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SEAWAY NEWS

MARCH 22, 1998 VOLUME 12, ISSUE 12 SERVING CORNWALL AND AREA

Think Heart Smart!



March is nutrition month!! According to the Heart & Stroke Foundation, cardiovascular diseases kill more than 77,000 Canadians every year. Don't flirt with a heart attack! The Heart & Stroke Foundation says to reduce your risk; stop smoking, control your blood pressure, eat a low-saturated-fat diet, be physically active and maintain a healthy body weight. Maynard's YIG, was the place to be on March 16th, as recipes from the *More Heart Smart* cooking book by Bonnie Stern, were prepared by various Cornwall chefs. Pictured demonstrating his culinary art techniques, using products graciously supplied by Bruce Maynard, is Mayor Brian Sylvester. Looking on with heart smart tips of their own are Bruce Tessier (left), President Heart & Stroke Foundation and Master Chef John Divinski (right), Variety 104.5/CJSS.

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Around the Counties

Sunset Ceremonies Return To Fort Henry in Kingston

Sixty sensational years have passed since the historic opening of Fort Henry on August 1, 1938 by Prime Minister Mackenzie King. In honour of celebrating Fort Henry's 60th anniversary, Sunset Ceremonies will return to Fort Henry this July and August, each Wednesday evening at 7:30 pm. Visitors will be treated to this world famous performance, featuring battle tactics by the Fort Henry Drill Squad, the Corps of Drums of the Fort Henry Guard and the Artillery Detachment. This 1-1/2 hour show will feature a spectacular fireworks finale. Admission rates for adults is $12.50, children 5 to 16 years of age are $6.75 and children four years of age and under are $1.00. Special group rates are also available. A special VIP Dinner/ Performance package is also available, featuring an historic dinner offered by Barracks Banquets, a Guard escort to balcony seating, all for $49.95 inclusive. For reservations and information call 1-800-437-2233.

Managers Lose Jobs at WDMH

In a shake-up in management at Winchester District Memorial Hospital, five managers were dismissed and asked to leave the premises on Monday afternoon, reported CUPE president Rhonda Acres, RPN.

According to Acres the managers affected were Roy Glassford, director of operations; Sandra Brannon, director of patient care services; Betty Guy, nursing co-ordinator, Jim Elwood, purchasing agent; and Hollie Forrester, health records administrator.

"We knew there would be a shake-up in management from the beginning," Acres said. "Winchester won't stand alone in its changes... it's happening all over the province. It's not a happy place."

Acres added that lay-offs in other areas of the hospital are still unknown, as the bumping process must take place first. What is known is that seven full-time RPN jobs will be gone, along with one housekeeping position, two dietary aids, and one laboratory aid.

Spring Meltdown



As our communities gear up for the inevitable spring meltdown from the recent devastating Ice Storm, citizens search for ways to maintain the trees on their properties which have sustained damage from the ice storm. Most smaller trees will recover if left alone but the older denizens of our woodlots will require proper evaluation and care to continue their life cycle. Jim Hendry, a stewardship coordinator for the Minister of Natural Resources for S.D. & G. gave a spirited and informative lecture on all the proper procedures to follow in caring for our wooded friends, including the use of chainsaws should any tree of limb need cutting, at the Osnabruck Seniors Support Centre in Ingleside on March 16th. Pictured with Mr. Hendry are Fran Laflamme, George Hickey and Alan Rafuse.

(photo by Aubrey Johnson)

Local Businesses Rally in Support of YSC Project

Twelve participants of the Youth Service Canada (YSC) group in Alexandria have commenced working on the Garry River Watershed Report Card by building bird nesting boxes, clearing trails, monitoring water quality, planning for tree planting and organizing "Springfest", a family event at the Bonnie Glen, scheduled for Sunday, March 29th. The Watershed Report Card team has been overwhelmed by the show of support from the community with the donations of supplies and support. Using donated material and volunteer help from the local Scouts, bluebird and wood duck nest boxes are being fabricated and will be installed within the Garry River Watershed. Participants have been working diligently on clearing nature trails. The trails should be cleared and ready for use by the summer. YSC participants have also been going door to door with pamphlets promoting tree planting in the Garry River Watershed. Seedlings will be provided free of charge to those interested by the Raisin Region Conservation Authority (RRCA). Interested landowners along the Garry River system can contact the RRCA at 938-3611.

Benefit Dance

A benefit dance is being held for the Laing Family of Williamstown who lost their home to a fire during the January ice storm. The dance will be held at the Glendale Hotel in Summerstown on March 28th from 8 pm 'til 1 am. Tickets are $6.00 per person or $10.00 per couple. A DJ will provide music and a light lunch will be provided. All proceeds will go to the Laing Family. The dance is sponsored by the Eastern Ontario Paint and Pinto Horse Club.

Lancaster Legion Asking For Financial Aid

The Lancaster Legion has asked South Glengarry council to help them out financially. The Legion has a $3,200 overdraft and $3,000 worth of bills outstanding. The current work being done to the Legion building and the loss of power for 12 days in January, both of which disrupted the use of the building, is being blamed for some of the problems.

North Glengarry Discusses Policing Options

North Glengarry Council is considering options for policing the townships. The OPP presented new options during a recent meeting. One option included a full-time, 24 hour, five year police service contract for $1.189 million to $1.305 million per year. The OPP would also allow the Alexandria police officers the opportunity to remain employed for a minimum of three years, under an expanded OPP. Another option from the North Glengarry Police offers 12 constables and costs about $1.4 million.

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Building Inclusive Schools Project



Quality education is worth defending in our schools. However, some students are beging sent away and discriminated against because of their disability or learning difficulty. Traditional education systems measure some student's differences and deficits, label them as requiring special attention, take them out of regular classrooms, group them and then expect them to become more capable before earning the opportunity of returning to the system. The students are then said to have integrated into the regular school system. The Building Inclusive Schools Project assists school communities in creating a common vision, dealing with change and implementing effective instructional strategies for diverse classrooms in which the gifted child is given an individualized academic program as a member of a regular class, with kids of the same age. Noted psychologist Abraham Maslow taught us that we cannot truly achieve until after our basic and safety needs are met and until we belong. The Building Inclusive Schools support education for all students where it is understood that belonging comes before learning. The Building Inclusive School Project, now in its third year of activity, is supported by funding from the Minister of Education and Training and the Canadian Association for Community Living.

Pictured (l-r) at a recent Cornwall symposium on the Coalition for Inclusive Education are Patrick Worth, People First Leader; Lily Bullied, Educational Assistant, Dundas Junior Public School; Kemp Rickett, Principal, Dundas Junior Public School and Marilyn Dolmage, Project Coordinator. (photo by Aubrey Johnson)

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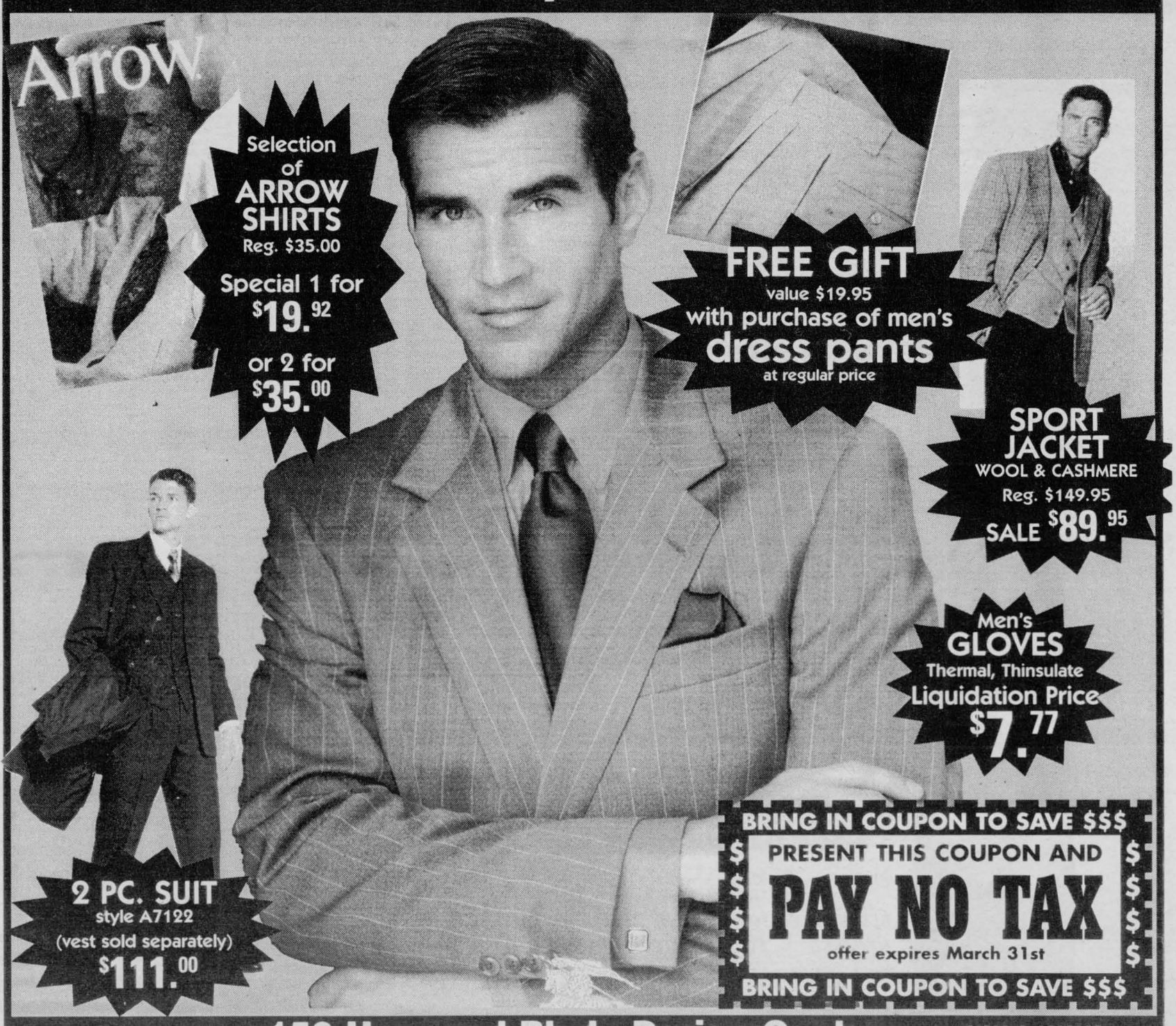

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In & About CORNWALL

Business Self-Help Centre Seminar

The Cornwall Business Self-Help Centre, a facility jointly sponsored by the City of Cornwall's Economic Development Department and the Ontario Ministry of Economic Development, Trade and Tourism, along with the Centre for Business and Industry Services is presenting a seminar for prospective entrepreneurs called "Marketing and Advertising". This presentation features information and advice from Mark Kulick, Business Consultant with the Cornwall Economic Development Self-Help Office; Frank Holiday, CJSS/CFLG; Rob Lalonde, Persuasive Design and Bob Peters, Webtech. The seminar provides pertinent data for anyone interested in learning about marketing and advertising a business. The seminar is scheduled for Wednesday, March 25th, from 6:30 pm to 9:30 pm at St. Lawrence College, Moulinette Hall, Room 264.

Cornwall Welcomes New Family Physician

The community's medical recruitment efforts have once again been successful with Dr. Julie Rodrigue, a family physician setting up practice in Cornwall. She will be sharing downtown facilities with Dr. Mary Jane Randlett, another of the City's family practitioners. Dr. Rodrigue was encouraged to join the Cornwall medical community through the joint efforts of the City's Department of Economic Development along with a volunteer recruitment team from Hotel Dieu Hospital. Dr. Rodrigue was first encountered by the recruitment team in Ottawa where she was studying medicine at the University of Ottawa. She was invited to visit Cornwall to see the hospitals and to speak with city physicians and made the trip from Ottawa several weeks ago. "Everyone was so pleasant and helpful during my visit," reports Rodrigue. "My husband and I both feel that Cornwall is a great place for our young family and it made our decision an easy one." The recruitment team will continue to seek opportunities to attract doctors and at last report, had hosted a visit by a second family physician who is interested in considering Cornwall as a place to set up practice.

Ernie Jackson Leaving Cornwall


JACKSON

At a special meeting of the Board of Directors of Cornwall Electric, the Board accepted with regret, the resignation of Mr. Ernie Jackson, Vice President and General Manager. The change is effective April 20th, 1998. Mr. Jackson has accepted a job in the Turks and Caicos Islands, British West Indies. Mr. Jackson expressed his regrets that he will not be part of the team that will see the transfer of Cornwall Electric from City ownership to ownership by Consumers Gas Energy Inc. Mr. Jackson further stated that he remains convinced that the sale of Cornwall Electric to Consumers Gas Energy is without a doubt the best alternative available to the City. Ronald Bergeron, President of Cornwall Electric, said "we regret losing Mr. Jackson who has so ably guided Cornwall Electric through some difficult times recently and during the past few years. We understand however, that Mr. Jackson has been provided a great opportunity to further his career and we wish him well. The Board of Directors has appointed Mr. Robert Winn, currently Comptroller, to the position of interim General Manager effective April 20, 1998. Mr. Winn has been an active participant in assisting with the sale of the company to Consumers Gas Energy and the Board has full confidence in his ability to guide the company through the transition from City ownership to ownership by Consumers Gas Energy.

Teen Cornwall Officially Launched

Teen Cornwall was officially launched on February 6th and February 7th. The launch began with a Much Music Dance held at the Cornwall Civic Complex. The dance was an overwhelming success, a capacity crowd of 700 attended and over 300 were turned away. The following day featured a complete day of activities and ended with a performance by Rapunzels Tower, a local band. Teen Cornwall main objective is to encourage youths to feel a new sense of pride about themselves and their community. For information about Teen Cornwall, contact Diane Wallace at 933-4004.

Meltdown '98 Buttons

Meltdown '98 buttons are now for sale and qualify you for prizes from March 16th to 28th. Sixty (60) twenty five ($25) dollar prizes will be awarded to persons spotted wearing the Meltdown '98 button in S.D.&G and the City of Cornwall. Those spotted will be entered for a prize of $250 to be awarded Sunday, March 22nd at "Meltdown '98" with another $250 awarded at the Morrisburg Operating Engineers Training Institute March 28th. Also sixty (60) ten dollar ($10) prizes sponsored by MacDonald's will be awarded to children wearing buttons with a $100 gift certificate awarded at Meltdown '98 and $100 at the Morrisburg Banquet March 28th. For further info. call 932-9533 or 1-888-991-9196.

Summer Job Programs for Students


KILGER

Summer jobs provide not only work experience, but the opportunity for young people to discover their potential and make informed decisions about their future careers. Students also use their summer job earnings to help pay college or university fees and living expenses. The Liberal government has made it a priority to increase opportunities for student summer jobs. This summer, the government will invest $120 million to create jobs for at least 60,000 students. Industry Canada offers five summer work programs for students in the field of information technology, a high-growth industry with many job opportunities. SchoolNet Youth Employment, the Student Connection Program, and the Community Access Program, hire students to connect teachers, businesses and rural communities to the Internet, and train them to use it. Students will work creating multimedia projects through the SchoolNet Digital Collections program or repairing computers through the Computers for Schools program, which distributes surplus computer equipment to schools across Canada. Human Resources Development Canada (HRDC) offers five programs, including Summer Career Placements, which provides wage subsidies to employers who create career-related summer jobs for students. Young entrepreneurs can start their own summer businesses with Student Business Loans of up to $3,000. Through the 360 Human Resources Centres for Students across Canada, young people can get help in their summer job search, or attend information sessions on job hunting, resume writing, and interview preparation.

Wedding & Trade Show "A Huge Success"

The Wedding Specialist Group hosted its second Wedding & Trade Show last Sunday at the Civic Complex, with overwhelming success. The Group, in a community minded effort, donated booths to the Knights of Columbus Local 5806, Crime Stoppers, SD&G Disaster Relief Fund and the Dave Ezard Foundation. Brides and grooms experienced a whole new way of shopping for their wedding day. With over 30 booths lavishly displaying products and services, people were invited to sample food products from local caterers, secure their photographer, florist, hall decorator, cake decorator, music and yes even choose a wedding gown. It is certainly a unique and creative way of presenting Bridal Shows and there will be more shows to come. Watch for the next Bridal Show in the fall. Special thanks to D.J. Steve who provided music which gave the added touch for the day.

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1,000 Families Receive Emergency Aid From Eastern Ontario Disaster Relief Committee

Through the Canadian Red Cross, the Eastern Ontario Disaster Relief Committee (EODRC) has paid out $144,000 to meet the emergency needs of approximately 1,000 families in Eastern Ontario. The figure was reported at the EODRC's regular weekly meeting held in Rockland, Ontario, hosted by the Prescott- Russell Disaster Relief Committee.

"The Eastern Ontario Disaster Relief Committee was established to deal with claim settlements and fund raising," said Jim Bennett, Chair of the Eastern Ontario Disaster Relief Committee. "However, these are medium and long term efforts and many families simply do not have the resources to wait until damage claims can be settled. The effects of the storm were particularly hard for many on low incomes, fixed incomes or social assistance." Mr. Bennett went on to praise Red Cross efforts in helping those who most need immediate assistance.

Jane Buchan, Regional Director of the Canadian Red Cross said "The Red Cross provides aid in the form of vouchers and direct payment rather than cash. The $144,000 was spent on emergency food, medication, urgent repairs, fuel and other needs. In most cases, the families were referred to us by one of the eight local disaster relief committees, who are the first point of contact."

At the EODRC weekly meeting, the Committee was given contributions from three local Prescott-Russell organizations. The Alfred and Plantagenet Townships presented a cheque for $2,500 as did the Canadian Hockey Association. The Knights of Columbus of Hawkesbury donated $6,000. When added to the government's up to 4 to 1 matching formula, the total $11,000 will become up to $55,000 in aid.

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The term Hydroponics is used for all indoor growing of marijuana and it takes specialized equipment and conditions to grow these plants to produce the desired chemical content. Special lighting, electrical transformers and reflective materials such as aluminum foil on the walls is normal in an indoor growing operation.

Cultivation of marijuana is a crime.

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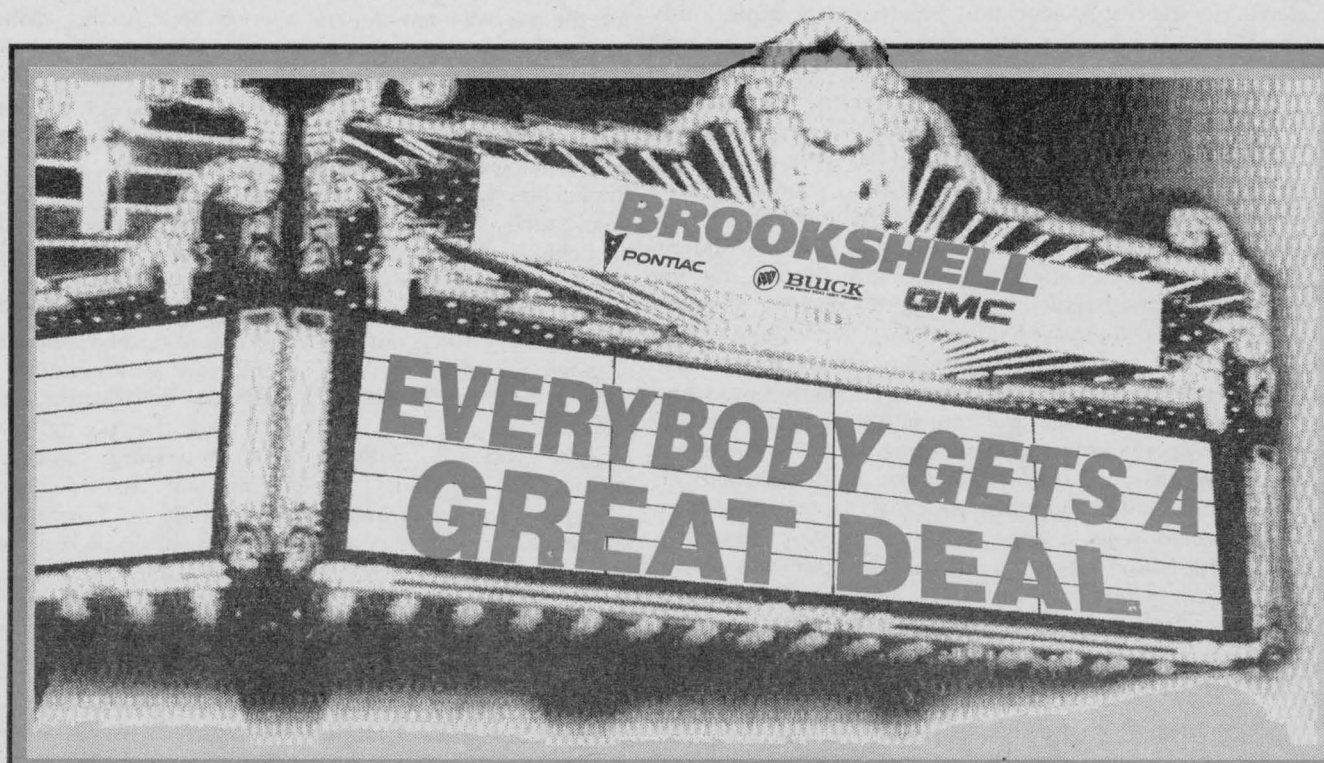

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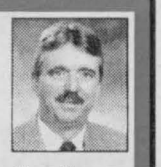
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KALEIDOSCOPE

By H.B. Kanters
SEAWAY NEWS

A Friend In Need

My friend Wilma made me drive all the way to Ottawa last week just to help her pick out a new refrigerator. I didn't even have time to ask why she suddenly needed one, because she hung up the phone right after telling me I had to be there at one o'clock sharp.

Wilma came out the front door as I pulled into her driveway and right behind me a taxi appeared. Thirty seconds later we were on our way to her bank three blocks away, where she told the driver to wait for us. So far I had not said a word besides "Here I am, right on time".

Perhaps it should be pointed out that I gave up arguing with Wilma almost thirty years ago when we first became friends. This is mainly because we always have a wonderful time together - as long as I do exactly as I am told. Since her husband died almost ten years ago, we always take a taxi when we go out, because Wilma never had a driver's license in her life, and she does not trust my driving in the city. As long as she pays, I don't mind this, either.

In the bank Wilma asked the teller for twelve hundred dollars in cash, twelve one-hundred dollar bills, to be exact. She told the woman she had brought me along to witness this transaction, then she told me to count the twelve bills once more and then she had them placed in a special brown envelope just the right size. This envelope she put into the zippered little pocket inside her purse, and then we took the taxi to the shopping centre where years ago her husband used to drop us off. It has become much larger, but some of the old stores are still there as they were in the early '80s. We headed straight for the appliance department at Sears.

All this time Wilma had been talking non-stop. What happened was one of the women in her bible study group mentioned the single mother of two living without a refrigerator because she couldn't afford one. This was enough for Wilma to go into action like a whirlwind. After getting the young mother's address, Wilma went straight home and cleaned out her 'fridge by stashing things in covered bowls and small boxes which she then took to the neighbour's house and put into their freezer for safe keeping. Then she hired one of those neighbours and his pick up to take her own 'fridge to the stranger's house, after putting a note in the butter compartment which said "This 'fridge has served me well for thirteen years, it should last a few more." That's all, no name, no address, and she made the delivery man promise not to tell where the present came from. That's Wilma for you and that is why I always go along with her suggestions.

When her husband died unexpectedly of a heart attack, Wilma talked her minister into holding a special memorial service for him in the church basement where his two year old car was raffled off and the Ladies' Auxilliary cleared almost five thousand dollars. The tickets for the car cost ten dollars each and no one was allowed more than three of them. Wilma arranged all this so the ladies could have two brand new cooking tops installed in the kitchen, which then gave them a total of twelve cooking elements. A double oven at eye level was also installed, and from then on all the fighting in the church kitchen stopped. Six women could cook to their heart's content without getting in each other's way. All because Wilma is one of a kind.

So here we were in the appliance department and Wilma knew exactly what kind of refrigerator she wanted. She told the helpful young salesman to go busy himself somewhere else, we would come to him, once our mind was made up. I didn't have a clue what she meant, because so far she hadn't asked my opinion on anything. She never does. That's why it's so easy to be friends with Wilma. All I have to do is just go along and say, "You are so right" every once in a while. We looked at big 'fridges and little ones. We examined two-door models both vertical and horizontal, and we checked out those with ice-makers on the inside and those with dispensers on the outside. After a good hour of this, Wilma settled on the model that looked exactly like her old refrigerator, except the harvest gold seemed a tiny bit darker to my eyes.

We then located the salesman and Wilma discussed the business of when this new acquisition would be delivered. At first this was to be next Saturday, then it became "tomorrow afternoon" but eventually my friend got her way and the young man wrote these words right onto the sales slip: "To be delivered immediately. Emergency. Paid in cash, single one-hundred dollar bills." Wilma got him to do all this without ever raising her voice. But she certainly shakes her head a lot during these times.

And only when Wilma took out the money did I find out why she wanted to have me along for all this. She actually introduced me to the salesman, explained that I had been at the bank with her to make sure we got authentic one-hundred dollar bills. He seemed delighted and the two of them ended up discussing the problem with counterfeit bills in the capital and what could possibly be done about it. I felt very important to be witness to all this. Being with Wilma always makes me feel important.

After that we had coffee at Tim Horton's and then we took a taxi back to Wilma's house. "Do you want me to stay and help you get the stuff from the neighbour's, once the 'fridge gets here?" I asked, while Wilma paid the taxi driver. "Not necessary," she said. "I told them to bring it over when they see the delivery truck leave." Then she hugged me and went into a lengthy explanation of how much help I had been once again, and then I left. As I said at the beginning, it never occurs to me to argue with or contradict this special friend in any way. And the reason is very simple: friends like that are hard to come by.

Don't Let The Flu Get To You

(NC) Runny nose, watery eyes, a hacking cough and aches and pains.

The flu is an infection of the respiratory system that affects people of all ages, especially in winter.

While the symptoms may be similar to those of a cold, the flu can be more serious and in some cases even lead to pneumonia.

Vaccines are available to prevent the flu, however, new variations of the flu virus develop constantly, so the vaccines are not always 100 per cent effective. Since the flu can affect some people more seriously than others, it is important for some groups to get the vaccine.

These groups include:

- The elderly
- People with heart or lung disease
- People with immune system disorders

Some people experience mild reactions to flu vaccines, including some slight swelling at the injection site and mild flu symptoms. On very rare occasions, the shots can cause nervous system disorders.

Before you get a flu shot, be sure to tell the person giving you the shot if you are allergic to eggs. Eggs are often used to prepare the vaccines and make anyone with an egg allergy prone to reactions. If you have any concerns, you should talk to your doctor or Wal-Mart Pharmacist.

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Small Business
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Tool Time Rentals
Get Ready For Spring

Spring is in the air. Had trees and limbs fell during the storm? Having a large family gathering this year? Then Tool Time Rentals is the place to go. For clean up purposes, owners Steven Renaud and Marc Tremblay, now have in stock an 18' reach gas powered pole tree pruner, or if you wish to maintain your own yard this summer, then renting the lawn and garden tools to give you a great lawn or garden, will be just a call away.

