

Taking simple precautions can prevent heater fires

Now that the cold weather is here, you can help prevent heating fires by taking a few simple precautions. Your local fire department suggests the following:

- Space heaters need space. They are

- not to be used as a drying rack.
- Keep anything that can burn at least one metre (three feet) away from your space heater.
- Teach children NEVER to play near the heater and always to keep toys and

- clothes away from it.
- Plug space heaters directly into a wall socket, do not use extension cords. Always unplug your heater when not in use.
- When purchasing a new space heater,

- make sure that it meets the ULC/CSA approval.
- Ensure the heater has an automatic shut-off switch if it is tipped over
- Be sure to always follow

- the manufacturer's instructions for installation and placement.
- Considering these simple safety steps can help prevent fires.

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65	350.10	192.60

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Homes await exchange students

The Youth for Understanding international exchange program (YFU) still has 1998 placements open in families from Japan (with departure in March) and New Zealand (departing in January) who would like to open their homes to Canadian youths aged 15 to 18 for a period of 11 months.

The students live with families in their host country as a family member, attend high school, and learn about the country's culture and language during their overseas experience.

YFU looks for students who are flexible, have a spirit of adventure, and who enjoy the challenge of adapting to

new people in a new country.

There are no language requirements for students traveling outbound from Canada, but the YFU program is very much based on school experience, so a certain interest in academic activity is necessary.

Being an exchange student is a truly unique experience, teaching so many valuable skills useful in all areas of life.

Former exchange students claim that they have gained maturity, tolerance and understanding while exploring a new culture, making friends who have a background different from their

own, and learning a new language from scratch.

Youth For Understanding is a non-profit organization operating since 1951.

Each year, YFU exchanges for more than 4,000 students around the world are coordinated by the organization and its volunteers.

YFU Canada offers exchange programs to 10 different countries including Germany, Denmark, Venezuela and many other interesting, very different places worth seeing.

Students or parents interested in more information or an application form can contact YFU's Canadian office at 1-800-TEENAGE.

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Do you know signs of heart attack?

Heart attacks are killing more and more Canadians every year. Do you know the signs and symptoms of an upcoming heart attack? Do you know CPR?

November is National CPR Month. It's a good month to learn what to do.

Symptoms of a heart attack start well before it actually happens. It is important to know how to recognize these signs and symptoms and what to do about them. Knowing CPR can mean the difference between life and death.

Every second counts and the longer a person suffering a heart attack waits for help, the lower their chances of survival.

St. John Ambulance offers a wide range of first aid and CPR classes. For more information or to register call 1-800-268-1677.

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