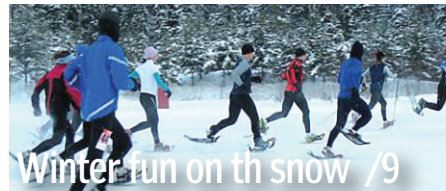




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PUMPED UP

Gyms, restaurants get the go-ahead to return to full capacity as Ontario loosens its COVID-19 restrictions /3

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**MARCH BREAK
SPECIAL SECTION**

PUBLISHED ON MARCH 10

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After months of closures and capacity limits, PUSH Fitness and other gyms in Thunder Bay can now operate at capacity. (Leith Dunick)

Snow depths nearing a metre

White stuff has continued to fall

By Gary Rinne - TB Source

Many Thunder Bay homeowners are running out of places to pile the snow from their driveways.

The snow is getting deeper, the snowbanks are getting taller, and there's more on the way.

Thunder Bay-area climatologist Graham Saunders says the accumulated snow is now 90 centimetres deep – just shy of three feet – at his property 20 kilometres southwest of the city.

In a typical winter, Saunders said, the snow would be 50 to 60 cm deep at this point.

At least one other recording station close to the city reports a current snow depth of 100 cm.

The storm that blew through on Saturday into Sunday brought a fresh fall of 20 cm to Saunders' residence.

So far this winter, he says, he's measured accumulated snowfalls of 267 cm since November.

Saunders said the Thunder Bay area lately has been seeing a parade of Alberta Clippers.

"They're about three days apart. It's very unusual," he said in an interview Monday.

"These storms generate in Alberta and move to the east. We can get various amounts, ranging from one centimetre to 15 or so. At my place I've been getting, fairly consistently, around 10 cm per dump."

One saving grace for people who have to clear their sidewalks and driveways by hand is that most of the snow that's fallen to date has had a low moisture content, so it's easier to shovel.



GRAHAM SAUNDERS



Snow banks are piled high throughout Thunder Bay, which has seen plenty of snow this winter. (submitted photo)

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Gyms in Thunder Bay and the rest of Ontario are now permitted to allow maximum capacity after restrictions were lifted. (Leith Dunick)

Back at capacity

Restaurants, gyms allowed to welcome everyone back

By Leith Dunick - TB Source

John Collins admits he's a little nervous at opening up his popular Thunder Bay restaurant to full capacity.

It's a thought that 23 months ago would never have crossed his mind.

But he's slowly warming to the idea, despite his reservations.

On Thursday Collins and his staff were finally able to invite a full house into Daytona's Restaurant, under Ontario's hastened loosening of COVID-19 guidelines, which eliminated capacity limits in restaurants, gyms and movie theatres.

It's not that Collins doesn't want a full restaurant, he said.

"I'm happy in one way, but I'm a little nervous in another. It's nice to see it start to happen. I think it needs to happen. But I'm just nervous about the crowds, I'm still not used to that part yet. I'm grateful it's happening," Collins.

"It's better for the bottom line. When you have 4,000 square feet, it's an awful big takeout stand. But we've got everybody back that we normally have. There's between 40 and 60 people who work for us, so it's great to get everybody back to work."

Collins said his biggest concern is his family's health, acknowledging some might be more susceptible to COVID-19 than the average person.

However, he doesn't think the restaurant will continue to ask for QR codes for proof of vaccination beyond March 1, when the province earlier this week indicated the requirement would be dropped across Ontario.

"I understand being vaccinated doesn't prevent the spread, so I'm a little nervous, but I'm glad we're moving in the right direction," Collins said.

Jenn Bisignano, the owner and operator of PUSH Fitness, said her business will also drop the vaccination proof requirement, even though under the law they could keep it in place.

It just doesn't make sense, she said.

"The way I look at things right now is that people that have not yet received a booster, which was never mandated, depending on how long ago they got their second shot, they're essentially unvaccinated anyway. So how can I make the distinction between having someone show me proof of a second dose that's essentially moot, versus somebody that doesn't have a vaccine?" Bisignano said.

The ability to have a full capacity gym is great, though it may not come quite as advertised. Despite having plenty of space, Bisignano said she may still have to play the numbers game at times, particularly in specialized classrooms where physical distancing requirements aren't possible at maximum capacity.

Bisignano said she has fielded a few calls from anxious members worried about working out with those who have not been vaccinated, saying people are still free to wear masks at all times or even pause their memberships until they are more comfortable being around others.

"Ultimately all along we've been in a position where even though restrictions have been put on us we are still able to make our own personal decisions as to what our own beliefs are. That's just going to keep going throughout the rest of this pandemic, and perhaps beyond," she said.

THIS WEEK'S WEATHER FORECAST

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mainly sunny Precipitation: 10% HIGH -12 LOW -27	Mainly sunny Precipitation: 10% HIGH -9 LOW -15	Cloudy with sunny breaks Precipitation: 30% HIGH -5 LOW -16	Mainly sunny Precipitation: 20% HIGH -10 LOW -19

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Rocky incident turns into something good

By Justin Hardy -TB Source

A few weeks ago, when Bay Village Coffee was the victim of a break-in by someone who smashed their door window with a large rock, owners Alan Forbes and Gary Mack decided to use the experience to bring positive change to the community.

"They threw a boulder through the front door and so we came down and we cleaned it up and we got to talking about

how we can turn this situation around," said Forbes.

"It's a really terrible situation, it was quite costly for us but we needed to find some way to feel good and turn that around."

Forbes and Mack eventually decided to invite May Porter, a local artist, to paint the rock so that they could auction it off as part of the Our Hearts at Home campaign, a yearly fundraiser held every February to raise money for the Thunder Bay Regional Health Sciences

Foundation to support cardiovascular care in the Northwest.

Porter, rather than just painting on the rock, examined it to find images already present that she highlighted to bring them out, which resulted in many images of all kinds of objects, plants, animals, and even people.

The rock currently resides with the TBRHSF and was auctioned off last week with the proceeds adding to the \$10,000 already raised by Bay Village Coffee through Cookie Sales.



