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Feature

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FAMILY BUSINESS

Micah and Jeremiah Wassink
continuing Pridham tradition

HISTORY

Art and agriculture mix
on fruit labels

SPORTS

Meet members of the
Thunder Cats

OUTDOORS

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Valley's wetlands

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From the Editor



BRIAN LAWRENCE

Welcome to our first issue of 2018! *I Love Creston's* mid-winter break is over and we're back at it, with an issue that offers a diverse look at life in our beautiful

Creston Valley: local government, the arts, sports, wellness and more.

Obviously, as you'll have seen on the cover, I had a chat with artisans Micah and Jeremiah Wassink, who took over Pridham Studio from Micah's parents over six years ago. I'm always amazed to watch artists making nearly identical copies of a piece (mugs, bowls and more, in their case) over and over — and by hand, no less.

Speaking of art, it collides with history in this month's submission by Creston Museum manager Tammy Bradford, who offers a closer look at fruit crate labels from the 1930s and 1940s. More than simple words describing the contents, the colours and scenes on the labels practically begged recipients to visit the Creston Valley.

On the textile side of the art world, Leah Wilson writes about the history of felt. If you ever have a chance to check out her work, I dare you not to grin at her whimsical creations!

At the polar opposite end of the spectrum... The Creston Valley Thunder Cats introduce us to their captain and three assistant captains, who are enjoying their time playing in Creston. (Really, how could they not?) And it's also the time of year when their roster has been finalized, so you can also check out photos of the entire team.

Creston Mayor Ron Toyota and Lower Kootenay Band Chief Jason Louie offer their reflections on their respective communities. In the mayor's case, he provides his perspective and advice in this municipal government election year. And Louie reflects on his community's efforts to strengthen its economy — which, if you haven't heard, recently included the purchase of a decades-old family business.

The Creston Valley wouldn't be the close-knit community that it is without our hard-working volunteers, and the board of the Creston-Kootenay Foundation certainly deserves recognition in that respect. Through the members' efforts, over \$2 million has been raised since 2005, creating income that supports and sustains local organizations.

And that just scratches the surface of this month's issue. Enjoy! ■

INSIDE

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POTTERY 5

Micah and Jeremiah Wassink still making pottery after taking over Pridham Studio in 2011.

RIDING 16

Therapeutic Riding Program preparing for annual Art Trot fundraiser on March 3 and 4.

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BURN AWARENESS WEEK

February 4th to 10th, 2018

Safety Tips

Hot water scalds are the leading cause of burns to young children. The vast majority of these burn injuries are preventable.

- When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.
- Always test young children's bath and sink water before using. When bathing children, never leave them unattended as they may turn on the hot water or slip in your absence.
- Be very careful when drinking HOT liquids, especially around children. At 60°C (140°F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures.

Playing with matches and lighters is one of the leading causes of fire deaths to young children. The vast majority of these burn injuries are preventable.

- Matches and lighters are tools for grownups, and not toys to be played with. Reinforce the concept that like power tools or a knife, the match is a tool with specific uses.
- Discuss GOOD FIRES and BAD FIRES and how matches and lighters are to be used in a responsible manner.
- Discuss the importance of keeping all matches and lighters stored high out of the reach of young children. It reduces the temptation to experiment with fire. If need be, lock up matches and lighters.

Discuss strategies for children on how they can get out of situations that involve fire setting and peer pressure. Define issues such as arson and the law, children taking responsibility for fire-setting actions, paying restitution and making good choices.



On average, every person in this country will experience at least two kitchen fires during their lifetime.

- Discuss the dangers around the stove. Teach children to never touch anything on the stove, or to open the oven. Children should not use stoves until they are old enough to safely handle items, reach cooking surfaces, and are mature enough to understand safety procedures.
- Instruct children to stay away from adults who are busy preparing food. Adults should always turn pot handles inward when cooking.
- Children should be supervised while in the kitchen. Talk about safe places to play. The kitchen is not one of them.
- Discuss the dangers of climbing on counters or getting too close to hot appliances and hot food.
- Kitchen and appliance safety is important in every household. Burns received in the kitchen are usually a result of scalds from hot foods or liquids, or contact burns from hot appliances. More fires start in the kitchen than any other location in the home.
- Teach and practice STOP, DROP & ROLL. If a child's clothes catch on fire, they STOP where they are, cover their face with their hands (unless their hands are burning), DROP to the ground, and ROLL over and over until the fire is out.

Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.

- Children need to know the correct procedure for cooling a burn injury. Within seconds of a burn injury the burned area should be placed in, or flushed with, cool water. Keep the burned area in the cool water for 10 to 15 minutes. NEVER use ice, ointments or butter.
- If they are burned, tell children to immediately seek assistance from an adult.
- If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9-1-1, or your community's local emergency number.
- Children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time.
- Exposure for just five seconds to water which is 60°C (140°F) can result in a full thickness or third degree burns.

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CONTINUING TRADITION

Throwing and painting pottery at downtown's Pridham Studio

STORY AND PHOTOS BY BRIAN LAWRENCE
I Love Creston Editor

More than 20 years after Nancy Pridham started making pottery, her iconic designs are still instantly recognizable, with bright glazes depicting, for the most part, scenes in and around the Kootenays.

Although she retired in 2011, her daughter and son-in-law are carrying on the tradition in their 12th Avenue North studio.

"My parents were trying to sell it for over a year and we thought, 'Why don't we do that?'" says Micah Wassink.

"We were both kind of looking to do something else," adds Jeremiah, her husband. "We both really enjoy art."

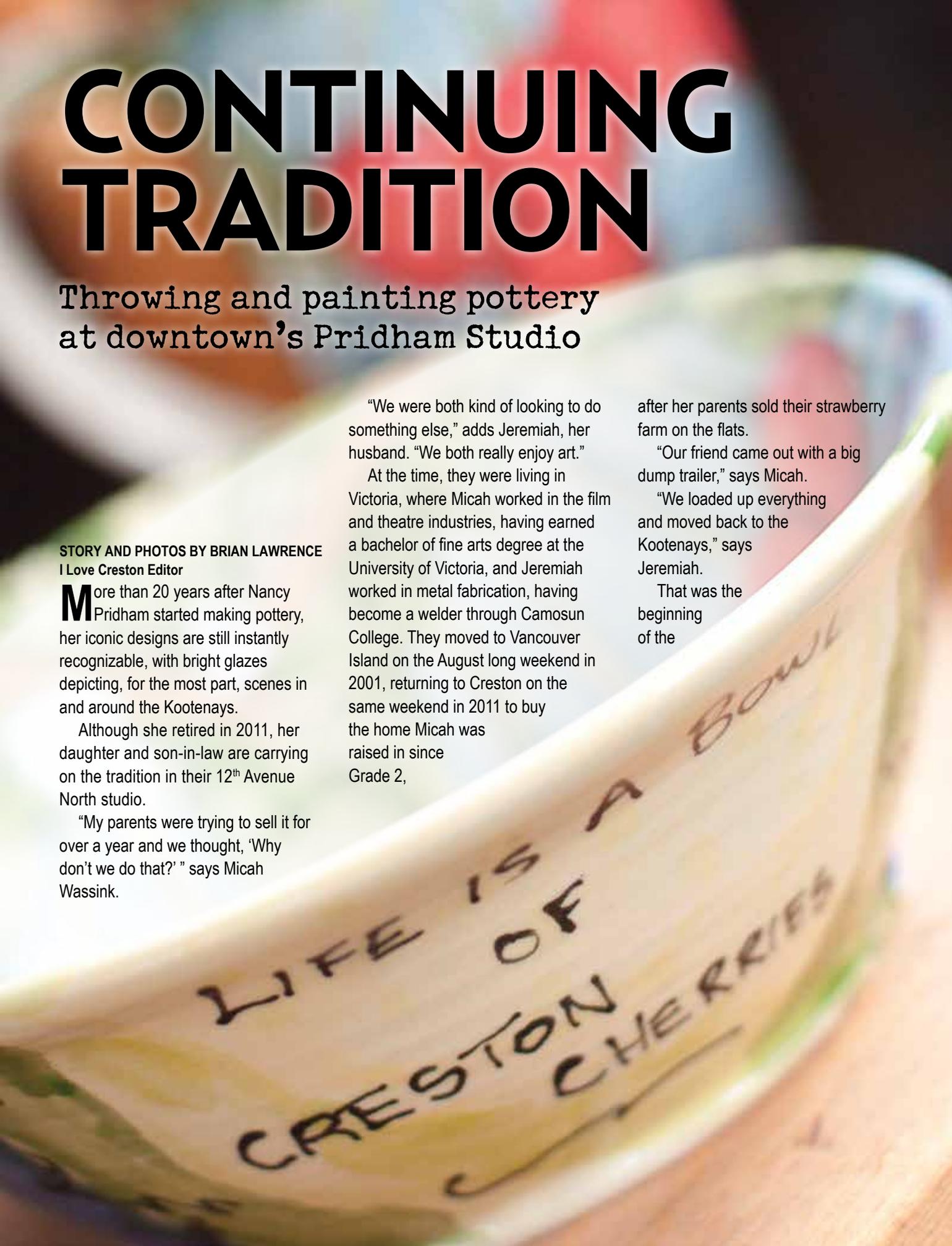
At the time, they were living in Victoria, where Micah worked in the film and theatre industries, having earned a bachelor of fine arts degree at the University of Victoria, and Jeremiah worked in metal fabrication, having become a welder through Camosun College. They moved to Vancouver Island on the August long weekend in 2001, returning to Creston on the same weekend in 2011 to buy the home Micah was raised in since Grade 2,

