

Lakers head into 'Showcase' on positive note

By **Jamie Mountain**
Staff writer
jmountain@fortfrances.com

It was a bit of a roller-coaster ride for the Fort Frances Lakers last week.

After being embarrassed in back-to-back home games, first 7-1 by the Thief River Falls Norskies last Tuesday and then 7-3 at the hands of the Thunder Bay North Stars on Friday, the squad bounced back in a big way Saturday night.

The Lakers exacted some revenge on the SIJHL-leading Norskies with a 2-1 shootout victory at the Ralph Engelstad Arena.

Adam Withers scored in regulation time, then Jaedin Ness notched the lone goal in the shootout to lead the Lakers to just their 11th win of the season.

"We came out and played with a purpose, were focused, and wanted it," said Lakers' head coach and general manager Wayne Strachan.

"As a staff, we were very pleased [and] it was good to see," he added.

"We could have easily rolled over and gave up but we came to work for [a full] 60 minutes."

Brett Akins was outstanding between the pipes, finishing with 38 stops in one of his best starts of the season.

Strachan lauded the play of his key players over the Lakers'

recent stretch of games.

"I think since moving Adam Withers to centre, his game has excelled," he enthused.

"He has led us offensive-wise since returning from [the Christmas] break.

"Ian Jarvis has scored some big goals for us lately, and Anthony Antonelli continues to improve his game and is playing strong defensively," Strachan added.

"Brett Akins played a great game Saturday. [He] was big, in position, and made key saves.

"Overall, everyone is contributing in some way and that is what you need to have success," he stressed.

Given how the week started for the Lakers, Saturday's outcome seemingly came from out of nowhere.

The first-place Norskies stormed out to an early four-goal lead against the Lakers last Tuesday at the Ice For Kids Arena and never looked back.

Thief River Falls was all business in a dominant opening 14 minutes that saw the Lakers mostly running around in their own zone.

Parker Simonson opened the scoring on the power play at 2:46 before Mitchell Soderberg notched a short-handed tally at 5:29.

Aslan Akervik and Logan Jackson then added even-strength goals to give the
Please see "Lakers," B3



Fort Frances Lakers' forward Ian Jarvis blasted the team's lone goal top-shelf past Thief River Falls Norskies' goalie Jackson Nelson during last Tuesday's 7-1 loss at the Ice For Kids Arena. But the Lakers exacted some revenge with a 2-1 shootout win Saturday night at the Ralph Engelstad Arena to snap a three-game losing streak.
—Jamie Mountain photo

Tight battle on the lanes

Staff

It was nail-biting time by late Sunday afternoon at Plaza Lanes here.

When the dust finally settled, five local bowlers had qualified for the provincial round of the annual Open championships, which are set for March 28-31 in Azilda (Sudbury).

There was no question who would claim the top three spots in the men's division, with Jeff Watts of Fort Frances easily leading the way with a 5,147 total during the 20-game zone roll-offs that began Saturday morning.

Dryden bowlers Tim Gadd (4,870) and Justin Galloway (4,743) were next, with all three also to represent Sunset Country in the men's singles competition at the provincials.

But incredibly, after 20 games, just 18 pins separated the next four bowlers.

Dallas Gervais of Fort Frances (4,370) ended up claiming fourth place, with Kyle Hamilton of Balmertown only two pins behind in fifth (4,368).

Mike Behan of Fort Frances was a further nine pins back at 4,359—snagging the sixth and final berth on the Sunset Country men's team by a mere seven pins over seventh-place finisher Andrew Misner of Dryden (4,352).

Dryden bowlers Scott Miner (4,257) and Chris Gadd



Jeff Watts prepared to throw a ball during the annual Open zone roll-offs Saturday afternoon at Plaza Lanes. The Fort Frances bowler wound up averaging 257 over the 20 games to top the men's division and earn a berth at the provincial championships in Azilda (Sudbury) in March.
—Jamie Mountain photo

(4,245) finished in eighth and ninth place, respectively, and will join Misner as the three men on the Sunset Country mixed team that will compete at Azilda.

The fight for the ninth and final provincial berth also proved to be extremely close, with Gadd prevailing by just five pins of Chris Rollins of Balmertown (4,240) and only 16 over Cody Brown of Fort Frances (4,229).

Outside of the top two, the battle for positions was even

tighter in the women's division.

Jackie Miner topped the field with a 4,300 total, with Toni Benning of Fort Frances taking second place (4,136).

But Charlotte Hazlewood of Dryden claimed third place—and the final berth in the women's singles competition at Azilda—by just one pin over Jessica Scott of Kenora (3,885-3,884).

Kathy Bois of Fort Frances was just another seven pins back in fifth place with a 3,877 total after the 20 games.

Please see "Five," B3

Close not good enough: coach

By **Jamie Mountain**
Staff writer
jmountain@fortfrances.com

Muskie boys' hockey team head coach Jordan Sinclair was all too familiar with Monday night's outcome.

While the squad is an impressive 8-0 in NorWOSSA regular-season play, it's how they've come up short time and again in exhibition games and tournaments that has left him scratching his head.

"We've been close [to winning in exhibition games] for a long time but as I said to the guys, I'm getting a little sick and tired of being close," Sinclair said after Monday night's 2-1 loss to the International Falls Broncos at the Ice For Kids Arena.

"It's time to start winning some of those, so maybe we'll find a break and a bounce our way.

"Once you experience that, and you experience winning instead of being close, it can make a big difference," he stressed.

With the win, the Broncos swept the "Border Battle" series

after taking their first meeting 5-4 in overtime back on Dec. 22 in the Falls.

After a back-and-forth scoreless first period, Trevor Becvar opened the scoring for the Broncos when he capitalized on a Muskie turnover and beat Darian Klem unassisted with 11:03 to go in the second.

Jake Barker then evened it at 1-1 with 9:17 to go in the frame, undressing Broncos' goalie Jake Klow for a beauty.

Kaden Nelson and Jace Jackson drew the assists.

Simon Palm put the Broncos back in front when he intercepted an errant Muskie clearing attempt and promptly deposited it with 11:58 left in the third period.

"I'm disappointed that we lost, because I hate losing, but I'm not disappointed in the sense that I didn't think we played well," Sinclair said.

"I think that we did play well," he stressed. "I think we should have scored four times in the second period and that's the difference in the game.

"We have a great opportunity, we miss a few chances, can't

get our stick on a few chances in scums, the kid [Klow] makes one or two incredible saves.

"And then you turn around in the third period, and that's usually how it goes, they get a crazy bounce like that off the end boards, where our guy is trying to do the right thing, and then it ends up in the back of your net before you got time to blink," Sinclair remarked.

"It's unfortunate that it happened that way but like I said, it happens quite often."

The Muskies pulled Klem in the late stages of the game in favour of an extra attacker but couldn't net the equalizer to force overtime.

Klem took the loss, finishing with 24 saves, while Klow made 27 stops to earn the win.

The black-and-gold were slated to face the host Sioux Lookout Warriors yesterday in NorWOSSA action, but the game was postponed due to inclement weather.

A make-up date will be announced in the near future.

Please see "Close," B3

Muskie girls blank Eagles again

Staff

The Dryden Eagles will be glad to get a little break from playing the Muskies.

Taylor Crowwell scored twice to lead Fort High to a 3-0 victory Monday night in Dryden that improved their NorWOSSA record to 11-0-1.

The black-and-gold had blanked the Eagles 1-0 in the teams' previous meeting back on Jan. 10 at "The Duke" (Couchiching Arena).

Crowwell opened the scoring in the first period, with Jen-

na Clendenning and Annalise (C.C.) Hayes drawing the assists.

She then made it 2-0 later in the frame, with Hayes and Clendenning assisting again.

Hayes then capped the scoring when she finished off a feed from Alex Gartzke in the third period.

Kamryn Sandelovich earned her second-straight shutout between the pipes.

With the win, Fort High claimed the four-game regular-season series over Dryden (3-0-1).

The Muskies were scheduled

to face the host Sioux Lookout Warriors yesterday, but that game was postponed due to inclement weather.

A make-up date will be announced later.

Fort High next will be in NorWOSSA action tomorrow when they host the St. Thomas Aquinas Saints (Kenora) at 7:15 p.m. at the Ice For Kids Arena.

Then they'll lock horns against the host International Falls Broncos in an exhibition game this Saturday (Feb. 3) at 2 p.m.

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'Storybook ending' for Muskie boys

By **Jamie Mountain**
Staff writer
jmountain@fortfrances.com

Home is where the heart is but it's also where redemption was found for the Muskie boys' curling rink.

Just over a year removed from failing to advance to the all-Ontarios, when they lost a heart-breaking four-end second tie-breaker against the Hammarskjold Vikings (Thunder Bay) 3-2 at the NWOSSAA championships in Longlac, the black-and-gold redeemed themselves with a 6-3 win over Widdifield (North Bay) in the gold-medal game of the OFSAA championships Saturday afternoon at the Fort Frances Curling Club.

Skip Chris Silver, who had to sit out last season with a torn hamstring, was determined not to let his rink—Daniel Vandenberg, Jason Bazylewski, Owen Riches, and Ben Olson—suffer a similar disappointment on home ice.

"It seems sort of like the dream ending to our high school career," an elated Silver said following Saturday's golden win.

Silver, Vandenberg, and Bazylewski all will be graduating this year and couldn't have capped off a memorable week any better.

"Coming so close two years ago, and then getting injured and not making it [to OFSAA] last year, and then coming back this year at home and being able to pull it off after losing our first game just feels like the perfect storybook ending," Silver enthused.

The black-and-gold had opened play Wednesday afternoon with an 11-4 loss to Aldershot HS but rebounded with an emphatic 11-1 drubbing of Medway HS in just four ends that night.

The Muskies also pulled off a rare "eight-ender" in the second end of that win—a feat not previously accomplished at an OFSAA championship.

"It seems like we controlled



Muskie boys' skip Chris Silver, who is in Grade 12, bowed his head so he could receive his hard-earned gold medal to cap an excellent high school career. Silver led the black-and-gold to the title at the OFSAA curling championships with a 6-3 win over Widdifield (North Bay) on Saturday afternoon at the Fort Frances Curling Club.

—Jamie Mountain photos

most of the games," Silver recalled.

"We have more of a defensive style," he noted. "We like to play open with not many rocks in play and make them make the first mistake, and then capitalize on it."

"Throughout the year, we probably only shot like 70 percent as a team," Silver conceded. "But this week I feel like we shot over 90 percent as a team."

"We all focused and made the shots when we did, and

worked together well."

In Thursday's action, the Muskies beat Widdifield 5-3 in the morning before capping the day with a thrilling 7-6 comeback victory against Timiskaming that evening draw.

Trailing 6-3 heading to the seventh end, the black-and-gold stole three to tie it at 6-6 before stealing one more in the eighth to seal the win.

"That was a turning point game, that one," said Muskie coach Ron Silver, who also is

president of the local curling club.

"We were down and fought back, fought back, never gave up," he lauded.

"And that actually was the turning point of the tournament."

Fort High then cruised to a 8-3 win over Vincent Massey HS on Friday morning to finish with a 4-1 record in Pool 'C' and advance to the quarter-finals that evening, where they rolled to a 6-2 win over Silver-

thorn.

That set up a rematch with Aldershot in the semi-finals Saturday morning, which the Muskies claimed by a 7-3 margin to advance to the gold-medal game that afternoon.

"A great way to end their high school curling career in front of the hometown fans," Ron Silver said about his son, Chris, along with Vandenberg and Bazylewski.

