

July/August 2017

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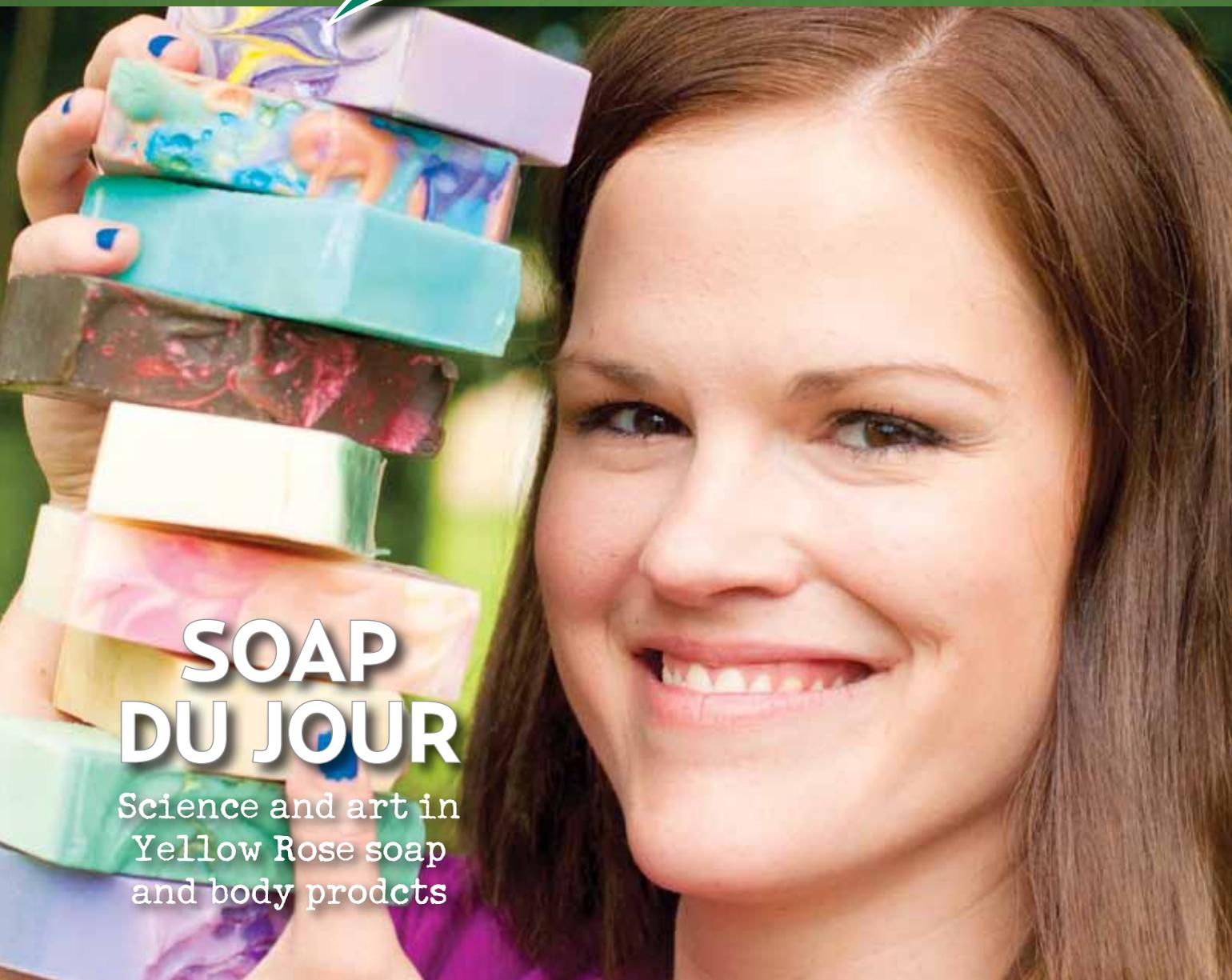
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FREE

Pullout Section

Summer Fun
in the
CRESTON VALLEY

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Creston Valley together!



SOAP DU JOUR

Science and art in
Yellow Rose soap
and body products

HISTORY

25 more of the top 150
Creston Valley events

ARTS

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arts and agriculture

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From the Editor



BRIAN LAWRENCE

Well, it appears summer has finally arrived! As I write this, we're in for a stretch of hot weather. (And I'm hoping I didn't jinx it by mentioning it...)

I know the heat isn't for everyone, and even I don't love too many days of sauna-like temperatures, but it's always exciting to know that the valley will be bustling with tourists and travelers. Of course, locals can have fun, too, and we've highlighted some things to do in our annual *Summer Fun in the Creston Valley* pullout section:

•If you've been missing the tea garden Simon Lazarchuk used to run at his Canyon home, then a visit to the new tea room at his Riondel home is a

must. It's a delightful spot with a view of Kootenay Lake — and, of course, Simon's baking can't be beat!

•A few weeks into July, the Creston Golf Club will be hosting this year's Vision Cup, chaired by Darren Douma, with golfers from around the world competing — the unique thing about this is that they're visually impaired, so spectators will have an unforgettable experience when they check it out.

•The Creston Valley Wildlife Management Area and Creston Museum are always must-visit places. The CVWMA offers a top 5 list to help plan your visit, and the museum's summer students have picked out their favourite artifacts — take a visit and see if you agree!

Summer is also the perfect time of year to visit the Creston Valley Farmers' Market, where you can find all kinds of locally grown and produced items, from baking to veggies to beverages to bath products, the latter of which is

the subject of this issue's cover feature. Kate Webb has been making soap for several years, and it was fascinating to watch the colourful process.

While you're at the farmers' market, you can't miss the striking new flagpole reaching five stories above the ground and bearing a Canadian flag. Mayor Ron Toyota tells the story of how the installation came to be in his column.

On page 10, museum manager Tammy Bradford continues her look at the top 150 events that shaped the Creston Valley. There are some pretty interesting things on there, from the little cherry disease that destroyed an East Shore industry to the flats flooding (twice) to the high school burning down. The list isn't yet complete, so if you think of any other big events, let her know!

We're taking a break after this issue goes to press, so from all of us at I Love Creston, have a safe and happy summer. See you in September! ■

INSIDE

FEATURE SOAP MAKING

With Yellow Rose Handcrafted Designs, Kate Webb makes soap and other bath and beauty products in the Creston Valley.

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Creston Valley landscape canvases now available at Arts Garage in Erickson!



LATHER UP!

Soap maker Kate Webb mixes science and art

STORY AND PHOTOS
BY BRIAN LAWRENCE
I Love Creston Editor

For Kate Webb, making soap is a way of keeping her family safe from harmful ingredients in commercial products, helping to prevent one son's eczema outbreaks. But the craft has become a passion and obsession, satisfying her scientific inclination.

"I love the mad science part of it. I was a science geek in high school."

She makes about 100 pounds a week, as well as lotions, body scrubs, face masks, lip balms and hair products, all without the detergents typically used in making commercial beauty products.

"It's a lot of science, a lot of research, a lot of watching videos from reputable soap makers," says Webb, the owner of Yellow Rose Handcrafted Designs. "The do-it-yourself BuzzFeed videos don't often contain proper measurements or best practices."

Webb learned to make soap locally, taking a course from Rachel Beck (co-owner of Tilia Botanicals) so that she and her mom, Christine Proskow, could create party favours for her brother's wedding. But she didn't stop, and soon began offering it at the Creston Valley Farmers' Market, where she had started selling jewelry in 2009.

"It took over the jewelry side of the farmers' market because it was huge, and it was addictive," she says. "It was something to do and stay home, and



Kate Webb of Yellow Rose Handcrafted Designs mixing lye and oils together.

