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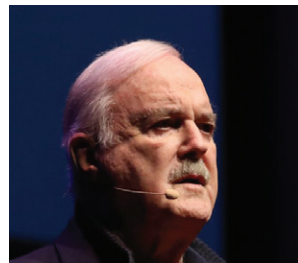
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**TIGERS TRIUMPH**



**Westgate surprises to win senior gridiron title /18**

# Lest we forget

Thousands attend local Remembrance Day ceremonies to honour fallen /3,5



**MILITARY MIGHT:** Veteran Ken Cannon, 88, helped train soldiers to go overseas and fight and says Remembrance Day is still a special day.

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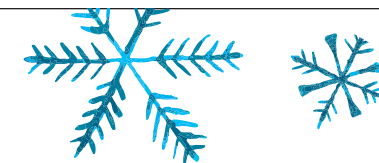
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LOCAL NEWS

# Swing Bridge saga ends

**FW FIRST NATION**  
By Doug Diaczuk - TB Source

After six years, traffic was once again flowing across the James Street Swing Bridge, a day which people in both Fort William First Nation and the city of Thunder Bay have been patiently waiting to see again.

"You wouldn't know from the excitement from the people in our community about this access being open again," said Fort William First Nation Chief, Peter Collins. "After a couple of days of chaos because of the incident on Highway 61 and getting off that highway is imperative to our folks."

The bridge officially opened to traffic late Friday night and Saturday morning there was a steady flow of vehicles travelling in both directions.

A fire in October 2013 resulted in the closure of the bridge, though the centre railway portion reopened to trains shortly after. The cause of the fire was never determined.

A lengthy legal battle between the city of Thunder Bay and the Canadian National Railway followed, coming to a conclusion last May when the Supreme Court of Canada dismissed CN's appeal, upholding a previous order requiring the railway to open the bridge to vehicular traffic.

The original 1906 agreement was also upheld, requiring CN maintain the bridge in perpetuity.

Collins said the length of time it took to get to this point and the legal battle was trying for him and his community, but he continued to fight to regain this access point.

"At one point in time there was a little doubt but as I worked with the city and CN I knew



**SIX YEAR DELAY:** Traffic began traversing the James Street Swing Bridge on Friday night.

there was going to be an end result to it," he said. "I commend the city and former mayor and council to the hard work and dedication to make sure this never got lost. We continued to work together on it to make sure there was some closure to it."

"The important side of this is the work and commitment by both city council and our communities that continue to work together in harmony so our communities can grow and prosper."

Thunder Bay Coun. Kristen Oliver, representing the Westfort Ward, said having vehicles travelling over the bridge again is an amazing day for both communities.

"The ability to have this connectivity

between our two communities is vitally important," she said. "It's not only building an opportunity for commerce and the businesses that rely on it on both sides of the bridge, but it's the partnership that occurred as a result of the work we did together."

Oliver added that business owners on both sides are excited to once again see more traffic from both communities using the bridge for easier access to services in Westfort and Fort William First Nation.

"I would say people in the city of Thunder Bay are incredibly excited about it," she said. "It was amazing to see last night all the videos people were posting of people crossing the bridge."

**Do you have an opinion to share?**  
E-mail the editor at [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com)

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# LOCAL NEWS



LEITH DUNICK

SOLEMN DAY: Jim Davis of the Lake Superior Scottish Regiment escorts Silver Cross Mother Carol Klukie on Monday.

## Public pays tribute to Canada's fallen

Hundreds brave cold weather to attend Waverley ceremony

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

Next year will mark the 75th anniversary of the end of the Second World War.

The First World War veterans are all gone. Yet despite the battles living in the distant past, generations ago, and temperatures hovering well below the freezing points, the crowds still came to Waverley Park on Monday to pay tribute to Canada's fallen soldiers, sailors and airmen, who gave their lives in sacrifice for their country.

Veteran Ken Cannon was among the crowd, standing at the edge of the stairs leading up to a cenotaph ringed in wreaths, saluting the colour party and all who followed, including police, cadets and active service military, as the sombre 90-minute ceremony came to a close.

It's important to remember, the 88-year-old said.

"It was an exceptional crowd for the weather. I'm very happy to see more and more people coming out. It's good that they remember why we are here," said Cannon, who served in Thunder Bay at the Armoury, where he trained troops to go into battle.

"We're trying to do our best to keep it in front of the public's eye. I think it's maybe becoming a little more meaningful to them than it was a few years ago."

Maj. Christian Borland, the senior nursing officer and commanding officer of 18 Field Ambulance in Thunder Bay, was deployed three times to Afghanistan and once to Bosnia, attached to the United States Navy hospital ship,

the Mercy.

He said the world must remember the ravages of war. "It is important. It's our history. It's Canada's history and we should know it and we should honour it and certainly respect it, respect those who have gone out before us," Borland said.

"Sacrifice is what shaped our country and made it what it is today. History is ever evolving. There will be other conflicts, other wars, other missions that Canada will be involved in."

Rob Cutbush, vice-president Manitoba/Northwestern Ontario Provincial Command with the Royal Canadian Legion, said honouring the past is the best way forward.

"I think it's very important to keep educating and reminding our younger generations the importance of remembering our past battles, our wars, our peacekeeping missions, some police actions, humanitarian aid," Cutbush said. "We have soldiers, sailors and airmen that are deployed all over the world from Canada and with the nature of their work, they could come back walking, but they could be injured inside. It's important to have a day like today to remember the sacrifices that our sailors, soldiers and airmen do for the defence of this country."

Monday's ceremony included the laying of the traditional Silver Cross Mother wreath by Carol Klukie, whose son Josh was killed in 2006 in Afghanistan.

Several community and government groups followed with wreaths of their own. A four-plane flyover, the playing of Taps and a gun salute were also part of the annual event.

**"We're trying to do our best to keep it in front of the public's eye."**  
**KEN CANNON**

# Weather Forecast

THURSDAY	FRIDAY	SATURDAY
<b>A mix of sun and clouds</b>	<b>Sunny</b>	<b>Scattered flurries</b>
Probability of Precipitation: 20% HIGH -1 LOW -11	Probability of Precipitation: 20% HIGH -8 LOW -12	Probability of Precipitation: 40% HIGH 1 LOW 0
SUNDAY	MONDAY	TUESDAY
<b>Scattered flurries</b>	<b>Mixed precipitation</b>	<b>Scattered flurries</b>
Probability of Precipitation: 40% HIGH 2 LOW -2	Probability of Precipitation: 40% HIGH 2 LOW -2	Probability of Precipitation: 40% HIGH 3 LOW -1



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LOCAL NEWS

# Spit hoods to aid paramedic safety

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

A week ago, paramedics were assaulted three times in one night while performing the duties of their job.

It led to union officials calling for stronger safety precautions being put in place to ensure their safety in the field, including a call for ballistic armour.

Superior North EMS Deputy Chief Andrew Dillon on Friday said the organization won't go quite that far, but starting next month, will allow paramedics to use spit hoods on patients who have spit at them while being treated.

The circumstances under which they'll be deployed will be subject to strict guidelines, and they'll only be allowed in use once paramedics are fully trained on their proper use.

It's one of several steps, including



**NEW TOOL:** Superior North EMS Deputy Chief Andrew Dillon with a spit hood.

scene management and defence tactics training to ward off kicks and punches, and better co-operation with the

Thunder Bay Police Service to provide a heads up if paramedics are heading toward a known rough spot in the city.

According to statistics provided by Superior North EMS, in the past two-and-a-half years, paramedics have been assaulted at least 52 times while on duty, a little less than one per cent of the 58,944 calls they responded to between the beginning of 2017 and October 2019.

Spitting incidents comprise 17 of the 52 assaults, with being kicked or punched occurring nine times each.

Dillon said it's a direct result of addiction issues in Thunder Bay.

"The city is evolving, changing, and oftentimes not for the better. We understand there is an opioid crisis. There are gangs and the ever-evolving drugs that are in the city. We know that's not going to change," Dillon said. "We need to address the safety of our paramedics, because the safety of our paramedics is absolutely paramount."

The spit hoods are the latest tool in the EMS arsenal.

Dillon said if a patient tells a para-

medic they plan to spit on them, or they already have, the patient will first be told to stop spitting and warned if they don't the spit hood, a mesh bag, essentially, will be placed over their head until the situation diffuses.

"We have policy in place that ... allows us to use them, basically when (patients) are assaulting them," Dillon said.

Having better co-operation with police is also key.

TBPS Insp. Derek West said police are limited in what they can say, but have worked out a system to provide as much information as possible, after being approached last spring.

"We assessed what type of information we could give them and decided there would be a way we would be able to provide safety information on the potential for violence at a particular location," West said, adding it's based on police intelligence and real-time information provided to 911.

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LOCAL NEWS

# Service an honour

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

For 93-year-old Roy Lamore, a navy veteran of the Second World War, marching around the Fort William Gardens with fellow veteran, 99-year-old Ida Maxwell, to pass the torch to a current service member is about remembering those who have been lost and recognizing those willing to serve.

"It was one of the biggest honours I've had to do that in front of the number of people that are here today. I really enjoyed that," Lamore said. "I was able to stay in step, number one. And number two it was a nice way for the veterans to show the people that we are still here to protect."

Hundreds of people gathered at the Fort William Gardens for the annual Remembrance Day Service. Veterans and current service men and women received a lengthy applause as they paraded around the Gardens, while the entire building was silent during the laying of wreathes, the last post, and prayers, broken only by rounds of gunfire to honour the lost.

"It makes you really feel good because the people are behind you," Lamore said. "That's what the veterans enjoy, knowing they are recognized. This is something that makes a veteran feel like he is a proud veteran."



**PASSING THE TORCH:** Roy Lamore, a navy veteran of the Second World War, with fellow veteran, 99-year-old Ida Maxwell, on Monday at Fort William Gardens.

often focuses on the First World War, the Second World War, and the Korean War, Canada has been involved in numerous conflicts throughout the past 100 years, which is something Col. Geoff Abthorpe stressed during his speech to the crowd.

**"It is very important that we keep reminding, particularly for the youth, that this is a risky business."**

Geoff Abthorpe

Abthorpe said the nation will be coming to another benchmark soon, where fewer and fewer veterans from not only the Second World War will be left to participate, but the Korean War as well.

