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THURSDAY, APRIL 11, 2019

YOUR COMMUNITY NEWSPAPER

Canadian Publications Agreement No. 0662445 Vol.16 No.15

INSIDE MAN ELECTROCUTED



Crews rescue unconscious Northwood tree trimmer /2

MEAT ON MOVE



RibFest to shift to CLE, leaves downtown core /14

TOP DOGS



Palermo, Grant win athlete of the year nods at LU /16

Threats continue

Police, school board getting frustrated after repeated Hammarskjold closures/3



REGULAR OCCURANCE: A Thunder Bay Police Services officer patrols outside Hammarskjold High School late last week.

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LOCAL NEWS

Man electrocuted trimming trees

THUNDER BAY
By Leith Dunck – TB Source

A man was rushed to hospital after being electrocuted while trimming trees on Kensington Drive.

A witness said the victim, believed to be a contractor hired by the homeowner, was screaming after being rescued. Another neighbour said he arrived outside after the fact and saw the victim writhing in agony before he was whisked away to hospital.

Thunder Bay Fire Rescue Platoon Chief Mark Ferrence said they received a call for a possible electrocution at about 11:30 a.m.

"There was a person in the tree dangling from his harness. Thunder Bay Fire Rescue contacted hydro and made sure that hydro was disconnected. They went up on a ladder and successfully did a tree-top rescue and lowered the worker to the ground. The

worker was apparently trimming some branches and the branches came in contact with some high-tension wires. He went to grab the branch to clear off the lines and got electrocuted," Ferrence said.

"He was unconscious when our crew got to him. He regained consciousness on the ground and was put into the ambulance and transported to Thunder Bay Regionals. Injuries at this time are undetermined."

Synergy North crews, along with investigators from the Ministry of Labour, were on scene after the incident, which left nearby Northwood residents without power for more than an hour.

Synergy North president Robert Mace confirmed an incident had occurred, which necessitated a power outage to allow emergency service crews to work.



SHOCKED: A Synergy North crew discusses an incident on Monday that saw a tree trimmer electrocuted when a branch hit a wire.

LEITH DUNCK



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LOCAL NEWS



DOUG DIACZUK

MULTIPLE INCIDENTS: As of Tuesday, police have been called to Hammarskjold 10 times this school year.

Police searching for school threat source

THUNDER BAY
By Doug Diaczuk - TB Source

Following an anonymous threat that resulted in the closure of Hammarskjold High School for a fourth time in less than a week, as well as Superior C.V.I. on Tuesday, investigators with the Thunder Bay Police Service say they understand the public's frustration, but are asking for patience as the investigation continues.

"Please be patient. We truly are investigating it and we are doing our best with everything that comes in," said Det. Sgt. Tracey Lewis. "We are following up on it, we have delegated resources to this, we take it very seriously. Please be patient and trust we are doing every step to resolve this."

The most recent threat was sent Tuesday morning and directed at Hammarskjold and Superior. The Lakehead Public School Board decided to close the schools due to safety concerns for students and staff.

There have been 10 threats made against Hammarskjold this academic year, with the School Board opting to close the school eight times.

Last week, Police said the threats have involved planned shootings and explosives inside the school. The nature of the threats on Monday was not released.

According to Lakehead Public School Board spokesperson, Bruce Nugent, the decision to close the school is made based on the information contained in each threat.

Nugent added the School Board is not considering extending the school year to make up for the days lost.

"We are in talks with other school boards to see what they would do in a situation like this," he said. "There are a lot of boards throughout the province who lose a lot more days than we do in terms of inclement weather and there is no talk of extending the school year in those jurisdictions."

Students and parents have expressed frustration and fear over the continued threats and Lewis said police are aware

that these incidents are having an impact on the community and investigators continue to work closely with the School Board.

"We understand the frustration," she said. "We are working on the investigation. There is depth and complication to the investigation based on the need of the police service to have to follow the laws that are required for how the anonymous information is coming through."

"I think the average person appreciates that there are many obstacles and steps police services have to take in the age that we are in right now because there are protections for persons, protections for people wanting to be anonymous," Lewis continued. "So the background for us to get through those hurdles to be able to get past something being anonymous requires lawful authorities and that is beyond just the police service. This affects other police services. This affects anonymous programs."

A tip-line dedicated to the investigation has been created at 684-5001 and Lewis said police have received a lot of cooperation from the public using the tip-line and she encourages that to continue. A reward of \$5,000 for information that leads to the arrest and conviction of the person or persons responsible is also being offered by School Board, as well as a \$1,000 reward by Crime Stoppers.

A public meeting is scheduled to take place on Thursday, April 11 from 6:30 p.m. to 8 p.m. in the Hammarskjold gymnasium with Board and school administration to answer questions from concerned parents and the community about the situation.

"The way we look at this is it is not just an issue that is facing Hammarskjold, this is an issue that is facing our entire community," Nugent said. "The students are a big part of the community and so is the staff. Anything that impacts them, impacts the entire community."

"The frustration is equal," Lewis added. "I realize the public has provided us lots of advice, including parents saying please do this, please solve this. We are investigating this, we are working on this."

"We are in talks with other school boards to see what they would do in a situation like this."
BRUCE NUGENT

Weather Forecast

<p>THURSDAY</p> <p>A mix of sun and clouds Probability of Precipitation: 30% HIGH 0 LOW -2</p>	<p>FRIDAY</p> <p>Snow Probability of Precipitation: 90% HIGH 0 LOW -4</p>	<p>SATURDAY</p> <p>A mix of sun and clouds Probability of Precipitation: 30% HIGH 6 LOW -5</p>
<p>SUNDAY</p> <p>Mainly sunny Probability of Precipitation: 10% HIGH 8 LOW -2</p>	<p>MONDAY</p> <p>Mainly sunny Probability of Precipitation: 10% HIGH 8 LOW -2</p>	<p>TUESDAY</p> <p>A mix of sun and clouds Probability of Precipitation: 20% HIGH 6 LOW 2</p>

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LOCALNEWS

Wiley Street fire hospitalizes youth

THUNDER BAY
By Leith Dunick – TB Source

A youth managed to escape a burning Wiley Street home on Friday night, but was taken to hospital by paramedics as a precaution. Firefighters responded to the evening blaze and arrived to find smoke and flames pouring from the two-storey residence. “The report came in through the dispatch that there was one child in the house. On our arrival we had heavy fire showing from the front side of the building. Bystanders on the

outside on the sidewalk stated the child had self-evacuated,” said Thunder Bay Fire Rescue District Chief John Kaplanis.

“Firefighters made a very quick, aggressive attack. We made an interior search, just to make sure in fact everybody was out of the house and that was the case.”

Kaplanis said the fire caused heavy fire, heat and smoke damage to the second floor, and heavy smoke damage to the home’s main floor.

“The cause of the fire at this time is still under investigation,” he said.

“Firefighters made a quick, aggressive attack.”

JOHN KAPLANIS



LEITH DUNICK

HEAVY DAMAGE: A Thunder Bay Fire Rescue firefighter checks for hot spots last Friday after fire swept through a Wiley Street residence.

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LOCAL NEWS



MATT VIS

BAD IDEA: Lakehead Social Planning Council's Bonnie Kryswaty speaks at city council on Monday night.

Killing basic-income pilot project a crisis

Ford government cancelled Liberal's three-year pilot project

CITY HALL
By Matt Vis - TB Source

With the basic income pilot project having reached its conclusion when the final cheques were sent out at the end of last month, poverty reduction advocates say the impact is already being felt.

The program, which provided eligible participants with a guaranteed income, had used Thunder Bay as one of its test sites before being cancelled prematurely last year by the newly elected Progressive Conservative government.

Presenting their annual report to Thunder Bay city council on Monday night, representatives from the local poverty reduction strategy said those who were getting the income supplement feel they are already worse off one week after receiving their final payment.

"I believe that the provincial government's decision to abruptly cut off the pilot project puts everybody into a crisis mode," said Marie Klassen, the director of the Lakehead Social Planning Council.

"We're already hearing from people who have been cut off this month and are contracted to apartment living and they have leases and that kind of thing. The disruption has started and unfortunately we believe that it's going to be a more costly measure in the long run."

When it was launched, the project had a target of 1,000 participants in Thunder Bay, with a total of 4,000 across Ontario.

Mayor Bill Mauro, who was a member of the former Liberal government that introduced the scheduled three-year trial in 2017, asked about how the end of the program could affect the community.

"We never had the opportunity to identify what the savings potentially would have been, not to mention the other obvious that would have come," Mauro said. "I think it's just a very unfortunate circumstance we find ourselves in."

The program was seen by some participants as a transformational opportunity that allowed them to pursue post-secondary education and have a level of support that

was not previously attainable.

"One of the stories I heard was from a recipient who was finally able to buy a winter coat on sale at a normal store. Normally she was shopping at the thrift stores and this was the first time in her life she was able to buy a coat off the rack," Klassen said.

"This is just one example of what we hear. Through the 211 centre, our calls have upsurged, of course, with people in dire straits again."

Numbers from the social planning council indicate about 15,000 people in Thunder Bay are living below the low income measure, which amounts to \$23,000 annually for a single person.

While poverty rates seem to be steady, the level of extreme need appears to be increasing.

Social researcher Bonnie Kryswaty said last year's point-in-time numeration of the city's homeless population found 474 people, compared to 296 in 2017.

"Our number is increasing. If you look at Shelter House rates, they're at 200 per cent capacity all the time," Kryswaty said. "Homelessness is not decreasing in Thunder Bay. Poverty rates, they're remaining about the same."

The presentation also included four recommendations for the city, including participating in the living wage campaign, endorsement of a tiny homes pilot project, encouragement and

support for existing local initiatives that help mitigate poverty and continued financial support and investment in the social planning council.

Klassen said a closer relationship with the city and municipal government could help make a difference.

"I think there's a plan that needs to be put in place," Klassen said. "That hasn't been your mandate but we certainly recognize the City of Thunder Bay's support for a lot of initiatives that are occurring around poverty reduction. Broadening that scope in terms of partnering and allies with each other and working with each other and some of the organizations we already work with, I think that might be the start."

"...we believe its going to be a more costly measure in the long run."
MARIE KLASSEN

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Editorial

EDITORIAL

The threats must stop

The situation at Hammarskjold High School has gone far beyond the prank stage.