I didn't have to spend hundreds on eczema medication."

Webb was born in Medicine Hat, Alta., and moved with her family to Creston at age nine. She's since lived in Edmonton, where she took post-secondary education and met her husband, and Enderby, B.C., with a few years in Creston in between, before returning to Creston over a year ago.

After learning to make soap, the former fitness centre manager looked into various methods before choosing cold process, which involves mixing oils and lye — a formula that has led to misconceptions, including that of soap containing lye being harmful.

"The commercial industry went for years saying, 'Soap is bad. Our bars are better,'" says Webb.

That, of course, grew out of soap being homemade with few calculations used to keep lye at safe levels.

"It often burned, which is what happens with too much lye," says Webb. "So it got a bad rap."

In reality, after she pours the oil-lye mixture into a mould and lets it set, the lye evaporates in about 72 hours. Through that chemical process, saponification, the lye changes the composition of the oils to create soap. After that, the bars cure as their moisture evaporates, which can take up to eight months depending on the oils used.

"I will weigh a bar or two out of a batch, and when it stops losing weight, then it's ready," says Webb.

Most of her soaps are vegan, containing essential oils from around the world, as well as fair trade shea butter (soaps contain about five per cent and body butters 65 per cent), certified sustainable palm oil and bamboo charcoal.

New mothers will occasionally have Webb produce a small batch using

their breast milk — soap lasts almost indefinitely, so it creates an intimate and treasured keepsake.

“It’s kind of a unique way to preserve the bond between mom and baby,” she says.

She makes about 30 kinds, occasionally experimenting with seasonal scents. Some of the summer bars include cucumber-melon, jasmine and grapefruit-lily. Lilac started out as a seasonal scent, but Webb found she had to add it to the regular lineup.

“It was in such high demand that I couldn’t stop making it,” she says.

Webb tries to follow trends and make products based on customer requests, with ginger-lime popular a few years ago, and a request for anise resulting in an anise-spearmint bar. She’s learned not to be offended when customers are less than fond of specific scents. Rose, for example, is making a comeback, but it’s not a favourite scent for everyone.

“It either smells like your grandmother or a fresh garden,” she says. “And patchouli is very polarizing.”

Of course, not every new scent can be a winner.

“I have boxes of test batches that are just for household use,” Webb says with a laugh.

Occasional misfires aren’t a bad thing, though — artistic expression is another reason Webb got hooked on the process.

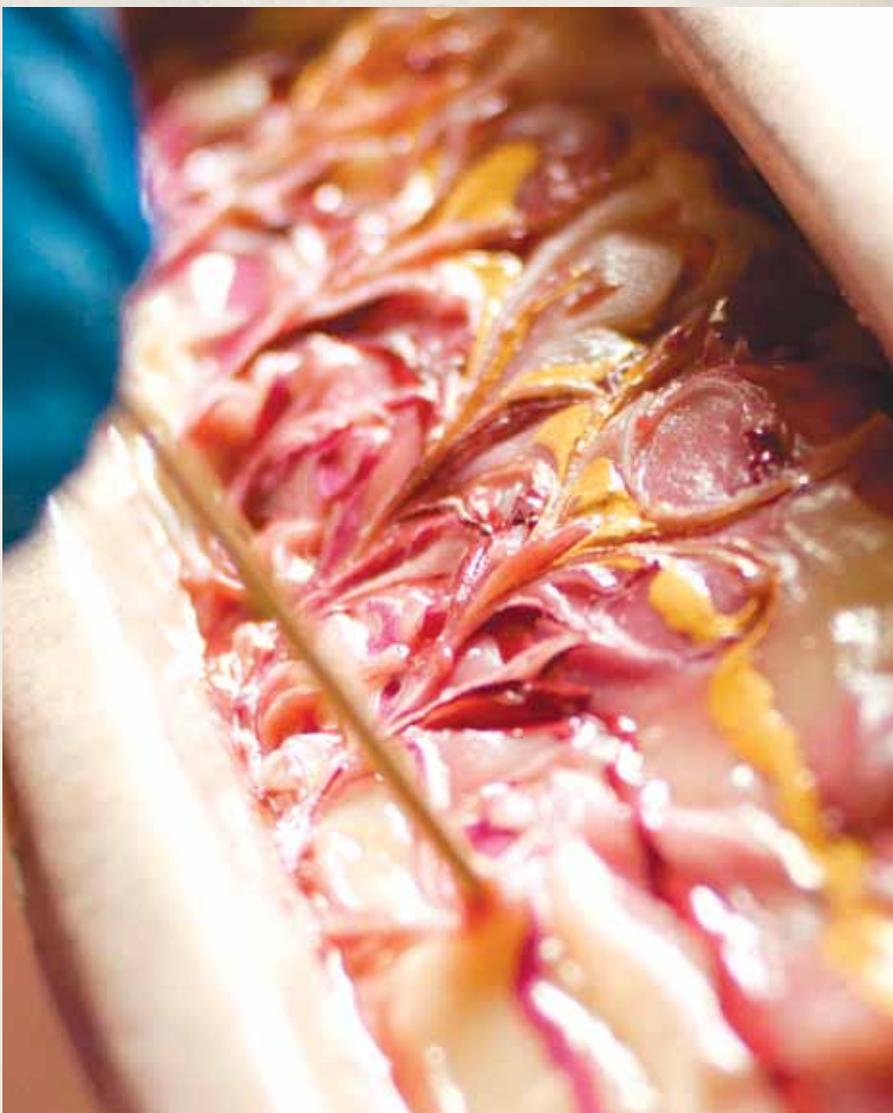
“I’m not very artistic but this lets me think that I am,” she says. “I draw stick people — but I can make soap.” ■

Yellow Rose Handcrafted Design products are available at the Creston Valley Farmers’ Market in the summer and fall, at the Creston Pop-Up Mall in the winter and year-round at Tigz Designs. Learn more at theyellowrose.ca.



Above: Kate Webb mixing colour into a lye-oil mixture.

Below: Several colours are swirled together to create bright designs.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Project Celebrating Canada Day 150



Last year, the Government of Canada announced that our nation would be celebrating Canada's 150th anniversary in 2017. To mark the occasion, the federal government invited communities and organizations across the country to create special local community events and experiences (yes, that's why our hanging baskets are white and red this year). Our town council enthusiastically accepted the fed's challenge and Coun. Joanna Wilson stepped forward to volunteer as our municipal "ambassador" for Canada's 150th.

Joanna has been busy working with numerous local community groups to bring events to fruition this year. Don't miss out on the Canada Day events on July 1. This year is the first joint Creston Valley Canada Day celebration, with all daytime activities hosted at the Canyon Park and evening activities at the Creston and District Community Complex (CDCC), including special events.

Morning and day activities will be hosted at the Canyon Park from 7 a.m.-4 p.m., including the pancake breakfast, baseball tournament, Canada Day cake cutting with dignitaries, kids activities provided by the Creston Museum, an equestrian contest and a dog agility contest.

Late day and evening activities will be held at the CDCC from 2-11 p.m., including youth/kids activities (including a volleyball tournament), free swimming from 4-6 p.m., an outdoor food court and market, fireworks display, and an evening outdoor concert featuring the Velle Weitman Band and violinist Megan Bibby.

With the encouragement of Coun. Jim Elford, town council also decided to mark the occasion of Canada's 150th anniversary with the raising of a new Canadian flag in the farmers' market site, located adjacent to the Creston Visitor Centre. Working on making our local Canadian flagpole a reality began in 2016 when we approached Mayor David Sims of Bonners Ferry, Idaho, and asked him to provide information and

feedback on their large U.S.A. flag. Sims advised that their flag pole was installed in 2005 and measured 100 feet high with a 30-by-50-foot flag. A project of this size cost about \$20,000 and all the funds were privately donated.