"I wanna congratulate the Widdifield team," he added.

"We were in their shoes two years ago, lost the gold-medal game to the team that beat us in the round-robin, so it's just about the same type of situation."

"I know how they feel [so] congratulations to them because they curled fantastic, too, all week," he lauded.

Ron Silver also was pleased with the whole OFSAA experience at home and felt everything ran smoothly.

"It was fantastic," he enthused. "I mean, it's a great community, great volunteers, it's a great town."

"They get behind everything. The support was fantastic from everybody and it shows," he added. "All the people here had a great time."

"There were zero complaints that we heard of," Ron Silver stressed. "Everybody was nothing but compliments to us, the organizing committee, the curling club, the town, the athletes. It was beautiful."

The Atikokan Voyageurs also had a boys' rink compete at OFSAA here after they had qualified as the NWOSSAA silver-medalists because the Muskies, who won NWOSSAA gold, had an automatic bye as the host team.

Comprised of Jordan Ekstrom, Griffin Garuk, Chris Strom, and Isaac Strom, the Voyageurs compiled a 1-4 record over the week in Pool 'A' and failed to advance to the quarter-finals.

The Voyageurs had opened play Wednesday morning with an 8-3 loss to Bishop Allen Academy, then fell 5-2 to Silverthorn in the afternoon draw.

But they rebounded with an impressive 11-3 rout of Crestwood Preparatory College on Thursday before suffering a 6-2 defeat at the hands of Eastview SS that night.

The squad saw their tourney come to an end with a 6-2 loss to Brooklin HS on Friday morning.



Muskie boys' skip Chris Silver looked on hopefully as teammates Owen Riches and Jason Bazylewski went hard on their brooms to get his stone down the ice during Fort High's 11-4 loss to Aldershot HS at the OFSAA curling championships last Wednesday afternoon at the Fort Frances Curling Club. But the black-and-gold rebounded with seven-straight wins en route to capturing the gold medal.



Griffin Garuk, right, and Isaac Strom of the Atikokan Voyageurs looked to sweep a shot down the ice during their rink's 11-3 win over Crestwood Preparatory College at the OFSAA curling championships Thursday afternoon at the Fort Frances Curling Club. The squad went 1-4 in Pool 'A' play to fail to advance to the championship



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Muskie, Owl girls have strong OFSAA showings



Muskie girls' skip Tory Beaudry was locked in on where she wanted to place her shot while Katrina Slomke looked on during their rink's 8-1 win over Bear Creek SS at the OFSAA curling championships last Wednesday afternoon at the Fort Frances Curling Club. Beaudry skipped her squad to the "antique bronze" medal.

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

High school curling is alive and well in the Rainy River District.

That's especially true when it comes to both the Muskie and Owl girls curling teams, who had their talents on full display last week at the OFSAA curling championships that were held at the Fort Frances Curling Club.

The Muskies, comprised of Tory Beaudry, Ashley Payne, Katrina Slomke, Andrea Schram, and Lauren Penney, were impressive in falling just short of a bronze medal with a 7-5 loss to Timiskaming District SS on Saturday afternoon.

"It was a great experience getting a chance to win a medal here in our hometown," said Beaudry afterwards. "It was great, we were super happy about that."

"I think, overall, we had a lot of fun," she enthused.

Fort High opened play last Wednesday afternoon with a 8-1 win over Bear Creek SS before thumping St. Theresa CSS 10-4 that night.

The squad was edged 7-6 by All Saints HS on Thursday morning before responding by doubling A.N. Myer SS 6-3 that night.

The black-and-gold then



Muskies Andrea Schram and Ashley Payne swept their rock towards the house during their squad's 7-5 loss to Timiskaming District SS in the bronze-medal game of the OFSAA curling championships Saturday afternoon at the Fort Frances Curling Club. The black-and-gold settled for "antique bronze" with the loss to cap a strong showing on home ice.

downed Vincent Massey 9-5 on Friday afternoon to finish Pool 'F' play with a 4-1 record to earn a spot in the quarter-finals, which featured an all-district battle between Fort High and the Rainy River Owls.

The Muskies prevailed 7-3 to advance to the semi-finals Saturday morning.

Saturday morning's semi-

final saw the Muskies drop a tough 7-5 decision to Lockerby before losing in the bronze-medal game.

Beaudry is in her final year at Fort High and will be moving on to Brandon University, where she plans to curl juniors out of Manitoba.

What will Beaudry miss most about her time with the

Muskies?

"I think it would be probably be the OFSAA championships that I've attended," she replied.

"Because those are the times that you really come together as a team and as a group of people," she reasoned.

"Those are the memories that you make, the fun you have, not even just on the ice but maybe off the ice or doing fun stuff with the team."

"I think those are the memories I'll have with me," she added.

The Rainy River Owls, meanwhile, were eliminated from the tourney with the quarter-final loss to the Muskies.

The squad, comprised of Mackenzie Jolicouer, Aynsley Williams, Madison Williams, Lynnelle Westover, and Cassidy Teeple, finished Pool 'E' play with a 4-1 record overall.

"Going undefeated at qualifiers and winning Gold at Nor-WOSSA and NWOSSAA, and earning our berth at OFSAA was an extremely rewarding experience," noted Owls' coach Colleen Jolicouer.

"We had exceeded our goals for this season," she added. "Our goals at OFSAA were to have good games, and [to] enjoy the experience."

"Finishing second in our pool and advancing to the quarter-finals surpassed our goals."

Rainy River opened with a



Rainy River Owls' skip Mackenzie Jolicouer was zoned in on where she wanted to put her shot during her rink's 8-3 win over Bill Crothers SS at the OFSAA curling championships Thursday afternoon at the Fort Frances Curling Club.

9-3 win over Timiskaming District SS last Wednesday morning before blanking O'Neill CVI 8-0 in just five ends that evening.

The squad then downed Etobicoke CI 7-5 in Thursday morning's early draw before cruising to a 8-3 romp over Bill Crothers SS on Thursday afternoon.

Rainy River then ended pool play with a 7-3 loss to Bishop Allen Academy on Friday afternoon.

"Having OFSAA locally was great, we loved the support from family and friends and seeing all the 'Owls' upstairs 'hooting' for us," enthused Jolicouer.

"We struggled a bit with our games on Friday, but moving forward [we] know what we need to work on next year," she reasoned.

"It was awesome having our hometown world silver medalists Trevor Bonot and Jackie McCormick speak at the banquet."

Jolicouer also noted that the rink's takeaways from week will be the friendships with fellow curlers, support of local community, and athletic respect.

"We continue to love the sport of curling [and] hope to have the opportunity to compete at this level next year," she noted.

"We would like to thank the support from RRHS, the Stratton Curling Club, our families and friends, the OFSAA committee, the host Fort Frances curling club, ice maintenance crew, and the officiating committee, whose hard work and dedication made this experience a memorable one."

Jackson nabs provincial crown

Staff

It was a perfect weekend for Fort Frances' Kathie Jackson and her rink at the Travelers Curling Club provincial championships in Sault Ste. Marie.

The squad, which includes Michelle McFayden, Jacquee Loerzel, and Leanne Eluik, went a perfect 6-0 en route to nabbing the title with a 9-4 triumph over Lisa Wilson (Timmins) in Sunday morning's final.

Jackson opened play Thursday night with an 8-1 drubbing of Jodi Judd (Thunder Bay).

Then on Friday afternoon, the foursome defeated Danielle McLeod (Elliott Lake) 10-6 before cruising to a 9-1 romp over Janice Vettoretti (Sudbury) that evening.

Saturday morning saw Jackson cruise to a 12-3 rout of Wilson before finishing round-robin play with a 9-4 win over Theresa Brunet (Hearst) that afternoon.

Wilson squared off against

McLeod in a tie-breaker that evening as the rinks had identical 3-2 records.

The former went on to take it 7-4 to advance to face Jackson in Sunday's final.

It was a different story on the men's side, though, as Lorne Jackson's Fort Frances rink compiled a 1-4 record and failed to advance past round-robin play.

The squad, which also featured Todd Moxham, Mark Pedersen, and Derek Jackson, opened play Thursday night with a 9-1 loss to Gary Weiss (Thunder Bay).

They then fell 8-2 to Alain Leduc (Espanola) on Friday morning before being doubled 6-3 by Jason Strelezki (Sudbury) that evening.

Saturday morning saw a better result for Jackson's rink but they still were edged 8-7 by Chris MacInnes (Timmins).

The squad then salvaged a 9-4 victory over Brian Adams (Geraldton) that afternoon to end their tourney action.

Sudoku

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

The difficulty level of the Conceptis Sudoku increases from Monday to Friday.

Conceptis SudoKu By Dave Green

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

Difficulty Level ★★★

3/28

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

Difficulty Level ★★

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LUNDO

Muskie pucksters impress at OFSAA

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

The Muskie girls' hockey team was a force to be reckoned with all season and they proved their talent once again last week at the OFSAA 'A/AA' championships in Timmins.

After finishing atop Pool 'C' with a 3-0 record and then blanking Leaside 2-0 in quarter-final action Thursday afternoon, the squad fell just short of their goal of a provincial title with a 3-0 loss to St. Anne's CSS in the semi-finals Friday morning.

The black-and-gold then fell 2-1 to St. David CSS (Waterloo) that afternoon to settle for the "antique bronze" medal.

"I wish we could have a bit more time," said Muskie head coach Todd Hamilton. "I felt we were wearing down the other teams with three lines.

"St. Anne's mostly played two lines, consisting of borrowed junior 'A' or 'AAA' level players," he noted.

"Their third and fourth lines didn't see the ice.

"ESC L'Escale's [Clarence-Rockland] coaches Genevieve Cheff and Miguel Deault used their entire bench with no juniors, I am aware of, and rolled three lines," Hamilton added.

"Definite underdogs in the final [and] I believe Rockland beat St. Anne's because of their depth."

ESC L'Escale claimed the provincial title with a 2-1 overtime win over St. Anne's in Friday's gold-medal final.

Hamilton also noted OFSAA won't be allowing junior 'A' players to participate in the tournament next year.

"Personally, I don't have a problem with it," he remarked. "It's great for our kids to get the opportunity to play against the best players available.

"But I don't really understand why a junior 'A' and 'AAA' level player would want to play in a high school tournament?"

"I don't think Cole Tymkin



The Muskie girls' hockey team was welcomed back by their loyal supporters Saturday afternoon in the parking lot of the Memorial Sports Centre here. The black-and-gold had just returned after finishing fourth at the OFSAA 'A/AA' championships in Timmins last week to wrap up an impressive season.

—Submitted photo

[OHL's London Knights] or Ian Tookenay [Fort Frances Lakers] would consider qualifying to play by doing some booklet classes, playing two regular-season high school games, then joining the Muskies at OFSAA in March," Hamilton reasoned.

"Doesn't make much sense." St. David scored twice in the first period as they carried a 2-0 lead after 15 minutes in the bronze-medal game.

After a scoreless second period, Reece McQuaker netted a beautiful goal with a backhand to the top-shelf with under five minutes to go in the third, but that's as close as the Muskies would get.

Fort High, ranked third for the 16-team tournament, had opened play last Wednesday

morning with a 6-1 romp over fifth-ranked Anderson CVI (Whitby).

Captain Annalise (CC) Hayes led the way with a hat trick while Taylor Crosswell, Kelsey Langtry, and Jessica Steele added singles.

Kamryn Sandelovich earned the win in goal.

The black-and-gold then blanked the 10th-seeded host ESC Thériault 2-0 that afternoon.

