

Renovation & Decoration *PREPARING FOR WINTER* HOW TO SAVE ON ENERGY Kitchen and Bathroom Ideas

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Avondale makes kitchen designing a breeze. Simply book an "at-your-home" consultation. With a professional Avondale kitchen designer, you will see amazing designs appear right before your eyes! In a quick two hour sitting you will be presented with lots of ideas that you may have never known you wanted.

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We create and produce special publications, magazines, brochures, specialty advertising, etc. for organizations, special interest groups, and community services.

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It Pays to Advertise in the Fredericton HOMES Magazine



The Fredericton HOMES Magazine is published twice a year. Spring Edition in March and the Fall Edition in September are distributed by mail throughout the Fredericton Area

www.specialtyads.ca



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Kelly's Homes Ltd., a local family business, has been located on the Golf Club Road since 1957. What began as a small area for just a few homes has evolved to a beautiful and popular manufactured home community located adjacent to the Fredericton Golf Club. There are now well over 300 homes located at Kelly's Court.

Sales consultant, Brian E. Sharpe, works from the sales office at 55 St. Roch Street, located next door to Tim Horton's on Hanwell Road. His years of experience in home sales are a definite asset to each and every potential home buyer. He happily gives advice that can help the newest home buyers to make decisions that will assure that they are happy with their new home purchase. Over the years, Brian has had many families return to purchase a second and third home as their families grow and later decrease in size.

The homes sold by Kelly's Homes Ltd. are built by Hospitality Homes in Woodstock, New Brunswick. Hospitality's enviable track record has set the standard

in modular construction for the past decade from designing your new dream home to building it on time and within budget. From providing caring customer service to exceeding the expectations of valued customers,



Hospitality Homes proudly keeps raising the bar so you, as well as they, can take pride in your new home.

Kelly's Homes Ltd., along with manufacturer, Hospitality Homes, share a commitment to customer satisfaction. Your home is warranted to be free from defects in materials and workmanship for a period of one year. Additional warranties on products used in the home and Atlantic New Home Warranty provide the home buyer with the assurance that they have purchased a quality product ! **RESIDENTIAL:** With

over 50 years in the



residential market, there are many construction options available. Choices include bungalow, split level, cape cod, or two storey colonial homes. Pride in your home starts from the ground up – only the top of line materials are used during construction. There is an unmatched quality and attention to detail. The classic exteriors and cozy interiors give you and your family a home to be proud of.

COMMERCIAL: Kelly's Homes can offer custom designs to clients in medical, commercial industrial and multi – family dwelling unit markets. These include everything from individual offices to multi – level facilities with integrated sprinkler and life safety monitoring systems. Commercial project owners benefit from the accelerated construction process without compromising quality.

OFFICE RENTAL: Kelly's Homes Ltd. have a number of office units available for construction sites. Delivered and set according to wishes of the contractor.

Conveniently located at 55 St. Roch Street beside Tim Horton's, Hanwell Road (just off Bishop Drive) and open 9-5 daily or by appointment at a time convenient to you, Kelly's Homes invites you to drop in to discuss your building wishes and dreams.

At Kelly's, there are **ENDLESS POSSIBILITIES**. Check out our website: kellyshomes.ca or call 459-4663



Reid & Associates Specialty Advertising

Tool-up for your fall clean up

How to make refinishing decisions

(NC) As autumn takes hold, many households delay the dreaded outdoor clean-up for so long that many winterization tasks are ignored completely. This creates a hotbed for property trouble in spring, including the demise of summer perennials through rot, mould, and/or rodent winter nesting.

Utilizing the tools in your shed can help you plow through a 'honey-do' list in no time, say advisors at leading manufacturer, Ryobi. A leaf blower, for example, is an ideal investment for larger properties and their backpack blower makes light work of a grueling task. It can easily clear lawns and flower beds of loose leaves and debris – letting you simply blow leaves to your property line for municipal pick-up.

With the proper tools, lawn care doesn't have to be a nightmare. Winterizing your outdoor space can save you hundreds of dollars next spring. By

protecting plant beds from disease, outdoor furnishing from rot and such structures as air conditioning units and eves troughs from flooding or ice damming you're far less likely to be faced with unsightly spring repairs. www.newscanada.com



(NC) Just about everyone has a cherished piece of furniture in their home and often the most prized are also the most worn. Depending on the piece, you may be able to complete an entire refinishing project and restore your beloved items to near pristine condition.

