The Chesterville Record

FOUNDED IN 1894

Volume 97, Number 18 Chesterville, Ontario Wednesday, December 18, 1991 Single Copy 50¢ (GST Included)

This Week



Merry Music
North Dundas' High School Band rang in the sounds of Christmas at the Chesterville Parade.....**Page 4**

Newsbriefs

Truck taken

INGLESIDE—A 1991 Ford 4X4 truck was stolen from an Ingleside car dealership between Dec. 15 and 16, said Long Sault OPP Const. Bernie Gadbois. The truck, which had no plates, is valued at $21,000. Police have no suspects.

Safe driving

WINCHESTER— The Winchester OPP R.I.D.E. program is making its presence felt. No charges were laid after 672 vehicles were pulled over last week. Sgt. Jim Irvine said people are getting the message and know the OPP are out there. To date, 1,099 drivers have been checked and two 12-hour licence suspensions have been given.

Impaired charges

CRYSLER— A St. Albert man is facing impaired driving charges after a Dec. 12 collision north of Crysler. The vehicle of Stanley McBain, 37, of Crysler, his wife Helen, 36, Kristen, 10, Stephanie, 7, Steven, 2, was hit from behind while turning left on the 10th Concession. All received minor injuries but were not taken to hospital. Charged with impaired driving is Denis Landry, 29.

Farm stress targeted

TORONTO—The Ontario Ministry of Food and Agriculture announced Monday details of a $3.5 million program to fight stress and alleviate psychological and financial pressures experienced by farmers in difficulty. The money is part of the $35.5 million aid package for farmers announced Oct. 1. More than $1 million will be available over two years to improve local counselling services and for community non-profit counselling and emergency support services.

Food bank coming

WINCHESTER—A group of area residents is taking steps to set up a North Dundas food bank. The idea came out of a recent meeting called by local clergy, who said collections of food at Christmas and Easter are no longer enough to meet emergency needs all year round. Although a location for the food bank has not yet been chosen, donations can be made to any local business. A Winchester businessman will provide temporary storage of the food. The food bank will serve people in Mountain and Winchester townships, according to Morewood resident Barbara Savary, chairperson of a newly- formed committee. There will be another meeting to discuss the project and recruit volunteers, at St. Paul's Church in Winchester on Jan. 7, 1992, at 8 p.m.

Photo contest

BERWICK—Deadline for submissions to the third annual South Nation River Conservation Authority photo contest is Jan. 31, 1992. Prizes this year include $125 for first place, $75 for second and $50 for third. All photos must contain plants or animals in the SNRCA watershed, and may include any landscape or river shots. All photo locations must be identified, and photos will become property of the SNRCA. The SNRCA will only accept slide film. For more information contact the SNRCA at 984-2949.



Just In The Nick of Time

Crowds lining the streets of Chesterville Saturday to enjoy the annual Christmas parade weren't the only ones having fun. Mr. and Mrs. Claus had a grand time wishing their merry best to young and old alike, and these children on the Chesterville Volunteer Fire Department float got a real taste of Chesterville's Christmas spirit. See pages 4, 11 and 12 for area parade coverage.

Record Photos - Hewitt



Councils oppose cuts in letters to Canada Post

Greg Hewitt
Record Staff

OTTAWA—The councils of Chesterville and Osnabruck Township, with the help of the Canadian Postmasters and Assistants Association (CPAA), are letting Canada Post know they're opposed to cuts in services.

The two councils voted to send versions of a letter, sent to them and other rural councils across Canada by the CPAA, to Canada Post and government representatives.

Through the letters, the councils oppose Canada Post's plan to privatize and reduce business hours of rural postal outlets. They also call for an immediate halt to post office closures, and a guarantee there will be no "discrimination" regarding the quality of their postal services.

The CPAA, the second largest bargaining unit for Canada Post employees, represents all rural post office employees.

Ernie Blois, CPAA president, said the association is getting good response from rural councils, receiving "large numbers" of copies every day.

Blois said turning rural post offices into retail postal outlets, which are located in private businesses like corner stores and pharmacies, would create a "patchwork of stores with no one responsible and no one accountable."

"It's not a paying venture (for store owners) so they'll hire someone at minimum wage. If you want to go in and mail a parcel, you'll have to hope they know what they're doing," he said.

He said when the current collective agreement expires on Jan. 1, 1992, Canada Post will be able to further implement its privatization and reduction of hours plan.

Also, when a postmaster retires, dies, or leaves his job, Blois said Canada Post is more likely to close the office than find a replacement.

Please see **COUNCILS** on page 2

Thieves net 50 cartons in pharmacy break-in

Greg Hewitt
Record Staff

CHESTERVILLE—Thieves who broke into Chesterville's Seaway Valley Pharmacy last Tuesday night knew exactly what they were looking for - cigarettes.

About $2,000 worth of cigarettes, and nothing else, was taken in the break-in, which happened between 7:30 p.m. Tuesday and 5:30 a.m. Wednesday.

Winchester OPP Sgt. Jim Irvine described the theft as a "smash and grab" type of break-in.

He said the thieves, after smashing the glass in two front doors, cleaned off one shelf of cigarettes and were probably gone within 60 seconds.

The store's hydro meter and telephone lines were disabled in the break-in.

Irvine said there has been a "heavy" increase in cigarette thefts in eastern Ontario in the last year, which he attributed to the increasing retail price.

"Cigarette thefts are getting to be a big thing because of the high retail value of them. If people can buy a carton of (stolen) cigarettes for $25, that's what they're going to do," Irvine said.

Canadian cigarettes sell for between $6 and $7 per package. Fifty cartons containing eight packages each were taken from the pharmacy.

Seaway Valley Pharmacy owner Dale McNaughton said it was fortunate the thieves didn't get into the locked dispensary where the pharmaceuticals are kept.

McNaughton considered the break-in an "invasion of privacy," and said he soon plans to revamp the store's security system.

He said stamping the cartons in the store with a Seaway Valley logo didn't deter a cigarette theft as he thought it would.

McNaughton added he will postpone the commitment he made this summer to phase out the sale of cigarettes at the pharmacy, because of the recession.

"I want to avoid getting in a layoff situation," he said.

Weekend blizzard causes nine accidents

Greg Hewitt
Record Staff

WINCHESTER—Despite blizzard conditions Saturday night, only nine traffic accidents were investigated by area OPP detachments last weekend.

In the only serious accident reported, a 28-year-old Nepean man sustained major injuries when his car went through a Lunenburg intersection at 1:30 a.m. Sunday and slammed into the cement porch of Merkley's Store.

Barry Konink, a former Lunenburg area resident, was taken to Cornwall General Hospital after the accident.

Konink, whose 1990 Acura was demolished, is charged with careless driving in connection with the accident, said Long Sault OPP Const. Bernie Gadbois.

Gadbois said Long Sault OPP were called to investigate six other accidents, most of them on Hwy. 2 and the 401.

None of the other accidents were serious.

Gadbois attributed the accidents he investigated to drivers being too slow adjusting to winter road conditions.

"When I look at the reports, if people had only slowed down they wouldn't have gotten into accidents," Gadbois said.

He said those involved in winter car accidents will say they were only going 70 in an 80 kilometre per hour zone, but don't realize it is still too fast due to the road conditions.

"By the time April rolls around people are more trained for winter driving, but early in the season, they're just not keyed in mentally," he said.

He said in the winter motorists should drive according to road conditions, and not the posted speed limit.

Winchester OPP Const. Mary Cook said there were three minor accidents in the Winchester and Chesterville area, with no injuries and no charges laid.

Morrisburg OPP Const. Morgan Hill said it was a "pleasant surprise" that there were no weather- related traffic accidents on the weekend in his area.

Hill said people showed good judgment in staying home during the blizzard.

OPP patrol cuts come at a bad time: Chesterville council

Elizabeth Moreau
Record News Editor

CHESTERVILLE—A 10 per cent cut in patrol expenses by the Ontario Provincial Police shouldn't affect police presence in Chesterville, says Winchester OPP Sgt. Jim Irvine.

But Chesterville reeve Jim Cook says an increase, not a reduction, in police patrols is needed, especially in light of recent break-ins in the village.

In late November, the town hall and post office were broken into, and last week $2,000 worth of cigarettes was stolen from Seaway Valley Pharmacy.

"In view of recent events in the village, the number of people out of work and probably out of funds, we're probably going to see an upsurge in this type of thing," Cook said at a council meeting last Wednesday.

But Irvine said even with more cruisers in the area, recent thefts probably could not have been prevented.

"Things are going to happen whether we're there or not," he said.

The OPP, projecting a $14-million shortfall in this year's $443-million budget, has implemented a number of measures to cut costs of the force's 187 detachments across the province.

Patrol by cruisers has been reduced 10 per cent to save money on gas, hiring of new constables or support staff has been frozen, and overtime has been cut to the bare essentials, says Irvine.

The Ontario Provincial Police Association recently launched a campaign to try to convince the NDP government to come up with the money to cover the shortfall.

For the Winchester detachment, the reductions mean trimming mileage to 150 km per day from up to 275 km.

But Irvine says the budget constraints, especially on patrolling by car, should help to enhance aspects of community policing the detachment has been working on for some time.

"(The cuts) shouldn't make a great difference in our presence in the community," he said in an interview last week.

One of the detachment's eight officers has been assigned to part-time zone policing of Chesterville, meaning he should spend about 30 per cent of his regular time in the village, said Irvine.

"He should be able to park the car and get out and meet the community," Irvine said, adding the officer would still have to answer any calls that came in on his shift. "The trouble is, we're busy."

Irvine said the number of occurrences reported to the detachment so far this year is at least 300 more than during the same period last year.

Chesterville councillor Roger Cole said reductions in police patrols are ill-timed.

"Instead of increasing the protection for citizens, they're decreasing it," he said of the OPP. "Their focus is all wrong."

But Cole said it's up to the community to try to work with Winchester OPP.

"Our local detachment is doing all they can with their limited manpower," he said.

Please see **OPP** on page 2



Cutting down: In an effort to balance its budget, the OPP has cut patrols by car by 10 per cent, and has frozen all hiring of new constables.

Osnabruck Township letter to Canada Post

Whereas the Canada Post Corporation has already started reducing services in rural areas.

Whereas the Canada Post Corporation has now announced massive reductions of hours starting January 1992.

Whereas the Canada Post Corporation has confirmed their intentions to continue systematically closing rural post offices.

Whereas the Township of Osnabruck is firmly opposed to any reductions to which our population is entitled. We do not accept and will not accept at any time, that our community be penalized by the planned reductions in service.

Whereas erosion of this type of service to our ratepayers deals a direct blow to all citizens in rural Canada and to the economic welfare of this community and Canada as a whole.

Now therefore council of the corporation of Osnabruck demands an immediate halt and reverse of what appears to be a planned and eventual closure of all government post offices. Council further requests a guarantee that our municipality will not have to suffer any form of discrimination regarding the quality of our postal services. Council requests an immediate answer from Canada Post Corporation and our provincially elected officials.

Councils

Continued from page 1

He noted that historically, the post office was instrumental in putting rural areas in touch with the rest of Canada.

When the suggested version of the CPAA letter was read to Osnabruck Township council, deputy reeve Doug Leighton questioned its tone.

"I really don't care what Canada Post thinks but to the other people we send it to, it's a reflection on the municipality," he said.

But clerk Bonnie Dingwall said the version she had prepared for the resolution was less harsh than the sample letter from the CPAA.

After a short deliberation, the word "demands" in one sentence was changed to "requests."

The resolution was passed by council and copies of the letter are being sent to federal Minister Responsible for Canada Post Harvie Andre, Stormont, Dundas, Glengarry and East Grenville MPP Noble Villeneuve, SD&G United Counties Council, and the CPAA.

Canada Post spokesperson Michelle Simard said there are no immediate plans for any changes to Osnabruck Township's three post offices, located in Lunenburg, Ingleside and Newington.

OPP cuts

Continued from page 1

Irvine said he hasn't given up on the idea of community policing in the village. He would like to keep regular contact with village council, and hold public meetings to keep residents informed and ask for suggestions.

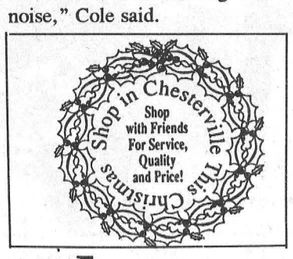
Some officers say the public won't be concerned with policing and cuts to the OPP until they feel their safety might be threatened.

"The population has increased, crime has increased, but manpower is down," said Morrisburg OPP Const. Frank Albert.

In 1972, the Morrisburg detachment had 28 officers. Today, 14 officers work there.

At its regular meeting last week, Chesterville council passed a motion opposing OPP patrol reductions. Copies of the motion will be sent to the Solicitor General's office, Premier Bob Rae's office, the OPP commissioner, and SD&G and East Grenville MPP Noble Villeneuve.

"I realize it's going to cost, but we have to start making some noise," Cole said.



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(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.)

Accident mars Chesterville parade

Elizabeth Moreau
Record News Editor

CHESTERVILLE—A North Dundas District High School band member is recovering from a concussion after falling from a float in the Chesterville Santa Claus parade on Saturday.

Sarah Smith, 15, returned to her Inkerman home Monday morning after spending Saturday and Sunday nights in Winchester District Memorial Hospital.

NDDHS music teacher Greg Prest said the band won't enter a float in future Christmas parades.

"It just made it so obvious how easily something like this could happen," he said in an interview Monday.

Prest said Smith had recently recovered from a bout with the flu, and suffered a bit of motion sickness before she fell off the float.

Const. Mary Cook of Winchester OPP said Smith, a French horn player, doesn't remember falling.

Band members were seated on chairs on top of a flatbed trailer, about three feet from the ground. There was no guard rail on the float.

The parade was nearing its end, and the float was travelling between Queen and Joseph streets when Smith fell off her chair and on to the ground.

Prest, who was on the float facing the band, said Smith "did not try to break her fall. She just went off (the float) like a rag doll."

She was still holding her French horn when she hit the ground, he said.

Prest said none of the other band members experienced any motion sickness, and were shocked after Smith's injury.

"But I was very happy to see the way the band rallied around her," Prest said. "They were very concerned."

Lorna Smith, Sarah's mother, said Monday Sarah will spend the rest of the week at home from school. She received stitches for a cut on her ear, but is feeling better.



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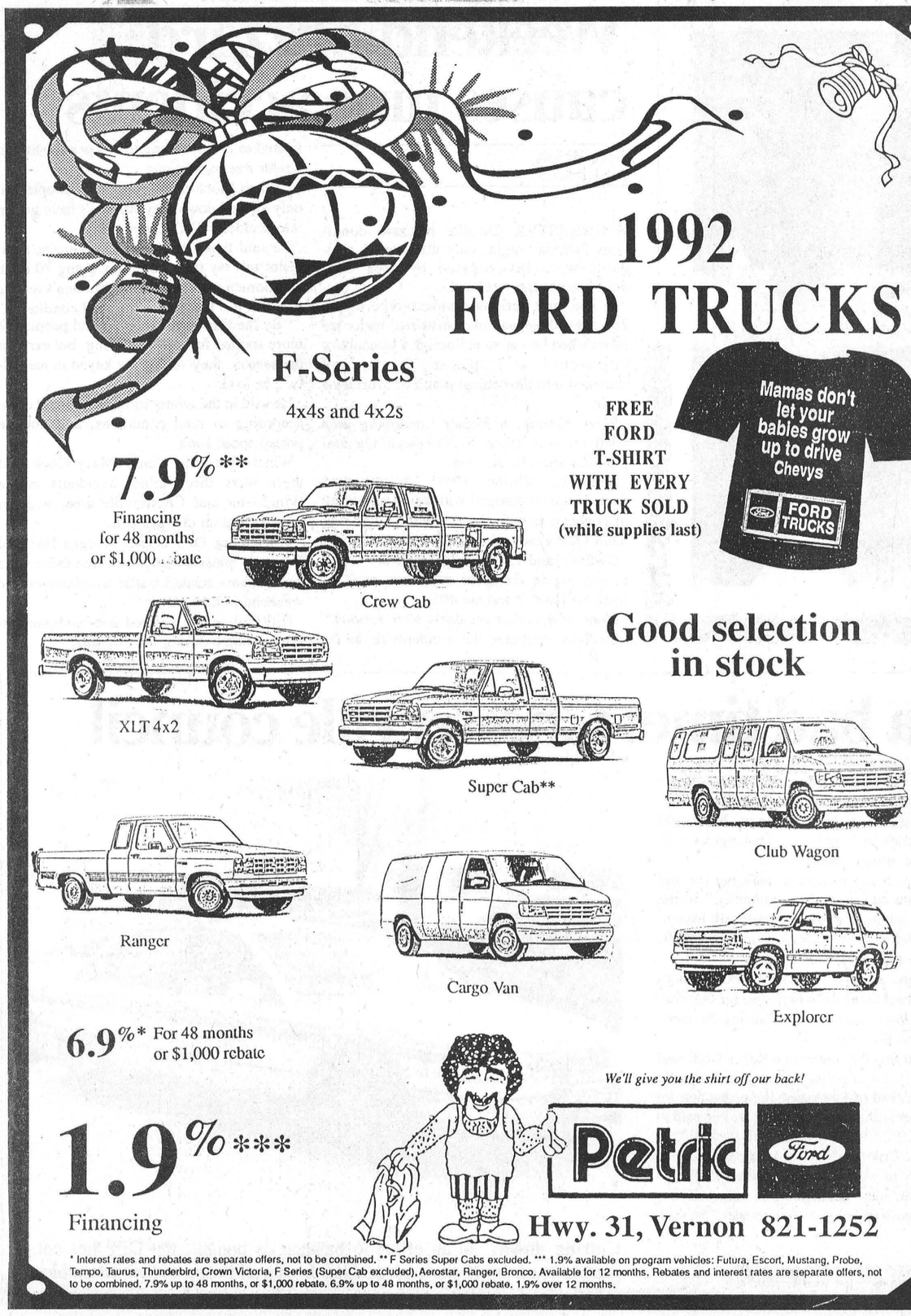

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Program tries to reach kids before they drop out of school

Elizabeth Moreau
Record News Editor

INGLESIDE—As drop-out rates in area scools continue to fall, Stormont, Dundas and Glengarry school boards are trying to ensure that pattern continues with a program that helps kids understand the importance of staying in school.

Six schools in the SD&G public and separate school boards and two schools in Akwesasne are currently teaching the federally-funded START program, which tries to build students' self-esteem and target kids who are more likely to drop out.

