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Canadian Publications Agreement No. 0662445 Vol.14 No. 17

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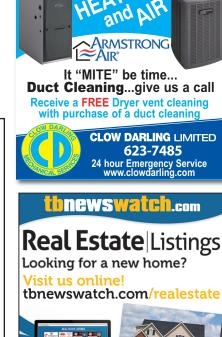
STILL IN THE GAME



Jared Staal reflects on a season in Scotland / 15



HAZARDOUS: Urban forester Tim Noseworthy removes a fallen branch during last week's ice storm that brought the city to a standstill.





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LOCALNEWS

LU's Stevenson steps down

School president says it's time for a new person at the top

THUNDER BAY **By Leith Dunick - TB Source**

Brian Stevenson is stepping down as president of Lakehead University after seven-and-a-half years at the helm.

The university on Friday said he will leave office on Dec. 31.

In a letter addressed to the Lakehead University community, the 59-year-old Stevenson said he handed in his resignation with mixed feelings, but felt the time was right to move on.

He said 2018 will see the realization of a number of initiatives he's been working on since taking the university's top post, including new strategic and academic plans, and the Thunder Bay school's first strategic enrolment management plan.

"These initiatives will require consistent stewardship over the next decade, and they will require the ongoing support of a president who can shepherd them as they grow and evolve," Stevenson said in the letter.

"This will require a longer commitment of time than I am able to make. It is for this reason that I believe it is important for me to step down as your president. The goals we have been working on together are well underway and I feel my mission has been accomplished.

Stevenson said it wasn't easy to

"This has been a very difficult decision to make, but I make it, as I always have, with the interests of the university foremost in my mind."

Lakehead's board of governor's chair David Tamblyn said he accepted Stevenson's resignation with regret.

"From the moment Dr. Stevenson was appointed Lakehead's president, his vision and leadership have only served to enhance and improve the quality of our University," said Tamblyn in the release.

"On behalf of the board of governors and the Lakehead University community, I profoundly thank Dr. Stevenson for his years of dedication and service. Our appreciation of all he has done for us runs deep, and we wish him and his family the best, going forward."

Stevenson was appointed LU's sixth president on Aug. 1, 2010, succeeding the outgoing Fred Gilbert. He was given a second fiveyear term in 2015.

He said he's unsure what his future holds, mentioning he might return to work in the area of relations between Canada, Mexico and the United States, an area he worked on prior to his tenure at Lakehead University.

A search process for his replacement will begin shortly.



MOVING ON: Brian Stevenson took over the Lakehead presidency in August 2010.

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LOCALNEWS

Astronaut hopeful makes final 17 cut

By TB Source staff

doctor who's practised out of both AMarathon and Kenora, Ont. is one step closer to becoming an astronaut.

Jesse Zroback was one of 17 candidates who made the cut, vying for one of two spots to become Canada's next person in space.

Originally from Richmond, Va., but raised in Kenora, the family physician and assistant professor at the Northern Ontario School of Medicine said he's always wanted to become an astronaut.

"As a kid, I looked at the night sky in admiration of the moon and of humankind's accomplishment for having explored its surface," he says in his bio on the CSA website, where he lists The Martian as his favourite science-fiction movie.

"Discovery through exploration and

adventure is a passion of mine. It would be extremely rewarding to push myself to my highest potential through the skills development and variety of rigorous challenges of astronaut

"It's a

phenomenal

feeling."

JESSE ZROBACK

The possibility of being an astronaut also brings together my enthusiasm for science, health, and fitness. It would be an honour to share the adventure with our country's youth to help create a better future for Canada and our planet Earth."

The CSA in February cut its list of potential astronauts to 72. Thunder Bay's Frances Hane was on the

original list, but did not make the cut this time around. In an interview from Toronto with

Dougall Media last Tuesday, Zroback

said the screening process he's gone through has been very intensive, with the aim of assessing the candidates' performance under stress.

He described making the short list as 'a phenomenal feeling.'

> Zroback said if he eventually makes the final cut, he feels his work as a family doctor in northern Ontario, working with limited resources, will be a benefit when it comes to working in outer space.

> He said the Canadian Space Agency will announce the final selections this summer. The two winning candidates will then be sent to astronaut school for two years.

According to Zroback, his 16 fellow candidates are all "fantastic" people, and any of them would make an excellent astronaut.



IN TRAINING: Kenora's Jesse Zroback undergoes testing by the Canada Space Agency.

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LOCALNEWS



OFF THE TRACKS: Canadian Pacific Railway will investigate last week's train derailment.

CP train derails

THUNDER BAY
By Doug Diaczuk – TB Source

• anadian Pacific Railway crews were on the scene of a derailment near a grain elevator in the Intercity area.

Just before noon last Wednesday, eight CP Railway grain cars left the tracks at the crossing on Maureen Street. The cars were returning from Viterra Grain Elevator when the derailment occurred.

Const. Evan Winslow, an officer with the CP Railway Police Service, said there were no injuries, no dangerous goods involved, and all the cars were empty at the time of the derailment.

"Because this is non-criminal in nature, the railway will be investigating themselves," Winslow said. "There is some minor damage to the rail cars but the main infrastructure really didn't sustain much damage."

The cause of the derailment is under investigation. Maureen Street was closed at the crossing and Winslow said even though the cars were empty, cleanup can still be a difficult process.

"These are unloaded cars, but they still do weigh quite a bit," he said. "It will depend on the capabilities of our various contractors that we use for these kinds of services and what their crane capacity can be and if they can lift it or not."

Winslow added that there shouldn't be any impact on elevator traffic for Viterra or CP.

Dead cougar starved

THUNDER BAY
By Doug Diaczuk - TB Source

The cause of death of a dead cougar found in the region in March has been determined, but where it came from still remains a mystery.

A necropsy on the animal was conducted by Doug Campbell, a pathologist with the Canadian Wildlife Health Cooperative. According to Campbell, the cause of death appears to have been starvation.

"I think you could say it died as a result of being emaciated, which you could say is starvation and when I say that, it's really there are many final routes to death from that condition but basically they lack enough energy to keep themselves going," he said.

Campbell added during the necropsy, he will often look for potential reasons for the

animal's emaciated state.

