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Midland Meadows Golf Club is entering its 18th Season, and is located in Midland, New Brunswick minutes from Norton and a short distance from Hampton and Sussex. It's only a short drive from Saint John and located outside the fog belt, so most times if it is raining and foggy in the city, the sun is shining at

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Midland Meadows is a scenic 9 Hole course with a challenging Par 36 layout, including 3 Par 5 Holes, 3 Par 4 Holes, and 3 Par 3 holes including the challenging signature Island Green. The course offers a walker friendly layout with beautiful country views from each hole, pull carts and power carts are available for rent (power carts must be reserved in advance, to guarantee availability). Tee times are not mandatory but you can call the Pro-Shop 485-8008 to book or use our new online booking tool found on the website. Midland Meadows also offers a driving range which is open daily. The Pro-Shop, Clubhouse and course are now fully licensed, with lounge and deck to enjoy a cold beverage before and after your round. Interac debit and credit card payment is also available.

Midland Meadows offers memberships and green fees as well as tournament bookings. Monday is Seniors Day (all day), Mens Night on Tuesday and Ladies Night on Wednesday beginning at 6:00 pm, open to green fees and members. All skill levels are welcome from beginners to avid golfers. The course remains open every year until the snow is here to stay, well after most courses have closed for the season.

Midland Meadows Golf Club is proud to host the "Canadian Snow Golf Championships" each year the middle of February. Since the first snow golf tournament in 2002, over \$180,000 has been raised with all proceeds donated to the "Children's Wish Foundation". Midland Meadows also holds an annual Remembrance Day tournament on November 11th to help raise funds for the War Amps.

Midland Meadows has a very loyal group of members who support the golf club. "If there was an award for the golf club with the best members we would win hands down" commented Glen Gray, owner of Midland Meadows, and adds "We have a committed group of member base volunteers who help with course improvements and contributes to the ongoing success of our club". "We pride ourselves on offering enjoyable, affordable golf with a welcoming and friendly country atmosphere, where everyone is made to feel welcome and comfortable", adds Gray.

Contact the Pro Shop at (506) 485-8008 with your tee times for tournament bookings. Like Midland Meadows golf Club on Facebook for current updates and what's happenings at the course.

Midland Meadows GOLF CLUB

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What to know before renovating

(NC) Whether it's a DIY project or one you hire a pro for, a home upgrade can add beauty and comfort to your living spaces. But before you start, know that some furniture and building materials made from composite wood may be a source of formaldehyde.

Formaldehyde is a colourless gas commonly found in indoor air. It can come from tobacco smoke, wood smoke and cooking. It also comes from composite wood, manufactured by combining wood fibres and adhesives to make cabinets, countertops, flooring, mouldings and furniture.

Exposure to the substance over a longer period is linked to breathing problems and increased allergic sensitivity, especially in children. At high levels, it has also been linked to cancer of the nasal passageways.

In 2010, California developed regulations to reduce formaldehyde coming from composite wood products. The U.S. then expanded on the California regulations to create a national regulation.

In 2016, the Canadian Standards Association (CSA) developed a voluntary standard on formaldehyde emissions for composite wood products manufactured in Canada. Its emission limits are harmonized with the California regulations.

Health Canada is developing regulations that will also target composite wood products. These new regulations should come into force in 2019. Until that happens, you can limit your potential exposure with these tips:

Understand what you're buying. Does it contain a composite wood product? If it does, is there a label on it that states it complies with the California Air Resources Board (CARB) or the CSA standard? Look for labels that have statements like California 93120 Phase 2 Compliant for Formaldehyde, Certified to CAN/CSA-O160, Complies with CAN/CSA-O160, and Product in compliance with TSCA Title VI. If you're not

sure, don't be afraid to ask the vendor.

Keep emissions from composite wood products low. Buy items—particularly with the CARB or CSA standard—that are low-emitting or have a plastic laminate or coating on all sides, or seal these items yourself at home instead.

Limit exposure from household and building products. If available, choose no or low-formaldehyde formulations. Ask retailers or manufacturers for details.

