

Crime Stoppers

Yet another bush camp becomes a victim of thieves. This time they struck a bush camp located east of Longlac, approximately two miles north of Highway 11, at mile 48 on the logging road.

During the long weekend last August, at least two thieves broke into the office and workshop and removed a red Honda 125 three wheeler, an orange 2 ton floor jack, a silver Beauty battery charger on wheels, a Briggs and Stratton 3 horse water pump, 3 boxes of chainsaw files as well as other items.

Police suspect the vehicle used was a larger pickup possibly with dual tanks. There was also fifty

gallons of gasoline stolen from a large storage tank, which had the lock broken off and thrown away.

Police can identify most of the stolen items and have added them to the police computer.

Crime Stoppers will pay up to \$1,000 this week for information that leads to the arrest of the person(s) responsible for this crime.

CRIME STOPPERS
623 TIPS
1-800-465-6844

Call Crime Stoppers, toll free, at 1-800-465-6844, if you have any information regarding this crime.

"You do not have to give your name." Crime Stoppers also pays cash for information on any unsolved crimes.

The Crime Stopper reward fund is raised through tax deductible donations from citizens and businesses. Cheques may be sent to Thunder Bay Crime Stoppers Inc., 425 E. Donald St., Thunder Bay, Ont., P7E 5V1. Your donation will go towards Crime Stoppers in your area.



Bonnie Roen is one of the eight models that was in the Spring Fashion show held on May 31 in Schreiber presented by Fashions by MurMade. There were 26 outfits modeled. The outfits were made by Muriel Walton and Madge Richardson. The outfits are on display at Spadoni's Department Store.

Photo by Connie Sodaro

Keeping your weight down during June

Beware the month of June if you're trying to shed extra pounds! The calendar may highlight only three special days - Flag Day, June 14; Father's Day, June 18; Summer Solstice, June 21 - yet many unrecognized occasions may become pitfalls for the unwary dieter during this period.

Crammed full of weddings, engagements and graduation parties, all traditionally food-filled celebrations, June is a month that can send your weight skyrocketing long before the first July 1 firework is launched.

"You need advance preparation," says Michele Godin with Weight Watchers of Schreiber, "to stay within your weight loss plan. With hints from the new Quick Success Self Discovery Plan, you learn to resist the temptation to smother corn-on-the-cob with butter or to dunk grilled chicken, skin and all, into a red-hot barbecue sauce."

Godin offers these tips to help you through the June calendar:

- Take advantage of the season: in June you'll find an abundance of fresh fruits and vegetables which are not only delicious but low in calories.

- Think ahead: If you're scheduled to attend a holiday celebration, plan your other meals around this special occasion. Eat lighter meals during the day so you can enjoy the festive meal without extra pounds.

- Dress for slim eating: Have you ever noticed that what you're wearing can influence how much you eat? Wear the outfit that hugs your waist attractively rather than a blousy dress or baggy pants that "leave room for eating."

- Visualize: Each time you feel the urge to indulge, visualize what you want to look like this summer in a bathing suit.

- Get plenty of rest: Sometimes the more tired a person is, the greater the likelihood of overeating. At this time of the year, if you're really on the go, make sure you get plenty of rest.

- Share with a friend: When at a buffet or company party, share portions with a companion. That way you get to share in the festivities and try more foods at half the caloric cost.

- Feed yourself compliments: After you've made these changes, it's time to feed yourself words of praise. You deserve to be proud of your accomplishment.

"The key to success is believing in yourself," say Godin. "Take it one celebration at a time and don't look too far ahead."

With planning and determination, you'll be able to unveil a new slimmer you this summer. Think about the possibilities.

Cooks & Waitresses WANTED

Apply in person at
The Voyageur Restaurant in Schreiber
824-2590



SKYWIRE
POWER SYSTEM SERVICES



PAUL A. MOOREY
Representative


P.O. Box 580 Schreiber, Ontario P0T 2W0
(807) 824-3152

Birth Announcement


On May 6th, 1989, Bill & Betty Randa and first time grandmother Janet Lever were thrilled to welcome into their families their new granddaughter
NORA MAY
5 lbs 6 ozs

Proud parents Dave & Gina wish to thank Dr. Wilkes and the staff of McCausland Hospital for their excellent care.

INTERNATIONAL RED CROSS
LA CROIX-ROUGE INTERNATIONALE



125 YEARS HELPING PEOPLE



Lakehead University
A Northern Vision

YOU ARE INVITED

DISTANCE EDUCATION REGIONAL REGISTRATION MEETING

WEDNESDAY, JUNE 14, 1989

6:00 - 8:30 p.m. (Eastern Standard Time)

LOCATION
CONTACT NORTH ACCESS SITE NEAREST YOU

TELECONFERENCE SESSIONS


SESSION I: 6:00 - 7:00 p.m. E.S.T.
 SESSION II: 7:30 - 8:30 p.m. E.S.T.

AUDIO/GRAPHICS DEMO
7:00 - 8:00 p.m. E.S.T.

COME AND EXPLORE THE OPPORTUNITIES AVAILABLE THROUGH OUR DISTANCE EDUCATION PROGRAM

Representatives from the Registrar's Office, Library, Student Services will be on hand to answer any questions during the teleconference sessions. Application/Registration Packages, Sample Course materials and booklets on the Signal North Distance Education program, Library Services, and other Student Support Services may be obtained at the meeting.

For further information, please call:
SIGNAL NORTH
 Toll Free 1-800-465-3909
 or (807) 343-8210




FOR YOUR SAFETY...

Due to environmental improvement projects at Kimberly-Clark of Canada, the Ministry of Natural Resources has agreed that the Woodlands Road and adjacent gravel pits from the Mill Road to Milepost Three will be closed to all-terrain vehicles and unlicensed, off-road motorcycles from now until October 1, 1989. This period coincides with peak construction of the Kimberly-Clark of Canada's Aerated Stabilization Basin.

For your safety, use of such vehicles is also prohibited on sideroads, cutovers and trails on Kimberly-Clark property bordered by the Mill Road on the south, Hayes Lake on the west, the Ontario Hydro right-of-way on the north and highway. 17 on the east.

Also, please remember that the speed limit for licensed vehicles is 30 kilometers per hour on the Woodlands Road in the vicinity of the construction project. As a further safety measure, **please drive with your lights on when traveling through this area.**

Thank you for your understanding and cooperation.



Kimberly-Clark of Canada Limited
PULP AND FOREST PRODUCTS OPERATIONS