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Espanola's Paul McColeman Sentenced to 17 Years

Photo: Paul McColeman FB

by Rosalind Russell An Espanola mother of two boys assaulted by Paul McColeman says it has been a long four years, but she is happy to see him get a long prison sentence. The mother, who cannot be identified under a publication ban, says one of her sons insisted on attending court July 17 to see justice served. She admits she cried because the case is finally resolved and that will help her sons move forward in their healing. McColeman, 45, has been in custody since he was convicted June 29th, 2017 of 34 sex-related and luring charges in Espanola over an eight-year period nearly a year ago. Two of the luring convictions were stayed leaving him with 32 convictions for sentencing purposes.

Continued on back page...

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Espanola Papertown Paddlers WIN Founders Division at the Sudbury Dragon Boat Festival



Photo Provided Team Members: Front Row Left to right: Steven Price, Diana St. Pierre, Denise Thibault, Marcella Yusko (Drummer), Meaghan Maher, Genevieve Demers, Liane Tessier, Kelli Bracken Back Row Left to Right: Jasmine Schmidt, Brandon Boomhower, Dave Arthurs, Becky Songhurst, Brad Songhurst, Todd Yusko, Jerry Brown (Steersperson), Nathan Leclair, Adam Paradis, Alex Smith, Rob Haarmeyer, Rob Parsons, Teri Lacey, Bobbie Smith.

The Sudbury Dragon boat Festival is a registered nonprofit founded in the year 2000 by the Sudbury Canoe Club (SCC) and the Chinese Heritage Association of Northern Ontario (CHANO). Proceeds from the festival benefit the Maison McCulloch Hospice in Sudbury, ON. The festival took place on July

14th, 2018 at Bell Park in Sudbury, ON. For the 2nd year in a row, our very own Papertown Paddlers from Espanola competed. This year they completed the race with a time of 2:23.77, beating their best time from last year and winning the Founders Division.

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The Papertown Paddlers would like to extend special thanks their sponsors:

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Massey Marathon Another Huge Success

The 42nd annual Massey Marathon was yet another success. Running in the early morning helped participants stay cool before the full heat of the day hit the runners yesterday. Of note, are the 50 or so volunteers who helped out on the run including the local 4H Club members and the Predators Hockey organization. A special presentation was also made to Ron and Pat Hnatuik who received this year's Volunteer Appreciation Award. Ron and Pat have volunteered for over 30 years with the marathon.

Congratulations to all of the volunteers & participants on a job well done!



Photo: Township of Sables-Spanish Rivers Recreation Department

Continued from front page...

Espanola's Paul McColeman Sentenced to 17 Years

The Crown was seeking a minimum 20-year prison sentence with a number of conditions including registration on the Sex Offender's Registry and a DNA sample while the defence was hoping for a 12 to 13 year sentence minus pre-custody credit and no restrictions when paroled. Sudbury Superior Court Justice Patricia Hennessy sentenced the convicted pedophile to 17 years, minus 30 months for time served. He must also wait 10 years before being able to apply for parole, register with the Sex Offender's Registry, provide a DNA sample and take counselling. Hennessy also granted a long-term offender designation for McColeman at an earlier court hearing. With that judgement, the

person should be classified as a long-term offender (a lesser risk to reoffend) and receive a defined sentence with a long-term supervision order. He also underwent a psychiatric assessment last fall. The results of the court appointed psychiatric assessment conducted by Dr. Philip Klassen revealed McColeman has been diagnosed as a same sex pedophile. According to online supporters of McColeman, there will be an appeal. McColeman continues to deny any wrongdoing even making a public recording following his sentencing stating he is innocent and asking for anyone with information to come forward to assist in his appeal. No date for an appeal has been set. McColeman's transfer to prison will take place within the week.

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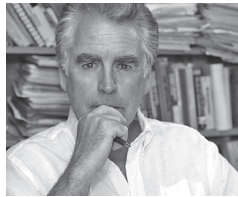
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Hot Peppers – The Not-So-Silent Killer!

I have had a lifelong fear of hot peppers. The culprit is capsaicin, the neurotoxin that creates a bonfire in your mouth and has your tongue wagging to be surgically removed. The heat of which is measured in units called 'Scovilles'. Your typical Haberoero pepper contains 500 Scovilles. The ghost pepper burns out at 1 million Scovilles and the newly developed Carolina Reaper tops them all at 10 million!!!

