Morrisburg celebrates Tubie Weekend. 10

South Mountain Fair kicks off next week. 13

Winchester Lasers will host Perth in Saturday's Dairyfest match. B-1

More than 25,000 people attend 50th Highland Games. B-6

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Right to strike concerns teachers

by Stephanie Wolfe
Press staff

CORNWALL – Some local teachers are concerned new provincial legislation will take away their right to strike.

Bill 136, the Public Sector Transition Stability Act, proposes creating two commissions to facilitate an orderly transition during amalgamation of public services over the next few years.

A labor relations transition commission would be formed to deal with public sector workers who have the right to strike, and specifically for teachers, would deal with disputes surrounding contract negotiations in the newly-amalgamated school boards. A second dispute resolution commission would deal with workers who are not permitted to strike.

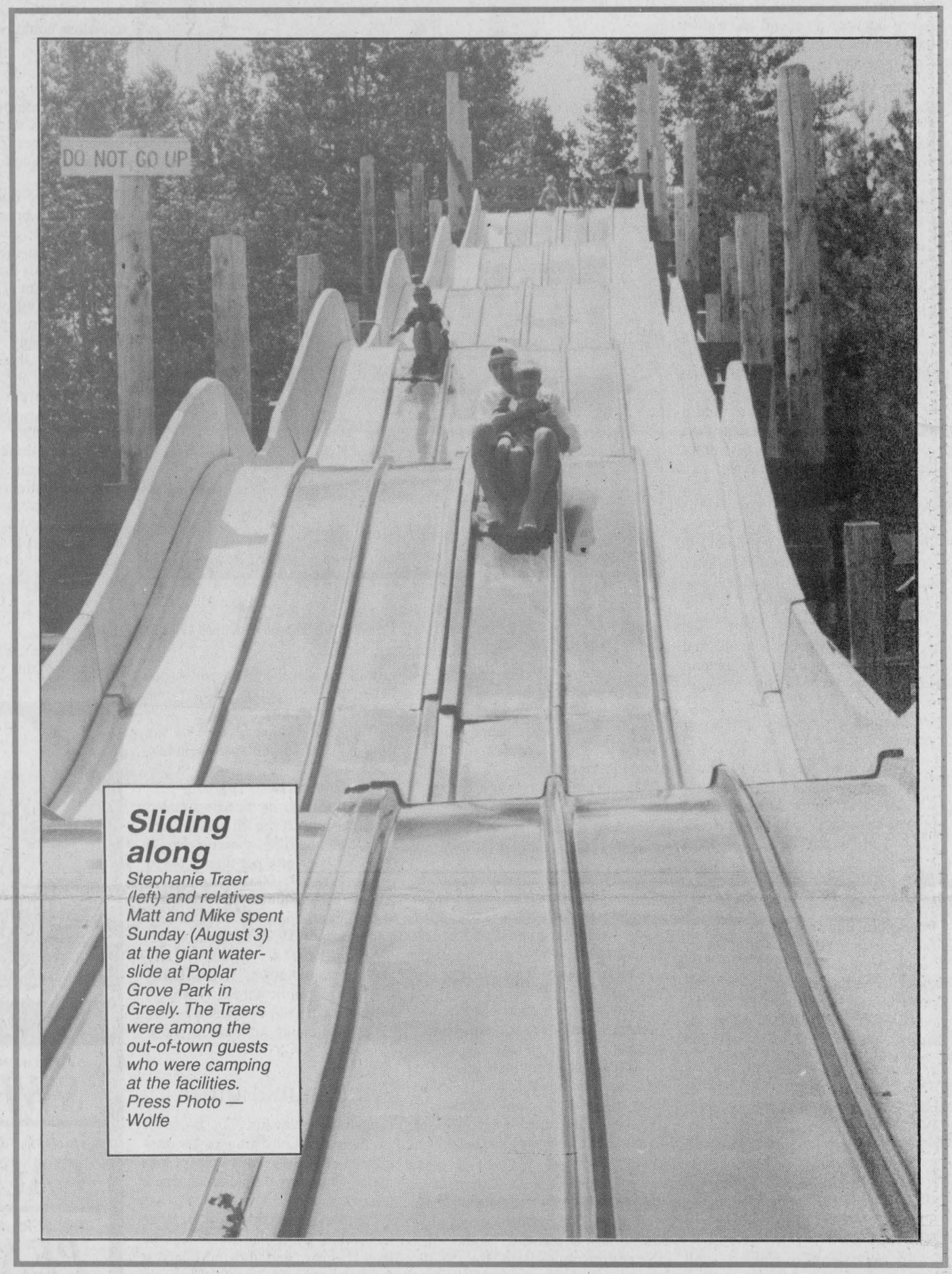
"The Ministry (of Education) will be appointing arbitrators and limiting their ability to decide certain things," said a fuming Greg McGillis, president of the Seaway District of the Ontario Secondary School Teacher's Federation.

McGillis, a teacher at Rothwell-Osnabruck High School in Osnabruck, fears Bill 136 and another bill which will soon be introduced in the House of Commons, will prevent teachers from striking or working-to-rule.

"Education minister John Snobelen will be doing something completely unacceptable and I think his real temptation is to limit options for teachers to do anything," he said. "The government has a very strong agenda that's very anti-teachers and is willing at any cost to cut billions and billions from the education system."

McGillis said the pending legislation is not popular among his co-workers and believes if the provincial government continues to introduce unfavorable cost-savings measures, teaching as a whole will be affected.

"Applications on the whole have dropped to teacher's college," he explained. "And I think we are going to see teaching, as a profession, affected."



Sliding along
Stephanie Traer (left) and relatives Matt and Mike spent Sunday (August 3) at the giant water-slide at Poplar Grove Park in Greely. The Traers were among the out-of-town guests who were camping at the facilities. Press Photo — Wolfe

Communication is key for Osgoode's new CAO

by Derek Puddicombe

OSGOODE — Moira Winch, Osgoode township's new Chief Administrative Officer, says teamwork and communication is the key to a successful municipal government.

It's only been a couple of months since she first walked through the doors of township hall in Metcalfe as an employee, but she feels she is already part of Osgoode's team.

The position is not only new to Winch, who also holds the position of implementation manager, but it's a new one for the township.

The position was created as part of a series of recommendations of a $20,000 internal work audit completed by Paragon Consulting of Nepean last summer. The report recommended the township hire a CAO to overlook municipal operations and to implement some or all of the recommendations.

Last January, the township set aside about $70,000 for a CAO and by the end of last February council had chosen Winch.

FROM GOULBOURN

Winch is the former clerk and economic development officer for Goulbourn Township where she spent 12 and a half years and was largely responsible for the revitalization project to give Stittsville a much needed face-lift. Before that she worked three years as an assistant to the Kanata CAO and because of her background in municipal government, Winch says she was quite comfortable walking into Osgoode.

With a recent move to Gloucester — which allows for a fast commute to the office as well as to her family in West-Carleton, Winch is pretty much settled into her new home and job and is "just loving it".

There is always the worry of not being sure what you are getting into when starting a new job, says Winch, but it only took a few days before she realized her move from Goulbourn Township was a good one.

First on her agenda was getting to know the department heads and township staff.

• continued on next page

New pipeline route chosen for sewage system

by Sandra Dillich
Press staff

WINCHESTER — The South Nation River will be the new discharge point for the village's sewer.

At an open meeting held last week, the Village of Winchester announced the South Nation River will be the new discharge point for treated effluent.

"Growth will no longer be limited by water supply, within reason," said Project Engineer Brian Hein, from J.L. Richards and Associates.

The design of the new sewage system consists of a 7.3 km pipeline from the pumping station located just north of the village which will run to the South Nation River near the intersection of River Road and Rae Road.

"This will provide more than enough storage capacity in the lagoons for the next 20 years," noted Hein.

"The road bed has pretty well been disturbed so there's little impact that can be done," added Hein. "The preferred route may change north of the Boyne Road because of an unopened road allowance and a farm that has been heavily tile drained."

"We'll try to keep it as close to the pavement as possible to minimize any environmental impacts," said Chief Civil Engineer Ron Cheek.

The village's current sewer system collects over 14,000 metres of sewage within the village. Two small sub-area pumping stations are used to convey sewage via forcemains to sewers; and then a large main pumping station conveys all of the sewage to a lagoon treatment facility on County Road 3.

Treated effluent is currently being discharged to the Henderson Drain during the spring and fall.

The sewage system project began in 1989 when a comprehensive Sewer Needs Study was undertaken by J.L Richardson. The study found that fall discharges were very sporadic due to the water levels of the Henderson Drain.

• continued on next page

Dairyfest lineup sounds great

WINCHESTER — Dairyfest will be a feast for the ears.

This year's musical entertainment provides listening pleasure for everyone, no matter if you like rock and roll, country or gospel.

This year's annual Junior Farmers dance features a "Three Screen Monster Video Jam" while the ever-popular band Ambush performs its regular Saturday night gig at the Winchester Arena. Both events require age of majority cards.

The Winchester Legion's `50s Street Party, from noon until 6 pm on Saturday, features Revival.

Sunday's musical feast gets under way at the main stage at noon with gospel singers sponsored by the Wesleyan Church which will be followed by the Gal Pals, Finch's the Tammy McRae Band, Ambush and Bobby Lalonde and the Buster Brown Dancers.

Ending the evening will be Marleen Fawcett and her band.

Y105's Leanne Cater will be the master of ceremonies for the day.

Minor injuries sustained in morning crash

WINCHESTER — Two cars were severely damaged when one rear-ended the other on St. Lawrence Street in the village last Friday (Aug. 1).

Lettie Tousaw, 42, of Iroquois slammed into Krista Gaines, 32, of Chesterville at approximately 10:15 am while Gaines was stopped at a pedestrian crossing outside of the Winchester municipal building. Tousaw has been charged with careless driving.

Tousaw and her passenger were transported by ambulance to the Winchester District Memorial Hospital. They received minor injuries in the accident.



Dairyfest decorations

Linda Thompson of Fred Street in Winchester decorated her lawn for Dairyfest celebrations this year. Gale Real Estate is sponsoring the "Cows are us" house decorating contest which will award the first-place winner $400. Houses in the village are to be decorated in a cow motif.

Press Photo — Van Bridger

Parmalat, Beatrice set to amalgamate

WINCHESTER — Parmalat Finanziaria, the new owner of Ault Foods, will soon amalgamate with Beatrice Foods.

A new management team has been appointed by Parmalat to run the Canadian operations of Beatrice and Ault. Ian Ferguson will become the President and CEO, under his leadership a group of executives from both companies will manage and develop the Canadian operations.

In the interim, before the two companies formally amalgamate, Beatrice's former chairman and CEO, Brent Ballantyne, and Ault's former CEO, Graham Freeman, will assist the new management team in successfully linking the two operations. The immediate goal is to minimize disruption by moving quickly and effectively in selecting the best practices, values and management systems of Beatrice, Ault and Parmalat.

In addition to the management team, a board of directors will be established in order to guide and monitor the on-going

• continued on next page

Continued from the front page...

Winch

"I interviewed each person and talked about where they were going or how to do things differently," said Winch.

And Winch's efforts have been nothing but positive and good for the township, says councillor Dale Harley.

TEAM EFFORT

The example Harley uses of how effective Winch is at pulling a team together for a project is council's recent decision to spend more than half a million dollars for a new fire station in Greely.

"She was successful at pulling all the players together," says Harley. "The library, treasurer, recreation department, fire department and the developer were all involved in the recommendation. The recommendation just didn't come from (Winch) it came from five staff members."

Winch has gained the respect of staff in only a short while because she is offering a new way of doing things and not forcing her ideas on anybody," says Harley.

"She makes sure all department heads are informed about an issue and are involved in the decision making."

And because staff are involved it makes for better government, says Winch, a believer in the necessity for good government, an essential part of any democracy.

"Municipal government is the best level to work in. You can see things happen here and build on enhancing the quality of life," she said. "At the federal level you can work all your life and never see the fruits of your labor."

Winch also teaches a municipal administration course at Algonquin College in Nepean on Monday evenings. It's a course that explores and teaches all aspects of municipal government.

Back at the office Winch is busy, as implementation manager, putting her report together that she will deliver to council soon recommending items in the Paragon Report council might want to discuss adopting.

One of the last recommendations the report indicated to council last fall was dismantling the number of heads from 10 to four. The four departments as outlined in the final report would be planning and development, finance and intergovernmental affairs, administration and operations.

