

RICHMOND SENTINEL

OUR COMMUNITY NEWS



Rainbow Auto Service

- All Makes & Models, Service and Repairs
- Factory Trained
- Dealership Experience

VINCE KUHN

604-276-2820
142-11788 River Rd.

VOL.1 ISSUE 6

Mid-May 2017



NIGHT MARKET CELEBRATES CANADA 150

04

SUPER SALE !

BUY 1
GET 2 **FREE**

May 16-23 ONLY

On All Official
Licensed Jerseys



Real Madrid, Barcelona, Chelsea, Manchester United..... and many more

- ✓ SOCCER
- ✓ APPAREL
- ✓ RACKET
- ✓ TEAMWEAR

SoccerLINK

Specialist for Sports Products

114 - 4940 No.3 Road Richmond

www.SoccerLink.ca

Soccerlinkcanada@hotmail.com

604.207.8711 / 604.377.6337



Absentee ballots unlikely to change local election results

by DON FENNELL
@DFSentinel

Absentee ballots, which Elections BC will tally next week, could still decide who governs the province but seem unlikely to change the Liberal victories in Richmond on election night May 9—at least if local absentee numbers in the last two elections stay on form.

Liberal incumbents were far ahead of their respective NDP candidates in three of four Richmond ridings after results were counted last Tuesday, with Teresa Wat earning 53.04 per cent (7,294 votes) of voter support in Richmond North Centre,

Linda Reid 49.59 per cent (6,159 votes) in Richmond South Centre, and John Yap 48.07 per cent (9,706) in Richmond-Steveston.

And Liberal candidate Jas Johal had earned 41.74 per cent (7,525 votes) of the votes relative to the 40.28 per cent support (7,262 votes) for NDP candidate Aman Singh in the Richmond-Queensborough riding. A recount won't be held in the latter riding because Johal, with 7,525 votes counted, had a 253-vote lead over Singh which is beyond the 100-vote difference between the top two candidates under Elections BC guidelines.

In 2013, there were 1,697

absentee votes cast in Richmond compared to 686 in 2009. The Liberals picked up nearly twice as many votes as the NDP in both instances.

Provincially on elections night, premier Christy Clark's Liberals won 43 seats, John Horgan's NDP 41 and Andrew Weaver's Greens—which hold the balance of power—with three seats. The preliminary count for certification envelopes containing absentee ballots province-wide is 179,380, said Elections BC spokesman Andrew Weaver. The final count will be completed May 22 to 24.

•dfennell@richmondsentinel.ca

Volleyball nats set up shop at oval

by DON FENNELL
@DFSentinel

The Richmond Olympic Oval provided the venue for Volleyball Canada's first Centre of Excellence program last September. Last week, Mayor Malcolm Brodie officially welcomed the senior women's national team to its new training home.

"This is an exciting day for the city of Richmond and for Canada," Brodie said Thursday during a press conference at the oval, where he was joined by team captain Lucy Charuk in unveiling a mural and plaque.

Brodie spoke enthusiastically about the partnership, suggesting it "will help to grow the sport in Richmond and throughout the country and enable our national women's volleyball team to reach new levels of success on the road to Tokyo 2020 (Olympic Games)."

Of the nearly 1,000 athletes to participate in the high-performance stream, more than 50 were named to provincial or national junior teams and 29 of those players are now playing at the post-secondary level. Brodie said it's inevitable many will go on to try to earn a spot on a senior team.

•dfennell@richmondsentinel.ca



Linda Reid with her mother Cathy

THANK YOU for your support.

It is an honour and privilege
to serve the people
of Richmond.

Linda

STRONG BC BRIGHT FUTURE

Today's BC Liberals

Authorized by the official agent for Linda Reid, Kim Sorensen 604-821-0286

Community

Golf tourney helps children and families

By LORRAINE GRAVES
@LGsentinel

The Children's Organ Transplant Society invites all to golf for a good cause this Thursday, May 18 at their fundraiser at Quilchena Golf and Country Club.

All funds raised through the tournament go to help families facing pediatric organ transplant.

When your child needs an organ transplant, the shock reverberates around the family. The transplant society offers a chance to be with other parents who know first-hand the journey from first hearing the news to transplant and recovery.

