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April 5, 2016 Issue 14 - Volume 20

New Health Care Option In Espanola



Photo: Espanola Mayor Ron Piche cuts the ribbon at the grand opening of Medview MD, the new telemedicine walk-in clinic at Robinson's Pharmasave.

By Chloe Kneer - The future of practicing medicine in under-served areas is now available in Espanola. On Friday, March 25, MedviewMD celebrated the grand opening of its newest walk-in clinic. The clinic is housed inside Robinson's Pharmasave and offers a quicker alternative to using the hospital emergency room when you are sick. The clinic is staffed by two RPN's (registered practical nurses), who confer with an on-call doctor via telemedicine (akin to Skype). The doctor can listen in or look at patients' vitals as the RPN takes them, ask the patient questions about his or her condition, and make a determination about the course of treatment, including prescribing medication, if appropriate. For many in rural and northern areas, where family doctors are in short supply,

Continued on page four...

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2016 PROPERTY ASSESSMENT UPDATE

In 2016, the **Municipal Property Assessment Corporation (MPAC)** is updating the assessed values of every property in Ontario. All properties will have a legislated valuation date of January 1, 2016. Residential property owners can expect to receive their Property Assessment Notice in late April of 2016. Non-residential Notices will be mailed in the fall of 2016. These values will be used by the municipality to calculate your property taxes for the 2017-2020 property tax years.

For more information on how assessment works, market trends, the Request for Reconsideration process and property assessment and taxation, visit aboutmyproperty.ca. If you would like to see the information MPAC has on file for your property or compare your property to others in your area, you can register and login using the Roll Number and Access Key located on your Property Assessment Notice. **Your deadline to file a Request for Reconsideration is listed on your Property Assessment Notice. You have 120 days from the Issue Date listed on your Notice to request a review.**

SPRING INTO BATTERY RECYCLING

When you replace and renew this spring, remember to properly dispose of your unused items. Don't forget to recycle old batteries to help protect the environment. Always cover terminals of used Lithium and Small Sealed Lead Acid (SSLA) batteries with tape. Old batteries can be dropped off at the following locations:

- **Township Office – 11 Birch Lake Rd**
- **Massey Public Library - 185 Grove St**
- **Walford Post Office – 36 Walford Rd**
- **Webbwood Library – 16 Main St**

SENIOR OF THE YEAR & YOUTH VOLUNTEER AWARD

Council is requesting nominations for "Senior of the Year" & "Youth Volunteer". This is our opportunity to honour outstanding local residents. Recipients of both awards must reside in the Township of Sables-Spanish Rivers.

Recipients of the "Senior of the Year" are individuals who, after age 65, have enriched the social, cultural or civic life of the community without thought of personal or financial gain. Ontario seniors deserve special recognition for their outstanding accomplishments.

Recipients of the "Youth Volunteer" are individuals between the ages of 15 – 24 who have contributed a significant amount of time and service without pay to a charity, not for profit organization or an individual.

Please submit your nomination no later than 4:00 p.m., Monday, April 11th, 2016 to the Township Office. Nomination forms are available at the office or from our website, www.sables-spanish.ca

LET'S GET ACTIVE!

Want to get fit? Looking to get fresh air and socialize? Come join the Webbwood Walking Club on Wednesdays & Sundays! Open to all ages and communities! Starting Wednesday, April 6th at 10:00 am and Sunday, April 10th at 6:00 pm – meet at Webbwood Rink (corner of Algoma & O'Neil). Please be sure to bring water and wear appropriate walking shoes/attire. Note: Dogs are welcome but must be leashed.

For more information, contact Linda at 705-869-2340 or email: webbreccommittee@hotmail.com

SUMMER STUDENT EMPLOYMENT OPPORTUNITIES

Applications for summer student employment are being accepted for the Public Works Department

Employment is conditional upon approval of grant funding.