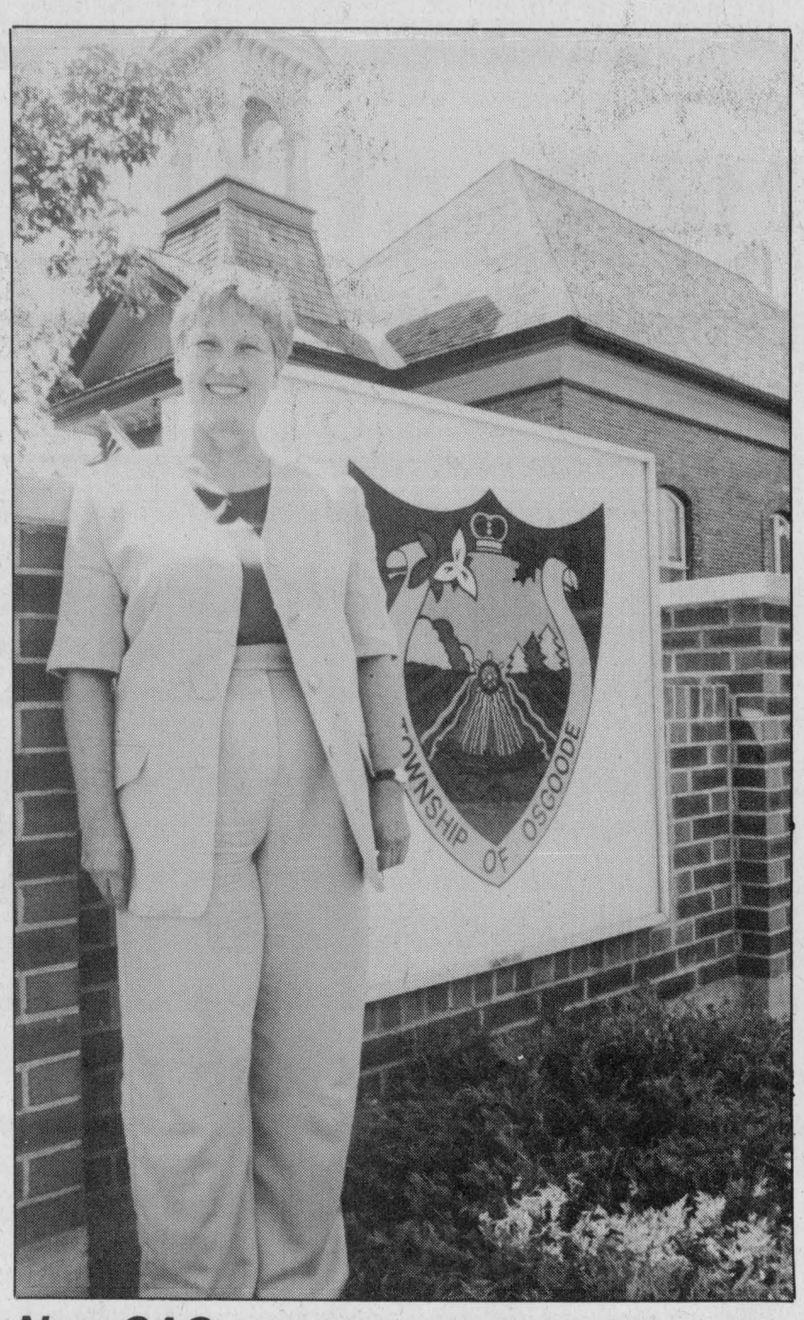
The hardest hit would be the operations department with the possibility of fire, recreation, by-law, drainage, and works consolidated under one roof.

However, Winch didn't want to comment on what would be in her report before she had a chance to talk to staff and council.

For now township residents will have to wait four months before council decides whether or not Winch's philosophy will warrant keeping her employed.

But Winch is confident of what her future will be at the township after her six month contract is reviewed in December.

"If I hadn't felt comfortable that there wasn't a good chance that the position would be extended, I wouldn't have taken it," she said. "This is a great place to be."



New CAO
Moira Winch is Osgoode township's new Chief Administrative Officer.

Pipeline

In 1990, the original treatment lagoons were expanded, a new main pumping station and a larger trunk sewer were constructed and a new Ministry of Environment and Energy (MOEE) Certificate of Approval was issued.

"The quality of the effluent has been excellent since the expansion," said Hein.

Ault Foods is not included in the new sewage treatment plan because they have their own wastewater treatment system. However, Nestle Canada in Chesterville has become a factor.

"At the end of phase 2, the village was contacted by Nestle's officials who expressed some concern that the village's effluent would discharge upstream into the South Nation, which Nestle is using now as a raw water supply, would be affected," said Cheek.

According to Hein, Nestle's concerns resulted in further intensive research and more detailed modelling of the sewer system which has led to the satisfaction of everyone involved, including Nestle.

The total estimated cost of the project is $2.75 million, excluding taxes.

In their phase 3 update, J.L. Richardson also included estimated costs per unit. If the village were to receive no funding, the cost would be $23.50 per unit per month based on the current 1,100 units within the village. If the village were to obtain 65 per cent funding, the cost per unit would drop to $9.70 a month.

"Right now the details of any funding are unknown," noted Hein.

The Environmental Study Report needs to be passed by council before the project could continue to phase 4.

Amalgamation

Canadian operations. The board of 11 directors, consisting of the new CEO, five representatives from Parmalat, and five Canadian business leaders.

With the acquisitions of Beatrice and Ault, Parmalat becomes the largest dairy, and the third largest food operation in Canada. The combined strengths of Parmalat, Beatrice and Ault, will provide great opportunities in expanding products and technologies to domestic and worldwide markets.

Trustee feels election should be delayed

OSGOODE — Osgoode-Rideau trustee Carol Parker says it might be best for all involved if the province delayed this year's November municipal elections by at least a year.

She says the confusion and lack of legislation surrounding the creation of a new region-wide public school board could lead to mistakes being made.

"Frankly I think the most sensible thing the province could do is delay the municipal and school board elections," said Parker.

"The decisions that have to be made will have to be made in a hurry, and there is a risk that the bad decisions could be made."

The length and breadth of the decisions facing the Local Education Improvement Committee (LEIC) — comprised of a group of Ottawa and Carleton Board of Education trustees and staff — were revealed at a committee meeting last week.

A massive document illustrating how the two boards work, how they are structured and how they differ was put into the trustees' and the public's hands on July 30.

More than 250 organizational charts dealing with thousands of details were presented to the trustees, many of whom leafed through the thick tome with their eyes down.

Although the province's education gurus say that the LEICs have until December 31 to get all the paperwork done before the new boards are brought into being, there is no legislation or plan on how to bridge the gap between the Nov. 10 municipal and school board trustee elections and that December deadline.

"We need the regulations for Bill 104 and 103 (The Fewer School Boards and Municipal Act)," said Parker.

"Until then, we have no idea how to deal with that gap."

For CBE Kanata trustee Naomi Ridout, she believes that the current group of trustees can't get all the work done, and shouldn't be expected to, especially if they decide not to run in November, or are defeated at the polls.

"It's clear that many of the political decisions to be made will have to be made after the next election."

The lack of detail from Queen's Park about the creation of new boards continues to plague the group, it's members say.

Despite the December deadline imposed by the province, there are still no details on how the new board will be funded, what that budget will be, how meshing the Ottawa and Carleton teachers' contracts will be handled and how much money will be handed over for one-time transition costs.

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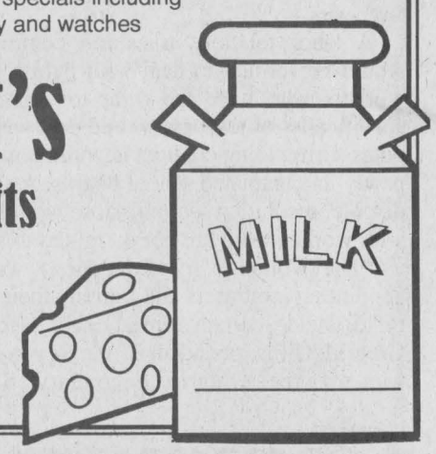

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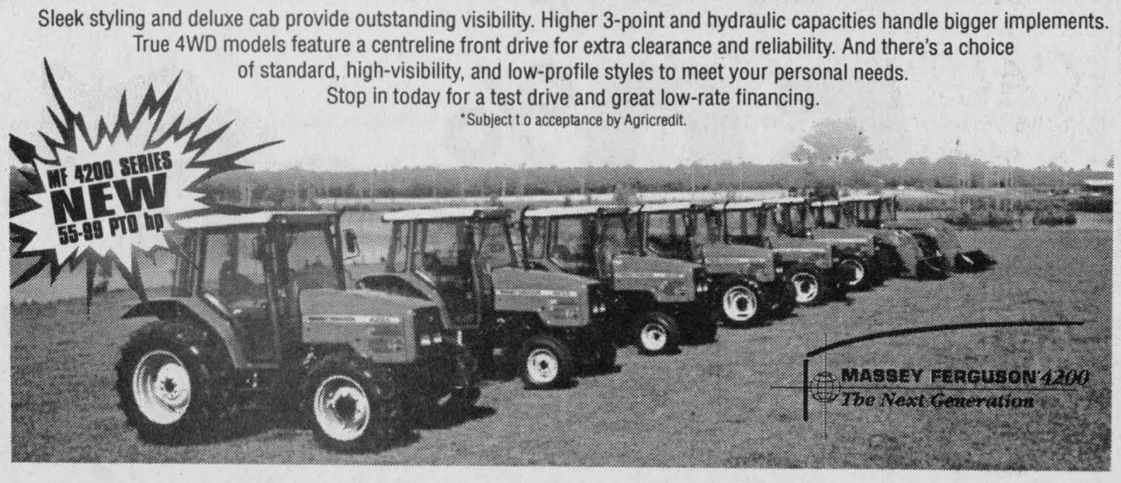

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Pipelines installed

TransCanada Pipelines is installing pipes throughout the Winchester, Mountain and Hallville areas.

Centra Gas will be accessing the pipelines to supply natural gas to Mountain Township and other area communities in the future.

"TransCanada (Pipelines) has been continuously expanding its system since there has been an increased demand for natural gas," explains spokesman Gary Davis. "We will continue to see some expansion in this area."

Thirty-seven employees have been installing the pipes since June. Davis expects work will be completed by November at the latest.



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Cars collide

The driver of a 1992 Oldsmobile rear-ended a 1997 Toyota Tercel on St. Lawrence Street in Winchester on Fri., Aug. 1. The driver of the Oldsmobile, Lettie Tousaw of Iroquois, and her passenger were taken to the Winchester District Memorial Hospital after receiving minor injuries.

Provincial cuts affect classrooms

OTTAWA — A lack of provincial transition funding will have an effect on Carleton and Ottawa classrooms, a senior school board official says.

Lorne Rachlis, a superintendent of schools who is part of the massive local education improvement committee attempted to create a new region-wide school board, says it has been months since the process started and still no funds have been promised by Queen's park.

He believes the Local Education Improvement Committee (LEIC) will have to convince the province that its funding request — through the province's education improvement committee — is sound and has financial reasoning behind it.

"If we don't ask, then we won't likely get anything," he told joint Carleton and Ottawa Board of Education trustees at a LEIC meeting in Ottawa last week.

"If we don't get anything, the money will have to come out of the programs, out of existing budgets. That would have an effect on the classrooms," he said.

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Elderhostel program brings history alive

MORRISBURG — The Parks of the St. Lawrence, in partnership with Elderhostel, will turn Upper Canada Village into a living history museum for seniors this fall. There will be three six-day programs offered at the village.

The firs two programs are entitled "History comes alive" and take place from Sept. 7 - 13 and also from Sept. 14 - 20. During the program, participants will investigate the construction of the St. Lawrence Seaway in the 1950s, emphasizing the effects of the flooding and the creation of the Lost Villages; they will have an overview of the events of the 1860s and finally a behind-the-scenes look at how interpretive programs, along with the costumes and props, combine with historical data to allow Upper Canada Village to come to life.

Those participating in the third program, from Oct. 12 - 18, will dine and dance, among other things. Dressed in period costume, participants will attend a dinner/dance in a 19th Century ballroom, lit by candles and kerosene lamps. This will be the highlight of a week of exploring the fine and domestic arts of mid-Victorian Ontario.

The program is open to those 55 years of age and older and spouses under the age of 55 can also participate.

For those who would like to take advantage of accommodations at the village, the cost is $400 for each six-day program, otherwise the cost is $250. Both prices include meals and evening entertainment.

For more information, contact Jean Jeacle at 613-543-3704.

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Police blotter

Drug charges

IROQUOIS — Graham Thomspon, 43, of Iroquois and Gail Thompson, 49, of Matilda Township have been charged in relation to the cultivation of marijuana.

As a result of an investigation conducted on July 31, the Thompsons were charged with the production of cannabis contrary to the Controlled Drug and Substances Act in relation to the drug seizure. Both parties are scheduled to appear in provincial court in Morrisburg on September 9.

Break and enters

WILLIAMSBURG — Michael Villeneuve, 20, of Williamsburg has been charged with break, enter and theft contrary to the criminal code in relation to the theft of a CB base unit. Villeneuve was charged for break and enter at an apartment in the village of Williamsburg. He is scheduled to appear in provincial court in Morrisburg on September 9.

A number of power tools were taken from a workshed on County Road 13 in Winchester Township between July 21 to 29. Constable H. Blockland is investigating the incident.

On August 2, a front window was smashed of the LCBO store in the Morrisburg Plaza and four bottles were taken. Constable N. McDowell is investigating the incident.

A home on Veena Way in Osgoode Township was broken into on July 28 and entertainment equipment, compact discs and a hockey bag were taken.

A computer, two fax machines and a photocopier were stolen from a Metcalfe office on July 20. Anyone with information is asked to call Constable Dupuis at 692-2525,

Fatal crash

OSGOODE TWP. — Robert Nielsen, 39, of Russell was pronounced dead after the car he was travelling in was struck by a 1995 Chevrolet travelling south bound on Manotick Station Road on August 2. Neilsen was a passenger in a 1993 Ford driven by Adam Lance, 16, of Ottawa.

Lance was overtaking another vehicle when his car was struck by Stephanie Mcguire, 22, of Greely. Both drivers were transported by ambulance to the Ottawa General Hospital. Constables Scott Caird and John Putinski investigated the accident.

Farming accident

CRYSLER -- William Paul, 65, of Crysler sustained a broken shoulder and other injuries when he was hooking up a tractor to the hay wagon and in the process of doing so, the gear shifter of the tractor was accidently engaged causing the tractor to collide with the victim. The accident occurred on August 4 and Paul was taken to the Cornwall General Hospital for treatment.

Bicycles stolen

MANOTICK — Five bicycles were reported stolen last week in Manotick and Osgoode villages. Bicycles should be locked when they are unattended and the owners should record the serial number. People interested in registering their bicycles can do so at the Osgoode Community Office at 825-0580.

