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**THURSDAY, AUGUST 10, 2017**

**YOUR COMMUNITY NEWSPAPER**

Canadian Publications Agreement No. 0662445 Vol.14 No. 32

**INSIDE**  
**SUSPICIOUS DEATH**



**Body discovered near Marina Park on Sunday /4**

**A CULTURAL TREAT**



**Another successful year for Festa Italiana /9**

**ROCK THE RAILS**



**CP Canada 150 Train rolls into city /13**

# Heartbreaking loss

The Thunder Bay Chill fell 2-1 to the Charlotte Eagles during the PDL final in North Carolina /15



**A TOUGH LOSS:** A devastated Abraham Villon in anguish after the Thunder Bay Chill fell 2-1 to the Charlotte Eagles on Saturday, Aug. 5, 2017 in the Premier Development League final.

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## LOCAL NEWS

# Spence, Debassige receive sentences

## COURT

By Matt Vis - TB Source

Monica Spence will spend another nearly two years behind bars after being sentenced for her role in the beating death of her 62-year-old relative.

The 47-year-old on Friday was sentenced to five years after previously being found guilty of manslaughter in the December 2014 killing of Richard Spence, a distant cousin, who was found dead in a pool of blood on the bedroom floor of his Secord Street apartment.

After receiving pre-sentence custody credit of more than 1,100 days, Spence will have just less than two years remaining which will be followed by a three-year probationary period. Defence lawyer Christopher Watkins had been seeking a sentence that would have

allowed her to be released on community supervision after factoring in time already served.

She, along with her former boyfriend Daniel Debassige, had both been originally charged with manslaughter. Following a two-week jury trial held earlier this week, Debassige was convicted of murder while Spence was found guilty of the lesser charge of manslaughter.

The 41-year-old Debassige, as a result of the murder conviction, received a mandatory life sentence and will not be eligible for parole for the minimum 10-year period as Superior Court Justice Danial Newton accepted a joint submission from Crown prosecutor Rob Kozak and defence lawyer Francis Thatcher.

The body of Richard Spence was found in the apartment in the early hours of Dec. 21, 2014. Newton,

describing the victim as being “brutally beaten and left to die in a pool of his own blood,” wrote in his reasons that crime scene photos and blood spatter analysis indicated Spence had been kicked repeatedly in the head while prone on the floor. The autopsy identified 44 injuries to his head and neck.

Evidence presented during the trial indicated Monica Spence was intoxicated and fell asleep before waking up to being sexually assaulted by Richard Spence. In his reasons for sentence, Superior Court Justice Danial Newton determined he accepted the evidence she was being sexually assaulted and that she was being restrained or confined.

Three of Richard Spence’s siblings, and one niece, provided the court with victim impact statements and expressed outrage over the apparent lack of

remorse shown by the pair.

“The social worker at the correctional centre reports that Ms. Spence does not accept responsibility for her actions and continues to express anger and resentment towards the victim rather than remorse,” Newton said.

A similar sentiment was noted in Debassige’s pre-sentence report.

“(Debassige) expressed remorse for the impact of this death on the family of the victim but justifies his behaviour in that he acted impulsively upon learning that his partner was sexually assaulted,” Newton said.

The victim impact statements, which Newton expressed appreciation to the family for providing, also described Richard Spence as being a “happy gentleman” who was an important part of the family.

They described how the “violently

and senselessly” manner he was killed enhanced their grief and urged the judge to impose the maximum sentence.

“While I appreciate that you may not agree with my decision for the reasons that you have expressed, I hope that you, at least, understand the principles that have guided my decision,” Newton said.

Spence will serve her sentence in a provincial correctional facility, with Newton including a recommendation to the Algoma Treatment Centre. Debassige will be sent to a federal penitentiary, with Newton recommending he serve his time in one of three minimum security healing lodges in Western Canada.

Upon their release, both will also be subjected to a 10-year weapons ban and must submit a DNA sample.

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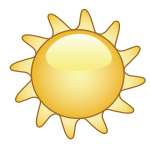





# LOCAL NEWS

# Weather Forecast



MATT VIS

THURSDAY	FRIDAY	SATURDAY
 <b>Light rain</b> Probability of Precipitation: 70% HIGH 20 LOW 13	 <b>A mix of sun and clouds</b> Probability of Precipitation: 30% HIGH 22 LOW 12	 <b>Sunny</b> Probability of Precipitation: 20% HIGH 25 LOW 15
SUNDAY	MONDAY	TUESDAY
 <b>Risk of a thunderstorm</b> Probability of Precipitation: 40% HIGH 24 LOW 14	 <b>Chance of a shower</b> Probability of Precipitation: 40% HIGH 24 LOW 14	 <b>Mainly sunny</b> Probability of Precipitation: 20% HIGH 24 LOW 15

**CONSTRUCTION HALTED:** Construction activity on the replacement of the High Street retaining wall has been temporarily halted after crews struck and detonated an old, unexpected explosive device on Tuesday, August 1, 2017.

# Explosion halts High Street construction

Replacement of High Street retaining wall temporarily paused after work crews struck and detonated an old explosive device

**THUNDER BAY**  
By Matt Vis - TB Source

Construction work on the High Street retaining wall is temporarily on hold after what is being described as an old explosive device was struck and detonated.

City project engineer Mike Vogrig said crews were using a backhoe with essentially a large jackhammer attached to break up rock when it struck the object late Tuesday afternoon.

"We're assuming it's some old explosive device they used to remove rock in previous construction. It could have been as long as 100 years ago when they were first building the wall," Vogrig said on Wednesday.

"One of the neighbouring houses definitely felt it. She was talking with some of the personnel on site after it happened and they kind of explained to her what happened."

Nobody was injured and the Ministry of Labour has been

notified of the incident. Work at the site has been temporarily ceased while the situation is evaluated. There is no immediate timeframe for when work will resume.

"We've been in contact with a demolition expert in Ottawa. We were directed to them by a local blasting company," Vogrig said.

"They're going to have some personnel come up here, assess the site and make determinations about potential for other devices that may have been left over in the ground and determine what we need to do to move forward with the work in a safe manner that's safe to the public and the workers there."

Work to replace the wall began in June after council voted to award the \$2.1-million contract to Mansfield Construction. The replacement of the wall, which had originally been part of the

2016 budget before being delayed for a year, also includes a new set of stairs, accessible ramp, improving drainage behind the wall and converting the part of Cornwall Avenue at the top to a one-way street.

The project had been proceeding on schedule and on budget prior to Tuesday's incident, Vogrig said.

Coming across an explosive device like that on a job site in Thunder Bay is an unusual occurrence, Vogrig added.

"This is the first time I've ever encountered something like this," Vogrig said. "It's pretty unheard of from the guys I've been talking to about it as well."

Last Thursday, an expert from Explotech, a blast control company based in Ottawa, was on site to see whether there is any risk of other explosives and whether the demolition should continue moving forward.

**"This is the first time I've ever encountered anything like this."**  
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# LOCAL NEWS

# Police are investigating a suspicious death at Marina

Thunder Bay Police are asking for the public's assistance in an investigation into the suspicious death of an 18-year-old man found near Marina Park

**THUNDER BAY**  
 By Doug Diaczuk - TB Source

Thunder Bay Police are investigating what they are calling a suspicious death after a body was found near McVicar Creek at Marina Park last Sunday.

The body of a male was found near the Marina Park Overpass at McVicar Creek. Police were seen carrying the body up from the direction of the lakeshore. The Thunder Bay Police Service forensic unit was also on the scene.

According to a Thunder Bay Police media release, police received a 911 call at approximately 8:40 a.m. on Sunday by a passerby who discovered the body of the deceased male.

Police have identified the man as 18-year-old Brayden Moonias of Thunder Bay.

A witness said the area is known to be frequented by people.

Police are calling the death suspicious and are asking anyone with information to contact Thunder Bay Police at 684-1200 or Crime Stoppers at 1-800-222-8477.

