



Charge in Norah St. death /3



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DOUBLE DUTY



Canada's Kaitlyn Ross stars in both baseball and at the university hockey level and the Pool A qualifier for next year's Women's World Cup is under way in Thunder Bay /14



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Alberta's Kaitlyn Ross not only catches with Canada's national women's baseball team, she's a star goaltender at Mount Royal University during the winter months. (Leith Dunick)

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Several police cars were on hand last week after the body of a woman was found near a Norah Street residence. (Ian Kaufman)

Charges laid in Norah St. death

A woman's body found in laneway on the city's south side

By Ian Kaufman - TB Source

Police have laid charges in relation to a sudden death investigation on the city's south side earlier this week.

Jordan Arnold, 27, has been charged with one count of committing an indignity to human remains and one count of breaching a probation order.

Arnold appeared in a Thunder Bay Courtroom via video from the Thunder Bay Police Service headquarters on Friday where he was released

with a promise to pay \$250.

There is a publication ban in place on all evidence heard in court and the identity of the deceased female, who is a youth.

Officers with the Thunder Bay Police Service responded to the 200 block of Norah Street North Wednesday evening at approximately 8:40 p.m. after the body of the female was located in a laneway in the area.

A post-mortem examination on the deceased female is being scheduled to take place in Toronto.

WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Partly Cloudy	Rain	Rain	Partly Cloudy
Precipitation: 30% HIGH 22 LOW 12	Precipitation: 90% HIGH 16 LOW 40	Precipitation: 80% HIGH 20 LOW 13	Precipitation: 70% HIGH 21 LOW 14

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Carousel reopens

By TB Source staff

The carousel at Chippewa Park reopened last Saturday to the enjoyment of the families who love to spend their weekends at the park.

After being damaged last week by a motor vehicle, the ride has been repaired and has been deemed up to snuff by the TSSA and Donna Gilhooly, co-chair of the carousel restoration committee said she was elated.

“They gave us their safety approval and their technical approval just 48 hours ago and the staff here, Tom Forsythe and Dan Gallotti, honest to gosh, those guys just worked day and night to get it up and running again.”

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Festa Italiana fun

By Katie Nicholls - TB Source

Residents flocked to the Italian Cultural Centre on Sunday to join in on the fun at Festa Italiana.

This year's Festa marked the return to the in-person format of the event after a few years of relying on takeout due to the COVID-19 pandemic.

Matt Pascuzzo, public relations chair for the Italian Society of Port Arthur said people couldn't wait to get started and enjoy the Festa Italiana the way it was meant to be enjoyed.

“We had a lot of people who were here before it opened so that was a really good sign,” he said.

“But as you can see, I think lots of people are excited that it's back in full force and it's not take-out like it was last year.”

With a strong start to Sunday's festivities, Pascuzzo said that he's confident that the turnout will return to pre-pandemic numbers.

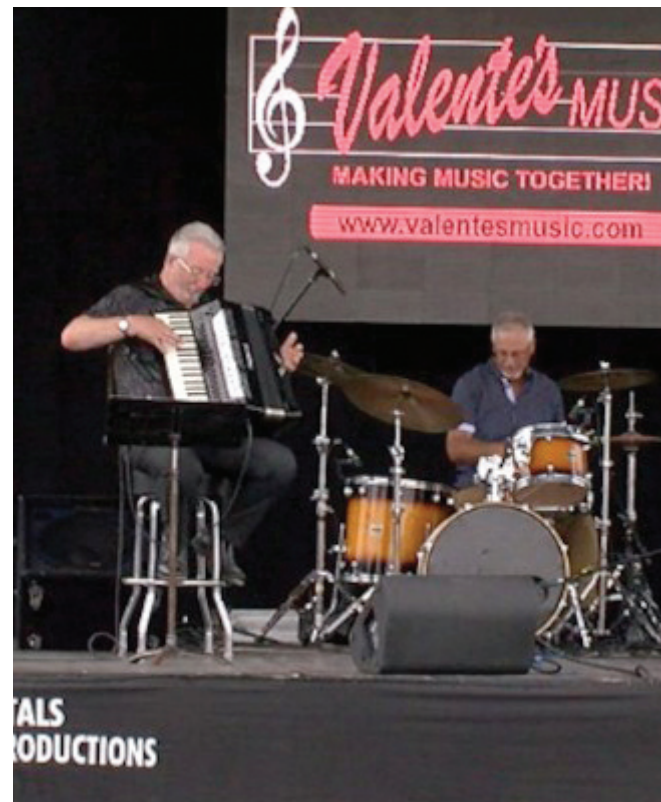
“I was looking back at the numbers from previous years and we've had about 20,000 people over the course of the weekend in the non-COVID years so I'm hoping we can get the same amount of people out this year,” he said.

“But it sounds like people are really excited to come back so I think there will be even more people. I talked to a lot of people today who said it's either their first time coming or their first time in a few years that they've been here, so really excited to see everybody back in action.”

The biggest draw to the Festa has always been the delicious food and everybody was excited to be back together again and enjoying it along with Italian Music.

“I could go on forever about just the amount of food that we have here, but obviously the entertainment as well, we have some local artists, some international artists as well,” said Pascuzzo.

“There's children's activities and of course the beer garden for some people who like to have a nice sip of beer when



The Italian music at Festa Italiana is always a huge hit. (Jessah Clement/TBT) they're watching the music and eating their pasta.”

The event was free to attend, but proceeds from sales will go to the Thunder Bay Regional Health Sciences Foundation.

Murder rate 5 times average

By Doug Diaczuk -TB Source

The city of Thunder Bay has once again earned the notorious title of murder capital of Canada, with a homicide rate five times the national average, and two times the next census metropolitan area.

According to data released by Statistics Canada in late July, in 2022 the city had 12.05 homicides per 100,000 people.

The national average in Canada last year was 2.25 homicides per 100,000 people.

The second-highest census metropolitan area was Winnipeg, with a homicide rate of 6.1 per 100,000 people in 2022, followed by the Greater Sudbury area at 5.83 and Abbotsford-Mission in British Columbia at 4.71.

