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4 easy ways to boost your confidence

(NC) While confidence comes easy to some, the rest of us need to give ourselves a boost. Here are a few simple tips that might help improve your overall mindset and can come with great benefits, like improving your health and furthering your career:

1. **Start small.** Let's face it — Mondays are rough. By the time you get the kids out the door, it can feel like you're at the base of the mountain with no idea how you're going to scale it by the end of the week. In this case, the best advice is to start by setting small goals. Check off a few easier assignments first, build a stream of successes, and then tackle the



tough ones when you're on a roll and your confidence is at its peak.

2. **Get in shape.** Physical health impacts your overall mindset. By working out regularly and eating healthy, you will have more energy to conquer the work week and household chores. You'll also feel better about yourself and your appearance. But don't stop there — adding a couple of new items to your wardrobe can give you an added boost. After all, when you look good, you feel good.

3. **Polish your appearance.** When you look into the mirror every morning before work, the last thing you want to see is your kid's breakfast on your shirt — and more importantly, yellow or stained teeth. By upgrading to an electric toothbrush like the Philips Sonicare ProtectiveClean, you can improve your gum health up to 100 per cent more versus a manual toothbrush and whiten your teeth in as little as one week. This gentle yet effective clean will give you confidence that you're maintaining your oral health and looking your best.

4. **Tackle new challenges.** Many of us who struggle with self-confidence often end up tackling assignments we already know we can do. But it's important to get out of your comfort zone. By giving yourself new challenges every week, you will learn that there's nothing to be afraid of. With each success, you will build up a belief in yourself that will help to further your career and life goals. www.newscanada.com

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Sussex Events



Remembrance Day

Sunday, 11 November 2018

Kingswood University.

The Ceremony will take place at Saunders
Irving Hall, Kingswood University.

Winter Lights Contest

Friday, 23 November 2018 -

Friday, 21 December 2018

Contest details and entry
form available at www.sussex.ca. Sobeys gift cards will be awarded
to the winners.



Holiday Baking Recipe Exchange

Bring your favorite recipe to the Sussex
Regional Library and pick up many more.

Wednesday, 21 November 2018 6:00 pm
Sussex Regional Library



Mayor's Tree Lighting

Join Mayor Thorne as we
kick off the Holidays at the
Rotary Amphitheater.

Friday, 23 November 2018

7:00 pm Burton Park



Pre Parade Party

Saturday, 01 December 2018 3:00 pm

Sussex Regional Library

Join us at the Sussex Regional Library for
a pre parade party like no other.

All welcomed. Call 432-4585 for more in-
formation.



Santa Claus Parade

The 2018 Sussex Santa Claus Parade is scheduled for 6:30pm on Saturday, December 1st.

The 2018 Theme is: "Jingle Bell Christmas"

If you have any questions, please contact the Community Services Department at 432-4573. www.sussex.ca

Breakfast with Santa

Saturday,
08 December 2018
10:00 am

Sussex & Area
Seniors' Centre

Pancake breakfast sponsored by Sobey's.
Register at www.sussexatplay.ca



Frozen Holiday Skate

Sunday, 23 December 2018
1:15 pm -2:15 pm

Join Anna, Elsa and Kristoff for a fun skate and some photos.



New Year's Eve Family Celebration

Monday, 31 December 2018 2:30 pm -4:30 am

8th Hussars Sports Centre

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Hampton Events

REMEMBRANCE DAY

Lest We Forget



Sun, Nov. 11, 2018

Remembrance Day Service

Time: 10:30am — 11:15am

Service is every Nov 11th, at the Hampton Cenotaph, Veteran's Park in front of the Hampton Community Centre, 808 Main St. The parade forms up at the Middle School by 10:20am, and marches off at 10:30am sharp. Please try to be at the cenotaph in lots of time to be in place prior to the parade marching in.

Santa Claus Parade

Sat, Dec. 1, 2018

Time: 6:00pm — 7:00pm

The Annual Hampton Santa Claus Parade is organized each year by the Hampton Area Chamber of Commerce. This year's parade will be on Saturday, December 1, 2018. The parade route is as follows: starting at 6pm at Hampton High School, following Main St, and ending at Hampton Elementary School. For Registration Information contact the Hampton Area Chamber of Commerce



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Cross-border shopping hacks

NC) Whether travelling to and from the United States or purchasing online, cross-border shopping is a popular activity with Canadian shoppers. But there are a few things to know before indulging in retail therapy south of the border.

Here are some pointers from RBC on how you can make the most of your cross-border shopping experience.