Hayes netted both goals while Sandelovich earned the shutout.

"There are no weak teams at OFSAA and the games are 15-minute stop-time [periods] with one flood, so you need to have a good start," Hamilton stressed.

"We also played six very high-tempo, competitive games in three days, with all three days being 8 a.m. [EDT] starts," he noted.

"So on Fort Frances time, the players were getting up at 5 a.m. and playing at 7 a.m. all three days of the tournament.

"Noting these challenges, the players played their best hock-

ey of the season at the right time," Hamilton said.

The Muskies then eked out a 4-3 win against 16th-ranked St. Joseph CSS (Mississauga) on Thursday morning to advance to the championship round with an unblemished record.

Crosswell netted a hat trick in that one while Jillian Calder had the Muskies' other goal.

Crow Lake squad claims tourney title

Staff

The local Crow Lake Midget hockey team downed Summer Beaver 2-0 on Sunday to nab the tourney title at the Northern Youth Hockey Championship in Lac Seul.

Coach Gerald Arch-Kelly, who is from Onigaming First Nation, has provided Couchiching First Nation youth with the opportunity to extend their hockey seasons.

The boys and girls on the squad, despite being the smallest team in the tourney, dug in deep and had no quit en route to the championship.

Crow Lake won its first game 5-1 against Slate Falls, followed by dropping a narrow 2-1 decision to Summer Beaver.

Then against Mishikan Lake they dropped another one-goal decision 3-2.

But the squad rebounded in their fourth game by exacting revenge on Mishikan Lake with a 7-6 overtime victory to advance to the final against Summer Beaver.

Despite missing four players during the game, Crow Lake came out on top with Ethan Rose earning the shutout and also grabbing MVP honours.

Making up the rest of the

squad are Jeremy Archie, Jordan Carpenter, Brevan Tallinder, Cameran Mandamin, Jaran Copenace, Adam Morrisseau, Matthew Mainville, Mike Ward, Adam George, Kiera Boshey, Savannah Prince, Leah Archie, and Dakota Medicine.

Chris Mainville and Travis George, meanwhile, are the other coaches.

Matthew Mainville tallied two goals and six assists, Morrisseau had six markers, Mike Ward had nine goals, and George scored 10 goals over the course of the tournament.

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English River Miners' forward Jacob Siebega fired a backhander on Fort Frances Lakers' goalie Ismael Ralsten as defenceman Jack Dunnell tried to get his stick in the way during the second period of the visitors' 2-1 overtime loss in Game 3 of the best-of-five quarter-final playoff series Saturday night at the Ice For Kids Arena. Ralsten finished with 24 saves to earn the win.

—Jamie Mountain photo

Lakers ready to battle top 'Dogs

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

The Fort Frances Lakers may have been the underdog heading into their best-of-five quarter-final playoff series against the English River Miners, but they sure didn't make it look that way.

English River (28-23-1-4) finished the regular season in fourth place, 22 points ahead of the fifth-place Lakers (15-32-3-6).

But that was all moot when Adam Withers scored 8:02 into overtime to lift the Lakers to a 2-1 win over the Miners in Game 4 of their best-of-five quarter-final playoff series Monday night at the Ice For Kids Arena.

With the victory, the Lakers claimed the series 3-1 and now advance to face the first-place Dryden GM Ice Dogs (40-8-6-2) in the best-of-seven semifinals that kick off on Friday night in Dryden at 7:30 p.m.

"We knew it wasn't gonna be easy," said Lakers' head coach and general manager Wayne Strachan after the series-clinching win.

"The Miners are a good hockey team, they finished some 22 points ahead of us in the standings.

"But it's a second season and things can happen," reasoned Strachan about the playoffs.

"I give a lot of credit to the guys in the room," he enthused. "They believed in themselves, they believed they could do it,

and they set out to do it."

A big factor in Fort Frances' success in the series against English River was the stalwart play of goalie Ismael Ralsten.

The 19-year-old compiled a 1.45 GAA along with a .954 save percentage through the four games to help his squad advance.

"He gave us a chance to win every game," lauded Strachan.

"Really, any game could have went either way throughout the whole series and he stood tall and made some huge glove saves tonight.

"He's been focused," he added. "He's played with poise and kept his game simple, not giving up a lot of rebound opportunities, seeing the puck well, battling when he did it."

The Miners are a chippy team and always did their best to try to throw Ralsten off his game, but he didn't let that bother him.

"It's definitely some of the best games I've ever been a part of," beamed Ralsten about the series.

"They didn't shy away from trying to get me off my game any way they could, and they were doing that the whole series.

"That's just the way they play and that's how they win games and that's why they were successful in the regular season," he reasoned.

The Lakers and Ice Dogs squared off 11 times during the regular season, with Dryden taking the set 10-1.

The two clubs also met each

other in the semi-finals last season, with the Ice Dogs winning it in four-straight games.

Strachan knows just how big of a challenge the SIJHL juggernauts will be for his squad.

"They finished in first place for a reason, they got a lot of firepower," he warned.

"They have a very good defensive core, a veteran defensive core, and they have good goaltending.

"So, we're gonna have to make it kind of the same series as we did against the Miners," he reasoned.

"Tight-checking, try to keep it close and one-goal games and when we get those opportunities to exploit them on their breakdowns, we need to take advantage of it."

The remainder of the semi-final schedule against the Ice Dogs will be announced over the coming days.

As for the series against the Miners, the squads split the first two games at the Cochenour Arena with the Lakers taking Game 1 4-2 last Wednesday before English River rebounded with a 4-1 victory of its own the following night.

The series then shifted to the Ice For Kids Arena here for Games 3 and 4.

Fort Frances native Ian Tookenay scored just 1:21 into overtime to lift the host Fort Frances Lakers to a 2-1 victory on Saturday night.

After a scoreless first period, the Miners opened the scoring 7:46 into the second on Matt O'Neill's goal.

That held up until early in the third when Jack Bernie beat Miners' goalie Michael Lenko five-hole to tie it at 2:07.

Then Tookenay's winner early in the extra frame then gave the Lakers a commanding 2-1 lead in the series.

Ralsten turned aside 24 shots to earn the win while Lenko stopped 43 in taking the loss.

Monday night saw the same result for the Lakers.

After a scoreless first period, the Miners opened the scoring 3:22 into the second on a Jacob Siebenga effort.

Fort Frances drew level 91 seconds into the third when defenceman Jack Dunnell tapped in a beautiful pass from Withers.

Muskie boys' and affiliate player Eric Pitkanen earned his first career SIJHL playoff assist and point on the marker.

It remained tied from there throughout the rest of regulation.

Withers' tally in the extra frame then gave the Lakers their second-straight OT win over English River as well as sealed the series win.

Ralsten turned aside 42 shots to pick up the win while Lenko stopped 45 in taking the loss.

Muskie 'birders' set for new season

Staff

Members of the Muskie badminton teams kicked off their season today with an exhibition tournament in Atikokan.

Results of those matches weren't known as of press time.

But coach Brian Church was optimistic when it came to his thoughts on some of his key players going into this season.

"I have high hopes for several players this season," he enthused.

"Aaron Bujold, who placed first last year at NWOSSAA in senior boys' singles, will definitely have a target on his back," he noted.

"But I suspect he will have no difficulty advancing.

"Mykaela Putzer is a very strong singles player who is moving up to the senior level this year, and I expect that she will do very well," he remarked.

"The girls' doubles team of Lauryn Marchant and Tayah Badiuk have also moved up to the senior level and should be very successful.

"Returning senior girls' doubles team of Sam Berg and Mykenzie Booth tend to take practice less seriously, but have the potential to advance if they are playing well," Church added.

"At the junior level, Bella Ward will be a very strong competitor and should advance."

Church also said the returning junior boys' doubles team of Rylee Booth and Owen Riches are a strong pair that should advance.

"Junior boys' singles player Gavin Morriveau, as well twins Susan and Louise Andy, have shown promise as newcomers," he noted.

Church also said the contingent has had nine practices heading into today's exhibition tournament in Atikokan.

"Those who have not played before are just learning the basics but improving quickly," he remarked.

"Those who are returning players, or club players, are in much better shape for the exhibition."

A good number of the Muskies already have had great starts to their seasons as members of the Fort Frances Badminton Club.

Just how beneficial is it to have that local club experience prior to the high school season?

"It is always players with club experience that are most successful during the season," Church stressed.

"Badminton has a very short season and it is impossible for anyone to gain enough skill to be competitive in the limited time we have to practice for the school season," he reasoned.

"Naturally-skilled athletes, and those with experience at racket sports, can—and have

"The club is very beneficial, and the main reason most of our athletes have made it to OFSAA over the past few decades."

—Brian Church

been—very successful in our short season, but those who have been playing badminton throughout the year in club have a huge advantage," Church said.

"Their reaction times and racket awareness is so advanced compared to those without the familiarity.

"The club is very beneficial, and the main reason most of our athletes have made it to OFSAA over the past few decades," he added.

Church admitted he's not sure exactly what to expect for his players this season as he has not seen the other competition yet.

"Of course I am hoping all players advance, but the outcome will certainly depend on the level of the competition," he remarked.

"I am hopeful and optimistic for this season, and expect we will have several qualify for NorWOSSA"

Church also believes that being prepared mentally can help his players rise up to any obstacles they may face this season.

"After losing a point or having a bad serve in a game, being able to rebound and shake it off is something that comes with experience and can be difficult to those new to the game," he conceded.

"I have seen very strong players fall apart after a small error and lose the game," Church added. "And I have seen others [who were] able to get over it quickly and mount a strong comeback.

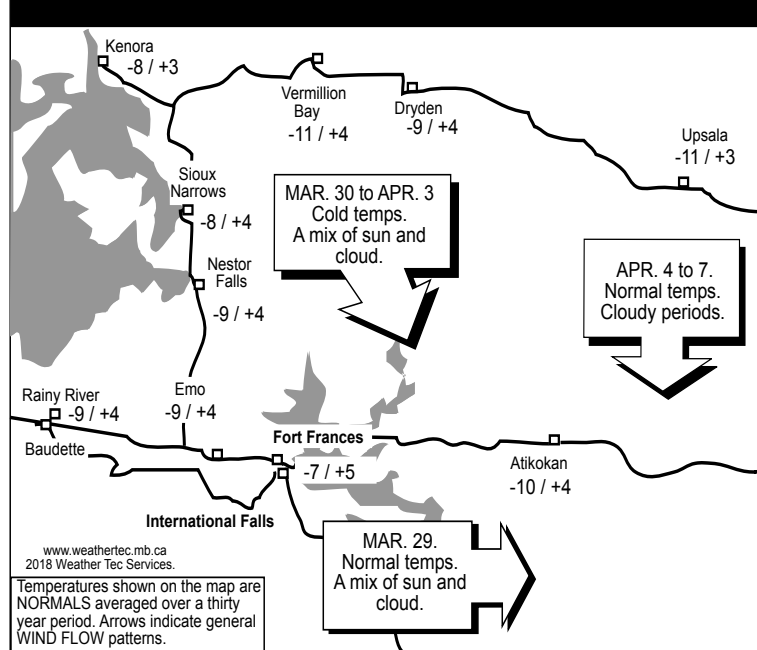
"Unforced errors are always difficult to deal with," he said. "But if the player can learn to focus on the present, and not dwell on an error, they tend to be more successful.

"Another challenge is the long travel time prior to a day's play, as often students are tired from the trip and take a little time to get their energy up to game level," he noted.

