

**Check out our September Flyer online**



**PAPERWORKS**  
OFFICE & ART SUPPLIES

**SEPTEMBER Savings**

The Little Paper That Makes A Big Difference

**AROUND ABOUT**  
Your Community Connection  
Est. 1996

[www.aroundandabout.ca](http://www.aroundandabout.ca)

August 27, 2019 Issue #35 - Volume 23

Orthodontic treatment is a long term commitment.  
Choose your orthodontist wisely.  
**Serving Espanola for 27 years.**

**Sudbury** Orthodontics  
For The Smile of Your Life

**Dr. D'Aloisio**  
thesmilecentre.ca  
705.869.0880 1.888.8.BRACES



**CANADIAN TIRE**  
**ESPANOLA**

**Tire Blowout!**

P205/65R16 95T	\$59.99
215/65R16 98T	\$59.99
225/60R16 98 H	\$59.99
225/65R16 100T	\$59.99
P235/60R17 102T	\$69.99
P235/65R17 104T	\$69.99
265/70R18 116T	\$79.99

**\*Only tires located outside on orange racks**

**2019 POLARIS RANGER 570 FULL SIZE**

STARTING AT  
**\$11699**

PLUS FREIGHT,  
PDI & TAX



Warning: ATVs can be hazardous to operate. Read and understand the operator's manual before you ride. For your safety always wear a helmet, eye protection and protective clothing and be sure to take a safety training course. For safety and training information in the U.S. call the BIA at (800) 881-2387. You may also contact your local dealer or call Polaris at (800) 342-3764. For safety training in Canada, contact your local Polaris dealer. Polaris is a registered trademark of Polaris Inc. ©

**TRAIL SIDE**  
**SPORTS**

**705-869-0170**  
[rick@trailsidesports.com](mailto:rick@trailsidesports.com)

**70th Anniversary Set For Nairn's EACOM Saw Mill**



**COMMUNITY BBQ**  
Celebrate 70 years of operations with us!

**SUNDAY, SEPTEMBER 8**  
10 a.m. to 3 p.m.

Nairn Centre community centre

Bring your friends and family for a day of fun:  
Free BBQ, games and activities for all!



By *Rosalind Russell* - The date is set for the public to celebrate another milestone. EACOM Timber Corporation will be celebrating the 70th anniversary of the Nairn Centre Sawmill on September 8th. The original Nairn Centre sawmill was established in 1949 by Pineland Timber Company. It went through many owners before EACOM purchased the mill in 2010. The day's activities will include special presentations, games and barbecue. Everyone is invited to attend from 10:00 am to 3:00 pm at the Nairn Centre Community Centre.

**4 SEASON'S**  
septic service  
For Your Septic & Porta Potty Needs

**NOW SERVING**  
**ESPANOLA**  
**& AREA!!**

**705-869-2448**  
**705-356-3444**  
**1-800-587-3599**

**WEDDING PHOTOS?**  
AS LOW AS  
**35¢**  
Order from the comfort of your home!



<https://aroundandabout.photofinale.com>

**AROUND ABOUT** **PAPERWORKS** **MON-FRI 9-5:30**  
Your Community Connection OFFICE & ART SUPPLIES **705-869-6883**

**A/C NOT WORKING?**

**GIVE US**  
**A CALL!**

**705-869-0333 OK TIRE**

**Home**  
hardware  
**ESPANOLA**

**705-869-2130**  
830 Centre Street  
Espanola



**12 ft crown mld 1/2"x 3 1/16**  
**Regular 24.99 Sale price 5.97**

## Espanola Couple Celebrates An Anniversary In Support of CLE



Espanola Community Living got a nice boost from a local couple celebrating their wedding anniversary. Pat and Donelda Houle celebrated their 50th Wedding Anniversary by having a backyard party this past Saturday.

Instead of presents, they asked family and friends for donations to Community Living Espanola.

The loonie bank was full by



the end of the evening and CLE received just over \$600, which they will use for local programming.



**The One Tot Stop Day Care,  
S. Geiger Site has expanded and  
we now have infant spaces!**

For more information, please call  
Janice at 705-865-3281 or email  
jkonetotstmary@gmail.com

Massey: 705-865-3281 • Espanola: 705-869-3282  
Email: onetotstop@bellnet.ca • www.onetotstop.com

## Espanola High School Sets Jump Day



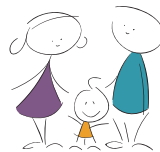
Students planning to attend Espanola High School will have a chance to check out the school, meet their teachers and obtain their timetables with Jump Day.