after her parents sold their strawberry farm on the flats.

"Our friend came out with a big dump trailer," says Micah.

"We loaded up everything and moved back to the Kootenays," says Jeremiah.

That was the beginning of the



LIFE IS OF A BOWL
CRESTON CHERRIES



learning curve. Micah's parents, Nancy and David, had been splitting their time between Creston and Mexico, so there was an intense training period for Micah and Jeremiah before her parents left town for the winter. David had eventually become involved in the business — Nancy needed help keeping up with the demand for mugs — so he passed his knowledge on to Jeremiah.

“I hadn't touched clay since high school art class,” says Jeremiah. “My job, essentially, was to make her dad's job easier. He would throw mugs and I would do everything else.”

That meant cutting and weighing clay, and making mug handles, an art in itself. From there, he advanced to throwing (the term derived from an Old English word meaning twist or turn) his own mugs, and now makes about 1,500 a year.

“The level of production has really helped my ability to make a quality mug,” he says. “Once I was proficient at those, I could start moving into larger and more complicated forms.”

He now throws pieces including bowls, vases and teapots, and builds slab pieces, such as side plates and serving bowls. And with the help of a friend who works with sheet metal, he's created an angular mould for a large serving bowl, a design he'll experiment with in the near future.

Working with clay wasn't new to Micah. In the early years of Nancy's foray into pottery — she actually started Pridham Studio nine years before making pottery — she and her sister would roll out the clay by hand and press it into woks to create bowls. Upon her return to Creston, Micah accepted the challenge of

painting the pottery, continuing to use the distinctive Pridham Studio designs her mom had created.

“With the way I paint, I’m skilled at copying imagery,” says Micah, who now regularly paints over 20 patterns on 13 forms, drawing on the inspiration of her B.C. upbringing to create new themes and scenes.

All of their products are functional — designed to be used, not just displayed — and can be found in many Kootenay shops, and as far away as Whistler. The combination of wholesaling and selling in their shop has helped the studio to maintain a presence in Creston.

“[Nancy and David] would make and make, and send it off to consignment places,” says Jeremiah. “Without them laying the groundwork, it wouldn’t be a business.”

As Micah and Jeremiah have developed their skill in the studio, they’ve been able to offer a wider range of products, as well as custom orders. Some of the more recent orders have included a plate memorializing a beloved dog, and a woman from Alberta had a photo of her family farm reproduced on mugs. Both projects were met with enthusiasm.

“It’s pretty cool when you can create something for people and they break out in tears,” says Jeremiah.

And more creative projects are percolating, with an expansion of shop space allowing Jeremiah to bring metalwork into the creative mix.

“Stuff changes and evolves,” says Micah.

“You’re always learning,” says Jeremiah. “It’s a never-ending process.” ■

Learn more about Pridham Studio at www.pridhamstudio.ca, or follow @pridhamstudio on Facebook or Instagram.





From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

'Silly Season': An Election Year Begins

I recently attended a two-day local government leadership forum in the company of 25 mayors and regional district chairs from around the province. At that forum, an observation was made that with the arrival of 2018, "silly season" has officially commenced throughout B.C., the period leading up to the local government election scheduled for Oct. 20 of this year. The phrase "silly season" is used widely in the political realm, and usually refers to a time when undeliverable promises and frivolous accusations are the order of the day leading up to election time.

One of the most common "commitments" heard during silly season is the promise of reduced taxes, usually followed by intentions to reduce staff and eliminate supposed spending waste. While no one likes to pay taxes, and the idea of cutting taxes can have undeniable appeal, a demonstrated understanding of the many complexities surrounding the issue is required: existing service levels, infrastructure requirements, community vision, costs of living

increases for services and materials, and much, much more.

When you hear undeliverable promises and frivolous accusations on the street and in the coffee shops, challenge yourself to be open and inquisitive. Ask questions to ascertain an individual's level of understanding about the important issues that matter to you and your community as a whole.

Asking questions is a good thing! That's why our current council decided to ask the community in the recent referendum if it wanted to borrow up to \$6.1 million for a 50-year fire hall and the answer was no. Now, as a community, we need to decide next steps based on facts and professional expertise — and now is when leadership is put to the test.

I am now in my 10th year serving as your mayor and I was elected to provide leadership for our community, along with six other members of council. A key part of that leadership role is asking the community what it wants and making leadership decisions that consider this important input. A referendum

was a democratic process of asking the community a question about borrowing funds. Somehow, the fallout from asking this question has resulted in a smear campaign against council and staff by a handful of people. I believe our community is better than that!

I implore our citizenry to come together to face common challenges respectfully. We need to remember that the discussion about ways to meet the needs of our firefighters, our fire department and our community is far from over. Through it all, we don't want to lose sight of what an amazing place Creston is!

Moving forward, let's celebrate who we are as a community. Let's celebrate what we've achieved as a community. Let's dust ourselves off and develop solution-oriented approaches to the challenges that face us.

A great community attitude that resonates through our streets, storefronts, neighbourhoods and the media is one the best economic development tools we can foster. And our attitude should reflect our successes. In the last nine years alone, our valley has received over \$14 million in grants. Take a stroll through downtown and you can feel the vibrancy and potential. Scan through our recently completed Official Community Plan and consider the inspired vision our community has declared for itself. We have a lot of great things going on and I believe that positive forward motion will continue throughout the coming new year. Together, let's be the best we can be.

Wishing all of our readers a healthy, happy and prosperous 2018! ■

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Message from the Chief

BY JASON LOUIE
Chief - Lower Kootenay Band

Building Economy with Business Purchase

Ki'suk kyukyit (greetings). The Lower Kootenay Band (LKB) has always been a resilient community. We have survived the attempts of genocide and have overcome the obstacles when the odds were never in our favour. Through some of this painful history, a huge price has been paid: the loss of some of our indigenous language, loss of identity and even loss of life.