The NorWOSSA qualifying tournament will take place April 5 in Dryden, with the NorWOSSA championships then starting April 18 in Sioux Lookout.

Thunder Bay will host the NWOSSAA championships April 25, with OFSAA championships slated for May 3-5 in Windsor.

Fort Frances Area Forecast



FORECAST FOR THIS WEEK

Thursday, March 29th .. A mix of sun and cloud. Normal temperatures. Low near -13°C. High near +3°C.

Friday, March 30th ... A mix of sun and cloud. Colder temperatures. Low near -17°C. High near -3°C.

Saturday, March 31st .. A mix of sun and cloud. Cold temperatures. Low near -16°C. High near -3°C.

Outlook for Sunday, April 1st to Saturday, April 7th, 2018 ... A mix of sun and cloud on Sunday to Wednesday. Cloudy periods expected on Thursday to Saturday. Temperatures will be cold to normal. Lows will be -18 to -9°C. Highs will be -5 to +4°C

Daylight on March 29th lasts for 12 Hours and 42 Minutes.
Sunrise: 6:57 AM. and Sunset: 7:39 PM.

WeatherTec Services.

METRIC CONVERSION (to change mm to inches divide by 25)
C 35 30 25 20 15 10 5 0 -5 -10 -15 -20 -25
F 95 86 77 68 59 50 41 32 23 14 5 -4 -13

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To enter in person: Drop off the entry below to the Fort Frances Times, 116 First Street East
3 pair of tickets from online entries and 3 pair from dropped off entries will be drawn this Friday.

McDonald's/Fort Frances Times Promotion
JILLIAN JIGGS
Tuesday April 3rd, 2018

Name of entrant: _____
Phone number: _____

(One dropped off and one emailed entry per family please. Kids, please ask for your parents permission before entering.)

Entry deadline will be **Thursday, March 29th, 1:00pm**, and winners will be notified later that afternoon.
Tickets will be available for pickup at the Fort Frances Times office between 8am and 5pm on Monday, April 2nd.

Hockey academy has good first year

By **Jamie Mountain**
Staff writer
jmountain@fortfrances.com

The inaugural hockey academy program at Fort Frances High School saw 28 Grade 7 and 8 students (10 girls and 18 boys) enrolled for the 2017-18 school year.

It ran from Oct. 3-March 8, allowing registered students to receive structured hockey training during regular school hours in an effort to enhance both academic and athletic achievement.

"The reception to the program has been great," instructor Jeff Ogden enthused. "The feedback that I received from the students was very positive."

"They enjoyed being able to incorporate hockey into their regular school day," he noted.

"All of the feedback that I have received thus far from parents has been great [and] I believe the parents see the benefit of the program, which also helped us have a great year," Ogden added.

Sanctioned by Hockey Canada, classes consisted of hour-long practices every Tuesday and Thursday at the Ice For Kids Arena, as well as an hour of dryland training once a week.

The program here was modelled after the successful one operated by the Keewatin-Patricia District School Board, with academies in Dryden, Ignace, Kenora, Red Lake, and Sioux Lookout.

"I definitely saw an improvement in the students this year," Ogden said. "Having the opportunity for the extra ice time definitely benefitted them."

"I also had a number of parents come up to me and say the same thing; that they noticed quite an improvement in their child this year," he added.

"So that makes you feel pretty good about the program." Although the academy took place during school hours, participating students did not miss any academic work as the lessons made up their phys. ed. time.

As well, the other students participated in their own phys. ed. program while the hockey academy was running, meaning no one missed out on any academic or athletic time the rest of the class received.

"I really enjoyed being able to work with some of the students outside of the classroom," noted Ogden.

"To see some of the other strengths that students have was neat, and something that might not have been evident in the classroom," he conceded.

"I just really enjoy being on the ice, working with kids, and helping them improve their skills."

"These kids are so passionate about hockey," Ogden added.

"They love the game so much, it makes it really easy to work with them," he lauded.

Looking ahead, Ogden has some areas in mind that he'd like to see the program improve upon.

"I believe with any new program, there will always be areas to improve on," he remarked.

"I felt the on-ice portion of the program went very well this year," he noted. "I believe we challenged the students to work hard and improve on their skills."

"That being said, it can always be better."

"I am always looking for new drills to incorporate into the practices," Ogden said.

"And I will be heading to Calgary this summer to attend the Hockey Canada Skills Academy seminar and will get a few new ideas to improve the program for next year," he revealed.

Being the program only is open to Grade 7 and 8 students currently, will it be open to more grades in the future?

"I really hope so," Ogden replied.

"As of right now, the plan for next year is to continue with the Grade 7 and 8 students from Fort Frances High School, [but] I do hope to see the program expand to further grades in the future," he said.



Fort Frances native Vai Lockman broke his opponent down during a match at a tournament in Virginia, Mn. on Saturday. The Mighty Mustang youth wrestling program member, which is based out of International Falls, finished in top spot in the 55- to 60-pound division.

-Submitted photo

Mighty Mustangs wow in Virginia

By **Jamie Mountain**
Staff writer
jmountain@fortfrances.com

Vai Lockman of Fort Frances had a "golden" performance on the mat over the weekend for the Mighty Mustang youth wrestling program in International Falls.

The Grade 3 wrestler claimed top spot in the 55- to 60-pound division at a tournament in Virginia, Mn. on Saturday, which assistant coach Jeremy Mann noted drew about 150 wrestlers.

"Vai Lockman was exciting to watch this weekend," he enthused.

"He showed some excellent scrambling and no one could keep him down."

Aiden Juen of Littlefork also had a stellar tournament, nab-

bing first place in the 95- to 100-pound division.

Diego Christianson of the Falls rounded out the first-place finishes by earning top spot in the 120- to 130-pound division.

"Coach Dan Schermerhorne, myself, and Hudson [Mann] have been spending extra time getting Diego back on track," Jeremy Mann explained.

"He showed great motion and defence, and pinned all three of his opponents in the first period."

Hudson Mann, who was born in Fort Frances but now lives in the Falls, wrestled a grade and weight class in Virginia, where he finished second in the 120- to 130-pound division.

Jake Lucca, a third-grader from Littlefork, competed in his first tournament and returned with a second-place finish.

"Jake Lucca had his first tournament and showed great mat sense," lauded Mann, who also noted that he "has only been wrestling [for] a month."

Rodger Dueck of the Falls placed second in the 70- to 75-pound division while Avery Larson was third in the 65- to 70-pound one.

Layla Reller of the Falls also grabbed third in the 65- to 70-pound division.

Damien Juen of Littlefork and Jack Wolfe of the Falls both finished fourth in the 55- to 60-pound and 50- to 55-pound divisions, respectively.

Teagan Green of the Falls, meanwhile, competed at an Northland Youth Wrestling Association (NYWA) regional tournament in Bemidji, Mn.

Mann said he wrestled well there but didn't end up placing.



Stevenson naturally bright throughout

By **Associated Designs**

The custom brick work and stone veneer of the Stevenson's lofty and gently arched entry exude a distinctly European charm. While this contemporary ranch-style home was designed for construction on a lot with a rear down slope, it could just as easily be built on a flat parcel.

Natural light washes into the vaulted entry through an arched-top, gridded-glass transom that crowns the double-door entry. Even more striking, the rear wall of the home is more glass than solid walls, and almost all of the windows are capped by transoms. That makes for an exceptionally bright home.

On the right side of the vaulted entry hall, double doors open into what could be a study, home office, or even a fourth bedroom. A roomy coat closet is on the left side of the entry, just before a hallway that runs perpendicular to it. The owners' suite anchors the left end, family gathering spaces are straight ahead, and bedrooms are to the right. Storage closets, including a built-in china hutch just outside the dining room, line the hallway.

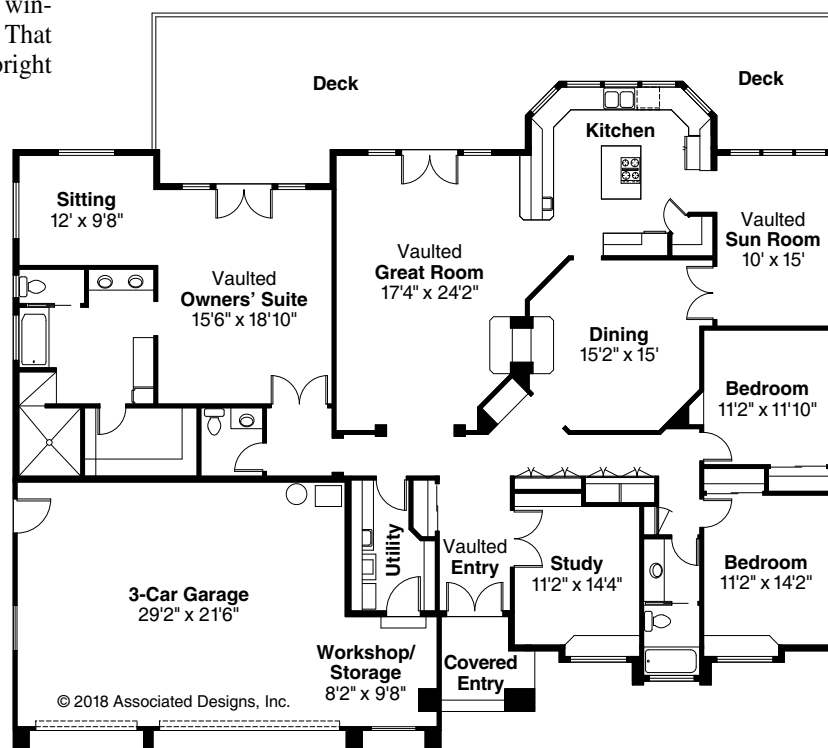
A wide arched opening leads into the vaulted great room. French doors on the far side open onto a deck that spans most of the rear.

Flames dancing in the two-sided gas fireplace can be enjoyed from both the vaulted great room and the octagonal dining room.

In the Stevenson's kitchen, counters wrap around three sides of a wide window bay, while a centrally placed cook-top work island adds even more work space. A roomy walk-in pantry nestles into a corner next to the naturally bright vaulted sun room. Luxury amenities in the vaulted owners' suite include a vista sitting room and a plush private bathroom.

Associated Designs is the original source for the Stevenson 10-502. For more information or to view other designs, visit www.AssociatedDesigns.com or call 800-634-0123.

Stevenson PLAN 10-502
Living Area 2810 sq.ft.
Garage 729 sq.ft.
Dimensions 73' x 59'
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www.AssociatedDesigns.com



Man fined \$2,600 for fishing offence

From the **MNRF**

A Keewatin woman has been fined \$2,600 for fishing-related offences.

Ingrid Parkes pleaded guilty and was fined \$1,600 for possessing an over-limit of walleye and \$1,000 for packaging the fish in a manner so that the number could not be easily counted.

The fish were forfeited to the Crown.

Court heard that on Jan. 4, 2017, Ministry of Natural Resources and Forestry conservation officers received information that two individuals were stopped at the Baudette, Minnesota, Customs and Border Protection port of entry with seven bags of unidentifiable fish fillets.

The officers' investigation revealed that Parkes was in possession of a total of 12 wall-

eye, eight more than permitted by her sport fishing licence.

Justice of the Peace Pat Clysdale-Cornell heard the case in the Ontario Court of Justice, Rainy River, on March 14, 2018.

The ministry reminds the public that fishing limits are in place to maintain a sustainable fishery so that anglers and other resource users may enjoy the resource in the future.

