

# Paper Works Ink

OFFICE & ART SUPPLY

4-400 Centre St., Espanola, ON P5E 1G3  
www.paperworks1.ca

- OFFICE FURNITURE
- FULL COLOUR COPIES
- COMPUTER ACCESSORIES

705-869-2860 **OFFICE Pro**  
Good People, Who Know

## 2013 POLARIS RANGER 800 XP LE Summer Savings Sale



705-869-0170  
kevin@trailsidesports.com

## JEAN COUNTRY HALF PRICE



ALL JEANS, SANDALS, SHOES, ETC  
ADDITIONAL 50% OFF  
ALL SALE ITEMS

ESPANOLA & LIVELY LOCATIONS

The Little Paper That Makes A Big Difference  
Celebrating 17  
Years of Service!



August 13, 2013 Issue 33 - Volume 17  
[www.aroundandabout.ca](http://www.aroundandabout.ca)

## Espanola Youth Centre Becoming A Reality



Photo: The EYC Board of Directors: Stephanie Gunson; Amy Collins; Rebecca Finch; Corine Vanier

By Chloe Kneer - Serving the needs of youth in the community is the primary concern of the new Espanola Youth Centre. The Board of Directors has been busily preparing for the launch of the centre by filing a charitable status application and holding weekly meetings for several months. In addition to the weekly meetings, volunteers have been fundraising and just generally spreading the word via social media. In May, they held an opening fundraiser: a bake sale at the Knight Cruisers Car Show. More recently, they have announced their first major event, a teen dance for ages 12-17 on August 28 at the Espanola Regional Recreation Complex auditorium. EYC still has spots available on the board and they are looking for support in the way of volunteers and donations. (Applications can be requested through

Continued on page three...

## RON RIVET CLEANING SERVICES

25 YEARS OF EXPERIENCE



- Carpet & Upholstery Cleaning
- Tile & Grout Cleaning

[www.rrcs.ca](http://www.rrcs.ca)  
705-862-1914

## FRIDAY MADNESS SALE



► BEGINS FRIDAY MORNING  
AUGUST 16

► EXTRA SPECIALS  
STARTING AT 6:00 PM  
UNTIL STORE CLOSING!

HURRY IN WHILE QUANTITIES LAST!

PLUS SATURDAY-ONLY SPECIALS  
WHILE QUANTITIES LAST!

AT YOUR LOCAL CANADIAN TIRE STORES, INCLUDING:

801 Centre Street Espanola Phone: 705-869-3807

CANADA'S STORE

## Garnet's

120 McCulloch Dr., Espanola  
PH: (705) 869-2886 or (705) 869-1683

Rent-all

## BLOW-OUT SALE!!!

On instock lawn and garden equipment



## Espanola & Area Family Health Team

### Foot Care

Let a certified foot care nurse  
pamper your feet!  
Fee for service  
Book with reception

### From Soup to Tomatoes

Gentle program  
Armchair based exercise  
Elk's Hall 10:15-10:45 a.m.  
Mon., Wed., & Friday



705-862-7991



ESPANOLA

705-869-2130

830 Centre Street  
Espanola

New Stock  
Glass Tiles  
3 colours  
\$7.97  
plus tax

\*ALL CASH & CARRY. WHILE QUANTITIES LAST.

12"x12"

\$7.97  
plus tax

**At Your Fingertip Business Directory**

High Circulation • Competitive Rates  
FREE distribution to your customers!  
To Advertise in the Around & About  
Business Directory, call 705-869-6883

