

news

# OC trades training campaign tops \$4M

The fundraising campaign for Okanagan College's new trades training complex has raised more than \$4 million toward its \$7-million goal, with support from every corner of the Okanagan.

OC president Jim Hamilton said the support for the \$33-million renovation and expansion project illustrates the extensive network of donors and industry partners working with the college to make education accessible to a diverse array of learners.

"From large organizations to families to our own staff and students, the depth of support for this project demonstrates the value our community places on education," said Hamilton.

The Bright Horizons Building for Skills campaign launched in October 2014 with the goal of raising \$5 million for capital construction and \$2 million for new programming and student support, topping up the B.C. government's \$28 million.

OC began the renovation and expansion last June, in anticipation of the demand for trades and technically trained workers as baby boomer retirements loom. The Province of British Columbia predicts that of the one million job openings expected by 2022 in B.C., 430,000 will require trades or technical training.

"This campaign is about much more than building classrooms and labs and hallways," said campaign chair Dennis Gabelhouse. "It's about opening doors for people through education and helping young people get a trade they can use to build a life for themselves and their families."

Industry support helped the campaign build early momentum. A \$500,000 donation from KF Aerospace landed in December and the valley's auto dealers have collectively pledged more than \$600,000, with many other businesses outside of the trades sector also supporting the project, such as financial groups like D.K.L. Financial, which gave \$50,000 and law firms like Pushor Mitchell, which donated \$30,000.

One of the most inspiring gifts came when the Okanagan College Students' Union pledged \$100,000 in February.

To learn more about the campaign's current and opportunities to get involved, see [okanagan.bc.ca/campaign](http://okanagan.bc.ca/campaign).

## PERSONAL INJURY LAW

# When inattentive driving becomes the norm

### Achieving Justice

PAUL HERGOTT



I back out of my driveway every morning at about 5:15 a.m. Traffic on that quiet street at that time of the morning is rare.

This morning, just as my back bumper is meeting the curb, a little red car comes screaming around the slight bend in the street from my right side, the red car almost hugging the curb.

The driver is not expecting anyone to be backing out of their driveway so early in the morning on that quiet street.

With neither of us expecting to encounter the other, it is a horrible coincidence of vehicle placement and movement—the wrong place at the wrong time. What are the odds?

When we first learn to drive, a parent or a professional driving instructor teach us to expect the unexpected. Each of us is an anxious hawk, watching out for anything ahead of us to go wrong.

We drive defensively, eliminating the risk of such a horrible coincidence occurring. We drive at a safe speed down residential streets, watching intently for any

sign of a vehicle backing out or a child chasing a ball, even though it's the early morning.

The more we drive without encountering extremely low probability events like a vehicle backing out of their driveway at the exact, coincidental moment that would result in a crash, the less anxious we become. More and more, our minds go to other things like our upcoming day at work. The lower and lower our anxiety, the lower and lower our attentiveness. Our increasingly inattentive driving is reinforced every time we get behind the

wheel and there is no crash.

From time to time we are snapped to attention by a close call. The coincidence of vehicle placement and movement isn't quite lined up perfectly like it was for me this morning and we are able to avoid a crash by hard braking swerving.

Instead of returning us to being attentive, though, these close calls do the opposite. Perhaps we have a brief period of hawkish anxiety but we have learned that we are able to brake hard or swerve and avoid a crash, even though we were day dreaming. We are lulled into a deeper sense of complacency.

Years of driving without encountering that horrible, perfect

coincidence of vehicle placement and movement that cannot be saved by hard breaking or swerving lead us to that autopilot mode of driving where we get to our destination and can't really remember the drive.

I am very lucky, as is the driver of the red car. Like most others, I got to that same place of autopilot driving over decades of driving. My saving grace has been my exposure, over the twenty years of my legal practice, to the circumstances and aftermaths of an unending series of crashes. I have seen, in vivid Technicolor, that all of those crashes occurred because of inattentiveness that we accept as part of our driving culture because it is totally workable most of the time.

