


# RICHMOND SENTINEL

## OUR COMMUNITY NEWS

VOL. 1 ISSUE 22

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Mid-January 2018



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## HEALTH & FITNESS

### PREPARED TO SUCCEED

Pitching ace ready to embark  
on college softball career



11

Photo by Chung Chow

Participating in the Richmond Olympic Oval's high-performance training program helped earn Hanna Finkelstein a full-ride softball scholarship to prestigious Long Island University Post in New York.



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Photo by Chung Chow

Sharon Taylor shows off new fitness equipment at South Arm Community Centre.

## Ease into fitness the SMART way

By **DON FENNELL**  
@DFSentinel

Supporting a few extra pounds from the holiday turkey fest, and determined to make good on another New Year’s resolution, the weekend warrior strolls into the neighbourhood community centre with the best of intentions.

“I want to be healthier,” they declare. Seldom, however, does the resolve meet with success. Not long-term anyway.

There are a myriad reasons for giving up going to the gym, none of which are related to being too busy.

But South Arm Community Centre fitness co-ordinator Sharon Taylor has some simple advice for those people who are truly motivated to start a fitness program—and stick to it. First, keep it simple.

“Use the SMART approach, which means Simple, Measurable, Attainable, Realistic,

See Page 4

## Path to fitness with baby steps

In this edition—coinciding with the New Year, and all those resolutions people tend to make related to self-improvement—we’ve focused on health and fitness issues to give our readers some insight into how to take better care of themselves.

About two decades ago, I first dipped my toes into serious fitness training. I wanted to be bigger, stronger, and fitter, but wasn’t sure how to go about it. I was leery of buying a pricey membership at a name-brand fitness centre.

I’d seen relatives make that same leap, committing to a one-year or two-year contract right out of the gate.

Those dollars quickly went to waste when regular visits became no visits at all after a few months.

I decided to take a different approach and it went swimmingly: I purchased drop-in tickets in packs of 10.

The way I figured it, if I was going to develop a routine, it would likely start out with some level of inconsistency despite my enthusiasm.

By the time the first three weeks went by, I’d finished those 10 tickets, so I purchased another booklet.

After buying 30 tickets, at a cost of about \$120, I decided to commit to a community-centre monthly membership.

It was a method that worked for me, as I became a gym rat for the better part of three years.

Alas, then the first of my kids was born, and my free time dwindled to virtually zero.

Today, my wife and I are closer than ever to returning to the gym in the quest to get healthier, both physically and mentally.

Here’s hoping 2018 is a healthier and happier one for all of us.

**Martin van den Hemel**  
@MartinvandenH



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## SMART

### From Page 3

Timeline," Taylor says.

If, for example, you want your legs to be strong so you can walk longer in the park, and up and down stairs without getting tired and sore, set specific times for walking or strength training "with increased, but small, increments over a six-week time period."

"Also, choose only one goal for January to March," Taylor advises. "A person is more likely to be successful, especially if the goal is new or it is a goal that has been difficult to attain in the past."

Foremost in any exercise challenge is ensuring you enjoy the activity. In other words, it's fun. You won't stick to a routine or a goal if you don't enjoy what you're doing, she says.

Taylor says having a calendar to check off the days and times you accomplish your activity or daily goal is a good idea. And tell a friend, or do the goal-setting with a friend.

"Also, be kind to yourself if you miss a day or don't accomplish your daily activity," she says. "This is why SMART goal setting is a good start, and it may need to be revised after six or eight weeks if it's not working."

Taylor suggests caution if you're using an app or getting ideas from outside sources like YouTube to guide your fitness routine. Check first with a professional to make sure what is best for you.

And be careful if you've had a recent injury or medical concerns. Starting up a fitness program without discussing it with your doctor is not a good idea and can create more health problems later, she says.

"There are many ways to check in with fitness professionals, even on a limited budget," Taylor says.

All Richmond community centres offer free fitness orientations. They also offer group drop-in classes. These are led by certified fitness leaders who will ensure that proper

technique and specific exercises are done properly.

There are various packages for personal training that can suit different budgets, such as training with a friend or two, or training for 30 minutes only.

The free fitness orientations include demonstrations of the training equipment.

For those who may be thinking of setting up a home gym, Taylor recommends first trying a similar machine or equipment at your local community centre. There they can test it out to make sure it's a fit "and can be instructed how to utilize the machine or equipment specifically for your needs and fitness level."

But now while you might think you're ready to tackle the exercise part of your New Year's resolution, there's still another important aspect to your fitness plan to consider. Eating healthy.

"It's very important," Taylor says. "First, drink more water."

Taylor also recommends adding more vegetables and or fruit to meals.

"Perhaps a SMART goal would be only have sugar treats once a week, or cut down the sugary treats gradually over a two-month period to ensure success and to avoid those downfalls," she says. "My resolution is to always have a glass of water following each of my cups of coffee. This will probably cut down my coffee drinking too."

Those who live nearby South Arm Community Centre, or who decide to work out there, will be able to enjoy the results of a recent \$1.5-million renovation at the facility.

South Arm is holding a Fitness Appreciation Week, with free fitness giveaways Jan. 17 to 24.

South Arm fitness pass holders will be able to bring a friend for free, with free demonstrations of new equipment, free fitness classes, and fitness orientations with free basic fitness programs on tap.

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# Fitness need not cost a lot

Following is an overview of fitness programs offered at Richmond community centres.

