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Sunday, February 8

Helping to provide essential mobility equipment and communication devices, as well as summer camp opportunities for children and youth with physical disabilities are the goals of Snowarama for Easter Seals Kids. The annual Easter Seals fund-raiser is set to go on Sunday, February 8. Registration will be from 9:00 – 11:00 a.m. at the Espanola Tim Hortons with the ride beginning at 10:00 a.m.

From there, snowmobilers will head to the Red Dog Grill in Whitefish Falls for complimentary chili for the riders, trail conditions permitting.

Following the day's activities, a roast beef dinner with all the trimmings, awards ceremony and prize distribution will take place at the Espanola Elks Hall beginning at 6:00 p.m. Advance tickets for the dinner are only available until February 3. For ticket information, call Theresa Land at 705-869-1597 or Lisa Richer at 705-865-1441.

Easter Seals operates two fully accessible camps for children and the success of Snowarama for Easter Seals Kids would not be possible without the support of the snowmobiling community. Come out for a great day of outdoor fun, good eats and the great feeling that comes from helping children who need it most.

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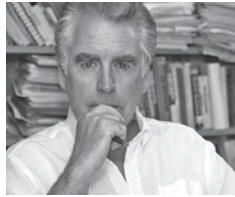


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Why Hamsters Should Never Drink And Get Inside The Wheel

A recent study involving hamsters and alcohol brings up the burning question whether or not scientists who come up with these ideas are not themselves the victims of too many liquid lunches featuring yellow Jell-O shooters. Seriously, who gets to the office in the morning, slips on a white uniform and says: "Today, let's take a common, cuddly household pet famous for going around and around and around inside a tiny ferris wheel and introduce the little bugger to vodka martinis?" All in favour raise your glasses and sing "For He's A Jolly Good Fellow!" Okay, point taken, You're right. If I had an office and a white jacket I would probably do that. But first I would dress the hamsters up in tiny tuxedos, give them noise makers and send them into the streets in toy motorized cars. I would do this just to see the look on the face of the traffic cop who had to pull them over. So this half-in-the-bag hamster experiment was conducted by researchers at the American Physiological Society whose motto is: "Let's get out of these lab coats and into a beaker of Jack Daniels." Wouldn't you love to work for the government agency that provides funding for these kinds of experiments? "Cloning the wooly mammoth? Nope. Is tickling a natural or learned response? Ha. Ha. Ha. No. The effect of LSD on elephants? Crazy. Oh here's one. Let's get hamsters all hooched-up and watch them bump into each other. I like it."

a herd of hamsters into three groups ranging from teetotalers to moderate drinkers to lurching drunkards. The first group of hamsters drank water only. The next group drank water laced with 10 percent alcohol. The last group was given the equivalent amount of alcohol consumed by a Toronto Maple Leaf fan coming to grips with yet another losing season at a tailgate party outside the Air Canada Centre sponsored by Forty Creek Whisky. Following the street party three hamsters from the third group were charged with urinating in public and defacing Phil Kessel's Hummer. So imagine hamsters nibbling at tubes of water, water mixed with 10 percent alcohol and water laced with 20 percent alcohol. The results? Well, this will likely come as a real shock to you but guess what? They really liked the alcohol. They actually preferred the water with alcohol to pure water. In fact they liked the alcohol so much that when a lab technician tried to remove the bottles with alcohol she was knocked to the floor and the hamsters rifled through her personal belongings until they located the cough syrup. Drunkenness among the heavy-drinking hamsters led to fighting and indiscriminate sex causing one scientist to equate it to "a human office party held at Christmas time." Why am I not surprised the lab animals took to alcohol in a relatively short period of time? Well if they put me in a cage surrounded by a bunch of creepy

Quite simply, the scientists organized

Continued on page three...

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Continued from page two...

people staring at me all day long, I'm reaching for the hard stuff every chance I get.

The scientists conducting this experiment also discovered that the hamsters drank more after dark. And after consuming as much alcohol as they wanted for three days, the hamsters had trouble telling what time of day it was which is precisely why humans pay a guy behind the bar to shout out "last call" at the end of the night. It's called closing time - when all the women are beautiful and all the men should ignore them and go home with cab drivers instead.

Although scientists considered naming the phenomenon in which rodents get really plastered the Hamster Hasselhoff Syndrome, no animal got so drunk it attempted to eat a meal off the floor of its cage. (Seriously, Google David Hasselhoff Eating A Burger. 'The Hoff' appears to be trying to headbutt a moving hamburger which is doing an excellent job of avoiding his mouth. The voice of David Hasselhoff sounds like that of a hammered hamster.)

