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The Morrisburg Leader

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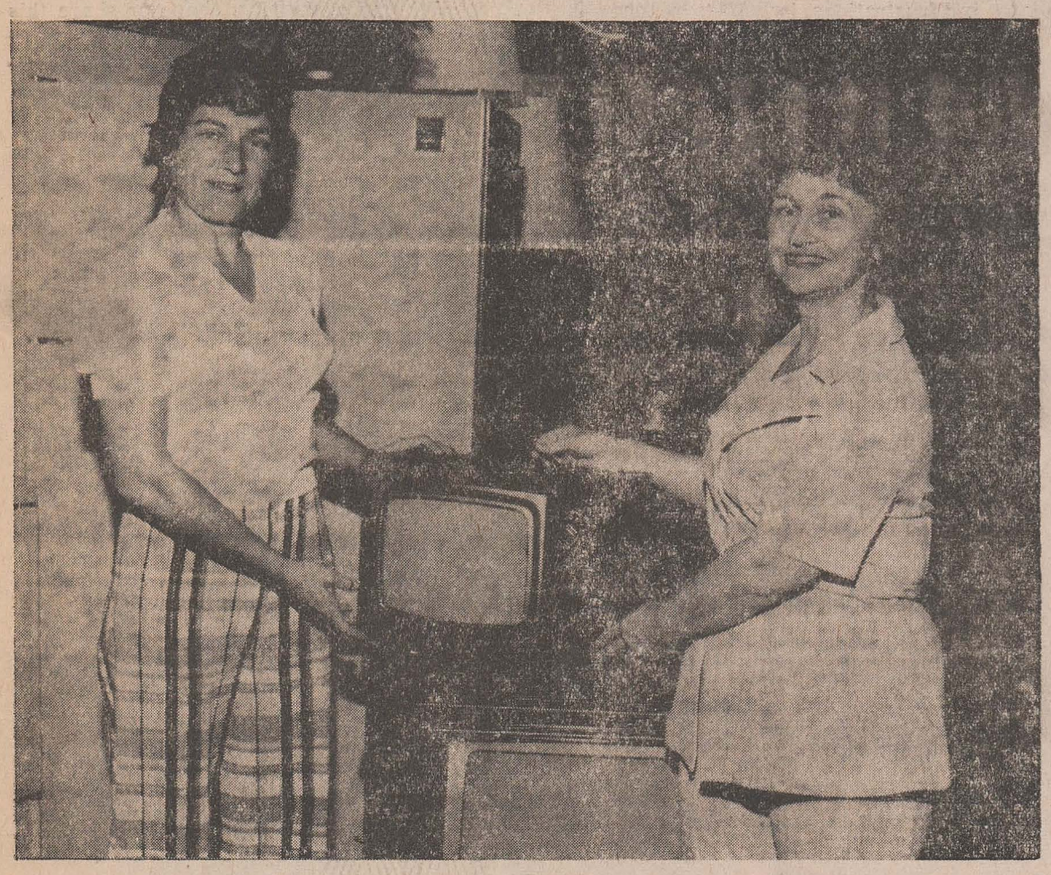
TV WINNER AT TRADE & HOME SHOW



Mrs. Terry McManus of Morrisburg was the lucky winner of a portable Admiral B/W television set in the draw sponsored by the firm of Menard's Fine Furniture and Appliances at the recent Morrisburg Home and Trade Show. Also shown in the photo is Mrs. Pat Villeneuve, wife of the manager of Menard's Morrisburg store in the shopping centre.
—Photo by Smith

U.C.W. Hold Annual Thankoffering Meeting

The annual Thankoffering meeting of the United Church Women was held in Allan Hall, on Thursday, October 4th, with the president. Mrs. J.W. MacDonald presiding. A brief business meeting preceded the program—a resume of the summer activities, including catering commitments, correspondence and minutes was read by the secretary Miss Flower.

Appripriate thanksgiving readings concluded the business period. The program opened with two solos by Mr. Gordon Thom, which as always, delighted the audience.

The speaker for the evening was Father O'Connor of St. Mary's Church, who was introduced by the president. In his opening remarks Father O'Connor spoke of the countless blessings which are enjoyed by Canadians, living in this free, democratic country and of man's great achievements in medicine and science, quoting the miracle of sending men to the moon, and of the wonder of man's ability in establishing instant communication with people all over the world. However, in spite of man's countless accomplishments in science and technology, we have failed in our commitments as Christians, as three-fourths of the world's population still have little or no knowledge of Christianity—and that religion plays a very minor role in the decisions of our governments — Father O'Connor quoted the Watergate affair as a perfect example of wrong-doing at the highest level of government—and repeatedly stressed the value of prayer in our daily lives. Although we have become engulfed in this strange, decadent, permissive, and immoral society. Father O'Connor is confident that as we look sadly but realistically at our failures, we will become aware, that a turning point will come, perhaps not in this generation or even the next, but eventually a new growth will appear, bringing a complete reversal of values, when our society will no longer be self-centred, but will return to the worship of the one supreme being.

Mrs. Willa Johnston expressed the warm and appreciative thanks of the audience, not only to Father O'Connor, but also to Mr. Gordon Thom. During the following tea hour, numerous comments were heard, praising the forceful and thought-provoking address which we had been priviledged to hear.

Graduation Exercises at Seaway High School

Graduation exercises at Seaway District High School saw David Styles top student for 1971-72 receive the University of Western Ontario Entrance scholarship of $1000, four other awards, three principal's medals for highest standing in Grade 13 mathematics the Strathcona Shield for the highest aggregate in Grade 13, a proficiency award for standing first, the "over 90 percent" medal and the Seaway District High School Student's Honour Bar.

Phyllis Gorrell, student at Queen's University received a proficiency award for standing second, three scholarships, a medal and the honour bar.

Mary Rooney, standing third in grade 13, Jean Lee, Michael Saver, Phyllis Gorrell and David Styles all received scholarships presented by Archie Bray, principal for having an average of 80 percent or over.

Other award winners were: Susan Black, Eileen Bright, Marianne Coligan, Pam Crober, John Fowler, Harold Hamilton, Lee Hanes, Sandra Hummell, Delbert Jones, Brian Keyes, David MacDonald, John McQuaig, Vicki Merkley, Stephen Peacock, and Alan Hare.

Mary Rooney was awarded "The Most Outstanding Girl Award" & Michael Shaver that of the "Most Outstanding Boy".

Michael Shaver, valedictorian, student of the theatre at Ottawa said, "Communication is the essence of life. It synonomous with education and is the purpose of education". He added, "We make our contribution to our own lives and those of others by living and learning".

"At Seaway High", he said, "We were given an unique opportunity to both study and communicate. We were never overpowered by academics and we were permitted to enjoy companionships and friendships which will always remain with us. Those were necessary years in our development and we will be building on that founda tion for the remainder of our lives

Seaway Head Boy John Flegg and Head Girl, Lorraine Edgar were Masters of Ceremonies throughout the Commencement exercises.

Secondary school graduation dip lomas and graduation pins were presented by board members to each member of the graduating class.

Cardinal Pats Are Ontario Champions

Cardinal Pats is the best senior 'B' team in all of Ontario. On the beautiful Thanksgiving weekend, they defeated North Bay in 2 games to take the Senior 'B' cham pionship, a big trophy, a pennant and crests, before a large hometown crowd.

Pats mowed down Belleville, Oshawa, Toronto and Waterloo before meeting the only team to go as far—North Bay. In 1970 Pats won the Intermediate A, and last year North Bay won the Senor B.

Saturday night, Pats scored 7 runs in one inning to boost them to an 8-2 win. Ted Hoy was the winning pitcher with 6 hits, 2 walks, 12 strike outs. Murray Moore took the loss with 9 hits, 1 error, 2 walks and 6 strike outs. In the 3rd, Pats 7 runs crossed the plate on 5 hits, 1 error, and 2 walks. Larry Patterson homered in the 8th inning. North Bay scored once in the 4th and once in the 5th.

Sunday afternoon, Big Doug Cas selman hurled a 2 hitter, 1 error, struck out 10 to shutout North Bay 3-0 for the final game. Murray Moore took the loss with a 9 hitter, 3 walks and 3 strike outs. In the third inning, Owen Shortt doubled up center and gained third on a wild pitch. Ed. St. Louis singled to right to drive Shortt in with the first run. In the 8th, with 1 out, Gerry Morrell bunted safely Tom Hare hit a texas league double to right field, with Mike Skakum doubling to left center to drive Morrell and Hare in for 2 more runs. North Bay had only 4 base runners this game, on 2 singles, 1 error and a fielders choice.

Agr. Minister on Panel Nationview School For Farm Meeting at

"Feed Grain and Dairy Policy" will be the subject under discussion at the Nationview Public School next Wednesday evening October 17th, and included on the panel will be the Hon. Eugene Whelan, federal Minister of Agriculture.

Other panel members will include urray McPhail, President of Food Dealers' Association of Ontario; Jim McCullagh, Area Coordinator, Ontario Ministry of Agriculture and Hugh Blaine, Past Director of the Ontario Federation of Agriculture.

The meeting, which should be of tremendous interest to all farmers is being sponsored by three units of the Federation of Agriculture: Dundas, Grenville and Leeds, and will be called to order at 8:00 p.m.

Moderator for the highly interesting discussion will be the CBC farm broadcaster George Price, and Keith Matthie, Vice President of the Ontario Federation of Agriculture, will chair the meeting.

Organizers anticipate a full house for this timely discussion, and emphasize that everyone is welcome.

Stanley C. Welsh Dies Suddenly

Funeral service for Stanley C. Welsh was conducted on Monday, October 8th at the Fairbairn Funeral Home, Morrisburg, with Rev. John Boehmer, of St. Peter's Lutheran Church, Williamsburg, officiating.

Mr. Welsh met death suddenly on Friday, October 5th when his truck overturned on County Road 8

Born at Grenville, Que., April 9, 1935, he was a son of the late Frederick Welsh and his wife, the former Beatrice Townsend (now Mrs. M. Mallette). Most of his life was spent in the Morrisburg area, where he was employed as a truck driver. He also lived for a time at Toyes Hill.

On July 9, 1960, he was united in marriage at St. Paul's Lutheran Church, Morrisburg, to the former Georgina Maudie Sypes, who survives. Also surviving are one son, Jeffrey, and four daughters, Mary, Katherine, Rosemarie and Adeline Beatrice, all at home. Other survivors are his mother, his stepfather, Michel Mallette, three brothers: Robert Welsh of Morrisburg; Donald Welsh of Williamsburg and Norman Welsh of Kemptville.