Ralph Swan has been in wood building and refinishing for over two decades and he recently expressed that taking on a DIY refinishing project can be extremely rewarding. "Knowing that you extended the life of a piece of furniture in your home gives it special meaning," he continued, "one that may see the piece pass through generations."

The popularity of painting and refinishing furniture continues to grow. Both can be sound options, but Swan advises to do a little research before diving into a refinishing project. Some pieces are better left to age naturally;

despite wear and tear they retain a higher value if untouched. Be sure to thoroughly inspect the piece for any identifying labels or marks that might help you research its origin.

Should you discover, you have an extremely rare and valuable piece – stop reading now and contact a professional to ensure the integrity of the item remains intact.

Ralph Swan and his favourite tools from Minwax, recommend the following tips for your DIY refinishing project:

- Clean the piece, using the Wood Cleaner before applying a refinishing product.
- Remove old wax or residue using two cloths, one moistened with paint thinner and one dry, to wipe down entire surface.
- Fine steel wool, a stripping brush, old cans, lint free cloths and the Antique Refinisher are helpful in removing the old finish.
- Dip steel wool pad into a small amount of antique refinisher product, remove excess and test it in a discreet area.
- Apply refinisher with steel wool in a circular motion allowing the old finish to soften. Repeat and wipe down surface with clean cloth and repeat.
- Remove any residue with a lint free cloth.

• Let dry for two days then apply the Wood Finish Stain. Allow the stain to penetrate for five minutes and then wipe off excess with a clean cloth. Repeat the stain process after waiting a minimum of 4-6 hours.

• Dry (24 hours) then apply a coat of Antique Oil Finish using a natural bristle brush. Let sit five minutes and wipe off excess with a clean cloth. Wait 24 hours and repeat the process.

• After allowing the oil finish to dry for a day, apply a thin coat of the Dark Paste Wax. Apply it in a thin uniform coat that you can buff in 30 minutes using a piece of old denim cloth repeat process for additional protection and maintenance.

• Always follow the product instructions. Work in a well ventilated, protected area and dispose of rags responsibly. Wear appropriate safety gear and old clothes during the project.

www.newscanada.com

Valley Ridge

The Maritime's Furniture Showplace



<image>

Family owned and operated since 1981 by Eric and Kathy Hicks and now son Scott, Valley Ridge offers the Maritimes high quality home furnishings and accessories. In fact, the tag line to the logo is "The Maritime's Furniture Showplace".

In 2007 the original store was gutted to make way for an impressive new 16,000 sq. ft. facility just outside Fredericton city limits in Islandview. Valley Ridge provides a shopping experience second to none in the Maritimes.

At Valley Ridge we want furniture shopping to be fun! We don't like high pressure situations when we are shopping and we can't imagine you do either. So, there are no high pressure sales people here. We'll give you honest advice and be ready and willing to help you with as much or as little as you desire. And what about prices? At Valley Ridge we believe in honest to goodness value, day in and day out.

So, we do not mark up to mark down for sales. You may pay a little more for quality but after 30 plus years many of our customers tell us they just cannot wear out previous purchases. That is true value.

Relationships have been built over the years with some of the world's top manufacturers. Canada's best manufacturers proudly showcase their products with us as do others from Norway, Sweden, England, USA, Germany, Brazil and Italy. This allows us to offer our customers a unique shopping

experience. Unique items at affordable prices placed in the home with the assurance of our sales and design staff and of course a professional delivery team.

Looking for a comfortable chair? Stressless of Norway have set the benchmark for comfort and we have a chair on display to fit every body size.

What about a new mattress? VI-Spring of England is among the finest in the world. Suppliers to the Royal Family for over 100 years, these beds are the ultimate.

Solid wood bedroom sets, solid wood dining sets, feather/down and 8 way hand tied coil spring sofa sets. The finest in Canadian and American leather sofa sets. Come, enjoy yourself, and let your imagination run free with the unlimited options you have at your fingertips to make your house the home you deserve.



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Kitchen Talk" BY Jim Lawrence Four top design criteria for Kitchen Reno's

It is truly amazing how removing a wall, even into a small room, can totally transform the most mundane kitchen in to something spectacular. In designing kitchens, the three most important criteria are lots of counter space, lots of light and lots of space. Contrary to what you may have heard, counter space is the most important, light comes in second and more space comes in third place. Moving into fourth place is cabinet storage. Most kitchen renovations have room for at least one pantry cabinet with roll out shelves, and if room permits you can add more of these or even add a walk in pantry.