What can never be taken away is pride because pride is forever. Through the worst eras of history our community members have always held their heads high. Very few of our community members have felt sorry for themselves. Despite the dwindling numbers of elders, the old ones have instilled a warrior spirit in all of us, a warrior spirit that makes us push forward in the hope of a better day.

Canadian society has so many stereotypes of First Nations people. One of these stereotypes is that of government handouts. There is a limited budget that First Nations do receive for operations but I for one do not want to depend on these dollars

for survival. Historically, LKB members have always been hard-working people and very self-sufficient.

In order to achieve a goal of self-reliance, we need to build our own economy. We need to build an economy where we are legitimate business owners and businesspeople. This is a difficult task as society dictates that we must prove ourselves and prove these stereotypes of native people wrong. We are doing just that and will continue to show that we are a force to be reckoned with. There is nothing more demeaning than asking the Department of Indian Affairs if it is "OK" to do something that betters our community.

The LKB has taken steps to achieve self-sufficiency through our business partnerships with logging companies, the cherry orchard, St. Eugene's Mission Resort and our acquisition of Ainsworth Hot Springs, all of which assist in developing a vibrant and prosperous future for the band.

It is with great pride that I announce yet another business venture that will assist in the building of our economy. The Lower Kootenay

Band is proud to announce that we have purchased Morris Flowers. We have no plans for drastic changes; however, like our acquisition of Ainsworth we will be giving an indigenous brand to the business.

The acquisition of Morris Flowers is fitting as indigenous peoples are stewards of the land. Morris Flowers creates life for the land through shrubs, various plants and trees. There is also something very therapeutic and healing with a garden and creating beauty through foliage.

The existing staff at Morris Flowers will continue to do their jobs. It would be unwise to terminate the employment of staff who know how to do the various jobs, and they do their jobs very well. This venture also creates an opportunity for employment and training for LKB members. This is a win-win situation for many!

The Lower Kootenay Band would also like to express its sincere gratitude to Lloyd Morris for his many of years of service and helping us to make this business venture possible. We wish Lloyd a happy and very much deserved retirement. Quality customer service will remain a priority and we are excited for what the future has in store.

Until next time, thank you for reading! ■

Reach Jason Louie at 250-428-4428 ext. 235, mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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The Art of Agriculture



BY TAMMY BRADFORD

Manager - Creston & District Museum & Archives

At the end of January, the Full Plate committee hosted its Chautauqua, an evening of music, readings, art and exhibits celebrating local agriculture through local art. I was a part of that event and others the Full Plate committee has hosted in the past year. It got me thinking about one of the oldest, and most stunning, examples of art meeting agriculture.

I'm talking about fruit labels, of course.

At their most basic level, fruit labels are merely a way of identifying what is in a box of fruit, who grew it and where. In their simplest form, they were a rubber-stamped name on the end

of a wooden crate. We have a couple examples of this kind of fruit label in the museum's collection: one from C. Blair in Canyon and one from the Creston Valley Fruit Exchange.

These stamped labels served their primary function — but what an opportunity they miss! What is there in these labels to distinguish between a box of apples from Creston and a box of apples grown anywhere else in the province — or in the world, for that matter? If Creston apples truly are the biggest, the best coloured and the most flavourful, surely they deserve better than the name of a packing house schmucked onto a dull wooden box in faded blackish ink?

Rivalry in the fruit-selling world is, and always has been, seriously intense. One document refers to “cutthroat practices” in the valley's early days — some growers deliberately undercutting the prices of others, luring potential and established buyers away from rivals, etc. The establishment of the Creston Fruit Growers Union in 1912 — the valley's first co-operative fruit-selling venture — put a stop to some of these practices. Almost overnight, though, rival co-ops sprang up, renewing at least the potential of the same cycle starting again.

BC Tree Fruits stepped in, requiring all tree fruits to be sold through their packing sheds and setting the prices for the entire province. This system was a far from perfect — angry resentment, bitterly-divided grower communities and fruitlegging being among the more significant consequences — but at least it did something toward stopping the pricing wars. Packing houses had to find some other way to promote their fruit over that of their rivals.

That's where the art comes in: vibrant,



colourful fruit labels that create a unique brand for each packing shed's produce. The Erickson Co-operative used bright red labels featuring a Viking in full war gear, complete with a longship in the background. If you're trying to remember which apples you prefer, it's much easier to recognize “the one with the Viking” than “the one with black ink”.

But these labels don't content themselves with merely branding the fruit. They also brand the community. The Wynn Apples and the Wynndel Strawberries labels, both from the Wynndel Co-operative Fruit Growers' Union, feature a luscious, tantalizing image of their delicious fruit against a backdrop of the bountiful Creston Valley. The message is clear: Buy this fruit, and then come to this lovely place and get more. This was fairly common to all fruit-growing areas, but especially important to the Creston Valley, whose close proximity to Alberta buyers made it just as important to entice people to come here to buy their fruit as it was to convince them to buy Creston fruit from their hometown sellers. That



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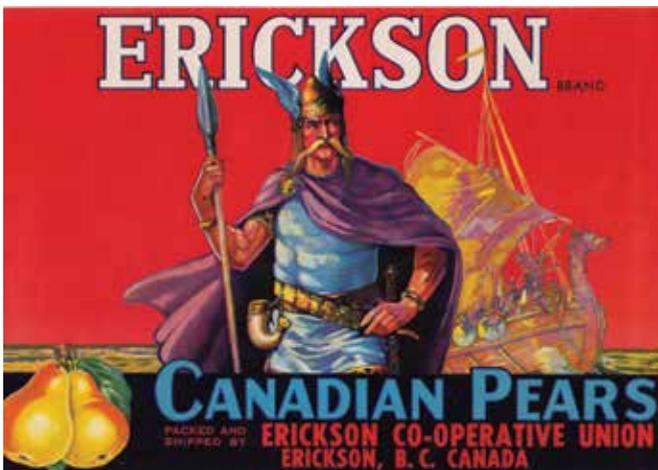
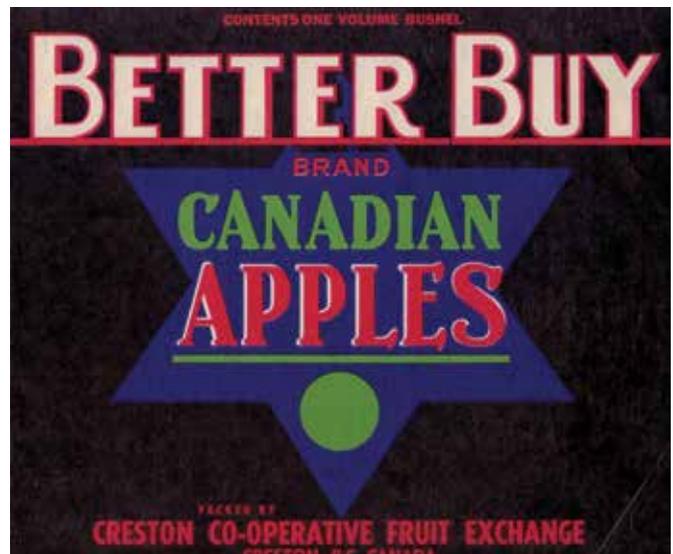
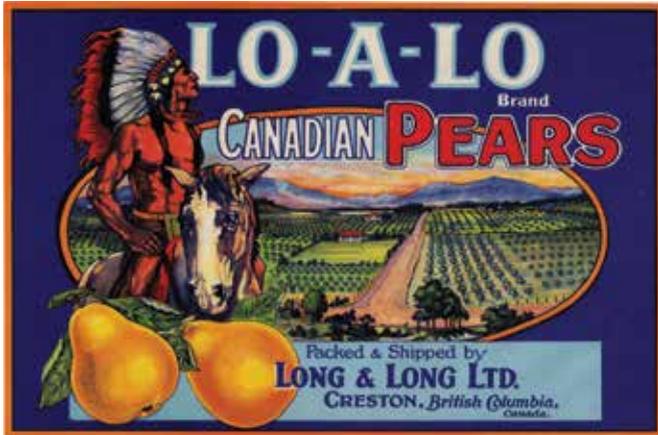
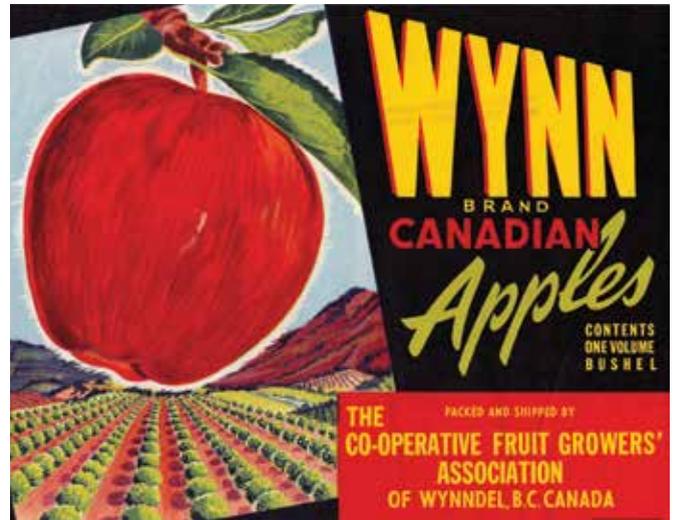
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CRESTON MUSEUM