1. Plan ahead. At certain times of the day or year, border crossings can take hours. Check the Canada Border Services Agency website or app to find up-to-date information on wait times. During busy times of the year, start your trip as early as possible so you get plenty of shopping time.. Coming home, pick a time when things will have died down — after 8:30 p.m. is usually best.

Bonus tip: If you don't already have Nexus, consider applying for faster entry on both sides of the border. Just remember that all travellers need to have it in order to take advantage of the dedicated lane.

2. Do your math. Sometimes a deal sounds perfect, but once you factor in the exchange, duty and cost of travel, it might not be so much of a bargain.

3. Hang on to your receipts for claiming. You must be in the U.S. for at least 24 hours to claim a Canadian \$200 tax-free exemption; after 48 hours you can claim up to \$800. If you don't declare your purchases, you could face a fine or other penalty.

4. Pick up a no annual fee U.S.-based credit card. Do this

before you go and you can easily avoid foreign transaction fees.

5. Open a U.S.-based bank account. If you stay south of the border for extended periods of time, you can



make regular ATM withdrawals without having to worry about added fees.

Here are some added tips for online shoppers:

1. Review the balance before paying. Many online retail sites provide details on exchange fees and estimated duty, as well as shipping fees.

2. Read the return policies. Taxes and duties are often non-refundable, and you may be on the hook for pricey international return shipping costs.

3. Consider paying with a U.S. credit card or U.S. based bank account. This will lower the added exchange rate fees.

Find more information at www.rbcbank.com.

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Allergies and asthma — what's the connection?

(NC) These two diseases seem to go hand-in-hand in daily conversations. This might be especially true for environmental allergies. And while there is a connection, allergies and asthma are two distinct diseases and are not interchangeable terms.

Simply put, not everyone who has allergies has asthma and vice versa. However, for those who have both allergies and asthma, there can be a direct link.

There are a number of reasons one might develop asthma and there are an equal – if not greater – number of asthma triggers that can lead to an asthma attack. These vary from person to person, and what triggers one person with asthma might not trigger another.

Asthma triggers are things that make asthma symptoms worse by irritating the airways. Some of the common ones include cold air, smoke, scents, food allergies or exercise. Other types of triggers (sometimes known as inducers) are things that make your airways swollen, red and filled with mucus. These include viral infections



or allergies to pets, pollen, dust, mould or others. Allergic asthma is a specific type of asthma that is triggered by allergies.

Asthma affects everyone differently and it's important to be ready. Everyone with asthma should have an asthma plan created with his or healthcare provider to get asthma under control.

Find more information at lung.ca/asthma.
www.newscanada.com




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The Importance of Regular Dental Checkups



The importance of teeth cleaning and regular dental checkups cannot be stressed enough. Take care of your smile, and the chances of never having to have costly dental procedures performed increases substantially.

Having your teeth cleaned regularly offers many benefits not only to your appearance, but to your health as well. Some of these benefits include:

Prevention of gum disease: The build-up of plaque can result in gum (periodontal) disease. Plaque also contains bacteria which can cause inflammation and irritate gums.

Maintain good health:

Studies in recent years have linked strokes and heart attacks to gum disease. Although the correlation between the two isn't clear, regular teeth cleaning could potentially lessen



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your risk of having a stroke or developing heart disease. **Enjoy a whiter, brighter smile:** Having your teeth cleaned helps remove stains caused by coffee, tea, wine, tobacco, and other products. Some medications can also cause teeth to become discoloured.



Prevent halitosis (bad breath): No one wants bad breath, which can be caused by gum disease, food lodged in hard-to-reach areas, or poor oral hygiene. Regular teeth cleaning and dental check-ups are the most effective way to ensure you enjoy good oral hygiene.

Keep your teeth: No one wants to lose their teeth, but poor oral hygiene can result in advanced gum disease, which means supporting bone can be destroyed as plaque moves further into the roots of the teeth. Have your teeth cleaned regularly, and brush/floss thoroughly between cleanings.

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Natural ways to stay healthy over the holidays

(NC) The colder weather has arrived, which means less access to fresh local produce and busier-than-normal schedules during the holiday rush. Even though it's the season to be jolly, your body might not agree. But the changing season doesn't have to derail your health goals.

Here are five simple reminders to keep you feeling – and staying – healthy through all the cheer:

Keep up with your sleep routine. It's more important than ever to get enough rest at this time of year, as your body needs to properly detox from extra drinks or indulgent treats consumed. Maintaining a good sleep routine will also keep your immune system strong and protect against seasonal flus that could be circulating while out and about at social gatherings. If you tend to sleep over at family or friends' homes and the bed isn't up to par, joint pain can ensue. Consider including some turmeric (freshly ground or in powder form) into your regime to combat inflammation.

