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 Want To Quit Smoking

**You Can
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We can help

The New Year is a common time for smokers to try and quit. Quitting smoking is one of the best things you can do for your health. If you want to take the leap to be smoke-free, there is help available.

Here are some tips to get you started:

- make your home and car smoke-free
- distract yourself
- drink water
- delay smoking
- do deep breathing
- discuss your urges with someone you trust

When trying to quit, setting a quit date can help motivate you for that big day. It also helps to plan how you will cope with triggers if faced

Continued on page five...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

My Brian Williams Moments ... For Which I'm Really Sorry

So Brian Williams, my favourite American news anchor had his Nightly News chair pulled out from under him for at least six months and likely forever. For years Williams has been telling this amazing story about how in 2003 he was in a U.S. Army helicopter behind enemy lines in Iraq when they were hit by a rocket-propelled grenade and AK-47 fire. After a crash landing in which nobody was hurt, they survived a massive sandstorm surrounded by U.S. tanks and Bradley vehicles.

Williams told the story with great detail and passion at parties leaving people speechless. When he told the story on Late Night, David Letterman called him an American hero. When he told the story to the U.S. military newspaper The Stars And Stripes, the pilot-in-command of the downed chopper said: "Brian, you weren't there!"

The truth is Brian Williams arrived in another helicopter shortly after the incident happened. Apparently he "misremembered" the events of that day and has been embellishing them ever since. It's not exactly former President Richard Nixon swearing he knew nothing about all those guys he sent to burglarize the Democratic headquarters at the Watergate Hotel but when a news anchor looks straight into the camera and says "Good evening," what follows is supposed to be fact. No reporter of the news will ever capture audience trust like the great Walter Cronkite, but Williams came pretty close and his stellar ratings

reflected it.

Nonetheless, I believe this is an excellent opportunity for all journalists be they TV, print or radio to fess up to any fibs or exaggerations they may have made in the past. I'm not casting aspersions but I have always had grave doubts about any news reported by a woman named "Poppy." Also Al Roker makes me nervous. Nobody should have that much fun talking about killer tornadoes and fatal wildfires.

In the wake of the Brian Williams scandal, I think it would be a good time for all media types to take a long look in the mirror and start their next story with the Latin words mea culpa which means "what the hell was I thinking?!" Let me be the first to voluntarily step forward.

In reflecting back to the 70's I have often said that "I lived in Spain for two years" when in fact I spent two non-consecutive years in that country, using it as a base to visit Morocco and Portugal, etc. I did not intentionally mean to mislead readers of this column.

About ten years ago, while writing about my border collie/Australian shepherd named Jake, I referred to him as "the most handsome, the smartest, the sweetest, the most talented, the fastest dog that ever lived." Since then, a number of reporters from Canine World Domination have contacted me with documented video proof that a Lurcher in Wales holds the world speed record for chasing a squirrel over a distance of 200 yards, a feat, I am

Continued on page three...

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Continued from page two...

afraid my dog could not match. I apologize to readers, dog owners and Blurrrr, the Welsh Lurcher for this oversight. And no, I did not interview Neil Armstrong in the cockpit of Apollo II. This was more mistaken identity than an outright lie. I actually interviewed Louis Armstrong at the Apollo Theater in Harlem during the late 40's and he threw me out of his dressing room after refusing to answer any questions about the moon landing. Let's just say we were both confused. Also, as a married father of four grown children now successfully completing the Walmart Greeters Training Program in Cheektowaga, New York, I should not have subscribed to the online dating service eHarmony under the name Stud McMuffin. Frankly I was overwhelmed by their free trial offer and that photo of a scantily clad Claudette riding a palomino along the surf of a deserted beach. I really like horses. I never sat in with the Beatles and nor did I claim to. It was a typo. Once, at an outdoor wine tasting I slipped off the end of a picnic table and landed on a colony of blister beetles. The rash lasted four years and the nickname "Ringo" haunts me still.

On at least three occasions, I have made the claim to playing professional hockey with the Toronto Maple Leafs. Although that's true, I'd still like to take this opportunity to publicly deny it in writing. By using the words "professional" and "Toronto Maple Leafs" I may yet face a suspension of six months. And okay - full disclosure - I was not an eye witness to the original nativity scene in the town of Bethlehem, Judea which is now the West Bank. I happened to be staying in the same barn, three mangers down from where the blessed event took place. Sometime during the night I heard a donkey braying and then a lot of people yelling and clapping and I figured, it was just a Christmas party getting out of control. Frankly I was more concerned about a bunch of shepherds who had checked into the stall next to mine with a goat, a barbeque and two kegs of meade. With the passing of so much time, I "misremembered" the events of that day. There was a lot of "myrrh toking" going on back then. Mea culpa.

