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Comedian Gerry Dee, the host of Canada's Family Feud on CBC, will welcome Thunder Bay's Presenger family to the show on Oct. 25 (submitted photo).

Ontario Government Notice

Notice of Study Re-Commencement and Notice of Online Public Information Centre No. 1 Highway 61 Planning and Preliminary Design Arthur Street to Loch Lomond Road

THE STUDY

BT Engineering (BTE), on behalf of the Ontario Ministry of Transportation (MTO), is re-commencing a planning and preliminary design study to determine the appropriate strategy for the future widening for two sections of Highway 61 (Part A and Part B), in the City of Thunder Bay. The Highway 61 Study Area and the two Local Study Areas are shown on the map.

Part A extends from 0.5 km south of Arthur Street to Chippewa Road and Part B extends from Chippewa Road to 0.5 km south of Loch Lomond Road. For the two areas, the Study has identified potential improvements and preliminary design alternatives to address immediate, interim, and long-term highway planning needs. Previous Ministry studies undertaken in the 1990's were used as part of the review.

THE PROCESS

This study is following the Class Environmental Assessment for Provincial Transportation Facilities (2000) planning process for a Group "B" project, with the opportunity for external agency and public consultation throughout the study. Three (3) Public Information Centres (PICs) are scheduled during the study. Notices providing the date, time, and location of the PICs will be published in this newspaper and on the study website at: www.MTOhighway61.com. Individuals on the study email list will be notified of the date and time and format in which the PIC will be held. Upon completion of this study, a Transportation Environmental Study Report (TESR) will be prepared and made available for a 30-day public review period. The TESR will document the Recommended Plan, the planning process and the identified effects and proposed mitigation measures.

PUBLIC CONSULTATION

DRAFT STUDY DESIGN REPORT

A draft Study Design Report is available on the study website at: www.MTOhighway61.com. The updated draft Study Design Report describes the study background, approach, process, alternatives, and consultation program.

ONLINE PUBLIC INFORMATION CENTRE NO. 1

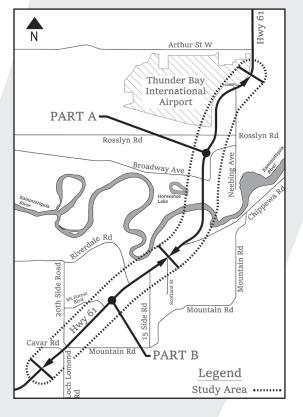
You are invited to view the first of three (3) Public Information Centres (PIC). At the present time, the Province of Ontario has implemented measures to deal with the COVID-19 pandemic and has placed restrictions on public gatherings. As a result, the Public Information Centre is relying on web-based communications. Public Information Centre No. 1 will present an introduction to the project, explain the study process, and present an evaluation of planning solutions and preliminary design alternatives. Comments on the information presented can be provided by contacting the Project Managers' email addresses listed below.

The online PIC will commence Monday, October 4, 2021 and run for a 2-week period, exhibits will be available during this period online at: www.MTOhighway61.com. A "live online" presentation by BTE will be held on Tuesday, October 12, 2021, this live presentation will allow for questions and answers.

To register for the online meeting, please an e-mail to either Project Manager before Tuesday, October 12, 2021 identifying your interest in attending.

COMMENTS

We are interested in hearing any comments that you may have regarding this study at any time. You are encouraged to make your concerns and input known to the Study Team at your earliest opportunity. Early communication of concerns in the study allows the greatest opportunity to address them. If you wish to obtain additional information, provide comments, or be added to the project mailing list, please contact the Consultant Project Manager or MTO Senior Project Manager listed below:



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WEBSITE

A website www.MTOhighway61.com was created when the study commenced and will be updated regularly with information regarding the study. The website also provides an additional means for you to communicate your comments and concerns. You are encouraged to keep up to date on the project by regularly visiting the website.

ACCESSIBILITY

If you have any accessibility requirements in order to participate in this study, please contact one of the Project Team Managers listed above.

Any comments received pertaining to the study will be collected under the Environmental Assessment Act and all information will be collected in accordance with the Freedom of Information and Protection of Privacy Act (2009). With the exception of personal information, all comments will become part of the public record.





Council on Monday decided to up arena spectator limits, despite concerns from city officials regarding COVID-19 protocols.

Rink capacity grows

By Ian Kaufman - TB Source

Thunder Bay's city council has voted to significantly increase spectator limits at city arenas, despite uncertainty over costs and implementation details.

The decision came after a contentious debate lasting nearly three hours Monday night, with some councillors concerned they lacked assurances the new limits could reasonably be implemented.

Top city staffers warned that remained unclear, and said it could take weeks to put the new rules into practice thanks to the complications of provincial public health rules.

The new limits approved by council will see spectator limits set at 50 per cent of each arena's indoor seating capacity, the maximum allowed under provincial regulations.

That will result in the following spectator limits:

- ◆ Port Arthur Arena 308
- ◆ Current River Arena 155
- ♦ Delaney Arena 110
- ◆ Neebing Arena 94
- ◆ Grandview 102

The city had previously increased limits to 45 spectators per arena, after mounting pressure from the hockey community.

Several councillors echoed community frustrations Monday that the number seemed "arbitrary."

Lex MacArthur, a local hockey coach and parent, said no cases were connected to minor hockey locally last year. Now, with high vaccination rates, he said there was no rationale to restrict attendance beyond provincial requirements.

"The Thunder Bay hockey community has done everything that has been asked of them for 19 months, and now is the time to reward them for their diligence," he said

General manager of community services Kelly Robertson said the lower limits were necessary given limited staff resources to screen hockey spectators and participants, a process that now includes verification of vaccine certificates, managing traffic flow inside the building, and sanitizing equipment per Ontario's regulations.

That would make it challenging to allow the larger limits, agreed city manager Norm Gale.

"We are not at all confident we can adhere to the spirit and intent of [provincial regulations] with these numbers," he told councillors.

That explanation still left many councillors unsatisfied, with Coun. Aldo Ruberto seeing no reason the city couldn't develop "simple solutions" to those challenges.

City staff will return to council on Oct. 4 with a report outlining any additional costs or operational issues with implementing the new rules.