Be mindful of what you're putting in your body. While attending functions there is no shortage of food and drinks, and of course it's important to kick back and indulge from time to time. However, too much of anything isn't good. Make sure you're prepared with natural, festive alternatives, like chai tea instead of hot chocolate or kombucha with fruit instead of alcohol.

Take a moment for yourself. Remember that book that you were supposed to read ages ago? Or how about the gift card for a massage you got on your last birthday? Pencil in downtime for you to relax from the hustle and bustle — anything that allows you to decompress in a way that's unique to you. An even bigger plus is that you'll be your best self for others and be able to manage stress much more effectively.

Take advantage of the outdoors. Explore fun activities to do with family and friends so that everyone gets outside and stays active. Choose things you love to do so it doesn't feel like another chore or commitment. Try ice skating, skiing, walking through your neighbourhood to check out the beautiful lights, or tobogganing down a nearby hill. If going outside in a snowstorm seems overwhelming, do a quick workout at home. These simple acts can allow you to reset, increase your endorphins and keep you feeling well during a time of year that can be ever so indulgent.

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Staying active in the cold

(NC) We all have memories of practicing piano, learning to swim, or skating for the first time. Like the generation before us, today's parents are making every effort to create memories for our children. However, the rising cost of these extracurricular activities are forcing some parents to make sacrifices in other areas to ensure their children have those same experiences. Here are some ways to help ease the burden.

Go local. Connect with your local community centre, YMCA and online parent groups to look for lessons, clubs and meet-ups. Often you'll find parents or older children who are excellent athletes, musicians or artists who want to serve as mentors or teachers.

Try secondhand. Network with local parents and clubs, and reach out on social media to find the best deals on gently used equipment. Often there's unused equipment in relatives' and friends' homes that could be borrowed or purchased for less than new. Also, some stores offer rental options for instruments and equipment.

Find other savings. Look at other ways to save. Making energy upgrades like insulating your attic, upgrading your appliances or weatherstripping your home can help save money every month that can go toward those extracurricular activities.





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How to make mastering money a family affair

(NC) By modelling good financial habits at home and having regular family conversations about finances, parents and guardians can help their kids build a positive relationship with money.

Here are four financial habits to master as a family:

Build a budget. A budget helps you decide how to spend and save your money and keep track of where it goes. It can reveal where you may be overspending and helps ensure you pay off debts as soon as possible. It can help you save for both short-term and long-term goals. If children receive an allowance, they can build their own budget as a way to practice handling and managing their money.

Pay yourself first. Show your kids the power and benefits of incremental regular savings that grow over time. Sign up for a savings or investing plan with contributions automatically withdrawn from your paycheque or bank account. Your kids can do the same with part of their allowance. No matter how big or small the amount, all

savings grow and compound over time.

Follow a financial plan. Financial plans can help you map your short-term and long-term financial goals. They don't have to be elaborate to be effective in getting you to think about the bigger picture. Invite your kids to think about their own hopes and dreams and show them how a financial plan can be their roadmap for achieving them.

Meet with a financial advisor. A licensed and experienced advisor has the know-how and tools to guide your family's financial future, regardless of how much time, money or knowledge you may have. They can help you understand options before you decide on a course of action. They know how to work with families across multiple generations to achieve individual and family financial goals.

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Getting down to business with the Canada Pension Plan enhancement

(NC) If you're a business owner, you know how important it is to plan ahead. Your employees and your business operations depend on it. That's why you need to know about the Canada Pension Plan (CPP) enhancement.

Starting January 1, 2019, you and your employees will begin making slightly higher contributions to the CPP through the enhancement.

The CPP enhancement is funded through a gradual contribution rate increase over 7 years. The increased contributions will be evenly split between you and your employees. Next year, your contribution rate will increase from 4.95% to 5.1%.

Some things will stay the same. You will continue to withhold, remit, and report contributions as you have in the past. As well, the T4 slip will remain the same. You will also continue to receive a tax deduction for any contributions you make as an employer.

Canada Revenue Agency payroll tables and formulas will be updated this fall to give you the required CPP enhancement calculations.

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How to help kids find a sport they love

(NC) Participating in organized sports is a great way for kids to get active and make new friends, but how do you know which activity is right for them? Follow the tips below to make finding a sport they love a little easier.