"We need to turn our attention to Korea, our NATO involvement, we've had dozens of operations and exercises around the world that involve NATO that most Canadians don't

acknowledge or are aware of," he said. "And Afghanistan is not hard, we were there for 11 years. One of our longest conflicts we have ever fought in. Thousands of Canadians from across Canada have served there."

**Recognition**

So it's important that Canadians recognize the sacrifices of all service members who have given their lives, a sacrifice Abthorpe knows very well.

Josh Klukie and Anthony Boneca, two of the Armed Forces members from Thunder Bay killed in Afghanistan, served with Abthorpe and he said it is important for him to remember who they were and what they did in service to their nation.

"It is very important that we keep reminding, particularly for the youth, that this is a risky business," he said.

**Time to remember**

For Ida Maxwell, who joined the air force in 1943 because her husband was overseas at the time, the day is about recognizing everything that was done by veterans.

"I think this is always a big pleasure for us because the veterans looked after everything for us during the war," she said. "I think they deserve a lot of credit."

And while Remembrance Day

# Loon pleads guilty to manslaughter

**COURT**  
By Doug Dlaczuk - TB Source

The case of a double homicide on the city's north side dating back to 2017 is nearing a conclusion as the second person accused has entered a plea of guilt.

In a Thunder Bay Courtroom on Tuesday, Garnet Loon, pleaded guilty before Justice Danial Newton on the charge of manslaughter for his role in the 2017 death of 50-year-old Robert Lloyd Gray.

Loon appeared via video from the Central North Correctional Centre in Penetanguishene, Ont. with his attorney, Danial Gunn, appearing before the court in Thunder Bay.

Loon was initially charged with second-degree murder, to which he pleaded not guilty, but entered a plea of guilty for the lesser charge of manslaughter.

Police were called to a Carl Avenue home on July 2, 2017, where the bodies of Gray, and 22-year-old Kory Lee Campbell were

found. Garnet Loon, along with Kailee Loon, who was 19-years-old at the time, were arrested in Sioux Lookout without incident and transported back to Thunder Bay.

Kailee Loon, who was also facing a second-degree murder charge in connection to Gray's death, pleaded guilty last January to the lesser charge of assault. She was also charged with assault in connection to Campbell, to which she also entered a plea of guilty.

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# Editorial

## EDITORIAL

# Cherry had to depart

It's the end of an era at Hockey Night in Canada.

Quite frankly, Don Cherry should have been walked out the door a long time ago.

We laughed when he picked on European hockey players, standing up for Canadian boys.

But at some point it changed.

Maybe it was 1989, when he referred to Winnipeg Jets assistant Alpo Suhonen as "some kind of dog food."

Maybe it was his denial of climate change or his calling out of "left-wing pinkos."

Cherry's values long ago morphed into the Rebel-esque nationalism that points accusing fingers at foreigners.

His words on Saturday night were the final straw.

Cherry, 85, the former Boston Bruins coach who spent 38 years hosting the popular Coach's Corner segment every Saturday night, said "you people who come here," won't wear poppies in support of Canadian troops.

For starters, it's absolutely a falsehood. At the very least, it's racist hate speech, the kind of comment one might expect from a certain U.S. president.

The NHL apologized. Sportsnet apologized. Cherry's long-time co-host, who did not initially try to stop him or question what he was saying, the next night came out and apologized.

Cherry refused. And we can't say we're sorry to see him go.

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## Thanks from Frank

To the editor:

While the election results did not go as we hoped, I am pleased with all that we have accomplished and want to thank all my campaign team and volunteers (and their families) who were unwavering in their support, dedication, and commitment, Thank you!

To all my family, friends and supporters throughout this wonderful city and region of ours, we couldn't have made it this far without you.

I applaud you for your hard work, your generosity of heart, and for your contribution for a new, vibrant, and prosperous Thunder Bay region. Thank you!

I want to congratulate Patty Hajdu for her win, and for her dedication to our communities in Thunder Bay - Superior North and our beautiful country of Canada.

Your contribution over the years is very much appreciated by all. Thank you.

I also want to congratulate all the other candidates Anna Betty Achneepineskum, Bruce Hyer, Youssef Khanjari, and Alex Vodden for their contribution and commitment to our city and region.

Last but not least, we appreciate the efforts and hard work of the people at Elections Canada, the media, and all the volunteers across our beautiful country.

The people of Thunder Bay - Superior North have spoken through the democratic process. However, I can assure you that our message for a new vision and a brighter future for all has come through loud and clear.

It is now up to the new government and elected Members of Parliament to respond to this call. A call that will put people first, and will resonate with one voice in a spirit of unity and cooperation!

And finally I would like to thank all the people of our city and region for your kind hospitality at the door, your words of encouragement regardless of party affiliations, and your great generosity of spirit! Let us keep working together for a better Thunder Bay-Superior North and Canada.

It has been an honour and privilege to be of service to our communities, and I am now looking forward on taking some needed time off to spend with my 91 year young mother in Italy.

Frank Pullia,  
Thunder Bay

## LETTERS TO THE EDITOR



# Teen's death probed

## Indigenous leaders allege hospital led suicide victim to a wooded area

**THUNDER BAY**  
By Gary Rinne - TB Source

The Office of the Chief Coroner of Ontario is looking into the circumstances surrounding the death of a 19-year-old Indigenous man, hours after he was allegedly discharged from hospital and escorted off hospital property.

Nishnawbe Aski Nation officials say a Lakehead University security guard found the man dead by apparent suicide near the university's shipping and receiving area early the next morning, on Sept. 27.

Grand Chief Alvin Fiddler wrote to Thunder Bay Regional Health Sciences Centre last month seeking an investigation.

In his letter, Fiddler said, "While we do not have all of the information regarding [the] death, what we do know is particularly troubling."

NAN wants to know, he wrote, "why the hospital would escort a young man who presented at the hospital in obvious distress to a secluded area of the LU



**UNDER INVESTIGATION:** Police tape marks the scene where a body was found.

campus. Further alarming is that we have been advised that this is common practice by hospital security."

Fiddler called the practice "unconscionable," given the hospital's participation in the implementation of the recommendations of the Seven Youth Inquest in Thunder Bay.

"Surely, the hospital has procedures to support people in crisis, and to ensure the safety of the staff, patients, and the individual in distress," he said.

TBRHSC issued a statement on Thursday saying a hospital team reviewed the incident and concluded "appropriate actions were taken and that the right decisions were made by clinical staff base on the information provided to

them and the patient's presentatio

The participants in the review, it said, "maintain full confidence in the judgment and professionalism of those involved."

However, the hospital is studying what it can do to prevent future incidents.

The statement said clinical leaders will review current procedures with the aim of "addressing the needs of a growing population of patients arriving with substance use and mental health issues."

It said Indigenous health is a priority for the hospital, and that CEO Jean Bartkowiak has given assurances "the unique needs and experiences of Indigenous patients will be specifically considered" during the review.

# Perspective

# Does it pass the cashew theory test?

## Over-indulgence strikes tourism industry hot spots

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

There is a mistaken belief that when it comes to the good things in life, “more” is always “better”.

This may seem like a logical conclusion but my brother has an analogy that debunks this misconception – he calls it the “Cashew Theory”.

It is based on a can of mixed nuts back when they were mostly peanuts with a smattering of other varieties including our favorite, cashews.

We always savored the experience whenever we discovered a sweet, succulent cashew in our random handful of nuts.

They were sparsely distributed making them even more rewarding, but then we discovered a can full of just cashews and nothing else.

### Overdid it

We gorged ourselves on that first can of delicious morsels and we ate our fill of many subsequent cans – mixed nuts became a waste of time.

It wasn't long before the once-favoured cashew became a ho-hum, non-special nut, only slightly more desirable than peanuts.

We had effectively ruined cashews for ourselves – they are everywhere in large bags (broken, whole and jumbo) but they have lost their mystique.

Somewhere along the line I learned the bittersweet truth in that

ironic old cliché, “too much of a good thing.”

Something enjoyable or beneficial can become bothersome or harmful in large quantities over an extended period of time.

This was a tough lesson for a kid growing up in Westfort where as far as I was concerned, the more, the merrier.

More green apples in the fall, more sugar treats before bed, more attention, more this, more that, more everything.

We all know how that turned out – sore bellies from the unripe fruit and sugar-fueled wrestling matches at bedtime with insomniac siblings.

That “sugar high” is universally dreaded by parents and has been demonized in song and rhyme with *No More Monkeys Jumping on the Bed*.

Slowly, but surely we learned how to moderate our excessive urges although most of us are still tempted by over-indulgence.

There are often unintended consequences for excess but we continue to pay that price willingly, regardless of any negative outcome.

As kids we had to deal with belly-aches from green apples and the crash after a sugar high, but as adults our excess can be more troublesome.

Many of the things and experiences we crave are proven to be harmful like overeating, problem drinking and drug abuse.

Our consumer economy depends on the overuse of carbon-based

fuels and our excessive need for creature comforts is threatening our planet.

Unfortunately, these excesses are beyond the scope of the humble Cashew Theory which was intended for more personal, everyday over-indulgence.

However, it might explain the emergence of a troubling effect caused by the travelling public.

It's known as “over-tourism” and it is an unintended consequence of travellers visiting the world's tourist hot spots, relentlessly.

### Overcrowded

For example, huge crowds line up every day at the Louvre in Paris for an unsatisfactory glimpse of the *Mona Lisa* over a sea of shoulders and heads.

It has prompted a call to place the painting in a separate pavilion away from the excessive crowds.

This scenario is being repeated at tourist traps worldwide as travellers desperately try to complete their travelling bucket list.

Sadly, the cashews of the tourism world are becoming less savory and more disappointing due to excess and over-indulgence.

I will seldom turn down the offer of a second slice of apple pie but if I had fresh baking every day it would soon go the way of the cashew.

I still anticipate my next slice – in the meantime I carefully walk the line between satisfaction and too much of a good thing.



**SELFIE FURY:** Tourists mob the room that houses the Mona Lisa at the Louvre in Paris.

LEITH DUNICK

## A look back in history:

### Ernie Reed

Fort William alderman Ernie Reed is elected mayor of the city, a position that he held until 1970 when he lost out to Port Arthur mayor Saul Laskin to become Thunder Bay's first mayor.