Tool Time will be handling rollers, wheel barrows, spades and shovels, as well as roto tillers, lawn combers and lawn thatchers.


Steve Renaud & Marc Tremblay

Planning on putting up a fence this spring? It will be a whole lot easier and cheaper if you rent a one man, gas powered post hole auger.

Not into gardening or lawn maintenance or cement work, but enjoy cooking for that large family gathering? Well Marc suggests that you rent their 6 burner, 108,000 BTU propane barbeque or maybe try their 90,000 BTU 80 quart propane burner corn pot with the strainer that allows you to cook anything from corn to lobster to shrimp.

All of Tool Time's tools are brand new, and as a result their will be less down time from breakage.

Being locally owned and operated, Steve and Marc will know and understand the local market which is why they have already instituted and cash and carry policy.

Remember the correct equipment means your job will be done quicker, easier and with a lot less stress.

Let Steve and Marc show you that special tool for that special job.

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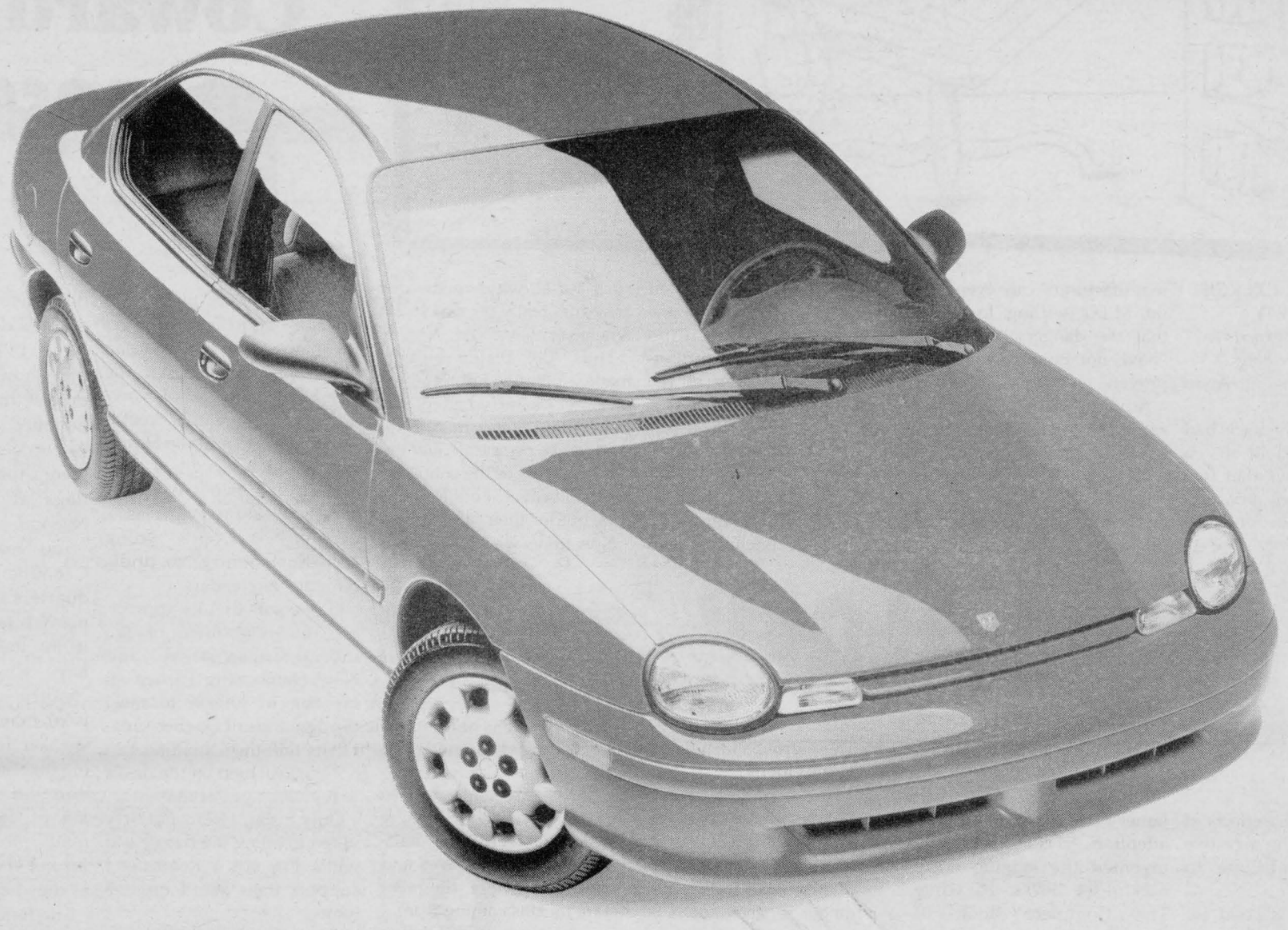

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www.chryslercanada.ca

Opinion

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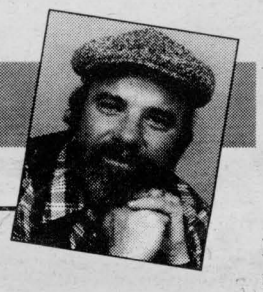

By Arthur Black
SEAWAY NEWS

EAT SENSIBLY, EXERCISE LOTS...DIE ANYWAY

The problem with experts is they don't know anything

Anon

Let''s see now...booze is bad for you, right? Hold on -- a recent study shows that two ounces of alcohol per day might actually be beneficial to your heart.

Oh. So booze is good for you.

But coffee! We know caffeine does terrible things to the human body. No quarrel about that, is there? Actually, yes. Some experts say that the stimulating effects of coffee can assist the digestive process and contribute to alertness.

Oh. So coffee is good for you, too.

And anyway, as long as you get enough oat bran you'll be fine. Remember just a few years ago when oat bran was being touted as the new miracle food?

Well, the experts re-checked their figures. Turns out oat bran is just...oat bran. Not bad, but not likely to add decades to your life, either.

So what's good and what's bad? That's the problem. You can find an expert to take just about any position. Tobacco manufacturers can even line up M.D.s willing to swear that the dangers of tobacco "have not been conclusively proven".

Anybody who's ever smoked knows smoking may be seductive but it's sure as hell not good for you.

Exercise? It's common knowledge that exercise is great. Oh yeah? Tell that to James Fixx. If you can get his attention. Fixx practically invented the jogging craze back in the 1970's. He wrote The Complete Book of Running. He personally ran 10 miles a day. He gave lectures and made countless TV appearances extolling the virtues of jogging and long-distance running.

Right up until he dropped dead of a heart attack in his running shoes and gym shorts -- aged 52.

Well, at least the experts all agree that fatty foods are bad for us right?

Cheeseburgers, French fries, pizza, anything with butter on it....

Wrong again. Ladies and gentlemen, may I present one more expert: LuAnn Wandsnider, associate professor of anthropology at the University of Nebraska-Lincoln. Professor Wandsnider has been studying the eating habits of human beings over the past several hundred thousand years. Her conclusion: you might as well enjoy that slab of banana cream pie. You're going to have it anyway.

Professor Wandsnider says our hunger for fatty foods is way more than skin deep -- it's imbedded in our very genes. She says that human beings have been giving in to their cravings for fatty foods since the dawn of time.

And not just because it tastes so good -- because it meant survival of our species. Most of us are descended from prehistoric tribes of hunter-gatherers that subsisted on roots and berries and whatever animals they were fast enough to catch. There wasn't a great deal of fat in such a diet, which made our ancestors really pig out on fat whenever they could.

Thus, the Plains Indians made a point of hunting buffalo after the furry critters had put on lots of fat in the spring. And native people all over the northern part of the continent relished beaver -- not for their furs, but for their fatty tails.

Nowadays we may drive to work, sit at a desk all day and eat take-out in the evening, but our genes have a long memory. As far as they're concerned, were still half-naked, sleeping in caves and wondering where the next square meal is coming from.

So when you reach for that Mars bar, you're not just giving in to a spur of the moment hunger impulse -- you're responding to a millenia-old genetic shriek. A shriek that says "Fat! MMMMMmmmm good!" "We're sort of like fat-seeking missiles" says Wandsnider. "We just can't help it."

Finally. An expert that tells me what I want to hear. Pass the gravy.

AIDS FORUM



By Pat O'Connor
SEAWAY NEWS

Hello everyone. I'm back from the not-so sunny south. My brother Mike and myself were in Florida for the Blue Jays spring training this past week.We saw a few ball games, visited the dog races and spent some valuable time together. We had many laughs and a few serious conversations concerning me, my health and my future. Mike is a smart young man and it was a pleasure spending time with him. His own self-esteem and positive attitude seem to rub off on me. The memories will be cherished and I love him dearly.

The trip exhausted me and I know I need plenty of rest whether I am away or at home. Fatique seems a big problem lately and could be due to my drug cocktail or the term affects of Hep. C. I'm feeling better now after a few days rest.

My ankle which I had surgery on is acting up again and I must have it looked at again soon. It seems I may have more problems with some screws out of place.

I know this is a short column, but I am still very tired and just wanted those few who worry when I don't write, that I am okay. I learned the past few weeks, not to put off doing things with family and friends. If you keep putting them off, someday it may not be possible to actually do them. Life only goes by once ... and very quickly. Take care all.

Pat is a local resident living with HIV. You may send in questions to Aids Forum here at the Seaway News address. Pat also does public speaking at no charge to any interested groups and can be reached through this newspaper or at his home. For information on HIV/AIDS and Anonymous Testing sites, please call 1-800-267-7432.

"Seaway News...Helping to Educate Our Community."

Oh, Oh, Canada: Flag Flap Reveal Political Cowardice

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Will somebody please call the fire department and get the "jaws of life"? Canadian nationalism is trapped in the twisted wreckage of cowardice following this week's political pile-up in the House of Commons.

The "flag flap" as it has come to be known, is a classic example of what's wrong with this country. No pride. No guts. No leaders.

I hope you all fully appreciate the symbolism of the Liberal, Conservative and New Democratic Parties all bleating in unison to meet the demands of Quebec separatists that the Canadian flag not be displayed on the desks of members of Parliament.

Only the Reform Party voted to allow the flags - and while I'm not a Reformer, I support their stand on this issue.

Yes, I've heard all the arguments against the Reform's antics: "They were just playing politics." "They want people to think they are the only true patriots." "We shouldn't be wasting Parliament's time over such things." "There are more important things to be talking about."

Yap. Yap. Yap.

When Quebecers want to talk about nationalism and cultural purity, all ears must be tuned and all voices hushed. But when Canadians want to talk about Canadian nationalism it's 'divisive", a waste of time, etc. The entire nation must pivot on every palpitation of Quebec nationalism, but Canadians are not supposed to talk about Canadian nationalism.

I've had enough. It's about time we did start waving the flag more.

I say, at this time in our history, when the country is plagued by division, rocked bi-annually by referenda, impoverished by Royal Commissions on unity, and inundated with more "accords" than Honda, it's time we did take a good, hard look at our "Canadianism".

What we witnessed in Parliament last week was the tail, once again, wagging the dog. The whole issue of flags on MPs desks arose because some Liberal and Reform MPs showed up with flags to protest the comments by a member of the Bloc Quebecois that she felt there were too many Canadian flags at the Olympics in Nagano.

Too many flags at the Canadian Olympic headquarters. I ask you, how many is too many? Let's face it, for the separatists - who have vowed to sever this country - one Canadian flag is too many. I don't blame the speaker for making his ruling that Parliamentary procedure did not allow the placing of desk flags. But I do hold our MPs accountable for not changing those rules, as they had the power to do.

The Reform party's motion calling for the optional placement of small Canadian flags on MPs desks should have passed unanimously (with the obvious exception of the Bloc). That it was resoundingly defeated demonstrates just how low Canadian nationalism has sunk in the country and, correspondingly, how powerful Quebec nationalism has become.

By all means, let's not offend Quebec separatists by waving the Canadian flag.

No wonder many Quebecers want to leave this country. Who would want to be apart of a nation of such wimps, afraid to unfurl their own national symbol.

If the issue of whether to display Quebec flags in the Quebec National Assembly came to a vote, how do you think it would go?

We expect our troops to go to the Persian Gulf and die fighting underneath this flag, but we don't want to offend anyone by putting it on an MPs desk.

How much more shameful can our leaders become in their craven non-defence of this country?

Yes, the flag is a symbolic issue. Which is precisely why this debate was so significant. It tells us who we are.

And I'm not proud today.

SEAWAY NEWS
LETTERS TO THE EDITOR

An Open Letter To The Public

Dear Editor:

With regard to the sexual abuse of children, it is time to check our apathy at the door and take a long look at the dismal state we are in.

In September 1993, Cornwall Ontario Police Constable Perry Dunlop, against orders from senior officers, took the sexual abuse complaint of a former altar boy by a priest to the Children's Aid Society. This criminal offence had already been quietly and illegally settled with a $32,000 payoff by the Catholic Church for the plaintiffs silence.

The priest in question was still in business, and until Dunlop intervened, the public was unaware of what had transpired. Believing children were still at risk, Dunlop obviously did the right thing by reporting his suspicions to the C.A.S. - in fact the Child Welfare Act demands it.

Dunlop's own police force subsequently tried very hard, but unsuccessfully to get rid of him for breaking ranks and exposing their complicity.

After Dunlop gave the Attorney General and the Solicitor Generals office at least a dozen signed and witnessed formal complaints of child sexual abuse by high profile local men, the OPP laid numerous sexual abuse charges against the priest, but not as yet against any others.

The church has basically unlimited resources to keep this travesty from getting to trial for years. Dunlops civil lawsuit against the church, his police force, and other individuals for trying to railroad him has cost him approximately $150,000 so far, and just to get to trial will cost another $50 -75,000. However, Mr. Dunlop is broke and will have to give up this fight for justice, unless we get the public's financial help. If we don't and Dunlop goes down for doing his sworn duty, then we as a society go down with him. Many of these pedophiles will never be exposed, hundreds of victims will never see justice, and in the future why would any cop jeopardize his career for a similar worthy cause?

Const. Perry Dunlop who is married to my kid sister Helen is a true Canadian hero, and he desperately needs your held now.

I have opened a trust account in his name, which will be used only to defray costs, pay legal bills and help children. Any size donation will be appreciated, for "it is better to light one candle than curse the darkness". If there was ever a worthy cause to support - this is it.

It is called the "Const. Dunlop Fund" and any branch of Canada Trust in Canada will accept donations. Please help.

Sincerely,
Carson A. Chisholm
St. Andrew's West

When Justice Becomes Persecution

Dear Editor:

Mr. Roth's editorial "Would you spend $100 to defeat Satan" is outrageous. I cannot believe how low someone can get in the name of justice.

First it was the petition against the priest, then the coverup of the church, the nasty remarks on our bishop and finally the questions about The Divine Death of Jesus. This is going too far. Mr. Roth is no longer seeking justice, he is on a crusade against the Catholic Church.

It doesn't matter in which religion you belong, all have their "special" problems and each one solves them their own way. There is a good reason why the church chose secrecy and if Mr. Roth would take the time to read about our faith, it might just open his horizon or he can remain ignorant and write garbage.

I understand the parents have difficult times but they should seek help in praying tothe Lord instead of helping in that frenzy persecution.

F. Gaumont
Martintown.

Believe in Jesus

Dear Editor:

Yes, Karla Faye Tucker, a former drug-addicted prostitute, hate-filled hatchet murderess, who in prison learned how much Jesus loves and forgives the sinner, admitted she was one, repented and asked Jesus into her life, was transformed, inspired others, but before she was executed in Texas by a lethal injection, could say "I am not afraid to die, I know I'll be with Christ."

Yes, almost 2000 years ago, Saul filled with hate for "those Christians" and having many stoned to death, was also transformed when he met Jesus on the road to Damascus and asked "Lord, what will you have me to do?" (Acts 9 & 9) He turned his back on human security and a prestigious position, travelling 1900 difficult miles to preach the Good News "Christ has died, Christ is risen, Christ shall come again." As St. Paul he wrote about half of the New Testament, winning many then and ever since to know Christ and Him crucified (1 Cor 2:2). Falsely accused and chained to a desk in Caesar's palace, he continued to write and inspire those around him (Phil. 4:22). Waiting to be beheaded by the cruel Romans, he could write "Rejoice" (Phil 4:4) and like Karla say, "To die is to be with Christ." (Phil 2:23).

Yes, about 3500 years ago, Moses who murdered an Egyptian (Exodus 2:11,12), who argued with God (Ex. 4:1-17), who disobeyed God by striking the rock twice for water, (Numbers 20:1-13), yet, when Jesus took Peter, James and John up into a high hill apart (heaven) (Matt. 17:1-8), they saw Moses and Elijah talking with the transfigured Jesus.

We certainly have a perfect God who shows mercy to all of us imperfect humans who must learn to show mercy. (Matt 5:7) (Micah 6:80).

No matter who you are, where you are or what you have done, we too can know this peace and joy Karla and St. Paul had. Like the Good Thief on the cross (really a malefactor or murderer) (Luke 23:39-43) admit you are a sinner, believe Jesus is who He said He was, turn to Him and ask Him to save you. Save you from what? From the penalty of sin which is death in hell for eternity. (Romans 3:23; 6:23). Some say a loving God would not send anyone to hell. He is loving but also a just God. He gave His Son Jesus to suffer and die on the cross to pay the penalty for everyone's sins, so He must judge sin. "Today is the day of salvation" (2 Cor. 6:2) It's your choice. No one is promised tomorrow.

Imelda Wheeler
St. Andrew's West

Parliament Hill Notebook



By Art Babych
SEAWAY NEWS

You'll hear from my lawyer ...

Prime Minister Jean Chretien is feeling the heat from the same patronage furnace he helped fuel while in opposition. And he's sizzling. After castigating former Tory PM Brian Mulroney -- a man seemingly disavowed by his own party -- for appointing cronies to the Senate, Chretien finds himself under daily attack in the Commons for continuing the much-despised tradition. Reform leader Preston Manning struck a raw Chretien nerve by suggesting that B.C. businesman Ross Fitzpatrick put a down payment on his newly acquired Senate seat through a decade-old stock transaction that added $45,000 to the Chretien estate. An angry PM, offended perhaps at being attacked for innocently rewarding a long-time golf and fishing partner, went on the offensive and threatened to sue. When another Reform MP, Bill Gilmour, suggested Fitzpatrick had lined the PM's pockets, Chretien said with complete contempt,"I have too much contempt for the member to ask for an apology."

The faltering flag debate ...

The Reform party grasped at straws again this week trying to convince Canadians that the flag flap is all about patriotism. On the eve of the great vote on whether MPs can display miniature Canadian flags on their desks, Reform whip Chuck Strahl drew a line in the smoke and told the media "MPs will have to stand in their place and vote -- yes or no -- on the Canadian flag." But, as Commons Speaker Gilbert Parent snarled during his marathon ruling upholding the status quo, the issue isn't about flags or patriotism but about order and decorum in the House, arguably something Reformers know little about. Some Canadians might be prone to believe Reformers were indeed motivated by patriotism if not for those nasty historians on the Liberal benches who keep reminding us Reform boycotted the 1995 unity rally in Montreal and opposed the Heritage department's flag give-away program. Hardly patriotic. And while we're on a trip down memory lane, remember the radical words of leader Preston Manning during the 1993 election campaign: "The Reform party strongly believes that the circus-like atmosphere of the House of Commons should be reformed through changes to the rules of Parliament, so that reasoned, constructive debate can take place?" Will that be ketchup with your words, sir?

Gremlins score again...

Newspapers across the country had a field day a while back when a government release referred to Prince Charles as the Prince of "Whales." Among those who found the typo worthy of a news story was the Ottawa Citizen. Alas, the flagship of Conrad Black's fleet decided, however, that its own, more significant gaffe, didn't merit very much ink. Undoubtedly to the shock of former Montreal Canadiens hockey star Rocket Richard, the Citizen's front page reported that the cancer-stricken Hall of Famer had already departed for that great arena in the sky. In a three-line "correction" the next day, the newspaper apologized for stating Richard had died.

That sinking feeling ...

Seems the only thing unsinkable about the S.S. Titanic is its legend. The good ship sank on its maiden voyage on April 15, 1912, but the debris continues to surface in the form of Titanic trivia stirred up by the blockbuster movie, Titanic. The federal government's Museum of Science and Technology in Ottawa is among those capitalizing on the renewed interest in the disaster. It dusted off its model of the Titanic and is offering demonstrations on how the ship sank (iceberg cocktails afterward?). Titanic trivialists have also discovered that Charles Melville Hays, the builder of the famous Chateau Laurier Hotel at the foot of Parliament Hill was among the hundreds who died on the Titanic. Given that his hotel is still standing, it's too bad Hays didn't build the Titanic, too.

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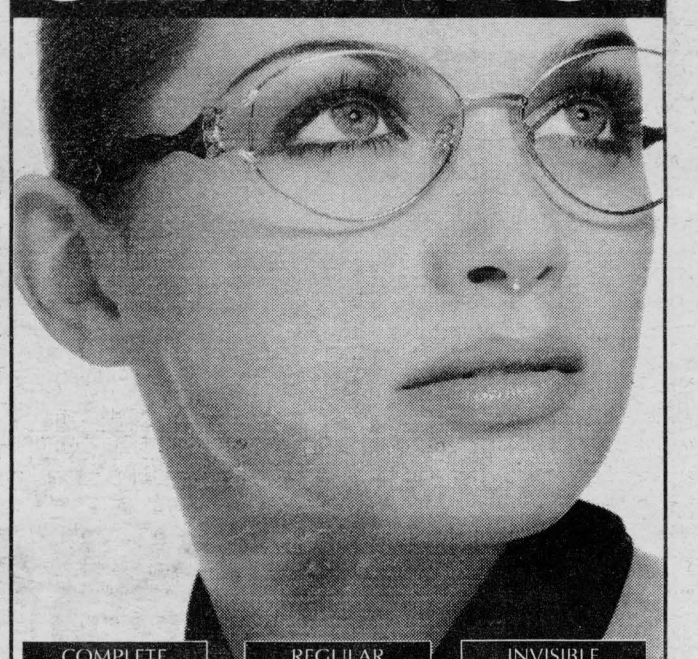
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SEAWAY NEWS
LETTERS TO THE EDITOR

Sagel Gets It Wrong Again

Dear Editor:

After the solid drubbing given him in an open and fair debate on the topic of Bill 160 and public education, you would think that neo-conservative extremist and Seaway News Columnist Fred Sagel would have learned his lesson. It was obvious not only that Paul Inksetter won the debate, but that Fred Sagel didn't have an answer for many of the questions put to him. And some of the answers he did have were factually wrong.

Take, for instance, the question in the debate referring to the grade nine reading and writing tests, which were standardized province-wide tests administered to grade nines in every high school in the province. Fred didn't even know what test the panel was talking about. He started talking about some Michigan test that was irrelevant to the actual question that was put.

Or take the case of the removal of the words "advisory" from the legislation regarding school councils. Fred's answer was that he didn't know the effect of that under law, he didn't think anyone did and if it had a bad effect that we could be sure the Tory government would listen and do something about it. Like they listened about Mega-Week? Or Bill 160? or health restructuring? I'm not sure I'm that trusting anymore, and I don't think anyone else is either.

Nevertheless, Fred Sagel blunders on, so sure of himself that he doesn't want to be bothered by the facts. This week it's how there have been increases in applications to teachers' colleges. Fred says that this means everyone now wants to be a teacher. This must mean teaching is extremely lucrative and an easy job. We should make it harder for teachers by cutting prep time, cutting their salaries, increasing class size and reducing resources to the classroom. In fact, Fred would tell you that these are half measures. Education should be privatized and the market would decide how expensive or inexpensive education should be without all that messy government involvement.

What Fred doesn't say is that while numbers of applications to teachers' colleges grew by twenty-six percent this year (26% from 6,972 to 7,613) they had dropped by 61% (from 50,076 to 19,756) in the previous seven years. The raw numbers are the more interesting and telling ones. This tells me that application numbers have flattened out after a long and precipitous drop, a drop which could not continue. The increase may even be attributable to the fact that education faculties have begun to advertise and recruit to attract students and have had to reduce dramatically the entrance requirements in some cases. Simply put, highly qualified applicants have better things to do than teach your children as long as this government is in power. In any case, a 26% increase after a 61% drop is a poor indicator of the "richness" of teacher compensation or "perks".

You can go to the web site where Fred and I got our information to check up on Fred (or me) at http://ouacinfo.ouac.on.ca What you will also find there is that applications to other programs have been stable over the same period. In fact, applications of all kinds have hovered at between 180,000 and 190,000 during the period during which education dropped out of sight. Elsewhere, I found out that applications to professional programs like law and medicine have grown during the same time that education was falling by 61%.

As well, while applications have dropped from 50,076 to 19,756 (61%) for this year, actual applicants dropped from 19,596 to 7,613 - a difference of almost 12,000 applicants or 61% - while spaces have remained stable. On the other hand, applications to medicine, according to the Ontario University Application Centre, have been absolutely stable for more than ten years at around 3,700. The end result has been that it has never been easier to get into a bachelor of education program in this province. And yet, in some areas it is now almost impossible to hire teachers for specialties such as special education, science and French and spots at education faculties are going unfilled.

There are other ludicrous and unresearched statements throughout Fred's column. Here is a selection:

1) He says that teachers are paid more than $66,000 in Ontario but just more than $40,000 elsewhere while the average salary is less than $55,000 and is only slightly higher than the national average. This seems reasonable since in most jobs people earn more in Ontario and it costs more to live here. We are not Saskatchewan.

2) He says we spend more for education than any other place in the world while, in fact, we are currently 49th out of 65 and falling in our spending relative to every other state and province in North America.

3) He suggests that a "90" factor is an outrageously lucrative retirement factor, but many private pensions don't even have factors while most Ontario civil servants have either 85 or 80 factors. Furthermore, Mr. Sagel may feel that 34 years of service is a short career, but it is a long time to be in a classroom, as his pals the Tories have frequently pointed out to teachers.

4) He points out that the teachers' pension plan is the largest in Canada, but neglects to note that it also is paid into by and intended to support more than 170,000 members with a total of 300,000 family members. As Fred knows, at last count there was a small actuarial surplus that was deemed by both sides too small to make significant improvements to the plan or reductions to contributions. He also ignores the fact that anyone entering a salaried career or profession nowadays expects a pension. In fact, teachers themselves pay the highest amount allowed under the law for their pensions.

Mr. Sagel says, and I quote, "If Canada had no illiteracy, scored highly on competitive tests worldwide and had few dropouts, then the education burden would be another story." Well, the recent Third International Mathematics and Science Survey (TIMSS) test puts Canada at the top with France out of all industrialized or industrializing countries, we have the lowest dropout rate of any G-7 country (approximately 15%) and the United Nations and a number of other agencies rate Canada's literacy rate at 99%. While they don't expect a pat on the back from the likes of Fred, teachers do expect him to get it right, to be fair as a columnist and not to rig the statistics to support his own personal prejudices.

Lastly, a short lesson in punctuation is in order for our rather overeducated columnist: it's "teachers' college".

