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YOUR COMMUNITY NEWSPAPER

Canadian Publications Agreement No. 0662445 Vol.13 No. 38

INSIDE
REACTION SWIFT

Powwow time

Fall Powwow at Fort William First Nation celebrates Aboriginal culture /9



HERITAGE MOMENT: Indigenous culture was on full display last weekend at Mount McKay during Fort William First Nation's Fall Powwow.

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Racist comments by cop upset grand chief /3

HOT POTATO



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DOUBLE LOSS



Thunderwolves swept in non-conference play /19

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LOCAL NEWS

Malarchuk survived to help mentally ill

THUNDER BAY
By Leith Dunick - TB Source

By his own estimates, Clint Malarchuk says he should have died three times.

The former NHL goaltender was nearly killed on the ice on March 22, 1989 while playing for the Buffalo Sabres when the skate of St. Louis forward Steve Tuttle slashed his neck, sending a cascade of blood flooding to the ice, his life hanging in the balance.

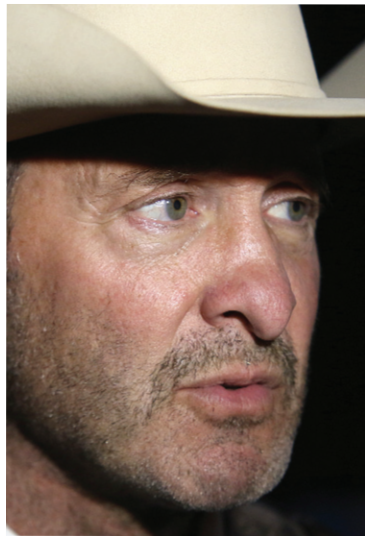
A quarter-inch deeper and he'd be dead.

He survived, and miraculously 11 days later, defying the advice of his doctors to retire or take the rest of the season off, he was between the pipes again.

It was too soon, only he didn't know it at the time.

Malarchuk fed off the adrenaline of the fans, who cheered his every move upon his return.

"I was like a rock star in Buffalo," he said on Monday during a speech in



LEITH DUNICK

CLOSE CALL: Clint Malarchuk nearly died in 1989 playing for the Buffalo Sabres.

Thunder Bay on behalf of the local chapter of the Canadian Mental Health Association.

What fans didn't know was that Malarchuk had silently suffered anxiety attacks his entire life, symptoms only going away while he was on the ice.

The injury brought many of those childhood fears and panic attacks roaring back.

"The things I dealt with as a kid growing up were pretty minor compared to the things I dealt with after the injury," said the cowboy-hat-wearing Malarchuk, a tell-it-like-it-is 55-year-old who has tried his hand at coaching and horse dentistry since his playing days ended for good in 1997.

"After the injury I sunk into a very deep depression. I was very obsessive compulsive. It was hard for me to leave the house. I was having wicked nightmares and I guess now they call it post traumatic stress syndrome."

He began to drink and take pills to sleep. His heart stopped and he was rushed to the hospital, treated and for the first time, his mental instability was diagnosed and a treatment program was

begun.

Things were going well.

That is until 2008, when another NHLer, Richard Zednik, had his carotid artery slashed by a teammates skate.

The bad memories came flooding back, as journalists turned to Malarchuk for comment.

Soon he was drinking up to 28 beers a day and later that year, unable to take the pressure, he turned a gun on to his head and pulled the trigger, shattering his chin and palette. The bullet remains lodged in his head to this day, the doctors unable to operate for fear of killing him.

"What I really wanted to do was to kill the pain," he said. "I didn't want to die, but I didn't want to live the way I was, in pain. And it's real pain."

"People don't understand. They understand cancer. That person, they're laying there and it's eating at them and they're in so much pain. That person wants to live, but they don't want to live in that pain. Mental illness is no different."

Malarchuk, who would spend six

months in a clinic, hit rock bottom when he awoke and told his wife, "See what you made me do?"

Six years later, after finding a treatment regimen that restored the chemical imbalance in his brain, Malarchuk bared his soul in *The Crazy Game*, in which he talks candidly about his life, his alcoholic, mentally ill father and offers advice to those suffering from mental illness.

"I survived for those who still suffer," he told the crowd, admitting he had to be pressured into writing the book.

"I felt it would help people as I asked 'Why was I spared?'"

The demons have mostly disappeared, but every once in a while they'll return in small doses. But that's OK, said Malarchuk, who believes the two most important days in a person's life are the day they are born and the day the figure out why they were born.

"I haven't conquered them all. I still struggle. But I'm doing good."

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LOCAL NEWS



FILE

NOT HAPPY: A letter to the editor by Nishnawbe Aski Nation Grand Chief Alvin Fiddler allegedly resulted in racist comments.

Fiddler disappointed with police comments

POLICE
By Nicole Dixon – TB Source

Nishnawbe Aski Nation grand chief Alvin Fiddler is not happy with Facebook comments allegedly made by local police.

“It’s very disappointing,” Fiddler said. “If in fact these were posted by members of the Thunder Bay Police, I think it’s a setback for the state of relations between the First Nations community and the Thunder Bay Police especially with what happened with the inquest.”

A Police Services Act investigation by the Thunder Bay Police Service Professionals Standards Unit was launched on Thursday

after a local reporter with the Aboriginal People’s Television Network provided police with comments posted on the Chronicle-Journal’s Facebook page made on Sept. 17 and 18.

The comments were posted regarding a letter to the editor by Nishnawbe Aski Nation Grand Chief, Alvin Fiddler, which was critical of the Thunder Bay Police Service.

Fiddler said the inquest into student deaths put a lot of emphasis on bridging a gap between the city’s police and indigenous citizens, especially with the children that come to the city. This incident shows there’s still a long

way to go.

“I think it just shows that there’s so much work that needs to be done to educate members of, in this case, the police service on the true history of this country,” Fiddler said.

“They need to be educated on what happened – to truly understand the impacts that we still see in our communities, and to put that in such a negative way it just shows that there’s so much to be done to educate those that work in the front lines.”

The investigation is ongoing and according to a news release issued by the Thunder Bay Police Service it is a top priority.

Public Information Session

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On February 17th, 2017, the **HSBC Bank Canada Thunder Bay** branch at **955 Alloy Drive, Thunder Bay** will be closing. To continue banking with us, telephone, internet and mobile banking services are available.

We will be holding a **public information session** to hear the community’s views and to answer any questions you may have about this branch closure.

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LOCAL NEWS

Minister tells city to lean on feds for event centre money

POLITICS
By Leith Dunick – TB Source

Ontario's minister of tourism, culture and sport gave Mayor Keith Hobbs some event centre homework to complete.

Eleanor McMahon on Friday said while there is no progress to report on the \$114.6-million proposed facility and any potential funding from the province, she has provided the mayor with some advice on what steps to take next to track down elusive funding to pay for the project.

Essentially she's put the ball back in Ottawa's hands.

"There's no progress to tell you about today, but there are certainly expectations. I wouldn't want to raise expectations too highly because it's a huge investment for us. But it doesn't mean we're closing the door," McMahon said.

Lots to talk about

"Far to the contrary, I think we're having some good conversations about it. I did speak to the mayor and suggested he talk to my federal colleagues and counterparts and I'm



ADVICE GIVEN: Minister of Tourism, Sport and Culture Eleanor McMahon has told the city it needs to discuss event centre funding further with the federal government.

happy to mention it to them as well."

A lack of funding commitments from the federal and provincial governments has stalled the project for more than a

year.

The city originally suggested an equal funding partnership with senior levels of government, the city and private

partners committing the other third.

An agreement in principle was in place to bring the American Hockey League's St. John's Ice Caps as the facility's main tenant, but when funding fell through, the NHL's Winnipeg Jets instead moved its farm club to the Manitoba capital.

No go

Both the province and the feds rejected the city's original proposal, Ottawa under both the Liberals and Conservatives saying the country won't fund projects meant for professional sports teams.

The city changed its tune and made the Lakehead Thunderwolves the lead tenant, hoping the university team's amateur status might sway the decision.

Once again it was turned down. "We're going to keep talking," McMahon said.

Hobbs raised the issue during an announcement the province made committing \$1.48 million to help pay for upgrades and to organize the 2017 Under-18 Baseball World Cup.

"I'm not giving up on that. We are going to build that and it's going to help this community as well," Hobbs said.

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4:00 pm – 7:30 pm
Italian Cultural Centre
132 Algoma Street South

Pre-Budget Consultation

Friday, October 14
9:00 am – 10:30 am
Moose Hall
434 Fort William Road

Let's Talk Housing: National Housing Strategy

Friday, October 14
11:00 am – 12 (noon)
Moose Hall
434 Fort William Road

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705 Red River Road, Suite 3
Thunder Bay, Ontario P7B 1J3
807-766-2090 • 1-888-266-8004
patty.hajdu@parl.gc.ca

MP Don Rusnak constituency office:
905 E Victoria Avenue, Unit 1
Thunder Bay, Ontario P7C 1B3
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LOCAL NEWS

Tax levy starts with 4.4 per cent hike

CITY HALL

By Jon Thompson – TB Source

City council has approved a starting point for the 2017 municipal budget.

On Monday, council voted to support a non-binding 5.4 per cent increase to tax-supported city spending in 2017. In its current incarnation, that would mean a 4.4 per cent tax levy increase along with a \$1.8-million reduction to the city's operations budget.

Administration's budget direction is operating under the assumption the city will experience net zero revenue growth due to losses in tax revenue as a result of assessment drops among buildings in the industrial class.

