

And the winner is...

By Dave Chmara

The results are in from the annual Dance for Heart competition held February 16.

A friendly challenge had been issued to Terrace Bay by Manitowadge to see which community could raise more funds.

Marilyn Warf, Thunder Bay and District Area Co-ordinator for the Heart and Stroke Foundation of Ontario, said, "Terrace Bay won hands down."

Warf said a total of \$7,655.62 was raised by Terrace Bay and Schreiber. "Not only was this the amount of money pledged, but all of it has been sent in," she said.

"Manitouwadge raised \$6,114.55 but hasn't finished get-

ting all of their money in yet so you blew them away," Warf said.

This was the largest amount of money raised by Terrace Bay to date in the Dance for Heart competition which has taken place the past few years.

Last year, Terrace Bay raised in the neighborhood of \$5,800.

"Terrace Bay and Schreiber not only raised the most money, it is also the most money per capita."

"We're very proud of the job they do. The committee, participants and donors should take a lot of pride in the work they have done," commented Warf.

"We'd like to give a very sincere thank you from the



Foundation to all those who helped and the work they did," which allows the continuation of research and development and education of heart and stroke disease.

A total of 53 people took part in the Dance for Heart Challenge held in Terrace Bay.

One out of every two Canadians dies from heart disease and stroke - more than all other diseases combined. Research and education are drastically reducing this mortality and saving over 20,000 lives per year.

Despite this, the Heart and Stroke Foundation can afford to fund only half of the needed research and education programs.

The Foundation helps to fund university medical centres, teaching centres and various research projects.

Through this funding, by-pass surgery has been developed and a chemical called TPA is also being developed. This chemical helps to break down blood clots. If administered very shortly after the onset of a heart attack, it can reduce a major heart attack to a minor one. If this chemical is given during the very early stages of a minor heart attack, it can stop the onset of the attack altogether.

Only personal donations make this progress possible as the Foundation receives no government funding for its programs.

Terrace Bay - Schreiber

NEWS

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With 230,000 Lake Trout yearlings restocked into Lake Superior, and at 25 fish per pound, literally tons of fish were put into the big lake. Above, MNR workers dump the yearlings into a funnel which is connected to a pipe that flowed to the lake. The restocking is a yearly project by the MNR.

Photo by Dave Chmara

1/4 million Lake Trout restocked into local waters

By Dave Chmara

The Ministry of Natural Resources was busy last week stocking a number of lakes and rivers in the area with Lake Trout yearlings.

Rick Baldwin, Fish and Wildlife Coordinator for the Terrace Bay District MNR, said Lake Trout were restocked in Angler Creek, Coldwell Harbor, Prairie River, Rosspport Harbor and Hydro Bay just outside of Terrace Bay.

A total of 230,000 yearlings were restocked - about 46,000 in each area.

Baldwin said the restocking of Lake Trout is a yearly program and is part of a major effort to rehabilitate the Lake Trout population in Lake Superior.

The Dorion hatchery produced the yearlings. When the restocking program was first established, Lake Trout eggs were collected from the area around the Slate Islands. Baldwin said these were reared to the brooding age and those eggs are used to produce the yearlings.

"We're trying to keep the same strain (originally) from Lake Superior in the lake," said Baldwin.

He gave some reasons why the MNR restocks the fish at this time of year. "The hatchery in Dorion needs the space to begin the cycle again for next year." Baldwin added the most important reason though, is because when the yearlings are released underneath the ice, it eliminates the seagull predation.

"If we did it (restocked) in warmer weather, the seagulls would show up right away and just pluck them out of the water," explained Baldwin.

He noted that the restocking at the Hydro Bay and in Rosspport Harbor is easy. The trucks with the fish in tanks are just driven up to the lakeshore, a pipe is attached to the tank, and the yearlings are flushed right into the lake.

However, the other restocking areas involve snowmobiling into

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