Following the service on Monday, interment was at Spruce Haven cemetery, Brinston.

Pall bearers were: Jerry Rabeau, Lonnie Garlough, William Roderick, James Richardson, Hubert Merkley and Cecil Lewis.

SENIOR CITIZENS TO HAVE DAY FOR SKATING

At a recent meeting of the Morrisburg Recreation Committee, Bill Dillabough announced that there would be public skating every Saturday evening from 8 to 10 p.m. and on December 26 from 2 to 4 p.m. He also said that the arena will be reserved for senior citizens only, every Wednesday afternoon from 2 to 4 p.m. and this can be used free of charge at this time.

Reporting on the swimming program, John Allison said that 191 children were registered, 169 examined and 128 passed various test levels. The attendance was excellent and facilities were taxed to their utmost.

Anyone interested in assisting with minor lacrosse in the early spring should contact Chris Findlay.

Fees for minor hockey will remain the same. Registration has been held for figure skating and minor hockey but there still are a few openings.

The director's report on softball, swimming, figure skating & hockey was read by Jean MacDougal, chairman, in the absence of Rev. F. Howald.

High Lake Levels to Continue

The regulated level of Lake Ontario has dropped 2.9 feet from the end of May peak of 248.0 feet IGLD to its present level of 245.1 feet. However, the upstream Great Lakes are at or near record levels for this time of year. Consequently, the inflow of water to Lake Ontario will continue to be above normal and there remains the possibility of some flooding during 1974. Therefore, the International St. Lawrence River Board of Control, pursuant to the Order of Approval of the International Joint Commission, is continuing to approve the maximum discharges from Lake Ontario permitted by international agreement.

In approving construction of the St. Lawrence Seaway and Power Project the Governments of Canada and the United States agreed to a number of conditions protecting both Lake Ontario and St. Lawrence River interests. One of these conditions was to avoid any more flooding downstream than would occur without the Project. During the past year the St. Lawrence Board has approved the maximum discharges permitted by water level conditions downstream, including the conditions in the Montreal area at the confluence of the St. Lawrence and Ottawa Rivers.

During the summer the St. Lawrence Board approved outflows from Lake Ontario up to a maximum of 350,000 cfs, exceeding by 32,000 cfs the maximum recorded flow before the project was built and by 13,000 cfs the peak flow that would have occurred this summer without the project. These out flows kept Lake Ontario at least one foot lower at all times than it would have been if the project had never been built.

The Lake Ontario outflow for the week ending October 5 was 310,000 cfs. The St. Lawrence Board, at its meeting in Ottawa on October 2, agreed to continue scheduling releases to provide all possible relief to Lake Ontario and St. Lawrence River riparian interests. The Board forecasts, based upon normal water supplies that this course of action should lower Lake Ontario 0.6 foot during October to elevation 244.5, only 0.4 foot above the normal end of October level.

TOWNSHIP MOVES TO ACQUIRE PROPERTIES

The municipal council of the Township of Williamsburg met on Saturday last in the IOOF hall at Williamsburg with all members present.

An application in the amount of $2,8000.00 was approved for tile drainage. It was the decision of council that the reading of the Engineers report for the construction of the Toye Municipal Drain will be held on the 18th of Oct. in the clerks office. It was also decided that the Court of Revision for tax write offs will be held on the same date at 8 p.m.

Mr. Fred Henderson was present and requested an extension of the Barkley Creek drain system of some 20 rods. This request was approved.

The road supt. was instructed to purchase all available properties in connection with the widening of the second concession road east of the Crysler Park overpass.

The clerk reported that three properties had been registered for tax arrears.

Ministerial Association Hears Paper on Jonathan Edwards

"The Theology of Jonathan Edwards" was the subject of a schlarly paper read before the "Morrisburg and District" Ministerial Association at their monthly meeting on Monday morning. The Rev. Mansell Atkinson was host, at the Wesleyan parsonage in Inkerman. The paper was given by the Rev. George Tattrie, Ph.D. of Chesterville, minister of St. Andrew's Presbyterian Church in Chesterville and Morewood Presbyterian Church. Devotions were conducted by the host, who also extended hospitality by serving delicious refreshments. The meeting was chaired by the Rev. E. Earle Eaton of Chesterville, program convener. The Rev. Welwood Adam of Morrisburg secretary, read the minutes. Discussion of the topic was shared by the Revs. T. H. Boyd, C.M.A. Jackson and K.B. Joyce. The ministers will meet on the first Monday in November at the Anglican rectory in Winchester as guests of the Rev. John Tyrrell.

Waterloo Uiversity to To Acquire Papers of Sir Wilfrid Laurier

Waterloo Lutheran University, which officially becomes Wilfrid Laurier University November 1, has acquired 24 letters written by Sir Wilfrid Laurier between January of 1869 and September of 1890.

Erich Schultz, university librarian and archivist, purchased the letters for $2,400 at an auction conducted this week in Montreal.

He said the letters, all but one in French, were written to a Quebec journalist and provide valuable insight into Laurier's political views and activities in the years before 1890. Laurier became prime minister in 1896.

Safer Boating Purpose of Courses Held in Iroquois

The Iroquois Power Squadron will be conducting a variety of boating courses this winter for the purpose of promoting "Safer Boating" in Canada.

Registration night will be Oct. 18th at 8 p.m. at the Iroquois Legion Hall.

These courses are sponsored by the Canadian Power Squadrons & are fully covered by text books and necessary instructions.

Classes are conducted by qualified instructors who are well trained in the subjects and give their time free to assist you.

If you are interested in "Safe Boating", rules and regulations of our waterways, navigation, sailing or increasing your knowledge and skill of handling your boat, these courses are for you.

If you cannot attend the registration night and wish further information, contact Lee McCurdy, Prescott; Al Newson, Cardinal; Keith Beaupre, Gerry Cornell, George Eddy, Iroquois; Doug McGills, Morrisburg or Bob Geggie, Winchester.

YOURS SINCERELY

BY MRS. WELLWOOD ADAM

We are certainly surrounded by wars and rumours of wars in this world, aren't we? Only on Saturday, the day before Thanksgiving I heard, as no doubt you did, about the hostilities of the Jewish nation and the Arabs of Syria, backed by the Egyptians. I recall, as I type this, the sudden and very definite Six days' War in the late 1960's, and I trust this present conflict will end as briefly, especially while this very sacred and holy time of Yon Kippur is being observed by Jewish people world wide.

In Canada, we are also in the midst of a meaningful time, this one of Thanksgiving to God, for all the many blessings that Canadians enjoy in this rich and reasonably peaceful land of Canada. How deep our feelings really go in this matter, remains to be seen, as the week-end passes by and the work-a-day world descends upon us once more. Whatever we believe, putting it all into practice eventually, shows us up to others for what we really are. That is life, I suppose.

I always liked to hear and see Sir Harry Lauder, in the days before he died. I liked and admired this fine old Scottish singer, for he was one of God's good men and he was greatly loved and respected wherever he travelled in, and out of Scotland U.K.

Well, he was asked, during his retirement, to sing at a concert held in the King's Theatre, Glasgow, Scotland, during World War 2, on behalf of the Red Cross Society. It was a great moment when the stocky and kilted figure marched to the centre of the stage and the audience stood up and gave him a great, cheering ovation indeed. They called for some of the songs he had made his own down the years, like "Roamin' in the Gloamin' " and "I love a Lassie" and a lot more.

Well, it was really wonderful, but Sir Harry held up his hand for silence, and a hush fell over the crowded theatre. Very quietly, he said, and his voice travelled to every corner . . . "Ladies and Gentlemen, this is the Sabbath!" That's all he said, all he needed to say. Instead of singing one of his favorites, he sang in his rich, strong Scottish voice, that old song of faith and trust, so needed in a time of war and hostility. It was

"Rocked in the cradle of the deep" . . .
Secure I rest upon the wave,
For Thou, O lord, hath power to save,
And calm and peaceful is my sleep,
Rocked in the cradle of the deep

Now, I am not one of those killjoys who wants to return to the days when to smile on the Sabbath was considered a sin. But I DO feel that there is always the right time for us all to indulge in lightheartedness, and also the right time for us all to indulge in our more serious moments of living.

Why the meaningful Yon Kippur was chosen by the forces against Israel for bloodshed and trouble, is quite a leading question. And why so much wrong and the breaking of the recognised laws of this land still goes on during this thoughtful and serious time of Thanksgiving . . . this seems another unanswerable question.

I have the feeling that if many of us had something of Sir Harry Lauder's pride in the things that really count in living, then life everywhere would be that much finer, in the sight of the Almighty one. Something very definite for which Thanksgiving was actually meant to be .

This, of course, is still a matter of opinion, isn't it? Would you agree with me, I wonder?

WITNESSES ATTEND OTTAWA CONFERENCE

After sharing in an intensive 10-day international distribution of 130,000,000 tracts from house to house, it's off to Ottawa for the local congregation of Jehovah's Witnesses where they will attend a seminar to help keep the ball rolling.

The tract distribution was a major feature of the local congregation's public ministry during the last 10 days of September.

"The circuit convention in Ottawa, October 13 and 14, will provide impetus to follow through with the work at hand," said Roy Strand, circuit supervisor for the Ottawa and St. Lawrence Seaway areas.

"There is strong evidence the world is fast reaching a critical climax that will affect every person on earth. The Bible tells about this crisis and our ministry is to encourage people to examine what it says about survival for better conditions in the near future."

The Ottawa convention will focus on appreciating God's view of life as an incentive to be disciples of Jesus and to help others to be the same

Christianity as a way of life is being missed by the majority of church-goers, according to the Witnesses. Their convention theme — "Keep Close in ind the Day of Jehovah" — is a reminder of the urgency with which they view the matter.

A public talk, "Act Wisely as the End Draws Near", will be delivered by Larry Lees of Toronto on Sunday at 1:55 p.m. as a highlight of the convention.

All sessions for the two-day gathering will be held at the Ottawa High School of Commerce Auditorium.

A TIME FOR SYMBOLS - - -

Christmas! — that sparkling jewel in the long winter's cold — is a day when words are not enough. To capture its glow and its potential we have to resort to songs and symbols, for this is the day of the heart.