Under its stabilization strategy, administration has increased its spending expectations around insurance and legal costs, factors it holds responsible for \$2.1 million of the 2016 budget's \$3.2-million negative variance.

"I cannot write a cheque I can't cash," said city manager Norm Gale.

"However, this option No. 1 predicts a

stable budget. This excludes exigencies that would create severe pressure in various areas."

Coun. Iain Angus, who has been vocal that recreation should take priority over infrastructure, questioned Gale where staff would find the savings.

"In a number of occasions, you said there wasn't anything left to give when it came to shrinking our operating budget," Angus said.

"Where do you think you're going to get \$1.8-million without doing harm?"

While Gale expressed confidence reductions could be found, he was clear it would not be a matter of trimming fat in operations.

"It's absolutely the case that operating budgets are under significant pressure. One-point-eight-million-dollars is a target we will strive to achieve. I think we will. However, it is impacting and there will be an impact on services with that."

Although Current River Coun. Andrew Foulds voted to accept the budget direction, he cautioned staff he couldn't commit to supporting the cuts they would bring forward through the exercise.

Foulds turned his attention to administration's intention to cap infrastructure spending at 2016 levels. Since council committed to squaring its infrastructure deficit within a decade in 2014, it cut \$3 million, \$4.5 million and \$1.1 million from its 2014, 2015 and 2016 capital budget in the pre-budget process.

"We've had a number of items over the past number of years, we've budgeted a certain amount for a capital project and we missed the mark," Foulds said.

"In my ward, the Boulevard Lake Dam, the covered rink and recently the Canada Games Complex. Are we making sure we're getting accurate budgeting when we prepare for these capital projects?"



REBECCA JOHNSON

Budget chairman Frank Pullia pointed to the proposal's new \$1 million in services and infrastructure, including \$550,000 for waste diversion, which will be moved from a ratepayer to a taxpayer supported program. The city also intends to commit \$100,000 to tax exemptions for companies renovating buildings in Business Improvement Areas.

Pullia was most excited about the new \$440,000 committed to capital quality objectives.

"By doing preventative maintenance and the whole thing about one dollar now instead of seven dollars later should make your roads last longer. Therefore, we save money in the long term," he said.

"Instead of the average age of a road being seven years, if we can push that down to 10 years we'll save money in long-term investment in our roads because they're going to last longer."

Even as councillors wrestled with what administration left out of its budget direction, questions arose as to what's yet to be added in.

The Thunder Bay Police Service,

which has submitted year-end deficits for five years running and is expected to finish 2016 \$1 million in the red, has yet to present its 2017 budget. In the meantime, administration is advising purchasing the \$4-million police radio system on a 2.4 per cent debenture with payments of \$550,000 per year beginning in 2018.

The document also doesn't include a three per cent planned hike to water rates in 2017 in accordance with the city's financial plan.

Coun. Rebecca Johnson saw costs adding up for homeowners.

"I have no difficulties with where we're going with this and I really commend administration for trying to pull all this together and coming up with what they call 'stabilization' – if that's a word we can use – stabilizing all these budget areas that we're all over the place with and bringing them back to some sense of control," Johnson said.

"But it's still a fair amount of dollars for people who have a real problem on a fixed income."



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Editorial

EDITORIAL

Reigning in spending

City councillors are facing a budget conundrum.

Residents are screaming at them, demanding they not increase their tax bills.

On the other hand, the City of Thunder Bay is facing some pretty hefty infrastructure spending that would have to be deferred and paid for by future generations of taxpayers.

Something has to give.

Changing the optics might help.

Come on, was it really necessary to approve a \$410,000 expense to move hot tubs from the changing areas to the pool deck? At least officials at the facility got it right in shelving the idea when the lowest bid came in at \$710,000.

For that amount of money, they probably could have bought 50 or more deluxe hot tubs and ringed the pool deck with them.

The original budget for the project would have been enough money to keep Municipal Golf Course up and running for four years.

The city has reduced its capital budget by \$1.8 million and still taxpayers face a 4.4 per cent increase in the tax levy – the amount of money Thunder Bay will spend next year.

Already this year they've deferred planned work on Balmoral Avenue because it was too expensive.

And the mayor continues to push for an event centre.

Priorities, please.

School decision unwise

To the editor:

So we will probably have the most expensive elementary school in Canada. Sigh.

I bet no one got fired over that waste of \$30+ million too.

Funny how no trustee mentioned this was a possibility during the election.

John Northey,
Thunder Bay

Keep our taxes lower

To the editor:

City manager Norm Gale has stated there is net zero growth in the tax base for 2016.

He goes on to say "that for 2017 this puts us in a difficult position right from the beginning."

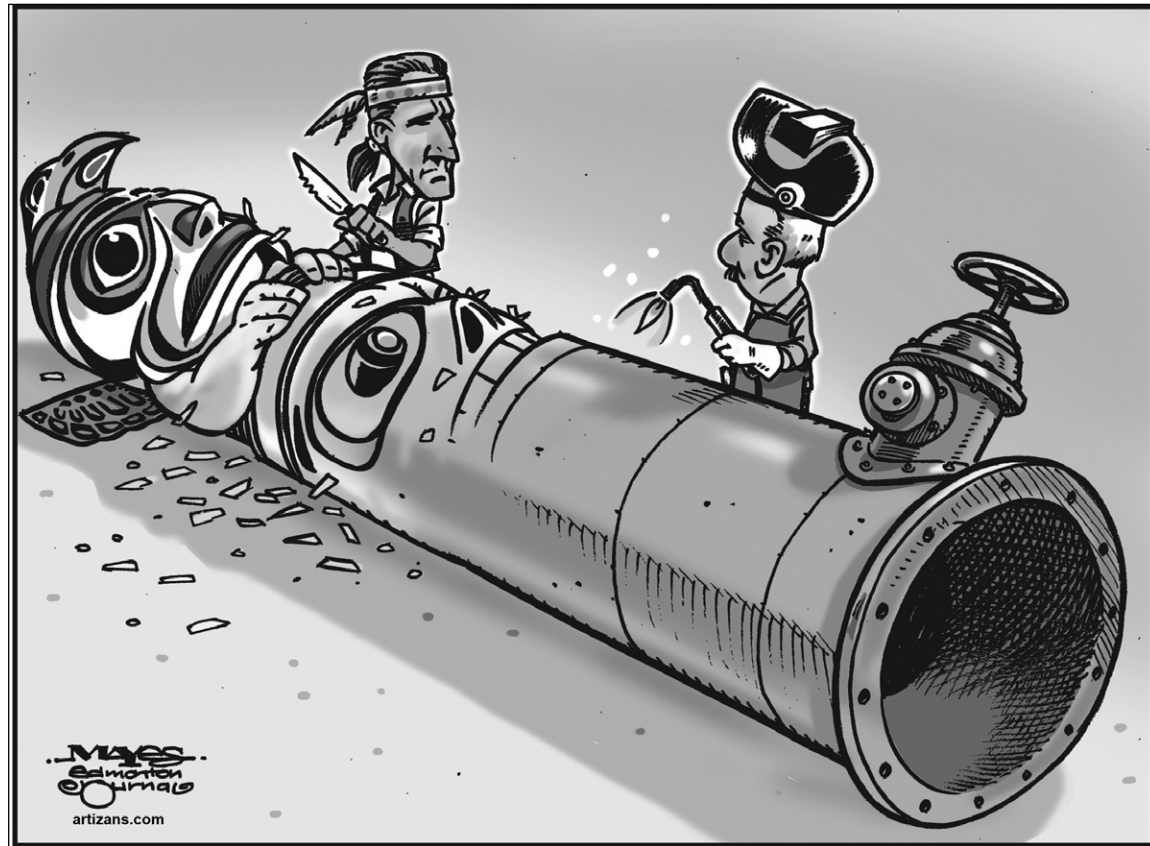
And the city is stilling trying to dig itself out of the red with council voting to delete over \$3 million from the 2016 budget.

Meanwhile the mayor made yet another trip to Ottawa last week at taxpayer's expense seeking federal funding for a proposed money gobbler at the waterfront namely the proposed \$114.5-million dollar event centre that would require a huge subsidy each year from city tax payers to the tune of \$1.4 million in the first year rising to \$1.7 million in Year 5 with Lakehead University the main tenant according to the Phase 2 feasibility study.

Is there something very wrong with this picture?

Why is the mayor not trying to do something constructive to help reduce

LETTERS TO THE EDITOR



the cost of running this city like a complete audit of city hall?

Why doesn't he try and get naming right for the Thunder Bay Community Auditorium or the Canada Games Complex?

Perhaps city manager Norm Gale should sit the mayor down and explain our dire financial situation and the fact

that spending and taxes are out of control in Thunder Bay.

The mayor has ignored warnings about this from the Chamber of Commerce when they stated "that if spending continues at the present rate taxes will reach alarming levels."

The survey that Chatham-Kent did also revealed that Thunder Bay had the

highest taxes in every category

We don't need excuses why our taxes are so high, we need action to help lower the cost of running this city and we need a mayor who will get on with the job.

Ray Smith,
Thunder Bay

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Orange shirts attempt to heal

FIRST NATIONS

By Nicole Dixon – TB Source

Morris Shapwayaesic's traumatic childhood memories have not faded.

Shapwayaesic was removed from his home at six-years-old. Taken away from his family, he was deprived of his ancestral language and exposed to many forms of abuse.

