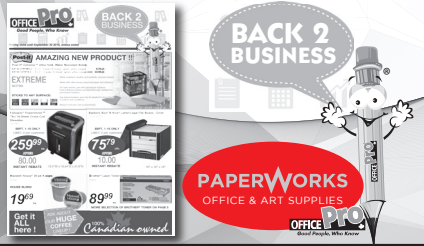


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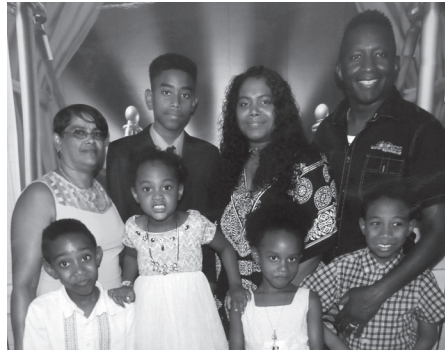
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Emigrating Family Has Called Espanola Home For Ten Years



*Photo - The Harris family. Photo by
Rosalind Russell*

By Rosalind Russell - He is a successful businessman, proud father and husband and considers Canada, especially Espanola, the most wonderful place to call home.

Ray Harris and his wife, Diana, are well known in Espanola. Ray has owned and operated Urban Athletics in the Espanola Mall for the last ten years while his wife Diana is a well-liked teacher at a local school. He says the love of everything Canadian began when he was a youngster. "My parents, Thomas and Bernice, originally hail from Guyana in South America," recalls Ray. "They decided to move to Canada for a better life when I was about ten years old. Like other immigrants, we moved to Toronto, but it was a trip to Northern Ontario that

Continued on back page...

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Continued from front page...

Emigrating Family Has Called Espanola Home For Ten Years



Photo - Ray Harris Junior helping out his dad in the store. Photo by Rosalind Russell

changed my life.

"When I was 17, I was part of the Ministry of Natural Resources Ranger Program," recalls Ray. "I spent the summer in Sultan, Chapleau and Lake Racine exploring the outdoors, fishing, learning outdoor skills. It was absolutely fantastic. I fell in love with the North."

He got another taste of the North taking in the Massey Fair as a vendor.

"It was awesome. I love the fair; the people, the noise, the activity. It was a perfect opportunity to come up North once a year and meet so many people. It was also a great business opportunity.

"I realized there was little in the way of merchandise in the smaller communities and people were travelling to Sudbury or Toronto to shop, so the decision to move North was made."

Ray and Diana, her parents still live in Guyana, were married and have several children ranging in age from

three to their early 20s. With family still in the old country, he does go home to Guyana once in a while, but the family is very busy with their lives in Espanola.

"Running the business and raising an active family would keep anyone busy," he laughs, "But, I love it. We really like Espanola and my business, Urban Athletics, has been here for ten years now, we are proud to celebrate that anniversary."

Urban Athletics offers a variety of premium outer wear, work out fashion, shoes, belts and accessories geared to all ages. Ray also keeps busy as a coach for soccer and basketball and his family are all strong members of their local church. "I would like to say thank you to everyone, not only for being customers and helping us grow our family-based business, but also for welcoming us and making Espanola such a great place to live and work. Canada is beautiful, we are proud to call it home."

Emily's Scoliosis Treatment Means Medical Trips And A Bit Of The Public's Help



could put her in a body cast. She may also require surgery to correct the condition as she gets older.

Colin says the treatment will require many trips to Toronto's Sick Kids Hospital and while the brace and some of Emily's expenses will be covered by Ontario Health insurance, there are many other expenses that are not. A gofundme has been set up for donations; <https://www.gofundme.com/sawx4p-emily>

She has her second appointment on September 10th to be measured for her brace and also has a MRI scheduled in the near future.

Photos: Five-year-old Emily Shepherd is looking forward to school this fall, but she will also need some medical treatment for her scoliosis, curvatures of the spine. Emily has two of these and a brace will help her straighten her back, but surgery is a possibility. A gofundme has been set up to help the family offset extra expenses. Photos provided by the Shepherd family.

An Espanola five-year old, Emily Shepherd, is a happy active, curious and loving little girl.

Emily goes to school at A.B. Ellis Public School and will be starting Grade 1 next month. Her grandfather, Colin, says his grand-daughter has some challenges, which will require wearing a brace for the long-term and possible surgery.