Here in Creston we committed to install a 7.5-by-15-foot Canadian flag on a 60-foot cedar pole (out of the ground, 52 feet). The pole, including delivery and installation costs, was donated. Notably, Jim and a number of good sport volunteers worked for two days to stain the pole prior to its installation! The cedar pole serves to remind us that forestry is a very important natural resource to our valley's economy.

Jim co-ordinated several organizations in order to make our downtown Canadian flag a reality. A special thank you to the Creston Valley Forest Corporation (organizing the pole and providing transportation), FortisBC (providing employee volunteers and equipment), Brisco Wood Products (providing the pole at a great discount), Jim, Ian McDowell and Jerry Bauer (prep and staining) and the Town of Creston (research, hardware and flags). A commemorative plaque will be attached to say a more permanent thanks to the above participants.

Personally, I will always remember this as "Elford's Flagpole". ■
Reach Creston Mayor Ron Toyota by phone at 250-428-2214 ext. 227, by email at ron.toyota@creston.ca or visit town hall at 238 10th Ave. North.

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

LKB Members Deserve Best Health Care

K*i'suk kyukyit* (greetings). Some time ago I wrote about the alcohol and drug treatment centre and the community health building (December 2016 / *Love Creston*). I thought by now we would have had one or both operational. A series of delays halted the process and I received a lesson in patience being a virtue.

With the community health building, each Ktunaxa member community was eligible for a grant for construction through the First Nations Health Authority. The Lower Kootenay Band was next in line for construction. Somehow one of the member bands leapfrogged us in the priority list. There was no explanation of how or why this happened but perhaps it was for the best, as our community has some decisions to make with respect to the old village site.

The area along Highway 21 is the proposed site for the health building. One of the difficulties we are faced with is that some lots in that area are privately owned by band members. We have been in negotiations with those private owners to remove some of the old houses. The Canyon-Lister Fire Department has been extremely helpful as those owners who consented to have their homes removed have the fire department burning the dwelling as fire training. In this process, the fire department receives crucial fire training and the LKB can move closer to construction of our building.

Another aspect of this process is, what will the future of the church be? In a previous column I stated that this will be a community decision. I have received inquiries from the public and once again

I will state that the future of the church will be a LKB community decision. The matter is set to go to a community referendum in the very near future.

With the alcohol and drug treatment centre, that process was something that I will never forget. One of the neighbouring First Nations was also interested in having the centre in one of their communities and the process turned into an all-out battle. At one point I thought the process would be very straightforward. This was not the case. A final showdown took place in Williams Lake in October 2016. The First Nations Health Authority heard each First Nations community's case as to why the centre would be best suited in their territory and then rendered a decision. The decision was ruled in the favour of the Lower Kootenay Band. We were outnumbered by other First Nations chiefs. We were in another First Nations territory, but we were determined.

We are now in the feasibility study phase. Architects have presented options for building layout and if all goes as planned we should begin the construction phase in spring 2018. What the LKB is doing is investing in wellness. We can do all of the economic development planning in the world but if our communities are not well, the economic development planning is meaningless.

One of the first things that I learned in this job is to always swing for the fence. We may not always get what we want but we must always try to achieve greatness. I am hoping that there will be a doctor who will read this column. One hope and dream is to have a doctor visit our health

centre once a month to see patients. We have many in our community who do not have a doctor but are dealing with some serious health issues. Thus far, the centre would have a diabetic nurse, dietician and a nurse practitioner. A doctor who could be scheduled at least once a month would be beneficial to the community.

The Lower Kootenay Band has gone for generations receiving subpar health services. It is time that the community receives the very best. This includes facilities. There is still much work that needs to be done. To achieve this we need community, administration and leadership to believe in the dream, to believe that with health and wellness we are better human beings.

With that, I wish you all a happy summer and thank you for reading!
Texas. ■

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25 More that Changed the Valley



BY TAMMY BRADFORD
 Manager - Creston & District Museum & Archives

In recognition of Canada's 150th anniversary, we've been working hard to identify 150 events* that have shaped the Creston Valley. Last month, we presented you with the first 25, whisking you through thousands of years of geological and Ktunaxa history. This month, we're picking 25 events from the post-settlement era, to take you up to the present day.

30. 1896: The Great Northern Railway, building into southern B.C. from the U.S. at numerous points, surveys a right of way through the Creston Valley. The railway will not be built for another few years, but its promised arrival leads to the establishment of a small commercial district where present-day Canyon Street meets Highway 21.

33. 1898: An Indian Residential School is established at Cranbrook. Residential schools have been

*To be perfectly precise, we don't yet have 150 events. We only have 118. So we invite you to check out the list so far at www.crestonmuseum.ca/150-events and tell us what we've missed!

operating elsewhere in Canada for several decades already, and many others will be established in the decades to come, but the Cranbrook school has a direct, and devastating, effect on the Ktunaxa culture in the Creston Valley.

39. 1904: The Alice Mine, staked in 1890, comes into production. Although its operations are sporadic and it never attains the production levels of mines in other West Kootenay communities, the Alice Mine and its concentrator are an important industry in the early years of the Creston Valley.

46. October 1908: The provincial government offers several thousand acres of farm lands for sale at public auction, triggering the first major "fruit boom" in the Creston Valley.

49. 1911 or 1912: The automobile makes its appearance in Creston. Although the exact date of its arrival is unknown (as is the name of the person who brought it in), automobiles are quickly adopted by a growing proportion of the population, and Richard Bevan establishes the first dealership (a Ford garage) on Canyon Street later the same year.

52. October 1918: Daylight savings time, implemented in Canada for the first time the previous spring, is discontinued. Creston, which had

adopted it in June, chooses not to go off of it — and our perplexing time zone is born.

56. May 1924: After several years of discussion and debate, the community of Creston is incorporated as a village, putting in place a system of municipal services ranging from roadways and utilities to public libraries and community centres. The official village charter is presented the following August, during the visit of governor-general Lord Byng.

60. 1929: The struggling community of Lister gets a new lease on life with the arrival of several new families, recent immigrants from central and Eastern Europe, who take up the land abandoned by the soldier-settlers and re-establish Lister as a farming community.

64. Jan. 1, 1931: The last stretch of railway along the west shore of Kootenay Lake is opened. Train passengers are no longer required to board a steamship at Kootenay Landing (at the south end of Kootenay Lake) to continue their journey to Nelson, which has important consequences for the steamships on the lake. The completed rail link also spells the end of Sirdar's importance as a railway terminus.

68. 1933: Little cherry disease shows up in an orchard on the West Arm of Kootenay Lake. Within a few years it spreads to the orchards of the East Shore, and from there to the Creston Valley. The cherry industry on the East Shore is entirely destroyed, and that of Erickson suffers serious setbacks that are felt for 60 years.