"My experience at the boarding school was pretty horrific," Shapwayaesic said during the Every Child Matters Walk for Healing Indian Residential School Awareness Walk last Friday.

"I remember getting beatings as a six-year-old, my hair cut as a six-year-old and everything was against my will."

What stuck close to Shapwayaesic was how he was treated, and how he was forced to go to church.



MARCHING ON: Orange shirt walkers last Friday marched from city hall to the former St. Joseph's residential school site.

"That's why I didn't like Christianity when I was younger, I didn't believe in that kind of stuff till

I got much older than I had a different point of view on my whole situation," he said.

"I realized that I was just a child, I was helpless, and I wasn't in control." Shapwayaesic was too young to know what was happening to him was wrong, but he knew one thing, no one should have to go through that abuse in their lifetime.

He said after residential school he became quite defiant toward Christianity and authority.

"Once I became 12-years-old I became more outspoken about it," Shapwayaesic said.

"Like you can tell me what to do when I'm a child, but now that I'm more able to stand in my own power I realize at 12-years-old my voice was no longer silent."

Shapwayaesic added that he is walking to honour the children who never made it home to their families,

and to bring that message to this generation that every child matters.

Nishnawbe Aski Nation deputy grand chief Anna Betty Achneepineskum said the legacy of residential schools have been crippling our communities and our citizens for many years.

"There's been so many people that I have met who are survivors, whose parents are survivors, and I see how many of them will continue to live in trauma because of that horrific experience in their lives," Achneepineskum said.

"It's very important to honour our residential school survivors and especially those who are not here anymore with us."

Achneepineskum said there are many survivors who have overcome trauma and are successful, so it's important to acknowledge the healing these people have made.

Perspective

Finding science truth

OPINION
By J.R. Shermack
Special to TB Source

I am often surprised when something I once read in a science fiction novel suddenly becomes part of everyday life.

It's been happening more often lately but sometimes there are unfortunate consequences when science fiction becomes real.

One example of this is the rapid growth of information technology.

Canadians use electronic gadgets and devices in a carefree, haphazard way as if nobody was watching or listening or even cared.

However, it was revealed (leaked, actually) that we are being observed, monitored and recorded – big brother really is watching.

Modern surveillance is relentless – if you have secrets hiding in cyberspace somewhere, they could surface anytime, anywhere.

Paying the price

How many careers, job applications and private lives have been sabotaged by poor decisions, made and tweeted long ago?

In real life, just like in science fiction, technology is often a mixed blessing – danger and delight grow on the same vine.

Another example is the extraordinary advances in medicine made possible by our expanding knowledge of the human genome.

Genetic testing is transforming health care as a tool for diagnosing and treating cancer, heart disease and diabetes.

Research into the human genome is

leading the way towards precision or personalized medicine based on individual genetic codes.

The results of genetic testing enable doctors and patients to make informed decisions about health care and life style changes.

There are many ailments that could be more effectively treated using genetic testing but there is reason for suspicion.

A growing number of Canadians are victims of genetic discrimination – their genetic profiles are being used against them, mostly by insurance companies.

Consider the example of Huntington's disease, a genetic neurological disorder which has been attributed to a single gene.

When family history indicates Huntington's some clients were coerced into genetic testing before their policy applications were even considered.

When testing reveals the mutated gene, some customers are either denied insurance altogether or penalized with high premiums.

Some employers refuse to hire applicants who have tested positive for this devastating disease.

In Canada the law offers no protection.

That's why many Canadians refuse genetic testing - they don't want the information used against them or their families.

This is the impetus behind Bill S-201, a new law intended to prohibit and prevent genetic discrimination in Canada.

This is a case where science has surged far ahead of legislation and politicians are scrambling to deal

with the social consequences.

The legislation will add "genetic characteristics" to the prohibitive grounds for discrimination - forced testing will be a criminal offense.

It will also be illegal to disclose test results, to refuse service or to enter into a contract, based on the genetic testing.

Right now, Canadians have no such protection – supporters of the new law say it's about time.

The fear of genetic testing means that many patients lack the information needed for effective management of their own health.

Work in progress

Advanced research has been slowed by the lack of new data – the new legislation is intended to address these issues and others.

Among those at risk for Huntington's, 86 per cent worry about discrimination towards them and their families.

Of these, 40 per cent reported at least one example of genetic discrimination, mostly when applying for insurance.

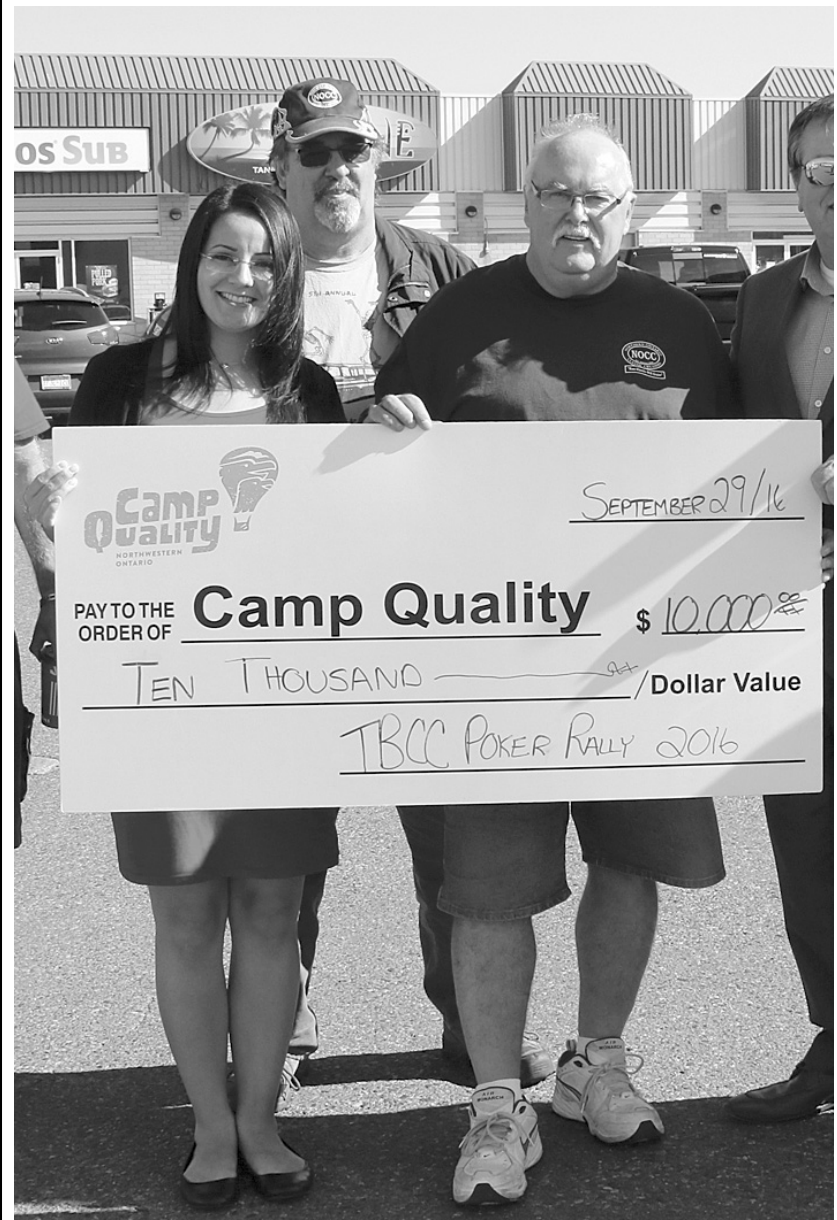
A national survey revealed cases of genetic discrimination also used to deny child custody, deny adoptions and deny promotions.

As genome sequencing becomes a routine part of clinical care, genetic discrimination will become a much larger issue.

Research will continue to advance and create new, unexpected problems – finding political solutions will be challenging.

As our future unfolds we may discover that science truth can be stranger than science fiction.

CLAP FOR THE CAR CLUBS



POKER RUN PROCEEDS: Camp Quality's Rosa Carlino (left) accepts a \$10,000 cheque from Rene Lindqvist and the Thunder Bay District Car Clubs last Thursday outside the Power Centre.

HOW TO WRITE US:

Letters to the editor are most welcome. Those kept to 350 words or less have priority.

The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

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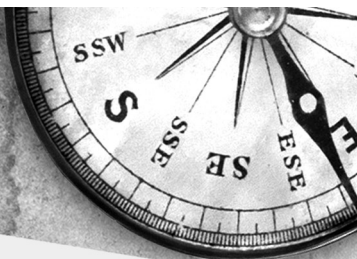
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This week in history:

Lyceum Theatre

Port Arthur and Fort William have a long history of one-upmanship, in 1909 the two cities became involved in what the press called the "Twin Cities Theatrical War". The war was waged between the theatres of Port Arthur and Fort William to determine which city was superior. Walter Brooks, manager of the Lyceum, succeeded.



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LOCAL NEWS

Hot tub plans iced

Canada Games Complex project bids \$300K over budget

THUNDER BAY
By Jon Thompson – TB Source

All co-ed hot tub plans at the Canada Games Complex have been suspended due to cost.

The lowest bid in a Request For Proposals process that would have moved the whirlpools from gendered locker rooms to the pool deck came in at \$710,000, far higher than the council-approved value of \$410,000.

Acting general manager of community services Gerry Broere said the city misread market conditions.

"It was an underestimate, to be honest," Broere said.