Applicants must meet the following eligibility requirements:

- returning to school on a full-time basis during the next academic year (must provide proof of registration)
- is a student in a secondary, post secondary, vocational or technical program; priority is given to students in post secondary education
- drivers' licence with clean drivers' abstract would be considered an asset
- is legally entitled to work in Canada

Resumes will be received until **4:00 p.m., Monday, April 11, 2016**

Kim Sloss, Clerk-Administrator
11 Birch Lake Road
Massey, ON P0P 1P0
Tel. 705-865-2646 Fax 705-865-2736
e-mail: inquiries@sables-spanish.ca

HOUSEHOLD HAZARDOUS WASTE DAY

Once again we will be partnering with the Town of Espanola on **April 30th, 2016** in holding a Household Hazardous Waste Day. Please watch for flyers for more information.

MASSEY & TOWNSHIP PUBLIC LIBRARY NEWS

Our libraries are growing to suit you!

NATIONAL FILM DAY: The Friends Group is sponsoring a film on April 20 at 6:30 p.m. called "Paddle for the North" at the Massey Arena.

COFFEE HOUSE: The Friends Group is sponsoring a Coffee House on May 27 at the library at 7:00 p.m. to 8:30 p.m.

AMNESTY DAY: Last Monday of each month. Overdue books can be returned with no charge.

VOLUNTEER HOURS: The local library is looking for volunteers that would like to contribute some time to the library. Would you like to make a positive change at the library? Volunteers are needed to achieve this goal. Students – do you need your 40 hours of volunteer service? Be a volunteer at your local library!

NEW AT THE LIBRARY: Video Games ex Wii, Play Station, and Xbox

LIBRARY ACTIVITIES: Puzzle Time, Chess or Checkers, Colouring Time

For more information, please contact the Massey & Township Public Library at 705-865-2641 or Fax: 705-865-1781; infomasseylibrary@gmail.com. Our website address is www.masseylibrary.com.

CARSTAR WALK TO MAKE CYSTIC FIBROSIS HISTORY

May 29th at the Webbwood Eagles Club, 3 Centre St.

Registration is at 10 a.m. Walk to begin at 11 a.m.

Kids Activities, Prizes, Beverages, Snacks & Lunch to follow
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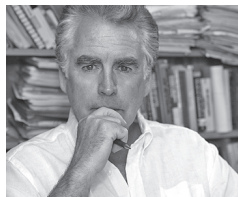
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Man I Miss That Crazy Cat

Twenty years on and I still think about that crazy little bugger. Weggie was named for his habit of wedging himself into small and unusual places that required elaborate rescue operations just short of the 'jaws of life.' I should have named him Mr. T – that's 'trouble' with a capital "T."

And why did the cat cross the road? Because I absolutely, categorically, most emphatically forbid him to do so, that's why!

A dedicated and curious explorer, Weggie had at his disposal a half-mile of beach, a creek with wild brush growing up on both banks and six summer cottages all conveniently raised up on blocks for easy entry and quick exit to and from the killing fields which were rich with mice and moles. Yet he insisted on crossing Lakeshore Road into the woods, because in his words, "Bill, that's where the really big rodents roam."

It was a day-to-day war that I lost but never quit on because I'm a guy and guys, at least on paper, are supposed to be smarter than cats. (Most people would have quit when they saw what Weggie did on that paper. But not me.)

I once caught Weggie approaching but not crossing Lakeshore Road. Maneuvering myself between him and the thoroughfare, I was able to drive him back toward the house with two shots from my trusty Italian-made starter's pistol. Showing unexceptional speed for a guy wearing slippers and with two arthroscoped knees, I cornered Weggie under one of the cottages. Crawling on my belly to grab the little trespasser for the up close and personal road lecture, we reached the point where I couldn't go any further but he couldn't get past me to escape.

We settled in for one of those long sieges, that usually gets called off on account of darkness, when out of the corner of my eye I noticed the toad, which I had also cornered. This was a large toad with warts the size of quarters and eyes that took up most of its head.

Weggie didn't see the toad until it took a quick, short hop. Then he hunched down low like it would make him invisible, thumped his tails, wiggled his bum and just before he pounced he remembered that little matter of a stand-off with this really angry man with a gun. The bum stopped wiggling and he sat up again. This kill, he thought, would take some careful cat scamming. That's when all three of us heard the lady from Bell Telephone say: "Please hang up and try your call again. If you need assistance, dial your operator."