The growing realization

that inattentiveness is the most prolific cause of crashes has caused me to be a much more attentive driver who expects the unexpected. My attentiveness allowed me to easily stop this morning, allowing the red car to scream past the back of my bumper.

I am certainly not unique. Many others drive with the requisite level of attentiveness that would eliminate the vast majority of car crashes. How do we change our driving culture to instill that level of attentiveness into all of us?

Attentive driving takes work, and 'doing the '10 and 2' is a tools to help with that important job, something I advocate on my driver safety website [OneCrashisTooMany.com](http://OneCrashisTooMany.com).

If you have other ideas, please let me know.

[paul@hlaw.ca](mailto:paul@hlaw.ca)

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## Knee Arthritis and Knee Injuries Successfully Treated by Shockwave Therapy



**DR. RYAN HARRIS**  
Glenmore Chiropractic

Whether you are an athlete, in your golden years of retirement, or the typical person on your feet all day at work, you know there's nothing more debilitating than a knee injury. Knee injuries have many faces and causes and these three groups of people are susceptible to the same injuries but from different causes. Tendon injuries are the most common: Iliotibial band syndrome (pain on the outside of the knee); Patellar tendonitis (pain below the knee); and hamstring injuries (leading to pain in the back of the knee). As well, arthritis plagues many and often results in knee replacement surgery. And unfortunately, many knee surgery patients (due to ligament or cartilage tears) frequent our office.

Each of these injuries comes with its own set of obstacles when treating with conventional methods: tendonitis can create fibrous adhesions and scar tissue that disrupts the normal function of the muscle; arthritis erodes the cartilage, decreasing the joint space; and surgery, although often necessary, creates scar tissue on the surrounding muscle and

tendon, binding the knee and often creating soft tissue pain.

For the past four years I have been using Shockwave Therapy (ESWT) to treat these conditions, because shockwave therapy breaks down scar tissue and stimulates blood vessel growth to restore muscle function and promote healing. The Journal of Surgical Research 2012 showed ESWT is effective in preventing knee arthritis. In The American Journal Of Sports Medicine 2007, 90% showed significant improvement in patellar tendonitis. Furthermore, The Archives of Orthopedic Trauma Surgery 2007 showed significant reduction in the progression of knee arthritis (ESWT stimulates cells to produce cartilage). Results are often experienced within a couple of visits and the treatment is covered by many insurance companies.

Call 250-763-3580 to book a free consultation. To learn more see Dr. Harris' YouTube video "Shockwave Therapy Kelowna" or go to [www.glenmorechiro.com](http://www.glenmorechiro.com) and click "Testimonials".