Greg McGillis,
President, OSSTF,
District 21 Seaway

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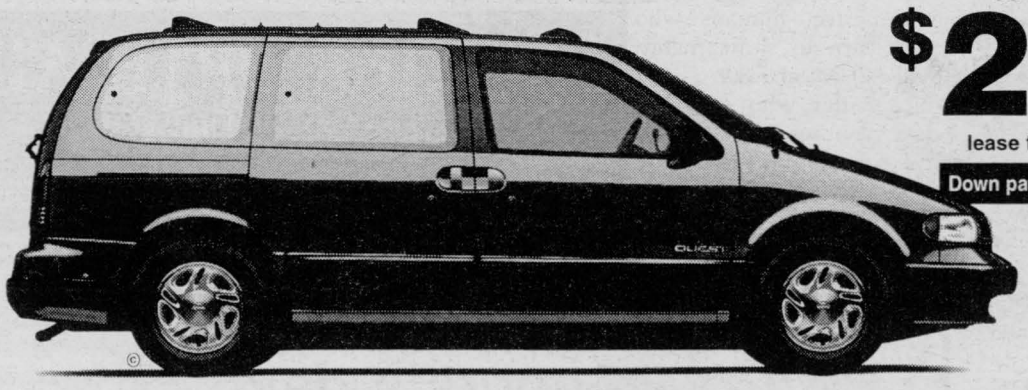

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Let's Pray for Bob Roth

Dear Editor:

I really had to read Bob Roth's column twice this week. In my wildest dream I could not believe that he would stoop as low as to state that the clergy, evidently from previous writings, from the Bishop down, are Satanic.

Bob Roth said a few weeks ago that I should be ashamed of my defence of Bishop Larocque. He said that my defense was pathetic. I say that his most recent attack on the church, and in particular his assertion that Satan lives within the robes of the clergy, is truly pathetic, and is a statement that he should truly be ashamed of.

Bob Roth would have us believe that there is a conspiracy of silence, a cover up in the church. That allegation will evidently be fought out in litigation, as it should be. I say however, that a conspiracy of misinformation and manipulation, an orchestrated attack on the church are no less an evil than the perceived evils that Bob Roth has pointed out in countless editorials.

Two thousands years of bringing the message of God, of countless sacrifice, of countless slaughter for their teachings of dedication. That is the legacy of the clergy. To take an unfortunate series of crimes, crimes that are unfortunately prevalent in every aspect of our society, and to use the crimes of a few to slander and generalize against the many is truly dispicable.

Better Catholics than I will probably pray for Bob Roth and his relentless and degrading attack on their clergy. I will just wonder what is the true history of Bob Roth's obsessive attacks.

Mike Oliver
Cornwall

The Bold and Bad Keep Taking the Beautiful

Dear Editor:

Just what makes beautiful women fall for boisterous, assertive, lustful, selfish men? Former "Baywatch" beauty Pamela Anderson had virtually limitless choice but was somehow webbed in by a rock musician who had a history of violent tantrum venting. Finally, wisely, she took leave of him after she too became victim to his lack of self-control.

Regardless of the invariable, inevitable, sad outcome the scenario manifests itself perpetually. As an alternative, would the beautiful kindly consider the less conspicuous, less forward, graduate and aspiring young gentlemen languishing for some sign of acceptability.

Interrupt, if you will, their gazing by approaching and initiating conversation with them. Shy though accomplished, you will find they were just waiting for you.

Gary Kingma
Moose Creek, Ont.

In Response To Mr. Roth ...

Dear Editor:

I must admit that I was warned by many people who read my letter in defense of Bishop LaRocque to be aware of the response that would surely follow. I was expecting a letter from Carson Chisholm, so I was very shocked that it was Bob Roth who fell out of the tree after I shook it.

First of all Bob Roth, I have met the Bishop briefly twice in my life. I do not know him personally, however, I believe that he is an honourable man.

I was not speaking on behalf of the Catholic Church, in fact I would be the last person on earth to be worthy of the honour, given my spotted past. Nor am I a born again Christian. So why did I write in defense of Bishop LaRocque?

I have read a pattern of what are, in my opinion, anti Catholic letters in the Seaway News week after week. All written by a small group of people who seem dedicated to either slandering the Bishop or furthering the pending court case of Perry Dunlop. I do not believe that Bob Roth has written as many articles about one single issue as he has about this one. That makes me wonder about his true motives. I wrote my letter however, when I realized that the attack on Bishop LaRocque was becoming more and more vicious, insulting and disrespectful in tone and more and more speculative in content. That is what pushed me to respond.

There is no doubt that there was an unfortunate pattern of abuse, especially in decades past, involving clergy members of the Catholic church and other segments of society. It's well documented, the victims should see justice and the Church should seek to ensure that the pattern of abuse is dealt with. The Church did that through a comprehensive investigation and a follow-up implementation of preventive changes.

Now, however, Bob Roth has chosen to champion the case of Perry Dunlop. I do not disagree with what Perry did as I feel that he did what he felt in his sense of justice demanded by releasing information.

I do strongly disagree with Bob Roth and company's interpretation of what happened in the matter that he has become obsessed with. A man in his thirties approaches the Church with a complaint. Not the police, the Church. The Bishop seeks legal advice and acts on that advice. The advice in retrospect is not correct so Bob Roth would have us jump from there to the ludicrous insinuation that the Bishop purposely covered a crime up and that he believes he is above the law.

When I bought my house I hired a lawyer because the legalities involved were beyond my scope. I then signed the documents from that lawyer in good faith. That is the way its done in the real imperfect world.

I believe that the Bishop acted honourably in attempting to resolve a complaint that was many years old. I know there is no proof to indicate any intent on the Bishop's behalf to break the law.

Bob Roth states that I should be ashamed of myself for writing my letter. Quite the contrary I am proud to defend the Bishop and the Church from what appears to me to be an orchestrated attack by a few individuals, whose motives seem to be to utilize the Seaway News editorial page as a pretrial campaign for the upcoming litigations.

I have rarely witnessed an editorial writer respond to a letter to the editor. Although I found the tone of Roth's rebuttal to my opinion insulting, I was truly offended when he quoted the Bible and implied, in my estimation, that we must beware of the clergy as they are wolves in sheeps garb. That was a true low blow and a true insult to those vast majority of the clergy that have dedicated their lives to the betterment of the world. It is you Bob Roth that should be ashamed.

Finally, I am glad that Bob Roth's column is now called Opinion instead of Perspective as it once was because he has truly lost all sense of perspective in his writings concerning Bishop LaRocque, and I believe that he is in fact abusing his editorial privilege through his constant and slanted negative views of the Catholic Church.

I do not know what history is behind your distaste for my church Bob, but I truly hope that it will not continue to drive your venomous editorials. Feel free to take another shot at me, if you are that concerned about my opinion. At least that will ensure that the Bishop gets a few weeks relief from your diatribe.

Mike Oliver
Cornwall

Ed Note: Bob Roth's column is still called "Perspective". The editorial pages are called "Opinion".

In Search of the Truth

Dear Editor:

Sexual abuse cover-up in Cornwall. Fact! The suggestion that prominent citizens within our community were involved in a sexual abuse ring, is an ongoing investigation. Fact! Mr. Oliver recently stated that allegations based on nothing, do nothing. Could it be possible that Mr. Oliver is turning a blind eye to the hundreds of allegations of sexual abuse? Is he in a position to judge the testimonies of these victims who claim they were sexually abused? Do these people (the children of yesteryear), deserve an opportunity to speak? A time to be heard? We need to break the silence. So healing can begin.

I suggest these pedophiles who violate and destroy the innocence of these children should be held accountable for their acts of indecency and punished to the fullest extent of the law.

How can we question the testimonies of the victims but not the behaviour of the perpetrator?

Bishop Larocque made a decision to pay hush money to a complainant of sexual abuse. Former lawyer Malcolm MacDonald pleaded guilty to obstructing justice. Are these people in positions of power, in fact "above the law"? It sure seems that way.

As long as these victims are silenced, the conviction rate for such unwarranted attacks on our children will be extremely low.

As a mother and concerned citizen I hope that the people in this community will find it in their hearts to listen and examine the facts in this ongoing investigation.

This is an issue of right or wrong. Despite religious beliefs. My heart is with you and your family Constable Perry Dunlop. Your love for life emanates. A one man crusader who brought this issue to light by one who could not allow these sexual allegations to slip through our judicial system. God Bless you, for the Lord has blessed us with you.

Bob Roth I applaud your accurate and sincere journalism. Let us hear the truth and not let these crimes go unanswered.

Yes, a travesty of justice.

Catherine Lee-Paul

No Should Mean No

Dear Editor:

There's a country and western song that I like in a special way. In it, one sentence comes up often - "What part of No don't you understand?" That question could and should by all means be put to Quebec, especially in the next few months. From the Nashville scene to the "Je Me Souviens" scenario, not that far apart really. Only a few hours away by Boeing jet and yet, light years apart "ideologically speaking". Tennessee, USA; Virginia, USA; all look to Washington, D.C. as their capital. From Portland, Maine to Seattle, Wash., it's only one Uncle Sam country - united - for better or for worse. They all stand behind their elected president, in times of peace or crisis. My only question is - what is it with Quebec, that they just don't or won't understand the unity part of Canada? How explain Quebecers outright refusal to identify with feeling and being Canadian? Can anyone out there in the boondocks or in the city, light up my dull lantern on this particular matter?

Quebec's now had two (2) referendums as regard leaving Canada. The results - two (2) non - no - nyet - nada - nein. It really takes a very unique and distinct society not to finally understand. Recently , there they go again, the PQ's have just budgeted three hundred thousand Canuck $$$ towards "softening" up the Quebec voters in view of the third (and last, we hope) referendum. Is it true that a snake is awfully hard to kill? Small wonder that the Pentagon wants to bomb Baghdad.

Yours very truly in
Canadian unity,
André A. Pettigrew
Bainsville, Ont.

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To ensure publication, submissions should be no longer than 350 words and include a title.





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SEAWAY NEWS
LETTERS TO THE EDITOR

Zero Tolerance for School Violence

Dear Editor:

After years of constant teasing, harassing, beating ... by his class and schoolmates, our son has decided to take matters into his own hands; he physically reacted to his tormenter only to be caught red handed by his principal. Suspended, punished at home and upon completion of his suspension, he went back to school like he was supposed to, only to find himself, to our complete surprise and dismay, in detention again. We were told that "he was a danger to the whole school." He won't be allowed in the school, unless he went through a psychological assessment. As it was obvious, right there and then, the psychological assessment was unfair and unjust, and had no bearing with our son's reacting to his tormenter; instead, it seemed obvious to us that it was some kind of machination or double crossing to force us into something that we, as parents, didn't want from the beginning; we said no - on December 18th, the day of his expulsion - and still say no. Therefore, the subsequent and outright expulsion of our son from his school.

As our son ran into problems with harassers and aggressors, he also ran into problems with his studies. Soon - at about the same time - the teachers suggested and recommended that to help the problem of our son with his studies, a psychological assessment was necessary. We didn't ignore that particular problem, nor the recommendations of his teachers. On top of his major problem (the constant harassment), he had another one to cope with; as a Francophone, he had a disadvantage with the English language. On the other hand, we always tried to be supportive, and cooperated with them.

We said no and maintain - as our own free choice and understanding - to the psychological assessment - our son is what he is, let him be "amongst the normal", he might catch up or ... Besides, if he repeated the same year twice, is he going to be the first or the last one to do so? We never complained or put the blame onto the teachers about our son's problems with his studies, or implied for that matter, that our son was a guardian angel. Not one teacher or school showed flexibility or understanding to our choice and request; instead, being unsatisfactory and meaningless our choice and request, year after year, report card after report card, the pressure on us only increased, until the unlucky incident that threw us out into complete disarray.

About the teasers, harassers, aggressors ... of our son - from year one - we knew it was serious. To avoid annoying his teachers, we explained to him not to complain too much ... don't mind them, ignore them, it will go away ... Back then we did what we thought best; we sent him to another school, and to another, thinking and hoping the problem would go away, only to find out later that the problem never went away, but rather became worse. Some teachers talked about it, but they never showed real concern, or considered it as a real problem. He has other activities - in other institutions - besides school, as far as we know, he had never had similar problems.

A few days before his final suspension and expulsion, our son came home with red stain and another time with yellow chalk smeared all over him and so:

- (from the beginning) he wore scars of punches in his face;
- his school bag and hats torn to shreds;
- was pushed in the pool (by so-called friends), with his clothes on;
- disappearance of his school shoes;
- bus suspensions
- harassment and prank calls to our very house (police intervention);
- while riding our bicycles in town, he was about two blocks ahead, all of a sudden he was completely surrounded and his way cut off by three bicycle riders, it was obvious their intentions were not friendly;
- one summer day in the evening, a rowdy gang came to boo our very window after harassing with obscene language the baby sitter of our next door neighbour (police intervention through the babysitter);
- on February 22nd (of this year), our son playing in front of our house, a bunch of guys from the other side of the street crossed the street all the way to the other side where our son was playing - in front of our house - only to surround and harass our son; as they didn't start anything physical, we - behind our window - didn't intervene;
- we cannot go on the streets or go to public places of our town without having to hear or witness the rude and insulting language and attitude from the part of teasers, harassers and aggressors of our son and when our son is out of our sight, we simply can't live a normal life;
- he was made the example of the whole school for insubordination, but the teaser or aggressor that got him out of the school didn't even get a suspension;
- the Children's Aid Society of our town came to our house ... once again to talk to us about the psychological assessment of our son and to conduct investigations on us parents.

What is the meaning of all this? Who is doing violence to whom? What are we supposed to do? Shut ourselves out inside our walls, yield, to accommodate and please their whims and treacheries, or put on masks on our faces to look, say and do like they do?

P. Cano
Cornwall

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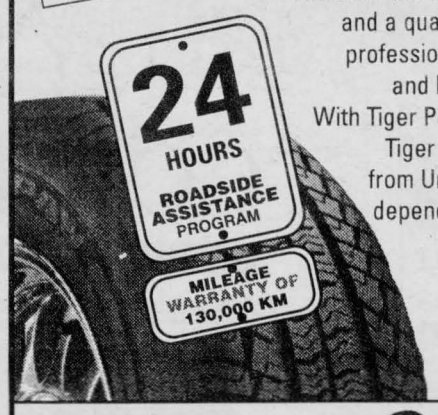

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Thanks To The Media

Dear editor:

Newspapers have always played a crucial role in helping The Eastern Ontario Health Unit promote healthy messages. The recent ice storm, however, helped underscore the importance of that role. Never before in Ontario history has the population so relied on the media for its very safety and well-being. From bulletins on hypothermia to details about the dangers of carbon monoxide fumes, you have helped keep your readers updated and informed on a variety of health and safety issues. The actual number of lives saved as a result of your publication of these storm-related media releases may never been known, but this much IS known: Your readers, as well as the health unit, greatly appreciates your continued dedication to public health and safety.

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Dr. Robert Bourdeau
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Lifestyles

How Do I Know What Vitamin C Product to Choose?

by Dr. Daniel J. Crisafi PhD., ND., MH

(NC)—Vitamin C is available in several different forms, each of which has its advantages. Ascorbic acid is the common chemical name for vitamin C. Ascorbic acid (A.A.) is also the most common form of the vitamin used in supplements. Most research undertaken with vitamin C has used A.A. The average consumer will benefit quite readily from the use of this form of vitamin C supplement.

Calcium ascorbate, a buffered form of vitamin C, is less acidic than straight ascorbic acid. For consumers who require a more alkaline, less acidic, form of vitamin C, calcium ascorbate can be the vitamin C of choice.

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In choosing a chewable vitamin C product, look for a product that uses a more alkaline form of vitamin C, such as sodium or calcium ascorbate in order to avoid potential damage to the tooth enamel. Sodium ascorbate is gentle enough that it is used intravenously, and the amount required to sufficiently reduce the acidity in a product will supply minimal amounts of sodium.

When choosing to purchase chewable vitamin C it is also important to determine the source of the sweetness. Manufacturers are not required to list all the ingredients in a vitamin C product. Some chewable vitamin Cs are loaded with as much plain table sugar as vitamin C! The use of special sweeteners, like sucralose, will increase the sweetness of the supplement without having to add loads of sugar.

Among the vitamin C products found on the market, several have added bioflavonoids, naturally occurring compounds that are almost always associated with vitamin C in foods. The bioflavonoids that work best with vitamin C seem to be hesperidin, quercitin and rutin. Research has demonstrated that bioflavonoids help protect vitamin C from damage and therefore extend the "lifespan" of the vitamin in the body.

There is one vitamin C product to meet your individual needs, choose carefully and select a product from a reputable manufacturer who meets Good Manufacturing Practice (GMP) guidelines. That is why when my patients ask me what Vitamin C products to take, I recommend Quest Vitamins full range of vitamin C products.

Heart Health for Life

by Dr. James Balch MD co-author of Prescription for Nutritional Healing

(NC)—Health care today has moved well beyond the traditional concepts of standardized medicine. As a physician with over 20 years experience in complementary medicine, co-authoring the best selling book "Prescription for Nutritional Healing" and veteran of countless public appearances, I have monitored a growing consumer interest in alternative therapies. Increasingly, people are exercising their health care options and developing relationships with a wide variety of health care professionals.

People are also aware of the importance of whole body health. Clearly, one of the fundamentals of a healthy body is good heart health. Research has indicated that many nutritional supplements play an active role in supporting strong heart function and may contribute to the prevention of future difficulties.

It is well recognized that the essential antioxidants found in Natural Ratio Vitamin E and in Co-Enzyme Q10 help protect the heart and other vital organs from damaging free radicals we are exposed to in our environment. Aged Garlic Extract™ sold as Kyolic® as well as a good multi-vitamin containing 50 mg of all the major B-vitamins like Quest's Super Once A-Day™, will both enhance the biological activity of the immune system and promote the development of healthy tissues and organs. In many cases, these vital nutrients can be used in conjunction with traditional medicine to complement their effect.

A healthy heart program also requires a commitment to good dietary habits and a regular exercise routine. By taking responsibility for your own health, educating yourself about your treatment options and maintaining informed relationships with your health care professionals, I am confident that you will achieve the full benefits of a healthy lifestyle.

Fashion Focus

Test Your Fashion IQ

by Angela Mark, Canadian Designer

(NC)—Before the next time you go shopping, take the time to look at your body. Clothing styles can help you balance your body type.

What should you wear if you are top or bottom heavy?

Vertical lines and medium to longer jackets help lengthen the overall figure. Use printed fabrics at opposite ends to balance (printed blouses with larger hips and vice versa).

What if you're short-waisted?

The good news is that your legs will look longer but you may have problems finding a good fit. Look for one piece designs with no waist or thin belts, and avoid short jackets to keep a balanced look.

What shape is best for shoulders?

Clothes hang well on wide shoulders, but avoid cuts that "hang over". Those with narrow shoulders need more structured (versus clingy) styles with yokes and sleeves.

In general, forget short skirts unless you are perfectly proportioned with great legs. Shorter women need longer lines, and vertical or narrow styles for greater height. And if you're lucky enough to need to "add" weight, pass over clingy knits for thicker fabrics with textures and substance.

Angela Mark is a Canadian designer who creates moderately-priced custom fashions for clientele in Canada and the U.S. For more information, call toll-free at 1-800-498-8064 or e-mail at amark@pipcom.com

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Friskies

Q My pet is getting older. Is there anything special I should be doing for him?



A *The average lifespan for a large dog is 10 years and smaller dogs live for about 13 years. As they grow, certain things should be done to ensure that they will remain healthy and vital for as long as possible.*

An annual check-up by your veterinarian will detect any unnoticed problems early. Often, a vet will recommend some blood and urine tests to see if organs such as the thyroid, kidneys and live are functioning properly. And your pet may need a special diet suitable for an older animal. Like humans, their metabolism changes and they benefit greatly from diets that are formulated to their specific needs.

Good dental care can't be over-emphasized. Brushing your animal's teeth daily and keeping them tartar-free will reduce the possibility of infections that can result in serious health problems. Regular exercise and loving attention, of course, are essential in keeping your pet healthy and happy throughout his later years.

Tips Most normally active dogs do not require high protein, high energy dog foods. This predisposes them to obesity.

For More Information About Your Pet ... Contact

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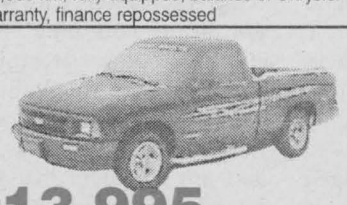

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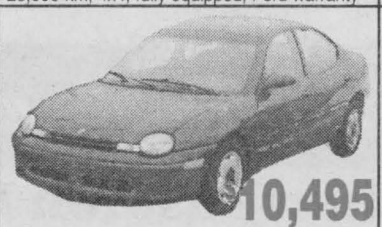

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AUTO MART

How do I Find the Right Mechanic?

If you want your vehicle to remain in excellent, dependable working order, you know that you have to give it some tender loving care in the form of regular and preventative maintenance. Don't wait until it breaks until you fix it - that could cost you a great deal of money. The average Canadian consumer spends more than $700 per year on maintenance. By practising regular maintenance you can reduce that amount and prolong the life of your vehicle.

But how do you find a mechanic/automotive service technician, you can trust?

Rule number one for finding a good mechanic/technician: don't wait until you're desperate for help. Finding an automotive service technician you trust, is like finding a doctor or a minister you need to build a relationship based on trust and mutual respect. These things don't happen overnight.

Most of the business for a repair garage is from referrals. The only way to get referral business is from satisfied customers. So, if you are looking for a new automotive service technician, ask around.

Ask your friends, relatives, business associates, church members anyone you can think of. You'll probably get a more reliable feel for who is good and who is not by getting several opinions instead of just one.

If you get a chance, drop in and meet the technicians who will be working on your car. Is the shop tidy and well organized? Do they have the latest computer equipment? Is there evidence that the mechanics in the shop take regular training courses on the latest automotive and diagnostic technology?

The days of the mechanic under the hood with a screwdriver, tuning things until they sing just right, are a distant memory. Now, they have to be computer literate technicians, interpreting the communications between the on-board computer system and the diagnostic computers in the shop.

Whether you go to an independent garage, a department store, or a franchised repair centre doesn't matter all that much. In the end, it all comes down to trust. You're looking for somebody who is willing to tell you which repairs should be made immediately, which can be delayed without affecting safety, and which are completely optional for performance upgrades.

Look for an ASE certified automotive technician or a PRO technician. ASE's mission is to improve the quality of automotive service and repair through the voluntary testing and certification of automotive technicians. ASE was founded in the United States in 1972, but it has only recently begun testing in Canada.

ASE automotive service technicians have the credentials to prove their competence in a variety of automotive sectors and specialties. If your automotive technician has an ASE patch on their uniform, it means they passed a tough automotive test designed to evaluate whether or not the technician's skills are up-to-date with the latest automotive repair techniques. It provides you with a valuable yard stick by which to measure the knowledge and skills of your technicians.

A PRO automotive service technician subscribes to a strict code of ethics. The PRO Program emphasizes three key points: Professionalism; Responsibility to the industry; and Obligation to the public.

Car Care Canada notes that you can help your automotive service technician to help you, too. When you take your car in with a problem, tell the technician what the symptoms are (not what you think the problem is). Describe whether it happens when the car is warm or cold, at highway speeds or in the city, stopping or accelerating, etc.

Get to know your car, too. Read through the owner's manual so you know what to expect. Turn off your stereo once in a while and listen to the sound of your car when it's healthy, so you're better able to notice when it needs help.

THE CAR DOCTOR
Peter Millard



Cover Conundrum

(NC)—I just purchased a used car—a 1987 Grand Am with a 2.5-litre engine. Although it was mechanically sound, I thought it made more noise than normal when accelerating. A local garage cured the problem by replacing the air cleaner cover, which they said was bent from overtightening. When I told the previous owner, who is a friend of mine and an experienced do-it-yourselfer, he said that was nonsense. Can you tell me who's right?

M. K. – Trois Rivieres, QU

Your garage is probably right. Some air cleaner covers can become distorted by overtightening the wingnut that holds them in place. The distortion of the cover can leave a small gap between it and the air filter element, causing a loud induction noise. So be careful when tightening the wingnut.

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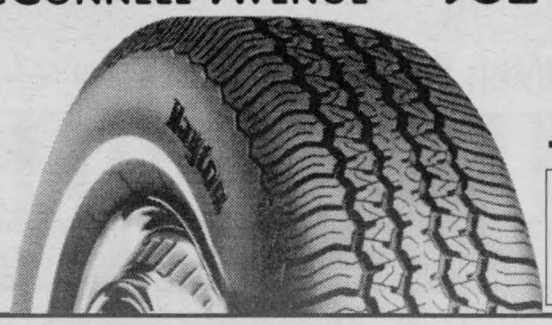

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(NC)—In the months and years ahead, our economic upturn will stimulate construction, driving up demand for, and costs of, materials and skilled labour. Energy costs are also expected to rise prompting homebuilders and homeowners to demand more energy efficient housing. A recent survey found that:

• Canadians expect heating costs to rise in the next 5-10 years. Over two-thirds (69%) believe home heating costs will be much higher in 5 to 10 years.

• 88% of Canadians (somewhat/strongly) support mandatory minimum energy efficiency standards requirements in their province.

• 56% of recent and prospective homebuyers estimate that the cost of energy efficient features in an average home are paid back in under 5 years. When asked what would be an acceptable time frame to be paid back for the cost of these same features, if they were to buy such a house, 68% said that a time frame under 5 years would be acceptable.

• 79% agree or strongly agree with the statement, "It is important for me to buy products which conserve energy even if they cost more".

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Thermal Mass

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Choosing Wood For The Finished Look You Desire

(NC)—You want to build a table, but you're not sure what type of wood to select. Maybe you plan to stain it, or perhaps you'd prefer the natural-look. Knowing which types of finishes work best on various species of wood will help you select the most appropriate type of wood for your project.

Name	Hardness	Grain	Finish
Ash	Hard	Open	Filler recommended
Alder	Soft	Close	Stains well
Aspen	Soft	Close	Paints well
Basswood	Soft	Close	Paints well
Beech	Hard	Close	Poor for paint, takes varnish well
Birch	Hard	Close	Stains and varnishes well
Cedar	Soft	Close	Paints well; finishes well with varnish
Cherry	Hard	Close	Takes all finishes well
Elm	Hard	Open	Filler recommended; not suitable for paint
Fir	Soft	Close	Can be painted, stained or left natural
Hemlock	Soft	Close	Paints fairly well
Hickory	Hard	Open	Filler recommended
Mahogany	Hard	Open	Filler recommended; takes all finishes well
Maple	Hard	Close	Takes any type finish
Oak	Hard	Open	Filler recommended
Pine	Soft	Close	Takes any type finish
Spruce	Soft	Close	Can be painted, stained or left natural
Teak	Hard	Open	Filler recommended
Walnut	Hard	Open	Filler recommended; takes all finishes well

Open grain species of wood have large pore sizes. If a smooth, mirror finish is desired, then a filler should be used before applying a finish. Closed grain species of wood have uniform pore sizes and do not require a filler.