In my haste to get to the road before he crossed it, I jammed my portable phone into my shirt. Hitting the ground under the cottage had activated the ON button. Why did I need the phone with me? Because even in combat and trench warfare, it was in my best interests to maintain direct communications with my near ninety-year-old mother who had recently taken to calling me Bobby.

Both Weggie and the toad stared at the telephone. There's no question both of them needed assistance but I was clearly in charge. Phone in hand, gun in the other – this was Die Hard/The Embarrassment.

And I think I could have settled things peacefully. I think I could have saved a toad and captured a cat. I think I could have walked out into the seas of television cameras and boom microphones and said: "Ah shucks, I'm no hero, I just done what any guy would have done."

If it hadn't been for the phone call. RINNNGGGGG!

Spooked, the toad made a series of quick, strong leaps and hopped toward me. Weggie from a no-huddle offensive, dove for the toad. I snatched the toad out of harm's way and he gratefully peed all over my hand. I tossed him toward freedom. I grabbed Weggie by the scruff

Continued on page three...

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Continued from page two...

of his neck with the other hand. He screamed and raked my wrist. As I heaved backward my head bumped a beam and my chest hit the ground activating the ON button. It was my mother.

"Bill, is that you?"

"Mom, not now, please!"

"I was just wondering how you are, dear."

"I'm kind of busy at the moment. Mom, can I call you back?"

"Oh sure," she said. "I've got nothing better to do than sit here and wait for the phone to ring. You're the one with the life."

"Mom, I'm in a bit of a jam. Could you call John Grant my neighbour and ask him to come to Crazy Mary's cottage and pull me out from under it ... by my feet?"

"I suppose you think that's funny," she said, before hanging up.

Assessing the situation, I wondered how single-handedly, I had managed to drop guys from third place on the Mammal Intelligence Rankings behind women and dolphins to ninth behind cats and amphibians. I was also wondering if you get warts from toad pee, or does toad pee cure warts? I forget. Then the Bell lady told me to please hang up and try my call again so I crawled out from under the cottage backwards and took my cat home. I think I learned a valuable lesson from it all and one day, when I take another hit in the head, I'm sure it will come to me.

For comments, ideas and
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of Wainfleet, go to
www.williamthomas.ca

Rainbow Schools Receive Student Voice SpeakUp Project Grants

Innovative projects are being implemented in Rainbow Schools thanks to funding provided by the Ministry of Education's Student Voice program. Ten Rainbow Schools will share a total of \$14,500 in SpeakUp Project grants to support the Ministry's renewed vision of Achieving Excellence. Student Voice funds projects that help promote important initiatives such as healthy schools, student success, and equity and inclusive education.

"It is important for students to have an opportunity to lead projects that contribute to their overall education," says Norm Blaseg, Director of Education for Rainbow District School Board. "The SpeakUp grants allow students to be heard and to take action. Students not only develop leadership skills, they encourage collaboration

and foster student success." While each SpeakUp project varies from school to school, the initiatives have one thing in common - they are intended to strengthen student voice.

"We commend students, under the guidance of principals and teachers, for leading activities to promote excellence in Rainbow Schools," adds Director Blaseg. "With their efforts and the support of the Ministry of Education, we have a number of exciting projects taking place for the benefit of students." Locally, A.B. Ellis Public School will provide opportunities to promote First Nation, Métis and Inuit perspectives through equity and inclusive education and Espanola High School will host a Pow Wow to showcase First Nation, Métis and Inuit culture such as dancing, singing, drumming and art.

Curling Club News



Photo: Once again, youth curling benefitted from the efforts of Bill Giles, Susan Cairns and all of the volunteers who ran the Espanola Legion meat roll offs for the months of November and February. The children accepted a cheque in the amount of \$2,786. Domtar also made a generous contribution which was matched by Webbwood resident Chuck Lafoley.