Additional storage can be added by taking the cabinets to the ceiling, which also allows the china glass to be placed along the upper areas of the cabinets, therefore not interfering with the every day dish storage.

Back to the number one, counter space, what is the secret? Listen carefully, it's a well planned ISLAND. If an island will not fit, a carefully designed peninsula will do. Wondering how to get the maximum designs for your kitchen? Call a professional kitchen designer to drop by and work with you on your project. The good part is that some of the best ones supply that service at no charge.

This article was written by Jim Lawrence of Avondale Kitchens. Their firm designs, manufactures and installs three kitchens per week. For your project contact them directly at www.AvondaleKitchens.com 800-561-4112 or book them through your favorite decorator or contractor.





Avondale



Open the door to a new sense of order and organization in your home. We're here to help jump start your project with thought-provoking ideas and a step-by-step process to design, prepare and install the storage system you've always wanted.

Company Profile

Made To Measure Closets is a locally owned independent business built on attention to detail and excellent customer service. Our mission is to offer the best solutions and designs to make the most of your space and provide perfect storage solutions.

Our Services

Closets are what we do and we take the time to do them very well. Everything from room sized walk-in's to smaller reach-in closets, pantries with easy to adjust shelving, playrooms, family room storage systems, sewing rooms, functional home office units and many more applications. A choice of colours and wood tones along with hardware selections allow us to match any decor.

The Design Process

We start with a no obligation in-home visit to measure your space, discuss your needs and review storage benefits, features & budget. We provide our clients with an electronic version of the design so you will be able to visualize the project, complete with dimensions and pricing. We insure we maximize the best use of space, flow, presentation and great function. We specialize in closets and nothing on the market will give you the features, quality and versatility of our Master Suite products.

White Glove Installations

From the time the design is approved and the order placed it takes about two weeks before we arrive to install. Our enclosed trailer comes to the site where all custom cutting is done to keep your home clean. We take great care of your space and keep our tools and material on our padded blankets during the process. Should you choose we can remove existing closet shelving or rods, prepare and re-paint the space prior to the installation. Our crew is pleasant, detail oriented and will do an excellent job cleaning up when we are done. Most installations are only a few hours.







Custom Designed & Installed Storage Solutions For The Entire Home. No Obligation Design Consultation

Mark McIntyre 11 Ebony Drive Fredericton, NB



M2MClosets www.m2mclosets.ca

Brepare for the unexpected by understanding your insurance

(NC) While the majority of Canadians review their insurance policies at least once a year, according to the State of Insurance Report, an annual report commissioned by TD Insurance, 52% of Canadians wouldn't ask their insurance provider to clarify details they don't understand on their policy. Dave Minor, a vice president at TD Insurance, provides examples of common questions from Canadians on their insurance policies in an effort to help them become more familiar with their coverage:

• I bought an antique dining room table and chairs, but it was damaged when my toilet water supply valve burst last month. Will I receive the full amount I paid for the set from my insurer? Replacement value ensures the contents of your home are insured for the amount it would cost to replace them today. However, a standard home policy only covers actual cash value – what you would pay for a similar item at today's costs, less depreciation. Double check your home insurance policy to determine which type of coverage you currently have for the contents of your home.

• I just bought my first house. How do I meet my mortgage payments if something happens to me? Mortgage life insurance pays the balance of your mortgage if any of the borrowers who are insured pass away, so loved ones are not left with the debt. Term life insurance is another option. This type of policy provides coverage for a lump sum amount for a set number of years at which time it is renewable for a subsequent term. Both of these approaches are low-cost options that will protect your home and family. www.newscanada.com



Atlantic Canada's Quality Furniture Destination 1889 Mountain Rd., Moncton, NB 506-855-0035 www.barnabyandco.com

Smoke alarms are your first line of defence

(NC) An average of eight Canadians die each week as a result of fires that are considered preventable, or are a result of careless behaviour, reports Fire Prevention Canada. When considering your own protection,

remember that functioning smoke alarms are a reliable first line of defense. A few simple steps to consider:

• Install smoke alarms on every story of your home and outside sleeping areas, and make sure you test them regularly. A good measure is to test the detectors monthly, clean them every six months, and replace batteries when necessary.

• Have a fire escape plan for your family and practice it. Make sure everyone in your household knows different ways to exit your house and have a meeting place a safe distance from your home in case of a fire. When going over the details of your escape plan, check windows and doors to ensure all easily open.