As any parent or student or staff member have come to realize over the course of the past two weeks, the series of seemingly endless – and for now toothless – anonymous threats made against the school is starting to have a real impact on the school year.

Students head to school each morning with the expectation they're going to learn something that will help them further their dreams.

Instead, as has been the case on a daily basis this past week, they arrive at school only to learn another threat has been made and they're packed back up and sent home.

To the person who is committing these crimes – and who will face some serious criminal consequences once they're ultimately caught – consider someone other than yourself, for once.

Graduating students can't afford to miss this much time, if they want to ensure their place at the post-secondary school of their choice. You've had your fun, at the expense of hundreds of others, even adding Superior Collegiate to your target list. You've caused panic and grief among students, staff and parents, and clearly got the attention you've been missing.

Now it's time to let teenagers be teenagers and worry about passing their math test, instead of wondering if they'll be safe in school that day.

LETTERS TO THE EDITOR



Liberals tout strong economy

With the release of Budget 2019 last month, we can clearly see the momentum of our strategic investments in our growing economy. The fact is that over 900,000 jobs have been created since 2016, and we have seen the lowest unemployment rates in 40 years. With that in mind, we can now focus on other ways to continue improving the lives of Northerners and Canadians.

With the recent appointment of a Minister of Seniors, I'm confident that the decision to create a new ministry will help governments better understand the challenges seniors are facing, as well as to ensure that programs and services are better designed to respond to their needs. As part of this effort, Budget 2019 sets out to further improve their lives, by providing an affordable place to call home, a secure retirement, the start of a national pharmacare program, and increasing overall investments into seniors programming.

For seniors, it can be challenging to find safe, accessible housing in our region. The measures proposed in Budget 2019 will increase the supply of housing to help more seniors find affordable housing. Just this month, the Kenora riding received investments of over \$5.1 million to address housing

shortages in Kenora, Dryden, Sioux Lookout, and Red Lake.

It is important for Northerners to be able to retire with confidence and enjoy a dignified retirement after a lifetime of work. To put that into action, we're ensuring that seniors receive the full value of their pension by enrolling them automatically into the Canada Pension Plan (CPP). This will guarantee that contributors who are 70 years old or older, and who have not yet applied for their retirement pension, be enrolled without having to fill out an application. We're also enhancing the security of workplace pensions to better protect them, in the event a corporation declares bankruptcy or insolvency. This will give many of our seniors' greater peace of mind when it comes to their retirement.

Our healthcare system, which is the envy of the world, primarily provides healthcare based on your health needs and not on your ability to pay. However, not everyone has access to prescription drugs. Measures introduced within Budget 2019 will help Northerners afford the prescription drugs they need, which is fundamental to a universal health care system. By working with partners, we plan to move forward on three foundational elements of national pharmacare. First, the creation

of the Canadian Drug Agency that would assess the effectiveness of new prescription drugs and negotiate prices on behalf of Canada's drug plans. Second, we're taking steps to develop a comprehensive, evidence-based list of prescribed drugs, and finally, we're working to establish a national strategy for high-cost drugs for rare diseases.

A senior's quality of life is often measured by their participation in our communities. The New Horizons for Seniors (NHFS) program supports projects that provide new equipment for seniors' centers, create volunteer opportunities, and support senior-driven initiatives. We're providing the NHFS with \$100 million over five years, starting in 2019-20. This year alone, nine organizations in the Kenora riding received over \$150,000, all of which were lead or inspired by seniors to help improve their quality of life.

I believe that to fully honour and recognizing our seniors, we require an approach which will positively impact their lives. That's why I'm very proud that our government is putting people first. As a Northerner, first and foremost, I want to ensure seniors have a place to call home, can retire with confidence, have access to affordable prescription drugs, and can participate fully in society. After all, they have built our country into what it is today, and now it is our time to thank them.

Bob Nault is the Liberal MP for Kenora.

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**BOB
NAULT**

FROM THE HILL

Perspective

A few good deeds

Helping out those who need it is a great way to live

OPINION

By J.R. Shermack
Special to TB Source

I am writing this column on International Good Deeds Day, April 7, 2019.

I join millions in 100 countries who celebrate and encourage random acts of kindness on that day and all year long.

There were special events, rallies and activities all around the world but I am most impressed by the good deeds of one local school hero.

As adults we try to set positive examples for our kids but this exceptional Kindergarten student can teach us all a lesson about helping others.

I've been hearing about her kind-heartedness over the past few months as she provided assistance to some of her classmates in need.

This kind, sensitive young lady noticed that some of her fellow students were having difficulties in class.

Needed help

Some had special needs and others were having trouble with English as a second language and this young girl found a way to help.

She was only six but she did what she could with physical assistance, basic translation and by being a good friend.

When I asked her about her good deeds she was humble, shy, a little embarrassed and, I hope, proud of

her actions.

Nobody told her to what to do – she recognized some classmates in need and because she is a good person, she wanted to help.

I told her she was a great Canadian and I'm sure her needy classmates were as impressed as I was with their new, compassionate friend.

She didn't do it for recognition or credit or extra marks and she probably doesn't even think she did anything special.

It is encouraging to witness this kind of selfless behavior from someone so young and if you look you can find thoughtful, young people everywhere.

In Minkato, Minn. five fifth-graders got national attention when they rescued a special needs kid from school bullies.

They accepted him as their friend, helped him deal with cruel classmates and changed his life forever.

At Park Avenue Public School in Holland Landing, Ontario grade 8 students work with primary children to encourage positive behavior.

They write acts of kindness on strips of paper and then link them together in a chain to demonstrate how one good deed leads to another.

It seems logical that when young people are encouraged by kind words and deeds they will naturally pay it forward as they grow into

compassionate adults.

Several years ago on Canada Day at Marina Park I witnessed a simple act of kindness that I remember to this day.

The fireworks were cancelled due to a sudden heavy downpour and one disappointed toddler in a stroller was getting wet and unhappy.

Kept child dry

One kind-hearted lady noticed the toddler and immediately offered her umbrella to the drenched, and now, grateful little girl.

They smiled at each other and then went their separate ways, one on foot in the rain and the other holding a small umbrella in a stroller.

They probably never met again but I always wondered if that soggy girl still recalls that random act of kindness years ago.

I like to think she still remembers receiving the umbrella and that every Canada Day she thinks fondly of the caring lady who gave it to her.

I would expect her to grow up to be just as kind and caring and to pay that act of kindness forward many times to others in need.

I could be wrong, but I don't think so – one good deed leads to another.

Good Deeds Day 2020 is March 29th but you don't have to wait until then – do something nice for somebody the next chance you get.

"They accepted him as a friend and helped him deal with cruel classmates..."

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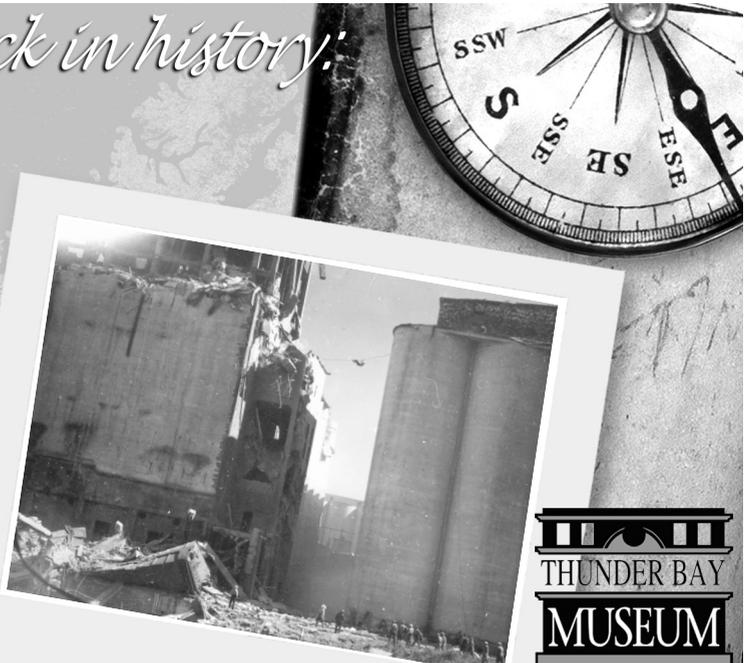
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A look back in history: Explosion

On Aug. 7, 1945, the day after the first atomic bomb devastated Hiroshima, Port Arthur had an immense explosion of its own. Dust in the basement of Saskatchewan Pool 5 ignited sending a column of flame rushing through the structure and blasting away the workhouse; 22 men died in the incident. This photo was taken minutes after the explosion, as Private Bruce Cuddmore pulled himself across the chasm to rescue injured men.



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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DOUG DIACZUK

PERFECT CUT: Atkokan High School student, Kelyn Vos, was hard at work during the carpentry competition at Confederation College on Saturday.

Students test out skills

Students from across the region participated in the Skills Ontario Competition

EDUCATION
By Doug Diaczuk - TB Source

Grade 12 Atkokan High School student, Kelyn Vos, said he cannot picture himself stuck sitting behind a desk from nine to five, but luckily for him, he already has some hands-on experience in a trade that he would like to enter after graduation.

"My dad is a carpenter and since I was a little kid, I always enjoyed being on the job with him and doing that type of work," he said. "It's one of the trades I was thinking about pursuing after high school."

Vos was one of 28 high school students from Thunder Bay and the surrounding region putting their trade skills to the test during the Skills Ontario Competition on Saturday.

For the past 10 years, Confederation College has partnered with Skills Ontario to provide a qualifying competition for local and regional high school students for a chance to compete in the provincial showdown in Toronto next month.

"It's part of a competition showcasing the skills you have learned in the courses or

programming you've taken in high school," said John Kantola, chair of trades and apprenticeships at Confederation College. "But it does provide a pathway where you can go on to the provincial competitions in Toronto. We are hoping some of our youth will do so and represent us well."

The students were participating in four trades including carpentry, welding, culinary arts, and video production.

Throughout the day, judges observe the students as they work and evaluate the final products created.

"The most important thing is that they are working safely," said Todd Henry, program coordinator for carpentry apprenticeship at Confederation College. "We are judging them continuously and at the end of the contest we are judging them on the quality of product they produce."

While the students get to put their skills to the test and possibly earn a spot at the provincial competition, it's also about encouraging students to pursue a skilled trade.