I won't go near the ghost pepper (a.k.a. bhut jolokia chili pepper) which when eaten in large quantities can cause seizures, heart attacks and death. I won't even share the same area code with the Carolina Reaper, considered by the Guinness Book of Records to be the world's hottest pepper. Last week a 34-year-old man from Cooperstown, New York ate a whole one in a hot-pepper-eating contest and wound up in hospital with what the doctors called a "thunderclap headache"! Another man in California ate enough of a burger topped with a ghost pepper that it burned a hole in his esophagus which in turn caused one of his lungs to collapse. Many years ago I returned from Jamaica with a fellow hot pepper enthusiast, each of us bringing back a jar of green Jamaican Peppers. Once home Barry laced our subs with these innocent-looking slim gems. I bit into my sandwich and it was like someone had poured an

ounce or two of gasoline in my mouth and threw in a lit match. But I waited until Barry asked how was it and I found the where-with-all amid the searing pain to say: "Good. Yeah, good." I waited just long enough for him to bite into his sub and then we both threw up onto the wax paper wrapping on the table. No way was I descending into the chili hot fire of hell all by myself.

But that wasn't the worst. The worst was 1969 when I attended Waterloo Lutheran University in Kitchener, Ontario and I frequently spent evenings across town at Robbie Misener's house. Both from Welland, we were close friends with a lot in common, particularly our love for weed and hot peppers. (Sorry, but if you attended a liberal arts college in the late 60's and early 70's and did not smoke marijuana, you risked being expelled.)

I'd recently given Robbie the sound track from Butch Cassidy and the Sundance Kid. So with "Raindrops Keep Falling on My Head" blasting on Robbie's eight-track and in a blissful unfocused haze, we set out to make our own pizza. A big lump of dough, a mess of mushrooms, extra pepperoni, way too much cheese and lots of haberoero hot peppers, the kind Castro had used to kill political opponents and silence journalists.

We had everything laid out on the counter

Continued on page three...

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Continued from page two...

when all of a sudden Paul Newman rode through the kitchen sitting on the crossbar of his bicycle. Robbie didn't see him so I asked Butch to do it again which is when The Sundance Kid stuck his head in through the kitchen window and said: "I get sick being right all the time."

Robbie didn't catch that either, so ... so in order to get things back on track we sparked up another joint.

Earlier we had ordered a pizza from Chinese Cuisine, but hours went by and nobody came to the door.

Now it's hot in that kitchen and I'm tired, needing to get my contact lens out when Robbie says we're set to go. All I gotta do is the hot peppers, which I did with great relish ... cutting them in half, extracting the seeds with a push of the thumb, slicing and dicing and placing them on the top of the pie with flair and a sense of accomplishment.

Robbie shoved the pizza in the oven, and plenty proud of ourselves we high fived ... and missed. That's when I decided to take out my contact lens. Later Robbie would claim that the only time he had ever heard a scream like the one that came out of my mouth was when Mia Farrow realizes she had just given birth to the son of the Devil in Rosemary's Baby.

I lunged for the knife on the counter but he stopped me thinking I might harm myself when all I really wanted to do was cut my eyelids off. I fell to the floor, sweating, gasping and rubbing my eyes when I hear somebody, either Robbie or Sundance say: "I'll do anything you want me to do, but I won't watch you die".

Robbie was about to call an ambulance when a guy showed up at the door trying to make us pay for a big bag full of egg rolls and chicken balls which we knew nothing about.

Still crumpled up in a heap on the floor, I was able to open my eyes just wide enough to see the cloud of smoke billowing in the kitchen. The pizza was burning. Instead of trying to put out the fire in the oven, Robbie ran out of the house and down the street, trying to catch the delivery guy with the Chinese food. We both went to bed hungry that night.

Just for the record, I'm only in favour of the legalization of marijuana if each bag of dope comes with a pair of safety goggles. Also people handling hot peppers should be bonded.

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

Plenty of New Faces with the Express

The Express has unveiled a whole new look as they announce the hiring of an all new staff for the upcoming season. Joining the new Head coach Dave Clancy this year will be some veteran NOJHL coaches and staff members as the Express are clearly gearing up for a turnaround season. "It is exciting to have so many great staff members believing in what we have going on here this season in Espanola," says GM Chad Clarke. "I have no doubt these guys will have an immediate impact on our program with their championship mentality. Development and advancement to the OHL, CIS and NCAA ranks will be our key focus and we now have the right people with proven track records in place to be very successful both on and off the ice".