This rock was thrown through a glass door at Bay Village Coffee. (Justin Hardy)

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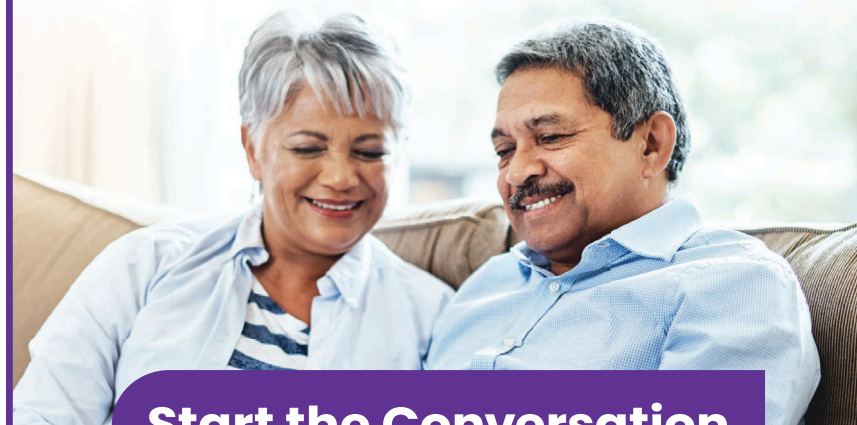
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Ev Burki puts some finishing touches on a snow fort outside her Ray Boulevard home. (Ian Kaufman)

Snow fort an annual rite

By Ian Kaufman – TB Source

It's an unusual sight that's attracted smiles and selfies on Ray Boulevard in Thunder Bay's north end, sometimes causing motorists to stop and take another look.

For Ev Burki, 75, the roughly six-foot tall snow fort in her front yard, decorated with lights and colourful balls of ice, is just another winter hobby.

"When the grand-kids were small, I used to build all kinds of forts in the backyard for them, with tunnels and stuff like that. Then they got older and sort of lost interest, but I didn't," she laughed. "So I kept on building forts in the backyard. One of my friends said, why don't you build it in the front so everybody can see it?"

After doing that for the first time last year, the positive reaction from neighbours and passersby encouraged her to continue the tradition.

"I love that it makes people happy," she said. "People stop and take pictures, cars stop. So it's kind of neat."

"Especially during COVID, people have been sort of doom and gloom. They come by and they get excited, it kind of brings a little bit of spark to that gloom."

This year's creation, which occupies a large chunk of her yard, is made largely with snow and ice pillars built using buckets. Many are topped with coloured balls of ice made in balloons.

After dark, the fort is aglow with strings of lights.

Burki has been honing the structure since before Christmas and still works on it every day, she said – sometimes for up to six hours.

"If I can't be cross-country skiing, if it's too cold, this is where I am," she said. "I'll spend up to six hours a day out here, even in minus-30. Crazy? Yeah. But I love it."

For any aspiring fort builders, Burki has one key piece of advice torn from her own rule book.

"Use your imagination," she said. "Don't worry if you think it's over the top, looking like it's too much decorating – there's no such thing."



Ontario is getting stronger

Across the province, more workers are joining the skilled trades as resources and industries in the north become part of the future of clean steel and electric vehicles.

More jobs are being created by building new bridges and highways, expanding public transit and constructing new homes—all for a growing province. Home-grown businesses are manufacturing more of the things we rely on.

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EDITORIAL

The right way

There's been a lot of debate over Prime Minister Justin Trudeau's use of the Emergencies Act.

And, not surprisingly, a lot of misinformation.

The government is not coming for the donors to the GiveSendGo campaign, a group that included at least 140 living in Thunder Bay and surrounding communities.

They're going after the organizers, who in many cases are calling for protestors, who occupied a section of Ottawa for three weeks, to regroup.

For his part, Trudeau must stick to the letter of the law, to prove to the majority that this isn't an overreach, as some in the American media would like the world to believe. Then again, Tucker Carlson wouldn't know a poutine from a beaver tail and has only latched onto the cause because it feeds his alt-right delirium.

It's not.

It's a measured approach, aimed at cutting the occupiers off at the knees.

Don't like the government of the day, vote them out. In the case of the far right, find a message that resonates beyond the borders of Alberta and Saskatchewan. Throwing a temper tantrum isn't the answer.

Pause police project To the editor:

Thunder Bay city councillors have made an expensive mistake and they don't seem to care. It's part of a pattern of investing in projects that never pan out. This time it's money for the design of the proposed new police 'campus'.

Councillors should not have given a \$2.4 million carte blanche to a totally dysfunctional police department now under investigation by the province.

Indeed, we should all wait until after the Ontario Civilian Police Commission has concluded its investigation. When it's over, we may well have a new police chief and deputy and a new Police Services Board with a completely different take on what's needed.

It's clear now why the police board and senior managers didn't properly consult the community about this boondoggle: the chief and board members are wallowing in chaos, too distracted by internal conflicts tearing the place apart.

The dysfunction also explains why no one in authority bothered to do any due diligence, to study alternatives to a single massive building too large for the existing

LETTERS TO THE EDITOR



property on Balmoral Street.

Instead of doing the heavy lifting in-house or hiring a true expert in policing to go through a proper planning process, the department hired a local architect to prepare a floor plan drawn up from a gold-plated wish list.

No messy public meetings. No

time-consuming stakeholder conversations. Just write a cheque for money that's not theirs.

The police are now betting the public is ready to give them whatever they want no matter how ill-considered and ridiculously expensive for a city whose economy is stagnant.

City council should be protecting the public purse against this nonsense. Unfortunately for taxpayers, during the budget debate on the \$2.4 million....our politicians were mute. The lack of interest and curiosity was stunning.

No one asked why the department hired a Thunder Bay architect instead of an expert in planning police facilities. No questions about how a large, remote building fit with the concept of neighbourhood policing. No inquiries about cost-sharing with the OPP or the Nishnawbe-Aski Police Service. Nothing about whether there are ways to get the federal and provincial government to help with the costs.