"In this instance, I didn't see any evidence of any particular disease and it is more likely that it was just an animal that was struggling to get enough to eat," he said. "We will try and do as much evaluation of the health of the animal as possible by testing it for exposure to common viral pathogens, also perhaps to a few toxins and that sort of thing."

The cougar was found on Boreal Road in late March by Mandi Weist. The animal's frozen remains sparked a lot of excitement amongst outdoor enthusiasts, who pointed to the discovery as proof that the elusive predators are in fact in the region.

But when it comes to where the animal fits in genetically with the cougar family, Campbell said that is a little more difficult to determine.

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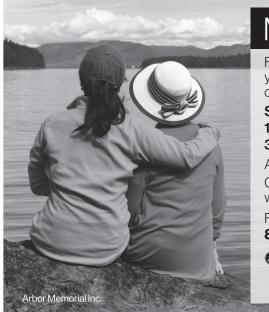
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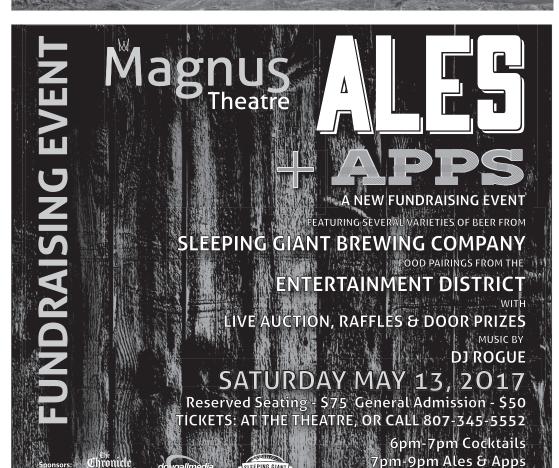
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Editorial

EDITORIAL

Bag tags a compromise

City council made the right compromise when it decided to reduce the number of trash items allowed each

In dropping the number from three to two, the city should be able to extend the life of the John Street Landfill, saving future taxpayers millions of

More importantly, it might convince garabage dinosaurs to reconsider their resistence to recycling.

For those who insist on tossing everything to the curb, or those of us whose spring cleaning results in the occasional need for an extra bag, tags will be sold for \$2 apiece - in groups of five allowing an extra bag.

Quite frankly, council could have gone much further had they wanted. Some communities, like Halifax, allow residents a single privacy bag.

All other refuse must be placed in clear plastic garbage bags and trash collectors have been ordered to refuse to pick up any bags containing recyclables.

Monday night's move will allow the city to be more efficient with trash collection. They'll need fewer trucks on the street and conceivably could have more money flowing in, as residents who can't cut down their trash start buying tags.

Next up we'd like to see the city consider the costs of separating organics and collecting it like recyclables, done in a number of cities.

CONTACT US:

87 North Hill Street, Thunder Bay, Ontario P7A 5V6 Ph: 807-346-2600 • Fax: 807-345-9923

Editor: Leith Dunick 346-2650 ldunick@dougallmedia.com

Reporter: Doug Diaczuk 346-2622 ddiaczuk@dougallmedia.com

> Sales Manager: Kathy Harris 346-2510 kharris@dougallmedia.com

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Let's make a land deal

To the editor:

here are some fascinating ironies There are some assumed to city council's decision this week to approve a 49-lot housing subdivision out Arthur Street three kilometres distant from the nearest trunk sewer.

To see the irony you have to think back to the sale of the Municipal Golf Course.

The city didn't sell the golf course to the highest bidder, a building lot developer.

Mark Smith, the head of the planning department, says it would have been "bad planning" to allow housing lots to be built on the edge of

Instead, the golf course was sold to Bruno's Contracting who planned to build a tourist resort.

That's irony number one.

Irony number two: you may recall that Bruno's isn't actually required to build that resort.

The sale agreement is silent on any commitment by Bruno's to actually go ahead with the project. The property continues to lie fallow.

It's the same with the Nadin Contracting subdivision.

The company must install sewer lines along the front of each of the building lots. But there's no requirement that Nadin meet any timeline for extending that distant trunk sewer to hook up with his subdivision.

Contractors seem to get great deals with this group of politicians. To quote an old Latin teacher, lots of "quid," but little "pro quo."

The final piece of irony in this: you may also recall the mayor's favourite mantra.

He hates building "roads to nowhere." Well now you've got sewers to nowhere and he's OK with

> Shane Judge, Thunder Bay

Trash reduction hurts

To the editor:

use three garbage bags every week and I pay almost \$5,000 a year in taxes that have been going up and up, but I don't see any adittional services for that. Just more reductions!!

I'm not happy.

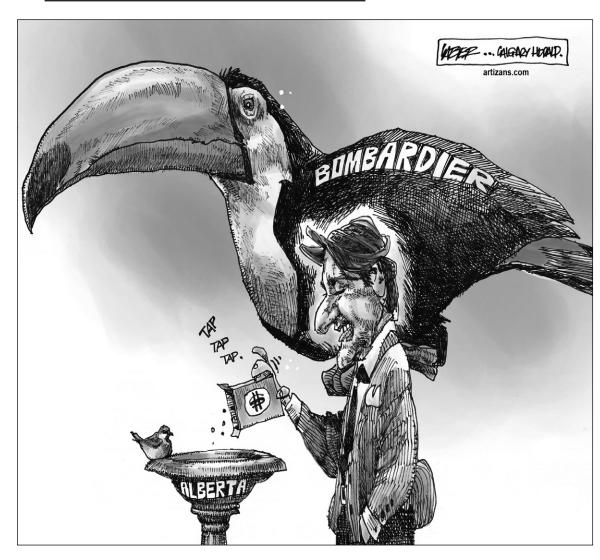
Mike Maki, Thunder Bay

Tags are inconvenient

To the editor:

hy are you not making it easier hy are you not making ... to get the garbage bag tags if we need them. It looks like Port Arthur

LETTERS TO THE EDITOR



and Current River have only one place to get them, at the library.

How does that make sense? Oh right you don't care.

Why not put them in grocery stores or some corner stores so it's more convenient for most people to buy

Not everyone can get to these places specially when you work 10 to 12 hours a day six days a week.