72. 1938: The various school districts of the Creston Valley are amalgamated. Although some of the schools in outlying communities continue to operate, most of the smaller ones are closed and the children bused, for the first time, to the larger,

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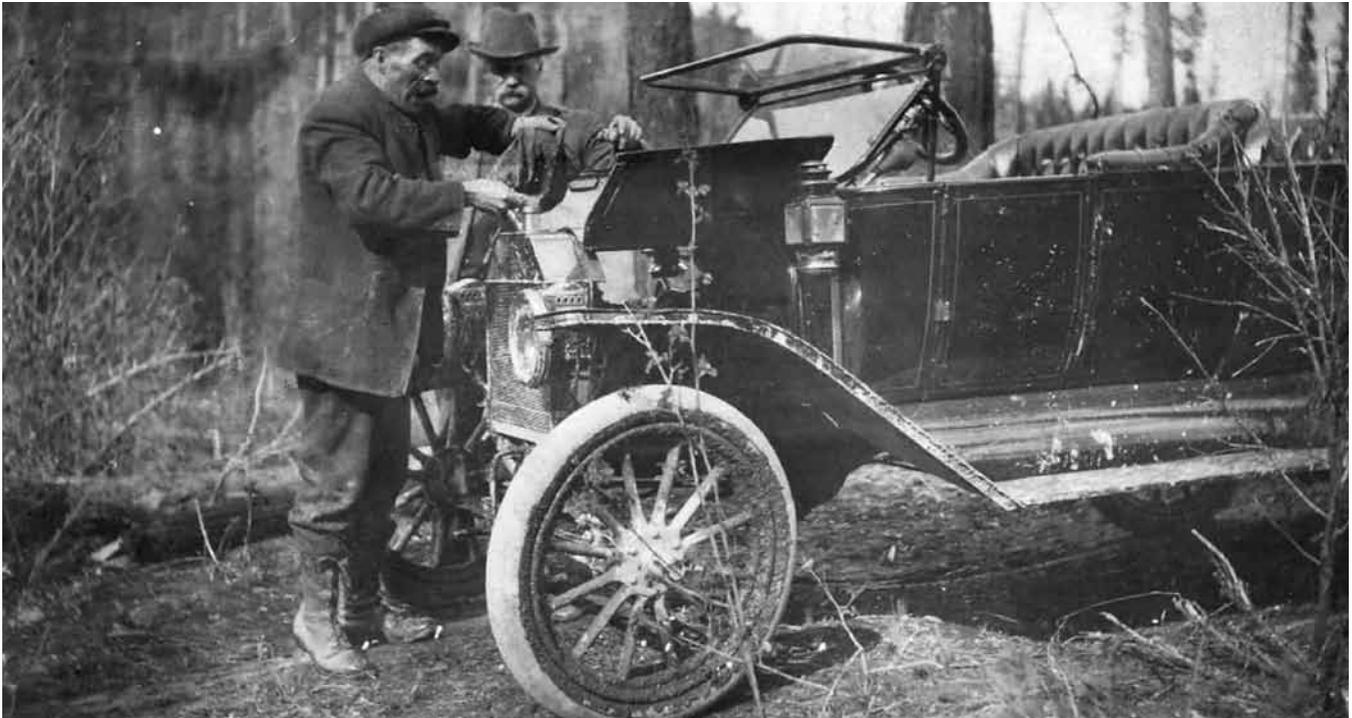


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Creston Museum

Richard Bevan and the Pioneer, the car in which he made the first trip to Cranbrook over the “new” government road in 1913 (it took over five hours).

more central schools in Canyon, Erickson and Creston. A large new high school is built at what is now Adam Robertson Elementary School.

73. May-June 1938: High water destroys the dikes along the Kootenay River. The entire flats, with the exception of Nick’s Island, are underwater. That year’s grain crops are destroyed, and the farmers on the flats face bankruptcy.

77. May 1945: The Second World War ends, ushering in an unprecedented era of prosperity and social change that is felt all across North America, including in the Creston Valley.

82. May-June 1948: High water destroys the dikes along the Kootenay River. The entire flats, with the exception of Nick’s Island, are underwater. That year’s grain crops are destroyed, and the farmers on the flats face bankruptcy.

85. April 1949: The Creston Mercantile burns to the ground. A large wood-frame general store that had stood on the corner of 10th Avenue and Canyon Street since 1907 or earlier, its loss represents the

passing of Creston’s pioneer years. It also represents the last time the clock on the post office can be relied on: Apparently, the heat from the Mercantile fire damages the clock so badly that it never works properly again — even after the original clock is replaced.

89. September 1953: A kindergarten class is established at the elementary school on Hillside Street. It is the first kindergarten class in the Creston Valley, and one of the first public school kindergartens in the B.C. Interior. It represents a growing awareness of the benefits of early childhood education.

90. April 1957: The SS *Moyie*, the last of the Kootenay Lake sternwheelers, is retired. She is the last of the sternwheelers that had operated on Kootenay Lake since 1891, and her retirement marks the end of a way of life for the people in the communities surrounding the lake.

97. October 1963: The Salmo-Creston highway is opened, after more than a decade of construction

and many decades of discussion and debate about the need for it. The new route shortens the travel time to Nelson and other communities in the West Kootenay by several hours, improving communication and trade between them, but it is a terrible blow to the communities along the East Shore of Kootenay Lake, whose businesses rely on vehicle traffic.

100. 1966: Population growth, the establishment of new subdivisions, and changes to the official municipal boundaries mean the Village of Creston now has the population, and the tax base, to be incorporated as a town.

104. 1971: The United Grain Growers elevator at Creston (formerly Midland and Pacific) and the grain elevator at Wynndel are sold into private hands. Although they still store and shop grain, the sale clearly reflects the changing agricultural industry on the Creston flats and the shift away from grains to potatoes, alfalfa and other crops.

History



Creston Museum

The Creston Valley flats flooded in 1948, destroying the year's grain crops.



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107. April 1980: Prince Charles Secondary School burns to the ground. The school had been built at a time when the Creston Valley's population was growing rapidly, and had been a large and very well equipped modern high school. At the time of the fire, that rapid growth is over and the school is rebuilt on a reduced scale.

108. 1981: The downtown sawmill closes. Although the planer mill and veneer plant, added in the late 1940s, continue to operate until 1992, the loss of the sawmill itself is a major blow to the economic prospects of the community.

110. September 1990: The Okanagan Valley Tree Fruits Association, whose jurisdiction includes the Creston Valley, is formed. Its mission is to support a complete turnaround of the struggling tree fruit industry, and among its initiatives is transition funding for growers who are renovating their orchards. This, combined with increasing control of little cherry disease and attractive prices for cherries compared to declining prices for apples, helps push the Creston Valley from a predominantly apple-producing region to one more focused on cherries.

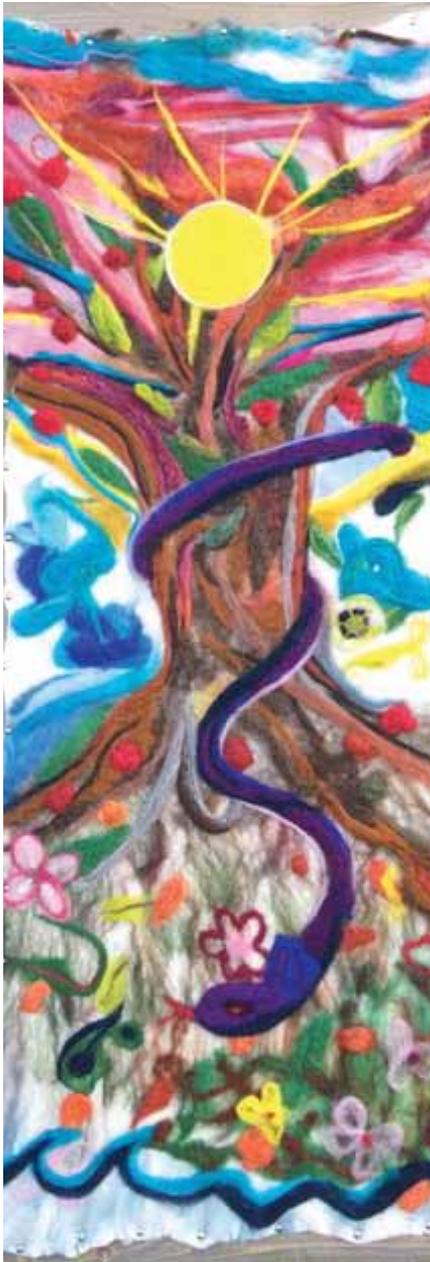
112. November 2006: A referendum passes, approving expenditures of over \$18 million for a new rec centre. This allows much-needed renovations and the addition of an indoor swimming pool to go ahead at the Creston and District Community Complex.

