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SEAWAY NEWS

JANUARY 18, 1998 VOLUME 12, ISSUE 3 SERVING CORNWALL AND AREA

KEEPING THE HOME FIRES BURNING



We are taught to play over cards the way we see them ... then Mother Nature deals us a losing hand! Could you ever have imagined this game? Electrical lines are down, no heating for our homes, water creeping slowly up the basement walls, no water for the livestock (if you're a farmer), century old trees downed with the sheer weight of the ice covering their enormous links, blocking entrances to driveways and with all this devastation around us, no way to know if that proverbial light is at the end of this unbelievable tunnel. Suddenly, we find an Ace-In-The-Hole!! Out of the darkness, familiar voices lead us out of this maze... voices of local radio announcers coming over the airwaves on our transistor radios, helping us cope and answering the questions we all have about shelters, food and basic necessities. Thank heavens for the radio!!

Pictured at CJSS/Variety 104.5 are (l. to r.) John Divinski; Frank Holiday; Scott Rogers and Darryl Adams (seated), some of the terrific announcers who have helped us through the crisis.

(Photo by Aubrey Johnson)

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KALEIDOSCOPE

By H.B. Kanters
SEAWAY NEWS

Weekend With Sebastian

My friend Wilma asked me to look after her ten year old grandson a while back, because she had to deal with a friend's health crisis in Montreal and she knew that I liked the boy. Sebastian's mother works in the library at Carleton University and it seems she was off at a conference in Europe, and a hospital waiting room is not a good place for a young boy to spend the next forty eight hours.

"I'll be back to pick him up Sunday afternoon," she said. Then she stuffed what turned out to be a crumpled fifty dollar bill into my coat pocket, told us to have a good time, and she was gone.

Sebastian helped me carry in the rest of the grocery bags, for I had just come home from that once-a-month, big shopping trip. If I had stayed out later that Friday evening, I would have missed having a very interesting weekend with a ten year old.

He put his duffel bag in the back room where I told him, but brought his laptop out, and showed me the new computer game granny had bought him on the way, so he could keep busy at my place. The way things turned out, the boy was a real help in putting the groceries away, while I got caught up on what's important to ten year old boys. This boy is a talker all right. The only time he is not talking is when he's glued to that laptop. At nine o'clock when he wanted to watch TV, I suggested we make hamburgers from the ground meat I had bought. Then we also baked some buns, since I never buy hamburger buns and I wanted Sebastian to learn that one does not drive six miles to a convenience store on a Friday night to get hamburger buns.

Around midnight, after we polished off our hamburgers, Sebastian discovered there was no cable TV available, and so he went to sleep. He never even thought of the twelve exciting ability levels new computer game sitting on the kitchen table on top of his beloved laptop.

To make a long story short, here is what happened on Saturday: first we went to the Giant Tiger store and bought some long underwear, the pants and long sleeved shirt set, in dark blue, something the boy had never owned. Then we picked up some of those heavy wooly socks and some plain old black rubber farm boots. Then we went to the Salvation Army store, got a heavy sweater for one dollar and a jacket with a hood for three dollars, and now the boy was ready to do things outside with me for the rest of the weekend. He had arrived in just running shoes and a wind-breaker, which would have been just fine, had he gone with his grandmother. He reminded me of those prize-fighters in their funny tights from the 1920s when he put on his new "country" underwear and showed it off to me. He assured me no one in his school had anything like it. He told me he had several pairs of winter boots at home, but black rubber farm boots were something else.

We spent most of Saturday dragging around a six foot ladder, setting it up correctly, and then Sebastian did the pruning which I had intended to ask my neighbour to do sometime later in the season. Two rather big branches on separate trees had to be cut down further and after all that we made a big roaring fire outside in this firepit I have in my backyard. We didn't have any marshmallows, but we did roast some of those cheap chicken wieners I buy for my little dog. No wonder my dog likes them, they really taste good. We also wrapped some potatoes in tin foil and roasted them, but most of them got burned.

Late in the afternoon Sebastian discovered my little lawn tractor and so we put the battery back in as I explained to him that I always take the battery out and keep it in the house after the last cutting. That way the tractor always starts the next spring, I never need to call a mechanic. The gas tank was about one quarter full, and for almost two hours Sebastian rode around feeling like a bigshot - he had never been on a real tractor before. Just before it got dark I remembered we could put up the Christmas lights on the two little evergreens at the end of the driveway, and so we did that. As it got darker, the boy discovered the light switch on the tractor, and he was enchanted driving around with the headlights on for the last little while before the gas ran out. We then had to push the machine back into the garden-shed, took out the battery again, and them, as we left, Sebastian patted the fender and quietly said "Bye, little tractor, and thank you, I had so much fun." It almost made me cry.

Saturday evening we watched a special about dogs on PBS and then we checked out this three set video called God's Greatest Creations which is the most beautiful nature photography Reader's Digest has ever put out. Sebastian fell asleep during the third one and I put a blanket over him and he spent the rest of the night there, sleeping soundly, a very happy little boy.

Sunday morning, Wilma called and said she would pick the boy up earlier, since the hospital emergency was over, and by two thirty my visitor had left. I forgot exactly what we did Sunday morning, but for the boy the most important thing was to discover it was okay to sleep on the couch, with all your clothes on and without changing your underwear. He never even opened his duffel bag except to put the laptop computer back in. He had a sheepish grin on his face when he told his grandmother he never had time to try the new game. He wore his new country clothes as he got into the car and Wilma never said a word. But she called me a few days later and she started to cry on the phone as she told me how grateful she was for the time I spent with Sebastian.

So what is the point of all this? The point is that Sebastian is known in his school as a hyper-active kid who constantly gets into trouble. He has to take Ritalin and did so faithfully while he was with me. But I never mentioned his "disability' and so he behaved just like a normal little boy and he felt like a normal little boy and we had such a good time together. And now that she knows this, Wilma will probably drop him off here again soon. I hope so.

Local Students Go Head To Head With Donovan Bailey

What do elementary school children and the fastest man in the world, Donovan Bailey, all have in common? They are partners in the MS Read-A-Thon program, a motivational reading program for students between the ages of six and fourteen. Starting January 19, 1998, representatives from the Multiple Sclerosis Society of Canada will be attending elementary schools in your community to kick off the MS Read-A-Thon program in which students read books during a four week period and collect pledges for each book read. During this time, children learn that by simply reading books, they can help thousands of Canadians with Multiple Sclerosis through participating in the MS Read-A-Thon.

"What better way to help kids develop literacy, imagination and increase comprehension than to encourage the love of reading?" said Mr. Bailey. "And they learn to respect people with disabilities through the awareness program that is part of the MS Read-A-Thon," he said.

Based on performances in the MS Read-A-Thon, students became eligible for prizes based on the number of books completed and also the amount of money raised. By completing the MS Read-A-Thon, students not only have the opportunity to win great prizes, they also have a chance at winning an educational scholarship from the Canadians Scholarship Trust Foundation (potential value $2,000). Schools also win, as each school that completed the MS Read-A-Thon program receives a $50 voucher to purchase books from Scholastic Canada Ltd.

Last year in Ontario, 97,492 students read more than 437,000 books and raised $1.2 million for MS research and services. Since the MS Read-A-Thon began in 1976, 4 million students have read more than 19 million books and raised more than $24 million, which has helped towards finding a cure for Multiple Sclerosis.

This is a special year for the MS Read-A-Thon as the Society commemorates its 50th anniversary.

"I'm proud to be part of the MS Society's 50th year. That's a real track record!" says Donovan.

Since its founding 50 years ago in 1948, the Multiple Sclerosis Society of Canada continues to be a leader in funding MS research and providing services to people with MS throughout Canada. Multiple Sclerosis is a disease that randomly attacks the central nervous system, affecting the control people have over their bodies. Canada is a high risk area for MS, which is usually diagnosed in people between the ages of 20 and 40. Its effects last for the rest of their lives.

MS FACT #24

Multiple sclerosis usually strikes people aged 20 to 40, in the prime of their lives.

Multiple Sclerosis
SOCIETY OF CANADA
1-800-268-7582

How Can You Help?

The Children's Wish Foundation of Canada is pleased to acknowledge the granting of 5,000 wishes since its inception in 1984.

(NC)—On behalf of the 5,000 wish children, their families and The Children's Wish Foundation of Canada, we would like to thank all the Canadian people who have so generously donated funding, personal time and energy to help grant the past 5,000 wishes.

The magic of wish granting is a team effort and we would never accomplish it without you. We hope you will continue to join us in the fulfillment of children's wishes, until the time when we are no longer needed.

1-800-267-WISH (9674)



Hi!! I'm Shelly Brown
Miss Knights of Columbus
Carnival Queen Contestant
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Public Safety Tips For Residents During Storm Cleanup

Residents coping with the aftermath of last week's ice storm in Eastern Ontario, are being reminded of public safety during cleanup.

Generators:

The critical dependence on generators, while hydro service is being restored, has prompted renewed concern over their safe use. Portable generators must not be taken into a residence or any enclosed space where potentially deadly carbon monoxide fumes may build up. In addition, since many generators are being used around the clock and pushed beyond their operating limits, users are advised to consult service manuals or ask suppliers for maintenance advice.

Transformers:

Parents are being asked to keep children away from downed transformers which may have leaked transformer oil, some of which may contain PCB's. Ontario Hydro crews are being assisted by the military in removing damaged transformers and cleaning up contaminated areas as soon as possible.

Railway Crossings / Traffic Signals:

The Ontario Provincial Police are warning motorists in the storm struck areas of Eastern Ontario to be extra cautious at level crossings. CP Rail has resumed freight train operations into the area and the crossing barriers may not be operating because of power outages. OPP officers will be working with CP personnel to assist trains through those protected level crossings. Motorists should also approach intersections with caution in case traffic signals are not working. The OPP advise that unless it is essential, motorists should avoid travel in the area.

Structural Damage:

Farmers working on their property and homeowners alike are asked to take special care in cleaning up after the storm. Heavy ice may have resulted in structural damage which may not be immediately visible.

Perishable Food:

Perishable and hazardous foods such as dairy, meat and egg products that are left out for more than five hours at temperatures above refrigeration level should be discarded. If you do not know for how long the food was without refrigeration, dispose of it. "If in doubt, throw it out."

If refrigerated food or frozen food is contaminated with run off water: i.e. melting ice and snow, such foods must be discarded.

Fire Safety:

The Ontario Fire Marshall's Office recommends a number of related personal safety tips on the use of emergency devices.

If you use candles, make sure you keep them away from all combustible materials. Never leave them unattended. Place them out of reach of young children. Candles should be placed in solid, secure candle holders and protected by a glass chimney.

Try to avoid walking with a lit candle or taking it into a closet to look for things. Use a flashlight.

Never leave a child unattended in a room with a candle or oil lamp. When your power is out, you may be introducing potential hazards to your home, so you must take extra precautions to make sure that everyone stays safe.

Oil Lamps:

Oil lamps or lanterns provide excellent light but can be a fire hazard if placed too close to combustibles. Keep oil lamps away from combustibles and out of the wind. Make sure they are kept in a secure place where they cannot be knocked over. Refill the lamps outdoors or away from combustibles and other people. Before going to bed, make sure that all candles and lamps are out.

Matches and Lighters:

Keep all matches and lighters out of sight and reach of children, preferably in a locked cabinet.

Heating and Cooking:

Think carefully before you bring a fuel-burning appliance into your home. Any device that burns fuel requires oxygen to provide complete combustion and ventilation to remove the products of combustion. Any device fueled by natural gas, propane, heating oil, kerosene, coal, charcoal, gasoline or wood produces carbon monoxide. Carbon monoxide is a colourless, odourless and tasteless gas that can be deadly.

- Use only portable space heaters that have been designed for indoor, residential use.

- Before using a portable heater, review the manufacturer's recommendations for usage and follow the instructions carefully. Only use the fuel for which the appliance was designed.

- When using the heater, provide adequate ventilation by opening a window slightly.

- Before refueling, turn off the heater, wait for it to cool and take the heater outside to refill.

- Never use propane or charcoal barbecues indoors. They are designed for outdoor use only. It is preferable to eat a cold meal than to die from carbon monoxide poisoning.

- Keep all heaters at least 1M (3 feet) away from combustible materials including drapes, carpeting and furniture.

- Turn portable space heaters off when you are not in the room and before you go to bed.

- If you are using a wood stove, be careful with the ashes. Always empty ashes into a covered metal container and store them outside away from combustibles.

- If you have not used your fireplace or wood stove for a long time, have it checked by a professional technician before using it. Your chimney may be blocked or damaged, which could cause a fire or a build-up of carbon monoxide inside the home.

- Generators should not be brought inside the home for any reason.

- Before going to bed, do a quick check of every room to make sure candles are out and heaters are off. Wear several layers of clothing to preserve body heat.

Smoke Alarms:

Test your smoke alarms. If a fire starts in your home while you are asleep, you want to know about it immediately. Some homes are equipped with electrically connected smoke alarms that may not work when the power is out. Make sure your home has a battery-operated carbon monoxide detector.

Home Escape Planning:

Good fire safety planning includes knowing two ways out of your home. In a winter storm, your exits may become blocked by snow or fallen trees, or be frozen shut by ice. Try your exits to make sure they are accessible.

Inform everyone in your home about the fire safety rules they must follow. Conduct regular safety checks of each room and keep a watchful eye on children and older adults. Make sure everyone knows the fire escape plan.

If you are aware of someone living alone nearby, check with them to make sure they are safe.



Hi!! I'm Julie Cavalier

Miss Cornwall Square

Carnival Queen Contestant

Carnival '98

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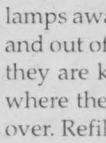

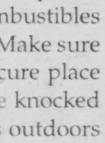

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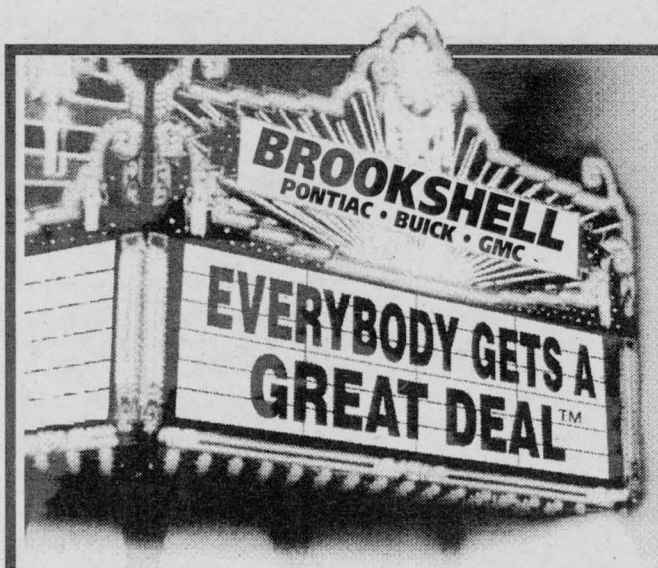

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CAR CARE

Take These Simple Steps to Protect Your Family

By Mike Ferrara, The Lazy Homeowner

(MS) — My wife and I have three small kids, so you don't have to explain to me how important safety is around the house. I thought I was doing all the right things, like childproofing the electrical outlets and putting in a security system. But, I forgot one major item — the garage door.

Did you know that a garage door is the largest moving object in your home? Simply put, if you don't regularly maintain and check the safety of your garage-door opener, you could be putting your family's lives in jeopardy, since an improperly adjusted door opener can exert deadly force when the door closes.

The good news is that it's easy to check your garage-door opener. Every month, with the door open, place a length of a two-by-four on the floor in the center of the door's path. If you want to test your door to a higher, safer standard, replace the wood with a new roll of extra-thick paper towels (still in the plastic). Push the control button to close the door — the opener should reverse and open the door when it strikes the wood or paper towels. If it doesn't reverse, you may need to adjust the opener's force sensitivity. Consult your owner's manual, or get a qualified repairman over to your house in a hurry.

If you have an opener that's more than 5 years old and needs major repairs, replace it immediately. The newest openers have improved safety features, like photo eyes that allow the door to close only when the path beneath the door is clear. Doors and springs wear out over time as well — you may want to consider replacing all three components as a complete system. One manufacturer, Wayne-Dalton, has easy-to-install QuantumTM openers that feature wireless photo-eye systems and easy entrapment removal, as well as rolling access codes to thwart thieves who try to grab access codes sent out by remote controls.

While you're at it, check the location of the push-button wall control. It should be well out of the reach of children (at least 5 feet from the floor) — and as far away as possible from the garage door and all moving parts. Above all, use common sense. Keep remote controls out of the reach of children. When using the push button or remote, keep the door in sight until it completely closes.

Once you get everything adjusted properly, don't get too lazy — use a spray lubricant at least twice a year on your garage door's rollers and hinges to keep everything running smoothly. It's also not a bad idea to have a professional come out and inspect everything once a year.

For a free safety kit, write to Wayne-Dalton, Dept. SK, 1 Door Drive, Mt. Hope, OH 44660, or log on to www.garagedoorsafety.com.

THE CAR DOCTOR

Peter Millard



Service Light But No Codes

(NC)—I have a 1986 Oldsmobile Calais 3.0 litre engine. The service light does go on when starting, but never while driving, and no codes are ever recorded. I have replaced numerous parts, and been to many repair shops. The engine idles roughly and has a miss. When starting in the morning it backfires, but not during the day when the engine is warm. It races longer than it should. I am sending the chart from the shop manual along with my personal test results which I took with a digital multi-meter. Any suggestions?

J.D.M.
Kitchener, Ontario

Your letter and attachments describe one of the most, if not the most difficult problem that an automotive technician has to try to solve: intermittent driveability fault. Technicians tell me that the conditions that you describe rarely cause a fault code to be recorded. I would suggest, if you haven't already done so, that you discuss your personal test results with a knowledgeable tune-up technician. After reading previous readers' letters in this column, you will have often seen a solution that was found because someone, somewhere, had experienced the problem before. So stick with a good technician and keep reading!

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93 MERCURY CO SOLD	$6,450
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92 MERC. SABLE WAGON, loaded, 100,000 km	$6,995
92 CHEV. CAVALIER, 2 dr., 5 spd., clean	$4,995
92 GEO STORM, 2 dr., 5 spd.	$3,995
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92 CHRYSLER LEBA SOLD , 6 cyl., 75,000 km	$5,850
92 CROWN VIC LX,	$8,450
91 HONDA ACCORD EX, 4 dr., auto, 129,000 km	$9,650
91 BUICK PARK AVE., Ultra, mint, loaded	$8,800
91 MERC. SABLE SOLD nt	$4,595
91 PONTIAC SUNBIRD, 4 dr., auto, 90,000 km	$4,250
90 OLDS CIERRA SOLD km	?,???
90 FORD PROBE GT, 5 spd., clean	$4,800
90 SUBURA LEGACY WGN 4X4,	$6,200
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89 HONDA CIVIC, 4 dr., very dependable	$3,950
89 CAVALIER RS COUPE, 125,000 km, auto., nice	$3,995
88 CROWN VIC WGN, 55,000 km., mint	$3,800
86 NISSAN 300ZX, all original, t-tops, mint	$3,500
85 HONDA CIVIC V SOLD seen to be believed	$1,550
85 DODGE 600 SE, r SOLD	$1,150
84 HONDA ACCORD SOLD 99,000 km	$?,???
70 CHEVELLE SS, 454, new engine, original mint	OFFERS

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TRUCKS & VANS

96 BOMBARDIER T SOLD L, mint,	$3,900
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95 F150 XL, enforcer SOLD 0,000 km	$9,500
91 FORD AEROSTAR XL, 7 pass., 100,000 km	$5,450
89 F-150 4x4, 8 cyl., 5 spd.	$5,500
88 CHEV 1500, mint SOLD	$6,450
87 POLARIS 4 WHE SOLD	$1,250
86 DODGE CARAVAN, mint cond., 104,000 km	$2,275
86 S-15 EXT. 4X4, dressed	$?,???
84 BRONCO, full size, nice shape	$3,300

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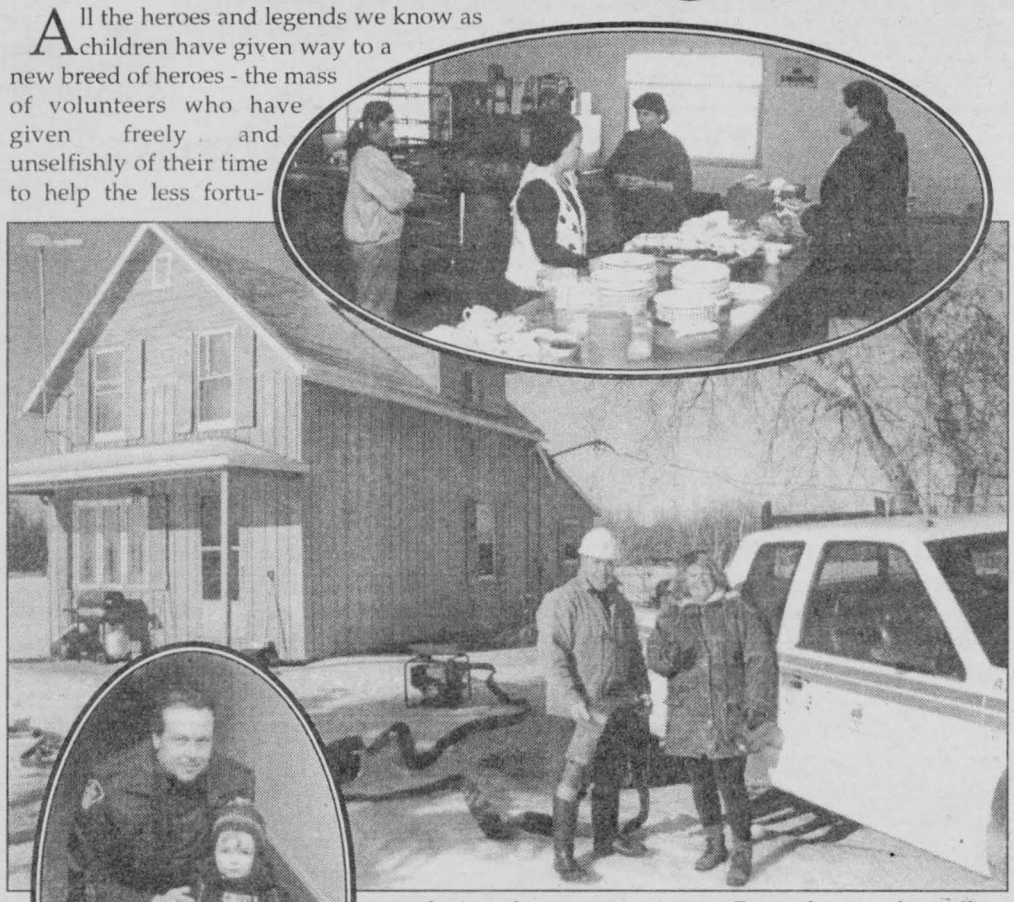
January SPECIAL $9.99

The Ice Age

All the heroes and legends we know as children have given way to a new breed of heroes - the mass of volunteers who have given freely and unselfishly of their time to help the less fortunate during these trying times. From the people staffing soup kitchens, such as the ones at St. Mary's Centre in Williamstown, to young servicemen patrolling the affected areas to ensure our safety, we are being cared for in a way that reflects the resolve of people who will not give.



Years ago, Shakespeare wrote of "those who suffer the slings and arrows of outrageous fortune." Little did he know of the people of our communities who have banded together, regrouped and now look for the hidden message in this mess we've lived through to find the true meaning of human kindness.

Pictured with Carol Munday, of R.R. #1 Summerstown, one of hundreds of citizens who has sustained devastating losses, is Ray McCosham, of Interprovincial Pipe Line Inc., who have volunteered their services to pump out basements and assist in any way they can.

(photo by Aubrey Johnson)

Embrun Students In Kingston Spotlight

Local actors have taken their show on the road. Theatre-Forum, made up of students from Ecole Secondaire d'Embrun, delivered an accident prevention message with pizzazz in Kingston recently.

"They really did Russell proud," said Chantal Lacelle, of Eastern Ontario Health Unit, and the Russell County Accident Prevention Committee. "The play has been very well received in this area since it was launched last May. But to be invited and so welcomed by another city is a thrill. It's also proof that the accident prevention message needs to be heard."

The group of 10 high school drama students presented the interactive play to 60 Ontario Public Health Nurses, gathered in Kingston for an annual convention.

Lacelle says Theatre Forum's unique approach to promoting accident prevention to teens is key to the group's success.

"There's no finger-wagging, no preaching. It's just a subtle, sometimes lighthearted, look at a very serious subject. Members of audience get the opportunity to have their say too, so we're not just examining the problem, but also offering some solutions," says Lacelle.

