The Chesterville Record

FOUNDED IN 1894

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NEWSBRIEFS

Counterfeit bills on the increase

Crime Stoppers this week is asking for the public's assistance in breaking a local counterfeiting ring. Local police forces in the last six months have noted a steady flow of counterfeit Canadian $100, $50, $20 and $10 bills. The $50 counterfeit bill is the most popular. If you have any information on this or any crime, call Crime Stoppers at 534-TIPS (534-8477) or toll-free at 1-800-265-TIPS. If your tip leads to an arrest, you may qualify for a cash reward of up to $1,000. You do not have to reveal your identity to help solve a crime.

Education hearings to visit Cornwall

TORONTO — The province's Royal Commission on Learning, the first comprehensive assessment of education in Ontario since 1968, will be in Cornwall in November as part of a series of public hearings. Comments or briefs to the commission at the hearings will be limited to five minutes. The commission will visit 27 centres over the next three months. Manusha Bharti, a commission member and senior student at St. Lawrence Secondary School in Cornwall, will visit schools in eastern Ontario this month.

Guiding groups start registration

FINCH — Girls in the Finch area who want to join a Guiding group for the upcoming year can sign up Wednesday, Sept. 15 at St. Bernard's School. Registration for Sparks, Brownies and Guides starts at 7 p.m. For more information, call Cathy at 984-2691.

UCV gears up for art show and sale

MORRISBURG — The quiet, pastoral ways of the 1860s will come to life on canvas at Upper Canada Village's fourth annual art show and sale beginning this weekend. Works of art depicting village scenes will be on display in the Harvest Barn Restaurant in the village from Sept. 11 to 19, between 9:30 a.m. and 5:30 p.m. Pieces submitted will be judged for exhibit by artists Ken Finch, Jeff Stellick and Ely Kish. Some art pieces will be available for sale for those interested in owning their own village scene. In the past three years, the show has attracted such well-known Ontario artists as Kevin Dobbs, Bill McMillan, Marg Lamendeau and Boguslaw Mosielski.

Bible study has western flavor

CHESTERVILLE — Sunday school at Nationside Pentecostal Church this week will be anything but traditional Bible study. The Chesterville church is hosting a Metcalfe family who combine art and music in what they call a Sunday School Round-Up. Jerry and Bonnie Wallace and their six children use drawings, drama, songs, and puppet shows in their cowboy program. There is no charge, and everyone is invited to attend. The show runs from 10 to 11:30 a.m., at 13 Albert St.

Baseball fund raiser benefits pre-school

CHESTERVILLE — Chesterville's Happy Face Nursery School will take on the CJOH Special Effects in a baseball game Saturday, Sept. 18 at the Winchester Recreation Centre. The fund raiser starts at 2 p.m. Admission is $3 for adults, $2 for kids 6 to 16, and children 5 and under will be admitted free.

THIS WEEK

New seniors publication takes 'realistic approach'.....2

Elvis paintings put Chesterville artist atop the charts..... 7

Stormont County wraps up summer fair season in style..... 10

Express open hockey training camp.....15

Tragedy strikes twice over holiday weekend

Two Chesterville-area men killed in separate road accidents

Greg Hewitt
Record Staff

CHESTERVILLE — It was a weekend of tragedy on local roads as two Chesterville-area men died in separate accidents.

Peter DeCooman, 19, of RR 3 Chesterville, and Daniel Beshara, 31, of Victoria Street in Chesterville were both killed.

Winchester OPP Const. Al Lummiss said DeCooman was eastbound on Vankamp Road in Mountain Township Friday at about 12:50 p.m. when his 1983 Honda collided at the intersection of County Road 3 with a vehicle driven by Matthew McCooeye, 17, of Morrisburg.

DeCooman was taken from the scene to Winchester District Memorial Hospital by ambulance. He was transferred to hospital in Ottawa by air ambulance but pronounced dead on arrival.

McCooeye received minor injuries and no charges were laid in the accident.



Peter DeCooman

DeCooman was an accomplished boxer. A member of Ottawa's Beaver Boxing Club, he won a silver medal in the interprovincial championships in May, 1992.

DeCooman planned to return to North Dundas District High School this year to earn his OAC diploma.

Friend Bill McMillan, who shared a landscaping business with DeCooman, described him as "a great guy."

"He always knew what he wanted and he tried everything to get it," McMillan said. "I'll always take him with me wherever I go. It's sad that he had to leave us so soon."

NDDHS guidance counsellor and teacher Phil Groves said he will remember DeCooman as "a creative and independent thinker with a healthy curiosity," who was interested in pursuing political science or business in the future.

DeCooman is survived by his parents, Ed and Debbie, sister Melissa, and grandmothers Marjorie McMillan and Maria DeCooman.

In a separate accident, Daniel Beshara was eastbound on County Road 13 in Winchester Township Saturday at 6 a.m., about 5 kilometres east of Hwy. 31, when his 1992 Chevrolet Geo crossed the westbound lane, struck a laneway and fence and rolled over into a field. Lummiss said Beshara was thrown from the vehicle and pronounced dead at the scene.

OPP Sgt. Ralph Thompson said the cause of the accident is not clear, as there were no witnesses and no brake marks on the road.

Beshara, a plant foreman at Iroquois Enterprises, is survived by his wife, Shelley Morrow, and parents Nicholas and Julia Beshara. He is also survived by daughter Julia and step-son Chad Charles McMillan.

BACK TO SCHOOL



Thousands of students across Stormont, Dundas and Glengarry returned to school Tuesday, and for many it was a chance to see friends for the first time in months. Chesterville Public School's senior kindergarten class explored new toys and activities, like the pint-sized house that Stephanie Pelletier, left, and Jessica Meredith peek through.

Record photo - Moreau

Lightning fire claims barn, contents

Plucky owner braves heat, flames to rescue school bus

Greg Hewitt
Record Staff

ELMA — An early morning thunderstorm Friday may have kept people awake for an extra hour. But it cost Elma-area farmer Claude Dillabough a lot more than his sleep.

A fire believed to have been caused by a bolt of lightning completely destroyed two connected barns and their contents at Dillabough's farm.

Lost in the 1:30 a.m. fire were Dillabough's tractor, seed drill, sprayer, hay and straw, and other equipment.

But a brave Dillabough jumped into a full-sized school bus that was parked just feet away from the burning barn and drove it to safety. "I thought I sure hope (it) starts the first time I fire her," Dillabough said. Luckily, it did. "I'm either brave or stupid," he said, standing near the charred ruins of his barn.

The large barn structures were more than 100 years old, Dillabough said, but still in good shape.

The bus received only minor damage from the heat of the blaze. Dillabough said he went back into the barn in an attempt to save his tractor but thought otherwise when he saw the flames approaching.

Dillabough said he was standing near the entrance of the barn when the south wall collapsed, allowing fresh oxygen to fan the flames, resulting in a loud roar and a quick acceleration of the fire.

Claude Dillabough surveys burned tractor and other equipment Friday.

Williamsburg fire fighters responded to the blaze but were unable to stop it before the buildings and contents were lost.

Dillabough is waiting for insurance adjusters to visit the site, and estimates it would cost about $100,000 and "a lot of hard work" to replace it completely.

Dillabough Friday was taking the loss in stride, saying he felt a little better when fire fighters told him after the fire that things could have been much worse.

"I was a little down in the lip until they told me that with a wind shift, I might not have had a place to sleep, either."

He also noted that if the fire had happened later in the fall, more equipment would have been in the barn and lost to the flames.

Wise free pending mischief appeal

Greg Hewitt
Record Staff

CHESTERVILLE — An appeal has been launched into the June mischief conviction of Morewood resident James Wise.

Wise was released from custody Thursday and will remain free on bail until the appeal is heard, or until May 2, 1994, whichever is earlier.

He was convicted of mischief over $1,000 in June and sentenced Aug. 18 to four years in prison. The charge stemmed from the August 1987 toppling of a Bell communications tower near Williamsburg.

Wise's lawyer, Bruce Carr-Harris, said he is basing the appeal on "A number of grounds, both factual and legal," that "The judge's finding of facts were questionable and the conclusions he drew were questionable.

"The appeal is on, Mr. Wise is free pending the appeal and the next eventuality will be the hearing of the appeal, and we'll see where we go from there," he said.

The appeal will be heard by the Ontario Court of Appeals. They will review the decision and decide whether they agree with it.

Wise, 50, was acquitted of the same charge in 1988 after the court ruled his rights were violated when police used a secret locating device planted in his car. The device indicated that Wise's car was in the area of the tower when it was downed.

But the Supreme Court of Canada ruled in March 1992 under appeal from the Crown that using the evidence gained through the device "would not bring the administration of justice into disrepute."

Board policy aims to create safe schools

Liz Edwards
Special to The Record

CORNWALL — Violence may not be a major problem in Stormont, Dundas and Glengarry schools but the boards are preparing themselves just in case.

Last week the public school board adopted a safe schools policy to deal with weapon possession, verbal or physical threats, sexual harrassment and other severe behavorial problems among students, staff or visitors to the schools.

The policy outlines what action the schools should take in the event of such difficulties. Earlier this year, some students in Ottawa were found with weapons in their possession at school though nothing of that magnitude has had in the SD&G boards says superintendent Colin Vickers.

Please see POLICY on page 2

New seniors publication takes 'realistic approach' to over-50 set

Elizabeth Moreau
Record Staff

MOOSE CREEK — If you're over 50 and you don't skydive, travel to Florida, work out every day, or have an unlimited amount of disposable income, then Gisele Grignon says you're probably not satisfied with what the magazine industry has to offer you.

Grignon and her husband Morley Seaver, freelance journalists who live in Moose Creek, have both written for publications aimed at the over-50 set. But she says those magazines don't portray a reality most seniors can relate to.

"They're good at what they do but they're advertising-driven," Grignon says of other publications for seniors. She says they portray seniors as "super active, super rich, or super adventurous."

That's why the couple is launching *Simply Seniors* this week, a 10-page, advertising-free, bi-monthly publication for seniors whose needs aren't being met by existing magazines and newsletters.

"We're taking a more realistic approach to their interests and abilities," she says.

Some of the stories to be featured in upcoming issues of *Simply Seniors* include heirloom gardening, getaways on a budget, home remedies, hassle-free fitness, snacks for grandchildren, money-saving tips geared to seniors, enjoying a spouse's retirement, second careers, one-room schoolhouses, and old-fashioned recipes.

"We want to give them information they can use and they can relate to."

Last November the couple launched *The Pennywise Parent*, a 10-page newsletter that promotes creative parenting on a budget. It now has 400 paid subscribers from across Canada.

Like *The Pennywise Parent*, Grignon says the new seniors publication will provide tips on how to get the most on a limited budget.

"The undercurrent is going to less extravagent living for seniors," she says.

Although the couple hopes to carry columns from local contributors, Grigon and Seaver will do most of the writing for *Simply Seniors*.

While much of what they write for *The Pennywise Parent* is based on their own experiences as parents, Grignon says the new publication will require more research.

But she's confident that she and Seaver, both in their 30s, can provide seniors with information they can use.

"We've written about veterans and we've never fought in a war, we've written about skiing and we're not skiers, we've written about the North and we're not Eskimos....So writing about seniors and not being seniors is not unusual."

Both Grignon and Seaver are still doing freelance work, and have just completed a book on juggling a home-based business and family, which should be published within the next two months.

For more information on how to subscribe to *Simply Seniors*, call 538-2864.

Policy will help public board deal with school violence

Continued from page 1

"I wouldn't say there's been anything that's rampant or of a major concern with us," he says.

"(But) if it does happen we should have a protocol. We shouldn't be sitting around and figuring out what we should be doing that morning."

Schools have always followed a code for student behavior but the policy is much more detailed, defining unacceptable conduct more precisely and how the board will respond to it.

Part of the document is dedicated to the use of any weapons which the policy refers to as anything used or intended for the use of causing death, injury or for intimidated or threatening people, whether it is designed for the purpose or not.

If anyone, including students, staff members or visitors, is found with a weapon on school property, the police will be contacted, the weapon confiscated and charges may be laid. If a student is involved, he or she will be suspended for between three and 20 days and parents will be contacted. More measures may be taken if the situation is serious enough.

This year the document will still be under review, and the board expects to make changes and finish or clarify any incomplete areas. Both students and teachers will be informed about its contents through assemblies or workshops.

"During the year we intend to fill in police response (in the document). We know what we as educators would do, beyond that here's typically what the police would do in a particular situation," says Vickers.

"We may get situations that aren't considered."

Both boards reviewed the document but the Catholic school board has not yet adopted the policy. Law enforcement representatives also had input.

"We searched around and contacted other school boards to see what kind of policies they were putting in place, getting examples. We then came up with our own draft last year," says Vickers.



Book worms

Kids enrolled in the SD&G County Library's summer reading program at the Finch Branch showed they have a true yen for books. The 26 kids read a total of 919 books, or 34.5 each, the highest in the 22 branches, and were awarded a globe for the library. Top book readers at the branch, pictured with (standing, left to right) SD&G assistant head librarian Barbro Diehl and Finch head librarian Catharine MacLean are (sitting, from left) Carlin Pethke, 10, who read 53 books, Marie-Desneiges Stockland, 7, who read 100 books, and Katie Hrycak, 6, who read 248 books. Each was awarded a novel for their effort.

Record Photo - Hewitt

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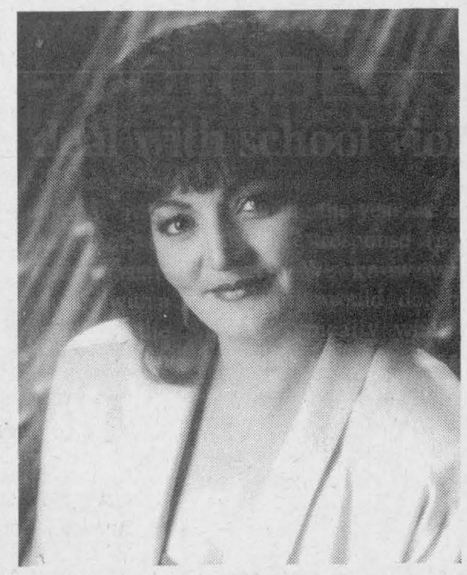

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Chris and Jack Lemieux share a table in the new smoke-free dining room in their Chesterville restaurant.

Eat in, butt out: Chesterville's newest dining room is smoke-free

Elizabeth Moreau
Record Staff

CHESTERVILLE — Starting any business is a risk, and opening a business that excludes a great portion of a potential market is an even greater risk. But Chris and Jack Lemieux are confident that even smokers won't feel excluded from their new smoke-free dining room in Chesterville.

The couple, both former smokers, have run Jumpin' Jack's take-out business since 1989 and have always dreamed of opening a restaurant. When they decided to expand the business and build a dining room, Chris Lemieux said they had to make a decision.

And given the small size of the 32-seat room, the fact that all seven staff members are non-smokers, and that a smoke-filled room can ruin a good meal, the couple decided to prohibit smoking.

"People don't like to hear the word no," concedes Jack Lemieux. "So it's certainly going to be a challenge for us. We're going to have to be more than good. We're going to have to be consistently innovative."

"We're hoping that people will like our food enough to sit without a cigarette," adds Chris.

The Lemieuxs say their original pizzas, submarines and other items sold at the take-out counter already draw customers from well beyond Chesterville.

"They'll come here because of the atmosphere and specifically because of the kind of food we offer," says Jack.

The Lemieuxs don't know of another completely smoke-free restaurant in the area, and the Eastern Ontario Health Unit doesn't keep track of establishments that prohibit smoking. But of all SD&G municipalities, only Cornwall makes non-smoking sections mandatory in restaurants.

"It's not like we're pioneers. It's being done in cities. It's a little different in the country where your market is smaller. But people who know us know we've always done our own thing, " says Chris.

Jack Lemieux, who used to smoke up to three packs a day, says a smoke-free environment is part of the atmosphere he and Chris are trying to create with the restaurant.

"People sit for three hours in a theatre without smoking so it's not like we're reinventing the wheel," he says. "It's all part of our environment — clean, good food, friendly. So when you leave there's no aftertaste."

Since the restaurant opened in July, the Lemieuxs say most customers have applauded their decision to go smoke-free. At least one take-out client, however, told the couple he wouldn't eat in a restaurant where he couldn't smoke.

But so far, they say, the majority of smokers who eat at the restaurant don't seem to mind butting out for a while.

"When my liquor licence comes in and the fireplace is installed, it's going to be a hard place to stay away from on a cold Saturday afternoon," says Jack.

TEAM HARRIS
NEW DIRECTIONS FOR ONTARIO

The Mike Harris Task Force on Crime, Justice & Community Safety

Noble Villeneuve, M.P.P. for S-D-G & East Grenville and P.C. Task Force on Crime, Justice and Community Safety will be hosting an open public forum on

Thursday, September 16, 1993
Jury Court Room, United Counties of S-D-G
20 Pitt Street, Cornwall
7:00 to 9:00 p.m.

63% of Ontarians believe crime has increased in their neighbourhoods. If you're one of them, we need to hear from you. We need you to identify specific aspects of crime, justice and community safety that deserve special attention. **Please join us and participate for an evening of discussion.**

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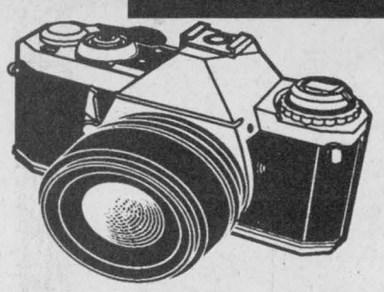

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* Proceeds to buy Market Apples and Apple Products for the Residents of the Osgoode Township Care Centre

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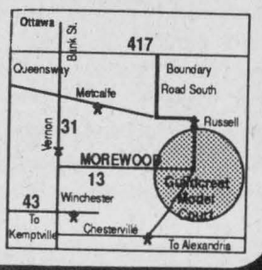

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EDITORIAL & OPINION

EDITORIAL

Uniformity, not conformity

If you're a parent of school-aged children, you know that September carries a heavy pricetag. The school board picks up the tab for textbooks and tuition, but when it comes to dressing children and teenagers for school, Mom and Dad are on their own. And clothing youngsters in the MTV age doesn't come cheaply.

Gym shoes aren't sneakers anymore, they're high-cut, pumped up, and suitable for today's cross-training kid. They must be endorsed by the hottest athlete, and can cost as much as a week's worth of groceries. Jeans must carry the right name on the back pocket, and T-shirts either advertise the latest line of clothing or promote a championship sports team.

Even young children are curiously clothes-conscious, and what they wear can play a major role in who their friends are. All kids want to fit in, and they realize that clothing can help them accomplish that. What all this means for parents is a huge financial burden, especially at the start of the school year, and all too frequent early-morning conflicts when kids start choosing their own garb.

What is the solution? The school uniform is an old-fashioned idea with modern-day benefits.

Different from flexible dress codes, school uniforms are just that: uniform. Boys wear the same type of shirt, tie, pants, and jacket, and girls wear the same type of skirt, blouse, and sweater or jacket. Schools usually designate an outlet where parents can buy the clothes, and provide them with a price list before the school year begins.

Uniforms, once a thing of the past or relegated to private schools, are making a comeback at some schools. And while most children simply can't bear the thought of them, there is much to be said in favor of school uniforms.

One obvious benefit is financial. In the long run, it is less expensive to clothe children in uniforms which, unlike some other articles of clothing, are worn from September to June and can often last more than one school year. They also alleviate the pressure, experienced by parents and children alike, that wanting the "right" (i.e. expensive) clothes creates.

In the same way that most working adults have one wardrobe for the workplace and another for home and leisure, uniforms give children a sense of purpose and responsibility. Donning the same clothes every day lets children know that school is a place unlike any other, a place with a purpose where they have a specific function — to learn.

Opponents of uniforms argue that they discourage individuality by making all children look the same. But this outer uniformity does not mean conformity. Without clothing to judge each other by, students have to distinguish themselves by their academic and athletic abilities, their personalities, and their characters.

Today's educators claim to take a different approach to schooling, one that seeks to develop the "whole" child, not just the mind. School uniforms help teach children that true development begins on the inside.

The Chesterville Record
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OFF THE RECORD

Making a pitch for good sportsmanship

By Robin Morris
Minor Sports Editor

Isn't it always the way? The ones who generally do the least complain the loudest? The parents who look at minor sports programs as places to dump their kids while they go off to bingo or sit in the Mr. Grocer parking lot with the vacant expression of one who has just had a close encounter of the third kind are the most vocal when it finally comes time to sacrifice a few hours of their precious leisure time and actually watch what the kid has been practising all season long?