Wood is the only building material that is renewable. Whether you choose hardwood or softwood products, you get quality and beauty that lasts—and it's the right choice for the environment.

For more information contact the Canadian Wood Council at 1-800-463-5091.

Women Find Rewarding Careers in Construction

(NC)—The construction industry offers a wide variety of jobs to suit the skills, interest and abilities of women across the country. The wide variety of careers found in the construction industry range from the following:

• **Tradespeople and on-site workers:** Carpenters, concrete and cement finishers, construction equipment operators, electricians, floor layers, heavy duty mechanics, masonry, painters, pipefitters, plumbers, roofers, sheet metal workers, skilled and semi-skilled labourers, stone masons, structural metal workers, tile setters.

• **Construction Management and Support:** General managers, contract administrators, estimators, inspectors, purchasing agents, safety managers, supervisors.

• **Designers and planners:** Architects, engineers, draftspersons, surveyors, researchers, exploration specialists, scientists, and technicians.

Starting a career in Canada's construction industry may be easier than you think. You can enter the field after high school, or as a career change or reentry into the workforce.

The Canadian Construction Association (CCA), a national association of industry employers with more than 20,000 members, has made a commitment to increase the number of women working in the industry.

The Association has developed a number of resource materials, such as a recruitment video and guide. A special information series to advise individuals, employers and associations on recruiting, training and special employment equity considerations is also available from the CCA.

For more information on these programs or the industry contact the Canadian Construction Association 85 Albert Street, Ottawa, Ont., K1P 6A4.

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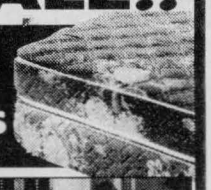

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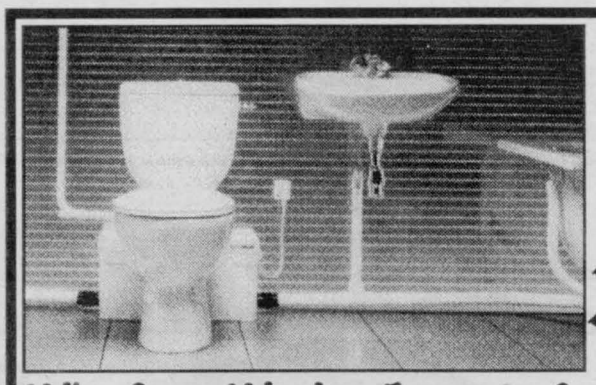

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SPRUCE UP FOR SPRING!

Refinishing Furniture

(NC)—This old table was purchased for a song. The old finish is so badly crazed it looks like an alligator hide. In a few simple steps Antique Refinisher will brighten its prospects for a new lease on life.

1. Pour 100-150 mL (4-6 oz) of Antique Refinisher into a wide mouthed glass jar or metal can.

2. Dip a piece of fine steel wool in to the Antique Refinisher. Squeeze out excess.

3. Rub gently in small circles until old finish dissolves. Rinse steel wool frequently in Antique Refinisher to clean out the old finish it has collected.

Discoloured refinisher can be reused. Discard only when it becomes a thick syrup.

4. For a final touch up, go back over the entire piece with clean steel wool and Antique Refinisher. This will eliminate any lap marks.

5. When the wood is completely dry—in about one half hour—you're ready for the protective finish. Tung Oil Finish by Minwax is ideal for refinished wood because it penetrates wood pores and restores vitality to dry, thirsty wood. Working in the direction of the grain, wipe or brush on a generous coat. After 5-10 minutes buff with a clean lint-free cloth. If buffing is difficult, recoat the surface immediately and buff. For optimum protection a minimum of two coats is recommended. Allow 24 hours drying time between coats. To add even more body and gloss just add more coats.

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About Canada's Construction Industry

(NC)—The construction industry consists of thousands of large and small firms across the country. The amount of construction work being done in an area relates to the regions' economy.

In many areas, construction has been very busy, and the forecast is that it will continue. Construction trades may be subject to union membership, depending on the firm or region.

Construction is comprised of four main divisions:

• **Construction workforce:** More than half a million skilled craftspeople, equipment operators, technicians, supervisors.

• **Manufacturers and suppliers:** The producers of construction material, components and specialized equipment.

• **Design professionals:** Architects and engineers, often self-employed, who do initial studies, preparation of design and contract documents, supervise construction.

• **Contractors:** General contractors, roadbuilders, industrial contractors and pipeline contractors who are responsible for the entire project, and specialty contractors who complete individual parts of the job such as structural steel, electrical, plumbing and masonry.

For more information on the industry contact the Canadian Construction Association 85 Albert Street, Ottawa, Ont., K1P 6A4.

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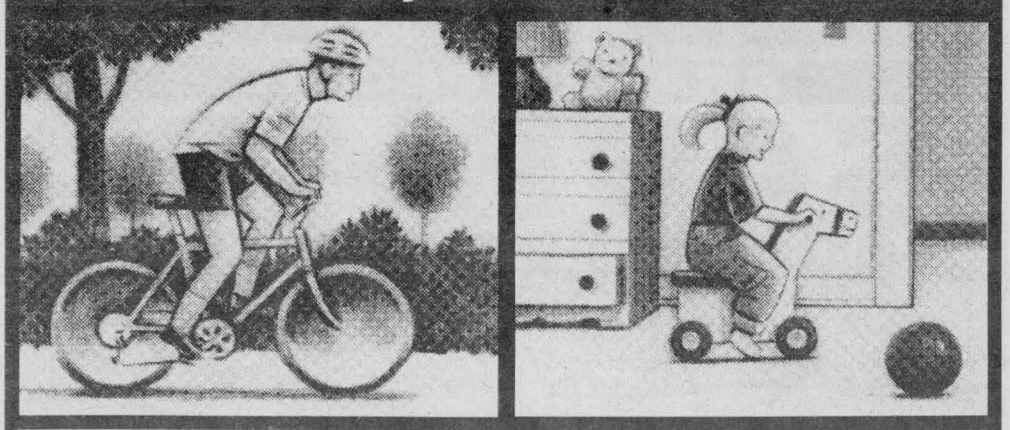
Home Renovating Tip

(NC)—To choose which side of the wood planking should be "face-up" when building a deck, look at the cut ends. The wood grain will hump towards one side, called the "bask" side. Nail the boards bark side-up (or convex side-up) to minimize cupping, so that water will easily drain off the wood. Also, leave a quarter inch space between boards for drainage.

The bottom of the deck joists should be at least 6" above the ground to prevent moisture being transferred from grass or ground cover. Another option is to cover the ground under the deck with landscape fabric and gravel to prevent moisture from reaching the wood components.

Wood uses little energy to manufacture, and it is the only building material that is renewable. Can we afford to make any other choice?

Our paint is used by most bicycle manufacturers in Canada. Imagine what we can do for your rooms.

Sico paints can really stand up to the elements: sun and snow outdoors or small fingerprints and crayon marks indoors. Because Sico makes quality paints that are durable, washable – even scrubbable. Our colour system features over 1,680 colours in a wide range of finishes. Plus Sico also makes a full line of stains and varnishes.
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AMAZING GRACE



By Bob Burgess,
Pastor New Life Covenant Church

"Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy."

1 Timothy 6:17

We live in such a materialistic age and people are quick to place their trust, hopes, dreams and security in things rather than the living God.

This same problem existed in the Bible and Paul here is telling Timothy to tell the people not to trust in their riches, but in the living God. I think that if Paul were alive today, he would say the same thing and perhaps with even stronger words.

It really became obvious to me during the recent hurricanes and floods in Florida as people lost all they had that how quickly "things" can disappear. If we are looking to things rather than God, we could end up one day "bankrupt" if things are removed.

This verse calls "things" uncertain riches because they can disappear through wars, accidents, health failure, etc... but if our trust in in the eternal God, we will not be shaken no matter what happens to us.

Any questions we need to ask ourselves is what are true riches? Is it things like cars, boats, houses, etc. I believe that true riches are love of family and friends, faith in a loving God, good wife or husband, good health and all these are gifts from God. This verse says that God want to give us all things to enjoy, as we trust in Him and not in our things.

Let me encourage you to take stock, look around you and ask yourself if you are trusting in God or things.

As always, remember God loves you! He really, really does!

LOOKING BACKWARD



By Stuart L. Manson

"A Blue Ridge Of Endless Mountains"

At certain choice locations in Eastern Ontario, when meteorological conditions are right, the stunning panorama of a distant mountain chain can be witnessed by anyone who casts a glance southward. Best viewed from heights of land near the St. Lawrence River and in particular near Lake St. Francis, the far-off natural wonders have been part of the visual experience of our region for as long as there have been people here to behold them.

The mountains in question are the northerly portion of the Adirondacks of upstate New York, which in turn are part of the larger Appalachian chain of mountains that form a significant part of the topography of eastern North America. From our perspective, tiny farms and cultivated fields can be seen in the foot·hills, crowned by lofty peaks.

Throughout the years, travellers passing through what is now Eastern Ontario have commented on the presence of the distant mountains. Elizabeth Simcoe, wife of the first Lieutenant Governor of Upper Canada, found herself plying the waters of Lake St. Francis in the summer of 1792. Upon gazing towards the south shore of that body of water, she noted that the horizon was dotted with "a blue ridge of endless mountains".

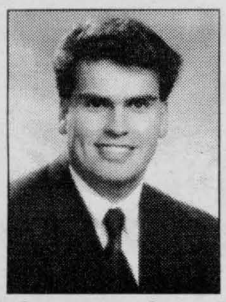
Over two centuries later, the description is quite right. Most times when the mountains present themselves to us, they appear to have a blue or purple haze. On hazy days, they are sometimes light grey, barely recognizable as geographic features. But not all historic observations of the mountains have been as accurate as Simcoe's.

In 1780, three cartographers known as Covens, Mortier and Covens produced a detailed map of the St. Lawrence River and Lake Champlain valleys. They claimed that it was "drawn from the latest and most accurate observations", yet as will be seen, that was quite a stretch of the imagination. In the great blank section that covered theat Adirondacks (an area that was more or less unknown in any great detail by Europeans at that point), the authors pointed out that: "Through this tract of land runs a Chain of Mountains which (from Lake Champlain on one side, and the River St. Lawrence on the other side) shew their tops always white with snow."

As we know, the Adirondacks are not blessed with that much altitude. True, they lose their white blankets of snow at a slower rate in the spring than more lowly elevations, but they certainly do not retain any traces of the white stuff all year long.

The map's description of the area continues with the following comment: "But altho' this unfavourable circumstance has hitherto secured it from the claws of the Harpy Land Jobbers yet no doubt, it is a fertile as the Land on the East side of the lake and will in future furnish a comfortable retreat for many Industrious Families." Clearly the intent of Covens, Mortier and Covens was more political and editorial than cartographic, and their creativity passed beyond the bounds of reality.

ANNOUNCEMENT



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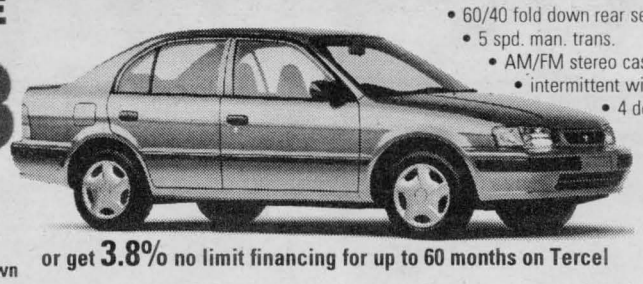

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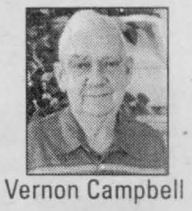
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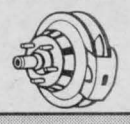

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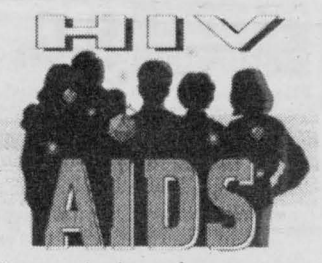
Drug Injecting and The Spread of HIV/AIDS



(NC)—Health experts are concerned that the AIDS epidemic is hitting a new group of people. A growing number of those who inject street drugs are becoming infected with HIV, the virus that causes AIDS.

It's not that street drugs trigger the disease. No matter what other health concerns heroin or cocaine or steroids may raise, they're not directly related to HIV or AIDS.

And it's not that injections themselves cause the problem. Diabetics who need insulin or children who need vaccination shots are not at risk. The needles they use are both sterile and safe.

But it's a different story for many injection drug users. And it's their injection equipment that is the culprit. When people inject drugs, some blood is pulled back into the needle and syringe. If the equipment is shared, that blood is often shot into the bloodstream of the next person in line. If someone infected is taking a turn, the virus will likely be passed on.

Traditionally, when injection drugs were discussed, the focus was on heroin. However, in many cities, cocaine has become the drug of choice.

The shift brings with it a new set of problems. Cocaine tend to be injected far more frequently, as a result, the changes of transmission also go up.

Another factor affecting the spread of HIV is the sense of carelessness that accompanies getting high. When that happens, it's easy to forget any good intentions or plans to use a condom. And that's critical, because unsafe sex is the leading cause of HIV infection. The picture is further complicated - at least for researchers - by the fact that many sex trade workers also use injection drugs. If they or their partners contract the disease, was it through sex or shared drug injection equipment?

The situation is serious. Close to eight per cent of adults with AIDS in Canada have identified injection drug use as a possible risk factor, almost double the four per cent who identified it in 1987. Despite an annual reduction in the number of deaths attributable to AIDS (due in part to new treatments, such as d4T, which is easier to take, and more effective than its better known predecessor AZT), there are today more than 50,000 known cases of HIV in Canada.

SOMETHING DIFFERENT

By Cathy Orchard

The long awaited day is here, you are shopping for the perfect wedding gown. Style, fit and comfort should all be considered when purchasing your wedding gown. Yes, your wedding gown can be comfortable. Can you honestly imagine spending an entire day in a gown that pinched here and itched there. Have fun, try on as many gowns as it takes until you have found the perfect one just for you. Take a friend with you when shopping, a friendly opinion is sometimes helpful. Your gown should reflect the style of your wedding - simple, lavish or somewhere in between. Shop with a budget in mind. Don't get caught "in the moment" and end up purchasing a gown that is not within your budget. Affordable elegance can be found with persistent shopping. "Nearly New Wedding Attire Shops" are an affordable alternative. Give these small businesses a try. Most entrepreneurs, create a shop atmosphere within their home and offer their undivided attention with exquisite wedding gowns. Don't forget - something old (please not your old sneakers, even though they are more comfortable than heels), something new, something borrowed, something blue.

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INSIDE THE CORNWALL COLTS

By David Murphy

It's been over four months since the Wagars, Brenda and Al took over ownership of the Cornwall Colts. They say time flies by when you're having fun and if that's the case, then I'm one of hundreds of Colts fans having a ball. Last September, Al Wagar was preparing to be a Junior "A" head coach for the first time, little did he know how things would evolve in just a few months.

"I'm at the rink, most days, fairly early," said Wagar. "After (General Manager) Mike Piquette and I meet everyday, I take things from there and they've really blended well."

Wagar said he knew a lot about the business side of hockey before he and his wife bought the team. "You still have to take it day by day and roll with the punches." The head coach/owner hopes the fan base (largest in the Central Junior Hockey League) will eventually increase the community's awareness about the team which, in turn, will lead to more sponsorship deals.

My grandmother once told me that everybody likes a winner. Whether or not the Colts win the league championship, the Wagars will be well liked for a long time.

RINK RAT INFO ...

The Grads aren't the only team to pull off an upset (6-4 in game two). Nepean doubled Brockville 6-3 at the Steve Yzerman Arena in game two of that series. The Braves only lost a dozen games all year ... Brent Lauzon's game winning goal in game one was very well done ... isn't fun to S-U-B-W-A-Y at someone other than yours truly? ... Brian Ladas should be commended for the work he's doing with the fans ... wouldn't you like to see a C-J-H-L ref reverse a bad call against the Colts just once? .... the Navan Arena is experiencing playoff fever. Game two drew close to 500 fans to the former Junior "B" arena (the largest crowd I've ever seen there) ... how serious are players come playoff time? Consider Andrew Gardner who, during the regular season, blew a gasket more than once and got tossed, is showing why he's the captain. In every game in this series, he's been cross-checked, punched and battered around in front of the net and in the corners but not once has he taken a retaliation penalty. He's here to win ... enjoy the rest of the first round.

Here's a look at your Cornwall Colts' upcoming games against Cumberland.

Sat. 21st - game 4 at Navan 7:30 pm (7:25 on 1220 CJSS)

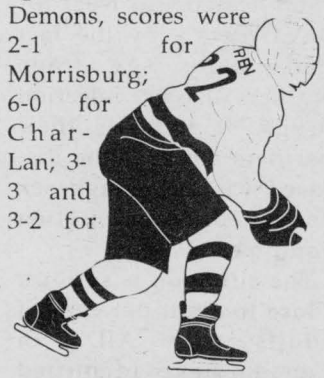
Mon. 23rd - game 5 at home, 7:30 pm

Wed, 25th - game 6 (if necessary) at Navan, 7:30 pm (7:25 on 1220 CJSS)

Thurs. 26th - game 7 (if necessary) at home, 7:30 pm.

Char-Lan Pee Wee Rebels

The Char-Lan Pee Wee Rebels ended the regular season of the Upper Canada Minor Hockey League with a 2-1 win over Akwesasne and thereby captured second place in the East division. In the first round of the playoffs the Rebels met the Morrisburg Lions and took all four games including overtime in the fourth game to advance to the finals against the North Dundas Demons, scores were 2-1 for Morrisburg; 6-0 for Char-Lan; 3-3 and 3-2 for Char-Lan. The Rebels got off to a good start defeating North Dundas 4-2 in Winchester and then defeated North Dundas 6-1 to capture the East Division Pee Wee B1 title. The Pee Wee Rebels now wait for the winner of the West division. Point getters for the Rebels were Robb Schaefer, 6 goals, 4 assists; Justin Lalonde, 4-3; Kurtis Thomson, Robert Grant, 3-3; Ryan Lalonde, 3-1; Patrice Brunet, 2-2; Phillip Touchette, Brian Danaher, Mike Fraser, 1-2; Mike Fontaine, 1 goal and the following with assists, Peter Desellas, 5; Patrick Viau, 2; and Kevin Larocque, 1. Strong goaltending was received from Michael Conway and Trevor Smith.



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If the answer to these questions is yes, then you should consider taking the Referee's Clinic.

When: April 25th and 26th from 8:00 a.m. to 5:00 p.m.

Where: The clinic will be held in Cornwall at St. Lawrence College.

Cost: The cost of the clinic which includes "Rules of the Game" booklet is only $60.00 - payable in advance.

For more information please contact Les Bradshaw at 347-1396. Registration should be made A.S.A.P.

The clinic is being supported by all soccer associations (Senior & Minor) in the S.D. & G. area.

Olympia Golden Age Bowling

Standings are even closer as of this writing than reported several weeks ago for the Olympia Golden Age League. We now have three teams tied for first, each with 40.5 points.

In the average race for the ladies, Thelma Goulet is out in front by a very slim margin 193.5 with Shirley Eastman close behind averaging 193.4. Trailing by one point is Eleanor Dennis with 192.3.

For the men, Roy Julien is well out in front of Roma Amelotte 232.9 to 220.7.

HIGHS ROLLED: Rene Laurin, 221; Albert Amelotte, 219; John Peters, 218; Tony Wheeler, 214; Bill Wilson, 213, 212; Thelma Goulet, 212, 206; Joy Konynenberg, 212, 201; Len Marleau, 209; Mary Maloney, 207; Gerry Godard, 206; Raymond Menard, 206; Florian Martel, 204; Alice Amelotte, 202; Douglas Gordon, 201.

Attendance winners: Roger Fauteau, Helen Neville and Dawn Pidgeon.

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Ray-Co Captures Gold at Regional Championship

The Regional Championships were held in Vankleek Hill on February 27th, 28th & March 1st.

Ray-Co started off with a 3-1 overtime win against the Valley Vixens from Carleton Place.

After losing 1-0 in overtime to Carleton Ford, Ray-Co beat Pakenham Midnight Runners 2-0 in the semi-final to earn a rematch against Carleton Ford.

Faced with having to defeat their opponents twice, Ray-Co went two straight overtime victories by winning with 2-1 scores to win the championship.

Ray-Co's goalie Gillian Chaddock was chosen Most Valuable Player.

Ray-Co play in the Provincial finals in Arnprior on March 20th - 22nd.



Pictured (fl) are Sharon Jasper, Sue Villeneuve, Gillian Chaddock, Cari Brazeau, Elaine Pye (trainer); (bl), Sue Stewart, Barb Benton, Mary Nixon, Joan Benton, Dawn MacDuff and Kelly Pidgeon. Missing from the photo are Ann McMillan, Glenda Lauzon, Lynda Brunet, Stephanie Hunt, Lucie Beauchamp, Nat Cote, Mike MacDuff (coach) and Jim Ogilvie (manager)

Cornwall Tire Novice Advance To League Finals

The Cornwalo Tire Novice finished the regular season in second place, earning a spot in the league's semi final against the fourth place team Morrisburg Lions. These two teams had faced off four times during the year with the Cornwall squad dominating the four games and outscoring their opponent 22 to 6. The playoff inspired the Morrisburg squad and yielded a different outcome. The first game was a close one with both goaltenders keeping their respective teams in the contest. The game finished with a 2-2 tie with two goals from Cory Thomas and assists going to Pat Mainville and Jarrett Racine. The second game in Morrisburg was again a close one with the Lions posting a 3-1 victory. Scoring the only goal for Cornwall was Eric Lemire with an assist going to Thomas. The Cornwall squad was facing elimination in Cornwall for game three and came up with a big effort in posting a 2-1 victory and outshooting the Lions 20 to 9. Scoring for Cornwall was Jesse Corriveau and Cory Thomas with assists going to Pat Mainville, Nick Gaudet and Corriveau. With the series tied at 3 points each, the final game of the series was played in Morrisburg. The Cornwall Tire Novice team played another strong game and posted a 3-2 victory advancing to the league finals. Scoring for Cornwall was Eric Lemire, Cory Thomas, Jesse Corriveau with assists going to Lemire, Christopher Ayotte, Denis Brunet and Mainville.

The team will now face North Dundas in a four part series to decide the league champions.

C.U.C.B.A. Awards for the Bantam Boys Division

Regular Season	Playoff	Playoff	Playoff
Champs (Gold)	Champs (Gold)	Runners-Up (Silver)	3rd Place (Bronze)
Heat	**Heat**	**Bullets**	**Hornets**

MVP'S (Gold)

Bullets	Hornets	Rockets	Sonics	Magic	Heat
Jason Cardinal	Kevin Duval	Michael Fotenas	Adam Yee	Geoffrey Clarke	André Lalande

SPORTSMANSHIP (Gold)

Bullets	Hornets	Rockets	Sonics	Magic	Heat
Tommy MacLean	Andrew Bedford	Mitchell Campbell	Bradley Dumoulin	Andrew Mattice	David Potts

MOST IMPROVED (Gold)

Bullets	Hornets	Rockets	Sonics	Magic	Heat
Tim Moise	Francis Martinez	Luc Loiselle-Lavallée	Andrew Runions	Allen Poapst	Adam Van Blankers

Ray Co Ties Semi Finals

RayCo, Cornwall Senior Women's Hockey Team played their semi-final playoff game against Ottawa Valkries on March 16th at the Bob Turner Arena. RayCo had great fan support and even a special visit from the RayCo Shark Mascot, herself.

Valkyries scored at 06:13 of the first period. RayCo tied things up at 05:18 of the second with a goal by Dominique Laroche, assisted by Julie Cholette. RayCo's Laroche added her 2nd goal at 08:51 of the third, assisted by Krista Casselman and Shelley Lebrun. However, Valkyries tied the game with 1:17 remaining when MF. Ethier scored her second goal of the game. Lisa Cook, RayCo's goalie, played a strong game in nets. RayCo and Valkyries must replay the semi final game at a later date.

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Minors	9-10	$60.00
Majors	11-12	$70.00
Juniors	13-14	$80.00
*Seniors	15-16	$80.00

*Little League Baseball will now let 16 year olds play house league baseball

Season for all divisions runs from May 11/98 until July 31/98 and then playoffs (No split season)

Registration will be held at The Rat's Nest

(100 Marlborough Street South)

Saturday	March 28/98	10 a.m. 'til	2 p.m.
Sunday	March 29/98	10 a.m. 'til	2 p.m.
Monday	March 30/98	6 p.m. 'til	9 p.m.

Registration costs are based on last years rates

Registration after above dates will be increased by $10.00 per division, per player

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South Stormont Atom II Selects

Playoff time and the Selects are pumped and ready. Their opponent was the South Grenville Rangers. The Rangers took an early lead and opened the scoring on Max Millar at 7:03 of the first period. Answering back on a play from behind the Rangers net, Alex Briere snapped it past and tied it up at 4:50. Assisting Briere was Andrew Beaulieu. The South Grenville squad went on to have three more unanswered goals. Heading home with the upset, the Selects concentrated on game #2 and home ice.

Saturday, March 7th, the Selects are looking for a comeback. As the clock began so did the Long Sault team. Opening the scoring in the first minute of play was Alex Briere on a pass from Corey DeRooy. Applying constant pressure to their wounds, Tyler Galindo put a safety marker in place at 8:33 of the first. Holding the Rangers back and working on a cure, Matt Leroux held them out of the net. Suffering some last minute penalties, the Rangers took advantage and worked the puck to return to the game with a tie 2-2. Heading to game #3 in Spencerville, the Selects prepare to work for an exciting game.

In other action, the west vs the east in the Atom Allstar Game, theee Selects were chosen to play for the east. Heading to Kingston on March 8th were Jordan Swerdfeger, Corey DeRooy and Shawn Wells. It was an exciting east to west rival. The west won with a scor of 9-8. Working hard and having fun with the few Selects(ed) made South Stormont proud. Earning "Allstar" Defensmen for the Eastern Conference was the fast and firey Shawn Wells. Way to go boys.

In exhibition play against the Vankleek Hill Cougars, the Selects played some fine hockey. As the bitter east wind blew around the arena in Vankleek Hill and across the benches, it would be enough to keep the Selects cold as they were downed by the Cougars 3-0. Max Millar and Matt Leroux shared the duties in net.

In Spencerville on Wednesday, the 11th of March, the team approached this important game in the series, worked with pressure. Pumped and ready, the South Grenville Rangers opened the scoring on Max Millar in the first period As the Selects pressured the Rangers in an exciting second period and tied the game, the Selects continued to outshoot the Rangers as Millar made some key saves. Late in the third, South Grenville notched one more but, not without an answer. As the Selects net was empty and the 6 charging Selects tried to ice the puck and top the series with a win. To no avail, a tie was the final and the Selects playoffs end. Scoring for the Long Sault squad was Corey DeRooy with assists going to Shawn Wells and Troy Cryderman. Scoring the tying goal was Alex Briere assisted by Andrew Beaulieu. Coach Dale Swerdfeger and Albert Timmers were extremely pleased with the work shown by the boys.

Great season boys. Enjoy your tournaments.