A council that really cared about taxpayers would freeze the \$2.4 million until this soap opera is over. But don't count on common sense from a core group that spent millions on a non-event centre and didn't blink about the waste.

Instead, you're better off to simply remember who is looking out for the taxpayers' interest and who isn't. An election is coming.

Shane Judge,
Thunder Bay

A gem of a novel and a delicious read

Aiding and Abetting by Muriel Spark is a little gem of a novel weaved around the mysterious disappearance of Lord Lucan who was wanted for an attack on his wife and the murder of his child's nanny.

The case created much speculation at the time which continues to this day. There are many theories as to what actually happened, who carried out the attack and what happened to Lord Lucan. He has been spotted all over the world.

The unexpected

Spark, author of classic novels such as *The Prime of Miss Jean Brodie* adds a real twist to this much covered subject. Just when you

thought that there could not possibly be another angle to the case, Spark comes up with her own highly innovative version.

Her premise is there were not one but two killers - Lord Lucan, who ordered the attack, and the actual killer who carried out the murder and bungled it by assassinating the wrong woman.

Now both 'Lord Lucans' are trying to make money out of Beate Pappenheim, a fake Bavarian stigmatic who embezzled millions from devout followers before assuming a new identity as a cele-

brated psychiatrist.

When both men visit Beate as clients she has to work out which is the real Lord Lucan. But they haven't gone to her for psychiatric counselling. They intend to blackmail her to get funds for their covert existences.

This is in part a rumination on the nature of evil and also a damning indictment of upper class mores as Lucan's rich friends helped him escape from justice.

The Fifth Child by Doris Lessing is also a delicious little novel. It is a tasty snack that you can

consume in a couple of hours while staying warm indoors.

Lessing, who won the Nobel Prize for Literature, sets her novel in the heady days of England in the late 1960s, when everything and everyone was swinging.

Enter Harriet and David Lovatt, an upper middle class couple, who face a terrifying challenge. It is interesting to note that the protagonists of this novel come from the same class as Lord Lucan. This is a reflection of the class background of the authors. We need more working class authors who can reflect the rich culture of their class.

The Lovatts are blissfully happy. They buy a large house and start to

fill it with their children. Christmas is an especially joyful time when the house is full of friends and family.

Change

As soon as Harriet is pregnant with their fifth child she notices a difference. Her previous confinements had been plain sailing but this one is a nightmare. She is constantly sick and the foetus she is carrying feels like it was trying to kick and punch and tear its way out of her womb.

When Ben is born he is monstrous in appearance, insatiably hungry, abnormally strong, demanding and brutal. But what can they do - lock him away in an institution or wrap him in their love?



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Banning books bad practice

By JR Shermack -
For TB Source

One of the books I read in high school is considered by some to be a classic even though it was always controversial and has been challenged and banned many times.

Today many people still object to *The Catcher in the Rye* by J.D. Salinger because of offensive language, sexual content, violence and alcohol abuse.

According to challengers of this renowned novel, books like that have no place on library shelves or in classrooms full of impressionable young minds.

However, for curious teenagers in literature class these were exactly the things that kept us turning the pages looking for the good parts.

I remember laughing at the antics and savoring the guilty pleasure of reading obscene language but I never came across any "good parts".

It was a well-written, relatable story and I couldn't understand why it was one of the most banned

books in schools and libraries.

But a mortified and very vocal minority of people took offence and were able to organize a successful challenge which banned the book in some locations.

I wonder how many of them actually read the book before taking such drastic action.

I didn't realize it at the time, but that was my first encounter with censorship and even though I had a copy, the book was kept away from readers in some other communities.

I read from cover to cover without being personally offended - maybe I was too naïve and unsophisticated to realize what a trashy novel I was reading.

This incident came to mind recently when I read about a week long celebration of the intellectual freedom to read and write.

Freedom to Read Week (February 20-26, 2022) is an annual event organized by the Book and Periodical Council, an umbrella organization for Canadians who value the written word.

This little known occasion was started 37 years ago in response to important issues such as freedom of expression, access to information and censorship.

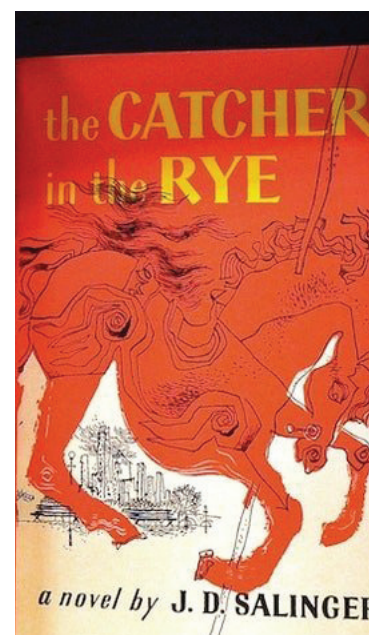
It is a celebration of the freedom for writers to write, for publishers to publish and for readers to read whatever they wish, protected under the Canadian Charter of Rights and Freedoms.

The organizer's statement about freedom of expression states, "The freedom to choose what we read does not, however, include the freedom to choose for others."

But that hasn't stopped outraged readers from challenging many well-known, widely enjoyed and highly acclaimed books by accomplished authors.

Margaret Atwood's best-selling novel *The Handmaid's Tale* won the Governor General's Literary Award and has been adapted for film, stage and television but there are objections.

The Canadian author has seen her work widely challenged by a few disgruntled readers for



Catcher in the Rye is the masterpiece of author J.D. Salinger.

profane language, anti-Christian overtones, violence and sexual degradation.

Many great literary works are both beloved and criticized within the same communities.

Vulgarity and sexual innuendos in *The Apprenticeship of Duddy Kravitz* by crotchety Canadian writer Mordecai Richler prompted parents to demand its removal from reading lists.

If Mr. Richler were still alive I'm sure he would have a colorful response for his challengers.