## DROP-IN FITNESS

- Find individual schedules at recreation facilities or online at richmond.ca/fitnessschedules
- Boost overall fitness and energy in a fun and social drop-in fitness class. These specialty classes address all components of fitness including cardiovascular endurance and flexibility. Classes are designed for all fitness levels from the new-to-fitness to seasoned steppers, and teens to older adults.
- Classes offered at Cambie, City Centre, Hamilton, Minoru Place, South Arm, Steveston, Thompson, Watermania and West Richmond.
- When taking part in any fit-

ness activity at a city facility, it is required to either complete a printed version of the PAR-Q+ or read the large poster version of the form. Complete and print the form at richmond.ca/fitness, or confirm completion online at www.eparmedx.com. Form is designed to identify people for whom exercise may pose a risk.

- Registered personal trainers work with individuals to plan and help reach fitness goals safely and effectively. To book appointments, or learn more about fitness benefits of personal training, call any fitness centre.

Individual personal training starts at \$51.45 for a one-hour session, with 20, 30-minute sessions for \$437.30. Group sessions for two to three people per session, 60 minutes each, are \$77.20, cost split between clients.



Photo by Chung Chow  
Sharon Taylor  
at South Arm  
Community  
Centre.

**FITNESS FEES (January to June)**  
Drop-in youth and 55 plus—\$3.70  
Adults—\$5.60

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# When flu strikes, double whammies follow

By **LORRAINE GRAVES**  
@LGsentinel

You feel like you have been hit by a tonne of bricks. You ache all over. You have a sore throat, a headache, fatigue. You alternate between feeling like your body is freezing and boiling. Perhaps you have a cough, a sore throat, and even a runny nose.

You have the flu. This year's H3N2 or Australian influenza, is particularly nasty.

And then, just when you think you are getting better, your bout of the flu seems to return. In reality though, the second act is not usually the flu. As it departs, the influenza virus can leave people open to other infections.

"The flu is a changeling" according to Sherilyn Sweeney, a professor in Kwantlen Polytechnic University's nursing program. "It's a repeat customer for many people."

Influenza wallops the whole body, including the immune system. The virus can drop your defences, leaving you vulnerable to a second bug. The flu can cut the number of neutrophils in your body. They are an important kind of white cell.

"Neutrophils are our first line of defence," says Sweeney.

This temporary dip in the immune system offers a window of opportunity to bacteria and even other viruses which can cause things like pneumonia or sinus infections in people who might have otherwise fought them off.

The influenza virus can also damage the microscopic hairs lining the airways.

"The cilia in our breathing tubes are like brooms in charge of sweeping everything out again, keeping our airways clean. When they can't do their job, those viruses and bacteria can sneak around, heading down to our breathing sacs," says Sweeney.

She says that once in there, deep in our lungs, it's an ideal place for bugs to grow, making us sick, making us short of breath.

"We don't exchange oxygen as well if (infections) settle down into our air sacs."

So, how does one prevent these bacterial infections that can crop up just as the flu seems to be passing?

First off, Sweeney suggests, get your flu shot to prevent influenza in the first place. It's the best of defence.

"Remember that it takes up to two weeks to work so there's a bit of a lag time," she says.

Since some of the symptoms of influenza are from your enraged immune system, you can feel a bit "off" after having the immunization because, even though it contains no live virus, the vaccination riles your immune system, teaching it to fight off the real thing.

Though the flu shot isn't 100 per cent effective, it can mean you get less sick if you do catch influenza because it boosts your immune system to better fight off the virus.

Sweeney suggests additional preventative measures: "I think it comes down to taking care of yourself. Get the sleep you need. Eat good nutritious meals. Drink good fluids. Wash your hands regularly and, if



*Photo courtesy KPU*

**Sherilyn Sweeney, a professor in Kwantlen Polytechnic University's nursing program, offers suggestions for those with the flu and for those whose flu seems to return.**

possible, stay away from people who are actively sick."

If you do get the flu, and you are otherwise healthy, Sweeney's advice is adamant, "Stay home."

She adds: "I don't think we take time to be sick anymore. We don't take time to take care of ourselves, to be gentle. We take medicine that just makes our bodies feel better instead of staying in bed, taking care of ourselves and allowing our immune system to do its job. We are often our own worst enemies."

And has Sweeney had the flu?

"Yes, I have, last year. I felt like my chest was heavy, very hot and my eyes were burning."

While most people, as Sweeney did, recover from the flu on their own, some people can have life-altering or

life-threatening consequences from the virus itself or from the bacterial infections that may follow.

For that reason, Sweeney is clear, if the patient is elderly, very young, or someone with an underlying condition, be sure to have them seen by a doctor if they come down with what might be influenza.

There are prescription medicines that can cut the severity and duration of the viral infection but they need to be started right away.

If you are in a high risk group and come down with the flu, "Go see your doctor, just to get checked out," Sweeney says.

How do you know if you might have a bacterial infection right after you have had the flu?

Sweeney says if you feel like you are getting better then

things get worse, or just hang on, that means something else besides influenza might be coming on. She also says a high fever can be an indication of problems brewing so seek medical advice.

She counsels listening to your body. She says you have to know what's normal for you so that when things are abnormal, you know to see your doctor.

Sweeney advises erring on the side of caution.

"Make sure you stay on top of it. Far better to go in and have the doctor say, 'It's just the flu hanging on,' instead of saying, 'We wish you'd come in earlier.'"

Some cases can require antibiotics to get rid of a bacterial infection.

While the flu's damage to your defenses are usually temporary, in the frail, young or already ill, the effects of these secondary bacterial infections can be life-long or worse, deadly.

The Public Health Agency of Canada says though the reported cases underestimate the true numbers, there were 11,277 laboratory-confirmed cases of flu across the country up to the end of December, with more than 1,000 influenza-related hospitalizations and 34 deaths. Those numbers are expected to rise as flu season peaks.