### 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.

### Address them to:

Thunder Bay Source  
87 North Hill Street,  
Thunder Bay, ON P7A 5V6

Email: [ldunick@dougallmedia.com](mailto:ldunick@dougallmedia.com)

Visit our website: [www.tbnewswatch.com](http://www.tbnewswatch.com)

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**TOTAL VOTES: 682**

YES 45.31%  NO 50.15%  DON'T KNOW 4.55%

# Construction has Started!

## East-West Tie Line Electricity Transmission Project

NextBridge is pleased to inform you of the tentative construction schedule. Please note that this schedule may change given the complexity of the project. Visit [NextBridge.ca](http://NextBridge.ca) for the most up to date schedule.

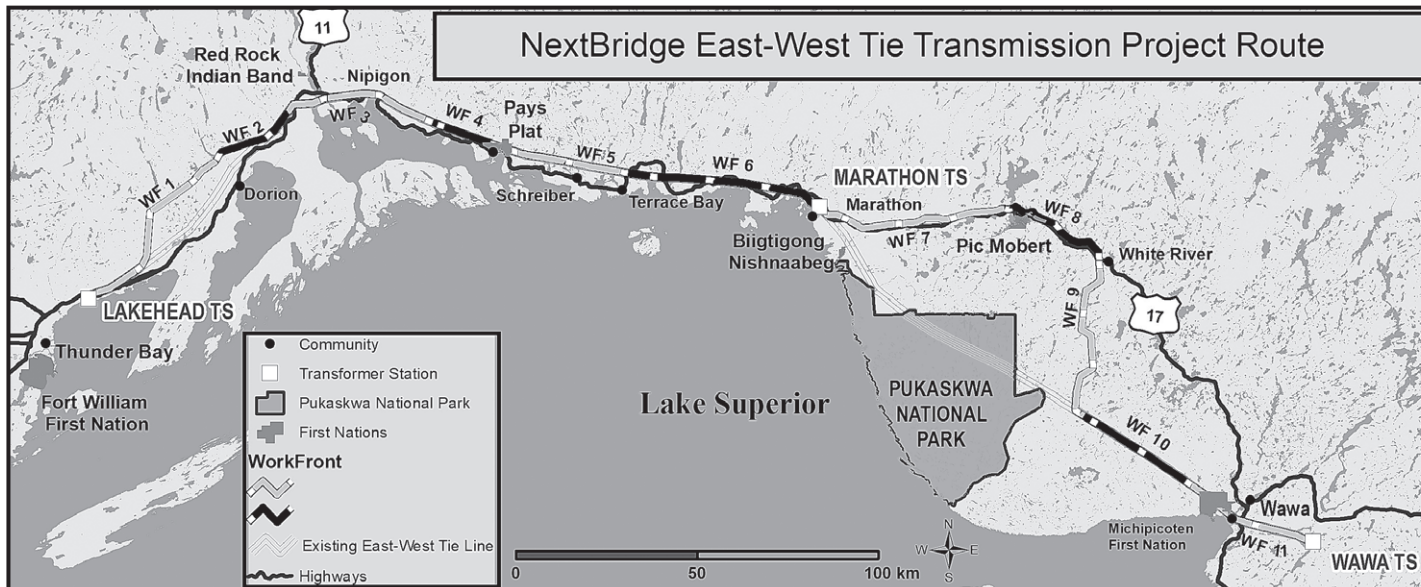
Detailed Project Plans, which outline the specific plans that will take place along each workfront, are also available for viewing on the project website when they are finalized.

### Anticipated Right of Way Construction

Start	Location
September 2019	Workfront 1
November 2019	Workfront 7
December 2019	Workfronts 2, 4, 5, 6, 8, 10 & 11
August 2020	Workfronts 3 & 9

### Anticipated Work Camp Occupancy

Occupancy	Location
December 2019	Nipigon & Marathon
June 2020	White River
July 2020	Wawa



### Construction Activities Include:

- Clearing the right of way and access road construction
- Geomatics and surveys
- Material delivery
- Foundation and anchor installation
- Tower assembly and erection
- Stringing the conductors (wires)
- Reclamation of disturbed sites

NextBridge has a full-time Community Liaison available to answer questions, address issues, and provide updates.

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 1-888-767-3006  
[www.NextBridge.ca](http://www.NextBridge.ca)

Join the project Facebook group:  
 "NextBridge East-West Tie Line Project"

**NEXTBRIDGE**  
 INFRASTRUCTURE

## LOCAL NEWS

### IN BRIEF

# Vandals hit NWV school

The Lakehead District Public School Board says it's concerned about the increasing rate of after-hours vandalism at Nor'wester View Public School on Mountain Road.

In a statement last Friday, the board said vandalism is creating safety hazards for students and staff, as well as having a significant impact on the school's maintenance and custodial budgets.

"It is an extremely frustrating experience for the staff...who take great pride in ensuring the school is safe and clean for all students and staff," said Jim Desaulniers, manager of Property Services at Lakehead Public Schools.

Desaulniers told *Thunder Bay Source* much of the vandalism involves spray-painted graffiti and broken glass.

He said there's also a lot of garbage and paraphernalia being left behind, including some "more disgusting" things, but he declined to provide specifics.

"Typical things that kids leave behind if they're partying," Desaulniers added.

The vandalism has been reported to Thunder Bay Police, and the board has asked its private security company to increase patrols around the school.

Board officials are also asking members of the public with information about the vandalism to contact police or Crime Stoppers.

Nor'wester View is one of the most modern elementary schools in the public system, having opened in 1996.

Desaulniers said it's relatively isolated location is one of the reasons vandalism may be more prevalent.

"There are no houses around. It's a very vulnerable site," he said.

### Highway delays to last

Motorists using Highway 61 near the CN Railway overpass can expect a few weeks of inconvenience.

The underside of the bridge was discovered damaged on Monday after it was struck by an over-height vehicle.

The Ministry of Transportation says drivers should anticipate periodic delays as emergency single-lane construction work continues for an extended period.

There will also be occasional short-term full closures of the two-lane highway during inspections and repairs.

An MTO spokesperson says the public will be advised when full closures are scheduled.

Temporary traffic signals have been installed in flashing mode at the Walsh Street and Broadway Avenue intersections with Highway 61.

Flagging operations are also in place near the overpass itself.

Until repairs are completed, the railway track on the overpass remains shut down, but an adjacent track is still open.

OPP continue their investigation into the collision.



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ON HEALTH

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**Knee Pain** A 48 year old woman with degenerative arthritis and worn out cartilage had constant pain, stiffness and swelling. Her condition had been getting worse over a 3 1/2 year period and she was told she may need surgery. Her condition responded almost 100% with a reduction of her symptoms with a series of laser treatments.

**Shoulder Pain/Rotator cuff injury.** A patient that was examined by an orthopaedic surgeon and was told surgery was needed has recovered over 90% with Cold Laser Therapy in our office. They were so happy with their results that he requested we take care of his arthritic neck problem as well. The constant neck

pain is remarkably better and this senior is living a much fuller life now.

**Sciatica pain.** A fit athletic female runner that had been plagued with sciatica pain for a long time has healed. She had tried other therapies like ultrasound, interferential current, massage and deep tissue/fascial release but it was the laser therapy that turned her condition around.

**Carpal tunnel syndrome.** A female office worker with pain in her wrists and hands, waking up in the night responded very well to cold laser therapy. We applied the cold laser therapy over the wrists and hands but also over the nerve roots at the base of her neck which can also be a source of pain in the hands. The combined treatments worked, after she had suffered for months and was contemplating surgery to her wrists. We explained that the surgery was always an option, but that conservative non-surgical approaches should be tried first.

**Plantar fasciitis.** An 80 year old with arthritic feet and plantar fasciitis that had

gone on for way too long had limited this gentleman's ability to walk and exercise. He'd had massage to his feet, new orthotics, new shoes and medication from his doctor yet the pain in the morning upon rising out of bed continued. It took less than two weeks to begin seeing a reduction in pain and a month before the pain was almost gone. He comes in now for maintenance treatments once a month and remains pain free.

**Low back pain.** A middle aged female who was reluctant to have chiropractic spinal manipulation came in for a series of cold laser treatments and had great success and was very happy with her results. She was also given stretches and exercises to help her recover faster.

We have been providing cold laser therapy to Thunder Bay residents for over 10 years and have consistently helped our patients as well as other practitioner's patients to speed up healing and recover from their ailments.

There will be a Free Cold Laser Therapy seminar on Tuesday November the 19th at 7 pm at the Thunder Bay Wellness Centre on 701 Memorial Ave. Call 343 7932 to reserve a seat for you and a friend. Seating is limited so call now.

For more information, go to our website at [www.tbaywellness.com](http://www.tbaywellness.com). Read our reviews.



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# TB Life

people | health | home | food | leisure

## Almost anyone can foster

### THUNDER BAY

By Leith Dunick - TB Source

**C**rystal Hardy is a shining example of the benefits of foster care.

Growing up on a reserve in Rocky Bay First Nation, her mother turned to alcohol, drugs and prostitution, ultimately making her way to the west coast, where her family believes she eventually was murdered, likely at the hands of Canada's most notorious serial killer, Robert Pickton.

As a teenager, she started heading down a dark path herself, admitting Friday to taking part in a break-and-enter or two as a youth.

Then she found foster care and her life turned around.

Her foster parents helped show her a better way, gave her confidence in herself and taught her she wasn't responsible for the sins of her parents.

Today, she's a nurse practitioner who is in the midst of pursuing a doctorate degree in nursing at Queen's University in Kingston, Ont.

Last Friday she was the keynote speaker as Dilico Anishinabek Family Care began a recruitment campaign for new foster parents, recalling being put in foster care in British Columbia before being brought home to Ontario.

"Coming back here, I was about 12, and



**KNOWS THE SYSTEM:** Crystal Hardy grew up in foster care.

having a lot of issues, a lot of hard times myself. Oftentimes we think Dilico is taking children, or taking people away. That's not what's happening. What's happening is our families, we all need healing," Hardy said.

"It takes a community, so when we have other people and other communities in our lives, it gives us the opportunity to learn tools from them, while our ancestors and our people are healing."

The support she found made her the person she is today.

"I've been able to grow and I've actually been able to break the cycle in my family, in one generation. They pushed me to go to school ... I knew that something bigger was coming and I wanted to heal."

Unfortunately in the foster world, there's a misconception that one has to come from a certain background to be an acceptable foster choice.

Carmella Hardy, director of child welfare at Dilico, said being foster parents is a rewarding experience that benefits both the parents and the children.

"We would like families to step forward and be part of our circle of care, to care for our children," she said.

"Really, we look for families, single parents, even parents who have adult children at home. You'd be surprised at the individuals we look at to foster our children. We'd like to demystify some of the myths about who can foster. We just want love."