Cops for cancer

WINCHESTER — The Cops for Cancer campaign for Upper Canada OPP detachment has raised in excess of $4,000 in pledges for cancer research. There is still time to support this initiative by pledging for the participating officers. Pledges will be received up until the hair-cutting takes place on August 10 at 1:30 pm at the Winchester Community Centre as part of Sunday's Dairyfest activities.

Health Line offers fitness advice

Here's a little known fact. It may surprise some, but many women will nod their heads knowingly. A few years ago, a health study revealed that women are so busy taking care of everybody else's needs around them that they leave their own needs for last, including going to the bathroom.

The 90s woman leads a very busy life indeed. Most are looking for 36-hour days and acknowledge they have very little time for themselves. Living life in the fast lane means every single minute counts. We eat on-the-run and we don't eat well. We rarely do physical activity, if ever, which is the case with more than 70 per cent of women over 40. We don't always get a restful sleep and we're stressed out to say the least. And then, there's the fact that we're getting older, something our minds and bodies like to point out to us every once in a while.

Taking time out for ourselves is not selfishness, but a necessity. Taking time out means taking care of ourselves, looking after our health. It means recharging the batteries before they get too low. If you find you haven't had that bright-eyed-bushy-tailed look in a while, that little things are getting on your nerves, that you're often feeling down in the dumps, or fighting with your bathroom scale, it's time to think about you.

If you're looking for a tonic, you'll find it in physical fitness. Just three times a week to start with and you'll see the difference. For women 40 and over, it's a must. Physical inactivity in women is a major risk factor that can lead to high blood pressure and cholesterol, even heart disease. For instance, physically active women can reduce their risk of cardiovascular disease by 50 to 70 per cent.

Physical activity gives a major energy boast and more. It can even change how we feel physically and mentally. For example, it's difficult for any woman to be and look her best when she doesn't feel good about her image, her body. The way in which we see our bodies generally corresponds to the image we have of ourselves inside.

HOW MUCH ?

Three key aspects need to be covered in physical fitness: *frequency,* ie., doing an aerobic exercise at least three times, weekly; *intensity,* ie., doing an exercise sufficiently vigorous to speed up the heart rate; *time,* ie., aiming for as least 15 minutes of vigorous exercise, preceded by a five to 10 minute warm-up period, and finishing up with a five minute cool down exercise.

WHAT KIND?

No. Rhythmic and vigorous muscular activity that involves the whole body, such as running, swimming and dancing, will increase the heart rate much more than static, straining types of exercise like weightlifting. The idea is to regularly do exercises that involve the large muscle groups such as those in legs, and to do these at an intensity that raises the heart rate.

IS A WARM-UP NECESSARY?

Yes. Unless the body is prepared for strenuous activity, you may be risking muscle and tendon pulls, pain and injury. A five to eight minute warm-up will stimulate circulation, raise the body temperature, stretch ligaments and mobilize joints in preparation for vigorous activity. A combination of rhythmic activities and gentle stretching like walking and arm circles is recommended.

Before you set out on your physical fitness program, you might want to talk it over with your doctor first. The Eastern Ontario Health Unit is also there to provide you with information, brochures, advice and services. It's easy. Just dial your *Health Line* at 1-800-267-0852. A team of specially trained nursing professionals is there for you seven days a week, from 7 am to 11 pm. Hope this is health-full!

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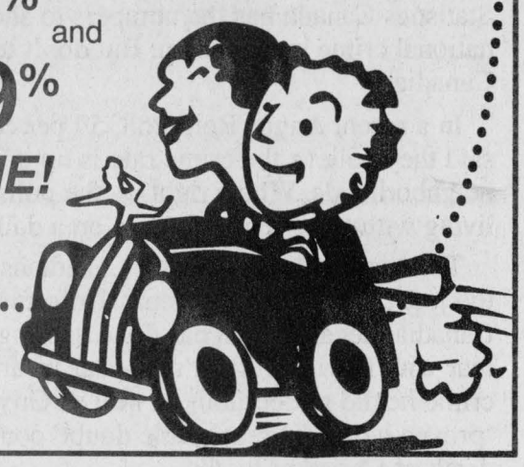

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Winchester Dairyfest '97 ~ Aug. 7-10

"Cows-R-Us"

Editorial/Opinion

WINCHESTER PRESS

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E D I T O R I A L

Public still fearful

Statistics Canada has the numbers to show that the national crime rate is down. But don't tell that to Canadians.

In a recent Angus Reid Poll, 59 per cent of Canadians said they believe the crime rate is up in their neighborhoods. Who's right — the pollsters or people living with the effects of crime on a daily basis?

The survey also noted that Canadians have little faith in the justice and parole systems. Unfortunately, the Canadian legal system has done nothing but feed people's fear with David Milgard's 23-year incarceration for a crime he did not commit as well as Guy-Paul Morin's 'proven beyond a reasonable doubt' conviction for the death of Christine Jessop.

Canadians now know that if a wrongful conviction can happen to these two men, and there are more like them in the system, it can happen to anyone.

This lack of faith in the system may also be a factor in crimes going unreported. Many victims of crime feel embarrassed or ashamed by the manner in which they were violated or taken advantage of.

Also helping to fuel the fire and create fear among Canadians, is the way in which the news media portrays criminal activity. Every purse snatching, domestic dispute or sudden death they report on is the extreme end of the criminal scale. And every adjective newscasters use — tragic, senseless, brutal, horrifying — also adds to the sensationalism of the crime.

The Stats Canada report also noted violent crime is down for the fourth year in a row, following 15 years of increases; the rate of youths being charged has dropped by four per cent and the number of property offences is down by one per cent.

Although property crimes are down in general, residential break and enters are up by one per cent and motor vehicle thefts are up by nine per cent. Vehicular thefts have been on a steady increase since 1988.

What is most disturbing is the number of homicides in Canada which has increased by six per cent from 588 in 1995 to 633 in 1996.

There is, however, a bright side to all of this. The average age of criminals is 18-29, an age group which is shrinking. Combine that with the decreasing number of young offenders, who traditionally become adult offenders and voila, the criminal element in Canada is virtually wiping itself out.

Within the Village of Winchester, the police report criminal activity in 1996 and 1997 is virtually the same, except for last month's rash of drug charges and vandalism.

S.D.

This week in...

1947

John Evans, eight-year-old son of Mr. and Mrs. James Evans of Hallville, died almost instantly as a result of injuries sustained when he and his mother, who were walking along the road, were struck by a car driven by Bert Loucke of South Mountain. Mrs. Evans suffered a fractured leg in addition to severe body bruises, and was rushed to the Ottawa Civic Hospital.

In the first game of the Carleton County softball league semi-finals, the local Royals defeated Metcalfe 12 to 5. Harvey McIntosh held the visitors scoreless in all but two innings.

Earl Freeland, of the Winchester District Chamber of Commerce, was to be among the 60 registered delegates at the Canadian Institute for Board of Trade and Chamber of Commerce Secretaries. The Institute is designed to enable any men and women who are making a career of chamber of commerce work to keep abreast of the latest developments in that field.

"The Mighty McGurk" starring Aline MacMahon, Wallace Beery, Dean Stockwell and Edward Arnold was playing at the Picadilly Theatre in Williamsburg. "Swamp Fire", starring Virginia Grey, Johnny Weismuller and Buster Crabbs was the second feature.

1957

Estella Fawcett of Winchester was selected as the Dairy Princess for Dundas County. She was to compete along with other County Dairy Princesses in the Ontario Dairy Princess Competition at the Canadian National Exhibition In Toronto. Fawcett had completed eight 4-H Club homemaking projects, six 4-H Calf Club projects and one 4-H Grain Club. She had also acted as club leader with the Winchester Homemaking and Garden Club projects.

George Rupert of Finch shot a hole-in-one at the Cornwall Golf and Country Club. It was the greatest sporting thrill of his lifetime and a week after it happened, he was still beaming with pride. Rupert was playing in a foursome with Len Winchester, Bob McCay and Willard Stephenson.

Dr. James W. Clarke, well-known to Winchester and district citizens, was to be the guest speaker at the popular Half Moon Bay Vesper Services near Gananoque in the Thousand Islands. Clarke was a professor of Homiletics at Princeton Theological Seminary in Princeton, New Jersey. He took material for his discussion from one of the books of the great mystery writer, Earle Stanley Gardener.

The Winchester Aces swept their semi-final best-of-five series with Ormond three straight games in the Dundas Junior Softball League. In the first game, the Aces took a 10-5 decision, then defeated their opponents 19-11 and 14-7 in the second and third games.

1967

Five hundred Dundas and neighboring county farmers and their families attended the Crops and Livestock Field Day at the farm of Hugh Blaine. The full day featured field tours, livestock evaluation, and a special ladies' program. The field tour visited demonstrations of corn varieties, pasture varieties, and fence row removal.

A petition of 51 per cent of the ratepayers presented to Osgoode Township council met with no opposition. The petition called for the installation of artificial ice in the East Osgoode Memorial Community Centre. With council approval already on the petition, the matter was to go to the Ontario Municipal Board for approval

The 109th Russell Fair was to pay tribute to the pioneer members and directors who started the fair back in 1858. Special celebrations included a rodeo and western horse show with all the tricks of the trade performed by horses from all over Eastern Ontario.

1977

More than 600 former students of the Winchester High School were expected to attend the Willard Years Reunion. Many former students had been talking about having a reunion for about five years and decided to make the plans materialize to coincide with former Winchester High School principal Howard Willard's 40th wedding anniversary.

A majority of the reeves in SD&G agreed stricter controls during discussions at county council meetings would reduce the number of hours spent conducting county business. While the 10 reeves said the sessions were productive and efficiently run, most admitted that procedural rules limiting discussions were not always enforced.

After two years of organizing by a steering committee to form a district health council for SD&G and Prescott-Russell, the project was finally coming together. It was expected a health council would be established by April 1978. The council was to help co-ordinate health care planning on the local level before reporting to the Ministry of Health.

1987

A complete program of downtown improvements in the village of Winchester was to start as early as September 1st with the aid of a $140,000 provincial grant. Similar grants were also given to Cornwall, Chesterville and Morrisburg. The improvements in Winchester were to include installation of brick sidewalks, addition of 24 units decorative street lighting, garbage receptacles, planters, trees and hanging baskets for hydro poles.

All three parties in SD&G had their candidates ready for the Sept. 10 election vote. Liberal Gerry Rosenquist was ready to take on Progressive Conservative incumbent Noble Villeneuve and Arthur Carkner of Ormond was the sole candidate for the NDP nomination in SD&G.

Goal keeper Dan Gibson posted his second shutout in three games backing the second division leading Winchester Sonics to a three-nil victory over Morrisburg's Seaway Spartans.The Seaway game was a highly competitive contest between Dundas County's clubs.

Statistics compiled from the Ontario Farm Safety Association indicated nearly two-thirds of Ontario farm fatalities involved tractors or other farm machinery. The association said that more careful operation based on improved user knowledge is the key to reducing equipment-related deaths. During the period from 1977 to 1986, the association documented 421 farming-related fatalities in the province. Fatalities among the 0-5 and 16-20 age groups were approximately 25 per cent higher than the average for all age categories.





Kids concept of cool hasn't changed

A small boy is sitting on a bench by the bus stop. He's got a big welt on his cheek and he's crying. "What happened to you?" I ask him.

"I got hit by a baseball."

Ouch. A welt on the cheek and a bruise on the pride. I know the feeling — both will heal, but the pride will take longest.

"I didn't see it comin'". He adds.

"Well, trick is to keep your eye on the ball. If you can't catch it, at least you can get out of the way."

The crying intensifies. "But I really didn't see it coming!"

He reaches into the pocket of his jacket and pulls out a bandanna wrapped around a twisted mass of wires and bits of glass and holds it up. I recognize the ruined remains of a pair of spectacles that have been worn in the back pocket instead of on the nose — being an old "four-eyes" myself, this is familiar turf.

"My dad's gonna kill me," the buy sniffles, stuffing the crumbled bundle back into his pocket and then wiping his nose on his sleeve. "It's the second pair I've busted."

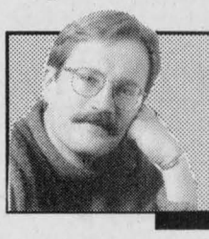
Yep, his folks are not going to be pleased at all, he's right there. Glasses aren't getting any cheaper, and this is only the middle of summer too.

"So how come you weren't wearing your glasses?"

"Glasses are just totally un-cool! Only geeks wear glasses."

I let the unintended insult slide — geekiness is only a state of mind after all. But he's right in his own way: as far as he and most of his friends are concerned, anyone who wears glasses or a hearing aid or who has a mental handicap is a loser. It was like that when I was a kid, and apparently it's like that still.

Where does he get that attitude from? How does what I would guess to be an otherwise kind and intelligent boy arrive at a point where he would rather be hit in the face with a baseball than wear his glasses so he can see it coming?



Home Free

by Otte Rosenkrantz

It's not hard to understand his need to fit in; to want to be accepted by the other kids in his peer group; and to want to be one of the "in crowd". In that respect he is no different than the adults in his world. But his desire to be "cool" has placed him in a position where his refusal to wear glasses prevents him from seeing the blackboard in his classroom properly, makes him clumsy at athletics, and puts the opinion of his peers ahead of his own needs to learn and develop.

He and his friends have not arrived at their definition of "cool" on their own. Their understanding of what it takes to be cool is derived in large part from advertising — beer commercials being amongst the most insidious when it comes to creating false impressions of the young adult ideal. The fantasy world of advertising is about as far removed from the real world as you can get, but they don't tell the kids that.

As I watch the boy sitting there, alone and hurt, waiting for the bus, I find myself thinking of the movie "Lord of the Flies". You remember the scene where the rest of the kids gang up on the boy nick-named "Piggy"? The reason they chased and eventually killed him was because he was fat — and because he wore glasses.