Every year, towards the end of summer, staff invites all the grade nines and students

who are new to Espanola High School, to come visit, explore the building, get an idea of their new surroundings and enjoy a barbecue.

It will be held on August 28th from 11:00 am to 1:00 pm and parents and guardians are also welcome.

## New Clinic Opens In Webbwood



**Espanola & Area  
Family Health Team**

programming such as smoking cessation, flu shot clinics, telemedicine and more.

If you live in the Webbwood vicinity and are looking for health care, a new clinic could provide some of the essential programming you need.

Registered nurse Jennifer Ashley says the new clinic is an arm of the Espanola Family Health Team and will provide

She adds anyone who wishes to access the clinic must do so by appointment only.

To find out more about the various programs offered by the Webbwood Clinic or to make an appointment, call 705-862-7991 or via email at webbwood@esphosp.on.ca

# FALL SWIM LESSONS

Online registration  
begins Sept 3rd at [espanola.ca](http://espanola.ca)

In person & phone  
registrations begin Sept 9th

Registration closes Sept 15th

\*Call about fall lifeguard training courses  
**705-869-1961**

FOLLOW US ON  
**twitter**  
[@errcpool](https://twitter.com/errcpool)

**Espanola**

"The store for all your electronic and music needs"

## Located in the Espanola Mall

Vintage Electronics & Sound (2008)

705-869-4820    [www.thesource.ca/shopFlyer](http://www.thesource.ca/shopFlyer)



**At Your Fingertip Business Directory**

High Circulation • Competitive Rates  
FREE distribution to your customers!  
To Advertise in the Around & About  
Business Directory, call 705-869-6883

**JC Plumbing & Heating**  
**Jason Cowles**  
Certified Technician  
Serving **Espanola & Area**  
Business 705-583-3040  
Mobile 705-863-3332  
Sales & Service

**MORTGAGE ALLIANCE**  
**Kelly Ranta**  
Mortgage Agent • Lic # M16001131  
Cell: (705) 507-5771  
Email: Kranta@mortgagealliance.com  
www.mortgagealliance.com/kellyranta  
20 Second Ave. N  
Sudbury, ON P3B 3L6  
Corporate Office: 2005 Sheppard Ave. E., Suite 200, Toronto ON M2J 5B4 Lic# 10530

**HDVS LANDSCAPING & CUSTOM DESIGN**  
**LAWNCUTTING SERVICES**  
705-865-1506 www.hdvsonline.com

**RAINBOWCOUNTRY GENERAL SERVICES**  
705-863-2492  
SPECIALIZING IN KEEPING SENIORS IN THEIR HOME  
For ALL your renovation needs.  
Always wanted that dream Garage? Dream Kitchen? Dream Spa Bathroom?  
Call us today. Financing available  
Financeit  
https://www.financeit.ca/s/vdiANw  
\*Reduced rate for low income seniors

**STEVE'S PLUMBING & HEATING**  
705-863-2877  
steve@stevesplumbingheating.com  
SALES AND SERVICE OF: • furnaces • fireplaces • boilers  
FREE ESTIMATES  
Steve Donnelly Over 15 years experience locally

**Studio Twelve Hair Design**  
New Clients Always Welcome  
FORMERLY **Dittrich's Hair Design**  
705-869-2915

**Singh Dentistry**  
Dr. Maninder Singh  
FOR ALL OF YOUR DENTAL NEEDS  
State of the art facility  
We deal directly with Insurance Companies  
Free dental whitening kit with new patient exam  
Hours: Monday 9-5 Tuesday Closed Wednesday 9-5 Thursday 9-5 Friday 9-5  
91 Tudhope St., Espanola 705-869-1880



# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## "The Cheaters, Dopers & Faker's Hall of Fame."

Rosie Ruiz died last month. A pioneer in long distance running, Rosie was the first woman to cross the finish line in the 1980 Boston Marathon. At 2.31.56, Rosie Ruiz's time would have been the fastest ever for a female Boston marathoner except that... and here's where Rosie should at least be inducted into The Innovation Hall of Fame...instead of actually running the gruelling 26 miles and 385 yards she took public transportation. Having crossed the finish line without breaking a sweat or even mussing up her hair, track officials estimated she ran only the last mile. The fact that Rosie was wearing a bright yellow jersey and not one runner or spectator could remember seeing her on the course was also a bit of a giveaway.

