

# Run to help sick kids

One of the saddest facts I think I have ever read concerns childhood cancer and where the numbers sit in relation to child fatalities.

As a matter of fact it is number one disease killer for children and only 3% of funding goes to childhood research and the hunt for a cure.

September is Childhood Cancer Awareness month and some great volunteers reached out to me to see if I could pass on a great event where you can have some fun and help out the cause by spending some time getting in shape and helping out.

The inspiration for the run is Jacey Uphill who died of stage IV Ewing's Sarcoma on Oct. 14, 2012 at the young age of 16



after fighting the disease for two years in extreme pain. A friend of mine, Mike Palumbo, alerted me to the story last year as his wife Eleana was working tirelessly to round up sponsors and runners to get things rolling, and they are both back on board this year.

This little girl was such an inspiration to everyone in the hospital and spent her time

encouraging others who were there seeking treatment to carry on and smile, that's why this run is in her honour.

There are several ways you can help, with lots of formats you and the entire family can take part in, a 1K Family Walk a 5K Run/Walk and a 10K Run/Walk.

There are also team runs for corporate folk and a free shirt with every entry so we can tell all of Alberta we are part of the memory and the fight for Jacey.

All the money raised in the run stays right here in the province for the fight against childhood cancer, and goes towards funding for the families having to endure this horrible fight with their little ones.

The Believe Run For The Gold

goes this Sunday at Eau Clair Market and things get underway at 10 a.m.

They are also asking that runners wear some sort of gold or bring a gold ribbon in a true sign of camaraderie.

We would also like to thank The Running Room for all their help setting up the run and looking after registration for the event that you can access online.

If you would like to sponsor, run or get more information on the Believe Run For The Gold just go to [www.eventsrunningroom.com](http://www.eventsrunningroom.com) to sign up or donate.

Gerry Forbes is heard weekday mornings from 5:30 to 10 on CJAY92 FM. His Sun column appears Thursday and Sunday

## Cool Stuff

Yesterday's beach waves trend is morphing into tomorrow's Hollywood Waves look and Hollywood Waves Siren Waves by L'Oreal Professionnel can help you achieve it. It can help style light, medium or thick curls and works as a touch-up for second day hair: \$23 at select salons. Visit [www.lorealprofessionnel.com](http://www.lorealprofessionnel.com) for a list of retailers.



Li'l Oliver pre-packed green or black olives make a great snack that packs a nutritional punch to keep kids attentive throughout the school day. Making it easier to enjoy the full flavours and healthy benefits of olives, Sardo Foods' delicious pitted and pre-packed olives have no artificial flavours, colours or trans fats and are also free of gluten and the allergy concerns that come with snacks that may contain peanuts. With their mild taste and small size, Li'l Oliver appeals to kids. Each snack cup is only 20 calories with two grams of fat. The black olives have 1g of carbohydrates and the green have none. For more information, visit [www.sardofoods.com](http://www.sardofoods.com): \$3.99 at grocery retailers.



With International Coffee Day just around the corner on Sept. 29, Saeco is introducing a espresso machine that offers a tailored taste experience — the Vapore. The fully-automatic machine will enhance your coffee-making experience by perking up your morning routine or curbing your after dinner craving.

Saeco's Vapore lets you taste the aroma of your favourite coffee beans at the touch of a button. Ceramic grinders lend a consistent grind without overheating the coffee bean, while the Classic Milk Frother lets you add a touch of velvety pleasure to all your fresh coffee drinks, and the memo function lets you to adjust your coffee length to suit your personal taste and preference: \$599.99.