Ensure plenty of ventilation. This is essential when you do any renovations, particularly for painting or varnishing projects and when installing any flooring using glues or adhesives.

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Crafting with your kids? Tips for parents

(NC) If you ask an average three-year-old what makes slime a good slime, you might expect the response to include words like gooey, sticky, slimy and stretchy. Extra points might be awarded if an older sister considers the slime "totally gross."

But the best slime is free from boric acid. Although it's found in many products and occurs naturally, Health Canada is advising Canadians to take steps to avoid overexposure. One effective way to do this is by not using the substance for kids' arts and crafts projects, such as homemade slime or play-dough/modelling clay.

Boric acid, sometimes called boron or borax, is found in the environment naturally. We're exposed to the substance through food like fruit, vegetables and drinking water.

We can also be exposed to it through common household products like pesticides, cleaning products, cosmetics, and swimming pool and spa chemicals. Small levels of boric acid may also be found in drugs and natural health products.

Since we're already exposed to boric acid naturally, Health Canada is advising that exposure from other sources should



be reduced as much as possible, especially for children and pregnant women. This is because it has been found that overexposure to the substance may cause developmental and reproductive health effects.

Fortunately, there are lots of great boric acid-free recipes out there. Consider sitting down with your child to research a few options.

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Tips to keep ticks away from your home

(NC) Most do-it-yourself improvement projects help to make your home a more beautiful and comfortable place to live. However, some designs have benefits beyond just aesthetics, and can make your property a safer, healthier place for you and your family.

One project you can take on this spring is reducing tick habitats near your home. Ticks can carry Lyme disease, an infectious disease that is spread through the bite of infected ticks, and is on the rise in Canada.

The best way to protect against Lyme disease and other tick-borne disease is to prevent tick bites. Here are some simple ways to keep them away from your home or cottage:

Stay on top of lawn care. Ticks can carry Lyme disease and other diseases, and are most often found around and in wooded areas, shrubs, tall grass and piles of leaves. Keep them away from your greenery by mowing the lawn regularly to keep the grass short. Remove leaf litter, brush and weeds at the edge of the lawn and around stonewalls and woodpiles.

Rearrange outdoor furniture. The best spot for children's playground sets, sandboxes and dining tables is a sunny location that's away from the yard edges and trees. Consider placing equipment on a woodchip or mulch foundation.



Find a dry spot for firewood. Spring and summer nights can get cool, and many of us enjoy lighting a fire in the evening. Ticks can hitch a ride into your house or cottage on a piece of firewood. You can protect against this by stacking firewood neatly in a dry area.

Keep wildlife out. Animals found in rural and forested areas could carry ticks and increase your exposure. Put barriers around your property to keep deer out, and seal stone walls and small openings to discourage rodent activity. Since pets can also carry ticks into your home, talk with your veterinarian about options for tick prevention and do regular tick checks on your pets.
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August 10-12	Dressage NB
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August 20-22	Agricultural Fair
August 25-26	NPBHA
August 28-30	4H Provincials
September 1-2	Paint Show
September 8-9	(Balloon Fiesta) RAM Rodeo
September 14-16	Dressage NB
September 22-23	Beef Expo
September 29	Kings County Fun Show
October 6-7	NBEA General Performance Show
October 13-14	NPBHA
October 20-21	Regional Pony Club

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How to stay safe in an emergency

(NC) Across Canada, we face a number of hazards such as floods, power outages and industrial or transportation accidents. Learn how quick and easy it is to become better prepared and stay safe throughout a range of emergencies — anytime, anywhere.

Know the risks. Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. For example, you can encounter earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. Check out the Canadian Disaster Database or Public Safety Canada to see which risks are relevant to your community.

Prepare your home. Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and well-stocked first aid kit. If you live in an apartment, know where the fire alarms and at least two emergency exits are located. Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the electrical panel.

Make a plan. Every household needs an emergency plan. It will help you and your family know what to do in case of an



emergency and only takes about 20 minutes to make. Your family may not be together when an emergency occurs, so discuss how to meet or contact each other if you're apart when disaster strikes. Develop a plan for different situations, like if you're at work or the kids are at school.