"As everybody knows, there is a shortage of skilled trades right now and there is a strong focus on trying to showcase the different pathways and opportunities that exist in skilled trades," Kantola said. "We really need to focus on that and promote it."

"We are looking at getting more skilled people into the trades," Henry added. "There is a shortage coming. We are trying to spark their interest into becoming part of the trades in Ontario and Canada."

Jewell Bolton and Austin Nistico, who were participating in the culinary competition, said they both want to continue to pursue culinary arts with the ultimate goal of becoming chefs.

"I thought this would be a lot of fun and good experience," Bolton said. "I've been cooking for a couple years now. It's a great thing to know and a lot of people can't cook."

"I've been cooking since I was 12-year-old," Nistico added. "I just love cooking and eating my own food. You get to look at the end results and think: yeah, I made that."

There is definitely a sense of pride that comes with working on and creating something with your own two hands, which is why students like Vos have already started focusing on the skilled trades in high school.

"I've taken at least one shop course, usually two every year since last year. Whenever I can I get out with my dad and I do co-op as well," he said. "I just really enjoy the hands-on part. Me personally, I couldn't sit in a cubical all day and do that type of work. You are always faced with a new task and always learning new tricks."

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Faith City Church, Independent Living Resource Centre, Kelly's Nutrition Centre & Juice Bar,
Lakehead Conference Services,
Michael's Hair Design & Day Spa, Northern Respiratory**

Bodystream Medical Cannabis Clinics

Recreational cannabis may have become legal last October, but the demand for medical cannabis continues to grow.

And Jeff Durish says there's a good reason why.

Durish, the general manager of Bodystream, a company that operates medicinal cannabis clinics across Ontario, said when dealing with health issues, patients need guidance and follow-up to make sure the medication they've been prescribed is optimized for them.

Trying to self-medicate by purchasing cannabis without guidance is tricky at best, and at worst, could be highly ineffective and expensive.

"There are thousands of strains of cannabis and they're all different," said Durish, whose company operates in Thunder Bay at a clinics at 1001 Ridgeway St. E. and 1077 Golf Links Rd #5.

"In the medical system, you're under the care of a physician. We'll help you pick the right strain, and if it isn't working, we'll work with you to find one that does. It may take two or three strains to find what works best for you."

Meant for patients who have already been diagnosed with pre-existing conditions, Durish said their physicians will consult with the patient to determine if a medical cannabis prescription is the proper route to take.

If the answer is yes, then they sit the patient down with an educator to discuss which strains might work best and link them with a licensed medical cannabis producer.

There are other benefits of medical versus recreational cannabis.

"In the medical system, you have access to all the strains available," Durish said. "You get better selection than at private stores or the online government store, who often have limited supplies and limited strains."

In the long run, Durish also believes medical cannabis may prove to be a less expensive than recreational cannabis since medical cannabis does not attract the costs associated with retail stores and the recreational distribution system.

Prescriptions are also more and more being covered by medical insurance plans, though Durish cautioned that employers must purchase the insurance plan that includes it.

"Medical cannabis producers often offer compassionate programs, where a patient can get up to a 30 percent discount if they can show financial need," he said.



**Kayla Cannon, Lauren McMaster
and Jessica Sutherland.**

**Come and see us at
1077 Golf Links Road, Unit #5.
Call us at 807-333-0777 or 1-800-739-8210
or visit us at Bodystream.ca.**

Canyon Country Cedar Products

Come visit the boys at Canyon Country Cedar Products located 3 km off the Trans Canada on Bible Camp Rd., Dorion Ontario. You'll know when you're there.

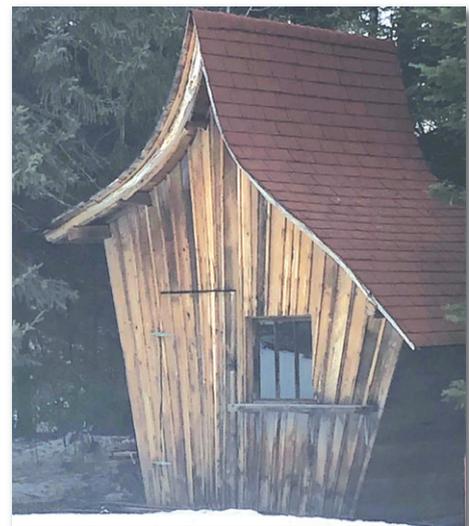
Canyon Country Cedar Products prides itself on quality standard dimensional rough sawn lumber and timbers at affordable prices. It also can provide custom dimensional lumber and timbers at various lengths – go ahead challenge us.

We do provide some planed lumber in tongue and groove and ship lap. At Canyon Country Cedar you'll see some unusually quirky, and unique projects such as our spiral gate posts, split rail fencing and our funky office. They might just inspire you DIYers to get started on your backyard project. You might even want us to help build it.

Our eastern white cedar is a natural alternative to treated lumber especially around water and gardens. It is Canada's lightest wood. It contains natural oils that offer exceptional resistance against: molding, decay, and insects (remember Grandma's cedar chest).

Stable and extremely long lasting wood, it doesn't require any preservatives or maintenance but paints and stains easily. It's easy to work with and it smells great. We also offer a high-quality live edge in birch, black ash, tamarack and of course cedar. Try our cedar sawdust as floor dry or kitty litter, cedar slabs for firewood or lots of oddball

wood for you crafters. So whether it's an indoor or outside sauna, deck, dock, fence, pergola, garden box, wood shed or garden shed come and see us at Canyon Country Cedar Products for all your needs. At the very least we hope to inspire you to create in your own back yard space. If you're thinking of a spring visit please call ahead. Watch for our regular summer hours.



**451 Bible Camp Road
Dorion Ontario
621-2662**

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H&H Auto & CRS Auto Centre

Twenty-five years ago, when Darin Huston opened Current River Shell, he had no idea that a quarter of a century later his business would still be going strong.

A decade ago Darin and his wife Robin Hamlin expanded the business by opening up H&H Auto, located at 720 Red River Road, in order to accommodate their ever-expanding customer base and has become the leading automotive repair option in Thunder Bay, offering full service fixes, from tire changes to engine overhauls – and everything in between.

Huston, who owns the two businesses with his wife, Robin Hamlin, says it's the customers who have made it all worthwhile over the years.

"They're the ones who keep coming back, trusting us with their vehicles, knowing we're going to do the job properly, quickly and, most importantly, honestly," Huston said.

It's that last quality that's earned the two companies their sterling reputations.

Customers know when they walk through the door they're only going to have the work done they need to get done.

"We walk our customers through the process and let them know what the problem is, what the potential solutions are and don't try to sell them a phony bill of goods," Huston said. "If they don't need the work done, we're not going to try to sell them something they don't need."

"We don't use high-pressure sales tactics to try to get our customers to have extra work done that might not be necessary. We value

our customers far too much to ever do that."

Huston said the technology they use is state-of-the-art, the latest and best in the automotive repair industry.

"We get software updates every single night," Huston said, explaining that's just how fast the automotive industry can change.

"And our technicians are constantly taking upgrade courses in order to stay on top of the latest trends, techniques and technology."

CRS Auto and H&H Auto have recently purchased a new wheel alignment machine, and offer air-conditioning services available at both shops.

A year-and-a-half ago the companies also added towing to their list of offerings, a 24/7 service throughout the Thunder Bay area. They also have a customer shuttle.



H&H Auto
720 Red River Road • 345-1319
CRS Auto Centre
327 Cumberland St. N. • 683-5992

Faith City Church

Pastor Roma and the team at Faith City Church invite you to celebrate Easter with us this year! Easter is a time to renew our faith and focus on the love, sacrifice and resurrection of our Saviour Jesus Christ. We invite you to two dynamic services: Good Friday service at 6:30 pm and Easter Sunday service at 10:30 am. You will be lifted up with inspiring music, an atmosphere of faith, and a life-changing message. We are a community of believers who want to support your faith by offering services for families and people of all ages and backgrounds.

This Easter marks four years since we moved into our Current River home at 360 Black Bay Road. We've made many changes since then and continue to make improvements. Last summer we completed renovations to our children's wing, including banquet hall and kitchen facilities. The classrooms are roomy, bright and welcoming. We invite parents and grandparents to bring your children to our Faith Kids Classes this Easter Sunday! All children will receive a special Easter gift for attending.

This spring Faith City Church is also hosting the "Believe Conference" for youth and young adults, May 31 to June 2. Sessions are Friday to Sunday at 7:00 pm with a Saturday session at 10:30 am. The weekend will feature Fabian McCune, a powerful speaker and youth pastor from North Carolina as well as dynamic music led by Jessica Nelder of Evangel Church. Relevant topics of

interest to youth and young adults are the focus. We're excited to host this amazing conference and sponsor the cost so every participant can attend for free. Don't miss this amazing weekend!

**To learn more about Faith City Church
or to watch a live service, go to
faithcitychurch@tbaytel.net.**

**Weekly services are livestreamed
Sundays at 10:30 and Wednesdays at 7:00.
You can also find us on facebook.**



Lead Pastors Roma and Anita Fisher



FAITH CITY CHURCH
& SPIRIT ALIVE STUDIOS

Independent Living Resource Centre

Until recently, Tom Pugliese and the staff at the Independent Living Resource Centre had to do something none of them wanted to do – turn clients away.

They simply just didn't have enough space to accommodate everyone who wanted to take part in their recreational programming at their former Brodie Street location.

It was heartbreaking, Pugliese said.

But that's all changed, with the move to a new facility at 212 Miles St., where a better layout means instead of only being able to offer programming for 15 people, they'll now be able to accommodate between 25 and 30.

It's a huge relief, Pugliese said. "What we've experienced over the last five years as an organization, noticeably, is an increased requirement for some of the services that we provide," he said. "We were quite happy with our old location, we'd been there since 2007, but it was increasingly evident that we needed more space."

The Independent Living Resource Centre, part of a network of 27 similar organizations across Canada, provides a wide range of recreational and employment programming to people with all types of disabilities.

In operation in Thunder Bay for more than 30 years, the ILRC offers a wide variety of recreation programming that ranges from cooking to fine arts and from inclusive sports to literacy.

"A lot of what we try to offer is things that are commonly available to people that could

afford to take public interest classes. We try to offer them for free for people with disabilities.