The society also offers support for siblings, the people often forgotten while parents worry and rush to the hospital with their sick child. Lastly, though anti-rejection meds are covered by MSP, the society offers financial support for families needing help with much-needed drugs, supplies and equipment not paid by MSP.

Faysal Elmi knows firsthand the challenges families face.

"My son started out being a little bit different. He was born at Burnaby Hospital but transferred to (BC Women's and) Children's (Hospital) where the doctor at the time said one out of every 10,000 boys will get this bad luck and unfortunately this time, it's your son. For the first four years we spent a lot of time at the hospital."

As a newborn, Najib couldn't urinate because of a blockage. Before the cause was discovered, the urine back-up damaged both his kidneys. When he was a year old, one shut down and had to be removed then,



At right, Najib Elmi, 11, with his twin nine-year-old brothers Ahmad (left) and Adam. Najib received a kidney from his father, Faysal (background).

photo by Chung Chow

after six or seven years, the other kidney started failing.

He needed a transplant. Faysal was a good match for his son so, four years ago, he donated one of his kidneys to seven year-old Najib.

Faysal speaks highly of all the care his son received.

"The society provided us with lots of stuff," he said, such as supplies that they needed but weren't covered by MSP. He also speaks highly of the Canadian medical system and BC Women's and Children's Hospital.

To continue the society's good

work, people are encouraged to support COTS Children's Charity Classic Golf Tournament at the Quilchena Golf and Country Club, Thursday, May 18.

It promises to be an entire day of fun with a good purpose, with an 11 a.m. registration, 1:30 p.m. shot gun start, and a buffet dinner at 6 p.m.

With your registration fee comes your green fees, a barbeque lunch, a motorized golf cart, and the buffet dinner.

Online registration closes at 4 p.m., Wednesday May 17.

For information or to register go to tinyurl.com/QuilchenaTransplant.

And how is Najib doing now that he's had his transplant? His proud father, Faysal says: "He'll be 12 in September. He's doing really, really well."

After all they've been through as a family, he adds: "One thing I learned over the years, I met so many people's families; when I hear their stories, some of the things other people go through, we have nothing to complain about."

•LGraves@richmondsentinel.ca

Richmond Night Market founded on fun

By **DON FENNEL**
@DFSentinel

It wasn't quite "build it and they will come," but close.

Based on the popularity of night markets in Asia, Raymond Cheung was confident a Richmond Night Market would be met with similar enthusiasm.

He first, however, had to enlighten many locals on exactly what it was he was proposing.

"People weren't as educated about what a night market is at that point," he said of the 2000 opening. "Many people living here had never been to Asia and thought it was like a supermarket that was open at nighttime."

The people soon embraced the new concept, validating Cheung's vision, but also creating a few additional hurdles that neither he nor the city had envisioned—namely what do with increased traffic and growing garbage.

"There was no history of a business of this type and so there was a learning curve from both sides," said Cheung, who as a result of unexpected expenses such as those for traffic control actually lost money in the first year.

However, he was determined to forge ahead.

Much has changed since the modest launch at Continental Centre.

Kicking off its 17th year last Friday with a season-long tribute to Canada's 150th birthday, the Richmond Night Market, which is located at 8351 River Rd., a stone's throw from River Rock Casino Resort and Canada Line, has grown into the biggest night market in North America and perhaps beyond.

"So far as we know maybe one or two in China are bigger, but in terms of internationally there isn't



photo by Chung Chow

Raymond Cheung, founder of The Richmond Night Market, welcomes visitors to 17th season.

anything close to matching us," claims Cheung. "Our food court this year has 105 booths, each featuring at least five or six items. What people can choose at one location is amazing, but every year we are trying to improve with new vendors (and a wider selection)."

Cheung caught the marketing bug when he was just 11 years old, shortly after his parents enrolled him at Victoria's Shawnigan Lake private boarding school. He recalls being one of only two Chinese boys at the school and not speaking a word of English, but throwing himself into such traditional activities as rugby and rowing.

"(The school) was basically in the middle of nowhere and (the environment) was like a little society," he said. "I learned a lot, like how to work with other people and in team situations. I made a lot of friends who are still my friends."