Fortunately for the hamsters in the experiment, one week after all alcohol was removed

from the water bottles their lives returned to normal. None of them suffered any ill health effects, all of them seemed to really enjoy returning to the little hamster wheels and two of them joined Christian Mingle.

So the conclusion of the experiment is that hamsters handle alcohol about as well as humans do but my point is why waste perfectly good booze on rodents? Why not find a group of humans with the same failings that lead to alcohol abuse - low self esteem, unrealistic expectations and shattered dreams. In other words why not provide free and unlimited cocktails to all delegates of the next Liberal Party of Canada Convention and videotape the results.

Am I the only one that finds these animal/alcohol experiments silly, wasteful and okay, a tad too close to home? Can we please get back to injecting mice with stem cells and leave alcohol to the professionals, that is, three guys named Bob at The Belmont Hotel.

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


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January Is Alzheimer Awareness Month



January is Alzheimer Awareness Month and much of the focus is on women in their forties and older, as women represent 72% of those living with Alzheimer's. Generally, women live longer than men and, as such, are not only diagnosed more frequently, but live a longer time with Alzheimer's disease, the leading form of dementia. The disease also increases burden on women because they tend to become the caregivers for those stricken with the disease. The risk of dementia doubles every five years over age 65 and accumulating evidence shows that the disease can lie dormant in the brain for up to twenty-five years before symptoms start. Early detection is the best defense against Alzheimer's and many of the common warning signs are: memory loss,

impaired judgement, thinking or reasoning and changes in personality and behaviour that are out of character. In addition to age, risk factors include cardiovascular disease, high blood pressure, diabetes, and smoking.

It is estimated that Canadians with some form of dementia will grow from around 750,000 now to 1.4 million in twenty years. This not only affects the quality of life for those suffering, but also for those looking after them.

Locally, you can gain information and be screened. The Espanola and Area Friendship Circle holds frequent meetings in Espanola at the Seniors Drop In Centre. Additionally, on Wednesday, January 21, an Alzheimer learning series begins at the Northeastern Manitoulin and the Islands Centre. For information on both, contact Wendy Ashton at 705-869-1137. There is also an Alive Inside private screening being done by the Alzheimer Society on Thursday, January 22 from 6:30 - 9:30 p.m. at the Sudbury South End Library. Phone 705-524-2024, ext 232 to RSVP.


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3 Top Tips For Driving Through A Canadian Winter



Now that winter has closed in, road conditions are far less than favourable. Are you and your car fully prepared for the deep-freeze challenges? If not, the following tips will help to keep you confident in the driver's seat:

1. Have the right equipment
Have you put your winter tires on yet? When conditions get slick or icy, all-season tires may not be enough to maintain control. A recent study conducted by Western Financial Group found that only one quarter of Canadians have winter tires on their vehicles when the season begins. In fact, just over half (56 per cent) say that they make the change before setting out.

“Not only do those who lack winter tires put themselves at risk, they also endanger others,” says Shirley Parchoma, an insurance expert with Western Financial Group. “You likely wouldn't drive without working brakes or a seatbelt. Similarly, winter tires should be a major priority. In fact, in certain places, drivers with winter tires receive discounted automotive insurance.”

2. Prepare for the worst case scenario

From increased traffic accidents to vehicle failures, winter driving presents more risks than driving in other periods of the year. While you may not be able to prepare for every possibility, you can

take certain precautions. For instance, you should carry a winter emergency safety kit in your vehicle.

“Only one third of Canadians follow that advice,” observes Parchoma. She points out that according to federal government guidelines, safety kits should include items such as energy bars, water in plastic bottles, blankets, extra clothing, a first aid kit, a small shovel, a scraper, a snowbrush, a wind-up flashlight, road flares, and a tow rope. “It's such a simple thing, so try not to overlook it.”

3. Understand your protection
While it may sound obvious, many drivers do not fully understand their insurance coverage or what to do in the case that they should need it. As many as 55 per cent of those surveyed said that emergency road services are not covered. Do you know if yours are?

“It is very important to have a firm grasp of your coverage, no matter the time of year, so talk to your broker to ascertain the extent of your protection,” advises Parchoma.