I guess I've come to sport parenting at a relatively late age, even for those of us who think that 43 is still the rosy hue of the first blush of youth, but I have to admit that I wasn't quite ready for some of the vehemence and venom displayed by the representatives of the aforementioned type of parent at Saturday's instructional softball league tournament and fun day.

Now this is a league that doesn't even tax the paucity of my athletic talent. It's a co-educational league for kids aged five through nine, so they're too young to know that when it comes to advice on hitting and fielding, I may talk a good game but am extremely poor on the follow through of example. It's a classic case of do as I say, not do as I do, unless you're particularly keen on going breathless after taking a six-year-old's line drive in the middle of the solar plexis.

It places as much emphasis on the "co-" as it does on the "educational". Equality of the sexes is paramount. At this age girls are every bit as adept at the plate as boys and their reflexes on defence can be reminiscent of a drawn-in big-league infield.

As far as the educational aspect is concerned, coaches are permitted on the field and a coach pitches to his or her team, stopping play whenever he or she wants to correct a batter's stance or tell them that they're standing on the wrong side of the plate. ("No, no. You hang on to the skinny end of the bat and home plate is supposed to be in *front* of you.")

The coaches and parents who attend most games and practices are as fine a group as you'd ever want to meet, with any one of whom you'd be glad to crack a Brown Pop and discuss the finer points of the sport. ("You mean if a grounder goes outside the line before it reaches first or third it's foul, but it can go out after and remain fair? Thanks, that explains a lot.) Their interest is in the development of the player, win, lose or draw, with the emphasis on competition coming at a time when the kid can understand it him- or herself.

And then there's the other kind. And some mothers do 'ave 'em.

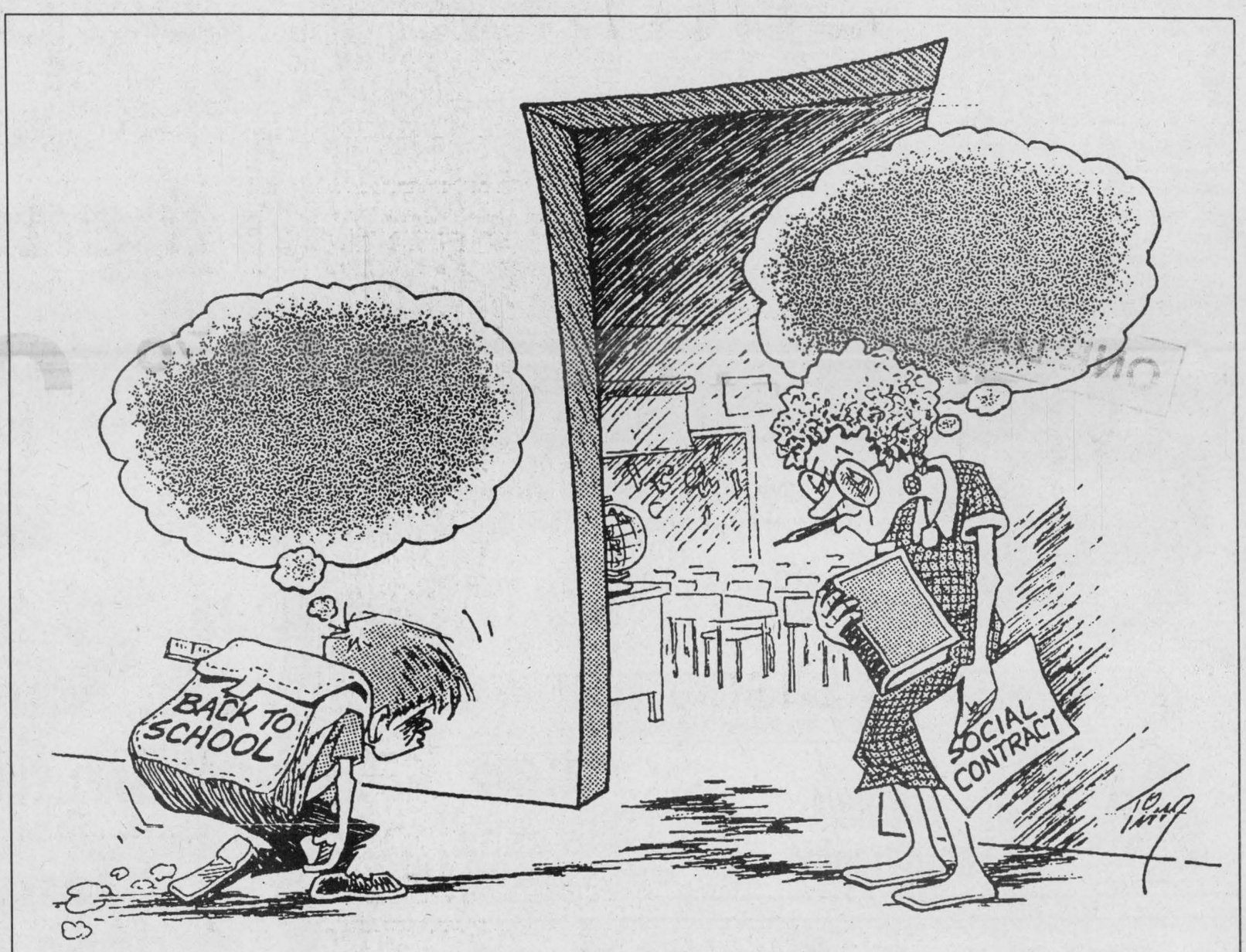
You know the kind I mean. The instant experts. The ones who show up to one game a year, who can't keep score, who can't remember how many outs there are, and who teach their kids that no matter what, the only reason they lost is that the officiating stinks and anyway, the other team is stacked with over-age ringers, nine-year-olds who should be hitting for the Mud Hens.

The kind of parent the skein of whose life is so drab and dreary that only the scarlet thread of imprecations gives it any color (with apologies to Arthur Conan Doyle).

The kind of thoughtless morons who trim their fingernails by dragging their knuckles on the ground and cheer when an eight-year-old gives it her best and goes down swinging. The mouth- breathers who demand that a player be removed from another team because she's too old, or too good, or too something or other, unmindful of the fact that the kid is a year within the age limit, her talent has been honed in the instructional league by a series of dedicated coaches and supportive parents who are at *every* game and *every* weekly practice, and anyway, her brother, three cousins and next door neighbor all play on the team.

The Sparky Anderson wannabes who drown out the on- field coaches and tell their very own personal future big-leaguers to play closer to the bag, or farther away from the bag, too thick to realize that may, just maybe, the coaches — who are at *every* game — have seen the hitter before and know his or her tendencies and place their defences accordingly.

And to think that the young lad is going into his first season of minor hockey. Is there no end to my good fortune?



MISERY GETS COMPANY

THE FARMER'S WIFE'S

By Wyn Thompson

What a good time of the year it is! The fat land! This about describes it as the gardens overflow with produce. It is also the time of rain, fog, clouds, and a bit of gloom just to balance the scales.

Often there is not a breath of air stirring. The wet brown leaves of the Chinese elm eddy downward. Every leaf of the birch holds a pendent drop: there are few bird notes: the bees stay close to home.

This is the season also when butterflies are everywhere in the country, looking like airborne flowers as they soar in the golden, late-summer light and hover over fading blossoms. The goldenrod attracts flocks of sulphur moths, the milkweed the far-flying monarchs. I have only seen one this year.

All kinds of classes are starting this month: adult education courses, drawing and dancing, and folk art and basket weaving. Caught up in the back-to-school mood, I always think I might sign up for needlepoint or conversational French but I never do.

I received a letter from a reader the other day which went like this, "Tell me, my dear," she wrote, "what do you bucolic bumpkins do when the sun goes down and you can't stand around enthusing over flower and tree?"

It was on the tip of my pen to tell her that most of us country bumpkins do what her city types do —go indoors and watch the news and then fall asleep over a book.

However, there are other things we country people do, but I was reluctant to tell her. Like cleaning and packing tomatoes and corn for the freezer. Until it is pitch-black dark, then we sit on the porch a spell and enjoy the night air and watch the stars each in their appointed place.

As I sit I think a bit of our national holiday just past and hear again the Psalmist's petition: "Prosper thou the work of our hands upon us, O prosper thou our handy-work."

This summer, our family had reason to recall a safety rule we all knew by heart but, like thousands of Canadians, failed to put into practise, that of letting the lawnmower cool right down before filling with gasoline. A family member had badly burned legs as a result which, necessitated visits to the hospital to have the dressings changed each morning for three weeks.

Fortunately, a full recovery will be made, but I tell you this just as a reminder of what can happen.

Meanwhile, pain, death and disaster go on all over the world. The suffering greets our eyes each evening as we watch the news and hear one side then the other vow to fight until the bitter end. At the same time, here in Canada, we dream of Utopia, and try to bring it about through the United Nations and our peace-keeping troops, but deep down we know that it will be impossible that all will be well, unless all men are good, which I do not expect for some time to come.

But, as a friend says, "We go on giving and doing and hoping that some good thing will come of it."

I see a few bees around the goldenrod and asters but not many; I wonder where the bees of other summers have gone. Also the butterflies are noticeable by their greatly reduced numbers again this year. Is it our fault? Have we done something more dangerous to our environment or is it simply a natural population shift? I hope it is the latter.

A couple of years ago the family gave me a "wayfaring tree" I had requested for Mother's day, and this year it is beginning to look as though it is happily established on my property.

I had never heard of this tree until I read about it in an historical novel set in England and it piqued my imagination. Aside from the mention of these trees growing abundantly by the waysides of England where weary travellers might rest a bit, I was really ignorant of any other virtues the tree had.

Recently I saw a reference to the wayfaring tree in another book and learned that we are not harboring in our common property, a bush of many distinctions.

"The viburnum," the writer said, "or wayfaring tree, growing plentifully in every corner, makes pins for the yokes of oxen; and superstitious people think that it protects their cattle from being bewitched and place the shrub about their stalls; it certainly makes the most pliant and best bands to fagot with.

The leaves and berries are astringent, and make an excellent gargle for loose teeth, sore throat, and stop fluxes. The leaves decocted to a lye not only color the hair black but fasten the roots; and the bark of the root macerated underground, well beaten, and often boiled, serves for bird lime."

Each time I look at it now, I salute it. Who knows, I might put into use some of its properties some day.

A bit of autumn coloring is beginning to show, especially in the sumacs on the lawn. Many of the trees grow rusty, but the clematis blooms purple against the wall trellis, asters and goldenrod color our countryside, the lasting fading proof that summer was with us, even for a short time.

The chickadees have returned in larger numbers to feast on the sunflower seeds. Good to see them again. They have been in the cedar bush all summer.

The fall rains will begin soon. We will hear the raindrops in the stillness of the night. Milkweed pods begin to strew seeds to the wind. The squirrels are busy. Certainly the sundial of the season has turned another notch.

To Ponder: A true friend is the best possession. - Ben Franklin

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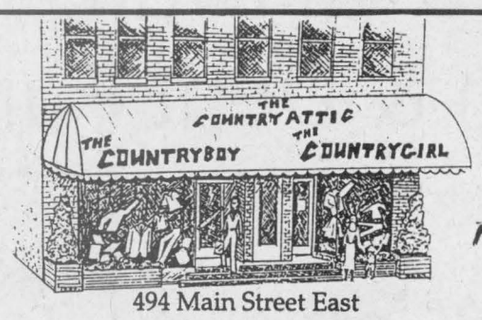

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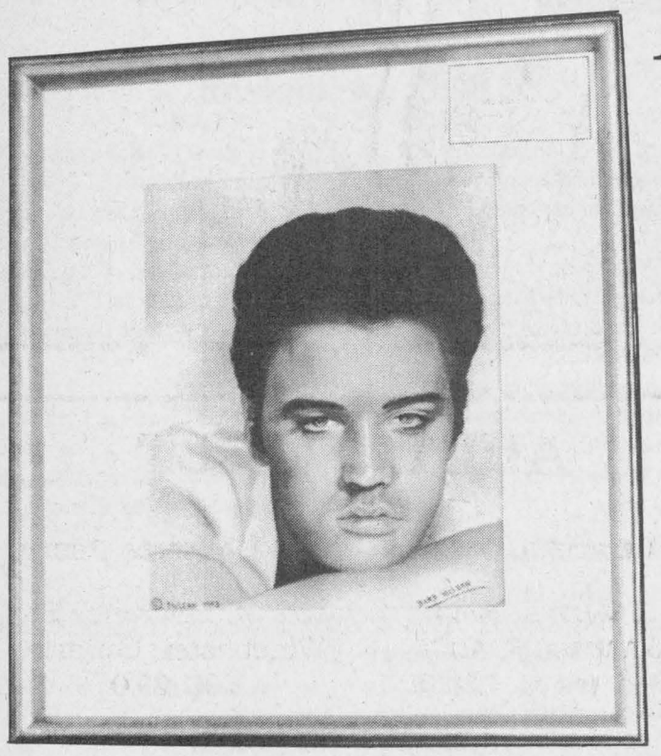
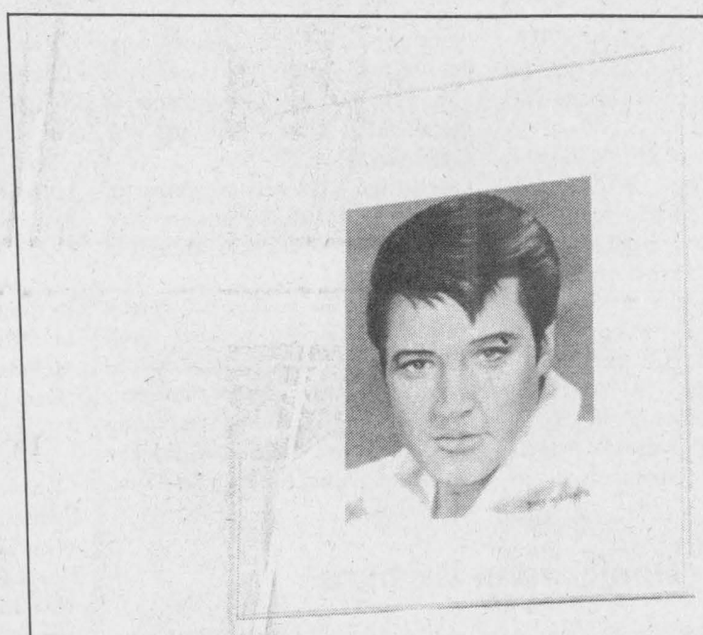
Local artist wins acclaim for Elvis portraits





The King and I

Chesterville artist Barb McLean, shown with a couple of her favorite Elvis paintings, recently won first place in a prestigious Elvis portrait painting contest at Graceland in Memphis, Tenn. The portrait above, showing a young Elvis, was judged the best in the show's professional class. McLean, an avid Elvis fan since she was 11, has painted about 40 portraits of her idol and her work was recently featured in an art gallery in Portland, Ont.



Greg Hewitt
Record Staff

When Barb McLean entered an Elvis Presley painting contest at Graceland in Memphis, Tenn. two years ago, judges asked her if she had entered the amateur category by mistake.

This year, McLean, of Chesterville, entered her paintings of the King in the professional class. And won.

McLean's oil painting of a young Elvis with piercing blue eyes and wearing a pink shirt took top honors. Another, an older Presley with shaggy hair, placed third. She also received an award of excellence for her talent. There were 131 entries in the contest.

McLean drove down to Memphis in June with her nine entries and returned Aug. 8 to see the first and third place ribbons hanging on her paintings.

"I got there in the late afternoon to see them and realized I had won," McLean says. "I think happy is an understatement. It was a nice arrival gift."

And what sets McLean's works apart from the rest? She says people have told her that they look more like a picture than a painting, almost as if he's looking back at them, and could talk back to them.

McLean says when she is painting, she is never satisfied with a piece until every hair is where she wants it to be. And she says choosing the right frame is equally important.

But most importantly, she says she paints what she wants, not what she thinks will be successful in a contest.

"I do the things I like, and put them in the show. If nobody likes them, too bad."

McLean, who moved to Canada from England 24 years ago and to Chesterville seven years ago, paints Elvis in different poses, in different stages of his life. She says every Elvis fan has a favorite stage of his life, a stage when they liked him the most.

She admits that while every stage of Elvis's life appeals to her, she is partial to the older Elvis, between the ages of 35 and 42.

One of McLean's favorites is a seven-by-four-foot, life-sized painting of Elvis she completed last year. It took her 240 hours to paint.

McLean, a legal secretary by profession, has only been painting seriously for a few years. But an Elvis fan since she was 11, painting the King is something that comes naturally.

"People who don't love Elvis obviously haven't looked closely at what he has done," McLean says, referring to his extensive charity work and giving of himself.

And McLean says that like a true Elvis fan, she's trying to carry on in that spirit. Of the 40 Elvis paintings she has created, she has sold six. She has given away 11 to charitable organizations.

"I'm not doing it to make money. It's more important to pick up where he left off," McLean says.

"There are enough people making money off of his name. I don't want to jump on that bandwagon," she says, adding however that it's nice to sell the odd painting to cover the cost of her supplies.

"(His death) wasn't just a loss to music, it was a loss to humanity. He was a far more serious man than most people would give him credit for."

Along with her talent and success has come a certain degree of notoriety. After an interview with the national media, an art gallery in Portland, Ont. contacted her. Twenty-five of her Elvis paintings were on special exhibit earlier this summer.

And through her involvement in the contest, McLean has become a good friend of Elvis's nurse. Together they work to support some of the same charities Elvis supported, including an auction dinner for the Make a Wish Foundation for terminally ill children. It's something McLean says is very rewarding.

"I actually get more satisfaction from that than the ones that I sell. It's not very often you get a chance to pay back a little."



Rhonda Casselman

Rhonda, daughter of Earl and Claudette Casselman, a graduate from Loyalist College, Belleville in the three-year Nursing Program, has successfully completed her Registered Nursing exams.

Congratulations Rhonda on all your achievements and good luck in your future endeavors.