Several councillors argued it made little sense to rush a decision on capacity limits before seeing that information, but others protested the hockey community had already waited weeks for a solution to their concerns.

Those involved with local hockey have advocated in large numbers, and sometimes aggressively, for the changes online.

"The Facebook comments are out of this world in terms of the volume and how people feel about this particular issue," said Coun. Shelby Ch'ng.

A motion to delay the vote until Oct. 4, from Coun. Andrew Foulds, failed on a tie.

The vote to increase capacity limits passed 10-2, with Couns. Shelby Ch'ng and Rebecca Johnson voting against.

THIS WEEK'S **WEATHER FORECAST**

THURSDAY

Mainly sunny

Precipitation: 20% HIGH 19 LOW 9

Light rain

Precipitation: 80% HIGH 15 LOW 6 **SATURDAY**

Mix of sun and clouds

Precipitation: 30% HIGH 16 LOW 9



Mix of sun and clouds

Precipitation: 30% HIGH 18 LOW 10



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Council size could be on ballot

By Ian Kaufman - TB Source

If Thunder Bay's city council is chomping at the bit to change the way it's elected, it gave no indication of that Monday night.

A report from city clerk Krista Power on the possibility of adding a ballot question to the 2022 municipal election on reducing the size of council, among other potential changes, passed by without discussion at the most recent council meeting.

Coun. Peng You had requested the report in June, after council reluctantly voted last year to delay a review of its size and composition to 2023. Several councillors have suggested the city explore changes like reducing council's size or ditching the city's mixed ward and at-large system.

Adding a ballot question would give voters a chance to weigh in

with a yes or no answer. You's motion did not specific what a potential ballot question would ask citizens.

Ballot questions are only binding if voter turnout reaches 50 per cent or more, Power's report advised. Otherwise, city council could choose whether or not to act on the result.

Turnout just topped that mark in Thunder Bay's 2018 municipal election, at around 50.68 per cent. Power projected in her report that turnout would increase further in 2022, making it likely a ballot question would be binding.

In the case of a binding "no" vote,

city council would be prohibited to make any changes to council composition until the next election four years later, her report indicates.

At least one public meeting must be held to consider public input before the election, but it's best practice to hold much more in-depth consultation and educa-

tion, Power found.

The city has previously added ballot questions to elections in 1998, when citizens endorsed the contribution of tax dollars to build the Thunder Bay Regional Health Sciences Centre, and 2003, when they were asked to weigh in on a bylaw limiting smoking.

In a vote last year, city council directed Power's office to conduct a comprehensive review of city council's size and composition, reporting back by 2023. That would mean changes couldn't be implemented until at least the 2026 election.

The clerk's review would include a public consultation process, citizen committee, and data analysis for review of ward boundaries. It could have also considered issues like the breakdown of ward versus at-large representation and whether coun-

cillors should be employed parttime or full-time.

Councillors had initially directed the clerk to report back on the possibility of implementing changes in time for 2022.

However, most councillors accepted a recommendation to wait, with Power saying timelines would be tight to complete adequate consultation, given the strain the COVID-19 pandemic was placing on her office.

Council would need to rescind that motion calling for a 2023 report, in order to put a question on the ballot in 2022, Power advised.

Adding a special ballot question is estimated to cost around \$40,000, Power's report indicated.



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Thunder Bay & District Humane Society Tails and Trails Virtual Walk

In support of Adopt a Shelter Dog Month – let's get moving! Gather your family, friends and furry pals to walk and raise vital funds for shelter dogs in need during National Walk Your Dog Week – October 2 to 9, 2021. To keep this years event safe, you can walk on any date(s), at any pace and at your favorite walking place.

Participants who raise \$250 + will receive a Tails and Trails T-shirt created and sponsored by Ungalli.

The top fundraiser will receive a prize package overflowing with amazing local items!

Register at tbdhs.ca/walk

Green Party has chance to rebuild

Annamie Paul's decision to resign, words, won't hurt party for too long

By Leith Dunick - TB Source

Amanda Moddejonge says the Green Party won't be the only party facing tough decisions as they emerge out of last week's federal election.

On Monday, Green Party leader Annamie Paul, whose time at the helm was fraught with in-fighting and calls to replace her, announced her resignation, less than a year after ascending to the party's top

Moddejonge, who ran for the Green Party in Thunder Bay-

that Paul didn't choose better words in stepping down, calling it the worst period of her life, in many respects, while highlighting the internal disagreements that made national headlines earlier this year.

However, she doesn't think Paul's resignation speech will hurt the party long-term.

"I think she probably should have thought better about her words because it's a reflection of her. She's not a Green anymore. She made that very clear and that was her choice. I would suggest that she was helped in that choice, and it was really unfortunate," Moddejonge said.

"However, those were her words. That's not the Green Party."

Paul, elected leader last October, said she thought she was journey, the first Black woman to head a federal party in Canada.

Instead, she became the focal

"What people need to realize is that when I was elected and put in this role, I was breaking a glass ceiling.

"What I didn't realize at the time was that I was breaking a glass ceiling that was going to fall on my head and leave a lot of shards of glass that I was going to have to crawl over throughout my time as a leader," she said.

Moddejonge says hindsight is 20/20, when it

comes to looking back at the 2021 election, the Green Party falling to just 2.3 per cent of the popular vote and two seats. Paul was also

in charge when Jenica Atwin, a Fredericton, N.B. MP elected under the Green Party banner, crossed the floor to sit with the Liberals, saying she didn't agree with the direction the party was

"I think that there are a lot of things we can look back on and say this would have made it better and that would have made it better. That's really great going forward. I think what this does for us going forward is give us the opportunity to look at what we actually want in a leader and what is going to

make us more successful," Moddegjonge said.

"We have a lot of strong leaders in the party and they're very

rapidly rising to the top."

Her early favourite is lawyer and activist Dimitri Lascaris, though she admitted it's too soon to make any firm choices or publicly back a potential candidate.

One things for certain, Moddejonge said, the Green Party won't be alone in self-reflection following the vote, which returned the Liberals to office in yet another minority government.

"We're going to see a lot of change going forward in every single party and I think that gives us an awful lot of opportunity, really. We do have a leadership problem in Canada, that's no big surprise or secret," Moddejonge said.

