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Thursday, May 8, 2008

metronews.ca

Vancouver

MONTRÉAL

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>> celeb buzz p.26

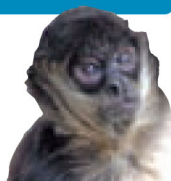
third time lucky?

Sheen set to marry again



>> local p.3

Monkey tragedy at zoo



>> mother's day p.15



Green gifts for mom's special day

>> world p.8

Cyclone toll could hit 100,000



>> goinggreen p.14



Suzuki on the pine beetle



Please recycle



JEFF HODSON/METRO VANCOUVER

Dustan Roach-Matthews, 11, outside a North Vancouver apartment building yesterday that was destroyed by fire. The Grade 5 student at Westview Elementary heard a fire alarm and alerted his neighbours, likely saving lives. More coverage, pages 4 and 5.

Blaze kills 3 women

Sound of apartment fire 'like a freight train or a jet engine'

By JEFF HODSON
Metro Vancouver

Three elderly women were killed trying to escape from a suspicious fire that tore through their North Vancouver apartment, RCMP said yesterday.

Two were just metres from safety. Most of those who did escape were

taken to hospital

>> Between six and 11 people were taken to hospital with minor injuries, possibly with smoke inhalation.

alerted by an 11-year-old boy who ran through the halls screaming that the building was on fire.

Ilse Wilhelmine Dragossy, 84, was identified as one of the victims.

RCMP Const. Michael McLaughlin said one victim was found on the third floor. Two others were discovered in the first floor lobby of The Alana, a three-storey wood-frame

apartment in the 100 block of East 19th Street.

"Sadly," McLaughlin said, "it looks as though there's a strong possibility they were trying to escape the smoke and the flames and they just couldn't get out in time."

The fire began Tuesday at 9:45 p.m. By the time firefighters arrived, three suites were fully engulfed.

Firefighters rescued six people from balconies at the rear of the building and prevented the fire from spreading.

Jordan Gillmore, 26, who lived in a

third floor suite, said flames were shooting nine to 12 metres above the building, scorching the tree outside.

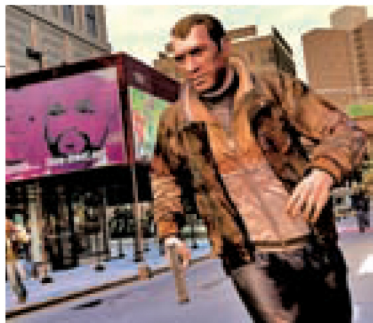
"It sounded like a freight train or a jet engine," he said.

McLaughlin said the fire will be treated as "suspicious" but North Vancouver Fire Chief Barrie Penman said there is nothing to indicate that the fire was "malicious."

-jeff.hodson@metronews.ca

what do you think?

>> Let us know by e-mailing us at vancouverletters@metronews.ca



Is Grand Theft Auto IV, left, everything it has been hyped as? Is Iron Man: The Video Game packed with high-flying action? Find out the answers to these and many more questions in the Game On column, exclusively at metronews.ca.

Hot workout tops help stay cool



STYLE FILE
KIM ELBO

ask kim

I have three baby showers to go to next month and I need to buy gifts. Where can I find unique items for my friend's babies?

I'm glad you're searching beyond babyGap. Check out local independent stores like lola in Yaletown (1076 Hamilton St.) for sweet trends by Burberry, Hip baby near Kitsilano (2110 W. 4th Ave.) is also a good one and Modernkid in Gastown (45 Water St.) is without a doubt the store for cool toys.

With a passion for recognizing the purpose and beauty of fashion, I shop and travel filling you in on the latest styles, events and tips in my column, Style File.



\$29

Funnel Neck
Affordable. Designed by Joe Fresh.
Shop at Superstore.
Various Locations | joe.ca



\$128

Stylish
My favourite.
Shop at Lululemon.
Various Locations | lululemon.com



\$180

Fabulous fit
Perfect for the pros.
Shop at Peak Performance.
919 Robson St. | peakperformance.com



\$55

Slim fit Tee with body mapping
Sidney Crosby Collection.
Designed by Reebok. Shop at Sport Check.
Various Locations | sportchek.ca



\$60

Long sleeve with thumb holes
Cut-out thumb hole feature.
Shop at Karma Athletics.
2066 W. 4th Ave. | karmaathletics.com



\$90

Classic tank with built in bra
My favourite.
Shop at Peak Performance.
919 Robson St. | peakperformance.com

running jackets

Walk, jog or run in style this spring with a new lightweight running jacket. For music lovers, jackets are now equipped with built in iPod pockets and cutouts for ear plugs. Be seen at night with reflective strips they're an absolute must! And if you get fairly hot while running consider buying a jacket with air vents underneath the armpits, the Peak Performance jacket (pictured) has a lazer cut diamond pattern right where the armpits are for ease and comfort.

accessorize

Mask your unwanted body odor with the refreshing scent of Clinical Strength by Gillette.
\$8.99 Available at all major food and drug stores



workout tops

It's essential to be hot but not be literally hot while working out so consider the following tops the next time you're out shopping for workout gear. Say goodbye to unwanted and irregular sweat marks with 'body mapping,' this is a new technology that wicks moisture away from your back, chest and armpits. For those rainy or windy days outside be extra comfortable with a long-sleeved shirt and thumbhole cut outs. Stay secure with a built-in sports bra and tank.

pssst...

Teens Reacting Effectively and Discovering Style (TRENDS) hosts *Muse the Fashion Show* this Tuesday at Heritage Hall from 7:30 to 9 p.m. Tickets \$10. Visit www.trendsfashion.ca for more info.

tip

Stay fresh all night and day by applying your deodorant on at night, this will give your deodorant the time it needs to properly penetrate through your skin – Gillette