Images on Creston Valley packing crates from the early 1900s sell the community as much as the product. OPPOSITE: Some early packing crates had information rubber-stamped on the ends.

fruit tourism market was (and is) so important to the local economy that, when the Sunset Motel was opened in May 1970, the official ribbon was cut, not by the mayor or the president of the chamber of commerce, not even by the hotel owner, but by Ed Gatzke, president of the Creston Valley Fruit Growers' Association.

And many labels go one step further. Long-Allan-Long labels, for example, showcase the fruit, promote the community *and* shed some light on the

history of the packing shed itself. Labels produced between 1931 and 1940 bear the name Lo-Al-Lo; between 1940 and 1947, the name was Lo-A-Lo, reflecting changes in ownership. The shed was established in 1931, as a partnership between Robert Long, his son Bill Long and his son-in-law Cecil Allan. Allan left the partnership in 1940, and the company was taken over by Creston Packers after Robert Long died in 1947.

The most stunning local fruit labels are from the 1930s and 1940s. After

that, the vibrant colours, evocative names and bold images give way to the sleek modernity of the 1950s and later. In my (not always so humble) opinion, they suffer for it: The logos, often duller colours and value-driven brand names, to me, are just selling an apple. The earlier labels sold a fresh-air, wide-open-spaces, fall-sunshine-and-crispness, just-off-the-tree *Creston Valley* apple. ■

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

CKF a Way to Give Where You Live

CRESTON-KOOTENAY FOUNDATION

The Creston-Kootenay Foundation's role as a community foundation is to match donors with philanthropic causes that they care about.

It accepts individual donations and pools them with those of other donors to create a significant endowment fund. That fund is invested, and the income earned each year is granted to local non-profit groups doing important work in the community. The Creston-Kootenay Foundation (CKF) is a

member of Community Foundations of Canada, which represents the almost 200 community foundations across our country. The local foundation was created to serve the region from Yahk to Riondel.

The CKF has funds that specifically support a number of groups that all are aware of in the community, such as the Pet Adoption Welfare Society (PAWS), the Therapeutic Activation Program for Seniors (TAPS) and the Creston Valley Hospital. It has other funds that focus on

broader fields of interest, such as the environment, healthy living and quality of life for seniors. The foundation manages private scholarship funds, as well, where endowed donations will generate income that will provide assistance to aspiring students far into the future. The CKF also promotes general interest funds, since the income from these funds can go toward any project undertaken by a charitable group, and these grants tend to be very relevant and current.

What groups received funding from Creston-Kootenay Foundation in 2017?

The Creston Museum received money to help fund the new shelter over the logging display. TAPS received a grant to fund an activity program for seniors at the Creston and District Community Complex. The Therapeutic Riding Program received some funding to purchase equipment.

The CKF was pleased to help the Canyon Community Association with the purchase of some heavy duty picnic tables. PAWS needed work done to a waterline. The Creston Valley Wildlife Management Area received funding for program supplies and equipment. The Boswell Memorial Hall and Boswell Historical Society were doing some construction and asked for help to purchase building materials. Spectrum Farms built a robust food processing unit to put some of that wonderful produce it grows into products that could be sold throughout the year.

The Arthritis Society of BC and Creston Options for Sexual Health received funding to hold workshops. Cresteramics needed to replace the old windows in its building, and Full Plate received money to hold a number of events celebrating Canada150 celebrations throughout the year. As



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SUBMITTED

The Creston-Kootenay Foundation board, from left: Joanna Wilson (Town of Creston representative), Richard Kasperski, Vern Ronmark, Serena Naeve, Alex Gesheva, Carol Freeman-Ryll, Lon Main, Ted Hutchinson. (Missing: Rick Minichiello and Signe Miller.)

well, CKF contributed to the purchase of a new ventilator at the hospital and made a small donation to the Creston Valley Public Library.

Since 2005 when the foundation began, it has pooled donations from more than 350 individuals, groups and organizations, and now has more than \$2 million endowed, working to spin off income that is injected back into our community this year, next year and every year after that. What a great way to give back to the community! Whether the amount is large or small, it all goes toward helping a cause that is important to the person making the donation.

Donations can be cash, stocks, insurance policies and even real estate. A number of donors have used the foundation a way to give back to “their” community, and left a gift in their will to do good work when they are

done with their wealth. The CKF is able to establish legacy funds in honour of an individual or a family. And if the cause that is important to you is not in the existing list of funds, the foundation can work with donors to create one that is. And, like any charity, the foundation is able to issue tax receipts for donations received.

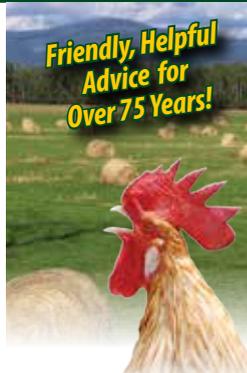
This time of year is when some may want to develop their giving plan for the next months, or even be thinking about updating a will. To speak with someone from the foundation to learn more on how it can help donors to give something back, visit the CKF website today. The foundation has a 10-member board of directors

comprised of local citizens who believe in this cause, each of whom would welcome the opportunity to share information. ■

To learn more, visit www.ckfoundation.com or like it on Facebook.

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From Farm to Factory to Needle Felting Art

BY LEAH WILSON

Fleece has moved with us through time. Sheep have offered us more than being a cute farm animal; the wool has saved people from freezing and fire a few times. Today, wool offers us a medium for artistic expression. Now we can “paint” with wool (no paint required) by needle felting.

For centuries, people have used wool felt for clothing, footwear, dwellings and a variety of textile needs. Traditional felt involves agitating wool fibre using hot water and sometimes soap (wet felting).

Needle felting is the dry method. Wool is punched with needles rapidly to create a material, a process born from the need of the Industrial Age. Industrial felt (the first needle felted material) was designed to dampen vibration, impacting the wear on machinery, making mass production less expensive and more efficient. Industrially-produced dry felt became necessary in the making of machines, engines, the automobile, musical instruments and building materials.

Then, in the 1980s, one person took a single needle out of a sample-making felting machine and the wool from his sheep; with these he made a small sculpture and showed it to his family and friends. One friend loved it, learned how to needle felt quickly, and then proceeded to teach others.