"I think we need to actually focus on the things that make Canada better, as opposed to what we couldn't get done."



AMANDA MODDEJONGE



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EDITORIAL

Icy situation

Hockey parents got what they asked for, but it might not be exactly what they want.

Frustrated by strict 45-spectator limits at local city-owned rinks, they asked council to up capacity levels to allow more fans in the stands.

More people mean more time in line conducting mandatory screening of those seeking entry.

As it stands, there is no time between games, meaning it could take 25 minutes to get into games.

The alternative is for the city to cancel bookings to allow earlier entry. That means less ice time available for use by the public. That's not a road the city should consider travelling down.

In order to recover that money, the city may have to increase rental fees.

That could lead to higher registration fees for minor hockey, which could push more people away from a sport that saw its nationwide numbers plummet in 2019-20 to the lowest levels since the 2010-11 season.

Hockey rinks already lose hundreds of thousands of dollars each year, money subsidized by local taxpayers. This could wind up costing us even

LETTERS TO THE EDITOR



Do you invest locally nationally, or local/internationally in The Americas and Caribbean? Do you look to the decades favourite, investing in Asia and China? Will you support a unfriendly market such as China, or invest in specific preferable markets strategically in

say India or Singapore? After all profit is only that...Profit. You take it where you can?

Has not this pandemic taught us to be more self sufficient in all things? The pandemic showed us how cruel and uncertain international trade can be.

Canadian firms need investments from Canadian investors. Self sufficiency within the financial sector should direct us towards Canadian projects. The Ring of Fire is a huge investment possibility.

The greatest deposits of needed minerals in the world, and an investors dream.

Just getting to the mining fields requires massive investment into roads, transportation and employment possibilities.

Long term investment where retirements are made. Canadian technologies that can become the flavor of the month internationally are in need of investment also.

Look to your local food service establishments as possible investing targets. If you cannot help a neighbour by helping yourself, whats the world coming to?

Spend your money wisely.

Steven Kaszab Bradford, Ont.

Like Water for Chocolate charms the heart

It is difficult to know where to begin with Like Water For Chocolate by Laura Esquivel which can be read on so many different levels.

A good starting point would be to acknowledge the author is Mexican and has a Mexican world view. This is reflected in both the style and content of this book and elevates it above a straightforward romance

Magical Realism flows through this story like a river of dreams. But it is done in such a way that it adds richness to the everyday lives of the characters.

This novel is a tall-tale, fairy tale, soap opera romance, Mexican cook book and home-made remedy

handbook all rolled into one.

It is told purely from a woman's perspective and has lots to say about the benefits and downsides of matriarchal societies.

Time to move forward

economies, devastated

many lives within our neighbor-

services and local employment.

We should look to our local entre-

service providers as places to

invest. The world of global invest-

Do we invest in sectors of the

economy that do not meet our

moral compass? The most prof-

itable global corporations are also

the most corrupt and immoral.

Child labor, unregulated waste

disposal, immoral labor practices,

wasteful resource harvesting with

no replenishment to the environ-

high risk and moral demands.

The historical backdrop is the Mexican revolution in which Pancho Villa and his comrades swept the ruling class from power.

The book is written in monthly chapters like a journal or diary and each chapter is introduced by a recipe. So, even if you

don't enjoy reading the book, it is of practical value in teaching you how to cook Christmas rolls, quail in rose petal sauce, or northern-style Chorizo.

The narrator is the great-niece of Tita, the main character, whose

story the novel tells. Tita and her two sisters, Gertrudis and Rosaura, are dominated by the matriarch of their family, Mama Elena.

Mama Elena decrees that Tita cannot get married because, as the youngest daughter, she must stay at home and look after her mother.

Tita and Pedro are passionately in love but when he asks Mama Elena's permission for them to marry this is refused and he is offered Rosaura instead. He accepts this offer as the only way of staying close to Tita.

When the love between Tita and Pedro does not ebb or die, Mama Elena sends Pedro and his family to a distant ranch, and tells Dr Brown to commit Tita to the local asylum. But instead Dr Brown falls in love with Tita and starts to court her.

Gertrudis is carried off by one of the revolutionaries and works in a brothel before becoming a Colonel in the revolutionary army.

After the deaths of Mama Elena and Rosaura (who's demise is particularly spectacular) Tita and Pedro start seeing one another again. Determined to thwart them, Mama

Elena returns from beyond the grave and takes her revenge by setting Pedro on fire and badly burning his body. But nothing can quench his love for Tita.

Tita is torn between the passionate Pedro and the good Dr Brown whose son, Alex, marries Esperanza, the daughter of Pedro and Rosaura.

The threads of this cleverly woven story are brought together in December (with a beautifully written piece of magical realism which ties up many loose ends that have arisen throughout the novel.

This mystical, fragrant love story will charm the palate and the heart. John Pateman is chief librarian at Thunder Bay Public Library.

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John Pateman

BOOK BANTER

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I'm searching for some new hues

By J.R. Shermack Special to Thunder Bay Source

There is nothing like a fresh coat of paint to make things look better and that goes all the way back to our ancestors colouring pictures on cave walls.

Humans see the world in vivid colour and have discovered ways to use Mother Nature's bounty to re-create many hues for many different applications.

Natural earth pigments from plants, animals and minerals have been used since prehistoric times to produce colour for our amusement and pleasure.

The roots of the madder plant for vivid reds, beets for a vibrant pink colour and blueberries simmered and strained into a pale, blue dye.

True blue

Mineral pigments include ochre from iron ore, sienna derived from ferric oxides and cobalt, a pure blue pigment.

Red dye from cochineal bugs, crimson from the blood of kermes insects and Tyrian purple extracted from murex predatory sea snails.

Many naturally occurring colours are enhanced and emboldened by scientists and artists searching for the reddest reds, the bluest blues and the whitest whites.

Some say that pure white does not exist in nature - the whitest natural white found so far is on the ultra-thin scales of the cyphochilus beetle.

The scales of this beetle consist of randomly scattered filaments dispersing different wavelengths of light to create a dazzling white.

This may have inspired a recent discovery from the world of colour engineering that reveals an even whiter white.

Natural pigments are still in use, but the creation of new, more intense hues has moved from the natural world to the science lab.

