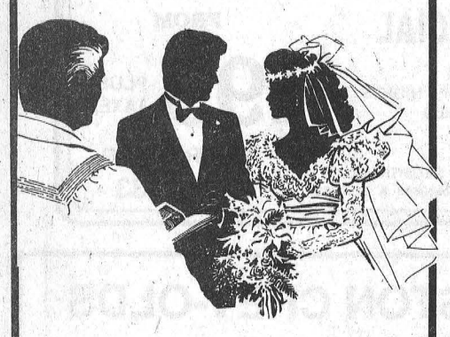
The Chesterville Record

FOUNDED IN 1894

Volume 97, Number 28 | Chesterville, Ontario | Wednesday, February 26, 1992 | Single Copy 50¢ (GST Included)

This Week



Brides- and bridegrooms-to-be will enjoy a special supplement to this week's Record. *A Beautiful Beginning* is a 1992 wedding guide that includes many planning tips for that special day.

30,000 rally for supply management

Greg Hewitt
Record Staff

OTTAWA—Months of fear over the impending GATT decision came to a head Friday as tens of thousands formed a sea of placards and people on Parliament Hill in support of supply management.

More than 30,000 Canadian farmers, their families, those in related businesses and other supporters took part in the massive show of solidarity.

Hundreds of local farmers showed their support, including three busloads from Chesterville.

It was one of the largest demonstrations ever held on the Hill.

And agricultural leaders who addressed the crowd and directed their words to the politicians in the House of Commons behind them had a clear message.

"The prime minister has given us assurance that the government will continue to give strength to our position" Canadian Federation of Agriculture president Ralph Jesperson told the crowd. "We take his words and we hold him to his words, but the battle is far from over.

"There are 30,000 or more here who believe a country with farmers is a country with a future. If there was any doubt, let this demonstration show our dogged determination to save our future," he said.

"We must fight, fight, fight for Canadian agriculture and never give up," Nova Scotia turkey producer Don Downe told the crowd.

Downe, who described the agricultural sector as the "heartbeat and soul of this country," said farmers in other countries are envious of Canada's supply management system.

"We are sending a clear message to (U.S. President George) Bush and other leaders—Canada's position is the right position, the fair position, and we will have it."

The crowd often chanted "we want Brian" and several demonstrators carried effigies of Prime Minister Mulroney bearing unflattering slogans.

One demonstrator in a Mulroney mask acted as a puppet to the demonstrator behind him, who donned a George Bush mask and held 'Mulroney' by strings.

Ontario Federation of Agriculture President Roger George said farmers can do no less than fight to defend supply management to protect future generations.

"We will not allow Canadian farmers to be torn from the land," he said emotionally.

"Canadians have the right to choose their own agricultural policies and feed themselves with Canadian produce," he said, hinting sovereignty is at stake.

George warned of the consequences of losing self-sufficiency in food, citing the situation in the former Soviet Union.

"We need to look no further than the former Soviet Union to see a tragic example of a country that can not feed its own people. Start fighting," he urged listeners.

He said no matter what happens in the secretive GATT talks, currently being held in Belgium, farmers must continue to stand together so as not to be treated like "peasants on our own land."

Minister of Finance and deputy prime minister Don Mazankowski spoke on behalf of the prime minister.

After being booed, he angrily told the crowd that as former Minister of Agriculture he helped design the current supply management system. He assured them the government's position is to strengthen Article 11, the clause which provides for Canada's marketing boards.

Please see RALLY on page 3 and related story on page 2



Signs of the times
More than 30,000, including about 600 from Dundas County, rallied on Parliament Hill Friday to urge the government to stand up for supply management at GATT negotiations. Record Photo - Hewitt

Newsbriefs

Phone fraud warning

WINCHESTER—Ontario Provincial Police are warning the public that a telephone fraud ring may be targeting this area. Winchester OPP Sgt. Jim Irvine said people in southeastern Ontario have been receiving calls from an American company telling them they had won jewelry or cars, and asking for a credit card number for a "fee" involved in collecting the prize. Irvine warns that most often there is no prize and the caller is only after the credit card number for fraudulent purposes. He warns the public not to listen to these suspicious calls and particularly not to give out credit card numbers or other personal information to suspicious callers.

Tools taken

CHESTERVILLE—About $2,000 worth of tools were stolen in a burglary at Car-o-line Autos in Chesterville between 6 p.m. Thursday and 7:15 a.m. Friday. Winchester OPP Sgt. Jim Irvine said thieves gained entry to the garage and stole tools, as well as a water softener and a pressure washer. OPP have no suspects in the theft.

$100,000 for manor

MAXVILLE—The campaign to modernize and upgrade Maxville Manor received a shot in the arm this week with a $100,000 donation from the village of Maxville. The village has committed the funds for construction costs on the non-profit home for the elderly. Fundraising chairman James Joyce said the committee hopes to receive $500,000 from other municipalities. A public fundraising campaign this spring will try to raise $1.5 million. The total project cost is $8 million, with $5 million expected to come from various government programs.

Task force formed

CORNWALL—A task force has been formed to deal with implementation of the District Health Council of Eastern Ontario's recently-released report on substance abuse. The report detailed many areas where services are lacking, such as day programs for substance abusers and services for women. But task force chairman Murray Richer said it is unlikely the system will receive any new funding. The task force will be soliciting input from both consumers and service providers in the community. The DHC serves the counties of Stormont, Dundas, Glengarry, Prescott and Russell.

SNRCA meeting

BERWICK—The South Nation River Conservation Authority is holding its annual full authority meeting Thursday, Feb. 27 at 7 p.m. at the Berwick Community Centre. The 1992 budget will be approved at the meeting, and new officers will be elected to the executive committee. The public is invited.

Director appointed

CORNWALL—The SD&G Catholic School Board recently appointed a new director of education/secretary of the board. Roger Davidson, currently director of education for a Timmins school board, will assume the position July 1. He has extensive experience in French- and English-language schools, as well as French-as-a-second-language schools. Davidson attended Cornwall Classical College and was school principal for the SD&G board between 1975 and 1979. He served as SD&G Public School Board superintendent of personnel between 1981 and 1983.

Hard times ahead

Local employees blame free trade for plant closure

Greg Hewitt
Record Staff

LONG SAULT—Peter Courville was eating dinner and watching television last Tuesday when he found out he would soon be out of work.

Courville, of Crysler, is a machine repairman at Long Sault Fabrics, the Dominion Textiles-owned company that announced last week it would be closing its doors in May at a cost of 365 jobs and after 26 years in Long Sault.

"It was very shocking. I wasn't expecting it at all. Nobody knew, not even the management," said Courville, who worked at the plant for 20 years.

"Some of the bosses were walking around in a daze."

Courville said it's one thing to quit a job but a plant closure is hard to take.

"I feel mad because it's not just me, there are almost 400 people who work there," he said.

Courville, 41, says he's lucky because he has something to fall back on. His family operates a dairy farm in Crysler.

He said he will take a year to decide what to do.

"I suppose I could get a job for $5 an hour but after working for 10 years at $15 an hour a pay cut like that is hard to take."

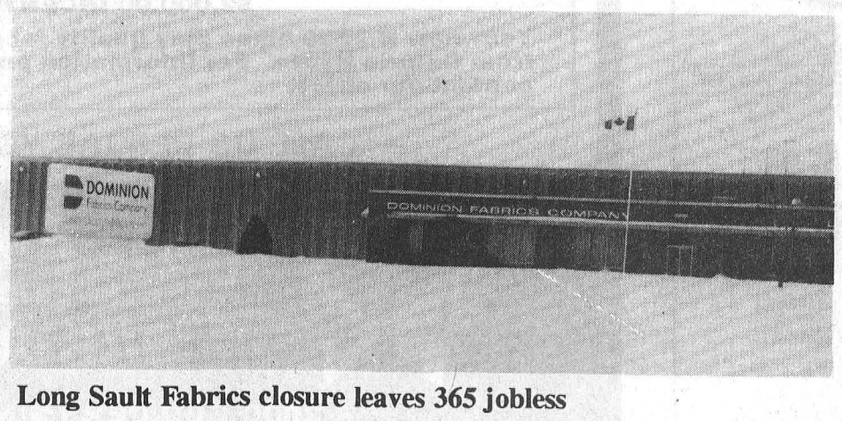
Dominion Textiles, which owns 12 fabric plants in Canada, has reportedly offered Long Sault employees transfers to Magog, Que., but Courville says that's not something he or many of his co- workers are considering.

"Most of my co-workers say when they run out of (severance pay and unemployment insurance) they will have to go on welfare," he said.

Courville, who has two children, said high wages and property taxes are probably to blame for the closure, but he doesn't blame the United Textile Workers Union.

"The union knew times were hard, and they were lenient. They protected the employees but they knew when to stop," he said.

Please see LONG SAULT on page 5



Long Sault Fabrics closure leaves 365 jobless

Communal wells best for Moose Creek: engineer

Elizabeth Moreau
Record News Editor

MOOSE CREEK—Construction of a $3-million communal water system would solve Moose Creek's well contamination and water shortage problems, an engineer said Thursday.

And if Roxborough Township council accepts the recommendations, construction on the project could begin as early as 1994, if provincial dollars are available.

"Probably the largest constraint is the availability of funding," Don Lishman of McNeely Engineering told about 40 Moose Creek residents at a public meeting. "This (time frame) assumes funding will be available when we're ready."

A 1988 Ministry of the Environment survey showed 18 per cent of wells tested for bacteria were unsafe. Another 30 per cent exceeded the Ontario Drinking Water Objectives for iron, and 53 per cent exceeded the standards for dissolved solids.

Lishman said correcting the individual well problems would be difficult because of water shortages in about 25 per cent of the community.

McNeely's proposed communal system would use ground water, which Lishman says is plentiful.

"We have found a good supply, and the water quality is excellent," he said.

Please see MOOSE CREEK on page 5

Unemployment up 20%

1,200 more people out of work in SD&G

Elizabeth Moreau
Record News Editor

CORNWALL—The recession continued to take its toll on the Stormont, Dundas and Glengarry area as more than 1,200 people joined the ranks of the jobless last month.

There are now 7,177 people in the three United Counties collecting unemployment insurance benefits, a 22 per cent increase over January.

Denis Thibault, manager of Cornwall's Canada Employment Centre, said unemployment in the region has been steadily increasing over the past several months.

"The situation is not changing," he said. "And obviously we're concerned that the trend is continuing."

With the recent announcement that Long Sault Fabrics will close its doors in May, putting 365 people out of work, unemployment is expected to continue to climb.

Thibault said while seasonal layoffs account for some of the increase in unemployment, job losses in the manufacturing sector have been sizable.

Since January 1989, the area has lost more than 2,400 jobs due to plant closures.

Statistics show the number of people collecting UI in Dundas County is actually 15 per cent lower than last February.

"We seem to be at exactly the same point as we were last year," Thibault said.

But neither he nor county welfare officials could say how many people found work and how many turned to social assistance.

The number of welfare recipients, which nearly doubled in 1991, also rose last month, from 1,015 cases in December to 1,093 in January.

Community backs farmers' Hill protest



Dundas Federation of Agriculture president and dairy farmer Alvin Runnalls was on Parliament Hill Friday to fight for his industry's future.

Record Photo - Hewitt

Greg Hewitt
Record Staff

OTTAWA—Local dairy farmers were out in full force Friday to take part in the massive GATT rally on Parliament Hill.

But because farmers aren't the only ones who stand to lose if marketing boards are dismantled, other members of the community joined the farmers in support of supply management.

Dundas Federation of Agriculture President Alvin Runnalls estimated about 600 people made the trek to Ottawa from Dundas County alone.

Runnalls had hoped to see a few more hundred from Dundas but said he was extremely pleased with the rally.

He noted the participation of non-farming supporters such as grocer Mike Dean, Winchester doctors Chuck Adamson and Raymond Dawes, and others in related industries such as machinery sales.

"We had great support, it was a great rally. On our part it showed great solidarity and unity," he said.

Jim Bancroft, manager of the Bank of Nova Scotia in Chesterville, said Chesterville is an area heavily supported by the dairy and grain industries.

"Not only do (farmers) bring business to the businesses and the bank, they also support other related industries."

Bancroft said he made the trip to Ottawa as a member of the community and to say he supports supply management and the farming industry.

Dean said at least 40 per cent of his business comes from farm families. He said he attended the rally to support farmers because his business would decline if farms went under, and he also believes in small towns like Chesterville.

"Farming is the backbone of Canada. Canada has the second highest standard of living in the world, so we have everything to lose and nothing to gain. Why the hell do the governments want to change that?" he said.

Dean said retailers should have organized to fight against the GST and Free Trade Agreement—but they didn't—and he's glad to see farmers are fighting for their survival.

Dean said he saw a lot of emotion and frustration among the farmers he met at the rally.

Dr. Raymond Dawes of Winchester said he paid his way through medical school by working as a beekeeper and still keeps five hives of bees.

He closed his practice Friday to attend the rally and show support for the agricultural community.

"A lot of my patients are agricultural people and I understand what they're saying. As far as the government goes, they're in a bind," he said.

Although Winchester Township cash cropper Ray Como won't stand to lose if a GATT deal doesn't include provisions for supply managament, he marched on Parliament Hill with other supporters because he "supports agriculture in every way."

"I feel it's hard to compete with the American farmer when he's subsidized by the U.S. government. Most of our input costs are more expensive," he said.

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A special thanks to the following individuals and businesses who made donations to cover our (Dundas) costs for the rally.

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SD&G agency links parents, child-care givers

Elizabeth Moreau
Record News Editor

When it comes to child care, working parents in the rural areas of SD&G don't have much choice.

Except for a small centre in Alexandria which offers group care, there are no commercial or non-profit day-care centres in the United Counties. And because of small populations and low demand in area villages, there are no municipal centres.

Many parents think babysitters, essentially free to charge what they like, are the only child-care option.

But the SD&G Private Home Day Care Agency offers working parents an alternative. And it's a service some say they couldn't do without.

The agency, licensed by the Ministry of Community and Social Services, links working parents with approved care givers who provide child care in their homes.

There are currently 45 women providing daycare for 141 children, from infants to aged 12, in Stormont, Dundas and Glengarry.

Agency director Tilly Turpin says the program, which started in 1984, is the only kind of formal day care available in Dundas and Stormont counties. But it is one that many parents are still unfamiliar with. The agency doesn't advertise, and most clients hear about home child care through a friend.

Kim Kelly of Chesterville is one of those parents. A friend told her about the program, and now Kelly's two children are in home day care. Both she and husband Tony work full-time, and are expecting another child.

> *"We wouldn't have a third child if it weren't for this type of daycare."*
>
> ***-Chesterville mother Kim Kelly***

"We wouldn't have a third (child) if it weren't for this kind of daycare," she says.

Home care providers undergo a thorough application process before being admitted into the program. The agency runs a police check, requires three references, and inspects the applicant's home.

Once approved, care givers are required to attend regular training sessions and workshops, which focus on everything from first aid to nutrition to discipline.

The agency's two home visitors keep in close contact with care givers, making both scheduled and surprise visits.

There are restrictions on the number of children of a certain age any care giver may have at one time, which creates a more family-like situation. For example, only two children under the age of two, or three kids under three years, may be placed together.

Turpin says the program is particularly suited to infants and toddlers, who develop better in a family setting.

"They're not social beings yet, so they really shouldn't be in groups," she says. "They do better with one care giver who doesn't change."