THANK YOU

Thank you to the Chesterville & District Community & Merchants for their support of the 1993 Chesterville Fair

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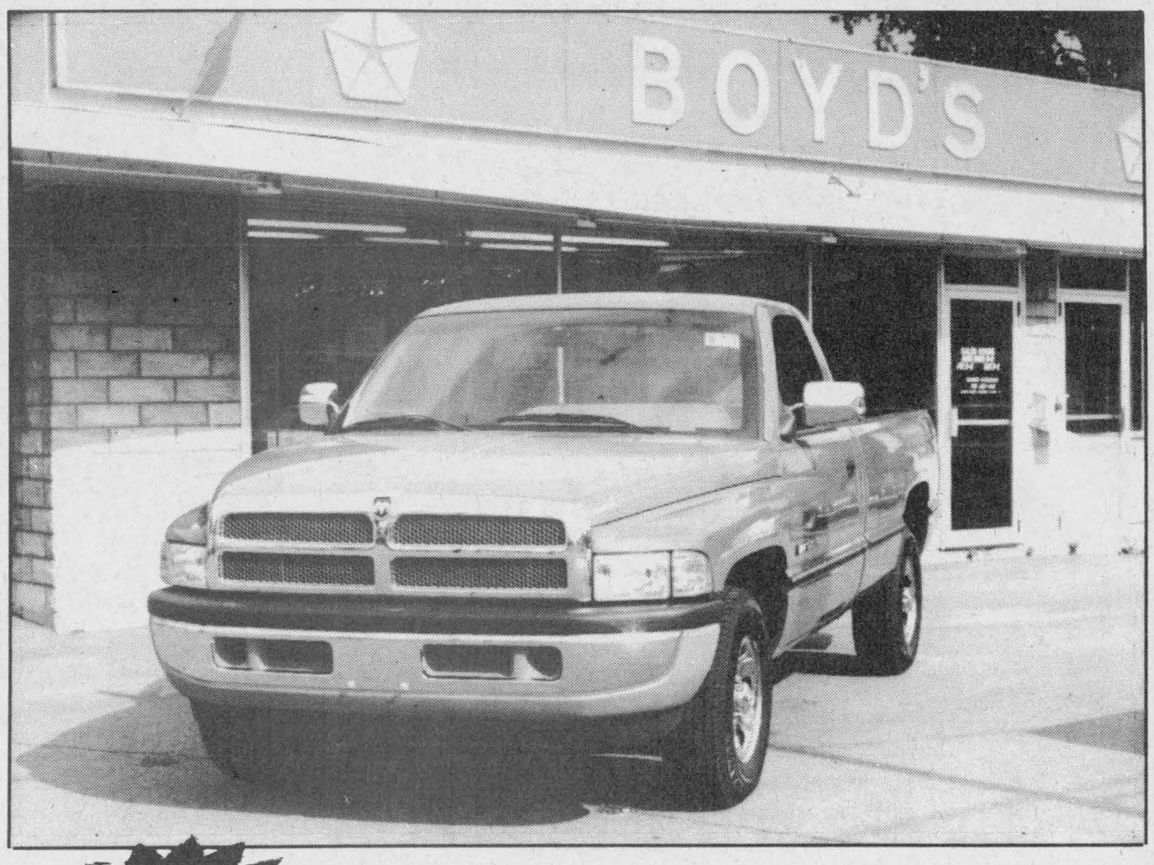

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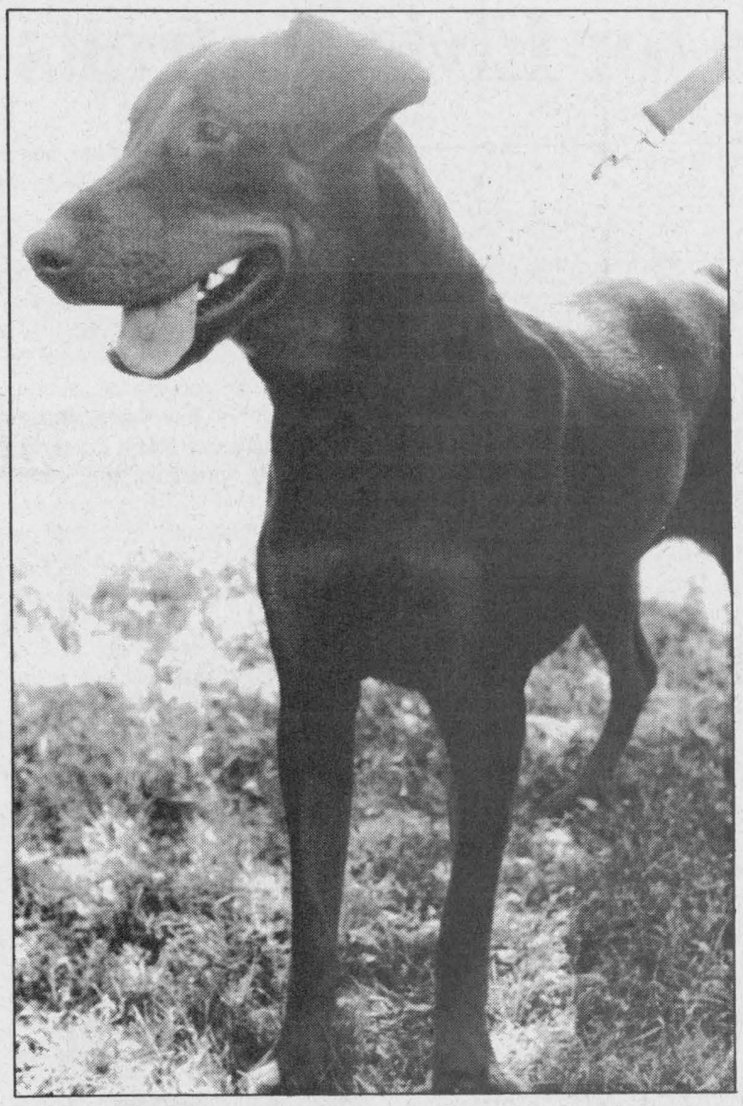

Between homes

Tory is a Doberman/Rottweiler mix who was found abandoned and has been at the Cornwall branch of the Ontario Humane Society for nearly a month. Not much is known about her, except that she is about a year old and doesn't like other animals. However, shelter staff say she is good-natured around people. If you would like to adopt Tory or any other dog or cat at the shelter, visit them at 550 Boundary Rd. or call 936-0072.

Heat and Rainfall Report

Week of August 29 - September 4

	Rainfall	Accum. to date	Heat Units	Accum. to date
CHESTERVILLE	75.8	489.0	152	2,498
MORRISBURG	49.4	389.8	160	2,612
SOUTH MOUNTAIN	58.6	370.9	155	2,763
WINCHESTER	N/A		N/A	

OBITUARIES

Goldie Van Allen (nee Beckstead)

Goldie Louise Van Allen of Williamsburg died Aug. 23, 1993 at Winchester District Memorial Hospital. She was 73.

Mrs. Van Allen, a retired farmer, was born July 14, 1920 in Williamsburg Twp., the daughter of the late E. Ross Beckstead and Elizabeth Casselman. She married Arnold Van Allen in Williamsburg in 1943.

Mrs. Van Allen is survived by her husband, sons Lyle (Eleanor) of Williamsburg and Carl (Ruby) of Ingleside, grandchildren Sherry (Mrs. Randy Jodoin) of Cornwall, Angela (Mrs. David Thompson) of Brampton, Coral May of Williamsburg, and Christina and Terry, both of Ingleside.

She was the great-grandmother of Jason and Allison Jodoin and Jazmynn Van Allen.

Mrs. Van Allen was a member of the Women's Institute, Eastern Star, and St. Peter's Lutheran Church in Williamsburg.

A funeral was held at St. Peter's Aug. 26, officiated by Revs. Ross Thompson and Bill Kurschinski. Interment was at Dundela Cemetery.

Pallbearers were Burrill and Craig Harriman, Alan Casselman, Rodney Van Allen, Allan Merkley and John Van Allen.

Daniel John Beshara

Daniel John Beshara of Victoria Street in Chesterville died accidentally Sept. 4, 1993 near Morewood. He was 31.

Mr. Beshara, a plant foreman at Iroquois Enterprises, was the son of Nicholas and Julia Beshara.

He was the husband of Shelley Morrow, the dear father of Julia Beshara, step-father of Chad Charles McMillan, son-in-law of Don and Janice Morrow of Williamsburg, brother of Peter, Paul, Grace, Gloria, Ruth and Jane, and brother-in-law of Patricia, Paul, Angela and Carrol-Lee.

Mr. Beshara will be fondly remembered by many nieces and nephews.

A funeral was held Sept. 7 at Daniels Funeral Home in Chesterville, officiated by Rev. Bert de Bruijn. Interment was at Maple Ridge Cemetery.

Pallbearers were Paul Morrow, Lawrence Chenore, Keith Johnson, Terry Williams, Wade Thompson and Brad LeClair.

Nancy Hyndman (nee Castens)

Nancy Clarina Hyndman of Victoria St. in Winchester died Sept. 5, 1993 at Winchester District Memorial Hospital. She was 90.

Mrs. Hyndman, a retired school teacher, was formerly of Mountain. She was born Aug. 11, 1903 in London, England, the daughter of the late Ernest and Gwendolyn Castens.

She was predeceased by her husband Fenton Hyndman.

Mrs. Hyndman was the loving mother of William (Margaret) of Kanata, dear grandmother of Dr. David Hyndman (Suzin McPherson) of Kingston, and Dr. Jennifer Hyndman (Dr. David Casperson) of Vancouver, and great-grandmother of Cameron Hyndman.

She is also survived by many nieces and nephews. She was predeceased by sisters Francis, Florence, Edith, and Laura, and brothers George and Herbert.

Mrs. Hyndman was a member of St. Matthias United Church in Winchester, where a funeral was held Sept. 7, officiated by Rev. George Bruce. Cremation followed.

Peter DeCooman

Peter J. DeCooman of RR 3 Chesterville died accidentally Sept. 3, 1993 at Ottawa General Hospital. He was 19.

Mr. DeCooman, a student, was born March 27, 1974 in Ottawa, the son of Edward DeCooman and Debra McMillan.

He was the dear grandson of Maria DeCooman of Ottawa and Marjorie McMillan of Elma, dear brother of Melissa at home, and dear friend of Hazel Booth.

He was dearly loved by many uncles, aunts, and cousins.

Visitation was at Daniels Funeral Home in Chesterville, and a funeral was held Sept. 6 at St. Luke's Lutheran Church in Dunbar, officiated by Rev. Ross Thomson. Interment was at Maple Ridge Cemetery.

Pallbearers were Chris MacDonald, Casey Tym, Bob Lafontaine, Jay Cull, Marc Dion, Bill McMillan and Majed Elsaadi.

Russell Baird Miller

Russell Baird Miller of Williamsburg died Sept. 2, 1993 at Winchester District Memorial Hospital. He was 78.

Mr. Miller, a retired cheesemaker, was born April 20, 1915 in Ramsay Twp., the son of the late Albert and Margaret Miller.

He is survived by his wife Muriel Irene Graham.

Mr. Miller was the loving father of Doug (Jenny), grandfather of Scott (Judy), brother of Lloyd (Marie) of London, Marion (Walter) of Pakenham, Evelyn (Melvin) of Carp, Graham (Margaret) of Carp, and Wilma (Bob) of Granada, West Indies.

He was a member of the Oddfellows Lodge and Williamsburg United Church.

A funeral was held Sept. 4 at Williamsburg United Church, officiated by Rev. Sandy MacPherson. Interment was at New Union Cemetery.

Pallbearers were Allan Brunet, Dave Bilmer,. Lyle Kehoe, Jim Jordon, Dave Johansen and Carman McIntosh.

Margaret Casselman

Margaret Casselman of Westmount, Que., died Sept. 2, 1993 in Westmount after a brief illness. She was 85.

Miss Casselman, a retired registered nurse, was born Oct. 14, 1907 in Finch, the daughter of the late Simeon Casselman and Jean Moffat.

She was the sister of Eleanor (Mrs. Denzil Robinson), Donald Casselman (Leitha), and John Casselman, and dear friend of Paul Desjardins.

Miss Casselman was predeceased by sister Marion Casselman and brother Harold Casselman.

She is also survived by nieces Mary Smart, Joan Rutley, Betty Neville, and Louise Moroz.

Miss Casselman was a member of Erskine and American United Church in Montreal.

A funeral was held Sept. 4 at Brownlee Funeral Home in Finch, officiated by Rev. Ross Davis. Interment was at Grantley Cemetery.

Pallbearers were Harmen Witteveen, Hubert VanGilst, Adriaan Rutters, John Dunbar, Neville Smart and Ron Neville.

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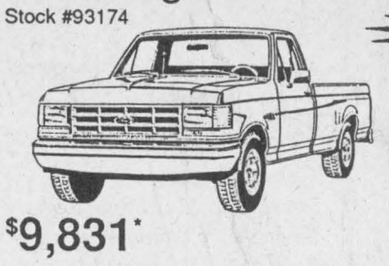

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Producers parade 200 animals at Stormont Fair

Record Staff

NEWINGTON — More than 200 head of cattle shared space in the barns at the Stormont County fairgrounds in Newington Saturday, vying for top honors in the fair's three dairy competitions.

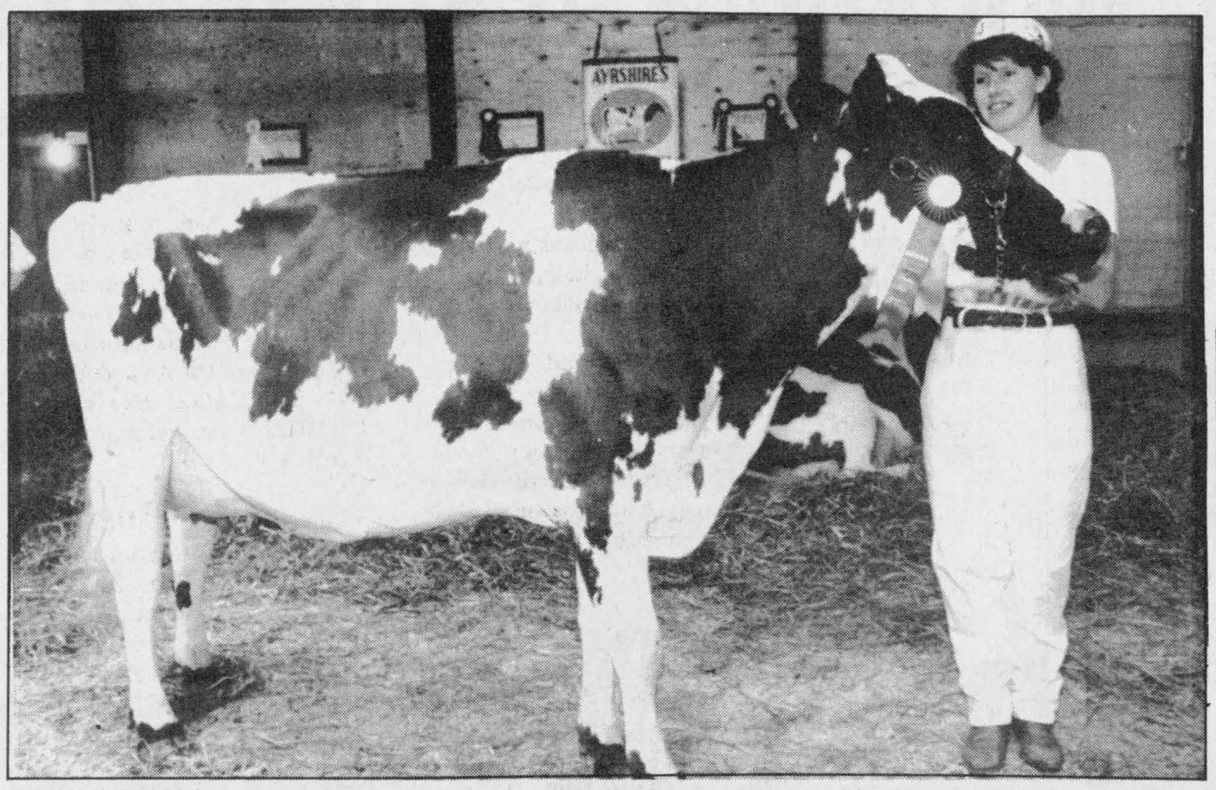
Producers from around the region paraded their best animals in and out of the barns and around the rings for more than three hours in what fair board director Bill Van Loon said was a show of high-quality cattle.

In the Holstein class, the Stormont County Black and White championship, 12 exhibitors showed 77 head of cattle, with Huybregts Farms of Crysler taking home top honors for the show. A Martintown farm showed the grand champion, a four-year-old.

The Ayrshire competition attracted nine breeders from eastern Ontario and Quebec. Donald and Ken Rose of Mountain, who dominated the recent competition at the Chesterville Fair, placed among the top three in seven of the 10 classes, and were named premier breeder and exhibitor.

Berwick breeder Floyd Dingwall collected the most points during the Jersey show, and was named premier breeder and premier exhibitor.

The following are some of the other major winners in the three dairy cattle shows, including the name of the animal and the exhibitor's farm.



Bonnie Stewart-Bergeron showed the grand champion Ayrshire at the Stormont County Fair Saturday.

HOLSTEIN

Grand champion: Murrayholm DRM Jenny; Murrayholm Farms, Martintown.

Reserve grand champion: Limbra Counselor Molly; Huybregts Farms, Crysler.

Junior champion: Showcase CC Arena; Jason Maloney, St. Andrews.

Junior reserve champion: Limbra Couns Liza; Huybregts Farms.

Breeder's herd: Braydale Holsteins, Jean and Wendy Bray, Moose Creek.

Premier breeder and exhibitor: Huybregts Farms.

Reserve breeder and exhibitor: Murrayholm Farms.

JERSEY

Grand champion: North River Juno B Babe; North River Farm, Lachute, Que.

Reserve grand champion: Hobby Gem Diana; Floyd Dingwall, Berwick.

Junior champion: Spruce Vine Knight's Alite; Floyd Dingwall.

Junior reserve champion: Drentex Juno Annabel; Michael and Monique Bols, Russell.

Breeder's herd: North River Farm.

Premier breeder and exhibitor: Floyd Dingwall.

Reserve breeder and exhibitor: North River Farm, Cliff Berry.

AYRSHIRE

Grand champion: Glen Elm Treeny; Elmer and Heather Stewart, Newington.

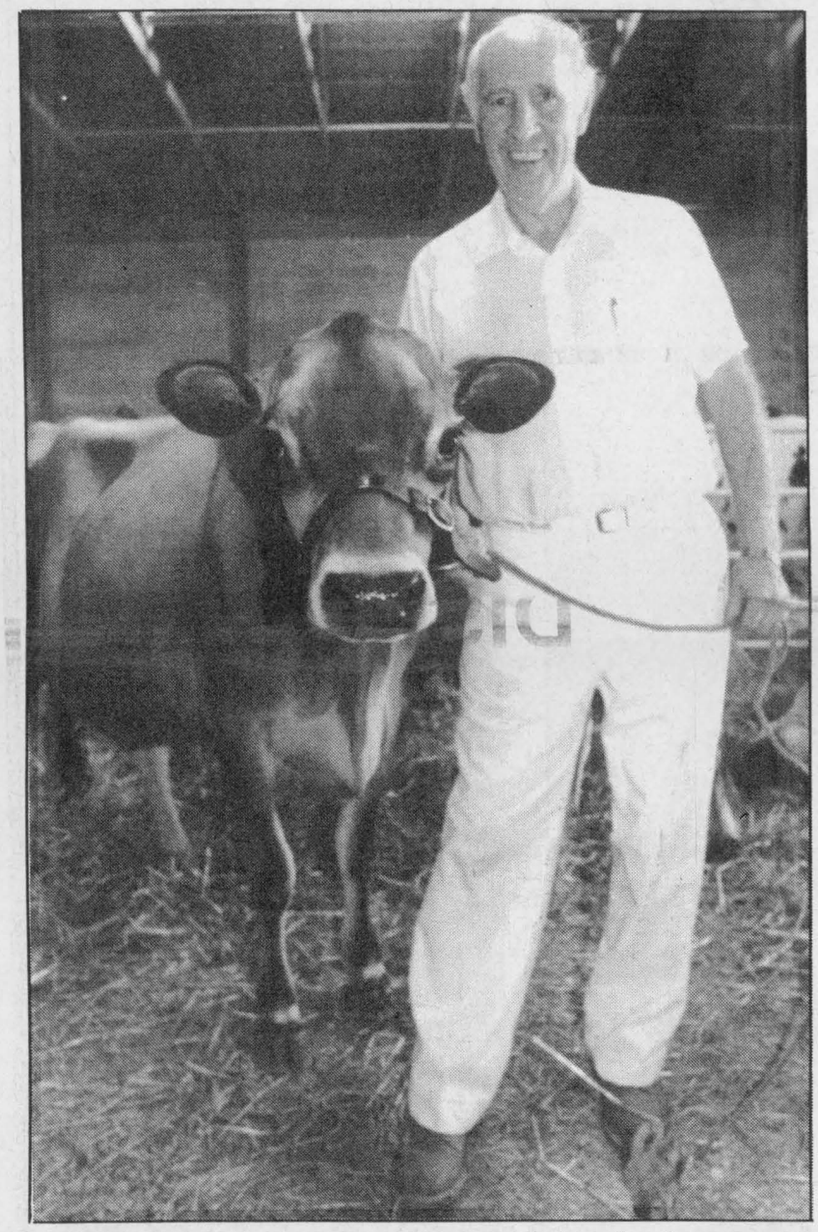
Reserve grand champion: Sunnymead Watchman's Glenda; James Cotton and Sons, Navan.

Junior champion: Memory Lane June; Don and Roy Simmons, Finch.

Reserve junior champion: Toughy Acres Queen Anne, Barbara Merkley and Sons, Morewood.

Breeder's herd: Don and Roy Simmons, Finch.

Premier breeder and exhibitor: Donald and Ken Rose, Mountain.



Cliff Berry, of Lachute, Que., with the grand champion Jersey.

SD&G NEWS UPDATE '93
ACTUALITÉS '93 DANS SD&G

119 FOURTH STREET EAST
CORNWALL, ONT., K6H 6S5

T.R. LEGER SCHOOL
WINCHESTER CAMPUS
Make 1993 your Year for Education

CONVERSATIONAL FRENCH
INTRODUCTORY : BASIC LEVEL ONE
TUESDAYS: 7 to 9 p.m.
SEPTEMBER 21 to NOVEMBER 23
The official Federal Government French language training course will be followed.
You will be given: - a printed text, written exercises, and a translated vocabulary for each lesson.
Fee - $65. No G.S.T.

SIGN LANGUAGE - INTRODUCTORY
One night a week for 10 weeks
Tell us which night you prefer
Fee - $60. No. G.S.T.