> Brian Craven, Thunder Bay

Hydro works best

To the editor:

ntario is a province that has ample potential for the generation of inexpensive electricity that should benefit its residents. The resources are already in place (hydroelectric

But when the wind blows or the sun is shining, the water is dumped in favour of the wind and solar farms owned by third-party groups.

Our government allowed these deals to go forward and as a result our residents are paying premium rates for an essential service.

Maybe some would not call it essen-

tial, but try living without it. It is a disgrace when people have to choose between food or electricity.

> Todd Robinson, Thunder Bay Via Facebook

Liberals not dead vet

To the editor:

pposition parties don't win elections, governments lose them. Wynn is a tough sell. Will the other two parties be easier?

The problem with the Ring of Fire is that unrealistic expectations have been raised. So it has been with mining since forever. It seems unrealistic to expect that politicians will limit promises based on fanciful assumptions.

Voters are just going to have to be smarter than politicians. They are going to have to stop looking at elections as if they are goodie bags.

With political parties and selfserving politicians presenting them just that way, and the media letting them get away with it, the responsible citizens job is made more difficult.

While the NDP may be credible in Northern Ontario for reasons unknown – perhaps residents thrive on isolation - it is the PCs who present the real option for change. And they can't find the leadership.

The big blue machine lost its shine and lies rusting in a puddle of irrele-

They may well have the weakest leader in their history. The Conservative party is truly failing the province of Ontario. It simply has no credibility. It is not a government in waiting. Do not count the Liberals out in Ontario.

> William Olesky. Thunder Bay

Is Ring of Fire still viable?

To the editor:

erhaps the government was getting tired of beating a dead horse with the Ring of Fire.

It seemed every time progress was being made one group or another would throw in a monkey wrench by not agreeing with what had already been agreed to. If business wants to make a go of this by all means let them invest their own funds.

> Jean Begin, Via Facebook

Perspective

Re-inventing fire

Renewable energy is the new fire fueling the world

By J.R. Shermack **Special to TB Source**

The history of human civilization can be traced back to the discovery of fire.

From the first time we rubbed two sticks together until the heyday of fossil fuels, our excessive lifestyle always demanded something to burn.

But the flames are dying down as concerned citizens the world over look for ways to re-invent fire and I think they may have done it.

Before we started using fossil fuels our world was lit and lubricated by whale oil.

At its peak in 1856 a worldwide fleet of over 700 ships hunted and killed thousands of whales to harvest millions of gallons of oil.

Then, a year later, a cleanburning kerosene lamp was invented - easily produced "coal oil" scuttled the whaling industry almost immediately.

From that day until the present fossil fuels have had a phenomenal run and worldwide consumption can be measured in cubic miles.

But now it looks like the whale oil scenario is about to be repeated.

This time oil is at its peak and will quickly be replaced by solar, wind and hydro power.

When it comes to the future of renewable energy it is evident that globally, the end is in sight.

The end of fossil fuels that is, and it's less for saving the planet and lowering carbon dioxide levels than it is for saving costs and raising profits.

We are living in a world where it is cheaper to conserve energy and find a substitute for oil than it is to continue buying and burning carbon fuels.

And as we all know, when humans are motivated by money, resistance is futile.

But regardless of our motivation we will be doing the right thing even if it is for the wrong reasons.

"And as we

all know,

when humans

are motivated

by money,

resistance is

futile."

was always convinced that the world was powerless against big oil but I am encouraged by what I discovered about renew-

Just like the kerosene lamp doomed the whaling ships, it seems inevitable that the rise of renewable energy will shut down the oil

Right now about 20% of the world's electrical power production comes from renewable sources.

Worldwide, 8.1 million people work in clean energy - in 2015, 63.5 gigawatts of wind power were installed globally.

One gigawatt can provide electricity to about 300,000 homes, the same output as the Hoover Dam.

In the U.S. alone, 800,000 people are employed in renewables compared to 187,000 in oil and gas and 68,000 in coal.

Solar and wind power jobs grew by over 20% in 2015 while oil and gas had an 18% loss in employ-

The top three wind power generators are China, the U.S. and Germany - Canada is number

China is also first in solar power generation but unfortunately, Canada has not yet made the top

These are all signs that the end of fossil fuels is near, it is inevitable and it is being relentlessly

driven by commerce.

In 2016 renewable energy surpassed coal as the largest source of power capacity on the planet - the market has already given up on coal.

Germany voted to ban gasoline powered cars by 2030 - electric cars are transforming and will soon dominate the market.

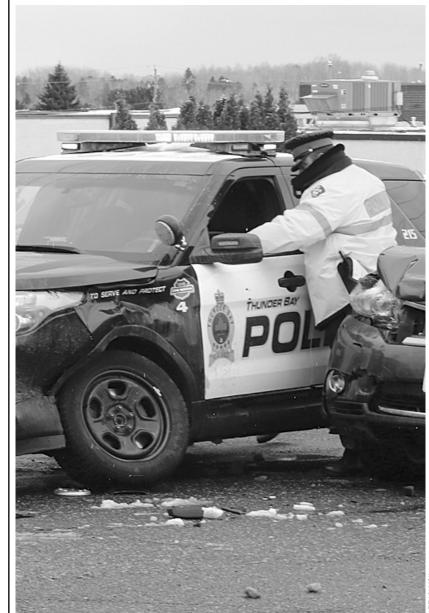
Solar and wind technologies are advancing rapidly (driven by dollars) and prices will continue to

By 2022 it will be cheaper to build and generate a gigawatt of wind power than the cheapest fossil fuel we can find to burn.

The number being put forward is 2050, which is the date our planet could re-invent fire for good, given current trends.

To paraphrase Víctor Hugo, 'Nothing is more powerful than an idea whose time has come."

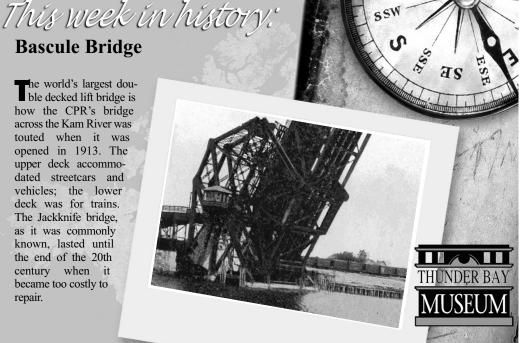
CRUISER COLLISION



HEAVILY DAMAGED VEHICLE: Thunder Bay Police were involved in a collision last Friday afternoon at the intersection of Dawson Road and East Avenue. No one was hurt in the incident.