The Baxter Cup celebrated its 91st anniversary in February. Started in 1925, the cup challenge is a home and away series with five games at each of the Espanola and Little Current curling clubs. Four trustees from both clubs are responsible for seeing that the tradition of the cup is carried out. They are: Bill Lewis, John Hodder from Little Current and Mike Walls and Jack Tait from Espanola. In curling action, Espanola curlers took four of five games in Little Current, which put

them at 17 points. Games in Espanola were much closer, with the point break down at 36-32, and Espanola retaining the cup for the second year in a row. The Jacklin Cup is the "little sister" to the Baxter and has been played for 36 years. The cup was donated to the Little Current and Espanola clubs by Blake Jacklin, former Baxter Cup trustee. The Espanola ladies were leading at home by eight points, but in the end, Little Current retains the cup for another year.

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Continued from front page...

New Health Care Option In Espanola



the service is a great alternative to using the local ER for non-urgent medical conditions. MedviewMD founder Dan Nead says, "The only thing that's

consistent, and this is across the country, is the necessity [for medical care]. Our goal is to see as many people as we can." He says MedviewMD has partnered with pharmacies, as it is a natural fit. "We now have 60 to 70 locations in Ontario, and we will be expanding across the country," Nead says. "In the meantime, we're really looking forward to being part of the community here in Espanola."

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Recipe

This recipe is super simple but tastes just like a high end Boston Cream cake. This cake is so simple to make because it uses a store bought cake mix, boxed pudding and store bought frosting. It's perfect for when you are in a hurry and need a quick dessert. If you are a fan of cream filled desserts then this recipe is a must try.



Boston Cream Poke Cake

- 1 box yellow cake mix (plus box ingredients)
- 2 small boxes (3.4 oz) instant vanilla pudding mix
- 4 cups milk
- 1 container chocolate frosting

Prepare cake in 13"x9" pan according to box directions. Allow to cool until just slightly warm. Use spoon handle to poke holes evenly across cake. Combine milk and pudding mix and whisk until well blended. Pour pudding over cake making sure it gets down into holes. Refrigerate cake for several hours to allow pudding to settle and set up. Open frosting container and remove foil seal. Microwave for 15 seconds and stir. Repeat this until frosting is pourable. Pour over pudding layer and spread with spatula to cover completely. Refrigerate for at least several more hours.



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Public Health Notice on Water Fluoridation

On Monday, April 11, Nairn & Hyman Town Council will consider removing fluoride from the community's water supply.

"As your Medical Officer of Health, I know how poor oral health affects overall health. Painful tooth decay remains the most common chronic disease in Canadian children and causes much avoidable suffering and stigma. Water fluoridation can protect against tooth decay and is internationally recognized as an effective and cost efficient way of protecting everyone's oral health. Adding fluoride to the water provides the preventive effects of fluoride to individuals who may not be able to afford other types of fluoride, such as toothpaste and professional treatments. The evidence and experience elsewhere is clear that a decision to remove community water fluoridation in Nairn & Hyman would be expected to result in worse oral health among residents, especially children, seniors and those least able to afford dental care."

Dr. Penny Sutcliffe, Medical Officer of Health
Sudbury & District Health Unit

Here are the facts on fluoride¹:

- Fluoride is a mineral that exists naturally in virtually all water supplies, even the ocean. Usually, however, the amount of fluoride is too low to prevent tooth decay. This is why many communities in Canada add a small amount to reach the level proven to protect teeth.
- The leading health experts endorse community water fluoridation as a safe, effective way to reduce cavities. These experts include the Canadian Dental Association, the Canadian Pediatric Society, Health Canada, the Centers for Disease Control and Prevention, and the World Health Organization.
- Using fluoride toothpaste is important, but it doesn't give maximum protection against cavities. Drinking fluoridated water provides crucial added protection against tooth decay, and many studies prove it.
- Canada is one of the birthplaces of community water fluoridation. Our dental and medical officials from the 1940s were pioneers who helped conduct the initial research proving that fluoridation significantly reduces cavities. Many other countries have since followed our lead.
- Canada has a tradition of fortifying foods and beverages with vitamins and minerals to protect human health. For example, Vitamin D is added to milk, and folic acid is added to bread and pasta. Adding fluoride to water is one more way we help keep children and adults healthy.
- Fluoridation's positive impact is supported by hundreds of studies and nearly 70 years of experience. Some of these studies have been conducted within the past few years.