For more information visit [www.dilico.com/fostercare](http://www.dilico.com/fostercare).

## Winter is coming with plenty of activities

**I**f you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow." -anonymous

Embracing winter by getting outside is a big part of what allows us to live the good life here in Thunder Bay. There are plenty of people excited about the recent cold temperatures and early snow. Anyone looking to change their outlook on winter should try a few of the following activities and they'll soon find themselves doing the snow dance too.

**Nordic Skiing:** Perhaps the most family-friendly winter activity is cross-country skiing. The two popular Nordic centres in town are Lappe, offering world-class trails and great snow conditions, and Kamview, popular for its vast trail network and doggie trail. Tapiola, Kakabeka Falls Provincial Park, Sleeping Giant Provincial Park, the Rendezvous XC Ski Club trails in Nipigon and the Beaten Path Nordic Trails in Atikokan are also great places to ski.

**Fat Biking:** The winter months offer some of the best riding of the year, but timing is important to maximize the joy because fat biking is hugely dependent on snow conditions. If you time it right and hit well-packed



**KEITH AILEY**

THE GOOD LIFE

or groomed trails after a cold snap has firmed up the snow, the experience is sublime.

**Ice Fishing:** Perhaps the hardest thing about hard water fishing is deciding where to go. With jumbo perch on Black Bay, walleye on Lac des Mille Lacs, lakers on Superior, or brook trout on one of the many stocked lakes close to home, we probably have more fishing options than mild winter days.

**Walk the dog:** Work and family commitments sometimes make getting out for a walk with the dog the only outside time possible. I always keep my dog on his leash so as to not impede another trail-user's enjoyment of winter and watching him play in fresh snow brings another layer of joy to my day.

**Snowshoeing:** When we get a big dump of snow that makes for challenging Nordic skiing and fat biking, it is the perfect time to

break out the snowshoes.

There are plenty of areas right in Thunder Bay that offer fun and easily-accessible trails including conservation areas like Cascades and Mills Block, as well as parks like Centennial.

**Alpine skiing:** Downhill skiing and snowboarding are fantastic ways to enjoy winter with family and friends. Mount Baldy and Loch Lomond offer Thunder Bay skiers some great options close to home while a weekend road trip to Caribou Highlands in Lutsen is a special treat for the whole family.

**Skating:** Whether it is a game of shinny at the neighborhood rink or some laps with the family down at Prince Arthur's Landing on the waterfront, lacing up the skates and heading outside is a classic Canadian winter tradition.

Embracing winter by actively participating in the many activities available to us is a great way to change your perception of the coldest months.

Finding your favourite kind of fun in the outdoors is about more than simply surviving winter, it is truly beneficial for the mind, the body, and the soul.

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## TB Life

# Stumbling in the woods


**FRED JONES**
**RURAL ROOTS**

Sunday was cold. The wind was brisk and, at times, howling out our way. I had to stoke the wood boiler more than usual for this time of year, more like mid-January, to keep Casa Jones warm.

But eventually we had to kick the horses out of their stalls and get them into their respective paddocks. I wrapped my body in warm winter wear, headed out to the barn to prepare the equine breakfasts (some require meds), and while they were eating, ferry wheelbarrows full of hay. The grasses have long lost their nourishment and the horses need hay outside as well as inside.

## Took off running

It was while I was negotiating one of the paddock gates that our pooch, Baxter, suddenly became very interested in something near the road. It appeared at first to be a large raven perched upon a fence rail. Baxter took off in the direction of the black thing.

I saw Baxter charge across the road and vanish into the bush.

I had taken one load of hay and now I re-entered the barn to grab a second load since for now we separate the horses as a new boarder is given a chance to get to know his barn-mates. As I exited the

barn, I heard a repeated and earnest barking begin deep inside the woods opposite our property. Laura showed up and we began to lead the horses out to their paddocks for the day.

"I'm going to see what all the barking is about," I announced, "I'll bet he's treed something. Just hope it isn't a porcupine." So, I set off across the road and into the bush.

When the late, great Arthur Black started hosting his national radio program "Basic Black", it was pre-taped on Thursday evenings and then edited to be broadcast on Saturday mornings.

I was the Thunder Bay operator in studio. Before the pre-taping, Art and I would gather at the Elephant and Castle for supper.

At supper one Thursday eve, Arthur asked me why it was easy to take a walk in the woods in Southern Ontario and not in the boreal forest.

"There is no 'bush' in southern Ontario," I replied, "There are only woodlots remaining and over time they have been thinned out. Whereas, even though logging has been extensive in this part of the province, the stuff that grows up is a tangled mess."

Tangled mess is what I encountered when trying to thread my way deeper into the bush to locate barking dog. You look for some sort of clear passage twixt trees. Only a few big trees remain, too small to be felled when logging took place here back in the '40s and earlier. What you meet are small conifers whose branches can whip one's face or that 'tangle' of tag alder that grows and then

dies and collapses to form formidable obstructions to smooth passage. Branches poked or whipped my face; branches became hurdles over which I had to step.

I called to our miscreant pup several times but answer there came none.

I found Baxter looking up a tree, circling first one way and then the other. Not a 'porky' but a feral black cat that we've spotted occasionally. Poor thing. I called Baxter; I tried to grab him but he would elude my grasp; I used my sternest voice but to no avail.

## Give up?

"Maybe he will tire of this game and come home," I thought.

So, I began the return journey thrashing my way through the undergrowth until I saw the light of the open road and Laura calling the dog who (blast him!) immediately came to her. Laura had a leash.

Pussy cat would probably remain high in its perch until it truly deemed it safe to come down.

And while not being amused by the need for the crashing and stumbling through the bush to run interference twixt a frightened, feral kitty and a barking-mad pooch, I had to admire Baxter's ability to effortlessly move through the woods while I had to carefully place each foot.

Navigating the boreal bush is not easy for tall beings such as humans or horses. It ain't easy for short humans like Laura as well. But for the small four-legged beings? Not a problem.

# Damages to snow trails take two years to repair

**THUNDER BAY**  
 By TB Source staff

It's taken two years to undo the extensive damage that a rain, snow and ice storm did to the snowmobile trail network in Northwestern Ontario.

Trees and branches were knocked down across about 900 kilometres of trails.

Adrian Tessier of Thunder Bay Adventure Trails says "It's been a long, uphill struggle, but it's nice when you get to the top of the hill and you can look back to see what you did. It's a great feeling."

Tessier, the groomer coordinator of TBAT, also serves as president of the Northwestern Ontario Snowmobile Trails Association.

He said volunteers, helped by donated or discounted equipment rentals from local suppliers, were able to reopen about two-thirds of the trails in time for last season.

The remainder will be cleared up in time for the upcoming snowmobiling season.

"It was a huge job. You have to really consider the volunteers who are out doing this. Some of us are retired. Those who aren't are giving up their evenings and weekends to do this for the snowmobiling public, Tessier said.

He's hoping good snow conditions this winter provide a boost to trail permit sales.

As of Monday, barely 100 permits had been sold for the upcoming season.



SUPPLIED

**LOTS OF WORK: A rain, snow and ice storm damaged snowmobile trails in 2017.**

In the late 1990s, Tessier said, annual permit sales totalled about 3,500.

Thunder Bay Adventure Trails even had signs made up, he said, advertising itself as the biggest snowmobile club in the world.

All the funding for trail maintenance comes from permit revenue.

Over the last couple of years, some sections of the regional network have been re-routed to circumvent swamps and areas more severely damaged by the 2017 storm.

On Tuesday, a work crew headed to a trail west of Lake Shebandowan which connects with Atikokan.

They'll have to clear a four-kilometre section by hand, because the equipment they had planned to use isn't immediately available.

"It will take a couple of days, depending on how many people show up," Tessier said.

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TB Life

# Parade of Lights

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

Organizers of the annual Parade of Lights have set an ambitious fundraising goal. But the \$40,000 they hope to raise will go a long way to help four local charities offer services to people who need them, says parade co-chair Greg Stephenson.

It's also a lot of fun for the thousands who come out to watch each December.

"It's roughly three to four weeks before Christmas and it's a good way to kick off the Christmas spirit," said Stephenson, launching this year's event on Monday in the parking lot of Impact Promotions, a sponsor of the holiday favourite.

"It supports four local charities and I think that's important and a way for us to entertain the public as well as raise money and information for the charities."

**Helps several groups**

This year's parade, scheduled for Dec. 7, beneficiaries include the George Jeffrey Children's Centre, the Therapeutic Riding Association, Autism Ontario and Special Olympics.

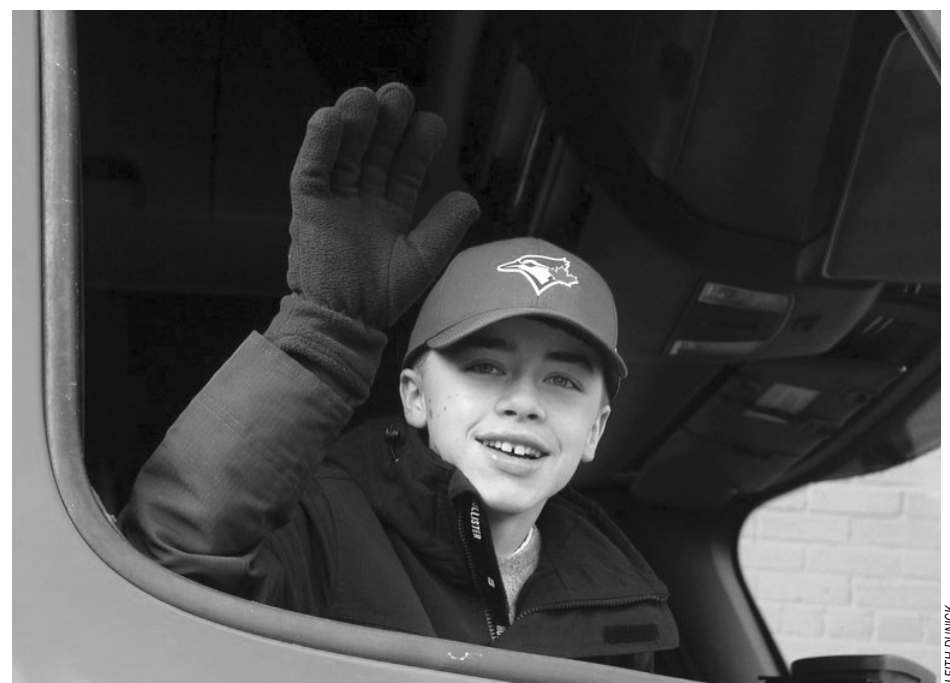
"Whatever we raise is a benefit to them. They do a lot of work and they need funds to continue throughout the year," said Stephenson, an officer with the Thunder Bay Police Service and former head of the police association.