From drugs and alcohol to anger-management, the actors weave their accident prevention message through a variety of mostly improvised sketches. "The idea is to help today's youths make healthy choices and to reduce--ideally, eliminate--the number of road-related deaths and accidents in this area," explained Lacelle.

Anyone interested in booking Theatre Forum for a community or school performance, may call Chantal Lacelle at 764-2841 or 1-800-267-0852.



Hi!! I'm Brenda Keen
Miss Variety 104.5 Radio
Carnival Queen Contestant
Carnival '98

CARNIVAL '98
FEBRUARY 6-16 FÉVRIER

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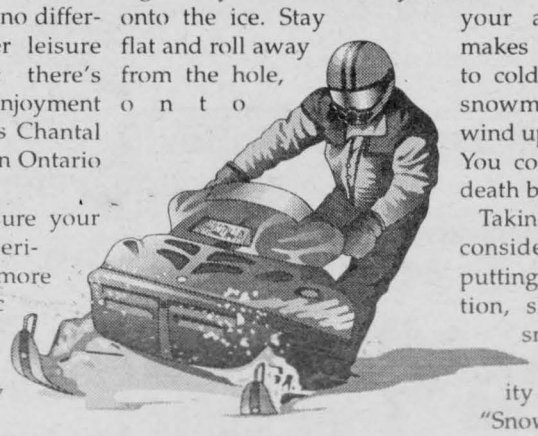
On The Right Trail For Winter Fun

Snowmobiles may be your ticket to winter fun, but they can also a ticket to trouble--a one-way ticket.

"Snowmobiling is no different than any other leisure activity or sport: there's potential for both enjoyment and problems," says Chantal Lacelle of the Eastern Ontario Health Unit.

You can help ensure your snowmobiling experience produces more happy than tragic memories, by first carrying a well-stocked emergency kit.



"A snowmobiler's kit should be similar to a car driver's kit: high energy snacks, flares, flashlight, extra socks, mitts and sweater, plus items you'll need because you're more likely to be stranded in a remote or wooded area: whistle, map, compass, knife, tow rope, aluminised blanket...even snowshoes," advises Lacelle.

Snowmobile trails are generally less travelled than highways and aren't usually near hospitals--so snowmobilers ought to be prepared to handle minor mechanical or medical emergencies alone.

Most snowmobiling accidents occur after dark, so it's important to stick to a marked trail, wear reflective clothing, ensure all lights are working properly, and avoid riding alone. If you must ride out alone, be sure to leave a detailed itinerary and map with someone.

"Always stay clear of ice, but if you should fall through, kick while in a horizontal position and aim for the nearest ice edge. Get your arms onto the edge and kick your legs till your entire body is onto the ice. Stay flat and roll away from the hole, onto stronger ice and then stand up. Try to keep moving as you look for shelter," says Lacelle.

Drinking and driving presents a double whammy to snowmobilers, she says. "Alcohol not only hampers your ability to reason, it makes you more susceptible to cold. If you drink before snowmobiling, you could wind up in an accident or lost. You could literally freeze to death before you're found."

Taking all these points into consideration before ever putting the key in the ignition, she says, could help snowmobilers get the most out of the activity and the winter.

"Snowmobiling is a terrific way of enjoying the outdoors, socialising and being active," says Lacelle.

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AROUND the Counties

Training Inventory On The Web

There is a new option to do your research training in Ontario! The Human Resources Development Canada has set up a Training Inventory on the Web. Through a simple search process, clients can specify the type of training, course/ program description, institution, day or evening, full time or part time studies, cost, duration of the course and much more.

The geography of the Interaction Training Inventory in Ontario is divided into four regions: Eastern, Northern, Southern Ontario and Metro Toronto. The search can be narrowed to specific areas which consist of major cities such as Cornwall, Kingston and Oshawa.

Twenty four private and public organizations in the Stormont Dundas and Glengarry Counties are registered on-line with the Human Resources Development Canada Interaction Training Inventory. There is a large selection of training options in Ontario. At present, the Cornwall area offers a selection of over 200 courses and programs in the Counties. You can reach the site at http://www.trainingiti.com

OPP Urges Caution

The OPP in the three counties are urging residents to use caution when using alternate forms of heat and when trimming tree limbs. Residents are urged to report any suspicious vehicles or activity in their area to the OPP at 1-888-310-1122.

Generators Helped Hospital

Thanks to the efforst of the volunteers in the community, the Winchester District Memorial Hospital made it through the recent storm. With power restored to Chesterville and Winchester, the hospital is still trying to cope with the needs of the residents still without power. Jean Holmes, Director of Human Resources at the Hospital, says that with the weather getting a bit better, they are seeing more broken bones and ice related injuries. Staff at the hospital worked extended hours during the blackout.

McKinnon Forestry Centre Closed

Due to the ice storm which crippled the area and created unsafe conditions, the McKinnon Forestry Centre, located south of Apple Hill, will be closed until January 26th.

McKinnon Centre is an Ontario Hydro free building powered by solar panels and heated by woodstove.

The McKinnon woodlot, as like so many other properties, has been severely damaged by this storm. Crews will be working to clear debris and re-open trails for the general public to enjoy.

On behalf of Domtar and the McKinnon staff, we wish to remind everyone to abide by a safe and healthy lifestyle without power. Please ensure your woodstoves are properly cleaned and maintained and that only dry firewood is used.

ASK THE DENTIST



Louis Cardinal, BSc, DDS, FAGD
SEAWAY NEWS

What Are Dental Implants?

Dental implants have been around a long time, however, only in the last decade have they become popular. The reason for this is that titanium has proven itself as a metal which is incredibly biocompatible, meaning that the body doesn't reject it when implanted into bone. This metal has now been useful for many medical situations. In the case of dental implants, titanium fixtures are placed surgically into the jaw bone and left to integrate with the bone for several months. After full integration, the upper portion of the implant fixtures are exposed and porcelain teeth or dentures are attached with screws and other metal components. Implants can be used for replacing a simple tooth or a complete dentition.

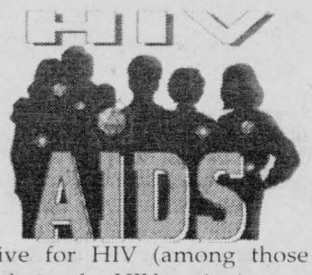
Patients with loose lower dentures are great candidates, since as little as two implant fixtures can hold the denture so that it no longer "floats" around, causing soreness and difficulty with mastication. The patient has the choice of having a removable denture or an unremovable screw retained denture.

Since denture retention problems are more common with the lower jaw, dental implants are most commonly used in the mandible. Furthermore, the lower jaw has a denser bone composition, thereby making it a more attractive and successful option. Success rates are as high as 95-98%. The most attractive advantage of using implants for a single missing tooth is that the two adjacent teeth (teeth next to missing teeth) do not need to be involved. For example, when replacing a single missing tooth with a bridge, the two adjacent teeth need to be reduced in size (filed) to accommodate the bridge. There are numerous examples where implants can be used and I encourage you to discuss it with your dentist. Just remember that dental implants enable you to have teeth that are literally screwed into your jaw. Think of it as having bionic teeth.

" Dr Cardinal accepts any inquiries at tel:938-8451 or fax:938-7647 and welcomes you to visit his webb site at www.netcom.ca/~cardina3 for other dental topics."

HIV Infection Among Injection Drug Users Rises at Alarming Rate

(NC)—Recent data indicates that HIV transmission among injection drug users (IDUs) is increasing at an alarming rate. It also indicates that injection drug use and with it HIV infection is particularly prevalent among the poor in our society.



In Montreal alone, experts estimate there are five new infections per 100 users per year. And in Vancouver, since 1994 there has been a steady increase from two per cent to six per cent in the proportion of drug users who test positive for HIV (among those who go for HIV testing).

While new treatments, such as d4T, which is easier to take, and more effective than its better known predecessor AZT, exist, there is no cure yet for HIV infection. It can, however, be prevented. Users can stop using drugs altogether - addiction treatment programs can succeed - or they can practice safer drug injection methods. The safest route is to use either sterilized or brand new needles.

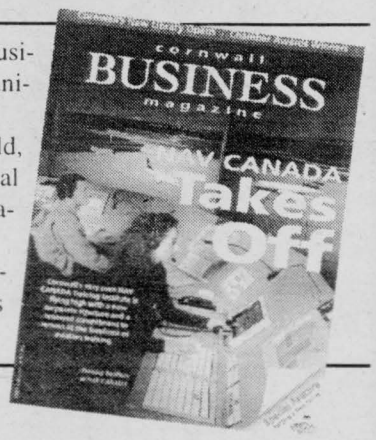
In fact, many centers have started needle exchange programs where old needles can be turned in for new ones. The price of providing clean needles is small compared to the human and economic cost of treating people with HIV or AIDS.

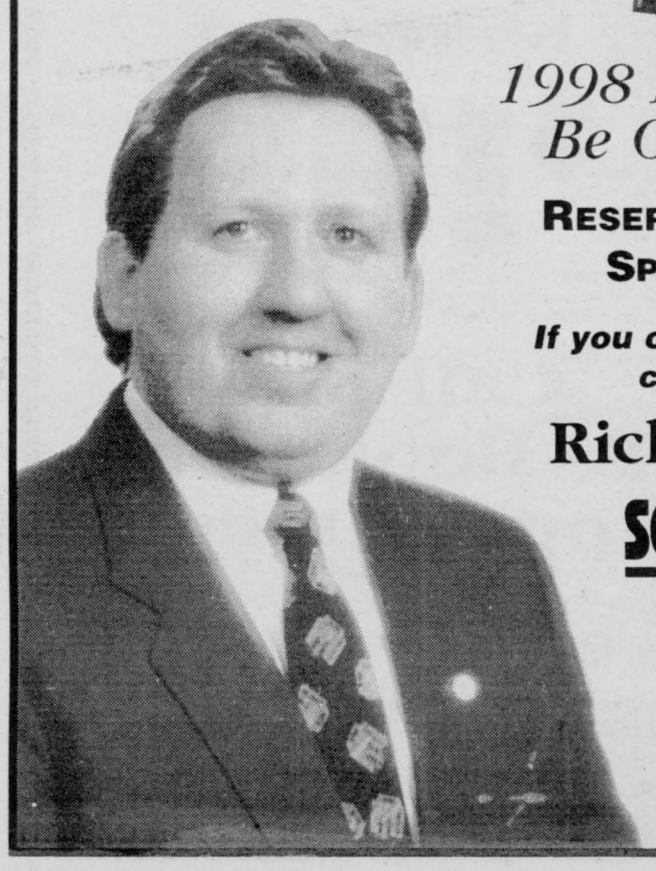
cornwall
BUSINESS
magazine

Cornwall Business Magazine, ia a general interest business publication that profiles the local business community with a distribution of over 30,000 copies.

Mailed to over 4,000 business leaders around the world, primary handout at several trade shows, copies to local chamber, hotels and worldwide head offices, this magazine is an advertising must.

Cornwall Business Magazine provides you the opportunity to profile your business to an international as well as local market.





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If you own a business, call today!

Rick Shaver
SEAWAY NEWS
933-0014
329 Second St. W., Cornwall

~ Deadline ~
February 6, 1998



Hi!! I'm Megan Follon
Miss Downtown Cornwall BIA
Carnival Queen Contestant
Carnival '98

CARNIVAL '98
FEBRUARY 6-16 FÉVRIER

See You At The Carnival Feb. 6-16/98

"The cure for Epilepsy is in your pocket."

Please give generously to
EPILEPSY CANADA
or the nearest Epilepsy Association
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VOLUNTEERS NEEDED!

The Kidney Foundation of Canada has been offered a unique, province-wide volunteer opportunity this coming February which will benefit "Cash for Kids" and "The Kidney Foundation of Canada" both of whom support childrens programs. Urgent need of volunteers to give out coupon books for a 3 hour shift in their local grocery stores for the G.I.F.T. campaign between February 5th and February 8th, 1998. The coupon books can be used during or after this period.

During each shift, the volunteers will distribute the coupon books (value $45.00) to interested customers who will then pay $2 for the book at the checkout counter. From this sale G.I.F.T. will receive $1 for "Cash for Kids" and The Kidney Foundation will receive $1 to support patient services, medical research, public education and organ donation. Everyone is a Winner!

CALL (800) 724-9953

THE KIDNEY FOUNDATION OF CANADA

seaway news
committed to our community

In & About CORNWALL

National Non-Smoking Week

The week of January 19 - 23, 1998 has been declared as National Non-Smoking Week with Weedless Wednesday being held on January 21, 1998. The Canadian Cancer Society advises that second hand smoke is the most common and harmful form of indoor air pollution. Second hand smoke has up to 4,000 chemicals in it. These chemicals can cause numerous problems, including: eye irritation; headache; cough and sore throat; nausea and dizziness; increased heart rate and blood pressure.

Parent Companions Need To Know

Your husband's at work, your kids are in school and you find that you have more and more time on your hands. Having acquired a certain amount of parental experience while raising your own children, you feel you have something to contribute within your community. The Parent Companion program is just what you need.

"We are looking for experienced parents who have some time and expertise to share with others who are starting their own families," says Janice Mazhar from the Eastern Ontario Health Unit. "There are a lot of warm, generous and open minded individuals in this area who would be ideal volunteers in this program. The Health Unit will be offering training to selected candidates volunteering their time and energy towards supporting others."

"Not everyone has people around from whom to get support and advice," adds Mazhar. "Our Parent Companion program tries to connect volunteers with those new families that might need a little assistance."

If you are interested in learning more about the Parent Companion program, the Eastern Ontario Health Unit personnel will host an information session, Wednesday, January 21, 1998 at 7 pm at 1000 Pitt Street. For more information call Janice Mazhar or Marthe Lemieux at 933-1375 or contact the Health Line at 1-800-267-0852.

Food Safety Concerns Addressed

If you're concerned about the safety of the food in your refrigerator or freezer during the recent power outages, the Eastern Ontario Health Unit offers the following guidelines:

Freezer: A full upright or chest freezer will safely keep food frozen for about two days, without power. A half-full freezer will keep food frozen for one day only. For longer periods of time without power, food should be transferred to a friend's fully operational freezer. If in doubt, throw it out.

Refrigerator: Without power, the refrigerator section will keep food cool for four to six hours, depending on the room's temperature. Food still containing ice crystals or that feel refrigerator cold can be refrozen. Thawed food that has risen to room temperature and remained there for two or more hours should be discarded. Any food with a strange colour or odor should be thrown out immediately.

Health Info. Available

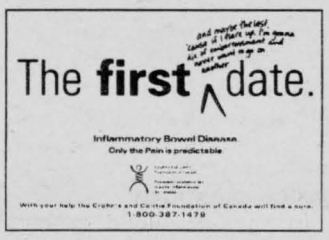
Residents of the five counties are reminded that health-related information is available from the toll-free Healthline at 1-800-267-0852. The Healthline number also provides up to date information regarding local emergency shelters and services, and the list of drug stores which are open in each community. There is no charge for calling the number. The phone lines are staffed by qualified nurses who can provide a range of answers to minor health concerns or questions.

Eric Harps Honoured

Eric Harps has been presented with the community award by St. Lawrence College. Harps, a former staff member of the college for 27 years, worked in the athletic department, food services, and manager for the Milles Roches Hall. Harps has been recognized for his services to the United Way of Cornwall and District, Skate Canada, Worldfest and Canada Day.

Cash Donations Required To Meet Needs

The Red Cross is working with the Region of Ottawa-Carleton and all of our other community partners, including the Canadian Military to ensure assistance to all of Eastern Ontario. The community has rallied with all kinds of donations and offers of assistance. As individual community needs vary significantly throughout eastern Ontario, the Red Cross is now accepting only cash donations. We are no longer accepting donations at any of the fire stations. Cash donations through the Red Cross will allow us to buy in bulk and distribute the specific products required in each community. The Red Cross administers all funds donated and these are used for immediate and long term needs. Donations can be made by phone at 1-800-850-5090 from 8 am - 10 pm or by mail to Red Cross, 85 Plymouth Street, Ottawa, Ontario K1S 3E2. Cheques can be made payable to Red Cross - Ice Storm Relief. We are very grateful to everyone who is calling in to the Region of Ottawa Carleton and to the relief centres and fire stations, but there is no longer a need for new volunteers to call in.



Domtar Donates Firewood

Domtar Forest Products, Trenton, Thomco Pallet & Box, Tweed, Glen Holmes, Tweed and Domtar Papers, Cornwall have donated four dump truck loads of firewood to assist the local community during the Ice Storm 98 crisis.

Domtar has co-ordinated with Mr. Ray Lapointe, Co-ordinator Clerk/Treasurer, United Counties of Stormont, Dundas and Glengarry, for delivery to the communities of Finch, North Lancaster, Ingleside and Akwesasne. "We hope that this firewood contribution assists rural residents," says Wayne Young, Woodlands Manager, Domtar Papers, Cornwall.



Hi!! I'm Dominiquea Chabot

Miss Freddy's Roadhouse

Carnival Queen Contestant Carnival '98

CARNIVAL '98 FEBRUARY 6-16 FÉVRIER

See You At The Carnival Feb. 6-16/98

Business and Industry Training Services

Business and Industry Training Services at St. Lawrence College

Start Your Own Business

Start Date Now February 2nd, 1998

~ Application Deadline: January 21st, 1998 ~

Advanced Welding

Orientation session rescheduled to Monday, January 26th at 1:30 p.m. in room A352

~ Program will begin Monday, February 2nd, 1998 ~

Employability Skills (Shifting Careers)

Postponed to start on Monday, January 26th, 1998

For information on any of the above programs, please call Louise Boulay at 613-933-06080, ext. 2153

Classes will be held at the Cornwall campus of St. Lawrence College

St. Lawrence College Saint-Laurent Brockville Cornwall Kingston

ISO 9001 Certified

CITY HALL BULLETIN

News for Residents & Businesses from the City of Cornwall

Volunteers Needed At Glen Stor Dun Lodge

If your New Year resolutions include contributing to voluntary work, we have just the opportunity for you. We are looking for people who enjoy working with the seniors and have a couple of hours per week to spare. Some of the volunteer positions include:

- Saturday afternoon bingo helpers and friendly visitors
- Dining program helpers
- Special care activity helpers (special training provided)
- Palliative care volunteers (special training provided)
- Outreach program callers and visitors
- and many more

Please call for more details and arrange for an information meeting with Linda at 933-3384

Winners of Cornwall Public Library Bookmark Contest

The Cornwall Public Library would like to thank all the children and young adults who entered the library's first annual November "Design-a-Bookmark" contest. A total of 101 entries were submitted by children ranging in ages from 3 to 17 making the contest a huge success. Choosing only 12 winners, one for each month of next year, was a difficult task, but after much deliberation, the selection committee is proud to announce the following winners with their ages in brackets: Katie Bergeron (5), Tyler Jones (5), Sujeevan Jeyarahah (6), Jordon O'Reilly (7), Ariane Pilon (7), John Payette (11), Corey Seguin (12), Rachelle Bélanger (13), Kristen Lim (13), Natalie Richmire (13), Karmagi Balaratnam (14) and Kelly Harper (14).

Council Meeting

MONDAY, JANUARY 26th, 1998 @7:30 pm

Become informed on YOUR local government. Available on Community Channel 11

Planning Advisory Meeting

Due to extenuating circumstances, the regularly scheduled Public Meeting of the PLANNING ADVISORY COMMITTEE (P.A.C.) which was to be held on MONDAY, JAN. 19TH, 1998 has been cancelled. All Public Meeting items (including P.A.C. File Nos. 259 and 260) that were to be dealt with at that meeting will be rescheduled to the MONDAY, FEBRUARY 16th, 1998 P.A.C. session. For additional information regarding this cancellation, please contact the City of Cornwall Planning Department at 930-2787, ext. 328. Sorry for any inconvenienc this may cause.

REQUEST FOR QUOTATIONS

QUOTATION NO. 98 - Q03

Minor Repairs & Maintenance of Windows & Doors for all City Departments

CLOSING DATE:
Jan. 23, 1998 @2:00 pm

Persons interested in bidding are requested to obtain the necessary Quotation Documents from the Purchasing Department, 340 Pitt Street, 2nd Floor, Cornwall, Ontario or by telephoning (613) 932-6252, extension 320.

1998 Leisure Arts Program

The Kinsmen Centre is kicking off its 1998 Leisure Arts Program with a new session beginning this week. Some classes were postponed due to the ice storm, but we are now ready to get busy.

Youth Programs:

- **Saturday Morning Craft Club:** (Ages 6 - 9) $30
A chance to learn several craft techniques working on both short & long term projects.
January 17th from 10:00 - 11:30 am
- **Parent/Tot Funspot:** (for 2-4 year olds with parents/caregivers)
An opportunity to spend crEative quality time with your toddler through crafts, stories, playtime, baking and music.
January 20th from 9:30 am - 11:00 am
January 21st from 9:30 am - 11:00 am
- **Weeknight Craft Club:** (ages 8 - 12)
Wednesday, January 21st, from 6:00 - 7:30 pm

WORKSHOPS:

- **Funky Frames** (for 6 - 10 year olds) $10
Paint and decorate a wooden frame for a favourite picture.
Saturday, January 31, from 2:00 - 3:30 pm
*Keep an eye out for our many Valentine's Day craft workshops as well as our baking classes for Adults.

Adult Program/ Workshops:

- **Pottery:** $50 + mat.
Learn basic hand building techniques, explore how to pinch and coll slab, become familiar with the potter's wheel, and discover ways of decorating your pieces for a final product. From beginner to advanced levels welcome.
Morning session: Wednesdays, January 21st - February 25th (9:30 am - noon)
Evening session: Wednesdays, January 21st - February 25th (7:00 pm - 9:30 pm)
- **Painting:** $65 + materials
Learn such concepts as colour, shape and composition. Use the medium of your choice, but demonstrations are in watercolour.
Afternoon Session: Tuesdays, January 27th - March 3rd, from 1:00 - 3:30 pm
Evening Session: Wednesdays, January 22nd - March 4th from 7:00 - 9:00 pm
- **Afternoon Bridge:** $40
Thursdays, February 5th - April 2nd, from 1:00 - 4:00 pm
*note: course fee includes coffee and an Audrey Grant's bridge book.

Registration is done in person at the Kinsmen Centre at 412 Fifth Street. For additional information on these classes or others, please telephone Jeff Hughes at 933-3586. Please note that some classes may be cancelled due to insufficient enrollment.

Opinion

SEAWAY NEWS
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Just What We Need - Dumber Mounties

PERSPECTIVE



By Bob Roth
SEAWAY NEWS

Please forgive me if I once again stray over the politically correct line in the sand and venture onto the minefield of "employment equality". But I simply cannot believe the latest decision of the RCMP to "modify" its entrance exam to help in its recruitment of minorities and other disadvantaged groups.

Earlier this month it was revealed that the RCMP is rewriting parts of its entrance exam after some aboriginal candidates and members of visible minorities scored lower than other aspiring recruits.

The revelation is contained in an employment equity report, going back to December 1996, but was only recently extricated from the caverns of darkness by the Canadian Press under the Access to Information Act.

"Aboriginal applicants to the RCMP tend to have significantly less formal education than applicants from other groups," the review says. "For some visible minorities there are also likely second-language issues in addition to educational ones."

The report assures us that the score differences are "not of great magnitude," although it listed concerns in subtests involving writing composition, logic and computation."

Oh, is that all! Nothing of "great magnitude", for sure. What do literacy and logic have to do with police work anyway?

As a result of these findings the RCMP "has begun redevelopment of a new RRST (RCMP Recruit Selection Test)," the report reveals.

And it seems that every student's dream will be realized in the new process. "Members of designated groups will be consulted and will have the opportunity to review the new test before it's implemented."

Sgt. Mike Gaudet, an RCMP spokesperson in Ottawa, told Canadian Press that "we have to try to design tests that meet the requirements of the people we're looking for."

Thank you, Sgt. Gaudet. Could the bent logic of political correctness ever be more succinctly stated - or the folly of employment "equity" so eloquently exposed - than in this candid statement from Sgt. Gaudet?

The testing emphasis is no longer on having candidates meet the standards of the RCMP, the emphasis is on having the RCMP meet the standards of the candidates. (The RCMP's hiring priorities are, in descending order, visible minorities, aboriginals, women and Caucasian men).

It is precisely such misguided social engineering that has undermined the noble motives behind employment equity. When employment equity was first proposed, it was passed off as a means of remedying "systemic" discrimination by ensuring that equally qualified minority candidates would be better represented in public agencies. The critics of employment equity argued that the process would cause a lowering of standards. They have been proven right.

If certain candidates have "significantly less formal education" and score lower in "written composition, logic and computation", why would we hire them? Don't we want the very best police officers we can possibly have, watching over our streets and nation?

The solution to discrimination is to elevate the standards of minority groups, not lower the standards of the RCMP.

However well-motivated, the notion of "employment equity" should never be allowed to replace the principle of "employment excellence."