There is an on-going quest to discover bolder, more concentrated pigments, dyes and paints using modern technology and materials to improve existing

A group of mechanical engineers at Purdue University has invented a new hue that has come to be known as the world's whitest paint.

This paint's extreme whiteness comes from a concentration of different sized particles of barium sulphate, a configuration similar to cyphochilus scales.

It was developed during a search for a highly reflective white coating to help



Colours are becoming richer and richer, thanks to innovative work by scientists around the world.

cool the outside walls of buildings.

Reflecting light and heat away from outside building surfaces can cool indoor temperatures like a natural air conditioner.

A white roof has been cooling buildings in hot climates for centuries and now global warming fuels the quest for modern applications of that basic science.

The same process cools our planet as white polar ice sheets reflect sunlight and U/V rays back through the atmosphere and out into space.

The cooling paint reflects 98% of sunlight and radiates infrared heat away from buildings, reducing the need for air conditioning.

Covering 1,000 square feet of roof with the whitest white generates 10 kilowatts of cooling power, more than the central air conditioners in many houses.

Optimistic researchers say that coating buildings with this paint may one day reduce or even eliminate the need for air conditioning.

Dark times

The development of the whitest white has been compared to the 2014 announcement of Vantablack, the blackest black of all time.

Vantablack absorbs 99.965 per cent of light making it the blackest of the blacks it was developed for outer space but there may be applications right here on Earth.

Remember, there's nothing like a fresh coat of paint even if it is too black to see if you prefer, try something a bit more visible like the bluest blue or the pinkest

As for me, I like all the colors and I hope scientists and engineers continue to pursue new hues for us to use in innovative ways.

Until then, look for the world's whitest white cooling a hot building near you.

in and around. .

The Bay

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

October 2

Sidewalk sale

About 20 vendors are expected to take part in the Victoria Avenue East event, sponsored by the Hub Bazaar. Most of the vendors will be set up between May and Brodie streets, though a few will be located between Simpson and May streets. Time: 11 a.m. to 4 p.m.

October 2

Chili Buns Classic

An open annual fun race held at the end of the sailing season, the Chili Buns Classic is a chance to celebrate the year and season as a whole. Chili and buns are served at On Deck following the race, which starts at 2 p.m. Put on by the Thunder Bay Yacht Club, membership is not required. There's a skippers' meeting at 1 p.m. and the race is scheduled for a 2 p.m. start. Happy racing!

October 2

Local Artisan Fall Market

Creekside's markets traditionally feature 20 or more local artisans and several local food vendors. Come see what some of the region's most creative minds have to offer to help spruce up your home. They're located at 683 Woodcrest Road in Thunder Bay.

October 2

Sweat for Rett

A fundraiser for the Ontario Rett Syndrome Association, it's a boot camp being held at Boulevard Lake to raise money for an important cause. The event takes place from 2 p.m. to 4 p.m. See the SwettForRett Facebook page for more details.

October 2

Rural Ride for Women

Take a fun 25-kilometre cycling ride, aimed at those of all riding abilities. There will be a couple of stops along the way. The ride begins at 10 a.m. at the North McIntyre Community Centre

October 4

Dart League

Hosted at the Red Lion Smokehouse on Cumberland Street, the socially distant dart league features teams of three, plus one alternate and uses cricket-style rules. Every Monday, starting at 6:30 p.m., Thanksgiving excepted. Free entry.

October 7

Take Out Thursdays

Bring your appetite to the Knights of Columbus Centre at 301 S. May St. Take out Thursdays are back, featuring spaghetti, meatballs, delicious sauce, salad, chicken and perogies. Pick-up is from 2 p.m. to 5:30 p.m. For more information, phone 623-3252.

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.

> Address them to: THUNDER BAY SOURCE 87 North Hill Street, Thunder Bay, ON P7A 5V6

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Voice your opinion about things THAT MATTER MOST.



VISIT www.tbnewswatch.com TO SHARE YOUR IDEAS AND VIEWS ABOUT OUR

WEEKLY POLL QUESTION.

THIS WEEK'S POLL QUESTION:

Will the Toronto Blue Jays make baseball's postseason?

TOTAL VOTES: 1,071

OYES 47.62%

52,38%

Cooking with venison

As we move into the hunting season for Northwestern Ontario. It might be time to talk a little bit more about venison. Around here that typically refers to deer however it is also an umbrella term that refers to Elk and



Derek Lankinen Here's Cooking at You Kid

For years, wild venison has been a choice people wishing to still have their red meat fix while still wanting remove fat (50 per cent less than beef) and

total calories (about 15 per cent less than beef) from their diets. Lately it has also experienced a resurgence in appearances on upscale restaurant operations.

Knowing that it is quite lean, this can make it tricky to cook for the average home cook. However, with a few tricks and tools it doesn't need to be an intimidating process. You need not fear the

While venison and beef share a lot of the same characteristics, it's important to remember that the flavours will be more understated and require a little bit of finesse (and some restraint) to make sure they are appreciated. The meat itself is also a little denser (insert joke here) so you can also get away with slightly smaller portions even if you're a big eater.

Venison lends itself to earthier flavours, so mushrooms are usually a go to accompaniment.

However, when you add the mushrooms to your dish, including game meats you should add some tang or some acid to brighten up those flavours.

Now, remembering where your venison is coming from, we need to look at our surroundings; oftentimes a natural pairing is blueberries and blackberries.

The natural sweetness and acidity help to accentuate the natural flavours in the meat. If that's not enough, this is where you would go to some fruit juices or wine-based vinegars, or obviously the far more popular choice is your home liquor cabinet.

Sherries and wines pair very well with venison, either as a drink pairing or as a part of the cooking process.



Pan-fried wild venison fillet with fried potato slices and thyme herbs. (iStock photo)

Some lighter beers can also be cooked down to add another dimension to your

Any of these ingredients and tricks can be folded into an existing, stew or soup recipe from your existing reper-

The lower fat content in your venison also means that the natural choices for an easy sauce or liquid for basting is a good old fashioned compound butter. It is also the easiest, most straightforward way to incorporate all these tricks.