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TOP 100 LIST

RK	Name	G	ASS	TP	DF
1.	Allan Lalonde	378	477	855	42
2.	Harvey Litalien	326	493	819	39
3.	Daniel Bourgeouis	309	502	811	45
4.	Malcolm MacDonald	319	488	807	48
5.	Eric Landon	347	458	805	44
6.	Douglas Anderson	313	490	803	38
7.	Gerry Gillissie	336	466	802	39
8.	Brian McMillan	342	460	802	45
9.	Lyn Anderson	333	468	801	34
10.	Sandra Pettem	324	477	801	44
11.	Janet MacDonald	292	508	800	41
12.	Mario Litalien	343	456	799	38
13.	Dorothy Campbell	299	500	799	51
14.	Kelly Ratayczak	323	475	798	42
15.	Fern Bourdon	328	469	797	45
16.	Marc Appleton	316	480	796	45
17.	April Taylor	343	453	796	34
18.	Bernie Sommers	305	490	795	40
19.	Ryan Germain	339	455	794	36
20.	Paul Beaulieu	272	519	791	29
21.	Ann Loney	336	455	791	49
22.	Patrick Massia	313	477	790	49
23.	James Payette	331	459	790	41
24.	Brian Laframboise	330	459	789	43
25.	Bernie Larue	329	458	787	34
26.	Jeff Laperle	327	457	784	38
27.	Armand Bissonnett	316	468	784	50
28.	Roderick Burson	333	451	784	44
29.	Brad Lalonde	332	452	784	34
30.	Morris Lamer	298	485	783	31
31.	Shannon Anderson	311	471	782	47
32.	Anne Lalonde	336	445	781	40
33.	Andre Amyotte	292	488	780	40
34.	Eric Gordon	337	443	780	39
35.	Jason Racine	301	478	779	45
36.	Sandra Taillon	279	499	778	37
37.	Jerry Sauve	331	447	778	35
38.	Claude Gauthier	378	398	776	46
39.	Gates Lalonde	336	440	776	36
40.	Barry Gordon	336	440	776	35
41.	John Collison	293	483	776	41
42.	Rita Trudell	288	487	775	39
43.	Jonathon Hill	325	449	774	33
44.	Brian Deschamps	349	425	774	33
45.	Lynda Bird	312	462	774	42
46.	Yvon Brunette	332	442	774	29
47.	Berny Dirven	317	456	773	40
48.	Jacqueline Emburg	261	512	773	29
49.	Gary Belmore	341	430	771	38
50.	Daryl Bray	291	478	769	49
51.	Ronald A. Lalonde	306	463	769	38
52.	Timmy Brunet	308	460	768	35
53.	Brian Lalonde	327	440	767	47
54.	Vincent Lortie	301	466	767	42
55.	Randy Lafave	347	420	767	36
56.	Dave Merpaw	323	444	767	39
57.	Jim McDonald	320	446	766	34
58.	Tom Baker	337	429	766	31
59.	Danielle Legault	319	447	766	43
60.	Miki Agh	312	454	766	38
61.	Sam Gordon	320	445	765	42
62.	Loretta Bourgeois	334	431	765	35
63.	Robert Collins	267	496	763	36
64.	Shelley Merpaw	306	457	763	30
65.	Roger Lamoureux	311	452	763	48
66.	Rene Boisvenue	352	411	763	49
67.	Steve Allen	336	426	762	42
68.	Lois Emburg	294	468	762	33
69.	Charlene Trudell	293	469	762	43
70.	A.J. Kennedy	315	446	761	37
71.	Alex MacDougall	302	459	761	37
72.	William Mitchell	336	425	761	39
73.	Larry Tyo	323	438	761	30
74.	Bernie Lemire	292	469	761	37
75.	Pete Bowen	287	474	761	31
76.	Michel Bissonnett	317	443	760	33
77.	Danny Gillard	338	422	760	27
78.	Pam Bowen	316	444	760	40
79.	Stephen McFarlane	317	442	759	39
80.	Eric McCartney	290	468	758	35
81.	Chelsey Bourgeoi	274	484	758	37
82.	Bernard Trudell	311	447	758	42
83.	Laurent Decouer	287	471	758	50
84.	Wayne D. Horne	353	404	757	33
85.	Victor Burns	328	429	757	39
86.	Aime Godard	302	455	757	37
87.	Rick P. Seguin	337	420	757	36
88.	Marty Landon	327	430	757	39
89.	Shana McGlyon	313	443	756	34
90.	Marie Woods	301	455	756	46
91.	Ron Duchesne	307	449	756	36
92.	Brianne Lamarche	263	492	755	35
93.	B. Denneny	352	403	755	40
94.	Chris Gauthier	328	427	755	39
95.	Ray Bourdon	308	447	755	35
96.	David Steele	340	414	754	34
97.	Danny Coillard	307	447	754	33
98.	Viola Lalonde	290	464	754	26
99.	Jeannine Duval	320	433	753	44
100.	Wm. Lee Hart	324	429	753	43

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Peewee "A" Royals Fly Into Finals

Hockey fans of Cornwall now have two local teams to cheer on. The 1997-98 Cornwall Peewee "A" Royals captured first place in the O.D.M.H.A. league, just like the Cornwall Colts did in their league. This group of young bloods have gone the extra mile, by flying through the first two rounds of the playoffs with only one loss.

Series #1 - Cornwall faced off against Osgoode and came out winning the series 4 points to 1. In game number 1, Cornwall looked like they might have the playoff jitters as a result of not playing in almost a week. Cornwall opened the scoring in the second period as fast skating Peter Larin, not Steve scored for Cornwall. Third period penalty problems resulted in Osgoode tying the game for a 1-1 draw.

In game number 2, the boys of winter faced a very large task with one player out with a suspension, another out with the flu and playing the game in Osgoode. It is said sometimes if you push a lion into a corner, they may come at you fighting, and that's what happened in this game. Ryan Freeland opened the scoring followed by Micheil Belmore on a set up from Sean Plumondon. Newcomer Leo Dignard then helped the cause, scoring 2 goals with help from Rob Schaefer to result in a 4-2 Cornwall win. It was onto game #3 with Cornwall needing only a tie. The Royals played a very strong defensive game and Dave McCourt picking up the shutout in a 0-0 tie for the series win.

Then came the much loved Ottawa West team. What should have been a walk in the park almost turned into a nightmare, losing the game 3-1. Larin scored the only goal. With being upset and their backs to the wall, Cornwall now had to win on the road. It was onto Ottawa and Cornwall came home with a 4-2 win to tie the series on Troy Sinfield's 3 point night 1-2, Freeland going 1-1 and single goals going to Jeff Laframboise and Luc Langlois into the empty net with help coming from Ryan Roy and Chris Hart. Then came game 3 and the season on the line. Cornwall came out slow and Shawn Pollard had to make some fine saves to keep the score 0-0 until Freeland did some magic by scoring on a fine setup by Corey Hamilton. It was then back and forth hockey by both teams until midway through the second period when Belmore scored.

Shalteck Atom "A" Royals Ousted by Kanata

Shalteck retired the '97-'98 season with three very tough matches. Kanata defeated Shalteck in the best of three series, narrowly escaping from being upset by Shalteck.

In game #1, Kanata played "the tag, you're it" kind of game as Kanata slipped in the first win 7-6, on Saturday, February 28th, at the Kanata Rec. Center. Sebastien Chollette's unassisted goal opened the game for Shalteck in the first. Kanata returned the favour and the period closed at 1-1.

Kanata pumped three unanswered goals early in the second period, as Cornwall had a temporary melt down, falling to a 4-1 deficit. Fortunately, the Royals were able to pull things together and at 2:34 Chollette connected once again for his second goal of the night. Thirteen seconds later bronzy right winger Cody Legue added another for Cornwall narrowing the lead to 4-3. Kanata widened the gap before closing the period at 5-3. Getting the helpers in the period were Ian Boots and Cory Gove.

The Royals determined not to give up were able to control the most part of the third. The Royals tightened the screws the tightest they had been all throughout the game. At 10:34 Boots opened the period for Shalteck, now down by one goal, 5-4. Kanata replied once again keeping the spread by two points, 6-4. Chollette, who wouldn't let the dog lie, recorded his third goal of the night, again narrowing Kanata's lead within one. Corey Bough stepped in four minutes later at 4:33 and finally allowed the Royals to tie the game at 6-6. As the game continued to unfold Kanata were able to come out on top winning the first of the series. Earning the helpers on the goals were Bradley Crepeau, Cody Legue and Boots. Josh Ingram suffered the painful loss in the shalteck net as he faced 20 shots while Shalteck recorded 23.

In game #2 on March 1st, the Si Miller Arena was the site where goal scoring was held to a minimum. Both teams skated to what was a tight checking, defensive style game ending in a 1-1 score. Legue opened scoring early in the first for Shalteck. The play was assisted by Joel Langlois with help from Bough, Crepeau and Chris Matte. Kanata's presence around the Shalteck net was deflected by the strong conviction of goaltender Chris Gadbois and supporting cast on defence from Langlois, Matte, Glen Belmore and Josh Brownlee. Kanata managed the tying goal at 1:34 in the third.

With the Royals holding the single one pointer and Kanata standing firm with their three points in hand, set the stage for game #3. March 3rd, in Kanata was where the deciding game was played out. The deck seemed to be stacked in Kanata's favour while Shalteck playing all the right cards, just fell short of another possible win, losing 2-1.

Boots rang the bell for Shalteck early in the first on a play assisted by Crepeau. Moments later Kanata evened things up. The often threatening offensive attack of Gove, Marleau, Lalonde and Bough who commonly respond like sharks do with fresh blood knawed away at the Kanata crease but were resisted on their attempts. Kanata managed the discouraging winning goal in the third as Shalteck faced the heartfelt reality of play-off elimination. Gadbois serviced the crease for Cornwall as he faced 17 shots while Shalteck returned 22. Shalteck's regular season record this season was 11-18-3, earned with seven minors and eight majors playing for the team. The spirit of hockey does live on for Shalteck as they now prepare for the Brossard, Quebec Tournament.

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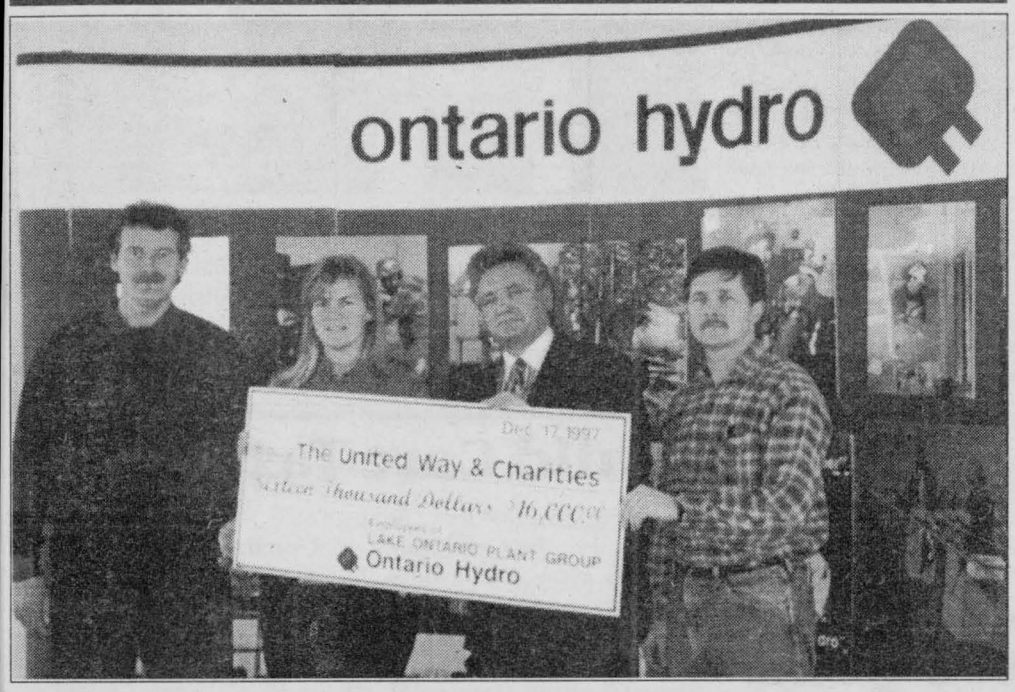

Seen in this picture making a sixteen thousand dollar ($16,000) presentation that greatly helped close our 1997 fundraising campaign successfully are as follows:

(left to right): Keith Eastman, Acting Manager; Tracy Hampel, Co-Ordinator for 1997 United Way Hydro Campaign; John A. Farrington, Campaign Chair; and Dale Adams, Society Representative for Professional Engineers.

The average contribution to this United Way appeal was $215.00 per donor. This is the highest support for our annual campaign.

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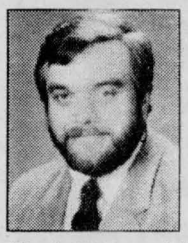

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How Much Life Insurance Do I Need?

MONEY TALK

(NC) On a per capita basis, Canadians rank fourth in life insurance ownership. So generally speaking, as Canadians, we're at least conscious of the need for life insurance. However, most Canadians simply don't own enough. And being under insured can mean financial hardship for your loved ones in the event of your death. So how much life insurance is enough?

The experts at CIBC Insurance say that the answer to that question lies in your own personal financial situation. Just as a tailor-made suit requires some specific measurements, so does insurance.

Add up your current family expenses such as day-to-day living costs, on-going debts such as your mortgage or loan payments, future financial commitments such as education for your children and even the final cost of your funeral. Then look at your current life insurance coverage including workplace, mortgage and other life insurance. If you were to die suddenly, would your existing coverage be adequate?

Remember, as your life changes so does your need for additional insurance. A new baby, new job, starting a new business or buying a new home all mean that your insurance needs have increased.

But it's also important to remember that paying too much for insurance unnecessarily taxes your financial situation and can actually take away from your present quality of life.

If you have any questions about life insurance or would like to review your insurance needs, call 1 800 480-6019 any time from 8 a.m. to Midnight (eastern) and speak to a salaried insurance advisor.

Home buyers' plan

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(NC)—You may withdraw up to $20,000 from your RRSP without immediate taxation to assist in acquiring an owner-occupied home.

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To participate, prospective homebuyers or their spouses cannot have occupied a home as a principal residence at any time from the beginning of the fourth calendar year before the withdrawal year to 31 days before the withdrawal. For example, if a withdrawal is made in 1998, you must not have owned a home after 1993.

Donation from Hellenic Community of Cornwall



The Canadian Cancer Society recently received a donation of $200. from the Hellenic Community Association of Cornwall. The funds were raised at a Bake Sale at the Brookdale Mall. Standing (l-r) are Athina Goltsios, Secretary; Mrs. Helen Saklas, member and Mrs. Anna Efthimiou, Vice President. Accepting the donation on behalf of the Canadian Cancer Society is Mr. Bob Denis, Cornwall Branch President.

Child Care Tax Relief

Working parents may be able to use their childcare expenses as tax deductions. According to Mark Brohman, CA, manager with Durward Jones Barkwell & Company in St. Catharines, money spent on daycare, babysitting, boarding school and summer or sports camps will qualify. Other items, such as medical expenses, tuition costs, clothing or transportation costs, will not.

In typical circumstances, the deduction must be claimed by the parent with the lower income, notes Brohman. "Unfortunately, if one of the parents has no income, it is generally that person who will be required to claim the deduction, in which case the benefit will be lost."

The amount of the deduction available is up to $5,000 for each child six years of age or younger at the end of the year, or children with a mental or physical impairment, and $3,000 for each child between the ages of seven and sixteen. "But the total deduction cannot exceed two-thirds of the income of the parent claiming the deduction," says Brohman.

Brohman notes that there are special rules for parents attending school full time and for those who have separated during the year or are divorced. Ask a chartered accountant to explain how the rules might benefit you.

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QUESTIONS?

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YOUR INVESTMENTS



By Luke Bedard

If Job Uncertainty Has You Concerned About Finances, Read On

Downsized, outplaced, re-engineered ... those employment- or, more appropriately, unemployment - buzzwords have deep, personal meaning for people the world over. But the opportunity offered by a severance package might be just the catalyst many people need to pursue the profession or vocation they've always aspired to, to start a business or to retire.

If your employment has just been terminated, your financial situation is a prime concern. So right off the bat, ensure you've received the best package possible. Does your lump sum reflect:

- your years of service
- the probability of securing similar employment.

Is there provision, if needed, for:

- health benefits
- retraining
- counselling
- job-search and résumé assistance.

Don't be pressured into agreeing to or signing anything until you've sought legal advice on these issues. A small consultation fee is a small price to pay to ensure you're getting what you deserve.

Get your financial house in order. Look at current and anticipated expenses, such as mortgage, car and household insurance, university tuition and daycare. Assess your family's wants and needs, striking a balance that won't bleed you dry or alter your lifestyle unnecessarily. Consider negotiating a line of credit with your bank to cover emergencies so you don't have "month left at the end of your money". For whatever reason, you may not want to tap into your severance right away.

Consider your personal situation and how you're going to take charge of your life. Your response will depend on your age, psychological readiness for change, the marketability of your knowledge and skills, the amount of savings you have, and perhaps how ready you are to retire.

Finally, think about discussing your options with a financial adviser. There are important factors to consider, and a financial adviser can help you make the most of your severance package by proposing tax-saving and tax-deferral strategies, recommending sources for legal advice, and suggesting financial-planning solutions that will ensure you and your family have a financial bridge to your next step - whatever it is.

Are Tax Shelters Still a Viable Option?

"During the past few years, the federal government has launched a multi-faceted attack on tax shelters to eliminate some - such as those involving software and movie production - and restrict the benefit of others," warns Mark Pearlman, CA, a partner specializing in taxation with Horwath Orenstein in Toronto. However, some shelters are still available, he says. "An example is flow-through shares — which have to do with exploring for resources, such as is done in the oil and gas industry.

Any tax shelters you have acquired during the year must have special identification numbers issued by Revenue Canada. "No deduction will be allowed without such a number," explains Pearlman. "The promoter of the tax shelter obtains the number, which is then registered on Revenue Canada forms supplied to investors. To get the number, you must contact the promoter of the tax shelter."

Pearlman suggests that "before leaping into any tax shelters you should carefully assess their economics, not just their tax savings. If the investment is risky or won't yield a good return, it's not worth pursuing." As well, there are strategies you can use to maximize the tax benefits of the various tax shelter options on the market. Ask your chartered accountant for further information.

Brought to you by The Institute of Chartered Accountants of Ontario

ENERGY FACTS

(NC) - A sugar compound, found in fungi and the hard skins of insects, is being studied for use in treating nuclear waste. Called chitin, it was found to extract heavy metals such as uranium and plutonium during decontamination work after a nuclear accident as a power plant in Chernobyl, Ukraine. Scientists from Russia, France and Ukraine are working on a pioneering method for nuclear waste treatment using chitin.

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Community Update

*AL-ANON/ALATEEN If someone you love or are dependent on has a drinking problem, you can see what it's doing to them; if you're also concerned about what it's doing to you, call 937-4880.

*ALCOHOLISM IS A DISEASE, help is available. If you want to drink that's your business, if you want to stop that's ours. Phone AA today at 613-938-1984.

* ALEXANDRIA CANCER SUPPORT NETWORK meets every third Tuesday, 7:00p.m., Glengarry District High School (front entrance). Peer support for cancer survivors and their supporters. Info: call the V.O.N. Office at 525-1214.

*ALZHEIMER SOCIETY'S BREAKAWAY DAY PROGRAM in Alexandria and Winchester is seeking participants and volunteers.

*ASSOCIATION FOR THE NEUROLOGICALLY DISABLED is a registered charity offering in-home stimulation and rehabilitation to brain injured adults and children. For information on this service call 1-800-561-1497.

*CANADIAN FEDERATION OF UNIVERSITY WOMEN Cornwall & District will hold their next meeting on Tuesday March 24th, 7:30p.m., Knox St. Paul's in the Lewis Room. New members welcome. For more info call 933-8468.

*CANCER SUPPORT NETWORK meets every third Thursday of the month at Central Public School (Amelia St. entrance) 7:00p.m. For more info contact Sheila at VON Office 932-3451.

*CENTRE CHARLES-EMILE CLAUDE holds sandbag games Friday's 1:30p.m., beginner line dancing Wednesday's 1:30p.m., Tai-ji Monday's 2:00p.m., advanced line dancing Tuesday evenings 7:30p.m. For more info call 932-1035.

*CNIB is in need of volunteers to assist visually impaired individuals with grocery shopping once or twice a month. Call 936-2300 for more information. Your help is appreciated.

*CORNWALL & DISTRICT BRIDGE CLUB meets every Thursday at the Masonic Temple at 7:30p.m. Call 932-3498 for information.

*CORNWALL MEALS ON WHEELS needs volunteers to fill vacancies in its delivery system. If you have two free hours a month between 11 a.m. and 1 p.m., please come and help us. Call 534-8883.

*EMOTIONS ANONYMOUS a self-help support group meet on WEDNESDAYS only from 7:30-8:30 p.m. at St. John Bosco School, 113-8th St. West.

*EX-FATHERS, a support & action group promoting fairness for fathers after separation and divorce, meets Tuesday March 24th, 7:30 p.m., Room 133, CCVS, 437 Sydney St. All fathers welcome. Info: 931-2104.

*GLEN STOR DUN LODGE has many volunteer positions open to individuals who are interested in giving a couple of hours a week to assist in recreational activities, dining and exercise programs. Orientation & Training provided. Please call the Volunteer Dept. at 933-3384.

*JOY OF LIVING a support group for separated, divorced or widowed people hold weekly meetings Friday evenings, 8:00p.m. at Holy Cross Church Hall (corner of Leonia & Easton). For more info call Helen 936-6697 or Richard 937-4156.

*ORDER OF THE EASTERN STAR Cornwall Chapter #202, are having a Tea & Bake Sale on Wednesday April 1st, 2:00-4:00p.m., Masonic Building. For info call Joan at 932-6190.

*OVEREATERS' ANONYMOUS hold weekly meetings at Knox St. Paul's United Church, Library Room every Monday & Thursday Evening, 7:30p.m. For more info call Louise at 937-3812.

*PROSTATE CANCER SUPPORT NETWORK meetings are held every second Thursday, 7:00p.m. Central Public School (Amelia St. entrance). For info call Sheila Airey at 932-3451.

*PEER SUPPORTS GROUP open to individuals who have experienced mental illness or mental health problems and who are looking for information, peer support & sharing of coping skills & strategies. Monday evenings from 6 to 8 pm at 29 Second St. East. Info, call 933-5845.

*PROBUS CLUB OF CORNWALL & AREA will hold its monthly meeting on Thursday March 26th, 10:00a.m. at the Navy Vets Bldg., 30 Sixth St. East. New members and guests welcome. For info call 936-1273.

*S.D.&G. GENEALOGICAL SOCIETY meeting will be held on Tuesday March 24th, 7:00p.m., Trinity Anglican Church Hall, Room 2. For more info call 933-6025.

*S.D.&G. VOLUNTEER CENTRE is recruiting volunteers to meet the needs of the community. If you're interested in volunteer work for different organizations, please call the Volunteer Centre today at 933-8162.

*SEAWAY M.E./FM CHAPTER FOR FIBROMYALGIA & CHRONIC FATIGUE SYNDROME are holding their next meeting on Wednesday March 25th, 1:00p.m. at the Cornwall Seaway Lions Club, 123 Fortier St. Call Sheila at 933-8601.

*SEAWAY SENIORS, 205 Amelia Street upcoming events: Royal Lippizzan Stalions includes Dinner Sunday March 29th, Hull Casino Monday April 6th. Members & non-members welcome. For info call 932-4969.

*ST. LAWRENCE SENIORS CLUB Smoke Free Bingo and Euchre at St. Joseph Villa Auditorium. Bingo every Monday & Friday 1:15p.m., Euchre every Thursday 1:15p.m. Wheels to Meals every second Wednesday of the month. Doors open 10:00a.m. Info call Mary 938-2215.

*THREE COURSE SPAGHETTI SUPPER being held Wednesday April 1st, Entertainment 1:30p.m., Supper 4:00p.m., Navy Club. For more info call 932-3936 or 938-2447. Proceeds to Student Assistance Association.

*VOLUNTEERS WANTED to be a part of the Lung Association Family. Volunteers are needed for special events and many other fundraising activities. If interested, please contact The Lung Assocation at 932-4999 or by fax at 932-5024.

*WOULD YOU LIKE to improve your Public Speaking & Leadership Skills? Seaway Toastmasters is meeting on Tuesday March 24th, 7:00p.m. For more info call Earl DePass at 930-2145.

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HOROSCOPES

March 22-28

Aries – March 21/April 20

A disagreement with a business associate brings out the best in you. Instead of getting angry, you take the high road and try to see the other side of the situation. Superiors will reward you for your actions. A close friend is there for you when you need him or her. Don't be afraid to open up.

Taurus – April 21/May 21

Don't let others walk all over you when they don't agree with your opinion. Stand up for what you believe in. A family member asks you to help him or her make an important choice. Be supportive, but don't try to sway the decision. Capricorn and Gemini play key roles during the weekend.

Gemini – May 22/June 21

You're not one for monotony, Gemini. Thankfully, you don't have to worry this week. There's so much going on that you don't know which way to turn. Try to get organized, and prioritize your schedule. It's the only way to make any progress. Things will calm down by the end of the week. That special someone finally says yes. Enjoy!

Cancer – June 22/July 22

When it comes to a personal matter, you have to make the first move this week, Cancer. The others involved don't know what to do and are waiting for someone else to take the lead. It's up to you to get the ball rolling. A friend wants to get you involved in a financial scheme. Don't do it; it's too risky.

Leo – July 23/August 23

Don't let your pride get in the way of apologizing to a good friend. You say something insensitive and need to make amends. This relationship means too much to you to let it end. A loved one offers you business advice. While you don't have to follow it, you do have to listen. Remember, he or she means well.

Virgo – Aug 24/Sept 22

Your perfectionist nature gets the best of you in a business situation. Instead of letting an associate present a sloppy project, you fix it up. While you don't get the full credit you deserve, your co-worker does appreciate your help. A loved one needs to talk. Be there for him or her.

Libra – Sept 23/Oct 23

Don't be too naive this week, Libra. An acquaintance tries to pull the wool over your eyes, so be on the lookout. Don't let him or her get away with it. An old friend is trying to solve a "mystery" from the past and needs your help. Be supportive, but don't get too involved in the situation. There's more going on than you think. Aries plays a key role.

Scorpio – Oct 24/Nov 22

While trying to help a close friend, you learn some interesting information. However, it is best to keep this to yourself. Your friend only will be hurt if he or she finds out. A close relative wants to have dinner with you. Don't say no; it's sure to be a good time. Cancer plays a key role.

Sagittarius – Nov 23/Dec 21

Control your temper when it comes to a business associate early in the week. This person really doesn't know what he or she is talking about and doesn't mean any harm. Show that you can be the bigger person. A family gathering turns into a family feud. Try to stay out of it. It will blow over quickly.

Capricorn – Dec 22/Jan 20

Stand your ground when arranging an important get-together with friends. Don't let them take control. It's time for you to take the lead. A loved one gets into trouble and needs your help. Pull all the strings that you can to help him or her. He or she would do the same for you. Pisces plays an important role early in the week.