For additional accurate information on community water fluoridation, visit the Health Unit's website at www.sdhu.com or call 705.522.9200, ext. 236 (toll-free 1.866.522.9200).

¹ Facts on fluoride: Jacob, M. Children's Dental Health Project. Reproduced with permission.

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ROCKY RIDGE BICYCLES - SPRING SALE Friday & Saturday, April 15-16. Good selection of new and used bikes in stock. \$25.00 of FREE accessories with any new bike purchased. 10% off all used bikes. Also 10% off on all used bikes. Also 10% off on parts and accessories. We are your authorized NORCO Dealer. Services and repairs to all makes. 6 miles west of Massey, 30 Wither Road. 705-844-2673. 4/12

FOR SALE

FOR SALE - Trailer with addition at Black Bear Camp in Webbwood. Open year round. Wood stove, propane, hydro, composting toilet, shed, outhouse, and portable garage. Great hunting and fishing. Asking \$10,500. Call or text 705-919-6808. 4/26

FOR SALE - Vintage comic books. Mint condition. Inquire/ call 705-869-5887. 4/5

FOR SALE - German shepherds, Lee Valley Kennels Reg. Quality puppies available, C.K.C. registered, micro-chipped, quality German bloodlines. Ready to go May long weekend. Call 705-862-2998. 4/5

FOR SALE - Limited amount of dry wood, hardwood. Call Greg 705-822-4734. 4/5

THANK YOU

Thank you

We would like to thank everyone for all the kind words, thoughts, prayers and shared memories of Sheldon. The flowers, quilt, cards, and gifts are truly appreciated. As are the donations in Sheldon's name.

Special Thanks to: Kathy, Tammy, Teal and Dr. McMullen, from Espanola Hospital. Also thanks to all of the nurses in ICU Sudbury, and the Cancer Centre.

Donna, Curtis & Craig Bentley, & Family.

BIRTH ANNOUNCEMENT

Congratulations!

The Maltais/Mathie/Laplante families are excited to announce a beautiful baby girl, Emily Rae Ann Laplante. Born March 22, 2016, weighing 8 lb. 10 oz.

OBITUARY



BEAUDRY - Georgette. It is with great sadness to announce the passing of the world's greatest mother, grandmother and sister on March 11, in her 73rd year at St. Joseph Hospital in Hamilton On. Loving mother of Reg, Deb, Mark and Paul. Grandmother of Josh, Megan, Jamie, Jessica and Mitch. Predeceased by parents Paul and Jacqueline St. Jacques, brothers Eugene and Richard, sister Diane Lacasse. Survived by sister Madelaine Ram (Arie) and Paulette Devon. Aunt to many nieces and nephews. Celebration of life was held on March 19th. We miss you terribly George.

THANK YOU

Espanola Curling Club

**Camp Quality Fundspiel
Espanola Curling Club 2016
THANKS TO:**

Local Businesses and Organization Contributors

Domtar
Hair Dynamics
Town of Espanola
Subway
Goodman's Motel Inc.
Giant Tiger
Farquhars
Cortina Restaurant
Tim Hortons
Nicks Arctic Cat
Trail Side Sports
Canadian Tire
Home Hardware
Pet Valu
Espanola Golf Club
Molson's
Cinder's Natural Food
FreshCo

Ice Halo
The Red Dog
The Hardwood Boys
Espanola Curling Club
Around & About

Individuals

Bill Giles
Shelley Insley
Alison St. Michel
The McDowells
The Morphets
"Scotty"
Jason Tallon
Evelyn Tallon
The Taits