To Kill a Mockingbird by Harper Lee won a Pulitzer Prize for fiction, but it was also banned from some schools for inappropriate language and sensitive subject matter.

Freedom of Expression protects the right to criticise gifted authors but banning books and removing them from shelves erodes that freedom for other readers.

In recognition of Freedom to Read Week I have decided to take decisive action - I am planning to re-read *The Catcher in the Rye*.

Now that I'm older and wiser maybe I can finally find the "good parts" and figure out what all the fuss is about.

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

February 25/26

SIJHL hockey

The Superior International Junior Hockey League provides double the fun this weekend, with the Thunder Bay North Stars and Kam River Fighting Walleye hosting home games. At the Norwest Arena on Friday and Saturday night, the Fighting Walleye will welcome the red-hot Red Lake Miners in a battle of the top two teams in the league. The Miners will be looking to make up some ground, while the Fighting Walleye will look to continue their winning ways. At Fort William Gardens, the North Stars are hoping to fine-tune their game heading into the playoffs, and will take on the Wisconsin Lumberjacks. Game time both nights, is 7:30 p.m.

February 27

Dog Sledding

As part of the city's Winter Fun Days, Boreal Journeys will be at the

Westfort Playfield on Sunday from 1 p.m. to 5 p.m. providing free dog-sled rides to children under 14.

A reminder that dogs are not permitted in the dog-sled area.

February 26

Coldest Night of the Year

Hosted by Grace Ministries, the Coldest Night of the Year is a fundraiser for Grace Place, who serve people who are experiencing hurt, hunger and homelessness. The walk, spread out because of COVID-19 protocols, will begin at noon, with the last teams heading out at 5 p.m. Routes are two kilometres or five kilometres, with a rest stop on the longer route where snacks and drinks will be served. To donate, visit <https://cnoy.org/location/thunderbay>

February 27

Cider and Yoga

Get your stretch on at Red Lion

Smokehouse this Sunday, starting at 11:30 a.m. There will be a one-hour yoga class, followed by a tutored cider tasting. The yoga class is suitable for all levels, but only open to those 19 and older. Bring your own yoga mat. Proof of vaccination will be required. Participants should bring their own yoga mat. Tickets are \$30 and available at online at All Events.

February 27

Virtual Wedding Planner

Hosted by the Wedding Directory and filmed at the Chanterelle, organizers will provide the snacks and drinks, along with a gift bag and planning kit for the newlywed-to-be. Get the party started at home and then join in the fun online to learn how to stage the perfect wedding day.

Tickets can be purchased online at www.theweddingdirectorythunderbay.ca

HOW TO WRITE TO US:

Letters to the editor are most welcome. Those kept to 350 words or less have priority.

The Thunder Bay Source reserves the right to edit submissions for content and clarity. All attempts will be made to preserve the core argument of the author.

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WEEKLY POLL QUESTION.

THIS WEEK'S POLL QUESTION:

Do you expect to see a change in the provincial government in the June election?

TOTAL VOTES: 1,347

<input type="radio"/> YES	<input type="radio"/> NO	<input type="radio"/> DON'T KNOW
49.87%	44.50%	5.63%

Call for lots of snow answered

I wanted snow. I got snow, lots of snow. Previous winters we've received well under what I thought we needed to ensure sufficient ground cover for septic fields and come the spring melt, wells. Ol' Man Winter sure delivered. No matter: I was prepared.

After a break we received two snowfalls close together. I set out to deal with the first batch of freshly fallen white stuff with my trusty tractor, Big Red.

The prevailing winds usually come from the northwest but this time the winds were from the south and that meant reversing the direction in which I would blow snow.

The blowing was going along just

fine until I reached a point where the two lanes that constitute an oval meet right opposite a paddock gate. However, due to the blasting winds accompanying the snow, the edges of the driveway were very difficult to discern.

I hit a soft spot that slanted into a ditch beside the two gate posts. Try as I might to get Red free, the weight of the blower dragged poor Red more and more into the soft snow such that all I was doing while trying to go forward or back was hit the gate posts. What to do? Call for help.

My long-suffering wife, Laura, came out and together we drove the truck with a chain over to where

Red was stuck. "Get shovels and let's dig around the wheels," Laura suggested. I didn't want to. "No, we don't need to do that," I retorted.

Laura won. Any attempt to drag red out of the stuck spot failed because there was too much snow.

So, we dug. And dug. And dug. Eventually Red's tires were free but there was no way Red could be backed out on its own.

I attached the chain to the back of the tractor and had Laura drive the truck back and forth trying to jerk Red free enough that we could pull the tractor with the truck while I climbed back on board and put Red in reverse.

It worked. Whew!

Laura reminded me that this was not the first time I had got Red stuck in that same spot backing up blowing snow and missing the edge

of the driveway. Looking at the spot, she admitted that it was easy to do when so much snow covered the edges.

A neighbour told Laura that he'd done exactly the same thing more than once with his machine clearing his driveway. Glad to know that I'm not the only one.

Once free, I finished our driveways and yard and then headed off to help out a neighbour whose snow-clearing machine is broken.

The neighbour's driveway is even longer than ours but I tackled it and eventually got it clear.

But it was while driving Red up the steep incline of the road that leads to said neighbour's property, that I noticed Red slowing down in a high gear even though I had the throttle set pretty high. Oh no! Not the clutch!

And then Ol' Man Winter visited again three days later.

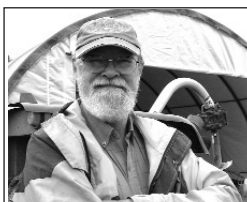
This time while I can't tell if there was a lot of snow, there sure were big winds all night long that blew and blew to form huge drifts - like right in front of Casa Jones.

Sunday was again snow-clearing time and again I noticed that Red didn't respond too well in high gear. Definitely the clutch is going. Ratz! If it isn't one dang thing, it's another!

This means that I have to corral someone mechanical to fix.

I wanted snow and Ol' man Winter delivered. Given past experiences with late winter, I expect there will be more snow clearing to do.

Hope Red's clutch holds up. And I am not planning on getting stuck again...until the next time.