**Pat's Vineyard**

HELPING YOU MAKE FINE WINE

**Home of the Kenridge Quality Kits**  
Australian • Chilean • Italian • French

**Beer & Wine Kits  
Equipment & Supplies  
Gift Certificates**

**Special Occasion Packages**  
Wedding,  
Anniversary, etc

2300 Lee Valley Rd. Lot 73, Commercial Building in Park **705-862-7772**

**LAMBAC**  
A Community Futures Development Corporation  
Une Société d'aide au développement des collectivités

Business Services • Services commerciaux  
Business Loans • Prêt D'affaires

**Gore Bay**  
1-800-461-5131  
(705) 282-3215  
Open Monday - Friday  
info@lambac.org

**Espanola**  
(705) 869-3656  
Open Tuesday - Wednesday  
www.lambac.org

**Don's Electric**  
(705) 869-0511  
Cell (705)-862-0753

E.C.R.A./E.S.A. #7009119  
Email: dcf@personainternet.com

**Advertise here for as little as \$22 per week**

**Call 705-869-6883 for details**

**Dittrich's Hair Design**  
"A Look With A Difference"

**HOURS**  
Sunday-Monday **CLOSED**  
Tuesday- Friday 9a.m.-7p.m.  
Saturdays 9a.m.-1p.m.

**705-869-2915**

**Trottier Construction**

**QUALITY AND EXPERIENCE YOU CAN COUNT ON FOR ALL YOUR RESIDENTIAL NEEDS**

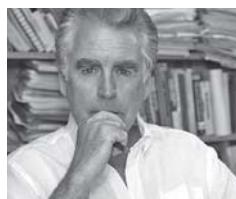
351 Appleford Ave. Rob Trottier 705-936-7178  
Espanola, ON P5E 1C7 Mark Giambattista 705-936-7266

**Blinds At Home**

**We Come to You! Buy Blinds in the Comfort of your own home.**

**Free Installation. In Home quote Call today serving Espanola & surrounding area**

**705-869-8166**



**All The World's A Circus**  
William Thomas

williamjthomas@gmail.com



## Yard, Lawn, Garage Sales – We Need Some Rules.

First of all, "Grease Sale 8-2-10 Only!" That's a bad sign of the times right there. After a hundred years of these 'five and dimers' at the end of our properties why can't we at least decide if they're a "yard sale," "lawn sale," or a "garage sale?" Likewise, after a century of retreating to a rustic northern spot in the summer, Canadians still can't decide if it should be called a cottage, a cabin or a camp. The traditional Canadian yard/lawn/garage sale is actually an outdoor insult contest in which pieces of junk and spare change are the agreed-upon weapons of choice. Given that you're trying to sell me something you don't want or need and probably never did and I'm about to buy your junk which I will likely try to sell back to you next summer – we should call the sale a "flimflam" or a "flipflop" – a game of commercial ping pong involving bric-a-brac for a buck.

Take me, for instance, your principal peddler for today's yard seller. With a card table, a jar of change and no experience whatsoever, I will take a decade's worth of accumulated crap which I'm too lazy to drop off at the local dump and I will attempt to sell it to you, an unsuspecting stranger. By the time we meet in my driveway, I will have gone through five strategies of yard sale marketing:

1. I don't care if I make any money as long as I get rid of this stuff.
2. Hey! This thing still works.
3. I don't think five bucks is too much. I

paid ten.

4. If they don't want to pay the price, I'll just keep this stuff and use it myself.

5. New sign: "All Prices Firm. Break It, You Bought It."

So that's me, the seller, sitting casually in a lawn chair with a cup of coffee and the morning paper trying to appear nonchalant because I alone know what evil lurks behind those masking-tape price stickers. I am a swindler.

Now let's take you. You are the prospective yard sale customer, my market, my mark. First of all, you cruised by the night before shouting something about a sale. I shouted back something about your mother. (Sorry.)

You returned early next morning, parked in my neighbour's flower garden, and after inspecting every item in the yard sale, you picked up my card table with my entire sale inventory, empty coffee mug and newspaper and said: "Would you take two bucks for this?"

As politely as I could, I said, "No, but for a loonie you could get that canoe paddle ... right across your a\*\*!" (Again, I apologize.)

