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A MUSICAL DONATION: The Centre Dufferin District High School music department received a \$1,000 cheque from Country 105 in Shelburne last week. Pictured here from Country 105, Jill Young and Rod West "the morning guy" on the far right, alongside drama teacher Ms. Oomen (left) and music teacher Ms. Parsons (right) beside them. They were joined by just a few of CDDHS's many music students. For the full story, see Page 3.

Shelburne resident gives back to emergency services after life-saving summer intervention

Written By MIKE BAKER

A Shelburne resident has paid homage to the local emergency service providers who quite literally saved his life over the summer.

June 11, watching TV, when he suddenly collapsed after complaining of having some indigestion. With Borys unresponsive, his wife Janet called 911 and ran across the street to additional help.

had suffered a massive heart attack. With recuperating at home ever since. emergency services on their way, a guardian angel in the form of their neighbour face with some of the individuals who helped Cory Trainer, an off-duty West Grey Police him on that fateful night, meeting with emer-Officer, heard a commotion and came to see if he could be of assistance. Mr. Trainer performed CPR for several minutes before each to both the Southlake Regional Health paramedics arrived.

From there, Sim Ouellette and Mike Ta- Foundation, as well as Special Olympics. pley, both Dufferin County paramedics,

assumed the role of life savers, providing ing my life. After the surgery at Southlake I treatments with support from the Shelburne was transferred back to Headwaters for fol-Police Department and Shelburne Fire Delow-up care. All my care has been extraordipartment. They were able to resuscitate Mr. nary," Mr. Lenko said. Lenko, then rushed to get him to Southlake Borys Lenko was relaxing in his home on Regional Health Centre in Newmarket for 45,000 people die from sudden cardiac ar-

more treatment. Upon arrival at the hospital, Borys was prepped for a PCI (Percutaneous Coronary Intervention) procedure, whereby a surgeon the Shelburne Ambulance Station for some inserted five stents into affected vessels in his heart. Five days on from that major oper-Unknown to the couple at the time, Borys ation, Borys was discharged and he has been about a happy ending for the Lenko family.

> Last Thursday, the Lenkos came face-togency service providers in an attempt to "give back". Borys and his wife donated \$100 Foundation and the Headwaters Healthcare

"I can't thank everyone enough for sav-

Research shows that in Canada, up to rests each year. The survival rate of victims from out-of-hospital cardiac arrest is approximately 5 percent.

Referencing the events on July 11, Dufferin EMS Chief Tom Reid commended the hard work of all those involved to help bring

"It takes a team. We are very proud of our paramedics, our community first responders and the integration between Southlake Regional Health Centre, Dufferin County Paramedic Service and the Headwaters Health Care Centre, to support cardiac patients," Mr. Reid stated. "As we move forward with Ontario Health Team, this is more evidence that when we work together as a community, amazing things can happen."









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178 overdoses in Dufferin so far in 2019 as opioid crisis worsens

Written By MIKE BAKER

With at least 178 overdoses recorded so far this year in Dufferin County, several local activists are keen to shine a light on an issue they say is worsening in our community.

Kristy Fearon, addiction outreach counsellor with Family Transition Place, and Cst. Scott Davis, community services officer with Orangeville Police Service, have spent the best part of the last two years working alongside various other community volunteers to establish a committee devoted to fighting the growing overdose epidemic in the region.

Launched in 2017, the Dufferin Overdose Awareness Committee is attempting to bring attention to the wide array of addiction services available in Dufferin County and Caledon. The group held its third-annual health fair at the Edelbrock Centre in Orangeville on Aug. 27, with 18 community vendors on hand to offer information and support to individuals and families in need.

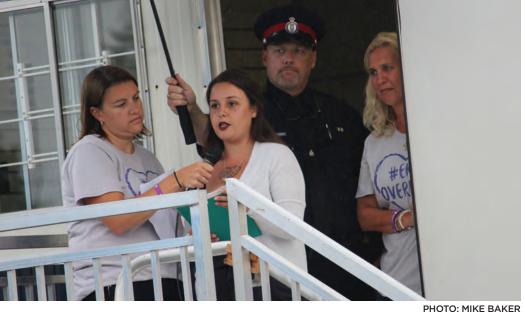
"The big thing about today is just raising awareness. We need to make people aware doses since 2016. Statistics show a marked of what the statistics are across Dufferin increase year over year, with 3,017 deaths County, because this isn't something that occurring in 2016, 4,100 deaths in 2017 and appears to be going away right now," Cst. 4,460 in 2018, 1,471 of them in Ontario. Based Davis told the Free Press.

ferin County so far this year, at least two overdoses. have resulted in death. Last March, 19-yearold Mason Corrie and 20-year-old Bryan was on hand to share his own personal story White passed away within four days of one with opioids and the devastating effect they another after, police evidence suggests, ingesting counterfeit Xanax pills laced with fentanyl.

news of the deaths were made public, cau-because of an opioid-related drug overdose," tioning residents about an apparent trend Mr. White said. "His dad, who I hoped would a prescribed medication used to treat vari- him, took a drug laced with fentanyl and ous anxiety disorders, by crushing it and adding quantities of other, more potent and dangerous drugs. Earlier this month, that there needs to be a change in the way Wellington-Dufferin-Guelph Public Health the general public approaches and handles issued a health advisory of its own, after a drug overdose. seeing 12 reported opioid overdoses occur within a 24-hour period.

region are not currently available, a report some time and use some of our resources posted on the Government of Canada web- to educate the general public," Mr. White site states that in the first quarter of 2019, noted. "A couple of weeks ago, I posted a there were 833 suspected opioid-related health alert from WDGPH about an unusuoverdose EMS responses in Ontario, and ally high spike in overdoses in our region. more than 3,500 across the country.

as a result of apparent opioid-related over- and I found them to be very negative."



SPEAKING UP: Pictured above centre, Xanthe Weeks shared her struggles with epidemic proportions. People continue to addiction with onlookers at the third-annual Overdose Awareness Day event, held at the Edelbrock Centre in Orangeville on Tuesday (Aug. 27).

on last year's numbers, that would equate to Of those 178 reported overdoses in Duf- a life being lost every two hours from opioid

> Dufferin County Warden Darren White can have.