Additionally, drivers should make sure that they have collision coverage in the winter months. If you are parking your car on streets and in lots frequently throughout the winter, talk to your broker about the coverage needed to ensure that your vehicle is protected. Once done, bundle up and start your engines. More information on car insurance is available at www.westernfinancialgroup.ca.

www.newscanada.com

Ecole St. Joseph Students Square Dance During Cultural Workshop



Photo: Caller Jean-François Berthiaume instructed students during the dances.



Photo: Master fiddler Paul Lemelin provided the music.

Students from École Saint-Joseph in Espanola participated in cultural workshops on traditional square dancing on January 8 and 12. The workshops, organized by identity development facilitator Lynn Mageau-Gauthier, were offered by celebrated Greater Sudbury master fiddler Paul Lemelin and accomplished caller Jean-François Berthiaume. Working as a pair, the two cultural talents provided students with a unique opportunity to experience

traditional square dancing at a higher level.

Paul Lemelin's square dance events showcase supreme mastery of his musical instrument. Working to promote his passion for the ubiquitous fiddle and its cultural importance, Lemelin has played the fiddle across the country and teaches young aspiring fiddlers in his own studio.

Jean-François Berthiaume is a Québec-based traditional caller who takes pleasure in keeping this element of French-Canadian folklore alive, instructing dance participants while providing a traditional evening of entertainment. As is the case for disc jockeys, successful callers must be able to read the mood of audiences and find the right rhythm to make them get up and dance.



Espanola & Area

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Local Production Company To Film Zombie Movie Open Casting Calls Are On Now



Photo: Jayson Stewart's Laps In Judgement production company will be filming the first Aboriginal zombie movie locally this year.

By Aubrey Fowler, Espanola High School Special Correspondent

- Espanola High School teacher Jayson Stewart is working on an original aboriginal zombie movie called *The Darkest Dawn*. Mr. Stewart is the director/screenwriter for this film. The film teaser will be filmed around the summer/fall of 2015 in Massey and Sagamok Anishnawbek area. One of the locations where it will be filmed is at the private airport down Lee Valley Road. Mr. Stewart is still looking for more cast and crew members, as well as materials for the film. This is an unpaid, non-union independent project but you will win prizes while filming, be fed and treated like superstars, be credited in the movie, be credited on IMDb (an entertainment website) and get a DVD of the film. For more information on the film, the director, and how you can join and/or donate to *The Darkest Dawn* go to www.judgementfilms.com. Thank you and try not to get bitten by any undead.

I will close with a personal message: I just wanted to say a few things, for this is my last story for this amazing newspaper. I want to say thank you to my supervisors Nicky, Chloe, Andrew, Rayann, Aimee, Connie, Bob, and Sammy for letting me be a part of this amazing work experience; you guys are like a second family to me and I'm going to miss you. I'd like to thank all my readers for being with me on this amazing journey and thank you for all the compliments you guys gave me. I really appreciate it. I'd also like to thank my co-op teacher Mr. Dean Riggs for letting me be a part of the program. Thank you everyone and goodbye.

Council Wrap Up Reports

Espanola

By Chloe Kneer – The regular meeting of Espanola Town Council on Tuesday, January 13, saw the newly elected officials keeping two of their campaign promises, by voting unanimously (minus Stewart Meikleham, who was absent) to obtain an OPP service costing and to conduct an external service review of all departments.

Councillor Bill Foster introduced the two measures and, during discussions, added that he had just reviewed the municipality of Meaford's website for more information on policing costs since they have recently decided to switch to OPP. The town of 11,000, close to Owen Sound in southern Ontario, will pay around \$800,000 less for its policing costs this year than Espanola does with a population of 5,000, according to Foster. Also during the discussion, both Bob Yocom and Ron Duplessis emphasized that the proposal must be looked at with keeping existing services in mind. Mayor Ron Piche agreed, stating that residents have an expectation of a certain level of service that he would not like to see diminished if Espanola decides to use the OPP for its policing in the future. Yocom said that the earliest they could get a costing would be in the fall of 2015. Duplessis said, "This is something we looked at twenty years ago. I'm happy to see it moving forward tonight."

The debate surrounding the external service review touched on whether or not certain departments should be exempt, i.e. police services, since an OPP costing is in the works. Clerk Cynthia Townsend advised that customization of the review could be made once companies submit a tender and present to council, thereby eliminating the need to decide now whether or not to include a specific department.