"Just over a month ago, Emily was seen by a specialist at Toronto's Sick Kids hospital where was diagnosed with scoliosis," he explained. "Scoliosis is abnormal curvatures of the spine.

"In Emily's case, she has two curvatures of the spine, one at 38 degrees and a second at 30 degrees."

Colin says scoliosis is treated with a brace, which Emily will have to wear 24/7. And, should the brace not be enough to correct the curvature, they

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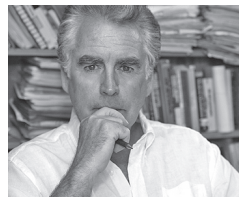
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All The World's A Circus

William Thomas

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Ontario's New Sex-Ed Program – Horny Birds And Honey Bees

So Doug Ford, the man Fox News is reporting to be the long-lost, illegitimate son of Donald Trump and the female Russian wrestler, Natalia Kuznetsova (go ahead, it's well worth a Google!), is scrapping Ontario's modern sex ed curriculum and replacing it with one that's 20 years old.

In 1998 Ontario's sex ed program made clever use of rabbits, turkey basters, a game called "Doctor" and a video clip of Woody Allen dressed up as a cowardly sperm cell fearing his life was coming to a meaningless end, the victim of masturbation. Back then when the kids didn't buy into the "Virgin birth" concept, teachers introduced "Chastity Belt Show & Tell" days.

As yet another populist star is born into a world that's regressing into tribalism, let's hope Ford never hears about bathhouse raids or genital mutilation.

If you're going to teach antiquated sex theories, you might as well re-introduce the story of the birds and the bees. An allegory that has been handed down from generation to generation for almost 200 years would really impress a guy like Ford who hopes to follow up his "Buck-A-Beer" promotion with "Five-Cent Condoms". Nobody ever found "Ford Nation" guilty of sophistication.

The birds and bees fable has been attributed to a poem from Samuel Coleridge: "All nature seems to work ... the bees are stirring... birds are on the

wing ... and I the while, the sole unbusy thing, not honey make, nor pair, nor build, nor sing." Sounding a little sorry for himself, the poem could well have been titled: Ode to a Horny Englishman Alone in a Hut".

In order to avoid an open and technical explanation of the mechanics of sex and pregnancy, we have used the birds and the bees story as a metaphor to better explain to children the facts of life. Bees deposit pollen into flowers, the male bird fertilizes the eggs, Mommy has eggs, Daddy denies everything and so on and so on.

And let's face it, we do need something warm and fuzzy to con the kids. The hard truth that children are the high price adults pay for having unprotected sex is just too much for them to process at a young age. Perhaps no one has articulated the process more succinctly or eloquently than Bart Simpson when he rhapsodized: "What a day! The sun is out, the birds are singing, and bees are trying to have sex with them, as is my understanding." Speaking on behalf of Baby Boomers with parents who were squeamish about sex talk, I have to admit – that's still my understanding.

I wonder who was the first parent to improvise an analogy of insects and feathered friends to soften the story of human sexuality. It must have been Adam in the Garden of Eden. I mean any guy

Continued on page three...

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Michael Mantha's News from the Park

A few weeks ago, right after the Legislature was called to sit for a summer session following the June election, in my weekly column I wrote, "Fasten your seatbelts. We better hang on for a wild ride." Admittedly it didn't take a fortune teller to help me reach that conclusion. For conservatives who enjoy sharp turns and falling drop-offs, clearly the ride so far hasn't disappointed them. I wish I could say the same for all Ontarians, especially those individuals and families who are the most vulnerable. It is interesting to note that just after Doug Ford was sworn in, Canada's Wonderland announced that the world's largest rollercoaster would be coming to town. Hmmmm....

Continued from page two...

who bought the snake and the apple story would probably believe that babies come from cross-pollination. I'm not saying the original birds and bees story had anything to do with Abel's murder, but there's no denying -- Cain was one screwed-up sibling.

Mothers are the best at delivering the birds and bees talk to children because when the question comes up "Where did I come from?" most fathers don't know. "Let's see, we left the bar together and I remember the taxi driver making us get out of his car because he said the steam was making it hard to see the road, so yeah, I guess you came from the gazebo in the park next to the Cenotaph."

When confronted with "Where is my new baby brother coming from?" men generally resort to the story of the stork which ends with: "Quit your crying, I told you, they're not allowed to shoot storks."

Kids always know more than the parents give them credit for when they finally sit down for "the talk". As the story goes, Dad sat little Jimmy down to homeschool him in sex education and the kid just burst out crying. He told his father flat out he would not

Coincidence?