For further information on fishing regulations, please consult the Ontario Fishing Regulations Summary available at ontario.ca/fishing.

To report a natural resources violation, call the MNRF TIPS line at 1-877-847-7667 toll-free any time or contact your local ministry office during regular business hours.

You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).

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Junior hoops squad rounding into form

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

To say the Muskie junior boys' basketball team wowed in Kenora over the weekend would be an understatement.

The squad won all three of its games in convincing fashion en route to capturing the Kenora Invitational Tournament title.

Fort High opened play Friday with a 44-8 romp over Whitefish Bay, which was filling in for Pelican Falls as they couldn't make the trip.

Wyatt Richards scored a team-high 10 points, with Brady Meeks adding nine.

Caleb Allan and Brett Schram chipped in with six points each while the Muskies also had strong rebounding from Ayden Gushulak.

Then on Saturday, the Muskies cruised to a 46-26 triumph over the Atikokan Voyagers.

Michael Vanderaa led the way with 13 points, with Brady Bodnarchuk netting nine.

Allan and Meeks both added six.

It wasn't all good news against Atikokan, however, as the team lost Jesse Jourdain to an ankle injury.

Then facing the host Broncos in the tourney final, Richards had 16 points to pace the Muskies to a 52-41 win.

Vanderaa and Sean Huziak chipped in with nine each while Bodnarchuk added eight.

"We played a really solid game against Kenora this weekend at the junior KIT tournament," enthused coach Angela Petsnick.

"Our starters got into a little bit of foul trouble early on in the championship game, so I had to rely on our bench to step up," she noted.

"We were using a zone defence for the first time this season, and although it worked pretty well against Kenora, man-to-man worked much better," Petsnick added.

"So we switched defence halfway through the game.

"[But] we still have some work to do on finishing underneath, as sometimes it was the second shot that went in," she said.

The juniors were scheduled to face the Broncos again in NorWOSSA regular-season action yesterday back in Kenora, but the game was postponed due to inclement weather.

A make-up date will be announced in the near future.

The Muskies (4-1) then will host Kenora tomorrow at Fort High, with tip-off now slated for at 1:30 p.m. instead of the original noon start time.

Petsnick wants to see a strong finish from her team heading down the stretch so they can reach their ultimate goal.

"Our goal right now is to finish the regular season strong and head into the playoffs in first place," she remarked.

"So that means we have to beat Kenora this week.

"Overall, we just have to keep cool heads and play our game," she noted.

The Muskie seniors, meanwhile, have battled their way to a 2-3 record five games into the eight-game NorWOSSA regular season.

Coach Bryce Coyle has been pleased with the squad's work ethic for the most part, but admitted staying focused in games has been a challenge.

"We have a hard-working group and, up to this point, they have shown a strong work ethic in games and practices, which helps a lot," he remarked.

"Our biggest weakness right now is that we have a hard time sustaining our physical and mental focus for a full 40 minutes," Coyle explained.

"I still think we don't really realize how hard it is to do that," he added. "And until we want to make the choice to really commit to meeting that goal, then we will really have to grind out every game we play in."

After having yesterday's game against Kenora cancelled due to the weather, Coyle believes tomorrow's home showdown against those same Broncos will provide a good challenge for the Muskies.

"They have played us tough all year and I know that won't change," he noted.

"Defensively, they are capable of making life tough for us and offensively, they can get hot for stretches and put some points on the board in bunches when they get rolling, which obviously tests us defensively.

"It really comes down to us being able to keep a constant focus for a full game and not have these glaring lapses on either end of the court," Coyle stressed.

"If we can really start improving in that area, I think we won't face quite as many uphill battles as we have up to this point in the season."

Heading into the stretch drive, Coyle said he would like his players to steadily improve their mental focus.

"We just want the guys to keep working hard, and really start to self-assess what they are doing on the court during practices and games in order to help minimize some of our mental mistakes," he remarked.



Hunter McLean of the Fort Frances Canadians netted the team's final goal in a 5-2 win over the International Falls Broncos in Sunday's final of the Fort Frances Minor Hockey Association's annual Atom 'AA' tournament. McLean notched two goals to help the Canadians nab the tourney title.

—Jamie Mountain photo

Atom 'AA' Canadians take home tourney

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

It's not how you start but how you finish.

That's the best way to describe how the weekend unfolded for the Fort Frances Atom 'AA' Canadians at their annual home tournament.

After dropping their first two games, the Canadians stormed back with three-straight wins to claim the six-team tourney title.

Landen Hanson and Hunter McLean each scored twice to lead the Canadians to a 5-2 triumph over the International Falls Broncos in Sunday's final at the Ice For Kids Arena.

International Falls opened the scoring at 5:49 of the first when Asher Keep banged one past Canadians' goalie Gage Mitchell.

Hanson then tied it 1-1 with his first of the game 2:34 into the second period.

McLean then gave Fort Frances a 2-1 lead with 7:42 to go, finishing off a feed from William Yerxa.

Dakota Copper then tallied with 42 seconds left to push it 3-1 after 30 minutes.

Hanson roofed his second of the game just 33 seconds into the final frame to give the Canadians a commanding 4-1 lead.

The Broncos got one back with 8:26 to go off the stick of Keep, but McLean fired a shot while beside the left side net with 6:55 to go to cap the scoring.

The result came as a form of revenge for Fort Frances, who had opened the tournament Friday with a 6-5 loss to those

same Broncos. Yerxa scored twice in that one while Hanson, Ashton Armstrong, and Lucas Bailey added singles.

The squad then fell 3-1 to the Westfort Rangers (Thunder Bay) on Saturday.

Cooper scored the lone goal for the Canadians in the first period.

But they rebounded with a 7-4 decision over the Kenora Thistles later in the day to salvage a spot in Sunday's semi-finals.

McLean, Bailey, and Armstrong all notched a pair of goals to pace Fort Frances' attack while Cooper added a single.

The Canadians then got another crack at the Rangers in Sunday morning's semi-final, which ended in their favour this time around.

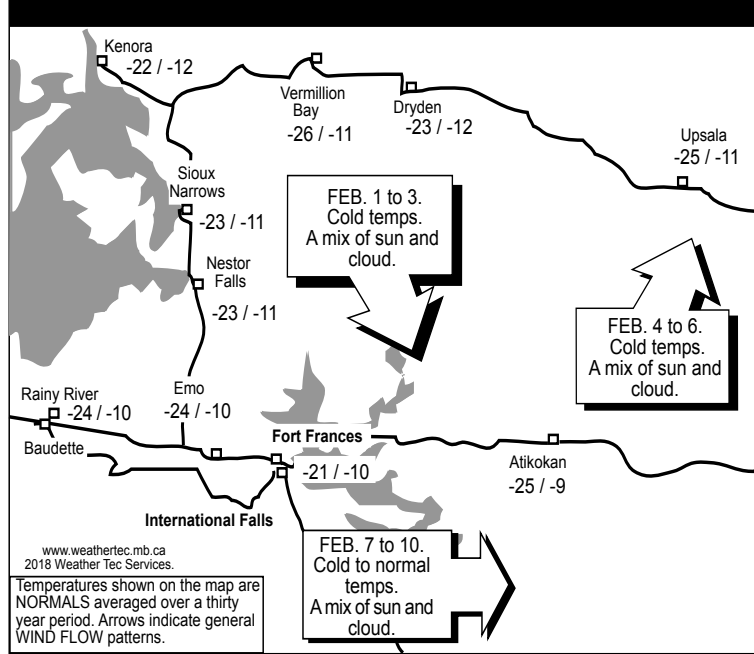
Griffin Webb, Cooper, and Anthony Yerxa all tallied to lead the Canadians to a 3-1 win and set up a rematch in the final against International Falls.

The Rangers claimed bronze with a 5-3 triumph over the Baudette Bears.

The Dryden Paper Kings, meanwhile, beat the Thistles 5-3 in the consolation game.

The Fort Frances Girls'/Women's Hockey Association will host both its Novice and Atom tournaments here this coming weekend.

Fort Frances Area Forecast



FORECAST FOR THIS WEEK

Thursday, February 1st... Mostly sunny skies. Cold temperatures. Low near -24°C. High near -18°C.

Saturday, February 3rd... A mix of sun and cloud. Cold temperatures. Low near -32°C. High near -21°C.

Friday, February 2nd... A mix of sun and cloud. Cold temperatures. Low near -27°C. High near -17°C.

Outlook for Sunday, February 4th to Saturday, February 10th, 2018... A mix of sun and cloud, expected on Sunday to Saturday. Temperatures will be cold to normal. Lows will be -24 to -21°C. Highs will be -17 to -10°C.

Daylight on February 1st lasts for 9 Hours and 29 Minutes.
Sunrise: 7:43 AM, and Sunset: 5:12 PM.

WeatherTec Services.

METRIC CONVERSION (to change mm to inches divide by 25)
C 35 30 25 20 15 10 5 0 -5 -10 -15 -20 -25
F 95 86 77 68 59 50 41 32 23 14 5 -4 -13

Sudoku

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Friday.

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★

1/31

Yesterday's solution

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

Difficulty Level ★★

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Five local bowlers advance to provincials

More from B1
In a rarity, Dryden bowlers Samantha Alberts and Lisa Sanders actually tied for the sixth place at 3,486, with Alberts then winning a one-game roll-off to claim the final berth on the Sunset Country women's team to compete in Azilda.

Terri Hamilton of Balmertown was only 20 pins further back to finish in eighth place (3,466) while Trisha Lundstrom of Dryden nabbed the ninth and final women's berth (3,194).
Hamilton and Lundstrom join Sanders as the three women on the Sunset Country mixed team. The three coaches will be Terry DeLaronde (men's), John Macdougall (women's), and

Norm Sanders (mixed), with Kayla Gadd to be the contingent manager.
At the provincial round, Sunset Country will be competing against the five other zones that make up Northern Ontario: Thunder Bay, Gold Belt (Timmins), Cambrian North and Nickel District (Sudbury), and Gateway (North Bay).

The singles competition gets underway on the Wednesday, with 10 games to determine the top five to advance to the stepladder playoffs on the Saturday. The teams then will compete in a 15-game, triple round-robin format, with the top four advancing to the stepladder.
The top team in all three divisions, as well as the men's and

women's singles winner, then move on to the national roll-offs in late May.
Several other members of the Fort Frances Bowling Club also competed in the zone roll-offs here over the weekend. They included Jordan Sokoliuk, Rich Walton, Mike Cox (of Atikokan), and Rick Starnski. The rest of the 20-bowler

men's field included Robert Keeper of Balmertown, Derek Franczak of Balmertown, Brad Lavers of Dryden, Ian Chuhia of Balmertown, and Ted Lake of Dryden.
Marla Fedeniuk was the other local competing in the women's division, with Kayla Gadd of Dryden rounding out the 11-bowler field.

Lakers go in on positive note

More from B1
Norskies a commanding 4-0 lead after 20 minutes.
That offensive outburst ended the night for Lakers' starting goalie Ismael Ralsten, who was replaced by Akins.

"We need to find our road mentality at home, [and] we need good starts in every game and [to] stay positive."
—Wayne Strachan

"Tuesday night, we never got anything going; weren't in the hockey game at all," Strachan conceded after Friday night's 7-3 loss to visiting Thunder Bay.

Brendan Gillis, and Keighan Gerrie all notched a goal and an assist to pace Thunder Bay's attack in the 7-3 romp.

"Obviously, against that team [Thief River Falls], you can't spot them four goals after the first period."

The visitors jumped out to a 2-0 lead after 20 minutes on goals from Alex Leonidas (power play) and Gerrie.