Parliament Hill Notebook



By Art Babych
SEAWAY NEWS

A sense of powerlessness...

It was like a horror flick out of the '50s. A freezing rain turns into a rampaging Godzilla-like monster. It tears down power lines, snaps trees like toothpicks and leaves millions of people in darkness. A state of emergency is declared, the troops are called in and the Prime Minister foregoes a trip to balmy Latin America to deal with the crisis. The Queen sends her regrets.

It was an ice storm unlike any others. Not that anyone remembers ice storms.

Some people had it worse than others. In one county, for instance, villagers not only were unable to watch the X-Files or use the phone, they were also left without booze. The reeve closed down the liquor store claiming that "the consumption of liquor in cold weather is unhealthy." But for 13 cows on a farm near Ottawa the reeve's theory didn't stand up. They discovered it was really the consumption of water, not liquor, in cold weather that is unhealthy. The cows were electrocuted when a power line fell into their water trough.

Incitement to riot...

In the aftermath of the great ice storm one Ottawa journalist wrote: "Apart from an unfortunate few, the story of the ice storm was one of inconvenience and not tragedy." The comment from Ottawa Citizen columnist Susan Riley so incensed readers that they reacted en masse, some even suggesting she be "shot" or "drowned in a cesspool." Even the Citizen's editorial board -- fearing a lynch-mob, no doubt -- publicly distanced itself from Riley's conclusions. Riley, herself, offered "an explanation and regrets for any unintended slight."

Coming to a theatre near you...

Burnaby-Douglas New Democrat Svend Robinson must be working from an old movie script. Recuperating from his nasty 60-foot plunge over an embankment on Galiano Island in BC, the gay MP with a flare for the dramatic told a Vancouver reporter it was love for his companion Max Riveron that helped him survive the ordeal. "I couldn't bear the thought of leaving him behind," said Robinson. "My love was so strong and I felt that love for him. And so I got hope again." Don't tell us. Ali McGraw in "Love Story," right?

A lot of Big Macs...

Ted Weatherill, the senior civil servant with expensive tastebuds, doesn't believe $733 for a dinner for two is unreasonable. His lawyer called on the Federal Court of Canada to stop the government's attempts to fire Weatherill, the chairman of the Canada Labour Relations Board, because of his spending habits. He argued that Weatherill was told his expenses could be the same as in private practice. Over the past nine years, Weatherill has spent an average of just over $91 per person for dinners. His lawyer said his client "believes all his travel and hospitality expenses for which he sought reimbursement were reasonable," said the affidavit. Yes, and some people believe they're Napoleon.

Trust me...

Take it from Trade Minister Sergio Marchi. Mexico is on "the right path" in improving its human rights record. Marchi and the premiers on the Team Canada mission met with Mexican President Ernesto Zedillo during the 13-day trip and came away "impressed," said Marchi. Just because 45 Indians were massacred in late December by paramilitary troops linked to Zedillo's party doesn't mean the Mexican government isn't trying, does it? And what do those human rights groups know who say violations of human rights in Mexico are increasing? After all, Marchi has nothing to gain by supporting the Mexican government's position. And to suggest that the 91 new business deals worth $230 million signed by the Team Canada mission in Mexico would influence Marchi's views would be the height of absurdity.

It's Valentine's Day... Be Good to Yourself

Valentine's Day is about love, as we all know. Adoring, amorous, devoted, head-over-heels love. Chocolates and flowers abound, jewelry glitters and tables for two dominate the restaurants.

But, what about those who aren't paired up with a special someone? When the hoopla of Valentine's Day gets under way, it can be easy for single people to feel a bit left out. What do you do when it seems like you're completely surrounded by snuggling couples, cupids and cherubs?

Well, the notion of self-love is somewhat familiar in our pop psychology culture — "You can't love anybody unless you love yourself first" is a popular mantra — but the truism of its deeper meaning is rarely explored. Taking the idea of self-love one step farther means to go beyond the basic implication of just being comfortable with who you are and liking yourself.

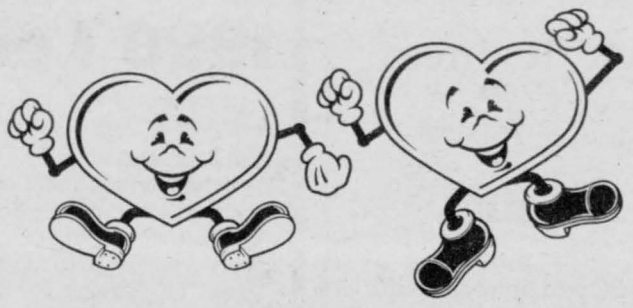
The understanding of self-love as a necessary ritual, the time a person takes to pamper himself or herself, is a rather foreign one. As Debrena Jackson Gandy states in her book, "Sacred Pampering Principles" (William Morrow), self-love and pampering is not about cramming more things to do in your already full life.

"Simply put, pampering is orienting your life around what brings you joy," she says. "Pampering helps you relate to yourself in a new and different way — a way in which care of self is a top priority. And a priority that doesn't arise out of selfishness but arises out of a place of healthy self-love and self-support."

So, as this Valentine's Day zooms closer, grab a box of chocolates and use these tips from Jackson Gandy to embark on a relationship with yourself like you've never known.

• Learning to love yourself — Ask yourself, "What kind of things would I do if I were in love with the most wonderful person in the world? Would the possibilities include candlelight dinners, reading poetry, taking long afternoon Sunday drives or walks on the beach?

Then ask yourself, "Am I doing all those wonderful things with and for myself, right now? And, if not, why not?" You have to look within yourself for whatever it is you are looking for someone else to give you emotionally and spiritually. In turn, we attract others into our lives who are whole and self-loving.



• Quiet time — Quiet time, or Q.T., is time set aside with no talking or distracting noises. It gives your mind and body a break. We all need breaks. It is solitary refinement. Our limiting personal myths and negative programming lead us to believe that Q.T. results in decreased productivity. But silence can be sacred, meaning "worthy of respect and honor." Balanced living necessitates silence in order to counter the effects of sensory overload that contemporary living gives us.

• Creating sacred places — To counter the effects of contemporary living, we need special spaces to take our bodies to where we can relax, nurture and love them. We need these places so we can seek refuge from the onslaught of modern living. Seek out at least two places or spaces you can designate as your sanctuary. It may be under a tree, on your patio, in a favorite lounge chair or in a corner in the garden.

• Creating rituals — Rituals are spiritual processes created to achieve specific outcomes, and the process is as valuable and significant as the outcome itself. Rituals actually invoke emotions that foster bonding and intimacy.

When you perform a ritual, you should use a ritual object, which serves as a symbol that can help evoke meaning, feeling and emotions. It also can help us connect with the spiritual realm and invoke personal change at a far greater pace than through language and words alone.

• Pampering tools — Some of the suggested basics are candles, incense, an incense burner, scented bubble bath and Epsom salts. Some other tools you might want to use include a body loofah, clay heel buffer, natural body sponge and essential oils.

• Personal pampering: reflections of you — When, what, how and where you choose to pamper yourself is as distinct and unique as you are. Compile a "What Brings Me Joy" list — it might include out-of-doors experiences like hiking, watching the sun rise or set, or bike riding; cozy, cuddly, stay-at-home experiences like snuggling on the couch with a blanket and a good book, or sipping champagne or hot tea, or wearing silk or satin loungewear; creative, artistic experiences like finger painting or coloring, making cookies, or forming clay figures; carefree, self-expressed experiences like hosting a gourmet dinner, a nature hike under the stars or review of a favorite author.

The possibilities are endless for making healthy, self-supporting choices every day. Practice makes perfect for attaining wellness, wholeness and balance through being good to yourself.

The views expressed by columnists and/or letters to the editor are not necessarily the views of this newspaper or its publishers.

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

On Teachers, Lawyers and Transcendental Meditation

Well, so far not a single soul in the Cornwall teachers' unions has taken up my offer to debate the merits of Bill 160.

If rational thought is any indicator of predictability, you would think that if the unions had much of an argument to make, they would stand up and be prepared to give it.

The problem they have, of course, is that the ridiculous nonsense they spewed forth during the illegal teachers' strike in the fall is like a straw man: it is based on nothing but false rhetoric. They have no argument. The government was right.

We studied the various provisions of Bill 160 in my labour law classes last week. Every single student, even those nomally sympathetic to unions, couldn't understand the fuss that the unions had made.

"It seems to me that the teachers were being really selfish," said one. "All they wanted to do was to preserve the small number of hours they teach. This had nothing to do with the students or the quality of education."

Precisely.

No wonder the teachers unions won't debate and put their money where their mouths are.

It makes you shudder about the state of our public schools.

* * * * * * * * * * * *

Speaking of dismaying trends, how about this one - the Rottweiler is now the second most popular dog in Canada.

I'm not kidding; I got it straight from the Associated Press.

Does this mean we're becoming more vicious - or are we just more afraid? Whatever the implications for the national pysche may be one thing is clear - we're more likely to get bitten. Dog bites,



the same AP story reports, have increased nationally from 58,500 in 1986 to 80,000.

* * * * * * * * * * * *

Why don't more lawyers get out of law offices and start doing some useful work?

I have long been an advocate of that approach because I have always believed that the law has attracted people for all of the wrong reasons: usually money. It is nit-picking, socially not useful and often destructive rather than constructive.

I say that as somebody with two law degrees who now teaches law.

There is no question about it: people who graduate from law school are some of society's best and brightest. It is too bad that they use their energy to make oodles of money in law firms where the work they do can hardly be categorized as socially useful.

Why don't more of them go into teaching, especially in the public school system, where a great deal of deadwork has collected itself over the years?

One birhgt sign about all of this is that the Canadian Bar Association has announced that the percentage of law graduates not practising has doubled since 1988.

A good start, but still not enough.

* * * * * * * * * * * *

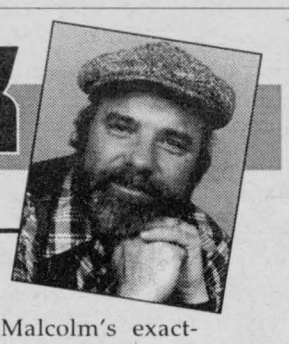
There is even a ray of hope for those who can't escape the practice of law: if they live in California, that is.

There, troubled lawyers can get Continuing Legal Education Credit for the Transcendental Meditation Program offered by Maharishi Mahesh Yogi which promises to "reduce stress", to eliminate "neurochemical endocrine imbalances that produce anxiety, inefficiency, health problems and substance abuse", and to train "mind and body to function in a relaxed state even in dynamic, stressful activity."

Ideal program. Even if you couldn't get a credit like those souls in California, TM is a worthwhile program. I took it up just over two years ago after my son and I went to the lessons offered in downtown Toronto. It is an amazing program that offers relaxation and clearer thinking. I would recommend it to anybody.

Especially to those teachers who, with their three months of holidays each year, keep saying they're underpaid and overworked.

BASIC BLACK



By Arthur Black
SEAWAY NEWS

I believe in reincarnation.
I've had other lives.
I know. I have clues. First
of all, I'm exhausted.
Carol Siskind

Suppose there really is reincarnation. Life after death. What would you like to come back as? (Not that you'll be asked.)

It's a tough call. If you choose to make a curtain call as another species you want to make sure you opt for something near the top of the food chain. Not much point coming back as a butterball turkey or a veal calf.

But even the lords of nature have their downsides. African lions stand a pretty good chance of spending their declining years padding around in a cement zoo cage -providing the poachers don't get them first. Majestic eagles look pretty good soaring across the azure skies, but don't forget they have to live with fleas, lice, and large helpings of raw, frequently aged, fish.

It's a hard decision. You start out fantasizing about coming back as something dashing and romantic and superior...then you pause for a moment and start adding up all of the drawbacks.

Most of us do. Not Malcolm Eccles. Malcolm is -- or rather, was -- a British bloke who never for a moment doubted what he wanted to be reincarnated as in his Next Life.

What's more he pulled it off.

Malcolm passed away last February after a complicated bout with bowel cancer, but his friends hardly had time to grieve. He was back in his Brixton kitchen with his wife before the month was out.

Actually, Malcolm now resides permanently on the kitchen window shelf in his old Brixton home. Every morning before breakfast, his widow Brenda will pick him up bodily, turn him completely upside down, and plop him back on the shelf.

Malcolm, you see, has come back as an egg timer. Or rather Malcolm's particulars have. Make that 'particulates'. Malcolm was cremated at his own request and his ashes were subsequently sealed in a glass egg timer carefully hand-crafted to Malcolm's exacting specifications.

"I can't boil a soft egg to save my life" the widow Brenda explains. "Malcolm knew that and he suggested that, after he passed on, I should consider turning some of his ashes into an egg-timer. That way he could help me and it would be a nice way of remembering him. That Malcolm. He had a good sense of humour which he kept right to the end."

I guess he did. Quite a kidder, that Malcolm. Clever, too. He's found a way to live forever.

Or at least until the cat knocks him off the shelf.

Malcolm's story reminds me of a couple of Finlanders I knew back in Thunder Bay, Ontario. Einar and Charlie were brothers -- ex-lumberjacks who spent a lot of time sitting around the Hoito restaurant drinking coffee, swapping lies and arguing incessantly about religion. Einar was a strict Lutheran. but not Charlie. Charlie was an atheist. An unbeliever.

They would argue back and forth for hours. Einar would talk about the Afterlife. Charlie would reply the Finnish equivalent of "We pass this way but once." Einar would turn beet red, stomp his bush boots and shake a bony finger at Charlie. "You'll be sorry when you die" Einar would tell him.

Sure enough, one day Charlie choked to death on a fish bone. The night after his funeral, Einar awoke from a deep sleep to hear a familiar voice calling "Einar! Einar!"

"Ch-ch-charlie????" whispered Einar in disbelief. "Where are you?"

"You'd never believe it, Einar" said the voice. It's beautiful here...soft green meadows...lots of food...and sex! Sex in the morning, sex in the afternoon, sex in the evening. Sex whenever I feel like it -- and by golly I feel like it all the time."

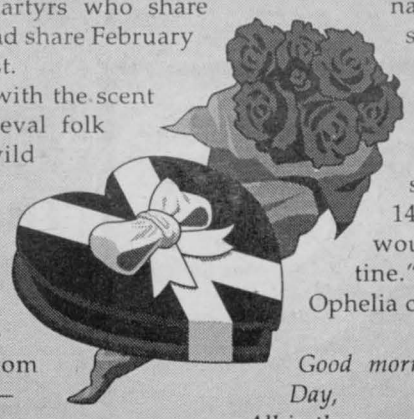
"Gosh -- so that's what heaven is like" said Einar.

"Who said anything about heaven" cried Charlie. "I'm a rabbit in Australia."



About Valentine's Day

One thing is nearly certain: Valentine's Day has nothing to do with either of the two third-century martyrs who share the name Valentine and share February 14 as their day of feast.



This date is heavy with the scent of coupling. A medieval folk belief held that wild birds chose February 14 to begin their spring mating. Enacted every year at February 15's Lupercalia, the ancient Roman custom of "lovers' lots" — drawing partners' names at random from a box — enjoyed enduring popularity through the ages. In mid-16th-century France, St. Francis de Sales struggled to abolish the custom. As a contemporary described it, Francis tried to interest his flock, instead, in the practice of giving boys billets with the names of certain (female) saints for them to honor. One can imagine how well that went over.

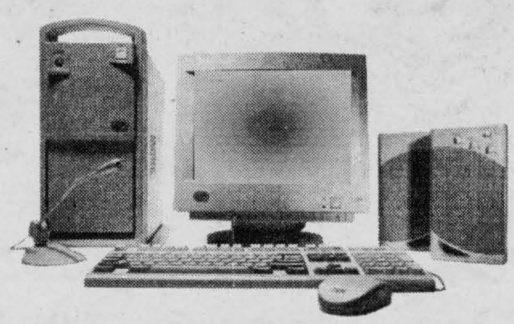
Another old tradition held that the first person seen on the morning of the 14th (except blood relatives) would be that day's "valentine." So Shakespeare has Ophelia chirruping to Hamlet:

Good morrow, 'tis Saint Valentine's Day,
All in the morn betime,
And I a maid at your window,
To be your Valentine.

— From "The World Holiday Book" (HarperCollins)

URGENT MESSAGE

Worried about interrupted power supply to your computer?



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SEAWAY NEWS
ENTERTAINMENT

WE WERE COOL, CALM and CONSIDERATE!!!!

We've heard plenty in the last while about "downloading",but when Ma Nature decided to include Cornwall and area in her plans to "download" some devastating, ice cold, unwanted percipitation on us we were ready for her. The "We" means the Cornwall Electric crews, the Police, Hospitals, Fire Department, Media,and most importantly the Citizens of Cornwall and Area.

It was a "happening" that seemed to bring out the best in us and, sorry to say with a few, even the worst. The many good folks would include the radio listeners to *Variety 104.5* that responded with open hearts to the endless list of needs and requests from the community. The lady that was holed up in her cold and dark residence and simply asked for a mere loaf of bread. The chap that offered a sandwich, a shower, some warmth and a spot to bunk for the night. The many repondents to the needs of the hundreds who asked for a ride to a friend or to a shelter. The long list of tips passed on to listeners on how to, hook up lighting, make candles, improve the fate of tropical fish in cold aquariums, and on and on. The usually up-beat mood created by the radio "voices" who, despite the seriousness of the event, insisted on creating a party-like background for the non-stop broadcasting effort. A special salute to newsman, *MARK PILOTTE*, who gave us some expertly prepared summaries each hour during his shift. There were some oddballs and a few greedy individuals that also emerged during the event. Like the occasional radio caller who insisted on passing on only cheapshots and complaints. The rude driver who showed up at the non-working traffic light intersections and insisted on "being first", or in one case and maybe it was the same guy, we were treated to the extended third finger gesture as the bozo sped across the darkened street. The lowest of the lowest however were the reported price-gouging, cheap, chiselling, cold-hearted, leech-like store clerks who reportedly charged customers $6.00 for a loaf of bread or quart of milk. Thank goodness these incidents were the exception and, if true, we should follow the advice of talk-show host *JOHN DIVINSKI* who suggested we wait until the city and area returns to some normalcy and then boycott the guilty individuals or businesses. Some of the media may want to single out that sharp-shooting archer-marksman who managed to direct his arrow into the tangled wires high above the ground and "saved the day" for us, but I prefer to remember the hundreds of other acts of kindness and co-operation that were responsible for keeping this community afloat and alive during one of our most memorable disasters. If you will pardon the pun we really *KEPT OUR COOL* and showed why we are truly *THE FRIENDLIEST CITY* on the planet.

This is a busy time for the folks who frequent the RCAF Wing 424. On Saturday, January 17th, weather permitting, they will stage the annual Mixed Dart Tournament. Registration will take place between 12 noon and 12:30pm and the darts start flying at 1:00pm sharp. Everyone is welcome. Members and guests are also welcome to join the fun at the January Birthday Party the following day Sunday, January 18. The music and other acivities begin at 2pm. There will also be prizes, sandwiches, cake and plenty of good fun.

Sure hope all camera buffs were able to catch some of the great frozen scenes around town and the area resulting from the frozen rainstorm. Ice on the trees and all the other formations made us a kaleidescopic wonderland for a few days, even though many described the scene as a "war zone". We all know the storm also caused some hardships and concern for many but in many ways it was Ma Nature at her best and a rare treat for photographers.

Here is a date to circle on the calendar and then get ready to participate in the next *DAVE EZARD MEMORIAL WALK*. The event will get a send-off on January 28th with a breakfast at Jazz Magnolias between 7:30am-9:30am. Several items will be offered in a silent auction during the breakfast including an autographed Wayne Gretzky T-shirt.

The folks at the Masonic on Second Street East are putting the finishing touches to their Valentine's Meal & Dance to take place on Saturday, February 14th. There will be some great dancing music provided by a DJ and a terrific hot & cold buffet meal all for the price of $10. Contact a Masonic member for details.

Get ready for two fun events coming in early February. February 6th to 16th will be the *WINTER CARNIVAL '98*. A full slate of events are planned including entertainment at Lamoureux Park, skating, outdoor barbecue, hockey and ice sculpturing and more. More of the events later. Also in February will be the next *GLEN PRODUCTION* of *"CRAZY FOR YOU"* set to take the stage at Aultsville Theatre on February 13, 14, 19, 20 & 21.

Until next week, G'Day, G'Night and keep warm.

Night 'N Day

Entertainment - Special Events & Restaurant Review - By Bill Gallant



Hi!! I'm Kate Duff
Miss Eastcourt Mall
Carnival Queen Contestant
Carnival '98

CARNIVAL '98 FEBRUARY 6-16 FÉVRIER

See You At The Carnival Feb. 6-16/98

UPDATE
CARNIVAL '98
FEBRUARY 6-16 FÉVRIER

Official Opening
Friday, February 6th - 7:00-10:00pm
LAMOUREUX PARK
- Fireworks • Food • Drinks
- Ice Palace
sponsored by New Car Dealers
- Royal Bank Children's Park

BOBBY LALONDE BAND Sponsored by CJSS

Complete Schedule Available This Week

SAT. FEB. 7
IRON HEART COMPETITION
• Lamoureux Park • Information - Susan David 938-8933
SPAGHETTI BOWL
• Sponsored by East Side Marios • Register at 937-3278
POOL TOURNAMENT
• Freddy's • 933-0602 for details

ALL WEEK
GET YOUR SCHEDULE AT
• Eastcourt Mall
• Brookdale Mall
• Cornwall Square
Listen To: Variety 104.5 CHIG-FM
Hometown Radio CJSS 1220 AM

Fashion Show
Wednesday, Feb. 11th
5 pm at Freddy's
For tickets 933-5180

Queen's Gala
Friday, Feb. 13th
8 pm - Cornwall Civic Complex
"Shania Twin" & "Jean" The Magician
Tickets Available at Carnival Office

For More Information Call 933-4004
Carnival Office located at Cornwall Civic Complex

seaway news committed to our community

Making The Perfect Martini

(NC)—Creating the perfect Martini is very much a matter of personal taste. Experiment with the various options to determine the recipe that best suits your palate.

Your first consideration is how dry a Martini to make. To achieve this, vary the amount of vermouth you use—the less vermouth, the drier the Martini.

The next decision is whether the Martini is to be shaken or stirred. To shake your Martinis, combine the ingredients with ice cubes in a shaker and shake vigorously about eight times. Strain the ice-cold results into a Martini glass that has been chilled in the freezer. If you are going to stir your Martinis, the ingredients may be mixed with ice cubes in a pitcher and agitated vigorously with a long handled bar spoon/stick.

Whether shaken or stirred, a good Martini begins with the best of ingredients.

For the gin, you can't do any better than crisp, clear Beefeater London Dry Gin. Pick a good dry vermouth to marry with Beefeater. Noilly Prat and Martini & Rossi are two excellent choices.

A great Martini should be teeth-chattering cold. And even if you keep your gin in the freezer, as many Martini mavens do, the ingredients still must be shaken or stirred with ice. The ice smoothes the gin and wed it to the vermouth.

Top off your Martini with either a plump, green olive, pickled pearl onion or a twist of lemon and enjoy your personal creation.

YE OLD ENGLISH FISH 'N' CHIP SHOP
'Cornwall's Only English Fish & Chip Shop'
• Fish & Chips • Shrimp • Eat In/Take Out
• Steak & Kidney Pie • Seafood • We Deliver
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Roast Beef & Yorkshire Pudding $6.95
Managed by Ray & Clara Henstock
Lunch Specials
9, 1st Street East
933-6411

GLEN presents
"Crazy For You"
Directed by: Rod Carley
Musical Director: Luc Groulx
Choreographer: Amy Wright
Place: Aultsville Theatre, St. Lawrence College
Date & Time: Feb. 13th & 14th, 8:15pm.
Matinee Sunday, Feb. 15th, 2:00pm
Feb. 19th, 20th & 21st, 8:15pm
Price: $16, $14, $12, Matinee $12, $6 Children
All Seats Reserved
Box Office: 10:00am-6:00pm
Phone 937-GLEN - Call Monday to Friday
Glen Celebrates 33 Years with Gershwin Music
As The Glen Says "I Got Rhythm"
glen Presents "Crazy for You"

The Martini Mystery

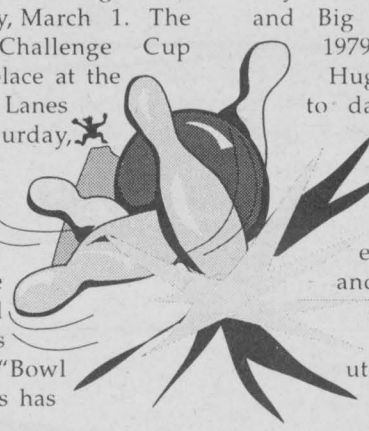
(NC)-They're still fighting over who invented the Martini. Some say it was bartender Julio Richelieu in Martinez, California. He's supposed to have mixed the world's first gin-and-vermouth cocktail for a thirsty miner in 1874. A "Martinez Special" became a

Big Brothers & Big Sisters of Cornwall & District Delays 1998 Bowl for Millions

Hermann Rogalsky, President of the Big Brothers and Big Sisters of Cornwall and District has announced that the local agency at its January 15th board of directors meeting has decided to delay this year's Bowl For Millions in the City of Cornwall and Chesterville by two weeks and in Alexandria by three weeks because of the emergency situation in Cornwall and S. D. & G.