• When renovating, consider using fire-rated, non-combustible products. Roxul, for example, makes stone wool insulation. Because of the stone properties, it resists temperatures up to approximately 1177° C (2150°F) and when directly exposed to fire, it will not develop smoke or promote flames giving you more time to escape.



Fire prevention measures are a serious matter in every home. Make sure you consider all necessary steps whether it's installing an alarm or looking into fire-rated products – and remember that this year, Fire Prevention Week runs from October 6 to 12. Additional safety tips for you and your family are available online at firesafetycouncil.com, cafc.ca, and at fiprecan.ca.

www.newscanada.com



5 Common Sleeping Problems



Daleys Brandsource Home Furnishings has been providing great sleep products for over 50 years in the Fredericton/ Oromocto area and we are pleased to introduce Tempur-Pedic mattresses to our customers. Tempur-Pedic mattresses solve the 5 common sleep problems with ease and have a 95% customer satisfaction rating! What are the 5 common sleep problems?

...1 Excessive tossing and turning,

...2 lack of back support

...3 sleeping too hot or cold,

...4 your partners movement waking you up and

...5 mattress sag or roll off.

If any of these sound familiar then its time to check out Tempur-Pedic mattresses at Daleys "Sleep Well" center .

Daleys has the Brandsource 120% price guarantee* and a 90 day "Comfort Guarantee"

* Why trust your sleep to anyone else?

* see store for details.

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Tempur-Pedic owners are young, old, and everything in between... AND they're more satisfie than owners of any other traditional mattress bran So satisfied, in fact, that they tell an average of 7 people about their Tempur-Pedic bed.

Come in today to find out how you can start getting the best sleep of your life tonight!



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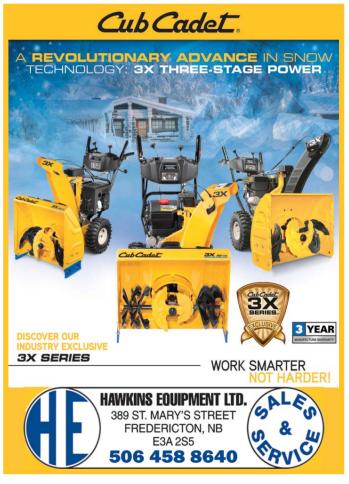
www.daleysbrandsource.ca





Hawkins Equipment Ltd is a leading snow blowers, snowmobiles, lawn and garden equipment and equipment dealer in Fredericton. Whether you're looking for the latest and newest products from Cub Cadet, Polaris, STIHL, or today's best clothing and accessories - they've got it.

www.hawkinsequipmentItd.com



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The reality is that it is a very affordable option, especially when you consider the long term. With precast concrete steps and decks there is no painting that has to be done and they will not have to be replaced in a few years. We have steps that have been in for 30 years.

One way of keeping your steps and decks looking good for years is to apply a sealer to them. This is something that you can do yourself or have us do. It is something that will help them to maintain their appearance for years to come. What the sealer does is to provide a barrier against the weather so that it is harder for water to get in and darken the appearance. It is like

putting wax on your car, it will keep them shiny for a longer period of time and like your car, a good washing will clean them up nicely.

Contact us to find out how reasonable it is to replace your steps or decks with precast concrete!







2192 Route 102 Hwy, Lincoln, NB E3B 8N1 scotts@scottsnursery.nb.ca Ph: (506) 458-9208 Twitter: @scottsnursery Facebook.com/scottsnursery

Why would I garden . . . ?

If you ask people who love to garden why they do it, the answer is simple, "It is so rewarding". There aren't many things in which you can put such minimal effort to reap such great benefits in as short a time. After a stressful day at work, leave all those electronic devices in the house and head out to the garden. Get dirty, Pull some weeds, Find some new treasures, Depending on the time of the year, grab a few fresh veggies, cut a few flowers for an old vase in the kitchen and cut a few sprigs of parsley for a last minute addition to your favourite recipe.

We love to share our enthusiasm for gardening here at Scott's. Whether you garden to improve the value of your home, to beautify your yard, to grow your own vegetables for the year or just for the sheer love of gardening, we can help guide you with most any aspect of gardening — inside or out.