"We are obviously just one of many agencies that supports them and I think it's two-fold. The kids come out and the four charities each have their own float. I know Autism Ontario gets a city bus and have a lot of kids who ride the bus.

"Every year we honour one charity with a parade marshal, who gets to lead the parade."

This year's marshal is Logan Goldberg, who represents the Thunder Bay Therapeutic Riding Association.

The parade, which features dozens of trucks and



**LEADING THE PACK:** Logan Goldberg has been named this year's Parade of Lights honorary marshal.

other vehicles decked out in colourful, imaginative lights, is helped immensely by police, who volunteer their time to man the parade route.

Deputy Police Chief Ryan Hughes said it's one of his favourite events of the year, one he and his contingent look forward to every December.

"I've been participating with Greg since I was a constable coming up through the different ranks," Hughes said.

"All the officers who help Greg out during the evening of the parade are all fully-dressed volunteer officers that help with the traffic control. They all volunteer their time for this special event. It's been great the last few years. We've seen the crowds grow and grow and people line up along the roads and raise a lot of money for the charities

**Donations accepted**

Parade walkers will be collecting donations along the route, which begins along Main Street and continues up the Harbour Expressway, along Memorial Avenue and ends at the intersection of Fort William Road and Water Street.

The latter stretch has once again been designated a sensory friendly section and drivers have been asked to shut off music and not honk their horns for those who might be bothered by loud noises.

The festivities begin at 7 p.m.

## Having a will ensures estate control

Dying without a notarized will, means you have absolutely no say about any of your assets or care for your children once you die.



There are many people who think that a hand-written, signed and witnessed letter of direction should be enough, but it simply will not be accepted by a court of law as a substitute for a will.

Absolutely everyone should have a will and at a cost of around \$600, how can you afford not to!

Let's just look at some of the immediate issues that will arise should you die without a will.

First, the Canadian government will immediately become the executor of all your assets: homes, bank accounts, investments, personal belongings, everything you own.

Next, if there is no surviving

spouse or adoptive parent, all minor children will become a ward of the province.

Family members will need to petition to the government for custody and fill out the required applications through social services.

Once your estate assets have been audited, all fees and taxation will be deducted before any funds go to family.

A surviving spouse is entitled to the first \$200,000, with the remainder to be split to all those

family members that the government believes have a claim. For minor children, any monetary portion of the estate will be placed in a trust maintained by an appointed trustee until the child is 18 years of age.

Finally, getting a will is the most important and most responsible thing you should do to ensure your hard-earned assets and wishes are taken care of when you die.

Don't leave it up to a stranger at a government office to make decisions for your family. It is your duty as a good parent to protect your estate for your children as well as have some say for their future care.

You should also consider getting a power of attorney for property and medical direction should you get into an accident and not be able to make decisions about your own care or your family.

This is your opportunity to leave your mark.

Don't forget to plan for your death when you are planning for your life.

Remember it will be your "uninterrupted final message" when you die. Make sure you have control - Get a will.

Good luck and best wishes, Money Lady.

**Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy"** Chris is a Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook and Instagram.

If you have a money question, please email on my website at: [www.askthemoneylady.ca](mailto:www.askthemoneylady.ca). This column will appear every other week.

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# IN THE bay

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## Cleese has no hope left

Legendary Monty Python  
star worried about world

### COMEDY

By Leith Dunick - TB Source

**Warning: This story contains graphic language.**

**J**ohn Cleese says he's smart enough to know he doesn't know as much as he thinks he knows about the ways of the world.

But he does know comedy.

After all, he did help found Monty Python, created *Fawlty Towers* and starred in *A Fish Called Wanda* and *Life of Brian*, two of the greatest silver screen comedies of all time.

Cleese, who celebrated his 80th birthday on Oct. 27, is still as funny as ever – although he's given up silly walks, hotel management and leading the People's Front of Judea (or was it the Popular Front?), in favour of a more academic take on the world.

The legendary comic brought his one-man show, *Why There is No Hope*, to the Thunder Bay Community Auditorium on Friday night, discussing why a lust for power and money has given rise to the likes of U.S. President Donald Trump, his love of lemurs and retelling the tale of how Eric Idle convinced George Harrison of the Beatles to cover the production cost of *Life of Brian*.

During a question-and-answer session that closed out his 90-minute set, Cleese, who has been married four times, was asked if he could do it all over again, would he change anything, did he have any regrets?

"Oh yes, I have two. I would not have made *Fierce Creatures*

in the way that I did, because people thought it would be like *Wanda*, because I used the same cast and it was intended to be a completely different (film)," Cleese said.

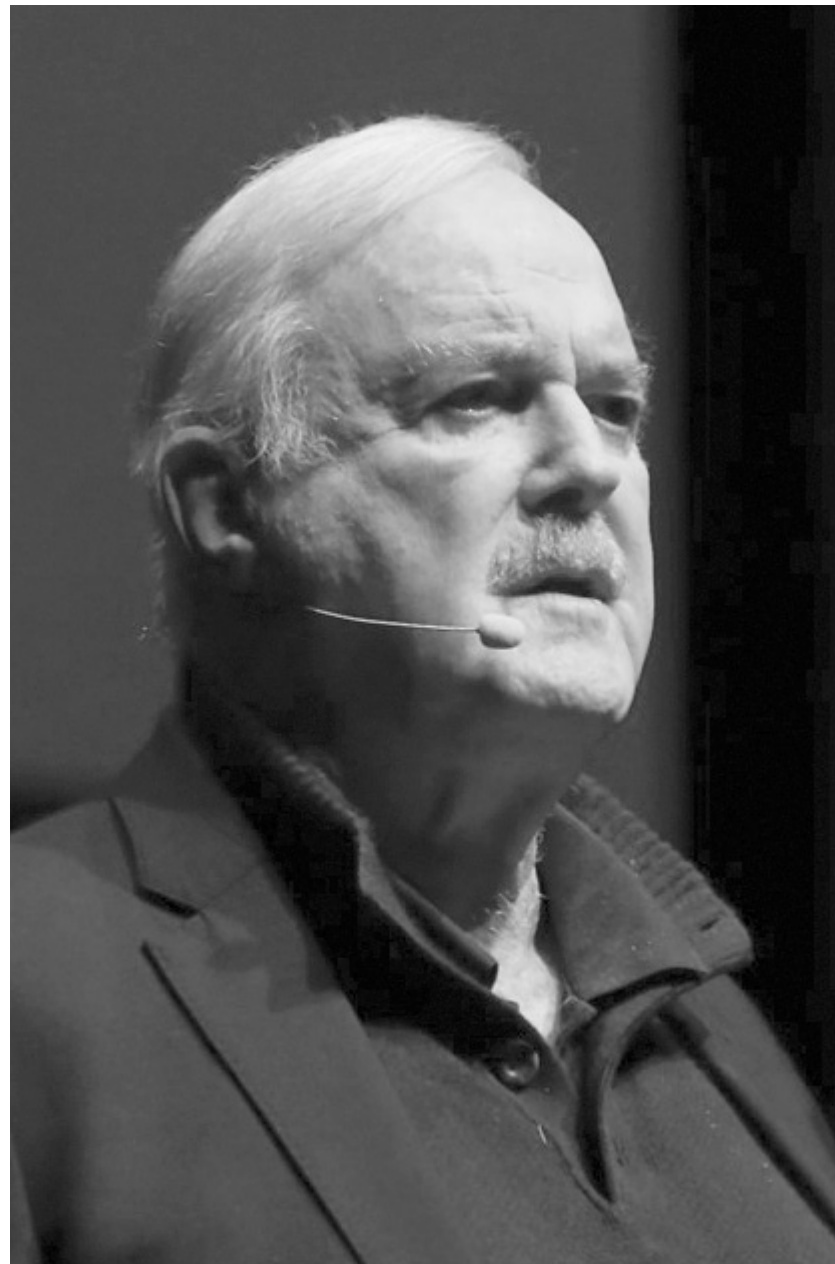
"And I would not have gotten married the third time, because she very much wanted to get married and I didn't. And in the end I thought

it matters so much to her and it doesn't matter to me and I got married and that cost me \$20 million."

It did work out for the 1,200 or so who turned up to see him at the Auditorium on a snowy fall evening.

"For the last 10 years I'd have much preferred to have been writing, but I've had to be performing, just to pay the losses ... It's not that I don't have fun, but do you think I'm going to come to fucking Thunder Bay?"

In true Cleese fashion, no one was off



HOW TO BE SEEN: John Cleese brought his show, *Why There is No Hope*, to the Auditorium.

limits.

He took shots at the BBC, scientists and stupid people, and even railed against the Puritans.

"They said Christmas pudding was idolatrous. Meanwhile, there was the greatest persecution of witches, that there's even been in British history," he said. "How do you put the two together? The men, who were in charge, would have naughty sexual thoughts and they'd think, 'Well, they can't be my thoughts. They must be put in my head by them.'"

He called Trump stupid (and said he's not sure why some voters didn't see Canada's

Justin Trudeau as fit to govern).

And while he's long past performing the skits that made him famous, he wasn't above talking about them, regaling the audience with a tale of fellow Python Michael Palin cracking him up on tour while doing the dead parrot sketch, to the point he lost his place.

"I said to the audience, 'What's the next line?' And about 400 of them shouted the next line. I said, 'What is the fucking point? You know the script better than I do ... So for the rest of the sketch, Michael did his lines and I conducted the audience.'"

A better comedic conductor would be hard to find.

IN THE bay

# Midway clunky, but Shining sequel works

Upon the commemoration of Veterans' Day and Remembrance Day in the USA and Canada respectively, comes director Roland Emmerich's timely release of *Midway*, his gee-whizzy interpretation of one of the most crucial battles during WW II.

It's an ambitious effort. As in *Tora! Tora! Tora!*, Emmerich attempts to be even-handed, crisscrossing between the Japanese and US strategists, and delving down through the American ranks, from the grim-faced admirals at the top (Nimitz and Halsey, played by Woody Harrelson and an overly growly Dennis Quaid) through intelligence expert Edwin Layton (Patrick Wilson) down to the cocky airmen, played respectively by Ed Skrien, Luke Evans, Nick Jonas, and Aaron Eckhart, to name a few.