Bascule Bridge

he world's largest double decked lift bridge is how the CPR's bridge across the Kam River was touted when it was opened in 1913. The upper deck accommodated streetcars and vehicles; the lower deck was for trains. The Jackknife bridge, as it was commonly known, lasted until the end of the 20th century when it became too costly to repair.



HOW TO WRITE US:

etters to the editor are most welcome. Those kept to 350 words or less

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WEEK'S POLL QUESTION:

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What to consider when shopping for a mortgage

ven when interest rates are steady, many homeowners refinance their mortgages. In some cases, an existing mortgage is coming to an end and borrowers need to renegotiate. Other reasons for refinancing include funding renovations, paying for a child's education, or buying a second property.

Too often, homeowners enter mortgage negotiations without legal advice and without understanding the deal or its implications. Getting professional advice when refinancing can help you save money and protect your interests. Here are some key things to consider:

- 1. Lender choice: Look around for the lender with better terms or a lower interest rate - they are negotiable.
- 2. Legal advice: Never sign mortgage documents without fully understanding the terms they contain. A real estate lawyer can protect your interests by explaining your



obligations under the mortgage. They can also explain what the lender can do if you fail to make mortgage payments on time. Finally, a lawyer can review the documents registered on the title for the home to check for unexpected liens or fraudulent transactions.

- 3. Pre-payment penalties: When refinancing, it's important to fully understand the implications of any pre-payment penalties that may be triggered. If you sell before the mortgage due date, will there be a pre-payment penalty? Can the mortgage be transported free of charge to a future home? A lawyer can explain all the pros and cons before you commit to new mortgage terms.
- 4. Protecting your investment: Refinancing is a great opportunity to protect yourself from exposure to fraud and other risks. If you don't already have title insurance, this is the time to arrange a policy. Title insurance can provide solid protection, in case the property is targeted for mortgage fraud.

A real estate lawyer can help you achieve your refinancing goals. Visit titleplus.ca to use the find a lawyer tool.

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RISKY RESCUE: Thunder Bay Fire Rescue crews make their way towards a pair of hikers stuck on Mount McKay last Wednesday.

Mt. McKay hikers saved

THUNDER BAY By Matt Vis - TB Source

irefighters battled perilous, icy conditions to rescue a pair of hikers who became stranded on the front face of Mount McKay.

Thunder Bay Fire Rescue crews were called to the mountain just after 5:30 p.m. Wednesday after the two men in their early 20s found themselves trapped as they were making their way up a trail that started at the base of Quarry Road.

"They got two thirds of the way up to the first level when they encountered some difficulty. It was too slippery and they became stuck there," platoon chief Shawn Merrifield said while rescue efforts were ongoing. "They were fearful they would fall down the rest of the way.'

A news release issued by fire officials said one of the men used a cellphone to call 911.

Merrifield said communication between the hikers and emergency dispatchers indicated the pair were not injured when the rescue began, though they were cold.

The fire department had a high angle rescue technician on scene while crews determined whether the rescue would be made from above or below. Merrifield said it was decided the better course of action was to have firefighters make their way up on foot, laying a series of ropes along the route.

"One crew is ascending with ropes and then we'll just assist them down. We'll tie off and belay them down to a more level area where they can walk out on their own," Merrifield said.

The ice storm that began overnight Tuesday and continued throughout the day on Wednesday created hazardous conditions for the rescuers to make their way up - and then back down - Mount

"From what I've been told by the crew on the mountain, there's lots of loose rock but the snow has covered it and it's icy. They've had to walk not directly up the trail but use the treeline to get up because there's more grip that way," Merrifield said.

Both hikers were transferred into the care of paramedics after being brought down from the mountain and have subsequently been released. They were also interviewed by the Anishinabek Police

The rescue took more than three hours.

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Lending a hand to gardeners

A new garden tool lending program at local libraries will make it easier for anyone to start a garden

GARDENING

By Doug Diaczuk - TB Source

spiring gardeners will now have Amore opportunities to earn that green thumb with the help of a new and unique lending program.

Roots to Harvest, along with the Thunder Bay Public Library, launched the Garden Tool Lending Library Program on Monday, which will make finding the right gardening tool as easy as finding the right book.

"I think it's important to the whole community to increase capacity to grow food here," said Alia Wurdemann-Stam, school program coordinator with Roots to Harvest. "Thunder Bay is kind of a remote community, so access to fresh food isn't always totally accessible. The more people can grow their own food and learn how to do that, the better."

Wurdemann-Stam said many people may want to grow their own food and have the space for a garden on their property, but lack the proper tools to make it a reality.

"It's kind of an expensive endeavor to buy tools, particularly the specialized tools we have that would help people increase their garden space like broad forks and we have a sprinkler timer people can borrow if they go away on vacation," she said.

Two tool lending sheds have been set up, one at the Brodie Street Library and one at the Waverly Street Library. The program is part of the



LENDING A HAND: Ruth Hamlin-Douglas and Alia Wurdemann-Stam officially opened the Garden Tool Lending Library program at the Brodie Street Library.

larger Roots to Harvest Initiative, Community Grower Project, which is funded by a \$67,100 Ontario Trillium Seed grant. The lending program cost approximately \$30,000 and each shed contains more than 80 tools.

While there are other tool lending programs across Canada, this is the first of its kind to be available in a public library.

"I think it's a perfect partnership because this is already a community hub where people come to borrow resources, so what better way to share resources than the library?" said Wurdemann-Stam.

Ruth Hamlin-Douglas, community hub librarian services supervisor with

the Thunder Bay Public Library, said the library already loans so many different things, from books and movies, to walking poles, to hydro meters, so partnering with Roots to Harvest was a perfect fit.

"This is a really great opportunity for us to provide more for families and seniors and everyone to have an opportunity to have a garden," she said. "Gardening is a big thing in Thunder Bay and we often have the space, but not necessarily the tools we need."