150. September 1982: The Creston Museum opens its doors to the public, enabling this rich history to be preserved, passed on, and shared for the future. ■

Contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

Genuine Creativity of Youth

BY MEL JOY
Fly in the Fibre



Mel Joy
Needle felted art created by Adam Robertson
Elementary School Grade 7 students.

Fly in the Fibre was recently fortunate enough to be a part of the Adam Robertson Elementary School's Grade 7 Amazing Race event. Being a part of these events is always so rewarding: the energy is fantastic, the kids are always appreciative of support from the community and the events themselves are so well organized by the teachers that the day is truly fun.

The students had to do a challenge at each place they stopped at and the places are spread around the town. With little clues, they raced to destinations and they had to be faster than the rest. With flags in hand, face paint on and smiles abundant, this is how they traveled.

At Fly in the Fibre, their challenge was to needle felt. The students were lucky that day as they had fibre artist Leah Wilson from Amazing Gnomes to assist them. Leah, with her larger than life energy and her passion for creating with fibre, took the students in hand and taught them the basics of needle felting.

Each team had its own colour, its own name and its own creative ideas. The backdrop of the project was wet felted by another talented fibre artist, Carmen Ditzler. A beautifully created tree was

their starting point and the students had the options to needle felt something in the sky, on the tree or on the ground. From there, the creativity exploded!

The first team was the green team and it added all the green to the picture. The second was the orange and so on. The first team had no idea what the following teams were to complete, and from one team to the next they kept adding fibre and shifting the look of the picture.

The sound of the needles going through the fibre, the gentle teaching and encouragement from Leah and the excitement from the students was all that was heard. The end result is authentically beautiful and they received their finished project with a frame to keep in their classroom.

Way to go, Grade 7s, and good luck in the next step of your education journey! ■

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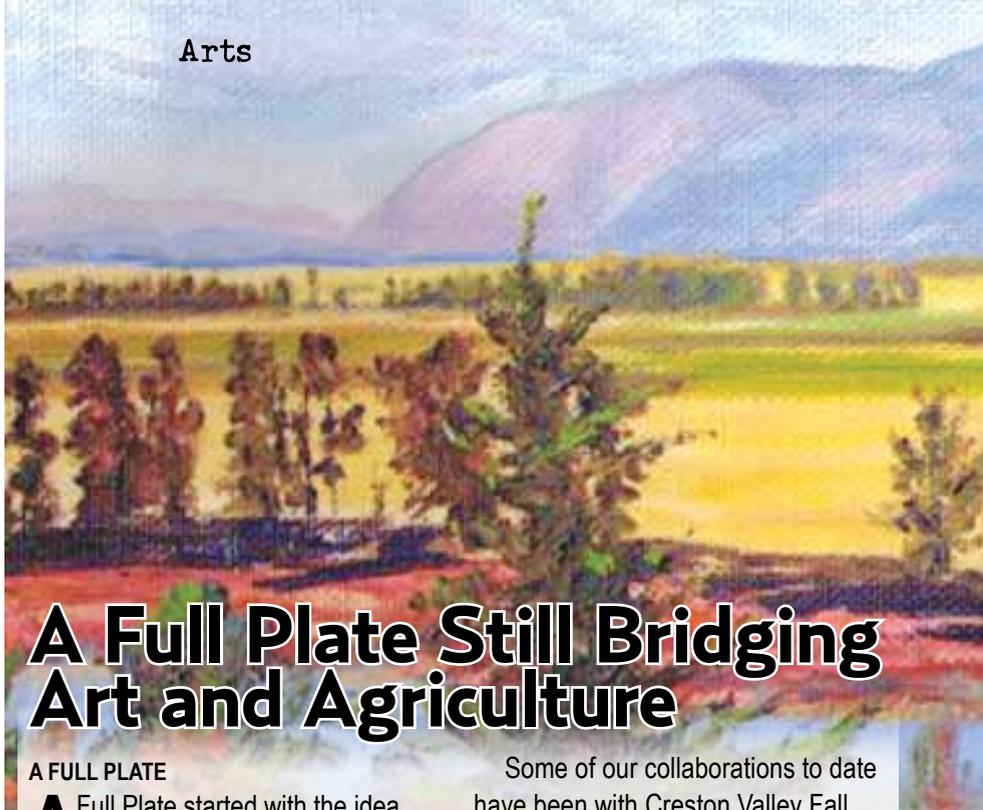
Creston Museum

"Art Meets Agriculture" ongoing summer display. Various mediums welcome.

Contact the Creston Museum re: submission requirements.

250-428-9262 or www.crestonmuseum.ca

*For inquiries,
information or submission details:
info@fullplate.ca | www.afullplate.ca
Facebook: A Full Plate*



A Full Plate Still Bridging Art and Agriculture

A FULL PLATE

A Full Plate started with the idea of celebrating the diversity and bounty of our local agriculture throughout 2017 for Canada's 150th. Our work so far and continuing through the year is to bring attention to the agricultural assets of the valley through networking, research and linking resources. Through promotion and collaboration with other groups or individuals, we intend to leave a legacy through inspiring community participation and documentation.

Some of our collaborations to date have been with Creston Valley Fall Fair, Fields Forward, Community of Creston Art Council, Creston Museum and Focus on Youth. Thanks to the *Creston Valley Advance*, *East Shore Mainstreet* and *I Love Creston* for publishing articles, as well as *Articulate*, a regional magazine.

Three art shows have been inspired by the theme (the Box Project, the Creston Valley Quilt Show and Focus on Youth). We have linked and promoted relevant related events

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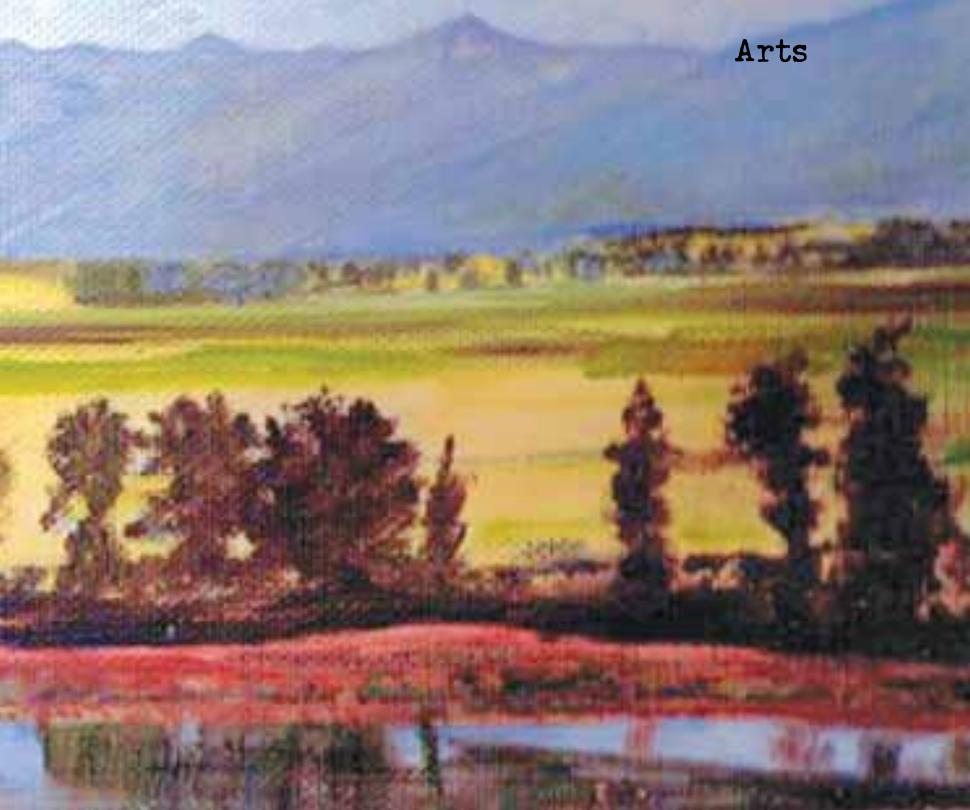