The movie, and its underlying plea for tolerance and kindness, was aimed at my generation — I think the book "Lord of the Flies" must have been required reading in just about every high school in Canada. But it seems not to have worked because it is my generation that is authoring those commercials. Advertising copy writers, themselves likely to be balding, overweight and wearing glasses — geeks in other words — churn out trash which has far-reaching ramifications in the psyches of little kids.

I don't know what to say to the boy as he gets up to board the bus — a part of me wants to apologize. Would it help him to know that Clint Eastwood and Tom Selleck wear glasses? I doubt it.

Is there any point in telling him when he fails this coming school year Ihis so-called friends will be long gone? Not a chance. At this time of his life, only the opinion of his friends matter.

• continued on next page

Letters To The Editor

Unhappy about Chretien's remarks

The Editor:
I am highly incensed with the lackadaisical attitude of Prime Minister Chretien who seems to think that the gall of the De Gaulle supporters in Quebec is something funny.

Many thousands of young Canadians died helping to free France from Nazism.

This is no laughing matter.

Audrey Renton
WW II Veteran

Family tree search made easier

The Editor:
I decided to write this letter thanking many of the people who live in the surrounding areas of Winchester Springs.

I have been trying to research the Webb and Casselman side of my family and quite honestly didn't know where to start. Since I had never been to that area and didn't know anyone, I found that everyone I spoke went out of their way to help us. A woman who worked in the evening at the Riverside Cedar camp site got me started by phoning around trying to help find someone who could direct me on how to go about researching in that area. Sure enough, I found a man by the name of Klaas Vanderbaaren who invited me to his house at 9:30 at night. He gave me a sheet of information for the ancestors I was researching. He didn't mind helping us until 11:00 that night.

The next day I drove up to Winchester Springs and stopped at a convenience store where a lady who worked there got me in touch with a man by the name of Percy Casselman. He spent an afternoon with us, driving around while discussing with us the history of the area. He even took us to Maple Ridge Cemetery, where he tried to help find the stone that we were looking for. The next day I went to Chesterville to speak with a man by the name of Clarence Cross, hoping he could help me find an old house that my ancestors lived in. Unfortunately I caught him at an inconvenient time, but nevertheless he spent several hours going through books helping us find information.

Today it is hard to find anyone who would go out of their way to help as much as these people did. Their help has certainly got me further than I would have on my own.

Shaun Milligan
Ajax, Ontario

CATCH grateful for continued interest

The Editor:
We are certainly encouraged that the board of Winchester District Memorial Hospital has decided to hold further public meetings about the cutbacks they are planning at our community hospital.

Although summer is not the easiest time to tear yourself away and go to meetings, the members of CATCH strongly encourage you to come, both to show you care and to ask questions. Our public health system is so well supported and so efficient in terms of longer and healthier lives that no one would dare shut it down overnight. The alternative is to use a salami strategy - cut by cut we lose it.

We appreciate that the board (members) are volunteers, and are doing the best they can according to the position that provincial and federal cuts have put them in. Nobody at any of the three levels can make a case that introducing U.S.-style corporate health care here will result in cheaper and more effective care on the whole - so they focus on details. In that sense, it is unfortunate that the chairman of the WDMH board has taken the view that having our provincial and federal representatives at these meetings would only be an exercise in government bashing. We believe it would be a good chance for some accountability. We also believe it leaves the local board as the flak-catchers for decisions that they did not make, and at least some of them don't agree with.

In closing, the committee would like to thank the many people, businesses and groups that displayed or circulated the petition. It has been signed by more than 4,000 people so far, a message that is hard to ignore.

Arthur Carkner
Co-chair,
Caring About The Community Hospital
Ormond, Ont.

Athletes ready for Canada games

The Editor:
Athletes from across Ontario will demonstrate their exceptional talents at the 1997 Canada Summer Games in Brandon, Manitoba, Aug. 9-23.

These games will showcase more than 4,000 of Canada's best young athletes. Team Ontario will be represented by 354 athletes, as well as 68 coaches and managers. Many of our fine athletes have been preparing for years with the goal of participating on a competitive level, setting personal bests, winning medals and leading Ontario to the Canada Games flag.

Qualifying for competition at the Canada Summer Games represents a significant achievement. In this respect, our athletes are already winners. They are among the best in their field.

There is more to Team Ontario than individual performances. Members have experienced what it means to build together as a team, to share experiences in the pursuit of excellence, to respect their colleagues and opponents, and to represent their province well.

I would like to acknowledge the tremendous efforts of the coaches, managers and volunteers. Their commitment and support provides the best possible environment in which our athletes can excel. I also would like to recognize the citizens of Brandon, Manitoba who have done a tremendous job in preparing to host these games.

Ontario is proud to support the development of its athletes through the Canada Games program, and works to ensure a safe, accessible and competitive sport environment for all.

As Minister of Citizenship, Culture and Recreation, and on behalf of the Ontario government, I extend best wishes to all participants. I hope all members of Team Ontario have a very rewarding Games experience.

Marilyn Mushinski
Ontario Minister of Citizenship, Culture and Recreation

Heat and rainfall report

Summer 1997

	Rainfall July 27-Aug. 2	Accum. to date	Heat Units July 27-Aug. 2	Heat Units accum.
CHESTERVILLE	27	290.4	150	1,669
MORRISBURG	N/A	232.8	N/A	1,565
WINCHESTER	N/A	224.1	N/A	1,519

Winchester Lions Club
CHARITY
Casino Night
Friday, August 8
(during Winchester Dairyfest)
Licence No. P974012
at the Winchester Community Centre
starts 8:00 pm
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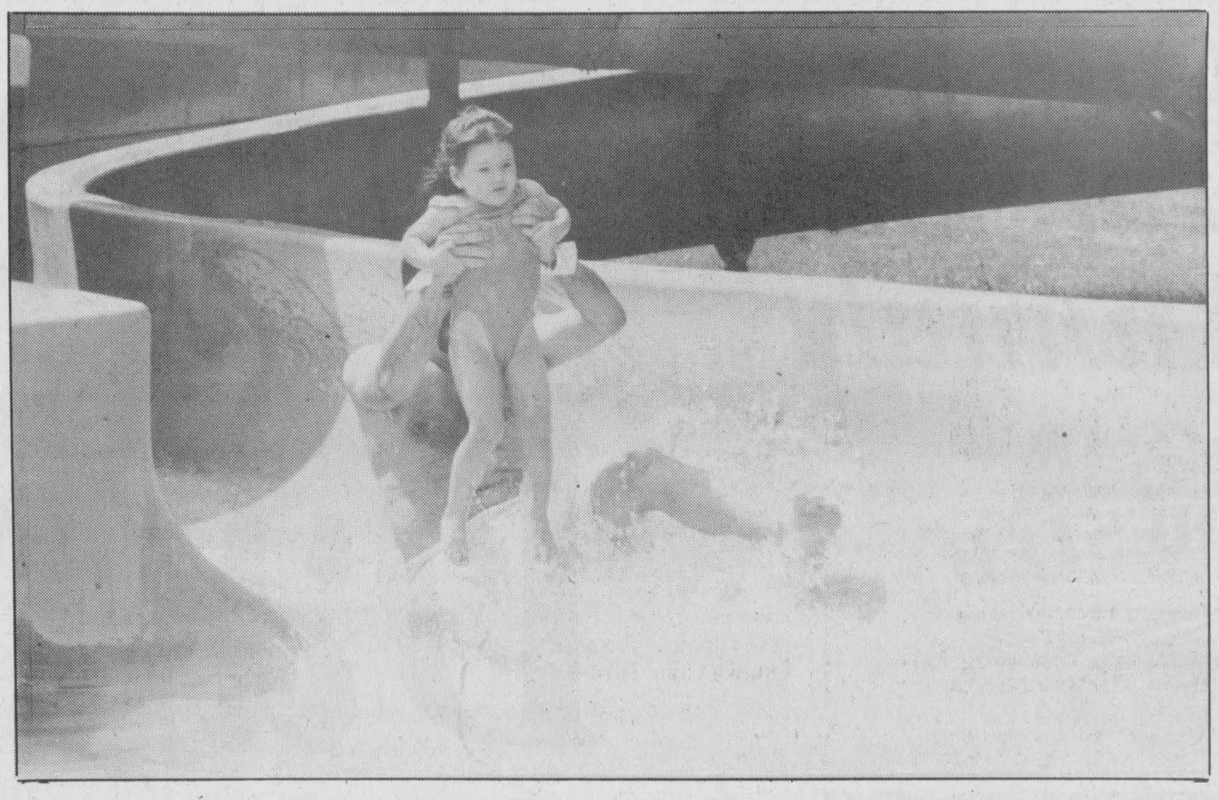

Fun in the sun

Children of all ages enjoyed the giant waterslide at Poplar Grove Park in Greely on Sun., Aug. 3. Visitors to the park can also camp overnight and enjoy the indoor pool. Anyone interested can register for the Aquafit classes and swimming lessons at the park on Tues., Sept. 2.
Press Photo — Wolfe

Home free

• continued from previous page

"If you need glasses to see, wear them," I say to him as he gets in the bus "Except for when you watch television."

I doubt he listened. Who listens to geeks?

(Otte Rosenkrantz of London, Ontario, is a columnist journalist, author, corporate communications consultant, bonsai grower, vegetable gardener, stay-at-home father to his young son and daughter and a sympathetic observer of the human condition.)

OPINIONS

The Press welcomes letters on subjects of interest to the community. Letters must be signed and include the writer's telephone number. Letters may be edited for length, grammar and libellous statements.

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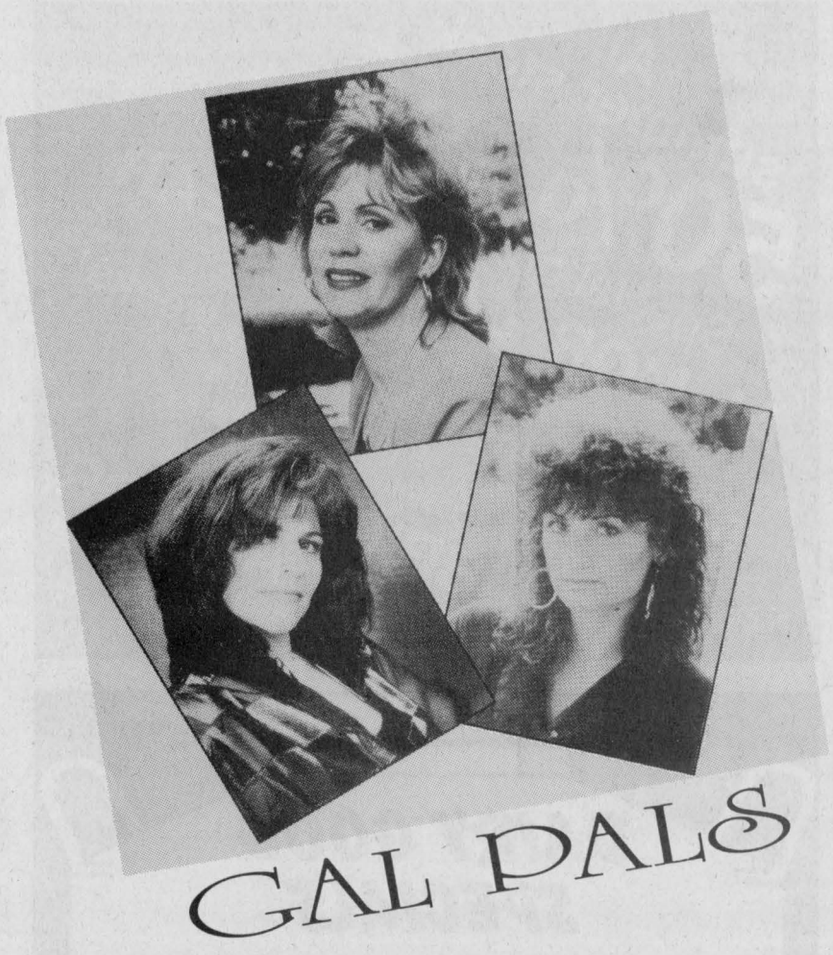

"Moo-ve On Out" for the Dairy Spirit in Winchester Aug. 7-10

Thursday, August 7

MAIN CORNER

Moo-ve on over with the Motorcycle Brigade to the Bandshell at its new location at the Winchester Community Centre Park

7 pm Official Opening

7:15 pm **Michael Mitchell** performs *"Canada Is For Kids"* - in case of rain - upstairs arena hall

8 pm-1 am **Junior Farmers Annual Dairyfest Dance - "3 Screen Monster Video Jam"** at Winchester Community Centre - Age of majority, tickets available from Junior Farmers members

GREAT COUNTRY FOOD

sponsored by Minor Sports ALL WEEKEND

Friday, August 8

AT THE WINCHESTER COMMUNITY CENTRE

7 pm **Dairyfest Showcase** - local talent - (Looking for entries - contact Matt Krisjanis) at the Arena Bandshell. In case of rain upstairs at arena - prizes $100, $75 and $50

7:30 pm Dundas County Players present **"Aladdin"** at Winchester Public School

WINCHESTER LIONS CLUB CHARITY CASINO NIGHT

at the Winchester Community Centre

Black Jack • Crown & Anchor • Minnow Races • Karaoke
Beer Gardens (19 years and over)
Come join us at the saloon

Saturday, August 9

8 am **Gigantic Sidewalk Sale** - downtown

6:30-11 am Dairyfest Breakfast sponsored by Winchester Firemen at Winchester Fire Hall