Hamlin-Douglas said there is already a lot of interest from people in the community who want to take advantage of the tool lending program because tools can be expensive, and may only be used once or twice a season.

"They take up a lot of space and cost a fair amount of money, so it is giving people that ability to use them," she said.

Taking out a tool will be just like signing out a book and all you need is a library card. However, just like books, late fees of a dollar a day will be enforced and if a tool is lost or broken, the user will be required to pay for its replacement.

"But I think most people who want to garden are the kind of people who do bring things back," Hamlin-Douglas said.

A complete list of all tools available for lending is available on the Thunder Bay Public Library website.





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Welcome the return of Ol' Man Winter



Well, apparently Ol' Man Winter isn't quite through with us. Just when we thought Lady Spring was here to stay, we got nailed, twice, with more to come or so the weather soothsayers' were saying.

No longer do we expect spring to be a smooth transition from the cold, the snow, the freezing winds. We now know that the seasonal change seems to have been pushed back each year. We have come to expect snow in April.

The first onslaught brought freezing everything: rain, mini-hail, driving snow, the mealy kind that stays. Then we had a respite

allowing us to emerge for a looksee, to be able to walk across the yard between the house and barn without being pelted. During the onslaught, the winds were, at times, very fierce.

What we discovered after this first storm was amazing and unprecedented: the ground was completely flat. Our boots left the merest indents if at all. But the strangest thing was the sensation of walking on foam that was both hard and springy. I had never experienced such a feeling before when walking on snow. It was the combination of a layer of ice then covered with snow that froze.

Of course we had brought in the equines when the storm commenced. Even so by the time we got the feed into their stalls and then had opened the gate to allow them inside (they rushed; they did not amble), ice had already begun to form on their hair. But inside they were and it wasn't long before they were warm and dry.

So the horses remained in their stalls for two nights and a day until the storm had passed by. But I kept worrying about the birds especially the Sandhill Cranes. How would they fare faced with such a rude shock? (They made it through but I suspect that the baby ravens did not).

The next morning we fed and released the horses and set about cleaning their stalls, replenishing the hay and water. After chores and breakfast, I went for a very short walk and was surprized that like the TV show "Kung Fu" where the blind instructor tells the young hero: "O Grasshopper, if you can tread the rice paper without leaving any footprints, you will have mastered Kung Fu..." or something like that, there were several times when I left no footprints on the hard surface.

Walking was the easiest it had been all winter. Usually the snow at this time of year is sodden. Treading through the heavy, wet snow is hard. Even in the horse paddock, the one in which the equines spent their winter, the melt had created bootsucking conditions what with all those horse hooves stirring up the thawing muck. Now it was smooth

But it didn't last, did it? Another storm swept through but this time consisting of blowing snow. Now walking was quite different with our boots sinking. In places it was quite slippery especially when the temperature climbed which it did Saturday.

What a mess! I had to fetch hav from my supplier. In the brief time that I was away the sun warmed the snow on the driveway. Driving back in with a heavy load of hay was

By evening even the four-wheel drive of our truck was severely challenged to get back to the house with the snow on the ground. No way any low-to-the-ground vehicle, like our car, would ever make it in or out of the property. So as the sun slowly dipped west, I fired up my ancient tractor, Big Red, and with bucket and blade, scraped the driveway and yard of all that heavy, wet stuff to make passage possible. The bucket of the tractor shaped the snow into giant, ridged, curled balls much like the curled, ridged butter you might find in exclusive restaurants.

When we released the horses from their stalls after that first storm, they went wild tearing up and down since they now had perfect footing no matter where they trod for the first time outside ever.

My wife, Laura, watched them barrelling around and said that this ice/snow footing was ideal for the horses. It was what horse people strive to achieve with sand in an indoor riding arena.

And here it was provided by Ol' Man Winter.







твLife



READY TO SUCCEED: Lakehead Public Schools high school students were honoured on Saturday, April 29, 2017 at the 35th annual Ontario Secondary Schools Teachers' Federation Awards.

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See You There!

Students successes honoured

EDUCATION

By Leith Dunick - TB Source

ya Bragnalo says she really never wins awards for her work.

The Grade 9 student was pretty excited on Saturday to accept recognition for her painting, I'll Be Your Mirror, earning a student achievement award in honour of Marion Drysdale.

The Superior Collegiate and Vocational Institute teen was one of several students who accepted certificates of achievement at the 35th annual Student Awards Banquet, created to recognize and publicly honour students by the Thunder Bay Ontario Secondary School Teachers' Federation.

Bragnalo said a little recognition goes a long way.

"I think it's really important for students to be recognized because there's a lot of schoolwork and things that they're stressed about and it's good for them to have a way to feel good about themselves," she said.

It means a lot, she added.

"It's really inspiring. Now I feel like I can probably get somewhere. I feel better about myself," she said.

Olivia Heppno won a similar award for her poem, Perceptions, which looked at why people try to change who they are when they feel they're not good enough.

"Really my inspiration was everyone who feels like they're not good enough," the Grade 9 Hammarskjold High School student said.

Like Bragnalo, Heppno said it's important for students of all ages to be

recognized for their work.

"I feel like it means they really know they're doing something right. Being recognized builds up a lot of confidence in students," she said. "It makes me really happy that people know that I'm trying to, in my own little way, make the world a better place."

Sue Doughty-Smith is the provincial executive officer of the Ontario Secondary School Teachers' Federation and said the award will stay with the student for a lifetime

"I think it's important that we continue to acknowledge the students for their hard work and dedication. And I think what we do here today, it carries on with them in their personal lives from here on in," Doughty-Smith said.

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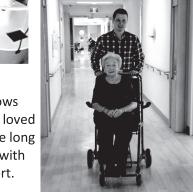
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IN THE Day

Shining on and off stage

The 10 x 4 Youth Gala showcased young writing, acting, and directing talent

By Doug Diaczuk - TB Source

zra Westerman is no stranger to the stage. The 13-year-old has acted many times before, but for the first time, she stepped off the stage to pick up a pen and paper and try out the role of playwright.

"It's not all that different," she said. "You have to incorporate what you want to write in a play, instead of what you want to act."