International Brotherhood of Electrical Workers IBEW #956

EMPLOYMENT OPPORTUNITY

JOB OPPORTUNITY ESPANOLA MALL Customer Relations Representative

MUST HAVE STRONG COMPUTER KNOWLEDGE – SPECIFICALLY MICROSOFT EXCEL, WORD, PUBLISHER AND OUTLOOK

Duties

- General office duties, e.g. answering telephone, filing, photocopying, etc.
- Prepare and deliver newsletters/memos to merchants
- Maintain yearly promotion /advertising budget
- Maintain pylon sign schedule
- Maintain common area schedule
- Handling tenant and patrons concerns
- Additional duties assigned by head office

Please submit resume:

by mail at 800 Centre Street, Unit 109, Espanola, Ontario P5E 1J3

by fax at 705-869-6288

by e-mail at espanolamall@eastlink.ca

or in person at 800 Centre Street, Unit 109, Espanola
Monday to Friday, between 9 a.m. and 3 p.m.

Closing Date: April 8, 2016

ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

Dietary Aides

We require part-time Dietary Aides. The successful candidates will be responsible for preparing and portioning foods, serving patients, residents and staff, cleaning equipment, dishes and work areas.

QUALIFICATIONS:

The successful candidate should possess the following:

- Grade 12 Diploma
- Successful completion of Food Service Worker Program approved by the Ministry of Health and Long Term Care
- Successful completion of Food Handler Training Program
- Knowledge of food cookery and standards of sanitation
- Knowledge of therapeutic diets
- Capable of safely lifting 50 pounds (23 kilograms) and standing several hours
- 1 year of recent experience in a hospital or restaurant kitchen preferred
- Ability to provide regular attendance
- Bilingualism in French and English is an asset

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications by April 12, 2016 to:

Human Resources Manager
Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Fax (705) 869-4039
Email: recruitment@esphosp.on.ca



espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espánola

Thank you for your interest. Only applicants who have been selected for an interview will be contacted.

COMMUNITY NOTES

PROUDLY SPONSORED BY



Meat Roll Offs – Fridays at the Royal Canadian Legion at 7:00 p.m. April 8, 15, 22 and 29. Come out and support Espanola Minor Soccer. Saturday afternoons for bowling.

Espanola Area Friendship Circle Alzheimer Support Group – Monday, April 11, 1:30 -3:00 p.m. at the Senior's Drop in Centre. For more information, call 705-869-1137.

Next Community Kitchen Luncheons – April 12 and 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge. Everyone welcome.

Children's Clothes Closet – Wednesday, April 13 from 10:00 a.m. - 2:30 p.m. at Calvary Baptist Church, Espanola. Sizes newborn – 6X.

Espanola Public Library – Annual book sale April 18-22. Semi-annual poetry night April 20 at 7:00 p.m.

Northshore Pins And Needles Quilting And Stitchery Guild - Next general meeting Wednesday, April 27 at 7:00 p.m. at the Royal Canadian Legion, Espanola. Everyone welcome.

Elks Elimination Draw Supper And Dance – April 30. Chicken and spaghetti supper 4:00 – 8:00 p.m. Draw 6:30 – 8:30 p.m. Music by DJ.

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.

E-mail: around@aroundandabout.ca

CUPE

CUPE represents over 30,000 social services workers in the Province of Ontario. We work hard to provide care to people with developmental disabilities, providing child care, working with families in crisis and delivering programs such as Ontario Works. Government cuts force cuts to the people we serve. Social service workers are leading campaigns to defend our work.



Espanola's Biggest Variety



The Espanola Fibre Arts Festival Committee is selling rain barrels as a fundraiser for the 5th annual festival. Coordinator Jody Pilon says the fundraiser is a natural progression following the overwhelming success of the Coral Reef Project last year, which highlighted the ecological importance of coral reefs. This year's focus will be on water itself. The annual budget for the festival is around \$30,000 and the money raised from the sale of the rain barrels will help offset those expenses. Order them at <https://rainbarrel.ca/espanola/> or at the Knight Cruisers annual Cruise-In on Saturday, May 28.



705-869-6883

email: around@aroundandabout.ca

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Nicky Lamothe - PUBLISHER

STAFF

Andrew Vondette - Layout-Sales-Graphic Design

Bill Leeney - Design/Website

Chloe Kneer - Sales/Correspondent

Vickie Trahan - Bookkeeping

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