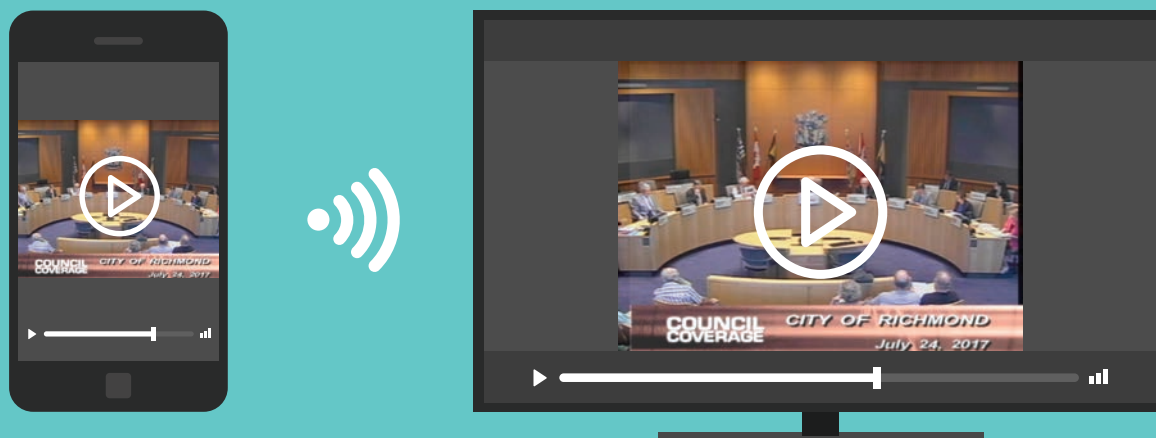
So, to give you the best chance of getting better and to protect others who may be hit even harder by the flu and all of its consequences, Sweeney's advice is clear.

"If you're sick, take care of yourself. Stay home."

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# Help for hush-hush problem

By LORRAINE GRAVES  
@LGsentinel

It's big business in Canada and the main reason for placing an elder in a care facility.

But no one wants to talk about, much less deal with it.

That's the bad news.

The good news is there is much that can be done about incontinence and associated problems on the road to good bladder health.

"What we don't want is that your bladder starts to dictate your life because it can be very isolating for people," says Corey Knott, the nurse continence advisor (NCA) and the clinical resource nurse for the Department of Urology at Richmond Hospital where she helps people with a variety of challenges.

"We treat symptoms like stress incontinence. That's when you laugh, cough, or sneeze, you leak urine. We also look at urgency and urge incontinence. You have to go suddenly or else you have an accident."

Surgery can be an option but Knott, an RN with post-graduate training as a continence advisor, has tricks up her sleeve to teach people, men and women, so they sometimes avoid surgery all together.

"We can advise on how to conservatively manage those symptoms. If we can't, we'll send them back to the urologist," Knott says.

Knott describes others the clinic helps.

"People who have difficulty initiating urine, who can't go. Sometimes it can be prostate related for men.



Photo by Chung Chow

**Richmond Hospital's nurse continence advisor Corey Knott, holding a pessary that can help women with prolapse and incontinence.**

For some people who have voiding dysfunction, the muscles are too engaged. We make sure they have been seen by the urologist first. It can be physically worse for you than leaking. It's hard on the kidneys," she says.

She offers options: "For the conservative management, I do teaching or, if they have been advised by their urologist, I teach them how to intermittently put in a catheter."

People's anxiety will also impact their bladder, according to Knott.

"This is what we're seeing a lot of in children. Having difficulty urinating often has to do with anxiety."

So, what can be done if you are leaking or coming close to having accidents?

"They can do pelvic floor muscle strengthening, also known as Kegel exercises. They are not just for women. They can also be used for men. They are good not only for stress incontinence, but also for urinary urgency—for urge suppression.

"When you are rushing off to bathroom and just can't make it, there are techniques to suppress the urge to go," Knott says.

For Kegels, Knott says, you need to do a committed three times a day for

a minimum of three months to have any benefit. Kegels strengthen the sling of muscles that hold up the pelvic organs.

"Most people do them incorrectly. It's a definite commitment to get the pelvic floor (stronger)," she says.

According to a manager at a gynecologist's office, two thirds of the women scheduled to have their significant incontinence or prolapse corrected surgically called to cancel their surgery when they had strengthened their pelvic floor muscles enough with Kegels.

Prolapse is when the bladder, uterus, vagina or rectum are looping down, out of their proper place.

A lower back ache that gets worse with standing and better through lying flat with your lower legs up on pillows, is a common indicator of prolapse.

"Heaviness, heavy sort of feeling vaginally or a feeling like things are falling out, or you can physically feel things falling out," Knott says are other symptoms.

Knott says prolapse, which often causes bladder or bowel problems, needs to be assessed by the urologist first who will then refer the patient to see her.

"(Prolapse) needs to be addressed. It's not going to get better as time goes on. It is progressive, so get it fixed when you're younger, because you may not be a surgical candidate when you're 85," she says.

While prolapse and incontinence can be addressed at any age, they

**See Page 9**



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## HELP

From Page 8

become problematic in the very elderly. "The number one reason to place a family member in a facility is due to urinary or bowel incontinence. People can take a lot but as soon as they start losing control of their bowel or bladder, it's very limiting," Knott says.

In addition to doing Kegels, some women may benefit from a pessary.

"It's a round plastic ring inserted into the vagina that can push up a prolapse," says Knott. Either a pelvic floor physiotherapist, or two of the Richmond urologists, can find the right pessary that will work for each patient. It often helps with incontinence of bladder and sometimes of bowel.