When placing infants, Turpin says the agency looks for a "nurturing type of woman—warm and loving and who can develop a bond with the child."

All of the agency's care givers are women and many are mothers themselves, Turpin says.

"But all of them consider this a job," she says. "We tell them that they are professional people offering a very important service."

Janet Douma, who lives outside Chesterville, has three school-aged children of her own and cares for five others each day.

"It is a full-time job," she says. "The first kids arrive at 6 a.m., and the last one leaves after 5 p.m. It's a long enough day."

Like all other care givers in the agency, Douma provides the children with a highly structured day, combining indoor and outdoor play, rest, snacks and hot meals.

"It's an enhancement experience for the children," Turpin says. "The curriculum is based on play as a tool (with which) to teach them."

The agency currently has a waiting list of parents, and still needs more care givers.

The program gives priority to single parents, and while subsidies are available, Turpin says more full-fee clients are needed.

"But unfortunately, some people look at us as a last resort," she says. "We get a lot of desperate people calling."

Turpin says aside from providing high-quality child care, the program is also affordable.

Although fees vary according to the number of hours of care provided and parents' incomes, a full-fee parent pays $16.75 a day for eight hours of care.

"We're really competitive, even compared to sitters," Turpin says.

The agency encourages three-way communication between the care giver, home visitor and parents, who have the final word on where their child is placed.

Care for physically-handicapped and children with special needs is also available, and hours are flexible to accommodate parents who work shifts and weekends.



For five days a week, Janet Douma provides day care for five children, and her own children enjoy the company. Pictured are (left to right): Chelsea Kelly, Ellie Pye, Melissa Pye, Janet's daughter Anglea, and Derek Kelly.

30,000 rally for farm boards

Continued from page 1

"You can shout me down, but I helped design that article and I'm damn proud of it. We have not wavered one iota."

He said the demonstrators' presence on the Hill would strenghten the government's resolve in fighting for supply management.

"We are not your enemy, we are your friend. We are defending your interests and we will continue to fight on your behalf. I guarantee you, I assure you," he said.

The crowd, visibly angry that Mulroney had not addressed them, was undecided on Mazankowski's vow–some cheered and some booed, wary of his promises.

Liberal party leader Jean Chretien, New Democratic Party leader Audrey McLaughlin and Bloc Quebecois leader Benoit Bouchard also pledged support for the farmers.

Twenty-four-year-old dairy farmer Danny Ryan, who received a degree in agriculture three years ago, said he's scared of losing everything his family has worked for at their Fournier, Ont., dairy farm.

"I went to Kemptville College to study agriculture and if we lose our farm, my education will be useless. If family farms go under, subsequently thousands of farm-related businesses will go under," he said.

Steven Swainson, a Red Deer, Alta., dairy farmer, said he attended the rally because his livelihood is at stake.

"We will accept nothing less than the clarification of Article 11. I appreciate the rural way of life and the way it provides for me and I'm not prepared to give it up. If the government doesn't deliver for us, then we'll be back," he said.

Correction

In a story about the death of Chesterville businessman Stan David in last week's Record, a sentence was inadvertently misstated. It should have read as follows:

"Mr. David's friends and family members remember him as a generous, thoughtful man who put the needs of others before his own."

The Record regrets the error and apologizes for any embarrassment it may have caused Mr. David's family.



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EDITORIAL & OPINION

Editorial

A legal crime

In Ireland, a young girl has unwittingly turned the country upside down and drawn worldwide attention to the nation's restrictive and tragically unfair abortion laws.

The 14-year-old girl, pregnant through rape, wants an abortion in a country where there are no exceptions to its abortion law. Her parents were going to take her to England, where about 4,000 Irish women travel each year for abortions.

But because her parents were honest (they told the police in case the fetal tissue could be used as evidence in the rape trial), the Irish High Court stopped the girl from going to England.

This week the country's Supreme Court is hearing the case. They will have to declare that Ireland's abortion ban only applies in that country. The girl is 11 weeks pregnant.

Outlawing abortion is restrictive. Forbidding women to travel to a country where it is legal, to exercise a fundamental right of choice, is absurd, backwards and cruel.

And in a predominately Catholic country, the law is a terrible example of what happens when the line between Church and State is not clearly defined.

There has been a massive outcry in Ireland in defense of the girl's rights, and of the right of women to choose. At all levels, there are those who realize the incident has made Ireland, as one doctor put it, "the laughingstock of the civilized world."

Hopefully the Irish Supreme Court will see the crime in putting a 14-year-old girl, who recently hinted at committing suicide, through any more than she already has been.

Please see Letters to the Editor on page 7

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Published by St. Lawrence Printing Company Limited
Publications Mail Registration No. 0242

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Off the record

Urban and rural - the real two solitudes

by Robin Morris
Managing Editor

Well Keith Matthie, Ralph MacKenzie, Carl Smith and Floyd Dingwall, *The Ottawa Citizen* has spoken and you're toast. In the editorial of its Saturday edition *The Citizen*, the daily newspaper that claims to serve the Valley, informed us that the supply management of agricultural commodities is an inefficient method of production; that Canadian dairy farms do not deserve to exist unless they can produce milk as cheaply as is done in the U.S. sunbelt.

The Citizen even claimed that because of supply management, and the fight by Canadian dairy, egg and poultry producers to keep marginally cheaper U.S. commodities out of this country, "Urban dwellers (are) paying so that other people can lead healthier lives."

Understand it, Keith, Carl, Ralph and Floyd: you are being subsidized by urban dwellers. According to *The Citizen,* you are a drag on the economy and do not deserve to be in business any longer, unless of course, you can operate as efficiently as urban-based industries - or urban-based government, or urban-based postal services.

So let's take a look at a typical day on the family dairy farm and compare it to the typical day of the Ottawa office worker.

It all starts with the the farmer rising at 7:30am and eating his breakfast of highly subsidized Mueslix and yogurt - probably purchased in the States. After a leisurely meal, he saunters down to the end of the lane to catch the rapid transit bus from Pittston to Berwick, picking up his Citizen from a box on the broad sidewalk, maintained at urban dwellers' expense, between the fence and the ditch.

After a short ride via transit tunnel, he arrives at his office building , checks in with security and takes the elevator to his office on the 47th floor . He then switches on his computer and does whatever it is that farmers do until it's time for coffee. He and his fellow workers stand around the urn and complain about how tough it is to make ends meet, what with the payments on the house, the BMW and the MPV, tuition at Montessori, the prices they charge for a simple lunch of pesto and Perrier, and have you been to the theatre lately? it's just outrageous what they're getting for tickets to Les Miz. Guess we'll have to pass on that trip to the Islands this winter. It's going to be a killer having to spend a whole month's vacation beside the pool this summer.

Then it's time for lunch. Everybody piles outside to enjoy the warm spring day, buying lunch form the vendors parked alongside the Payne Canal - maintained entirely at urban dwellers' expense - and watches the picturesque tour boats as they cruise through the township. How thoughtful of the National Capital Commission and Parks Canada to have extended their mandate from Ottawa to Finch Township, and all at urban dwellers' expense! What swell guys!

Then it's back into the office where the afternoon is spent worrying about pensions and working conditions and hoping there's enough work left to be put off so there'll be something to do tomorrow.

Then - how time flies! - it's 4pm and time to head for home. Those who've parked their Beamers and Benzes in the underground garage can take a leisurely cruise home along the Driveway , admiring the new Museum of Civilization just built in Shanly or the Art Museum, which just went up north of Groveton.

After a bonecrusher of a day, the farmer and his wife talk about where they'll spend the evening: will it be at the new National Arts Centre, the one just built in Williamsburg - entirely at urban dwellers' expense - or a stroll along the Canal to take in the Colquhoun Festival of Spring, paid for entirely by the NCC's Fifth Avenue, Osnabruck Division? Decisions, decisions.

Then it's bed and eight hours of zizz before the whole rat race starts over.

Compare that lifestyle to what the urban dweller has to put up with.

He's up at 4:30am and has to get out to the garage where there are 30 head of purebred Holsteins to milk before breakfast. Check the bulk tank and the pipeline. Move hay and silage into the barn. And then back to the house for breakfast. The wife and kids have probably been out to help so at least you can have breakfast together.

After a good hearty urban breakfast of bacon, eggs, pancakes, hot cereal, juice, milk and coffee, it's out to the equipment shed to make sure that the new $100,000 four-wheel drive tractor is ready for spring planting. Check the transmission, PTO and 101 mechanical devices the urban dweller has to contend with on a daily basis, and then take the Fargo half-ton down that gravel road in front of the Chateau Laurier - gad, I wish they'd brush out those ditches down by the Parliament Buildings, they're gonna back up in April and the fields'll be flooded until mid-May - to see the banker about financing spring seed, fertilizer and herbicide.

Then it's back to Alta Vista to flick on the computer and check MSQ utilization, cow's production and feeding records and heat cycles; financial records; commodity reports and schedule of meetings: tonight's the OFA, tomorrow the SCIA, Wednesday the 4-H Calf Club visits your barn, Thursday night the CMC, Friday the fairboard and Saturday night the Junior B hockey dance.

Oops! Five already? Back out to the garage. Can't keep those Seiling Rockman daughters waiting!

Back to the house for supper and, if it's Monday it's the federation meeting. Can you imagine? Those wussy rural dwellers are complaining because we use scare charges to get the Canada geese off the alfalfa field out in the backyard. The Neighborhood Watch committee will have something to say about this! And now those layabouts out in Maxville are complaining about the price of food again! Don't they realize we urban dwellers produce food more cheaply than any country in the world, other than the U.S.?

Have you ever tried to put in 60 acres of corn between the Queensway's lanes? Don't they realize the contraints under which we operate?

Sound farfetched?

No less farfetched than the musings of *The Citizen's* editorial board, which termed the arguments of those who support supply management as so much bull.

To which I reply that the deductive powers of the paper's editorial board are what a farmer scrapes off his boots before he comes into the house. No more. no less.



THE FARMER'S WIFE

Wyn Thompson

Early in the morning, just at the time of the sun's rising over the bush, we may, if we have a wide enough view, see the beauty of the winter mirage, as warmed air rises from the snowfields. By noon, the dream is over.

But now, in the sun's warmth, we faintly smell the barnyards and the stables. And the swamplands. The sweet odour of hay, of manure, of rotting vegetation, strikes us the more strongly, and is all the more savoury because during the below-zero weather it has been locked up in frost.

And during the noon hours we hear the soft drip of water from the roof, and notice how the snow is shrinking from the south side of the tree trunks. As the sun sets, the air cools, the surface of the snow hardens, and the drip from the eaves freezes into long tapered icicles as big as parsnips.

It is time to contemplate the seed catalogues and gardening books. I pick up an old book which has the origins and histories of the names of many fruits and vegetables.

It soon appears to me that the geographical origins of many are suggested by the way in which the names originated. For example, a vegetable that originated in North America will have a name taken from the original Indian name.

A vegetable from the Middle East or from North Africa might become Latinized from a Spanish word, since the Moors brought several foods to Spain during their occupation of the country.

Here are some examples of how some common names evolved.

Potato - This comes from the Haitian native name "batata." The white potato was cultivated by the Incas whose name for it also was "batata" or "patato" or "papa." Funny, I would have sworn it had something to do with Ireland and the Irish!

Cabbage - The name is derived from the Old French expression "chou cabus" meaning headed cabbage. We speak, always, of a head of cabbage.

Pumpkin - The name means mature when cooked by the sun and comes from the Greek words "pepon" a large melon and "pepto" to ripen and easily digest.

Rhubarb - The Russian river "Rha" (renamed the Volga) gave its name to this plant growing on its banks and "Barbarum" was added indicating it was a plant from the barbarian district outside the boundaries of the Roman Empire.

Rutabaga - The name is of dialect origin "rotabagge" thought to be from Denmark about 300 years ago and indicating a cross between cabbage and turnip.

Ah, ha! Ireland will have its day!

Spud - The Society for Protection of Unhealthy Diet was formed in Ireland many, many years ago to warn the people about the dangers of eating too many potatoes. Spud came from the first letters of the words in the organization's title.

Tomato - The plant was originally grown by the Aztecs who called it "xitomate."

Parsnip - This name comes from the Latin "pastinum" meaning a fork for digging referring to the shape of the root.

Beet - The name, it is thought, came from the ancient Latin "beta" from a supposed resemblance of the shape of the seed to the Greek letter "Beta."

Horseradish - "Horse" is a form of hoarse meaning rough as in horse-play. Horseradish is rough radish, usually very hot.

Garlic - This is an "Anglo-Saxon" name of Teutonic stock. "Gar" means a spear (note the leaves) and "Leac" means a kind of onion.

I was fascinated with the word cantaloupe and its meaning!

Cantaloupe - The word is a French interpretation of the Italian "Cantalupo" a former country seat of the Pope near Rome. The true cantaloupe of Europe is almost unknown in North America.

Western growers considered the name more attractive than muskmelon and adopted it for all muskmelons except the large type and the Honey Dew type.

A delightful old book, I decided, as I set it aside and began to rifle through some material I had piled up to read another day.

I came upon a handbook put out by the Regional Municipality of Ottawa-Carleton. It was entitled "Reduce, Reuse, Recycle."

Well now, recycling has been big news in Eastern Ontario for a few years. But, it appears what people have not been thinking enough about is waste reduction.

The statistics staring me in the face were startling indeed. Canada produces more garbage percapita than any other country on Earth. There are 1.1 tonnes of waste per year for every one of us.

How have we become used to such a wasteful lifestyle? It was not the lifestyle of our forefathers.

So what can we do to reduce our waste? One thing I personally try to do is choose a product with little or no wrapping and if wrapped discourage the clerk from tucking it into yet another plastic bag.

The repairing of those items which can be repaired instead of throwing them out is highly recommended. Be sure to buy only new things when you have no other alternative. Do not buy disposable items. Teach children the ground rules of waste management.

Hold a garage sale, trade with friends or neighbours, give to charities all good items you are finished with. Be extremely frugal with paper products!

These are just a few suggestions in this wonderfully explicit booklet, which I was pleased to see was printed with vegetable based inks on paper containing a minimum of 50% recycled fibres including at least 10% post consumer waste.

The message was clear. To save both the environment and our money we should reduce waste and use our landfill only when absolutely necessary. A look a any landfill site should make one vow to Reduce, Reuse, Recycle, and Dispose, in the appropriate manner, such items as tires, batteries, paints, solvents, special household waste.

A good exercise would be to see how much we can reduce our waste in '92.



Ken Stewart of Kanunik Kennels in North Gower leads a pack of Siberian huskies in a sled dog demonstration held at the Parks of the St. Lawrence's winter carinval Saturday.

Social worker talks to support group

Elizabeth Moreau
Record News Editor

CHESTERVILLE—Anger, remorse, guilt, and anxiety are all normal reactions to the death of a loved one, even though people may be afraid to admit those feelings, says an Ottawa social worker.

Boris Andrushko, who spoke last week at a meeting of the Stormont-Dundas Widowed Support Group, said people who are grieving shouldn't question whether or not their feelings are "normal."

"It's scary and it's really tough when fate or something else has taken control and forced you to be a victim," he said. "So when you react, it's normal. If you don't, then there might be a problem."

Andrushko, a former counsellor at a children's cancer unit in an Ottawa hospital and co-founder of Bereaved Families of Ontario, said grief can involve physical, cognitive and psychological reactions.

"But it's impossible to feel everything at once," he said. "That's why it takes a long time—months or years."