What does it mean? Watch the face of a small child as a little voice pipes, "Away in a Manger, no crib for a bed" smell the tangy **fragrance of mince pies and cookies** as preparations are made for a grand family reunion. These delightful sights and sounds and odors provide a partial clue.

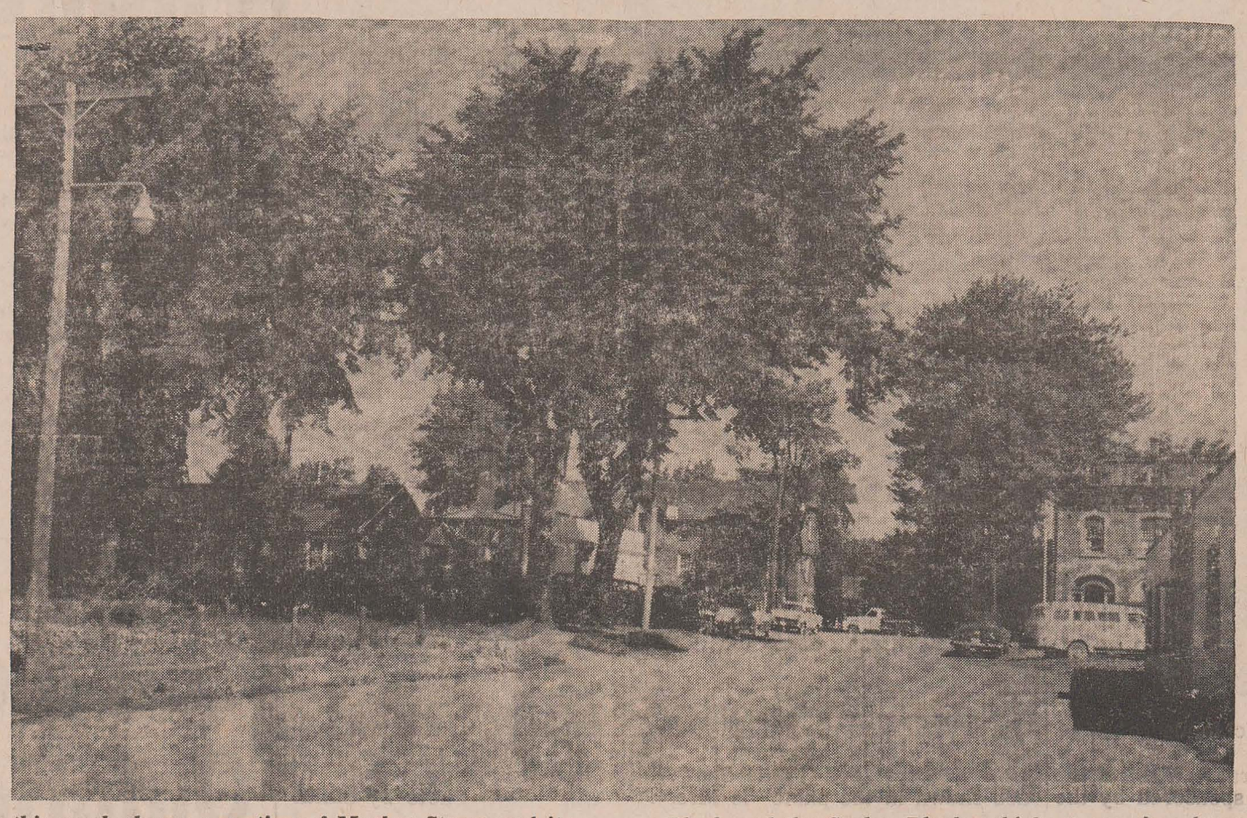
But Christmas is much, much more. It is a rapping at the door of spirits, a call (unless we deaden it was a surfeit of things), to our warmest and best actions. It is a time to remember that life, with all its shadows and frustrations, is wonderfully good, a gift to be savored and appropriated no matter the centuries.

What our circumstances.

It is a time to marvel at the mystery of a snowflake — "What heart could have wrought you, O filigree petal" — to enjoy the blue shadows that lie across the drifts, to appreciate that sturdy evergreen standing straight against the wind. It is a time to worship and to revel in the joyful carols cradled Babe has inspired over

At Christmas let us be grateful for the past and let us give ourselves to the future. Technological accomplishments are useful and impressive, but it is the human values that give life quality and depth. This well-loved interlude calls us to a new respect for ourselves and for those other selves, who, with us, shape or share this chapter of the human story.

MEMORIES OF THE OLD MORRISBURG



Our photo this week shows a portion of Market Street and its intersection with Main Street in the old Morrisburg. Some of the buildings shown, starting at the left, are John Shayler's residence, McKendry's Garage, the Flynn Block, the Farlinger Block and the Seeley Block, which at one time housed the L. C.B.O. Copies of this and other photos in this series may be obtained from the Smith Photo Studio, Morrisburg. In ordering copies of this week's photo, please specify negative no. 91.

A Sailor Goes Down to the Sea

By sudden call from Deity,
A sailor sailed the unknown sea
To reach his final destiny,
His home which lies beyond death's sea.
P'raps Christ had whispered in his ear
To tell him there was naught to fear.
'Tis said the comforter will come
Ere man is called to journey home.

Just hold the faith as you were reared.
Your ship is sure to be well steered.
A haven of rest's prepared for you
Beyond the rim of ocean blue;
Beyond where human eye can see,
Past human visibility.
Some things we must accept on faith,
Sometimes by faith alone go on;
If one is faithful unto death,
A crown of life he'll thus have won.

A sailor should trust his Captain,
A Captain have faith in his crew!
Our sailor was not lacking faith;
Neither should I be, nor should you.
When called to hoist hook and set sail,
He was ready for squall or gale,
His one regret to leave behind
His wife who'd always been so kind,
A wife he loved with all his heart
So grieved greatly thus to depart.

If we believe in life above
Granted to virtuous by God's love,
Through Christ's sacrifice on earth
We may attain a heavenly berth.
To strive for this is worthy work.
Every effort we're expending
To meet God and our loved ones there
Will bring us joy unending.

Let's keep in mind what Christ has taught,
To love God and our fellowman,
To harm no one along life's way
But do whatever good we can.

—By Howard B. Tindal

TONIGHT ONLY



BUILD'N SAVE!

YOU ARE INVITED

TO ATTEND A
Professional "In Store" Demonstration TONIGHT ONLY FRIDAY, OCTOBER 12th, at Hodgins Lumber Ltd., Morrisburg, Ontario. This demonstration will take place between 6:30 and 9:00 p.m., one night only.

Hodgins have acquired the services of Mr. Bill McDonald, factory representative and expert on the finer details and installation of "Do It Yourself Aluminum Siding.

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FRIDAY, OCT. 12 6:30 to 9:00 p.m

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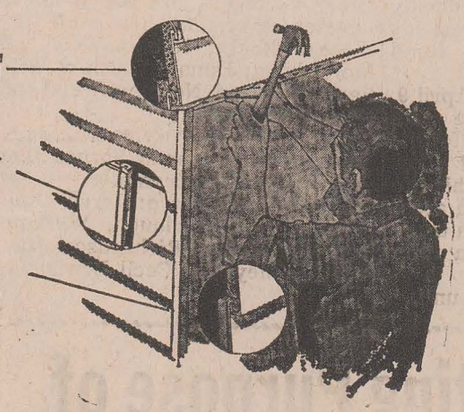

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Whats The Objection

(The Wingham Advance-Times)

Once again the question of television coverage of the Legislature has come into the open. The members of the Queen's Park press gallery have voted in favor of tele vising the proceedings in the Ontario House — but the Members are still far from the point of agreeing to this form of electronic exposure.

Television cameras have b e e n permitted in the sacred precincts on a few occasions, such as official openings, but for day-by-day coverage the answer is still no.

Why the objection? After all, the entire purpose of the business done within the chamber is in the interest of public affairs—paid for in its epensive entirety by the sort of people who watch television receivers. The Legislature is not some elite gentlemen's club—it is open to the press and to the public.

Admittedly, at the present time, only a relatively small proportion of Ontario's citizens could see, via TV, what goes on in the conduct of government. In a very few years, however, with the advent of cable television on a broadened band of selectable channels, they could,. if they wished, listen to and watch their elected representatives in ac tion. There is even the possibility that voting habits would, for the first time in history, be based on factual understanding rather than on the inflated claims of office-seekers.

Governments at all levels are exteremely reluctant to permit any sort of electronic reporting. We know of several councils and public boards which have raised heated objection to newspaper reporters employing tape recorders. Our conclusion is that most elected representatives are very much afraid of losing the chance to say, "I was m' -quoted".

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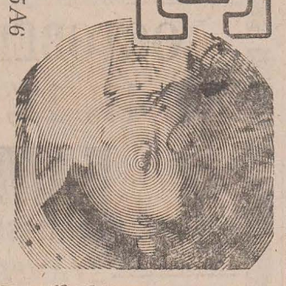

NOW HEAR THIS

The staff of This Country in the Morning are in a bit of a pickle-literally! They've been flooded with requests for pickle recipes of fered on air to listeners — over 5000 to date, the most they've ever received for any of their offer ings. The recipes were selected from ones sent in by listeners, and some have been tested by both Peter Gzowski and Danny Finkleman. So if you're looking for some new pickle recipes to tickle your palate, by all means send in to This Country. But wait until they get out from under.

Max Ferguson is going to London, to help open the new Canadian book store on Cockspur St. Along with two other illustrious Canadian writers, Margaret Atwood and Earle Birney, he'll help publicise the new store, and Canadian writers in general around England and Scotland. Incidentmoves to a new time slot as of Monday, Oct. 15 — still on weekdays, but later in the afternoon just before the rolling home show.

The 1973 World Series will be broadcast on CBC Radio, beginning Saturday, Oct. 13, and on Sun., Oct. 14, the NHL broadcasts get under way for another season when the Detroit Red Wings take on the Flyers in Philadelphia.

The CBC announced recently that its French and English TV networks will devote at least eight to nine hours a day to live nationwide coverage of the 1976 Summer Olympic Games. The Radio networks will provide equally extensixe coverage. The Games will also be broadcast live to the North via Anik. And the CBC's shortwave service, Radio Canada International, will broadcast highlights of the Games, in 11 languages, to the world. The CBC has formed a special unit, The Olympics Radio and TV Organization (ORTO) to provide and operate the complex facilities which will be required for world coverage of the Games. More than 70 TV and 100 radio organizations are expected to send production teams to Canada to cover the two weeks of athletic activities estimated to be viewed or heard by a world audience in excess of one billion people.