Six months earlier Rosie Ruiz had finished the New York Marathon in just under three hours after being spotted wearing full running gear on that city's subway system. Rosie's Boston Marathon time was 25 minutes faster than New York which speaks well of the Massachusetts Transportation Authority. I can only imagine how fast Rosie could run a marathon today what with the arrival of the driverless car!

Sadly, Rosie's ruse cost Canadian runner Jacqueline Gareau the Boston Marathon victory. Ultimately Gareau was declared the winner and her time of 2.34.28 was the fastest ever by a woman at this event...not in possession of subway tokens.

In 1978 I ran the Skylon Marathon from the Albright Knox Art Gallery in Buffalo, New York to the Skylon Tower in Niagara Falls, Ontario and not once did I ask any

of the volunteers handing out bottles of water for a local bus schedule. Today I walk an hour a day and even on those days I don't feel like making the trek, I've never considered taking a taxi to Morgan's Point and back.

I have however always been fascinated by the way in which cheaters cheat. For instance the sheer simplicity with which Russian athletes passed their drug tests at the 2016 Sochi Winter Olympics was a thing of tainted beauty. A hole in the wall! Yeah, Russian Secret Service Agents disguised as technicians hid behind a wall and as bad samples came through the "mouse hole," they replaced them with good samples. Steroid-enhanced urine IN. Clean urine bottles OUT.

Almost as clever, NFL running back Onterio Smith was caught delivering clean urine with a device called the 'Whizzinator,' a fake penis full of good, clean pee. Baseball's Manny Ramirez was suspended for 100 games for enhanced testosterone levels and he's lucky he didn't get pregnant using such a huge amount of a female fertility drug to do the deed.

Mike Tyson made his career in boxing with his fists...and lost it with his teeth. "Iron Mike" bit most of Evander Holyfield's ear off when he realized he was losing the fight. A day after his victory, Holyfield was introduced at a speaking event as "The Real Deal" which is in fact his nickname to this day. Responded Holyfield: "Did that guy just call me "The Real Deal" or "The Real Meal"?!"

Continued on page three...

Advertise here for as little as \$26 per week

Call 705-869-6883 for details

**NORTH CHANNEL CARPENTRY & GENERAL SERVICES**  
Custom Design and Builds

- Renovations • Bathrooms/Kitchens • Wet Basement/
- Flooring/Tiles • Garages/Sheds • Foundation Repairs
- Windows/Doors • Decks/Fences • Mini-Excavator

705-863-0095 Licensed/Fully Insured

**DORION CONSTRUCTION**  
• New construction • Renovations  
• Garage packages  
Tel (705) 865-3113 Cell (705) 862-4294

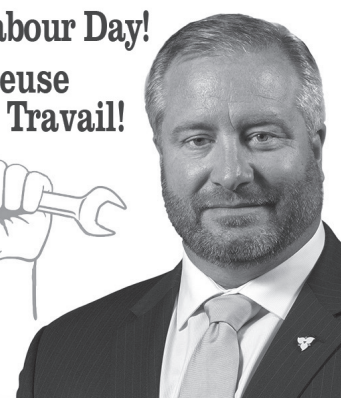
**Andrew Vondette**  
Computer I.T. & Network Specialist  
Laptop/Desktop/Server Repair & Sales, Mobile Device Support  
Virus & Malware Removal • Tune up & Optimization  
Operating System Install • Data Recovery • Hardware Upgrades  
NEW/REFURBISHED LAPTOPS & DESKTOPS STARTING AT \$125.00  
705-521-3459 Professional, Reliable, Affordable!



## Happy Labour Day!


## Joyeuse fête du Travail!





**Carol Hughes, MP/députée**  
Algoma-Manitoulin-Kapuskasing  
carol.hughes@parl.gc.ca

**Michael Mantha, MPP/député**  
Algoma-Manitoulin  
mmantha-co@ndp.on.ca




**The Espanola Express is pleased to announce that Lisa MacDonald Beauchamp has accepted the position of Billet Coordinator. Lisa and her husband Don have been a billet family for the past 7 years.**

The Express is currently looking for interested and qualified families who would like to house an Express player for the upcoming 2019/2020 season.