The lowest homicide rate in the

country was in Sherbrooke, Quebec with zero, followed by Oshawa with 0.57 and Ottawa-Gatineau with 0.58.

The homicide rate in Thunder Bay jumped to 12.05 in 2022 from 4.82 in 2021, which was the third-highest in the nation that year.

The drop in 2021 came after the city had the highest homicide rate in Canada in 2018, 2019, and 2020.

In 2022, the Thunder Bay set a new record for the number of confirmed homicides in a year at 15. There have been three confirmed homicides to date in the city in 2023.

Statistics Canada's Crime Severity Index report, released late last month, showed the overall crime rate in the city dropped in 2022, while the crime severity remained relatively unchanged from the previous year.



Police investigate one of 15 confirmed 2022 murders.



There are better options for the dinner table than rainbow trout, including salmon, walleye and lake trout.

Catch and release

Rainbow, brook trout too valuable to eat

My family loves to eat fish. For this reason, they often give me a hard time about the fact that I insist on releasing every wild rainbow and brook trout I catch.

Quite simply, these species are far too valuable to kill, and we have so many other species available, like salmon, walleye and lake trout, that are far better options to harvest for dinner.

Fish are among the healthiest foods we can choose to eat. Regardless of the species, they are typically high in many important nutrients, including high-quality protein, iodine, and numerous vitamins and minerals. Fatty species, including salmon and lake trout, are also high in fat-based nutrients like omega-3 fatty acids and vitamin D, which many of us are lacking in our diets.

To meet our omega-3 requirements, most dieticians recommend eating fatty fish once or twice a week. These fatty acids are crucial for optimal body and brain function, and they are strongly linked to a reduced risk of preventable diseases.

Unsurprisingly, many observational studies on consumption of fish also show that people who eat them regularly have a lower risk of heart attacks, strokes, and death from heart disease.

In addition, these studies have shown that when we eat more fish, we will also have slower rates of mental decline as we age. Again, the studies recommend one or two servings of fish per week with the fatty varieties being the most valuable.

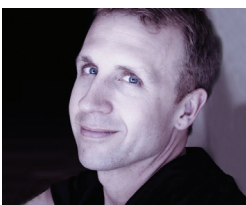
Besides our heart and brain health, there

is also evidence to suggest that eating fish can contribute to reduced risk of autoimmune disease, better mental health and mood, and reduced macular degeneration (loss of vision) as we age. Finally, and most likely because of the vitamin D content, eating fish may help us improve our sleep and, in turn, our daily functioning at work and with our home and family obligations.

With so much evidence suggesting that eating fish is part of a healthy diet, there could be a temptation to consume fish daily. However, it is important to realize that the standard suggestion of the modest one or two servings per week is recommended for good reason. This is because fish can sometimes contain harmful contaminants from natural sources or human activities. Based on their age, species and location, certain fish may be safer to eat than others.

In Ontario, fish are collected for contaminant analysis through the Fish Contaminant Monitoring Program. Contaminant levels are measured to determine how many fish meals a person can safely eat per month for the species, size and location where the fish was caught. The guidelines this program provides for us are based on health advice from Health Canada.

Anglers can check out an interactive map featuring more than 2,400 Ontario fishing locations by typing "eating fish" into the search bar at www.ontario.ca. Simply click on a location to check the advisories for eating fish in the area where you live or plan to visit.



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EDITORIAL

Movie madness

The city is nickeling and diming its citizens, rather than taking a serious look at big-money savings opportunities.

The latest to fall victim on the municipal chopping block is the popular Movies in the Park Nights.

Is the city really saving the kind of money council has asked administration to save by killing a summer series that gives hundreds of families a safe, fun activity to take part in?

What's next, the end of the summer in the parks concerts?

Is the Teddy Bears' picnic going to go belly-up?

Will Winter Fun Days become a thing of the past?

For a city that's supposedly got a giant heart, it's starting to feel like one that's a giant party pooper, instead.

While cutting some of these events could add up significantly, the bulk of the city's expenses are salaries.

Through attrition and the redistribution of duties, you can't tell us that the city can't simply choose not to replace 15 sunshine-listers as they retire or move on to other opportunities, and realize the savings they need, rather than cutting events like Movie Nights in the Park in 2024.

Don't end Sister Cities To the editor:

The Thunder Bay Sister Cities program has been active for half a century. City council has recently totally chopped it down in order to save a \$25K annual committee budget and to end Sister Cities trips by City Officials.

I would argue that we can save the beneficial aspects of the Sister Cities Program through the use of volunteer organizations and modern communication tools while at the same time canceling its budget.

Thunder Bay is currently facing historically high taxation, low growth, a big infrastructure deficit and serious social issues.

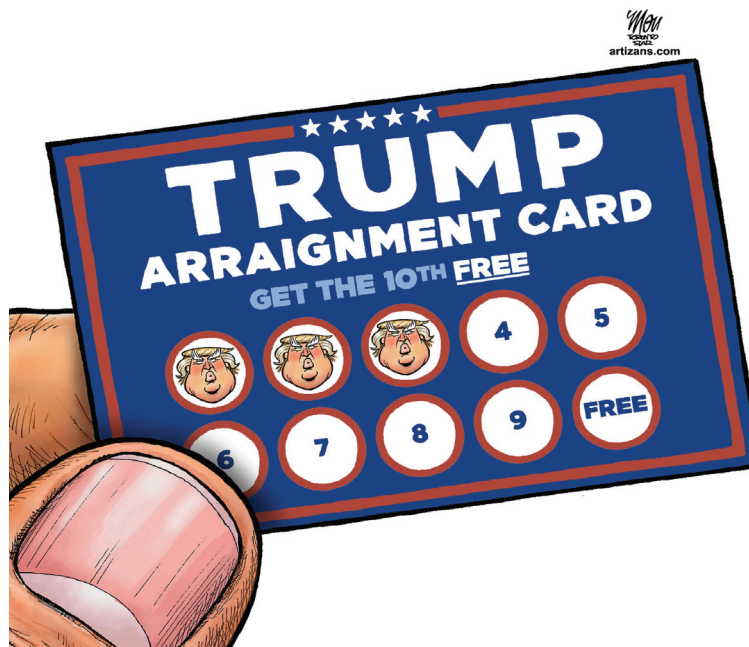
Yes, we must find the extra funds to deal with these issues.