And he said while denial and fear are part of the grieving process, people eventually find ways to cope.

"Denial is part of that but at some point you stop fooling yourself," he said.

Andrushko said getting involved in things again, like self-help groups, often helps people who are grieving.

"You really do find other things—never to replace but to appreciate."

Gas prices send shoppers south: MP

Elizabeth Moreau
Record News Editor

OTTAWA—Stormont-Dundas MP Bob Kilger says the federal government's recently-announced measures to combat cross-border shopping are inadequate and don't address one of the major reasons Canadian shoppers head south.

"Unless the government is prepared to take appropriate action such as reducing the excise tax on gasoline, Canadians will continue to take their dollars south," Kilger said.

"Cheaper gas in the U.S. produces a very real incentive in these tough economic times for Canadians to cross the border."

Earlier this month, Finance Minister Don Mazankowski announced a five-step plan to place Canadian retailers on a more equal footing with their U.S. counterparts, and get tough with tobacco smugglers.

The plan includes measures to remove tariffs on consumer goods not made in Canada, collect provincial sales taxes at the border for provinces who harmonize their PST with the federal GST, collect provincial tobacco and alcohol taxes at the border, increase fines for tobacco smuggling, and lower the tax-free and duty-free threshold on mail-order goods from foreign countries.

But Kilger said the measures won't solve the problems cross-border shopping has created.

"The government has taken a piecemeal approach to deal with cross-border shopping and this is not enough," he said.

In the House of Commons earlier this month, Mazankowski said "there is more than simply the gasoline tax that has had an impact upon cross-border shopping."

Long Sault

Continued from page 1

He blames high taxes, the Free Trade Agreement and Prime Minister Brian Mulroney.

It will be hard, Courville said, to say goodbye to the people he has been working with for so long.

"When you've been working with guys for 20 years and all of the sudden you're not going to see them anymore, it's hard. It's going to be hard at the end of the last shift."

Roger Merkley of Lunenburg is not as lucky as Courville.

"I've applied at other places but it doesn't look too good anywhere," said Merkley, employed as a loom fixer at the plant for more than six years.

Merkley, 33, said he will probably golf all summer because of poor job prospects.

"There aren't too many jobs because the companies all hire school kids (in the summer)," he said.

Unlike Courville, Merkley said he saw the closure coming.

"Actually, I'm amazed we lasted this long," he said, blaming the Free Trade Agreement and the federal government.

Both he and Courville said they had heard the company was opening plants in other countries to save on wages.

Merkley said many of his co-workers don't know what they're going to do, including some married couples who both work at the plant.

But he said he is not considering going to Magog.

"You've got to take an awful pay cut to go down there," he said.

Long Sault Red & White co-owner Rene Reynen said contrary to reports in the Ottawa Citizen, the closure of Long Sault Fabrics won't force him to close his business three months a year.

"It's going to affect our business somewhat but I don't think it's going to be as drastic as that," he said.

Reynen and other local business owners interviewed said the closure won't be too harmful to Long Sault because most of the plant's employees live in Cornwall and other areas.

Most believe less than a dozen Long Sault residents work at the plant.

Reynen said people from Cornwall will continue to shop at the store because of his competitive meat prices, homemade sausages and other specialty items.

Long Sault Restaurant owner John Polychronis said he will lose some business, but didn't think it would affect his restaurant very much.

Moose Creek

Continued from page 1

Roxborough Deputy Reeve Gerald Montcalm said a communal water system, combined with a proposed sewage system for the village, would bring investment to the community of 450.

"We've got lots of water—lots of good water," he said. "I think it's going to bring development to the village and broaden our tax base."

Lishman said the proposed system would allow for 2 per cent growth over 20 years, or 705 residents. With the MOE funding 85 per cent, the project would cost Moose Creek ratepayers about $450,000.

Some residents at the meeting expressed concern about paying for a system that could serve future developers and land owners. A Toronto developer has proposed a large-scale residential project for the area, that would involve 300 homes and a golf course.

But Reeve Carson Payne assured the ratepayers that investors would have to pay their share.

"There's no reason the residents of Moose Creek should have to foot the bill for future developers," he said.

Lishman said any additional costs involved in servicing a population larger that 705 would not be funded by the MOE.

"If it's decided that this project is to accommodate a fairly major developer, extra costs would not be funded by the province," he said.

Not everyone at the meeting was impressed with the idea of a communal water system, to which all residents would be obliged to hook up.

"I've got a well and I don't need (the system)," said one ratepayer. "I nearly sold my house in 1990 and if this goes through, you'll see a 'for sale' sign."

Before council makes a final decision, Moose Creek residents can express their opinions about the proposal through a questionnaire.

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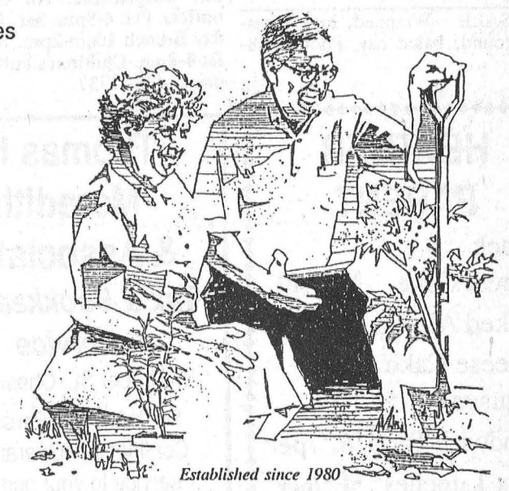

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		11 A.M. (Beg. /Back)		11 A.M. (Beg. /Back)	
4:30 P.M.	4:30 P.M. (Intermed.)	4:30 P.M.		4:30 P.M.	
7 P.M.	7 P.M. (Intermed.)	7 P.M.	7 P.M. (Intermed.)	7 P.M.	
8 P.M. (Beg. /Back)		8 P.M. (Beg. /Back).			

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28tf

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28

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HOUSE FOR SALE - Newly constructed bungalow, 2 plus 1 bedroom, 2 baths, finished basement, attached garage, approx. 1/2 acre lot, includes TV tower and other extras, near Chesterville. Call evenings 448-3800 or 989-2873.
29

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25tfc

FOR SALE - Ground feed, shelled corn, barley, oats, wheat mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sunday. George Crites 527-5393.
28

BUY NOW AND PAY ONLY IN MAY 1992 - No deposit, no interest before May 19. (On credit approval). 2x4x8: .97; 2x6x8: 1.32; 2x6x12: 2.19; 2x10x14: 4.57. Oak flooring 2-1/4": .68; Select: .99; Pre-varnished 1-1/2": 1.50. Plywood 1/2: 10.17; 5/8: 13.23. Aspenite 7/16: 5.70. Insulation #1: R12-15: 19.86; R-20-15: 17.82. Steel doors: 35.67. Until Feb. 29, 1992. Material with imperfections. Masson 819-986-5720.
28

FOR SALE - Cattle trailer, tandem axle, fully enclosed, $1800. Call 987-5281.
29

FOR SALE - Records, 266 albums, 213 45's, 154 cassette tapes, 2 speakers, 250 watts each, mixer, equalizer & 3 turntables, selling because changing over to CD's. $2400 or B.O. Phone 448-1549.
28

FOR SALE - Brand new apartment size freezer, built by Woods, 5 cu. ft. in white for just $279. Full line of other sizes in stock! John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Chesterville (Dunbar).
28-1

FOR SALE - 9600 Baud Courier HST modem with all necessary cables and manual. Hardly been used, excellent to add to your home computer. I will personally teach you to use it. Hook to other computers across the world, $595. 448-2881.
27tf

PIANO SALE - 20% off during February. Pianos starting from $956, includes apartment-size. Worry-free, guaranteed. Al's Piano Shop 932-1825.
28

FOR SALE - Shelled corn, whole or rolled. Call 448-3316.
21tfc

FOR SALE - 1991 Grand Am, LE, AM-FM cassette, tilt, tinted windows, gauge pkg. and full ground pkg. 29,500 km. Phone after 5pm. 448-3696.
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28-1

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NOTICE - We will repair most makes of TV's, VCR's, M.W.O.'s, Stereos, Ghetto Blasters, etc. Bring them in today for quick service. Paul Stewart Electronics Ltd., Morrisburg Shopping Mall. 543-2236.
28tf

NOTICE - To anyone living along the South Nation River who build skating rinks on the river, please place flag markers to show concerned snowmobilers where your rinks are. Thankyou in advance.
28

HERITAGE CAFE BUFFETS - King St., Chesterville. All you can eat buffets. Fri. 4-8pm. Sat. 4-8pm. Sunday Brunch 10am-2pm. Sunday Buffet 4-8pm. Children's buffets are half price. 448- 1737.
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BRENDA'S HAIR STUDIO - 9 Bergin St., Finch is open Tues. to Sat., Thursday evening appointments only. Phone 984-2932.
9tfc

NOTICE - Get a head start on Spring. Improve your home now. Will do renovations - big or small, carpentry, repairs, painting and decorating. For an affordable price call Russell Robinson 448-3534.
28

NOTICE - The general membership meeting of Williamsburg Christian Reformed Church will be held at 531 Church St., Williamsburg, in the province of Ontario, on March 4, 1992, at 8pm, for the purpose of authorizing the making of an application for and granting of a mortgage. Dated at Williamsburg, this 18th day of February, 1992.
28-2

NOTICE - We're at your service. Need a vehicle and the bank turned you down again? Call Car-O-Line Autos, Chesterville, 448-2488. Your area leasing headquarters for new or re- conditioned vehicles.
23tfc

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WANTED

WANTED - Will buy old hand hewn log buildings, houses or barns. Will remove. Call evenings 819-663-6265.
28

RIDE WANTED - For student from Chesterville or area to Rideau Centre area. Days Mon.-Fri. for 3 weeks in March. Phone evenings 448-2897 or 448-3696.
28stf

HELP WANTED - Chesterville, Clerk- Researcher. Organized mature person with some computer and telephone experience wanted for contract/part-time employment. Good communication skills a must. Apply immediately with resume to: Box 249, Chesterville, Ont. K0C 1H0. Attention: Judi.
28

WORK WANTED - Class A-Z driver, 6 yrs. experience U.S. and Canada. Good driving record. Full or temporary work wanted. Phone 448-3696.
28

WANTED - Every Tuesday, starting Jan. 28, healthy, Holstein bull calves from 90-140 lbs. Calf station will be open from 10am-2pm. Location: Delft Blue Veal Farm, Lightning St., Williamsburg. For information call Walt at 543- 2796 after 8pm.
23tf

WANTED - Laid-off apprentices from all trades. We may be able to help you in your job search. Contact: Susan Adams S.T.A.R.S. Co- ordinator at 936-2054. Call collect. S.T.A.R.S. is a project funded by the Ministry of Skills Development.
21tf

FOR RENT

FOR RENT - 2 bedroom home, kitchen, living room, sun room, fridge & stove included, electric heat, $625/month. Available immediately. Chesterville area. Phone 448-1643.
28

FOR RENT - 1 & 2 bedroom apartments. Call 448-2775 after 4pm.
29-2

FOR RENT - 2 bedroom house, 11 Church St. in Finch. $400/month plus utilities. 984-2793 or evenings 521-4382.
28

FOR RENT - 2 bedroom apartment in Avonmore. Call 346-5601 or 346-5442.
22tfc

LOST

LOST - 1 yr. old female Border collie, black and white with some brown on face and legs, leather collar with tags, main road between Morewood and Crysler. Phone 987-5278.
28

BIRTH

BIRTH ANNOUNCEMENT
FRISCH-DINGEMANS - Eric, Ann and big brother Andy are pleased to announce the birth of Bruce Alan on January 24, 1992, weighing 6 lbs. 5 ozs. Proud grandparents are Adrian and Maria Dingemans, formerly of Finch and John and Joan Frisch of Vancouver, B.C.
28

CARD OF THANKS

CARD OF THANKS
The 10th annual Berwick Oldtimers Hockey Tournament was once again a success. Winston Dingwall and Gordie MacDonell would like to thank everyone who worked together to make it a success, also many thanks to everyone who donated gifts and hats to the tournament. Special thanks to Doug and Dolores Manley who donated a "Texas Mickey" to be raffled off and was won by George Desjardin of Cornwall. Two other gifts were won by Dalton Ouderkirk of Finch and Ralph Brown of Lunenburg. A beautiful dried flower arrangement donated by Bob Heagle was won by Pam Kirkwood of Chesterville. Special thanks to Molsons our sponsor for the tournament.
28-1

CARD OF THANKS
A "huge" thank you to all Sweetheart Dance supporters. Proceeds $2000.
Steve Barkley
Winchester
28

CARD OF THANKS

CARD OF THANKS
Sincere thanks to relatives and friends for their kind words of sympathy, flowers and charitable donations. Also the food which was brought to the house on the death of a mother, grandmother and great-grandmother Norah Rutley. Special thanks to Brownlee Funeral Home.
Luella Lowe,
Clare Rutley and Family
28

AUCTION SALE

AUCTION SALE
ANTIQUES, HOUSEHOLD FURNITURE & COLLECTIBLES
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SAT., MARCH 7
10 AM
Viewing at 8:30 AM

Oak curved glass china cabinet with mirror on top; round oak table; stacking oak bookcase with leaded glass door; pine blanket box; oak hall stand; high back buffet with mirror; fancy chest of drawers with serpentine front; washstands; 2 antique dressers with mirrors; sq. oak table with 3 leaves; Gibbard vanity with mirror, bench & chest of drawers; gramaphone; pine hall table with drawer; trunks; double 4 poster brass bed, antique; large pine dough box; parlor tables; 2 high back wooden beds; pressback rocker; old kitchen hoosier; dolls wicker cradle; Gone with the Wind oil lamp; 4 hand oil lamps; 35 assorted antique wooden chairs from the Kenmore Town Hall; gingerbread clock; schoolhouse clock; mantle clock; butter print; large & a small brass bell; crocks; advertising signs & tins; toy steam engine; Renfrew scale; tobacco cutter; sad irons; student's desk; Skylar modern dining room set in immaculate condition; electric adjustable bed; 2 recliner chairs; assorted glassware & dishes; 10 railway prints; assorted books; white Moffatt fridge & stove; large upright freezer; Brit. bull 5 speed 5/18" drill press; assorted hand tools; small Quebec heater; Vilas maple buffet hutch; maple coffee table, end tables & matching round lamp table; 5 pce. bedroom set; 3 pce. sectional chesterfield with chair & footstool. Many other unlisted items.

Note: A good selection of antique and contemporary furniture.

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Carson Hill 821-2946
Stewart James 445-3269
28-1

COMING EVENTS

ANNUAL BAZAAR & BAKE SALE - For Timothy Christian School will be held in Matilda Hall, Dixons Corners, Wed., Mar. 18. Opening 10:30am. Refreshments available all day. Games for all ages. Come and bring the family. Admission free.
30

STORMONT HOLSTEIN CLUB CAR TOUR - Of local farms March 7, 1992. Farms open are: Hans Uhr, Joseph Speck, Huybregts Farms, Delhu Holsteins and Stronghaven Farm. All are welcome.
29

DFA MEETING - Regular monthly meeting Wed., Mar. 4, 1992 at the OMAF Board Room, Winchester, 8pm. P.B.S. Video "Plowed Under". The views of several New York state dairy farmers. Rally follow-up.
28

1992 TWP. OF OSNABRUCK WINTER CARNIVAL - March 6, 7 & 8. Mar. 6 - Broomball Tournament, Euchre. Mar. 7 - Pancake Breakfast 10am-2pm. Sponge Hockey Tournament. Dance - Lancer Community Centre, Northfield Band, 9pm-1am. Kids Day - Newington. FREE Hotdogs & Drinks for kids. Mar. 8 - Sleigh Rides. Pancake Breakfast 10am-2pm. Kids Days - R-O School. Adults Day - R-O School. FREE Hotdogs & Drinks for kids. In the event of poor weather conditions, some activities will be held at Lancer Community Centre.
29

MARK YOUR CALENDAR NOW - Come and hear guest speaker George Desjardin of 100 Huntly St., Sun., March 1. 10:30am and 7:30pm. Special music by The Taylors and Harmony-Aires at Harmony Community Church, 7 km north of Winchester on Hwy. 31 at Ormond Rd. Come and be blessed!