Rogalsky stated that the local Big Brothers/ Big Sisters agency recognizes the stress, hardship and damage caused by the recent ice storm and prefers to hold its Bowl for Millions when life in Cornwall and S. D. & G returns to a semblance of normality.

The Big Brothers and Big Sisters Bowl for Millions in the City of Cornwall will now take place on Saturday, February 21st at the Olympia Bowl and Nativity Lanes. The Counties Challenge Cup will be held at the Chesterville Bowling Lanes on Sunday, March 1. The Glengarry Challenge Cup will take place at the Alexandria Lanes on Saturday, March 7th.



Ingrid Hughes, chairperson of the 1998 Bowl for Millions explains, "Bowl for Millions has been the major fundraising activity of the Big Brothers and Big Sisters since 1979."

Hughes states that to date 392 team packages with information sheets, team entry forms, and sponsor sheets have been distributed. The deadline for the formation of teams is February 4th in the City of Cornwall and February 11th in S. D. & G.

Hughes further states; "In addition, regular bowling league teams at Olympia Bowl and Nativity Lanes can take part in Bowl for Millions on their regular bowling league day during the week of February 8 - 14, 1998."

Hughes says that many prizes have been lined up for participants in the 1998 Bowl for Millions with the grand prize being $500 donated by the Rotary Club of Cornwall.

The Bowl for Millions Committee is also instituting a special draw for a CD stereo system for bowlers having pledges totalling $100 or more.

Team entry forms and sponsor sheets can be obtained by contacting the agency office at 933-8035 or by dropping by the office at 101 Third Street West, Cornwall.

POET'S CORNER

Andre Carrier

Politically Correct Emotions

If I could just tell you,
Yet I myself do not know.
My feelings are as confused
As the words that I write.
Love is such a big word to use,
A word I not yet fully understand.
And LIKE is such a small word,
It couldn't fully express the way I feel for you.
The word I seek lies between Love & Like,
So may I say, "you drive me crazy"
And just leave it at that.

THE WAY OUR COUPON SHOULD BE...

The SUBWAY coupons you recently received in your mail for wonderful discounts were lacking in one area... well, actually several areas. They say ***"valid in Ottawa"*** while they really should say ***"valid in Ottawa and area."*** Including your area. We apologize for the inconvenience. You can go ahead and use your coupons at your nearby SUBWAY restaurant.

SUBWAY

Small Business • PROFILE •

Cornwall & Area Small Businesses

R.G. Bennett Surveying Ltd.

INGLESIDE- Ontario Land Surveyor, Kim Adams, is ready to provide land surveying services of all types to the St. Lawrence region from a new office located at 15 Dickinson Drive, in Ingleside.

Kim was raised in Iroquois and his wife, Colleen Barrie-Adams who is a teacher with the S.D.&G. Roman Catholic School Board, grew up in Ingleside. After spending 3 1/2 years in Windsor, they both are happy to return 'home' to the Seaway district. Now, they have a home in Long Sault.

Adams is one of approximately 700 licenced Ontario Land Surveyors who are professionally responsible for the creation, maintenance, and recording of land boundaries and parcels in the province of Ontario. Most often, people look to an Ontario Land Surveyor to provide a Mortgage Survey if one is required when purchasing a new home or property, or to settle boundary disagreements.

Ontario Land Surveyors are engaged in aerial photogrammetric mapping, hydrographic surveying of the beds of lakes and rivers, topographic surveying for precise determination of the shape of Earth's surface.

Kim has been involved in the surveying profession for approximately fifteen years and has been involved with, virtually, all types of surveys of varying magnitude throughout the province.



After completing high school, he obtained both his Survey Technology and Survey Technician diploma's at Algonquin College. He went on to Ryerson Polytechnical Institute (University) to complete a Bachelor of Technology Degree in Survey Engineering before he studied Survey Law at the University of Toronto.

He is delighted to have been given the opportunity to return to S.D.&G. to open this branch office for R.G. Bennett Surveying Ltd., Brockville. This surveying office, officially, opened for service on November 10, 1997.

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Ontario Land Surveyor
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Canada K0C 1M0
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Fax: (613) 537-9797
1-800-728-8850

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A BETTER WORLD
Call John at
938-8888

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, 7:30p.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.

*BLOCK PARENTS OF CORNWALL will meet on Thursday Jan. 22nd, 7:30p.m. at the Police Station, 340 Pitt St. Volunteers needed. Info: 933-2885.

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

*CENTRE CHARLES-EMILE CLAUDE January activities: Card Party Sunday Jan. 18th 7:30p.m. Advance tickets available, Wine Making Workshop for 4 Thursday afternoons, 1:30p.m. Call 932-1035 for more info.

*CENTRE YORK CENTRE is looking for volunteers to assist with Supervised Visits. Info, 933-1253.

*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 & DISTRICT MULTIPLE SCLEROSIS SOCIETY SUPPORT GROUP Annual Spaghetti Supper on Friday January 23rd, 5:30p.m., Knights of Columbus Hall. Admission. For more info call 938-6777.

*CORNWALL QUILTERS' GUILD will meet on Monday Jan. 19th, 7:00p.m. at the King George Park Club House. Anyone interested in quilts or quilting is welcome. For more info call Katherine at 347-2986.

*CORNWALL WHEELS TO MEALS Day Away for seniors providing door-to-door transportation, nourishing meals, crafts and activities. Every 1st and 3rd Wed. of each month. Info: 930-9292

*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.

*ENCORE:SENIORS' EDUCATION CENTRE introduces its winter program via an Information Day on Thursday Jan. 22nd, 2:00p.m. at St. Lawrence College, Rm. M224, Moulinette Hall. For more info call Beverly Hincks 937-1525 or fax 937-1523.

*EX-FATHERS, a support & action group promoting fairness for fathers after separation and divorce, meets Tuesday Jan. 20th, 7:30 p.m., Room 133, CCVS, 437 Sydney St. All fathers welcome. Info: 931-2104.

*GLENGARRY WALKING CLUB If you're looking for a partner or would just like to walk with a group, there are regular walks every Wednesday night at 7 p.m. starting at the Alexandria Island Park.

THE TAX BREAK

SAVE 7% SALES TAX at St. Lawrence Centre's Winter Sidewalk Sale January 17-23

Give yourself an early tax return and save 7% Sales Tax on clothing and shoes during St. Lawrence Centre's Winter Sidewalk Sale!

The State of New York waived the state sales tax on clothing & footwear between January 17 and 23, which just happens to be the perfect time for a Winter Sidewalk Sale, too.

So on top of the great savings you'll find during our Winter Sidewalk Sale, you'll also save the 7% Sales Tax on any clothing and footwear costing less than $500 per article.

Don't miss your chance for a break–on the savings at our Winter Sidewalk Sale— plus the 7% Tax Break, January 17 through the 23.

Give yourself an early break on taxes.

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http://www.north-country.com • e-mail: slc@north-country.com
MALL HOURS: Monday-Saturday 10am-9pm • Sunday 11am-5pm

*MCKINNON FORESTRY CENTRE activities for January: Sunday Jan. 25th, "Winter Wonderland", 10:00a.m. to 2:00p.m. For more info call the centre at 528-4430.

*NICKY'S LINE DANCING CLUB Dance has been RESCHEDULED FOR Saturday Jan. 24th, 8:00p.m. MacDonell's Inn. Admission. All proceeds towards Breast Cancer Research. For more info call 932-7132.

*NICOTINE ANONYMOUS for people who have quit smoking or have the desire to quit smoking. Call 937-3593.

*"OVER THE RAINBOW", Mood Disorders Support Group meets every 1st & 3rd Tuesday of the month at the Starbright Centre, 533 Pitt St., 7:00p.m. Next meeting: Tuesday Jan. 20th. For info call 938-9681.

*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.

*ROYAL CANADIAN LEGION BRANCH 297 January activities: Saturday Jan. 17th Mid-Winter Dance 8:30p.m., Wednesday Jan. 21st, Branch General Meeting, 7:30p.m., Sunday Jan. 25th Branch Public Speaking Contest -Registration 1:30p.m.

*SD&G DEVELOPMENTAL SERVICES CENTRE is in need of volunteers to assist individuals with physical and/or development challenges towards meeting their needs for friendship and recreational activities within the community. Info 937-3072

*SEAWAY M.E./FM CHAPTER FOR FIBROMYALGIA & CHRONIC FATIGUE SYNDROME are holding their next meeting on Thursday Jan. 22nd, 1:00p.m. at the Cornwall Seaway Lions Club, 123 Fortier St. Call Sheila at 933-8601.

*ST. JOSEPH VILLA 14 York St. hold a Card & Euchre party every Thursday for St. Lawrence Seniors Club. Free parking on York St. Everyone welcome!

*UNDERCOVER WEAR Fashion Show featuring Day & Evening Wear has been RESCHEDULED FOR Friday Feb. 6th, Jazz Magnolias, 8:00p.m. Tickets available. For more info call Yogi 938-8894 or Karen 937-3535. Proceeds donated to CHEO (Children's Hospital of Eastern Ontario)

*HOPE IN LOVE/REFLET-LUMIERE, a non-profit organization in support of couples who wish to nurture their relationship, have weekly meetings Wednesday evenings, 8:00 pm, Centre j'aime apprendre, 305 Baldwin Street, Info: 937-0829 or 938-6364.

*VON PALLIATIVE CARE VOLUNTEER PROGRAM can help ease the burden of dealing with serious illness through dedicated and helpful volunteers. Volunteers have the time and energy to help you through this difficult time. For more info on this free service call Sue MacDonald at 932-3451.

HOROSCOPES

January 18-24

Aries – March 21/April 20
An argument with a business associate has you upset early in the week. Try to stay focused. There's a lot you have to get done this week. A loved one needs your input on a family situation. Don't avoid giving him or her an answer. He or she is not going to stop asking. Virgo plays a key role.

Taurus – April 21/May 21
Keep your temper under control, Taurus. Getting angry only will cause a lot of problems with family and friends — and it won't make you feel any better either. Instead of yelling, calmly discuss difficulties with those involved. It's the only way to get things done. A friend reveals his or her true feelings for you. Don't be alarmed.

Gemini – May 22/June 21
You can't seem to make up your mind about anything this week, Gemini. You have so many options that you just can't decide which is best for you. Take a break, and try to relax. This will give you the time to set your priorities in order. A loved one needs your advice. Try to help as much as you can.

Cancer – June 22/July 22
You've got a relaxing week ahead of you. Enjoy it — splurge a little; go shopping; spend time with friends. That special someone you've been seeing doesn't call a lot. Don't be alarmed. He or she is just busy. Pisces plays a key role late in the week.

Leo – July 23/August 23
Be sympathetic to a friend in need this week, Leo. He or she has made a huge blunder and really needs a shoulder to cry on. Be there for him or her. The person you've been seeing has a question to ask you. Don't get nervous! However, think about what you truly want before you answer.

Virgo – Aug 24/Sept 22
Be punctual for an appointment early in the week. You will miss out on a rewarding opportunity if you are late. Don't let a family event distract you from completing a personal project; you've been working on it for too long to just let it go. A friend needs your help with a personal problem.

Libra – Sept 23/Oct 23
Your good nature is exactly what's needed in your professional life. Co-workers are feeling down, and your upbeat personality helps them get back on track — and makes you look good with your superiors. A romantic situation comes to a halt late in the week. Try not to let it get you down. He or she didn't make you truly happy. Gemini and Cancer play important roles.

Scorpio – Oct 24/Nov 22
Trouble between some friends causes you to choose sides. While you hate to do it, you really have to make a choice. Think about what you believe in and what you know is right before you make your decision. A loved one reveals a family secret. Keep it to yourself; it's not your place to tell anyone.

Sagittarius – Nov 23/Dec 21
You really say the wrong thing at the wrong time when it comes to your career this week, Sagittarius. Don't try to cover up the blunder. Admit your mistake, explain yourself, and work from there. It's the only way to save face. An acquaintance wants to get to know you better. Say yes. What have you got to lose?

Capricorn – Dec 22/Jan 20
Let your admiration for a loved one guide you as you make an important financial decision during the middle of the week. Don't make any rash judgments. A friendly relationship intensifies — much to your chagrin. Don't let it get too far before you say something. Be true to yourself.

Aquarius – Jan 21/Feb 18
Your calm nature serves you well this week, Aquarius. There are a lot of things going on around you and a lot of people who want your help. Don't get in over your head — you know what you can handle. A loved one has a present for you. Let him or her know how much you appreciate it.

Pisces – Feb 19/March 20
Don't be impetuous this week, Pisces. Look before you leap when it comes to a financial matter. A quick decision could cost you a lot of money. A close friend wants you to join him or her in a business venture. Don't do it — there are too many unknowns.

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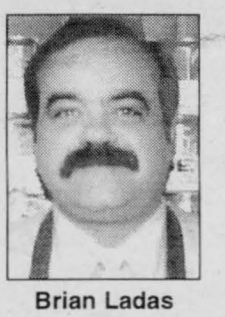
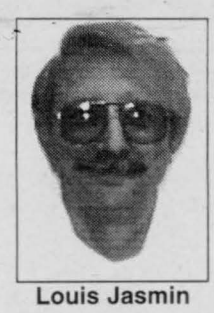


Brian Ladas



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SPECIALS OF THE WEEK

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CHICKEN BREASTS Back-Off $4.39/kg. **$1.99 lb.**

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EASTCOURT MARKET

1380 Second Street East

SEAWAY Sports

SEAWAY Scoreboard

United Counties Ladies' Basketball

Game #1

Ray-Co Sports	37	Bill's Sports Bar	33
Top Scorers for Ray-Co:	Angela Martell		
	Ann Petepiece		
Top Scorers for Bill's:	Sam Schuler		
	Nancee Cruickshank		

Game #2

Rat's Nest	29	Emard Bros.	29
Top Scorers for Nest:	Helen MacIsaac		
	Karen Houle		
Top Scorers for Emard:	Shannon Bergeron		
	Andrea Johann		

Game #3

B&M Motors	54	St. Lawrence College	42
Top Scorers for B&M:	Paulette Poirier		
	Carolyn Lapage		
Top Scorers for SLC:	Maureen Benton		
	Joanne Tessier		

Game #4

Cornwall Gravel Pits	49	Star Gazers	35
Top Scorers for Pits:	Sandy MacDonell		
	Carole Blais		
Top Scorers for Gazers:	Heather Durant		
	Ellen Cook		

Cornwall Indoor Soccer

Men's Division I	W	L	T	GF	GA	PM	PTS
Rudi Payer	9	0	1	79	13	66	10
Filion Trophies	8	2	0	45	24	21	16
Mr. Sub	7	2	1	57	26	31	16
La Maison	6	3	1	45	29	16	13
Strikers (M)	5	5	1	61	55	6	12
Wolfclan	2	8	0	47	60	-13	4
Backstage	2	9	0	21	76	-55	4
Char-Lan II	0	10	0	14	75	-61	0

Men's Division II	W	L	T	GF	GA	PM	PTS
H.S. Sonics	9	1	0	46	14	32	18
Winners	8	2	0	66	27	39	16
Motard's	5	5	0	50	46	4	10
OSN. Cosmos	4	5	1	30	38	-8	9
Harvey's	2	7	1	31	51	-20	5
St. L.C. Sharks (M)	0	8	2	20	70	-50	2

Women's Division I	W	L	T	GF	GA	PM	PTS
Blazers U-19	5	2	2	26	19	7	12
Ray-Co Strikers (W)	4	3	3	21	23	-2	11
Minimax	4	4	2	35	26	9	10
Atlantic	4	3	1	19	20	-1	9
Raisio Chemicals	2	4	3	18	19	-1	7
Red Hots	3	6	1	27	39	-12	7

Women's Division II	W	L	T	GF	GA	PM	PTS
Freeman	9	1	0	44	14	30	18
Bergeron Electric	6	2	2	36	18	18	14
Bold B. Signs	5	3	2	30	26	4	12
Healy Motors	3	6	1	14	26	-12	7
Dr. L'Heritage	2	7	1	21	45	-24	5
St.-L.C. Sharks (W)	2	8	0	20	38	-18	4

Cornwall Kinsmen Girls Hockey Atom Division

	W	L	T	GF	GA	PTS
Atom Red	6	1	1	32	11	13
Atom White	2	7	0	20	53	4
Atom Blue	3	1	4	38	25	10
Atom Black	2	4	3	32	33	7

Cornwall Kinsmen Girls Hockey

TEAM STATISTICS

TEAM	NAME	G	A	PTS
B	Carissa Casselman	5	4	9
B	Shannon Ferguson	10	3	13
B	Valerie Grondin		1	1
B	Samantha Major		4	4
B	Katie Mattiuz		1	1
B	Vanessa Nicholls	1	2	3
B	Martine Pilon	5	2	7
B	Heather Saaltink	3	1	4
B	Stacey Saucier	7	6	13
B	Tasha Thompson	6	4	10
B	Natalie Valade	1	1	2
B	Ashley Whitford			0
K	Lindsay Baker	4	4	8
K	Erika Bedford		2	2
K	Melisa Belmore		2	2
K	Vanessa Carter	3	1	4
K	Emily Dick		3	3
K	Kaila Ezard	4	1	5
K	Brittany Gourley	2	3	5
K	Kayla Irven	16	3	19
K	Megan Lefave	2	1	3
K	Mandy Lemire	1	2	3
K	Nicola Meyer		1	1
K	Erin O'Connor		3	3
R	Natallie Banville	2	4	6
R	Rebecca Bulloch			0
R	Chelsey Cook		1	1
R	Karen Daigle	1	1	2
R	Stacey Foster		1	1
R	Chelsea Klein-Swor	8	4	12
R	Kayla Wheeler		1	1
R	Chantel Lortie	13	2	15
R	Brittany Morrison			0
R	Andrean Page			0
R	Tara Sinfield	4	2	6
R	Heather Square	3	4	7
W	Karley Eveleigh		2	2
W	Becky Girard		1	1
W	Jessica Henry	1	2	3
W	Jo-Anie McCullough	1		1
W	Dayna O'Connor	2	2	4
W	Amy Ouderkirk	1		1
W	Kristen Paquette	2		2
W	Lauren Smith		1	1
W	Katlyn St. Germain			0
W	Christine Turcotte			0
W	Ann Marie Wheeler	13	1	14
W	Jessica Legue	1	4	5

Men's Commercial Bowling League

INGLESIDE BOWLING LANES

	pts this wk	total
Heagle Plumbing	17	272
Causeway Auto	19	271
Bruce Anderson Const.	13	244
Computer Sense	10	237
Gauthier	10	216
Craig's Electric	18	210
Max Auto Parts	15	205
Ingleside Lanes	6	181

High Triple:
Hughie McKay 781 Wayne Hamill 773

High Single:
Hughie McKay 360 Shane Peever 350

Hughie McKay powered Max Auto Parts with a 360 single and 781 triple. Coming Events: Ingleside Lanes Executive Tournament on Sunday, January 11th, 1998 at 12:30 pm.

INSIDE THE CORNWALL COLTS

By David Murphy

January is a very important time for teams in the Central Junior Hockey League, including your Cornwall Colts.

Originally scheduled to play eight games this month, the Colts had to reschedule two games (see Rink Rat Info.)

General Manager Mike Piquette said now that the trading deadline has come and gone (Jan. 10th), the players "have a chance to settle down and know their jobs are safe". By the way, the Colts didn't make any trades. "Now it's a matter of sticking together and working hard towards winning in the playoffs," Piquette said.

Intensity, consistency, perserverence. Three words that hockey coaches want their players to know and know well, especially with less than 20 games left in the regular season. Every game from now until March 12th (the end of the regular season) has an importance.

When commenting on where in the division the Colts would like to start the playoffs, Piquette said, "we're aiming first place because I think we've had success against all the teams in our division."

With their sights set on first place, the Colts begin a very important part of the season.

RINK RAT INFO.

The Colts only had to postpone one game in their first five years in the CJHL. This season, old man winter and Mother Nature have combined to force team officials to reschedule two home games ... the Dec. 30th game against Hawkesbury will be made up on Saturday, February 28th, while the game against Cumberland originally scheduled for January 8th, will be made up Friday, February 20th ... While the players didn't see any game action for about three weeks, the coaches put them through some pretty strenuous workouts to keep them in game shape (how does it feel to play lumberjack) ... since there were no games to report on, I've had a little time to work on some stats (imagine that) ... Jamie Herrington is on pace to lead the team with 35 goals and 70 points ... If David Bennett stays healthy and doesn't miss any more action, his end of season totals (16 goals and 51 points) would lead all Colts defensemen... Unless the Colts tighten up in their own zone, (36.5 shots against per game) they will give up just under 2100 shots and that's a lot of saves for Stats and Norm (Dave Stathos and Shawn Grant).

Your Colts have four games scheduled for this month:

Thursday, Jan. 22nd vs Cumberland, 7:30 pm

Sunday, January 25th at Smiths Falls (on CJSS at 7:55 pm)

Thursday, January 29th at Kanata (on CJSS at 7:25 pm)

Golden Age Bowling

Olympia Golden Age scores to beat this second half of the schedule. Team high single 1270; team high triple 3425; both bowled by the Jaguars: Gerard Ouimet, Mary Maloney, Eric McCartney, Pat Bilmer, John Wood and Antoinnette Langlois.

Individual high singles and triples to beat: Gerard Ouimet 363; Mary Maloney, 278; John Wood, 875; and Thelma Goulet, 707.

Continued from last week, per handicapping, point differences from first to last.

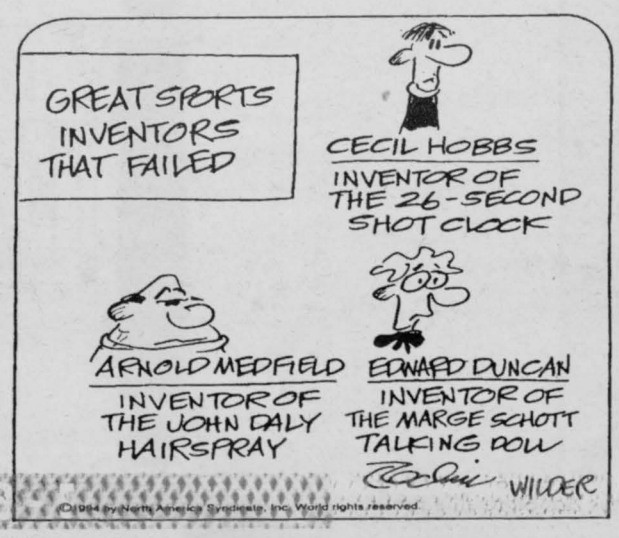
Using a four point system, no handicaps (87-88) 64 points; (88-89) 40 points; (89-90) 56 points.

Four point system, using handicaps (90-91) 29 points.

Three point system, using handicaps (91-92) 14 points.

Handicapping is necessary, especially when three or more, same team fail to bowl their previous years average. There is no perfect way to even or balance with a handicap system, but our current handicapping does make it even until we bowl, then we tend to blow it if we do not bowl our average.

HIGHS ROLLED: Tony Wheeler, 246, 223; Fred Kennedy 235, 213; Douglas Gordon 230, 209; Joe Arsenault 228, 222; Pierre Vialette 222; Simone Kearns 219, 204; Conrad Godard 216, 200; Thelma Goulet 216; Gabe O'Brien 210; Bill Owen 204; Veronica Boileau 203; Roma Amelotte 200; Margaret Lenard 200.



HOCKEY COACHING TIPS

Presented by 3M

Teaching On-Ice Awareness

Are your players always aware and alert on the ice?

Developing awareness/alertness not only improves players' abilities to play both with and without the puck, but helps players avoid dangerous situations and prevent serious injuries. By being aware and alert, players can anticipate their next move and improve their abilities to read and react.

When backchecking, it is important for the defender to be aware of the position of the puck, the developing play and the opponent being checked. By using the individual defensive tactics "head on a swivel", the defender glances alternately at the puck and opponent to read and react to the developing play.

On offence, awareness helps players with and without the puck maximize offensive options. Reading the play ensures the puck carrier is aware of the positioning of teammates and defenders in order to react with appropriate individual or team offensive tactics. Reading the play allows players without the puck to provide support for the puck carrier by creating passing options, outnumbering defenders or adding movement and balance to the attack.