Aquarius – Jan 21/Feb 18

When it comes to making a business decision, everyone has a different opinion. State your case, and listen to others. While you may not agree with them, respect their views, and work with them to make the right decision. You have to cancel plans with that special someone. Don't worry; he or she will understand.

Pisces – Feb 19/March 20

Start off the week with a clean slate. Don't let the stress of the past few weeks get you down. With a positive attitude, things will start to go your way. A loved one lets some important information slip. Don't start spreading it around. He or she needs your confidence.

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SEAWAY NEWS
ENTERTAINMENT

"SPRING HAS SPRUNG and the grass has riz.....but I wonder where the birdies is !" They're waiting for the temperature to warm up I bet . We just passed the first day of spring and last I looked there wasn't a feathered friend to be found in my backyard. Enough already with the snow and the cool temps.

One way to escape the unsettled weather is to join the *"MELTDOWN"* this Sunday, March 22nd starting at noon hour at the Civic Complex. No they haven't turned off the ice-making machine but this Meltdown '98 is a way of letting loose and at the same time help out the *ICE STORM DISASTER FUND*. The event will feature many of Cornwall and area's best entertainers. You can dance and/or listen to *THE BARSTOOL PROPHETS, SAM HILL, THE VELVET HEART SHOW, TAMMY MCRAE BAND, MIKE MCANANY AND OTHERS* who will perform all afternoon until 6:00 p.m. Also scheduled to appear will be the *TRUE GRIT BAND* featuring some Liberal Party MPs.

The movies playing in town this week include *TITANIC, WILD THINGS,* and *FLUBBER* playing at the Brookdale Cinemas at the Brookdale Mall.

Good Luck to the Township of *SOUTH GLENGARRY* in their upcoming *SALUTE TO THE MANY VOLUNTEERS* from the '98 ice storm. The event will be a wine and cheese affair to be held on April 3rd between 7 p.m. - 9 p.m. at the Charlottenburgh Recreation Centre in Williamstown.

Mark your calendar for the May 15th. That's when the Royal Canadian Navy Association will attract over a thousand veterans from across Canada and the U.S. to Cornwall for the *44TH RCNA REUNION*. The event will include a parade on Sunday, May 17th from Central Public School to Lamoureux Park. The gathering will last all weekend and we urge all citizens to make our visitors feel welcome in the typical Cornwall fashion. Good luck and congrats to the Cornwall Navy Veteran's Association in once again organizing, for the third time, this major event in the city.

Feel like treating the kids to a real treat? Take them to *MIKEY'S FUN FACTORY* at 1020 Montreal Road. There's mini golf, arcade, batting cage and many other games to make the outing a full day of fun. MIKEY's is open 7 days a week between 11 a.m. - 10 p.m.

If you read this in time you can participate in the *MIXED DART TOURNAMENT* on Saturday, March 21st at the R.C.A.F.A. Wing 424 on Water Street West. The registration will be between 12 noon and 12:30 p.m. and then the 1:00 p.m. sharp start time.

Just as the *CORNWALL COLTS* playoff series is beginning to heat up in the CJHL so too is the home-stretch action in the NHL these days. The Toronto Leafs are making a last ditch effort to gain a playoff spot. They have an all-important game Saturday night at MLG when they host the Vancouver Canucks in a CBC-TV tilt. Fans will also be treated to a second game that night when the St. Louis Blues visit the Edmonton Oilers as part two of the TV doubleheader. No doubt all diehard Leaf fans are still hoping for some late season heroics... but realists' warn of the impending doom.

The Cornwall Colts meanwhile have their hands full with Cumberland in their playoff battles. They can use plenty of support and we hope to see you at the Ed Lumley Arena to cheer on the Colts in their playoffs.

Until next week G'Day and G'Night .



Entertainment - Special Events & Restaurant Review - By Bill Gallant

TELETOON is Not Just for Kids ...
Guess What's in Store for the Grown-Ups!

(NC) So the kids enjoyed the latest silly adventures of Ned's Newt and you shared some laughter watching episodes of The Jetsons, brought back to your TV screen courtesy of TELETOON, The Animation Station. But now the kids are in bed, and it's time to have some fun... adult style! No need to change the dial; just park yourself in front of your television set and enjoy what TELETOON has to offer.



Captain Star can be seen every Wednesday to Saturday, only on TELETOON. Check your local listings.

If you are looking for offbeat, provocative forms of animation rarely seen on network television, TELETOON has a great adult line-up, starting at 9:30 p.m. every night. The Animation Station offers programming sourced from around the world with themes, humour and language more relevant and appealing to an adult audience. Check your local listings for some of these innovative series:

Captain Star: This intergalactic salesman and the greatest hero the universe has ever known is stranded on the Nameless Planet awaiting orders from mission control, a huge bureaucratic marketing conglomerate. Richard E. Grant, of The Player and Withnail and I fame, lent his voice to this cartoon character. Captain Star can be seen every Wednesday to Saturday, only on TELETOON. Check your local listings.

Pond Life is a cul-de-sac in a small city suburb where Dolly has lived since birth and from which she wants to escape. Unfortunately, her "crap" family and friends hold her back and stop her from answering to her true fantastic personality... if only she knew what she really wanted! In 1997, this U.K. production won five international awards for best animated series.

Duckman was created by celebrated underground artist Everett Peck, with the lead voice provided by Jason Alexander, best known as George Costanza in "Seinfeld", and has been enjoying a cult-following ever since it first aired in the States. This half-hour comedy series focuses on the adventures and misadventures of a reformed chain-smoker who constantly rages against the imperfections of life.

FAST-MOVING VEHICLE



FOR SALE: Must see! 1994 Name/Model 4-door sedan. Low mileage. Asking $0,000. Call 000-0000.

Place An Ad In The Classifieds And Watch Your Car Go!
When you're looking to turn your used set of wheels into some fast bucks, the Classifieds is your best vehicle. It's simple, it's affordable and it can really get the show on the road for you.
Call 933-0014 To Place Your Ad!

TANDER
BUFFET RESTAURANT
"Good Buy, Winter!"
MARCH SPECIAL
Over 40 Items To Choose From
SUPER LUNCH $4.99 Salad Bar, Ice Cream & Pastries Included
SUPPER SPECIAL $6.99 Starts March 23rd
Limited Time Offer
2130 Vincent Massey Dr. 938-8738

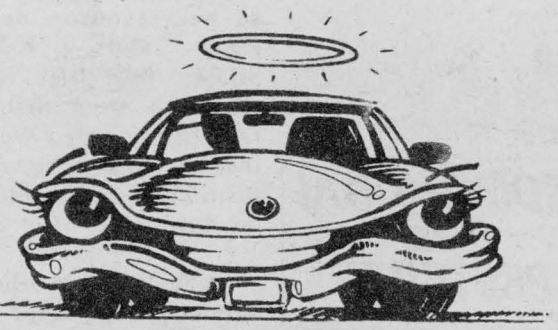
Country BAKERY & Coffee Shop
534-8222
We're opening Friday March 27th
Easter basket special from $1 to $9
JUST 1/4 MILE EAST OF LONG SAULT TRAFFIC LIGHT

YE OLD ENGLISH FISH 'N' CHIP SHOP
"Authentic English Fish & Chips
Lunch Specials
• Perch Rolls • Shrimp
• Steak & Kidney Pie • Seafood Delights
Eat In Take Out We Deliver
Hours: Mon.-Sat. 11 am - 8 pm Sun. 2 pm - 7 pm
Managed by Ray & Clara Henstock
9, 1st Street East
933-6411

STCC TRI COUNTY CRAFTS' EASTER CRAFT SALE
APRIL 3 - 4 - 5
CORNWALL CIVIC COMPLEX
FRIDAY: 10:00 a.m. - 9:00 p.m.
SATURDAY: 10:00 a.m. - 5:00 p.m.
SUNDAY: 12 NOON - 5:00 p.m.
Something For Everyone ... Especially You
CORNWALL'S LARGEST JURIED CRAFT SHOW
FREE ADMISSION!

White Star Tours
(Travel Reg. 1177513)
May 16-18 $399 INDIAN HEAD RESORT, NEW HAMPSHIRE
3 days, 2 nights, 2 full course breakfasts, 2 lunches, 2 dinners, Mt. Washington Cruise Ship, cocktail party, floor shows, evening entertainment, North Conway shopping, health & cancellation ins.
June 7-11 $417 WILDWOOD, NEW JERSEY
5 days, 4 nights, 4 full course breakfasts, 3 dinners, Whale & Dolphin cruise, casino bonus, Atlantic City, Cape May, nightly entertainment, health & cancellation ins.
April 24 HULL CASINO NIGHT $21.00
Includes dinner buffet.
Departure: 4:00 p.m.
CALL ROSE ~ 933-3567 (mornings & evenings)

GET PEACE of MIND



WITH A FREE Spring Maintenance Check-Up
we will check your
• brakes
• suspension
• exhaust
• tires
• lights
• belts & hoses
and provide you with a free written estimate
PEACE OF MIND DRIVING INSPECTION
HURRY! OFFER ENDS SOON!
GRANT
DODGE • CHRYSLER • JEEP
2205 Vincent Massey Drive 938-0934

Seaway News, Sunday March 22, 1998 pg. 28

Hello ... Is There Anyone Out There? We want to remind everyone out there that this is your public forum ... we need to hear from you, so mail, fax or drop off your little anecdote or gossip to: 329 2nd St. W., Cornwall, Ont, K6J 1G8 or by Fax 933-0024 or E-mail your little ditty to us at snews@seawaynews.on.ca



SCUTTLEBUTT

Hey ... Check out our Web Page on the net at seawaynews.on.ca

Is **ANDRE RIVETTE** moving out of the City??? He must be, he took a job outside of the City!!

SINGER
APPROVED DEALER
Your family company
Internet: www.singersewing.com
A Sensational New Look At A Sensational Price
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20% OFF SCISSORS
Latour's (Lindy's) Sewing Centre
214 Montreal Rd 932-6802
E-mail: paul@glen-net.ca
web site:
www.comsearch-can.com/LINDYS.htm

This caller informed us that M.P. **BOB KILGER** has lost 12 votes from her family over his stand on the flag issue on Parliament Hill.

If you want an honest answer about how you look, ask your mother!

PROMOTIONAL GOLF PRODUCTS
and much more!
AdVantages ADVERTISING
www.nivek.ca/advantages
55 Water St. W. Suite 240
Cornwall,ON 938-8591

Some people are wondering when the Woodlawn Cemetery on Cumberland Street is going to be cleaned up. There are numerous branches down from the ice storm in January and nothing has been picked up yet.

To all parents of school aged children ... **IT'S OVER** ... for another year! Just think, summer holidays are just around the corner.

HANDICAP PRIVILEGE ABUSED

Since last July, nearly everyday, as early as 8:00 a.m., sometimes all day. The handicap space at the municipal lot at 100 block (Pitt Street) ... it's impossible to use during breakfast, lunch, seniors club or shopping. *The driver is a well built male, 5 ft. plus, graying hair, who roller blades the bike path and walks the malls and square.*

Ever notice the price of "lite food" items versus "regular" full-of-fat food items. Go figure ... the cost is higher even though all "the good stuff" that's bad for you has been removed!!

I know it's the '90s ... Don't get me wrong - there's nothing wrong with breastfeeding your baby, anytime, anywhere. When they are hungry, they don't want to wait, they want to be fed "right away" ... *but what's wrong with a breast pump and bottled breast milk when you're not at home?!?!?*

Caller is very **disappointed with the recent closing of her favourite department store, K-Mart.** Strange how they would choose a store that was recently renovated over one that has gone to shambles. It surely is another blow to our City.

A challenge to other service groups in the area: A cheque in the amount of $1,000. was presented to Paul Connely regarding the Liver Foundation in conjunction with the Dave Ezard Memorial Walk. Another great donation! ***Let's see if any groups accept the challenge!***

JOAN BENTON, of the Ray-Co travelling team would like to thank Seaway News for sponsoring her during the Provincial Broomball Championships. Good luck goes out to all the team this weekend in Arnprior.

Ever notice that it rains or snows the day after you wash your car.

A big congratulations goes out to **O'NEILL PRINTING** for their big move to Paper Plus at 12 Sixth Street East.


MIKE LOGAN
• custom framing
• limited edition prints
• photo restoration
LOGAN'S GALLERY LOGAN'S
224 Pitt Street
938-3629
A gallery like no other ...
Chinese Year of the Tiger

"White Lightning"
by Seerey-Lester

Caller would like to send a big bouquet of roses to **DEBBIE PIETTE** and the service department at Cornwall Honda for their prompt and always friendly service. They are absolutely terrific and deserve to be commended. Keep up the good work!

For all those people out there who don't know ... yes ... **turn signals were invented to use when making a turn or when changing lanes.**

new word
GERENT
ONE WHO RULES OR MANAGES

The trouble with stretching the truth is that it's apt to snap back.

Professional
First Aid and CPR Training
•Instructed By Qualified Paramedics
•Fast Hassle-Free Recertifications
•Hands On Sensible Approach
• Courses tailored to Health Care Provider and Work Place
•Competitive Rates
For Course Information
Please Call 933-6924
PARA-TECHS Ontario
Authorized Provider of the Canadian Red Cross

Alderman, Alderwoman, Councillor, Councillorette ... who cares! Let's worry about real problems and get on with more pressing issues ... I'm a woman and if it doesn't bother me, it shouldn't bother you!!

Ahhh ... Spring ... in like a lion?

Did you know that if you ***hand in your Farm Boy and YIG cash register receipts to the O.S.P.C.A. animal shelter*** at 550 Boundary Road, Cornwall, the animals receive a percentage from these sponsors. They also use the UPC codes from Heinz pet products from A&P. Let's help the animals.

MRS.B's CRAFTS & GIFTS
Inquire about our
CRAFT CLASSES
(including tole painting)
621 Pitt St. 937-0222

This caller agrees 100 percent with **JOHN DIVINSKI'S** show of Wednesday, March 18th, at 7:05 a.m. on CFLG 104.5, stating that parents go through all the trouble of protecting their children by buckling them up in the back seat, locking doors and windows for their safety, but not batting an eyelash when lighting up a cigarette inside the car. *Do your children a big favour ... wait until you're outside to light up.*

On Saturday or Sunday, a 12' aluminum boat was purchased by a man at 18 St. Laurent in Long Sault. **Please give me a call at 932-2840. It's very important.**

HOW THEY SAY IT IN...

ENGLISH:	**HAIR**
SPANISH:	**CABELLO**
ITALIAN:	**CAPELLI**
FRENCH:	**CHEVEU**
GERMAN:	**HAAR**
LATIN:	**CAPILLUS**

SEAWAY SMILE

Every week, the "Smilers" at AdVantages Advertising author "Seaway Smile" ... a little bit of humour to get your week off to the right start.
The "Smile" can be accessed via the internet too!
http://www.nivek.ca/advantages/smile.htm
Your own submissions are always welcome!
Send them to advantag@nivek.ca

THE FUTURE FATHER IN LAW

A nice upper class girl brings home her fiancee to meet her parents. After dinner, her mother tells her father to find out about the young man. He invites the fiancee to his study for schnapps. "So what are your plans?" the father asks the fiancee. "I am a religious scholar," he replies. "A religious scholar." the father says. "Admirable, but what will you do to provide a nice house for my daughter to live in, as she's accustomed to?" "I will study," the young man replies, "and God will provide for us."

"And how will you buy her a beautiful engagement ring, such as she deserves?" asks the father. "I will concentrate on my studies," the young man replies, "God will provide for us."

"And children?" asks the father. "How will you support children?" "Don't worry, sir, God will provide," replies the fiance. The conversation proceeds like this, and each time the father questions, the fiancé insists that God will provide.

Later, the mother asks "So?.... How did it go?"

The father answers, "He has no job and no plans. But the good news is, he thinks I'm God."

Does anyone remember what promises were made by **PRESTON MANNING** during the election? One was to restore credibility and no-nonsense attitude in the House of Commons. What happened? Is this the same Preston Manning now defying orders from the 'Speaker of the House'? I think when he had his image remade they either pushed his contacts in too far or else pulled his hair too tight when they were shaping his new hairstyle.

Two women were chatting in a beauty parlour. The first was telling her friend all about her ailments. I've got a bad case of arthritis," she said, "and my ankle is sprained. I am short of breath, I can hardly swallow and besides that there is a buzzing in my ears."

"My goodness," her friend said. *"You sure must be healthy to be able to stand all that pain."*

Hope everyone had a Happy St. Patrick's Day ... !

For the kids
- Grin and Groan

• How did the pig keep from getting sunburned?
~It rubbed itself with oinkment.

• Where does a student pig find out his grades?
~ On its repork card.

Boost Your Brain Power

A butcher is six feet, two inches tall and wears a size eleven-and-a-half shoe, what does he weigh?

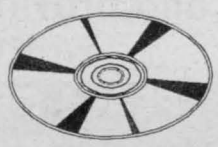
Thought for the week ... People do have the ability to rise above themselves to higher things.
Alfred Tennyson

Answer: Meat, of course!

Did You Know?

FINGERPRINTS ARE USED TO IDENTIFY PEOPLE, BECAUSE EACH PERSON'S FINGERPRINTS ARE UNIQUE.





COMPACT DISCS, WHICH STORE INFORMATION LIKE MUSIC, COMPUTER PROGRAMS, SOUND AND PHOTOGRAPHS, ORIGINALLY WERE DEVELOPED AS AN ALTERNATIVE TO PHONOGRAPH RECORDS AND AUDIOTAPES.



LET'S CELEBRATE

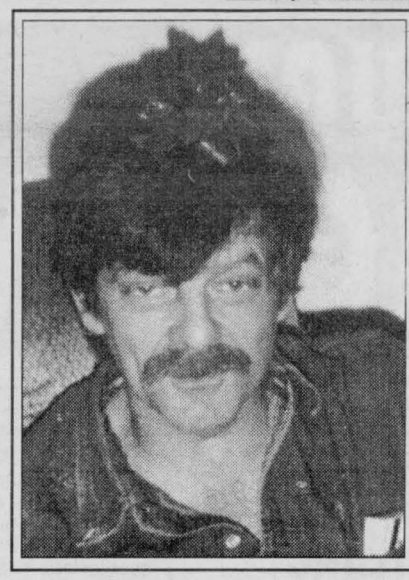
Bonus Every Let's Celebrate Ad will be entered in a draw and a weekly winner will win a

Gedoro's
Fine Dining in Casual Comfort
DINNER CLUB CARD
PLUS ... A GEDORO'S MUG!

This Week's Winner: RANDY MARTIN

RAN-GAL PHOTOFINISHING
Did You Know Ran-Gal Offers
12 Exposures 5x7 prints starting at $15.36
AGFA Nothing Escapes AGFA Film
Located At
BROOKDALE MALL

YIKES! I'M 30!
Happy Birthday
RANDY MARTIN
who celebrated on March 19th
From Kim, Tan Man, Gramma & Grampa



Happy 41st Birthday
"NIPPLE" RICK
celebrating on March 22nd
LOVE FROM, GUESS WHO??

Happy Birthday
To a Great Lady who's celebrating on March 24th
Happy Birthday
Violet Ross
Love Joan, Garry & Michelle

IT'S THAT TIME AGAIN B.J.
It's time to party
You're not getting older ... just better
So don't forge t to celebrate on March 22nd

HAPPY Birthday!
A.A. MUNRO
celebrating on March 25th
Hope you have a great day!!

S.L.H.S. Student in the Spotlight

Clayton Delaney

by Ryan Masterman

Did you know that we have a star among us? Well, if you didn't, then you don't know Clayton Delaney.



Let me introduce you to him. He is a tall, 16 year old grade eleven student here at S.L.H.S.

Clayton's interests include golf, soccer, mountain biking, girls, and sleeping, along with many more things. But his most outstanding talent is swimming. Clayton is on the local swim team and spends fifteen hours per week at the pool, that's when he's not studying. He has been swimming for 10 years and dreams of one day going to the Olympics as a member of the Canadian Olympic Swim Team.

To pass time, Clayton enjoys soccer (he is co-captain of our Junior Saints soccer team), watching TV, mountain biking, golfing, but most of all sleeping.

Clayton has many achievements which he is very proud of. He has a bronze swimming medal for all of Ontario, and a gold swimming medal for all of Eastern Canada in his age group. Academic achievements of which Clayton is very proud include being an honour student, and receiving a silver award for academic achievement in grade 10. Clayton's plans for the future are to take a commerce course and get a business degree at university. His career goals include becoming a gold meal swimmer and an entrepreneur.

The two most important people in Clayton's life are his parents who support him through everything.

His favourite place to go is Wonderland and his favourite possession is his Oryx 21 speed mountain bike.

Clayton's biggest pet peeves include chess jockeys, ugly people in spandex, and girls who try to act clueless.

Well Clayton, you've had many acheivements so far, and I wish you many more.

Nutrition News You Can Use!

Did You Know?

* Liquid canola oil is an excellent choice because it is high in "monounsaturated fat", one of the healthiest types of fat and because it provides Omega-3 fatty acids. Olive oil is also high in monounsaturates, but it doesn't have Omega-3 and it is more expensive.

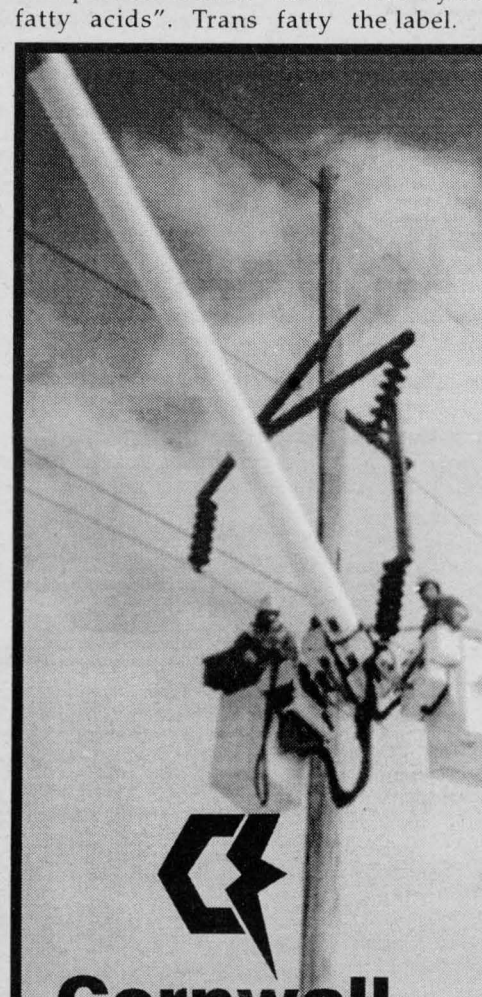
* Processed meats contribute 10% of the fat in the average Canadian's diet, but there is a very tasty fat free alternative. Schneiders have launched Canada's first fat free wieners and fat free sliced meats (including bologna, kielbassa, ham, turkey and chicken). Schneiders fat free wieners and sliced meats have 1/3rd or less of the calories of regular processed meats. (Example: Regular wiener = 120 calories, Fat Free Wiener = 34 calories).

* Fish, especially fatty fish provides Omega-3 fatty acids which are good for heart health. In a large study of men, they found that men who ate fish once a week had half the risk of sudden death from a heart attack than those who ate it only once a month.

* In choosing a margarine, look for one which is "non-hydrogenated". Even if it is made from canola oil, the hydrogenation process creates "trans fatty acids". Trans fatty acids increase "LDL or bad cholesterol" and decrease "HDL or good cholesterol" in the blood. Look for a margarine made from canola oil which says "non-hydrogenated" on the label.

new name SAME LOCATION
$ Best Values in Town $
• Sporting Goods • Power Tools • Portable Stereo Units
• Tapes • Musical Instruments • Jewellery • Movies
& Much More!
WE ACCEPT A WIDE RANGE OF ITEMS.
MAX'$ PAWN SHOP
Mon. to Fri. 9:30 - 5:30; Sat. 10:00 - 5:00
500 Montreal Road 932-9555

Spring Specials
SAFETY CHECKS $35.95 All passenger & light trucks
P185/70R14 X-ONE B/W $101
P195/60R14 X-ONE B/W $113
P215/70R15 X-ONE W/W $126
Michelin Light Truck P235/75R15 (SL) LT XM/S ORWL $115
ALIGNMENT
2 WHEEL $29.95
4 WHEEL $39.95
MICHELIN
MORIN TIRE & ALIGNMENT
1403 Rosemount Ave. 932-3840
HOURS: Mon. - Fri. 8 - 5; Sat. 8 - noon



NOTICE
CORNWALL ELECTRIC CUSTOMERS

The Government of Ontario has authorized the reimbursement of costs incurred by electricity customers to restore electrical service to people of Eastern Ontario who lost electrical service as a result of Ice Storm '98. The Province will pay for costs relating to repairs to customer owned poles, wires and residential business and farm connections that are not covered by private insurance.

Under normal circumstances, these costs would be the responsibility of the owners, but due to the extraordinary devastation caused by the ice storm of January 5-9, 1998, the Province has decided to reimburse customers on a one time basis only.

Claim forms may be picked up at our office, 1001 Sydney Street. Upon completion of these forms, Cornwall Electric will process the claim and, when approved, issue payment.

For any further information, call our Service Department at 932-0123

Cornwall Electric
1001 Sydney Street
932-0123

Customer Service...Our Priority

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 31,764 copies

MasterCard VISA

Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

ALL ONTARIO INSERT
188 Newspapers, Min. Cir. 1,499,490
CROSS CANADA INSERT
590 Newspapers, Min. Cir. 4,623,738

CALL FOR DETAILS
SEAWAY NEWS Tel.: (613) 933-0014
Fax: (613) 933-0024
e-mail: snews@seawaynews.on.ca

CLASSIFIED ADVERTISING RATES
PHONE: 933-0015

Classified Advertising (G.S.T. included)

CASH RATES

- $8.50/week 24 words or less, (25¢ each additional word per week).
- $15.50/2 weeks. 24 words or less, (23¢ each additional word per week.).

DEADLINE: Thursday 4 pm before publication. The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred, whether such error is due to the negligence of its servants or otherwise and there shall be no liability for non-insertion of advertisement beyond the amount paid for such advertisement.

COMPANIONS' CORNER

To Place Your Ad: write your ad of 24 words or less and enclose $26.50 plus your name, phone and proper mailing address (postal code) (this is only for our records). This will be for 2 insertions. Over 24 words, 23¢/ additional word/week. Deadline is 4 pm Thursday.

Mail to Companions' Corner, Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

Mail pick up, no charge.

Mailed replies: $6.00

For Readers:

To respond to an ad, there is "no charge", just send your letter to the appropriate CC number, c/o Seaway News, 329 Second St. West, Cornwall, Ontario K6J 1G8.

COPY CHANGES

Customers are allowed one copy change prior to ad publication. Copy changes, after the ad has been published, are treated as a "new ad" and will be paid for accordingly. On "sold" items, no credits are issued. However, in the case of cancellations, once an ad has been placed and paid. There is no refund or credit given.