Whether it's to learn proper Kegel technique or to also have a pessary fitted, time with the pelvic floor physiotherapist is covered by some private insurance but not under MSP.

But, says Knott, "If you are leaking and paying for pads and laundry—it's a good investment, because you can minimize or get rid of pads completely."

Pads are expensive over time.

"Incontinence is a \$1.5 billion industry in Canada," says Knott.

There are pelvic floor physiotherapists who help patients do their Kegel exercises properly. A patient's time with Knott is covered by MSP, the time spent learning proper Kegels at

a physiotherapist's is not. Knott warns that you should never do Kegels while urinating because stopping the flow of urine can lead to problems as the bladder may not empty properly.

She also points out that if other techniques don't work well enough, there is medication for an over active bladder. "And now we can use Botox for overactive bladder and our urologists do that."

Botox, a toxin that stops nerve messages getting through, can calm an overactive muscle.

During her time with each patient, she also points out the dietary modifications that usually help.

"Coffee, tea and alcohol can increase leakage," Knott says. She also suggests people take out a measuring cup to see how much their typical mug holds.

She describes a young patient who complained of being quite jittery: "His bladder was not responding well. It turns out he was having 17 cups of coffee a day."

She also says diabetics have to watch their sugar intake because that can affect bladder function.

Knott also looks at behavioural modifications that may help. For instance, some people postpone urination for too long.

"This is the normal pattern: you go every three to four hours in a typical day. And once at night is perfectly normal," according to Knott.

If you are getting up more than

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**Submit 30 to 45 second video about:** a) hazards of impaired driving OR b) perils of drug abuse.

**Upload Deadline:** Video must be submitted to The Richmond Sentinel by Tuesday, April 1, 2018

**Criteria:** Video with most Facebook likes by Friday, June 1, 2018 will be declared winner



# Pitching ace finds success through preparation

By **DON FENNELL**  
@DFSentinel

Time management just may be the most important attribute of any high-level athlete.

Richmond's Hanna Finkelstein exhibits this quality en masse.

The 2017 Hugh Boyd Secondary graduate—the school's top female athlete, while sporting a 3.9 grad point average—has always recognized the importance of being prepared. Even as a little girl.

"My first sport was gymnastics," says Finkelstein, today one of Canada's most promising softball prospects. "I

remember admiring the strength and artistry required to succeed, and the bravery to attempt new skills. I think it contributed to my open-mindedness for critique and technical feedback."

Inspired by her dad, Finkelstein learned at a young age the importance of goal setting which he would often reiterate. One of her earliest and fondest memories is of time spent in the backyard with her dad learning how to throw the ball properly. They would also frequently converse about what she wanted from softball, and he helped her determine how to achieve those goals.

"He would encourage and support my brother and I to go beyond what was expected of us by our coaches," she says. "Witnessing him put all his lessons into practice made them even more impactful. Growing up and having someone like my dad, who would do anything he could to see me succeed, was and still is greatly inspiring to me."

Participating in high-level training at the Richmond Olympic Oval for the last five years has helped Finkelstein to

further focus her softball aspirations. She says considerations like proper exercise and good diet to be vital for success in any sport.

"Taking care of your body through proper diet and exercise improves individual performance," she maintains.

"It is important to understand how certain foods may affect your body and subsequently make proper diet choices."

Finkelstein believes the marriage of proper weightlifting technique and agility exercises she received at the high performance program at the Oval, and through her softball association, has further prepared her for college. Attend-

ing Long Island University Post on a full-ride softball scholarship, she'll officially debut as a Pioneer when the New York-based team begins its 2018 schedule March 4 versus Ferris State in Clermont, Florida.

Finkelstein also recognizes the critical importance of sleep.

"Sleep is vital for overall health and performance," she says. "Not getting enough sleep you are not only hurting yourself, but your team as well."

She tries to be as efficient as possible with homework and other responsibilities. Falling into a consistent routine also contributes to an effective sleep schedule.

"The more I am able to stay organized and reduce stress, the easier it is to ensure I get enough sleep," she says.

At the beginning of each semester, Finkelstein compiles a calendar much like a schedule—listing all her softball and academic obligations. She finds having a visual of when each task must be completed helps keep her on track.

Also excelling at volleyball in high school, Finkelstein was nearing the

end of her Grade 10 year when she decided to pursue softball at the college level. But she knew she had to dedicate more time to strength and softball skill development.

"The two schedules often clashed, and it became clear that I would have

to prioritize one over the other," she says. "However, I would encouraged young athletes to play as many sports as they can for as long as they can. I have found the versatility and overall

See Page 13

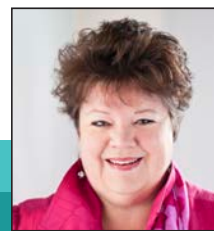


**HANNA FINKELSTEIN**



LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA

## COMMUNITY COMMENT



### DEAR RICHMOND CONSTITUENTS,

I would like to recognize my constituent, Corporal Kevin Krygier, who was recently awarded the prestigious 2017 Crime Prevention and Community Safety Award by the Province of B.C. – and for good reason. The award recognizes exemplary leadership through the development of innovative projects to promote safe communities—and Corporal Krygier came up with winner.

He partnered with BCIT to develop a smartphone alert from the Richmond RCMP on matters of public interest. This tool was used to spread the word about missing people or to advise motorists about closures affecting their route. Although this app is no longer available, it assisted the RCMP to move forward. They are currently working with the City and a third party to develop a new app that will be fully comprehensive. It is expected to be available in late spring.