Elizabeth McGaughey Nurse, who works with the Industry Education Council in Cornwall, has been co-ordinating the project for Grade 7 and Grade 8 students at Ingleside's Rothwell Osnabruck School since September.

Nurse says kids with financial or emotional problems at home and kids who aren't motivated or interested in their courses are more likely to drop out of school.

And while the START program is targeting those students, Nurse says it's trying to do that without singling them out.

"We try to involve all the students and touch the ones who are at risk," Nurse says.

In 1986, the drop-out rate for the SD&G Public School Board was more than 12 per cent. The board recently announced that 9.2 per cent of students left during the 1990-91 school year.

One highlight of the START project is a self- esteem program, which focuses on decision-making, setting goals, and assertiveness.

Nurse says kids with low self-esteem often have trouble learning and relating with their peers.

"(Their success) is reflected in their marks, but it starts with their attitude," Nurse says.

"We try to re-mold the way they look at their subjects and the way they look at each other."

The program used videos, worksheets, and techniques like role-playing. One video, called "Math—who needs it?," shows kids how many careers and life skills require high school math.

In January, Nurse will take the program to a school in Dundas County.

Recount changes totals, but not outcome of vote

Greg Hewitt
Record Staff

MAPLE RIDGE—The vote recount for Winchester Township trustee requested by the Stormont, Dundas and Glengarry Public School Board didn't change the result, but the number of valid ballots was about 30 per cent fewer than in the original vote.

Winchester Township clerk Nancy Krisjanis, who conducted the recount Dec. 9 but had no part in counting votes cast on Nov. 12., said she simply followed Municipal Election Act guidelines which state any ballot which contains an 'X' extending beyond the circle, was a spoiled ballot.

She said she was not aware how ballot counters for the original vote, or those in other municipalities interpreted the election guidelines for vote counting.

"There are no two people who interpret everything the same, and that's the way we did it the morning of the recount. Everybody was treated equally," Krisjanis said.

In the original vote, Tom Kirkwood beat incumbent Graham Casselman by a 23-vote, 710-687 margin, and Susan Hanson-Johnstone won 609 votes.

But in the recount, only seven votes separated Kirkwood and Casselman, with Kirkwood taking 511 ballots to Casselman's 504. Hanson-Johnstone finished with 401 votes.

That means 582 ballots counted in the original vote were rejected by Krisjanis.

Krisjanis said there may have been a relatively high number of spoiled ballots because voters were unaware of exact voting procedures, despite posters at polling locations advising that X's must be contained completely within the circle beside the candidate's name.

But she said the difference in valid votes in the recount and original vote didn't affect the outcome of the trustee race.

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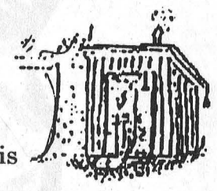

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Mabel Lula Fawcett

Mabel Fawcett, of Winchester, died Dec. 12, 1991, at Winchester District Memorial Hospital. She was 81.

Mrs. Fawcett, formerly of Brinston, was predeceased by her husband Merrill, who died in June 1982. They were married at Nation Valley in 1932.

Mrs. Fawcett is survived by her sons, Donald of Spencerville, James of Iroquois, Raymond of Brinston, Dwaine of Burlington, and daughters, Joyce of Chesterville, and Margaret (Mrs. R.J. Link) of Prescott.

She was predeceased by son Keith Fawcett, and brothers Stanley, Winterfield, and Ferguson Froats, and a grandson.

She is also survived by sisters Pauline (Mrs. H. Hess) of Winchester Springs, Kathleen (Mrs. S. Summers) of Winchester, and Carrie Baker of Lynn, and brothers Sidney of Iroquois, and Bismark of Ingleside, and 16 grandchildren, and 13 great- grandchildren.

Mrs. Fawcett, who was born in Chesterville in 1910, was a member of Hainsville United Church.

A funeral was held Dec. 14 at Marsden & McLaughlin in Iroquois, officiated by Rev. Allan Tysick. Interment was at Hainsville Cemetery.

Pallbearers were Faron, Michael, David and Alan Fawcett, and Steven and Mark Simzer, all grandsons of Mrs. Fawcett.

William Gibson

William Gibson, of RR #2 in Mountain, died Dec. 11, 1991, peacefully at home with his family. He was 75.

Mr. Gibson, a retired farmer, is survived by his wife Audrey Jean Milne, whom he married in Mountain in 1949.

He is survived by his children, Lynne (Mrs. Don Levere), Robert (Trish), Colleen, Beverly (Mrs. Henry Nyentap), Anita (Mrs. Eldon Baker), Sandi (Mrs. George Horner), Chris (Anne) and Gwen (Mrs. Peter Misner).

He is also survived by brothers Norman, Thomas, and Scott.

He was predeceased by brothers John, James, Robert, Edward and Albert, and sisters Lily McLaren and Sarah Jane Allen.

He will be sadly missed by his 17 grandchildren.

Mr. Gibson was born in Belfast, Ireland, on June 12, 1916.

Funeral was held at J.R. Vice in Winchester on Dec. 14, officiated by Rev. Fred Milnes. Interment was at South Gower Cemetery.

Pallbearers were John Gibson, Jim Gibson, Bob Inglis, Sandy Gibson, Jack McCarger, and Jack McLaren.

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NOTICE
RATEPAYERS TOWNSHIP OF ROXBOROUGH
The Regular Meeting's of Council will be held on the Second Tuesday of each month at 7:00 P.M.
W.E. Wright
Clerk-Treasurer

VILLAGE OF CHESTERVILLE
NOTICE
GARBAGE PICK-UP
The Council of the Village of Chesterville would like to inform residents that **GARBAGE PICK-UP** will continue as usual during the Holiday Season.
Howard F. Smith
Clerk-Treasurer

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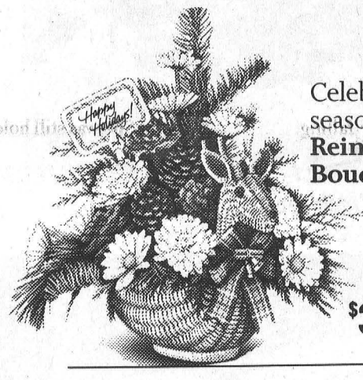

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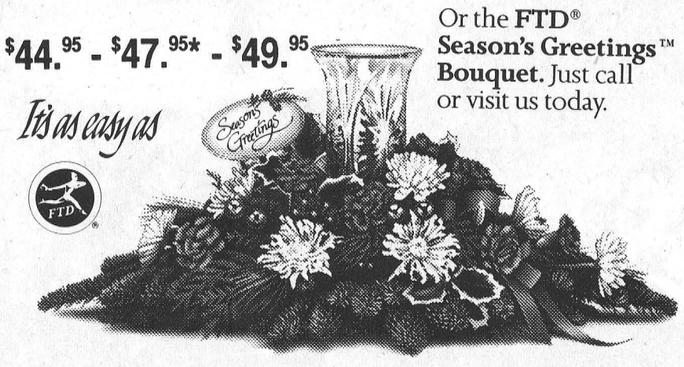



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Chesterville parade takes to village streets



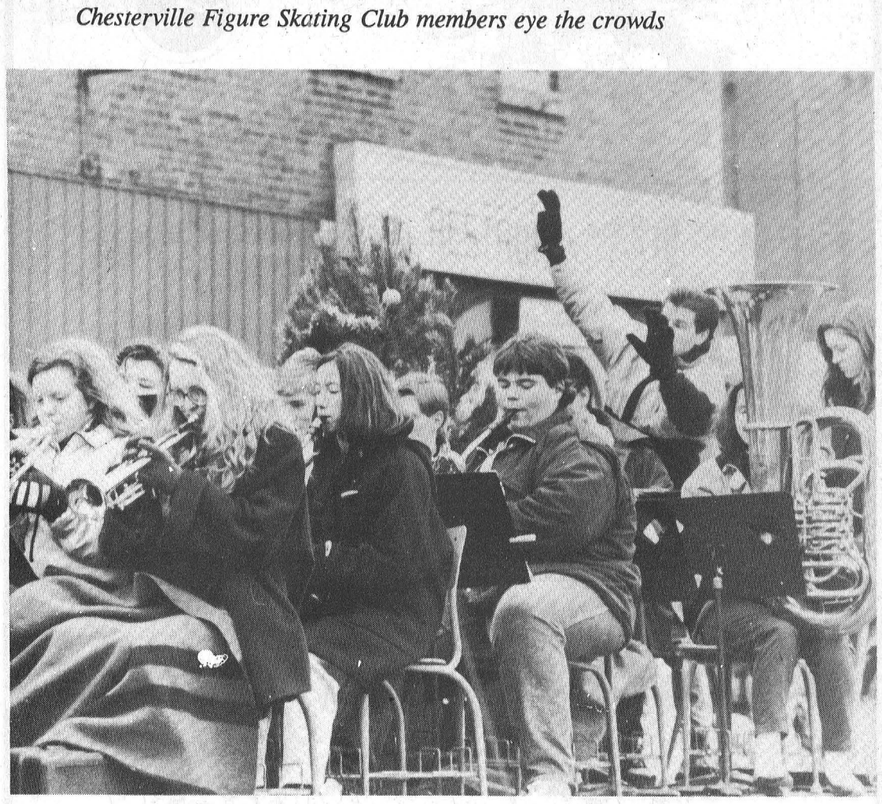
Students from Maple Ridge Senior Public School provided one of more than 30 entries for Chesterville's Santa Claus parade Saturday. The village streets were lined with people, cheering the participants and catching candy canes.



Chesterville Figure Skating Club members eye the crowds



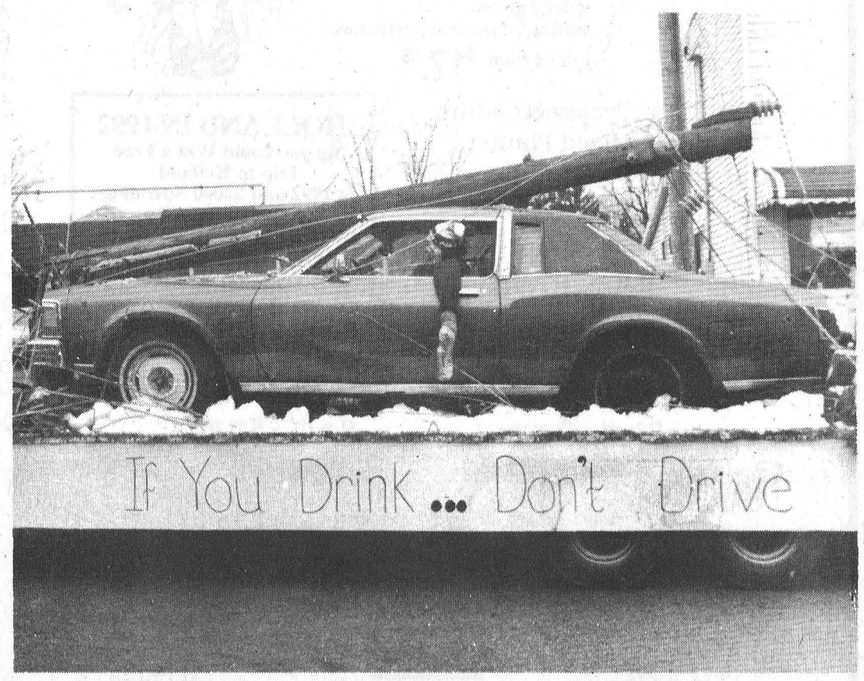
The crew from the Dunbar Snowmobile Club is ready for warmer days in this award-winning entry



The North Dundas District High School band played classic Christmas favorites



Participants found many ways to pull their floats

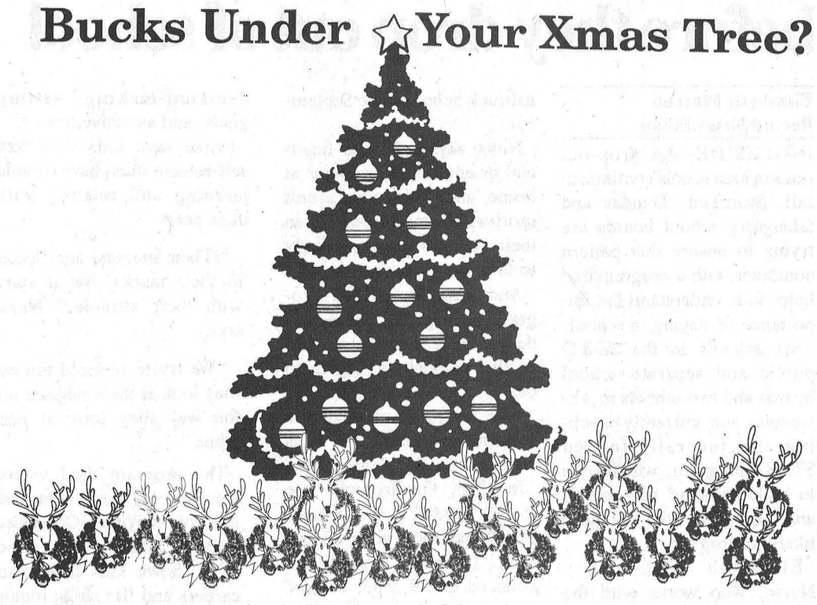


Dundas Power Line's float with a message took first prize - commercial class



This creature led the way for Nestle's entry

How Would You Like To Find 1200 Bucks Under Your Xmas Tree?



It's hard to imagine but it could happen to you. Fill out ballots at these participating merchants from Now till December 24th and you could win over 1200 bucks (in cash or coupons)

Fred S. Coons Ins. Brokers Ltd.
Blacks Feed Store
Toronto Dominion Bank
Curran Carpet Centre
Durants Flowers
Sweet Sisters Bakery
Chesterville Bowling Lanes
Mike Dean Butcher
Thom Travel Agency Ltd.
Power By Jennifer
Nestlé (Canada) Ltd.
Louis Restaurant
Al-Mor Ladies Wear
The Brookslyn
A.T. David's Comm. Shopping Centre
Chesterville Freshmart
Jumpin' Jack's
United Co-Operatives of Ontario
Seaway Valley Pharmacy
Shear Country Salon
Co-Operators' Insurance Services
Chesterville Hair Studio
Heritage Cafe
Wayne LaPrade Photo
Curran Automotive
Chesterville Record
Sears

Chesterville Merchants; This Xmas we're passing the buck to you.

Merry Christmas

from Winchester Hardware & Radio Shack

CD players to brighten someone's Christmas



Genexxa—the next generation in home entertainment

save $50 **249.95** ~~299.95~~

You'll be able to put on five different discs and program up to 32 tracks from all five for hours of continuous music on the Genexxa CD 6120. A great idea for parties. With 4-times oversampling and wireless remote control for operation from your favourite chair. You'll sing the praises of this performer. 42-5022*

Shop for Christmas today and get in on these great values in home video

VHS VCR with remote control and on-screen programming

Reg. $349.95 SAVE $50



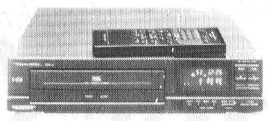
Santa's choice for a 4-head VCR

save $100 **349.95** ~~449.95~~

0% interest with Memorex

Memorex helps you discover convenience and performance. Remote control lets you sit back and enjoy movies and taped shows. Double-azimuth design delivers top picture quality. On-screen programming. 1-year/6-event timer. 16-523

1291



299.00

- HQ circuitry for extra picture detail
- On-screen programming with 1-year/6-event timer and quick-timer recording
- Cable-ready electronic tuner automatically stores all active channels
- Full function infrared remote control 16-520

Trust your memories to a Memorex camcorder



899.00

- 8mm camcorder with infrared remote control
- 8x power zoom, with auto-focus and exposure
- Complete with carrying case, battery, cables and adapter/charger. 16-854

FREE

with purchase of any VHS/VCR

3 - Free Blank VHS Tapes
1 - Free Head Cleaner
(Retail value $26.80)

FREE

with purchase of Model 16-854 8 mm Camcorder

3 - Free 8 mm Blank Tapes
1 - Free Extra Battery
1- Talking Owner's Manual
(Retail value $95.75)

WINCHESTER HARDWARE

and

Radio Shack

AUTHORIZED DEALER

510 ST. LAWRENCE ST., WINCHESTER 774-3776



DFA vice-president John Mellan (centre) with Dawn and Alvin Runnalls

Alvin and Dawn Runnalls named farmer of the year

Dianne Fetterly
Special to the Record

WINCHESTER—A Winchester Township couple was named 1991 Farmer of the Year by the Dundas Federation of Agriculture last week.

Alvin and Dawn Runnalls, who have been operating their 150-acre dairy farm east of Winchester for almost 19 years, say they are honored to be the first couple chosen as Farmer of the Year.

"One of the nicest things is to be recognized by the people you work with every day. It was a wonderful surprise. There are a lot of deserving farmers out there," said Dawn Runnalls, who added she hopes the trend toward recognizing couples as candidates for the award continues.

Presenting the plaque at the Dundas Soil and Crop Improvement Association's annual meeting last Thursday, Dundas Federation of Agriculture vice-president John Mellan said the Runnalls' commitment to agriculture and their involvement in farm and rural community organizations make them very deserving Farmer of the Year candidates.

Alvin, who is currently president of the Dundas Federation af Agriculture, represents the views of county farmers at both regional and provincial events.

He has led the Dundas East 4-H Dairy Club for the past eight years and is a member of the Dundas Soil and Crop Association.

Dawn is president and newsletter editor for the local chapter of Women for the Survival of Agriculture. In this role, she was instrumental in organizing a successful Media Day Event held in September.

She is also a member of the Steering Committee for the Ontario and Canadian Farm Women's Network and is involved with the agriculture in the classroom program.

In October Dawn helped organize the Farm Fair in Cornwall and in the past year has taken on the task of writing a column for Ontario Farmer.

And the Runnalls' involvement in other community activities is also extensive.

Both Dawn and Alvin are readers at St. Matthias Anglican Church in Winchester and Alvin is a People's Warden for the parish.

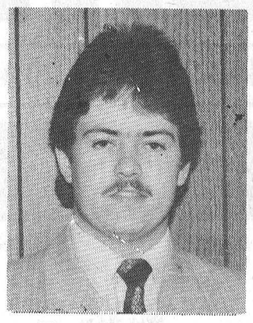
He is also a member of the Seaway Valley Runners Association and has participated in the National Capital Marathon.

Alvin is a member of the Winchester District Memorial Hospital Board of Directors as well.

The Runnalls attribute some of their farm's success to help from daughters Rachel, 23, and Gretchen, 21.

While Rachel is currently on the west coast, Rachel helps with feeding the farm's 20 Holstein milk cows and 65 head of young stock.