A post mortem is pending in Toronto.



**SUSPICIOUS DEATH:** Police continue to hold the scene near the Marina Park Overpass where a body was found on Sunday.

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## LOCAL NEWS

## IN BRIEF

# Man facing charges in death of two-year-old

The sudden death of a two-year-old female has led to charges against a 34-year-old man from North Spirit Lake First Nation.

An investigation by the Ontario Provincial Police was launched alongside the Nishnawbe-Aski Police Service into the sudden death of a two-year-old female in North Spirit Lake First Nation on June 13, 2017.

NAPS officers were contacted regarding the child who was brought into the nursing station where she was pronounced dead.

OPP said the 34-year-old man from North Spirit Lake First Nation was arrested on Aug. 1 and charged with criminal negligence causing death, failing to provide the necessities of life, and child abandonment.

## Armed robbery

City police are looking for two suspects in a Friday morning armed robbery.

Thunder Bay Police Service officers responded to reports of a robbery at the Esso located on John Street Road just before 3 a.m. Police say a man and woman arrived at the business on mountain bikes wearing clothing that concealed their faces.

The woman approached the checkout counter with a knife and demanded money. Both suspects fled with the cash.

The suspects are described as young adults. The woman was wearing a black and grey hoodie and the man was wearing a grey hoodie with black pants and a black backpack.

No one was injured during the robbery.

If anyone can identify either of these suspects, please contact the Thunder Bay Police Service at 684-1200 or Crime Stoppers at 1-800-222-8477.

## Drug charges laid

Nine drug-related arrested were made on Wednesday afternoon after officers put a five-month investigation into action.

Police conducted a search warrant on a vehicle, and later an apartment located in the 200 block of Wilson Street.

According to a release, police seized \$16,000 in cash from the vehicle, and arrested one male.

Officers then proceeded to the Wilson Street apartment where they arrested seven males and one female.

At the apartment, they seized cocaine valued at \$16,000, marijuana valued at \$2,000, and \$5,200 in cash.

Of the nine people charged, six are from Ottawa, two from Toronto, and one from Thunder Bay.

The variety of drug-related charges include: possession for the purpose of trafficking, proceeds of crime, and obstructing police.

## Soldier's Hole rescue

A woman was rescued after falling from a six-metre height at Soldier's Hole.

Thunder Bay Fire Rescue crews

were called to the area off Copenhagen Road just before 11:30 p.m. last Wednesday to assist Superior North EMS paramedics, according to a news release issued last Thursday morning.

Upon arriving on the scene, firefighters assessed the safest way to remove the patient from the area of the fall. Existing paths were used to reach the woman and then remove her from the scene.

The woman was taken to the Thunder Bay Regional Health Sciences Centre by paramedics. The extent of injuries is not immediately known.

Fire officials are warning the public about the dangers of climbing rocks and unlit trails at night.



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# Editorial

## EDITORIAL

# A lot to do this month

Every summer thousands of Thunder Bay residents flock out of town on getaways to concerts, festivals and other events. But this coming week, there is more than enough to do in our own backyards.

On Wednesday, the 127th annual Canadian Lakehead Exhibition kicks off. The event is truly a family affair with a variety of rides and carnival games while still maintaining its roots as an agricultural fair.

Two days later, the BrewHa! Craft Beer Festival will return at Prince Arthur's Landing. Featuring a record number of participating breweries, there should be suds to meet everyone's tastes over the three sessions, with the first being held Friday evening before a doubleheader on Saturday closes the festival.

Not to be outdone, the summer of musical festivals in Thunder Bay continues on Friday and Saturday out in Murillo for the second annual Country Fest. Boasting headliners Brett Kissel and Tim Hicks, some of the most prominent names in Canadian country music will be taking the stage.

Events like these would not be possible without the drive and commitment of organizers and a healthy supply of volunteers. Don't take them for granted. Support the countless hours that have been put in to making these events, and many others that happen throughout the year in Thunder Bay, happen by taking advantage of fun close to home.

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## Navigation Protection Act

To the editor:

Right now, the federal government is reviewing the Navigation Protection Act—that's the law that should give all Canadians the right to paddle up and down this land's waterways. That right is very important to me.

In recent years, 99% of Canada's waterways lost navigation protection under the act. Unless our waterways have full legal protection we'll all lose our right to enjoy and play in streams, rivers, lakes and oceans.

Even worse, when waterways are blocked by development or land owners, sensitive ecosystems are put at risk. There's currently no law that makes it mandatory to evaluate environmental impacts on blocking and obstructing waterways, which can seriously harm fish, fish habitat and water.

Long lasting decisions are being made right now about our basic right to explore this country by kayak and canoe. Fellow outdoor enthusiasts, I hope you'll join me in writing or calling your MP to tell them to make sure the Navigation Protection Act protects our environment, heritage and way of life.

Jenet Vlotaros  
Thunder Bay

## Drivers need to change

To the editor:

Thunder Bay drivers get a real education when they attempt to drive elsewhere in the world. (Note : people blaring their horns and gesturing at you are NOT saying hi). There are more than a few drivers locally that are either blissfully unaware of things like merge lanes, passing lane etiquette and what a yellow light actually means, or just don't give a hoot. I'd like to see the occasional police officer pull one of these clowns over for a chat.

Werner Ott  
Thunder Bay  
Via Facebook

## Moving is common sense

To the editor:

Since I first started driving it was common sense that my dad taught me to always give way to any emergency vehicle and to always, if possible, provide assistance to someone stranded on the side of the road. To give assistance nowadays is kind of iffy because you do not know who you are assisting and with the crime the way it is in todays society you might be taking a risk in stopping. But always move over and give them some room on a two-way highway. If a vehicle is approaching slow down then pass the motorist in trouble. Now

## LETTERS TO THE EDITOR



with most people having cell phones they have usually already called for assistance anyway. Save yourself a ticket and demerit points in following the law. Just my input that is all.

Charlene Youmans  
Thunder Bay  
Via Facebook

## Why do we pay high taxes

To the editor:

I put out two garbage cans.... just like I do every week. I never have much garbage because we are big on recycling and composting. One can had one green garbage bag about 3/4 full and the other had two bags in it... one was only a quarter full and the other was barely half full as I like to bag it early and tie it tight to deter critters and smell.

Neither were very heavy and they were clean, neat and not smelly. The collectors only took two part bags and left the remainder?

I pay outrageous taxes and receive very little service. Should I save up what I paid to have removed and dump it on our mayor's lawn so he can take it to landfill?

At least it will give him something to do for the salary I am paying him while he does nothing for our city.

This city has really gone for a crap! We would rather spend our tax dollars buying useless statues, re-doing the same streets and intersections because its never done right the first time and

paying elected officials large sums of money to fight their personal legal battles for federal crimes!

Please... lets get rid of our current mayor and council and try something new. We continue to pay more for less and I for one have hit my maximum.

Steve Peters  
Thunder Bay

## More risks for forest fires

To the editor:

Trudeau and Notley are on the wrong side of history by supporting the Tarsands and the expansion of pipelines. When will they get the direct connections between digging up and burning fossil fuels and Climate Change, and forest fires? These are very serious crimes against present and future generations.

Lynn Wilbur  
Thunder Bay  
Via Facebook

## Parking on High Street

To the editor:

I drive for Lift Plus (formerly Hagi) and maybe about two weeks ago, I had to stop and back my way down the road because some people just HAD to park their vehicles on the road, either side of the sign. I didn't appreciate it, nor did the clients who were dropped off late nor were the two cars behind me very impressed,

either. The road is not restricted to smart cars who can squeeze past. Give us bigger vehicles a little room to breathe.

