

ADVERTISING FEATURE

FIRE PREVENTION WEEK

OCTOBER 4 to 10

Be prepared for a fire emergency – develop a home fire escape plan and then practice it frequently

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FEATURES WRITER

Creating a home fire escape plan is the first step in ensuring you and your family get out of a fire alive.

But it is not the only step. Practicing the plan is equally important.

"It has to become instinctive," said David Blizzard, the public education officer for the Markham Fire Department.

Eight out of 10 fatal fires happen at the home, yet most households are unprepared for a fire emergency, said the National Fire Prevention Association. "While more than half of the respondents to NFPA's 1997 Home Escape survey said they had developed a home escape plan, only 16 per cent had actually practiced it. But practice is essential; there's no time to lose in a real fire emergency."

In response to that survey, the NFPA proclaimed this year's Fire Prevention Week "Fire Drills, The Great Escape". Fire departments across Canada are hoping people will realize the importance of planning and practicing a home escape plan.

And to make drawing it up fun, the NFPA as well as fire stations across the country are holding a contest to find the best home fire escape plan.

The contest is simple.

Families – including mom and dad – have to sit down and plan two escape routes out of every room in their home. They also have to pick a meeting place outside the home.

"Mom and dad have to know what to do (as well). They also have to know where the children are going."

Forms have already been distributed to school children across York Region. The entry form includes a grid to write down your home fire escape plan.

Once it is drawn, people have to drop off their completed form at any fire station. Representatives will choose the top five home fire escape plans and send them to the provincial contest where contestants have a chance at winning a trip to Florida, a shopping spree at Loeb's, a natural gas barbecue from Consumer's Gas, a Toronto Blue Jays package, a T-Fal gift package and one of six wireless phones from Cantel and AT&T.

The winner of the provincial contest will be entered into the national contest for a chance to win more fabulous prizes.

The top three winners in Markham will also be awarded gift certificates from local businesses.

OCTOBER 7 IS A GOOD TIME TO PRACTICE THE PLAN

See THE, page 20.

HEY GIRLS & BOYS



HOW WOULD YOU LIKE TO EARN SOME EXTRA MONEY? We have paper routes available in the following areas...

Country Estates	Black Walnut Dr.	Hollingham Road
Charrington Cres.	Lady Fern Drive	James Scott Rd.
Rougehaven Way	Red Ash Drive	Landmark Court
Anna Russell Way	Silverflower Ave.	Rouge Street
Central Park Drive	Halstead Drive	Burr Crescent

If you don't see the street that you live on in the list above, you can still call our office and arrange to have your name put on our waiting list. Who knows? Maybe your street will be the next to need a carrier. Call today!

Markham...905-294-8244

Stouffville...905-640-2100

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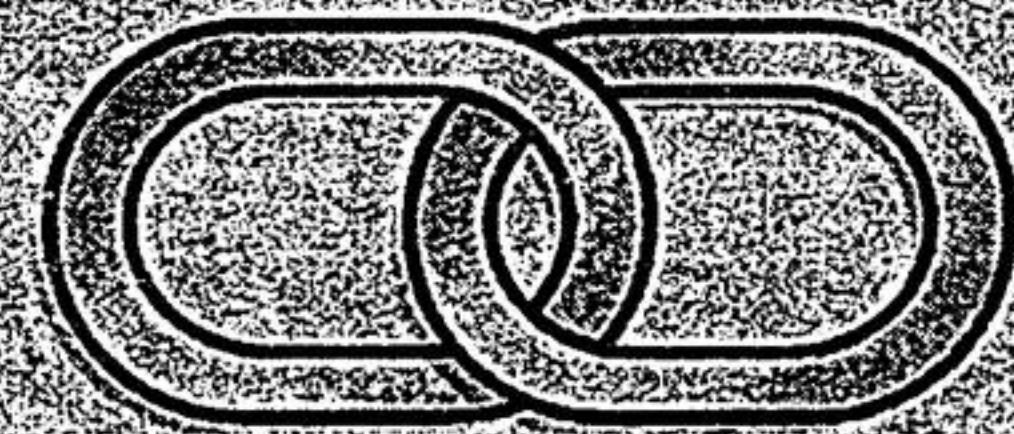
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Markham Stouffville Hospital

Department of Psychiatry
presents

HEALTHY MINDS/HEALTHY BODIES



UNDERSTANDING THE LINK

Moderator:

Dr. David Koczerginski,

Chief of Psychiatry, Markham Stouffville Hospital

Is Stress Bad for You? Unchain Your Heart

Dr. Rus Sethna

Chronic Pain: The Mind/Body Connection

Dr. Brian Ticoll

Hormones and your Moods: Understanding PMS

Dr. Liz Cryer

Stress, Burnout & Depression in the Workplace

Dr. Mark Berber

ALSO: Meet Community Mental Health Agencies

Thursday, October 8, 1998

6:30 pm • Visit Community Health Booths

7:00 pm to 9:00 • Lectures

Markham Town Centre • Council Chambers
(101 Town Centre Blvd.)



ADMISSION FREE

MENTAL ILLNESS AWARENESS WEEK
Canadian Psychiatric Association