9 am **Petting Zoo** at Century 21 McIntosh & Proulx Building all day

11 am-2 pm **Enjoy a Scuba Experience** at the Winchester Pool

MAIN CORNER FESTIVITIES

sponsored by Winchester Business Improvement Area

CHILDREN'S ENTERTAINMENT

all throughout the day in designated areas

9 - 10 am **Sten Ardal - Singalong** - Baptist Church

10-10:30 am School of Dance

10:30-11 am Karate - Face Painting

Princess Karma Magical Production - 2-40 min. shows, 11 am and 2 pm at Winchester Public School - $2 per child, adults free

1:30-3 pm **Children's Tractor Pull Competition** - front of Baptist church

12:00 till gone **FREE CORN ON THE COB** sponsored by Royal Bank

12:00 till gone **FREE POPSICLES** sponsored by Bank of Montreal

MINOR BALL 3 PITCH TOURNAMENT

at Winchester Park **(Beer Gardens 11 am-5 pm)**

1 pm **Leo Streng Memorial Soccer Game** at NDDHS Soccer Field

PONY RIDES ALL DAY

sponsored by Muriel's Flowers

12 noon to 6 pm

50S STREET PARTY "REVIVAL"

sponsored by Winchester Legion Branch 108
Outdoor Beer Gardens

DAIRYFEST MOOTOWN HOEDOWN

8 pm-1 am, Winchester Community Centre

AMBUSH

$8 per person - Age of majority • Great Country Food

Sunday, August 10

FAMILY DAY AT THE PARK
Park opens at 8 am, admission $2 each

12:00 till gone **OLD FASHION PICNIC** - Milk and chocolate milk, ice cream, hot dogs - 50¢; sponsored by Nestle, Cochrane's Dairy and Dairyfest Committee, garnishes supplied by Andy's Food Town and Village Bin

11 am-6 pm **Beach Volleyball**, sponsored by Ault's - organized and co-ordinated by Todd & Debbie Casselman

12 -4 pm **Children's Entertainment - All day**
Bean bag toss, hay maze, toddler tent, miniature cars, face painting, balloon typhoon, bungee long run, clowns, cow picnic - "Cow munch in the pasture" with Rachel Westenbroek, our Dairy Educator, swimming, OPP Canine/Seatbelt Unit, Cosmic Adventure, three midway kiddy rides - $5 bracelet, good for all day

Dairyfest Golf Fest

at Cloverdale Links Golf Course
Thursday, Friday, Saturday
August 7, 8, 9

ENTER YOUR SCORE FOR A CHANCE TO **WIN A FREE 1998 GOLF MEMBERSHIP AT CLOVERDALE LINKS**

Register and play 9 or 18 holes of golf, sign your score card and give it to the attendant in the pro shop. You may play more than once to increase your chances.

Enjoy Dairyfest with a game of golf and a chance for a free membership for 1998


BUSTER BROWN'S CANADIAN STEPPERS

The Tammy McRae Band

with Dusty King Jr.



10 am-12 noon **Junior Farmers Olympics** - "Get your friends ready in teams of four" - Ball diamond area (Sox Field)

2-4:30 pm Excalibur Gymnastics School - Demonstration

6:30 pm Dundas County Players present the play *"Aladdin"*

CLASSIC CAR SHOW

65 trophies to be awarded - vote for your favorite

11 am-6 pm **Dunk Tank** - hosted by Winchester Scouting

MAIN STAGE ENTERTAINMENT

12-1 pm **Gospel Singers** sponsored by Wesleyan Church

1-2 pm Break - set up for bands

1:30-2 pm **Cops for Cancer - Head Shaving** - Fund Razor

2-3 pm **Gal Pals**

3-4 pm **The Tammy McRae Band**

4-4:20 pm **Red Neck Line Dancers**

4:20-5:20 pm **Ambush**

5:20-5:40 pm **Red Neck Line Dancers**

5:40-7:30 pm **Bobby Lalonde Band and Buster Brown Dancers**

7:45-9 pm **Marleen Fawcett and Band**

Leanne Cater from "Y105" as Master of Ceremonies

GIANT FIREWORKS DISPLAY 9 PM

Prizes donated by Gale Real Estate

Hosted by Winchester Fire Department
Sponsored by Dairyfest Committee

DO IT WITH DAIRY BAKING CONTEST

Bake With Milk Contest

Recipe must accompany entry. Submit to Roxanne Backes at Winchester Arena, **2-4 pm, Thursday, Aug. 7**. 1st, 2nd, 3rd prizes for youths and adults. *Winners announced Thursday night at opening ceremonies.*



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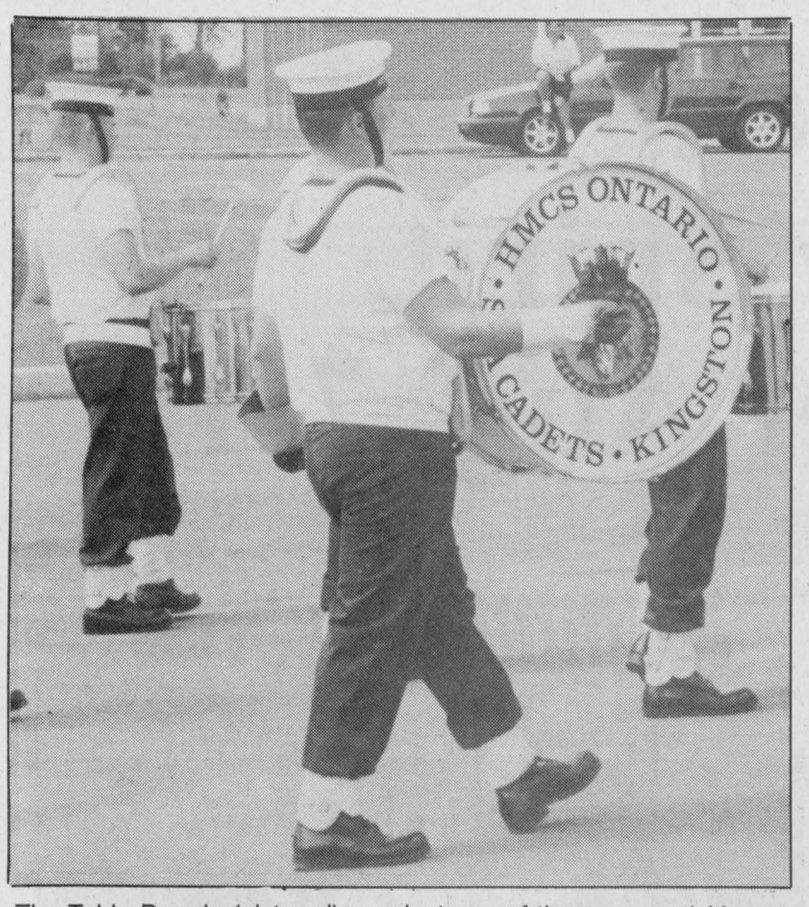



The Tubie Parade (pictured) was just one of the many activities at the 27th annual Tubie Weekend held Aug. 1- 3 in Morrisburg.
Press Photos — Fetterly

Two-time champion wins Tubies

MORRISBURG — Two-time champion Rick Groves and his crew placed first in the 27th annual Tubie Race in Morrisburg on Sun., Aug. 3.

Groves and his squad finished the race in 22 minutes, two seconds. The race covered the distance from Arlor Haven Campground west of Morrisburg to the beach in Morrisburg.

Sean Boulrice and his team placed second in the nine-team race with a time of 23:05. Danny Cassell was third with 23.24.

"There were three fewer teams entered than last year but there was a really good crowd," said one of the organizers, Hartley Hodgson.

The tubie parade took place on Saturday at the waterfront park and the annual dance, featuring Karen Weegar, was well attended at night.

Bordertowne performed on Sunday at the waterfront and the Morrisburg Junior B hockey team sponsored a chicken barbecue that day.







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Sidewalk Sale • Sat., August 9
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Winchester Dairyfest '97 ~ Aug. 7-10
"Cows-R-Us"



Lasting memories

"The Old Home Reunion Week" took place in Winchester on August 4th to 8th, 1934. Mary's Restaurant is pictured in the back of the photograph. Harry Freeland of Winchester submitted this photo.

'I'll Be Back Before Midnight' returns

MORRISBURG — Upper Canada Playhouse is thrilled to be bringing back Peter Colley's spine-chilling comedy-thriller, I'll Be Back Before Midight, back to its stage.

"Now that we've got the technical facilities, Midnight will be even better the second time around," says UCP executive producer Rachel Winkfield.

I'll Be Back Before Midnight evokes both laughter and screams from the thousands who have seen it. It is one of Colley's most produced plays, and is even on stage in Saudi Arabia this summer. The play has been made into a television movie, and translated into more than a dozen languages.

Midnight centres around the strange happenings at an isolated farmhouse. Greg and Jan, a young couple attempting to rebuild their rocky marriage, rent the farmhouse soon after Jan leaves psychiatric care. Still a bit shaky herself, Jan's deepest fears seem to be coming true right before her eyes.

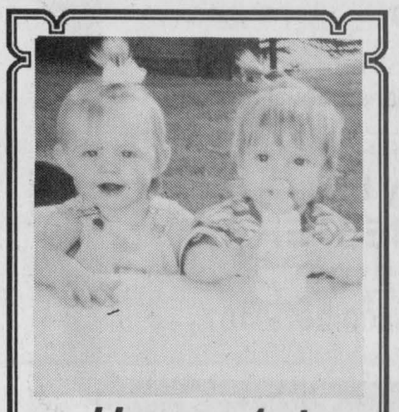
Ottawa-area actress Bernadette Hendrickx takes on the role of Jan, while her husband Greg is played by Robert Clarke, who played a philandering husband in The Affections of May.

Catherine O'Brien, as Greg's mysterious sister Laura, and Samuel Owen, as local handyman George, round out the cast.

"We had outstanding audiences for The Affections of May, and I'm sure that everyone will thoroughly enjoy our third production," says publicist Alison Markin.

I'll Be Back Before Midnight opens Fri., Aug. 8 and has a preview on Thurs., Aug. 7. It runs until Sun., Aug. 24. The final play of the season, On Golden Pond, opens Fri., Aug. 29.

For more information call 543-3713.



Happy 1st Birthday
Mikayla & Kiana



Who will make the biggest splash?
Winchester Dairyfest
DUNK TANK

Sunday, August 10
12 noon-6 pm
Fundraising for Winchester Scouting

12:00-12:30	Andy's Food Town
12:30-1:00	Lions Club
1:00-1:30	Seaway Pharmacy - Chris Ibetson & Lynn Hoople
1:30-2:00	Dundas Vet Clinic
2:00-2:30	OPP
2:30-3:00	Stock Transportation
3:00-3:30	Winchester Village
3:30-4:00	CountryBoy
4:00-4:30	Mystery Dunkie
4:30-5:00	Mystery Dunkie
5:00-5:30	Winchester Scouting
5:30-6:00	Fire Department

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Pet foods that bear this seal are tested for their nutritional adequacy.

Look for It!

CVMA Pet Food Certification Program



Brushing up on Dental Health

Dental X-rays

Perhaps, as a result of the things that you have heard about the damaging effects of radiation, you are concerned about having dental x-rays, or radiographs taken during your dental evaluation. You are not alone. Many people are asking questions about dental x-rays, and we appreciate this. We feel that it is important that you are informed and comfortable with every aspect of your dental visit.

X-radiation is one of a number of forms of radiation that are present on this planet. Some other types of radiation that may be familiar to you, at least in name, are: cosmic, gamma, beta, alpha, microwave, infrared, ultraviolet, radio and even visible light. Like light and radio waves, x-rays are a type of electromagnetic radiation - oscillating electric and magnetic fields, traveling at the speed of light. The usefulness of x-rays lies in its ability to penetrate matter.

Science measures radiation in terms of rad, rem and millirem. The government has determined that employees who work in industries using radiation, should not receive more than 5,000 millirems per year. With that in mind, let's look at the amount of millirems you are exposed to in our dental office.

When we take full-mouth x-rays on your first visit to our office, you are exposed to 1.5 millirems of radiation (remember, 5,000 millirems is the government regulated limit per year). When we take one x-ray to diagnose a particular problem, you are being exposed to .1 millirems of radiation. Remember as well, that this minute amount of radiation is penetrating your jaw and mandible, and not your body cavity, where vital, more vulnerable organs are placed. The housing of the actual x-ray tube and the "cone" that is placed against your jaw is lined with radiation absorbing lead, to stop any radiation that "scatters" during the actual taking of the x-ray. X-rays are not fast enough or strong enough to pass through lead. None of this radiation is penetrating your chest or abdomen because of the "coning" of the x-ray housing itself, the distance from your head to your chest and abdomen, and finally the lead apron that you wear during the x-ray procedure that specifically covers your torso. The apron, literally lined with lead, (which is why it is so heavy), stops x-rays. Even the walls between the dental rooms have lead lining to further protect you and our staff from the remote possibility of "scatter" radiation from another room. One of our staff members tests and monitors the accuracy and safety of our four x-ray machines on a daily basis. We use new high speed film which allows us to shorten the "exposure time", and the timers on our x-ray machines limit the length of exposure to a fraction of a second. As you can see, the amount of radiation you are exposed to is minute and confirmed. You are heavily protected.

Perhaps a few comparisons would help. The greatest source of radiation to the average person is natural, background radiation from the sun, the earth's crust and even building materials. The average annual dose of radiation from these sources is 100 millirems. People living in higher altitudes, such as British Columbia and thus closer to the sun, receive about 60 millirems more radiation per year than you do, living in Ontario. Finally, a round trip flight from here to Los Angeles will expose you to 2 millirems of radiation.

What about skin cancer? Can radiation cause skin cancer? The answer is yes. We are warned constantly about the cancer causing effects of radiation from the sun. However, from dental x-rays, there has not been a single recorded case of skin cancer. From the dental standpoint, there just isn't enough radiation used to cause this condition. It would take literally tens of millions more millirems of radiation than you will receive in our dental office, to create such a condition.