"I'm here today because of a two-yearold boy named Ronan. Ronan is my grand-OPS put out a safety alert shortly after son and he is growing up without a father passed away."

The warden went on to state his belief

"I think a lot of this has to come around to education, and I don't mean educating peo-While official statistics for our health ple who take drugs. I think we need to take Some of the comments I got from people More than 11,500 Canadians have died across our County, quite frankly struck me

He added, "People do not realize what we're talking about when we talk about Madden stated. "There is a very small windrug overdose awareness. A lot of people out there feel this is the victim's own fault."

Warden White would go on to recite a conversation he had with one individual who to have help." felt drug overdoses were the sole fault of the person taking the drug. He asked this person point blank if a family member of theirs signs up to become a drug addict to die had passed away due to an opioid overdose alone. Even though people may think they after, as Mr. White hypothesized, becoming ultimately made this decision, they did not. addicted to a drug that was prescribed while They didn't ask for this disease. They're the individual was suffering from cancer, if struggling and we need to help them." he would still feel the same way.

would," Warden White said. "I think that overdoses, generally speaking, occur where drug dealers are repurposing Xanax, be my son-in-law one day, unbeknownst to shows the level of ignorance in the gen- amongst the younger generation, and males eral public when it comes to this kind of an specifically, Dufferin County EMS Chief issue."

> years developing a drug strategy for the County of Dufferin. She too has a personal sister, Shelley, passing away from an apparent overdose back in 2004 at the age of 22.

how her sister became intertwined in a is not an isolated issue. I can't get into spelifestyle of drinking at a young age. By the cifics because of confidentiality, but this is time she was 20, she had become addicted something that is happening (to different to drugs and was dependent, largely, on people and different age groups). This isn't cocaine. There was, it seemed, light at the one group, this is happening to our commuend of the tunnel, as Shelley opened up to nity." her family, shared her struggles and sought

Shelley completed two residential treatment programs en route to becoming clean. From there, she started to rebuild her life, you have to treat someone suffering from an enrolling in university and "on the right path to a successful life", as Christine explained. Then, just when things seemed to be work- scious, or know that someone may have had ing out, disaster struck.

By 2002, my sister was clean, she began home. Things were going well. In late 2003, want to make sure people are starting artifiwe noticed her behaviour started to change. cial respiration. Lay the individual on their My beautiful, blonde sister cut her hair, back, tilting their head back and breath for started getting piercings and showing off them (mouth-to-mouth) every five seconds. different physical appearances. We knew If there's no pulse, start CPR." something was wrong again," Christine remembered. "Then, on Feb. 21, 2004, after

starting oxycontin for one month, my sister died. She died alone in her bed."

She added, "The reason I'm here today is to say I am the face of addiction. This is me. This is you. There is no one face of addiction. We are all susceptible, and we can all feel the impact of addiction. People who use drugs feel same, feel guilt, they are afraid to ask for the help that they deserve."

"This is a disease. It is a disease that claims lives. We would not hesitate to help somebody dying with cancer, yet I watched my sister die and it was no different that if she was dying with cancer. She was a drug addict and I lost her," Christine added.

Referencing the problem in Dufferin County and Caledon, Ms. Madden noted there are dozens, if not hundreds of people in our community who need the community's help, before it's too late.

"This is now an epidemic. We have reached die. We need to help people by starting to treat them with compassion. We need to provide the services they need and we need to provide them when they need them," Ms. dow when someone struggling needs help. They need help then. Not in six weeks, or six months, they need help when they're ready

She concluded, "We need to stop judging. We don't know people's stories. Nobody

While statistics posted on the Government "This person replied yes, he absolutely of Canada website support the general belief Tom Reid made the point that the epidemic, Christine Madden has spent the past few at least locally, does not discriminate.

"This is an issue that isn't isolated to any particular group," Mr. Reid stated. "When connection to overdoses, with her younger you talk about people having pre-judgements about who suffers with addiction, it's everyone. I can tell you that as a matter of Recounting her story, Christine explained fact. I can absolutely assure you that this

He spent time discussing how people can look out for and spot an overdose, while explaining one potential method for success should you find yourself in a situation where

"When you see that a person is uncontoo much of something, make sure you call 911. Get them the help they need." Mr. Reid university, had all the supports in place at stated. "If the individual is unconscious, we

Continued on Page 3



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CDDHS music department receives \$1,000 to support local program

Written By MARNI WALSH

morning guy and program director" of Country 105 in Shelburne, presented the music with the best local information, fun con-(CDDHS) with a cheque for \$,1000.

The gift was accepted outside the station, by CDDHS music and drama teachers Parsons said, "CDDHS has been able to pur-Andrea Parsons and Tanja Oomen along with chase SAB scores (Soprano, Alto, Bass sheet a group of their music students.

"Every year we like to give back to the community by helping out people within tered to start in the 2019-20 music class, Ms. the music community in the music genres, Parsons said she needed to purchase new like singer/songwriters, artists, live bands, and music departments in schools with our CCD," Mr. West told the Free Press.

CCD is a financial contribution made by rhythms," said the music teacher. broadcasters to initiatives that aid in the development and promotion of Canadian I had to order a castanet machine, purchase musical content.

station called us in June and offered to help Christmas music set to Caribbean rhythms out with a donation. This was entirely of their and use of non-Western instruments." This

own volition and super wonderful of them."

"Country 105 is the first truly local radio Fantasy and An Island Christmas." On Wednesday, August 28, Rod West, "the station for Dufferin County," said Rod West. "We are committed to serving our listeners Today's Best Country."

> "We are so grateful," for the donation Ms. music) for the vocal class."

With the largest number of boys ever regismusic to support them.

"We purchased a few new concert band scores, for our theme this year of Latin music

She continued, "In order for this to work, music for each grade level that had Cuban Music teacher, Andrea Parsons said, "The and Latin undertones, and some traditional

year CDDHS's winter concert will be Latin

may soon be obsolete? I think it's vital."

