

## Cool Stuff



These scarves are funky, fun and warm. Made of cosy fleece, Aardvark Scarves come in all sorts of whimsical designs, including ladybug and bee, cherries, monkey, spaceship, elephant and even cupcakes: \$15 and up at [www.aardvarkcollection.com](http://www.aardvarkcollection.com).



This skin/hair system really is in tune with the environment. The Solavie Eco-Global line is based on native plants that thrive despite harsh conditions in mountains, urban, tropics, shore, plains and desert environments. The idea is the nutrients that help these plants thrive in each setting will also help your hair and skin. Solavie bottles and caps are 100% recyclable and all ingredients are bio-degradable: \$10 - \$38 at [www.solavie.com](http://www.solavie.com) and selected stores.

A special pink-ribbon edition of the Magic Bag Lavender Wrap has been created with the goal of raising \$25,000 for Breast Cancer Awareness Month. The wrap combines heat and cold therapy with the aromatherapy power of lavender. When frozen, it can help reduce inflammation and swelling. Heated in a microwave, it can relieve pain such as cramps, sore muscles, arthritis or back ache: \$29.99 at drug stores.



Cargo's Essential Palettes give you a complete eye look in one compact with four graduated neutral shades. Each shadow is marked — outer corner, crease, lid, and browbone — for easy application. Comes in Warm, Cool and Dark Cool: \$32 at Sephora stores and other beauty boutiques.



With excitement building about the Vancouver 2010 Olympics, everyone will want to get in on some of the cool merchandise available. The little ones will like plushies (\$25 - \$40) of mascots Quatchi, Miga and Sumi. Quatchi is also featured on a cosy, kids' chocolate brown hoodie (\$60). A roomy junior backpack (\$34) has



your choice of mascot. The sporty kids' cap (\$20 - \$27) and long-sleeved T-shirt (\$30) both feature the Vancouver 2010 logo, and the 2009 Vancouver Whistler calendar (\$15) has an inspiring view for each month. Available at The Bay, Zellers and the online Olympic Store at [vancouver2010.com](http://vancouver2010.com)



Almay's Smart Shade Concealer transforms to match your skin tone and conceal minor imperfections or dark circles under eyes. It comes in light, light/medium or medium: \$12.95.



Almay's TLC Truly Lasting Colour Pressed Powder helps nourish the skin with a blend of vitamins and antioxidants, and the lightweight power blends seamlessly. It comes in light, light/medium or medium: \$14.95.

# Tips to avoid home fires

## Prevention week kicks off

**DEAR ABBY:** Practically everyone runs the risk of experiencing a home fire.

On average, fire kills eight Canadians every week. Residential property fires account for 40% of all fires and a staggering 73% of all fire deaths. In 2007, 22 firefighters lost their lives battling fires.

Most — if not all — home fires can be prevented.

However, while it might be overwhelming to think about the risk, thinking about how to prevent it can stop a home fire from happening.

This year's Fire Prevention Week public awareness campaign (Oct. 5 to Oct. 11) focuses on preventing home fires and highlights personal actions the public can take to become familiar with fire safety hazards and learn to avoid them.

Everyone can eliminate fires with a little extra care. When it's time to prepare a meal or snack, remember that cooking is the leading cause of home fires.

Keeping fire safety in mind when cooking, and paying attention to what is on the stovetop or in the oven, can pay off when it comes to reducing the risk of cooking fires.

Most often, these fires start when cooking is left unattended.

It's also a good idea to mon-

itor the cooking area to make sure curtains and other things that can burn are a safe distance away from the stovetop.

Cooking causes the largest number of fires, but more people die in fires involving smoking materials or heating equipment.



Dear Abby  
ADVICE

Taking recommended precautions where they are involved will also help to reduce the risk of people dying in home fires.

Don't take the chance of becoming one of these statistics.

— JAMES M. SHANNON,  
U.S. NATIONAL FIRE PROTECTION

**DEAR JAMES:** Every year we hear tragic reports in the news about lives that are lost because of fires in the home, caused by carelessness or lack of preparedness.

Start by making sure that smoke alarms are installed in bedrooms and outside each sleeping area on every level of your dwelling.

And remember, they should be maintained and tested monthly.

It is also vital to develop and practise a home fire escape plan, which includes identifying two ways to exit every room, and practising the plan.

To learn more, visit [www.firecan.ca](http://www.firecan.ca).

[www.DearAbby.com](http://www.DearAbby.com)

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6	3	4	5	7	2	8	1	9
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8	7	1	9	6	3	2	5	4
5	6	3	2	9	4	1	8	7
7	1	2	8	3	6	9	4	5
4	9	8	1	5	7	3	6	2
3	2	6	7	4	8	5	9	1
9	8	7	6	1	5	4	2	3
1	4	5	3	2	9	6	7	8

Yesterday's answer

**How to play:**  
No math required! Using the numbers 1 to 9, fill the grid so that every row, column, and 3x3 box contains the numbers 1 through 9. Tips and computer program at [www.sudoku.com](http://www.sudoku.com)

[www.sudoku.com](http://www.sudoku.com)

	5				3	2
		8	1			
1	4					
3		6			1	4
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		3	9			
6	3					5

MEDIUM

## Power Thought FOR THE DAY



with DR. PHIL NORDIN

**Work hard and be dependable.**

A committed loyal employee is a compliment to any organization. Hard work always pays off in the end.

**"Hard work always pays off; mere talk puts no bread on the table." Proverbs 14:23.**

[www.powerthought.ca](http://www.powerthought.ca)