Lisa Pike  
Thunder Bay  
Via Facebook

## Safety always comes first

To the editor:

I wouldn't call it "wasted money". If I were working on that project and an explosive was detonated, I would want to know - by an expert, if there was even a remote chance of a repeat explosion before even considering resuming work. Safety First - always

Rick Farwell  
Thunder Bay  
Via Facebook

## Tournament Centre mess

To the editor:

I remember when this rink first opened. The Times I've been there over the past couple of years it didn't look as if one bit of maintenance had ever been done in the 20 or so years since it opened. It doesn't even get cleaned properly. It's disgusting in there. Washroom, showers and dressing rooms do not require repairs. Just daily cleaning and a little bit of pride.

Paul Rudeger  
Thunder Bay  
Via Facebook

# Perspective

# Re-doing the Cube

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

Almost everyone has a long-forgotten collection of personal artifacts stashed in somebody's garage or hidden in a cluttered spare room somewhere.

If you retrieve your box of treasure you will likely find a friendly foe tucked in among the assorted junk – your old Rubik's cube.

It has remained unseen and unsolved since you threw it down back in the early eighties when you realized you couldn't solve it.

But the cube is enjoying a minor resurgence right now and internet technology has placed the solution within every cuber's grasp.

This might be a good time to dust off that colored cube and give it another try, coached by the internet, YouTube and "How-to" videos.

With a little determination you can still do the puzzle and impress your friends although solving the cube is not quite as impressive after thirty years.

When Erno Rubik invented his cube and first tried to bring it to market it was a hard sell.

He was pitching a non-electronic puzzle with no bells or whistles that was almost impossible to solve – it was said only Harvard professors could do it.

But Ideal Toys was facing bankruptcy in 1980 and decided there was nothing to lose by promoting

Rubik's Cube, a move that saved the company.

Released into the U.S. market, the toy swept the nation overnight as millions of consumers tried this puzzling combination of frustration and fun.

Obsessive cubers soon became victims of a repetitive strain injury known as "cuber's thumb" (a distant relative of "texter's thumb"?)

Rubik's cube won "Toy of the Year" in 1980 and '81 and quickly became one of the most popular toys in history.

It was suddenly a huge fad, recognized by some as a work of art and then just as suddenly it was over, ended, gone the way of the hula-hoop.

Since there was no obvious solution and no easy way to learn, cubers gave up in droves and threw their cubes into cardboard boxes.

And now the cube is back although the current scene is not for hobbyists or weekend cubers – world records are being set.

"Speed cubing" is the state of the art now and cracking the 20-second barrier has become the Holy Grail of cubers.

But don't kid yourself – that old relic cube from your secret stash box isn't equipped for speed cubing.

You'll need a special cube, one

designed for smooth, effortless speed and able to be tuned, tensioned and lubricated.

Using one of these slick, super-cubes Mats Valk set and holds the current world record time of 4.74 seconds.

How does he even move his fingers that fast?

Incidentally, the Guinness World Record holder is the Sub 1 Reloaded robot which successfully solved the cube in 0.637 sec.

Nice try, Mr. Valk.

You still might want to solve your cube for old times' sake but after all those years it could be a little anti-climactic

In the eighties there weren't any YouTube tutorials to show how to solve the puzzle – you just had to figure it out for yourself.

Back then the only tool was trial and error and cubers needed focus and persistence to succeed.

But now that the internet is here anybody could totally do the cube with a little on-line coaching and a few videos.

It begs the question, "Where's the hardship?"

Can anyone really experience the joy of victory without first enduring, time after time, the agony of defeat?

If you do dig out your old cube and do solve it, with or without YouTube, you may discover the answer to another question.

What took you so long?

**"And now the cube is back although the current scene is not for hobbyists or weekend cubers – world records are being set."**

## TASTE OF SUMMER



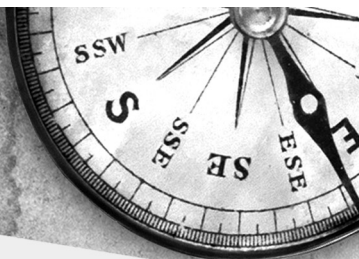
**ICE CREAM, ICE CREAM** Grace Wilson (left), Maeze Pylypchuk, and Sarah Drebit opened their very own ice cream shop last week in the parking lot of Fresh Air Experience on Balmoral Street.

DOUG DIMAZEK

## This week in history:

### Bank of Commerce

In 1906, the Canadian Bank of Commerce erected this beautiful Beaux Arts style building at the intersection of South Cumberland Street and Red River Road. It remained a city landmark until the mid 1970s when it was demolished to make way for a new bank, built in the Mid-Century Modern style.



### 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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### THIS WEEK'S POLL QUESTION:

# your VOICE

Will a joint agreement signed Tuesday between First Nations leadership and the city impact violence and racial tensions in Thunder Bay?

VOICE YOUR OPINION ABOUT THINGS THAT MATTER MOST.

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**TOTAL VOTES: 923**

YES 7.2%  NO 85.7%  DON'T KNOW 7%

# LOCAL NEWS



DOUG DIACZUK

**A LASTING GIFT:** Peggy Smith, interim vice provost of Aboriginal Initiatives at Lakehead University and Lisa Harris, Aboriginal Mentorship Program coordinator.

## Generous gift

Aboriginal Mentorship Program at LU receives \$1-million endowment

### EDUCATION

By Doug Diaczuk - TB Source

A substantial endowment will help pave the way for thousands of Indigenous youth in Northwestern Ontario interested in pursuing a post-secondary education for years to come.

On Wednesday, the Joyce Family Foundation gifted \$1 million to the Lakehead University Aboriginal Mentorship Program, which provides Indigenous students an opportunity to learn more about post-secondary education and the opportunities that await.

"This is huge," said Peggy Smith, interim vice provost of Aboriginal Initiatives at Lakehead University. "A lot of our Indigenous programming is dependent on short term government funding. So having a \$1-million endowment allows for us to guarantee being able to offer that program year after year, rather than wondering if we are going to have enough funding."

The Aboriginal Mentorship Program pairs Indigenous high school and public school students with university students at Lakehead. The students travel to communities to discuss some of the opportunities that exist at university, and Indigenous students also travel to Lakehead to gain important research skills, public speaking skills, and confidence.

"It's an important program because it not only helps to build confidence, but it breaks down barriers as well and allows more even pathways to university and post-secondary education," said Lisa Harris, Aboriginal Mentorship Program coordinator.

The money from the endowment will primarily be used to fund travel for Indigenous students in the region, Harris said.

"In the last year we worked with about 3,000 youth," she said. "This will help us to bring those numbers up to possibly 4,000 or 5,000."

The Joyce Family Foundation, founded by entrepreneur, Ronald V. Joyce, has funded similar programs across Canada.

"The Joyce Foundation has a program in place where they funded other programs at Canadian universities to help disadvantaged youth pursue an education," Smith said. "They really liked the Aboriginal Mentorship Program for the opportunities it is giving Indigenous youth."

Harris added when she learned about the \$1-million endowment, she was thrilled, because the program will continue for years to come, helping more and more Indigenous students pursue post-secondary education.

"It gives us the opportunity to continue the program in perpetuity, which is so important," she said.

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# TB Life

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## Festa a traditional treat

Festa Italiana connects with the hearts of people young and old

**THUNDER BAY**  
By Doug Diaczuk - TB Source

It's a festival worth returning home for, just ask Jim Sawicki, who planned his trip to return to his hometown to coincide with a trip to his cultural roots at the Festa Italiana.

"We knew it was happening the time that we booked our trip," Sawicki said. "We are originally from Thunder Bay. We are living in Phoenix, Arizona now. I have an Italian background and it's comfortable and we're happy here."

The 27th annual Festa Italiana kicked off on Sunday at the Italian Cultural Centre. According to festival chair, Benny Melchiorre, every year the festival is a success because it has the right combination.

"We are right in the middle of the city, there's free admission, there's something for everybody," he said. "I think we do the right thing. There's good food and good entertainment."