So as a professional yard sale rummager, you're rude, coldhearted and crass. Yard sale people are a pain in the a\*\*. But that's your job. You're supposed to make me feel cheap and sleazy. After all, I'm a swindler. If I didn't want to be humiliated I wouldn't have taken out ads in the newspaper inviting you to come

*Continued on page three...*

**U-VIEW Realty Inc.**  
Brokerage

*We Give You... Options & Choices!*

Chloe Kneer, Broker  
chloe@uviewrealty.com  
705-918-2456

Ange Pudas, Salesperson  
ange@uviewrealty.com  
705-665-5493

Office: 705-583-0422

**JC Plumbing & Heating**

**Jason Cowles**  
Certified Technician

Serving  
**Espanola & Area**

Business 705-583-3040  
Mobile 705-863-3332

Sales & Service

**THE ONE TOP STOP**  
DAY CARE

Offering child care for children 18 months to 12 years of age in Massey, Infant to 12 years of age in Espanola.

Half Day / Full Day / Socialization  
Before and After School

Massey: 705-865-3281 • Espanola: 705-869-3282  
Email: onetotstop@bellnet.ca • www.onetotstop.com

**W.H. Enterprises - Electrical Inc.**

**ELECTRICAL**

**705-869-4034**

ESA/ECRA 7001958



# DR. JOSÉE LABRECQUE DR. TERI FISHER Optometrists

Call 705-869-6200 or toll free at  
1-877-869-6211 to book appointments.  
Or come in at 721 Centre St. (next to Petro Canada)

*Continued from page two...*

to my house and fondle my personal belongings. You're the type of person whose children will grow up to be scalpers; mine will supply them with counterfeit concert tickets. It's a very sick world. I'm just glad we could be there for each other.

The Wainfleet-Port Colborne area has to be the "Junk Sale Capital of Canada." You cannot throw a stick without hitting a yard sale in the summer. (The stick is free with that bamboo Chinese steam thingy for four dollars.) You cannot clean out your garage in these parts without people stopping and making offers on the items that are piled in the driveway. Out here cleaning out a shed is known as a "silent auction."

I just love the unwritten law behind the lawn sale: whatever is left over at closing time goes to the Salvation Army. First we go for cold, hard cash and when that doesn't work we embrace the idea of charity. I mean if several hundred people wearing Crocs and tank tops found your stuff to be useless or tasteless, do you really think people who shop at Goodwill outlets are going to outbid each other for it!?

And you just know this had to happen, there's now a country and western song out there about a yard sale – "Sortin' through what's left of me and

you." I can only imagine the wife's gone, the pick-up truck is up for sale and the dog got hit by the woman who drove up the driveway at 7:30 a.m. when the sign clearly stated an eight o'clock start.

Certain items need to be banned from these sales like undergarments, toilet seats, urns with ashes still in it, anything inscribed with the word "love" and yes this has happened, bags of cat poop marked "Fertilizer."

And the worst? If I spot anything crocheted or macramed or titled "Home Sweet Whatever," I don't get out of the car. And worse than the "Grease Sale" sign was the one I spotted near Mayville, New York: "Going To Jail Sale." Now that's where the seller says "yes" to pretty much every price you offer.

No sorry, that's not the worst. The worst is spotting a book you've written and inscribed to the woman with her caboose parked in a lawn chair next to a box marked: "Two Bucks For Them All." Yeah, that's the worst. That's when you go home and come back with a bag marked "Fertilizer" and offer to trade it for the book box.

For comments, ideas and copies of The True Story of Wainfleet, go to  
[www.williamthomas.ca](http://www.williamthomas.ca)

## Paul's Concrete and Renovations

Specializing in Poured Pads & Garages

Paul Courtemanche  
Owner/Operator **705-862-0976**



## LINDEN HEATING & Gas Energy Services

Dennis Rannelli & Linda Quenneville  
Sales & Service of Commercial & Residential  
Gas-Fired Appliances, Propane & Natural Gas  
TSSA# 205477 Qualified-Certified-Registered  
705-863-0000 [lindenheating@gmail.com](mailto:lindenheating@gmail.com)



## Fresh Local Produce available from Sandy Loam Produce

located at  
Dare 2 Dream Alpaca Farm

210 Jacklin Road, McKerrow – between Hwy 6 and 17

Come visit the Alpacas, while we gather  
your selected produce from our gardens.