Ezra was one of four young playwrights to complete a 10 minute play for the inaugural 10 x 4 Youth Gala on Sunday. The Youth Gala was the newest edition to the 10 x 10 Showcase that challenges writers to write a 10 minute play. Each year for the last five years, 10 plays are selected and produced.

"This time last year, we were realizing the potential for youth to express themselves," said Marcia Arpin, the coordinator of the Youth Gala.

More than 40 young writers initially signed up for writing workshops held last September and Arpin said it takes a lot of perseverance to see it all the way through to the January deadline.

'We did get a really good crowd for the sake of curiosity of writing a play," she said. "The only trick was follow through. We are hoping by allowing these children who are brave enough to be the first, there will be more willing to submit next year.'

"I would love to say we are legit and 10 x 10 next year," Arpin continued. "The more the merrier."

Four productions were staged at the Finlandia Club on Sunday, with youth participating in all aspects of production, from writing, to acting, to directing.

Arpin said teachers would be shocked by how motivated the young participants were in the various aspects of production, which she believes has to do with offering them more creative freedom.

"I think for the first time they were given the creative liberty to do as they wished, pick the topics they wished," she said. "To watch the subject matter, to see their deep thoughts, or their little quirky senses of humour come together and actually be puny, then you start to realize that youth do have a lot to contribute."

For 19-year-old, Ashley Luoma, who wrote The Tree of Happiness, penning a 10 minute play was no easy feat.

"It was a little difficult at first, trying to figure out how it was going to go to the stage instead of just writing," she said. "It would either be too short or too long, so trying to condense it into 10 minutes was a challenge."



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BROUGHT TO LIFE: A scene from Tree of Happiness, written by Ashley Luoma and directed by Arley Henry performed during the 10 x 4 Youth Gala.

Keeping to the 10 minute length was also a challenge for 13-year-old Rachael Brown while she was directing The Girl With No Name, written by Emily George.

"You are given the script so you are given an idea of the length, but at the same time you have to add the actions to that, sometimes that makes it longer, sometimes actors get nervous and speak quickly," she said. "It's been a little stressful, especially trying to find a cast that works with the show. But it's been overall a good experience because it's given me experience directing and it's given me a chance to know I want to go further with directing."

Rachael added that the 10 x 4 Youth Gala is a great way for youth to try different aspects of theatre production and test the

"I really enjoy directing, but I'm not sure

if I'm ready to do a full length one yet," she said. "I would recommend it to anyone who is interested in directing, because it's a good step forward because you don't have to take on an entire two hours or hour and a half."

Aprin said a lot of the youth participating were not necessarily walking up onto the stage for the first time, but for many, it may have been the first time they pulled back the curtain and stepped behind the scenes.

"I think a lot of these children have been on stage in some capacity or another," she said. "But to bring them back stage and really understand the process of producing, let alone directing, and then writing, that's been a whole other brain cell that has been opened up."

The 10 x 10 Showcase was also held Saturday evening and Sunday afternoon, with both performances selling out.

Dare to Dream Day a hit with kids

THUNDER BAY
By Leith Dunick - TB Source

Children were challenged to dare to dream on Saturday – and met a few heroes along the way in support of a good cause.

Dare to Dream Day provided local youngsters an opportunity to meet and greet with the likes of Spiderman and Batman and dance to their heart's delight with Disney princesses like Belle and Snow White.

Staged at the Victoria Inn, the event was also a fundraiser for the Mazinaajim Children's Foundation, helping older Indigenous Youth with education costs.

Foundation president Tana-Leigh Harty said it's all about having fun while helping others realize their own dreams.

"We want children to come and meet their idols and just have a great day. But also we're fundraising for a really good cause, which is the Mazinaajim Children's Foundation. We're fundraising for youth in the region to be able to support their educational, recreational, cultural and leadership goals and opportunities," Harty

said.

The activities were endless, she added.

"There's a photo booth where you can go all wild and crazy. We're going to have a Disney dance party, makeup, crafts. You name it, we're here to celebrate it and have fun," Harty said.

Nine-year-old Mya Boucher, dressed up as Anna from Frozen, said Dare to Dream Day was pretty cool.

"I was impressed," she said, asked what she thought when she first walked through the doors.

"I did not think the (princesses) would be there."

She listed the gummy bears at the candy bar as her favourite memory of the day, but also took part in the arts and crafts and visited with her older brother, who also happens to work at the hotel.

What a great day, she said.

"We can do lots of fun things," Mya said.

Kelsey Storozuk, also nine, loved it too.

"It's a party," she said.

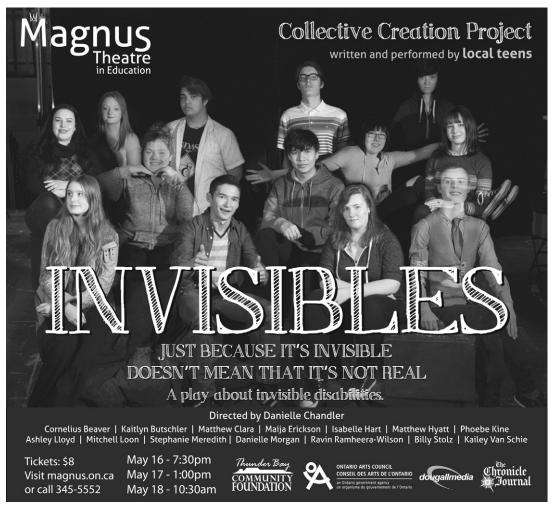
Mazinaajim Children's Foundation was formerly known as the Dilico Children's Foundation.



FIT FOR ROYALTY: The Disney Dance party was a hit during Dare to Dream Day last Saturday at the Victoria Inn.









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Reasons for and against 13 Reasons



he argument has been made for decades that violence on television has led to a desensitization of audience and potentially greater violence in society. This is especially a concern for young people who take their cues from the media.

More recently, the concern has been vouth suicide. 13 Reasons Why is the much-heralded Netflix series based

on the Jay Asher, young adult novel about a teenager who kills herself and leaves a thirteen-part suicide note explaining the events that led to her final decision. The series was produced by teen star Selena Gomez giving it tweet-worthy interest from

Of course, given the subject matter, the series has garnered a lot of discussion amongst critics, mental health professionals and school boards. The show is a well-crafted, well-written drama that deeply explores each character and pulls no punches in the subject matter.