Near the end of his first year, Cheung organized his first event: taking the entire school, which was then only boys, to Victoria for a Chinese dinner. It went well, providing the youngster with the confidence to take on new adventures and, after university, to venture into the unpredictable world of business.

The idea of starting a night market was borne more out of his love for organizing, and wanting to provide a venue for people to go in the evening, than anything else.

"I thought Richmond was ready to have an event like this," he said. "A lot of times young people, teens especially, don't really have anywhere to go to hang out. And most (adults) work 9 to 5 weekdays and are also looking for somewhere the whole family can go for fun. The night market is perfect."

Besides embracing a wide-ranging palate, the Richmond Night

Market also serves up an extensive selection of knickknacks among the more than 200 retail stalls. Then there is the diverse lineup of nightly performances including singing, dancing and cultural display on a 15-metre stage as well as 18 roaming dinosaurs in the prehistoric Dino Park. Many times, the night market provides a venue for various local fundraisers.

Cheung proudly boasts that the night market is also a good testing ground for young entrepreneurs, much as he was back in the day.

"If your product is good, the market with 10,000 people coming in every night, is a great place to be," he said. "Your costs are fixed because you don't have to worry about advertising or a whole year's rent."

While locals continue to flock to the Richmond Night Market in record numbers—every three minutes, Cheung said upwards of 250 people exit the Bridgeport skytrain station during market hours—its popularity has been greatly boosted by international visitors. In the last six years it has become a must-see tourist attraction. But even with the ongoing support of his wife Karen, and inspired by their two young sons, Cheung isn't prepared to rest on his laurels.

"Every year we're trying to improve and offer something new. And every year we have to try to have a wow factor (so going to the market doesn't become stale)," he said. "One of the reasons we picked Canada 150 as our theme this year is that I see the Richmond Night Market as being like Canada. If you come to the market you see a variety of people from all different backgrounds. It doesn't matter who you are, this should be a place to enjoy yourself."

•dfennell@richmondsentinel.ca

Cultivating athletes requires major coaching re-think

By JENNIFER FRASER
@teachingbullies
jenmfraser@shaw.ca

We ensure athletes put pads on their shins and masks over their faces. We insist they use mouth guards to protect their teeth. But the truth is, children in sports run far greater risks than having bruised shins, broken noses or smashed teeth.

Multiple reputable studies by Harvard University and University of Ottawa researchers document, using brain scans, that

emotional abuse harms brains in serious ways.

Neuroscientists have shown that what was once thought of as a badge of

honour—telling a kid to pull himself together after a concussion and get back in the game—can in fact be a one-way ticket to brain damage and even premature death through suicides and fatal injuries.

Likewise, neuroscientists can now also show that emotional abuse—yelling in a player's face, humiliation, put-downs, profanities, swearing, benching as punishment, berating, shaming, blaming, threatening, frightening—has the power to harm the developing brains of children in serious and lasting ways.

However, just like with concussions, there are still those who believe that emotion-

al abuse is simply a part of sports, normal for coaches, required for winning.

A recent, well-publicized case of emotional and physical abuse in Richmond is a classic example. Parents lodged complaints about a coach who put his hands around the necks of their children. Another coach complained about this same coach using emotional abuse: "It was personal, it was bullying, it was calling them names and using profanity."

A former athlete, who spoke up and alleged that this coach would kick and swear at players, said kids were "targeted and humiliated." Like far too many young athletes, this player stopped playing at 15, feeling forced to make a choice between his sport and abuse.

But the coach had supporters too. They said that the coach had "a strong record of developing players and teams, and won a district

championship."

The supporters' statement contains some concerning assumptions: The overall assumption is that his conduct—even if tough, aggressive, domineering—was necessary for the team to succeed. The supporting assumption is that because the coach has a strong record developing athletes and winning games and even a championship, he cannot be doing any harm. This is like arguing that ice hockey coach Graham James, who was sexually abusing NHL players Theoren Fleury and Sheldon Kennedy in their early teens, was still a good coach because he won games.

What's missing in this narrative is the terrible mental anguish that dogged Fleury and Kennedy for years after, nearly ruining their lives.

This is why sports clubs, coaches, parents and players need to learn about the harm of emotional abuse because like sex abuse, it does serious lasting harm, not to the body, but to the brain.

What approach should coaches take when working with youth?