Needle felting art embraces that ancient feeling, with the newness of the process itself. Free from the confines of traditional oils and acrylic paint mediums, needle felting allows for changes to be made to one’s art by ripping out the wool without a hint of what once existed during the creative process.

The touch of the wool fibre, punching the needle into the wool by hand — “being” the machine — becomes meditative, and truly connects one with a deeply felt (no pun intended) physical and mental sensation when creating art. ■

Leah Wilson owns Amazing Felted Fibre Arts (www.amazingfeltedfibrearts.com) and was featured in the June 2017 issue of *Love Creston*.



Needle felting art by Leah Wilson.

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Open Concept Looks Bigger and Brighter

BRIAN LAWRENCE

The removal of an eight-foot wall between the living room and kitchen created a brighter, visually larger space.

BY WENDY REEVES SEIFERT
Over the Valley

The open concept is popular for many reasons. It creates a visually larger space and provides more light and view to areas previously closed off. This is not for everyone, as some people prefer the privacy and sound considerations of closing off some rooms.

In the picture above, we removed a wall between the kitchen and living room, and reduced the size of the

fireplace and changed it from wood burning to an insert. We then updated the kitchen by painting the cabinets in Benjamin Moore Chantilly Lace OC-65, a light cream tone. A large island was added and painted in Benjamin Moore color Branchport Brown HC-72. The countertops were done in a dark brown granite look. Changing the hardware and installing a classic travertine backsplash updates the look. The new color palette complements the log walls.

The use of painted cabinets in a log home adds visual interest by breaking up the wood and the warm color palette adds to the warmth of the wood. Pot lights and undermount lighting were added to the work area, and pendant lighting over the island. New flooring both upstairs and down creates a more spacious appearance.

There are many homes in our area that just need a little TLC. Keeping the charm and memories of an older home by renovating is very satisfying. ■



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Art Trot Fundraising for Riding Program

BY BRIAN LAWRENCE
I Love Creston Editor

When Creston's Therapeutic Riding Program puts out the call for donations to its annual Art Trot, the community responds quickly.

"Things will just start appearing," says program director Michelle Whiteaway. "It's like Christmas in January. ... Every year, somebody seems to be cleaning out, and we get a donation that we base the whole show on."

The event, which runs March 3 and 4, started as a simple art auction, held at a former downtown gallery and conceived by local financial advisor Kerry Ross.

"He basically donated all the art to the auction," says Whiteaway.

Art Trot has expanded from 28 items the first year to over 100,

including quilts, gift certificates and small furniture, and is now held in the Erickson Room at the Creston and District Community Complex.

For the past two years, a birdhouse decorating competition, a collaboration with the Creston and District Society for Community Living (CDSCL) wood shop, has been popular, with 85 entries in 2017. With help of Comfort Welding, Speedy Glass and Home Hardware Building Centre, this year's contest features more complex birdfeeders.

It's a key fundraiser for the CDSCL's Therapeutic Riding Program (TRP), which has an annual budget of about \$130,000 — with about \$23,000 collected in lesson fees, the rest has to be made up with grants, donations and fundraising. That ensures fees stay low, at about \$20 per lesson.

Promoted as "more than just a pony ride", the program teaches riders with a disability to ride as independently as possible, improving balance and co-ordination, and earn a sense of accomplishment as they discover freedom, responsibility and dignity.

The TRP, a Canadian Therapeutic Riding Association (CanTRA) member, started in 2005 under the direction of Sarah Schmidt, who "left the program in shape to succeed," says Whiteaway, who took over as program director in 2008. She became a CanTRA-certified instructor a year later, and now teaches with head instructor Christine Ross.

Whiteaway, who grew up on the south shore of Montreal, was familiar with therapeutic riding before moving to Creston in 2005. She volunteered with a program near Redmond, Wash., where she lived for nine years while working as a software engineer, which made her long for a change of pace, leading her to the Kootenays.

"I had a lot of time to think," she says. "There's more to life than making money and sitting in traffic two hours a day."

Now, she spends much of her working life outdoors at the TRP's facility at 849 Erickson St., on the former Endicott Centre grounds, now the home of the Kootenay Region Association for Community Living's Spectrum Farms (featured in the September 2017 *I Love Creston*).

Therapeutic riding runs April through October, with eight-week sessions in the spring and fall, and a five-week session each summer. It's the only program of its kind between Kelowna and Lethbridge, so riders come from around the Kootenays to participate, with up to 63 rides each week.

With that many riders, volunteers





MICHELLE WHITEAWAY
 Ava Miller riding Allie,
 assisted by horse handler
 Diana VanVliet.
 OPPOSITE: Patrick
 Blackmore riding Caraigh.

are key to keeping the TRP running smoothly; depending on a rider's ability, up to five volunteers may be required during a lesson. There are no specialists, such as physiotherapists, occupational therapists or mental health workers, on staff, although they are consulted as needed.

None of it would be possible without

the community's financial support, which keeps riders riding and sustains the herd of nine working horses and the 29-year-old Blue, who was retired five years ago and now serves as "herd supervisor".

"From my perspective, when I was growing up, access to horses was difficult," says Whiteaway. "You had to

have lots of money, and you had to go once a week for a riding lesson.

"I see our herd as the community's horses. Anybody can come down and pet a horse." ■

To learn more about the Therapeutic Riding Program, visit www.cdscsl.com/trp.htm. Donations to Art Trot can be dropped off at the CDSCL or Edward Jones offices.



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CRESTON VALLEY THUNDER CATS

#36 Liam Plunkett Captain

From Calgary, Alta., Liam Plunkett came to the Creston Valley Thunder Cats in 2015 as an 18-year-old. He has spent his whole junior career in Creston and has come to love the town as a second home.

"I love how different it is from Calgary," he says. "I like that I can get anywhere in five minutes. It's just a nice place to be."

His parents have always been

supportive of his pursuit of a junior career, and despite aspirations to play at the Junior A level, the family never looked back after Plunkett was offered the opportunity to captain this year's squad.

"To come back and be the captain and lead a whole new team was an experience that I didn't want to miss out on and neither did they."

Plunkett has an eye on the future. He will be attending McGill University in the fall after being accepted into its political sciences program. However, his main focus is on the season, and after being knocked out of the playoffs by Kimberley in both of his first two years, he's got some unfinished business to attend to.

means he still has one year of junior eligibility left after this season. Coming from Calgary, where you can pretty much get whatever you want, when you want, he likes the unique restaurants around town and the all-around close-knit feeling of the community. That feeling has provided some interesting bonding activities for team.

"We started watching *The Bachelor*, actually, so we get together on Monday nights," he says. "We also do things like tacos, wing nights and pasta nights."

From his real family to his billet family, Wong always feels supported in whatever he chooses to do, and that has helped him develop his own leadership qualities. Helping bring all of the Thunder Cats' new rookies along has solidified his desire to stay in the sport even after his junior career is over.

"It's been such a big part of my life so I'd really like to stay with it."

#13 Ronnie Wilkie Assistant Captain

Ronnie Wilkie loves Creston. The change of pace from his hometown of Port Coquitlam is one of the things he loves most. He was acquired by former coach Jeff Dubois ahead of the 2016-2017 Cyclone Taylor Cup season after playing a year of Junior B on Vancouver Island. He's never experienced an atmosphere quite like playing at the John Bucyk Arena.

"It makes [the team] feel pretty good," he says. "There's nothing like playing at home. We look forward to it all week."

The support Wilkie feels from the fans extends beyond the rink.

"I love coming to the rink and seeing familiar faces, and I see people downtown and everyone says hi."

He'll miss it, but the 20-year-old is also excited for what life holds for him after this season. College hockey has piqued his interest, but he's ready to buckle down and get an education — once he figures out what he wants to do, that is.

#25 Liam Rycroft Assistant Captain

Creston's tenacious support of the team is something Liam Rycroft will always remember.