BINGO
FEB. 29TH
Chesterville Legion Hall
Early Bird 1:00 P.M.
Sponsored by:
Dundas Rebekah Lodge #387
To Assist The
Fraternal Hall Association
1 Early Bird
18 Regular Games
3, 50/50 & 2 Specials
Jackpot $300.00 To Go
Bonanza & Winner Take All
Canteen/ Free Coffee or Tea

COMING EVENTS

Winchester Theatre
FRI., FEB. 28 - SAT., FEB. 29
Starting at 7:30 P.M.
"BUGSY"
The Best Reviewed film this year.
Starring: Warren Beatty, Annette Bening

BINGOS - Every second and fourth Saturday, October to March 1992 inclusive at the Winchester Twp. Community Centre. Beginning at 1pm sharp. Sponsored by the Morewood Fire Fighters Association.
tf

SANDERS MAPLE PRODUCTS & PANCAKE HOUSE - Hwy. 43, Finch will be open for the season on weekends starting Feb. 1, 1992. Taking group bookings now. 984-2368.
24tf

DUNBAR RECREATIONAL BINGOS - Held at Dunbar Recreation Centre starting Feb. 2, 1992. Bingos every Sunday night. Doors open at 6:15pm. Bingo starts 7pm. No person under 16 permitted.
38

SHOW & DANCE
Sponsored by Finch & District Lions Club
"THE LEAHY'S"
Saturday, June 13,92
Show commencing: 8:30 p.m.
Dance: 10:00 p.m.
Finch Community Centre

North Stormont Silver Blades Skating Club
Presents
"Disney on Ice"
Sunday, Mar. 1, 1992
at 1:30 p.m.
Finch Community Center
Everyone Welcome!

CROSS CANADA MARKETPLACE

IT'S FAST - IT'S EASY! ONE CALL, ONE BILL DOES IT ALL.
THINK BIG - CALL THIS NEWSPAPER FOR DETAILS.

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CANAL CRUISES; five days aboard KAWARTHA VOYAGEUR, scenic Trent-Severn Waterway or Rideau Canal; private state-rooms, meals, free brochure; write Captain Marc, Box 6, Orillia, L3V 6H9; (705) 327-5767.

SOUTH CAROLINA - MYRTLE BEACH RESORT. Oceanfront condos, housekeeping provided. Indoor pools, saunas, tennis. Golf and vacation packages; winter rentals from $400/month. Free brochure: 1-800-448-5653.

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LOVING, PROFESSIONAL, couple wishes to provide wonderful home for infant. Home study approved. Please call (416) 884-1951 collect for Stephanie or Peter, after 6 p.m.

FLEA MARKETS

ABSOLUTELY A REAL FLEA MARKET, Smiths Falls, every Sunday, year round. 150 inside booths. Something for everyone. (613) 283-8448.

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CRUISE CANADA'S CALM-WATER RIVERS onboard elegant overnight replica steamboats. Romantic cities, 1000 Islands, International seaway/locks, whale-watching & fjords. $629. +. Dial-a-brochure 1-800-267-7868..

PLAN YOUR HOLIDAYS AROUND HAVELOCK'S Centennial, July 4-11, 1992. Parade, dances, fireworks, barbeques, field day, ecumenical services, bingo, variety shows and more. For information call (705) 778-3352.

OTTAWA WOOD SHOW. The latest woodworking tools, equipment, supplies, woodcrafts, free seminars, competitions and more. Lansdowne Park, March 6-8. Something for everyone. Cryderman Productions (519) 351-8344.

OUT OF TOWN PROPERTIES

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn F. Ottawa, K2C 3J1

ARTICLES FOR SALE

RAILROAD POCKET WATCH, train engraved on gold tone case, fob chain, jewel, Swiss parts, $41.95. Also eagle hunting scene available. Please call (416) 763-9133, anytime.

SASKATOONS: The Berry Fruit from the prairies. Seedlings for orchards or farms. Three excellent varieties available. For a free information package call toll-free 1-800-463-2113.

$15,882; 60x126 $22,972 - other sizes available - year end clearance - Paragon - 24 Hours 1-800-263-8499.

CAREER TRAINING

LEARN AUCTIONEERING at the Southwestern School of Auctioneering. Next class: March 14 - 20. Information, contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario, N4S 7V9. (519) 537-2115.

SALES HELP WANTED

FINANCIAL INDEPENDENCE can be yours developing Master territories for $18 billion book business. Tremendous profits, bonuses. Complete training. Lifetime opportunity awaits you. To qualify call 1-800-465-5400.

HELP WANTED

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WHOLESALE FIRM SEEKS 2 reps in your area to service retail established accounts. No direct selling. Potential earnings $1000-$1500. weekly. Training provided (416) 398-0919 or (416) 398-0924.

BUSINESS OPPORTUNITIES

GREAT OPPORTUNITY. Start your own underground lawn sprinkler company. Hot new business of the nineties. Minimal investment required. Call now. (514) 631-1011.

EXTRA INCOME! Grow baitworms in your basement or garage. Odorless operation. Low investment. Market guaranteed! Free information. Early Bird Ecology, R.R.#1, Smithville, Ontario, L0R 2A0. (416) 643-4252.

SELLING ENVIRONMENTAL products for livestock and soils. Can be started part time. One protected dealership per county. Call (613) 527-3060, 8:30 a.m. - 4:30 p.m.

FRANCHISE OPPORTUNITY. Shefield & Sons Store available, Pembroke. We provide full training, on-going support. Over 15 years of franchising success. Call B.C. 1-800-663-4213 for details.

EDUCATIONAL OPPORTUNITIES

LOG BUILDING CAREER. Pat Wolfe Log Building School career courses beginning April 13th. Ten week, $2,200, four week, $1,100, one week, $350. (613) 253-0631, Ottawa area.



Up, up and away
These children who had a frosty good time at the Parks of the St. Lawrence winter carnival on the weekend proved you don't have to jump out of an airplane to appreciate a parachute.
Record Photo - Hewitt

Letters

Not a downer

To the Editor:

A very good thing happened in downtown Chesterville on Feb. 6, 1992 and went practically unnoticed. I'm talking about the poor, if not dismal coverage of the Dance for Heart, that just happened to have raised a large, large amount of money for the Heart and Stroke Foundation of SD&G counties.

How many tricks of the trade does it take, to go out - ask around - be there - take some pictures and make a good presentation back to our local paper, so that the community can be aware of what's going on. That everything is not a downer.

One stop at Power by Jennifer you can talk, ask questions, and know what go's into this event. Jennifer, Fay and Sheryl work day and night for weeks setting this up. They encourage everyone and anyone, with or without sponsors to join in and see just one step toward the prevention of heart and stroke disease. Exercise.

I feel their work got very little recognition from our paper which is really our best connection with the area represented. These girls get no money for themselves - in fact it costs them, a lot.

It would be nice to have a few more pictures and a really nice writeup. Go all out, fill a page. Things that don't raise money for our area often fill quite a bit of a page.

It is really nice to still have freedom of speech and freedom of the press in Chesterville.

Thank you.

Mary Derue

Spending questioned

To the Editor:

It is with grave concern that I am addressing this letter to the editor. On Feb. 11, 1992 the Standard Freeholder reported that the SD&G Public School Board had redecorated the boardroom —at a cost to the local taxpayer of $16,000.

This fall Cornwall elected four trustees to represent the taxpayers of Cornwall. All four of those trustees promised fiscal responsibility. Is the spending of $16,000 of our money to beautify their boardroom a "fiscally responsible" decision.

During the three years I served as a trustee the cost of redecorating the boardroom was a budget item two of those years. Each year it was cut from the budget, the third year it did not even appear as an item, as we struggled to produce a budget that was fiscally responsible.

From my experience and from the speech of Premier Rae, it is obvious to me as a taxpayer that this will be a difficult year for our elected officials to produce budgets that will not increase our taxes dramatically. How can our trustees justify such an expense in these difficult economic times?

It offends me to think that they have spent $16,000 of my tax dollars so irresponsibly. If, as was stated, the Chairman of the Board made this decision without the knowledge and/or approval of the Trustees, then she should be asked to resign. Where were the City and County Trustees when this decision was made? I feel that as a taxpayer I have been abandoned by my elected School Board representatives.

Sincerely,
Susan Carter
Cornwall, Ont.

Editorials enjoyed

Dear Mr. Morris:

I have been taking your paper for several years, because I enjoy the "Farmer's Wife". I know no one in the area for a three hundred mile radius.

But lately your editorials have interested us greatly. They are refreshing. The last one, "Cross Border Differences" is priceless.

Keep up the good work sir.

Sincerely,
Helen Turner

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10% OFF
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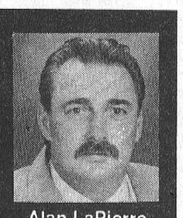
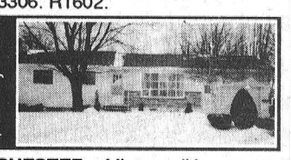

Alan LaPierre
448-3306


$129,500
MOREWOOD– Original owners, Super 4 bedroom home on 3 acres, oak kitchen, dining, deck, 2 baths, pine rec. room, pool, Check it out. Alan LaPierre - 448-3306. R1645.


$92,500
CHESTERVILLE – A touch of country, trees galore, super 3 bedroom bungalow with country kitchen, formal dining, hardwood, updated throughout. Alan LaPierre - 448-3306. R1602.


$49,000
SANDY MOUNTAIN– Immaculate mobile home, on treed lot. Features oak kitchen, dining, skylights, 3 bedrooms, central air, priced for quick sale. Alan LaPierre - 448-3306. R1552.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WINCHESTER – Mint condition, modern kitchen, dining, 3+1 bedrooms, 2 baths, rec. room, fireplace, double garage, original owners. Alan LaPierre - 448-3306. R1629.

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Are you interested in the future of waste management?
OPEN HOUSE
INFORMATION NIGHT
hosted by United Counties of Stormont, Dundas and Glengarry
Waste Management Master Plan
Thursday, March 5, 1992
Tawgi Secondary School
Hwy. 43, east of Avonmore
from 7 to 9 p.m., in the Cafeteria

All ratepayers in the twenty municipalities of Stormont, Dundas and Glengarry are cordially invited to attend this information session.

Plan consultants, Counties representatives and Ministry of Environment representatives will be on hand to explain the Waste Management Master Plan and how it will work.

Public input is crucial to the success of this undertaking. Come to the meeting and tell us what you want to see in the planning for future waste management in SD&G.

Municipalities participating in this Plan include: The Townships of Cornwall, Roxborough, Finch, Osnabruck, Williamsburg, Winchester, Mountain, Matilda, Charlottenburgh, Lancaster, Lochiel, Kenyon; The Villages of Finch, Morrisburg, Iroquois, Winchester, Chesterville, Lancaster, Maxville; and The Town of Alexandria.

For more information please contact Anne MacGillivray, Study Co-ordinator, at P.O. Box 240, St. Andrews West, Ont. K0C 2A0. Tel./FAX 938-6112.

29-2

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List your home with us* before May 15/92 and you qualify for a chance to win one of 3 trips.
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LAS VEGAS with $1,000 spending money (4 days) or
CARIBBEAN CRUISE (7 days)
SET "SALE" WITH GALE!!
Call today to find out how you can win 2 ways.
* Certain conditions apply. Not to be combined with any other offers. Call your nearest office for trip details.
Call me anytime to discuss your selling or buying plans.

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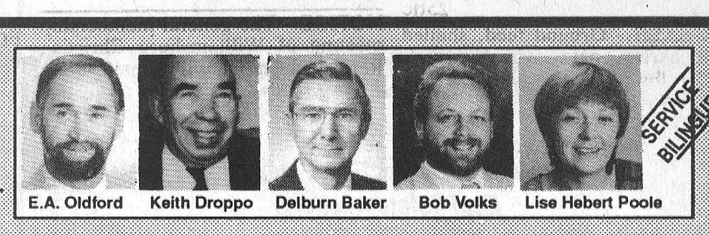
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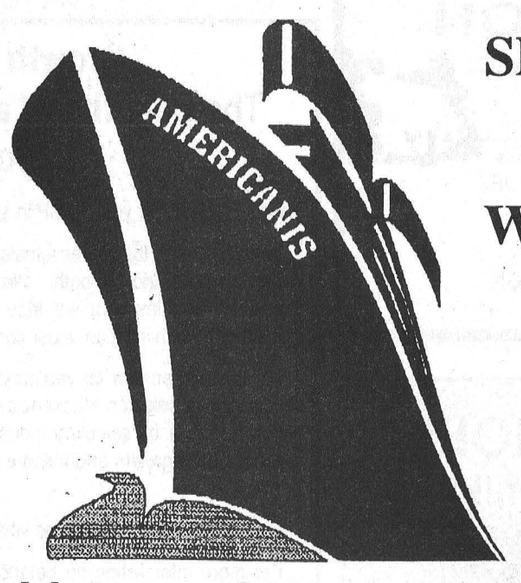

SET "SALE" WITH GALE!
List your home with us* before May 15th and you qualify for a chance to win one of 3 trips!
You could win your choice of a trip for 2 to:
- JAMAICA (7 days)
- LAS VEGAS with $1,000 spending money (4 days) or
- CARIBBEAN CRUISE (7 days)
Call today to find out how you can win 2 ways!
Winchester office 774-4253
Metcalfe office 821-1149
*Certain conditions apply. Not to be combined with any other offers. Call your nearest office for trip details.

Moose Creek sewer project to go ahead

MOE denies resident's request for environmental hearing

Elizabeth Moreau
Record News Editor

MOOSE CREEK—The Ministry of the Environment has denied a Moose Creek resident's request for a full environmental hearing into the village's proposed sewer project, but with some conditions.

Richard Warnock, a retired professor of civil engineering who lives next to the proposed lagoon site, asked for a bump up on the environmental hearings last year.

And in November, Roxborough Township council asked the MOE to deny the request.

After reading the engineer's report, Warnock said because of problems with odor and groundwater pollution, another site should be chosen for the lagoon.

A bump up would have caused a delay of up to two years in the $3-million project, and could have driven up costs.

In a letter earlier this month, MOE told council they must consult with Warnock throughout the design process, and has asked the regional environment office to consider his concerns in preparing the certificate of approval.

"I'm pleased that they put on these conditions," Warnock said. "But one of my concerns was with the site (the townhsip) picked. In denying the bump up, (the MOE) is basically saying the site is okay."

Roxborough Deputy Reeve Gerald Montcalm said he is pleased with the MOE's decision, and hopes the project can go ahead as scheduled.