Their various stories are intertwined



**MARTY MASCARINI**

MOVIE TALK

among the battle sequences, as the film slogs from the devastating attack on Pearl Harbor to the pivotal confrontation at the Midway Atoll in the Pacific.

Emmerich aims for authenticity with a real-life cast of characters and action scenes designed to convey the chaos, terror, destruction and carnage of air and sea battle. However, the director tries too hard on one hand with battle sequences crammed with so much computer generated blazing flak fire, explosions, diving and crashing planes

that they come off as an over extended video game, and not hard enough on the other hand as he saddles the actors with the clunkiest, corniest B-movie dialogue in abrupt, short clips that undercuts the gravity of the drama.

Nobly, the epilogue highlights the service records of individuals on both sides, but all could have been served much better with greater restraint and fewer concessions to the commercial inclinations that plague big-budgeted filmmaking.

*Doctor Sleep* is a sequel to Stephen King's *The Shining*, where we find Danny Torrance (Ewan McGregor) decades later as a recovering alcoholic, haunted by his harrowing childhood experiences at the

notorious Overlook Hotel.

Once sober, Danny rediscovers his "shining" psychic ability while working as an orderly, assisting the dying, earning the moniker, Doctor Sleep.



WOODY HARRELSON

His psychic connectivity puts Danny in contact with young teenager Arbra, (Kyliegh Curran) also equipped with similar powers who's being hunted by The True Knot, a pack of spirit-draining vampires, led by Rose the Hat (a very menacing Rebecca Ferguson) who maintain their immortality by preying on the psychically gifted young. (Canada's own Jacob Tremblay (*Room*) winds up as one of their hapless victims.)

This scenario sounds a bit hokey and

one may well ask, "Who cares after all these years?" but director Mike Flanagan, who also adapted the Stephen King novel, sets the supernatural table in credible fashion, gradually introducing and intersecting the three plot lines, inexorably pulling together Danny, Arbra and evil Rose for the ultimate if somewhat drawn out confrontation at the boarded up Overlook, a mausoleum still housing familiar old ghosts.

The film mostly works, thanks to the cast led by McGregor, Curran and Ferguson, its tense atmosphere further complemented by an eerie sound design and music soundtrack. (The Mahler dirge used in *The Shining* shows up here too.) Like its expiring vampires, *Doctor Sleep* gasps a bit by the end but gives us enough compelling moments along the way.

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IN THE bay



**LIGHT OVER DARKNESS:** Hundreds of people attended Diwali, or Festival of Lights last Sunday at the Valhalla Inn.

# A celebration of light

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

**A**n ancient festival that has been celebrated for thousands of years was helping people in Thunder Bay shine a light on the joys of life and see all the good that exists in the world.

Last weekend, the India Canada Association of Thunder Bay celebrated Diwali, or the Festival of Lights at the Valhalla Inn.

“It’s light over darkness, knowledge over ignorance, good over evil, all the bright things that we expect and the joy in our lives,” said Roopa Rakshit, one of the organizers of the Diwali celebrations. “This is a new beginning for a new year. That’s how we celebrate, with lights.”

The India Canada Association has hosted Diwali celebrations the year after it was founded in the city in 1972. But this was the first year it was opened up to the community at large.

Rakshit said she was expecting more than 200 people to join in the celebrations, which

promised to be an exciting night basking in Indian culture.

“The room is very lit with lamps and traditional decorations and we will serve traditional food and lots of dancing,” she said.

According to K. S. Joseph, one of the founders of the India Canada Association of Thunder Bay, Diwali is one of many festivals hosted by the Indian community in the city, which includes Holi, or the festival of Colours, Independence Day of India, and the Festival of India.

Joseph added that it is important to share these cultural celebrations with the community at large and he is hoping it will help the association grow.

“The whole community is invited every year,” he said. “But for some time the association has not been functioning lively because all the older people are getting tired, so we want new blood to come in.”

Diwali has its roots in ancient India and

likely began as a harvest festival. It has become one of the most popular Hindu festivals in India and around the world.

“We started this organization in 1973,” Joseph said. “Since then, every year, we have the festival of lights. What it means is the winning of light over darkness, or defeating evil. It was normally a religious festival but now it is a national festival.”

Earlier this month, students were also given an opportunity to experience Diwali and celebrate the Indian and Hindu culture with presentations and traditional food.

Students at Westmount Public School learned about the tradition, which Rakshit said promotes acceptance and inclusiveness

among the students.

“We need a lot of understanding about each other’s way of life, what we do, how we do,” she said. “It all adds up to understanding and the awareness we have with regards to diversity and the different kinds of people and cultures out there in the world.”

**“It’s light over darkness, knowledge over ignorance, good over evil.”**  
ROOPA RAKSHIT

# TEDx talks land at Lakehead University

**Friday**

**T**hree international students have organized the first TEDx event at Lakehead University, an event featuring Natali Surkic, Tamara Bernard and Jason Grant – all LU graduates – speaking on the topic of this year’s theme, Redesign. Several other speakers are also on the bill. The event goes from 1 p.m. to 5 p.m. and tickets are available at [www.tedxlakeheadu.com](http://www.tedxlakeheadu.com).



**LEITH  
DUNICK**

WEEKLY TOP 5

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Chapters Thunder Bay.

**Sunday**

**A**Poetry Reading and Acoustic Performance will take place at the Prince Arthur Waterfront Hotel, a usually sold-out night with local poets and musicians. Tickets are \$20 in advance and \$25 at the door.

**Sunday**

**T**he Christmas Crafts and Vendor Sale takes place at the Victoria Inn from 10 a.m. to 3 p.m. Come see what the holidays have to offer this year! It’s described as the city’s largest craft show.

**Friday**

**C**anadian rockers Big Wreck bring their But For the Sun tour to NV Music Hall. This is a 19+ event scheduled to start at 8 p.m.

**Friday**

**A**uthor Kevin Tuerff, whose book *Channels of Peace* inspired the 9/11 musical *Come From Away*, is hosting a book signing from 7 p.m. to 8 p.m. at

# Patriot games all wrong on Fox Nation



with **FIONA GARDINER**

“Ultimate Patriot Award.” Jones, himself, won the “MVP: Most Valuable Patriot.”

How does one judge the “most valuable” patriot? Do they count the number of limbs blown off in battle? Is “almost dead” more or less patriotic than dying on the battlefield?

I congratulate Jones on battling back from losing both his legs to run multiple marathons and inspire others. But is that the yardstick by which other soldiers (or patriots) must measure themselves now?

Decorated Air Force veteran Dan Rooney won the title of “Ultimate Patriot” – which frankly, sounds like a video game. Rooney founded the Folds of Honor Foundation, a non-profit that gives scholarships to the families of fallen or disabled veterans. He certainly deserves recognition. He served three tours and now serves his



**PATRIOT GAMES: Fox News is among several channels in the Fox Network.**

fellow soldiers at home. However, the Folds of Honor Foundation also just happens to be the recipient of the proceeds from the awards ceremony itself. So Rooney’s “award” seems more like a “prize.”

Other honourees also left me wondering. A Connecticut hockey coach was honoured because of a viral

video of a pre-game speech in which he told the players to “get the f—k out” if they knelt during the national anthem. However, this hasn’t really been a problem in minor hockey leagues or even the NHL – which makes his tirade totally unnecessary. Pointless. So how does this result in a patriot award? Oh yes, because it went viral.

Patriotism shouldn’t be about social media likes or being the “best” at it. Patriotism is, by definition, simply a feeling of love, devotion, and attachment to a homeland and its citizens that directs one’s actions. It’s not to be measured or judged. It’s not a title to be handed out for one year and then given to someone else the next, like a football trophy.

I thank *Fox Nation* for honouring everyday heroes. But it seems they missed the point on patriotism.

Recently, Fox Nation, home of conservative media and fans of the Trump administration, put politics aside for the inaugural *Fox Nation Patriot Awards*. This live event in St. Petersburg, Florida, sold tickets and VIP seats to local, everyday people. Then they glitzed up the Mahaffey Theater and sent cameras out to honour anyone they consider patriots.

For example, Marine vet Rob Jones was injured by an improvised explosive device in Afghanistan. Now, he runs marathons across the country proving that his active life didn’t have to end after becoming an amputee. Ironically, the next day while appearing on *Fox & Friends* about his award, he announced he was seeking the Republican nomination to run for Congress in Virginia. So much for putting politics aside.

But “everyday American heroes”

should be honoured for their work and patriotism. And both businesses and individuals were recipients, including a military-themed restaurant chain that has a veteran hiring program and a teenager who inspired patriotism in his neighbourhood.

However, turning it into an award made some categories a little, well, weird. Fox handed out the “Most Patriotic Sportsman” and the

## CROSSWORD PUZZLE

- ACROSS**
- 1 Opera solo
  - 5 Sunlight (pref.)
  - 9 Ampere (abbr.)
  - 12 Feral
  - 13 Zeal
  - 14 Robot play
  - 15 Lade
  - 16 7th incarnation of Vishnu
  - 17 Confederate States of America (abbr.)
  - 18 Copy
  - 20 Listlessness
  - 22 Male friend (Fr.)
  - 25 lt. exclamation
  - 27 N.Z. honeyeater
  - 28 No (Fr.)
  - 29 Appearing dark and threatening
  - 31 92 (Rom. numeral)
  - 34 Department of Defense (abbr.)
  - 35 Victory site of Alexander
  - 37 Father
  - 38 One’s own (pref.)
  - 40 Ten (pref.)
  - 41 Unit
  - 42 Soldiers
  - 44 Fluidity unit
  - 45 Sexually united (pref.)
  - 46 Jinx
  - 49 Eye inflammation
  - 51 Conjunction
  - 52 Year (Lat.)
  - 54 Irish nobleman
  - 58 Noun-forming (suf.)
  - 59 Vein (pref.)
  - 60 Angora
  - 61 Stinging insect
  - 62 Ass or donkey (Ger.)
  - 63 Salt