Montreal poet, teacher and editor Louis Dudek reads his own work on Anthology, Sat. Oct. 13. The program will later be issued as a poetry recording by CBC Learning Systems.

Friday, Oct. 19 is the first of a two-part series on Between Ourselves dealing with the rise of "Bible Bill" Aberhart in Alberta and the birth of the Social Credit.

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$1000 Award

English teachers at the high school level across Canada don't anticipate much trouble getting students to submit compositions on time this year. The Canada Permanent $1,000 Award for creative writing is being offered again, for the 7th consecutive year, for the best 1,200-word short story in English or French. The Canada Permanent Award is believed to be the highest cash award available to students for creative writing an is on a par with amounts earned by many professional writers. The company gives a total of over $6,-000 in prize monies to the t o p three submissions in each province. Special certificates awards are also made to other outstanding entries. "The contest, which is now part of the English curriculum in many schools, began as a centennial project," said M. D. Sinclair, Manager, Public Relations "but when it was over we received letters from dozens of students and teachers asking us if we would consider making it a permanent project. Nothing like it had been done before and we understand that students and teachers both appear to prefer the open subject of our contest rather than the set essay-type theme ed from time to time." Rules and regulations have been sent to the Heads of English Departments of all English speaking high schools (and to the equivalent department heads of French schools). Copies are also available from Canada Permanent branch offices across the country. Final date for submission of entries is December 31, 1973. Winners are advised by letter two months later. Canada Permanent publishes provincial first prize winners in book form, which is made available to high school libraries and is also used by teachers in classroom instruction on creative writing.

ADELAIDE DANIELS SAYS



The Student Shape-up

Many overweight students tend to rationalize that "brain work requires extra calories". Actually, the student's appetite is more likely the problem, increased by boredom and by the easy availability of snacks.

Studying and snacking through the night, living on a shoe-string, coping with starchy institutional food, pressure to overeat on vacations at home, compulsive eating out of boredom, escapism and emotional conflict, and ill-informed attempts at crash or fad diets, are all conducive to poor nutrition.

Is there really a way to shape up? Of course, and it's as easy as you want to make it.

Where does one begin? Arrange a visit to the schoo! doctor or nutritionist. Listen carefully to what you're told, ask questions, and make up your mind you're going to follow instructions. Then do it!

Perhaps to be a better student academically, being a student of nutrition is a first step. We're at our best when each of the trillions of cells in our bodies are provided with every known food requirement. To neglect any one of them means you have shortchanged your own health. And your health is largely a result of your daily habits of living. And, your daily habits of living determine your success as a student (and later in life, your success in whatever you choose to do).

What special steps can you take? Try studying at the library where there's no refrigerator. If you're out with the gang for a snack, stay on your recommended diet by practicing will-power. Make it a challenge. Take advantage of every opportunity to get fresh air and exercise. Perhaps you can even enroll in an exercise class.

After you've started your shape-up program, don't expect results overnight. It will take time and patience, just as anything worthwhile does.

But you're on your way to a fresh, new approach and to life. It's true that brain work requires calories — a knowledge of what calories can do for you when they're consumed with nutrition and good health in mind.

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

NEXT COMING EVENT



BUILD'N SAVE!

You Are INVITED

TO ATTEND AN "In Store" Demonstration on Flintkote Decorative Stucco to be held at Hodgins Lumber Ltd., Morrisburg. This Demonstration will take place between 6:30 and 9 p.m. on FRIDAY, OCTOBER 19th. Take this opportunity to find out how you can re-decorate and change the appearance of your walls and ceilings using Flintkote Decorative Stucco. Come and see the many different effects you can create and just how easy it is to apply.

REMEMBER!
ONE NIGHT ONLY
FRIDAY, OCT. 19 6:30 to 9:00 p.m.

Flintkote decorative stucco.

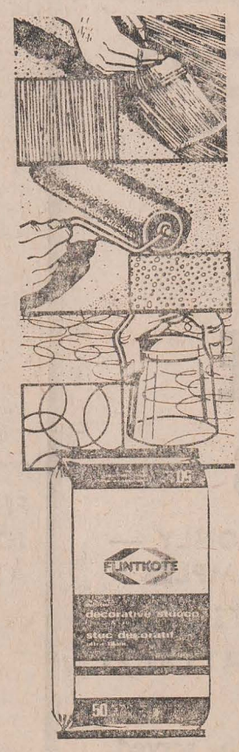
Lets you decorate with imagination.

Painting is painting. Papering is papering. Flintkote Decorative Stucco is what you choose to create — motifs, reliefs, highlights, indoors or out. Flintkote Decorative Stucco mixes easily with your imagination to create any effect you want, using simple household items like spoons, glasses or whisk brooms.

Flintkote White Decorative Stucco applies to concrete or concrete blocks, wood, plywood, wallboard, plastics, plaster, glass or brick. Dries to a hard finish fast.

Available in 25-lb. and 50-lb. bags. A 50-lb. bag covers 50 to 70 square feet of ¼-inch thickness.

Available at your lumber, hardware, building supply dealer or department store.



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Monday to Friday
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PH. 543-2969

Cabbage And Tomato Casseroles Make Zesty Vegetable Dish



Want to cook something a little different that the family will love? Our Cabbage and Tomato Casserole is a robust vegetable combination that's hard to beat. It features cabbage and fresh tomatoes with some notable companions such as ground marjoram and grated Cheddar cheese.

Cabbage is a popular vegetable for many good reasons. It's available all year, comes in a choice of two colors, is a rich source of Vitamin C and is economical. All the common varieties of cabbage are high in Vitamin C, but new green cabbage is an extra rich source.

Try serving Cabbage and Tomato Casserole with ham, pork, chicken, or lamb. Together with whipped or boiled potatoes, the meal achieves a nice balance of texture, flavor and nutrition.

Cabbage And Tomato Casseroles

1 pound cabbage (4 cups shredded)	¼ teaspoon ground marjoram
½ cup water	2½ cups chopped peeled fresh tomatoes
3 tablespoons salad oil	1 cup cracker crumbs
½ cup chopped fresh onion	1 cup (4 ounces) shredded Cheddar cheese
3 tablespoons flour	
1 teaspoon salt	
⅛ teaspoon pepper	

Wash cabbage and cut into quarters. Discard core and shred coarsely. Cook in water for about 8 minutes, until tender; drain. Heat oil in saucepan. Add onion and cook until transparent. Blend in flour, salt, pepper and marjoram and cook until thickened. Add tomatoes. Layer tomato mixture and cabbage in 6 individual casseroles. Top with cracker crumbs and grated cheese. Bake in 375°F. oven for 25 minutes. Makes: 6 servings.

LOCAL and GENERAL

Callers this week at the home of Mrs. Henry Clark were: Mr. and Mrs. Howard Jardine and Mr. and Mrs. Kenneth Jardine of Bridgeport, N.Y.

Thanksgiving dinner guests of Mr. and Mrs. E. D. Jones were: Mr. and Mrs. Douglas Jones of Trenton, Ont., and their daughters, Norma, Eleanor and Katheryn; and Mr. Donald Gordon, of Chesterville.

Lucky winners at last Friday's drawing by the Morrisburg Lions "100 Club" were the holders of ticets numbered 64 and 68.

His many friends will regret to learn that Mr. John Burton is a patient in the Winchester Memorial Hospital.

Mr. and Mrs. Gary Shennette, Mark and Erik, spent Thanksgiving weekend with Mr. and Mrs. Hugh Shennette and Mrs. Clark.

Visitors at the home of Mrs. Ruth Sturgess over the Thanksgiving weekend were: Mr. and Mrs. Tom Auburn, Darlene and Brien of Montreal; Mr. and Mrs. N. Coveney, Chris and Cindy, of Kingston; Mrs. M. McIntosh of Kemptville; Miss Charron Mather of St. Hubert, Que.; Mr. and Mrs. organ Hill and son of Morrisburg.

The United Counties Bookmobile will be at the following locations in the area next week: Tuesday, October 16: Berwick 10:00 to 11:30; Morewood C. 2:00 to 2:45; Winchester Springs 3:30 to 4:00.

Mr. and Mrs. Emil Madsen of Hudson Falls, N.Y. spent a few days with Mr. and Mrs. E. D. Jones.

Mary K. Organ of York University, Toronto, spent the holiday week end with her parents, Mr. and Mrs. Ernest Organ, and attended the graduation at Seaway District High School Friday.

Lochiel County Reeve Gerard Massie, in his capacity as warden of the United Counties of Stormont, Dundas and Glengarry, won the warden's class competition at the recent International Plowing Match at Alvinston, against 23 warden competitors. The Warden was presented with a suitable trophy for his victory.

Mr. and Mrs. Ron Bennett of Brampton, were recent visitors of Mr. and Mrs. Carson Baker and family.

Recent callers at the home of Mr. and Mrs. E. D. Jones were Mr. and Mrs. John Thompson of Hudson Falls, N.Y.

Mr. and Mrs. Carson Baker spent Thanksgiving week end in Belleville attending the Hastings & Prince Edward Regiment Reunion.

George Sherman a well known former resident of Morrisburg, passed away at his home in Toronto, and was interred at Trenton, Ont. He leaves to mourn, his wife Jean, a son, William and 5 grandchildren. Also surviving are two cousins, Mrs. Walter Paull of Watertown, N.Y., and John F. Sherman of New York. George was a son of the late Frank Sherman and his wife the former Dea Carter, and was a former banker at Morrisburg.

Raspberries in October — An unusual happening? This part of Canada has been enjoying such beautiful Indian summer weather that it is geeting to be commonplace. This week the editor received samples of the luscious fruit from Mrs. Lynden Barkley, Mrs. Ed. Cornell and Mrs. Earl Steinburg. Several other people phoned to tell us they had also been picking raspberries.

The Churches

MASS HOURS AT
ST. MARY'S CHURCH
MORRISBURG
SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, MORRISBURG
Rev. T. H. Boyd, B.Sc., B.D.
Mrs. J. DeGray, Organist
Sunday, October 14th, 1973—
MORNING WORSHIP, 11 a.m.
SUNDAY SCHOOL: Pre-School and Kindergarten Classes at 11:00 a.m. (during Church Service); all others at 9:45 a.m.