However, mental health professionals are concerned with the depiction of inept and unfeeling adults in the drama. They feel this could keep teens from seeking help from trained professionals.

Meanwhile, schools – some who have dealt with suicide amongst their pupils – are also understandably

"As much as

we'd like it to

be so, teen

depression

and suicide

won't go

away by just

the TV."

worried and have reached out to families in their districts. They fear "vulneryouth" able will "romanticize the choices made by the characters and/or develop revenge fantasies.'

Given the speed at which teenage girls change their lipstick based on the youngest Kardashian's latest Instagram, concern is valid.

Another worry has been that, unlike the book, the series shows the suicide scene in graphic detail. According to the show's writer (a suicide survivor himself), this was

intentionally done to show "the ultimate reality that suicide is not a relief at all - it's a screaming,

> agonizing horror." So is this going to give young people ideas?

> Possibly. But so could a group whispering in the hallway or a D on a pop quiz. Teens are hardly the most logical and strategic of thinkers. They're reactionary at the best of times.

Fortunately, they also like turning off to talk – albeit to each other. And 13 Reasons has created a lot of discussion. Which

means now is the time for the adults to get in on it.

Of course, how the heck do parents bring up the topic of suicide with their teens?

Funnily enough, there's a series on right now that delves into just this subject. Maybe some family viewing time would be a start.

Because 13 Reasons doesn't seem to be going away anytime soon. The series has been an overwhelming success - so much so that despite a natural and obvious conclusion to the original thirteen episodes, a second season is now being seriously discussed. Some have hypothesized that it could focus on a character who survived a suicide attempt and what comes next.

As much as we'd like it to be so, teen depression and suicide won't go away by just turning off the TV. So if Season 1 of 13 Reasons Why starts potentially life-saving conversations, let's keep it going with Season 2 of 13 Reasons Why ... Not.

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"XU XN AKW EMUUMW UC EM KFCHM. UTKH UC EM XH EKZ JCLIKHS."

- DMCWDM GKNTXHDUCH

back." - Turkish Proverb

PREVIOUS SOLUTION: "No matter how far you have gone on a wrong road, turn

CROSSWORD PUZZLE

ACROSS

Women's Army Aux. Corps (abbr.)

Bother Heddles of a loom

12 Reading desk 13 Craze

14 Engage 15 Gaď

16 Federal Bureau of Investigation

(abbr.) 17 Scientific name

(suf.) 18 Medlar

20 Of sound 22 Yale student 23 Poly. beefwood

24 Errór 28 Follow 32 Amateur Boxing

Assn. (abbr.)

33 Detective 35 Bureau of Indian Affairs (abbr.)

52

56

36 Pokeweed 39 Request 42 Rubber tree

44 Beak 45 Horse disease 48 Muscle or nerve band

52 Verdi heroine 53 Presidential nickname

55 Reckless 56 Exclamation 57 Dismiss from a

job 58 Ginkgo tree 59 Radio wire

60 Youngster 61 Islamic teacher

DOWN

Heat Mine (Fr. 2 words)

Down with (Fr., 2 words)

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NOMADSOAK ORANGEOIL DAME

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11 Run into

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21 Out (Scot.)

19 Guido's note (2

24 Rom, religious

Corp. (abbr.) 30 102 (Rom.

numeral) 31 Corrode

34 Vie 37 Hungarian dog

38 Teacher of Samuel

40 Meadow

41 Sp. peninsula 43 Legislate

45 Hall (Ger.)

46 Hair (pref.) 47 Malay law

49 Salt

50 Yahi tribe survivor

51 Extinct Indo-Chin. language 54 Sheep's cry

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Staal rediscovers game in Scotland

HOCKEYBy Leith Dunick – TB Source

ared Staal knows it would be a long way back to the NHL.

But it's not something that's weighing the Thunder Bay forward down very much these days.

A new father – son Hudson was born late last year – the fourth youngest of four hockey-playing brothers long ago accepted he probably didn't quite have what it takes to become a regular on the biggest hockey stage in the world.

Sure, he got into a couple of games a few years back when the Carolina Hurricanes made him a courtesy call-up and gave him the chance to skate alongside older brothers Eric and Jordan.

But since then the 26-year-old has languished in the minors, bouncing between the American Hockey League and FCHI

Last fall the former second-round pick of the Phoenix Coyotes decided to take his career overseas, a move that proved he could still play at a high level.

New home

Staal grabbed his hockey bag and headed to Scotland, where he suited up for the Edinburgh Capitals of the Elite Ice Hockey League alongside the likes of former NHL first-rounder Pavel Vorobiev.

He finished fifth on the team in points, scoring 12 goals and 21 assists in 44 appearances, and is hopeful his play was



HOCKEY AND HAGGIS: Jared Staal scored 12 goals and added 21 assists this past season playing for the Edinburgh Capitals.

good enough to attract offers elsewhere in Europe for the upcoming season.

And North America is always in the back of his mind, Tom Pyatt's return from Switzerland to the Ottawa Senators this past season proof that

Canadians who head to Europe aren't necessarily banished there forever.

"It's hard to say," Staal said on Friday.

"As of now I still don't see it being that realistic yet, but you see more and more where guys have gone over to Europe,

had decent years and have been able to come back.

"Years prior if you made the choice to go over it was kind of signaling the end of playing in North America. I don't think the door is ever going to be shut on that. But my thoughts aren't really back in North America right now and hopefully I'll enjoy playing in Europe wherever I am for the next few seasons."

Where that might be is still up in the air.

Staal said he doesn't yet have a contract to play next season, but is keeping his options open. He said he loved playing in Scotland and getting immersed in the culture – not to mention getting a chance to play golf at the Old Course at the Royal and Ancient Golf Club of St. Andrews.

Big changes

"My family loved it. We had a little boy over there and started our family life in Scotland, so we enjoyed that part of the world and I have no bad things to say about the league. It was good hockey and a lot of fun."

He did notice the fans were a little different than what he was used to playing in the United States and Canada.

"There's obviously not as many as in Canada, but the few definitely know the game. It's just a different style of fans over there too. There's a lot of singing and drums and yelling the whole time. Even if nothing good is going on on the ice, they're still cheering."