Last week, township council decided to stop using the services of Novatech Engineering Consultants, the Ottawa firm that conducted the environmental study report for the sewer project.

Montcalm said council will recommend to the MOE that McNeely Engineering continue work on the sewage project. That firm is currently studying a communal water system for Moose Creek.

Montcalm said it made more sense to have one company working on both projects, which essentially go hand-in-hand.

Seniors thanked for post office struggle

Elizabeth Moreau
Record News Editor

AVONMORE—A group of Avonmore residents instrumental in the hamlet's struggle to save its post office last summer were honored last week by the committee that led the fight.

Murray Barkley, an Avonmore businessman who spearheaded the campaign against Canada Post, presented the men and women of Morningside Place, a seniors' residence, with a print and framed letter from the national lobby group Rural Dignity.

"If our post office is still alive and well and functioning, it is in no small measure to your steadfast determination, and the prominent role you played in its preservation," Barkley said.

Avonmore's post office was slated for closure last June. But after much community outcry, which included a rally on Parliament Hill, Canada Post agreed to keep the unstaffed post office building.

Although it offers no other services, residents can still pick up their mail in the building.



Residents of Avonmore's Morningside Place played a role in the fight against Canada Post

"Every rural community is special," wrote Cynthia Patterson, coordinator of Rural Dignity, who worked with Avonmore last year. "Even so, a few people and places stand out. This year, Avonmore is one of (those) towns and villages."

Former Roxborough Township councillor and Avonmore resident Alton Blair said the seniors helped prove the community was united in its fight to save the post office.

"You showed the government that it wasn't just a few radicals," he said.

Blair said the post office committee is still active, and will be asking for the full restoration of services if there is a change in government during the next federal election.

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CHESTERVILLE - 448-2735
P.O. Box 820
WINCHESTER - 774-2004
(All files and documents of the former legal firms known as Cass & Cass and Cass & Workman are now located with the Cass, Grenkie law firm.)

NOTICE
Township of Roxborough
PROPERTY STANDARDS BY-LAW OFFICER

Applications will be received from a responsible person by the undersigned for the position of Property Standards By-Law Officer, for the Township of Roxborough.

This is a Part-time position, salary to be negotiated.

Applications to be in my hands on or before March 6, 1992 at 4:00 P.M.

Duties: To enforce Property Standards By-Law under the direction of Council.

Township of Roxborough
W.E. Wright, Clerk-Treasurer
P.O. Box Box 189
Moose Creek, Ontario
K0C 1W0
28-2

THE CORPORATION OF THE TOWNSHIP OF FINCH

NOTICE OF PROPOSED BY-LAW

Notice is hereby given that the Council of the Corporation of the Township of Finch proposes to pass a by-law to stop up and close part of a road allowance more particularly described as follows:

Part of the road allowance between Concessions 10 and 11 in the Township of Finch, County of Stormont, designated as Part 2 on Reference Plan 52R-3951 and Part 2 on Reference Plan 52R-4263.

The proposed by-law will come before the said Council for consideration at its regular meeting in the Township Office, Berwick, Ontario on the 6th day of April, 1992 at the hour of 8:30 p.m.

Any person who claims that his or her lands will be prejudicially affected by the by-law may apply to be heard in person or by his or her counsel or agent by contacting the Clerk-Treasurer of the Corporation of the Township of Finch, Berwick, Ontario, K0C 1G0.

DATED this 17th day of February, 1992.

A.V. EMPEY
Clerk-Treasurer
Township of Finch
P.O. Box 99
BERWICK, Ontario
K0C 1G0
(613) 984-2821
30-4

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of Jack and Cathy DeGraaf, Seeleys Bay, Ontario
Monday, March 9
12:00 noon
at Fawcett's Cattle Sale Arena
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80 HEAD:
60 milking age, 5 bred heifers, 12 full pedigreed, full age, 4-H calves, 1 service-age bull, all sired by top Unit bulls such as Astrojet, Marlin, Counsellor and bred back to Aerostar, Prelude, Counsellor and Starbuck. 1 EX and 10 VG sell.
SALE MANAGER'S NOTE:
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Randall Douglas

CHURCH DIRECTORY

UNITED CHURCHES
Chesterville - Morewood
Minister: Rev. Roy Harwood
448-3549
SUNDAY, March 1, 1992
MOREWOOD - 9:30 A.M.
CHESTERVILLE - 11:00 A.M.
EVERYONE WELCOME
June 1991

NATIONSIDE PENTECOSTAL CHURCH
"A friendly Church with an eternal message"
13 Albert St.
CHESTERVILLE
Pastor: Rev. L Armstrong
448-2084
SUNDAY, March 1, 1992
10AM.- Sunday School
11AM. - Morning Worship
7:30 PM - Evening Service
9:30 AM Tuesday - Ladies Prayer
7:30 PM - Thurs. Home Bible Study
7:30 PM - Friday - Youth Night
Affiliated with the Pentecostal Assemblies of Canada
May 1991

HARMONY COMMUNITY CHURCH
(HIS Caring Clinic)
corner Hwy 31 & Ormond Road
Pastor: The Rev. Laurie A. Taylor
Parsonage & Office: 774-5218
SUNDAY SERVICE
March 1, 1992
10:30 A.M. Sunday School
10:30 A.M. Family Worship
7:30 P.M. Evening Worship
MID-WEEK MEETING
Wednesday - 7:30 P.M.
Bible Study & Prayer
Ministering in the
Power of the Holy Spirit

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516
SUNDAY, March 1, 1992
Chesterville
9:30 A.M. - Sunday Worship
Nursery & Sunday School
Every Tuesday - 9:30 A.M.
Coffee Break ,Nursery & Story Hour
7:30 P.M. Life in the Spirit
Praise & Bible Study
Wed. 7:30 P.M. Junior Bible Clubs:
Gr. K-Gr.4
Thur. 7:30 P.M. Senior Bible Clubs:
Gr. 5&6
Fridays - 7:00 P.M.
Chesterville Christian Youth
Morewood
CELEBRATION OF THE LORD'S SUPPER
11:15 A.M. - Sunday Worship
Nursery & Sunday School
COME EXPECTING LEAVE REJOICING
May 1991

HOLY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce
SUNDAY, March 1, 1992
11:15 A.M. in Chesterville
June 1991

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
FATHER JIM ESPER
448-3262
SUNDAY, March 1, 1992
HOLY MASS
Friday, March 6th 7:30 P.M.
WORLD DAY OF PRAYER
Theme "Living Wisely With Creation"

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom
SUNDAY, March 1, 1992
9:30 A.M. - Sunday Worship
Sunday School & Nursery
A Warm Welcome Awaits All"
May 1991

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, March 1, 1992
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 1991

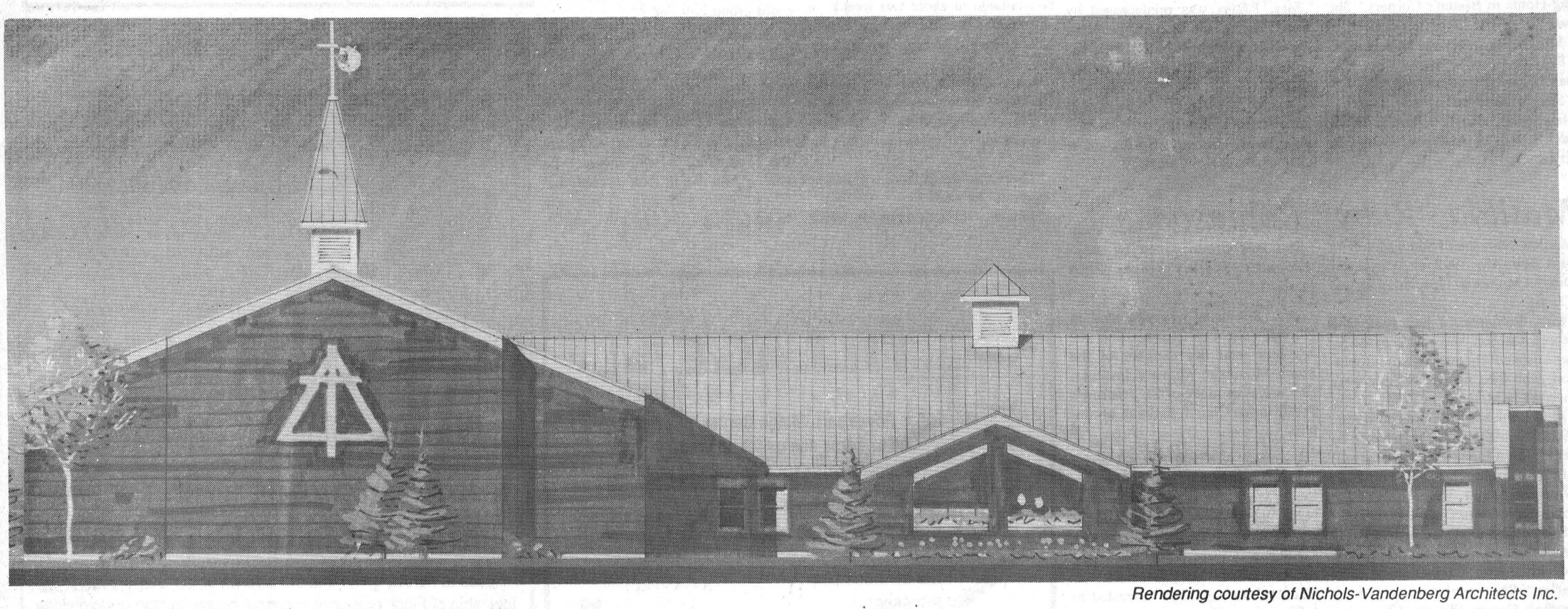
EMMANUEL - OSNABRUCK BAPTIST CHURCH
CELEBRATING 150 YEARS OF CHRISTIAN WITNESS
6 kms. North of Ingleside
Hwy. 14 - Dickinson Drive
Pastor: Rev. Willard Warnock
984-2353
SUNDAY, March 1, 1992
Bible Club - 9:30 a.m.
Morning Worship - 11:00 A.M.
Nursery Provided
COME TO WORSHIP
LEAVE TO SERVE
August 1991

ST. PETER'S - ST. LUKE'S EVANGELICAL LUTHERAN
PARISH (E.L.C.I.C.)
Pastor: Rev. J. Ross Thomson
535-2569
SUNDAY, March 1, 1992
DUNBAR - ST. LUKE'S
Sunday Worship - 9:15 A.M.
EVERYONE WELCOME

ST. PETER'S
WILLIAMSBURG
Sunday Worship - 11:00 A.M.
Sunday School - 11:00 A.M.
EVERYONE WELCOME
Fully Accessible to the Disabled.
March 1991

Williamsburg Christian Reformed Church

Official Opening



Rendering courtesy of Nichols-Vandenberg Architects Inc.

The council and congregation cordially invite the public to attend the official opening of their new church building, Deo Volente

Saturday, February 29 & Sunday, March 1

SATURDAY
10:00am
Unveiling of Cornerstone
10:15am
Dedication Service - Special Music
12:00 noon
Luncheon
1:00pm-5:00pm
Open House - Refreshments
7:30pm
Evening of "Song and Praise" - Refreshments

SUNDAY
9:30am
Church Service - Williamsburg C.R.C. Choir
Refreshments
7:30pm
Church Service - Timothy Christian School Senior Choir
Refreshments

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Obituaries

Norah Victoria Rutley

Norah Victoria Rutley of Newington died Feb. 11, 1992 at Carewell Nursing Home in Easton's Corners. She was 101.

Mrs. Rutley, who was born Jan. 27, 1891, was predeceased by her husband Percy, who died in 1966.

She is survived by son Clare of Newington, daughter Luella (Mrs. Jack Lowe) of Anaheim, Calif., 16 grandchildren, 26 great-grandchildren,. and 3 great-great-grandsons.

Mrs. Rutley was predeceased by sons Thomas and Robert, daughter Clara (Mrs. William McCabe), three grandchildren and six brothers and sisters.

Funeral was held at Brownlee Funeral Home Feb. 14, officiated by Rev. Robert Biggar. Spring interment at Sandtown Cemetery.

Matilda "Ruby" Robinson

Matilda Robinson of South Mountain died Feb. 18, 1992 at Winchester District Memorial Hospital. She was 82.

Mrs. Robinson, a housewife and retired teacher, was predeceased by her husband Thomas William Robinson, who died in 1980. They were married in Metcalfe in 1934.

Mrs. Robinson, who was born June 29, 1909 in Kenmore, is survived by her children Joan (Mrs. Sid Morrell) of Iroquois, Ted (Marian) of Winchester, and Theo (Mrs. Glen Johnston) of Abu Dhabi, U.A.E.

She will be fondly remembered by grandchildren Anna Marie, Daryl, Edward, Aaron, Cassandra and Kimberly. She is also survived by brothers George Wilson of Kingston and Ray Wilson of Metcalfe.

She was predeceased by stepdaughter Shirley (Mrs. Fred Draper).

Mrs. Robinson was educated at Normal School in Ottawa. She was a charter and life member of the South Mountain Women's Institute. She was a member of St. Andrew's Presbyterian Church in South Mountain.

A service was held Feb. 21 at St. Andrew's Presbyterian Church in South Mountain, officiated by Rev. Nick Vandermey. Interment at Maple Ridge Cemetery.

Pallbearers were Aaron Johnston, and Edward and Daryl Morrell.

Funeral arrangements entrusted to J.R. Vice Funeral Home in Winchester.

Chesterville group will run employment centre

Elizabeth Moreau
Record News Editor

CORNWALL—An opening date for a Dundas employment centre should be available in about two weeks, or as soon as Canada Employment officials find a Chesterville group to run the office.

Denis Thibault, manager of the Cornwall manpower centre, said a few local non-profit groups have expressed interest in co-ordinating the office.

"There's no doubt there will be one opening," he said.

Thibault said a decision on which group will sponsor the project should be made by the end of next week.

Although the Dundas employment centre will provide many of the same services as the Cornwall office, it will be staffed and run by a local non-profit group.

Thibault said aside from meeting other criteria, the chosen group must represent Chesterville and district.

"We want a group with a good reputation in the community—one that has in place a structure to ensure the community is well-served," he said. "And we'll look to see that Chesterville and area people are hired."

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12:00 noon
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THE CORPORATION OF THE TOWNSHIP OF FINCH

NOTICE OF PROPOSED BY-LAW

Notice is hereby given that the Council of the Corporation of the Township of Finch proposes to pass a by-law to stop up and close part of a road allowance more particularly described as follows:

That part of the road allowance between the Township of Finch, in the County of Stormont and the Township of Cambridge, in the County of Russell, designated as Part 1 on Reference Plan 52R-4263 and Part 1 on Reference Plan 50R-7090 saving and expecting thereout and therefrom Part 1 on Reference Plan 52R-4392 and Part 1 on Reference Plan 50R-7262.

The proposed by-law will come before the said Council for consideration at its regular meeting in the Township Office, Berwick, Ontario on the 6th day of April, 1992 at the hour of 8:30 p.m.

Any person who claims that his or her lands will be prejudicially affected by the by-law may apply to be heard in person or by his or her counsel or agent by contacting the Clerk-Treasurer of the Corporation of the Township of Finch, Berwick, Ontario, K0C 1G0.

DATED this 17th day of February, 1992.

