

Tip of the Trade

Stealth beats security for city cars



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Security your car and the contents. A large window is not so much about making the car more secure, but about making it more visible to thieves. There are two types of attacks against which to defend. The first kind is the old smash-and-grab, a quick snatch-and-run. The second level of defense is protection against attacks against which to defend. The first kind is the old smash-and-grab, a quick snatch-and-run. The second level of defense is protection against attacks against which to defend.



The idea is to make the car more visible to thieves.

Keep your vehicle safe and secure in urban settings by installing hidden alarm systems.

Volkswagen Beetle grows up

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Volkswagen Beetle has been on the scene since 1938. First off, the iconic vehicle has been a staple of the pop culture as the previous generation of cars. This is a small car, but it's got everything you need in it. And with those retro-appeal, it's still one of the most popular cars in the world.



2013 Volkswagen Beetle TDI

Price as tested (before taxes, \$20,250) Freight: \$1,500 Configuration: Front engine, front-wheel drive Engines Transmission: 2.5L with 4-cyl. 191 hp, 131,000 km (w/ required AWD) Power windows: 163 hp 230 B.A. Fuel economy ratings: 21 L/100 km city 4.1 L/100 km hwy. Warranties: 4 years/80,000 km (basic); 5 years/100,000 km (powertrain) Cargo capacity: 660 kg (maximum) Occupants: 5

With the latest generation Beetle, Volkswagen is taking a step away from retro and towards sportiness, with a look that's more sleek and modern. The convertible round shape is still there, but the interior is dark, modern, and more reminiscent of a small car. The Beetle is now a sporty and fun to drive, but it's still got that classic charm. It's a car that's perfect for city driving, and it's a car that's perfect for anyone who loves a classic.

HEALTHIER YOU PHOTO CONTEST



Send us a photo of you becoming a healthier you in a FUN way and you could WIN a 1 yr membership to Steve Nash Fitness World, Perfect Pullup Bars courtesy of Fitness Town and a PC® Blue Menu™ prize pack courtesy of Real Canadian Superstore!

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Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on. CERTIFIED PRE-OWNED 150-Point Detailed Inspection



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Remember creativity counts.

FOR RULES & TO ENTER VISIT: VANCOUVER.24HRS.CA/CONTESTS



Couch lift exercise! Workout while you move!

FITNESS TOWN
Your Fitness Equipment Experts.

Today's Fitness Town Fit Tip: There are a number of supplements that can assist in muscle gain or weight loss/gain. Try the Magnum Quatro protein powder for example, it's a 4 isolate, time-released, smooth digesting protein and protein powder isn't just for guys! - A Fitness Town equipment expert.

Hearty Grain & Quinoa Salad

Today's PC® Blue Menu™ Recipe, courtesy of Real Canadian Superstore®

- 1 cup (250 mL) frozen PC Edamame
- 1 cup (250 mL) frozen corn
- 1 pkg (250 g) PC® Blue Menu™ Whole Grain Brown Rice with Lentils and Quinoa Blend
- 1 shallot, minced
- 1 fresh lemon juice
- 1 tbsp (15 mL) PC® Blue Menu™ Omega Oil
- 1/4 tsp (1 mL) freshly ground black pepper
- 1 cup (250 mL) cherry tomatoes, halved
- 1/3 cup (75 mL) drained and crumbled PC® Light Feta Cheese in Brine

Prep time: 15 minutes Cook time: 10 minutes
Makes: 4 servings

1. Bring medium saucepan of water to a boil. Add edamame and corn. Reduce heat to medium; simmer 3 to 4 minutes. Drain; set aside to cool.
2. Meanwhile, gently squeeze pouch all over to break the rice apart. Tear top corners of pouch about 1/2 inch (1 cm). Place pouch, upright, in the microwave and heat on HIGH for 1 minute and 30 seconds. Let stand in microwave 1 to 2 minutes. Caution: Pouch will be hot. Carefully remove from microwave holding sides. Pour into a bowl, stir and set aside to cool.
3. In small bowl, whisk together shallot, lemon juice, oil and pepper until combined.
4. Add edamame, corn, tomatoes and feta cheese to cooled rice mixture. Drizzle dressing over top; toss lightly to combine.



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