The Lakers fought back, though, getting a strike from Loveday just 51 seconds into the second before Ward tied it at 7:07.

The Lakers fought back, though, getting a strike from Loveday just 51 seconds into the second before Ward tied it at 7:07.

The goalie change didn't deter the Norskies as defenceman Jake Eischen netted his first goal of the season 4:48 into the second frame to make it 5-0.

But that success was short-lived as Siau (short-handed), Auger, Joe Newhouse, and Troy Sherman all connected in an eight-minute span to extend the North Stars' lead to 6-2 through 40 minutes.

And that was as close as they would get as Simonson and Alec Daman notched goals less than 34 seconds apart later in the period to cap the scoring.

Gillis pushed it to 7-2 with 4:30 to go in the third.

Ralsten was tagged with the loss after surrendering four goals on just eight shots.

Ness fired a shot top-shelf past former Laker Brandon Bodnar at 17:53 for his 19th of the season to make it 7-3, but that was as close as the Lakers would get.

Akins handled 22-of-25 attempts in relief.

Ralsten again took the loss, registering 38 stops.

Then Friday night produced another miserable result for the Lakers.

The Lakers currently are hosting the SIJHL's annual "Showcase" at the Ice For Kids Arena that began yesterday and runs through today.

Avery Siau, Kyle Auger,

All six SIJHL teams were in action yesterday (outcomes weren't known at press time) in front of college, junior, and pro scouts.

Today's games will see the third-place North Stars taking on the fourth-place English River Miners, followed by the first-place Norskies battling the cellar-dwelling Minnesota Iron Rangers (3-31-1-2).

The Lakers, currently occupying fifth place in the SIJHL, then will face the second-place Dryden GM Ice Dogs tonight to cap the action.

Strachan said he was looking for a more focused effort from his team during the "Showcase."

"We need to find our road mentality at home, [and] we need good starts in every game and [to] stay positive," he stressed.

"Nothing bothered us on Saturday," he noted.

"We stuck to the game plan and every player wanted to gut out the win, and we need that consistently every game."

After the "Showcase" wraps up, the Lakers then will cap the week against the host Norskies on Friday night.



Joe Glowack of the International Falls Broncos looked to avoid the oncoming freight train in Muskie forward Jon Busch during his team's 2-1 exhibition win Monday night at the Ice For Kids Arena. The Broncos swept the two-game "Border Battle" series after having won the opener 5-4 in overtime back on Dec. 22 over in the Falls. —Jamie Mountain photo

Close not good enough: coach

More from B1
The squad next will be in action at the annual Piper Classic tournament in Winnipeg, which runs tomorrow through Sunday. Sinclair has some areas in mind that the squad can improve upon to make sure they have success this weekend.


"I like a lot about the way we played [on Monday night]," he said. "[But] our power play certainly needs to be much better. It has to have a lot more jam and intensity to it, and we've talked about that and addressed that. We know going forward,

because I think it was ultimately the deciding factor in this game tonight [Monday] and same as we were over there, too," Sinclair added.
"Unfortunately, sometimes those lessons learned are the toughest ones."


KELLY MCFAYDEN CPA, CGA

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Ex-local turns in stellar showing at Masters swim meet

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

It will be a day she won't soon forget.

Kelly Lyons had her talent on full display at the Alderwood Teddy Bares Masters Swim Club's 43rd-annual swim meet held Jan. 21 in Etobicoke.

The Fort native—who now resides in Toronto where she works as an associate professor at the University of Toronto—dazzled at the Alderwood Pool, claiming top spot in all six of her events in the female age 55-59 division while also setting provincial records in three.

Representing the North York Gators swimming club, Lyons set provincial records in the 100m free (1:08.37), 200m free (2:29.26), and 500m free (6:34.82).

She also placed first in the 200m fly (3:12.22), 100m breast (1:33.49), and 100m back (1:25.33).

"I had never raced a short-course yards meet before so I knew all of my swims would be personal bests," Lyons told the Times last week.

"My coach [Wes Musial] wants us to peak at provincials [March 23-25] so my game plan was just to have some good swims, practise racing and race strategy, have some fun, and hang out with friends," she added.

"I knew there was a chance I could set some records so that gave me a bit of anxiety," Lyons admitted.

"But my main goal was not to set records."

Overall, Lyons said her experience at the meet was very rewarding.

"The pool was very nice; the temperature was perfect," she enthused.

"My teammates and coach are all super encouraging, and we support each other throughout the meet."

"My coach [also] set a record in the 100m backstroke for the male 60-64 age group," added Lyons, noting Musial is an incredible swimmer and coach.

"We all had fun together," she remarked. "After each race, Coach Wes would critique each aspect of our races and give us tips and pointers for the next one."

"It's a constant learning experience, which is part of the fun."

Lyons said balancing a competitive swimming career along with the rest of her day-to-day activities can be a challenge, but she looks forward to the camaraderie she gets to have with her teammates.

"I try to swim four times per week with my team and coach. But some weeks, my work and life get in the way of one or two of those workouts," she conceded.

"I also try to go to yoga once per week to augment my swim training but timing for that has been challenging lately, as well."

"One big challenge for most masters swimmers, I think, is making time to get to practice and balancing swimming with all the other stresses in our lives," Lyons noted.

"I work all day, come home late, get comfy on my couch, and sometimes have trouble getting back up and going out to swim," she admitted.

"Some of my teammates and I drive to swimming together so that definitely helps," Lyons added.

"The joys are all related to the people I've met, many of whom have become dear, long-time friends."

Being that she has to deal with a sometimes hectic schedule, Lyons said she leans on her peers for support.

"My coach and past coaches are amazing motivators, and provide a lot of guidance and support," she remarked.

"In particular, one of the women on my team [who has also been her coach] is in the 85-89 age group and she is an incredible swimmer."

"Her name is Judie Oliver and she holds many world, national, and provincial records—some going back over 30 years that have not yet been broken,"

"The joys are all related to the people I've met, many of whom have become dear, long-time friends."

—Kelly Lyons

Lyons noted.

"Watching Judie continue to dominate the sport well into her 80s is a huge motivation for me, [and] she is also a wonderful, supportive coach and teammate."

"I have raced on relay teams with her in the past and two of our recent relays set records—one nationally and one provincially," she enthused.

Lyons next will be competing in the Burlington Winter Splash meet, being hosted by the Burlington Masters Swim Club on Feb. 11, then will participate in the Stephen Forsey Invitational Swim Meet in Thornhill on Feb. 25.

After that, she'll show her skills at the provincials in Nepean, where she has aspirations to advance to the nationals in Calgary in May.

How long does Lyons see herself competing?

"I would love to be able to do this for the rest of my life" said Lyons, who turns 55 this year.

"In fact, I hope that retirement, whenever that happens, will bring even more opportunities to compete and travel to swim meets around the world."

Muskie spikers gear for stretch drive

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

It's been a challenge, to say the least, for the Muskie senior girls' volleyball team so far this NorWOSSA season.

Fielding a team with only 10 players on the roster is tough enough—and recent injuries have made things even muddier.

But coach Duane Roen has been pleased with the effort his short-handed squad has given so far in compiling a 3-2 record through five games of the eight-game campaign.

"[They are a] great bunch of athletes," Roen enthused. "Very coachable."

"And [they] believe in the program and are beginning to see what this team is capable of—placing second and third with only seven players in our two tournaments to date and our 3-2 NorWOSSA record," he noted.

As the season heads towards the playoffs, Roen has some areas in mind that he would like the team to be aware of and improve on, including dealing with injuries and struggling with the mental part of the game due to frustration over performance and fatigue.

"Consistency throughout the sets needs to be improved, [as well as] overall stamina for the full five sets," he stressed.

"[We need to] minimize injuries and stick to the game plan."

The squad was scheduled to be in Kenora yesterday to face the Broncos but the match was postponed due to bad weather.

The Muskies are slated to host them again tomorrow afternoon at Fort High.

"They [Kenora] are well-coached and we need to simply stay healthy, remain relaxed,

and learn how to deal with difficulties quickly as they arise," Roen said about the matches against the Broncos.

The black-and-gold then will head to Thunder Bay this weekend for a 20-team exhibition tournament.

The junior squad, whose return to NorWOSSA action yesterday against the Broncos also was cancelled, are slated to host Kenora tomorrow.

Having compiled a 4-1 record so far in regular-season play, coach Bob Kowal has been pleased with the effort put forth thus far.

"I am very proud of the direction the team is taking," he enthused.

"We have some very clear roles and expectations for the kids, and they are embracing their roles."

"We have considerable depth in all positions and many players are able to play multiple positions, if necessary," Kowal added.

"Practice performance has improved drastically since the beginning of the year and we're definitely trending in the right

direction.

"We have been successful in both competitive tournaments this year—winning them, of course—[and] we are very confident we'll have similar success in the final tournament of the year in Thunder Bay, as well," he enthused.

Heading into the stretch run of the season, Kowal has an idea of some areas he would like the squad to improve upon.

"As a junior team, all the players can improve aspects of their games in all areas, but we're happy where we are at for the most part," he remarked.

"We have been working hard to refine our attack, especially from the middle, and we've worked extensively on running a quick offence in practice."

"But now we'll need the kids to put practice into actual game play," Kowal stressed.

"If they are able to accomplish this, then I think we will bring another dimension to our game that teams will have a very difficult time adjusting to."

"We have three league games and a tournament to bring this altogether before

the NorWOSSA playoffs, and I think those are reasonable timelines to make this happen," he said.

As for the types of challenges he believes the Broncos would provide this week, Kowal lauded how well-rounded Kenora has become.

"Beaver Brae has really improved their game as they pass and defend really well," he noted, stressing "we'll need to do the same."

"I believe our team is extremely good at passing and playing defence," added Kowal.

"Our biggest advantage will be our ability to attack the ball, as all of our players are able to put the ball away at any given moment—so it's hard to defend us."

"We have improved our game-planning for big games," he noted. "We're definitely putting our best players in situations where their skills could expose other teams' weaknesses."

"We will continue to ensure we'll use our strengths against areas of vulnerability that teams may have," Kowal vowed.