For comments, ideas and copies of The True Story of Wainfleet, go to www.williamthomas.ca

NEXT HOME GAME!!
Friday, February 27, 7:30 PM
Batchewana Attack @
Espanola Rivermen
Adults \$12.50 Seniors \$10.00
Students \$5.00 Family Pass \$30.00



Local Businessman And Volunteer Wins Award



Photo: Congratulations to the Espanola Chiropractic Office for being announced as one of the inaugural winners of the Canadian Chiropractor INSPIRE Awards. Pictured is Dr. Dario Laurenti, BSc, DC. Nominations for this prestigious award came from all across the country recognizing three of Canada's most inspiring chiropractors.

2nd Annual Autism Acceptance Event This Weekend



By Chloe Kneer - Espanola has another big weekend coming, with the main attraction this Sunday, March 1; the 2nd annual Autism Acceptance Event with The Espanola Rivermen at the Espanola complex. Organizer Dennis Lendrum has been working with sponsors and families who deal with Autism on a daily basis to host a fun day of social activities. "Social activities, that's exactly what these families need," says Lendrum. "The event last year was a big hit for the children and their families, one the kids will always remember." This year's event will be even better, with more for the families to do. In addition to swimming, lunch with Juno nominated singer Crystal Shawanda, and bowling, there will be a father

and son North Shore community celebrity charity hockey game. The Espanola Rivermen will play local hockey all-stars in a fun game. The schedule for the Autism Acceptance Event is as follows: swimming 11:00 a.m. - noon; lunch noon - 1:30 p.m.; hockey game 1:30 - 2:30 p.m.; bowling (Venture Lanes) 3:00 - 4:00 p.m.

All activities are free for families dealing with Autism on a daily basis (pre-registration was required by February 20). Anyone else wishing to participate is welcome, but will have to pay the usual fees. Those with other disabilities will be accommodated accordingly. Lendrum is on the hunt for prizes and donations for future events. If you or your business wishes to contribute, search Autism Acceptance on Facebook, or reach out to him via call or text at 705-869-9135.

The Espanola Rivermen will not only be busy with the Autism event, but also playoffs, which start Friday night against the Batchewana Attack. Then on Saturday evening, it's the Espanola Rivermen Awards Banquet at the Espanola complex.

Espanola Police Report

A 19-year old male from Massey, and 27-year old female from Sudbury started 2015 off in police custody, after the Espanola Police responded to two separate disturbance complaints in the early morning hours of January 1st.

At 2:12 a.m., police attended in the Adelaide Street area and arrested a 19-year old male for being intoxicated in a public place, after he got into an argument with his girlfriend, and left on foot. The male, who had nowhere to stay in Espanola, and was unable to care for himself due to his level of intoxication, was arrested for Being Intoxicated in a Public Place, and transported to the Espanola Police Service, where he was lodged in the cells until sober.

At 3:05 a.m., Police attended at a residence on Park Street, in response to a complaint that a 27-year old intoxicated female was arguing with family members, who would not let her leave in her vehicle. The female, who continued to be upset and argumentative with her family, despite the police presence, was arrested for Breach of the Peace, and transported to the Espanola Police Service, where she was lodged in the cells until sober.

On January 9, 2015, the Espanola Police Service attended at a local high school, about a student who was found in possession of a small amount of marihuana.

Upon arrival, police were told that a 16-year old student was searched pursuant to the provisions of the Safe Schools Act, after he was causing problems at the school. The search revealed that the student was in possession of 1-gram of marihuana.

The student, who in the past year had received a number of warnings in relation to drug use/possession at school, was charged with Possession of a Controlled Substance contrary to the Controlled Drugs and Substances Act, and will appear in Youth Court in Espanola on February 24, 2015, to answer to his charge.

On January 13, 2015 at 9:05 p.m., a member of the Espanola Police Service was conducting radar enforcement on Centre Street, near Queensway Street, Espanola, when he observed a southbound vehicle that appeared to be traveling at a higher rate of speed than the posted 50 km/h limit. The officer activated the patrol vehicle's onboard Radar unit, and obtained a reading of 72 km/h. Upon stopping the motor vehicle and identifying the male driver, it was discovered that the driver was the subject of a life-time licence suspension under the Criminal Code for impaired driving convictions, and despite having a licensed driver in the passenger seat, he still decided to drive. Further investigation revealed that the male was in possession of a small quantity of Cannabis-Marihuana, and bound by both a Recognizance of Bail, and a Probation Order.