Fred Jones

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MARCH BREAK

March 14 to 18, 2022

Enjoy these opportunities!!!

Have Fun, Stay Safe, Stay Healthy



Snowshoe racing is fun and the activity is one that doesn't come with many complications. (Liz Inkila)

Snowshoeing fun

If you can walk, you can go snowshoeing. Unlike Nordic skiing, skating, and snowboarding, there is nothing complicated about snowshoeing.

There is no need to master special techniques and there is no major financial investment required. Even for an absolute beginner, you can start today and immediately have a ton of fun.

For many people, the most appealing aspect of snowshoeing is the pure simplicity of it. Other than the snowshoes, there is no additional or specialized equipment required. A pair of poles can be added to help with climbing and descending hills while initiating a more complete full-body workout.

When choosing a pair of snowshoes, it pays to do some research. Renting or borrowing a few different kinds to see which work best for you is advisable.

When considering style, size, material, and options such as hinges and strap choices, you will want to stop in at a local outdoor store like Fresh Air, Gear Up or Wilderness Supply for professional advice.

However, to give you a general idea, larger snowshoes will help keep you up over deep, unpacked snow on backcountry treks, while smaller, lighter models are easier to maneuver and more suitable for use on snowshoe trails.

Dressing properly can make or break a snowshoe excursion. Cross-country ski clothing is perfect for snowshoeing and dressing in layers is important. The standard set up is a base layer, followed by an insulating layer, and topped off with a vented, breathable windproof outer shell. This system will keep you warm, dry, and comfortable as you

increase the pace or the intensity by trudging through fresh, deep snow. There are lots of benefits.

The experience of exploring the tranquil serenity of a remote, snow-covered landscape can be awe-inspiring. Snowshoes also allow access to ice fishing on remote lakes.

Pace is highly variable too. It can be slow enough to allow a group of friends and family a chance to bond while they get their exercise together, or, for those who have the need for speed, you can break into a run, or sign up for a competitive snowshoe race.

In the Thunder Bay area, Hazelwood Lake is a popular destination that offers several designated trails and infinite routes around the lake. Centennial Park is another option close to home.

Here you can share trails with fat bikers who will greatly appreciate the help you provide in packing down and smoothing out their singletrack trails. Kamview Nordic Centre offers separate, snowshoe specific trails for a small fee and Sleeping Giant Provincial Park boasts a vast network of trails that can be enjoyed with the purchase of a parking permit.

Now that we have plenty of snow, snowshoeing conditions are perfect.

This sport is low-cost, accessible, and an enjoyable way to get some fresh air and keep fit through the winter months.

Whether you're touring with the family, exploring the backcountry, finding a new ice fishing spot or running for your health, you'll find that snowshoes continue to grow in popularity because they offer both fun and functionality.



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Getting kids to eat is fun

Last year was an incredible year for myself professionally as Beefcake's Burger Factory had its best year ever, Eat Loco Tacos and Brick and Mortar Food Co. opened and hit the ground running, also a dream of mine came true when this column debuted and is doing great if I do say so myself.

More than all of that, my wife Stephanie and I welcomed our first child, Atlas, in March.

Becoming a father has been the most incredible experience, and as he approaches his first birthday, I'm reminiscing about how the chef in me gets to see him trying and enjoying all the new food he gets to experience for the first time. We have gotten very lucky as he hasn't really had too many things he doesn't like.

As it turns out while I was researching some details for this article it wasn't luck at all. With both

of our backgrounds in hospitality it turns out Atlas was kind of introduced to a lot of foods incrementally and in such a way to make them palatable to him.

Now obviously I am no expert in these things, but I know food and I know what worked for us. Obviously as far as timing of when you should be introducing solid foods, for identifying possible allergens, please consult your pediatrician and follow their lead. There is also a lot of information available in well-known pediatric websites or the CDC.

This article may be able to help you with the how to do it though.

One of the most important things to consider when your baby is rocking a few chicklets and is ready for solids is to offer a little variety with each meal. One trick we always employed was cooked ground meats with small diced, colorful vegetables



Derek Lankinen

Here's Cooking at You Kid



Getting kids to eat different foods can be tricky at the best of times. (FILE)

worked in. The vegetables will offer obviously a pleasing color palate and differing textures but also offer a bit of moisture if your meat is a little drier.

Also, a little fiber won't hurt those diapers either, black beans will also help with that if you're having issues there. Longer fruits, vegetables or meats can be cut into thin strips to

make for easy grabbing and chewing.

Once your main dish is sorted out offering a little bit of fresh fruit is always a bit of a treat during their meal, and even a few crackers or cheerios just to round out the meal from a food pyramid perspective.

Don't push them to try food if they aren't interested, simply make a note of it and come back to it later, it simply could be something they aren't feeling at that time. As messy as it can get, don't stifle them from playing with their food, its normal and natural, and if you have dogs, it can be very entertaining too.

That's some simple tricks that worked for us, it could also be blind luck, because let's be honest my son is going to be genetically predisposed to love food.

Derek Lankinen is an award-winning chef, author, and restaurateur. He is the Owner/Operator of Beefcake's Burger Factory and Co-Owner of Elite Beef, Eat Loco Tacos and Brick and Mortar Food Co.

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Channing Tatum plays Jackson Riggs, a former Army Ranger fallen on hard times, along side service dog Lulu, in the movie Dog.

A bumpy road trip

Channing Tatum's *Dog*, his directorial debut, is mostly satisfying

Channing Tatum makes his directorial debut along with starring in *Dog* (SilverCity). Tatum plays Jackson Briggs, a former Army Ranger who's requested by his ex-commanding officer to transport service dog Lulu, a Belgian Malinois, 1500 miles from Washington State to Arizona to attend the funeral service of Brigg's buddy, Sgt Rodriguez.

Rodriguez was Lulu's handler during their tour in Afghanistan. Both earned commendations.