Ms. Parsons added, "I believe that without an arts education, and I include all artis-"I prefer to keep things fresh" said Ms. Partic endeavours here - literary, dance, music, sons, "This way, the content, skill develop- visual, sculpture, landscaping, culinary arts, ment and delivery changes every year, even etc., our ability to express ourselves as credepartment at Centre Dufferin High School tests and entertainment, and 50,000 watts of if students have the same teacher delivering ative, intuitive, compassionate, and responsive human beings is in jeopardy. A public "Music is so important for overall brain, education system that emphasizes certain social and skill development," Ms. Parsons subjects while devaluing others, or is narsaid. "If students are to be trained for jobs rowly focused, is not one I would want to that haven't yet been created, how much bet-participate in. Our study of the arts provides ter is it that we train them to persevere, take transferable skills and make us more employrisks, analyze, learn to be disciplined and able," she said, "but I believe they also make self-motivated, rather than teach a skill that us better human beings, better citizens, and better neighbours."

Continued from Page 2

178 deaths in Dufferin County so far in 2019 as opioid crisis worsens locally

breathing, their possibility of being resusci- you love. This is not an invisible issue." tated decreases by ten percent. So, it's really together, that increases the chances of sur-roll out sometime in 2020. vival. That's what we need to coach people to do. That will help us to save more lives."

Reflecting on the event, Ms. Fearon noted overdoses are preventable and the purpose to spread the word," Cst. Davis said. "Then of the Overdose Awareness Day event is to share real facts about drugs and what to do when you see someone experiencing an overdose. She also sees the event as an public needs to know this is a real situation opportunity to potentially change the stigma here in Dufferin County. This is something on overdoses in the community.

from drug overdose globally. Some survive, as they are). We have a wealth of resources but suffer a permanent injury, which leads to here, we just have to get the message out devastating impacts on family and friends. and educate people to use them." Dufferin County is not immune," Ms. Fearon

He added, "Naloxone is great, but if stated in a release to media. "You may have they're not breathing, it doesn't do much seen it, it has likely happened to people for them. For every minute a person isn't around you. Tomorrow, it could be someone

Cst. Davis noted the local team is workimportant to start breathing, apply naloxone ing towards implementing a Dufferin Drug and call 911. By having those three things Awareness Strategy, which he says should

> "We need to expand more on the issues we're having in our community. We need to get more players to the table and continue we need to work on the funding. There are grants available for this type of strategy."

He concluded, "The bottom line here is the we need to continue to work on, because "Each year we lose thousands of people we can't continue (to allow things to go on



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Unreasonable speed limits

around for years - a lot of years.

Vegetarianism is not something that started 20 years like a lot of people believe. There are societies that did not eat meat going back thousands of years.

There are a lot of different versions of this practice and a lot of different reasons people choose not to throw a steak on the barbecue.

Some people don't eat red meat or poultry, but do eat dairy products and fish.

Then there are Vegans - those that don't eat any products that have animal based proteins. So eggs, milk cheese, and anything made from animals is off limits.

Some people won't even use any product that comes from an animal. Leather, wool, feathers – all off limits. Although I'm pretty sure those people cheat a lot but just won't admit it.

Then there are groups that take this philosophy of eating only natural foods to the extreme limit.

I once saw an interesting documentary on a group that practice 'fruitarianism."

Fruitarians only eat fruit because they consider harvesting a vegetable to be harmful to the plant. In fact the group I saw only eat fruit that has fallen naturally from the tree because they think if you pick an

People who are vegetarian have been apple from a tree you are causing it harm.

What they don't tell you is that eating only fruit will not supply your body with the proteins and vitamins you need to survive. You will be starved for calcium, protein, iron, zinc, vitamins D and B, and essential fatty acids. A strict fruitarian diet will result in death by starvation and there have been many cases recorded of people wasting away to nothing while on that

How people choose a lifestyle is up to them. If you don't eat meat, that's a personal choice.

I would never invite a vegetarian to a barbecue and tell them they must eat a hamburger. If I knew a non meat eater was going to be arriving, I would have the courtesy to make sure to have extra salads, pastas, or similar foods so they could enjoy themselves.

I would also expect the same courtesy to be reciprocated.

Years ago I worked in a small office setting. There was one guy who was assigned to our office on a temporary basis and would be there a couple of times each week.

He was a vegetarian. He told us so several times - although no one asked. Apparently his former girlfriend who

was also a vegetarian had enough influence on him that he stopped eating meat to appease her.

He was also a bit of a know-it-all jerk. but we tolerated him as a co-worker.

One day our group decided it was a good night for pizza.

This vegetarian fellow just happened to arrive so we included him in on the plan and asked if he wanted to join us in the cafeteria for dinner.

"Pizza?" he replied sarcastically. "Will it have pieces of murdered animal on it?"

It went from a group inviting a person in on a social aspect of the office to a very sour situation.

I asked him what part of being vegetarian meant you were supposed to act like a jerk?

I explained that we had just invited him to dinner with us and he needed to brush up on his social skills, adding that there are vegetarian pizzas, or the exotic pizza order of asking for pepperoni on only half of the pie.

I was trying to be diplomatic, however my other co-worker told him off in a more explicit fashion. It was the last invite he got to our social office fun.

So this brings me to the point of this writing.

BRIAN LOCKHART FROM THE SECOND ROW

There is a current novel fad in the fast food business.

There is a new trend of providing plant based products

that look and taste like breakfast sausages, hamburgers, and a few other meat products.

Why would you claim to be a vegetarian then order something that tastes and looks like beef or pork?

Obviously you enjoy the taste of meat if you order that from the menu.

It's like having an aversion to hunting because it's cruel but spending your evenings playing a video game where you can pretend to blast people and animals into oblivion with your Wi rifle.

I don't know what a 'plant based' sausage tastes like, but if it tastes like meat, no doubt it's some kind of sovbean / tofu creation with added artificial flavours and something for texture and cooked up by a scientist in a laboratory.

