

Agreement gives KTA access to river property

By Eric Howald

The Kincardine Trails Association hopes to find more land-owners like Wib and Helen Burnside.

The Burnsides have signed a private land-owner agreement that allows the association to maintain a walking trail through a stretch of their property along the Penetangore River.

The 21-acres of land have long been in the Burnside name. Wib says his father used to keep around 15 Jersey cattle on the land and sold the cream to the Kincardine Creamery.

The land is only good for wild animals and walking trails now, he laughs.

It's an important piece of land, says Al Jamieson of the trails association, because it's right in the centre of a large section of trail. It also provides entry to the trails.

To reach the section of land, you walk across the foot bridge in Geddes Park and turn right. After a short walk, you'll come to a sign, Burnside Memorial Trail, that marks the property. There is also a sign at the end of Scott Street and another at the bottom of the hill (Park Street right-of-way). The trail is in memory of Wib's parents, John and Marg



From left, Wib and Helen Burnside, and Al Jamieson of the Kincardine Trails Association. (Eric Howald photo)

Burnside.

Besides putting up the signs marking the property, the association, through the municipality, provides land owners with liability insurance along the trails.

Another advantage, says Jamieson, is that with people regularly using the trails, there is less chance of vandalism to the property..

A long-term goal of the association is to run a trail from Kincardine to Inverhuron along the lake. Although land along the water pipeline route can be used part of the way, private land will have to be crossed and Jamieson says the association hopes it can find people like the Burnsides who will al-

low the trail to cross their property.

There have also been requests for the association to develop a trail from Tiverton to Inverhuron, says Jamieson, so there is a need for more volunteers.

Next on the agenda for the association is to get the steel walking bridge used during the

Huron Terrace bridge reconstruction placed over the Penetangore River at Park Street.

The Burnside Memorial Trail is in the heart of the trail system and it's very picturesque.

The trails association is hoping more agreements like the one with the Burnsides will follow.

Black bear spotted in Kincardine

A bear was spotted in town late last Monday night.

The South-Bruce OPP reported they got a call regarding a black bear in Kincardine at 11:25 p.m., Sept.12. The bear was seen along Olde Victoria Street in Kincardine.

Police remind people that bears are intelligent, adaptable predators with a biological instinct to eat whatever they find, wherever the find it. They are anti-social animals, and the main population control is the availability of food. They are agile, anti-social animals and are good swimmers and fast runners with a keen sense of smell.

The leading attractant for bears is resi-

dential garbage, bird feeders and fruit trees.

To keep bears away, remove attractants and keep your property clean. Be extra careful when disposing of garbage and only fill your bird feeders in the winter. If you should spot a bear, you can call the bear reporting hotline set up by the Ministry of Natural Resources or, if an emergency, 911.

Broken gear causes outage

By Barb McKay

A blackout in Kincardine early last Tuesday was caused by broken insulators on a power line.

According to a spokesperson at Hydro One, two insulators – equipment on hydro poles that restrict the flow of electricity to the ground – broke

on a Westario line at about 11:50 p.m. Sept. 12, knocking out power to all Westario customers in the town of Kincardine.

Power was restored to the area at 4:14 a.m. Sept. 13.

The Hydro One spokesperson said it is not known what caused the insulators to break.



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Q) Can you tell me how much Tylenol (acetaminophen) I can safely take?

A) In the past, the maximum daily dose of acetaminophen was 4,000mg. This equates to 8 of the 500mg tablets (extra strength) or roughly 12 of the 325mg (regular strength). It is known that acetaminophen passes through the liver and may potentially cause liver damage. Those at risk include people who suffer from malnourishment, gastroenteritis, chronic alcoholism or HIV disease. Alcohol and certain other medications also increase the risk of liver injury when taken with acetaminophen. While the liver effects of acetaminophen have long been known, there is emerging evidence that chronic use of large doses (such as those above 3,000mg per day but less than the current daily max.) can increase the risk of cardiovascular events (such as stroke and heart attacks), kidney damage, stomach-type side effects and can raise blood pressure as well. Due to the many ER visits, hospitalizations and even deaths resulting from acetaminophen overdoses or side effects in recent years, the maximum daily dose has been reviewed. The United States has lowered them substantially to a new maximum daily dose of 3 000mg acetaminophen equalling 6 of the 500mg tablets or 9 of the 325mg tablets. Most experts expect Canada to follow these guidelines within the next year due to the accumulating negative evidence of high dose Tylenol therapy. Experts have noted that many of these events are unintentional and often occur when the individual is taking more than one product containing acetaminophen at the same time. For instance, it is not uncommon for an individual to be taking a cold product, a muscle relaxant and an arthritis product and not realize all of these contain acetaminophen and could put them well above safe limits without exceeding the directions on any of the boxes. To the individual, each of these medications are taken for a different purpose and all of them are available without a prescription. The symptoms of too much Tylenol are difficult to identify. Liver failure can initially feel like flu-like symptoms and most patients do not recognize kidney or cardiovascular damage until it is too late.

Rob Rogers,
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The Kincardine
INDEPENDENT



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KINCARDINE 7-DAY OUTLOOK

From Wednesday, September 21 to Tuesday, September 27, 2011

	WED	THURS	FRI	SAT	SUN	MON	TUES
HIGH °C	21	18	17	17	18	18	20
LOW °C	14	14	10	11	14	13	13
CONDITION	Light Rain	Drizzle	Light Rain	Drizzle	Drizzle	Mostly Cloudy	Mostly Cloudy
WIND (km/hr)	SSW 25	WSW 17	NE 11	N 13	WNW 8	SW 12	WNW 29
HUMIDITY (%)	83	75	79	74	65	71	73
RAIN (cm)	1 mm	< 1 mm	4 mm	< 1 mm	< 1 mm	No	No
SNOW (cm)	No	No	No	No	No	No	No
PRESSURE (hPa)	1013	1016	1016	1015	1012	1010	1002