Soccer coach and TEDx

presenter Reed Maltbie encourages coaches to "have hope because the same thing that destroys brains also builds them."

If we choose to use our words as a means to develop warrior traits like ownership, resilience, and adaptability we can make an impact on our athletes that goes well beyond the game," he said.

Maltbie is well-versed in neuroscience and rather than burden him, it has transformed his coaching practice.

"Imagine changing lives with mere words. Not only now, but for years to come, those words could resonate with our athletes like beacons guiding their success throughout life."

Supporting this approach, Dr. Stephen Joseph at the University of Warwick in England found that verbal abuse can have more impact upon victims' self-worth than physical attacks. He discovered that name-calling and humiliation do not "toughen up" athletes. Instead, 33 per cent of verbally abused children showed significant levels of post-traumatic stress disorder.

See page 10



JENNIFER FRASER

Come for the Lifestyle Stay for the Friends

Independent Living in the Heart of Steveston

themapleresidences.com | 4071 Chatham Street, Richmond, BC, V7E 2Z7 | 604.277.4519

Business ●

Motivating the masses

By **DON FENNEL**
@DFSentinel

He played and coached professionally in Europe and won a pair of high school championships in his native Czech Republic.

But for Martin Bittengl, nothing tops trying to help young soccer players realize their potential.

"The ages between eight and 13 are the golden age of sport basically," says the head of the Richmond-based soccer school that bears his name.

"Any kinesiology or sport science degree will tell you that," Bittengl says. "If you're talking about speed for example, the best time to develop that is eight to 13. That's when you'll realize the biggest improvement. You still need to work on it when you're older, but you're not going to get faster past 18. That's the peak."

Bittengl says it's the same for technical abilities. He says if a player is unable to control the ball at the eight- to 13-year-old age group it's unlikely they'll ever reach the highest level possible.

"One thing that is very important to mention, and I've seen it Europe as well as here, is that there are many very good players, skilled, strong and fast, but they don't think the game well," he says. "They don't understand the play because they lack vision and their mental toughness is weak. You can have all the tools but unless you incorporate the mental part of the game, the thinking process, you can never play at the highest level."

Borrowing from both his extensive experience



photo by Chung Chow

Soccer coach Martin Bittengl says eight to 13 are the golden ages of sport for youth.

in the game and education (he holds a Union of European Football Associations "A" licence as well as masters degrees in both physical educa-

tion, sport science and psychology from the University of West Bohemia and in physical education and sport from Charles University in Prague), Bittengl clearly takes a thinking man's approach to teaching the "beautiful game."

"(The idea is to) challenge the players not only physically but also mentally," he explains. "Most of the time during a game there is some kind of decision making—for example, after playing a ball, you're running to the left or right. Or you need to receive it on that side."

Taught that more than 50 per cent of any performance is mental, Bittengl says the ultimate goal is to instill confidence in the player.

"Let's say you have a game or session and you're scared to receive the ball because you don't want to lose it," he says.

"That's thinking wrong. When you're afraid it drags you down mentally when you need to be confident. But it's not easy to build confidence and that's why it's a written rule when you're coaching young players to tell them three times to one they're doing a good job and then correcting their mistake."

This type of psychology has long been used in Europe, starting on a regular basis during the early teenage years, Bittengl says. But, he adds, not only is it good for players to expand their mental understanding but coaches as well. It took him about 10 years to complete his studies, but Bittengl stresses he never stops learning.

•dfennell@richmondsentinel.ca

RICHMOND
SENTINEL 
OUR COMMUNITY NEWS

Managing Editor

Martin van den Hemel, martin@richmondsentinel.ca

Reporters

Don Fennell, dfennell@richmondsentinel.ca

Lorraine Graves, lgraves@richmondsentinel.ca

Photographer

Chung Chow, chungc@richmondsentinel.ca

Advertising Sales

Don Grant, dgrant@richmondsentinel.ca

Production Manager

Jaana Bjork, jaanab@richmondsentinel.ca

Web Developer

Venu Murki

Graphic Design

Florence Liang

Published by

INTELLI MANAGEMENT GROUP
200-6751 Westminster Hwy.
Richmond, B.C., V7C 4V4, Canada