Start by making a reduction of shallots and sherry and add blueberries and

blackberries, once that mixture is cool, you can whip it into some salted butter with a little salt and pepper, you can also add a small amount of your favorite herbs to add a little more dimension to the flavours.

Using these couple little tricks will raise the flavours of any venison dish and inject a little bit of flair to your hunter's bounty.

Derek Lankinen is an award-winning chef. author, and restauranteur. 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.

Live on Location



Join us Live at the Marina on Thursday Sept 30th for the 1St Truth & Reconciliation **Day Event**

2-6pm



legacygivingthunderbay.com

Traithalete punches ticket to Hawaii

Thunder Bay's Kayla Kjellman has had quite a wild ride while pursuing her Ironman dreams over the past two years.

For any triathlete, the ultimate dream is to compete at the Ironman World Championships in Kona, Hawaii. Kiellman punched her ticket and was all set to realize that dream when she qualified for Kona 2020 at Ironman Chattanooga, in Tennessee, back in 2019. Kayla was training hard

until March 2020, when the global pandemic disrupted everything in our lives and Kona had to be cancelled. Kayla would have to wait as her goal event was pushed to this October.

Training for triathlon is not easy, but Kjellman managed to stay motivated and keep getting stronger in a very challenging year. A triathlete has three sports to prepare for, and a typical day includes multiple

workouts in the disciplines of swimming, cycling and running. The Ironman distance demands that athletes swim 3900m, ride 180km, and then run a 42.2km marathon back-to-backto-back.

Ironman athletes are truly some of the world's fittest people and the

idea of combining these great distances into a single race is beyond comprehension for most of us.

As she prepared, Kjellman was forced to mostly train alone while facing several setbacks like closed swimming pools and a lack of competition in the build up. Yet her determination never faded and Kayla always found a way to get her workouts in.

By May, she had started swimming in Boulevard lake with thermal gear. Then, one day in July, she joined our challenging Saturday morning group for a bike ride. On that day, we cycled over 200km, averaging over 31km/hr, all while relentlessly attacking each other up all the big climbs. As accomplished cyclists faded on the steepest pitches, Kayla hung in and even pushed the pace faster. Again and again, hour after hour, Kayla was right there with the final selection of the very fastest men in Thunder Bay at the summit of each hill. We all knew she was on the verge of having a breakthrough performance at the world champi-

It must have been devastating when it was announced in August

that the Kona world championships would be cancelled again. Kayla had already pushed her wedding back and made arrangements to be surrounded by family for her big event in Hawaii.

She had been training big hours, often over 20 a week, while also working as a registered nurse at Thunder Bay Regional Hospital.

By the time the announcement came, that Kona would be cancelled for a second time, Kayla was showing an incredible level of fitness.

It would have been a travesty to not get to enjoy it at a big event. Kayla then signed up for Ironman Canada in Penticton, which was supposed to happen this past weekend, but it too was cancelled because of the fourth wave of Covid-19. Her final hope was to get a chance to race again in Chattanooga.

Last Sunday, Kayla finally got a

chance to race.

She made the most of it and beat her previous Ironman time by an hour to earn the win in her age group and place 12th overall out of 631 women.

Strong result

She finished ahead of many professional triathletes and also beat the vast majority of men, with an overall placing of 53rd in a field of more than 2,000 athletes.

"I just wanted to have a race that showcased the hard work I did and am grateful it all came together on the day" she said, adding that she is very grateful for the support from her fiancée Chris and her family, friends and coworkers.

For her standout performance, Kayla has been awarded a spot for the Ironman World Championships in Kona, Hawaii in October 2022.

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Arrival of October means it's Halloween time

Yup, it's October, the "Halloween month" (where the heck did September go? Caught speeding I'll bet). The weather here in the country is very typical of this time

of year - dramatic skies with scudding clouds, rain showers, fantastic contrasts of dark sky and blazing sunlight on trees, cool mornings. I love it.

But why call the entire month the "Halloween month"? Two reasons: one, I love Halloween. The lead up is so brief and then it is over.

Second, it was my daughter Beth who decreed that the entire month should be so named. Of course, the bonus is Thanksgiving that falls within the brackets of this month. And a tradition in our house and in my parents' home while growing up was the smells of cooking. Some of those same aromas were issuing from the Casa Jones kitchen this

past Saturday.

Fred Jones

RURAL ROOTS

I was coming back from the weekly dump run and upon opening the front door, my 'schnoz' was greeted with the mouth-watering

scents of cinnamon and nutmeg. My wife, Laura, was preparing a sumptuous repast of the giant banana squash she grew to go with the salad (all from the garden), the roast beast (not from the garden), roasted carrots, potatoes, zucchini, and parsnips (garden produce again), and a

carrot cake. The feast was all in honour of our visiting sister-in-law and son who we hadn't seen since her husband's (Laura's brother) passing. Our son, Doug, and his lassie came out from town for a visit with his aunt and cousin.

The weather on the weekend being good, we went for walks along our trails. I took my sister-in-law

for a longer tromp up into the meadow located on what we call "Mountain trail". We actually saw bear scat in two places. The scat was not recent but it was full of seeds. Good. While the blueberry crop was almost non-existent this summer, I had seen two large patches of wild raspberries that I did not touch in the hopes that 'Bruno' would find them and indulge. The scat evidence suggested that he/she had. On our walk we heard in the distance that distinct warble of Sandhill cranes who had not set off south for the winter.

The harvesting of veggies from our garden continues apace. All of the tomatoes that were grown outside have been collected and are being processed either as a puree to be frozen for later use, or turned into a delicious soup. All the gourds but one have been collected.

It took two trips with a wheelbarrow filled such that Farmer Fred had 'fun' trying to balance the loaded barrow while wheeling it back to Casa Jones. The one remaining gourd hadn't turned the appropriate orange colour and because we had a killer frost, my wife, Laura, The Gardener, doubted that it would mature. However, with no forecast of frost for a couple of weeks (touch wood) that gourd just might ripen.

My memory ain't great but I think that it was either last summer or the previous one I called the "Summer of the Thistle". Damn things grew everywhere.

This summer it was the burdock's turn. The tough plants have grown all over the place and at this time of year the burrs have matured such that horses grazing in paddocks are returning to the barn with manes and tails encrusted with the nasty things.