Cpl. Krygier also spearheaded a 20-member volunteer team to combat auto-theft, break and enter, and mail and bike theft locally. He has also worked to build positive relationships between the RCMP and students, Jewish and Muslim communities, and the community at large.

Through all of these measures, he has facilitated good communication between the RCMP detachment and the people it serves, and improved safety and peace of mind for local residents. Superintendent Will Ng of the Richmond RCMP notes Corporal Krygier has shown a great deal of innovation, hard work, perseverance and commitment to public safety in Richmond.

His work reminds us that through building partnerships and working together, we can come up with creative solutions to solve local problems.

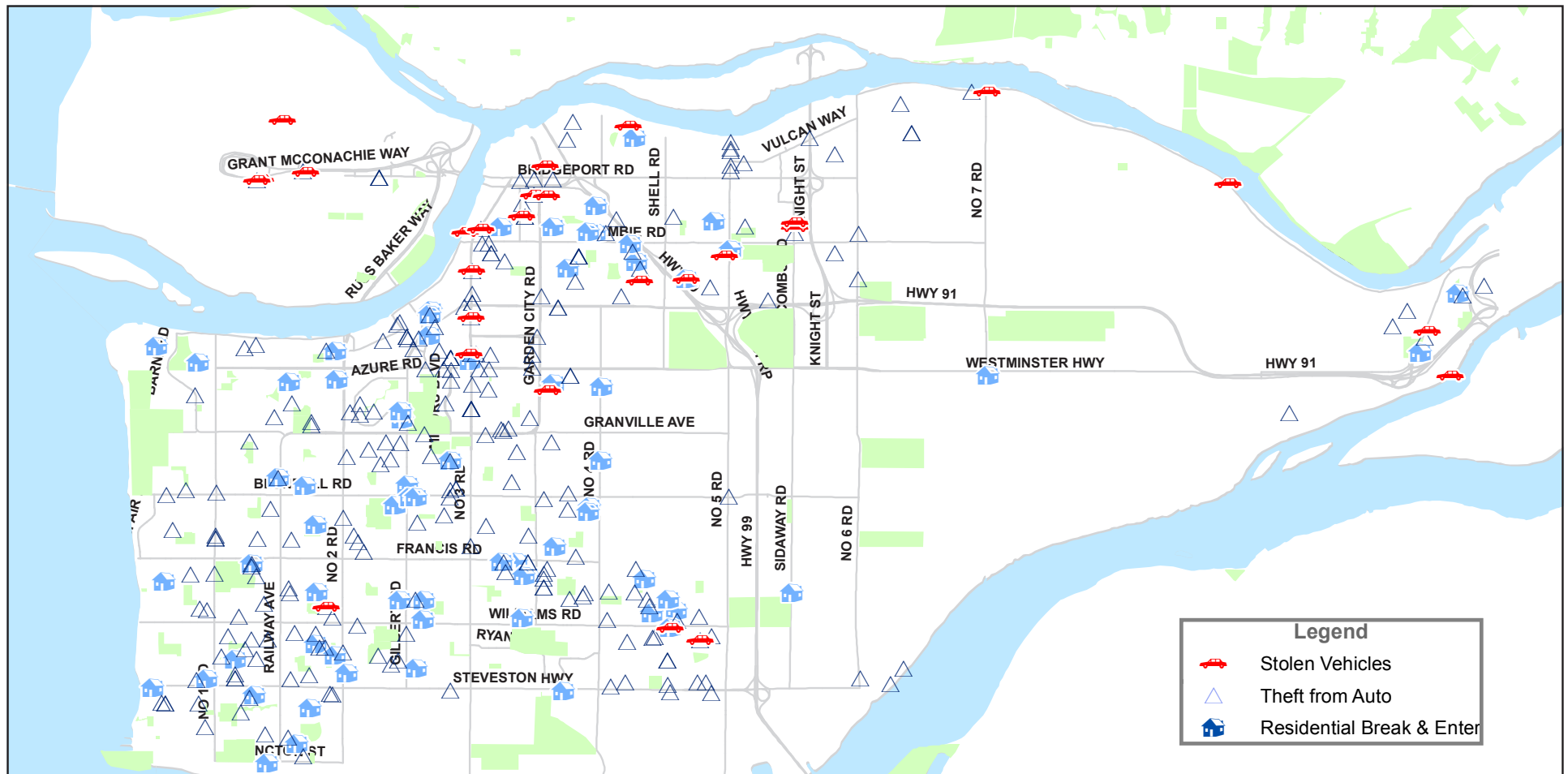
**John Yap, MLA**

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Tel: 604-241-8452 [www.johnyapmla.bc.ca](http://www.johnyapmla.bc.ca)



# RCMP

## Crime Map December 1-31, 2017



# Low light a hazard for pedestrians and drivers

By Const.  
**ADRIANA PERALTA**  
Richmond RCMP

As we ring in 2018, Richmond RCMP want to wish Richmond residents a Happy New Year and to help make it a safe one, we want to remind drivers, cyclists and pedestrians of the importance of remaining alert.

In the last 2 months of 2017 there were 24 reported traffic incidents involving pedestrians being struck. Sadly, 2 of these resulted in pedestrian fatalities.

Decreased daylight hours,

poor weather and an overall reduction in visibility, make for challenging conditions for motorists, cyclists and pedestrians.

For drivers, we recommend always being ready to yield.

Drivers need to expect pedestrians to be at crosswalks and watch for them particularly when visibility is poor.

Drivers also need to slow down and give themselves extra time and space to stop during inclement weather.

For pedestrians and cyclists, we recommend re-

moving headphones and putting your phone away.

You need to focus your full attention on what's happening around you as drivers may not stop or obey traffic control devices.