Oliver Scott started "Scott's Nursery" back in 1928 when he arrived here from Scotland, He grew cut flowers to take into the Phoenix Farmers Market. After building a greenhouse, history was made. Scott's now covers over 6 acres of greenhouses and nursery, retail garden center,



flower shop, gift shop and hydroponic store all in one location. If you haven't stopped in for a visit we would love to see you. We have a great selection of fall plants, bulbs and we are



gearing up for the Christmas season with poinsettias, ornaments, fresh outdoor greenery and such a great selection of indoor plants all vear round.

During cooler fall months, think about planting bulbs such as tulips, daffodils, crocus and many others. Venture into the perennial garden and plant a few new varieties. While you are in the garden try moving a few plants around to

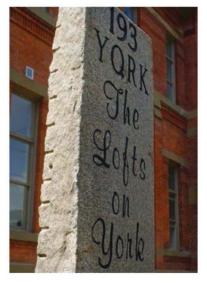
optimize your space. Also, this time of year is an ideal time to give your lawn some extra

attention with lime and nutrition. Many trees and shrubs can be planted in the fall. The cool evenings and warm days make excellent conditions for root establishment.

The best place to start gardening is spending some time investigating your own yard. Try to envision what you would like it to be. Then visit us and we can help you get started. . . .



THE LOFTS ON YORK



elcome to the Lofts on York! ADI is proud to present a one of a kind condominium project in the heart of downtown Fredericton. A classic brick and stone building and one of Fredericton's most recognizable heritage properties. York House was designed and built by famous architect J. Dumaresq in 1893. It is situated in the heart of a very vibrant downtown Fredericton within walking distance to the city's finest shopping, restaurants, theatre and convention centre and of course the beautiful St. John River. A major heritage restoration project to transform this fine building into an exclusive 10 suite residential condominium. Residents will enjoy the sense of security and privacy with the beautiful fenced in common space featuring a first class stone patio with granite benches and wonderful raised gardens. Onsite parking including some covered parking is also available.

This upscale project is truly unique to Fredericton and the downtown location will surely appeal to residents looking for a high end product that is the newest development in the city centre.



With almost 50% sold during construction, the interest level is very high as we move towards final completion and the availability of two model suites in September 2013. Carrying the exclusive and discreet concept from design and construction through to marketing and sales, the building and model suites may only be viewed by appointment.

With attention to detail, the entire interior was refurbished including significant demolition of interior walls and complete removal of all mechanical and electrical systems. The exterior walls were brought up to an equivalent R-32 thermal value and the entire

exterior face of the masonry and stone was rehabilitated with a high pressure soda ash clean and very thorough pointing repairs. Major structural rework is highlighted by the new elevator shaft right up through the middle of the building. An environmentally friendly "Eco Space" elevator was added to provide access to





ADI International Inc. 370 Wilsey Road Fredericton, NB, E3B 6E9 Canada Tel: (506) 454-8000 Fax: (506) 451-745



all 4 levels of the building. Concrete floor topping and interior metal framed walls were designed and built to the highest STC ratings ensuring an ultra-quiet and private feeling for all residents. No long hallways, elegant and bright common spaces and stairwells are found on all three resident floors. Incredible 11 foot ceilings with large windows, all with opening panes. Individual suite heat pumps including state of the art ceiling units provide maximum heating and cooling comfort all year. Interior and exterior cameras surround the building for an enhanced peace of mind feeling 24 hours a day. Individual keyless suite entry allows residents to freely walk about downtown without worrying about keys or re-entry to your home. The standard level for all suites is very high....no need for costly upgrades. All purchasers get to select finish flooring, kitchen cabinets and paint colour to allow you to personalize your suite.

The Lofts on York is truly an outstanding building and has been without question a very satisfying opportunity and project for ADI. The sale of almost 50% of the suites is a testament to the high quality project that has unfolded. The current purchasers and lucky individuals that are presently interested have all been overwhelmed with the entire concept from layouts to level of finish to the second to none location! Call John McDonald (461-7187) or visit our website at www.theloftsonyork.ca for more information.





ADI International Inc. 370 Wilsey Road Fredericton, NB, E3B 6E9 Canada Tel: (506) 454-8000 Fax: (506) 451-745





Townhouses

The news is in, current residents of Rainsford Gardens are elated and celebrate Fredericton's newest and most vital adult living community. The property owners of Rainsford Gardens know quality home-design and construction and trust the expertise and experience that Steve Stairs brings to this refreshing take on urban living.

Pride in community and the desire to create an unparalleled living experience is the inspiration behind Rainsford Gardens. That said, your home should not be a burden and downsizing should not come at the expense of luxury or living space.