Get an emergency kit. If an emergency happens, it may take emergency workers some time to reach you and you may lose power or tap water. You should be prepared to take care of yourself and your family for a minimum of 72 hours. Keep your kit organized and easy to find. Stock it with essentials like water, food that won't spoil, a flashlight, batteries, some cash in small bills and prescription medications.

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Tick removal: How to safely get them out

(NC) Warmer weather brings with it barbecues, camping and sunny days on the water. It also increases the activity of ticks, especially near wooded areas.

Ticks are a concern because of the increase in the number of cases of Lyme disease and risk of other tick-borne disease in Canada each year. It's essential to take steps to protect yourself by using bug spray and doing regular tick checks after spending time outdoors.

If you do get bitten by a tick, it's important to remove it right away to reduce your chances of getting infected. Here are simple steps to follow that are recommended by the Public Health Agency of Canada for safe tick removal.

1. Using clean tweezers, grasp the head as close to the skin as possible and slowly pull straight out. Try not to twist or crush the tick. Visit your healthcare professional immediately if you are not comfortable with removing a tick or you cannot remove it yourself.

2. If the mouthparts break off and remain in the skin, remove them with tweezers or, if you are unable to remove them easily, leave them alone and let the skin heal. Consult your



healthcare professional.

3. Wash the bite area and yours hands with soap and water or disinfect with alcohol-based hand sanitizer.

4. Try to save the tick in a sealed container and record the date of the bite. Bring it to your medical appointment as it may help your healthcare professional assess you.

5. Do not apply lotions, creams or nail polish to the tick or try to burn the tick off, as this may increase the risk of infection. If you feel unwell or are concerned about your health following a tick bite, contact your healthcare professional.

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All events will start at 6:00 PM.

- Sussex Downtown Cruise Night •Thu, May 17, 2018
(6:00 PM - 9:00 PM)
- 2nd Annual Sussex Auto Swap Meet •Sat, May 26,
2018 - Sun, May 27, 2018 (12:00 AM)
Sussex, Princess Louise Park, Sussex NB
- Sussex Downtown Cruise Night •Thu, May 31, 2018
(6:00 PM - 9:00 PM)
- Sussex Downtown Cruise Night •Thu, June 14, 2018
(6:00 PM - 9:00 PM)
- Mullin's Mile Show & Shine •Sun, June 24, 2018
(11:00 AM - 4:00 PM)
- 8th Hussars Sports Centre, Sussex NB
- Sussex Downtown Cruise Night •Thu, June 28, 2018
(6:00 PM - 9:00 PM)
- The Great Race 2018 •Fri, June 29, 2018
(All Day)
- Sussex, NB, Sussex NB
- Sussex Downtown Cruise Night •Thu, July 12, 2018
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- Sussex Downtown Cruise Night •Thu, July 26, 2018
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- Sussex Downtown Cruise Night •Thu, August 9, 2018
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- Mullin's Mile Poker Run •Sat, August 11, 2018 (12:00
PM)
- The Mule Bar & Grill, Sussex, NB
- Sussex Flea Market •Fri, August 17, 2018 - Sun, Au-
gust 19, 2018 (All Day)
- Sussex, Princess Louise Park, Sussex NB
- Sussex Downtown Cruise Night •Thu, August 23,
2018 (6:00 PM - 9:00 PM)
- Sussex Downtown Cruise Night •
Thu, September 6, 2018 (6:00 PM - 9:00 PM)
- Sussex Downtown Cruise Night •
Sun, September 16, 2018 (1:00 PM - 4:00 PM)

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August 3rd: The Emoji Movie

August 10th: A Dog's Purpose

August 17th: Peter Rabbit

August 24th: Toy Story



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Getting ready for spring road trips

(NC) After a long winter, most of us are itching to head outside to enjoy the milder weather. A great way to have fun with the family is a weekend road trip. Use these tips for a safe and entertaining drive.

Check out local gems. Looking for a getaway on a budget? Avoid common tourist traps and explore what nearby smaller towns and cities have to offer. There are affordable spots across Canada filled with activities like local theatres, museums, national parks and more.