TERRY'S SPECIAL OF THE WEEK



Terry Merkley

1989 Chev Caprice

Burgundy in color, 4-door, power seats, power windows, power locks, tilt, cruise, air conditioning, vinyl roof, rear wheel drive.
Stock #2-109A

Drewery PONTIAC BUICK LTD.

ST. LAWRENCE STREET
WINCHESTER
774-2360
DREWERY PONTIAC BUICK:
The dealer you come to for price, and stay with for service.

Sweet Sisters Bakery
14 King St. Chesterville

- Holiday Hours -
Monday, Dec. 23 - 9 a.m. - 5 p.m.
Tuesday, Dec. 24 - 9 a.m. - 4 p.m.
Orders **MUST BE** picked up by 2 P.M. December 24th.
Closed December 25, 26, 27, 28, 29
Monday, Dec. 30 - 9 a.m. - 5 p.m.
Tuesday. Dec. 31 - 9 a.m. - 4 p.m.
Closed Jan. 1st
Regular Store Hours Resume Jan. 2nd.
Winchester Location will be open Dec. 27 & 28
Call 774-2867 if you need something.
We Wish You A Safe And Happy Holiday
Melanie, Liz, & Mary Jane

Receive Barry's Cash Back Bucks on every purchase

Gourmet: Impeccable taste for fine food

Black Forest Ham $3.69 lb.

Old Fashion Ham $3.69 lb.

Boneless Smoked Ham $2.99 lb.

Prime Rib Roast $4.39 lb. (cap off)

Meaty Back Ribs $2.99 lb.

3.5 kg box Chicken Fingers or Nuggets $35.00

Boneless Chicken Breasts 5 oz. - 8.8 lb. box $43.00

Prince Bacon 11 lb. box $20.00

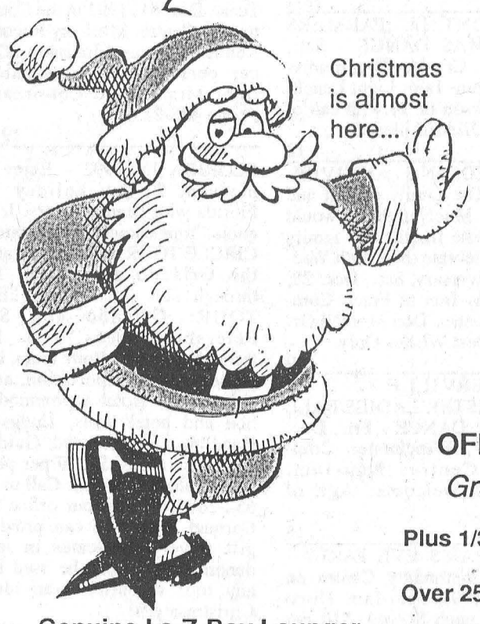
Meat and cheese trays for your parties (made fresh here)
Gift baskets for those special people at Christmas

BARRY'S GOURMET MEATS & DELICATESSEN
Place d'Embrun
443-2755

STORE HOURS
Monday, 9am to 6pm;
Tuesday to Friday, 9am to 9pm;
Saturday, 9am to 5pm;
Sunday, 10am to 2pm

It won't be long

1/3 off our tag price on all Bedrooms, Dining Rooms, Living Rooms, La-Z-Boys, Occasional Tables and Chairs, Entertainment Centres, Lamps, Paintings, Wall Units, Motion Sofas, Dinettes, Mattress and Box Spring Sets, etc., etc., etc.
1/3 off brand names such as Roxton, Simmons, Sklar, Shermag, El Ran, Daveluyville, Perma Foam, Braemore, La-Z-Boy, Citation House, etc., etc.
*Appliances, Electronics and Special Promotions excluded. Offer limited to in-stock items



Christmas is almost here...

1/3 off

our gigantic selection of quality furniture and accessories this week

FINAL WEEK

OFFER EXPIRES MONDAY, DEC. 23 AT CLOSING

Great gift ideas at super savings! Why pay more?

Plus 1/3 off hundreds of other items in both stores - the largest selection in S.D.&G.
Over 25,000 square feet of quality home furnishings on display.

Genuine La-Z-Boy Lounger
Model #421 in black leather, the perfect gift for that perfect someone
Was $1390 **1/3 off Now only $925**
Other La-Z-Boy models starting at $346

Huppe Pediment Mirror
With solid maple frame
Was $156 **1/3 off Now only $103**

Beautiful Floor-Length Cheval Mirror
Was $399 **1/3 off Now only $266**
These items also available with solid oak frames

Rectangular Medium Oak Cocktail Table
Was $199 **1/3 off Now only $132**

Matching End Tables
Were $139 each **1/3 off Now only $92.50 each**

La-Z-Boy Wing Back Recliner
A great new item! Classy and comfortable at the same time. Navy blue.
Was $618 **1/3 off Now only $412**

Roxton Bridge Lamp
In solid maple, three-shelf model
Was $346 **1/3 off Now only $230**

Shermag Glider Rocker
In solid maple, cushion back and seat
Was $345 **1/3 off Now only $229**
Other gliders **from only $128**

Simmons Double Size Sofa Bed
Taupe nylon velvet, great for extra guests
Was $858 **1/3 off Now only $571**
Matching chair available

Man-Size Rocker Lounger
In acrylic velvet, various colors
Was $449 **1/3 off Now only $299!!!**
Recliners **from only $199!!!**

The Furniture Loft
HOME • OF • FINE • FURNISHINGS

506 Main Street
Winchester 774-2636

CHRISTMAS WEEK HOURS:
Monday, 9:30am-9pm; Tuesday, 9:30am-2pm; Closed Christmas and Boxing Days; Friday, 9:30am-9pm; Saturday, 9:30am-5pm
*Reg. hours in effect Dec. 17-21

Highway 43
Finch 984-2051

EVERY DAY

PHOTO SPECIAL!

2nd set of prints FREE!

COLOR PRINT FILM ONLY
SIZES 110, 126, 35mm Full Frame, & DISC (Excluding Stretch 35)

with each roll of color print film brought in for developing!

Kodak Colorwatch System

SPECTRUM makes it Picture Perfect

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

Seaway Valley Pharmacy
Chesterville - 448-2492

record classifieds

VISA

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

FOR SALE

FOR SALE - Quality hardwood logs for firewood (mostly maple, beech and red oak) in 8' lengths, delivered. Loads of 7, 8 or 15 cords available. $80 full cord. Call 821-1930.
11tfc

APPLES
Cider and Apple Products
Apple Pies and Apple Muffins
Gift Baskets
at
SMYTH'S
APPLE ORCHARDS
Dundela
County Road 18 between Williamsburg and Dixon's Corners.
Open 7 days a week
9am till dusk
652-2477 1tfc

BLACK FOREST CAKES
- Round
- Square
- Heart shaped
- 9x13
- Bell shaped

$20.00 / $40.00
Phone:
HEATHER PARENT
448-2598
Free: With every order of Black Forest Cake receive 2-4" Mincemeat Tarts or a 4" Baked Alaska. Offer from Nov. 6 - Dec. 31/91
** Unusual Sandwich Trays also available*

FOR SALE - 1984 Ford F150, in good condition. Safetied. Phone 448-1179.
18

FOR SALE - Surge pipeline milking systems, parlors, Choretime feeding systems, water treatment equipment, standby power supply, new & used vacuum pumps, bulk tanks, milker pails and buckets. Peter Babcock Ltd., Surge Dairy Farm Equipment, 984-2991.
23tf

FOR SALE - 1987 Dodge Aries LE, 2.2 fuel injected, 4 cyl., 4 door, automatic, safety checked, no GST. $3200. Phone Lunenburg 346-5796.
18

FOR SALE - Ground feed, shelled corn, barley, oats, wheat mixed. $7/100 lbs. Your bags. 9am-5pm. Closed Sunday. George Crites 527- 5393.
22

FOR SALE - One only "Woods" upright, 10.8 cu. ft. freezer in almond. Takes up very little floor space! Freezer coils in shelving for fast freezing! On sale now, only $499. John Witteveen T.V.-Appliances Sales and Service. 448- 2766. RR2 Ch sterville (Dunbar).

TAX FREE 'TILL CHRISTMAS
AL-MOR LADIES WEAR
and
THE BROOKSLYN
of Chesterville
will PAY BOTH TAXES on
Regular In-Stock merchandise until Christmas.
We're asking for your support this season and offering one more reason for you to Shop Locally this year.
Extended Christmas Hours
Open till 9 p.m.
Monday to Friday.

FOR SALE

Al-Mor Ladies Wear
Chesterville - 448-3370
- Some Suggestions -
- Leather Gloves $20.00 & up
- Scarves & Shawls $19.95 & up
- Handbags $20.00 & up
- Lingerie and housecoats
- Belts $7.00 & up
- Jam-Jam Sweatshirts & Socks
- Sweaters and Blouses
- Dresses (all discounted)
- Slacks - casual & dress
- Skirts
- Suits
- Leather Jackets (custom order)
- Gift Certificates

Remember no G.S.T. or P.S.T. till Xmas (on regular merchandise)

FOR SALE - Hard maple firewood. Sanders Maple Products. Phone 984-2368.
23-6

FOR SALE - Profile youth guitar with Rocktech MR10 amp, 2 yrs. old, mint condition, $125. 448-1642.
18

FOR SALE - Scotch Collie pups. 527- 5737.
23

FOR SALE - 292 Yamaha snowmobile, in good condition, $375. For more information call 987-2805.
18-1

LASCELLE SAWMILL - Monkland. Lumber, strapping and tin cut to order. Dry stovewood, slabwood. We deliver. Thankyou for your patronage. 346-5907.
23

CHAINSAW SALE - Stihl - Husqvarna - Jonsered. 40 cc starting at $299.95; 50 cc starting at $399.95; 62 cc starting at $499.95. Safety pants from $39.95 and up. 16" saw chain as low as $17. 4 litre jug chainoil $5.25. 250 ml (2 gal.) mix oil $1.50. Eastern Engines, Hwy. 31, Williamsburg 535-2488.
18-1

FOR SALE - Dismantling 1980 Pontiac Phoenix, 4 dr., 2.8 litre, V-6, A-1 auto. transmission. Phone Peter at 984-2935.
18

FOR SALE - 1978 Chevette, 2 dr., good condition. Many new parts $450. No rust. Phone Peter at 984-2935.
18

FOR SALE - One set of used bunk beds. Phone 984-2258.
18-1

FOR SALE - Upright and canister vacuum cleaner by Eureka, starting as low as $116. All new electric brooms for only $79.95! Porta-vac with 20' cord, only $69. John Witteveen T.V.-Appliances Sales and Service. 448-2766. RR2 Chesterville (Dunbar).
18-1

FOR SALE - Oval wooden table (old), 64x45, arborite top. Best offer. Phone evenings 448-3440.
18

MT Advertising and Sports Ltd.
Xmas Special
NHL Puck with Holder
$5.49
Name engraved Free
Steve Yzerman Photo, Autographed Collector Sticks
Industrial Drive
Chesterville - 448-3054

FOR SALE

"PRICES ARE GIFTS" LUMBER - 1x3x8: .32; 2x3x8: .75; 2x4x8: .95; 2x4x14: 1.69; 2x6x8: 1.29; 2x6x12: 2.05; 2x8: .25 ft.; 2x10: .32 ft. Gyproc #1 4x8: 4.09. Insulation #1 R20x15: 17.49. Panelling: 4.95. Melamine 1": 9.95. Plywood 1/2: 9.49; 5/8: 12.49. Aspenite 7/16: 3.69; 5/8: 5.79. Natural Oak Flooring 2-1/4" .69; 3-1/4": 1.25. Pre-varnished 1-1/2": 1.49; 2-1/4": 1.99; 3-1/4" 2.19. Parquetry 12x12: 1.59. By presentation of this ad, get discount of $5 on a $200 purchase, discount of $10 on a $500 purchase, discount of $20 on a $1000 purchase, discount of $50 on a $2000 purchase, discount of $100 on a $5000 purchase. 1 rebate per client, by purchase. Cash and Carry! Masson 819-986-5720. Valid until Dec. 24, 1991.
18

FOR SALE - Brand new apartment size washing machine, in excellent condition. Ask for Kim at 774-2700.
18

WINTER SPECIAL - 1977 Pontiac, 4 door, V-8, automatic, low original miles. Excellent condition. Certified. $1200 negotiable. (613) 543-2784.
18

The Brookslyn
Chesterville - 448-2804
- May We Suggest -
- Royal Doulton figurines 40% Off
- Silver Crystal figures by "Swarovski"
- Kierstead Prints
- Pewter by Seagull
- Watches by Cardinal, Pulsar, Pavan
- Jewellery 10K & Sterling Rings, Chains, Bracelets, Earrings, Charms
- All Diamond Rings over $400.00 - 25% Off
- Pearls and Rhinestone
- Gift Baskets
- Gift Certificates
- Remember no G.S.T. or P.S.T. (on Regular Merchandise)

NOTICES

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

HOUSEHOLD MOVERS - Licensed and insured. Call 543-2523 or 543-2226, Morrisburg.
22tf

CREDIT PROBLEMS? - NO PROBLEM!! We can finance you ourselves. No credit, self-employed, bankrupt or limited pension? We can help! Car-O-Line Autos, Chesterville. Tel: 613- 448-2488. FAX 613-448-3304.
36tf

BIRTH RIGHT
Pregnant & Distressed?
We can help, confidential and non-judgmental
Brockville 342-1970
Ottawa 774-5683
Cornwall 938-2028
or 1-800-328-5683 (LOVE)
27tf

Sandra Lea Home Care
Residential and Commercial Cleaning
Before & After Moving Cleanup
Spring Cleaning (windows)
BONDED & INSURED
448-3722

NOTICES

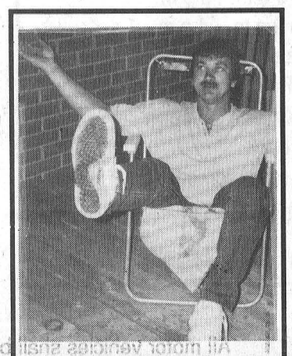
ELECTROLUX SALES & SERVICE
New and Used Vacuums
Central Vac Systems
We install, repair all makes
Display at McHaffie's Flea Market
Mitch Cassell
543-2140 Morrisburg
5tfc

HORSES - Now open Youngers Livery Stable. Weekend country rides, pony rides, breaking, training and boarding. 987-5785.
21

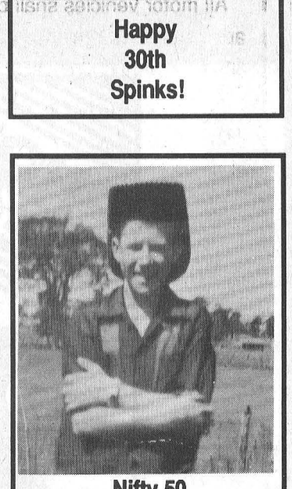
JUMPIN' JACKS - Weekly $5.95 Pasta features Spaghetti with Sausage and Tomatoes and Garlic Bun. $3.75 Special - BBQ Beef Loaf on a Bun with Homemade Soup or Fries.
18

BRENDA'S HAIR STUDIO - 9 Bergin St., Finch is open Tues. to Sat., Thursday evening appointments only. Phone 984-2932.
9tfc

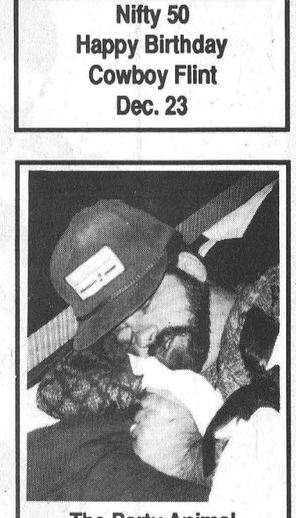
GIFT BASKETS - Available at the Brookslyn, Chesterville and at any price to suit your budget. Some samples on display. Call 448- 2804.
1tf



Happy 30th Spinks!



Nifty 50
Happy Birthday
Cowboy Flint
Dec. 23



The Party Animal Just Couldn't Party Anymore!

REST HOME CARE
HILLCREST HAVEN
Hwy. 43,
Winchester
774-3391
Room available for permanent placement. Short stay vacation. 24 hour supervision

NOTICES

NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF HAWLEY ALEXANDER McLEAN
All persons having claims against the Estate of Hawley Alexander McLean, late of 4 Main Street, Finch, Ontario who died on or about the 30th day of September, 1991 are hereby notified to send full particulars of their claims to the undernamed on or before the 13th day of January, 1992 immediately after which date the assets of the deceased will be distributed among the parties entitled thereto, having regard only to claims of which the Executor shall then have notice.
Dated at Cornwall, Ontario this 28th day of November, 1991.
ALLAN C. VALLANCE
Executor
by his solicitors,
FENNELL, RUDDEN, STEVENSON & LEVESQUE
35 Second Street East
Cornwall, Ontario
K6H 1Y2
19-3

SEASONS GREETINGS

CHRISTMAS GREETINGS
To our many friends of the area, with love and happy memories.
Elizabeth Funge and girls, Catherine and Georgina, of Nova Scotia
18

HOLIDAY WISHES
We would like to take this opportunity to wish our family and friends a Merry Christmas and a Happy and Healthy New Year.
Sincerely, Harold W. and Irene Merkley Maxville Manor
18

HOLIDAY GREETINGS
We would like to wish our many good friends, neighbors and relatives a very Merry Christmas and a prosperous New Year.
Ada, Kim and George Johnstone

FOR RENT

FOR RENT - Dec. 1, 1991, 2 bedroom apartment in Chesterville with garage, fridge & stove options, $440/month plus heat & hydro. Call 774-5323.
14tf

FOR RENT - 2 bedroom house $400/month, Bachelor apartment $250/month plus utilities. Both available Jan. 15, 1992 in Berwick. 346-2317.
18

FOR RENT - Office Space. 1 km west of Chesterville, Hwy. 43 at Derks Equipment Ltd. 448-2335 Days. 448-3256 Evenings.
18,20,22

FOR RENT - Half a house in Chesterville, 3 bedroom. First month free rent. Phone 448-1377 or 448-2037 after 5pm.
18

FOR RENT - 2 bedroom mobile home, near Avonmore. Small family or couple preferred. $285/month. Available now. Phone 346-5444.
18

FOR RENT - Chesterville area, rural spacious, 2 storey, 3 bedroom home. Fridge, stove and oil furnace. Available now. Phone 448-2217.