Still, we do not take unnecessary x-rays. We advise two to eight x-rays films of your teeth and surrounding bone every six to 12 months. This is specifically determined on an individual basis, and we are looking for conditions that cannot be diagnosed properly in any other way. These films allow us to diagnose problems such as tooth decay; between teeth, under the gum line, or beneath fillings and crowns. Other important diagnoses can be made of such conditions as bone loss from advancing gum disease, abscesses, cysts, and tumors. Undiagnosed, these conditions cause pain, infection, tooth loss, bone deterioration and ultimately affect the well-being of your whole body. It makes sense that the risk to your health, should these conditions go undiagnosed, is significant.

We sincerely hope that this information has increased your understanding of and confidence in dental x-rays. We encourage further discussion and questions about your concerns. Please feel free to talk to us about dental x-rays at any time. Your understanding and peace of mind are very important to us.

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Lobster with Broccoli (Chinese Style).....$9.95
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Friday - Sunday, 5 pm-9 pm
New Kid's Menu - Everything $2.25

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6 oz. Filet Mignon & 4 Breaded Shrimp	$9.99
Prime Rib Roast Beef	$9.99
Broiled Filet of Sole	$9.99
Green Pepper Steak	$8.99
Chicken Cordon Bleu	$8.99
8 oz. Rib Eye Steak	$8.99

The above served with soup, salad or Caesar salad, coffee or tea, jello, rice pudding or carrot cake.

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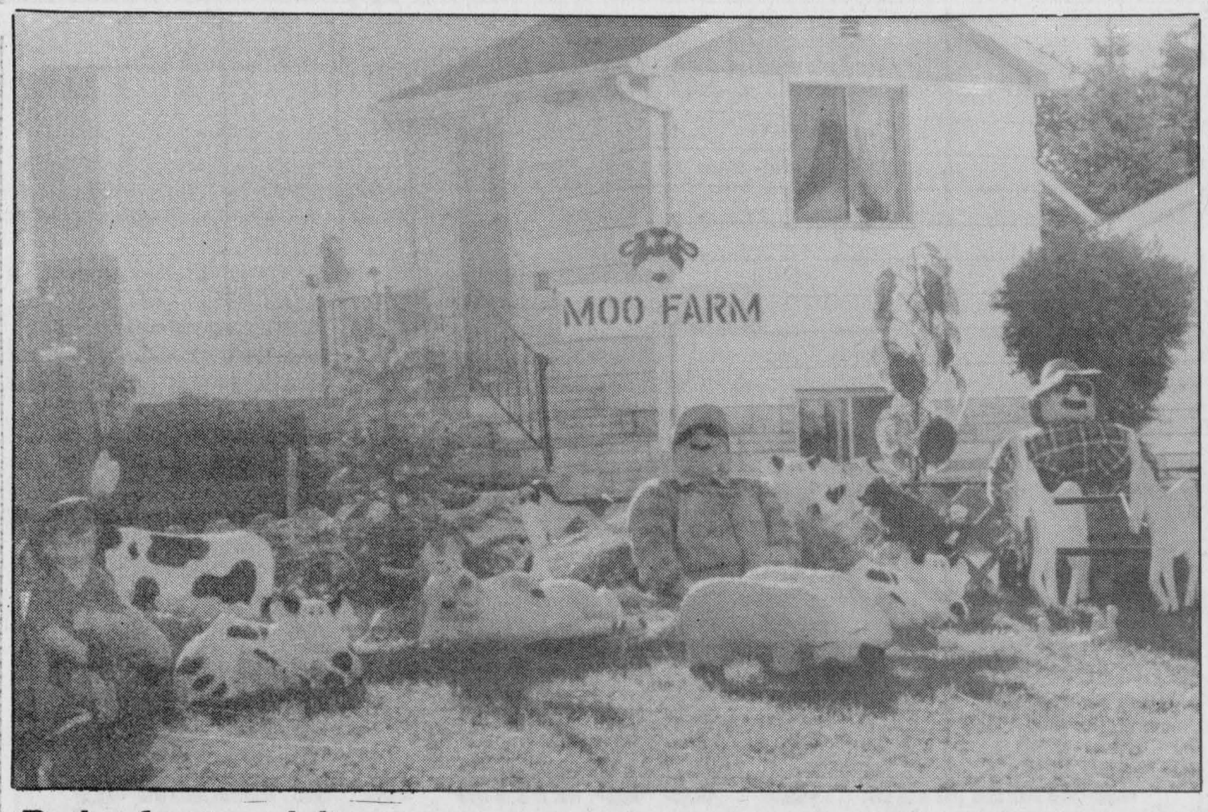

Dairyfest spirit

A house on Queen Street was decorated in the Dairyfest spirit over the weekend. First prize for the house decorating contest is $400, second place receives $200 and the third prize is $100.

Russell man dies in crash

by Derek Puddicombe

MANOTICK STATION — A head-on crash on Manotick Station Road last Saturday left a Russell man dead and a Greely woman in hospital.

Stephanie McGuire, 22, of Greely was south bound in her car when she was hit head-on by a north bound Aerostar mini-van.

Russell resident Robert Neilsen, 39, was pronounced dead at the scene after the van he was a passenger in, struck McGuire's 1995 Chevrolet Monte Carlo.

The van, driven by Adam Lance, 16 of Ottawa was passing another vehicle, driven by a friend, when the crash occurred. Neilsen and the driver were staying at the Sleepy Cedars Family Campground and were on their way to a store when the crash occurred.

McGuire was on her way to a wedding and is in the Ottawa General Hospital suffering from several broken bones.

"She is doing as good as can be expected," said a family member.

Members of the Manotick detachment of the Ontario Provincial Police and members of the Osgoode Township volunteer fire department responded to the call at about 1:15 pm.

The crash happened about 200 metres south of Elkwood Drive on Manotick Station Road. It was on a part of the road where there is a fast rising hill that has long been in question by some residents living in the area.

A proposed seniors development sparked debate earlier this year when about 25 residents attended a council meeting opposing the development, saying increased traffic was a concern, especially vehicles that travel at a high rate of speed over the hill where last week's crash happened.

However, at the time Gord Pratt, the township's director of development, indicated the road met all provincial requirements. Councillor Dale Harley discussed the accident at last night's roads committee meeting.

"I travel that road almost everyday," said Harley, adding that he would like to see the accident report before further discussion about what the township can possibly do if anything to address the concerns residents have about that stretch of road.

"There are a number of roads in the township that aren't perfect," said Harley. "In a perfect world all roads would be flat. But it's not a perfect world."

Harley also said that discussion to have the hill shaved, making oncoming traffic more visible, was discussed a few years ago when the road was reconstructed.

OPP Constable Scott Laird is investigating and says it's one of the worst crashes he's investigated on Manotick Station Road. He is also asking anyone who witnessed the crash to call 613-692-2525. As of yesterday no charges have been laid.

With Osteoporosis a fractured hip could be a life sentence.

Osteoporosis Society of Canada

Call 1-800-463-6842 for more information.

Dairyfest Weekend Specials

(Thursday to Sunday)

Rib Steak with Mushrooms
Veal Cordon Bleu
Chicken Kiev
Grilled Salmon Steak
Veal Parmesan with Baked Manicotti

Includes: Caesar Salad, Garlic Bread, Juice or Soup, Dessert, Tea or Coffee

See you this weekend!

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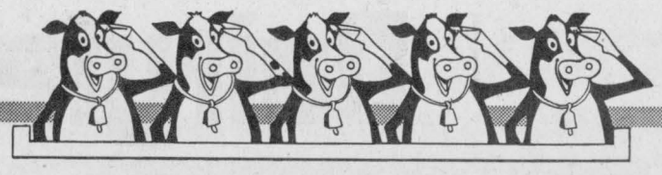

Keeping Health In Mind

"Keeping Health In Mind" is a monthly newspaper column made possible with the help of the Lannin Business Centre, the Winchester Press and the clinical staff of Tri-County Mental Health Services, a community program of the Cornwall General Hospital.

Caffeine and its effects

Ever wonder why you could be feeling nervous, restless, excitable or agitated? Why you could have trouble sleeping, experiencing gastrointestinal upsets, flushing in the face? It may be helpful to consider how much caffeine you consume. It may also be helpful to realize that caffeine can be consumed through several different sources. Caffeine is found in brewed and instant coffee, in tea, in cola drinks, and in over-the counter analgesics and cold remedies. Even your favorite chocolate or a drink of cocoa contains some caffeine. The fact that caffeine is found in substances other than coffee also means that your children could be consuming caffeine in the form of chocolate and soft drinks. As a result, they could be more excitable and have trouble sleeping.

Caffeine is the world's most popular drug. However, there are several different trends linked to caffeine consumption. For instance, statistics show that males consume more caffeine than females. Caffeine consumption also tends to increase during the 20s and usually decreases after the age of 65.

In North America, the caffeine content of a cup of coffee averages about 75 mg, but varies widely according to cup size, method of preparation and amount of coffee used. Generally, a cup of instant coffee contains less caffeine, while a cup of drip coffee contains more. Tea averages 30 mg per cup, but this also varies widely, from 10 to 90 mg.

Caffeine is a stimulant. It speeds up your central nervous system, which means that your general metabolism and your rate of breathing increase. Caffeine also stimulates the brain and affects your behavior. It is not clear yet whether caffeine helps you think better, or whether it helps your mood. Caffeine does affect your sleep, however. Taken before bedtime, it delays sleep, shortens your overall sleep time, and you sleep less deeply.

Those who drink large amounts of coffee, that is, more than 6 to 8 cups per day, could develop a tolerance to caffeine. This means the body gets used to the drug and starts to produce a lesser effect. It also means that when people cut down on the amount of caffeine they consume, they could exhibit signs of withdrawal. If you consume large amounts of caffeine and suddenly reduce your consumption, be prepared. You could feel edgy, tired and develop a severe headache. However, these symptoms will gradually disappear after several days.

Moderate amounts of caffeine - up to about 300 mg a day (e.g. 3 to 4 average cups of coffee) will rarely harm an adult who is otherwise healthy. But if you regularly take more than 6 to 8 cups of coffee, consider cutting down. Some people find it helpful to drink decaffeinated coffee, a coffee substitute, or herbal tea to tide them over the withdrawal period. Try until you find out what works best for you. In the long run, decreasing caffeine intake can lessen symptoms which make you more tired and stressed.

June Lapierre, Reg. N., CPMHN (C)
Community Mental Health Nurse

Danielle Michel, O.T.
Occupational Therapist

For more information or to receive the French version of this article, or to seek professional advice, please call 932-9940 or 1-800-465-8061. Free, confidential services are available in French and English to residents of Dundas, Stormont and Glengarry through their offices in Winchester, Cornwall or Alexandria.

This message is brought to you in part by the following:

LANNIN BUSINESS CENTRE

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Mountain Musings

by Shirley Mills

For the second year, the Mountain Station Park Committee is sponsoring a pig and corn roast with a dance to follow. This will be held on Sat., Aug 9 at Mountain Station Park with the supper from 5 to 7 pm. There will be entertainment provided by fiddlers in the afternoon with a live band for the dance which runs from 9 pm to 1 am. For supper tickets call 989-3817.

During the summer months, we tend to get involved in our own holidays, etc. but for such places as the food bank, Naomi House or Lazarus House, the needs continue. At the moment, the Winchester Food Bank would not only appreciate any donations of food or money, but there is a need for small baby food jars.

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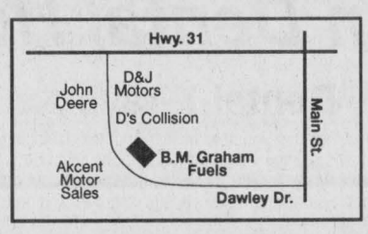

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Winchester Dairyfest '97 ~ Aug. 7-10

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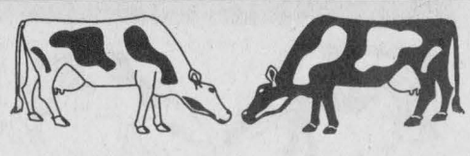


Farm update

South Mountain fair

Organizers aim for record crowds

Dianne Fetterly
Agricultural editor

SOUTH MOUNTAIN — Organizers of the 105th annual South Mountain Fair are spreading the word in hopes of attracting the biggest crowd ever.

"We've done a lot more (promotion) to get the city out to the country... We did a lot of advertising and want to promote the (rural) area. As long as the weather is good, we should get the crowds, said Mountain Township Agricultural Society president, Peter Buck.

However, organizers aren't only depending on good weather to attract visitors to the fair, which will be held Fri., Aug. 15 - Sun., Aug. 17 at the South Mountain fairgrounds. Some new and exciting events have been added to this year's event aimed at boosting attendance.

An antique steam show and dog training demonstrations will be in the line-up for both Saturday (Aug. 16) and Sunday (Aug. 17).

As well, to improve on the success of last year's rodeo, organizers have created a better corral and penning area and are bringing in even bigger bulls, said Buck. The second annual rodeo, slated for Sat., Aug. 16, features bull riding, bronc riding, calf roping, ladies barrels, kids mutton bustin', calf scramble, pig event, wild cow milking, wild horse races and ladies goat tie.

The always popular demolition derby should draw the crowds on Friday evening as should the antique tractor pull on Sunday, added Buck.

Traditionally, the Mountain Township Agricultural Society has maintained an agricultural flavor to the fair and this year is no exception, he said.

"We want to keep agriculture in the forefront... (the South Mountain Fair) remains an agricultural fair and we want to ensure local (agriculture) is represented."