Keep kids happy. No one wants to hear "are we there yet?" hundreds of times before reaching their destination, so come prepared. Stock up on colouring books, toys and games from dollar stores and thrift stores to make sure the little ones have something to do. If you bring tablets or other mobile devices, download movies and apps that don't need an internet connection or in-app purchases. Those can quickly burn a hole through your credit card.

Skip the drive-thru. Both adults and kids will be in better moods if they aren't feeling groggy from a greasy meal or fired up from a sugary drink. Avoid the temptation of fast food by packing nutritious meals and snacks from home, like Mason jar salads, cereal and hearty sandwiches loaded with veggies.



Prep your body for the drive. Whether you've got a couple of hours or a whole day of driving ahead of you, make sure your body is up to the task for a smooth journey. Be sure to get a good night's sleep the night before your trip and schedule a few pit stops to rest your eyes and stretch your legs.

Maintain a clear mind. You'll need to stay sharp and have quick reflexes when driving, especially on unfamiliar roads. Always drive sober, since using drugs or alcohol can impair the skills needed to drive safely and can result in dangerous collisions. While the risks of impairment from alcohol are well known, you may not be aware that cannabis also impairs driving skills and can double your chances of being in a crash. Find more information on the health effects of cannabis at canada.ca/cannabis.
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Emerging trends: What to expect in Canada

(NC) You did the work and filled out the census, which helped set the record for the highest response rate yet. Now, it's time to check out the information and insights your data helped reveal about Canada. Here are some interesting facts!

Condo craze: Fueled by trends like urbanization, the housing landscape is changing, and condos are on the rise, both literally and figuratively. The growth rate of households living in condominiums in the city was more than 16 per cent since 2011, and condos represent one-third of all occupied private dwellings built between 2011 and 2016.

Changing commutes: The way people get to work is changing. More people are now using public transit than before. Nearly one-third of commuters use sustainable transportation—public transit, walking, cycling or carpooling—and women are more likely than men to use greener transportation.

Work wonders: Canadians are equipping themselves for today's jobs, with 81.4 per cent of post-secondary graduates aged 25 to 64 choosing fields that are essential for building a strong social infrastructure. These include education, communications, justice, health and others.

Solitary style: At 28.2 per cent of all private households, the number of people living alone is the highest it's ever been since Confederation—a trend that is similar in other countries like the United States and the United Kingdom. One-person households became the most common type of household for the first time in 2016, surpassing couples with children. This type of household went down to 26.5 per cent.

Doubling down on diversity: Positive gains in representation are also happening in the workforce and education. For example, over half of recent immigrants have a bachelor's degree or higher, and women now make up the majority of people working in the health and social assistance sector.

Find more information at www.statcan.gc.ca/census.
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Learn more about the federal government's proposed plans for legalizing cannabis

(NC) Across the country, people are talking about the upcoming legalization of cannabis. But what does the proposed Cannabis Act mean for you and your community? Here are some things you need to know.

Protections for youth. The proposed Cannabis Act would restrict people under the age of 18 from accessing cannabis (note that the minimum age of purchase may be higher depending on your province or territory). The proposed Act would make it a criminal offence to give or sell it to youth, or use youth to commit a cannabis-related offence. Promotion and advertising and products and packaging that are appealing to youth would also be prohibited.

Legal limits. If the Act becomes law this summer, adults 18 and over (19 in some provinces and territories) would be able to possess up to 30 grams of legal dried cannabis in public or its equivalent and share up to 30 grams with other adults. Depending on your province or territory, the cannabis possession limits may be lower.

Where to purchase. Adults would be able to legally purchase dried or fresh cannabis, cannabis plants and seeds, and cannabis oil from a licensed retailer in their province or territory. Other products, such as cannabis edible products and concentrates, would be available for purchase within 12 months following the coming into force of the proposed Cannabis Act. By that time, regulations would be put in place to address the specific risks associated with these types of products.