Staal and his brothers will once again this summer lend their name to the Staal Foundation Open, the Mackenzie-Tour PGA Tour Canada's Thunder Bay stop.





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sports NEWS



IN SHAPE: Chantalle Goulet-Kiddle (left) and Frances Adamo pose last Saturday at the Thunder Bay Physique Championships.

Competitors show off their physiques

WEIGHTLIFTING By Leith Dunick – TB Source

Chantalle Goulet-Kiddie has been working seriously on her body for the past 18 months.

On Saturday she joined about 60 other fitness fanatics in the Selkirk Auditorium at St. Patrick High School to compete in the 2017 Thunder Bay Physique Championships, the culmination of more than a year of hard work.

She said she was glad to see the sport, which peaked in the city about a decade-and-a-half ago, return last year and is even more excited this time around.

Having the competition is just one more motivation to keep going, Goulet-Kiddie said.

"I've always been involved in fitness. I gave up a lot of volunteerism and got into body building. It's something I've found has been really wonderful in my life and I plan to continue on with it," she said.

Fellow competitor Frances Adamo said she's been strength training all of

her adult life and likes the idea of being able to compete against other women.

"I just find the challenge is setting your limits and the discipline, seeing what you can do with your body, proper nutrition and training," Adamo said.

"It's very gratifying, a great feeling and great to be on stage here today."

Discipline is perhaps the biggest challenge of all for body builders and those competing in physique competitions

Organizer Darryl Landry, who decided to resurrect the championships after moving back to Thunder Bay a couple of years ago, said hitting the gym and lifting weights is only about 20 per cent of being successful at the sport.

"The other 80 per cent is about sleeping and eating and just a good lifestyle," he said. "That's what we're promoting."

It's popular, if ticket sales are any indication.

The event sold out last year and about 500 were expected to attend the

2017 version, which had to move to a bigger venue to meet the public's demand for tickets.

It's great to see, said competitor Rylan Forrest, who was back on stage following a six-year break after he got married and his kids were born.

The 33-year-old said it wasn't easy starting over – although he never stopped lifting and managed to stay in shape while away from competition.

"It's always been at the back of my mind to want to do it again and this show came up and my wife was behind me 100 per cent and said, 'Go for it.' I hooked up with a great coach. If I don't do it now I'll probably never do it. Why not do a show at home?"

Forrest said he's encouraged by the turnout and thinks it's a good sign of things to come.

"I think it's going to bring it back to days of old, when body building was really big here and you had a lot of big guys here who went on to make names for themselves in the city," he said.

Border Cats sign promising Indiana relieve

BASEBALL By Leith Duniels TR Source

By Leith Dunick - TB Source

The Thunder Bay Border Cats are starting to build a rotation.

The Northwoods League team last Friday announced it has signed reliever Kade Kryzako, a junior at the University of Indiana.

Kryzsko has appeared in 10

games for the Hoosiers and has a 1.84 ERA with 16 strikeouts in 14.2 innings pitched.

The Cats home opener is scheduled for June 3.

Volunteers sought

U18 Baseball World Cup also lands a key sponsorship

BASEBALL

By Leith Dunick - TB Source

The Under-18 Baseball World Cup is four months away and organizers are looking for volun-

Thunder Bay International Baseball Association president Larry Hebert on Tuesday said they're in need of between 400 and 500 people to help out with the event, which was first staged in the city seven years ago.

While Hebert said he expects a number of returnees from 2010, they'll still need plenty more firsttimers to help with everything from ushering in the stands and parking to assisting with drug testing of the athletes as required by the International Baseball Federation.

It's a great way to get up and close with a tournament that the last time it was here sent the likes of Francisco Lindor, Jorge Soler, Albert Almora Jr. and Dalton Pompey to the major leagues.

"This year we may have more of a challenge because it's after the summer holidays, so we're going to be short of students because they're going to be back in school," Hebert said, noting this year's event will start on Sept. 1, in order to accommodate Japan's entry into the tournament.

"It's going to be a bigger challenge for us, but I've had calls from people asking: 'When does it come on line, I want to get on there.' I don't think we're going to have a



WARREN PHILP: Hopes to see new faces volunteering at the U18 event.

problem."

Tournament director Warren Philp said he expects a number of volunteers from 2010 to answer the call in 2017, but they will need more people to step up to the plate, so to speak.

"We hope there are a lot of fresh new faces that come to the table," Philp said, pointing to groups like SHIFT, the city's young professional organization, to answer the volunteer call.

"It's that type of group, students and young people in general who can take a hold of the event and help us build a future beyond 2017," Philp said.

2010 U-18 GRADUATES

The 2010 World Junior Baseball Championship produced a number of major league players who continue to play today:

Canada

- **DALTON POMPEY**: Toronto NICK PIVETTA: Philadelphia
 - Cuba
- JORGE SOLER: Kansas City
 - **United States**
- ALBERT ALMORA JR: Chicago FRANCISCO LINDOR: Cleveland
- MIKE LORENZEN: Cincinnati
- LANCE McCULLERS: Houston
- **BLAKE SWIHART**: Boston
- TONY WOLTERS: Colorado

Tournament officials also on Tuesday announced they had secured a fourth top-level sponsor, bringing Air Canada on board alongside Gold Corp, Canadian National Railway and Tbaytel.

With a \$1.5-million operating budget, Philp said they can't rely solely on government money to stage the event.

Philp added despite last week's ice storm, upgrades to both Baseball Central and Port Arthur Stadium are on pace to meet the IBF's deadline.

Ticket packages remain on sale for \$199, which Philp said guarantee a grandstand seat at Port Arthur Stadium throughout the

To volunteer, visit the tournament site at www.thunderbay2017.com.

Do you have an opinion to share?

E-mail the editor at ldunick@dougallmedia.com





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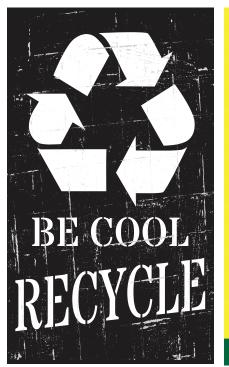












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- 68. Death/Funerals

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