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C. Hamilton

From the Creston Museum's collection, a 1970s or 1980s painting of Creston Valley farmland.

such as the Kootenay Meadows spring turnout, the Kootenay Fibre Arts Festival, Creston Valley Public Library talks, Fields Forward working group events, the Creston Valley Farmers' Market and more through our mailing list, Facebook, website and YouTube channel.

We are eager to build on what's been started, and are currently scheduling video interviews across the valley. We invite participation (see box below) and ideas from growers, producers, value-added industries, families, individuals, organizations and

input through artistic and cultural media to express some of the stories, images and sounds of our "agri-culture" from Yahk to Riondel.

It's a big vision for a year's project, but we continue to be inspired by the theme and look forward with your input for how much we can get done or leave inspirations for future projects. ■

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between Creston-Kootenay Foundation, the Government of Canada and extraordinary leaders from coast to coast to coast.

A Full Plate Wish List

- Videos:** Do you already have or want to shoot a three- to five-minute or shorter video for our Full Plate Youtube channel and website? Contact us if you know someone who would like to be interviewed and filmed.
- Videographers/photographers** of all ages who could help us with this project.
- Photos:** Event, seasonal or related photos with descriptive text for our website and Facebook page (we'll credit you).
- Recipes:** Seasonal recipes utilizing local foods with photos.

- Links:** Links to resources, organizations and events related to the Full Plate theme.
- Events:** Inspired by the idea? Plan to include this theme, or tell us if you know of one and we'll help promote it.
- Submit short stories, songs or poems.**
- Artists, writers, musicians:** Would you like to make a connection with a grower for inspiration to create something with them? Sing to the cows, create a sculpture from farm "stuff"... How much fun can you have?
- Food sector folks:** Is there a story you'd like told about your world? Would you welcome artists or musicians to your place to be inspired?

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CRESTON VALLEY
CHAMBER OF COMMERCE

The Creston Valley Chamber of Commerce is working on a bunch of wonderful events that will benefit our members, as well as the local economy. Check out these announced events:

Fall Trade Show: We have decided to have a fall vendor, craft and trade show instead of a gala this fall. It will be located in the Creston Room of the Creston and District Community Complex, and will be one day only, Oct. 7.

There will be room for only 47 tables, and this show will be open to crafters, vendors, trades — basically anything.

This is a great lead-in to the Christmas selling season, and each table is only \$60 for the day. Register by emailing info@crestonvalleychamber.com with the subject line "Vendor, craft and trade show".

Creston Dragon's Den: To celebrate Small Business Week, the chamber will be hosting its first annual Creston Dragon's Den at the Prince Charles Theatre.

For those who have just started a new business (since 2016), you are just starting a new business or you have a great idea to pitch to our dragons,

CHAMBER CHAT

auditions for the Dragon's Den will occur at the chamber building in September.

This is a great chance to showcase your business to hopefully a sold-out crowd and many business people. It costs nothing to enter, and the winner will pocket a cool \$1,000 plus a lot of free advertising. For those who would like more information, please email info@crestonvalleychamber.com with the subject line "Dragon's Den".

Mixed Slo-pitch Tournament:

The chamber will be hosting an annual slo-pitch tournament on the May long weekend in 2018. We will be working with the Creston Valley Blossom Festival committee, and plan on inviting 24 teams to visit our beautiful community. The two primary ball diamonds will be at the rec centre, with other ball diamonds around Creston to be used as well.

There will be kids games, vendor space, a home run contest and much, much more in the rec centre parking lot. After the parade, head to the rec centre to

watch some great slo-pitch. Any vendors that are interested in renting space during the weekend in the parking lot, please email info@crestonvalleychamber.com with the subject line "Slo-pitch".

This will be a great event to bring a lot of people to Creston every year and will benefit many local businesses.

New Website: We are almost ready to launch a new and greatly improved Creston Valley Chamber of Commerce website that will focus on your business much better than our previous site. Check www.crestonvalleychamber.com in mid-July and it should be there.

New Board Member: Last, but definitely not least, we have a new member of the board. Her name is Kim Garety, and she is the manager of the College of the Rockies campus here in Creston. We are excited to welcome her to the chamber of commerce, and look forward to gaining from her knowledge, expertise and enthusiasm. Welcome, Kim!

Kim replaces Traven Huscroft who gave the board four great years of service. Thank you, Traven, for giving selflessly of your time and energy to help the chamber. All the best to you in the future!

That's all for this month. Have a great summer, Creston! ■

CHAMBER FUN FACTS

The Chamber is planning a fall trade show in the Creston Room on Oct. 7, and a Dragon's Den event in October! All who wish to enter either event, please contact Vern at the Chamber.

121 Northwest Boulevard
Creston, BC

CRESTON  VALLEY
CHAMBER of COMMERCE

250.428.5151
manager@crestonvalleychamber.com

Profile: Aaron Lucke of Wynndel Electric

Where are you from? I grew up in the Kootenay region and have always loved the area. Creston became our home with the opportunity to move here for work in 2011.

What is the best thing about your business? The continued opportunity to learn about new technologies, challenge your skills and in creating something that works when you flip the switch. Lately I've taken a keen interest in photovoltaic energy and applying its potential to generate electricity.

What is the best kept secret about your business? Energy conservation

is what we're all about. We love sharing our knowledge with our customers to help them reduce their energy consumption through various methods (i.e. phantom power loads, lighting, time of day use and Fortis bill explanations).

What services do you provide? We work with homeowners in new construction and energy efficiency, commercial/industrial businesses with Fortis lighting rebates, motors and controls, and we're currently installing photovoltaic energy solutions for a couple of other customers. ■



Profile: Lauren Sarnat of Ancient Touch Massage

Where are you from? I am originally from Elko, Nev., and many parts of the western U.S.A., until finally arriving in Creston from Calgary in November 2016 where I fell in love with the beauty and calling adventure of the valley.

How long have you been in business? I have owned Ancient Touch Massage since January 2017 and have been practicing massage for the last five years.

What is the best thing about your business? The fact that I am able to come to my clients' residences so that



they can experience my rejuvenating and pampering sessions in the comfort of their homes.

What is the best kept secret about your business? My best kept secret is that I give my clients personalized massage treatments enhanced with essential oils and the expertise of five years of clinical and spa modalities for a very reasonable price. I am very passionate about healing and I am always learning more to make my sessions that much more effective. ■

Profile: Mark Wolfe of KBTv



Where are you from? Calgary.

How long have you been in business? Since

August 1986 (as Westword Communications Inc.).

What is the best thing about your business?