Homemade options. Under the proposed Cannabis Act, adults would be allowed to grow up to four cannabis plants per residence for personal use with seeds or seedlings purchased from a licensed retailer. Depending on your province or territory, the limit may be lower and additional restrictions may apply. Adults could also make cannabis products, such as food and drinks, at home provided that organic solvents such as butane, propane or other similar substances are not used. These substances are highly flammable and explosive, and using them can cause fires or explosions that can not only result in property damage, but also in serious injuries or even death.

New criminal penalties. Penalties would target those acting outside the legal framework, such as those involved in organized crime, and would be in proportion to the seriousness of the offence. Sanctions would range from warnings and tickets for minor offences to criminal prosecution and imprisonment for more serious offences.

Find more information at canada.ca/cannabis.

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SUSSEX COMMUNITY EVENTS

Events and/or programs maybe subject to change. Please check website(s) for updates

Community Clean Up

Saturday, 05 May 2018 9:00 am -12:00 pm
8th Hussars Sports Centre

Sussex and Area Foundation

Saturday, 12 May 2018 11:00 am -3:00 pm
Mothers Day Lobster Dinner \$25.00

22nd Annual Antique Tractor Show

Saturday, 19 May 2018 9:00 am -5:00 pm
8th Hussars Sports Centre

Town Wide Yard Sale

Saturday, 02 June 2018 8:30 am -1:00 pm

2018 RELAY FOR LIFE

Saturday, 09 June 2018 1:00 pm -11:00 pm
Sussex Rotary Amphitheatre
Relay begins at 6pm to 11 pm at the Sussex Rotary Amphitheatre
Join us for some pre-relay fun and BBQ 1pm!

Sussex Rotary Brew Festival - Poley Mountain

Saturday, 16 June 2018 6:00 pm -9:30 pm
In Support of the Sussex Rotary Club

Sussex 60's Home Coming

Monday, 09 July 2018 - Tuesday, 10 July 2018
If you walked the halls of SRHS in the 60's this event is for you

Little Rays Reptile Zoo

Wednesday, 01 August 2018 11:00 am -12:00 pm
Sussex Rotary Amphitheatre

New Brunswick Day Festivities

Monday, 06 August 2018 12:00 pm -4:00 pm

Sussex Flea Market

Friday, 17 August 2018 9:00 am - Sunday, 19 August 2018 5:00 pm

Celebrate Sussex

Monday, 20 August 2018 - Saturday, 25 August 2018 6:00 pm



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Tips for a great yard

(NC) Warm summer days mean more time spent tending to our lawns and gardens. Here are some tips to help make your yard one of the best on the block:

Mow high. Keeping the blade raised for a 2.5 to 3-inch cut is best because it helps a strong root system develop and discourages weed growth.

Don't water too often. By watering deeply and infrequently, you can encourage deep root growth. If you water in the morning, you'll lose less moisture to evaporation.

Keep an eye open for pests. A small number of weeds or bugs is nothing to worry about, and if you catch a problem before it gets out of hand you will have an easier time dealing with it. If your problem reaches a point where you need to use a pesticide, just follow the label. The products in Canadian stores are approved by Health Canada before they are made available to consumers.



A healthy yard is not only a beautiful way to add value to your property, it's also a good way to enhance the environment by filtering rainwater, attracting birds and good insects and absorbing pollution. Regular maintenance and keeping a watchful eye out for potential problems are two simple ways you can make the most of your personal outdoor oasis while contributing to a beautiful, vibrant urban environment.

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Sussex Flea Market ~ August 17th, 18th, and 19th, 2018

The NBAAC Flea Market is held annually, starting on the the third Friday of August, in Princess Louise Park, 10 Leonard St., Sussex, N. B. E4E 2N7.

Originally organized by the club as an antique automotive flea market and car corral, the "Sussex Flea Market" has since become a 3-day provincial extravaganza with a broad range of items for sale from hundreds of vendors.

FLEA MARKET HOURS

Friday: 8am to 8pm

Saturday: 8am to 8pm

Sunday: 8am to 3pm

Admission is \$5 per adult.

Children 12 and under admitted free when accompanied by an adult.

Whether you're searching for rare collectibles, jewelry, hand-crafts, household items, or just looking to spend a fun afternoon browsing through acres of bargains, you'll find it all at the Sussex Flea Market!