I agree with dissolving the committee to save \$25K and stop unnecessary international trips.

However, I strongly disagree with ceasing relationships with all five of the current sister cities. Instead of ending the relationships, we should be trying to gain more sister cities in countries such as India or Mexico.

We should tell the whole world that Thunder Bay is open for

LETTERS TO THE EDITOR



business.

Some may say that Sister Cities didn't contribute anything to our city.

Have you seen the statues at the International Tai Chi Park?

Those statues were donated and paid for by our sister city Jiaozuo, China and are worth over \$200,000, plus international shipping.

Have you enjoyed the Japanese drum performance? Those drums were donated by our other sister city Gifu, Japan. Two Tai Chi Tour Buses with over 90 people visited Thunder Bay from our sister city Duluth before COVID.

The historical Indigenous Youth Pow Wow on the Great Wall of China was through collaboration

between Thunder Bay and Jiaozuo. I have been involved in the Sister Cities program since 2007 and I am proud to be an active committee member.

We all know that Thunder Bay must change the status quo to move our city forward. I have always argued that the Sister Cities Advisory Committee should raise their own money and get our citizens more involved in the program.

Sister Cities are the ambassadors for Thunder Bay. This program fits perfectly with our city's new strategic plan. It is like a fruit tree with fruit still on the branches. We need not kill the whole tree. We can find different ways to take care of the tree and make it bear even more fruit.

Our Sister Cities Program can, and should, be supported by ordinary citizens and organizations such as the Japanese Association, Chinese Association, Tai Chi Association, Finlandia Club, Indigenous groups, sports clubs, senior centres, Lakehead University, Confederation College, the school boards and CEDC, etc.

Peng You,
Thunder Bay

Forced marriage leads to insane asylum stay

The Darlings of the Asylum, Noel O'Reilly's second novel, follows the bright and headstrong Violet Pring, who refuses to adhere to the 19th-century expectations of a young woman. Violet's parents want her to marry her wealthy best friend Felix, although their relationship offers none of the excitement she seeks.

She also wants to retain her independence as a woman and as a painter, which leads to her spending the night with a strange man in his artist's studio. This 'mad' act alone is enough to get her banished to an asylum. But when she pushes her mother down the stairs after disgracing herself at her engagement party she goes beyond all bounds

and is placed in the tender care of the sinister Dr. Rastrick, who, it transpires, has been tracking her 'hysteria' for some time, under the direction of her mother.

It doesn't help that Violet's maternal family already has a history of insanity. This, combined with the fact she is 'neurotic' and 'highly strung' seals her fate. The real problem here, of course, is that Violet must marry within her class and, preferably, to somebody who can bring wealth to her family. These arranged marriages still take place within the

upper class and Royal Family today. These relationships are not about love but 'good breeding' and money, of course.

Once inside the asylum Violet meets a number of women who are by no means insane but who may be poor, single mothers or epileptic. Dr. Rastrick chooses from among them his 'darlings' - those particular patients that he wants to make a special study of, to advance the understanding of mental illness, and his own status and prospects.

This is an interesting tale, largely

because these shocking stories actually did happen, but the author could have done more to build up Violet's claustrophobia in her comfortable life. She effectively moves from one kind of prison - the British class system - into another, the lunatic asylum.

O'Reilly also falls into the trap of painting these asylums in uniformly dark colors, as inherently evil and demonic spaces where nothing but bad happens to their unfortunate inmates. In fact, as I found through a study of the asylums that members of my family were confined to in the nineteenth century, they were often well-meaning attempts to understand the workings of the mind.

Many asylums were beautiful buildings with large, spacious, airy rooms facing south into the sun, and with airing grounds and gardens that were landscaped to provide fresh air and relief from the industrial squalor of capitalism, which was the underlying cause of much mental illness. After 1850 a mostly rural population was crammed into crowded, dirty, dangerous cities, where people were worked to death in grim satanic mills. The asylum was a response to these conditions although many continued to exist right up until the 1990s when they were replaced by so-called 'care in the community' which was heavily reliant on medication.



John Pateman
BOOK BANTER

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Washing the Toronto off

By JR Shermack

Spending two weeks in the most populated part of Canada made me a little twitchy but after a few days back in Thunder Bay, it does feel good to be home again.

Whenever we return from a business or pleasure trip to the GTA we perform a ritual we call “washing the Toronto off.”

It refers to the luxury of a nice shower either in a motel on the way back or in the comfort of our own home when we return.

This symbolic shower is not a put-down of Canada’s largest city, but rather an acknowledgement that we are happy to be returning to number 51 on the list.

As a local boy from a small city I find that Thunder Bay has most of the services I need even though a static population makes it difficult to get new, improved amenities.

Toronto and Thunder Bay do have one thing in common – each location has its own unique charm even if the Canadian megalopolis does attract millions more new



Toronto, despite its size, has plenty of charm, but it's a far cry from life in Thunder Bay.

citizens.

Fortunately the citizens of Toronto are happy to share their bounty with any Canadians hardy enough to endure the big city culture shock for a few days.

This year we were determined to bear that burden for the sake of family, nostalgia and access to

Canada’s world class professional facilities in the GTA.

Mission accomplished.

We haven’t been on a long road trip for a while and it has been even longer since our last family vacation so this summer we decided to do both at once.

Three generations of our family

headed east on 11/17 to re-connect with relatives, travel on the fast track for a while and take advantage of Toronto’s world class facilities.

Our small caravan included travellers from toddlers to seniors and it was challenging to keep all age groups happy and amused, especially the five-and-under crowd and the seniors.

Needless to say we spent a lot of time seeking out various playgrounds and jungle gyms along our way and also wading pools and splash pads to cool overheated jets.

Amid the hot, humid weather we quickly discovered that splash pads are not just for kids – all three age groups found some comfort there.

I have always been fascinated by Toronto but the lifestyle and pace is contrary to my nature - it boggles my mind to see the masses of humanity inching along in lines and on highways.

Whether you are talking about hornets or humans I always get a little nervous when there are too many of them around.