This year's festival includes performers all the way from Italy, as well as a little closer to home, with local dance group Le Stelle Alpine Dancers and the Alpini Choir performing on the main stage.

"We like to promote our culture and share with the rest of the community and pass it along to the next generation of Canadian Italians," Melchiorre said. "This year, we are not only celebrating Festa Italiana, we are celebrating 150 years of Canada. It's a big event."

The opening ceremonies launched the festival with the cutting of a Canada 150



**PIECE OF CAKE:** A Canada 150 cake was cut during the opening ceremonies of the 27th annual Festa Italiana at the Italian Cultural Centre.

cake, which symbolizes one of the most popular features of the annual event, the food.

"We came for the food and the people," said Connie. "It gets people together. A lot of people are isolated and on their little technology and they don't want to get out. This way, you're out and getting together with other people and you get to experience other cultures and their foods and entertainment."

A raffle for a trip to Italy is also up for grabs, with all the money raised going towards the Northern Cancer Research

Foundation.

"We are all excited," Melchiorre said. "It's only officially opened an hour and there's already a couple of thousand people here and the crowd is getting thicker and thicker. It's perfect weather for a festival."

And while the food is delicious, the entertainment is exciting, and the fireworks promising to be thrilling, at the heart of Festa Italiana is the people.

"You connect with the hearts of people and it's easy to do that here," Sawicki said. "It's wonderful."

[www.ststb.ca](http://www.ststb.ca)



## FIRST RIDER

The First Rider Program has been designed for very young first time school bus riders. This fun learning experience helps children answer questions (they get to ride a bus!), and calm concerns they may have about riding the bus to school.

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**ON HEALTH**

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The ChiroThin program is based on a number of healthy principles from their homeopathic daily spray, to the VLCD diet, intermittent fasting, anti-inflammatory foods that are also low glycemic, hypoallergenic and taste great and finally the doctor supervised one on one, twice weekly office visits where we monitor your vitals and biomarkers such as body weight, blood pressure, blood sugar, body composition and metabolic indexes and others. I know it sounds complicated but it isn't really. We do not encourage adding vigorous exercise at this point and there are

no shakes, pills or frozen foods to buy.

The most amazing part of the program is that the pounds just seem to fall away and you feel so much better.

Women lose about 20-25 pound and 2-3 dress sizes and a lot of inches and men typically lose 30-35 pounds although we've had a number of men lose over 40 pounds during the 6 week program.

Wayne, our star patient to date has taken off over 85 pounds, having done the program a few times in a row. He is set to lose over 100 pounds by this summer. He feels great and he looks amazing.

We've had a number of women lose over 50-60 pounds on a few rounds of the programs. They've discarded their baggy clothes and are so much more energetic and alive.

If you are thinking that this might be the program for you and would like to find out more, then you have a number of options:

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2. You can book a free consultation and meet with my staff to find out if this is a good fit for you.

3. You can call and book a new patient consultation and begin immediately losing 20-40 pounds in the next 6 weeks

Some of the amazing side effects from



doing the ChiroThin program that participants have reported to us is their blood pressure goes down, cholesterol improves, diabetic meds are reduced as their blood sugars improve, headaches and migraines are reduced and arthritis and joint pains get better. I know it sounds like a 'cure-all', and everyone responds differently, but patients are just getting healthier!

For more information please call our office at 3437932, or visit our website at [www.crantonwellness.com](http://www.crantonwellness.com).

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**2. Get vaccinated.** Prevention is the best medicine, and one of the best things you can do is protect yourself with a vaccine.



Vaccines work differently than antibiotics. Instead of trying to kill an existing infection, a vaccine trains your healthy body to fight the disease in the future. Children can especially benefit from being vaccinated, because they haven't had time to build up their own immunities. Make sure your vaccinations are up to date.

**3. If you are sick, stay home.** Stay away from people as much as you can when you are sick and keep your germs to yourself. Keep the bathroom clean along with other shared surfaces in your home to avoid spreading germs to others.

**4. Take antibiotics** as directed by your healthcare provider. Antibiotics are only effective in treating bacterial infections, not viruses. Before taking antibiotics, talk to your healthcare provider about whether antibiotics are the best treatment option. Remember that misuse

and overuse of antibiotics can lead to resistance, meaning that the strongest bacteria survive and antibiotics become less effective on them or sometimes don't work at all.

Find more information at [canada.ca/antibiotics](http://canada.ca/antibiotics).

[www.newscanada.com](http://www.newscanada.com)



**READY TO GO:** Crews work to set up the Sea Ray ride on the CLE grounds last Friday.

## CLE getting set for fair

**THUNDER BAY**  
By Matt Vis - TB Source

With the Canadian Lakehead Exhibition set to commence this week, the fairgrounds were transformed last week with the first rides taking shape.

The 127th annual family fair will kick off on Aug. 9 and run for five days before coming to a close at the end of that weekend with crews already busy getting the attractions set up and ready.

Jim Mills, the owner of Select Shows, said the company is bringing 35 rides to Thunder Bay with a crew of 75 to 80 people involved in the process.

"I think it's going to be a good fair this year," Mills said on Friday. "We've added this year some new equipment. Last year was a pretty good year and this year has been really good for us. We're excited. We've always got to add something new every year or change things around so you don't get boring."

As many as 10 rides are expected to be in place this weekend with the remainder arriving late Sunday from Kenora. Already visible on the fairgrounds is the Ring of Fire, a 65-foot tall behemoth that is always one of the most popular rides.

Selecting the rides is often a balancing act of trying to meet the demand for thrill-seekers while providing something accessible for everyone, like the Trabant which will be making its Thunder Bay debut next week, Mills said.

"You have to have the big thrill rides for the real daring ones but the Trabant is a really good family ride. It takes all ages and it's been a real hit," Mills said. "We're looking for rides that appeal to all ages."

Another ride new for this year that is already set up is the Force 10.

"If you think the Zipper is thrilling, wait until you see that thing go," Mills said.

The advance set up allows crews to not rush through the process and do thorough checks on every ride.

Safety is a major focus, Mills said. "We're looking to make sure all the fasteners are in and we're looking for cracks or any wear and tear," Mills said. "Everything has to be levelled and rivets checked. Every little aspect is gone over."

Organizers said there will be a change to the music lineup, with Doug and the Slugs being replaced by Helix after an illness caused them to cancel their performance on Wednesday evening.

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TBLife

# On the water

I had to pinch myself. Not literally but still, here it was Friday, August the 4th and we were finally getting our boat into the water for the first time this summer.

Of course, several factors had prevented us from launching our craft until now: lousy weather throughout almost all of June and into the early days of July; the 'busies' of work and getting our swimming pool back up and running; dealing with winter firewood wherein we met a wonderful chap named Dale who finished bucking and splitting the remaining six cords; and some sunny but very windy days that we knew from experience would not promise calm and prosperous voyaging.

But finally the planets aligned, clouds parted, and off we drove, boat in tow.

This first-of-the-season launch was the test drive. Would the engine work? I had purchased two new batteries, one for running the engine and one for powering the electric trolling motor.

Once we were sure that the engine proved true, would the trolling motor allow us to slowly move down the shoreline and permit us to gently cast our lures into the waters in the hopes of catching a big one? Well, my wife, Laura, The Angler in the family, can catch any member of the fish family.

So we drove to the nearest lake to where we live, Oliver Lake, a mere ten minute drive. Now it being The Friday of the long- weekend, Laura had suggested that we get there in early afternoon before the crowds showed up as they have in long-weekends past.

We arrived to discover two delightful things: the water was smooth and calm and there were no other people either on shore or on the water. Certainly, we saw that there were cottagers in residence but as wonderful quiet and peace covered the lake.



**FRED JONES**

RURAL ROOTS

I backed up the trailer on the ramp and into the water while Laura untied the boat (still don't have a name for it) and got it floating. Once I had parked the truck and trailer and climbed aboard, it was time to lower the engine and see if would start. Was there any doubt? It fired up right away and away we slowly motored.