"For example, we have a series called Artistic Ambitions that encompasses all different kinds of fine arts and fine-art development. It has involved collaborative art projects and enables emerging artists to identify with their art" Pugliese said. "There's almost nothing we haven't offered on that side of our programming."

We're excited to see all our friends, old and new, at our newly established home.



212 Miles St. • 577-6166
www.ilrcbay.com

Kelly's Nutrition Centre & Juice Bar

In more than three decades working in the nutrition business, Susan Nistico, the manager of Kelly's Nutrition says she never seen anything like the fever customers have for the Keto Diet! Along with the dramatic weight loss amongst our customers they are feeling good and have more energy! A low-carb properly formulated clean eating Keto and the Paleo Diet also, have made a solid impact on people's lives and we love hearing your experiences.

From grass-fed broth & butter to low carb wraps & breads, oils to proteins, collagen, & sweeteners Kelly's has a store full of products customers needed for the Keto & Paleo lifestyles. Drop in & check out our Keto Cookbooks for some great tasting recipes & enter to win a Keto Basket!

It's a great time to start feeling healthier & shed some weight at the same time!

A member of the Canada-wide Health First Network Kelly's Nutrition Centre is in business to keep their customers in Thunder Bay & surrounding communities in the best health of their lives

"We offer people a trusted, neighbourhood place for supplements, organic foods and health and beauty aids, including our exclusive Health First brand of specialty natural health products," Nistico said.

Health First is also offering Kelly's Nutrition customers a chance to win a seven-night wellness cruise in October that will take the lucky winner on a river trek to Budapest, Bratislava, Vienna, Wachau Valley, Linz, Passau and Vilshofen, with host Liane Laing.

"There will be morning exercise classes,

including yoga, core strengthening, circuit training and even morning jogs and stretches," Nistico said. "There will also be onboard lectures with a focus on healthy eating and relaxation technique."

Customers can fill out entry forms at Kelly's Nutrition Centre, which is open 9 a.m. to 9 p.m. on Monday to Friday, 9 a.m. to 7 p.m. on Saturday and 11 a.m. to 5 p.m. on Sunday.

"Follow us on Facebook and Instagram for many specials and buy one, get one free offers," Nistico said, adding monthly flyers can be found at www.kellysnutritioncentre.com.



Kelly's
Nutrition Centre & Juice Bar

820 Red River Rd. • 345-1333
www.kellysnutritioncentre.com

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Connect on Campus at Lakehead University

Planning an event or a conference can be an overwhelming task, and Lakehead University's Residence and Conference Services Department recognizes your need to look at the bigger picture. Let us handle the details and coordination so you can give your delegates the attention they deserve. When you host a gathering at Lakehead University, you are getting more than affordability-you're getting modern, high-tech, facilities and flexibility. From retreats, weddings, celebrations, camps and competitions to conferences and meetings, you'll find that we are the best option for hosting your next event.

Lakehead University offers large and small venues for meetings including boardrooms, AV-equipped classrooms, lecture halls that seat up to 360 people, and a 55,000 square foot event space ideal for gala dinners and trade shows.

Lakehead's Bartley Residence Conference Centre provides six meeting spaces that favour groups of up to 65 people offering all standard audio-visual equipment and Wifi access. Conference Room A also offers built-in video-conferencing technology.

On-site Classic Fare Catering is Lakehead University's catering and food services provider. We specialize in meetings, conferences and events. Your guests are our guests.

Whether you're a conference group looking for a convenient location, a school group looking for an educational environment, a sports group seeking affordable rates, or an individual wanting to stay somewhere with great access to the City of Thunder Bay, Lakehead University Residence is an ideal

choice. From May-August, dormitories, townhouse or apartment styled lodgings are available in the range of \$45 per night.

Lakehead University Residence offers a variety of rooms to suit the needs of travellers or groups who are looking for a convenient location near on-campus meeting, dining, and athletics facilities. The summer accommodations also offer a fully-equipped option for meal preparation as well as television with basic cable. Throughout the year, we offer a limited number of dormitory suites that include basic amenities, access to kitchenette and to laundry facilities.

The University's summer accommodation facilities, coordination services, full-service catering, dedicated training classrooms and lecture halls have everything you need for a successful meeting or conference. Hold your next conference in an environment that stimulates minds and leave the planning to us.



Contact us today
807-343-8799 or conference.services@lakeheadu.ca

Michael's Hair Design & Day Spa

For the past 35 years, Michael's Hair Design and Day Spa has been the goto spot in Thunder Bay by staying current with all Haircare and skincare trends and by expanding into new innovative services and products.

It's a family friendly formula that works, says owner and founder Michael Muia, who attributes his success to surrounding himself with a staff that's passionate about their craft and second to none in the industry.

How does he know it works? It's simple, Muia says.

"We've got clients who have been coming to us for 35 plus years," he said. "They're not just our clients, they're our friends too. It's like a family. It's kind of like the TV show Cheers, It's a place where everybody knows your name."

Like any successful business, Muia said Michael's Hair Design and Day Spa, has adapted with the times, continually adding new services and products over the years.

Our stylists and estheticians are very experienced and highly trained in a multitude of haircare and skincare services. Michael's offers laser hair removal, Botox treatments, phibrows, microblading, micro needling and tattoo removal.

"We've just added vibrational sound therapy to help soothe the body, mind and soul."

The Spa, located at 2817 Arthur Street E., is also the only authorized Thunder Bay supplier for Lashique eyelash extensions. They're all handmade in the Kenora based company.

Services aside, it all circles back to his staff. You have challenges from time to time, but it's like family. You have each other's back. We motivate each other."

Muia, just returned from Toronto. He was one of 12 salon owners across Canada invited to participate in a national United Professionals conference. We shared business building ideas, talked about new trends, products and any economic challenges that business owners now face.

From brides searching for the perfect look to accentuate their wedding day to someone looking for a refreshing new look, Michaels Hair Design and Day Spa has you covered from head to toe.



2817 Arthur Street East
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Northern Respiratory

Northern Respiratory is a driven team of Registered Healthcare Professionals working together to improve our client's respiratory needs.

That's just who we are. Always client focused.

Northern Respiratory's staff consists of Registered Nurses and Respiratory Therapists that guide each client on a one to one basis. We listen and work with individuals and their families to provide optimal care with dignity and respect because their needs are our priority.

Our staff enjoys providing education and support for each person's individualized situation. We find that not only do our clients appreciate that, but are far more comfortable knowing that these same professionals will continue with their ongoing follow up and care.

Steve Lavery, owner and manager of Northern Respiratory located at 705 Red River Road says, "Home Oxygen Therapy, Continuous Positive Airway Pressure systems and sleep apnea solutions are what our team specializes in".

With all the advances in medical equipment and knowledge, a diagnosis requiring oxygen is not what it used to be. Oxygen therapy should not be a barrier to life. Technology now allows you to continue living and enjoying activities that

bring integrity and independence to your life.

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Finding the right solution for oxygen therapy and portability really helps the person get back to living their life to its fullest.

And that's what brings the biggest smiles to our team of professionals at Northern Respiratory.



Respiratory Therapist Chelsea Campbell,
Registered Nurse Rachelle Wood,
absent Frank Siella Respiratory Therapist,
absent Jim Crooks Community Engagement
Northern Respiratory
Owner and Manager Steve Lavery.

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- Northern Respiratory**

Local man joins relief effort

John Best of Thunder Bay joins Mozambique cyclone relief effort with four other Canadians through Samaritan's Purse relief mission

THUNDER BAY
By TB Source Staff

A Thunder Bay man has travelled to Africa to help some of the tens of thousands of families left in desperate situations by a cyclone that devastated parts of Mozambique, Zimbabwe and Malawi.

John Best is one of five Canadians on a 67-member team dispatched to Mozambique by Samaritan's Purse, an international, nondenominational evangelical Christian organization that has provided relief to disaster victims around the globe.

Since Cyclone Idai struck on March 14, about 600 people in the country have been confirmed dead. Nearly 130,000 people have been displaced, and cholera is spreading rapidly among the survivors.

Samaritan's Purse has flown in relief items including medical supplies, tarpaulins for shelter and water treatment equipment.

Best will work with the organi-



DEVASTATING: Samaritan's Purse is setting up an emergency field hospital in Buzi, Mozambique where Cyclone Idai caused casualties and severe damage.

zation's water, sanitation and hygiene team through the end of April.

The group is repairing and chlorinating wells in an area where cholera cases are showing

up.

This is Best's second international deployment with Samaritan's Purse, as he has also worked at a sanatorium the organization supports in Jordan.

More melt and a lot more dirt

Margaret Atwood once said: "In spring, at the end of the day, you should smell like dirt."

And so, the melt continues. On Sunday we received our first, serious rain. Good! Tired of snow that has taken on the consistency of a slushy drink, very hard upon which to walk even for a fat pooch named Baxter. What is being revealed is lots of dirt that has turned to mud especially on our driveway.

This winter wasn't kind to our driveway. The frost did not go down into the ground very far. As the snow melted and the temperatures began to hover around the freezing mark, vehicle traffic caused



FRED JONES

RURAL ROOTS

weak spots on the driveway to become weaker and serious pot holes appeared. This same event occurred last year as well and I tried with my trusty tractor Big Red, to scrape the gravel into the potholes that had reached a depth that made driving over them very uncomfortable. The process only partially worked because I'd left it too long and the gravel had dried.

But this year I leapt onto trusty Red, dug into the remaining cert Heavy, wet snow that covered the blade I attach to Red's rear and re-attached it to see if I could repair the driveway now that the gravel was malleable and wet. It seemed to work for the most part with only the deepest depressions not quite levelled. Hopefully a couple of truck-loads of fresh gravel will solve that problem.

My wife, Laura, The Gardener, saw that quite the small lakes were forming in those depressions in the driveway. So, she fetched the long-handled shovel and began to create trenches that would allow the meltwater to flow downhill. The day before her trenching escapade, she'd finished playing in dirt on the dining room table inside Casa Jones planting both veggies and flowers that she started from seed.

"Is that it?" I asked, "Usually I bring in two more shelving units to be covered with more trays full of planted seeds." "No, that's not it and you will be bringing in the other two shelves but not quite yet," she replied. She is the gardener after all, the one who knows when to start the seeds.