General inquiries

Tel: 778-297-7108 | Fax: 778-297-7109

Newsroom

Tel: 778-297-5005



@RmdSentinel



/therichmondsentinel

Visit our website at richmondsentinel.ca

Strolling along with history

By LORRAINE GRAVES
@LGsentinel

We've all seen the movies where you walk into a historic town and suddenly you're transported in time to a bygone age, say 1917, with people in period costume discussing issues of the day. Starting June 2, visitors to Steveston will have two chances each week to immerse themselves in the people and their lives in that far-away time. Each Friday at 4:30 p.m. and Saturday at 1 p.m., Walking Tour vignettes, presented by the Steveston Historical Society and the Steveston Museum, will send the participants back 100 years in time. A chance to learn about the issues of the day from votes for women to cannery workers' concerns, each stop along the tour will

have costumed actors bringing history to life right before your eyes. The worries, the joys, the boredoms of the day become vivid when real people live their lives vividly in front of you in the actual location where such a discussion would have happened 100 years ago. Each hour-long walk with your tour guide, which covers a do-able wheel chair and stroller accessible one kilometre, enriches the past with real locations, real people, and real discussions from 1917. The playwright, Hugh McRoberts Secondary School grad Andrew Wade, returned to his Richmond roots to create the walking tour's vignettes. Skilled McRoberts drama students perform in period costumes, reviving Steveston's heyday as a salmon canning hub for the world.

See page 10



COPPERSMITH
dental



Happy Mother's Day from our mother/daughter team to yours.
Wishing you all the love and happiness you so richly deserve.

604.274.5262
#155-11380 Steveston Hwy
www.coppersmithdental.com
smile@coppersmithdental.com



LIVE A LIFE *filled with Verve*



GILMORE
GARDENS

INSPIRED SENIOR LIVING WITH 

ONE BEDROOM SUITE AVAILABLE

Retirement living can be active, inspiring, and fulfilling. We know because we help make it a reality every day.

Visit our website or join us for a tour.

604-271-7222
4088 Blundell Road, Richmond, BC
info.gilmore@verveseniorliving.com
verveseniorliving.com/gilmore-gardens

Richmond's finest footwear aficionados

By SEONG GYU JANG
Student Reporter
@seonggyujang

Buying a new pair of runners, wearing them for a few weeks, and then selling them for double the price may sound like an economic impossibility to some.

But to the seasoned sneakerhead this idea makes perfect sense.

Sneakerheads specialize in the collection of exclusive and valuable athletic shoes, commonly known as sneakers. For decades, sneaker collection has been a hobby that has intrigued countless young adults.

Sneaker collection started as a tiny subculture that first gained popularity in the early 1980s. Powerhouse companies such as Adidas, Puma, and Nike began to occupy the front-lines of the footwear industry.

As the prevalence of cable television rose, footwear companies sought multi-million dollar endorsement deals with athletes and celebrities. Sneakers eventually entered mainstream media and the public began to covet certain shoes.

NBA basketball player Michael Jordan's Nike Air Jordan basketball shoes were released in 1984 and sold for \$64.99 US. Today, these shoes can be resold on Ebay for up to \$2,000 US, a testament to the unwavering demand for popular sneakers.

In recent years, the hobby has attracted thousands of local youth.

A Facebook "Buy and Sell" group for Richmond sneakerheads has garnered over 6,000 members since its inception in 2013. These online "Buy and Sell" platforms are where sneakerheads can purchase, sell, or trade their shoes to others who live nearby.

"What's hard (about buying sneakers) is that it feels like a lot of pieces nowadays are getting more demand, but the supply isn't increasing," said Antonio Pablo, the creator of the



Photo by Chung Chow

Shoe collectors Brandon Wang (left), 17, and Terrence Moy, 16, with some of their collection of rare shoes.

Richmond "Buy and Sell" group and a Grade 12 student at RC. Palmer Secondary.

For shoes such as the coveted Adidas Yeezy, popular shoe chain Foot Locker struggled to stock even one pair of each shoe size. The exclusive nature of the \$200 Adidas Yeezy caused its resale value to top \$1,000.

Dozens of dedicated sneakerheads could be seen camping in front of sneaker consignment stores days before the anticipated release of a sneaker.

These sneaker fanatics lined up, hoping to snag a pair of sneakers for retail price.