The community itself is comprised of exclusively designed properties ranging from sleek townhouses to top of the line stand alone executive homes. Each unit or home is fully customizable, and developer and designer Steve Stairs is well reputed for his commitment to superior design and construction, with acute focus paid to each individual homeowner's unique preferences or requests. Within this group of quiet, housing options residents enjoy the hassle-free convenience of snow-removal and landscaping services that ensure the picturesque community remains stunning year round.

The streets and green spaces within Rainsford Gardens have been well thought out. Thanks to underground wiring the community is free of unsightly overhead power lines and all properties have been constructed to optimize sight-lines ensuring spectacular views of the city.

Today's frantic and sometimes chaotic rhythm makes home comfort and satisfaction more valuable than ever. With the help and guidance of Steve Stairs, Rainsford Gardens is quickly becoming the most exciting option for Frederictonians seeking a modern, stylish, and comfortable hassle-free refuge. A place where independence is the measure of true happiness.



HOMES Fredericton Fall 2013



Townhouses Fredericton

Open concept with heated floors

www.RainsfordGardens.com | 506.454.3363

Choose a contractor based on skills, not just price

(NC) We all want a good deal with service contractors, but when it comes to heating, ventilation and air conditioning (HVAC), industry watchers say there is too much at stake to rely on the cost estimate alone.

The systems are complex and they need to be installed and serviced by educated, licensed tradespeople. If not, you might put the mechanical functioning at risk, and end up spending far more in the long run.

Most agree that an exceedingly low bid is cause for alarm. It could be that the contractor doesn't understand the scope of the work and is

underestimating the amount of time and materials needed. Worse yet, he or she might be intentionally cutting corners by using inferior material or not following industry and government guidelines. Requests for follow-up service could be ignored, and things might break down long before they should, adding to the overall cost and inconvenience.

According to the Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI), their member companies are regularly called upon to repair the shoddy work of contractors who lured in unsuspecting

consumers with impossibly low quotes. It means that the incredible deal you got on a new furnace didn't end up being such a great deal after all. To protect yourself and your home, be sure to get more than one quote so you fully understand the cost parameters of the service in question. Insist that contractors quote you for exactly the same service in each case. Some contractors are known to intentionally give bids for something slightly different from competitors so you can't do a straight comparison. Beware of companies who provide quotes without an on site visit, or those

who scribble a figure on the back of their business card. In the case of a new AC unit, it is impossible to provide an accurate quote without visiting the home and doing a sizing (heat gain/heat loss) assessment. Anyone who tells you otherwise is misinforming you.

A professional contractor will provide a thorough, written breakdown of services, and a firm dollar value for each. Make sure you understand what is included in the quote - and what isn't. Some contractors present an attractive, low offer, only to push up the price by adding services or components later. Inquire whether there might be additional payments



tied to the job; if necessary get confirmation in writing that there won't be. In the end, the best way to avoid poor service is to deal with a licensed, insured professional with the right technical gualifications. Ask the contractor if they have the appropriate licence, and if necessary request to see it. They should also have property damage and public liability insurance.

Alternatively, turn to HRAI for guidance, says the organization. All HRAI members have been prescreened and have the required trade licenses, technical certifications and insurance coverage. For help finding a licensed contractor near you, go to www.hrai.ca/mycontractor www.newscanada.com





You can stop the calls from creditors and regain control of your life and finances. Find out how CCSAC can help you get your life and credit back.

WE CAN HELP RELIEVE YOUR STRESS!!

If you are struggling with debt, having trouble making minimum payments, receiving collection calls or need a budget, Credit Counselling Services of Atlantic Canada, Inc. (CCSAC) is the best solution for you.

Debt is an extremely personal subject and we know that. Our accredited counsellors take the time to get to know you and review your situation. We recognize that no one case is ever the same. There may be a circumstance such as a job loss, recent divorce or a new baby; something unexpected that has affected your finances. We'll work with you to find a realistic solution and help you build a stable financial future.

Our services are accessible to everyone. We offer face-to-face counselling, telephone counselling, a contact request form and, "Chat with a Counsellor" online through our website. Contact us today to find out how you can regain control of your finances and get your life back on track.

Contact us today: 20 Alma St., Saint John, NB www.solvevourdebts.com

652-1613 1-888-753-22

DO I NEED AN EYE EXAM IF MY VISION SEEMS OK?