On one occasion we drove by

some apartments and row houses where I noticed a cheerful billboard declaring the good news – condos starting at \$1.9 million.

“Wow,” I thought to myself, “isn’t it amazing how \$1.9 million sounds like so much less than saying a cool \$2 million.”

Later that week I was part of a conversation about homeless people in Toronto (approaching 10,000) and how it was such a difficult situation to remedy.

I couldn’t really disagree with that.

Our sojourn was mostly vacation but there was an opportunity for our youngest traveler to visit Sick Kids and say hello to some important friends he met a year ago.

There is much to admire and be thankful for in the city Canadians love to hate.

As for me, I washed most of the Toronto off in a motel in Cochrane on the road home, but this time some of it stuck and I decided to leave it on.

There are some things about Toronto that that you may not want to wash off.

what's happening
in and around...

The Bay

To submit an event, email ldunick@dougallmedia.com.
Please include details about the event, including any cost

August 12

Kid Days at OP Heritage Park

Oliver Paipoonge Heritage Park Kid Days will be held on Saturday, Aug. 12 from noon until 4:30 p.m.

Take a walk through the past. There will be games, activities, prizes, and facepainting by Polly the Clown for kids.

Music by Rodney Brown.

Admission is \$5 and under 13 visitors are free. Located at 3190 Hwy 61, in Slate River.

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Aug. 9-13

Canadian Lakehead Exhibition

The midway is back and so is all the fun and excitement (and the food) that comes with the annual Canadian Lakehead Exhibition.

There’s plenty of musical offerings to entertain the masses too, with the likes of 54-40, Prism and the Northern Pikes taking to the main stage.

The fun gets under way on

Wednesday and goes through Sunday.

Entry tickets are \$15 at the gate for adults, and \$10 for children aged five to 12. Midway ride bracelets are \$34, good for either noon to 6 p.m. or 6 p.m. to midnight.

Theatre and CLE admissions are \$18 at the gate.

Children four and under are free to visit the CLE.

August 12

Slamfest

Head out to the Wayland Bar and Grill on Gore Street on Saturday for SlamFest, Thunder Bay’s premiere arm wrestling event.

There are \$8,000 in prizes up for grabs over several men’s and women’s categories, and there’s even an event for children.

The entry fee is \$50 for those who want to test their arm strength in the adult categories, and \$10 for the children’s event, which runs from 3 p.m. to 5 p.m. The main event is slated

to start at 7 p.m.

Weigh-ins are Friday from 7 p.m. to 10 p.m. and Saturday from noon to 5 p.m.

August 12

Boreal Museum Foragers’ Walk

Come join the Boreal Museum on a guided walking tour and learn about all the amazing wild foods that grow in the Boreal Forests surrounding Thunder Bay.

This guided tour will be approximately one to 1.5 hours long and will help you discover, identify and learn much more about many easily found wild forgeable foods within our backyard. Each tour will be slightly different as plants and mushrooms come and go, but there’s always so much to see and find. The tour will run rain or shine so please dress accordingly.

The walk runs from 2 p.m. to 3:30 p.m. on Saturday. See eventbrite.ca for more information.



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The Movies in the Park program is falling victim to budget cuts in 2024, but will be offered over the next few weeks.

Movie Nights back

City confirms this will be last year for popular program

By TB Source staff

Over the next three Thursdays, a city film series will visit different neighbourhoods welcoming the community to come watch a movie in the park.

This coming Thursday, Aug. 10, the Movies in the Park series will kick off with Encanto showing on the big screen at Vickers Park.

Showtimes begin at dusk, or around 9 p.m. Movie-goers are encouraged to come early and bring lawn chairs or picnic blankets

and to enjoy some lawn games before the film.

The city will screen Back to the Future at Boulevard Lake on Aug. 17, before returning to Vickers Park on Aug. 24 for Super Mario Bros.

Later in the fall, the series will conclude with an indoor matinee showing of Grease on Oct. 15 at the 55 Plus Centre.

This year's Movie Nights In The Park series will be the last one offered by the city, after city council voted to ax the program as part of cuts to the 2024 budget.

Berry picking and trail clearing time

Welcome to August. Yeah, yeah, I should have done the welcoming last column but typically, I forgot that we were on the cusp, the days just running together. So, where did July go? It seemed to zoom by so quickly, did it not? Why didn't it get a speeding ticket? As my daughter, Beth, once said: "Wow July just sped by. I didn't notice. Perhaps because I blinked. I must stop doing that."

Actually, have you noticed that all the days seem to be racing by. How many times have you heard someone ask "Where did the time go?" Even when I bask in the bucolic wonder of where we live in the country blessedly without any rush or urgency, like my daughter, I must be blinking a lot because suddenly, we're into "ow-goost".

And still hot. Sunday of this past long weekend, my wife, Laura, enveigled our son, Doug, to follow her on our quad machine while she proceeded to drive the riding lawn mower along our riding/walking trails. The grass and weeds on said trails was now knee high making it difficult to walk. Laura likes mowing the trails and has done this task for several years. But since Nature doesn't stop, tag alder branches as well as those of spruce trees tend to keep on growing over the trails and must be trimmed back. And since we hadn't traversed our trails for a while and since we had received a couple of doozy winds, the chances of fallen trees blocking passage was likely.

So, Doug took a chainsaw just in case. Since I was still under an embargo not to lift heavy things while my successful gut surgery was healing, it fell to Doug to wield the saw if necessary. The two of them took off at a snail's pace of course and slowly I heard the sound of the lawn mower fade into the woody background.

Before Laura geared up for her mowing session, she had mentioned that we should look for Chanterelle mushroom that we had seen growing in summers past in the woods up on what we call Mountain trail at the back of the property. I elected to make the trek, bag in hand, to the spot where they are usually spotted.

But just prior to my exiting the house, I received a phone call. It was Laura out on the trail. She wasn't far along and she

thought that Doug hadn't yet left with the quad. Could he please bring insect repellent? The mosquitoes were ferocious! Ah, too late. Doug had already left. Ah well.