I went to a local tack shop in town and bought fly masks usually used in summer at the height of biting fly season to protect the equines' eyes. Well, these masks work equally well at protecting those eyes from burrs. Each time the horses are brought inside their stalls so that we can give them their grain and any medications required, I remove the burr-festooned masks and while the horses eat their grain and then chomp the hay available, I can spend up to a half an hour removing the burrs.

Not easy and not fun. We usually keep the horses inside for several hours to give them a chance to eat hay since the grass outside no longer contains the rich proteins of summer. Then I put the masks back on and turf the horses back outside for the night. I don't recall the burrs being so prolific as this year.

The permanent solution of course is for me to take clippers and remove any burdock I find and burn them.

So, October, the Halloween Month for me and daughter, Beth. Perhaps for you too?



Chastain solid in Tammy Faye bio

Some folks will recall televangelist roll in and their lavish lifestyle Jim Bakker and his wife, Tammy Fave who became notorious in the 1980s for founding the popular PTL Club (Praise the Lord), virtually The Tonight Show of evangelical programming, only to fall from grace amidst sex scandals and financial improprieties.

Tammy was infamous for rivulets of mascara running from her starfish enhanced eyes during many an emotional epiphany while Jim

speechified and exuded folksy charm.

They became fodder for scandal sheets and late night talk show gags.

The Eyes of Tammy Fave (SilverCity) partly based on a documentary of the same name, tries to tell Tammy's story from her perspective.

While Jessica Chastain pulls out all the make-up laden and perky-voiced stops as Tammy, the mindset of the garrulous lady ultimately proves elusive.

The film follows Tammy from a willful child living in Minnesota in 1952, having a fit spouting different languages after invading a church service where her divorcee mom (Cherry Jones) serves as pianist. Is Tammy touched by God?

Tammy and Jim Bakker (Andrew Garfield) meet as young students at a Bible college. Instantly smitten, they're soon on the road, preaching "prosperity through God," ingratiating audiences with Tammy's hand puppets. Financially strapped, they catch on with Pat Robertson's TV show. From there, they launch the PTL club which eventually draws a world-wide following. The pledges

grows.

But over time rumours of financial difficulties for PTL surface. Iim winds up in prison, his astonishing misappropriation of PTL funds (\$92 million) is barely explored.

The script pulls its punches on other key issues. The film is fuzzy on their extra-marital details.

A healthy love life suddenly withers, supposedly due to Jim's workaholic ways, leading to

> Tammy's dependency on anti-depressants. Lovelorn and sidelined. Tammy has an unconsummated tryst with a sympathetic Nashville music producer. A hurt, hypocritical Jim makes her repent publicly.

But Tammy's missteps don't compare to Jim's more egregious acts

disclosed later on when sexual assault allegations by church secretary Jessica Hahn explodes along with his homosexual affairs. These get only tabloid header coverage and nuanced references respectively in

Nowhere do we get an articulation of what their followers see in the Bakkers, other than the phone-lines lighting up.

Tammy had more influence than she's given credit for, pushing boundaries. She challenges Jerry Falwell (Vincent D'Onofrio) over gender and gay issues. He looks for payback. But still, what's going inside?

Chastain is certainly convincing in capturing Tammy's affectations and actions—her chirpy perkiness, her child-like fascination with puppets,



Jessica Chastain stars as Tammy Faye Bakker in The Eyes of Tammy Faye, a movie that comes up a little short in its script.

the unctuous singing, her brave outreach to the gay community. She loves people and TV.

She gives an Oscar-pitch perform-

ance. The movie sympathizes with a lady who was once a national punch-line. But it's all surface.

Was Tammy simply a victim of

blind faith? Was she that naïve? By movie's end, is Tammy mentally detached?

God only knows.



Marty Mascarin

MOVIE TALK



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ACROSS 32 Used to express negation 34 Hindu princess Federal Bureau of Investigation

- 35 The Buddha's Political action 37 One of the committee
- Seven Hills of (abbr.) Rome Amer 39 Television Automobile
- channel 41 Care for 42 Environmental Assn. (abbr.) 10 Soapstone
- 11 Wood sorrel Protection Agency (abbr.) 45 Woman's work 12 Action (suf. 14 Animal teeth
- (suf.) 15 Threadlike hasket 47 Condition (suf.) 17 Female rabbit
- 50 Cob (2 words) 18 Charger 19 Bird's display 52 Down with (Fr.
- 2 words) 53 Wound crust 54 Mother of area 20 Betel leaf
- concoction 22 Moon vehicle (abbr.) Hezekia

Ruminant Mulberry of 55 Bleach **DOWN** 56 Poetic 24 Hairdo India contraction Port. folk tune 27 Called Indigo dye Skin eruption 57 Nat'l Jay (2 words) (Ger.) 10 Fox (Scot.) 13 Mouse-spotter's cry 16 Arabian Sea gulf 18 With (pref.) 21 Finn. language 23 Sea (Fr.) 24 Greek letter 25 Partlet 26 Month abbr. 28 Jaw bone 29 Last Queen of Spain 30 Arabic letter 33 Moon of Uranus 36 First principles 38 Fr. pronoun 40 Hindu month 42 Ger. spa 43 Speed 44 Wings 46 Endearment River into the Moselle

The last year and a half has been difficult for those who have lost a loved one either to COVID or any other circumstance. Social distancing restrictions have made it even more so.

For some, being unable to grieve with family and friends, or to go through all the traditional activities associated with laying a loved one to rest, makes the loss all the more painful and unreal. For others, it's almost a blessing. Many people have difficulty talking about death, let alone, going through the motions of a

funeral. The less they think about it, the

Ironically, that doesn't seem to be the case in Hollywood. In the past 18 months, there's been a definite increase in the death notices for the entertainment industry. It's not that there have been a lot more deaths; more that the industry has been talking about it a lot. Revelling in it, you might say.

And if anyone can make a public spectacle (not to mention money) out of a death thousands of miles away, it's Hollywood.