A.V. Empey
Clerk-Treasurer
Township of Finch
P.O. Box 99
BERWICK, ONTARIO
K0C 1G0
(613) 984-2821
30-4

Township of Finch

NOTICE RE GARBAGE COLLECTION

Household garbage will be picked up from all residents of the Township commencing March 6th, 1992.

For residence of Berwick and Crysler, there will be no change from the Saturday pick-up. For all other residents, garbage will be collected on Fridays commencing about 7:30 a.m. Garbage is to be placed at roadsides so as not to interfere with snow plowing operations.

Commencing in March, the dump will no longer be open two days a week. It will be open to receive non-household garbage only, on the 1st and 3rd Saturdays of each month from 9:00 a.m. to 5:00 p.m.

Tipping charges have been set as follows for non-household garbage:

Tandem Trucks.....$75.00 per load
Single Axle Trucks.....$50.00 per load
Large Wagons.....$25.00 per load
Cars, Car Trailers,
Pick-up Trucks, etc.....No Charge

Further information will be included with the tax notices which will be mailed shortly.

A.V. Empey
Clerk-Treasurer
Berwick, Ont.

UNITED COUNTIES OF STORMONT, DUNDAS AND GLENGARRY

NOTICE TO TRUCKERS AND SHIPPERS HALF LOAD RESTRICTIONS

Half load restrictions will be enforced on all County roads in the United Counties of Stormont, Dundas and Glengarry IN EARLY MARCH AS SIGNED, with the exception of:

(1) **County Road No. 1** - Between King's Highway No. 401 and King's Highway No. 2.

(2) **County Road No. 14** - Between King's Highway No. 401 and King's Highway No. 2.

(3) **County Road No. 33** - Between King's Highway No. 401 and the City of Cornwall.

(4) **County Road No. 35** - Between King's Highway No. 401 and King's Highway No. 2.

(5) All those portions of County roads in villages and towns serviced by King's Highways.

Persons contravening this regulation will be prosecuted under Section 104a of The Highway Traffic Act.

D.J. McDonald, P. Eng.
County Engineer
20 Pitt Street,
Cornwall, Ontario
K6J 3P2
(1-613-932-1515)

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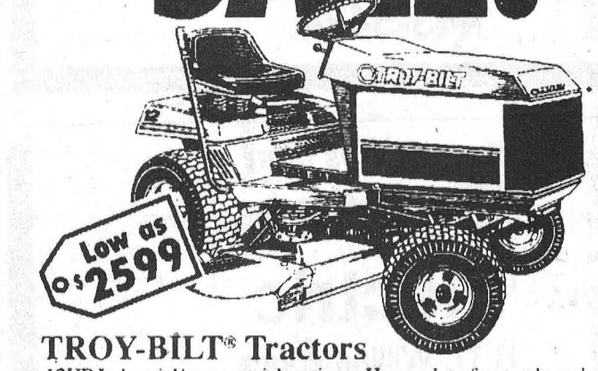
Now thru March 31st!

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Flank Side Pork 4.39 kg	lb.	1.99
Breakfast Sausage Pure pork, 3.28 kg	lb.	1.49
Whole Chickens Fresh, Canada grade A, 1.5-2 kg avg., 3.28 kg	lb.	1.49
Blade or Short Rib Roast Boneless, 6.59 kg	lb.	2.99

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COOKED HAM Mary Miles, 1.99 lb. 100 g .44

Baked Meat Loaves Maple Leaf, 4.49 lb.	100 g	.99
Maple Leaf Roast Beef 5.99 lb.	100 g	1.32
Black Forest Ham Maple Leaf, 4.99 lb.	100 g	1.10

FRESH PRODUCE

CANTA-LOUPES Fresh, product of Mexico, no. 1 grade each .69

NAVEL ORANGES Seedless, size 138s, product of U.S.A. dozen 1.49

Green Leaf Lettuce Product of U.S.A.	ea.	.49
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Bananas Product of tropics, 1.08 kg	lb.	.49
Green Onions Product of U.S.A.	3/	.99
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BUTTER 1 lb. 1.95

EGGS Large, dozen .85

SUGAR White, 2 kg .85

BREAD Betty's Special White, 675 g .65

Cereals and Canned Fruit

- **Peaches/Pears** Riviera, slices or halves, 796 ml 1.49
- **Corn Flakes** Kellogg's 400 g 1.69
- **Pineapples** Club Supreme 541 ml, assorted .99
- **Pancake Mix** Aunt Jemima, Complete, 1 kg 2.99
- **Table Syrup** NoName™, 750 ml 2.19
- **Oatmeal** Quaker ready to serve, 325-460 g 1.99

Tea, Juice and Coffee

- **Instant Coffee** Hills Bros., 200 g 2.99
- **Apple Juice** Martin's pure, 48 oz. .99
- **Chocolate Syrup** Nestle Quick, 700 ml 2.69
- **Coffee Mate** Reg. or lite, 500 g 3.19
- **Fruit Juices** Pure, or drinks, Minute Maid, 3x250 ml 1.19
- **Tea Bags** NoName™, Orange Pekoe, 72's 1.99

Canned Goods

- **Libby's Beans** Assorted, deep brown, 14 oz. .89
- **Sockeye Salmon** Cloverleaf, 213 g 2.49
- **Alphagetti** or select variety, Libby's, 14 oz., pasta in tomato sauce .89
- **Canned Vegetables** Del Monte, 14 oz. .79
- **Puritan Stews** 680 g 1.99
- **Canned Pastas** Chef Boy-ar-dee, 425 g 1.29

Soup and Crackers

- **Tomato Soup** Heinz, 10 oz. 4/1.00
- **Soda Crackers** NoName™, 450 g 1.29
- **Habitant Soup** Assorted, 796 ml .99
- **Hearty Noodles** Campbell's, 65 g .99
- **Healthy Request** Campbell's, assorted, 10 oz. .89
- **Onion Soup Mix** NoName™, dry, 42 g env. 2/.79

Ingredients for Baking

- **Cherry Pie Filler** Club Supreme, 540 g 1.99
- **Evaporated Milk** Carnation, 385 ml .89
- **Jelly Powder** NoName™, 85 g 3/1.00
- **White Flour** Five Roses, 2.5 kg 2.99
- **Cake Mixes** Monarch, Moist-Plus, 240-250 g pouch 2/.99
- **Frostings** NoName™, 450 g 1.69

Snacks, Drinks and Cookies

- **Nestlé Puddings** 4's 1.99
- **Fruit Snacks** Garfield, 160 g 1.69
- **Sunmaid Raisins** Seedless, 6x42 g 1.49
- **NEW Chewy Bars** Quaker Stripes, 225 g 1.99
- **PC Drinks** Assorted, 24x355 ml case 4.99
- **Tortilla Chips** Garfield, 500 g 1.99

Dry Pasta, Rice and Sauces

- **Long Grain Rice** Club Supreme, 900 g 1.49
- **Chicken Tonight** Ragu sauce, 650 ml 2.99
- **Lasagne Noodles** NoName™, 500 g 1.49
- **Thick 'n Rich Sauces** Hunt's, 725 ml 1.49
- **Spare Rib Sauce** VH assorted, 341 ml 1.89
- **Tomato Sauce** NoName™, 28 oz. 1.29

Paper and Cleaners

- **Bathroom Tissue** Cashmere, 8 rolls 1.89
- **Paper Towels** White Swan, 2's .79
- **Sunlight Powder** 8 litres 5.99
- **Garbage Bags** Enviro-plus, 10's .99
- **All-purpose Cleaner** NoName™, 1 litre (Compare to Mr. Clean) 2.19
- **Waxed Paper** NoName™, 200 ft. 2.99

Dairy and Frozen

- **Quik Shakes** Nestlé's, 3x250 ml 1.29
- **Light'n Lively Yogurt** Sealtest, 500 g 1.89
- **Soft Margarine** Becel, reg. or lite, 454 g 1.99
- **TV Dinners** Savarin, 305 g, assorted 1.99
- **Shoestring Fries** Valley Farms, 1 kg .69
- **Lite Tonight** HighLiner, Haddock or sole fillets, 225 g 2.99

Bakery and Frozen Items

- **Whole Wheat Bread** Or cracked wheat, Betty's, 675 g .89
- **Crusty Cornmeal Bread** Sliced, 450 g, Betty's .89
- **FROZEN Fruit Punch** Minute Maid orange, grape or assorted, 355 ml .79
- **FROZEN Frozen Pizzas** Aloro, pepperoni or deluxe, 4s 2.49
- **FROZEN Pot Pies** Swanson, assorted, 200 g .89
- **FROZEN Ice Cream** Chapman, 4 litres 3.99

Pet Food

- **Dog Food** Chum, 708 g .69
- **Special Menu** Puss 'n Boots, 1 kg 1.49
- **Miss Mew** Assorted, cat food, 170 g 2/.89
- **Dog Food** Super Saver 18 kg 10.49
- **Cat Litter** NoName™, 10 kg 3.99
- **Kibbles & Chews** Purina, dog food, 2 kg 3.99

---

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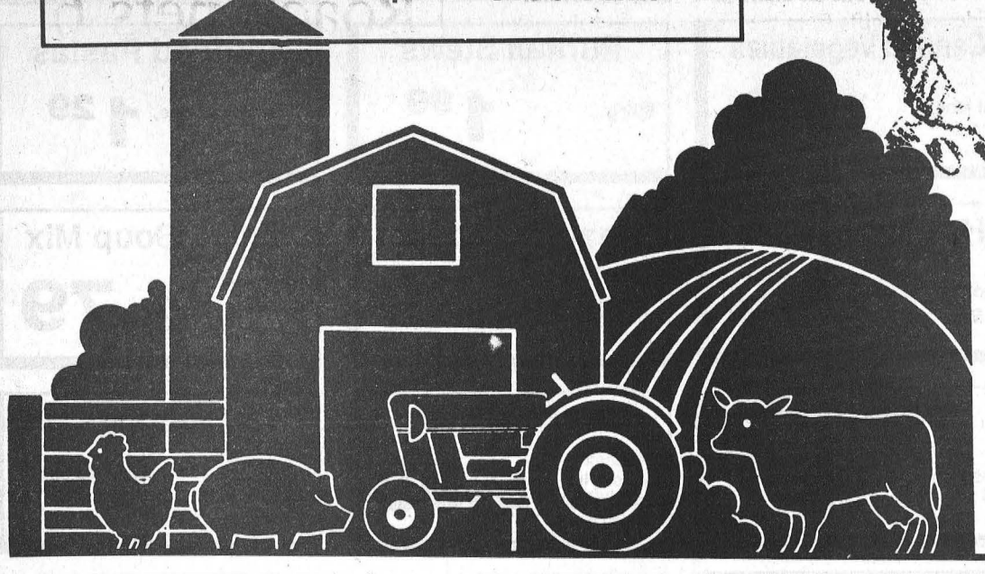

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Wednesday & Thursday – March 4 & 5

White upsets Green, Maroon tops Blue

CHESTERVILLE - White pulled off an impressive 5-1 upset victory over the league's regular season champs, taking a one-game lead in the best-of- three semifinal series last Wednesday in the Chesterville Men's Town Hockey League.

Jim Hume was close to perfect between White's pipes as he killed all but one attempt made by the Green team.

Green didn't know what hit them, as White stormed to a 3-0 half time-lead.

Barry McShane slipped White's 1-0 lead past Green's stopper Pat Brugmans, to finish off a play orchestrated by Sandy Johnstone and Ray Sherrer.

Daryl Robinson and Dean Williams set up John Guy, enabling him to add to White's scoring edge.

White's first period effort was capped at 3-0, when Dwayne Bazinet flicked in a play made possible by Robinson and Derek Hyndman.

Pat Kelly's marker made off a pass from Mark Smith finally put Green on the board during the second half. Tony Fraser also drew an assist on the play.

But White secured their advantage by scoring twice in the final 30 minutes of play.

Sherrer took care of a play orchestrated by Gary Klein-Swormink and Hyndman, while Guy scored unassisted to put White up 5-1.

Maroon takes game lead

Darrell Shelp netted a hat trick and assisted on two other goals as Maroon whipped Blue 6-1, taking a one-game lead in their semifinal series.

Although Shelp took care of most of the scoring for Maroon, Ken Byers controlled first-period play as he connected for both of Maroon's markers, giving them a 2-1 lead at the half.

Byers potted both goals with assistance from Shelp and his brother Kevin Byers.

Maroon's goaltender Ben Henry gave up Blue's lone goal of the contest to Jerrold Boulanger. Greg Sullivan and Dolton Henry were behind Boulanger's effort.

Shelp got things moving in the second half as he widened Maroon's lead, with two straight goals.

Rene Boulanger, Kevin Byers, Pete van-Kessel and Ken Byers each picked up an assist.

Maroon's lead was upped 5-1, when van-Kessel connected on Dave Cross' feed.

Shelp iced the win by drilling home Kevin Byers' rebound. Todd Kirkwood also drew an assist.

The Record Sports

Call in your scores to 448-2321

Chesterville rink brings family together

Rosanna Boersma
Sports Reporter



Area children play on LeClairs' outdoor rink on Church Steet in Chesterville.

Bill and Shirley LeClair didn't spend weeks building an ice rink in the back yard of their Chesterville home just to have somewhere to skate. They did it for their family.

The couple, who each have children from previous marriages, have been together for five years, and realize just how difficult family life can be.

Today, with dual-income families becoming more and more common, the need for families to spend quality time together is also growing.

However, time is the one thing that most working couples don't have a lot of.

After realizing their family was feeling the effects of today's society the LeClairs, who both work full time, decided to do something about it.

And in late 1990, when the three children were spending the Christmas holidays with their other families, the LeClairs acted on an idea to bring their family closer together.

The outdoor rink did exactly what they hoped, plus a whole .lot more.

Although making time for children is not always easy for parents, it's a priority in the LeClair home.

"We make the time," Bill says. "Children need to spend time with their parents...and it's important to spend time with your children, and not to isolate them."

Although the couple's main purpose in building the rink was to strengthen their family unit, it brought further benefits.

"The best part is knowing where my kids are," Shirley says. "And it gets them off the streets."

The LeClairs recall an incident where Shirley's son, Walter Turcotte, was playing in their front yard, ran out onto the street and was almost struck by an oncoming car. Although Walter wasn't hurt it confirmed the need for other activities.

The rink also resolved the children's most common complaint - that there was nothing to do. The rink took them away from their Nintendo games and television, allowing them to play safely outside.

The rewards are even greater for the family, as both Bill and Shirley agree their children get along much better now than before they had a place to play.

Shirley's son lives in Chesterville with the LeClairs. Bill's son and daughter live with their mother.

And the idea that brought the LeClair family closer together snowballed. Neighboring children also reap the benefits of the skating surface.

As children of all ages can take advantage of having a rink in their neighborhood.

"I like playing hockey...and its better than sitting in the house watching TV," he says.

Empey, who is part of a group that call themselves the "rink rats," also shares in the responsibility of helping maintain the rink.

Everyone who comes to the rink has their own reason. For Bill's nine-year-old son Craig LaClair, it's playing non-competitive hockey.

"I'd rather play here, because it's too serious in a real league where you have to win," says Craig, who plays minor hockey in Morrisburg.

The LeClairs have put a lot of energy and care into the rink, with hours spent on flooding the rink and clearing the snow.

There is also a heated shack where the children can lace up their skates, or just go in for warmth. There are lights strung up for night hockey and outside speakers so the children can play along with music.

Regular visitors of the rink also know that it's not ususual to find a cup of hot chocolate, hamburgers and hot dogs waiting for them after a long day on the ice.