Neither of us really felt that I should open up the throttle. After all this was the first time we had been on water this summer and we were now surrounded by glorious rocks, trees, and soaring cliffs. So, we ambled along beside the north shore heading east all the way until we reached the other end of the lake.

Oliver lake is very familiar to us. I have lived near it for more than half my life. I have canoed it all around the shoreline taking note of tall pines, of stands of birch, of the cliffs where you might see flocks of ravens or even turkey vultures. At the other end most of the dwellings are located. Most of the north shore is bush and not exactly habitable. I would cost a pretty penny (oops. We no longer have those, do we?) to build a road, bring in hydro, let alone build a cabin. The shoreline is very steep.

But when you round the point about half way down towards the east, you see a long row of various buildings, some very new since last I travelled the lake; some that have been there since before I ever moved to this part of the province. Quite a few are definitely permanent homes – large and usually perched high up on top of the shore. Their access to the water involves very long, steep, staircases with many landings as they traverse the high inclines.

We eventually arrived back at the west end and it was time to lower the trolling motor. After all, Laura had just received a new fishing rod for her birthday and she was itching to try it out. So slowly we crept along the north shore again, casting into weedy spots or close to over-hanging trees in the hopes of catching something with fins. Nada. Probably the wrong time of day.

Well, at least both motors worked as they should. We had a wonderful couple of hours on the water. I did open the throttle to full speed just to feel the wind and to remember just how fast this craft can go; and then we returned to the landing, loaded the boat, and drove home, very satisfied that future adventures could now take place before the first snow. Snow?!?!? Just kidding.

# IN THE bay

arts | entertainment | culture



DOUG DIACZUK

**ROLLING INTO TOWN:** Country singer, Dean Brody, rocked the stage of the CP Canada 150 Train that made a stop in Thunder Bay on Sunday.

## Rocking on the rails

Country star, Dean Brody, capped off Canada 150 Train concert

**MUSIC**  
By Doug Diaczuk - TB Source

It was a concert like no other, as the thumping of steel wheels on rails and the blast of a whistle greeted music fans in Thunder Bay.

On Sunday, the Canadian Pacific Railway Canada 150 Train rolled into Marina Park, carrying with it some musical superstars, including country singer, Dean Brody.

"It's so cool," Brody said after the show. "The whole concept of pulling up on a track and pulling down the door and just stepping out and performing. It's something I've never done before. I love it. It's an amazing way to spend the summer."

The CP Canada 150 Train is being led by the historic F-unit diesel locomotive built in 1958 and has been touring the country since Jul. 28 when it began its musical journey in Port Moody, B.C. It will finish its 13-stop trip in Ottawa on Aug. 20.

"The train itself is about connecting the nation," said April Crane, Director of communications and marketing with CP Rail. "Over 130 years ago, CP helped build Canada and as part of that, we wanted to celebrate the 150th anniversary by bringing this train, these shows, to 13 locations across

this beautiful country."

Crane said the response across the country has been incredible and it continues to build momentum.

That momentum continued with the stop in Thunder Bay, as more than 1,000 people gathered outside of the parked train for this unique concert.

To kick off the afternoon, Kelly Prescott led the crowd through some iconic Canadian songs by artists like Stan Rogers, Tom Cochrane, Bryan Adams, and the Tragically Hip.

"It's so much fun and to hear the crowd singing along with these songs, you kind of forget sometimes how huge those hits were, and when you do just a little bit of it and everyone is singing along, it kind of gives you chills," Prescott said.

Prescott is no stranger to performing on the rails, already serving as a regular performer aboard the CP Holiday train for several seasons.

"It's a great way to see the country," she said. "You are on a pretty incredible piece of history and getting to play music with friends and family. And to get to do it in the summer! Usually the holiday train we are freezing our hands off, so it has been a blast."

Following Prescott's musical

tribute, Dallas Arcand, a world champion hoop dancer, took to the stage.

Arcand said it has been an honour and a privilege to be a part of the Canada 150 Train touring the country.

"I'm the only First Nation person on this train tour," he said. "It's a blessing and many blessings along the way to meet all these good people."

Brody, who took home the 2014 Juno Award for Country Album of the Year, closed out the show and was a huge hit.

"I'm proud of my country, especially this being the 150th anniversary, it's awesome and being able to look back on this, I'm going to think: damn, I can't believe I was on this train and making these memories with Canadians along the way," he said.

But the Canada 150 Train is about more than just music. It is about connecting the nation and the people, just as the railway did more than 130 years ago.

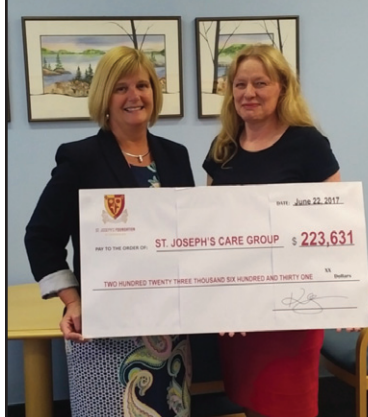
"It's nice to connect with my fellow Canadians because we are all in this together and we are the greatest together when we connect on all levels, all races, all nationalities," Arcand said. "It's just a beautiful thing when we have that kind of unity."

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ADVERTISING FEATURE

## "Hearing aids made a real difference to my life."



Chris McNeil's hearing loss was beginning to affect him at work. He was worried he'd never hear well again. Thanks to Miracle-Ear, he was back to better hearing in no time at all.

Chris McNeil noticed his hearing had changed following his time served in the military.

Over time, he found problems with his hearing were beginning to affect his social life. "It was awful," he says, "I'd be in a pub talking to my friends and I couldn't hear a word they were saying. I was getting really desperate."

He also found that it was affecting his career as a bus driver. "People were getting on the bus and you talk to the bus driver's right hand side, which is my bad ear, so I wasn't hearing what they were saying. The background noise of the bus itself made it almost impossible to understand anyone - it was very frustrating for me."

It wasn't until last year that Chris decided to go to Miracle-Ear. "My hearing specialist was brilliant, really approachable, and thorough," he says. The hearing specialist gave him a free, in-depth hearing test to identify his particular needs. "She showed me all the options available to me, and then once I'd picked a hearing aid, she talked me through why it would make a difference," Chris says.

He was particularly thrilled with the expert care he received. "Everyone in the clinic was helpful, and it was fantastic to have such a great level of service," he says. On the lifetime aftercare, he remarked, "If I ever have a problem and need to drop in, nothing's ever too much trouble. They really are very good and have made my life so much easier."

Since having his Miracle-Ear hearing aid, Chris' hearing has gone so much better, and he's finding it much easier to hear the passengers on his bus.

His better quality hearing has allowed Chris to get back to the things he enjoys doing the most. "I've been doing more driving and walking, my wife and I are spending more quality time together, and it's been great watching more sports on the TV," he says with a smile.

For Chris, the decision to go to Miracle-Ear transformed his life so much that he's been recommending them to his work colleagues.

"I'd say to anyone who's thinking of getting a hearing test with Miracle-Ear, 'do it!'" he laughs. "I just wish I'd gone years before - it's made a real difference to my life."

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IN THE bay

# A new "truth" in world of advertising



with FIONA GARDINER

say it was in response to millennials – “the most sophisticated, media-savvy generation of all time” who “crave authenticity.”

But was it really authentic? Or was it just a thinly disguised marketing ploy?

### Best-selling album

Rumour mills have been churning for years about turmoil in the relationship. Then last year, Beyoncé released her album, *Lemonade*, which became an anthem to scorned women in general and black women in particular. Despite the lack of a No. 1 single on a *Billboard* airplay chart or even the R&B/Hip-Hop rankings, industry buzz grew as questions arose about the seemingly autobiographical nature of the songs.

Beyoncé preferred to let her music

speaking for itself. Or perhaps, preferred to let people buy and listen for themselves. And buy they did. *Lemonade* was the highest selling album in 2016.