Pedestrians should always cross at designated crosswalks, never mid-block, and both cyclists and pedestrians should wear reflective clothing, gear or carry appropriate lighting to make it easier for drivers to see you.

It is the responsibility of all users of roadways, whether driving, cycling or crossing

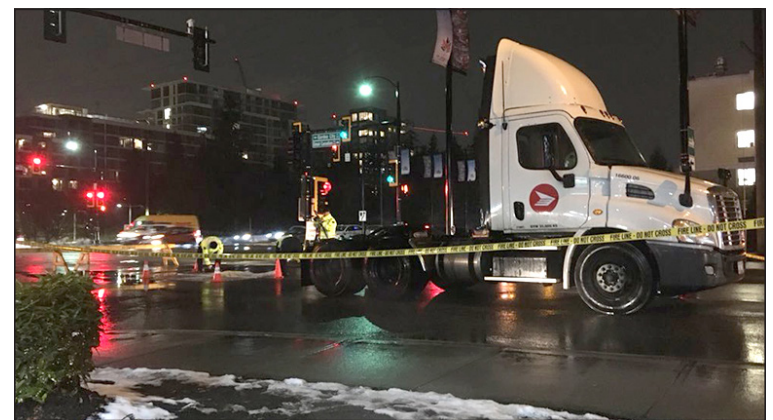


Photo by Sukhwant Singh Dhillon

**A young woman was killed when she was struck by a truck near Costco earlier this month.**

them on/by foot, to remain aware.

By following the rules and

being vigilant, each of us can help prevent collisions from taking place.



## HELP

### From Page 9

once in the night, "Is it your bladder waking you or something else?" she asks.

According to Knott, a lot of times it is a sleep disturbance more than a bladder issue so she sends the client to a sleep clinic, or their spouse to a sleep clinic. When we wake, for whatever reason, it's normal for our bladder to fill and tell us it is time to urinate.

One elderly woman had a variety of unsuccessful treatments for her frequent trips to the bathroom throughout the night. Nothing helped. It turns out, her husband had sleep apnea. Every time he would start breathing again with a loud snore, he would wake his wife; her bladder would then fill and cause yet another trip to the bathroom.

If you notice you are truly being awakened by your bladder, Knott offers hope.

"For some people, they just have to cut the caffeine before bed, just not have any caffeine within three or four hours of going to bed." She says even better is to cut the caffeine off by 2 pm.

When it comes to caffeine, "A lot of people are drinking way too much," says Knott.

She says eight to 10 cups should be the absolute maximum. And, she says with a smile, "Measuring cups not Starbucks mugs." Knott says in that daily amount of liquid you have to count fluid from all sources like juice, soup or fruit.

"If you have a bowl of soup at lunch and supper, and have milk on your cereal for breakfast, you don't have to drink 10 cups of water on top of all that fluid you're having," she explains.

Knott suggests you stop drinking water after supper and while you should limit fluid after supper, if you are thirsty drink, but not too much.

Some people with urine leakage try to control it by not drinking much

of anything but that can backfire.

"If your fluid is too restricted, urine then becomes too concentrated in the bladder and that (irritation) causes frequency," Knott says. Fluid restriction can lead to dehydration which, in the elderly, can make confusion worse.

In addition to the urinary issues, she sees patients for problems passing stool. Sometimes, the solution is easy. For instance, Knott says, people can use too much stool softener, like Metamucil.

"That can lead to constipation. Constipation and bladder issues have a strong correlation,

If your bowels are not going every day, that can exacerbate (bladder problems)," she says.

Knott says she tries to exhaust all conservative management options before looking to surgery. Even then, patients sometimes see Knott before surgery.

"For example men with prostate cancer: the urologist will send them to me first so when their catheter comes out they have a really strong pelvic floor. One symptom of having your prostate out is that you can have incontinence after surgery."

Just as women can sometimes find a pessary helps with incontinence, there are devices, Knott says, that can help men with incontinence as well as an external condom catheter.

When seeking out a nurse continence advisor, you find hope and often, practical solutions to an embarrassing and all too common problem.

"People want to sit down. I give them the time they need to talk to me and it's much better because you have to listen to people. I try to give people my very best," Knott says.

This skilled, personal care takes time. Sometimes the wait after a urologist's referral can be long but for many who've been through her clinic, it has been worth the wait.

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## PITCHING ACE

### From Page 11

In the 11 years Finkelstein has been playing softball, her love for the sport has only intensified.

"I have made friendships that I am positive will last far into the future," she says.

Renowned for her pitching talent, Finkelstein's strength is her spin. She doesn't consider herself a speed pitcher but rather one that utilizes movement and speed variation to keep batters guessing. She reasons that the most successful pitchers often carry themselves with a sense of intensity and confidence on the mound, which she also tries to bring to each outing.

MVP at the 2015 under-18 women's Canadian Fastpitch Championships, Finkelstein's pitching prowess and overall athletic talent earned her selection to the Canadian junior national team. The opportunity to play for the squad is her favourite sports memory so far. The sense of pride she felt while playing the

game she loves was an experience like no other, she says.

While Finkelstein may be a pitcher by trade, her versatility as an athlete is one of the things that most impressed Long Island University Post softball head coach Jamie Apicella when she signed a letter of intent in 2016 to join the school's softball team.

"She is a standout athlete that I feel can help us with her utility qualities," Apicella said. "We feel she has the potential to be a front-line starter for us, with the ability to add offensive fire with her bat."

When it all seems to be getting too much, Finkelstein has learned to take a step back. It's then she often reflects on how far she has come and reassures herself she get through whatever the situation. For instance, she has a strenuous academic and softball schedule, but sets checkpoints throughout the week.

