



Back Row - Kevin Roberts, Charlie Scollard, Ron Stortini, Steve Denomme, Curtis Evoy, Mike Strassburger, Henry Kaari.

Front Row - Coach, D. Roberts, Warren Sutherland, Shawn Madore, Jeff Bonnema, Geordy Fournier and Kenton Klassen.

NSSSAA Volleyball Champions

The Lake Superior Senior Boy's Volleyball team are the 1985-86 NSSSAA volleyball champions. Following round robin victories over Nip-Rock H.S. and Michipocoten H.S. (Wawa) on Friday, November 1, by scores of 2 games to 0 in both mat-

ches, they played Wawa for the championship on Saturday. LSHS won the first game 15-11 and then were stunned 15-11 by Wawa in the second game. This was their first loss of the year. Angered by the fact that Wawa had broken their perfect season LSHS rebounded in the third and

deciding game by winning with a score of 15-2. LSHS now waits to see if there will be a challenge issued to them from any schools west of Thunder Bay. If no challenge is issued then LSHS will be declared NWOSSA champions ('A' Division) and will proceed to the all-Ontario (OFSSA)

'A' Volleyball championship later this month in Kemptville, Ontario, which is just outside Ottawa. Again congratulations and best wishes in future games to Curtis Evoy, Geordy Fournier, Steve Denomme, Kevin Roberts, Mike Strassburger, Henry Kaari,

Ron Stortini, Warren Sutherland, Kenton Klassen, Shawn Madore, Charlie Scollard and Jeff Bonnema.

the senior Voyageurs would like to thank all the students, Mr. Houston, Mrs. Scollard and the Roberts' family who came to Red Rock on Saturday to cheer them to victory.

High school highlights

The Lake Superior Junior Girls Basketball team has met with great success. The team consisted of Josephine Diano, Tanya Evoy, Candace McLellan, Sammy McParland, Bonnie Roen, and Susan Strussburger. All of the six players worked excellently together, and they had the spirit and enthusiasm to make the team a success.

On October 16 & 17 the team travelled to Marathon to compete in the NSSSAA semi-finals. In the tournament the L.S.H.S. Junior girls beat out Nip-Rock, Geraldton and Marathon to win the semi finals and

move on to the championship in Nipigon.

In Red Rock the first game the girls played was against the Niprock team. It was a tough game and they lost by only one point (26-25). The Junior girls went on to challenge Manitowadge and they were defeated. The final game against Wawa was a success and the Junior girls won by a score of 10-8. The overall standing the L.S.H.S. Junior girls took in the tournament was third place.

Congratulations to all members of the Junior team. You played excellently and deserve a pat

on the back. Special thanks to the coach, Mr. Hanley and assistant coach, Rod Walton. Without your help and support the team never would have gotten as far as they did.

After winning the right to play in the east-west NSSSAA finals by defeating Marathon and Geraldton, the L.S.H.S. Senior girls Basketball team lost to Nip-Rock and Wawa by 5 and 6 points. The games were close and highly competitive and L.S.H.S. left both Nip-Rock and Wawa seriously concerned.

Members of the L.S.H.S. Senior girls team

are Chrissy McLellan, Brenda Speziale, Tracy Hanley, Kara Klassen, Cathy Hansen, Jody Bertin, Lauri Stachiw, Paula Bouchard, Janet Chappell and Petrina Taylor.

Everyone played well but Chrissy McLellan was the team scorer in the finals. Defensively, everyone was alert. Thanks to Mr. E. Hanley, the Senior girls coach and Rod Walton, the assistant coach.

The Senior girls advanced further than in the recent

past. Next year will be even better!

A Halloween dance was held on Friday, Nov. 8. Prizes were given for the best costumes. Winners and prizes will be announced in the next paper, along with pictures of the winners.

Student cards are now available at the office.

Plans for the Christmas dance are forging ahead.

Information will soon be available on ordering school sweaters and jackets.

Health Concerns

Arthritis:

"Everybody's Disease"

In coming weeks this column will feature facts about arthritis, including its forms, its symptoms, its treatment and the resources available to help the arthritis sufferer cope with the condition.

Name the most common chronic disease in this country. What's your answer? If you said "arthritis", you get top marks.

What do you know about arthritis? That it's a condition of the elderly? That it's mild, involving minor aches and pains? That it's untreatable, an inevitable by-product of aging?

If that's how you see arthritis, you just lost some marks. For, in fact, these are the popular myths about arthritis. The truth may surprise you.

Did you know ...

- Over 3.5 million Canadians — or 1 in 7 people — have some form of arthritis.

- Arthritis affects people of all ages — including children, young adults, the middle-aged and the elderly.

- More than 30,000 children have arthritis.

- "Everybody's disease" is another name for arthritis, because it affects so many of us, at any age.

- The average arthritis victim waits four years after symptoms appear before he/she seeks medical help. The delay can be costly, creating irreversible joint damage.