**Redeem this ad for a 10% discount.**



*Continued from front page...*

## Espanola Youth Centre



The newly unveiled EYC logo.

the Facebook page.) They have backing from many parties including the Lacloche Area Service Providers, Lions Club, The Regional Complex, and Espanola Mayor Mike Lehoux, as well as many citizens. "We would like to express gratitude to the multiple people, companies and organizations who have shown us support. It's very important to the board to hear any suggestions and concerns

anyone in our community may have. They are very welcomed to message us on our Facebook page or by email at [espanolayouthcentre@gmail.com](mailto:espanolayouthcentre@gmail.com)," says board member Brenda Legrow. "We meet every Wednesday at 6:30 p.m. and we would love to have some youth involved so we can better serve their needs and interests. We are actively networking to ensure that our activities, events and future programs will be well rounded and will help our youth as they grow into adults. It is important that we do this properly so we can ensure its success in the many years to come."

To keep up on the Espanola Youth Centre's activities, volunteer, or donate, like their Facebook page.

**Healthy Children = Healthy Families = Healthy Communities**



## Sacred Heart Childcare Centre Summer Care Program Spaces Available!

Financial Assistance is available for those who qualify  
**For More information, please call  
(705) 869-3171**

**[www.ourchildren-ourfuture.net](http://www.ourchildren-ourfuture.net)**



## Coyote Woodworks Sign Shop

BUSINESS • HOME • COTTAGE

52 LEE VALLEY RD. MASSEY  
HIGHWAY SIGNS • BANNERS • LOGO DESIGNING  
VEHICLE LETTERING & GRAPHICS & So Much More

**705-865-1414**

## Recipe

Are you looking for a healthy snack, lunch idea or something to bring to the next gathering? The following has always been a hit and the recipe frequently requested. It will keep well in the refrigerator for a couple of days, if there happens to be any leftovers. The kids will even like it, just don't tell them about the vegetables!



### Vegetable Pizza

This recipe makes 2 pizzas.

- 3 packages of Pillsbury crescent rolls
- 2 8 oz packages of cream cheese, softened
- 1 cup of salad dressing
- ½ package of dry ranch dressing mix
- Finely chopped, green onions, broccoli, cauliflower, and red pepper
- Finely grated carrots

Pat 1 1/2 packages of crescent rolls onto cookie sheet. Bake these for 8 minutes according to recommended oven temperature on crescent roll package, and let cool.

Mix cream cheese, salad dressing and ranch dressing mix. Spread this on the cooled pizzas. Sprinkle the chopped vegetables over the cream cheese mixture. Refrigerate. When time to serve, cut into small squares.

## Kids Korner

This craft idea can be used as a storage container in your child's room or given as a gift with arts and crafts supplies inside. You might find the pots on sale at this time of year. The kids should use a low temperature glue gun for safety.

### Clay Pot Caddy

- Medium size clay pot
- Hot glue gun and glue sticks
- Water based acrylic paint (any colour)
- Crayons (or other fun decorations)
- Ribbon
- Varnish (optional)

Paint the clay pot with the acrylic paint. Three coats are best. After the paint is dry, the pot can be varnished, but it is not necessary. Hot glue the crayons vertically around the base of the pot. You can add other decorations if you wish. Another idea is foam letters spelling the child's name or buttons glued on randomly. Use our imagination. Make a bow out of the ribbon and glue it to the top rim of the pot. Crayons can be glued onto the center of the bow or beside it.

*Mother May I now has her own e-mail address! If you'd like to share a recipe, life tip, or craft idea, or have any questions, you can email me at:*

***mothermayi@aroundandabout.ca***



## Thank You Espanola And Area Residents

Canadian Blood Services would like to express its gratitude to the Espanola and area residents for their support at the last Blood Donor Clinic located at the Knights of Columbus Hall on Thursday, August 1st. It is because of your generosity that we were able to collect 75 units of blood, thus saving the lives of patients who will be needing the blood before or after the long weekend.