You find time to visit your family doctor for an annual physical, to take your children to their annual dentist visits. But is your family overdue for a trip to the eye doctor's office? Vision care is often neglected. In reality, how much could we actually accomplish in a day without the precious gift of sight?

You may not see serious eye disease coming, but your eye doctor will. Even if you have clear vision, only a regular, complete eye exam can ensure that your eyes are healthy. Some eye diseases can cause permanent damage.

The eyes function as a window to our bodies. An eye doctor can reveal the presence of undiagnosed hypertension, multiple sclerosis, strokes, kidney problems, brain tumors and other general systemic conditions.

It is recommended that you have an eye exam at least every two years. Don't wait because many serious eye diseases often have no symptoms. Glaucoma is an eye disease that causes vision loss. It is known as the "sneak thief of sight." Conditions such as cataracts or macular degeneration develop so gradually that you may not even realize your vision has decreased. Diabetic retinopathy is a condition that may develop in diabetic patients.

Uncorrected vision problems in children often cause learning and reading difficulties or contribute to other medical problems such as dyslexia and ADHD. Early detection of these and other eye diseases is important for maintaining healthy vision. Once the damage is done it cannot be corrected.

Did you know that 1 in 6 children have a vision problem that could lead to learning difficulties? **Call 1-877-489-2020** and let Vogue Optical arrange an eye exam for you and your family.

Although the primary reason for visiting your eye doctor should always be eye health, there is nothing wrong with having a little Fun with Fashion. Frame styles change over time and if you haven't updated your glasses in a while, you will be pleasantly surprised at Vogue Optical's new Fall Collection.





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Deeper Beauty one coat or two?

Can we get away with one coat, or do we need two? That's a question many homeowners ask CertaPro Painters[®], and unfortunately the answer is, 'It depends.'

First, let's address the question of priming and sealing. If stains are noticeable or the old paint is cracked or flaky, it's important to properly prepare the surfaces to be painted. Sometimes this requires a good deal of scraping, sanding and/or spackling. It's vital to have a solid foundation before painting starts. If scraping exposes bare wood or unsealed drywall, a primer coat is necessary. Primers are thinner than top-coat paints so they penetrate better, seal the substrate and contribute to improved stain blocking and, in some cases, adhesion. If the surface to be repainted is in sound condition but just faded, marked-up, or simply in need of new color that is not too different from the original color, it's usually fine to skip the primer application.

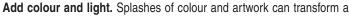
TOP-QUALITY PAINTS MAKE A BIG DIFFERENCE

"Open two cans of paint and they look pretty much the same," says Andrew Hoyt, CertaPro Painters®, Fredericton, New Brunswick. "But better ingredients found in today's better paints can't be identified in the can – only on the walls," asserts Hoyt. "Normally, we recommend two coats, the main exception being applying the same color and sheen on the existing surface. Trying to make a single coat look great, especially over another color, can stretch the limits of full hiding, and the finished paint job lacks the deep, rich finish that customers want to see." With one coat, it is virtually impossible not to have holidays (slight misses where the paint did not fully cover), and unsightly roller marks can show up as well.

"For our customers, two coats are generally the rule," explains Hoyt. "Two coats will always look richer and more beautiful after the paint dries. And after all, you've got to live with it for a long time, so you might as well really love looking at it."

3 tips for kitchen renovations

(NC) Do you feel the need to renovate? If so, you're not alone. A recent survey of 100,000 homeowners by Houzz.com found that 53 percent believe that now is a good time to remodel. When deciding on where the makeover begins, look no farther than the kitchen. As one of the most highly trafficked areas of the home and the family hub, kitchens deserve some extra attention. Or, if you're thinking of moving, the kitchen is a major selling point for homebuyers – and an ideal investment to help attract more potential buyers and achieve a higher selling price. To ensure a successful project, keep in mind these kitchen-remodeling tips:





kitchen from a workspace to a fun, vibrant family-gathering spot. To show off those dazzling colours, choose window treatments that let the sunshine in and make the room feel open and airy. Next, take a look at the windows themselves. If your windows have air leaks, don't open easily or don't have a quality aesthetic, it may be time for new. Luckily, you'll see a return on investment immediately as high-efficiency replacement windows and patio doors not only save money over their less-efficient predecessors, but they retain their value should the home be sold, according to industry

statistics.