Take them to a game. Live sporting events are fun. Attend a game together and let them get engrossed in the action. This provides an opportunity for kids to learn about a sport and imagine themselves in the excitement. Whether it is at the professional or amateur level, watching a sport live can peak a kid's interest and inspire them to take part.

Test out different options. Rather than risk dragging your kids to practices or games they have no interest in for an entire season, an alternative is an introductory program that allows them to try a sport



a couple of times without taking on significant fees or a long-term commitment. A great example is The Canadian Tire First Shift, a six-week introduction to hockey for kids six to 10 who have never played before. For only \$199, participants receive full head-to-toe Bauer hockey gear and six on-ice sessions.

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Get involved. Once enrolled, you can keep kids engaged by getting involved yourself. Travel to out-of-town tournaments when you can, help with fundraising efforts and volunteer when needed. If your children see that you care about the team, they are more likely to be excited and keep playing thanks to your support.

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Top 5 tips to survive flu season

(NC) With winter right around the corner, many of us are already anticipating the dreaded cold and flu season. But this time of year doesn't have to mean a household full of runny noses, sore throats, achy muscles and fevers.

Abbey Sharp, a registered dietitian, shares her top tips to combat and survive this year's flu season.

1. Find ways to minimize stress. Chronic stress wears you down, both emotionally and physically, leaving your body more susceptible to infection and disease. Make an effort to find some activities that help you unwind. Listening to a meditation app, doing yoga, laughing with friends or even just taking a bath may help clear your mind and lower those harmful stress hormone levels.
2. Exercise daily. You don't need to be an athlete to reap the benefits of daily exercise. Exercise may help slow down the release of stress hormones, which in turn helps boost immune function over time. In fact, research has found that moderate exercise even helps to prevent the onset of the common cold. Aim to spend at least 30 minutes each day doing something active.
3. Increase zinc levels. Zinc is a mineral that helps your body stay healthy, not only strengthening your immune system but also promoting normal growth and development at all ages. For a delicious way to get your zinc, try Tetley Super Herbal Tea-Immune that has lemon, echinacea and zinc. This tasty tea is high in zinc, containing 20 per cent of an adult's recommended daily intake of zinc per cup.
4. Get enough sleep. When deprived of quality shut-eye, your body experiences an increase in stress hormones, which starts to wear down your ability to fight off disease and infection. Skip the caffeine after noon, shut off all electronics before bed, keep your room as dark as possible and create a relaxing pre-bed routine to help you get seven to nine hours of sleep each night.
5. Keep good hygiene habits. Unless you plan to barricade yourself this winter, it's impossible to steer completely clear of germs. Your best defence is to wash your hands thoroughly and often using soap and hot water, scrubbing for at least 20 seconds. And don't forget to be courteous — practice the "sleeve sneeze" to avoid transferring pathogenic germs onto your hands.

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Home insurance: What's actually covered?

(NC) We all know we need home insurance, but it can be hard to understand what exactly is included in the price you're paying. Here's what you need to know.

Protecting your most valuable asset. For starters, insurance will protect the dwelling (if owned), such as a house. Home insurance also provides you with liability insurance, which ensures you are covered in the event someone is injured at your home. But for condos, the condo corporation insures the building and your policy will work with theirs to make sure your contents are covered.

Flooding. Your home insurance policy most likely will protect you against sudden accidental flooding or water in your home, like from a burst pipe. However, a standard home insurance policy doesn't usually cover you against "overland flooding," which is water that enters the home from dry land through the doors and windows due to rivers or banks of snow overflowing or sewer back up. Speak with your insurance provider to make sure you have the coverage you need, as they can add coverage if desired.

The "Act of God" policy. Basically, there is no such thing as an "Act of God" policy — at least not in the insurance world. Most home insurance policies already cover wildfires, hail-storm damages, lightning, etc. You can always inquire about whether or not the type of policy you are interested in covers more, such as earthquakes or landslides.

What's not covered. There are a number of scenarios or claims your insurance won't cover. These usually include personal liability due to a home business, general wear and tear, damage caused by pests (rodents, insects, termites), damage caused by landslides and damage caused by destruction due to intentional or criminal acts.