To the first time donors who visited our clinic, we look forward to seeing you again and invite you to bring along a friend to donate. A big thank you goes to all the volunteers - a blood donor clinic would

not succeed without the efforts of its volunteers, sponsors and communities' commitment to saving lives.

Please consider bringing a friend or family member to the next clinic at the Knights of Columbus Hall, 399 Mead Street on Tuesday, October 29th, 2013. We would invite you to make an appointment today by booking online at [www.blood.ca](http://www.blood.ca) or by calling 1-888-2-DONATE. We need communities to rally together because it takes many donors to help save a hospital patient.

Sincerely,  
Joanne Drake  
Community Development Coordinator

## Kids Invent Wraps Up Week-Long Program in Espanola



**Photo:** Cameron Caibaosai and Sophie Kozachanko show off their "Prank Time" toy invention.



**Photo:** Paige Eadie invented Barbie "Fairy Wings." The wings are interchangeable, come in a variety of styles to suite the season or holidays.

LAMBAC's Kids Invent program ran the week of July 22-26 in Espanola. Participants learned about entrepreneurship, marketing, and brainstorming for new toy inventions. The program closed with a Toy Fair, which was open to the public. Some of the young entrepreneurs even managed to sell some of their inventions.



## COMMUNITY NOTES

**"Call For Works"** - The Espanola Fibre Arts Festival invites volunteers to knit and crochet including granny squares, scarves, doilies, afghans and practice pieces. Volunteers are needed to knit and crochet throughout August for various portions of a larger street art installation occurring in October. Pieces can be dropped off at the Recreation Complex.

**Euchre Tournament** - Espanola Seniors' Drop In Centre, August 17 at 1:00 p.m. Register at 12:30 p.m. Open to all seniors.

**The Massey-Walford Horticultural Society turns 50 years young** - Come celebrate Saturday, August 17 at the Massey arena noon - 4:00 p.m.

**Massey Area Museum 30th Annual Jessie Burnside Art Show and Sale** - August 10, opening at 1:00 p.m. Closing August 25. For more information, contact museum at 705-865-2266.

**Community Luncheons** - August 13 & 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone Welcome.

**GeNeXt.ccc** - is the new extreme sport club in town. Check [www.genextccc.com](http://www.genextccc.com) for dates and times for skateboarding/skating/biking/scooters for ages 8 and up. Call or text Pastor Chris 705-822-2292 for more info.

**Massey & Area Museum Bingos** - Mondays, August 26 at the Massey & District Arena. Doors open at 6:15 p.m. - Bingo starts at 7:00 p.m.

**STOMP** - Every Friday night between 7:00 - 8:30 p.m. at Queensway Pentecostal Church for tweens grades 3-7. Fun, free and everyone is welcome.

**Knight Cruisers Car Club** - Cruise nights are Thursdays at 6:00 p.m. in the Espanola Mall parking lot.

**Seniors Tennis** - The nets are up, come and play Tuesday, Thursday, and Saturday from 10:00 a.m. - noon at the Espanola Golf and Country Club. No charge, lessons available. Call Daphne Allen at 705-869-0475.

### Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their up-coming events in writing no later than Wednesdays at 3:00 p.m. 25 Word Limit.

Fax: 705-869-3342 or E-mail: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)

## Espanola Police Report

On July 21, 2013 at 3:04 a.m., the Espanola Police Service received a 911 call from a male residing on Tudhope St., Espanola, reporting that he was just assaulted by his girlfriend, who left the residence carrying a kitchen knife.

Upon arrival, police spoke with the 31-year old male victim, who told police that a small cut on the left side of his face was as a result of his 23-year old girlfriend punching him twice in the face, following an argument. While officers were speaking to the victim in the yard of his home, the female suspect returned to the residence still carrying the kitchen knife, but dropped it immediately when ordered to do so by an officer. The female, who was found to be under the influence of alcohol, was arrested without further incident.