ST. JAMES
ANGLICAN CHURCH
Rev. C. W. Earle, L.Th., Rector
TRINITY XVII, Oct. 14/73—
St. James, Morrisburg—
8:00 a.m.—Holy Communion.
9:45 a.m.—Sunday School.
11:00 a.m.—Matins.
Holy Trinity, Riverside—
9:30 a.m.—Holy Communion.

ST. LAWRENCE EVAN. LUTHERAN PARISH
17th Sunday After Trinity—
St. Paul's Morrisburg—
10:00 a.m.—The Service
11:00 a.m.—Sunday School.
St. John's, Riverside Heights—
No worship. People are invited to worship at St. Paul's.
Rev. E. Rosenquist in charge. Distance prevents coming to St. John's.
Everyone Always Welcome!

THE UNITED CHURCH OF CANADA
Lakeshore Drive Church
Morrisburg, Ontario
REV. G. BRUCE, B.A., Minister
Mrs. J. Graham
Director of Music
Sunday, October 14th, 1973—
10:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship.
Guest Preacher: Brigadier-General J. R. Millar, C.D., B.A., D.D. Dr. Millar will also preach at 9:30 a.m. at Dundela.

Give Blood
CALL YOUR RED CROSS

WILLIAMSBURG

Mr. and Mrs. Keith Schell and Larry and Mrs. Sadie Whitteker have returned from touring the Maritimes. They called on Rev. Hugh Whitteker, Bridgewater; visited Mrs. Addie Barkley (Molzahn) at Dartmouth, spent a couple of days with Mr. and Mrs. Fraser Schell and Sharron Shelburne, on their return called on Dr. and Mrs. Donald Robertson and family at Milbridge, Maine.

Mr. and Mrs. Bob Martindale of Toronto, Mrs. Eva McIntosh of Winchester and Mr. and Mrs. Ross H. Beckstead were dinner guests of Mrs. Donald Hess on Sunday.

Mr. and Mrs. Claude Casselman spent Thanksgiving day in Cornwall with Mr. and Mrs. Douglas Warner.

Miss Nina Casselman, Mrs. Ethel Empey and Mrs. Verna McIntosh were dinner guests of Mr. and Mrs. Frank Whittaker on Sunday.

Miss Jean Locke of Toronto spent the Thanksgiving week end with her mother Mrs. M. W. Locke

Mr. and Mrs. Gerald Patterson of Toronto spent the Thanksgiving week end with Mr. Frank Merkley and other relatives. They were accompanied home by Frank who is spending a few days with them and in Buffalo with Rev. and Mrs. Bill Kurschinski.

RECENT BIRTHS AT THE WINCHESTER MEMORIAL HOSPITAL

October 4, 1973 to Mr. and Mrs. Clifford Lamour, Richmond. A daughter.

October 5, 1973 to Mr. and Mrs. Ralph O'Brien, Morrisburg. A daughter.

October 6, 1973 to Mr. and Mrs. David Summers, Winchester. A daughter.

Master Charge at the Bank of Montreal

More than 20,000 Canadian companies with some 43,000 outlets across the country have signed with Canada's new international charge card — Master Charge.

Announced in March this year by the Bank of Montreal and the Provincial Bank of Canada, Master Charge is the world's largest charge card system, with some 33 million cardholders and 1.4 million merchant outlets worldwide.

Master Charge is offered by the Interbank Card Association, a non-profit international association of banks formed to provide an interchange of credit cards around the world. The Interbank Card Association has members in Europe, Asia, North and South America, which recognize Master Charge on a ninterchangeable basis.

Master Charge was introduced in the U.S. where there are some 28 million cardholders. Of these, more than 15 million live in close proximity to the Canadian border.

Among the major national accounts signed by Master Charge are Shell Canada Ltd. with 7,000 outlets; Irving Oil Co. Ltd., 3,000 outlets; Western International Hotels Ltd., which includes Montreal's Hotel Bonaventure, The Calgary Inn, The Winnipeg Inn and Vancouver's Bayshore Inn; Ford oMtor Co., 700 outlets; Hilton Hotels with 5; Molson Industries including Beaver Lumber Co. Limited, 280; Canadian National, 800; Champlain Oil, 400; CP Hotels Limited, 20; Henry Birks and Sons Limited, 70; and Holiday Inns, with 45 hotels in Canada.

Dylex Limited, which includes Tip Top Tailors, Fairweather and Thrifty Just Pants Ltd., 230; Miracle Mart and Cardinal Stores, 64; Reitman's, 325; and Towers-Bonimart, 39 have also signed up with Master Charge. Among the airlines, Air Canada, CP Air, Air France and Nordair accept Master Charge.

Facing Middle Age?

Who's afraid of middleage and menopause? Not you — if you're a woman who recognizes these can be years of new opportunities and challenges.

"The wider your horizons, the greater your flexibility and number of interests, the better chance you have of adjusting," says Beverley Mead, chairman of the department of psychiatry at Creighton University School of Medicine. He observes it's the woman clinging to the old traditions and motivated "strictly to the role of wife and mother" who's likely to be dissatisfied and unhappy as her family duties diminish.

A working mother, "or at least the woman who is capable of being a working mother even though she may not be holding a job at the moment," has the edge over a woman who sees her life in the home only, maintains Dr. Mead. "She has an awareness of the world outside, and later when she wants to expand her role and seek other sources of satisfaction, she has something to fall back on and be interested in."

Menopause — No Menace

The ranks of women ready to meet the options middleage offers are growing. And that includes coping with that female mid-life phenomenon: the menopause. — "Women can now look forward to menopause without the dread they used to have," notes Dr. Mead. Knowing that estrogen replacement therapy is available, "they accept the hormone for what good it can do them and, in addition, realize that their adjustment depends a lot on themselves and what they do, and their attitude toward life."

Dr. Mead is convinced that mid-life "crisis" can be further eased by education — right from the reginning. "We should start teaching children from first grade on to think more about the future of life." Talking with seven and eight year-olds about what life will be like for them later on is "a marvelous opportunity" to prepare them for transition. Children could be taught the machanics of biology — "including some mention of menopause" — but more importantly, he suggests, they could "explore how values and attitudes will change as we grow older.

"I'm a great believer that the best way to solve menopausal/mid dleage problems is by prevention, Dr. Mead contends. "Prevention not only in the correction of any hormonal imbalance—but psychological prevention in terms of encouraging a woman to have many roles in life."

FINAL TRIBUTE FOR JOSEPH DWAIN WHEELER AT CHESTERVILLE

Joseph Dwaine Wheeler, a Chesterville area farmer, died suddenly at his home on Saturday, October 6th in his 46th year.

Born at Chesterville, he was a son of Mr. and Mrs. Edward Wheeler, and besides his parents, he is survived by five sisters and four brothers: Mrs. George Gaudry (Irene); Mrs. Desmond Lenahan (Joan); Mrs. Stewart Edgerton (Donelda); Mrs. George Parks (Florence), all of Ottawa; Mrs. Terry Chambers, (Aurea), Red Deer, Alta; Raymond of Calgary, Gerald of Cornwall; Manley and Desmond, both of Chesterville

Educated in area schools, the late r. Wheeler was a member of St. Mary's Church, Chesterville, where the funeral mass was offered by his pastor Rev. J. L. Lamarche at 10:00 a.m. on Wednesday, October 10th.

Interment was at St. Mary's cemetery, Chesterville.

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PERSO CLEANERS
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ON SATURDAY, OCTOBER 20th, 1973
ALL CLEANING RECEIVED FROM 8 TO 11:30 A.M. THIS DAY ONLY — WILL BE DONE AT YESTERYEAR'S PRICES — SOME EXAMPLES
SUITS $1.00 *TROUSERS 55c* *RAINCOATS $1.15*
DRESSES $1.10 *SKIRTS 55c* *WINTER COATS $1.25*
JACKETS 60c and 65c
Cleaning to be picked up same day. Coffe and Donuts will be served.
COME IN AND MEET THE MEMBERS OF THE OLD TIMERS HOCKEY TEAM
PROCEEDS WILL BE DONATED TO
THE OLD TIMERS HOCKEY TEAM
COMPLIMENTS OF PERSO CLEANERS

FOR THE LAST THREE DAYS OF
ALLISON IMPORT SHOPPE
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EVERY ITEM IN THE STORE WILL BE SOLD AT
1/2 PRICE OR LESS
Everything not now marked at 1/2 price or less will be going at 1/2 of the ticketed price. This means tremendous savings on:
Wedgwood China — Royal Albert — Aynsley Over 100 Cups and Saucers — Men's Arrow Shirts — Karen Bulow Hand Woven Ties — Men's Warren Knit Sweaters — Ladies' Kitten and Highland Queen Sweaters — Highland Queen Slacks and Skirts — Hanes Panty Hose and Nylons — Hudson Bay and Kenwood Blankets — Blue Mountain and Evageline Pottery— Marvel Diamonds — Dinner Rings — Birthstones — Men's Rings — Coro, Continental and Wedgwood Costume Jewellery — Buchan's and Mason's Ironstone Ware — Doulton Figurines Czechoslovakian Lead Crystal, Pinwheel and Hughes Cornflower Pattern — Office Supplies & Stationery — All Greeting Cards 4 for the price of One — Men's Brier Pipes and Tobacco Pouches — Ladies' Watches — Bronnley Soaps and Scents — Buxton Leather Goods — Quebec Wood Carvings — Aluminum Giftware — John Hort Handbags — Wade's Irish Porcelain.
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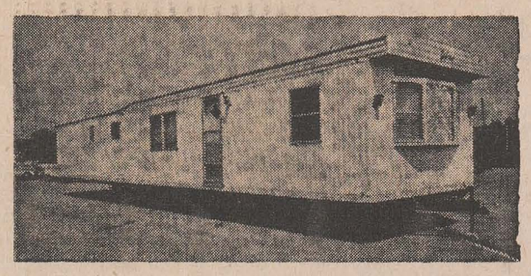

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Ministry of Natural Resources

Weekly Report

FEWER LAKE TROUT IN SOUTHEASTERN ONTARIO

The power toboggan, open seasons during the winter and heavy fishing pressures have contributed to a decline of lake trout in Southeastern Ontario, according to fisheries biologist R. E. Whitfield.

"The steady deterioration of Southern Ontario's lake trout environments is partially due to shoreline development and stepped-up eutrophication", Mr. Whitfield remarked.

He said of this species is to be retained for future angling there should be a slow-down or prevention of any further linear, shoreline cottage development on important lake trout lakes. He believes a shorter season would slow down the present overharvesting of lake trout.