FOR RENT - New, 3-bedroom house 3 miles east of Morewood, 3 miles west of Crysler, available Jan. 1, 1992. $650/month plus utilities. Phone 774-3832.
17tf

FOR RENT - Park Place Apartments: One 2-bedroom apartment available Dec. 1, includes fridge, stove, washer and dryer. Phone after 5pm. 774-3832.
17tf

WANTED

HELP WANTED - St. Lawrence Medical Clinic is seeking a part-time receptionist. Applicants - apply in writing with resume to: St. Lawrence Medical Clinic, Box 772, Morrisburg, Ontario. K0C 1X0. Attention: Personnel.
18-2

WANTED - Bumper pool table and/or fold-up ping pong table, in good condition. 346- 5544.
18stf

WANTED

WORK WANTED - Will do snow shovelling, etc. in vicinity of Dunbar and Froats Road. Phone 448-3696 after 4:30pm.

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
S.T.A.R.S. is a project funded by the Ministry of Skills Development
Ontario

FREE

FREE PUPPY - Part Lab, part Beagle. Call 448-3135 after 5pm.
18

CARD OF THANKS

CARD OF THANKS
The family of the late Milton Stewart wish to extend sincere thanks to friends, neighbors and relatives for expressions of sympathy, flowers, food and charitable donations at the time of the passing of a wonderful husband, father and grandfather. Special thank you to Rev. Ross Thomson for comforting words and to Jim Daniels of Vice and Craig Funeral Home. All was very much appreciated and will not be forgotten.
18

CARD OF THANKS
I would like to especially thank my daughter Sharon, Allen and Chris for having a surprise birthday party for me on Sunday at the drop-in centre. Many thanks to all my friends and relatives for coming and for all the lovely gifts and cards I received. Special thanks to my friend Mary Chisholm for making the cakes. Everything was deeply appreciated and will long be remembered.
Marie Fyke
18

CARD OF THANKS
On behalf of all the employee's and staff's children of W.C.I., I would like to give special thanks to Nestle's for donating the chocolate bars, Doug Hyde for the helium, T.R.S. for donating all the dressings for the hot dogs and potato chips, Ault Foods for supplying us with the milk, Mrs. Doris Baker for the lovely job she did on the cake, Darrin Nurse for his time and music. Extra Special Thanks to Tony Kelly, Tom Trumper, Nancy Patterson, Judy Baldwin and Kim Godard for their extra special help, for making our 5th Annual Kid's Christmas Party a success.
Thanks Ever So Much, Janice Pilon and Patti McCadden
18

CARD OF THANKS
My deepest thanks to friends and relatives for your expressions of sympathy at the death of my sister Ida Morris.
Eva Johnstone
18

CARD OF THANKS
Thank you very much for all the visits, flowers and gifts received while Mom and I were in hospital and at home. My big brother Derek says thanks for all the gifts he received too. We wish to extend our sincere thanks to Dr. Gerry Rosenquist, Dr. Domanko, nurses and staff of the maternity ward of W.D.M.H.
Yours sincerely, Justin and Marilyn Pilon
18

CARD OF THANKS

CARD OF THANKS
During the recent double loss of our Dad and Mom, we are most grateful to our families, friends and neighbors for their love and support. Thank you for food brought to our home, flowers, cards and memorial donations, the pallbearers, Vice and Brownlee Funeral Homes, Rev. Harwood and Father Bougie, the ladies of the churches for lunches served following the funerals. A special thanks to Betty, Carrie, Lori and Lynne for all their extra help. It has been a difficult time for us but we have so much to be grateful for. God bless.
Jack and Edna Dubois and Family
18

CARD OF THANKS
I would like to thank the members of my family, Father Jim Esper, friends and neighbors for their numerous cards, flowers, gifts and visits. Special thanks to Dr.. C. Adamson, Dr. G.E. Rosenquist and nursing staff. Your kindness and thoughtfulness will certainly be long remembered.
Edythe Foley
18

COMING EVENTS

A CHRISTMAS PAST AT UPPER CANADA VILLAGE - Dec. 27-29 and Jan. 3-5 from 10am- 3:30pm. Celebrate the season in Victorian style! Make your own 19th century decorations and games, enjoy a horse-drawn sleigh ride, listen to "A Christmas Carol" and drop in at the Harvest Barn for hot food and drinks. $3 for adults, $1.50 for students & seniors, children under 6 are free. Call 543-3704 for more details.
18-1

CHESTERVILLE LEGION DANCE - Sat., Dec. 21, 1991 at 9pm at the Chesterville Legion Hall. Featuring Hy and Dry. Everyone Welcome.
18-1

STORMONT JR. FARMERS CHRISTMAS DANCE - Sat., Dec. 21, Crysler Community Centre, 9pm- 1am. Light Lunch. DJ. $5/person or $4 with can of food. No JEANS please.
18

40th WEDDING ANNIVERSARY - The family of Bill and Kathleen MacNaughton would like to invite friends and family to help celebrate their 40th Wedding Anniversary, Sat., Dec. 28, 1991. 9pm-1am at Finch Community Centre. Don Morrell Orchestra. Best Wishes Only.
19

CHESTERVILLE & WINCHESTER LADIES BALL HOCKEY DANCE - Fri., Dec. 20, 1991, Winchester Community Centre, 9pm-1am. Everyone Welcome. Age of Majority.
18

NEW YEAR'S EVE PARTY - Crysler Community Centre on Dec. 31, 1991. 9pm-1am. Disco - Rock. Lunch Served. $10 per person.
19-2

HOWARD JOHNSON HOTEL
Morrisburg
543-3788
Dec. 25
In the Tudor Room. Special Christmas Buffet served at 4pm. $16.95 + tax.
Dec. 31
Celebrate New Year's Eve with our candlelight dinner buffet. Served at 7pm. $16.95 + tax. Make your reservations early.
18-1

WINCHESTER OLDTIMERS HOCKEY DANCE - Fri., Dec. 27, 1991 at Winchester Arena. $3 admission. Disco.
19

CHESTERVILLE SCOUTING MOVEMENT - Will be collecting non-perishables on their float at the Morewood Santa Claus Parade this Saturday. All goods collected will be used to help fill the Christmas baskets.
18

CHRISTMAS EVE SERVICE - 8pm in St. Andrew's Presbyterian Church, Mill St., Chesterville. All are welcome to this celebration of Christ's birth in song, music and meditation.
18-1

COMING EVENTS

BERWICK NEW YEAR'S EVE DANCE - Tues., Dec. 31, 1991. 9pm-1am. Berwick Community Hall. Music by Power Station. Midnight buffet. Spot dances, door prizes. $12.50 per person. For tickets call 984-2955. Come and join in the fun.
19-2

HARMONY CANDLELIGHT SERVICE - Harmony Community Church invites all to share with us in our First Annual Christmas Candlelight Service - "The Songs of Christmas" Sun., Dec. 22 at 7:30pm. Please bring a candle.
18-1

LEGION & LEGION AUXILIARY MEMBERS - Remember our big Christmas pot luck supper is on for this Sat., Dec. 21. Cocktail hour is 6-7pm and the supper is 7-9pm. Ladies are requested to bring a favorite dish.
18

OPEN DOUBLE WEDDING RECEPTION - In honor of Joan O'Brien and Bruce Ferguson and Anna Houser and Hubert Ferguson, Sat., Dec. 21, 1991 at Finch Arena. 9pm-1am. Lunch Served. Everyone Welcome.
18

DUNBAR RECREATION BINGOS - Will start on Thurs., Jan. 9, 1992. Doors open at 6:30pm. Bingo starts at 7:15pm. No person under 16 permitted to come. Bingos every Thursday night.
19

ANGEL TREE
The Angel Tree will be located in the Bank of Nova Scotia. Pick an age and sex of a child, purchase a suitable gift and leave the gift at the bank. Sponsored by the Chesterville Lion's Club.
18-2

NEW YEAR'S EVE BALL - Morrisburg Legion, Don Morrell Orchestra. Midnight Buffet. Tickets available at Morrisburg Legion, Charlie's Sport Shop, Don Morrell. $28 per couple. Tickets are limited.
18

NEW YEAR'S EVE DANCE - Sponsored by Morewood R.A. Tues., Dec. 31, 1991 in the Community Centre. Music by Record Runner Disco. Admission $20 per person. Tickets available from Mrs. Marie Cousineau. Phone 448-2233.
19-4

FLORIDA IN 1992 - Enjoy a pleasant 21-day holiday in Florida with Dundas Tours, Iroquois. Your choice of two tours: CIRCLE TOUR: Both coasts and the Orlando area, Jan. 18 through Feb. 7. MIDWINTER TOUR: Orlando and St. Petersburg areas, Feb. 14 through Mar. 5. Both tours include: All transportation and sightseeing, Hotel accommodation and hotel taxes, Luggage Handling, Experienced Guide, and much more. $1019 per person, (2 sharing room). Call us at 652-2005, or visit our office on Carman Road. We can provide gift travel certificates in any denomination —can be used for any tour we offer —an ideal Christmas gift!
18-2

BINGOS - For the month of Dec. are Sat., Dec. 7 and Sat., Dec. 21, 1991 in the Chesterville Legion Hall. Sponsored by Chesterville Legion Auxiliary Branch 434.
18-3

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

NEW YEAR'S DANCE
December 31
9:00 p.m. - 1:30 a.m.
Finch Community Centre
D.J. PARTY PACK
Advanced: $10.00
Door: $12.50
Buffet
Tickets Available
From Any Lions Member
Sponsored By: Finch & District Lions Club

IN MEMORIAMS

IN MEMORIAM

BAILEY - In loving memory of a dear sister and Aunt Greta, who passed away December 25, 1987.
Those we love go out of sight
But never out of mind.
They are cherished in the hearts
Of those they leave behind.
Always remembered,
Vera and Family
18

IN MEMORIAM

MOKE - In memory of a dear husband and father, Lawrence, who passed away Dec. 20, 1987.
We think of him in silence
No eyes can see us weep
But still within our hearts
His memory we keep.
Sadly missed by
wife and family
18

IN MEMORIAM

NIEDERKORN - In loving memory of a dear son and brother, Russell, who passed away Dec. 21, 1990.
The one's we love remain with us
For love itself lives on
Cherished memories do not fade
Because of loved one's gone
No matter what the season
No matter what we do
We all have loving memories
Of the days we shared with you.
Always remembered by
Mom and Dad,
Sisters, Maggie and Amanda,
Brother, Elias
18

IN MEMORIAM

WHYTE - In loving memory of a husband, father and grandfather, Milton, who passed away December 21, 1990.
Days of sadness still come over us,
Tears and silence often slow.
For memory keeps you ever near us,
Though you died one year ago.
Love Joyce and Family
18

IN MEMORIAM

NIEDERKORN - In loving memory of a dear nephew and cousin, Russell Phillip, who passed away Dec. 21, 1990.
Day by day our thoughts do wander
To the grave not far away
Where they laid our dear nephew
Just one year ago today.
Lovingly remembered by
Uncle Blake, Aunt Lori,
Brandon and Bailey
Henderson
18

IN MEMORIAM

BAILEY - In loving memory of a dear mother and grandmother Greta, who passed away December 25, 1987.
Cherished memories do not fade,
Because a loved one's gone
No matter what the season
No matter what we do
We all have loving memories
Of the days we shared with you.
Always remembered,
Shirley, Harry and Darren,
Kevin and Amanda
18

IN MEMORIAM

BLAIR - In loving memory of a dear father and grandfather, Charles E. Blair, who passed away December 18, 1982.
This day is remembered and quietly kept
No words are needed; we shall never forget.
Always remembered
by the family
18

IN MEMORIAM

BALL - In loving memory of a dear father-in-law and grandfather, Sheldon, who passed away Dec. 19, 1983.
Never more than a thought away,
Quietly remembered every day,
No need for words except to say,
Still loved, still missed, in every way.
Sadly missed by,
Lyle, Linda, Mary
and Bonnie
18

IN MEMORIAM

DILLABOUGH - In loving memory of a dear mother, and grandmother, Lois who passed away Dec. 27, 1983.
When evening shades are falling,
And we sit in quiet alone,
To our hearts there comes a longing
If she only could come home.
Friends may think we have forgotten
When at times they see us smile,
But they little know the heartache
Our smiles hide all the while.
Always remembered,
Donna, Darleen and Family,
Debbie and Family,
Wayne and Family
18

IN MEMORIAM

McMASTER - In loving memory of a dear son and brother Clifford, who passed peacefully away Dec. 24, 1981.
Time slips by but memories stay
Quietly rememberd every day.
A little thought small but tender
Just to say we still remember.
Sadly missed by Mother,
Hugh, Lois and Alan,
Ian and Lori
18



THE WINCHESTER CHIROPRACTIC CLINIC
will be closed Dec. 24-27
We will re-open Dec. 30, 1991
(closed Jan.1, 1992)
If emergency care is required, please call the Manotick Chiropractic Clinic at **692-2562.**

TOWNSHIP OF WINCHESTER

NOTICE:
HOLIDAY HOURS

Township of Winchester
LANDFILL SITE
Boyne Road

will be closed at 4pm on Dec. 24, closed all day Dec. 25 and Dec. 26, closed at 4pm on Dec. 31, closed all day Jan. 1.

Have a Merry Christmas and a Happy New Year!

Heritage Cafe CHESTERVILLE

Thank You

We at Heritage Cafe would like to give all of our valued patrons and well wishers a sincere thank you for all the best wishes, flowers, gifts & assistance they have given us.
We want to especially thank them for their kindly patience with us as we are 'learning the ropes'.
We hope you and yours have a
Merry Christmas & Happy New Year

Watch for our upcoming 'Grand Opening'
Our dining room is now open to the public and is also available for catered open houses, anniversaries, office parties, staff parties, Christmas parties, children's parties, ALL parties.

Leo's Tech Tips



When boosting batteries on computer equipped vehicles make sure ignition is turned off before connecting booster cables.
Drewery
PONTIAC BUICK LTD.
WINCHESTER 774-2360
-00-267-7608
Leo Vanderlaan, Shop Foreman

HOLIDAY SEASON PARTY TRAYS
Made Fresh to Your Order
• Meetings • Office Parties
• Family Occasions • Festive Gatherings.
Guaranteed Freshness!
The Crossover
Morewood - 448-2608
Mon. - Sat. 6a.m. - 9p.m.
Sunday - 9a.m. - 6p.m.

And there was light.
Hundreds of styles of domestic and imported lamps, shades, fixtures and chandeliers.
We're the nobody who undersells everybody!
SATISFACTION GUARANTEED
Lowest Prices - Highest Quality
Our customers are our best advertisement and our business reflects it!
OVER 3,000 LIGHTING DISPLAYS!
The House of Lighting
Presents
The Light Touch
300 Moulinette or Exit 778 off 401
Long Sault, 534-2912 **8 Miles west of Cornwall**
Mon. - Fri. 9 am - 9 pm; Sat. 9 am - 6 pm

Village of Chesterville



No motor vehicle shall be parked on any street in the village of Chesterville, between the hours of **1:01 a.m. and 7 o'clock** the following morning, during the months of November, December, January, February, March, and April.

All motor vehicles shall be removed from the streets, at any time between the hours stated above, to facilitate snow plowing and snow removal.

Any parked vehicle, which interferes with snow plowing or snow removal, will be moved and all costs and charges in connection therewith, shall be charged to the Owner of the vehicle.

John B. Smith
Road Foreman
Village of Chesterville

WINCHESTER DISTRICT MEMORIAL HOSPITAL
TENDER FOR FIRE/LIFE SAFETY AND ELECTRICAL UPGRADE

Sealed tenders, clearly marked as to contents, will be received by Mr. Al. Lewin, Director of Environmental Services, Winchester District Memorial Hospital, 566 Louise Street, Winchester, Ontario, until 1500 hours local time, Wednesday, January 8, 1992.

This is for renovations involving fire/life safety and electrical upgrade to the Winchester District Memorial Hospital.

Tender forms, specifications and drawings are available, after December 17, 1991, only at the office of the Architect:

Helmer Stranks Cole Architects
35 Armstrong Street
Ottawa, Ontario
K1Y 2V4
Phone: 1-613-728-0008
Fax: 1-613-728-2364

Tender documents, available to general contractors only, can be obtained for the refundable sum of $50.00 (per set), in the form of a certified cheque payable to the Winchester District Memorial Hospital.

Mandatory job showing on Friday, December 20, 1991 at 1000 hours. General contractors to meet in Main Lobby of Hospital.

Lowest or any tender not necessarily accepted.

ÉCOLES CATHOLIQUES DES COMTÉS DE
S. D. & G.
COUNTY ROMAN CATHOLIC SCHOOLS
1104 EST PREMIÈRE RUE FIRST STREET EAST CORNWALL, ONTARIO K6H 1N6 TEL (613) 933-1720

AVIS

Nous vous prions de noter que le bureau central du Conseil des écoles catholiques de Stormont, Dundas et Glengarry sera fermé pour affaires durant les vacances de Noël à compter du mardi 24 décembre p.m. 1991 au vendredi 3 janvier 1992 inclusivement.

Veuillez également noter que la prochaine réunion régulière de la Section de langue française aura lieu le lundi 6 janvier 1992 à 19 h 30 au bureau du Conseil.

Gilles Métivier
Directeur de l'éducation

*** **** ***

NOTICE

Please note that the Central Office of the Stormont, Dundas & Glengarry Catholic School Board will be closed for business for the Christmas holidays from Tuesday, December 24 p.m., 1991 to Friday, January 3, 1992, inclusively.

Also take note that the next regular meeting of the French-language Section will be held on Monday, January 6, 1992 at 19:30 hours at the Board office.

Gilles Métivier
Director of Education

CONSEIL SCOLAIRE PUBLIC DE
Stormont, Dundas & Glengarry
PUBLIC SCHOOL BOARD

INCANDESCENT AND FLUORESCENT LAMPS
TENDER # 3-92

Bids will be received by the Purchasing Department until 2:00 P.M., January 16, 1992 for the supply of our 1992 requirements for these materials.

Lowest or any bid not necessarily accepted.

The necessary Tender Forms can be obtained from the Purchasing Department, 405 Tollgate Road, Cornwall, Ontario - Phone (613) 933-6990, Fax (613) 933-4436.