I don't car if a person prefers a vegetarian diet, but to eat something that looks and tastes like the very substance you've sworn to avoid seems like you're enjoying that steak on a technicality.

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Editorial

How about planting a billion trees?

THERE NOW SEEMS little doubt that ing as well as the fuel used by our railways. one issue common to both our federal elecand what to do about it.

border was illustrated this week when CNN make sense. devoted an entire evening by reserving 40 tial candidates to discuss it

was that none of the 10 would have praise storms. for Republican President Donald Trump, eliminated Obama-era limits on coal-fired Caledon. power plants and automobile emissions.

encourage conservation and electric cars.

Ironically, the current government has eries. used the successes of the Wynne/McGuinty wind power developments as a basis for its marred by the oil sands industry. campaign against the federal carbon tax.

change was its cancellation of plans to plant a million trees this year.

message that's getting out is that the fires option. have converted perhaps the world's greatmate change.

Although we'll admit that adding a million trees to Ontario's forests wouldn't do all in Canada over the next few years?

see an example of the efforts made many years ago to reforest lands that had proven permitting such a disastrous option. poor farmlands. Back then, the new forests climate change had not become an issue erals. and coal was a major source of home heat-

We've no idea how much land would be tion next month and the U.S. presidential occupied by our billion trees or just what election next year will be climate change types of trees would absorb the most carbon dioxide, but we do know a couple of The importance of the issue south of the areas where massive tree plantings would

One would be along our north-south minutes each for 10 Democratic presiden- highways, where salt-resistant evergreens should be planted west of the roadways One certainty before the evening began to provide good wind breaks during snow-

Another would be in the thousands of who is effectively a climate-change denier acres of worked-out gravel pits which curwho wants to boost coal production and has rently mar the landscapes of Dufferin and

As we see it, pit owners should be In Ontario, we've witnessed something required to level all the berms that have similar, with the Ford government having allowed them to conceal the environmental ended a cap and trade program instituted by damage caused by the aggregate industry. the Liberals and all the spinoffs designed to Trees for the new forests could be provided by either the government or private nurs-

Out west, and in Northern Ontario, most Grits in curbing greenhouse gases, includ- of the tree plantings could replace forests ing an end to the use of coal to produce lost by massive forest fires. In Alberta, a power and the encouragement of solar and key area for new forests would be the lands

Perhaps the greatest benefit in our pro-However, perhaps the best evidence that posal is that it should be supported by all Ford & Co. really couldn't care less about our political parties. Even the federal Conthe threats posed by man-made climate servatives, who along with the right-wing premiers of Alberta, Saskatchewan and Manitoba as well as Doug Ford see fighting Amidst all the controversy over the mas- the carbon tax as a political winner should sive fires in Brazil's Amazon rainforest, the see tree-planting as at least a benign

If, as seems likely, the Conservatives est carbon sink into a device to hasten cli- edge out the Liberals in the Oct. 21 election, it will be interesting to see what, if anything, they would do about climate change.

If it's a minority government (as now that much to curb greenhouse gases, what seems likely) they may see killing the carabout a commitment to plant a billion trees bon tax as something akin to British Prime Minister Boris Johnson's determination One need only drive up Airport Road to to allow a no-deal Brexit on Hallowe'en despite this week's Commons vote against

After all, the need for carbon pricing is were seen more as a long-range source of acknowledged by the New Democratic and wood for a variety of purposes. In that era, Green parties as well as the Trudeau Lib-

Our Readers Write We should leave the negative politicking to the other side

through two nomination campaigns and Kyle Seeback's campaign! subsequently, confirms my earlier decision to not vote for her, even as a third option.

Durlng my 40-plus years as a local PC, we always left the nasty campaigning to the

Barb Shaughnessy's barrage of criticism, Grits. I guess Barb won't be working on

Bob Long Dufferin-Caledon resident

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Shelburne Police Service offering back-to-school safety tips

With the Labour Day weekend now behind us, this means that children have returned alcohol concentration 80 and over to school.

The Shelburne Police Service is urging licence under the Highway Traffic Act motorists and pedestrians to pay an extra amount of attention in and around school zones while everyone adjusts to school the allegations made against him. being in session again.

Shelburne Police officers will be out in full force with increased enforcements of school zones, pedestrian crosswalks and school bus stops for the next few weeks.

Officers will be watching for drivers who related offences. disobey the flashing lights of school buses. The charge of Failing to Stop for a School Bus carries a penalty of six demerit points and a fine of \$2,000 for a first offence and up to \$4,000, or six months in jail for a second insecure loads, cellphone use, and having offence. Officers will also be on the lookout for drivers who do not yield for school crossing guards. Only when pedestrians and school crossing guards have fully crossed the road and are safely on the sidewalk, can drivers proceed.

The Shelburne Police Service also asks that parents dropping their children off at will make sure that the drop off and pick up papers, permits, driver's licences of children goes smoothly and is safe for all children and school staff. Also, parents are asked to reinforce safety rules with children. Staying on the sidewalk where it is possible, issues with lights, trailers, obstructed plates, looking both ways before crossing the road, obeying school bus drivers and school bus patrols and obeying the crossing guard's was a suspended licence directions are good safety rules to remind your children about.

to be an amazing start to the school year for that lead to cottage country, beaches, and the children of our community. In order for it to be the best that it can be, we need drivers and pedestrians to do their part to ensure road safety and the safety of our children", stated Shelburne Police Service Media Relations Officer PC Jennifer Roach.

Shelburne man charged with breaching court orders & public intoxication

On August 27, at approximately 8:30 p.m. members of the Shelburne Police Service were dispatched to an address on William Street in the Town of Shelburne for the report of a disturbance.

Officers conducted an investigation into the complaint and found an intoxicated man, who does not live at the address, exiting the residence. The male continued to create a disturbance in a parking lot and was consequently arrested for being intoxicated in a public place. Further investigation by the officers revealed that the man was also breaching two separate court orders. As a result, 44-year-old Jason Flear of Shelburne was charged with the following:

- 1 count Intoxicated in public place
- 1 count Breach of recognizance - 1 count Fail to comply with undertaking
- Flear is scheduled to attend Ontario Court in Orangeville in mid September to answer to the allegations made against him.