The Espanola Express currently provide the following benefits to our billet families:

- ✓ \$500 monthly Room and board allowance
- ✓ Season ticket for each member of the billet family
- ✓ Complimentary Invitation to all team events. BBQ's, fundraisers, etc.



**Interested in becoming a billet family?**  
Please contact Lisa by calling or text 705-662-2629 or email [con\\_kat@hotmail.com](mailto:con_kat@hotmail.com)

*Continued from page two...*

Also weaponizing his front teeth, Uruguay football star Luis Suarez bit Italy's Giorgio Chiellini on the shoulder in a 2014 World Cup match. It was the third time Suarez had chomped an opponent. Chiellini had just come on as a substitute which prompted one sports writer--damn I wish I'd said it--not to be so harsh in condemning Suarez because nobody can resist the urge to bite into an Italian sub.

At the 2000 Paralympics in Sydney, Australia the team from Spain turned heads and then stomachs when it was discovered they had faked the tests and credentials of able-bodied, sound-minded male athletes to steal medals from amputees and Down Syndrome kids.

My favorite cheater was the professional hockey player who left perfectly completed crossword puzzles around the dressing room. As intended, his teammates thought he was a genius. Until one day one of them actually looked at one of his puzzles and it was pure gibberish. Random letters inserted in blank squares.

Thoroughbred jockey Sylvester (nickname "Sly" might have been a bit of a tipoff!) Carmouche enlisted mother nature to help him win a race when a real "pea souper" had descended on Delta Downs in Vinton, Louisiana leaving both humans and horses in a fog. "Sly" pulled Landing Officer off to the side at the start of

the race and waited for the other horses as they circled the track. When he heard the thunder of hooves rounding the clubhouse turn, he sprinted Landing Officer to the finish line, and won by a whopping 20 lengths. Much like Rosie Ruiz, Landing Officer was barely breathing hard. A steward up in the booth counted only eight horses go past the grandstands in the nine-horse race. Carouche was suspended from riding for ten years. Hell yes, it was his idea! Horses aren't smart enough to fix a race!

And that's where they should locate "The Cheater, Dopers & Fakers Hall of Fame"--Louisiana. From Governor Huey Long, the most corrupt American politician ever until Donald Trump to the mayor of New Orleans during Hurricane Katrina, Ray Nagin who should be out of prison any day now--

Louisiana takes the cake for famous cheaters and that cake is iced with larceny.

The saying "cheaters never prosper" has long since been replaced by Richard Nixon's words: "It's not cheating unless you get caught." Cheating is now so prevalent in sports and society in general, thank goodness for the Russians and the Rosie Ruizes of this world--at least they keep it interesting.. And for comments, ideas and copies of The Legend of Zippy Chippy go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Espanola Council Looks At Consolidating Lawyer Costs

How many lawyers does a municipality need?

That's what Espanola councilor Maureen Vanalstine wants to know.

The Town of Espanola has an Integrity Commissioner on retainer and a number of various legal firms that are utilized when specific attention is needed for an issue.

Vanalstine moved a motion that

Integrity Commissioner Robert J. Swayze be contacted for a list of possible candidates as a municipal lawyer or firm to consolidate services.

She also wants references and the list brought to council for review and possible selection by September 10th.

Council voted in favour of the motion.

## Meet The Candidates Night Set For Espanola

With an impending federal election this fall, the Espanola Legion and the Moose 99.3FM CJJM – Espanola have teamed up to host a Meet the Candidates Night.

The debate will be held at the Espanola Legion, Branch 39 on Tuesday, October 1st at 7:00 pm.

Moose Morning Host Rosalind Russell will introduce the candidates with Legion President Gary McPherson moderating the debate.

All the candidates will be given the opportunity to present their platform and answer questions from the audience.

## Road Toll set for Espanola Hospital Foundation

Espanola council has given its approval for the Espanola Hospital Foundation to host its annual Road Toll.

The funds raised from stopping traffic and filling bedpans with cash goes towards various projects.

This year, the funding will go towards furnishing a new

x-ray suite in the hospital.

Council has given the exemption for Monday, September 2nd from 10:00 am and 4:00 pm between Second Avenue and Sime Street, adjacent to the Giant Tiger parking lot.

The event raises an average of \$5,000 every year.