"The look on the children's faces is what makes the rink worthwhile," Shirley says.

Classes from Chesterville Public School have also visited the outdoor rink. And the students are very appreciative of the LeClairs' generosity.

The LeClairs received a booklet from Mrs. Doan's Grade 2-3 class, with special thanks to their hosts.

One student wrote, 'Dear Mr. and Mrs. LeClair, thank you for the delicious hot chocolate and cookies, and letting us go skating. I really enjoyed skating on your skating rink. It was really, really fun. Thank you for the warm cabin to put on our skates. Thank you, thank you for letting us come. Sincerely: Krista Simms.'

The LeClairs have received several gifts from the community to help make the rink as enjoyable for as many people as possible.

And for Bill the most treasured gift was a snowblower, given to them by an elderly woman.

Although the woman has never been to the rink, she has received photos taken during children's visits.

The LeClairs also appreciate the use of their neighbor's land for the rink.

During the first year the rink was in LeClairs backyard, the surface was very rough. This year, to get a smoother, surface the rink was made on Dwayne Whitteker's property.

Bill and Shirley welcome everyone to the rink on Church Street in Chesterville. The couple feels that the success of the rink is because of the children.

"They're as much a part of the rink as we are," Bill says.

He added the rink will be made "every year as long as there are children around."

Link rings up 3 goals in 7-1 win

CHESTERVILLE—Captain Murray Link's three goals were all the North Dundas Demons really needed to beat the Smiths Fall Bears here last Tuesday.

Link banged in three goals as his Demons cruised to an impressive 7-1 UCMHL Bantam A League victory.

Goalie Clint Hedge had a 3-0 lead when he had his hopes for a perfect game dashed by the Bear's captain Steve Henderson. Henderson notched his team's lone goal at 6:48 of the first period and cut the deficit to 3-1. That was as close as the Bears would get.

North Dundas led 4-1 after a period and 5-1 after two.

Murray Link connected from Geoff Hardy and Jason McDonald at 12:27 of the first period to get proceedings started. Jason Desormeaux made it 2-0 on an unassisted play at 9:54. Link scored again from Hardy and McDonald at 7:42 and Craig Halpenny made it 4-1 scoring unassisted with 14 seconds left in period one.

Link's unassisted goal came at 1:24 of period two and made it a 5-1 count.

Barry Bell rang up a pair of third period goals to make it a 7-1 final. Halpenny and Brent Barkley assisted Bell at 10:04 and then teamed up again and helped Bell with his second at the 9:48 mark.

North Dundas took five and Smiths Falls 12 minor penalties.

Roach nets 6 for Peewee win

CHESTERVILLE—Andrew Roach was a one-man wrecking crew here Monday night.

Roach connected for six goals as the North Dundas No. Two Demons powered their way to an impressive 10-2 UCMHL Pee wee C (round robin) play-off win over the Kemptville No. Two Royals.

Martin Constapel, Terry Wagner and Megan Arsenault supported the win by each scoring a goal and two assists each.

Derik Gates snapped in a single goal and Scott Dellaire earned one assist.

Kemptville's goals came at 9:21 of period one and 4:35 of the final frame.

North Dundas led 3-1 after a period and 4-1 after two. They blew the game wide open scoring six goals in the final 9:47 of the third period.

Roach hit for goals at 9:47 and 9:21, Wagner connected at 8:44, Arsenault at 7:47, Constapel at 6:38 and Gates made it 10, connecting at the 5:20 mark.



The Express get tangled up in front of their own net during the second game of their quarterfinal series against the Stars.

Stars win, take 3-game lead on Express

CASSELMAN - Martin Hughes potted the clincher that crushed the North Stormont Express in overtime last Sunday.

The 3-2 overtime win stretched the Casselman-Cambridge Stars lead in the best-of-seven quarterfinal series in the Eastern Ontario Junior C Hockey League to 3-0.

Last night (Tuesday) the Stars travelled to Finch for the fourth game of the series. A win for the Stars there would end the series. The score was not available at publication time.

A defensive struggle set the scene throughout the contest as neither club was able to take a sizable advantage, which led to an exciting finale.

Dave Lavergne opened things up, cashing in on Mike Stewart's set-up to put the Express ahead 1-0 with just over four minutes played.

But the Stars took it back just 1:22 later, when Mike Sinnott got the puck past Express' netminder Richard Chevrier.

North Stormont didn't break the deadlock until 5:14 of the third period, when Roch Benoit took a pass from Chevrier and then skated for the 2-1 edge on a power play.

But once again the Stars replied, scoring the 2-2 tie at the 11:15 mark when Joel Lavoie netted Marc Hughes' feed, sending the game into overtime.

With just under seven minutes remaining in overtime, Hughes came off the bench and connected on a long pass from Alain Leroux to win a one-on-one against Chevrier.

The game was almost penalty-free' with the official calling 12 minor infractions and only one major penalty. Chris Leroux was given a 10-minute misconduct penalty.

Express destroyed

FINCH - They came out strong, grabbing a 1-0 first-period lead, but once again this season the North Stormont Express forgot to finish the game.

On Thursday, the Express' feeble effort during the second half of the game allowed the Casselman-Cambridge Stars to skate all over them, recording a 9-3 win in the second game of a best-of-seven quarterfinal series in the junior C league.

The Express played with the league's top-ranked club throughout the first 30 minutes, but the Stars took control, capitalizing on three break away opportunities during the middle period.

As the home team became more frustrated, they quickly buried themselves, allowing the Stars to storm to a 6-3 second-period lead.

At the start, the Express came out fighting, shutting down the Stars in the opening period while scoring once for a 1-0 lead.

Derek McElheran back-handed Kevin Villeneuve's feed into the Stars net with just 2:41 left before the first intermission. Dale Murray also drew an assist.

The Stars needed only 1:06 of the second to notch the score even, and then went on to take the lead at the 5:27 mark, scoring short-handed.

Chris Leroux mishandled the puck while skating with a two-man advantage and was unable to come up with the tying goal with just under the seven minutes of the period played. Leroux picked up a play in front of the Stars' cage but his repeated attempts on the net went uncapitalized.

But just before the midway mark, Todd Hay got the tying goal when he took care of Mike Stewart's rebound.

The Stars took back their one-goal edge just over three minutes later, but Leroux replied for the Express, scoring on a power play. Villeneuve and Dale Murray picked up assists.

Goals at 14:45, 15:34 and at 17:20 put the Stars up 6-3 before the period ended.

Casselman needed just over two minutes of the final frame to cushion their advantage.

The Express thought they got one back at the 7:51 mark, but the disputed call denied the Express what could have been their fourth goal of the game.

The Stars capped their win in a late-game scoring spree. With under six minutes remaining before the final buzzer, the Stars scored twice within eight seconds, making it 9-3.

Alain Leroux and Joel Lavoie led the Stars' offensive game with a hat trick each. Martin Hughes added two and Yvan Levac potted a goal.

Berwick Oldtimers host 10th annual hockey tournament

FINCH - Lunenburg was the big winner in the 40+ division of Berwick's 10th annual Oldtimers hockey tournament on February 15 and 16.

Led by Gordie Harrington's five-goal effort, Lunenburg cruised to a 7-4 win over Chesterville's Oldtimers in the fight for the A-championship title.

Glen Grant added two goals to the winning cause.

Chesterville's Bill Moran and Neil Beckstead each scored twice in the losing battle.

In the B finals of the 40+ category, Massena doubled Berwick 4-2.

Earl Brown led Massena to victory, scoring twice against Berwick's netminder R.D. Chisholm.

Winston Dingwall and Steve O'Donahue each potted a goal for Berwick.

Other scores

Lunenburg 6 - Crysler 3, Glen Walter 5 - Massena 3, Maxville 8 - Spencerville 0, Chesterville 5 - Berwick 2, Losey's Haulage 8 - Akwesasne 5, Lunenburg 11 - Glen Walter 3, Berwick 5 - Spencerville 1, Massena 4 - Crysler 1 and Chesterville 3 - Maxville 2.

30+ division

The Losey's Haulage goaltender Steve MacDonald turned back all attempts made by Yogi's Bears, clinching the 30+ A-championship title in Berwick's annual hockey tourney.

While MacDonald played perfectly between the pipes, Losey's Haulage offensive unit went to work, picking up three goals to register the title victory.

Dave Hansen, Grant Simpson and Roger Swerdteger each rung in a goal for the winners.

In the B-final contest, He & She mounted a 3-1 win over Crysler.

He & She took a 1-0 first-period lead on Gordie McDonald's marker, and worked with it until late in the game.

With 1:50 left, Guy Ireland put He & She up 2-0.

But Crysler's Albert Herfkens replied, scoring unassisted.

With 43 seconds remaining before the final buzzer, Ireland scored again to insure He & She the 30+ B-title win.

Other scores

TC Brewers 3 - Akwesasne 2, Losey's Haulage 5 - Crysler 2, Yogi's Bears 6 - Finch Blue Devils 0, Spencerville 5 - He & She 2, Crysler 8 - TC Brewers 6, He & She 4 - Finch 3, Yogi's Bears 9 - Spencerville 2.

Moss scores three for Demons win

WINCHESTER—Ryan Moss scored three of his team's four goals as the No. One North Dundas Demons nipped the No. Two Demons 4-3 in an UCMHL Atom C contest in mid-February.

Last Saturday in Chesterville Joey Hillis was the scoring hero coming up with three goals and two assists in the No. One Demons' 7-1 win over the Kemptville No. Three squad.

Chad Johnston gave the No. Two Demons a 1-0 lead when he put Devon Cinnamon's pass into Jesse MacLean's goal at 7:04 of the opening period. Ryan Moss tied it up notching his first goal on a play started by Joey Hillis and Rory Moriarty with 1:52 left in the period.

Period two was scoreless as the 1-1 count carried over to the final frame.

Grant Booth snapped the tie and put the No. Two Demons up 2-1 scoring from Brent Sheldrick with 6:17 left to play in the game.

It didn't take the No. One Demons long to get back into the game. Moss hit from Joey Hillis and Natalie Stewart at 5:54 to tie it up 2-2. Will Saunders made it 3-2 on a feed from Moriarty at 5:20 and Moss completed his hat-trick putting a Saunders' relay into Bobby Hamelin's cage with 4:19 left in the game.

Marty Link's unassisted goal came with 2:27 left on the clock and got the No. Two Demons to within a goal at 4-3.

Kemptville's Jesse Buchanan tied the game up 1-1 when he beat Jesse MacLean at 8:01 of period one but that was the only puck to elude the Demons' netminder as he and his squad rolled on to a 7-1 victory.

Joey Hillis paced the Demons to their win with a three goal, two assist effort. Ryan Thompson snapped in two goals while Rory Moriarty and Craig Wylie supplied a goal and one assist each. Grant Norris assisted on four and Dave Jodoin helped out on three goals. Ryan Moss earned one assist.

North Dundas led 2-1 after a period and 4-1 after two.

Scoreboard

CHESTERVILLE MEN'S TOWN HOCKEY LEAGUE

FINAL STANDINGS

TEAM	GP	W	L	T	GF	GA	PTS
Green	17	11	5	1	77	58	23
Blue	17	7	7	3	55	59	17
Maroon	17	6	7	4	62	74	16
White	17	4	9	4	66	68	12

TOP SCORERS

NAME	G	A	PTS
Darrel Shelp (Maroon)	19	16	35
Rodney Casselman (Green)	17	15	32
Kevin Byers (Maroon)	17	15	32
Ken Byers (Maroon)	10	22	32
Dan Dubois (Green)	15	15	30
Curtis McMillan (Blue)	14	15	29
Mark Smith (Green)	11	17	28
Pat Kelly (Green)	14	13	27
John Guy (White)	13	14	27
Lonnie McIntosh (Blue)	15	11	26
Ray Sherrer (White)	11	14	25

EASTERN ONTARIO JUNIOR C HOCKEY LEAGUE

FINAL STANDINGS

TEAM	GP	W	L	T	GF	GA	PTS
Casselman	30	22	7	1	222	146	45
Embrun	30	20	9	1	206	167	41
St. Isidore	30	12	16	2	188	193	26
Rockland	30	11	16	3	148	177	25
Vankleek Hill	30	12	18	0	179	206	24
N. Stormont	30	9	20	1	133	187	19

TOP SCORERS

NAME	GP	G	A	PTS	PM
Martin Hughes (Casselman)	30	50	56	106	87
Alain Leroux (Casselman)	30	25	62	87	54
Marc Patenaude (Embrun)	28	33	37	70	57
Alain Gignac (Embrun)	26	30	32	62	65
Trevor Clark (St. Isidore)	30	24	34	58	44
Paul Maisonneuve (St. Isidore)	30	20	37	57	94
Charles Dicaire (Vankleek Hill)	29	30	25	55	30
Daniel Maisonneuve (St. Isidore)	28	31	21	52	132
Geoff Seguin (Casselman)	26	23	29	52	32
Kevin Villeneuve (N. Stormont)	30	26	25	51	45

WINCHESTER & DISTRICT BROOMBALL LEAGUE

FINAL STANDINGS

TEAM	W	L	T	GF	GA	PTS
Voyageurs	18	3	0	108	22	37
Ormond	18	2	1	108	45	37
Morewood	14	6	1	110	34	29
Prescott Rd	12	6	2	66	35	27
Manotick	7	12	2	42	69	17
Toyes Hill	6	12	2	32	81	14
Winchester	2	14	0	13	97	5
Newington	2	18	1	23	139	5

TOP SCORERS

NAME	G	A	PTS
Brian Como (Morewood)	35	31	66
Gary Gallinger (Voyageurs)	23	35	58
Guy Marion (Morewood)	17	40	57
Steve Boucher (Voyageurs)	23	24	47
Barton Heagle (Voyageurs)	14	31	45
Paul Downey (Ormond)	23	18	41
Dan McDiarmid (Ormond)	10	27	37
Gerald Eby (Morewood)	18	16	34
Doug Sloan (Ormond)	12	20	32
Dave Hess (Ormond)	16	15	31

Bowling

Wednesday Afternoon Ladies - High Single, Elizabeth Brooks 250; High Triple, Liz Speller 570. **Team Standings** - Virley Edwards 98; Elizabeth Brooks 76; Norma Cass 74; Debbie Hess 60. Spare Bowler - Pat Monast, High Single 253; High Triple 727.

Finch Mixed League - Men's High Single, Foch McDonald 263; Men's High Triple, Jack Hoogeveen 677. Ladies' High Single, Dianne Hoogeveen 291; Ladies' High Triple, Debbie Smith 778. **Team Standings** - Cabens 95; Cruisers 89; Alleycats 76; Devils 75; Spitfires 72; Smarties 55.

Community League - Men's High Single, Gordon Wheeler 248; Men's High Triple, Gordon Wheeler 648. Ladies' High Single, Pat Monast 220; Ladies' High Triple, Pat Monast 610. **Team Standings** - Roxanne 94; Gerald 89; Jack 75; Andrew 71; Pat 58; Joel 54.

Busy Matrons - High Single, Elsie Gallinger 262; High Triple, Shirley Munro 643. **Team Standings** - Elva 77; Debbie 75; Lois 73; Sharon 70; Elsie 69.

Berwick Thursday Night - Men's High Single, Nick Beehler 296; Men's High Triple, Mike Kearns 704. Ladies' High Single, Joyce Helmer 280; Ladies' High Triple, Joyce Helmer 634. **Team Standings** - Joyce Helmer 87; Sue Robinson 86; Cathy McRae 81; Rejeanne Sanders 78; Leah-Anne Pollock 69; Carol Lalonde 63.