Anyone with any information about this or any other matter are urged to report it to the Shelburne Police Service at (519) 925-3312. You can report anonymously to Crime Stoppers at 1 800-222-TIPS or http://www. crimestopperssdm.com.

Alliston man charged with impaired driving

On August 26 at approximately 12:30 a.m. Shelburne police officers were conducting a RIDE spot check. At that time a male driver entered the RIDE spot check and caused the officer to suspect that the driver had consumed alcohol. The officer conducted a roadside test for alcohol, which the man failed. The man was placed under arrest and transported to the police station for further testing, which he also failed.

Consequently, 33-year-old Maksim Kopeikine of Alliston was charged with the following:

Operation while impaired- alcohol

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519-925-9511

Kopeikine will appear in Ontario Court in Orangeville in early September to answer to

118 traffic charges laid over **Labour Day weekend in Shelburne**

Possess more than one driver's

The Labour Day long weekend kept Shelburne Police officers busy with traffic

In total, 118 traffic related charges were laid; including some very concerning incidents such as suspended drivers, unlicenced drivers, infants not buckled into child seats, open liquor available to drivers.

The 118 charges over the weekend are broken down as follows:

- 66 Speeding offences
- 4 Red Light /Stop Sign offences
- 5 Seatbelt and Child Seat offences
- 5 Liquor Licence Act offences
- 28 Document offences (fail to school comply with drop off and pick up have proper or current documents in vehizone plans, as well as, no parking signs. This cle including but not limited to insurance
 - 1 Distracted Driving offence
 - 1 Insecure load offence
 - 5 Equipment offences (includes among others)
 - 3 unlicenced drivers one of which

"The roadways in Shelburne are extremely busy on long weekends, especially with "The Shelburne Police Service wants this three major highways intersecting in town

Operation while impaired blood other summer attractions. We take traf- impaired drivers, or motor vehicle collidid not have any stunt driving offences, Neumann.

fic safety seriously by focusing our efforts sions. Remember, roadway safety is everyon traffic enforcement on long weekends. one's responsibility; drive sober, without We are thankful that this long weekend we distraction and with patience", reminds Sgt

27 Easy Fix Up Tips to Give You the Competitive **Edge When Selling Your Shelburne Home this Fall**

SHELBURNE - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist home-sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. Order your free report today. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-855-782-3460 and enter 4423. You can call any time, 24 hours a day, 7 days a week.

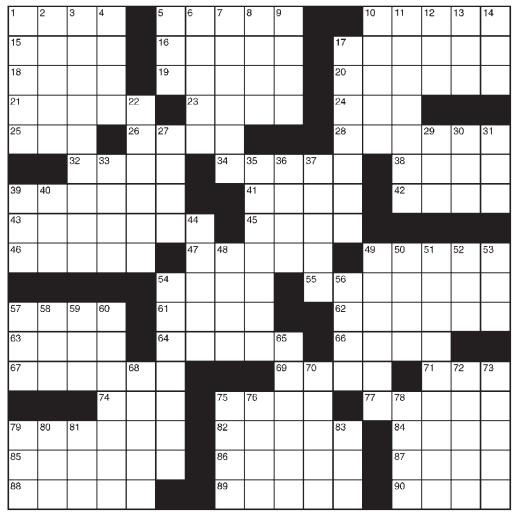
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CROSSWORD

PUZZLE NO. 429



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82. Union group

85. Top popper

86. Heart rate

88.Jury, e.g.

89.Saw logs

87.Lath

84. Spoonbill's cousin

ACROSS

1. Like army garb, e.g.

5. Neckwear

10.Informal language

15.Swindle

16. Concorde, e.g. 17. Freshman's hat

18. Fish-eating bird

19.Pastry

20.Kindle

21.Smart

23. High-school dance

24.Gent

25. Pouch, in physiology

26.And

28. Well-being

32. Storybook monster

34. Metronomic speed 38.Traipse

39.Turn in 41.Sweet-and43. Hepburn or Streep

45.Breakfast flake type

46.Remorse

42. College quarters

47.Lacking reason

49.Expression of happiness

54.Cut short

55. Male sovereign

57.Cry lustily

61.Enormous

62.List of corrections

63. Completely developed

64. Theater attendant

66.Stalemates 67. Praline nut

69. Hymn finisher

71.Baseball headgear

74. Greet silently

75. Bullets and bombs

77.Grumble 79. Cause for actions

12.Cuckoo

13. Critic's pick? 14. Golly's partner

17. Wild sheep

29. Card game of yore 30.Mariner

27. Wine sediment

31. Sound of doubt

33."My _____" (Culkin film)

35. Fugitive from prison

36.Lunar body 37.Cookery verb

39.Cloth shred

40. Former French coin 44. Head cavity

48. Approaching

49.Coil 50.Simple

51.Snappish

52.Fortune

53. Notable span of time

54. Tremble with fear 56. Give out

57. Woman's undergarment

58.Go to General Hospital?

59. Typing-speed abbr.

60.Kingly

65.Stroll 68. Woulk work

70.Large deer

72.Of bees 73. Trattoria sauce

75. Yodeler's home

76. Handle roughly 78. Take a chance

79. Cleaning tool

80.WWII agency

81.Bowling-frame number

83. Ribbed fabric

DOWN

1. Fischer's specialty

90.Gambling game

2. Chief artery

3. Stuffed pasta

4. Steers

5. Inclined 6. Spills

7. Orange vegetable

8. Aware

9. Pour

10. Musical transition

11.Rigging rope

SHELBURNE 2()RTS

Shelburne Muskies starting tryouts ahead of new season

Written By BRIAN LOCKHART

get back on the ice for hockey players that ber 22. want to participate in the 2019 / 20 season.