Studies have shown that the cool, clear lake trout lakes lying within the granitic rock of the Canadian Shield are only capable of supporting from 1/4 to ½ pound of lake trout per surface acre per year because of the low fertility of the lake environment.

Lake trout lakes lying on the southern tip of the rocky shield country and south of it are more fertile than the northern lakes and the carrying capacity for fish life in general, including the lakeers, is considered higher.

"High fertility rates are favorable to lake trout up to a point and it appears that we have passed that point for a considerable number of years now", Mr. Whitfield said.

Many of the shoals where lake trout were known previously to spawn are now heavily silted and the trout no longer use them.

Pickerel, pike, bass and many other species have found their way into Southeastern Ontario's lake trout waters either by hatchery introductions or by other means. Fish sharing these waters with the lake trout will compete with them for food and space. However, this is not always a serious problem.

Silt and fertilizer run-off in agricultural areas are known to hasten eutrophication and contribute in some instances to silting conditions on spawning shoals, a detriment to lake trout reproduction. This, coupled with heavy nutrient discharges from shoreline cottages, tends to hasten the end to a lake trout environment.

SANDBANKS GARTER SNAKE SCORES FIFTY-TWO.

A prolific, eastern garter snake bore 52 young in the office of Sandbanks Provincial Park (25 miles south of Belleville) last month. The 3-foot long snake had been found by campers July 15, who turned it over to park naturalist Marilyn Armstrong for safekeeping during its confinement.

Eastern garter snakes usually have from 20 to 30 snakelets in August or September but as many as 87 have been recorded in one litter.

They bear live young, the eggs being retained inside the mother until hatched. Each snake is born coiled in a tight circle inside a clear, elastic sack. They burst the fluid-filled sacks immediately to prevent drowning.

W. I. A. AGREEMENTS BENEFIT LANDOWNERS

The terms "forest management" and "timber resource" to some people conjure up visions of soldier-straight rows of pine with pulpwood or saw logs stacked neatly by the roadside.

This is not the case for landowners like Harold Parker of Minesing near Barrie.

Mr. Parker is one of the more than 400 landowners in Huronia who have woodlands under a man agement agreement with the ministry of natural resources. Such agreements are made under The Woodlands Improvement Act (W. I. A.) of 1966.

The intent of the Act is to combine the production of good quality timber, maple syrup and other forest crops with the enhancement of aesthetic values, the creation of a wildlife habitat and the provision of recreation. ore and More people like Mr. Parker are indicating that their major interest is in forest recreation, wildlife and site protection, rather than the production of a crop.

If improved wildlife habitat is the aim of the owner, slash from thinnings is piled in the woodlot to provide cover. Deer are attracted by the new growth which is generated when the woodlot is thinned.

Mr. Parker is eager to show people what good forest managemen can do. He encourages group of school children to tour his woodlot and makes his property available for forest demonstrations.

Under the W.I.A. agreement, tree planting may also be done. Usually the only expense to the owner is the cost of the trees — one cent apiece.

Surveys indicate a definite shortage of quality hardwood timber in Southern Ontario. Practically all of the hardwood resource is privately owned and the greatest percentage of woodlots are on the family farm.

Ken Cooper farms a hundred acres near Elmvale and has another hundred acres of forested land. He was the first W.I.A. agreement holder with the Angus office of natural resources. His basic aim was timber production but he also has a close attachment to the land.

In 1931, he and his father started to reforest their land themselves, planting 3,500 trees a year which they brought out from Midhurst Forest Station by horse and wagon.

In 1966 and 1967, planting, as well as marking the established plantations for thinning, was done on the Cooper property by forestry personnel.

Mr. Cooper also feels that a lot of farmers with $30,000 tied up in equipment just don't have time to think about their woodlot. Many farmers, however, do take advantage of the free, four-day advisory service offered by the ministry.

TOP AWARDS FOR MINISTRY SLIDE-TAPES

Two Gold Camera Awards and two citations for creative excellenece were won for the audio-visual presentations by the Ontario ministry of natural resources at the Industrial Film Festival in Chicago. Five hundred entries from 16 countries were exhibited at the Festival. The winners were produced by Lloyd Walton of the ministry's park management branch.

Three of the ministry's winning slide-tape shows were made for the Man and Resources conference last year.

A first-place Gold Camera Award was won by "Pressure on Available Land" in the Conservation category, and two runner-up Certificates of Creative Excellence went to Northern Ontario Development and Environmental Quality.

Another first-place was won by "Amich" which tells about the building of a voyageur-style canoe by Charlie Laberge, superintendent at Samuel de Champlain Provincial Park.

The Credit Valley Conservation Authority has produced a beautiful movie on the Niagara Escarpment, available on request for school classes and other interested groups. It is called "Silurian Legacy" and can be borrowed by contacting the Authority's information officer at Meadowvale, Ontario.



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Nov. 28 — THE DAMNED
Dec. 2 — THE GUNS OF NAVARONE
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Jan. 30 — HOW I WON THE WAR
Feb. 13 — THE GLADIATORS
Feb. 27 — FAILSAFE
Mar. 13 — M.A.S.H.
Mar. 27 — TELL ME LIES
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We Knew It All The Time

(From The Glengarry News)

During the past week our provincial treasurer, John White, permitted the following immoral words to fall from his lips: "People in local governments have a far greater comprehension of the needs of their citizens. To try to impose direction from Queen's Park on Windsor, Timmins and Cobourg is not the way to do it. The needs are going to be far different in each of these communities and local councils have definite ideas on how to meet them."

Mr. White's de tlpehylU oro&g

Mr. White's deeply thoughtful pronouncement was made as a part of his comments on the decision of the Ontario government to start, at long last, cutting away at least a part of the drapery of red tape with which each official procedure in this province has been bedecked since time immemorial. Of course the recognition that there are at least a few in each community who are capable of mature judgment and sound decision comes a bit late on the part of the provincial government. It is a fact which has been well known to most of us small town folks for the past hundred years or so, suggests an editorial in the Wingham Advance-Times.

Rural communities are frequently accused of being too conservative. We are generally supposed to be so behind the times that it requires the more enlightened minds, of a central government to hand out fatherly guidance and somehow or other keep us from straying into the wilderness. Finally the provincial legislators have faced up to the fact that they, themselves, are nothing more than a collection of community-minded politicians who have managed to persuade their followers that they can run a province instead of a town, a township or a city.

The delays and frustrations which have, since the outset of self-government in this country, hampered almost every progressive move initiated at the local level may at long last give way to a sensible acceleration of public bus iness. Most of the elected representatives of the people in local government are quite capable of making decisions for themselves without the patronizing supervision of officials in Toronto.



BY TOM TREMFIX

Question: Some of the paint on my power mower is coming off, especially around the engine and inside the rotary-blade housing. Is there a paint that will improve the appearance of the mower and also resist the heat caused by the engine on the outside and the air friction inside the housing?

Answer: Yes. Try Tremco Heat Resistant Enamel. It's made for metal products, like your mower, that are subject to heat. It'll resist temperatures up to 650° F and where there's no direct contact with fire.

Tremco Heat Resistant Enamels come in handy spray cans. Colours are flat black, orange, metallic aluminum, and metallic gold—all selected because they're the best for heat resistance and durability.

To get a lasting finish, use a wire brush to remove any rust and loose, blistering, or peeling paint down to the bare metal. And clean off all oil, grease, dirt, grass, etc. When all surfaces are clean and dry, spray the enamel directly on the metal with the exception of the muffler, which can exceed the enamel's temperature limit of 650° F. No primer is needed.

Tremco Heat Resistant Enamels are also ideal for such heat-exposed items as as home barbecues, heating radiators and registers.

If you have other questions about Tremco Heat Resistant Enamels, write to Tom Tremfix, The Tremco Manufacturing Company (Canada) Ltd., 220 Wicksteed Avenue, Toronto, Ontario M4H 1G7

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HEALTH FOR ALL

HIGHS AND LOWS

Some aerosol products are designed to spray into the atmosphere or under the arms. Some are meant to inhale through your mouth or nose. But aerosol misusers who are looking for "highs" breathe in gases in extremely high concentrations. They can—and do—die in seconds.

The aerosol industry itself if alarmed about the situation and has begun a campaign to educate young people about the hazards of misuse. According to the Aerosol Education Bureau, most deaths due to deliberate misuse happen among teenagers, when they are with their friends. Accurate statistics are hard to come by, but currently the largest cluster of deaths from aerosol misuse, says the Bureau, is in the age group 14 and 15. The misusers are getting younger and younger. As recently as 1970, the largest number of deaths occured among the ages 15 to 18.

Deaths usually come through asphyxiation and heart arrest. The air sacs of the lungs, vital for the exchange of oxygen and carbon dioxide, can be damaged as well as the network of blood vessels that surround them.

Aerosol products are easy targets for experimentation; they are inexpensive and everywhere. Ther are 300 types of aerosols. And within the last three years, sales have doubled to almost two billion a year.

Using spray cans improperly can be hazardous to your lungs, even when there is no deliberate misuse. To protect yourself, read and follow the directions on the can. Do not expose the products to heat, do not puncture the cans, use them only in well-ventilated rooms, and keep them out of children's reach.

What we inhale is a matter of life and breath. For more information about how to protect young lungs against all kinds of assaults, contact your local lung association. They have the facts.

MOTTOES

There was a time when speakers found inspiration in simple mottoes. Busy hands transferred such expressions as "The devil finds work for idle hands" to samplers. An upstanding business office was not complete without a framed maxim, for example, "A stitch in time saves nine".

Such expressions now verge on the treasonable. Loafing is now called leisure. Earnest groups orm committees to determine how the engulfing mass of idle time, as envisioned in the four-day week, may be transformed into creative leisure. The saved stitch is a laugh. In an era of obsolescene it is ridiculous. We're warned about products made on Mondays when workers are recovering from a weekend of creative leisure. The same thing applies to Fridays—when they're lost in contemplatio of an upcoming weekend.

Forget about a penny saved being the penny earned. Today's penny is worth only a fraction of what the penny was when the expression was coined. It's frightening even to think of what the penny may not be worth in tomorrow's inflationary world. Besides, the tax man is planning to get you if your penny is fortunate enough to provide a capital gain.

The days of such mottoes appear to be over, except of course as amusing mementos to be hung on walls in contrast with forms of psychedelic art produced by practitioners of the new creative leisure.