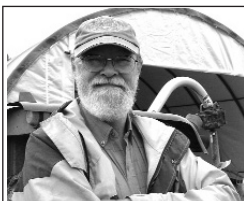
Anyway, I also knew of a spot in the bush near our road that might have a small patch of Chanterelles. I ventured there and sure enough, there were several, at least enough to add to a scrumptious omelet. But when I returned to casa Jones I grabbed the Deet can and another plastic bag and headed off in a Mountain Trail direction. Perhaps I would meet with the trail clearing crew before they returned.

Sure enough, as I entered the back portion of the trail I heard a chainsaw. Hmmm, sounds like it is coming from the back of the Red Pine Trail. And lo, there they were negotiating a difficult portion full of overhanging tag alder branches that Doug had just removed. Apparently even though late to the game, I was a hero.

Presenting the can of Deet earned me two thumbs up from both trail clearers (gee, was this a movie review?) The bugs had been annoying but right at that spot where I showed up, they were particularly bad. So all was well and they could continue with their clearing and mowing in relative comfort.

Meanwhile, where they turned right, I turned left that brought me into the woods that leads up to Mountain Trail. Alas, no Chanterelles. There were other mushrooms but I'm no expert and not willing to take any chances. But wasn't there a patch of thimbleberries up the hill? Getting there was a slog through dense thickets of spruce but I arrived to find several plants sporting the soft, red berries. Into the bag they went. Then I moved into the open meadow and found lots of ripe blueberries plus a bonus feature of new Saskatoon bushes dripping with fat edibles. I picked until my back gave out and then decided to make the trek home.

There had been a concern about meeting up with 'Bruno' who would possibly be foraging for berries in the same neighbourhood in which I was picking but while I spotted some bear scat on the trail (full of seeds), we didn't meet. Just as well. . .



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Food allergies are serious

When I was apprenticing, and even my first years as a journeyman, I don't recall more than a handful of times where a serious allergy affected a meal I was preparing for a group of guests.

I vividly remember the teams first encounter with celiac disease that caused the entire team to be well versed on its cause and effect.

I do remember the many times when someone would tell me they were allergic to carrots "but only sometimes" or one product in one form was OK, but not in another.

While there is some credence to some of those, there's also the plethora of picky eaters that will use an allergy as a way to circumvent foodstuffs in a dish they may not like.

Legitimate food allergies are becoming ever more prevalent in today's society and I would like to

think the picky eaters using the allergy card may have gone down.

A person's relationship with food, when they are diagnosed with food sensitivities, can be drastically altered. It may come as a surprise to some of you.

In June 2023, a research review published in the *Journal of Allergy & Clinical Immunology: In Practice* found that "Eating disorders appear prevalent in individuals with food allergies."

The survey's lead author PhD scholar Daniela Ciciulla, further found "Higher rates of eating disorders have been reported among those with chronic illnesses, particularly those requiring strict dietary adherence such as Type 1 diabetes,

celiac disease, cystic fibrosis, and Crohn's disease."

Over the years, multiple journals of medicine have noticed "a potential association between food allergies and distorted body image and disordered eating."

It's a double hit problem that patients and healthcare providers alike need to be on the lookout for as a mutually fueling fire.

When a medical need requires modification with food selection, those vulnerable to disordered eating are at

risk, and a diagnosis of food allergy or intolerance is no exception. About 33 million people have food allergies in North America. Some of the most common foods to cause



Shrimp is a common food allergy. (iStock) allergic reactions include milk, wheat, eggs, peanuts, tree nuts, sesame, soy, fish and shellfish.

While we might associate food allergies with childhood, something a child could grow out of, nearly 11 per cent of North American adults have them.

It's even more common to have

intolerances to certain foods, which is less serious than the immune system reaction of an allergy, but still an uncomfortable physical response. And here's something important to note: allergies can change at any time, including food allergies and sensitivities.

Hormonal changes due to pregnancy or age means allergies can continuously be in flux.

As a cook or entertainer it's important to always believe the person making the request and to not be offended, it's not about you, it's about your guests wanting to be healthy and safe.

Derek Lankinen is an award-winning chef, author, and restaurateur. He is the Owner/Operator of Beefcake's Burger Factory with two locations in Westfort and Current River and Co-Owner of Elite Beef.



Derek Lankinen

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Talk to me, don't believe the hype

Talk to Me (SilverCity) is a stylish horror film that starts off with a startling jolt before running into shaky plot holes and typical logic-defying character actions.

The film is an interesting directorial debut by Australian twin brothers Danny and Michael Philippou, known for the YouTube channel RackaRacka and special effects work on another noteworthy horror film, *The Babadook*.

The Philippous' special effects expertise is in ample evidence. Danny, co-writing with Bill Hinzman, adds some emotional underpinnings. The story is engrossing enough until the exposition increasingly creates more

questions than answers.

The narrative centers on teen Mia (Sophie Wilde, making an impressive debut) who is struggling with the second anniversary of her mother's death. She goes to a party hosted by some classmates playing a parlor game with an 'enchanted' embalmed hand (reminiscent of *The Monkey's Paw* from *Alfred Hitchcock Presents*; yep, I'm that old) that enables a 90-second possession by a spirit.

Talk to Me adds a new wrinkle to the spiritual possession scenario. Participants taking the hand instantly experience physical contortions, eyes become completely black and engorged,

bodies stiffen, gasping etc until the 90-seconds are up.

For the "possessed" it's supposedly a high similar to alcohol and drugs while the other teens get a giddy thrill observing their freaky friends, eagerly sharing the proceedings on their cell phones.

Going beyond the 90-second rule invites unwanted 'spirit' trouble, begging the question: why 90 seconds? The ground rules surrounding the hand are spotty.

Mia seemingly shares in the giddiness, despite crossing the 90 second threshold. A second session at the home of Mia's best friend, Jade (Alexandra Jensen) turns horrific when Mia enables Jade's younger brother Riley (Joe

Bird) to take a turn with the hand while Jade's out of the room.

A 'possessed' Riley exudes the voice of Mia's deceased mom who died from a sleeping pill overdose, prompting Mia's desperate desire to maintain the connection. Riley then unleashes shocking physical injury upon himself, necessitating medical and police involvement. Does this merit further investigation? Good question.