Les Copains - Men's High Single, John Tremmaglia 299; Men's High Triple, John Tremmaglia 712. Ladies' High Single, Shelley Hansma 180; Ladies' High Triple, Shelley Hansma 450. **Team Standings** - Daniel LeBlanc 93; Francois LeClerc 91; Liliane Martel 85; John Tremmaglia 84; Daniel Martel 69; Gilles Beaudry 61.

Monday Night Men - High Single, Terry Poapst 282; High Triple, Terry Poapst 769; High Average, Randy Leclair 226. **Team Standings** - Raiders 103; Stingers 97; A-Team 88; Blue Max 73; Alley Rats 62; Seniors 61.

Avonmore Mixed League - Men's High Single, Noel Racine 241; Men's High Triple, Noel Racine 690. Ladies' High Single, Mary Marjerrison 244; Ladies' High Triple, Florence Heemskerk 671. **Team Standings** - Charlie 266-1/2; Florence 245; Mary 244-1/2; Gordie 240; Beulah 234; Viola 220.

North Stormont Ladies - High Single, Pat Middleton 296; High Triple, Pat Middleton 702. **Team Standings** - Orioles - Mary 92-1/2; Blue Jays - Pat 92; Ravens - Linda B. 77; Robins - Linda R. 75; Eagles - Doris 74-1/2; Hawks - Rae 72.

YBC Senior - Boy's High Single, Marc Robinson 254; Boy's High Double, Bradley Madore 417. Ladies' High Single, Cindy McLeod 199; Girls' High Double, Cindy McLeod 351. **Team Standings** - Bradley 35; Gary 25.

YBC Peewee - Boy's High Single, Matthew Garlough 125; Boy's High Double, Grant Middleton 214. Girls' High Single, Amanda Wheeler 101; Girls' High Double, Amanda Wheeler 198. **Team Standings** - Amanda 102; Grant 95; Jennifer 89; Calvin 77; Kelly 75; Chad 68; Brett 51.

YBC Junior - Boy's High Single, Alex Middleton 238; Boy's High Double, Alex Middleton 413. Girls' High Single, Rachel Robinson 180; Girls' High Double, Julie Robinson 342. **Team Standings** - Adam 57-1/2; Vicki 54-1/2; Carrie 51-1/2; Terrie 36- 1/2.

YBC Bantam - Boy's High Single, Michael Sanders 157; Boy's High Double, Michael Sanders 300. Girls' High Single, Wendy Jacques 198; Girls' High Double, Wendy Jacques 331. **Team Standings** - Eric 61-1/2; David 53-1/2; Wendy 49; Scott 46.

Riverside Rollers - Men's High Single, Terry Poapst 288; Men's High Triple, Terry Poapst 750. Ladies' High Single, Elaine Jackson 290; Ladies' High Triple, Elaine Jackson 738. **Team Standings** - Katie 101; Abe 90; Janet 89; Ginnie 79; Elaine 69- 1/2; Tom 54-1/2.

Williamsburg Mixed (Friday Night) - Men's High Single, Jim Cooper 263; Men's High Triple, Randy LeClair (spare) 747. Ladies' High Single, Dianne Hoogeveen 240; Ladies' High Triple, Dianne Hoogeveen 649. **Team Standings** - Al Capone's Mob 112; Dark Horses 105; Smurfs 82; Just Warm'n Ups 79; Rock 'n' Rollers 75; Flying Rockers 75.

Crysler Club 60 - Men's High Single, Hubert Farley 278; Men's High Triple, Hubert Farley 628. Ladies' High Single, Janine Quesnel 232; Ladies' High Triple, Marie-Ange Prevost 565.

Matilda League - Men's High Single, Bill Horner 239; Men's High Triple, Bill Horner 604. Ladies' High Single, Mary Lynn Plummer 294; Ladies' High Triple, Mary Lynn Plummer 628. Hidden Score 152 - David Wilson 153. **Team Standings** - Michael Hunt 57784; Terry Cohen 57474; Barry Fawcett 57156; Brian Wilson 56442; Marilyn Payne 56387; Bill Horner 56383.

Defenders League - Men's High Single, Oswald Linton 269; Men's High Triple, Oswald Linton 696. Ladies' High Single, Edith Wood and Mary Lynn Plummer 230; Ladies' High Triple, Mary Lynn Plummer 675. **Team Standings** - Oswald 89; Bertha 74; Mary Lynn 74; Debbie 63; Terry 62; Bob 60.

Double Tournament (Sun., Feb. 23) - Roy Hansma and Ellwood Thompson 2163; Jack Hoogeveen and Gary Scott 2162; Jim Cooper and Barry Weldrick 2150; Nick Beehler and Marcel Robinson 2147. **High Singles** - Trent Antille and Dianne Hoogeveen 293; Glen Pashak and Bill Horner 290.

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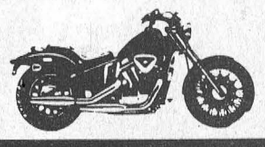
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Warriors unbeaten in league

AVONMORE - The Tagwi Warriors completed regular schedule play in the Stormont, Dundas and Glengarry senior girls' Volleyball League with a perfect 10-0 record.

The senior Warriors wrapped up their perfect season by beating the Char-Lan Crusaders and the Rothwell-Osnabruck Lancers two sets straight Thursday at home.

The Warriors beat the Crusaders 15-10 and 15- 6. The Lancers were romped 15-5 and 15-3 by the unbeaten Warriors.

The Crusaders nipped the Lancers 15-13 and 15-7 in another match-up.

Last Tuesday at General Vanier, North Dundas' senior girls Devils were winless in match play against the Char-Lan Crusaders and the General Vanier Vikings.

Although the Devils took a set lead in both matches, their opponents rallied for the win.

The Devils took their first game against the Vikings 15-9, but then lost 15-4 and 15-6.

North Dundas nipped Char-Lan 16-14 in one game, but lost the match, giving up 15-6 and 15-9 counts.

Tagwi ranks first in the senior girls' league with 10 points. General Vanier has eight for a second place finish, Char-Lan is third with six and North Dundas makes the playoffs with four points for fourth place.

Rothwell-Osnabruck and Seaway rounded out the list respectively, not making the playoffs.

Today in the semifinal match-ups, Tagwi will host North Dundas while Char-Lan will travel to General Vanier.

The winners of those matches will meet for the senior girls' SD&G single-A championships on Friday.

Junior play

The North Dundas Devils couldn't overtake the powerful Char-Lan Crusaders last Tuesday in junior girls' volleyball play.

But the Devils did come away with a match victory over the General Vanier Vikings, recording sets of 15-12, 13-15 and 15-7.

The Crusaders swept the match against the Devils by 15-13 and 15-10 counts.

On Thursday the league wrapped up regular season play at Tagwi. Char-Lan dominated tourney play with match victories against both the Tagwi Warriors and the Rothwell-Osnabruck Lancers.

The Crusaders beat the Warriors 15-12 and 15-2, then took care of the Lancers 15-10 and 15-3.

The Warriors took a set lead over the Lancers, winning 15-13, but the Lancers rallied for a 15-8 and 15-9 set win to take the match 2-1.

Char-Lan clinches first-place with a perfect 10-0 record, accumulating 10 points. North Dundas is a distant second with six points.

Tagwi and General Vanier share a 5-5 record for five points each. But Tagwi ranks third in the league because of a better record in match play against General Vanier.

Rothwell-Osnabruck is fifth with four points, and will not play in the semifinals. Seaway is last with one point.

General Vanier will travel to Char-Lan to take on the unbeaten Crusaders while North Dundas will host Tagwi in the other semifinal match today.

Friday the winner will battle for the SD&G single-A junior girls' championship title.



Tourney champs

North Dundas' Peewee C Demons defeated the Cumberland Wings, the Leitrim Hawks and the Cumberland Blazers to win the GHA/Loeb tourney last month. The champs are (front left) Joey Hillis, Mike Francis, Robbie Graham, Robbie Desormeaux, Andrew Bradley, Brian Slowey, Adam Moss (middle left) assistant coach Roger Francis, Mike Flowers, Lance Bowman, Danny Stobo, Dave Hilson, Shannon Zwartz, coach Brian Stobo. (back left) trainer Ricard Desormeaux and Loeb sponsor Brian Rose.

Courtesy Photo

Demons beat Bears

CHESTERVILLE—North Dundas scored a pair of second-period goals here Saturday and held on for an exciting 2-1 Intermediate Novice victory over the Smiths Falls Bears.

Shawn Smail broke up a scoreless game when he turned a pass from Jeff Lafrance into a 1-0 lead at 4:00 of the second period. Smail then drew an assist as Craig Panchuk made it 2-0 with his goal with 1:42 left in period two.

Smiths Falls ruined North Dundas' hopes for a perfect game scoring their only goal with 7:44 left in the final frame.

Sunday in Casselman the Demons took to the ice only to be beaten 3-1 by their hosts.

Guillaume St. Jean gave Casselman a 1-0 lead at 4:28 of period one.

But the Demons answered with their goal at 2:31. Shawn Smail tied it up 1-1 when he connected from Wayne Smirle and Craig Panchuk but North Dundas were down 2-1 before the first period was over and came out on the wrong end of the 3-1 final count.

Brennan, McConnell power Bantam C

WINCHESTER—Paul Brennan and Kevin McConnell each potted a pair of goals here Sunday as the North Dundas No. Two Demons skated to a 6-2 UCMHL Bantam C decision over the visting Brockville Warriors.

Demon goalie Darryl Holmes played shut-out hockey in the first period and third period. Brockville's two goals came in the second period as they closed the gap to 3-2 after two.

Kevin McConnell gave his team a 2-0 lead scoring from Dave Dauphinee and Brett Hillis at 4:04 and again connecting from the same two players at 3:46.

Paul Brennan made it 3-0 potting Brett Hillis' rebound 38 seconds before the end of the period.

Goals by Corrie Merkley and Paul Donnelly in period two pulled Brockville to within a goal (3- 2).

A three-goal final frame made North Dundas' win 6-2.

Dave Dauphinee opened up a 4-2 gap scoring from Shawn Johnson at 14:33. Paul Brennan increased the lead to 5-2 scoring on another Johnson relay at 11:36 and Brett Hillis iced it making it 6-2 at 7:43.

Demons to victory

Basketball Lancers end season on positive note

IROQUOIS - The Rothwell-Osnabruck Lancers ended their regular scheduled season in the Stormont, Dundas and Glengarry senior boys' basketball league, romping over the Seaway Spartans 62-35 Tuesday.

The win lifts the Lancers into first place in the single-A division with a 6-4 record.

The Lancers jumped to a 17-9 lead after the first quarter, and led 34-15 at the half.

The Spartans picked up their pace in the third quarter, hooping 13 points, but the Lancers still outscored their opponents 14-13 to hold a 20-point lead heading into the fourth quarter.

Things were back to normal in the final eight minutes of play as the Lancers added to their lead, recording a 62-35 triumph.

A total team effort was put forth by the Lancers as nine of the 11 players rung in points towards the win.

Andrew McEwan led the Lancers' offensive attack, swishing in 17 points. Randy Paquette was right behind with 15, Shawn Peever made eight, Martin Rodger sunk five while Jason Woodside, Paul MacIsaac and Brad Wannamaker each contributed four points. Ken MacLeod and Todd Short rounded out the list, hitting a two-pointer.

Junior Lancers win

The Rothwell-Osnabruck Lancers took control in the third quarter and hung on to beat the Seaway Spartans 47-33 last Tuesday in junior boys' basketball action.

The junior Lancers wrapped up their season with an even 5-5 record, placing second only to the unbeaten North Dundas Devils in single-A competition.

The teams were tied 11-11 after the first quarter, but the Lancers got a slight edge in the second.

And at halftime the Lancers only led by three points (22-19), but they widened the margin in the third quarter, jumping ahead 40-25.

The Spartans nipped the Lancers 8-7 in the final quarter, but the hosts were unable to catch their guests.

Rob Murray was the Lancers' main offensive threat, hooping 18 points towards the win. A.J. O'-Connor added eight while Mike Rodger and Steve Telewiak each hit for six points. Jason Brown contributed three and two-pointers were made by Jason Brown, Tim Currier and Andrew Pate.

Fitness Forum

Oh! my aching head!



by Jennifer Gregoire Reg. N., N.D.

Many people use the word "migraine" when referring to a really bad headache. But a migraine headache, as medically understood, denotes that pain resulting from a complex series of changes, that are specific in the blood vessels of the head and brain.

During a migraine, the blood vessels first become overly constricted and then widen abnormally. This sequence of constriction-widening affects the blood vessels on one side of the head more intensely, and often it is especially pronounced in a particular area of the brain.

The symptoms of migraine headaches are directly related to these changes in the blood vessels. During the initial phase of blood vessel narrowing, decreased blood flow to the brain leads to malfunction in the area of greatest constriction. Before any pain is felt, the typical migraine begins with some sort of warning signal, call an aura. The most common aura is disturbance of vision. This may take the form of bright or colored zigzag lines, areas of cloudy vision, flashing lights, etc. Other people have auras with such symptoms as slurred speech, dizziness, weakness or numbness of one side of the body and other signs of neurological impairment.

The migraine headache pain begins when the previously narrowed blood vessels then open too wide. Normal brain function is restored by the return of blood flow. Stretching of the vessel walls along with inflammation caused by chemical changes in the blood, stimulates pain-sensitive nerve endings in the vessel walls.

At first the pain is localized on one side of the head, but it often spreads to the other side as the headache progresses. The pain is intense and throbbing in character. Accompanying the headache may be symptoms such as nausea, vomiting, or diarrhea; intolerance of light, dizziness; and sweating or chilliness.

The description of the migraine applies to the "classic" type, but other forms of migraine are not uncommon. Sometimes the headache begins without a prior aura. On the other hand, "migraine equivalents" may occur. There may be the neurological disturbances (visual changes and so on) or vomiting typical of a migraine, though there is no headache.

A migraine headache is most often triggered by psychological stress. Curiously, it is characteristic that the attack begins when the stress is relieved. Stresses that frequently lead to migraines include sleeping too long, certain reactions to foods, hormone levels, bright lights and high-pressure situations.

My Silent Achiever this week is a beautiful, young brunette hairdresser from Russell. She brought in the most pledges for our recent Dance For Heart; raising an incredible $625 by herself. Amazing Work!

SPORTS CALENDAR

Chesterville Men's Town Hockey League
Feb. 26, 1992
Blue vs Maroon
7 p.m.
Green vs White
8:10 p.m.

Winchester and District Men's Broomball League
Sun., Feb. 16, 1992
7 p.m. Morewood vs Winchester
8 p.m. Newington vs Toyes
9 p.m. Prescott\Russell vs Manotick
10 p.m. Voyageurs vs Ormond

North Stormont Jr. C Express Playoffs
If Necessary
Thurs., Feb. 27, 1992
North Stormont vs Casselman
Casselman Arena
8:00 p.m.

Sun., Mar. 1, 1992
Casselman vs North Stormont
1:00 p.m.
Finch Arena
Wed., Mar. 4, 1992
North Stormont vs Casselman
Casselman Arena
8 p.m.

North Stormont Intermediate Men's Hockey Finals
Finch Arena
Fri., Feb. 28, 1992
Avonmore Aces vs Finch Merchants

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