The dining room table and the floor

beneath was festooned with bits of potting soil - i.e. dirt. We ate our meals scrunched up at the other end of the table. Now I could sweep and straighten the tablecloth returning the dining area to some resemblance of 'Order and Good Government', at least until Laura goes at it again. It is all worth it as we will be the beneficiaries thereof when harvest time arrives.

More signs of spring were revealed when on Wednesday morning as I arrived at Mt. Crumpet where we empty the manure from the horse stalls, I was surprised by our raven pair scavenging. I stopped, offered greetings, and observed that they each had horse hair in their beaks. Ah yes, Laura had been brushing the now-shedding equines and the horse hair had been forked into the manure cart along with the manure. The ravens were gathering the hair for their nest. I sat and watched as they, unperturbed by my presence, continued in their gathering. When they flew off with beaks full, continued with my task. And this year, we can plainly see their new nest from our front stoop, can keep an eye on their progress.

That same day I heard a sound I hadn't heard since autumn: the cry of a lone Canada goose flying overhead probably searching for its mate, poor thing. Again, the next day while stopping at our local store for a newspaper, I heard and then saw a lone goose flying overhead. Same lost goose still seeking its mate? Don't know.

But the real shocker came Saturday morning as I was fetching hay from the farmer who supplies us. As he was loading the trailer with the large, round hay bales, I chanced to look across the road to the field opposite and saw three Sandhill Cranes winging their way southwest to who-knows-where? Wow! Such a surprising and wonderful sight! So big and graceful and their wings beat slowly. I got excited because for the past five years we've had a pair of cranes nesting on our land. Each summer they have become bolder and bolder and approached closer to the house even pecking (the male) at my library window located in our above-ground basement. Hope they return this year. But alas, the ponds are still frozen. Hope the shock isn't too great and that they survive and prosper.

When I discovered the quote that I put at the top of this column and read it to Laura, she replied: "Margaret Atwood writes scary stuff but that quote goes a long way to redeem her."

The Gardener likes smelling of dirt.

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APRIL 7TH & 14TH

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Single admissions
may be purchased once the
preceding film has started

www.nosfa.ca

Screening Schedule April 10th & 14th



THEATRE 1

THEATRE 8

THEATRE 12

**Wednesday
April 10th:
PRELUDE**

6:30 PM - THE BOOKSHOP - 113m

8:40 PM - CAN YOU EVER
FORGIVE ME? - 106m

**Sunday
April 14th:**
12:00 PM - LEAN ON PETE - 121m
2:15 PM - CAPERNAUM - 123m
4:35 PM - SHOPLIFTERS - 121m

10:10 AM - THE DISCARDED - 90m
12:10 PM - STAN & OLLIE - 97m
+ film short Dear Dad - 4m

2:20 PM - SORRY TO
BOTHER YOU - 105m

4:40 PM - THROUGH BLACK
SPRUCE - 113m

7:00 PM - WHAT THEY HAD - 101m

9:55 AM - DEATH OF STALIN - 106m

12:20 PM - THE GUILTY - 85m

2:25 PM - RBG - 98m
+ film short Maternal - 6m

4:45 PM - COLETTE - 111m

SCHEDULE READS FROM LEFT TO RIGHT

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Chiropractic care and success stories

I've been asked to write about a few of my recent patient's successes with Chiropractic. Here are some facts first.

We are a regulated and licensed profession in Ontario by the College of Chiropractors of Ontario. Chiropractors spend four years at an accredited chiropractic college, receiving more than 4,400 hours of specialized clinical training.

Chiropractors work in a variety of settings such as private practice, family health teams, hospitals, universities and group practices (multi-disciplinary) including medical doctors, physiotherapists and sports scientists.

There are many reasons to seek chiropractic care and we see these patients daily in our office.

**Back Pain • Neck Pain and Whiplash
Headaches and Migraines**

Sprains and strains • Sports and work injuries

As you can see from the above list (which in no way is complete), it covers a lot of ground. Musculoskeletal (MSK) injuries, trauma and pain are by far the most common reason patients come to see us. We use a combination of treatments when we approach our patient's condition. These depend on the presenting condition.

In every case we do a thorough consultation to discover the history of the condition, the impact it's having on their life and other associated symptoms. We do a systems review and then a detailed examination of the problem area. In most cases we will do a complete spinal exam including a computer scan of the spine with surface EMG and infrared Thermal



**DR. ALAN
CRANTON
DC**

ON HEALTH

scan. If x-rays and MRI reports are available from the hospital or a medical clinic, we will look at those and if not, we may order necessary x-rays from a medical facility.

We want to do a thorough and complete consultation and examination to discover the true cause of the presenting condition. We will only perform a chiropractic treatment on the first visit if special first aid care is necessary. Normally we wait until we've met with the patient on the second visit to review their clinical findings and obtain their consent before starting any chiropractic care.

In our office we use a multitude of approaches to get the best results possible with our patients. This includes manual and MAD-mechanical Adjusting Devices- to adjust the spine. We educate our patients to stretch properly, change their diets to reduce pain and increase healing. We have cold laser therapy available as well as smoking cessation and weight loss programs to reduce the stress on the spinal joints. We take a very holistic approach to our patient's needs.

So with this in mind, here are a few short success stories we've observed in our office recently. The names are changed.

Maria, a 45ish young lady came in with daily headaches and migraines lasting most of her life. We calculated over 40,000 pain pills taken to ease her daily suffering and a multitude of approaches including acupuncture, physio, dietary changes etc. I'm excited to say she has now gone 3 weeks without a headache and I think a world record for her, since she was a child. She's only been under care a few months but chiropractic has changed her life, for the better.

Johnathan, an 80 year old retired hard working engineer, with a history of back surgery (with screws and metal plates in his back) and terrible pain down his leg for nine years. Because of the constant back and leg pain, he'd put on a lot of weight which hindered him even more. I'm happy to report the nine year leg pain is virtually gone with his conservative chiropractic care and his low back pain is significantly reduced. We continue to see progress with him

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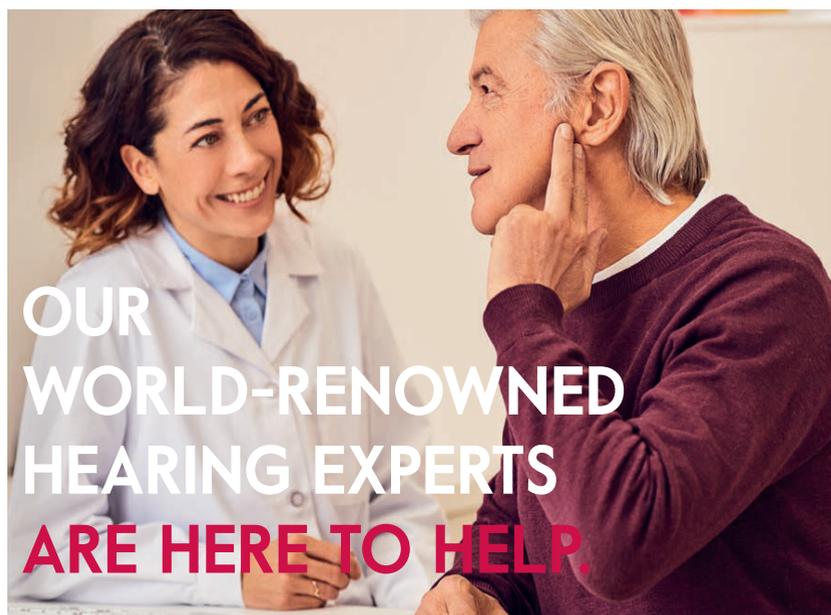
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IN THE bay

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ON THE MOVE: RibFest is moving to the Canadian Lakehead Exhibition Grounds from its previous home in downtown Port Arthur.

RibFest moving to the CLE

Larger space is the main driver behind moving RibFest from downtown PA

THUNDER BAY
By Leth Dunlick - TB Source

The meat is on the move. Rib Fest, a popular event that annually draws tens of thousands of hungry people to the downtown north core, will have a new home in 2019.

Gladys Berringer, executive director at Our Kids Count, said a call from vendors for a more weather-friendly location and the need for additional space and parking were the main drivers behind the decision to relocate RibFest to the Canadian Lakehead Exhibition Grounds.

"We were just looking for a larger space. The CLE, we've been tossing that around for the last couple of years," Berringer said on Wednesday, unveiling this year's RibFest lineup.

"This year just seemed like a great time to make the move. The CLE was open to us coming here and it's really designed to provide a fair space. The RibFest is growing."

The event, scheduled to run from Aug. 23 to Aug. 25, will feature returning favourite Ribs Royale and two new ribbers making their first appearance in Thunder Bay.

Berringer said she's excited to see what

the newcomers have to offer attendees.

"Gus (Sakellis) is coming back and he's bringing with him two new teams, Dinosaur Smokehouse and the Hogfather Barbecue. So we're excited to see what these two new teams can bring to Thunder Bay," Berringer said.

"Along with them, we're going to encourage local element to it. One of the things the community has been asking for is why isn't there local ribbers, so we're going to be reaching out to a lot of the restaurants in town to see if they can jump on board."

RibFest is the largest single fundraiser for Our Kids Count each year, last year bringing in \$40,000 for the charity. Berringer said she's hoping the new venue — and better weather — can see that total grow to at least \$50,000.

Entry to RibFest will remain free of charge, with plenty of free parking on site, she added.

In addition to ribs, the event will feature plenty of local food vendors, crafters and artisans, as well as a beer garden and live entertainment.

The Intercity Rumble Car and Bike

Show, presented by Halfway Motors and CarStar, is still a go, as is the 807 Cross Fit Challenge, the Strongman Challenge and the Taranis Excavator Rodeo and the Kub Kar Rally. Robbie Wolfe, from TV's American Pickers, will also be on hand for a meet-and-greet on Aug. 25.

Originally created as a fundraiser and a way to draw people into the downtown north core, Waterfront District Business Improvement Association chair and restaurateur Jim Comuzzi wished the RibFest success in its new location, while promising a new event will be created for 2020.

"The Waterfront District BIA will continue to support other events and activities in the district throughout the summer including the Craft Revival, BrewHa, Live on the Waterfront, and so much more," Comuzzi said in a release.

"The organization also looks forward to announcing a new signature Waterfront event for August 2020 to assist local charities and highlight local, member businesses as the places to stop, dine, play, stay, and do business."