Both Briggs and Lulu are battle-scarred vets. Briggs was removed from active service due to a brain injury. Despite still feeling some effects, he's hoping to get a private contractor combat gig upon completion of his so-called mission with Lulu. Service life provides meaning and structure otherwise lacking in Briggs' life.

Meanwhile Lulu is displaying aggressive effects of PTSD, something which may lead the army to putting the dog down after the memorial service. Lulu doesn't do well with planes, hence the road trip in Briggs' truck

Our two troubled vets embark on a

road trip that has its far share of dubious speed bumps, often played for broad laughs at the expense of convincing plotting and sensible character behaviour.

Briggs is so focused on himself that he is oblivious to Lulu's needs. He's a bit self-absorbed. Briggs' misjudgment leads to a few lame misadventures.

Wacky stops include meeting a spacey weed farming couple and two comely tantric-oriented young ladies. Briggs masquerades as a blind vet with Lulu as his service dog to get a free room at a posh hotel, eventually leading to trouble with the law.

A more credible vignette deals with Noah (Ethan Suplee), one of Briggs' military buddies, an expert in rehabilitating service dogs. His insights not only help in handling Lulu but jump starts Briggs' consciousness.

Once the light finally turns on for Briggs, the feelings generated are just genuine enough to make the story more palatable and less superficial.

The script is uneven, wavering

between shopworn jokes and credible drama. The collective back stories of Briggs, Lulu and the departed Rodriguez unfurl rather haphazardly, leaving a few under nourished spots. Briggs has a broken marriage involving a wife and little daughter that barely gets a sniff (pardon the pun.)

Naturally, the bonding mutually benefits our heroes. Briggs and Lulu (who's actually played by three different dogs) seem ready to try adapting to civilian life. Tatum the director allows Tatum the actor to display some vulnerability in reasonably nuanced fashion.

Though hardly groundbreaking, the movie does credibly depict the effects of post-combat trauma. The movie is partly inspired by the documentary, *War Dog: A Soldier's Best Friend*.

Dog plays at the heartstrings of anyone who's bonded with an animal, whether four or two-legged or otherwise. Tatum dedicates the movie to his own deceased dog.

Tatum shares first-time directorial duties with Reid Carolin. Carolin also co-wrote the script with former soldier Brett Rodriguez. They combine to provide a reasonably satisfying conclusion to an otherwise bumpy road trip.



Marty Mascarin
MOVIE TALK



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Arthur will never truly go away

If you have young kids at home – or had in the last 25 years – there’s a good chance you saw the PBS series *Arthur* at some point. This popular show about an eight-year-old aardvark is the longest-running animated children’s program in television history. Based on a book series, *Arthur* taught generations of children about kindness and inclusiveness. It introduced different cultures, family dynamics and social issues over the years, winning four Daytime Emmy’s and a Peabody award in the process.



Fiona Gardiner
FI TV

And in 2022, *Arthur* is ending. Sort of. In actuality, *Arthur* finished production two years ago. But Season 25 will still offer fresh episodes including a finale with its characters finally all grown up.

Of course, Twitter has been, well, all a-twitter with reactions to the news. Former viewers have mourned the show’s loss. Others lamented that future generations will not grow up with the program and its special group of characters.

Even the show’s writers and producers have publicly complained that PBS has “made a mistake.” Writer Kathy Waugh definitively said in a podcast last summer that “*Arthur* should come back.”

But is he really going anywhere? Nothing disappears forever.

And old episodes of *Arthur* are certainly available on DVD and downloads. According to *Arthur*’s creator, Marc Brown, “PBS is committed to play these shows for years to come.” So what’s the

problem? Who really needs a new season each year?

After all, the show’s audience consists of pre-schoolers and early elementary school kids. Unless they’re being raised with some highly questionable parenting methods, they’re not likely to binge-watch 25 seasons.

No, they watch for a few years and then move on to something else.

And every season, there’s a new batch of little eyes joining the fan club. So producers don’t really need a new season of episodes when they already have a fresh group of mini-viewers waiting in the wings.

Plus, the cartoon dude doesn’t age. This means producers could re-run all 600-plus stories for years to come without worrying that the characters or their lessons are going to become dated.

After all, *Arthur*’s audience is not exactly the most sophisticated. Or the brightest. They’re four to eight



Arthur is ending after 25 seasons.

years old. They’re clean slates, learning for the first time. Not to mention, they’re taking life lessons

from an aardvark. Who are they to judge what’s outdated or relevant?

Besides, children’s programming focuses on messages that resonate for life. That’s why so many adults still have fond memories of shows like *Sesame Street*, *Mr. Rogers Neighborhood*, *The Friendly Giant*, *Clifford the Big Red Dog*, and yes, *Arthur*.

Those emotional connections are ingrained and nobody considers the lessons they learned about kindness, confidence, and hope to be antiquated.

That’s also why Marc Brown has a new book coming out called *Believe in Yourself: What We Learned from Arthur*.

Because these lessons aren’t trapped in a single TV episode. New season or not, these characters and stories can be shared forever if we choose.

We decide if *Arthur* lives on. Not PBS.

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featuring: Jordan M. Burns, Danelle Charette, Jeremy Proulx and Brianne Tucker

set design: Sean Mulcahy, lighting design: Adam Parboosingh, costumes: Lisa Macchione

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**SALT
BABY**

by Falen Johnson

**A Modern
Comedy About
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Brianne Tucker and Jordan M. Burns star in Magnus Theatre's production of *Salt Baby*, which runs from March 3 until March 19. (Scott Hobbs)

Worth her salt, baby

Magnus returns with its first show of 2022, a romantic comedy from Falen Johnson

By Linda Maehans – TB Source

What's in a name? A nickname? A label assigned by some to others, with certain assumptions right or wrong? I admit the term "salt baby" is new one for me. I had to look it up online, where an "urban dictionary" described its mainly derogatory meaning. Sure, I'd known about "sugar daddy"; even "sugar momma". But up until now the only negative connotation to do with salt involved wounds, and rubbing it in.

Magnus' first live curtain of 2022 rises to *Salt Baby*, a romantic comedy of layered landscapes and feisty wit.