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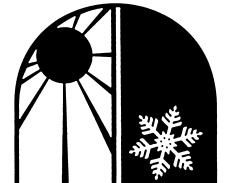


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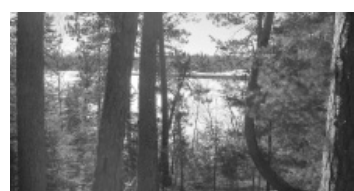
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Richmond blends traditional and modern, elegant and informal

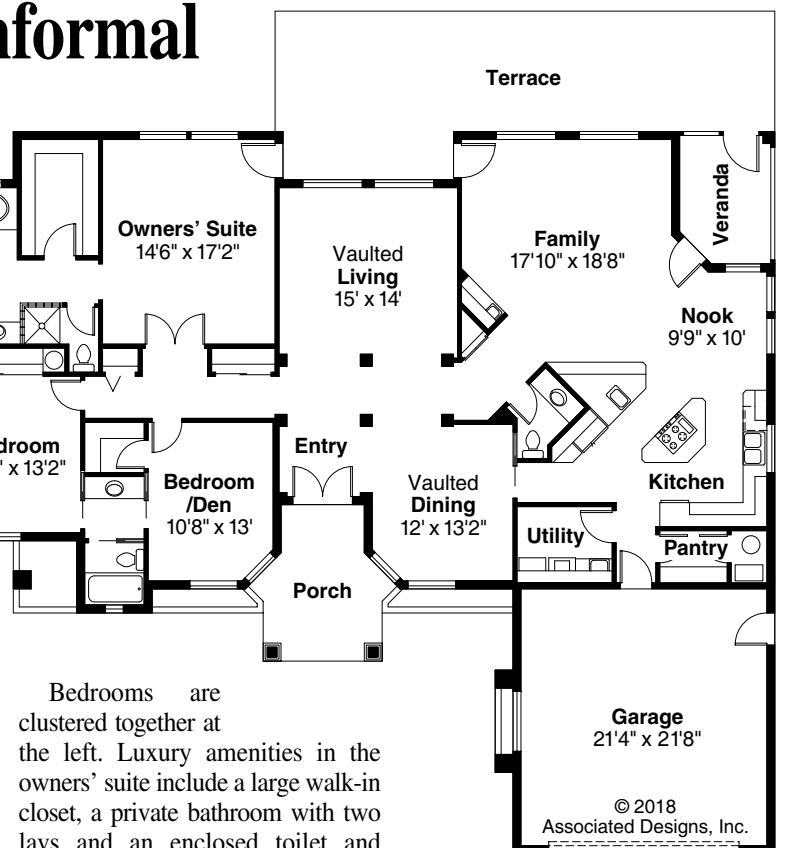
By Associated Designs

The Richmond blends traditional and present day Mediterranean styling in a plan that is at once elegant and informal. Traditional elements include a tile roof, arched windows, and stucco relief. Bold columns, a cameo window and planters overflowing with vegetation provide contemporary flavor.

Vaulted ceilings create a sense of openness in the formal living spaces at the core of this plan. Widely spaced columns support plant shelves that delineate the boundaries of dining room, living room and hallways. A small powder room, tucked into the passageway to the kitchen, is close to everything.

Everyday activities take place in the large, open family room/kitchen. The cooking island is set at a diagonal to create a uniquely shaped triangular kitchen. Having the vegetable sink right across from the range offers increased efficiency in food preparation.

The eating bar adds still more counter space. Utilities and a walk-in pantry are conveniently located between the kitchen and the garage. On the far side of the kitchen, a glass door in the lot leads to a veranda that opens onto a terrace.



Bedrooms are clustered together at the left. Luxury amenities in the owners' suite include a large walk-in closet, a private bathroom with two lavs and an enclosed toilet and shower. Glass blocks form the shower stall and brighten the bathing alcove.

Each of the Richmond's secondary bedrooms has direct access to a dual-compartment bathroom. The bedroom closest to the entry porch could be outfitted with French doors and used as a den or office.

Associated Designs is the original source for the Richmond 11-048. For more information or to view other designs, visit www.AssociatedDesigns.com or call 800-634-0123.

Richmond
PLAN 11-048

Living Area 2396 sq.ft.

Veranda 85 sq.ft.

Garage 484 sq.ft.

Dimensions 70' x 60'

2000 SERIES

www.AssociatedDesigns.com

Volleyball league still going strong

By Jamie Mountain
Staff writer
jmountain@fortfrances.com

Heading up one of Fort Frances' longest-running sports leagues is no easy task but it's one Bev Cochrane is taking in stride.

After spending the past three years as vice-president of the Fort Frances Women's Volleyball League, she transitioned into her new role as president back in August.

Taking the reins from Lauren Peters, who now is the league's secretary/treasurer, Cochrane feels being able to continue the success of the league is something she is proud of.

"The biggest joy in having this role is ensuring that the league continues to run," she remarked.

"Volleyball is something that I've enjoyed since I was 10 years old, when I was first introduced to the sport, so ensuring that the league runs is definitely the biggest reward.

"It's great to see all of the old faces that have been there as long as I have because there are a handful of us that have been playing in the league for 20-plus years," Cochrane added.

"These players are like family members; sisters that you look forward to seeing on a weekly basis," she noted.

"It's like a sibling rivalry—you love them but still have that friendly competitiveness."

Although there certainly are a lot of positives with being president, Cochrane admits there are some struggles that also come with the role.

"The executive roles are all done on a volunteer basis, which—in itself—isn't a challenge, however, the issue is that it takes a lot of personal time," she explained.

"It takes hours, even days, of organizing schedules, dealing with team issues and grievances, reminding other teams of the rules when they have been broken, and ensuring that scores are recorded accurately."

"This takes time away from family commitments and other personal time," she conceded.

There are 12 teams in the league this season, featuring players aged 18 and over.

Players must be on an active roster of a team that has been accepted into the league, and teams have to submit their initial roster by a certain date.

But they are able to add players to their roster until Dec. 31.

"There hasn't always been 12 teams, however, we've consistently had 12 teams for the past six years," Cochrane noted.

"We've previously ran the league with 10 teams and at one point, we have only had eight or nine teams," she recalled.

"If the league was able to accommodate all the teams that had wanted to play this season, we would have had 15 or 16 teams."

Cochrane said the league had to turn away a few interested teams this past season due to a lack of gym space.

"Most times, previous teams fill the league before we can accept new teams, which is unfortunate," she admitted.

"We'd love to accept all teams to play but there is an issue with the logistics of this," she stressed.

"We simply just do not have enough gym space and time."

"There are many other recreational groups that request the use of the gyms also and that's a great thing, considering there are so many great recreational activities available in the area for all ages," added Cochrane.



The Fort Frances Women's Volleyball League still is going strong after all these years. Action runs every Thursday beginning at 7 p.m., with all 12 teams playing at Fort High and St. Michael's School. Pictured here was a game between Scared Hitless and Let's Talk About Sets in the Fort High gym, which the latter took by a 3-1 margin.

—Jamie Mountain photo

"These players are like family members; sisters that you look forward to seeing on a weekly basis."

—Bev Cochrane

"Our league is very grateful to both the Rainy River District School Board and the Northwest Catholic District School Board for the ability to use the time and space that we have been allotted [at Fort High and St. Michael's]."

A unique part of the league regards most of the team names, as they mostly use some form of witty puns or volleyball jargon.

Those names include Take A Hit, the Volley Llamas, How I Set Your Mother, Scared Hitless, Duck and Dive, Safe Sets, Let's Talk About Sets, Kiss My Pass, Bump It Up, No Diggity, and Bumping Uglies, with Gillons' as the only squad using a sponsor name.

"Some teams change their names after a year or two," noted Cochrane. "For example, No Diggity have had names like Notorious D.I.G. and G.I. Janes."

"As for the Volley Llamas, they were called One Hit Wonders last year, but I have no clue what the rationale behind their team name this year."

"Others, like my team Scared Hitless, have had that name for about 15 years as we just thought it was a cool name, especially when we could make a play on the words."

"The Gillons' team name has been in the league since before I joined, and I think there is only one remaining team member on that Gillons' team when

I'd first joined the league," Cochrane added.

"But even Gillons' was also called Gillons' Northerners at one point."

Cochrane also said she's felt the season has been going great so far, and lauded the hard work from new vice-president Kayla Windigo.

The league ends the season by hosting an annual tournament in April, with Cochrane noting they really could use some referee help.

"During the last few years, we've had some difficulty in securing refs for the games," she remarked.

"We've had OVA officials like Rick 'Weedy' Wiedenhoef, who has been there for us, but we don't need all refs to be OVA officials," she stressed.

Those interested in helping out can contact Cochrane via e-mail at bevcochrane@sympatico.ca

Detering offences aim of map

From the MNRF

Spot something unusual the last time you were out enjoying the outdoors?

Notice someone not doing their part as a responsible resource user?

Now there's a way to help—by accessing a new online tool that aims to reduce and deter natural resource offences.

The Ministry of Natural Resources and Forestry is asking Ontarians to help solve natural resource violations through a new interactive, searchable map of unsolved cases.

The map can be found on the ministry's "Solve a Natural Resource Case" webpage, which includes common natural resource violations, recent unsolved cases, and directions on how to report a violation or submit a tip.

The map provides details on specific cases, summaries of violations, and the dates and locations of offences.

"We're hoping that this new online map will help jog some memories, and that people will contact our conservation officers if they heard or saw anything," said Rick Ladouceur, director of the ministry's Enforcement Branch.

"Each tip, even one as simple as reporting a licence plate number or that a certain type of vehicle was seen in the area, can be the one that makes the difference between solving a case or not," he noted.

"We often send out news releases asking for the public's assistance with specific cases and this interactive map is another tool that gives Ontarians a chance to help protect our province's natural resources," Ladouceur added.