THE T.R. LEGER SCHOOL
594 St. Lawrence St., Winchester
(former Hydro Office)
Limited enrolment
CALL NOW: EUNICE JOHNSTON
774-0222 or 774-5063

SEEKING EXCELLENCE THROUGH EDUCATION | L'EDUCATION, LA VOIE DE L'EXCELLENCE

Le président du Conseil — BROCK ABRAHAM, Chairman of the Board
Le président de la SLF — DANIEL MORIN, Chairman of FLS
Le directeur de l'éducation — JAMES W. DILAMARTER, Director of Education

K.S. JEWELLERY
McHAFFIE'S FLEA MARKET
HWY. 31 NORTH, MORRISBURG
30% OFF
ALL 10 & 14 KT GOLD
CASH SALES ONLY — NOW TO DEC. 31, 1993

EVERYDAY PHOTO SPECIAL



- Photofinishing Everyday Low Prices -
12 Exposure - $6.59 24 Exposure - $12.29
15 Exposure - $7.99 36 Exposure - $15.49

Seaway Valley Pharmacy
Chesterville - 448-2492

Winchester Legion Branch 108
Monster Bingo HAWKS
in association with
The Winchester Junior "B" Hawks
September 12, 1993
Winchester Community Centre
Admission $40 includes all regular games and a hot meal.
50/50 games are extra
Doors open at 11:30am - Bingo starts at 1pm



Tickets available from:
CountryBoy Store - 774-3341
Kevin Smail - 774-2924
Jerrold Boulanger - 989-1005
Tickets available at the door

135th RUSSELL FAIR
Friday, Saturday, Sunday
September 10, 11, 12

Thursday, Sept. 9
7pm-10pm - Super Youth Dance, for ages 10-18 years, music by *Gord Sheldrick*. Admission $2

Friday, Sept. 10
Judging of Exhibits
10am-3pm - Education Fair for Schools
12 noon - Ayrshire Show
12 noon - Jersey Show
9pm - Rock Dance, music by *Jim Cochrane and The Deal*. Admission $6 at door, age of majority

Saturday, Sept. 11
9am- Western Horse Show
9:30am-7pm - Exhibit Halls/Craft and Merchant Market open
11am - *RAPA Youth Drama
12 noon - Holstein Show
12:30pm - 4-H Calf Club Achievement Day
1pm - Eastern Bird Breeders Display
1pm - *RAPA Youth Drama
1:30pm - Pet Show
2pm - *Greely Grasshoppers
2pm-6pm - The Fabulous Edsels on CKBY Travelling Road Show
2:30pm - *Circus Delights - sponsored by Harten Bus Lines & Harten Milk Transport
2:30pm - Junior Pedal Pull
3pm - Farmer Olympics (weather permitting)
3:30pm - *Greely Grasshoppers
9:00pm - *Country Show & Dance featuring Ronnie Prophet with Glory Anne, Terry Carisse, Bruce Golden & Borderline. Admission $12 advance, $14 at the door.

Sunday, Sept. 12
9am-11am - Free Pancake Breakfast (with Sunday gate admission)
9:30am-6pm - Exhibit Halls/Craft and Merchant Market open; Eastern Bird Breeders Display
10am - *God's Message in Song, *Cliff and Betty Barkley*
10:30am - *Hugh Latimer
11am - Sheep Show
11am - *The Acres Family
12 noon - Farm Stock Tractor Pull; *Balloonda The Clown
12:30pm - *Step Dancing & Variety Show
1pm - *Hugh Latimer
1:30pm -*Step Dancing & Variety Show
2pm-6pm - The Rick and Val Show on CKBY Travelling Road Show
2pm - *Balloonda the Clown
2:30pm - *The Acres Family
3pm-6:30pm - Chicken BBQ (by Woodland Barbecue) at the refreshment area and in the arena
3:30pm - *River-View Cloggers
6pm - Quilt draw

~ENJOY THE FOLLOWING ATTRACTIONS THROUGHOUT THE FAIR~
TONY MARCH MIDWAY
CKBY TRAVELLING ROAD SHOW
RUSSELL LIONS CLUB BINGO
ANTIQUE EQUIPMENT SHOW
PETTING ZOO

ADMISSION
(Held at 1991 prices)
Adults $4, Children 7-12 yrs., $1;
Children under 7 FREE
INFORMATION
445-3110
445-3122

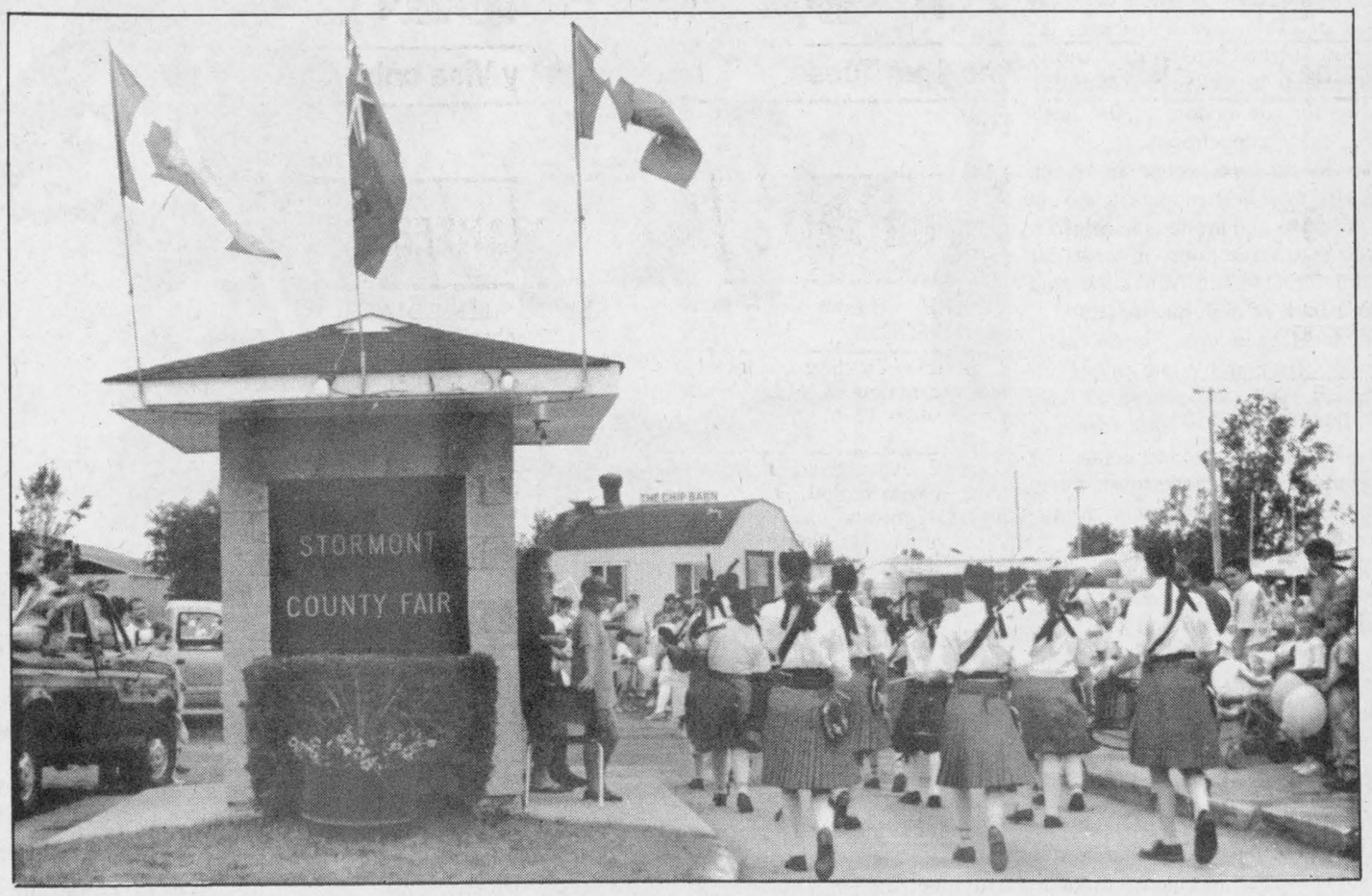
* ON ARENA ICE SURFACE

A fair to Remember!
Friday, Saturday and Sunday under the authority of Community Festival Permit

Achtereekte, Diny	445-3024	Bertrand & Hewitt Enterprises Ltd.	443-2389	Campbell, Eric	445-5349	Derks Equipment Ltd.	448-2335
Acres, Lorne E. Equipment Inc.	774-2672	Big "O" Inc.	448-2314	Campbell & Stewart Equipment		Dugdale, Keith & Marjorie	445-5390
Adam, J. & R. Ltd.	987-2112	Blair, A.L. Construction Ltd.	538-2271	Repair Inc.	774-5708	Duke's Garage	445-3393
AJ's Valley Food Services Inc.	821-1445	Bogden, Ken & Sharon	445-2802	Canadian Tire, Heron Road	733-6776	Dundas Agri-Systems Inc.	652-4844
Annis, O'Sullivan, Vollebekk Ltd.	443-3364	Boothe, Mrs. Helen	445-2055	Cochrane's Dairy Ltd.	445-2959	Durant, Jack Farm Services Ltd.	448-2059
Arbourway	445-2084	Bourbonnais, Robert	443-2971	Co-op Agricole	443-2833	Erlee Country Crafts	445-5432
AWS Auto Wash Systems Ltd.	445-3237	Bradley & Associates Inc.	592-6600	Corland Seeds, Hank Staal Dealer	445-5264	Federal Government	
Bank of Nova Scotia	445-2880	Brendan Classics	445-3930	Corvinelli, John & Trudy	445-0270	Field Automotive	443-5141
Baribault, Campbell, Martel,		Brisson, J.R. Equipment Ltd.	764-2962	Cosmos Berry Farm	443-3725	Ford, Jim	445-5569
Laviolette	443-5683	Brisson Slaughterhouse Ltd.	443-2136	Country Flowers	821-2573	Forster's Flowers	445-3445
Barry's Home Hardware	445-2171	Burton, Mrs. Margaret	445-2823	Cross, Audrey	448-3505	Gillmore, Paul, Rhodes & Company	
Barb's Second Look	445-5254	Byers' Farm Equipment	448-2185	Cummings, Jerry	445-2982	Real Estate	445-7285
BDO Dunwoody Ward Malette	443-5201	Campbell, Al R. Welding &		Dagenais Homecare	443-2889	Government of Ontario	
Beaudry, Gil Farm Supply Inc.	774-3661	Repairs Ltd.	538-2271	Denison-Morrison, Jean	445-3563	Graham, Don & Doris	445-5222
						Gratton, Dr. Gilles	443-5459
						Graves, Hester	445-3143
						Griffith Cartage	445-2820
						Groot-Lipman, Brian	
						Hamilton, Clelland & Ruby	445-5573
						Harten, G.H. Bus Lines Ltd.	445-5438
						Harten, G.H. Transport Ltd.	445-3072
						Harvex Agromart Inc.	258-3445
						Henry, Dr. Garth L.	445-3521
						Heymans, Dr. Gerry A.	445-5333
						Hicks, S.A. Insurance Brokers Ltd.	821-2155
						Honey's Garage	445-3020
						Jacobs, Michel	445-3610
						James, Jack & Lois	445-5252
						Ker-Ley Acres Kennels	445-3540
						Krista Construction Ltd.	445-5462
						Lachaine, Mario	445-3622
						Ladouceur, M.J. Co. Ltd.	443-2571
						Lafrance, Rock Seamless Eavestroughing	445-3366
						Leo's Livestock Exchange Ltd.	821-2634
						Loiselle Garage	443-2955
						Loucks, Glendon, Remax Metro-City Realty Ltd.	728-8262
						MacDonald, Gord	445-5229
						Macdonaldale Farms Limited	445-5585
						McGee Fencing Ltd.	822-2224
						McVey Insurance Service Ltd.	821-2524
						Magladry, Ida (In Memoriam)	
						Meadow Greens Nursery	445-3042
						Metcalfe Service Centre Ltd.	821-2893
						Mike's Beauty Salon	821-1488
						Navan Veterinary Clinic	835-2883
						North Russell Women's Institute	445-5581
						Nutrite Inc., Hank Staal Dealer	445-5264
						O'Reilley Trophies	445-2008
						Ottawa Valley Ayrshire Club	821-2821
						Pana Electric	445-3486
						Patterson's Berry Farm	821-1230
						Pioneer Seeds	821-1997
						Pride, Hank Staal Dealer	445-5264
						Print Ability Inc.	445-3211
						Quaile, Ben (In Memoriam)	
						Remax Homestead Realty Inc.	445-2133
						Richard's Garage	445-5551
						Ritchie Feed & Seed Ltd.	741-4430
						Royal Bank of Canada, Metcalfe	821-2021
						Russell IDA Pharmacy	445-5555
						Russell Village Women's Institute	445-2934
						Russeller's Roadhouse	445-3092
						Russtaal Drainage	445-3360
						Seguin, E. Welding & Machine Shop	443-2800
						Sheldrick, Sterling G. Insurance	445-5221
						Shilo Riding Club	838-5862
						Sinclair, Norm Ltd.	489-2074
						S.J.B. Consignment	448-1467
						Skuce Repairs	774-5612
						Smith, Donald L. Limited	838-3198
						Smith, E&L&B Farm Equipment Ltd.	774-3379
						Solidex Holdings Ltd.	445-2135
						Square Dancers, c/o Ethel & Wilmer Hamilton	445-5342
						Staal, Hank	445-5264
						Stanley, Wendell M.	445-5235
						Studio Berube, Professional Photographers	445-2181
						Sully's Construction	445-2964
						Therkelsen, Erik & Son. Ltd.	445-2818
						Tom's Air Cooled Engines Ltd.	821-1060
						Town & Country Video	445-3162
						Township of Russell	443-3066
						Umbrella Appraisal Service	821-3818
						United Counties of Prescott & Russell	675-4461
						Village Veterinary Clinic	445-5622
						Weagant Farm Supplies	774-2887
						Williams, J.A. Sales & Service	833-2504
						Winchester Tours & Travel Agency Ltd.	774-2424
						Yelle, G. & J. Inc.	987-5336

Fair-goers greet September in Stormont County





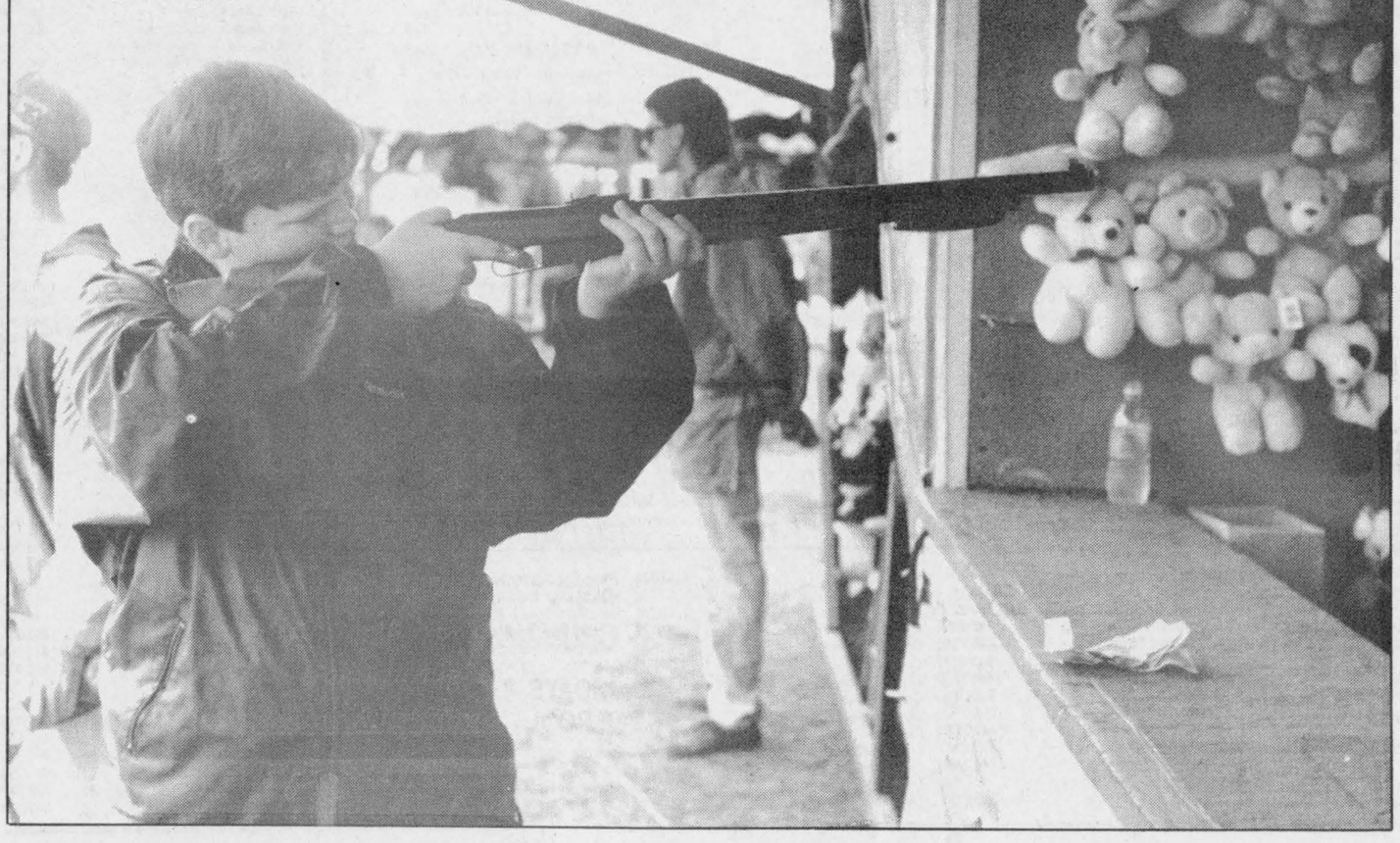




Barney the Dinosaur (left) delighted children along the parade route, especially four-year-old Ashton Brydges, who greeted the purple creature with a huge hug. Many fair-goers stopped at the grandstand to watch the talent show, which included the likes of step-dancer Katie Gemmell, below. Nicolas Senechal, below, and his family travelled from Chateauguay, Que., to enjoy the fair and its midway rides.



Saturday's festivities at the Stormont County Fair began with a parade through Newington. The Glengarry Pipe Band, above right, brought up the rear as the parade made its way onto the fairgrounds. The midway was a popular spot all afternoon, as Diane and Bernadette MacMillan, above left, discovered on the Scrambler. Visitors to the fair looking for something a little more slow-paced could take a walk through the exhibition hall for a look at some of the county's most attractive edibles. Others, like Paul MacNeil of Finch, below, tried their luck at the carny games.





record classifieds

VISA

Classified Advertising Deadline 1pm Tuesday. Phone orders by Visa only. Call 448-2321. $4.00 + GST Minimum for 20 words. Extra Words 20¢ each.