"This year just seemed like a great time to make the move."

GLADYS BERRINGER

NOSFA Film Fest opens to rave reviews

FILM
By Doug Dlaczuk - TB Source

There are so many options now for watching the films with all the buzz, many of which involve staying at home, but there are some cinematic works that just need to be experienced on the big screen, such as a climber scaling a 3,000 foot rock face without any ropes. "Something like *Free Solo* that has breathtaking scenes of this fellow scaling a rock face without the benefits of rope and the cinematography is astonishing," said Marty Mascarin, president of the North of Superior Film Association. "You would really be missing out if you didn't see that on the big screen." The 26th Annual North of Superior Film Festival opened last week, offering up nearly 30 feature-length films this year by acclaimed film-

makers from around the world and short films.

The festival officially opened last Wednesday with screenings of *Wild Rose* and *The Sisters Brothers*.

"We had a Strong showing for both of those films and more importantly, some good feedback from our patrons," Mascarin said. "And even this morning we started off really strong."

Last Sunday, 20 films were screened at Silver City, including two documentaries that had a lot of buzz among local filmgoers.

"Right now, there is a lot of interest in *Free Solo*," Mascarin said. "Also, *Anthropocene: The Human Epoch*, which is a Canadian made film on man's impact on the environment."

Free Solo is a 2018 American documentary about climber Alex Honnold, who performed a free solo



SHOWTIME: Marty Mascarin, president of the North Superior Film Association said this year's festival is off to a strong start

climb of the Californian natural feature, *El Capitan* in 2017.

Local moviegoer, Diane Eynon, said she was looking forward to

seeing *Free Solo* on the big screen the most.

"It's a great athletic feat that he accomplished," she said. "He climbed without any safety ropes and I'm curious to see how it was filmed. I think it will be thrilling."

And while *Free Solo* may be generating a lot of excitement among local film fans, the festival brings a lot more to the big screen in the city that may otherwise go unseen.

"The film festival brings in some movies that you typically wouldn't see in the theatre," Eynon said. "They bring in Oscar-winning movies, movies that have won at Cannes. There are a great variety of films to choose from."

Eynon, who described herself as a bit of a movie buff, said she has gone to the festival nearly every year and takes in as many movies as

she can.

"Last year and this year I picked up a six-pack of tickets," she said. "I did six movies last year and I'm going to do six movies this year. That's enough. I think there are more than 20 movies to choose from."

The festival appears to be off to a strong start with people lining up to make sure they don't miss out on these unique cinematic experiences.

"You got to stand in line to get in and you have to rush out to get in line for the next one," Eynon said. "It's all part of the fun."

The North Superior Film Festival continues on Wednesday with *The Bookshop* and *Can You Ever Forgive Me?* and will wrap up next Sunday with 12 films screening.

For a complete list of films and times, visit the North of Superior Film Festival website.

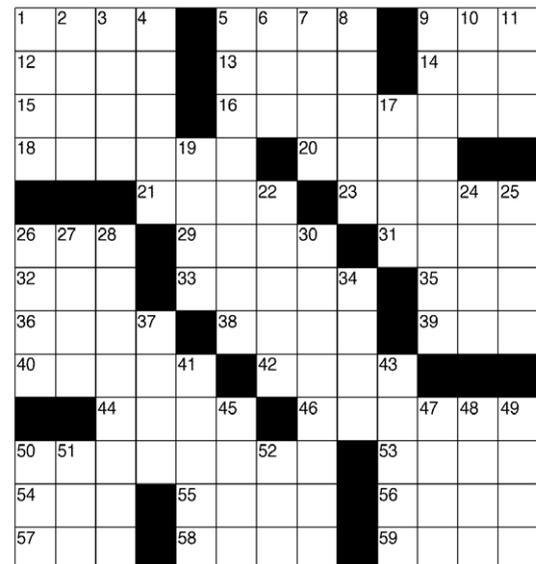
CROSSWORD PUZZLE

- ACROSS**
- 1 Yemen capital
 - 5 Bright-colored fish
 - 9 John brown's dog
 - 12 Son of Judah
 - 13 Indigo plant
 - 14 Amer. Bar Assn. (abbr.)
 - 15 Zenith
 - 16 Pilaf (2 words)
 - 18 Mani
 - 20 Black
 - 21 Trolley
 - 23 Sp. hero (2 words)
 - 26 "Fables in Slang" author
 - 29 Cleopatra's attendant
 - 31 Vein of ore
 - 32 Knave of clubs
 - 33 Eng. poet
 - 35 Amer. Automobile Assn. (abbr.)
 - 36 Zulu warriors
- DOWN**
- 1 Bath cake
 - 2 Quality (suf.)
 - 3 Hottentot
 - 4 About
 - 5 Hades
 - 6 Black bird

ANSWER TO PREVIOUS PUZZLE

7	I	A	N	M	U	R	O	C	A
8	V	A	L	I	O	S	E	V	E
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14	M	E	A	S	L	E	S	U	R
15	T	E	A	T	A	R	A		
16	E	A	R	D	I	O	D	E	E
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18	N	A	C	L	L	A	P	O	G
19	R	E	D	L	A	F	T	B	E

- 7 Fr. resort
- 8 Church property
- 9 Mack
- 10 Absolute (abbr.)
- 11 Exclamation
- 17 Puppet
- 19 Urinary disease (suf.)
- 22 Brothel keeper
- 24 Scientific name (suf.)
- 25 Late
- 26 Sacred Egypt. bull
- 27 Girl
- 28 Accent
- 30 Defer (2 words)
- 34 Fr. historical provinces
- 37 Initial (abbr.)
- 41 Tapestry
- 43 Legislate
- 45 Apiece
- 47 Wife of Esau
- 48 Trillion (pref.)
- 49 Enough (Scot.)
- 50 Companion
- 51 Warp yarn
- 52 Chin. chairman



WORD SEARCH

Y D W O R L U F R A E T F Y E
N T J S E C N I R P X B L K V
S Y A D D A G N I Y P S P D L
Y L E V I S S E R G O R P E A
G L S D A U Q S X B R I C K S
S E T A R T E N E P T Y C S C
B B J F G V S H D S L R H A E
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I S T T T E E H I T C H D E S
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| Ascends | Export | Revoked | Swipe |
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| Chord | Penetrates | Seventh | Template |
| Devise | Plums | Shoots | Tested |
| Elects | Princes | Spying | Theory |
| Entices | Progressively | Squads | Trestle |
| Explorer | Raider | Squint | Unnerves |

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EXZUJX SYX ZHSHPX."

— BFJZHBHUK

PREVIOUS SOLUTION: "It is the working man who is the happy man. It is the idle man who is the miserable man." — Benjamin Franklin



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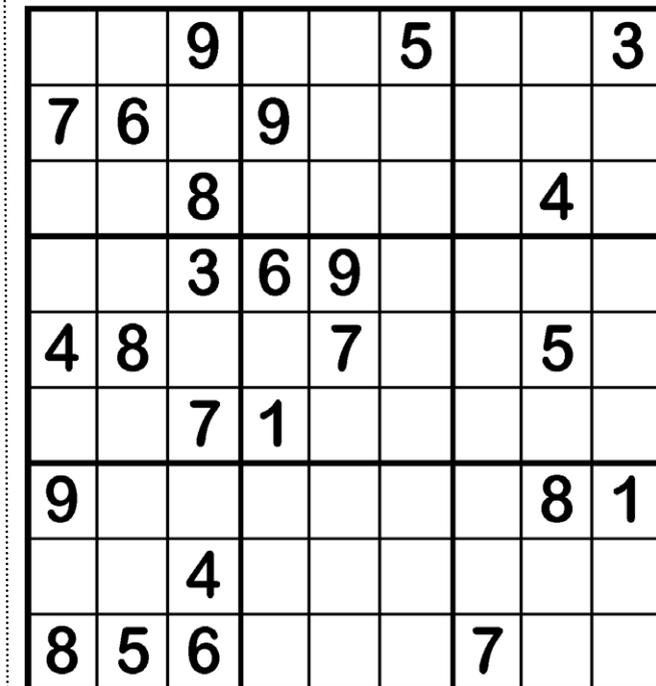
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Sports

local sports news | information | coverage

Grant, Palermo take top athlete award

THUNDER BAY

By Leith Dunick – TB Source

The Leashja Grant era at Lakehead University officially came to an end on Saturday afternoon.

The two-time Ontario University Athletics women's basketball most valuable player added more hardware to her ever-growing collection, named the school's female athlete of the year for the second straight season.

Grant, who plans to sign a contract in the next couple of weeks to continue her career overseas, a move she hopes leads to a chance at a shot at the WNBA, also picked up the Argus Award for her outstanding contributions to Lakehead athletics.

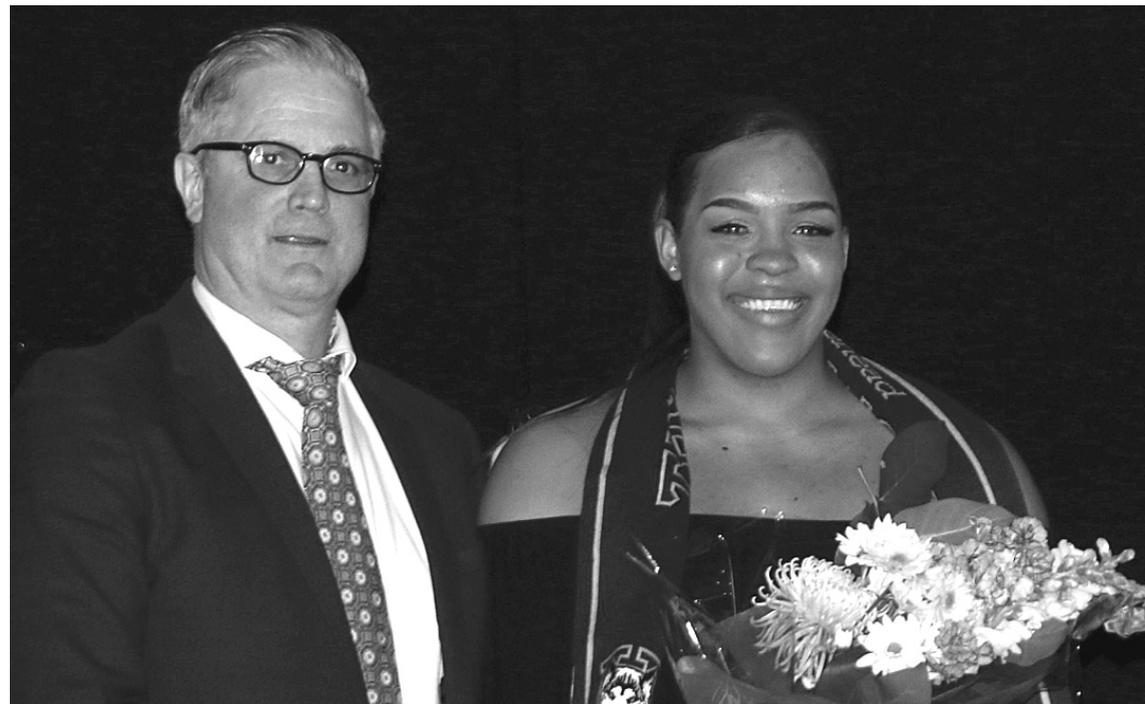
It was a great way to end her Thunderswolves career, the Bahamian-born forward said.