To combat the cumbersome lines that once formed outside their storefronts, sneaker stores now implement a raffle system, where participants can collect a ticket before the release of the sneaker so that they may "win" a chance to purchase a pair.

For those that are unable to obtain sneakers for retail price, that's where the "Buy and Sell" groups come into play.

"I created 'Buying and Selling Kicks/Gear Richmond' in the summer of 2013 for a simple reason," said Pablo. "I just wanted to link all the Richmond sneaker enthusiasts together, and in-

crease the amount of deals that happened in Richmond."

"Most of the time, I usually just hold onto them for a few months, and then either sell them or trade them for another pair," said Pablo when asked how long he keeps his sneakers. He says that having the Richmond group helps him satisfy the need to constantly trade shoes.

The demand for sneakers gave birth to a community whose goal it is to wear and trade the most exclusive shoes possible. It is a bustling rubber-soled economy that could stick around for years to come.

•student2@richmondsentinel.ca

Wideski makes national team

By SEONG GYU JANG
Student Reporter
@seonggyujang

At just 18 years old, Steveston-London senior Valerie Wideski has already made a lasting impression in the rugby community.

She's now one step closer to her dream of representing Canada in the Rugby World Cup after being selected to the U18 Canadian National Rugby Union team.

"I found out (about Team Canada) after a high school game I had. My family and I drove home and when I got the email I starting screaming from excitement," she said. "After the moment sunk in, I started balling my eyes out. The moment was so surreal."

Wideski and her family emigrated from American Samoa 10 years ago.

Since moving to Canada, Wideski has tried her hand at multiple sports—soccer, track and field, football—but ultimately fell in love with rugby.

The rugby standout had no initial intentions to play for Rugby Canada's national team due to the costly try-out fee of \$1,350. Unable to afford the

cost on her own, she and her younger sister reached out to the community for help through a Go Fund Me campaign. Fortunately, Wideski was able to raise \$2,230.

Wideski will be heading to Ottawa in July to officially start her training with Rugby Canada along with 22 other teammates.

The national team plans to play a game against team USA on Aug. 1.

Until then, Wideski must maintain her fitness by sticking to a strict training program and sending video proof every week.

After her time with Rugby Canada, the rugby all-star has big plans for the summer.

She will be touring Ireland with Team BC and she will be trying

out for the Canada Women's League National team, which is a more competitive version of the national team she's currently playing for.

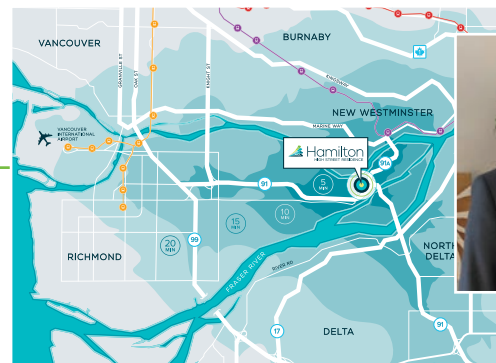
The budding athlete is also considering accepting a scholarship to Acadia University, but will most likely take a gap year to spend time with her family and focus on playing rugby at an elite level.

•student2@richmondsentinel.ca



VALERIE WIDESKI

Hamilton HIGH STREET RESIDENCE Richmond's Newest Retirement Community COMING SOON!



Proudly presented by NCL
Rob & Trudy Howard,
Founders

Right in the heart of Metro Vancouver – just a 20 minute drive for over 700,000 people

- Family and friends will be close by for visits
- Steps away from all the convenience and activities that will be the NEW Hamilton Village
- Enjoy easy independence and all the comforts of home with our signature Club Lifestyle

- "My Time" Dining • Theatre • Creative Arts
- Pools • Wellness • Bistro *and much more!*



NOW UNDER
CONSTRUCTION

Only 30 units will be made available for ownership, or perhaps you would prefer one of our rental suites.

Visit us at www.ncl.ca and register for priority viewing or call us at 604-528-9981 to find out more.



This is not an offering for sale. An offering for sale may only be made after filing a Disclosure Statement. E. & O. E.

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

And at these community centres:

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



Walking tour vignettes

From page 7

Says drama teacher Judyann McCarthy: "It has been a lot of fun explaining words like 'skedaddle' and that the people used to eat wild greens, and that our little city has always had a rich cultural diversity."