There is also an annual Show & Shine held on Sunday from 9:00 a.m. to 3:00 p.m. One entrance pass per car with a minimum donation of \$5; dash plaques available.

Bring your sunscreen, a good hat, and comfortable walking shoes, because you won't want to miss a thing. Don't forget to bring along some tote bags to carry your new purchases. If you're bringing others along, make arrangements to meet up at the main building, just across from the food vendors, if you should happen to get separated.



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Weekly Schedule

Mon	Fitness Centre: 5:30am to 9pm Pool: 5:30am to 1pm, 3:00pm-8:30pm (7:30-8:30pm \$2 swim)	Wed	Fitness Centre: 5:30am to 9pm Pool: 5:30am to 1pm, 3:00pm-8:30pm (7:30-8:30pm \$2 swim)
Tues	Fitness Centre: 5:30am to 9pm Pool: 5:30am to 8:30pm (7:30-8:30pm \$2 swim)	Thur	Fitness Centre: 5:30am to 9pm Pool: 5:30am to 8:30pm (7:30-8:30pm \$2 swim)
		Friday	Fitness Centre: 5:30am to 9pm Pool: 5:30am to 1pm, 3:00pm-8:30pm (7:30-8:30pm \$2 swim)
		Sat	Fitness Centre: 7am to 9pm Pool: 8am-9am regular, 11:30am-2pm fun swim, one lane swimming only 9am to 11:30am 11:30am-2pm fun swim, pool closed 2-4pm 4pm-8pm fun swim (7-8pm \$2 swim)
		Sunday	Fitness Centre: noon-9pm Pool: 3pm-8pm (7-8pm \$2 swim)

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1 Year	\$350

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1 Year	\$1140

KIDS Prices	
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Student / Senior Swim Pass	\$6.50
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Drop In Track Pass	\$2.00
1 Week Pass	\$25.00
30 Visit Track Pass	\$30.00
10 Visit Punch Card	\$50.00
10 Visit Punch Card - Youth	\$30.00

STUDENT Membership Prices	13-18 (Valid)
1 Month	\$60
NEW 3 Months	\$125
4 Months	\$250
1 Year	\$435

SENIOR Membership Prices	65+ Years
1 Month	\$50
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ADULT Membership Prices	19-24 Years
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<http://pickwauket.lionwap.org>

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Car accident? 5 steps to follow

(NC) Getting into a car accident – even a minor one – can be scary and stressful. While it's easy to become overwhelmed, focusing on what you need to do next can help you stay safe and calm.

Here are the five steps to take immediately following an accident:

1. Pull over. Safety should be your number one priority. Find a secure spot in the area near your accident and move your car out of the way of any oncoming traffic or pedestrians.
2. Call emergency services. If anyone has been injured, call emergency services right away and wait for first responders to take appropriate action before doing anything else. Even if no injuries have been sustained, you should let the police know about your accident – just make sure to call the non-emergency line.
3. Exchange information. If the accident involved another person, exchange contact and insurance information. Take photos of the other person's ID, registration and insurance policy so you don't miss any important details. Also take pictures of any damage sustained to your vehicle.
4. Write it down. While the incident is still fresh in your mind, write down important details like the date, time, a description of what happened and the name and contact information of any witnesses present.
5. Contact your insurer. No matter how minor the accident, give your insurance company a call. They will be able to advise you on how to proceed and can help you make a claim if you need to.

Insurance companies like Belairdirect can help you navigate the stressful process of making a claim and can even provide support when you are filing a report. Find more information online at belairdirect.com.
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July 18	Disney Cars 3	8:30
Aug 1	Arctic Justice	8:30

Music Night

July 5	Not Now Alt Rock	7:00
July 7	KV Country	7:00
Aug 2	Cathy Hutch	7:00



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*We do not have visitor camping...please check local campgrounds. www.Sussex.ca

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Paid rides: Thursday evening, Friday morning and evening, Saturday morning and evening, Sunday morning and evening. We will need your names, if you are flying together, and your weight. Mornings have less people wanting rides. They fill up fast in the afternoon, so sign up early! *We have a no dogs policy...Please do not bring them.