Do your research beforehand and look around at a few different options. Insurance providers such as Belairdirect will work with you to make sure you have the appropriate protection. Find more information at belairdirect.com.
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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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Skating Schedule
8th Hussars Sport Centre
8 Leonard Drive
September 27, 2018-March 31, 2019

Public Skate

Monday-Friday 12:00 pm -1:00 pm and
Sunday 1:15 pm – 2:15 pm

Parent & Tot Skate

Tuesday and Thursday 1:00 pm – 2:30
pm

Tykes with Sticks

Tuesday and Thursday 2:30 pm – 3:30
pm (must wear helmets)

Skating Rules:

- Helmets are recommended (skate at your own risk)
- All objects such as pucks and sticks are prohibited with the exception of Tykes with Sticks
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How to survive a winter emergency

(NC) It's always important to be prepared before hitting the road. Driving in the winter comes with a few more risks than other seasons — the main ones being snow, ice and extremely cold temperatures.

Having a properly maintained vehicle and being equipped to deal with a potential problem are the best ways to ensure you arrive at your destination safely. Darryl Croft, automotive expert at OK Tire, suggests a few things to have in your vehicle that can be helpful in a winter emergency:

- 1. Blankets, hats, gloves and socks.** When waiting for a tow-truck or emergency vehicle in freezing temperatures, it's important to stay warm. The best ways to do so are by keeping your head, hands and feet covered.
- 2. It's always a good idea to keep a small amount of**



money stored in your glove box in case of emergency, even if it's just \$20. Sometimes places won't accept credit cards or debit.

- 3. Granola bars.** What's worse than having your car break down? Dealing with it on an empty stomach. You never know how long it is going to take before help arrives. It will make the wait much easier if you have some snacks handy.

- 4. Booster cables.** Always keep these in your trunk year-round, not just in the winter. They will be extremely helpful if your battery dies and you need a boost. OK Tire offers a complete battery check and electrical system inspection to help prevent this from happening.

- 5. The last thing you want is to be stranded when it's dark.** Sure, cellphones have flashlights, but they are not the brightest and tend to kill your phone battery, which you'll want to conserve.

- 6. Fluorescent flag.** Should you end up stranded in darkness, a fluorescent flag will ensure your vehicle is visible to other drivers. If you need to walk anywhere, the flag wrapped around your arm will make sure you can be seen.

- 7. First aid kit.** If someone gets hurt while on the road, having a first aid kit handy can help deal with minor injuries.

Always make sure your gas tank is at least half full at all times. This gives some leeway if you get lost and end up driving around aimlessly. Also, making the switch from all-season to winter tires is highly recommended. www.newscanada.com

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Structured Movement

In my practice, treating biomechanical and postural issues, I often see problems associated with underlying imbalances. Ankle, knee, hip or back restrictions or malalignments can be indicators of disability and compensation. Often there is a need for specific stretching or exercise to mobilize and strengthen stiff or weak structures.

It sometimes seems like the body has a mind of its own, separate from your consciousness. With this mind it recognizes when movement is hard or painful and finds a more economical less painful way of doing it. This is what compensation is all about. The body does not ask permission, it just does it. The way to stop these compensations from becoming permanent disabilities is to recognize them early and take corrective action.

Balance is extremely important and as we age we tend to become more timid and cautious about it. The fear of falling and hurting ourselves can reduce our confidence and lowers our self esteem. This may present as a social inhibitor possibly causing anxiety and depression. A common scenario is an active person going through an illness or injury and losing their conditioning. It does not happen overnight and can occur at any age making you feel like things are only getting worse, especially if you don't have a supportive and stimulating environment. It takes very little to get on a positive track. Encouragement from a spouse, partner or friend, someone to walk and talk with. Laughter, breath and movement are the main ingredients for better health.

Structured movement is any type of repetitive stretching or exercise that involves your core as well as limbs. A major principal of this type

of movement is Dynamic neuromuscular stabilization or DNS. The concept is that any malfunctioning muscle or group that requires compensation gets it from allied muscles for strength and structures (joints and bone alignment) for position. Since your center of gravity resides in the core you have more control over compensation if the core is strong and healthy.

If you go to the gym regularly you can take advantage of Pilates, Yoga or minimal impact Aerobics. Hopefully you may have a walking track in your community so that you can do your laps or stretch out and power walk at any time of year. Whether it's in a group, with an instructor or a home practice, once you "get into it" the exhilaration of breath and movement will be encouraging. I frequently recommend Yoga for it has become more accessible over the years. As a therapeutic modality it benefits the mind as well as the body. Practice can be "Yang" (strength and balance) or "Yin" (stretch and breath) oriented. Or a combination of both. Your metabolism will eventually find the blend that works for you. Just don't let anyone try to convince you that there is a "correct" way to do this. Each path is individual, and you will have to discover it at your own speed and interest.

I tell all my clients that "You have to train to grow old". We were designed to move and if we are to grow old gracefully then we must try to move gracefully too.

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