FOR SALE

FIREWOOD FOR SALE - Call after 4pm. 984-2827.
23stf

FOR SALE - 1986 MX Skidoo, excellent condition. Call 989-6145 after 6pm.
52tfc

FOR SALE - 1986 Mercury Capri, 4 cyl., power windows, locks, hatch, cruise, tilt, sunroof. As is $1100. Call 346-2070.
3tf

APPLES
Early apples, cider and products. Smyth's Apple Orchard, Dundela, 3 miles west of Williamsburg. Open 7 days a week 9am-7pm.
50tfc

FOR SALE - Mixed hay, standing or bales; Oliver 1-row corn picker; buckwheat seed $.10/lb. Phone 346-2400 evenings or leave message.
4-4

FOR SALE - 1986 Hyundai Pony in running condition, 122,000 km, interior in good condition. Sell as is $450. Call after 4:30pm. 984-2885.
4

K.S. JEWELLERY - McHaffie's Flea Market, Hwy. 31 North, Morrisburg. 30% OFF ALL 10 & 14 KT GOLD. Cash Sales Only. Now to Dec. 31, 1993.
6

FOR SALE - Ground feed, shelled corn, barley, oats, wheat, mixed. $7/100 lbs. Bring bags. 9am-5pm. Closed Sundays. George Crites 527-5393.
7

FOR SALE - At lowest prices - Are you renovating - come and save 50%! Vinyl flooring: 2.59 sq. yd. Pre-varnished maple: 2.69; oak or birch parquetry: 1.39. white melamine : 14.15; almond: 13.95; black, oak: 16.49; pine 14 sq. ft.: 5.19; panelling: 4.97. Ceiling tile 2x4: 1.59. Steel doors: 44.95, with frame: 74.85. We pay the GST on $1000 purchase or more. Materiaux Masson 819-986-5720.
5

FOR SALE - Brand new Panasonic home stereo system, complete. Call 448-3871.
5

HONEY FOR SALE NOW - $1.25/lb. in your own containers. Termeer's Apiaries, Finch. 984-2731 or 984-2890, Hwy. 43, Goldfield Rd. North, first road east. Look for honey sign.
4

FOR SALE - Woods 17.3 cu. ft. all refrigerator. The most energy efficient refrigerator on the market today! Only uses 36 kilowatt hours of energy per month! On sale now in white or almond for just $629 this week! John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Chesterville (Dunbar).
4-1

FOR SALE - At low prices and we pay the GST. Blocks 4": .59; 8": .89. Clapboard masonite: 25.00 sq.; treated wood 1x6x5: .89; 2x4x8: 1.79; 2x6x8: 2.99. Lattice 4x8: 4.99. Plywood 1/2: 15.49; 5/8: 17.99. Asphalt shingles manoir 20 yrs.: 4.99; aspenite 1/4: 5.89; 7/16: 7.29; 5/8: 10.79; 2x4x8: 1.15; 10: 1.69; 2x6x8: 1.85; 12: 3.29; 2x8x12: 4.49; 2x10x12: 6.39. We pay the GST on $1000 purchase or more. Materiaux Masson 819-986-5720.
5

FOR SALE - At lowest prices. First quality material. Patio stone: 1.39; ceramic tile 6": .12; 8": .49; 12": 1.09; select birch: 1.39; styrofoam 7/8: 3.49; 1-1/2: 5.99; 2": 8.29; patio door 5': 369.00; 6': 419.00; window 2x3: 64.95; 2x4: 76.95; 3x3: 97.95; 4x3: 114.95. #1 steel door, vinyl covered: 99.95. We pay the GST on $1000 purchase or more. Materiaux Masson 819-986- 5720.
5

FOR SALE - Automatic washing machine; cedar picnic table; numerous items, lots of Christmas decorations. Call 984-2729. 2 km east of Berwick. Watch for sign.
4

FOR SALE - Massey Ferguson 3 furrow 3pt.h plow. Cedar fence posts. Round bales of hay. Rye seed. Call 346-2382.
4

FOR SALE - Puppies. Beautiful black and yellow Lab/Border Collie mix. $20 each. Phone 448-3188.
4

Now the kids are back to school and you need a change, So come to
Karen's Hair Studio
For highlights, scalp massage, hair treatments, perms from $27.00 & up & much more.
57 Hummel St.
Chesterville - 448-2152

FOR SALE

FOR SALE - Border Collie pups. Phone 987-5542.

FOR SALE - Pickling cucumbers, tomatoes, cantaloupes. Mary Durant after 6pm. 448- 1206.
4tfc

FOR SALE - Just arrived - more new gas ranges with sealed burners and electronic ignition and exclusive cooktop uniburners! And best of all it's on sale for only $699 - save $100. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
4-1

ESTATE SALE
Brand new Sears best cabinetmaker series, 10" radial arm saw with table and cupboard mount, extra carbide blades and dado blades, many extras. New $1300 - selling for $800. Truck cap, was on a 1979 Chev short box, good shape with steel boat racks. A steal at $200. Call 445-2103.
4

FOR SALE - Corn stove and pipes, electric hot water tank and Maytag dryer. Everything like new. Call 448-2627.
5stf

FOR SALE - Table & 8 chairs, very good condition, dark wood. Call 448-3520.
4

FOR SALE - 3 Chore Time flex augers; truck roll bar; set of running boards, fits 3/4 ton with dual tires, never used. Tom 448-3350.
4

FOR SALE - Kenmore electric stove, 24" wide by 22", good condition. Call 448-1857.

NOTICES

HERITAGE CAFE
YOUR ONE STOP CATERING SERVICE
at our restaurant
or your location
full place settings and facilities
for large or small groups
448-1737
36tfc

MONUMENTS
Eastern Ontario Cemetery Memorials
RR2, Mountain, 258-2927
Monuments and markers in granite or bronze. Cemetery lettering and monument restoration.
Bruce Campbell
463 York St., Box 275
Winchester, 774-2493
14tfc

GETTING MARRIED? - Have your personal wedding story captured by an experienced photographer. We also take family, anniversary and personal photographs. Book early by calling Wayne LaPrade, Chesterville. 448-2852.
20tfc

JASPER'S FINE DESSERTS - Black Forest Cakes $20/$40; Barnie the Dinosaur $20; Strawberry Meringue Gateau $20; Baked Alaska $15. Proprietor Heather Parent 448-2598.
46tfc

CHIMNEY SWEEP - Be safe! Get your chimney cleaned at least once a year at a reasonable price. Call Lyle 448-3255 after 5pm or 448-2574 daily.
4

FREE (YES REALLY!) - Dessert and coffee during our official dining room opening at Jumpin Jacks Tuesday, Wednesday, Thursday, Sept. 14, 15 and 16. Enter draws to win dinners, desserts and discounts.
4-1

WESLEY AUDIO-VIDEO REPAIR - We repair stereo equipment, televisions and VCR's. Free estimates. This month's special: VCR cleaning half price. Call Andy at 448-1654.
7

LASCELLE SAWMILL - Monkland. Dry stovewood, slabwood, strapping, lumber, galvanized and colored tin. We deliver. Phone 346-5907 evenings and weekends.
9-10

WANTED

WANTED - Licensed bus drivers. Contact Brannen Bus Lines Ltd. 9am-5pm. Call 448- 3325.



JOHN DEERE Model 2350,
4-wheel drive with J.D. 245 front-end loader, Only 1,200 hours. Asking $22,000; terms can be arranged.
Call Gilles Roy
525-1242

WANTED

REQUIRED IMMEDIATELY - Class "A" mechanic for approx. 2-3 months, must have knowledge of auto, trucks and hydraulics. Apply to Box 92, Chesterville or call 448-3600 days or 448- 3204 evenings.
4

WANTED - Babysitter/housekeeper required immediately for 4 children ages 10, 9, 4 and 2. $300 gross for a 5 day week in Crysler area. Bilingual, non-smoker preferred. 987-5332.
4

WANTED - 99 overweight people. Lose 10-20 pounds per month. 100% natural. Clinically tested. We pay you. Serious callers only. 1-604- 533-5576.
7-6

ANYONE INTERESTED IN BOWLING IN A MIXED LEAGUE - Sunday night at 8pm. Call Brenda at 448-2254 or Dave at Chesterville Lanes 448- 3535.
4-1

WANTED - Babysitter for 4 year old and 5 month old children. Starting end of September in my home. Call 448-3919.
5

HELP WANTED - Christmas Cash! Earn extra money in your spare time with an exciting career in fashion. For your free starter kit please call 416-637-7591 for details.
7

WORK WANTED - Have you got a heavy workload? Can help you out by taking and typing notes, letters, essays, etc. via WordPerfect 5.1 program. Phone Suzanne at 448-2136.
4

WANTED - Open for tenders for proven responsible parties to remove my entire barn off my property without fire. The lowest bid may not be accepted. Call 534-2460.
4

WANTED - Every Tuesday, healthy Holstein bull calves. Top price for good young calves between 95-110 lbs. Deliver to Delft Blue Veal Farm, Lightning Street, Williamsburg between 10am-2pm. For prices of the week phone Walt at 543-2796 Monday nights after 8pm.
45tfc

WANTED - Bilingual person for office work and answering the telephone. 821-1266.
6-4

WORK WANTED - For renovations to older homes, additions, decks and fences, porches, replacement of doors and windows, etc. Call Russell Robinson 448-3534.
5

WORK WANTED - Chimneys - block or brick. Call Joe 984-2043.

BOWLERS WANTED - Senior men and women (55 yrs. or older) looking for afternoon exercise and socializing to help pass the winter months. Try Casual Bowling at special rates. For more information call Chesterville Lanes 448-3535.

FOR RENT

FOR RENT - 1 bedroom apartment, 505 St. Lawrence St., Winchester. Available immediately. Fridge, stove, heat included. Hydro extra. $450 monthly. Phone 774-5323.
28tfc

FOR RENT - Available immediately 2 bedroom apartment in Chesterville, 78 Mill St. Fridge, stove and garage, $460 monthly plus hydro and heat. Call 774-5323.
50tfc

FOR RENT - 2 bedroom apartment, second floor in 6-plex. Carpet throughout. Hook- ups for washer and dryer within unit. Balcony, security entrance, fresh air exchange unit. Available immediately. Rent $505, utilities extra. Call 448-3370 days and 448-2643 evenings.
1tfc

FOR RENT - 1 bedroom apartment, $385; 2 bedroom apartment, $525. Fridge, stove, carpet, heat and hydro all included. Available now in Chesterville. 448-2611.
2tfc

FOR RENT - Commercial office or store space, large or small, in Chesterville. Available now. First month free. Will renovate to suit tenant. 448-2611.
2tfc

DMC Carpentry
DMC CARPENTRY
R.R. #3, Crysler, Ont. K0A 1R0
987-2058
Renovations, Additions, Doors, Windows, Decks, Siding, and more.
Darren Chambers

FOR RENT

FOR RENT - 4 bedroom home near Berwick, $305/month plus utilities. Available Oct. 1. Call 984-2398.
4

FOR RENT - 4 bedroom house on Hwy. 43, between Chesterville and Finch. Central air and electric heat, double garage. Call 987-5733 or 987-5774.

COMING EVENTS

WINCHESTER CURLING CLUB GENERAL FALL MEETING - Tues., Sept. 14, 7:30pm. All members urged to attend.
4-2

OPEN RECEPTION - To celebrate the marriage of Mark Shay and Vicky van Gessel Sept. 11, 1993. 8:30pm-1am, Chesterville Arena. Music D.J. Record Runner. Lunch. Everyone Welcome.

MIXED PARTY - In honor of Angie Osborne and Allan Beehler, Sat., Sept. 11, 1993, 9pm-1am. D.J. Crysler Community Centre. Everyone Welcome.
4

NEWINGTON UNITED CHURCH ANNIVERSARY SERVICE - Sun., Sept. 19, 1993 at 8pm. "A Celebration in Song" with the Stormont Men's Choir.
5

MORRISBURG & DIST. CANADIAN CLUB - All members are reminded of the first dinner meeting of the 1993-94 season in the Morrisburg Civic Building on Tuesday, Sept. 14 at 7pm. Guest speaker William Roberts, Senior Director General International Affairs, TV Ontario.

REGULAR MEETING - Of the United Counties of Stormont, Dundas and Glengarry Waste Management Master Plan Steering Committee Thurs., Sept. 9, 1993 at Mountain Township Municipal Offices in Mountain, at 3:30pm. Agenda items include the upcoming screening criteria for landfill workshop, scheduled for October 2, 1993. The Public Liaison Committee will hold its regular meeting Thursday, September 16, 1993 at 7:30pm at the OMAF Office in Avonmore. Agenda items include the upcoming screening criteria for landfill workshop. All meetings open to the public of SD&G. For more information, please call Anne MacGillivray, Study Co-ordinator, at 938-6112 or if long distance toll-free at 1-800-267-2538.

ROUND & SQUARE DANCE - Tri-County Country Dance Sat., Sept. 11, 8:30pm-12:30am, Chesterville Legion. Musicians and everyone welcome.
4

HAPPY 25TH ANNIVERSARY JOHN AND JOAN VAN WYLICK - Family and friends are invited to help celebrate on Saturday, Sept. 18 at Winchester Twp. Community Centre, Morewood at 9pm. Best Wishes Only.
5stf

BRIDAL SHOWER - In honor of Carol- Anne Prieur, Sept. 19 at 1pm at the Northfield Station Hall. Everyone welcome.
4stf

BASKETRY CLASS - Sept. 18. For further information call 448-3733.
4

SCOUTING REGISTRATION - Thurs., Sept. 16, 7:30pm at Chesterville Legion. Age groups: Beavers 5-7 yrs.; Cubs 8-10 yrs.; Scouts 11-15 yrs.; Venturers 16-21 yrs. These function only if leaders come forward. Fee of $27.50 by cheque. Please call Elva 448-2836 or Lynn 448-1647 for information or to volunteer.
5

BRIDAL SHOWER - In honor of Pamela Campbell Sat., Sept. 18, 1993 at 2pm in basement of St. Andrew's Presbyterian Church, Avonmore, Ont. Ladies please bring copy of your favorite recipe.
5

COOK REQUIRED
We are presently seeking a cook who enjoys the elderly, will work 3 to 4 days weekly and will not mind having cleaning duties during the dayshift.
Call
987-5562
during business hours

COMING EVENTS

COOKING LESSONS - Starting Tuesday, September 14, 1993. Beginners level. Small classes. Phone Heather Parent for further information 448-2598.

SPARKS, BROWNIES, GUIDES, PATHFINDERS REGISTRATION - Mon., Sept. 13 at 7pm, United Church, Chesterville. Sparks - 5 yrs. old; Brownies 6-9 yrs. old; Guides 9-12 yrs. old; Pathfinders 12-15 yrs. old. For further information contact Wendy Holland 448-3468; Toni Dingwall 448-3250; Nicole Van Wylick 821-1550 or Cathy Hunt 448-2073.
4

A.C.A. (Adult Children Anonymous) - Do you struggle with guilt or self judgement? Adult children are reactors rather than actors, come and share with us. Every Tuesday 8pm at The House of Lazarus, Matilda Resource Centre in South Mountain 989-3830.
4-4

SUNDAY BRUNCH - Country Kitchen Restaurant, Hwy. 31 and 43 Winchester. $5.95. Children under 8 $2.95. Served from 9:30am-2pm.
5-4

ANNUAL TURKEY SUPPER - Sponsored by the ladies of St. Andrews Presbyterian Church, Avonmore will be held at the community centre on Sept. 22. Sittings from 4:30-8pm. $7 for adults, $4 for children, pre-schoolers free. Take out available.
4

MODERN SQUARE DANCING - Come and join in the fun and learn to Modern Square Dance. Starting Sept. 13 from 7:30-10pm, Morrisburg Public School Gym. Caller Harold Moore. 543-2341.
5

THERIEN JIU-JITSU DOJO MARTIAL ART COURSE - When: Starting Sept. 14, 1993. Where: North Dundas Dist. High School Gym. Time: 6:30- 7:30pm Children's Class. Age: 6-13 yrs. of age. Time: 8-9pm Adult's Class. Age: 14 and Up. Clothing: A sweat shirt and sweat pants. For more information call Sensei Norm Beauchamp 4th Dan 448-1233 (Chesterville, Ont.). Come and join the most practical form of self defense.
4

BRIDAL SHOWER - In honor of Tammy Ouderkirk, daughter of Oscar and Lois Ouderkirk. (Bride-to-be of Bill Campbell). Tuesday, Sept. 14 at Osnabruck Township Hall at 7pm. Everyone Welcome.
4-1

ST. MARY'S PARISH (CHESTERVILLE) HARVEST SUPPER - Sun. Sept. 19, Legion Hall. 4- 7pm. Admission Adults $7.50; 12 & under $3; pre- schoolers free.
5

LEGION MIXED DARTS - Sign up for the Legion Mixed Dart League Wed., Sept. 15 from 7-9pm and Wed., Sept. 22 from 7-9pm. Meeting on Sept. 22 for any rule changes and committees. Practice night and picking of teams Sept. 29. League to start on Oct. 6, 1993. Everyone Welcome. For more information call Bill Harper at 448-2853.
6-3

ERNIE HOLLANDS - This is your invitation to hear the testimony of an ex-convict who went from prison to praise at Harmony Community Church on Sun., Sept. 12, 10:30am.
4-1

OPEN RECEPTION - At Iroquois Legion Sept. 10, 1993, 9pm-1am in honor of the marriage of Melissa Dowell and Dennis Porter. Music by Easy Country.
4

FARMER DI'S COUNTRY CRAFTS TOLE STUDIO - Upcoming Classes: Thursday, Sept. 9 and 16. 7-9:30pm. Intro to Tin. Saturday, Sept. 11 and 18. 9-11:30am. Half Circle Autumn Table. Saturday, Sept. 11. 1-3:30pm. Glass Painting. Saturday, Sept. 18. 1-3:30pm. Hallowe'en Chunkies. Call 984-2690 for details and a Christmas class listing.

What's on at
THE SIERRA GRANDE HOTEL
Chesterville, Ont.
Fri, Sept. 10th
"KARAOKE"
Fri. - Sat. Sept. 17th, 18th
"THE CRUNCH"
OPEN MONDAYS 3 - 12
FREE POOL
CLOSED SUNDAY
Proper I.D. Required

Winchester Theatre
FRI. SEPT. 10, SAT. SEPT. 11
7:30 P.M.
"HOCUS POCUS"
RATED P.G. Starring Bette Midler and three other witches. Fine comedy.
Fri. & Sat., September 17 - 18
"ROBIN HOOD MEN IN TIGHTS"

ROUND BALING SERVICES
• 3 CLAAS BALERS
• WATER RESISTANT NETTING OR TWINE
• HAY TARPS
CALL
ROBERT CASSELMAN
984-2638

Cannamore Orchard
Monday to Friday 10 am-6pm
Weekends 10 am-5pm
Pick Your Own & Pre-Picked Apples
In October
Pick Your Own Pumpkins
Free Wagon Rides
Country Store with jams, honey, maple, cider & Halloween supplies
4 Km. East of Morewood
448-3633

CAMPBELL CUSTOM FURNITURE
CHESTERVILLE, ONT.
Refasten Chairs • Refinishing • Upholstering • Custom made Furniture • Crafts • Lawn Swings • Picnic Tables • Garden Benches
Come see my booth at the
WINCHESTER TRADE FAIR
this weekend in the
CURLING RINK
448-3956

CAR-CARE
SPROULE SERVICES
2 km on Manley Rd., west of Berwick
984-2278
Major & minor Car & Truck Repairs, computer tuneups, safety checks and more
Richard Sproule

PICK YOUR OWN APPLES, TOMATOES AND FALL RASPBERRIES
AVONMORE BERRY FARM
1 Mile NORTH OF AVONMORE
ALSO
Ready-Picked
APPLES, SWEET CORN, POTATOES & TOMATOES
346-5414
TAPED MESSAGE
346-2336
Please Call Ahead About
RASPBERRY PICKING
Hours: 9 am to 6 pm
Tuesday - Sunday
CLOSED MONDAYS

CARD OF THANKS

CARD OF THANKS

Thanks to St. Jude Sacred Heart and Mary for favor received.

T.G.
4

CARD OF THANKS

Belated thank you to former students of Morewood High School for making the Reunion 1993 a success. Thanks to Sharon Donaldson, Stewart Carruthers, Art Barber, Touch of Country. Special thanks from Brian Allison to Betty Thompson. I couldn't have done it without your help!

4

CARD OF THANKS

We wish to extend our sincere thanks and appreciation for the donations, messages of sympathy, Masses and acts of kindness from friends and neighbors following the recent loss of Arnolda. We are most grateful to Dr. Prins and the nurses on the 1st floor of the Winchester and District Memorial Hospital for all their support.

Tony Leyten and Family
4

CARD OF THANKS

I would like to say thank you to my family and friends for flowers, cards, visitors, to all the nurses in ICU and second floor at W.D.M.H., to Drs. Adamson and Chande for their excellent care.

Margaret Williams

Paul's Tool Rentals

For your convenience we offer:

Rotor tillers • compactors • generators • water pumps • floor sanders • welders • power tools • cement trowels • lawn rakes • weed trimmers & much, much more.