For a walk through Steveston's vibrant past brought to life, buy your tickets at the Steveston Museum, 3811 Moncton St, or phone (604) 271-8280.

The fee for adults is \$7, while accompanying children under 12 are free. Walking Tour Vignettes, a Canada 150 project, runs throughout June and July.



Photo by Chung Chow
Young cannery worker Vincent Lee and teller Nina He, discuss their future together outside Steveston's original bank.

Neuroscience

From page 5

Dr. Martin Teicher's MRI study at Harvard University revealed that students who reported being bullied had "observable abnormalities in the 'corpus callosum'" a part of the brain which is vital in visual processing and memory.

Dr. Tracy Vaillancourt at University of Ottawa found higher levels of cortisol, a stress hormone, in boys bullied by peers. Too much cortisol can damage

brain structures such as the hippocampus that is involved with learning and memory.

I think we can all agree that we must develop protective measures to keep children's brains safe. It's pointless to have healthy, uninjured bodies and badly harmed brains.:

Coaching based on neuroscience rather than opinion has the power to teach children that making mistakes and losing games are incredible opportunities to intensely train their brains for the next trial.

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 production@richmondsentinel.ca. Deadline: Thursday, May 25 for the June issue (25 words max.)

Walking Tours

WALKING TOUR VIGNETTES IN STEVESTON

Take a guided walk through 1917 Steveston with costumed actors living in the era at the century-old buildings today. Tickets & information at Steveston Museum or call 604 271-8280.

Reunion

MATTHEW MCNAIR GRAD CLASS OF 1977

40 Year Reunion • Saturday, June 10

For ticket information please email jcrawfam@gmail.com

Fundraiser

GOT A WARM HEART and a love of golf? Join the Children's Organ Transplant Society (TOP) at Quilchena Golf Course Fundraiser on May 18, 2017
Register at: <http://www.childrensots.org/events#cots-annual-golf-tournament>

Support The Sentinel YOUR NON-PROFIT NEWSPAPER

MAKE A
DIFFERENCE
IN YOUR
OWN WAY:



Visit our website
richmondsentinel.ca



Read our
twice-monthly
publication



Guaranteed
home delivery
\$24/yr (24 issues)



LIKE US ON FACEBOOK
[/THERICHMONDSENTINEL](https://www.facebook.com/therichmondsentinel)



FOLLOW US ON TWITTER
[@RMDSSENTINEL](https://twitter.com/RMDSSENTINEL)