### ANSWER TO PREVIOUS PUZZLE

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S	L	E	Y	R	E	N	T	I	C	E	T	H

- DOWN**
- 1 Pointed tool
  - 2 River (Sp.)
  - 3 Bantu language
  - 4 Egypt. skink
  - 5 Cattle breed
  - 6 Guido’s note (2 words)
  - 7 Buddhist monk
  - 8 Unsuitable
  - 9 Husky (2 words)
  - 10 Atole
  - 11 Entreat
  - 19 Hung. dog
  - 21 Auxiliary (abbr.)
  - 22 Caucasian language
  - 23 Disposition
  - 24 Anil (2 words)
  - 26 “Fra Diavolo” composer
  - 30 Loam (2 words)
  - 32 Sayings (suf.)
  - 33 Same (Lat.)
  - 36 Freedman in Kentish law
  - 39 Like (suf.)
  - 43 With sweetness: music
  - 46 Mayan year
  - 47 If ever
  - 48 People
  - 50 Boredom indication
  - 53 Compass direction
  - 55 Hawaiian frigate bird
  - 56 Mythical bird
  - 57 Building wing

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## WORD SEARCH

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J	A	B	A	T	I	N	G	Z	U	H	E	O	R	U
C	S	D	I	R	B	Y	H	G	N	I	R	O	C	S
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H	I	N	O	N	D	R	B	I	L	C	T	R	L	L
S	L	T	U	G	I	L	N	X	A	S	Y	O	O	C
A	O	I	R	P	E	G	S	N	I	O	C	M	J	T
N	H	N	M	Z	N	D	A	E	D	F	L	U	S	H
G	U	U	E	D	T	E	H	R	R	E	E	H	C	G
P	O	E	T	R	Y	T	N	U	O	B	R	R	I	
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| Abating | Cordials     | Gnashes  | Nightclubs |
| Acquit  | Coring       | Gourmet  | Obedient   |
| Bounty  | Discontinues | Grown    | Poetry     |
| Casing  | Dodged       | Gusts    | Prefix     |
| Cheer   | Doted        | Holiest  | Risking    |
| Chewier | Doubles      | Humorous | Theist     |
| Chronic | Expose       | Hybrids  | Umpired    |
| Clergy  | Flush        | Jolly    | Vessel     |
| Clown   | Foraging     | Living   | Waved      |
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			4					
9						7		1
	9			3				6
1				7			9	2
2	4				6			
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# Sports

local sports news | information | coverage

## Staal keeps on rolling

**G**rowing up, I was always fascinated by hockey statistics, the old-fashioned counting kind.

In the pre-Internet days, I used to keep my own all-time charts (baseball too), because I couldn't wait until the NHL Guide and Record Book came out the following fall.

Now that everything's digital – add in a two-year-old who insists on my attention – I really don't pay quite as much attention these days.

But anyone who follows me on Twitter will know I have been tracking Eric Staal's trek to 1,000 points.

A three-point effort last week landed him tied with Rick Middleton, a guy I think deserves serious reconsideration for the Hockey Hall of Fame, who ended his career agonizingly close to 1,000 points with 988.

At the moment, that's good for a tie for 89th all-time.

For Staal, only Paul Kariya at 989 points, remains between him and hockey immortality.

Admittedly, 1,000 points kind of lost its lustre after the Gretzky era, when the top players needed about eight or nine seasons to reach the mark.

The 35-year-old Staal has 13 points in his last 10 games and should hit the milestone by Christmas at this rate.

It's a pretty impressive accomplishment, especially in an era when scoring is down and goaltenders are suited up in armour they could go to war in.

Staal, who signed a two-year contract extension with the Minnesota Wild this summer, is the highest-scoring player to emerge from the 2003 NHL Entry Draft, won the Stanley Cup in 2006 with the Carolina Hurricanes, and represented Canada at the 2010 Olympic Games. He's also the second-highest scorer all-time to emerge from Thunder Bay, after Detroit legend Alex Delvecchio.

Will it lead him to the hockey hall of fame one day? I think Patrice Bergeron and Marc-Andre Fleury are probably the only locks out of the 2003 draft. Brent Burns, Jeff Carter and Ryan Getzlaf will also merit serious consideration too, but Staal definitely deserves to be in the conversation.

Stay tuned.



**LEITH DUNICK**  
SPORTS SHOTS

## Westgate D tames Falcons

**FOOTBALL**  
By Leith Dunick – TB Source

**B**rendan Hall can do it all. The Westgate Tigers star ran for 95 yards and a touchdown and intercepted St. Ignatius quarterback Jordan Maki twice, leading the upstart underdogs to an 18-0 championship win in the senior football final at Fort William Stadium.

Evan Basalyga booted four field goals for the Tigers, who picked Maki off four times and held the Falcons scoreless for the day in capturing their first senior football title in six years.

"We just put in that work and we were the underdog team. It shows when you put in the work that's what happens, the results came," Hall said.

As the old saying goes, defence wins championships, and it was never truer than on a snowy Saturday afternoon.

It was Thomas Pella who set the tone early, blocking a Maki punt from deep inside the Falcons zone in the opening quarter, giving the Tigers the ball on the St. Ignatius five-yard line.

One play later Hall burst through the middle for the score and a 6-0 Westgate lead.

"We've got very good coaches who showed us what to do and we just learned off what they taught us. We did the work," Hall said.

What was the secret to reading Maki? "Just read the eyes," Hall said.

Veteran coach Mike McNally, who has been part of six Tigers championships, hinted this one might be the most satisfying.

"Everyone wrote off our defence early in the season. We were losing by 40 or 30 points. This year was a marathon. It wasn't a sprint. We had to move guys around and they shut down the two best offences the past two weeks," said McNally, his team coming off a surprise semifinal win over Hammarskjold a week earlier.

"No offensive touchdowns were



**RUSHING REVOLUTION:** Westgate's Brendan Hall carries the ball last Saturday in the senior final against the St. Ignatius Falcons.

given up by this defence. We were all but 14 to receiver Jacob Anton.

feeding off the defensive energy today. Those guys came ready to play. Their coaches had them prepared and they were excited to play today. You could just feel it coming off the bus."

For the Falcons, a second straight senior crown was not meant to be.

Maki, whose passing game led the team to the final, just couldn't get in synch with his receiving corps, going just 5-for-21 for 116 yards,

**"Everyone wrote off our defence early in the season..."**

**MIKE McNALLY**

Once again the St. Ignatius running game was all but non-existent, with just eight attempts for a combined total of 20 yards.

The Tigers struggled too on offence, but did manage to pound the ground for 171 yards, while quarterback Kam Vanderwees made the most of his limited passing chances, going 8-for-13 for 55 yards

and no interceptions. Basalyga said it's a great feeling to

bring home the title.

"Everyone counted us out and no one really took us seriously, but I guess we showed them," he said.

He was happy to contribute, filling in for the injured Avery McLean, who went down in last week's semifinal.

"I kicked one field goal all year and I had to kick four today, so it was pretty interesting, but I guess it went good."

The Tigers head to Hamilton on Nov. 26 for the Simcoe Bowl against the winner of the GBSSA final, Barrie's Joan of Arc Catholic Secondary School or Barrie North

## Auger scores twice to lead LU to sweep over Stingers

**UNIVERSITY HOCKEY**  
By Leith Dunick – TB Source

**K**yle Auger's days as a fourth forward aren't over yet.

The Lakehead Thunderwolves defenceman scored twice on Saturday night, including the overtime winner, earning his team a weekend sweep with a 5-4 win over the visiting Concordia

Stingers at Fort William Gardens.

Auger, who led all Superior International Junior Hockey League defencemen last season with 102 points, had yet to score in his rookie campaign with the Thunderwolves, though he had put up six assists in 10 OUA appearances.

Both goals on Saturday night put the Wolves in front.

His first came on the power play with 3:31 to go in the second, putting Lakehead in front 4-3.

His second ended the contest 59 seconds into the extra frame.

It's a game the Stingers led on three separate occasions, but unfortunately not when it mattered most.

Colin Grannary, Liam Murphy and Marshall Wilton each put Concordia in

front, but Josh Laframboise, Jordan King and Scott Gall, with his second of the year, 33 seconds after Wilton made it 3-2 for the visitors, answered back to tie the game.

Nic Renyard was good on 23 of 27 shots for Lakehead, while Marc-Antoine Turcotte stopped 24 of 28 shots before giving way to Sebastien Lefebvre to start the third.

# Tigers go back-to back

**VOLLEYBALL**  
By Leith Dunick - TB Source

The Westgate Tigers have found the secret to volleyball success – just don't lose.

For a second straight year the senior boy's team is headed to the NWOSSA championship against Kenora's Beaver Brae Broncos with a perfect record.

The Tigers, who dropped just a single set during the regular season, a second straight 12-0 campaign, weren't perfect on Monday night.

But they were definitely the better team in the championship match.

After dropping the second set 25-27 at the hands of the Hammarskjold Vikings, a team seeking its first boys' volleyball championship in 33 years, the Tigers started the third set on a 13-0 roll on the back of Ian Campbell's serve, cruised to a 25-10 victory and closed it out in the fourth, downing

the Vikings 25-17 to claim the crown.

"It means a lot for Westgate volleyball," Campbell said. "I know my coaches ... work hard. They work on the boys and girls teams, so to come out after all these years and go back-to-back means a lot to them and means a lot to the players.

It was the 12th title in school history, the fifth since 2005.

The loss in the second set was definitely a wake-up call, Campbell said.

But it also wasn't enough to press the panic button.

"They're a good team. We're going to drop a set, that's going to happen. But it kind of woke us up, was the cold water in the face. We just looked at it like this is it, this is our big chance and we really went out there and got those first 13 points," Campbell said.

"It's definitely a team effort. I just served the ball in. They're the ones making the digs, making the swings,

making the blocks. I just start off the rally."

Westgate coach Curtis Michaluk, in his 20th year behind the Tigers bench, said this year's team is a special one.

"We've got kind of unusual group of players who kind of live and breathe volleyball. It makes my job as a coach and my assistant coach ... that much easier every day."

Westgate had to scrape out a 25-21 win in the opening set, trailing only once, by a single point.

Down 24-19 in the second, they rallied to prolong the match saving a total of seven set points before the Vikings finally prevailed when Westgate's Gabe Viau couldn't convert a kill. They put it away in the fourth, again trailing for a single serve, jumping in front 18-12 and essentially trading points the rest of the way.

The Tigers will host NWOSSA, starting on Friday.



**TITLE NO. 2:** Hammarskjold's Aaron Hodgson (left) and Darian Smith attempt to block a shot from Westgate's Cody Beals on Monday at the C.J. Sanders Fieldhouse.

