	8:51*	8:52*	8:55*	9:02*	9:30*	9:42*

	Place King's Square	Centre d'achats McAllister Place	Flouve Hammond River	Tim Hortons Hampton	Tourist Bureau	Hampton Park & Ride	Place King's Square
P.M.	3:50*		4:15*	4:25*	4:26*	4:30*	5:05*
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	5:10*		5:35*	5:45*	5:46*	5:50*	6:25*
	6:30*	6:40*	7:00*	7:10*	7:11*	7:15*	7:50*



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ACCOUNTANTS

Nutter's Accounting Servicep 15
Reid & Associates Accounting Ltd.p 34

CERTIFIED GENERAL ACCOUNTANTS

Turnbull and Kindredp 19

APPLIANCES SALES & SERVICES

Floyd's Appliancesp 34

AUTO PARTS

Kings County Auto Parts Ltd.p 31

AUTO REPAIR SERVICES

Service Starp 25

AUTO / TRUCK SALES / SERVICES / PARTS

Aberdeen Motorsp 3
Downey Ford Sales Ltd.p 5
KIA Motors - Robert Hodginsp 18

BANKS

CBDCp 33

BEAUTY SALONS

Village Hair Designp 16

BEEF & TURKEYS (FRESH)

Gorham's Creek Farms Inc.p 31

BUILDING SUPPLIES

Hampton Home Hardwarep 35

CAMPGROUNDS

Fire Fly Forest Recreation Areap 35

CANVAS GOODS / AWINGS

Fundy Canvas Inc.p 27

CLOTHING STORES

Ben's Clothingp 6
Sarah's Secondsp 11

COMPUTER SERVICES

Hampton Computer Shopp 26

CONTRACTORS / CONSTRUCTION

Bonney Excavating Ltd.p 10
Bonney Construction Ltd.p 10
Ganong Enterprisesp 32
John W. Smith Carpentryp 27

CONVENIENCE STORES

Coles Convenience & Gas Barp 31
Kingston General Merchantsp 33

ENERGY / FUEL

Fundy Energyp 39

EXCAVATING

Bonney Excavating Ltd.p 10
Lysle A Spence Ltd.p 14
Smith & Smith Excavating Ltd.p 27

FARM EQUIPMENT SALES & SERVICE

Hall Bros. Enterprises Ltd.p 40

FIREPLACES / STOVES

Valley Home & Hearthp 25

FLOORING

Domus Flooring & Stairsp 28

FOOD STORE

Save Easyp 12

FUNERAL HOMES

Reid's Funeral Homep 14

FURNITURE / HOUSEHOLD

Bustin's Fine Furniture Ltd.p 9

GAS BAR / SERVICE STATIONS

Coles Convenience & Gas Barp 31
Kingston General Merchantsp 33

GOVERNMENT - FEDERAL

Hon. Rob Moore, MPp 15

HARDWARE STORES

Hampton Home Hardwarep 35

HEALTH PRODUCTS

Shakeleep 24

HOMES (NEW)

Bonney Construction Ltd.p 10
John W. Smith Carpentryp 27

HOME IMPROVEMENTS

Dowd Home Improvementsp 15

HORSE STABLES / TACK SHOP

Butternut Stablesp 27

INSURANCE COMPANIES

Fundy Mutual Insurance Co.p 7
Hovey Insurance & Financial Servicesp 9

KITCHEN CABINETS / DESIGN

Avondale Kitchensp 2

LAWNS & GARDENS

Maritime Hydroseedp 30

MASSAGE

Ossekeag Massagep 24

MINIATURE GOLF/ DRIVING RANGE

Fire Fly Forest Recreation Areap 35

NEWSPAPER PUBLISHING

Ossekeag Publishingp 16

OPTOMETRISTS

Dr. Caissiep 4
Dr. Lanteignep 4

ORTHODONTISTS

Dr. John Sherrardp 29
Dr. Fraser Sherrardp 29
Dr. Don Fitzpatrickp 29
Dr. Brien Stackhousep 29

SPORTS EQUIPMENT

Outdoor Elementsp 18

PET GROOMING / KENNELS / SUPPLIES

The Paw Shoppe and Kennelsp 32
Good Companionp 31

PHARMACY

Guardian Drugsp 11
Pharmasavep 20

PHYSIOTHERAPY

Hampton Physiotherapyp 4

PRINTER / PHOTOCOPYING / FAX SERVICES

Atlantic Press 2000p 13

RESTAURANTS

Holly's Restaurantp 13

SIGNAGE

Sign-itp 17

SHOES

Green Lee Shoesp 19

SOCCER EQUIPMENT

Soccer Plusp 17

STOVES/RANGES SALES & SERVICES

Floyd's Appliancesp 34

TRANSPORTATION

Comex Bus Servicep 37

TRAVEL TOURS

O'Brien Motor Coach Toursp 8

VETERINARY SERVICES

Hampton Veterinary Hospitalp 26

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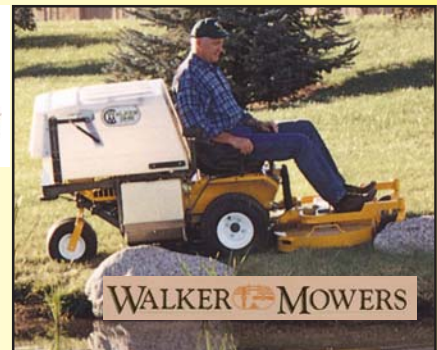
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