Fiona Gardiner

We're used to big names making the news when they pass. After all, if they make headlines and marquees (not to mention,

I'm seeing dead people

millions) over the years while they're alive, they deserve at least a notation when they're

That's often followed by a series of stories focusing on two things: that person's past work or character, and the reactions to their death from fellow celebrities. (The latter seems to be the bigger draw for reporters.) This double dose of content means

the media machine can usually get at least a dozen stories out of it, ranging from print to television. And the more their names are out there, the more celebrities can cash in.

But since early 2020, a lack of real entertainment news during the various shutdowns has made death an even bigger story. And it's also moved the passing of C-list celebrities - read: teen social media influencers and YouTube performers – into mainstream awareness.

That's not to say that their loss isn't a tragedy to those who knew them. It is. However, they too are getting the follow-up "reaction" stories from their previously anonymous friends and followers. (Isn't it nice that they too can get their 15 minutes?) Plus, there's the occasional "Cause of Death' post-coverage that shows up weeks later.

And in case anyone dares to forget any of those losses, every award show is ready to drag out their list of "In Memoriums." Producers hire a singer and select an overthe-top musical accompaniment to use as the names and pictures scroll by. It's all very

Of course, the next day those same producers are then fileted in the media for failing to mention a half-dozen or so names that didn't make the cut – and all the reasons they should have. But what can you expect when you're trying to time out all those names to match the length of a tearfully poignant ballad? (Priorities people!)

Fortunately, by then someone nameworthy somewhere else has passed.

Thus, the circle of death begins anew. And nobody does it better than Hollywood.

Local family going on Family Feud

By Gary Rinne -TB Source

Wally Presenger can now add "TV game show participant" to his list of lifetime accomplishments.

The Thunder Bay man had more than a few feuds on the ice over the years while playing for the three-time Allan Cup champion Thunder Bay Twins in the 1980s.

He's facing some tough competition again, but this time it's on CBC's Family Feud Canada.

Presenger, along with his two sisters, his brother and his sister-in-law managed to make it through the producer's rigorous screening to make it to the show.

The audition process included a simulated game with another family, conducted virtually.

"We happened to pass that quite well, and they took a liking to our family. We told them what our family was all about and what Thunder Bay is all about, which is fantastic," Presenger told TBNewswatch.

He believes the family's personalities notably his brother Darrell, whom he described as 'quite a comedian' - were key to being accepted onto the show.

It was his brother who first suggested



The Presenger family of Thunder Bay will be on Family Feud Canada on Oct. 25 on CBC.

that they apply.

"I agreed to it, thinking that we'd never get in. Then I tried backing out once we got in, thinking 'Oh, by golly, what are we going to do here?' but it ended up being an unbelievable experience."

Presenger joked that he wishes he had the opportunity to do it over again.

"A couple of the answers, you're gonna laugh at. But anyway that's just the way the game is played," he said.

Presenger's job currently has him working in the Toronto area, so he's not sure he can make it to Thunder Bay to watch the show with family and friends when it's broadcast on Oct. 25.

The episode was recorded earlier this month, but contestants are not allowed to reveal how they did before the show is televised.

Leach saw racism at rink

By Leith Dunick - TB Source

Growing up in Riverton, Man., Reggie Leach said he didn't witness much racism.

It wasn't until he landed in Flin Flon, to play junior hockey for the Bombers, that the insults began to fly from the stands.

His coach told him he was best to ignore it, that it must mean he was doing something right on the ice. Better yet, score a few goals and it would probably go away.

More than 50 years later, Leach, an Indigenous pioneer who scored 381 goals in 934 NHL games, winning a Stanley Cup in 1975 with the Philadelphia Flyers, says ignoring the problem did not make it go away, it just bubbled under the surface for decades.

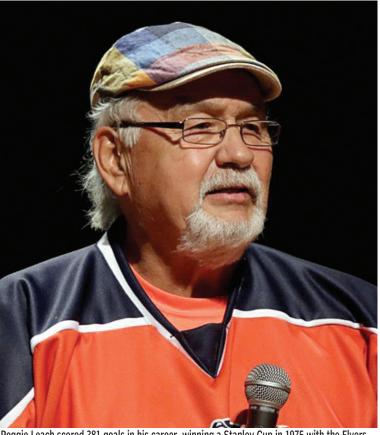
Leach who on Saturday was the guest of honour, alongside his NHL-playing son, Jamie, at the Truth and Reconciliation Game between the Thunder Bay North Stars and host Dryden Ice Dogs, said it was a far different attitude toward race during Leach's heyday with the Broad Street Bullies.

Didn't do enough

"We just let it go by. Right now, a lot of this racism that's involved with the National Hockey League, I think if players like myself back in the '70s and '80s, we should have spoken up sooner to the league and maybe they wouldn't have been so mad in the National Hockey League with the racism that's going on."

The 71-year-old said he's done staying silent.

It's time to speak up, Leach said, pointing to the discovery this past summer of hundreds of bodies in unmarked graves at residential



Reggie Leach scored 381 goals in his career, winning a Stanley Cup in 1975 with the Flyers.

school sites across Canada.

"I think that we have to educate everybody about what's going on, making everybody responsible for whatever happened. I think we have to get the literature out there, let the people know what happened and go from there," Leach said.

"Working together as one, not individually because that's not going to work. What the Ice Dogs are doing here, I think it's a great thing because not too many other clubs are doing it. But I think this

will catch on with other people and other teams. You're not going to see change overnight, but you're going to get the information out, what happened and the truth."

Jamie Leach, who played 81 games in the NHL, winning a pair of Stanley Cups with Pittsburgh in the early '90s, said living in Philadelphia, he didn't face the same kind of racism as his father. But later in life he decided to learn more about his Indigenous culture.

Being asked to take part in the

Truth and Reconciliation game was pretty special, the 52-year-old said.

"We want to get some education out there. We want people to know what's happening. Let's start the talk, let's start the education, let's start the curriculum and let's just keep it going. (Dad's) really passionate about it and I am myself. And personally I want to become more of aware of what's happening to make sure we don't do it again."

Ice Dogs captain Cameron Ware said the residential school site discoveries were an eye opener for all Canadians.

Important issue

The Bright's Grove, Ont. native, who has three goals in three games this season, said the Truth and Reconciliation game is a huge initiative for the community, which includes a large Indigenous popu-

lation, many of whom are still affected by the legacy of the country's residential schools.