4 Pleasant St.,
Crysler - 987-2118

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Custom Round Baling
Net or Twine

2 Claas Round Balers
Liquid or Powder

Large Square Baling

Steve Shane - Crysler
987-5735 or 987-2955
Theo Herfkens
987-2038

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Winchester, Ontario

Household, Estate, Farm, Industrial, Real Estate Auctions

Hunter McCaig, Auctioneer

Days: 774-2735; Evenings: 258-5095

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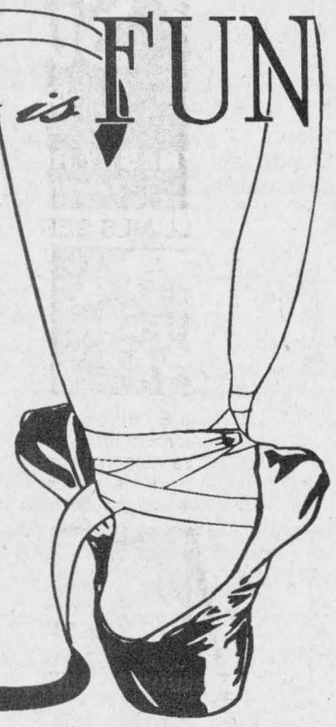
Ward Mallette's Winchester office offers a full range of services in areas of:

- Financial Statement Preparation
- Computer Installation and Training
- Personal Tax Returns and Planning
- Goods and Services Tax Consulting

475 Main St., Winchester, Ont. K0C 2K0
Tel.: (613) 774-2854 • 1-800-268-0019

Learning is FUN
at
TOP HAT DANCE SCHOOL
Classes are available in
Jazz, Tap, Ballet & Acrobatics
Registration will take place
Thursday, Sept. 9
at
17 Streeterpete, Chesterville
For more information call
Christine LaPlante
448-1944
Classes in Winchester & Dunbar



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Best Prices - Agricultural Lime
Contracting - Excavation - Tile Drainage
- Steel and Plastic Culverts
- Septic Tanks and Sewer Pipe
- Plastic tubing and Fittings

PAT'S CERAMICS

A new season is beginning with a lot of new items and colors

CALL NOW TO REGISTER

Classes begin
Mon., Sept. 13
Tues., Sept. 14
Thurs., Sept. 16
Evenings,
7 - 9 p.m.



Special rates for seniors
Call Pat Reaney 989-5313
R.R. 3, Winchester



Lordy! Lordy!
Look Who's Forty!!
HAPPY BIRTHDAY
MAMA, *Love Meg*



MOREWOOD KITCHENS
Manufactured on Premises
KITCHEN CABINETS
Traditional & European
Vanities • Wall Units
MOREWOOD
448-2739
Prop. Rejean Pomainville

LAB ASSISTANTS

Part-Time positions available in October for a
MEDICAL SPECIMEN PROCESSING SERVICE IN WINCHESTER

Keyboarding and medical/lab terminology essential.
Flexibility for mid-day and early evening shifts required.
The use of a car and phlebotomy an asset.

Please submit a written résumé to:

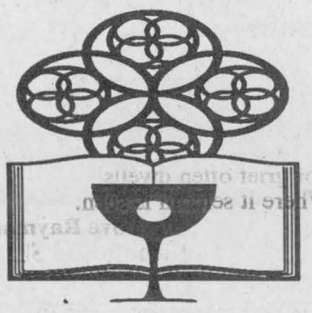
Hospitals In-Common Laboratory Inc.
Personnel Department
1 William Morgan Drive
Toronto, Ont. M4H 1N6

OR Fax to:
416-422-1767

Application deadline: 5:00 p.m. Wed. Sept. 15/1993

HOSPITALS IN-COMMON LABORATORY INC.

CHURCH DIRECTORY



ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father: Jim Esper
448-3262
SUNDAY, September 12, 1993
HOLY MASS
5:30 P.M. - Sat. Night Mass
9:00 A.M. & 11:00 A.M. - Sunday Morning Mass
Jan. 1994

NATIONSIDE PENTECOSTAL CHURCH
13 Albert St.
CHESTERVILLE
Pastor: Rev. Harold J. Morden
448-2084
SUNDAY, September 12, 1993
10:00 A.M. **THE WALLACE FAMILY** *Presents A Round Up For The Whole Family! Black-lite Chalk Drawings, Puppets, Special Music, Stories & Much More!!!*
11:45 A.M. - **Potblessing Dinner**
7:30 P.M.- Praise Rally
"DYNAMITE POWER!"
Wed. 7:30 P.M. Home Bible Study
(2 Faubert Avenue)
Affiliated with the Pentecostal Assemblies of Canada
May 1994

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
9:30 A.M. - Sunday Service
Everyone Welcome!
May 1994

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
448-3580
SUNDAY, September 12, 1993
9:30 A.M. - Morning Service
7:30 P.M. - Evening Service
Nursery provided during all services.
You are invited to worship with us.
FAITH 20 can be viewed every morning at 5:30 am on Channel 6.
May 1994

HARMONY COMMUNITY CHURCH
(Missionary Church of Canada)
Hwy 31 & Ormond Road
774-5170
SUNDAY, September 12, 1993
10:30 A.M. - Worship Service
Guest Speaker: ERNIE HOLLANDS
10:30 A.M. - Sunday School
Dec. 1993

UNITED CHURCHES
CHESTERVILLE - MOREWOOD
Minister: Rev. Roy Harwood
448-3549
SUNDAY, September 12, 1993
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1993

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, September 12, 1993
Morewood
11:00 A.M. Sunday Worship
Nursery & Sunday School
Chesterville
9:25 A.M. - Sunday Worship
Nursery & Sunday School
RALLY SUNDAY
Tues. 7:30 P.M. Praise & Bible Study "THE BOOK OF REVELATION"
COME EXPECTING LEAVE REJOICING
May 1994

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, September 12, 1993
11:15 A.M. - Sunday Worship
June 1993

Bruce R. Kerr
Insurance & Investments



GICs

1 Year	2 Years
4.625%	5.25%

4&5 Years 6.625%

LIFE AND DISABILITY INSURANCE

NO LOAD MUTUAL FUNDS
Some minimums may apply. Rates subject to change.
456 Main St. E., Winchester
Telephone 774-2456



HAPPY BIRTHDAY
"WIENER"
(PATTY DUKE)
Luv ""The Gang"

We can do it!



The Terry Fox Run
for Cancer Research
Sunday, Sept. 19, 1993

The run will take place starting from

NORTH DUNDAS DISTRICT HIGH SCHOOL

REGISTRATION TIME
10:00 a.m. to 1 p.m.

Pledge sheets are available from local Rotary Club members, the Bank of Nova Scotia and the Chesterville Record.

Sponsored by the Chesterville Rotary Club

para-med HEALTH SERVICES

Cardio Pulmonary Resuscitation



SAVE A LIFE

Learn how at Para-Med Health Services
- *Certified CPR instructors*
- *Regular CPR programs*
- *Group rates*

Call now to register - Space is limited
Contact: Ann Baker, 774-5544 or 1-800-461-9916

FALL CLASSES

BASIC RESCUER (12 hours)
Oct. 22, 6:30-10:30pm and Oct. 23, 9am-4pm
Nov. 16, 17, 23, 6:30-10:30pm

HEARTSAVER PLUS INFANT/CHILD (6 hours)
Sept. 25, 9am-4pm; Oct. 6, 7, 6:30-10:30pm;
Nov. 9, 10, 6:30-10:30pm

HEARTSAVER (4 hours)
Oct. 26, 6:30-10:30pm

Private classes available for groups of 8 or more. Call to book a date.

VKH Vankleek Hill LIVESTOCK Exchange Ltd

ALAIN MARLEAU - 346-0113
Office - 678-3008

EXCHANGE MARKET REPORT
SEPTEMBER 6, 93
Sale Every Monday at 7:00 p.m.

GOOD CALVES: $1.40 - $2.17
High Seller: $2.25
Cassbrae Farm - L'Orignal

COWS: 55¢ - 68¢
High Seller: 68¼¢
Dalekirk Farm - Dalkeith

BEEF COWS: 55¢ - 72½¢
High Seller: 73¢
Marc Jean Louis - Lefaivre

BRED BEEF COWS: $8.50 - $11.60
High Seller: $11.75
Marc Jean Louis - Lefaivre

STOCKERS: 95¢ - $1.49
High Seller: $1.51
Marc Jean Louis - Lefaivre

BULLS: - 75¢ - 84¢
High Seller: 86¢
Marc Jean Louis - Lefaivre

No cows sold subject again this week. Cows, calves stockers, everything increased in price this week. Stockers are really hot, so don't wait, bring them in right away.

"Club Big" members this week are:

Dalekirk Farm - 1,746 lbs. x 68¼¢ = $1,192; Jack Fraser - 1,610 lbs x 66¼¢ = $1,067; Joset Fetz - 1,658 lbs x 65¢ = $1,078; Conrad Labreche - 1,536 lbs x 65¾¢ = $1,010; Marc Jean Louis - 1,558 lbs x 73¢ = $1,137.

Our truckers of the month are Aurele Gareau from Lancaster and Stuart MacDonald from Alexandria.

BERNIER SECURITY NETWORK
BERNIER SECURITY INC.

NEW TELEPHONE NUMBER

448-9090

Notice - Our previous business number 448-1080 is no longer a Bernier Security business telephone number.

24 Hour Monitoring - $16.95 month

TRADE SHOW SPECIAL

First Year Monitoring FREE
with 3 year term, or
10% Discount
with the presentation of this ad

"We care about you and for the safety of your loved ones."

Robert M. Bernier is a security locksmith who provides electronic security systems, safe and vault opening and servicing, intercom systems, window bars and special glass, CCTV and card access control, medical alert, security and crime prevention seminars, as well as complete sales, service and installation.

20 KM BIKE-A-THON

FOR CHESTERVILLE & DISTRICT LIONS' CLUB

1ST PRIZE - $200.00
FOR MOST MONEY RAISED

2ND PRIZE - $100.00
FOR BIKER CLOSEST TO HIDDEN TIME

3RD PRIZE - $50.00
RANDOM DRAW

SAT., OCTOBER 2, 1993

Departure from Chesterville Park 10:00 - 10:30 a.m.

Sponsor Sheets Available at: McEwen Gas Bar, Seaway Valley Pharmacy, & local schools

Thank You For Supporting The Chesterville & District Lions' Club

AUCTION SALES

AUCTION SALE
SAT., SEPT. 11
10 AM SHARP
Located at the Senior Citizens Hall, 25 George St., Crysler

20 small tables; 45 chairs; piano; hi-fi; fridge; stove; slate pool table, nice one; dishes; silverware; shuffle board; 20 folding chairs; antique stand; large antique table; game boards; a lot of cups; clock; coffee pot.

Note: This is a very small sale. Be on time. (No reserves).

TERMS - CASH OR GOOD CHEQUE
AUCTIONEER
Murray Blair
Avonmore, Ont.
346-5568

4-1

AUCTION SALE
SAT., SEPT. 11, 1993
10:30 AM
485 Gladstone St., Winchester, Ont.
Watch for Signs

Having decided to discontinue our rental business I've commissioned the undersigned auction company to sell by unreserved auction the following:

Bobcat 56 excavator (1400 hrs.); Bobcat 43 skidsteer (1050 hrs.) w/material bucket & pallet forks; 3 pt. 5' hyd. blade; Bosch magnum breaker; Beagun gas breaker; Guillotine brick cutter; target saw; appliance cart; Homelite string trimmer; Homelite brushcutter; carpet iron; (2) carpet kickers; (2) chain saws; coffee percolator; Fiac 3/4hp portable air compressor; Campbell Hausfeld 2hp portable air compressor; electric concrete mixer; 12" concrete saw; 14" concrete saw; 12" concrete saw & cart; Wacker concrete trowel; Wacker concrete vibrator; drywall screw guns; Centaur 2 speed floor polisher & attachments; floor roller 1250 lbs.; 3500 watt generator; Bosch demolition hammer; Hilti TE92 & bits; (3) electric heaters; (5) propane heaters; (5) propane cylinders; extention cords; (2) 20 ton hydraulic jacks; Wacker jumping jack; (5) ladders (8'-40'); Cyclone seeder; Lawn Boy 21" mower; (2) lawn rollers; David White transit; (2) electric lights; log splitter 5hp; mitre saw 10"; (5) Bostitch air nailers; quick drive screwgun; airless paint sprayer; drywall panel lift; post hole auger 5hp; electric pressure washer; trash pump 5hp 2"; submersible sump pump 2"; Wacker walk behind double drum roller; Bosch roto scraper electric; floor sanders; 20 sections of scaffolding; manual sewer snake; sickle bar mower; air staplers; electric staplers; manual staplers; texture gun; ceramic tile cutters; torches & cart; (3) roto tillers; 16" tandem axle trailer 8000 lbs.; utility trailer 4'x8': commercial wet/dry vacuum; (2) Wacker plate packers; wallpaper stripper; construction fencing; Bosch belt sander; Bosch orbital sander; Bosch jig saw; Bosch 1/2 hammer drill; Bosch circular saw; (2) Bosch disc sander; Bosch sheet metal nibbler; Bosch sawzall; Canox 225 amp arc welder; 5hp motor; 2" water hose; 10" table saw.

Plus many other items too numerous to mention.

TERMS - CASH OR GOOD CHEQUE DAY OF SALE
RENT-ALL
774-2514
RIDEAU AUCTIONS INC.
1-800-567-1797
774-2735

4-1

HOUSEHOLD AUCTION
THURS., SEPT. 9
6 PM
McHaffie Auction Hall
Morrisburg, Ont.
3 Partial Households

New 3/4 bed (brass); 3 pce. bedroom suite (queen size bed); 4 pce. double bedroom suite; pair of twin beds; dresser set; folding cot, new; wooden desk; chrome table and chairs; electric organ & bench; slide rocker; wardrobe; rocker; 5 dining chairs; buffet; electric stove; 26" color TV; card table, new; component stereo; clock; plant stand; antique rockers; small tables; trunks; treadle sewing machine; coffee table & end tables; telephone stand & bench; humidifier; dehumidifier; vacuum; lawn set; chairs & umbrella; picture frames; dishes; ornaments; glassware; bedding; blankets; curtains; small household appliances; clothes hamper; Lawn Boy mower; edger; whipper snipper; many unlisted items.

AUCTIONEER
Sheila McHaffie
Mastercard and Visa Accepted
Hall opens at 5pm day of sale

4-1

TWILIGHT AUCTION
THURSDAY EVENING SEPT. 9
Lavina Blue
18 Pine St. North
West end of town
Ingleside, Ont.

Drop leaf gate leg table; 4 hoop back chairs; small oak table with ball & claw feet; combination dresser and wardrobe; 1935 Marconi tabletop radio; telephone table; floor lamp; recliner; chrome table & chairs; electric ice cream maker; dehumidifier; fridge; stove; washer; drill press; Skil saw; jig saw; wooden extension ladder; garden tools; misc. smalls.

TERMS - CASH OR ACCEPTABLE CHEQUE
NOTE
Be on time not a large sale
AUCTION SERVICE
Flora Grant Dumouchel
Ingleside, Ont.
537-2925

4-1

IN MEMORIAM

IN MEMORIAM

STATA - In memory of a dear mother, Clara, who passed away September 16, 1991.

We do not forget her
We love her too dearly
For her memory to fade
From our lives like a dream,
Our lips need not speak
When our hearts mourn sincerely,
For grief often dwells
Where it seldom is seen.

Love Raymond, George and Sharon

4

The Chesterville Record
FOUNDED IN 1894

is available at Monkland Mini Market Monkland

DANIELS FUNERAL HOME

E. James Daniels, F.D.
Chesterville, Ont. • 448-2120
"Family owned and operated"

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Sutton GROUP



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Alan LaPierre
448-3306

FULL MLS SERVICE AT COMPETITIVE RATES



CHESTERVILLE. Here's value! two-storey, four-bedroom on large treed lot, country-size kitchen, dining, two baths, oil heat, garage, workshop. You can have immediate possession.



FINCH. Renovated two-storey, features family room with vaulted ceiling, patio doors to deck/pool, treed, fenced lot, garage, workshop. Paved drive. Call me for a viewing today.



CHESTERVILLE. Country dream on three acres, renovated - features country kitchen, formal dining, four bedrooms, two baths, upgraded carpets, verandah, porch, garage, trees.



MOREWOOD. Quiet country setting on one acre, spacious hi-ranch features rec room, European kitchen, dining, three bedrooms, deck, garage, new home warranty. Call today.

BUY OR SELL WITH CONFIDENCE • CALL ALAN, 448-3306

Donnaerobics exercise studio



464½ Main Street East, Winchester
(Lower level of Double Beauty) 448-1680 or 774-0328 **Donna McBean**

REGISTRATION

Wednesday, Sept. 8 & Thursday, Sept. 9
6:30pm-8:00pm

For further information, please call Donna McBean, 448-1680 or 774-0328
CLASSES BEGIN SEPT. 13 TO DEC. 22, 1993
15 weeks: 1x week $65.00; 2x week $120.00; unlimited $150.00
Monthly payment plan available

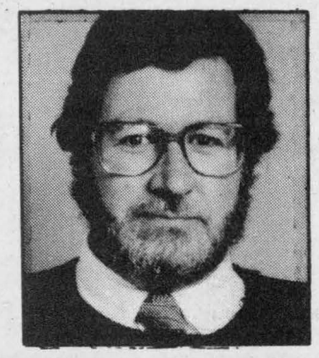
SCHEDULE

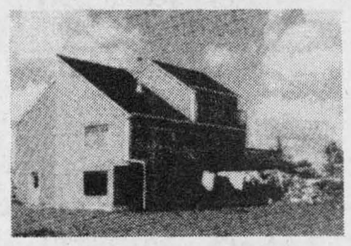
MON.	TUES.	WED.	THURS.	SAT.
10am Step 2	10am Low Impact		10am Step 2	10am Low Impact
5:15pm Step 2		5:15pm Step 2		
6:30pm Toning	6:30pm Step 1	6:30pm Toning	6:30pm Step 1	
7:30pm Low Impact	7:30pm Low Impact	7:30pm Advance Step	7:30pm Step 2	

(Subject to change to accommodate members)

Donna McBean, Owner, Instructor
Certified by the Ontario Fitness Council and Canadian Aerobic Instructors' Association
Dawn Exner, Instructor
Certified by the Canadian Aerobic Instructors' Association

TONY WELLAND REAL ESTATE





NEW PRICE on this excellent Crysler area, modern country home. 3 levels, 2 decks, 3+ bedrooms, 2+ baths, open concept cathedral, woodstove, huge windows, great views, immaculate. **Only $128,500.**



JUST LISTED. Super 2.2 acre treed building lot in the Morewood/Chesterville area. Private, quiet spot with a long view. Pine, spruce, ash, maple. Half hour to Ottawa. **Great buy at $29,900.**

TONY WELLAND REAL ESTATE

201 FELTON CRES.
RR#2, RUSSELL
MLS 445-TONY

CROSS CANADA MARKETPLACE

IT'S FAST - IT'S EASY! ONE CALL, ONE BILL DOES IT ALL.

CAREER TRAINING

LEARN AUCTIONEERING at the Southwestern School of Auctioneering. Next Class: November 20-26. Information, contact: Southwestern Ontario School of Auctioneering, R.R.#5, Woodstock, Ontario N4S 7V9. (519) 537-2115.

FREE career guide to home-study correspondence Diploma courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A) 263 Adelaide West, Toronto, 1-800-950-1972.

VACATION/TRAVEL

MYRTLE BEACH RESORT Vacation Rentals - Fully furnished condos. Pools, tennis and more! Golf packages/ winter rentals available. Fall rates from $327/week. FREE BROCHURE: 1-800-448-5653.