The online map can be accessed by visiting www.ontario.ca/mnrftips

WEDNESDAY EVENING JANUARY 31																
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	1:30
4 CBS	WCCO 4 News at 6:00 p.m. (CC)	Wheel of Fortune (CC)	The Amazing Race "The Claws Are Out" (CC)	SEAL Team "Getaway Day" (CC)	Criminal Minds "Miasma" (CC)	WCCO 4 News at Ten (CC)	The Late Show With Stephen Colbert (CC)	The Late Late Show With James Corden (CC)	News Replay (CC)	Comics Unleashed (CC)	Paid Program (CC)					
5 SRC	Le Téléjournal (CC)	RDI économie (CC)	District 31 (CC)	L'Épicerie (CC)	Les enfants de la télé (CC)	Cheval-Serpent (CC)										
6 NBC	KARE 11 News at 6:00 p.m. (CC)	Breaking the News	The Blacklist "Tommy Wattles" (CC)	Law & Order: Special Victims Unit "Info Wars" (CC)	Chicago P.D. "Chasing Monsters" (CC)	KARE 11 News at 10PM (CC)	The Tonight Show Starring Jimmy Fallon (CC)	Late Night With Seth Meyers (CC)	Carson Daly (CC)	KARE 11 News at 10PM (CC)	Tonight (CC)					
7 CBC	CBC Winnipeg News (CC)	22 Minutes (R)	Coronation Street (CC)	Burden of Truth "Family Ties" (CC)	The Detectives "Father's Day" (CC)	CBC News: The National (CC)	News/10:00-Money	Coronation Street (CC)	Rick Mercer Report (CC)	22 Minutes (R)	Heartland "Now or Never" (CC)					
8 RSO	Hockey Central Tonight	Hockey NHL New York Islanders at Toronto Maple Leafs (CC)				Sportsnet Central (CC)			NHL's Best	Misplays of the Month	Plays of the Month (CC)	NHL's Best	Sportsnet Central (CC)			
9 TSN	(4:00)Curling Tournament of Hearts Draw 13 (CC)		Super Bowl Highlights	Super Bowl Highlights	SportsCentre (CC)				Curling Tournament of Hearts Draw 14 (CC)				SportsCentre (CC)			
11 ABC	7 Action News at 7 (CC)	Paid Program (CC)	The Goldbergs (CC)	Speechless (CC)	Modern Family (CC)	American Housewife (R)	Match Game (CC)		7 Action News (CC)	Jimmy Kimmel Live (CC)	ABC News Nightline (CC)	Paid Program (CC)	The Dr. Oz Show (CC)			ABC World News Now (CC)
12 CIVT	Global News (CC)	Global National (CC)	Global News (CC)		Ent. Tonight Canada (CC)	Entertainment Tonight (CC)	Chicago P.D. "Chasing Monsters" (CC)	Mary Kills People "Come to Jesus" (CC)	SEAL Team "Getaway Day" (CC)	Global News (CC)						The Late Show With Stephen Colbert (CC)
13 E!	Right This Minute (CC)	Inside the Story (CC)	Empire "Full Circle" (CC)	Bones "The Couple in the Cave" (CC)	The Night Shift "Second Chances" (CC)	Evening News (CC)	Inside the Story (CC)	The Watchlist (CC)	Nightline (CC)	The Watchlist (CC)	Nightline (CC)	Blackbeard the Pirate" (52) Robert Newton.				
14 FOX	The Big Bang Theory (CC)	The Big Bang Theory (CC)	The X-Files "Ghoul" (CC)	9-1-1 "Point of Origin" (CC)	13 WHAM News at 10 p.m. on Fox Rochester (CC)	Daily Mail TV (CC)	The Simpsons (CC)	Paid Program (CC)	TMZ (CC)	The List (CC)	Paid Program (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)			
15 W	Law & Order: Special Victims Unit "Noncompliance" (CC)	The Goldbergs (CC)	Basketball NCAA Syracuse at Georgia (CC)	CBS46 News at 9 p.m.	The Game (R)	The Game (CC)	Funny You Should Ask (CC)	American Dad! (CC)	Family Guy (CC)	Family Guy (CC)	Rules of Engagement (CC)	Friends (CC)				
16 PCH	The Goldbergs (CC)	The Goldbergs (CC)	Basketball NCAA Syracuse at Georgia (CC)	CBS46 News at 9 p.m.	The Game (R)	The Game (CC)	Funny You Should Ask (CC)	American Dad! (CC)	Family Guy (CC)	Family Guy (CC)	Rules of Engagement (CC)	Friends (CC)				
17 SPIKE	Bar Rescue "Paradise Lost"	Bar Rescue "How to Train the Dragon"	Bar Rescue "Loose Lips Loose Tips" (R)	Bar Rescue "Land of the Beer and Home of the Misbehaved"	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)	Cops (CC)
18 SLICE	Stripped (CC)		The Real Housewives of New Jersey "Reunion Part 2" (CC)	Housewives/New Jersey "Reunion Secrets Revealed"	Relative Success With Tabatha "Splitting at the Seams"	Sex and the City (CC)	Sex and the City (CC)	Housewives/New Jersey "Reunion Secrets Revealed"	Relative Success "Splitting at the Seams" (R)	The Real Housewives of New Jersey "Fauxpology" (CC)						
19 CNN	OutFront (CC)		Anderson Cooper 360 (CC)	Cuomo Prime Time (R)	CNN Tonight With Don Lemon (CC)	CNN Tonight With Don Lemon (CC)	Anderson Cooper 360 (CC)	Cuomo Prime Time (R)	CNN Tonight With Don Lemon (CC)							
20 FAM	Massive Monster (CC)	Dr. Ken (CC)	Raising Expectations (CC)	Speechless (CC)	Gilmore Girls "New and Improved Lorelai" (CC)	Fresh Prince Bel Air (CC)	Speechless (CC)	Gilmore Girls "New and Improved Lorelai" (CC)	Raising Expectations (CC)	Raising Expectations (CC)	Be the Creature (CC)	Backstage (CC)	Backstage (CC)	The Next Step (CC)		
21 FOOD	Iron Chef Showdown "Battle of the Fish" (CC)	Iron Chef Showdown "Battle of the Fruit and Fowl" (CC)	Cooks vs. Cons "Pizza Party" (CC)	Cooks vs. Cons "Not Your Mama's Meatloaf" (CC)	Cooks vs. Cons "Gone Bananas" (CC)	Cooks vs. Cons "Pizza Party" (CC)	Cooks vs. Cons "Not Your Mama's Meatloaf" (CC)	Cooks vs. Cons "Gone Bananas" (CC)	Cooks vs. Cons "Pizza Party" (CC)	Cooks vs. Cons "Not Your Mama's Meatloaf" (CC)	Diners, Drive-Ins and Diners (CC)	Diners, Drive-Ins and Diners (CC)				
22 TREE	Shimmer and Shine (CC)	Shimmer and Shine (CC)	Ben and Holly's Little Kingdom (CC)	Ben and Holly's Little Kingdom (CC)	Ready, Steady, Wiggle (CC)	Max and Ruby (CC)	Robb (CC)	Octonauts (CC)	My Big Big Friend (CC)	Peppa Pig (CC)	Guppies (CC)	Go, Diego, Go! (CC)	Shimmer and Shine (R)	Shimmer and Shine (R)	Little Charmers (R)	Max/Ruby-Trucktown (R)
24 DISC	Daily Planet (CC)		Finding Escobar's Millions "The Good Life" (CC)	Moonshiners: Outlaw Cuts "Arrested Development" (CC)	Heavy Rescue: 401 "Where There's Smoke" (CC)	Finding Escobar's Millions "The Good Life" (CC)	Moonshiners: Outlaw Cuts "Arrested Development" (CC)	Heavy Rescue: 401 "Where There's Smoke" (CC)	Finding Escobar's Millions "The Good Life" (CC)	Moonshiners: Outlaw Cuts "Arrested Development" (CC)	Moonshiners "Skins in the Game" (CC)	Moonshiners "Skins in the Game" (CC)				
25 HIST	Forged in Fire "Crusader Sword" (CC)	Buried: Knight Templar "Holy City, Holy Grail" (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knights Templar and the Holy Grail (CC)	Buried: Knight Templar "Holy City, Holy Grail" (CC)	Buried: Knight Templar "Holy City, Holy Grail" (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)	Buried: Knight Templar and the Holy Grail (CC)
26 OLN	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)
27 HGTV	Renovation "Reno From Floor to Ceiling" (CC)	Renovation "Doubling Down on Renovation" (CC)	Flip or Flop Fort Worth (CC)	Flip or Flop Fort Worth (CC)	Home Town (CC)	House Hunters Int'l (CC)	House Hunters Int'l (CC)	Flip-Flop ft. Worth (CC)	Flip-Flop ft. Worth (CC)	Home Town (CC)	Love It or List It "Justin and Breanne" (CC)					
28 SHOW	NCIS "Blowback" (CC)	Supergirl (CC)	The Magicians "Be the Penny" (CC)	NCIS "Homesick" (CC)	NCIS "Suspicion" (CC)	The Magicians "Be the Penny" (CC)	NCIS "Blowback" (CC)	Supergirl (CC)	The Magicians "Be the Penny" (CC)	NCIS "Blowback" (CC)						
29 CITY	Modern Family (CC)	Modern Family (CC)	The Blacklist "Tommy Wattles" (CC)	Modern Family (CC)	Modern Family (CC)	Mom (CC)	Mom (CC)	CityNews Tonight (CC)	Crime Watch Daily With Chris Hansen (CC)	Extra (CC)	Nirvana (CC)	FUBAR (CC)	Nirvana (CC)			
30 TLC	(4:05)My 600-lb Life: Supersized "Alicia's Story" (R)	My 600-lb Life: Supersized "Liz's Story" (CC)	To Be Announced (CC)	Family by the Ton "You Have to Fight for It" (CC)	My 600-lb Life "Liz's Story" (CC)	To Be Announced (CC)	Family by the Ton "You Have to Fight for It" (CC)	My 600-lb Life "Liz's Story" (CC)	To Be Announced (CC)	Family by the Ton "You Have to Fight for It" (CC)	My 600-lb Life "Christina's Story" (CC)					
31 A&E	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)	Storage Wars (CC)
32 BRAV	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)	CSI: Miami (CC)
33 FSR	NASCAR Race Hub (CC)	Supercross AMA (CC)				Dumbest Stuff on Wheels (R)	Dumbest Stuff on Wheels (R)	R U Faster Redneck (R)	R U Faster Redneck (R)	NASCAR Race Hub (CC)	Pass Time (CC)	Pass Time (CC)				
37 COM	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	The Beaverton (CC)	Full Frontal (CC)	The Daily Show (CC)	The Opposition (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
39 SPC	InnerSpace (CC)	The Twilight Zone (CC)	The Librarians "And the Trial of the One" (CC)	Falling Water (CC)	Falling Water (CC)	Star Trek: Voyager (CC)	Star Trek: Voyager (CC)	Star Trek: Voyager (CC)	Star Trek: Voyager (CC)	The Librarians (CC)	Falling Water (CC)					
40 AMC	(4:30)Demolition Man" (93) Sylvester Stallone.	Terminator 3: Rise of the Machines" (03) Arnold Schwarzenegger.	RoboCop" (1987, Sci-Fi) Peter Weller, Kurtwood Smith.	Black Hawk Down" (2001, Action) Eric Bana, Josh Hartnett. An elite team of peacekeepers attempt to kidnap a crime lord's top lieutenants in Somalia. (CC)												
43 TOON	BareBear (19:15) BareBear	Steven Universe (R)	Steven Universe (R)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Fuggat About It (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)	Bob's Burgers (CC)
44 DTOU	Expedition Unknown "The Ark of the Covenant" (CC)	Expedition Unknown "Global Game Show: Hidden Treasures" (CC)	Expedition Unknown "Josh's Favorite Things" (CC)	Top Secret Swimming Holes "Brazil's Buracao Canyon" (CC)	Expedition Unknown "Global Game Show: Hidden Treasures" (CC)	Expedition Unknown "Josh's Favorite Things" (CC)	Secret Swim. Holes "Brazil's Buracao Canyon" (CC)	Ghost Adventures "Bracken Fern Manor and Tudor House" (CC)								
47 YTV	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)	Robin Hood" (1973, Animated) Voices of Monica Evans, Peter Ustinov. (CC)
48 TVO	Animal Super Parents "Lending a Hand" (CC)	The Agenda With Steve Paikin (CC)	To Make a Farm (CC)	Behind the Climate (CC)	SponsorLand Canada (CC)	To Make a Farm (CC)	Animal Super Parents "Lending a Hand" (CC)									
49 PBS	Nightly Business (CC)	Am. Black Journal (CC)	Nature "Animals With Cameras" (CC)	Nova "The Impossible Flight" (CC)	SciTech Now (CC)	Under the Radar (CC)	Amanpour on PBS (CC)	Beyond 100 Days (CC)	Nature "Animals With Cameras" (CC)	Nova (CC)						
51 CBCN	CBC News Network With Carole MacNeil (CC)	CBC News: The National (CC)	Power and Politics (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)	CBC News: The National (CC)
55 TMN	(4:25) "Song to Song" (17) (CC)	(3:35) "The Definites" (2017, Drama) (CC)	"Underworld: Blood Wars" (2016, Action) Thea James, Kate Beckinsale. (CC)	(3:35) "Kong: Skull Island" (2017, Action) Samuel L. Jackson, Tom Hiddleston. (CC)	(3:35) "Door to the Other Side" (2017, Horror) Robin De Lano, Nicholas Bianchi. (CC)	(4:05) "Weirdos" (16, Drama) Rhys Bevan-John, Dylan Authors. (CC)										
70 APTN	1491 "Governance & Trade" (R)	Native Planet "Hawaii" (R)	The Red Road "A Cure" (CC)	Nations at War (R)	Tribal Police Files (R)	APTN National News (CC)	APTN Investigates (CC)	The Red Road "A Cure" (CC)	Arctic Air "Vancouver Is Such a Screwed-Up City" (CC)	Native Planet "Hawaii" (R)						
80 VSN	Murder, She Wrote "Murder, Plain and Simple" (CC)	Father Ted (CC)	Boomers (R)	Call the Midwife (CC)	Grantchester (CC)	Apocalypse When? (CC)	Spirit Messages (R)	"Anchors Aweigh" (1945, Musical) Frank Sinatra, Gene Kelly. (CC)	It's Supernatural (CC)	Peter Popoff Ministries (CC)						