To prevent serious injuries, players must be alert when in the "danger zone", the 3-4 metres in front of the boards, and should keep moving when in this area. Players should also be aware of opponents in the "danger zone", and never check, shove or bump an opponent who is in this area.

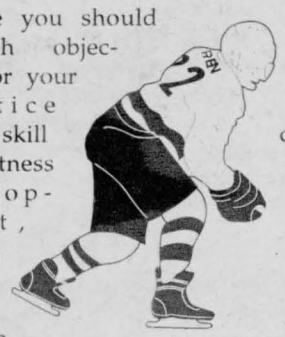
To develop awareness, utilize drills which force players to read and react to offensive and defensive pressure and make players aware of the "danger zone".

For more information on improving your coaching skills, contact the Canadian Hockey Association, 613-748-5613, or the Coaching Association of Canada, 613-748-5624; or write to the associations at 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4.

Putting Fun Into Your Practice

Did you know that fun is an essential ingredient in an effective hockey practice?

Do you include fun when you develop your practice plans?



While you should establish objectives for your practice such as skill and fitness development, don't forget the main reason players participate is for enjoyment. Fun can be an element in every component of your practice, including warm-up, instruction, skill practice and fitness.

Although fun should be incorporated throughout your practice, some coaches use specific games, drills, or novel equipment to motivate players and stimulate interest. But just because a game or drill is fun, does not mean it is unrelated to objectives like skill development.

Games can be designed to incorporate fundamental skills such as skating, puck control and checking.

Here are some suggestions:

- beginning skaters can develop skating skills through games like push ball, which forces players to bend knees to move a ball, and kick ball, which allows players to develop balance and agility by playing soccer on ice.
- skating skills can also be developed with games like tag, British Bulldog, red light/green light and relay races.
- players can enhance puck control skills through games like 2 on 1 and 1 on 1 keep away.
- players learning checking skills can practice contain and control through games like dot tag, with and without a puck, and crease tag.

Even during fun drills, always use the 100% rule: 100% use of the ice, 100% player participation, 100% effort and 100% coach control.

For more information on improving your coaching skills, contact the Canadian Hockey Association, 613-748-5613, or the Coaching Association of Canada, 613-748-5624; or write to the associations at 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4.



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Here's The Law on Firearms

by The Canadian Firearms Centre

Safe Storage of Firearms

Most requirements for the safe storage of firearms will not change under the *Firearms Act*. As always, store all firearms unloaded. When storing your non-restricted firearm, either attach a suitable, secure locking device (i.e. trigger lock, cable lock) to it so it cannot be fired, or remove its bolt or bolt-carriere (if it is removable). Or, store your non-restricted firearm in a securely locked container or room that cannot be easily broken into. If you use your non-restricted firearm for predator control (in areas where it is legal to discharge a firearm) you only have to store it unloaded. When storing your restricted, or prohibited firearm, attach a suitable, secure locking device (i.e. trigger lock, cable lock) to it so it cannot be fired and store it in a securely locked container or room that cannot be easily broken into. Or, store it in a vault, safe or room built or adapted to store these firearms. When storing your automatic firearm, remove the bolt or bolt-carrier (if it is removable) and store it in a separate, securely locked room that cannot be easily broken into. If your automatic firearm is stored in a vault, safe or room built or adapted for the safe storage of these firearms, the bolt and/or bolt carrier need not be removed.

Safe Storage and Ammunition

As is the case for storing firearms, most requirements for the safe storage of ammunition will not change under the *Firearms Act*. Store all ammunition separately from your firearm. You do not have to lock up your ammunition, but make sure that it cannot be easily obained to load the firearm. You may store ammunition with your non-restricted, restricted or prohibited firearm if you store the firearm in a securely locked container that cannot be easily broken into. You also may store ammunition with your restricted or prohibited firearm if you store the firearm in a vault, safe or room built or adapted for the secure storage of restricted or prohibited firearms.

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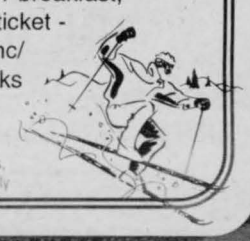

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TOP 100 LIST

RK	Name	G	ASS	TP	DF
1	Allan Lalonde	261	337	598	43
2	Harvey Litalien	231	352	583	33
3	Lyn Anderson	236	336	572	29
4	Daniel Bourgeouis	219	343	562	39
5	Mario Litalien	244	317	561	29
6	Eric Landon	249	310	559	28
7	Ryan Germain	248	310	558	31
8	Paul Beaulieu	198	360	558	33
9	April Taylor	255	302	557	32
10	Brian McMillan	230	327	557	24
11	Berny Dirven	217	338	555	29
12	Douglas Anderson	211	343	554	29
13	Sandra Pettem	232	320	552	33
14	Gerry Gillissie	230	322	552	36
15	Yvon Brunette	244	308	552	28
16	Pete Bowen	218	333	551	34
17	Kelly Ratayczak	231	320	551	31
18	Anne Lalonde	241	309	550	33
19	Sandra Taillon	203	347	550	31
20	Claude Gauthier	272	277	549	30
21	Jacqueline Emburg	196	352	548	31
22	Bernie Larue	239	309	548	29
23	Jonathon Hill	226	322	548	35
24	Tom Baker	249	298	547	30
25	Randy Lafave	242	305	547	31
26	Gates Lalonde	234	313	547	28
27	Lois Emburg	215	331	546	29
28	Morris Lamer	212	334	546	30
29	Barry Gordon	247	297	544	37
30	Joel Lalonde	231	313	544	27
31	Brian Deschamps	252	292	544	29
32	Marty Landon	240	304	544	24
33	Malcolm MacDonald	218	326	544	37
34	Peter Dirven	243	300	543	30
35	Viola Lalonde	208	335	543	30
36	Janet MacDonald	206	336	542	37
37	Brian Laframboise	230	312	542	39
38	Ronald A. Lalonde	225	317	542	20
39	Shelley Merpaw	219	323	542	32
40	Brad Lalonde	239	302	541	27
41	Andre Amyotte	209	332	541	21
42	Michel Bissonnett	228	313	541	30
43	Jerry Sauve	228	313	541	30
44	Jim McDonald	224	317	541	28
45	James Payette	228	313	541	31
46	Sam Gordon	225	315	540	39
47	A.J. Kennedy	229	311	540	28
48	Bernie Sommers	203	337	540	45
49	Loretta Bourgeois	238	301	539	36
50	Roger Lamoureux	224	315	539	35
51	Jessica Lamarche	218	321	539	39
52	Jason Racine	210	329	539	34
53	Ray Bourdon	219	320	539	32
54	David Steele	241	297	538	34
55	Danny Gillard	233	305	538	34
56	Bernie Lemire	218	319	537	29
57	Jeannine Duval	222	314	536	24
58	Alex MacDougall	215	321	536	29
59	Gary Belmore	238	297	535	22
60	Shelly Lamer	209	326	535	28
61	Roderick Burson	228	307	535	32
62	Eric McCartney	222	313	535	29
63	Armand Bissonnett	228	307	535	24
64	Eric Gordon	229	305	534	34
65	Christi Lalonde	196	338	534	27
66	Wayne D. Horne	245	289	534	33
67	Chris Renaud	231	302	533	31
68	Wm. Lee Hart	232	301	533	22
69	Chelsey Bourgeoi	206	327	533	25
70	Floyd Emburg	208	325	533	29
71	Timmy Brunet	219	314	533	33
72	Sean Amelotte	225	307	532	33
73	Ron Duchesne	211	321	532	25
74	Fern Bourdon	230	302	532	33
75	Ron Gendron	202	330	532	30
76	Lee Leblanc	234	297	531	22
77	C. Villeneuve	231	300	531	29
78	Sylvia McGlynn	210	320	530	30
79	Steve Allen	239	291	530	31
80	Bill Makinson	210	320	530	30
81	Wayne Crowder	202	328	530	40
82	Jessica Adams	226	304	530	24
83	Stephen McFarlane	219	311	530	34
84	Larry Tyo	236	294	530	24
85	Diane Labrecque	223	307	530	34
86	Ann Loney	222	308	530	36
87	Shana McGlyon	222	308	530	29
88	Cody Beauvais	225	304	529	24
89	Shannon Anderson	215	314	529	37
90	Pud Wereley	240	289	529	24
91	Marc Appleton	211	318	529	35
92	Genevieve Trembla	204	325	529	31
93	Debbie Reynolds	216	313	529	29
94	Colleen Villeneuv	214	315	529	36
95	Victor Burns	243	286	529	25
96	Cassandra Trembly	213	315	528	32
97	Danny Coillard	224	304	528	21
98	Dorothy Campbell	198	330	528	26
99	Ryan Bray	218	310	528	37
100	Miki Agh	216	312	528	37

Biggest Gain 45 - Bernie Sommers is in 48 place

Please note stats were compiled using unofficial NHL STATS due to the severe weather back east. When official stats are available all reports will be updated accordingly.

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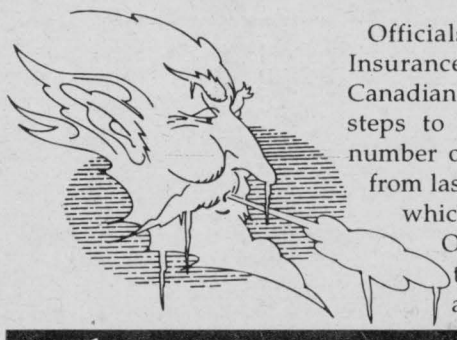
State Farm Responds to Ice Storm Damage



Officials at State Farm Insurance Companies Canadian office have taken steps to handle the large number of claims resulting from last week's ice storm which battered Eastern Ontario. In addition to the 192 agents and employees who usually service State Farm's policyholders in Eastern Ontario, 50 more claims staff have been brought in from around Canada and the United States to service customers.

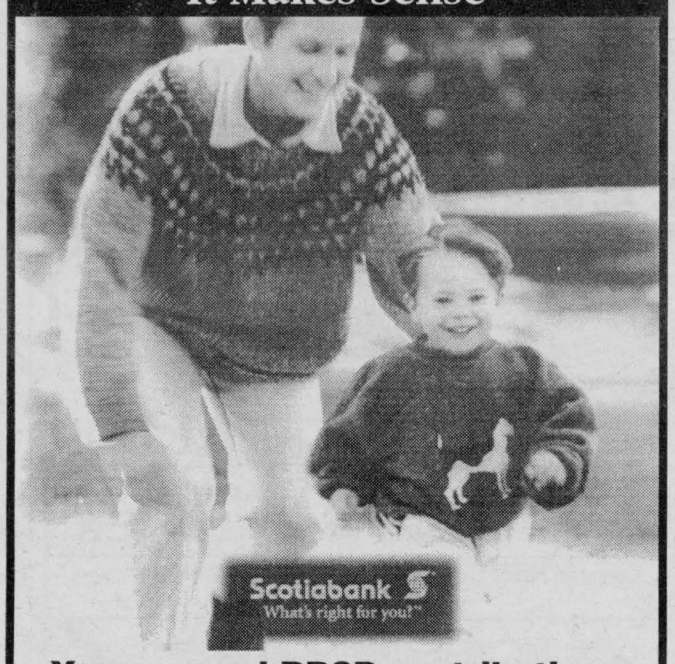
Understandably, people's priorities are to restore and maintain heat, electricity and communication lines so that they can attempt to get their lives back to normal, given the impact the storm has had. Under these circumstances, submitting an insurance claim may not be a priority for people.

"However, we are asking our policyholders to contact their agent as soon as possible if their home or car was damaged by the ice storm," State Farm spokesperson Pete Karageorgos said. The company has set up a toll-free number, 1-800-SF-CLAIM (1-800-732-5246) as well as two additional emergency claims offices, one in Kingston and one in Ottawa, to handle the volume of claims expected. "Our goal is to process claims as quickly as possible for our customers, given the fact that the level of damage and the weather conditions may impact the process," said Karageorgos.

Although the amount and extent of damage is not yet known, typical claims being reported include flooded basements and damage to cars and homes from falling ice and trees.

The Scotia RRSP Catch-Up™ Loan

Borrow money to save money. It Makes Sense



Your unused RRSP contributions don't expire.

That's right. Just because you haven't taken advantage of all your RRSP contributions doesn't mean you can't. Any unused contributions, beginning with your 1991 contribution limit, can be carried forward indefinitely. But the sooner you use them the better. (Think *compound earnings*). So why not maximize your contribution this year, and take advantage of all your unused contributions at the same time?

Here's how it works.

This is one time where borrowing really makes sense. And it's simple, and easy. Here's an example.
The following illustrates the benefit of borrowing $15,000 to invest in your RRSP with the intention of repaying it over a 10 year period at a loan rate of 6%. However, you'll note that if you apply your tax refund against the loan, the loan can be paid off in just over 5 years.

❶
Borrow $15,000.
(or as much as $50,000‡ at rates as low as Prime*)

❷
Get back $6,000 on your tax return
and pay down your loan
(Assumes a 40% tax bracket.
Yours might be different)

❸
Pay back $167/month.
(Seems possible? If need be,
you can take up to 15 years to repay.)

❹
Watch your RRSP grow to $22,909
in 5 years and 6 months,
when your loan is paid out.
In 25 years, you'll have $102,727.

Here's how you can start to Catch-Up.

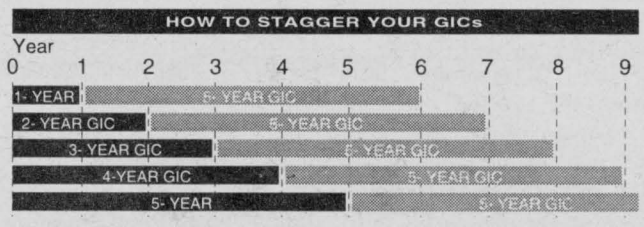
Arranging a Scotia RRSP Catch-Up Loan is simple.
Just call **1-800-575-8888** right now and talk to a Scotiabank representative. **Call 930-2002** or drop by Scotiabank at **14 Second Street West** and talk personally with one of our investment representatives.
They're available to answer your questions about the Scotia RRSP Catch-Up Loan, and can offer other alternatives to help you achieve your individual investment goals.
Wouldn't it be nice to have a little more gold for your golden years? And just a little less to worry about today? Think about a Scotia RRSP Catch-Up Loan. It could be [illegible]t's right for you.

Successful Investing with Patrick McKeough

TIP OF THE WEEK:
"Arrange GICs so you have funds to spend or reinvest every year."

Choosing terms for your GICs

Interest rate trends defy prediction – even the experts often guess wrong. Generally, longer term deposits pay a higher rate of interest. If you don't want to tie up all your guaranteed investment certificate (GIC) money for five years, consider staggering the maturity dates. That way you'll get the benefit of better rates and access each year to some of your money.



Initially, split your money into five and buy terms of one, two, three, four and five years. At year 1, one-year GICs will have matured, so you can buy a new five-year GIC. At year 2, do the same with the two-year GIC.

Deposit insurance
The Canada Deposit Insurance Corp. insures GICs or other deposits at member banks and trust companies. Coverage is $60,000 per depositor per institution and is limited to Canadian dollar deposits with terms of up to five years. Some, but not all, of the newer stock index-linked GICs are covered. Check with the agency at 1-800-461-2342.

Negotiating a good rate
Banks like to pay low interest rates, but they hate to lose customers. On deposits of $10,000 and up, ask your bank to pay 1/4% above the listed rate. At worst, the bank will refuse. If smaller institutions are offering higher rates, your bank may match them.

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Patrick McKeough is an investment author, consultant and editor of The Successful Investor, a monthly investment newsletter. For further information, call 1-800-579-4246 or visit **http://www.thesuccessfulinvestor.com**

Investment Facts Share Ownership

As part of a series designed to help people become better informed about investing, this article takes a look at how and why shares are issued and the basic differences between common and preferred stock.

Companies issue shares as a way to raise money. When companies grow, they often required funds beyond what they can generate internally. For example, they may need to raise additional capital for a new plant, new equipment, a larger workforce, or research and development. They can do this in two ways ... by borrowing money which is called debt financing, or by selling shares which is referred to as equity financing.

If a company decides to issue shares, it will sell them in what is known as an initial public offering (IPO). The investment dealer that helps bring this new issue to market is the underwriter. The company and the underwriter determine the details of the stock offering, including the type of shares, their price, and any special features to make the issue more attractive to investors.

A few weeks before the offering, the company must register a preliminary prospectus with the securities administrator in each province where the offering will be sold. If you're considering buying shares in a new issue, be sure you or your advisor reviews the preliminary prospectus. It contains important information such as the company's history, its officers and details about the stock offering.

When you purchase shares ... either in an initial public offering or in the secondary markets of the stock exchanges ... you're buying part ownership of a company. This equity investment is not a loan to the company. In a very real sense, you're putting your savings to work in that business.

As a shareholder, you have right to express your views about management decisions by voting at the company's annual meetings. You usually get one vote for each common share you own. Some companies, however, limit their shareholders' voting rights. Before you invest, check what voting restrictions the shares might have.

Shareholders are also entitled to receive regular information about their company's activities. This includes annual and interim financial statements, as well as timely disclosure of material facts that can affect the value of your shares.

Companies may issue either preferred or common stock. Preferred stocks pay shareholders a fixed dividend but do not normally have voting rights. If the company goes bankrupt, preferred shareholders will have a claim to a set dollar value per share of the assets after the claims of bondholders and other creditors, but before common shareholders.

Preferred are similar to fixed-income products like bonds. Their prices rise and fall in response to interest rates. People buy preferreds for the same reason they buy bonds ... for the regular income. Preferreds do have some advantages, however. Income from preferreds is taxed at a lower rate than income from bond interest.

Common shareholders have last claim on the assets of a company in the event of failure. And remember that common shares do not always pay a dividend. The return from these shares is usually from the capital gain earned if they increase in value after you buy them. That's why prices for common shares can be more volatile than prices for preferreds. Over time, they move up and down due to factors like the economy and company performance.

You can also buy preferred stock that is convertible into common stock at a set price for a limited time. The market price of convertible preferreds will vary more than other preferreds because, to the investor, they look more like common stick than fixed income shares.

Common stock is riskier than preferred, but there are lots of companies whose common shares are considered solid investments. Make sure you look at the company's history, financial track record and dividend payment record. Normally, the more stable the company and its earnings, the more stable its stock price will be.

Investment Facts has been prepared by the Investor Learning Centre of Canada (ILC), an independent not-for-profit educational organization created by the Canadian Securities Institute. Through national seminars, publications and resource centres, the ILC is dedicated to helping Canadians learn more about investing. To find out more about the ILC please call 1-800-274-8355.


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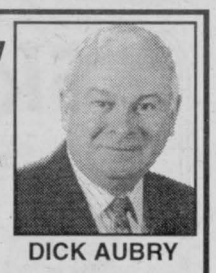
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FINANCIAL FUTURES

Getting Back to Basics

The Fundamentals of a Sound RRSP Strategy



MING

You scraped, scrounged, and sacrificed during the first two months of the year, but you did it - you managed to put some money away before the RRSP deadline. And now you can rest. But is this wise? Now that the RRSP rush is long past, it's a good time to take a look at your retirement saving strategy. To help you out, I've compiled a few of what I call ... "the basics".

Start With Your Attitude

With 10, 20 or even 30 years of growth ahead, you have to make sure you get the most out of your savings. Train yourself to take a long-term approach when deciding where to invest. For example, the extra security offered by bonds, GICs, and T-Bills may make sense if you need the money soon, but they may not provide the returns necessary to ensure a stable source of future income over the long term.

Do it Now!

It takes a lot of pre-retirement dollars to ensure a stable source of retirement income. And with this year's changes to the RRSP regulations (the maximum age for contribution is now 69, not 71), it's going to take even more. How do you make up for lost time? Start now.. At a 10% rate of return, your investment doubles every 7 years. Make sure you're contributing monthly - you can get your money compounding even faster, and you won't be stuck trying to make a big lump sum payment next February.

Take It To The Max

Starting this year, the government allows you to "carry over" unused RRSP contributions indefinitely. So there's no excuse for not getting the most out of your plan: if you haven't made full contributions in the past, plan now to make them up over the coming year. By putting away some extra dollars on top of your regular contributions every month, you could be securing thousands of extra dollars of tax sheltered growth.

It just can't be said enough: planning today can ensure you get to enjoy the good things in life tomorrow. If you've had some trouble with motivation, or with putting the pieces of your plan together, the most important piece of advice I can give is to consult with a professional. With a little help, you can make sure you enjoy everything retirement has to offer.

Timothy Ming is an Independent Financial Consultant in Cornwall. Timothy is affiliated with W.H. Stuart and Associates.

Downsizing in The Public Sector

(NC) - Individuals employed at all levels in the public sector are facing the same problem encountered a few years ago by their colleagues in the private sector-full-scale downsizing. What lessons can be learned from the private sector experience to ease the transition and to make the survival of downsizing more palatable?

CGA Ontario

Downsizing is a disruptive process, one that has a negative effect on everyone involved. Managers are not only expected to ease employees out of the department, but also to assist the remaining employees to function in jobs that (usually) have added responsibilities. More than ever managers are responsible for the human side of management, and this new role could include recognizing and diffusing the grief of employees, dealing with resistance to change and easing employee transition into new roles in the downsized environment.

Managers need to provide stronger support during the transition period. Moving through the change process, they must determine their core business activities. To ensure that they continue to provide the services of the core business, managers may need to evaluate staff competencies to determine any upgrading and training requirements.

What can managers employed in the public sector do to raise performance standards and improve productivity in the downsized organization?

Improving the morale of the remaining employees is a major challenge. It takes hard work to diffuse the sense of a "lack of control" many employees experience. To counter this, good managers provide a supportive work environment, one that allows active employee participation in the change process.

Encouraging participation in cross training and job rotation provides employees with opportunities for growth and development, thereby allowing them to be more competitive. Job redesign and enrichment may be necessary to accommodate the changes brought about by downsizing. Additionally, creativity can flourish out of this adversity, by allowing employee input into job redesign and enrichment. After all, who better than the employees to provide practical solutions? Employees' satisfaction levels increase, as they feel a renewed sense of control.

There is little room for financial incentives, but a manager can boost employee morale by providing working conditions that are more flexible and responsive to the individual needs of employees. For example, allowing employees to establish flexible work schedules provides the employee some level of control; this in turn boosts morale. Many employees have decided that job sharing provides the answer to downsizing, allowing them to remain in the organization. Employees have also provided innovative solutions—such as reduced work weeks—that may allow all personnel to remain employed.

The success of managers in the new public sector depends on their ability to adapt to becoming coaches, mentors and partners, as opposed to operating in the traditional "top-down" style of management. Learning how to balance authority and accountability while empowering employees is one of the biggest challenges-but it can also prove to be incredibly rewarding.

This article was provided by the Certified General Accountants Association of Ontario. CGAs are employed in every sector of the economy, including all levels of government.

Scotiabank Gives $200,000 to Food Banks For Ice Storm Relief

The Scotiabank Group recently announced that it is donating $200,000 to the Canadian Association of Food Banks to assist with disaster relief efforts for areas of Eastern Ontario, Quebec and the Atlantic provinces affected by the ice storm.

"Like most Canadians, we are deeply troubled by the level of destruction and ongoing hardship brought on by this storm," stated Peter Godsoe, Chairman and CEO, Scotiabank. "At the community level, our staff are doing what they can to assist customers and each other. We also wanted to contribute to the relief effort as an organization. Our donation to the Canadian Association of Food Banks will provide essential help to people in the greatest need in the communities hit by this disaster."

"During the past week, we have seen a tremendous increase in the demand for food supplies in the affected areas," observed Julia Bass, Executive Director, Canadian Association of Food Banks. "In Cornwall, for example, food banks have assisted 20,000 people this week, which is about ten times the normal volume. In Montreal, the number of agencies Moisson Montreal serves has doubled, and they are helping out the whole south shore which has been hit so hard.

"This donation will help ensure that food banks can continue to meet the most basic needs of people throughout this crisis and we are very grateful to Scotiabank," observed Ms. Bass.

For information on the location of food banks throughout the affected regions, please call (416) 203-9241.

The Scotiabank Group, including subsidiaries Scotia Capital Markets, Montreal Trust, National Trust and RoyNat, is one of North America's premier financial institutions, with 38,600 employees serving customers through 1,658 branches and offices in more than 50 countries on five continents.

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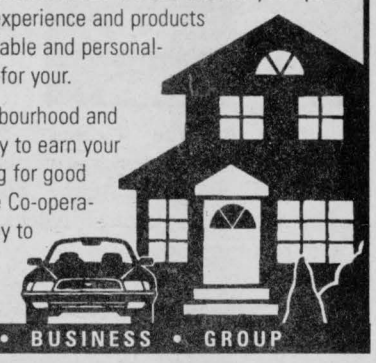

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SEAWAY NEWS LETTERS TO THE EDITOR

BASIC BLACK



PERSPECTIVE

By Bob Roth
SEAWAY NEWS



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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 Fax 933-0024

Hey ... catch us on the net at seawaynews.on.ca

E-mail your little ditty to us at snews@seawaynews.on.ca

Hey **MAC** ... don't hurt yourself cutting all those branches ... that why you have **ROBIN**.