\*Results may vary from patient to patient

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<p><b>Kelowna North &amp; Glenmore</b></p> <p><b>#KC04000301 – 49 Papers</b> Woodpark Cres, Woodpark Cr.</p> <p><b>#KC04000305 – 51 Papers</b> Avonlea Way, Knightsbridge Way, Lambeth Cr, Rio Dr. S. 288 to 308</p> <p><b>#KC04000600 – 44 Papers</b> Rialto Dr, Rio Dr N. 1252 to 1257, Rodondo Pl, Clear Pond Cr, Clear Pond Pl.</p> <p><b>#KC04000702 – 24 Papers</b> Cara Glen Way 1501 to 1533, Caramillo Rd. 8 to 20 Even Side Only, Clifton Rd. S. 523 to 599</p> <p><b>#KC04001001 – 53 Papers</b> Glenburn St, Glenmore Dr. 700 to 799, Ivans Ave, Ivans Cr, Upland Ave.</p> <p><b>#KC04003000 – 42 Papers</b> Carise Dr, Kelview St, Koby Cr.</p> <p><b>#KC04003100 – 86 Papers</b> Clifton Rd. 1260 Only, Gaddes Ave, Glenview Ave, Glenview Cr, Hartwick St, Hillcrest St, Lambert Lane</p>	<p>Duke Cr, Eldorado Cr, Eldorado Rd. 402 to 467, Walker Rd. 4508 to 4529</p> <p><b>#KC03012100 – 63 Papers</b> Lakeshore Rd. 4429 to 4489, Nottingham Rd, Rattenbury Cr, Sherwood Rd, Sherwood Cr.</p> <p><b>#KC03012301 – 32 Papers</b> Bayhill Pl, Carriage Cr, Vintage Terrace Cr, Vintage Terrace Rd.</p> <p><b>#KC03012500 – 48 Papers</b> Gordon Dr. 4260 to 4346 Even Side Only, Paret Pl, San Juan Cr, San Michelle Cr, San Michelle Rd.</p> <p><b>#KC03013100 – 61 Papers</b> Bullock Rd, Coronado Cres, Coronado Cr, Frederick Rd, Hubbard Rd, Lydford Pl.</p> <p><b>#KC03013201 – 55 Papers</b> Berk Cr, Buck Rd, Darin Cr. 4660 to 4697, Gordon Dr. 4611 to 4693, Vance Ave.</p> <p><b>#KC03014003 – 50 Papers</b> Cornally Lane, Main St, McCarren Ave. 351 to 436, Winslow St.</p> <p><b>#KC03014100 – 38 Papers</b> Ash Rd, Okaview Rd. 382 to 458</p> <p><b>#KC03014201 – 60 Papers</b> Cantina Cr. 700 to 799, Southcrest Dr. 700 to 786, South Ridge Dr. 5026 to 5114</p> <p><b>#KC03016708 – 37 Papers</b> Dillon Cr, Dillon Pl, Quarry Ave, Quarry Pl. Rutland South &amp; Rutland North</p> <p><b>#KC05024401 – 46 Papers</b> Autumn Rd, Fulmer Rd, Loesh Rd. 1600 to 1799, Lynrick Rd. 1634 to 1843</p> <p><b>#KC05025005 – 48 Papers</b> Large Cr, Loesh Dr. 1348 to 1380 Even Side Only, Wilmot Ave. 1251 to 1592</p> <p><b>#KC06029301 – 80 Papers</b> Quail Run Dr. 2200 to 3058, La Serena Bay, Brindisi Pl, Volterra Cr, Allegro Mews, Valentino Cr, Salerno Cr.</p> <p><b>#KC06029302 – 112 Papers</b> Capistrano Dr, Capistrano Pl, Capistrano Cr, Capistrano Cres, Capistrano Track, Country Club Dr.</p> <p><b>#KC06029303 – 110 Papers</b> Quail Cres, Quail Lane, Quail Pl, Quail Run Dr. 3059 to 3098, Quail Ridge Blvd.</p> <p><b>#KC06029401 – 17 Papers</b> Spencer Rd. 6200</p> <p><b>#KC06029402 – 86 Papers</b> Old Vernon Rd. 6100 Only, Postill Dr. 4450 Only</p>	<p><b>#KC07001116 – 94 Papers</b> Starlight Cres, Sunview Pl, Sunview Dr. 2083 to 2180</p> <p><b>#KC08001311 – 25 Papers</b> Demickson Pl, Manuel Rd, Tomat Ave. 2036 to 2106</p> <p><b>#KC08001312 – 24 Papers</b> Abel Pl, Abel St, Tomat Ave. 1996 to 2030</p> <p><b>#KC08001411 – 22 Papers</b> Alexander Pl, Michelle Cres.