STEEL BUILDINGS

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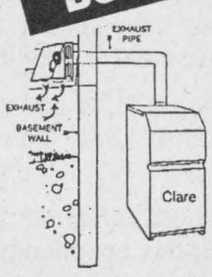

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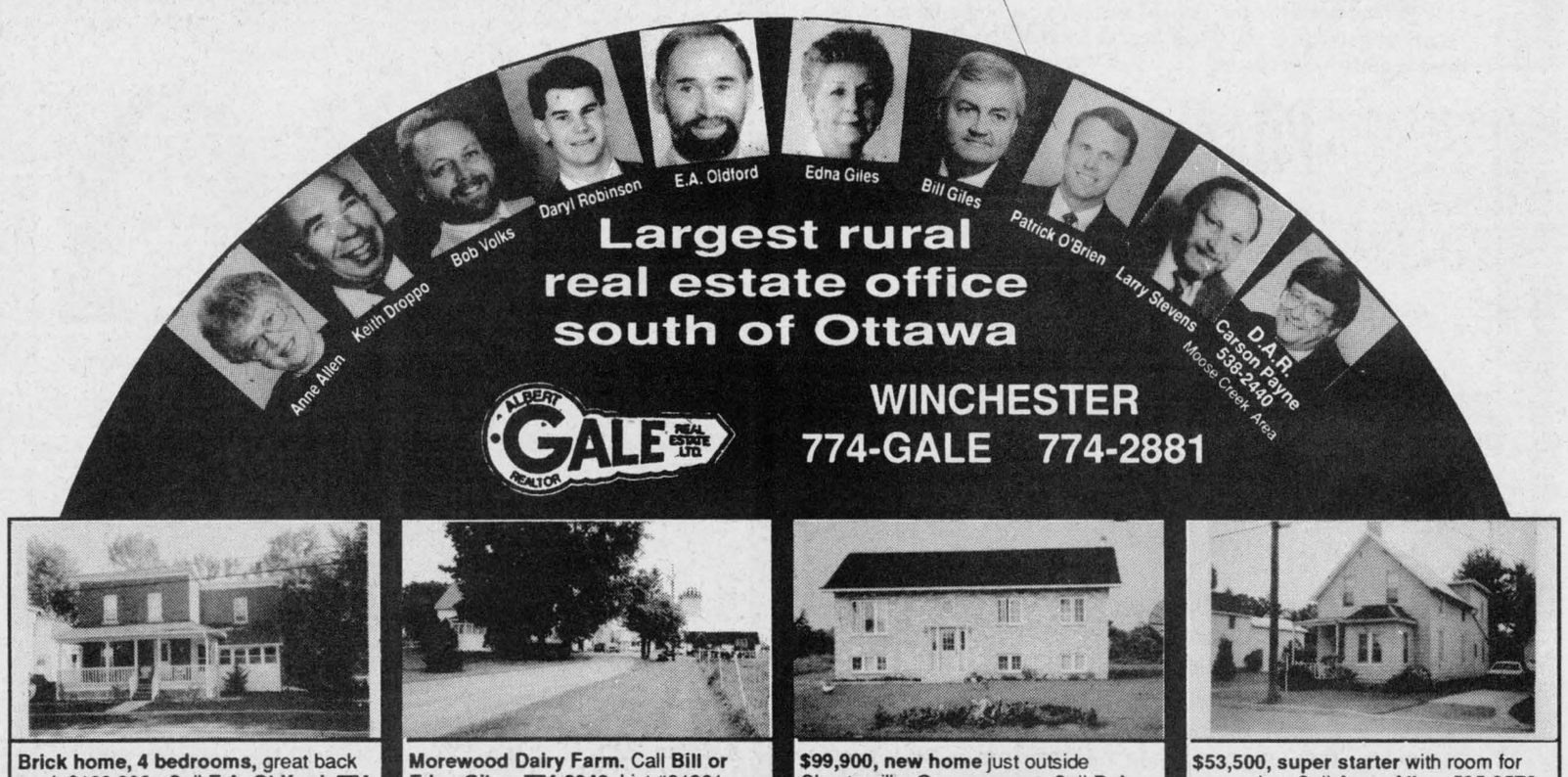

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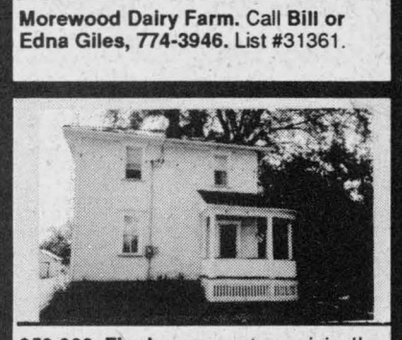

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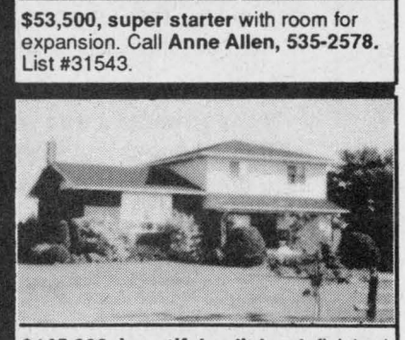

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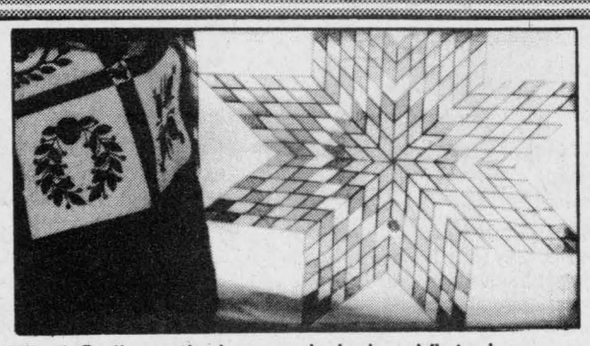

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Corner Books & Crafts is managed by employees Anja Berends and Don Johnston.

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The store has grown to stock over 20,000 used books, in paperback and hard cover. Also brand new are arriving daily. The owners will endeavor to keep in stock the top 20 paperback sellers, as well as new and used children's books, activity books, puzzles, etc.

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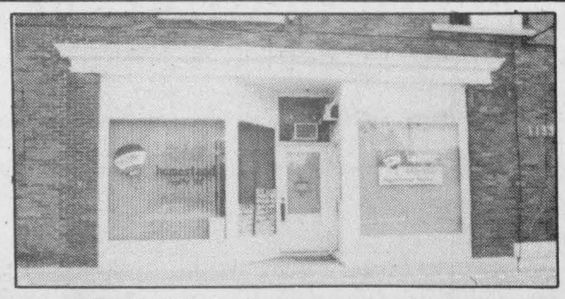

RE/MAX Homestead Realty Ltd. has been a very active real estate company serving the area south and east of Ottawa since 1984. The present location in downtown Russell has been the company's home since February 1989. The goal of the company is to serve its clients in the purchase or sale of all types of real estate (residential, commercial, building lots, investment properties, farms) as well as managing rental properties for out-of-town landlords.

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The Record Sports

North Dundas Minor Hockey Association

New fee hike does not affect registration

Chris Thatcher
Record Staff

Increased registration fees didn't stop 279 hockey players from registering with the North Dundas Minor Hockey Association last week.

NDMHA fees rose by as much as $65 for midget and bantam level players this season to $245; senior novice through peewee will pay $210, a $60 increase, while novice players will pay $160, a $50 raise.

In spite of the hefty fee hike, NDMHA surpasse its total number of participants from last year, and there are still two weeks remaining until the start of the season.

"(Registration) is (up) a bit and we're three weeks ahead of ourselves," new NDMHA president Beverly Beck said. "I'm surprised by the numbers; I expected a lower turnout. We didn't know what to expect."

The strongest numbers were in the association's Initiation and Development Program —a beginners program instituted by the Canadian Amateur Hockey Association in 1986 that emphasises fun over competition —where almost 60 registered. Registration was also high in atom (55), peewee (41) and junior novice (36). Bantam (29), senior novice (28) and midget (16) were not as strong.

The association held its registration earlier than usual in order to schedule ice times with the arenas well in advance of the season.

The fee increase was precipitated by several factors in the off-season. The Canadian Amateur Hockey Association raised its insurance rate per player from approximately $4 to $20; arena ice rental rose by $10 an hour; and player registration cards went up 12 per cent.

"We had to raise the fees," Beck said. "But with all the increases, I must say I'm pleased and quite surprised with the response. I'm sure we lost a few but the majority have come back."

North Dundas also over-spent its budget last year and will support a $15,000 debt-load this season. The largest contributor to the debt was additional ice-time, which cost the association approximately $10,000, Beck said.

"Last year, we did purchase a lot of new equipment. We (also bought) additional ice to give to certain levels and didn't look at the finances close enough. Referee fees increased by $2 across the board."

The association has already started an extensive fundraising campaign for the 1993-94 season.

North Dundas was just one of several associations forced to raise its fees substantially. The Russell Minor Hockey Association charged $295 for the midget level down to $220 for the tyke level.

The Morrisburg and District Minor Hockey Association, however, was able to keep its costs down to a low of $165 for midget and bantam and $145 for novice.

Beck new ND president



Beverly Beck

Beverly Beck assumed the role of president of the North Dundas Minor Hockey Association earlier this summer.

Beck took over the position after elected president Mark MacDonell was promoted and transferred to Halifax, N.S.

Although Beck was the second vice-president, she was forced to take over the top executive position when the first-vice president resigned.

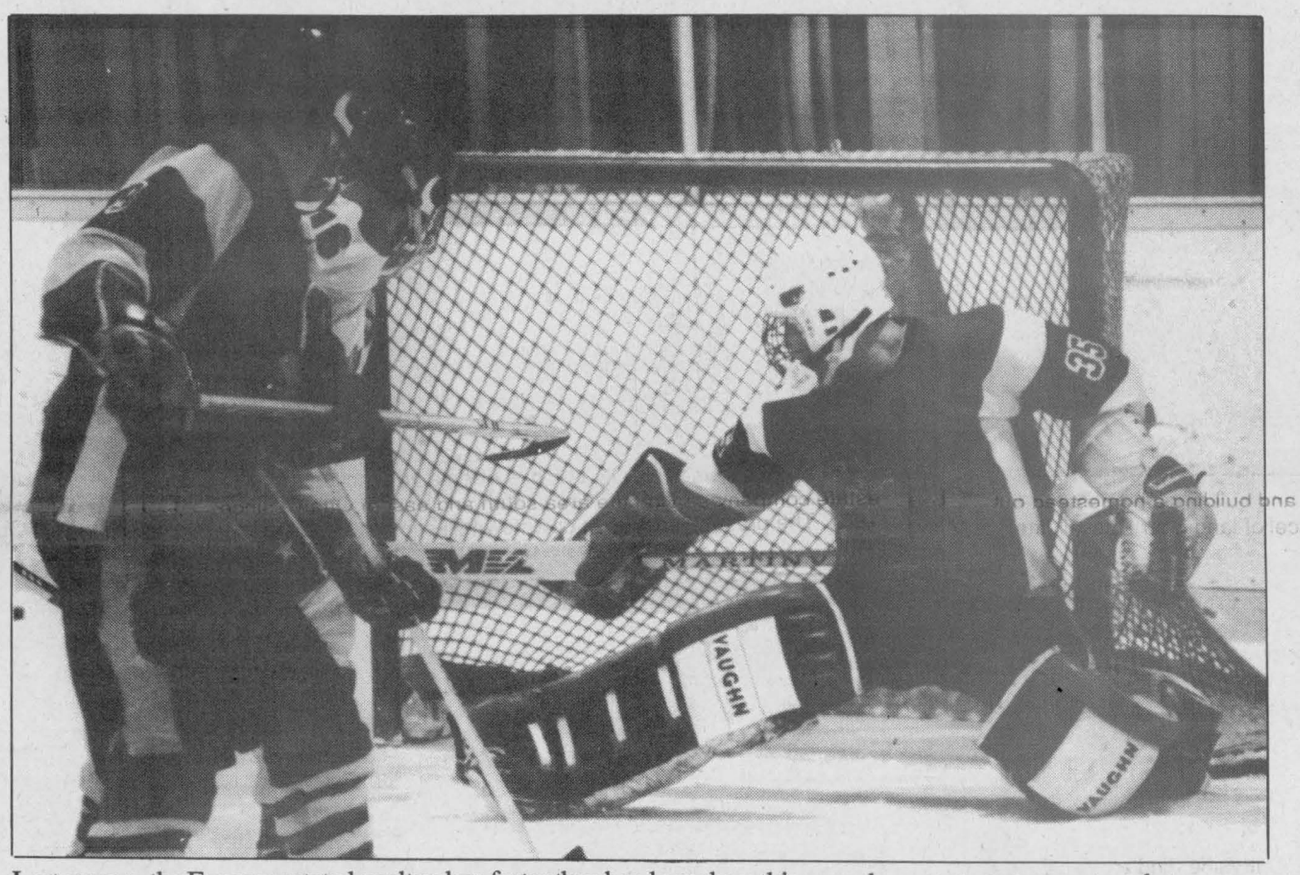
"I moved up because I didn't want to see the executive fall apart," Beck said. "I felt compelled to step in as president."

She said she would serve until the end of MacDonell's term in April.

Ken Drummond of Winchester is the association's new first vice-president.

All positions up for grabs at Express camp

Chris Thatcher
Record Staff



Last season, the Express rotated goaltenders faster than head coaches; this year, they want a permanent puckstopper.

The North Stormont Express will start with a clean slate when training camp opens next week in Williamstown.

In an unprecedented move, the Eastern Ontario Junior "C" Hockey League team sent out invitations to 70 junior-age players with the intent of wiping away the memory of last year's dismal 1-28-1 season.

"We've all forgotten about last year," newly hired head coach Peter DeRooy said in an interview recently. "We've turned a new leaf.

"If the guys come out who said they were going to come out, we should be all right. This is the first time they've (mailed invitations) and the response has been good. Everything is looking really good."

Almost 50 players have said they will be at the Char-Lan arena when camp opens Thursday, September 16. For veteran Express players, that means all jobs are on the line.

"Every spot is open," DeRooy said. "If somebody is better than someone from last year, then they are going to lose that spot."

DeRooy, who joined the team in the last third of season as an assistant coach, replaces Kirk Anderson. Anderson took over from veteran Express coach Steve McRae midway through the season after McRae resigned.

Like both his predecessors, DeRooy is well acquainted with junior hockey in eastern Ontario.

He coached the Jr. "B" Winchester Hawks for a season and a half before leaving at the mid-point of last season following a dispute with management. Prior to that, he directed the Alexandria Glens to three Jr. B division titles in four seasons, winning the Rideau-St. Lawrence crown twice.

He will be joined behind the bench by assistant coach Jeff Summers, a former player with the Winchester Hawks and, in DeRooy's mind, one of the best defencemen in the Jr. "B" league during his two seasons with the Hawks. The Express have established ties with the Char- Lan Rebels organization, severing their affiliation with the Hawks.

During his recruiting drive, DeRooy targetted the Cornwall area and hopes that many of those players who don't make the Rebels will try out for North Stormont.

"(Char-Lan) wants to see kids who are cut from Jr. B have a chance to play so they've left the door open to us," he said.

The Express will hold two intra-squad games in Maxville Sept. 19 and 23, and one in Finch Sept. 24, before hosting their first exhibition game Sept. 25 against the Russell Lions.

There will also be an exhibition contest in Maxville Sept. 26 against the St. Isidore Eagles.

North Stormont opens its regular season on home ice Thursday, Oct. 7, against the same team that eliminated it from last season's playoffs, the Vankleek Hill Cougars. The following night, the Express will travel to Russell to meet the Lions. Both games start at 8 p.m.

Sidewinders unseat Athletics for crown

RIVERSIDE HEIGHTS—Lyle Schell slugged a towering homerun to left field and pitched into the sixth inning as the Williamsburg Sidewinders tripped up the Pigeon Island Athletics 4-1 in game six of the 1993 South Dundas Industrial Fastball League championship final.

Their Wednesday night victory enabled the Sidewinders Roadhouse to claim the championship silverware in six games and unseat the defending champion Athletics.

Pigeon Island avoided elimination here last Monday posting a 7-5 victory over Williamsburg.

Following the final game SDIFL representative Dave Lapier presented the the regular season and championship hardware to Williamsburg captain Mitch Hutt.

Individual awards were also presented to Williamsburg's Larry Cooper who claimed the playoff MVP and Most Sportsmanlike Player trophies.

Pigeon Island pitcher Wes Baker also earned MVP status.

GAME SIX

Short stop Larry Cooper gave Williamsburg a 1-0 lead reaching a first-inning double and scoring on an error.

The 1-0 lead held up into the fourth when Sidewinder starter Lyle Schell jumped on a Wes Baker offering and sent it out over the left-field fence. Dale Simms followed with a one-out single to right but the score remained 2-0.

Al McNairn then delivered the telling blow in the top of the sixth.

Joe Hummell led it off with a base on balls. Lylle Schell struckout but McNairn belted a two-run rocket to right and opened up a 4-0 gap.

Pigeon Island got something started in the bottom of the sixth as Schell walked Dean Beckstead to get the inning started. Barry Casselman followed with a basehit.

Williamsburg went to their bullpen and brought in Steve Plummer to face Jamie Smith. He fanned Smith and served up an RBI sacrifice to Matt Bilmer as the A's cut their deficit to 4-1.

But Plummer enticed Rob Casselman to ground into a 5-3 out to end the sixth.

Wes Baker struckout Dwayne Hummell and Steve Casselman and got a spectacular diving catch from Derek Whitteker to stop Williamsburg in the top of the seventh.

Plummer then retired the A's in order in the bottom of the seventh. He got Derek Whitteker on a fly ball and fanned Peter Brunt and Jeff Veltkamp to lock up a 4-1 win and the 1993 championship.

See WILLIAMS on page 17



1993 SDIFL champs

Williamsburg's Sidewinders Roadhouse defeated the Pigeon Island A's in six games to win the South Dundas Industrial Fastball League 1993 championship. Williamsburg posted a pair of 1-0 victories and a 3-2 win before taking Game 6 4-1. The A's answered the Sidewinders with 4-0 and 7-5 wins to avoid a sweep. Front row (left to right): Al McNairn, Lyle Schell, Steve Casselman and Larry Cooper. Back, left, Todd Casselman, Joe Hummell, Dale Simms, Dwayne Hummell, Steve Plummer and Mitch Hutt. Missing: Dave Cross and Bob Deleavey. The Pigeon Island Athletics were: Peter Brunt, Dean Beckstead, Jeff Veltkamp, Jamie Smith, Troy Suddard, Wes Baker, Derek Whitteker, Barry Casselman, Rob Casselman, Matt Bilmer, and Dennis Merkley.

Photo—Van Bridger

Junior football league sends right message

Out of left field
Chris Thatcher

The announcement barely made a ripple in the sports pages, a one paragraph story on the last page.

It should have sent shock waves through the ranks of amateur football.

To its credit, the Canadian Junior Football Association suspended four players last week who tested positive for anabolic-androgenic steroids.

It's a major step for the small governing body of junior football, which only began testing its players in 1990, because it sends a message right across the country that the CJFA intends to take the issue of steroid abuse seriously.

In two years of little or short notice testing, 10 of 411 tests have been positive.

The National Football League, the bastion of professional football, is a laughing joke as far as testing is concerned.

Despite rumors and stories of steroid use as early as 1965, the NFL insisted that there was not a problem and that, furthermore, AAS did not work. The league began announced testing in 1987 and only started random testing in 1990. In 1987, 97 out of 1,400 active players tested postive. Given the fact that the players were given a year's notice about when they would be tested, the masking agents on the market, and most players' knowledge about how to properly "cycle" steroids, six per cent was a staggering number.

But according to former Pittsburg Steeler lineman Steve Courson, the 97 players were given nothing more than a letter informing them they had tested positive.

In 1988, 13 players tested positive for AAS use after the NFL said that a positive test would mean a 30-day suspension without pay. As Courson noted, however, it just meant that "fewer (were) using during the testing period."

This is also the same league that drafted a player suspended for steroid use while in college and signed him to the then largest contract for a rookie linebacker. Oklahoma's Brian Bosworth, suspended prior to a bowl game, was crowned king of the state of Washington and revered as the saviour of the woeful Seattle Seahawks.

The NFL maintains that it has cleaned up its act, that it is cracking down, but in a recent article in the New York Times, an anonymous player reported that players are informed approximately when random tests will be conducted and are able to circumvent the process by concealing a clean urine pouch on their person when testing is done.

Anabolic-androgenic steroids work, there is no denying that. Combined with an intensive weight training program, they will increase strength, speed, aggression, even stamina. But they may also kill —not immediately, but in several years.

But when professional sport, the role model for teenagers and aspiring athletes, condons or conveniently turns its back on the problem, the problem grows.

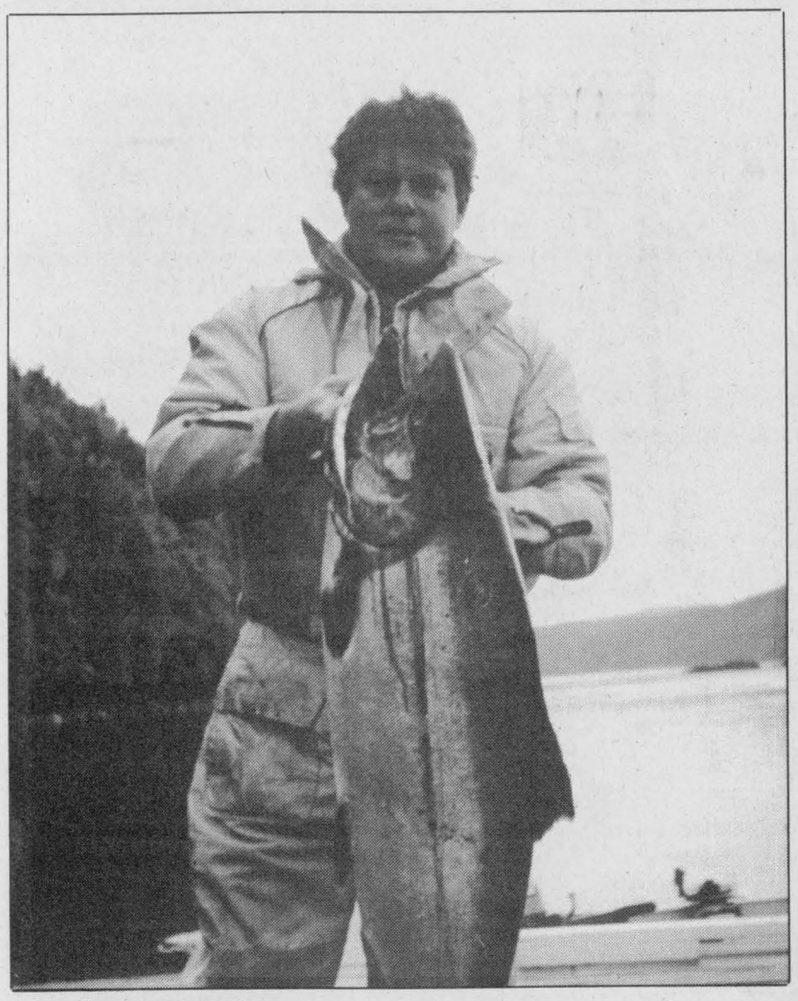
A recent study by the Canadian Centre for Drug-Free Sport suggested that as many as 83,000 teenagers between the ages of 11 and 18 have used AAS in the last 12 months. Over 50 per cent of those used steroids to improve their performance in sports.