When was the last time you got the "RED CARPET TREATMENT?"
Carpet/Upholstery Cleaning
933-9303

Hooray to the United Steelworkers of America for **donating $2,500. to the Agape Centre** in Cornwall recently. The recommendation to donate to the Agape Centre came from members of **Local 9343 at Morbern Inc.**

Congrat's to **SHANIA & CHRIS SAVARD** on the arrival of their new son, Cameron, who was born last Wednesday.

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Any former employees of Croteau on Pitt Street, please call Kevin at 938-6457.

A big **'Thank You'** to everyone in Hamilton and area for coming to our rescue last week by sending us various goods by tractor trailer. It was so heartwarming to know that you are thinking of us in our time of crisis. *You are all 'angels'.*

MAGDALENA BERGER and **DOREEN AMELOTTE** of 120 Augustus Street would like to sincerely thank **MARILYN ROSS** and **JACKIE** who brought them hot soup and coffee during the crisis. They took excellent care of their clients as did all the Home Care Workers. *They are to commended. Marilyn & Jackie, you are angels of mercy!!*

DON RUSSELL was in such a good mood last week that he offered all his coffee buddies a drive anywhere around town ... **until he couldn't find his car keys.** I hope he bought all the boys at A&W coffee club a cup of coffee.

Tip 'o the hat to all those great merchants at Cornwall Square for their emergency candle & battery table last Sunday. Many people including "SAMMY" needed supplies.

RAN-GAL PHOTOFINISHING
Did You Know Ran-Gal Offers
12 exposures for $3.95, 24 exposures for $5.99,
36 exposures for $8.95.
AGFA Nothing Escapes AGFA Film
Located At
BROOKDALE MALL

A big bouquet of flowers to "Eastcourt Market" - Brian Ladas for cashing my cheque last Thursday ... it was very much appreciated.

A grateful customer.

LOCEY'S DELIVERY SERVICE
Monday - Saturday 9am-10pm
NOW OPEN Sundays 11am-10pm
• BEER • LIQUOR
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Your Need Is Our Deed...
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930-9221

A special big thank you to all the crew at **Variety 104.5 FM** radio station for keeping Cornwall and area so well informed and entertained during this crisis. Without them, we would have literally been in the dark about what was going on. *Keep up the good work!! ... you are all terrific!*

We can't begin to thank everyone ... **but a big "tip 'o the hat" to everyone who helped out during this unbelievable ice storm** and to those who are still helping the people in need.

1998 came in with a **"BANG"** ... hopefully it will go out like a lamb.

During the winter months, if your pet stays outside, please make sure they have proper shelter, food and water. If you are cold, so are they. **If you need any information, please call the O.S.P.C.A. at 936-1851.** They will be happy to answer any questions you may have.

1997
Good-Bye '97
HELLO '98
start the New Year off with
CUSTOM FRAMING
"We Can Frame Everything"
• Needle Art
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LOGAN'S GALLERY
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224 Pitt St.
938-3629
1998

Don't forget to check out the **Big Brothers/Big Sisters Charity Dinner** being held this Sunday, January 18th, at the Royal Canadian Legion, Branch 297 from 4 p.m. to 7 p.m., 415 Second Street West. Proceeds from this dinner will be given to the Big Brothers and Big Sisters of Cornwall & District.



BRIAN LADAS seen sleeping on a cash counter during the storm to make sure his store stock didn't spoil ... good work Brian!!

A great big **"Thank You"** to my brother, **Harvey Jr.,** and his wife **Paulette** for taking us "homeless waifs" in during the ice storm.

Love always, Bern, Dwight, Stefan, Angèle and Mom.

A speedy recovery to **KATE DUFF** over at Unisex Hair Salon who twisted her back last week pushing a car ... keep smiling!!

DENIS at Bargain Giant seen stocking the shelves to keep up with the great sale happening over at his store.

Local police officer would like to say thank you to **KEVIN WILSON** and **RICK SHAVER** for stopping and helping to push his stuck van during the storm.

One of many stories of Ice Storm '98 ... **Kinsmen Club of Cornwall** lead by club president **SCOTT WILSON,** donated $1,200. worth of needed supplies and delivered to area shelters.

A special thank you to the guys and gals at the St. Andrew's Fire Department ... from all your friends you helped.

Wishing a very Happy Birthday to our mother
(mother-in-law, grandmother, great grandmother)
Marguerite Wagoner
who celebrated on January 15th.
Hope these warm wishes grant you health and happiness.
Love all your family.



Happy 11th Birthday
to a special boy
ANDREW PONCIA
Celebrating on Jan. 20th...Have Fun!!
Love Grandpa, Nicole, Mom, Melissa & Dad.



HAPPY 24TH ANNIVERSARY
Russ & Sue Disotell
CELEBRATING ON JANUARY 19TH
They have one son, Corey. Love Mom & family.
P.S. Happy 46th Birthday Russ, on January 20th.

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!)

I'LL DO ANYTHING YOU WANT

Submitted by Marita Pergler

A man was sitting at a bar enjoying an after-work cocktail when an exceptionally gorgeous & sexy young woman entered. She was so striking that the man could not take his eyes away from her. The young woman noticed his overly-attentive stare & walked directly toward him.

Before he could offer his apologies for being so rude, the young woman said to him, 'I'll do anything, absolutely anything, that you want me to do, no matter how kinky, for $100 on one condition.'

Flabbergasted, the man asked what the condition was. The young woman replied, 'You have to tell me what you want me to do in just three words.'

The man considered her proposition for a moment, withdrew his wallet from his pocket & slowly counted out five $20 bills, which he pressed into the young woman's hand.

He looked deeply into her eyes & slowly, meaningfully said, 'Paint my house.'

** SPECIAL NOTE & LINK **

Eastern Ontario and Quebec were decimated recently by the most severe ice storm in over 100 years. The area of Ontario, Canada that Your Friday Smile originates from was extremely hard hit. We invite you to visit the Storm Centre link, visit the various media accounts of the tragedy and to offer whatever assistance you can. Thank you.
www.glen-net.ca/storm

Let's have a hearty welcome from the North Lunenburg neighbourhood for **GUSTY (LOSEY).**

To everyone who celebrated a birthday during the ice storm ... a very **Happy Birthday to all of you!!**

WHERE IN THE WORLD IS BOB?

January "1998" WILL GO DOWN IN HISTORY ... it will be talked about for a long, long time to come.



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!

TO PLACE YOUR AD: phone or write your ad of 24 words or less and enclose $8.50 handling charge, plus $7.50 for a picture. Over 24 words, 25¢ per additional word, per week: Deadline is 5:00 pm Wednesday.



Happy 40th Birthday
Jim Bennett Jr.
(Ben Dav)
To a wonderful person & father
Best wishes ... hugs & kisses ... Anna, Jamie & Chris

SEAWAY BARGAINMART

DEADLINE: THURSDAY 4 P.M.

933-0015

Circulation: 31,499 copies

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Ontario Community Newspaper Association

BLANKET CLASSIFIED ADVERTISING

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188 Newspapers, Min. Cir. 1,499,490

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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

HANDSOME MALE, 20's, likes walks, movies, camping, talking, cuddles. Honest, sincere, trustworthy. Looking for single attractive female, 20-28. Send photo & detailed letter. CC1818.

SINGLE MALE, 33, looking for young lady, 20 to 35 for friendship and companionship. Please write to: c/o S.L., 1118 Cumberland St. Apt.#5, Cornwall, Ont. K6J 4K4. Please send photo.

2 APTS/CONDOS FOR RENT

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

AVAILABLE NOW. 2 bdrm apt. Downstairs, 4-pc. bath, laundry hook-ups, parking. 539 Amelia. References, no pets. $460/mth, plus utilities. 931-2635.

2 BDRM APT. Washer hook-up. Close to bus. $475/mth, utilities extra. 104 Jobin. Suitable for working couple. No pets. Call Janet 933-5846.

DOWNSTAIRS 2+1 BDRM apt, gas heat, full basement, $430/mth, pay own utilities. Upstairs 1 bdrm, gas heat, $350/mth, plus utilities. Call 930-9242.

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

ADVERTISE YOUR APARTMENT FOR RENT IN THIS SPACE

CALL 933-0015 TO PLACE YOUR AD

3 BDRM APT, Williamsburg, $550/mth, includes utilities. 2 bdrm, Morrisburg, $580/mth, includes utilities & cable. Call 613-543-3604.

2 BDRM MAIN FLOOR apt. Close to Hotel Dieu Hospital. $450/mth, plus utilities. Call Adelard, 938-3860.

REASONABLE RENT. Main floor 2 bdrm apt. Close to college. Parking, pay own utilities. Quiet tenants preferred with references. Phone 932-2135.

EAST END, 1 bdrm apt. Furnished, 4-pce bath, parking, utilities paid. References. No pets. $400/mth. Call 932-4376.

1 BDRM APT on Cumberland near Water St. Includes fridge, stove & utilities. Private drive. Available March. $350, $365/mth. Contact Markell Properties, 938-3886 or 938-9607.

2 BDRM APT. Available Feb. 1st. Heat and lights included. Parking at back in garage. $460/mth. Please call 936-6063.

CLOSE TO DOWNTOWN CORNWALL, quiet bldg, 1 & 2 bdrm. apts. Renovated washrooms, freshly painted throughout. Hardwood floors, heat, hot water, fridge, stove, parking included. (613)543-2401.

2 BDRM APT, 244 Alice. $495/mth, heat & electricity included. Diningroom. Available immediately. Call 932-4329 or 938-4776.

DARN NICE 1 & 2 BDRM APTS. Available now. Spacious, clean, quiet. Parking, laundry facilities. Rents starting at $299/mth. Call 931-2633.

737 KILLARNEY AVENUE. Clean 2 bdrm main floor apt. Laundry hook-ups, basement, garage. $460/mth, plus utilities. No pets. Available immediately. Call 933-8368 after 5:00 pm.

ONE BDRM DOWNSTAIRS apt on McConnell. Close to bank, stores & bus. Available February 1st. $350/mth, utilities included. Call 933-3738.

AVAILABLE IMMEDIATELY. 1 semi detached 2 bdrm apt. $645/mth, utilities & heat included. 407 Meadowvale Cres. Call 936-0367.

SPACIOUS 1 & 2 BDRM APTS. Reasonable rents, locker space, parking, coin-operated laundry. References required. 931-2633.

SMALL DOWNSTAIRS 2 BDRM. Large upstairs 2 bdrm. All conveniences. Good locations. No furniture or appliances supplied. Everything paid. Low rent. Call 933-7516.

1, 2 & 3 BDRM UNITS. East end location, from $375/mth. Some with utilities included. Parking available. Call Tom, 938-6475 or Orval, 938-2121.

AVAILABLE FEB. 1ST. 2 bdrm upstairs apt. Washer/dryer hookups. Quiet street. Private driveway. $350/mth plus utilities. Call 938-0580.

110 1/2 BALDWIN. Very quiet neighbourhood. Downstairs 1 bdrm apt. Very clean and cozy. Fridge, stove, washer/dryer hookups, parking. $400/mth plus utilities. 933-4780.

30/40/50 BEDFORD BLOCK, Lamoureux Park area. 2 bdrm apts in prof. building, including fridge, stove, parking, ensuite laundry room. Rent from $550/mth. Contact Markell Properties, 938-3886.

VERY LARGE, CLEAN 2 bdrm apt. Washer/dryer hookups, storage, parking, 4-pce bath, $580/mth utilities included. Also, 2 bdrm apt. Large kitchen and living room, 4-pce bath, washer/dryer hookups. $550/mth utilities included. 938-3936.

REDUCED, 2 BDRM APT, with fridge & stove, $285/mth, no utilities or $415/mth, utilities included. No pets. Located on Guy St. Now available. Local call 361-0248.

INGLESIDE, Dickinson Drive, 2 bdrm apt with fridge, stove, electric & heat included. Close to shopping centre. Reasonable rent. Available immediately. 347-3247.

712-B MARLBOROUGH, 1 bdrm apt. $420/mth, utilities included. No pets. References. 625 St. Felix. Available Jan. 1st. Large 1 bdrm apt. $400/mth. Pay own utilities. Call 347-3248.

5 ARTICLES FOR SALE

GOOD CONDITION: 220 V. kitchen stove 30" w.; 1 of 2 twin bed, bookcase headboard; vertical air conditioner; Viking Tupline dishwasher; large winemaking kit; large inflatable canoe w/kayak oar; vertical & venetian blinds; 8-pce Corning dining set; small desk for computer; small black kitchen table. Phone 932-3094.

SWIVEL T.V. STAND W26" x H27 1/4" x D 13 1/2", Chir O Med portable whirlpool, like new. Boston Breeze oil burner, must be combined with wood stove, ideal for home, cottage or garage. 3 sections of decorative black wrought iron dividers, 1 section 3' wide, 2 other sections, each 18" wide. Phone 525-3349.

Come See Our January Specials
GERARD'S USED FURNITURE
936-9300
427 4th St. W.

1 BLACK WROUGHT IRON chandelier. 8 lights, oval shape. Phone 938-8301.

CUSTOM-BUILT PORTABLE hydraulic motorcycle & ATV lifts for sale. $300. Call 936-1521.

13 AUTOS FOR SALE

1973 PONTIAC FIREBIRD Formula, 350, 4 speed, good condition. Hasn't been driven in 7 years. $4,500. or best offer. Ph: 931-3299

1992 HONDA ACCORD. Must sell. 168,000 highway miles. New tires, water pump, and timing belt. Very well maintained. Reduced $500. to $7,500. Call Brian 613-562-0281.

Call 933-0014 To Place Your Ad Today!

We buy currently made
Snowmobiles
for parts or resale
Mac's Marina
613-347-2788

VEHICLE FOR SALE. No established credit. On a pension. Limited income. Bankrupt or starting a new business. We can help with finance or leasing. You choose the vehicle. Private or dealer sale, and we buy it. Call for details, 613-448-2488.

1991 FORD AEROSTAR, V-6, 7-passenger, very good condition, 130,000 km, fully equipped, $4,200. safetied. 1989 Topaz, 4-dr, 5-spd, very good cond., $1,500. safetied. 1987 Ford Aerostar, V-6, 7-passenger, good condition, $1,100. as is. 1987 Mercury Topaz, 4-dr, 5-spd, very good condition, $1,300. safetied. 1990 Caravan SE, V-6, 7-passenger, fully equipped, $3,200. safetied. 1989 Pontiac Bonneville SE, V-6, fully equipped, $2,900. safetied. 1989 Taurus GL, V-6, auto, fully equipped, $1,800. safetied. Gerard Poirier Auto Sales, 613-525-1656 or 525-4309.

1988 MERCURY COUGAR XR7. Mint condition, loaded, 302, 116,000 km. White ext./blue interior, Never winter driven. Call 931-3299, after 5:00 pm.

1986 PLYMOUTH VOYAGEUR, 7-passenger, auto, 4-cyl. 1986 GMC S15 Pickup, 6-cyl, auto, club cab. Vehicles sold are certified. Accept trade-in or best offer. Gravel Motors, 407 Guy, 932-4211.

18 BUSINESS OPPOR.

I NEED SOMEONE to learn my business in Cornwall. Must have leadership ability & strong desire for above average income. Fax resume to: Box 120 at 613-933-1987.

21-HELP WANTED

Jewels by Parklane
Need extra cash?
Fashion Directors, Branch Directors & Branch Managers needed.
• Financial Independence
• Rapid Advancement
Call Mrs. MacDonald
932-4741

23 HOME SERVICES

J and G TREE SERVICE. Trimming and Removal. Storm damage clean-up. Decks, patios, fences, carpentry. Specialize in backyards where bucket booms can't go. George, 933-4798. Jody, 936-0798.

HANDYMAN: REPAIR or build small projects, fences, roofs, siding. Cut trees, pick-up branches, washers & dryers. Truck available. Call 938-1982.

ROBERT THE PERFECT HANDYMAN- Reg. Looking to renovate or build. Look no further. We specialize in siding, roofing, drywall, garages, decks, garden sheds & much more. No job too small or too big. We also secure tin roofs. Call Robert at 525-2197 or Numeric Pager #930-8720. Free estimates & work guaranteed. References available.

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START YOUR OWN business or expand your operation with ArmorThane Coatings, Canada's #1 sprayed-on truck bed liner. Exclusive dealership opportunities available now. Call 1-800-363-6100.

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THE BEST COMPUTER, the Best Price. Delivered right to your door anywhere in Canada! Just $69.00 per month, No Money Down. For Tymannus loaded 166MMX Multimedia Package: 166 MMX, Motorola 56.6 Fax/Modem, Stereo surroundsound, digital full-motion video, 3.2 GB HD, 24X CD ROM, full colour 14 inch monitor, loaded current software (list is too long for this ad, call us!!!) Instant credit approval available right over the phone! Call 1-800-551-3434 - to order/more information

EDUCATIONAL OPPS.

BE A SUCCESSFUL WRITER... with our great home-study course. Call today for your FREE BOOK. 1-800-267-1829. The Writing School, 38 McArthur Avenue, Suite 2966, Ottawa, ON K1L 6R2.

COUNSELLOR TRAINING Institute of Canada offers on-campus and correspondence courses toward a Diploma in Counselling Practice, to begin this month. Free catalogue, call 24hrs. 1-800-665-7044.

EMPLOYMENT OPPS.

SEEKING WRITERS of 25 hour career modules in: Agriculture, construction, design, electrotechnologies, fabrication, and mechanics. Curriculum supplied. Paid per module. Fax letter of interest 403-227-4332.

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JUST WANT HAPPINESS
SW mom of two, 26, 5'4", reddish-blonde hair, hazel eyes, bubbly, happy, cheerful, employed, enjoys movies, walking, exercise, seeks honest, romantic, caring SM, with fidelity. Ad#.5140

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

COLOR ME HAPPY
Quiet, shy SW mom, 22, 5'1", short blonde hair, petite, attractive, enjoys movies, reading, playing cards and more, seeks personable, sweet SF, who likes children. Ad#.8287

PICK MY NUMBER
Amiable SWF, 53, loves traveling and playing Bingo, desires to meet an employed SWM, who enjoys life. Ad#.6388

TRUST IS A MUST
SWF, 22, easygoing, kind-hearted, trustworthy, homemaker, enjoys watching television, playing cards, good conversation, music and more, seeks respectful, honest, patient SF. Ad#.3866

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

SHARE MY TIME
SWF, 41, 5'4", blue-eyed blonde, pleasant personality, enjoys flea markets, going out with friends, seeking handsome SM. Ad#.5102

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

DANCE THE NIGHT AWAY
Attractive SWF, 34, 5'5", blondish hair, big brown eyes, smoker, professional, enjoys decorating, squash, skiing, seeks employed, tall, handsome SM, N/S. Ad#.3897

DESCRIBE YOURSELF
SWF, 41, 5'4", blue-eyed blonde, enjoys reading, writing, socializing, church activities, seeks honest SM, with similar interests. Ad#.5804

SERIOUS REPLIES ONLY
Shy, easygoing SW mom, 22, 5', blondish-red hair, homemaker, enjoys walking, reading, seeks honest, trustworthy SM, who likes children. Ad#.7792

SERIOUS REPLIES ONLY
SW mom, 31, 5'7", 150lbs., red hair, brown eyes, humorous, easygoing, employed, enjoys movies, dining out, long walks, bowling, seeks honest, fun-loving SM, for friendship first, maybe more. Ad#.8345

MARRIAGE-MINDED
SWF, 40, 5'6", blonde hair, blue eyes, kind, homemaker, enjoys skiing, dancing, boating, seeks trustworthy, faithful, honest SM, for friendship, possibly more. Ad#.1550

GOOD LISTENER
SW mom, 29, 5'7", 180lbs., brown hair/eyes, outgoing, enjoys reading, walking, dancing, children, seeking fun-loving, honest, outgoing, spontaneous SF. Ad#.9984

GOAL-ORIENTED
SWF, 20, 5'5", 135lbs., outgoing, happy-go-lucky, likes music, playing guitar and piano, skiing, hockey, seeks funny, contented SF. Ad#.9648

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

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

BE HONEST ABOUT YOURSELF
Slender SWF, 25, sandy hair, interested in art and drawing, searching for a trustworthy, open SF, who isn't just playing around. Ad#.4781

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

VERY SINCERE
Attractive SW mom, 22, 5'9", brown hair, blue eyes, N/S, enjoys going for walks, reading, cars and writing poetry, seeking humorous, honest, open-minded SM. Ad#.9613

GOING PLACES IN LIFE
Fit, professional SW mom, 34, 5'9", blonde hair, blue eyes, enjoys fine dining, interesting conversation, family times, looking for ambitious, employed SM, who wants a fifty-fifty relationship. Ad#.5618

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

GREAT LEGS
Fun-loving SWF, 28, 5'10", shy, employed, enjoys dancing, reading, movies, seeks trusting, honest, stable, respectful, attractive SM. Ad#.1587

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

HEAR ME OUT
Humorous, kind, caring SWF, 31, 5'9", 150lbs., brown hair, blue eyes, employed, enjoys playing darts, pool, baseball, watching hockey, would like to meet an honest SM. Ad#.6058

NATURE LOVER
SWF, 37, 5'7", brown hair, hazel eyes, caring, good-humored, enjoys boating, skiing, biking, camping, swimming, seeks communicative, stable, honest SM. Ad#.7390

LET'S MEET FOR COFFEE
SWF, 32, 5'9", brown hair, blue eyes, humorous, sensitive, caring, employed, enjoys playing darts, shooting pool, baseball, seeks honest, caring, sensitive SM, with similar interests. Ad#.6848

CAN YOU RELATE?
Cute professional SWF, 45, interests include singing, sports and outdoor activities, seeks honest, trustworthy SF, for possible relationship. Ad#.9419

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

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

WINE & DINE ME!
Fun-loving, sincere SWF, 24, 5'7", brown hair, hazel eyes, enjoys dancing, camping, sports, cards, movies, the beach, seeks playful, fun-loving, employed SM. Ad#.9325

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

COUNTRY GIRL
Friendly, old-fashioned SWF, 35, 5'2", average build, brown hair, hazel eyes, enjoys movies, gardening, baking, seeks ambitious, honest SWM, who has family values. Ad#.3069

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

LOVES FINE DINING
Happy-go-lucky, romantic SWF, 39, 5'2", nice smile, can be serious, loves joking around, walks, cooking, crafts, seeks intelligent, caring, stable, good-looking SM, with no dependents. Ad#.2855

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READY TO SETTLE DOWN
Physically fit SWM, 25, long hair, easy to get along with, enjoys motorcross, drawing, the outdoors, seeks honest SF, for friendship first. Ad#.8613

LET'S GO FOR COFFEE
SWM, 27, 5'10", 185lbs., brown hair, green eyes, humorous, enjoys watching sports, fishing, the great outdoors, seeks honest SF, who likes to cuddle, movies and going for walks. Ad#.7142

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

READY TO SETTLE DOWN
Average looking, happy SWM, 33, 5'10", 185lbs., short blond hair, blue eyes, employed, enjoys working on cars and motorcycles, fishing, snowmobiling, seeking active, honest, caring SF. Ad#.8916

GENUINE
Cheerful SWM, 38, 5'10", 285lbs., N/S, social drinker, drug-free, enjoys collecting sport cards, reading, dining out, music, movies and much more, seeking honest SF, with similar interests. Ad#.1056

LOVES TO TALK
Witty, charming DW dad of twins, 38, 6'1", 170lbs., self-employed, enjoys walking, biking, hiking, seeks loving, caring, slender SF, who looks for inner beauty in a person. Ad#.7295

OUTDOOR MAN
Easygoing SWM, 44, semi-retired, enjoys fishing, camping, writing, movies, seeks honest SF, for friendship, laughter, maybe more. Ad#.3738

BE THERE FOR ME
SWM, 29, 210lbs., self-employed, enjoys laughing, jokes, spending time with friends, collecting basketball cards, building models, seeks down-to-earth, honest SF, with similar interests. Ad#.8272

DO YOU FIT THE BILL?
Easygoing, SWM, 37, 6'1", 155lbs., calm, cool, collected, enjoys camping, fishing, dancing, seeks trustworthy, honest SF, with similar interests, for possible relationship. Ad#.7877

CHECK THIS OUT
SWM, 25, 5'8", 165lbs, brown hair, greenish-grey 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