"This way, as each practice, game, test, or paper passes, I am one step closer to completing all that needs to be done."

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# CLUB 284

# LIVE MUSIC

## Every Saturday

Check website for details

**SUPER BOWL PARTY**  
**Sun. Feb. 4**  
 Join us for prizes, food & fun!

**Saturday Night's Alright for Dancing!**  
**Jan 20, 7:30pm**  
**HOLLAND/WALLACE**  
*These guys are Great!*

**Jan 27, 7:30pm**  
**THE DIGGERS (with RAY O'TOOLE)**  
*formerly of Blue Northern*

**Jan 21, 11am-8pm**  
**ALL DAY DART TOURNEY**



**MEAT DRAWS**  
**Fri & Sat 5:00-7:30pm**



**LADIES AUXILIARY FUNDRAISER**  
**Sundays 4:00pm**

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For all ANAF 284 activities check [www.anaf284.ca](http://www.anaf284.ca)

# Classifieds

FREE Richmond classifieds to advertise your lost & found items, volunteer opportunities, pets, sale items, events and free stuff!

To post your FREE classified please email us at [classifieds@richmondsentinel.ca](mailto:classifieds@richmondsentinel.ca). Deadline: Thursday, Jan. 25 for the February issue (25 words max.)

## Lost/Info

**A PRECIOUS FAMILY RING** belonging to Richmond's Geraldine Wray, 90, was lost on the morning of Wednesday, Jan. 3, at the Seafair branch of Shoppers Drug Mart.

The gold ring has five birth stones (of family members), and has a unique feature: it opens in half so it can fit over Geraldine's knuckle, and then locks.

The ring, which she received 52 years ago, was last in a plastic white Shoppers Drug Mart bag, which also contained another ring.

Seen it? Have any info? Please call *The Richmond Sentinel* at 778-297-5005 or email us at [info@richmondsentinel.ca](mailto:info@richmondsentinel.ca).

## Study

**KNEE PAIN OR OSTEOARTHRITIS** in your knee? Richmond's Arthritis Research Canada (ARC) is recruiting patients like you for a scientific study. Contact Johnathan Tam at 604-207-4027 or email [supra.activity@arthritisresearch.ca](mailto:supra.activity@arthritisresearch.ca).

## Donations

**IF YOU HAVE SPARE NON-PERISHABLE FOOD**, cash, or time, then look no further than our Richmond Food Bank. Hungry people in our community need your donations. For more information or to donate, phone 604-271-5609 or email [info@richmondfoodbank.org](mailto:info@richmondfoodbank.org)

## Events

**RICHMOND KAJAKS TRACK AND FIELD CLUB** is hosting the 2018 Steveston Icebreaker Walk/Run Jan. 21. The 8K event is an annual New Year's tradition and just the tonic for that cookie and eggnog hangover. Register at [www.kajaks.ca/Icebreaker](http://www.kajaks.ca/Icebreaker).

## Rec Sports

**LOOKING FOR, OR KNOW OF**, an over-age-50, non-contact, pick-up soccer game? Send information to [classifieds@richmondsentinel.ca](mailto:classifieds@richmondsentinel.ca)

## Pick up a copy of the Richmond Sentinel from the following locations:

- Richmond City Hall
- Richmond Public Libraries
- Richmond School District Office
- Minoru Aquatic Centre
- Richmond Hospital
- Lansdowne Centre
- Richmond Centre

## And at these community centres:

- City Centre • Cambie • Hamilton • Thompson
- South Arm • Steveston • West Richmond



## JANUARY ANSWERS

### CROSSWORD

#### Across

- 1 Carefree
- 4 Teacher
- 6 Champions
- 9 Goodfriday
- 12 Premiumquality
- 13 Good
- 15 Goodrich
- 16 Smoothsailing
- 17 Outstanding

#### Down

- 1 Clapyourhands
- 2 Happydays
- 4 Thegoodwife
- 5 Fairweatherfriend
- 6 Clearskies
- 7 Overjoyed
- 8 Goodriddance
- 10 Topnotch
- 11 Smile
- 13 Goodyear
- 14 Milk

### SUDOKU

2	3	1	4	8	9	6	5	7
9	8	6	3	7	5	4	1	2
4	5	7	1	2	6	9	8	3
7	6	8	2	5	1	3	4	9
5	9	3	6	4	7	8	2	1
1	4	2	9	3	8	7	6	5
6	2	9	8	1	3	5	7	4
3	1	5	7	6	4	2	9	8
8	7	4	5	9	2	1	3	6