**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](mailto:rrussell@moosefm.com) The Moose- Espanola's Biggest Variety! Your Station, Your News, Your Stories**



**Espanola**  
**i Clinic Pharmacy**  
**& PharmaChoice**  
*Regain your mobility*  
*Call us today*  
**705-862-7000 801 MCKINNON DRIVE**

**ASSURANCE**  
**RIVET**  
**INSURANCE**  
**Home • Auto • Business Insurance**  
 Phone: 705-524-3000  
 Fax: 705-524-6793  
 Toll Free: 1-866-524-3004

**Home hardware**  
**ESPANOLA**  
**830 Centre Street**  
**705-869-2130**

**Espanola**  
 ONTARIO CANADA

**NORTHERN Ford**  
**705-869-1402**  
 559 Centre St. / Hwy 6  
 Espanola, Ontario  
 www.northernford.ca

**STEVE'S**  
**PLUMBING & HEATING**  
**705-863-2877**  
 office@stevesplumbingheating.com  
 Steve Donnelly Over 15 years experience locally

**ESPANOLA ROYAL CANADIAN LEGION BR-39**  
**(705) 869-1711**

# Back to School Safety



**Every Child Should Have A Safe Walk To School  
 Slow Down, Beware, And Drive Safe**

## 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](http://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.

[www.newscanada.com](http://www.newscanada.com)

**Desjardins**  
Caisse populaire Vermillon

**Espanola, Ontario**  
**(705)869-2317**  
[corrina.bourguignon@desjardins.com](mailto:corrina.bourguignon@desjardins.com)

**FCR**  
FREELANDT CALDWELL REILLY LLP  
CHARTERED PROFESSIONAL ACCOUNTANTS

**Accounting | Assurance | Advisory | Tax**  
705.869.3351 • 30 McCulloch Dr. • [fcr.ca](http://fcr.ca)

## 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](http://www.goodineverygrain.ca) or [www.healthygainsinstitute.ca](http://www.healthygainsinstitute.ca) for more ideas.

[www.newscanada.com](http://www.newscanada.com)

**Domtar** 

*Safety Works*



**the co-operators®**  
Insurance/Financial Services

**Lila Sloss**  
Financial Advisor  
Lila J Sloss & Associates Inc  
1-400 Centre St | Espanola  
705-869-2002 | [www.cooperators.ca](http://www.cooperators.ca)

Home Auto Life Investments Business Travel

**Tim Hortons**

**ESPANOLA • MCKERROW**



# CLASSIFIEDS

Real Estate • Rentals • Services  
Lost & Found • Items For Sale  
Prayers • Thank You • Notices  
Personals • Vehicles  
Special Occasion

Highest Circulation &  
Best Rates in Town!

705-869-6883

## SERVICES

**MINI EXCAVATOR** - operator available for any smaller excavation required: trench, culvert, stump removal, foundation prep, water lines. Locally owned. Available all weekends. 705-862-4294. 10/15

**HANDYMAN - ODD JOBS COLOMBUS.** I install click and tile flooring, ceramic tiles, drywall, mud, paint, baseboards, trim, door frames, doors, install cupboards, vanities, parging, siding, tub surround and more... call me Stephane Coulombe 705-863-3434. 10/8 - R

**NORTH CHANNEL CARPENTRY & GENERAL SERVICES** - All your renovation needs! Bathrooms/Kitchens, Garage/Shed. Windows/Doors. Siding Installation, Flooring/Tiles. Wet Basement & Foundation Repairs. Mini-Excavator. Licensed/Fully Insured. Call 705-863-0095. 10/01 R

**PHYSIOTHERAPY OFFERED BY MARILYN WITTMANN** - Located at Physio Moves in the Espanola Hospital. Accepting new patients. WSIB and MVA patients welcome. Acupuncture available. Visit [www.physiomoves.net](http://www.physiomoves.net) for services, rates, and hours, or call 705-988-3737. 9/10 - R

## NOTICE

**ATTENTION TO HUNTERS** - Due to Extreme Demand for Domestic Slaughter, we CAN NO LONGER receive bone-in wild game. From the staff at Birch Lake Abattoir. 8/27

## EVENT

Customer Appreciation  
**Free BBQ**

Cover it all Boat  
Tops & Upholstery  
532 Centre St, Espanola.