NOTICE

It is our wish to serve you through the classifieds, however, Seaway News can't possibly verify the legitimacy of all ads. **DO NOT SEND MONEY OR GIVE YOUR CREDIT CARD NUMBER** to any company offering employment. Legitimate firms do not charge potential employees for a job.

Opportunities to earn money at home by assembling products, etc. should be examined carefully. Check references of these companies. Do not send money or give your credit card number until you are satisfied you are going to get what you bargained for.

LET THE BUYER BEWARE.

~~~~~~~~~~~~~~~~~~~~~~~~~

Published weekly and distributed by Seaway News, 329-2nd St. W., Cornwall K6J 1G8. The Publisher will not be responsible for any errors in any advertisement after one insertion.

Advertising is accepted on the condition that in the event of a typographical error, that portion of the advertising space occupied by the erroneous item together with reasonable allowance of signature will not be charged for but the balance of the advertisement will be paid for at the applicable rate.

In the event of a typographical error advertising or services at the wrong price(s), goods or services need not be sold. Advertising is merely an offer to sell. The offer may be withdrawn at any time.

There shall be no liability for non-insertion of an advertisement beyond the amount paid for such advertisement.

The Publisher reserves the right to edit, revise, classify or reject an advertisement.

The views of contributing writers are not necessarily the viewpoints of this newspaper or its publishers.

Letters to the editor are welcomed. They may be reprinted with changes in spelling or grammatical construction. All letters must be complete with signature, address and phone number. If not, they will not be printed.

SEAWAY NEWS
Serving Cornwall and Area

COMPANIONS CORNER

GENTLEMAN IN UPPER fifties, retired...writer. Nature lover, Arts, Museums & related interests. Would like to meet lady, 40-55 to share same. P/S reply with photo...Aimez-vous Mozart?? CC1830.

SWF, 37, attractive, intelligent, outgoing, established, enjoys life. Would like to meet tall SM with same qualities. Photo appreciated. CC1831.

2 APTS/CONDOS FOR RENT

TWO BDRM DOWNSTAIRS apt. 118-A Danis, east end. Very clean. Fridge & stove, parking. $350/mth, electricity included. No pets. Avail. immediately. Call 347-1104.

AVAILABLE APRIL 1ST, 1 bdrm downstairs apt, near College. Washer/dryer hook-ups, parking, forced air gas heat. $375/mth without utilities; $500/mth with utilities. Call 938-8347.

INGLESIDE, AVAILABLE April 1st. Large 2 bdrm apt. Fridge & stove supplied, parking. $350/mth, pay own utilities. Call 534-2875.

INGLESIDE, AVAIL. IMMED. Newly renovated large one bdrm apt. Fridge & stove supplied. Parking. $350/mth, pay own utilities. Please call 534-2875.

2 BDRM UPSTAIRS apt. Fridge & stove included. $360/mth, plus utilities. Washer/dryer hook-ups. 34 Louisa. Call Cindy or Bob, 937-0561.

VERY LARGE, clean 2 bdrm apt. Washer/dryer hook-ups, gas heat. $600/mth w/utilities included. Also available, bachelor apt. Fridge, stove & utilities included, $395/mth. 938-3936.

APARTMENTS FOR RENT
bachelor, 1&2 bdrm.
security bldg., video surveillance
bachelors from $399 incl. util.
call 932-7891
Mon. - Fri. 9:30 - 4:30

ADULT ENTERTAINMENT
✓ Lingerie
✓ Adult Books
✓ Novelties
• Marital Aids • Lotions
• Video Tapes • Magazines
• CD's • **MUCH MORE**
EXOTIC EXPOSE
St. Lawrence County's Adult Centre
OPEN 12 NOON - 10 pm daily
Corner of Rt. #56 & Town Ridge Rd.,Massena
South 2 miles to Don's Orange Mini Mart
315-764-1954

AVAILABLE MAY 1ST, 2 bdrm apt. Anthony St. Laundry hook-ups, parking & storage. Heat included. No pets. $550/mth. Call 931-2806.

LARGE 2 BDRM APT in Riverside Heights near Morrisburg, $545/mth, includes utilities. Call 543-3604.

AVAILABLE APRIL or May. Anthony St. Basement apt. $400/mth, includes utilities, parking, laundry, fridge, stove, sofa & dinette. No pets. Call 938-8289.

AVAILABLE IMMEDIATELY, Glen Walter larg bachelor apt. Fridge, sto & utilities included. N pets. $400/mth. Call 93 2806.

INGLESIDE, 2 BDR basement apt. 1 1/2 bat Available May 1s $350/mth, plus utilities. Ca 534-2875.

SPACIOUS MAIN FLOO 2 bdrm apt. Quiet locatio near water & park, 1 Louisa. Laundry hook-up No pets. $460/mth, ele tricity included, pay ow gas heating. Phone 93 1041.

DARN NICE 1 & 2 BDR APTS. Available nov Spacious, clean, quie Parking, laundry facilities Rents starting at $299/mt Call 931-2633.

ATTENTION SENIORS. bdrm ground floor ap Fridge, stove, laundr room. Professionally ma aged. Great locatio $650/mth, plus utilities Contact Markell Properties 938-3886.

2 BDRM APT, 244 Alic $495/mth, heat & electricit included. Diningroom Available immediately. Ca 932-4329 or 938-4776.

MARKETPLACE

"Advertise Across Ontario or Across the Country"

COMING EVENTS

ORANGEVILLE FIDDLE & STEP DANCE CAMP July 12-17, 1998 with the best instructors in Canada. Scott Woods, Cindy Thompson, Judy Waymouth, Chanda Gibson, Kendra Norrie and more. Contact Bill Elliott 519-941-5683.

S.D.G. TRICOUNTY CRAFTS' EASTER CRAFT SALE, April 3,4,5 Cornwall Civic Complex. Friday 10am-9pm, Saturday 10am-5pm, Sunday 12 noon-5pm. Cornwallis Largest Juried Craft Show.

ANNOUNCEMENTS

EXCEPTIONAL BUSINESS WEB SITES, $25/year. Personal $16, including your own URL for business cards, brochures, advertising, search engines. 1-10 page, ready-made designs. Change design, contents anytime. No cost. Easy. Investigate. Explore others' sites. www.rickymcmountan.com

DONATE YOUR CAR. HERITAGE FOR THE BLIND. Tax deductible. Free towing. Need not run. Free phone card. Sponsored by AADCO. 800-463-5681.

BUSINESS OPPS.

ENTREPRENEURS get positioned NOW! Billion $ MLM co. launches new division. A+ systems & training. Earn big $ now! Deregulation & service industries 1-800-922-2545 (24 hours).

BUSINESS OPPORTUNITY WITH EXCLUSIVE natural health products. Weekly commissions, monthly bonuses, profit sharing, and high royalties paid. Professional support and training. Call 1-800-760-2117, 24 hours.

CAREER OPPS.

LEARN AUCTIONEERING. Classes held April 18-24, '98. For information contact: Southwestern Ontario School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-866-7355.

CAREER TRAINING

Become a RESTORATION/CRAFTSPERSON. Earn a diploma in Heritage Carpentry and Millwork or Heritage and Traditional Masonry at the Centre for Canadian Heritage Trades and Technology, Algonquin College, Perth Campus. Phone 613-267-2859; fax: 613-267-3950.

TAXIDERMY TRAINING. The Penn School of Taxidermy is Canada's leader in distance education for taxidermy. Call toll free 1-800-661-9544 to receive our correspondence information package.

COMPUTERS

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625 ST. FELIX, freshly painted 1 bdrm upstairs apt. $400/mth, plus utilities. 712-B Marlborough, upstairs 1 bdrm apt, $420/mth, utilities included. No pets. References. 347-3248.

3 BDRM UPPER duplex. Washer/dryer hook-ups. Carleton St. Available immediately. $375/mth, plus utilities or $500/mth, utilities included. Call 347-2858., leave message.

AVAILABLE NOW, new 1 bdrm apt in Summerstown. St. Lawrence riverfront yearly living. Fridge, stove, heat & electricity included. No pets, non-smoker. $575/mth. References, first month + security deposit. Call 931-2920.

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APARTMENTS & HOUSES for rent, available immediately. 3 bdrm house, 4, 2, & 1 bdrm apts. For further information, call 938-6352.

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CLEAN & BIG, downstairs 3 bdrm apt. Parking, washer/dryer hook-ups. $425/mth, unheated. 406 Alice St. No pets. Call 938-3575 or 933-5155.

232 GUY. Clean, private 1 bdrm apt. Livingroom, kitchen, 4-pce bath, parking, laundry hook-ups & storage in basement. $350/mth. No dogs. Call 933-0019.

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MAYTAG REFRIGERATOR, white, 7 mths old. Asking $600. Call 347-3407.

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Cornwall Civic Complex
Table rentals: $15 each 2 for $25
Call 932-1630 for info
Free admission
Everyone welcome

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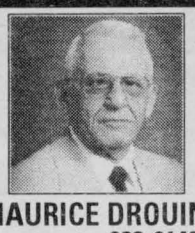

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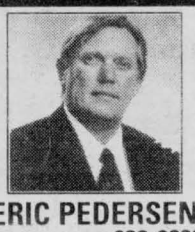

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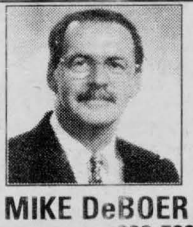

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759 GUY STREET
(A-MLS 0196) 4-level split, 3 bdrms., FAG heat, hardwood floors, spacious!
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(A-MLS 0130) 5 yr. old Markell built townhome, end unit, 3 bdrms., fin. rec rm w/office, laundry rm.
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HOOPLE AVENUE
(A-MLS 0203) 2-storey dbl. tenement, in good condition, dbl. drive w/det. garage, 2-100 amp breakers, FA oil heat.
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(A-MLS 0114) Excellent 2-storey home, fully renovated, many new things done, hdwd. floors, 3 bdrms., new bathroom.
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(A-MLS 0152) Excellent dbl. tenement with great income. Shows well, 2-2 bdrm. units, full size lot, garage. Priced to sell fast!
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PRICED TO SELL AT $51,900
(A-MLS 0022) 3 bdrms., over 1500 sq. ft., garage, lots of old fashioned character.
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CENTRETOWN $69,900
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TODD THOMPSON 938-0640



257 LAFRAMBOISE $75,000
(A-MLS 0103) 2+1 bdrm., semi, frpl. in living room, excellent condition.
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2270 TOLLGATE RD. W. $66,900
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NEW LISTINGS



748 DUNDEE $157,900
(A-MLS 0186) Completely renovated 3+1 bdrm. home, frpl. in rec rm, 2 bdl. driveways, dbl. insulated garage, parklike backyard, inground pool.
MAURICE DROUIN 933-6146



535 MARLBOROUGH ST $78,900
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(A-MLS 0138) Large 3 bdrm. semi plus in-law suite, separate entrance, 2-100 amps service, 2 gas units.
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(J-MLS 0184) 2400 sq. ft. property overlooking St. Lawrence River, lot 100'x176', 2-car garage, boating facilities
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NEW LISTING $79,500
1536 WINDSOR
(A-MLS 0205) Spotless 3 bdrm. brick semi, rec rm., 2 baths, new windows, insulated garage
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$59,900
(A-MLS 0148) 3 bdrm semi on nice lot, partially finished basement
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LONG SAULT $68,900
(M-MLS 0077) Lg. 3 bdrm. with hdwd floors and main fl. family room.
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CORNWALL $63,900
(A-MLS 0082) Double tenement, many renovations, gas heat
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LONG SAULT
$167,900
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(O-MLS 0107) Osnabruck Twp., 50 acres, home shows like new.
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CRYSLER $105,000
(N-MLS 0094) Just north of village, 1400 sq. ft. bung., 4 yrs. old.
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(M-MLS 0037) 2600 sq. ft. exec. bung. with dbl. garage on 1.65 acres
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REPOSSESSED $59,900
DUPLEX
(A-MLS 0179) 2 & 3 bdrms., dbl. car garage, good location.
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CTY. RD. 18
(O-MLS 0200) 4-level split with 32'30' garage on 2.85 acres lot, central air
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$99,900
(O-MLS 0036) 2 yr. old raised bung., 1232 sq. ft., paved road, 2.3 AC., coral for horses, oak kitchen & more.
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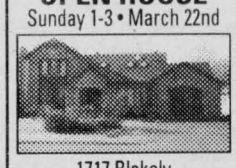

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Honest, outgoing SW mom, 22, 5'9", short brown hair, blue eyes, intelligent, a part-time student, enjoys poetry, movies, walking, reading, country music, sci-fi and more, seeking a honest, caring SM. Ad#.1117

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Dedicated SW mother, 25, brown hair, blue eyes, likes country music, dancing and spending time with her children, in search of a marriage-minded, loving SM. Ad#.8681

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SWF, 31, 150lbs., black hair, hazel eyes, fun, open-minded, caring, employed, enjoys shooting pool, throwing darts, seeks kind, sensitive SM, with a good sense of humor. Ad#.8159

GIVE ME A CHANCE
SWF, 27, 5'6", blue-eyed blonde, fun to be with, employed, enjoys rollerblading, skiing, swimming, seeks compatible, independent, employed SM. Ad#.9747

SHARE MY INTERESTS
SWF, 31, 150lbs., black hair, hazel eyes, fun-loving, enjoys playing darts and shooting pool, romantic movies, hockey and more, seeking a SM, for a long-term relationship. Ad#.6848

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Attractive SW mom, 22, 5'1", 100lbs., blondish-red hair, kind-hearted, shy, homemaker, enjoys reading, walking, watching movies, seeks trustworthy, caring SM, who likes children. Ad#.5682

GOOD SENSE OF HUMOR!
SW mom, 42, 5'3", brown hair, green eyes, easygoing, homemaker, enjoys music, walking, working out, dancing, skating, seeking honest, caring, N/S SM, who likes children and has similar interests. Ad#.9829

PEACE OF MIND
Young-at-heart SWF, 56, 5'2", brown eyes, N/S, respectful, honest, caring, retired, enjoys reading, knitting, walking, seeks communicative SM, who loves laughter, to share life with. Ad#.8769

LOOKING FOR HAPPINESS
Attractive SW mom, 23, 5'4", 105lbs., long brown hair, big green eyes, employed, enjoys travel, music and sports, seeks honest, sincere, outgoing SM. Ad#.8100

HONESTY
SWF, 25, 5'6", 125lbs., outgoing, honest, enjoys spending time with his son, dancing, movies, long walks, traveling and swimming, seeking a sincere, reliable, dependable, talkative, employed SM. Ad#.8160

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Pretty SWF, 34, 5'4", dark brown hair, green eyes, bubbly, open-minded, employed, enjoys singing, writing, nature walks, seeks honest, creative, fun-loving SM. Ad#.7657

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SWF, 31, fun-loving, comical, employed, enjoys reading, swimming, travel, seeks ambitious, honest SM, who is goal-oriented. Ad#.7743

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SWF, 26, 5'10", 130lbs., brown hair, blue eyes, employed, enjoys sports, time with children, dancing, outdoor activities, seeking employed, caring SM. Ad#.8511

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Attractive, slender SWF, 26, 6', blue-eyed blonde, comical, open-minded, enjoys doing crafts, long walks in the country, swimming and sports, seeking a handsome, smart, educated SM. Ad#.6683

READ THIS ONE FIRST!
SW mom of two, 26, 5'4", brown hair, hazel eyes, down-to-earth, happy, cheerful, employed, enjoys watching TV, phone chats, walking, seeks honest, sincere, romantic SM. Ad#.5140

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Funny, witty SWF, 34, 130lbs., brown hair/eyes, friendly, enjoys spending time with friends, sports, volunteer work, reading, seeking honest SM, with blond hair, blue eyes. Ad#.6447

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Cute SW mom, 22, 5'5", long dark hair, brown eyes, happy, smart, student, enjoys mountain biking, surfing the net, seeks trustworthy, reliable SM, with a good sense of humor. Ad#.8876

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Retired SWF, 58, 5', light brown hair, blue eyes, humorous, enjoys walking, rollerblading, country drives, seeks compatible SM, with a good sense of humor and similar interests. Ad#.6318

MAN OF MY DREAMS?
SWF, 31, 5', 145lbs., blonde hair, blue eyes, humorous, full of life, employed, enjoys swimming, biking and baseball, seeks a honest, trustworthy SM. Ad#.9910

BE PART OF MY TOMORROW
Attractive SWF, 45, blondish hair, green eyes, fun-loving, considerate, intellectual, professional, enjoys crafts, travel, languages, seeks sincere, truthful, witty SCM, who likes nature. Ad#.5181

SPEND TIME TOGETHER
SW mom, 22, physically fit, student, enjoys time with her daughter, outdoor activities, reading, movies, seeks honest, sincere SM, with a good sense of humor. Ad#.5980

QUIET TIMES
Personable, quiet SWF, 42, 110lbs., long brown hair, employed, enjoys cooking, baking, watching hockey, dancing, seeking personable, respectful SM. Ad#.9819

STILL SEARCHING
SWF, 32, 5'5", 125lbs., brown hair/eyes, open-minded, enjoys playing billiards, movies, going out with friends, sporting events, seeking non-judgmental, humorous SM. Ad#.8920

DANCE WITH ME
Humorous, fun-loving SWF, 25, 5'3", strawberry blonde hair, blue eyes, enjoys dancing, long walks, movies and spending time with family and friends, seeking outgoing SM. Ad#.2560

WALK HAND IN HAND
Friendly SWF, 26, 5'6", 125lbs., loves fishing, nature walks, reading, biking, looking for secure, honest SM, who enjoys being around family and friends. Ad#.6168

HOPE TO MEET YOU
Reserved SWF, 32, brown hair, hazel eyes, employed, in search of a loving, caring, thoughtful, honest SM, who enjoys life. Ad#.4473

JOY OF LIVING
Adventurous SWF, 41, blonde, brown eyes, enjoys reading, walking, dining and dancing, seeks humorous, honest SM, who is good with kids. Ad#.5109

TRUE HAPPINESS
SWF, 28, brown hair/eyes, fun-loving, honest, sincere, employed, enjoys country living, the outdoors, animals, seeks honest, trustworthy, fun-loving SM, who has a carefree attitude. Ad#.8149

DAZZLING LOOKS
Energetic SWF, 43, 5'3", 135lbs., brown hair, blue eyes, shy-natured, likes downhill skiing, auctions, swimming, seeks honest, considerate, easygoing SM. Ad#.8779

ARE YOU MY TYPE?
SWF, 43, 5', black hair, hazel eyes, humorous, happy, enjoys Bingo, camping, boating, animals, kids, seeks honest, compassionate, dependable SM. Ad#.9745

LIFE IS FULL OF WONDERS
Quiet, shy-natured SF, 22, 5'7", brown hair, enjoys dancing, music, interested in meeting honest, sweet SM, who likes animals and country life. Ad#.9394

STOP HERE FIRST!
Friendly, cute SWF, 27, N/S, outgoing, humorous, fun-loving, employed, enjoys photography, playing guitar, sports, seeks nice SM, who is easy to get along with. Ad#.9836

QUIET MOMENTS
Cute SW mom, 36, 5'3", 110lbs., brown hair/eyes, fun-loving, employed, enjoys long walks, cooking, movies, outdoor activities, seeks fun-loving, faithful SM, who's serious about a relationship. Ad#.9326

IMPECCABLE
Sensitive SWF, 33, 5'2", 120lbs., blonde hair, green eyes, enjoys music, reading, dining out, taking walks, seeks honest, humorous, tall SM, for possible relationship. Ad#.7650

WILLING TO LISTEN?
Caring, trustworthy SWF, 45, 5'5", 122lbs., blonde hair, gray eyes, employed, enjoys quiet evenings, walks, learning new things, seeks humorous, open, honest, romantic SM. Ad# 1213

FAIRY TALE ROMANCE
SW mom, 40, 5'6", 145lbs., sincere, loyal, faithful, enjoys fishing, camping, dancing, movies, seeks family-oriented, commitment-minded SM, with similar qualities. Ad#.9545

STRAIGHTFORWARD
SWF, 39, tall, good-looking, employed, hobbies include crafts, biking, walking, golf, seeks honest, outspoken, up-front, fun-loving, smart SM, 5'10"+. Ad#.1221

GLEAMING EYES
SWF, 41, 5'7", brown hair, blue eyes, easygoing, enjoys outdoor recreation, playing cards, dancing, seeking honest, humorous SM, with good qualities. Ad#.5287

Males Seeking Females

A REAL TRUE HEART
Attractive, employed SWM, 36, 5'6", 160lbs., salt and pepper hair, blue eyes, mustache, enjoys playing cards, shooting pool and board games, seeks a down-to-earth, honest SF, with good family values. Ad#.8548

LIKES TO LAUGH
Happy-go-lucky SWM, 41, blue-eyed blond, employed, enjoys playing cards, bowling and spending time with friends, seeks an honest, fun-loving SF, who likes to cuddle. Ad#.9558

HAPPINESS GUARANTEED
Friendly SM, 45, 5'8", 180lbs., brown hair, blue eyes, employed, likes fishing, sports, dancing and most outdoor activities, seeking an honest SF. Ad#.9800

NEVER MARRIED
SWM, 43, 6'2", 190lbs., N/S, quiet, shy, likes the country, nature and outdoor activities, seeks a SF, 25-38, who is honest and caring, with similar interests, for friendship, possible relationship. Ad#.7048

LET'S TALK SOON
SWM, 25, heavyset, long hair, easygoing, friendly, enjoys, camping, going out with friends, dining out, music and movies, seeks a nice, honest SF. Ad#.8306

I KNOW WHAT I WANT!
Hardworking, attractive, romantic SWM, 35, 6', 190lbs., blue-eyed blond, employed, enjoys working around the house, dining out, cooking and candlelit dinners, seeks stable, trustworthy SF. Ad#.9373

BUILD UP TRUST
Laid-back, kind-hearted SWM, 44, 5'10", brown hair, hazel eyes, likes weightlifting, singing, motorcycles and outdoor activities, in search of a pleasant, pretty, open SF. Ad#.9619

DO WE SHARE INTERESTS?
Approachable, honest SWM, 44, 5'10", 200lbs., employed, likes weightlifting, playing the guitar, motorcycles, singing and fishing, seeking an upfront, sincere SF, for a possible long-term relationship. Ad#.9719

CALL AND WE'LL TALK
SWM, 48, 5'5", 155lbs., employed, enjoys golf, travel, quiet family times, seeks attractive, slender, trustworthy SF, with similar interests, to share life with. Ad#.3589

JUST BE YOURSELF
SW dad, 26, 5'4", brown hair/eyes, student, enjoys working on old cars and motorcycles, fishing, hunting, seeks humorous SF, who enjoys life and likes children. Ad#.8858

LET'S GET ACQUAINTED
SWM, 41, 5'9", 165lbs., blue eyes, easygoing, down-to-earth, employed, enjoys the outdoors, skiing, camping, seeks honest, trustworthy SF, who enjoys life. Ad#.1441

YOUNG AT HEART
SWM, 62, 5'10", 190lbs., good-natured, retired, enjoys working in the garden, country life, seeking humorous, well-dressed SF. Ad#.6661

WANTS TO BE HAPPY
SWM 38, 6', 165lbs., witty, humorous, employed, enjoys hunting, fishing, camping and movies, seeking a petite, slender, attractive, romantic, caring, honest SF. Ad#.9024

SIMILAR INTERESTS?
Physically fit SW dad, 50, 170lbs., brown hair, dark blue eyes, easygoing, patient, employed, enjoys playing hockey, bowling and movies, seeks an honest, faithful SF, who likes quiet times. Ad# 8479

OUTDOORS TYPE
SWM, 27, 5'10", 185lbs., brown hair, green eyes, humorous, enjoys watching hockey, biking, fishing, seeks honest, caring, trustworthy SF, to settle down with. Ad# 8325

LIKES TO LAUGH
Attractive, SWM, 39, light blond hair, blue eyes, happy-go-lucky, enjoys fishing, boating, the outdoors, seeks honest, trustworthy SF, who has a big heart and inner beauty, children welcome. Ad#.8273

FRIENDLY & HAPPY
Handsome, well-built, humorous SWM, 48, enjoys music, art, writing and more, seeking a fun-loving, cheerful SF, for possible relationship. Ad#.9218

GIVE IT A TRY
SWM, 39, 5'10", likes to joke, easygoing, self-employed, enjoys mountain biking, camping and hockey, seeking a physically fit, outgoing SF, N/S. Ad#.6241

TIME WILL TELL
SWM, 44, humorous, enjoys laughter and comedy, camping, fishing, movies and traveling, seeking a happy, talkative SF. Ad#.2106

JUST PERHAPS
Quite outspoken, gentle SWM, 56, 6', 200lbs., brown hair, professional, enjoys outdoor activities, classical music, movies and model railways, seeking a sensitve, warm, caring SF. Ad#.9898

CALL AND WE'LL TALK
SWM, 45, 5'10", dark hair, down-to-earth, pleasant, self-employed, enjoys boating, fishing, seeks honest, blonde SF, prefers no children. Ad#.7950

LEAVE A MESSAGE
SWM, 40, 6'2", 220lbs., long brown hair/eyes, fun-loving, enjoys dancing, candlelit dinners, traveling, gardening and NASCAR, seeking an active, compatible SF. Ad#.8436

NO HASSLES
SWM, 38, 6', 165lbs., physically fit, self-employed, witty, fun-loving, enjoys the outdoors, playing golf, spending time with his kids, seeking a genuine, sincere, attractive SF. Ad#.9924

WARM AND FRIENDLY
Inquisitive SWM, 38, 5'9", 160lbs., light brown hair, blue eyes, employed, enjoys nature walks, playing billiards, working out, music and movies, seeking a non-judgmental, romantic SF. Ad#.6582

HEY, YOU NEVER KNOW
SWM, 33, kind, gentle, thoughtful, student, enjoys long romantic walks, movies, quality time, seeks kind-hearted SF, who is a good listener. Ad#.1093

TIRED OF BEING ALONE