Let's face it, this ride was designed to appease radical social conservatives and PC insiders. In only their first few weeks in office, the Ford government has moved quickly to drag Ontario backwards, wasting no time to eagerly meddle with ongoing municipal elections, hurting our most vulnerable families, and rolling sex education back by decades and closing safe injection sites. By pledging \$330 million in cuts to mental health services, canceling the basic income pilot, rolling back any action on climate change, and cutting millions from our kids' schools, Ford is signalling that he will continue to divide Ontarians and target families already struggling to

listen to a word he had to say. "Because when I was six, I found out there's no Easter Bunny and then when I was eight I found out there was no tooth fairy and by ten I knew there was no Santa Claus. So if you're going to tell me that grown-ups don't have sex, what do I have to live for?" You know you're behind the curve when you think it's time you told your child about the birds and the bees and he thinks your time would be better spent explaining that Stormy Daniels thing. Also, when the older one says to the younger one: "You gotta get Dad to tell you about the birds and the bees. It's just too damn funny!" you know you're a little late in addressing the problem.

So for the kids of Ontario it's either a current, frank and honest sex ed curriculum or just have them watch that Woody Allen film: Everything You Ever Wanted to Know About Sex But Were Afraid to Ask. Not only is it a very funny movie, Doug Ford gets to take us back to 1972!

For comments, ideas and copies of The Legend of Zippy Chipmy, go to www.williamthomas.ca

make ends meet.

Constituents have told me time and time again that hydro costs are one of the most worrisome issues they have to face for their families and businesses. They have been begging for years for relief from impossible electrical bills. Ford promised Ontarians to have no fear because, "Help is on the way." The conservatives campaigned on the promise of fixing the hydro crisis. Giving Wynne's "6-million-dollar-man" a \$9 million payout moves Ontario backwards and leaves families behind. Replacing one Board of Directors with another at a privatized Hydro One won't bring our rates down.

Ontarians need a government to develop policies and take meaningful action that will actually improve their lives, not make life harder. Ontarians need a government to focus on what will make things better for them, not on settling old political scores or honouring back room deals with conservative friends.

Recently the Conservatives announced that they were halting the opening of planned overdose prevention sites. This flies in the face of all of the advice from experts, community members, and volunteers, and places the lives of Ontarians struggling with addiction at tremendous risk. The Premier is willfully interfering with local health care experts and front line workers, who have been crystal clear: these sites save lives!

Doctor David Juurlink, the head of clinical pharmacology and toxicology at the University of Toronto, has said: "These places save lives, connect people to addiction care, reduce the spread of HIV and hepatitis C, and save the health system money. We need more of these sites, not fewer." Ford's Conservatives have slashed millions of dollars in funding earmarked for addiction and mental health services, leaving Ontarians struggling to access the services they urgently need. Like Andrea Horwath pointed out to Ford, "People can't get treatment if they are dead."

NDP MPP Jennie Stevens said that there were over 1,200 people who overdosed last year. Those were 1,200 lives that could have been saved. Yet the

Ford government has already confirmed that no new sites will be opened anywhere in Ontario despite calls for new life-saving sites.

So, if saving lives or helping our most vulnerable is not a priority for this government, what is?

Rather than saving lives, Doug Ford put his full effort into ramming through legislation that flies in the face of democratic values and slashes the size of Toronto City Council in half. In so doing he cancelled local elections in multiple municipalities, notably where his political rival Patrick Brown was planning to run.

Instead of finding ways to effectively reduce hydro rates, Ford was more focused on honouring back room deals he's made. He was more intent on satisfying old friends and lobbyists like Tanya Granic Allen and Charles McVety as proven by his decision to force Ontario teachers to revert back to teaching the 1998 sex education curriculum; a curriculum they don't even have in print any more.

Rather than providing the woefully small 3% planned increase to already meagre social assistance, he is cutting that in half to a contemptuous 1.5%. As well, rather than seeing the first basic income pilot project in North America through to its 3 year completion date, Ford axed the project without collecting and analysing data or consulting with stakeholders and experts to determine it's effectiveness.

Like I said, Ontario better hang on for this wild ride. But be assured that New Democrats are up for the challenge and are committed to pushing back against Doug Ford's divisive and dangerous agenda. We will fight to ensure everyone can build a great life here in Ontario.