"It's a big deal when you're a junior B hockey player, and you kind of feel like you're not," he says. "You feel kind of like you're in the pros."

Memories and experiences like the ones he's made here have helped him become the type of person he wants to be, and he looks forward to helping the Thunder Cats' young players feel the same way. His hometown of Strathmore, Alta., isn't much bigger than Creston, which helped the second-year defenceman feel at home. That, and a loving and welcoming billet family.

Rycroft has plans on attending the Southern Alberta Institute of Technology's carpentry program after this year, a decision he made before the season, but he'll always remember the Thunder Cats. ■

#91 Aiden Wong Assistant Captain

Aiden Wong likes to live in the now, and right now he's an assistant captain for the Thunder Cats. He's just 19, which

Come out & cheer on your local Junior B Team!

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2018 Roster

Meet the Team

CRESTON VALLEY THUNDER CATS



Brad Tobin
Head Coach/GM
Hometown: Delta, B.C.



Jeff Wagner
Assistant Coach
Hometown: Calgary, Alta.



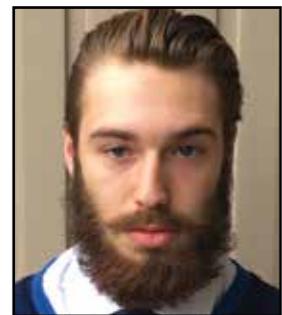
36 | Liam Plunkett
Position: Forward
Hometown: Calgary, Alta.
DOB: Sept. 5, 1997
Captain



25 | Liam Rycroft
Position: Defence
Hometown: Strathmore, Alta.
DOB: Aug. 1, 1998
Assistant Captain



13 | Ronnie Wilkie
Position: Forward
Hometown: Port Coquitlam, B.C.
DOB: Oct. 16, 1997
Assistant Captain



91 | Aiden Wong
Position: Forward
Hometown: Calgary, Alta.
DOB: Feb. 2, 1998
Assistant Captain

GO CATS GO!

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GO Thunder Cats!
Best of luck this season!

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Tanya Wall
Regional Director, Area B

2018 Roster



1 | Sam Burford
Position: Goal
Hometown: Calgary, Alta.
DOB: Oct. 22, 1999



3 | Mitchell Wolfe
Position: Defence
Hometown: Okotoks, Alta.
DOB: Jan. 28, 1998



5 | Dylan Rantucci
Position: Forward
Hometown: Leduc, Alta.
DOB: March 10, 1999



6 | Carson Furukawa
Position: Defence
Hometown: Lethbridge, Alta.
DOB: Nov. 15, 1999



7 | Bryce Sturm
Position: Forward
Hometown: St. Albert, Alta.
DOB: May 24, 1998



11 | Colten Witter
Position: Defence
Hometown: Legal, Alta.
DOB: Sept. 28, 1999



12 | Austin Canete
Position: Forward
Hometown: Fort McMurray, Alta.
DOB: Jan. 12, 1999



16 | Brody Ryan
Position: Forward
Hometown: Creston, B.C.
DOB: June 4, 1999



18 | Callum McGhee
Position: Defence
Hometown: Calgary, Alta.
DOB: March 9, 1999



19 | Darby Berg
Position: Forward
Hometown: Grande Prairie, Alta.
DOB: May 5, 1999

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Larry J. Binks
Regional Director, Area C

GO CATS GO!

2018 Roster



20 | Jack McArdle
Position: Defence
Hometown: Okotoks, Alta.
DOB: Feb. 8, 1999



21 | Brayden Jellis
Position: Forward
Hometown: Creston, B.C.
DOB: July 7, 2000



24 | Carson Small
Position: Forward
Hometown: Lethbridge, Alta.
DOB: Feb. 16, 2000



26 | Tyler Witzke
Position: Forward
Hometown: Calgary, Alta.
DOB: June 9, 1999



27 | Jake McGhee
Position: Defence
Hometown: Calgary, Alta.
DOB: March 9, 1999



28 | Connor Monaghan
Position: Forward
Hometown: Calgary, Alta.
DOB: April 11, 1999



35 | Levi Mitchell
Position: Goal
Hometown: Olds, Alta.
DOB: July 14, 1999



71 | Dawson McGuire
Position: Forward
Hometown: Calgary, Alta.
DOB: March 2, 1999



79 | Justen James
Position: Forward
Hometown: Calgary, Alta.
DOB: Aug. 27, 1998

**Best of luck
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Celebrating the Valley's Wetlands

BY CARLA AHERN
Education and Communications Co-ordinator
Creston Valley Wildlife Management Authority

It's that time of year again when wetlands are celebrated across the globe: World Wetland Day is Feb. 2. This day marks the adoption of the Ramsar Convention (1971), an intergovernmental global environmental treaty that provides a framework for national action and international co-operation for the conservation and wise use of wetlands and their resources.

The Creston Valley Wildlife Management Area (CVWMA) is a designated Ramsar site, one of two such sites in B.C. and one of 37 in Canada. Worldwide there are over 2,200 sites designated, covering an area the size of Mexico. Ramsar sites are recognized as being of significant value to the country they are located in and to humanity as a whole.

Being wetland geeks here at the CVWMA, we celebrate wetlands daily for all their magnificent properties and functions. I know, we're cool, right? For you, the reader, I thought I'd help you celebrate wetlands by tooting their horn a bit. Let's see if you feel like celebrating...

We are pretty lucky to have such an expansive wetland habitat in the valley; not many places can lay claim to that fame. Since 1900, as much as 64 per cent of the world wetlands have been drained, filled or repurposed. So, to have such a vast area of protected, healthy, functioning wetland in our own backyard is really quite phenomenal.

Ready to cut the cake yet?

Wetlands in general provide a variety of ecosystem services — which translates to the benefits that people obtain from ecosystems (not to mention the benefits to wildlife!).

Wetlands are part of our natural wealth. On a worldwide scale, they provide us with services worth trillions of dollars every year — free of charge — making a vital contribution to human health and well-being. Here is a list of 10 ecosystem services provided by wetlands (list is right from Ramsar itself): flood control, groundwater replenishment, shoreline stabilization and storm protection, sediment and nutrient retention and export, water purification, reservoirs of biodiversity, wetland products, cultural values, recreation and tourism, and climate change mitigation and adaptation.

I'm getting the plates, forks and napkins...

While not all wetlands provide all the services listed above all the time, different wetlands provide a range of services according to their type, size and location.

When we look at the wetland here in Creston, many of these services are provided. The CVWMA wetland helps with flood control by acting like a sponge to absorb and hold spring runoff from the surrounding mountain and rainfall. Depending on spring conditions, water can come in slow and steady or quickly in large amounts. I remember the spring

and summer of 2012 when water levels kept on rising as large amounts of snow melted in a short period of time and, at the same time, lots of rain fell. The water came close to dike tops and flooded usually dry grassy areas and forest edges within the CVWMA. Can you imagine if the wetland wasn't here to capture and retain all that water, slowly releasing it into the surrounding water table, rivers and lakes? We canoed out to the bird tower that year...

Ready. To. Party.

And biodiversity! Don't get me started on biodiversity. Ok, actually, get me started on biodiversity. The CVWMA and Creston Valley can claim over 300 species of birds sighted in the area. This includes year-round residents, migrants, breeders and occasional sightings. Mammal, reptiles, amphibians and fish take the species count to over 400. Add on the insects, fungi, algae, bacteria and plant species, and the biodiversity meter goes off the charts! Wetlands are among the world's most productive environments, cradles of biological diversity that provide the water and productivity upon which countless species of plants and animals depend for survival.

OK, let's eat! Cue steamers, balloons, confetti, music, dancers, fireworks... Yay, wetlands! ■

To learn more, contact the Creston Valley Wildlife Management Area at 250-402-6900 or askus@crestonwildlife.ca.