READY TO SETTLE DOWN
Heavyset SWM, 35, outgoing, understanding, student, enjoys throwing darts, playing cards, sports, seeks honest, sincere, helpful SF, with similar interests. Ad#.3566

HAPPINESS IS...
SWM, 43, 5'10", dark hair, pleasant, happy, down-to-earth, self-employed, enjoys movies, fishing, camping, boating, seeks trustworthy, honest SF. Ad#.5879

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

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

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

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

ALL THAT & MORE
SWM, 38, 5'10", 210lbs., brown hair/eyes, open-minded, spontaneous, romantic, enjoys listening to music, woodworking, quiet times, seeking compatible, fun-loving SF, no dependents. Ad#.4634

END MY SEARCH
SWM, 37, 6'2", 185lbs., brown hair, blue eyes, mustache, humorous, honest, enjoys reading, the outdoors, volunteer work, seeks SF, for monogamous relationship, children welcome. Ad#.2424

TAKE A CHANCE ON ME
Outgoing SWM, 28, brown hair, bluish-green eyes, enjoys fishing, swimming, dining out, spending time with friends and family, seeks SF, with similar qualities and interests. Ad#.1404

MUST BE AFFECTIONATE
Physically fit SWM, 39, 6', 180lbs., brown hair, hazel eyes, easygoing, humorous, self-employed, enjoys shooting pool, playing cards, throwing darts, seeks caring, honest, faithful SF. Ad#.7004

MUST BE PERSONABLE
SWM, 45, 6', employed, enjoys playing guitar, crafts, music, movies, seeks sincere, loyal, dependable SM, with a good sense of humor. Ad#.4639

DO YOU QUALIFY?
Handsome SWM, 36, 6'1", 180lbs., brown hair, blue eyes, employed, enjoys working out, painting, playing guitar, singing, seeks intelligent, attractive, warm-hearted SF, 20-28, for long-term relationship. Ad#.6674

HONEST LIVING
SW dad, 29, 5'5", dark hair/eyes, caring, outgoing, enjoys computers, bike riding, walking, looking for compassionate, commitment-minded SF, who likes children. Ad#.9873

ALONE AND WAITING
SWM, 40, 5'9", blond hair, blue eyes, friendly, honest, sincere, enjoys music, movies, nature, cooking, fitness, board games, looking for talkative, spontaneous SF. Ad#.6585

AM I YOUR WISH?
Fun SW dad, 37, 6', 170lbs., brown hair, blue eyes, mustache, hobbies are fishing, snowmobiling, hunting, fishing, looking for a mature, caring, trustworthy SF. Ad#.6546

KINDRED SPIRIT
Athletic SWM, 29, self-employed, enjoys working out, tennis, golf, seeking an honest, outgoing SM. Ad#.7657

GREAT
Honest, unemployed SWM, 32, enjoys playing cards, spending with family, searching for a special, honest SWM, for friendship and possible relationship. Ad#.1506

CONSIDERED ATTRACTIVE
Spontaneous SWM, 35, 5'10", 180lbs., brown hair, hazel eyes, likes the challange of meeting new people, hockey, outdoor activities, wants to meet an outgoing, good-looking, honest SM. Ad#.1535

ROMANCE IS IN THE AIR
Outspoken SWM, 31, 5'7", 180lbs., brown hair, hazel eyes, great sense of humor, seeks honest, faithful SF, who likes camping, dancing and candlelit dinners. Ad#.9161

EVERY WOMAN'S DREAM
Hardworking, clean-cut SWM, 37, 5'9", 175lbs., likes keeping fit, participating in sports, outdoor recreation, antique cars, home repair, seeks compatible SF, who is trustworthy and faithful. Ad#.7018

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

LOOKING FOR MS. RIGHT
Fun-loving, outgoing SWM, 49, 5'3", 160lbs., enjoys watching movies and going dancing, seeks a SF, who is a good conversationalist. Ad#.7740

SHY, CARING & GIVING
SWM, 33, 5'10", medium build, enjoys collecting old things, watching old movies and taking long walks, seeks a loving, tender, well-mannered SF, for possible relationship. Ad#.1093

NO LIMITS!
Active, outgoing, fun-loving, humorous SWM, 31, 180lbs., brown hair/eyes, disabled, hobbies are fishing, cooking, outdoor activities, seeking a faithful, honest,communicative SF. Ad#.1801

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

NO GAMES, PLEASE
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

COMMITMENT-MINDED
SWM, 34, 6'3", 200lbs., brown hair, blue eyes, shy, intelligent, likes computers, the outdoors, walking, wishes to meet an honest, sincere, trustworthy SF, with a nice smile. Ad#.1630

INTRODUCE YOURSELF
Attractive SWM, 36, 5'11", fairly fit, confident, employed, enjoys sports, music and more, seeks honest, outgoing SF. Ad#.7287

MAPLE LEAFS FAN
Easygoing SM, 33, 5'10", 180lbs., brown hair, blue eyes, employed laborer, enjoys sports, darts, long walks, movies, seeks SF, who is pretty laid-back and has a good sense of humor. Ad#.9946

OUTGOING & HUMOROUS
Fun-loving SWM, 40, 5'9", 175lbs., blue-eyed blond, likes sports, biking, skiing, playing ball, seeks honest, caring SF, for companionship. Ad#.4678

WAITING TO HEAR FROM YOU
SWM, 31, 5'10", 180lbs., easygoing, employed, enjoys working out, playing hockey, golf, seeks physically fit, classy SF, with a good head on her shoulders. Ad#.3253

MAKE MY DREAMS COME TRUE
Good-looking SWM, 31, 5'10", brown hair/eyes, kind, sensitive, caring, employed, enjoys movies, biking, walking, seeks honest, open, sincere SWF, who can just be herself. Ad#.7437

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

DETAILS LATER
Nice SWM, 32, 5'8", 190lbs., brown hair, hobbies include fishing, taking short walks and enjoying the outdoors, seeks fun-loving, good-hearted SM. Ad#.6869

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

SOMEONE TO BE THERE
Honest, funny SWM, 25, 6'5", medium build, brown hair, blue eyes, likes collecting antiques, fixing old vehicles, birds, animals, seeks honest, caring, sincere SF, with same interests. Ad#.6860

VERY CARING AND LOVING
Outgoing, friendly SW dad, 25, 5'7", 140lbs., physically fit, healthy, N/S, non-drinker, interests include the outdoors, the movies, TV, would like to meet warm, understanding SF, must like kids. Ad#.8372

VERY ROMANTIC
Athletic, good-looking SBM, 29, 6', 185lbs., adventurous, hobbies include baseball, running, weightlifting, movies, seeks open-minded, adventurous SWF. Ad#.5090

OLD FASHIONED
Clean-shaven SWM, 38, 5'9", 195lbs., salt and pepper hair, conservative, hobbies include camping, hiking, outdoor activities, looking for a confident, self-assured SF. Ad#.7973

LET'S CUDDLE
Blond SWM, 36, 6'1", hazel eyes, congenial, self-employed, hobbies are hockey, quiet evenings, movies, wishes to meet a trustworthy, truthful, loyal SF, children welcome. Ad#.5943

COUNTRY LIVING
Clean-cut, self-employed SWM, 35, 6', 180lbs., brown hair/eyes, honest, trustworthy, enjoys the movies, dining out, country music, gardening, reading, seeks family-oriented, sincere, caring SF. Ad#.8817

SHY BUT OUTGOING
Good-looking SWM, 31, 5'11", 190lbs., blond hair, brown eyes, employed, enjoys reading, music, seeks sincere, honest SM, with a good sense of humor. Ad#.9213

HAS A SERIOUS SIDE
SWM, 37, 5'8", brown wavy hair, bluish-green eyes, fun-loving, employed, enjoys golf, playing drums, throwing darts, movies, seeks honest SF, for possible relationship. Ad#.7047

CELEBRATE LIFE
Employed, easygoing SWM, 30, 6', brown hair, blue eyes, enjoys swimming, hockey, bowling, children, seeks honest, fun-loving SF, for possible relationship. Ad#.4967

A GOOD PARTNER
Shy, easygoing SWM, 35, 5'8", 180lbs., brown hair/eyes, employed, enjoys art, photography, music, reading, seeks honest, kind SF, who likes to communicate, no game players. Ad#.4141

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

SPEND TIME WITH ME
Honest SWM, 48, 5'10", 185lbs., blue eyes, easygoing, employed, enjoys golfing, music, dancing, skiing, cooking, would like to meet honest, faithful, dedicated SF. Ad#.6116

FOR THE GOOD TIMES
SWM, 40, 5'6", 170lbs., brown hair/eyes, open, generous, enjoys long drives, boating, camping, dining out, seeks honest, decisive SF. Ad#.9310

WEEKENDS FREE!
Self-employed SWM, 41, 5'9", 140lbs., long dark hair, enjoys camping, fishing, hockey, movies, seeks humorous SM, with a slim build. Ad#.6758

WILL YOU SHARE WITH ME?
SWM, 42, physically fit, pleasant, kind, fun, self-employed, considerate, likes wood crafts, looking for truthful, trustworthy, outgoing SF. Ad#.8879

BROCKVILLE/ST. LAWRENCE
SBM, 39, 5'8", 155lbs., clean-shaven, employed, enjoys the outdoors, farming, seeks compatible, trustworthy, spontaneous, fun SM. Ad#.1497

I KNOW YOU'RE OUT THERE!
SWM, 39, 6', blue-eyed blond, outgoing, fun to be with, enjoys camping, canoeing, darts, volleyball, seeks honest, trustworthy S/DF. Ad#.4398

HOPES AND DREAMS
Employed SWM, 33, 5'9", brown hair/eyes, muscular build, easygoing, hobbies include bicycling, flea markets, wishes to meet loyal, sincere, faithful SM, who is compatible. Ad#.8086

DARES TO BE DIFFERENT
Pleasant, easygoing, shy SWM, 38, 5'7", 175lbs., reddish-brown hair, enjoys sports, cooking, seeks truthful, honest, friendly SM. Ad#.6354

RETURN MY CALL
SWM, 37, 5'7", brown hair, hazel eyes, can be quiet and happy, enjoys traveling, camping, movies, playing cards, seeking honest, fun-loving SF. Ad#.8284

HAPPY-GO-LUCKY!
Tall SWM, 38, blue-eyed blond, outgoing, likes to joke around, enjoys darts, volleyball, camping, seeks honest, trustworthy, humorous S/DF. Ad#.4066

OPEN YOUR HEART
Humorous, upbeat SWM, 35, 5'6", 185lbs., short blond hair, self-employed, enjoys swimming, sports and fast cars, seeks honest, trustworthy SF. Ad#.1983

VALUES INTEGRITY
SWM, 32, 6'6", 265lbs., blue-eyed blond, quiet, humorous, enjoys golf, boating, camping, hiking, movies, seeks honest, communicative SM. Ad#.8057

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

FRIENDSHIP FIRST
SWM, 35, 6'2", 190lbs., blond hair, N/S, enjoys country life, nature, outdoor activities, seeks SF, 23-35, who is honest, romantic and caring. Ad#.7478

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

SWEET VOICE
Comical, fun-loving SWM, 30, 5'11", 186lbs., long brown hair, employed, hobbies are reading, music, movies, seeks honest, exciting SM, for friendship. Ad#.4210

THE PERFECT GIRL?
Good-looking, down-to-earth SWM, 30, 5'10", brown hair/eyes, employed, likes relaxing at home, movies, walking, jogging, seeking trusting, kind-hearted, childless SF, who's not a phony. Ad#.9711

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

GOING MY WAY?
Humorous SWM, 40, 5'9", 140lbs., long dark hair, brown eyes, self-employed, likes fishing, camping, outdoor sports, seeks dependable, nice-looking, personable SM. Ad#.6566

BIG TEDDY BEAR
SWM, 33, 6'4", 270lbs., blue eyes, adventurous, honest, enjoys sports, comforting times, TV, seeks outgoing, straightforward, caring, bashful, witty SF. Ad#.5415

BEST FRIENDS
SWM, 33, 6'1", 175lbs., short brown hair, blue eyes, likes to joke, self-employed, likes four-wheeling, hiking, walking, movies, traveling, seeking trusting, dependable SM. Ad#.2826

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

TEACH ME TO DANCE!
SW dad, 25, 5'10", brown hair/eyes, fun-loving, compassionate, enjoys electronics, radios, cars, seeks honest, open-minded SF, who is good with kids. Ad#.9524

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

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

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

ARE YOU THE ONE?
SWM, 35, 6'2", brown hair, hazel eyes, outgoing, romantic, enjoys long romantic walks, star gazing, cuddling on the couch, seeks honest, compatible SF. Ad#.2092

LET'S GET TOGETHER
SWM, 27, 5'10", 185lbs., brown hair, green eyes, kind-hearted, good sense of humor, enjoys biking, watching hockey, fishing, seeks goal-oriented SF, with similar interests. Ad#.8365

HONEST AND SINCERE
Attractive SWM, 35, 6', 190lbs., blue-eyed blond, employed, enjoys dining out, working around the house, seeks attractive, trustworthy SF, who knows what she wants out of life, children a plus. Ad#.6229

LOVES ROMANTIC DINNERS
Tall, attractive SWM, 40, light brown hair, blue eyes, employed laborer, likes dancing, the outdoors, camping, fishing, seeks trustworthy SF, to hopefully spend the rest of his life with. Ad#.9558

BACK TO BASICS
SWM, 42, 6'2", 190lbs., N/S, shy, reserved, never married, enjoys country life, music, outdoor activities, seeks honest, romantic, caring SF, for friendship, possible relationship. Ad#.3247

EASY TO GET ALONG WITH
SWM, 27, 5'10", 160lbs., brown hair/eyes, fun-loving, easygoing, employed, enjoys bowling, sports, outdoor activities, building models, seeks SF, to spend time with. Ad#.8096

Females Seeking Females
Call 1-900-451-3959 Ext. 12
$2.19 per minute
You must be 18 years of age or older to use this service.

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

BE HONEST ABOUT YOURSELF
Slender SWF, 25, sandy hair, interested in art and drawing, searching for a trustworthy, open SF, who isn't just playing around. Ad#.4781

TREAT ME RIGHT
Humorous SWF, 18, 5'6", 125lbs., brown hair, blue eyes, enjoys rollerblading, biking, reading, writing letters, seeks SF, with a great personality. Ad#.9706

GOOD LISTENER
SW mom, 29, 5'7", 180lbs., brown hair/eyes, outgoing, enjoys reading, walking, dancing, children, seeking fun-loving, honest, outgoing, spontaneous SF. Ad#.9984

GOAL-ORIENTED
SWF, 20, 5'5", 135lbs., outgoing, happy-go-lucky, likes music, playing guitar and piano, skiing, hockey, seeks funny, contented SF. Ad#.9648

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
Call 1-900-451-3959 Ext. 12
$2.19 per minute
You must be 18 years of age or older to use this service.

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

MUST BE PERSONABLE
SWM, 45, 6', employed, enjoys playing guitar, crafts, music, movies, seeks sincere, loyal, dependable SM, with a good sense of humor. Ad#.4639

SHY BUT OUTGOING
Good-looking SWM, 31, 5'11", 190lbs., blond hair, brown eyes, employed, enjoys reading, music, seeks sincere, honest SM, with a good sense of humor. Ad#.9213

KINDRED SPIRIT
Athletic SWM, 29, self-employed, enjoys working out, tennis, golf, seeking an honest, outgoing SM. Ad#.7657

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

WEEKENDS FREE!
Self-employed SWM, 41, 5'9", 140lbs., long dark hair, enjoys camping, fishing, hockey, movies, seeks humorous SM, with a slim build. Ad#.6758

GREAT
Honest, unemployed SWM, 32, enjoys playing cards, spending with family, searching for a special, honest SWM, for friendship and possible relationship. Ad#.1506

CONSIDERED ATTRACTIVE
Spontaneous SWM, 35, 5'10", 180lbs., brown hair, hazel eyes, likes the challange of meeting new people, hockey, outdoor activities, wants to meet an outgoing, good-looking, honest SM. Ad#.1535

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

WELL-BUILT
Attractive, shy SWM, 22, 6', 180lbs., student, enjoys weightlifting, running, sports, seeks attractive, open-minded, adventurous SM. Ad#.8097

DETAILS LATER
Nice SWM, 32, 5'8", 190lbs., brown hair, hobbies include fishing, taking short walks and enjoying the outdoors, seeks fun-loving, good-hearted SM. Ad#.6869

BROCKVILLE/ST. LAWRENCE
SBM, 39, 5'8", 155lbs., clean-shaven, employed, enjoys the outdoors, farming, seeks compatible, trustworthy, spontaneous, fun SM. Ad#.1497

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

HOPES AND DREAMS
Employed SWM, 33, 5'9", brown hair/eyes, muscular build, easygoing, hobbies include bicycling, flea markets, wishes to meet loyal, sincere, faithful SM, who is compatible. Ad#.8086

DARES TO BE DIFFERENT
Pleasant, easygoing, shy SWM, 38, 5'7", 175lbs., reddish-brown hair, enjoys sports, cooking, seeks truthful, honest, friendly SM. Ad#.6354

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

VALUES INTEGRITY
SWM, 32, 6'6", 265lbs., blue-eyed blond, quiet, humorous, enjoys golf, boating, camping, hiking, movies, seeks honest, communicative SM. Ad#.8057

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

BEST FRIENDS
SWM, 33, 6'1", 175lbs., short brown hair, blue eyes, likes to joke, self-employed, likes four-wheeling, hiking, walking, movies, traveling, seeking trusting, dependable SM. Ad#.2826

SWEET VOICE
Comical, fun-loving SWM, 30, 5'11", 186lbs., long brown hair, employed, hobbies are reading, music, movies, seeks honest, exciting SM, for friendship. Ad#.4210

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



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Call 613-217-7144

- Enter 1 to place your own ad and record your voice greeting. Your print ad will appear in the newspaper 7 - 10 days after you record your voice greeting.
- Enter 2 to pick up your messages once a week. Females - to listen and respond to system matches anytime. Males - listen to your system matches anytime.
- Enter 3 if you already have an ad and would like to change your ad.

Call 1-900-451-3959
at $2.19 per minute:

- Enter 1 to respond to an ad.
- Enter 2 to browse voice greetings within the age range you specify.
- Enter 3 if you already have an ad on the system or confidential mailbox and are picking up your messages or system matches.

To renew, change, cancel or ask any questions, call our customer service representatives at 1-800-273-5877.

M	Male	B	Black
D	Divorced	F	Female
H	Hispanic	C	Christian
W	White	A	Asian
S	Single	G	Gay
WW	Widowed		
N/S	Non-smoker		
NA	Native American		
♥	Double Dater		

Service provided by
Direct Response Marketing, Inc.
2451 Wehrle Drive,
ES, MW Williamsville, N.Y. 14221 1/15

23-HOME SERVICES

PAINTING, ODD JOBS, wallpapering and maintenance. Light truck available. 20 years experience. Reasonable rates. Call after 6 p.m., Residence, 938-8839. Pager #930-8851.

AUCTIONS

ESTATE HOUSE SALE
OF THE LATE BARBARA CLARK
36 Old Orchard Ave.
(behind General Hospital off Second Street)
Thurs., Jan. 22 and Fri., Jan. 23
8:30 a.m. - 5:00 p.m.

Corner China Cabinet; new 6 mth. old Sklar Pepplar camel back sofa; wing back chair; dining table & 4 chairs; Deilcraft end tables & coffee table; stretcher base coffee table; wicker rocker; Lazyboy recliner; swivel rockers; Zenith TV; VCR; dishes; pressback chairs; washboard & pitcher; plant stands; sofa table; floor lamps; 2 arrowback chairs; 3 pc. bedroom set with box spring & mattress; 3/4 box spring & mattress; davenport; Singer sewing machine; fridge; stove; chrome table & chairs; 2 Electrolux vacuums; shampooer; Inglis washer & dryer; Shop Vac; lawn mower; garden tools; electric leaf blower; other misc. article.

Terms: Cash or Acceptable Cheque.

FLORA GRANT DUMOUCHEL
Auction Services
Ingleside, Ontario
537-2925

24 BABYSITTING

BABYSITTER NEEDED near St. Anne's School in Riverdale. Part-time. Please call Lila daytime 932-2584 or evenings 938-1653.

CALL 933-0015 TO PLACE YOUR AD

EXPERIENCED MOTHER OF ONE, non-smoker, willing to babysit children in my home anytime. Overnights welcome. Lots of TLC. Good & healthy meals & snacks. Lots of toys & activities. Big back yard. References. East end. Call 938-0460.

26 BOATS/ MOTORS

1988 LARSON SENZA, 175, V-8 OMC Cobra, sport interior, clean & fast. $10,500. with trailer. Call 528-4038, leave message.

29 REAL ESTATE

PRICES SLASHED! North end. 2 properties. 3+1 bdrm bungalow. Many extras! Also, 4-unit apt bldg, large 2 bdrm units. Must be sold! Call Don @ Latreille Real Estate, 938-3800.

34 HOUSES FOR RENT

FARM HOUSE FOR RENT near Avonmore. Available immediately. Call 346-5444.

REDUCED. 3 BDRM house, $495/mth, located on Guy St. Pay own utilities. No pets. Available Jan. 1st. Local call 361-0248.

$525/MTH, PLUS UTILITIES. Centrally located, 3 bdrm house. Gas heat, back yard, washer/dryer hook-ups. Available Feb. or Mar. 1st. First & last req'd. Call 932-4458, leave message.

35 HOUSES FOR SALE

BOTH PRICE REDUCED! Private sale.Triplex on Alice, partly renovated. Also, 4 bdrm brick house, good location, 537 Adolphus. $3,000. downpayment from qualified buyers. 932-2135.

311
Water Street
CONDOMINIUM SUITES



$5,000 DISCOUNT
Until Jan. 30th

Cathedral Ceilings • Gas Fireplaces
Some Units 1400 sq. ft. • Energy Efficient
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J.F. Markell Homes Ltd.
CUSTOM HOMES & SALES

For Sale By Owner



SHOP & RESIDENCE **120-122 ST. FELIX ST.**

OFFICE: 400 square feet

SHOP: 2500 sq.ft., insulated, 12' ceiling, work benches, shelving, piping for compressed air, ceiling exhaust fan 12x20 electric door.

LIVING QUARTERS: 1160 sq.ft., combination kitchen/living room, master bedroom: 16' 6"x12', large upstairs den & bedroom. A third bedroom possible adjacent to kitchen area. Could be rented separate from the Office and Shop areas.

MOVING-MUST SACRIFICE. **LOW ASKING PRICE $87,500**
BROKERS PROTECTED. CALL NOW FOR AN APPOINTMENT
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SAVE MONEY NOW!
Refinances, purchases and debt consolidations.
Pay off high interest loans & credit cards.
5 Year Mortgage • 6.10%
UPPER CANADA MORTGAGE
930-2592

OPEN HOUSE, Sunday, January 18th, 1:00 pm. to 4:00 pm. 748 Dundee Ave. 613-933-1936. Brick bungalow with wide carport. 3+2 bedrooms. Home renovated by Menard Renovation 1 year ago. New cupboards & bathroom, hardwood, ceramic & carpet floors. Very clean. 110X150 fenced lot, with 21X40 inground pool & 8X12 shed. 2 driveways & a 24X32 insulated & heated garage. House is the nicest in neighbourhood by the point of view of appraiser Mr. Ronald Abraham. $149,900.

38 OFFICES/ STORES BLDGS.

OFFICE SPACE for rent. Ideal for Medical Practice. $1.00/sq.ft. Parking. Centrally located. 24-hour security. Call 936-8984.

TO SETTLE ESTATE

HOBBY FARM - 3 bedroom, 2 storey home on 50 acres, all new services since 1994. Small barn, drive shed. Priced to sell at $72,000

Call Herb or Geri
346-5721

STORE FOR RENT, divided in 3 rooms. Corner of Pitt & Third. Parking. Ideal location. Available immediately. Phone: 932-2135.

43 ROOMS

ALL INCLUSIVE, centrally located, 24-hour security, bus at door, cafeteria. Monthly $225. single, $300. single/breakfast, $350. 2 room bed sitting. Call 936-8984.

55 OFFICE EQUIP /FURN.

FAX PAPER FOR SALE, Telefax 4000, 5000 + 9000 rolls. Call Tom 933-0014.

COMPUTER TRACTOR PAPER, 14-7/8"X8-1/2", 3,500 sheets/box nonperforated. Call Tom 933-0014.

57 DJ'S

QUARTER TON'O'FUN D.J.'s. Music for all occasions. Over 20 years experience. Reasonable rates. We are the Music Heavyweights. Andre: 938-6252.

POWER SOURCE DJ's. Professional, mobile, DJ's. Music for all occasions. Specializing in stags, weddings. Karaoke available. Don't take a chance, book in advance. Call now! Ray: 938-1962 or Rod 936-0652.