New Associate Coach - Clayton Bertrand Coach Bertrand joins our coaching staff with over 15 years coaching experience under his belt. He has experience with the U-17 Hockey Canada program for two years as a selection coach with OMHA. Last Season Clayton was an Associate Coach with the West Division Champions Rayside-Balfour Canadians. Coach Bertrand will be looking to bring his NOJHL Championship run experience from last season to the Express this year. Clayton has been married for 25 years to Christine and has three kids Zak, Amanda and TJ. He is also a Sales Manager for Molson Coors in Northern Ontario for the past 22 years.

Assistant Coach - Vagelli Sakellaris Coach Sakellaris has spent the past two seasons with the Rayside-Balfour Canadians as an Assistant Coach and this past season enjoyed a playoff drive that lead him to the NOJHL Championship series. He has previously been an Assistant/Associate coach with the Sudbury Nickel Capital Wolves midget AAA team and guided them to a Telus Cup Championship, Canada's National Midget AAA Championship in 2008. As a player Vagelli appeared in the Telus Cup then known as the Air Canada Cup and lost in the Championship Game. He is a

teacher at Lasalle Secondary School in Sudbury and is married to his wife Tara and they have two young children at home.

New Equipment Manager - Brian Workman A junior hockey legend in his own right, Brian has been involved with Junior Hockey for over 25 years with franchises in Sudbury and Rayside-Balfour. Brian has been selected as team Equipment Manager for every Team NOJHL appearance at the Central Canada Cup, a mid season league all star showcase tournament between the Central Canada Junior A leagues. Earlier this summer Brian was awarded with a NOJHL life time membership award for his long term dedication and outstanding service to junior hockey.

New Team Trainer - Chris Seguin - This is Chris' second season training in the NOJHL and first with the Express. Chris has trained at various levels of minor hockey, as well as sports outside of hockey. Most recently, Chris was a trainer at the 2016 and 2017 NOHA U-15 Development Weekends and with Team NOHA at The OHL Cup and The OHL Gold Cup in the Spring of 2017 and 2018. Raised in Sudbury, Chris resides in Val Caron with his wife, Kelly and son, Owen, and their many four-legged family members. Chris is a graduate of Laurentian University's Bachelor of Social Work program and is employed with The Canadian Veterans Vocational Rehabilitation Service.

New Director of Sales and Game Promotions - Grant Trayner -- Grant is a recent graduate of the Sports Administration program at Laurentian University in Sudbury. He has gained valuable marketing, account management and sales experience with the Canadian Paralympic Committee, ECCO Golf and Northern Ontario Railroad Museum & Heritage Centre. Before joining the Express he was an Assistant General Manager and Director of Hockey Operations of the Rayside-Balfour Canadians and Sudbury Nickel Barons. He also sits on the board of the Big Nickel International "AAA" Hockey Tournament in Sudbury.

Fourth Annual ATV Poker Run for MD Set to Go

The Espanola Volunteer Firefighters are ready to battle another worthy cause. Firefighter and Muscular Dystrophy Chair, Ryan Courtemanche, says this Fourth Annual ATV Poker Run is set to go this coming September 22nd. Tickets are \$50 each and are on sale now, =Courtemanche advises everyone to get theirs as soon as possible because only 200 will be sold. He adds the run has plenty of dry and muddy spots. The \$50 fee, which also includes dinner, goes towards offsetting costs with proceeds to Muscular Dystrophy Canada. The firefighters are trying to raise five thousand dollars in this year's run for Muscular Dystrophy, a disease that weakens the skeletal muscles. This is the fourth year for the run. Tickets are available from Espanola firefighters, and at all local ATV dealers in Espanola.

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MEETINGS

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

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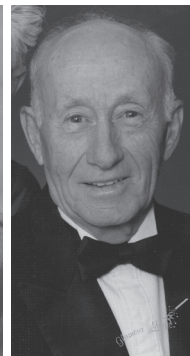
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OBITUARIES



MOXNESS (nee KOZACHANKO), KARYN (Mary) (Anne) of Webbwood passed away at the Espanola Regional Hospital on Saturday, July 14, 2018 at the age of 64 years. Beloved daughter of the late John & Anne (nee Petcoff) Kozachanko. Wife of Steve Moxness. Loving sister of Maria MacLean (Larry) of Espanola and Nancy Zaiser (Raymond) of Webbwood. Dear aunt to Madison MacLean & Asia Zaiser. Loving cousin of Theresa Petcoff Briggs. A special love goes out to Karyn's devoted friend Deb St.