Happy Valentine's Day

Raspberry Almond Kiss Cookies

Cookie Ingredients

- 1/2 cup butter, softened
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon almond extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt

Decoration Ingredients

- 1/4 cup white sugar for decoration
- 40 milk chocolate candy kisses, unwrapped
- 1 cup confectioners' sugar
- 1 tablespoon milk
- 4 teaspoons raspberry jam
- 1/4 teaspoon almond extract



1. In a medium bowl, cream together the butter, white sugar and brown sugar until smooth. blend in the egg and almond extract. Combine the flour, baking soda and salt; stir into the creamed mixture. Cover dough and refrigerate for at least one hour, or until easy to handle.

2. Preheat the oven to 325 degrees F (165 degrees C). Roll dough into one-inch balls, roll the balls in the remaining white sugar and place them two inches

apart onto ungreased cookie sheets.

3. Bake for 10 to 12 minutes in the preheated oven, or until golden brown. While hot from the oven, immediately press a chocolate kiss into the center of each one. Remove from cookie sheets to cool on wire racks.

4. In a small bowl, mix together the confectioners' sugar, milk, raspberry jam and almond extract until smooth. Drizzle over cooled cookies.

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Valentine's Day
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- Baked Oysters \$12**

DINNER

- Seafood Fettucinni \$19**
mussels, scallops & shrimp, in a creamy Alfredo sauce
- Steak & Lobster \$35**
10oz rib eye & 4oz lobster tails, served with your choice of 2 sides
- Seafood Platter \$75**
mussels, prawns, kalamari, salmon fillet & 3oz lobster tails served with rice, veggies, garlic toast
peanut butter thunder cake to share

DRINKS

- Triple Berry Kiss \$6**
bleuberry, vodka, raspberry vodka, cranberry juice & soda
- Glass of Raspberry Amaretto Bubbly \$7**
- White Chocolate Martini \$6**
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- Bottle of Bink Bubbly \$30**

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—Dolly Parton

"Love is a serious mental disease."
—Plato

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."
—Maya Angelou

"Love is a game that two can play and both win."
—Eva Gabor

"The best thing to hold onto in life is each other."
—Audrey Hepburn

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COMBO B

2 Caesar Cocktails
Prawn Tempura - 6 pc (start)
Deep Fried Spicy Dynamite Roll
Crazy Girl Roll
Red Dragon Roll
Sushi Cake
Mango Nest (dessert)
\$70

COMBO C

2 Glasses of Wine
Prawn Tempura - 6 pc (start)
4 Salmon, 4 Tuna Sashimi
Deep Fried Spicy Dynamite Roll
Red Dragon Roll
Nigiris (2 Hokigai, 2 Unagi, 2 Salmon, 2 Ebi, 2 Tai)
Sushi Cake
Mango Nest (dessert)
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- ETERNAL SUNSHINE OF THE SPOTLESS MIND (2004)
- ANNIE HALL (1977)

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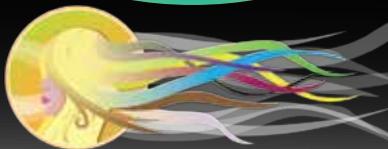
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Facts and Traditions from Around the World

LIST25.COM

25. When in **Rome**, do like a "Roman". While in Italy, you can visit St. Valentine's skull which is covered in flowers. Why not celebrate by saying thank you to the person this day is named after?

24. Much like the rest of the world, **Mexico** celebrates by eating out and giving chocolates and flowers. One big difference is that Mexicans also celebrate friendship and give heart shaped balloons to each other that say, "Te Amo" ("I Love You").

20. Have you ever heard the term "putting lipstick on a pig"? The **Germans** take it a step further by decorating or including pig statues with dinner and gifts. They'll commonly include flowers and other fun

embellishments. The pig represents luck and lust.

19. After gaining independence from the Soviet Union, the people of **Latvia** began celebrating Valentine's Day by placing stickers on the clothing of friends and family members to show they love them.

16. If you're looking to get married but are on a budget, Valentine's is a day for a mass marriage in the **Philippines**. Thousands of couples gather for a huge ceremony.

15. Feb. 14 has become National Chocolate's Day in **Ghana**. Because they are one of the largest exports of Cocoa, the tourism ministry created this day to celebrate the bean.

10. In **Denmark** and **Norway**, Scandinavians enjoy a guessing

game. Men will send an anonymous poem to the girls they like. They sign them with a dot for each letter of their name. If the woman guesses who the right guy is, he gives her an egg on Easter. If she guesses wrong, she owes him one.

9. Women in **England** would pin bay leaves to the corners and one in the center of their pillows in the 1700s. They would then chant a poem and fall asleep hoping this ritual would bring dreams of their future husband.

4. In **Japan** the men get the gifts on Valentine's Day. Women buy fancy chocolates and "present" them in hopes that the favor will be returned later in the year.

Visit <https://tinyurl.com/y77p92ne> to read the entire list! ■

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Lemon Herb Salmon - Rice or house stuffed baked potato & vegetable medley
Seafood Pasta - with a garlic piccollo
7oz Steak & Mushrooms - rice or mashed or house stuffed baked potato & vegetable medley

DESSERT: Brownie Fudge Fantasy

Ricky's
ALL DAY GRILL

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February is Heart Awareness Month

VITAL HEALTH

February is a great time to remind us to be aware of our heart and the amazing role it plays every day in our body's journey. Did you know that the heart beats an average of 100,000 times a day? Day in, day out, from birth to death, it delivers oxygen, nutrients, hormones and other important constituents to every cell in our body. At the same time, it collects cellular waste to dispose of. What a process!

The expression, "An ounce of prevention is worth a pound of cure," applies to no condition better than heart disease. By taking proactive steps to address risk factors, we could reduce the need for medication or even avoid intrusive conventional medical treatment. It is never too early or too late to implement healthy strategies that will play a valuable role in the prevention and treatment of heart disease. You can strengthen that hard-working heart.

Heart disease and stroke both come under the umbrella term cardiovascular disease. They can both be caused by unhealthy arteries.

Strokes are caused by blood clots. A stroke can form in the heart or elsewhere and travel to the brain.

Heart failure is generally defined as the inability of the heart to pump sufficient blood flow to meet the body's needs. When less nutrients and oxygen get delivered to our body's tissues, symptoms of heart failure occur. Heart failure occurs when the heart muscle becomes damaged in some way, such as coronary artery disease or restricted blood flow, a previous heart attack, high blood pressure, diabetes, infection and lung disease. Stress and anxiety are extremely toxic to the heart.

Common systems of heart disease can be weakness, loss of appetite, cold hands or feet, waking up with shortness of breath, being unable to sleep and a dry hacking cough.

Our overburdened health care system can only manage symptoms and usually can't test if you have no symptoms. Cardiovascular disease can be silent. We can break that silence with a short pain-free test performed on a Health Canada approved medical device by a "doctor-certified" technician.

Do something special for your heart this February. Get a cardio-vascular screening. The screening shows:

- pulse recognition to identify any irregularities in your heartbeat and how weak or strong your heart is (an electrocardiogram-type reading);

- how well your aortic valve is working to ensure proper output of blood from your heart (an echocardiogram-type reading);
 - your pulse and resting heart rate;
 - your pulse height, which is the viscosity of your blood, to determine if your blood is too thin or too thick;
 - the arterial pulse wave form to determine the elasticity of your arteries;
 - the potential for arteriosclerosis or hardness of the large and small arteries;
 - your circulation analysis that shows how much stress you have in your arteries and the amount of inflammation in your body; and,
 - your biological age or how old you are inside your body.
- Risk factors for heart disease can be reduced through healthy diet with key nutritional supplementation. For example: Collagen forming nutrients will daily rebuild cardiovascular linings and at the same time begin to repair spider veins, varicose veins, joints, leaky guts and cellulite. Don't forget to add exercise, and attention to stress and mental/emotional health. Treat your heart to a healthy lifestyle. Your heart will thank you. ■



Guy Sinclair
DPA Certified Technician

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Attract Love by Finding it Within

BY DIANE TOLLESON

Happy 2018 and Early Valentine's Day!