Mia becomes haunted by her mum's spirit, who hints something more sinister occurred to her, further distancing Mia from her well-meaning dad (Marcus Johnson.) Is the spirit truly 'motherly' or a manipulative, malevolent force? Consumed by grief and

loneliness, Mia's susceptible.

There is a startling interaction with her dad that's quite well done. What is hallucinatory and what is truly threatening?

The hand's origin story partly refers to the unsettling opening sequence but still remains insubstantial.

The tattered logic and irrational character actions sends the story down a familiar, predictable path.

On the plus side, the cinematography, sound design and make-up are impressive. Cheap jump scares are mercifully few. Sophie Wilde excels, well supported by the cast supplying emotional depth though the Australian accents are a challenge.

Talk to Me doesn't merit the hype but has just enough chills to satisfy most horror fans.



Marty Mascarín

MOVIE TALK



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Cats learned lesson

So, I think the Thunder Bay Border Cats have learned a pretty valuable lesson this summer.

The plan to bring in first-half and second-half pitchers kind of backfired on the team. The first-half guys were solid and had the Cats in a tight pennant race down the final day of the opening half.

The second-half guys? Not so much.

Then there was the mass exodus of players after the all-star break, the team forced to bring in 11 new faces for the final couple of weeks of the season.

Sure, the Cats were buried in the Great Plains East Division cellar, but I'd like to see more of a commitment from players from the get-go, especially the non-pitcher types, who are asked to guarantee they'll stay through thick and thin.

Some of the departures were no-doubt

injury-related, and the team has little control when college programs pull the plug, but it's really unfair to the fans when you're basically bringing in whatever guys you can round up to finish out the season.

The good news is manager J.M. Kelly will have a lot more time to recruit going forward, with the team all but guaranteed to return in 2024.

All in all, it's been a successful season.

There was plenty of excitement down the stretch in the first half, and the team is going to average

more than 1,000 fans a night, a great base to build on for next year.

Locals Will Droll and Jack Pineau were named to the all-star team, and both pitched well this summer. Let's do what we can to bring them back next season.

They're only going to get better.



Leith Dunick

SPORTS SHORTS



Jeremy Kirk won his first Strathcona Invitational on Monday, beating Conor Carr 4&2 to capture the regular division final. (Leith Dunick)

Kirk king of Strath

By Leith Dunick - TB Source

Jeremy Kirk has been waiting a long time to hoist the Strathcona Invitational trophy.

Until Monday, it was the only local major missing from his resume, but it's a thing of the past now.

Kirk eagled the par 5 second hole, sticking a six-iron to 10 feet on his second shot, built a three-hole lead through seven holes, and despite a furious comeback from his opponent, 2021 Invitational winner Conor Carr, finished things off by the 16th hole to capture the match-play championship 4&2.

It's the fifth local major for Kirk, who has two District Open and two District Amateur titles to his name, along with a pair of Better Ball wins.

"I made the finals as a junior and thought it would be easy to get back, and it's been eight, nine years," Kirk said.

"So it feels good to get back and actually win it."

As well as he's played in recent years, his lack of success at the Current River course was starting to get to Kirk, who wondered if it might be the major that got away from him.

"Yeah, those thoughts were in the back of my head. You're right, this was the last one that I needed and so it feels fabulous to get it done," he said.

Carr, disappointed at not adding a second Strathcona title to his growing list of golf accomplishments, said it was only a matter of time before Kirk won one.

"I've been playing golf with Jeremy a long time, played a lot of two-mans with him. It was shocking that he hadn't won one yet. We've seen him dominate all of local golf. But I'm happy I was the one who could welcome him to the champions

club at Strathcona, even though I was on the losing end of it," Carr said.

Carr gave him a run for his money, at least through 10 holes.

He sank a four-foot come-backer on the eighth to cut Kirk's lead to 2-up, then pulled off the near-impossible on No. 9, draining a 45-footer from a few feet short of the green for a second straight birdie, Kirk's lead dropping to one at the turn.

The two golfers halved the 10th, but Carr found trouble off the tee on No. 11, his tee shot on the par 3 coming up well short. He sculled his chip over the green and chipped short of the hole. Kirk found the green in one and easily won the hole, taking back a two-hole lead.

Carr missed a four-footer on the tricky 12th green and settled for par, missing a chance to make it a one-hole match again, then left his approach wide in the right-hand rough and above the hole on No. 14, then couldn't get up-and-down for par.

Suddenly Carr was up three again, with just four holes left to play.

"I played solid all day. I was bogey-free all day and eight and nine were just birdie putts by Conor, really good putts and I can't do much about that," Kirk said.

"I stayed the same and kept swinging the same and made my pars and that was good enough."

A short birdie putt on 15 could have ended it on the first of two back-to-back par 5 holes, but Kirk slid it past the hole and needed one more tee shot to put the match away. Carr's struggles continued on 16, his short game letting him down again. He chucked his chip, then couldn't drain a putt, ultimately conceding the match.

Dave Joubert took the senior title, knocking off Barry Caland.



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JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 1:35 WIL
2 1:35 WIL	3 6:35 WIL	4 5:05 @EC	5 6:35 @EC	6 6:35 ROC	7 7:35 ROC	8 6:35 ROC
9 1:35 ROC	10 6:35 @DUL	11 6:35 @DUL	12 6:35 @WAT	13 12:05 6:35 @WAT	14 6:35 @WAT	15 6:35 @MAN
16 1:35 @MAN	17	18 6:35 MIN	19 6:35 MIN	20 6:35 @ROC	21 6:35 @ROC	22 7:05 @WIL
23 5:05 @WIL	24 6:35 LAC	25	26 6:35 LAC	27 6:35 @DUL	28 6:35 @DUL	29 6:35 @DUL
30 1:35 DUL	31 ALL STAR					

AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 ALL STAR	2 ALL STAR	3 6:35 MIN	4 7:35 MIN	5 6:35 WAT
6 1:35 WAT	7 6:35 LAC	8 6:35 LAC	9 7:05 @WIL	10 7:05 @WIL	11 6:35 @DUL	12 3:05 @DUL



Trenton Woodbeck won his first feature race on Aug. 2, following a previous win at the track in Emo. (Dennis Orr)

Woodbeck's first win

By Johan Vass - For TB Source

The dirt track racing action is heating up at Thunder City Speedway. There are a few more Wednesday night races before the Aug. 30 Night of Champions. On Aug. 30 the drivers will be racing for the Track Championships in five race classes.