S.D. & G. PUBLIC SCHOOL BOARD
405 TOLLGATE ROAD
CORNWALL, ONTARIO
K6H 5R6

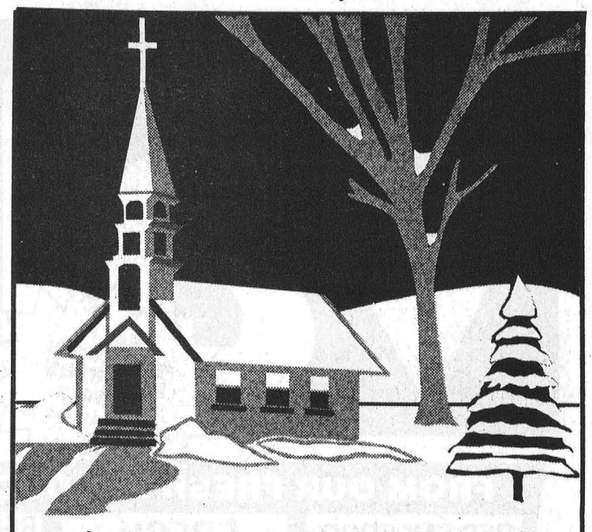
AUDIO VISUAL SUPPLIES
TENDER # 4-92

Bids will be received by the Purchasing Department until 2:00 P.M., January 16, 1992 for the supply of our 1992 requirements for these materials.

Lowest or any bid not necessarily accepted.

The necessary Tender Forms can be obtained from the Purchasing Department, 405 Tollgate Road, Cornwall, Ontario - Phone (613) 933-6990, Fax (613) 933-4436.

S.D. &G. PUBLIC SCHOOL BOARD
405 TOLLGATE ROAD
CORNWALL, ONTARIO
K6H 5R6



CHURCH DIRECTORY

UNITED CHURCHES
Chesterville - Morewood
Minister: Rev. Roy Harwood
448-3549
SUNDAY, DECEMBER 22, 1991

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, DECEMBER 22, 1991
10AM.- Sunday School
11AM. - Morning Worship

7:30 P.M. - Special Video
Truce in the Forest
7:00 P.M. Dec. 24
Christmas Eve Service

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 SERVICES

DECEMBER 22, 1991
10:30 A.M. Family Worship
Christmas Family Sunday

Fourth Sunday of Advent
Pastor Taylor preaching
(Jr. Church & Nursery)
7:30P.M. First Annual
Candlelight Service

MID-WEEK MEETINGS
7:30P.M.
Wednesday - Bible Study & Prayer
Ministering in the
Power of the Holy Spirit
Affiliated with
The Missionary Church of Canada

PRESBYTERIAN CHURCH
Morewood &
ST. ANDREW'S - Chesterville
Pastor: Rev. Bert de Bruijn
448-2516

SUNDAY, DECEMBER 22, 1991
Chesterville
9:30 A.M. - Sunday Worship
Nursery & Sunday School
6:30 P.M. Christmas Concert & Play
Tuesday, Dec. 24th
8:00 P.M. Christmas Eve Service of Carols & Choir Music
Morewood
11:15 A.M. - Sunday Worship
Nursery & Sunday School
COME EXPECTING
LEAVE REJOICING

HOLY TRINITY ANGLICAN CHURCH
CHESTERVILLE
Rev. George Bruce

SUNDAY, DECEMBER 22, 1991
9:30 A.M.. in Chesterville
7:30 P.M. Christmas Eve Dec. 24th
June 1991

DUNBAR PRESBYTERIAN CHURCH
DUNBAR
Rev. Gregory W. Blatch
Organist: Mrs. Marjorie Thom

SUNDAY, DECEMBER 22, 1991
9:30 A.M. - Sunday Worship
Sunday School & Nursery
Candlelight Service
Dec. 24 6:30 P.M.
A Warm Welcome Awaits All"
May 1991

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
Pastor: Rev. John Tangelder
774-6539
SUNDAY, DECEMBER 22, 1991

Effective Nov. 23,
we will be worshiping
in our own church

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.

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, DECEMBER 22, 1991
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, DECEMBER 22, 1991
DUNBAR - ST. LUKE'S
Sunday Worship - 9:15 A.M.
EVERYONE WELCOME

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

ST. MARY'S CATHOLIC CHURCH
CHESTERVILLE
Father Jim Esper
448-3262

SUNDAY, DECEMBER 22, 1991
HOLY MASS
Saturday - 7:30 P.M.
Sunday - 9 A.M. & 11 A.M.
Dec. 24th Christmas Eve
5:30 P.M. Children's Mass
7:30 P.M. Youth Mass.
10 P.M. Mass
10 A.M.Dec. 25th - Christmas Day
7:30 P.M. Dec. 31, New Year's Eve
9 A.M. & 11 A.M. New Year's Day
January 1991

WINCHESTER valu-mart®

Prices effective until Saturday, December 28, 1991.
We reserve the right to limit quantities.

This ad good for 10 days - Dec. 18 - 28

Main St., Winchester 774-2125
Store Hours: Mon.-Fri., 8am-9pm; Sat., 8am-6pm

Now open Sundays in Dec. 12 noon-5pm to serve you better

Large assortment of **Christmas Flowers** Poinsettias, Azaleas, etc.

Win your total grocery order FREE!
One lucky winner will be drawn each Tuesday for the month of December.
Have a safe and happy holiday!

We do **Party Trays & Fruit Baskets** (on request)

FROM OUR FRESH PRODUCE DEPT.

RED EMPEROR GRAPES U.S.A. no. 1, 2.18 kg — lb. .99

FRESH YAMS Product of U.S.A., 1.52 kg — lb. .69

RED OR GOLDEN DELICIOUS APPLES Canada Fancy — 5 lb. bag 3.99

Celery No. 1 grade, product of U.S.A. — 99¢

Navel Oranges Product of U.S.A., size 138 — doz. 1.99

Fresh Pineapples Product of Puerto Rico, President's Choice™ — ea. 1.99

Brussels Sprouts Product of U.S.A., no. 1 grade, 2.18 kg — lb. 99¢

Peaches Product of Chile, no. 1 grade, 3.28 kg — lb. 1.49

Green Onions Product of U.S.A. — 3/99¢

Lemons or Limes Product of U.S.A. — 4/99¢

Onions or Carrots Ontario no. 1 — 2 lbs. 69¢

UTILITY TURKEYS

1.52 kg — lb. .69

With $100 grocery order (excluding tobacco and this item) or pay special store retail

Ocean Spray whole or jellied cranberries 398 ml 1.49

Compare & save up to $10 per turkey

CLEMENTINES juicy

product of Spain or Morocco — 2.3 kg box — 3.99

GRADE A TURKEYS

FROZEN, 2.84 kg — lb. 1.29

Stove Top Stuffing 120 g with coupon below 99¢ (1.29 without coupon)

ICE CREAM

NEILSON'S FAMOUS, 2 LITRES — 2.99 without coupon — 2.49 with coupon

OUR MEAT IS 100% GUARANTEED! AND YES, WE CUT TO ORDER

SMOKED HAMS Whole, 1.49 lb,. 3.28 kg; Butt 1.69 lb., 3.73 kg; Shank 1.69 lb., 3.73 kg; Centre 1.99 lb., 4.39 kg

CORNISH HENS Frozen, 5.49 kg — lb. 2.49

GRADE A DUCKS Frozen, 2.84 kg — lb. 1.29

Maple Leaf Side Bacon Regular, thick, Hint 'O Maple, Wise Choice, 500 g — 1.99

Country Kitchen Hams Maple Leaf, halves, 8.80 kg — lb. 3.99

Golden Fry Sausages Maple Leaf, 500 g — 2.49

Grade A Geese Frozen, 4.39 kg — lb. 1.99

DELICIOUS DELI TREATS

COUNTRY KITCHEN HAMS Maple Leaf, 3.99 lb. — 100 g .88

WAXED BOLOGNA Maple Leaf, 2.49 lb. — 100 g .55

Maple Leaf Polish Coil 2.69 lb. — 100 g 59¢

Maple Leaf Popular Loaves 3.99 lb. — 100 g 88¢

GREAT FOR ENTERTAINING

HOSTESS CHIPS 180-190 g .99

CANADA DRY GINGERALE or mixes, 750 ml (plus deposit) 3/.99

Mott's Clamato Juice 1 litre — 1.99

Whole Cashews President's Choice™, 325 g — 5.99

FROZEN AND DAIRY SECTIONS

FROZEN ORANGE JUICE or citrus beverage, McCain or Five Alive, 355 ml — .99

PILLSBURY CRESCENT ROLLS or wiener wraps, butterflake rolls or pizza crust, 200-283 g — with coupon .99 (1.29 without coupon)

FOR YOUR CHRISTMAS GUESTS

PRESIDENT'S CHOICE™ COLA or assorted varieties 2 litres — .79

COUNTRY HARVEST OR CHAMPAGNE CRACKERS 225-250 g, 1.49 without coupon — with coupon .99

De-alcoholized Beer President's Choice™, 6x355 ml — 3.99

Pretzel Sticks or Twists NoName™, 200 g — 99¢

Tortilla Chips Salted, spicy cheese or ranch, 500 g, NoName™ — 2.49

Microwave Popcorn President's Choice™, 297 g, assorted — 1.99

COKE OR SPRITE

REGULAR OR DIET, 24x355 ML CANS — 5.99 without coupon — 4.99 CASE with coupon

PC Drinks assorted case 4.99 (No coupon required)

NIBLETS CORN

OR ASSORTED VEGETABLES, GREEN GIANT, 341-398 ML — 79¢ without coupon — with coupon .59

Decadent Frozen Pies Cherry, apple, peach or strawberry rhubarb, 1.05 kg — The best pie! 6.99

Cream Cheese Beatrice, 250 g brick — 1.49

Sara Lee Layer Cakes Assorted frozen, 369 g — 1.29

Frontenac Egg Nog 1 litre — 99¢

Dessert Whip Topping NoName™, frozen, 1 litre — Compare to Cool Whip 1.99

Sour Cream NoName™, reg. or lite, 500 ml — 1.49

Frozen Kernel Corn peas or assorted variety, NoName™, 1 kg — 1.99

Fresh Orange or Grapefruit Juice Tropical Grove, 2 litres — 2.19

GROCERY SPECIALS

CAMPBELL'S V8 OR TOMATO JUICE 1 litre jar — .79

CHOCOLATE OR BUTTERSCOTCH BAKING CHIPS Baker's, 300 g — 1.99

Cranberry Juice President's Choice™, 1.42 litres — 2.69

Tenderflake Lard 454 g — 99¢

Baby Dills or Sweet Mixed Pickles, or select variety, NoName™, 1 litre — 2.49

Whipped Salad Dressing President's Choice™, 1 litre jar, reg. or lite — 2.29

Bathroom Tissue Cottonelle, 8 rolls — 2.69

White Swan Paper Towels 2 rolls — 79¢

CLOVERLEAF SOCKEYE SALMON

6.5-7.5 OZ., REGULAR OR SKINLESS AND BONELESS — 1.99

MAXWELL HOUSE

GROUND COFFEE, ASSORTED — 300 G — 1.99 without coupon — 1.49 with coupon

DELICIOUS BAKERY ITEMS

VACHON JOE LOUIS OR CARAMELS CAKES 6s, 2.39 without coupon — 1.99 with coupon

HOTEL ROLLS Betty's, dozen — .99

Christmas Logs Vachon, 460 g — 4.09

Dinner Rolls Weston's, dozen — 1.49

CHRISTMAS GIFT IDEAS

LUXURY BISCUIT ASSORTMENT or Scottish shortbread cookies, 1 kg — 9.99 — Great gift idea for teachers & bus drivers!

GIFT CERTIFICATE for that hard-to-buy-for person — Great Christmas gift

Last week's grocery order winner was Carol Bryan ($105)
Drawn by Francine Stobo

Save at valu-mart — **save 50¢** selected varieties or comparable brand **ICE CREAM NEILSON FAMOUS** 2 L cont — with coupon 2.49 without coupon 2.99 — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG7310

Save at valu-mart — **save $1.00** regular or diet selected varieties **COKE or SPRITE** 24 x 355 mL tins 5.9¢/100 mL — with coupon 4.99 without coupon 5.99 7¢/100 mL — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG7311

Save at valu-mart — **save 20¢** selected varieties vegetables or whole kernel corn **GREEN GIANT NIBLETS** 12/14 oz. tin — with coupon .59 without coupon .79 — Limit two coupons per family purchase. Coupons valid until Saturday, December 28, 1991 at valu-mart only. NG7309

Save at valu-mart — **save 30¢** selected varieties **STUFFING MIX STOVE TOP** 120 g pkg. — with coupon .99 without coupon 1.29 — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG 7315

Save at valu-mart — **save 40¢** Jos Louis or Caramel **VACHON SNACK CAKES** Pkg. of 6/12 — with coupon 1.99 without coupon 2.35 — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG 7316

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Save at valu-mart — **save 50¢** regular, fine or extra fine **GROUND COFFEE MAXWELL HOUSE** 300 g pkg. — with coupon 1.49 without coupon 1.99 — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG 7308

Save at valu-mart — **save 50¢** selected varieties McCormick's **COUNTRY HARVEST CRACKERS** 225/250 g pkg. — with coupon .99 without coupon 1.49 — Limit one coupon per family purchase. Coupon valid until Saturday, December 28, 1991 at valu-mart only. NG 7313

EDITORIAL & OPINION

Editorial

In my own words

Some editors will tell you that every reporter does it sooner or later. Some might even tell you that it's okay. This editor and the reporters at this paper won't.

For most journalists, plagiarism is the cardinal sin. It is theft, albeit theft of words. But in a profession of words, it is a serious crime.

The reporter who plagiarizes is lazy and unethical. And the editor who knowingly lets the uncredited work of another newspaper onto his pages is an accomplice.

In the last three months, we at The Record have been shocked to see three of our original stories later appear, almost verbatim, in other local papers.

No credit was given to The Record, and no one asked our permission to run these stories. They simply read our paper and began typing.

And when contacted by The Record, the editors of these papers, while apologetic, were not fazed.

Most of us in the eastern Ontario newspaper community read each other's papers. Like people in any other industry, we like to see what the competition is up to, and if they know about something we don't.

It's not uncommon for us to read an interesting or newsworthy item in another local weekly or daily and follow up on the story ourselves.

It's just one of many methods we use to gather news.

But never, *ever*, would we take words out of another newspaper and try to pass them off as our own.

Most of our readers know that many of our stories appear in the Winchester Press, and vice versa. And those readers will also know that The Press and The Record are sister papers—part of the same company.

The Press and The Record credit each other's stories. Because if a story is worth printing, it's worth telling the reader who wrote it.

In September, a reporter's byline appeared above a story in another local newspaper one week after the story appeared in The Record. Although there was a feeble attempt to paraphrase parts of the story, most of it was copied word for word.

Recently, two stories were lifted from the front pages of The Record. Although no one else's name appeared above the words, there was absolutely no indication that the stories were not written by a reporter at the paper in which they appeared.

Plagiarism is not only a theft of words, it is a theft of time, ideas, originality, creativity and hard work. To know that some reporter took ten minutes to re-type a story that took us hours to report, research and write leaves a bad taste in our mouths.

But it must be said that our experience with plagiarism has been limited to a small number of area newspapers. Most of the other reporters we read and know in the area are above stealing the work of others.

To anybody out there who thinks imitation really is the highest form of flattery—we at The Record are quite modest, and don't take compliments well.

Elizabeth Moreau

Letters

Hitting the mark

To the Editor:

Touchdown!

I loved your response to Mr. Riddell. If only government people could realize how much time they waste, and how much they earn compared to the private sector. Mr. Riddell thinks he missed the crumbs, and he's right. He was too busy stuffing his face on the cake.

Thanks for the stand,
Shane Kavanagh

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FOUNDED IN 1894

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Robin Morris, Managing Editor
Elizabeth Moreau,Editor
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Published by St. Lawrence Printing Company Limited
Publications Mail Registration No. 0242



From Chesterville's Past

Dec. 22, 1960

Saturday afternoon Chesterville W.I. and other village groups played host to the gentleman in the white beard. He enjoyed himself, vast numbers of kids enjoyed themselves, and one of the best parades for quite a while passed through the streets. Some half dozen floats led by Lil' Toot and the high school band made merry music all the way from the Legion Hall, down Main Street, and around the block, to the hall. Santa Claus was a ball of fire nearly all the time. He told this newspaper he had to be. Mrs. Santa forgot to put out his long underwear; she thought he was going south to Dunbar where it is much warmer.

We understand the reeve has installed a new shower in his basement. Our attention was called to a sklight haze that rose like an atom cloud over his dairy last week. The cause of the blast was explained to us later in the week. It would appear someone forgot to turn off the town valve on his brand new not-yet-connected water line. When the pressure rose in the mains, the water rose in his cellar.

Column

A lesson in hypocrisy

by Robin Morris
Managing Editor

Isn't it a wonderful life? It might have been for Jimmy Stewart. He only had the Great Depression to worry about. When Jimmy thought of ending it all on that Christmas long, long ago, he had his guardian angel — and Frank Capra — on his side. He just had to get his S&L back on its feet — odd isn't it, how history seems to repeat itself.

His kiddies would be satisfied with a few trinkets under the tree. His missus would be just a-glowing with pride at his ability to rebound from adversity and the fade-out that closed this particular chapter of his life would be accompanied by Christmas carols and a boom shot that would have turned SCTV's Johnny LaRue green with envy.

Well Jimmy, welcome to the 90s.

America's S&L's are back in trouble again, but this time on a grand scale and due entirely to the hyper greed that characterized the 80s. Bail-outs calculated to be in the hundreds of billions are needed to safeguard the little guy's savings while up here in the Great White North our banks are healthier than ever. They're even posting record profits as a record number of Canadians and a record number of Canadian businesses go bankrupt.

Mind you now, it's not all beer and skittles in the counting houses of the nation. Bank presidents hasten to caution us that while the Big Six continue to enjoy record profits, the rate of increase of these profits has slowed.

That's right. The rate of increase of bank profits isn't accelerating as quickly as it had in the decade just closed. It's enough to bring tears to the eyes of those legendary bean counters Jacob Marley and Ebenezer Scrooge — and to Members of Parliament, who are shedding crocodile tears at the usurious interest rates the banks continue to impose for their charge cards, all the while dining on their subsidized meals in Parliament Hill restaurants and voting themselves increases in their tax-free allowances.

Their pity, tinged with the hyprocrisy of seeking political advantage, we can do without.

And speaking of hypocrisy, our old friend Shelley Martel is back in the news.

Surely you remember Shelley? MPP for Sudbury East and Minister for Northern Development in the Ontario Knee Deeper cabinet? Minister in Charge of Witch Hunts, Circumvention of Due Process and the Provincial Thought Police?

It seems that Shelley the Activist just can't keep her gob shut when it comes to matters of health care, a portfolio in which she has no more legal interest than you or I, and this time she's really landed herself in hot water after admitting that she lied when she claimed last week that an unnamed Sudbury doctor, who is fighting the province's $400,000 salary cap for specialists, was about to face criminal charges.