I love the song "Let It Be", and I just was reminded that Paul McCartney's mother came to him in spirit during a rough time in his life and said those words. Amazing the lives and hearts

those words and song have touched since. Love is eternal and so is our connection to those we love.

Recently I realized it's been four years since my mom transitioned to her new life. And I recently said goodbye to someone that was dear to me for years. The good memories and love seem like yesterday.

Being the month of love, I felt like exploring the many kinds of love we experience. We love different people and things in our lives, and that changes constantly. We all hear of the great love that got away too. Where did that expression come from anyway? It can't get away since we are always connected.

Love stories have been written through time with outcomes being happily ever after or the one that got away. How about the stories of the love we have for our own self? When we have that, we are divinely connected to love everywhere and it is easier to see in others. All beings, animals, plants and such are connected with a love for life.

That's why we are here; to experience life, moment by moment, day by day.

What or who do you love in your life? Can you look in the mirror and say I love you to yourself? It can be challenging to some. Ultimately, love — infinite love — is where we all go back to.

I like to encourage people to find the love and joy within themselves and then they will attract more loving experiences. The universal law works that way.

"You create what you state" is my favorite statement these days. We are the creators and each encounter with someone or something is a lesson or way to expand our self. I choose to create love in every moment of my life. Sure, we have ups and downs, highs and lows, yet we can always hold onto the truth that we are love and deserve to be loved. All of us, no exclusions or exceptions!

In-joy always and big heart hugs to all! I am always giving away joy stones and loving hugs. ■

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Keep Spark of Passion Alive

ANNETTE AGABOB
The Conscious Cowgirl

Passionate living is not for the faint of heart. The journey from the head to the heart, directed by the unseen world of spirit and soul, is a journey we all are being called into.

This may sound elusive and intangible, yet you will know it in how you are feeling inside. The shift occurring on the planet at this time is unprecedented and not always

easy. Change is the name of the game!

If you are in the midst of change, whether it be the heartbreak in a relationship, work situations that are stressful or health challenges, this is your message that change is afoot.

The journey of 1,000 miles begins with the first step. The first step I am feeling called to share is this: What is your passion and what does passionate living feel like? Spirit is calling you to live passionately, as this is the spark of creation within you. We have forgotten somehow that life is to be fun, and when we bury the very essence of life, that spark within, the fire, goes out.

See PASSION, page 29

The Conscious Cowgirl
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PASSION, from page 35

Passion is the spark into practical action. Often it reveals itself like a light of a match starting a fire. Fire never sits still; it is always moving. It is this spark of enthusiasm that moves you into creation. The action feels exciting and fun, like the creation of writing, art, dancing, cooking or restoring a car to its original beauty.

This spark feels like a warm ember of fire within you. As you feed that fire, it grows into a sizzling hot fire that becomes self-sustainable. Your fire can be contagious and as mesmerizing as watching the flickering embers crackling and burning bright.

A power within is released that propels you forward with purpose and vigour. You are lit up and on fire with the desire to create.

Young children show us this daily. They have exuberant energy to run, play and move that energy burning within them.

Now what happens when this passion for living is contained, or unable to be expressed in all its glory? What happens when

it becomes trapped within — squelched by a society in which this amount of energy cannot be expressed naturally?

Could it be that hyperactivity — fidgeting — or restlessness may indeed be your passion for living being smothered? Is the expectation of sitting still, fitting in or working in cubicles stifling this life-giving energy?

Once we lose our passion for life, it's tough to spark a soggy fire and get it burning bright. Keeping the fire of passion alive is crucial to happiness and passionate living. Without that spark in your step, life becomes bland and boring, right?

What excites you? What gives you energy? What lifts you up?

I can be tired and lazy or feeling down, and when I go to the horses, all of a sudden my energy transforms into inspiration and lightness, as if by magic!

Keep that spark burning, my friends. It will light your way through the changes and challenges in a way you could never have imagined. Passionate living is fun — let that be your guide. ■

Safe Handling and Use of Contact Lenses

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Safe food handling has been a big issue in the news. But have you thought about how you handle your contact lenses? It's easy. Five simple steps will keep you smiling, and seeing clearly:

1. Wash, rinse and dry your hands before handling your contacts.
2. Handle your right lens first, your left lens last.
3. Put in your contact lenses before applying cosmetics and after applying hair products. Remove your lenses before taking off your makeup.



4. Lenses are made for different wear patterns. To protect your eyes, follow the wearing schedule recommended by vision care professionals.
5. The health of your eyes should be entrusted to your optometrist. Talk to him or her about the latest advances and stay safe. ■

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Cool Take on Use of Ice

BY JESSE
MORETON,
BSc DC

Once in a while, science likes to surprise us by contradicting our previously held common-sense understanding. For example, it wasn't that long ago we were told supplementing with calcium is bad for our hearts. Or that bed rest is generally counterproductive for back pain. Weight training actually helps people with osteoporosis; another example. Sometimes these new recommendations have to be taken with a grain of salt.

Supplementing with calcium, for example, is still a time tested way to help prevent osteoporosis. It's just that we shouldn't be devouring it in toxic amounts. Bed rest may have its place for the first day or two, but generally the earlier the rehab, the faster the recovery. In the case of weight training for osteoporosis, as in all exercise programs, certain principles and techniques still apply.

One of the latest topics in the research world is how to deal with inflammation, and as you may have guessed it from the title, the new take on ice is that it's not so hot (pun

intended). Personally, I'm still skeptical about this new view, but it certainly has its advocates. Most of the argument centres around unproductively stopping the body's natural inflammatory process.

When a sprain or injury occurs, the body produces specialized cells called macrophages. They literally eat up all the cellular debris in the area of injury. This cleanup is a necessary part of the repair process. Macrophages have also been reported to help with muscle regeneration. A study in the *Journal of Physiology* found that when macrophages were depleted, less growth occurred in injured muscle compared to injured muscle that was not depleted in macrophages. The implication is that ice stops the macrophages and inflammatory process, thereby slowing or limiting the effectiveness of muscle repair.

Another argument the "don't ice" movement makes is that lymphatic drainage is impaired with icing. Icing increases the permeability of the lymphatic vessels, which results in more fluid in the vessels themselves. The increased fluid contributes to pressure and swelling, which contributes to increased pain. This was reported in an article from the *Journal of Sports Medicine*. And if that's

not enough, another article published in the *Emergency Medicine Journal* reported that "there is insufficient evidence to suggest that cryotherapy (icing) improves the clinical outcomes in the management of soft tissue injuries."

Well, I didn't set out to turn your world upside down; don't shoot the messenger. And besides, there are always two sides to the coin. What these studies don't mention is that ice is still very effective for pain and that pain control is the first stage of treating an injury. They also don't talk about compartment syndrome, a complication that occurs from too much inflammation. Then there's the argument about allergic inflammatory reactions. Try telling someone allergic to bees they shouldn't use their EpiPen! Inflammation can clearly get out of control.

As for me, I'm not switching camps quite yet. I recently sprained my ankle and tried staying away from ice for a few days. When I tried using it again, I had significant reduction in pain and swelling. You can't argue with results. I imagine, like the examples cited above, there's a balance or reasonable compromise. Ice may be useful for small frequent periods or only during the initial stages. I'll enjoy watching the research world work this one out over the next few years. ■



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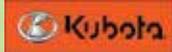
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