The Shelburne Muskies are heading into tryouts for positions on the senior team for letic Association with teams from around the to the Elora Rocks in the playoffs in a series the this year.

Tryouts for the senior squad get underway on Sunday, September 15, at the Centre Duf- features players who have completed their

ferin Recreation Complex.

Following tryout dates will be held on play the game at a competitive level. It's time to shake out the summer rust and Tuesday, September 17, and Sunday, Septem-

> The Muskies play in the senior men's hockey league of the Western Ontario Ath-

A competitive league, the senior division

junior careers, or higher, and still want to

The Shelburne team had a good season last year ending with an 11-11 record at the end of the regular season schedule.

They ended last season with a 6-4 loss that went five games and finished in front of a home town crowd in Shelburne.

The Muskies have a large fan base and the arena always has a good crowd for their Saturday night home games at the CDRC.

The senior schedule for this season is already in place with all of the teams from last year returning for another go at it. The Muskies will play 22 regular season

games – 11 at home and 11 on the road.

at the CDRC except for one Friday game on with an 8:00 p.m. start.

December 13.

The Muskies season and home opener will take place on Saturday, October 5, when they All home games will be on Saturday night meet the Tavistock Royals for the first game

NDBL championship series starts this week

Written By BRIAN LOCKHART

ferin Baseball League and it's finally come skilled both offensively and defensively. down to the last two teams standing.

After the playoff have shaken off the ular season while allowing only 82 against. other teams the Bolton Brewers will meet the New Lowell Knights in a best-of-seven season and only allowed 75 runs to be championship series for the Strother Cup.

The Brewers finished the regular season in the top spot in the senior division of the on weekends only to help accommodate NDBL with a 20 - 5 record.

They eliminated the Creemore Braves in the opening round of the playoffs in three derway on Saturday, September 7, in Lisle. games.

In the second round the Brewers dis-Lowell patched the Clearview Orioles in a series that went five games, however one of those Bolton games wasn't played when Clearview had to forfeit in game four after showing up short Lowell benched and they couldn't field nine players.

The New Lowell Knights finished the reg-Bolton ular season in third place with a 19 - 5 - 1

They eliminated the Midland Mariners in the opening round of the playoffs in a series Bolton that went four games.

In the second round they dispatched the

Ivy Leafs. That series went four games.

This is going to be a good final series for It's been a long season for the North Duf- the fans to watch as both teams are highly

The Brewers scored 220 runs over the reg-

New Lowell scored 208 runs during the scored against them.

The final series is scheduled to be played player's work schedules. Game one of the series is slated to get un-

Game two: Sunday, September 8, @ New

Game three: Saturday, September 14, @

Game four: Sunday, September 15, @ New

* Game five: Saturday, September 21, @

* Game six: Sunday, September 22, @ New Lowell

* Game seven: Saturday, September 28, @

* If necessary



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SEPT. 12 - OCT. 17, 2019

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FEAM: U18 MINOR SOCCER POSITION: STRIKER

really gets a long," said Emily Hillier of why she likes playing soccer. "It's really good for physical fitness."

Emily has been playing soccer from a young age.

She participated this season with her Orangeville Minor Soccer team and went to the final championship playoffs.

Emily also plays volleyball with her high school



BIG TIME GLIDING: The Labour Day weekend provided a good opportunity for many people to take advantage of summer activities while the weather is still seasonable. Several local pilots who like to take to the air turned out at the Great Lakes Gliding Club near Tottenham for a weekend flight. A plane takes off with a glider in tow during flight operations at the club on Monday, September 3.