"These things sometimes happen. We look at the market conditions, we take a look at that, we think it's going to engage and sometimes, we don't always get it right."

The changes were designed to accommodate the complex's recent resurgence in usage. Increased patronage has put strain on available space in locker rooms that haven't been renovated for 30 years.

The plan would have also expanded the rest space near the whirlpool by moving back the north wall.

The project is subject to city council approval in the city's 2017 budget. If council green-lights the renovation, Broere said it will likely push back the complex's small, cosmetic renovations into 2018.



TOO COSTLY: A plan to move hot tubs from the changing room area at the Canada Games Complex has been shelved for now because bids came in over budget.

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LOCAL NEWS



DOUG DIZCZUK

TRADITIONS: Hundreds took part in last weekend's Fort William First Nation Powwow on Mount McKay.

Powwow celebrates Indigenous culture

FIRST NATIONS

By Doug Dlazczuk - TB Source

The sound of drumming and dancing filled the clear blue skies in the Fort William First Nation, as communities were brought together to celebrate Indigenous culture and tradition.

Hundreds of people gathered at the Fort William First Nation Powwow grounds atop Mount McKay for the 2016 Fall Powwow this past weekend.

People of all ages and cultural backgrounds participated in dance and song, and organizers said the purpose of the powwow is to bring people together.

"That's the thing about powwow, it affects everybody and it's there for everybody," said Bess Legarde, Fort William First Nation culture and recreation coordinator. "Everybody can enjoy it. It's something that's really good for communities to gather and celebrate who we are and who we are as Indigenous people."

There was a strong display of Indigenous culture, including jingle dresses, traditional food, honour songs, and dances.

For dancer, Tausha Esquega, the powwow is a time for bringing people together to celebrate a culture that has historically been repressed.

"The powwow is important because for many years, as Anishnawbek people, we weren't allowed to practice our culture and gather in ways like this," she said. "Powwows are important because it brings everyone together, as well as people who may not have been to a powwow before and now they will

be able to watch and participate and really bring people from other communities together."

Esquega was especially proud to see so many young children dancing around the circle, because it shows that Indigenous culture is alive and strong in all generations.

"It's great because for a long time there was a lot of things that were outlawed, so when you see younger children coming out and participating in the powwow, it's a revitalization of who we are and they are learning that earlier," she said. "It's nothing to be shameful about, but it's really celebrating our gifts."

Legarde added that the powwow also gives something positive to the community. She said with issues like alcohol and drug addiction, environmental issues, and missing and murdered Indigenous women, the powwow is a time for reflection, awareness, and celebration.

"It's something that's positive to our culture and something that is important," she said.

Several dances featured were in honour of the Truth and Reconciliation and missing and murdered Indigenous women.

"I think it's to bring awareness and for unity," Esquega explained. "It's strength in numbers and coming together as a community and it's the way that we do things as Anishnawbek people and gathering together to celebrate in a positive way."

"It's about being with friends, with family in a positive way and doing something that our ancestors brought to us," Esquega added. "It's a part of who we are as Anishnawbek people."



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Renovate for maximum ROI with these top projects

As a contractor and real estate expert, homeowners often look to me to provide advice on the best projects for their renovation dollars. While it's important to first consider the purpose of the renovation (is it for yourself, for resale, or as part of an income-generating suite?), there are some renovations that have proven to be reliable investments over time. Some of these include:

Kitchens and bathrooms.

Renovations here top the list. High-end finishes, like marble and quartz countertops and stainless steel or commercial grade appliances, are greatly coveted. Clever storage is desirable, along with home automation—a new and growing trend.

Bathrooms

This one is simple. The hottest bathrooms right now aim to replicate a spa-like experience. From colour and accessories to scents and lighting, transforming this room into a relaxation haven will maximize its appeal.

Basements

Basement renovations are among the best ways to gain space without going the route of a costly addition, but the key is doing it right. Address moisture issues first and hire professionals for plumbing, electrical and mechanical work. Insulate with a water-repellant insulation made from inorganic materials to improve energy efficiency, and then focus on the finishes.

Insulation

Installing, topping up, or replacing insulation is one of the most cost-effective ways to increase energy efficiency and save money over the life of your home. For exterior walls, basements headers, cathedral ceilings, and attics, I recommend a product called Roxul Comfortbatt stone wool insulation for exceptional thermal performance. For interior walls and between floors, I'm a big fan of Roxul Safe 'n' Sound for its excellent sound dampening qualities. Both products are fire resistant up to 1,177°C, resistant to



mould and mildew, and Greenguard certified to the highest level for air quality.

Smaller fixes

Know that you don't have to spend a lot of money to realize a good return. Can't afford a full-out kitchen or bathroom reno? Consider painting walls and cabinets, replacing outdated hardware or fixtures, and installing new lighting for an impactful refresh. When it comes to living spaces, it's amazing what a splash of colour, some new flooring, carefully selected accessories and strategic lighting can do for the look and feel of a room. Save a little extra by doing it yourself. With a positive attitude and some elbow grease, you can make a big difference with projects that require low to moderate know-how.

Scott McGillivray is the award-winning TV host of the hit series Income Property on HGTV Canada, a full-time real estate investor, contractor, author, and educator. Follow him on Twitter @smcgillivray.

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Scholarship to be awarded to forestry or environmental student

EDUCATION

By Leith Dunick – TB Source

John Naysmith says he's hopeful a scholarship named in his honour will have a lasting impact on the future of forestry around the globe.

Naysmith, the founding dean of the forestry department at Lakehead University, on Friday said he thinks the annual award will help students focus on stewardship and people involved in the industry.

"When I went through my undergraduate work people was not something you (were concerned about)," he said at a ceremony which saw fourth-year student Julia Ieropoli named the inaugural Naysmith scholar.

"You had classmates, but as far as the profession was concerned, you talked about trees and you talked about water.

You got pretty good at it, but the connection with the people just wasn't there. Today it's absolutely essential that it happens."

It's why Ieropoli was the ideal choice for the first award, a scholarship founded by his daughter and son-in-law and seeded with a donation from his wife Toie.

"She's a natural for that type of thing and I think every year there are people like that," Naysmith said.

**JOHN NAYSMITH**

"And she will have a role in the coming year, to connect with people at the community level, both in Canada and, I hope, around the world. It's a distinct possibility it could happen."

Helps immensely

Ieropoli, who traveled to Sweden earlier this year as part of a delegation looking at way to improve the forestry industry in Canada, said the scholarship is important to her future studies and being able to accomplish things outside the classroom.

"It will help me pursue future events that maybe I might not be able to do without this scholarship, to take chances and to try new things," the fourth-year student said. "Traveling is really big in our industry too."

University president Brian Stevenson said the school of forestry wouldn't be what it is today without the tireless efforts put in by Naysmith, who came to Lakehead in 1988 after spending time in the private sector and government, where his inspiration helped spur the growth of model forests in 30 countries.

The department now focuses not just on forestry, but water and environmental issues too.

"That's where the future of forestry is going to be and I don't think it would have gotten to this state without his influence and leadership," Stevenson said. "But also we have this great faculty who have worked with him and been inspired by him and they're the ones that are going to be driving it into the future."

The Naysmith Scholarship will be given annually to a student having completed their third year of an honours bachelor of science program in forestry or environmental management.

Leadership, a willingness to listen and the ability to motivate and inspire others are the qualities and values students must demonstrate to be eligible for the award.

"It will help me pursue future events that maybe I might not be able to do without this scholarship."

JULIA IEROPOLI
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Contest to put spotlight on youth who give back

FW FIRST NATION
By Leith Dunick - TB Source

Children's achievements across Northwestern Ontario will be in the October spotlight.

Officials at Dilico Anishnabek Family Care and the Children's Aid Society on Monday unveiled the 2016 Step Up Campaign, in which they're asking children from throughout the region to celebrate how they're giving back in their schools, neighbourhoods and communities.

A total of 10 youths from the Thunder Bay District will be profiled in the 1 Step Up campaign.

"The purpose is really to highlight the accomplishments of the youth and children in our community. It can be done through a parent or a teacher or a guardian or a coach, perhaps, who is identifying a youth in the community who is really stepping up in our community," said Rose Bakke, director of family services at the Children's Aid Society.

Different ways

That could include showing respect, being kind, helping friends, excelling at sports, volunteering or contributing to the community in some other fashion.

"There are a number of different areas that the youth in our community can be honoured in that way," Bakke said.

The contest is a new addition to the annual Step Up campaign, said Dilico's director of family care Carmela Hardy, noting the two organizations have been



GOOD TO GO: Dilico Anishnabek Family Care's Carmela Hardy laughs this month's Step Up campaign.

partnering together to help put an end to child abuse,

On Oct. 19 they're encouraging everyone in the community to wear purple in support of the cause and child abuse prevention month.

"Communities can become involved by taking photos and uploading these photos on Facebook. They can also upload the pictures on Twitter," Hardy said.

"The community can also become

involved by having events like bake sales, any kind of a fun activity that can raise money for both of our charities," she said. More information on Go Purple for Prevention Day can be found at www.facebook.com/StepUpThunderBay.

Entries for the contest are due by Oct. 12. Nomination forms can be found at www.dilico.com/stepup. Winners will be announced the week following the entry deadline.

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TB Life

Food drive comes up short

RFDA sought 10 tonnes in donations, only received 7.5

THUNDER BAY
By Doug Diaczuk – TB Source

An annual food drive came up short of its goal this year and officials with the Regional Food Distribution Association are hoping an overtime session will bring up their total.