Now a year later, Jay-Z is responding with the release of his own autobiographical mea culpa album, *4:44*, acknowledging in music that yes, he had done our beloved Beyoncé wrong.

And it's all because millennials were too smart to believe their “perfect family” image anymore?

Marketing is about manipulating the message to get a required outcome. So while music fans and social media are revelling in their own shrewdness to finally force the super-couple to tell the truth, Beyoncé and Jay-Z are simply marketing their brand with the newest

fad: honesty.

After the initial release of Jay-Z's album, he came out with a series of videos, “Footnotes on 4:44,” in which he and various celebrity friends discussed relationships, love, and the publicity that ensues. More honesty? Or just a new way to use video to promote your album?

### Age of information

As consumers in an information age, we like to think we're smart enough to ferret out every deception. We firmly believe we can tell the difference between honesty and simply pandering to the cameras.

So it was quite shrewd of Beyoncé and Jay-Z to go with the ugliest of truths. Why risk public condemnation with a lie? And nothing builds greater hero status than acknowledging – and

learning – from one's failures.

I'm sure there was real trouble in the relationship at one time. But how long and how bad, only Beyoncé and Jay-Z know. Right now, they're building their brand through honesty, growth, and excellent timing. And they've spent 15 months promoting two blockbuster albums focusing on how awful things were – all while she's been gestating and delivering twin babies.

So from the depths of despair comes the birth of a stronger marriage. ... And a bigger family. (Cue the angels singing.)

Today's audience thinks it's too smart to be manipulated by a brand. But maybe that's the greatest marketing trick of all: making us think we're smarter than we are. A great way to build brand loyalty.

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E E T T I M M O C B U S I K O  
T V I A L N A T Y J B S N R L  
N A E N N E O L Z M E E A A F  
A B Y N U C A A L G D L Y H Q  
L Y Q I S U H E D E M B C S D  
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| Abbeys      | Dropout  | Lolls   | Scotch       |
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“KRFL CNGGCR NV WRRPRP GM ETAR T ZTQQL CNSR; NG NV TCC BNGZNV LMHFVRC S, NW LMHF BTL MS GZNVANWX.” – ETFYHV THFR CNHV

PREVIOUS SOLUTION: “The truly educated man is that rare individual who can separate reality from illusion.” – Author Unknown

## CROSSWORD PUZZLE

### ACROSS

- 1 Mascagni heroine
- 5 This one (Lat.)
- 8 Oriental nursemaid
- 12 Aid
- 13 Row
- 14 Midianite king
- 15 Scatter
- 17 Famous zepplin
- 18 Sup
- 19 Of birth
- 21 Central standard time (abbr.)
- 22 Formic acid source
- 23 Crush
- 25 Rant
- 29 Apparition
- 32 Wild ox
- 33 Boor
- 35 Freshwater mussel
- 36 Hundred (pref.)

### ANSWER TO PREVIOUS PUZZLE

B	P	O	E	S	C	I	A	P	A	R
A	R	M	S	W	O	O	L	E	A	H
T	O	N	E	D	O	W	N	I	N	R
E	P	I	E	L	L	I	S	P	E	A
			A	L	L	C	A	C	O	
S	E	A	W	E	E	D	X	L	I	I
A	N	S	E		N	E	T		E	N
M	A	T	T	A	G	A	L	A	T	E
			R	O	S	S	B	A	N	
D	I	A	B	A	R	O	N	A	G	O
A	L	G	A		F	O	R	E	H	E
R	E	A	D		A	B	E		A	R
B	A	L	A		R	E	T		B	I

- ### DOWN
- 1 Millrace
  - 2 Fetish
  - 3 For fear that
  - 4 Assn. of Tennis Professionals
  - 5 Hamlet's friend
  - 6 Kiln
  - 7 Choice
  - 8 Argentina (abbr.)
  - 9 Seller
  - 10 Down with (Fr., 2 words)
  - 11 Hilt of a sword
  - 16 Sicilian resort
  - 20 Article (Fr.)
  - 22 Having wings
  - 24 Silence
  - 25 Burmese knife
  - 26 Compass direction
  - 27 Tug
  - 28 Chin. chairman
  - 30 Stamping device
  - 31 Aurora
  - 34 Circle
  - 37 Globe
  - 39 Slave
  - 41 Electric unit
  - 43 Arabian judge
  - 44 Valley
  - 46 Liability
  - 47 Gem
  - 48 Noble (Ger.)
  - 49 Nipple
  - 51 Annex
  - 53 Partner of Magog

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20		21	
					22			23		24		
25	26	27				28		29			30	31
32					33		34		35			
36					37		38		39			
					40			41		42		
43	44				45		46			47	48	49
50					51		52		53			
54							55			56		
57							58			59		

## Sudoku

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

4			8					
	3		9	4				
					6			8
		4	2					1
1	6				5	9	3	
3			1			4		
	8	2	3					1
					8		6	

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DIFFICULTY: ★★★★★

# Sports

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LEITH DUNICK

**HEARTBREAKING LOSS:** Thunder Bay's German Alfaro takes a shot on Charlotte's goalkeeper, James Pyle during the PDL final Saturday, Aug. 5, 2017 during the 2-1 loss in Charlotte, North Carolina.

# Chill fall to Eagles in final

The Thunder Bay Chill lost the PDL final 2-1 against host Charlotte Eagles

**SOCCER**  
By Leith Dunick - TB Source

The North Carolina heat was too much for the Thunder Bay Chill. The host Charlotte Eagles scored unanswered goals in the first and second halves on Saturday and downed the visiting Chill 2-1 to capture their first Premier Development League championship. The goals were the first the Chill had allowed in four playoff games and a disappointing way to put a wrap on an otherwise successful soccer season, said Thunder Bay captain Mitchell Osmond, who on Friday was named the league's most valuable defender. "At the end of the day, someone has to win, someone has to lose. Unfortunately we were on the losing end today," Osmond said. With temperatures soaring into the 30s at the Matthews Sportsplex, the heat was a factor, but certainly not the deciding one in a game that saw the Chill jump out in front in the 21st minute, Patricio Arce heading home a German Alfaro corner kick. But the lead was short-lived. Five minutes later the Eagles star striker Joao Costa scored the spectacular equalizer, connecting on a scissor kick while

catching air in front of Chill keeper David Elias. "Conceding right after the goal hurt us a little bit, off a set piece as well," Osmond said. "It kind of deflated us a little bit. We had our chances, but it just wasn't meant to be for us today." Thunder Bay coach Giovanni Petraglia said the goal, the first the team allowed in four playoff games, came too quickly and robbed the Chill of any momentum they might have gained scoring first while playing on the road. "We didn't even have time to celebrate, to settle down. However, we went into halftime with a 1-1 score, so the game was still there," Petraglia said. "We didn't play our best game of the season, but we had a chance to come back in the second part of the second half, when we had a very good 10 or 15 minutes." The Eagles found themselves in foul trouble, Jovan Petrovic, Curren Page and Ashley Sibisi all assessed yellow cards in the first 34 minutes. But it was a yellow to Chill midfielder Eddie Sanchez in the 60th that proved to be the difference.

Thunder Bay lined four players just inside the box in front of Charlotte captain Ryan Williams, who lofted the ball over the top of the wall, Brandon Swartzendruber just missing heading it out of harm's way. Elias, a rock all post-season, was unable to race across the net to make the stop, and the ball found the mesh for a 2-1 Charlotte lead. Swartzendruber, who returned to play for the Chill after a one-year absence in search of a second PDL title, had two great chances to tie the score late in the second half, but couldn't catch up to the ball on either occasion and the Eagles lead was safe. "We've got to give credit to them," the Colorado native said, acknowledging it was probably his last shot at a second ring. "They scored two great goals. It's heartbreaking for us ... Today I found myself with a couple of chances that didn't go my way. I'd give anything to get those back." The Chill had chances in the game's dying minutes, but couldn't get a clear shot on net, dropping their third straight PDL final appearance after winning it all in 2008.