As always, please feel free to contact my office about these issues, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710 or Toll free 1-800-831-1899.

Michael Mantha MPP/député
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Back to School Safety



**Every Child Should Have A Safe Walk To School
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Get Prepared for Back to School Safety!

It's back to school time! - As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tips. Help everyone stay safe this school year!

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

The following information is useful for school bus passengers and their parents.

Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.
5. Hold the hand rail as you get on the bus. Don't push or shove.

Rules for on the bus:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.

Continued from page 4...

4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold

the handrail and step away from the bus.

2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.

3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.

4. If everyone is getting off the bus, the people at the front leave first. Do not push.

5. Be familiar with the bus driver's rules for emergencies.

Shoes That Fit Perfectly Prevent Injuries

If you've ever bought a pair of shoes that didn't fit well just because they were on sale, or looked too fabulous to pass up, you are certainly not alone. However, experts caution against these 'great buys', since ill-fitting footwear is one of the leading causes of preventable foot and lower limb injuries.

"Shoes that are too long, too short, too tight, or too wide not only cause painful rubbing and squeezing, they can also force the wearer to adjust their natural gait," says Alison Smith, a Canadian certified pedorthist. "This in turn can cause them to shift their pressure and weight, often leading to pain and injury."

Smith says fashionistas and bargain shoppers aren't the only people who wear ill-fitting footwear. Many of us inadvertently wear poorly fitting shoes because we don't know how to tell if a shoe fits properly.

If you are fitting your own shoes, certified pedorthists advise the shoes should feel comfortable the moment you try them on. It is a myth that snug-fitting shoes will stretch over time. Make sure you have room to wiggle your toes, especially when you're standing and that the heel of the shoe fits snugly around your own heel. Also make sure you buy shoes that match the shape of your foot. If your foot is wide and square, you should purchase shoes that are wide

through the top. Most importantly, you should never assume you are always the same shoe size. Feet shift and change over time and different shoes fit differently, so you should have both of your feet measured often.

Painful, injured feet can have a serious impact on your mobility. To make sure you can keep doing the things you love, always buy supportive, well-fitting shoes. More information on fitting shoes properly can be found at www.pedorthic.ca.

Get The Perfect Fit

To ensure your footwear fits properly Canadian certified pedorthists recommend you follow these steps:

- Get your feet measured by a professional fitter, preferably using a Brannock device.
- Take the insoles out of your shoes and stand on them. Make sure you have a thumb width between the longest toe and the end of the insole. Also check that your first and fifth toe fit on the insole and don't hang off.
- Shoes should bend at the widest point of your foot, where your foot bends.
- Laces or Velcro will help to ensure your shoe fits snugly and supports the movement of your foot.

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Healthy Lunches Help Fuel Active, Smart Children

What's the best way to help your children get good grades and have energy for long afternoons at school? Pack a healthy lunch! Here are some tips.

Excel at school

When children eat a well-balanced lunch, it's easier for them to concentrate at school and have energy for afternoon activities. A nutrient-sparse lunch will make them more likely to reach for unhealthy recess snacks, when energy is low and sugar cravings kick in. This could lead to weight gain and health problems down the road.

Studies show that in addition to providing energy, healthy lunches filled with whole grains, vegetables, fruit and protein can lead to better grades and higher scores on standardized tests, especially when compared with children eating high-fat, salty lunches.

Carbohydrate-containing foods, such as whole grain wheat, corn and soybeans, are crucial for brain health. The Grain Product food group in Canada's Food Guide provides carbohydrates to the bloodstream to fuel the mitochondrial furnaces responsible for your child's brain power.

Lunches that kids love

The healthiest carbohydrates include whole grains, vegetables, fruits and beans. They promote good health by delivering vitamins, minerals and fibre, which are required for normal growth and development. Grab that lunchbox and pack meals made with four food groups:

Vegetables and fruit

Grain products

Milk and alternatives

Meat and alternatives

Most kids love sandwiches, which are a great way to ensure they get a serving of Grain Products, a staple food group in Canada's Food Guide, and carb-rich brain fuel. Stack protein and vegetables on different shapes and sizes of breads. Use cookie-cutters to cut sandwiches into children's favourite shapes.

Pack whole grain crackers with cheese, or make modern ants-on-a-log with soy butter and currants on celery to harness brain power. Visit www.goodineverygrain.ca or www.healthygrainsinstitute.ca for more ideas.

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Get your firewood cut, split, delivered. Hardwood maple. More info, call Mina at 705-865-3017. 10/30.