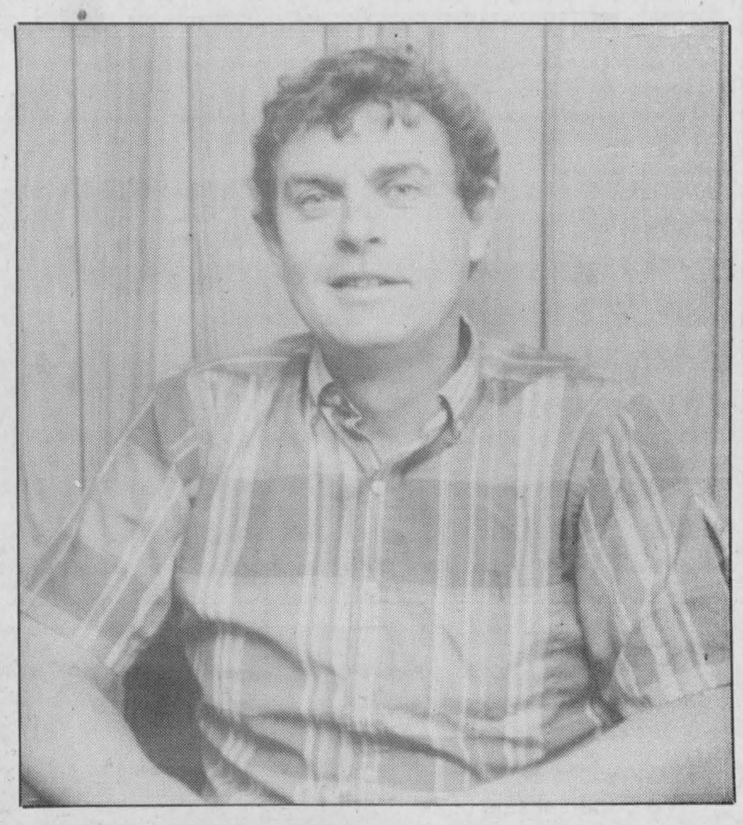
The Ayrshire and Jersey cattle shows are slated for Friday as is the Dundas County 4-H horse achievement day. The Dundas 4-H dairy achievement program will be held on Saturday (Aug. 16), while the heavy horse, western horse and beef shows are all set for Sunday. A poultry show will be held both Saturday and Sunday.

The exhibit hall will be brimming with an abundance of commercial features, fruits and vegetables, culinary arts, 4-H exhibits, flowers, homecrafts, cheese and other displays.

Entertainment at the 1997 fair will include a dance following the semolition derby on Friday evening with DJ Steve Barkley, Lauren Hall will perform on Saturday and Sunday afternoons from 1 - 5 pm and Ambush and Gail Gavin on Saturday evening from 9 pm to 1 am.

An interdenominational church service will be held on Sunday at 11 am and the fair parade will wind its way through the village at noon.

A free petting zoo and pony rides, a pedal tractor pull, a pet show and the midway will keep the kids busy throughout the weekend. This year the midway is having a pay-one-price bracelet for $13 available on Sunday.



Set to go

Mountain Township Agricultural Society president Peter Buck is hoping for another successful South Mountain Fair. The fair runs Fri., Aug. 15 to Sun., Aug. 17. Press Photo — Fetterly

Youth poster contest to promote agriculture

Dianne Fetterly
Agricultural editor

SOUTH MOUNTAIN — The Dundas Federation of Agriculture, South Nation Conservation and Mountain Township Agricultural Society are giving area youth the chance to show off their creative skills in a Student Poster Contest held in conjunction with the South Mountain Fair, Aug. 15 - 17.

The contest is divided into three sections: Junior, for children Grades K-four; Intermediate, for grades five-eight; and Senior, for youth in grades nine to 13.

According to Mountain Township Agricultural Society President Peter Buck, the contest is not only a good way to create involvement among youth in exhibiting at the fair, but also to promote the rural area, agriculture, and conservation practices.

Youth in each section have a choice of topics to choose from:

Section 1 (Junior) - class 1: poster displaying one aspect of rural conservation; class 2: poster displaying one type of farming; class 3: advertising poster for rodeo, demolition derby or antique tractor pull;

Section 2 (Intermediate) - class 4: poster outlining several methods of conservation in a rural community; class 5: poster displaying variety and value of agriculture in Dundas County; class 6: promotion poster for 105th annual South Mountain Fair;

Section 3 (Senior) - class 7: promotional poster for 50 years of South Nation Conservation; class 8: promotional poster for Dundas Federation of Agriculture; class 9: promotional poster for 1997 South Mountain Fair.

Prize money for winning entries is as follows: Junior - $25, $12, $8 and $5; Intermediate - $40, $20, $10, $5; Senior: $50, $25, $15, $10.

Contest entries must be received by 11 am on Fri., Aug. 15 at the South Mountain Fair Exhibit Hall.

For further information or to submit an early entry contact Peter Buck at 613-989-3399.

Water quality improvement grants

BERWICK — When the Ontario government scrapped the Clean Up Rural Beaches program in 1996, South Nation Conservation decided the ideal of water quality imrovement grants was still worthwhile. The water quality staff at SNC have created the Clean Water Program and more than 40 projects are funded each year by the conservation organization.

This year, SNC still has $50,000 earmarked for grants for improvement projects. Projects may be funded at a rate of 50 per cent to a maximum of $5,000. Septic system repairs are funded at 50 per cent to a maximum of $1,000.

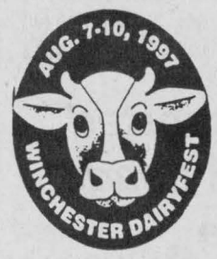
Over the past several years, SNC has helped build manure storage units, a constructed wetland, milkhouse washwater treatment systems, fencing to restrict livestock from watercourses, erosion controls and repair faulty septic systems. Applications for small or large projects are accepted.

For information contact Leslie Vanclief at 613-984-2948.

Ag minister to visit area

INKERMAN — Lyle Van Clief, Federal Minister of Agriculture will be in Dundas County on Mon., Aug. 11 to speak to area residents.

Interested parties can meet the Minister at Hardy Seeds Ltd. outside Inkerman from 6:30 - 9 pm, rain or shine. Everyone is welcome.



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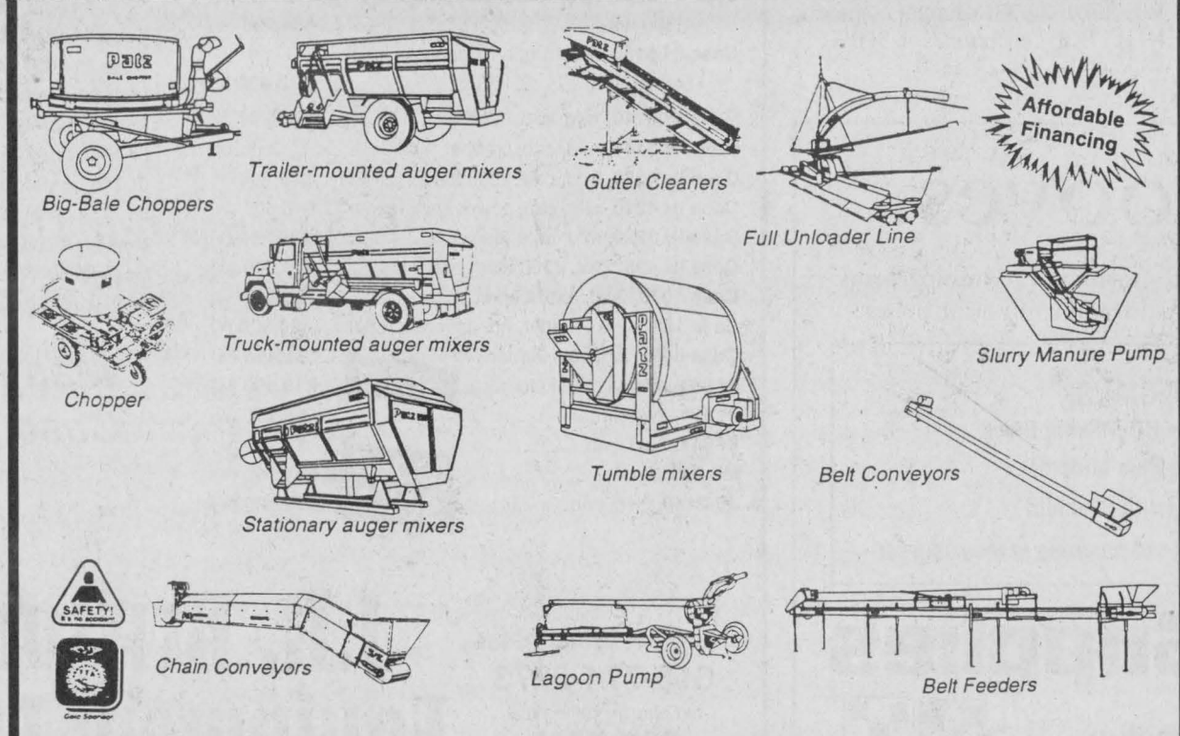

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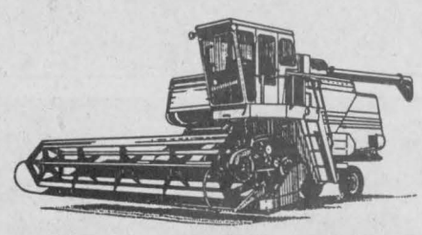

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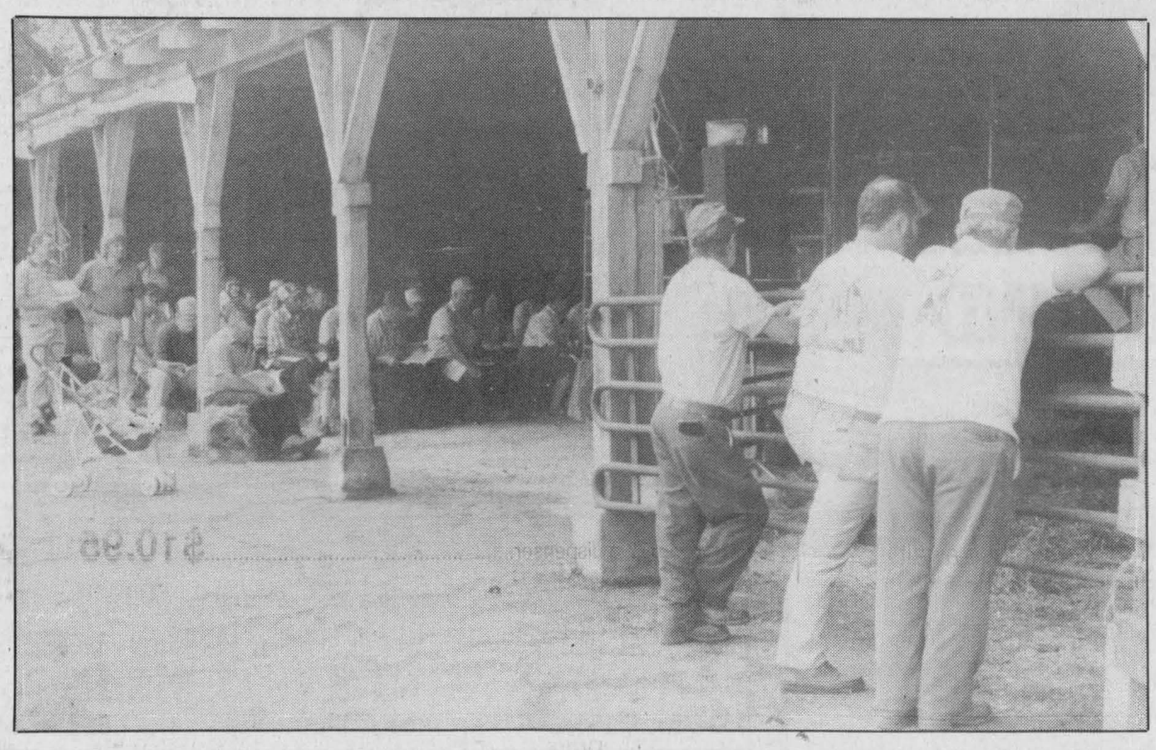
Sold!!

The dispersal sale of De Koppel Ayrshires, owned by Michael and Herman Jansen was held Fri., Aug. 1 at the farm located south of Osgoode. Eighty-seven head of Ayrshires as well as machinery were sold at the auction, managed by Neil Kittle of Winchester. Hugh Fawcett (pictured, right) was auctioneer for the sale. Press Photos — Fetterly



OMAFRA invites youth participation

TORONTO — The Ontario Ministry of Agriculture, Food and Rural Affairs is inviting young artists to design a poster to illustrate and promote the new Rural Job Strategy program to be launched this fall.

Under the contest rules, rural children and youth are being asked to illustrate the new strategy using one of the following themes: Improving rural life through the use of technology; Opening new doors — bringing my community to the world; and Quality — the strength of rural Ontario.

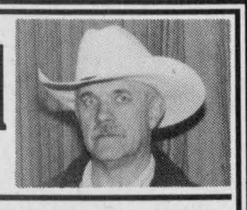
The contest is open to all rural children and youth aged six to 17. Entries will be judged in three categories: aged six to nine, 10-13 and 14-17. One finalist will be chosen from each age group and a grand prize winner will be selected from the three finalists. The winner in each category will receive a framed copy of his/her poster.

The grand prize winner's poster will be used to illustrate and promote the new Rural Job Strategy, and the winner will receive a framed copy of his/her poster from Minister of Agriculture, Food and Rural Affairs, Noble Villeneuve, to be presented at the International Plowing Match in Ivy in September.