The meeting also dealt with several other items such as the sale of the so-called "doctor's house" on Second Avenue, a revised budget deliberation schedule, and reports from the MSDSB board and Town of Espanola non-profit housing corporation. Councillor Ken Duplessis informed everyone that one of the unions representing workers at Domtar has reached a tentative four-year agreement with the mill. Due to on-going renovations at the municipal offices, councillors will hold office hours at the library conference room on the first Monday, Tuesday, and Wednesday of each month. Hours vary by councillor and are available at www.espanola.ca, under Town Hall. The next regular meeting of council is Tuesday, January 27.

Sables-Spanish Rivers

Sables-Spanish Rivers Township Council met on Wednesday, January 14 with a special presentation from a local resident who is concerned about a neighbour's spraying of pesticides at the neighbour's farm. The resident is getting increasingly frustrated by what he considers overspray that kills his own gardens. Council advised the resident to contact the governing authorities, including the Ministries of Agriculture and Environment, as they are the regulating bodies for such issues. Council voted unanimously to support Espanola Councillor Stewart Meikleham in his bid to sit on the Sudbury District Health Unit for this area. Although Sables had hoped to nominate their own Councillor Thoma Miedema, Meikleham had the support of neighbouring townships, so instead they passed the motion with the condition that if Meikleham were not able to complete his term, Miedema would take his place.

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BINGOS

MASSEY AREA MUSEUM BINGOS – February 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. 03/10 - R

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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

Recipe

January is not only known as the coldest month of the year, it's also the "beginning my diet, buying a gym membership or signing up for an exercise class" month. I'm not great at sticking to healthy eating but I do frequent exercise classes throughout the year and it's always interesting to see the class sizes increase in January and then slowly dwindle again as the months go on. But kudos to those who are starting off the new year healthier and I do know some of you will continue; just please don't take "my spot" in Zumba. My downfall is my diet, I'll admit it... I love food... any food. The good thing about that is I can honestly say that I love healthy food as well as junk food. It's mostly my laziness in food preparation that does me in. When I'm not being lazy, I love to make the following recipe for lunch. It is technically a salsa but I can eat it by the spoonful. I usually toast a whole grain tortilla or pita and scoop it up but of course tortilla chips can also be used if serving to guests.



Cowboy Caviar or Summer Salsa

- 1 small, sweet onion, finely chopped
- 1 garlic clove, finely chopped
- 1 lime, zest & juice
- Pinch of salt
- Drizzle of olive oil
- 4 roma tomatoes, chopped
- 1/4 orange bell pepper, chopped
- 1/4 red bell pepper, chopped
- 1/4 yellow bell pepper, chopped
- 1 jalapeno, seeded & diced (optional) - I have to leave these out
- 1 c. black beans
- 1 c. frozen corn
- 1/2 c. chopped cilantro (if you hate cilantro, basil is a good alternative)

In a large bowl, combine the chopped onions, garlic, lime zest and juice, and salt. Stir to mix well and let sit while the rest of the ingredients are chopped. This will soften the bite of the onion and garlic. Add the rest of the ingredients and mix well. Serve immediately or refrigerate until ready to serve.



COMMUNITY NOTES

Weekly Bible Study - Calvary Baptist Church, 599 Barber St. Espanola Tuesdays at 7:00 p.m. Bring your Bible to study with us. 705-869-5485.

Alive Inside Private Screening - Join the Alzheimer Society for a private screening Thursday, January 22 from 6:30 - 9:00 p.m. at the South End Library, 1991 Regent St. Sudbury. RSVP to 705-524-2024., ext 232.

Alzheimer Learning Series - Wednesday, January 21 at the Northeastern Manitoulin and Islands Centre. To register for the sessions or for information, call Wendy at 705-869-1137.

Children's Clothes Closet - Calvary Baptist Church, Espanola on Wednesday, January 21 from 9:30 a.m. - 1:00 p.m. Clothing exchange for newborn to size 6x. Everyone welcome.

Voices Of Spring - New members welcome! Rehearsals are every Saturday morning from 10:30 a.m. - 12:30 p.m. in St. Andrew's United Church basement, Massey. First practice is Saturday, January 24.

Next Community Luncheon - January 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.

Espanola Horticultural Society Meeting - Monday, February 2. Guest speaker is organic gardener Stuart McCall from Garson. He will be sharing his tricks and tips to grow organic vegetables in your backyard. 7:00 p.m. at Queensway Pentecostal Church, Espanola. Everyone welcome. Bring a friend!