**"They scored two great goals. It's heartbreaking for us."**  
BRANDON SWARTZENDRUBER

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## sports NEWS

# Community mourns the loss of a skiing pioneer

**SKIING**  
By TB Source Staff

**R**eijo Puiras, founder of the Lappe Ski Centre, peacefully passed away on Friday surrounded by his family.

A report from skitrax.com reads, "[Puiras] was renowned for his passion and dedication to the sport of cross-country skiing in Ontario."

Puiras' most notably competed in the 1976 Olympic Games, representing the country of Canada. He placed 56th in the men's 30 kilometre cross country race per



**SKIING PIONEER: Reijo Puiras.**

sports-reference.com.

He first established the Lappe Ski Centre the year before. Since

1975, it has grown into a 5,000-square-foot chalet with waxing facilities, change rooms, showers, saunas and a full-service kitchen.

Puiras was inducted into the Thunder Bay Sports Hall of Fame in 1993. He was also the co-winner of the Dave Rees Award from Cross Country Canada in 2011.

"His amazing legacy will live on for many years to come," the report reads.

Funeral services for Puiras will be held on Friday, August 11, at the Hilldale Lutheran Church at 11:00 a.m.

## Stanley Cup returning on Aug. 12

**HOCKEY**  
By TB Source Staff

**T**he Stanley Cup will once again be returning to the city of Thunder Bay.

Pittsburgh Penguins goaltender, and local hockey hero, Matt Murray, announced he will be bringing the Stanley Cup to the Fort William Gardens on Saturday, Aug. 12. The public event will take place from 11 a.m. to 1 p.m. and Murray and the cup will be available for photographs.

The event will be fully accessible

and seating will be available within the line-ups. Fans will be permitted to take one photo with Murray and the cup. In order to keep the line moving, Murray will not be signing any autographs.

Murray took home the Stanley Cup championship last spring, after he led the Penguins to victory over the Nashville Predators. This marked his second championship in only two years, after winning the cup for the first time in 2016 when the Penguins defeated the San Jose Sharks during Murray's rookie year in the National Hockey League.



**SHARING THE WIN: Matt Murray**

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**RECYCLE**



# Shewchuk earns third straight win

Brett Shewchuk prevails over four-time winner Robert Cumming for third straight Strathcona Invitational title



MATT VIS

**ANOTHER WIN:** Brett Shewchuk watches a shot during the championship final of the Strathcona Invitational on Monday.

relatively short putts on No. 9 and No. 10 to win each hole but the ball stayed out both times.

“Unfortunately I just couldn’t hit that one shot or make that putt I needed to get me back in the match,” Cumming said.

The match tightened again on No. 12 when Cumming took advantage of a Shewchuk bogey to get back within one.

Shewchuk gained a firm grasp on the lead on No. 14, where both players set themselves up with birdie attempts. While Cumming missed his, Shewchuk capitalized to restore the two-hole lead.

“It was the same in the morning match,” Shewchuk said of his semifinal victory over Jeremy Kirk, a rematch of last year’s final. “I birdied it both matches and it was the turning point in both matches.”

Shewchuk followed that up on No. 15, extending the edge to 3-up with a formidable chip out of the greenside rough to within inches of the pin after taking advantage of a fortunate lie.

“That was incredibly lucky the ball stayed where it did. I’ve never seen a ball hang up in that rough, it always rolls down,” Shewchuk said. “It was actually a much easier chip than if it rolled down the hill. It was a lot better than it might have looked.”

Cumming extended the match at No. 16 with a clutch putt but conceded on No. 17 after coming up empty on his lengthy par attempt.

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**53. GENERAL SERVICES**  
#1 AFFORDABLE TREE REMOVAL, CEDARS, SHRUBS, etc. Dump runs. Low rates. Senior discounts. Call Brian at 622-7888.

#1-A Dump runs, grass cutting, junk/trash anything pick-up! Inside or outside. Tear down/remove old sheds, fences. Cut small trees, hedges, and odd jobs. Frank 628-5919 or 767-0995

A1 TREE REMOVAL SERVICE, from take down to clean-up. In town rural or at the cottage. ++ experience very reasonable rates, free estimates, and seniors discounts. Call 345-4363

Christina's Home And Garden. Grass cutting, landscaping, flowerbeds, hedges, tree trimming, Etc. Reno's, handyman, siding, drywall, flooring, painting. For great service & quality work, call us 621-1505

**53. GENERAL SERVICES**  
Call Rob for spring yard & garden clean-up, rototilling, pruning, weeding, hedge/tree trimming, dump runs Eaves trough cleaning/repair. Clean exterior surfaces siding deck etc. Residential and commercial window cleaning up to 4 storeys, and high interior windows. Insured! Serving Thunder Bay and Area. RJC WINDOW CLEANING & HANDYMAN SERVICES 632-2161

PENSIONED PAINTERS looking to stay active. Very reasonable rates. Neat, fast working, former housing authority professional painters. Also drywall repairs & small renovations. Call or Text 626-6926

SUMMER CLEAN-UP! Large trailer for rubbish. WE RECYCLE! No items too big or small! Yard & exterior house clean-up and power-washing. Eavestrough, soffit/fascia cleaning, repair, and installation. Parging & cement repairs. Tree and shrub removal! General Handyman Services. We are Seniors Helping Seniors! 472-6371, [gapace@lakeheadu.ca](mailto:gapace@lakeheadu.ca)

**54. HOME IMPROVEMENTS**  
  
Northern Handyman Services  
Home Improvements  
Repairs & Maintenance  
**683-3003**

AFFORDABLE and QUALITY RENOVATIONS! Kitchens, bathrooms, painting decks, windows, doors, and drywall! Insurance compensation. FREE ESTIMATES! 35yrs exp. Call Ron 632-6671

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

Forever Wood Fencing (and Decks). Our posts do not sink or lift. It's a trade secret we learned from an old craftsman. We're fast, reasonable and reliable. PC Construction. 252-9114

PENSIONED PAINTERS looking to stay active. Very reasonable rates. Neat, fast working, former housing authority professional painters. Also drywall repairs & small renovations. Call or Text 626-6926

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

**64. CRAFT & FLEA MARKETS**  
Nolalu Farmers market on the corner of 588 and 590 every Friday night 4-7pm vegetables, baking etc...

Read us online @ [www.tbnewswatch.com](http://www.tbnewswatch.com)

**50. PERSONAL** | **50. PERSONAL**

**AUGUST 2017 SPECIALS**  
**EXXXTACY SUPERSTORE**  
**END OF SUMMER SALE**  
IT'S OUT WITH THE OLD,  
AND IN WITH THE NEW...  
**CLEARANCE SALE NOW ON**  
DISCOUNTS FROM 25 TO 90 PER CENT THROUGHOUT THE STORE  
SELECTION IS LIMITED  
ONCE IT'S GONE, IT'S GONE FOR GOOD  
XXX DVD'S, ADULT TOYS FOR BOTH MEN/WOMEN, ITEMS IN OUR AMAZING WATER PIPE EMPORIUM AND EVEN OUR BEAUTIFUL LINGERIE SHOWROOM  
SALE ENDS  
MONDAY, SEPTEMBER 4TH (LABOR DAY)  
NEW ITEMS ARRIVING THROUGHOUT AUGUST  
**79 MACHAR AVE. - 345-5558**  
OPEN 7 DAYS A WEEK - 11 A.M. 'TIL MIDNIGHT  
NOBODY DOES IT LIKE EXXXTACY, NOBODY !!!

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.

73. INFORMATION | 73. INFORMATION | 73. INFORMATION

**tbnewswatch.com**

# Real Estate Listings

Looking for a new home?