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**SENTINEL**  
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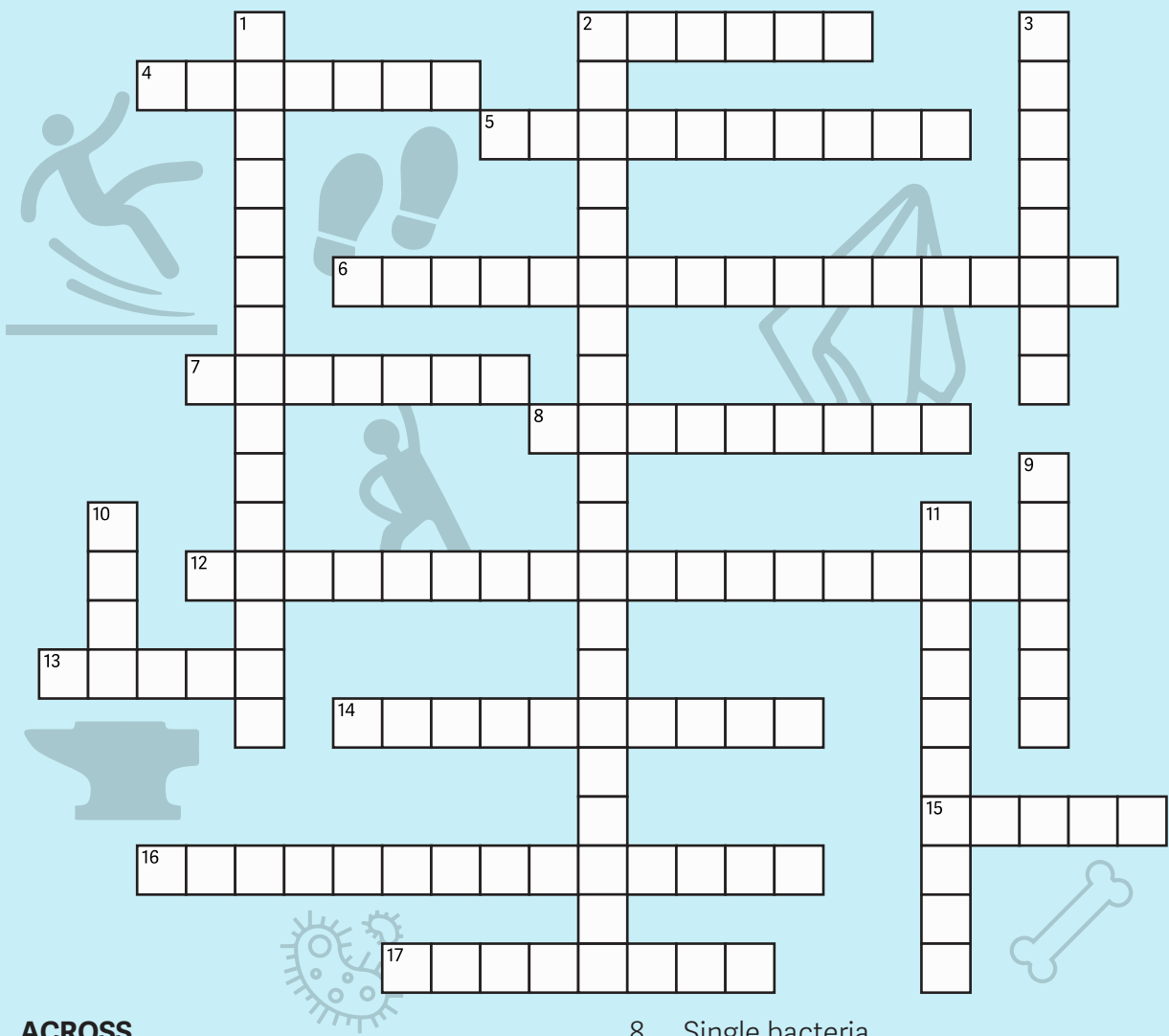
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# Fun & Games

## HEALTH & FITNESS



ACROSS

- 2

Toast, "To your good \_\_\_\_\_"
- 4

Good start to fitness
- 5

Healthcare professional for meds
- 6

When you cough or sneeze or sniff do it in \_\_\_\_\_
- 7

Suitability
- 8

Single bacteria
- 12

GP
- 13

Small bone in body, blacksmith tool
- 14

Fit, to be in \_\_\_\_\_
- 15

Longest bone in body
- 16

Legal, kills at least 50 per cent of users
- 17

Antibiotics only work on \_\_\_\_\_

## SUDOKU

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

			7		9	1	8	
						7	2	3
					6			9
		9	6		7	2		1
	5						7	
2		8	3		1	9		
6			9					
7	9	4						
	2	3	1		5			

DOWN

- 1

Fitness prevents \_\_\_\_\_
- 2

No longer #1 cause of Cdn death
- 3

Opposite of fitness
- 9

True: Train don't \_\_\_\_\_
- 10

False: No Pain no \_\_\_\_\_
- 11

Best condition

Answers will be posted in the next issue in Feb.

**MARKET HAVE YOU PUZZLED?**

Text or Call us for the Answers to All Your Real Estate questions.

**LORNE & RYAN CHERNOCHAN** (604) 818-8517 | [ryan@chernochan.com](mailto:ryan@chernochan.com) | [www.friendinrealestate.ca](http://www.friendinrealestate.ca)

**EXTENDED HOURS ON FEB 15**  
**THURSDAY - COUNTDOWN NIGHT**  
 open until 12:30am midnight



ABERDEEN CENTRE'S

# CHINESE NEW YEAR FLOWER & GIFT FAIR 2018



FEB 9 - 18 FRI to SUN | MALL HOURS | ALL MALL LEVELS



## Countdown Night to Chinese New Year of the Dog

FEB 15 • THU • 8:30PM to 12:10AM • CENTRAL ATRIUM

8:30PM - 10PM | Fairchild Radio Pre-Countdown Stage Show

10:30PM | Personal Blessings from the Chinese God of Fortune

10:30PM - 12:10AM | Live Countdown with Fairchild Television

## Aberdeen Centre's Golden Dragon and Lion Dance

FEB 16 • FRI • 11AM START • OUTDOOR COURTYARD

12:15PM START | Pick the Green Store-to-Store Lion Visits ALL MALL LEVELS

## Chinese New Year Cultural Showcase Celebration

FEB 17 • SAT • CENTRAL ATRIUM

1PM - 2PM | BC Chinese Music Association

3PM - 4PM | Vancouver Academy of Dance

FEB 18 • SUN • CENTRAL ATRIUM

1PM - 2PM | Vancouver Youth Philharmonic Orchestra

3PM - 4PM | Colors of Dance Academy