Go bold with fixtures. Once you've chosen a new sink, top off the highly used area with a fashionable and highly functional new kitchen faucet. If you lean more towards modern styling, Moen points out its new ST collection. It offers a slim, sleek tubular design with an innovative, integrated pulldown wand which neatly docks inside the spout. If you lean toward a more traditional style, the Moen Weymouth collection features an ornate, Victorian design. Both collections offer kitchen and bar/prep faucets and are available in the most popular finishes, including Spot Resist Stainless,

which guards against fingerprints and water spots. While design, colour, and surface appeal are important considerations, you'll also want kitchen flooring that can live up to your lifestyle and provide the comfort and durability you need. Luckily, there are numerous materials to choose from.

For example, natural stone and ceramic tile are high-end products that radiate taste and elegance. Just remember, if selecting these hard surfaces, you'll also want to invest in cushioned rugs for areas where you'll be standing for longer periods of time. Other choices, such as linoleum and vinyl, can offer the look of tile or wood in a more economical, easy-to-clean package.

Finally, hardwood has made great strides as a flooring option for kitchens due to improved product quality and sealing technology.

With these few key kitchen upgrades, you'll soon have the fashionable and functional kitchen you've always desired – or one that will appeal to potential buyers.

More information is available online at moen.ca. www.newscanada.com





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Nome improvement projects perfect for fall

Home improvement projects can add value to a home and do-it-yourselfers know the sweat-equity that goes into such projects can give homeowners a greater sense of pride in their homes. But no two home improvement projects are the same, and homeowners should know that certain projects are best tackled during certain times of the year.

Fall is a great season to work on your house, as the weather is often at its

most agreeable once the summer heat has gone and before winter weather arrives. The following are a handful of fall-friendly home improvement projects for homeowners looking to improve their homes.

Roof repair

Whether you're repairing or replacing the roof, fall is a great time of year to dust off the ladder and get some work done on your roof for a variety of reasons. First and foremost, fall is ideal for roof work because you won't have to be up on the roof with the summer heat bearing down on you. This can make the project move along more quickly, which is especially beneficial if you are paying laborers to work on the roof. The fewer hours

workers are fixing your roof, the less you will be paying in labor costs. In addition, fixing up the roof in the fall ensures those winter storms, be it rain or snow, won't find their way into your home via leaks. A leaky roof in winter is hard to fix, as the roof surface could be treacherous in the winter and winter winds can make it dangerous to be up on the roof at all.

Addressing leaks in the fall can prevent damage to your home's interior, which can mount up if a leaky roof is not addressed until the following spring.

Window work

When the weather outside gets frightful, poorly insulated windows can allow cold air into the home. That often has a trickle-down effect on finances, forcing you to turn up the thermostat in an attempt to offset the cold air pouring into the home. Whether you need your windows replaced or simply need to patch up any leaks, a proactive approach to leaky or



older windows in the fall can save you from unnecessarily high heating bills come the winter. Addressing leaky windows also makes a home more comfortable for its inhabitants.

Fall is the ideal time to address a home's windows because the temperature outside tends to be pleasant. This means you likely won't have to make much of an effort to offset the elements, and open windows in the fall won't make your home's interior very hot or cold like they might if you were to tackle the project during the summer or winter.

Fixing the floors

Wood flooring is a hot commodity for many homeowners. But not all flooring

can be added to a home at any time of year. That's because certain types of flooring employ adhesives that need temperatures inside the home to be within a certain range, and that range is often within 70° to 80° F, which makes fall a great time to install such floors. Colder temperatures can make it difficult for the flooring to dry and bond, which will prove problematic down the road. What's more, many people entertain friends and family come late fall and into the holiday season, and it can be difficult to do so if you are busy installing new flooring.

Painting projects

Painting is another home improvement project that seems tailor-made for fall. A fresh coat of paint or a new color scheme around the house can give a home an entirely new look and feel. But paint can be pungent and

the aromas may last if it's applied at a time of year when it can't dry while the windows are wide open. Paint fumes inside a home can make the home uninhabitable, but painting at a time of year like the fall, when you can keep the windows open during and after the project, can help air the home out.

But interior painting isn't the only painting project homeowners can tackle in the fall. Many exterior paints are temperature-sensitive and need the temperature outside to be above 400 F. Paint that freezes won't dry properly, and homeowners might be left with a costly and unsightly mistake on their hands.

Fall temperatures tend to be amenable to both interior and exterior painting projects, just be sure to check the weather forecast before making your first brush stroke. FH139449





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