As a result of the complaint, a 23-year old female resident of Espanola was charged with Assault contrary to Section 266 of the Criminal Code of Canada. She is to appear in court on the September 3, 2013 at 9:30 a.m. to answer to her charge. The accused name is not being released, as it may identify the victim in this matter.

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899



Ph. 705-869-6883 toll free 888-231-3578 Fax 705-869-3342  
email: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)

Around&About is printed locally by OJ Graphix INC.

Nicky Lamothe - PUBLISHER

### STAFF

Andrew Vondette - Manager & Sales Consultant  
Bill Leeney - Design/Website  
Chloe Kneer - Sales/Correspondent  
Kathy Houle - Bookkeeping  
Donna McDonald - Proof Reading  
Aimee Dupuis - Production  
Rayann Muncaster - Production  
Connie Stephen - Production  
Carol-Ann Martel - Office Assistant & Reception

## CLASSIFIEDS

Real Estate • Rentals • Services  
Lost & Found • Items For Sale  
Prayers • Thank You • Notices  
Personals • Vehicles  
Special Occasion

Highest Circulation &  
Best Rates In Town!



705-869-6883

### FOR SALE

**FOR SALE:** Portable sawmill, 16' bed & towing package. Asking \$6800. Call 705-582-2075 08/20

**FORSALE** - 2007 14' Rockwood Mini-Lite Travel Trailer. Fridge, stove, furnace, washroom, oven, microwave, shower, table, bed, awning, bbq. Excellent condition \$8000. Call 705-869-2423. 08/13

Call 705-869-6883 To  
Place Your Classified Ad!!

### FOR RENT

**FOR RENT** - 1 & 2 bedroom apartments, available immediately. 45 Arthur Court, Espanola, please call 705-869-5989. References required and no pets allowed 08/13

**FOR RENT** - 4 bedroom home, fridge, stove, dishwasher included for Oct. 1. \$1200/mo + utilities. First, last, security deposit required. No pets or smoking. 705-918-2456

### SERVICES

**MASSAGE THERAPY** - Offered by Krista Zdyb R.M.T. Located at In Touch Chiropractic & Wellness Center, Espanola. Half Hour and Full Hour Appointments available. New patients welcome. Call 705-862-7171. 08/13

**ESPANOLA SELF STORAGE** - 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 9/04 -R

### TO GIVE AWAY

**FREE DOOR:** Exterior metal clad insulated door, 36"x80", with brass lockset and keys. Semi-circular window at top. Phone 705-869-4589 at Agnew Lake.

### EMPLOYMENT OPPORTUNITY

**NOW HIRING AT SUBWAY ESPANOLA** - Evening and weekend positions available. Experience in fast food will be an asset. Please apply in person with resume or fax 705-869-0011. 08/13

### EMPLOYMENT OPPORTUNITY



# HELP WANTED

**Now hiring for Full-Time Days,  
Evenings and Weekends.  
Please drop resume off to Pat or Tanya.**

### Distribution by Pelletier Holdings & Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement. Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

## Ticked Off: Health Unit Confirms Lyme Disease Locally

The Sudbury and District Health Unit has confirmed that a blacklegged tick found locally tested positive for the bacteria that can cause Lyme disease. This is the first positive tick ever reported in the Health Unit's service area. The tick in question was found embedded in the skin of an individual who had direct contact (touching, feeding) with migratory birds.

Blacklegged ticks are not common to the area; however, the belief is that they can travel on migratory birds. The first and only confirmed human case of Lyme disease in the Health Unit's area was reported in 2008.