"It's obvio u s l y something that's been taken a little bit lightly the last few years and

there have been a couple of incidents that just can't be (tolerated). As one of the first Junior A hockey teams to have a game like this is huge," Ware said.

"I'm honoured to be a part of it, but it's more than just us. It's for the people of First Nations communities and as long as this keeps going, as it should, I'm happy to be a part of it."



JAMIE LEACH

keeping in the tears as he watched his players take the

said the wait was almost unbear-

Hopefully COVID-19 can soon be put in our past. The athletes, coaches and volunteers can't afford another season shoved to the sidelines.





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Local sports return a welcome sight

It was fantastic being out at field. Fort William Stadium last Friday night, which marked the return of

high school football. It's been nearly two years since the Westgate Tigers brought home a surprise senior title, but more importantly, it was a chance to see some normalcy back on the

Leith Dunick

Thankfully, for local sports fans, it's just the beginning. The

> Superior International Junior Hockey League is already under way, and university hockey, volleyball and basketball aren't that far around the corner.

Thaytel Major League of Curling is also set to kick

off its new season next week.

As someone who spends a lot of his down time covering the local sports scene, it's been a tough 18 months on the sidelines.

That probably goes ten-fold for the athletes involved.

I spoke with Hammarskjold football coach Mike Judge after their 13-7 win over St. Ignatius and he told his team it was tough His quarterback, Peter Burgess,

Hammarskjold's Dyllan Halls charges toward the endzone last Friday afternoon.

Vikings win opener

By Leith Dunick - TB Source

After nearly 22 months away from the field, the Hammarskjold Vikings made a triumphant return to the gridiron on Friday night.

Playing in blustery, drizzly Canadian football weather, the Vikings muscled their way into the end zone twice, their ground game powering the to a 13-6 win over the St. Ignatius Falcons at Fort William Stadium, beginning the hunt for what they hope is the team's first senior boys championship since 2008.

"It's amazing," said Hammarskjold quarterback Peter Burgess, whose twoyard plunge up the middle three minutes into the fourth sealed the win for the Vikings, a team that went 4-1-1 in 2019, losing the 2020 campaign to the pandemic.

"The wait was so long. It's awesome to be back and to start off with the win is awesome. It's the best feeling."

It was a matter of battling through the elements and sticking to the game plan, which involved a lot of tough runs, sprinkled with a pass or two just to keep the Falcons defenders honest.

"It wasn't nice to play in, but honestly any weather is nice to play football in. It was rainy, it was very windy, but the run game was there and it helped us," Burgess said.

The Vikings got off to a bit of a slow start, but found the goal line early in the second quarter, Dylan Halls barrelling up the middle and diving into the end zone for the score, Hammarskjold taking an early 7-0 lead.

The Falcons, winners of four senior football titles between 2014 and 2018, used special teams to draw within one, running back Liam Willmore hauling in a Hammarskjold punt at his own 30-yard line, ducking and dodging his way into open space and racing 80 yards for a touchdown that left St. Ignatius down by one at the half, trailing 7-6.

The score stayed that way until just beyond the three-minute mark of the fourth, when Burgess finished off a 37-yard drive with a two-yard keeper that gave the Vikings their final six points of the evening.

"That was all O-line. I owe that to

Riley Judge and my centre. They made the perfect whole. The O-line played perfect the entire game," Burgess said.

Hammarskjold coach Mike Judge, who told his team after the game he could barely contain his tears watching them win in their return, was pleased with the Vikings effort on both sides of the ball.

"We challenged our guys inside to play great defence, have good offensive line play and we hammered it out in the trenches in the first half and got a little outside on them in the second half. But every yard was hard tonight," Judge said.

The Falcons best chance to get back in the contest came on another special teams play. The Vikings, looking to punt with under two minutes to play, fired the snap high, the ball eventually recovered by Hammarskjold on their own 45.

Tyler Robertson gained four yards on St. Ignatius' first play, but a fumble by Michael Danchuk, led to no gain and the Falcons turned it over on downs on the next play.

In other action, St. Patrick downed Westgate 21-17.







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- 68. Death/Funerals

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Lawn Cutting and Odd Jobs, with low rates! For more info call James 623-8829

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SUNSHINE LAWN MAINTENANCE -Fall Specials start now, pruning, rototilling, window washing, eavestrough cleaning, lawn revitalization, many odd jobs call Mark 631-6967

ANSWERS TO THIS WEEK'S **PUZZLES**



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

2 9 8 5 4 3 1 7 6

:"Nothing astonishes men so much as common sense and plain dealing." - Ralph Waldo Emerson

53. GENERAL SERVICES

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

61. EMPLOYMENT WANTED

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

Spring & fall yard clean up, dump runs, lawn cutting, gardening, rototilling, tree & hedge trimming, eaves trough cleaning, powerwash decks, siding etc RJC Window Cleaning & Property Maintenance 632-2161

68. DEATH/FUNERALS



A Gift In Remembrance

www.siftb.net/memorial 768-4411





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2013 GMC Thunder Bay Sierra 1500 SL Nevada

199,210KM | Stock #:2740TW \$18,900



2017 Acura **RDX Elite Pkg AWD**

97,031KM | Stock #:2739TA



2013 Honda Civic EX

123,858KM | Stock #:2729TA \$13,990*

Thunder Bay

Thunder Bay



2014 Subaru Forester Ltd

120,273KM | Stock #:2725TA \$17,500**



2018 Toyota Rav-4 LE

102,769KM | Stock #:2738TA \$24,990**



2015 Mazda Cx-9 GT AWD

91,034KM | Stock #:2734TA \$19,900*



2008 Infiniti G37 Coupe Journey

\$11.500° 165,332KM | Stock #:2747TW



2017 Kia Sportage SX Turbo

119,408KM | Stock #2737TA \$24,500**

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2015 Chevrolet Thunder Bay Equinox LT AWD

142,544KM | Stock #:2691TW **\$14,000***



2020 Hyundai Elantra

18,744KM | Stock #:2684TR \$20.000*



2013 Kia Optima EX Turbo

102,628KM | Stock #:2721TA



\$13,500



2019 Honda Civic Coupe LX

Thunder Bay

34,851KM | Stock #2701TA \$21,500**