D.J. STEVE, a member of The Wedding Specialist Group. For all your wedding & party needs. Great tunes at a great price. 937-3499.

68 CARTING/MOVING /STORAGE

U-DO-IT STORAGE. Save money on heated storage by renting a room & handling your own goods. A division of St. John's Transfer, 950 Boundary Road. 933-1495.

71 HALL RENTALS

CORNWALL SEAWAY LIONS CLUB HALL, 123 Fortier St. Available for banquets, parties, showers, anniversaries, weddings, meetings funerals. Services available: catering service, podium, over-head projector, VCR, T.V. Fee: $50/event, free if bar sales exceed $400. For reservations, call Lion John Dewar, 613-932-1631 or leave message, 938-0040.

74 LOST & FOUND

FOUND: CAMERA on Eleventh St. last week. Owner may claim by calling Diane at 933-0014 with a. description.

CALL 933-0015 TO PLACE YOUR AD

76 PET LIVESTOCKS

BEAUTIFUL PUPPIES: Beagle, Poodle, Dalmatian, Terri-Poos, Pom/Chihuahua mix, Shih Tzu's, Lhasa/Shih Tzu mix, Shelties & others. Dewormed. Bridlewood Kennels, Hwy#43, second farm east of Highland Road. 527-2074.

PUREBRED LHASA APSO puppies, vet checked, 1st shots, dewormed. Guaranteed. Ready to go. Call 932-7087.

85 PERSONALS

PSYCHIC CLINIC. Hi & welcome. Starring: Elantis Allan. Featuring free Tea Cup or Crystal Ball predictions with each Tarot Card reading. Also, Reiki for body healing & relaxation. Confidential & reasonable. 938-2918.

92 NOVENAS

THANKS TO ST. JUDE & the Sacred Heart of Jesus for prayers answered. D.N.

THANKS TO ST. JUDE & the Sacred Heart of Jesus for prayers answered. S.S.

TRAINING/ COURSES

Travel Counselling

Whether it is Spain by train or Egypt by plane, if you want to learn about the exciting world of travel enrol now. OBC's Travel Counselling program will prepare you for computerized reservations, agency operations, ticketing, international & domestic fares and much more. This program acknowledges ACCESS curriculum. Employment may be found in the tourism industry, airline companies and travel agencies.

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465 PITT STREET
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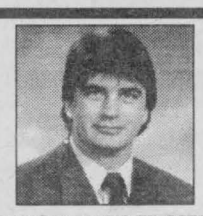
HOMES OF THE MONTH SHOWCASE

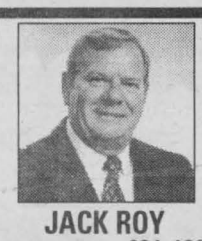
JAN



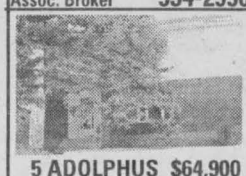
Start the year off by resolving to purchase one of these specially-featured properties!



MICHAEL VANDER MEER
Assoc. Broker 534-2950



JACK ROY
Sales Rep. 931-1290



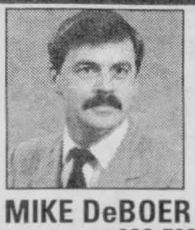
5 ADOLPHUS $64,900
(A-MLS 0049) spacious, centretown, 3 bdrm semi, hdwd flrs, formal dining rm, eat-in kitchen.
SHERRY McCULLOUGH 937-0891



31 TRINITY AVE $76,900
(A-MLS 0047) centretown, 2 bdrm. raised bung., beautiful garage
SHERRY McCULLOUGH 937-0891



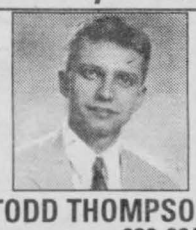
DIANE BENOIT
Sales Rep. 930-4880



MIKE DeBOER
Broker 938-7802



SHERRY McCULLOUGH
Sales Rep. 937-0891



TODD THOMPSON
Sales Rep. 938-0640



JUDI AUGER
Sales Rep. 931-3293



433 VICTORIA AVE. $62,000
(A-MLS 0055) cozy, charming & clean, 2-1/2 bdrms., formal dining rm, eat in kit., dbl. car garage
SHERRY McCULLOUGH 937-0891



767 GUY ST. $94,900
(A-MLS 0075) 3 bdrm. backsplit, behind hospital, FAG heating, oak kitchen
SHERRY McCULLOUGH 937-0891



2343 EMILY CR. $99,900
(A-MLS 5250) "Keep warm" in this cozy 3 bdrm. semi, 2 baths, 2 frpls, FAG heating, att. garage
SHERRY McCULLOUGH 937-0891



NEW LISTING $49,900
(N-MLS 0093) Conc. 8/9 Rd., Finch. Fixer upper with large addition not completed.
MIKE VANDERMEER 534-2950



$49,900
(A-MLS 0030) 4 bdrm. main unit & full bsmt. & 2 bdrm. upstairs unit.
MIKE VANDERMEER 534-2950



DOWNTOWN $79,900
(A-MLS 0078) 5 bdrm. home, many renovations. Reduced to sell now!
MIKE VANDERMEER 534-2950



SEYMOUR $19,900
(A-MLS 0008) 3 bdrm, Handyman Special! Priced to Sell
MIKE VANDERMEER 534-2950



LANCASTER $42,000
(G-MLS 5296) Priced to Sell! Repossessed 1 bdrm. home, fully remodelled.
MIKE VANDERMEER 534-2950



NEW CONSTRUCTION HEADLINE RD. $136,900
GST. INCL.
(M-MLS 0034) 1400 sq. ft. brick bung., on lg. lot w/dbl. att. garage.
MIKE VANDERMEER 534-2950



CENTRAL $99,900
(A-MLS 4716) 6 bdrm. home on large lot, could be converted to home business or duplex.
MIKE VANDERMEER 534-2950



ST. ANDREWS $74,900
(M-MLS 4940) 3 bdrm. bung., main floor laundry.
MIKE VANDERMEER 534-2950



907 RIVERDALE AVE. $169,900
(A-MLS 5298) large family wanted! 5 bdrms., eat in kitchen, formal dining rm, wood burning frpl in family rm, spacious foyer. Solid home.
MIKE DeBOER 938-7802

1100 PITT STREET
$29,900
BUSINESS ONLY
(A-MLS 0033) Allied Auto Glass known as Dr. Tint. Sales increasing last 3 yrs. A turnkey operation for small entrepreneur.
MIKE DeBOER 938-7802



NORTH OF INGLESIDE $99,900
(O-MLS 0036) 2 yr. old raised bung., 1232 sq.ft., paved rd., 2.3 ac. coral for horses, oak kit. & more.
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CHOICE LOCATION $154,900
(A-MLS 5194) 5 level split, main FL. family, formal dining rm.
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LOTS & LAND
Land close to city.
Approximately 54 acres
Residential building lots ranging from $16,000 to $26,000
JUDI AUGER 931-3293



$575 MORTGAGE PYMT PER MONTH
(A-MLS 0073) O.A.C. 3 bdrms., pool, rec room, lots of character
JUDI AUGER 931-3293



$64,900
(A-MLS 0019) Clean, maintained bung. with rec rm. & garage.
JUDI AUGER 931-3293



AVONMORE $74,900
(L-MLS 5190) 3 bdrm. split on spacious private lot.
MIKE VANDERMEER 534-2950



LONG SAULT $79,900
(M-MLS 4560) Great family home, centre hall plan, fireplace, hdwd floors, sunroom, great kitchen, close to park
MIKE DeBOER 938-7802



504 CARLETON
(A-MLS 5297) Maint.-free, 2 bdrms., large lot w/garage, hdwd. floor in dining area.
JACK ROY 931-1290



PRICE REDUCED $82,900
(A-MLS 0044) "Worth seeing" Good investment; brick dbl. tenement; 3 bdrms. each side, gas heat, hdwd under carpet.
DIANE BENOIT 930-4880



411 11th ST. E. $64,900
(A-MLS 5222) 3 bdrm., cozy bung
DIANE BENOIT 930-4880



31 BEDFORD ST. $49,900
(A-MLS 5225) 3 bdrms., gas heat, heated garage, private drive
TODD THOMPSON 938-0640



2270 TOLLGATE RD. W. $66,900
(A-MLS 0007)
2 bdrm. townhouse, end unit.
TODD THOMPSON 938-0640



257 LAFRAMBOISE $77,500
(A-MLS 5289) 2+1 bdrm. semi, frpl in living rm. excellent cond.
TODD THOMPSON 938-0640



17393 CONC. 8, ST. ANDREWS PRICED TO SELL $79,900
(M-MLS 5275) 3 bdrm. brick bung.
TODD THOMPSON 938-0640

Our Urban Forest Clean Up

The City of Cornwall is deeply concerned about the long term effects of the recent ice storm on this community's urban forest. While the damage from broken trees and limbs has resulted in serious damage to Cornwall's electrical system and created significant personal disruptions for its residents, the numerous benefits of having trees along our streets, around our homes and in our parks must not be forgotten. Trees have significant aesthetic and environmental benefits. The City of Cornwall advises the following:

- There remains a danger from broken limbs hanging in the trees so please be aware of this if you are underneath them for any reason;
- Please do not touch the trees on the City boulevards, rights of way or parks. The City will be cleaning these areas on a priority basis;
- Please warn children of the danger of pulling on hanging or partially broken limbs;
- The landfill site will be open for free tree limb disposal every day during regular business hours from 7:30 am to 4:30 pm and on Saturday, January 17th, 1998 from 7:30 am to 4:30 pm as well;
- Branches should not be piled on the City boulevard but kept in your yards until the City provides further announcements as to pick up times. Limbs piled on the boulevard may seriously hinder snow clearing operations.
- There is no need to trim the trees at this time, only hanging or broken limbs need to be removed. Further information on the care and trimming of trees in order to maintain their health will be provided by the City of Cornwall.

In response to the concerns of residents about the condition of their trees and in order to help them make the best decision possible in regards to their removal or trimming, the City of Cornwall is establishing a *Tree Advice Hotline.* This may assist Cornwall's residents in saving money by preventing unnecessary tree removal and protect our valuable urban forest.

Financial Assistance On The Way

Following on Premier Harris' commitment to provide funding assistance to Eastern Ontario, Deputy Premier Ernie Eves today (January 14th) announced an initial commitment of $50 million has been set aside to help municipalities and individuals deal with their immediate financial concerns.

"This fund will help deal with immediate financial needs," said Eves. Further assistance will be made available as we know the full extent of damages."

In order to facilitate the assistance under the Ontario Disaster Relief Assistance program, Cabinet has asked Municipal Affairs and Housing Minister Al Leach to work with municipal officials to establish disaster relief committees for Eastern Ontario. "Over the next two days, my colleagues and I will be contacting all 54 affected municipalities so that we can move forward as quickly as possible," said Leach.

This assistance program is a source of emergency financial aid for losses of private property not covered by insurance.

Funding will also be available to help municipalities affected by the storm, as well as those who are providing support.

As well, the province today formally applied for assistance under the Federal Disaster Financial Assistance Arrangements program.

The province also recognizes the special difficulties this storm has caused for the agricultural sector. "The ministry has been working hard to secure and distribute generators to those affected." said Noble Villeneuve, Minister of Agriculture, Food and Rural Affairs. "Now, we need to determine the long-term financial impacts on agriculture in Eastern Ontario."

TRAINING/ COURSES

Animal Care Aide

Do you like working with domesticated animals? Learn about Animal Behaviour, Nutrition, Disease, Surgical Techniques and more. Career opportunities may be available in animal hospitals, humane societies, pet stores, kennels, veterinary clinics or zoos.

Education WORKS OBC — In Only 8 Months — 613 932-4194 — Cornwall Campus, 55 Water St. W., LL#100 — Financial Assistance may be available

1998 New Year... New Career!

Animal Care Aide
Travel Counselling • Dental Assisting
Business Administration • Law Clerk
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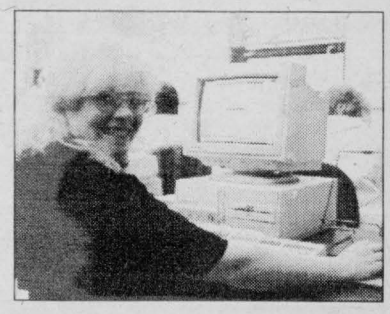

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Obituaries

DUFRESNE - Rene Norman

Passed away at the Cornwall General Hospital, Cornwall, on Friday, December 12th, 1997.

Mr. Rene Norman Dufresne, in his 64th year, born in Lancaster, Ontario, of 1012 Larin Avenue, Cornwall, Ontario.

Dear son of the late Alexander Dufresne and the late Janet Fortier.

Beloved husband of Joan Dufresne (Woods).

Loving father of Raymond Dufresne (Shelly); Keith Dufresne (Natalie); Brenda Dufresne (Mark) and Shirley Dufresne (Eric), all of Cornwall.

Loving grandfather of Amanda and Matthew.

Dear brother of Jack Dufresne (Frances); Abraham Dufresne (Bernice); Roy Dufresne and Lawrence Dufresne (Gail); Rita (Mrs. John Willard); Judy Mondoux, all of Cornwall; and Janet (Mrs. Armand Leblanc) of Madeleine Island, Quebec.

Predeceased by three brothers, James, John, and Roger Dufresne.

The funeral took place on Monday, December 15th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to St. Peter's Church, followed by cremation at the South Branch Crematorium. Reverend George Maloney of St. Peter's Church officiated.

The pallbearers were the Nativity Guards.

LANCTOT - Rosalia Marie

Passed away at the Cornwall General Hospital, Cornwall, on Thursday, December 18th, 1997.

Mrs. Rosalia Marie Lanctot, in her 78th year, born in Montreal, Quebec, of 301 Amelia Street, Cornwall.

Dear daughter of the late George Allan and the late Maria Limoges.

Beloved wife of the late Louis P. Lanctot.

Loving mother of Jacqueline (Bernard Houde); Louise Lanctot (Robert Firth) and Joanne Lanctot, all of Cornwall; Guy Lanctot (Helene St. Jean) of Carleton Place.

Loving grandmother of Chantal Armstrong; Kristine and Josee Houde; Guyanne, Daniel, Angele, Sophie and Julie Lanctot; Alexander, Zachary and Jonah Firth; Chad and Beau Malette. Loving great grandmother of Elissa Armstrong.

Dear sister of Philias Allan of St-Roch, Quebec and Gerald Allan of Vaudreuil, Quebec. Dear sister-in-law of Juliette Lemieux, Yvonne Lanctot and Marcelle Allan.

Predeceased by two husbands, Jean Dube and Louis P. Lanctot; one daughter, Lise Dube; one grandson, Yves Houde; one brother, Romeo Allan and by one sister, Jeannine Frenette.

The funeral took place on Saturday, December 20th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to Christ-Roi Church, followed by cremation at the South Branch Crematorium. Reverend Raymond Dumoulin of Christ-Roi Church officiated.

The pallbearers were Daniel Lanctot, Chad Malette, Beau Malette, Alexander Firth, Angele Lanctot and Josee Houde.

LeBLANC - Eugene

Passed away at the Versa-Care Centre in Cornwall, on Sunday, December 21st, 1997.

Mr. Eugene LeBlanc, in his 87th year, born in Summerstown Station, formerly of 302 11th Street East.

Dear son of the late Alexander LeBlanc and the late Eugenie Bray.

Beloved husband of Leoda Lauzon.

Loving father of Lionel LeBlanc (husband of Sylvia Shorey); Gabriel LeBlanc, both of Cornwall; Bernard LeBlanc (husband of Cathy) of Summerstown; Ronald LeBlanc; Muriel (Mrs. William Fields) and Carolyn (Mrs. Richard Brim), all of Cornwall.

Dear brother of Leon LeBlanc (husband of Mary) of Belisle, Quebec; Romeo LeBlanc (husband of Marie-Anges) of Ville Jacques Cartier, Quebec; Armand LeBlanc (husband of Yvette) of Montreal; Leo LeBlanc (husband of Laura) of Northfield Station; Hector LeBlanc of Alexandria; Orrille LeBlanc of Cardinal, Ontario; Mrs. Marie-Rose Pilon of Williamstown; Mrs. Marie St. Onge of Dorval, Quebec; Mrs. Kathleen Theoret of Cornwall and Mrs. Grace Adams of Vancouver, British Columbia.

Loving grandfather of seventeen grandchildren and twenty-eight great grandchildren.

Predeceased by two brothers, Lawrence and Alphonse LeBlanc.

The funeral took place on Tuesday, December 23rd, 1997 from the Boulerice Funeral Home Ltd., to St. John Bosco Church, Cornwall. Spring interment in Notre Dame Cemetery.

The pallbearers were David LeBlanc, Keith Fields, Mrs. Jean Cote, Jason Hamell, Michael LeBlanc and Miss Cheryl LeBlanc.

Mr. LeBlanc was a former employee of the Golden Eagle.

LECUYER - Georges Louis

Passed away at the Hotel Dieu Hospital, Cornwall, on Wednesday, December 10th, 1997.

Mr. Georges Louis Lecuyer, in his 83rd year, born in Sturgeon Falls, Ontario, of 502 Carleton Street, Cornwall.

Dear son of the late Joseph Lecuyer and the late Amanda Lariviere.

Beloved husband of Annette Lecuyer (Lortie).

Loving father of Michel and Jacques Lecuyer, both of Cornwall; Raymond Lecuyer of Winnipeg, Manitoba; Hubert Lecuyer of Toronto; Joseph Lecuyer (Wanda) of Woodbridge; Claire Payeur of Hearst; Rita Lecuyer of London, Ontario; Andree (Mrs. Earl Holm) of Pembroke and Georgette (Mrs. Gary Hicks) of Brampton.

Dear brother of Andre Lecuyer (Anna) of Orleans.

Also survived by twelve grandchildren and six great grandchildren.

Predeceased by two sons, Jean-Pierre and Bernard Lecuyer; one grandson, Jeffrey Holm; and by two sisters, Mrs. Cecile Dubois and Mrs. Lucie Bedard.

The funeral took place on Saturday, December 13th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Holy Cross Church, followed by cremation at the South Branch Crematorium. Reverend Rene Dube of Holy Cross Church officiated.

The pallbearers were the Nativity Guards.

LAFRANCE - Germaine



Passed away at the Cornwall General Hospital on Wednesday, December 24th, 1997.

Mrs. Germaine Lafrance, in her 75th year, born in Bourget, Ontario, formerly of 115 Fortier Street, Cornwall.

Dear daughter of the late Frank Desjardins and the late Dalphine Gauthier.

Beloved wife of Armand Lafrance.

Loving mother of Pauline (Mrs. Leo Pitre) of Hamilton; Donald Lafrance (Manon); Raynald Lafrance (Denise); Roger Lafrance (Laurette), all of Cornwall; Claude Lafrance (Susan) of Embrun and Gilles Lafrance (Diane) of Cornwall.

Dear sister of Mrs. Darcina Murphy and Mrs. Dorina St. Germain, both of Cornwall.

Loving grandmother of twelve grandchildren and nine great grandchildren.

The funeral took place on Saturday, December 27th, 1997 at 10:00 a.m. from the Boulerice Funeral Home Ltd., to Blessed Sacrament Church. Spring interment at Nativity Cemetery. Reverend Kelvin Maloney officiated, assisted by Reverend Laurier Rivet.

The pallbearers were Danny Pigeon, Michael Lafrance, Philip Lafrance, Shawn Lafrance, Pierre Lafrance and Harvey Lafrance.

CARRIERE - Henri

Passed away at the Versa Care Nursing Home, on Thursday, December 25th, 1997.

Mr. Henri Carriere, in his 87th year, born in Fournier, Ontario, of 201 Eleventh Street East, Cornwall.

Dear son of the late Samuel Carriere and the late Bertha Bourgon.

Beloved husband of the late Edna Marie Carriere (Aubin).

Loving father of Claude Carriere (Murielle) of Cornwall.

Loving grandfather of Francine (Mrs. Konstantin Pilichos) of Cornwall; Sylvie (Mrs. Darren Gould) of Lower Sackville, Nova Scotia and Paul Carriere (Nicole) of Winchester Springs. Loving great grandfather of Jonathan, Stephanie and Samuel.

Also survived by two step-sisters, Mrs. Annette Menard of Cornwall and Mrs. Simone Cardinal of Hawkesbury.

Predeceased by two sisters, Mrs. Delia Belanger and Mrs. Florida Lalonde and by two-brothers, Paul Emile and Jean Lamarche.

The funeral took place on Saturday, December 27th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral, followed by cremation at the South Branch Crematorium. Monsignor Rejean Lebrun of Nativity Co-Cathedral officiated.

The pallbearers were the Nativity Guards.

CHAMPAGNE - Diane Lucia

Passed away at the Hotel Dieu Hospital, Cornwall, on Thursday, December 25th, 1997.

Mrs. Diane Lucia Champagne, in her 47th year, born in Cornwall, of 245 Alice Street, Cornwall.

Dear daughter of Imelda Pilon and the late Marcel Cote.

Beloved wife of Bernard Emile Champagne.

Loving mother of Michel Champagne (Robin) of Ottawa.

Dear sister of Jean-Louis Cote (Jocelyne) of Cornwall; Jacques Cote (Jean) of Nepean; Bernard Cote (Andrea) of Oshawa; Andre Cote (Suzanne) of Laval, Quebec; Gerald Cote, at home; Cecile Cote (Jacques) of Montreal, Quebec; Rose-Marie Cote of Toronto; Jeannine Cote and Monique Cote (Alex), both of Cornwall and Huguette Green (Jeff) of Limoges.

The funeral took place on Monday, December 29th, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, East Branch to Nativity Co-Cathedral, followed by cremation at the South Branch Crematorium, Cornwall. Reverend Jacques Pilon officiated, assisted by Monsignor Rejean Lebrun.

The pallbearers were the Nativity Guards.

PAGET-ST. LOUIS
Marie Louise Diane

Passed away at the Hotel Dieu Hospital, Cornwall, on Friday, December 19th, 1997.

Mrs. Marie Louise Diane Paget-St. Louis, in her 44th year, born in Trenton, Ontario, of 1127 Second Street West, Cornwall.

Dear daughter of Rene Paget and Agnes Gill.

Beloved mother of Andrew (Ricky) Sauve.

Dear sister of Pierre Paget (Marita) of Toronto; Alfred Paget of Port Hardy, British Columbia; David Paget (Sue) of Toledo, Ontario and Louise (Mrs. Deiter Pietzsch) of Calgary, Alberta.

Also survived by many nieces and nephews.

Dear nieces of Mrs. Doris Sevigny of Montreal.

Predeceased by one brother, Darrell Maltais.

The funeral took place on Monday, December 22nd, 1997 from the Lahaie and Sullivan Cornwall Funeral Homes, West Branch to the Memorial Chapel. Interment at Notre Dame Des Neiges Cemetery.

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McGLYNN - Nancy Laura

Passed away at his residence on Tuesday, December 23rd, 1997.

Mr. Nancy Laura McGlynn, in her 91st year, born on November 29th, 1906 in Coventry, England; of St. Joseph's Villa, Cornwall.

Beloved wife of the late Thomas T. McGlynn.

Dear daughter of the late John Warwick and the late Laura Thompson.

Loving mother of Colin McGlynn and his wife Mary of Nepean; Barbara (Mrs. Richard Lizette) of Massena, New York and Margaret (Mrs. Dr. Norman Marcon) of Toronto.

Also survived by son-in-laws Charles Adams of Cornwall and Brian Tuttle of Halifax and sisters Jean and Joan of England.

Loving grandmother of sixteen grandchildren and ten great grandchildren.

Predeceased by two daughters, Maureen Adams and Gail Tuttle.

Family and friends were received at the Derry Funeral Home, 326 Augustus Street, Cornwall on Sunday, December 28th, 1997. The funeral service was held in the funeral home on Monday, December 29th, 1997 at 11:00 a.m., with Reverend Joyce Blackburn officiating.

Interment of cremated remains will be held at a later date in St. Lawrence Valley Union Cemetery, Ingleside.

The pallbearers were Marck Marcon, Tony Marcon, Mark Mitchell, Michael Marcon, Kevin McGlynn and Philip Adams.

WILSON ROBERTSON NORRIS - Sylvia

Mrs. Sylvia Wilson Robertson Norris passed away in Chapla, Mexico on Sunday, November 9th, 1997, age 54 years.

Dear daughter of the late Delmer Wilson and Mrs. Leonard (Helen) Marsolais of Long Sault.

Dear sister of Garry Wilson (Marilyn) of North Lunenburg; Mrs. Earle MacMillan (Shirley) of Berwick; Mrs. Ross Ridgeway (Sandra) of Harrison Corners and Mrs. Robert Lyons (Sherry) of Long Sault.

Interment in Memorial Hill Cemetery, North Lunenburg.

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