• Browse the top listings from the top real estate agents in Thunder Bay; With the click of a button – literally – link directly to those agents and their websites to see even more listings

• Check out what homes are scheduled for open houses at a glance with the Open House ticker.

• Browse listings at work, home or on the run; Real Estate Listings support desktop, tablet and mobile phone viewing.



Visit us online!  
[tbnewswatch.com/realestate](http://tbnewswatch.com/realestate)



**THINK RECYCLE**

## ANSWERS TO THIS WEEK'S PUZZLES

LOLA HOC AMAH  
 ABET OAR REBA  
 DISPERSE GRAF  
 EAT NATAL CST  
 ANT MASH  
 DECLAIM SHADE  
 ANOA OAF UNIO  
 HECTO ORESTES  
 KERF IISH  
 KGB BADEN JET  
 ALOE RENEGADE  
 DEAL ABD ODEA  
 INTL DTS GELT

4 2 9 8 5 3 1 7 6  
 7 3 6 9 4 1 8 2 5  
 5 1 8 6 2 7 3 9 4  
 2 9 3 7 1 6 5 4 8  
 8 5 4 2 3 9 6 1 7  
 1 6 7 4 8 5 9 3 2  
 3 7 5 1 6 2 4 8 9  
 6 8 2 3 9 4 7 5 1  
 9 4 1 5 7 8 2 6 3

SCREENSERUTXET  
 NUNKYAYAOHSSG  
 RSTNTDDADGEDSG  
 EETIMMOGBUSIKO  
 VVAVLNTYJPGNRL  
 NAEENICDOLZNEEAF  
 ABYNNICADOLYHQ  
 LYUSGHEDEMBOSD  
 SLOCIRKATORYEET  
 LLDONUMPSSEET  
 LLEUGRCEDTMLE  
 OAOEANFRMNEVLE  
 LXOPOINTOTPCSS  
 REDROPOTWITSP  
 SALAMISXFILMYMA

PREVIOUS SOLUTION: "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." — Marcus Aurelius

73. INFORMATION | 73. INFORMATION | 73. INFORMATION

# MNP <sup>LLP</sup> Presents The Carter Hutton Hockey Package Raffle



Tickets **\$5**  
Only

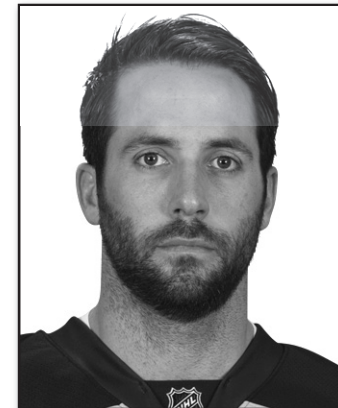
Draw Date: August 11th, 2017 at noon

**MNP** <sup>LLP</sup>

Package Includes:

- 2 Return Flights from Thunder Bay to St. Louis
- 2 Nights Accommodation
- Dinner for 2 (maximum \$300)
- 2 St. Louis Blues Home Game Tickets
- 2 Signed St. Louis Blues Jerseys
- Meeting with Carter Hutton on Game Day

5200 tickets printed  
 Tickets cannot be purchased for, by or on behalf of persons under 18 years of age.  
 Lottery License # M 786423. Prize Value \$5,200



**Last Chance for Tickets!**  
 George Jeffrey Children's Centre  
 George's Market & Celebrations

For more information call 623-6050  
 or visit [www.georgejeffreymuseum.com](http://www.georgejeffreymuseum.com)

In the event that Carter Hutton is traded the prize package will be honoured to the destination of the trade.



BUSINESS DIRECTORY

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BUSINESS DIRECTORY

# CASH IN ON YOUR YARD SALE

Advertise in the

Thunder Bay **source**  
Your Community Newspaper

Call **346-2600**

# HERE'S MY CARD

Putting you in touch with the right business.

## FOUNDERS' MUSEUM & PIONEER VILLAGE

3190 Hwy. 61, at Gillespie Road

**Kids Craft Day**

Learn a new craft

Sat. Aug. 12, 2017

12-4 pm.

Admission: Donations

# POWER OF "5" SALE

**\*5 yr. Powertrain, 5 yr. Comprehensive,  
5 yr. Roadside Assistance**

**\*\$500 Gas Card \*5 No Charge Oil Changes**

**&**

# 2017 KIA SORENTO BLOWOUT \$5,000 CASH SAVING!!



"Highest Ranked Midsize SUV  
in Initial Quality, 2 out of 3  
Years in the U.S."



### INCLUDES

**\*\$500 Gas Card  
\*5 No Charge  
Oil Changes**

## EX TURBO

WAS

~~\$38,706.00~~

SALE

**\$33,706.00**

Leather / AWD / Blind Spot / 7" Display Screen

**\*\$500 Gas Card  
\*5 No Charge  
Oil Changes**

## EX V6

WAS

~~\$39,806.00~~

SALE

**\$34,806.00**

Leather /AWD / Blindspot Detector / 7 Passenger

**\*\$500 Gas Card  
\*5 No Charge  
Oil Changes**

## EX+V6

WAS

~~\$41,006.00~~

SALE

**\$36,006.00**

Leather /Panoramic Sunroof /7 Pass / Heated Steering Wheel

**\*\$500 Gas Card  
\*5 No Charge  
Oil Changes**

## SX TURBO

WAS

~~\$45,206.00~~

SALE

**\$40,206.00**

Cooled Leather / Navigation / 19" Upgraded Rims

All payments plus HST & Licence

**performancekia.ca**

Performance Kia's Customer Friendly Pricing includes delivery & destination fee, block heater, air tax, tire tax, registration. **Licencing and HST excluded. \$10 OMVIC fee included.**

The 2017 Kia Sorento received the lowest number of problems per 100 vehicles reflecting higher quality in their respective segments in the J.D. Power 2017 U.S. Initial Quality Study (IQS), based on 77,419 total responses, evaluating 189 models, and measures the opinions of new 2017 vehicle owners after 90 days of ownership, surveyed in February-May 2017. Your experiences may vary. Visit [jdpower.com/cars](http://jdpower.com/cars). SPECIAL CASH PURCHASE PRICE ON 2017'S. Offer(s) available on REMAINING IN-STOCK new 2017 Sorento models through Performance KIA only to qualified retail customers who take delivery from Aug 1 to 31, 2017. MSRP \$35,995 (EX Turbo SR75FH), \$37,095 EX V6 (SR75GH), \$38,295 EX+ V6 (SR75HH), \$42,495 SX Turbo (SR75IH) \$1,740 freight/PDI, \$200 Block Heater, \$100 Air Tax, \$200.00 Metallic Paint, \$444 Administration fee, \$10.00 OMVIC Fee, \$17.75 tire tax, Offer includes \$4,000 Manufacturers rebate and additional \$1,000 dealer discount directly off selling price before taxes and license. See dealer for details. \$500 gas card from ESSO CANADA and participating ESSO fuel stations across Canada. 5 Free Oil Changes based on a maximum value of \$299 are for Regular Engine Oil and regular oil changes valued at \$59 each. Synthetic or customer specific requested oil are at added expense. Other lease and financing options also available. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. †Model shown Manufacturer Suggested Retail Price 2017 Sorento SX Turbo AWD (SR75IH) \$42,495. Information in this advertisement is believed to be accurate at the time of printing. \*Unlimited roadside assistance is only applicable on 2017 models and onward. For more information on our 5-year warranty coverage, visit [performancekia.ca](http://performancekia.ca) or call us at 1-866-345-2552. Kia is a trademark of Kia Motors Corporation.

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**PERFORMANCEKIA.CA**

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Sales/Leasing



Tim Worthing  
Sales/Leasing



Joey Zulliani  
Finance Manager



Arthur Ciddio  
Finance Manager



Karlie Shaen  
Finance Manager



Art Peltonen  
Used Sales Manager



Trevor Hopkins  
General Sales Manager



Kevin French  
Dealer Principal



You Tube