NOTICE

CHERYL'S MASSAGE THERAPY & ACUPUNCTURE

- NEW LOCATION as of April 9th. 363 John St. Espanola. To make an appointment call 705-863-3223. cherylsmassage7@gmail.com 10/2 R

MEETINGS

Massey Agricultural Society monthly meetings - 3rd Tuesday of the month. Held at Massey Firehall @ 7pm. We welcome the public's attendance. 10/23

FOR RENT

FOR RENT - 1 room for rent in house located in McKerrow, near police station. Available immediately. \$600.00 plus hydro. Call for details 705-988-2022. 9/18

FOR RENT - Apartment for rent, 1 bedroom. 2-123 Tudhope St Espanola. Available Sept 1. \$650.00 per month plus hydro, first; last & damage deposit. Call 705-869-0514. 9/11

FOR RENT - Available October 1. One bedroom apartment. Non smoking, quiet building. \$650.00 a month plus hydro. Heat included. Call 705-869-1378. 9/4

MOVING OUT SALE

MOVING OUT SALE - 1 snowblower 10.5 HP - appr 10 yrs old. Works great \$500.00. 1 NEW Huskv lawn tractor - only 4.5 hrs use - \$2,100.00. Call 705-865-2011. 9/4

FOR SALE



FOR SALE - 1870's Mahogany Scottish Dresser. Very solid, split on top. \$250 obo. Call 705-869-2287. 8/28

FOR SALE

FOR SALE - 3 large boxes of fishing tackle, lures, hooks, etc. 4 wine racks with bottles. Sliderule set squares etc for grade 12 student. contact 705-862-7435. 08/28.

FOR SALE - Oil tank and fittings, double walled. Also, limited dry wood for kindling/backyard fire. Call Greg 705-822-4734. 8/28.

FOR SALE - Garmin GPS locator - Great for hunters or wandering loved ones. Have receipt. Paid \$200, asking \$70.00. Sirius Satellite car radio with boom box. \$80.00. Wooden office desk with filing cabinet. \$50.00. Call 705-869-2287. 8/28

EMPLOYMENT OPPORTUNITY



Job Posting

Seeking a sensitive, highly motivated individual who is able to work well with children at our Centre de la petite enfance d'Espanola.

**Registered Early Childhood Educator
Full Time (French position)
35 hours per week
Salary Range \$17.22 - \$19.42 plus \$2 (WE)**

The Ideal Candidate will have:

- Registered Early Childhood Educator Diploma or Equivalency as established by the College of Early Childhood Educators
- Excellent knowledge of current Child Development Theories and Practices, Early Identification and Intervention and of all Relevant Legislation, Policies and Procedures
- Team and relationship development skills
- Effective verbal and listening Communication skills
- Effective written, planning, organizational and time management skills
- Computer literacy skills
- Current standard first aid certificate and infant/child CPR
- Current vulnerable sector police check
- Health assessment and current immunization

Please submit a cover letter and your resume by September 7, 2018. We wish to thank all applicants for their interest but advise that only those candidates for an interview will be contacted. Please send your resume to the above address:

All Star Children Services Inc.
Brigitte Drouin, Executive Director
Fax: 705-848-4993 or Email ascs@adsab.on.ca

OBITUARY



PHILLIPS, Henry of Massey passed away at Health Sciences North Hospital, Sudbury on Sunday, August 19, 2018 at the age of 76 years. Beloved husband of Barbara Anne (nee Proctor) Phillips of Massey. Loving father of Dale (wife Wanda) of Webbwood and the late Lee Anne McGhee. (2001). Will be sadly missed by grandchildren Thomas John (T.J.), Nathan, Valerie, Duncan and great-grandchild, Emma-Lee. Very dear brother of Jessie Abenstein, Robert Phillips (wife Ellen),