Playwright Falen Johnson introduces us to a young woman worth her salt, of that I'm sure. I can see it in her eyes: this thing she's looking for.

An exciting journey of new horizons and environs she's eager to try on for size. And fit. Does the heart hold all answers? *Salt Baby* is just beginning to find her way; I think she will. Because I do believe in those

we call salt of the earth.

"Things are going fine," declares actor Brianne Tucker. She shrugs. "I'm working in a bar; it's OK. Different from the reserve. And," a beautiful smile lights her eyes, "I'm meeting new people. That's the best part. They don't right away know everything about you." The light shifts a little; *Salt Baby*'s voice grows wistful. "But I kind of miss some of the things from home, you know? Everything is a bit harsh here in the city. The smells. The sounds. When I go back home, well, it's nice. It's quiet. I can almost hear the fresh air, you know?"

The question of making new friends, maybe one in particular, comes up in conversation. That light in her eyes is back. "Yeah, we've been on a couple of dates. He's really funny; we talk about weird stuff like *Star Trek* and *Who Would You Rather*. And video games." Big grin. "His name's Alligator."

In some people the enthusiasm and energy for life is immediate, centered in the eyes and shining forth for all to see. I completely

forget to ask about what must surely be a nickname. "I've always loved working on computers, ever since I was young," states Alligator. 'Gee, and what are you now' springs to mind. I keep my smile to myself. "And so I just got really into, well," he shrugs.

"What if I could create whole new worlds with computers? With all the information my video-design course has given me, I know I can create other worlds for people's enjoyment." Almost as reflex, actor Jordan M. Burns glances over to where *Salt Baby* sits twisting a serviette. If possible, there's an extra surge in Alligator's gigabyte gaze.

"Honestly, I have a hard time imagining tomorrow! Five years down the road? I suppose I just want to be happy. Doing what I love. With people that I love."

Yet there's much more to this story than meets the eye. Set out on your own journey of discovery, and season it up with *Salt Baby*: on at Magnus Theatre from March 3 to March 19.

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	8				5		3		
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				9	7	5			

ACROSS

1 Distress signal
4 Student's pony
8 Build a ceiling
12 Amer. Bar Assn. (abbr.)
13 Recent (suf.)
14 Berne's river
15 Own (Scot.)
16 Kob
18 Flavor
20 Roast (Fr.)
21 Flap
23 Auspices
27 Chambered mollusk
32 Forbidden
33 Mountain on Crete
34 Dominion
36 Fr. month
37 Sleep (pref.)
39 Wind screen
41 Indo-Eur.
43 Pinch
44 "The Bartered Bride" character

48 Mountain summit (Ital.)
51 Event
55 A (Ger.)
56 Andes grass
57 River into the North Sea
58 Television channel
59 Six (Sp.)
60 Ancient Per. province
61 Vanity

DOWN

1 Hall (Ger.)
2 Fetish
3 Refuge
4 Counterclockwise (abbr.)
5 Hind
6 Within
7 Vegetable
8 Pronghorn
9 Water (Fr.)
10 Internat'l Red

Cross (abbr.)
11 Grouse's courtship area
17 Inlet
19 Corrode
22 Half a quarter
24 Man (2 words)
25 Dayak people
26 Outfit

ANSWER TO PREVIOUS PUZZLE

OGEE SDO ERIS
SACK IOD NEBO
TOOEARLY ALIF
ELLTTEESTIST
MEN SAYA
MAVIS DETENTE
ARIL DEY ACAD
INSPIRE STEEP
CABARAS
ABE OFFAL GUM
AARE TAPACOLO
RAAD ELI ARNO
ELLE ELD DYAD

27 Caravel of Columbus
28 City in Judah
29 Fat (pref.)
30 Caribbean lizard
31 Single lens reflex (abbr.)
35 Belonging to (suf.)
38 Field (Lat.)
40 Custer's horse
42 Never (Ger.)
45 Scot. knife
46 Bank
47 Coptic clergyman
49 Chin. dynasty
50 Year (Lat.)
51 Possessive pronoun
52 Card
53 Greek letter
54 Precious stone

MAKE A DIFFERENCE



RECYCLE

Johnston claims crown

By Leith Dunick -TB Source

The reigning Tbaytel Major League of Curling champions still have their crown.

The Dylan Johnston foursome on Saturday downed Mike Desilets 6-3 to capture their second straight championship out-duelling Desilets after a marathon day of competition at the Port Arthur Curling Club.

Going back-to-back is never easy, said Johnston, who won in 2020.

No winner was named last season, the schedule wiped out by COVID-19 restrictions.

"It was nice to have time off," said Johnston, who most recently competed in the Northern Ontario men's play-downs in Sault Ste. Marie, finishing 3-2, but out of the playoffs.

"But it's good to be back. It was a tough year. There are a lot of good teams."

Tough start

Johnston started his day facing off against the reigning Scotties Tournament of Hearts finalist Krista McCarville rink, needing two in the eight to force an extra end.

Instead he scored four and claimed victory outright.

He took on Trevor Bonot in the semifinals, scored five in the fourth



Dylan Johnston has won the past two Tbaytel Major League of Curling finals. (Leith Dunick)

and secured his spot in the final with a 10-6 triumph.

Johnston and Desilets, who will be taking part in the Northern Ontario senior championship in two weeks, were content to blank the opening two ends, and it looked like they'd do it again in the third, but Desilets forced Johnston to one, his opponent wrecking on a guard to surrender the steal of one.

Johnston fought back in the fourth, an end that appeared to be headed toward another blank, until

Desilets flashed on his first stone, setting up an easy double, Johnston hitting and sticking for a pair and a 2-1 lead.

Johnston, whose team includes Brennan Wark, Chris Briand and Kurtis Byrd, picked up a steal of one in the fifth, Desilets flashing again trying for a hit-and-stick for two.

A clogged front of the house was Desilets undoing with hammer in the sixth. Playing peel weight, and following a lot of pre-shot discus-

sion with teammates Scott Henderson, Dale Wiersema and Bill Peloza, the veteran skip played peel weight, looking to move some rocks in the four-foot to salvage a point.