Last weekend, the RFDA held its Harvest for Hunger in partnership with 14 different grocery stores throughout Thunder Bay and Kakabeka Falls.

Brendan Carlin, community services manager with the RFDA, said that overall the food drive went well, but it came up short of its intended goal.

“We were hoping for 10 tonnes,” he said. “We didn’t quite get there, but we did have some enthusiasm in the community. Overall it was 7.5 tonnes that we didn’t have on Thursday that we do have now.”

According to Carlin, the Harvest for Hunger drive is meant to replenish the RFDA’s most needed items.

“There is lots of food here, but it’s not all the things we need the most or the things our food banks use the most,” Carlin said.



DOUG DIACZUK

WEIGHING IN: Volunteers at the RFDA weigh food collected during the Harvest for Hunger drive.

“So we were searching for items like pasta, peanut butter, canned meats, canned fruits and vegetables, things like that that people can make a meal with and fill them up

properly.”

This time of year also creates an increased need on area foodbanks and the RFDA because of kids going back to school and several holidays just around the corner.

“Kids need lunches,” Carlin said. “There’s a real stigma attached to kids not having lunches at school. As well, we have thanksgiving coming up and in a couple of months there’s Christmas. All families have extra stresses and extra pressures monetarily and otherwise at this time of year. For us, it’s a really great opportunity to replenish our shelves so we are stocked up, not just for that, but beyond as well.”

With the shortfall during the Harvest for Hunger, it might mean the RFDA enters the new year with a deficit in food stocks.

In Thunder Bay, more than 9,000 people a month utilize foodbanks, and more than 14,000 throughout the rest of the region.

Carlin said he is not sure why donations were down this year. Last year the campaign reached its goal of 10 tonnes, while past years have seen lower than expected numbers.

“Food prices are always rising as well, especially on most of these items,” he said. “It’s hard to say.”

Donations are still being accepted for the Harvest for Hunger drive. For more information on how to donate, visit www.foodbanksnorthwest.ca.

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Fall colours and some local history tales



FRED JONES

RURAL ROOTS

I was on the telephone last week with my friend, Dave, who lives in town and told him about the change from summer green to autumnal orange, yellows, and reds. “

What colour?” he challenged.

Sure enough when I drove to town and looked at the trees, only a few were even thinking about making the costume change.

On that same drive to town with daughter Beth we saw a parade of vintage Brit sports cars driving along the highway near where we live.

They’d motored from town ostensibly as a club of enthusiasts out for a Fall Colours ride.

We saw them returning from the country along the Scott highway about three hours later.

As we drove down that highway Beth chanced to look towards the Nor’westers and got excited about the large swath of red maples that grow halfway up the side of the mountain

The colour is late this year as far as I can recall; and it is not related to temper-

ature so the scientists say but, rather to the amount of daylight available. But this extended summer well into autumn is gorgeous and, at least in my experience living as a rural rooter since June of 1979, unprecedented.

Wouldn’t mind tapping into the memories of some old-timers or, at least, folks who have spent all of their lives living out here in the ‘boonies’. I would like to ascertain if the exceptionally warm temperatures this far into autumn is a first.

Anyway, I’m not complaining. Well, not much except for the flies. Both the simply annoying kind, in the case of cluster flies, and the smaller biting kind are still hanging around pestering my horses.

Speaking of ‘old-timers’ or lifer rural dwellers, two such folk have published histories of the area near where we live. The first volume I picked up at our local store deals with the township just to the west of us, the Nolalu area.

The book is called *Grassroots of Nolalu: A Compilation of 100 Articles*

Written, Edited and Updated by Leo Hunnakkko who grew up in Libster Township in which Nolalu is located.

I learned about the largely Finnish community in that area. All of the photos of houses, barns, and the couple about the old Silver Mountain mines that Leo provided, I also knew.

The second local history book is called *They Came From All Around: A History of the 1,200 Square Mile Area From Nolalu to Northern Light Lake* by Harald W. Alanen.

It deals with the area from Nolalu west to Northern Lights Lake and even some notes about Saganaga since Northern Lights was opened up by Jock Richardson who ran a tourist lodge on Red Pine Island in Sag.

I had the privilege of interviewing Jock’s widow, Ida, for the *Elders & Beters* segment of my radio show on CBQ, just before she died and got the story of the development of Red Pine cabins and also the foray into Northern Lights.

I remember that she had a painting

done by a talented American visitor who came back to this area every summer. The painting depicted the sandy beach, the soaring white pine trees (alas now gone), and the log outpost cabin that Jock had built.

I love history as I have mentioned in this column a couple of times before. So I was delighted that these tomes had come my way and kudos to the two gents who took the trouble to compile them.

While attending the Hymers Fall Fair this year I signed a survey wondering if my township should also have a history book. Dam right it should! There are a lot of interesting yarns that could go into it. We’ll see.

So if you live in town and you can either drive or get someone to drive you then now is the time to go look at the glorious colours in which the country has been painted. Your turn is coming soon.

And check out the two, new history books about the homesteading and rural life.

The more the merrier, I say.

The fall colour is here in all its glory. And it happened so suddenly.

I was driving to town this past week and noticed the poplar and birch had turned. The day before only a few trees had changed costumes. Now only a couple of trees hadn’t changed. Out here in the country, except for the pine, the green has pretty much gone.

This past weekend mornings were much cooler with single-digit temperatures but by afternoon the thermometer registered 25 C.

October first and people in town (I had to make that journey on the Sunday) were in t-shirts, shorts, and some of the younger crowd in flip-flops. Unheard of (if you’ll pardon the bad grammar).



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W. GIFFORD-JONES, MD

Research shows that high doses of vitamin C and lysine cannot only prevent, but reverse atherosclerosis in coronary and other arteries in the body. Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. A lack of vitamin C and lysine results in poor collagen and weak arteries.

Collagen is the key to healthy coronary arteries. These arteries are under more pressure than any other artery in the body. After all, they're situated in the heart's muscle and the heart beats 100,000 times every 24 hours, or 37 million times a year, and 2.2 billion times if you live to 70 years of age. Without sufficient vitamin C and lysine this constant pounding causes minute cracks in collagen, resulting in blood clots or rupturing of a weakened artery, resulting in a stroke.

Millions of North Americans also suffer from osteoarthritis. Without sufficient vitamin C to produce collagen, a major component of cartilage, bone eventually grinds on bone. There would be fewer joint replacements if more vitamin C were available to produce healthy collagen.

Patients often appear surprised when I tell them that vitamin C will help them keep their teeth a lifetime. By age 65 one in five North Americans has lost all their teeth and many of their teeth were normal. Rather, it was the gums that could no longer hold teeth firmly in place in part due to inadequate amounts of vitamin C. This vitamin is needed in large amounts to produce healthy collagen, the glue that holds cells together and keeps gums healthy. Without good mortar bricks fall apart and the same happens when gums lacking collagen lose their grip on teeth.

The essential amino acid lysine is probably best known for its use in those with herpes simplex infections but several other benefits have been ascribed to the molecule, including favourable effects on blood pressure and stroke prevention but also a positive influence on mood and anxiety.

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Ending the stigma of mental illness

HEALTH

By Doug Dlaczuk - TB Source

The region's hospital hopes to reduce the stigma surrounding mental illness and allow more people to seek the treatment they need.

Mental Illness Awareness Week kicked off on Monday and staff from the Thunder Bay Health Sciences Centre, along with patients, and family members, held the Mental Illness Awareness Walk around the hospital grounds.

"It's to bring awareness to mental illness and recognize as a community that it is something that we need to start dealing with even more," said Dr. Peter Voros, director of mental health at the Thunder Bay Regional Health Sciences Centre. "It's an opportunity to really try and help people in the general community that there are people out there really suffering and we need to do what we can as a community to try to help them."

According to Voros, when compared to the rest of the province, the number of people seeking treatment for mental illness and addiction in the region is more than double.

Voros said there has been a lot of speculation around why addiction and mental health rates are so high in the region.

"I think it has a lot to do with the



LEADING THE WAY: Wilhelmina Hodder, who has been diagnosed with bi-polar disorder, leads the Mental Health Awareness Walk around the Thunder Bay Regional Health Sciences Centre grounds to try to end the stigma around mental illness.

economy and what it's like to live in the Northwest," he said. "And the services that we have available. We work very hard to provide services, but when you have a high portion of numbers of people looking for service and your resources don't meet that, people become more ill."

Voros explained that the Health Sciences Centre has been working to

improve mental health services, including working on the length of stay in the adult mental health unit, adding a psychiatrist to the emergency department, recruiting additional psychiatrists in the area, and working with community groups to get people access to service quicker.

Wilhelmina Hodder, who was diagnosed with bi-polar disorder, has been

in and out of the hospital for the past two years. She said that her experience accessing services has been good, but more work needs to be done.

"From the first time I was there and as I progressed through it, there was more programs," she said. "I found it was improving. They need to improve more. There needs to be more education, more programs, more funding, and more

rooms so you can have meetings."

Hodder also believes that the city needs a larger facility to cut down on the wait times for people seeking treatment.

"There's too long of a wait in emergency or three days in a room waiting to get in," she said. "That's difficult. You are already under stress, you need to get the people under that stress to relax and start undoing that."

Treatment should not only focus on the patient alone, Hodder added, but family members as well, who may not understand mental illness.

"I think mental health needs a lot of different, original thinking and treatment," she said. "It's not just a pill."