Dr. Penny Sutcliffe, Sudbury and District Medical Officer of Health is reminding everyone of the importance of taking precautions

to protect themselves and those in their care. For example:

- avoiding walking in tall grass
  - making sure yards are kept clear of debris and overgrown vegetation, grass, bushes, and trees
  - keeping wood piles and bird feeders away from homes
- "Ticks cannot fly, but they can get on you if you brush against vegetation," said Dr. Sutcliffe. "If you go into wooded or grassy areas, it is recommended to wear a long-sleeved, light-coloured shirt, pants, and closed-toe shoes. Pants should be tucked into socks and insect repellent should be used on all exposed skin. Choose repellents according to age: adults and kids over 12 can use products with up to 30% DEET," added Dr. Sutcliffe. After being outdoors, check

yourself and those in your care for ticks. Ask for someone's help to check spots that you can't see. Changing clothes and taking a shower will help wash off ticks that have not yet attached themselves.

If a tick is found embedded in the skin, tweezers should be used to remove it as soon as possible. Hold the tick gently with the tweezers, as close to its head as possible, and pull it out slowly. Afterwards, clean the area and apply a bandage if necessary. Place the tick in a container and give it to your health care provider or local health unit. They will send it to a provincial laboratory for testing. Ticks are most likely to transmit infection after being attached for more than 24 hours of feeding. Symptoms of Lyme disease can include a general rash, flu-like symptoms, fever, feeling unwell, fatigue, joint pain, chills, stiff neck, headache, muscle aches, or swollen glands. One of the

characteristic signs of the disease is a bull's eye rash: the bite area is surrounded by a round, red rash. Symptoms vary from person to person, and the disease can only be diagnosed through a blood test. Left untreated, Lyme disease can affect the heart and, in rare cases, lead to death. Antibiotics are used to prevent the disease. Ticks vary in size and colour. They can be hard to see until they engorge themselves with blood. Adult females are three to five millimeters long before they feed, but young ticks are smaller and lighter in colour.

In Ontario, blacklegged ticks are found more commonly in rural areas along the north shores of Lake Erie, Lake Ontario, and the St. Lawrence River. In 2012 there were 162 cases of Lyme disease reported in Ontario. For more information on Lyme disease and blacklegged ticks, visit the Health Unit's website or call 705-522-9200, ext. 398, toll-free 1-866-522-9200.

## 2nd Annual Espanola Fibre Arts Festival October 18th & 19th 2013 Paper Fashion Show – Call for Designers



**Photo:** Paper Dress by artist Jolis Paons – made from recycled phone books.

Registration is now open for individuals and teams of designers to participate in the Espanola Fibre Arts Festival's Paper Fashion Show. Participants have the opportunity to showcase their creative flair, support the local creative fibre arts community and have loads of fun. Challenge your thinking of how paper can be used and shaped! Twist, paint, scrunch and glue to your heart's content to create one-of-a-kind, never-seen-before works of 'fibre art'.

Designers will create apparel and accessories with paper generously donated by paper sponsor Domtar featuring some of the most unique and quality 'fine papers' in North America.

Designs will be highlighted at the Paper Fashion Show October 18th during the 2nd Annual Espanola Fibre Arts Festival.

Apparel and/or accessories may be created for children, men or women. Participants will provide their own models. Registration includes two free admission passes to the Paper Fashion Show for designers and an assistant.

Design elements and criteria are as follows: all featured apparel and/or accessories must be made of paper; paper will be provided to registrants by Domtar at no charge; other papers may be used at the discretion of the designer; entries may be submitted by individuals or teams.

Additional information is available upon registration – registration will be capped so sign up early to secure your spot! Call for designers is open until August 30, 2013. For application form and more information log onto [www.espanolafibreartsfestival.ca](http://www.espanolafibreartsfestival.ca), via e-mail at [coordinator@espanolafibreartsfestival.ca](mailto:coordinator@espanolafibreartsfestival.ca) or by phone 705-583-2326.

[www.sdhu.com](http://www.sdhu.com)

**BELL • BOOTH • SIRKKA**  
**OPTOMETRISTS**  
**FABRIS**

**Welcome to....**  
 **sunglosscove®**

**NEW**  
**Oakleys Have Arrived!!**  
**COME IN FOR YOUR**  
**NEW SUNWEAR**



  
**OAKLEY**  
**Espanola Mall**  
~  
**Little Current**  
**Hospital**

**705-869-2030**