Ong and ALL the rest of her personal care workers. A very special thank you to her family physician Dr. Perlin; Dr. Bignucolo and all the nursing staff at the Espanola Regional Hospital. Everyone's care and compassion will FOREVER BE IN OUR HEARTS. A committal Service took place at the Espanola Cemetery on Tuesday, July 17, 2018 at 1:30 p.m. with Father Raymond Akor officiating. If so desired, Memorial tributes may be made to the Lung Association. Arrangements by Bourcier Funeral Home Ltd., Espanola



St. Louis – Solomon. We are saddened to announce the passing of Solomon Joseph St. Louis on July 13, 2018. He passed away peacefully at the Manitoulin Centennial Manor, Little Current at the age of 94. Predeceased by loving wife of 62 years Frances (Lecuyer) (2014). Loving father of Linda Joyce (late Wally) of Espanola, Paul (Karen),

Danny, Cindy Royer (late David) all of Sault Ste. Marie. Loving Papa of Jodie, Kyle and Kaylee Joyce of Espanola, JP and Jason St. Louis, Brent and Amy Royer, and great grandfather of Hunter Royer all of Sault Ste. Marie. Predeceased by parents David and Mary (Aubrey) St. Louis and siblings Charlie (Carmelle), Victor, Carmelle Rose (Jay), Therese Palaro (Johnny), Marie Keeley (Billy). Survived by sibling Margaret Daly of Wolverine, MI. Albert St. Louis (Audrey), Bernie Nadeau (Emile) all of Espanola. Also survived by many nieces, nephews and friends. Solomon was a proud WWII vet who served for Canada from 1943 -1945. He enlisted with the Royal Canadian Ordinance Corps. After basic training he was shipped to England and saw action in Holland, France and Germany. Cremation has taken place according to Solomon's wishes. A memorial mass took place at St. Jude Church on Wednesday July 18, 2018 at 11 AM for the ashes of Solomon & Frances St. Louis. Interment of ashes in the Espanola Cemetery after mass. If so desired, donations to the Alzheimers Society would be appreciated. Arrangements by BOURCIER FUNERAL HOME, Espanola.

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ANNOUNCEMENT

Notice of Candidacy

Thank You to all those who have been asking if I'm running again. Please be assured that I am. Doctors have given me the all clear. I am looking forward to representing you again. I humbly seek your support for this next term.

**Re-elect Ron Piche for Mayor
Thank You.**

Recipe



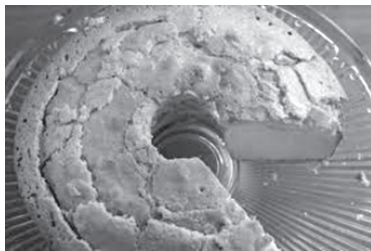
This is a rich, moist cake with a soft texture, and a crusty, sweet top. I made it this week to use for strawberry shortcake and it didn't disappoint. Pound cakes are so versatile. You can enjoy them plain, with ice cream and sauce, use them for strawberry shortcake or layered in a trifle. The possibilities are endless. This recipe makes a BIG cake. We ate part of it and I froze the rest of it to make a future trifle. If you're not an almond extract fan (like me) you can use all vanilla extract. Be sure to test your cake and bake according to your oven. I had to bake mine an extra 15 minutes.

Old School Cream Cheese Pound Cake

- 1 ½ c cake flour
- 1 ½ c all- purpose flour
- 1 ½ cups of butter (¾ of a pound) , unsalted (softened at room temp)
- 8 oz cream cheese, room temperature
- 3 ¼ c sugar
- 1 ½ tsp vanilla extract
- 1 ½ tsp almond extract
- 1 tsp salt
- 6 large eggs



Beat butter and cream cheese with a mixer on medium speed until mixture comes together. Add sugar and extracts; beat until light and fluffy. Reduce speed to low. Mix flours with the salt. Add eggs, one at a time, alternating with flours, 1/2 cup at a time until all eggs and flours are used. Transfer to a buttered, and floured, 10-cup bundt pan. Place in cold oven. Heat oven to 325 degrees. Bake until an inserted tester comes out clean about 1 1/2 hours. Remove cake from pan. Let cool on wire rack.



COMMUNITY NOTES

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Summer Fun Day in McKerrow – July 28, 11:00 a.m. – 2:00 p.m. Snoopy's Landing – 9 Short Street, McKerrow. Games, Prizes, Inflatables, BBQ, Candy Stand & more!!!!

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.

Christmas in July at St. Georges Anglican Church in Espanola on Wednesday July 25 at 11:00am to 3:00pm - Yard Sale, Christmas Decorations, Bake Sale, Crafts & BBQ

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.**
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