Shelley claimed to have seen confidential files about the charges the doctor was to face and then later admitted that she fabricated the whole story during a heated argument with a Thunder Bay city councillor.

Last spring Shelley and then-Minister of Women's Issues Anne Swarbrick got themselves in trouble when they admitted in the Ontario Legislature that they had written letters to the College of Physicians and Surgeons asking that the licence of a North Bay doctor convicted of sexually abusing four young female patients be lifted. Shelley wrote her letter on a constituency letterhead; Anne wrote hers on a ministerial letterhead. The indiscretions of both came back on neither head.

At that time, both at least had the sense of common decency to offer their resignations for their admitted indiscretions.

But their boss, Ontario's Little Pink Rae of Sunshine, would have little of it. He refused the offers and allowed both to stay in cabinet even though a few short months before he had brought in the toughest set of guidelines in this country for the conduct of cabinet ministers.

Since then, he has lost more cabinet ministers who, despite their well advertised social democratic sympathies, just can't keep their hands out of the cookie jar.

It appears as if his guidelines don't extend to slander or lying.

Which brings us back to Shelley, who stands to gain nothing financially from her brief flirtation with slander. Shelley just seems to care a lot about how much people earn and how they conduct themselves and how the legal system can be breached when someone does something with which Shelley disagrees.

She answers to a higher set of values.

Her own.

Shelley just seems to be a, well, you know: a fanatic. Well-meaning, but fanatical. The ends justify the means. Just like Oliver Cromwell and Tomaz de Torquemada, Spain's first inquisitor-general and probably a really fun loving guy who seems to have gotten a lot of bad press from the families of those he had burned at the stake. But he always meant well. Yessirree, Bob. "This is going to hurt me a lot more than it's going to hurt you and besides, it'll make the world a better place, now stop flailing about, you're blowing out my matches."

Leeds-Grenville MPP Bob Runciman tried to make sense of Premier Rae's exercise in semantics about our little Shelley, telling the premier in the House that he was a hypocrite for not sending her packing to the back benches.

For this breach of parliamentary conduct, Runciman was tossed out of the House.

Now let me see if I've got it right: Shelley seems to have gotten her self-righteous little hands on some confidential OHIP documents and blurts out their contents; then she admits that her attempt to slander a doctor was a lie; then she refuses to submit her resignation, and the premier says it's all okay, now let's get down to the serious business of parliament because she hasn't breached any cabinet guidelines.

This comes after he has already refused to accept her offer of resignation when she admitted she attempted to use her position as an MPP to influence the decision of a quasi-judicial body.

And it comes after he accepted the resignation of former Health Minister Evelyn Gigantes, one of his few competent ministers, after she inadvertently let slip the name of an Ontario resident who had undergone treatment at a U.S. clinic for a drug dependence.

Then Bob Runciman gets bounced from the House for calling him a hypocrite for refusing to ask for the resignation of an admitted liar.

Now when you explain it that way, it all makes perfect sense!

It's politics!

THE FARMER'S WIFE'S

By Wyn Thompson

December, regardless of the recession, the unity crisis, or whatever, is still packed with many treats. The first snowfall comes and the world, or at least the world outside Eastern Ontario's windows, wears a mantle whiter than foam.

The evergreens are lovely with fallen snow sprinkled with a few ice pellets which glitter when the sun comes out reluctantly. We see the pasturelands with blue shadows across the snow and we know the beauty of a world dipped in pearl shimmer and we listen for the owl, hopeful that it might be a big "Snowy" come down this year from the northlands in search of food. Hopeful, too, that before spring we may catch one glimpse of him.

The year winds down and we are busy with the enjoyments of hearth and home. This is the month when, even if we have neglected the house a bit during the rush of fall chores, we give it an extra bit of spit and polish. The smell of lemon oil mixes beautifully with the crisp tinge of evergreens.

It is the season when family and friends will gather for quiet get-to-gethers over tea and scones with jam, and we will want our home to be festive.

Homemade wreaths have become a tradition at Hill House. Some years a big cedar wreath with a lovely red bow hung on the front door does a proper job of saying "Merry Christmas." Other years it will be grapevine and this year it will be a sheaf of wheat decorated with a red bow and bird, the Polish tradition of remembering the birds at Christmas.

The twelfth month has that special aura that even a cold, sleety day like the one I am experiencing today can not dispel its pleasures. It is a day to make the meat loaf I plan to take to the UCW pot luck supper the end of the week. Once made, it can be put in the freezer and removed for baking on the appropriate day.

It is the day to make some goodies for the Writer's Guild finger food get-together after our Sunday afternoon meeting, I say, as I take a panfull of tiny cup cakes, slated for the Open House of a craft shop I am involved with. A bit of icing and a sliver of cherry makes them a delicacy fit to serve the Queen.

I can take time to write the small notes that will accompany our small gifts of remembrance to family and close friends on Christmas Day. It is, perhaps, the year to return to our roots and enjoy the simple country pleasures.

My favourite place for writing these little notes is by the fireplace in the family room. Lady dozes nearby. Time was when she and Scamp-cat looked forward eagerly to present-wrapping time.

When wrapping paper was put on the floor beside my chair, Lady would definitely think it was nap time to be enjoyed on the inviting heap. And, of course, before any self-respecting spoodle lies down, it digs at its napping place.

Scamp, on the other hand, loved to settle on top of a freshly wrapped gift, effectively flattening the red velvet bow I'd just finished making. If I shooed him from the package while I was retying the bow, he would immediately swoop across the room and climb the Christmas tree. Ah well, 'tis the season for animals also.

Now is the time when the 'potting and stewing' of last summer seems very worthwhile. A jar of jam, decorated with a bow and a gingham top, becomes a lovely gift for a relative or friend. And it's pleasant to fill a basket with homemade pickles and jelly.

Decorating the Christmas tree and hanging the greens is surely one of the season's delights. Every family has its own way of carrying out these traditional tasks. We have friends who through all the years have continued to thread popcorn and cranberries into garlands for their trees. Red bows perkily placed among the ropes of garlands, all caught up in the glow of a single spotlight discretely placed on the floor spells a Happy Christmas, indeed.

Our tree holds ornaments collected through the years, each one with its own story to tell. When we have finished decorating, the shining Christmas tree creates a magic that we are never too old to enjoy.

Actually, I am glad that the first pilgrims did not have their way, for if they had December 25 would be just like any other day on the calendar. In 1620, the Puritans at Plymouth Colony banned Christmas celebrations, connecting the holiday with the Anglican revelling they had left behind.

In 1659, the General Court of Massachussets went so far as to arrest "whosoever shall be found observing any such day as Christmas or the like, either by forebearing labour, feasting, or any other way." The fine was five shillings for each offense.

Connecticut law was even more specific, prohibiting "the making of mince pies, playing at cards, or performing on any instruments of music except the drum, trumpet, and Jew's harp." Though the laws were repealed in 1681, Christmas was considered a common workday in Boston until 1856.

The fun-loving Dutch, however, continued their homeland traditions when they landed in Niew Amsterdam (now New York) in 1625. They honoured their St. Nicholas on his feast day, December 6, by drinking punch, playing games, and roasting the first Christmas turkey.

In the early days, gifts were given only to the children, their candy and toys hidden in their stockings. Original to America is the community tree. Up until about 1900, only one in five families had a Christmas tree of their own. Instead, an evergreen was set up in the schoolhouse, church, or town hall for everyone to decorate and enjoy. This custom seems to be returning and I am glad!

When the shining evergreen is completely decorated, it creates a magic we are never too old to enjoy.

Nor do most of us ever become too sophisticated for a candlelight service on Christmas Eve, when ringing bells and singing voices rise up to the stars in the sky where it all began a couple of thousand years ago.

Later that night, if we are lucky a light dusting of snow will refresh our world. Back home, with the joyful Christmas music still in our heads, we open the front door to check the weather before going to bed, admitting a breath of cold air.

Inside, the glow of the fire, the sparkling of the tree, and a warm drink and piece of Christmas cake awaits. But we pause a moment and breathe deeply and enjoy the beauty of the scene.

BIRTH

BIRTH ANNOUNCEMENT
THOMPSON - For David and Laura (Beres) on Monday, Dec. 2, 1991 at Aurora, a son, Liam. Happy grandmothers are Mrs. E. Beres of North York and Mrs. June Thompson of Winchester.

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Karen Leigh, daughter of Roger and Betty Lou Cole of Chesterville, and Blair Robert, son of Malcolm and Valerie Paterson of Kemptville, were united in marriage on Oct. 12, 1991 at Trinity United Church, Chesterville. Our special friend, Rev. Harold Sorenson officiated the ceremony.

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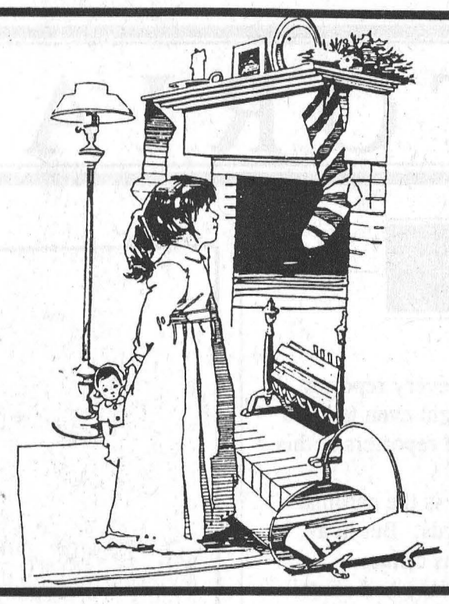
Provincial Liberal Riding Association for Stormont, Dundas, Glengarry and East Grenville

NOTICE OF ONTARIO LIBERAL LEADERSHIP ELECTION MEETINGS

Members of the Provincial Liberal Riding Association have a direct vote in selecting the next leader of the Ontario Liberal Party. Voting on the Leadership Candidate of Choice and the election of Delegates to the Leadership Convention in Hamilton, February 7-9, 1992 will be held at:
Seaway District High School, 2 Beach Avenue, Iroquois, Ontario
Saturday, January 11 1992
The nomination meeting for delegates to the Leadership Convention will be at
1:00 p.m. Doors open at 12:30
Voting on the Leadership Candidates and the Delegates to the Leadership Convention will take place
from 3:00 p.m. to 8:00 p.m.
Those wishing more information on the new procedures may attend a meeting at the:
Treasure Island Restaurant, Ingleside, Ontario at 7:30 p.m. Thursday, 2 January 1992

John McAllister
President
SDG&EG Riding Association
652-4337



Season's Greetings

During the holidays our thoughts turn gratefully to those who are making our progress possible. May we extend a sincere Thank You and wish you a Merry Christmas & Happy New Year.

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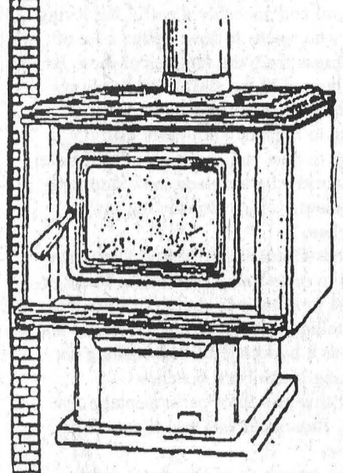

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Advertising deadline will be
Friday, Dec. 27 at 10am

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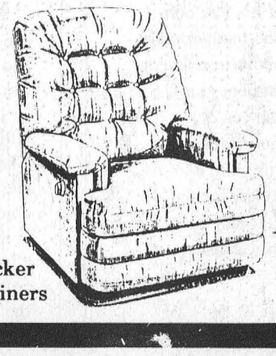
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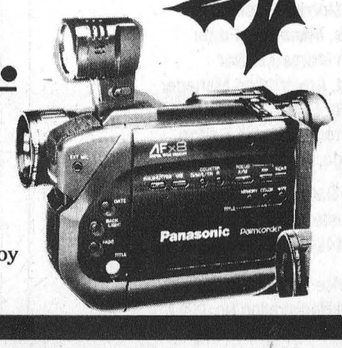

Palmcorders by Panasonic



Finch celebrates season in the snow



The 1st Finch Brownies kept bundled up as they marched through the snowy streets of Finch in Saturday's parade



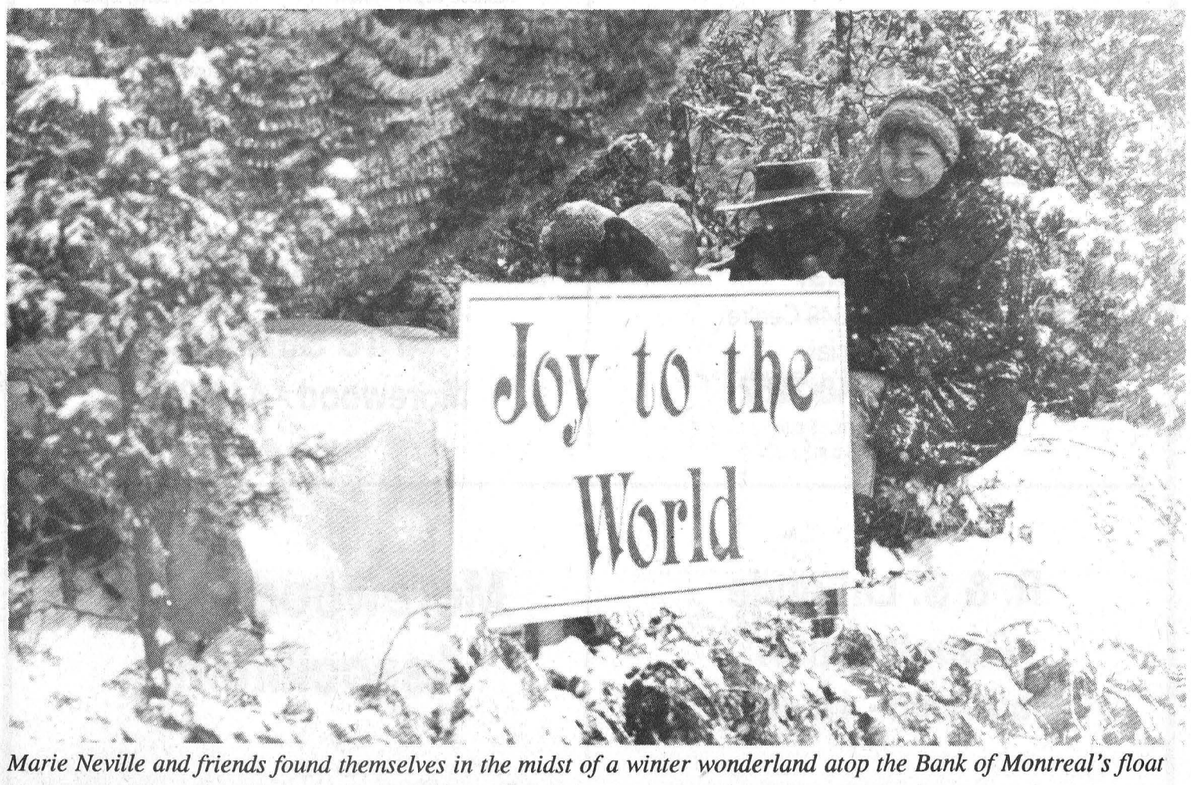
An old-fashioned Christmas was the theme of this float



A broom wasn't enough to fight the weekend snow, and this frosty fellow had to watch his step



Finch firefighters gave a waving Santa a ride



Marie Neville and friends found themselves in the midst of a winter wonderland atop the Bank of Montreal's float

SANTA CLAUS IS COMING

To Crysler

Santa Claus Parade

Sunday, December 22

1:00 p.m.



Parade starts at Crysler Home Hardware & ends at Crysler Community Centre

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Puppet production

Cornwall artist Lor Pelton visited Elma Public School last Friday to show students the art of puppetry. This Grade 5 class made hand puppets out of paper bags, using markers, paint, sparkles, scraps of wallpaper and fabric, and other supplies to decorate them. Earlier in the day, she helped Grade 6 students make two-foot-high marionettes. Pelton says puppets help develop children's creativity and stimulate imagination. Record Photo - Moreau

Berwick marchers brave winter chill



The North Stormont Express Junior 'C' hockey team braved sub-zero temperatures in Berwick's parade Sunday



This young boy, one of many kids who waited to see Santa in the Berwick Community Centre after the parade, assures Santa he's been good all year. Kids has their wish lists ready for St. Nick, who listened attentively.

Record Photos by Moreau and Hewitt



Participants peer out from the Ontario Hydro float

Kids watched from the sidelines as the floats passed



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Volley champs
Maple Ridge's A team claimed the 1991 Dundas County senior boys' volleyball title that was up for grabs last Tuesday at Nationview. The winning team members are (front left) Derick Fisher, Troy Elliott, Ryan Swerdfeger (back left) Jason Ross, Jason Heuff, Bryan Heuff and coach Deanne Sanders. Joshua Adams is missing in photo.
Record Photo - Boersma

North Stormont records 12-4 win over Rockland

FINCH - The North Stormont Express romped over the Rockland Nats, as they posted a 12-4 win last Thursday.

The Express blasted 65 attempts on their opponents' net, while Express' goaltender Paul Seguin faced 27 shots against him, in their only game last week in the Eastern Ontario Junior C Hockey League.

It didn't take long for the Express to take a 1-0 lead when John Mackler fired in a play set up by Roch Benoit and Kevin Villeneuve with 4:43 played.

But the Nats got it back just two minutes later to tie the game.

With just under six minutes left in the first period, Dale Murray scored to put the Express ahead 2-1. Chris Leroux and Jeff MacLean drew assists.

Then 1:32 later, Todd Hay added to the Express' lead by finishing off a play created by Dan McMillan and Dave Duprau.

North Stormont wasted little time in the second period, as they went ahead 8-1, before giving up another goal to their guests.

The Express averaged a goal every three minutes during the first 15 minutes of the period. Benoit fired in two markers as Mackler, MacLean and Villeneuve each scored once.

With just 1:04 remaining, the Nats scored their second goal of the game.

Rockland got things started in the final period as they connected for their third goal with just 41 seconds played.

But Leroux needed just another 37 seconds to take care of a feed from Murray, giving the Express a six-goal cushion.

At 6:01 the Nats drilled in their final successful play of the game.

But that didn't stop the Express from hitting the mesh another three times before the buzzer sounded to end the game.

Leroux, Benoit and Villeneuve wrapped up North Stormont's scoring game with a goal each.

This week the Express will play their home game on Friday night. Starting time is 8 p.m. as they take on the Casselman Cambridge Stars.