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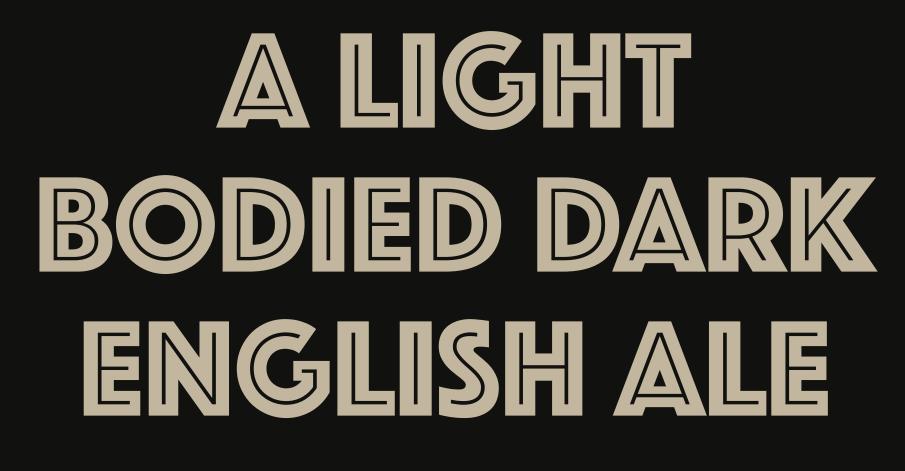
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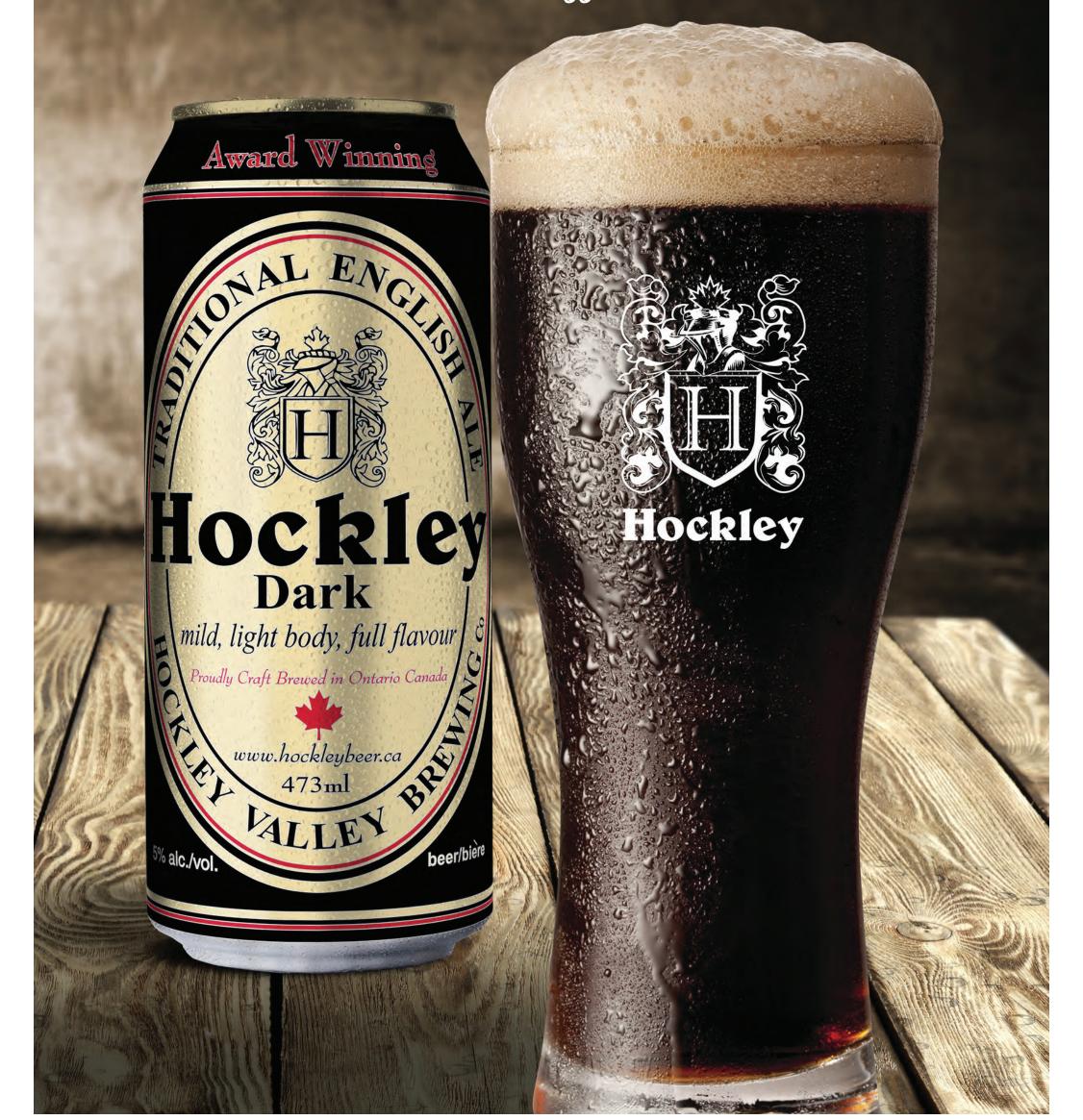
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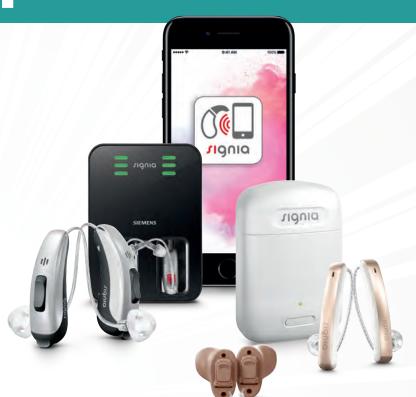
SEPTEMBER

10

Tuesday, September 10th

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Local Fall Fair promises great fun despite Heavy Horse cancellation

Written By MARNI WALSH

Two weeks ago, the Shelburne and Dis-Amusements would be retuning with a top of the line midway. Last week the news was plays almost daily."

gles Disease within the equine community, tivities available, including the new midway the Heavy Horse Show is being cancelled for the 2019 fair. This is a safety precaution for the horses that were scheduled to par-

28th.

He added, "After thorough consulting Equipment demonstrations with participants, veterinary professionals and investigation into the Strangles disease says Karren Wallace, "including DBG Photo within our Equine community, we cannot Booth Services; a digital interactive photo ensure the safety of participants animals booth. Round bale rolling races were such a that would be attending."

the horse pulling competition "will still pro- burne, Township of Melancthon, and Town ceed as planned on Sunday September 15 at of Orangeville to compete for the bragging 1:15 p.m."

According to the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA,) infection of horses and other equids caused by the bacterium, Streptococcus equi.

Many rural fairs in certain areas of the province, including Orangeville, Mount Forest, Grey-Bruce and Owen Sound have done exactly as Shelburne and District Fair has is highly contagious, and in severe cases where complications arise - can be fatal to

Promotions Coordinator for the Shelburne and District Fall Fair, Karren Wallace trict Fair Board announced the good news, told the Free Press earlier, "Plans for the that after several years absence, Albion 152nd fair are progressing at a rapid pace with announcements of new events and dis-

The heavy horse show was just one of Due to an animal illness, known as Stran- many family events, competitions, and acand the ever popular Derby Demolition.

Hosted by the Shelburne Agricultural Society, the fair features, a full weekend of fun for the whole family such as the Ambassa-"There has been much discussion, and we dor Competition opening night, Exhibit Hall are going to follow the lead of many other competitions and displays, vendor booths, local fairs," announced Shelburne Fair Pres- a children's area and petting zoo, tractor ident Larry Braiden on Facebook, August pulls, round bale races, cattle shows, the Giant Pumpkin Auction, and Antique and Farm

"There are a variety of amazing vendors," hit last year, that "a challenge has been put However, Mr. Braiden did announce that out for the Councils of the Town of Shelrights," she says.

The 152nd Fall Fair will take place at the Shelburne Fairgrounds, 377 William Street, "Strangles is a highly contagious and serious Friday, September 13th running to Sunday, September 15th starting at 8 a.m. Tickets available at the gate: adults \$7, children 13-18 years \$4, children under 12 years \$2, and preschool children are free. A free bikedraw ticket comes with every child's admission on Saturday and Sunday, sponsored by done in order to protect their horses. The in- No Frills and Home Hardware. Checkout the fection causes severe mucous inflammation, complete schedule of events and activities at shelburnefair.weebly.com/schedule--map.