DEADLINE FOR CLASSIFIEDS IN THE LEADER IS TUESDAY NOON

O.P.P. TO TRY OUT FOUR-DAY, 40-HOUR WORK WEEK

Commissioner H.H. Graham today announced that the force will test the four-day, forty-hour work week, commencing on or about January 1, 1974.

In accordance with the memorandum of understanding with the Ontario Provincial Police Association, four detachments of various sizes will be selected for this study

It is anticipated that the test will be for a period not exceeding six months. Following this the results will be evaluated as to the possible implementation throughout the force.

CARE

LET CARE HELP YOU TO HELP OTHERS

Happiness is a Canadian Medico nurse giving T.L.C. (tender loving care) and showing local Asian nurses how to keep patients clean and comfortable.

You can help spread Canadian medical knowledge by supporting Medico volunteers. Medico is a service of CARE.

Send your dollars to CARE Canada, Dept. 4, 63 Sparks St., Ottawa K1P 5A6



Good "HINTS" For A Larger Litter

Research indicates that approximately 25 percent of baby pigs born do not reach weaning age. Raising your pig-per-litter average is the best profit opportunity you have in cutting costs and increasing returns in your swine enterprize. The records on your present operation are the best place to start and improve your litter size. Analyze these records and determine your strengths and weaknesses. If records are not available then take an inventory of your present situation.

In establishing goals, a realistic objective should be ten pigs weaned per litter for a good swine producer. The following is a list of items that can influence baby pig losses.

1. Overfeeding sows during the gestation period. Fat sows have more difficulty in farrowing with the possibility also of pigs being weaker at birth and more prone to being lain on by the sow. A properly balanced 14 percent to 16 percent ration fed at the rate of 4 to 5 pounds during the gestation period should keep sows in good condition but not too fat.

2. Sanitation — Thoroughly clean and disinfect the farrowing facilities between each farrowing.

3. One week prior to farrowing add 25 percent bran to the sow's ration and move her to the farrowing unit. This reduces the stress of birth and less likelihood of MMA after farrowing.

4. Farrowing Crates or Stalls — Farrowing crates assist in restricting movement of the sow. This normally helps prevent crushing or crippling of new born pigs.

5. Keep farrowing pen or crate dry and clean — A dry farrowing unit will help eliminate many of the baby pig scouring problems commonly seen in damp surroundings.

6. Attend Farrowings — This is very important. Remove fetal membranes to prevent suffocation prevent possible chilling, dry pigs off and make sure they start nursing promptly after birth.

7. Colostrum — Make sure that the baby pigs receive the sow's colostrum or first milk after farrowing. This gets the pigs off to a fast healthy start.

8. Treat Navel Cord — The navel cord is a location where infection may enter the baby pig's body. Treat the navel cord with iodine within 2 to 3 hours after birth.

9. Provide adequate supplement heat for the baby pigs.

10. Equalize litters — If transferring pigs between sows try to do it within 48 hours of farrowing. This may be necessary if certain litters are extra large or a sow has an inadequate supply of milk.

11. Control Anemia — Administer iron either by injection or orally within 3 days after birth. Pigs are subject to anema until they are eating sufficient creep or starter feed.

12. Feeding The Baby Pigs — When pigs are two weeks old, they should be consuming a well fortified palatable creep or starter feed. A protein level of 18-20 percent is recommended. Encourage the pigs to eat this material by providing small amounts fed fresh daily starting at 10 days of age. A fresh clean supply of water should also be provided.

There's a BOLENS® SNOWTHROWER that's just your size!



If you're looking for a "no snow-shovel" winter...Bolens has a model just right for you!

Loaded with features—
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And we're now offering a free pair of $15 mittens when you purchase any Bolens Snowthrower. (Offer expires March 31, 1974.)

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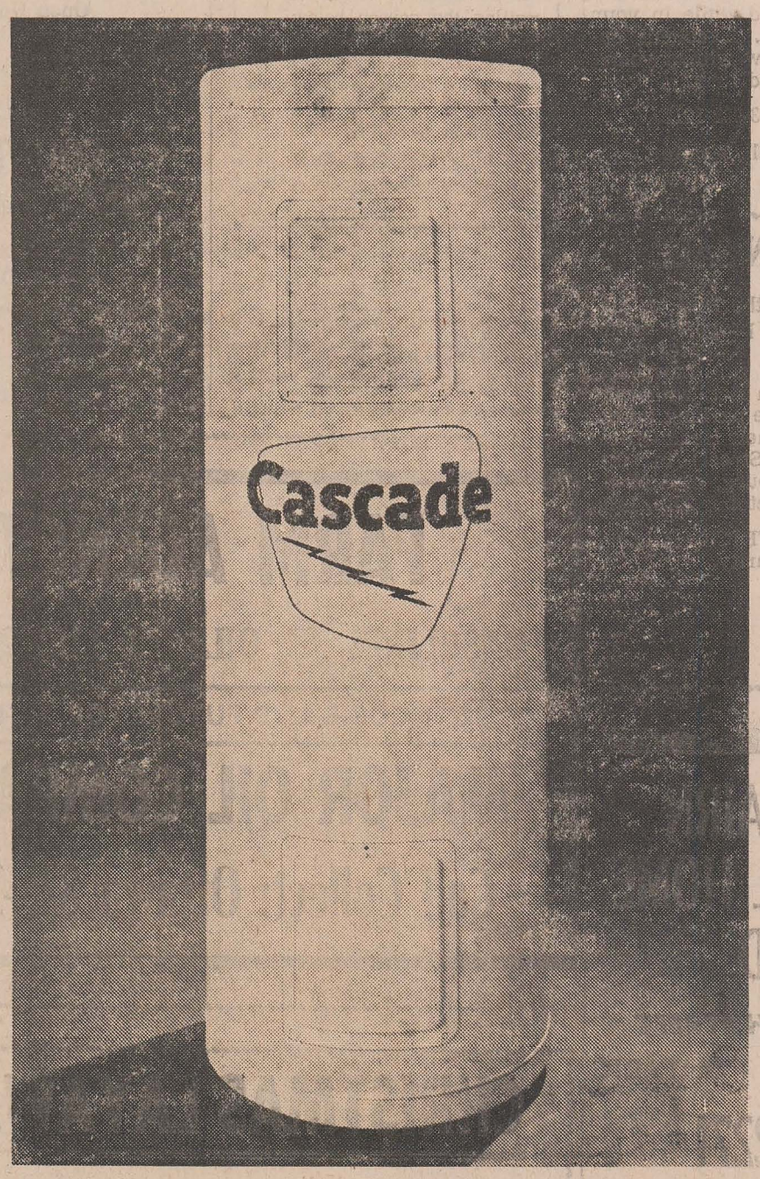

A word to the wise

When it comes to hot water, using it wisely—not wastefully—makes good sense.

your hydro

CS3 - 7482A

Dental Topics

At times, Johnny and Joan may bring home a dental slip from school, which requests your permission for their teeth to be checked and cleaned.

Because your children visit the family dentist regularly and haven't compained about toothaches, you may wonder about the check-up's worth. When a dental health team visits a school, it wants to provide a dental check for as many children as possible.

Many mothers forget how time flies and that it's close to checkup time. Aside from serving as a good reminder, school checkups often allow for detection of cavities when they are just beginning. The usual six months between visits provides enough time for decay to set in, especially in children's teeth.

You may decide after the school checkup that you'd betted get your child to the dentist even before the six-month visit comes due to catch the decay while its just beginning. This would save much time, expense and give less discomfort to the child.

The school health team can often spot if your child's teeth and jaws are not developing properly and you may want to get your dentist's views. After the examination, the dental team may clean and paint your child's teeth with fluoride to help prevent decay. The team may also give classroom talks, show films on dental health and teach the proper brushing technique. Sometimes the children are given a dental colouring book or a free toothbrush.

After the school checkup, if your child comes home shouting, "Look ma, no cavities!" don't be deluded into thinking you can delay his appointment with your regular dentist. The school dental team does not use x-rays and cannot give a thorough checkup.

The school team alerts you that treatment may be needed, but it is your dentist who establishes what type and how much treatment is needed..

The 2nd FORTY

Generation Gap

Dear Margaret Brokfield:

I am a divorced woman of 48 who has been living with a married man for the last year. My daughter, married and a mother, just found out and she is shocked. She has given me an ultimatum: either the man gets a divorce and married me or I break up the affair. If not, she doesn't want to see me again. How can I make her understand we're mature adults who know what we're doing?

S.T.

Dear S.T.

You seem to be facing the generation gap problem, but in reverse. It's usually the middle-aged parents who frown on the moral freedoms of the young. Your daughter is forcing you to make a choice. Many motives may underlie her ultimatum, including her feelings for her father or the resentment she feels toward the man you are living with. I doubt that anything you say to your daughter will solve the problem (and the problem is basically yours), but time — or the man's wife — may change the situation.

Symptoms After Surgery

Dear Margaret Brookfield:

I am 40. A few years ago, I had a hysterectomy. I have a friend who is only a few years older than I am. Recently, she, too, had a hysterectomy. Her doctor prescribed hormones. At the time of my operation, my doctor did not. Are hormones necessary after a hysterectomy?

A.B.

Dear A.B.

That can depend on many factors, including th extent of the surgery, and, also, the age of the patient.

Usually, in a hysterectomy, only the uterus is removed. If the ovaries (which supply the body with estrogen) are not taken out, they continue to supply hormones.

When the ovaries are diseased, they are removed too. This can result in what is called a "surgical menopause", caused by the abrupt loss of hormones. (This is especially true with younger patients.) If the symptoms caused by this surgically-induced menopause are severe, the replacement of the lost estrogen, through medication, helps to relieve them.

You were in your thirties when you had your operation. When a hysterectomy is performed on a woman before menopause, the ovaries are not removed if they are found to be healthy. This may have happened in your case. Only your doctor can clarify your question. Ask him, the next time you talk to him.

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TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

This sturdy child is of Anglo-Saxon descent with blonde hair and fair skin. Her blue eyes are not quite symmetrical and this gives her rather an elfin look.

Cathy, nine, was born with three kidneys but this is not a health problem. However, she is prone to ear infections which must be treated by a specialist.

Now in Grade four, Cathy has been doing average work in school. She is the only child in her foster home where she basks in all the attention she gets. Until recently, she much preferred adult company and was impatient or even quarrelsome with children, but lately her relations are much more harmonious and she has developed friendships.