Stressing out over dinner shouldn't have to be your only option — especially when you have a slow cooker. The Crock-Pot 4-Quart Cook & Carry Slow Cooker (\$24.77) is just one of the slow cookers at Walmart designed to let you plan great meals and spend less time in the kitchen. A family favourite, slow-cooker pot roast is an easy-to-make dinner combining mushrooms, garlic, onion, celery, tomatoes and tomato paste in a slow cooker with herbs and a touch of salt and sugar. Once the meat is added and veggies spooned over top, it cooks for six to eight hours on low until tender. You can find more slow cooker recipes by visiting [Walmartlivebetter.ca](http://Walmartlivebetter.ca)



Best Ever Burger Maker from Yummy Nummies is part of a line of playsets for kids designed to allow them to create adorable little foods that look and taste just like the real thing made with food ingredients from the U.S. The Best Ever Burger Maker includes everything needed to create multiple fun-filled burger meals that taste like a real burger, fries and cola. It includes a kitchen magic tray, instruction sheet, a burger packet, bun packet, cheese packet, ketchup sauce packet, fries packet, cola drink packet, spoon, measuring scoop, cutting tool, non-stick sheet, cup and plate. For age 6+: \$16.99 at Toys R Us, Showcase and Home Hardware.



Penmanship is in peril. In today's electronics-driven world, handwriting is not a priority. Yet, experts agree handwriting is critical to a child's education and development. BIC is rallying Canadians to join the Fight For Your Write movement. You can pledge your commitment to handwriting at [www.BICFightForYourWrite.ca](http://www.BICFightForYourWrite.ca). Recognizing that 60% of learning in school happens before lunch, meaning breakfast food is brain food, BIC Fight For Your Write is donating \$10,000 to the Breakfast Club of Canada, plus an additional \$10,000 of stationery supplies to Canadian schools in need. You can make writing fun for the kid in your life with BIC® Extra-Fun Pencils: \$2.99/eight-pack at major retailers.



Mis for Money is an all-Canadian children's book series by Canadian entrepreneur Teresa Cascioli designed to help teach financial literacy. It provides parents and teachers tools to start conversations about money early on by following the adventures of twins Tessa and Benji as they learn about currency, budgeting, visiting a bank, saving and more. In an era of mobile pay apps and online shopping, this series can give kids an early understanding of money to help them succeed in the future. For age 5-9: \$7.99/softcover each at [MisforMoney.ca](http://MisforMoney.ca), Indigo/Chapters and Mastermind Toys,

\$23.99/hardcover at [MisforMoney.ca](http://MisforMoney.ca)

ADVERTISING FEATURE

## UP TO 25% OF CANADIAN WOMEN HAVE LOW THYROID — DO YOU?

If you are experiencing symptoms such as: weight gain, fatigue, moodiness, poor concentration, anxiety, low libido, cold intolerance, dry hair, brittle nails, hair loss, night sweats, insomnia or constipation — low thyroid could be your problem. If you suspect you have low thyroid (hypothyroidism) you should see your health practitioner for testing.

In general, low thyroid (hypothyroid) is a common condition in North America affecting between 20 and 25 percent of the female population and about 10 percent of males. In addition, approximately 30 percent of people over the age of 35 may have sub-clinical or mild hypothyroidism.

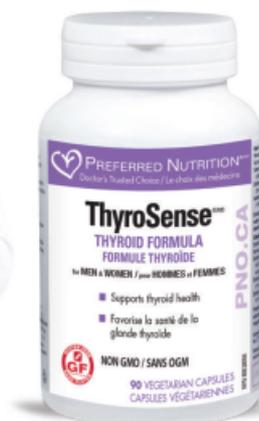
ThyroSense™ does not replace your prescription thyroid medication, but can help you deal with the symptoms. It is a proven natural combination of important nutrients including L-tyrosine, ashwagandha, guggul, pantothenic acid, copper, manganese and iodine that can help enhance thyroid function. ThyroSense is recommended by Health Professionals for support of thyroid health in those with symptoms of low thyroid. ThyroSense can also be taken by those on low thyroid medication to help support thyroid health and relieve symptoms.

Note: Not for use by those with hyperthyroid - consult your health care practitioner.



"I recommend ThyroSense to patients in my practice with low thyroid."

DR. MARITA SCHAUCH, ND



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PREFERRED NUTRITION  
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Available exclusively at health food retailers and specialty pharmacies

for store locator: [PNO.CA](http://PNO.CA)