The cars have been racing to the checkered in the Bay Lock and Security Hornets Class as well as the Mastrangelo Fuels Street Stocks, Forks South Sports Lounge Wissota Midwest Modifieds, the Mezo Motors and Machine Wissota Super Stocks and the 600 horse power

Thunder Bay Truck Centre/Peterbilt Wissota Modifieds.

Trenton Woodbeck won his first feature at his home track of Thunder City Speedway on Aug 2. He did have a feature win at Emo but he says it felt good,

"Not my first feature win, my first one was at Emo Speedway but it felt great to finally win at my home track.

"A lot of hard work and dedication lead to that finish. I would like to thank all my sponsors, family and everyone else that supports me in this game."

I asked what he thought of the race track. "I love our speedway, it is very fun

to drive and the conditions are always on point. Shout out to Nadin Contracting for making it great week in and week out."

I would have to agree. I would like to thank everyone involved in the spectacular new lighting at the track. Nadin Contracting has spent more money on this track. They wanted to thank Groom Electric for all the hard work in helping out with the new lighting. You have all made sports history.

Following Championship Night on Aug. 30, we have a little break leading up to the Thunder Bay Truck Centre Dirt Track Nationals Sept 22, 23 and 24 when the big money is on the line.

ENIGMA™ Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "X"

CRYPTOGRAM

"ZPXTCF FA YNMMYP PJHPQWPW. T WITYY YPTU XNYY WNQU T KCPTM WSNH."

— ZPQGTINQ ACTQUYNQ

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				1			
	3					4	
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		1		7	5	6	
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ACROSS

1 Sudan lake
 5 Indian groom
 9 Air-to-air missile (abbr.)
 12 Air (pref.)
 13 Hammerhead part
 14 Columbia Valley Authority (abbr.)
 15 Carriage
 16 Killer of Castor
 17 Mouse-spotter's cry
 18 Poem division
 20 Fruit
 22 Nose
 24 Oriental potentate
 25 Med. gulf
 26 Eng. royal house
 30 Mother of Hezekia
 31 Youngster
 32 Last Queen of

Spain
 33 Roe (2 words)
 36 Nat'l Assn. for the Advancement of Colored People (abbr.)
 38 Amer. Automobile Assn. (abbr.)
 39 Aim
 40 Gemini
 43 Great Lakes fish
 44 Honey-eater bird
 45 Instrument (suf.)
 47 White with age
 50 Banned pesticide
 51 Ireland
 52 Occupational Safety and Health Admin. (abbr.)
 53 Affirmative
 54 7th incarnation

ANSWER TO PREVIOUS PUZZLE

D	O	N	A	B	A	S	S	A	P	T
O	B	O	E	O	D	I	N	E	A	
C	E	N	E	N	A	S	I	O	R	O
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A	R	N	P	O	N	S	O	C	T	A
M	E	T	E	D	G	E	N	K	V	D

DOWN

1 Head covering
 2 Possessive pronoun
 3 Mite
 4 Tomorrow (Ital.)
 5 Dog of "Call of the Wild"
 6 Old name of Tokyo
 7 Council for Econ. Advisors (abbr.)
 8 Flag
 9 Scientific name (suf.)
 10 With (Fr.)
 11 Long-nosed shark
 19 Disease (pref.)
 21 Helper
 22 Asterisk
 23 Solid shape
 24 Help
 26 Strife
 27 Solan (2 words)
 28 Formerly
 29 Absorbed
 31 Hyson
 34 Israelite tribe
 35 Pasch
 36 Nose (pref.)
 37 Athenian magistrate
 39 Moth
 40 Put in order
 41 Walk through
 42 Whit
 43 Stem
 46 Estuary
 48 Exclamation
 49 Royal Air Force

1	2	3	4	5	6	7	8	9	10	11
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15				16				17		
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50				51				52		
53				54				55		

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George leads Canada to Hlinka Gretzky gold

By Leith Dunick – TB Source

Carter George was outstanding in net on Saturday, helping to lead Team Canada to a gold medal at the Hlinka Gretzky Cup.

The Thunder Bay goaltender made 31 stops as Canada captured the tournament title, showcasing the best under-18 hockey players in the world, with a 3-2 win over Czechia.

Malcolm Spence scored the golden goal for Canada, scoring with just seven seconds left in overtime.

In five games, George posted a 2.25 goals against average with an .891 save percentage. The 17-year-old played for the Ontario Hockey League's Owen Sound Attack in 2022-23.

George, 16, a graduate of the Thunder Bay Kings organization, put up a 7-3-0 record with the Attack last season, with a 2.41 goals against average.



Thunder Bay's Carter George. (Owen Sound Attack.)

Canada's Ross plays dual roles

She's a catcher on Team Canada and a university goalie

By Leith Dunick – TB Source

Kaitlyn Ross isn't the first two-sport star to come along.

But regardless of how many times it happens, it's still the sign of a pretty special athlete.

Ross, a catcher with Canada's national women's baseball team, which is set to open the Pool A qualifier on Tuesday, an event that will help solidify the field for the Thunder Bay-bound 2024 World Baseball Softball Confederation Women's Baseball World Cup, is also the starting goaltender at Mount Ross University – and a pretty good one at that.

The Redcliff, Alta. native had a 15-4-3 record, a sparkling 1.42 goals against average and a .931 save percentage for the Cougars, and dreams of playing professional women's hockey someday, after her university career comes to an end in 2025.

Being a catcher and a goaltender, Ross said the two positions allow her to essentially help lead the team from the back-end.

"I think with the two sports, and the positions that I am, goalie and catcher, they're huge. You're a brick wall in both of them. You don't want to allow anything by you. You see the whole field, you see the whole ice, you're kind of the quarterback of the team and you're a leader. I think it translates really well from one sport to the other," said Ross, who led Canada to bronze at the 2018 Women's Baseball World Cup.