Cathy is neat and tidy, taking good care of her clothes, and always thrilled with new things. She likes to keep her hair well brushed and shining.

Warmly affectionate parents are being sought for Cathy. She should be the only child or perhaps have teenaged brothers and sisters. Her adopting family will need to accept the fact that information on her background is limited.

To inquire about adopting Cathy, please write to Today's Child, Box 888, Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



SHE LOVES ATTENTION



YOU'RE WHISTLING IN THE DARK...

If you think that heart disease and stroke hit only the other fellow's family.

Put WANT ADS to work for you

CARDS OF THANKS

I wish to thank all my friends and relatives who remembered me with cards, flowers and gifts while I was a patient in Winchester Hospital. Special thanks to Rev. Bruce, Dr. Domanko and nurses on first floor.
DELLA HESS.
40p.

Our sincere and heartfelt appreciation is extended to all who who were so kind and thoughtful to us in our recent bereavement, in the death of our son and brother, Stanley Welsh.
BEA MALLETTE,
ROBERT and BRET.
40p.

I would lie to extend my sincere thanks to all my friends who were so kind to remember me while I was a patient in Winchester Memorial Hospital. Special thanks to the nurses and staff on Second Floor, to Dr. Domanko and the Catholic Women's League.
ARNOLD LAWLOR
40p.

The Executive of the Morrisburg Figure Skating Club would like to take this opportunity to thank Alex and Mary English for the donation of their booth at the Trade Show to the Club, and also to thank Cam and Pat McLennan for their help.
40c.

I wish to express my sincere thanks to Dr. Castle, nurse and staff of 2W of the Civic Hospital; to Dr. Domanko and nursing staff of E. Wing and Therapy Dept. of the Winchester District Memorial Hospital; to Rev. Gordon, Rev. Boehmer and Rev. Neil for their calls, and all who remembered me with cards, gifts, flowers, treats and visits. These acts of kindness were greatly appreciated
ALICE I. CASSELMAN
40p.

IN MEMORIAMS

CASSELMAN — In fond and loving memory of a dear mother, Mrs. Olive Casselman, who passed away Oct. 9, 1968.
How we miss the welcome footsteps
Of the one we loved so dear.
Oft we listen for her coming,
Fully sure that she is near.
The years may wipe out many things,
But this they wipe out never,
The memory of those happy days
When we were all together.
—Sadly missed,
AGNES & ORVAL BRINSTON
40c.

BOWMAN — In loving memory of my dear son, Ben Bowman, who passed away so suddenly, October 17th, 1971.
"Gone, but Not Forgotten"
—Ever remembered by his Mother,
MRS. ANNIE BOWMAN,
Morrisburg, R. R. 1.
40c.

BOWMAN — In loving memory of my husband, Ben Bowman, who passed away October 17th, 1971.
Silent thoughts and memories dear,
Treasured more each passing year,
Loving thoughts of years together
Hold memories that will last forever.
—Ever remembered by
His Wife, Gladys;
Daughter, Elsie, and
Grandchildren, Mark and Karen.
40c.

SALMON — In sad and loving memory of my dear husband, Jay S. Salmon, who passed away October 13, 1970.
When all is still and silent,
And sleep forsakes my eyes,
My thoughts are in a silent grave
Where my dear husband lies.
—Sadly missed and always remembered by
—WIFE, BESSIE.
40p.

HEARING AIDS
When you need a new hearing aid, we'll give you the salesman's commission of $100.00 off the price if you come to the office.
Phone 774-2606 or write:
SUMMERS Hearing Aid Centre
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2 8:25 x 14 ATLAS SNOW TIRES. Used two winters only.
PHONE 543-2646.
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DOUBLE BED (No Mattress); 1 Vacuum Cleaner; 2 Doors — 1 is 34" x 6' 10"; other is 32" x 6' 7½".
KENNETH FYKE,
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'70 MUSTANG 351. 3-SPEED AUTOMATIC. Call during daytime.
PHONE 543-2981.
40p.

2-STOREY FRAME HOME IN Williamsburg. Good well and cistern. Lot approx. 50' x 100'.
PHONE 535-2012.
40p.

1 LINDSAY PIANO IN GOOD Condition.
TEL. 543-2476 (after 6).
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38-40p

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SMALL SIZE COOK STOVE.
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SILVER DOLLARS AND SMALL 5c Pieces. Also Canadian mint stamps prior 1960. Send dates, condition or issue to Box 11154, Postal Station H, Ottawa, Ont., K2H 7T9.
40-1p.

HELP WANTED

"FASHIONS TO 20" HAS BOTH Part Time and Full Time positions available. No investment required. For interview appointment only, call:
MRS. HEATHER DEVRIES
at 535-2100.
40c.

MORRISBURG BADMINTON CLUB
Opening Night and Annual Meeting to discuss plans for the 1973-74 season.
SUNDAY, OCT. 14
Civic Centre 8 p.m.
All Members and those interested please attend.

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COMING EVENTS

ST. JAMES BAZAAR

St. James Anglican Bazaar will be held at the Civic Auditorium Wednesday, October 24th from 2 to 5 p.m. Cookies, Bread, Rolls, Aprons, Knitting, Novelties, Candy, Jams, Jellies, Pickles, White Elephant Table. Afternoon Tea.
38-41c.

ANNUAL BAZAAR

The Knox Presbyterian W.M.S. will hold its Annual Bazaar Wednesday, November 28th in the Lecture Room of the church.
40c.

ANNIVERSARY DINNER

The Annual Anniversary Dinner of Morrisburg United Church will be held in Allen Hall on Tuesday, October 30th. Further particulars later.
40c.

NOTICE

Pursuant to adjournment, a meeting of the Council of the Corporation of the United Counties of Stormont, Dundas and Glengarry will be held in the Council Chambers, County Buildings, Cornwall, on Monday, the 15th day of October, 1973, at ten o'clock a.m.
R. J. LAPOINTE,
Administrator and
Clerk-Treasurer.
County Buildings, Cornwall, Ont., October 3rd, 1973.
40c.

NOTICE TO CREDITORS AND OTHERS

TAKE NOTICE that all persons having claims against the Estate of PAUL MYERS, late of the Township of Matilda in the County of Dundas, Labourer, Deceased who died on or about the 29th day of March, 1973, are hereby notified to file proof of their claims with the undersigned on or before the 1st day of November, 1973, after which date the undersigned will distribute the Estate of the said deceased with reference only to the claims of which he will then have had notice.
DATED at Morrisburg, this 5th day of October, 1973.
HAROLD MYERS,
100 Danis Avenue,
Cornwall, Ontario,
Administrator.
By his solicitors,
McINNIS & MacEWEN,
Morrisburg, Ontario.
40-2c.

FLOYD FISHER

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RIVERSIDE HEIGHTS — Well cared for aluminum siding two storey home, modern conveniences, tiled and carpeted floors O.F.A. furnace. Large lot nicely landscaped. Give this an inspection. $20,000.

UPPER CANADA VILLAGE AREA — 2 miles off Highway 2, an excellent frame 3 bedroom Bungalow. Neat, comfortable and convenient; O.F.A. furnace, tiled and carpeted floors. Garage. Paved driveway. Well landscaped lot.

TWP MATILDA — 185 acres, 90 level clay, plowable. Barn, hog pen, drilled well, 2 springs. Frame, aluminum siding home. Asking $10,000 down.

SALESMEN

John Allison	543-2989
Alton Bolton	543-2602
Harold Fisher	543-2213
Bill Marshall	543-3200

FIGURE SKATING

The Morrisburg Figure Skating Club have decided there will be no age limit on children registering for Figure Sating. Anyone interested in registering their children, please contact Inez Bilmer at 543-3149.
40c.

SMORGASBORD SUPPER AND BAZAAR

Trinity United Church Hall, Colquhoun, Wednesday, October 24, 1973, beginning at 5:30 p.m. Admission, Adults $1.75; Children under ten years 75c. Everyone welcome.
40-41c.

BROOMBALL MEETING

Anyone interested in putting a team in the league, please attend the meeting on Tuesday, October 16th, at 8 p.m. in the office of Mutual Products. Also anyone interested in refereeing.
40c.

DUNDAS ELEMENTARY SOCCER TOURNAMENT

The annual Dundas County Soccer Tournament will be held at Iroquois Public School on Saturday, October 13th. 17 teams will compete for the Junior and Senior championships. All parents and other interested people are welcome to attend, to see the children participate in the games. Starting time is 9:00 a.m. and the winners will be declared by 3:00 in the afternoon.

DID YOU KNOW?

The world record for eating bananas is held by Stephen Nel of South Africa. He consumed 50½ in ten minutes.

SELL REAL ESTATE

ARE YOU WILLING TO WORK hard for a few years to establish yourself in a good paying position. Sales experience helpful but not essential. Top commissions paid from the start. Become qualified while in your present position. Excellent opportunity to grow with a young employee minded firm.
PHONE 1-613-932-1611.
Wilfred Amell, Realtor.
40-1p.

AUCTION SALE

I have been authorized to dispose of unclaimed property under the provisions of Chapter 447 - Section 16 of the St. Lawrence Parks Commission Act, with sale to take place in the parking lot on the south side of their Head Office building (Second Street) in the Village of Morrisburg, at 1:00 p.m. on Saturday, October 20th, 1973
G. B. RAISTRICK,
Chief of Security.
GORDON ROSS,
Auctioneer.
40-1c.

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DID YOU KNOW?

Paul Anderson, the 364-lb. Olympic heavyweight champion, is reputed to have lifted the heaviest weight ever raised by a human being. He lifted 6,270 lbs. in a back lift. Just for comparison, the Phantom V (the heaviest Rolls-Royce) weighs 5,600 lbs.





If you can recall when kids collected cigar bands, you have a mighty good memory for such an old rooster.



HOMES

Before you build or buy, investigate Beaver Homes. Precision engineering methods are used to achieve true, square construction. The components are built under strict quality controls at a modern Beaver factory. All are architecturally designed to meet C.M.H.C. and V.L.A. specifications and there is a selection of over 50 homes like the "Collingwood" illustrated above. Lot owners may require only $200 down and prices for a new Beaver Home shell erected on your foundation are much lower than conventional building methods. Get the complete facts today by mailing the coupon below ... or drop in to your local Beaver Store.

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City/Town_____ Phone_____
I own a lot YES ☐ NO ☐
I plan to build this year:
YES ☐ NO ☐

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