Jim Phillips, Harvey Phillips (wife Rhonda), Stanley Phillips (wife Cheryl) and the late Edna Lundy (late Bob), William Phillips Jr., Velma Richer (Lawrence), Leneord Phillips (wife Gladys), Alice Einford (Robin), Leslie Phillips (wife Ester), George Phillips (wife Cathy). Henry was a Mechanic by trade and worked for K.V.P. West Branch Road, Aqua (ministry of Environment), Canadian Tire Parts Department and the Ministry of Transportation (drivers testing). He was also the Fire Chief of Webbwood. Henry loved fishing, boating, dancing and was always there to help out family and friends. He enjoyed cutting wood and music festivals (Bluegrass, Country Fest). He enjoyed taking kids water skiing and snow machining. Henry loved spending time with his grandchildren. Henry held a Fish Derby at his home for the past 10 years. His home was a gathering place for everyone. Friends called at the Walford Community Centre, Walford on Wednesday, August 22nd from 2-4 and 7-9 p.m. Funeral Service from the Walford Community Centre was on Thursday at 11:00 a.m. with the Reverend John Faulkner officiating. Interment in the Webbwood Protestant Cemetery. If so desired, Memorial tributes may be made to the Walford Community Centre. Arrangements by Bourcier Funeral Home Ltd., Espanola

Recipe

I have put this recipe in my column before but it's worth publishing again. Friends made it for my Birthday party this summer, and we couldn't eat it fast enough.

It's beyond simple to make with only 4 ingredients, but it's "oh so delicious". It's great to take to a party, a potluck or serve at a gathering. For the caramel layer be sure to buy a thick dip or sauce. You don't want it runny.

Caramel Apple Dip

- 1 8oz block of cream cheese
- 1/3 cup of sugar
- 1 16 oz container of caramel sauce (Thick)
- 1/2 cup of Skor bits

Place the cream cheese in a medium bowl and beat with a mixer until smooth and creamy. Add the sugar and beat until thoroughly combined. Spread the cream cheese mixture in a serving dish. Pour the caramel sauce over. Spread into an even layer. Sprinkle with Skor bits. Refrigerate until ready, but bring to room temperature before serving. Serve with sliced green and red apples. Graham wafers, butter cookies and sliced pears are also good.



Express Trade

The Espanola Express are proud to announce the acquisition of 19 year old Zack Matyasik for the upcoming season. Matyasik played last season for the Brockville Tikis in the CCHL2 and was the teams leading scorer. Matyasik posted 42 points in 52 games last year with the Tikis, scoring 20 goals, 22 assists and 36 PIMs. The Express staff expect the Syracuse, New York native to continue his scoring ways under the guidance of new Head Coach Clancy and put similar numbers this year.

"Zack is a fast skilled forward, with great vision and is always dangerous around the net," commented GM Chad Clarke. "Zack had the opportunity to

move up and play with the CCHL Braves this year and he chose to join the Express to develop and advance his career," added Clarke.

First Express Exhibition game will be Tuesday August 28th at 7pm in Noelville against the French River Rapids. The Rapids will then travel to Espanola to take on the Express at the Espanola Rec Center on Thursday August 30th at 7:30pm. Regular Season starts Friday September 7th, when the Blind river Beavers travel down Highway 17 to take on your express at the Espanola Rec Center, game starts at 7:30pm.

Stay tuned here for more exciting signing announcements coming soon!!

99.3 Moose FM
Espanola's Biggest Variety

Moose Corner

The Moose 99.3 FM CJJM - Espanola is proud to support local charities and organizations. If you have an event you want to share, please call Roz at 705-869-6397 or email your information to: rrussell@moosefm.com The Moose- Espanola's Biggest Variety! Your Station, Your News, Your Stories

COMMUNITY NOTES

PROUDLY SPONSORED BY



Espanola High School JUMP Day - Welcoming New Grade 9's for the 2018 Jump Day Orientation - August 29, 11:00 a.m. - 1:00 p.m. Students will receive their timetable, locker, and explore the school before the start of regular classes in September.

Bridge Lessons - at the Seniors Drop In Center, starting September 19 at 1:00 p.m. For more info call D. Allen 705-869-0475.

Pickle Ball & Tennis at the Espanola Courts - Courts are open daily. Equipment available at the rec centre.

Clothing Donations - Donations for overseas relief can be dropped off at 80 Withers Rd. Massey. Also footwear, bedding & sewing supplies. Call Ray Brubacher at 705-844-9992.

United Church of Espanola - WE ARE OPEN - United Church of Espanola continues to have worship service every Sunday morning at 10:00 a.m. with Sunday School. All are welcome.

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

Jump Day set for Espanola High

Espanola High School regular classes in September. It will be on Wednesday, August 29th from 11:00am to 1:00pm. Parents are also invited to attend. Photo of Espanola High School entrance by Rosalind Russell





EXHIBITION HOME GAME!!

Thursday, August 30, 7:30 pm

AROUND & ABOUT
Your Community Connection

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