Hodder believes that there is less stigma around mental health, but it still exists. Voros agrees, adding that the community has come a long way in the last 20 years he has worked in the profession, but more work needs to be done.

"People were very cautious to talk about having mental health difficulties," he said. "I think events like this help people recognize that it's okay to talk about it and whoever we are, it hits all walks of life, no matter your socioeconomic status or where you live. I think we're getting there, but we still have a ways to go."

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Running for a cure

THUNDER BAY
By Doug Dlaczuk - TB Source

Family members, friends, supporters, survivors, and people fighting breast cancer all have unique reasons to run, but they all come together for one reason - to make a change.

On Sunday, more than 520 people lined up on the starting line at the Royal Canadian Legion Track to participate in the 2016 CIBC Run for the Cure.

Events were held across Canada to raise funds for the Canadian Breast Cancer Foundation and Jason Bucurko, vice president for CIBC Northwestern Ontario, said the event, which has raised more than \$20 million and has more than 100,000 participants, started out as a grassroots initiative in 1992.

"It's amazing to see what it's grown in to over time," he said. "All across Canada there are a number of runs taking place. I can't wait to see what the overall impact is at the end of the day in terms of the funds that have been raised for the fight."

Bonnie Tittaferrante, run director for the CIBC Run for the Cure, said that this year the run is expected to raise roughly \$65,000 in Thunder Bay alone.

"I think Thunder Bay is a great city when it comes to supporting this event," she said. "We're making progress. Our survival levels are up and we continue to make things better and the more support for our survivors and families, the better."

"When I was 17 years old, my



FIGHTING TOGETHER: Diana Gowanlock (middle) and members of team Princess Diana participated in the CIBC Run for the Cure last Sunday.

mother died of breast cancer," Tittaferrante continued. "In the last six years, I decided that it's my way of giving back and looking for the cure so less families have to go through this."

The five kilometer run brought together family members, supporters, survivors, and people fighting breast cancer.

Diana Gowanlock has participated in the Run for the Cure in the past, but since her own diagnosis earlier this year, the event has taken on a whole new meaning.

"I've done this run before in the past but obviously it means a little bit more since my own diagnosis," she said. "It's shocking how many people are affected by breast cancer. When you look around, there are a lot of pink t-shirts and there are a lot of

people who have had it affect their lives somehow."

There were more than 40 members in team Princess Diana who were all sporting sparkling tiaras, including Rhonda Rooney, who said they were all there for Gowanlock and everyone affected by cancer.

"It makes me feel happy that so many people are so supportive and it makes me feel like I'm part of a community," she said.

The support generated during the Run for the Cure is making huge strides in breast cancer research and care.

"Breast cancer has come a long way over the years," Gowanlock said. "Many women come through with flying colours. It's not as much of a life sentence as it used to be years ago."

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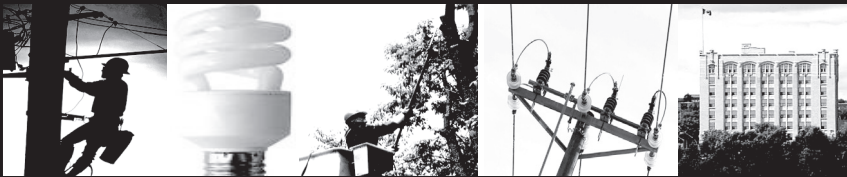
To be eligible for installation prior to the Freeze up date, a service must have a Thunder Bay Hydro site visit and an Electrical Safety Authority inspection completed prior to October 18, 2016.

After freeze-up, all customers, including residential customers in subdivisions, will be responsible for the digging and backfilling of their own trench for all underground services.

For any further information and options, please contact
Thunder Bay Hydro Power Systems
at 343-1176.



*TBH reserves the right to modify these dates based on weather conditions.



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FORT WILLIAM fall street festival

The Fort William Business District BIA would like to extend our **THANK YOU** to our most generous Sponsors and Supporters



Thank You to the following for taking the time in providing words of Welcome at the Opening Ceremonies of the 9th Annual Fall Street Festival;

Mr. Jeff Howie, Executive Assistant to MPP Bill Mauro for his reminiscent words of the History of the Fort William Business Area, Councillor Larry Hebert, for his words of welcome from The City of Thunder Bay, Ashley Sauer, Executive Director, Fort William Business District BIA for her greetings from the BIA, and Shelby Ch'ng, Chairperson, Fort William Business District BIA for her welcoming to the Festival from the BIA as well.

THANK YOU to Michael Larizza for allowing the BIA the use of the Parking Lot off of Archibald St. to house the Main Stage Area where a number of Talented Local Performers entertained throughout the day,

THANK YOU to Rene Larson for the use of the Parking Lot off Donald St. which provided a large area for the Children's Activities, and

THANK YOU to Raechel Reed for arranging and MCing the 2nd Stage Area of Performers (the Busker's Stage) – great to see some dancing happening!

THANK YOU so much to those who volunteered and an EXTRA SPECIAL THANK YOU to those who volunteered for the whole day. EVENTS such as these could not happen without the help of VOLUNTEERS – THANK YOU AGAIN FOR BEING A PART OF THE FESTIVAL!!!!

IN THE bay

arts | entertainment | culture



GETTING POETIC: Random Acts of Poetry, led by the Definitely Superior Art Gallery, will be popping up around town this week.

Randomly poetic

Random Acts of Poetry a celebration of literacy around the world

POETRY

By Linda Maehans - TB Source

An alert, all this week, goes out to passers-by on local streets and in parks; to patrons of coffee shops; or maybe libraries; to students at every level in schools; to radio station DJ's poised at their mic's; to visitors of City Hall. It will be hard to miss some special construction crews clad in bright orange and carrying road signs. But what's this? Instead of those signs, they're picking up guitars and/or pages of original poetry and prose as they divert your travels through another mundane or maybe stressed-filled day for just a few engaging minutes.

International celebration

Random Acts of Poetry (RAP) is an international week of celebration of literacy. It happens in many other

places in this world. For the past eleven years, here in Thunder Bay Definitely Superior Art has led the celebration, stepping it up each time with ever diverse performer participation and increasing audience awareness and appreciation. Into year twelve some impressive numbers to report so far: over 265 artists randomly entertaining over 100-thousand passers-by at some 360 public domains. Places where people engage and maybe grapple with everyday lives.

"Over the years we've added singer-songwriters to our mix of spoken-word performers," notes RAP coordinator Renee Terpstra. "The gallery is very much involved with the music scene and acoustic music/singing as a popular form of creative literacy."

It's true. If you've ever been lying wide awake at, say, 4 a.m., silently listening to an unknown melody playing over and over in your head, you'll know what I mean. It might already have the words to go with it. Now would be the time to get up and jot the words down; strum down that melody on a guitar, or plunk it out on a keyboard if you have one. Because

you'd be on your way to becoming one of those random poets audiences might encounter on an impromptu stage one day, or right here and now in this community.

Ideas come from everywhere

"You never know where or how the seed of an idea, once planted, will grow," remarks Terpstra. "Inspired by other past national and international initiatives but unique to Thunder Bay in terms of scale, audience reach and our bright visual presentation (those brilliant tangerine coveralls), this week promotes literacy and art and poetry in appealing new ways. To ordinary folks going about their everyday lives. Each public performance is only 10-20 minutes, so perfect for busy lives. And refreshing!"

Random Acts of Poetry 2016 began last Monday and continues through to Saturday. Make sure to venture out and catch the performances.

"The reception from the people of Thunder Bay has been very open and enthusiastic. Year after year people happily remember the venues (we come to), and welcome us back."

Nothing random about that.

SUPPLIED

IN THE bay

President enough for TV

TELEVISION

By Fiona Gardner

USA Today recently did something unprecedented. Or unpresided. After 34 years of never taking sides in an election, the news magazine's editorial board labeled Donald Trump as "unfit for the presidency."

That didn't necessarily mean they were supporting Hillary. But one has to wonder how someone "unfit" for the job could still be so strong in the polls.

Of course, The Donald has always known how to manipulate the optics and work the TV angles. After all, he's spent years promoting his brand on television, combining his varied real-life businesses with a blossoming TV career.

During that same period, television studios have pumped out their share of presidents who have succeeded despite their failings. So it's understandable that Trump – not to mention some of the viewing public – could have gotten a little confused when it comes to a real life election.

House of Cards introduced the public to the most evil president to never actually be

elected to the job. Frank Underwood has lied, blackmailed, drugged and murdered his adversaries to get into the Oval Office. So is a little factual misrepresentation from Trump really all that bad?

The West Wing's Jed Bartlet had no military background when he became ABC's most beloved Commander-in-Chief. In fact, it was his economic acumen that gave him an edge in that first election.

So why couldn't a successful businessman do the same? After all, Trump is a master of tax loopholes and protecting assets so that he doesn't have to pay employees, businesses or the government what he owes.

Fitzgerald Grant has made a career out of his Scandal of becoming president thanks to a fraudulent election. And since then, he's done little politicking, but has been wildly successful with the ladies.

Fortunately, Trump is above all that. Furthermore, Trump is all about identifying the rigged system that tries to undermine his debates, his nomination and his election. After all, didn't he identify the problem with Obama's birth certificate?

The newest President on the block has been Designated Survivor, Tom Kirkman. And while it's been a matter of days since this completely unprepared cabinet minister was forced into the job, he'll likely become the hero of the story. So apparently, actual experience is not a prerequisite for a successful presidency.