As a result of the incident, a 46-year old from Birch Island was arrested, and charged with the following criminal offences:

- Drive While Disqualified;
- Breach of Recognizance;
- Possession of a Controlled Substance; and
- Breach of Probation.

He was held in custody, and attended a bail hearing in Sudbury on January 14, 2015 to answer to his charges.

In January 2015, the Espanola Police Service have charged three young Espanola residents with Trespassing, in relation to three separate incidents at a local high school:

On January 13, a 15-year old attended at the high school, after being served with a trespass notice in the fall of 2014, prohibiting him from attending on the school grounds. The youth, who was located on school property, was charged with Enter Premise when Entry Prohibited under the Trespass to Property Act, and further charged with Breaching a Provincial Offences Act Probation Order, for failing to attend an alternative school program set up by the high school. He received a summons to attend in Provincial Offences Court on January 29, 2015.

On January 21, an 18-year old resident of Espanola entered the school, after been served with a trespass notice on January 15. He left the school prior to police arrival, but was located several days later, and issued a Provincial Offences Act Notice for Enter Premise when Entry Prohibited, which carries a fine of \$65.00.

On January 26, a 17-year old student serving a school suspension that had a condition that he not attend on school property while suspended, attended at the school anyway, and was subsequently charged with Enter Premise when Entry Prohibited. He was also fined \$65.00.

Espanola Resident Wins \$100,000 With Instant Hit The Jackpot



Photo: Congratulations to Deborah Connors of Espanola, the latest winner of a \$100,000 top prize with Instant Hit The Jackpot. Instant Hit The Jackpot is available for \$5 a play and the top prize is \$100,000. Odds of winning a prize are 1 in 4.40. The winning ticket was purchased at the Mac's Convenience Store on Centre Street in Espanola.



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On January 22, 2015 at 9:19 a.m., the Espanola Police Service received a 911 call to attend the intersection of Barber Street and Spanish River Drive, Espanola, regarding an altercation happening between a male and a female in a vehicle. The caller, who wished to remain anonymous identified the two individuals involved by name.

Upon arrival, police could not locate the vehicle at the intersection, but did locate it parked at a residence nearby, where they spoke to the male who was identified by the anonymous caller. The male was evasive with police and attempted to deny entry to the residence; however, given the nature of the call, police entered the residence to check on the well-being of the female. While inside the residence, the male became agitated, verbally abusive, and at one point walked towards an officer with a pen raised in an assaultive gesture. The male had to be restrained by police, and was arrested for assault. While in police custody, the male threatened to kill two separate police officers; caused damage to the cell; spit at, and threw food at an officer; and wrote obscenities in feces on the wall.

The female, who was located safe at another residence, was interviewed and provided details of ongoing domestic violence between her and the male.

As a result of the incident, a 30-year old resident of Greater Sudbury was charged with:

- Assault a Peace Officer;
- Assault a Peace Officer with a Weapon;
- Assault with Intent to Resist Arrest;
- Spousal Assault (4 counts);
- Uttering Threats to Cause Death or Bodily Harm (3 counts); and
- Mischief Under \$5000.00

He was held in custody, and appeared in Sudbury Bail Court on January 17, 2015, to answer to his charges.

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

Continued from front page...

Help For Those Who Want To Quit Smoking

with the urge to smoke. Several quit smoking aids are available right now. Safe and effective aids can make the difference. These include: counselling, nicotine replacement therapies, prescription medications and self-help guides.

Many people report using electronic-cigarettes (e-cigs) to quit, however these are not currently scientifically proven to work as quit aids. Their long-term health risks are presently unknown and they aren't regulated. They can also be appealing to youth and lead non-smokers to nicotine addiction.

Other supports for those looking to quit include:

- The Quit Smoking Clinic at

the Sudbury & District Health Unit. For more information, call 705-522-3433, 1-866-522-3433 toll-free.

- Smoking cessation treatment with the Espanola Family Health Team. They can be reached at 705-862-7991.

- Smokers' Helpline which offers phone, online and text support at 1-877-513-5333 and smokershelpline.ca.