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SEA-DOO

Kitchen Talk" BY Jim Lawrence

Kitchen Reno with no layout changes? Most unlikely !

As a professional kitchen designer I often hear from the homeowners that the layout has to stay the same, because they may think that is the only way it will work, or other designers has told them that, or maybe they think it cost too much to move the layout around. May I respectfully add, that all of the above being most likely is not true.

It is possible that the layout has to stay the same. I would have to say no changes would be the extreme exception , for example I have designed and installed not 100s but 1000s of kitchens, I can only think of one or two, that we did not make any changes to the layouts and those were rental units.

As a professional designer, when I look at the old kitchen, and should main layout have to stay the same, then I and the homeowner start looking at and exploring, the small changes to enhance the make over. A few small changes can add up to big impacts.

Take small changes then add Avondale's special seamless sinks and counters, these will give you the granite look and quality of granite for Formica prices, you will have a whole new kitchen with the WOW-Factor.

Do you have designers block, on your kitchen makeover? Or have you had a design done and it just does not excite you? Check out www.AvondaleKitchens.com, we have professional designers in your area every week. You may be pleasantly surprised with what they can come up with.

This article was written by Jim Lawrence
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Find a Better Balance

Falling isn't something we usually consider unless we have had one or a close call. But, tell me, where do broken hips and ankles come from? There are many reasons why our balance may be "off" to the point that our safety is compromised. First there are the external factors. A wrinkle in the entry mat, transition between carpet and tile or pavement and lawn, a table leg that reaches out and grabs you or an icy step.

You can try to be more aware but if you've had a near miss, the fear of falling can make you more vulnerable because of anxiety or paranoia. Unfortunately, the obvious things may only be the consequence of things we haven't considered as risks. How about a drug reaction that makes you dizzy, or chronic pain that distracts you from watching your step?

Balance can be compromised by any number of factors. Ear or eye infections, poor posture, lack of exercise, muscle imbalance due to osteo arthritis or old injuries, neuropathy, tiredness, weakness or even over confidence. Wow! Maybe I should just sit this one out. Can't do that, life must be lived and being afraid of "possibilities" only increases your risk. The good news is that balance affects every element of life and the rules of the "road" or life are very similar to the Drivers instruction manual or the Canadian building code.

#1 Proper equipment – The right shoes for the conditions. Sturdy, well fitting and well secured footwear reduce the variables.

#2 Pay attention – Concentrate on where you are and the space you take up (spatial orientation), use your peripheral vision to co-ordinate your balance and position (proprioception). Spending too much time watching your foot placement might make you miss something important outside your field of view, such as traffic or other hazards.

#3 Practice – Move and breathe. Regular exercise will put you more in tune with your body and make you more responsive. Challenging your perceived limitations may reveal that they are not what you thought.

#4 Brake and avoid – Don't hurry, it gives you more time to make a course correction (this might apply in your emotional life as well). Shorter stride length, you can pick up the pace as you become more proficient.

Perhaps I've used too many allusions in this piece of advice, but it always amazes me how uncommon common sense can be. You are your own best advocate. It's fine to seek out expert opinions, but you still must choose what works for you and put it into play.

By Terry Trask C. Ped. (C) Canadian Certified Pedorthist

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Town of Hampton Day Camp Information 2018

CAMP OSSEY

The Town of Hampton will be offering our day camp program this summer for kids ages 5-12. We have nine different jam-packed theme weeks to choose from. Each theme will be explored through a wide range of activities including crafts, sports, games, daily adventures, and a weekly field trip or special activity.

Call 832-6102 for more information or enroll in-person at the Leisure Services Office (2nd Floor of the Hampton Community Centre) from Monday-Friday, 8:00-4:30 pm

Type	Price (Tax Included)
Weekly (5 Days)	\$132.00
Weekly (4 Days)	\$106.00
Daily	\$38.00
Pre & Post Camp (Per day)	\$10.00



5 ways to become more active this spring

(NC) Once the snow melts and we shed our winter layers, it's time to get out and become more active, both physically and in our communities. Here are some meaningful ways to get started!