Of course, one might argue that there's a difference between television and reality. One might be wrong.

According to his own team on the morning of the first presidential debate, The Apprentice star was definitely ready because "he's done over a dozen season finales" and he always "[brought] his best game to the show."

Yes, it's probably the first time a politician has been considered prepped thanks to a reality show. But that's the world voters live in today.

USA Today said Trump traffics in prejudice, flip-flops on the issues, lies about the facts, is reckless when he speaks, and ignorant about foreign policy.

So Trump may not be a "fit" president. But in November, he could play one on TV.

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CROSSWORD PUZZLE

ACROSS

- 1 Hit
- 4 Metal suit
- 8 Deride
- 12 Ohio college town
- 13 Behold!
- 14 People
- 15 Brit. Virgin Islands (abbr.)
- 16 Tallow (2 words)
- 18 Noun-forming (suf.)
- 20 Time period
- 21 Faux pas
- 23 Brewer's yeast
- 25 Son of Samuel
- 26 Catholic book of feasts
- 27 Command to horses
- 30 Low (Fr.)
- 31 Foreign in origin
- 32 N.Z. woody vine
- 33 Adjective-forming (suf.)

- 34 Tribe
- 35 Blue (Fr.)
- 36 Don
- 37 At right angles to the keel
- 38 Exploit
- 40 Noble (Ger.)
- 41 Sad
- 44 Seize
- 47 Uncivil
- 48 Toward shelter
- 49 Where (Lat.)
- 50 Cleopatra's attendant
- 51 Glacial trough
- 52 Flap

DOWN

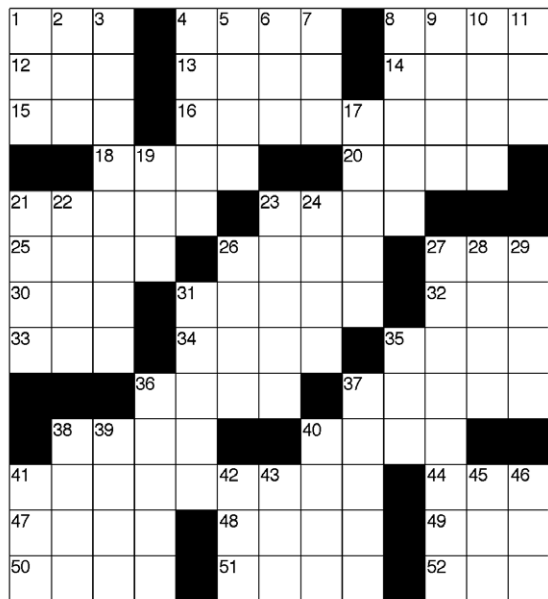
- 1 Punch
- 2 Adverb (abbr.)
- 3 Chub (2 words)
- 4 Civil War commander
- 5 Skin eruption
- 6 Here (Fr.)

ANSWER TO PREVIOUS PUZZLE

```

LEDA IDOL BIA
ODIN RICE IDA
NEAT BLACKTEA
PERIL THEA
BHARAL TOA
AESON GAR DOA
ARO NAB IRK
LAN RAB ARACA
FEB TREPAN
QUAD PEMBA
MATTHIAS USER
ADA OBIT KOAE
AIS GOLA ENTO
    
```

- 7 Moon vehicle (abbr.)
- 8 Jewish legend automaton
- 9 Information (abbr.)
- 10 Hit on the head
- 11 Superlative (suf.)
- 17 Brother of Moses
- 19 Lt. exclamation
- 21 Taro
- 22 Down with (Fr., 2 words)
- 23 Smoking pipe
- 24 Arabian Sea gulf
- 26 Jar
- 27 Filbert
- 28 Polynesian god
- 29 Heat
- 31 Acid (pref.)
- 35 Presidential nickname
- 36 Goods
- 37 Noted psychiatrist
- 38 Tetrad
- 39 Mother of Brunhilde
- 40 Your (Ger.)
- 41 Hindu title
- 42 Lump
- 43 Wife of Andy Capp
- 45 Camel hair cloth
- 46 Apronlike cloth



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WORD SEARCH

F N N N S E X P E N D W A Y S
C H I O Q R D E X A L E R B M
O H O A I L O W C H I D E S R
U R E U T L A E I C U R L S O
R E P E N T L B T E N N I S W
S L L I R D A I E E L M N O B
E I U Y J H S B Z L M D O W M
D G C L O U T S B E S E S B O
K I K S R U C E R Y D W E O L
N O I T A N I M A T N O C M P
I N I N T E R N S U E D U B A
G G D K J Z K H A W E I L E M
H G E T A M I N A A D W A R T
T R R E C A N T B K E Q R H I
F A Z E D E G R U P D P R G B

- | | | | |
|---------------|---------|----------|---------|
| Animate | Curfs | Knight | Repent |
| Aplomb | Drills | Labels | Secular |
| Attain | Endways | Meteors | Simmer |
| Bitmap | Excite | Needed | Tabby |
| Bomber | Expend | Pluck | Tennis |
| Cheer | Fazed | Purged | Widowed |
| Chides | Hosing | Recant | Wields |
| Clouts | Hounds | Rekurs | Woody |
| Contamination | Interns | Relaxed | Worms |
| Coursed | Irking | Religion | Zillion |

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "I" = "E"

"BIRLVKN TRJIO R ZHQQ TRK,
TILVARAVSK R XBSZSHKL TRK,
LVOGSHBOI R GQIRB TRK."

— CIKMRTVK ZBRKJQVK

PREVIOUS SOLUTION: "The man who claims to be the boss in his own home will lie about other things as well." — Amish Proverb

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E162

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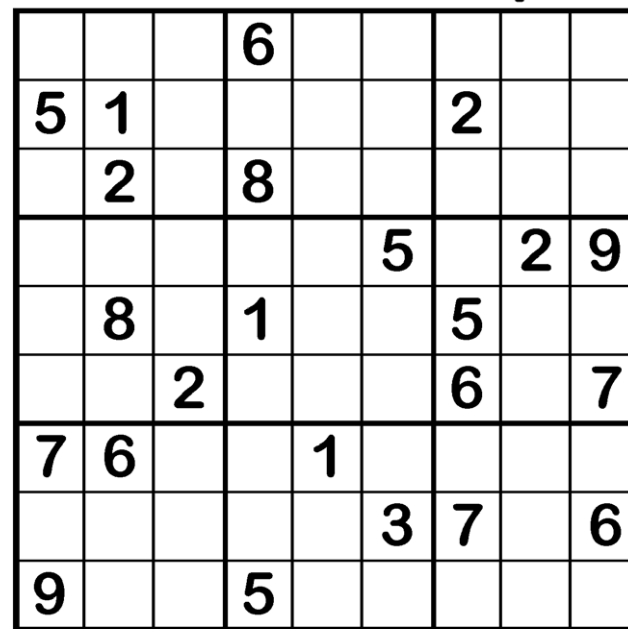


Good Reasons to Recycle

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★★☆☆

Sports

local sports news | information | coverage



FOOT RACE: Lakehead's David Quesneles (right) chases after Lethbridge's Justin Valentino last Saturday at the Gardens.

Wolves drop a pair

OUA squad can't hold leads against visiting Lethbridge Pronghorns

UNIVERSITY HOCKEY
By Leith Dunick - TB Source

If missed chances were nickels, the Lakehead Thunderwolves would have a pocketful of change to jangle around on Saturday night.

Instead next weekend they'll still be seeking their first win of the pre-season after dropping a 5-4 decision to the visiting Lethbridge Pronghorns at Fort William Gardens, their Canada West opponent skating away with the two-game sweep.

The bounces just didn't go the Thunderwolves way in the third, the team mounting attack after attack on Pronghorns goalie Garret Hughson as time dwindled away.

"The pucks seem to keep bouncing over us, but that was only our second game. A lot of these guys haven't played since last February, so it's going to come," said forward Zach Whitlock, the rookie from New Brunswick who buried his first goal of his university hockey career with 40 seconds to go in regulation, the final goal of the contest.

"I think the more we play as a team, the more we're going to get chemistry. You can see good out there right now and we've only had two games together. I think it's going to come for us."

Lakehead coach Bill McDonald said the breaks won't always go his team's way. Saturday night was just one of those nights, he said.

"It sucks when you lose, but there were a lot of good things that we saw out there today," he said.

McDonald, who still plans to cut two or three more players before the start of OUA play, had plenty of praise for his first-year class, singling out Whitlock, Red Rock's Evan Mignault and walk-on Grant Valiquette, one of the players battling for those final few spots.

Mignault stuffed home his first Wolves goal on the power play in the first, the goal giving Lakehead a 2-0 lead at 13:38.

Fellow freshman Patrick Murphy also potted his first career goal, opening the scoring 8:29 after the opening faceoff.

"We played better as a team," McDonald said. "I watched a little bit of the clip last night and I didn't think we were moving our feet. We definitely moved our feet tonight."

Devin Green started in nets for LU for the second straight night and allowed four goals on 36 shots. The first came with the Wolves a man down, Justin Valentino pushing it past the goal line - although the red light failed to ignite, the referee

signalled goal with 3:13 to play in the first.

Spenser Jensen evened things up just 21 seconds later and the teams hit the break tied 2-2. Ryan Chynoweth broke the deadlock at 15:40 of the second, 10 seconds after Lakehead's Carson Dubchak rang one off the crossbar.

Dylan Butler responded with the equalizer on the power play early in the third, but after an LU goal was disallowed for a dislodged net, Mitch Maxwell batted the go-ahead goal as the final stanza neared the midway point.