It's the glove work that connects the two the most, she added.

"Ball lets me have a nice glove in hockey, so I think that's huge. And in hockey, being a goalie, you're huge. You've got to keep everything in front of you. You're using whatever body part you can to keep the puck in front of you. It's the same with catching. You're using whatever you can to keep the ball in front of you."

The 22-year-old said she's not sure at this point if she could pick a favourite sport. Both offer plenty of challenges and both are equally fun to play, she said.

"I think it depends on the time of year and what sport I'm playing," Ross said.

"Ask me in the winter, I'm going to say hockey. If you ask me in the summer, I'm going to say ball. It depends, but I'm super excited to get going here. It's an honour to be selected and I can't wait to make memories with these girls."

Finding the time to stay elite at both sports is a challenge. While similar, they both require different training methods and skill sets.

Goaltenders don't have to try to hit 80-mile-an-hour fastballs or face down an opposition runner



Two-sport star Kaitlyn Ross hails from Redcliff, Alta.

barreling down the third-base-line, given the protection goalies get in hockey. Catchers don't have opponents trying to block their view while the ball arrives from the mound.

It's all about balance, Ross said.

"Even this year, I'll have a week off before I'm getting right back into hockey again. But I think it comes with a lot of years of experience, figuring out how I can manage the hockey during the winter and the ball during the summer and stay in shape for both of those," she said.

"It's definitely not something that's easy, but with years of work and experience it's become easier."

Team Canada coach Anthony Pluta, said Ross isn't alone on the roster, but it's still pretty incredible what she's accomplished.

"I think most of the girls are two-way athletes on this team. We've got Sena (Catterall) who plays hockey in university. Alizee (Gelinas) plays high-level badminton. We've got multiple high-level athletes on this team," Pluta said.

Canada opened the tournament on Tuesday against Mexico, at Baseball Central, with play shifting to Port Arthur Stadium on Thursday, wrapping up on Saturday.



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

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

VEHICLES FOR SALE
 31. Cars | 32. Trucks
 33. Vans
 34. Motorcycles/ATV's
 35. Campers/Trailers
 36. Motor Homes
 37. Marine Equip.

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

Thunder Bay's Source reserves the right to classify ads under appropriate headings and to set rates therefore and to determine page locations.
 Thunder Bay's Source reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Box Reply Service, and to repay the Customer the sum paid for the advertisement and box rental.
 Box replies on "Hold" instructions not picked up within 10 days of expiry of an advertisement will be destroyed unless mailing instructions are received. Those answering Box Numbers are requested not to send originals of documents to avoid loss.
 All claims of errors in advertisements must be received by the Publisher within 3 days after the first publication. No refund if ad is cancelled before expiry date.
 Thunder Bay's Source reserves the right to increase prices with 30 days written notice.

23. MISC. FOR SALE
 Firepit wood \$50/truckload. Seasoned mixed firewood ready to burn. \$100 per Cord - pick up Intercity. Call 345-4363

53. GENERAL SERVICES
 #1 dump runs. Trash/yard clean-up, inside/outside. Tear down/remove sheds, fences, decks. Cut/remove small trees, trim hedges, lawn cutting plus general odd jobs/services. Call Frank 628-5919.

CHRISTINA'S HOME AND GARDEN. Residential & Commercial landscaping, grass cutting, lawn maintenance, sod installation, dethatching, fertilizing, planting, dividing, weeding, edging, container gardening, patio stone/interlocking stone pathways, hedge/tree/shrub trimming and shaping and much more. Call 621-1505

SUNSHINE LAWN MAINTENANCE - yard, garden, odd jobs including eavestrough cleaning, window-washing, experienced, great seniors' rates, references. Call Mark 807-631-6967.

TREE REMOVAL SERVICES. In town/rural. ++experience, Man-lift, backhoe services, insured, and seniors' discounts! Very reasonable rates, free estimates. Call Jacques (Jack) 345-4363



LOCAL CRAFTS DESERVE ATTENTION.
GET NOTICED HERE.
 YOUR COMMUNITY CONNECTION
THUNDER BAY SOURCE
 CALL TO TALK TO AN ACCOUNT EXECUTIVE TODAY & FIND OUT WHAT WE CAN DO FOR YOU.
807.346.2600

PUZZLE ANSWERS

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

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

ENIGMA SOLUTION: "Beware of little expenses. A small leak will sink a great ship." — Benjamin Franklin

Looking for Tree Removal?

Fast, Safe & Efficient
 With Our Unique 34" wide 100ft reach man-lift, we cut higher than anybody in town.
626 3542

Clean Out Your Old Items and Find Them a New Home. (and some money for you!)
TBSouce Classifieds
807.346.2600

HERE'S MY CARD

Dulux Paints DECORATING CENTRE
 784 MEMORIAL AVE.
 807.344.0784

25% OFF PAINT & STAIN ALL THE TIME
 WITH YOUR DULUX CLUB OR CAA MEMBERSHIP

IN-STOCK FLOORING SALE
 5MM LVT REG. NOW JUST
\$4.79 \$2.99
 WHILE QUANTITIES LAST!
MOHAWK

JOEY'S RESTAURANTS
 595 ARTHUR ST. WEST
807-577-4334
 For Franchise Opportunities call 1-800-661-2123

FREE FISH & CHIPS

Buy a 2 piece Alaska Pollock & Chips plus 2 beverages, get the 2nd 2 piece pollock FREE!
 No substitute. 1 coupon per visit. Must present coupon before ordering.
 Not valid on Tuesday or Good Friday. Cannot be combined with any other offer.

THE ROOF GURU
 DON'T LET THE GOOFS ON YOUR ROOF

807-355-1784 OR FIND OUT MORE AT WWW.THEROOFGURU.NET

ADVERTISE WITH US
 SHARE YOUR BUSINESS CARD, SALES, DISCOUNTS, COUPONS AND MORE!

CONTACT AN ACCOUNT EXECUTIVE TODAY
807.346.2600

Worrying is a waste of time.

Good & bad things
will happen in life.
You just have to keep
living, and not
stress over what you
can't control.



Sullivan
+ Associates
CLINICAL PSYCHOLOGY

fighting mental health stigma together