- Arthritis costs Canada over \$2 billion a year in health services, drugs, lost wages, etc.

- Almost 60% of arthritis sufferers are women.

- Arthritis pain can be acute. It can mean long-

term disability.

- No cure exists for arthritis. But new techniques are available to help people with arthritis cope better with their condition. Arthritis research has made important advances.

Warning Signals

Early diagnosis is essential. If you suspect you suffer from arthritis, consult your doctor. Here are the warning signals, prepared by The Arthritis Society:

- Persistent pain and stiffness after getting up in the morning.

- Uncommon pain, tenderness or swelling in any joint, especially if it is accompanied by fatigue, unexplained weight loss or fever.

- Recurrent or persistent pain and stiffness in the neck, lower back, knees, wrists or hands, especially if there is no obvious reason.

- Any recurrence of these symptoms, especially if they involve more than one joint or joints in different parts of the body.

Your doctor will perform a wide variety of tests before making a diagnosis of arthritis. These can include blood tests, urine tests, X-rays, and others. You may be referred to a rheumatologist, i.e. a rheumatic-disease specialist, for special care or a final diagnosis.

In later columns, we'll look at a few common forms of arthritis, and how the disease is treated.

For more information on arthritis, contact Pfizer Canada Inc., 17300 Trans-Canada Highway, Kirkland, Quebec, H9J 2M5.

Cherry Blossoms in China

The Canada-Taiwan Friendship Association will be operating a fundraising tour of Taiwan for next March. Proceeds will go towards next year's high school exchange.

This will be an opportunity for residents of Terrace Bay to visit their twin town. There will be a special reception in Tungkang for Terrace Bay residents and all of their

friends. The cost of the tour will be \$1990 which includes all but meals and entertainment.

The mountains of Taiwan are abloom with cherry blossoms in March and the theme of the tour is "Cherry Blossoms in China". Details on the tour are available from Gabe Fritzen in Thunder Bay at 344-3059.

NOTICE OF THE PASSING OF A ZONING BY-LAW BY

CORPORATION OF THE TOWNSHIP OF TERRACE BAY

TAKE NOTICE that the Council of the Corporation of the Township of Terrace Bay passed By-law 32-85 on the 28th day of October 1985 under section 34 of the Planning Act, 1983.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Corporation of the Township of Terrace Bay not later than the 3rd day of December, 1985 a notice of appeal setting out the objection to the by-law and the reasons in support of the objection.

An explanation of the purpose and effect of the by-law, describing the lands to which the by-law applies, and a key map showing the location of the lands to which the by-law applies (or, alternatively, an explanation as to why a key map is not provided) follows. The complete by-law is available for inspection in my office during regular office hours.

The by-law is a complete revision of the existing comprehensive zoning by-law, and affects all lands within the municipality. A key map is therefore unnecessary.

Dated at the Township of Terrace Bay this 12th day of November 1985.

L.H. Simons
Clerk Co-Ordinator
Township of Terrace Bay

Be "Travel-wardrobe" wise

One the greatest mistakes many travellers make is packing too many things.

"Remember that the length of your stay does not determine the number of things you should pack," says Clothing and Textiles Specialist Margaret Loewen of the Ontario Ministry of Agriculture and Food's rural organizations and services branch.

"Instead, base your travel wardrobe on the activities you've planned while on vacation and on your destination's climate."

Choose easy-care items that mix and match to create several different outfits.

For example, choose basic wardrobe items in a neutral color that can be teamed up with several co-ordinating shirts and accessories.

A typical travel wardrobe for women consists of a pair of pants, a skirt, a jacket and

a two-piece print dress which can be mixed and matched with several tops.

Include a sweater (just in case it gets cool in the evenings) and to create a casual look under a blazer.

Cotton and polyester blends travel better than pure cotton fabrics.

Choose cotton knits or cotton with a "wrinkled look" such as seersucker or pre-washed denim.

Wool is also a good traveller because it resists both dirt and wrinkles.

Be sure to pack heavy items (such as shoes, a hair dryer, a travel iron or your cosmetic case) on the bottom of the suitcase, next to the hinged end; when carrying the suitcase, these items will be on the bottom and won't crush other items.

Cushion each fabric fold with another item. For example, tuck a rolled T-shirt in

side the main fold of a pair of pants.

Pack larger clothing items on their hangers if you have enough room in your luggage.

Take along some plastic bags for a wet bathing suit or towel.

Roll non-crushables (like underwear and T-shirts) and use them to fill in the spaces at the sides of the bag.

Stuff the toes of your shoes with soft socks or pantyhose.

Carry spillables (like make-up, shampoo, shaving cream) in self-sealing plastic bags or plastic-lined cases.

To help prevent leaks, place a bit of absorbent cotton in the top of plastic containers.

If you are travelling by air, you can wear the bulky items in your travel wardrobe and that will give you a little more room in your suitcase.