Don Grant

dgrant@richmondsentinel.ca

Main: 778-297-5005 Cell: 778-325-3297



Jaana Bjork

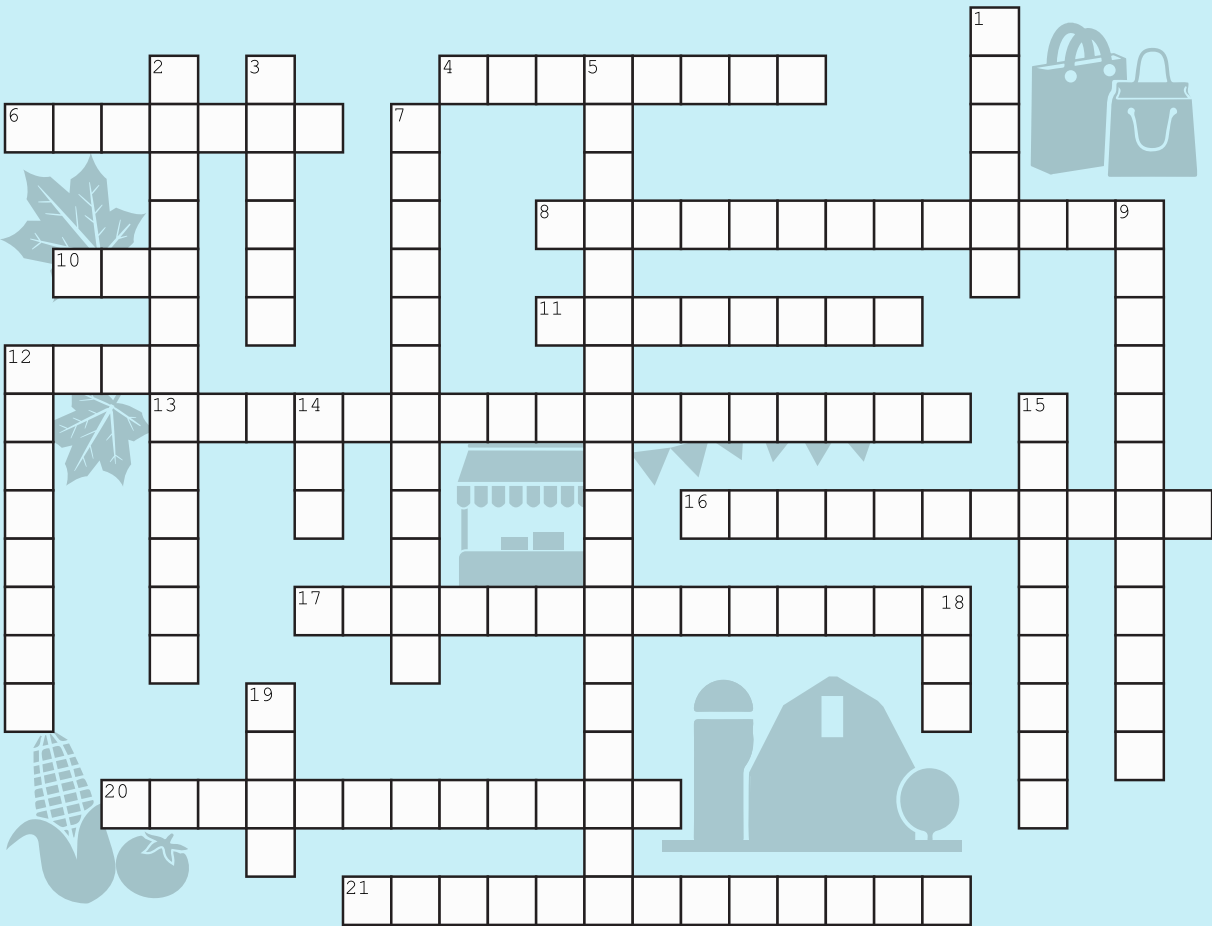
jaanab@richmondsentinel.ca

Main: 778-297-5005

**SUPPORT
LOCAL
JOURNALISM!**
#SAVELOCALNEWS

Fun & Games

MARKET MANIA



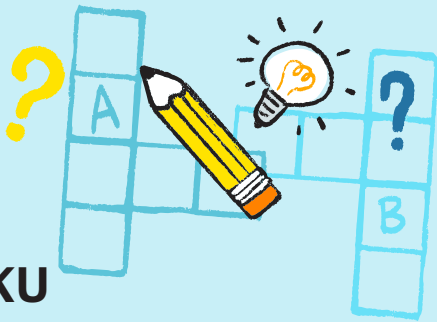
ACROSS

- 4 Other word in Steveston Farmers' Market
6 Location of wild mushroom market corner of Blundell and
8 Winter farm produce venue, ____ Cannery
10 Steveston Farmers' Market, every ____ weeks
11 Prehistoric venue in Richmond, Magical ____

DOWN

- 12 Street comestibles
13 Original location of Richmond Night Market
16 Richmond ____ Market hosting Canada 150 Celebration
17 ____ Market between Saba Rd and Westminster
20 Richmond's first farm-to-table market
21 Place to buy good potatoes

Answers will be posted in the next issue in June.



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

DOWN

- 1 Farmers' Market, across from Steveston Community ____
2 Founder of Richmond Night Market
3 This little piggy went to ____
5 Other night market in Richmond
7 Halloween childhood tradition ____
9 Chinese indoor shopping centre with Scottish name
12 South Arm's September fest ____
14 20th letter, doubled, supermarket
15 Buying directly from producer
18 Corn on the ____
19 ____ market, goes with kith's



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 | www.friendinrealestate.ca





RICHMOND NIGHT MARKET

Celebrating Canada 150



Fun, Food and Family



- 100 Food Vendors
- 200 Retail Stalls
- Live Entertainment Stage
- Magical Dino Park

OPEN May 12 - Oct 09

Weekend and Holiday Evenings from 7:00pm
Corner of No.3 Road & River Road