Torin White added an empty netter with 1:14 to go.

After Whitlock closed the gap again to one, Lakehead's Austin McDonald had one last chance to tie the game, but the puck bounced off Hughson's pad as time ran out.

Claw marks: McDonald confirmed forward Jake Wright has left the team, after scoring 12 goals over his first two seasons ... The Thunderwolves are still awaiting word on the severity of Billy Jenkins' injured ankle. He's doubtful to play at home next weekend against Manitoba ... Forward Cody Alcock, out since January with a knee injury, may play in one of the two non-conference games.

Pumpkin Mania 2016

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THUNDERWOLVES

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sports NEWS

Falcons knock off Trojans

FOOTBALL
By Leith Dunick – TB source

Quarterback Bryce Covello and receiver Josh Newransky have been playing together for years.

It shows. The duo on Friday connected for a pair of touchdowns – and Newransky ran another in from 15 yards out – as the defending champion St. Ignatius Falcons stormed back from seven down in the second half to survive a first-place battle against the Churchill Trojans and pulled out a 27-21 win in senior high school football action at Fort William Stadium.

The game, a rematch of last year's championship final, came as advertised, the two sides battling back-and-forth for most of the match, the Falcons finally finding their game in the fourth to pull far enough ahead to secure the win.

"It's scary to see what's going to happen the rest of the season," said Covello, adding receiver Jake Robertson, who caught a 34-yard scoring pass that opened the scoring in the first quarter, into the mix.

Covello was rock solid most of the afternoon, going 11-for-21 for 251 yards and three touchdowns. Newransky finished with six catches for 163 yards, including touchdown catches of 63 and eight yards, while Nic Cull gained 115 yards on the ground, despite the Trojans bottling up the box most of the



LEITH DUNICK

JUST MISSED: Falcons receiver Jake Robertson couldn't haul in this Bryce Covello pass on Friday.

contest.

"I've been playing with (Bryce) for a long time. But I have to give all the credit to the O-line – both sides of the line, actually. Without them, he has no time to throw the ball," Newransky said.

One area the Falcons must clean up is on special teams.

It cost them a pair of touchdowns on the day.

James Basalyga took the opening kick-off of the second half 93 yards for a major that put Churchill up 14-7.

Then, in the final minute of the fourth the Trojans Alexander Blekkenhorst blocked a punt deep in Falcons territory and teammate Stefan Nahachewsky scooped up the loose ball and scored, the extra point making it a six-point ball game with 30 seconds left on the clock.

The ensuing inside kick, however, was recovered by St. Ignatius.

"Special teams are a third of the game," Covello said. "We've got to keep our heads in it all the way at the end and stuff like that won't happen."

Derek Steadwell had Churchill's other touchdown, hauling in an 18-yard second-quarter pass from Dylan Ford that tied the game 7-7.

Covello said it would have been easy to get down after the shocking start to the second half, but the way the Falcons responded says a lot about the team's resiliency.

"It shows the character of our team. We've always in past years faced adversity. We're good at coming back from it. We don't hang our heads," Covello said. "We have a lot of vocal leaders on this team that keep our guys up when we're down and when we're in pressure situations."

St. Patrick 24, Hammarskjold 9: Kellen Steudle scored on runs of 21 and 52 yards and on a 27-yard interception return to help the Saints even their record at 1-1. Derek Pucci caught a 43-yard touchdown pass from Marti

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Northern Cancer Fund
Thunder Bay Regional Health Sciences Foundation

Luncheon of Hope

Friday, October 7, 2016
Victoria Inn Hotel & Convention Centre
10:30 a.m. - Exhibit Fair
11:00 a.m. - Symposium
11:45 a.m. - Lunch Program
1:00 p.m. - Keynote Presentation

In support of breast cancer awareness, treatment and patient care for the people of Northwestern Ontario.

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Keynote Speaker
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sports NEWS

Province gives \$1.5M to upgrade ballfields

Money likely saves 2017 Under-18 Baseball World Cup

BASEBALL
By Leith Dunick - TB Source

The 2017 Under-18 Baseball World Cup is no longer in jeopardy.

In one of Thunder Bay's worst-kept secrets, the provincial government on Friday announced it would support the event to the tune of \$1.48 million, a third of which is coming from the ministry of tourism, culture and sport, the remainder from the Northern Ontario Heritage Fund Corporation.

Organizers of the event, last held in the city in 2010, said officials from the International Baseball Federation had given them until May 31, 2017 to make the necessary upgrades and repairs to Port Arthur Stadium and Baseball Central, where the tournament will be held starting Sept. 1, 2017.

The work includes replacing the field and adding new bleachers at Baseball Central, padding the outfield walls at both facilities, as well as replacement of the foul poles to meet international standards.

Thunder Bay International Baseball Association president Larry Hebert said it was touch-and-go until the province indicated its support.

"It was pretty dire and pretty impor-



NOT FAR OFF: The Under-18 Baseball World Cup is scheduled to begin Sept. 1, 2017.

tant we got the field. That's why we appreciated the money so much that's been given to us," Hebert said.

"Basically they're tearing up the whole field, putting new drainage in, a new base in and then sod on top."

Tourism, Culture and Sport Minister Eleanor McMahon was on hand for the announcement, held outside Port Arthur Stadium, and said it's the type of legacy investment that has lasting effect on communities.

Her department contributed \$500,000, which organizers will use to put on the games.

"We want to inspire, not just kids in Thunder Bay, but elsewhere, to get excited about sport. And this is a great

way to do that," McMahon said.

"But also it's an important economic driver for tourism."

MPP Bill Mauro (Lib., Thunder Bay-Atikokan) said the NOHFC portion, \$983,000, is a capacity builder that will help tournament organizers hit the required playing-field standard.

But it's more than that, he said.

"These facilities will be here long after that event is over and they will continue to serve the baseball community and the broader community for years and years to come," Mauro said.

Work at both fields began several weeks ago.



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31. CARS
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42. YARD SALES - SOUTHWARD
YARDSALE SUNDAY OCTOBER 9th, 9am-12pm 697 Dalhousie Dr. Household, clothing baby-adult, toys, cedar chest, candles, bedding, and purses! Rain date October 10th

51. NOTICES
ATTENTION NEXUS COMMUNITY CREDIT UNION MEMBERS! On TUESDAY, OCTOBER 11th there will be a meeting to present information on the proposed merger with Alterna Savings and Credit Union Ltd. The presentation will begin at 7:00PM in the HOLIDAY INN EXPRESS meeting room, located at 1041 CARRICK ST, THUNDER BAY. A question and answer period will follow the presentation. All Nexus Community Credit Union members are encouraged to attend.

53. GENERAL SERVICES
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Christina's Home and Garden, Reno's, Handyman, Roofing, Siding, Drywall, Flooring, Painting, Plumbing, Landscaping, Fall clean-up, Flowerbeds, Dump, Snow Removal. 621-1505

53. GENERAL SERVICES
FALL CLEAN UP! Large trailer for rubbish, Pre-cut tree and shrub removal! We recycle. Eaves trough cleaning/repair. No items too big or small! Commercial/residential. SENIOR DISCOUNTS. 472-6371, gapace@lakeheadu.ca

FALL LEAF RAKING, grass cutting, dump runs, yard clean-up Phone Brian anytime! 768-9849 or 474-8870.

Fences, decks, sheds, skid-steer work, or any outside project built for you by Octagon Contracting. Call 633-4488 for quick services.

54. HOME IMPROVEMENTS
DAN'S HOME SERVICES Renovations - Drywall, plaster, tape, painting, decks, fences, small jobs, FREE ESTIMATES! Professional Service 344-8092 or 627-5713

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59. CHILD CARE
Home daycare in Westfort. Ten years experience. Includes breakfast, lunch, snacks. For more info call Michelle 613-227-1562.

63. COMING EVENTS
FRED EAGLESMITH IN CONCERT! Tuesday October 25th. Advanced tickets \$25. Available at Chaltrek, Fireweed, and Hoito. Also Playing Schreiber Legion Wednesday October 26th!

The Everything and More craft and vendor show will have a variety of wares from local craftsmen and vendors. From knitters and woodcrafters to Pampered Chef, 31 gifts, Origami Owl and many more. Support local vendors, sample a Hot Diggity Dogs sausage and maybe win a prize. Something for everyone. For more information and dates, visit the cruisingforconcertbay.ca website or call 252-9266

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63. COMING EVENTS

63. COMING EVENTS

63. COMING EVENTS

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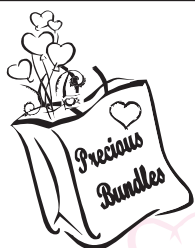
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73. INFORMATION

73. INFORMATION

73. INFORMATION



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Espresso Joya - 8 Cumberland St S

Gear Up For Outdoors - 894 Alloy Pl

High Variety - 106 High St N

Murillo Variety - Oliver Rd, Murillo

Northwestern Veterinary Hospital - 1160 Oliver Rd

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Pinewood Ford Showroom - 640 Memorial Ave

South Neebing Variety - 2060 Hwy 61

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73. INFORMATION

73. INFORMATION

73. INFORMATION

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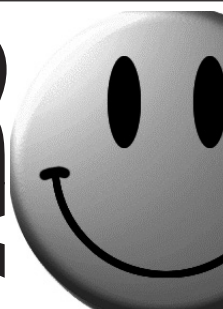
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