Self-employed DWM, 53, 5'6", 160lbs., blue eyes, happy-go-lucky, enjoys watching television, going out, seeks nice, pretty, honest SF, to spend time with, no liars or cheaters. Ad#.6270

SHARE MY LIFE
SWM, 38, 5'8", 165lbs., brown hair, greenish-brown eyes, friendly, humorous, employed, enjoys biking, fishing, golf, seeks faithful, loyal SF, who can commit. Ad#.4545

BE MY SOUL MATE
Employed SWM, 31, 5'7", short brown hair, hazel eyes, humorous, likes throwing darts, bowling, seeks faithful, trustworthy, honest SF. Ad#.9765

DOWN-TO-EARTH
Handsome SWM, 39, 5'8", 195lbs., humorous, employed, enjoys sports, shooting pool, dining out, seeks honest, sincere SF, to share life with. Ad#.6085

NEW HORIZONS
Handsome SWM, 34, 6', 170lbs., short blond hair, green eyes, adventurous, employed, enjoys sports events, watching movies, seeking mature, attractive, open-minded SF. Ad#.9096

SPEAK YOUR MIND
Agreeable SWM, 53, 5'6", 150lbs., blue eyes, enjoys dining out, movies and music, quiet evenings at home, family time and more, seeking an honest, loving SF, 5'2"-5'6". Ad#.7183

JUST YOU AND I
Handsome, comical SWM, 30, 6', light brown hair, blue eyes, employed, loves movies, playing cards and visiting with friends, in search of a nice, honest SF, who likes to cuddle. Ad#.4967

MARRIAGE-MINDED
Employed SWM, 35, 6', 180lbs., easygoing, happy, enjoys horseback riding, playing hockey and watching movies, seeks an attractive, kind-hearted SF. Ad#.3468

LOVES TO CUDDLE
Good-looking SWM, 27, 6'2", 175lbs., honest, sincere, trustworthy, employed, enjoys wrestling, volleyball, camping, fishing, seeks attractive, caring SF, to spend time with. Ad#.6455

KIND-HEARTED
Employed SWM, 31, 5'10", 170lbs., black hair, green eyes, muscular, toned, easy to get along with, enjoys canoeing, hiking, camping, seeks happy, attractive SF, with a good sense of humor. Ad# 6298

TELL ME MORE ABOUT YOU
Attractive SWM, 28, 6', 180lbs., brown hair/eyes, easygoing, employed, enjoys movies, spending time with friends, relaxing, seeking open-minded SF, for fun and special times. Ad#.3348

OPTIMISTIC ATTITUDE
Humorous SWM, 37, 6'2", 185lbs., brown hair, bluish-green eyes, enjoys reading, writing, long walks, nature, good conversations and more, seeking compatible, honest SF. Ad#.2423

LIKES TO JOKE
Handsome, personable, sensitive SWM, 29, 5'8", 200lbs., enjoys collecting sports cards, reading comic books, woodworking, seeking attached WF. Ad#.5360

CHECK THIS OUT
SWM, 25, 5'8", 165lbs, brown hair, green eyes, enjoys long hikes, sporting events, especially hockey, dining out, movies, the outdoors and more, seeking friendly, kind SF, for friendship, laughter, possibly more. Ad#.4180

TRUST IS A MUST
Good-looking SWM, 46, 5'5", compassionate, loving, employed, enjoys music, writing songs, seeks devoted, faithful, loyal SF, to share interests and goals with. Ad#.1878

READY TO SETTLE DOWN
Easygoing SWM, 46, 5'10", 160lbs., employed, enjoys woodworking, car rides, swimming, sports, seeks sensitive SF, with similar interests, to share life with. Ad#.3191

LEAVE A NUMBER
SWM, 49, 160lbs., 5'8", brown hair, hazel eyes, fun-loving, honest, sincere, self-employed, enjoys crafts, gardening, camping, seeks SF, to share life with. Ad#.6746

SOMEBODY SPECIAL
SWM, 49, 6'1", 185lbs., brown hair/eyes, friendly, loving, kind, employed, enjoys good conversation, dining out, quiet times with friends and family and more, seeks happy, articulate SF, to share good times with. Ad#.9776

HAS A SERIOUS SIDE
SWM, 41, 5'9", 165lbs., brown hair, blue eyes, humorous, employed, enjoys dancing, shooting pool, movies, seeks honest SF, with a good sense of humor, to fall in love with. Ad#.8364

ANSWER MY AD
SWM, 26, 6', brown hair/eyes, good sense of humor, employed, enjoys listening to country music, reading, watching movies, seeking compatible, talkative SF. Ad#.5329

FUN TO BE WITH!
SWM, 37, 5'11", blond hair, blue eyes, enjoys going to hockey games, having romantic dinners, dancing and seeing movies, seeks an honest, trustworthy SF, with a big heart. Ad#.5973

YOUR INTERESTS?
Hardworking SW dad, 32, 6'1", 190lbs., brown hair/eyes, employed, enjoys long walks, biking, time with his daughter, movies, seeking caring, honest, fun-loving SF, who enjoys children. Ad#.3345

HONESTY IS KEY
Humorous SWM, 48, 5'8", heavyset, brown hair, blue eyes, moustache, enjoys good conversation, gardening, long walks, seeks honest, faithful, straightforward, humorous SF. Ad#.1314

PLEASANT APPEARANCE
SWM, 48, blue eyes, neat, secure, sensible, retired, has a variety of interests, seeks intelligent, trim, independent, mature SF, for friendship first, maybe more. Ad#.8535

WORTH A TRY
Honest, caring, affectionate SWM, 39, 5'7", 150lbs., brown hair, green eyes, enjoys motorcycles, traveling, the beach, seeking faithful, easygoing SF. Ad#.9230

CHEMISTRY?
Good-humored SWM, 35, 5'2", employed, enjoys bodybuilding, quiet evenings, time with the family, seeks open-minded, spiritual, outgoing, sensible SF. Ad#.7374

ZEST FOR LIFE
Physically fit SWM, 40, 6', blond hair, blue eyes, easygoing, understanding, communicative, enjoys golf, skiing, martial arts, seeks outspoken, open-minded, adventurous SF, 5'4"+, N/S. Ad#.9019

AVAILABLE
SWM, 33, 6',175lbs., blond hair, green eyes, attractive, open-minded, mature, adventurous, employed, lives in Brockville area, likes sports, movies, seeks SF, with similar traits. Ad#.7098

HONEST & SINCERE
Easygoing, laid-back SWM, 34, 5'10", 160lbs., brown hair, blue eyes, employed, enjoys baseball, bowling, music, seeks trustworthy SF, with similar interests, for long-term relationship. Ad#.9510

TRUE HAPPINESS
Fun-loving, honest SWM, 36, 6'2", 185lbs., light brown hair, greenish-blue eyes, enjoys nature walks, movies, fine dining, good conversation, seeks trustworthy SF, kids welcome. Ad#.2024

GOAL-ORIENTED
SW dad, 30, 6'2", 125lbs., brownish-blond hair, blue eyes, easygoing, employed, enjoys time with son, walks, movies, seeks easygoing, funny, happy SF, who likes kids. Ad#.6456

ADVENTURESOME
Professional SWM, 48, 5'10", 210lbs., humorous, outgoing, enjoys motorcycling, camping, the outdoors, seeks honest, friendly, spontaneous SF. Ad#.8158

Shy-natured, sensitive SWM, 40, 5'9", 135lbs., romantic, enjoys sports, model building, seeks honest, affectionate, loving SF, to relate with. Ad#.3797

Females Seeking Females

COMPLETE LOVE
Fun-loving, understanding SWF, 33, 5'3", blonde hair, blue eyes, employed, enjoys fishing, camping, boating, bike riding, watching movies and long strolls, looks for loyal, independent SF. Ad#.8216

UP TO DATE
SWF, 30, 5'5", 180lbs., brown hair/eyes, friendly, enjoys movies, staying home, dancing, seeking honest, caring SF. Ad#.8066

UPBEAT AND POSITIVE
Blue-eyed blonde SWF, 34, 5'6", 145lbs., good sense of humor, hobbies are sports, reading, long walks, movies, searching for a compatible, truthful, funny, sincere SF. Ad#.8445

FRIENDS FIRST
Slim GWF, 23, green-eyed blonde, funny, outgoing, homemaker, enjoys walking, dining out, snuggling, seeks honest, sincere, trustworthy SF. Ad#.3761

Males Seeking Males

LEAVE YOUR NUMBER
SWM, 37, 6', 165lbs., physically fit, fun-loving, employed, enjoys playing sports, listening to music and movies, seeking an honest, personable SM. Ad#.9059

KEEP IN TOUCH
SWM, 37, 6', 170lbs., fun-loving, enjoys laughter and comedy, dining out and listening to music, sports and more, seeking an honest, outgoing SM. Ad#.9847

HAS A SERIOUS SIDE
SWM, 31, 5'11", 190lbs., brownish-blond hair, brown eyes, likes to joke and have a good time, employed, enjoys reading, watching movies, seeks honest, sincere, humorous SM. Ad#.9810

NOT TOO SERIOUS
SWM, 34, 6'1", 175lbs., short brown hair, blue eyes, easygoing, self-employed, enjoys outdoor activities, seeks trustworthy SM. Ad#.2203

TALK TO ME!
SWM, 36, 6'3", 210lbs., easygoing, fun-loving, self-employed, enjoys boating, skiing, long walks, seeks honest, upfront SM, who has a good personality. Ad#.7735

LOVES TO LAUGH
SWM, 22, brown hair, blue eyes, easygoing, employed, enjoys country walks, snowmobiling, seeks trustworthy SM, to spend time with. Ad#.8236

SOUND INTERESTING?
SWM, 28, 5'6", 150lbs., dark hair, easygoing, employed, enjoys sports, building models, cooking, seeks SM, who is easy to talk to. Ad#.3903

DAY BY DAY
Spontaneous SWM, 35, 5'11", brown hair, green eyes, employed, hobbies are watching sports, seeking honest, humorous, adventurous SM Ad#.9345

DESCRIBE YOURSELF
Athletic, physically fit, SWM, 18, blue-eyed blond, humorous, fun-loving, enjoys singing, weightlifting, having fun, seeks down-to-earth SM. Ad#.6849

ATTITUDE IS IMPORTANT
Self-employed SWM, 42, 6', 200lbs., hobbies include fishing, dirt biking, playing cards, anything sports-related, looking for fit SM. Ad#.7318

MIRROR IMAGE
Athletic, fun-loving SWM, 30, enjoys reading, movies, long walks, romantic evenings, seeking a caring, honest, humorous, compassionate SM. Ad#.6941

GOING MY WAY?
SWM, 24, tall, 210lbs., brown hair/eyes, initially shy, employed, likes sports, hoping to meet honest, sincere SM. Ad#.6020

TOTAL HAPPINESS
SWM, 19, brown hair, green eyes, student, enjoys sports, playing guitar, seeks personable, physically fit, slim SM, with similar likes and dislikes. Ad#.9061

I KNOW YOU'RE OUT THERE!
SWM, 19, 145lbs. blond, blue eyes, easygoing, enjoys a wide variety of interests, seeks honest, trustworthy, understanding SM. Ad#.9538

GET TO KNOW ME!
SWM, 23, 6'1", 165lbs., brown hair/eyes, easygoing, understanding, enjoys sports, movies, the outdoors, seeks serious, trustworthy, humorous SM. Ad#.3465

COMPASSIONATE
Well-built SWM, 30, 5'7", outgoing, humorous, gentle, artistic, open-minded, hobbies are playing guitar and swimming, seeks understanding, witty SM. Ad#.9010

LEAVE ME A MESSAGE
Pretty shy SWM, 24, 220lbs., brown hair/eyes, employed, enjoys fishing, seeks honest SM, who has direction in their life. Ad#.5983

GOOD TO KNOW
Good-looking SWM, 25, 5'10", employed, enjoys biking, taking walks, movies, hanging out with friends, seeks down-to-earth, honest SM. Ad# 8326

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Obituaries

COLLINS - Don Terry

Passed away at the Ottawa Civic Hospital, Ottawa, on Tuesday, February 10th, 1998.

Mr. Don Terry Collins, in his 59th year, born in Cornwall, of 3005 Johnston Avenue, Cornwall.

Dear son of the late Morris Collins and the late Ruth Ellen Bronson.

Beloved husband of Myra Collins (Stephenson).

Loving father of Gary Collins (Nathalie) of Cornwall; Derrick Collins, at home; Marlene St. Louis of Kitchener; Linda (Mrs. Paul Labelle) and Bonnie (Mrs. James Chisholm), both of Cornwall and Beth Collins of Kingston.

Loving grandfather of Tristan and Jade.

Dear brother of Douglas Collins (Mildred) of Kingston and Greg Collins (Tillie) of Russell.

Predeceased by two brothers, Emerson and Leslie Collins.

The funeral took place on Saturday, February 14th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel. Interment at St. Lawrence Valley Union Cemetery. Archdeacon Ross Moulton of Trinity Anglican Church officiated.

Mr. Collins was employed as a maintenance attendant at Cornwall Transit, as Associate Member of the Royal Canadian Legion, Branch 297 and a former member of the Cornwall Lions Club and Boy Scouts of Canada.

DEROUIN - Roland

Passed away at the Cornwall General Hospital, Cornwall, on Sunday, February 8th, 1998.

Mr. Roland Derouin, in his 80th year, born in Casselman, Ontario, of 148 Seventh Street West, Cornwall.

Dear son of the late Joseph Derouin and the late Mary Antoinette Paquette.

Beloved husband of Olive Lillian Derouin (Taillon).

Loving father of Richard E. Derouin (Cecile); David R. Derouin (June); Gerald A. Derouin (Linda) and Carol A. Leroux, all of Cornwall.

Dear brother of Mrs. Corinne Collette.

Also survived by eight grandchildren and five great grandchildren.

Predeceased by two brothers, Alcide and Rene Derouin; and by ten sisters, Mrs. Clara Evans, Mrs. Lucia Lellemand, Mrs. Exilma Rivard, Mrs. Laura Prevost, Mrs. Rhea Parisien, Mrs. Paulin Page, Osithe, Eugenie, Olivia and Maria Derouin.

The funeral took place on Wednesday, February 11th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. John Bosco Church, followed by cremation at the South Branch Crematorium. Reverend Gerald Poirier of St. John Bosco Church officiated.

The pallbearers were Ken Graham, Rheal Beaulieu, Bernie Asselin, Gary Herrington, Fred Audy and Ken Staples.

Mr. Derouin was a member of the Royal Canadian Legion, Branch 297 and the Navy Veterans' Association of Cornwall and District.

GOULET - Lucien *LOU*

Passed away in hospital on Sunday, January 11th, 1998.

Mr. Lucien ***Lou*** Goulet, age 78 years, born in Ottawa, of Sandfield Place.

Dear son of the late Arthur Goulet and the late Cleophée Rochon.

Beloved husband of the late Claudine Conlon.

Loving father of Peter Goulet (Jo-Ann) of Cumberland and Lawrence (Larry) Goulet (Donna) of Cornwall.

Dear brother of Alfred Goulet (Kay) of Ottawa.

Also survived by two grandchildren, Jonathan and Angela.

The funeral took place on Tuesday, January 13th, 1998 from the Memorial Chapel of the M. John Sullivan Funeral Home, followed by cremation.

The pallbearers were M. John Sullivan Funeral Home Staff Bearers.

Mr. Goulet was the retired Manager of St. Lawrence Glass Limited. He was a Veteran of World War II (Army); a member of the Separate School Board; the Knights of Columbus, Ontario Council 755; the Cornwall Golf & Country Club and the Kinsmen Club.

GADBOIS - Gordon James

Passed away at the Hotel Dieu Hospital, Cornwall, on Wednesday, February 11th, 1998.

Mr. Gordon James Gadbois, in his 77th year, born in Cornwall, of 1107 Second Street East, Cornwall.

Dear son of the late Clifford Gadbois and the late Clara Leroux.

Beloved husband of Anna Gadbois (Proulx).

Loving father of Clifford Gadbois (Sandra) of Sanford, North Carolina; Ronald Gadbois (Denise) and Kevin Gadbois (Marilyn), both of Cornwall; Gilbert Gadbois of Newmarket; Robert Terriah of British Columbia; Betty (Mrs. Hank Bloman) of Maitland; Audrey (Mrs. Rodney Murray) of Newmarket; Mrs. Shirley Labelle of Cornwall; Mrs. Elizabeth Caoutte of Victoriaville, Quebec; Theresa (Mrs. Ralph Martineau) of Nevada.

Dear brother of George Gadbois of London, Ontario; Orvis, Adrian and Elmer Gadbois, all of Tyotown Road; Aubrey and Douglas Gadbois, both of Cornwall and Percy Gadbois of Glen Road.

Also survived by forty-eight grandchildren; fifty great grandchildren; three great great grandchildren and by many nieces and nephews.

Predeceased by two brothers, Garnet and Michael Gadbois.

The funeral took place on Saturday, February 14th, 1998 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to the Memorial Chapel, followed by cremation at the South Branch Crematorium.

ROBIDOUX - Theresa Shirley

Passed away in hospital on Wednesday, January 21st, 1998.

Mrs. Theresa Shirley Robidoux, age 64 years, born in Cornwall, of 1114 Churchill Street, Cornwall.

Dear daughter of the late Elzear George Miron and the late Marguerite Sabourin.

Beloved wife of Cecil Robidoux.

Loving mother of Deborah (Debbie) (Mrs. Clement Thibault) of Cornwall and Donna (Mrs. Rejean Gingras) of Moose Creek.

Dear sister of Mrs. Dora Derochie of Cornwall.

The funeral took place on Saturday, January 24th, 1998 from the M. John Sullivan Funeral Home, 341 Pitt Street, Cornwall, to St. Francis de Sales Church for Mass of the Resurrection with Commendation and Farewell at 11:00 a.m., followed by cremation. Reverend Victor Vachon of St. Francis de Sales Parish and Reverend Claude Thibault of Our Lady of the Holy Rosary Parish, Crysler, concelebrated.

The pallbearers were Gary Easton, Victor Senecal, Lionel Robidoux, Zacharie Gingras (grandson), Garry Derochie and Ronnie Arcand.

Mrs. Robidoux was employed by Woolco Department Store and Wal-Mart Department store for several years.

SHARROW - George Gabriel

Passed away at the Hotel Dieu Hospital, Cornwall, on Tuesday, February 10th, 1998.

Mr. George Gabriel Sharrow, in his 76th year, born in Port Dalhousie, Ontario, of R.R. #3 Cornwall Island.

Dear son of the late Joseph Sharrow and the late Annie Peters.

Beloved husband of the late Agnes Sharrow (White).

Loving father of Alex Sharrow (Monica) of R.R. #3 Cornwall and Esther Lazore of Northwest Territories.

Also survived by his daughter-in-law Janice Sharrow.

Dear brother of Leonard Adams of Toronto; Barney Sharrow of Fort Erie and Lillian (Mrs. Leo Deslormier) of R.R. #3 Cornwall Island.

Also survived by sixteen grandchildren, eight great grandchildren and by many nieces and nephews.

Predeceased by four brothers, Lawrence, Howard and Alexander Sharrow and David Peters.

The funeral took place on Friday, February 13th, 1998 from the residence of his son, Alex Sharrow, Cornwall Island to St. Regis Parish Church, followed by cremation at the South Branch Crematorium. Reverend George Belgarde, S.J. of St. Regis Parish Church officiated.

The pallbearers were James Adams, George Adams, Larry Pyke, Antoine Delormier, Ken Sharrow and Paul Buckshot.

The honourary bearers were Harry Pyke and Leo Delormier.

The funeral arrangements were under the care and direction of the Lahaie and Sullivan Cornwall Funeral Home, West Branch, 20 Seventh Street West, Cornwall.

LEFEBVRE - Leona

Passed away at the Leamington Memorial Hospital, Leamington, Ontario, on Thursday, February 12th, 1998.

Mrs. Leona Lefebvre, in her 81st year, born in Alfred, Ontario and formerly of 310 Bathurst Street, Amhurstburg, Ontario and also of Cornwall, Ontario.

Dear daughter of the late Joseph Giroux and the late Denise Souligny.

Beloved wife of the late Leslie Lefebvre.

Loving mother of Marcel Lefebvre (husband of Lucille Ethier) of Gatineau, Quebec; Mrs. Muriel Ulman of Amherstburg, Ontario and Rachel (Lefebvre) Schwerdtfeger of Cornwall.

Dear sister of Germain Giroux of Alfred, Ontario; Leo Giroux; Floriant Giroux, both of Montreal, Quebec; Mrs. Rollande Gallipeau of St. Isidore, Ontario and Elliette (Mrs. Jean-Noël Clement) of Cornwall.

Loving grandmother of nine grandchildren and nineteen great grandchildren.

Predeceased by one son, Neil Lefebvre; one brother, Bernard Giroux; and by three sisters, Mrs. Cyprienne Groulx, Miss Gilberte Giroux and Mrs. Marie-Anges Pelchat.

The funeral took place on Monday, February 16th, 1998 from the Boulerice Funeral Home Ltd., to the Co-cathedral of the Nativity at 2:00 p.m. Spring interment in Fournierville, Ontario. Monsignor Rejean Lebrun of the Co-cathedral of the Nativity officiated. Mr. Neil Coligan proclaimed the Readings.

The pallbearers were Michael Schwerdtfeger, Richard Schwerdtfeger, Neil Coligan, Paul Lacombe, Mike Spina and Claude Clement.

TOCEWICZ - Helena

Passed away in hospital, on Saturday, January 17th, 1998.

Mrs. Helena Tocewicz, age 73 years, born in Bremann, Germany, of 323 Second Street East, Cornwall.

Dear daughter of the late Alexander Parus and the late Marie Opazil.

Beloved wife of the late Walter Tocewicz (deceased 2/20/98).

Loving mother of Reinhard P. Tocewicz (Elda) of Bancrot, Ontario.

Loving grandmother of three grandchildren, Jason, Monika and Tasha.

Also survived by seven brothers and five sisters.

The funeral took place on Monday, January 19th, 1998 from the Memorial Chapel of the M. John Sullivan Funeral Home, followed by cremation.

The funeral arrangements were entrusted to the care and direction of the M. John Sullivan Funeral Home, 341 Pitt Street (across from City Hall), Cornwall.

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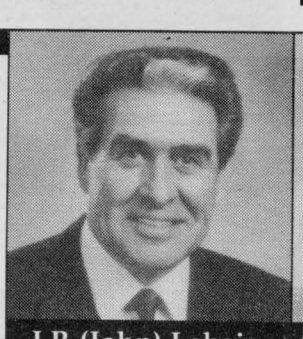

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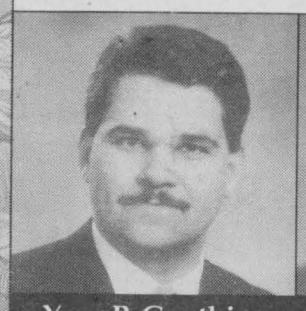
Owner-Funeral Director



Raymond L. Sullivan
Owner-Funeral Director



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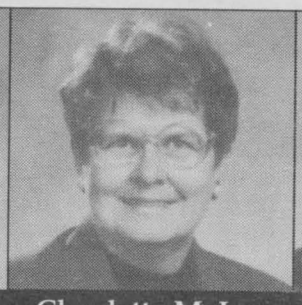
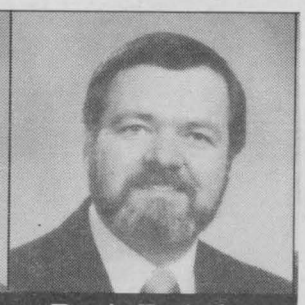


Claudette M. Lee
Dir. of Administration



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Dir. of Services-Funeral Director

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CORNWALL BRIDGE

By Bert Mosher

Last week we mentioned "2nd low 3rd high". I hope we all do this consistantly, but there are two major exceptions. "Cover an honour with an honour" has been with us since the early days of whist. You should honour (pun intended) this old adage unless you are absolutely sure that you can ignore it on rare occasions. The other exception to 2nd low 3rd high is to take the setting trick. If declarer is playing four spades and you, on defense, already have 3 tricks, by all means play high in second seat and take the setting trick just in case your partner cannot.



Once you have learned the basics, there is probably nothing harder in bridge than finding and keeping a good partner. You both should be on roughly the same level of ability. You both should be interested in improving unless you are both happy with your current level and wish to stay there. One partner with a desire to improve and one not interested in learning new methods will not make for a lasting partnership. In some cases two people start out at the same level but one shoots up much faster in the learning department. Both partners should recognize this and let each other go their own way if one of them is not enjoying their game. And after all enjoyment is why we play bridge.

I received a couple of comments about last week's column on rudeness. One in particular should be mentioned. The observation was made that, as a group, teachers are rude bridge players. We all know that you cannot say that all bridge players that are or were teachers are rude. Such generalizations do not hold water, but we all know some teachers that fit the rude category. I happen to know several that do not. If you are rude or impolite, then not only yourself, but your profession will be labelled as such.

Please support the two Howard Cunningham Memorial games coming up listed below. It is our way of remembering our own Mr. Bridge.

NEXT WEEK: Regular games at all clubs.

Wed. March 25: Howard Cunningham Memorial Game (Party). Legion Hall at 12 pm noon. Still time to make up a table and call Joyce at 932-0896.

COMING EVENTS: April 30 - May 3: Kingston Sectional Tournament.

April 2 (Thurs.): ACBL Charity Game. $5 fee.

Bridge Results

Independent Bridge Club
March 11/98

N/S
1. Adelaide Hunter - George Bissonnette
2. Yolande Boutin - Louis Rioux
3. Fern Cuerriere - Julie Lafleur

E/W
1. Bob Evans - Phil McGrath
2. Emma Farlinger - Anne Paulin } tie
3. Kay Barlow - Jeannine Leroux

Cornwall & District Bridge ClubMarch 12/98
1. Richard Baird - Brian McCartney
2. Barbara Taylor - Kirk Malette
3. Mabel Chan - Lydia LeGault
4. Louis Rioux - Madan Seth
5. Jeanine Alain - Margaret Campbell
6. Pat Fitzharris - Jim Stevenson

Senior Citizens Bridge Club
March 13/98

N/S
1. Eva Kittle - Mona MacPhee
2. Gloria Blanchard - Brunelle MacDonald
3. Yolande Boutin - Marjorie Raymond

E/W
1. Hermine Ladouceur - Lyette Ladouceur
2. Florence Bergeron - Rita Struthers
3. Jeanine Alain - Carol Reus

Seaway City Bridge Club
March 16/98

N/S
1.Yvonne Bergeron - Peggy Seymour
2. Brunelle MacDonald - Marjorie Raymond
3. Janice Keen - Gerry Johnston

E/W
1. Grace Leroux - Jeannine Leroux
2. Margaret & Sam Wolynic
3. Ida Cadieux - Georgette Lauzon

Cornwall Community Bridge Club - March 16/98

1. Jocelyn Campbell - Kirk Malette
2. Richard Baird - Richard Fawthrop
3. Mabel Chan - Louis Rioux
4. Jeanine Alain - Barbara Taylor
5. Denise Fournier - Steve Lassner
6. Margaret Campbell - Maureen Walker

Seaway Seniors
March 11/98

N/S
1. Roland Fobert - Armand Rivard
2. Dorthey Boudon - Mary Fobert
3. Mary Walton - Con Keenan

E/W
1. Allen McLeod - Leo Martin
2. Gerry Johnston - Henry Rzepcyk
3. Ed Pelletier - Ray Lefave

Williamstown
March 11/98

1. Francoise & Bob Govan
2. Audrey Blair - Hanz Schulz
3. Homer Grant - Garnet MacDougall
4. Betty & Norm Campbell

Audrey's Supper/Duplicate
March 13/98

1. Lorraine Billard - Evelyn Warren
2. Audrey Blair - Margaret Kennedy

Martintown
March 10/98

N/S
1. Joan Owen - Gerry Johnston
2. Isobel Quail - Marion McCuaig
3. Dorthey Bourdon - Ken Graham
4. Jean Murray - Jane Troop

Alexandria Bridge Club
March 17/98

N/S
1. Ron Allison - Gerri Tibbals
2. Doris Lambert - Lorne Norman
3. Les Atkinson - Viviane Campbell

E/W
1. Rene Belanger - Jeaninne Berthieume
2. John Plaskin - Helene Leduc
3. Bob & Francoise Govan

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Ed Geier
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