**Aug 31, Sept 1**  
11:00 a.m. - 2:00 p.m.



**TOTAL MAINTENANCE SERVICES** - Carpentry, painting, steel & shingle roofing, tree cutting, decks, dump runs. No job too big or too small. Call 705-936-6160 10/8 - R

**ESPANOLA SELF STORAGE** - 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 9/10 - R

**CHERYL'S MASSAGE THERAPY & ACUPUNCTURE** - To make an appointment call 705-863-3223 or email [cherylsmassage7@gmail.com](mailto:cherylsmassage7@gmail.com) 9/10 R

**Call 705-869-6883**

**To Place Your  
Classified Ad!!**

## FOR RENT

**FOR RENT** - Large 2 bedroom apartment. \$1100.00 all included. Main floor. Parking available. For viewing call Don 705-207-4737. 8/27

**FOR RENT** - One bedroom upstairs apartment, available Oct 1st. 1013 Hopkins Hill Rd. \$700.00 /m. furnished. Heat & hydro included. First & last required. Suitable for quiet single person or one couple. Call 705-869-1726. 9/3

## FOR SALE

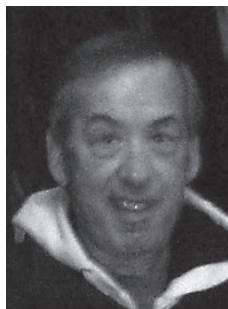
**FOR SALE** - 2007 650 V-Twin Kawasaki Brute Force. Excellent condition. Also limited amount of drywood, and kindling for backyard fires. Call Greg 705-822-4734.

**FOR SALE** - 3 piece - 5 foot acrylic tub shower. Drain on the left. Complete with taps and fittings and shower doors. In good condition. Asking \$400.00. Phone 705-869-1167. 9/3

## OBITUARY



In Loving Memory of **Gerald Clark Sutherland**. 63 years. Passed away on Tuesday, August 13th, 2019 at Health Sciences North, Sudbury. Beloved father of John (Sandra Guenette) and Dylan Sutherland. Cherished grandfather of Xavier, Aiden and Bentley Sutherland. Loving son of Gerry Sutherland (predeceased) and Gail Cameron. Dear brother of Todd and Wendy Sutherland. He will also be sadly missed by his family friends Robert Greene, Carl Longe, Darren Crick and Fred Janti. A celebration of Clark's life will be at a later date. Cremation at the Park Lawn Crematorium. Donations to the Canadian Cancer Society would be appreciated. Arrangements entrusted to the Jackson and Barnard Funeral Home.



**Piche - Daniel Christopher** of Espanola passed away at Health Sciences North, Sudbury on August 20, 2019 at the age of 69. Beloved son of the late William & Lucy Mae (nee Perrault) Piche. Dear partner of Ron Fullaway. Loving brother of Bette Laffin (husband Eric), Barb Ratte (husband John), Jim Piche (wife Patty), Marg Shorr (husband Doug), Ken Piche (wife Karen), Jackie Thibeault (husband Ronald) and the late William (wife Georgette), late Robert "Ike" (wife Cecile) and the late Pauline Roy. Also, will be sadly missed by many friends and relatives. Cremation with a Memorial visitation was in the Bourcier Funeral Home August 22, 2019 from 7-9 PM. Memorial Service was in the Bourcier Funeral Home on August 23, 2019 at 10 AM. Interment to follow in the Espanola Cemetery. If so desired, donations to the Northern Cancer Foundation or Heart & Stroke would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.

## THANK YOU

*Thank you*

We wish to extend our immense gratitude for the sympathetic words, unwavering support, delicious food, generous donations and mass cards, given by family, friends and community when we lost Doug.

A very special thank you to Father Raj whose service brought us much peace, to the RCL br 432 for allowing us your hall to gather & remember Doug, and especially to the dedicated staff of Espanola Regional Hospital with whom we leaned on countless times.

Eternally grateful, *Annette Laplante*  
*Angie, Roch, Gabriella.*  
*Darcy, Amy, Kylie & Emily-Rae*



Nicky Lamothe - PUBLISHER  
STAFF

Andrew Vondette - Office Sales/Graphic Design Advertising Manager  
Rayann Muncester - Office Sales/Production Co-ordinator  
Muriel Leblanc - Office Sales Manager  
Doreen Track - Office Sales/Data Entry  
Bill Leeney - Graphic Design  
Vickie Trahan - Bookkeeping  
Donna McDonald - Proof Reading  
Rosalind Russell - Correspondence  
PJ Baskey - Office Sales/Production

**705-869-6883**

email: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)

*Around&About is printed locally by OJ Graphix INC.*

Distribution by Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement. Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

## NOTICE

# Community Living Espanola

## NOTICE OF ANNUAL GENERAL MEETING

**Monday, October 7th, 2019 – 7:00 p.m.**  
Community Participation Supports Cafeteria –  
345 Centre Street, Espanola (back entrance)

A membership must be purchased prior to **September 27th, 2019** in order to be eligible to vote at the **2019 AGM**. Memberships can be purchased for \$3 at CLE's Administration Office at 345 Centre Street, or by calling Debbie at 705-869-0442 ext 21.