All-Stars

Finch will host the league's annual All-Star game on Friday, Dec. 27 at 8 p.m.

North Stormont will be represented by Jeff McLean, Kevin Villeneuve, Roch Benoit, Dave Lavergne, Jeremy Logtens, Dale Murray and coach Steve McRae.

The team will be playing with members of Casselman and Vankleek Hill teams.

Players from Embrun, Rockland and St-Isidore will provide the opposition.

The Record Sports

Call in your scores to 448-2321

Junior Devils win exhibition play

MAPLE RIDGE - The North Dundas Devils junior boys' basketball team topped North Grenville 55-36 in exhibition play here last Friday.

Sean Salter led the Devils' offence by hooping 22 points against the competition, with 14 of his points being scored in the opening half for an early lead.

North Dundas hooped 24 points in the first half, holding a 10-point lead midway through the contest.

The Devils outscored their guests 21-10 in the third quarter to take a 45-22 lead into the fourth quarter.

In the final eight minutes of play, North Grenville took control, outscoring North Dundas 12- 10 to lose by 19 points.

Dan McLeod helped Salter on offence by sinking 14 points, Ryan Buske contributed seven and Rod Merkley added four points.

Maple Ridge boys' win volley title

SOUTH MOUNTAIN - It was a banner day for the Maple Ridge boys here last Tuesday as they ruled the volleyball courts. Maple Ridge and the St. Cecilia Saints from Iroquois emerged from the day long-round competition as the top two squads in Dundas County.

When the final whistle had sounded the Ridge had defeated St. Cecilia 15-7 and 15-11 to become 1991 Dundas senior boys volleyball champs.

Tournament convenor Jack Barkley was pleased with the event noting the fine play and sportsmanship provided by all of the coaches and athletes. He also thanked Seaway High students - Lawrence Chan, Phillip Brisebois, Rhonda Beckstead, David Hill as well as James Hodge and Shane Nichol from NDDHS for refereeing the tournament.

The Maple Ridge team began their day blanking Stampville 2-0 (15-1, 15-4). Nationview's team was next on the hit list but only after a 2-1 match won 9-15, 15-13, 15-10 by the champs. Stampville then lost to the 'Ridge 15-7, 15-7. Nationview then fell in straight sets 15-4, 15-9. St. Cecilia started their journey to the championship match beating Stampville 15-10, 9-15, 15-4. Nationview then fell 2-1 (10-15, 15-13, 15- 3). Stampville fell 15-8, 15-4. The Saints swept Maple Ridge 15-10 and 15-6. Nationview then took the Saints to three games but lost 15-4, 14-16, 15-8.

Nationview's team posted three 2-0 decisions but lost a pair of 2-1 decisions.

Other scores included Maple Ridge beating Nationview 15-1, 15-13. Nationview beat Stampville 15-6, 12-15, 15-8. Stampville turned back Maple Ridge 9-15, 15-2, 15-0. Maple Ridge defeated Stampville's team 15-2, 1-15, 15-7.

Stampville's A team unbeatable in girls volleyball tournament

MAPLE RIDGE—After sweeping five consecutive games by 2-0 scores it looked as if the Nationview Public School Reds wouldn't miss a beat as they faced Stampville's A team in the 1991 Dundas County Senior Girls Volleyball championship match.

But Stampville shook up their opposition by knocking them off 18-16 in the opening set of the best of three final.

Nationview took an early lead and looked to have Stampville on the ropes leading them 9-4. Stampville rallied again late in the game when they were down 14-9 and eventually won it 18-16.

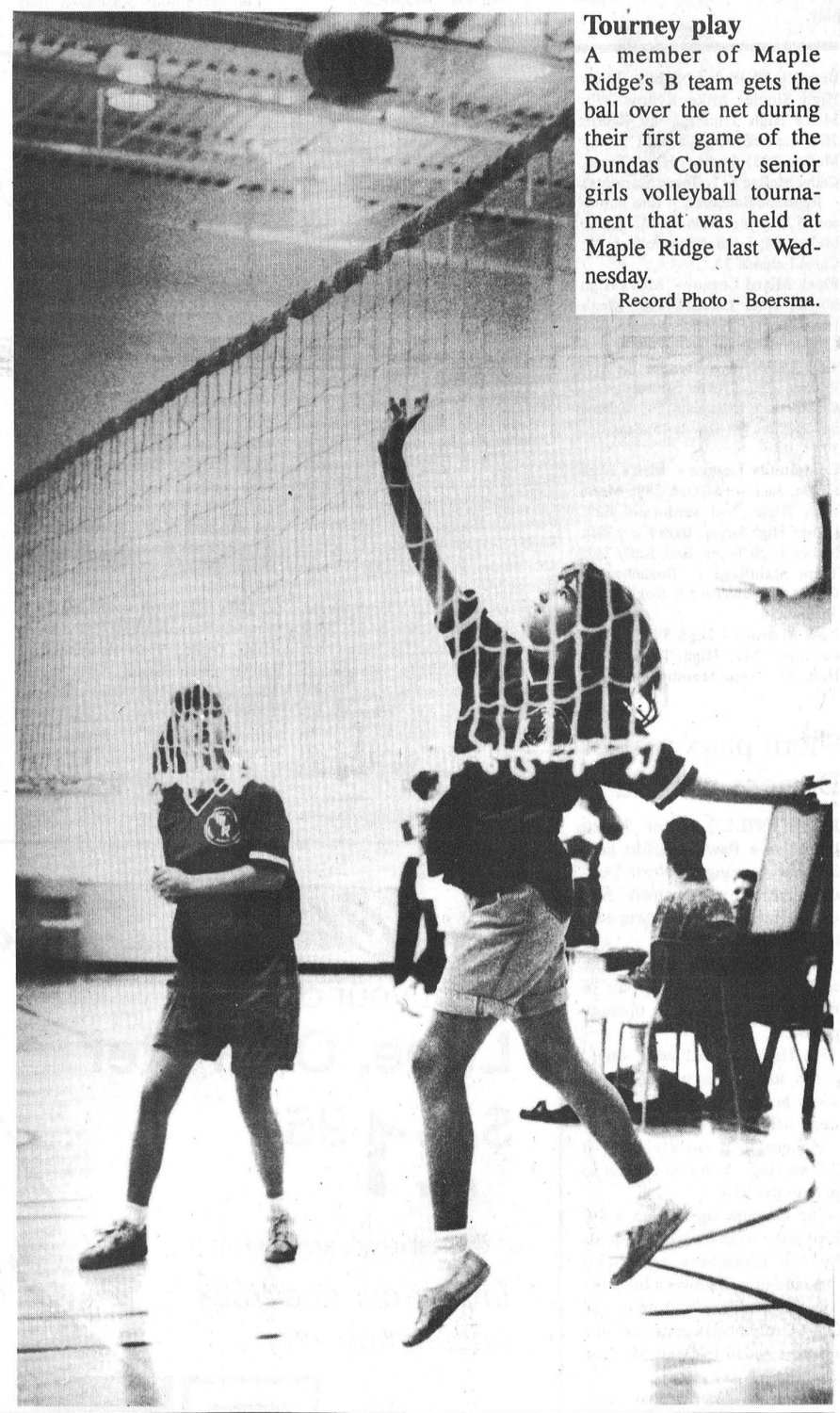
A short break between games gave Reds' coach Jack Barkley enough time to rally his troops. Nationview tied the match up 1-1 posting a 15-4 win. It took a strong effort in the third and final game but Nationview prevailed by a 15-10 score and claimed the '91 silverware.

The Nationview A team defeated Maple Ridge B 15-2 and 15-6 to open the event.

Stampville A got a preview of the championship match and lost a 10:30 am meeting 15-13 and 15-1. Stampville's B team could do no better losing 15-2 and 15-1. St. Cecilia also fell in two losing 15-3 and 15-4. The host Maple Ridge A team also fell 2-0 losing 15- 5 and 15-6.

Stampville As only round-robin loss was to Nationview A. They did defeat St. Cecilia 16-14, 15-5; Maple Ridge A 15-12, 15-12; Maple Ridge B 16-14, 15-4 and Nationview 15-2, 11-15, 15-5.

In other games St. Cecilia defeated Maple Ridge A 2-1. Stampville B swept Maple Ridge B 2-0. St. Cecilia defeated Stampville B 2-0. Nationview B bumped Maple Ridge B 15-9, 15-9. Nationview B out-gunned St. Cecilia in three games. Nationview B won two of three against Stampville B. St. Cecilia blanked Maple Ridge B 2-0. Maple Ridge A whitewashed Nationview B 2-0 and polished off Stampville B 15-1, 15- 1.



Tourney play
A member of Maple Ridge's B team gets the ball over the net during their first game of the Dundas County senior girls volleyball tournament that was held at Maple Ridge last Wednesday.
Record Photo - Boersma.

Junior Devils heat up to win

CORNWALL - The North Dundas junior Devils needed the first half of last Wednesday's basketball game to get things started, but once they did there was no stopping them.

The Devils pulled away from the St. Joseph's Panthers in the second half, and never looked back as they beat their opponents 66-49 in the Stormont, Dundas and Glengarry junior boys' basketball league.

The Devils led 17-12 after the first quarter, and at the half they were leading by just six points.

But the Devils had little problem pulling away from the Panthers in the second half, outscoring them 34-23 for the 17-point victory.

Junior Devils' coach Mark Lewis said the absence of starter Rodney Merkley made the team unbalanced, and it took a while for the team to adjust.

"We were without Rodney yesterday. So anytime you're missing a starter like that, it's a little shaky."

The consistent Sean Salter came through for the team once again, and did most of the scoring for the junior Devils.

During the first half, Salter received four fouls against him. And although Salter played the entire second half he never fouled out of the game.

"He played really well. He played a real smart game," Lewis commented.

Lewis also was inspired by the performance of Dan McLeod, who picked 18 points for the Devils and strongly defended the team.

"He was a rebounding machine," Lewis said.

"Dan McLeod was a real spark. He controlled the back boards, and that really helped us out quite a bit."

But Lewis quickly added, "They (the junior Devils) are all playing really well. We're making some mistakes out there, but not as many as the other team."

Lewis also commented on the commitment of the entire team.

"The kids are still hungry. They haven't gotten complacent, and they're still working hard," he said.

Salter led the Devils' offensive attack, supplying 24 of the Devils' 66 points.

McLeod contributed 18 points, Ryan Buske hooped nine, Jay Cull sunk eight, Mike Singh added six and Sean Hachey scored a single point.

Beck, Burns stop Braves

CHESTERVILLE—The B&B combination of Darryl Beck and Darryl Burns was red hot here last Thursday night.

The duo combined on a perfect game as the North Dundas, Ault Foods, Demons skated to a 5-0 UCMHL Pee Wee B victory over the visiting Brockville Braves.

The last time around the Braves knocked the Demons off right on Chesterville ice. But on this occassion North Dundas was out to avenge their first loss of the season.

Beck got the start and handled all four shots he faced. Burns came on in relief and stopped the three drives sent his way.

Chris Hum blocked 21 of the 26 shots the Demons fired at him.

North Dundas took a 3-0 lead in the first frame. Tylor Copeland opened the game up scoring what would prove to be the winning goal at 8:14 of period one. Stephen Henderson and Chris Mann picked up assists on the play.

Craig Holmes upped the difference to 2-0 when he connected on a a pass sent him by Ryan Filion and Mathew Foley at 5:15.

Copeland's unassisted marker 2:05 before the end of the period made it 3-0.

Mike Casselman clicked on an unassisted play and enlarged the lead to 4-0 with 9:49 left in the sandwich session.

Stephen Henderson made it a 5-0 final when he snapped in a Tylor Copeland rebound at the 9:40 mark of the final frame.

TOURNEY SPLIT

North Dundas split a pair of games at Saturday's Pee Wee B tournament in Alexandria.

Matthew Foley gave the Demons a 1-0 win over Cumberland when he cashed in a pass from Craig Holmes and Ryan Filion with just 1:28 left in the game.

Darryl Burns got the start in the Dundas net.

The host Alexandria squad then sent North Dundas packing beating them 5-3 in the semi-final round.

The game was even (2-2) after a period and still tied 2-2 after two.

A three-goal third gave Alexandria the win.

Matthew Foley and Mike Casselman netted the Demons' first period goals scoring on powerplays started by Ryan Filion and Andy Carkner at 4:51 and Ryan Swerdfeger and Ryan Holmes at the 0:23 mark.

Ryan Swerdfeger's unassisted goal scored with 2:05 left in the game proved to the Demons' third and final tally.

Clarke's too much for senior Devils

CORNWALL—Mike Clarke drained a game-high 29 points here last Wednesday and his production was enough to beat the visiting North Dundas Devils.

North Dundas, now sporting a win and two losses, produced a team total of 25.

"Clarke is a better player than his older brother," marvelled Devils' head coach Gerry Jean following his team's 85-25 loss.

"He (Clarke) is so good in close. He can slam it, he pulls in the rebounds, has the turn around jump shot. He has it all," he added.

Clarke netted 10 points in the first quarter. The Devils had eight and trailed 36-8. It was 49-10 at the half as Clarke added nine points.

Clarke slowed in the second half pumping three buckets in the third period and two in the final quarter.

Coach Jean said his charges played with a lot of heart but just couldn't come close.

"The boys played with heart, did their best and never gave up," he said.

Devil's tallest man, Chad Simpson, had to try and cover Clarke and coach Jean said he (Simpson) did his best considering he gave up six inches in height and a mile in overall reach.

North Dundas' coach says the St. Joe's Panthers have to be one of the strongest SD&G Senior squads on the floor this year.

"They (Panthers) don't have the eldest Clarke this year but everyone else is back plus the best of last year's Junior team. Their second string is stronger than most teams' first string."

Chad Simpson led the Devils' attack with eight second-half points and a total of 10. Jamie Kennedy was number two shooter with five. Three of Kennedy's five came on a third period three pointer.

Phil Burns, Greenshade, Doug O'Connor and Mike Hess each supplied two points while Jason Stevens nailed one of two free throws.

This week's home date with the CCVS Golden Raiders has been postponed so the next action the Devils will see will be in 1992 (Jan. 8) when they will meet the Char-Lan Crusaders in Williamstown.

White falls short, Green wins 6-5 in town league

CHESTERVILLE - Green held on to a 5-2 first-half lead to nip White 6-5 last Wednesday during action in the Chesterville Mens' Town Hockey League.

Mark Smith was Green's only skater to get the puck past White's goaltender in the second half, but it was enough to secure a Green victory. Rodney Casselman set up the game-winning play.

The Green team skated to a comfortable 5-2 lead after the first 30 minutes of play.

Green's first-period scorers were Smith, Tony Fraser, Pat Kelly, Dan Dubois and Ken Carscadden.

John Guy and Barry McShane each potted a goal for White during the first period.

But the White team started picking away at their opponents' lead in the second half. Ray Sheerer began the club's comeback bid by scoring on a pass from Sandy Johnson.

Sherrer's goal was followed up by markers from Johnson and Guy, but it was the goal by Smith that gave the Green the victory.

Brothers Ken and Kevin Byers each scored twice and assisted for another to lead Maroon to a 5-4 win over Blue last Wednesday in CMTHL play.

The Maroon team went ahead 2-1 in the opening half, thanks to a goal each supplied by Ken and Kevin Byers.

Lonnie MacIntosh was the only player to score against Maroon's netminder Ben Henry during the first 30 minutes of play.

Both teams racked up three goals in the final half, allowing the Maroon team to post a one-goal victory.

Steve Douglas, Kevin Byers and Ken Byers each scored once for Maroon.

Blue's Jeff Moore, MacIntosh and Dolton Henry scored in the losing battle.

Junior Lancers, Vikings too close for comfort

CORNWALL - It was too close for comfort, as the Rothwell-Osnabruck Lancers edged out the General Vanier Vikings 43-42 last Friday during action in the Stormont, Dundas and Glengarry junior boys' basketball league.

With just seconds remaining the Lancers led 43-40, but the Vikings gave their opponents cause for worry as they brought the ball down the court to make the basket.

However, the two points were not enough for the Vikings, as there was virtually no time left to tie the game.

Junior Lancers' coach Bob Thompson said, "He (the Viking player) thought he was shooting a three pointer. And if he would have been a foot further back he would have tied the game."

In the second half the Lancers pulled away to take the lead, but for Thompson it wasn't a comfortable lead.

"We were ahead, but we never got far enough ahead," he said.

After the first quarter the game was tied 9-9. And at the half the teams were still tied up. The score was 23-23.

The Lancers finally took the lead, outscoring their opponents 11-4 in the third quarter for a 34-27 advantage heading into the final quarter.

But the Vikings rallied in the fourth, pouring in 15 points while the Lancers sunk nine points of their own to pull off the one-point victory.

Jeff Wannamaker led the Lancers' offence, hooping 14 points. Rob Murray contributed 10, Andrew Pate added nine, Mike Roger scored four while Tim Currier, A.J. O'Connor and Steve Telewiak each sunk two points.

Lancers 62 - Vikings 58

Andrew McEwan poured in 22 points, leading the senior Lancers to a 62-58 victory over the Vikings last Friday in SD&G play.

The Lancers' senior boys' team got off to a slow start, and were trailing the Vikings 13-11 after the first quarter.

But the Lancers fought back to take a 32-30 lead by the halftime break.

The Lancers outscored their rivals 17-14 in the third quarter to lead 49-44 with just eight minutes remaining.

Although the Vikings were able to get the better of the Lancers in the fourth quarter, they were unable to overpower their total game effort.

Senior Lancers' coach Ray Glenn said McEwan and Randy Paquette were the power behind the victory.

"Those two guys are my star players," Glenn said.

Paquette helped out McEwan's 22-point game by contributing 17 of his own along with being a defensive force, getting nine rebounds.

Lancers' Brad Wannamaker hooped six points, Paul MacIsaac scored five while Shawn Peever, Ken MacLeod and Jason Woodside each hit for four points.

Pierre Landry leads Crysler to victory

FINCH - Pierre Landry scored three goals and assisted on another to lead the Crysler Riders to a 5-3 victory over the Avonmore Aces last Sunday in the North Stormont Intermediate Hockey League.

At 10:52 of the opening period, Landry scored the Riders goahead goal with assistance from Bobby Jack Hart and Roger Courville.

With under four minutes left before halftime, Dan Pidgeon hit between the Aces' pipes, putting the Riders ahead 2-0 after taking a feed from Landry.

But with just 57 seconds showing, Bruce Casselman replied for the Aces. Jeff Johnston and Francois Regnier drew assists on the play.