The quality of the work we do — our clients are always appreciative of our ability to value-add, especially when it comes to our research and consulting services. This comes from having a depth of training and experience, that, by the way, is a joy

to have as personal and professional resources at our disposal.

What is the best kept secret about your business? That we work on a global basis.

Anything to add? We are all about the work — not ego, personal agendas or other forms of showy self-promotion. We've always been early adopters and

found ways to break ground and do things in ways that make a positive and lasting difference — that's been our approach with KBTv, for example, and it can be very rewarding. ■

All Creston Valley Chamber of Commerce members will eventually be highlighted in this space. To learn more, contact manager Vern Gorham at manager@crestonvalleychamber.com or 250-428-5151.

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Janice Storch Photography

Shooters Take Aim

COWBOY MOUNTED SHOOTERS ASSOCIATION OF BC

Blue skies and sunshine were the order of the day, with green fields and tall mountains creating the backdrop for the exciting Kootenay Smoke 'N' Guns competition hosted by the Cowboy Mounted Shooters Association of BC. Horses of various breeds and their riders, ranging in age from 10 to over 65, participated in this exciting, fast-paced and noisy sport on May 27 at Creston Flats Stables.

CMSABC is nearing the second anniversary of the creation of this non-profit society and this was the very first CMSA sanctioned event ever held in B.C. Local members, along with competitors from Alberta, Saskatchewan and the U.S., were able to indulge in the enjoyment of fast horses, gunpowder and bursting balloons. Within their various skill levels and classes, participants attempted to

achieve the fastest time, with fewest missed balloons, in their efforts to accumulate points, awards and prizes.

The day began with the Cowboy Prayer read by John Solly, announcer for the day. This was followed by a rendition of *O Canada*, beautifully sung by some lovely young ladies, and the playing of the U.S. anthem while two young gentlemen rode the Canadian and American colours through the arena.

The competition kicked off with wranglers (youth under 18) ground firing at their targets, while under direct supervision of an appropriately licensed adult. This was followed by the main match, consisting of three stages, where competitors individually ride a specific pattern while "addressing" the balloon targets with their revolvers. Youth competitors also ride the pattern for timed scores. They do not shoot from the horses, but they address the target with cap guns.

Among the highlights of the day are the exciting shotgun and rifle matches. In these classes, the competitors ride and shoot the first half of the pattern with a revolver, then holster the revolver and with both hands on either the rifle or shotgun, and their horse often running with only the guidance of their legs, shoot the remaining balloons in the "rundown".

Firearms used are replicas of pre-1890's .45-calibre six shooters, which



Please be patient...

Our farmers are as busy as bees preparing for the upcoming growing season.

Creston Valley



AGRICULTURE SOCIETY

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The B.C. Weed Control Act imposes a duty on all land occupiers to control designated noxious plants.

The purpose for the Act is to protect our natural resources and industry from the negative impacts of foreign weeds.

For Noxious weed spraying please contact:
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Rob Davidson 250-402-8664

For more information on noxious weeds check out this website:
<http://www.agf.gov.bc.ca/cropprot/weedguid/weedguid.htm>



Outdoors

requires users to have completed specific firearms training, testing and licensing for restricted firearms. There are, however, no projectiles permitted in this sport, and balloon targets are burst only by the hot embers from blank ammunition.

Horsemanship and safety are of the utmost importance in developing the skills required by both horse and rider. Horses are desensitized and carefully trained to become skilled partners

in the sport, and are highly valued. Their comfort and safety is of primary importance and both horses and riders wear hearing protection.

CMSABC members and volunteers worked endless hours to create this event, assisted and supported by members of Alberta's Canadian Cowboy Mounted Shooters Association. Competitors traveled long distances to support the efforts, and Janice Storch Photography

traveled from Alberta to capture the event in photos. The Horse Council of BC made grants available to purchase equipment necessary to produce this event, Regional District of Central Kootenay directors Larry Binks and Tanya Wall gave grants in support and local businesses and sponsors donated prizes and funds for the awards. ■

The CMSABC is hosting a demonstration at Canyon Park from 9-9:45 a.m. July 1.

10 MINUTES TO DISASTER

Please leave pets at home



Cars become ovens

The temperature in a vehicle, even in the shade with the windows partly open, can rapidly reach a level high enough to seriously harm or even kill your pet. A dog can be overwhelmed by heat in as little as 10 minutes.

How pets stay cool

Dogs cool themselves by panting and by releasing heat through their paws. They do not perspire through their skin like people. On warm days the air and upholstery in your vehicle heats up to high temperatures making it impossible for pets to cool themselves. Your dog will be more comfortable if left at home.

Getting help

If you see a dog in a car on a warm or humid day who you believe may be in trouble, ask stores to page customers.

If the animal is in distress, call the BC SPCA cruelty hotline at 1-855-6BC-SPCA (22-7722) or your local police or animal control agency immediately.

The risk is real

If it is 26°C outside, inside a car – even with the windows cracked – the temperature can reach 37°C in 10 minutes and 43°C in 20 minutes. A dog's normal temperature is 38°C. If your dog's temperature reaches 41°C cell and organ damage begins to occur.

Heatstroke symptoms

Heatstroke symptoms include:

Exaggerated panting; bright red gums; rapid or erratic pulse; thick saliva; anxious or staring expression; weakness and muscle tremors; lack of coordination; convulsions or vomiting; collapse; seizures or coma.

Emergency treatment

If your dog shows symptoms of heatstroke follow these instructions:

- Immediately move the animal to shade.
- Wet the dog with cool water including foot pads and around the head.
- Fan vigorously to promote evaporation.
(This process cools the blood reducing core temperature)
- Do not apply ice. This constricts blood flow which inhibits cooling.
- Allow the dog to drink some cool water.
- Take the dog to a veterinarian as soon as possible for further treatment.

Veterinarians may apply supportive measures such as intravenous fluids to rehydrate the animal and oxygen to prevent brain damage.

CRESTON VALLEY

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Source of Inspiration

BY DIANE TOLLESON

Where does inspiration come from? Our environment, life experiences, others' examples or maybe our hearts? Do we see something that triggers it or feel it? We may never really know for sure.

Inspire actually comes from a Latin word that in English means "divine guidance". So to me, that would suggest our hearts and souls have a big part of inspiring us. What is inspiring the bird to sing right now? Maybe it's communication or it just feels like singing.

There are many times we have no idea what inspires us to do something or make certain choices and decisions. We aren't aware of the outcome or

consequences until we act on that divine guidance.

I feel I am divinely guided through every day. I know my life has shown me to trust myself and my decisions because it has made me who I am today. I am grateful for my guidance!

I believe awareness plays a big part of choices and decisions that we make. I like to say, "Eighty per cent of our work is awareness and the other twenty per cent is remembering we are aware." Only when we are sure of what we don't want can we be sure of

what we do want. Tricky statement, yet it is how we learn everything in our lives.

I love to inspire people through my readings and bodywork to be in touch with what they are feeling, not thinking. To me, that's how you follow your divine guidance.

I will be having psychometry nights the third Saturday of every month, from 6:30-8:30. That is reading objects and it's how I first learned to trust my intuition or divine guidance. I hope to inspire others to come and trust theirs.

I send blessings and big hugs to all for a divinely guided summer. Do what feels good and brings you joy. ■



Benefits of Beets

BY MAYA SKALINSKA
Master Herbalist,
Registered Herbal
Therapist

This beautifully bright coloured vegetable is one of the most nutritionally diverse, local superfoods.

Beets are low in calories, cholesterol-free and fat-free. Beetroots are a good source of fiber, potassium, manganese, iron, an assortment of vitamin Bs, copper and magnesium.