The three-year-$30 million Rural Job Strategy program was announced in the 1997 Ontario budget to stimulate job creation, promote investment, develop export growth and increase competitiveness in rural Ontario. A summer jobs program for rural youth is a major component of the new program.

Application forms for the contest are available from local OMAFRA offices and on the ministry's web site at http://www.gov.on.ca/omafra. All entries must be received by Aug. 18 at Ontario Ministry of Agriculture, Food and Rural Affairs, Communications Branch, 10th Floor, 77 Grenville Ave., Toronto, M5S 1B3.

Horsing Around



by John Seguin

The Horse

In all my years of owning, feeding, cleaning and training horses, I have not yet acquired the ability to read their somewhat small brains. The day you think you have got one figured out and you want to impress your friends, well, they will cheat just enough to keep you on your toes. The idea is to try and keep one step ahead of them and make your move before they do.

This week I wanted to share something I read about cowboys. I thought this would hit home with some of you horse people.

"HORSE-STRUCK CHARACTERS who pay sizable sums to keep some sugar-crunch jn a swank stable impress the cowhand as being "plumb locoed". Many top hands actually hate horses with some reasons. It is not accidental that hippophilia is limited to urban cultures that have ceased to depend on this highly unstable beast as a means of locomotion and, consequently, know very little about its perverse habits.

The truth is that horses exhibit, in an exaggerated form, many of the worst characteristics of people. They are greedy, envious, spiteful, malicious, slothful, superstitious and stupid. They are congenital hysterics and each one is, ominously, a prospective homicide. If horses could talk, they would lie!"

Now, I don't necessarily believe all that, but some of it sure reminds me of a few I have had the pleasure of working with. Now I am not one to give advice unless someone is asking for it, but this is something I feel very strongly about. Don't put a green rider on a green horse, don't match a person without horse experience with a horse without people experience, and don't ever get a three-month-old baby horse for a first-time horse owner. Horses are not like puppies, they get big and pushy, so you cannot whack them on the rear end with a rolled up newspaper and hope to get results. My best advice is to get an old experienced horse that is well trained, and let him teach the 'greenhorn' what owning and caring for a horse is all about.

So, if some of you out there have some good horse stories, or you would like to talk about what your involvement in the horse industry is all about, get in touch with me at Highpoint Farm, 774-2984, and maybe we can tell the rest of the world about it.

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Farm Safety Association issues warning

Dianne Fetterly
Agricultural editor

GUELPH — In hopes of decreasing the number of deaths and injuries on Ontario farms, the Farm Safety Association is urging caution during the busy harvest season.

An increase in the number of farm-related deaths during the month of July has prompted the association to take action.

"We want the word out that we're seeing a trend (of increased accidents) and we want to put a stop to it," said Steve Zronik, Public Relations Co-ordinator of the Farm Safety Association.

According to Zronik, accidents involving farm machinery have killed and injured both adults and children last month. There were three farm-related deaths in Ontario during the month of July, compared to four deaths from January to June.

As well, there has been a number of serious injuries involving children — quite a few which could have resulted in deaths, he said.

"There is a lot of activity on farms at this time of year and we want people to be aware of where their children are, especially where heavy equipment is concerned."

Ideally, children should not be in the workplace during this busy season, Zronik added.

With tractors remaining a leading cause of death on Ontario farms, the association recommends that safety procedures be reviewed with all operators before work is performed. Extra riders should never be allowed on tractors or other machinery.

As well, machinery used during harvest season should have all shields and guards in place, especially the power take-off shaft which has been responsible for many deaths and disabling injuries.

For more information on farm safety contact the Farm Safety Association Inc. at 340 Woodlawn Rd., W., Suite 22-33, Guelph, Ontario, N1H 7K8; telephone: 1-800-361-8855 or 1-519-823-8880.

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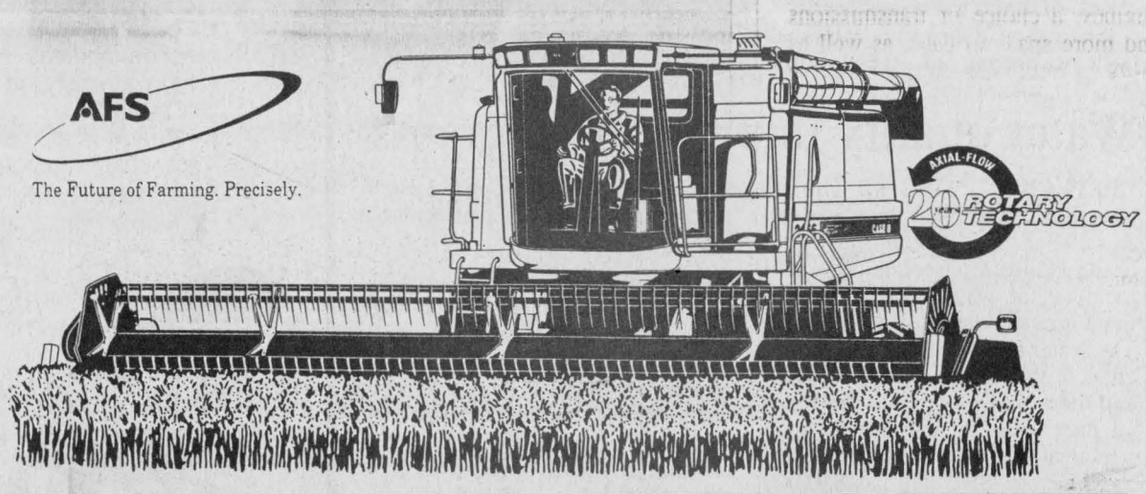

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MF introduces new mid-range tractor series

METCALFE — Massey Ferguson has recently introduced a new tractor line, boasting increased performance to meet the needs of today's farmers.

The new MF 4200 mid-range tractor series features eight models from 55 to 99 PTO horsepower.

Massey Ferguson dealers from across Canada and the United States enthusiastically reviewed and operated the new 4200 series cab tractors in July at the Massey Ferguson North American Dealer Conference in Kansas City, Kansas.

Massey Ferguson's new MF 4200 series is built on the proven quality and durability of the MF 300 series with the added benefit of over 70 per cent of its features and designs being new or re-engineered for increased productivity and reliability.

"In developing the new 4200 series, priority has been given to providing a wide choice of equipment and options for customers," said John Sargeant, Massey Ferguson Marketing Product Manager.

"We feel the more closely users can tailor a tractor to their specification and performance requirements, the more value and productivity they will receive from their choice," he added.

The new MF 4200 series models are available with two or four-wheel drive and are available in three exterior cab and sheet metal designs — standard, low profile and high visibility.

Standard models have a gently sloping hood and a new flat-floor cab. Low profile models feature a reduced height cab and slanted hood profile for the lower overall height and compactness needed to operate in restricted space areas, including buildings.

High visibility models feature the new flat-floor cab in combination with the slanted hood profile for excellent forward visibility while operating loaders and other equipment that require the highest degree of visibility possible.

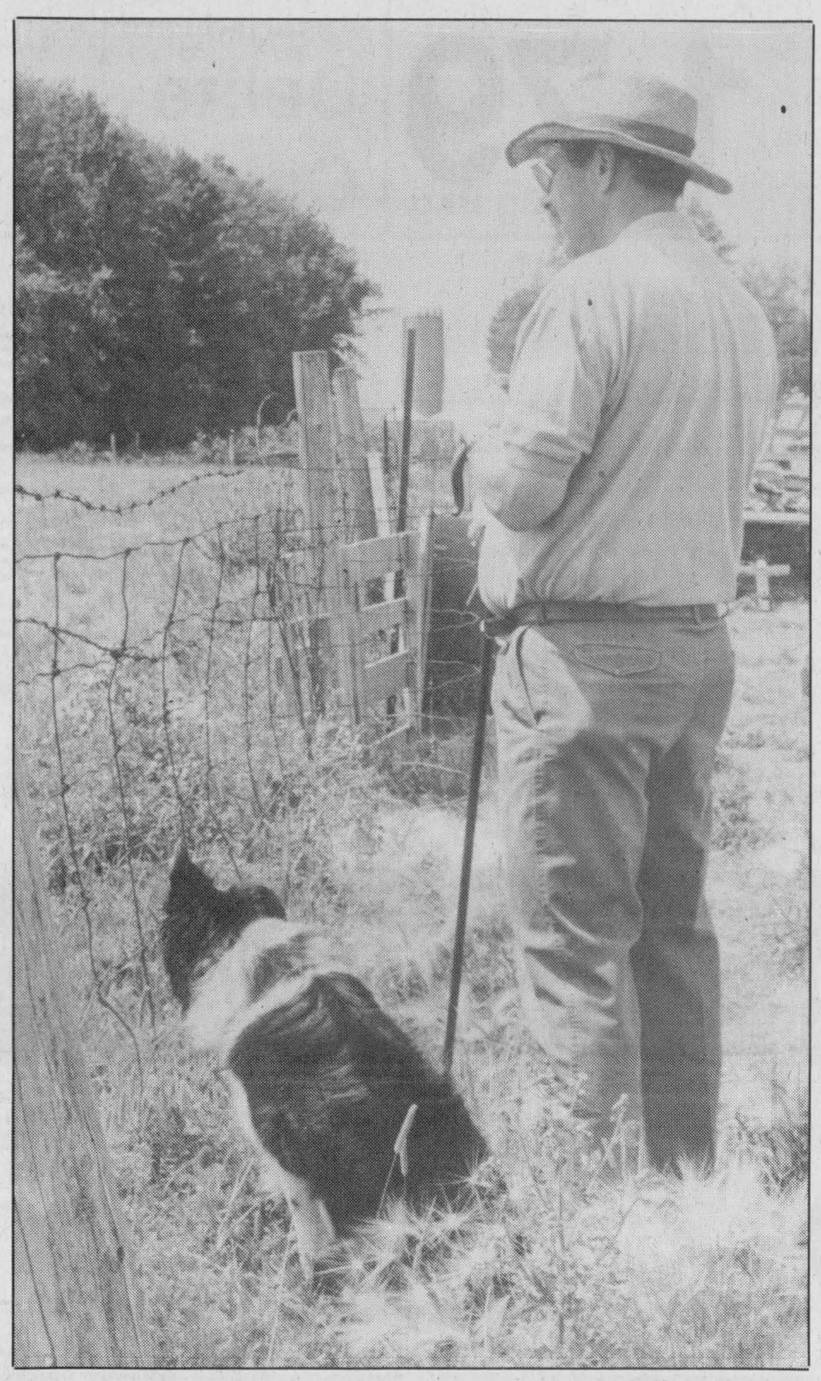
The MF 4243, 4253 and 4263 are value-priced models with a standard 12 forward and four reverse transmission and options for the customer who wants a quality cab tractor with standard features, high productivity and reliability.

The new series also features new engines, a choice of transmissions and more spacious cabs, as well as more improvement on the hydraulics, power take-off and four-wheel drive systems.

As well the series is designed for easier servicing. Daily servicing can be completed without the need to remove or open any panels. For weekly servicing, two easy-to-remove side panels and a grill panel give complete access to the engine. A new filtration system allows for intervals between transmission oil changes to be extended to 1,000 hours.

Auxiliary fuel tanks can be installed on all models as well.





To the test

Navall Farm operated by Kate Darbyshire and Werner Reitboeck hosted the sixth annual Nation Valley Sheepdog Trial on Aug. 2 - 4. The event, held at the farm just south of Winchester, featured competitors from as far away as California and Texas. Thomas Longton, a well-known judge and handler from England was on hand to judge the event. The trial held at Navall Farm was the first in a series of three held in Eastern Ontario. Another is held today and tomorrow (Aug. 6 - 7) at Renaissance Farm near Sydenham, Ontario, while the third trial is slated for Aug. 8 - 10 at the Pittsburg Township Trials just east of Kingston. Pictured right, a competitor and his dog watch the events (above) as they await their turn on the field.

Press Photos — Fetterly

4-H CANADA update

Woodworking 4-H club finishes up

by Pam Morrow

WINCHESTER — The Dundas 4-H Woodworking club held its third meeting at the home of Willie Armstrong on July 23. The pledge was said, minutes were read and roll call was done.

At the beginning of this meeting we watched a demonstration by Mark on cutting a log into boards. Then we divided into two groups. One group sanded half of the picnic tables down while the other group nailed siding onto the shed we had started at an earlier meeting.

After awhile, we took a break and ate some snacks provided by Pam Morrow and drinks provided by Yann Bossel. Thanks to the pair for the snacks. Then the groups switched jobs and got back to work. The meeting was concluded at 9:30 pm.

An extra meeting will be held at the home of Willie Armstrong on Aug. 6 from 7 - 10 pm.

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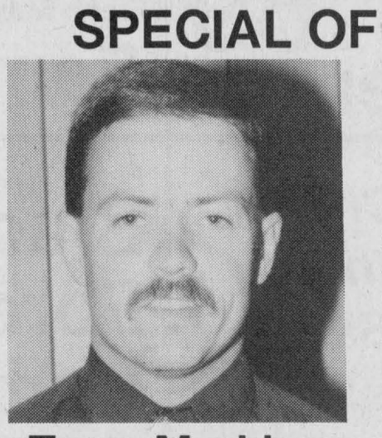

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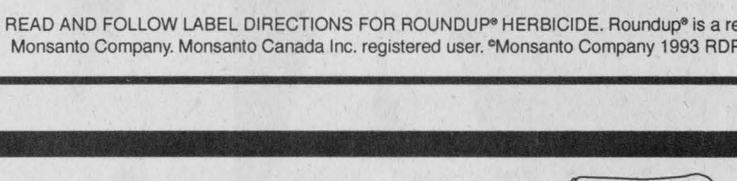

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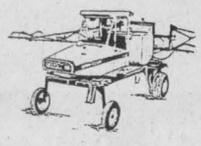

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