- The Driven to Quit challenge. Quit for the month of March for a chance to win a car or cash prize. Register by February 28, 2015, at DriventoQuit.ca or call the Canadian Cancer Society's Smokers' Helpline at 1-877-513-5333.

Quitting is a process and it can take time. Never quit quitting!

THE ONE TOT STOP DAY CARE MASSEY

would like to invite all families with young children to join us for an Evening Playgroup. We have three evenings available, come to one or come to all!

Where: S. Geiger School, west end of school

When: Wednesday February 25th 6 p.m. to 7 p.m.
Wednesday, March 4th - 6 p.m. to 7 p.m.
Wednesday, March 11th - 6 p.m. to 7 p.m.

Snacks will be provided



For more information call Janice at **705-865-3281**

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Registration takes place March 3, 5, 10, 12, 24, 26 at the Espanola Recreation Complex from 6:00 p.m. – 8:00 p.m.

Division	DOB - Children Born	Fees
U5/U7	2008, 2009, 2010, 2011	\$ 75
U9/U11	2004, 2005, 2006, 2007	\$ 95
U13/U15	2000, 2001, 2002, 2003	\$ 120
U18	1997, 1998, 1999	\$ 120
19+	Open - up to and including 1996	\$ 135

Fees include full uniform (socks, shirt, shorts). Playing days and divisions will depend on registration.

- * Sign up to become a referee! Course available and paid by EMSA. Enroll your child now.
- * First-time registrants must bring proof of age.
- * 2015 season begins May 19th.
- * Competitive option for interested players.
- * **No late registrations in 2015.**

Espanola Minor Soccer Association Annual General Meeting

Thursday, March 12 at 7:00 p.m.
upstairs at the Espanola complex.

All are welcome and encouraged to attend!

Coaches and parent volunteers needed this season. Phone Bob Rigby at 705-869-5231, or Lynne Gibson 705-869-1691.



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WANTED

CARPOOLER WANTED - Looking for someone to carpool to New Sudbury Monday-Friday. Leaving Espanola between 7-7:30 a.m., departing Sudbury between 4-4:30 p.m. Call 705-918-0257. TFN

BINGOS

MASSEY AREA MUSEUM BINGOS – March 2 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1825 in cash prizes. 3/10 - R

NOTICE

Massey and District Curling Club General Meeting of the Membership

Monday, March 2nd, 7 p.m.
Training and Resource Center, Massey

All past and current members are encouraged to attend to decide upon final distribution of club assets and the closing of the Massey and District Curling Club.

Contact Alan at 705-865-2184 for further information

FOR RENT

FOR RENT – 1 bedroom apartment at 45 Arthur Ct, Espanola. Available February 1, no pets allowed and references required. Call 705-869-5989. 3/10

FOR RENT - 2 bedroom apartment for rent at 196 Barber Street in Espanola, close to uptown. Non- smoking and not pet friendly. Available March 1, \$620 per month plus utilities. References required. 705-865-2413 or 705-662-8203. 2/24

FOR SALE

FOR SALE – 2007 Arctic Cat 700 ATV. Low miles. Plow & attachment included. Call Greg 705-822-4734. 2/17

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- Clean driving record
- Clean criminal record

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The Espanola Lions Club would like to thank the Sponsors and Volunteers who made the 2015 Seniors' Appreciation Supper such a huge success.

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Lt. (N) Vicki Boucher
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RCSCC 357 Hero
Doreen Track "Your Personal"
Adam Laurenti

Apologies to those whose names we may have missed.

Winner of the quilt draw from the Espanola Senior Citizen's Club: Muriel Beaupre, Mr & Mrs Fred St. Michael (Espanola)

Winner of the Epicure Basket: Mrs McKechnie

**This year was our 14th Anniversary!
See you next year!**

Dario Laurenti, Chairman

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Little Current, Ont. P0P 1K0

Email: ndhs@outlook.com
Phone: 705 348 0170
Fax: 705 368 0620

Recipe

I just spent some time going through my recipes and realized I hadn't put the following recipe in my column even though it's a favourite that I make for most family gatherings. It's very simple to prepare and always a hit. It's perfect for brunches, potlucks or even just for dinner. If you don't need a large casserole, you can divide it into two smaller dishes and freeze one for another time.