Use your lunch hour: Instead of sitting at your desk with a sad brown lunch bag, use that hour to do something that makes you happy and active. Head over to the gym, plan a lunch date to catch up with a friend or do some errands near your office on foot.

Join a class or group: Many of us spend the cooler months in our cozy nests and schedule fewer social engagements. Get the emotional and health benefits that group activities provide by signing up to learn a new language, trying out the latest fitness craze or checking out a local book club.

Propose a new project: Get involved in local politics and in your neighbourhood to make your community a better place to live. Use Statistics Canada's online tools to check out census data on your community. They can help you decide where to locate parks, bus routes, day care centres, and other programs and services.

Start moving outside: Shifting indoor activities outdoors will help you get more fresh air, soak up much-needed vitamin D and have more opportunities to engage with your neighbours. Trade in your workout at the gym for a run through the park, or swap out short car rides for biking or walking trips. Manage your screen time: Being conscientious about how and when you browse social media or binge-watch television can free up minutes and hours you didn't know you had. Set clear goals like catching up on your favourite show or checking out your social feeds for just 15 minutes—and then, stick to them.

Find more information at www.statcan.gc.ca/census.
www.newscanada.com

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Hampton Lions Club

The Hampton Lions Club Inc. is a service organization made up of civic-minded men and women, who volunteer their time and resources to help improve their community, and has been serving the greater Hampton area since 1985. We meet at the Hampton Legion on the first & third Wednesday of the month at 7 pm, except during the months of July & August.

The major weekly fundraiser is the Tuesday Night Bingo at the Hampton Legion on Main St. Doors open at 5:30pm, with early games starting at 6:30 and regular games starting at 7pm.

Our Bingo is now SMOKE FREE!

Contact: Dave Carr or Jim Simpkins
Mailing address is 31 Demille Ct. Unit #3,
Hampton, NB E5N 5S6.

Phone: (506)832-7853 / (506)832-0914



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Bikes + Beans

Get Equipped for the Cycling and Triathlon Season

Here we are, hopefully the winter will soon release us from it's grasp and we can get back outside on our bikes (for those of you who have not yet taken the leap into winter Fat Biking).

So many cycling activities to choose from. Hybrids are great for recreational and fitness pursuits. There are road and triathlon bikes for those with the need for speed. And there are all types of categories for mountain bikes, from front suspension to dual suspension with various levels of travel, 29er wheels to 27.5, and all sorts of tire widths – so many different opinions on what people like to ride. Even mountain bikes with electric motor assist to help you keep up with your kids.

Here at Bikes and Beans we have been serving the cycling scene for over 12 years. We have the only cycling fitting

studio in the area. Having over 30 years of experience in the cycling scene with dozens of provincial championships in downhill, road, time trial as well as triathlon racing, gives us the edge in fitting our bicycles. Combine this with being the only certified Serotta International Cycling Institute accredited bike fitter east of Montreal certainly adds to our expertise. From beginner right up to Ironman podium finishers and Olympians. Having a bike from Bikes and Beans not only gives the athlete an equipment advantage but a much sought after fit advantage as well.

We have the largest selection of cycling gear and clothing in the area – road, mountain, or triathlon – spring, summer, fall or winter, rain or shine.

So come on in to Bikes and Beans and let us help you enjoy cycling.

FARMERS MARKET – SUSSEX NB

The Sussex Farmers Market opens in early May and runs every Friday through to the end of October. It's located at Leonard's Gate 602 Main Street.

The hours are 11am to 4pm and there is plenty of parking.

Our Farmers Market features locally grown and seasonal produce as well as plants, jewellery, fresh seafood, meats, fresh breads and other baked goods, clothes, wood crafts and other hand crafted products and more!

We also have a variety of concessions, entertainment and a door prize each week.

If you would like to become a vendor or would like information on becoming a shareholder:

Please Call: 506 433-1211
Email:
sussexmarketmanager@gmail.com



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Regular Store Hours

Sunday - closed Monday - closed Tuesday 9am - 5pm
Wednesday 9am - 7pm Thursday 9am - 5pm Friday 9am - 5pm
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