LEITH DUNICK



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# Vikings hold off Saints in girls final

## BASKETBALL

By Leith Dunick – TB Source

The Hammarskjold Vikings senior girl's basketball dynasty rolled to a sixth title in seven years on Monday night.

But it was anything but a cakewalk. The St. Patrick Saints held the lead for the majority of the fourth quarter, but a late 10-5 run over the final three-and-half minutes was enough to power the Vikings to a 60-56 triumph and back-to-back championships.

Danielle Charles led the way for Hammarskjold, scoring a game-high 27 to pace the Vikings attack. The 16-year-old helped put the game away late, hitting a pair of free throws before driving the lane for another two to stretch her team's lead to five in the final minute of play.

### Awesome sensation

"It feels really amazing," said Charles, who had 15 at the half and contributed six points in each of the final two quarters to help deliver the win.

"It just shows how the program at Hammarskjold has been built really great."

Charles, whose team heads next to the NWOSSA regional final against a yet-to-be-determined team, said they expected the Saints to give them a run for their money in the final, which was played at Lakehead University's C.J. Sanders Fieldhouse.

"We just had to keep calm. We knew



LOCKED IN: A 60-56 win over the St. Patrick Saints on Monday earned Hammarskjold a second-straight senior girls basketball title.

we could win. We beat them before and we needed to give all our energy and keep our energy up the entire game," she said.

It was a back-and-forth contest the whole night.

It was the Saints who came out of the gate hardest, taking an 11-7 lead in the

opening quarter. But the Vikings woke up and scored nine in a row to finish the first, taking their first lead of the night on a Charles bucket.

They upped their run to 11-0 before the Saints finally found the hoop early in the second, Emily Sanzo burying a pair of free throws.

The Vikings upped their lead to a game-high nine late in the second on another Charles basket, but the Saints chipped away at the lead, going on a 6-0 run to close out the half, Sarah Stanzo dropping a trey and scoring two more off a steal, racing to the net to make it a 30-27 game after 20 minutes.

Hammarskjold led by as many as four, but Sarah Stanzo cut the lead to one and sister Emily added a late hoop off another steal to give the Saints a 40-39 lead after three.

A Shae Cofey hoop gave the Saints a 47-42 advantage in the first three minutes of the fourth, but the Vikings stormed back.

Kamryn Dobransky was fouled going to the net and made the foul shot to complete the three-point play, then evened the score 47-47 a few moments later.

### Went ahead

The Saints took the lead twice more, but Mia Surkan gave Hammarskjold the lead for good, driving the lane for two.

"It was a very tough game," Dobransky said. "It's a great feeling. Going back-to-back, this year we had a lot of pressure on us as seniors because of the previous years of winnings. And we actually lost to them more than we won against them in regular season. This was a really big game for us and it was a huge accomplishment in our end."

First-year coach Ben Danier agreed both teams got their money's worth.

"It was a tough game and we knew it was going to be a tough game. Kudos to St. Pat's, they were ready for us. They put some great pressure defence on our offensive press break, but we found a way through it," Danier said. "It was a back-and-fourth. Our leaders really stepped up today."



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LEITH DUNICK

**TWO IN A ROW:** The St. Patrick Saints downed the St. Ignatius Falcons 38-10 to win the junior crown.

# Winning attitude

**Saints RB rushes for 332 yards, 5 TDs in title game**

**FOOTBALL**  
By Leith Dunick – TB Source

For the first five minutes of Saturday's junior football championship, Manerplaw Winning said his laces were frozen. Once they thawed, though, he was unstoppable.

The St. Patrick Saints running back shredded the St. Ignatius defence, rushing for 332 yards and five touchdowns to lead the Saints to a second straight title, downing the Falcons 38-10 on a snow-covered Fort William Stadium field.

"Those numbers are nice, but our team had a great game and all around. I'm so happy for these guys. It feels nice going back-to-back," said Winning, whose fourth carry of the day went for 54 yards and a score, breaking open a scoreless tie late in the first.

He'd add a six-yard major in the second, then had touchdown runs of 69, 85 and 88 yards in the second half as the Saints pulled away for the win.

Winning said he wanted to show what he could do over the course of a full game, usually pulled at the half during the regular season as the Saints dominated the schedule, running the table in pursuit of yet another championship.

"For most starters, we've only played half the game," Winning said. "We said let's make the best out of playing a full game."

There was never any doubt about the Saints game plan – run, run and run some more.

"He's a special athlete for a reason," St. Patrick coach Dave Battistel said of his star running back.

"We knew that coming into this game. Kudos to St. Ignatius. They came out with a

game plan. Martin Furtado had his team ready to go, but we knew that we were going to have to put the ball in Maner's hands and he delivered.

The Falcons struggled early on offence to get their own star back, Jack Zhang, positive yardage. Instead it was Tyler Robertson who did most of the damage on the ground, at least until the game was out of reach.

Five of Zhang's first six carries were stopped by the Saints defence for a loss, but Robertson made double-digit gains on his first three rushes and finished with 219 yards on 19 carries, scoring the Falcons loan touchdown, a 46-yard scamper over the snow midway through the third that closed the gap to 24-10.

Defensive back Ryder Bodner said it was mission accomplished for the Saints.

"It feels super amazing. This is what we've been working for all year. Our motto was all in and everybody brought it today and played perfect today. Everybody did their job and that's all we needed."

As good as Winning was on offence – he also added a 30-yard field goal and a rouge on a 90-yard kickoff – the Saints defence also stepped up, allowing a single touchdown and a Rob Hathazi 26-yard field goal early in the third, after a Winning fumble gave the Falcons the ball on the Saints 36-yard line.

"We played perfect. Nobody got around us after the first half. That's what we want," Bodnar said.

Battistel called it a historic win for the St. Patrick program.

"It's the first time we've ever done this in our school's history, so it's a pretty amazing accomplishment. It's tribute to the fantastic players that we have and the fantastic coaching staff that we have here."

**"It feels nice going back-to-back."**

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Although never qualifying for World Games, Phil has had the honour of being Canada's representative on the LETR Final Leg at the 2013 World Games in South Korea. His long-term goal is to represent Team Canada at the World Games.

### JESSICA CRANTON

Jessica Cranton joined Special Olympics Nova Scotia 6 years ago in her local region of Annapolis County. Special Olympics is where she found her passion for figure skating. Jessica has attended both the 2015 and 2019 Canada Games. At the 2019 Canada Games in Red Deer, AB Jessica won the silver medal for Team NS.



Jessica is excited to train and prepare for her first SOC Winter Games in Thunder Bay.

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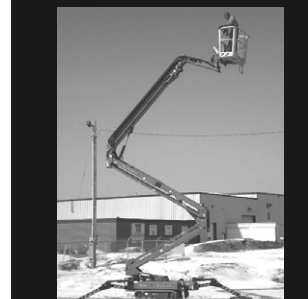
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**SHYON KELLY, CPA**  
 Chartered Professional Accountant

Welcoming **Holly Vance** to our team

197 S. Algoma Ave, Thunder Bay, Ontario, P7B 3C1  
 Ph: (807) 345-6078 • Fax: (807) 343-9319 • [skellycga@tbaytel.net](mailto:skellycga@tbaytel.net)

59. CHILD CARE

Babysitter for hire evenings and weekends, preferably South side. Please leave a message at 285-2205, I will call you back.

64. CRAFT & FLEA MARKETS

BIG FLEA MARKET/CRAFT SHOW! CLE Coliseum Saturday November 23rd 10am-3pm. Huge variety of items! Table rentals at 767-5488

CHRISTMAS ONE STOP SHOP, Saturday November 30th 8a-1:30p at CLE Heritage Building (blue) We have local vendors selling everything from food, beverages, beautification, arts & crafts, clothing and more! A few non-profit organizations will be joining us as well, so please stop by their booths. Need to find some gifts? There is something here for everyone! Hope to see you. Free draws will be occurring at some of the booths! Check out the list of vendors and view their post at [www.facebook.com/groups/OneStopandShop](http://www.facebook.com/groups/OneStopandShop) Email: [onestopandshop@yahoo.com](mailto:onestopandshop@yahoo.com)

**THINK RECYCLE**

**ANSWERS TO THIS WEEK'S PUZZLES**

A	R	I	A	H	E	L	I	A	M	P	4	6	1	7	5	9	2	8	3	H	J	O	O	B	L	E	S	S	E	V	R	F	G			
W	I	L	D	E	L	A	N	R	U	R	3	7	2	4	1	8	9	6	5	J	A	B	A	T	I	N	G	Z	U	H	E	R	O	R		
L	O	A	D	R	A	M	A	C	S	A	9	5	8	6	2	3	7	4	1	C	S	D	I	R	B	Y	H	G	E	N	L	R	O	O	S	
			A	P	E	A	P	A	T	H	Y	8	9	7	2	3	1	4	5	6	U	L	I	V	I	N	G	N	W	B	N	E	P	T		
A	M	I	U	F	A	T	U	I			8	9	7	2	3	1	4	5	6	S	S	C	T	K	B	H	O	A	M	U	B					
N	O	N	L	O	U	R	X	C	I	I	1	3	6	5	7	4	8	9	2	E	E	O	G	I	E	C	E	S	S	D	O	O	L	U		
D	O	D	I	R	B	I	L	D	A	D	2	4	5	8	9	6	1	3	7	H	I	N	O	N	D	R	B	I	C	T	A	L	L			
I	D	I	O	D	E	C	A	O	N	E	7	2	9	3	8	5	6	1	4	S	L	T	U	G	N	X	S	T	O	O						
			G	I	S	R	H	E	G	A	M	6	8	3	1	4	2	5	7	N	A	O	I	P	P	O	G	E	N	I	O	C	M	J	T	
H	O	O	D	O	S	T	Y				7	2	9	3	8	5	6	1	4	N	H	N	Z	N	D	A	E	D	F	L	U	S	H			
A	C	Y	V	E	N	I	W	O	O	L	6	8	3	1	4	2	5	7	9	G	U	E	D	T	F	H	R	E	E	N	C					
B	E	E	S	E	L	N	A	C	L		5	1	4	9	6	7	3	2	8	P	O	E	T	R	Y	T	N	U	O	B	R	R	I			
											5	1	4	9	6	7	3	2	8	W	A	V	E	O	O	D	G	E	D	E	Y	S	O	L		

PREVIOUS SOLUTION: "What do we live for if it is not to make life less difficult to each other." — George Eliot

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