

Protect Your Gear, Your Gifts And Your Memories Through The Holidays And Beyond

(NAPSA)—The holidays can be an exciting and frenetic time of year, full of equal parts stress and joy. A little planning and taking a few precautions can help give you peace of mind and save cherished memories.

• Protect your investment from accidental damage.

From cell phones to major appliances and other electronics, retailers have been offering protection programs and warranties for various types of products for years. While some require a small fee for a little peace of mind, from now until January 6, 2018, Canon is offering 13 months of free CarePAK PLUS coverage to customers who purchase select Canon cameras and lenses and register their product within 30 days of purchase. CarePAK PLUS offers protection from accidental damage such as drops, spills, power surges and more—including normal wear and tear beyond the standard warranty period. With CarePAK PLUS, a damaged product will be repaired to good working condition, or replaced with an equivalent product, with all services performed exclusively by Canon.

• Be aware of your surroundings.

Be aware of what you leave out in the open on office countertops and at holiday parties. Be sure to hide personal electronic devices, purses and shopping bags you leave in your car and keep your most valued personal items with you while at parties and functions.

• Secure your packages and gifts.

It is estimated that over 10 million U.S. consumers have packages stolen from their doorsteps. Consumers need to know when and where their packages will arrive. Most retailers offer package tracking. Be sure to reroute packages, pick them up at your local post office or package shipping store, and add insurance on packages for peace of mind. Don't forget to back up and protect devices.

Remember to update passwords, embrace encryption technologies and install phone tracking on mobile devices to help prevent against loss or theft. Remember to back up your photos, music and contacts on home computers regularly.

• Preserve and protect your memories.

According to InfoTrends' 2016 U.S. Consumer Digital Camera End User Study, there are about 4 trillion images worldwide stored



Take steps toward a more stress-free holiday season: Get insurance for your plans and presents.

on a variety of devices, storage media and in the cloud. Remember to organize and protect these memories at the end of each holiday season. Print your favorite photos for framing around the house or print a digital photo book.

And here's a tip to reduce the risk of losing images in the event your files become corrupted—do not try to reformat the media before seeking professional data recovery assistance. Data recovery services can cost hundreds of dollars or more, but Canon's paid CarePAK PLUS plans include Image Recovery—which will help retrieve lost or corrupted images or video—adding an extra layer of protection for your precious memories. And now until January 6, 2018, customers eligible for free CarePAK PLUS coverage can also purchase a 36-month Canon CarePAK PLUS plan, with Image Recovery effective from day 1. That's a total of 49 months of coverage.

Protecting yourself, your gear and your memories is a great way to step into the New Year. The free 13-month Canon CarePAK PLUS coverage and additional option of 49 months of coverage with Image Recovery are transferable, so if you purchase a Canon product as a gift for someone or sell it during the covered period, the benefits can be transferred. For further information and complete terms and conditions, visit www.usa.canon.com/protection or call 1-800-OK-CANON.

It helps to have a little awareness, preparedness and sometimes even a little bit of extra care to protect yourself and your loved ones from life's unforeseen events.

Top Five Tips To Stay Fit This Holiday Season

(NAPSA)—While visions of sugarplums may be dancing in your head, don't let your fitness and diet goals get pushed to the side during the holidays.

For many, it is the season of overindulgence—from holiday parties complete with decadent sweets and cocktails, to unexpected dinners out with friends and family. However, treats should be balanced with nutritious options and a healthy fitness routine. Don't let short-term temptation derail you from achieving your long-term health goals in 2018.

Sims Corbett, certified national trainer with SilverSneakers, the nation's leading fitness community for older adults, offers the following tips to enjoy yourself this holiday season while keeping your fitness goals top of mind:

1. Make treats exactly that, a treat: Avoid hovering by the dessert table all night. Allow yourself one treat per holiday party and then seek out healthy options, such as a veggie tray. Or, better yet, split desserts with friends so that you can enjoy all the flavors while staying on track with calories.

2. Make time for exercise: While the holidays are a busy time, set time aside each week to exercise. If you have family in town, gather the group together and go for walks each morning. You can catch up with each other as you get your steps in, and set an example for your youngest family members.



Give yourself the gift of better health this holiday season by taking an exercise class with a friend.

3. Don't skip meals: Don't starve yourself in preparation for the big holiday dinner. Breakfast is an important part of your day to kick-start metabolism. Further, eat healthy snacks throughout the day to boost your metabolism.

4. Try a new exercise class: The excitement of trying something new can spark even more motivation to work out. Make the holiday season the time to try a class you've been thinking about.

5. Recruit a workout buddy: It's much harder to skip a workout when you have a friend who is relying on you to participate. Find a friend who can share your fitness routine during the holiday season and keep you accountable to your goals.

For more than 25 years, SilverSneakers has been helping older adults reach their fitness goals, maximize their health, maintain their lifestyle and improve overall well-being.

To see if you are eligible or to find a class in your area, visit www.SilverSneakers.com.

Did You Know?

Marriage and Family Therapists such as those in the California Association of Marriage and Family Therapists are licensed mental health professionals who work with individuals, couples, families and groups to cure or relieve mental, emotional and relational concerns of all kinds. Learn more at CounselingCalifornia.com.

"Reviewing your credit report is an easy way to monitor your financial commitment and to guard against identity theft," said Francis Creighton, president and CEO of the Consumer Data Industry Association (CDIA). For your free credit report, go to www.annualcreditreport.com.

After taking the PSAT/NMSQT, students can link their College Board account to Official SAT Practice on Khan Academy at sat-practice.org and get a free, personalized study plan. It features thousands of interactive questions with instant feedback; video lessons; practice tests; tips and strategies.

Parents of teens who struggle with acne should seek the medical care of a dermatologist, who may prescribe medications to manage the condition. Learn more at www.cutanea.com.

You can get 13 months of free CarePAK PLUS accidental damage protection for select Canon cameras and lenses. Damage from drops, spills, power surges and more will be repaired and lost or corrupted images or videos retrieved. Learn more at www.usa.canon.com/protection or call (800) OK-CANON.

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Saturday's Graphic

National Chocolate Cake Day
Jan. 27, 2018

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Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper:
Monday by 2:00 PM

NO ONE found the Aquarius, The Water Carrier Graphic on page 6B (suppose to be on back page - page without graphic was printed)

Wednesday's Graphic

Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the month. (No Commercial Vehicles)

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The following businesses are ready and waiting for YOUR Call!! Wednesday and Saturday in the Siuslaw News

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