"I'm very humble. I'm just so appreciative of this moment. I'm just soaking it up," said Grant, adding the annual awards banquet means it's finally starting to hit home that the chapter in her life has all but come to a close.

"After the awards, I can't believe it. I wish I'd spent my entire five years here, but everything happens or a reason."

Out of high school, Grant joined the NCAA's Texas Tech Red Raiders, but visa issues denied her the chance to return to the United States to continue her studies.

When LU coach Jon Kreiner came calling, she leapt at the chance to continue her basketball career. It's a move that



BACK-TO-BACK: Leashja Grant (right) accepts Lakehead's female athlete of the year award from athletic director Tom Warden.

LEITH DUNICK

benefited both player and team.

Grant led the OUA in scoring and rebounds in back-to-back season and led Lakehead to No. 6 in the rankings.

"I didn't think I was going to be as successful after taking a year off and after such devastation and not opening up to people and not allowing coaches to coach me. I was so shattered, but I'm glad I

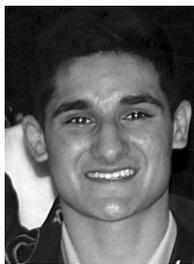
broke out of that and I was able to help Lakehead," said Grant, who is

not sure exactly where in Europe she'll be playing next season.

Grant wasn't the only back-to-back winner at the awards ceremony, held at the LU Outpost.

Thunder Bay wrestler Marco Palermo, who won gold at the U Sport wrestling championships, took home male athlete of the year honours for the second straight season.

Palermo, who is eyeing the world championships and the Olympic trials later this year, said it was amazing to be honoured by his hometown university.



MARCO PALERMO

Thunder Bay Kings edged by Tisdale in West Regional final

HOCKEY

By Tom Annellin, for TB Source

Dawson Schaff's second goal of the game, coming 1:42 into overtime, was the difference as the Tisdale Trojans pulled out a dramatic 6-5 victory over the Thunder Bay major midget Kings Sunday in the championship game of the TELUS Cup West Regional in Tisdale, Sask.

Despite both squads knowing they had already secured berths to the TELUS Cup in Thunder Bay later this month, each club came out amped up in their quest for a Western title.

It was the Kings that struck first in the

contest 5:07 in as Nikolas Campbell took a Nicholas DeGrazia feed on a two-on-one and fired one past Tisdale starter Tanner Martin with Dawson Lampi adding the second assist.

The Trojans came right back a minute and a half later to level the proceedings as Cade Hayes went in alone and made a quick move to his right before stuffing the puck past the outstretched of Kings' goalkeeper Jordan Smith.

Going to the power play, the North American Prospects Hockey League U-18 and Hockey Northwestern Ontario champions regained the lead at 8:26 with Christian Veneruzzo jamming one in on a goal-mouth

scramble.

Tisdale answered again however before the first frame was complete by connecting on a man advantage of their own with Hayes putting a crisp cross-ice pass on the tape of Jayden Wiens, who one-timed a blast from the right side and in before Smith could get over.

Heading to the second stanza, Thunder Bay came out flying and tallied twice before the session was a minute old to go up by a pair with Campbell connecting on a backhander 41 seconds in and Veneruzzo striking again moments later.

Countering, the Trojans forced a turnover behind the net and pulled to

"Last year I got third at (nationals) and I felt like I had to redeem myself. It was an extra challenge this year because I went up a weight class, but I was able to get that gold, so it was really a big accomplishment for me," Palermo said.

Hockey's Tomas Soustal and basketball's Alston Harris shared male rookie of the year honours, while skier Shaylynn Loewen took home the female freshman trophy.

Departing guard Nick Burke of the resurgent men's basketball team and volleyball star Jessica Korchak shared the Hank Akervall Memorial Award.

2019 LAKEHEAD ATHLETIC AWARDS

Nordic Skiing

- Rookie (female) – Shaylynn Loewen
- Rookie (male) – Malcolm Thompson
- MVP (female) – Alannah Maclean
- MVP (male) – Conor McGovern

Wrestling

- Rookie (female) – Erin Clayton
- Rookie (male) – Alex Richer
- MVP female – Madison Clayton
- MVP (male) – Marco Palermo
- Frank Schaller Award – Brody Evans and Megan Smith

Cross Country

- MVP (female) – Rebekkah Pyle
- MVP (male) – Jonathan Stoppa

Track and Field

- MVP (female) – Rebekkah Pyle
- MVP (male) – William McDonough

Women's Volleyball

- Rookie of the year – Virginia Franks
- Coach's Award – Clara Temoin
- Corrine Kollman Award – Rachel Sweezy
- Most improved player – Sydney Elliot
- MVP – Rheanna Geisel

Men's Basketball

- Most improved player – Zaryah Jones
- Best defensive players – Lock Lam
- Rookie of the year – Alston Harris
- MVP – Nick Burke and Isaiah Traylor

Men's Hockey

- Rookie of the year – Tomas Soustal
- Offensive player – Daniel Del Pagio
- Best work ethic – Brennan Dubchak
- Best defensive player – Callum Fryer
- MVP – Dylan Butler

Women's Basketball

- Rookie of the year – Sofia Ainsa Lluch
- Most improved – Tianna Warwick-Dawkins
- Best defensive – Tiffany Reynolds
- Amanda Nesbitt Award – Karissa Kajorinne
- MVP – Leashja Grant

within one midway through the contest with Wiens catching Smith off his post and notching his second of the day.

The home side brought the pro-Tisdale capacity crowd back into it some more at 10:53 when Trenton Curtis was sent in alone on a break-away and made no mistake roofing one high to the top right-hand corner.

Continuing to ride the wave, the Trojans tacked on another a couple shifts later on a Schaff effort from the side of the crease as they carried a 5-4 cushion into the third.

It stayed that way until the final moments of regulation, when, with their goaltender out for an extra

attacker, Campbell tied it with just 10.9 seconds remaining, with his third of the game, to force OT.

However, Tisdale pressed the pace early in extra session and were rewarded with Schaff's game-winner as he put in the decider following a frenzied scramble in the crease to give the Trojans the Western crown.

Now Thunder Bay (Host); Tisdale (West); Calgary Buffaloes (Pacific); Toronto Young Nationals (Central); Magog Cantonniers (Quebec) and Halifax McDonald's (Atlantic) will vie for the TELUS Cup Canadian National Midget Championship, April 22-28, at the Fort William Gardens.

North Stars finish off Ice Dogs in five

SIJHL
By Leith Dunick – TB Source

It's been nine years since the Thunder Bay North Stars have managed to get by the Dryden Ice Dogs in a playoff series.

That streak – a loss in last year's final and another in the 2016 semifinal – came to an end on Wednesday night, the Stars setting the tone with opening-minute goals in the first and second periods to cruise to a 4-1 Game 5 win that earned them a 4-1 series win over a pesky two-time defending Superior International Junior Hockey League champion Ice Dogs team that took Thunder Bay to overtime three times in the first four games of the set.

The win sends the Stars to the Bill Salonen Cup final for the second straight year, and was a relief said veteran forward Brendan Gillis, who drew an assist on Joel Willan's second

goal of the second period, head-manning the puck to his teammate, who swopped in on Dryden goalie Jacob Anthony and gave the host team an insurmountable 4-0 lead at the time.

"It's just a relief. This is my first time beating Dryden in the playoffs, in all the years I've played here. It feels good, for sure, to beat them," Gillis said.

Captain Ryan Mignault set the early tone, scoring his second of the playoffs in the opening minute of the contest, firing a shot from the slot that hit Anthony, shot skyward and floated over the Ice Dogs goalies head, landing behind him and trickling into the net.

Thunder Bay went up 2-0 later in the first when star forward Keighan Gerrie stripped the puck from Anthony, who was trying to play it behind the Ice Dogs net, circled in front and deposited into the open goal.

It wasn't pretty, said coach Rob DeGagne, but sometimes you've got to catch a break or two to get the win, especially come playoff time.

"We talked about it before the game that we wanted to get a good start. We felt that if we could get two or three up on them, then maybe it would be a little bit easier on us," DeGagne said. "We had a really good start. (Mignault's) goal was a little bit of a break for us, and even Keighan's goal – the goalies was playing behind the net – was a bit of a break for us too."

"I didn't think we played a particularly great first period. We played OK, but we found ourselves up 2-0. It's much easier to play with the lead than it is to fight back all the time."

Willan added to the lead 19 seconds into the middle stanza, capitalizing on a flubbed shot by Michael Stubbs that landed the puck on Willan's stick directly in front of a helpless Anthony.

"I'm not too sure if he meant to pass it to me, but it did go off the skate and right on the tape, so it worked out well," said Willan, who scored four times in the series.

He added his second of the night at 5:20 and the Stars never looked back.

"Rob preached the whole series that they're the champions and if we want to be the champions we have to beat the champs," Willan said. "We went into it, we worked hard, we got it done early and we'll have a nice break now."

Braden Shea scored the lone Ice Dogs goal, ending Brock Aiken's shutout bid with eight seconds to go in the third.

The Stars will take on the Red Lake Miners in the Bill Salonen Cup final, which gets underway on Saturday and Sunday night at Fort William Gardens.

If necessary, Game 5 would go next Wednesday.