Hash Brown Casserole

- 1 (2 pound) package frozen hash brown potatoes, thawed
- ½ cup melted butter
- 1 10 oz can cream of mushroom soup
- 1 cup sour cream
- ½ cup chopped onion
- 2 cups cheddar cheese, shredded
- 1 teaspoon salt
- ¼ tsp pepper
- 2 cups crushed cornflakes
- ¼ cup melted butter

Preheat oven to 350 degrees. In a large bowl combine hash browns, ½ cup melted butter, cream of mushroom soup, sour cream, chopped onions, cheddar cheese, salt and pepper. Place in a 3 quart casserole dish. In a medium saucepan over medium heat, sauté cornflakes in ¼ cup melted butter. Sprinkle cornflake mixture over the top of the casserole. Bake covered for 40 minutes.

Tips For Filing Charitable Donations



(NC) Tax filing season is here and that means doing everything you can to make the most of your income tax and benefit return. If you've made a donation to a registered charity or other qualified donee and received an official donation receipt, you could be eligible for the charitable donation tax credit.

Here are some tips from the Canada Revenue Agency (CRA) for claiming charitable donation tax credits:

- Determine first whether your donation is eligible:
 - Official donation receipts can only be issued by registered charities and other qualified donees. Search for registered organizations on the CRA website at www.cra.gc.ca/charitylists.
 - Determine the total amount you wish to claim. In any one year, you may claim:
 - Donations made by December 31 of the applicable tax year.

- Any unclaimed donations made in the previous five years.

- Any unclaimed donations made by your spouse or common-law partner in the year or in the previous five years.

- Check to see if you are eligible for the First-Time Donor's Super Credit. The credit provides an extra 25 percent federal tax credit on top of the Charitable Donation Tax Credit.

- Use the CRA's charitable donation tax credit calculator at www.cra.gc.ca/donors to calculate your tax credits.

- Keep your official donation receipts, supporting documents, and proof of payment for five years in case the CRA asks to see them.

Charitable donation tax credits are non-refundable tax credits, which means they are used to reduce tax owed. So, if you do not owe any income tax, you will not get a refund.

Put money back in your pocket this tax season by claiming your charitable donation tax credits. More information is available on the CRA website at www.cra.gc.ca/donors.

www.newscanada.com

COMMUNITY NOTES

Femmes Canadiennes Francaise d'Espanola Soup And Sandwich – Thursday, February 26 from 11:00 a.m. – 2:00 p.m. at the St. Jude Church.

Espanola Little Theatre Annual General Meeting - Saturday, February 28 at 1:00 p.m. at 601 Vanier Rd. Please send a message to elt.exec@gmail.com to confirm attendance.

Fund-raiser Breakfast – St. James Anglican Church, Massey. Sunday, March 1, 9:30 a.m. – 1:00 p.m. For information, call Marilyn at 705-865-2916 or RuthAnn at 705-865-2004.

World Day of Prayer 2015 - An inter-denominational service will be held at the Espanola United Church on Friday, March 6 at 7:00 p.m. All are welcome. Refreshments will be served.

World Day of Prayer Service Massey - March 6, 7:00 p.m. at the St James Anglican church, Massey. Featured country "the Bahamas." Refreshments to follow. Hosted by Massey and Area Inter-church Council.

Free Bus to Sudbury Seedy Sunday – On March 8. New and experienced gardeners welcome. Bus leaves Massey 8:15 a.m. and Espanola 8:45 a.m. Exchange and buy seeds, speakers, local food/garden vendors. To register, call the Sudbury and District Health Unit at 705-222-9202 ext. 537

Community Living Information Sessions – For individuals and families with developmental disabilities, learn more about access to community participation supports through the Passport Services program. Monday, March 9 at 6:00 p.m. at the Training and Resource Centre, Hwy 17, Massey and March 10 at 6:00 p.m. at Day Services Cafeteria, 345 Hwy 6, use Thornloe Street entrance. RSVP by March 2 to Kathy Ainslie 705-869-0442, ext. 30.

Scrap Your Way Into Spring - Saturday, March 21 at the Walford Community Hall, 9:00 a.m. to 9:00 p.m. Mother/child/grandma activity. Everyone welcome. Sponsored by St. Andrew's United Church. To register, phone Denise at 705-865-3399 or Jane at 705-865-2268.

Community Art Collective - Coral Reef Project sponsored by the Espanola Public Library, first Thursday of the month at 9:00 a.m. and third Thursday at 6:30 p.m. www.espanolafibreartsfestival.ca for information.

AA Meetings At St. Georges Anglican Church – Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming 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



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