Espanola Winter Carnival Spaghetti Supper/Elimination Draw - Knights of Columbus Hall, February 13, 5:00 p.m. - 2:00 a.m. Tickets available from any K of C member or call 705-869-3491 (4:00 - 6:00 p.m. weekdays) or 705-869-0692.

Chess Anyone? - Espanola Public Library conference room, Wednesday nights from 7:00 - 9:30 p.m. All levels welcome, bring a chess set, no timers required. Call the library at 705-869-2940 or Wayne at 705-936-6369.

Christian Musicians Wanted - A non-denominational contemporary worship band looking for Christian musicians. Need bass guitarist and keyboardist. Call 705-665-3455. Email: BruceBirtwistleGODdrummer@yahoo.ca

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.

VON Adult Day Centre - We provide respite, activities, exercise and socialization. Open Mondays and Wednesdays from 9:30 a.m.-3:00 p.m. Please call 705-869-3304 for more information.

Meat Roll-Offs - Espanola Legion Fridays at 7:00 p.m. and Saturdays at 3:30 p.m. Everyone is welcome.

Stomp Junior High - Grades 5-8 on Wednesdays from 7:00 - 8:30 p.m. at Queensway Pentecostal Church. There will be fun, games, prizes, friendships and life coaching.

Ride to Church Program - St. Andrew's United Church in Massey is offering rides for area residents to Sunday Service at 10:30 a.m. Call May at 705-865-3455 for more information.

Good Food Box - Fruits and vegetables available in large or small box sizes. Pick-up sites in Espanola (705-869-1700), Massey (705-865-2519) and Nairn Centre (705-222-3551).

Espanola Elks Dart League - Looking for new players. Tuesdays 7:00 - 9:00 p.m. through May. Call Debbi at 705-869-2925 or the Elks Hall 705-869-1931.

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



705-869-6883

email:
around@aroundandabout.ca

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The Massey Winter Carnival is coming February 20-22 with exciting events for the whole family. Beat the winter blahs with oohs and aahs. A few of the events scheduled for this year include snow globe making, capture the flag, minnow races, a dance on Saturday night, food, and lots more. The log sawing competition is coming back this year, as is the photo contest. Entrants may submit a winter-themed photo

for the competition. You can even upload it directly to the Facebook page for consideration. There are many events, both indoor and outdoor, which still need organizers and the entire festival is dependent on volunteers. All information on volunteering, entering the photo contest and carnival schedule are available at www.masseywintercarnival.com, or like their Facebook page for details.

Espanola High School Gets Help For Student Breakfast Program



Photo: Heather Walker, Board Chair of the Pastoral Charge presenting Dean Riggs, Program Coordinator with a \$1,000 cheque.

The United Church of Espanola recently sold the Webbwood Church building, and upon receiving a request for donations from the Espanola High School breakfast program, they decided to contribute \$1,000 to this worthwhile cause. The United Church also implemented a bag lunch program this fall at E.H.S., whereby lunches are delivered to the school to further supplement the breakfast program. The Church is also very involved with the Students in Need program which provides various items for students who are in financial

need. Espanola High School extends a sincere thank you to Reverend Cory Vermeer-Cuthbert and the Pastoral Charge for their generous support of the students at E.H.S. It is through volunteers, organizations like these, and Sudbury Better Beginnings, Better Futures that the breakfast program at Espanola High School is able to stay alive. As of December 23, E.H.S. has served 2,271 nutritious breakfasts this semester alone. If your organization would like to make a financial donation or volunteer between 8:00 - 8:30 a.m., please contact Dean Riggs at 705-869-1590, ext 6217.



JOIN US!

Secondary School Information Nights REGISTER NOW!

Espanola High School

Thursday, January 29, 2015 at 7 pm

Marty Punkari, Principal | 705.869.1590
147 Spruce Street, Espanola

Manitoulin Secondary School

Wednesday, February 25, 2015 at 6:30 pm

Laurie Zahnow, Principal | 705.368.7000
107 Bay Street, M'Chigeeng



This guide for students and parents/guardians is a must-read for all students making the transition from Grade 8 to Grade 9.

To access the guide online, visit rainbowschools.ca. Click on the Parents section.

For more information, contact your Rainbow secondary school or email info@rainbowschools.ca.

All Grade 8 students and their parents/guardians are invited to the Information Nights, regardless of which elementary school students currently attend.