The Riders took back their two-goal lead at 5:23 of the second. Frank Landry fired in a pass from David Mason.

Avonmore struck back with two goals, tying the game 3-3. At 6:48 Johnston scored after connecting on a pass from Frank Sinfield.

Sinfield went on to score the deadlock at 12:05 with help from Kevin Poapst.

Pierre Landry put the Riders back on top with a goal at the 14:52 mark, after picking up a pass from Hart.

With just two seconds remaining, Landry ensured the Riders of a win, scoring unassisted to make it 5-3.

Finch 8 - Berwick 5

In the other Sunday night game, the Finch Merchants posted an 8-5 win against the Berwick Blazers.

Dwayne Spinks led the way to a Merchants' victory scoring three times and assisting on three other goals.

Play in the first period saw the teams battle back and fourth for the lead, but when the period ended both clubs had scored four times.

Spinks had netted two goals for the Merchants while Gord MacDonnell and Terry Gove had each potted a goal.

The Blazers' Brian Brown kept his team in the game by scoring a hat trick in the period while Bernard Grady scored once.

The Merchants outscored their opponents 4-1 in the second half to clinch the win.

Guy Ireland, Ed Gove, MacDonnell and Spinks each scored a goal for the Merchants while Larry Delgreco was the only Blazers' skater to get the puck past goaltender Barry Perras in the second half.

In the Friday night action, the Crysler Riders were led to a 9-6 victory over the SD&G Classics thanks to the effort of Pierre Landry.

Landry scored four goals and assisted on three other plays.

Kevin Poapst and Kevin Renwick each scored twice, leading the Avonmore Aces to a 4-2 win over the Berwick Blazers.

Brian Brown and Eric Thomas each scored once for the losing team.

Bowling

Berwick Thursday Night - Men's High Single, Mike Kearns 278; Men's High Triple, Mike Kearns 764. Ladies' High Single, Cathy McRae 293; Ladies' High Triple, Cathy McRae 611. **Team Standings** - Rejeanne Sanders 53; Sue Robinson 52; Joyce Helmer 51; Cathy McRae 44; Leah Anne Pollock 38; Carol Lalonde 35.

Finch Mixed League - Men's High Single, Noel Lalonde 340; Men's High Triple, Noel Lalonde 784. Ladies' High Single, Ila McElheran 300; Ladies' High Triple, Ila McElheran 737. **Team Standings** - Cruisers 55; Alleycats 54; Cabens 54; Spitfires 49; Devils 45; Smarties 37.

Community League - Men's High Single, Joel Verdurmen 289; Men's High Triple, Joel Verdurmen 629. Ladies' High Single, Barb Kelly 290; Ladies' High Triple, Barb Kelly 742. **Team Standings** - Roxanne 63; Gerald 62; Andrew 52; Jack 47; Pat 36; Joel 34.

Busy Matrons - High Single, Elsie Gallinger 244; High Triple, Lois Hummel. **Team Standings** - Lois 55; Elva 50; Sharon 49; Debbie 49; Elsie 46; Jean 24.

Wednesday Afternoon Ladies - High Single, Virley Edwards 271; High Triple, Norma Cass 685. **Team Standings** - Virley Edwards 64; Norma Cass 50; Elizabeth Brooks 48; Debbie Hess 34.

Wednesday Night Mixed League - Men's High Single, Mike Glaude 308; Men's High Triple, Mike Glaude 723. Ladies' High Single, Barbara Ann Glaude 265; Ladies' High Triple, Barbara Ann Glaude 595. **Team Standings** - Elaine Te-Plate 82; Barbara Ann Glaude 65; Kenda Kingma 47; Donna Dusomos 46; Wilma Witteveen 41; Connie Bennis 34.

Les Copains - Men's High Single, Francois LeClerc 247; Men's High Triple, Francois LeClerc 710. Ladies' High Single, Marguerite Blanchard 213; Ladies' High Triple, Pauline Paquette 531. **Team Standings** - Daniel LeBlanc 57; John Tremmaglia 55; Francois LeClerc 54; Liliane Martel 47; Daniel Martel 40; Gilles Beaudry 20.

Avonmore Mixed League - Men's High Single, Noel Racine 245; Men's High Triple, Noel Racine 611. Ladies' High Single, Mary Marjerrison 283; Ladies' High Triple, Beulah Rielly 684. **Team Standings** - Charlie 158-1/2; Mary 152-1/2; Beulah 149; Gordie 147; Florence 140; Viola 136.

Williamsburg Mixed League (Friday Night) - Men's High Single, Bob McLeod 254; Men's High Triple, Bob McLeod 700. Ladies' High Single, Dianne Hoogeveen 239; Ladies' High Triple, Dianne Hoogeveen 690. **Team Standings** - Al Capone's Mob 75; Just Warm'n Ups 58; Dark Horses 52; Smurfs 48; Flying Rockers 43; Rock'n Rollers 36.

Crysler Club 60 - Men's High Single, Yvan Rouleau 218; Men's High Triple, Yvan Rouleau 628. Ladies' High Single, Anita Richer 222; Ladies' High Triple, Simone Lafleche 548.

Matilda League - Men's High Single, Barry Fawcett 281; Men's High Triple, Bill Leclaire 678. Ladies' High Single, Marilyn Payne 248; Ladies' High Triple, Mary Lynn Plummer 592. Hidden Score 133 - Shirley Leclair 132. **Team Standings** - Michael Hunt 34480; Brian Wilson 34121; Barry Fawcett 33980; Tony Derks 33840; Terry Cohen 33794; Bill Horner 33559.

Defenders League - Men's High Single, John Seguin 272; Men's High Triple, John Seguin 617. Ladies' High Single, Mary Lynn Plummer 255; Ladies' High Triple, Mary Lynn Plummer 652. **Team Standings** - Oswald 58; Bertha 47; Mary Lynn 47; Terry 40; Debbie 45; Bob 38.

North Stormont Ladies - High Single, Mary Marjerrison 337; High Triple, Virley Edwards 832. **Team Standings** - Orioles - Mary 60; Blue Jays - Pat 49; Eagles - Doris 46; Ravens - Linda B. 41; Hawks - Rae 39; Robins - Linda R. 38.

Annual Pins Overaverage Turkey Bowl - Was held Sun., Dec. 15 with thirty five bowlers participating at Chesterville Bowl. The winners were: Trent Antille 240 pins over; Allison McRae 165 pins over; Brad Leclair 164 pins over; Katie McCabe 159 pins over; Nick Beehler 108 pins over; Cindy Giroux 86 pins over; Jim Cooper 82 pins over; Tom Benjamin 77 pins over; Marcel Soucy 73 pins over. **High Singles** - Jim Cooper 281; Trent Antille 265; Marcel Soucy 292; Randy Leclair 281; Katie McCabe 304.

Shortt plays perfect Demons win 5-0

KEMPTVILLE—Tyler Shortt turned in a flawless effort here Saturday backing the North Dundas Demons in their 5-0 UCMHL Senior Novice win over the host Royals.

North Dundas cracked open the scoreless contest with a pair of last-minute goals in the opening period.

Pat Hamel netted what would prove to be the winning goal when he scored from Will McLean with 58 seconds left.

McLean then quickly made it 2-0 scoring with one second to play in the first.

The Demons opened up a 4-0 lead in the second period on goals by Jon Chambers and Scott Drummond. Chambers hit from Tyler Hoy at the 7:54 mark and Scott Drummond connected on a relay provided by Matt McBean at 1:24.

Chambers' second goal came with 1:04 left on the clock and made it a 5-0 final. Hoy and McBean drew assists on that play.

The game was played without a single penalty being called.

The Demons weren't as successful on the exhibition trail dropping a 5-2 decision to the Char-Lan Rebels in Williamstown on Friday.

Jon Chambers scored both goals for North Dundas. His first was unassisted at 1:56 of the first period and second was engineered by Will McLean at 9:18 of period two.

Rebels opened up a 1-1 game scoring three times in the second period.

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North Dundas junior Devils still unbeaten

ARNPRIOR - The North Dundas Devils are keeping their unbeaten record alive.

Last Saturday at Arnprior High School, three wins helped up the Devils record to 13-0, and gave them their second junior boys' basketball tournament title of the season.

Coming off a tournament victory at home, the Devils clinched Arnprior's tournament title by defeating the Renfrew Collegiate Raiders 65-37 in the championship game.

The Devils wasted little time, leading 13-6 after the first quarter. They kept adding to their lead in the second half, outscoring their opponents 22-5 to go ahead 35-11 by halftime.

North Dundas slowed down in the second half, but they still managed to improve on their lead. They led 54-26 after three quarters.

Both teams hooped 11 points in the final quarter, as the Devils' 28-point third-quarter lead stood for the win.

Rodney Merkley led the Devils' offensive attack in the A championship game, pouring in 17 points. Mike Singh contributed 10, Ryan Buske added eight while Sean Salter and Sean them into the A championship final.

The Devils had little difficulty collecting a 23-14 lead in the opening half.

Powered by Sean Salter's nine points in the second half the Devils stayed on top for the win.

Salter scored 14 points in the game, Ryan Buske and Rod Merkley each hooped 10. Mike Singh added six and Dan McLeod sunk five points.
Hachey each sunk six points.

Qualifying

North Dundas made their way to the A side with a 53- 38 triumph over the team from Thousand Islands in their first encounter of the tournament.

At halftime, the Devils had taken a 31-14 lead.

However, during the second half they were outscored 24-22 by their competitors. But their first-half lead proved more than enough for the win.

Sean Salter led the Devils to victory, hooping 24 points during the game. Dan McLeod sunk 10 and Ryan Buske made eight points.

The Devils continued their success by posting a 51-35 win over Sir Robert Borden, advancing

Losing week for basketball Warriors

WILLIAMSTOWN - The La Citadelle Patriotes' third- quarter scoring burst lifted them to a 52-41 victory over the Tagwi Warriors in Stormont, Dundas and Glengarry senior boys' basketball league play last Friday.

Throughout the entire first half the game remained tight. In fact, after one quarter of play the score was tied 14-14.

But the Warriors were a bit better than their opposition in the second quarter, taking a 25-24 lead at the half.

The Patriotes made their move in the third quarter, jumping to a 38-29 lead before heading into the fourth quarter.

"We died in the third quarter," senior Warriors' coach Larry Poirier said.

"Defensively we couldn't stop their number one star at all."

The senior Warriors' played man-to-man defence, but Poirier said a zone would have been much more effective against the Patriotes.

Poirier concluded, "This is a game I think we should have won. (And) I was disappointed in all- around play."

Dean Canham, Rod MacKillican led the Warriors' offence, sinking 10 points each. Stefan Uhr and Jason Norman both scored six, John Wood added five while Kevin Poirier hooped four points.

Junior action

The junior Tagwi Warriors were put down 64-47 by the La Citadelle Patriotes last Friday in SD&G play.

The Warriors stayed close to their opponents during the first quarter, trailing by only two points, 10-8.

But the Patriotes pulled away in the second quarter, and led 31-20 at halftime.

The Patriotes added to their advantage in the third quarter, taking a 47-30 lead.

Both teams scored 17 points in the final eight minutes of play, enabling the Patriotes to hold on to their 17-point third-quarter lead for the win.

"We played really well," junior Warriors' coach Joe Stelmach said. "I was quite impressed with our overall play."

The Warriors greatest threat was the Patriotes' highest scorer Rudy Nelson. And the Warriors were able to stop him at 15 points.

But while the Warriors concentrated on stopping Nelson, they gave up 14 points each of two other members of the opposing team.

Brian Johns led the Warriors' offence with 12 points, Todd Stelmach added 11, John Poapst conributed seven, Mike Tyrell sunk six while Darryl Sobering hooped five points.

Warriors vs Raiders

AVONMORE - Both the junior and senior Warriors lost to the visiting Cornwall Collegiate Raiders here last Tuesday.

The juniors Warriors were beaten 67-53 while their senior counterparts lost 71-62.

Todd Stelmach poured in 21 points against the junior Raiders. Mike Tyrell made 14 and Darryl Sobering scored seven points.

The senior Warriors' offensive leader was Rod MacKillican, dropping in 29 points. Dan Canham and Kevin Poirier both scored 15 points.

Number One Demons edge out counterparts

CHESTERVILLE—Joey Hillis and Dylan Roberts combined to set up the winning goal for Ryan Thompson here last Thursday as the North Dundas No. One Demons edged the No. Two Demons 4-3 in an UCMHL Atom C encounter.

Thompson converted the play started by Hillis and Roberts into what proved to be the winning goal with 6:04 left on the clock.

With goalie Jesse MacLean standing his ground for the final 6:04 the No. Ones were able to hold off their namesakes for the 4-3 victory.

Rory Moriarty scored from Grant Norris for the opening No. One marker at 11:40 of the first period.

Marty Link evened things up scoring for the No. Twos at 10:30. Brent Sheldrick helped out on the play.

In the second session Sheldrick gave Andrew Douma the pass and Douma made it a 2-1 contest at 8:30. Ryan Thompson evened things up scoring from Dylan Roberts at the 3:20 mark but the No. Two Demons took a 3-2 lead with 1:10 left in the period. Chad Johnston found the mark with a pass relayed to him by Grant Booth and Bradley Payne.

Joey Hillis gave the No. One Demons a 3-3 tie when he beat Bobby Hamelin on a play started by Rory Moriarty just 22 seconds before the end of the period.

Ryan Thompson's second goal of the contest at 6:04 of period three gave the No. Ones an exciting 4-3 victory.



A member of the Smiths Falls Bears plows in to a skater from the North Dundas Midget Demons last Sunday in Winchester. The Demons won their first game of the season, beating the Bears 7-3. Record Photo - Boersma.

Midget Demons snap winless record, win 7-3

WINCHESTER - It finally happened.

The North Dundas Midget Demons snapped an eight game winless drought to beat the Smiths Falls Bears 7-3 here last Sunday.

Teamwork and a desire to win paid off as the Demons collected their first two points of the season in the Upper Canada Minor Hockey League.

It took only 1:35 for Colin Cotnam to score the Demons' go-ahead goal with assistance from Chris McFarlane and Troy McNaughton.

Just 1:24 later, Phillip Brisebois picked up a pass from Brendon Bumbaco, scoring shorthanded to give the Demons a 2-0 lead.

The Bears pulled within a goal of the hosts at 10:27. But the Demons came right back, scoring two quick goals before the first period ended.

Bumbaco found the net at the 11:37 mark after picking up a feed from Brisebois. Darrell Bloom also drew an assist on the power-play goal.

With just five seconds left, Jason Ouellette lifted North Dundas to a 4-1 lead with pass assistance from Pete Decooman.

Aron Sherrer added to the Demons' lead by drilling the puck past the Bears' goaltender just 33 seconds into the second period. Cotnam and Grant Williams picked up assists.

At 2:40, Bumbaco finished off a play that was started by Brisebois.

Tim Freeland iced the Demons win by scoring unassisted just seconds before the game ended.

Warriors 4 - Demons 1

BROCKVILLE - On Thursday, the Brockville Warriors handed the North Dundas Midget Demons their eighth loss of the season, posting a 4-1 victory.

Brockville held a 4-0 lead before North Dundas finally hit the scoreboard in the third period.

Pete Decooman scored the Demons' lone goal at the 5:39 mark after conecting on a feed from Troy McNaughton. Martin Pancirov also drew an assist on the play.

The Bears struck back late in the period, scoring twice on the Demons' netminder Denis Desormeaux. Goals at 10:27 and again at 12:57 cut the Bears deficit to 5-3.

During the final period Desormeaux kept the Demons cage clean while their offence went on to score another two goals.

Fitness Forum



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

Vitamin C...And Stress

Our bodies have two powerful systems that help it cope with physiological and psychological stress: the nervous system and the endocrine system.

Our nervous system controls rapid body changes in response to the environment, while the endocrine system regulates longer term patterns of response through the release of hormones into our bloodstream. In fact, they work together in close teamwork. These two systems meet in the hypothalmus, the area of our brain that co-ordinates with the master endocrine gland, the pituitary.

There has been good evidence to suggest that most stress-related diseases occur when the hypothalmus orders up an improper balance of stress hormones. These hormones are helpful when we need to react quickly to a stressful event, but they appear to create problems when we have a chronic oversupply revving our body's stress-reaction systems into a perpetual (many physicians say, deadly) high gear.

Vitamin C apparently plays a direct role in the stress response. Our body's highest concentration of this vitamin is found, it's said, in the adrenal cortex, right in the middle of the endocrine system. Our body apparently uses this vitamin C to chemically regulate the levels of our stress hormones.

It's not surprising then, that we need more vitamin C when we're under stress, and the more severe the stress, the greater the drain on our vitamin C. In studies of burn patients, of people recovering from surgery, injury, illness, or infection, it's known that the body's need for vitamin C increases.

Vitamin C also seems to help our body adapt to the stress of extreme temperatures, both heat and cold. Researchers studying mine workers found that although miners got adequate amounts of vitamin C in their diets, they had very low levels in their blood. When scientists supplemented the workers' diets, they found that they were better able to withstand the heat. Vitamin C appeared actually to reduce the perspiration rate and improve blood circulation close to the skin, which resulted in more efficient control of body temperature. While most of us don't work in a mine, we can still use this benefit to our advantage. We, in Ontario, know well the extremes our temperatures can drop, or soar to!

Vitamin C has also been proven to prevent the buildup of heavy metals in the body. These toxic substances —such as lead, mercury and aluminum —can lead to a variety of blood diseases, as well as a variety of serious problems, including Alzheimer's disease, mental retardation, hemorrhage and anemia.

My Silent Achievers this week are all of you who participated in the local Christmas Parades. They've been terrific!

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

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SPORTS CALENDAR

Chesterville Men's Town Hockey League
Wed., Dec. 18
7 p.m. White vs Maroon
8:15 p.m. Blue vs Green
Location: Chesterville Arena

Winchester and District Men's Broomball League
Sun., Dec. 22
7 p.m. Prescott/Russell vs Ormond
8 p.m. Toyes vs Winchester
9 p.m. Morewood vs Voyageurs
10 p.m. Newington vs Manotick

North Stormont Jr. C Express
Fri. Dec. 20, 1991
Casselman vs North Stormont
In Finch at 8 p.m.

North Stormont Intermediate Men's Hockey
Finch Arena
Thurs. Dec. 19
8 p.m.
Avonmore Aces vs SD&G Classics
9:30 p.m.
Finch Merchants vs Crysler Riders
Sun., Dec. 22, 1991
Avonmore Aces vs Finch Merchants
9:30 p.m.
SD&G Classics vs Berwick Blazers
11 p.m.



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