"There did seem to be a correlation between those using and those who know the (side) effects," said Paul Melia, CCDFS Director of Education. "Those using are also the ones who don't believe anything can happen to them. The more competitive in sports they are, the more likely they are to be using."

A Department of Health and Human Sevices study conducted in the United States in 1990 estimated that as many as 250,000 teenagers are currently using steroids: 82 per cent did not believe there were any long term health effects; 89 per cent increased their dosage over time; and 86 per cent had no intention of stopping.

Considering some of the long-term health effects, which some professionals suggest range from sterility and impotency to cancer, heart disease and liver damage, the number of young athletes using AAS is staggering.

Surely professional sport has a duty to protect its old and its young.



A whale of a fish
Hubert Casselman hoists a 49-pound salmon caught in Knight's Inlet in northern B.C.The salmon, the largest ever caught in the Johnston Strait, was caught by Casselman's father-in-law, Ted Sheehan.

Fuller topples O'Brien on lap 31 restart

CORNWALL - Tim Fuller is proving to be a classic racer at Cornwall Motor Speedway.

Having won the "Coca-Cola Classic" on August 1 in the Seaway City, the 25-year-old racer from Edwards, N.Y. outduelled Cornwall track champion Danny O'Brien of Kingston for the checkered flag and nearly $1,800 in the 50-lap "Canadian Tire Classic."

Heat wins went to the Kingston trio of Danny O'Brien, Pat O'Brien and Doug Carlyle, along with Fuller, as 34 drivers checked into the Cornwall pits for the first of ten events that help determine an international champion among drivers from Ontario, Quebec, New York and Vermont who compete in the small block modified division of D.I.R.T. racing.

Billy Cook of Bombay, N.Y. and Rick Wilson of Joyceville captured consolation races that rounded out the 24-car starting grid.

Danny O'Brien drew pole position and sped away into lapped traffic as the first 19 laps were run consecutively under green. The 25-year-old O'Brien protected his lead until shortly after the sixth restart of the feature with 31 laps in the books.

That's when Fuller, who had started on the inside of row six, reeled the leader in. Fuller flew by when O'Brien was jolted by a rough spot in the track. That initiated a half-dozen laps of frenzied action when they traded top spot back and forth like they were riding a teeter-totter.

Fuller eventually gained the upper hand on the final restart, with 39 laps completed, and was fortunate the race wasn't scheduled for 51 laps. He limped to victory lane with an overheated engine that hissed steam and a broken front end that left his car tilting precariously to the port side.

Dave Camara of Poultney, Vermont finished third followed by Cornwall's Marcel Lafrance and Doug Carlyle. Bill Mullin of Iroquois placed sixth to earn a guaranteed starting position in the small block feature race at Super Dirt Week in Syracuse, N.Y. during October.

In the supporting classes, Alain Beliveau emerged victorious for the seventh time this season in a 15-lap sportsman division feature. The Granby, Quebec racer cruised home first after leader Rick Cauvier of South Mountain was wrecked from behind on the final set of turns. Rookie-of-the-year honors and the sportsman track title went to 20-year-old Chris Jones of Demorestville.

Mario St. Pierre of Crysler won the 12-lap semi- pro feature with Cornwall's Steven McDonald taking the 10-lap amateur feature.

Modified action for 1993 concludes in Cornwall on Sunday afternoon, September 12 with the 50-lap fall championship. As an added attraction Chris Shipclark of Ottawa plans to attempt a Canadian record by jumping over 20 cars on his Suzuki motorcyle. The racing program starts at 2 o'clock.

Results for Sunday, September 5
Modifieds
Qualifying Heat Winners
Danny O'Brien, Kingston; Pat O'Brien, Kingston; Doug Carlyle, Kingston; Tim Fuller, Edwards, N.Y.; Consi 1, Billy Cook, Bombay, N.Y.; Consi 2, Rick Wilson, Joyceville.

Feature Results
Tim Fuller, Edwards, N.Y.; Danny O'Brien, Kingston; Dave Camara, Poultney, Vt.; Marcel Lafrance, Cornwall; Doug Carlyle, Kingston; Bill Mullin, Iroquois; Leon Gonyo, Chazy, N.Y.; Pat O'Brien, Kingston.

Aces open in Hawkesbury

The Cornwall Aces released their American Hockey League exhibition schedule for the 1993-94 season.

In a press release last week, Cornwall's vice-president of marketing Ron Chenier said that training camp will open September 20 at the Cornwall Civic Complex. Try-outs from Sept. 22-25 will be open to the public.

The Aces' first exhibition game is slated for Wednesday, Sept. 22, at the Hawkesbury Sports Complex against the Adirondack Red Wings.

"As much as 70 per cent of the players from the American Hockey League will play in the NHL at some point," Chenier said. "It simply doesn't get any better."

Home exhibition games include a Friday, Sept. 24 tilt with the P.E.I. Senators, and a Monday, Sept. 27 game with the St. John's Maple Leafs.

Cornwall will also host the Aces Cup Tournament on October 2-3. Four teams, including Adirondack, the Rochester Americans and the Hamilton Canucks, will compete for a berth in Sunday's final.

Tickets for all exhibition games go on sale Sept. 16.

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Imrie saves Selects title hopes

WINCHESTER—An eighth inning run by Pat Imrie snapped a 15-run tie and gave the defending Winchester Lob Ball League "A" Pool champion Chesterville Selects new hope of defending their title.

A loss to the Morewood Vikings would have eliminated the Selects from the "A" Pool round- robin picture. But with their 16-15 extra-inning victory Chesterville is still in the hunt for a berth in the championship final.

The Hansma Old Boys put Chesterville on the ropes beating them 9-3 in last week's opener.

The Legion 108 Royals also have two points after a 7-6 win over the Vikings last Wednesday.

Hansma, Legion and Chesterville all have a win while Morewood is out with two losses on their record.

In the "B" Pool bracket the Hallville Trojans have a lock on one final-round spot having defeated the Shoneroy Splinters 10-9 and Taplen Construction 17-10.

STILL ALIVE

Gerald Eby, Danny McMahon and Brian Como gave Morewood a 3-0 lead on Chesterville after an inning and they had a 5-2 lead after two but an eight-run third got the Selects back in the game.

Donnie Imrie, Andy Inglis, Rob Broderick, Mike Hoogeveen, Neil Beckstead, Greg Beckstead, Pat Imrie and Garry Beckstead all scored in the Chesterville third but they trailed 11-10.

Eby, Jeff Armstrong, Brian Como (third run of the game) and John Stewart crossed the plate in the Morewood fourth to put the Vikes up 15-11.

The Selects pulled into a 15-15 tie in the fifth on runs by Mike Hoogeveen, Greg Beckstead, Pat Imrie and Garry Beckstead (third of the game) and the teams played into the eighth before Chesterville was able to push the winner across the plate.

LEGION WINS

The Legion 108 Royals got seventh inning runs from Dave Hutt (double) and John Archer (double) as they squeezed to a 7-6 win over the Vikings last Wednesday.

John Marquette scored twice in the first two innings to get the Legion off to an early lead.

Dan McMahon (2), Chris McKibbon, Steve Casselman, Jeff VanDerVeen and Gerald Eby replied for Morewood.

TROJANS AGAIN

Hallville won their second game in as many starts defeating Taplen Construction 17-10 last Wednesday and now have a 2-0 record with a game left to play in round one.

Mike Patrick led the charge scoring three times. Bill Lillison, Reg Wylie, Darren Coleman, Phil Douglas and Gary Milne each made it home twice. Terry Richardson, John Patterson, Eric Winters and Ed Puddiphatt completed the scoring.

Paul Allen, Mitch Thorne (homer), Roy Glassford (2), Tom Sloane (2), Chris Casselman, Mike Casselman, Chris Ellis and Andre Beaulne accounted for the Taplen runs.

Curling club opens ice for fun league

WINCHESTER—The Winchester Curling Club is considering forming an industrial "fun" league for the 1993-94 season.

Area businesses, industries and service clubs are being approached to ascertain whether there is sufficient interest.

Organizers say even if you have never curled before and have no idea what the game is about you are welcome to take part. Instruction will be available, either prior to or on the first night of league play and then as required.

Loose fitting clothing and a pair of running shoes with clean soles are all that is required as far as equipment is concerned.

The league will probably be held on Friday evenings at 7:00pm and 9:00pm, commencing the last week of October (29th).

Teams may be composed of men, ladies or any combination. There must be four to a team and the emphasis will be on having fun.

If you and your group are interested in participating in such a league please contact one of the following: Lester McInnis 989-2607, Brian Clement 774-3468 or Robert St. Pierre 774-5892.

Williamsburg Sidewinders take series in six

Continued from page 15

Lyle Schell and Dale Simms formed the winning battery allowing one run on three hits, an error and five strikeouts. Steve Plummer got the save registering three strikeouts.

Wes Baker and Dean Beckstead formed the A's battery. Baker was touched up for four runs on five hits, two walks, an error and six Ks.

SERIES IN SIX

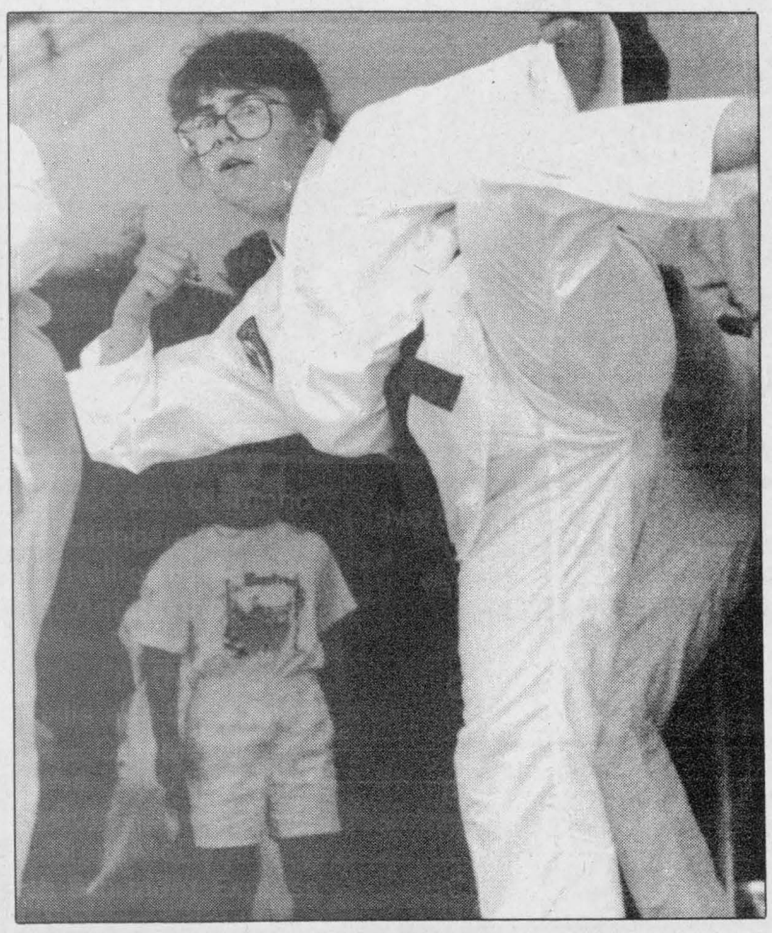
Williamsburg took game one 3-2 with Todd Casselman collecting and RBI. Lyle Schell homered and Al McNairn scored. Jamie Smith and Derek Whitteker drove in Barry Casselman and Troy Suddard to account for the A's runs.

Williamsburg took a 2-0 lead winning game to 1-0. Steve Plummer fired a one-hitter and fanned 11. Wes Baker took the loss. Larry Cooper singled in Joe Hummell with the winning run in the fifth.

Pigeon Island got back into the hunt winning game three 4-0. Wes Baker twirled a two-hit shutout and fanned six. Derek Whitteker singled in Matt Bilmer in the second. Jamie Smith homered with Bilmer on base (3-0) in the fourth. Pete Brunt and Jeff Veltkamp finished the scoring with back-to-back doubles in the fifth.

Williamsburg opened up a 3-1 series lead taking game four 1-0. Steve Plummer came within two outs of firing a no hitter. Dave Cross scored the winning run reaching base on a third inning single and scoring on an error.

Pigeon Island won game five 7-5 and Williamsburg took the series with last Wednesday's 4-1 win.



A kick in the right direction

The Maple Ridge Taekwondo Club celebrates the start of its 14th season this week. The club has bloomed from 12 students its first year to 65 last year.The Maple Ridge club is also the oldest of Master Tae E. Lee's affiliate clubs in eastern Ontario.At the Chesterville Fair recently, Kim Berube (left) demonstrates a roundhouse kick while (bottom) instructor Mike Lecuyer holds a blocker for Joana Gilmer.



FITNESS FORUM

Aging?...Put your foot (?) down...!?!



Jennifer Gregoire, Reg. N. N.D., B. Sc. Nu.

Welcome back! We've had a great summer, enjoyed the wonderful weather, and, generally just "vegged"! Perhaps it's time for some "September Resolutions". I think most of us view September as a time of new starts and new projects. So, why not begin by helping our bodies and minds feel better, even younger.

Research done at the Canadian Institute of Stress has indicated that premature or accelerated aging is the number one degenerative condition in North America, possibly affecting as much as one-quarter of the adult population. If you've got it, it saps your vitality and weakens your immune system —making us more susceptible to illnesses and diminishing our quality of life. In all likelihood, we may dismiss its symptoms as merely the inevitable side effects of growing older. Not necessarily.

The symptoms can, if we ignore them, become a part of our everyday life: They may be frequent fatigue, dragging your body through the day and then collapsing when you get home from work; feeling old; aching joints; stiffness, loss of body flexibility; frequently feeling "tense". Perhaps the single most prevalent symptom is a feeling that energy reserves just aren't what they used to be —a sense of lost capacity.

So, what, you say? We know no age group is immune to premature aging —even children can show its signs. Whether or not we are in our forties, THE DECADE OF VULNERABILITY, we may be a sufferer.

On the other hand, we all know people who seem younger than their years, who have boundless energy and who use it efficiently, with lots of time and oomph left over for leisure pursuits. (Look at George Burns, Pierre Trudeau, and Mary Derue for example...!) These youngsters, who are in their 90's, 70's, and 50's, respectively, certainly aren't alone; (there are hundreds more, in Dundas County, alone!) but what's their secret? And what can we do to be more like them? Often, the key to premature aging is attitude. Research has proven over and over again that a major cause of premature aging is a lack of exercise; in other words, an increase in under-activity.

The human body has been designed as a efficient machine for moving about. Many researchers and medical scientists are now supporting the view that there is no internal biological clock ticking away at one predetermined rate, telling our eyesight when to dim and our blood pressure when to rise. They are telling us that our bodies age because certain of its systems begin to lose efficiency over time, in the main due to lack of specific exercise and poor nutritional habits. The GREAT NEWS is: WE CAN DO SOMETHING ABOUT IT!

Of course, my Silent Achievers this week are all of you preparing for fall by enrolling in an appropriate and regular exercise program. Good luck!

We are so very lucky to be able to do it for ourselves.

SPORTS CALENDAR

North Stormont Fastball League
Best of 5 Finals
Game 2
Berwick Blues vs Heagle Plumbing
Thurs., Sept. 9
8:15 PM
Berwick Ball Diamond

The Glengarry Sports Hall of Fame
15th Annual Induction Dinner
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Maxville and Dist. Sports Complex
Wed., Sept. 8, 1993
Guest Speaker:
Brian McFarlane

North Stormont Express Exhibition Schedule
Sept. 25
7 PM
North Stormont Express vs Russell
Finch Arena
Sept. 26
8 PM
North Stormont Express vs Vankleek Hill
Maxville Arena
Oct. 2
8 PM
North Stormont Express vs Vankleek Hill
Vankleek Hill Arena
Tryouts
Sept. 16
Char-Lan Arena
10-12pm
Sept. 19
Maxville Arena
8-10:30pm
Sept. 23
Char-Lan Arena
10-12pm
Sept. 24
Finch Arena
8-10pm

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3.99

GOOD HUMOUR PKG 12
FUDGESICLE, FROSTICLE
CREAMSICLE
2.99

GOOD HUMOUR PKG 6
ICE CREAM SANDWICHES
2.99

BEATRICE 2 LITRE
ASSORTED FLAVOURS
OLD FASHIONED RECIPE
ICE CREAM
4.69

BEATRICE 1 LITRE
ASSORTED FLAVOURS
FROZEN YOGURT
2.99

VALLEY FARM 1 KG BAG
FRENCH FRIES
79¢

PICNIC 341 ML
WHITE OR PINK
LEMONADE
3/1.00

McCAIN 1 KG BAG
ASSORTED VARIETIES
VEGETABLES
1.99

1 LITRE WHIPPED
COOL WHIP
1.99

DIRECT WAREHOUSE PRICES + PLUS + EXTRA WEEKLY SPECIALS

LIBBY'S 14 OZ TIN
ASSORTED VARIETIES
PASTAS
69¢

CARNATION 385 ML
EVAPORATED MILK
89¢

NESTLE 700 ML
LIQUID QUIK
CHOCOLATE SYRUP
2.49

NESCAFE 200G JAR
RICH BLEND
INSTANT COFFEE
3.99

LIBBY'S 14 OZ TIN
ASSORTED BEANS
79¢

KELLOGG'S 350G PKG
RICE KRISPIES
2.49

KELLOGG'S 425 PKG
FROOT LOOPS
3.69

KELLOGG'S 675G PKG
CORN FLAKES
2.49

PRIMO 900G PKG
SPAGHETTI
SPAGHETTINI
MACARONI
99¢

PREGO 750ML JAR
ASSORTED VARIETIES
SPAGHETTI SAUCE
1.69

ROBIN HOOD 10 KG
WHITE FLOUR
7.99

PRIMO 1 LITRE JUG
VEGETABLE OIL
1.69

RED ROSE PKG 80
ORANGE PEKOE
TEA BAGS
1.99

PUDDIN 3 VARIETIES
PUDDING POWDER
59¢

JELLY 4 VARIETIES
JELLY POWDER
3/1.00

PURITAN 184G TIN
FLAKES OF HAM OR TURKEY
1.19

LIPTON PKG 4
CHICKEN NOODLE
SOUP MIX.
1.89

CATELLI 225G PKG
MACARONI & CHEESE
3/1.00

GOLD SEAL 213G TIN
RED PACIFIC
SOCKEYE SALMON
2.49

KLIK OR KAM 12 OZ TIN
LUNCHEON MEAT
1.89

GOLD SEAL 184G TIN
FLAKED LIGHT TUNA
99¢

EASY OFF 400G
OVERNIGHT, HEAT, REGULAR
OVEN CLEANER
2.49

SANI FLUSH 1KG
TOILET BOWL
CLEANER
1.69

CASHMERE 12 ROLL PKG
BATHROOM TISSUE
2.89

SCOTT PKG 180
FAMILY NAPKINS
1.99

SNUGGLE 1.5 LITRE
REGULAR OR MORNING FRESH
FABRIC SOFTENER
2.49

WHITE SWAN 2 ROLL PKG
PAPER TOWELS
69¢

SUNLIGHT 12 LITRE
LAUNDRY DETERGENT
7.89

WISK 750 ML
LIQUID
LAUNDRY DETERGENT
2.49