</p> <p><b>#KC08002011 – 27 Papers</b> Arlington Pl, Cordova Way, Boucherie Rd. 2702 to 2740 Even Side Only</p> <p><b>#KC08002210 – 34 Papers</b> Britt Rd, Franwil Rd, Kerry Lane, Thacker Dr. 2815 to 2925</p> <p><b>#KC08002910 – 50 Papers</b> Boucherie Rd. 3200 to 3299, Gregory Rd. 1100 to 1199, Mission View Cr, Sunnyview Rd, Vector Dr.</p> <p><b>#KC08003012 – 53 Papers</b> McCallum Rd, Menu Rd. 1108 to 1152 Even Side, Menu Rd. 1240 to 1435, Timothy Pl, Topham Rd.</p> <p><b>#KC08003213 – 47 Papers</b> Lakeview Cove Pl, Lakeview Cove Rd, Rock Rose Pl.</p> <p><b>#KC09006610 – 50 Papers</b> Ridgerock Pl, Ridgerock Way, Sagebrush Cr, Sunset Pl, Shannon Way 2057 to 2180</p> <p><b>#KC09010212 – 79 Papers</b> Boulder Lake Blvd, Cobble Stone Rd, Pebble Pl, Stone Grove Cres, Tallus Ridge Dr.</p> <p><b>#KC09010214 – 56 Papers</b> Tuscany Dr, Mountains Hollow Lane, Paramount Dr, Ryser Pl, Tallus Green Cres.</p> <p><b>#KC10004114 – 49 Papers</b> Braeburn Cr, Ridge Blvd.</p> <p><b>#KC10005312 – 33 Papers</b> Carnal Rd, Boucherie Rd. 2150 Only</p> <p><b>#KC10006914 – 43 Papers</b> Bridlehill Dr. 3021 to 3037, Saddle Ridge Dr. 2539 to 2660.</p> <p><b>#KC10007210 – 29 Papers</b> Glen Cr, Glenmount Cr, Glenway Cr, Glenway Rd. 3849 to 3882, Lower Glenrosa Rd. 2805 to 2835 Odd Side Only</p> <p><b>#KC10007310 – 37 Papers</b> Glenford Rd, Glenview Rd, Woodell Rd, Lower Glenrosa Rd. 2841 to 2869 Odd Side Only</p> <p><b>#KC10007410 – 31 Papers</b> Lower Glenrosa Rd. 2816 to 2888 Even Side Only, Webber Rd. 3591 to 3725</p> <p><b>#KC10008012 – 58 Papers</b> Ficke Rd, Malcolm Rd, McNamara Rd, McVicar Rd, Webber Rd. 3386 to 3480 Even Side Only</p>
<p><b>Kelowna South &amp; Mission</b></p> <p><b>#KC02006300 – 38 Papers</b> Buckland Ave. 525 to 535, Ellis St. 1715 Only, Harvey Ave. 515 to 653 Odd Side Only, Marshall St, Rosemead Ave. 535 to 552, Rowcliffe Ave. 500 to 699, Sutherland Ave. 500 to 699</p> <p><b>#KC02007600 – 43 Papers</b> Abbott St. 2165 to 2251, Glenwood Ave. 300 to 499, Long St. 2127 to 2160, Pandosy St. 2518 to 2178 Even Side Only, Royal Ave. 300 to 499, Strathcona Ave.</p> <p><b>#KC02007702 – 55 Papers</b> Glenwood Ave. 500 to 699, Pandosy St. 2149 to 2291 Odd Side Only, Richter St. 1966 to 2286 Even Side Only, Rose Ave. 500 to 699, Royal Ave. 500 to 699, Speer St.</p> <p><b>#KC02009601 – 57 Papers</b> Abbott St. 2520 to 2691, Bath St. 2630 to 2784, Gore St. 2627 to 2693, Morrison Ave. 433 to 494, Osprey Ave. 425 to 480, Pandosy St. 2518 to 2696 Even Side Only, Patterson Ave. 368 to 496, Wardlaw Ave. 380 to 484</p> <p><b>#KC03010301 – 30 Papers</b> Walt Rd.</p> <p><b>#KC03010303 – 52 Papers</b> Malkie Ave, Walnut St.</p> <p><b>#KC03010401 – 68 Papers</b> Landlee Rd, Moberly Rd, Patsy Rd, Scott Rd, Swordy Rd.</p> <p><b>#KC03011701 – 57 Papers</b> Dunvegan Cr, Edinburgh Cr, Kensington Dr, Kirkby Cr, Lyons Cres, Metcalfe Ave.</p> <p><b>#KC03011901 – 26 Papers</b></p>		

**West Kelowna**

**#KC07001113 – 67 Papers**  
Caledonia Way, Faulkner Cres, Faulkner Cr.