Instead he crashed off one of his own rocks and gave up yet another steal, finding himself down 4-1.

Desilets, who beat Gary Weiss and Kory Carr to make the final, battled back with a pair in the ninth, but rolled out on his final shot with a chance to pick up a third point and tie the match heading to the eighth and final end.

Stayed in contention

It was the story of his day, he said, but it was competitive down to the end.

"We made him throw his last stone in the eighth and we put the pressure on those guys. It was a great weekend," said Desilets, who needed a regulation win on Wednesday night at Kakabeka Falls Curling Club just to earn a spot in the playoffs, knocking two-time world champion Al Hackner out of playoff contention.

"This is a great tune-up for us." Johnston closed things out with a double to score two.

"Winning Major League is a big thing in Thunder Bay. All the top teams are here and it's really tough to win," Johnston said.

Thunderwolves have the Wright stuff

I have to admit I wasn't expecting the Lakehead Thunderwolves men's hockey team to do much against the Brock Badgers.

After the Wolves lost three straight on the road the weekend before, outscored 23-7 in the process, I assumed I'd be writing the season wrap-up piece by now, the OUA playoffs a distant memory.

They proved me wrong - and in exciting fashion too.

The Thunderwolves won 7-4 last Friday night, then stormed back and beat the Badgers again, by a 5-3 count.

Kevin Stiles, a self-described grinder, had two big goals in the first win and another in the second. But the hero of the weekend had to be goaltender Max Wright.

The No. 3 goaltender most of the season, he was pressed into duty after the one-two tandem of Brock Aiken and Blake Weyrick were lit up the weekend prior.

What did LU coach Andrew Wilkins have to lose?

Turns out, in an ode to Wally Pipp, the better question might be what did they have to gain?

For one thing, they kept their still

slim playoff chances alive.

The T-Wolves are going to need some help along the way, if they're going to get into the postseason.

As it stands, they're a point ahead of Toronto and tied with York, in the battle for the final two playoff spots in the OUA West.

Unfortunately for Lakehead, both teams also hold three games in hand.

The Wolves will take this weekend off, hitting the road on March 3 for a game against Toronto before closing out their campaign with a pair against the Ryerson Rams.

Wilkins has no choice but to go with Wright for at least one more start. Every point matters at this point, and that game against the

Varsity Blues looms large. A win might just be enough to get them over the top and into the playoffs, something I'd have scoffed at a week ago.



A shout-out to Jared Kreiner and the Thunderwolves men's basketball team, who got the job done against Algoma and are now 7-5 and all but locked into the playoff picture.

Kreiner, a long-distance shooter, put up 20 in LU's 100-61 win last Saturday including four first-half layups, which got his father, women's coach Jon Kreiner, chuckling. Lakehead returns home next weekend for a pair against the Windsor Lancers, after a bye week.



Leith Dunick
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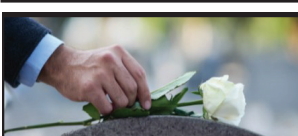
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RECYCLE

68. DEATH/FUNERAL



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92 ANSWERS TO THIS WEEK'S PUZZLES

ANSWERS TO THIS WEEK'S PUZZLES

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

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

PREVIOUS SOLUTION: "Success isn't necessarily permanent — but neither is failure." — Author Unknown

small ads can
CATCH ATTENTION
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at 346-2600

HERE'S MY CARD

91. INFORMATION

Make your Word Ads come alive with a picture!

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THE SAYING IS ...
A PICTURE IS WORTH A THOUSAND WORDS!

FOR SALE



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Any colour

BUY TODAY 000-0000

THUNDER BAY

SOURCE

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We are now offering the opportunity for **ALL CLASSIFIED WORD AD CATEGORIES** to have **A PICTURE INCLUDED!** COST? Same as a HAPPY AD!

\$19.99 + 40 Words HST EXTRA
Each Consecutive Week will be Half Price!

DEADLINE: Classified Word Ads: **MONDAY @ 4:00p.m.**

HERE'S MY CARD

HERE'S MY CARD

HERE'S MY CARD

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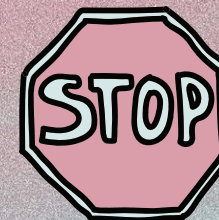


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STOPPING A PANIC ATTACK



A PANIC ATTACK IS A SUDDEN AND INTENSE RUSH OF FEAR, TERROR, OR APPREHENSION, WITHOUT THE PRESENCE OF ACTUAL DANGER. SYMPTOMS USUALLY HAPPEN SUDDENLY, PEAK WITHIN 10 MINUTES, AND THEN SUBSIDE.

KNOW THE EARLY SIGNS

Common symptoms of panic include:

- shortness of breath
- tightness in chest
- racing heartbeat
- sweating/feeling hot
- dizziness/lightheaded
- feeling nauseous
- trembling/shaking
- fear of dying
- fear of losing control
- fear of going crazy



REALISTIC SELF-TALK

**You don't want to panic about panic.
Choose rational thoughts, such as:**

- this is unpleasant but harmless
- this is a false alarm
- I will get through this
- this will pass
- I just need to breathe

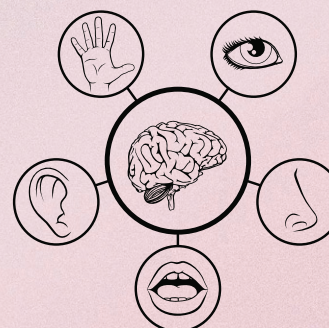


BREATHE

Breathe in slowly through your nose.
Feel the air slowly fill your chest and belly.
Exhale slowly through your mouth.
Repeat several times.

breathe

STAY PRESENT



**Ground yourself
by naming:**

5 things that you see
4 things that you feel
3 things that you hear
2 things that you smell
1 thing that you taste
(or a taste that you like)

“
HELPING YOU LIVE
the Life
YOU DESERVE
”



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