SERIES OVER: Dryden's Eric Stout and Thunder Bay's Maxime Fortin tangle.

LEITH DUNICK

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Classified Word Ads: MONDAY @ 4:00p.m.
Display & Photo Ads: MONDAY @ Noon

Visit our office @

87 N. Hill Street,
Thunder Bay, ON P7A 5V6
or online at
<https://shop.dougallmedia.com>

Office Hours:

Mon. - Fri. 8:30a.m. - 5:00p.m.

REAL ESTATE

01. City Homes
02. Rural Homes
03. Mobile Homes
04. Lots / Acreage
05. Condos For Sale
06. Cottages
07. Commercial for Sale
08. Investment Property
09. Out of Town
10. Real Estate Wanted

FOR RENT

11. Houses
12. Apartments
13. Rooms
14. Room & Board
15. Shared Accommodations
16. Cottages
17. Commercial
18. Storage/Space
19. Wanted
20. Condos
21. Miscellaneous

MERCHANDISE

22. Bargain corner
23. Misc. For Sale
24. Antiques
25. Music
26. Office Equip.
27. Machinery
28. Pets & Livestock
29. Food
30. Misc. Wanted

VEHICLES FOR SALE

31. Cars
32. Trucks
33. Vans
34. Motorcycles/ATV's
35. Campers/Trailers
36. Motor Homes
37. Marine Equip.
38. Snowmobiles
39. Parts & Repairs

YARD SALES

40. Current River
41. Northward
42. Southward
43. Westfort
44. Rural

MISCELLANEOUS, NOTICES, TENDERS

45. Auctions
46. Health
47. Travel
48. Financial
49. Lost & Found
50. Personal
51. Notices
52. Tenders

BUSINESS & SERVICES

53. General Services
54. Home Improvements
55. Bus. Opportunities
56. Training Courses

EMPLOYMENT

57. Help Wanted
58. Careers
59. Child Care
60. Health Care
61. Employment Wanted
62. Students For Hire

ANNOUNCEMENTS

63. Coming Events
64. Craft & Flea Markets
65. Happy Ads
66. Cards of Thanks
67. In Memoriam
68. Death/Funerals

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.

Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.

Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.

All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.

Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

4. LOTS/ACREAGE

VACANT LOT FOR SALE! Spacious 20.5 acre treed lot on Poleline Road, close to Fraser and Boulder Roads. Lot has driveway, well and septic soil test complete. Natural gas, electricity and phone available. Asking \$85,000. Call 807-628-7986.

VACANT LOT for sale. Spacious 15.5 acre treed lot CORNER of POLELINE and BOULDER Roads, close to Fraser Road. Septic soil test complete. Natural gas, electricity and phone available. Asking \$75,000. Call 807-628-7986.

12. APARTMENTS FOR RENT



DAWSON PROPERTIES

Inquires

Mon-Fri 9am - 5pm
call 346-9222 or visit
www.dawsonprop.com

23. MISC. FOR SALE

Kenmore Elite 30 inch down draft Electric cooktop. Black, best offer. Call anytime 344-5547

FOR SALE! 2 wood stoves! (1 new, 1 old neither EPA approved perfect for ice fishing?) Also, mirrors from an old bar, old sewing machine, Vintage kids toys and dolls, kids doll carriage. Call 577-8309

30. MISC. WANTED

WANTED

\$ TOP DOLLAR PAID \$
For Scrap Vehicles
DAN'S EMERGENCY ROAD SERVICE
767-3818

\$CASH\$

On the spot for your scrap cars, trucks, vans and SUV's. Same day pick-up with CASH.

Call Marcel
624-7242 or 626-0161

31. CARS

2004 Pontiac Sunfire Sportec to sell for parts. 157,000 km, newer battery, brakes & drums replaced 2 years ago. New struts & shocks. All bills & paperwork of service and oil changes are with vehicle. Asking \$600 or best offer. 577-1208

30. MISC. WANTED

OLD BOTTLES WANTED



32. TRUCKS/SUVS

1995 Chev Z71 as is, head gasket gone, motor has 9241 miles. lots of new parts, door, hood, tailgate, tires, starter, alternator, gas tank, Asking \$700 OBO 622-8113. Leave message.

46. HEALTH

LUCIE'S MOBILE FOOTCARE! Certified Basic, Advanced and Diabetic Foot Care Nurse Specialist. Clean and assess feet, Trim and file toenails. Reduce thickened nails, callus, corn/wart removal, and In-grown nails. Phone: 807-622-8219 Text: 8 0 7 - 6 3 0 - 5 5 1 1
luciesmobilefootcare@gmail.com
<http://luciesmobilefootcare.com>
9am-7pm daily

48. LEARN-TO-CLASSES



2nd SEMESTER MATH TUTORING
K-12 Math Tutoring

*FIRST TUTOR CANADA

*ONTARIO COLLEGE OF TEACHERS

*OSSTF-ETFO

In Home Office-Northwood Mall

Email: privatetutoring@shaw.ca

Cell-807-631-8820-Call/Text

Special Needs Students Welcome

51. NOTICES

ST. DOMINIC'S Church CWL Sprinkle of SPRING TEA Sunday, April 7th UNCLAIMED Tickets: PENNY AUCTION: Orange Tickets: 2421987, 2421794, 2421731, 2421658, 2421784, 2421646, 2421897, 2421793, 2421848
DRAWS: Pink Ticket: 815567, Green Ticket: 726582

53. GENERAL SERVICES

TREE REMOVAL SERVICES. In town, rural, at the cottage. ++experience, Man-lift, insured, very reasonable rates, free estimates, and seniors discounts. Call 345-4363

51. PERSONAL NOTICES

NOTICE TO CREDITORS AND OTHERS

In the Estate of
Wilma Louise Szezpanski

All Persons having claims against the Estate of Wilma Louise Szezpanski, late of Thunder Bay, ON, deceased, who died on or about September 19, 2018, are hereby notified to send particulars of the same to the undersigned on or before May 2, 2019, after which date the estate will be distributed, with regard only to the claims of which the undersigned shall then have notice and the undersigned will not then be liable to any person of whose claims they shall not then have notice.

Dated at Thunder Bay, Ontario on the 4th day of April, 2019.

ERICKSONS LLP

ATTN RYAN VENN
Barristers and Solicitors
291 South Court Street
Thunder Bay, ON P7B 2Y1



53. GENERAL SERVICES

Looking for Tree Removal?



Fast, Safe & Efficient

With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.

626-3542

53. GENERAL SERVICES

#1 INCOME TAX SERVICES. \$40 per simple return. E-filed for faster returns. 7 days a week 9am-9pm! Call LORRAINE 767-5161 or 628-9590

#1-A Dump runs, clean-ups inside/outside brush, rubbish, anything! Yard work, lawn cutting, cut small trees/hedges. Tear down/repair fences, small sheds. General services. Frank 628-5919

AARON'S SPRING CLEANING! Lawn mowing one time or all season! Dump Runs, trim trees and hedges, dethatching, aerating. Call 626-3639.

CHRISTINA'S HOME AND GARDEN. Interior & exterior reno's, roofing, handyman services, flooring, painting, drywall, landscaping, yard maintenance, grass cutting, lock stone, sheds, decks, fencing much more 621-1505

My 3 Wives Tax Service. 30 years experience! Call for appointment 355-4893

50. PERSONAL

53. GENERAL SERVICES

Spring Clean up - Large trailer for rubbish, WE RECYCLE! No items too big or small! Building power wash, cement and foundation repairs/parging. Eave-strough repair/new installation. General Handyman Services. We are Seniors helping Seniors. 472-6371
gapace@lakeheadu.ca

54. HOME IMPROVEMENTS

Renovations: Working Carpenters/Partners with extensive renovation experience. We're reasonable and reliable. PC Construction. 252-9114

57. HELP WANTED

Looking for IN-HOME CAREGIVER. To care for 2 children 4yrs, and 7yrs old. FT \$15/hour. Send resume to sweetlily831@yahoo.ca

Read us online @
www.tbnewswatch.com

50. PERSONAL

NOW OPEN



MARIJUANA PALACE

WE NOW SELL OIL

A NON-CANNABIS ALTERNATIVE

HEALTH CANADA APPROVED

OPEN 7 DAYS A WEEK

79 MACHAR AVE. 345-5558

MUST BE 18 YEARS OF AGE OR OLDER TO ENTER.
PHOTO I.D. MAY BE REQUIRED. MUST BE 19 YEARS OF AGE OR OLDER TO USE CANNABIS.

OPEN HOUSE

Thurs., April 11
 Fri., April 12
 Sat., April 13

SAVE THE FREIGHT!

Any in-stock unit including Can-Am Off-Road ATV's and Side By Sides,
 On-Road Spyder & Ryker Motorcycles, Sea-Doo Watercraft
 and all non-current Ski-Doo snowmobiles



LAST CHANCE Ski-Doo Snowmobile Spring Fever Promotion!

Pre-Order a 2020 Ski-Doo snowmobile and Save the Freight PLUS Choose...

- 4-Year Coverage on 2020 Models (12 Months BRP Limited Warranty + 36 months B.E.S.T. Coverage)
- 3-Year Coverage on 2020 Models (12 Months BRP Limited Warranty + 24 months B.E.S.T. Coverage) + \$250 Rebate
- 3-Year Coverage on 2020 Models (12 Months BRP Limited Warranty + 24 months B.E.S.T. Coverage) + Ice Ripper XT 32 cm (1.25 in.) / Ice Ripper XT 3.8 cm (1.5 in.) / Ice Cobra 4.1 cm (1.6 in.) Track
- 2-Year Coverage on 2020 Models (12 Months BRP Limited Warranty + 12 months B.E.S.T. Coverage) + SHOT Starter
- \$1,000 in Accessories & Clothing



FREE BBQ

Have a burger or hot dog on us!

TAG TO WIN!

Tag our location in a post on Social Media and receive a ballot for a draw to Win great prizes!

35% OFF

ALL 2018 *ski-doo* SNOWMOBILE CLOTHING AND PARTS
(Non-current) (excluding belts and oil)

15% OFF

ALL 2018 *can-am* ATV CLOTHING AND PARTS
(Non-current) (excluding belts and oil)



Half-Way Motors
POWER SPORTS

710 Balmoral Street Unit B • 622-2626
halfwaymotorspowersports.com