PHOTO COURTESY OF SHELBURNE FALL FAIR

HORSES OUT: Due to an equine illness in parts of Ontario, the heavy horse show has been removed from the Shelburne and District Fall Fair 2019 schedule for the safety of local horses. However, the fair is abound with family activities including a midway for a full weekend of fun September 13-15. Photo courtesy of the Shelburne Fall Fair.



Shelburne Library News

Written By ROSE DOTTEN

Dufferin Reads:

One Book One County Finale

It won't be long now until we get to celebrate another excellent One Book One County Finale-- this time with author, Ian Hamilton on Sunday, September 15th @ 1:00pm! For those of you who purchase your tickets before September 9th, you will be entered into a draw for a chance to have lunch with our featured author, Ian Hamilton. Tickets are \$10 each and available at the circulation desk.

Teen Scene

We are looking to add a few new members to our Teen Advisory Board. This group meets monthly and helps plan our Teen events while earning community service hours. If your Teen is interested, please fill out an application (found at www.shelburnelibrary.ca/TAB.html) and return it in person to the Library c/o Jade Noble, or email it to jnoble@shelburnelibrary.ca!

Upcoming Events:

Tuesday, September 10th, 4:00-5:00pm-TAB Meeting

Thursday, September 12th, 4:00-5:30pm-Teen Scary Movie

Tuesday, September 17th, 4:00-5:00pm-Cricut DIY- Personalized Decal Socks (registration required)

Tuesday, September 24th, 4:00-5:00pm-Fresh Ink

Children's Programs

A reminder that all Children's programs will be on break from August 26th - September 19th. This means there will be no Books

& Babies, LEGO Club, or Story Time until late September. Need more information about any of our programs? Call us at 519-925-2168, or email children@shelburneli-

If you would like to sign up for monthly emails regarding all of YOUR Library's Children's events, and all of the special programs that will be available this summer, please email children@shelburnelibrary.ca and we will add you to our online Children's Newsletter subscription.

New Books

Fiction:

- Chimes of a lost cathedral by Janet Fitch
- Paranoid by Lisa Jackson
- Unleashed by Diana Palmer - Almost midnight by Paul Doiron
- The flight girls by Noelle Salazar
- Domino Island by Desmond Bagley The black jersey by Jorge Zepeda
- Patterson
- The snakes by Sadie Jones
- Big sky by Kate Atkinson
- After the end by Clare Mackintosh - Hideaway by Nicole Lundrigan
- The sum of all shadows by Eric Van
- Lustbader
- A dance of cranes by Steve Burrows

- Vern Yip's vacation at home
- Girls need not apply by Kelly S. Thompson
- By chance alone by Max Eisen

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SUNDAY SERVICE 10:00AM

Auditorium - Dufferin Oaks, Shelburne "C" Door off Centre Street Bible Study: Wednesday 7:00pm Blessed Pastor: Rev Gord Horsley



CHRISTADELPHIANS THOUGHT OF THE WEEK #215330 10TH LINE Why wish upon a star when you can pray to the AMARANTH One who created it? ~ Unknown

UST NORTH OF 25TH my hands that stretched out the heavens and I SIDEROAD. command all their host. ~ Isaiah 45:12 WEST SIDE

Please visit us at: www.shelbumechristadelphians ca

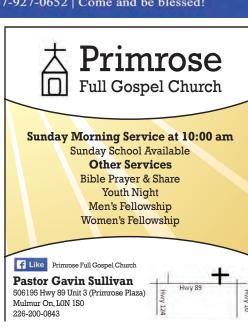
CATHOLIC CHURCH/RECTORY **SHELBURNE**

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MASSES:

Sat - 5:00pm Dundalk (160 Main St E) Sun - 9:00am Shelburne

(Trinity United Church, 200 Owen Sound St) Sun - 11:15am Proton (Southgate Rd 4)



BETHEL BIBLE CHAPEL 419 Main Street East, Shelburne Sunday Services - 9:30am Lord's Supper 10:45am Family Bible Hour, Sunday School Chapel 519-925-3910 or 519-925-0541 www.bethelshelburne.com - All Welcome!

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Terms & Conditions: Payment for all trucks is to be made by Certified cheque or Bank draft (to McArthur-Bessey Auctions) ONLY. Trucks will not be released without receipt of payment For parts/equipment only: Cash or Business Cheque with proper I.D. on day of sale. Owner and/or Auctioneer will not be held responsible for accident or loss on day of sale. All items are sold "As Is". All verbal announcements on day of sale take precedence over written ads.

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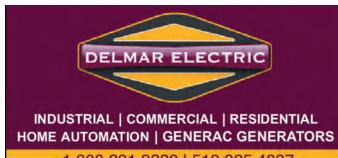
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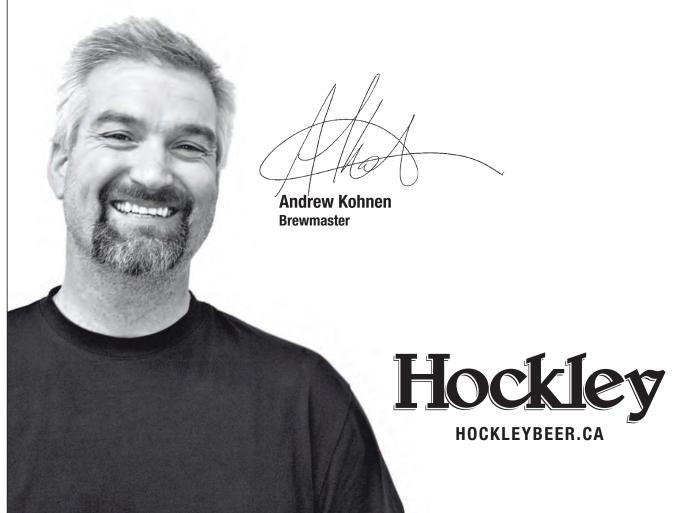


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