Red beets contain betanin, a strong anti-inflammatory phytochemical, which also has exceptionally high antioxidant activity. Golden, or yellow, beetroots have greater concentrations of lutein than red beets. Lutein protects the eye from degenerative diseases, such as cataracts and macular degeneration.

Beet greens are also edible and contain calcium, vitamin A, carotenoids (antioxidants that help protect against chronic diseases), vitamin C and iron. One hundred grams of beet greens contain 50 per cent of the recommended daily allowance for

vitamin C. Beet greens also contain higher levels of lutein and zeaxanthin, another carotenoid that also promotes healthy vision.

Historically, going back to Hippocrates (fourth century BCE), the primary medicinal use of the beets was to detoxify the blood and cleanse the kidneys, liver, bowel and gallbladder.

Interestingly enough, we now know that beets contain high amounts of glutamine, an amino acid that plays a major role in the first line of immune defense. And, along with betanin, glutamine plays a major role in the body's Phase 2 detoxification, a process when broken-down toxins are bound to other molecules so they can be excreted from your body.

Other than the high nutrient content, immune supportive activity and detoxification, beets also help lower blood pressure and dyslipidemia (a high level of cholesterol, triglycerides or both in the blood), due to their high nitrate concentration. Dietary nitrates are converted to nitrites, which are known

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Mom was Right About Eating Greens

VITAL HEALTH

You've heard of the numerous health benefits of green foods over the years, likely beginning with your mom when you were little. Greens aren't a new fad or even an "optional" food group, but the incredible range of micronutrients contained within make them essential when it comes to good health. So let's take a closer look at why.

1. Green foods give you an energy boost, and they keep your stress levels down. They are a great source of B vitamins, which help provide energy to the body. Plus there is magnesium, which calms the nervous system, regulates blood pressure and relaxes muscle tension.

2. A variety of greens in your diet will boost your metabolism and

help you lose weight. Sea veggies especially contain naturally occurring zinc, selenium and iodine, which support the thyroid gland and boost mitochondria.

3. Greens clear up your skin and give you a glowing complexion. Their high chlorophyll content and sulfur-rich compounds aid both liver and colon detoxification, which improves skin.

4. They have antiaging benefits for the whole body with their high antioxidant content. Research shows that compounds from dark leafy greens protect the brain and other cells from DNA damage by harmful free radicals.

5. Greens reduce inflammation and joint pain. The high mineral content of greens has an alkalizing effect

on the body, which lowers acidity in the tissues and helps control both inflammation and pain.

The benefits of greens really show up both inside and out. And getting your greens has never been easier with all the green food powder options and flavours found in health food stores today. Green food powders can deliver anywhere from four to eight servings of concentrated green foods in just one tablespoon of powder.

Look for a green food powder that has both land and sea vegetables at the top of the list and is free of fillers, preservatives, sugar, genetically-modified ingredients and common food allergens. Enjoy your greens and the amazing health benefits they bring. ■

vasodilators (compounds that cause blood vessels to expand). This significantly decreases blood pressure in healthy adults.

Another study found that beets can prevent endothelial dysfunction (damage to inner lining of arteries) therefore inhibiting platelet aggregation, which also in turn lowers blood pressure.

The nitrates in beets not only help lower cholesterol, triglycerides and blood pressure, they also aid in smooth muscle relaxation and increase exercise endurance. Professional and amateur athletes are increasingly adding beetroot juice to their exercise regimen, claiming an increase in stamina and decision-making speed following a promising 2015 study. Researchers concluded that after a week of supplementation with beet juice, healthy male subjects showed increased reaction time and athletic performance during a sprinting exercise.

Need I say more? Increased stamina, immune support, blood cleansing, cholesterol and blood pressure lowering, healthy vision and strong anti-inflammatory actions are all wonderful reasons to incorporate this wonderful vegetable in your daily diet. ■

Maya Skalina is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston. For more information or to book an appointment, call 250-225-3493.

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Are Muscle Cramps Cramping Your Style?

BY JESSE MORETON, BSc DC

I realize I'm taking a risk talking about muscle cramps. With varied and strong opinions as to why we get them and what to do about them, I may be turning an old

wives' remedy upside down. Nevertheless, I will endeavour to paint a succinct and objective picture of cause and cure.

True, when asked, most of us will go with dehydration as the most likely instigator. And true, it is a cause, but it is not the only cause and drinking excessive amounts of water can seem like torture if it doesn't change anything.

If you've ruled out dehydration, you're still just hitting the tip of the iceberg. Loss of fluids, salts and minerals can also be to blame. Sometimes this is exacerbated by heat or associated with nutrient deficiencies. The top of the list: magnesium, calcium and potassium. These nutrients are affected by drugs like diuretics, your own regular diet and your body's own physiology.

Another common cause is conditioning. Athletes are more likely to get cramps in their preseason when the body is more subject to fatigue. A fatigued muscle depletes its oxygen supply and produces waste products that lead to spasm. Stretching and strengthening help develop the neural reflex loop so that a contraction occurs only when desired. In short, things go awry when muscle is fatigued. Fatigue occurs either from overexertion or under-conditioning. The more a muscle is conditioned, the longer it will take to fatigue and the longer it goes without cramping.

There are also things like vascular stenosis or arteriosclerosis. Those are fancy words for narrowed arteries. In a similar way to an overworked muscle outdoing its oxygen

supply, a narrowed artery simply cannot produce enough oxygen required for contraction. It's a supply and demand problem. The demand may be relatively small, but if only a fraction of blood is getting through, you may have problems. How do you solve it? Sometimes you can't. Narrowed arteries can be compressed externally by aneurysms or tumours or internally by plaque. Yes, I mean that stuff linked to high blood pressure, smoking and high cholesterol. Of course, there are individual physiological and genetic factors at play here, as well.

As if that's not enough, some people are just naturally predisposed to cramps even though they're doing everything right. Pregnant women and seniors, for example, are more likely to experience cramps. And you'll be hard pressed to find a muscle esoteric who will admit we actually understand the actual mechanism.

So do what you can and try not to judge others: They may be drinking enough and not as out of shape as you think. Work through the list. If you haven't tried more water, start there. Stretch and strengthen. I feel like I need to repeat that so it's not glossed over: *Stretch and strengthen*. Be careful about pushing yourself initially, especially in heat. If you're still having issues, eat a banana, have a Gatorade, some almonds or leafy greens. The Internet is full of top 10 lists for foods rich in magnesium, calcium or potassium. Try a supplement if you can't take it in the diet. Realize too that some cramping may be caused by other medical conditions like diabetes, thyroid disease or liver cirrhosis. If you have other symptoms, you may want to check with your doctor.

There you have it. I hope you've gained some small piece of advice for uncramping your style and taming that inner charley horse. Where in the world did we get that term from anyway? Oh, English. ■

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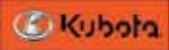
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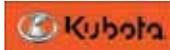
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L-series standard 33hp tractor that's powerful enough to tackle a wide range of tasks, yet nimble enough to provide the precision performance and ease of use that you need. With a HST transmission that offers simple forward and reverse change for optimal operating and ease of front end loader work. Strong 1918lb 3pth lift capacity and power steering make operating this tractor a dream.

L3301HSTw/loader features: 31.4hp, 3 cyl diesel, 4wd, hydrostatic 3 range transmission, 540 pto, 3pth, drawbar, LA525 front end loader w/ quick attach 66" bucket 1012lb lift capacity.

*Cash price includes all discounts in lieu of low rate finance. 0% financing available on approved credit, call dealer for details.

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