If you are interested in becoming a Board Member for Community Living Espanola, please contact Debbie at 705-869-0442 ext 21 for further information.

*Kathy Lewis, Chair*

## Recipe

This cucumber tomato feta salad is a perfect side dish recipe for using garden fresh produce. I love tomatoes and cucumbers together; add fresh dill, briny olives and creamy feta cheese and you have a delicious summer salad.

### Dill & Garlic Dressing:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 1/2 tsp sugar
- 1 clove garlic, minced
- 1 tbsp fresh dill, minced
- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/4 tsp salt
- freshly ground black pepper, to taste

### Salad:

- 1 pound of cherry or grape tomatoes, cut in half or 3 large tomatoes, seeded and chopped
  - 1 pound cucumbers (approximately 2 large or 4 small), peeled and diced
  - 1/2 cup Kalamata olives, drained and chopped
  - 1/2 cup feta cheese, crumbled
  - 2 tbsps fresh dill, chopped for garnish
- In a medium bowl, whisk together the olive oil, vinegar, sugar, garlic, fresh minced dill, oregano, garlic powder, salt, and pepper until thoroughly blended. Alternatively, you may measure the ingredients into a jar, tighten the lid, and shake until incorporated.
- In a large bowl, combine the tomatoes, cucumbers, olives, and feta. Whisk or shake the dressing and pour over the top. Toss together until all of the ingredients are evenly coated.
- Cover the salad and refrigerate for at least 4 hours, removing from the refrigerator 30 minutes before serving. Stir well, garnish with dill, and serve with a slotted spoon to drain off any excess dressing.



## COMMUNITY NOTES

PROUDLY SPONSORED BY



**Espanola Little Theatre Christmas Show Auditions**  
- September 3rd and 4th, 7:00pm at the Espanola High School. For more info call 705-822-3154.

**Spanish River Horticultural Society Flower & Produce Show** – Saturday, September 7 from 12:00 - 4:00 p.m. at the Four Seasons Waterfront Complex, 40 Garnier Rd, Spanish.

**Walford Protestant Cemetery Board** - invites you to a Memorial Service and Tea on Sunday, September 8 at 2:00 p.m. at the cemetery. If inclement weather service will be held at Walford Community Centre.

**Espanola Public Library Board Game Night** - NO fee or registration required! Every 3rd Thursday of every month 6:00-8:00 p.m.

**Lighthouse Community Lunch** - Free community luncheon at the Lighthouse, across from the Royal Bank, every second and fourth Tuesday of the month, 11:30 a.m. - 1:00 p.m.

### Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than **Wednesdays at 3:00 p.m. 25 Word Limit.**  
E-mail: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)

*Welcome to Local Hippie's weekly tip for living a greener life! Each week we will provide you with a quick tip to help you reduce your carbon footprint and change the world.*



This week's tip: Swap out paper towels for reusable cloths or rags!

A lot of people ask me, "What's so bad about paper towels? Aren't they compostable?"

While yes, paper towel does have the ability to decompose, it still has a large environmental impact! More than 13 billion pounds of paper towel are used in North America each year... producing that much paper requires A LOT of resources!

We're talking 110 million trees and 130 billion gallons of water each year. Add in the amount of energy (carbon dioxide output) required to manufacture and deliver it from factory to store and then from store to home, it seems insane that we use it ONCE and then throw it away. And lets not forget what it comes packaged in... non-recyclable plastic!

To top it all off, even while it's decomposing in the landfill, it's generating methane (a harmful greenhouse gas) and continuing to contribute to global warming.

The solution to this is SO easy. You can buy reusable cloths or you can even take old bed sheets, towels, or tshirts and cut them into rags. I promise that not only will they clean better, but they'll be better for the environment and for your wallet too!

Have questions? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net) or find me at the Espanola Farmers' Market.  
Have a happy hippie week!